

WORLD TIME ZONE REFERENCE

Global Standard Offsets (UTC/GMT)

[Time Zone Map Visualization Area]

Offset	Zone Name	Representative Cities
UTC -8	Pacific Standard (PST)	Los Angeles, Vancouver, Tijuana
UTC -5	Eastern Standard (EST)	New York, Toronto, Lima
UTC +0	Greenwich Mean (GMT)	London, Lisbon, Casablanca
UTC +1	Central European (CET)	Paris, Berlin, Rome, Madrid
UTC +3	East Africa (EAT)	Nairobi, Moscow, Riyadh
UTC +8	China Standard (CST)	Beijing, Singapore, Perth
UTC +9	Japan Standard (JST)	Tokyo, Seoul, Pyongyang
UTC +10	Australian Eastern (AEST)	Sydney, Melbourne, Brisbane

Note: Daylight Savings Time (DST) may affect current local offsets.