

STANDARD TIME ZONE CONVERSION CHART

Reference Relative to Universal Coordinated Time (UTC)

UTC OFFSET	ZONE NAME	MAJOR CITIES	TIME (WHEN UTC 12:00)
UTC -8	Pacific Standard (PST)	Los Angeles, Vancouver	04:00 AM
UTC -5	Eastern Standard (EST)	New York, Toronto, Lima	07:00 AM
UTC +0	Greenwich Mean (GMT)	London, Reykjavik, Accra	12:00 PM
UTC +1	Central European (CET)	Paris, Berlin, Rome, Lagos	01:00 PM
UTC +3	East Africa (EAT)	Nairobi, Riyadh, Moscow	03:00 PM
UTC +5.5	India Standard (IST)	Mumbai, New Delhi, Colombo	05:30 PM

UTC OFFSET	ZONE NAME	MAJOR CITIES	TIME (WHEN UTC 12:00)
UTC +8	China Standard (CST)	Beijing, Singapore, Perth	08:00 PM
UTC +9	Japan Standard (JST)	Tokyo, Seoul	09:00 PM
UTC +10	Aust. Eastern (AEST)	Sydney, Melbourne, Brisbane	10:00 PM

Calculation Note:

To convert from UTC to local time: Add or subtract the offset shown in the first column.

Daylight Savings:

Add 1 hour to the offset during Summer months in applicable regions.