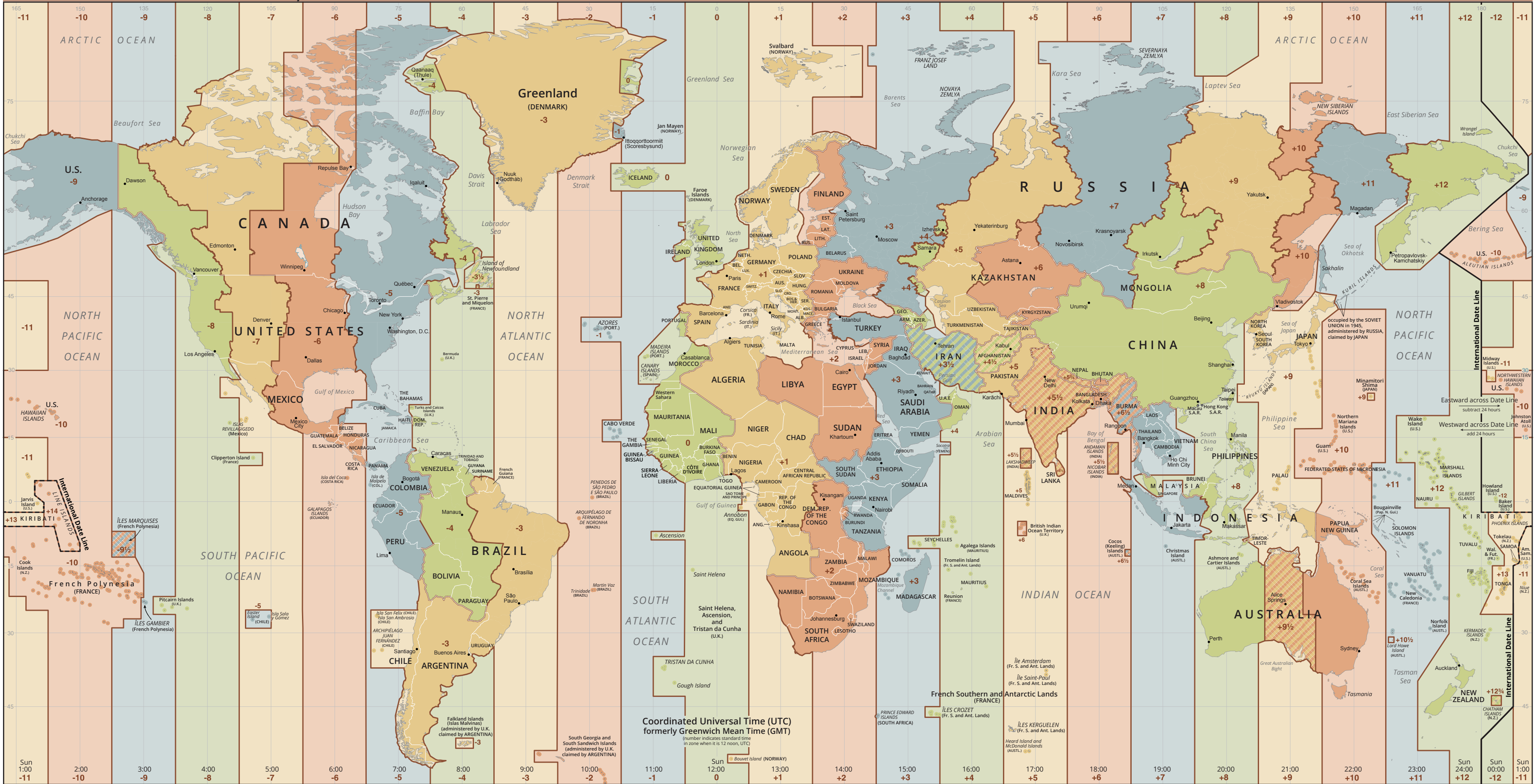


# STANDARD TIME ZONES OF THE WORLD, MAY 2018



Boundary representation is not necessarily authoritative.

Add time zone number to local time to obtain UTC.  
Subtract time zone number from UTC to obtain local time.

**Coordinated Universal Time (UTC)**  
formerly **Greenwich Mean Time (GMT)**  
(number indicates standard time in zone when it is 12 noon, UTC)

WEST

EAST

Subtract time zone number from local time to obtain UTC.  
Add time zone number to UTC to obtain local time.