STANDARD TIME ZONES OF THE WORLD

ARCTIC OCEAN

Greenland (DENMARK)

CANADA

U.S.

UNITED STATES

NORTH PACIFIC OCEAN

NORTH ATLANTIC OCEAN

MEXICO

U.S. HAWAIIAN ISLANDS

KIRIBATI

French Polynesia (FRANCE)

SOUTH PACIFIC OCEAN

GUATEMALA
BELIZE
HONDURAS
EL SALVADOR
NICARAGUA
COSTA RICA
PANAMA

VENEZUELA
COLOMBIA
ECUADOR
PERU
BRAZIL
BOLIVIA
PARAGUAY
CHILE
ARGENTINA
URUGUAY

SOUTH ATLANTIC OCEAN

RUSSIA

ARCTIC OCEAN

KAZAKHSTAN
MONGOLIA
CHINA

INDIA

IRAN

SAUDI ARABIA

ALGERIA
LIBYA
EGYPT
MALI
NIGER
CHAD
SUDAN
NIGERIA
ETHIOPIA
SOMALIA
KENYA
TANZANIA
ANGOLA
ZAMBIA
NAMIBIA
BOTSWANA
SOUTH AFRICA
MADAGASCAR

INDIAN OCEAN

INDONESIA
AUSTRALIA
PHILIPPINES
MALAYSIA
PAPUA NEW GUINEA
THAILAND
VIETNAM
BURMA

NEW ZEALAND

KIRIBATI

International Date Line

Eastward across Date Line
subtract 24 hours

Westward across Date Line
add 24 hours

Scale 1:85,000,000 at 0°
Miller Cylindrical Projection

0   500   1000 Kilometers
0   500   1000 Miles

Boundary representation is not necessarily authoritative.

Coordinated Universal Time (UTC)
formerly
Greenwich Mean Time (GMT)

Sun
12:00
Insnumber indicates standard time
in zone when it is 12 noon, UTC

French Southern and Antarctic Lands
(FRANCE)

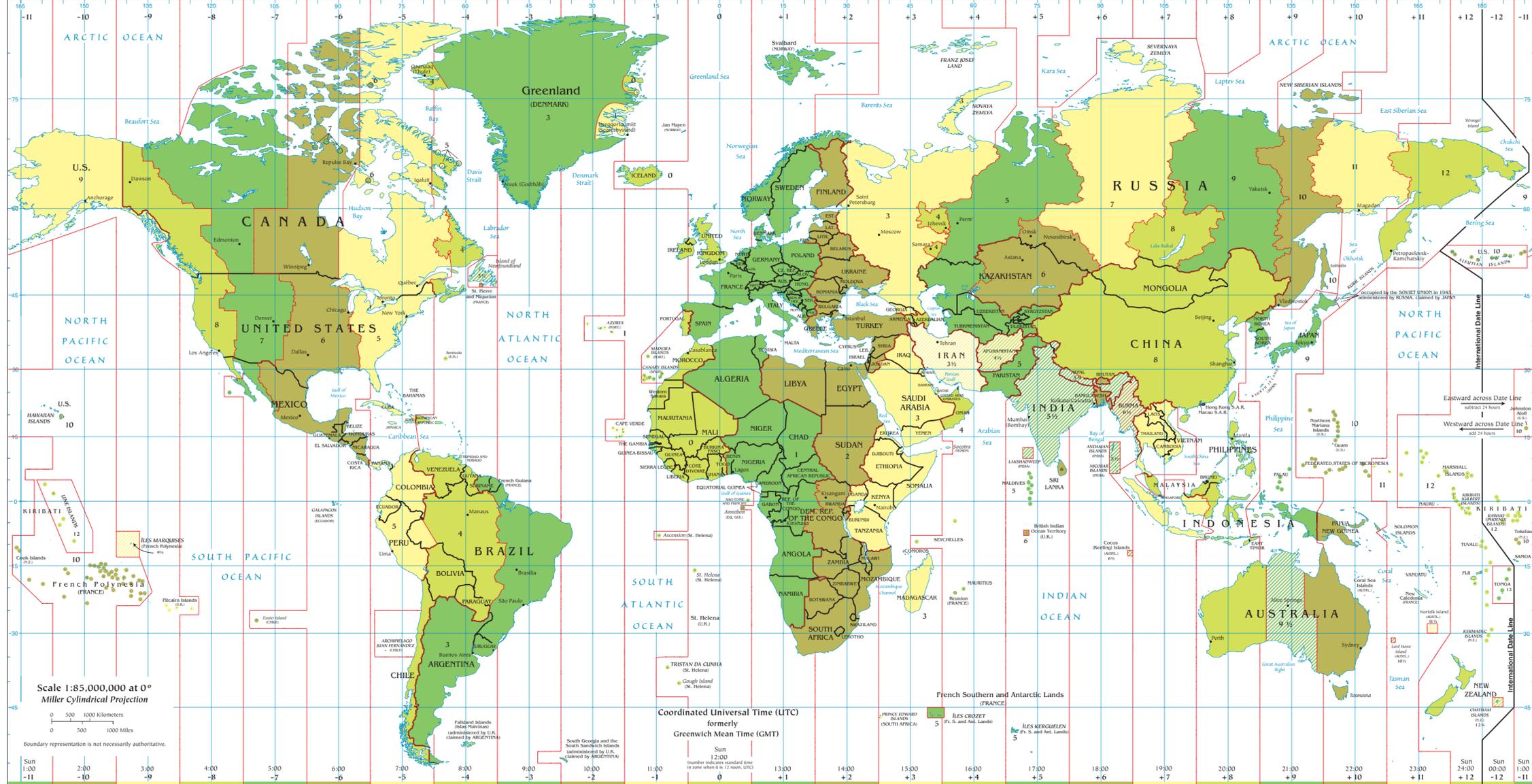| Sun 1:00 -11 | Sun 2:00 -10 | Sun 3:00 -9 | 4:00 -8 | 5:00 -7 | 6:00 -6 | 7:00 -5 | 8:00 -4 | 9:00 -3 | 10:00 -2 | 11:00 -1 | Sun 12:00 0 | 13:00 +1 | 14:00 +2 | 15:00 +3 | 16:00 +4 | 17:00 +5 | 18:00 +6 | 19:00 +7 | 20:00 +8 | 21:00 +9 | 22:00 +10 | 23:00 +11 | Sun 24:00 +12 | Sun 00:00 -12 | Sun 1:00 -11 |

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

WEST   EAST

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

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