

DST (Daylight Saving Time) shifts most of North America, Europe, and parts of Australia by +1 hour in summer. The dates vary by country. Use [unitconvertall.com/timezone-converter](https://unitconvertall.com/timezone-converter) for live DST-aware times.

UTC Offset	Zone Name	Major Cities	DST
UTC" 12:00	Baker Island Time	Baker Is., Howland Is. (uninhabited)	No
UTC" 11:00	Samoa Standard Time	American Samoa, Midway	No
UTC" 10:00	Hawaii–Aleutian Time	Honolulu, Papeete	No
UTC" 09:00	Alaska Time	Anchorage, Juneau	Yes (Mar–Nov)
UTC" 08:00	Pacific Time (PT)	Los Angeles, Vancouver, Seattle	Yes (Mar–Nov)
UTC" 07:00	Mountain Time (MT)	Denver, Phoenix, Calgary	Yes (Mar–Nov)
UTC" 06:00	Central Time (CT)	Chicago, Mexico City, Winnipeg	Yes (Mar–Nov)
UTC" 05:00	Eastern Time (ET)	New York, Toronto, Miami, Lima	Yes (Mar–Nov)
UTC" 04:00	Atlantic / AST	Halifax, Puerto Rico, Caracas	Yes (Mar–Nov)
UTC" 03:00	Argentina / Brasília	São Paulo, Buenos Aires, Santiago	No (ARG) / varies
UTC" 02:00	South Georgia	South Georgia Is.	No
UTC" 01:00	Cape Verde / Azores	Praia, Ponta Delgada	No / Yes
UTC±00:00	Greenwich Mean Time (GMT)	London (winter), Dublin, Reykjavik, Accra	UK !' BST +1 (Mar–Oct)
UTC+01:00	Central European Time (CET)	Paris, Berlin, Rome, Madrid, Lagos	Yes !' CEST (Mar–Oct)
UTC+02:00	Eastern European / CAT	Cairo, Johannesburg, Athens, Kyiv	Varies
UTC+03:00	Moscow / East Africa	Moscow, Nairobi, Riyadh, Istanbul	No
UTC+03:30	Iran Standard Time	Tehran	Yes (Mar–Sep)
UTC+04:00	Gulf / Azerbaijan	Dubai, Abu Dhabi, Baku	No
UTC+05:00	Pakistan / Yekaterinburg	Karachi, Tashkent	No
UTC+05:30	India Standard Time (IST)	Mumbai, Delhi, Bangalore, Kolkata	No
UTC+05:45	Nepal Time	Kathmandu	No
UTC+06:00	Bangladesh / Omsk	Dhaka, Almaty	No
UTC+07:00	Indochina / Western Indonesia	Bangkok, Jakarta, Ho Chi Minh City	No
UTC+08:00	China / Singapore / AWST	Beijing, Singapore, Perth, Manila	No
UTC+09:00	Japan / Korea	Tokyo, Seoul, Osaka	No
UTC+09:30	Australian Central Time	Adelaide, Darwin	Yes (Oct–Apr)
UTC+10:00	Australian Eastern Time	Sydney, Melbourne, Brisbane	Yes (Oct–Apr)
UTC+12:00	New Zealand / Fiji	Auckland, Wellington, Suva	Yes (Sep–Apr)