

Time Zones Around The World

Time Zone	Meaning	Explanation	UTC/GMT Offset
UTC	Coordinated Universal Time	This 24-hour time- standard time used across the world. Moving east + and moving west -.	0
GMT	Greenwich Mean Time	Coordinated Universal Standard Time Zone. Is in use in: Europe, Africa, North America and Antarctica. Time offset in the UK is 0. Moving east + and moving west -.	0
UTC/GMT	Summer Time	Common daylight saving time	+1
HAST	Hawaii-Aleutian Standard Time	a standard time zone used in the Pacific	-10
JST	Japan Standard Time	a standard time zone in Japan	+9
AKST	Alaska Standard Time	Time Zone in Alaska (USA)	-9
AKDT	Alaska Daylight Time	a daylight saving/summer time zone	-8
PST	Pacific Standard Time	Time zone in the Pacific	-8
PDT	Pacific Daylight Time	a daylight saving/summer time zone	-7
MST	Mountain Standard Time	some locations in North America	-7
MDT	Mountain Daylight Time	a daylight saving/summer time zone	-6
CST	Central Standard Time	North American Central Standard Time	-6
CDT	Central Daylight Time	a daylight saving/summer time zone	-5
EST	Eastern Standard Time	North-East American Time zone	-5
EDT	Eastern Daylight Time	a daylight saving/summer time zone	-4
AST	Atlantic Standard Time	North-East American Time zone	-4
ADT	Atlantic Daylight Time	a daylight saving/summer time zone	-3