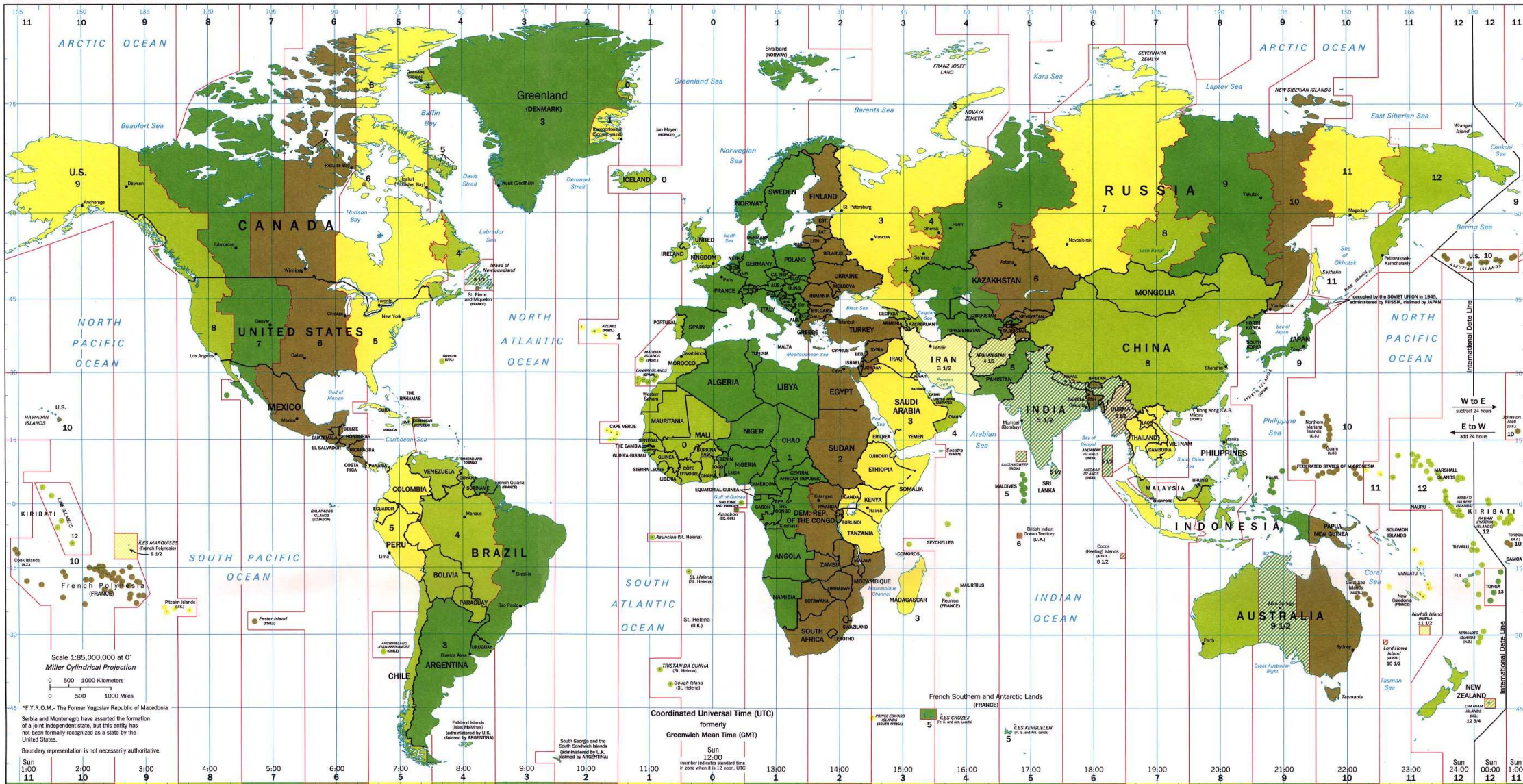


# Standard Time Zones of the World



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.