

International Time +/- Indian Standard Time

Afganistan	-1.00	Hongkong	+2.30	Portugal	-5.30
Algeria	-4.30	Hungary	-4.30	Qatar	-2.30
Angola	-4.30	Iceland	-5.30	Rwanda	-3.30
Argentina	-8.30	Indonesia	+1.30	Romania	-3.30
Australia	+2.30	Iran	-2.00	Russia	-2.30
Austria	-4.30	Iraq	-2.30	Samoa	-16.30
Bahamas	-10.30	Ireland	-5.30	Saudi Arabia	-2.30
Bahrain	-2.30	Israel	-3.30	Sierra Leone	-5.30
Bangladesh	+0.30	Italy	-4.30	Singapore	+2.30
Belgium	-4.30	Jamaica	-10.30	Solomon Islands	+5.30
Belize	-11.30	Japan	+3.30	South Africa	-3.30
Bhutan	+0.30	Jordan	-3.30	Spain	-4.30
Bolivia	-9.30	Kampuchea	+1.30	Sri Lanka	IST
Botswana	-3.30	Kenya	-2.30	Sudan	-3.30
Brazil	-8.30	Korea (N & S)	+3.30	Sweden	-4.30
Bulgaria	+3.30	Kuwait	-2.30	Switzerland	-4.30
Burundi	-3.30	Lebanon	-3.30	Syria	-3.30
Cameroon	-4.30	Lesotho	-3.30	Taiwan	+2.30
Canada	-9.00	Liberia	-5.30	Tanzania	-2.30
Cayman Islands	-10.30	Libya	-3.30	Thailand	+1.30
Chad	-4.30	Luxembourg	-4.30	Togolese Republic	-5.30
Chile	-9.00	Macao	+2.30	Tonga	+7.30
China	+2.30	Madagascar	-2.30	Trinidad	-9.30
Colombia	-10.30	Malawi	-3.30	Tunisia	-4.30
Costa Rica	-11.30	Malaysia	+2.30	Turkey	-2.30
Cuba	-10.30	Mali	-5.30	Uganda	-2.30
Cyprus	-3.30	Mauritius	-1.30	United Kingdom	-5.30
Denmark	-4.30	Mexico	-11.30	USA	
Djibouti	-2.30	Morocco	-5.30	Atlanta	-10.30
Dominican Republic	-9.30	Moldovia	-3.30	Boston	-10.30
Ecuador	-10.30	Mozambique	-3.30	Chicago	-11.30
Egypt	-3.30	Myanmar	+1.00	Cleveland	-10.30
El Salvador	-11.30	Nepal	IST	Dallas	-11.30
Ethiopia	-2.30	Netherlands	-4.30	Detroit	-10.30
Falkland Islands	-8.30	New Zealand	+6.30	Florida	-8.30
Fiji	+6.30	Nicaragua	-11.30	Houston	-11.30
Finland	-3.30	Nigeria	-4.30	Los Angeles	-13.30
France	-4.30	Norway	-4.30	New York	-10.30
Gabon	-4.30	Oman	-1.30	Philadelphia	-10.30
Gambia	-5.30	Pakistan	-0.30	San Francisco	-13.30
Germany	-4.30	Panama	-10.30	Washington D.C.	-10.30
Ghana	-5.30	Papua New Guinea	+4.30	Venezuela	-9.30
Greece	-3.30	Paraguay	-9.30	Vietnam	+1.30
Guatemala	-11.30	Peru	-10.30	Yugoslavia	-4.30
Haiti	-10.30	Phillipines	+2.30	Zambia	-3.30
Honduras	-11.30	Poland	-4.30	Zimbabwe	-3.30