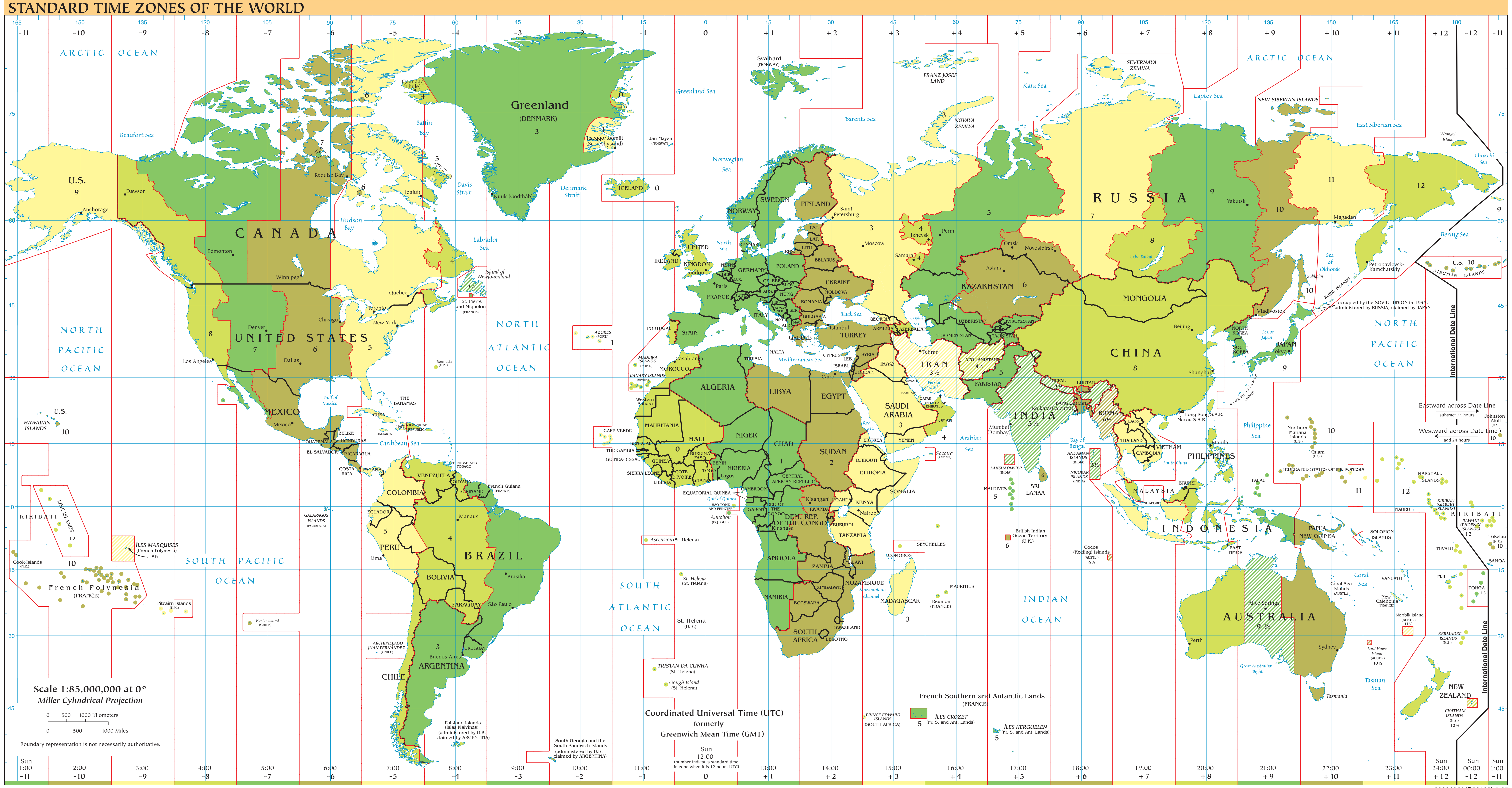
STANDARD TIME ZONES OF THE WORLD



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.

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