

International time calculator

(一部のみ)

A	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Algeria	+1		
Argentina	-3		
Armenia	+4	+5	30 Mar 21 - 26 Oct 21
Australia			
Lord Howe Island	-10:30	+11	
Capital Territory, NSW (excluding Lord Howe Island, Broken Hill),Victoria	+10	+11	26 Oct 21 - 28 Mar 22
Northern Territory	+9:30		
Queensland	+10		
South Australia, Broken Hill	+9:30 -10:30		26 Oct 21 - 28 Mar 22
Western Australia	+8		
Tasmania	+10	+11	05 Oct 21 - 28 Mar 22
Austria	+1	+2	30 Mar 21 - 26 Oct 21
Azerbaijan	+4	+5	30 Mar 21 - 26 Oct 21

B	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Bahamas	-5	-4	06 Apr 21 - 26 Oct 21
Bangladesh	+6		
Belgium	+1	+2	30 Mar 21 - 26 Oct 21
Bolivia	-4		
Brazil			
Alagos, Amapa, Ceara, East Para, Maranhao, Paraiba, Pernambuco, Piaui, Rio Grande do Norte, Sergipe	-3		
Amazonas (except Tabatinga)			
Rondonia, Roraima, West Para	-4		
Acre, Tabatinga	-5		
Femando Noronha	-2		
Bahia, Espirito Santo, Federal District, Goias, Minas Gerais, Parana, Rio de Janeiro, Rio Grande do Sul, Santa Catarina, Sao Paulo, Tacantins	-3	-2	02 Nov 21 - 07 Feb 22
Mato Grosso, Mato Grosso do Sul	-4	-3	02 Nov 21 - 07 Feb 22
Bulgaria	+2	+3	30 Mar 21 - 25 Oct 21

C	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Canada			
Newfoundland Island excluding Labrador	-3:30	-2:30	06 Apr 21 - 26 Oct 21
Atlantic Area including Labrador	-4	-3	06 Apr 21 - 26 Oct 21
Eastern Time	-5	-4	06 Apr 21 - 26 Oct 21
Central Time except Saskatchewan	-6	-5	06 Apr 21 - 26 Oct 21
Mountain Time	-7	-6	06 Apr 21 - 26 Oct 21
Pacific Time	-8	-7	06 Apr 21 - 26 Oct 21
Atlantic Area not observing DST	-4		
Eastern Area not observing DST	-5		
Saskatchewan Mountain Area not observing DST	-6		
Chile			
Mainland	-4	-3	12 Oct 21 -13 Mar 22
Easter Island	-6	-5	12 Oct 21 -13 Mar 22

China	+8		
Chinese Taipei	+8		
Colombia	-5		

D	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Denmark	+1	+2	30 Mar 21 - 26 Oct 21
Djibouti	+3		

E	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Ecuador			
Mainland	-5		
Galapagos Islands	-6		
Egypt	+2	+3	25 Apr 21 - 25 Sep 21
El Salvador	-6		
Estonia	+2	+3	30 Mar 21 - 26 Oct 21
Ethiopia	+3		

F	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Fiji	+12		
France	+1	+2	30 Mar 21 - 26 Oct 21

G	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Germany	+1	+2	30 Mar 21 -26 Oct 21
Ghana	GMT		
Greece	+2	+3	30 Mar 21 -26 Oct 21
Greenland			
Greenland except Pituffik, Ittoqqortoormiit, Nerlerit Inaat	-3	-2	29 Mar 21 - 25 Oct 21
Pituffik	-4	-3	06 Apr 21 - 26 Oct 21
Ittoqqortoormiit, Nerlerit Inaat	-1	GMT	30 Mar 21 - 26 Oct 21
Guam	+10		

H	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Hong Kong (SAR) China	+8		
Hungary	+1	+2	30 Mar 21 - 26 Oct 21

I	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
India			
Including Andaman Islands	+5:30		
Indonesia			
Western, including Sumatera and Jawa	+7		
Central, including Sulawesi and Bali	+8		
Eastern, including Maluku and Irian Jaya	+9		

Iran Islamic republic of	+3:30	+4:30	22 Mar 21 - 21 Sep 21
Israel	+2	+3	28 Mar 21 - 03 Oct 21
Italy	+1	+2	30 Mar 21 - 26 Oct 21

J	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Japan	+9		
Jordan	+2	+3	28 Mar 21 - 31Oct 21

K	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Kenya	+3		
Korea epublic of	+9		

L	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Latvia	+2	+3	30 Mar 21 - 26 Oct 21
Lebanon	+2	+3	30 Mar 21 - 25 Oct 21
Liberia	GMT		
Libyan Arab Jamahiriya	+2		
Luxembourg	+1	+2	30 Mar 21 - 26 Oct 21

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M	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Malaysia	+8		
Maldives	+5		
Mali	GMT		
Mexico			
Mexico, Rest	-6	-5	06 Apr 21 - 26 Oct 21
Baja California Sur, Chihuahua, Nayarit, Sinaloa	-7	-6	06 Apr 21 - 26 Oct 21
Baja California Norte	-8	-7	06 Apr 21 - 26 Oct 21
Sonora	-7		
Mongolia	+8	+9	29 Mar 21 - 27 Sep 21
Morocco	GMT		
Mozambique	+2		
Myanmar	+6:30		

N	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Namibia	+1	+2	07 Sep 21 - 04 Apr 22
Nauru	+12		
Nepal	+5:45		
Netherland	+1	+2	30 Mar 21 - 26 Oct 21
New Caledonia			
including Loyalty Island	+11		
New Zealand			
Mainland except Chatham Island	+12	+13	05 Oct 21 - 21 Mar 22
Chatham Island	-12:45	-13:45	05 Oct 21 - 21 Mar 22
Niue	-11		
Norway	+1	+2	30 Mar 21 - 26 Oct 21

O	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Oman	+4		

P	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Pakistan	+5		
Panama	-5		
Peru	-5		
Philippines	+8		
Poland	+1	+2	30 Mar 21 - 26 Oct 21
Portugal			
Mainland	GMT	+1	30 Mar 21 - 26 Oct 21
Madeira	GMT	+1	30 Mar 21 - 26 Oct 21
Azores	-1	GMT	30 Mar 21 - 26 Oct 21

Q	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Qatar	+3		

R	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Rumania	+2	+3	30 Mar 21 - 25 Oct 21
Russian Federation			
Kaliningrad	+2	+3	30 Mar 21 - 26 Oct 21
Moscow, St Petersburg, Astrakhan, Naryan-Ma	+3	+4	30 Mar 21 - 26 Oct 21
Izhevsk, Samara	+4	+5	30 Mar 21 - 26 Oct 21
Perm, Nizhnevartovsk, Ekaterinburg	+5	+6	30 Mar 21 - 26 Oct 21
Omsk and Novosibirsk	+6	+7	30 Mar 21 - 26 Oct 21
Noriisk, Kyzyl	+7	+8	30 Mar 21 - 26 Oct 21
Bratsk, Ulan-Ube	+8	+9	30 Mar 21 - 26 Oct 21
Chita, Yakutsk	+9	+10	30 Mar 21 - 26 Oct 21
Khabarovsk, Vladivostock, Yuzhno-Sakhakinsk	+10	+11	30 Mar 21 - 26 Oct 21
Magadan	+11	+12	30 Mar 21 - 26 Oct 21
Petropaviovsk -Kamchatsky	+12	+13	30 Mar 21 - 26 Oct 21

S	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Seysshells	+4		
Singapore	+8		
South Africa	+2		
Spain			
Mainland, Balearics, Ceuta, Melilla	+1	+2	30 Mar 21 - 26 Oct 21
Canary Islands	GMT	+1	30 Mar 21 - 26 Oct 21
Sri Lanka	+6		
Switzerland	+1	+2	30 Mar 21 - 26 Oct 21

T	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Thailand	+7		
Trinidad and Tobago	-4		
Tunisia	+1		
Turky	+2	+3	30 Mar 21 - 26 Oct 21

U	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
United Arab Emirates	+4		
United Kingdom	GMT	+1	30 Mar 21 - 26 Oct 21
USA			
Eastern Time except Indiana	-5	-4	06 Apr 21 - 26 Oct 21
Eastern Time, Indiana	-5		
Central Time	-6	-5	06 Apr 21 - 26 Oct 21
Mountain Time except Arizona	-7	-6	06 Apr 21 - 26 Oct 21
Mountain Time Arizona	-7		
Pacific Time	-8	-7	06 Apr 21 - 26 Oct 21
Alaska	-9	-8	06 Apr 21 - 26 Oct 21
Aleutian Islands	-10	-9	06 Apr 21 - 26 Oct 21
Hawaiian Islands	-10		
Uruguay	-3		

V	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Vanuatu	+11		
Venezuela	-4		
Viet Nam	+7		

Y	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Yemen	+3		

Z	Hours ±GMT	DST ±GMT	Daylight saving time DST(period)
Zambia	+2		
Zimbabwe	+2		

参考:OAG「OAG Flifgt Guide Worldwide」より作成
この表に記載の夏時間の期間は実際のものとは異なります