

Online Workshops Time Zone Overview

Summer Time

Time Zone	Pacific Daylight Time	Mountain Daylight Time	Central Daylight Time	Eastern Daylight Time	Western Europe Summer Time	Central Europe Summer Time	Eastern Europe Summer Time	Australia Eastern Daylight Time
Abbreviation	PDT	MDT	CDT	EDT	WEST	CEST	EEST	EDT
Equals	GMT - 7	GMT - 6	GMT - 5	GMT - 4	GMT + 1	GMT + 2	GMT + 3	GMT + 11
Location				Thought Technology (Course time displayed)	UK, Ireland, Portugal	Belgium, France, Germany, The Netherlands, etc.	Greece, Israel	Australia (ACT, NSW, QLD, TAS, VIC)
Time Difference	minus 3 hours	minus 2 hours	minus 1 hour	-	plus 5 hours	plus 6 hours	plus 7 hours	plus 15 / minus 9 (+1 day)

Standard Time

Time Zone	Pacific Standard Time	Mountain Standard Time	Central Standard Time	Eastern Standard Time	Western Europe Time	Central Europe Time	Eastern Europe Time	Australia Eastern Standard Time
Abbreviation	PST	MST	CST	EST	WET	CET	EET	EST
Equals	GMT - 8	GMT - 7	GMT - 6	GMT - 5	GMT +/- 0	GMT + 1	GMT + 2	GMT + 10
Location				Thought Technology (Course time displayed)	UK, Ireland, Portugal	Belgium, France, Germany, The Netherlands, etc.	Greece, Israel	Australia (ACT, NSW, QLD, TAS, VIC)
Time Difference	minus 3 hours	minus 2 hours	minus 1 hour	-	plus 5 hours	plus 6 hours	plus 7 hours	plus 15 / minus 9 (+1 day)

For further information please visit: <http://www.greenwichmeantime.com>