**1.Date explained in Make.com**

**Introduction to Date Functions**:

Make.com provides functions to manipulate and format dates: formatDate and parseDate.

**Time Zones**:

在不同程序协作过程中，需要注意时区差异导致的时间不同步

**formatDate**:

Syntax: formatDate(date, format, timezone).

Example: formatDate(2024-05-29T15:30:00Z, 'yyyy-MM-dd', 'UTC') returns 2024-05-29.

**parseDate**:

Syntax: parseDate(dateString, format, timezone).

Example: parseDate('2024-05-29', 'yyyy-MM-dd', 'UTC') returns a date object.

**Practical Applications**:

Automate workflows requiring date calculations.

Schedule tasks considering different time zones.