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Canadian Foreign Post Indexes

September 2022

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Canadian Foreign Post Indexes, September 2022

These indexes are calculated to establish and adjust the Post Living Allowance (PLA) paid to Canadian government employees serving outside Canada. They are comparative measurements that numerically express the difference between the retail prices of a representative basket of goods and services at a foreign location with prices for a similar basket of goods and services in Ottawa.

Three separate groupings of indexes are provided, each among them reflecting the specific terms and conditions of service for the members of one of the following categories of personnel:

- persons serving under the terms and conditions of the Foreign Service Directives (FSDs);
- persons working under the provisions of the Technical Assistance Handbook (TAH);
- Canadian Forces members serving outside the country either under the terms and conditions of the Military Foreign Service Instructions (MFSIs) or the Foreign Service Directives (FSDs).

Monthly release notes

This is to advise you of the renewed validity of Post Indexes calculated for the purpose of the Post Living Allowance applicable to Canadian Government expatriate personnel or persons under contract. All users must consult with Statistics Canada to ensure that the appropriate index is used.

The [Guide to the Post Index](#),¹ which was revised in June 2010, remains available.

A new Post Index was requested for the following location and is now published.

Table 1
New Post Index

Country	Post	Military Code	Requested by	Post Index	Date
				125	January 2021 to June 2021
				121	July 2021 to May 2022
				116	June 2022 to July 2022
New Zealand	Auckland	NZ03	Department of National Defence	112	August 2022

Other Post Index adjustments are based on our continuing monthly reviews. These adjustments are based on shifts in the value of the respective currencies used at the post relative to the Canadian dollar. Comparative changes in consumer prices at posts and in Ottawa since the last survey at either location are also taken into account.

1. <https://www150.statcan.gc.ca/n1/pub/62f0072g/62f0072g2010001-eng.htm>

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in September 2022.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Algeria	Algiers	Mar-2019	86	84			Dec-2021	Dinar (Algeria)
Argentina	Buenos Aires	Feb-2015	106	110			Jun-2022	Peso (Argentina)
Australia	Canberra	Apr-2017	122	117			Jul-2022	Dollar (Australia)
Australia	Canberra	Apr-2017	127	122		f	Jul-2022	Dollar (Australia)
Australia	Sydney	Apr-2017	125	120			Jul-2022	Dollar (Australia)
Australia	Sydney	Apr-2017	132	126		f	Jul-2022	Dollar (Australia)
Austria	Vienna	Oct-2017	124	119			May-2022	Euro
Bangladesh	Dhaka	May-2018	124	117			Jul-2022	Taka
Barbados	Bridgetown	Oct-2018	124	129			Jan-2022	Dollar (Barbados)
Belgium	Brussels	Aug-2015	121	117			Aug-2022	Euro
Belgium	Brussels	Aug-2015	127	123		d	Aug-2022	Euro
Benin	Cotonou	L	91	88		a	Jul-2022	CFA Franc BCEAO
Bolivia	La Paz	L	95	90		a	Jun-2021	Boliviano
Brazil	Brasilia	Mar-2015	108	103			Aug-2022	Real
Brazil	Rio de Janeiro	L	108	103			Aug-2022	Real
Brazil	Sao Paulo	Mar-2015	108	103			Aug-2022	Real
Brunei Darussalam	Bandar Seri Begawan	Aug-2017	84	81		a	Nov-2021	Dollar (Brunei)
Burkina Faso	Ouagadougou	Jan-2018	110	116			Aug-2022	CFA Franc BCEAO
Cambodia	Phnom Penh	Feb-2016	100	104		a	Jun-2022	Riel
Cameroon	Yaoundé	Jul-2015	118	113			May-2022	CFA Franc BEAC
Chile	Santiago	Feb-2015	92	97	1		Sep-2022	Peso (Chile)
China	Beijing	Dec-2018	125	120			Jul-2022	Yuan Renminbi
China	Chongqing	Oct-2019	105	102	1		Sep-2022	Yuan Renminbi
China	Guangzhou	Mar-2015	127	123			Jul-2022	Yuan Renminbi
China	Hong Kong	Jan-2019	147	142			May-2022	Dollar (Hong Kong)
China	Shanghai	Jan-2019	130	124	1		Sep-2022	Yuan Renminbi
Colombia	Bogotá	Aug-2017	93	87			Aug-2022	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	125	140			Jun-2022	Franc (Congo)
Costa Rica	San José	Aug-2015	113	116	1		Sep-2022	Colon (Costa Rica)
Côte d'Ivoire	Abidjan	Oct-2015	118	114			Jul-2022	CFA Franc BCEAO
Croatia	Zagreb	Jun-2016	83	80		a	May-2022	Kuna
Cuba	Havana	Apr-2014	126	131	3		Apr-2020	Convertible Peso (Cuba)
Czech Republic	Prague	Oct-2017	105	101			Apr-2022	Koruna (Czech Rep.)
Denmark	Copenhagen	Aug-2017	133	128			May-2022	Krone (Denmark)
Dominican Republic	Santo Domingo	May-2018	99	103			Apr-2022	Peso (Dominican Rep.)
Ecuador	Quito	Apr-2016	115	111		a	May-2022	Dollar (USA)
Egypt	Cairo	Aug-2015	106	110			Jun-2022	Pound (Egypt)

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in September 2022.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
El Salvador	San Salvador	L	89	92		a	Sep-2021	Dollar (USA)
Ethiopia	Addis Ababa	Apr-2018	113	120	1		Sep-2022	Birr
Finland	Helsinki	Aug-2017	126	122	1		Sep-2022	Euro
France	Lyon	L	126	121		f	Aug-2022	Euro
France	Paris	Apr-2017	122	116			Aug-2022	Euro
France	Paris	Apr-2017	133	127		d	Aug-2022	Euro
France	Paris	Apr-2017	133	127		f	Aug-2022	Euro
Germany	Berlin	Aug-2015	111	106			Aug-2022	Euro
Germany	Düsseldorf	L	119	113			Aug-2022	Euro
Germany	Munich	L	117	111			Aug-2022	Euro
Ghana	Accra	Oct-2015	100	94	1		Sep-2022	Cedi
Greece	Athens	Nov-2014	110	106			Apr-2022	Euro
Guatemala	Guatemala City	Aug-2017	112	116			Jan-2022	Quetzal
Guyana	Georgetown	Oct-2017	114	119			Oct-2021	Dollar (Guyana)
Haiti	Port-au-Prince	Nov-2017	137	132			Jul-2022	Gourde
Honduras	Tegucigalpa	Apr-2017	112	116			Jun-2022	Lempira
Hungary	Budapest	Nov-2014	103	99			Jul-2022	Forint
Iceland	Reykjavik	L	125	131	1		Sep-2022	Krone (Norway)
India	Bangalore	Oct-2018	112	108			Apr-2022	Rupee (India)
India	Chandigarh	L	112	109			Apr-2022	Rupee (India)
India	Mumbai	Jun-2018	115	111			Jul-2022	Rupee (India)
India	New Delhi	Jun-2018	112	109			Apr-2022	Rupee (India)
India	New Delhi	Jun-2018	119	114		f	Apr-2022	Rupee (India)
Indonesia	Jakarta	Aug-2015	114	109			Jun-2021	Rupiah
Indonesia	Semarang	L	114	109		f	Jun-2021	Rupiah
Iraq	Baghdad	100			Aug-2004	Dinar (Iraq)
Ireland	Dublin	May-2016	102	98			Aug-2022	Euro
Israel	Tel Aviv	Apr-2017	123	127	1		Sep-2022	Shekel (Israel)
Italy	Rome	Sep-2017	110	106	1		Sep-2022	Euro
Italy	Rome	Sep-2017	120	115	1	f	Sep-2022	Euro
Jamaica	Kingston	Oct-2018	103	106			Jun-2022	Dollar (Jamaica)
Japan	Nagoya	L	117	112			Jul-2022	Yen
Japan	Tokyo	Nov-2018	117	112			Jul-2022	Yen
Jordan	Amman	Sep-2017	127	123			Apr-2021	Dinar (Jordan)
Kazakhstan	Nur-Sultan	Feb-2019	101	97			Aug-2022	Tenge
Kenya	Nairobi	May-2014	135	130			Dec-2021	Shilling (Kenya)
Korea, Republic of	Seoul	Jan-2019	128	124			Jul-2022	Won
Kuwait	Kuwait	Oct-2015	121	117			May-2022	Dinar (Kuwait)

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in September 2022.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Laos	Vientiane	Jan-2016	69	74		a	Aug-2022	Kip
Latvia	Riga	Oct-2017	108	105			Apr-2022	Euro
Lebanon	Beirut	Dec-2018	169	198	3		Aug-2020	Pound (Lebanon)
Lithuania	Vilnius	Dec-2017	84	81		a	Apr-2021	Euro
Malaysia	Kuala Lumpur	May-2015	98	93			Jul-2022	Ringgit (Malaysia)
Mali	Bamako	Mar-2019	105	101			May-2022	CFA Franc BCEAO
Mexico	Guadalajara	L	92	95			Aug-2021	Peso (Mexico)
Mexico	Mexico City	Jul-2015	92	95			Aug-2021	Peso (Mexico)
Mexico	Monterrey	L	92	95			Aug-2021	Peso (Mexico)
Mongolia	Ulaanbaatar	Jun-2018	94	89		a	May-2022	Tugrik
Morocco	Rabat	Oct-2017	103	100			Apr-2022	Dirham (Morocco)
Mozambique	Maputo	Aug-2017	108	112			Apr-2022	Metical
Myanmar (Burma)	Yangon	Feb-2018	74	77		a	Aug-2022	Kyat
Netherlands	Delft	Oct-2015	121	116		f	Aug-2022	Euro
Netherlands	The Hague	Oct-2015	108	104			Aug-2022	Euro
New Zealand	Auckland	L	116	112			Aug-2022	Dollar (New Zealand)
New Zealand	Wellington	Apr-2017	116	112			Aug-2022	Dollar (New Zealand)
New Zealand	Wellington	Apr-2017	120	116		f	Aug-2022	Dollar (New Zealand)
Nicaragua	Managua	L	89	94		a	Jan-2022	Cordoba, New
Nigeria	Abuja	Oct-2015	132	137			Jun-2022	Naira
Nigeria	Lagos	Jan-2016	123	128			Jun-2022	Naira
Norway	Oslo	Sep-2018	125	131	1		Sep-2022	Krone (Norway)
Pakistan	Islamabad	Jul-2015	94	90			Jul-2022	Rupee (Pakistan)
Panama	Panama City	Aug-2017	111	107			Mar-2021	Balboa
Peru	Lima	Feb-2015	105	108			Feb-2022	Nuevo Sol
Philippines	Manila	May-2017	108	104			Aug-2022	Peso (Philippines)
Poland	Warsaw	Sep-2017	104	98			Apr-2022	Zloty
Portugal	Lisbon	Aug-2017	116	112			May-2022	Euro
Qatar	Doha	Jan-2019	110	106			Apr-2022	Riyal (Qatar)
Romania	Bucharest	Mar-2019	98	95			Aug-2022	Leu
Russia	Moscow	Mar-2019	107	115			Jul-2022	Rouble (Russia)
Rwanda	Kigali	Aug-2017	98	103		a	Jul-2022	Franc (Rwanda)
Saudi Arabia	Riyadh	Jan-2014	119	123			Jan-2022	Riyal (Saudi Arabia)
Senegal	Dakar	Jan-2015	116	112			Jul-2022	CFA Franc BCEAO
Serbia	Belgrade	Mar-2019	101	97			May-2022	Dinar (Serbia)
Singapore	Singapore	Jun-2015	143	137			Jun-2021	Dollar (Singapore)
Singapore	Singapore	Jun-2015	148	142		f	Jun-2021	Dollar (Singapore)
Slovakia	Bratislava	Jul-2016	97	93		a	May-2022	Euro

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South Africa	Johannesburg	L	94	91			Aug-2022	Rand
South Africa	Johannesburg	L	95	92		f	Aug-2022	Rand
South Africa	Pretoria	Apr-2017	94	91			Aug-2022	Rand
South Sudan	Juba	Sep-2018	145	151	3		Jan-2020	Pound (South Sudan)
Spain	Barcelona	L	115	111	1		Sep-2022	Euro
Spain	Madrid	Aug-2017	115	111	1		Sep-2022	Euro
Sri Lanka	Colombo	Aug-2019	97	88	3		Apr-2022	Rupee (Sri Lanka)
Sudan	Khartoum	Aug-2014	127	119	3		Feb-2018	Pound (Sudan)
Sweden	Stockholm	Aug-2017	110	106			Aug-2022	Krona (Sweden)
Switzerland	Bern	L	151	144			May-2022	Franc (Switzerland)
Switzerland	Geneva	Oct-2017	151	144			May-2022	Franc (Switzerland)
Switzerland	Geneva	Oct-2017	158	151		f	May-2022	Franc (Switzerland)
Taiwan	Taipei	Oct-2015	121	117			May-2022	Dollar (Taiwan)
Tanzania	Dar es Salaam	May-2014	112	108			Jun-2021	Shilling (Tanzania)
Thailand	Bangkok	Oct-2015	116	111			Aug-2022	Baht
Trinidad & Tobago	Port of Spain	Apr-2017	116	119			Jan-2022	Dollar (Trinidad and Tobago)
Tunisia	Tunis	Sep-2018	82	79			May-2022	Dinar (Tunisia)
Turkey	Ankara	Mar-2019	72	75			Mar-2022	Lira
Turkey	Istanbul	Mar-2019	71	75			Mar-2022	Lira
Ukraine	Kyiv	Apr-2019	87	80	1		Sep-2022	Hryvna (Ukraine)
United Arab Emirates	Abu Dhabi	Apr-2016	113	116			Aug-2021	Dirham (U.A.E.)
United Arab Emirates	Dubai	Apr-2016	123	128	1		Sep-2022	Dirham (U.A.E.)
United Kingdom	Cheltenham	Sep-2015	117	113		f	Aug-2022	Pound (United Kingdom)
United Kingdom	London	Oct-2015	120	116			Aug-2022	Pound (United Kingdom)
United Kingdom	London	Oct-2015	123	119		d	Aug-2022	Pound (United Kingdom)
United Kingdom	London	Oct-2015	127	122		f	Aug-2022	Pound (United Kingdom)
United States of America	Atlanta	May-2018	126	129			Aug-2022	Dollar (USA)
United States of America	Boston	Jun-2018	119	125			Jun-2022	Dollar (USA)
United States of America	Chicago	Jun-2018	123	127			Aug-2022	Dollar (USA)
United States of America	Colorado Springs	Sep-2017	127	132			Jan-2022	Dollar (USA)
United States of America	Dallas	Jul-2018	118	123			Jun-2022	Dollar (USA)
United States of America	Denver	Aug-2018	119	124			Jan-2022	Dollar (USA)
United States of America	Denver	Aug-2018	122	127		f	Jan-2022	Dollar (USA)
United States of America	Detroit	Jun-2015	116	120			Jun-2022	Dollar (USA)
United States of America	Houston	Jul-2018	117	121			Jun-2022	Dollar (USA)

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Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
United States of America	Los Angeles	Aug-2018	123	128			Jan-2022	Dollar (USA)
United States of America	MacDill, Tampa	L	118	123		e	Aug-2022	Dollar (USA)
United States of America	Miami	Nov-2017	122	126			Apr-2022	Dollar (USA)
United States of America	Minneapolis	Sep-2018	115	119			Aug-2022	Dollar (USA)
United States of America	New York City	Oct-2017	137	142			Jun-2022	Dollar (USA)
United States of America	New York City	Oct-2017	144	149		f	Jun-2022	Dollar (USA)
United States of America	San Diego	Aug-2018	140	146			Jun-2022	Dollar (USA)
United States of America	San Francisco	Aug-2018	140	145			Aug-2022	Dollar (USA)
United States of America	Seattle	Aug-2018	124	129			Aug-2022	Dollar (USA)
United States of America	St. Louis, MO	L	116	122			Aug-2022	Dollar (USA)
United States of America	Washington D.C.	Nov-2017	121	126			Aug-2022	Dollar (USA)
United States of America	Washington D.C.	Nov-2017	126	130		f	Jun-2022	Dollar (USA)
Uruguay	Montevideo	Feb-2018	120	126			Jun-2022	Peso (Uruguay)
Vatican City	Vatican	L	110	106	1		Sep-2022	Euro
Vietnam	Hanoi	Apr-2017	118	114			Jul-2022	Dong
Vietnam	Ho Chi Minh City	Apr-2017	120	116			May-2021	Dong
West Bank and Gaza	Ramallah	L	123	127	1		Sep-2022	Shekel (Israel)
Zambia	Lusaka	Jun-2014	87	91	1	a	Sep-2022	Kwacha (Zambia)
Zimbabwe	Harare	Jul-2018	183	201	3		Jul-2019	Dollar (USA)

(1) Post Index has been updated or is new this month.

(2) Previously released Post Index has been revised.

(3) Due to the absence of reliable economic data, the foreign post index is not subject to monthly monitoring updates.

... Not applicable

L Where no Survey Date is shown, the Post Index is linked to another Post Index where a survey has been carried out.

(a) - Based on U.S. Department of State surveys; does not include access to duty-free purchases.

(b) - Based on United Nations surveys; does not include access to duty-free purchases.

(c) - Index for personnel who do not have U.S. military facility privileges.

(d) - Index for personnel who do not have access to duty-free gasoline.

(e) - Index for civilian personnel who have U.S. military facility privileges.

(f) - Index for personnel who do not have diplomatic privileges.

(g) - Index for personnel who are provided rations and quarters, a meal allowance or a third-party subsistence allowance.

(h) - Index for personnel who do not have retail tax-free privileges.

(i) - Index for personnel who purchase rations from a military establishment.

Persons Working Under TAH Provisions Post Indexes

All indexes are non-diplomatic

(Ottawa = 100)

Post indexes in bold were updated or are new in September 2022.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Bangladesh	Dhaka	May-2018	128	119			Jul-2022	Taka
Benin	Cotonou	Dec-2012	91	88		a	Jul-2022	CFA Franc BCEAO
Bolivia	La Paz	Jun-2017	95	90		a	Jun-2021	Boliviano
Bolivia	Santa Cruz	L	95	90		a	Jun-2021	Boliviano
Burkina Faso	Ouagadougou	Jan-2018	115	120			Aug-2022	CFA Franc BCEAO
China	Beijing	Dec-2018	128	123			Jul-2022	Yuan Renminbi
Colombia	Bogota	Aug-2017	97	90			Aug-2022	Peso (Colombia)
Colombia	Medellin	L	97	90			Aug-2022	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	125	140			Jun-2022	Franc (Congo)
Cuba	Havana	Apr-2014	128	133	3		Apr-2020	Convertible Peso (Cuba)
Egypt	Cairo	Aug-2015	106	110			Jun-2022	Pound (Egypt)
El Salvador	San Salvador	Nov-2016	89	92		a	Sep-2021	Dollar (USA)
Ethiopia	Addis Ababa	Apr-2018	113	121	1		Sep-2022	Birr
Ghana	Accra	Oct-2015	100	93	1		Sep-2022	Cedi
Ghana	Tamale	L	100	93	1		Sep-2022	Cedi
Guatemala	Guatemala City	Aug-2017	118	122			Jan-2022	Quetzal
Haiti	Cap-Haitien	L	137	132			Jul-2022	Gourde
Haiti	Les Cayes	L	137	132			Jul-2022	Gourde
Haiti	Port-au-Prince	L	137	132			Jul-2022	Gourde
Haiti	St. Marc	L	137	132			Jul-2022	Gourde
Honduras	Tegucigalpa	Apr-2017	114	118			Jun-2022	Lempira
Indonesia	Jakarta	L	114	109			Jun-2021	Rupiah
Israel	Tel Aviv	Apr-2017	137	142	1		Sep-2022	Shekel (Israel)
Jordan	Amman	Sep-2017	129	125			Apr-2021	Dinar (Jordan)
Kenya	Nairobi	May-2014	136	131			Dec-2021	Shilling (Kenya)
Lebanon	Beirut	Dec-2018	169	199	3		Aug-2020	Pound (Lebanon)
Mali	Bamako	Mar-2019	109	105			May-2022	CFA Franc BCEAO
Mongolia	Ulaanbaatar	L	94	89			May-2022	Tugrik
Morocco	Agadir	L	107	103			Apr-2022	Dirham (Morocco)
Morocco	Rabat	Oct-2017	107	103			Apr-2022	Dirham (Morocco)
Mozambique	Maputo	L	108	112			Apr-2022	Metical
Mozambique	Vilankulos	L	108	112			Apr-2022	Metical
Myanmar (Burma)	Yangon	L	74	77			Aug-2022	Kyat
Nicaragua	Managua	Feb-2017	89	94		a	Jan-2022	Cordoba, New
Nigeria	Abuja	L	132	137			Jun-2022	Naira
Nigeria	Bauchi	L	123	128			Jun-2022	Naira

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Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Nigeria	Calabar	L	123	128			Jun-2022	Naira
Nigeria	Lagos	L	123	128			Jun-2022	Naira
Pakistan	Lahore	L	95	91			Jul-2022	Rupee (Pakistan)
Pakistan	Pakistan Other	L	95	91			Jul-2022	Rupee (Pakistan)
Panama	Panama City	Aug-2017	113	109			Mar-2021	Balboa
Peru	Lima	Feb-2015	105	108			Feb-2022	Nuevo Sol
Philippines	Manila	May-2017	112	108			Aug-2022	Peso (Philippines)
Senegal	Dakar	Jan-2015	117	113			Jul-2022	CFA Franc BCEAO
Senegal	Kolda	L	117	113			Jul-2022	CFA Franc BCEAO
Senegal	Thies	L	117	113			Jul-2022	CFA Franc BCEAO
South Africa	Pretoria	Apr-2017	95	92			Aug-2022	Rand
South Sudan	Juba	L	145	151	3		Jan-2020	Pound (South Sudan)
Sri Lanka	Colombo	Aug-2019	101	89	3		Apr-2022	Rupee (Sri Lanka)
Sri Lanka	Kegalle	L	101	89	3		Apr-2022	Rupee (Sri Lanka)
Tanzania	Dar es Salaam	May-2014	112	108			Jun-2021	Shilling (Tanzania)
Tanzania	Tanzania Other	L	112	108			Jun-2021	Shilling (Tanzania)
Trinidad & Tobago	Port of Spain	Apr-2017	119	123			Jan-2022	Dollar (Trinidad and Tobago)
Tunisia	Tunis	Sep-2018	86	82			May-2022	Dinar (Tunisia)
Uganda	Kampala	Feb-2017	92	89		a	Jul-2022	Shilling
Ukraine	Kyiv	Apr-2019	94	86	1		Sep-2022	Hryvna (Ukraine)
Vietnam	Hanoi	Apr-2017	119	115			Jul-2022	Dong
West Bank and Gaza	Gaza City	L	137	142	1		Sep-2022	Shekel (Israel)
West Bank and Gaza	Ramallah	L	137	142	1		Sep-2022	Shekel (Israel)
Zambia	Lusaka	L	87	91	1	a	Sep-2022	Kwacha (Zambia)
Zimbabwe	Harare	Jul-2018	202	222	3		Jul-2019	Dollar (USA)

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L - Where no Survey Date is shown, the Post Index is linked to another Post Index where a survey has been carried out.

(a) - Based on U.S. Department of State surveys; does not include access to duty-free purchases.

Canadian Forces Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in September 2022.

Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
AA99	World	Assignments (No Post Index)	...	100			Nov-2006	...
AL01	Algeria	Algiers	Mar-2019	84			Dec-2021	Dinar (Algeria)
AR10	United Arab Emirates	Abu Dhabi	Apr-2016	116			Aug-2021	Dirham (U.A.E.)
AR11	United Arab Emirates	Abu Dhabi	Apr-2016	100		g	Jan-2021	Dirham (U.A.E.)
AT01	Australia	Canberra	L	122		f	Jul-2022	Dollar (Australia)
AT02	Australia	Canberra	L	117			Jul-2022	Dollar (Australia)
AT05	Australia	Perth	L	122		f	Jul-2022	Dollar (Australia)
AT06	Australia	Adelaide	L	122		f	Jul-2022	Dollar (Australia)
AT07	Australia	Brisbane	Apr-2017	126		f	Jul-2022	Dollar (Australia)
AT08	Australia	Sydney	L	126			Jul-2022	Dollar (Australia)
AT11	Australia	Cabarlah	L	122			Jul-2022	Dollar (Australia)
AT12	Australia	Canungra	L	122			Jul-2022	Dollar (Australia)
AT99	Australia	Australia Other	Apr-2017	122		f	Jul-2022	Dollar (Australia)
AU02	Austria	Vienna	Oct-2017	119			May-2022	Euro
BA02	Bangladesh	Dhaka	L	117			Jul-2022	Taka
BE01	Belgium	Brussels	Aug-2015	114	1		Sep-2022	Euro
BE03	Belgium	Casteau	Aug-2015	110			May-2022	Euro
BE15	Belgium	Brussels	Aug-2015	119	1	d	Sep-2022	Euro
BE16	Belgium	Brussels	L	114	1		Sep-2022	Euro
BE17	Belgium	Brussels	L	114	1		Sep-2022	Euro
BR03	Brazil	Brasilia	L	103			Aug-2022	Real
BR05	Brazil	Rio de Janeiro	L	103			Aug-2022	Real
CE01	Chile	Santiago	L	97	1		Sep-2022	Peso (Chile)
CE03	Chile	Valparaiso	L	97	1	g	Sep-2022	Peso (Chile)
CG01	Congo, Democratic Republic of	Kinshasa	May-2019	140			Jun-2022	Franc (Congo)
CH02	China	Beijing	Dec-2018	120			Jul-2022	Yuan Renminbi
CL01	Colombia	Bogota	Aug-2017	87			Aug-2022	Peso (Colombia)
CU01	Cuba	Havana	Apr-2014	131	3		Apr-2020	Convertible Peso (Cuba)
EG02	Egypt	Cairo	Aug-2015	110			Jun-2022	Pound (Egypt)
ES02	Estonia	Tartu	Jul-2015	112		a	Dec-2021	Euro
ES04	Estonia	Tallin	Jul-2015	111		a	Dec-2021	Euro
ET02	Ethiopia	Addis Ababa	Apr-2018	120	1	c	Sep-2022	Birr
FR02	France	Paris	Apr-2017	123		d	Aug-2022	Euro
FR03	France	Paris	Apr-2017	113			Aug-2022	Euro
FR05	France	Toulon	L	110			Aug-2022	Euro
FR21	France	Lille	L	110			Aug-2022	Euro
FR23	France	Lyon	L	117		d	Aug-2022	Euro

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(Ottawa = 100)

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
FR27	France	Phalsbourg	L	113			Aug-2022	Euro
FR28	France	Besançon	L	107			Aug-2022	Euro
FR77	France	Mont-de-Marsan	L	127			Aug-2022	Euro
GC01	Greece	Athens	Nov-2014	106			Apr-2022	Euro
GE06	Germany	Hamburg	Aug-2015	103		c	Aug-2022	Euro
GE13	Germany	Ramstein	Aug-2015	98			Aug-2022	Euro
GE16	Germany	Stuttgart	L	98			Aug-2022	Euro
GE23	Germany	Oberammergau	L	98			Aug-2022	Euro
GE24	Germany	Munich	L	108		c	Aug-2022	Euro
GE30	Germany	Geilenkirchen	Aug-2015	98			May-2022	Euro
GE67	Germany	Berlin	L	106		c	Aug-2022	Euro
GE69	Germany	Kalkar	L	97			Aug-2022	Euro
GE75	Germany	Wiesbaden	L	98			Aug-2022	Euro
GE80	Germany	Wesel	Aug-2015	97			Aug-2022	Euro
GE81	Germany	Ulm	L	98			Aug-2022	Euro
GH01	Ghana	Accra	Oct-2015	94	1		Sep-2022	Cedi
GR01	Greenland	Thule	...	100			Dec-1994	Krone (Denmark)
HA02	Haiti	Port-au-Prince	Nov-2017	132			Jul-2022	Gourde
HA03	Haiti	Haiti	Nov-2017	102		g	Nov-2020	Gourde
IN02	India	New Delhi	Jun-2018	109			Apr-2022	Rupee (India)
IN04	Indonesia	Jakarta	Aug-2015	109		f	Jun-2021	Rupiah
IS02	Israel	Tel Aviv	Apr-2017	127	1		Sep-2022	Shekel (Israel)
IT03	Italy	Rome	Sep-2017	105	1		Sep-2022	Euro
IT04	Italy	Rome	Sep-2017	106	1		Sep-2022	Euro
IT05	Italy	Rome	Sep-2017	104		g	May-2022	Euro
IT09	Italy	Naples	Nov-2017	108			Apr-2022	Euro
IT13	Italy	Poggio	L	104	1		Sep-2022	Euro
IT14	Italy	Sigonella	Nov-2017	108			Apr-2022	Euro
IT15	Italy	Milan	Sep-2017	117			Aug-2022	Euro
JA02	Japan	Tokyo	Nov-2018	112			Jul-2022	Yen
JA05	Japan	Tokyo	L	112			Jul-2022	Yen
JM02	Jamaica	Kingston	Oct-2018	110		d	Jun-2022	Dollar (Jamaica)
JO01	Jordan	Amman	Sep-2017	123			Apr-2021	Dinar (Jordan)
KE01	Kenya	Nairobi	May-2014	130			Dec-2021	Shilling (Kenya)
KU01	Kuwait	Kuwait City	Oct-2015	117			May-2022	Dinar (Kuwait)
KZ01	Kazakhstan	Nur-Sultan	Feb-2019	97			Aug-2022	Tenge
LE02	Lebanon	Beirut	Dec-2018	198		3	Aug-2020	Pound (Lebanon)

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
LT01	Lithuania	Vilnius	L	81		a	Apr-2021	Euro
LUX1	Luxembourg	Luxembourg City	L	120	1		Sep-2022	Euro
LV02	Latvia	Riga (unaccompanied with meals)	Oct-2017	96		g	Mar-2018	Euro
LV03	Latvia	Riga (no meals)	Oct-2017	112			Apr-2022	Euro
MA03	Mali	Bamako	Mar-2019	98		g	Feb-2020	CFA Franc BCEAO
MA06	Malaysia	Kuala Lumpur	May-2015	93			Jul-2022	Ringgit (Malaysia)
ME01	Mexico	Mexico City	Jul-2015	95			Aug-2021	Peso (Mexico)
MO02	Morocco	Rabat	L	100			Apr-2022	Dirham (Morocco)
NE01	Netherlands	Brunssum	Aug-2015	106			Apr-2022	Euro
NE02	Netherlands	The Hague	Oct-2015	104			Aug-2022	Euro
NE07	Netherlands	Eindhoven	L	106			Apr-2022	Euro
NG05	Nigeria	Abuja	Oct-2015	137			Jun-2022	Naira
NG06	Nigeria	Lagos	Jan-2016	128			Jun-2022	Naira
NR02	Norway	Oslo	Sep-2018	131	1		Sep-2022	Krone (Norway)
NR05	Norway	Stavanger	Aug-2018	127	1		Sep-2022	Krone (Norway)
NZ02	New Zealand	Trentham	Apr-2017	116			Aug-2022	Dollar (New Zealand)
NZ03	New Zealand	Auckland	L	112	1		Sep-2022	Dollar (New Zealand)
OS07	Germany	OP SP HUB Köln (unaccompanied with meals)	Aug-2015	99		g	Aug-2022	Euro
OS08	Germany	SUP HUB Köln	Aug-2015	103		c	Aug-2022	Euro
OS09	Kuwait	OP SUB HUB, Kuwait City	Oct-2015	98		g	May-2016	Dinar (Kuwait)
PA02	Pakistan	Islamabad	Jul-2015	90			Jul-2022	Rupee (Pakistan)
PA03	Pakistan	Quetta	Jul-2015	91			Jul-2022	Rupee (Pakistan)
PE01	Peru	Lima	Feb-2015	108			Feb-2022	Nuevo Sol
PH01	Philippines	Manila	May-2017	105		d	Aug-2022	Peso (Philippines)
PL02	Poland	Warsaw	Sep-2017	98			Apr-2022	Zloty
PL03	Poland	Bydgoszcz	Sep-2017	95		g	Apr-2022	Zloty
PL04	Poland	Szczecin	Sep-2017	97			Apr-2022	Zloty
PL05	Poland	Elblag	Sep-2017	99		g	Aug-2022	Zloty
RO02	Romania	Bucharest	Mar-2019	95			Aug-2022	Leu
RO03	Romania	Craiova	L	95			Aug-2022	Leu
RO04	Romania	Sibiu	L	95		g	Aug-2022	Leu
RU02	Russia	Moscow	Mar-2019	115			Jul-2022	Rouble (Russia)
SA01	Saudi Arabia	Riyadh	Jan-2014	123			Jan-2022	Riyal (Saudi Arabia)
SA21	South Africa	Pretoria	Apr-2017	91			Aug-2022	Rand
SE01	Senegal	Dakar	Jan-2015	112		c	Jul-2022	CFA Franc BCEAO
SI03	Singapore	Singapore	Jun-2015	137			Jun-2021	Dollar (Singapore)
SK01	Korea, Republic of	Seoul	Jan-2019	125			Jul-2022	Won

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SK05	Korea, Republic of	Pyeongtaek	Jan-2019	115			Jun-2021	Won
SL01	Sri Lanka	Colombo	Aug-2019	88	3		Apr-2022	Rupee (Sri Lanka)
SP03	Spain	Madrid	Aug-2017	111	1		Sep-2022	Euro
SP04	Spain	Madrid DND Non VAT	Aug-2017	114	1	f	Sep-2022	Euro
SS01	Sudan	Khartoum, accompanied - MSGU	Aug-2014	119	3		Feb-2018	Pound (Sudan)
SW02	Sweden	Stockholm	Aug-2017	114		f	Aug-2022	Krona (Sweden)
SZ01	Switzerland	Geneva	L	151			May-2022	Franc (Switzerland)
TH01	Thailand	Bangkok	L	111			Aug-2022	Baht
TN01	Tunisia	Tunis	Sep-2018	79			May-2022	Dinar (Tunisia)
TU02	Turkey	Ankara	Mar-2019	74		c	Mar-2022	Lira
TU04	Turkey	Izmir	Mar-2019	78			Mar-2022	Lira
TU05	Turkey	Istanbul	Mar-2019	75		c	Mar-2022	Lira
UA03	United States of America	Beale, California	Aug-2018	146			Aug-2022	Dollar (USA)
UA05	United States of America	Edwards, California	L	136			Jan-2022	Dollar (USA)
UA07	United States of America	Monterey, California	Aug-2018	146			Aug-2022	Dollar (USA)
UA08	United States of America	San Diego, California	Aug-2018	136			Jan-2022	Dollar (USA)
UA10	United States of America	Whidbey Island, Washington	Aug-2018	122			Jun-2022	Dollar (USA)
UA11	United States of America	Seattle / Tacoma (McChord), Washington	Aug-2018	127			Jun-2022	Dollar (USA)
UA16	United States of America	Vandenberg, California	Aug-2018	146			Aug-2022	Dollar (USA)
UA20	United States of America	Mojave, California (Test Pilot School)	L	136			Jan-2022	Dollar (USA)
UA23	United States of America	Las Vegas, Nevada	Aug-2018	136		c	Jun-2022	Dollar (USA)
UA26	United States of America	Twentynine Palms	L	136			Jan-2022	Dollar (USA)
UB01	United States of America	Colorado Springs, Colorado	Sep-2017	132			Mar-2022	Dollar (USA)
UB04	United States of America	Buckley (Denver), Colorado	Sep-2018	122			Jun-2022	Dollar (USA)
UB06	United States of America	Albuquerque, New Mexico	L	132			Mar-2022	Dollar (USA)
UB08	United States of America	Fort Huachuca, Arizona	L	132			Mar-2022	Dollar (USA)
UC01	United States of America	Fort Bliss, Texas	L	109			Jun-2022	Dollar (USA)
UC02	United States of America	Cavalier, North Dakota	Aug-2018	109			Jun-2022	Dollar (USA)
UC04	United States of America	San Antonio, Texas	Nov-2019	112			Aug-2022	Dollar (USA)
UC06	United States of America	Houston, Texas, Johnson Space Center	Jul-2018	128		c	Aug-2022	Dollar (USA)
UC07	United States of America	Fort Hood, Fort Worth, Sheppard, Wichita Falls	Aug-2018	109			Jun-2022	Dollar (USA)
UC08	United States of America	University of Texas (San Antonio), Randolph, Medina, Universal City	L	112			Aug-2022	Dollar (USA)
UC09	United States of America	Fort Sill, Tinker, Oklahoma	Aug-2018	106			Jan-2022	Dollar (USA)
UD01	United States of America	Fort Leavenworth, Kansas	Aug-2018	110			Jan-2022	Dollar (USA)
UD03	United States of America	St. Louis, Missouri, Fort Leonard Wood, Missouri, Scott, Elleville, Illinois	Nov-2019	122			Aug-2022	Dollar (USA)

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
UD04	United States of America	Omaha, Nebraska	L	110			Jan-2022	Dollar (USA)
UE01	United States of America	Dayton, Ohio, Wright-Patterson, Ohio	Oct-2017	120			Jan-2022	Dollar (USA)
UE03	United States of America	Warren, Michigan	Jun-2015	118			Aug-2022	Dollar (USA)
UF01	United States of America	Maryland: Aberdeen, Annapolis, Carderock, Fort Meade, Indian Head, Patuxent River, University of Maryland Virginia: Alexandria, Andrews, Arlington, Crystal City, Falls Church, Quantico, D.C.: Bolling, Washington	Oct-2017	125			Aug-2022	Dollar (USA)
UF02	United States of America	Washington, D. C.	L	126		c	Aug-2022	Dollar (USA)
UF03	United States of America	Cherry Point, Pope	L	112			Jan-2022	Dollar (USA)
UF08	United States of America	Chesapeake, Dam Neck, Fort Lee, Fort Monroe, Hampton, Langley, Norfolk, Yorkton	Nov-2017	114			Jan-2022	Dollar (USA)
UF09	United States of America	Fayetteville, Fort Bragg, North Carolina	Oct-2017	112			Jan-2022	Dollar (USA)
UF15	United States of America	Maryland: Aberdeen, Annapolis, Carderock, Fort Meade, Indian Head, Patuxent River, University of Maryland Virginia: Alexandria, Andrews, Arlington, Crystal City, Falls Church, Quantico, D.C.: Bolling, Washington	Oct-2017	130		f	Aug-2022	Dollar (USA)
UG01	United States of America	Eglin, Tyndall	Jul-2018	122			Aug-2022	Dollar (USA)
UG02	United States of America	Beaufort Falls	L	123		c	Aug-2022	Dollar (USA)
UG05	United States of America	Fort Benning, Georgia	L	122			Aug-2022	Dollar (USA)
UG06	United States of America	Fort Gordon, Fort McPherson, Fort Stewart	L	122			Aug-2022	Dollar (USA)
UG07	United States of America	Mississippi	L	122		d	Aug-2022	Dollar (USA)
UG08	United States of America	Gainesville, Florida (University of Florida)	Jul-2018	123		c	Aug-2022	Dollar (USA)
UG09	United States of America	Fort Rucker, Alabama	L	122			Aug-2022	Dollar (USA)
UG10	United States of America	Jacksonville, Florida	L	122		d	Aug-2022	Dollar (USA)
UG11	United States of America	Maxwell, Montgomery, Alabama	L	122		d	Aug-2022	Dollar (USA)
UG12	United States of America	Daytona Beach	L	123		c	Aug-2022	Dollar (USA)
UG13	United States of America	University of Tennessee	L	123		c	Aug-2022	Dollar (USA)
UG14	United States of America	MacDill, Tampa	L	122			Aug-2022	Dollar (USA)
UG17	United States of America	West Palm Beach, Florida	Nov-2017	132			Aug-2022	Dollar (USA)
UG21	United States of America	Robins, Georgia	Jan-2019	120			Aug-2022	Dollar (USA)
UG22	United States of America	Miami	Nov-2017	132			Aug-2022	Dollar (USA)
UG25	United States of America	Little Rock, Arkansas	L	122		d	Aug-2022	Dollar (USA)
UG26	United States of America	Huntsville, Alabama	Jul-2018	122		d	Aug-2022	Dollar (USA)
UG30	United States of America	KEY WEST FLORIDA	Jul-2018	128			May-2022	Dollar (USA)
UH02	United States of America	New York City	Oct-2017	138			Jan-2022	Dollar (USA)
UH03	United States of America	Cape Cod, Hanscom	Jun-2018	119			Jan-2022	Dollar (USA)
UH04	United States of America	Boston, University of Boston	Jun-2018	126		f	Jan-2022	Dollar (USA)

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UH06	United States of America	Carlisle, Pennsylvania	L	117			Jan-2022	Dollar (USA)
UH07	United States of America	Rochester, NY	L	117			Jun-2022	Dollar (USA)
UH08	United States of America	Philadelphia, Warminster	L	130		f	Aug-2022	Dollar (USA)
UH11	United States of America	Rome, New York	Nov-2017	117			Jan-2022	Dollar (USA)
UH14	United States of America	Newport, Rhode Island	L	119			Jan-2022	Dollar (USA)
UH16	United States of America	Stratford, Connecticut	Nov-2018	119		c	Jun-2022	Dollar (USA)
UH22	United States of America	New York City (No VAT Rebates)	Oct-2017	144		f	Jan-2022	Dollar (USA)
UJ02	United States of America	Picatinny Arsenal, New Jersey	L	130		f	Aug-2022	Dollar (USA)
UJ04	United States of America	Rutgers University, New Jersey	L	130		f	Aug-2022	Dollar (USA)
UK12	United Kingdom	Inside the M25 (No VAT Rebates)	Sep-2015	108		h	Aug-2022	Pound (United Kingdom)
UK13	United Kingdom	Outside the M25 (VAT Rebates)	Sep-2015	101			Aug-2022	Pound (United Kingdom)
UK18	United Kingdom	Inside the M25 (VAT Rebates)	Sep-2015	106			Aug-2022	Pound (United Kingdom)
UK35	United Kingdom	Cranfield	L	101		g	Aug-2022	Pound (United Kingdom)
UK57	United Kingdom	Scotland	L	96			Aug-2022	Pound (United Kingdom)
U001	United States of America	Elmendorf, Alaska	Aug-2018	127			Aug-2022	Dollar (USA)
U003	United States of America	Honolulu, Hawaii	Oct-2017	126			Aug-2022	Dollar (USA)
U005	United States of America	Clear, Alaska	Aug-2018	104		g	Aug-2022	Dollar (USA)
U008	United States of America	Eielson	L	127			Aug-2022	Dollar (USA)
UR01	Ukraine	Kyiv	Apr-2019	80	1		Sep-2022	Hryvna (Ukraine)
US10	United States of America	Ogden, Utah	L	122			Jun-2022	Dollar (USA)
USA2	United States of America	Pensacola, Florida	L	122		d	Aug-2022	Dollar (USA)
VI01	Vietnam	Hanoi	L	115			Jul-2022	Dong
WB01	West Bank and Gaza	Ramallah	L	142	1		Sep-2022	Shekel (Israel)
YU02	Serbia	Belgrade	Mar-2019	98			May-2022	Dinar (Serbia)
ZZ01	Belgium	Casteau	Aug-2015	112			May-2022	Euro
ZZ03	Netherlands	Brunssum	Aug-2015	107			Apr-2022	Euro
ZZ09	Haiti	Port-au-Prince	Nov-2017	105		g	Apr-2021	Gourde
ZZ10	Haiti	Regions of Haiti	L	105		g	Apr-2021	Gourde
ZZ31	Cambodia	Phnom Penh	Feb-2016	96		g	Jun-2017	Riel

(1) Post Index has been updated or is new this month.

(2) Previously released Post Index has been revised.

(3) Due to the absence of reliable economic data, the foreign post index is not subject to monthly monitoring updates.

... Not applicable

L Where no Survey Date is shown, the Post Index is linked to another Post Index where a survey has been carried out.

(a) - Based on U.S. Department of State surveys; does not include access to duty-free purchases.

(b) - Based on United Nations surveys; does not include access to duty-free purchases.

(c) - Index for personnel who do not have U.S. military facility privileges.

(d) - Index for personnel who do not have access to duty-free gasoline.

(e) - Index for civilian personnel who have U.S. military facility privileges.

(f) - Index for personnel who do not have diplomatic privileges.

(g) - Index for personnel who are provided rations and quarters, a meal allowance or a third-party subsistence allowance.

(h) - Index for personnel who do not have retail tax-free privileges.

(i) - Index for personnel who purchase rations from a military establishment.