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Canadian Foreign Post Indexes

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Correction notice

November 5, 2024

A correction was made to the Foreign Post Indexes for Colombo, Sri Lanka in the Foreign Service Directives (FSDs), the Technical Assistance Handbook (TAH), and the Canadian Forces tables to reflect updated source information.

A correction was made to the Foreign Post Indexes for Kegalle, Sri Lanka in the Technical Assistance Handbook (TAH) tables to reflect updated source information.

A correction was made to the Previous Index value for Nagoya and Tokyo, Japan in the Foreign Service Directives (FSDs) table.

February 2, 2024

A correction was made to the Foreign Post Index for Lahore, Pakistan and Pakistan Other, Pakistan in the Technical Assistance Handbook (TAH) table to reflect updated source information.

A correction was made to the Foreign Post Indexes for Tel Aviv, Israel and Ramallah, West Bank and Gaza in the Foreign Service Directives (FSDs), the Technical Assistance Handbook (TAH), and the Canadian Forces tables to reflect updated source information. A correction was made to the Foreign Post Index for Gaza City, West Bank and Gaza in the Technical Assistance Handbook (TAH) table to reflect updated source information.

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Canadian Foreign Post Indexes, January 2024

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.

The [Guide to the Post Index](#),¹ which was revised in December 2023, remains available.

The analysis of Post Index surveys has been completed for the following locations. The results incorporate the analysis of costs for goods and services purchased in the local economy and from import sources at the time the surveys were carried out, adjusted based on continuing monthly reviews.

Table 1
Completed Post Index(es)

Country	Post	Military Code	Survey Date
Pakistan	Islamabad	...	April 2023
Pakistan	Islamabad	PA02	April 2023
Pakistan	Lahore	...	April 2023
Pakistan	Pakistan Other	...	April 2023
... not applicable			

The Department of National Defense requested that the following Index be discontinued.

Table 2
Discontinued Post Index(es)

Country	Post	Military Code	Table
Pakistan	Quetta	PA03	Canada Forces

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/62f0072g2023001-eng.htm>

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in January 2024.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Algeria	Algiers	Mar-2019	89	92			Nov-2023	Dinar (Algeria)
Argentina	Buenos Aires	Feb-2015	125	104	1		Jan-2024	Peso (Argentina)
Armenia	Yerevan	Nov-2015	...	136		a	Nov-2023	Dram (Armenia)
Australia	Canberra	Apr-2017	118	121	1		Jan-2024	Dollar (Australia)
Australia	Canberra	Apr-2017	122	126	1	f	Jan-2024	Dollar (Australia)
Australia	Sydney	Apr-2017	120	124	1		Jan-2024	Dollar (Australia)
Australia	Sydney	Apr-2017	126	131	1	f	Jan-2024	Dollar (Australia)
Austria	Vienna	Oct-2017	128	133			Dec-2023	Euro
Bangladesh	Dhaka	May-2018	117	121			Nov-2023	Taka
Barbados	Bridgetown	Oct-2018	145	133			Dec-2023	Dollar (Barbados)
Belgium	Brussels	Aug-2015	129	133			Apr-2023	Euro
Belgium	Brussels	Aug-2015	135	140		d	Apr-2023	Euro
Benin	Cotonou	L	93	96	1	a	Jan-2024	CFA Franc BCEAO
Bolivia	La Paz	L	91	94		a	Nov-2023	Boliviano
Brazil	Brasília	Mar-2015	107	111			Jun-2023	Real
Brazil	Rio de Janeiro	L	107	111			Jun-2023	Real
Brazil	Sao Paulo	Mar-2015	107	111			Jun-2023	Real
Brunei Darussalam	Bandar Seri Begawan	Aug-2017	86	82		a	Jul-2023	Dollar (Brunei)
Burkina Faso	Ouagadougou	Jan-2018	116	120			Jan-2023	CFA Franc BCEAO
Cambodia	Phnom Penh	Feb-2016	100	104		a	Jun-2022	Riel
Cameroon	Yaoundé	Jul-2015	121	126			Dec-2023	CFA Franc BEAC
Chile	Santiago	Feb-2015	102	106			Dec-2023	Peso (Chile)
China	Beijing	Dec-2018	119	116			Jul-2023	Yuan Renminbi
China	Chongqing	Oct-2019	102	98			Aug-2023	Yuan Renminbi
China	Guangzhou	Mar-2015	127	119			Jul-2023	Yuan Renminbi
China	Hong Kong	Jan-2019	145	150			Nov-2023	Dollar (Hong Kong)
China	Shanghai	Jan-2019	127	121			Jul-2023	Yuan Renminbi
Colombia	Bogotá	Aug-2017	96	99			Sep-2023	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	151	161			Nov-2023	Franc (Congo)
Costa Rica	San José	Aug-2015	130	134			Dec-2023	Colon (Costa Rica)
Côte d'Ivoire	Abidjan	Oct-2015	114	120			Jan-2023	CFA Franc BCEAO
Croatia	Zagreb	Jun-2016	87	90	3	a	Jun-2023	Kuna
Cuba	Havana	Apr-2014	126	131	3		Apr-2020	Convertible Peso (Cuba)
Czech Republic	Prague	Oct-2017	115	111			Nov-2023	Koruna (Czech Rep.)
Denmark	Copenhagen	Aug-2017	136	140			Sep-2023	Krone (Denmark)
Dominican Republic	Santo Domingo	May-2018	103	108			Oct-2022	Peso (Dominican Rep.)
Ecuador	Quito	Apr-2016	111	117		a	Oct-2022	Dollar (USA)

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in January 2024.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Egypt	Cairo	Aug-2015	101	105			Oct-2023	Pound (Egypt)
El Salvador	San Salvador	L	97	100		a	Nov-2023	Dollar (USA)
Ethiopia	Addis Ababa	Apr-2018	143	149			Nov-2023	Birr
Fiji	Suva	Feb-2017	...	86		a	Nov-2023	Dollar (Fiji)
Finland	Helsinki	Aug-2017	126	133			Jan-2023	Euro
France	Lyon	L	132	137		f	May-2023	Euro
France	Paris	Apr-2017	127	131			May-2023	Euro
France	Paris	Apr-2017	139	144		d	May-2023	Euro
France	Paris	Apr-2017	139	144		f	May-2023	Euro
Germany	Berlin	Aug-2015	117	122			Dec-2023	Euro
Germany	Düsseldorf	L	125	131			Dec-2023	Euro
Germany	Munich	L	123	128			Dec-2023	Euro
Ghana	Accra	Mar-2023	104	120			Dec-2023	Cedi
Greece	Athens	Nov-2014	113	117			Dec-2023	Euro
Guatemala	Guatemala City	Aug-2017	121	125			Nov-2023	Quetzal
Guyana	Georgetown	Oct-2017	121	126			Nov-2023	Dollar (Guyana)
Haiti	Port-au-Prince	Nov-2017	148	154			Nov-2023	Gourde
Honduras	Tegucigalpa	Apr-2017	116	122			Nov-2022	Lempira
Hungary	Budapest	Nov-2014	114	119			Apr-2023	Forint
Iceland	Reykjavik	L	127	131			Aug-2023	Krone (Norway)
India	Bangalore	Oct-2018	114	108			Jun-2023	Rupee (India)
India	Chandigarh	L	115	109			Jun-2023	Rupee (India)
India	Mumbai	Jun-2018	120	112			Jun-2023	Rupee (India)
India	New Delhi	Jun-2018	115	109			Jun-2023	Rupee (India)
India	New Delhi	Jun-2018	121	113		f	Jun-2023	Rupee (India)
Indonesia	Jakarta	Aug-2015	109	113			May-2023	Rupiah
Indonesia	Semarang	L	109	113		f	May-2023	Rupiah
Iraq	Baghdad	100			Aug-2004	Dinar (Iraq)
Ireland	Dublin	May-2016	106	109			Dec-2023	Euro
Israel	Tel Aviv	Apr-2017	117	122	1		Jan-2024	Shekel (Israel)
Italy	Milan	L	128	132		f	Dec-2023	Euro
Italy	Rome	Sep-2017	117	121			Dec-2023	Euro
Italy	Rome	Sep-2017	128	132		f	Dec-2023	Euro
Jamaica	Kingston	Oct-2018	110	115			Oct-2023	Dollar (Jamaica)
Japan	Nagoya	L	118	114			Jul-2023	Yen
Japan	Tokyo	Nov-2018	118	114			Jul-2023	Yen
Jordan	Amman	Sep-2017	127	122			Jul-2023	Dinar (Jordan)
Kazakhstan	Astana	Feb-2019	108	112			Apr-2023	Tenge

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in January 2024.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Kenya	Nairobi	May-2014	123	119	1		Jan-2024	Shilling (Kenya)
Korea, Republic of	Seoul	Jan-2019	126	131			Dec-2023	Won
Kuwait	Kuwait	Oct-2015	117	124			Nov-2022	Dinar (Kuwait)
Laos	Vientiane	Jan-2016	75	77		a	Nov-2023	Kip
Latvia	Riga	Oct-2017	109	116			Jan-2023	Euro
Lebanon	Beirut	Dec-2018	169	198	3		Aug-2020	Pound (Lebanon)
Lithuania	Vilnius	Dec-2017	89	92		a	Dec-2023	Euro
Malaysia	Kuala Lumpur	May-2015	98	93			Jul-2023	Ringgit (Malaysia)
Mali	Bamako	Mar-2019	105	108			Feb-2023	CFA Franc BCEAO
Mexico	Guadalajara	L	111	115			Dec-2023	Peso (Mexico)
Mexico	Mexico City	Jul-2015	111	115			Dec-2023	Peso (Mexico)
Mexico	Monterrey	L	111	115			Dec-2023	Peso (Mexico)
Mongolia	Ulaanbaatar	Jun-2018	90	93		a	Nov-2023	Tugrik
Morocco	Rabat	Oct-2017	100	104			Feb-2023	Dirham (Morocco)
Mozambique	Maputo	Aug-2017	112	117			Nov-2022	Metical
Myanmar (Burma)	Yangon	Feb-2018	76	79	3	a	Mar-2023	Kyat
Netherlands	Delft	Oct-2015	126	130		f	Apr-2023	Euro
Netherlands	The Hague	Oct-2015	113	117			Apr-2023	Euro
New Zealand	Auckland	L	118	122	1		Jan-2024	Dollar (New Zealand)
New Zealand	Wellington	Apr-2017	118	122	1		Jan-2024	Dollar (New Zealand)
New Zealand	Wellington	Apr-2017	121	126	1	f	Jan-2024	Dollar (New Zealand)
Nicaragua	Managua	L	98	102		a	Feb-2023	Cordoba, New
Nigeria	Abuja	Oct-2015	112	117			Oct-2023	Naira
Nigeria	Lagos	Jan-2016	105	110			Oct-2023	Naira
Norway	Oslo	Sep-2018	127	131			Aug-2023	Krone (Norway)
Pakistan	Islamabad	Apr-2023	96	81	1		Jan-2024	Rupee (Pakistan)
Panama	Panama City	Aug-2017	107	112			Nov-2022	Balboa
Peru	Lima	Feb-2015	116	120			Jun-2023	Nuevo Sol
Philippines	Manila	May-2017	104	112			Jan-2023	Peso (Philippines)
Poland	Warsaw	Sep-2017	110	114			Jun-2023	Zloty
Portugal	Lisbon	Aug-2017	120	125			Jun-2023	Euro
Qatar	Doha	Jan-2019	108	112			Nov-2023	Riyal (Qatar)
Romania	Bucharest	Mar-2019	104	107			Jun-2023	Leu
Russia	Moscow	Mar-2019	92	96			Dec-2023	Rouble (Russia)
Rwanda	Kigali	Aug-2017	113	108		a	Jul-2023	Franc (Rwanda)
Saudi Arabia	Riyadh	Jan-2014	119	123			Jan-2022	Riyal (Saudi Arabia)
Senegal	Dakar	Jan-2015	120	124			Sep-2023	CFA Franc BCEAO
Serbia	Belgrade	Mar-2019	106	110			May-2023	Dinar (Serbia)

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in January 2024.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Singapore	Singapore	Jun-2015	144	149			Jan-2023	Dollar (Singapore)
Singapore	Singapore	Jun-2015	149	154		f	Jan-2023	Dollar (Singapore)
Slovakia	Bratislava	Jul-2016	104	108		a	Apr-2023	Euro
South Africa	Johannesburg	L	89	92			Dec-2023	Rand
South Africa	Johannesburg	L	90	94		f	Dec-2023	Rand
South Africa	Pretoria	Apr-2017	89	92			Dec-2023	Rand
South Sudan	Juba	Sep-2018	145	151	3		Jan-2020	Pound (South Sudan)
Spain	Barcelona	L	122	126			May-2023	Euro
Spain	Madrid	Aug-2017	122	126			May-2023	Euro
Sri Lanka	Colombo	Aug-2019	110	106			Aug-2023	Rupee (Sri Lanka)
Sudan	Khartoum	Aug-2014	127	119	3		Feb-2018	Pound (Sudan)
Sweden	Stockholm	Aug-2017	108	112			Dec-2023	Krona (Sweden)
Switzerland	Bern	L	153	158			Aug-2023	Franc (Switzerland)
Switzerland	Geneva	Oct-2017	153	158			Aug-2023	Franc (Switzerland)
Switzerland	Geneva	Oct-2017	161	166		f	Aug-2023	Franc (Switzerland)
Taiwan	Taipei	Oct-2015	113	117			Dec-2023	Dollar (Taiwan)
Tanzania	Dar es Salaam	May-2014	105	109			Nov-2023	Shilling (Tanzania)
Thailand	Bangkok	Oct-2015	119	114			Jul-2023	Baht
Trinidad & Tobago	Port of Spain	Apr-2017	130	124			Jul-2023	Dollar (Trinidad and Tobago)
Tunisia	Tunis	Sep-2018	83	86			Jun-2023	Dinar (Tunisia)
Turkey	Ankara	Mar-2019	76	81			Oct-2023	Lira
Turkey	Istanbul	Mar-2019	76	81			Oct-2023	Lira
Ukraine	Kyiv	Apr-2019	80	84			Nov-2022	Hryvna (Ukraine)
United Arab Emirates	Abu Dhabi	Apr-2016	123	128			Nov-2023	Dirham (U.A.E.)
United Arab Emirates	Dubai	Apr-2016	123	128			Sep-2022	Dirham (U.A.E.)
United Kingdom	Cheltenham	Sep-2015	123	127		f	Aug-2023	Pound (United Kingdom)
United Kingdom	London	Oct-2015	126	131			Aug-2023	Pound (United Kingdom)
United Kingdom	London	Oct-2015	129	134		d	Aug-2023	Pound (United Kingdom)
United Kingdom	London	Oct-2015	133	138		f	Aug-2023	Pound (United Kingdom)
United States of America	Atlanta	May-2018	136	131	1		Jan-2024	Dollar (USA)
United States of America	Boston	Jun-2018	125	129			Nov-2023	Dollar (USA)
United States of America	Chicago	Jun-2018	132	127			Dec-2022	Dollar (USA)
United States of America	Colorado Springs	Sep-2017	142	138	1		Jan-2024	Dollar (USA)
United States of America	Dallas	Jul-2018	125	130			Nov-2023	Dollar (USA)
United States of America	Denver	Aug-2018	134	129	1		Jan-2024	Dollar (USA)

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in January 2024.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
United States of America	Denver	Aug-2018	137	132	1	f	Jan-2024	Dollar (USA)
United States of America	Detroit	Jun-2015	120	125			Oct-2022	Dollar (USA)
United States of America	Houston	Jul-2018	127	122	1		Jan-2024	Dollar (USA)
United States of America	Los Angeles	Aug-2018	128	133			Oct-2022	Dollar (USA)
United States of America	MacDill, Tampa	L	119	125		e	Jun-2023	Dollar (USA)
United States of America	Miami	Nov-2017	124	131			Jun-2023	Dollar (USA)
United States of America	Minneapolis	Sep-2018	125	120			Feb-2023	Dollar (USA)
United States of America	New York City	Oct-2017	142	146			Oct-2022	Dollar (USA)
United States of America	New York City	Oct-2017	149	154		f	Oct-2022	Dollar (USA)
United States of America	San Diego	Aug-2018	153	148	1		Jan-2024	Dollar (USA)
United States of America	San Francisco	Aug-2018	145	153			Nov-2023	Dollar (USA)
United States of America	Seattle	Aug-2018	131	137			Nov-2023	Dollar (USA)
United States of America	St. Louis, MO	L	127	123			Feb-2023	Dollar (USA)
United States of America	Washington D.C.	Nov-2017	126	130			Nov-2023	Dollar (USA)
United States of America	Washington D.C.	Nov-2017	130	134		f	Oct-2022	Dollar (USA)
Uruguay	Montevideo	Feb-2018	133	138			Apr-2023	Peso (Uruguay)
Vatican City	Vatican	L	117	121			Dec-2023	Euro
Vietnam	Hanoi	Apr-2017	114	118			Feb-2023	Dong
Vietnam	Ho Chi Minh City	Apr-2017	120	116			May-2021	Dong
West Bank and Gaza	Ramallah	L	117	122	1		Jan-2024	Shekel (Israel)
Zambia	Lusaka	Jun-2014	79	73	1	a	Jan-2024	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 January 2024.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Bangladesh	Dhaka	May-2018	119	124			Nov-2023	Taka
Benin	Cotonou	Dec-2012	93	96	1	a	Jan-2024	CFA Franc BCEAO
Bolivia	La Paz	Jun-2017	91	94		a	Nov-2023	Boliviano
Bolivia	Santa Cruz	L	91	94		a	Nov-2023	Boliviano
Burkina Faso	Ouagadougou	Jan-2018	120	126			Jan-2023	CFA Franc BCEAO
China	Beijing	Dec-2018	122	118			Jul-2023	Yuan Renminbi
Colombia	Bogota	Aug-2017	100	103			Sep-2023	Peso (Colombia)
Colombia	Medellin	L	100	103			Sep-2023	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	151	161			Nov-2023	Franc (Congo)
Cuba	Havana	Apr-2014	128	133	3		Apr-2020	Convertible Peso (Cuba)
Egypt	Cairo	Aug-2015	101	105			Oct-2023	Pound (Egypt)
El Salvador	San Salvador	Nov-2016	97	100		a	Nov-2023	Dollar (USA)
Ethiopia	Addis Ababa	Apr-2018	144	151			Nov-2023	Birr
Ghana	Accra	Mar-2023	104	120			Dec-2023	Cedi
Ghana	Tamale	L	104	120			Dec-2023	Cedi
Guatemala	Guatemala City	Aug-2017	128	133			Nov-2023	Quetzal
Haiti	Cap-Haitien	L	148	154			Nov-2023	Gourde
Haiti	Les Cayes	L	148	154			Nov-2023	Gourde
Haiti	Port-au-Prince	L	148	154			Nov-2023	Gourde
Haiti	St. Marc	L	148	154			Nov-2023	Gourde
Honduras	Tegucigalpa	Apr-2017	118	124			Nov-2022	Lempira
Indonesia	Jakarta	L	109	113			May-2023	Rupiah
Israel	Tel Aviv	Apr-2017	136	132			Oct-2023	Shekel (Israel)
Jordan	Amman	Sep-2017	130	124			Jul-2023	Dinar (Jordan)
Kenya	Nairobi	May-2014	124	120	1		Jan-2024	Shilling (Kenya)
Lebanon	Beirut	Dec-2018	169	199	3		Aug-2020	Pound (Lebanon)
Mali	Bamako	Mar-2019	109	113			Feb-2023	CFA Franc BCEAO
Mongolia	Ulaanbaatar	L	90	93			Nov-2023	Tugrik
Morocco	Agadir	L	103	107			Feb-2023	Dirham (Morocco)
Morocco	Rabat	Oct-2017	103	107			Feb-2023	Dirham (Morocco)
Mozambique	Maputo	L	112	117			Nov-2022	Metical
Mozambique	Vilankulos	L	112	117			Nov-2022	Metical
Myanmar (Burma)	Yangon	L	76	79	3		Mar-2023	Kyat
Nicaragua	Managua	Feb-2017	98	102		a	Feb-2023	Cordoba, New
Nigeria	Abuja	L	112	117			Oct-2023	Naira
Nigeria	Bauchi	L	105	110			Oct-2023	Naira

Persons Working Under TAH Provisions Post Indexes

All indexes are non-diplomatic

(Ottawa = 100)

Post indexes in bold were updated or are new in January 2024.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Nigeria	Calabar	L	105	110			Oct-2023	Naira
Nigeria	Lagos	L	105	110			Oct-2023	Naira
Pakistan	Lahore	L	96	82	1		Jan-2024	Rupee (Pakistan)
Pakistan	Pakistan Other	Apr-2023	96	82	1		Jan-2024	Rupee (Pakistan)
Panama	Panama City	Aug-2017	109	113			Nov-2022	Balboa
Peru	Lima	Feb-2015	116	120			Jun-2023	Nuevo Sol
Philippines	Manila	May-2017	108	116			Jan-2023	Peso (Philippines)
Senegal	Dakar	Jan-2015	121	126			Sep-2023	CFA Franc BCEAO
Senegal	Kolda	L	121	126			Sep-2023	CFA Franc BCEAO
Senegal	Thies	L	121	126			Sep-2023	CFA Franc BCEAO
South Africa	Pretoria	Apr-2017	90	94			Dec-2023	Rand
South Sudan	Juba	L	145	151	3		Jan-2020	Pound (South Sudan)
Sri Lanka	Colombo	Aug-2019	116	111			Aug-2023	Rupee (Sri Lanka)
Sri Lanka	Kegalle	L	116	111			Aug-2023	Rupee (Sri Lanka)
Tanzania	Dar es Salaam	May-2014	105	109			Nov-2023	Shilling (Tanzania)
Tanzania	Tanzania Other	L	105	109			Nov-2023	Shilling (Tanzania)
Trinidad & Tobago	Port of Spain	Apr-2017	134	127			Jul-2023	Dollar (Trinidad and Tobago)
Tunisia	Tunis	Sep-2018	86	89			Jun-2023	Dinar (Tunisia)
Uganda	Kampala	Feb-2017	101	97		a	May-2023	Shilling
Ukraine	Kyiv	Apr-2019	86	91			Nov-2022	Hryvna (Ukraine)
Vietnam	Hanoi	Apr-2017	115	119			Feb-2023	Dong
West Bank and Gaza	Gaza City	L	136	132			Oct-2023	Shekel (Israel)
West Bank and Gaza	Ramallah	L	136	132			Oct-2023	Shekel (Israel)
Zambia	Lusaka	L	79	73	1	a	Jan-2024	Kwacha (Zambia)
Zimbabwe	Harare	Jul-2018	202	222	3		Jul-2019	Dollar (USA)

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

... Not applicable

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

Canadian Forces Post Indexes

(Ottawa = 100)

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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	92			Nov-2023	Dinar (Algeria)
AR10	United Arab Emirates	Abu Dhabi	Apr-2016	128			Nov-2023	Dirham (U.A.E.)
AR11	United Arab Emirates	Abu Dhabi	Apr-2016	100		g	Jan-2021	Dirham (U.A.E.)
AT01	Australia	Canberra	L	126	1	f	Jan-2024	Dollar (Australia)
AT02	Australia	Canberra	L	121	1		Jan-2024	Dollar (Australia)
AT05	Australia	Perth	L	126	1	f	Jan-2024	Dollar (Australia)
AT06	Australia	Adelaide	L	126	1	f	Jan-2024	Dollar (Australia)
AT07	Australia	Brisbane	Apr-2017	131	1	f	Jan-2024	Dollar (Australia)
AT08	Australia	Sydney	L	131	1		Jan-2024	Dollar (Australia)
AT11	Australia	Cabarlah	L	126	1		Jan-2024	Dollar (Australia)
AT12	Australia	Canungra	L	126	1		Jan-2024	Dollar (Australia)
AT99	Australia	Australia Other	Apr-2017	126	1	f	Jan-2024	Dollar (Australia)
AU02	Austria	Vienna	Oct-2017	133			Dec-2023	Euro
BA02	Bangladesh	Dhaka	L	121			Nov-2023	Taka
BE01	Belgium	Brussels	Aug-2015	130			Apr-2023	Euro
BE03	Belgium	Casteau	Aug-2015	121			Dec-2023	Euro
BE15	Belgium	Brussels	Aug-2015	137		d	Apr-2023	Euro
BE16	Belgium	Brussels	L	130			Apr-2023	Euro
BE17	Belgium	Brussels	L	130			Apr-2023	Euro
BR03	Brazil	Brasilia	L	111			Jun-2023	Real
BR05	Brazil	Rio de Janeiro	L	111			Jun-2023	Real
CE01	Chile	Santiago	L	106			Dec-2023	Peso (Chile)
CE03	Chile	Valparaiso	L	106		g	Dec-2023	Peso (Chile)
CG01	Congo, Democratic Republic of	Kinshasa	May-2019	161			Nov-2023	Franc (Congo)
CH02	China	Beijing	Dec-2018	116			Jul-2023	Yuan Renminbi
CL01	Colombia	Bogota	Aug-2017	99			Sep-2023	Peso (Colombia)
CU01	Cuba	Havana	Apr-2014	131	3		Apr-2020	Convertible Peso (Cuba)
CZ03	Czech Republic	Vyskov	L	111			Nov-2023	Koruna (Czech Rep.)
EG02	Egypt	Cairo	Aug-2015	105			Oct-2023	Pound (Egypt)
ES02	Estonia	Tartu	Jul-2015	127		a	May-2023	Euro
ES04	Estonia	Tallin	Jul-2015	127		a	May-2023	Euro
ET02	Ethiopia	Addis Ababa	Apr-2018	149		c	Nov-2023	Birr
FR02	France	Paris	Apr-2017	139		d	May-2023	Euro
FR03	France	Paris	Apr-2017	127			May-2023	Euro

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FR05	France	Toulon	L	124			May-2023	Euro
FR21	France	Lille	Mar-2023	118			Nov-2023	Euro
FR23	France	Lyon	L	132		d	May-2023	Euro
FR27	France	Phalsbourg	L	127			May-2023	Euro
FR28	France	Besançon	L	121			May-2023	Euro
FR77	France	Mont-de-Marsan	L	144			May-2023	Euro
GC01	Greece	Athens	Nov-2014	117			Dec-2023	Euro
GE06	Germany	Hamburg	Aug-2015	118		c	Dec-2023	Euro
GE13	Germany	Ramstein	Aug-2015	107			Apr-2023	Euro
GE16	Germany	Stuttgart	L	107			Apr-2023	Euro
GE23	Germany	Oberamergau	L	107			Apr-2023	Euro
GE24	Germany	Munich	L	124		c	Dec-2023	Euro
GE30	Germany	Geilenkirchen	Aug-2015	107			Dec-2023	Euro
GE67	Germany	Berlin	L	122		c	Dec-2023	Euro
GE69	Germany	Kalkar	L	111			Dec-2023	Euro
GE75	Germany	Wiesbaden	L	107			Apr-2023	Euro
GE80	Germany	Wesel	Aug-2015	111			Dec-2023	Euro
GE81	Germany	Ulm	L	107			Apr-2023	Euro
GH01	Ghana	Accra	Mar-2023	120			Dec-2023	Cedi
GR01	Greenland	Thule	...	100			Dec-1994	Krone (Denmark)
HA02	Haiti	Port-au-Prince	Nov-2017	154			Nov-2023	Gourde
HA03	Haiti	Haiti	Nov-2017	102		g	Nov-2020	Gourde
IN02	India	New Delhi	Jun-2018	109			Jun-2023	Rupee (India)
IN04	Indonesia	Jakarta	Aug-2015	113		f	May-2023	Rupiah
IS02	Israel	Tel Aviv	Apr-2017	122	1		Jan-2024	Shekel (Israel)
IT03	Italy	Rome	Sep-2017	120			Dec-2023	Euro
IT04	Italy	Rome	Sep-2017	121			Dec-2023	Euro
IT05	Italy	Rome	Sep-2017	107		g	Feb-2023	Euro
IT09	Italy	Naples	Nov-2017	113			Jan-2023	Euro
IT13	Italy	Poggio	L	119			Dec-2023	Euro
IT14	Italy	Sigonella	Nov-2017	114			Jan-2023	Euro
IT15	Italy	Milan	Sep-2017	132			Dec-2023	Euro
IT16	Italy	Sardinia	L	132			Dec-2023	Euro
JA02	Japan	Tokyo	Nov-2018	114			Jul-2023	Yen
JA05	Japan	Tokyo	L	114			Jul-2023	Yen
JA06	Japan	Yokosuka	L	114			Jul-2023	Yen

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JM02	Jamaica	Kingston	Oct-2018	120		d	Oct-2023	Dollar (Jamaica)
JO01	Jordan	Amman	Sep-2017	122			Jul-2023	Dinar (Jordan)
KE01	Kenya	Nairobi	May-2014	119	1		Jan-2024	Shilling (Kenya)
KU01	Kuwait	Kuwait City	Oct-2015	124			Nov-2022	Dinar (Kuwait)
KZ01	Kazakhstan	Astana	Feb-2019	112			Apr-2023	Tenge
LE02	Lebanon	Beirut	Dec-2018	198	3		Aug-2020	Pound (Lebanon)
LT01	Lithuania	Vilnius	L	92		a	Dec-2023	Euro
LUX1	Luxembourg	Luxembourg City	L	137			Apr-2023	Euro
LV02	Latvia	Riga (unaccompanied with meals)	Oct-2017	96		g	Mar-2018	Euro
LV03	Latvia	Riga (no meals)	Oct-2017	125			Jan-2023	Euro
MA06	Malaysia	Kuala Lumpur	May-2015	93			Jul-2023	Ringgit (Malaysia)
MA07	Mali	Bamako	L	113			Dec-2023	CFA Franc BCEAO
ME01	Mexico	Mexico City	Jul-2015	115			Dec-2023	Peso (Mexico)
MO02	Morocco	Rabat	L	104			Feb-2023	Dirham (Morocco)
NE01	Netherlands	Brunssum	Aug-2015	115			Jun-2023	Euro
NE02	Netherlands	The Hague	Oct-2015	117			Apr-2023	Euro
NE07	Netherlands	Eindhoven	L	115			Jun-2023	Euro
NG05	Nigeria	Abuja	Oct-2015	117			Oct-2023	Naira
NG06	Nigeria	Lagos	Jan-2016	110			Oct-2023	Naira
NR02	Norway	Oslo	Sep-2018	131			Aug-2023	Krone (Norway)
NR05	Norway	Stavanger	Aug-2018	127			Aug-2023	Krone (Norway)
NZ02	New Zealand	Trentham	Apr-2017	126	1		Jan-2024	Dollar (New Zealand)
NZ03	New Zealand	Auckland	L	126	1		Jan-2024	Dollar (New Zealand)
OS07	Germany	OP SP HUB Köln (unaccompanied with meals)	Aug-2015	103		g	Jan-2023	Euro
OS08	Germany	SUP HUB Köln	Aug-2015	118		c	Dec-2023	Euro
OS09	Kuwait	OP SUB HUB, Kuwait City	Oct-2015	98		g	May-2016	Dinar (Kuwait)
PA02	Pakistan	Islamabad	Apr-2023	81	1		Jan-2024	Rupee (Pakistan)
PE01	Peru	Lima	Feb-2015	120			Jun-2023	Nuevo Sol
PH01	Philippines	Manila	May-2017	113		d	Jan-2023	Peso (Philippines)
PL02	Poland	Warsaw	Sep-2017	114			Jun-2023	Zloty
PL03	Poland	Bydgoszcz	Sep-2017	111		g	Jun-2023	Zloty
PL04	Poland	Szczecin	Sep-2017	114			Jun-2023	Zloty
PL05	Poland	Elblag	Sep-2017	106		g	Aug-2023	Zloty
RO02	Romania	Bucharest	Mar-2019	107			Jun-2023	Leu
RO03	Romania	Craiova	L	107			Jun-2023	Leu

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
RO04	Romania	Sibiu	L	107		g	Jun-2023	Leu
RU02	Russia	Moscow	Mar-2019	96			Dec-2023	Rouble (Russia)
SA01	Saudi Arabia	Riyadh	Jan-2014	123			Jan-2022	Riyal (Saudi Arabia)
SA21	South Africa	Pretoria	Apr-2017	92			Dec-2023	Rand
SE01	Senegal	Dakar	Jan-2015	124		c	Sep-2023	CFA Franc BCEAO
SI03	Singapore	Singapore	Jun-2015	149			Jan-2023	Dollar (Singapore)
SK01	Korea, Republic of	Seoul	Jan-2019	132			Dec-2023	Won
SK05	Korea, Republic of	Pyeongtaek	Jan-2019	118			Dec-2023	Won
SL01	Sri Lanka	Colombo	Aug-2019	106			Aug-2023	Rupee (Sri Lanka)
SP03	Spain	Madrid	Aug-2017	126			May-2023	Euro
SP04	Spain	Madrid DND Non VAT	Aug-2017	129		f	May-2023	Euro
SS01	Sudan	Khartoum, accompanied - MSGU	Aug-2014	119	3		Feb-2018	Pound (Sudan)
SW02	Sweden	Stockholm	Aug-2017	120		f	Dec-2023	Krona (Sweden)
SZ01	Switzerland	Geneva	L	166			Aug-2023	Franc (Switzerland)
TH01	Thailand	Bangkok	L	114			Jul-2023	Baht
TN01	Tunisia	Tunis	Sep-2018	86			Jun-2023	Dinar (Tunisia)
TU02	Turkey	Ankara	Mar-2019	80		c	Oct-2023	Lira
TU04	Turkey	Izmir	Mar-2019	86			Oct-2023	Lira
TU05	Turkey	Istanbul	Mar-2019	81		c	Oct-2023	Lira
UA03	United States of America	Beale, California	Aug-2018	148	1		Jan-2024	Dollar (USA)
UA05	United States of America	Edwards, California	L	141	1		Jan-2024	Dollar (USA)
UA07	United States of America	Monterey, California	Aug-2018	148	1		Jan-2024	Dollar (USA)
UA08	United States of America	San Diego, California	Aug-2018	141	1		Jan-2024	Dollar (USA)
UA10	United States of America	Whidbey Island, Washington	Aug-2018	128			Oct-2022	Dollar (USA)
UA11	United States of America	Seattle / Tacoma (McChord), Washington	Aug-2018	133			Oct-2022	Dollar (USA)
UA16	United States of America	Vandenberg, California	Aug-2018	148	1		Jan-2024	Dollar (USA)
UA20	United States of America	Mojave, California (Test Pilot School)	L	141	1		Jan-2024	Dollar (USA)
UA23	United States of America	Las Vegas, Nevada	Aug-2018	138		c	Feb-2023	Dollar (USA)
UA26	United States of America	Twentynine Palms	L	141	1		Jan-2024	Dollar (USA)
UB01	United States of America	Colorado Springs, Colorado	Sep-2017	137	1		Jan-2024	Dollar (USA)
UB04	United States of America	Buckley (Denver), Colorado	Sep-2018	126	1		Jan-2024	Dollar (USA)
UB06	United States of America	Albuquerque, New Mexico	L	137	1		Jan-2024	Dollar (USA)
UB08	United States of America	Fort Huachuca, Arizona	L	137	1		Jan-2024	Dollar (USA)
UC01	United States of America	Fort Bliss, Texas	L	114			Nov-2023	Dollar (USA)
UC02	United States of America	Cavalier, North Dakota	Aug-2018	113			Nov-2023	Dollar (USA)

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
UC04	United States of America	San Antonio, Texas	Nov-2019	116			Nov-2023	Dollar (USA)
UC06	United States of America	Houston, Texas, Johnson Space Center	Jul-2018	129		c	Dec-2022	Dollar (USA)
UC07	United States of America	Austin, Fort Cavazos, Fort Worth, Sheppard, Wichita Falls	Aug-2018	114			Nov-2023	Dollar (USA)
UC08	United States of America	University of Texas (San Antonio), Randolph, Medina, Universal City	L	116			Nov-2023	Dollar (USA)
UC09	United States of America	Fort Sill, Tinker, Oklahoma	Aug-2018	111			Oct-2022	Dollar (USA)
UD01	United States of America	Fort Leavenworth, Kansas	Aug-2018	114			Oct-2022	Dollar (USA)
UD03	United States of America	St. Louis, Missouri, Fort Leonard Wood, Missouri, Scott, Elleville, Illinois	Nov-2019	123			Feb-2023	Dollar (USA)
UD04	United States of America	Omaha, Nebraska	L	114			Oct-2022	Dollar (USA)
UE01	United States of America	Columbus, Dayton, Wright-Patterson, Ohio	Oct-2017	124			Oct-2022	Dollar (USA)
UE03	United States of America	Warren, Michigan	Jun-2015	124			Nov-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	129			Nov-2023	Dollar (USA)
UF02	United States of America	Washington, D. C.	L	130		c	Nov-2023	Dollar (USA)
UF03	United States of America	Cherry Point, Pope	L	117			Oct-2022	Dollar (USA)
UF08	United States of America	Chesapeake, Dam Neck, Fort Lee, Fort Monroe, Hampton, Langley, Norfolk, Yorkton	Nov-2017	119			Oct-2022	Dollar (USA)
UF09	United States of America	Fayetteville, Fort Bragg, North Carolina	Oct-2017	117			Oct-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	134		f	Nov-2023	Dollar (USA)
UG01	United States of America	Eglin, Tyndall	Jul-2018	124			Jun-2023	Dollar (USA)
UG02	United States of America	Beaufort Falls	L	125		c	Jun-2023	Dollar (USA)
UG05	United States of America	Fort Benning, Georgia	L	124			Jun-2023	Dollar (USA)
UG06	United States of America	Fort Gordon, Fort McPherson, Fort Stewart	L	124			Jun-2023	Dollar (USA)
UG07	United States of America	Mississippi	L	124		d	Jun-2023	Dollar (USA)
UG08	United States of America	Gainesville, Florida (University of Florida)	Jul-2018	125		c	Jun-2023	Dollar (USA)
UG09	United States of America	Fort Rucker, Alabama	L	124			Jun-2023	Dollar (USA)
UG10	United States of America	Jacksonville, Florida	L	124		d	Jun-2023	Dollar (USA)
UG11	United States of America	Maxwell, Montgomery, Alabama	L	124		d	Jun-2023	Dollar (USA)
UG12	United States of America	Daytona Beach	L	125		c	Jun-2023	Dollar (USA)

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UG13	United States of America	University of Tennessee	L	125		c	Jun-2023	Dollar (USA)
UG14	United States of America	MacDill, Tampa	L	124			Jun-2023	Dollar (USA)
UG17	United States of America	West Palm Beach, Florida	Nov-2017	134			Jun-2023	Dollar (USA)
UG21	United States of America	Robins, Georgia	Jan-2019	125			Nov-2023	Dollar (USA)
UG22	United States of America	Miami	Nov-2017	134			Jun-2023	Dollar (USA)
UG25	United States of America	Little Rock, Arkansas	L	124		d	Jun-2023	Dollar (USA)
UG26	United States of America	Huntsville, Alabama	Jul-2018	124		d	Jun-2023	Dollar (USA)
UG30	United States of America	KEY WEST FLORIDA	Jul-2018	132			Jun-2023	Dollar (USA)
UH02	United States of America	New York City	Oct-2017	143			Oct-2022	Dollar (USA)
UH03	United States of America	Cape Cod, Hanscom	Jun-2018	125			Nov-2023	Dollar (USA)
UH04	United States of America	Boston, University of Boston	Jun-2018	131		f	Nov-2023	Dollar (USA)
UH06	United States of America	Carlisle, Pennsylvania	L	122			Oct-2022	Dollar (USA)
UH07	United States of America	Rochester, NY	L	122			Oct-2022	Dollar (USA)
UH08	United States of America	Philadelphia, Warminster	L	134		f	Nov-2023	Dollar (USA)
UH11	United States of America	Rome, New York	Nov-2017	122			Oct-2022	Dollar (USA)
UH14	United States of America	Newport, Rhode Island	L	125			Nov-2023	Dollar (USA)
UH16	United States of America	Stratford, Connecticut	Nov-2018	124		c	Nov-2023	Dollar (USA)
UH22	United States of America	New York City (No VAT Rebates)	Oct-2017	149		f	Oct-2022	Dollar (USA)
UJ02	United States of America	Picatinny Arsenal, New Jersey	L	134		f	Nov-2023	Dollar (USA)
UJ04	United States of America	Rutgers University, New Jersey	L	134		f	Nov-2023	Dollar (USA)
UK12	United Kingdom	Inside the M25 (No VAT Rebates)	Sep-2015	122		h	Aug-2023	Pound (United Kingdom)
UK13	United Kingdom	Outside the M25 (VAT Rebates)	Sep-2015	114			Aug-2023	Pound (United Kingdom)
UK18	United Kingdom	Inside the M25 (VAT Rebates)	Sep-2015	119			Aug-2023	Pound (United Kingdom)
UK35	United Kingdom	Cranfield	L	114		g	Aug-2023	Pound (United Kingdom)
UK57	United Kingdom	Scotland	L	108			Aug-2023	Pound (United Kingdom)
UO01	United States of America	Elmendorf, Alaska	Aug-2018	126			Nov-2023	Dollar (USA)
UO03	United States of America	Honolulu, Hawaii	Oct-2017	131			Nov-2023	Dollar (USA)
UO05	United States of America	Clear, Alaska	Aug-2018	104		g	Aug-2022	Dollar (USA)
UO08	United States of America	Eielson	L	126			Nov-2023	Dollar (USA)
UR01	Ukraine	Kyiv	Apr-2019	84			Nov-2022	Hryvna (Ukraine)
US10	United States of America	Ogden, Utah	L	126	1		Jan-2024	Dollar (USA)
USA2	United States of America	Pensacola, Florida	L	124		d	Jun-2023	Dollar (USA)
VI01	Vietnam	Hanoi	L	119			Feb-2023	Dong
WB01	West Bank and Gaza	Ramallah	L	132			Oct-2023	Shekel (Israel)
YU02	Serbia	Belgrade	Mar-2019	111			May-2023	Dinar (Serbia)
ZZ01	Belgium	Casteau	Aug-2015	124			Dec-2023	Euro

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ZZ03	Netherlands	Brunssum	Aug-2015	116			Jun-2023	Euro
ZZ09	Haiti	Port-au-Prince	Nov-2017	109		g	Dec-2023	Gourde
ZZ10	Haiti	Regions of Haiti	L	109		g	Dec-2023	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

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(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.