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Canadian Foreign Post Indexes

March 2020

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Canadian Foreign Post Indexes, March 2020

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.

The analysis of Post Index surveys has been completed for the following locations. The results incorporate the analysis of prices and costs for goods and services purchased in the local economy or from import sources at the time these surveys were carried out, as well as adjustments to the indexes as indicated by our continuing monthly reviews.

Table 1
Completed Post Index Surveys

Country	Post	Military Code	Survey Date
Romania	Bucharest	...	Mar-19
Romania	Bucharest, Romania	R002	Mar-19
Romania	Craiova, Romania	R003	Mar-19
Russia	Moscow	...	Mar-19
Russia	Moscow	RU02	Mar-19
Serbia	Belgrade	...	Mar-19
Serbia	Belgrade	YU02	Mar-19
Turkey	Ankara	...	Mar-19
Turkey	Ankara	TU02	Mar-19
Turkey	Istanbul	...	Mar-19
Turkey	Istanbul	TU05	Mar-19

Other Post Index adjustments are indicated on the basis of our continuing monthly reviews. These adjustments are predicated on shifts in the current values of the respective currencies used at the posts relative to the Canadian dollar. They also take into account comparative rates of change in consumer prices at these posts and in Ottawa since the last surveys were carried out.

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 March 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Afghanistan	Kabul	100			Sep-2003	Afghani
Algeria	Algiers	Mar-2019	107	89			Feb-2020	Dinar (Algeria)
Argentina	Buenos Aires	Feb-2015	94	98			Jan-2020	Peso (Argentina)
Australia	Canberra	Apr-2017	121	117			Sep-2019	Dollar (Australia)
Australia	Canberra	Apr-2017	122	125		f	Jan-2020	Dollar (Australia)
Australia	Sydney	Apr-2017	120	124			Jan-2020	Dollar (Australia)
Australia	Sydney	Apr-2017	126	130		f	Jan-2020	Dollar (Australia)
Austria	Vienna	Oct-2017	131	125			Aug-2019	Euro
Bangladesh	Dhaka	May-2018	121	124			Nov-2019	Taka
Barbados	Bridgetown	Oct-2018	128	132			Dec-2019	Dollar (Barbados)
Belgium	Brussels	Aug-2015	133	129			Sep-2019	Euro
Belgium	Brussels	Aug-2015	140	136		d	Sep-2019	Euro
Benin	Cotonou	L	106	101		a	Aug-2019	CFA Franc BCEAO
Bolivia	La Paz	L	95	98		a	Dec-2018	Boliviano
Brazil	Brasília	Mar-2015	118	114			Oct-2019	Real
Brazil	Rio de Janeiro	L	119	114			Oct-2019	Real
Brazil	Sao Paulo	Mar-2015	119	114			Oct-2019	Real
Brunei Darussalam	Bandar Seri Begawan	Aug-2017	87	84		a	Jul-2019	Dollar (Brunei)
Burkina Faso	Ouagadougou	Jan-2018	117	113			Sep-2019	CFA Franc BCEAO
Burma (Myanmar)	Yangon	Feb-2018	84	87	1	a	Mar-2020	Kyat
Cambodia	Phnom Penh	Feb-2016	98	102		a	Dec-2018	Riel
Cameroon	Yaoundé	Jul-2015	124	119			Jun-2018	CFA Franc BEAC
Chile	Santiago	Feb-2015	110	105			Dec-2019	Peso (Chile)
China	Beijing	Dec-2018	123	127	1		Mar-2020	Yuan Renminbi
China	Chongqing	Oct-2019	103	108	1		Mar-2020	Yuan Renminbi
China	Guangzhou	Mar-2015	128	132	1		Mar-2020	Yuan Renminbi
China	Hong Kong	Jan-2019	154	152			Jan-2020	Dollar (Hong Kong)
China	Shanghai	Jan-2019	125	129			Feb-2020	Yuan Renminbi
Colombia	Bogotá	Aug-2017	96	100			Feb-2020	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	136	132			Feb-2020	Franc (Congo)
Costa Rica	San José	Aug-2015	124	127			Jan-2020	Colon (Costa Rica)
Côte d'Ivoire	Abidjan	Oct-2015	124	119			Sep-2019	CFA Franc BCEAO
Croatia	Zagreb	Jun-2016	90	88		a	Jul-2019	Kuna
Cuba	Havana	Apr-2014	123	126			Dec-2018	Convertible Peso (Cuba)
Czech Republic	Prague	Oct-2017	103	100			Nov-2018	Koruna (Czech Rep.)
Denmark	Copenhagen	Aug-2017	144	139			Jul-2019	Krone (Denmark)
Dominican Republic	Santo Domingo	May-2018	108	104			Sep-2018	Peso (Dominican Rep.)

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in March 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Ecuador	Quito	Apr-2016	131	122		a	Aug-2017	Dollar (USA)
Egypt	Cairo	Aug-2015	106	112			Dec-2019	Pound (Egypt)
El Salvador	San Salvador	L	99	95		a	Aug-2019	Dollar (USA)
Ethiopia	Addis Ababa	Apr-2018	112	116			Oct-2019	Birr
Finland	Helsinki	Aug-2017	140	134			Aug-2019	Euro
France	Lyon	L	140	135		f	Aug-2019	Euro
France	Paris	Apr-2017	134	130			Aug-2019	Euro
France	Paris	Apr-2017	146	142		d	Aug-2019	Euro
France	Paris	Apr-2017	147	142		f	Aug-2019	Euro
Germany	Berlin	Aug-2015	119	115	1		Mar-2020	Euro
Germany	Düsseldorf	L	127	123	1		Mar-2020	Euro
Germany	Munich	L	125	121	1		Mar-2020	Euro
Ghana	Accra	Oct-2015	115	110			Aug-2017	Cedi
Greece	Athens	Nov-2014	118	115			Aug-2019	Euro
Guatemala	Guatemala City	Aug-2017	114	118			Jun-2019	Quetzal
Guyana	Georgetown	Oct-2017	112	117			Jan-2019	Dollar (Guyana)
Haiti	Port-au-Prince	Nov-2017	118	122			Jan-2020	Gourde
Honduras	Tegucigalpa	Apr-2017	109	113			Jan-2019	Lempira
Hungary	Budapest	Nov-2014	116	112			Aug-2018	Forint
Iceland	Reykjavik	L	...	141			Oct-2019	Krone (Norway)
India	Bangalore	Oct-2018	114	112			Feb-2019	Rupee (India)
India	Chandigarh	L	109	113			Jan-2019	Rupee (India)
India	Mumbai	Jun-2018	110	116			Jan-2019	Rupee (India)
India	New Delhi	Jun-2018	109	113			Jan-2019	Rupee (India)
India	New Delhi	Jun-2018	115	120		f	Jan-2019	Rupee (India)
Indonesia	Jakarta	Aug-2015	114	118			Feb-2020	Rupiah
Indonesia	Semarang	L	114	119		f	Feb-2020	Rupiah
Iraq	Baghdad	100			Aug-2004	Dinar (Iraq)
Ireland	Dublin	May-2016	111	107	1		Mar-2020	Euro
Israel	Tel Aviv	Apr-2017	124	128			Jun-2019	Shekel (Israel)
Italy	Rome	Sep-2017	123	119	1		Mar-2020	Euro
Italy	Rome	Sep-2017	134	130	1	f	Mar-2020	Euro
Jamaica	Kingston	Oct-2018	110	114			Jan-2020	Dollar (Jamaica)
Japan	Nagoya	L	160	165			Feb-2019	Yen
Japan	Tokyo	Sep-2014	160	165			Feb-2019	Yen
Jordan	Amman	Sep-2017	124	128			Aug-2018	Dinar (Jordan)
Kazakhstan	Nur-Sultan	Feb-2019	100	103	1		Mar-2020	Tenge
Kenya	Nairobi	May-2014	131	137			Apr-2019	Shilling (Kenya)

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in March 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Korea, South	Seoul	Jan-2019	132	138			Oct-2019	Won
Kuwait	Kuwait	Oct-2015	116	120			Jan-2019	Dinar (Kuwait)
Laos	Vientiane	Jan-2016	98	101		a	Feb-2020	Kip
Latvia	Riga	Oct-2017	111	107			Oct-2019	Euro
Lebanon	Beirut	Dec-2018	113	117	1		Mar-2020	Pound (Lebanon)
Lithuania	Vilnius	Dec-2017	82	79		a	Sep-2019	Euro
Malaysia	Kuala Lumpur	May-2015	102	105	1		Mar-2020	Ringgit (Malaysia)
Mali	Bamako	Mar-2019	107	103			Feb-2020	CFA Franc BCEAO
Mexico	Guadalajara	L	94	98			Feb-2019	Peso (Mexico)
Mexico	Mexico City	Jul-2015	94	98			Feb-2019	Peso (Mexico)
Mexico	Monterrey	L	94	98			Feb-2019	Peso (Mexico)
Mongolia	Ulaanbaatar	Jun-2018	101	90		a	Jan-2020	Tugrik
Morocco	Rabat	Oct-2017	109	106			May-2019	Dirham (Morocco)
Mozambique	Maputo	Aug-2017	115	111			Jan-2020	Metical
Netherlands, The	Delft	Oct-2015	130	126		f	Aug-2019	Euro
Netherlands, The	The Hague	Oct-2015	116	111	1		Mar-2020	Euro
New Zealand	Auckland	L	124	120			Jul-2019	Dollar (New Zealand)
New Zealand	Wellington	Apr-2017	124	120			Jul-2019	Dollar (New Zealand)
New Zealand	Wellington	Apr-2017	128	123		f	Jul-2019	Dollar (New Zealand)
Nicaragua	Managua	L	88	95		a	Sep-2017	Cordoba, New
Nigeria	Abuja	Oct-2015	118	123			Nov-2019	Naira
Nigeria	Lagos	Jan-2016	111	115			Nov-2019	Naira
Norway	Oslo	Sep-2018	141	141			Oct-2019	Krone (Norway)
Pakistan	Islamabad	Jul-2015	92	95			Nov-2019	Rupee (Pakistan)
Panama	Panama City	Aug-2017	119	114			Aug-2019	Balboa
Peru	Lima	Feb-2015	126	119			Aug-2017	Nuevo Sol
Philippines	Manila	May-2017	110	114	1		Mar-2020	Peso (Philippines)
Poland	Warsaw	Sep-2017	103	107	1		Mar-2020	Zloty
Portugal	Lisbon	Aug-2017	126	121			Sep-2019	Euro
Qatar	Doha	Jan-2019	116	113			Dec-2019	Riyal (Qatar)
Romania	Bucharest	Mar-2019	95	102	1		Mar-2020	Leu
Russia	Moscow	Mar-2019	141	103	1		Mar-2020	Rouble (Russia)
Rwanda	Kigali	Aug-2017	103	107		a	Nov-2019	Franc (Rwanda)
Saudi Arabia	Riyadh	Jan-2014	129	122			Aug-2017	Riyal (Saudi Arabia)
Senegal	Dakar	Jan-2015	121	117			Aug-2019	CFA Franc BCEAO
Serbia	Belgrade	Mar-2019	111	101	1		Mar-2020	Dinar (Serbia)
Singapore	Singapore	Jun-2015	147	142			Jun-2016	Dollar (Singapore)
Singapore	Singapore	Jun-2015	152	147		f	Jun-2016	Dollar (Singapore)

Foreign Service Directives Post Indexes

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Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Slovakia	Bratislava	Jul-2016	100	96		a	Sep-2018	Euro
South Africa	Johannesburg	L	97	101		f	Dec-2019	Rand
South Africa	Johannesburg	L	96	99			Dec-2019	Rand
South Africa	Pretoria	Apr-2017	96	99			Dec-2019	Rand
South Sudan	Juba	151	3		Jan-2020	Pound (South Sudan)
Spain	Barcelona	L	127	123			Aug-2019	Euro
Spain	Madrid	Aug-2017	127	123			Aug-2019	Euro
Sri Lanka	Colombo	May-2016	105	102			Feb-2019	Rupee (Sri Lanka)
Sudan	Khartoum	119	3		Dec-2019	Pound (Sudan)
Sweden	Stockholm	Aug-2017	114	118			Jan-2020	Krona (Sweden)
Switzerland	Bern	L	158	153			May-2018	Franc (Switzerland)
Switzerland	Geneva	Oct-2017	158	153			May-2018	Franc (Switzerland)
Switzerland	Geneva	Oct-2017	166	160		f	May-2018	Franc (Switzerland)
Taiwan	Taipei	Oct-2015	125	121			May-2018	Dollar (Taiwan)
Tanzania	Dar es Salaam	May-2014	116	110			Aug-2017	Shilling (Tanzania)
Thailand	Bangkok	Oct-2015	126	130			Feb-2019	Baht
Trinidad & Tobago	Port of Spain	Apr-2017	122	127			Jan-2019	Dollar (Trinidad and Tobago)
Tunisia	Tunis	Sep-2018	85	82			Nov-2019	Dinar (Tunisia)
Turkey	Ankara	Mar-2019	95	94	1		Mar-2020	Lira
Turkey	Istanbul	Mar-2019	94	97	1		Mar-2020	Lira
Ukraine	Kyiv	Aug-2014	106	110			Nov-2019	Hryvna (Ukraine)
United Arab Emirates	Abu Dhabi	Apr-2016	120	127			Apr-2018	Dirham (U.A.E.)
United Arab Emirates	Dubai	Apr-2016	123	127			Apr-2018	Dirham (U.A.E.)
United Kingdom	Cheltenham	Sep-2015	116	121		f	Dec-2019	Pound (United Kingdom)
United Kingdom	London	Oct-2015	120	125			Dec-2019	Pound (United Kingdom)
United Kingdom	London	Oct-2015	123	128		d	Dec-2019	Pound (United Kingdom)
United Kingdom	London	Oct-2015	126	132		f	Dec-2019	Pound (United Kingdom)
United States of America	Atlanta	May-2018	127	122			Aug-2019	Dollar (USA)
United States of America	Boston	Jun-2018	126	121			Aug-2019	Dollar (USA)
United States of America	Chicago	Jun-2018	125	120			Nov-2018	Dollar (USA)
United States of America	Colorado Springs	Sep-2017	...	130			Feb-2020	Dollar (USA)
United States of America	Dallas	Jul-2018	122	118			Feb-2020	Dollar (USA)
United States of America	Denver	Aug-2018	118	122	1		Mar-2020	Dollar (USA)
United States of America	Denver	Aug-2018	121	125	1	f	Mar-2020	Dollar (USA)
United States of America	Detroit	Jun-2015	114	118			Jul-2018	Dollar (USA)

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in March 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
United States of America	Houston	Jul-2018	117	118			Jan-2019	Dollar (USA)
United States of America	Los Angeles	Aug-2018	123	128			Jan-2019	Dollar (USA)
United States of America	Miami	Nov-2017	126	122			Aug-2019	Dollar (USA)
United States of America	Minneapolis	Sep-2018	118	113			Nov-2019	Dollar (USA)
United States of America	New York City	Oct-2017	134	138			Jul-2018	Dollar (USA)
United States of America	New York City	Oct-2017	140	145		f	Jul-2018	Dollar (USA)
United States of America	Raleigh	Nov-2009	120	124		f	Jul-2018	Dollar (USA)
United States of America	San Diego	Jan-2015	125	128	1		Mar-2020	Dollar (USA)
United States of America	San Francisco	Jun-2013	134	139			Jun-2019	Dollar (USA)
United States of America	Seattle	Aug-2018	121	125			Jan-2019	Dollar (USA)
United States of America	Washington D.C.	Nov-2017	119	123			Dec-2018	Dollar (USA)
United States of America	Washington D.C.	Nov-2017	124	128		f	Dec-2018	Dollar (USA)
Uruguay	Montevideo	Feb-2018	133	128			Jun-2019	Peso (Uruguay)
Vatican City	Vatican	L	123	119	1		Mar-2020	Euro
Vietnam	Hanoi	Apr-2017	117	121			Jan-2020	Dong
Vietnam	Ho Chi Minh City	Apr-2017	114	119			Jan-2019	Dong
West Bank and Gaza	Ramallah	L	124	128			Jun-2019	Shekel (Israel)
Zambia	Lusaka	Jun-2014	82	79	1	a	Mar-2020	Kwacha (Zambia)
Zimbabwe	Harare	201	3		Oct-2019	...

(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 March 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Afghanistan	Kabul	100			Oct-2005	Afghani
Bangladesh	Dhaka	May-2018	124	128			Nov-2019	Taka
Benin	Cotonou	Dec-2012	106	101		a	Aug-2019	CFA Franc BCEAO
Bolivia	La Paz	Jun-2017	95	98		a	Dec-2018	Boliviano
Bolivia	Santa Cruz	L	95	98		a	Dec-2018	Boliviano
Burkina Faso	Ouagadougou	Jan-2018	122	117			Sep-2019	CFA Franc BCEAO
Burma (Myanmar)	Yangon	L	84	87	1		Mar-2020	Kyat
China	Beijing	Dec-2018	126	130	1		Mar-2020	Yuan Renminbi
Colombia	Bogota	Aug-2017	100	105			Feb-2020	Peso (Colombia)
Colombia	Medellin	L	...	105			Feb-2020	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	136	132			Feb-2020	Franc (Congo)
Cuba	Havana	Apr-2014	124	128			Dec-2018	Convertible Peso (Cuba)
Egypt	Cairo	Aug-2015	106	112			Dec-2019	Pound (Egypt)
El Salvador	San Salvador	Nov-2016	99	95		a	Aug-2019	Dollar (USA)
Ethiopia	Addis Ababa	Apr-2018	113	116			Oct-2019	Birr
Ghana	Accra	Oct-2015	115	110			Aug-2017	Cedi
Ghana	Tamale	L	115	110			Aug-2017	Cedi
Guatemala	Guatemala City	Aug-2017	120	124			Jun-2019	Quetzal
Haiti	Cap-Haitien	L	...	122			Jan-2020	Gourde
Haiti	Les Cayes	L	...	122			Jan-2020	Gourde
Haiti	Port-au-Prince	L	118	122			Jan-2020	Gourde
Haiti	St. Marc	L	118	122			Jan-2020	Gourde
Honduras	Tegucigalpa	Apr-2017	111	115			Jan-2019	Lempira
Indonesia	Jakarta	L	114	119			Feb-2020	Rupiah
Israel	Tel Aviv	Apr-2017	138	143			Jun-2019	Shekel (Israel)
Jordan	Amman	Sep-2017	127	131			Aug-2018	Dinar (Jordan)
Kenya	Nairobi	May-2014	132	138			Apr-2019	Shilling (Kenya)
Lebanon	Beirut	Dec-2018	111	115	1		Mar-2020	Pound (Lebanon)
Mali	Bamako	Mar-2019	109	108			Feb-2020	CFA Franc BCEAO
Mongolia	Ulaanbaatar	L	...	90			Jan-2020	Tugrik
Morocco	Agadir	L	...	109			Jan-2020	Dirham (Morocco)
Morocco	Rabat	Oct-2017	113	109			May-2019	Dirham (Morocco)
Mozambique	Maputo	L	115	111			Jan-2020	Metical
Mozambique	Vilankulos	L	115	111			Jan-2020	Metical
Nicaragua	Managua	Feb-2017	88	95		a	Sep-2017	Cordoba, New
Nigeria	Abuja	L	118	123			Nov-2019	Naira

Persons Working Under TAH Provisions Post Indexes

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(Ottawa = 100)

Post indexes in bold were updated or are new in March 2020.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Nigeria	Bauchi	L	111	115			Nov-2019	Naira
Nigeria	Calabar	L	111	115			Nov-2019	Naira
Nigeria	Lagos	L	111	115			Nov-2019	Naira
Pakistan	Lahore	L	92	95			Nov-2019	Rupee (Pakistan)
Pakistan	Pakistan Other	L	92	95			Nov-2019	Rupee (Pakistan)
Panama	Panama City	Aug-2017	120	116			Aug-2019	Balboa
Peru	Lima	Feb-2015	126	119			Aug-2017	Nuevo Sol
Philippines	Manila	May-2017	114	118	1		Mar-2020	Peso (Philippines)
Senegal	Dakar	Jan-2015	122	118			Aug-2019	CFA Franc BCEAO
Senegal	Kolda	L	122	118			Aug-2019	CFA Franc BCEAO
Senegal	Thies	L	122	118			Aug-2019	CFA Franc BCEAO
South Africa	Pretoria	Apr-2017	97	101			Dec-2019	Rand
South Sudan	Juba	L	...	151	3		Jan-2020	Pound (South Sudan)
Sri Lanka	Colombo	May-2016	108	104			Feb-2019	Rupee (Sri Lanka)
Tanzania	Dar es Salaam	May-2014	116	110			Aug-2017	Shilling (Tanzania)
Tanzania	Tanzania Other	L	116	110			Aug-2017	Shilling (Tanzania)
Trinidad & Tobago	Port of Spain	Apr-2017	126	130			Jan-2019	Dollar (Trinidad and Tobago)
Tunisia	Tunis	Sep-2018	87	85			Nov-2019	Dinar (Tunisia)
Uganda	Kampala	Feb-2017	89	92		a	Jan-2019	Shilling
Ukraine	Kyiv	Aug-2014	110	114			Nov-2019	Hryvna (Ukraine)
Vietnam	Hanoi	Apr-2017	118	122			Jan-2020	Dong
West Bank and Gaza	Gaza City	L	138	143			Jun-2019	Shekel (Israel)
West Bank and Gaza	Ramallah	L	138	143			Jun-2019	Shekel (Israel)
Zambia	Lusaka	L	82	79	1	a	Mar-2020	Kwacha (Zambia)
Zimbabwe	Harare	222	3		Oct-2019	...

(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.

Canadian Forces Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in March 2020.

Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
AA99	World	Assignments (No Post Index)	...	100			Nov-2006	...
AF02	Afghanistan	Kabul	...	95		g	Jul-2003	...
AF03	Afghanistan	Kabul	...	100			Jul-2003	...
AL01	Algeria	Algiers	Mar-2019	89			Feb-2020	Dinar (Algeria)
AR10	United Arab Emirates	Abu Dhabi	Apr-2016	127			Apr-2018	Dirham (U.A.E.)
AR11	United Arab Emirates	Abu Dhabi	Apr-2016	100		g	Sep-2016	Dirham (U.A.E.)
AT01	Australia	Canberra	L	125		f	Jan-2020	Dollar (Australia)
AT02	Australia	Canberra	L	117			Sep-2019	Dollar (Australia)
AT05	Australia	Perth	L	125		f	Jan-2020	Dollar (Australia)
AT06	Australia	Adelaide	L	125		f	Jan-2020	Dollar (Australia)
AT07	Australia	Brisbane	Apr-2017	130		f	Jan-2020	Dollar (Australia)
AT08	Australia	Sydney	L	130			Jan-2020	Dollar (Australia)
AT11	Australia	Cabarlah	L	125			Jan-2020	Dollar (Australia)
AT12	Australia	Canungra	L	125			Jan-2020	Dollar (Australia)
AT99	Australia	Australia Other	Apr-2017	125		f	Jan-2020	Dollar (Australia)
AU02	Austria	Vienna	Oct-2017	125			Aug-2019	Euro
BA02	Bangladesh	Dhaka	L	124			Nov-2019	Taka
BE01	Belgium	Brussels	Aug-2015	127			Sep-2019	Euro (DND semi-monthly)
BE03	Belgium	Casteau	Aug-2015	116			Sep-2019	Euro (DND semi-monthly)
BE15	Belgium	Brussels	Aug-2015	134		d	Sep-2019	Euro (DND semi-monthly)
BE16	Belgium	Brussels	L	127			Sep-2019	Euro (DND semi-monthly)
BE17	Belgium	Brussels	L	127			Sep-2019	Euro (DND semi-monthly)
BR03	Brazil	Brasilia	L	114			Oct-2019	Real
BR05	Brazil	Rio de Janeiro	L	114			Oct-2019	Real
CE01	Chile	Santiago	L	105			Dec-2019	Peso (Chile)
CE03	Chile	Valparaiso	L	105		g	Dec-2019	Peso (Chile)
CG01	Congo, Democratic Republic of	Kinshasa	May-2019	132			Feb-2020	Franc (Congo)
CH02	China	Beijing	Dec-2018	127	1		Mar-2020	Yuan Renminbi
CL01	Colombia	Bogota	Aug-2017	100			Feb-2020	Peso (Colombia)
CU01	Cuba	Havana	Apr-2014	126			Dec-2018	Convertible Peso (Cuba)
EG02	Egypt	Cairo	Aug-2015	112			Dec-2019	Pound (Egypt)
ES02	Estonia	Tartu	Jul-2015	116		a	Jul-2018	Euro (DND semi-monthly)
ES04	Estonia	Tallin	Jul-2015	115		a	Jun-2018	Euro
ET02	Ethiopia	Addis Ababa	Apr-2018	115		c	Oct-2019	Birr
FR02	France	Paris	Apr-2017	142		d	Apr-2019	Euro (DND semi-monthly)
FR03	France	Paris	Apr-2017	130			Apr-2019	Euro (DND semi-monthly)
FR05	France	Toulon	L	124			Aug-2019	Euro

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(Ottawa = 100)

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
FR21	France	Lille	L	124			Aug-2019	Euro
FR23	France	Lyon	L	135		d	Apr-2019	Euro (DND semi-monthly)
FR27	France	Phalsbourg, France	L	130			Apr-2019	Euro (DND semi-monthly)
FR28	France	Besançon, France	L	124			Apr-2019	Euro (DND semi-monthly)
GC01	Greece	Athens	Nov-2014	115			Aug-2019	Euro
GE06	Germany	Hamburg	Aug-2015	116		c	Mar-2019	Euro (DND semi-monthly)
GE13	Germany	Ramstein	Aug-2015	105			Jun-2017	Euro (DND semi-monthly)
GE16	Germany	Stuttgart	L	105			Jun-2017	Euro (DND semi-monthly)
GE23	Germany	Oberammergau	L	105			Jun-2017	Euro (DND semi-monthly)
GE24	Germany	Munich	L	122		c	Mar-2019	Euro (DND semi-monthly)
GE30	Germany	Geilenkirchen	Aug-2015	105			Mar-2019	Euro (DND semi-monthly)
GE67	Germany	Berlin	L	115	1	c	Mar-2020	Euro
GE69	Germany	Kalkar	L	109			Mar-2019	Euro (DND semi-monthly)
GE75	Germany	Wiesbaden	L	105			Jun-2017	Euro (DND semi-monthly)
GE80	Germany	Wesel	Aug-2015	109			Mar-2019	Euro (DND semi-monthly)
GH01	Ghana	Accra	Oct-2015	110			Aug-2017	Cedi
GR01	Greenland	Thule	...	80			Dec-1994	Dollar (USA, DND semi-monthly)
HA02	Haiti	Port-au-Prince	Nov-2017	122			Jan-2020	Gourde
HA03	Haiti	Haiti	Nov-2017	99		g	Jun-2018	Gourde
IN02	India	New Delhi	Jun-2018	113			Jan-2019	Rupee (India)
IN04	Indonesia	Jakarta	Aug-2015	119		f	Feb-2020	Rupiah
IS02	Israel	Tel Aviv	Apr-2017	128			Jun-2019	Shekel (Israel)
IT03	Italy	Rome	Sep-2017	117	1		Mar-2020	Euro (DND semi-monthly)
IT04	Italy	Rome	Sep-2017	119	1		Mar-2020	Euro
IT05	Italy	Rome	Sep-2017	108		g	Apr-2018	Euro (DND semi-monthly)
IT09	Italy	Naples	Nov-2017	113			Apr-2018	Euro (DND semi-monthly)
IT13	Italy	Poggio	L	116	1		Mar-2020	Euro (DND semi-monthly)
IT14	Italy	Sigonella	Nov-2017	114			Apr-2018	Euro (DND semi-monthly)
JA02	Japan	Tokyo	Sep-2014	165		c	Feb-2019	Yen
JA05	Japan	Tokyo	L	165		c	Feb-2019	Yen
JM02	Jamaica	Kingston	Oct-2018	118		d	Jan-2020	Dollar (Jamaica)
JO01	Jordan	Amman	Sep-2017	128			Aug-2018	Dinar (Jordan)
KE01	Kenya	Nairobi	May-2014	137			Apr-2019	Shilling (Kenya)
KU01	Kuwait	Kuwait City	Oct-2015	120			Jan-2019	Dinar (Kuwait)
KZ01	Kazakhstan	Nur-Sultan	Feb-2019	103	1		Mar-2020	Tenge
LE02	Lebanon	Beirut	Dec-2018	117	1		Mar-2020	Pound (Lebanon)
LT01	Lithuania	Vilnius	L	79		a	Sep-2019	Euro

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
LUX1	Luxembourg	Luxembourg City	L	133			Sep-2019	Euro (DND semi-monthly)
LV02	Latvia	Riga (unaccompanied with meals)	Oct-2017	96		g	Mar-2018	Euro
LV03	Latvia	Riga (no meals)	Oct-2017	115			Oct-2019	Euro (DND semi-monthly)
MA03	Mali	Bamako	Mar-2019	98		g	Feb-2020	CFA Franc BCEAO
MA06	Malaysia	Kuala Lumpur, Malaysia	May-2015	105	1		Mar-2020	Ringgit (Malaysia)
ME01	Mexico	Mexico City	Jul-2015	98			Feb-2019	Peso (Mexico)
MO02	Morocco	Rabat	L	106			May-2019	Dirham (Morocco)
NE01	Netherlands, The	Brunssum	Aug-2015	109	1		Mar-2020	Euro (DND semi-monthly)
NE02	Netherlands, The	The Hague	Oct-2015	111	1		Mar-2020	Euro
NE07	Netherlands, The	Eindhoven	L	109	1		Mar-2020	Euro (DND semi-monthly)
NG05	Nigeria	Abuja	Oct-2015	123			Nov-2019	Naira
NG06	Nigeria	Lagos	Jan-2016	115			Nov-2019	Naira
NR02	Norway	Oslo	Sep-2018	141			Oct-2019	Krone (Norway)
NR05	Norway	Stavanger	Aug-2018	135			Oct-2019	Krone (Norway, DND monthly)
NZ02	New Zealand	Trentham	Apr-2017	123			Jul-2019	Dollar (New Zealand)
OP06	Israel	OP JADE, Tiberias/Golan Heights	L	110		g	Jun-2017	Shekel (Israel)
OP13	Congo, Democratic Republic of	OP CROCODILE, Kinshasa	May-2019	102		g	Dec-2019	Franc (Congo)
OP16	Egypt	OP CALUMET, El Gorah	Aug-2015	95		g	Dec-2019	Pound (Egypt)
OP20	Lebanon	OP JADE, Tyre	Dec-2018	97		g	Dec-2019	Pound (Lebanon)
OP23	Afghanistan	OP ADDENDA, Kabul	...	95		g	Aug-2003	...
OP31	Congo, Democratic Republic of	OP CROCODILE, Goma	May-2019	102		g	Dec-2019	Franc (Congo)
OP33	Kuwait	OP IMPACT, Kuwait	L	98		g	May-2016	Dinar (Kuwait)
OP34	Qatar	OP IMPACT, Al Udeid	L	99		g	Dec-2019	Riyal (Qatar)
OP35	Iraq	OP IMPACT, Baghdad	...	100			May-2016	...
OP36	Iraq	OP IMPACT, Erbil	...	100			Aug-2016	...
OP38	Poland	OP REASSURANCE, Drawsko Pomorskie	Sep-2017	97		g	Jan-2018	Zloty
OP40	Italy	OP REASSURANCE, Naples	Nov-2017	105		g	Apr-2018	Euro (DND semi-monthly)
OP41	Latvia	OP REASSURANCE, Riga	Oct-2017	96		g	Mar-2018	Euro
OP53	Israel	OP PROTEUS, Jerusalem	Apr-2017	110		g	Jun-2017	Shekel (Israel)
OP54	Bahrain	OP FOUNDATION, Bahrain	Jun-2015	100		g	Jun-2016	Dinar (Bahrain)
OP67	Sudan	OP SAFARI, Sudan	...	100	3	g	Dec-2019	Pound (Sudan)
OP70	Cyprus	OP LION, Cyprus	Oct-2018	95		g	Jan-2020	Euro
OP76	Kosovo	OP KOBOLD	Feb-2003	98		g	Dec-2008	Euro (DND semi-monthly)
OP80	Qatar	OP FOUNDATION, Doha	Jan-2019	99		g	Dec-2019	Riyal (Qatar)
OP91	World	HMCS OPS	...	95			Mar-2011	...

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
OP95	Jordan	OP FOUNDATION	Sep-2017	98		g	Feb-2018	Dinar (Jordan)
OP96	Djibouti	OP FOUNDATION (unaccompanied)	Jul-2018	99		g	Dec-2019	Franc (Djibouti)
OP99	World	Operations Other	...	100			Feb-2014	...
OPA1	Ukraine	OP UNIFER, Kemenets Pololskiy	Aug-2014	94		g	Mar-2016	Hryvna (Ukraine)
OPA2	Ukraine	OP UNIFER, Yavoriv	L	94		g	Mar-2016	Hryvna (Ukraine)
OS07	Germany	OP SP HUB Köln (unaccompanied with meals)	Aug-2015	103		g	Oct-2016	Euro
OS08	Germany	SUP HUB Köln	Aug-2015	116		c	Mar-2019	Euro (DND semi-monthly)
OS09	Kuwait	OP SUB HUB, Kuwait City	Oct-2015	98		g	May-2016	Dinar (Kuwait)
PA02	Pakistan	Islamabad	Jul-2015	95			Nov-2019	Rupee (Pakistan)
PA03	Pakistan	Quetta	Jul-2015	95			Nov-2019	Rupee (Pakistan)
PE01	Peru	Lima	Feb-2015	119			Aug-2017	Nuevo Sol
PH01	Philippines	Manila	May-2017	115	1	d	Mar-2020	Peso (Philippines)
PL02	Poland	Warsaw	Sep-2017	107	1		Mar-2020	Zloty
PL03	Poland	Bydgoszcz	Sep-2017	101		g	Feb-2020	Zloty (DND semi-monthly)
PL04	Poland	Szczecin, Poland	Sep-2017	101			Sep-2019	Zloty (DND semi-monthly)
PL05	Poland	Elblag	Sep-2017	102		g	Jan-2018	Zloty (DND semi-monthly)
RO02	Romania	Bucharest, Romania	Mar-2019	102	1		Mar-2020	Leu
RO03	Romania	Craiova, Romania	L	102	1		Mar-2020	Leu
RU02	Russia	Moscow	Mar-2019	103	1		Mar-2020	Rouble (Russia)
SA01	Saudi Arabia	Riyadh	Jan-2014	122			Aug-2017	Riyal (Saudi Arabia)
SA21	South Africa	Pretoria	Apr-2017	99			Dec-2019	Rand
SE01	Senegal	Dakar	Jan-2015	117		c	Aug-2019	CFA Franc BCEAO
SE99	World	Personnel on S. E.	...	95		g	Oct-2000	...
SI03	Singapore	Singapore	Jun-2015	142			Jun-2016	Dollar (Singapore)
SK01	Korea, South	Seoul	Jan-2019	140			Oct-2019	Won
SK05	Korea, South	Pyeongtaek	Jan-2019	119			Sep-2019	Won
SL01	Sri Lanka	Colombo	May-2016	102			Feb-2019	Rupee (Sri Lanka)
SP03	Spain	Madrid	Aug-2017	123			Aug-2019	Euro
SP04	Spain	Madrid DND Non VAT	Aug-2017	128		f	Mar-2019	Euro
SS01	Sudan	Khartoum, accompanied - MSGU	...	119	3		Dec-2019	Pound (Sudan)
SW02	Sweden	Stockholm	Aug-2017	127		f	Jan-2020	Krona (SWE, DND semi-monthly)
TH01	Thailand	Bangkok	L	130			Feb-2019	Baht
TN01	Tunisia	Tunis	Sep-2018	82			Nov-2019	Dinar (Tunisia)
TU02	Turkey	Ankara	Mar-2019	93	1	c	Mar-2020	Lira
TU04	Turkey	Izmir	Mar-2019	95			Feb-2020	Lira (US \$ Rate, DND monthly)

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
TU05	Turkey	Istanbul	Mar-2019	96	1	c	Mar-2020	Lira
UA05	United States of America	Edwards, California	L	117			Aug-2019	Dollar (USA, DND semi-monthly)
UA07	United States of America	Monterey, California	Jan-2008	128			Dec-2018	Dollar (USA, DND semi-monthly)
UA08	United States of America	San Diego, California	Jan-2015	117			Aug-2019	Dollar (USA, DND semi-monthly)
UA10	United States of America	Whidbey Island, Washington	Aug-2018	121			Feb-2019	Dollar (USA, DND semi-monthly)
UA11	United States of America	Seattle / Tacoma (McCord), Washington	Aug-2018	126			Feb-2019	Dollar (USA, DND semi-monthly)
UA16	United States of America	Vandenberg, California	Jul-2013	123			Aug-2019	Dollar (USA, DND semi-monthly)
UA20	United States of America	Mojave, California (Test Pilot School)	L	117			Aug-2019	Dollar (USA, DND semi-monthly)
UA23	United States of America	Las Vegas, Nevada	Aug-2018	133		c	Feb-2019	Dollar (USA, DND semi-monthly)
UA26	United States of America	Twentynine Palms	L	117			Aug-2019	Dollar (USA, DND semi-monthly)
UB01	United States of America	Colorado Springs, Colorado	Sep-2017	129	1		Mar-2020	Dollar (USA, DND semi-monthly)
UB04	United States of America	Buckley (Denver), Colorado	Sep-2018	120	1		Mar-2020	Dollar (USA, DND semi-monthly)
UB06	United States of America	Albuquerque, New Mexico	L	129	1		Mar-2020	Dollar (USA, DND semi-monthly)
UB08	United States of America	Fort Huachuca, Arizona	L	129	1		Mar-2020	Dollar (USA, DND semi-monthly)
UC01	United States of America	Fort Bliss, Texas	L	105			Oct-2019	Dollar (USA, DND semi-monthly)
UC02	United States of America	Cavalier, North Dakota	Aug-2018	105			Oct-2019	Dollar (USA, DND semi-monthly)
UC04	United States of America	San Antonio, Texas	Jan-2015	112			Feb-2019	Dollar (USA, DND semi-monthly)
UC06	United States of America	Houston, Texas, Johnson Space Center	Jul-2018	123		c	Jan-2019	Dollar (USA, DND semi-monthly)
UC07	United States of America	Fort Hood, Fort Worth, Sheppard, Wichita Falls	Aug-2018	105			Oct-2019	Dollar (USA, DND semi-monthly)
UC08	United States of America	University of Texas (San Antonio), Randolph, Medina, Universal City	L	112			Feb-2019	Dollar (USA, DND semi-monthly)
UC09	United States of America	Fort Sill, Tinker, Oklahoma	Aug-2018	103			Oct-2019	Dollar (USA, DND semi-monthly)
UD01	United States of America	Fort Leavenworth, Kansas	Aug-2018	106			Oct-2019	Dollar (USA, DND semi-monthly)
UD03	United States of America	St. Louis, Missouri, Fort Leonard Wood, Missouri, Scott, Elleville, Illinois	Jan-2015	111			Aug-2017	Dollar (USA, DND semi-monthly)
UD04	United States of America	Omaha, Nebraska	L	106			Oct-2019	Dollar (USA, DND semi-monthly)

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
UE01	United States of America	Dayton, Ohio, Wright-Patterson, Ohio	Oct-2017	115			Aug-2019	Dollar (USA, DND semi-monthly)
UE03	United States of America	Warren, Michigan	Jun-2015	115			Aug-2018	Dollar (USA, DND semi-monthly)
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	122			Jul-2018	Dollar (USA, DND semi-monthly)
UF02	United States of America	Washington, D. C.	L	123		c	Dec-2018	Dollar (USA)
UF03	United States of America	Cherry Point, Pope	L	111			Aug-2018	Dollar (USA, DND semi-monthly)
UF08	United States of America	Chesapeake, Dam Neck, Fort Lee, Fort Monroe, Hampton, Langley, Norfolk, Yorkton	Nov-2017	113			Dec-2018	Dollar (USA, DND semi-monthly)
UF09	United States of America	Fayetteville, Fort Bragg, North Carolina	Oct-2017	111			Aug-2018	Dollar (USA, DND semi-monthly)
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	126		f	Jul-2018	Dollar (USA, DND semi-monthly)
UG01	United States of America	Eglin, Tyndall	Jul-2018	118			Jan-2019	Dollar (USA, DND semi-monthly)
UG02	United States of America	Beaufort Falls	L	118		c	Jan-2019	Dollar (USA, DND semi-monthly)
UG05	United States of America	Fort Benning, Georgia	L	118			Jan-2019	Dollar (USA, DND semi-monthly)
UG06	United States of America	Fort Gordon, Fort McPherson, Fort Stewart	L	118			Jan-2019	Dollar (USA, DND semi-monthly)
UG07	United States of America	Mississippi	L	118		d	Jan-2019	Dollar (USA, DND semi-monthly)
UG08	United States of America	Gainesville, Florida (University of Florida)	Jul-2018	118		c	Jan-2019	Dollar (USA, DND semi-monthly)
UG09	United States of America	Fort Rucker, Alabama	L	118			Jan-2019	Dollar (USA, DND semi-monthly)
UG10	United States of America	Jacksonville, Florida	L	118		d	Jan-2019	Dollar (USA, DND semi-monthly)
UG11	United States of America	Maxwell, Montgomery, Alabama	L	118		d	Jan-2019	Dollar (USA, DND semi-monthly)
UG12	United States of America	Daytona Beach	L	118		c	Jan-2019	Dollar (USA, DND semi-monthly)
UG13	United States of America	University of Tennessee	L	118		c	Jan-2019	Dollar (USA, DND semi-monthly)
UG14	United States of America	MacDill, Tampa	L	118			Jan-2019	Dollar (USA, DND semi-monthly)
UG17	United States of America	West Palm Beach, Florida	Nov-2017	128			Jul-2018	Dollar (USA, DND semi-monthly)

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
UG21	United States of America	Robins, Georgia	L	118			Jan-2019	Dollar (USA, DND semi-monthly)
UG22	United States of America	Miami	Nov-2017	128			Jul-2018	Dollar (USA, DND semi-monthly)
UG25	United States of America	Little Rock, Arkansas	L	118		d	Jan-2019	Dollar (USA, DND semi-monthly)
UG26	United States of America	Huntsville, Alabama	Jul-2018	118		d	Jan-2019	Dollar (USA, DND semi-monthly)
UG30	United States of America	KEY WEST FLORIDA	Jul-2018	125			Jan-2019	Dollar (USA)
UH02	United States of America	New York City	Oct-2017	135			Jul-2018	Dollar (USA, DND semi-monthly)
UH03	United States of America	Cape Cod, Hanscom	Nov-2012	123			Dec-2018	Dollar (USA, DND semi-monthly)
UH04	United States of America	Boston, University of Boston	Jun-2018	124		f	Aug-2019	Dollar (USA, DND semi-monthly)
UH06	United States of America	Carlisle, Pennsylvania	L	117			Jan-2019	Dollar (USA, DND semi-monthly)
UH08	United States of America	Philadelphia, Warminster	L	126		f	Jul-2018	Dollar (USA, DND semi-monthly)
UH11	United States of America	Rome, New York	Nov-2017	117			Jan-2019	Dollar (USA, DND semi-monthly)
UH14	United States of America	Newport Rhode Island	L	123			Dec-2018	Dollar (USA, DND semi-monthly)
UH16	United States of America	Stratford, Connecticut	Nov-2018	118		c	Jan-2020	Dollar (USA, DND semi-monthly)
UH22	United States of America	New York City (No VAT Rebates)	Oct-2017	141		f	Jul-2018	Dollar (USA, DND semi-monthly)
UJ02	United States of America	Picatinny Arsenal, New Jersey	L	126		f	Jul-2018	Dollar (USA, DND semi-monthly)
UJ04	United States of America	Rutgers University, New Jersey	L	126		f	Jul-2018	Dollar (USA, DND semi-monthly)
UK12	United Kingdom	Inside the M25 (No VAT Rebates)	Sep-2015	116		h	Dec-2019	Pound (U.K., DND)
UK13	United Kingdom	Outside the M25 (VAT Rebates)	Sep-2015	109			Dec-2019	Pound (U.K., DND)
UK15	United Kingdom	Standing Naval Force Atlantic (STANAVFORLANT)	...	95			Dec-1999	...
UK18	United Kingdom	Inside the M25 (VAT Rebates)	Sep-2015	113			Dec-2019	Pound (U.K., DND)
UK57	United Kingdom	Scotland	L	104			Dec-2019	Pound (U.K., DND)
UN99	World	United Nations Missions	...	50		g	Mar-2000	...
U001	United States of America	Elmendorf, Alaska	Aug-2018	122			Jul-2019	Dollar (USA, DND semi-monthly)
U003	United States of America	Honolulu, Hawaii	Oct-2017	120			Aug-2019	Dollar (USA, DND semi-monthly)
U005	United States of America	Clear, Alaska	Aug-2018	101		g	Oct-2019	Dollar (USA)
U008	United States of America	Eielson	L	122			Jul-2019	Dollar (USA, DND semi-monthly)
UR01	Ukraine	Kyiv	Aug-2014	110			Nov-2019	Hryvna (Ukraine)

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
USA2	United States of America	Pensacola, Florida	L	118		d	Jan-2019	Dollar (USA, DND semi-monthly)
WB01	West Bank and Gaza	Ramallah	L	143			Jun-2019	Shekel (Israel)
YU02	Serbia	Belgrade	Mar-2019	102	1		Mar-2020	Dinar (Serbia)
ZZ01	Belgium	Casteau	Aug-2015	121			Jun-2018	Euro
ZZ03	Netherlands, The	Brunssum	Aug-2015	111			Sep-2018	Euro
ZZ09	Haiti	Port-au-Prince	Nov-2017	101		g	Jun-2018	Gourde
ZZ10	Haiti	Regions of Haiti	L	101		g	Jun-2018	Gourde
ZZ17	West Bank and Gaza	Palestinian Territories	L	110		g	Jun-2017	Shekel (Israel)
ZZ18	Afghanistan	Kabul	...	100			Apr-2011	...
ZZ30	Ukraine	Kyiv	L	94		g	Mar-2016	Hryvna (Ukraine)
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.