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Canadian Foreign Post Indexes

July 2024

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Canadian Foreign Post Indexes, July 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
Belgium	Brussels	...	May 2023
Belgium	Brussels	...	May 2023
Belgium	Brussels	BE01	May 2023
Belgium	Brussels	BE15	May 2023
Belgium	Brussels	BE16	May 2023
Belgium	Brussels	BE17	May 2023
Belgium	Casteau	BE03	May 2023
Belgium	Casteau	ZZ01	May 2023
Luxembourg	Luxembourg City	LUX1	May 2023
Singapore	Singapore	...	May 2023
Singapore	Singapore	SI03	May 2023

... not applicable

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 July 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	May-2023	95	100			May-2024	Peso (Argentina)
Armenia	Yerevan	Nov-2015	141	146		a	Jun-2024	Dram (Armenia)
Australia	Canberra	Apr-2017	118	121			Jan-2024	Dollar (Australia)
Australia	Canberra	Apr-2017	122	126		f	Jan-2024	Dollar (Australia)
Australia	Sydney	Apr-2017	120	124			Jan-2024	Dollar (Australia)
Australia	Sydney	Apr-2017	126	131		f	Jan-2024	Dollar (Australia)
Austria	Vienna	Oct-2017	128	133			Dec-2023	Euro
Bangladesh	Dhaka	May-2018	121	116	1		Jul-2024	Taka
Barbados	Bridgetown	Oct-2018	145	133			Dec-2023	Dollar (Barbados)
Belgium	Brussels	May-2023	133	125	1		Jul-2024	Euro
Belgium	Brussels	May-2023	140	130	1	d	Jul-2024	Euro
Benin	Cotonou	L	96	99		a	Apr-2024	CFA Franc BCEAO
Bolivia	La Paz	L	91	94		a	Nov-2023	Boliviano
Brazil	Brasilia	May-2023	111	104			Jun-2024	Real
Brazil	Rio de Janeiro	L	111	107			Jun-2024	Real
Brazil	Sao Paulo	May-2023	111	107			Jun-2024	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	100	104			Jun-2024	Peso (Chile)
China	Beijing	Dec-2018	120	116	1		Jul-2024	Yuan Renminbi
China	Chongqing	Oct-2019	102	99	1		Jul-2024	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	121	125			Apr-2024	Yuan Renminbi
Colombia	Bogotá	Aug-2017	104	107			May-2024	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	161	167			May-2024	Franc (Congo)
Costa Rica	San José	Apr-2023	118	122			Apr-2024	Colon (Costa Rica)
Côte d'Ivoire	Abidjan	Oct-2015	120	124			Feb-2024	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	Jun-2023	117	105			May-2024	Dollar (USA)

Foreign Service Directives Post Indexes

(Ottawa = 100)

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

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Egypt	Cairo	May-2023	87	82			May-2024	Pound (Egypt)
El Salvador	San Salvador	L	97	100		a	Nov-2023	Dollar (USA)
Ethiopia	Addis Ababa	Apr-2018	149	153			May-2024	Birr
Fiji	Suva	Feb-2017	86	89		a	Apr-2024	Dollar (Fiji)
Finland	Helsinki	Aug-2017	133	137			Apr-2024	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	120	114			Jun-2024	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	168	174	1		Jul-2024	Gourde
Honduras	Tegucigalpa	Apr-2017	122	126			Apr-2024	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	112	116			Apr-2024	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	113	109			Jun-2024	Rupiah
Indonesia	Semarang	L	113	109		f	Jun-2024	Rupiah
Iraq	Baghdad	100			Aug-2004	Dinar (Iraq)
Ireland	Dublin	May-2016	106	109			Dec-2023	Euro
Israel	Tel Aviv	Apr-2017	122	126			Apr-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	114	109			Jun-2024	Yen
Japan	Tokyo	Nov-2018	114	109			Jun-2024	Yen
Jordan	Amman	Sep-2017	127	122			Jul-2023	Dinar (Jordan)
Kazakhstan	Astana	Feb-2019	112	116			Mar-2024	Tenge

Foreign Service Directives Post Indexes

(Ottawa = 100)

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

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Kenya	Nairobi	May-2014	129	133			May-2024	Shilling (Kenya)
Korea, Republic of	Seoul	Jan-2019	131	126			May-2024	Won
Kuwait	Kuwait	Oct-2015	117	124			Nov-2022	Dinar (Kuwait)
Laos	Vientiane	Jan-2016	77	80		a	Apr-2024	Kip
Latvia	Riga	Oct-2017	116	120			Apr-2024	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-2023	93	94			Mar-2024	Ringgit (Malaysia)
Mali	Bamako	Mar-2019	105	108			Feb-2023	CFA Franc BCEAO
Mexico	Guadalajara	L	107	101	1		Jul-2024	Peso (Mexico)
Mexico	Mexico City	May-2023	107	101	1		Jul-2024	Peso (Mexico)
Mexico	Monterrey	L	107	101	1		Jul-2024	Peso (Mexico)
Mongolia	Ulaanbaatar	Jun-2018	93	97		a	Apr-2024	Tugrik
Morocco	Rabat	Oct-2017	100	104			Feb-2023	Dirham (Morocco)
Mozambique	Maputo	Aug-2017	117	121			Jun-2024	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			Jan-2024	Dollar (New Zealand)
New Zealand	Wellington	Apr-2017	118	122			Jan-2024	Dollar (New Zealand)
New Zealand	Wellington	Apr-2017	121	126		f	Jan-2024	Dollar (New Zealand)
Nicaragua	Managua	L	102	106		a	May-2024	Cordoba, New
Nigeria	Abuja	Oct-2015	101	96			Jun-2024	Naira
Nigeria	Lagos	Jan-2016	95	90			Jun-2024	Naira
Norway	Oslo	Sep-2018	127	131			Aug-2023	Krone (Norway)
Pakistan	Islamabad	Apr-2023	96	81			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	114	118			Mar-2024	Zloty
Portugal	Lisbon	Aug-2017	120	125			Jun-2023	Euro
Qatar	Doha	Jan-2019	108	112			Nov-2023	Riyal (Qatar)
Romania	Bucharest	Mar-2019	107	111			Apr-2024	Leu
Russia	Moscow	Mar-2019	96	100	1		Jul-2024	Rouble (Russia)
Rwanda	Kigali	Aug-2017	108	100		a	Feb-2024	Franc (Rwanda)
Saudi Arabia	Riyadh	Jun-2023	123	108			May-2024	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

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Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Singapore	Singapore	May-2023	149	135	1		Jul-2024	Dollar (Singapore)
Singapore	Singapore	May-2023	154	136	1	f	Jul-2024	Dollar (Singapore)
Slovakia	Bratislava	Jul-2016	108	111		a	Apr-2024	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	97	103			Mar-2024	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	Apr-2023	117	104			Mar-2024	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	86	88			Jun-2024	Dinar (Tunisia)
Turkey	Ankara	Mar-2019	85	87			Jun-2024	Lira
Turkey	Istanbul	Mar-2019	85	88			Jun-2024	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	131	135			May-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			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			Jan-2024	Dollar (USA)

Foreign Service Directives Post Indexes

(Ottawa = 100)

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

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
United States of America	Denver	Aug-2018	137	132		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	122	127			May-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			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			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	138	143			May-2024	Peso (Uruguay)
Vatican City	Vatican	L	117	121			Dec-2023	Euro
Vietnam	Hanoi	Apr-2017	118	114			Jun-2024	Dong
Vietnam	Ho Chi Minh City	Apr-2017	120	116			May-2021	Dong
West Bank and Gaza	Ramallah	L	122	126			Apr-2024	Shekel (Israel)
Zambia	Lusaka	Jun-2014	78	75		a	Jun-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 July 2024.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Bangladesh	Dhaka	May-2018	124	119	1		Jul-2024	Taka
Benin	Cotonou	Dec-2012	96	99		a	Apr-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	1		Jul-2024	Yuan Renminbi
Colombia	Bogota	Aug-2017	108	112			May-2024	Peso (Colombia)
Colombia	Medellin	L	108	112			May-2024	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	161	167			May-2024	Franc (Congo)
Cuba	Havana	Apr-2014	128	133	3		Apr-2020	Convertible Peso (Cuba)
Egypt	Cairo	May-2023	87	83			May-2024	Pound (Egypt)
El Salvador	San Salvador	Nov-2016	97	100		a	Nov-2023	Dollar (USA)
Ethiopia	Addis Ababa	Apr-2018	151	156			May-2024	Birr
Ghana	Accra	Mar-2023	120	114			Jun-2024	Cedi
Ghana	Tamale	L	120	114			Jun-2024	Cedi
Guatemala	Guatemala City	Aug-2017	128	133			Nov-2023	Quetzal
Haiti	Cap-Haitien	L	168	174	1		Jul-2024	Gourde
Haiti	Les Cayes	L	168	174	1		Jul-2024	Gourde
Haiti	Port-au-Prince	L	168	174	1		Jul-2024	Gourde
Haiti	St. Marc	L	168	174	1		Jul-2024	Gourde
Honduras	Tegucigalpa	Apr-2017	124	128			Apr-2024	Lempira
Indonesia	Jakarta	L	113	109			Jun-2024	Rupiah
Israel	Tel Aviv	Apr-2017	132	137			Mar-2024	Shekel (Israel)
Jordan	Amman	Sep-2017	130	124			Jul-2023	Dinar (Jordan)
Kenya	Nairobi	May-2014	130	134			May-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	93	97			Apr-2024	Tugrik
Morocco	Agadir	L	103	107			Feb-2023	Dirham (Morocco)
Morocco	Rabat	Oct-2017	103	107			Feb-2023	Dirham (Morocco)
Mozambique	Maputo	L	117	121			Jun-2024	Metical
Mozambique	Vilankulos	L	117	121			Jun-2024	Metical
Myanmar (Burma)	Yangon	L	76	79	3		Mar-2023	Kyat
Nicaragua	Managua	Feb-2017	102	106		a	May-2024	Cordoba, New
Nigeria	Abuja	L	101	96			Jun-2024	Naira
Nigeria	Bauchi	L	95	90			Jun-2024	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 July 2024.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Nigeria	Calabar	L	95	90			Jun-2024	Naira
Nigeria	Lagos	L	95	90			Jun-2024	Naira
Pakistan	Lahore	L	96	82			Jan-2024	Rupee (Pakistan)
Pakistan	Pakistan Other	Apr-2023	96	82			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	100	107			Mar-2024	Rupee (Sri Lanka)
Sri Lanka	Kegalle	L	100	107			Mar-2024	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	89	92			Jun-2024	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	119	115			Jun-2024	Dong
West Bank and Gaza	Gaza City	L	132	137			Mar-2024	Shekel (Israel)
West Bank and Gaza	Ramallah	L	132	137			Mar-2024	Shekel (Israel)
Zambia	Lusaka	L	78	75		a	Jun-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.)
AT01	Australia	Canberra	L	126		f	Jan-2024	Dollar (Australia)
AT02	Australia	Canberra	L	121			Jan-2024	Dollar (Australia)
AT05	Australia	Perth	L	126		f	Jan-2024	Dollar (Australia)
AT06	Australia	Adelaide	L	126		f	Jan-2024	Dollar (Australia)
AT08	Australia	Sydney	L	131			Jan-2024	Dollar (Australia)
AT11	Australia	Cabarlah	L	126			Jan-2024	Dollar (Australia)
AT12	Australia	Canungra	L	126			Jan-2024	Dollar (Australia)
AT99	Australia	Australia Other	Apr-2017	126		f	Jan-2024	Dollar (Australia)
AU02	Austria	Vienna	Oct-2017	133			Dec-2023	Euro
BA02	Bangladesh	Dhaka	L	116	1		Jul-2024	Taka
BE01	Belgium	Brussels	May-2023	122	1		Jul-2024	Euro
BE03	Belgium	Casteau	May-2023	112	1		Jul-2024	Euro
BE15	Belgium	Brussels	May-2023	127	1	d	Jul-2024	Euro
BE16	Belgium	Brussels	L	122	1		Jul-2024	Euro
BE17	Belgium	Brussels	L	122	1		Jul-2024	Euro
BR03	Brazil	Brasilia	L	104			Jun-2024	Real
BR05	Brazil	Rio de Janeiro	L	107			Jun-2024	Real
CE01	Chile	Santiago	L	104			Jun-2024	Peso (Chile)
CG01	Congo, Democratic Republic of	Kinshasa	May-2019	167			May-2024	Franc (Congo)
CH02	China	Beijing	Dec-2018	116	1		Jul-2024	Yuan Renminbi
CL01	Colombia	Bogota	Aug-2017	107			May-2024	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	May-2023	82			May-2024	Pound (Egypt)
ES02	Estonia	Tartu	Jul-2015	131		a	Jun-2024	Euro
ES04	Estonia	Tallin	Jul-2015	131		a	Jun-2024	Euro
ET02	Ethiopia	Addis Ababa	Apr-2018	154		c	May-2024	Birr
FR02	France	Paris	Apr-2017	139		d	May-2023	Euro
FR03	France	Paris	Apr-2017	127			May-2023	Euro
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

Canadian Forces Post Indexes

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FR27	France	Phalsbourg	L	127			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	Oberammergau	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	114			Jun-2024	Cedi
GR01	Greenland	Thule	...	100			Dec-1994	Krone (Denmark)
HA02	Haiti	Port-au-Prince	Nov-2017	174	1		Jul-2024	Gourde
IN02	India	New Delhi	Jun-2018	109			Jun-2023	Rupee (India)
IN04	Indonesia	Jakarta	Aug-2015	109		f	Jun-2024	Rupiah
IS02	Israel	Tel Aviv	Apr-2017	126			Apr-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	109			Jun-2024	Yen
JA05	Japan	Tokyo	L	109			Jun-2024	Yen
JA06	Japan	Yokosuka	L	109			Jun-2024	Yen
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	133			May-2024	Shilling (Kenya)
KU01	Kuwait	Kuwait City	Oct-2015	124			Nov-2022	Dinar (Kuwait)
KZ01	Kazakhstan	Astana	Feb-2019	116			Mar-2024	Tenge

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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	128	1		Jul-2024	Euro
LV02	Latvia	Riga (unaccompanied with meals)	Oct-2017	96		g	Mar-2018	Euro
LV03	Latvia	Riga (no meals)	Oct-2017	128			Apr-2024	Euro
MA06	Malaysia	Kuala Lumpur	May-2023	94			Mar-2024	Ringgit (Malaysia)
MA07	Mali	Bamako	L	113			Dec-2023	CFA Franc BCEAO
ME01	Mexico	Mexico City	May-2023	101	1		Jul-2024	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	96			Jun-2024	Naira
NG06	Nigeria	Lagos	Jan-2016	90			Jun-2024	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			Jan-2024	Dollar (New Zealand)
NZ03	New Zealand	Auckland	L	126			Jan-2024	Dollar (New Zealand)
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			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	118			Mar-2024	Zloty
PL03	Poland	Bydgoszcz	Sep-2017	115		g	Mar-2024	Zloty
PL04	Poland	Szczecin	Sep-2017	117			Feb-2024	Zloty
PL05	Poland	Elblag	Sep-2017	106		g	Aug-2023	Zloty
RO02	Romania	Bucharest	Mar-2019	111			Apr-2024	Leu
RO03	Romania	Craiova	L	111			Apr-2024	Leu
RO04	Romania	Sibiu	L	111			Apr-2024	Leu
RU02	Russia	Moscow	Mar-2019	100	1		Jul-2024	Rouble (Russia)
SA01	Saudi Arabia	Riyadh	Jun-2023	108			May-2024	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	May-2023	135	1		Jul-2024	Dollar (Singapore)
SK01	Korea, Republic of	Seoul	Jan-2019	128			May-2024	Won

Canadian Forces Post Indexes

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SK05	Korea, Republic of	Pyeongtaek	Jan-2019	118			Dec-2023	Won
SL01	Sri Lanka	Colombo	Aug-2019	103			Mar-2024	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	88			Jun-2024	Dinar (Tunisia)
TU02	Turkey	Ankara	Mar-2019	86		c	Jun-2024	Lira
TU04	Turkey	Izmir	Mar-2019	93			Jun-2024	Lira
TU05	Turkey	Istanbul	Mar-2019	87		c	Jun-2024	Lira
UA03	United States of America	Beale, California	Aug-2018	148			Jan-2024	Dollar (USA)
UA05	United States of America	Edwards, California	L	141			Jan-2024	Dollar (USA)
UA07	United States of America	Monterey, California	Aug-2018	148			Jan-2024	Dollar (USA)
UA08	United States of America	San Diego, California	Aug-2018	141			Jan-2024	Dollar (USA)
UA10	United States of America	Whidbey Island, Washington	Aug-2018	132			May-2024	Dollar (USA)
UA11	United States of America	Seattle / Tacoma (McChord), Washington	Aug-2018	137			May-2024	Dollar (USA)
UA16	United States of America	Vandenberg, California	Aug-2018	148			Jan-2024	Dollar (USA)
UA20	United States of America	Mojave, California (Test Pilot School)	L	141			Jan-2024	Dollar (USA)
UA23	United States of America	Las Vegas, Nevada	Aug-2018	142		c	Jun-2024	Dollar (USA)
UA26	United States of America	Twentynine Palms	L	141			Jan-2024	Dollar (USA)
UB01	United States of America	Colorado Springs, Colorado	Sep-2017	137			Jan-2024	Dollar (USA)
UB04	United States of America	Buckley (Denver), Colorado	Sep-2018	126			Jan-2024	Dollar (USA)
UB08	United States of America	Fort Huachuca, Arizona	L	137			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)
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)

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UD03	United States of America	St. Louis, Missouri, Fort Leonard Wood, Missouri, Scott, Belleville, Illinois	Nov-2019	123			Feb-2023	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)
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)
UG14	United States of America	MacDill, Tampa	L	124			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)

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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)
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)
UR01	Ukraine	Kyiv	Apr-2019	84			Nov-2022	Hryvna (Ukraine)
US10	United States of America	Ogden, Utah	L	126			Jan-2024	Dollar (USA)
USA2	United States of America	Pensacola, Florida	L	124		d	Jun-2023	Dollar (USA)
VI01	Vietnam	Hanoi	L	115			Jun-2024	Dong
WB01	West Bank and Gaza	Ramallah	L	137			Mar-2024	Shekel (Israel)
YU02	Serbia	Belgrade	Mar-2019	111			May-2023	Dinar (Serbia)
ZZ01	Belgium	Casteau	L	112	1		Jul-2024	Euro
ZZ03	Netherlands	Brunssum	Aug-2015	116			Jun-2023	Euro
ZZ09	Haiti	Port-au-Prince	Nov-2017	113	1	g	Jul-2024	Gourde
ZZ10	Haiti	Regions of Haiti	L	113	1	g	Jul-2024	Gourde
ZZ31	Cambodia	Phnom Penh	Feb-2016	96		g	Jun-2017	Riel

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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.