

Canadian Foreign Post Indexes

August 2025

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Canadian Foreign Post Indexes, August 2025

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 Foreign Assignment Directive;
- 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 Indexes

Country	Post	Military Code	Survey Date
Côte d'Ivoire	Abidjan		April 2024
Peru	Lima		April 2024
Peru	Lima		April 2024
Peru	Lima	PE01	April 2024

... 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 August 2025.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Algeria	Algiers	Mar-2019	92	95			Dec-2024	Dinar (Algeria)
Argentina	Buenos Aires	May-2023	105	99	1		Aug-2025	Peso (Argentina)
Armenia	Yerevan	Nov-2015	149	144	1	a	Aug-2025	Dram (Armenia)
Australia	Canberra	Apr-2017	126	121			May-2025	Dollar (Australia)
Australia	Canberra	Apr-2017	131	126		f	May-2025	Dollar (Australia)
Australia	Sydney	Apr-2017	129	124			May-2025	Dollar (Australia)
Australia	Sydney	Apr-2017	136	130		f	May-2025	Dollar (Australia)
Austria	Vienna	Oct-2017	138	142			May-2025	Euro
Bangladesh	Dhaka	May-2018	126	122			May-2025	Taka (Bangladesh)
Barbados	Bridgetown	Oct-2018	132	126			Jul-2025	Dollar (Barbados)
Belgium	Brussels	May-2023	130	135			Apr-2025	Euro
Belgium	Brussels	May-2023	136	141		d	Apr-2025	Euro
Benin	Cotonou	L	99	103		a	May-2025	CFA Franc BCEAO
Bolivia	La Paz	L	110	116	1	a	Aug-2025	Boliviano (Bolivia)
Brazil	Brasília	May-2023	100	104			Mar-2025	Real (Brazil)
Brazil	Rio de Janeiro	L	103	106			Mar-2025	Real (Brazil)
Brazil	Sao Paulo	May-2023	103	106			Mar-2025	Real (Brazil)
Brunei Darussalam	Bandar Seri Begawan	Aug-2017	88	85		a	Jul-2025	Dollar (Brunei)
Burkina Faso	Ouagadougou	Jan-2018	120	125			Sep-2024	CFA Franc BCEAO
Cambodia	Phnom Penh	Feb-2016	109	106	1	a	Aug-2025	Riel (Cambodia)
Cameroon	Yaoundé	Jul-2015	130	135			Jun-2025	CFA Franc BEAC
Chile	Santiago	Feb-2015	108	104			May-2025	Peso (Chile)
China	Beijing	Dec-2018	119	116			May-2025	Yuan Renminbi (China)
China	Chongqing	Oct-2019	102	98			Jul-2025	Yuan Renminbi (China)
China	Guangzhou	Jul-2023	119	118			Sep-2024	Yuan Renminbi (China)
China	Hong Kong	Jan-2019	156	147			Jul-2025	Dollar (Hong Kong)
China	Shanghai	Jan-2019	124	120			Jul-2025	Yuan Renminbi (China)
Colombia	Bogotá	Aug-2017	108	104			May-2025	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	161	167	3		May-2024	Franc (Congo)
Costa Rica	San José	Apr-2023	128	123			Jun-2025	Colon (Costa Rica)
Côte d'Ivoire	Abidjan	Apr-2025	128	121	1		Aug-2025	CFA Franc BCEAO
Croatia	Zagreb	Jun-2016	96	99		a	May-2025	Euro (Croatia)
Cuba	Havana	Jan-2025	131	121			Jul-2025	Peso (Cuba)
Czech Republic	Prague	Oct-2017	116	121	1		Aug-2025	Koruna (Czech Rep.)
Denmark	Copenhagen	Aug-2017	140	145			Apr-2025	Krone (Denmark)
Dominican Republic	Santo Domingo	May-2018	109	105	1		Aug-2025	Peso (Dominican Rep.)
Ecuador	Quito	Jun-2023	112	108			May-2025	Dollar (USA)

Foreign Service Directives Post Indexes

(Ottawa = 100)

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Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Egypt	Cairo	May-2023	82	85			Mar-2025	Pound (Egypt)
El Salvador	San Salvador	L	104	100		a	May-2025	Dollar (USA)
Estonia	Tallinn	L	139	146	1	a	Aug-2025	Euro
Ethiopia	Addis Ababa	Apr-2018	149	153	3		May-2024	Birr (Ethiopia)
Fiji	Suva	Feb-2017	93	89		a	May-2025	Dollar (Fiji)
Finland	Helsinki	Aug-2017	137	143			Apr-2025	Euro
France	Lyon	L	137	142		f	Apr-2025	Euro
France	Paris	Apr-2017	131	136			Apr-2025	Euro
France	Paris	Apr-2017	144	149		d	Apr-2025	Euro
France	Paris	Apr-2017	144	149		f	Apr-2025	Euro
Germany	Berlin	May-2023	109	113			Apr-2025	Euro
Germany	Düsseldorf	L	109	113			Apr-2025	Euro
Germany	Munich	L	109	113			Apr-2025	Euro
Ghana	Accra	Mar-2023	140	164			Jul-2025	Cedi (Ghana)
Greece	Athens	Nov-2014	117	122			May-2025	Euro
Guatemala	Guatemala City	Aug-2017	133	128			Jul-2025	Quetzal (Guatemala)
Guyana	Georgetown	Oct-2017	126	131			Dec-2024	Dollar (Guyana)
Haiti	Port-au-Prince	Nov-2017	190	198			Feb-2025	Gourde (Haiti)
Honduras	Tegucigalpa	Apr-2017	131	127			Jun-2025	Lempira (Honduras)
Hungary	Budapest	Jan-2025	119	102			Apr-2025	Forint (Hungary)
Iceland	Reykjavik	L	156	164			Apr-2025	Krone (Norway)
India	Bangalore	Oct-2018	112	107			Jul-2025	Rupee (India)
India	Chandigarh	L	113	109			Jul-2025	Rupee (India)
India	Mumbai	Jun-2018	120	114			Jul-2025	Rupee (India)
India	New Delhi	Jun-2018	113	109			Jul-2025	Rupee (India)
India	New Delhi	Jun-2018	118	113		f	Jul-2025	Rupee (India)
Indonesia	Jakarta	Aug-2015	113	109			Jun-2024	Rupiah (Indonesia)
Indonesia	Semarang	L	113	109		f	Jun-2024	Rupiah (Indonesia)
Iraq	Baghdad	...	...	100			Aug-2004	Dinar (Iraq)
Ireland	Dublin	May-2016	109	113			Apr-2025	Euro
Israel	Tel Aviv	Apr-2017	127	134	1		Aug-2025	Shekel (Israel)
Italy	Milan	L	132	138		f	May-2025	Euro
Italy	Rome	Sep-2017	121	126			May-2025	Euro
Italy	Rome	Sep-2017	132	138		f	May-2025	Euro
Jamaica	Kingston	Oct-2018	119	115			Jul-2025	Dollar (Jamaica)
Japan	Nagoya	L	113	118			Mar-2025	Yen (Japan)
Japan	Tokyo	Nov-2018	113	118			Mar-2025	Yen (Japan)
Jordan	Amman	Sep-2017	131	127			Jun-2025	Dinar (Jordan)

Foreign Service Directives Post Indexes

(Ottawa = 100)

Post indexes in bold were updated or are new in August 2025.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Kazakhstan	Astana	Feb-2019	120	116			May-2025	Tenge (Kazakhstan)
Kenya	Nairobi	May-2014	141	136			Jul-2025	Shilling (Kenya)
Korea, Republic of	Seoul	Jan-2019	131	126			May-2024	Won (Republic of Korea)
Kuwait	Kuwait	Feb-2025	132	121			Apr-2025	Dinar (Kuwait)
Laos	Vientiane	Jan-2016	88	85		a	May-2025	Kip (Laos)
Latvia	Riga	Oct-2017	124	129			May-2025	Euro
Lebanon	Beirut	Dec-2018	169	198	3		Aug-2020	Pound (Lebanon)
Lithuania	Vilnius	Dec-2017	92	97		a	Apr-2025	Euro
Malaysia	Kuala Lumpur	May-2023	98	102			Nov-2024	Ringgit (Malaysia)
Mali	Bamako	Mar-2019	113	117	1		Aug-2025	CFA Franc BCEAO
Mexico	Guadalajara	L	97	100			Jun-2025	Peso (Mexico)
Mexico	Mexico City	May-2023	97	100			Jun-2025	Peso (Mexico)
Mexico	Monterrey	L	97	100			Jun-2025	Peso (Mexico)
Mongolia	Ulaanbaatar	Jun-2018	104	95		a	Jun-2025	Tugrik (Mongolia)
Morocco	Rabat	Oct-2017	108	111			Feb-2025	Dirham (Morocco)
Mozambique	Maputo	Aug-2017	127	122			Jul-2025	Metical (Mozambique)
Myanmar (Burma)	Yangon	Feb-2018	76	79	3	a	Mar-2023	Kyat (Myanmar)
Netherlands	Delft	Oct-2024	141	146		f	May-2025	Euro
Netherlands	The Hague	Oct-2024	129	133			May-2025	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	111	107		a	Jun-2025	Cordoba, New (Nicaragua)
Nigeria	Abuja	May-2023	78	81			Jul-2025	Naira (Nigeria)
Nigeria	Lagos	Aug-2024	88	92			Jul-2025	Naira (Nigeria)
Norway	Oslo	Oct-2024	156	164			Apr-2025	Krone (Norway)
Pakistan	Islamabad	Apr-2023	81	83			Dec-2024	Rupee (Pakistan)
Panama	Panama City	Aug-2017	115	111			Jun-2025	Balboa (Panama)
Peru	Lima	Apr-2025	125	105	1		Aug-2025	Nuevo Sol (Peru)
Philippines	Manila	May-2017	117	112			Jul-2025	Peso (Philippines)
Poland	Warsaw	Sep-2017	122	126			Mar-2025	Zloty (Poland)
Portugal	Lisbon	Aug-2017	128	132			Jun-2025	Euro
Qatar	Doha	Jan-2019	119	114			May-2025	Riyal (Qatar)
Romania	Bucharest	Mar-2019	111	115			Mar-2025	Leu (Romania)
Russia	Moscow	Mar-2019	104	109			Apr-2025	Rouble (Russia)
Rwanda	Kigali	Aug-2017	104	99		a	Jul-2025	Franc (Rwanda)
Saudi Arabia	Riyadh	Jun-2023	112	108			Jul-2025	Riyal (Saudi Arabia)

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Senegal	Dakar	Jan-2015	124	128	1		Aug-2025	CFA Franc BCEAO
Serbia	Belgrade	Mar-2019	114	118			Apr-2025	Dinar (Serbia)
Singapore	Singapore	May-2023	135	140			Oct-2024	Dollar (Singapore)
Singapore	Singapore	May-2023	136	142		f	Oct-2024	Dollar (Singapore)
Slovakia	Bratislava	Jul-2016	115	119		a	May-2025	Euro
South Africa	Johannesburg	L	93	96			Jun-2025	Rand (South Africa)
South Africa	Johannesburg	L	94	97		f	Jun-2025	Rand (South Africa)
South Africa	Pretoria	Apr-2017	93	96			Jun-2025	Rand (South Africa)
South Sudan	Juba	Sep-2018	145	151	3		Jan-2020	Pound (South Sudan)
Spain	Barcelona	L	130	134			May-2025	Euro
Spain	Madrid	Aug-2017	130	134			May-2025	Euro
Sri Lanka	Colombo	Aug-2019	118	114			Jun-2025	Rupee (Sri Lanka)
Sudan	Khartoum	Aug-2014	127	119	3		Feb-2018	Pound (Sudan)
Sweden	Stockholm	Aug-2017	112	120			Apr-2025	Krona (Sweden)
Switzerland	Bern	L	164	170	1		Aug-2025	Franc (Switzerland)
Switzerland	Geneva	Oct-2017	164	170	1		Aug-2025	Franc (Switzerland)
Switzerland	Geneva	Oct-2017	172	178	1	f	Aug-2025	Franc (Switzerland)
Taiwan	Taipei	Apr-2023	103	109			Jun-2025	Dollar (Taiwan)
Tanzania	Dar es Salaam	Jun-2023	97	94			May-2025	Shilling (Tanzania)
Thailand	Bangkok	May-2023	101	104			Feb-2025	Baht (Thailand)
Trinidad & Tobago	Port of Spain	Apr-2017	133	128			Jun-2025	Dollar (Trinidad and Tobago)
Tunisia	Tunis	Sep-2018	91	94			Jun-2025	Dinar (Tunisia)
Turkey	Ankara	Mar-2019	96	92			May-2025	Lira (Turkey)
Turkey	Istanbul	Mar-2019	96	93			May-2025	Lira (Turkey)
Ukraine	Kyiv	Apr-2019	83	87			Feb-2025	Hryvna (Ukraine)
United Arab Emirates	Abu Dhabi	Apr-2016	128	124			Jun-2025	Dirham (U.A.E.)
United Arab Emirates	Dubai	Apr-2016	133	126			Jul-2025	Dirham (U.A.E.)
United Kingdom	Cheltenham	Jan-2025	136	119		f	Jun-2025	Pound (United Kingdom)
United Kingdom	London	Feb-2025	140	133			Jun-2025	Pound (United Kingdom)
United Kingdom	London	Feb-2025	143	135		d	Jun-2025	Pound (United Kingdom)
United Kingdom	London	Feb-2025	148	136		f	Jun-2025	Pound (United Kingdom)
United States of America	Atlanta	May-2018	140	136			Jun-2025	Dollar (USA)
United States of America	Boston	Jun-2018	135	128			Jul-2025	Dollar (USA)
United States of America	Chicago	Jun-2018	127	133			Jan-2025	Dollar (USA)
United States of America	Colorado Springs	Sep-2017	149	144			May-2025	Dollar (USA)

Foreign Service Directives Post Indexes

(Ottawa = 100)

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Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
United States of America	Dallas	Jul-2018	135	131			Jun-2025	Dollar (USA)
United States of America	Denver	Aug-2018	140	135			May-2025	Dollar (USA)
United States of America	Denver	Aug-2018	143	139		f	May-2025	Dollar (USA)
United States of America	Detroit	Jun-2015	134	130			May-2025	Dollar (USA)
United States of America	Houston	Jul-2018	131	127			Jun-2025	Dollar (USA)
United States of America	Los Angeles	Aug-2018	133	139			Jan-2025	Dollar (USA)
United States of America	MacDill, Tampa	Feb-2025	130	115			Jul-2025	Dollar (USA)
United States of America	Miami	Nov-2017	131	136			Jan-2025	Dollar (USA)
United States of America	Minneapolis	Sep-2018	129	124			May-2025	Dollar (USA)
United States of America	New York City	Oct-2017	158	153			Jun-2025	Dollar (USA)
United States of America	New York City	Oct-2017	166	161		f	Jun-2025	Dollar (USA)
United States of America	San Diego	Aug-2018	159	151			Jul-2025	Dollar (USA)
United States of America	San Francisco/Palo Alto	Aug-2018	158	153	1		Aug-2025	Dollar (USA)
United States of America	Seattle	Aug-2018	143	138			May-2025	Dollar (USA)
United States of America	St. Louis, MO	L	131	124			Jul-2025	Dollar (USA)
United States of America	Washington D.C.	Nov-2017	135	129			Jul-2025	Dollar (USA)
United States of America	Washington D.C.	Nov-2017	140	134		f	Jul-2025	Dollar (USA)
Uruguay	Montevideo	Feb-2018	138	142			Apr-2025	Peso (Uruguay)
Vatican City	Vatican	L	121	126			May-2025	Euro
Vietnam	Hanoi	Apr-2017	116	112			Jul-2025	Dong (Vietnam)
Vietnam	Ho Chi Minh City	Apr-2017	121	117			Jun-2025	Dong (Vietnam)
West Bank and Gaza	Ramallah	L	127	134	1		Aug-2025	Shekel (Israel)
Zambia	Lusaka	Jun-2014	87	90	1	a	Aug-2025	Kwacha (Zambia)
Zimbabwe	Harare	Jul-2018	183	201	3		Jul-2019	Dollar (USA)

... 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.

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.

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 Foreign Assignment Directive

All indexes are non-diplomatic

(Ottawa = 100)

Post indexes in bold were updated or are new in August 2025.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Bangladesh	Dhaka	May-2018	129	124			May-2025	Taka (Bangladesh)
Benin	Cotonou	Dec-2012	99	103		a	May-2025	CFA Franc BCEAO
Bolivia	La Paz	Jun-2017	110	116	1	a	Aug-2025	Boliviano (Bolivia)
Bolivia	Santa Cruz	L	110	116	1	a	Aug-2025	Boliviano (Bolivia)
Burkina Faso	Ouagadougou	Jan-2018	126	130			Sep-2024	CFA Franc BCEAO
China	Beijing	Dec-2018	122	118			May-2025	Yuan Renminbi (China)
Colombia	Bogota	Aug-2017	112	108			May-2025	Peso (Colombia)
Colombia	Medellin	L	112	108			May-2025	Peso (Colombia)
Congo, Democratic Republic of	Kinshasa	May-2019	161	167	3		May-2024	Franc (Congo)
Cuba	Havana	L	133	121			Jul-2025	Peso (Cuba)
Egypt	Cairo	May-2023	83	85			Mar-2025	Pound (Egypt)
El Salvador	San Salvador	Nov-2016	104	100		a	May-2025	Dollar (USA)
Ethiopia	Addis Ababa	Apr-2018	151	156	3		May-2024	Birr (Ethiopia)
Ghana	Accra	Mar-2023	141	164			Jul-2025	Cedi (Ghana)
Ghana	Tamale	L	141	164			Jul-2025	Cedi (Ghana)
Guatemala	Guatemala City	Aug-2017	141	136			Jul-2025	Quetzal (Guatemala)
Haiti	Cap-Haitien	L	190	198			Feb-2025	Gourde (Haiti)
Haiti	Les Cayes	L	190	198			Feb-2025	Gourde (Haiti)
Haiti	Port-au-Prince	L	190	198			Feb-2025	Gourde (Haiti)
Haiti	St. Marc	L	190	198			Feb-2025	Gourde (Haiti)
Honduras	Tegucigalpa	Apr-2017	133	129			Jun-2025	Lempira (Honduras)
Indonesia	Jakarta	L	113	109			Jun-2024	Rupiah (Indonesia)
Israel	Tel Aviv	Apr-2017	141	149	1		Aug-2025	Shekel (Israel)
Jordan	Amman	Sep-2017	133	129			Jun-2025	Dinar (Jordan)
Kenya	Nairobi	May-2014	142	137			Jul-2025	Shilling (Kenya)
Lebanon	Beirut	Dec-2018	169	199	3		Aug-2020	Pound (Lebanon)
Mali	Bamako	Mar-2019	118	122	1		Aug-2025	CFA Franc BCEAO
Mongolia	Ulaanbaatar	L	104	95			Jun-2025	Tugrik (Mongolia)
Morocco	Agadir	L	111	115			Feb-2025	Dirham (Morocco)
Morocco	Rabat	Oct-2017	111	115			Feb-2025	Dirham (Morocco)
Mozambique	Maputo	L	127	122			Jul-2025	Metical (Mozambique)
Mozambique	Vilankulos	L	127	122			Jul-2025	Metical (Mozambique)
Myanmar (Burma)	Yangon	L	76	79	3		Mar-2023	Kyat (Myanmar)
Nicaragua	Managua	Feb-2017	111	107		a	Jun-2025	Cordoba, New (Nicaragua)
Nigeria	Abuja	L	78	81			Jul-2025	Naira (Nigeria)
Nigeria	Bauchi	L	88	92			Jul-2025	Naira (Nigeria)

Persons working under Foreign Assignment Directive

All indexes are non-diplomatic

(Ottawa = 100)

Post indexes in bold were updated or are new in August 2025.

Country	Post	Survey date	Previous index	Current index	Note	Note 2	Effective date	Currency
Nigeria	Calabar	L	88	92			Jul-2025	Naira (Nigeria)
Nigeria	Lagos	L	88	92			Jul-2025	Naira (Nigeria)
Pakistan	Lahore	L	82	85			Dec-2024	Rupee (Pakistan)
Pakistan	Pakistan Other	Apr-2023	82	85			Dec-2024	Rupee (Pakistan)
Panama	Panama City	Aug-2017	117	113			Jun-2025	Balboa (Panama)
Peru	Lima	L	125	105	1		Aug-2025	Nuevo Sol (Peru)
Philippines	Manila	May-2017	121	116			Jul-2025	Peso (Philippines)
Senegal	Dakar	Jan-2015	126	130	1		Aug-2025	CFA Franc BCEAO
Senegal	Kolda	L	126	130	1		Aug-2025	CFA Franc BCEAO
Senegal	Thies	L	126	130	1		Aug-2025	CFA Franc BCEAO
South Africa	Pretoria	Apr-2017	94	97			Jun-2025	Rand (South Africa)
South Sudan	Juba	L	145	151	3		Jan-2020	Pound (South Sudan)
Sri Lanka	Colombo	Aug-2019	124	120			Jun-2025	Rupee (Sri Lanka)
Sri Lanka	Kegalle	L	124	120			Jun-2025	Rupee (Sri Lanka)
Tanzania	Dar es Salaam	Jun-2023	102	99			May-2025	Shilling (Tanzania)
Tanzania	Tanzania Other	L	102	99			May-2025	Shilling (Tanzania)
Trinidad & Tobago	Port of Spain	Apr-2017	137	132			Jun-2025	Dollar (Trinidad and Tobago)
Tunisia	Tunis	Sep-2018	95	98			Jun-2025	Dinar (Tunisia)
Uganda	Kampala	Feb-2017	108	104		a	Jul-2025	Shilling (Uganda)
Ukraine	Kyiv	Apr-2019	90	94			Feb-2025	Hryvna (Ukraine)
Vietnam	Hanoi	Apr-2017	117	113			Jul-2025	Dong (Vietnam)
West Bank and Gaza	Gaza City	L	141	149	1		Aug-2025	Shekel (Israel)
West Bank and Gaza	Ramallah	L	141	149	1		Aug-2025	Shekel (Israel)
Zambia	Lusaka	L	87	90	1	a	Aug-2025	Kwacha (Zambia)
Zimbabwe	Harare	Jul-2018	202	222	3		Jul-2019	Dollar (USA)

... 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.

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.

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.

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	95			Dec-2024	Dinar (Algeria)
AR10	United Arab Emirates	Abu Dhabi	Apr-2016	124			Jun-2025	Dirham (U.A.E.)
AT01	Australia	Canberra	L	126		f	May-2025	Dollar (Australia)
AT02	Australia	Canberra	L	121			May-2025	Dollar (Australia)
AT05	Australia	Perth	L	126		f	May-2025	Dollar (Australia)
AT06	Australia	Adelaide	L	126		f	May-2025	Dollar (Australia)
AT08	Australia	Sydney	L	130			May-2025	Dollar (Australia)
AT11	Australia	Cabarlah	L	126			May-2025	Dollar (Australia)
AT12	Australia	Canungra	L	126			May-2025	Dollar (Australia)
AT99	Australia	Australia Other	Apr-2017	126		f	May-2025	Dollar (Australia)
AU02	Austria	Vienna	Oct-2017	142			May-2025	Euro
BA02	Bangladesh	Dhaka	L	122			May-2025	Taka (Bangladesh)
BE01	Belgium	Brussels	May-2023	132			Apr-2025	Euro
BE03	Belgium	Casteau	May-2023	120			Apr-2025	Euro
BE15	Belgium	Brussels	May-2023	138		d	Apr-2025	Euro
BR03	Brazil	Brasilia	L	104			Mar-2025	Real (Brazil)
BR05	Brazil	Rio de Janeiro	L	106			Mar-2025	Real (Brazil)
CE01	Chile	Santiago	L	104			May-2025	Peso (Chile)
CG01	Congo, Democratic Republic of	Kinshasa	May-2019	167	3		May-2024	Franc (Congo)
CH02	China	Beijing	Dec-2018	116			May-2025	Yuan Renminbi (China)
CL01	Colombia	Bogota	Aug-2017	104			May-2025	Peso (Colombia)
CU01	Cuba	Havana	Jan-2025	121			Jul-2025	Peso (Cuba)
CZ03	Czech Republic	Vyskov	L	121	1		Aug-2025	Koruna (Czech Rep.)
EG02	Egypt	Cairo	May-2023	85			Mar-2025	Pound (Egypt)
ES02	Estonia	Tartu	Jul-2015	146	1	a	Aug-2025	Euro
ES04	Estonia	Tallin	Jul-2015	146	1	a	Aug-2025	Euro
ET02	Ethiopia	Addis Ababa	Apr-2018	154	3	c	May-2024	Birr (Ethiopia)
FI01	Finland	Helsinki	L	143			Apr-2025	Euro
FR02	France	Paris	Apr-2017	145		d	Apr-2025	Euro
FR03	France	Paris	Apr-2017	132			Apr-2025	Euro
FR05	France	Toulon	L	129			Apr-2025	Euro
FR21	France	Lille	Mar-2023	127	1		Aug-2025	Euro
FR23	France	Lyon	L	138		d	Apr-2025	Euro
FR27	France	Phalsbourg	L	132			Apr-2025	Euro

Canadian Forces Post Indexes

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FR77	France	Mont-de-Marsan	L	149			Apr-2025	Euro
GC01	Greece	Athens	Nov-2014	122			May-2025	Euro
GE06	Germany	Hamburg	May-2023	117		c	Apr-2025	Euro
GE13	Germany	Ramstein	Sep-2024	113			Apr-2025	Euro
GE16	Germany	Stuttgart	May-2023	112			Apr-2025	Euro
GE23	Germany	Oberammergau	Jun-2024	118			Apr-2025	Euro
GE24	Germany	Munich	May-2023	115			Apr-2025	Euro
GE30	Germany	Geilenkirchen	May-2023	112			Apr-2025	Euro
GE67	Germany	Berlin	L	113		c	Apr-2025	Euro
GE69	Germany	Kalkar	L	115			May-2025	Euro
GE75	Germany	Wiesbaden	L	113			Apr-2025	Euro
GE80	Germany	Wesel	Sep-2024	115			May-2025	Euro
GE81	Germany	Ulm	L	112			Apr-2025	Euro
GH01	Ghana	Accra	Mar-2023	164			Jul-2025	Cedi (Ghana)
GR01	Greenland	Thule	...	100			Dec-1994	Krone (Denmark)
HA02	Haiti	Port-au-Prince	Nov-2017	198			Feb-2025	Gourde (Haiti)
IN02	India	New Delhi	Jun-2018	109			Jul-2025	Rupee (India)
IN04	Indonesia	Jakarta	Aug-2015	109		f	Jun-2024	Rupiah (Indonesia)
IS02	Israel	Tel Aviv	Apr-2017	134	1		Aug-2025	Shekel (Israel)
IT03	Italy	Rome	Sep-2017	125			May-2025	Euro
IT04	Italy	Rome	Sep-2017	126			May-2025	Euro
IT05	Italy	Rome	Sep-2017	110	1	g	Aug-2025	Euro
IT09	Italy	Naples	Nov-2017	117			Nov-2024	Euro
IT13	Italy	Poggio	L	124			May-2025	Euro
IT14	Italy	Sigonella	Nov-2017	117			Nov-2024	Euro
IT15	Italy	Milan	Sep-2017	138			May-2025	Euro
IT16	Italy	Sardinia	L	138			May-2025	Euro
JA02	Japan	Tokyo	Nov-2018	118			Mar-2025	Yen (Japan)
JA05	Japan	Tokyo	L	118			Mar-2025	Yen (Japan)
JA06	Japan	Yokosuka	L	118			Mar-2025	Yen (Japan)
JM02	Jamaica	Kingston	Oct-2018	120		d	Jul-2025	Dollar (Jamaica)
JO01	Jordan	Amman	Sep-2017	127			Jun-2025	Dinar (Jordan)
KE01	Kenya	Nairobi	May-2014	136			Jul-2025	Shilling (Kenya)
KU01	Kuwait	Kuwait City	Feb-2025	121			Apr-2025	Dinar (Kuwait)
KZ01	Kazakhstan	Astana	Feb-2019	116			May-2025	Tenge (Kazakhstan)
LE02	Lebanon	Beirut	Dec-2018	198	3		Aug-2020	Pound (Lebanon)

Canadian Forces Post Indexes

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
LT01	Lithuania	Vilnius	L	97		a	Apr-2025	Euro
LUX1	Luxembourg	Luxembourg City	L	139			Apr-2025	Euro
LV02	Latvia	Riga (unaccompanied with meals)	Oct-2017	99		g	May-2025	Euro
LV03	Latvia	Riga (no meals)	Oct-2017	138			May-2025	Euro
MA06	Malaysia	Kuala Lumpur	May-2023	102			Nov-2024	Ringgit (Malaysia)
MA07	Mali	Bamako	L	122	1		Aug-2025	CFA Franc BCEAO
ME01	Mexico	Mexico City	May-2023	100			Jun-2025	Peso (Mexico)
MO02	Morocco	Rabat	L	111			Feb-2025	Dirham (Morocco)
NE01	Netherlands	Brunssum	Sep-2024	118			May-2025	Euro
NE02	Netherlands	The Hague	Oct-2024	133			May-2025	Euro
NE07	Netherlands	Eindhoven	L	118			May-2025	Euro
NG05	Nigeria	Abuja	May-2023	81			Jul-2025	Naira (Nigeria)
NG06	Nigeria	Lagos	Aug-2024	92			Jul-2025	Naira (Nigeria)
NR02	Norway	Oslo	Oct-2024	164			Apr-2025	Krone (Norway)
NR05	Norway	Stavanger	Oct-2024	149			Apr-2025	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	L	112			Apr-2025	Euro
OS09	Kuwait	OP SUB HUB, Kuwait City	Feb-2025	98		g	Apr-2025	Dinar (Kuwait)
PA02	Pakistan	Islamabad	Apr-2023	83			Dec-2024	Rupee (Pakistan)
PE01	Peru	Lima	Apr-2025	105	1		Aug-2025	Nuevo Sol (Peru)
PH01	Philippines	Manila	May-2017	113		d	Jul-2025	Peso (Philippines)
PL02	Poland	Warsaw	Sep-2017	126			Mar-2025	Zloty (Poland)
PL04	Poland	Szczecin	Sep-2017	126			Mar-2025	Zloty (Poland)
PL06	Poland	Bydgoszcz	L	126			Mar-2025	Zloty (Poland)
PL07	Poland	Elblag	L	126			Mar-2025	Zloty (Poland)
RO02	Romania	Bucharest	Mar-2019	115			Mar-2025	Leu (Romania)
RO03	Romania	Craiova	L	115			Mar-2025	Leu (Romania)
RO04	Romania	Sibiu	L	115			Mar-2025	Leu (Romania)
RU02	Russia	Moscow	Mar-2019	109			Apr-2025	Rouble (Russia)
SA01	Saudi Arabia	Riyadh	Jun-2023	108			Jul-2025	Riyal (Saudi Arabia)
SA21	South Africa	Pretoria	Apr-2017	96			Jun-2025	Rand (South Africa)
SE01	Senegal	Dakar	Jan-2015	128	1	c	Aug-2025	CFA Franc BCEAO
SI03	Singapore	Singapore	May-2023	140			Oct-2024	Dollar (Singapore)
SK01	Korea, Republic of	Seoul	Jan-2019	128			May-2024	Won (Republic of Korea)
SK05	Korea, Republic of	Pyeongtaek	Jan-2019	115	1		Aug-2025	Won (Republic of Korea)

Canadian Forces Post Indexes

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Code	Country	Post	Survey date	Post index	Note	Note 2	Effective date	Currency
SL01	Sri Lanka	Colombo	Aug-2019	114			Jun-2025	Rupee (Sri Lanka)
SP03	Spain	Madrid	Aug-2017	134			May-2025	Euro
SP04	Spain	Madrid DND Non VAT	Aug-2017	138		f	May-2025	Euro
SS01	Sudan	Khartoum, accompanied - MSGU	Aug-2014	119	3		Feb-2018	Pound (Sudan)
SS03	South Sudan	Juba	L	151	3		May-2025	Pound (South Sudan)
SW02	Sweden	Stockholm	Aug-2017	128		f	Apr-2025	Krona (Sweden)
SZ03	Switzerland	Geneva	L	178	1		Aug-2025	Franc (Switzerland)
TH01	Thailand	Bangkok	L	104			Feb-2025	Baht (Thailand)
TN01	Tunisia	Tunis	Sep-2018	94			Jun-2025	Dinar (Tunisia)
TU02	Turkey	Ankara	Mar-2019	91		c	May-2025	Lira (Turkey)
TU04	Turkey	Izmir	Mar-2019	100			May-2025	Lira (Turkey)
TU05	Turkey	Istanbul	Mar-2019	92		c	May-2025	Lira (Turkey)
UA03	United States of America	Beale, California	Aug-2018	151			Jul-2025	Dollar (USA)
UA05	United States of America	Edwards, California	L	144			Jul-2025	Dollar (USA)
UA07	United States of America	Monterey, California	Aug-2018	151			Jul-2025	Dollar (USA)
UA08	United States of America	San Diego, California	Aug-2018	144			Jul-2025	Dollar (USA)
UA10	United States of America	Whidbey Island, Washington	Aug-2018	133			Jun-2025	Dollar (USA)
UA11	United States of America	Seattle / Tacoma (McChord), Washington	Aug-2018	139			May-2025	Dollar (USA)
UA16	United States of America	Vandenberg, California	Aug-2018	151			Jul-2025	Dollar (USA)
UA20	United States of America	Mojave, California (Test Pilot School)	L	144			Jul-2025	Dollar (USA)
UA23	United States of America	Las Vegas, Nevada	Aug-2018	142		c	Jul-2025	Dollar (USA)
UA26	United States of America	Twentynine Palms	L	144			Jul-2025	Dollar (USA)
UB01	United States of America	Colorado Springs, Colorado	Sep-2017	144			May-2025	Dollar (USA)
UB04	United States of America	Buckley (Denver), Colorado	Sep-2018	132			May-2025	Dollar (USA)
UB08	United States of America	Fort Huachuca, Arizona	L	144			May-2025	Dollar (USA)
UC01	United States of America	Fort Bliss, Texas	L	113			Jul-2025	Dollar (USA)
UC02	United States of America	Cavalier, North Dakota	Aug-2018	113			Jul-2025	Dollar (USA)
UC04	United States of America	San Antonio, Texas	Nov-2019	116			Jul-2025	Dollar (USA)
UC06	United States of America	Houston, Texas, Johnson Space Center	Jul-2018	129		c	Jul-2025	Dollar (USA)
UC07	United States of America	Austin, Fort Cavazos, Fort Worth, Sheppard, Wichita Falls	Aug-2018	113			Jul-2025	Dollar (USA)
UC08	United States of America	University of Texas (San Antonio), Randolph, Medina, Universal City	L	116			Jul-2025	Dollar (USA)
UC09	United States of America	Fort Sill, Tinker, Oklahoma	Aug-2018	112			Jul-2025	Dollar (USA)
UD01	United States of America	Fort Leavenworth, Kansas	Aug-2018	118			Jan-2025	Dollar (USA)

Canadian Forces Post Indexes

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UD03	United States of America	St. Louis, Missouri, Fort Leonard Wood, Missouri, Scott, Belleville, Illinois	Nov-2019	124			Jul-2025	Dollar (USA)
UE01	United States of America	Columbus, Dayton, Wright-Patterson, Ohio	Oct-2017	124			Jul-2025	Dollar (USA)
UE03	United States of America	Warren, Michigan	Jun-2015	122			Jul-2025	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	128			Jul-2025	Dollar (USA)
UF08	United States of America	Chesapeake, Dam Neck, Fort Lee, Fort Monroe, Hampton, Langley, Norfolk, Yorkton	Nov-2017	119			Jul-2025	Dollar (USA)
UF09	United States of America	Fort Liberty, Pope Airfield, Fayetteville, Cherry Point	Oct-2017	117			Jul-2025	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	132		f	Jul-2025	Dollar (USA)
UG01	United States of America	Eglin, Tyndall	Jul-2018	129			Jan-2025	Dollar (USA)
UG02	United States of America	Beaufort Falls	L	130		c	Jan-2025	Dollar (USA)
UG05	United States of America	Fort Benning, Georgia	L	129			Jan-2025	Dollar (USA)
UG06	United States of America	Fort Gordon, Fort McPherson, Fort Stewart	L	129			Jan-2025	Dollar (USA)
UG07	United States of America	Mississippi	L	129		d	Jan-2025	Dollar (USA)
UG08	United States of America	Gainesville, Florida (University of Florida)	Jul-2018	130		c	Jan-2025	Dollar (USA)
UG09	United States of America	Fort Rucker, Alabama	L	129			Jan-2025	Dollar (USA)
UG10	United States of America	Jacksonville, Florida	L	129		d	Jan-2025	Dollar (USA)
UG11	United States of America	Maxwell, Montgomery, Alabama	L	129		d	Jan-2025	Dollar (USA)
UG12	United States of America	Daytona Beach	L	130		c	Jan-2025	Dollar (USA)
UG14	United States of America	MacDill, Tampa	Feb-2025	113			Jul-2025	Dollar (USA)
UG21	United States of America	Robins, Georgia	Jan-2019	124			Jul-2025	Dollar (USA)
UG22	United States of America	Miami	Nov-2017	140			Jan-2025	Dollar (USA)
UG25	United States of America	Little Rock, Arkansas	L	129		d	Jan-2025	Dollar (USA)
UG26	United States of America	Huntsville, Alabama	Jul-2018	129		d	Jan-2025	Dollar (USA)
UG30	United States of America	KEY WEST FLORIDA	Jul-2018	138			Jan-2025	Dollar (USA)
UH02	United States of America	New York City	Oct-2017	149			Jun-2025	Dollar (USA)
UH03	United States of America	Cape Cod, Hanscom	Jun-2018	124			Jul-2025	Dollar (USA)
UH04	United States of America	Boston, University of Boston	Jun-2018	130		f	Jul-2025	Dollar (USA)

Canadian Forces Post Indexes

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UH06	United States of America	Carlisle, Pennsylvania	L	124			Jul-2025	Dollar (USA)
UH07	United States of America	Rochester, NY	L	124			Jul-2025	Dollar (USA)
UH08	United States of America	Philadelphia, Warminster	L	132		f	Jul-2025	Dollar (USA)
UH11	United States of America	Rome, New York	Nov-2017	124			Jul-2025	Dollar (USA)
UH14	United States of America	Newport, Rhode Island	L	124			Jul-2025	Dollar (USA)
UJ04	United States of America	Rutgers University, New Jersey	L	132		f	Jul-2025	Dollar (USA)
UK12	United Kingdom	Inside the M25 (No VAT Rebates)	Feb-2025	134		h	Jun-2025	Pound (United Kingdom)
UK13	United Kingdom	Outside the M25 (VAT Rebates)	Jan-2025	118			Jun-2025	Pound (United Kingdom)
UK18	United Kingdom	Inside the M25 (VAT Rebates)	Feb-2025	133			Jun-2025	Pound (United Kingdom)
UK57	United Kingdom	Scotland	Jan-2025	118			Jun-2025	Pound (United Kingdom)
U001	United States of America	Elmendorf, Alaska	Aug-2018	127			Jun-2025	Dollar (USA)
U003	United States of America	Honolulu, Hawaii	Oct-2017	132			Jul-2025	Dollar (USA)
UR01	Ukraine	Kyiv	Apr-2019	87			Feb-2025	Hryvna (Ukraine)
US10	United States of America	Ogden, Utah	L	132			May-2025	Dollar (USA)
US15	United States of America	Clear, Alaska	L	127			Jun-2025	Dollar (USA)
USA2	United States of America	Pensacola, Florida	L	129		d	Jan-2025	Dollar (USA)
VI01	Vietnam	Hanoi	L	113			Jul-2025	Dong (Vietnam)
WB01	West Bank and Gaza	Ramallah	L	149	1		Aug-2025	Shekel (Israel)
YU02	Serbia	Belgrade	Mar-2019	120			Apr-2025	Dinar (Serbia)
ZZ01	Belgium	Casteau	L	120			Apr-2025	Euro
ZZ03	Netherlands	Brunssum	Sep-2024	116			May-2025	Euro
ZZ09	Haiti	Port-au-Prince	Nov-2017	116		g	Jan-2025	Gourde (Haiti)
ZZ10	Haiti	Regions of Haiti	L	116		g	Jan-2025	Gourde (Haiti)
ZZ31	Cambodia	Phnom Penh	Feb-2016	96		g	Jun-2017	Riel (Cambodia)

... not applicable

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