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Canadian Foreign Post Indexes

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Canadian Foreign Post Indexes, November 2026

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.

Two 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);
- 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).

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 November 2025, remains available.

Global Affairs Canada has requested that the following Index be discontinued.

Table 1
Discontinued Post Index

Country	Post	Table
Japan	Nagoya	Foreign Service Directives

1. https://www150.statcan.gc.ca/n1/pub/62f0072g/62f0072g2025001-eng.htm

Foreign Service Directives Post Indexes

(Ottawa = 100)

Country	Post	Post index	Note	Effective date
Algeria	Algiers	104		2026-04-01
Argentina	Buenos Aires	122		2026-04-01
Armenia	Yerevan	138		2026-04-01
Australia	Canberra	132		2026-04-01
Australia	Sydney	130		2026-04-01
Austria	Vienna	137		2026-04-01
Bangladesh	Dhaka	125		2026-04-01
Barbados	Bridgetown	144		2026-04-01
Belgium	Brussels	132	a	2026-04-01
Benin	Cotonou	120		2026-04-01
Bolivia	La Paz	122		2026-04-01
Brazil	Brasilia	100	a	2026-04-01
Brazil	São Paulo	94		2026-04-01
Brazil	Rio De Janeiro	97		2026-04-01
Brunei Darussalam	Bandar Seri Begawan	100	a	2026-04-01
Burkina Faso	Ouagadougou	105	a	2026-04-01
Cambodia	Phnom Penh	100		2026-04-01
Cameroon	Yaoundé	120		2026-04-01
Chile	Santiago	115		2026-04-01
China	Beijing	110		2026-04-01
China	Guangzhou	115		2026-04-01
China	Hong Kong	169		2026-04-01
China	Shanghai	113		2026-04-01
China	Chongqing	115	b	2026-04-01
Colombia	Bogotá	121		2026-04-01
Congo, Democratic Republic of	Kinshasa	167	d	2026-04-01
Costa Rica	San José	124		2026-04-01
Côte d'Ivoire	Abidjan	146		2026-04-01
Croatia	Zagreb	103	a	2026-04-01
Cuba	Havana	121	d	2026-04-01
Czech Republic	Prague	127		2026-04-01
Denmark	Copenhagen	164	a	2026-04-01
Denmark	Copenhagen	166		2026-04-01
Dominican Republic	Santo Domingo	103		2026-04-01
Ecuador	Quito	103		2026-04-01
Egypt	Cairo	85		2026-04-01
El Salvador	San Salvador	100		2026-04-01
Estonia	Tallinn	135		2026-04-01
Ethiopia	Addis Ababa	122		2026-04-01

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(Ottawa = 100)

Country	Post	Post index	Note	Effective date
Fiji	Suva	113		2026-04-01
Finland	Helsinki	124		2026-04-01
France	Paris	131	a	2026-04-01
France	Paris	132		2026-04-01
France	Vimy	114		2026-04-01
Germany	Berlin	124		2026-04-01
Germany	Düsseldorf	129		2026-04-01
Germany	Munich	125		2026-04-01
Ghana	Accra	128		2026-04-01
Greece	Athens	120	a	2026-04-01
Greenland	Nuuk	166	b	2026-04-01
Guatemala	Guatemala City	101	a	2026-04-01
Guyana	Georgetown	141		2026-04-01
Haiti	Port-au-Prince	151		2026-04-01
Honduras	Tegucigalpa	103		2026-04-01
Hungary	Budapest	107		2026-04-01
Iceland	Reykjavik	166		2026-04-01
India	Mumbai	91		2026-04-01
India	New Delhi	77		2026-04-01
India	Bangalore	83		2026-04-01
Indonesia	Jakarta	100		2026-04-01
Iraq	Baghdad	100		2026-04-01
Ireland	Dublin	130		2026-04-01
Israel	Tel Aviv	153	a	2026-04-01
Italy	Rome	119	a	2026-04-01
Italy	Milan	128	a	2026-04-01
Jamaica	Kingston	129		2026-04-01
Japan	Tokyo	124	a	2026-04-01
Japan	Tokyo	126		2026-04-01
Jordan	Amman	115		2026-04-01
Kazakhstan	Astana	99		2026-04-01
Kenya	Nairobi	102		2026-04-01
Korea, Republic of	Seoul	154	a	2026-04-01
Korea, Republic of	Seoul	156		2026-04-01
Kuwait	Kuwait	110		2026-04-01
Laos	Vientiane	102		2026-04-01
Latvia	Riga	122		2026-04-01
Lebanon	Beirut	143		2026-04-01
Libya	Tripoli	99	b	2026-04-01

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(Ottawa = 100)

Country	Post	Post index	Note	Effective date
Lithuania	Vilnius	111		2026-04-01
Malaysia	Kuala Lumpur	101		2026-04-01
Mali	Bamako	123		2026-04-01
Mexico	Mexico City	128		2026-04-01
Mexico	Guadalajara	128	b	2026-04-01
Mexico	Monterrey	128	b	2026-04-01
Mongolia	Ulaanbaatar	101		2026-04-01
Morocco	Rabat	99	a	2026-04-01
Morocco	Rabat	100		2026-04-01
Mozambique	Maputo	128		2026-04-01
Myanmar (Burma)	Yangon	147		2026-04-01
Netherlands	The Hague	131	a	2026-04-01
New Zealand	Wellington	109		2026-04-01
New Zealand	Auckland	109		2026-04-01
Nicaragua	Managua	99		2026-04-01
Nigeria	Abuja	112		2026-04-01
Nigeria	Lagos	112		2026-04-01
Norway	Oslo	166	a	2026-04-01
Pakistan	Islamabad	81		2026-04-01
Panama	Panama City	108	a	2026-04-01
Peru	Lima	108		2026-04-01
Philippines	Manila	99	a	2026-04-01
Poland	Warsaw	119	a	2026-04-01
Poland	Warsaw	120		2026-04-01
Portugal	Lisbon	126		2026-04-01
Qatar	Doha	116		2026-04-01
Romania	Bucharest	111		2026-04-01
Russia	Moscow	117		2026-04-01
Rwanda	Kigali	115		2026-04-01
Saudi Arabia	Riyadh	122		2026-04-01
Senegal	Dakar	124		2026-04-01
Serbia	Belgrade	103	a	2026-04-01
Singapore	Singapore	161	a	2026-04-01
Singapore	Singapore	162		2026-04-01
Slovakia	Bratislava	122		2026-04-01
South Africa	Pretoria	97		2026-04-01
South Africa	Johannesburg	97	b	2026-04-01
South Sudan	Juba	151	d	2026-04-01
Spain	Madrid	130		2026-04-01

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Country	Post	Post index	Note	Effective date
Spain	Barcelona	130	b	2026-04-01
Sri Lanka	Colombo	93	a	2026-04-01
Sri Lanka	Colombo	94		2026-04-01
Sweden	Stockholm	131		2026-04-01
Switzerland	Geneva	165	a	2026-04-01
Switzerland	Bern	165	c	2026-04-01
Taiwan	Taipei	124	a	2026-04-01
Taiwan	Taipei	124		2026-04-01
Tanzania	Dar es Salaam	105		2026-04-01
Thailand	Bangkok	116		2026-04-01
Trinidad & Tobago	Port of Spain	116		2026-04-01
Tunisia	Tunis	99	a	2026-04-01
Türkiye	Ankara	125	a	2026-04-01
Türkiye	Istanbul	124		2026-04-01
Ukraine	Kyiv	87	d	2026-04-01
United Arab Emirates	Abu Dhabi	135		2026-04-01
United Arab Emirates	Dubai	149		2026-04-01
United Kingdom	London	147		2026-04-01
United Kingdom	Cheltenham	137		2026-04-01
United States of America	Phoenix	121	c	2026-04-01
United States of America	Los Angeles	142		2026-04-01
United States of America	San Francisco/Palo Alto	142	b	2026-04-01
United States of America	Denver	121	a	2026-04-01
United States of America	Washington D.C.	131		2026-04-01
United States of America	Miami	147		2026-04-01
United States of America	Atlanta	127		2026-04-01
United States of America	Chicago	131		2026-04-01
United States of America	Boston	130		2026-04-01
United States of America	Detroit	121		2026-04-01
United States of America	Minneapolis	122		2026-04-01
United States of America	New York City	151	a	2026-04-01
United States of America	Dallas	127	a	2026-04-01
United States of America	Houston	127	c	2026-04-01
United States of America	Seattle	143		2026-04-01
Uruguay	Montevideo	116		2026-04-01
Vatican City	Vatican	119	c	2026-04-01
Venezuela	Caracas	123		2026-04-01
Vietnam	Hanoi	112		2026-04-01
Vietnam	Ho Chi Minh City	104		2026-04-01

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Country	Post	Post index	Note	Effective date
West Bank and Gaza	Ramallah	147	a	2026-04-01
Zambia	Lusaka	97		2026-04-01
Zimbabwe	Harare	132		2026-04-01

... not applicable
a Index for personnel who have access to duty-free gasoline.
b Post index linked to another Post Index where a survey was conducted.
c Post index linked to another Post Index where a survey was conducted, and personnel have access to duty-free gasoline.
d Due to absence of reliable economic data, the index could not be updated and was maintained at its current level.

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Code	Country	Post	Post index	Note	Effective date
AL01	Algeria	Algiers	104		2026-04-01
AR10	United Arab Emirates	Abu Dhabi	135		2026-04-01
AT02	Australia	Canberra	132		2026-04-01
AT05	Australia	Perth	132	b	2026-04-01
AT06	Australia	Adelaide	132	b	2026-04-01
AT08	Australia	Sydney	130		2026-04-01
AT11	Australia	Cabarlah	132	b	2026-04-01
AT12	Australia	Canungra	128	b	2026-04-01
AT13	Australia	Brisbane	128		2026-04-01
AU02	Austria	Vienna	137		2026-04-01
BA02	Bangladesh	Dhaka	125		2026-04-01
BE01	Belgium	Brussels	132	a	2026-04-01
BE03	Belgium	Casteau	119	a	2026-04-01
BE15	Belgium	Brussels	136		2026-04-01
BR03	Brazil	Brasilia	101		2026-04-01
CE01	Chile	Santiago	115		2026-04-01
CG01	Congo, Democratic Republic of	Kinshasa	167	d	2026-04-01
CH02	China	Beijing	110		2026-04-01
CL01	Colombia	Bogotá	121		2026-04-01
CU01	Cuba	Havana	121	d	2026-04-01
CZ03	Czech Republic	Vyskov	127	b	2026-04-01
DR02	Dominican Republic	Santo Domingo	103		2026-04-01
EG02	Egypt	Cairo	85		2026-04-01
ES02	Estonia	Tartu	135	b	2026-04-01
ES04	Estonia	Tallinn	135		2026-04-01
ET02	Ethiopia	Addis Ababa	122		2026-04-01
FI01	Finland	Helsinki	124		2026-04-01
FR02	France	Paris	132		2026-04-01
FR03	France	Paris	131	a	2026-04-01
FR21	France	Lille	131	c	2026-04-01
FR23	France	Lyon	132	b	2026-04-01
FR27	France	Phalsbourg	132	b	2026-04-01
GC01	Greece	Athens	124		2026-04-01
GE06	Germany	Hamburg	124	b	2026-04-01
GE13	Germany	Ramstein	108	a	2026-04-01
GE16	Germany	Stuttgart	122	a	2026-04-01
GE23	Germany	Oberammergau	108	c	2026-04-01
GE24	Germany	Munich	125		2026-04-01
GE30	Germany	Geilenkirchen	117	a	2026-04-01

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Code	Country	Post	Post index	Note	Effective date
GE67	Germany	Berlin	124		2026-04-01
GE69	Germany	Kalkar	114	c	2026-04-01
GE75	Germany	Wiesbaden	108	c	2026-04-01
GE80	Germany	Wesel	114	a	2026-04-01
GE81	Germany	Ulm	108	c	2026-04-01
GH01	Ghana	Accra	128		2026-04-01
GR01	Greenland	Thule	100		2026-04-01
GY03	Germany	Munster	121	b	2026-04-01
HA02	Haiti	Port-au-Prince	151		2026-04-01
IN02	India	New Delhi	77		2026-04-01
IN04	Indonesia	Jakarta	100		2026-04-01
IR05	Iraq	Baghdad	100		2026-04-01
IS02	Israel	Tel Aviv	159		2026-04-01
IT03	Italy	Rome	120		2026-04-01
IT04	Italy	Rome	119	a	2026-04-01
IT05	Italy	Rome	100		2026-04-01
IT09	Italy	Naples	103	a	2026-04-01
IT13	Italy	Poggio	112	a	2026-04-01
IT14	Italy	Sigonella	105	a	2026-04-01
IT15	Italy	Milan	129		2026-04-01
IT16	Italy	Sardinia	118	a	2026-04-01
JA02	Japan	Tokyo	126		2026-04-01
JA05	Japan	Tokyo	126		2026-04-01
JA06	Japan	Yokosuka	126	b	2026-04-01
JM02	Jamaica	Kingston	129		2026-04-01
JO01	Jordan	Amman	115		2026-04-01
KE01	Kenya	Nairobi	102		2026-04-01
KU01	Kuwait	Kuwait	110		2026-04-01
KZ01	Kazakhstan	Astana	99		2026-04-01
LE02	Lebanon	Beirut	143		2026-04-01
LT01	Lithuania	Vilnius	111		2026-04-01
LUX01	Luxembourg	Luxembourg City	136	b	2026-04-01
LV03	Latvia	Riga	122		2026-04-01
MA06	Malaysia	Kuala Lumpur	101		2026-04-01
MA07	Mali	Bamako	123		2026-04-01
ME01	Mexico	Mexico City	128		2026-04-01
MO02	Morocco	Rabat	100		2026-04-01
MY01	Myanmar (Burma)	Yangon	147		2026-04-01
MZ02	Mozambique	Maputo	128		2026-04-01

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Code	Country	Post	Post index	Note	Effective date
NE01	Netherlands	Brunssum	119	a	2026-04-01
NE02	Netherlands	The Hague	134		2026-04-01
NE07	Netherlands	Eindhoven	121	b	2026-04-01
NG05	Nigeria	Abuja	112		2026-04-01
NG06	Nigeria	Lagos	112		2026-04-01
NR02	Norway	Oslo	171		2026-04-01
NR05	Norway	Stavanger	165		2026-04-01
NR07	Norway	Bodø	165	b	2026-04-01
NZ02	New Zealand	Trentham	109	b	2026-04-01
NZ04	New Zealand	Ohakea	109	b	2026-04-01
OS08	Germany	Köln	119	a	2026-04-01
PA02	Pakistan	Islamabad	81		2026-04-01
PE01	Peru	Lima	108		2026-04-01
PH01	Philippines	Manila	100		2026-04-01
PL02	Poland	Warsaw	120		2026-04-01
PL04	Poland	Szczecin	107		2026-04-01
PL06	Poland	Bydgoszcz	116		2026-04-01
QA01	Qatar	Doha	116		2026-04-01
RO02	Romania	Bucharest	111		2026-04-01
RO04	Romania	Sibiu	91		2026-04-01
RU02	Russia	Moscow	117		2026-04-01
SA01	Saudi Arabia	Riyadh	122		2026-04-01
SA21	South Africa	Pretoria	97		2026-04-01
SE01	Senegal	Dakar	124		2026-04-01
SI03	Singapore	Singapore	162		2026-04-01
SK01	Korea, Republic of	Seoul	156		2026-04-01
SK05	Korea, Republic of	Pyeongtaek	127		2026-04-01
SL01	Sri Lanka	Colombo	94		2026-04-01
SP03	Spain	Madrid	127	a	2026-04-01
SP04	Spain	Madrid	130		2026-04-01
SS03	South Sudan	Juba	151	d	2026-04-01
SW02	Sweden	Stockholm	131		2026-04-01
SZ03	Switzerland	Geneva	165	a	2026-04-01
TA02	Tanzania	Dar es Salaam	105		2026-04-01
TH01	Thailand	Bangkok	116		2026-04-01
TN01	Tunisia	Tunis	100		2026-04-01
TU02	Türkiye	Ankara	127		2026-04-01
TU04	Türkiye	Izmir	116		2026-04-01
TU05	Türkiye	Istanbul	124		2026-04-01

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Code	Country	Post	Post index	Note	Effective date
UA03	United States of America	Beale AFB	137		2026-04-01
UA05	United States of America	Edwards AFB	119	b	2026-04-01
UA07	United States of America	Monterey	119	b	2026-04-01
UA08	United States of America	San Diego	141		2026-04-01
UA10	United States of America	Whidbey Island	124		2026-04-01
UA11	United States of America	McChord AFB	126		2026-04-01
UA16	United States of America	Vandenberg AFB	119		2026-04-01
UA20	United States of America	Mojave, California	127		2026-04-01
UA23	United States of America	Las Vegas, Nevada	136		2026-04-01
UB01	United States of America	Colorado Springs	108		2026-04-01
UB04	United States of America	Buckley AFB Denver	115		2026-04-01
UB08	United States of America	Fort Huachuca	108	b	2026-04-01
UB11	United States of America	Luke AFB, Phoenix	121	c	2026-04-01
UC01	United States of America	Fort Bliss	122	b	2026-04-01
UC02	United States of America	Cavalier AFB	121		2026-04-01
UC04	United States of America	San Antonio	128	b	2026-04-01
UC06	United States of America	Houston	128	b	2026-04-01
UC07	United States of America	Wichita Falls & Fort Hood	113		2026-04-01
UC08	United States of America	Randolph AFB	128	b	2026-04-01
UC09	United States of America	Tinker AFB	122		2026-04-01
UD01	United States of America	Ft. Leavenworth	118		2026-04-01
UD03	United States of America	Scott AFB	131	b	2026-04-01
UE01	United States of America	Wright-Patterson AFB	113		2026-04-01
UE03	United States of America	Warren	121	b	2026-04-01
UF01	United States of America	Washington D.C.	131		2026-04-01
UF08	United States of America	Norfolk	116		2026-04-01
UF09	United States of America	Fort Liberty (Fort Bragg)	121		2026-04-01
UF15	United States of America	Washington	131		2026-04-01
UG01	United States of America	Tyndall AFB	121		2026-04-01
UG02	United States of America	Beaufort Falls	114		2026-04-01
UG05	United States of America	Fort Benning	122		2026-04-01
UG06	United States of America	Fort Gordon	118		2026-04-01
UG07	United States of America	Mississippi	121	b	2026-04-01
UG09	United States of America	Fort Rucker	121	b	2026-04-01
UG10	United States of America	Jacksonville	120		2026-04-01
UG11	United States of America	Maxwell AFB	114		2026-04-01
UG12	United States of America	Daytona Beach	112	b	2026-04-01
UG14	United States of America	MacDill AFB (Tampa)	112		2026-04-01
UG21	United States of America	Robins AFB, GA	128		2026-04-01

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Code	Country	Post	Post index	Note	Effective date
UG22	United States of America	Miami	147		2026-04-01
UG25	United States of America	Little Rock AFB, Arkansas	121	b	2026-04-01
UG26	United States of America	Huntsville	123		2026-04-01
UG30	United States of America	Key West, Florida	144		2026-04-01
UH02	United States of America	New York City	152		2026-04-01
UH03	United States of America	Cape Cod, Hanscom AFB	119		2026-04-01
UH06	United States of America	Carlisle	123		2026-04-01
UH07	United States of America	Rochester, NY	116	b	2026-04-01
UH08	United States of America	Philadelphia	119		2026-04-01
UH11	United States of America	Griffiss AFB	116		2026-04-01
UH14	United States of America	Newport	130	b	2026-04-01
UJ04	United States of America	Rutgers University	131	b	2026-04-01
UK12	United Kingdom	London	147		2026-04-01
UK13	United Kingdom	U.K.1	129		2026-04-01
UK18	United Kingdom	London	147		2026-04-01
UK41	United Kingdom	Lossiemouth	122		2026-04-01
UK57	United Kingdom	Scotland	133		2026-04-01
UK58	United Kingdom	Cheltenham	137		2026-04-01
UO01	United States of America	Elmendorf AFB	131		2026-04-01
UO03	United States of America	Honolulu	144		2026-04-01
UR01	Ukraine	Kyiv	87	d	2026-04-01
US10	United States of America	Hill AFB, Ogden	108	b	2026-04-01
US15	United States of America	Clear AFB	131	b	2026-04-01
USA2	United States of America	Pensacola	121	b	2026-04-01
VI01	Vietnam	Hanoi	112		2026-04-01
WB01	West Bank and Gaza	Ramallah	151		2026-04-01
YU02	Serbia	Belgrade	106		2026-04-01
ZZ01	Belgium	Casteau Teachers	122		2026-04-01
ZZ03	Netherlands	Brunssum Teachers	121	b	2026-04-01
ZZ09	Haiti	Port-au-Prince	120		2026-04-01
ZZ31	Cambodia	Phnom Penh	100		2026-04-01

... not applicable
a Index for personnel who have access to duty-free gasoline.
b Post index linked to another Post Index where a survey was conducted.
c Post index linked to another Post Index where a survey was conducted, and personnel have access to duty-free gasoline.
d Due to absence of reliable economic data, the index could not be updated and was maintained at its current level.