



# Post Indexes

ADF members and APS employees who are posted overseas may be eligible for some or all of the overseas living allowances. These allowances help you meet the costs of living overseas compared with Australia.

A post index shows the relative cost of living at the posting location, compared with Australia. Post indexes can change regularly if there has been an exchange rate movement between the Australian Dollar and the host nation's currency of 2% or more since the post index was last varied. These post indexes are currently determined each month.

Under Defence One, a more efficient administrative process for publishing and calculating post indexes will be introduced. The 2% variation no longer applies. This new process simply adjusts the index in line with the exchange rate variation over the two weeks prior to the pay period for which it affects. This will be automated in Defence One.

Because the post indexes will be calculated on a more regular basis, they will be more reflective of the fortnightly period to which they are applied. This means they will be more indicative of the cost differences between living in Australia, and living in your overseas posting location.

Post indexes will continue to be rebased twice annually in line with the updated figures provided by an independent data provider. This will ensure that cost of living changes outside of currency fluctuations continue to be factored into the applicable post index.

Following the adjustment calculations by Defence One, post indexes will continue to be published on the pay and conditions website.

The change to the post index process is separate to the Whole-of-Government Review into Overseas Conditions of Service. The new posts indexes will apply to all Defence personnel equally regardless of which conditions of service package they receive.

## Further information

For further information on the Defence One project, visit the [Defence One](#) homepage.

For further information on policy changes under Defence One, visit the [Pay and Conditions](#) website.

