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Zone or overseas forces tax offsets

Check if you are eligible for a tax offset for living in a remote area or serving overseas as a member of a force.

Zone tax offset

Check if you are eligible for a tax offset for living in a remote area.

Overseas forces tax offset

Check if you are eligible for a tax offset for serving overseas as a member of a force.

QC 72203

Zone tax offset

Check if you are eligible for a tax offset for living in a remote area.

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What is the zone tax offset


The zone tax offset is a tax offset for people who are residents of either:

- specified remote areas

- isolated areas of Australia.

This doesn't include an offshore oil or gas rig.

The offset helps with the higher cost of living, isolation and other factors that come with living in these areas. We call these areas Zone A or Zone B as specified in the [Australian zone list](#), and there are also special areas within each zone. Note that this list is not exhaustive and there is a continuous need to review and revise it. Some new localities may meet the requirements to be in a special area but are not yet included in the Australian zone list.

The Zone A and Zone B geographical boundaries are defined in Australian tax law. Images of these boundaries can be found on the [National Library of Australia website](#) .

Eligibility for the zone tax offset

We base your eligibility on your usual place of residence. You're not eligible if you work in a qualifying remote or isolated area but don't live there. For example, if you're a fly-in-fly-out worker.

To claim the zone tax offset your usual place of residence needs to be both:

- in a remote or isolated area (check the [Australian zone list](#) noting it's not exhaustive)
- your residence for 183 days or more during the income year in which you are claiming.

If your usual place of residence was in a zone for less than 183 days in the income year, you may still be able to claim the zone offset. This applies if your residence in the zone lasted for a continuous period of less than 5 years, and:

- you were unable to claim in the first year because it was not your residence for 183 days or more
- the total of the days you lived there in the first year and the current income year is 183 days or more
- the period you lived in a zone in the current income year includes the first day of the income year.

- in all the income years between the first income year and current income year of the continuous period, you resided in the remote zone for the full income year.

You may also be able to claim the zone offset, if your usual place of residence is in a remote area for 2 part years and all the following apply:

- you were unable to claim it in the previous income year because your usual place of residence was in a zone for less than 183 days
- your usual place of residence is in a zone for less than 183 days in the current year
- the number of days your usual place of residence was in a zone in the previous income year and the current year exceeds 182 days.

Examples of your usual place of residence

Example: no residence in a prescribed zone

Levi is an engineer who lives in Adelaide. He flies to Alice Springs for 12-day shifts at an engineering firm. He then travels back to Adelaide for his days off (which vary between 4 and 8 days in a row).

Levi's usual place of residence (Adelaide) is not within a prescribed zone, even though he is in Alice Springs for 183 days or more. This means he is unable to claim the zone tax offset.

Example: residence in a remote area

Jonte is an engineer who lives in Darwin (located in Zone A). He travels to Kununurra in Western Australia (located in a Zone A special area) for his job in the mining industry.

In his usual shift, Jonte drives to Kununurra, works 14 days at the mine and drives back to Darwin, where he remains for 16 days.

Jonte is eligible for the Zone A tax offset because his usual place of residence is in Darwin (Zone A).

Example: residence in remote area for part of 2 income years

Narendra moves from Sydney to Lord Howe Island (located in Zone A special area) on 23 March 2025 to take up employment as a chef. After around 7 months, Narendra quits his job as he misses living in Sydney. He moves back to Sydney on 31 October 2025.

Narendra can't claim a zone tax offset in his 2024–25 tax return because his usual place of residence was on Lord Howe Island for less than 183 days. However, Narendra can claim a zone tax offset in his 2025–26 tax return.

Although Narendra's usual place of residence was on Lord Howe Island for less than 183 days in the 2025–26 income year, the total number of days his usual place of residence was on Lord Howe Island in 2024–25 (100 days) and in 2025–26 (124 days) was greater than 183 days (100 days + 124 days = 224 days).

Example: main residence outside Australia

Angela is a doctor who works in the Darwin Hospital emergency department. She flies into Darwin from Auckland, New Zealand, and works on a regular rotational basis in Darwin Hospital.

Usually, Angela works for 10 days and then has a break of between 8 and 10 days. During her breaks, Angela travels back to Auckland to see her friends and family. She stays in accommodation provided by the hospital when she is in Darwin.

Angela is purchasing a house in Auckland. She also has a car which she leaves at her Auckland home for use when she is

there. Angela has bills sent to her Auckland home and she is registered to vote in New Zealand.

Angela isn't eligible for the zone tax offset. This is because her usual place of residence is in Auckland.

For more information on when you may be eligible to claim the zone tax offset, see [Zone or overseas forces 2026](#).

Amount of a zone tax offset

The minimum (base) amount of zone tax offset will depend on which zone your usual place of residence is in.

Other things that may change how much you get include:

- how many children under 21 years old or full-time students under 25 years old you look after
- if you're a single parent
- if you receive an invalid or invalid carer tax offset
- if any amount paid to you as a remote area allowance from Centrelink.

The easiest way to work out your eligibility and how much your offset should be is to use our [Zone or overseas forces tax offset calculator](#).

Base zone tax offset amounts

Zones	Base amount
Special area A or B	\$1,173
Zone A	\$338
Zone B	\$57

Claiming a zone tax offset

The easiest way to work out your eligibility and the amount you can claim is to use our [Zone or overseas forces tax offset calculator](#). You

can also work out your zone offset by using the [tax return instructions](#). Regardless of how you work this out, you'll need:

- the number of days, or the dates, your usual place of residence was in a zone during the relevant income year or years
- the adjusted taxable income (ATI) of children under 21 years old or full-time students under 25 years old you look after
- the amount of any remote area allowance you receive from Centrelink
- the amount of invalid or invalid carer tax offset you are entitled to.

To receive the zone tax offset, you must:

- receive assessable income that you pay tax on
- lodge a tax return.

If you have outstanding tax returns, you need to lodge them to claim the zone tax offset.

For more information on eligibility, changes to the calculator and instructions on how to work out your zone tax offset, see:

- [Zone and overseas forces tax offset calculator](#)
- [What's new for individuals](#)
- [Zone or overseas forces 2026](#).

Tax agents and claiming a zone tax offset

You don't need to use a tax agent to claim the zone tax offset. You can use our [Zone or overseas forces tax offset calculator](#) to help you work out how much you can claim if you're eligible.

Effect of a zone tax offset on Centrelink payments

The zone tax offset is not assessable income for Centrelink purposes.

Calculate and claim the zone tax offset

You need to calculate the tax offset and claim the amount in your tax return at **Zone or overseas forces**.

You can only claim one of these tax offsets. If you qualify for both, you can claim the one that gives you the greater offset amount.

Use the calculator to work out your eligibility for a tax offset and the amount to claim.

[Zone or overseas forces tax offset calculator](#)

QC 105018

Overseas forces tax offset

Check if you are eligible for a tax offset for serving overseas as a member of a force.

Last updated 8 June 2026

Claiming the overseas forces tax offset

You may be eligible for an overseas forces tax offset if:

- you are a member of either
 - the Australian Defence Force
 - a United Nations armed force
- you serve in a [specified overseas locality](#)
- your income relating to that service is not specifically exempt from tax.

If your income was exempt foreign employment income, exclude these periods when working out your eligibility for the tax offset.

To claim the full tax offset, you must have served in an overseas locality for 183 days or more in the income year. If your overseas service was less than 183 days, you may be able to claim part of the

tax offset. Unlike the zone tax offset, you can't carry forward any unused days from previous years to make up 183 days.

Specified overseas localities

Table 1 below lists the current specified overseas localities. If you served in any of these localities as a member of the Australian Defence Force or United Nations armed force during the last income year, you may qualify for an overseas forces tax offset.

Table 1: Current specified overseas localities

Date the area became a specified locality	Date the area will cease to be a specified locality	Description of the specified locality
26 October 2011	–	The Republic of South Sudan and Uganda including superjacent airspace.
20 July 2006	–	Area comprising Lebanon and its territorial waters and superjacent airspace.
12 May 2006	–	Area comprising East Timor and its territorial waters and superjacent airspace.
28 October 2005	–	Area comprising the land, sea and air areas bounded by the internationally recognised borders of Pakistan.
10 April 2005	–	Sudan and its territorial waters and superjacent airspace.
24 July 2003	–	Total land areas, territorial waters and

		superjacent airspace boundaries of the Solomon Islands.
21 April 2003	–	Total land area, territorial waters and superjacent airspace within the internationally recognised boundaries of Israel, Jordan, Syria, Lebanon and Egypt.
11 June 1999	–	Area comprising the political boundaries and airspace of the Federal Republic of Yugoslavia (including the province of Kosovo), Albania and the former Yugoslav Republic of Macedonia.
28 October 1992	–	The Sinai.

Former specified overseas localities

Table 2 below lists the specified overseas localities that are no longer current. You may be able to claim the overseas forces tax offset in the income year you served there.

When working this out, if you were in the area on the date the area:

- became a specified locality, include that day in your calculation
- ceased to be a specified locality, exclude that day from the calculation.

Table 2: Former specified overseas localities

Date the area became a specified locality	Date the area ceased to be a specified locality	Description of the specified locality
1 July 2014	30 June 2015	For service with Operation OKRA, the land territory,

		<p>territorial waters, airspace and superjacent airspace of the:</p> <ul style="list-style-type: none"> • State of Kuwait • Kingdom of Bahrain • United Arab Emirates • State of Qatar • Hashemite Kingdom of Jordan.
1 July 2014	30 June 2015	<p>For service with Operation OKRA, the waters, airspace and superjacent airspace of the Persian Gulf. (Also known as the Arabian Gulf.)</p>
1 July 2014	31 December 2014	<p>For service with Operation Accordion, the land territory, internal waters, airspace and superjacent airspace of:</p> <ul style="list-style-type: none"> • the Kingdom of Bahrain • the State of Qatar • the United Arab Emirates.

1 July 2014	30 June 2015	<p>For service with Operation Manitou, the sea (including adjacent ports and the area within a 10 km radius of such ports) and superjacent airspace of the:</p> <ul style="list-style-type: none"> • Arabian Sea, north of latitude 12 degrees South and west of longitude 68 degrees east • Persian Gulf • Strait of Hormuz • Gulf of Oman • Gulf of Aden • Red Sea.
31 March 2011	1 November 2011	<p>International waters and superjacent airspace of the Central Southern Mediterranean Sea:</p> <ul style="list-style-type: none"> • between 10 00' E and 28 00' E and south of 41 00' N • including portions of Italy, Greece, Turkey,

		<p>Albania and all of Malta and north of Libya, and</p> <ul style="list-style-type: none"> • its territorial waters and superjacent airspace.
20 May 2004	18 August 2009	East Timor and the territorial sea of East Timor.
18 August 2003	18 August 2009	Total land area, territorial waters and superjacent airspace of East Timor.
15 January 2001	18 August 2009	Area of operations defined as comprising Ethiopia and Eritrea.
4 November 2000	18 August 2009	Area of operations defined as comprising the Solomon Islands and its territorial sea.
19 June 1999	18 August 2009	Area comprising East Timor and the territorial sea of Indonesia adjacent to East Timor.
12 July 1994	18 August 2009	Mozambique.
7 July 1994	18 August 2009	Cambodia.

7 May 1991	18 August 2009	<p>The waters of the:</p> <ul style="list-style-type: none"> • Arabian Gulf, Gulf of Oman, Northern Arabian Sea, the Gulf of Aden and the Red Sea • bounded to the south and east by the following coordinates <ul style="list-style-type: none"> – 25 00' N – 61 50' E – 20 00' N – 61 50' E – 11 50' N – 51 17' E.
1 July 1970	18 August 2009	<p>The areas in:</p> <ul style="list-style-type: none"> • Syria, the Arab Republic of Egypt, Jordan, Lebanon and Israel, including territories occupied by Israel, • in which Australian personnel served with the United Nations Truce Supervision Organisation.
16 September 1963	18 August 2009	Malaysia and its contiguous

		waters for a distance of 100 nautical miles seaward.
26 December 2004	27 May 2005	<p>Area comprising of the land, sea and air areas bounded by the following geographical points:</p> <ul style="list-style-type: none"> • 7 deg north 94 deg east • 7 deg north 108 deg east • 7 deg south 94 deg east • 7 deg south 108 deg east.
20 November 1997	27 August 2003	Area comprising Bougainville, Buka Islands and the Papua New Guinea territorial waters surrounding those islands.
15 January 2001	28 February 2003	The specified area comprises Sierra Leone.
1 October 1999	12 January 2003	Area of operations comprising the political borders of Iraq, Kuwait and Saudi Arabia.
13 May 1999	12 January 2003	Area of operations comprising the

		political borders of Iraq, Kuwait and Saudi Arabia.
15 May 1999	19 October 2001	<p>The sea area:</p> <ul style="list-style-type: none"> • comprising the Arabian Gulf, the Gulf of Oman and the northern Arabian Sea • bounded by 61 degrees 50 minutes east longitude and 20 degrees north latitude • together with the ports contiguous to that sea area and the airfields and military facilities adjacent to those ports.
–	1 October 2001	<p>Area of operations all sea, airspace and land North and West from 5 deg 00 min S 68 deg 00 min E and encompassing the outer boundaries of Pakistan, Afghanistan, Iran, Iraq, Jordan, Egypt,</p>

		Sudan and Kenya.
8 June 2000	25 June 2000	<p>Area of operations defined as comprising:</p> <ul style="list-style-type: none"> • the island of Guadalcanal and the adjacent waters • extending 12 nautical miles (including the superjacent airspace) from the shoreline of the island of Guadalcanal.
–	5 October 1999	Area of operations comprising Cambodia and the areas in Laos and Thailand that are not more than 50 kms from the border with Cambodia.
6 September 1999	20 September 1999	Area comprising East Timor and the territorial sea of Indonesia adjacent to East Timor.
25 February 1999	11 June 1999	Area comprising the political boundaries and airspace of:

		<ul style="list-style-type: none"> • the Federal Republic of Yugoslavia (including the province of Kosovo) • Albania • the former Yugoslav Republic of Macedonia.
15 April 1999	4 June 1999	<p>Area comprising the political boundaries and airspace of:</p> <ul style="list-style-type: none"> • the Federal Republic of Yugoslavia (including the province of Kosovo) • Albania • the former Yugoslav Republic of Macedonia • the air bases in Italy used for this operation • the Adriatic Sea.
13 February 1997	13 May 1997	Guatemala.
–	1 July 1996	Haiti.
–	21 February 1995	Rwanda and the areas of Uganda, Zaire, Burundi

		and Tanzania that are not more than 50 kms from the border with Rwanda.
21 September 1994	13 November 1994	Bougainville, the Buka Islands and the Papua New Guinea territorial waters surrounding those islands.
-	1 August 1994	The countries of: <ul style="list-style-type: none"> • Bahrain • Iraq • Kuwait • Oman • Qatar • Saudi Arabia • the United Arab Emirates • Turkey, south of latitude 38 north • Western Sahara.
-	1 January 1994	The North West Frontier Province of Pakistan and Afghanistan.
8 October 1993	21 November 1993	Cambodia.
-	1 January 1991	The area in which Australian Defence Force members are serving with the United Nations

		<p>Iran or Iraq Military Observer Group:</p> <ul style="list-style-type: none"> • on the Iran side of the internationally recognised border between Iran and Iraq • being an area within 200 kms of that border.
-	1 February 1990	The areas in Uganda in which Australian military personnel served with the Australian Contingent Commonwealth Military Training Team.
-	1 February 1990	The areas in Sinai in which Australian military personnel served with the Multi-National Force and Observers (MFO).
-	1 February 1990	The areas in India and Pakistan in which Australian personnel served with the United Nations Military Observer Group, India and Pakistan.

–	1 February 1990	Indonesia.
–	1 February 1990	Vietnam (southern zone) and the waters contiguous to the coast of Vietnam for a distance of 100 nautical miles seaward.
–	1 February 1990	Thailand.
–	1 February 1990	The waters contiguous to the coast of Singapore for a distance of 100 nautical miles seaward.
–	1 February 1990	Brunei and the waters contiguous to Brunei for a distance of 100 nautical miles seaward.

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[Zone or overseas forces tax offset calculator](#)

QC 105019

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Some of the information on this website applies to a specific financial year. This is clearly marked. Make sure you have the information for the right year before making decisions based on that information.

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