



Your name

Your Unique Taxpayer Reference (UTR)

Filling in the 'Foreign' pages

The 'Foreign notes' explain how to give details of your foreign income and gains on these pages. To get notes and helpsheets that will help you fill in this form, go to www.gov.uk/self-assessment-forms-and-helpsheets

- Page F 1 covers unremittable income and the claim to Foreign Tax Credit Relief.
- Pages F 2 and F 3 are for foreign savings income such as interest, dividends, pensions and social security benefits and income received by a person abroad. If you fill in any of columns A, B or C on page F 2, ensure you also consider columns D, E and F on page F 3.
- Pages F 4 and F 5 are for foreign property income.
- Page F 6 is for claiming Foreign Tax Credit Relief on income and capital gains included elsewhere on your tax return; and for entering other overseas income, gains from offshore funds and gains on foreign life insurance policies.

Unremittable income

- 1 If you were unable to transfer any of your overseas income to the UK, put 'X' in the box - read the notes and give details in the 'Any other information' box on your tax return or on a separate sheet

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Foreign Tax Credit Relief

If foreign tax was taken off your foreign income you may be able to claim Foreign Tax Credit Relief. Please read the 'Foreign notes' to see if you can claim the relief and how you should make the claim.

If you are calculating your tax bill you may also want to calculate your Foreign Tax Credit Relief. If you do, use the Working Sheet provided in Helpsheet 263, 'Calculating Foreign Tax Credit Relief on income' and fill in box 2.

- 2 If you are calculating your tax, enter the total Foreign Tax Credit Relief on your income

£

Income from overseas sources

If you have income from overseas savings, foreign dividends, overseas pensions or benefits, or income, dividends received by an overseas income or country. Please refer to the 'Foreign notes' to find the country or territory codes that you require. If there are not enough rows,

A Country or territory code	B Amount of income arising or received before any tax taken off	C Foreign tax taken off or paid
Interest and other income from overseas savings		
	£	£
	£	£
	£	£
	£	£
	£	£
Dividends from foreign companies		
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
Overseas pensions, social security benefits and royalties, etc – read the notes		
	£	£
	£	£
Dividend income received by a person abroad – read Helpsheet 262.		
If you are omitting income from this section because you are claiming an exemption, see box 46		
	£	£
All other income received by a person abroad and any remitted 'ring fenced' foreign income – read Helpsheet 262.		
If you are omitting income from this section because you are claiming an exemption, see box 46		
	£	£

trust, company or other person abroad, fill in the columns on these two pages. Use a separate row for each source of
attach a schedule giving the same information as below. All entries should be in UK pounds.

D Special Withholding Tax and any UK tax taken off	E To claim Foreign Tax Credit Relief, put 'X' in the box	F Taxable amount - if you are claiming Foreign Tax Credit Relief, copy column B here. If not, enter column B minus column C
Interest and other income from overseas savings		
£		£
£		£
£		£
£		£
£		£
3 Total of column above		4 Total of column above
£		£
Dividends from foreign companies		
£		£
£		£
£		£
£		£
£		£
£		£
5 Total of column above		6 Total of column above
£		£
Box 7 is not in use		
Overseas pensions, social security benefits and royalties, etc - read the notes		
£		£
£		£
8 Total of column above		9 Total of column above
£		£
Dividend income received by a person abroad		
10 £		11 £
All other income received by a person abroad and any remitted 'ring fenced' foreign income		
12 £		13 £

Income from land and property abroad

If you have income from furnished holiday accommodation in a European Economic Area (EEA) country please enter the details on the 'UK

If you have overseas let properties in more than one country, or if any foreign tax has been taken off, take a copy of these pages and fill

If you only have one overseas let property, or you have more than one but they are all in the same country, you can just complete these

Income and expenses

14 Total rents and other receipts (excluding taxable premiums for the grant of a lease)	17 Property expenses (rent, repairs, legal fees, cost of services provided) – enter the total amount
£	£
15 Number of overseas let properties	18 Net profit or loss (box 14 + box 16 minus box 17) – if this is a negative figure (a loss) put a minus sign in the box
	£ •
16 Premiums paid for the grant of a lease	
£	

Summary

If you have filled in any of boxes 14 to 24, enter the details below. Please note that boxes 19 to 24 are on page F 5.

A Country or territory code	B Adjusted profit or loss (from box 24)	C Foreign tax taken off or paid
	£	£
	£	£
	£	£
	£	£
	£	£
25 Total of column above	£	
26 Total loss brought forward from earlier years	£	
27 Total taxable profits (if box 25 minus box 26 is a positive amount)	£	28 Total foreign tax
		£
Losses		
31 Loss set off against total income – read the notes	£	
32 Total loss to carry forward to the following year – read the notes	£	

in the 'Income and expenses' section and the 'Calculating profits and losses for tax purposes' section for each let property, pages. Fill in one summary section for all the properties.

19 Private use adjustment – read the notes

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Foreign tax paid on employment, self-employment and other income

If you are claiming Foreign Tax Credit Relief on income included elsewhere in your tax return, fill in the columns below and say in the 'Any other information' box (on page TR 7) where on your tax return this income is included. The country or territory codes are shown in the 'Foreign notes'.

A Country or territory code	C Foreign tax paid	E To claim Foreign Tax Credit Relief put 'X' in the box	F Taxable amount - read the notes
	£		£
	£		£
	£		£
	£		£

Capital gains - Foreign Tax Credit Relief and Special Withholding Tax

If you have filled in the 'Capital gains summary' pages and you have paid foreign tax on those gains, and you want to claim Foreign Tax Credit Relief for the foreign tax, fill in box 33 and boxes 37 to 40. Do not include these amounts in box 2 on page F 1.

33 Amount of chargeable gain under UK rules £	37 Foreign tax paid £
34 Number of days over which UK gain accrued 	38 To claim Foreign Tax Credit Relief put 'X' in the box
35 Amount of chargeable gain under foreign tax rules £	39 Total Foreign Tax Credit Relief on gains £
36 Number of days over which foreign gain accrued 	40 Special Withholding Tax £

Other overseas income and gains

41 Gains on disposals of holdings in offshore funds (excluding the amounts entered in box 13) and discretionary income from non-resident trusts - enter the amount of the gain or payment £	44 Number of years
42 If you have received a benefit from a person abroad, enter the value or payment received - if you are omitting income from this section because you are claiming an exemption, see box 46 £	45 Tax treated as paid - read the notes £
43 Gains on foreign life insurance policies, etc (excluding the amounts entered in box 13) - enter the amount of the gain £	46 If you have omitted income from boxes 11, 13 and 42 because you are claiming an exemption in relation to a transfer of assets, enter the total amount omitted (and give full details in the 'Any other information' box on your tax return) £