

## Use these notes to help you fill in the Foreign pages of your tax return

These notes are for common types of foreign income including:

- interest from overseas savings
- dividends from foreign companies
- income from overseas pensions and property

Use the 'Foreign' pages if you want to claim Foreign Tax Credit Relief or Special Withholding Tax.

**Don't use** the 'Foreign' pages for:

- foreign income earned by your business or partnership – use the 'Self employment' or 'Partnership' pages instead
- capital gains from the disposal of overseas assets – use the 'Capital gains summary' pages
- foreign employment income – use the 'Employment' pages
- income for furnished holiday lettings in the European Economic Area – use the 'UK property' pages unless you are taxable on the remittance basis

**i** For more information on furnished holiday lettings, go to [www.gov.uk](http://www.gov.uk) and search for 'HS253' and for the remittance basis, go to [www.gov.uk](http://www.gov.uk) and search for 'HS264'.

### Your name and Unique Taxpayer Reference

If you printed the 'Foreign' pages from our website, fill in your name and Unique Taxpayer Reference (UTR) in the boxes at the top of the form.

Your name	Your Unique Taxpayer Reference (UTR)
John Smith	1 3 5 7 9 2 4 6 8 0

Example of completed name and UTR boxes

### Unremittable income

If you claimed any income as unremittable in an earlier tax year and the restrictions preventing you from bringing that income to the UK stopped during the 2015 to 2016 tax year, you must convert that foreign income and tax into UK pounds using the exchange rate when the restriction ended.

This is foreign income that you couldn't bring to the UK because of exchange controls or a shortage of foreign currency in the overseas country. If you later bring this income into the UK, convert the income and foreign tax into UK pounds, using the exchange rate at the time of the remittance.

### Box 1 If you were unable to transfer any of your overseas income to the UK, put 'X' in the box

If you put an 'X' in box 1, you **must** give details of the country where the income arose, the amount in foreign currency and any foreign tax you have paid in 'Any other information' on page TR 7 of your tax return.

### Foreign Tax Credit Relief

If you have paid tax in another country on your overseas income you can claim Foreign Tax Credit Relief (FTCR) if:

- you are a UK resident
- the foreign income was properly charged under that country's law
- the amount of FTCR doesn't exceed UK tax on the same item of income or gains
- there is a double taxation agreement (DTA) and foreign tax relief is restricted to the minimum foreign tax payable in the agreement

If no DTA exists, or the agreement does not cover that particular foreign tax, relief is only available if the tax matches UK Income Tax or Capital Gains Tax.

A DTA is an arrangement to avoid taxing the same item twice. If a DTA is in place, check how its terms apply to you. If the agreement does not give the other country or territory the right to tax the income, you can't claim FTCR and must claim relief in the other country.

You can't claim FTCR for taxed dividends from Antigua, Australia (franked dividends only), Belize, Cayman Islands, Cyprus, Gambia, Guernsey, Isle of Man, Jersey, Kiribati, Malaysia, Malta, Montserrat and Singapore.

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

You don't have to work out the FTCR yourself. We will do this for you if you complete other relevant boxes and send your tax return by the filing date. Only fill in box 2 if you want to calculate the FTCR yourself.

If you want to calculate FTCR, use Helpsheet 263, 'Calculating Foreign Tax Credit Relief on income' first. Put the total amount of relief in box 2.

**i** For more information, go to [www.gov.uk](http://www.gov.uk) and search for 'HS263'.

## Income from overseas sources

If you put any amounts on page F 2 and page F 3, convert the income into UK pounds using the exchange rate at the time the income arose. If you are not sure, ask your tax adviser.

Put the full amount in the relevant boxes (even if you did not bring the income into the UK) and fill in the 'Total' boxes on page F 3.

If you don't have room for all your entries, attach a separate sheet for each type of income.

## Column A

Use the list that follows to find the 3-letter code for the country where your income arose.

Put that code in column A. Use a separate row for each country.

### Interest and other income from overseas saving

J	E	Y	£				
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Example of the country code for Jersey, column A

## Country or territory list

A '•' in the second column of the list shows that the UK has a double taxation agreement (DTA) with that country or territory.

Country or territory	DTA	3-letter code
Afghanistan		AFG
Albania		ALB
Algeria		DZA
American Samoa		ASM
Andorra		AND
Angola		AGO
Anguilla		AIA
Antigua and Barbuda	•	ATG
Argentina	•	ARG
Armenia	•	ARM
Aruba		ABW
Australia	•	AUS
Austria	•	AUT
Azerbaijan	•	AZE

Country or territory	DTA	3-letter code
Bahamas		BHS
Bahrain	•	BHR
Bangladesh	•	BGD
Barbados	•	BRB
Belarus	•	BLR
Belgium	•	BEL
Belize	•	BLZ
Benin		BEN
Bermuda		BMU
Bhutan		BTN
Bolivia	•	BOL
Bonaire	•	BES
Bosnia and Herzegovina	•	BIH
Botswana	•	BWA
Brazil		BRA
British Virgin Islands	•	VGB
Brunei Darussalam	•	BRN
Bulgaria	•	BGR
Burkina Faso		BFA
Burma (also known as Myanmar)	•	MMR
Burundi		BDI
Cambodia		KHM
Cameroon		CMR
Canada	•	CAN
Cape Verde		CPV
Cayman Islands	•	CYM
Central African Republic		CAF
Chad		TCD
Chile	•	CHL
China	•	CHN
Christmas Island	•	CXR
Cocos (Keeling) Islands	•	CCK
Colombia		COL
Comoros		COM
Congo		COG
Cook Islands		COK
Costa Rica		CRI
Côte d'Ivoire	•	CIV
Croatia	•	HRV
Cuba		CUB
Curaçao	•	CUW
Cyprus	•	CYP
Czech Republic	•	CZE
Democratic Republic of the Congo (formerly Zaire)		COD
Denmark	•	DNK

Country or territory	DTA	3-letter code
Djibouti		DJI
Dominica		DMA
Dominican Republic		DOM
Ecuador		ECU
Egypt	•	EGY
El Salvador		SLV
Equatorial Guinea		GNQ
Eritrea		ERI
Estonia	•	EST
Ethiopia	•	ETH
Falkland Islands	•	FLK
Faroe Islands	•	FRO
Fiji	•	FJI
Finland	•	FIN
France	•	FRA
French Guiana	•	GUF
French Polynesia		PYF
Gabon		GAB
Gambia	•	GMB
Georgia	•	GEO
Germany	•	DEU
Ghana	•	GHA
Gibraltar		GIB
Greece	•	GRC
Greenland		GRL
Grenada	•	GRD
Guadeloupe	•	GLP
Guam		GUM
Guatemala		GTM
Guernsey	•	GGY
Guinea		GIN
Guinea-Bissau		GNB
Guyana	•	GUY
Haiti		HTI
Honduras		HND
Hong Kong (SAR)	•	HKG
Hungary	•	HUN
Iceland	•	ISL
India	•	IND
Indonesia	•	IDN
Iran		IRN
Iraq		IRQ
Ireland (Republic of)	•	IRL
Isle of Man	•	IMN
Israel	•	ISR
Italy	•	ITA

Country or territory	DTA	3-letter code
Jamaica	•	JAM
Japan	•	JPN
Jersey	•	JEY
Jordan	•	JOR
Kazakhstan	•	KAZ
Kenya	•	KEN
Kiribati	•	KIR
Kuwait	•	KWT
Kyrgyzstan		KGZ
Laos		LAO
Latvia	•	LVA
Lebanon		LBN
Lesotho	•	LSO
Liberia		LBR
Libya	•	LBY
Liechtenstein	•	LIE
Lithuania	•	LTU
Luxembourg	•	LUX
Macao (SAR)		MAC
Macedonia (FYR)	•	MKD
Madagascar		MDG
Malawi	•	MWI
Malaysia	•	MYS
Maldives		MDV
Mali		MLI
Malta	•	MLT
Marshall Islands		MHL
Martinique	•	MTQ
Mauritania		MRT
Mauritius	•	MUS
Mayotte		MYT
Mexico	•	MEX
Micronesia		FSM
Moldova	•	MDA
Monaco		MCO
Mongolia	•	MNG
Montenegro	•	MNE
Montserrat	•	MSR
Morocco	•	MAR
Mozambique		MOZ
Namibia	•	NAM
Nauru		NRU
Nepal		NPL
Netherlands	•	NLD
New Caledonia		NCL
New Zealand	•	NZL

Country or territory	DTA	3-letter code
Nicaragua		NIC
Niger		NER
Nigeria	•	NGA
Niue		NIU
Norfolk Island	•	NFK
North Korea		PRK
Northern Mariana Islands		MNP
Norway	•	NOR
Oman	•	OMN
Pakistan	•	PAK
Palau		PLW
Panama		PAN
Papua New Guinea	•	PNG
Paraguay		PRY
Peru		PER
Philippines	•	PHL
Pitcairn Island		PCN
Poland	•	POL
Portugal	•	PRT
Puerto Rico		PRI
Qatar	•	QAT
Reunion	•	REU
Romania	•	ROU
Russian Federation	•	RUS
Rwanda		RWA
St Helena and Dependencies		SHN
St Kitts and Nevis	•	KNA
St Lucia		LCA
St Pierre and Miquelon		SPM
St Vincent and the Grenadines		VCT
Saba	•	BES
Samoa		WSM
San Marino		SMR
Sao Tome and Principe		STP
Saudi Arabia	•	SAU
Senegal		SEN
Serbia and Montenegro	•	SRB
Seychelles		SYC
Sierra Leone	•	SLE
Singapore	•	SGP
Sint Eustatius	•	BES
Sint Maarten (Dutch part)	•	SXM
Slovak Republic	•	SVK
Slovenia	•	SVN
Solomon Islands	•	SLB

Country or territory	DTA	3-letter code
Somalia		SOM
South Africa	•	ZAF
South Korea	•	KOR
South Sudan		SSD
Spain	•	ESP
Sri Lanka	•	LKA
Sudan	•	SDN
Suriname		SUR
Svalbard and Jan Mayen Islands		SJM
Swaziland	•	SWZ
Sweden	•	SWE
Switzerland	•	CHE
Syria		SYR
Taiwan	•	TWN
Tajikistan	•	TJK
Tanzania		TZA
Thailand	•	THA
Timor-Leste		TLS
Togo		TGO
Tokelau		TKL
Tonga		TON
Trinidad and Tobago	•	TTO
Tunisia	•	TUN
Turkey	•	TUR
Turkmenistan	•	TKM
Turks and Caicos Islands		TCA
Tuvalu	•	TUV
Uganda	•	UGA
Ukraine	•	UKR
United Arab Emirates		ARE
United Kingdom		GBR
United States of America	•	USA
United States Virgin Islands		VIR
Uruguay		URY
Uzbekistan	•	UZB
Vanuatu		VUT
Vatican		VAT
Venezuela	•	VEN
Vietnam	•	VNM
Wallis and Futuna Islands		WLF
Yemen		YEM
Zambia	•	ZMB
Zimbabwe	•	ZWE
None of the above (Give details in 'Any other information' on page TR 7 of your tax return.)		ZZZ

## Column B

In column B, put the total amount of income (in UK pounds) before taking off any foreign tax or Special Withholding Tax (SWT).

SWT is an amount of tax taken off certain payments to UK residents (in addition to foreign tax). It can be set against your UK tax liability or repaid to you if the amount exceeds your liability for that year.

You need to add the tax taken off to the amount received after deduction and put the total in column B (make sure that you put the SWT in column D).

If you have more than one source of the same income from a country, add the amounts together (unless taxed differently). For example, if you have 2 savings accounts in Monaco, add the amounts before putting the total in column B.

<b>B Amount of income arising or received before any tax taken off</b>									
from overseas savings									
£							1	2	0

Example of income arising or received, column B

The following countries may take SWT: Andorra, Austria, Curaçao, Gibraltar, Jersey, Liechtenstein, Luxembourg, Monaco, San Marino, Sint Maarten and Switzerland.

## Column C

If you had any foreign tax taken off your income in column B, put the amount of tax (in UK pounds) in column C. Foreign tax is the lower of the foreign tax actually withheld and the amount of tax credit allowed under the terms of a double taxation agreement.

## Column D

Put any SWT taken off your foreign income in column D. You must show your amount in UK pounds.

You should include details of any tax taken off foreign income or gains under the UK/Swiss Tax Cooperation Agreement in column D making clear in the 'Any other information' box, box 19 on page TR 7 of the tax return that this is tax under the UK/Switzerland Tax Cooperation Agreement to be treated as a payment on account.

The amount of income before tax taken off should be entered in column B and the country code CH in column A.

If you have had any UK Income Tax taken off this income, include it here and give further details in 'Any other information' on page TR 7 of your tax return.

## Column E

If you are claiming Foreign Tax Credit Relief, put 'X' in this box.

## Column F

If you are claiming Foreign Tax Credit Relief (FTCR), put the same amount as the figure in column B. If you are not claiming Foreign Tax Credit Relief, the figure will be the amount in column B, minus any amount in column C.

## Interest and other income from overseas savings

In columns A to F include any:

- interest from foreign bank accounts, foreign company loan stocks or from loans to individuals or organisations outside the UK
- interest from overseas unit trusts and other investment funds (use the details on your unit trust or fund voucher)
- income from a purchased life annuity
- 'reported income' from offshore funds – this is income accumulating in offshore funds that you have not yet received
- other overseas savings and accrued income securities

**i** For information on the Accrued Income Scheme, go to [www.gov.uk](http://www.gov.uk) and search for 'HS343'.

## Box 3

Fill in columns A to F, add up the figures in column D and put the total in box 3. Include any amounts shown on separate sheets that you attach to the 'Foreign' pages.

## Box 4

Fill in columns A to F, add up the figures in column F and put the total in box 4. Include any amounts shown on separate sheets that you attach to the 'Foreign' pages.

If, in the 2015 to 2016 tax year, you remitted to the UK, foreign dividends taxed using the remittance basis in an earlier year, put this amount in box 4. You **must** tell us in 'Any other information' on page TR 7 of your tax return, the total amount of dividends included in box 4 and the amount that does not qualify for UK tax credit.

## Dividends from foreign companies

In columns A to F put details of any:

- dividends from foreign companies (use the details on your dividend voucher)
- distributions (use their value at the date of distribution) from overseas sources, such as, company assets released to shareholders

**Don't include:**

- distributions from the liquidation of a foreign company
- distributions from a foreign company that return your capital interest or are in the form of its own stocks and shares
- stock dividends or bonus shares from a stock dividend issue made by a foreign company

There are specific rules about dividends from offshore funds. If the fund has more than 60% invested in interest bearing assets, any distribution that you receive, or that are reported to you, are treated as interest received. These sums will not qualify for the dividend tax credit and you need to put this under 'Interest and other income from overseas savings'.

If you are not sure whether your shares are in an offshore fund, ask your tax adviser.

If you are claiming a tax credit on a foreign dividend paid to you after 5 April 2008, use the working sheet below to work out the total amount (box D) that you need for column B on page F 2.

To claim the tax credit, copy the figure in box E to box 2 on page F 1 of the 'Foreign' pages.

### Working sheet for non-UK dividends qualifying for tax credit

Amount actually received	<b>A</b> £
Foreign tax taken off before receipt	<b>B</b> £
Total - box A + box B	<b>C</b> £
Box C x 100/90	<b>D</b> £
Copy to column B on page F 2	
Box D x 10%	<b>E</b> £
Add to amount in box 2	

### Box 5

Fill in columns A to F, add up the figures in column D and put the total in box 5. Include any amounts shown on separate sheets that you attach to the 'Foreign' pages.

### Box 6

Fill in columns A to F, add up the figures in column F and put the total in box 6.

Include any amounts shown on separate sheets that you attach to the 'Foreign' pages.

### Dividend tax credits

UK residents who receive dividends from foreign companies are, in most cases, entitled to a tax credit equal to one-ninth of the dividend. The same applies where the dividends are received by trustees but, if you are the settlor of the trust, or you have a non-discretionary entitlement to this trust income, they are treated as your income.

To qualify for the one-ninth tax credit, one of the following must apply to the company paying the dividend:

- it is not an offshore fund and you own less than 10% of the issued share capital, or any class of share, or
- it is an equity based 'offshore fund' (however, you will not qualify if the offshore fund holds more than 60% interest bearing assets), or
- it must not be an offshore fund and must be resident for tax purposes in a territory with which the UK has a DTA that includes a 'non-discrimination' article (there is a list of these territories on pages FN 2 to FN 4) – **don't** include the following territories: Antigua and Barbuda, Belize, Brunei, Grenada, Guernsey, Isle of Man, Jersey, Kiribati, Malawi, Montserrat, St Kitts and Nevis, Sierra Leone, Solomon Islands and Tuvalu

The tax credit is not available if the dividend is:

- one of a series paid as part of a tax advantage scheme where any company within that series is not resident in a qualifying territory
- from one of the following excluded companies:
  - Barbados – companies established under the International Business Companies Act(s)
  - Cyprus – companies entitled to any special tax benefits under various Cyprus enactments
  - Jamaica – companies established under enactments relating to international business companies and international finance companies
  - Luxembourg – holding companies established under the Luxembourg 1929 and 1937 Acts
  - Malaysia – companies carrying on offshore business activity under the Labuan Offshore Business Activity Act 1990
  - Malta – companies entitled to special tax benefits under various enactments



### Box 7 Amount included in box 6 that does not qualify for UK tax credit

Put any foreign dividend income from box 6 that doesn't qualify for UK dividend tax credit in box 7.

### Overseas pensions, social security benefits and royalties, etc

Fill in columns A to F if you received a pension or social security benefits from overseas during the 2015 to 2016 tax year. You **must also** include any pensions or annuities (not purchased life annuities) paid in the UK for an overseas pension provider.

**Don't** include overseas pension schemes registered in the UK. These go in the 'UK pensions, annuities and other state benefits received' section on page TR 3 of your tax return.

If your foreign pension included payments from an earlier tax year, you can set those payments against the year that they belong to if the pension is taxed on the arising basis. If you are not sure if this is to your advantage, ask us or your tax adviser.

#### 10% deduction

You can take 10% off the value of overseas pensions, annuities and social security pensions so that only 90% of the amount you receive is taxable in the UK.

If you have a pension that is not taxable in the UK because of a DTA, give full details of the pension payer, pension and the relevant DTA in 'Any other information' on page TR 7 of your tax return.

#### Exemption

Some foreign pensions are wholly or partly exempt from UK tax.

These include:

- war widow's pensions, if the death in service was before 6 April 2015, and some pensions paid to other dependants of deceased forces and Merchant Navy personnel
- foreign pensions with an award for a work-related illness or injury at work – the award amount is not taxable
- certain pensions and annuities payable under German or Austrian laws – if you started to receive this in the 2015 to 2016 tax year, attach a copy of the pension award ('Bescheid') to your tax return
- certain beneficiaries' income withdrawal or annuities purchased from unused pension drawdown or flexi-access drawdown funds

**i** For more information on inheriting a pension, go to [www.gov.uk/tax-on-pension-death-benefits](http://www.gov.uk/tax-on-pension-death-benefits)

If you are not sure whether your pension is exempt from UK tax, ask your tax adviser.

**i** For more information about pensions for war widows and dependants, go to [www.gov.uk/war-widow-pension](http://www.gov.uk/war-widow-pension)

### Claiming the 10% deduction or an exemption

If you are claiming Foreign Tax Credit Relief – put in column F, the amount in column B, minus the 10% deduction or the exemption – remember to put an 'X' in column E.

If you are not claiming Foreign Tax Credit Relief – put in column F the amount in column B, minus the 10% deduction or the exemption, and less any amount in column C

### Social security benefits

**Don't** include foreign benefits that match the following UK benefits:

- Incapacity Benefit paid in the first 28 weeks of your incapacity or if you have been getting it for the same illness since before 13 April 1995
- Attendance Allowance
- Disability Living Allowance or Severe Disablement Allowance
- Maternity Allowance
- Guardian's Allowance
- Child Benefit
- Universal Credit

Include all other foreign benefits. If you are not sure what to include, ask us or your tax adviser.

### Box 8

Fill in columns A to F, add up the figures in column D and put the total in box 8.

Include any amounts shown on separate sheets that you attach to the 'Foreign' pages.

### Box 9

Fill in columns A to F, add up the figures in column F and put the total in box 9. Include any amounts shown on separate sheets that you attach to the 'Foreign' pages.

## Dividends and all other income received by a person abroad

### Boxes 10 to 13

You may need to fill in boxes 10 to 13 if you transferred or have taken part in the transfer of assets so that a person abroad received income.

Put all items chargeable as income under the transfer of assets provisions in this section.

Helpsheet 262, 'Income and benefits from transfers of assets abroad and income from non-resident trusts' has more details.

**i** For more information, go to [www.gov.uk](http://www.gov.uk) and search for 'HS262'.

## Income from land and property abroad

From 6 April 2015 to 5 April 2016, you are taxable on the full amount of your overseas rental income, even if you don't bring that income to the UK, unless you claim the remittance basis of taxation.

Fill in boxes 14 to 24, columns A to F, and boxes 25 to 32, if you have any of the following:

- only one overseas let property
- more than one property but they are in the same country, and all the income is remittable
- more than one property and no foreign tax is taken off any of the income and all the income is remittable

If you have more than one overseas let property, your properties are in different countries and you have paid foreign tax on that rental income, photocopy pages F 4 and F 5 and fill in the boxes for each property.

## Furnished holiday lettings in the European Economic Area (EEA)

**Only** fill in page F 4 and page F 5 if you pay tax on the remittance basis. You need to show all amounts of income from land and property abroad remitted to the UK. If you want to claim Foreign Tax Credit Relief, fill in the 'Foreign tax paid on employment, self-employment and other income' section on page F 6.

**Don't include** income from the commercial letting of furnished holiday property in the EEA calculated on the arising basis. This goes in the 'UK property' pages.

**i** For more information about furnished holiday lettings, go to [www.gov.uk](http://www.gov.uk) and search for 'HS253'.

For more information about the remittance basis, go to [www.gov.uk](http://www.gov.uk) and search for 'HS264'.

## Income and expenses

### Box 14 Total rents and other receipts (excluding taxable premiums for the grant of a lease)

Put the total amount of any rents, or other receipts, you receive from any rights or interests held in land or property abroad, in box 14.

**Don't include** any chargeable premiums here. These go in box 16.

### Box 16 Premiums paid for the grant of a lease

If you have been paid premiums for the grant of a lease for possession of a property, put the amount received in box 16. Before you fill in this box, you may need to fill in the working sheet for premiums for the grant of a lease, in the 'UK property' notes.

**i** For more information, go to [www.gov.uk](http://www.gov.uk) and search for 'SA105'.

### Box 17 Property expenses (rent, repairs, legal fees, cost of services provided)

You can claim expenses such as:

- rents, rates, insurance and ground rents
- property repairs and maintenance
- legal, management, professional fees, interest and other finance charges
- costs of services provided, including wages
- other property expenses

You can't deduct expenses:

- incurred in connection with the first letting or subletting of a property, such as the cost of drawing up a lease, agents' and surveyors' fees and commission
- for costs of agreeing and paying a premium on renewal of a lease
- for fees for planning permission or registration of title on a property purchase
- for renewals - the renewals allowance for the cost of replacing furniture or furnishings is no longer available

**Don't include** the cost of buying or selling, improving or altering, land or property, equipment, furnishings or furniture. These are capital allowances and go in box 21.





## Column B

Put the profit or loss amount from your let property in column B.

## Column C

Put the amount of any foreign tax paid on your let income in column C.

## Column D

Put the amount of UK tax taken off in column D.

## Column E

If you are claiming Foreign Tax Credit Relief (FTCR), put 'X' in the box.

## Column F

If you are claiming FTCR, and there is a profit figure in column B, put that figure in column F. If you are not claiming FTCR, the figure will be the amount in column B, minus any amount in column C.

If you are claiming FTCR and have profits and losses from more than one foreign property, take off the losses from your profits in the order that most benefits your FTCR claim. Then put the profits from each property in column F.

If there is a loss from one foreign property, or losses from any property, **don't** fill in the column F boxes.

### Box 26 Total loss brought forward from earlier years

If you have any unused losses from earlier years (box 32 on your 'Foreign' pages for the 2014 to 2015 tax year), put that figure in box 26. You can use this to reduce your overall profit or add to your overall loss.

### Box 27 Total taxable profits

If the figure in box 25 is a profit, take off any unused losses in box 26 that you want to use against your profits (up to the amount in box 25) and put the total here.

If the figure in box 25 is negative (a loss), leave box 27 blank.

## Boxes 28 and 29

Fill in columns A to F, add up the figures in:

- column C and put the total foreign tax figure in box 28
- column D and put the total UK tax in box 29

Include any amounts shown on separate sheets that you attach to the 'Foreign' pages.

### Box 30 Total taxable amount

Add up the figures in column F, including any shown on a separate sheet, and take off any losses in box 26 that you want to set off against the total amount. Put this figure in box 30 (enter '0' if it is a minus figure).

### Box 31 Loss set off against total income

In some cases, you can set off a loss against your total income for the 2015 to 2016 tax year if the loss arises because of your claim to capital allowances. Any loss to be set off **must be**:

- the lower of any capital allowance in box 21, after deducting any balancing charges in box 20, or the figure in box 24, or
- the greater of £50,000 or 25% of your adjusted total income

If you can't use all your losses for the 2015 to 2016 tax year, you can carry the balance forward by filling in box 32. The time limit for claiming is 31 January 2018.

 For more information on the limit on Income Tax reliefs, go to [www.gov.uk](http://www.gov.uk) and search for 'HS204'.

### Box 32 Total loss to carry forward to the following year

If you made a net profit, there is a positive amount in box 25. Put in box 32, the total loss brought forward from box 26.

If you have made a net loss, there is a minus figure in box 25. Put in box 32, the total loss in box 25, plus any losses brought forward from earlier years (box 26), minus any amount set off against total income (box 31). The time limit for claiming this is 5 April 2020.


You will need the figure in box 32 to fill in the 'Foreign' pages on next year's tax return.

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

Fill in this section if you are claiming Foreign Tax Credit Relief on income or gains that you have put elsewhere on your tax return, including income from furnished holiday lettings in an EEA country.

If you paid foreign tax on your employment income, you **must** fill in the 'Employment' page. For example, if you work for a British company abroad.

If you have income from membership of Lloyd's, you will need Helpsheet 240, 'Lloyd's underwriters' to help you fill in this part of the 'Foreign' pages.

 For more information, go to [www.gov.uk](http://www.gov.uk) and search for 'HS240'.

### Column A

Use the list on pages FN 2 to FN 4 of these notes to find the 3-letter code for the country where your foreign income had tax taken off.

Put that code in column A. Use a separate row for each country.

### Column C

If you had any foreign tax taken off your income, put the amount of tax (in UK pounds) in column C.

### Column F

Put the gross amount of foreign income (before tax taken off) which you have shown elsewhere (for example, on the 'Employment' page) in column F. You will need to give us the details in 'Any other information' on page TR 7 of your tax return.

If you have a business in the UK and the gross receipts include income that you have paid foreign tax on, you need to work out the amount of profit that came from the overseas receipts. If the income is from the overseas branch of a UK business, put the gross profits earned by the branch in column F.

In some cases, if your business basis period for the 2015 to 2016 tax year overlaps with your basis period for the 2014 to 2015 tax year, you may be able to claim FTCR.

 For more information about overlap, go to [www.gov.uk](http://www.gov.uk) and search for 'HS260'.

## Capital gains – Foreign Tax Credit Relief and Special Withholding Tax


### Boxes 33 to 40

If you have paid tax in a foreign country on a gain and you want to claim Foreign Tax Credit Relief (FTCR), fill in box 33 and boxes 37 to 40 (in UK pounds) as appropriate. **Don't** fill in boxes 34 to 36.

If you have more than one gain, show this information on a separate sheet. Include in boxes 33, 37, 39 and 40, any amounts you put on the separate sheet.

If you want to claim FTCR, put 'X' in box 38. You don't have to work out the FTCR yourself. If you want to work it out, use Helpsheet 261, 'Foreign Tax Credit Relief: capital gains' to help you. Put the amount you are claiming in box 39.

If the proceeds of a sale chargeable to Capital Gains Tax had Special Withholding Tax (SWT) taken off, put the SWT amount in box 40.


 For more information, go to [www.gov.uk](http://www.gov.uk) and search for 'HS261'.

## Other overseas income and gains

### Box 41 Gains on disposals of holdings in offshore funds (excluding the amounts entered in box 13) and discretionary income from non-resident trusts


The rules for the disposal of an interest in an offshore fund can be complex. Ask your tax adviser or read the guidance in our Offshore Funds Guide Manual and our Savings and Investment Manual if you need to fill in box 41.

If you received income from a non-resident trust, use Helpsheet 262, 'Income and benefits from transfers of assets abroad and income from non-resident trusts' to help you fill in this box.

 For more information in the Offshore Funds Guide Manual and the Savings and Investment Manual, go to [www.hmrc.gov.uk/manualsa-z](http://www.hmrc.gov.uk/manualsa-z)

**Box 42 If you have received a benefit from a person abroad, enter the value or payment received**

If this applies, you need Helpsheet 262, 'Income and benefits from transfers of assets abroad and income from non-resident trusts' to help you fill in this box.

 For more information, go to [www.gov.uk](http://www.gov.uk) and search for 'HS262'.

**Boxes 43 to 45 Gains on foreign life insurance policies, life annuities and capital redemption policies**


Use the details on your 'chargeable event certificate' to help you fill in boxes 43 to 45. **Don't** include any amount you have already put in box 13.

If you have more than one certificate for the same gain, use the amended benefits figures or chargeable event gain on the later certificate.

If you made gains from more than one identical policy, add them together. If you made gains from non-identical policies, give full details in 'Any other information' on page TR 7 of your tax return.

You will need Helpsheet 321 'Gains on foreign life insurance policies' to help you fill in boxes 43 to 45 if you:

- did not receive a certificate from your insurer
- own the policy jointly with someone else (**only include your share of the gain**)
- have a 'cluster' of policies with the same insurer and one or more has specific terms
- have been a non-UK resident during the period you have been a beneficial owner of the policy
- paid more than £100,000 a year into the policy or policies and you received a rebate of commission or you reinvested commission in the policy as additional premium

 For more information, go to [www.gov.uk](http://www.gov.uk) and search for 'HS321'.


**Box 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**

Boxes 10 to 13 and box 42 don't apply as long as the purpose of the transfer and any associated operations was not to avoid tax. For transactions on or after 6 April 2012, any income attributable to genuine transactions is exempt, where any liability imposed would constitute a restriction on the EU Treaty freedoms (for example, freedom of establishment or freedom of movement of capital).

An exemption is only due if actual income would otherwise be chargeable.

If you omit income for this reason from boxes 11, 13 and 42, you must put the total amount of income you left out in box 46.

You **must** give details of the assets transferred, and any associated operations, the person abroad concerned, the circumstances of the relevant transactions and the basis of your claim in 'Any other information' on page TR 7 of your tax return or on a separate sheet.

 For more information about income and benefits from transfers of assets abroad, and income from non-resident trusts, go to [www.gov.uk](http://www.gov.uk) and search for 'HS262'.

**More help if you need it**

If are unable to go online:

- phone the Self Assessment Orderline on 0300 200 3610 for paper copies of the helpsheets and forms
- phone the Self Assessment Helpline on 0300 200 3310 for help with your tax return

We have a range of services for disabled people. These include guidance in Braille, audio and large print. Most of our forms are also available in large print. Please contact our helplines for more information.