

Regional Movers Index

Mar 2026 Quarter Report

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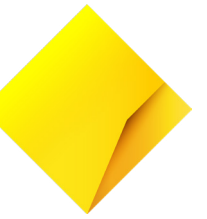


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What is the Regional Movers Index?



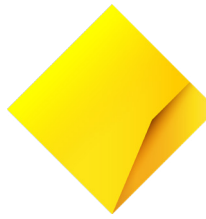
The **Regional Movers Index** presents fresh analysis of movements between Australia's capital cities and regions.

The **Index** is a partnership between Commonwealth Bank of Australia (CBA) and the Regional Australia Institute (RAI), powered by analysis of proprietary data to create an up-to-date and granular picture of a large sample of relocations.

Released quarterly, the RMI was established at the height of the COVID-19 pandemic to track the movement of capital city people to the regions. The RMI publication also highlighted that regional people were tending to stay in regions to avoid those severe capital-city lockdowns. Housing and cost of living pressures are continuing to influence the patterns of movement within Australia, and the RMI publication has been refined to focus on the net migration flows to give current information on the extent to which regional populations are either growing or shrinking. See pp 18-20 in the appendix for details on the methodology that focuses on these net flows.

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- The **Index** is powered by CBA data from relocations amongst more than 14.6 million customers.
 - Quarterly and annual changes are presented in the **Index**.
 - This **Index** is an invaluable resource for both the public and private sectors. By tracking people's movements, it enables early identification of growth trends, and flags places emerging as hotspots needing fresh thinking on housing and infrastructure.

Regional Movers Index



Capital city movement to regional Australia highest on record

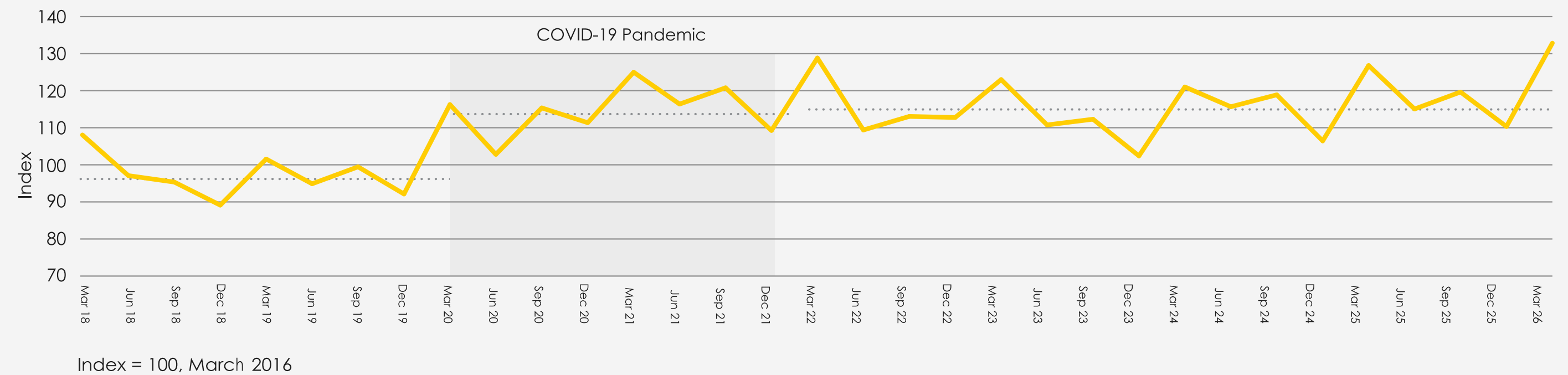
The Regional Movers Index (RMI), which tracks population movement from Australia's capital cities to regional Australia, reached its highest point on record in the March 2026 quarter.

The index rose 20.1 per cent from the December 2025 quarter and was 4.7 per cent higher than the March 2025 quarter.

This marks the strongest level of capital city to regional migration since the RMI was first published in 2021 and demonstrates the enduring appeal of regional living for metropolitan residents and the growing numbers of movers over time.

Looking at the longer-term trend, the indexed data shows a steady upward trajectory from 2018 through to 2026, spanning the COVID-19 pandemic, inflationary pressures, housing market volatility, cost-of-living shifts and tight labour markets.

Regional Movers Index: Population flows from capital cities to regional Australia

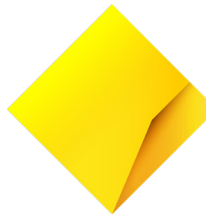


**Breakdown of total major relocations
March Quarter 2026**

		To	
		Regional Australia	Capital Cities
From	Regional Australia	12.7%	9.2%
	Capital Cities	11.9%	66.3%

See p20, note on methodology, for definitions of inter-regional, inter-capital, region-capital and capital-region migration in the breakdown of total major relocations chart.

Net Internal Migration to Regional Australia



Migration flows to the regions continues to outpace flows to the cities

Australians continue to move from capital cities to regions in far greater numbers than regions to capitals.

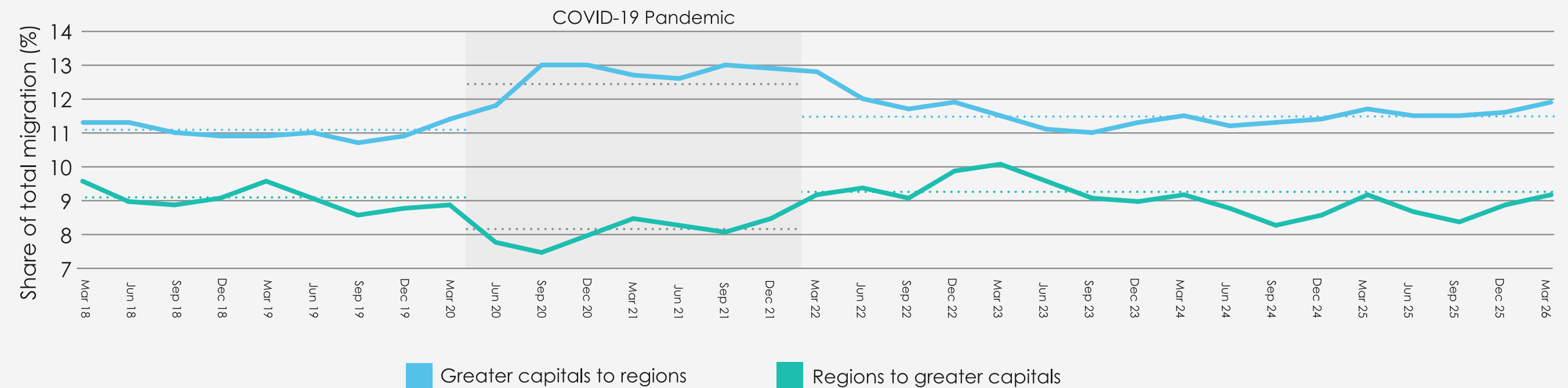
Throughout the March 2026 quarter, capital city residents moving to Australia's regions outnumbered those making a move in the opposite direction by 29.7 per cent, that is almost four capital-to-region movers for every three region-to-capital movers.

Migration from capitals to regions accounted for 11.9 per cent of all internal migration – a rise from 11.6 per cent in the December 2025 quarter and equal to the highest percentage recorded in December 2022. This result is also higher than the two previous March quarters, which recorded shares of total movement of 11.7 per cent in 2025 and 11.5 per cent in 2024.

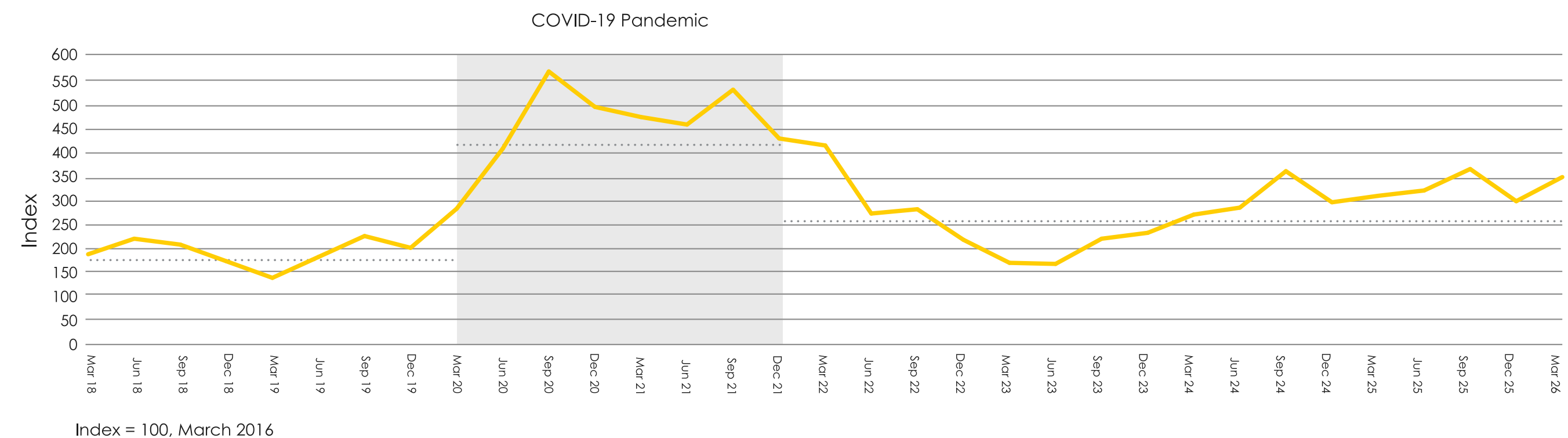
By comparison, movements from regions to capitals accounted for 9.2 per cent of all internal migration, which is unchanged from the March quarters of 2025 and 2024.

Overall, more people continue to move from cities to regional areas, with this trend strengthening after a dip in 2023 and today remaining well above the post-COVID average.

Regional migration – share of all internal migration



Net migration to regional areas – indexed



Migration Patterns By State



Migration becoming more dispersed around regional Australia

The two largest capitals, Sydney and Melbourne, continue to be the major sources of net outflows to Australia's regions. In the March 2026 quarter, Sydneysiders accounted for 55 per cent of net outflows across all capital cities, with Melburnians accounting for 36 per cent.

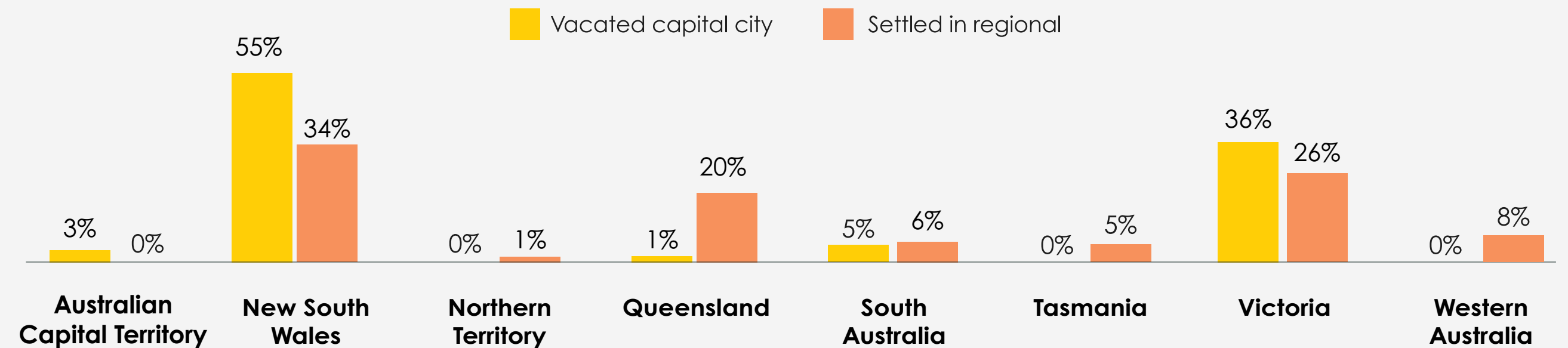
However net outflow shares from Sydney and Melbourne are lower than a year ago due to Brisbane, Perth and Adelaide all recording an increase in share of net outflows, making capital city movement increasingly broad based.

Inflows to regional areas are similarly more-broad based this quarter. Regional areas in Western Australia, South Australia, Queensland, Tasmania and the Northern Territory all saw an increase in their share of arrivals. In contrast, regional New South Wales and Victoria saw declines.

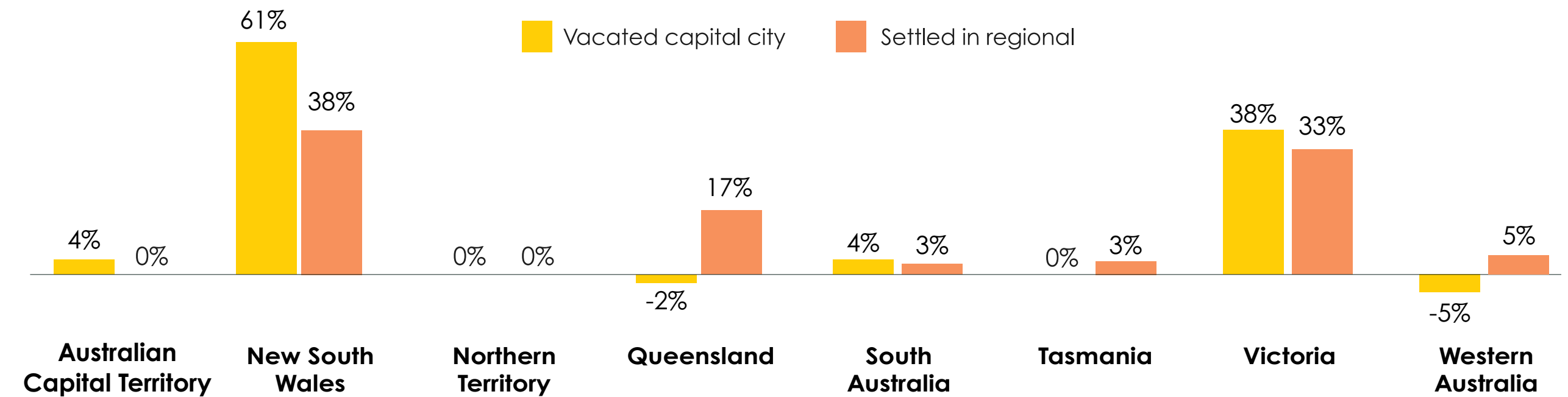
These results show that the movement of city dwellers to regional Australia is becoming more geographically dispersed around the country and less concentrated in Australia's two most populous states.

For the first time, the data also shows net outflows from Canberra, which contributed 3 per cent of net capital-to-region outflows. (There is no separate regional data for the ACT, as it is treated as a single local government area).

Capital city net outflows – regional area net inflows, state shares, March Quarter 2026



Capital city net outflows – regional area net inflows, state shares, March Quarter 2025



Regional Hotspots by Share



Top Five LGAs: the largest net internal migration inflows

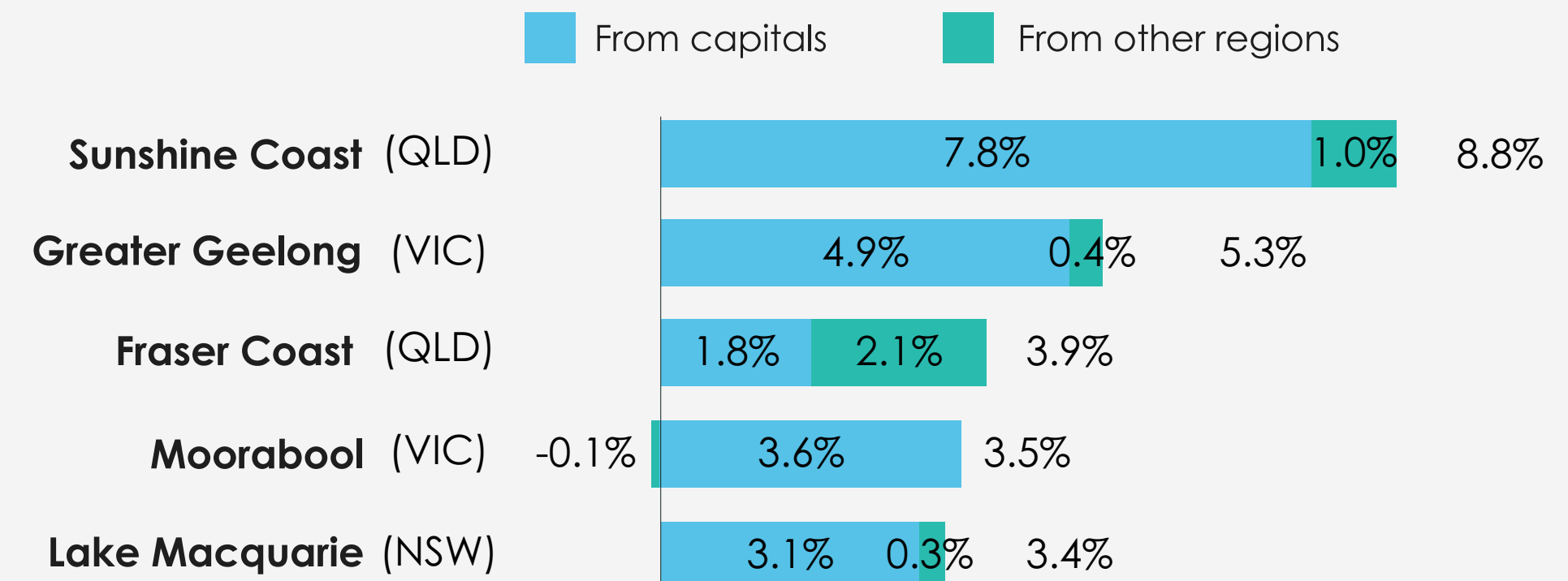
The top five regional LGAs for share of net internal migration is mostly unchanged from the December 2025 quarter, with only minor movement in the rankings. Moorabool and Lake Macquarie swapped fourth and fifth place.

The Sunshine Coast retains its dominant position accounting for 8.8 per cent of total net migration, followed by Greater Geelong with 5.3 per cent and the Fraser Coast with 3.9 per cent. The gap between the Sunshine Coast and other regions has widened, as Greater Geelong's share fell to 5.3 per cent from 6.8 per cent in the December 2025 quarter.

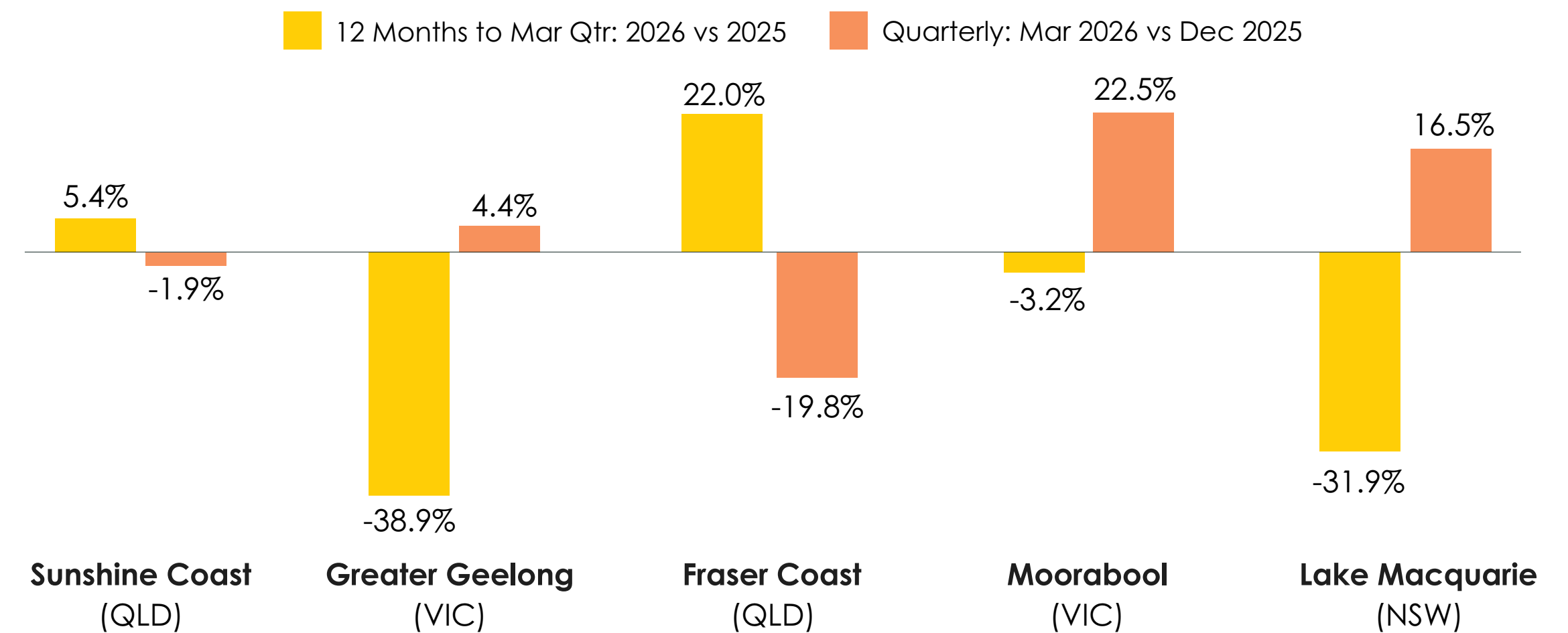
Migration trends across the top five LGAs are mixed this quarter. The Fraser Coast and Sunshine Coast experienced an increase in net internal migration year on year but a fall in the March 2026 quarter. Greater Geelong, Moorabool and Lake Macquarie all experienced lower migration year on year, but a lift compared to the previous quarter.

All top five regions attracted movers from both capital cities and other regional areas, except Moorabool, which saw a small net outflow to other regions.

Top Five LGAs by **share of total net internal migration** to regional Australia, 12 months to March Qtr. 2026



Changes in **total net internal migration** inflows to Top Five LGAs



Net internal migration is: net flows (inflows – outflows) from capitals to regions + net flows (inflows – outflows) from region to region.

Regional Hotspots by Growth



Top Five LGAs: greatest growth in net internal migration inflows

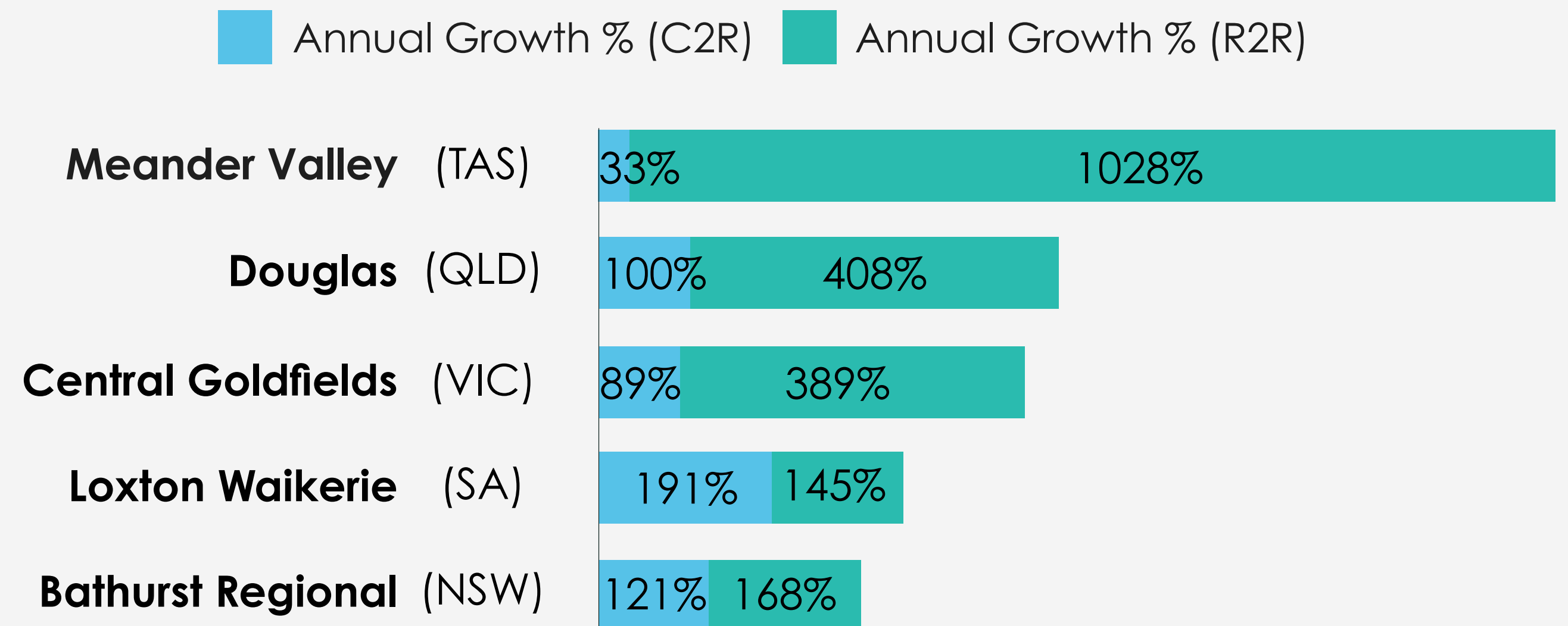
Growth hotspots for net internal migration over the past year were spread across five states.

Meander Valley in northern Tasmania recorded a more than tenfold increase in growth in net internal migration over the twelve months to March 2026.

It was followed by some newcomers to the report - Douglas in Far North Queensland, Central Goldfields in Victoria, Loxton Waikerie in South Australia's Riverland, and Bathurst Regional in the Central West region of New South Wales.

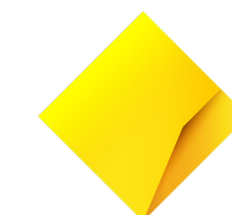
Across most of these hotspots, growth was largely driven by people moving between regional areas rather than from capital cities. Loxton Waikerie was the exception, with the LGA seeing a more even split between regional and capital inflows.

Top Five LGAs by annual growth in total net internal migration inflows
12 months to Mar Qtr. 2026 vs 2025, % change



C2R = Capitals to Regions R2R = Regions to Regions

Most Popular Places for Capital - City Movers



Top Five LGAs: largest net inflows from capitals

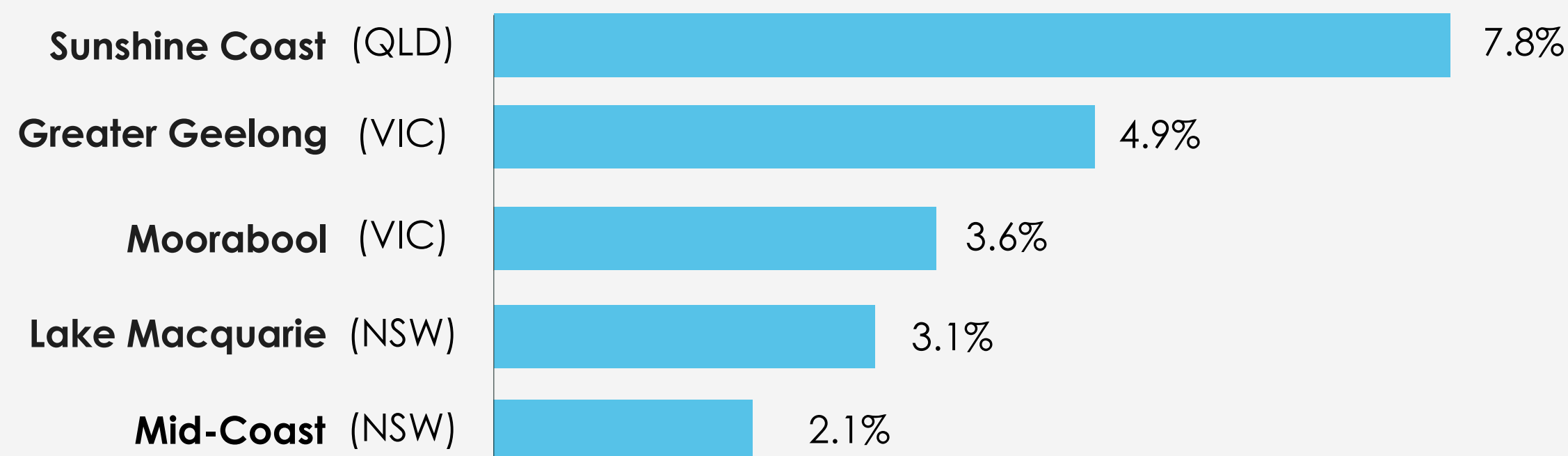
These regional Australian LGAs attracted the highest share of people leaving capital cities.

The Sunshine Coast remains the favourite destination for capital city movers, accounting for 7.8 per cent of net migration from capitals to regions in the past 12 months to the March Qtr 2026.

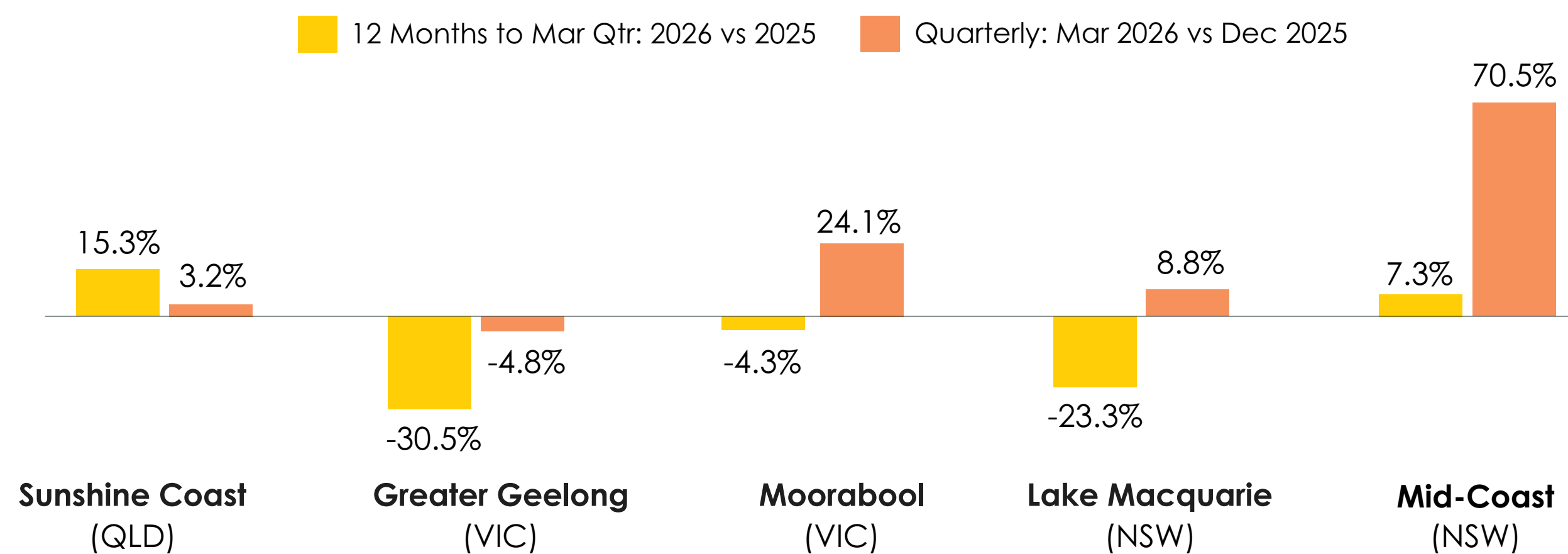
The top five has remained broadly stable since December 2025, with the main change being the entry of the Mid-Coast region in NSW, which includes the towns of Taree and Forster-Tuncurry, following a lift in capital-to-regional movement over the quarter.

Greater Geelong has seen a decline in inflows over the same period, while Moorabool and Lake Macquarie have experienced an increase in net capital to regional migration.

Top Five LGAs by share of net capital-regional migration
12 months to March Qtr 2026



Quarterly and annual change in net capital-regional migration inflows to Top Five LGAs



Net migration inflows from capitals are inflows from capitals minus outflows to capitals.

Increasingly Popular Places for Capital City Movers



Top Five LGAs: greatest growth in net inflows from capitals

Growth hotspots for net inflows from capitals are spread across five regional destinations in New South Wales, Victoria, Queensland and Western Australia.

The Queensland regional city of Toowoomba recorded the strongest growth, with net inflows from capitals rising 236.4 per cent year on year to March Qtr 2026.

Broome and Townsville followed in second and third place, with growth of 168.8 per cent and 159.7 per cent, respectively.

Clarence Valley, centred around Grafton in Northern New South Wales entered the top 5 with 144.1 per cent growth.

Indigo in north-eastern Victoria, home to Beechworth and Rutherglen, again featured in the top five, ranking fifth with 133.3 per cent growth after holding the top spot in the previous quarter.

Top Five LGAs by annual growth in net capital-regional migration
12 months to March Qtr 2026 vs 2025, % change



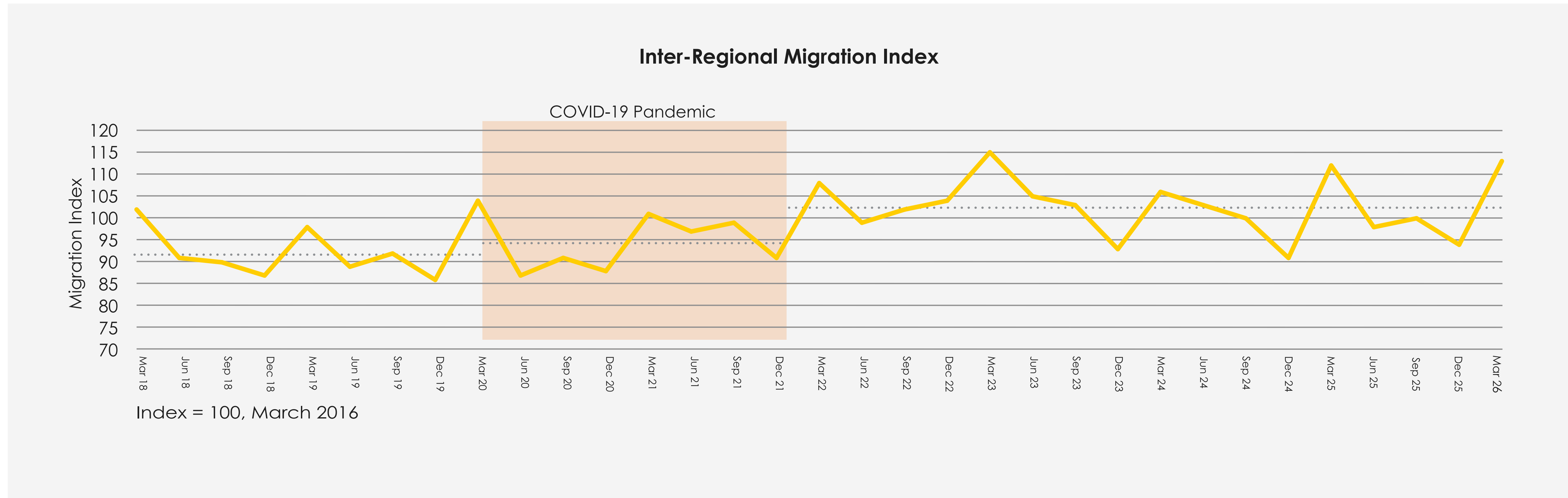
Inter-Regional Migration



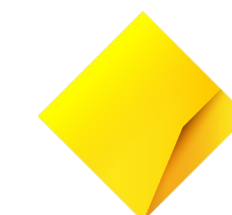
Inter-regional migration grows in March quarter

This measure tracks the level of movement between regional areas, capturing how many people are relocating within regional Australia rather than between cities and regions. Inter-regional migration was 20 per cent higher in the March 2026 quarter than the December 2025 quarter, reflecting typical seasonal movement at the start of the year.

The Index is currently sitting 10 per cent above the post-COVID average but remains slightly below the peak in the series recorded in March 2023.



Most Popular Places for Regional People



Top Five LGAs: largest net inflows from regions

The Fraser Coast, which includes Maryborough and Hervey Bay, and Maitland in the Hunter Valley recorded the largest net inflows from other regional areas.

The Fraser Coast accounted for 7 per cent of regional-to-regional migration, with Maitland at 5.2 per cent. Both also held the top two positions in the December 2025 quarter.

Regional movement continues to be dominated by New South Wales and Queensland.

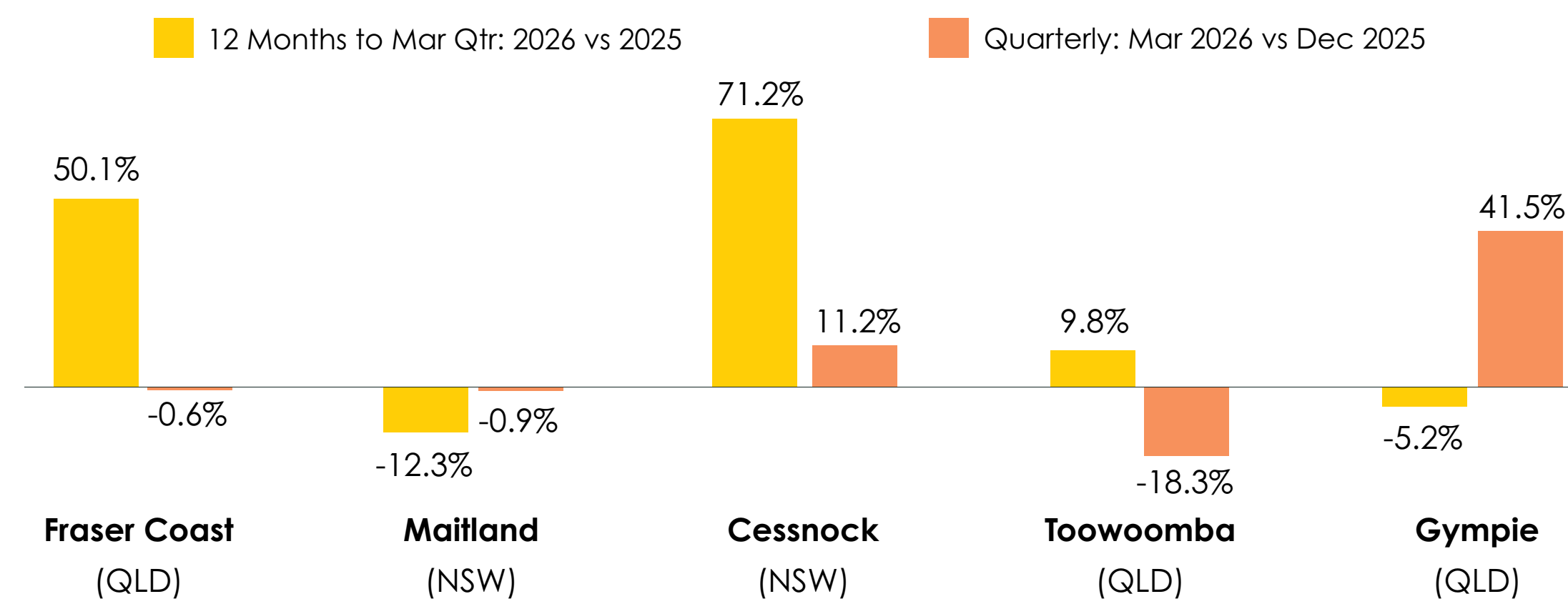
Cessnock in New South Wales, which neighbours Maitland, came in third with 4.8 per cent, followed by the Queensland LGAs of Toowoomba (4.7 per cent) and Gympie (4.4 per cent).

Gympie's share of net regional inflows was a significant 41.5 per cent higher over the quarter.

Top Five LGAs by share of net regional-regional migration
12 months to Mar quarter 2026



Quarterly and annual change in net regional-regional migration inflows to Top Five LGAs



Net regional-regional migration is inflows to a region from other regions minus outflows to other regions.

Increasingly Popular Places for Regional Movers



Top Five LGAs: greatest growth in net inflows from regions

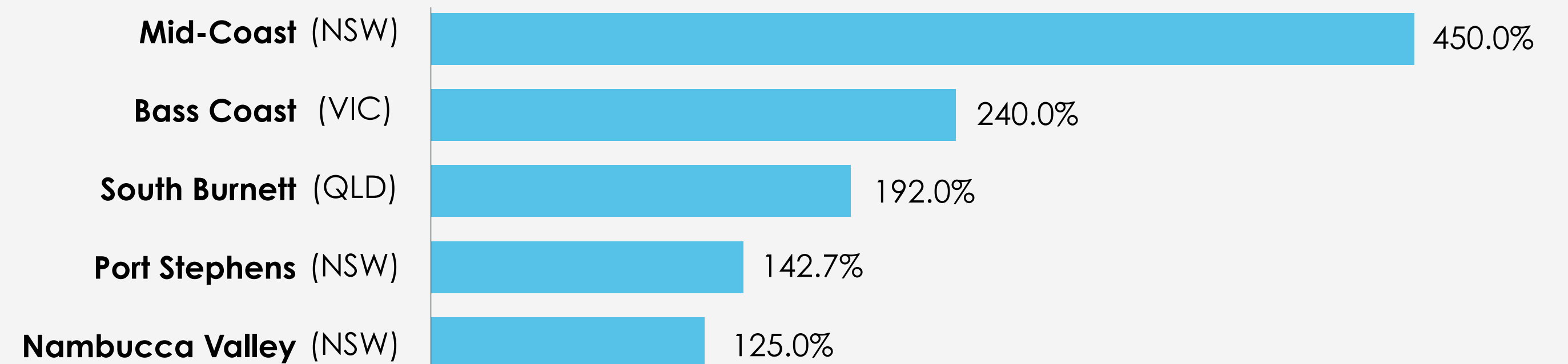
The top LGAs for growth in region-to-region movement are dominated by coastal regions in New South Wales and Victoria.

Mid-Coast in New South Wales recorded the strongest growth, with region-to-region migration increasing 450 per cent year on year. This marks its second appearance in this edition of the RMI, following its top five ranking for net migration from capitals to regions.

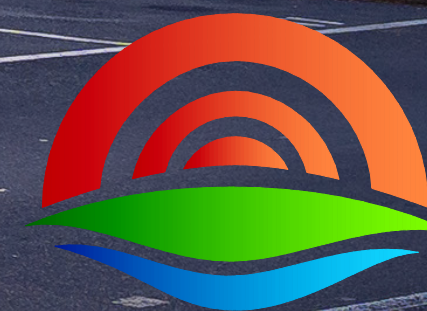
Victoria's Bass Coast is in second place with 240 per cent net movement from other regional locations.

The remaining high growth areas for regional movers were South Burnett (192 per cent), centred on Kingaroy and the sole inland LGA, Port Stephens (142.7 per cent), which neighbours Mid-Coast, and the northern NSW coastal region of Nambucca Valley (125 per cent).

Top Five LGAs by annual growth in net regional-regional migration
12 months to Mar quarter 2026 vs 2025, % change



Appendix

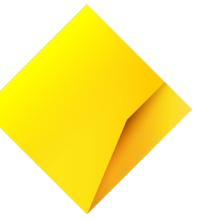


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A1: Regional Movers Index

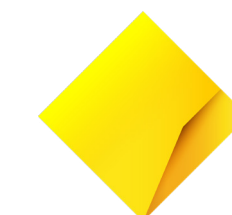
Methodology Notes



- 1 CBA-RAI Regional Movers Index is defined as movement of CBA customers from capital cities to regional areas (see A1.2). Index = 100, March 2016 quarter.
- 2 Customer movement or population flows refers to CBA customers changing their address as stored in CBA technological systems. Customers must have stayed at one address for 6 months (prior to moving) to be counted.
- 3 Capital cities/Regional areas defined through ABS 1270.0.55.001 GCCSA boundaries. Capital cities go by the GCCSA_NAMES of: Greater Sydney, Greater Melbourne, Greater Brisbane, Greater Adelaide, Greater Perth, Greater Hobart, Greater Darwin and Australian Capital Territory. Regional areas go by the GCCSA_NAMES of: Rest of NSW, Rest of Vic, Rest of QLD, Rest of SA, Rest of TAS, Rest of NT. Offshore and 'No usual address' GCCSA_NAMES excluded. ACT has no regional areas.
- 4 Relocations within capitals and within regions are those that are across different LGAs. That is, relocations WITHIN a given LGA are not considered or counted as a relocation. See p20, Note on methodology: definitions of inter-regional, inter-capital, region-capital and capital-region migration. The Net regional migration index is calculated as movement from capital areas to regional less movement from regional areas to capital cities. Index=100, March 2016 quarter.
- 5 LGAs are defined through ABS 1270.0.55.003 ASGS Volume 3 – Non ABS Structures.
- 6 To be listed on the RMI appendix – and considered for the various Top 5 rankings – an LGA must:
 - Have had net internal migration inflows in the previous 12 months to the current reporting quarter of 50 or more people.
 - Have had a base of net internal migration, net capital-region or net region-region inflows of more than 10 people in the 12 months to the equivalent quarter from the previous year. This is to filter out significant outlier results associated with changes in small numbers. Significant outlier growth rates are not published or ranked.
- 7 Fourteen LGAs have a percentage of their constituency defined as Capital and the other percentage defined as Regional. These LGAs include Scenic Rim (QLD), Light (SA), Barossa (SA), Yarra Ranges (VIC), Lockyer Valley (QLD), Kingborough (VIC), Murrindindi (VIC), Derwent Valley (TAS), Murray (VIC), Mallala (SA), Moorabool (VIC), Mitchell (VIC), Macedon Ranges (VIC), Unincorporated NT.
- 8 The proportion of CBA customers in each state as percentage of total customers is representative of overall Australian population (ABS National, state and territory population released 18th June 2021 for December 2020 reference period).
- 9 The Business Banking business unit of the Commonwealth Bank of Australia ABN 48 123 123 124 AFSL 234945 (Bank) has prepared this report. References to the “Group” are to the Bank and its subsidiaries (including Commonwealth Securities Limited ABN 60 067 254 300 AFSL 238814, Commonwealth Australia Securities LLC and CBA Europe Ltd) and includes the directors, employees and representatives of the Bank and its subsidiaries.

A2: All LGAs

Share of Migration, Changes in Total Net Internal Migration



LGA	State	Share of TOTAL NIM (%)	Share of NET C2R Migration (%)	Share* of NET R2R Migration (%)	12 months to Mar 2026 vs 12 months to Mar 2025 (%)
Sunshine Coast (R)	QLD	8.8%	7.8%	3.2%	5.4%
Greater Geelong (C)	VIC	5.3%	4.9%	1.4%	-38.9%
Fraser Coast (R)	QLD	3.9%	1.8%	7.0%	22.0%
Moorabool (S)	VIC	3.5%	3.6%	-0.3%	-3.2%
Lake Macquarie (C)	NSW	3.4%	3.1%	1.0%	-31.9%
Maitland (C)	NSW	3.0%	1.4%	5.2%	-8.5%
Cessnock (C)	NSW	2.7%	1.2%	4.8%	18.5%
Mid-Coast (A)	NSW	2.4%	2.1%	1.0%	19.7%
Shellharbour (C)	NSW	2.4%	1.1%	4.1%	-0.7%
Shoalhaven (C)	NSW	2.2%	1.9%	0.7%	-12.2%
Tweed (A)	NSW	2.1%	1.1%	3.3%	33.4%
Gympie (R)	QLD	2.1%	0.7%	4.4%	12.2%
Greater Bendigo (C)	VIC	2.0%	1.3%	2.4%	-10.4%
Ballarat (C)	VIC	2.0%	1.8%	0.7%	-14.0%
Port Macquarie-Hastings (A)	NSW	2.0%	1.4%	1.7%	-18.9%
Toowoomba (R)	QLD	1.9%	0.5%	4.7%	34.7%
Busselton (C)	WA	1.9%	1.4%	1.6%	15.8%
Port Stephens (A)	NSW	1.8%	1.2%	2.2%	15.9%
Bass Coast (S)	VIC	1.6%	1.5%	0.6%	7.7%
Townsville (C)	QLD	1.5%	1.2%	1.2%	37.3%
Bundaberg (R)	QLD	1.5%	0.8%	2.3%	12.9%

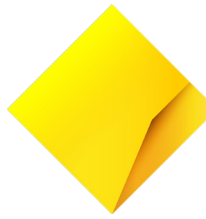
LGA	State	Share of TOTAL NIM (%)	Share of NET C2R Migration (%)	Share* of NET R2R Migration (%)	12 months to Mar 2026 vs 12 months to Mar 2025 (%)
Ballina (A)	NSW	1.3%	0.9%	1.6%	12.7%
Snowy Valleys (A)	NSW	1.3%	1.2%	0.2%	49.4%
Noosa (S)	QLD	1.3%	1.4%	-0.5%	94.5%
Augusta-Margaret River (S)	WA	1.2%	1.0%	0.9%	18.0%
Baw Baw (S)	VIC	1.1%	1.4%	-0.9%	-27.1%
East Gippsland (S)	VIC	1.1%	0.9%	0.8%	-4.2%
Alexandrina (DC)	SA	1.1%	0.9%	0.6%	67.0%
Livingstone (S)	QLD	1.1%	0.3%	2.5%	-28.1%
Surf Coast (S)	VIC	1.1%	1.1%	0.0%	45.0%
Hindmarsh (S)	VIC	1.1%	1.1%	-0.2%	232.6%
South Burnett (R)	QLD	1.0%	0.7%	0.9%	59.1%
Byron (A)	NSW	0.9%	1.3%	-1.3%	30.4%
Victor Harbor (C)	SA	0.9%	0.6%	0.8%	41.4%
Albany (C)	WA	0.9%	0.5%	1.3%	26.0%
Albury (C)	NSW	0.8%	0.8%	0.0%	-32.3%
Meander Valley (M)	TAS	0.7%	0.1%	2.0%	1061.1%
Greater Geraldton (C)	WA	0.7%	0.4%	1.0%	69.1%
Scenic Rim (R)	QLD	0.7%	0.2%	1.7%	-6.8%
Wingecarribee (A)	NSW	0.6%	1.3%	-2.2%	-38.5%
Golden Plains (S)	VIC	0.6%	0.2%	1.3%	30.7%
Moirs (S)	VIC	0.6%	0.5%	0.3%	-7.4%

* a negative share of Net Regional-Regional Migration indicates the LGA experienced a net outflow of people to other regions; the percentage listed is the per cent this LGA's outflows represents out of the sum of outflows from all LGAs that experienced a net outflow of people to other regions

* a positive share of Net Regional-Regional Migration indicates the LGA experienced a net inflow of people from other regions; the percentage listed is the per cent this LGA's outflows represents out of the sum of inflows to all LGAs that experienced a net inflow of people from other regions. See p19 on the Appendix A4 for definitions and methodology.

A2: All LGAs

Share of Migration, Changes in Total Net Internal Migration



LGA	State	Share of TOTAL NIM (%)	Share of NET C2R Migration (%)	Share* of NET R2R Migration (%)	12 months to Mar 2026 vs 12 months to Mar 2025 (%)
Eurobodalla (A)	NSW	0.6%	0.5%	0.3%	-6.5%
Tablelands (R)	QLD	0.6%	0.3%	1.2%	182.0%
Latrobe (C) (Vic.)	VIC	0.6%	0.6%	-0.2%	-45.2%
Bega Valley (A)	NSW	0.6%	0.4%	0.5%	-17.7%
Orange (C)	NSW	0.6%	0.8%	-0.8%	-4.7%
Wodonga (C)	VIC	0.6%	0.4%	0.6%	-28.0%
Murray River (A)	NSW	0.6%	0.3%	0.7%	0.0%
Clarence Valley (A)	NSW	0.6%	0.3%	0.9%	-12.4%
Bathurst Regional (A)	NSW	0.5%	0.5%	-0.1%	289.5%
Goulburn Mulwaree (A)	NSW	0.5%	0.3%	0.6%	2.9%
Gladstone (R)	QLD	0.5%	0.2%	0.9%	-47.7%
Northam (S)	WA	0.5%	0.4%	0.4%	33.7%
Capel (S)	WA	0.5%	0.1%	1.1%	-0.8%
Devonport (C)	TAS	0.5%	0.3%	0.4%	-17.0%
Wellington (S)	VIC	0.4%	0.4%	0.2%	11.8%
Barossa (DC)	SA	0.4%	0.4%	0.1%	19.6%
Kempsey (A)	NSW	0.4%	0.3%	0.3%	18.2%
Warrnambool (C)	VIC	0.4%	0.4%	0.2%	24.5%
Mount Alexander (S)	VIC	0.4%	0.5%	-0.4%	33.7%
Nambucca Valley (A)	NSW	0.4%	0.2%	0.6%	49.3%
Harvey (S)	WA	0.4%	0.3%	0.4%	-50.7%

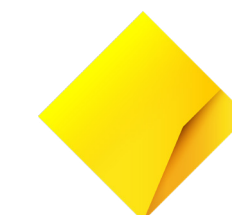
LGA	State	Share of TOTAL NIM (%)	Share of NET C2R Migration (%)	Share* of NET R2R Migration (%)	12 months to Mar 2026 vs 12 months to Mar 2025 (%)
Central Goldfields (S)	VIC	0.4%	0.3%	0.4%	478.9%
Colac-Otway (S)	VIC	0.4%	0.3%	0.2%	100.0%
Gingin (S)	WA	0.4%	0.3%	0.1%	32.1%
Break O'Day (M)	TAS	0.4%	0.2%	0.7%	288.9%
Ceduna (DC)	SA	0.4%	0.3%	0.1%	25.0%
Copper Coast (DC)	SA	0.4%	0.3%	0.2%	19.8%
Murray Bridge (RC)	SA	0.4%	0.3%	0.2%	34.2%
Loxton Waikerie (DC)	SA	0.3%	0.2%	0.6%	336.4%
Strathbogie (S)	VIC	0.3%	0.3%	0.1%	-33.8%
Latrobe (M) (Tas.)	TAS	0.3%	0.1%	0.8%	-23.3%
Pyrenees (S)	VIC	0.3%	0.2%	0.5%	43.8%
Lismore (C)	NSW	0.3%	0.3%	-0.1%	61.8%
Cootamundra-Gundagai Regional (A)	NSW	0.3%	0.2%	0.3%	286.4%
Denmark (S)	WA	0.3%	0.2%	0.3%	-12.4%
Hepburn (S)	VIC	0.3%	0.5%	-0.5%	88.9%
Glenelg (S)	VIC	0.3%	0.2%	0.3%	110.0%
Southern Downs (R)	QLD	0.3%	0.4%	-0.4%	-44.7%
Murrindindi (S)	VIC	0.3%	0.4%	-0.2%	31.7%
Mitchell (S)	VIC	0.3%	0.6%	-1.1%	0.0%
Mansfield (S)	VIC	0.3%	0.3%	-0.1%	-9.2%
Douglas (S)	QLD	0.3%	0.4%	-0.4%	507.7%

* a negative share of Net Regional-Regional Migration indicates the LGA experienced a net outflow of people to other regions; the percentage listed is the per cent this LGA's outflows represents out of the sum of outflows from all LGAs that experienced a net outflow of people to other regions

* a positive share of Net Regional-Regional Migration indicates the LGA experienced a net inflow of people from other regions; the percentage listed is the per cent this LGA's outflows represents out of the sum of inflows to all LGAs that experienced a net inflow of people from other regions. See p 19 on the Appendix A4 for definitions and methodology.

A2: All LGAs

Share of Migration, Changes in Total Net Internal Migration



LGA	State	Share of TOTAL NIM (%)	Share of NET C2R Migration (%)	Share* of NET R2R Migration (%)	12 months to Mar 2026 vs 12 months to Mar 2025 (%)
Dardanup (S)	WA	0.3%	0.0%	1.1%	239.1%
Loddon (S)	VIC	0.3%	0.1%	0.4%	177.8%
Broome (S)	WA	0.3%	0.3%	-0.1%	38.9%
Mid-Western Regional (A)	NSW	0.3%	0.5%	-0.9%	-44.0%
Mid Murray (DC)	SA	0.3%	0.3%	0.0%	-2.6%
Lithgow (C)	NSW	0.3%	0.6%	-1.2%	45.1%
Indigo (S)	VIC	0.3%	0.2%	0.1%	102.8%
Southern Midlands (M)	TAS	0.3%	0.3%	-0.1%	42.0%
Chittering (S)	WA	0.3%	0.3%	-0.3%	115.2%
Exmouth (S)	WA	0.2%	0.2%	0.1%	16.7%
Yorke Peninsula (DC)	SA	0.2%	0.2%	0.3%	-22.7%
Richmond Valley (A)	NSW	0.2%	0.1%	0.5%	-58.8%
Yankalilla (DC)	SA	0.2%	0.1%	0.3%	20.4%
Benalla (RC)	VIC	0.2%	0.1%	0.3%	-39.8%
Huon Valley (M)	TAS	0.2%	0.2%	0.2%	-23.8%
East Pilbara (S)	WA	0.2%	0.3%	-0.4%	-37.9%
Yass Valley (A)	NSW	0.2%	0.4%	-0.7%	-43.6%

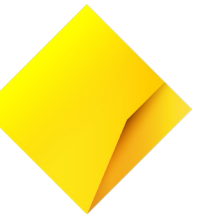
LGA	State	Share of TOTAL NIM (%)	Share of NET C2R Migration (%)	Share* of NET R2R Migration (%)	12 months to Mar 2026 vs 12 months to Mar 2025 (%)
Northampton (S)	WA	0.2%	0.1%	0.3%	41.9%
Bunbury (C)	WA	0.2%	0.3%	-0.4%	-30.7%
Glamorgan/Spring Bay (M)	TAS	0.2%	0.2%	0.1%	-1.6%
George Town (M)	TAS	0.2%	0.1%	0.2%	195.0%
Toodyay (S)	WA	0.2%	0.2%	0.0%	-10.6%
Queenscliffe (B)	VIC	0.2%	0.2%	0.0%	-19.4%
Bridgetown-Greenbushes (S)	WA	0.2%	0.2%	0.1%	62.9%
Rockhampton (R)	QLD	0.2%	0.4%	-0.7%	12.0%
Waroonna (S)	WA	0.2%	0.2%	0.1%	41.0%
Alpine (S)	VIC	0.2%	0.3%	-0.3%	1.9%
Barkly (R)	NT	0.2%	0.1%	0.2%	107.7%
Wangaratta (RC)	VIC	0.2%	0.3%	-0.3%	-27.0%
Irwin (S)	WA	0.2%	0.1%	0.2%	27.5%
Greater Hume Shire (A)	NSW	0.2%	0.1%	0.4%	59.4%
Federation (A)	NSW	0.2%	0.2%	-0.2%	75.9%
Light (RegC)	SA	0.2%	0.3%	-0.3%	-18.0%

* a negative share of Net Regional-Regional Migration indicates the LGA experienced a net outflow of people to other regions; the percentage listed is the per cent this LGA's outflows represents out of the sum of outflows from all LGAs that experienced a net outflow of people to other regions

* a positive share of Net Regional-Regional Migration indicates the LGA experienced a net inflow of people from other regions; the percentage listed is the per cent this LGA's outflows represents out of the sum of inflows to all LGAs that experienced a net inflow of people from other regions. See p19 on the Appendix A4 for definitions and methodology.

A4: Note on methodology

Net migration and population growth



The Regional Movers Index publication was established at the height of the COVID-19 pandemic to answer the pertinent question at the time: were capital city people moving to the regions? The RMI showed this to be well and truly the case. It also highlighted that regional people were tending to stay in regions and avoid those severe capital-city lockdowns.

Now that Australia is living with COVID and population flows from regions to capitals have resumed, the RMI publication is honing its focus to understand the **NET** migration inflows that Australia's regions are continuing to experience. That is, the RMI is now not only considering the one-way flow of population movements from capitals to regions, but it is also considering the population movements in the other direction, by focusing on net flows. The RMI publication is also now considering the breakdown of net migration flows into the various regional LGAs: net migration from capital cities and net migration from other regions. Together, this provides an invaluable source of information on a key driver of local population changes: net internal migration.

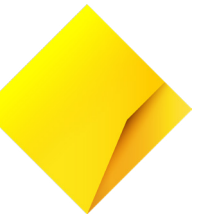
A region's population will change according to changes in:

- Its **natural increase** – local births minus deaths
- Its **net overseas migration** – overseas people moving in minus local people moving overseas
- Its **net internal migration** – people from other regions (within Australia) moving in minus local people moving to other regions (within Australia)
- Calculated as:
Total Net internal migration = Net flows (inflows – outflows) from Capital to Region + Net flows (inflows – outflows) from Region to Region

The RMI's reporting on net internal migration sheds much-needed light on this notorious swing variable underneath total population changes. It will also provide policymakers, industry and communities with the added understanding of local population dynamics driven by capital city versus regional migration patterns.

A4: Note on methodology

Ranking the Top Five LGAs



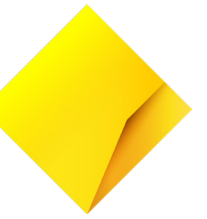
In considering net internal migration – and its constituent parts of net migration from capitals and net migration from other regions – this edition of the RMI ranks regions accordingly, i.e. based on:

- (1) Total Net Internal Migration** – the report identifies the top five regional local government areas receiving the largest net internal migration inflows (irrespective of whether these inflows are from capitals or other regions) during the 12 months to March 2026. It also identifies the top five regional LGAs that have experienced the most significant growth in net internal migration inflows (again, irrespective of whether these inflows are from capitals or other regions).
- (2) Net Capital-to-Regional Migration** – the report identifies the top five regional LGAs receiving the largest net migration inflows **from capital cities**. It does so by identifying and ranking the regions that have received the greatest share of total net migration inflows from all capitals to all regional LGAs. It also identifies the top five regional LGAs that have experienced the most significant growth in net migration inflows from capital cities.
- (3) Net Region-to-Region Migration** – the report identifies the top five regional LGAs receiving the largest net migration inflows **from regional areas**. It does so by identifying the regions that have experienced the greatest share of total net migration inflows **among the regional LGAs that have experienced net inflows**. The report also identifies the top five regional LGAs that have experienced the most significant growth in net migration inflows from regional areas.

Regarding the ranking of regions experiencing the most significant growth in net migration inflows, the RMI has sought to filter out – and not include in the rankings – significant outlier results due to changes in small numbers. There are many regional LGAs with small populations prone to experiencing small net internal migration flows and therefore large percentage changes in growth rates. These places are not included in the RMI rankings. Specifically, an LGA must meet two criteria to be considered and ranked in the RMI publication:

1. The LGA must have experienced total net internal migration inflows in the previous 12 months to the current reporting quarter of 50 or more people.
2. The LGA must have experienced net internal migration inflows from either capitals or other regions of more than 10 people in the 12 months to the equivalent quarter from the previous year. Specifically:
 - a) LGAs where the net migration **inflows from either capitals or regions were 10 people or less in the base period** were not ranked among the regions experiencing the most significant growth in total net migration inflows.
 - b) LGAs where the net migration **inflows from capitals were 10 people or less in the base period** were not ranked among the regions experiencing the most significant growth in net migration **inflows from capitals**.
 - c) And LGAs where the net **migration inflows from other regions were 10 people or less in the base period** were not ranked among the regions experiencing the most significant growth in net migration inflows **from regions**.

A4: Note on methodology



Definitions of inter-regional, inter-capital, region-to-capital and capital-to-region migration

The Regional Movers Index publication focuses on migration (as indicated by CBA customer relocations) from capital cities to regions. Specifically, the relocations from capital-city Local Government Areas to regional LGAs. Since December 2022 the publication also considers (but previously hadn't focused on) migration in the other direction – from regional LGAs to capital-city LGAs. These relocations are necessarily between different LGAs (with some exceptions noted in Appendix A1).

Other relocations that occur during any given quarter are those within and between capital-cities and also those within and between regions. In addition to relocations between different LGAs, a significant number of relocations in any given quarter are within a given LGA – households changing their homes, but remaining within their overall community.

Until December 2022 the RMI publication **included** these relocations within its overall analytical framework. Including these gives a higher number of relocations than excluding and this influences the numbers in the RMI report up to that issue showing the shares that each type of relocation accounts for out of all relocations. These shares are highlighted typically at the beginning of each quarter's publication (see Table, **Breakdown of total internal migration** on p3 of December 2022 edition). Under that analytical framework, of all relocations:

- those within regional Australia account for roughly 22 per cent;
- those from regional Australia to capitals account for around 4 per cent;
- those from capitals to regional Australia account for around 6 per cent, and
- those within and between capitals account for around 68 per cent this latest quarter.

From December 2022 the Regional Movers Index publication includes additional detailed analysis on inter-regional migration – migration within and between Australia's regions. This is to provide an indication of another key source of population growth at the LGA level (beyond the inflows from capital-city LGAs). Relocations within a given regional LGA will not affect that LGA's overall population, and excluding these moves does not affect the RMI analysis of capital to regional flows or regional to capital flows. To get more accurate results of relocations between regions, the RMI now uses a revised analytical framework to **exclude** relocations that occur within any given LGA. We have applied this framework across the relevant elements of the publication for internal consistency. Under this revised analytical framework, we are analysing fewer but what might be called major relocations (see Table, **Breakdown of total major relocations** of p3 of this edition). Reducing the base number of relocations has changed the relative shares:

- those within regional Australia account for 12.7 per cent;
- those from regional Australia to capitals account for 9.2 per cent;
- those from capitals to regional Australia account for 11.9 per cent, and
- those within and between capitals account for 66.3 per cent this latest quarter.

Rebasing the analysis does not change the historical pattern of **capital city to regional** flows or **regional to capital** flows that underpin the RMI net migration index.