



OFFICE OF THE UNDER SECRETARY OF DEFENSE

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WASHINGTON, D.C. 20301-4000

Current and Upcoming Overseas Cost of Living Allowance Adjustments

(as of 4/23/2019)

Overseas COLA is not a fixed amount. COLA adjustments based on data are implemented either immediately or incrementally, depending on whether the payment will increase or decrease. A COLA increase indicates overseas prices have increased relative to average prices in the Continental United States (CONUS). COLA increases are implemented immediately after approval at the next available pay period. A COLA decrease indicates overseas prices of goods and services have declined relative to average CONUS prices. COLA reductions are phased in over time to help minimize the impact of the adjustment. Please refer to Table 1 for the COLA index point adjustment by duty station location.

Service members can calculate their COLA rate at <http://www.defensetravel.dod.mil/site/colaCalc.cfm>. The calculation tool is updated with the current COLA amounts each pay period.

Current and Upcoming Adjustments

	Location		Current Index	New Index	Point Change	Adjustment Begins	Adjustment Complete
	Kazakhstan	Almaty	124	110	-14	16-Mar-19	16-May-19
	Kazakhstan	Astana	124	104	-20	16-Mar-19	16-Jun-19
	Romania	Bucharest	118	104	-14	16-Mar-19	16-May-19
	Romania	Bucharest	118	104	-14	16-Mar-19	16-May-19
	Cabo Verde	Praia	122	108	-14	1-Jun-19	1-Aug-19
	Cyprus	Akrotiri	126	128	+2	1-May-19	1-May-19
New	Alaska	Anchorage	128	124	-4	16-Jun-19	16-Jun-19
New	Alaska	Clear AFS	134	126	-8	16-Jun-19	16-Sep-19
New	Alaska	Cordova	146	138	-8	16-Jun-19	16-Jul-19
New	Alaska	Dutch Harbor - Unalaska	130	138	+8	1-May-19	1-May-19
New	Alaska	Eielson AFB	128	128	NC	1-May-19	1-May-19
New	Alaska	Fort Greely/Delta Junction	134	124	-10	16-Jun-19	16-Jul-19
New	Alaska	Fort Wainwright - Fairbanks	122	126	+4	1-May-19	1-May-19
New	Alaska	Homer	130	134	+4	1-May-19	1-May-19
New	Alaska	Juneau	140	138	-2	16-Jun-19	16-Jun-19
New	Alaska	Ketchikan	130	134	+4	1-May-19	1-May-19
New	Alaska	Kodiak	136	128	-8	16-Jun-19	16-Jul-19
New	Alaska	Petersburg	150	144	-6	16-Jun-19	16-Jul-19
New	Alaska	Seward	132	130	-2	16-Jun-19	16-Jun-19
New	Alaska	Sitka	136	140	+4	1-May-19	1-May-19
New	Senegal	Dakar	146	126	-20	16-Jun-19	16-Sep-19

*All indexes are subject to currency fluctuations