



**DEFENSE TRAVEL
MANAGEMENT OFFICE**

Overseas Cost of Living Allowance Adjustments

(as of 6/20/2017)

An increase indicates that price differences have increased from being that much more expensive in comparison to average prices in the Continental United States (CONUS). A decrease in this allowance indicates that the prices of goods and services have declined in comparison. Overseas COLA is not a fixed amount and adjustments based on data are either immediate or made incrementally, depending on whether the payment will increase or decrease. Increases in COLA are made immediately, whereas 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	
	Bahamas	Nassau	150	136	-14	16-May-17	16-Jul-17
New	Bahrain	Manama	134	138	+4	1-Jul-17	1-Jul-17
New	Cuba	Guantanamo Bay	114	112	-2	16-Aug-17	16-Aug-17
New	Norway	Stavanger	146	150	+4	1-Jul-17	1-Jul-17

*All indexes are subject to currency fluctuations

About DTMO

DTMO was established to serve as the single focal point for commercial travel within the Department of Defense to establish strategic direction, set policy, and centrally manage commercial travel programs. DTMO maintains central oversight for commercial travel management, travel policy and implementation, customer support and training, DoD travel card program management, functional oversight for the Defense Travel System, and allowance and entitlement program management.