



OFFICE OF THE UNDER SECRETARY OF DEFENSE

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PERSONNEL AND
READINESS

Current and Upcoming Overseas Cost of Living Allowance Adjustments

(as of 9/24/2019)

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
Moldova	Chisinau	124	104	-20	1-Aug-19	1-Nov-19
Burma	Rangoon	114	NONE	-14	1-Sep-19	1-Nov-19
Qatar	Doha	136	122	-14	1-Sep-19	1-Nov-19
Timor-Leste	Dili	132	116	-16	1-Sep-19	1-Nov-19
Cyprus	Nicosia	130	114	-16	16-Sep-19	16-Nov-19
New	U. Arab Emirates	142	140	-2	16-Oct-19	16-Oct-19
New	N. Mariana Islands	130	124	-6	16-Oct-19	16-Oct-19

All indexes are subject to currency fluctuations