



**DEFENSE TRAVEL
MANAGEMENT OFFICE**

Current and Upcoming Overseas Cost of Living Allowance Adjustments

(as of 11/29/2018)

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	
Canada	Calgary	136	132	-4	1-Dec-18	1-Dec-18	
Canada	Winnipeg	136	126	-10	1-Dec-18	1-Jan-19	
Canada	North Bay	126	118	-8	1-Dec-18	1-Jan-19	
China	Shenyang	116	106	-10	1-Dec-18	1-Jan-19	
Japan	Atsugi	124	122	-2	1-Dec-18	1-Dec-18	
Japan	Camp Fuji	124	118	-6	1-Dec-18	1-Dec-18	
Japan	Camp Zama	130	126	-4	1-Dec-18	1-Dec-18	
Japan	Okinawa	120	118	-2	1-Dec-18	1-Dec-18	
New	Turkey	Ankara	122	100	-22	16-Jan-19	16-Apr-19
New	Turkey	Izmir	116	102	-14	16-Jan-19	16-Mar-19
New	Turkey	Incirlik	112	102	-10	16-Jan-19	16-Feb-19
New	USVI	St. Thomas	128	136	+8	1-Dec-18	1-Dec-18
New	USVI	St. Croix	128	136	-4	16-Jan-19	16-Jan-19
New	Guyana	Georgetown	126	124	-2	1-Jan-19	1-Jan-19
New	Italy	Aviano	138	130	-8	1-Jan-19	1-Feb-19
New	Italy	Livorno	136	132	-4	1-Jan-19	1-Jan-19
New	Italy	Naples	150	142	-8	1-Jan-19	1-Feb-19

*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.