



**U.S. Office of Personnel Management**

**NONFOREIGN AREA COST-  
OF-LIVING ALLOWANCES**

The U.S. Government pays cost-of-living allowances (COLAs) to white-collar civilian Federal employees in Alaska, Hawaii, Guam and the Commonwealth of the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands. Approximately 44,000 employees, including U.S. Postal Service employees, receive these nonforeign area COLAs. Section 5941 of title 5, United States Code, and Executive Order 10000 (as amended) authorize the payment of COLAs in nonforeign areas.

To set the COLA rates, the Office of Personnel Management (OPM) surveys the prices of over 200 items, including goods and services, housing, transportation, and miscellaneous expenses. OPM conducts these surveys in each of the allowance areas and in the Washington, DC, area.

<ul style="list-style-type: none"> <li>• <a href="#"><u>Report to Congress</u></a></li> <li>• <a href="#"><u>Special COLA Research Announcement</u></a></li> <li>• <a href="#"><u>Settlement of <i>Caraballo v. United States</i></u></a></li> <li>• <a href="#"><u>Recent Survey Reports and Regulations</u></a></li> <li>• <a href="#"><u>Memorandum of Understanding</u></a></li> <li>• <a href="#"><u>Post Differentials</u></a></li> <li>• <a href="#"><u>Links to Related Sites</u></a></li> </ul>	<div style="text-align: center;">  <p style="margin: 0;"><b><u>COLA RATE TABLE</u></b> Current COLA Rates</p> </div>
--	---

- 
- To [Compensation Administration Home Page](#)

- To [Web Site Index](#)

- To [OPM Home Page](#)

*For more information on nonforeign area cost-of-living allowances, call (202) 606-2838, fax (202) 606-4264, or email [cola@opm.gov](mailto:cola@opm.gov).*

Last modified: August 13 2001