



Cook Islands

This factsheet provides the latest statistics on trade and investment between the UK and Cook Islands.

Date of release: 1 August 2025; Date of next planned release: 19 September 2025

Total trade in goods and services (exports plus imports) between the UK and Cook Islands¹ was **£1 million** in the four quarters to the end of Q1 2025, a decrease of 50.0% or £1 million in current prices from the four quarters to the end of Q1 2024. Of this £1 million:

- Total UK **exports** to Cook Islands amounted to £1 million in the four quarters to the end of Q1 2025 (an increase of £1 million in current prices, compared to the four quarters to the end of Q1 2024);
- Total UK **imports** from Cook Islands amounted to less than £1 million in the four quarters to the end of Q1 2025 (a decrease of 100.0% or £2 million in current prices, compared to the four quarters to the end of Q1 2024).

Cook Islands was the UK's 223rd largest trading partner in the four quarters to the end of Q1 2025 accounting for less than 0.1% of total UK trade.²

At the end of 2023, the **stock of FDI from the UK in Cook Islands** are not available due to data disclosure.

At the end of 2023, the **stock of FDI from Cook Islands in the UK** was less than £500 thousand.³

¹the four quarters to the end of Q1 2025' refers to the 12 months to the end of March 2025

²Trade data sourced from the latest ONS publication of [UK total trade: all countries seasonally adjusted](#) data.

³Investment data sourced from the ONS [ad-hoc data release](#) if not provided in the latest ONS [main FDI release](#).

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About these statistics

This factsheet presents the latest statistics on trade and investment between the UK and Cook Islands. It summarises a wide range of publicly available data, from data providers such as the Office for National Statistics (ONS) and HM Revenue and Customs (HMRC), as well as international data providers.

This factsheet is part of a wider range produced by the Department for Business and Trade which draws together many data sources into one single compendium document for each individual trade and investment partner. The full set of factsheets for different individual partners can be found on the [Trade and Investment Factsheets website](#) on GOV.UK.

Where data are available, these factsheets contain metrics on:

- [Headline trade statistics between the UK and each trading partner for the latest four quarters.](#)
- [Trade statistics by commodity and service type.](#)
- [Trade in goods between the UK and each trading partner, broken down by UK country and English region.](#)
- [Trade in services between the UK and each trading partner, broken down by mode of supply.](#)
- [UK's market share as a total of all imports for each trading partner.](#)
- [Number of VAT-registered businesses trading goods.](#)
- [UK's Foreign Direct Investment \(FDI\) with each investment partner.](#)
- [Summary trade and investment data as reported by each trade and investment partner, as well as economic data and projections.](#)

International statistics for goods traded with the world are published in the [UN Comtrade database](#) and services by [ITC Trademap](#).

All statistics are correct at the time of publication, with upcoming release dates available on the [Government update schedule for Official Statistics](#). The Department for Business and Trade strongly recommends users download the latest factsheet to ensure the most up-to-date statistics are used. Please do not use previous factsheets to analyse earlier time periods than those shown in the most recent factsheets, as the data will have been revised and previous factsheets will no longer be correct. For analysis of earlier time periods, please use the published source data.

For the most up to date snapshot of the UK's trade and investment position with all partners, please see the [UK trade in numbers](#) publication or the [trade and investment core statistics book](#). These statistics are based on the same data sources as this factsheet and therefore are comparable. A list of all [Official Statistics](#) publications from the Department for Business and Trade can be found online.

Contact Details

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Summary trade and investment statistics for Cook Islands

UK trade with Cook Islands, in current prices (based on the latest four quarters)⁴

Trade	Value in the four quarters to the end of Q1 2025	Change from the four quarters to the end of Q1 2024
Total trade	£1 million	a decrease of 50.0% or £1 million
Ranking out of all the UK's trading partners	223rd	
Total UK exports	£1 million	an increase of £1 million
Ranking out of all the UK's export partners	219th	
UK exports of goods (percentage of total UK goods exports)	less than £1 million	a change of less than £1 million
UK exports of services (percentage of total UK services exports)	£1 million	an increase of £1 million
Total UK imports	less than £1 million	a decrease of 100.0% or £2 million
Ranking out of all the UK's import partners	225th	
UK imports of goods (percentage of total UK goods imports)	less than £1 million	a change of less than £1 million
UK imports of services (percentage of total UK services imports)	less than £1 million	a decrease of 100.0% or £2 million

'the four quarters to the end of Q1 2025' refers to the 12 months to the end of March 2025

UK trade with Cook Islands, in current prices (based on the latest calendar year)⁵

Trade	Value in 2024	Change from 2023
Total trade	£2 million	an increase of 100.0% or £1 million
Ranking out of all the UK's trading partners	Joint 218th	
Total UK exports	£1 million	an increase of £1 million
Ranking out of all the UK's export partners	Joint 217th	
UK exports of goods (percentage of total UK goods exports)	less than £1 million	a change of less than £1 million
UK exports of services (percentage of total UK services exports)	£1 million	an increase of £1 million
Total UK imports	£1 million	a change of less than £1 million
Ranking out of all the UK's import partners	Joint 212th	
UK imports of goods (percentage of total UK goods imports)	less than £1 million	a change of less than £1 million
UK imports of services (percentage of total UK services imports)	£1 million	a change of less than £1 million

⁴Trade data sourced from Office for National Statistics data on [UK total trade \(seasonally adjusted data\)](#).

⁵Trade data sourced from Office for National Statistics data on [UK total trade \(seasonally adjusted data\)](#).

UK market share in Cook Islands⁶

UK market share for total trade	Value in 2023	Change from 2022
Total UK market share	n/a	-
UK market share for goods only	0.0%	unchanged
UK market share for services only	n/a	-

UK Foreign Direct Investment (FDI) with Cook Islands⁷

UK FDI stock	Value at the end of 2023	Change from the end of 2022
Total UK outward FDI stock	Data not available due to data disclosure	Comparison not available
Total UK inward FDI stock	Less than £500 thousand	Not available due to low investment

Economic statistics and projections using gross domestic product (GDP) for Cook Islands⁸

Data for Cook Islands are not available from the International Monetary Fund.

⁶UK market share data calculated using the methodology outlined in the [market share section](#) in the factsheet, based on data from the Office for National Statistics and United Nations Conference on Trade and Development.

⁷FDI data sourced from the Office for National Statistics [ad-hoc data release for FDI with all partners](#).

⁸Economic data sourced from the International Monetary Fund [World Economic Outlook](#) databases; Estimates and projections are given in italics; GDP rankings where provided are based on values in current prices (nominal terms) in \$USD, where some partner values are based on estimates which may influence the rankings when revised.

Trade with Cook Islands, in current prices (ONS)^{9 10 11}

Trade definitions

- **UK exports** - Goods and services that were produced or sourced in the UK, which were sold to Cook Islands.
- **UK imports** - Goods and services that were sold to the UK, which were produced or sourced by Cook Islands.
- **Total or 'bilateral' trade** - The value of total trade between the UK and Cook Islands (exports plus imports).
- **Trade balance** - The difference between exports and imports, calculated by UK exports minus UK imports.
- **Trade surplus** - This occurs when the value of UK exports to Cook Islands is greater than the value of UK imports from Cook Islands.
- **Trade deficit** - This occurs when the value of UK exports to Cook Islands is less than the value of UK imports from Cook Islands.

Headline trade statistics include trade in non-monetary gold (reported within the unspecified goods category), which can significantly affect trends for some partners. Please see the factsheet [quality and methodology report](#) for more information.

These statistics are given on a balance of payments (change of ownership) basis.

Note: UK trade statistics experienced higher levels of volatility between 2019 and 2022, due to the pandemic, global recession, supply chain disruption, EU Exit, Russia's invasion of Ukraine, price inflation, conflict in the Middle East, and data collection changes. All figures are reported in current prices (not adjusted for inflation), unless otherwise stated. We recognise that some of the recent changes in UK trade values will be partly due to price changes.

Total trade in goods and services (exports plus imports) between the UK and Cook Islands was £1 million in the four quarters to the end of Q1 2025, a decrease of 50.0% or £1 million in current prices from the four quarters to the end of Q1 2024.

In the four quarters to the end of Q1 2025, **total UK exports** to Cook Islands amounted to £1 million (an increase of £1 million in current prices, compared to the four quarters to the end of Q1 2024).

Of all UK exports to Cook Islands in the four quarters to the end of Q1 2025, less than £1 million (less than 0.1%) were **goods** and £1 million (almost 100%) were **services**. In the four quarters to the end of Q1 2025, UK **exports of goods** to Cook Islands changed by less than £1 million in current prices, compared to the four quarters to the end of Q1 2024 while UK **exports of services** to Cook Islands increased by £1 million in current prices, compared to the four quarters to the end of Q1 2024.

In the four quarters to the end of Q1 2025, **total UK imports** from Cook Islands were less than £1 million (a decrease of 100.0% or £2 million in current prices, compared to the four quarters to the end of Q1 2024).

Of all UK imports from Cook Islands in the four quarters to the end of Q1 2025, less than £1 million were **goods** and less than £1 million were **services**. In the same period, UK **imports of goods** from Cook Islands changed by less than £1 million in current prices, compared to the four quarters to the end of Q1 2024 while UK **imports of services** from Cook Islands decreased by 100.0% or £2 million in current prices, compared to the four quarters to the end of Q1 2024.

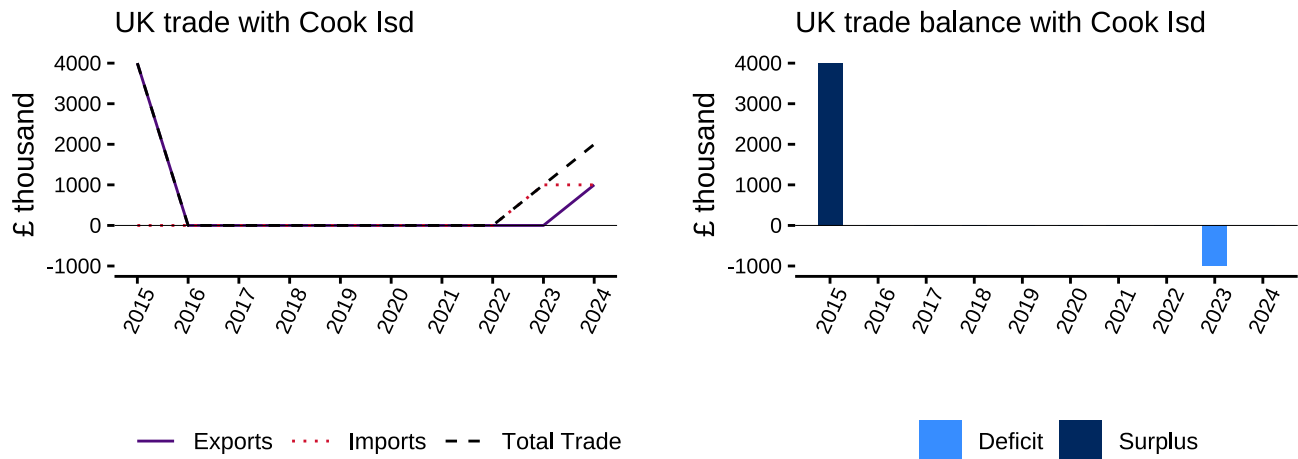
This means the UK reported a **total trade surplus** of £1 million with Cook Islands, compared to a trade deficit of £2 million in the four quarters to the end of Q1 2024. In the four quarters to the end of Q1 2025, the UK had a **trade in goods balance** of less than £1 million with Cook Islands, compared to a trade in goods balance of less than £1 million in the four quarters to the end of Q1 2024. Meanwhile, in the four quarters to the end of Q1 2025 the UK reported a **trade in services surplus** of £1 million with Cook Islands, compared to a trade in services deficit of £2 million in the four quarters to the end of Q1 2024.

⁹Office for National Statistics (ONS) data source for total trade: [UK total trade data \(seasonally adjusted\)](#).

¹⁰This factsheet contains data as reported by the UK, users are advised to use UK-reported data where possible for consistency between partners. These data are subject to [asymmetries](#) e.g. the value of UK exports to Cook Islands (reported by the UK) may not match the value of Cook Islands imports from the UK (reported by Cook Islands).

¹¹Data are in current prices, meaning no adjustment has been made to account for changes in inflation or exchange rate. The totals may not exactly match the sum of their parts due to rounding.'

The charts below present a time series for trade between the UK and Cook Islands for each year between 2015 and 2024:



Source: ONS, UK trade in goods and services, Q1 2025

The data that are presented in the charts above are given in the table below in £ thousand:

Year	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
Value of total trade	4000	0	0	0	0	0	0	0	1000	2000
Value of exports	4000	0	0	0	0	0	0	0	0	1000
Value of imports	0	0	0	0	0	0	0	0	1000	1000
Trade balance	+4000	0	0	0	0	0	0	0	-1000	0

In the four quarters to the end of Q1 2025, Cook Islands was the UK's:¹²

- **223rd largest trading partner** (accounting for less than 0.1% of total UK trade).
 - 220th largest **goods** trading partner (less than 0.1% of UK goods trade).
 - 220th largest **services** trading partner (less than 0.1% of UK services trade).
- **219th largest export market** (accounting for less than 0.1% of total UK exports).
 - 218th largest **goods** export market (less than 0.1% of UK goods exports).
 - Joint 213th largest **services** export market (less than 0.1% of UK services exports).
- **225th largest import market** (accounting for less than 0.1% of total UK imports).
 - 200th largest **goods** import market (less than 0.1% of UK goods imports).
 - 223rd largest **services** import market (less than 0.1% of UK services imports).

More timely data, for trade in goods only¹³ is published by the [ONS](#).

¹²Rankings are based on the ONS dataset which contains data for all individual partners: [UK total trade data \(seasonally adjusted\)](#).

¹³ONS data source for trade in the latest 12 months up to May 2025: [UK Trade data \(seasonally adjusted\)](#).

Trade in goods by commodity, in current prices (ONS)^{14 15}

Please note, these data are presented on a non-seasonally adjusted basis and are not directly comparable to seasonally adjusted data, including the headline trade statistics presented before.

The **top 5 goods exported from the UK to Cook Islands** in the four quarters to the end of Q1 2025 were as follows:

Commodity	Exports in the four quarters to the end of Q1 2025	Percentage of total goods exports	Change from the four quarters to the end of Q1 2024
71MI - Mechanical power generators (intermediate)	£320 thousand	-	-
87K - Scientific instruments (capital)	£150 thousand	-	a decrease of 34.8%
87I - Scientific instruments (intermediate)	£30 thousand	-	Nil trade in previous period
71EK - Electric motors (capital)	£20 thousand	-	Nil trade in previous period
89OC - Other manufactures (consumer)	£10 thousand	-	Nil trade in previous period

'the four quarters to the end of Q1 2025' refers to the 12 months to the end of March 2025

Note: The percentage of the total UK exports of goods to Cook Islands accounted for by the above commodities are not provided here. This is due to the value of total UK exports of goods being rounded to the nearest £million, with commodity trade values being given to a greater level of accuracy. In some cases, this means the percentages above might sum to more than 100%.

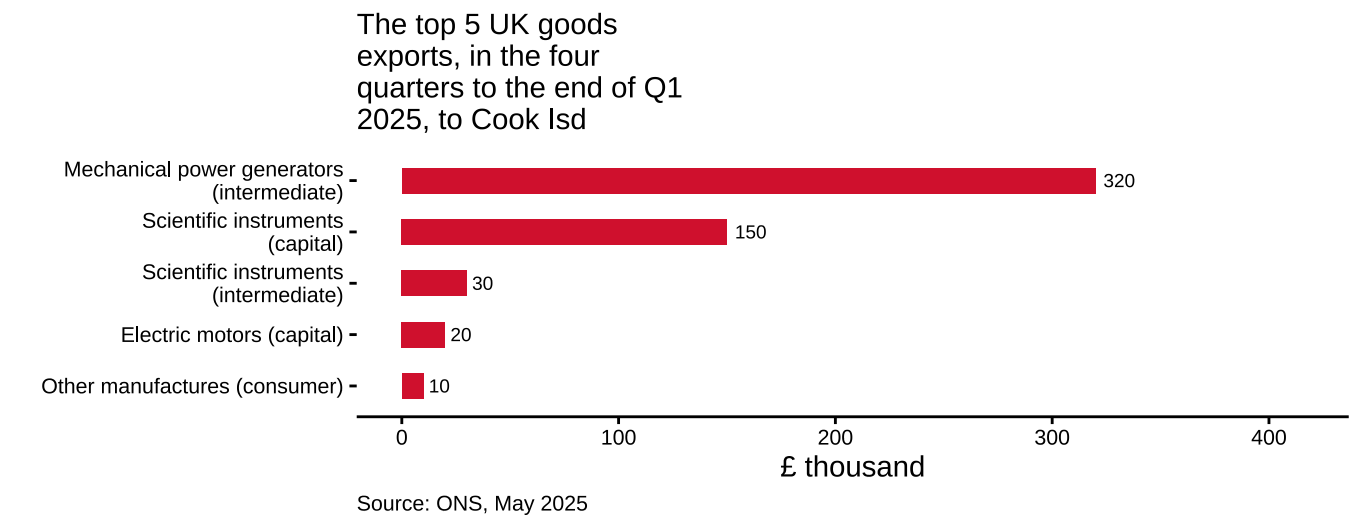
Note: There were no goods commodities with UK imports of £10,000 or more from Cook Islands in the four quarters to the end of Q1 2025.

Note: Percentage changes between the current and previous period that exceed 100% have been omitted. This is to avoid presenting small value changes from a low base as fast growing.

¹⁴Data on trade in goods by commodity are sourced from data by the ONS: [UK trade release \(non-seasonally adjusted\)](#). These statistics for [exports](#) and [imports](#) present the latest data from the ONS publication which are given on a monthly basis.

¹⁵The commodities are categorised by the ONS based on [SITC](#) codes using a mixture of level 2 and level 3 codes.

The chart below shows the top 5 goods exported from the UK to Cook Islands, by value, in the four quarters to the end of Q1 2025. All data shown in the chart are provided in the text above.



Data for UK goods imports by product type from Cook Islands are unavailable.

Trade in services by service type, in current prices (ONS)¹⁶

Note: Service type data for the trade in services between the UK and Cook Islands in the four quarters to the end of Q1 2025 are not available from UK sources.

¹⁶Trade in services by service type is sourced from data by the ONS: [UK trade in services by partner country \(non-seasonally adjusted\)](#).

Trade in goods by UK countries and English regions, in current prices (HMRC)¹⁷

Regional trade definitions

- **UK regions** - The UK is categorised into 12 regions based on the International Territorial level 1 (ITL1). This level includes 9 regions in England, as well as Wales, Scotland and Northern Ireland.
- **Regional trade data** - The data are compiled by merging HM Revenues & Customs (HMRC) trade data with employment data from the Interdepartmental Business Register (IDBR) so a business' trade can be allocated to a UK region based on the proportion of its employees employed in that region. Where a trader is not matched with the IDBR, its trade is matched with ONS postcode data to obtain the UK region in which the Head Office of the VAT-registered business is based.

Note: Data for UK regions are not available from this source for Cook Islands in 2024.

¹⁷HMRC data source for regional UK trade data: [HMRC Regional Trade Statistics](#) (data extracted from the spreadsheet download using the HMRC [interactive tables](#)).

Trade in services by mode of supply, in current prices (ONS)¹⁸

Trade in Services by Mode of Supply definitions

- **Modes of Supply** define the way services trade is conducted. The World Trade Organisation's [General Agreement on Services](#) categorises methods for trade in services into four different modes of supply, which depend upon on the territorial presence of the supplier and the consumer at the time of transaction.
- **Mode 1** - Remote trade (a supplier in one country sells a service to a customer in another, without the movement of people).
- **Mode 2** - Consumption abroad (the person receiving the service travels to the supplier's country).
- **Mode 3** - Commercial presence (e.g. a company subsidiary) - this mode is not counted as part of UK services trade on a balance of payments basis and is not reported in this release. This means that total figures are only the total of Modes 1, 2 and 4.
- **Mode 4** - Presence of natural persons (a supplier sends its personnel to the customer's country to provide service).

UK services exports to Cook Islands by mode of supply in 2022:

- Data on services exports to Cook Islands by mode of supply are not available from this source.

UK services imports from Cook Islands by mode of supply in 2022:

- Data on services imports from Cook Islands by mode of supply are not available from this source.

¹⁸ONS data source for UK Trade in Services by Mode of Supply: [ONS Imports and exports of services by country, by modes of supply, UK](#)

UK Market Share (ONS and UNCTAD)^{19 20}

Market Share definitions

- **UK market share** – Imports from the UK as a percentage of all the goods and services imported by Cook Islands. Market share is provided for total imports from the UK, as well as for goods and services separately.
- **Market share methodology** – These UK market share statistics are derived by the Department for Business and Trade, using publicly available data from the Office for National Statistics (ONS) and the United Nations Conference on Trade and Development (UNCTAD). These new statistics allows users to estimate the importance of UK trade on imports to each trading partner. Market share is calculated as the value of imports from the UK using data from [ONS](#), divided by the value of total imports using data from [UNCTAD](#). Data from UNCTAD are converted from US dollars into pounds sterling by using the annual average spot exchange rate ²¹.

The UK's market share for Cook Islands in 2023 was as follows:

- The UK market share in Cook Islands was 0.0% in 2023 for **goods only**. This is unchanged from 2022.
- UK market share in services for Cook Islands was not available in 2023.

The table below presents the UK's market share for Cook Islands between 2014 and 2023. Values presented in italics are based on UNCTAD estimates of imports.

Year	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Total goods and services	0.0%	3.6%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	-	-
Goods only	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Services only	0.0%	10.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	-	-

¹⁹ONS data source for market share: [UK total trade data \(seasonally adjusted\)](#).

²⁰UNCTAD data source for market share: [Goods and Services \(BPM6\): Exports and imports of goods and services, annual](#). Some UNCTAD data may be based on estimates.

²¹Annual average spot exchange rates for \$USD to £GBP are sourced from the [Bank of England](#)

Number of VAT-registered businesses trading goods (HMRC)^{22 23 24}

Business counts definition (Regional Trade in Goods Statistics)

- Business counts report UK VAT-registered business exporting and importing goods. Data is collected primarily from customs declarations (using the Intrastat survey and VAT returns for Northern Ireland businesses trading with the EU).
- Counts exclude businesses trading below the statistical value thresholds for customs declarations and exclude trade in non-monetary gold.

Businesses trading goods with Cook Islands in 2024:

- Data on the number of VAT-registered businesses exporting to Cook Islands are not available from this source.
- Data on the number of VAT-registered businesses importing from Cook Islands are not available from this source.

²²HMRC data source for Regional Trade Statistics business counts data: [UK trade in goods statistics](#).

²³Data for UK businesses engaged in trade of services with Cook Islands are not available. A single business may trade with multiple trading partners abroad, so care should be taken when adding figures for multiple trading partners.

²⁴HMRC does not receive partner country information for customs declarations with commodity line values that fall under the statistical value threshold of £873 (in value) and 1,000kg (in net mass). Therefore, these counts of exporting/importing businesses only capture those businesses with exports/imports (respectively) above the statistical value threshold. The number of businesses has been rounded to the nearest 100.

Trade in Value Added (OECD)^{25 26}

Trade in Value Added definitions

- **Trade in Value Added (TiVA)** - TiVA is a statistical approach to examine supply chains, which is not possible with conventional ('gross') trade statistics. This is because TiVA treats international trade flows as flows of value added rather than gross flows of final goods and services.
- **Domestic and foreign value added** - In TiVA, gross exports are decomposed into domestic and foreign value added. Domestic value added measures the value added generated by the domestic economy in the production of its exports (e.g. the value added by UK car manufacturers and their UK supply chains in car exports). Foreign value added measures the value added contribution that foreign suppliers make to these exports (e.g. the import of foreign car parts).
- **TiVA statistics** - Although TiVA offers advantages over traditional ways of measuring trade, these statistics are not fully developed. These results are estimates which should be considered complementary to conventional trade statistics and not be over-interpreted. In addition, the geographical detail is limited for developing countries. More information on TiVA can be found in a recent [research report](#) by the Department for Business and Trade and Cambridge Econometrics.
- **UK forward linkages for exports** - Measures the reliance of foreign exporters on UK value added (inputs).
- **UK backward linkages for exports** - Measures the reliance of UK exporters on foreign value added (inputs).
- **Employment supported by exports** - This provides an estimate of the number of employees in exporting industries, and their domestic supply chains that are supported by exporting activity.

Note: Data for Cook Islands on forward and backward linkages for exports in 2020 are not available from this data source.

Employment supported by exports:²⁷

- Data for Cook Islands on employment supported by exports of 2020 are not available.
- Exporting activity in the UK supported 6.7 million jobs in 2020 (20.6% of total UK employment). Data on the number of UK jobs supported by export activity to Cook Islands in 2020 are not available.

²⁵The estimates in this factsheet are based on Trade in Value Added statistics published by the Organisation for Economic Co-operation and Development (OECD): a) [Trade in Value Added database \(origin of value added in gross exports\)](#), June 2024; and b) [Trade in employment \(TIM\) database](#), February 2024, indicators EXGR_DEM.

²⁶The data shown in this factsheet is from 2020.

²⁷These estimates measure employees directly and indirectly supported by exports i.e. workers employed in exporting businesses and in other domestic businesses supplying inputs to the exporting businesses. The estimates should be interpreted as employment *supported* by exports, rather than employment *created* by exports, as the jobs may have previously existed to serve the domestic market. Employees may also be supported by exports from a multiple number of trading partners. As with the core TiVA data, these estimates are based on a number of assumptions and modelling, so should be interpreted with caution.

Foreign Direct Investment with Cook Islands (ONS)^{28 29 30}

Foreign direct investment definitions

- **Foreign direct investment (FDI)** - Investment made by a firm or individual in one economy ('direct investor') to acquire a 'lasting interest' in an enterprise operating in another economy. The lasting interest is deemed to exist if the direct investor acquires at least 10% of equity, or equivalently 10% of the voting rights, of the company.
- **FDI stock** - The accumulated value of all previous investments at the end of a reference period. Figures are net, that is the value of investment minus disinvestment. **UK outward FDI stock** provides the total value of FDI by UK investors in economies abroad (investment of a UK parent company in Cook Islands), while **UK inward FDI stock** provides the total value of FDI by non-UK investors in the UK (investment of a Cook Islands parent company in the UK).
- **Data disclosure** - It can happen that FDI is coming from only a few investors. In that case, figures are suppressed by the ONS to avoid disclosure of information relating to individual enterprises.

Note: The FDI data for 2020 have been affected by changes in sampling methodology. Improvements have been made to the population which has been sampled and the way that businesses are sampled from the population, capturing a wider range of businesses. This means data from 2020 and onward are more representative of UK FDI with overseas partners and are comparable.

More information about the methodology changes can be found on the [ONS website](#).

UK outward FDI stock:

- At the end of 2023, the **stock of FDI from the UK in Cook Islands** are not available due to data disclosure.

UK inward FDI stock:

- At the end of 2023, the **stock of FDI from Cook Islands in the UK** was less than £500 thousand.

²⁸Data for both inward and outward FDI between the UK and Cook Islands are not available in the main ONS release ([Foreign Direct Investment involving UK companies](#)). Therefore, an [ONS FDI ad-hoc data release](#) is used to provide the latest FDI data for Cook Islands where it is unavailable in the main ONS release.

²⁹Data are presented on a directional basis which means they are not directly comparable to the asset/liability report prepared by ONS as part of the Balance of Payments statistical release. Figures are on net basis (investments minus disinvestments) and are given in nominal terms. Negative FDI values occur when disinvestments are greater than investments. Data are on an immediate destination/source basis and not an ultimate destination/source, which is likely to overstate financial centres such as the Netherlands and Luxembourg.

³⁰This factsheet contains data as reported by the UK and are subject to asymmetries e.g. UK outward FDI to Cook Islands (reported by the UK) may not match Cook Islands inward FDI from the UK (reported by Cook Islands). For consistency when comparing between partners, users are advised to use UK-reported data as far as possible.

Economic statistics (as reported by Cook Islands)

Trade and investment data for Cook Islands (UNCTAD)^{31 32 33}

The following data are reported by Cook Islands and are for reference only. Whenever possible use data from UK sources for trade and investment. All data below are presented in \$USD in billions.

Year	2017	2018	2019	2020	2021	2022	2023	2024
Nominal exports	0.3	0.3	0.3	0.1	0.1	-	-	-
Nominal imports	0.2	0.2	0.2	0.2	0.2	-	-	-
Nominal trade balance	0.1	0.1	0.1	-0.1	-0.1	-	-	-
Inward FDI stock	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2
Outward FDI stock	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

³¹United Nations Conference on Trade and Development (UNCTAD) data sources for trade: [Goods and Services \(BPM6\): Exports and imports of goods and services, annual](#); and for investment: [Foreign direct investment: Inward and outward flows and stock, annual](#).

³²Estimates are given in italics. Historic data pre-2017 can be found on the [UNCTAD website](#).

³³All trade data are on a Balance of Payments basis. The FDI data are on a directional and net (investment minus disinvestment) basis. These figures are given in current prices and are rounded to the nearest \$0.1 billion, with missing data represented by dashes.

Economic data and projections for Cook Islands (IMF)^{34 35}

The following table presents economic statistics for Cook Islands. Figures from 2025 onwards are forecast projections.

Note: IMF World Economic Outlook does not have data on Cook Islands.

³⁴International Monetary Fund (IMF) provide economic commentary in their [World Economic Outlook reports](#). The latest data presented here can be found in the [World Economic Database, April 2025](#).

³⁵Projections and estimates are given in italics. More information for each metric and each partner, as well as historic data pre-2022, can be found on the [IMF website](#).

Background Notes

This document is one of a wider set of factsheets between the UK and its individual trade and investment partners which can be found on the [Trade and Investment Factsheets website](#). All of these factsheets are published as [Official Statistics](#) as defined by the [UK Statistics Authority](#).

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The Department for Business and Trade welcome any feedback or comments on these factsheets, please send these to statistics@businessandtrade.gov.uk.



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