FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL								
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person* Burns Annette L					2. Issuer Name and Ticker or Trading Symbol NBT BANCORP INC [NBTB]								(Chec	k all app Direc	p of Reporting Pe plicable) ctor er (give title		son(s) to Is 10% Ov Other (s	wner	
(Last) 52 SOUT	(Fir ΓΗ BROAD	,	Middle)		3. Date of Earliest Transaction (Month/Day/Year) 01/15/2022									X	below SVP,				
(Street) NORWIG	CH NY		.3815		4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Indi Line) X	vidual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(Sta	-	Zip)			. 5.55													
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																		
Date				2. Transaction Date (Month/Day/Year)		ear) Execution Date, if any (Month/Day/Year)		Transaction		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 5)			4 and Securition Beneficition Owned I		ties cially Following	Form	: Direct r Indirect str. 4)	7. Nature of Indirect Beneficial Ownership	
								Code	v	Amount	(A) (D)	Pr	ice	Transa	Reported Fransaction(s) Instr. 3 and 4)			(Instr. 4)	
NBT Bancorp Inc. Common Stock				01/15/2	2022				F		36	D	\$	42.14	14 14,754.9			D	
NBT Bancorp Inc. Common Stock 01/15/				022			F		119	D	\$	42.14	14,635.913			D			
NBT Ban	corp Inc. C	ommon Stock		01/15/2	2022				F		36	D	D \$42.14 14,599.913 D						
NBT Ban	corp Inc. C	ommon Stock		01/15/2	2022				F		50	D	\$	42.14 14,549.913 D					
NBT Ban	corp Inc. C	Common Stock 01/15/2022 F 36 D \$42.14 14,513.913 D						D											
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																			
1. Title of Derivative Security (Instr. 3) 2. Conversion or Exercise Price of Derivative Security 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) Execution E (Month/Day/Year) (Month/Day/			on Date,	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Expirati (Month/	ion Da		7. Title and Amount of Securities Underlying Derivative Security (Ins 3 and 4)		De Se (In:	Price of erivative ecurity nstr. 5)	9. Number derivative Securities Beneficially Owned Following Reported Transactior (Instr. 4)	y G	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code		(A)	(D)	Date Exercis	able	Expiration Date	or Numb of Title Share							

Explanation of Responses:

Annette L Burns

01/18/2022

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

^{*} If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

^{**} Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).