

MilitaryInstallations Booklet for Naval Support Activity Bahrain

Fast Facts

Location: NSA Bahrain is located in the Kingdom of Bahrain in the Middle East, within the archipelago Persian Gulf, and east of Saudi Arabia. NSA Bahrain covers the busiest 152 acres in the world. We provide services and support to ships at sea, remote sites throughout the region, and military and civilian personnel living in Bahrain. Installation [Website](#).

Cost of Living: All permanently-assigned personnel are entitled to a Cost of Living Allowance (COLA) due to the higher cost of living in Bahrain. COLA rates change frequently; for more up-to-date information, consult the [DFAS website](#).

Base Operator: 011-973-1785-4000 or DSN 318-439-4000

Population:

Total DoD population: 8,500 including military and DoD civilians

Area Population: 155,000 in Manama, Bahrain. 791,473 in the country of Bahrain.

Child Care: All family members of DOD personnel permanently assigned in Bahrain are authorized.

Schools: Bahrain School is the only DoD school in Bahrain. Information on the Bahrain School can be found on their [website](#).

Youth Services: All family members of DOD personnel permanently assigned in Bahrain are authorized.

Fleet and Family Support Center: [FFSC](#) 011-973-1785-4046, DSN 318-439-4046

Housing: Most personnel will live on the local economy, except for a very few special-assignment personnel. The Housing Office will assist you in finding a place to live and in executing a lease. Rent is paid in Bahrain Dinars. Call the Navy Housing Office, at 011 973 1785 4104, DSN 318-439-4104 for availability.

Employment: The Human Resource Office provides service to state side hires and local hires. All employees are required to have a passport with a visa.

Base Services:

[MWR Facilities Exchange](#)

Medical Services: Medical Clinic, 011-973-1785-4260/6110, DSN 318-439-4260/6110. Dental Clinic 011-973-1785-4211, DSN 318-439-4211. Health care services in Bahrain are considered very good by United States standards; although, services are somewhat limited in scope from what is expected in the United States.

Special Messages:

Passports/Visas

All active duty military personnel are required to have an official passport prior to arrival in Bahrain. Official (No-Fee) passports will be issued through your Personnel Support Detachment (PSD). Do not delay, it is critical that you have an official passport plan early. Passport application can take as long as two months. The Kingdom of Bahrain requires a visa for all personnel entering the country. All service members and DOD Civilians should ensure they have a "no fee" passport in their possession prior to the move.

Civilian Attire/Dress Code

U.S. personnel and their families must be aware of local sensitivities and cultural values in order to minimize the impact of U.S. military presence and reduce, to the maximum extent possible, any potential host-nation friction. Unless otherwise directed in writing by higher authority, all U.S. Navy personnel attached to COMUSNAVCENT/COMFIFTHFLT units and family members must adhere to the requirement of [General Order OPORD 1000-10 \(U\)](#).

Pay

Single personnel and personnel with dependents receive COLA (if they are not on per diem), Hardship Duty Pay and BAS at current rate.

Exceptional Family Member Program (EFMP)

For EFMP questions or assistance, please contact the Medical Department at DSN 318-439-4260 COM 011-973-1785-4260.

Repatriated Family Members

For information about Family Member repatriation, please see the [CNIC NSA Bahrain website](#).

Defense Service Network (DSN) Dialing Instructions

The DSN is the provider of long-distance communications service for the Department of Defense (DoD). Every installation has a special DSN number and the numbers vary by world-wide location. In order to place a call using DSN, the caller must be using a military phone on an installation. Cell phones cannot dial DSN numbers. When dialing a DSN number from a United States installation to another United States installation, it is unnecessary to dial the DSN 312 area code. When dialing a DSN number to/from overseas locations, the DSN area code must be included. The operator can be reached at commercial (719) 567-1110. Please note that long distance charges may be incurred.

Overview

Location

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History

The British Navy established a naval installation known as HMS JUFFAIR on April 13, 1935, in the area where NSA is located today. The British treaty expired in 1971, and Bahrain became totally independent. The United States, through agreement with the Bahraini government, took over part of HMS Juffair in 1992. When the U. S. acquired the HMS Juffair site, the command title changed to Administrative Support Unit (ASU), Southwest Asia. The title reflected the new mission of supporting ships and remote sites throughout the area of responsibility. In 2000, the command title changed to Naval Support Activity Bahrain. For more information, please visit NSA Bahrain's [Website](#).

Mission

The mission of NSA Bahrain is to provide Operational Support to U.S. and Coalition Forces operating throughout the CENTCOM area of responsibility. Naval Support Activity Bahrain operates and sustains superior facilities and services for its tenant commands, their deployed assets and military members, DOD civilian personnel and dependents living in Bahrain, and provides security to ships, aircraft, detachments, and remote sites throughout the region.

Population Served

NSA Bahrain is home to approximately 8,500 military personnel and DoD Civilian employees assigned to NSA Bahrain and 78 Tenant Commands, as well as Joint and Coalition Forces.

Base Transportation

Currently, there is no base transportation on this installation.

Sponsorship

Military personnel reporting to NSA Bahrain should contact the NSA Bahrain Sponsor Coordinator at either of the following numbers, 011-973-1785-4088 or DSN 318-439-4088. Please note that the NSA Bahrain workweek is Sunday - Thursday, 7:30 - 4:30, plus 8 hours EST. The Sponsor Coordinator will tell you how to contact your sponsor. Your sponsor can provide all pertinent information to assist you in relocating to NSA Bahrain. If your flight is delayed and you cannot contact your sponsor, call NSA Bahrain's ACDO 011-973-3943-2187 or CDO 011-973-3940-3877. If you arrive early and need assistance please call these same numbers.

Temporary Quarters

E5-E9 and Officers are expected to spend their first night and up to 45 days at a local hotel until they find a flat or villa. Prior to checking in the hotel off base all military/DoD civilian personnel are required to get the non-availability stamp from Transient Quarters (TQ). Reservations can be made in advance by contacting the Housing Welcome Center at 011-973-1785-2100/4716 or DSN 318-439-2100/4716 or email M-BA-NSA-NGIS@me.navy.mil.

Relocation Assistance

The Relocation Assistance Program is a comprehensive program that supports military personnel and DOD Civilian employees assigned to NSA Bahrain. The program offers a Newcomer Orientation that includes Inter-Cultural Relations programs and classes. For more information about Relocation Services, contact the RAP directly from stateside 011-973-1785-4046 or DSN 318-439-4046.

Critical Installation Information

Passports/Visas

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Civilian Attire/Dress Code

U.S. personnel and their families must be aware of local sensitivities and cultural values in order to minimize the impact of U.S. military presence and reduce, to the maximum extent possible, any potential host-nation friction. Unless otherwise directed in writing by higher authority, all U.S. Navy personnel attached to COMUSNAVCENT/COMFIFTHFLT units and family members must adhere to the requirement of [General Order OPORD 1000-10 \(U\)](#).

It is impossible to cover all combinations of attire. The goal is to blend with the local environment and not draw undue attention to yourself. Civilian attire will present a neat, conservative appearance. Clothing will be loose fitting and concealing. Neither males nor females shall wear shirts or blouses of sheer fabric that could be considered revealing. Long pants are required between sunset and sunrise in all hotels, restaurants and clubs without exception (excluding fast food restaurants). Capri and cropped pants are considered long pants for women. Casual shorts will not be more than 2 inches above the knee for both male and female. Conservative slacks, denim pants (jeans), skirts, dresses, or shorts and collared shirts are generally acceptable. Shirts or ball caps with military, political, religious, musical, or heavy metal logos should not be worn.

During the celebration of Ramadan, the wearing of physical training attire and casual shorts will be modified to require full leg coverage, i.e. sweat pants/jeans; complete arm covering is also recommended in public.

Traditional host-nation male attire (thobe and gutra) and female attire (abaya) shall not be worn by U.S. personnel or family members.

Pay

Single Personnel receive Single COLA (if they are not on per diem), BAS and Hardship Duty Pay. BAH and FSA at 250.00 dollars a month and Family Separation Pay.
Exceptional Family Member Program (EFMP)

For EFMP questions or assistance, please contact the Medical Department at DSN 318-439-4260 COM 011-973-1785-4260.

Repatriated Family Members

For information about Family Member repatriation, please see the [CNIC NSA Bahrain website](#).

Sponsorship

Settling into your new location and your new unit takes time. [Military OneSource](#) is designed to assist you with information about your new location. Once on the Military OneSource site, chose the Installation Locator. Additionally each of the military Services has a Sponsorship Program which is very helpful in providing new unit information. If you want to learn how to be a sponsor, you can take a short [training module](#) found on Military OneSource, or if you are a Sponsor, you can use the [eSponsorship Application & Training](#) a secure website designed to train you on your sponsorship duties and provide sample materials for your use when communicating with your newcomer.

The purpose of the Sponsorship program is to:

- Provide a sense of belonging
- Ease the transition for inbound service members or civilians and their family members
- Increase productivity
- Reduce culture shock

Help newcomers make informed decisions

Cultivate new friendships

Improve morale

A sponsor is someone from your new unit who is assigned to assist you in settling into your new location. You must request a sponsor through your unit. You can learn more about the sponsorship program and how to apply through your Relocation Assistance Program or the Army Community Service at your new installation.

Your gaining unit will appoint your sponsor in writing. He/she will be the same or close to your rank and the same marital status, if at all possible. This person will be knowledgeable about the local community and the installation; available to assist you and your family for at least two weeks post arrival, and be someone who is positive and outgoing.

A sponsor's duties include:

Contacting you and your family by letter of introduction or e-mail upon learning of your assignment to the installation. Following up with a personal phone call after contact has been made.

Sending information about the installation/area which you may require, or putting you in touch with the resources on the web and at the installation that provide current, complete and up-to-date information such as those provided by the Relocation Program.

Answering any questions which you or your family may have, or, again, providing the proper resources to answer those questions.

Confirm transportation and lodging arrangements.

Assisting with obtaining a Post Office Box for your mail.

Meeting you and your family upon arrival.

Accompanying you to your check in point for the unit.

Introducing you to the Family Center and loan closet

Providing essential service locations such as commissary, exchange, gas station, and bank.

Being available when you arrive at your installation to meet you, show you around, and help you through in-processing.

If you have not been assigned a sponsor, or have not been contacted as of yet, request one by contacting your gaining command or unit. If after contacting your new command you find difficulties in obtaining a sponsor, contact your Relocation Assistance Personnel for additional help with your move.

Service specific processes for requesting a Sponsor include:

Army and Defense Logistics Agency: AR 600-8-8 outlines procedures for DA Form 5434, Sponsorship Program Counseling and Information Sheet. Sponsorship is mandatory for first term Soldiers. All Soldiers, private through colonel (excluding those completing Advanced Individual Training (AIT) and those PCSing to long term schools) and civilian employees through grade 15 may participate in the advance arrival sponsorship program. Reactionary Sponsorship is available for individuals arriving at an installation without a sponsor. Contact the gaining unit to request a sponsor.

Air Force: Gaining Unit Commander Support Staff/Military Personnel Section will assign a sponsor upon receipt of assignment notice. Assigned sponsor will then make contact with the inbound member.

Navy: OPNAV INSTRUCTION 1740.3C prescribes procedures regarding Command Sponsor and Indoctrination Programs. This Program is designed to facilitate the adaptation of Sailors and their families into new working and living environments, to minimize the anxiety associated with a Permanent Change of Station (PCS) move, and afford Sailors and their families the greatest opportunity for a successful and productive tour of duty.

Command sponsor and indoctrination responsibilities begin upon receipt of PCS orders and continue until the Sailor has become an integral part of the new command and is fully cognizant of all policies, programs, services, and responsibilities available through the command. Commanding Officers shall establish a Command Indoctrination Program to include the delivery of the Navy Pride and Professionalism training per this instruction. COs should ensure all incoming personnel receive command indoctrination training within 30 days of arrival or within 3 drill weekends Enclosures (1) and (2) of OPNAVINST 1740.3C outline responsibilities and provide guidance for these programs. Assistance to local commands regarding the Command Sponsor Program is through the Fleet and Family Support Center (FFSC) Relocation Assistance Program staff.

Marine Corps: Gaining Unit Commander will assign a sponsor on request. Overseas commands should assign a sponsor automatically, however if one is not assigned, send a request to the gaining command using the [Sample Sponsorship Request form](#).

Sponsors' responsibilities and abilities to be available will vary from installation to installation, depending upon the priority which the installation and unit commanders give to the program; however, the Services are making the Sponsorship program a priority as research has shown the many benefits of good sponsorship to service, family members and youth.

Youth Sponsorship

The Youth Sponsorship Program depends on the availability of youth who volunteer to become sponsors. The Youth Services topic should explain the Youth Sponsorship program at your new installation, but if it does not answer all of your questions, contact your Relocation Manager to inquire about the program and acquiring a youth sponsor.

Motor Vehicles

Bahrain Traffic

Most people have vehicles and the volume of traffic is exorbitant compared to the size of the island. All vehicles are required to be registered and have vehicle insurance.

Hands-free Policy

Hands-free devices must be used while operating a motor vehicle on **all** military installations worldwide.

Driving in Bahrain

It is recommended that you ship your Personally Owned Vehicles (POV) Bahrain, unless it is hard to maintain or is damaged. Bahrain will not register a vehicle with body damage or missing parts (i.e. a bumper). Tinted or mirrored glass windows on your vehicle are usually not allowed, unless factory tinted.

Seat Belts --All occupants of vehicles are required to wear safety belts. Children under the age of ten are not allowed to ride in the front seat.

Vehicle Accidents -- When involved in a traffic accident, it is important not to move the vehicle until directed by Bahrain Public Security (BPS) Traffic Police. All accidents must be reported to the Security Detachment as soon as practical. Any damage repairs to vehicles require an accident report.

Always carry with you when operating a motor vehicle a valid driver's license (International or Bahrain - a stateside license alone is not valid), proof of current insurance (by Bahrain based company), your Civilian Population Registry (CPR) card, and 20 Bahrain Dinars. You will be charged an accident report fee regardless of who is at fault.

Privately Owned Vehicles (POVs)

Authorized DOD personnel may import free of duty no more than one privately-owned vehicle for the personal use of the member. However, you may import a second or third vehicle, but member is liable to pay the 20 percent import tax and local port handling. The legwork to complete the customs processing is the members responsibility. The local Ministry of the Interior defines a motor vehicle as either automobile or motorcycle with engine power exceeding 1.5 HP and engine size exceeding 50 cc. Personnel must be 18 years old and possess a valid permit to operate automobiles and motorcycles. POV will be inspected by local traffic directorate for compliance and thus requires registration according to Bahrain traffic law.

Picking up your POV

Privately Owned Vehicles (POVs) are handled by the Vehicle Processing Center (VPC) located in Sitra Industrial Area, Kingdom of Bahrain, where service members (military/civilian) can check the inbound status of their POV and also turn-in their vehicles for outbound shipment.

Members can also check the status of their POV [on-line](#) & Input the order number or your SSN and your last name exactly as listed on the Vehicle Inspection and Shipping Form or call Local Office Tel: 1770-1892 Or 1770-2193 Fax 17701456; You will be notified to collect your POV from the VPC once the POV is cleared through Bahrain Customs.

When you arrive to pick up your vehicle you must present the following to the VPC personnel: Copy of Vehicle Inspection and Shipping Form; Copy of Orders - front and back to include any amendments; Produce Military ID card to prove the ownership; Temporary License Plates (Bahrain); Proof of Insurance; Power of Attorney - if anyone other than entitled member is picking up the vehicle.

Hours of operation: Open: Sunday - Thursday 8:00 a.m. - 5:00 p.m.; Closed: Friday, Saturday and other US holidays.

Pre-Registration Requirements

Once your POV is cleared through Bahrain Customs you will be notified by the VPC. To collect the Customs Clearance Certificate of your POV at Personal Property Office. Personal Property Office will issue a letter certifying the status of your POV Title & a certification letter to register your POV at the Bahrain Traffic Directorate. Contact an insurance company of your choice to ensure that you have the required coverage for Bahrain. Local insurance companies will issue a card; that is the proof of insurance.

Registration

Registration of the Vehicle with Bahrain Traffic Directorate will be your responsibility. Or you can assign an agent of your choice to process your POV registration.

The following are required by the Traffic Directorate for registering your POV: Vehicle (for inspection); Customs Duty free certificate (provided by the VPC); Letter from the Personal Property Office Certifying the status of the Title (provided by PPSO); Letter of Certification to register your POV to Bahrain Traffic Directorate (provided by PPSO); Proof of Insurance; CPR Card of the owner; Driver's License (either US/Bahrain); Registration Fees (BD33.000 approx).

Obtaining A Driver's License in Bahrain

- a. Letter from the Command
- b. Three photos
- c. Valid US driving license
- d. ID photo copy
- e. CPR card
- f. Passport w/visa
- g. Approximately \$70.00 or 26.000 BD

Local Motor Vehicle Regulations

Tinted windows: Local motor laws allow the importation of vehicles with FACTORY TINTED windows. Vehicles cannot be registered unless the windshield and front side windows allow at least 70% of light to pass through. The front windshield may have a sun strip as long as it is the original manufactured windshield. All windows behind the front driver and passenger side windows can be tinted as long as it is the FACTORY TINTED windows. The amount of tinting for windows behind the driver and passenger side windows was not address by the Kingdom of Bahrain with the exception of them needing to be FACTORY TINTED. Vehicles already imported will be allowed until November 2005 to change their windows should they not comply. Vehicles that are in transit with non-conforming tinted windows may not be allowed to be registered. After market tinting is not allowed.

Right hand steering wheel: Vehicles with right-hand steering wheel (right hand driven) are not permitted.

Paint/scratches/dents: Vehicles with badly faded paint, dents, widely visible scratches, or any other damage will not pass the inspection. Normal dings and scratches are acceptable. Loose or hanging body parts are not acceptable.

Major body damage is not acceptable. (CH)

Tires: All tires will be in good condition. Tires extending partially beyond the fender are prohibited.

Lights: All installed lights must be operational. The taillight or a separate light must illuminate the rear license plate. Backup lights must function when the transmission is engaged in reverse gear. Vehicles must be equipped with directional signals.

Windshield Wipers: Must be operational.

Brakes: Vehicle must have two separate means of applying brakes. The failure of one braking system will fail registration.

Color: There are no restrictions as to color. However, no weird painting or art on vehicle is permitted.

Others: Vehicles must meet operational and safety standards. Faulty exhaust system, missing fenders, broken windows, missing side view mirrors, and improper wheel alignment (wheels that cannot be turned from full right to left without jamming or rubbing part of the vehicle) will not be accepted.

Motorcycles/Mopeds

Mopeds and motorcycles require registration according to Bahrain traffic law.

Gasoline/Catalytic Converters

Unleaded gasoline is available throughout Bahrain, removal of catalytic converters is no longer required.

Insurance and Safety Requirements

(1)

Insurance and traffic registration expiration dates must coincide with one another, (i.e., last day of the month). Insurance and registration must be renewed annually; failure to comply will preclude operation of vehicle and may subject the owner to a penalty in accordance with Bahrain law.

(2) Automobile insurance for the Bahrain area is reasonable. Cost depends on make, model, year of vehicle and the total value (what is it worth at present) you declare on the vehicle. Insurance is compulsory, and POV cannot be released, registered, and used without proof of insurance. Once insurance is issued on a vehicle, coverage includes anyone who drives the vehicle. It is not necessary to have each individual driver insured. There are two types of insurance policies available:

- (a) Third party (without collision) will run about \$125/160 per annum.
- (b) Comprehensive (full cover) will run \$300 and above per annum.

Education - General Overview

Educational Alternatives

Navy PACE provides accredited college courses for service members. On-site University of Maryland and Central Texas Colleges offer courses for Associate, Bachelor and Masters degrees. Local private schools and universities are available, but they are quite expensive for non-Bahrainis.

The Central Texas College office can be reached by calling 011-973-1785-9093 or DSN 318-439-9093. The University of Maryland University College, Europe office can be reached by calling 011-973-1785-9094 or DSN 318-439-9094. Commercial fax is 011-973-1785-3660 and DSN fax is 318-439-3660.

DoD Schools

Bahrain School is the only DoD school in Bahrain. Standardized test scores for the Bahrain School are available through the [DoDEA Data Center](#).

Education - Local Schools

How do I choose a school?

Choosing the right school for children is a priority for military families. Whether you are assigned living quarters or have a choice of where to live, it is important to explore all educational options to discover the proper match for each child. All parents want the best possible education for their children. Students have different learning styles and needs. Children within the same family may not learn in the same way or at the same rate. Finding the right educational setting for each child requires a careful examination of various options that are available to students and their families.

"[Choosing a School for your Child](#)", a publication of the U.S. Department of Education offers a series of checklists and pertinent questions to assist parents in making the right choices.

What schools are in my area (or in the area where I may move)?

Several high quality commercial tools are available to assist in making decisions about which school to choose for your child.

[GreatSchools](#) offers listings of 200,000 public and private schools serving students from preschool through high school and more than 800,000 parent ratings and reviews. GreatSchools also has a new program called College Bound, an online approach to helping parents raise college-ready high school graduates.

Designed for military students, their families and the caring professionals who support them, [SchoolQuest](#) is an educational resource tool from the Military Child Education Coalition. It is meant to facilitate the search for new schools and centralize resources.

It's also a secure storage site for students' educational, extra-curricular, award, volunteer and work information. Please note, though, that is NOT a replacement for a school transcript. It can be viewed as a safe, centralized virtual "file drawer" where a student (or parent) can keep track of all the details that are so difficult to organize, but so necessary when students move or apply for college, jobs or military service.

In addition, SchoolQuest guests are granted access to research and time-tested information about successful educational transitions.

[Military OneSource](#) is a free service provided by the Department of Defense to service members and their families to help with a broad range of concerns including money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of families with special-needs members.

How can I help plan for a successful transition in this new school and for my child's school career?

Parents often want to know about the availability of extracurricular activities and sports, or the availability of advanced classes. For these questions, it is best to contact the schools directly. It is important to ask the right questions. The following resources can help with these questions and others.

[Military Child Education Coalition](#)

[Military Impacted Schools Association](#)

Education - Local Schools/Overseas

Overseas Schools -- What You Should Know

Moving your family from one installation to another in the U.S. can be challenging enough; but moving your family overseas presents an even more complex situation. One of the most important challenges can be summed up by this question, "Where are my children going to go to school?"

This article will provide resources to help guide military families through the many questions and decisions regarding local schools abroad.

Where do I start?

Start with the information on your new installation. Visit [MilitaryINSTALLATIONS](#) and review the installation's Education - article. All of the overseas installations have dedicated a portion of the Education article to discussing the education options available in the local community as well as the DoD schools located on the installation, if available. Most installations overseas that allow accompanied family travel have one or more DoD schools.

What is the difference between a DoD school and an international or national school?

[DoDEA](#) is the Department of Defense Education Activity. DoDEA operates DoD schools in 12 foreign countries, Guam and Puerto Rico. All DoDEA schools are fully accredited by U.S. accreditation agencies and maintain high academic standards with well-rounded educational programs. Visit the [DoDEA School Report Card website](#) to find a detailed discussion of each DoD School.

In addition to DoDEA, the [U.S. Department of State's Office of Overseas Schools](#) mission is to promote quality educational opportunities for dependents of American citizens overseas at the elementary and secondary level. If a DoD school is not available on your installation there may be a school in the local community that is an American-Sponsored Elementary and Secondary School.

International schools are English-language schools whereas National schools are schools where courses are taught in the native language. The curriculum and grading system of an International school tends to be similar to the traditional American education system. This is a consideration if your family will be returning to the U.S. prior to your child or children graduating high school. Remember, when choosing a school it is best to try to match the school with your child's needs and expectations.

Where can I find a list of International schools in the country where my family is moving?

The Internet can be an excellent resource for finding International Schools overseas. You can find a complete directory of overseas schools on the [International Schools Services' website](#).

In addition, the [World Wide Schools](#) website is an excellent resource. From the homepage you can select the country. Once you have done this, a list of schools will appear and you can then choose which one you are interested in researching. All of the information appearing on this website is provided by the schools directly. Some of the information you may find on a school includes: a background summary about the school, the school's address, phone number, website, and even the email address of the director of the school. This information should be explored so that you can make comparisons with other International schools in the area to determine the best place for your child/children.

How do I decide what school is best for my child?

This process is much the same as it would be in the U.S. You may not have as many choices but it is important to make a list of possible schools and then begin to ask around. This is a daunting task since it is likely that there will be a language barrier. However, talk to the Relocation Personnel in the Family Center and your sponsor at your new installation who may be able to put you in touch with other families with children around the same age as your child/children. Always contact the school directly and ask for references.

Once you have narrowed down your options, interview the school or schools directly. This is best done in person, if possible. Ask about: attendance, atmosphere, curriculum; grading system, tuition, accreditations, the staff and administration; as well as other practical details such as, does the school provide meals, what types of extra curricular programs are available, is there transportation, holidays and schedule, sports programs, before and after school care programs, and how is the facility maintained.

Now that I have chosen a school, how do I successfully facilitate the transition for my child?

A successful transition should be a priority during planning the move and once the move has been completed. The more knowledge you provide your child with, the more confident he/she will feel once he/she arrives at the new school. Allow your child to be a part of the decision making process, if he/she is old enough, and take his/her opinions into account.

[MilitaryStudent](#) provides several valuable tools to facilitate the transition process. Although many of these tools are not geared specifically to an international move the resources provided do apply to any military student transitioning to a new school in the U.S. or overseas.

Education - Training (College/Technical)

Continuing Education

Navy College Office (NCO), Bahrain offers a wide variety of educational services to all military and civilian members assigned to the region. NCO Bahrain also provides educational counseling to service members and civilians on a wide range of voluntary education issues. All sailors are encouraged to earn a rate-related associate degree as part of their military educational roadmap. Sailors should visit the Navy College Office Web-site and review the total Rating-Related Degree Programs.

NCO Bahrain provides a wide selection of testing services. The NCO administers CLEP, DANTES and Excelsior College tests three or four times per month. The NCO also administers ACT and SAT tests on a monthly basis depending upon demand for the tests. The NCO is also a registered test site for Air Force Institute of Advanced Distance Learning - AFIADL - tests and administers Air Command and Staff College tests for the Bahrain Area. The NCO also administers the National Registry EMT test in conjunction with local EMT graduates of the Central Texas College EMT Program.

Navy College Office, Bahrain, also offers the GED test for sailors who have not completed their high school degree requirements. Visit the Navy College Office when you arrive in Bahrain and find out more about this opportunity.

College

Both Central Texas College and UMUC-Europe offer on-base college courses at the Freshman-Senior level.

Central Texas College offers Criminal Justice courses and Emergency Medical Technician classes under the HQ USAREUR European contract. Many sailors take CTC courses in pursuit of an Associate of Applied Science Degree in Criminal Justice. Students can also earn their EMT-Basic National Registry Certification while in Bahrain. Sailors and civilians may also take on-line distance learning Central Texas College courses through registration with CTC headquarters in Killeen, Texas. CTC offers selected Emergency Medical Technician classes; however, the Bahrain site does not locally offer an applied science degree in EMT.

The University of Maryland College (UMUC) European Division - Bahrain offers service members, family members and civilians the opportunity to pursue course work leading to an associate or bachelor's degree. A variety of course work is offered in a traditional classroom approach. Distance Education is also available via the Internet. Degree plans include, but are not limited to, Business Management, Psychology, Communications and Criminal Justice. Many students take a combination of some classroom classes and some on-line classes to complete their degree requirements. UMUC-Europe also offers Elementary Arabic, ARAB 111, the host-country language.

Tuition Assistance program is at 100% for active duty personnel.

Library

Navy General Library Program

Navy General Library Program provides Sailors with a way to further their professional and voluntary educational pursuits and leisure activities through the provision of Digital Library Products on [Navy Knowledge Online](#) and through Shore and Afloat Libraries. The program also provides leisure reading materials in print and audio formats to those Sailors assigned to Operation Enduring Freedom and Operation Iraqi Freedom as well as those assigned to Military Missions in the Unified Pacific Command. Our reliance on Digital Library Products provides access to an array of information sources and leisure materials 24/7, 365 days a year, worldwide. The digital library on Navy

Knowledge Online consists of ebooks for ekids (Tumblebooks); downloadable audio books; genealogy databases; engineering database; financial database (Morningstar); Newspapers from all 50 states with an emphasis on Fleet concentration areas as well as from International locations with a Naval interest; 5000 full text journals and magazines; CLEP practice tests; DSST practice Tests; education and scholarship database as well as computer and technical ebooks. More products are added each year as funding allows.

The Shore Libraries are located on 23 Naval Installations and provide a variety of print and audio visual materials for check-out to eligible customers. The libraries provide access to the Internet through computers at no charge and through wireless access for laptops brought to the facilities. Most base libraries conduct special programs, such as story hours and summer reading programs, offer a variety of classes, book clubs, as well as author and book talks.

The Afloat libraries consist of computers and collections of print and audio materials but vary in size depending on the type of vessel. At one end of the spectrum is a carrier which may have a collection as large as 15,000 volumes to the other end of the spectrum, a submarine that may have a collection of only a few hundred items. As a part of the Afloat Library Program, the Navy General Library Program Office provide an "opening day" collection for every new ship entering the Navy's active fleet.

Military OneSource On-Line Library

Our mobile military members often don't have the resources of a brick and mortar library on hand to provide entertainment, learning or solace. The Online Library provides those resources while the members are in transit or deployed. One-stop shopping for all library resources in print, electronic and downloadable format are available online, 24/7. The library provides recreation, lifelong learning, reference, and career resources for all ages and interests. **All resources including audio and eBooks are free. Resources are available anywhere in the world where there is access to the internet.**

[Military OneSource On-Line Library](#) provides 24/7 access to library materials that include:

Ability to download free books from thousands of fiction and non-fiction titles, including animated children's books, or request a free paperback or digital Playaway book from Military OneSource.

Access to data bases to pursue education, research careers, fix cars or home appliances, maintain or remodel apartments or homes, and more.

Installation Specific Information

Customer Service Hours: Days opened: Saturday – Thursday, hours of operation – 9:00 a.m. – 6:00 p.m.

Services Offered:

Faxes
scanning
B/White & color printing
Xerox copies
Laminating
Typewriter
Stand alone computers internet access
Free Wifi access
Newspapers
Magazines

Circulating items:

Fiction & Non-Fiction Books
Travel Books
MCPON Reading books
Navy Reading books
Commandant's reading books
Educational Materials Such as Aswab, Clep, SAT Etc
DVDs for adults & Kids
Music CDs for adults & Kids
Inter Library Loan between the NAVEUR Libraries

Programs offered:

Read to your kid Program: We realize many children don't see their deployed parent for great lengths of time. There is a plan to get connected through reading. Read to them as if you're there. WE VIDEOTAPE, YOU READ! Call and schedule the date and time for this program. Great selection of Kids books! Hand puppets available!

Library based language Learning Rosetta online Program: Looking to learn a second language? or a third, or a

fourth? Registering with NSA Library, you can get a head start on that goal and build language skills at your own pace. Library patrons can now gain free access to a number of online language programs on the Rosetta Stone site from their home computers any time and for any length of time. It is as simple as checking out a book.

NKO Language Lab: This Lab features with six stations with laptop computers, headphones and built-in web cams, networked for NKO programs through an ADSL and wireless. Additionally, printing services are also available. Patrons will be able to reserve and use stations in two hour use time blocks. This is a great enhancement of educational support program with the advent of access to NKO. Users can also learn or be exposed to 32 Different languages.

Other programs: Ongoing Basic Computer Classes, Ongoing Cross stitch /Crocheting Classes for Teenagers, Bookclubs, Adults & Kids Reading Challenges, Weekly ongoing Story time for kids, Weekly ongoing Family Story time, Summer Reading Program for Adults & kids, and Monthly Activities for Adults and Kids.

Housing - Overview

General The Housing Welcome Center provides detailed market information, interpreting, contract review and signing services, legal advice in negotiations for rentals in accordance with U.S. needs and Bahraini law; showing services, assistance with utilities and mediation of landlord-tenant disputes. There is no government housing on NSA Bahrain except Unaccompanied Personnel Housing (UPH). All E-4s and below unaccompanied military personnel, must reside in Unaccompanied Personnel Housing UPH on NSA. The Housing Welcome Center is open Sunday through Thursday 8:00 a.m. - 3:30 p.m., except Tuesday hours are 8:00 a.m. - 1:00 p.m. Non-government Housing E-5s and above assigned to NSA Bahrain on PCS orders, will live on the local economy.

The Housing Office will assist newcomers in finding a place to live and in executing a lease. Rent is paid in Bahrain Dinars. There is a one month advance payment of rent required, which can be requested as advance Overseas Housing Allowance (OHA).

Rent is paid in Bahraini Dinars and includes utilities. Utilities Electricity is included in the rent within OHA rate and tends to be expensive and is billed monthly to the landlord and if you exceed your allowance, you must pay the difference. Telephones are also expensive. As phones are mandatory for recall purposes, an advance may be obtained for the phone deposit once housing is secured. Cellular service is more than adequate, making local mobile phone service a good option. Your touchtone telephone can be used here, with a transformer. Most electrical appliances can be used here with a transformer, but, your washer, dryer, and refrigerator won't run properly here. Store them at home. Your TV may or may not work here, with a transformer, depending on the model. You can negotiate with your landlord to have these items furnished in your lease.

Make sure to discuss with your sponsor what to bring and what to leave home. You have lots of lease options from fully-furnished housing to no-furnishings. Temporary Lodging Transient personnel (not PCS personnel) coming to Bahrain will usually stay in Navy Gateway Inns & Suites (NGIS). All E-5s and above on PCS orders, will be assigned to Hotels outside the base until they find permanent housing. All unaccompanied E-4s and below are required to stay on base at NSA Bahrain Unaccompanied Personnel Housing, UPH.

Housing - Temporary

Temporary Lodging

Transient personnel (not PCS personnel) coming to Bahrain will usually stay in Navy Gateway Inns & Suites (NGIS). All E-5s and above on PCS orders, will be assigned to hotels outside of the base until they find permanent housing. All unaccompanied E-4s and below are required to stay on base at NSA Bahrain Unaccompanied Personnel Housing, UPH.

Eligibility

E5-E9 and officers are required to stay in local hotels for up to 45 days. E4s and below are required to stay in NSA Bahrain UPH. You will receive Temporary Lodging Allowance (TLA), which you must apply for every 10 days. A complete explanation will be given when you attend the Housing Brief upon arrival. Transient personnel (not PCS personnel) coming to Bahrain will usually stay in Navy Gateway Inns & Suites (NGIS) or out in town in Hotels with Certificate of Non-availability (CNA).

Information Contact

The Housing Welcome Center provides detailed market information, interpreting, contract review services, legal

advice in negotiations for rentals in accordance with U.S. needs and Bahraini law; assistance with utilities and mediation of landlord-tenant disputes. There is no government housing on NSA Bahrain.

The Housing Welcome Center is open Sunday through Thursday 8:00 a.m. - 3:30 p.m., except Tuesday hours are 8:00 a.m. - 1:00 p.m.

Housing - Government

Military Housing

There is no government housing available onboard NSA Bahrain except Unaccompanied Personnel Housing (UPH). Almost everyone E-5 and above lives on the local economy; however, some unaccompanied special assignment personnel may live on base and in the Barracks due to mission requirement. Check with your sponsor for details.

Household Goods - Overview

Arranging Household Goods Shipments

As soon as you are alerted to your upcoming Permanent Change of Station (PCS) move, you can start getting your house and family ready. Clean up and get rid of junk. Hold a yard sale or take serviceable items you no longer need to a thrift shop or donate to charity. Get important family records together in one place.

If you are going overseas, you should begin to plan what items you will take in your unaccompanied baggage, in your household goods shipment, and what might need to go into permanent storage. Remember, in overseas areas, the electric current is different and houses are generally much smaller than U.S. standards and cannot handle large furniture.

Household Goods Shipping Process

The Defense Personal Property System (DPS) is the online system you will use to manage your household goods shipment. [Move.mil](#) explains this new process and provides access to DPS.

Shipping Pets

Planning for shipment of your pet includes researching airline requirements and quarantine restriction laws in your new location. You will need to check with the airlines on the requirements for size, weight, number of animals, kennel construction, documentation and season of the year limitations. Occasionally, small pets can be shipped on military flights but availability and regulations are always changing, as well as fees. Search [Move.mil](#) for general information on shipping pets.

Many international locations have strict importation laws including extended quarantines and restrictions on breeds or types of animals that can be brought into the country. Carefully research these rules as they could impact your moving schedule. Not only do overseas locations have strict rules but many locations in the United States have restrictions on certain breeds as well. Review your destination installation's Shipping Pets article for details found on the left hand tool bar on [MilitaryINSTALLATIONS](#).

"It's Your Move" Armed Forces Members

Review ["It's Your Move" Armed Forces Members, Part IV, Attachment K1](#) for detailed information on weight allowances, valuable tips, household goods shipping process, storage, shipping your automobile (POV - Privately Owned Vehicle), arrival and delivery of household goods shipments, claims process, and the customer satisfaction survey.

Installation Specific Information

It is essential for personnel shipping property to contact their destination Transportation Office inbound section immediately upon arrival & provide POC details to ensure proper notification when shipment arrives. The customer always has the option of talking with an inbound counselor. Contact your Personal Property Shipping Office as soon as you checked-in.

If you cannot be contacted, your goods may be placed in temporary storage (SIT) for only 90 days and you need to contact the Personal Property Office for delivery arrangements to avoid extra cost after 90 days storage.

Some items are [prohibited](#) for shipment to NSA Bahrain.

Household Goods - Shipping Pets

Pets Welcome

Pets are welcome in Bahrain, but it is a long flight. If flying on AMC, the crew may allow you to walk your pet at stops along the way; ask AMC for more information. If flying commercial, ensure you make contact with the airline well in advance to discuss details. You will pay out of your own funds to fly your pet here, even on AMC (costs can vary). Contact PSD or the AMC terminal directly to verify that your pet(s) have a space reserved on your flight(s). Also verify their shipping kennel requirements, weight restrictions, fees and any special shipping procedures or documents they may require upon check-in. Commercial airlines can have different rules, check with your carrier for specifics well in advance. Some airlines may NOT ship pets during certain times of the year, during temperature extremes and have limitations on carrier size and weight. Please e-mail the [NSA Bahrain Veterinary Clinic](#) as soon as possible for additional information bringing a pet to NSA Bahrain.

Boarding

NSA Bahrain does not have boarding facilities. Boarding services are readily available at competitive costs on the economy. The NSA Veterinary Clinic has a referral list.

Pet Import Requirements/Quarantine

All pets MUST have an original Bahrain Ministry of Agriculture Animal Import Certificate present at the airport upon arrival. Please contact the NSA Veterinary Clinic at DSN 318-439-4295 for information.

Bahrain has a mandatory one-month quarantine for all pets entering the country. Through a special arrangement with the Bahrain Ministry of Agriculture, US military and embassy personnel may accomplish this quarantine at home, but the NSA Veterinary Clinic must examine the animal upon entry into the country, call clinic to set up appointment upon arrival in Bahrain. An Import Certificate is required to make your pet eligible for the 30-day home quarantine. Have your sponsor inform NSA Veterinary Clinic and Personal Services Officer that you are bringing a pet!

The NSA Veterinary Clinic will provide necessary paperwork to help your sponsor complete the process for an Import Certificate from the Bahrain Ministry of Agriculture. All pets require an Import Certificate, whether traveling on military or commercial flights. You MUST send your sponsor, or the veterinary clinic, the following items:

Pet's history of vaccinations

Rabies certificate showing proof of immunization more than 30 days but less than 12 months old before expected arrival date

(Note: a health certificate must be obtained 10 days before arriving). These items will allow the NSA Veterinary personnel to help your sponsor to obtain the Import Certificate prior to your arrival. Cost of the Import Certificate is BD 17.000 (approx. \$51.00 USD). The Import Certificate will be given to the sponsor, and it is their responsibility to fax it to the pet owner. The original must be hand carried to the airport, and be present when the pet arrives; contact your sponsor for assistance.

NSA Veterinary Clinic should be contacted at least 30 days prior to the pets expected arrival date to allow for processing before leaving your current location.

Veterinary Services

The Veterinary Clinic (Vet Clinic) is located on NSA Bahrain Bldg # 328. There are several veterinarians/kennels located in Bahrain. Contact the Vet Clinic for more details at DSN 318-439-4295 or 011-973-1785-4295 or by [e-mail](#). All types of dogs are welcome.

Vaccination History

The owner or his/her sponsor must provide a copy of vaccination history, with medical authority signature, to NSA Bahrain - Veterinary Clinic, Building # 328, DSN 318-439-4295, 011-973-1785-4295 or nsa.vetclinic@me.navy.mil.

Shipping Pets

The pet must be at least 18 weeks old to ship to Bahrain. A pet can only be shipped this young if the first vaccinations, including rabies, are given at 12 weeks of age and then boosted at 14 weeks of age. The vaccination must be 30 days old before shipping. Most pets are given rabies at 16 weeks of age and then can be boosted at 18 weeks, meaning the pet can leave no sooner than 20 weeks or 5 months of age.

Dogs require vaccinations for: Rabies, Canine Distemper, Parvo virus, Leptospira, and Hepatitis. Bordetella is highly recommended.

Pets must have an ISO compliant microchip. Microchips MUST BE 15 digits (alpha-numeric) and ISO Standard 11785

with a 134.2 kHz frequency. 9 or 10 digit microchips are NOT compatible. Non-ISO compliant microchips can be used if the owner has a microchip reader. Readers can be bought or rented from online companies.

Cats require vaccinations for: Rabies, Feline Rhinotrachcitis, Calici Virus and Panleukopenia. Microchip is recommended.

For animals with no prior vaccination history, proof of two doses of all required vaccines need to be given at least 2-3 weeks apart within the pets lifetime and must be provided to the vet clinic for verification of import requirements. All vaccinations must be greater than thirty (30) days and less than one (1) year old.

Once the records are verified to be in compliance. We, the Veterinary Clinic, will provide your sponsor with an Import Memorandum.

Import Memorandum

Your sponsor will take the Import Memorandum and vaccination records to Bahrain Ministry of Agriculture (BMA). BMA can be contacted at: 011-973-1764-3373

Ministry will issue "Bahrain Ministry of Agriculture Animal Import Certificate."

Cost of certificate is 17 Bahraini Dinar (BD) (15 BD for quarantine fee and 2 BD for import fee).

Certificate is good for thirty (30) days only.

Ministry is open Sunday through Thursday 7:30 a.m. - 1:00 pm. Contact number is 011-973-1764-3373. No certificates will be given after 1:00 pm.

Transporting Pet

Owner must obtain the following documentations:

Health Certificate from a USDA accredited veterinarian in the country of export prior to leaving that country.

A copy of the Bahrain Ministry of Agriculture Animal Import Certificate.

A copy of the Health Certificate

Vaccination records

Original rabies certificate must be place in a zip-lock bag and securely taped to the outside of the kennel. Keep additional copies of all documentation with you.

YOUR SPONSOR MUST MEET YOU AT THE AIRPORT WITH THE ORIGINAL BAHRAIN MINISTRY OF AGRICULTURE ANIMAL IMPORT CERTIFICATE PERMIT FOR YOUR PET(S) TO CLEAR THE CUSTOMS OFFICE.

Health Verification obtained at NSA Bahrain Vet Clinic

As soon as possible after arrival, schedule an appointment with the NSA Bahrain Veterinary Clinic to register your pet and for an arrival physical examination. If home quarantined the pet must be re-examined if there are any signs of vomiting/diarrhea/lethargy until the thirty (30) days of quarantine is over.

Pet **must** be present. General health is assessed.

Welcome to Bahrain!

Pet Export Requirements

For AMC: Contact PSD or the AMC terminal directly to verify that your pet(s) have a space reserved on your flight(s). Also verify their shipping kennel requirements, weight restrictions, fees and any special shipping procedures or documents they may require upon check-in.

For COMMERCIAL: Contact your airline directly to verify that your pet(s) have a space reserved on your flight(s). Also verify their shipping kennel requirements, weight restrictions, fees and any special shipping procedures or documents they may require upon check-in. Please remember that some airline companies have travel restrictions based on weather temperatures, call to verify any restrictions or limitations and if they will apply to your pet(s).

***NOTE: Verify with the country you will be traveling to if any of the following would be required for your pet(s)

import: FAVN Rabies blood titer test, Quarantine period, specific vaccines not listed below, internal/external parasite treatment, specific import paperwork.

Vaccination Requirements

All vaccines must be given no less than 30 days from flight and no more than 12 months from flight.

Dogs must have current annual vaccinations: Rabies, DA2PP combo, Leptospirosis. Bordetella is highly recommended.

Cats must have Rabies, FVRCP combo.

Both cats and dogs must have signed **original** rabies certificate.

Pets must have an ISO compliant microchip. Microchips MUST BE 15 digits (alpha-numeric) and ISO Standard 11785 with a 134.2 kHz frequency. 9 or 10 digit microchips are NOT compatible. Non-ISO compliant microchips can be used if the owner has a microchip reader. Readers can be bought or rented from online companies.

Required Documents

Obtain Export Memo from NSA Bahrain VTF after verification of current vaccinations.

Take Export Memo to Kingdom of Bahrain Ministry of Agriculture Animal Wealth Directorate Veterinary Quarantine

Office.

Obtain Animal Export certificate from the Veterinary Quarantine Office. **The Export certificate is only valid for 10 days after date of issue.** Your pet does not need to be present. The cost for the certificate is BD2 (\$5.30) per pet. Veterinary Quarantine Office hours of operation are Sunday through Thursday 7:30 a.m. - 1:00 p.m. Hours may adjust during Bahrain holidays. The Office is located in building 201, Avenue 62, block 762, Buri. Phone: 011-973-1764-3373

A Veterinary Health Certificate (DD 2209) is issued by the NSA Bahrain VTF.

The health certificate is **only valid for 10 days after date of issue.**

If annual vaccines were provided by a local veterinarian please bring those records to your appointment for verification.

Your pet must be present for examination.

Special Needs

As many as 15 percent of military families have members with special needs. These include spouses, children, or dependent parents who require special medical or educational services. These family members have a diagnosed physical, intellectual or emotional condition. The Exceptional Family Member Program (EFMP) serves these families in several ways.

These four articles will provide families with special needs helpful information and points of contact:

[Enrollment/EFMP](#) – This article discusses the Exceptional Family Member Program enrollment, which is mandatory for all military personnel who have a member of their family with a medical or educational disability. The article discusses the purpose of enrollment, the process and provides Service-specific differences.

[Family Support/EFMP](#) – This article discusses the family support function of the EFMP, which may include information and referral support (to military and community resources), financial management assistance, relocation assistance, and for some families, case management. The article provides Service-specific differences and identifies the point of contact at each installation.

[Health Care/Special Needs](#) - The military health care system supports families with special needs in a number of ways. This article describes the special services and provides the point of contact at the Military Treatment Facility.

[Special Education/EIS](#) – Describes two programs that provide educational intervention for children with disabilities who are from birth to three (early intervention services) or are school aged (3-21) (special education).

Special Needs - EFMP Enrollment

What is the EFMP?

The EFMP supports military families with special medical and educational considerations. The program has three components:

Identification and enrollment of a family member with special medical and/or educational considerations.

Assignment coordination to determine the availability of services at the projected duty station.

Family support to help families identify and access programs and services.

Identification and Enrollment Who should enroll?

Family members with special medical or educational considerations, including a spouse, child, or a dependent adult, should enroll in the program. This includes family members who:

require special medical services for a chronic diagnosed condition such as asthma, attention deficit disorder, diabetes, multiple sclerosis, etc.

receive ongoing services from a medical specialist

have significant behavioral health concerns

receive early intervention or special education services through an individualized education program (IEP) or

individualized family service plan (IFSP)

Why enroll in the EFMP?

EFMP enrollment ensures a family member's diagnosed medical and educational needs are considered during the assignment process. It also allows families to receive the support and assistance they need to navigate medical and educational systems.

How to enroll in the EFMP?

Enrollment in the EFMP is mandatory for active duty military members; members of the Guard or Reserves may enroll according to Service-specific guidance. Paperwork required for enrollment in the EFMP is available from the EFMP medical point of contact at the installation military treatment facility (MTF) or, in the Marine Corps, from local installation's EFMP offices, Marine and Family Services. The forms are also available through the EFMP MCCS website. The forms for enrollment are:

DD Form 2792, Family Member Medical Summary. In order to document medical needs, the service member, spouse, or adult family member completes the demographic information on pages 1-3. The remainder is completed by the family member's physician or other qualified medical professional, and includes the diagnosis, frequency of care, medication, and any special accommodations required by the family member (pages 4-7). Addendums (pages 8-11) are included and completed as applicable.

DD Form 2792-1, Special Education/Early Intervention Summary. In order to document educational needs, the sponsor, parent, or legal guardian completes items 1 - 7 of the first page, as well as 1 and 2 on the second page. The remainder of the form is completed by school or early intervention program personnel. The form includes the child's educational diagnosis and is accompanied by a copy of the IEP or individual family service plan (IFSP)

After the appropriate medical and/or educational provider completes the form, they must be returned to the EFMP medical point of contact.

Assignment Coordination

What is assignment coordination?

The military mission is the driving force behind the assignment process, but the EFMP enrollment ensures that a family member's special needs are considered in the process. Assignment coordination occurs when the personnel command requests medical and/or educational professionals to review a family member's documented needs to determine the availability of services at a projected location.

Why is assignment coordination important?

Assignment coordination is important because access to appropriate medical and educational services may be limited in some locations, especially in overseas and remote locations. When assignment coordination occurs, family members receive the care and support they require and the service member can focus more clearly on mission-related responsibilities.

Special Needs - EFMP Family Support

What is the EFMP?

The EFMP supports military families with special medical and educational considerations. The program has three components:

Identification and enrollment of a family member with special medical and/or educational considerations.

Assignment coordination to determine the availability of services at the projected duty station.

Family support to help families identify and access programs and services.

Family Support

What is Family Support?

EFMP family support helps families identify and access programs and services. Family support includes, but is not limited to, the following:

- information and referral for military and community services
- education and training about issues related to the special considerations
- referral to other family support center providers
- promotion of self-advocacy
- local school and early intervention services (EIS) information
- warm handoffs to the EFMP at the next location
- non-clinical case management, including individualized services plans

Where are EFMP family support providers located?

EFMP family support providers are primarily located at installation family support centers. For families who are not located near an installation, consult your Service website for more information about accessing services or call [Military OneSource](#) at 1-800-342-9647.

Special Needs - Health Care

Exceptional Family Member Program

The [Exceptional Family Member Program](#) (EFMP) is mandatory for all family members who have been identified with a special medical or educational need. Enrolling in the EFMP ensures that the family member's medical needs will be considered during the assignment coordination process.

Military Treatment Facility

The clinics and services available at [Military Treatment Facilities](#) vary by location. Before you move, identify the MTF that will serve you, visit the MTF's website to learn about the clinics and services available and to get relevant contact information.

Moving to a New TRICARE Region

If you anticipate a move to another [TRICARE region](#), work with your local TRICARE Service Center (TSC) or case manager before your move to ensure the transition is as smooth as possible. On arrival at the new duty location, your sponsor should contact the Beneficiary Counseling and Assistance Coordinator (BCAC) or TSC to ensure the transition plans are in place and to obtain authorizations for TRICARE [Extended Care Health Option](#) (ECHO) services, if applicable.

Beneficiary Counseling and Assistance Coordinator (BCAC)

All TRICARE Regional Offices and most MTFs are staffed with [BCACs](#) (formerly known as Health Benefits Advisors.) [BCACs](#) provide information, guidance and assistance on benefit options, TRICARE Prime enrollment, special authorizations, status of claims and eligibility, plus assistance with referrals and appointments. If you or your family member has a more severe medical need, contact your assigned [case manager](#).

Case Management

Case management involves a team of health care professionals who help you and your family to find solutions to complex health problems. It is important to inform your case manager if you are moving as he/she will connect you with the case manager at your new location.

Extended Care Health Option (ECHO)

TRICARE [ECHO](#) provides financial assistance to beneficiaries of active duty service members who qualify based on specific mental or physical disabilities. ECHO offers an integrated set of services and supplies beyond the basic TRICARE program. ECHO is administered by regional contractors in the TRICARE North, South, and West Regions and by TRICARE Regional Offices in overseas locations.

Transporting Medical Equipment

Your [Installation Transportation Office](#) has special procedures to follow for the transportation of medical equipment that is necessary for medical treatment required by the sponsor or family member. Some types of medical equipment may be shipped in the same manner as Professional Books, Papers, and Equipment (PBP&E).

Federal and State Health Care Programs

Medicaid - [Medicaid](#) pays for medical assistance for certain individuals and families with low incomes and resources. State Medicaid programs are usually administered by departments of social service or departments of medical assistance.

Supplemental Security Income (SSI) - [SSI](#) is a cash assistance program intended to meet basic needs for food, clothing and shelter for those who are aged, blind or disabled. It provides cash to meet basic needs for food, clothing, and shelter. Families must reapply upon each move to another state.

Title V of the Social Security Act - Many states have services for children with special health care needs that are funded by the Maternal and Child Health Services Block Grant, or [Title V](#). State departments of health web sites and local health departments will provide information on state health benefits for children with special health care needs. The Maternal and Child Health Bureaus' web site has Title V information organized by State that provide you with [Title V points of contact](#) and other pertinent information.

Other Important Resources

Debt Collection Assistance Officer (DCAO) - TRICARE has a [DCAO](#) assigned to TRICARE Regional Offices and MTFs worldwide to help beneficiaries understand and get assistance with debt collection problems related to TRICARE. Individuals who have received a notice from a collection agency or a negative credit report because of a medical or

dental bill should be referred to the nearest [DCAO](#).

Family Voices - [Family Voices](#) is a national, grassroots clearinghouse for information and education concerning the health care of children with special health needs. Family Voices also has State points of contacts with useful links to State programs and organizations.

Installation Specific Information

Exceptional Family Member Program (EFMP)

For EFMP questions or assistance, please contact the Medical Department at DSN 318-439-4260 COM 011-973-1785-4260.

Education - Special Education/EIS

Exceptional Family Member Program (EFMP)

EFMP screening is mandatory for all family members who will accompany a service member to an overseas duty location. EFMP screening includes educational screening when the family member is under the age of 21. The military service considers the needs of the family member when considering an overseas assignment.

The Department of Defense operates two programs that provide educational services to children with developmental delays and disabilities, in compliance with the Individuals with Disabilities Education Act (IDEA). Eligibility for services is determined according to procedures outlined in DoD Instruction 1342.12, Provision of Early Intervention and Special Education Services to Eligible DoD Dependents, April 11, 2005.

Infants and Toddlers (birth to 3 years old)

Educational and Developmental Intervention Services (EDIS) is a military medical department program that provides early intervention services to infants and toddlers from birth until three years of age. EDIS is available at all locations where there is a DoD school.

The EDIS teams, with Early Childhood Special Educators and multi-disciplinary allied health professionals, assist families of infants and toddlers with developmental delays to achieve goals that enhance functional independence and support school readiness. EDIS provides services in the child's natural environment (home, childcare center, etc.), and embedded in family routines.

School Age (3-21 years)

The Department of Defense Dependents Schools (DoDDS) provides special education to school aged children with a disability. In overseas communities, the availability of services varies according to the size of the community, its location, and the military mission.

Services Available

At Bahrain School, Bahrain, DoDDS provides the following level of services.

Preschool (3-5 years of age): This location does not have a preschool program for children with developmental delays or other disabilities.

Autism Spectrum Disorder (ASD): This location would not be appropriate for children with a diagnosis in the Autism Spectrum, to include Pervasive Developmental Disorder (PDD).

Communication/Speech Impaired: Part time speech/language services are available on an as-needed-basis including services for children ages 3-5 who have articulation or language delays.

Emotionally Impaired: This location would not be appropriate for children with emotional impairments or behavior disorders.

Intellectual Disability (Mental Retardation): This location would not be appropriate for children with mental retardation.

Specific Learning Disability: Part time direct or consultation services are provided in the general education classroom without resource room support.

Hearing Impaired: This location would not be appropriate for children with hearing impairments.

Visually Impaired: This location would not be appropriate for children with visual impairments.

EIS services in Bahrain are very limited. The EDIS team from Sigonella provides support services to Bahrain on as needed basis. It is strongly recommended that families with young children to three years of age who require special

services, contact the Bahrain medical clinic for clearance of overseas assignment.

Special Education Records

Parents of children enrolled in special education should hand-carry all pertinent school and medical documents to include their children's Individualized Education Program (IEP) and current testing and evaluation reports.

If your child requires specialized equipment (for example large print books, an FM trainer, or Braille services) contact the Area Special Education Coordinator in Wiesbaden Germany.

Contacts

DoDDS-Europe, Wiesbaden, Germany
Special Education Coordinator
Office of the Deputy Director, DoDDS-Europe
Unit 29649, Box 7000
APO AE 09096

011-49-611-380-7219
Fax: 011-49-611-380-7575
[Email](#)

Isles District
DoDDS Superintendent
DSO Unit 5185, Box 470
APO AE 09461 - 5470

DSN: 314-226-7234
011-44-1638-527234
Fax: 011-44-1638-527243
[Email](#)

Exceptional Family Member Program (EFMP)

For EFMP questions or assistance, please contact the Medical Department at DSN 318-439-4260 COM 011-973-1785-4260.

Health Care - Overview

Moving With TRICARE

Whether moving stateside or overseas, active duty families can now switch their TRICARE Prime enrollment by phone! Before you start your move, contact your losing TRICARE health care contractor to see if you need to switch to a new region. TRICARE does the rest! You must update DEERS (Defense Enrollment Eligibility Reporting System) with your new address so you do not have any disruptions in service and your enrollment moves with you. Get contact information, and more TRICARE [moving tips](#) on the TRICARE website.

Your [TRICARE](#) coverage is completely portable-meaning it moves with you. You are covered worldwide-both in-transit to your new duty location and once you arrive-but depending on where you go, you may use a different TRICARE health plan option. Additionally, you may have different enrollment steps depending on which health plan option is available in your new area.

When Enrolled in a TRICARE Prime Option

The TRICARE Prime options include TRICARE Prime and TRICARE Prime Remote for stateside and TRICARE Prime Overseas and TRICARE Prime Remote Overseas for overseas. Follow these simple steps to set-up Prime coverage in your new location without a break in coverage.

Do not disenroll from your TRICARE Prime option before you move.

Call your losing contractor and provide information about your upcoming move; new duty station, expected date of arrival, cell phone number, valid email address, and eligible family members moving to the new location.

Your losing contractor passes the information along to your new contractor.

Within five days of your anticipated arrival, your new contractor will try to call/contact you to confirm your arrival and enrollment choices.

Once you agree to the transfer, the process is complete. It could take up to four days, but you never lose TRICARE Prime/Prime Remote coverage.

There are other ways to set-up Prime in your new area:

Before moving, visit your local TRICARE Service Center to complete an enrollment change form.

Go online and set-up your new enrollment via the [Beneficiary Web Enrollment website](#).

Download and complete a [TRICARE Prime Enrollment Application](#) and PCM Change Form. Mail it to the new contractor or drop it at a local TRICARE Service Center.

Enroll when you in-process at your new duty station.

Enrollment and assignment of a new primary care manager (PCM) should occur within 30 days when moving within the same region, a new region or overseas.

Update your personal information in the [Defense Enrollment Eligibility Reporting System \(DEERS\)](#) immediately, as your new location reflected in DEERS is the key to transferring enrollment.

Where you are moving determines which Prime option is available.

Prime Options in the United States

TRICARE Prime

TRICARE Prime is offered in Prime Service Areas-geographic areas typically located around a military treatment facility-throughout the country.

TRICARE Prime Remote

In non-Prime service areas, which are generally 60 minutes (one hour) drive-time or 50 miles from the nearest MTF, TRICARE offers TRICARE Prime Remote. Enrollment is normally with a network provider when available; otherwise, enrollment is with a TRICARE authorized provider who manages all of your care. Any TRICARE-eligible family members living with you in a TRICARE Prime Remote area can enroll in TRICARE Prime Remote for active duty family members. Be sure to include them on the enrollment form.

TRICARE Region	Managed Care Support Partner	Call Toll-Free	Website
North	Health Net Federal Services, Inc.	877-874-2273	www.hnfs.com
South	Humana Military Healthcare Services, Inc.	800-444-5445	www.humana-military.com
West	UnitedHealthcare Military & Veterans	877-988-9378	http://www.uhcilitarywest.com/

Prime Options Outside the United States

TRICARE Prime Overseas (TOP)/TRICARE Prime Remote Overseas

TRICARE Prime Remote Overseas is a Prime option offered in designated remote overseas locations. Command-sponsored family members who reside with you are eligible for TRICARE Prime Overseas. Be sure to include all family members who wish to use TRICARE Prime Overseas.

Before you move to another overseas area or to an area within the United States, contact the nearest TRICARE Service Center or managed care contractor for assistance.

TRICARE - Eurasia - Africa	TRICARE - Latin America and Canada	TRICARE - Pacific
<p>TOP Regional Call Center (1) +44-20-8762-8384 1-877-678-1207 (Toll-free from the U.S.) http://www.tricare-overseas.com/</p> <p>Medical Assistance (2) +44-20-8762-8133</p>	<p>TOP Regional Call Center (1) +1-215-942-8393 1-877-451-8659 (Toll-free from the U.S.) http://www.tricare-overseas.com/</p> <p>Medical Assistance (2) +1-215-942-8320</p>	<p>TOP Regional Call Center (1) Singapore: +65-6339-2676 1-877-678-1208 (Toll-free from the U.S.) http://www.tricare-overseas.com/</p> <p>Sydney: +61-9273-2710 1-877-678-1209 (Toll-free from the U.S.) http://www.tricare-overseas.com/</p> <p>Medical Assistance (2) Singapore: +65-6338-9277 Sydney: +61-2-9273-2760</p>
<p>TRICARE Area Office +44-20-8762-676214</p>	<p>TRICARE Area Office</p>	<p>TRICARE Area Office +81-6117-43-2036</p>

1-800-541-4314
314-496-6314 (DSN)

Toll Free: 1-888-777-8343, option #1

teoweb@europe.tricare.osd.mil

www.tricare.mil/eurasiaafrica

Health Care Claims (Active Duty)

TRICARE Active Duty Claims
PO Box 7968
Madison, WI 53707-7968 USA

Health Care Claims (Non-active duty)

TRICARE Overseas Program
P.O. Box 8976
Madison, WI 53708-8976 USA

+1-210-292-8520
312-554-8520 (DSN)

Toll Free: 1-888-777-8343 option #3

taoloc@tma.osd.mil

www.tricare.mil/tlac

Health Care Claims (Active Duty)

TRICARE Active Duty Claims
P.O. Box 7968
Madison WI 53707-7968 USA

Health Care Claims (Non-active duty)

TRICARE Overseas Program
PO Box 7985
Madison, WI 53707-7985 USA

315-643-2036 (DSN)

Toll Free (If calling from U.S.):

Singapore: 1-877-678-1208

Sydney: 1-877-678-1209

tpao.csc@med.navy.mil

<http://www.tricare.mil/pacific>

Health Care Claims (Active Duty)

TRICARE Active Duty Claims
PO Box 7968
Madison, WI 53707-7968 USA

Health Care Claims (Non-active duty)

TRICARE Overseas Program
PO Box 7985
Madison, WI 53707-7985 USA

(1) For toll-free numbers contact www.tricare-overseas.com

(2) Only call Medical Assistance numbers to coordinate overseas emergency care

When Using TRICARE Standard and Extra

TRICARE Standard and Extra are available to family members only. Active duty service members are required to enroll in one of the Prime options described above.

TRICARE Standard and Extra are available throughout the United States and enrollment is not required. Any eligible active duty family member who is registered in DEERS may use these programs by seeing any network (Extra) or non-network TRICARE authorized provider. In areas outside of the United States, active duty family members who do not want to use a Prime option may use TRICARE Standard Overseas by seeing qualified host nation providers.

If you are already using TRICARE Standard and Extra, moving is easy.

Once you arrive at your new location, update your personal information in the Defense Enrollment Eligibility Reporting System (DEERS) immediately.

Find TRICARE-authorized providers in your new area.

Here are a few things to remember about using TRICARE Standard and Extra in a new region

In the U.S.: Visit your new regional contractor's website for a list of network providers. Remember, if you see network providers, you will be using the Extra option and pay lower cost shares.

Outside of the U.S.: Contact International SOS or the MTF Service Center for help locating a qualified host nation provider. The TRICARE Extra option is not available in overseas areas.

If you move to a new region, you will have a new claims address for submitting your TRICARE claims.

Learn your new region's prior authorization requirements because these requirements can differ by region.

When Using TRICARE For Life

TRICARE For Life-TRICARE's supplemental coverage for those who are eligible for Medicare **and have purchased Medicare Part B** - requires no enrollment and you will have a smooth transition when you move. TRICARE for Life contact information: WPS [TRICARE For Life](#), P.O. Box 7889, Madison, WI 53707-7889; 1-866-773-0404; TDD 1-866-773-0405.

Once you arrive at your new location, update your personal information in the Defense Enrollment Eligibility Reporting System (DEERS) immediately.

Find Medicare providers in your new area.

Visit [Medicare's website](#).

If you move overseas, your TRICARE For Life coverage may change depending on where you move. In U.S. Territories such as Guam, Puerto Rico and the U.S. Virgin Islands, TRICARE For Life coverage works the same as the stateside program. But, in all other overseas locations, TRICARE For Life Overseas works differently because Medicare does not provide coverage in most overseas locations. Therefore, TRICARE is the primary payer. You can get care from any host nation provider and may have to pay up front for care received. You will be responsible for TRICARE deductibles and cost shares.

Contact International SOS, or the TRICARE Area Office for the overseas area where you are moving, or the nearest

American Embassy Health Unit for assistance finding a host nation provider.

Note* Active Duty and Active Duty Family Members are not required to purchase Medicare Part B until the sponsor is ready to retire or during the special enrollment period. However, it is highly encouraged to purchase it once eligible to avoid loss of TRICARE coverage.**

Getting Care Along the Way

Routine Medical and Dental Care-Get it before you go.

Before you move, make sure you have received any routine medical or dental care you think you might need during the time you will be traveling. Or, delay the care until you get to your new duty location. Check supply of all prescription medications and get refills/new prescriptions until you can make an appointment with your new Primary Care Manager (PCM) at your new duty site.

Emergency Care in the United States-Call 911 or go to the nearest emergency room.

TRICARE defines emergency care as medical services provided for a sudden or unexpected medical or psychiatric condition, or the sudden worsening of a chronic (ongoing) condition that is threatening to life, limb, or sight and needs immediate medical treatment, or which has painful symptoms that need immediate relief to stop suffering. If you are near a military treatment facility (MTF), you should go to the MTF or military dental treatment facility for emergency services. If you are seen in a civilian facility, contact your PCM or regional contractor within 24 hours.

Urgent care in the United States-Coordinate with your PCM and/or regional contractor.

TRICARE defines urgent care as medical care for a condition that will not result in disability or death if not treated immediately but should be treated within 24 hours to avoid further complications. If you are in a Prime program, you must coordinate urgent care with your primary care manager and/or regional contractor before receiving the care. If you are in TRICARE Standard and Extra or TRICARE For Life, you can receive care as you normally would. You should, however, contact your contractor as soon as possible to coordinate any prior authorizations that are needed.

Emergency or Urgent care Overseas follow these steps

AD and ADFM enrolled in TRICARE Prime and travelling outside the United States:

Contact the TRICARE Area Office, or go to their [website](#) for assistance finding Emergency or Urgent care.

AD and ADFM stationed overseas:

For Urgent care coordination, contact your MTF PCM, or
Contact the closest TRICARE Area Office, or
Contact the TRICARE Overseas Regional Call Center, or
Go to their [website](#) (internationalsos.com)

You do not need prior authorization for emergency or urgent care but the TRICARE Area Office or TRICARE Global Remote Call Center will help you find the best care available in the overseas area in which you are traveling.

Filling Prescriptions on the Road

You should have all your prescriptions filled before you leave, but if you need a prescription filled while you are traveling in the United States, you have several options:

If near an MTF, fill the prescription at the MTF pharmacy.

Find the closest TRICARE network pharmacy.

If a network pharmacy is not available, you can visit a non-network pharmacy. In this case, you may have to pay up front for your medications and file a claim with Express Scripts, Inc., for reimbursement. For more details, visit the [TRICARE website](#).

The TRICARE home-delivery is not recommended for a prescription you need right away, but if you'll be away for a long time, you can arrange for any regular prescriptions to be filled via the mail-order pharmacy.

Your pharmacy coverage is limited overseas:

TRICARE network pharmacies are only located in the United States, Puerto Rico, Guam and the U.S. Virgin Islands. You can have prescriptions filled at host-nation pharmacies, if necessary. Host-nation pharmacies are treated the same as non-network pharmacies. If you have prescriptions filled at a host-nation pharmacy, you should expect to pay for the total amount up front and file a claim with Wisconsin Physicians Service for partial reimbursement. To learn more about pharmacy claims, visit the [TRICARE website](#).

To use the mail-order pharmacy overseas, the prescription must be from a U.S. licensed provider and you must have an APO or FPO address.

If You Have Questions

Your regional contractors and TRICARE Area Offices are available to answer your questions. These offices are listed above. Find even more information about moving, updating DEERS, the TRICARE regions and much more at the

[TRICARE website.](#)

Installation Specific Information

Medical Care

Our goal is to provide quality health care and maintain medical readiness through the best business practices while providing a great working environment for our people.

Health care services in Bahrain are considered very good by United States standards; although, services are somewhat limited in scope from what is expected in the United States.

As the only military Medical and Dental Treatment Facility in Bahrain, we are quite busy. We are an outpatient medical clinic, which provides primary medical care to all active duty personnel and their family members, and primary dental care to all active duty personnel.

Medical services offered include:

outpatient/primary care medicine, such as PAP smears, colposcopy, vasectomy, casting, etc

flight physicals

limited dive medicine physicals

x-ray

pharmacy

immunizations

laboratory

You may reach the medical clinic by calling DSN 318-439-4867/6110.

Emergency/Specialty Care -- We have no emergency services capability and rely on local host nation facilities for emergency and specialized services. By special arrangement with host nation health care facilities, we coordinate specialty care and hospitalization for all Active Duty Military.

Pharmacy

Prescriptions for chronic conditions or special order medications should be filled via the TRICARE mail order pharmacy (TMOP) program. The NBHC pharmacy maintains a limited quantity and variety of medications. Please call the pharmacy at DSN: 318-439-4861 for any questions about medications.

Dental Care

Dental services offered include routine preventive and restorative care including root canals, minor surgery, and limited prosthetics. Active duty service members have priority treatment, and family members are currently being referred to host nation dentists. TRICARE can provide a list of local dentists that are covered by the TRICARE Family Dental Program. Access to the dental clinic is limited to urgent/emergent care for family members and retirees.

We highly recommend all active duty personnel enroll their family members into the TRICARE Family Dental Program (TDP). For more information, you may contact us at DSN: 318-439-4325.

Anthrax and Small Pox Vaccination

The Deputy Secretary of Defense has directed mandatory Anthrax and Smallpox vaccinations for Emergency Essential and comparable DoD civilian employees (CE), and certain mission essential contractor personnel performing essential services within the USCENTCOM area of responsibility (AOR). The Anthrax vaccination is a series of 6 shots occurring at 0, 2, and 4 weeks; then at 6, 12, and 18 months, followed by an annual booster as long as they remain in the USCENTCOM AOR.

Smallpox vaccination is a one-time inoculation. To meet the immunization requirements it is preferred and recommended that CE reporting to the USCENTCOM AOR receive the Smallpox immunization and begin the Anthrax series before departing for USCENTCOM AOR and provide documentation upon arrival. A shot card or other medical documentation may be submitted to verify prior Anthrax and Smallpox vaccinations. If this is not possible, the CE will be required to report to the Branch Health Clinic to receive these required immunizations within 15 days of arrival. The Branch Health Clinic will also provide subsequent Anthrax vaccinations to complete the series, as well as annual boosters.

CE may be exempted from Anthrax and Smallpox requirements if they provide acceptable medical documentation which provides medical justification for exemption. Please refer to the [Anthrax resource link](#) and the [Smallpox vaccination link](#) for more information.

Also, some geographic regions of USCENTCOM AOR have been identified as high risk for malaria; therefore the CE will be required to be placed on Anti-Malaria medication if they are assigned to, or required to travel to, these regions.

It is preferred that new employees, if possible, receive the first three shots in the Anthrax series before leaving CONUS for the following reasons:

We know the individual will take the shot so it lessens the need to PCS for refusal. If there is a severe reaction it can be managed in CONUS.

A shot record is already established and our medical will only have to update when additional shots are given. Reaction to the Anthrax shot will not medically disqualify for the AOR, it will indicate that the individual should not continue the series for medically documented reasons. However, if it is not possible to begin the Anthrax series in CONUS, our medical is able to administer the shots, create the shot record, and provide the yearly booster. Therefore, do not delay reporting to the AOR, once the person is medically cleared by our (I stress our) medical PCS orders may be issued.

Please keep in mind that our Branch Medical Clinic is the final adjudicator of the O/S medical screening; a recommendation by the screener is not a medical clearance.

The Selectee can receive the Anthrax and Small Pox vaccination at the same time. However, the same rationale applies; if the Small Pox vaccination is not available or will delay reporting issue orders (if medically cleared) and the Small Pox vaccination will be given here.

Child and Youth Programs

General Information

The Department of Defense (DoD) and the Military Services take great pride in the variety and quality of services provided to children and youth on installations worldwide. While the services provided depend on the size of the location, the standards and quality of services are consistent and meet established regulations. The network has hundreds of locations worldwide serving over 1.3 million children.

Child Development Centers (CDC)

These facilities generally offer child care for children ages six weeks to 5 years old. Care is typically available weekdays. CDCs vary in size; the average CDC cares for about 200 children. All programs must be certified by the DoD and accredited by a national accrediting body such as the [National Association for the Education of Young Children](#).

Family Child Care (FCC)

With FCC, children receive their care in the private home of a certified provider living in government-owned or leased housing or in state-licensed homes in the community. Family child care provides accommodating child care arrangements, including night, weekend, and flexible hourly care for shift work.

In-home childcare programs offer comparable care to a CDC. Providers must be certified by the DoD, and some seek additional accreditation from the National Association of Family Child Care (NAFCC). Regulations limit the number of children that may be cared for at one time: no more than six children under age eight, and no more than two children under two years old.

School-Age Care (SAC)

DoD SAC programs are offered for children, kindergarten through 12 years of age before and/or after school, during holidays, and summer vacations. Emphasis is placed on SAC programs which meet community needs, reinforce family values, and promote the cognitive, social, emotional, and physical development of children. SAC may be provided in DoD Youth Centers, Child Development Centers or other suitable facilities. To expand school-age care program spaces, DoD policy encourages use of youth centers; on- and off-base schools, and other suitable facilities such as community centers. Accreditation of DoD SAC programs is a requirement. Accreditation sets the professional standards for after school programs and helps families identify high-quality programs.

Waiting List

Due to a high demand for care, you may be placed on a wait list. Your position on the wait list depends on many factors that are at the discretion of the installation and may include your spouse's military status, the date you apply, deployment and your employment. If these factors change while you are on the wait list, your position will be changed accordingly, so it is important that you keep your information up-to-date.

Childcare is not an entitlement, and fees are income-based. Fees throughout the child development system of care fall into fee ranges set by DoD.

To apply for child care, fill out [DD Form 2606](#), the [Department of Defense Child Development Program Request for](#)

[Care Record](#) and return the paperwork to Parent Central Services at your installation.

The Department of Defense has a long history of providing positive youth programs that focus on alternative activities for youth during out-of-school hours. Today, DoD continues to be committed to youth by providing consistent guidance and stable and dynamic programs in more than 350 youth programs worldwide. DoD promotes positive youth development by designing programs to recognize the achievements of youth and by developing partnerships with other youth-serving organizations like the Boys & Girls Clubs of America and 4-H that offer a variety of resources. Programs for teens and pre-teens vary from one base to another, but are governed by a consistent DoD instruction. Programs prepare young people to meet the challenges of adolescence and adulthood through a coordinated, progressive series of activities and experiences that help them become socially, emotionally, physically and cognitively competent. Programs usually include physical fitness and sports, arts and recreation, training in leadership, life skills and career/volunteer opportunities, mentoring, intervention and support services.

Child Care

Child and Youth Programs

General Information

The Department of Defense (DoD) and the Military Services take great pride in the variety and quality of services provided to the children and youth on installations worldwide. While the services provided depend on the size of the location, the standards and quality of services are consistent and meet established regulations. The network has hundreds of locations worldwide serving over 1.3 million children.

Child Development Centers (CDC)

The facilities offer child care for children ages 6- weeks to 5 years of age full time (fee is based on total family income) and hourly care on a space available basis. Care is available Sunday through Thursday, 6:30 a.m. to 5:30 p.m. CDC's vary in size; the average CDC cares for about 200 children. All programs must be certified by the DoD and accredited by a national accrediting body such as the National Association for the Education of Young Children.

In-Home Childcare

This location does not have In-Home Childcare.

School Age Program (SAC)

In partnership with Boys and Girls Club of America and 4-H Club, School Age –Care (SAC) includes a before and after school program for children ages 5 (kindergarten) through 12 during the school year with full day, holiday, and summer camps provided when school is not in session. The SAC program is accredited by Council on Accreditation (COA) as providing exemplary developmental care for school age children. Before and after care school fees are based on total family income and hourly care is available on a space available basis. Hours of operation are Sunday through Thursday, 6:30 a.m. - 5:30 p.m.

Teen Center

In partnership with Boys and Girls Club of America and 4-H Club, this center features a club/multimedia room, game room, music room, computer labs, snack area, arts/crafts room, and homework room. The Teen Center is for 7th-12th graders. The Teen center is open Sunday through Thursday, 3:00 p.m. through 5:30 p.m., Friday and Saturday - closed.

The CDC/SAC are closed on weekends (Friday and Saturday) and Federal Holidays.

Eligible members include: Active Duty Military, DoD Contractors, and DoD Civilians.

To fill out request for care, you can visit [their website](#).

Youth Services

Youth Services

All family members of DOD personnel permanently assigned in Bahrain are authorized.

New Parent Support Program

New Parent Support Program

The New Parent Support Program (NPSP) offers information, support and guidance to military families who are expecting a child and/or have children ages birth to three years of age. Services are provided free of charge to eligible families. NPSP staff provides support in the areas of pregnancy, labor and delivery, newborn/infant/toddler care and safety, growth and development, parenting and family relationships through home visits, classes, educational /support groups and referrals to community services. NPSP staff understands the impact that military life can have on expectant and new families, including deployments and separation from family and friends, and assist families to cope with these special situations. NPSP services are tailored to each family's unique circumstances, and can help with adaptation to military life, preparation for parenthood, enhancing parenting skills, understanding growth and development, couple communication and stress management.

Leaving an expecting spouse or small children behind can be challenging, especially to assignments that do not have support services for families. Even though an assignment without support services for families may not be considered a deployment, many of the issues are the same. Spouses and/or children left behind in this situation may be eligible for NPSP services at the nearest military installation. Contact the NPSP at the nearest military installation to determine eligibility and available programs.

Community Resources

There are many community resources available if a NPSP is not available at the nearest military installation. Especially helpful to separated or detached families are the resources of Military OneSource found in their [parenting information](#). Military OneSource can also be reached day or night 24/7 by calling 1-800-342-9647. MilitaryHOMEFRONT, Troops and Family [New Parent Support](#) program has wonderful resources for information and referral.

Another valuable resource for finding assistance is the [Maternal and Child Health Library](#) providing an online directory for researching services for children and families. In addition, there are several websites dedicated to helping parents bridge the distance gap with their children, [Moms Over the Miles](#) and [Dads at a Distance](#). These websites provide guidance and activities for families to help ease the separation.

Installation Specific Information

The FFSC, NSA Bahrain does not have a New Parent Support Program.

Family Center

Programs and Services

A key resource on your installation and a gateway to accessing all of the resources available to you, the Fleet and Family Support Center provides information, support and services to help you balance the demands of family and the military lifestyle. The Fleet and Family Support Center is one part of the overall installation family support system, which is the network of agencies, programs, services, partnerships and individuals that supports your personal and family life readiness, mobilization and deployment readiness, and mobility and economic readiness. The Fleet and Family Support Center should be one of you first stops upon arriving at an installation; its programs and services will be an important resource for you and your family.

Deployment/Individual Augmentee Support - We will assist during all phases of the deployment cycle, providing workshops, online and virtual support groups, deployment handbooks, family preparedness seminars and much more. During the deployment, we'll help your family cope with the challenges of extended absences and connect them with resources to ease the burden of family separation. Upon return from deployment, we offer return, reunion, and reintegration seminars to help transition from deployment to homecoming.

Relocation Assistance - From "Smooth Move" workshops to household hospitality kits, we can provide information, referral, resources and tools to make your permanent change of station (PCS) moves efficient and simple. Services include a loan closet from which families may borrow basic household goods; assistance with in-transit emergencies; classes on move-related topics such as buying or selling homes; and individual PCS planning, among others.

Transition Assistance - Leaving the Navy may involve a total lifestyle change. We host the U.S. Department of Labor-sponsored Transition Assistance Program (TAP) Employment Workshop for sailors planning to leave the Navy or retire. These information-packed workshops are designed to provide you with the skills and knowledge necessary to plan and execute a successful transition. The Department of Veterans Affairs (VA) presentation on VA benefits is also included.

Personal Financial Management - A program to assist you in developing a personal and/or family financial management plan. Our trained personal financial fitness staff can help you analyze your finances. You can learn more about setting priorities, creating budgets, debt liquidation, Thrift Savings Plan, consumer and credit issues, and predatory lending. We'll help you set a course for financial independence and guide you through your journey of becoming a Million Dollar Sailor. The FFSC staff is a centralized training source for command financial specialists.

Employment Assistance - The training, information, and personalized career coaching will help you identify and reach your employment and career development goals, manage the challenges associated with a mobile lifestyle and develop job search skills. Our network with local employers can have you climbing the ladder of success. Employment assistance professionals can assist with a wide variety of family employment issues.

Life Skills - We offer proactive workshops to enhance and assist with balancing your personal and professional life. This program provides you with information and education about a variety of life cycle issues, including parenting and relationships to help you strengthen your relationships.

Information and Referral - An integral function of the family center, information and referral services can assist you in locating needed services and programs available on your installation, through civilian agencies in the local community, and via national resources.

Ombudsman - The morale, health, welfare and efficiency of command personnel are the responsibility of the Commanding Officer. The Command Ombudsman acts as a liaison between the command and its families. Our highly-trained Ombudsmen help provide you with information necessary to meet the unique challenges of a military lifestyle.

Family centers may also provide other services, such as Counseling, Family Advocacy, New Parent Support, Sexual Assault Prevention and Response (SAPR), Volunteer and exceptional family member support. Services vary by location.

Installation Specific Information

Clinical Assistance

Licensed clinical social workers and mental health professionals provide individual, marital and family counseling. Life skills workshops and seminars such as stress and anger management are also available.

Family Advocacy Program

The Navy FAP, U.S. Naval Support Activity Bahrain addresses the prevention, identification, reporting, intervention, treatment and monitoring of child abuse/neglect and domestic abuse, involving Navy, Marine Corps, Army, Air Force, Coast Guard and Department of Defense civilian/contract personnel and all eligible family members. Retirees are assisted, as needed. FAP is a line-managed, multi-disciplinary program whose goals are prevention; victim safety and protection; offender accountability; rehabilitative education and counseling, and community responsibility for a consistent and appropriate response to family violence/maltreatment. The key initial responders to allegations of family maltreatment are law enforcement, commands, medical and the Family Advocacy Representative (FAR). Limited rehabilitative services are available. Groups are conducted, based on the number of participants referred.

Sexual Assault Prevention and Response (SAPR) Program

The SAPR Program is aimed at increasing public awareness and reducing incidents of sexual assault within the Department of Defense (DoD). It consists of three components: sexual assault awareness and prevention education, victim advocacy and data collection.

Information and Referral (I&R)

This program helps the military community find out what is available and how to access the services they want or need. Typically, the I&R Program provides basic information such as organization names, telephone numbers, and addresses.

Relocation Assistance

The Relocation Assistance Program (RAP) is designed to assist personnel as they move into and out of the Bahrain area. Programs include:

Sponsor Training: The Sponsor Training is a one hour class held each month. A Sponsor sets the stage for a newcomer's transit to be a smooth one. FFSC's Sponsor Training teaches the ins and outs of providing a great foundation for newcomers to transition into their new job and environment. Whether it is individual training or Command GMT, the RAP office is flexible to schedule both. FFSC offers the essential information needed to become an efficient sponsor.

Smooth Move Workshop: Confused and not sure where to start when it comes to PCSing? Make PCSing a "smooth move" by attending the two hour Smooth Move Seminar. Avoid last minute delays, paying out of pocket expenses, and

the legal ramifications associated with PCSing by attending the seminar.

InterCultural Relations (ICR): FFSC offers Arabic Language classes that teach the Arabic language, customs, values and more. The Arabic classes are structured to provide individuals with information to bridge the cultural gap between the two worlds. Additionally, FFSC offers gold, pearl and carpet buying classes.

Transition Assistance Management Program (TAMP)

The Separation Transition Goals, Plans, Success program is a mandatory, five-day workshop presented to active duty military and their families with less than 20 years of active duty service. The Retirement Transition Goals, Plans, Success program is a mandatory, five-day workshop presented to military members and their families contemplating retirement.

Other programs include:

Job Search Workshops

Resume Writing Workshops

Computer Support

Career Resource Library

One-on-One Career Coaching

Personal Financial Management

PFM offers a wide range of services to assist service members, civilian employees and their families with their financial needs. The program offers general military training, individual counseling and regularly scheduled classes. The budget counseling program can either be self-referred or command-directed.

For additional information and to make reservations, please call the Fleet and Family Support Center, DSN 318 439 4046 or 011 973 1785 4046.

Employment - Overview

Employment Opportunities

The Human Resource Office provides service to state side hires and local hires. All employees are required to have a Passport with Visa.

Tuition Assistance

MyCAA

For information on MyCAA and Military Spouse Education and Career Opportunities, visit [Military OneSource](#).

Relocation Assistance

Programs and Services

While moving is always stressful, your stress can be drastically reduced if you take full advantage of the information, education, and personal assistance provided to you by the Relocation Program. This is the place to find answers and get referral to other installation resources as well as assistance with in-transit emergencies. The most important thing you can do to ensure a smooth move is to start planning early using the many Relocation Assistance program services and tools available.

Individual PCS Planning -- Most relocation programs offer one-on-one consultation for anyone needing assistance. In particular those making their first military move, first overseas move, or those with challenging and complex situations such as special needs family members or financial problems should call the Relocation Program for an appointment.

Military Installations and Plan My Move -- For managing and planning your move, use these two DoD sponsored web-based relocation tools with information on over 250 installations worldwide. You can estimate expenses, find the forms necessary for housing and household goods, keep a calendar of events and take other necessary actions to ensure a successful move.

Loan Closet -- Basic household goods items are available to borrow while waiting for your personal property pre-departure or upon arrival. The typical items in stock include: pots and pans, dishes, silverware, irons, ironing boards, portacribs, high chairs, and infant/toddler car seats. Generally, towels and bed linens are not available, so these

should be packed in your hold baggage.

Workshops and Briefings -- The classes offered vary from installation to installation but you can generally find classes on buying, selling and renting smart, budgeting and finance, moving with children, general moving preparation and many other moving related topics.

Pre-departure Briefings -- Sometimes called Smooth Move or PCS Briefings, you and your spouse will want to attend for sure. These briefings provide essential information that can prevent you from making uninformed and costly decisions before your move.

Settling-in Services -- These may include welcome wagon services, local area tours with childcare often provided, or basic household items to use until your goods arrive. Overseas arrival services may include introductory language classes and cultural awareness training.

Deployment Support -- The Family Center assists unit family readiness groups and Ombudsman programs during the entire deployment cycle. Support includes services for special needs, classes on deployment preparation, managing finances, helping children adjust, family separation, return and reunion, and information on resources available locally and on-line.

Foreign Born Spouse Support -- Whether your question concerns immigration and naturalization, learning the English language or how to take local transportation, the Relocation Program provides assistance, classes and referrals.

Emergency Assistance -- From time-to-time emergencies occur while moving, the Relocation Program office has the resources to provide emergency financial assistance and referrals.

Transition Assistance -- This is a mandatory program available to assist personnel and family members when they separate from the military. The Relocation Assistance office will establish your individual transition plan and refer you to all the installation and community resources necessary to complete a successful transition.

Installation Specific Information

Welcome to Bahrain! One of the most important things you'll need to remember while you are on the island of Bahrain is that you are a guest of the Bahrain Government. As guests, we have the responsibility of abiding by Bahrain laws and customs. Your presence in Bahrain places you in the role of an unofficial ambassador of the U.S.A. The Bahrain people have seen many Americans, military members, their families, and tourists. They may have already formed impressions of us and our way of life. Those of us who were good ambassadors in the past helped to build a bond of common respect and understanding. The opportunity to build and strengthen our relationship among the Bahrain people awaits you.

In any country where we are guests, it is inappropriate to make critical remarks about our hosts, their government, traditions, social institutions, national or local leaders, foreign or domestic policies, or most importantly, the King or the Royal Family. It would also be very inappropriate for us to criticize the Bahrain Military forces or those of any Mid-East ally. Any suggestion of a dominant U.S. Military should also be avoided.

Fleet and Family Support Center (FFSC) provides a variety of services designed to assist military personnel and DoD Civilian Employees and their families as they change duty stations. Our goal is to help members in planning and managing their PCS to NSA Bahrain.

Contact us for information about your new duty station, local area information including cost-of-living estimates, housing availability, community services, employment assistance and resume preparation, and individualized relocation information.

Attending the NSA Bahrain Newcomers' Orientation is required for anyone assigned in Bahrain for 90 days or more. This program includes information about base services and policies as well as an Arabic Culture brief and island tour. Sponsors are encouraged to sign up newcomers in advance with the FFSC office. Ask your sponsor to send you an NSA Bahrain "Welcome Aboard" package electronically or hard copy. It contains information about pet importation, shipping HHGs, Arabic culture and a copy of our "Camel Crossings" book. If you have not heard from your sponsor, send us an e-mail and we will work with you to connect with your gaining command.

Sponsorship Training -- Training is offered monthly and at Command request. This training provides sponsors the knowledge and resources they will need to be effective. Please register for this class with the FFSC office.

InterCultural Relations -- In addition to the brief and tour provided as part of the Newcomers' Orientation, classes are offered throughout the month to enhance your Bahrain experience. Sessions include Arabic language and culture, gold, pearl and carpet buying, and henna painting. Our ICR specialists are also available for a one on one consultation.

Loan Closet -- There is no loan closet available at NSA Bahrain. Landlords can provide most items of this kind upon request.

Smooth Move Workshop – Attend this 2 hour workshop when you receive orders for your next duty station. We bring the experts from PSD, NAVPTO, TRICARE, PPO and customs to review the PCS process and answer your questions. This workshop is held monthly. Contact the FFSC office for timings and registration.

Information and Referral (I&R) – This program provides a service with which members and their families can find out what is offered and how to access the services they want or need. Typically the I&R program provides information such as organization names, telephone numbers and addresses.

Fleet and Family Support Center NSA Bahrain is on [Facebook](#). We post our training schedules, community events, photos and have a PCS discussion board. Join the conversation!

Loan Closet

Loan Closet

There is no loan closet available at NSA Bahrain. Landlords can provide most items of this kind upon request.

Financial Assistance

Personal Financial Management

Managing money in today's marketplace can be challenging. Frequent deployments, separation from immediate and extended family members coupled with numerous moves can drain the resources of military families. Personal Financial Management Education, Training and Counseling emphasizes personal financial responsibility and accountability by providing basic principles and practices of sound money management, counseling tools and referral services. PFM offers a wide range of services to service the entire military community with their financial needs. The program offers:

Command Financial Specialist Training

Financial workshops on topics such as: Banking and Financial Services, Savings and Investments, Car Buying Strategies and Credit Management

Individual financial management counseling

The Financial Counselor can be reached at:

DSN: 318-439-4046

011-973-17-85-4046

Housing Costs

Service members are entitled Temporary Lodging Allowance (TLA) up to 45 days from the time of arrival in Bahrain. DoD civilians receive 90 days TLA. This allowance should cover expenses for lodging in Bahrain; please plan accordingly when determining your moving budget. Overseas Housing Allowance unlike BAH (stateside) may not be utilized by the service member for personal financial gain. Exact amount for dwelling and utilities is authorized only. Every paygrade has a maximum housing allowance based on paygrade, regardless of time in service.

Advance Overseas Housing Allowance

Advance Overseas Housing Allowance (OHA) payment- is a "one-time" payment when establishing "non-government" quarters at an overseas duty station that merits overseas housing allowance. It is based on your monthly OHA rate multiplied by the number of months requested up to 3 months in advance. Repayment will be spanned out during the duration of the length of months paid, in order to offset the entitlement and indebtedness evenly. Unfortunately, due to pay day cut off dates, the final increment of the final month's deduction will not cease until after the end-of-the-month (or should I say the 1st of the month of the on coming month), that is why service members may not see the OHA entitlement start until the mid-month payday of the month that the OHA was supposed to resume.

Pay and Allowances

Cost of Living Allowance

All permanently-assigned personnel are entitled to a Cost of Living Allowance (COLA) due to the higher cost of living in Bahrain. COLA rates change frequently; for more up-to-date information, consult the [DFAS website](#).

Temporary Lodging Allowances (TLA)

You will be required to get a certificate of non-availability (CNA) issued and you will be paid TLA to cover the expense

of living in a hotel. The CNA stamp is applied to official orders. TLA is authorized for all personnel that receive the CNA stamp and TLA is normally paid for a maximum of 45 days to allow personnel to negotiate for permanent quarters. Whether your temporary lodging is equipped with or without kitchen will determine how much your entitlement is. E6 and below are required to utilize the barracks for TLA purposes. Sentinel Hall books all other personnel in accordance with force protection guidelines.

Family Separation Allowance (FSA Type R)

FSA Restricted: Unaccompanied personnel with dependents (i.e. Spouse or child(ren) that were in the member's custody prior to orders to Bahrain) are authorized this entitlement in the amount of \$250.

Overseas Housing Allowance (OHA)

The OHA system provides an allowance to uniformed personnel assigned to overseas locations, which defray a significant amount of housing costs. All active duty military personnel permanently assigned to the local area are authorized to live in privately leased/owned quarters and are entitled to OHA. The monthly OHA for members is based on rank, sharers, and specified lease amount.

Basic Allowance for Housing

Unaccompanied married personnel (who are not married to another service member) are entitled to receive BAH at the with dependents rate for their dependent's location while assigned to an unaccompanied tour in Bahrain.

Hostile Fire/Imminent Danger Pay/Tax Exclusion

All personnel are entitled to \$7.50 per day, or \$225 per month, of Hostile Fire/Imminent Danger Pay and tax free wages.

Emergency Assistance

Planning for Emergencies

Your sponsor should meet you at the commercial airport (Bahrain International Airport) or the military airport (AVUNIT Muharraq). In the event of an emergency, you can contact the CDO: 011-973-39403877 or ACDO: 011-973-39432187.

Emergency Services off base (Bahrain Public Security): 999.

American Red Cross

The American Red Cross Station is located in Stuttgart, Germany. For emergency Red Cross messages call 011-49-07031152812. If an emergency situation should arise while you are outside of CONUS you can be reached through the American Red Cross (ARC) by having your family or friend contact the nearest ARC office providing your Social Security Account Number (SSAN) and the full name of the command you are assigned to at NSA Bahrain.

Navy Marine Corps Relief Society (NMCRS)

The Navy-Marine Corps Relief Society's (NMCRS) services are provided to active duty and retired Navy and Marine Corps personnel and their family members.

Services provided include:

Interest-free loans, grants or combinations for: Emergency Transportation (in case of serious illness/death of immediate family); funerals; medical; food, rent, and utilities; when disaster strikes; personal needs when pay is delayed; and essential vehicle repairs.

Other services include: education loans/grants for dependent children; Spouse Tuition Assistance Program - up to 50% of tuition may be granted, and budget counseling.

Contact information: 011-973-3941-5836.

Victim Advocate

For further assistance contact the SARC at 011-973-3940-9854 or 011-973-3940-3906 (Duty VA) at any time.

For immediate emergency assistance while on base, please call the Military Police Emergency phone at 011-973-1785-4911 or DSN 318-439-4911.

Force Security

Force Protection concerns and issues are handled by Base Security, 011-973-1785-3283. For other emergencies,

contact the American Embassy, Building No. 979, Road 3119, Block 331, Zinj District, Manama - Kingdom of Bahrain, Working Hours (+973) 1724-2700, After Hours (+973) 1727-5126, Fax Number (+973) 1727-2594, Vonage Lines from U.S. 202-536-4783; 202-536-3053; 202-536-2354; 202-448-5131.

Legal Assistance

Legal Services

The Naval Legal Service Office offers many services, including electronic tax filing, powers of attorney and notary services, wills, consumer law advice and assistance, immigration advice, and domestic relations advice. Powers of attorney and notary services are provided on a walk-in basis, while other services are provided by appointment. Call Navy Legal Service Office (NLSO) at DSN 318-439-4237, COMM 973-1785-4237.

Power of Attorney

A power of attorney may be useful or necessary, especially if the service member will be absent from home for extended periods of time. A power of attorney may be tailored and limited to accommodate particular individual needs.

There are two types of powers of attorneys, general and special. General powers of attorney are powerful documents and should only be used in limited circumstances. A judge advocate can provide advice on whether to get a general or special power of attorney. In most cases, a special power of attorney can be drafted that will protect the maker, and authorize the holder to complete all required business. If you need a power of attorney before transferring, contact your local Legal Assistance Office. No appointment is needed to obtain a power of attorney in Bahrain.

Deployment Support

Family Deployment Support

The Fleet & Family Support Center (FFSC) offers programs and services that will enhance operational readiness and support the Fleet, Fighter and Family. The FFSC provides an extensive support system which includes the following programs:

Return and Reunion Briefs – scheduled as requested

Individual R&R Consultations – scheduled as requested

IA Predeployment Briefs – scheduled as requested

Ombudsman Support -- The morale, health, welfare and efficiency of command personnel are the responsibility of the Commanding Officer. He/She will appoint a Command Ombudsman to act as a liaison between the command and its families. Our highly trained Ombudsmen help provide you with information necessary to meet the unique challenges of a military lifestyle.

For additional information please call the Fleet and Family Support Center, DSN 318-439-4046 or 011-973-1785-4046.

Contact Information

DSN Dialing Instructions: When dialing a DSN number from U.S. installation to U.S. installation, it is unnecessary to dial the 312 area code. When dialing a DSN number to/from overseas locations, the DSN area code must be included.

1 Juffair Avenue
Banz Warehouse, Bay 6
Manama, Bahrain Phone 011-973-1785-4227
Phone (DSN) 318-439-4227
Fax 011-973-1785-4210
Fax (DSN) 318-439-4210
[Email](#) | [Website](#) | [Map](#)

Adult Education Centers

Navy College
PSC 851 Box 380
FPO, AE 09834-0004
Phone 011 973 1785 9446/7
Phone (DSN) 318-439-9446/7
Fax 011 973 1785 3660
Fax (DSN) 318-439-3660
Sun – Thu 7:30 a.m. – 4:30 p.m.
Fri and Sat - Closed
[Email](#) | [Map](#)

Barracks/Single Service Member Housing

Navy Gateway Inn and Suites
 PSC 851 Box 560
 NSA Bahrain
 FPO, AE 09834-0006
 Phone Front Desk: 011-973-1785-4716/2100 / Reservations: 011-973-1785-3372
 Phone (DSN) 318-439-4716/2100 - Reservations: 318-439-3372
 Fax 011-973-1785-3452/3128
 Fax (DSN) 318-439-3452/3128
 Open 24 hours
[Email](#) | [Website](#) | [Map](#)

Beneficiary Counseling Assistance Coordinators

TRICARE
 PSC 851 Box 340
 FPO, AE 09834-0004
 Phone 011 973 1785-8157/3470 / 011-973-1785-8160 / 011-973-1785-8159
 Phone (DSN) 318 439-8157/3470/8160/8159
 Fax 011 973 1785 4860/4890
 Fax (DSN) 318-439-4860/4890
 Sun, Mon, Wed and Thur 8:00 a.m. - 4:30 a.m.
 Tues 8 a.m. - 2:30 p.m.
 Closed Tues at 2:30 p.m. for training
[Email](#) | [Website](#) | [Map](#)

Child Development Centers

Child and Youth Programs
 PSC 851 Box 360
 FPO, AE 09834-0004
 Phone 011 973 1785 9092/9119 / Teen Center: 011-973-1785-4901
 Phone (DSN) 318-439-9092/9119 TC:318-439-4901 Program
 Lead:318-439-4902
 Fax 011 973 1785 8998
 Fax (DSN) 318-439-8998
 Sun - Thur 6:30 a.m. – 5:30 p.m.
 Fri and Sat – Closed
[Website](#) | [Website](#) | [Map](#)

Citizenship and Immigration Services

Citizenship & Immigration Services
 PSC 851 Box 700
 FPO , AE 09834-0004
 Phone 011 973 1785 4678
 Phone (DSN) 318-439-4678
 Fax 011 973 1785 4763
 Fax (DSN) 318-439-4763
 Sun – Thu 9:00 a.m. – 3:00 p.m.
 Sat 9:00 a.m. – 1:00 pm
 Mon, Tue and Thu 9:00 a.m. – 1:00 pm processing Central
 Population Register (CPR) card.
[Map](#)

Dental Clinics

Dental
 PSC 851 Box 340
 NSA Bahrain
 FPO, AE 09834-0004
 Phone 011-973-1785-4211
 Phone (DSN) 318-439-4211

Beauty/Barber Shops

NEX Beauty/Barber Shop
 PSC 851 Box 840
 FPO , AE 09834-0009
 Phone 011 973 1785 4229 / 011 973 1785 3623
 / 011 973 1785 2068
 Phone (DSN) 318-439-4229
 Open seven days, 8:00 a.m. – 8:00 p.m.
[Website](#) | [Map](#)

Chapels

Chaplain's Office
 PSC 851 Box 90
 NSA Bahrain
 FPO, AE 09834-0001
 Phone 011-973-1785-4303
 Phone (DSN) 318-439-4303
 Fax 011-973-1785-4358
 Fax (DSN) 318-439-4358
 Sun – Thu 8:00 a.m. – 4:00 p.m.
 Fri 9:30 a.m. – 1:00 p.m. for services in Chapel
 Sat 9:00 a.m. – 11:00 a.m. for services in
 Chapel
[Email](#) | [Map](#)

Child and Youth Registration and Referral

Child and Youth Programs
 PSC 851 Box 360
 FPO, AE 09834-0004
 Phone 011 973 1785 9092/9119 / Teen Center:
 011-973-1785-4901
 Phone (DSN) 318-439-9092/9119 TC:318-439-
 4901 Program Lead:318-439-4902
 Fax 011 973 1785 8998
 Fax (DSN) 318-439-8998
 Sun - Thur 6:30 a.m. – 5:30 p.m.
 Fri and Sat – Closed
[Website](#) | [Website](#) | [Map](#)

Civilian Personnel Office

Human Resource Office (HRO)
 PSC 851 Box 270
 FPO, AE 09834-0003
 Phone 011-973-1785-4763 / 011-973-1785-9073
 Phone (DSN) 318-439-4763
 Fax 011-973-1785-6910
 Fax (DSN) 318-439-6910
 Sun, Mon, Wed and Thu 9:00 a.m. – 3:00 p.m.
 Tue 9:00 a.m. – 1:00 p.m.
 Holidays - Closed
[Website](#) | [Map](#)

Deployment/Mobilization

Deployment Support
 PSC 851 Box 250
 FPO, AE 09834-2800
[Map](#)

Fax 011-973-1785-4860
 Fax (DSN) 318-439-4860
 Sun, Mon, Wed and Thu 7:40 a.m. – 11:30 a.m.
 & 1:00 p.m. – 4:30 p.m.
 Tue 7:40 a.m. – 11:30 a.m.
 Closed Tue afternoon for training
[Map](#)

DoD Schools

Bahrain DoDEA School
 PSC 851 Box 690
 NSA Bahrain
 FPO, AE 09834-0007
 Phone 011-973-1772-7828
 Phone (DSN) 318-439-3088/9800
 Fax 011-973-1772-8583/011-973-1782-6796
 Sun - Thu - 7:30 a.m. - 4:00 p.m.
 Fri and Sat - Closed
 Holidays - Closed
[Website](#) | [Map](#)

Educational and Developmental Intervention Services (EDIS)

Educational and Developmental Intervention Services
 U.s. Naval Hospital Sigonella, Attn: EDIS
 PSC 836, Box 2670
 FPO, AE 09636-2670
 Phone 011-39-095-56-4536
 Phone (DSN) 314-624-4536
 Open 24 hours
[Email](#) | [Map](#)

Emergency Relief Services

American Red Cross, Suttgart, Germany
 Panzer Kaserne
 Unit 30401
 APO , AE 09107
 Phone 07031152812 / 8772727337 after 4pm
 Phone (DSN) 314-431-2334 (screening office)
 Fax 07031152942
 Fax (DSN) 314-431-2942
[Map](#)

Family Advocacy Program

Family Advocacy Representative
 PSC 451, Box 250
 FPO, AE 09834-0250
 Phone 011-973-1785-4046
 Phone (DSN) 318-439-4046
 Sun - Thur 7:30 a.m. – 4:00 p.m.
 Fri and Sat - Closed
 Holidays - Closed
[Email](#) | [Website](#) | [Map](#)

Finance Office

Finance Office
 PSC 851 Box 500
 FPO, AE 09834-0006
 Phone 011-973-1785-4502 (Cust. Service) / MCC: 011-972-1785-4290
 Phone (DSN) PSD: 318-439-4502, MCC: 318-439-4290
 Fax 011 973 1785 4049
 Fax (DSN) 318-439-4049
 PSD:

EFMP - Family Support

EFMP - Family Support
 PSC 851 Box 250
 FPO, AE 09834-2800
[Map](#)

Emergency Relief Services

Navy Marine Corps Relief Society
 NSA Bahrain
 FPO, AE 09834-2800
 Phone 011-973-3941-5836 / 011-973-3906-4592
 Phone manned 24 hours a day.
[Map](#)

Exchange(s)

Exchange
 PSC 851 Box 840
 FPO, AE 09834-0009
 Phone 011-973-1785-6931/6885
 Phone (DSN) 318 439 6931/6885
 Fax 011-973-1785-6996
 Fax (DSN) 318-439-6996
 Mon - Sun 8:00 a.m. - 8:00 p.m. (Top Floor)
 Mon - Sun 7:00 a.m. - 8:00 p.m. (Ground Floor)
[Email](#) | [Website](#) | [Map](#)

Family Center

Fleet and Family Support Center
 PSC 451 Box 250
 FPO, AE 09834-2800
 Phone 011-973-1785-4046
 Phone (DSN) 318-439-4046
 Sun - Thur 7:30 a.m. – 4:00 p.m.
 Fri and Sat - Closed
 Holidays - Closed
[Email](#) | [Website](#) | [Map](#)

Financial Institutions

Navy Federal Credit Union
 PSC 851 Box 410
 NSA Bahrain
 FPO, AE 09834-0005
 Phone 011-973-1785-4313
 Phone (DSN) 318-439-4313
 Fax 011-973-1785-4324
 Fax (DSN) 318-439-4324
 Mon - Thur 8:30 a.m. - 5:00 p.m.

Sun - Thu 9:00 a.m. – 3:00 p.m.

Fri - closed

Sat 8:30 a.m. - 3:30 p.m.

[Map](#)

Hospitals/Medical Treatment Facility(s)

Medical Clinic

PSC 851 Box 340

NSA Bahrain

FPO, AE 09834-0004

Phone 011-973-1785-4260/6110/4867 / Duty Cell: 3932-0159

Phone (DSN) 318-439-4260/6110/4867

Fax 011-973-1785-4860

Fax (DSN) 318-439-4860

Sun, Mon, Wed and Thur 8:00 a.m. - 4:30 p.m.

1st and 3rd Tues of the month 8 a.m. - 2:30 p.m.

Closed Tues at 2:30 p.m. for training

[Website](#) | [Map](#)

Household Goods/Transportation Office (outbound)

PPSO FISCSI Site Bahrain

Banz Warehouse Bldg 422

NSA Bahrain

FPO, AE 09834-0480

Phone 011-973-1785-4265 / 011-973-1785-6282 / 011-973-1785-4937

Phone (DSN) 318 439-4265/6282/4937

Fax 011-973-1785-4002

Fax (DSN) 318-439-4002

Sun - Thu - 8:00 a.m. - 3:30 p.m.

Fri - Closed

Sat 8:00 a.m. - 12:00 p.m.

Holidays - Closed

[Email](#) | [Map](#)

ID/CAC Card Processing

Inprocessing-Military

Personnel Support Office

NSA Bahrain

PSC 851 Box 10

FPO, AE 09834-0001

Phone 011-973-1785-4029

Phone (DSN) 318-439-4029

Fax 011-973-1785-4071

Fax (DSN) 318-439-4071

Mon – Thur 7:30 am - 4:00 pm

Fri 9:00 am - 3:00 pm

Sat, Sun, Holidays - Closed

[Email](#) | [Map](#)

Legal Services/JAG

Navy Legal Services Office

PSC 851 Box 420

NSA Bahrain

FPO, AE 09834-0005

Phone 011-973-1785-4172

Phone (DSN) 318-439-4172

Fax 011-973-1785-4173

Fax (DSN) 318-439-4173

Sun – Thur 9:00 a.m. - 12:00 p.m., 1:00 p.m. - 4:00 p.m.

Fri 8:30 a.m. – 2:00 p.m.

Sun 7:30 a.m. – 11:00 a.m.

Holidays - Closed

[Email](#) | [Website](#) | [Map](#)

Household Goods/Transportation Office (inbound)

PPSO FISCSI Site Bahrain

Banz Warehouse Bldg 422

NSA Bahrain

FPO, AE 09834-0480

Phone 011-973-1785-4265 / 011-973-1785-6282 / 011-973-1785-4937

Phone (DSN) 318 439-4265/6282/4937

Fax 011-973-1785-4002

Fax (DSN) 318-439-4002

Sun - Thu - 8:00 a.m. - 3:30 p.m.

Fri - Closed

Sat 8:00 a.m. - 12:00 p.m.

Holidays - Closed

[Email](#) | [Map](#)

Housing Office/Government Housing

Housing Office

PSC 851 Box 560

FPO, AE 09834-0006

Phone 011 973 1785 4104/4301

Phone (DSN) 318-439-4104/4301

Fax 011 973 1785 4140

Fax (DSN) 318-439-4140

Sun – Thu 8:00 a.m. – 3:30 p.m.

Tue 8:00 a.m. – 1:30 p.m.

Fri and Sat - closed

[Website](#) | [Map](#)

Information and Referral Services

Fleet and Family Support Center - Information and Referral

Fleet and Family Support Center

PSC 851 Box 250

FPO, AE 09834-0003

Phone 011 973 1785 4046

Phone (DSN) 318-439-4046

Sun - Thur 7:30 a.m.-4:00 p.m.

Fri and Sat - Closed

Holidays - Closed

[Email](#) | [Website](#) | [Map](#)

Library

Library

PSC 851 Box 360

FPO , AE 09834-0004

Phone 011-973-1785-4062 / 011-973-1785-9088 / 011-973-1785-9089

Phone (DSN) 318-439-4062/9088/9089

Fax 011 973 1785 9090

Fax (DSN) 318-439-9090

Sat – Thu 9:00 a.m. – 6:00 p.m.

Fri and Sat - closed

[Map](#)

Loan Closet

Fleet and Family Support Center

PSC 451 Box 250

FPO, AE 09834-2800

Phone 011-973-1785-4046

Phone (DSN) 318-439-4046

Sun - Thur 7:30 a.m. – 4:00 p.m.

Fri and Sat - Closed

Holidays - Closed

[Email](#) | [Website](#) | [Map](#)

MWR (Morale Welfare and Recreation)

Liberty Center

PSC 851 Box 360

FPO, AE 09834-0004

Phone 011-973-1785-9218 / 011-973-1785-3192

Phone (DSN) 318-439-9218/3192

Sat – Wed 8:00 a.m. – 10:00 p.m.

Thur and Fri 8:00 a.m. – 12:00 a.m.

Internet Café 7:00 a.m. - 12:00 a.m.

[Map](#)

Personal Financial Management Services

Personal Financial Management Service

Personal Finance Mgr

PSC 851 Box 250

FPO , AE 09834-0003

Phone 011 973 1785 3758

Phone (DSN) 318-439-3758

Fax 011 973 1785 4049

Fax (DSN) 318-439-4049

Sun - Thur 7:30 a.m.-4:00 p.m.

Fri and Sat - Closed

Holidays - Closed

[Email](#) | [Map](#)

Relocation Assistance Program

Relocation Assistance Manager

PSC 451 Box 250

FPO, AE 09834

Phone 011-973-1785-4046

Phone (DSN) 318-439-4046

Sun - Thur 7:30 a.m.-4:00 p.m.

Fri and Sat - Closed

Holidays - Closed

[Email](#) | [Map](#)

School Liaison Office/Community Schools

Child and Youth Programs

PSC 851 Box 360

FPO, AE 09834-0004

Phone 011 973 1785 9092/9119 / Teen Center: 011-973-1785-4901

Phone (DSN) 318-439-9092/9119 TC:318-439-4901 Program

Lead:318-439-4902

Fri - closed

[Email](#) | [Map](#)

MWR (Morale Welfare and Recreation)

MWR Director

PSC 851 Box 360

NSA Bahrain

FPO, AE 09834-0004

Phone 011-973-1785-4422

Phone (DSN) 318-439-4422

Fax 011-973-1785-4423

Fax (DSN) 318-439-4423

Sun - Thu - 8 :00 a.m. - 4:00 p.m.

Fri and Sat - Closed

[Map](#)

Military Clothing Sales

Military Clothing Sales -NEX

NEX

PSC 851 Box 840

FPO, AE 09834-0009

Phone 011 973 1785 4131 / 011 973 1785 4130

Phone (DSN) 318-439-4131/4130

Fax 011 973 1785 6996

Fax (DSN) 318-439-6996

Sun – Fri 8:00 a.m. – 5:00 p.m.

Sat and holidays - closed

[Map](#)

Personnel Support Office

Administration

NSA Bahrain

PSC 851 Box 10

FPO, AE 09834-0001

Phone 011-973-1785-4224 / 011-973-1785-

4275

Phone (DSN) 318-439-4224/4275

Fax 011-973-1785-4210

Fax (DSN) 318-439-4210

Sun - Thur 8:00 a.m. - 4:00 p.m.

Fri - Sat - closed

[Map](#)

Restaurants/Fast Food

Food & Beverage Manager

MWR F&B Director

PSC 851 Box 360

NSA Bahrain

FPO, AE 09834-0004

Phone 011-973-1785-4204 Oasis Mall

Phone (DSN) 318-439-4204 Oasis Mall

Fax 011-973-1785-4423

Fax (DSN) 318-439-4423

Sat - Thu - 8:00 a.m. - 4:30 p.m.

Fri and Holidays - Closed

[Map](#)

Temporary Lodging/Billeting

Navy Gateway Inns and Suites

Sentinel Hall

NSA Bahrain

PSC 851 Box 560

FPO, AE 09834-0006

Phone Front Desk: 011-973-1785-4716/2100 /

Fax 011 973 1785 8998
 Fax (DSN) 318-439-8998
 Sun - Thur 6:30 a.m. – 5:30 p.m.
 Fri and Sat – Closed
[Website](#) | [Website](#) | [Map](#)

Reservations: 011-973-1785-3372
 Phone (DSN) Front Desk: 318-439-4716/2100 -
 Reservations: 318-439-3372
 Fax 011-973-1785-3452/3128
 Fax (DSN) 318-439-3452/3138
 Open 24 hours.
[Email](#) | [Website](#) | [Map](#)

Transition Assistance Program

Family Employment Readiness Program
 PSC 851, Box 250
 FPO, AE 09834-0003
 Phone 011-973-1785-4046
 Phone (DSN) 318-439-4046
 Sun - Thur 7:30 a.m. – 4:00 p.m.
 Fri and Sat - Closed
 Holidays - Closed
[Email](#) | [Map](#)

Travel Office

MWR ITT Office
 ITT Office (MWR)
 PSC 851 Box 360
 FPO , AE 09834-0004
 Phone 011 973 1785 3531
 Phone (DSN) 318-439-3531
 Fax 011 973 1785 4151
 Fax (DSN) 318-439-4151
 Sat - Thur 8:00 a.m. - 6:00 p.m.
 Fri - closed
[Map](#)

VA Facilities

VA Facilities
 PSC 851 Box 250
 FPO, AE 09834-0003
 Phone 011 973 1785 4692
 Phone (DSN) 318-439-4692
 Fax 011 973 1785 4049
 Fax (DSN) 318-439-4049
 Sun - Thur 7:30 a.m. - 4:00 p.m.
 Fri and Sat - Closed
 Holidays - Closed
[Email](#) | [Map](#)

Veterinary Services

ARCENT Veterinary Services
 PSC 851 Box 620 Vet Svcs
 FPO, AE 09834-0007
 Phone 011-973-1785-4295
 Phone (DSN) 318-439-4295
 Fax 011-973-1785-4934
 Fax (DSN) 318-439-4934
 Sun 9:00 a.m. - 11:00 a.m.
 Mon - Thur 9:00 a.m. – 11:30 a.m.; 1:00 p.m.-
 4:00 p.m.
 Fri & Sat - Closed
 Holiday - Closed
 NO EMERGENCY SERVICES AVAILABLE,
 BY APPOINTMENT ONLY
[Email](#) | [Map](#)

Victim Advocate Services

Sexual Assault Victim Advocate Services
 PSC 851 Box 250
 FPO, AE 09834-0003
 Phone 011-973-3940-3906 (Duty VA) / 011-973-3940-9854 (SARC) /
 011-973-1785-4911 (Military Police Emergency)
 Phone (DSN) 318-439-4911 (Military Police Emergency)
 24/7
[Map](#)

Welcome/Visitors Center

Inprocessing-Military
 Personnel Support Office
 NSA Bahrain
 PSC 851 Box 10
 FPO, AE 09834-0001
 Phone 011-973-1785-4029
 Phone (DSN) 318-439-4029
 Fax 011-973-1785-4071
 Fax (DSN) 318-439-4071
 Mon – Thur 7:30 am - 4:00 pm
 Fri 9:00 am - 3:00 pm
 Sat, Sun, Holidays - Closed
[Email](#) | [Map](#)

Welcome/Visitors Center

Base Security
 Front Gate, Interior Control
 NSA Bahrain
 FPO, AE 09834-2800
 Phone 011 973 439-3140 (Pass and ID) / Security: 011 973 1785
 3426
 Phone (DSN) 318-439-3140 (Pass and ID); 318-439-3426 (Security)
 Open 24 hours.
[Map](#)

Major Units

CTF57

Contact Information:
Comm: 011-973-1785-6317
DSN: 318-439-6317
COM FAX: 011-973-1785-6305
DSN FAX: 318-439-6305

MARCENT FWD

Contact Information:
COM: 011-973-1785-8538
DSN: 318-439-8538

CTF53

Contact Information:
COM: 011-973-1785-4573
DSN: 318-439-4573
COM FAX: 011-973-1785-4639
DSN FAX: 318-439-4639
Website: <http://www.cusnc.navy.mil/ctf53/>

NAVCENT

Contact Information:
COM: 011-973-1785-6070
DSN: 318-439-6070
COM FAX: 011-973-1785-4350
DSN FAX: 318-439-4350
Website: <http://www.cusnc.navy.mil>

AIMD

Contact Information:
COM: 011-973-1785-6458
DSN: 318-439-6458
COM FAX: 011-973-1785-6457
DSN FAX: 318-439-6457

NCTS

Contact Information:
COM: 011-973-1785-3014
DSN: 318-439-3014
COM FAX: 011-973-1785-4424
DSN FAX: 318-439-4424
Website: <http://www.public.navy.mil/usff/nctsbahrain/Pages/NCTS%20Bahrain.aspx>

USCG

Contact Information:
COM: 011 973 1785 4739/4754
DSN: 318-439-4739/4754
COM FAX: 011-973-1785-4719
DSN FAX: 318-439-4719

MSS3

Contact Information:
COM: 011-973-1785-6797/ 6248
DSN: 318-439-6797/ 6248
Fax: 011-973-1785-6816
Fax DSN: 318-439-6816

Navy Information Operations Command Bahrain

Contact Information:

COM: 011-973-1785-3700
DSN: 318-439-3700