WELCOME ABOARD PACKAGE

2021

Fleet & Family Support Center
Relocation Program
FFSCSasebo@fe.navy.mil
252-3372
Updated April 2021

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Congratulations on your orders to Sasebo, Japan!

While the idea of moving to a new location can be overwhelming, this Welcome Aboard Package contains a wealth of information to help your relocation and is designed to answer many of your questions. Look through the provided material and suggested websites to help familiarize yourself (and your family) with your new home. Using all your resources can help reduce culture shock and stress, keeping your morale high during the first few weeks of your arrival and throughout your time in Sasebo to make this a tour you enjoy!

If you have not already done so, please visit your local Fleet and Family Support Center (FFSC). They can provide you with information on travel pay, entitlements, and allowances, arranging a successful move, and vacating your government quarters. We are all here to help with every aspect of your relocation so please do not hesitate to contact us if you have additional questions regarding your new assignment to Sasebo!

Those with families are encouraged to check into the Navy Lodge or Gateway Inns upon arrival; we highly encourage making reservations in advance. The next day, it is important to check into your command and their respective admin departments. Once there your command can provide guidance and escort to the various locations on base that you must visit.

Below are items that each member should try to complete within the first 72 hours.

- Confirm seat reservation for Area Orientation Brief / Intercultural Relations (AOB/ICR)
- Enroll in a Housing Office Brief
- Visit Personal Property Office
- Visit Tricare Benefits Coordinator

Again, congratulations and we will see you soon!

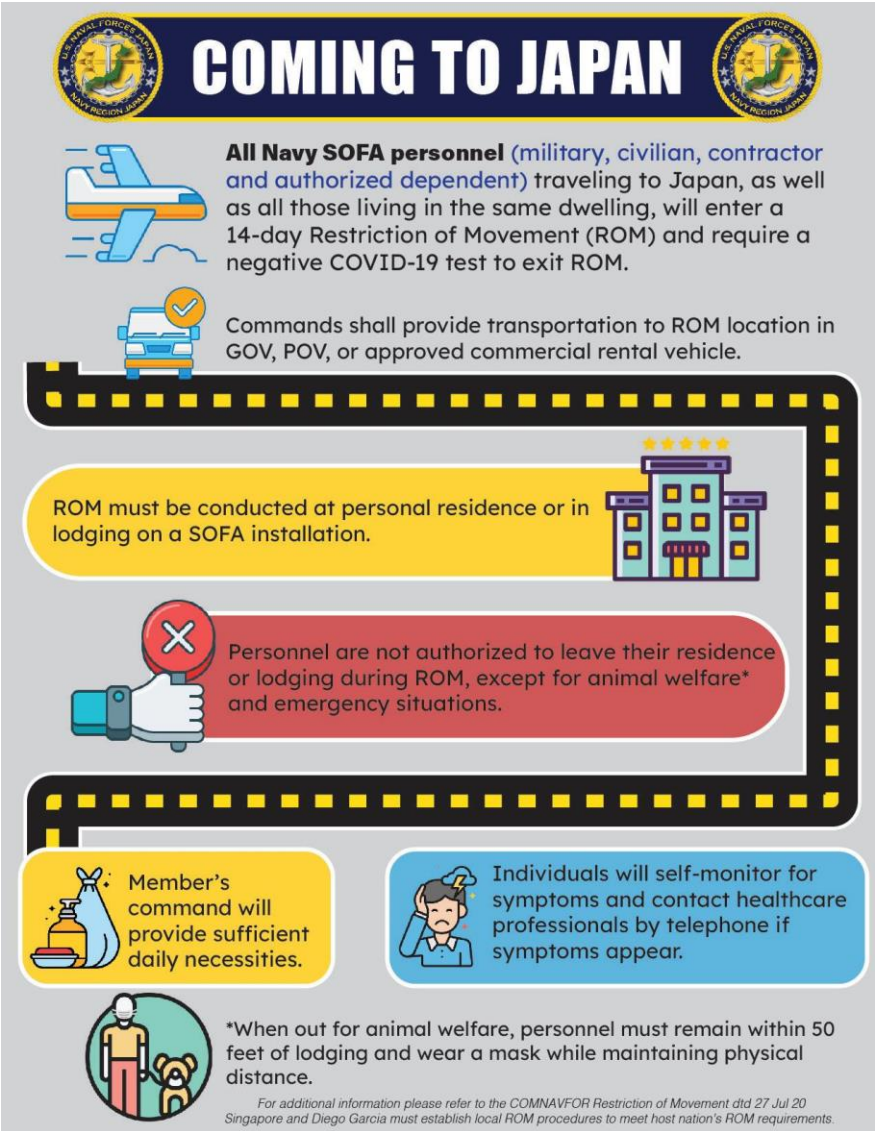
V/R,

The Relocation Team
Fleet and Family Support Center
Commander Fleet Activities Sasebo Japan
FFSCSasebo@fe.navy.mil
PSC 476 BOX 62
FPO AP 96322-0001
DSN: 252-FFSC (3372)
USA: 011-81-956-50-3372
JAPAN: 0956-50-3372

COVID-19 INFORMATION

COVID-19 has significantly changed the PCS experience. Commander Fleet Activities Sasebo has a robust program to ensure the safety and readiness of military, civilian, contractors, and authorized dependent SOFA personnel. Incoming personnel will work closely with their gaining command to ensure they are in compliance with the Public Health Order and associated directives.

To view the most recent information and program updates, please visit the CNIC Sasebo landing page: https://www.cnic.navy.mil/regions/cnrj/installations/cfa_sasebo.html



Questions regarding ROM should be directed to your Command Sponsor. FFSC does not provide guidance on COVID-19

Informational Websites

Commander Fleet Activities, Sasebo (CFAS):

CNIC Sasebo webpage: http://www.cnic.navy.mil/Sasebo/index.htm
The official website of Commander Fleet Activities, Sasebo

CFAS Facebook page: https://www.facebook.com/CFASasebo
Find out about what events and important information

Fleet and Family Support Center, Sasebo Facebook page: https://www.facebook.com/ffscsasebo

Military INSTALLATIONS: www.militaryinstallations.dod.mil
Follow the prompts to search for Commander Fleet Activities, Sasebo for detailed information CFAS and a personalized information booklet

Welcome to Sasebo on YouTube:
http://www.youtube.com/watch?v=KalIPdctZQw&feature=player_embedded
Discover Commander Fleet Activities, Sasebo

American Forces Network (AFN) Sasebo Facebook page: http://www.facebook.com/afnsasebofanpage
Follow what is happening on CFAS

AFN Sasebo Japan YouTube channel: http://www.youtube.com/user/AFNSaseboJapan
Another resource to discover CFAS and Sasebo

Duty in Japan YouTube channel: http://www.youtube.com/user/DutyInJapan
Videos about things to see, housing options, and many other useful topics

Sasebo and Japan:
Sasebo is in the Nagasaki prefecture, located on Kyushu Island

Sasebo Convention and Visitor's Association: http://www.sasebo99.com/english/
English website about tourist attractions in Sasebo, Japan

Japan National Tourism Organization: http://www.jnto.go.jp/eng/location/regional/nagasaki/index.html
Cultural and tourist information about Japan

Fleet and Family Support Center Resources

For information about a specific class, the monthly schedule, or to register, please call 252-FFSC (3372) or e-mail FFSC at FFSCSasebo@fe.navy.mil.

Work and Family Life Programs

Deployment Readiness
- Exceptional Family Member Program (EFMP)
- Family Readiness Group (FRG) Training
- Individual Augmentee (IA) Support
- Ombudsman Training
- Pre-Deployment & Mid-Deployment
- Return and Reunion

Family Employment Readiness Program (FERP)
- 10 Steps to Federal Employment
- Career Support Retention
- Resume Writing / Interview Techniques
- Transition Assistance Management Program (TAMP)
- VA Benefit Information

Life Skills Education
- Babysitting Workshop
- Meyers Briggs Type Indicator (MBTI) Personality Assessment
- Pre-Marital Workshop
- Stress Management
- Teaching English to Japanese

Personal Finance Management (PFM)
- Command Financial Specialist (CFS) Training
- Million Dollar Sailor
- Thrift Savings Plan (TSP) Guidance

Relocation Assistance Program (RAP)
- Area Orientation Brief/Intercultural Relations (AOB/ICR) Training
- Smooth Move Workshop
- Sponsorship Orientation Training

Clinical Advocacy Program Counseling Services

Couples Counseling
- Blended Families
- Deployments and Reunification
- Divorce
- Intercultural Relationships
- Marital Counseling
- Parenting
- Pre-marital counseling

Family Therapy
- Child Behavioral Problems
- Divorce or Separation
- Global Transition
- Military Family Life Style and Challenges
- School Problems
- Teen Issues

Individual Counseling
- Divorce
- Grief
- Military Lifestyle
- Parenting
- Personal Self Development
- Stress
- Vocational Stress

New Parent Support

The New Parent Support Home Visitation Program (NPSHVP) provides supportive and caring services to military families with new babies. Navy families and other military families expecting a child or with children up to four years of age are assessed to determine if they need help managing the demands of a new baby.

Crisis Response

Domestic Abuse Victim Advocacy (DAVA)
24 Hour DAVA Hotline: 090-7383-0735 (Sasebo local number)

Family Advocacy Program (FAP) for victims of abuse
24 Hour FAP Hotline: 090-1516-3797 (Sasebo local number)

Sexual Assault Prevention and Response (SAPR)
24 Hour SAPR Hotline: 090-5920-5856 (Sasebo local number)

Moving Checklist – Pre-Arrival to Sasebo Checklist

AS SOON AS ORDERS ARE RECEIVED:

- ☐ Make at least 10 copies of your Permanent Change of Station (PCS) orders and Dependent Entry Approval Letter.
- ☐ Discuss and plan your move with your spouse and children.
- ☐ Contact sponsor assigned by command at next duty station by utilizing the e-mail located on the first page of your orders.
- ☐ Visit Military INSTALLATIONS website for PCS information regarding next duty station and utilize the "Plan My Move" resources. (www.militaryinstallations.dod.mil)
- ☐ Visit your local Fleet and Family Support Center to attend a Smooth Move Workshop and reserve Hospitality Kit.
- ☐ Set your date of transfer.
- ☐ Collect shot records and make copies.
- ☐ Make medical appointments for Dental, Immunizations, and Overseas Screening Appointments*. **Complete Medical History (DD Form 2807-1) and Suitability Screening (NAVMED 1300/1) forms before making appointment.*
- ☐ Obtain Dependent Entry Approval Letter.
- ☐ Apply for No Fee Passport at local Personnel Support Detachment (PSD).
- ☐ Begin tracking tax deductible expenses.
- ☐ Visit your local military veterinary clinic to find out travel restrictions and specifics at new location. (Sasebo: DSN: 315-252-3585 International: 011-81-956-50-3585)
- ☐ Make financial plans and preparations.

AT LEAST 3 MONTHS BEFORE MOVE:

- ☐ Check to make sure Tourist and No Fee Passport(s), Military ID card(s), and State Driver's License(s) are not going to expire soon.
- ☐ Visit your local military legal office for a Power of Attorney, required by PPO and Housing Office if Sponsor is deployed. (Sasebo: DSN: 315-252-3347 International: 011-81-956-50-3347)
- ☐ Contact your local Personal Property Office to arrange shipment or storage of personal property. You are encouraged to self-counsel using the Defense Personal Property System. Go to www.move.mil to review information and obtain an Electronic Transportation Acquisition User ID and password. If you perform self-counseling in DPS you must either email, FAX, or hand-carry your orders to the PPPO for review/approval. Failure to do so may result in your shipment not being arranged on the dates you requested. For further information contact the FLCY Site Sasebo PPPO: DSN 252-3418;

CML 0956-50-3418; FAX -3704; email M-SA-FISC-ppty@fe.navy.mil. You are encouraged to review the "It's Your Move" pamphlet to help you understand your allowances and responsibilities involving shipment or storage of personal property: https://www.ustranscom.mil/dtr/part-iv/dtr_part_iv_app_k_1.pdf

- ☐ Contact TRICARE Health Benefits Advisor for any changes.
  (Sasebo: DSN: 315-252-3625 International: 011-81-956-50-3625 or www.tricare.mil)

- ☐ Contact local housing office and file Intent-to-Vacate Quarters.

- ☐ Reserve room(s) at Navy Lodge for last nights.
  (www.navy-lodge.com)

- ☐ Make arrangements for lodging at next duty station, check to see if sponsor has arranged.
  (Sasebo: DSN: 315-252-3608 International: 011-81-956-50-3608 or www.navy-lodge.com)

AT LEAST 4-8 WEEKS BEFORE MOVE:

- ☐ Start Command/Base Checkout Sheet

- ☐ Reserve seat(s) on Fukuoka Airport Blue bus Shuttle.**
  (Follow link at https://www.cnic.navy.mil/regions/cnrj/installations/cfa_sasebo.html)
  ***Contact M-SA-CFASFMAT@fe.navy.mil for pet transportation from Fukuoka International Airport.*

- ☐ Notify child's current school registrars regarding child's transfer.

- ☐ Prepare the requisite documents and records to register your child for school in Sasebo
  (http://www.dodea.edu/parents/registration.cfm)

- ☐ Change your address at the Post Office or at www.usps.gov for subscriptions and bills.

AT LEAST 1-2 WEEKS BEFORE MOVE

- ☐ Contact the utility companies to terminate services and pay final bill.

- ☐ Contact the phone and internet companies to terminate services and pay final bill.
  Don't forget to separate their equipment and turn it in to avoid additional costs.

- ☐ Contact cell phone service provider to cancel plan or discuss military suspension and pay final bill.

- ☐ Check-out of medical and transfer your family members' medical records to CFAS.
  (Sasebo: DSN: 315-252-2550 International: 011-81-956-50-2550)

- ☐ Arrange for childcare and pet care for moving day.

Moving Checklist – Arrival to Sasebo Checklist

- ☐ Check-in at your Command's Quarter Deck.

- ☐ Check-in at the Navy Lodge Sasebo if you are an accompanied service member.
  (Sasebo: DSN: 315-252-3608 International: 011-81-956-50-3608 or www.navy-lodge.com)

- ☐ Check-in at Transient Personnel Detachment (TPD, bldg. 63) if you are an unaccompanied service member and/or your ship is not in port.
  (Sasebo: DSN: 315-252-3587 International: 011-81-956-50-3587)

- ☐ Visit Legal Assistance (RLSO, bldg. 47) to obtain a Power of Attorney, required by PPO and Housing Office if Sponsor is deployed.
  (DSN: 315-252-3347 In Japan: 0956-50-3347 Email: SaseboLegalAssistance@fe.navy.mil)

- ☐ Contact Housing Office regarding your Temporary Lodging Allowance (TLA) and schedule your Housing Welcome Brief. Bring copy of PCS orders, DD Form 1746 (Page 2), Detaching Endorsement and Dependent Entry Approval Letter.
  (Sasebo: DSN: 315-252-3402 International: 011-81-956-50-3402 or M-SA-CFASHousingInformation@fe.navy.mil)

- ☐ Check-in at Transient Personnel Detachment (TPD, bldg. 63) if CFAS, Tenant Command, or if your ship is at sea. If in port, check in directly to your ship's Personnel Office.
  (Sasebo: DSN: 315-252-3587 International: 011-81-956-50-3587)

- ☐ Contact the Fleet and Family Support Center (FFSC, bldg. 310) to enroll and/or confirm your registration for the Area Orientation Brief/Intercultural Relations (AOB/ICR) Training. Completion of this class is mandatory within 30 days of arriving in Sasebo, in accordance with COMNAVFORJAPANINST 1740.5 and CFASINST 1740.1D.
  (Sasebo: DSN: 315-252-FFSC International: 011-81-956-50-FFSC Email: FFSCsasebo@fe.navy.mil)

- ☐ Children are not allowed to attend AOB/ICR. Families must arrange for child care in advance (information for coordinating childcare is located further in this packet).

- ☐ Contact Personal Property Office. The Transportation Service Provider or their destination agent will contact you directly upon arrival of your personal property shipment at your new duty station. You are responsible for keeping contact information updated in the Defense Personal Property System. TSP contact information is available on your shipment record in the DPS. If the TSP is unable to contact you your personal property will be placed in temporary storage at Government expense (Storage-in-Transit). The basic allowance for SIT is 90 days. For information about checking inbound shipment status or requesting a temporary storage authorization extension go to www.move.mil and follow this link:
  http://www.move.mil/dod/start_your_move/inbound_shipments.cfm

- ☐ Check-in at the Branch Health Clinic, Dental Clinic and Tri-Care Office (bldg. 1529).
  (Sasebo: DSN: 315-252-2551 International: 011-81-956-50-2551)

- ☐ Visit FMAT Sasebo (bldg. 310 1st Floor) regarding the Loaner Locker Program to reserve a Hospitality Kit, which allows you to borrow basic household items for a limited time at no cost.
  (Sasebo: DSN: 315-252-3627 International: 011-81-956-50-3627)

- ☐ Contact your command Ombudsman and Family Readiness Group (FRG) using the updated list at FFSC.
  (Sasebo: DSN: 315-252-FFSC International: 011-81-956-50-FFSC)

- ☐ Visit FFSC Sasebo (bldg. 310) for information and referral regarding available resources and services on Family Employment Readiness Program (FERP).
  (Sasebo: DSN: 315-252-FFSC International: 011-81-956-50-FFSC)

- ☐ Register your children for school using, either in person or using the online registration http://www.dodea.edu/parents/registration.cfm. Information about each school can also be found at http://www.dodea.edu/Pacific/

- ☐ Arrange for you P.O. Box in Sasebo at the Post Office on Main Base (bldg. 310). Only families are allowed a P.O. Box on base. Single and unaccompanied service members will receive mail at their command.
  (Sasebo: DSN: 315-252-3426 International: 011-81-956-50-3426)

- ☐ Contact the Family Member Assistance Team (FMAT) to arrange a one-time courtesy move of personal items *(luggage and groceries) from temporary lodging to your permanent residence.
  (Sasebo: DSN: 315-252-3627 International: 011-81-956-50-3627 or M-SA-CFASFMAT@fe.navy.mil)

- ☐ Register personal vehicles at Vehicle Registration Office (VRO, bldg. 320).
  (Sasebo: DSN: 315-252-2377 International: 011-81-956-50-2377
  E-mail: M-SA-CFAS-SEC-VRO @fe.navy.mil)

- ☐ Obtain a cellular telephone from local carrier: AU, Docomo, Softbank, etc.

- ☐ Keep in contact with your command assigned sponsor for assistance upon and after your arrival in Sasebo.

*Please note, all COM phone numbers listed are from USA to Sasebo. For all other international calls to Sasebo, Japan, please dial your International Access Code + 81 + 956 + 50 + last 4 digits of the phone number. In Japan, please dial 0956 + 50 (or 24) + last 4 digits of the phone number.

Expected Initial Costs of Moving to Sasebo

Estimated initial need of $10,000 - $15,000
(Depending on household size/Service Member rank)

Temporary Lodging

1. NGIS has 32 rooms, the rate are:
- $90.00 for Standard per night
- $104.00 for Deluxe per night
2. Navy lodge has 58 rooms, rate is:
    - $70.00 per night
    - At check-in 10 days initial deposit for both NGIS & Navy Lodge is due.
    - Every 10 days you need to go to the housing office with a lodging receipt and fill out a TLA request form. The Housing Office submits TLA request form and a receipt to PSD electronically via TOPS.
    - Length of stay depends on housing availability for your household size (max 60 days).

Cars & Insurance

3 Types of sizes of cars:

1. 300 Series – is a larger cars (est. $2500 to $4000)
2. 500 Series – is a compact cars (est. $1500 to $2500)
3. 800 Series – is a smaller cars (est. $1000 to $2000)

Car Insurance is based by age and rank.

1. Est. cost is $400 to $500 a year (Age 30 and up)
2. Est cost is $500 to 650 a year (E4 & age 29 & below)

JCI – mandatory by Japan Gov't cost $500

Estimated Off Base Rental Move-In Expenses

Expense	Amount
One Month Advance Rent	$1,500
Security Deposit (2-month's rent)	$3,000
Restoration Fee*	$1,025
Realtor's Fee	$1,575
Total	**$7,100**

*The Restoration Fees applies for Tatami Mats and Door Paper, and are non-refundable (if applicable)
Pet deposit of $500 is non-refundable

Common Additional Costs:

- Cell Phones
    - $80-$120 per phone per month is common from local carriers such as Softbank/AU
- Cable/Internet
    - $44-$150/month
- New household set-up items (cleaning supplies, food, toiletries, furniture, sundries, etc.)
- Pet fees
    - Highly variable but expect hundreds to thousands when including such as airline fees, kennel costs, vet immunizations, quarantine stay at Paws and Claws, vet visit in Sasebo
- Waiting on correct allotments to catch up to Service Member's pay (correct COLA, Sea Pay, TLA repays)

Pet Information – Need to Know
*Pet Checklist for Import into Japan from the USA

Name of Pet: _____

___ Animal has been in country of export for at least 180 days.

___ **International Microchip-** must be done before BOTH rabies vaccines.
Date of Microchip: _____
Microchip #:_____ Type of Microchip: _____

___ **Previous Rabies Vaccine-** Animal must be at least 90 days old
Rabies Vaccine #1 date: _____

___ **Current Rabies Vaccine-** Must have been given at least 30 days after Rabies Vaccine #1 but no more than 1 year.
Rabies Vaccine #2 date: _____

After Rabies Vaccine #2:

___ **Rabies Titer Test (FAVN)**
Date of Rabies Titer Test: _____
Titer results: _____ (must be greater than 0.5 IU/ml)
Quarantine period of 180 days begins the date the rabies titer test was done. This test is good for two years as long as the rabies vaccines do not expire.
Day 180 is on _____ (mm/dd/yyyy)

1-11 months prior to arrival:
___ DA2PP or DHLPPC (canine) vaccination date: _____
___ Bordetella (canine) vaccination date: _____
___ FVRCP (feline) vaccination date: _____
___ Kennel reservation in Sasebo at Paws and Claws Boarding Facility
___ Arrange pick up from airport with FMAT

At least 40 days prior to arrival (if flying commercially)**:**
___ Advanced notification for import submitted to Japan.
Approval number for entry: _____

Within 10 days of arrival:
___ Health Certificate- MUST include USDA certification if not done by a military vet.
___ Internal and External parasite testing/treatment

Upon Arrival:
___ Check your pet into the boarding facility on base.
___ Check in at Sasebo Veterinary Treatment facility within 72 hours of your arrival.

***Useful Links:**
U.S. Army Japan veterinary services page: http://www.usarj.army.mil/organization/vet/
U.S. Army Japan pet shipment page: http://www.usarj.army.mil/information/shipment/pets.aspx
Japanese Animal Quarantine Service Home Page: http://www.maff.go.jp/aqs/english/index.html
Housing Pet Policy: http://www.usagj.jp.pac.army.mil/organization/pw/housing.aspx#pet
USDA Website: https://www.aphis.usda.gov/aphis/pet-travel

Sasebo Veterinary Treatment Facility

Hours of Operation:

Monday, Tuesday, Wednesday & Friday: 0800-1600

Thursday: Closed for Training

This facility observes federal and Army training holidays and closes at 1200 on the last business day of the month.

Contact Information:

DSN: 252-8879 Hario

From Cell Phone: 0956-50-8879

Email: Sasebovetclinic@gmail.com

Facebook Page: Facebook.com/SaseboVTF

Accepted Methods of Payment:

Visa, Discover or MasterCard

Information About The Sasebo VTF

The Sasebo Veterinary Treatment Facility is authorized to provide care for your privately owned pet(s) as time, space, personal resources permit. Care for privately owned animals is just one of the many missions we perform; therefore we cannot guarantee veterinary services will always be available.

There is an Army veterinarian that is stationed here that does provide services for privately owned animals. The primary mission of our Sasebo veterinarian is to provide medical care for the Military Working Dogs and to provide food inspection services for the base. Due to other obligations of our veterinarian, we do advise that you become familiar with the off base veterinary clinics. You will find a list of off-base veterinary clinics within this welcome packet.

If you have SOFA status, you are required to register your pet with this veterinary facility. Your pet is also required to be current on vaccinations and to have a microchip. This applies to pets living both on and off-base. Please remember to register any pets that you adopt during your time in Japan. Please contact us for further information on these requirements.

Be aware that Japanese law requires **annual rabies vaccinations** for all pets. Please keep your pet current on their vaccinations. Please feel free to contact us via phone, email, or Facebook anytime during our business hours with any questions you may have.

Welcome to Sasebo!

Off-Base Veterinary Clinics

Ikeda Veterinary Clinic
Phone Number: 0956-28-4045
Hours: M-T-F-S-Sun 0900-1145 and 1530-1730 and W 0900-1145
Closed Thursdays and national holidays
Note: Clinic is located near OK home store and LaLa shopping center.
Address: 1002-37 Hino-cho, Sasebo City
Directions: Go toward the OK home store and take a left at the light. The LaLa shopping center will be on you right-hand side. Do down four lights. Turn left at the 4th light. Go over the bridge and you will see a coke machine ahead on your right. Turn left at the coke machine. Then take an immediate left. The vet clinic will be on the left-hand side. You will see a blue and green sign on the vet clinic building.

Hamaguchi Veterinary Clinic
Phone Number: 0956-25-9914
Hours: M-S 0900-1200 and 1500-1830
Closed Sunday and national holidays
Note: Walk-ins welcome
Address: 10-8 Kamishima-cho, Sasebo City
Directions: Go up the hill by officer housing. At the top of that hill, you will come to a light. Take a left at that light. Go through 3 lights. After the 3rd light, the road will curve to the left. On the right-hand side of that curve, you will see a chain-link-fence around a parking lot. You will also see a large teal colored sign with an arrow pointing into the vet clinic. The parking lot of the vet clinic has paintings of dogs and cats.
Website: http://www8.ocn.ne.jl/~hamavet/

Mine Veterinary Clinic
Phone Number: 0956-25-9914
Hours: M-W-F 0900-1200 and 1300-1900
T-TH 0900-1200 and 1300-1800
Sat 0900-1230 (Closed Sundays and national holidays)
Notes: Located in the Haiki area
Address: 1101-22 Goniyoji-cho, Sasebo City
Directions: Pass the Home Wide Store on the left-hand side. Go straight; pass the Lawson store on the left. The vet clinic is on the left before the next light.

Matsuo Veterinary Clinic
Phone Number: 0956-42-1881
Hours: M-T-TH-F-Sat 0900-1200 and 1500-1900
Sun 0900-1200 and 1300-163 (closed national holidays)
Address: 11-8 Katsutomi-Cho, Sasebo City
Directions: From the Ginza, take a right on the 35 and head toward the big green bridge with the stairways running up each side. Take a left there. Follow the road and you will see a furniture store call LIM on your left. Pass this and keep following the road. On your right-hand side you will see a green canopy with a very short driveway. This is the vet clinic. The name of the clinic is on the outside.
Website: http://nttbj.itp.ne.jp/0956421881/index.html

Kaize Veterinary Clinic
Phone Number: 0956-40-7667
Hours: M-T-TH-F 0900-1200 and 1500-1900
Sat 0900-1200 and 1530-1800
Sun 0900-1200 (closed national holidays)
Address: 1307-4 Yoshioka-Cho, Sasebo City
Website: http://kaize-ah.com/index.html

Emergency Clinic
There is an emergency clinic in Fukuoka
Name: Fukuoka Yakan Kyukyu Doubutsu Byouin (福岡夜間救急動物病院)
Hours: 2100-0500 everyday
Address:
5 Chome-2-40 Tsukiguma Hakata Ward, Fukuoka, Fukuoka Prefecture 812-0858 Japan
【住所】 〒812-0858　福岡県福岡市博多区月隈 5 丁目 2-40　→地図
Phone Number: 092-504-8999
Website: http://www.pet99.net/
Note: Wellness exam fee is 8,000 yen. A credit card can be used for payment

Common Health Concerns for Pets in Japan

Heartworm Disease: heartworms are large worms that live in the hearts of dogs. While the disease is more common in dogs, cats can also be affected by heartworm disease. Heartworms are transmitted by mosquitoes, causing all dogs (and cats that go outdoors) to be exposed to the disease. The infection can be life-threatening, and treatment can be expensive, painful, and time consuming. To prevent heartworm disease, we recommend all dogs (and cats who go outdoors) to be on a monthly heartworm prevention. **Prevention is affordable and is given in a treat form once a month.** Dogs require an initial heartworm test to ensure they have not been infected prior to starting the prevention, and then annual tests thereafter.

Heat Stress: summers in Sasebo are very hot and humid, and dogs can be at a high risk for heat injury from July through September. Risk factors for heat injury include age (very young and older dogs), breed (dogs with short noses, such as bulldogs, pugs, and boxers), and conditioning (overweight dogs, dogs not acclimated to high temperatures). To reduce the risk of heat injury, always provide fresh water to your pet. Provide shady areas in your yard to seek shelter, and do not leave your pet unattended in the yard during the hot summer days. Avoid exercising during the hot times of day and be cautious with the pavement temperature when walking your dog. Additionally, NEVER leave your pet unattended in a vehicle.

Venomous Snakes: *Mamushi snakes* are pit vipers with venom similar to water mocassins and rattle snakes from the United States. They are typically 1-3 feet long with a pale gray, reddish brown, or yellow brown background color with large, darner, irregularly shaped blotches along its length. It can be found in swamps, marshes, meadows, woodlands, and rocky areas. *Yamakagushi snakes* are dark green with black and bright orange markings and are usually 2-3 feet long. This snake frequently flees larger predators and bites are uncommon.

Insects: fleas and ticks are common in Japan and may be a significant issue for your pet depending on their lifestyle. Giant centipedes (*mukade)*can grow up to 20 cm long. Their stings can cause intense pain and swelling but are not life threatening unless there is an underlying allergy.

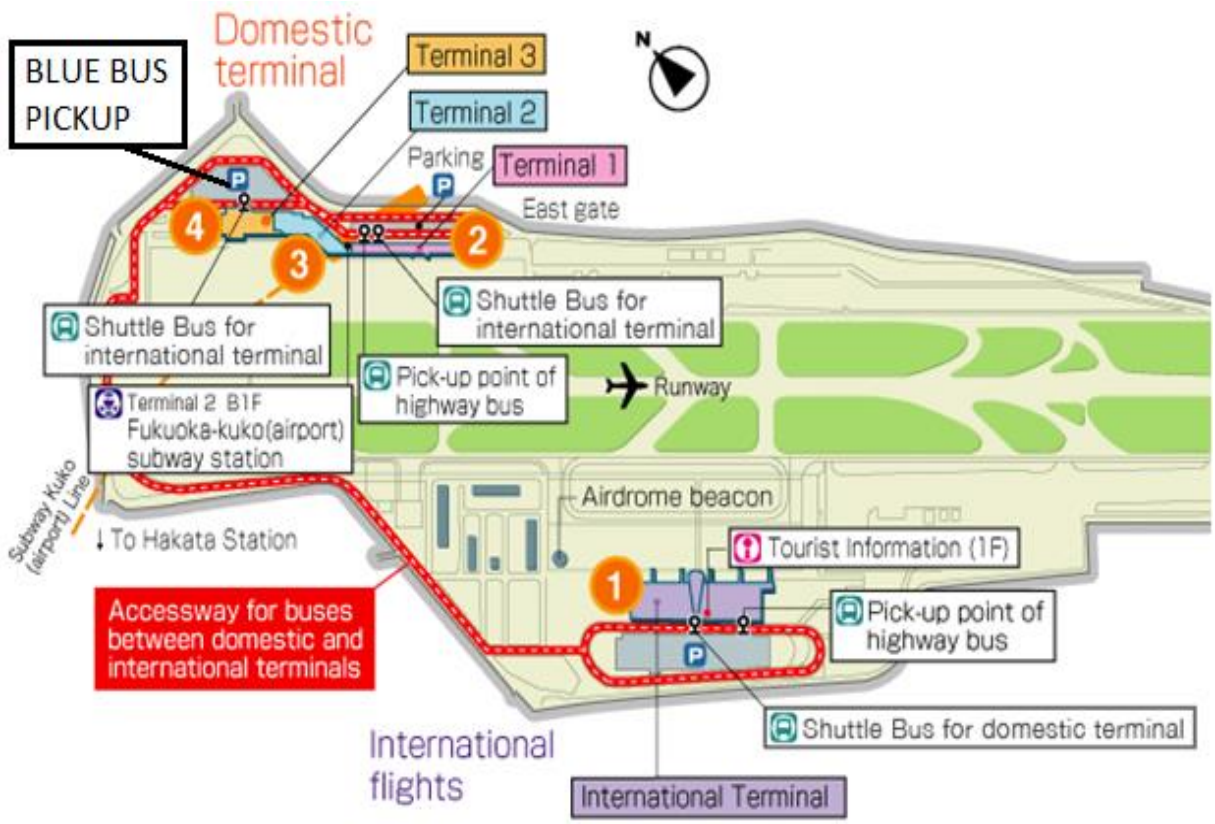
Feline Leukemia Virus (FeLV) and Feline Immunodeficiency Virus (FIV) (cats): these are viral diseases which are transmitted through contact with other cats, typically through fighting. Cats can be infected without showing clinical signs for months to years. Indoor cats have little exposure to these viruses, however cats that go outside have a higher exposure due to the high prevalence of the viruses in stray populations. For indoor cats, we recommend testing for FeLV/FIV once in their life, typically during kitten vaccines, to make sure they were not infected by their mothers. For indoor/outdoor cats, we recommend testing for FeLV/FIV annually and vaccinating for FeLV.

What to Do At the Airport (s)

Landing in Tokyo (Narita/Haneda) airport and/or Fukuoka International Airport
The majority of those PCSing to Sasebo will land at Narita International Airport then continue on to Fukuoka Domestic Airport (FUK). Others may arrive directly at the Fukuoka International Airport. At the first airport you arrive in Japan, you must go through immigration and fill out immigration's entry card, custom's declaration card, present government identification, passports and orders. You are responsible for collecting your luggage before proceeding through Customs and Immigration. After you pass through Customs and Immigration, you are responsible for the transfer and check-in process for your domestic flight to Fukuoka. (If you need any assistance, feel free to ask the airport staff.)

If arriving at the Fukuoka International Terminal, utilize the airport "free" shuttle to transfer to the Domestic Terminal. At FUK Domestic Terminal Number 3, exit the baggage claims section going into the arrivals waiting area where a uniformed military service member will be posted. The Bus Attendant will verify bus reservations, collect a copy of your orders (as applicable), and add personnel to the bus manifest based upon priority seating and space availability. Once all customers have been accounted for and verified, the bus attendant will escort everyone to the bus located in bus parking lot approximately 250 yards from the airport. If there are not enough seats available, passengers are responsible for procuring an alternate means of transportation to Sasebo.

Times and location of the Shuttle can be found at the following website:
https://www.cnic.navy.mil/regions/cnrj/installations/cfa_sasebo/about/getting_here.html



Area Orientation Brief (AOB) & Intercultural Relations (ICR) Class

This training is MANDATORY for all military and civilian employees arriving to commands in Sasebo within 30 days, in accordance with COMNAVFORJAPANINST 1740.5. Family members are highly encouraged to attend as well. It ensures newly reporting personnel understand and are fully aware of all CFAS policies, programs, services, responsibilities and facilities in accordance with CFASINST 1740.1D. Additionally, certified attendance is required for anyone who intends to obtain a U.S. Forces Japan driver's license during their stay in Japan. For those relocating from another duty station in Japan, Day 1 and Day 2 of AOB/ICR are still required as it pertains specifically to CFAS.

Reservations are required and suggested to be made four weeks prior to arrival in the Sasebo area. Your sponsor can sign you up for this program in advance or you can register yourself.

To sign up for AOB/ICR please send e-mail to ffscsasebo@fe.navy.mil with the following information:

- Full name and rank
- Spouse's name if they will also be attending (if applicable)
- Children's ages (if applicable)
- Gaining command
- Class date you'd like to be registered for or projected date of arrival to Sasebo

Children are not allowed to attend AOB/ICR. Child care reservations should be made prior to attending AOB/ICR no greater than 30 days in advance. Age limits and contact numbers for each of the centers are outlined in the "Childcare" section.

AOB Schedule:

Monday: 0800 – 1200 **(MANDATORY)**

- Policies and procedures associated with Commander Fleet Activities, Sasebo
- Responsible Drinking Training

Tuesday: 0830- 1300 **(MANDATORY)**

- SAPR Training
- Briefs from base organizations

Wednesday: 0830 – 1230 **CULTURAL ADAPTATION (MANDATORY)**

- Money, phones and food
- Japanese language, history and holidays
- Discuss Culture Shock and cultural awareness
- Modes of transportation (trains, buses, taxies, and subways)

Thursday: 0830 – 1330 **FIELD TRIP (OPTIONAL)**

- Explore tourist attractions
- Visit historical sites
- Experience local cuisine

Friday: 0830 **DRIVING CLASS (OPTIONAL)**

- Presentation on driving in Japan
- Written test on signs and traffic laws

Childcare

Welcome to Sasebo!

Personnel attending AOB/ICR with children must make arrangements for childcare as there are a limited amount of seats available for attendees. Childcare is free to attendees through vouchers that are distributed on the day of training and who have registered in advance with CYP. The vouchers only cover the time for the AOB/ICR and if more time is needed, you will be charged at a rate of $5 per hour. Online reservations are required as early as 30 days in advance. This is to ensure a spot in the childcare facility is available during class times. Please download and/or print the packet HERE, fill in all of the forms and sign where required, then scan the packet and email the file back to: M-SA-MWRChildandYouthServices@fe.navy.mil. Once this is completed, you will be able to make a reservation for hourly childcare. Childcare spaces are on a first come, first serve basis and can be reserved 30 days in advance. There is no guarantee that a space will be available.

1. Registration Packet and Orientation. The included Registration Packet must be completed with 2 local emergency contacts before date of AOB/ICR class. Copies of child's shot records will be needed to complete Registration Packet. All questions can be directed to the appropriate childcare center listed at the bottom of this sheet. You can access the registration packet HERE.
2. FFSC – Dragon Vale Childcare Shuttle will pick up both children and parents from Navy Lodge 30 minutes prior to start of class, take to the CDC or SAC centers and parents will continue to FFSC for class. Shuttle will pick up parents after class from FFSC, take to CDC or SAC centers to pick up children, and then take both parents and children back to the Navy Lodge.
3. FFSC – Hario Village Childcare There is **NO** shuttle service to Hario Village Childcare Centers. AOB/ICR attendees are responsible for transportation to/from Hario Village should they choose a Hario Village center for childcare.

CHILD DEVELOPMENT CENTER (CDC): 6 WEEKS* TO 5 YEARS**
Dragon Vale (Main Base): *252-2985* *Hario Village:* *252-8842*
Hours- M-F 0600-1800----------

SAC CENTERS***: 5 – 10 YEARS**
Dragon Vale (Main Base): *252-2989* *Hario Village:* *252-8763*
Before School M-F 0600-0800; After School M-F 1500-1800; No-School Days M-F 0600-1800 ----------

PRE-TEEN & TEEN CENTERS***: PT 10–12 YEARS and TEEN 13 YEARS & OLDER
Dragon Vale (Main Base): *252-2908* *Hario Village:* *252-8968*
M-TH 1500-1800; FRI 1500-2000----------

* For children 6 weeks – 12 months, parents are to provide the following: diapers, wipes, and 2 changes of clothes. Please contact the CDC regarding food allergies. Meals are provided throughout the day.

** If 5 year old is already enrolled in kindergarten the child will attend SAC Center. If not enrolled in kindergarten the child will attend the CDC. During the school year, SAC only offers before and after school, unless it is a "school out" day.

***For help getting children enrolled in school please contact the School Liaison Officer at SLO_CFA_Sasebo@fe.navy.mil and pre-register for enrollment at www.dodea.edu/DORS

General School Information Sasebo, Japan

School Registration Information Sasebo, Japan
Please have the following documents/items at the time of enrollment to ensure a smooth registration process:

- All previous school records, report cards, transcripts and other academic records
- A transcribed shot/immunization/vaccination health record (Naval Branch Health Clinic can transcribe your student's record)
- Copy of Sponsor's PCS orders
- Copy of Dependent Entry Approval letter
- Copy of students passport or birth certificate
- Local telephone number, mailing address and email address
- Local emergency contact information
- U.S. Emergency contact information

Electronic DoDEA Student Registration Form
http://www.dodea.edu/DORS
https://www.dodea.edu/upload/DORS_Chart_FlyerOCT2018v7.pdf

Sasebo Elementary School (Grades K-6)
Located in Dragon Vale Housing, all students living in Dragon Vale Housing.

Email: Registrar.SaseboES@pac.dodea.edu
Phone: 315-252-3600 (DSN), 011-81-956-50-3600 (From U.S.)
http://www.dodea.edu/SaseboES/

Jack N. Darby Elementary School (Grades K-6)
Located in Hario Village Housing, all students living in Hario Village Housing are zoned to attend Jack N. Darby Elementary School. Off-base housing please contact Sasebo Student Transportation Office (STO) for school zones and bus route information. STO Phone: 315-252-8921 (DSN), 011-81-956-50-8921 (From U.S.)Email: JapanTransportationSasebo@dodea.edu

Email: Registrar.DarbyES@pac.dodea.edu
Phone: 315-252-8800 (DSN), 011-81-956-50-8800 (From U.S.)
http://dodea.edu/DarbyES/

Ernest J. King High School (Grades 7-12)
Located in Dragon Vale Housing, all students in grades 7-12 attend Ernest J. King High School.

Email: Registrar.KingMHS@pac.dodea.edu
Phone: 315-252-3059 (DSN), 011-81-956-3059 (From U.S.)
http://www.dodea.edu/EJKingHS/

DODEA Online Registration

DoDEA Online Registration for Students

DoDEA Online Registration for Students (DORS) eliminates manual forms and makes it easy for parents to register their child for school. Once a student's information is entered into DORS, it can be quickly updated anytime, anywhere. DORS also makes student re-registration for the following school year faster and more efficient.

Who: Students of families relocating and registering in schools serviced by Department of Defense Education Activity (DoDEA)

What: A secure, web-based DoDEA student registration system

When: Available beginning November 1, 2018

Where: Accessible online globally to families 24/7 via computers, tablets, and mobile devices

How: Visit **www.dodea.edu/DORS** to access DORS and register your child

Coming Soon: DORS will be available for the annual re-registration of all current DoDEA students Spring 2019

Benefits of the NEW DoDEA Online Registration for Students

System Features	Old Process	New Process	Benefits
Web-based registration process	√	√	Families can complete registration forms from any location any time of day.
Enter common data once (for siblings)	√	√	Families only need to enter common data for multiple siblings once.
Upload supporting documents	√	√	Families can upload supporting registration documents from any location any time of day.
Includes all necessary registration fields		√	Families can complete all necessary forms/fields in one central system. This limits additional forms and the amount of data registrars manually enter.
Field level dependency		√	Families will complete only the necessary fields relevant to their registration situation. (e.g. Families whose primary home language is not English can be prompted to complete additional information)
Data validation process		√	Registrars can validate appropriate data is being transferred to the Student Information System. (Less data errors)
Automated data transfers to Aspen SIS		√	Registrars no longer need to manually type enrollment data within the SIS. This provides a smoother/faster registration process for registrars.
Mobile friendly		√	Families can easily access the registration site on mobile devices.
Online registration update process		√	Families can update contact information. (Update email, phone numbers, etc.)

dodea
DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

Youth Sponsorship Program

Dear Parents,
CFAS Youth warmly invite you and your child to take part in the Navy Youth Sponsorship Program (NYSP) collaboration between Sasebo Elementary, Darby Elementary, E. J. King Middle/High School, and Morale, Welfare & Recreation (MWR) Child & Youth Programs (CYP). The purpose of the Navy Youth Sponsorship Program is to provide information, discussion and support concerning the needs of the transitioning military child.

In today's military, more and more service members are on a schedule that can be both demanding and stressful. We anticipate that the NYSP will provide transitioning students with valuable information to assist them as they adjust to a new area, and will help them build lasting bonds with other military students. Youth involved in the program will gain the following information and experience:

- Transitioning – The military child shares experience transitioning from one area to another with other military children.
- Support – The transitioning child will learn about available resources and support in the new area.
- Academic Avenue – The transitioning child will learn what to expect from the new school.
- Military Solidarity – Through spending time together and sharing stories with other military children about their military journey, transitioning children can build relationships with children in their new area, which can reduce their anxiety regarding adjusting to a new community.

If you would like your child to be a Youth Sponsor, please fill out the bottom portion of this letter and return by email to: SLO_CFA_Sasebo@fe.navy.mil

Sincerely,
School Liaison Officer
Commander Fleet Activities Sasebo, Japan
Email: SLO_CFA_Sasebo@fe.navy.mil
DSN: 315-252-2206
Commercial 011-81-956-50-2206

Name of Parent _____Phone Number_____

Email Address: _____

Are you interested in having your child participate in the Navy Youth Sponsorship Program?
_____YES_____NO

Name of Child _____Grade_____

I have the following questions concerning the Navy Youth Sponsorship Program:
_____
_____
_____
_____

Once we receive your form we will be in contact with you within 72 hours to set your child up with our Youth Sponsorship Program. We look forward to meeting you and your child.

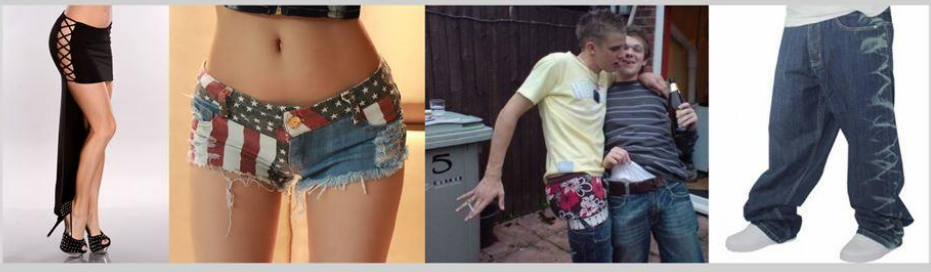
CNIC Dress code for Sasebo Naval Base

It is the policy of *COMNAVFORJAPAN/COMNAVREGJAPAN* that all personnel will present a good public image, and maintain good order, discipline, and morale appropriate in the Japan AOR. Each individual, whether military or civilian, is an ambassador of the U.S. and the U.S. Navy while in this AOR. As such, individual dress, attire and conduct should reflect credit upon oneself, and the U.S. Navy and the United States. The below pictures provide some examples of what is/is not appropriate.

** Any garment, to include caps and hats, inscribed, printed or bearing patches with slogans, words, pictures which may be interpreted by a reasonable person to be profane, sexually suggestive or obscene and that may be interpreted as directly and clearly deragatory to any ethnic, racial, religious, any military service or nation.*

** Hair nets, wave-caps/do-rags, handkerchiefs, bandanas or nylon socks on the head are prohibited (even if under a cap) outside of living quarters except while participating in sports or physical training activities. Females may wear scarves (not bandanas) on the head if done in a conservative, fashionable manner.*

** Clothing which is obviously soiled, torn, or excessively worn or frayed is prohibited.*



**Prohibited items include: Skirts/dresses/shorts that expose any portion of the underwear or buttocks as well as those that are excessively "baggy" or hanging off the buttocks; and jeans that have not been properly hemmed.*

** Undershirts, tank top style athletic shirts/jerseys are not appropriate outerwear (except while participating in picnics or athletic events). For women, tops that expose more than one inch of the midriff are unacceptable.*

** Shoes with laces will be tied. Shower shoes, made entirely of plastic or rubber material, are appropriate in living quarters and at recreational beaches and swimming pools otherwise they are not appropriate and are prohibited.*

** Beach/Athletic attire is prohibited in mess halls, retail stores, clubs, restaurants and working spaces. This includes, but is not limited to, the NEX, Commissary, theaters, libraries or other similar establishments. Sweat pants may be both athletic attire or casual attire. If sweat pants are clean and wearer is going to go shopping in them, then they can be considered casual wear.*
** Baseball-style caps may be worn with the bill directly forward or directly aft.*

** Display of tattoos, body art and brands that are prejudicial to good order, discipline and morale or are of a nature to bring discredit upon the U.S. Navy is prohibited.*
**Earrings for men and women that are neat, clean and in good taste are authorized. Active duty men, earrings are discouraged, although they may be worn off base, in a non-duty status.*
**Body Piercing for any individual subject to this instruction that appears excessive and brings into attention or makes the individual a spectacle is prohibited. It is not authorized for active duty personnel in civilian attire, when in duty status, or while aboard any ship.*
** Outrageous hair styling or coloring is unauthorized, and must comply with the hair/grooming standards.*

WHAT'S OK TO WEAR...

How to Present a Positive Image to our Japanese Hosts

When in Public

- Please refrain from smoking on public transportation. All trains including long distance buses and trains do not permit smoking.
- Converse in a low to moderate voice when in public. Yelling or loud conversations disturbs and frightens our hosts.
- Additionally, use earphones with portable stereos and keep your car's stereo volume down when your vehicle windows are open.
- Loud and raucous behavior in public is not acceptable. The Japanese are very calm people as a whole. Boisterous behavior is equated with hooliganism and trouble.
- While the Japanese have learned English in school, they generally are not conversationally proficient. Be patient; talk slowly and clearly. Use a translation app on your phone if you feel it necessary.
- Try to use some Japanese words or phrases when interacting with our hosts. They appreciate our effort and respect our taking the time to try to learn their language.
- Observe how the Japanese do things. "When in Rome do as the Romans do" can very well be applied to Japan.
- Unacceptable behavior usually feels inappropriate when you're doing it. Rely on your common sense. This is just one of the ways to show respect for the Japanese culture while you are here.
- Be polite and considerate. It is the way we expect foreigners to act when they're visiting the U.S.

In Shops and Restaurants

- Remember, Yen is the only currency acceptable in Japanese establishments. They do not accept dollars, as in the case of some foreign countries you may have visited.
- Most establishments do not take credit or debit cards. Cash (yen) is generally the preferred method of payment.
- While bargaining is acceptable in some countries, in Japan this is not the norm. On large purchases, you may ask if there is any discount, or one may automatically be given to you.
- Do not tip in Japan. It is not expected in restaurants or taxis, and in fact is considered an insult to most Japanese people. Some American franchised restaurants and beauty salons welcome tipping. You will see the "We welcome tipping" next to the casher.
- In some restaurants (and hospitals), you are expected to remove your shoes. Always have your socks on when you intend to dine off-base. Such establishments will provide slippers for you to put on, upon removal of your footwear.

In a Japanese Home

- Always remember to remove your shoes before stepping up from the genkan (entry) area of a Japanese home into the house proper.
- Always remove your house slippers when you enter a tatami room in a Japanese home-bare feet or socks only on tatami mats.
- Be sure to lather up and rinse off thoroughly outside of a Japanese bathtub. The bath water should be reheated and reused by the entire family for a number of days before being drained.

Eating and Dinning In Japan

In Japan, some restaurants and private houses are equipped with low Japanese style tables and cushions on the floor, rather than with Western Style chairs and tables.

Restaurant with traditional low tables

A DAMP TOWEL Just after you sit down at the tables, you will receive a hot (or cold one in summer) damp, white towel called o-shibori. In a restaurant it is wrapped in plastic or is often served on a small oblong tray specially made for the o-shibori. Use the towel to wipe your hands. In less formal situations, Japanese men often wash their faces with the towels, but it is best not do this. Place the towel back on the tray. The o-shibori will stay on the table throughout the meal and often, napkins are not supplied. It is advisable to keep tissue or handkerchief with you at all times.

ITADAKIMASU AND GOCHISOSAMA In Japan, you say "*itadakimasu*" ("I thank you for your sacrifice") before starting to eat, and "*gochisaosama (deshita)"* ("Thank you for the fantastic meal) after finishing the meal.

Note: According to the Buddhism philosophy, Buddhists are to thank to the ingredients (animals and plants) to have them sacrifice their lives for humans before they start eating. The Buddhists are to thank people who prepared and served the meals to finish eating.

INDIVIDUAL VERSUS SHARED DISHES It is not uncommon in private households and in certain restaurants (e.g. izakaya, or Japanese pub) to share several dishes of food at the table rather than serving each person with his/her individual dish. In such a case, you are supposed to move some food from the shared plates onto your own plate by yourself, using the opposite end of your hashi, or chopsticks, (if you have used them already) or with serving chopsticks that may be provided for that purpose.

CHOPSTICKS The proper use of the chopsticks is the most fundamental element of Japanese table manners.

ETIQUETTE FOR EATING WITH CHOPSTICKS:

- Hold your chopsticks one thirds from the thicker ends.
- When you are using your chopsticks and when you are finished eating, lay them down in front of you with tip to the left.
- Do not stick chopsticks upright into your food, especially not into rice. Only at funerals are chopsticks stuck into the rice that is put onto the altar.
- Do not pass food with your chopsticks directly to somebody else's chopsticks. Only at funerals are the bones of the cremated body given in that way from person to person.
- Do not spear food with your chopsticks.
- Do not point with your chopsticks at someone or something.
- Do not move your chopsticks around in the air too much, nor play with them.
- Do not move around plates or bowls with chopsticks.
- To separate a piece of food into two pieces, exert controlled pressure on the chopsticks while moving them apart from each other.
- If you have already used your chopsticks, use the opposite end of your chopsticks in order to move food from the shared plate to your own plate.

Knife and fork are used for Western food only. Spoons are sometimes used to eat Japanese dishes that are difficult to eat with chopsticks; for example some donburi dishes or Japanese style curry rice. A Chinese style ceramic spoon is sometimes used to eat soups.

COMMON JAPANESE TABLE MANNERS

- Blowing your nose in public, especially at the table, is considered bad manners.
- It is considered good manners to empty your dishes to the last grain of rice.
- Talking about distasteful topics during or before a meal is not appreciated by most people.
- Unlike in some other parts of East Asia, it is considered bad manners to burp.
- After finishing your food, try to place all your dishes in the same way they were at the start of the meal. This includes re-placing the lid of dish (if it comes with one) and re-placing your chopsticks on the holder or into their paper slip, if applicable.

DRINKING ETIQUETTE

When drinking alcoholic beverages, it is a Japanese custom to serve each other, rather than pour the beverage into one's own glass. You are to periodically check your friends' cups, and serve them again once their cups are about to be empty. Likewise, if someone wants to serve you more alcohol, you should quickly empty your glass and hold it towards that person.

While it is considered bad manners to become obviously drunk in some formal restaurants, for example in restaurants that serve kaiseki ryori (Japanese haute cuisine), the same is not true for other types of restaurants such as izakaya, as long as you do not bother other guests.

Do not start drinking until everybody at the table is served and the glasses are raised for a drinking salute, which usually is "kampai". Avoid using "chin chin" when drinking a toast, since these words refer to the male anatomy in Japanese. It is quite common for the Japanese to toast, usually with beer or sake. It recognizes a day's event or acknowledges good efforts. If you do not drink alcoholic beverages, it is acceptable to toast with orange juice or even green tea. The important point is that your share in the group celebration.

COMMON JAPANESE FOOD ETIQUETTE

Rice:
Take the rice bowl in one hand and the chopsticks in the other. Lift it towards your mouth while eating. Do not pour soy sauce over rice.

Sushi:
Pour soy sauce into the small plate provided. It is considered bad manners to waste soy sauce; try not to pour more sauce than needed. You do not have to add wasabi into your soy sauce. The sushi pieces usually already contain wasabi, and some pieces are supposed to be eaten without wasabi. If you choose to add wasabi, use only a small amount in order not to offend the sushi chef. If you do not like wasabi, you can request that none is added into your sushi. In general, you are supposed to eat a sushi piece in one bite. Hands or chopsticks can be used to eat sushi. For nigiri, dip the piece into the soy sauce upside-down with the fish part ahead. A few kinds of nigiri, for example, marinated pieces, should not be dipped into the soy sauce. For gunkan, pour a small amount of soy sauce over it, rather than dipping it into the sauce.

Sashimi:
Put some soy sauce into the small plate provided. Mix some wasabi into soy sauce, but do not add too much wasabi as this would overpower the taste of the raw fish (and possibly offend the chef). Use the sauce for dipping sashimi pieces. Some types of sashimi are enjoyed with ground ginger rather than wasabi.

Miso Soup:
Drink the soup out of the bowl as if it were a cup or eat with the spoon provided. You can also eat the solid pieces with your chopsticks.

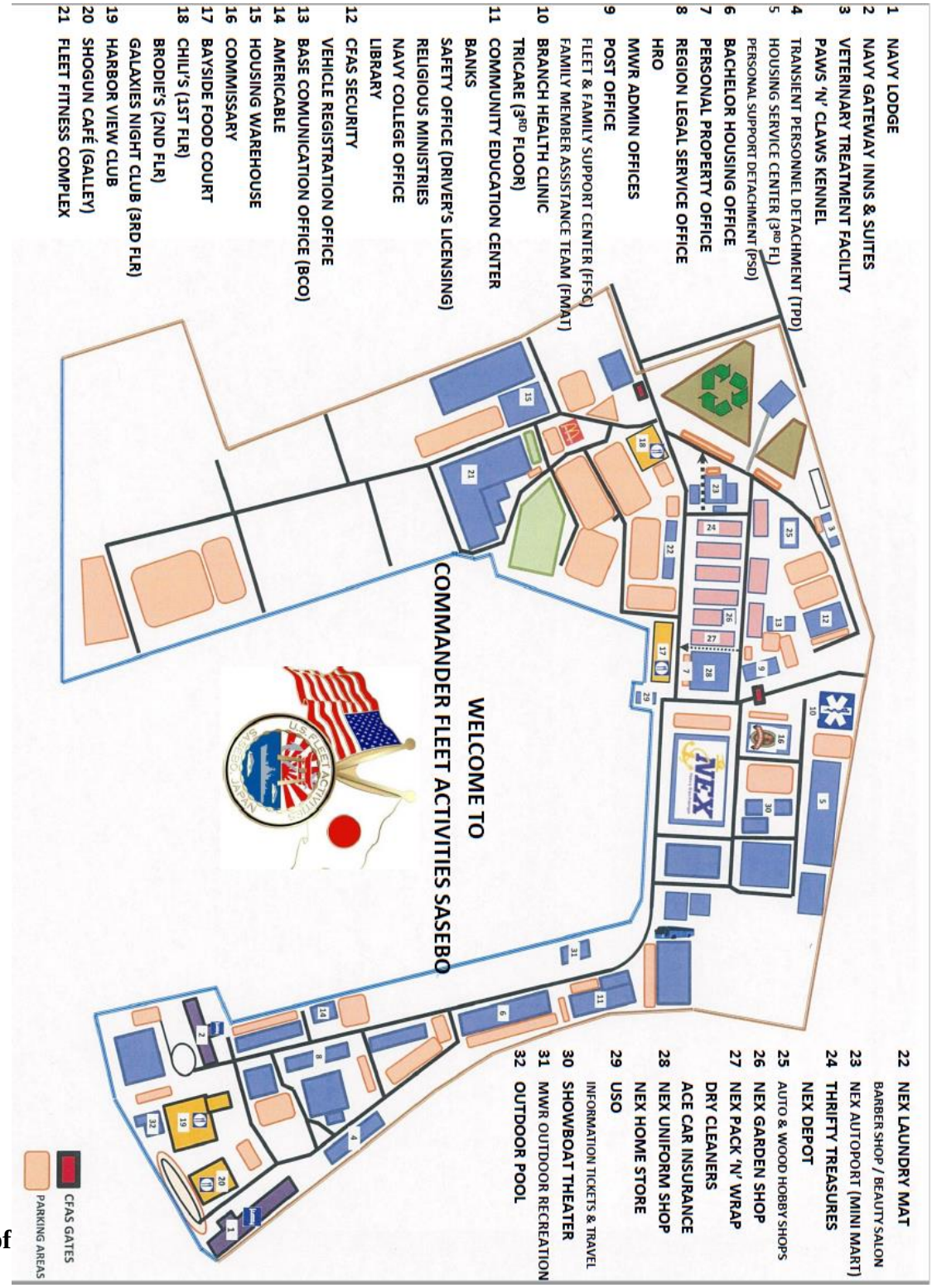
Noodles:
Lead the noodles with your chopsticks into your mouth, while sucking them down in with a controlled slurping sound. Try to copy the slurping sound of people around you. If a spoon is provided, use it to eat the soup; otherwise, lift the bowl to your mouth to consume the soup.

Kare Raisu: (Dishes in which steamed rice poured over curry sauce)
Kare Raisu (Japanese style curry rice) and other rice dishes, in which the rice is poured over a curry sauce may be somewhat difficult to eat with chopsticks. Kare Raisu is often eaten with a spoon rather than chopsticks.

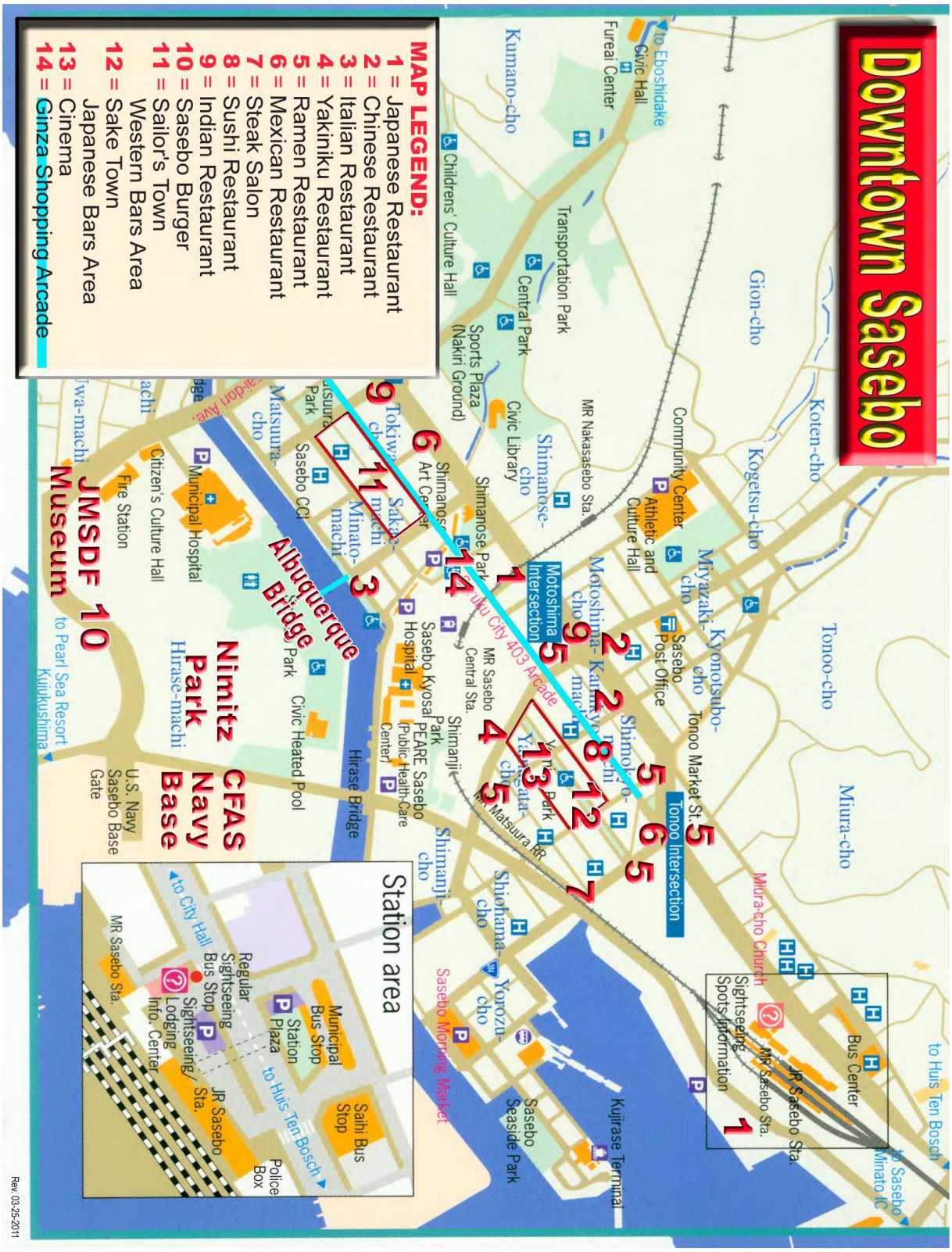
Big pieces of food:
(e.g. shrimp tempura) Separate the piece with chopsticks (This takes some practice), or just bite off a piece and put the rest back onto your plate.

Maps of Commander Fleet Activities Sasebo

Base Map:



Map of


Downtown Sasebo
MAP LEGEND:
1 = Japanese Restaurant
2 = Chinese Restaurant
3 = Italian Restaurant
4 = Yakiniku Restaurant
5 = Ramen Restaurant
6 = Mexican Restaurant
7 = Steak Salon
8 = Sushi Restaurant
9 = Indian Restaurant
10 = Sasebo Burger
11 = Sailor's Town Western Bars Area
12 = Sake Town Japanese Bars Area
13 = Cinema
14 = Ginza Shopping Arcade
Station area
Municipal Bus Stop
Station Plaza
Saihi Bus Stop
Police Box
Regular Sightseeing Bus Stop
JR Sasebo Sta.
Sightseeing/ Lodging Info. Center
MR Sasebo Sta.
to City Hall
to Huis Ten Bosch
Albuquerque Bridge
Nimitz Park
CFAS Navy Base
JMSDF Museum
Hirase Bridge
Ginza Shopping Arcade
Kumano-cho
Gion-cho
Koten-cho
Kogetsu-cho
Tonoo-cho
Miura-cho
Shimanose-cho
Shimanji-cho
Shiohama-cho
Yorozu-cho
Kujirase Terminal
Sasebo Seaside Park
Sasebo Morning Market
Miura-cho Church
Tonoo Intersection
Motoshima Intersection
Tonoo Market St.
Sasebo Post Office
Community Center
Athletic and Culture Hall
Civic Hall
Fureai Center
Transportation Park
Central Park
Sports Plaza (Nakiri Ground)
Childrens' Culture Hall
Civic Library
Shimanose Park
MR Nakasasebo Sta.
MR Sasebo Central Sta.
Sasebo Kyosai Hospital
PEARE Sasebo (Public Health-Care Center)
Civic Heated Pool
Municipal Hospital
Citizen's Culture Hall
Fire Station
U.S. Navy Sasebo Base Gate
Bus Center
JR Sasebo Sta.
MR Sasebo Sta.
Sightseeing Spots Information
to Sasebo Minato IC
to Huis Ten Bosch
to Eboshidake
to Pearl Sea Resort Kujukushima
Rev. 03-25-2011

Commander Fleet Activities—Sasebo Housing Information

Living in Japan can be fun and a challenge. Learning new customs, tasting different foods, and finding a house you can call home; are all part of the unique experience you will encounter.

Command Fleet Activities Sasebo has 749 Military Family Housing (MFH) units serving the accompanied housing requirements of US Forces and civilian personnel authorized to serve "with dependents" tour in Sasebo and 5 Unaccompanied Housing (UH) buildings. Our off-base Housing Referral Service provides housing leases for unaccompanied personnel and families in the area that are authorized to live in the local community. In order to ease your transition, other housing support functions are provided to include the temporary loaner furniture program, off-base housing inspection, translation, lease interpretation, issue resolution, and housing showing services are some of the support programs we provide to the Sasebo community.

Let us take you step-by-step through the process to apply for housing at the Sasebo Housing Service Center. For any questions about family housing, please contact each point of contact directly or email us.

NOTE: Please review the information contained in this website as it contains fairly detailed information that should answer most of your questions. If you cannot find the answer, please include pertinent information with your questions in your email.

- *For example: I am an E-6/CS1 with a spouse (non-military); a 6 year old boy; and 9 year old daughter (I have Dependent Entry Approval for all). I also have a dog & a cat. We will all arrive together on June 22nd. I will be attached to the USS ASHLAND. My question is.....This type of information will help us to answer your questions quicker.*

Family Housing mailing and contact information

Housing Service Center (Family Housing)
U.S. Fleet Activities, Sasebo, Japan
PSC 476 Box 126
FPO AP 96322

DSN:	(315) 252-3402/3923
DSN Fax:	(315) 252-3453
Off – Base Local:	0956-50-3402/3923
From U.S.:	011-81-956-50-3402/3923
Email: M-SA-CFASHousingInformation@fe.navy.mil	
Location:	Bldg. 200 3rd Floor (across from Branch Health Clinic)
Hours:	0800-1600 Monday to Friday (except Wednesday)
	0800-1500 Wednesday
www.facebook.com/CFASHousing	

All service members and civilian personnel are required to check in with the Housing Service Center (HSC) prior to agreeing to rent, lease, or purchase of housing. Personnel entering into rental lease agreements without negotiating them through the HSC risk being disallowed payment of housing allowances but will still be held accountable to pay for the rental lease agreement out-of-pocket. Only rental properties that are inspected, approved and listed by the HSC will be considered valid for payment of Overseas Housing Allowance (OHA) and Living Quarters Allowance (LQA).

Family Housing

Family housing in Sasebo currently comprise a total of 749 units located at Dragon Vale, Fiddler's Green, and Hario Village. Dragon Vale and Fiddler's Green housing areas are located right outside the main base in the City of Sasebo, Japan. Hario Village is located at scenic Hario-shima (Hario Island) and is right beside Huis Ten Bosch – a Dutch Village & Theme Park. We offer two, three and four bedroom units located in mid-rise and high-rise apartments, garden units, and town homes.

Dragon Vale / Fiddler's Green

Dragon Vale and Fiddler's Green housing areas are located across the street from Sasebo Naval Base. Residents utilize all main base facilities including the commissary, medical clinic, gyms, swimming pool, Movie Theater, restaurants, banks, chapel, post office and the Navy Exchange. Located in the Main Base housing area you will find Sasebo Elementary School (K-6), E.J. King School (7-12), teen center, youth center, and a child development center. There are 217 homes which are a combination of tower apartments, garden-style apartments, and townhouses. There are several variants of two, three and four bedroom units. Sizes and floor plans may vary.

Hario Village

The Hario Village housing area is a scenic and peaceful community located 25 minutes from Main Base (via the expressway). There is a home-to-work shuttle bus program that runs two times a day between Main Base and Hario Village. In addition to the 532 family housing units, Hario Village has the larger commissary, a gym, swimming pool, tennis courts, teen center, youth center, community center, village theater, chapel, post office, ATM, food court, gas station, medical/dental clinic, NEX Home Store, and a child development center. Also located at Hario Village is J.N. Darby Elementary School (K-6). Middle School and High School students are bussed to the E.J. King School at Main Base.

Off Base Japanese Rental Units

Most newcomers are shocked by their first look at available rental houses. Expect to see small houses averaging 720 square feet or less for a two bedroom unit. They are built with unfamiliar materials like tatami (straw mat) floors, and unfamiliar appliances or no appliances at all. Newer homes have only one or two tatami rooms; the rest have tile or hardwood floors, and some homes have no tatami.
The standard bedroom size is six tatami, about 9 ft. by 12 ft. A "large master bedroom" is eight tatami, or 12ft. by 12 ft. Houses often have narrow doors and halls, and narrower staircases (e.g., 27 inch wide

doors). Therefore, king size mattresses often won't fit upstairs. Door frames are often lower, about six feet from floor to top. Oversized couches or overstuffed chairs may not fit, since dining rooms are often just one end of a living room. Storage inside the house or outside may be limited or non-existent, and there is usually no attic or basement and no garage.

Members with large families having a four or more bedroom requirement are advised that suitable accommodations in both on and off base housing are severely limited. Sponsors in this category should seriously consider preceding the family to Japan to find appropriate accommodations.

HOMES.mil is a new official Department of Defense (DoD) website, dedicated to helping Service members, Families, and DOD civilians find housing.

Effective 25 Jun 2013 all Active Duty Accompanied Members must reside in on-base housing.

All incoming military families are involuntarily assigned to MFH meeting their eligibility requirements based on rank and family composition (sorry - I know we love them, but dogs are not considered to be part of the family composition for housing assignment purposes), without regard to location (Dragon Vale or Hario Village) or type of unit (garden-style apartment, townhouse, or tower unit). Members declining involuntary assignment will no longer be eligible to receive a government funded courtesy move (moving from off-base to on-base) and Temporary Lodging Allowance (TLA) is forfeited in 30 days or on the availability date of the unit offered, whichever is later. Furthermore, Member will not be eligible for Overseas Housing Allowance (OHA) and (Move In Housing Allowance (MIHA) entitlements.

Eligibility to Military Family Housing

- All military personnel completing an accompanied tour with bona fide family members are eligible for MFH. Bona fide family members are those who have received dependency status, command sponsorship approval, and will reside with the sponsor for nine consecutive months or more each year during the sponsor' s tour.

- All military personnel with newly acquired family members and/or non-command sponsored family members who will reside with their sponsor for nine consecutive months or more each year during the sponsor's tour may apply for MFH. The control date will be the date when HSC receives the command sponsorship approval.

- Active duty single parent. An individual serving an accompanied tour who is unmarried, divorced, separated or widowed and is accompanied by bona-fide family members with command sponsorship who will reside with the sponsor for nine or more consecutive months each year during the sponsor’s tour is eligible for MFH. Divorced or separated members must have legal and physical custody of bona-fide family members for at least nine consecutive months each year during the sponsor’s tour. A single parent who requires a live-in childcare provider must submit a written request to HSC.

- Single, pregnant service member. Unmarried, pregnant service members may apply and be placed on the waiting list for MFH upon certification of pregnancy, but will not be assigned MFH prior to the birth of the child. The housing application control date will be the date the housing application and physician pregnancy certification are received. Offer of assignment to MFH will not be made until a birth certificate is received or a waiver granted by the HA to reside in MFH prior to birth has been received by the HSC.

- Department of Defense (DOD Civilians, Non-Appropriated Fund (NAF) employees, and Non-DOD Civilians (Red Cross, USO) with transportation Agreement may apply for assignment to MFH, but will primarily rely on surrounding civilian communities for housing support.

- All DOD appropriated fund civilian employees of the U.S. Forces (Article I of the Status of Forces Agreement) on transportation agreements, eligible for Living Quarters Allowance (LQA), and accompanied with bona fide family members with command sponsorship approval who will reside with the sponsor for nine consecutive months or more each year during the sponsor's tour, are eligible for MFH. Assignments to MFH will be terminated after five consecutive years, unless the ICO determines it is in the best interest of the government to extend occupancy. Such decisions will be documented and kept on file for a minimum of three years.

- Other civilian government employees and American Red Cross personnel in grade ARC 34 or higher and accompanied with bona fide family members with command sponsorship that will reside with the sponsor for nine consecutive months or more each year during the sponsor's tour, are eligible for MFH.

- Non-appropriated fund personnel accompanied with bona fide family members with command sponsorship approval who will reside with the sponsor for nine consecutive months or more each year during the sponsor's tour and on a transportation agreement are eligible for assignment to MFH. Assignments to MFH will be terminated after five consecutive years unless the ICO determines it is in the best interest of the government to extend occupancy. Such decisions will be documented and kept on file for a minimum of three years. The HSC will determine eligibility for MFH for non-appropriated fund personnel who are on transportation agreements based on equivalency in pay grade and equivalency certification from the employer's management authority. Non appropriated personnel shall pay the established rental and utility rates for MFH.

- DOD sponsored civilian personnel accompanied with bona fide family members who will reside with the sponsor for nine consecutive months or more each year during the sponsor/s tour and command sponsored may be provided MFH when surplus assets are available or under special priority situations as determined by HA. Assignments to MFH will be terminated after five consecutive years unless the ICO determines it is in the best interest of the government to extend occupancy. Such decisions will be documented and placed on file for a minimum of three years.

Temporary Lodging Allowance (TLA)

TLA accrual begins the day the member reports to the new permanent duty station. Paid TLA begins when member and family report to the new duty station. Member must check-in to Housing Service Center to submit an application to be eligible for TLA after check-in to your new command. TLA is normally granted to active duty members with command sponsored dependents and dual military couples. The purpose of TLA is to help defray the cost of meals and lodging while member is seeking off-base housing. TLA may be granted for 60 days. TLA is a reimbursable entitlement and paid in 10 day increments.

Temporary Quarters Subsistence Allowance (TQSA)

The primary guidelines for TQSA CFAS HSC will ensure economical management and compliance with applicable regulations and policies. DOD civilians under transportation agreement and entitled to TQSA will be managed in coordination with their servicing Human Resources Office (HRO) using the Department of State Standardized Regulations (DSSR)

When a valid offer for MFH is available to a family based on family composition, but unable to accept, the sponsor will be notified in writing and the TQSA entitlements will cease thirty (30) days after notification of MFH availability or unit move-in date, whichever is later.

How To Apply For Base Housing:

Military Members
The following are the documents required:

1. Housing application DD Form 1746
2. PCS Orders (all pages)
3. Family Entry Approval or Command Sponsorship Approval
4. Detaching Endorsement (L20/L01 Activity Loss from last Permanent Duty Station)
5. Page 2 (Record of Emergency Data)
6. Valid Power of Attorney for your spouse or representative if sponsor is absence
7. Marriage Certificate (married after arrival member)
8. Pregnancy Certificate (single pregnant member)
9. Pet Customs Forms and Record (if applicable)
10. Advance / Delayed Travel of Dependents from N130 (if applicable)

Note: When you apply for MFH, we will collect these documents. Other supporting documents may be required on a case-by-case basis.

In order for you to retain your CONTROL DATE (C/D) which affects your waiting period, you must apply for MFH within 30 days of reporting to your new command in Sasebo.

If you are reporting from a Permanent Duty Station (PDS), your C/D will be established as the date you detached from that PDS.

If Sasebo is your first PDS, the reporting date to your command will be your C/D. Failure to apply for MFH within 30 days; your C/D will be the date of application and also will not be authorized for a government-funded local move.

DOD Civilians / United States Civilian Services (USCS)
The following are the documents required:

1. Housing application DD Form 1746
2. DoD Travel orders
3. Transportation Agreement DD Form 1617
4. SF-50
5. Dependent Entry Approval or Command Sponsorship Approval if applicable
6. Valid Power of Attorney for your spouse or representative if sponsor is absence

Note: When you apply for MFH, we will collect these documents. Other supporting documents may be required on a case-by-case basis.

In order for you to retain your CONTROL DATE which affects your waiting period, you must apply for MFH within 30 days of reporting to your new command in Sasebo.
Control date for civilian employees will be the effective date on SF-50 to your command in Sasebo. Failure to apply for MFH within 30 days, your control date will be the date of application and also will not be authorized for a government-funded local move.

Advance Application

If you would like to send your application form and required documents in advance, you are more than welcome to do so 30 days prior to your arrival. We will hold your application and that will be activated on a waiting list AFTER you reported to your new command on board CFA Sasebo. Your name will not go on a waiting list until after you have arrived, reported to your new command and completed the application process with counselor.

Control Date & Waiting List Placement

- Member's Control Date will be usually date detached from last PDS, activity loss departure date.
- Control date determines the position on a waiting list and waiting time period.
- If member fail to apply for MFH within 30 days, his/her control date will be the actual date of application (walk-in date). Member will start at the bottom of the waiting list and will not be authorized for a government funded local move from his/her off-base residence.
- The waiting times are estimates and subject to change daily.

Housing Offer & Assignment

There will be an initial waiting list based on your pay grade and bedroom eligibility. Member will be offered the next available unit at the earliest move-in date unit. House offer and assignment are based on member's pay grade and family composition listed on his/her Dependent Entry Approval.

Once member or spouses have been contacted and an offer of MFH has been made, member has 48 hours to accept or decline the offer. Member and spouse should discuss housing options prior to any offer as many service members are deployed when an offer occurs. If member or spouse do not respond within 48 hours after being contacted and made an offer, it will be considered an automatic declination of MFH. This has the same effect as if member declined in writing. A member either accepts and move-in or may decline the offer.

All assignments to Military Family Housing are for the duration of the sponsor's duty at the geographic location, Sasebo. Any follow-on tours/extensions in Sasebo (sea or shore) are considered as in the same geographic location. Relocation to another unit is not authorized unless there is an increase in bedroom entitlements (self-move) or promotion from enlisted to officer (funded move).

As offers could be made while the unit is in the Change-of-Occupancy Maintenance phase, the offered unit may not be available to viewed. In that case a like unit may be available to be viewed. If no units are available for viewing, member's decision will have to be made based on available floor plans.

BAH/OHA stops on the Date of Assignment to Housing

Pets

Dogs are authorized in all MFH townhouse, garden apartment; 1st and 2nd floor of tower units at CFAS. However, the second floor garden apartment units and tower units does not have a yard.

All non-domestic animals are not allowed in MFH. This includes, but not limited to: snakes, lizards, pot belly pigs, rabbits, chinchillas, chickens, ducks, ferrets, monkeys, reptiles and tarantulas. Raising animals of any type, including birds and fish, for commercial purposes is not allowed.

Owners are permitted to keep two pets in their assigned unit (e.g., two cats, one cat and one dog; etc.). All pet must be registered with the Sasebo Veterinary Treatment Facility, have proper inoculations, and be micro-chipped for identification at all times. Pet cats must be spayed or neutered.

Pet owners will be held personally and financially responsible for the care of their pets, cleanliness of their MFH and the entire CFAS housing community. Pet ownership at CFAS MFH is a conditional privilege.

Only pet dogs arriving PCS with members or in the process of transporting to Japan shall be taken into consideration when making housing assignments. Pets acquired after arrival will not be considered when making assignments in any circumstance.

Documentation certifying registration, inoculations, spaying, or neutering must be submitted to the Housing Service Center upon initial assignment and upon request. Failure to submit the documents shall be cause to refuse a pet from staying in Military Family Housing.

Bringing pets will seriously interfere finding a place to live, both on and off base. Housing applicants are advised via Family Entry Approval message and PCS Orders not to bring their pet dog(s) until it is determined if the type of unit they will be assigned will allow the dog.
For more information on importing pets, please click the link:
https://www.usarj.army.mil/units/vet/import/

Unaccompanied Housing (UH) Division

UH Division is responsible for providing single/unaccompanied housing for all authorized FLEACT Sasebo, tenant units and home ported ships. We have five (5) buildings dedicated for this mission to support the permanent party housing requirements and the CNO's Home Port Ashore program.

E1-E4 personnel assigned to home ported ships must check-in with their respective units prior to assignment & occupancy of UH. For E1-E3 Sailors assigned to shore, tenant or rotational commands, please check in to our Front Desk at Building 151 with the following documents:

-PCS Orders
-Fill-out the front desk check-in information

For single personnel, Housing Referral Service for off-base housing will be provided as soon as verification of entitlements, eligibility and/or non-availability of government quarters has been documented and received. Authorization, requirements and documentations will vary according to your paygrade and assigned duty station.

Newly arrived unaccompanied active duty personnel unable to report to their units because of underway/deployments should report to the Regional Transient Personnel Detachment (R-TPD at PW-63) for assignment to temporary sleeping quarters.

Unaccompanied Housing mailing and contact information

Housing Service Center (Unaccompanied Housing)
U.S. Fleet Activities, Sasebo, Japan
PSC 476 Box 126
FPO AP 96322-0002

DSN (315) 252-6081
DSN Fax: (315) 252-6081
Off-Base local: 0956-50-6081
From U.S.: 011-81-956-50-6081

Email: M-SA-CFAS-UA-Housing-GD@FE.NAVY.MIL

Location: Building 151 1ST Floor (Next to Community Education Center)

Housing FAQs

Q: Where can I find an application and other documents required for housing?
Navy Housing website https://www.cnic.navy.mil/ffr/housing.html

Q: If I apply for housing using the Housing Early Assistance Tool (HEAT), does the date I submit my application become my control date?
No. HEAT does not change existing policy for determining your control date.

Q: What is the Family Housing wait list based upon?
The wait list for Family Housing is based on Service member rank and bedroom requirement. Here in Sasebo, Officers and enlisted personnel separate wait lists are maintained.

Q. How is my name placed on the housing waiting list?
You will be placed on the housing waiting list according to your pay grade category and the number of bedrooms you qualify for. For example, if you are an E5 with two children, you will be placed on the Enlisted three bedroom housing waiting list. A member may not be placed on more than one waiting list.

Q: How is my control date established?
Your control date for placement on the housing waiting list is normally your date of detachment from the previous permanent duty station. For example, if you detached from your previous permanent duty station 1 April 20xx, you will be placed on the waiting list with the control date of 1 April 20xx, provided you come to the Housing Service Center within 30 days of reporting to your command.
If two or more sponsors on the same waiting list have the same control date, placement on the list will be based on seniority.

Q: I am the sponsor of an Exception Family Member (EMF) registered in the EFMP. Is special consideration given to this circumstance for my control date?
Possibly. Family members designated as Categories IV and V EFMs are severely disabled, and Navy Housing strives to provide permanency in living arrangements. As a result, EFM Categories IV and V are placed directly below the freeze zone. When two or more members are waiting for assignment, the higher of the EFM categories will be given priority in assignment. If members are designated in the same EFM Category, the actual control date will determine the priority of assignment unless written notification is provided by the medical authority indicating unique circumstances.

Q: Are pet dogs considered when making assignments to military family housing?
No. Pets may not be considered as family members for the purposes of military family housing assignment purposes. Therefore, they do not affect the type of unit authorized or the number of bedrooms permitted.

Q: How come my name keeps going down on the list?
You should remember that even though you have been placed on the appropriate waiting list, there is a possibility that you might be displaced by new arrivals who detached from their last permanent duty station before you did.

Q: What happens if my eligibility changes while I'm on the wait list?
If your eligibility changes while on a wait list, the original control date will continue to be used in instances when you will be placed on another wait list, such as: promotion or frocking resulting in eligibility for a higher grade category of housing, a change in priority status, or change of eligibility for number of bedrooms. If the control date would place your name in the freeze zone on the new wait list, then you will be placed immediately below the freeze zone.

Q: Can I request assignment to Main Base housing only?
No, you cannot request a specific unit type or location. The policy states that members will be assigned to military family housing based on eligibility and entitlement, regardless of location or type of unit.

Q: What happens if I placed my name on the housing waiting list for one bedroom less than I am authorized?
If you have requested and are assigned one bedroom less than you are authorized, you will not be authorized to relocate to another larger unit at a later date, unless you increase your family size by an additional member.

Q: How long do I have to move out of temporary lodging and into military family housing after being assigned to it?
Immediately. Any expenses for stays in temporary lodging after assignment may not be covered by temporary lodging allowances.

Q: Can I be authorized to stay in the Navy Lodge and draw TLA until complete with AOB/ICR so my family can secure transportation before accepting a house?
No. TLA, according to the Joint Travel Regulations, is authorized upon initial arrival (reporting for duty) at an OCONUS PDS and waiting for Government quarters assignment. If quarters are available when you arrive you will be assigned those quarters and therefore not authorized TLA. Arranging transportation to and from home/work is the responsibility of the service member and their Command.

Q: My family is coming later than me. Will I be assigned to military family housing before they arrive?
Yes. You may be assigned 30 days in advance of your family arriving. Please note that you are required to provide Housing Service Center your family's flight itinerary.

Q: My family is coming earlier than me. Can they be assigned housing before I arrive?
Yes, if you have an Advance Travel of Dependents authorization. Your spouse must check-in to the Housing Service Center upon his/her arrival with all the required documentations and a valid power of attorney allowing them to accept housing on your behalf. If your family arrives without an approved Advance Travel of Dependents, they are not entitled to any housing or temporary lodging allowances. Also, they will not be eligible for housing referral services and furnishings support.

Q: What housing allowances am I eligible for?
Military members are entitled to various allowances to ensure the transition to a new location is as smooth and stress-free as possible. For information about your allowances, visit the Defense Travel Management Office website. If you have any questions, contact Command Pay and Personnel Administrator (CPPA).

Q: How can I accept or decline government quarters while I am deployed?
Give your spouse or a friend Power of Attorney before deploying and make sure the Housing Service Center has the designated person's contact information. Power of Attorney can be done at the Naval Legal Services Office.

Q: How can I pay my rent and utility bills while I'm deployed?
The Private Rental Lease Agreement states that the rent is due by the 3rd day of each month. Please make arrangements to pay you rent in advance of your deployment or sign up to pay your rent electronically through GI Bill Pay services. GI Bill Pay Services is an easy, safe and a convenient way to pay your rent and utilities. It is done by electronic bank to bank transfers. You can pay your rent and most utilities through this service. There is a small service charge to use this service. Please contact the Housing Service Center for details or email GI Bill Pay services at gibp_sasebo@sunny-net.ne.jp.

Q: How can I make arrangements to vacate quarters when I receive PCS orders while I'm deployed?
For government quarters, you have an obligation to notify the Housing Service Center 30 days in advance. Please send a copy of your PCS orders and valid Power Of Attorney (POA) to your spouse so he/she can make arrangements for your household goods pack-out at the Personal Property Office. Pre-Termination inspection and Final Inspection should be scheduled by your spouse at the Housing Welcome Center.
For private rental, you have an obligation to notify your landlord 10 days (30 days for RPP) in advance. The Housing Service Center will contact your landlord as soon as you have found out the approximate date you will terminate the lease. Final Inspection must be scheduled with your landlord or housing agent.

CFAS Shuttle Services

Fukuoka Airport Shuttle Bus Schedule

LOCATION	MORNING RUN	AFTERNOON RUN
LOAD THE BUS CFAS BUS STATION (Bldg.#203)	0800	1800
DEPART CFAS BUS STATION (Bldg.#203)	0830	1830
ARRIVE FUKUOKA AIRPORT (Domestic Terminal)	1030	2030
DEPART FUKUOKA AIRPORT (Domestic Terminal)	1200	2230
ARRIVE CFAS BUS STATION (Bldg.#203)	1400	0030

HARIO HOME-TO-WORK SHUTTLE

RUN	AREA	BUS STOP LOCATION	TIME MONDAY - FRIDAY ONLY NO WEEKENDS / HOLIDAYS			
MORNING	HARIO HOUSING	HARIO COMMUNITY CENTER	5:15	—	5:45	7:00
	HARIO HOUSING	HARIO UME TOWER	5:17	—	5:47	7:02
	MAIN BASE	SHOWBOAT THEATER PARKING LOT	5:45	5:15	6:15	7:32
	MAIN BASE	GALAXIES	5:46	5:16	6:17	7:34
EVENING	MAIN BASE	SHOW BOAT THEATER PARKING LOT	16:30	17:30	18:33 Finish	
	MAIN BASE	GALAXIES	16:32	17:32		
	HARIO HOUSING	HARIO UME TOWER	drop off only	drop off only		
	HARIO HOUSING	HARIO COMMUNITY CENTER	17:02	18:02		
	HARIO HOUSING	HARIO UME TOWER	17:03	18:03		

NOTES

1) Following boarding priority applies :

a) Active duty military and DoD civilian employees
b) Off-duty military personnel and DoD civilian employees
c) Reserve and National Guard members
d) Dependents of active duty military and DoD civilian employees
e) Retirees
f) Visitors to the base (intra-installation only)

2) Passengers on the shuttle bus must occupy seats and wear seat belts.

3) Standing on the bus is not allowed.

***Times in red are contingent on ships in port. Please contact NAVFAC at 252-3452 to confirm**

CFAS BASE SHUTTLE AM RUN

MON - FRI EXCLUDING WEEKENDS & HOLIDAYS

	Bus Stop Location	Round 1	Round 2	Round 3	Round 4	Round 5
1	CBH-98	6:00	6:20	6:40	7:00	7:20
2	Harbor View Club	6:02	6:22	6:42	7:02	7:22
3	Fleet Landing	6:05	6:25	6:45	7:05	7:25
4	Galaxies (Bldg.1649)	6:06	6:26	6:46	7:06	7:26
5	SRF / J/B#2	6:08	6:28	6:48	7:08	7:28
6	PSD	6:11	6:31	6:51	7:11	7:31
7	Food Court	6:12	6:32	6:52	7:12	7:32
1	CBH-98 (Arrive)	6:14	6:34	6:54	7:14	END

CFAS BASE SHUTTLE PM RUN

MON - FRI EXCLUDING WEEKENDS & HOLIDAYS

	Bus Stop Location	Round 1	Round 2	Round 3	Round 4
1	SRF / J/B#2	16:00	16:30	17:00	17:30
2	PSD	16:03	16:33	17:03	17:33
3	Food Court	16:04	16:34	17:04	17:34
4	CBH-98	16:06	16:36	17:06	17:36
5	Harbor View Club	16:08	16:38	17:08	17:38
6	Fleet Landing	16:11	16:41	17:11	17:41
7	Galaxies (Bldg.1649)	16:12	16:42	17:12	17:42
1	SRF / J/B#2 (Arrive)	16:14	16:44	17:14	END

CFAS Religious Ministries

Facilitates the free exercise of religion for all authorized personnel by providing opportunities for worship, religious education, and spiritual development, provide timely and effective pastoral care, and promotes the general well-being of the command personnel by providing counsel on matters of religion, morale, and ethics.

The following faiths groups are supported at CFAS Religious Ministries:

- Protestant Faith Group at Main Base & Hario (Christian Non-Denominational)
- Roman Catholic
- Gospel Community Fellowship
- Nichiren Daishonin Buddhism (SGI-USA)
- Seventh Day Adventist Fellowship

Regions Social Services available through CFAS Religious Ministries:

1. Counseling - all counseling is 100% confidential.
2. Suicide Prevention - if you or someone you know is struggling with suicidal thoughts, please contact our Duty Chaplain (090-3325-6494)
3. Baptisms and Dedications - if you are wishing to be baptized, or to have a baby baptism or child dedication service, please contact the CFAS Chaplains Office.
4. Premarital Counseling - for those couples considering marriage, we offer premarital counseling.
5. Facilities usage - if you need to reserve space in the CEC, call the CFAS Chaplains office.
6. COMREL (Community Relations Projects) - these events create goodwill, deepen our appreciation of other cultures, and build bridges between the United States and the international community.
7. Retreats (CREDO Sasebo Detachment) - we offer CREDO Marriage Enrichment Retreats, Family Retreats, as well as CREDO Personal Growth Retreats throughout the year.
8. Family Programs (Chili Contest, Thanksgiving dinner, VBS, AWANA)
9. Women's Bible Studies.
10. Stress Management & Marriage/Relationship classes.
11. Holiday Events and religious/social programs (Thanksgiving, Christmas, New Year, Easter etc…)

Emergency Management Department

COMMANDER, FLEET ACTIVITIES SASEBO

EMERGENCY MANAGEMENT DEPARTMENT

Email: M-SA-CFAS-EM-OFFICE-GD@OCONUS.NAVY.MIL

Phone: 252-2300

Tropical Cyclone Condition of Readiness (TCCOR)

- Tropical Cyclone Condition of Readiness is a standardized preparedness system in response to Tropical Cyclones.
- There are several TCCOR levels that are all scheduled from the estimated weather forecast of storm destructive and/or damaging winds.
  - Enhances preparedness
  - Allows time to take action
  - Gives awareness of severity possibility

Tropical Cyclone Conditions of Readiness (TCCOR)

Storm Watch	Sustained winds are possible. (35-49 knots)
TCCOR 5	Destructive winds are possible within 96 hours. (50+ knots)
TCCOR 4	Destructive winds are possible within 72 hours. (50+ knots)
TCCOR 3	Destructive winds are possible within 48 hours. (50+ knots)
TCCOR 2	Destructive winds are anticipated within 24 hours. (50+ knots)
TCCOR 1	Destructive winds are anticipated within 12 hours. (50+ knots)
TCCOR 1 Emergency	Destructive winds are occurring. (50+ knots)
TCCOR Recovery	Destructive winds have subsided and are no longer forecasted to occur.
All Clear	Destructive winds have passed and are no longer forecasted to occur.

Be Prepared! Be Informed! Be Ready!

If an emergency occurs, call 911:

from an on-base phone dial 911

from a cell phone on-base/off-base dial 0956-50-0911

29 JUL 2020

What is a NEO?

An operation directed by the Department of State, the Department of Defense, or other appropriate authority whereby noncombatants in a foreign country are evacuated to a safe haven or to the United States when their lives are endangered by war, civil unrest, or natural disaster.

When is a NEO ordered?

- **Armed Conflicts**
  - Attack on Japan, Terrorism targeting US Civilians
- **Civil Disorders**
  - Riots, Violent Political Demonstrations
- **Natural Disasters**
  - Typhoons, Earthquakes, Floods, Tsunami, etc.

What's in a NEO Packet?

- **Identification**
  - **Passport**
  - **US Military ID**
  - **Birth Certificate**
  - **Marriage License**
  - **Naturalization Certificate**
  - **Alien Registration Card**

Family Employment Readiness Program (FERP) Resources

FERP
Our program provides basic information, materials, consultations, workshops, and referrals relating to family member employment services available through FFSC.

Fleet and Family Support Center (FFSC) FERP Classes, Workshops and Trainings
For more information regarding topics, schedules and to register, please call 252-FFSC (3372).

- How to Teach English in Japan
- Resume Writing
- Job Search Strategies
- Federal Employment
- Interview Skills
- Understanding KSAs (Knowledge, Skills, and Abilities)
- Career Exploration
- Volunteering
- 1 on 1 Consultations
- Volunteer Opportunities: A good way to get your foot in the door and network with potential employers is to volunteer. FFSC has options and information for volunteer opportunities. Contact 252-3372 for more information.

Tips for Job Searching in Sasebo
The first tip is patience. The job market is very tight in Sasebo because it is such a small community. There are plenty of hourly positions available through MWR at their locations around base such as the gym, restaurants, bowling alley, and childcare centers. The NEX and DECA (Commissary) typically have positions available as well. Professional positions are hard to come by; especially at the post-baccalaureate level. Consider volunteer positions to gain valuable resume experience and prevent gaps in your resume. Networking is key to the success of your job search.

Department of the Navy Jobs at CFAS

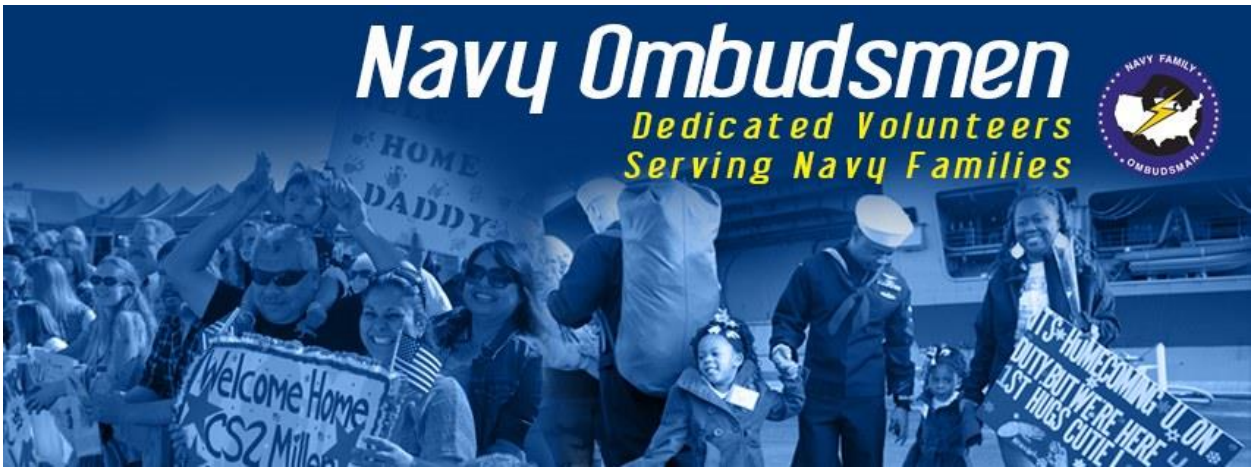
- CNRJ HRO: http://www.cnic.navy.mil/regions/cnrj/om/human_resources.html
- MWR SASEBO: http://www.cnic.navy.mil/regions/cnrj/installations/cfa_sasebo/ffr/MWR_Sasebo.html
- United States Naval Hospital Yokosuka, Branch Health Clinic Sasebo: http://www.med.navy.mil/sites/nhyoko/pages/jobs.aspx
- Navy Exchange (NEX) https://www.mynavyexchange.com/work4us/
- DECA Commissary: http://www.commissaries.com/inside_deca/HR/employment_opportunities.cfm
- FISC Yokosuka & Sasebo: https://www.navsup.navy.mil/navsup/jobs
- SRF U.S. Naval Ship Repair Facility (Yokosuka & Sasebo): http://www.srf.navy.mil/

Supporting Organizations Jobs at CFAS

- Navy Marine Corps Relief Society: http://www.nmcrs.org/jobs
- USO: http://uso.org/careers or http://uso.balancetrak.com/
- DODDS Careers: http://www.dodea.edu/Offices/HR/onlineapplication/submitApplication.cfm
- Navy Federal Credit Union: https://www.navyfederal.org/about/careers.php
- Community Bank: http://www.dodcommunitybank.com/home/customer_service/careers
- University of Maryland University College: http://www.asia.umuc.edu

Worldwide Organizations

- USA Jobs: http://www.usajobs.gov/
- Federal Jobs: http://www.americajob.com
- Zeiders: www.zeiders.com
- Department of Defense Education Activity (DoDEA): http://www.dodea.edu/Offices/HR/employment/
- Department of Navy Civilian Human Resources: http://www.donhr.navy.mil
- AMSEC/Northrop Grumman: www.amsec.com
- General Dynamics Information Technology: http://www.gdit.com/careers/
- Armed Forces Services Corporation (AFSC): https://www.afsc.com/careers.html



Connect with your Command Ombudsman and Family Readiness Group

Have you reached out to your command family Ombudsman recently? If so, then you are aware that your Ombudsman is a trained volunteer who has been officially appointed by the Commanding Officer to serve as an information link between command leadership and Navy families. Your Ombudsman may have reached out to you upon your arrival to a new duty station or presented at your command deployment brief.

Ombudsmen may distribute vital command information and resources and may also maintain an official Facebook page, where you can connect and communicate with them and other families. Whatever the means of communication, it is important to make sure that you are connected to your Ombudsman and are receiving the valuable information that they provide.

Ombudsman are required to report all known or suspected child abuse/neglect, domestic abuse, suspected/potential homicides, suspected/potential suicidal risks, sexual assaults.

Family Readiness Groups (FRGs) are non-federal entities that provide family members with a support network that is informational and social. They provide support during deployments, help families adjust to challenges and to support one another in time of personal crises, and coordinate social events.

Ombudsmen and FRGS work together to support Navy families. Both are an integral part of a support network. They are here to support you!

How to Contact Your Gaining Command Ombudsman?

SASEBO AREA OMBUDSMEN CONTACT INFORMATION	
ATG West Pac	atgwp.sasebo.ombudsman@gmail.com
CFAS	cfasombudsman@gmail.com
CPR-11	cpr11ombudsman@gmail.com
CTF-76	ombudsmanesg7@gmail.com
DSO	dsopacombudsman@gmail.com
MCMRON7	mcmron7ombud@gmail.com
NBHC	nbhcsaseboombudsman@gmail.com
NBU-7	nbu7ombudsman@gmail.com
NMC EAST ASIA DIV DET SASEBO (NMC)	nmcsaseboombudsman@gmail.com
USS AMERICA	americaombudsman@gmail.com
USS ASHLAND	ashlandombudsman@gmail.com
USS CHIEF	uss.chief.ombudsman@gmail.com
USS GERMANTOWN	germantown_ombudsman_lsd42@yahoo.com
USS GREEN BAY	ussgreenbay.ombudsman@gmail.com
USS NEW ORLEANS	18ombudsman@gmail.com
USS PATRIOT	usspatriot.ombudsman@gmail.com
USS PIONEER	usspioneerombudsman@gmail.com
USS WARRIOR	warriorombudsman@yahoo.com

FFSC Sasebo Spouse Sponsorship: Anchoring You to Community!

Sasebo Spouse Sponsorship was created "for spouses, by spouses" to supplement Command Sponsorship. Our program goal is to guide you through the transition process with quality and accurate information. Our trained spouse sponsor volunteers will be your Sasebo point-of-contact for all things relocation. Whether you have children, pets, or other specialized needs, we are here to help ease the transition! To enroll, please email ffscsasebo@fe.navy.mil to be connected with our network of volunteers! We look forward to anchoring you to the CFAS community!

COMPASS

COMPASS

A Course for Navy Life

What is COMPASS?

A fun and interactive way to learn about the Navy Lifestyle
Acquire knowledge and skills ~ Make friends
Develop realistic expectations and a positive attitude
Presented by experienced, trained, volunteer
Navy Spouses

The Program Outline

Navy History and Traditions
Benefits and Services
How to read an LES
Moving in the Navy
Deployment
Getting along with others

For locations, information, and registration please visit

www.gocompass.org

Red Cross

American Red Cross | Service to the Armed Forces

Critical Support for Military Families

Serving our military and their families across the country and around the world, 24 hours a day, 7 days a week

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Emergency Services

Emergency Communications

If you experience an emergency, such as the death or serious illness of an immediate family member, contact the Red Cross 24 hours a day, 7 days a week.

Call toll free at **877-272-7337** or

Online at **redcross.org/HeroCareNetwork** or

Via the Red Cross **Hero Care mobile app**

You will be asked to provide information about your service member for message delivery, and information on the nature of the situation so the Red Cross can provide the most accurate information in the Emergency Communication message. The Red Cross sends verified reports of the emergency to your service member's commander, enabling them to determine the need for your service member to return home on emergency leave.

To assist you in having the service member's information readily available, please fill out the information below, and keep this sheet for easy reference.

Information About Your Service Member

Legal name

Branch of service | Rank

Last four digits of SSN or date of birth

Information About Your Service Member's Unit

Military unit

Military Installation

Rear detachment (if applicable)

Access to Financial Assistance

If your family has an emergency financial need, the Red Cross, in partnership with military aid societies, provides access to emergency financial assistance. Call toll free at 877-272-7337, 24 hours a day, 7 days a week.

Information and Referral for Support

When you need assistance, the Red Cross can connect you to national, community and government resources to assist you and your family. Contact your Red Cross office.

American Red Cross, Sasebo

Building 155, CEC, 2nd Floor

DSN: 315-252-3680 COMM: 0956-50-3680

Building Resilient Families

The American Red Cross offers resiliency programs for members of the Armed Forces, veterans and their families. Workshops are available free of charge in hometowns across America as well as on military installations around the world. The programs are similar in their mission to teach effective resiliency skills as preventative tools for the challenges and stress of military life. All resiliency programs are available free of charge, confidential and led by licensed mental health professionals with additional Red Cross training. To learn more or register for our resiliency programs, visit:

- Coping with Deployment: Psychological First Aid courses at **redcross.org/cwd**
- Reconnection Workshops at **redcross.org/reconnectionworkshops**
- Mind-Body Workshops at **redcross.org/mindbodyworkshops**

For information about other Red Cross programs, services and volunteer opportunities in your community visit **redcross.org/military**.

American Red Cross | Service to the Armed Forces

176802 4/18

Driving In Japan

Obtaining a License:

ROM clearance memo that proves you completed ROM is required on your test day.

❖POV driver's license

Active duty: Orders, Valid U.S. Driver's License & AOB Certification
Family Members: Sponsor's orders, Valid U.S. Driver's License & AOB Certification
USCS Civilians/Contractors: Letter of employment with SOFA and contract expiration date, Valid U.S. Driver's License & AOB Certification
Their family: Same as sponsor
Service Member age below 26: 'Driving for Life' Certification in addition to the above
E4 and below **MUST** meet the following requirements: E-4 and below Active Duty military personnel will adhere to the following requirements:

(1) Be command approved to live in off-base housing or military family housing (housing areas). Member will need to bring a copy of their off-base contract or on-base housing assignment from the Housing Office or a copy of the Special Request chit to move off-base signed by their Commanding Officer (CO) or Officer-in-Charge (OIC).

(2) Be an accompanied or unaccompanied member with approved request to live off-base.

(3) Be assigned to Security's Military Working Dog division.

(4) If a member desires to use a Navy Exchange (NEX) rental vehicle, the member must be at least age 21 as regulated in the Japanese Liability Insurance policy attached to NEX rental vehicles and must have a special request chit approved by their CO or OIC. Commands with no commissioned OIC will send their requests to COMFLEACT Sasebo CO for approval with an explanation as to why a permit is being requested.

(5) **Waivers** to these requirements may be granted by COMFLEACT Sasebo CO on a case-by-case basis.

New Arrivals: Sign-up for Driving Test through FFSC

If you are in ROM on the test date FFSC suggested, reschedule the test with CFAS Safety Office.

Existing Residents: Make a reservation with CFAS Safety Office - Operations Section

❖GOV driver's license

Active duty: GOV application forms signed by the members Division Officer or Department Head

MLC/IHA/US CIV: GOV application forms signed by their supervisor

***Renewal – same as above

Driving in Japan Study Guide:

http://cnic.navy.mil/regions/cnrj/installations/cfa_sasebo/om/safety.html

FFSC Stress and Anger Management Workshop

mbti®

NAVY FAMILY OMBUDSMAN

Smooth Move

NEWPARENT Support Program

FRG Basic Training

Understanding Your Military Pay

Sponsorship Orientation Workshop

Helping NAVY FAMILIES WORK

SAPR Sexual Assault Prevention & Response

New Parent Support PlayGroup

EFMP Exceptional Family Member Program