



BAHRAIN HOMEPORT CHANGE GUIDE



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HOMEPORT CHANGE INTRODUCTION

<https://cnreurfcent.cniv.navy.mil/Installations/nsa-Bahrain/>

Service members and families stationed in Bahrain, can expect an exciting tour of duty in the fast paced Seventh fleet area of operations. Bahrain is located in the Kingdom of Bahrain an exciting place to live. There is much to see and do so off duty time can be filled with many exciting adventures.



While the idea of moving to a new location can be overwhelming, this Homeport Change Guide contains a wealth of information to help your relocation.

This guide is designed to answer many of your questions to ensure a smooth transition to your new duty station. Browse the provided material and suggested websites to help familiarize yourself (and your family) with your new home.

Using all your resources can reduce culture shock, stress, and keep your morale high during the first few weeks of your arrival and throughout your time in Bahrain.

HOMEPORT CHANGE CHECKLIST

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Relocation-Assistance/>

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Relocation-Assistance/Resources/>

PREPARATIONS – Prior to Ship Departure

- 1) Determine Projected Rotation Date (Transfer, separation-EAOS dates listed on orders)
- 2) Determine Category for Entitlements (Categories 0, 1, 2, 3, 4)
- 3) Commence Medical Screenings
 - a. Service Member Screening through ship's Independent Duty Corpsman (HMC)
 - b. Dependent Screening Packet
- 4) Commence Pet Import Processes (as applicable)
- 5) Gather Documents and Commence Passport Applications
- 6) Determine timeline for PCS Househunting
 - a. Arrange Travel to Bahrain
 - b. Arrange Temporary Lodging
 - c. Gather documents for Temporary Lodging Allowance
 - d. Determine Non-Temporary Storage or HHG Shipments Requirements
- 7) Determine appropriate phone service for Bahrain
- 8) Prepare Vehicle for Shipment (as applicable)
- 9) Prepare enrollment forms and records for Schooling (as applicable)
- 10) Region Legal Service Office Legal Assistance to obtain a Power of Attorney, required by
Personal Property Office and Housing Office

Before traveling to Bahrain be sure to ask about Dependent Entry Approval:

Dependent Entry Approval (DEA) is a Navy process to obtain permission from an area commander to bring dependents into a specific area. Approval/disapproval is based on Status of Forces Agreements (SOFA), family support capabilities and/or limited local support based on geographically isolated areas, and is only required for the areas listed in the link below. DEA is an area commander responsibility and all questions regarding DEA should be directed to the designated action address listed in the link below.

<http://www.npc.navy.mil/CommandSupport/DistributionManagement/Procedures/Dependent+Entry+Approval.htm>

UPON ARRIVAL IN BAHRAIN

<https://cnreurfcent.cnmc.navy.mil/>

- 11) Take Tourist and No-Fee Passports to NAVPTO Passport Office to get multiple re-entry stamp.
Also bring PCS Orders or Letter of Employment (for USGS), Power of Attorney and Dependent Entry Approval
- 12) Begin Pet Check-In & Registration Process (Vet Treatment Facility)
- 13) Check In with U.S. Naval Hospital Bahrain
 - a. Medical Homeport
 - b. Dental

- c. Tricare
- d. Any Specialists (as applicable)
- 14) Enroll in AOB/ICR Training
- 15) Enroll in Housing Welcome Brief
 - a. FFSC Bahrain regarding the Loaner Locker Program to reserve a Hospitality Kit
- 16) Register personal vehicles at Vehicle Registration Office

**NOTE: This checklist is not all encompassing and is only intended to serve as an outline for major items that will require planning and effort from every crew member and their family!!*

AREA ORIENTATION BRIEF & INTERCULTURAL RELATIONS (AOB/ICR)

Attendance of the installation newcomer's orientation and indoctrination brief is MANDATORY for all Active Duty and civilian employees (families are welcome but not required). The brief is designed to orient all newcomers to Bahrain with information about the base and surrounding areas. In person classes return February 1st, there are two sessions each month and will accommodate up to 50 personnel. Email Bahrain.newcomers@me.navy.mil to sign up

Youth ICR and Teen ICR

Military families experience frequent relocations. The transition to a new community and school can be challenging. Youth may be uncomfortable meeting new peers and may be unaware of opportunities to become involved with their new school or community. The Youth Sponsorship Program provides you access to positive peer groups and social activities helping Navy children feel connected at their new duty station.

The Navy Youth Sponsorship Program envisions a collaboration between today's youth, mentors and educators in which a community is developed to assist today's military child with the challenges associated with the military lifestyle, through outreach support prior to transition and continuous support upon the child's integration to the new location.

The Youth Sponsorship Program consists of three major components:

Outreach: Identifying incoming youth and providing them with information and social opportunities prior to arrival.

Newcomer Orientation: Providing information and materials on programs and services available on the installation and in the surrounding community.

Peer to Pier: Connecting Navy youth currently attached to the installation with incoming youth.

FINANCIAL ENTITLEMENTS / ADVANCES

<https://www.travel.dod.mil/>

<https://www.travel.dod.mil/Policy-Regulations/Joint-Travel-Regulations/>

Navy Personnel Command Business Rules, PERS-451

HOMEPORT CHANGE CATEGORIES

It is of the utmost importance that you understand which category you are assigned based on the crewmember transfer/separation date, and the entitlements associated for your PCS move. Both the Issuance Date and Effective Date will be given out to a command once the Organization Change Request (OCR) is approved.

Issuance Date: The date when Navy Personnel Command can commence issuance of homeport change orders for crew members to commence their relocation. Date will either be the date of the issuance of the homeport message or OPNAVNOTE or promulgated within the correspondence. This date commences the homeport change process.

Effective Date: The date a shore or fleet organization change action is effective, i.e., the date a shore command is officially at a new location or the date a fleet unit is considered at its new homeport, home base, or PDS. The OPNAVNOTE or CNO message implementing the action will specify an effective date. When the effective date reflects “immediately” the actual effective date is the date of signed OPNAVNOTE or CNO message.

OCONUS CATEGORIES	
0	Members detaching from the command prior to effective date
1	12 or more months remaining onboard after effective date.
2	Less than 12 months remaining onboard after effective date
3	Similar to Category 2, but follow-on PCS orders received.
4	Personnel reporting to the command after the promulgation date, but before the effective date.

The unit move orders and PCS orders will be issued to all crew members after the issuance date approved in the OCR. No scheduling, funding, or movements of household goods or vehicles will be authorized until new homeport change orders are received.

Housing and station allowances are tied to the effective date of the homeport change, NOT the dependents' move date, unless formal permission is received for advance or delayed dependent travel.

Members permanently assigned to the ship are authorized a housing allowance based on the ship's homeport. Since the ship's homeport will change on the effective date, member's housing allowance will also change regardless of whether or not a HHG shipment is authorized. Members who are denied a HHG shipment are authorized non-temporary storage (NTS) at Government expense.

Previous housing and station allowances will stop the day before the effective date of the homeport change. Members will be eligible for BAHRAIN, housing and station allowances on the effective date of the homeport change.

MILITARY SPOUSE CO-LOCATION

Each situation will be handled on a case-by-case basis. Every reasonable effort will be made for military couples to be co-located together whenever possible. Assignments will be made considering the manning of the losing and gaining activities. Co-Location/immediate reassignment may not always be possible.

- If not currently co-located, each member must complete 12 months onboard before transfer.
- Members must submit a copy of their spouse's request along with their own (NAVPERS 1306/7) to both rating Detailers.
- Member already on an OCONUS DOD tour will be extended to match the PRD of the joining spouse; geographical location preference is secondary.
- Mil-to-mil couples cannot be co-located onboard the same platform

ADVANCE DEPENDENT TRAVEL

Members with dependents may receive BAHRAIN housing and station allowances before the HPC effective date. If approved for advance dependent travel, a member will become eligible for BAHRAIN housing and station allowances the date one or more dependents arrive in BAHRAIN.

For advance travel of dependents to the new homeport or to an OCONUS designated place, a package request must be submitted to OPNAV N130C. All request packages must include:

- ◆ Member's request (special request chit, letter)
- ◆ CO's endorsement (special request chit, letter)
- ◆ Copy of HPC orders (incl. all ordmods)
- ◆ NAVPERS 1070/602 (must be signed, verified, and updated IAW MILPERSMAN 1070-270 – to include correct dependent location, correct PDS, and no pen/ink changes).
- ◆ Additional documentation may be required

DELAYED DEPENDENT TRAVEL

Members with dependents may continue to receive previous location's housing and station allowances after the HPC effective date. If approved for delayed dependent travel, member will become eligible for BAHRAIN housing and station allowances on the expiration of the delayed dependent travel approval or when dependents depart the previously approved designated place en route to BAHRAIN. COLA/TLA for dependents will be authorized on the date one or more command-sponsored dependents arrive at the OCONUS location.

- ◆ Delayed dependent travel can be approved for the following reasons:

- ◆ Up to 180-day delay for a spouse who is gainfully employed or enrolled in a degree, certificate, or licensing program on the effective date; DDT will not be approved for a spouse that starts a new job or enrolls in a program less than six months from the effective date unless receipt of orders is less than six months from the effective date and they were enrolled at the time orders were received
- ◆ Allow dependent children (K-12) to finish current school year as of HPC/PDSC effective date
- ◆ Up to 180-day delay for Dependents enrolled in the Exceptional Family Member Program (EFMP) on the effective date
- ◆ Up to 180-day delay for a dependent who is caring for an immediate family member (defined as a spouse, parent, or child) with a chronic or long-term illness on the effective date
- ◆ Assignment to a vessel conducting a change of homeport (up to 45 days following the vessel's initial arrival to the new homeport)
- ◆ Ship will deploy (to include patrols, on a case-by-case basis) from new homeport within 120 days after homeport change effective date (up to 45 days after vessel's return to new homeport after deployment)
- ◆ When delay is caused by Government action/inaction
- ◆ Short-fused orders, defined as 60 days or less from issuance date of orders to ordered arrival date (in this case the effective date of change of homeport)

BASE HOUSING - MARRIED WITH DEPENDENT

You will be assigned temporary lodging for up to 45 days. All reservations must be made through Navy Gateway Inns and Suites Bahrain. Please ensure to inform NGIS if you are arriving with family or arriving alone to prevent any out of pocket expense even if your family is arriving on a later date. There is a significant difference between a single room and a family room.

Upon arrival, you must report immediately to Housing Service Center with a copy of your orders, certificate of non-availability of U.S. Government lodging and page 2 (if arriving with family members).

All personnel will be residing on the local economy, except for E4 and below who will reside at the Unaccompanied Housing (UH)/Barracks onboard NSA Bahrain. The Housing Service Center will assist you in securing an off base residence. Rent is paid in Bahraini Dinars and not in U.S. Dollars.

While newly arrived personnel have various allowances and entitlements to receive, the Housing Service Center recommends that individuals or family required to stay in hotels off base have at least (Individual) \$3500 lodging cost / (Family) \$5500 lodging cost to cover the first 20 days of accommodation off base.

You will need to submit TLA/TLE reimbursement every 10 days at the Housing Service Center and it takes up to 10 working days before you may receive the reimbursement in your bank account. (TQSA for civilians must be submitted to HR Office/DoD School)

HOUSING SERVICE CENTER

The Housing Service Center provides a wide range of services, i.e., detailed market information on local areas, housing for rent, contract administration services, lease review/interpretation, list of approved housing facilities and real estate agencies, landlord information and mediation, termination of lease and addendums for contract renewal.

REGIONAL LOCATIONS

Members are allowed to choose houses from any place on the island that is not on the off-limits list, but the Residential Security Team will determine if the house/apartment is safe for the tenants to move in to. Some areas, such as Juffair, Adliya, Hoor, Um-Al Hassam, Hidd, Arad, Galali, and Amwaj are some of the areas in which Americans commonly reside.

HOUSING TYPES

Housing requirements vary depending on tenant requirements. Housing types include...

- Apartment buildings with four-story flats and higher
- Three-story flat buildings with one flat on each floor
- Villas and villa compounds, which are single, double or multiple villas surrounded by walls

HOUSING PROCESS

The housing brief is required in order to begin the process of searching for a residence and must be registered in our Enterprise Military Housing (eMH) Data Base.

Once you have chosen where you would like to live and it is within the Force Protection Limit:

- Step 1: In-Processing
- Step 2: Pre-contract
- Step 3: Lease/Contract Drafting
- Step 4: Residential Security Inspection
- Step 5: Lease/Contract Signing
- Step 6: Move in (normally a day or two after your lease signing)

TYPES OF LEASES

1. Long term lease – One-year lease
2. Short Term lease – Month to month lease in a Fully Furnished Apartment (this is the recommended lease for personnel bringing their household goods and HHG will not arrive in time to move in a long term lease residence).

NAVY HOUSING SERVICE CENTER (HSC): U.S. Fleet Activities, Bahrain

Sun, Mon, Wed, Thur, Fri:
8:00 am-4:00 pm

Tuesday:
8:00 am-1:00 pm

Email

m-ba-nsa-housing@oconus.navy.mil

Unaccompanied Housing, Bldg. 266

Commercial: 011-973-1785-9674

DSN: 318-439-9674

Email Address: **M-BA-NSA-UNACCOMPANIEDHOUSING@OCONUS.NAVY.MIL**

Hours of Operations: 24 Hours

SAILORS WITHOUT DEPENDENTS

(ALL Categories; includes Mil-to-Mil Sailors with no other dependents):

Receipt of housing and station allowances in previous homeport does not automatically entitle a member to housing and station allowances for BAHRAIN. (Impacts ALL ranks)

- E6 and above: Will become eligible for BAHRAIN housing and station allowances on the effective date; member must still otherwise qualify for housing and station allowances (i.e., not occupying Government quarters at the new homeport).
- Sailors E5 and E4 > 4 Years of Service must request a housing allowance through their CO and Base CO prior to being authorized BAHRAIN, housing and station allowances. Authority to live off-base will be dependent on unaccompanied housing occupancy rates.
- Sailors E4 < 4 Years of Service are not authorized to receive a housing allowance.
- Sailors E3 and below are not authorized a housing allowance
- All E-4 with four or more years of service and above will be housed off base.
- All E-4 and below will have a barracks room. Upon check in, 3 days to inventory room and provide notice of any discrepancies. No bleach or candles.
- UH Bill of Rights will be adhered to
- Storage available upon request.
- Weekly room inspections performed by command.
- Pre Patrol – mold prevention inspections performed with command and barracks leadership
- Goal – coordinate room assignment and systematic room check in ahead of arrival to Bahrain
- Barracks are about 15-20 minute walk from Piers.

Living in barracks at NSA Bahrain is mandatory for all E-4 and below military, unaccompanied Service Members. UH is conveniently located on NSA Bahrain.

Accommodations are one or two persons to a room based on pay grade and square footage. Buildings 266 (NSA1) and 765 (NSA 2) serves as the Front Desk and check-in areas. Linens are provided at check-in. UH facilities include lounges equipped with televisions, washers and dryers, and vending machines in all buildings. There are also recreational, fitness, dining, religious, educational and other amenities, most located within walking distance of UH. Additional information on base amenities is available in the Welcome Aboard package.

Resident advisors (RA) and geographic bachelors (GB) may also reside on-base. RAs are senior personnel who provide an after-hours leadership presence to UH residents. RAs sign a memorandum of understanding, agreeing to certain duties and responsibilities in exchange for a room in UH. The program is strictly voluntary and open to personnel in pay grades E5 to E9 (E4 with their commanding officer's recommendation), including GBs. For more information about the RA program and to obtain an application, please contact the UH Administrative Office.

GBs are personnel ordered to the installation who, by choice or circumstance, have decided that their dependents will continue to live in another geographic area. GBs are receiving basic allowance for housing at the with dependents rate. They are not normally authorized to live in UH; however, there are a limited

number of spaces available for them. GBs must submit an application that will be reviewed by the Assignment Review Board. If approved, the GB will be placed on the waiting list and offered UH when it becomes available.

ADDITIONAL ENTITLEMENTS * (APPLICABILITY DEPENDENT ON RANK/PAYGRADE)***

OVERSEAS HOUSING ALLOWANCE

Location Code: J P 0 6 1

<https://www.travel.dod.mil/Allowances/Overseas-Housing-Allowance/OHA-Rate-Lookup/>

Review OHA quick reference sheet and link above to determine expected amount each month/pay period.

Overseas Housing Allowance Rate Lookup

OHA rates are computed by country and are updated based on cost data and [currency fluctuations](#). Use the tools below to look up current or past OHA rates

Overseas Housing Allowance Calculator

Location

Drop-down menu contains only current locations. For past location data, enter a locality code.

Locality Code (optional)

To find a locality code, use the lookup tool below the OHA calculator.

Year	Month	Pay Period
<input type="text" value="2024"/>	<input type="text" value="July"/>	<input type="text" value="16th"/>

Pay Grade	Dependents
<input type="text" value="E-1"/>	<input type="text" value="YES"/>

OVERSEAS COST OF LIVING ALLOWANCE

<https://www.travel.dod.mil/Allowances/Overseas-Cost-of-Living-Allowance/Overseas-COLA-Tables/>

Typically ranges \$55-180 per pay period, dependent on rank, years of service, and number of dependents.

TEMPORARY LODGING ALLOWANCE

<https://www.travel.dod.mil/Allowances/Temporary-Lodging-Allowance/>

Temporary Lodging Allowance (TLA) is intended to partially pay a Service member for higher-than-normal expenses incurred by a member or dependent while occupying temporary lodging OCONUS. TLA is available when it is necessary for a Service member or dependent to occupy temporary lodging upon arrival at or immediately before leaving a permanent duty station (PDS) OCONUS.

BANKING

NSA Bahrain banking facilities include the Navy Federal Credit Union, USAA, and Community Bank (Bank of America). Navy Federal Credit Union accounts may be established and utilized worldwide.

Navy Federal only distributes U.S. dollars. Community Bank accounts may only be established and utilized overseas and distributes and accepts both U.S. dollars and Bahraini Dinar.

PASSPORTS

While active-duty U.S. military personnel may enter Bahrain under the Status of Forces Agreement (SOFA) with proper Department of Defense (DoD) identification and travel orders, all SOFA family members, civilian employees, and contractors must have valid passports to enter Bahrain.

<https://travel.state.gov/content/travel/en/passports.html>

* No-Fee passports are issued for official use between the U.S. and the overseas duty location only. No-Fee passports may not be used for personal travel outside of Bahrain.

* Tourist Passports are required if tourist travel to other countries is in your plans while you are overseas.

Check that all family member tourist passports are not expired. You should apply for a tourist passport before you leave the U.S., or you can apply for one by mail after you arrive at your overseas duty station.

Apply for a No-Fee Passport for all sponsored U.S. citizen family members who will reside with you in Bahrain. In some cases, selectee may travel to Bahrain on a tourist passport as long as he/she has travel orders and has applied for the official No-Fee Passport prior to his/her departure to the new duty station. No-Fee Passport form DD-1056 for each dependent is required. Submit complete forms to your local PSD office. No-fee Passport requests take 6-8 weeks to process.

Passport Processing Times

- Routine: 8-11 weeks*
- Expedited: 5-7 weeks and an extra \$60*
- *Mailing times are not included in processing times. Processing times only include the time your application is at one of our passport agencies or centers. It may take up to 2 weeks for applications to arrive by mail at a passport agency or center, and up to 2 weeks for you to receive a completed passport in the mail after we print it.

SERVICES

BASE SERVICES

NAVY MWR: <https://www.navymwrbahrain.com/>

Gym Facilities, Tickets & Travel, Movie Theatre, Liberty Centers, Restaurants/Food Court, Library, Bowling Center, CPO/Officer Clubs, Child Care Centers, Sports Programs

NAVY EXCHANGE: <https://www.mynavyexchange.com/>

Fleet/Uniform Store, Mini-Mart, Car Care Center, Gas Station, Barber Shop, Navy Federal Credit Union

COMMISSARY: <https://shop.commissaries.com/shop>

FLEET AND FAMILY SUPPORT CENTER

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/>

<https://ffr.cnmc.navy.mil/Family-Readiness/>

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Relocation-Assistance/>

Commander Fleet Activities Bahrain (CFAB) has an established Fleet and Family Support Center with the following programs for service members and their families:

- Deployment Readiness Support
- Family Employment Readiness Program
- Ombudsman Programs
- Transition Assistance
- Financial Management Assistance
- Exceptional Family Member Program
- Counseling Services
- Family Advocacy Program
- Sexual Assault, Prevention, and Response (SAPR)

PHONE SERVICES

- Emergency.....[1-785-3283](tel:1-785-3283)
- Fire/Police and Ambulance.....Call 999 for all emergencies in Bahrain
- Medical Services[318-439-4260](tel:318-439-4260)
- Dental Clinic.....[318-439-4211](tel:318-439-4211)
- Navy Marine Corps Relief Society.....318-439-2914
- Chaplain/Pastoral Care.....318-439-4227
- Post Office.....[1-785-3199](tel:1-785-3199)

How to call a DSN: From local Bahrain International from US

- DSN 318-439-XXXX.....0956-50-XXXX 011-973-1785-XXXX

To call the US from a local Bahrain phone, dial 011+Area Code+Number

Most international mobile phones and tablet devices may be used in Bahrain, but to make local calls or have phone service while traveling, some travelers choose to rent a mobile phone while they are in Bahrain. Recommend verifying your phone service international plans prior to PCS.

To avoid roaming charges, it is possible to buy a local prepaid SIM card in Bahrain or order one in advance to pick up when you arrive. You can buy a SIM card upon arrival at Bahrain International Airport from kiosks and stores in the Arrivals Area. Major carriers in Bahrain include Batelco, Zain, STC, and VIVA. You can also purchase an eSIM, which allows you to activate service without visiting a store.

MEDICAL

US BAHRAIN CLINIC

United States Naval Clinic Bahrain caters to the medical needs of eligible Sailors, Marines, Soldiers, Airmen, family members, U.S. government employees, retired military service members and other eligible beneficiaries.

U.S. Naval Hospital Sigonella, Italy are responsible for providing care to Naval Support Activity Bahrain, U.S. Naval Forces Central Command.

TRICARE

<https://www.tricare.mil/moving>

<https://www.tricare-overseas.com/>

Your TRICARE eligibility doesn't change when you move. But it may change your health plan options. Keep these things in mind when you know you're about to move:

- Don't disenroll from any plan before you move.
- You're covered by your current plan on your way to your new location.
- You have 90 days from the date of your address change to change your TRICARE health plan.

EXCEPTIONAL FAMILY MEMBER PROGRAM

<https://www.mynavyhr.navy.mil/Support-Services/Exceptional-Family-Member/>

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Exceptional-Family-Member-Program/>

The Navy's Exceptional Family Member Program (EFMP) serves Navy families with special needs. The EFMP is a mandatory enrollment program for sponsors with qualifying family members. Enrollment in the EFMP ensures service members are assigned only to those geographic areas where the medical (physical, developmental, and/or mental health) and/or educational needs of their family member(s) can be met. Qualifying special needs include, but is not limited to, family members who require any kind of specialty medical care or doctors and/or any type of educational support services, either of them lasting 6 months or longer. Some examples of qualifying services: early intervention services, 504/IEPs, referrals to speech/occupational therapy, clinical counseling, required adaptive equipment assistive technology devices and services and/or wheelchair accessibility.

EFMP enrollment forms are mandatory and required to be completed immediately upon identification of a special need.

- DD Form 2792, Family Member Medical Summary
- DD Form 2792-1, Early Intervention/Special Education Summary

HOUSING

<https://ffr.cnic.navy.mil/Navy-Housing/>

TEMPORARY HOUSING/LODGING OPTIONS

<https://ngis.dodlodging.net/property/Bahrain-NSA>

BAHRAIN HOUSING OFFICE

Located in Bldg. 265. Service Members should check-in with the HSC upon arrival at the installation, even if planning on renting in the local community.

Note: Newly arrived families are allowed a choice of on or off base. Once you check-in to your command, please be sure to make copies of your PCS orders with command check-in stamp and Family Entry Approval for submission.

Please note: 99% of leased housing are fully furnished, therefore there is no need to ship household goods but maybe shipment of a vehicle is desired.

UNACCOMPANIED HOUSING

Single Service Member Housing, E1-E4 (under 4 years) on Sea Duty

<https://ffr.cnic.navy.mil/Navy-Housing/Unaccompanied-Housing/>

Unaccompanied Housing Front Desk is located in Bldg. 3333 which is across the street from the Personnel Support Department (PSD). The UH Front Desk can be contacted at DSN 315-243-5569 or internationally at 011-81-46-816-5569.

OFF-BASE HOUSING

There is no on-base housing at NSA Bahrain, therefore all PAID E5's and above and DoD civilians have to live in the community. There is affordable housing for all paygrades. Housing requirements vary depending on tenants' requirements. Housing types are apartment buildings with four-story flats (apartments) or higher or three-flat buildings with one flat on each floor. Villas and villa compounds are single, double or multiple villas surrounded by walls.

Everything here in Bahrain is somewhat negotiable. Prior to a house-hunting trip around the island, you should make a list of items and amenities that you will need so that you will be ready to negotiate once you have found the flat or villa you like.

APPLIANCES AND ELECTRICAL REQUIREMENTS

Major appliances are usually provided by the landlord. If you choose to bring your own household appliances, please know that Bahrain's electrical current is 220 volts, 50 cycles. If you do bring your own appliances you will need a step-down transformer, which sometimes is also provided by the

landlord. Please know that even on a transformer, items with timers (washing machines, microwaves, etc.) run slower, causing their motors to work less efficiently. This may cause additional stress on the appliance and shorten its life. Keep in mind that all needed electrical items can be negotiated into the lease with the landlord.

Televisions and VCRs pick up a different frequency here in Bahrain, so in order for your American system to pick up television stations, it must be a multi-system. If you own a non-multi-system television and VCR, it is only good for playing video games or taped videos. You will not be able to view videos from the local rental places due to the different frequency. These items are negotiable as well.

FURNISHINGS

PERSONAL PROPERTY / HOUSEHOLD GOODS (HHG)

<https://dps.move.mil/cust/standard/user/home.xhtml>

TYPES OF SHIPMENTS

It is vital that all service members and families understand the household good options available to each member as detailed in their orders. Entitlements are a function of homeport change timeline and category.

Register at www.move.mil to schedule your pack out once in receipt of orders after January 2024. A copy of your orders will have to be submitted to the Personal Property Office for the pack out to be confirmed.

1. Express shipment (unaccompanied baggage/UB): Smaller shipment, approximately 30 days to arrive. If departing within 30 days from scheduling, UB shipment will not be authorized.
2. Household goods shipment: HHG you are sending overseas; approximately 60-80 days to arrive.
3. Non-Temporary storage (long term storage; no access during overseas tour): Household goods placed in storage until you return from overseas assignment.

HOUSEHOLD GOODS PREPARATIONS

- ◆ Survey your possessions so that you can have any items repaired and cleaned (e.g. rugs cleaned) that you plan to put in storage or ship to your overseas location.
- ◆ Research availability of housing options in the area that you are moving to, some housing options may be limited due to household goods quantity and size.
- ◆ Obtain a written appraisal for valuable items (i.e. antiques, jewelry, furs or paintings) from a licensed appraiser. This is optional, but may help in the event of loss or damage to your items.
- ◆ Take photos of valuable possessions/electronics (include serial numbers) for insurance purposes.
- ◆ Prepare a general inventory list by room of all possessions both for your own use and so that you will be able to make an accurate estimate of their value for insurance purposes.
- ◆ Decide and list what you will include in your unaccompanied baggage. Plan an unaccompanied baggage shipment that will enable you to set up basic housing essentials since it may be 1-3 months before your full HHG shipment arrives.
- ◆ If Renting: Notify landlord impending termination; most places will waive cancellation fees as long as you show official government travel orders, check with your landlord first.
- ◆ Disconnect utilities/services such as gas, electric, waste management, water, phone and cable etc.
- ◆ Suspend or discontinue cell phone for selectee and accompanying family members: most cell phone companies will suspend your contract and waive cancellation fees while you are overseas as

long as you show your travel orders. You may also check with your cell phone provider on ability to maintain your current plan with similar usage overseas.

PROHIBITED ITEMS IN BAHRAIN

- ◆ Narcotic and illegal drugs
- ◆ Firearms and fighting instruments are not permitted in Bahrain. Service members and their families must make arrangements for storage.
- ◆ Explosives and fireworks
- ◆ Check Bahrain Customs Website for additional prohibited items in Bahrain <https://www.customs.gov.bh>

PETS

<https://www.amc.af.mil>

There are a number of requirements for bringing pets to Naval Support Activity (NSA) Bahrain, including:

- **Age:** Pets must be at least 18 weeks old
- **Vaccinations:** All vaccines must be up to date, and the last rabies vaccination must be given within the year before shipping
- **Microchip:** Pets must have an ISO-compliant microchip
- **Health certificate:** Pets must have a health certificate that is endorsed by the USDA within 10 days of travel
- **Rabies titer test:** If the country of origin is not rabies-free, pets must have a valid rabies titer test
- **Quarantine:** Pets must be quarantined for 30 days in the home and cannot come into contact with other animals
- **Import certificate:** Pets need an Animal Import Certificate from the Directorate, Veterinary Quarantine Office
- **Import fee:** There is a BD17 import fee for each pet
You can email the NSA Bahrain Veterinarian at NSABahrain.Vetclinic@gmail.com with questions.
If you're staying in a hotel off base, you can request a pet-friendly room through Navy Gateway Inns & Suites (NGIS)

VEHICLES

DRIVING PRIVILEGE AND LICENSE

- **Base vehicle pass**

To get a pass to drive a rental car onto the base, you need to provide the following to the security office:

- Military ID

- Rental agreement
- Vehicle insurance ID card
- Driver's license
- **Vehicle registration**

The Navy Inprocessing-Military office for motor vehicles is located at 1 Juffair Avenue, Banz Warehouse, Bay 6, Manama, Bahrain. Their phone number is 011-973-17-85-4029 or 011-973-17-85-4071.

- **Vehicle inspection**

Vehicles with badly faded paint, dents, widely visible scratches, or any other damage will not pass inspection.

- **Vehicle import**

Authorized DOD personnel may import one privately-owned vehicle free of duty for personal use.

- **Vehicle export**

All vehicles shipped to Bahrain older than 5 years of age will have to be exported when the member departs the island.

- **Vehicle retailer**

Military Auto Source (MAS) is an on-base retailer that sells Ford, Lincoln, Dodge, Jeep, Chrysler, RAM, Nissan, Volkswagen, and Harley-Davidson vehicles.

VEHICLE PROCESSING CENTER (VPC)

<https://www.pcsmypov.com/>

<https://www.pcsmypov.com/locations/name/bahrain%20vpc>

SHIPPING A POV FROM CONUS TO OCONUS (BAHRAIN)

At a minimum, shipping a POV requires one proof of ownership document (e.g., vehicle title in the entitlement holder's name; lienholder letter containing the entitlement holder's name; or, in instances where the vehicle is titled or leased under the name of someone other than the member or a dependent named on the entitlement holder's orders, a letter of authorization from the title or lien holder(s) authorizing the member to ship a vehicle owned by a third party), AND a current vehicle registration.

Ensure the vehicle does not have an unresolved "Recall Notice". You can check the recall status of your POV by referencing the following website: <https://vinrl.safercar.gov/vin/> The VPC can refuse to accept a vehicle for shipment if the vehicle presents a safety hazard to a VPC employee or its facilities and or equipment. Documentation from a certified mechanic/dealership authorized to perform "Recall Notice" repairs may be required.

Make sure your POV is in a safe and operable condition when you turn it in at the VPC. Inoperable POVs will not be accepted. POVs with major cracks in the windshield will not be accepted. POVs with leaks will not be accepted for shipment. POV brakes must function properly to include the parking brake.

Make sure your POV is clean. Dry-vacuum only. To avoid mold growth during shipment and ensure compliance with local agricultural import restrictions, the VPC will not accept a POV with dirt, soil, mud, water or similar matter on its exterior or interior surfaces, to include the undercarriage. Empty all debris and personal items from the vehicle's interior pockets and compartments before turn-in.

An inspector will conduct a joint inspection of the POV with you. When the inspection is completed, you and the inspector will sign the DD Form 788, Private Vehicle Shipping Document for Automobile, Figure K3-1, or commercial equivalent. You will be provided a legible copy of the DD Form 788 or commercial equivalent as a receipt for your POV. Make sure you read the liability statements on the reverse of the DD Form 788, or commercial equivalent POV inspection and shipping form. Keep for your records and in case you need to file a claim.

POV PICKUP IN BAHRAIN

To pick up a vehicle at the Naval Support Activity (NSA) Bahrain, you must present the following to the Vehicle Processing Center (VPC) personnel:

- A copy of the Vehicle Inspection and Shipping Form
 - A copy of your orders, front and back, including any amendments
 - Your military ID card
 - Temporary license plates (Bahrain)
 - Proof of insurance
 - Power of Attorney if someone other than the entitled member is picking up the vehicle
- The VPC is open Sunday through Thursday from 8 AM to 5 PM and is closed on Fridays, Saturdays, and other US holidays. It is recommended to arrive by 3 PM to ensure timely processing.

Here are some other things to know about vehicles in Bahrain:

- You can register your vehicle with the Bahrain Traffic Directorate.
- You can purchase a vehicle from Military Auto Source, an on-base retailer that offers a vehicle buying program for the military.
- If you want to drive a rental car into the base, you must get a pass from the security office.
- You can use the Personal Property Resources page on MilitaryOneSource.mil or visit the PCSmyPOV website for information on shipping your vehicle

STORING YOUR POV:

<https://www.pcsmypov.com/>

The PCSMyPOV mobile app allows you to track your vehicle from the convenience of your mobile

phone and provides you with pick up information, including a link to view your pick up location and the contact information for the destination VPC. Download the app today from the Google Play store or the Apple App store.

Five Keys for a Successful POV Turn-In Process

Read through the shipping requirements listed under the TURN IN section of our website. If shipping OCONUS, please click the LOCATIONS tab at the top of this website to view location specific information.

Make an appointment. All VPCs are currently operating by appointment only.

Ensure your POV does not have any unresolved recalls. You must provide documented proof of no open recalls at the time of turn in.

MOTORCYCLE SAFETY INFORMATION

U.S. Naval Support Activity Bahrain Safety department manages the Navy's Occupational Safety and Health (NAVOSH), Traffic Safety, Recreational and Off-Duty Safety, and the Explosives Safety Programs. Services provided include mishap prevention marketing and education, annual inspections, identification of workplace hazards, and employee reports of hazards, and mishap investigation and reporting. The office also provides educational and on-site consultations for sight & hearing conservation, personal protective equipment, confined space entry, respiratory protection, and indoor air quality for all military personnel, their dependents, and civilian employees. The Safety and Occupational Health Council is chaired by the Installation Commander and meets quarterly to pass information and discuss safety concerns of NSAB personnel.

Motorcycle Safety Coordinator: NSAB Safety provides motorcycle safety training to eligible service members. **Level I** (*Basic Rider Course (BRC)*) and **Level II** (*Basic Rider Course (II) and Military Sport Bike Rider Course (MSRC)*) are the courses available throughout the year (schedules are published on a quarterly basis.). All service members that intend to apply for an on-base parking permit must contact Safety Department seeking a 'Letter of Authorization for Motorcycle Registration'. This process was implemented to verify the validity of the motorcycle safety training, licensing/endorsement etc. and requires the submission of the following documents:

- Copy of driver's license (with endorsement or appropriate approval)
- Copy of Motorcycle registration (with local traffic authorities)
- Copy of Insurance
- Copy of most recent motorcycle safety training (Level I or Level II).

If the service member has not completed Level II then he/she is only eligible to receive an authorization for 60 (calendar) days.

If the level II training is expired or past the refresher training date i.e. more than 5 years since issuance, then the service member is only eligible to receive an authorization for 60 (calendar) days.

NOTE:

- Licensed civilians do NOT require 'Letter of Authorization for Motorcycle Registration'
- Courses are generally provided on a progressive schedule i.e. each quarter starts with Level I availability, followed by Level II repeated the following two months of the quarter.
- Classes are subject to cancellation without prior notification. (In consideration of local weather condition, number of classes provided during a year may be reduced).

Safety tracks all mishaps and occupational incidents and maintains statistical records to establish trends. Traffic is our number one focus since more employees and family members are injured or die of traffic related mishaps than from any other cause. We strive to encourage safe driving and prevent accidents associated with speeding or alcohol abuse. Safety also works to ensure what you do off the job, is done in a safe manner. We coordinate and provide trainings to ensure all employees and dependents are aware of risk associated with various local sports and outdoor activities. We have many resources and can assist you personally or as a group to make your overseas experience as safe as possible.

The Safety Department is located in Room 102A (First Floor) in Building 100 on NSA I and is open from 0730–1600 during the workweek. We can be reached at the following address and phone numbers:

DSN: 318-439-3455

COMM: +973-1785-3455

Duty Safety Cell: +973-3940-0734

LEGAL

LEGAL PREPARATIONS PRIOR TO MOVE

If dependents will be traveling without the service member, several check-in and moving processes require a power of attorney. This can be completed through Navy Legal Services Office on 1 Juffair Avenue, Banz Warehouse, Bay 6 Manama Bahrain:

PERTINENT DOCUMENTS

Discuss legal needs pertinent to overseas transfer, including storage of and access to the following important documents:

- Birth Certificate of each Family member.
- Proof of marriage; proof of termination of previous marriage.
- List of all bank accounts (with addresses and account numbers)
- Inventories of stored and shipped household goods.
- Real estate records-Deed, mortgage papers, title abstract, title insurance policy, closing statement, insurance policy on house, survey of property tax receipts, leases, building cost figures, receipts for any improvements, cemetery deed.
- Insurance policy on household effects.
- Policies on separately insured valuables with written appraisals.
- Social Security card for each family member, where applicable.
- Employment records for each adult- names, places, dates copies of any instrument entitling employee or survivors to special benefits such as insurance, pensions, stock options etc.
- Income tax papers and significant tax returns, (statute of limitations is 3~6 years).
- Life, Medical, Disability, group insurance policies- amount and beneficiary of each policy with names and addresses. (Insurance companies generally require certified notification of death within 30 days, together with proof of birth and citizenship).
- Stocks, bonds and other securities, date/cost of purchase, list of stocks pledged as security for a loan, name of stockbroker, serial numbers.
- Proof of membership in professional, fraternal, union organization that entitles estate to benefits.
- List of charge accounts and credit cards with numbers
- List of all assets and liabilities, including personal valuables, etc. with date of any insurance coverage (policy numbers, location of policies, etc.).

SCHOOLS

School and childcare options are available and should be researched prior to arrival to ensure availability of childcare options. Options include but are not limited to Department of Defense (DoD) schools on base, on base Child Development Centers (CDCs), Bahrain schools, International schools, on base home care, off-base home care, and more.

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

www.dodea.edu/Offices/Regulations/dodea_forms/upload/form_600.pdf

-12 SYSTEM NAVIGATION IN BAHRAIN

Bahrain School is a Department of Defense Education Activity (DoDEA) School, follows a US curriculum, with all classes taught in English, and has a highly diverse, international student body. Bahrain Community School Complex is located on a 28-acre campus in Juffair, Bahrain and is sponsored in part by the Bahrain International School Association. Bahrain Elementary and Middle High School is part of the DoDEA Europe South District, which is accredited by AdvancED and is authorized to offer both certificate and full diploma courses by the International Baccalaureate Organization.

Information on the Bahrain School, Registration and Enrollment, The School Meal Program & Free & Reduced Lunch, as well as SPED services available here at NSA Bahrain, can be found at the links below.

- <https://bahraines.dodea.edu>
- **Bahrain Elementary School**
- **Bahrain Middle-High School**
- **Registration at Bahrain School;** <https://bahraines.dodea.edu/school-registration>
- **School Meal Program;** <https://www.mynavyexchange.com/studentmealprogram/>
- **Free & Reduced Lunch Application;** https://www.dodea.edu/Europe/south/Bahrain/upload/FARM_Application.pdf
- **Special Education Services in OCONUS Communities**
- **Transportation;** <https://bahraines.dodea.edu/school-student-transportation>

YOUTH PROGRAMS / CHILDCARE

CHILD DEVELOPMENT CENTER

Child development centers, or CDCs, generally offer child care for children ages 6 weeks to 5 years. Care is available Monday through Friday, with some locations offering options such as extended hours, weekend care and respite care. Child development centers vary in size and larger installations may operate multiple facilities. Programs are certified by the Defense Department and accredited by a national accrediting body, such as the National Association for the Education of Young Children. Military families may request child care by visiting.

MilitarychildCare.com

Family Child Care

Children, infants to 12 years of age, may receive care in the private home of a certified family child care provider living in government-owned or government-leased housing on or off the installation. FCC providers typically offer a flexible schedule to support parents with a variety of care needs, including full-day, part-day care, school year care, summer camp, and in some cases, 24/7 and extended care. Family child care may also be referred to as family home day care, child development home, and family day care.

Regulations limit the number of children who receive care at any one time to no more than six children under 8 years old, and no more than two children under 2 years old. Family child care providers must be certified by the installation to operate. Individual providers may voluntarily seek national accreditation from the National Association of Family Child Care and are provided local support, training and materials to accomplish this goal.

Subsidies may be available in some family child care homes to assist in the reduction of child care fees beyond what would be paid in the child development center. For more information on fee assistance and subsidies for child care providers, visit ChildCarNaeAware.org.

School-Age Care Programs

School-age care programs provide care to children in kindergarten through seventh grade. Care is offered before and after school, and during non-school days (e.g. spring break and teacher work days) and summer vacations. School-age care programs may be located in Defense Department youth centers, school age care facilities, child development centers or in other suitable facilities. All programs are certified by the DOD and accredited by a national accrediting body, such as the Council on Accreditation.

CFAS Youth Programs

Dynamic programs for youth ages 5 to 18 years are provided in military youth and teen program facilities worldwide. A wide variety of offerings includes activities in health and wellness, sports and recreation, the arts, education and career development, and leadership and service. Installation programs may also collaborate with other youth-serving organizations, like the Boys & Girls Clubs of America and USDA 4-H programs. Programs and services vary by installations, so contact your installation youth programs/center for local information. <https://installations.militaryonesource.mil/>

SPOUSE / FAMILY EMPLOYMENT

<https://www.usajobs.gov>

<https://ffr.cnmc.navy.mil/Family-Readiness/Navy-Spouse-Navigation/>

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Family-Employment/Family-Employment-Readiness-Program/>

<https://www.militaryonesource.mil/benefits/transferring-your-professional-license/>

It can be challenging to maintain a career, or just find a job, while transferring to a new duty station with your spouse. The Fleet and Family Support of Bahrain are here and ready to help alleviate some of that stress and help give direction to your job search while in Bahrain. A variety of services are available for family members looking for employment through FFSC, including: Employment Overview Workshops, Government Employment Tips, Getting Started Teaching English, English Teacher's Networking Group, Effective Resume Writing and critiques, Interview Techniques, Volunteer Opportunities, and Self -Paced Computer Tutorial Programs.

FFSC's Work and Family Life (WFL) Consultants also provide advice on what jobs are available in Bahrain, review job applications, critique resumes, and provide informational counseling.

To contact your Work and Family Life consultant in Bahrain, please call

973-1785-34046

318-439-4046

<https://www.facebook.com/Fleet-and-Family-Support-Center-NSA-Bahrain-282724796518/>

Helpful information can also be found at FFSC Bahrain Facebook page

Additional Navy Base Bahrain Job resources:

Create profile on <https://www.usajobs.gov/> . Search Bahrain. Apply.

Determine your Military Spouse Preference Eligibility

<http://www.chrma.hqusareur.army.mil/staffing/asp/wizards/msp/default.asp>

<https://cnreurfcent.cnmc.navy.mil/installations/nsa-bahrain/operations-and-management/human-resources/>

The Human Resources Office (HRO) provides a full range of human resources consulting and advisory functions including staffing and classification, labor/employee relations, equal employment opportunity complaints process and management, and injury compensation administration for both U.S. Civil Service (USCS) and Master Labor Contract (MLC)/Indirect Hire Agreement (IHA) employees.

RELIGIOUS SERVICES

The following faiths groups are supported at Naval Support Activity Bahrain Religious Ministries: • Roman Catholic • New Life Christian Community (Non-denominational Contemporary) • Grace Community Chapel (Non-denominational Traditional Family Worship) • Nichiren Daishonin Buddhism (SGI-USA) • Seventh Day Adventist Fellowship Regions Social Services available through CFAS Religious Ministries:

Counseling - all counseling is 100% confidential. Suicide Prevention - if you or someone you know is struggling with suicidal thoughts, please contact our Duty Chaplain (011-973-1785-4303).

U.S & BAHRAIN HISTORY / RELATIONS

Although Naval Support Activity Bahrain, as it is known today, has existed in its present form for slightly more than a decade, the continued United States Navy presence in Juffair has evolved from the small detachments organized nearly 60 years ago into the modern infrastructure today, providing award-winning support through logistical, supply and protection as well as a world-class Navy Exchange facility and top-notch Morale, Welfare, and Recreation programs to both United States Armed Forces and coalition assets.

Initially recognized as the U.S. Middle East Force in 1948, what was to become Naval Support Activity Bahrain began as a small continuous U.S. Navy presence, which later transformed into a small shore facility in Juffair, occupying Royal Navy territory while providing logistical and communications support to Marine Expeditionary vessels.

USEFUL SITES / LINKS / REFERENCES

ENGLISH MEDIA and LIVING GUIDES

US Military Newspaper: <http://www.stripes.com/>

HEALTHCARE

Branch Clinic Bahrain: <https://sigonella.tricare.mil/Clinics/Bahrain-Clinic>

TRICARE: <https://www.tricare.mil/moving> <https://www.tricare-overseas.com/>

EFMP: <https://www.mynavyhr.navy.mil/Support-Services/Exceptional-Family-Member/>

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Exceptional-Family-Member-Program/>

OVERSEAS BENEFITS AND ALLOWANCES

Per Diem Rates: <http://www.gsa.gov/portal/content/104877>

Travel Regulations: <https://www.travel.dod.mil/Policy-Regulations/Joint-Travel-Regulations/>

Overseas Housing Allowance: <https://www.travel.dod.mil/Allowances/Overseas-Housing-Allowance/OHA-Rate-Lookup/>

Cost of Living Allowance: <https://www.travel.dod.mil/Allowances/Overseas-Cost-of-Living-Allowance/Overseas-COLA-Tables/>

Lodging: <http://dodlodging.net>

PASSPORTS/CUSTOMS/AIRPORTS/EMBASSY

Bahrain Passports: <https://bh.usembassy.gov/passports/>

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Bahrain.html>

Bahrain Customs Prohibited items: <https://www.customs.gov.bh/en/prohibited-and-declared>

Bahrain Airport: <https://www.bahrainairport.bh/>

U.S. Embassy in Bahrain: <https://bh.usembassy.gov/>

Smart Traveler Enrollment Program (STEP): <https://bh.usembassy.gov/message-for-u-s-citizens-launch-of-the-new-smart-traveler-enrollment-program-step-re-enroll-now/>

MOVING

HHG Shipments: <http://www.move.mil/>

Housing: <https://ffr.cnmc.navy.mil/Navy-Housing/Community-Housing/>

Housing Early Assistance Tool (HEAT): <https://ffr.cnmc.navy.mil/navy-housing/heat/>

VEHICLES & MOTORCYCLES

Vehicle Processing Center: <https://www.pcsmypov.com/>

Vehicle Registration Information:
https://www.navsup.navy.mil/Portals/65/HHG/Documents/Bahrain%20-%20Jan%202022.pdf?ver=KQoe_W8HwxnP9RkP0DTTPQ%3D%3D

SCHOOLS & EDUCATION

Department of Defense Schools <https://www.dodea.edu>

DoD Schools – Bahrain: https://www.dodea.edu/find-your-school?f%5B0%5D=find_your_school_taxonomy_organization%3A1007296

CHILDCARE

Enrollment: <https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome#/>

School-Age Care: <https://www.navymwrbahrain.com/programs/4ca4f0be-908c-4c96-a411-592498cf7993>

Child Development Center (CDC): <https://www.navymwrbahrain.com/programs/bab7ac26-2ae3-465a-bbd4-d7611ef6b71f>

FLEET & FAMILY SUPPORT CENTER

https://cnmc.navy.mil/regions/cnreurafswa/installations/nsa_bahrain/ffr/about_fleet_and_family_readiness.html

MWR: <https://www.navymwrbahrain.com/>

PET AND VET INFORMATION

USDA Importing Pets to Bahrain: <https://www.aphis.usda.gov/pet-travel/us-to-another-country-export/unknown-requirements>

HQ AMC Pet Travel Information: <https://www.amc.af.mil/AMC-Travel-Site/AMC-Pet-Travel-Page/>

Veterinary Treatment Services: <https://health.mil/Military-Health-Topics/Health-Readiness/Public-Health/Veterinary-Services/Veterinary-Treatment-Facilities>

<https://www.navsea.navy.mil/Home/RMC/FDRMC/Bahrain/MovingToBahrain/Prepping/YourPets/>

THINGS TO DO:

Regardless of what you enjoy doing for recreation, Bahrain has something for you and every member of your family!

Recommend signing up with MWR Bahrain:

The Lost Paradise of Dilmun Water Park: <https://www.lpodwaterpark.com/>

Al-Fateh Grand Mosque: <https://alfatehbh.net/>

Bahrain National Museum: https://culture.gov.bh/en/authority/cultural_sites/BahrainNationalMuseum/

Bahrain International Circuit: <https://www.bahraingp.com/>

Marassi Aquarium & Zoo: <https://www.marassiaquarium.bh/>

The Avenues Shopping Mall: <https://www.the-avenues.com/bahrain/en>

MOSA Shopping Mall: <https://www.modabahrain.com/>

Al Dar Islands: <https://www.aldarislands.com/>

MY NAVY FAMILY APP

The MyNavy Family mobile application connects Navy spouses and families to information and resources to help them successfully navigate the complexities of life in a Navy family. It combines authoritative information from a wide range of websites into a single, convenient application.

Available information and resources cover a wide variety of topics within the following categories:

- New Spouse
- Mentorship & Networking
- Adult Education
- Spouse Employment & Navy Civilian Career Opportunities
- Legal Resources
- Family Financial Planning
- Parenthood
- Special Needs Family Support
- Moving & Relocation
- Service Member Deployment
- Emotional Support Services
- Healthy Living, Recreation, Lodging, Shopping & Travel
- Family Emergencies
- Transition & Retirement
- Parents & Family Members of Sailors

The MyNavy Family app was developed by a Spouse Advisory Tiger Team that was established by the Navy Sailor Experience team. The Tiger Team included Navy Spouses, along with the Ombudsman at Large, Navy organizations that provide services to Navy families, and several nonprofit organizations.

The app is part of a larger effort by the Navy to improve the experiences of spouses and families in order to promote strong Navy families and support them in every way possible. Download the app today from the

Apple Store and Google Play. More information available at
<https://www.applocker.navy.mil/#!/apps/A3E45417-7665-4E93-B703-659F6B34C404>