

Congratulations on your orders to Naval
Beach Unit SEVEN
Sasebo, Japan

WELCOME ABOARD!



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As the NBU 7 Commanding Officer, I would like to offer you a hearty "Welcome to Japan!" Or - YOKOSO! I sincerely hope you will enjoy your experiences in Japan and explore the culture. As you will come to find out, life overseas can be both challenging and full of adventure. Planning your move and transfer to Japan is the best way to get off on the right foot. Our command would like to make you feel welcome right away and help you with these

challenges. This booklet will give you the information you need at your fingertips to make decisions about housing, buying a car, and finding whatever you need throughout the community. Please feel free to call anyone on the "List of Contacts" to ask any questions. Really it is that easy, just call! We are the Vanguard of Assault, and want to lead you to a successful and rewarding overseas tour!

Sincerely,

Greta S. Densham

Dial Direct

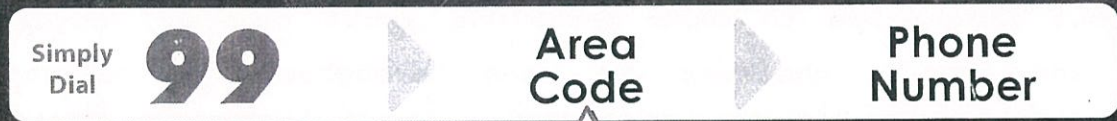
from your on-base telephone

International



If Area Code starts with "0" omit the "0"

Domestic



You must dial the complete Area Code to include "0"

Receiving Calls

From USA.....to:				From within Japan.....to:			
Atsugi	011 ▶ 81 ▶ 467 ▶ 63	Last 4 digits of phone number		Atsugi	0467 ▶ 63	Last 4 digits of phone number	
Ikego	011 ▶ 81 ▶ 46 ▶ 806	Last 4 digits of phone number		Ikego	046 ▶ 806	Last 4 digits of phone number	
Kamiseya	011 ▶ 81 ▶ 45 ▶ 281	Last 4 digits of phone number		Kamiseya	045 ▶ 281	Last 4 digits of phone number	
Negishi	011 ▶ 81 ▶ 45 ▶ 281	Last 4 digits of phone number		Negishi	045 ▶ 281	Last 4 digits of phone number	
Sasebo	011 ▶ 81 ▶ 956 ▶ 50	Last 4 digits of phone number		Sasebo	0956 ▶ 50	Last 4 digits of phone number	

NBU 7 CONTACT NUMBERS

Address: PSC 476 BOX 190 | FPO AP 96322

Commanding Officer:

Main Base Office:

DSN: 315-252-2337; INTL: 011-81-90-9560-2337

Yokose Office:

DSN: 315-252-4500; INTL: 011-81-90-9560-4500

Executive Officer:

Main Base Office:

DSN: 315-252-2368; INTL: 011-81-90-9560-2368

Yokose Office:

DSN: 315-252-4501; INTL: 011-81-90-9560-4501

CMC:

Main Base Office:

DSN: 315-252-2339; INTL: 011-81-90-9560-2339

Yokose Office:

DSN: 315-252-4502; INTL: 011-81-90-9560-4502

Operations Officer:

Yokose Office:

DSN: 315-252-4503; INTL: 011-81-90-9560-4503

Admin:

Main Base Office:

DSN: 315-252-2512; INTL: 011-81-90-9560-2512

Communications Yokose Office:

DSN: 315-252-4550; INTL: 011-81-90-9560-4550

Supply Yokose Office:

DSN: 315-252-4602; INTL: 011-81-90-9560-4602

Quarterdeck:

Yokose:

DSN: 315-252-4600; INTL: 011-81-90-9560-4600

Cell: (011-81)-090-3012-1662

Main Base:

DSN: 315-252-2369; INTL: 011-81-90-9560-2369

Command History

Naval Beach Unit SEVEN was commissioned on 01 August 2012, combining the forward deployed naval forces detachments of Assault Craft Unit FIVE, Beachmaster Unit ONE, and Assault Craft Unit ONE into a single unit.

MISSION

To provide FDNF Beach Party Teams, Landing Craft Air Cushion (LCAC), and Landing Craft Utility (LCU) that are fully trained, properly manned, interoperable, well maintained, and combat-sustainable to conduct amphibious operations in the littoral environments. Naval Beach Unit Seven is homeported in Sasebo, Japan and embarks onboard USS GREENBAY (LPD-20), USS ASHLAND (LSD-48), USS WASP (LHD-1) and USS GERMANTOWN (LSD-42).

FUNCTIONS

NBU SEVEN functions as a Forward Deployed Naval Force command responsible for executing the manning, organizing, training, maintaining, and equipping of all Naval Beach Group ONE assets deployed or forward assigned in support of FDNF missions. NBU SEVEN contains a deployable headquarters element comprised of both sea and shore components.

Detachment Facts and History

LCAC: The Landing Craft Air Cushion (LCAC) is a high-speed, over-the-beach, fully amphibious landing craft, capable of carrying a 60-75 ton payload. The first LCAC was delivered to the Navy in 1984 and Initial Operational Capability (IOC) was achieved in 1986. LCAC are used to transport the weapons systems, equipment, cargo and personnel of the assault elements of the Marine Air-Ground Task Force from ship to shore and across the beach.

Air cushion technology allows this vehicle to reach more than 70 percent of the world's coastline while only about 15 percent of that coastline is accessible by conventional landing craft. LCAC are transported in and operate from all amphibious well decks ships including LHA, LHD, LSD and LPD. The craft operates with a crew of five.

LCU: The mission of Landing Craft Utility (LCU) boats is to transport material, troops, and equipment to shore. The use of landing craft in amphibious assaults dates from World War II on through to the Korean Conflict. Assault Craft Unit ONE, formed in 1968, performs the expeditionary mission by expediting the closure of troops and material to the shore. The LCU is 135 feet long and 29 feet wide.

The maximum cargo capacity is 168 tons. They carry 2 M1A1 tanks or 350 combat equipped troops, with a maximum speed of 12 knots. The craft are capable of 10 days of self-sustainment with a 1200-mile operational range (without fueling) at eight knots. The craft operates with a crew of eleven.

Beachmaster: The mission of the Beachmasters is to support the landing movement over the beaches of troops, equipment and supplies, and to facilitate the evacuation of casualties and

prisoners of war. In addition, the Beachmasters maintain communications and liaison with designated Naval commanders and Naval control units, control all craft and amphibious vehicles in the vicinity of the beach from the surf line to the high water mark, coordinate the re-embarkation of equipment, troops and supplies, determine and advise on the suitability for landing, install causeway beaching range markers and range lights, and assist in the defense of the beach. Throughout an illustrious 64 year history, from combat operations to humanitarian assistance and disaster relief, the Beachmasters have carried out the command, "Land the Landing Force," with skill, dedication and professionalism.

PCS TRAVEL AND INFO

- **After receiving orders to NBU SEVEN:**
- Read your orders in full.
- Get overseas medical screening for all family members.
- Contact your command sponsor.
- Apply for required no-fee passports for all dependent family members.

NOTE: You will need to apply for both types of passports for your family, Official and Tourist. You and your family will travel into Japan on the official passport. Tourist passports are required for ALL UNOFFICIAL travel. PSD Sasebo does not process tourist passports and the process is difficult once already located in Sasebo. Visit your local stateside Federal Post Office for more information regarding tourist passports.

- If you are traveling with a pet, you need to start the process to import the animal into Japan immediately. Go to the US Army Veterinarian website for more detailed information:
<http://www.usarj.army.mil/organization/vet/import.aspx>.
CFAS discourages bringing pets to Japan as it limits housing options.
- If PCSing WITHOUT your dependants either on an unaccompanied tour or if your dependants will be traveling at a later date than you, **make sure you have PERS-451H approval to continue the BAH entitlement for their location.** See your transferring PSD for procedures to receive this approval. Failure to gain this approval can

result in SIGNIFICANT overpayments that will impact you and your family.

NOTE: Sailors reporting directly to units that are designated as Arduous Sea Duty are not required to have this approval from PERS-451H and the BAH entitlement will continue.

- Make arrangements for your lodging for you and your family upon arrival in Sasebo. The Navy Lodge is the primary facility for families and the BEQ/BOQ can be utilized for those traveling without families. Space is limited in both facilities so visit https://www.nexnet.nexweb.org/pls/nexlodge/reservation_menu_form for Navy Lodge reservations or call 011-81-0956-50-3413/ DSN (325)252-3413 for BEQ/BOQ reservations as soon as you know your arrival date. Work closely with your sponsor to ensure lodging will be available upon your arrival.
- Begin planning your pack-out and schedule your Household Goods pick-up. It takes up to 45 days for your Unaccompanied Baggage (a.k.a. Express Shipment) to arrive and up to 60 days for your Household Goods to arrive. As housing in Japan is smaller than what you would have in the States, expect to put some things in long-term storage. You should arrange your move via the DPS website: <https://eta.sddc.army.mil>.
- Complete a Change of Address card at the local post office. You can also fill this out on-line at the [USPS.com Web site](https://www.usps.com) Remember, this changes your address at the post office, not with whoever is sending you mail. You must notify individuals, companies, and any magazines you have subscriptions with separately. Most companies, including magazines, have a toll-free number you may call to change your delivery address. If you have SOFA-sponsored

dependents, your sponsor can get your post office box set up for you, or he or she can tell you your new ship-based mailing address.

- Make sure you have all required forms for enrolling your child in daycare or after-school care.

Travel Paperwork Checklist:

- Birth Certificates
- Passports (no-fee passports are **required** for dependents, tourists passports are strongly recommended as well)
- Birth Certificates
- Military & Dependent IDs
- Military Record
- Expense log book
- Insurance ID cards
- Travelers checks
- PCS orders (multiple copies)
- Dependent Entry Approval (if accompanied by family members, this is **Required**)
- Insurance policies (vehicle, life, health, umbrella liability)
- Household goods inventory
- Marriage or divorce papers
- Pet immunization records
- Power of attorney
- Copy of wills, serial numbers (of valuable electronic equipment)
- Children's medical, dental, optical records
- Financial and investment records
- Charge and credit card account information
- Bank account, credit card, credit line account numbers, School transcripts and referring letters

Arriving at CFAS and checking in at the command:

Your sponsor will guide you through this process!

- Get SOFA stamp for passports at PSD (Bldg. 200).
- Housing Office check in. Bring copy of orders, DD Form 1746 (Page 2), Detaching Endorsement and copy of Dependent Approval.**
- Personal Property Office check in. If your household goods or your express shipment is expected to be in Sasebo at the time of your arrival, bring a copy of your orders and your government Bill of Lading (DD Form 619).
- Post Office check in (Bldg. 310) Register for a new P O Box number or, if your sponsor has done this for you, retrieve the combination or key (Only for personnel with dependent).
- Contact schools/CDC, if applicable.
- Contact your Ombudsman.
- Command Indoctrination Sign-up: At Bldg 310, sign up for the AOB/ICR (Intercultural Relations) workshop, if your sponsor has not already signed you up. This is mandatory for all sponsors and highly recommended for adult and teen family members (children are not allowed). You cannot get a driver's license without attending this class. (if you need a temporary license, contact the safety center in the CEC, drivers tests given on Wednesday's and Friday's).**
- Visit the Branch Health & Dental Clinics in Bldg 1529. Drop off family members' medical and dental records. If you didn't bring them, they will request them from your previous clinic.
- You will also need to re-enroll in TriCare (you will need a copy of your orders and Dependent Entry Approval message). The TriCare office is located on the 3rd floor of the Branch Medical Clinic.

□ (TLA). Temporary Lodging Allowance Go to P S D (Bldg 200). Bring paid hotel receipts (after each ten day increment), prior to 8:00 a.m. to ensure collection of T L A on the same working day. Any receipt brought after 1:00 p.m. will be processed the following working day.

PCS Information and Support

Before, during, and after arrival at CFAS. This is a very important and useful page!

Visit the following websites for information regarding station allowances for Sasebo (locality code is JA035)

COLA rates: <http://www.defensetravel.dod.mil/perdiem/ocform.html>

OHA rates: <http://www.defensetravel.dod.mil/perdiem/ohaform.html>

You **do not** need a reservation to ride the Airport Shuttle Bus from the airport to CFAS. To make a reservation to ride the bus from CFAS to Fukuoka Airport, please visit the **Airport Shuttle Bus reservation page**.

[https://www.cnic.navy.mil/regions/cnrj/installations/cfa_sasebo/ffr/Welcome Aboard/fukuoka airport shuttle bus signup.html](https://www.cnic.navy.mil/regions/cnrj/installations/cfa_sasebo/ffr/Welcome_Aboard/fukuoka_airport_shuttle_bus_signup.html)

For information about shuttle bus schedules on base, and between Main Base and Hario Housing, please visit the Public Works Department page.

If you are traveling with a pet, be aware that pets may **NOT** travel on the CFAS shuttle bus, or on public transportation. Contact your **Sponsor** for assistance, or contact Family Member Assistance Team (FMAT). FMAT will need several days notice, and a copy of your orders, to facilitate a transportation assist for pets. You may contact FMAT at CFAS.FMAT@fe.navy.mil or by DSN phone at 315-252-3623 (011-81-956-50-3623 from U.S.) or Transportation (DSN: 315-252-3377) ASAP.

Other means of transportation exist for family/pets arriving into other airports.

- rent a vehicle from CFAS for a round trip (take a few days of leave).
- book a train/bus.

Military Homefront. Two helpful resource tools that can help you successfully plan your move are **Plan My Move** and **Military Installations**. These links contain information on everything related to making a PCS move to Sasebo, Japan. They can be found on the Military Homefront Web site moving section. Visit <http://www.militaryhomefront.dod.mil/> and select "Plan My Move" or "Installations" on the left menu.

Household Goods Shipment. Please visit the Defense Personal Property System (DPS) website at www.move.mil (DOD Customer) to register for a DPS account, initiate the PCS personal property move process, and perform self-counseling. For questions specific to personal property shipments to Sasebo, Japan, please e-mail: M-SA-FISC-ppty@fe.navy.mil. For general questions about using the DPS, please contact the nearest Personal Property Shipping Office for assistance. You can use the Counseling Office Locator link on the DPS website to find the office nearest you.

PCS Move Survey Links and DPS Information

Military OneSource. Chock-full of tools, resources, calculators, links and more, specifically designed to help the military family. Bookmark this one! militaryonesource.com.

Kids Web Japan. A site to consider exploring with your children. It is child-safe and contains more information than you can imagine about life in Japan off-base. The information in this site is great for "big kids" too. It's really worth a visit! <http://web-jpn.org/kidsweb/index.html>

Military Spouse Career Center. <http://www.military.com/spouse>.

Navy Gateway Inns and Suites/Navy Lodge



CBH Officer:

DSN: 315-252-3731, FAX: 252-2414, US: 011-81-956-24-3731

BEQ/Billeting:

DSN: 252-3413, FAX: 252-2414, US: 011-81-956-24-3413

BOQ:

PSC 476, Box 22, FPO AP 96322-0022

DSN: 252-3794, FAX: 252-3530

Commercial: 011-81-956-50-6111

Navy Lodge Sasebo:

PSC 476, BOX 30, FPO AP 96322-0030

DSN: 252-3608, FAX: 252-3605,

Commercial: 011-81-956-24-0322

FAX Commercial: 011-81-956-24-0173

To make a reservation or more info, email:

navylodge.sasebo.guestservice@nexweb.org or visit the Navy Lodge Sasebo website.

DEPARTMENT OF THE NAVY
COMMANDER FLEET ACTIVITIES SASEBO
HOUSING OFFICE
PSC 476 BOX 126
FPO AP 96322-1160

E-MAIL ADDRESS: housinginfo@fe.navy.mil

SASEBO WEB PAGE: <https://www.cnic.navy.mil/Sasebo/index.htm>

DSN NUMBER: 252-3402

Commercial Number from U.S.: 011-81-956-50-1110 (Then ask the operator to connect you to any DSN)

So, you have orders to Sasebo, Japan...how exciting!

The Housing Welcome Center will be one of your first stops after arriving in Japan. You will find us conveniently located in the same building as PSD, Personal Property, Community Bank and Navy Federal Credit Union. Our office hours are Monday, Tuesday, and Thursday 07:45 am - 5:00 pm; Wednesday 10:00 am - 5:00 pm; Friday 8:00 am - 4:30 pm. Our DSN phone number, mailing address, Web site and e-mail address can be found on the top of the page.

Upon arrival to the Housing Welcome Center (HWC), you will be registered for our mandatory HWC Briefing. At the time you register for the Briefing, you will be given an Information Packet complete with all appropriate applications to be filled out and a list of documents you will need to provide us on the day of your briefing. Required documentation includes **PCS Orders, Detaching Information Report, Page 2** and **Dependent Entry Approval**. HWC Briefings are conducted on Monday and Thursday afternoons at 2:30pm. The Briefing will include comprehensive coverage of rental ceilings and housing allowances, living in

the Japanese Community, viewing off base rentals, TLA, and waiting times for government housing. Attendance of the HWC Briefing is mandatory for all incoming personnel before the off-base house hunting process can begin.

It is **not** necessary to mail or fax your application to the HWC before you arrive in Sasebo. Your name will not be added to the waiting list until you report to Sasebo. You must apply and/or confirm your application (if sent prior to your arrival) **within 30 days of your report date**. In most instances your control date will be the date you detach from your last permanent duty station, and that control date determines where you are placed on the waiting list. Your name cannot affect anyone already in the freeze zone regardless of your control date. If you will be going on temporary duty prior to arriving in Sasebo, then you may wish to fax your application and all necessary data (stated above) to the Housing Office once you have detached from your permanent duty station for Housing Office planning purposes. Either way, you must apply for government housing within 30 days of your report date in Sasebo in order to receive the detach date as your control date. Additionally, if do not apply or confirm your application within 30 days of your arrival, you will lose your original control date and you will no longer be authorized a locally funded government move from a rental unit to Military Family Housing.

Navy Family Housing in Sasebo has two separate locations: 129 units are located at Main Base, and 532 units are located in Hario Village.

Main Base housing is found directly across the street from Sasebo Navy Base and residents utilize all base facilities including the commissary, medical and dental clinic, 2 gyms,

swimming pool, movie theater, banks, restaurants, chapel, post office & Navy Exchange. Located within the Main Base housing area you will find Sasebo Elementary School (Grades K-6), E.J. King High School (Grades 7-12), teen center, youth center, and child development center.

Hario Village housing area is a scenic and peaceful community located 20 to 30 minutes drive from Sasebo Navy Base. A free home to work shuttle bus runs between Main Base and Hario Village in the early morning and late afternoon. There is also a MWR bus that runs three times a day that charges a fee. In addition to 532 family housing units, Hario Village has the larger commissary, gym, swimming pool, tennis courts, teen center, youth center, community center, chapel, craft store, post office, restaurant, gas station, medical/dental clinic, Navy Exchange Home Store, and a child development center. Also located at Hario Village is J.N. Darby School serving grades K-6. Middle school & high school students are provided bus service to/from E.J. King School at Main Base.

When you arrive in Sasebo, you are placed on the primary waiting list. You can nearly always expect your first offer to be a unit located in Hario Village. If you desire Main Base housing, you may preference it only after you have turned down your first offer of housing. You will then be placed on the Main Base waiting list and in most cases it will be a considerably longer wait for your next offer. Please note however, due to a regional policy change, if you turn down a housing offer, you will no longer be authorized a locally funded move into Military Family Housing. On most lists you will wait an additional year or longer once you preference. If you turn down your 2nd offer of government housing, you will be removed from the waiting list.

"Please take your shoes off when you come into my home!"

Community Housing:

Sasebo is in many ways quite different from other bases in the Pacific. Upon arriving in Japan we will assist you in finding off-base housing. Counselors will explain your allowances for living off-base. Your Japanese interpreter can go with you, if requested, to look at off-base rentals and real estate agents drive you to and from your viewing appointments in their cars.

Initial move-in costs to live in a Japanese home can normally run from \$3,000 to \$6,000 or more. The move-in cost is equal to about five months rent which includes agent/realtor's fee, two months security deposit, first month's rent, and restoration fee. Your disbursing department can loan the entire cost (for eligible personnel) needed to move, and some move-in costs (agent/realtor's fee and restoration fee) are reimbursed to you by the Navy after the lease is signed. Your Overseas Housing Allowance (OHA), Cost of Living Allowance (COLA) and Utility Allowance will help subsidize the cost of living in Japan. All funds for TLA reimbursement and move-in costs are deposited electronically submitted to your DDS account. In order for your spouse to have access to these funds she/he must be a joint owner of your DDS account.

TLA (temporary lodging allowance) lasts up to 60 days and the clock starts the day the **Military Member reports to his/her command**. Example: the sponsor reports to his/her command on 1 September, and family members arrive on 15 October; sponsor and family members are entitled to only 15 days of TLA (the average family takes 34 days to secure community housing). If your family will **not** be transferring with you at or close to the same time, no matter what the circumstances, please plan to secure off-base housing prior to your family arriving in Sasebo. TLA

extensions can be requested, but may not be approved. If you have any questions related to TLA and non-concurrent travel, contact the HWC and request to speak with an on-base counselor. We advise you to make reservations at the Navy Lodge (DSN 252-3608) as soon as you know when you'll be arriving as they sometimes get booked up well in advance.

You have no doubt heard of how small all of the houses are in Japan. In reality, you will find a wide variety of sizes in both apartments and houses, from very small to quite large. Many houses can accommodate larger families and regular American-style furniture (oversized sectional couches, canopy beds, waterbeds, exceptionally heavy furniture, full dining room sets and pianos are not advised). However, you may find doorways, elevator openings, and stairwells a bit narrow, and ceilings and doorframes a bit lower than what you're accustomed too.

A standard Japanese kitchen will have a smaller size counter top, 5 or 6 cabinets and a set of drawer. There may be space in the kitchen for additional storage shelves/units. Other rooms in the house will have tatami mats or hardwood floors. Fusuma doors (thick cardboard like paper) and rice paper window screens called shoji doors are also commonly found inside Japanese homes.

Japanese homes get cold in the winter and hot/humid in the summer. The Housing Welcome Center will provide you with Air conditioning/ heater units and kerosene fan heaters designed to heat and cool single rooms.

The average room size for a Japanese home is 9x12 to 12x12. Closet space and storage space is limited, and most closets do not provide rods to put hangers on, but you can easily find

hanging racks to purchase from local Japanese stores. Yards are generally small and usually consist of plants, gravel and maybe some grass (many homes do not have a yard at all). Although there are no attached garages, you will find some covered carports. Most common for single family homes is open parking.

If you are thinking of bringing pets to Japan, please be aware that it is difficult to find rentals willing to accept them. Additionally, dogs are not allowed in towers or 2nd floor townhouses in Navy Family Housing. As pets are not a consideration for Military Family Housing, you will be offered the next available unit. If you have a dog and are offered a unit that does not allow dogs, you must turn the unit down and you will no longer be authorized a locally funded government move into Military Family Housing. None of our TLA-approved hotels will allow pets. MWR has a kennel with 10 spaces available. For more information, please call MWR at DSN 252-3320. Sasebo does have a base Veterinary Clinic (DSN 252-3585) to assist you with all information concerning your pets.

Housing supplies appliances (washer, dryer, stove, refrigerator) for both off-base rentals and government housing for qualified personnel. Please **do not** bring your own major appliances. We do not have storage space for these items and your off-base residence will not accommodate American-style appliances. In addition, there are no rental storage facilities to be found off-base. Please check with your Personal Property Office regarding storage information for your major appliances. You should bring your own microwave oven.

A microwave oven can be provided to you while living off-base, if your unit **will not** accommodate a government oven. The commissary does their best to accommodate all of the American families here in Sasebo, but their space is limited and

they don't have nearly the variety of food items as the grocery stores in the U.S. So if there are certain brands you prefer, favorite cereals, or special foods you can't do without, you may want to stock up on these items prior to your move to Japan. Here is a list of additional items you might want to purchase before moving to Japan: electric blankets, specialty catalogs for ordering, air tight containers to store food, shelf units, slippers, favorite make-up, favorite shampoo, clothes rods, rain coats and umbrellas for the rainy season (June - July).

When you receive orders to Sasebo, please make a list of your questions and call, write or email the Housing Welcome Center. Asking us directly will allow you to make plans and receive complete and accurate information regarding housing. If you write or email, please provide the sponsor's rank, family composition, and types of pets (if any).

From a Voice of Experience

"I came over to Japan 3 years ago and I lived in town for 1 ½ years. It was a wonderful experience for me and my family. I had a 4-month old infant that adapted immediately and a 4 year old that picked up Japanese phrases to speak to our neighbors. I had another child who was born in a Japanese hospital (many of the doctors in town speak English) and it was a beautiful experience. I have never felt so safe in my whole life. I've seen cherry blossoms, theme parks, zoos, Mt. Fuji, islands, mountains, parades, china factories, doll factories, lantern festivals, oriental bazaars, and much more."

Come with an open mind and have a great time!

We wish you a safe and smooth transition and look forward to meeting you!

Families with Pets – Beware

All inbound personnel should be aware that there is a two pet policy for on-base housing. Combinations can include two dogs, two cats, or one dog and one cat. Dogs are not allowed in any on-base tower units; they are only allowed in townhouses and two-bedroom garden style apartments that have yards. In addition, many of our townhouse units are undergoing whole house renovation and this will significantly slow down the waiting lists. Depending on the housing category, it can be as much as a one to two year wait, or more, for a townhouse.

As the townhouses are the only on-base quarters where dogs are allowed, you will need to find a rental unit if a townhouse/garden style apartment is not available for occupancy.

If you do have to live off-base, many Japanese landlords will not accept pets. For the landlords that do accept pets, it normally requires some negotiation that may cost the member an additional pet fee. If the pet fee raises the rent, the member will be responsible for the difference between the normal rent and the monthly pet fee; the government will not pay the difference. In many cases, the owner will require a non-refundable pet fee to be paid up front. Additionally, the yards both on and off base are extremely small and are not "pet friendly" for larger dogs. Exercise areas for dogs are very limited and in some areas, non-existent.

The breakdown of on-base housing units that allow pet dogs is as follows (turn around rate is about 33% per year):

(E1-E6) 2BR: 51 units out of 211

(E1-E6) 3BR: 19 units out of 125

(E1-E6) 4BR: 25 units out of 25

(E7-E9) 3BR: 20 units out of 91
(E7-E9) 4BR: 26 units out of 26
(W1-03) 2BR: 11 units out of 28
(W1-03) 3BR: 15 units out of 40
(W1-03) 4BR: 10 units out of 10
(O4-05) 3BR: 20 units out of 29
(O4-05) 4BR: 5 units out of 5
(O6) 4BR: 7 units out of 7 (5 are billet houses)

Cats or small pets such as hamsters (limit of 2) are allowed in on-base high-rise apartments. It is strongly recommended that families DO NOT bring a pet. If they choose to do so, it is recommended they leave the pets in the states until assigned to government quarters and at that time, send for the animal(s).

Information on bringing pets to Japan can be found on the following website:

<http://www.usarj.army.mil/organization/vet/index.htm>

Arriving with Pets

SHIPPING AN ANIMAL TO JAPAN?

MUST START 7 MONTHS OUT!

Shipping minus 210 days: An animal greater than 91 days old needs to have a microchip prior to two rabies vaccines. These vaccines must be greater than 31 days apart. At this time you must also draw blood for a FAVN. Unless the animal has a current FAVN (within 2 years of arrival in Japan). The results of the FAVN test are best received 180 days prior to arrival. Japan's 180 day quarantine begins on the date of receipt of results of the FAVN. If everything is in order the quarantine period can be reduced to 12 hours upon arrival. **There must be NO laps in rabies status from the time the FAVN was drawn!! Animals other than dogs and cats are required to have the 180 day**

quarantine upon arrival! 40 days prior to shipping the owner must notify the Animal Quarantine Station responsible for the port at which the animal will arrive. Dogs being shipped must have "NOTIFICATION OF IMPORT INSPECTION OF DOG" and cats must have "NOTIFICATION OF IMPORT OF ANIMALS UNDER THE RABIES PREVENTION LAW". If there are changes after the notification is sent, the owners must send "MODIFICATION ON NOTIFICATION OF IMPORT OF ANIMALS". These forms can be found at <http://www.maff.go.jp/aqs/>. The Animal Quarantine Service may contact the owner regarding quarantine, so accurate contact information is necessary. The forms must be faxed or mailed to the Animal Quarantine Service. The forms will be returned to the owner and must be presented upon arrival at the port. If an animal is going to require quarantine, the owner must notify the Quarantine Service if they are to be kept at a Quarantine site other than the Station with jurisdiction over the port of arrival. Clinical inspection before departure. Before departure (2 days or less if possible), have a veterinarian give the pet a clinical inspection to confirm that the animal does not have or is not suspected of having rabies (in the case of dogs, rabies or leptospirosis). Also, be sure to obtain a health certificate from either a military veterinarian or the USDA that will not expire until after you have arrived in Japan. Documents to bring with you:

- Proof of microchip with the microchip number, date of insertion and location on the animal.
- Rabies certificates proving immunization with killed or recombinant vaccine given at appropriate time intervals
- FAVN results showing an antibody titer of 0.5 IU/ml or above.
- Veterinarian inspection stating that the animal does not have or is not suspected of having rabies (or leptospirosis).
- Proof of any other vaccinations the animal is current on and any treatment of parasites both internal and external no more

than 4 days before shipping. (These are recommended but not necessary). 1 to 4 days before arrival in Japan, the owner should contact the Quarantine Service via telephone, fax, or email, with the advanced notification receipt number, flight number or ship name, and scheduled arrival time and port of arrival.

Vehicle Information

Driving in Japan is a privilege granted to personnel working in Japan under the Status of Forces Agreement. To meet the conditions of this agreement the following basic requirements must be met.

Private Vehicle License Requirements

Operators must be 18 years old and free of all relevant physical and mental disabilities.

1. Active duty personnel E-4 and below are required to have approval from their respective Commanding Officer or Officer in Charge. CFAS and tenants without an Officer must submit chits VIA CFAS, CSO. All GOV license applicants need a signed form from their Command.
2. Active duty personnel under 26 years of age must complete the NKO course "Driving for a life" or other equivalent traffic safety course and bring certificate to the class.
3. All personnel who desire to receive a Private Owned Vehicle or Government Owned Vehicle driver's license must attend base INDOC (AOB/ICR) which includes a written and road test.
4. All personnel must have a valid U.S. or U.S. Territory operator's license. There are no provisions in Japan to obtain a driver's license for never before licensed individuals.
5. Primary family members other than a spouse must meet all of the following criteria: be 18 years old, a high school graduate, be attending college and have a full or part-time job. Individuals must submit a request for driving privileges to CFAS via the sponsor's chain of command.
6. Motorcycle operators must attend the Motorcycle Safety Foundation course or have attended the course within the past

three years. Anyone who desires to obtain a sports type motorcycle should attend a MSRC (Motorcycle Sports Bike Rider Course) before coming to Sasebo.

Naval Branch Health Clinic Sasebo

Available Services

The Main Base Clinic and Hario Village Housing Annex provide primary care and dental care services. Our Family Practice providers are trained to handle the vast medical needs of both children and adults. Independent Duty Corpsmen provide basic medical care to the active duty population. Routine appointments are available for active duty and active duty family members. Retirees, retiree family members, and DoD civilians may also utilize services on a space available basis. Patients should call 252-8872 to make an appointment.

Examples of routine care include:

- Physical exams/well baby checks
- Coughs, colds, and low fevers
- Medication refills
- Dental exams and cleanings
- Dental Fillings

Specialty Care

There are no full-time health care specialists assigned to the clinic, though specialists from Naval Hospital Yokosuka occasionally travel to Sasebo to provide limited services. Patients requiring specialty services who can not wait for the visiting providers will be referred to a local Japanese specialist or evacuated(MEDIVAC) to a military facility in Japan or the US.

Urgent Care

A medical provider and nurse are on call 24 hours a day, 7 days a week for the Main Base Clinic to assist patients with urgent medical needs. There are no urgent care services

available at the Hario Annex. Patients can contact the clinic at 252-2550 to speak to a nurse. The on-call nurse will assess the patient's symptoms and provide advice on the course of action to ensure proper treatment. This may include home care, an appointment with a provider, or contacting emergency transport to a Japanese hospital.

Examples of urgent care include:

- Broken bones
- Minor cuts or burns
- Fever 104 or higher (100.4 for newborns)
- Sprains or strains
- Eye injuries
- Dental swelling, pain, or trauma

Emergency Care

There is no emergency room at the Main Base or Hario clinics. Emergency response and transportation via ambulance is available for patients seeking emergency care on main base and Hario. Japanese ambulances respond to all off base emergencies. Emergency care is provided by the local Japanese hospitals. Patients should call 911 on base or 0956-50-0911 off-base for emergencies.

Examples of emergency care include:

- Chest pain
- Severe abdominal pain
- Difficulty breathing/shortness of breath
- Deep cuts or bleeding that will not stop
- Severe burns
- Sudden blurred vision
- Sudden severe headaches
- Coughing or vomiting blood

Having a Baby in Japan

While our Family Practice physicians provide prenatal care, the clinic does not have the resources to deliver babies. The following options are available for delivery; however, if your physician determines that your pregnancy is "high risk", this may limit your options for prenatal care and delivery.

Return to the States

This will be at your personal expense or EML (Environmental Morale Leave). You will also be responsible for finding a physician in the area you are moving to. If you wish to deliver in the States, notify your physician immediately. Flying after 28 weeks gestation is not recommended and many airlines may have restrictions,

Local Japanese Obstetrical Care

The capabilities of local Japanese facilities vary from place to place, but most can be equated to a birthing center in the States. If you choose this option, you will receive prenatal care at the clinic until around 20 weeks gestation and then you will be referred to a Japanese civilian provider. Japanese facilities are very nice and often look more like hotels than hospitals. The clinic staff will provide you with more details for each of the options above so that you can make an informed decision about which option is best suited to your needs.

Prior to Arrival

• **Immunizations**

There are no required immunizations for entry into Japan; however we recommend that you receive a Hepatitis A and PPD before departing your current duty station. The following link outlines recommended vaccines.

<http://wwwn.cdc.gov/travel/destinationJapan.aspx>

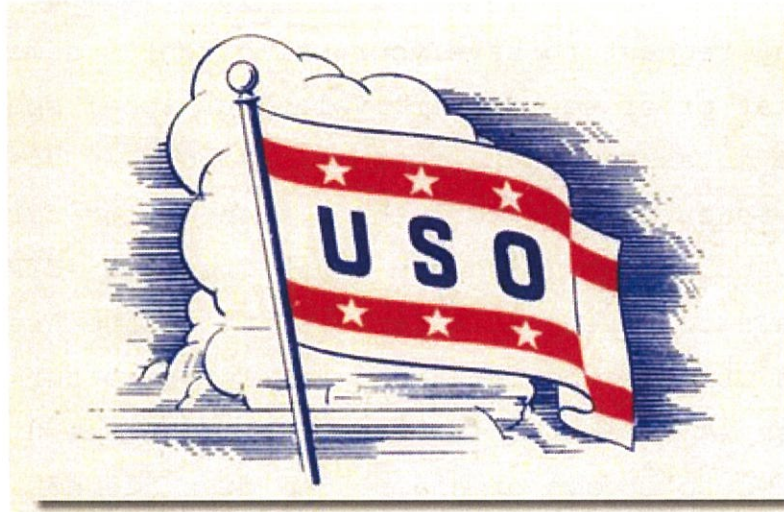
• **Immunizations required for School & Daycare**

Routine scheduled immunizations should be completed prior to placing children in school or daycare. Your medical provider or the immunization office can provide you with the vaccines your child may need.

Important Phone Numbers

1. Emergencies on Base 911
2. Emergencies off Base 0956-50-0911
3. Appointment Line 252-8872
4. Nurse Advice 252-2550
5. Medication Refills 243-4689
6. TRICARE Enrollments 315-252-2572; 011-81-95-650-2572
7. Patient Administration 315-252-3625; 011-81-95-650-3625
8. Fleet Liaison 315-252-2560; 011-81-95-650-2560
9. Substance Abuse Rehab Program (SARP) 315-252-2533; 011-81-95-650-2533
10. Educational Development Intervention Service (EDIS) 315-252-3888; 011-81-95-650-3888
11. Occupational Health 315-252-2585; 011-81-95-650-2585
12. Preventive Medicine 315-252-2586; 011-81-95-650-2586
13. Industrial Hygiene 315-252-2584; 011-81-95-650-2584
14. Senior Enlisted Advisor 315-252-2594; 011-81-95-650-2594
15. Officer in Charge (OIC) 315-252-2589; 011-81-95-650-2589

Sasebo USO



The USO at Sasebo offers a variety of services, including G.I. Bill Pay, to Sailors and their families. Located at Fleet Landing on main base and Nimitz Park near Albuquerque bridge. For more info or to volunteer call 252-3872.

USO <http://www.uso.org/>

USO on Facebook <https://www.facebook.com/home.php#!/pages/USO-Sasebo/142458845775187>

USO On Twitter <http://twitter.com/#!/USO Japan>

USO Volunteering <http://usovolunteer.org>

USO Employment <http://uso.balancetrak.com/lists/87/default.aspx>

Childcare Resource and Referral

We realize caring for your children is of utmost importance to you. You may request to have your child(ren)'s names added to our waiting list prior to your arrival. Your local sponsor should be able to assist you with this, or you may visit <https://gol.persnet.navy.mil/CYPWeb> to sign up for care and to find out more about Navy Child and Youth Programs (CYP). All new arrivals to Sasebo will need to attend the Area Indoctrination Orientation Brief and the Inter-Cultural Relations Class (AOB/ICR). This class is held three times a month and is two full days of class. Children are not permitted in AOB/ICR (with the exception of young infants in handheld carriers). Arrangements for childcare during the class **will be necessary** and should be made as far in advance as possible.

On your child's first day, the following information and forms are required to enroll your child(ren) at either the CDC, SAC (School Age Care) or CDH:

1. Completed Request for Care Form
2. Copy of the sponsor's travel orders. All children must be listed on the orders. CDC cannot provide care to non-SOFA family members.
3. Current immunization records for each child (Copies from a medical record are acceptable).
4. Copy of any medical documents for children in need of special care or with food allergies.
5. Copy of the service member's most recent Leave and Earnings Statement (LES).
6. Completed Family Care Plan Form from the Sponsoring Command needs to be submitted within two weeks of the first day of care. (Dual Military or Single Parent families only).
7. Two local contact names and phone numbers.

8. Attend an initial orientation brief at the centers prior to starting care. Please contact the appropriate center to arrange this. CDC 252-2985 (commercial 011-81-956-50-2985) or SAC 252-2989 (commercial 011-81-956-50-2989).

Our Child and Youth Program strive to meet the community's childcare needs but often, demand exceeds our room capacities. Please work with your sponsor to reserve childcare prior to your arrival, if at all as possible. If care is not available at an MWR facility, MWR and the Fleet and Family Support Center will work with our Child Development Home (CDH) Providers to meet your needs.

Child and Youth Programs

School Liaison Officer

Christy Johnson

CFA Sasebo, Bldg 502

Office: 252-2206

DSN: 315-252-2206

Commercial: 011-81-956-50-2206

Christy.Johnson@fe.navy.mil

BGCA School Age Care

Main Base Youth Center • 252-2989

Mon - Fri: 6 a.m. - 6 p.m. • Sat, Sun & Federal Holidays: Closed

Hario Youth Center • 252-8763

Mon - Fri: 6 a.m. - 6 p.m. • Sat, Sun & Federal Holidays: Closed

Pre-Teen & Teen Centers

Main Base Pre-Teen Center • 252-2920

Mon - Thu: 3 - 6 p.m. • Fri & Sat 3 - 8 p.m. • Sun & Federal
Holidays: Closed

Hario Pre-Teen Center • 252-8968

Mon - Thu: 2:45 - 6 p.m. • Fri & Sat 2:45 - 8 p.m. • Sun &
Federal Holidays: Closed

Main Base Teen Center • 252-3797

Mon - Thu: 3 - 6 p.m. • Fri & Sat: 3 - 8 p.m. • Sun & Federal
Holidays: Closed

Hario Teen Center • 252-8966 Mon - Fri: 4 - 8 p.m. • Sat: 2:45 -
8 p.m. • Sun & Federal Holidays: Closed

Base Entertainment & Recreation

Travel & Tours

252-3433 • Mon - Sat: 10 a.m. - 6 p.m.

Sailing & Outdoor & Adventure Center

252-3500 • Mon, Thu & Fri: 11 a.m. - 5 p.m. • Tue & Wed: Closed
• Sat & Sun: 8 a.m. - 5 p.m.

Liberty Center

252-3756 • Single & Unaccompanied Military Program

Located on the 2nd floor in the Fleet Fitness Center

Sun-Thu: 11 a.m. - 11 p.m. • Fri & Sat: 11 - 1 a.m. • Federal
Holidays: 11 - 1 a.m.

Spare Time Rec. Center

252-3634 • Daily 11 a.m. - 10 p.m. • Secured 2nd Tuesday of each
month until 5 p.m.

11th Frame Snack Bar 252-3636

MWR Library

252-3593 • Mon - Sat: 10 a.m. - 8 p.m. • Sun & Federal Holidays:
10 a.m. - 5 p.m.

MWR Hobby Shops

Auto Hobby Shop • 252-3977

Mon & Tue: Closed • Wed, Thu & Fri: 3 - 8 p.m. • Sat & Sun: 12 -
6 p.m. • Closed Federal Holidays

Paws & Claws 252-2905 • Mon - Fri: 11 a.m. - 4 p.m. • Sat & Sun:
11 a.m. - 2 p.m. • Closed Federal Holidays

Showboat Theater 252-3822 • Movie Show times: Sun-Thurs: 1430,
1730, Fri & Sat: 1430, 1830, & 2130 (Subject to Change)

Nimitz Park Softball/Baseball Fields, Soccer/Football Field,
Playground Area, and 3 Pavilions with grills

