

Congratulations on your orders to

Naval Beach Unit SEVEN

Sasebo, Japan

WELCOME ABOARD!



ONE TEAM ONE FIGHT ONE FAMILY

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As the NBU 7 Commanding Officer, I would like to offer you a heartfelt “Welcome to Japan!” Or – YOKOSE! I sincerely hope you will enjoy your tour in Japan, whether it is your first or fifth. As you will come to find out, life overseas can be both challenging and full of adventure with amazing opportunities professionally and culturally. Properly planning your move and transfer to Sasebo, 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 what you need on base and in the community. Please feel free to call/email anyone on the “List of Contacts” to ask any questions. It is that easy, Contact Us! We are the Vanguard of the Assault and want to lead you to a successful and rewarding overseas tour!

Sincerely,

F. D. Crayton
CDR USN

Dial Direct

from your on-base telephone

International

Simply
Dial

99

Country
Code

Area
Code

Phone
Number

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

Domestic

Simply
Dial

99

Area
Code

Phone
Number

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

Receiving Calls

From USA.....to:

Atsugi	011 ▶ 81 ▶ 467 ▶ 63 ▶	Last 4 digits of phone number
Ikego	011 ▶ 81 ▶ 46 ▶ 806 ▶	Last 4 digits of phone number
Kamiseya	011 ▶ 81 ▶ 45 ▶ 281 ▶	Last 4 digits of phone number
Negishi	011 ▶ 81 ▶ 45 ▶ 281 ▶	Last 4 digits of phone number
Sasebo	011 ▶ 81 ▶ 956 ▶ 50 ▶	Last 4 digits of phone number

From within Japan.....to:

Atsugi	0467 ▶ 63 ▶	Last 4 digits of phone number
Ikego	046 ▶ 806 ▶	Last 4 digits of phone number
Kamiseya	045 ▶ 281 ▶	Last 4 digits of phone number
Negishi	045 ▶ 281 ▶	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:

Email: FS_NBU7_N1_ADMIN@US.NAVY.MIL

Main Base Office:

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

Yokose Office:

DSN 315-252-4535; INTL: 011-81-90-9560-4535

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

NBU 7

FACEBOOK

<HTTPS://WWW.FACEBOOK.COM/NAVALBEACHUNITSEVEN/>

Public Affairs Officer

FS_NBU7_N01P_PAO@US.NAVY.MIL

Ombudsman

FS_NBU7_N008_OMB@US.NAVY.MIL

Sponsor Coordinator

FS_NBU7_N00E_SPONSOR@US.NAVY.MIL

COMMAND HISTORY

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

MISSION

To provide Forward Deployed Naval Force (FDFN) 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 (NBU-7) is homeported in Sasebo, Japan and embarks onboard USS AMERICA (LHA-6), USS GREEN BAY (LPD 20), USS RUSHMORE (LSD-47), and USS NEW ORLEANS (LPD-18).

FUNCTIONS

NBU-7 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 Forward Deployed Naval Forces (FDFN) missions. NBU-7 contains a deployable headquarters element comprised of both sea and shore components.

Command 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.

Beach master: The mission of the Beach masters 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 Beach masters 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 Beach masters 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, and ensure all dependents are listed on your orders.
- Get overseas medical screening for all family members.
- Contact your command sponsor. (Sponsor E-mail and Facebook messenger primary means of communication)
- If PCSing accompanied with dependents, coordinate submitting a Dependent Entry Approval (DEA) message through your Personnel Office.
- 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 a combination of your orders and their official passport. Tourist passports are required for ALL UNOFFICIAL travel. Transaction Service Center (TSC) Sasebo does not process tourist passports and the application 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: <https://www.usarj.army.mil/units/vet/import/> CFAS discourages bringing pets to Japan as it limits housing options.
- If PCSing WITHOUT your dependents either on an unaccompanied tour or if your dependents will be traveling at a later date than you, ensure to request NBU-7 CO's approval to receive BAH at dependent's location. Contact NBU-7 Admin Department at fs_nbu7_n1_admin@us.navy.mil for procedures prior to departure. Failure to gain this approval can result in SIGNIFICANT overpayments that will impact you and your family.
- Make arrangements for your lodging for you and your family as soon as possible, "THE LODGE USUALLY FILLS UP QUICK." 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.navy-lodge.com/Sasebo> for Navy Lodge reservations or call 011-81-0956-240322/ DSN (315)252-3601 for BEQ/BOQ reservations as soon as you know your arrival date. Usually reserve up to 30 - 60 days' 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 <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 (See page 31 Schools Liaison Officer.) 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)
- ☐ Military & Dependent IDs
- ☐ Military Record
- ☐ Keep all travel receipts during PCS to submit with travel claim (hotels, rental car, etc...)
- ☐ Insurance ID cards
- ☐ 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
- ☐ School transcripts and referring letters
- ☐ Up to date Government Travel Charge Card (if available)
- ☐ Up to date individual State driver's license for both Service member and spouse

Arriving at CFAS and checking in at the command:

Your sponsor will guide you through this process!

- ☐ Orders stamped by NBU-7 Admin
- ☐ Get SOFA stamp for passports at TSC if required (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/ Child Development Center (CDC), if applicable.
- ☐ Contact your Ombudsman to be added to command Facebook Page for updates in CFAS.
- ☐ Your sponsor will sign you and your dependents up for Area Orientation Briefing/Intercultural Relations (AOB/ICR). This is mandatory for sponsor and spouse, 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 CFAS Traffic Safety in Community and Education Center (CEC), driver's 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 Tri-care (you will need a copy of your orders and Dependent Entry Approval message). The Tri-care office is located on the 3rd floor of the Branch Medical Clinic.
- ☐ Temporary Lodging Allowance (TLA). Must claim lodging expense every 10 days. Bring paid hotel receipts to housing office to complete TLA form. Turn in form and lodging receipt to NBU-7 Admin for processing.

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

DEA: 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. DEA is an area commander responsibility and must be used in conjunction with additional information/requirements listed on the DOD Electronic Foreign Clearance Guide website. In addition to DEA, many countries have other varying mandatory entry requirements and restrictions for service members and their dependents, such as VISAs, passports, SOFA stamps, NATO orders, etc., that are listed in the Foreign Clearance Guide (FCG). Sailors that are transferring to an overseas area, and their commands, are required to carefully check and comply with all area/country entry requirements in the FCG. Requirements for passports, VISAs, and NATO travel orders (as applicable) are contained in the FCG All personnel executing Permanent Change of Station (PCS) orders who desire to have family members accompany them to the locations listed in the link below must submit a request for DEA, independent of Overseas Screening completion (MILPERSMAN 1300-300 applies). The request must be submitted within 30 days of receipt of orders and no later than 4 months prior to arrival. Navy Personnel Command posts this information for the convenience of the area commanders. Area commanders or their designated representative are responsible for the information below and can contact COMNAVPERSCOM Millington, TN via e-mail at pers451@navy.mil to update this website. Please do not contact Foreign Clearance Guide personnel to update Navy Dependent Entry information - they will refer you to Navy Personnel Command.

Overseas Housing Allowance (OHA): All members authorized to live in privately leased/owned quarters are entitled to OHA, provided an Individual Overseas Housing Allowance (DD Form 2367) is completed and approved. OHA entitlements stop on the day before the member departs in compliance with permanent change of station (PCS) orders, homeport change

effective day (from OCONUS) of the ship or unit to which a member is assigned, or the day the last dependent departs within the 60-day period after the effective day of PCS orders or of the homeport change, as applicable. Secretarial extensions can be granted when the delay of dependents(s) departure is necessary for reasons beyond the member or dependents(s) control.

ARRIVAL: The airport is 1.5 hours away from Sasebo. If you have excess luggage or are traveling with pets, ensure you let your sponsor know ahead of time so we can arrange proper transportation.

Military Home front. 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 Home front website moving section. <http://www.militaryonesource.mil/> under "milLife topics/moving and PCS".

Household Goods Shipment. Please visit the Defense Personal Property System (DPS) website at <https://dps.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, <https://installations.militaryonesource.mil/search?program-service=2/installation=commander-fleet-activities-sasebo>. 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! <https://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! <https://web-japan.org/kidsweb/>

Military Spouse Career Center. <https://militaryonesource.com/role/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@nexweb.org

or visit the Navy Lodge Sasebo website <https://www.navymwrsasebo.com/programs/1c8a7ccb-86bd-4261-a7d1-a15531a0ec31>

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

E-MAIL ADDRESS: Housing.Service.Center@us.navy.mil

SASEBO WEB PAGE: <https://ffr.cnmc.navy.mil/navy-housing-by-region/Japan/CFA-Sasebo/>

DSN NUMBER: 252-3402/3923

Commercial Number from U.S.: 011-81-956-50-3402/3923

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

The Housing Welcome Center will be one of your first stops after checking into your command. You will find us Bldg. 200 3rd Floor (across from Branch Health Clinic) located in the same building as TSC. Our office hours are Monday, Tuesday, Thursday, and Friday 08:00 am – 16:00 pm; Wednesday 08:00 am – 15:00 pm. Our DSN phone number, mailing address, website 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 on the day of your briefing.

Housing will direct you as to what forms in the below list are required:

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

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, one gym, 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 the 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.

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

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, five or six 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 microwave 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)

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 nonrefundable 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.

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:

<https://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, AND WITH THAT IT IS IMPERATIVE TO UPDATE YOUR DRIVER’S LICENSE PRIOR TO TRANSFER TO ENSURE ADEQUATE TIME FOR IT! 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 3 years. Anyone who desires to obtain a sports type motorcycle should attend a Motorcycle Sports Bike Rider Course (MSRC) before coming to Sasebo.

Naval Branch Health Clinic Sasebo

Available Services

The Branch Health Clinic provides family practice health care and dental care for routine clinical services. Although there are no full-time specialists billeted to Sasebo, certain specialist from USNH Yokosuka do provide services on a quarterly basis. 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 for routine health care needs.

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

Patients requiring specialty services who cannot wait for the visiting providers will be referred to a local Japanese specialist or Medically Evacuated (MEDEVAC) to a military facility in Japan or the US.

Emergency Care

The clinic does NOT contain an Emergency Room or an Urgent Care Center, however, Clinic personnel may respond to medical emergencies on base. The clinic relies on local Japanese facilities or the Naval Hospital for all the higher levels of emergency care and will transport patients to an appropriate facility immediately when necessary. Patients should call 911 on base or 0956-50-0911 off-base for emergencies.

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; Naval Base Yokosuka, Sasebo Kyosei hospital or other US Government Medical Facility. This will be dependent on service availability at the

closest US medical facility. 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.

https://wwwnc.cdc.gov/travel/destination/traveler/none/japan?s_cid=ncezid-dgmq-travel-single-001

- 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 Medical Phone Numbers

1. Emergencies on Base 911
2. Emergencies off Base 0956-50-0911
3. Dialing From Off Base/Cell Phone: 0956-50-XXXX (XXXX-Last 4 of DSN)
4. Medical Appointments 315-252-8872
5. Dental Appointment 315-252-3747/3886
6. Pharmacy 315-243-2564; 0956-50-2564
7. Audiograms 315-252-2580; 0956-50-2580
8. Occupational Health 315-252-2597; 0956-50-2597
9. Preventive Medicine 315-252-2586; 0956-50-2586
10. Mental Health 315-252-2538; 0956-50-2538
11. Operational Forces Medical Liaison: 315-252-2579; 0956-50-2579
12. Officer in Charge (OIC) 315-252-2589; 0956-50-2589

USO SASEBO



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

Website: <https://japan.uso.org/sasebo-fleet-landing>

Email: usosasebo@uso.org

Facebook: <https://www.facebook.com/SaseboUSO>

Twitter: http://twitter.com/#!/USO_Japan

USO Volunteering <https://usovolunteer.org>

Instagram: @usosasebo

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://elibrary.cnica9portal.net/familyenrollment/> 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 0956-50-2985) or SAC 315-252-2989 (commercial 0956-50-2989).

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
CFA Sasebo, Bldg. 502
Office: 252-2206
DSN: 315-252-2206
Commercial: 0956-50-2206
CFASaseboSLO@us.navy.mil

CHILD DEVELOPMENT CENTER (CDC)

Dragon Vale Main Base CDC: 252-2958

Hario Village CDC: 252-8842

M-F: 0600-1800

School Age Center (SAC) 5-10 year olds

Dragon Vale Main Base Youth Center: 252-2989

Hario Village Youth Center: 252-8763

Before school M-F: 0600-0800 After school M-F: 1500-1800 No school M-F: 0600-1800

Pre-Teen & Teen Centers Pre-Teens 10-12 Teens 13 years and older

Main Base teen/pre-teen 252-2920

Hario teen/pre-teen 252-8968

M-Th: 1500-1800 Fri: 1500 - 2000 Sun & Federal Holidays: Closed

Base Entertainment & Recreation

Travel & Tours

252-3433 Mon – Sat.: 1000 - 1600

Outdoor Adventure Center (OAC) 252-3500 • Mon, Thu & Fri: 1100 - 1800 • Tue & Wed:
Closed • Sat & Sun: 0800 - 1700

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.

MWR Library 252-3593

Mon., Thurs., and Fri.:1000-1700; Wed. 100-1200; Sun. 0930-1330; Sat. & Federal Holidays:
Closed.

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: 0900-1100 Sat & Sun: 1000-1200

Showboat Theater 252-3822

Movie Show times: Thurs. and Sun.: 1800
Fri & Sat: 1300, 1730, & 2000 (Subject to Change)

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

SASEBO SPONSORSHIP ON-DEMAND

PCS-ING to Sasebo?

Ask the Experts!

CFAS representatives will be available to answer your questions!

MORE INFORMATION:

252-3372

FFSCSasebo@us.navy.mil

EVERY 2ND &

4TH FRIDAY

0800-0900 JST

Join Here!



MICROSOFT TEAMS MEETING

GO TO: [HTTPS://TINYURL.COM/FFSCSasebo](https://tinyurl.com/FFSCSasebo)