

CONGRATULATIONS ON YOUR SELECTION TO
NAVAL BEACH UNIT SEVEN, SASEBO JAPAN!
WELCOME ABOARD!



NAVAL BEACH UNIT SEVEN, SASEBO WELCOME GUIDE



Welcome to Japan! We sincerely hope you will enjoy your experiences in Japan and explore the culture. As you have probably already noticed, life overseas can be challenging and full of adventure. The NBU 7 Family would like to make you feel welcome right away and help you with these challenges. Then you can move on to having fun in Japan! 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!

Sincerely,

TABLE OF CONTENTS

PCS Travel Checklist & Information..... Page 4

Navy Gateway Inns and Suites/Navy Lodge..... Page 8

Sasebo Housing..... Page 9

Arriving with Pets..... Page 15

Vehicle Information..... Page 16

Naval Branch Health Clinic Sasebo..... Page 20

Sasebo USO..... Page 23

Childcare Resource and Referral..... Page 24

Child and Youth Programs..... Page 25

Base Entertainment & Recreation..... Page 26

NBU 7 Contact Numbers..... Page 27

CFAS Base Map..... Page 28

PCS TRAVEL CHECKLIST

After receiving orders to NBU 7:

- Get overseas medical screening for all family members.
- Contact your command sponsor.
- Apply for required no-fee passports for all dependent family members.
- 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. ***Sailors reporting directly to ships or units that are designated as Arduous Sea Duty (PHIBRON 11, BMU-1 Det. Sasebo, ACU-1, ACU-5, etc.) are not required to have this approval from PERS-451H and the BAH entitlement will continue.***
- Apply for tourist passports for you and your family members. PSD Sasebo does not process tourist passports and the process is difficult once already located in Sasebo. Tourist passports are required for ALL UNOFFICIAL travel. Visit your local stateside Federal Post Office for more information regarding tourist passports.
- 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. If you are a single Sailor or an unaccompanied Sailor reporting to

a ship, you will be berthed aboard your ship so no room reservations will be necessary. 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.

- If you have a pet, as soon as you have orders begin planning for your pet to travel.
- Begin planning your pack-out and schedule your Household Goods pick-up.
- 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 whomever 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 with your command:

- Get SOFA stamp for passports at P.S.D. at Building #154.
- **Check in with the Housing Office at Building #154 located on the second floor. Bring copy of orders, DD Form 1746 (Page 2), Detaching Endorsement and copy of Dependent Approval.**
- Go to the personal Property Office at Building #154. If your household goods or your express shipment is expected to be in Sasebo at the time of your arrival, please bring a copy of your orders and your government Bill of Lading (DD Form 619).
- Go to post office at Building #310 to register for new P.O. Box number, or if your sponsor has done this for you, go to post office to retrieve the combination.
- Contact schools/CDC, if applicable.
- Contact your Ship's Ombudsman.

- **Command Indoctrination Sign-up: At Bldg 310, sign up for the Indoc and 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.**
- Visit the Branch Health & Dental Clinics Bldg 1529 - Drop off family members' medical and dental records. If you didn't bring them, they will request them from your previous clinic.
- T.L.A. (Temporary Lodging Allowance) -- If the ship is at sea, go to P.S.D. at Building #154. If the ship is in port, go directly to Personnel Office. 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](#). 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 an assist, 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 DNS phone at 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.
 1. - rent a vehicle from CFAS for a round trip (Take a few days of leave).
 2. - rent a one-way vehicle from the vicinity of Yokota for a one-way trip.
 3. - book a domestic flight (that allows pets).
 4. - 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 <http://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 Locatorlink 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](#)
- **Kids Web Japan** is 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.cnmc.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!



What is HEAT?

HEAT stands for Housing Early Application Tool. Navy Housing has developed HEAT to assist service members (SVMs) and their families in applying for housing Navywide. HEAT allows SVMs and their families to apply for housing at one or more Navy installations online before or after they receive their Permanent Change of Station (PCS) orders.

HEAT creates an easy user experience. Spouses can use the application as well, needing only minimal information about their SVM.

All you need to get started:

- Sponsor's Last Name

- Sponsor's Social Security Number
- Your Contact Information
- New Duty Location(s)

HEAT is now available for the following Regions:

- Naval District Washington
- Navy Region Mid-Atlantic
- Navy Region Midwest
- Navy Region Japan
- Navy Region Northwest
- Navy Region Marianas (Guam)
- U.S. Naval Forces Korea
- Navy Region Hawaii
- Navy Region Europe, Africa, Southwest Asia

Look for HEAT to be launched Navywide by 30 June 2012!

HEAT Frequently Asked Questions (FAQs)

Q. Who can use HEAT?

A. Any active duty service member (SVM) or their spouse moving onto a Navy installation. Also, DoD civilians transferring to overseas Navy installations.

Q. Does using HEAT place the SVM on the housing wait list earlier or in a higher spot?

A. No. Position on the housing wait list is determined by regulations based on SVM housing priority and detachment date from current duty station. HEAT allows SVMs to make earlier contact, complete their application and, after receiving orders, be placed on the wait list.

Q. Is it necessary to use a government computer for HEAT?

A. You can access and use HEAT from ANY computer. You do not need a government computer or a CAC to use it. All you need is the social security number of the SVM.

Q. Is HEAT secure?

A. HEAT meets all DoD requirements for protection of your privacy and personal information.

Q. I don't have my orders but I know where I'm going. Can I use HEAT?

A. YES! SVMs or their spouses may use HEAT at any time to request information about housing or to check on their eligibility for Navy or privatized housing.

Q. What information do I need to provide for HEAT?

A. Like other Navy processes, the SVM's social security number and last name are used to access your record. In addition, you will need to provide the applicant's best contact phone number and email address.

Q. Can unaccompanied SVMs and civilian personnel entitled to military housing use HEAT?

A. YES! Unaccompanied SVMs and civilian personnel are encouraged to utilize HEAT to contact the Housing Service Center (HSC) at any Navy installation.

Q. Does HEAT allow the SVM to select the type of housing they want?

A. This is not a current feature.

Q. Can SVMs/Spouses apply to more than one installation?

A. :Yes, you may submit HEAT applications to as many installations as you like. You will be contacted by, and receive information from, each installation.

Q. I've applied. What happens next?

A. Someone from the HSC will contact you within one business day to get the process started. PLEASE NOTE: Some Navy Housing Service Centers have limited staffing. If you have not received information from the HSC in a reasonable amount of time, please contact them directly.

Ready to begin? <https://www.dko.mil/heat/apply>

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-O3) 2BR: 11 units out of 28

(W1-O3) 3BR: 15 units out of 40

(W1-O3) 4BR: 10 units out of 10

(O4-O5) 3BR: 20 units out of 29

(O4-O5) 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.

- 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.
- 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.

- 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.
- 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.
- 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.
- 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 medivac'd 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,

- **Medevac to Yokosuka**

U.S. Naval Hospital Yokosuka has facilities for routine and low-risk deliveries after 36 weeks gestation. Pediatric and anesthesiology specialists are available in house. If you decide to deliver in Yokosuka, you will receive your prenatal care at NBHC Sasebo until approximately 35 weeks gestation at which time you will be medivac'd to USNH Yokosuka.

- **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

- **Overseas Screening**

All active duty and their family must complete overseas screening prior to leaving the states. Immunizations must be up-to-date and a physical exam will be performed. The paperwork can be provided by the Patient Administration department at the medical facility closest to your current duty station. With limited medical resources in the Sasebo area, individuals with complicated chronic or acute conditions may not be able to transfer here. The overseas screening process can help determine the needs of the member and family and whether the clinic can provide the medical oversight required. The entire process can take 2-4 weeks to complete.

- **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://qol.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 family's most recent Leave and Earnings Statement(s).
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 strives 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

Hannah McCarthy
CFA Sasebo, Bldg 47
Office: 252-2206
DSN: 315-252-2206
Commercial: 011-81-956-50-2206
hannah.mccarthy@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 • 252-8866

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

Pre-Teen & Teen Centers

Main Base Pre-Teen Center • 252-2908

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

NBU 7 CONTACT NUMBERS

Commanding Officer:

CDR Erik Nilsson: Office: DSN: 315-252-2337; INTL: 011-81-90-9560-2337

Executive Officer:

CDR Christopher Roberto: Office: DSN: 315-252-2368; INTL: 011-81-90-9560-2368

CMC

CDMCM Tobie Bellamy: Office: DSN: 315-252-4192; INTL: 011-81-90-9560-4192

Det LCAC Department Head:

LT Mose Letoi: Office: DSN: 315-252-4193; INTL: 011-81-90-9560-4193

Det LCU Department Head:

QMCS Brian McDay: Office: DSN: 315-252-2369; INTL: 011-81-90-9560-2369

Det BMU Department Head

CWO4 Dan Fonner: Office: DSN: 315-252-4154; INTL: 011-81-90-9560-4154

Admin

Office: DSN: 315-252-4196; INTL: 011-81-90-9560-4196

Communications

Office: DSN: 315-252-4198; INTL: 011-81-90-9560-4198

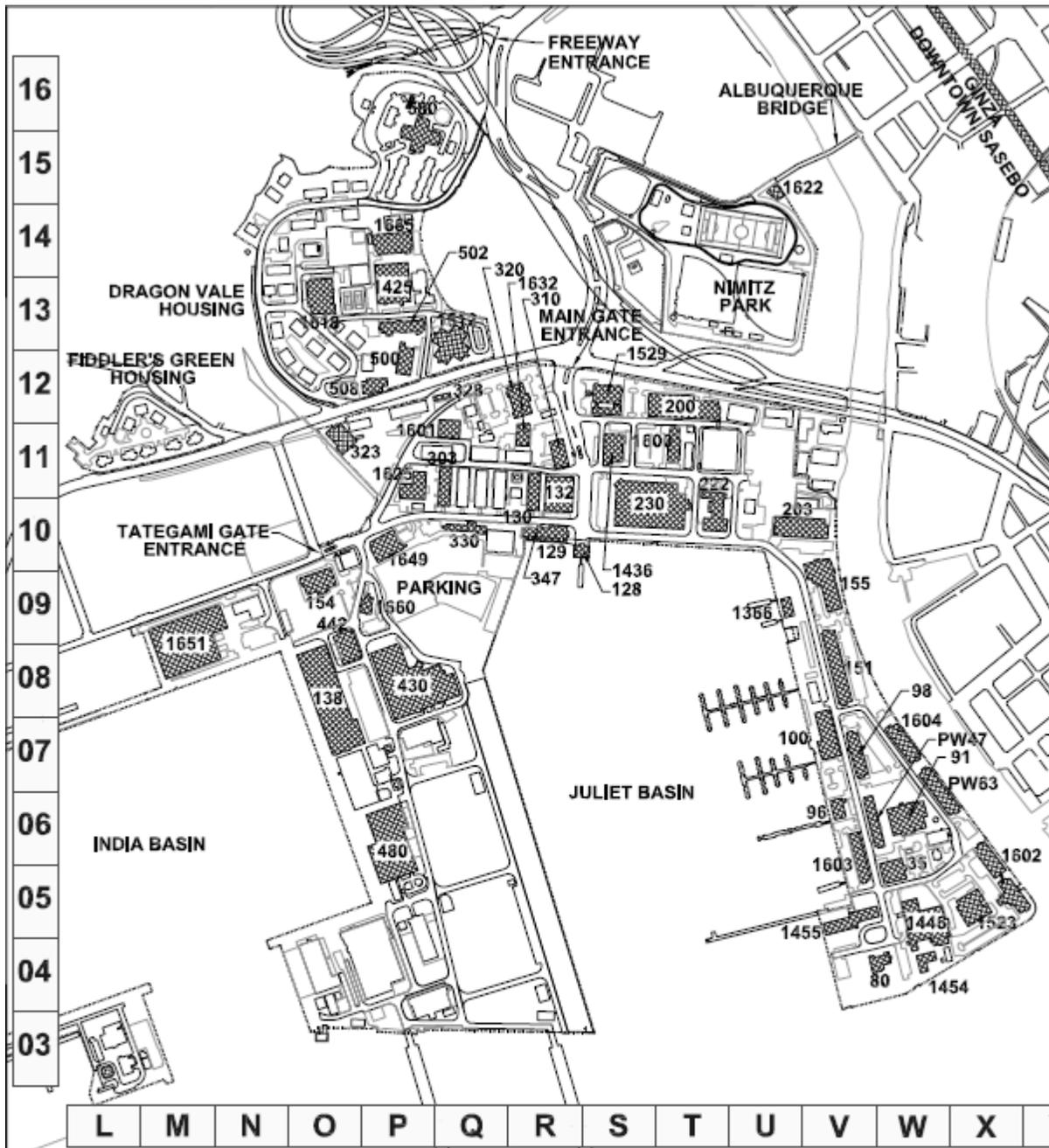
Supply

Office: DSN: 315-252-4197; INTL: 011-81-90-9560-4197

Quarterdeck:

Det LCAC: DSN: 315-252-4192; INTL: 011-81-90-9560-4192; Cell: (011-81)-090-3012-1662

Det LCU: DSN: 315-252-2336; INTL: 011-81-90-9560-2336



Fleet Activities Sasebo, Japan Main Base Area Facilities Locator Map

As of 1 September 2010

Facilities Locator Map Index

Facility Name	Bldg. No.	Map Coord.	Facility Name	Bldg. No.	Map Coord.
ATM Locations			MWR Misc Facilities		
CB=Community Bank ATM			2F MWR Admin	91	06-W
NFCU=Navy Federal ATM			Auto Hobby Shop	1601	11-Q
Navy Exchange (CB)	230	10-S	Sailing Center	1366	09-U
Food Court (NFCU)	347	10-R	Theater – Showboat	1600	11-T
Personnel Support Facility (NFCU, CB)	154	09-O	Wood Hobby Shop	1601	11-Q
			Tour & Ticketing	128	10-R
			Outdoor Swimming Pool	1454	04-W
Bachelor Housing			Communication and Education Center		
BEH	1604	07-W	1F Library	155	09-V
BEH	151	08-V	1F Navy Campus		
BEH/ TPU(Transient Personnel)	PW63	07-W	1F University of Maryland		
BOH	1455	05-V	1F Texas College		
BOH	1603	06-V	2F Chaplain		
BOH	98	07-V	2F Church		
			2F Class & Training Room		
Command			Navy Exchange		
2F CFAS Headquarters	80	04-W	(Cloth, Electronics, Books, GMC Health)	230	10-S
2F CFAS Public Affairs Office	80	04-W			
2F Driver's License Office	200	12-T			
1F Human Resources Office	PW47	06-V			
			Navy Annex		
			(Furniture, Local Products, Uniforms, NEX Admin)	132	11-R
Food Court			NEX Misc Stores/Facilities		
Anthony's Pizza	129	10-R	Laundry	330	10-Q
Baskin-Robbins			Gas Station	1625	10-P
Dunkin' Donuts			Mini Mart	1625	11-P
Popeye's			Rent a Car	1625	11-P
Subway			Car Wash	1625	11-P
TACO Bell			Garden Center	130	11-R
			Serv. Mart	303	11-Q
Food Service Facilities – Other			Navy Lodge Reception		
Base Galley	1523	05-X		1602	05-X
McDonald's	1660	09-P	Personnel Support Facility		
2F Galax	1649	10-P	1F Personnel Support Dept	154	09-O
1F Chili's	1649	10-P	1F SATO & Travel Tickets		
Harbor View Restaurant/Hog Heaven/	1446	05-W	1F Community Bank		
Puck's Café/John Meyer Club	1446	05-W	1F Navy Federal Credit Union		
1F Cafeteria	91	06-W	2F Housing Welcome Center		
			2F Personnel Property Office		
			2F LOGISTICS		
Housing			Schools		
2F Housing Welcome Center	154	09-O	E. J. King Administration	1425	13-P
Housing Furniture Warehouse	442	08-O	E. J. King ES Classrooms	1425	13-P
			E. J. King HS Classrooms	1665	14-P
			E. J. King HS Gym	1618	13-O
Housing Tower			Other Commands & Facilities		
Dragon Crest	1512	13-Q	Afloat Training Group WestPac	480	06-P
New Tower	580	15-P	Armed Forces Network	35	05-W
			Americable Office	96	06-V
MWR Child Services			Base Communication Office	1632	11-R
Child Development Center	500	12-P	Chaplain	155	09-V
Teen Center	508	12-P	Commissary Store	1436	11-S
1F Youth Center	502	13-P	DLA Distribution Yokosuka Japan	138	08-O
			Fire Station	222	10-T
MWR Club			FISC Admin	1651	08-M
CPO	1446	05-W	Fleet & Family Support Center	310	11-R
Officer's			NAVFAC FE Public Works	200	12-T
Enlisted			Naval Criminal Investigative Service	320	12-R
Enlisted Mess Open			Naval Ship Repair Facility Admin	480	06-P
			Personal Property Office	154	09-O
MWR Physical Fitness Complex			Port Operations	100	07-V
1F Gym & Locker Rooms	430	08-P	Post Office	310	11-R
1F Weight Lifting Room			Recycle Yard	323	11-O
1F Racket Ball Courts			Security/Vehicle Registration Office	320	12-R
1F Physical Fitness Room			Transportation/Bus Station	203	10-U
2F Indoor Swimming Pool			Vet Clinic	328	12-Q
2F Marshal Arts Room					
2F Liberty Center					
1F Bowling Alley	91	06-W			
1F Physical Fitness Room (24hr)	91	06-W			
USO					
Fleet Landing	128	10-R			
Nimitz Park Annex	1622	15-U			
US Naval Hospital & Dental					
	1529	12-S			