



WELCOME ABOARD

GUIDE 2018



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WELCOME ABOARD

Welcome to U.S. Naval Support Activity (NSA) Bahrain! NSA Bahrain is located in the Kingdom of Bahrain, and is home to U.S. Naval Forces Central Command (NAVCENT), the U.S. 5th Fleet, and many other tenant commands. NSA Bahrain provides operational support to U.S. and Coalition Forces operating throughout the CENTCOM area of responsibility, ensuring security to ships, aircraft, detachments, and remote sites. NSA Bahrain operates and maintains superior facilities and services for tenant commands, their deployed assets, service members, DoD civilians and their dependents.



A tour of duty here offers service members and their families a variety of cultural experiences throughout the Kingdom and the Region. Whether you come here with your family, are unaccompanied or single, there are countless opportunities for travel, education, and personal and professional growth.

Whether you are assigned to Naval Support Activity Bahrain or one of our 147 tenant commands, you will have the opportunity to be part of a vibrant and knowledgeable team.

We are a multi-service and multi-national naval installation focused on providing the best operational and logistic support to warfighters, be they Navy, Air Force, Army, Marine Corps, Coast Guard or our allies.

The opportunity to live overseas is thrilling, but it can also cause some anxiety as you will be faced with some unique and sometimes unexpected challenges. We created this guide to answer many of the questions you may have about your new home, as well as to help provide a smooth transition here.

We encourage you to make early and frequent contact with your sponsor as he or she can find answers to your detailed questions and walk you through the transition process.

Be prepared, be organized, but mostly - be excited about the journey and wonderful experiences ahead!



About Naval Support Activity (NSA) Bahrain

Although Naval Support Activity Bahrain, as it is known today, has existed in its present form for two decades, the continued United States Navy presence in Juffair has evolved from only a few buildings 70 years ago into the modern infrastructure today, providing award-winning support to the fleet and to Sailors through a world-class Navy Exchange facility and top-notch Morale, Welfare, and Recreation programs to both United States Armed Forces and coalition assets.



Administrative Support Unit Bahrain remained until 1992, when, in an effort to more accurately reflect the increasing role and mission of U.S. Navy activities in the region, the organization became known as Administrative Support Unit Southwest Asia.



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

In 1971, the permanent Royal Navy presence in Bahrain officially ended, and the United States Navy moved onto the ten acres previously occupied by the British operations. Eight years later the installation became known as Administrative Support Unit Bahrain.



In 1997, under the guidance of the Military Construction Program, facilities located in Juffair saw an increased buildup. The name was changed to what is known today, Naval Support Activity Bahrain.

While constant renovation of existing buildings, construction of new facilities, and aesthetic overhaul of the facilities known as Naval Support Activity Bahrain is always ongoing, the mission of the organization has never changed – to provide top-notch service and unparalleled support to the thousands of U.S. and Coalition Sailors, Soldiers, Marines and Airmen and ships using the facilities here each year.



Before Arriving

Dependent Entry Approval (DEA) Command Sponsorship of dependents

Dependent Entry Approval 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)

The first step in requesting an accompanied tour is to discuss this possibility with your detailer. If the detailer is able to authorize an accompanied tour, the next step would be for your current command to submit a DEA request via message traffic to **NAVSUPPACT BAHRAIN**. Once your message is received, it will be routed through your prospective chain of command to verify and authorize a dependent quota. Once you are approved, a message will be sent to your current command granting your DEA and at that point, your detailer can modify your orders to reflect a 24 month accompanied tour, vice a 12 month unaccompanied tour.

Submit Message To NAVSUPPACT BAHRAIN

Sponsors

Your sponsor will help to make your move as smooth as possible. Sponsors typically help make temporary lodging arrangements, answer questions, and provide useful information for your transition overseas.

It is your responsibility to communicate with your sponsor to let him or her know your needs and arrival date. To request a sponsor, use the email provided in your orders.

**Many of your questions may be answered in the Welcome Aboard. Please read through it carefully, and if you have any further questions, please don't hesitate to contact the Sponsorship Team at:
M-BA-NSF-SecuritySponsorTeam@me.navy.mil**

Passports

Official passport/visa required for travel to Bahrain.

You will be required to go through immigration at the airport upon arrival in Bahrain. Ensure to provide your Official (No-Fee/Brown) Passport for visa issuance.



Before arriving ensure all dependents age 10 and up have a dependent ID card.

If you do not have an official (No fee/Brown) passport prior to detaching your current command, ensure to have a copy of your orders and your military ID. Per the current DOD Foreign Clearance Guide, service members permanently attached to Bahrain will be allowed to enter the country with the items mentioned above. If you do not receive your official passport prior to detaching, your local service NAVPTO can forward your passport to NSA Bahrain NAVPTO for pick up after reporting. You must, at a minimum, apply for the official passport and retain/bring a copy for your records.

Dependents traveling without an official (No fee/Brown) passport will be subject to a customs fee of 25 Bahraini Dinar (Approximately \$70) per dependent, regardless of command dependent entry approval status. This must be paid upon arrival when processing through customs, cash only.

If you apply for a tourist passport or renew your tourist passport while in Bahrain, you must present proof of U.S. citizenship and other supporting documentation listed at <http://passports.state.gov>. Tourist passports are processed at the U.S. Embassy, Manama and it generally takes four to six weeks to receive a new passport.

Interim Command Address

For UIC 63005:

Rank/ Name
PSC 851 Box 10
FPO AE 09834-0008

For UIC 46199 & 58054:

Rank/Name
PSC 851 Box 700
FPO AE 09834-2800

Powers of Attorney

A power of attorney may be useful or necessary, especially if the service member will be absent from home for extended periods of time. A power of attorney may be tailored and limited to accommodate particular individual needs. There are two types of powers of attorneys, general and special.

A general power of attorney is a powerful document and should only be used in limited circumstances. A judge advocate can provide advice on whether to get a general or special power of attorney. In most cases, a special power of attorney can be drafted that will protect the maker, and authorize the holder to complete all required business. If you need a power of attorney before transferring, contact your local Legal Assistance Office. No appointment is needed to obtain a power of attorney in Bahrain.

You should seek the advice of an attorney if you have a complex issue.

Special Power of Attorney (SPOA)

SPOA-Banking

SPOA-Family Care Plan/In-Locho Parentis

Financial Matters Generally

SPOA-HouseHold Goods

SPOA-Insurance

SPOA-Mail

SPOA-Military Housing

SPOA-Personal Property

buying/selling/registering/using a car, receive mail,

use/maintain/buy/sell, and claim damages

SPOA-PetCare

SPOA-Personnel Support Detachment

DEERS/TRICARE enrollment, obtaining copies of SGLI paperwork and Page 2 information

Letter Of Revocation

Preparing Financially

Please be advised that if proper paperwork is not provided on time, you may experience a delay in your pay and allowances.

Prepare to have a few months of savings (around \$5,000) in case your pay is delayed. Your BAH will stop once you are gained to the command and further forms will be required to start OHA and other required pays. If you foresee an issue, you can request a one month advance pay. Please be aware that you are responsible for pay back and please make sure that you prepare.

Personnel E5 and above will live off base and will pay the first month's rent out of pocket, in accordance with local practice. Make sure you are ready for this by saving beforehand. If you foresee a problem, you are authorized to request one month of advance OHA. Please be aware that you are responsible for pay back and please make sure that you prepare.

It's imperative that you prepare yourself for the financial burden that may arise due to pay delays or other issues. Make sure that you have money set aside to cover unexpected expenses.

You can request:

1 month Advance OHA
1 ADVANCE PAY
2 with CO's approval

Medical Requirements



Overseas Screenings

You and your family are required to undergo overseas medical and dental screening upon receipt of a letter of intent to transfer to an overseas location. Active duty members must complete the screening within 30 days and dependents must complete the screening within 60 days of receipt of orders. The overseas screening packet contains the forms NAVMED 1300.1 series and DD Form 2807-1 as well as DD Form 2792-1 for children. Detailed guidance on the screening process is found in BUMEDINST 1300.2B series. The screening must be completed at your current medical treatment facility (MTF).

<http://www.med.navy.mil/sites/sigonella/Overseas/Pages/BHCBahrainMedicalConditionsthat.aspx>

Naval Branch Health Clinic Bahrain will screen all incoming screening inquiries on-site before arrival.

Please see the information below if you need to contact Naval Branch Health Clinic Bahrain.

DSN: 318-439-6110

Comm: 011-973-17-85-6110

Email: usn.bahrain.brhlthclinba.list.overseas-screening@mail.mil



Immunizations



The purpose of overseas medical screening is to identify medical, dental, educational and/or duty limiting conditions and requirements for both service and family members and ascertain whether or not the new duty station has the capabilities to meet their needs. Prior to transferring to your next duty

station, Service Members and their families are required to be up to date on all immunizations. Some duty stations require the administration of additional vaccines prior to transfer, and/or upon arrival to your next location. During your screening, please ask your provider if you are required to receive any additional vaccines.

For more information regarding recommendations for location specific immunizations, please visit the CDC website.

Direct links provided below:

<http://wwwnc.cdc.gov/travel/destinations/list.aspx> and <https://health.mil/Military-Health-Topics/Health-Readiness/Immunization-helthcare/Vaccine-Recommendations/Vaccine-Recommendations-by-AOR>



Vaccinations for Bahrain

The Deputy Secretary of Defense has directed mandatory Anthrax and Smallpox vaccinations for Emergency Essential and comparable DoD civilian employees, and certain mission essential contractor personnel performing essential services within the USCENTCOM area of responsibility (AOR).

The Anthrax vaccination is a series of 5 shots occurring at 0, and 4 weeks; then at 6, 12, and 18 months, followed by an annual booster while in the USCENTCOM AOR.

Smallpox vaccination is a one-time inoculation. To meet the immunization requirements it is preferred and recommended that civilian employees reporting to the USCENTCOM AOR receive the Smallpox immunization and begin the Anthrax series before departing for USCENTCOM AOR and provide documentation upon arrival. A shot card or other medical documentation may be submitted to verify prior Anthrax and Smallpox vaccinations. If this is not possible, the civilian employees will be required to report to NBHC Bahrain to receive these required immunizations within 15 days of arrival. The NBHC will also provide subsequent Anthrax vaccinations to complete the series, as well as annual boosters.

Civilian employees may be exempted from Anthrax and Smallpox requirements if they provide acceptable medical documentation justifying exemption. Please refer to the Anthrax resource link and the Smallpox vaccination link for more information. Also, some geographic regions of the USCENTCOM AOR have been identified as high risk for malaria; therefore, personnel will be required to be placed on Anti-Malaria medication if they are assigned to, or required to travel to, these regions.

It is preferred that personnel receive the first three shots in the Anthrax series before reporting to Bahrain.

Please keep in mind that NBHC Bahrain is the final adjudicator of the O/S medical screening; a recommendation by the screener is not a medical clearance.

Exceptional Family Member Program

As many as 15 percent of military families have members with special needs. These include spouses, children, or dependent parents who require special medical or educational services. These family members have a diagnosed physical, intellectual or emotional condition.

The Exceptional Family Member Program (EFMP) serves these families in several ways.

These four articles will provide families with special needs helpful information and points of contact:



Enrollment/EFMP – This article discusses the Exceptional Family Member Program enrollment, which is mandatory for all military personnel who have a member of their family with a medical or educational disability. The article discusses the purpose of enrollment, the process and provides Service-specific differences.

Family Support/EFMP – This article discusses the family support function of the EFMP, which may include information and referral support (to military and community resources), financial management assistance, relocation assistance, and for some families, case management. The article provides Service-specific differences and identifies the point of contact at each installation.

Health Care/Special Needs - The military health care system supports families with special needs in a number of ways. This article describes the special services and provides the point of contact at the Military Treatment Facility.

Special Education/EIS – Describes two programs that provide educational intervention for children with disabilities who are from birth to three (early intervention services) or pre/school aged (3-21) (special education).

EXCEPTIONAL FAMILY MEMBER PROGRAM



Pets

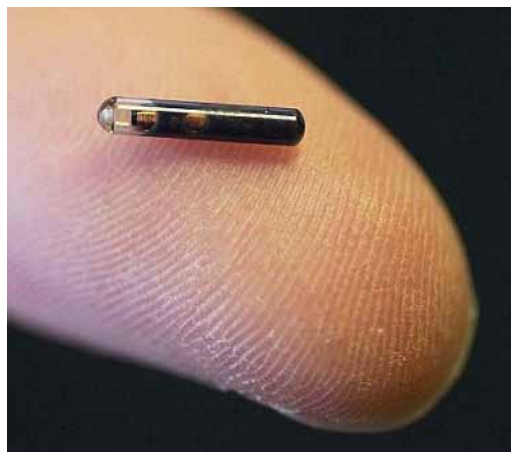
The Kingdom of Bahrain requires that all pets arriving from a country that is not considered rabies-free have a valid rabies titer test (FAVN or FADL). Our agreement with the host nation precludes service members and DoD employees from having to obtain a FAVN/FADL, provided the following guidelines are adhered to by all pets affiliated with NSA Bahrain. Please note that there are no exceptions to these guidelines, as they are mandated by the Kingdom of Bahrain. We recommend starting the entry process at least three-four months in advance of your arrival date. You can email the NSA Bahrain Veterinarian with any questions at NSA.vetclinic@me.navy.mil.

REQUIREMENTS:

1. You must provide documentation/proof of at least two doses of all required vaccines during the pet's lifetime.
2. Your pet must be older than four months of age upon entry.
3. Your pet's most current vaccines must be given greater than 30 days but less than 10 months from the date of travel (NOTE: Bahrain does not recognize three-year vaccinations OR the two-year Rabies vaccination)
4. If your pet has not had a required vaccination: There is a 21-day waiting period between vaccinations in a series, and pets cannot travel for 30 calendar days after receiving a vaccination.
5. Please provide your pet's complete vaccination information as well as the provided checklist to our office via email (NSA.vetclinic@me.navy.mil).

VACCINATIONS

1. Dogs:
 - a. Previous Rabies, DA2PP, Leptospirosis.
 - b. Current Rabies, DA2PP, Leptospirosis.
2. Cats:
 - a. Previous Rabies, FVRCP.
 - b. Current Rabies, FVRCP.



IMPORT MEMORANDUM:

1. Once your pet's vaccination and microchip information have been verified, NSA Bahrain VTF will prepare your import memorandum and your sponsor may pick it up during regular business hours.

ANIMAL IMPORT CERTIFICATE (PERMIT)

- The import memorandum must be taken to the Kingdom of Bahrain Ministry of Agriculture, Animal Wealth and Fisheries, Directorate Veterinary Quarantine Office, who will issue your Animal Import Certificate (only valid for 30 days).
 - Hours of Operation: Sunday through Thursday 0730-1300
 - Address:

Bldg 201 Avenue 62

Block 762 Buri

Kingdom of Bahrain
 - GPS: 26.157711 ; 50.488186
- Your sponsor must bring the Import Memorandum and the required fee to the Ministry. The fee is 2 Bahraini Dinars per pet (approximately \$5.34 US); cash is the only form of payment accepted.
- Your sponsor must meet you at the airport with the original import permit. This is required for your pets to clear customs and enter the country.

VETERINARY CERTIFICATE FOR DOMESTIC DOGS, CATS AND FERRETS ENTERING BAHRAIN FOR NON-COMMERCIAL MOVEMENTS	
COUNTRY the animal is departing from: _____	
Serial Number of the Certificate: _____	
I. OWNER/RESPONSIBLE PERSON ACCOMPANYING THE ANIMAL	
Owner Name: _____	Surname: _____
Address: _____	
Post-Code: _____	City: _____
Tel.: _____	
Species: _____	
Dossier No.: _____	
BAHRAIN VETERINARY HEALTH CERTIFICATE	
II. IDENTIFICATION OF THE ANIMAL	
Identification number: _____	
Date of birth: _____	
Sex: M / Male or F / Female	
Manufacturer and name of castrator: _____	
Bahrain Vaccination date: _____	Valid until: _____
III. BAHRAIN VACCINATION RECORD	
I have noted the following vaccination(s) performed on the sample taken at the time of presentation: _____	
Laboratory, which states that the rabies virus antibody titre was equal to or greater than _____	
<p>I hereby certify that the above information is true and correct to the best of my knowledge and belief.</p> <p>I am authorised by the Ministry of Health to issue this certificate and I am duly certified that I am licensed and accredited by the State/Province of _____ and the veterinary licensing authority for the Country of _____ for the issuance of this certificate. I further certify that to the best of my knowledge this certificate is issued in compliance with the requirements of the Country of destination.</p>	
DATE & SIGNATURE OF VETERINARIAN _____	
IV. TICK TREATMENT (when required)	
Manufacturer and name of product: _____	
Date and time of treatment (dd/mm/yyyy + 24-hour clock): _____	
V. SCHENGEN VISAS TREATMENT (when required)	
Manufacturer and name of product: _____	
Date and time of treatment (dd/mm/yyyy + 24-hour clock): _____	

HEALTH CERTIFICATES

1. Your pet(s) must receive a Health Certificate within 10 days of travel:
 - a. APHIS Form 7001 (United States Interstate and International Certificate of Health Examination).
 - b. All vaccinations required for entry must be noted on this form (see vaccination requirements on previous page).
 - c. Health certificates must be endorsed/stamped by the USDA unless completed by an active duty U.S. Army veterinarian. If you are using a civilian veterinarian, USDA endorsement is required and your veterinarian can direct you as to how to complete this step.
2. You must have your pet's current, signed, original rabies certificate (signature in blue ink) on hand during travel.

AMC TRAVEL: Contact PSD or the AMC terminal directly to verify that your pet(s) have a space reserved on your flight(s). Also verify their shipping kennel requirements, weight restrictions, fees and any special shipping procedures or documents they may require upon check-in.

COMMERCIAL TRAVEL: Contact your airline directly to verify that your pet(s) have a space reserved on your flight(s). Also verify their shipping kennel requirements, weight restrictions, fees and any special shipping procedures or documents they may require upon check-in. Please note that when flying commercially all pets are required to arrive as manifested cargo, not in cabin or as checked baggage (contact airline for further information). Please remember that some airline companies have travel restrictions based on time of year or heat indexes.



Vehicles

Driver's License

Expired stateside drivers licenses disqualify personnel from driving Government Owned Vehicles (GOV) on base, in the performance of duties, regardless of state exemptions. Be sure to renew your driver's license in the U.S., prior to your arrival here, if you expect (or are expected) to drive a GOV. You may drive a Personally Owned Vehicle (POV) with a valid stateside driver's license in Bahrain; no other local/international licenses are required.

Privately Owned Vehicles

Privately Owned Vehicles (POVs) are handled by the Vehicle Processing Center (VPC) located in the Sitra Industrial Area, Kingdom of Bahrain, where personnel can check the inbound status of their POV and also turn-in their vehicles for outbound shipment. Members can also check the status of their POV on-line or call the local office at: 1770-1892 or 1770-2193 (fax 17701456) you will be notified to collect your POV from the VPC once cleared through Bahrain

than entitled member is picking up the vehicle).

Hours of operation:

Open: Sun-Thur 0800-1700

Closed: Fri, Sat and U.S. holidays

Pre-Registration

Once your POV is cleared through Bahrain customs you will be notified by the VPC. To collect the customs clearance certificate of your POV at the Personal Property Office (PPO). The PPO will issue a letter certifying the status of your POV title and a certification letter to register your POV at the Bahrain Traffic Directorate. Contact an insurance company of your choice to ensure that you have the required coverage for Bahrain. Local insurance companies will issue a proof of insurance card.

Registration of the vehicle with the Bahrain Traffic Directorate will be your responsibility. You are allowed to assign an agent of your choice to process your POV registration.

The following are required by the Traffic Directorate for registering your POV: vehicle (for inspection); customs duty free certificate (provided by the VPC); letter from the PPO certifying the status of the title (provided by PPO); Letter of Certification to register your POV to Bahrain Traffic Directorate (provided by PPO); proof of insurance; CPR card of the owner;

Shipping to Bahrain

The first thing to do is go to the Vehicle Processing Center (VPC) website.

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

POV 5 Year Rule: all vehicles shipped to Bahrain older than 5 years of age will have to be exported when the member departs the island. Vehicles shipped under this exemption will not be allowed to be re-registered if sold to another party. Furthermore, members are advised before they purchase a vehicle in Bahrain to make sure the vehicle was shipped prior to the exemption date to ensure that it can be re-registered.

Customs. When you arrive to pick up your vehicle you must present the following to the VPC personnel: copy of Vehicle Inspection and Shipping Form; copy of orders - front and back to include any amendments; Military ID; proof of ownership; temporary license plates (Bahrain); proof of insurance; Power of Attorney (if anyone other



U.S. Driver's License; Registration Fees (33.000 Bahraini Dinars approximately).

Automobile Insurance

Insurance and traffic registration expiration dates must coincide with one another, (i.e., last day of the month). Insurance and registration must be renewed annually; failure to comply will prohibit operation of the vehicle in Bahrain and may subject the owner to a penalty in accordance with Bahrain law.

Automobile insurance for the Bahrain area is reasonable. Cost depends on make, model, year of vehicle and the total value you declare on the vehicle. Insurance is mandatory, and POV cannot be released, registered, or used without proof of insurance. Once insurance is issued on a vehicle, coverage includes anyone who drives the vehicle. It is not necessary to have each individual driver insured. There are two types of insurance policies available:

Third party (without collision)
Comprehensive (full cover)



Motorcycles

Motorcycles require registration according to Bahrain traffic law. The local Ministry of the Interior defines a motor vehicle as either automobile or motorcycle with engine power exceeding 1.5 HP and engine size exceeding 50 cc. Shipping motorcycle, mopeds, dirt bikes, or quad bikes under 100 cc to Bahrain is prohibited.

Local Motor Vehicle Regulations

1. Tinted windows:

Local motor laws allow the importation of vehicles with FACTORY TINTED windows. Vehicles cannot be registered unless the windshield and front side windows allow at least 70% of light to pass through. The front windshield may have a sun strip as long as it is the original manufactured windshield. All windows behind the front driver and passenger side windows can be tinted as long as it is the FACTORY TINTED windows. The amount of tinting for windows behind the driver and passenger side windows is not addressed by the Kingdom of Bahrain with the exception that they must be FACTORY TINTED. Vehicles that are in transit with non-conforming tinted windows may not be allowed to be registered. After market tinting is not allowed.

2. Right hand steering wheel:

Steering wheel on the right-hand side of the vehicle is not permitted.

3. Paint/Scratches/Dents/Color:

Vehicles with badly faded paint, dents, widely visible scratches, or any other damage will not pass the inspection. Flat matte paint or vinyl wrapping are prohibited. Loose or hanging body parts and major body damage is not acceptable. Normal dings and scratches are acceptable. There are no restrictions to color, however no weird painted art, drawings, or graphics are permitted.



4. Tires:

All tires will be in good condition. Tires extending partially beyond the fender are prohibited.

5. Lights:

All installed lights must be operational. The taillight or a separate light must illuminate the rear license plate. Backup lights must function when the transmission is engaged in reverse gear. Vehicles must be equipped with directional signals.

6. Windshield Wipers:

Must be operational.

7. Brakes:

Vehicle must have two separate means of applying brakes. The failure of one braking system will fail registration.

8. Others:

Willys Jeeps are restricted. Vehicles must meet operational and safety standards. Faulty exhaust system, missing fenders, broken windows, missing side view mirrors, and improper wheel alignment (wheels that cannot be turned from full right to left without jamming or rubbing part of the vehicle) will not be accepted.

What to Bring?

Before you board a plane and make your way to Bahrain, there are a number of details that you need to know before you arrive.

UNIFORMS: BRING FULL SEABAG WITH ALL UNIFORM ITEMS!!! You will be required to at times use your dress whites, dress blues, and potentially any other required uniform.



Electronics: Electricity Voltage in Bahrain is 220 Volts! If you bring electronics, make sure if they are 120V/220V. Be advised that your flat or villa may come with the electronics you need (TV/DVD/Surround System/ Appliances). Be sure you don't plug in expensive electronics without first checking the voltage and using the appropriate transformer if necessary.

Transformers Vs. Adapters: Transformers change the voltage; adapters only adapt the plug to fit. Converters are available for sale at various locations and/or can be obtained when negotiating a housing lease.

Passports: (Official Passport) No-Fee Passport(s) are mandatory. If you have not received your passport you can still travel and enter Bahrain with your official orders and Military ID Card. Notify the NSA Command Sponsor Team if you have any further questions or concerns about passports.

230 VOLTS / 50 HZ



**TYPE G BRITISH
BS-1363 WALL OUTLET**



Personal Property Types of Shipments Unaccompanied Baggage (UB)

The Navy authorizes no more than 600 lbs. for the member and 200 lbs. per family member; this is for items you need upon arrival like: clothing, bedding, basic pots and pans, small electronic, etc., baby furniture like crib, pack and play, etc. Recommend shipment be picked up 30 days prior to main shipment since transit times are approximately 45 days.

Basic Household Goods (HHG)

Choosing what to bring on orders to Bahrain is a highly personal choice. Check out page 16 to find out more about the homes in Bahrain. You will want to be comfortable in your home in Bahrain just as you would want to be comfortable in your home anywhere else. You may want to bring your mattress and/or mattress pads—Bahrain's beds can be hard. If you like water sports, bring your items but keep in mind there is NO surfing in Bahrain. If your shipment is late arriving and you have exhausted Temporary Living Allowance, Bahrain housing may be able to assign you to a month-to-month, fully-furnished apartment until your shipment arrives.

Storage Options: Non-Temporary Storage (NTS)

We have suggested items to store at government expense during your assignment to Bahrain like: Furniture, appliances, electronics and computers. Limit sentimental items: especially if they break easily. Transformers are available but may cause extra wear and tear on items.

PCS Gross Weight Allowance

	With Dependents	Without Dependents
O6-O10	18,000	18,000
O5/W5	17,500	16,000
O4/W4	17,000	14,000
O3/W3	14,500	13,000
O2/W2	13,500	12,500
O1/W1	12,000	10,000
E9	14,500	12,000
E8	13,500	11,000
E7	12,500	10,500
E6	11,000	8,000
E5	9,000	7,000
E4	8,000	7,000
E1-3	8,000	5,000

NOT ALLOWED

Prohibited

- All narcotics and recreational drugs: (including but not limited to) cocaine, heroin, cannabis and opiates and their derivatives
- Fireworks, weapons, explosives and ammunition
- Knives and deadly weapons
- Military uniform swords/cutlass/saber
- Gambling games, tools and machineries
- Plant and plant products
- Live swine, pork meat and related products
- Animals without a valid permit
- Indian Paan and Derivatives
- Advertisement material for all types of Cigarettes
- Children's Toy Guns capable of firing projectiles
- Radio/ Remote controlled Model Aircraft (including drones)
- Radar jammers/other unauthorized communication devices
- Goods of Israeli origin or bearing Israeli trademarks or logos
- Printed publications, photographs, pictures, books, magazines sculptures and mannequins which contradict Islamic teachings, decency, or immorality
- Raw Ivory, Ivory articles and Rhinoceros Horn
- Counterfeit money and goods
- Asbestos or Items containing Asbestos
- Pornographic material - print, video, audio, hard disk etc.
- Cultured Pearls
- Seditious or treasonable material
- Any other items, whose importation is prohibited under Kingdom of Bahrain Customs laws, or any other laws of the country

Further information can be found at www.bahraincustoms.gov.bh



If you think it may not be allowed, we recommend putting it in your non-temporary storage

Neither the Navy nor DoD will be able to assist with retrieving confiscated goods



No weapons allowed

Restricted/Declared items

- All arms, ammunition and explosives being imported into the country will require a No Objection Certificate from Ministry of the Interior.
- The following items will require a No Objection Certificate from Ministry of Municipalities & Agriculture Affairs - Animal or vegetable fertilizers, meat and meat products, fish and seafood products, fruit and vegetables, plants and soil.
- Other food products and required medicines will need special permission from the Ministry of Health.
- Any animals require a certificate from the Ministry of Agriculture Affairs as discussed in pgs. 8-9 of this guide.
- Radios and broadcasting equipment entering the country will need a no objections certificate to be issued by the Telecom Regulation Authority.
- All antiques will need a no objection certificate from the Ministry of Information in order to leave the country.
- Further information can be found at www.bahraincustoms.gov.bh



Arriving in Bahrain

Get ready and rest up for a long flight overseas. Making connections, clearing customs and tracking luggage become arduous when packed into a couple of days.

That is why good preparation will make the flight easier. Ensure all luggage has identification tags (but do not use rank/rate or any other military markers) and if traveling with infants or young children, have extra diapers and toys on hand to keep them occupied.



Force Protection

Living and working overseas carries force protection considerations beyond those that have become a part of daily life in the U.S.

Commander, U.S. Naval Support Activity Bahrain is responsible for the force protection of all DoD members, including tenant activities and departments throughout the Kingdom of Bahrain.

As part of your overseas screening, you and your family members must complete Level I force protection training. Newly arriving personnel will receive an orientation brief to include local law enforcement brief. These informative briefs are open to military spouses, DoD civilians and their spouses.



Civilian Attire/Dress Code

Civilian attire is required when travelling into Bahrain, dress conservatively. Civilian attire shall be neat, clean and in good taste. Shorts, tank tops, sleeveless shirts, ripped or torn clothing, flip flops and garments which are revealing or contain obscene words are not authorized. Additionally, men are not authorized to wear earrings at any time.

It is impossible to cover all combinations of attire. The goal is to blend with the local environment and not draw undue attention to yourself. Civilian attire will present a neat, conservative appearance. Clothing will be loose fitting and concealing. Neither males nor females shall wear shirts or blouses of sheer fabric that could be considered revealing.

Please go to the website below to familiarize yourself with the civilian attire requirements:

https://www.cnic.navy.mil/regions/cnreurfswa/installations/nsa_bahrain/about/policies.html



The Flight

The majority of incoming personnel will take Patriot Express (rotator) flights for permanent change of station and temporarily additional duty orders from the continental United States to Bahrain. Dependents age 10 and up are required to have a dependent ID card to board the Patriot Express.

Once the service member completes his/her passenger reservation request through their local PSD office or CPC, the request is sent to the Navy Passenger Travel Office where the mode of travel will be determined.

Defense Transportation Regulation (DTR) 4500.9R states the Patriot Express should be utilized to the maximum extent possible. The regulation goes on to state the only exception will be non-availability of AMC scheduled airlift to meet a member's requirements, such as pet space limitations.

VISA Stamp

While stationed at Bahrain for more than 6 months you are required to obtain a visa stamp and a CPR (local registry card). The visa stamp will allow you to travel internationally, and the CPR card is mandatory for obtaining all kinds of services requiring ID (i.e. registering vehicle, internet connection, post paid phone lines, etc.)

Upon arrival personnel will apply for a visa stamp in their official passport at no cost in the immigration office (BLDG 346). It takes approximately one to two weeks for the visa stamp depending upon how many passports are being processed and holiday periods. After completing the visa you will be able to apply for to receive the CPR card. Processing will take an additional week and cost one Bahraini Dinar (2.65 U.S.).



Cell phone

If you have a cell phone and would like to use it in Bahrain, it must be unlocked. Most carriers will unlock the phone if asked. You can purchase a SIM card for your unlocked phone upon arrival, which will provide you with a local Bahrain number.

Unlocked phones may also be purchased locally ranging in price from \$25 to \$1000 depending on the type of phone you would like to use. It is highly encouraged that you have a phone with local cell phone service while in Bahrain for safety and command recall purposes.

Social Media

The following are social media links that are recommended to follow to keep up to date with what is happening in and around Bahrain:

www.facebook.com/NSABahrain/

www.facebook.com/nsabahrainombudsmanofficialpage/

www.facebook.com/MWR.Bahrain/

www.facebook.com/BahrainCS



To Unlock your current phone
contact your carrier and follow
the directions given.



Uniforms

The daily working uniform is NWU Type III (Green digitals). Prior to acquiring Type III, you are authorized to wear the NWU Type I (blue digitals). You will need dress uniforms for special events and may need cold weather gear for travel; bring a complete seabag.



Housing

Temporary Lodging Allowance (TLA)

E4 and below personnel will be assigned lodging in the barracks onboard NSA Bahrain. Due to this fact, the command will not recommend advance TLA for E4 and below personnel prior to reporting. In the event barracks capacity reaches 95%, E4 (and potentially newly reporting E3 and below) personnel will be assigned lodging in a hotel off base. This will be on a case by case basis depending on the current occupancy of the barracks. The sponsor team will keep you informed regarding current and changing eligibility.

E5 and above will be assigned lodging in a hotel off base. Personnel residing off base will receive temporary lodging allowance (TLA) for the actual cost of lodging for a maximum of 45 days. Upon reporting, the sponsor team will issue a certificate of non-availability (CNA) prior to checking into your hotel. Local force protection measures require the sponsor team to make hotel reservations prior to your arrival. Please convey any special requests or needs regarding these arrangements with the sponsor team upon contact and they will do their best to accommodate you. Funds received regarding TLA claims will be for the single purpose of paying hotel costs only. These funds are not for personal use.

TLA is paid in 10-day increments. Members are required to pay TLA up front and provide zero-balanced receipts to the Housing Office. Once Housing prepares the documentation, sponsors will submit to Command Pay Personnel Assistant (CPPA) who will then submit to PSD for processing. Timely submission of proper documentation is essential to timely reimbursement.

No On-Base Housing

Active duty E-5 and senior, accompanied E-4 personnel, and DoD Civilians will reside off base in a villa (house), or flat/three-high (apartment/condo). Before arrival check online to view some of the housing choices.

Be proactive with your housing process as soon as you get to Bahrain. Go to the housing office to register for the housing brief as soon as you can, and begin looking for homes in town. Be sure to look thoroughly and in different parts of the island and keep looking until you find a place that is right for your situation. Service members who have school age children will want to check with the school transportation office for current available bus routes.

Many service members use realtors to help look for a place to live; however, using them is not required. There are fully furnished, semi furnished, and unfurnished places available in Bahrain. Have an idea of what type of place you want before shipping your household goods. You will be able to negotiate for things you need.

Internet can be a tool for familiarizing yourself with the area and types of homes available, but please understand that the Housing Service Center has no control over any of the listings posted there. Many entities that post listings online may not be legitimate. In order to protect your interests at all times and as part of our procedures, you are strongly recommended to avoid making any commitments on properties prior to your arrival. This can be something as simple as asking a property manager, realtor or landlord to hold a property for you.

STEP 1	Attend the Housing Services Center brief.
STEP 2	Negotiate for all items that you need to establish your residency. Please be sure about the location before you start to negotiate with the landlord.
STEP 3	After identifying a location, return to Housing to pickup a pre-contract. The agent or landlord will complete the form with you.
STEP 4	Pick-up the completed pre-contract from the landlord or agent with the landlord's signature as well as yours.
STEP 5	Allow 2-3 weeks for the lease process to be completed. This process includes lease draft, conducting a security inspection and the lease signing.
STEP 6	The landlord must come to Housing to sign the lease once it is approved by security inspection. Package needed by Housing must contain furniture list, TV list, floor plan, and a map that shows how to get from NSA to your flat/villa
STEP 7	After signing the lease agreement at the Housing office, the required number of copies will be provided to you.

E-4 (single) personnel may be able to reside in the economy based on barracks space availability percentage. It is highly recommended that you inform Housing Department and the Sponsor Team Division of your arrival date in advance. This will allow them to communicate with Housing Department and make the proper living accommodations.



E-3 PERSONNEL:

All E3 and below will reside in the barracks unless the barracks reaches full capacity (100%). If this is the case, personnel will need to be prepared to handle the costs associated with a temporary placement on the economy. E3 and below personnel who are initially placed in a hotel will be immediately moved into the barracks as soon as space becomes available.

Housing Service Center

All personnel who reside off base, whether temporarily or permanently, must process through the Housing

Service Center (HSC). The HSC provides detailed market information, contract administrative services, and a showing service. A period of two to three weeks is usually required to identify suitable housing and a further week to complete lease paperwork. Voltage in Bahrain is 220v, 50hz. Major appliances are provided by the landlord.



The HSC counselors will assist in locating a residence off base by:

- Providing a list of approved rental agents or managers.
- Providing showing services at specific times during the work week to help locate off-base housing.
- Provide pre-contract.
- Negotiating rental contracts.
- Conducting a security inspection of home before you move in.
- Explaining the lease agreements.
- Provide copies of lease agreement signed by you and landlord.



Settling In

Installation Newcomer's Orientation & Indoctrination Brief

Mandatory attendance of the installation newcomer's orientation and indoctrination brief is required for all Active Duty and civilian employees (families are welcome but not required). The brief is designed to orient all newcomers to Bahrain. The three-day brief provides newly reporting members and their families with information about the base and surrounding areas. The brief includes a field trip where newcomers have the opportunity to explore the area around NSA Bahrain, visit a Mosque, camel farm and eat at a local restaurant.



Spouse Indoc

The spouse indoc is hosted by the Bahrain Family Readiness Group and is targeted to spouses on the island, however everyone is welcome to attend!

They highlight some of the speakers and topics from the Base indoc that directly relates to families.

Important topics covered are Medical, Fleet and Family Services, Emergency Preparedness, Child and Youth Services, and many others. It is also a great place to connect with other spouses and families.

Spouse Indoc is a child friendly event. Contact the Bahrain FRG to learn more. (bahrainfrg@gmail.com)

Civilian Employment

The Human Resource Office provides service to US and local hires. All employees are required to have a Passport with Visa. USAJOBS.gov is the Federal government's official one-stop source for federal jobs and employment information. Applicants are strongly encouraged to create an account to store appointment and preference documents in USAJOBS so they will be readily available at all times. Military spouses and family members may apply for employment up to 30 days before their anticipated arrival overseas. However, they may not receive preference until their arrival at the foreign location.

Intercultural Relations (ICR)

In addition to the brief and tour provided as part of the Newcomers' Orientation, classes are offered throughout the month to enhance your Bahrain experience. Sessions include Arabic language and culture, gold, pearl and carpet buying, and henna painting. Our ICR specialists are also available for a one on one consultation.



Banking and Credit Cards

Navy Federal Credit Union is the only U.S. bank on base with a branch office located on the first floor of the Freedom Souq. There are two additional NFCU ATMs, with one located on the second floor of the Freedom Souq and one outside of the Housing Service Center. CitiBank has an available ATM that dispenses Bahraini Dinars near the NFCU office.



Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society's (NMCRS) services are provided to active duty and retired Navy and Marine Corps personnel and their family members. Services provided include:

Interest-free loans, grants or combinations for: emergency transportation (in case of serious illness/death of immediate family); funerals; medical; food, rent, and utilities; when disaster strikes; personal needs when pay is delayed; and essential vehicle repairs.

Other services include: education loans/grants for dependent children; Spouse Tuition Assistance Program where up to 50% of tuition may be granted, and budget counseling.



American Red Cross

The Service to the Armed Forces branch of the American Red Cross provides active duty, DoD civilians and dependents at Naval Support Activity Bahrain with a variety of programs to increase community resiliency. For emergency Red Cross messages call 011-49-07031152812. If an emergency situation should arise while you are outside of CONUS you can be reached through the American Red Cross (ARC) by having your family or friend contact the nearest ARC office providing your Social Security Account Number (SSAN) and the full name of the command you are assigned to at NSA Bahrain.



SERVICES

- ★ Financial Assistance and Counseling
- ★ Quick Assist Loan (QAL)
- ★ Budget for Baby
- ★ Emergency Travel
- ★ Disaster Relief

American Forces Network (AFN)

The AFN worldwide radio and television broadcast network serves American service members, Department of Defense and other U.S. government civilians and their families stationed at bases overseas, as well as U.S. Navy ships at sea. AFN broadcasts popular American radio and television programs from the major U.S. networks. At NSA Bahrain, 106.7 FM The Eagle, is the only locally-produced radio station.





The Fleet & Family Support Center

The Fleet and Family Support Center (FFSC) is one part of the overall installation family support system, which is a network of agencies, programs, services, partnerships and individuals that supports your readiness. FFSC programs and services will be an important resource for you and your family.

Relocation Assistance

We can provide information, referral, resources, and tools to make your permanent change of station (PCS) moves efficient and simple. Services include assistance with in-transit emergencies; classes on move-related topics such as buying or selling homes; and individual PCS planning, among others.

Transition Assistance

Leaving the Navy may involve a total lifestyle change. We host the U.S. Department of Labor sponsored Transition Guidance Plans Success (TGPS) employment workshop for sailors planning to leave the Navy or retire. These information-packed workshops are designed to provide you with the skills and knowledge necessary to plan and execute a successful transition. The Department of Veterans Affairs (VA) presentation on VA benefits is also included.

Personal Financial Management

This is a program to assist you in developing a personal and/or family financial management plan. Our trained personal financial fitness staff can help you analyze your finances. You can learn more about setting priorities, creating budgets, debt liquidation, Thrift Savings Plan, consumer and credit issues, and predatory lending. We'll help you set a course for financial independence

and guide you through your journey of becoming a Million Dollar Sailor. The FFSC staff is a centralized training source for command financial specialists.

Employment Assistance

The training, information, and personalized career coaching will help you identify and reach your employment and career development goals, manage the challenges associated with a mobile lifestyle and develop job search skills. Our network with local employers can have you climbing the ladder of success. Employment assistance professionals can assist with a wide variety of family employment issues.

Life Skills

We offer proactive workshops to enhance and assist with balancing your personal and professional life. This program provides you with information and education about a variety of life cycle issues, including parenting and relationships to help you improve your quality of life.

Information and Referral

An integral function of the FFSC, information and referral services can assist you in locating needed services and programs available on your installation, through civilian agencies in the local community, and via national resources.

Ombudsman

The Command Ombudsman acts as a liaison between the command and its families. Our highly-trained Ombudsmen help provide you with information necessary to meet the unique challenges of a military lifestyle.

Feel free to contact your Ombudsman anytime:

NSA Bahrain	nsabahrainombudsman@gmail.com	NCTS	nctsbahrainombudsman@gmail.com
NAVCENT	navcentombudsman1@gmail.com	PSD	ombudsman.psdh@gmail.com
5th MEB	515ombudsman@gmail.com	NAVSUP	ombudsmanflcb@gmail.com
CTF 57	ctf56ombudsman@gmail.com	USNBHC Bahrain	nbhcombudsman5@gmail.com

If your command is not listed contact FFSC at FFSC.Bahrain@me.navy.mil

Chapel Services

Worship Services
Bible Study
Religious Programs
Pastoral Support
Confidential Counseling
Workspace Visitation
Changes of Command
Memorial Services
Hospital Visitation
Daily Reflections



Post Office

The NAVSUP Fleet Post Office is located on the 1st Floor of the Freedom Souq at NSA Bahrain. There is a 100% ID check when picking up mail/packages.

All mail is screened via x-ray machines and customs forms are considered signed official documents. The following are examples of a few items that cannot be mailed:

hazardous materials	aerosols of any type
controlled substances	lighters
weapons of any kind	Cuban cigars
perishable items	hookah pipes
alcoholic beverages	

Chaplains Religious Enrichment Development Operations (CREDO)

The mission of CREDO is to support the regional commander by providing ministry and training that promotes individual, relational, and professional readiness. CREDO programs are based on spirituality and emphasize resiliency through enhanced awareness, personal responsibility and effective decision making. All Programs are at “no cost” to participants and open to all Active Duty, Reserve, DoD Civilians and dependents.

1. CREDO Core Programs (3 day retreats)
 - a. Personal Resiliency Retreats
 - b. Marriage Enrichment Retreats
 - c. Family Enrichment Retreats
2. CREDO Core Plus Programs (1 day workshops)
 - a. Workshops for Single and Unaccompanied Sailors
 - b. Leadership at the Speed of Trust
 - c. Applied Suicide Intervention Skills Training
 - d. safeTALK
3. Command Climate Training
 - a. Sexual Assault Prevention and Response
 - b. Suicide Prevention General Military Training
 - c. Life skills



Morale, Welfare and Recreation (MWR)



Bahrain's MWR programs are some of the finest in the Navy. MWR offers a myriad of programs for the whole family and is committed to making your tour at Naval Support Activity Bahrain your best tour yet!



Athletics

Fitness Center: This state of the art facility offers: free weights, Nautilus equipment, cross trainers, elliptical machines, rowing machines, stationary bikes, steppers, a sauna and locker rooms. We have two outdoor fitness spaces as well, so in the cooler months, you have the opportunity to workout outdoors. You can also receive a health and wellness assessment by one of our personal trainers. Lastly, the MWR Climbing Wall across from the fitness center is a fun alternative to lifting weights or taking a group exercise class. The wall is eight meters in height and provides five climbing corridors so you can climb with your command, family or friends.

Intramural Sports: The intramural sports program is designed to develop and maintain physical readiness by encouraging participation from commands and the community. Year round sports include everything from basketball and volleyball to soccer and softball.

Aquatics: NSA Bahrain has two on-base swimming pools. The first is the fitness pool and features a 25-meter pool with five lanes. The fitness pool is used for lap swimming, scuba certification classes, aqua aerobics, and available for command training exercises. We also have the family pool, which is 32' x 16' and used for recreational swimming as well as swimming lessons.



Bowling Center

The MWR Bowling Center has four fully automated lanes for everyone from beginner to serious bowler; complete with shoe rental and snack bar. This facility is great for leagues, open bowling or private parties.



Movie Theaters

The MWR movie complex has two theaters that show movies daily. The ticket booth opens one hour prior to the first showing of the day. To pre-purchase weekend movies, stop by the Community Recreation Office.

Library

The NSA Bahrain Library is fully stocked with books, DVDs, audio books, e-books, video games and learning software that will help you expand your mind. There's a children's reading room downstairs and an adult's studying area with printing, copying and faxing services available upstairs.



Outdoor Recreation Rentals

There is myriad of recreational, sporting, leisure equipment and gear available for checkout. Inquire, reserve and pay for your recreation rentals at the Community Recreation Office in the Freedom Souq.

Liberty Center

The Liberty Program offers recreational, sports and leisure activities, as well as cultural entertainment, for all active duty, single sailors and geographical bachelors. This on-base recreation center includes state-of-the-art video game systems, billiards tables, Ping-Pong, TV lounge, Wi-Fi, and an internet cafe. We focus on exploring the Kingdom of Bahrain in a variety of ways including sporting events, outdoor adventures, shopping trips, amusement parks, and community events, including festivals and concerts. Many events are free or at the lowest cost possible.



Child & Youth Programs (CYP)

Child Development Center (CDC): Offers care for children 6 weeks to 5 years of age. The CDC's focus is reaching Child development milestones and school readiness skills. The CDC is fully accredited by the National Association for the Education of Young Children and is certified annually by the Commander, Navy Installation Commands.

School Age Care (SAC): Designed to be a safe place for your children to go before and after school as well as holiday and summer breaks. Children, kindergarten through 6th grade can participate in this accredited program. CYP is an active partner with the Boys & Girls Clubs of America and the 4-H Youth Development Organization.



Teen Center: Open to eligible family members in grades 7-12. After becoming a member of our open recreation program, kids can participate in the teen program activities. We have several clubs that the teens can choose to be involved in including Keystone, STEAM club, Money Matters, Smart Girls, Power Hour, Passport to Manhood, Robotics and much more. We have a Student to Student club that helps welcome new youth to the community.

Youth Sports: The Youth Sports program is a recreational program focused on participation and the development of a passion for active lifestyles. Three and four year olds participate in a Start Smart parent participation program that teaches the motor skills required for future sport participation. All other sports participants can look forward to leagues, camps, clinics, special events, and clubs. All sports activities work on teamwork, sportsmanship and skill development while focusing on having fun in atmosphere of encouragement and inclusion.



Tickets/Tours/Travel

Tickets & Tours: The Tickets & Tours Office provides culturally enriching tours and trips and provides information/resources on local community activities and services. Tickets & Tours also has offers for open water, advanced, & specialty diver certifications and the military ticket program.

Leisure Travel: Located in the Community Recreation Office is a one-stop shop for booking customized, individualized vacation packages and group travel to destinations all over the world! We can book your hotels, airline tickets, cruises, land tours and transfers.

<p>LOST PARADISE WATER PARK Bahrain's first water-based amusement park. Features some of the island water-based amusement technology. The park provides fun for all ages with special facilities and play areas including the wave pool, lazy river and several water slides. Trip includes entrance fee and transportation. *Tours and tickets available for rent at the park. Time: 0900 - 1700 MWR Price: \$55.00 Registration Deadline: September 28</p> <p>OCTOBER 01 SEARCH DAY AT ART ROTANA Package includes day pass which will give access to the kids water park, family pool, adult only pool, beach and transportation. Food and beverages are at your own expense. Time: 0900 - 1500 MWR Price: \$30.00 Registration Deadline: September 28</p> <p>OCTOBER 07 JAHRAH ISLAND KATARING This kayaking trip will show you the beautiful waters surrounding Jara Island. Trip includes: all kayaking gear & usage of hotel facilities (beach, pool, shower). What to bring: swimwear, sunblock, camera, water shoes/handies, cash (tips) for food and beverage. Time: 1000 - 1430 MWR Price: \$42.00 Registration Deadline: October 05</p> <p>OCTOBER 07 HORSE BACK RIDING First time riders will be offered riding instruction. Package includes one hour ride & transportation. Time: 0800 - 1530 MWR Price: \$26.00 Registration Deadline: October 05</p> <p>OCTOBER 08 & 22 CITY TOUR Enjoy this guided tour of the Grand Mosque, the National Museum, the Bahrain Fort, a handicraft shop. We will even stop at the canal to see the water.</p>	<p>AL ARJUN WILDLIFE PARK The park is a nature reserve and zoo located in Salalah, Bahrain. *Separate Entrance fee: only 1000 Time: 0900 MWR Price: \$11.00 Registration Deadline: Oct 25 for Oct 28 - Oct 26 for Oct 29</p> <p>OCTOBER 09 TRIP TO JARAH ISLAND Jarrah Island is one of the best attractions in Bahrain. It's a sandy and blue clear water. The island appears in the sky and disappears in the tide. Package includes boat ride to the island and transportation. What to bring: swimwear, sunblock and camera. Time: 0700 - 1130 MWR Price: \$55.00 Registration Deadline: October 05</p> <p>OCTOBER 14 ARABIAN GULF FISHING Experience fishing in the warm and shallow waters of the Arabian Gulf. Package includes: four hour fishing, all fishing gear/bait and boat ride with transportation. Time: 0700 MWR Price: \$54.00 Registration Deadline: October 12</p> <p>OCTOBER 14 GRAVITY INDOOR SKYDIVING Hang on tight, BAJRAH! Just like you would be in an aircraft, but without a parachute. & even without leaving an airplane in the first place! Package includes: Transportation, instruction/training on how to fall, air-empowered, 2 minutes flying time. A sample of the innovative game center. Time: 0900 MWR Price: \$59.00 Registration Deadline: October 12</p> <p>OCTOBER 15 & 22 PEARL SHELLS HUNT Bahrain has a history of being the Gulf's premier pearl diving location. Join in the fun on this exciting and adventurous trip where what you find is what you keep. Trip includes: equipment rental, boat, food and water.</p>	<p>TREE OF LIFE The Tree of Life in Bahrain is a Prosopis Consimilis tree that is approximately 400 years old, and stands 32 ft. high. 50,000 tourists visit this tree every year and you get the chance to visit this national treasure as well. Time: 0900 - 1100 MWR Price: \$5.00 Registration Deadline: October 12</p> <p>OCTOBER 21 STAND-UP PADDLE BOARDING TRIP Stand-up paddle boarding (SUP) offers a fun, full-body workout on the water. This trip is suitable for the unique view of Amman Island. Trip includes: all SUP gear and usage of hotel facilities (beach, pool, shower). What to bring: swimwear, sunblock, camera, water shoes/handies, cash (tips) for food/beverages. Time: 1000 - 1430 MWR Price: \$42.00 Registration Deadline: October 19</p> <p>OCTOBER 22 JARAH ISLAND FISHING Experience fishing in the warm and shallow waters of the Arabian Gulf. Package includes: three hours fishing, all fishing gear/bait and boat ride with transportation. Time: 0700 - 1130 MWR Price: \$55.00 Registration Deadline: October 19</p> <p>OCTOBER 28 SCUBA DIVE - PADI CERTIFIED This trip is the perfect blend of mystery and adventure when we take you diving to coral reefs and a shipwreck around the Gulf. Please provide proof of international dive certification upon sign-up. Time: 0700 MWR Price: \$99.00 Registration Deadline: October 25</p> <p>OCTOBER 29 AL JASRAH HANDICRAFT & CAMEL FAIR Visit the famous Al Jasrah market and the island's water.</p>
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Entertainment & Special Events

Entertainment and Special Events at NSA Bahrain have programs that are not only entertaining but also creative. From Nightmare on Spine Street, to the St. Patrick's Day Celebration and the Holiday Tree Lighting, we always have something for the entire community. We work directly with Navy Entertainment, Armed Forces Entertainment and the USO to provide quality, live entertainment for military members and families stationed at NSA Bahrain and those deployed on ships at sea.



Shopping

Navy Exchange

The NEX returns 100% of its profits to the military. 70% is given to MWR in the form of a dividend and 30% is retained by the NEX for capital improvements, store renovations and IT upgrades. The NEX offers a wide selection of groceries, clothing, electronics, sporting goods and toys.

The Food Court is operated by MWR, not the NEX. The NEX only operates the Baskin-Robbins, Great American Bagel & Deli and Subway.

The alcohol ration system is governed by NSA instruction. Newcomers should visit the NEX ground floor customer service dept., with their orders and military ID, to be set up in the system.



Freedom Souq Food Court

Featuring selections from A&W American Grill, Taco Bell, Smash Hits Deli, Hot Stuff Pizza, Game Time Sports Grill, Health Bar, Simply Smoothies, Shawarma Express, the Oasis Grill, Café Panini, Gourmet Bean Café, Gourmet Bean Express, Club 261, CPO Club, Officers Club, and the Touch & Go at the Aviation Unit.



Grocery Shopping

There are many food stores in Bahrain. You can find a wide variety of produce and products in the local economy. This is true of many other products, spices in particular.



Super Markets

The following stores are a few of the many different supermarkets. Some are like Walmart and others are just for Groceries. This is not a complete list of the stores, but a guideline help out. There are numerous stores throughout the Kingdom.

LULU HYPERMARKET
AL JAZIRA
ALOSRA SUPERMARKET
CARREFOUR

Cold Stores

Are like the 7-11 stores in the states. Most neighborhoods have at least one if not more of these places.

Central Fish Market

Great for very fresh fish, and lots of variety is offered. Look around as the prices can vary a great deal from one vendor to another. You should consider going early in the morning for freshness, though some shoppers have gone at noon and gotten Hamour that is still fresh. Most all fish and shellfish are sold whole and there are people to clean them on site.



Central Vegetable Market

Better quality and prices on fruit and vegetables than you will find in the regular stores.



College Education

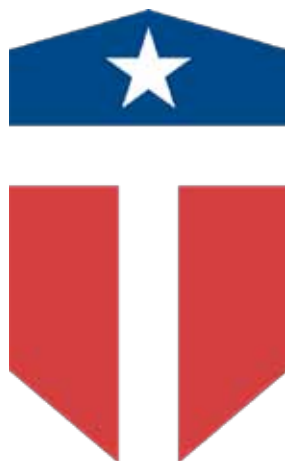
Navy College Office

Bahrain offers a wide variety of educational services to all military and civilian members assigned to the region. NCO Bahrain also provides educational counseling to service members and civilians on a wide range of voluntary education issues. All sailors are encouraged to earn a rate-related associate degree as part of their military educational roadmap. Sailors should visit the Navy College Office website and review the total Rating Related Degree Programs.



NCO Bahrain provides a wide selection of testing services. The NCO administers CLEP, DANTES and Excelsior College tests three or four times per month. The NCO also administers ACT and SAT tests on a monthly basis depending upon demand for the tests. The NCO is also a registered test site for Air Force Institute of Advanced Distance Learning - AFIADL - tests and administers Air Command and Staff College tests for the Bahrain Area. The NCO also administers the National Registry EMT test in conjunction with local EMT graduates of the Central Texas College EMT Program.

Navy College Office, Bahrain, also offers the GED test for sailors who have not completed their high school degree requirements. Visit the Navy College Office when you arrive in Bahrain and find out more about this opportunity.



**CENTRAL
TEXAS
COLLEGE™**



**UNIVERSITY OF
MARYLAND**

Colleges

Both Central Texas College and UMUC-Europe offer on-base college courses at the Freshman-Senior level.

Central Texas College offers Criminal Justice courses and Emergency Medical Technician classes under the HQ USAREUR European contract. Many sailors take CTC courses in pursuit of an Associate of Applied Science Degree in Criminal Justice. Students can also earn their EMT-Basic National Registry Certification while in Bahrain. Sailors and civilians may also take on-line distance learning Central Texas College courses through registration with CTC headquarters in Killeen, Texas. CTC offers selected Emergency Medical Technician classes; however, the Bahrain site does not locally offer an applied science degree in EMT.

The University of Maryland College (UMUC) European Division - Bahrain offers service members, family members and civilians the opportunity to pursue course work leading to an associate or bachelor's degree. A variety of course work is offered in a traditional classroom approach. Distance Education is also available via the Internet. Degree plans include, but are not limited to, Business Management, Psychology, Communications and Criminal Justice. Many students take a combination of some classroom classes and some on-line classes to complete their degree requirements. UMUC-Europe also offers Elementary Arabic, ARAB 111, the host-country language.

Tuition Assistance program is at 100% for active duty personnel.



K-12 Schools

Bahrain School, as it is known locally, is a member of the larger U.S. Department of Defense Dependent School System (DoDDS) under the U.S. Department of Defense Education Activity (DoDEA) and is located in the Kingdom of Bahrain. Our mission is to provide a quality American education for students in grades K through 12. Established in 1968, our school has a long history of academic excellence, preparing both American and international students to take their places as citizens of the world. Bahrain School is unique in that our student body includes students from over 30 countries. This provides our students with the opportunity to experience the finest in American education within a rich multicultural environment. We offer our students the option of completing either the American or International Baccalaureate Diplomas, which helps ensure the broadest range of post-graduation options around the world.

PTSO

PTSO is a volunteer organization made up of parents, teachers, students, and staff. Together, these members support school activities and enhance the students academic involvement. There is no fee to join the PTSO. We ask instead that you volunteer for at least one activity throughout the year.

PTSO contributes to Bahrain School by organizing school pictures, providing funds for various initiatives and activities not funded by DoDEA, coordinating book fairs and showing appreciation in a variety of ways to our teachers and staff.



Sports

Fall Season

Cross Country, Tennis, Volleyball

Eligibility: Grade 9-12, Paperwork includes: Copy of current physical; Students must maintain a 2.0 GPA or above with no more than 2 F's.

Winter Season

Basketball

Eligibility: Grade 9-12, Paperwork includes: Copy of current physical; Students must maintain a 2.0 GPA or above with no more than 2 F's.

Spring Season

Soccer, Baseball, Track and Field

Eligibility: Grade 9-12, Paperwork includes: Copy of current physical; Students must maintain a 2.0 GPA or above with no more than 2 F's.



Bahrain Middle School students are also involved in sports throughout the year (volleyball, basketball, soccer). This program depends completely on parent and community volunteers and students engage in competitions among the local island schools.



Student Clubs

A variety of clubs are sponsored for students in all grades depending on the expertise of our staff. Clubs sponsored in the past include:

National Junior Honor Society
National Leadership Seminar
Future Educators of America
Junior Leadership Seminar
National Honor Society
Model United Nations

Homework Support
Student 2 Student
Student Council
Swimming
Robotics

REGISTRATION

Please bring the following items to the Registrar when you enroll.

- Completed Bahrain School application packet
- Grades/Transcripts for the three previous years.
These should be in officially sealed envelopes from the former schools.
- Original official stamped immunization records.
The nurse will review health history and immunization records.
Immunizations must be complete PRIOR to your student's first day of school.

Required Documentation By Enrollment Category

Active Duty Military:

- Orders listing Dependents by name
If Orders do NOT list Dependents by name, must have a Command Sponsorship letter
- Student's passport
For High School Students ONLY

Department of Defense Civilians:

- Orders listing Dependents by name
If Orders do NOT list Dependents by name
 - Must have DoDEA Form 602 Verification of Civilian Employment
 - Student's Birth Certificate

Contractors:

- Copy of Contractor's ID card (front and back)
- Student's Birth Certificate

Additional information on the Bahrain School can be found on their website: <http://www.dodea.edu/BahrainEHS/index.cfm>, or email - (K-5 students) BahrES.registrar@eu.dodea.edu (6-12 students) BahrainR@eu.dodea.edu.



So Now What?

We are excited about you joining NSA Bahrain team. We know you will find this assignment both rewarding and challenging. Our normal work week is Sunday through Thursday. We are seven hours ahead of Eastern Standard Time during



daylight savings time (mid March through beginning November) and eight hours ahead of Eastern Standard Time during non-daylight savings time (beginning November through mid March).

Once you have officially arrived in Bahrain, your first few weeks will probably go by in blur. In fact, you will more than likely spend plenty of time being overwhelmed and confused during this transition time but don't worry, it's only temporary. The heat is one of those things that everyone has to acclimate to. This will take anywhere from one to two months, but remember to keep hydrated. Soon enough you'll find yourself enjoying this new adventure so take a deep breath and just experience everything as it comes. To help organize your process we have included a checklist and valuable websites and contact information for your convenience on the following pages. Until then, enjoy the adventure by exploring the island and welcome to Bahrain!

Notes:

Moving to Bahrain

To- Do List

Congratulations! You're moving to Naval Support Activity Bahrain! Now what? Have you...

1. Requested a sponsor?
2. Made contact with your sponsor?
3. Scheduled your overseas medical screening for you and dependents?
4. Scheduled your move(s) using move.mil?
5. Visited Bahrain's official website
6. Submitted your housing application through HEAT?
7. Started viewing off-base houses?
8. Located your nearest VPC to ship your allotted one vehicle?
9. Coordinated your travel with your current PSD?
10. Notified your landlord, rental agent or housing office about your upcoming move?
11. Coordinated travel for your pet?
12. Requested school records for your kids?
13. Coordinated temporary lodging for before and immediately after arrival?
14. Ensured all I.D. cards are valid (DoD, driver's license, etc.)?
15. Ensure all dependents age 10 and up have a dependent ID card.

Before your pack out, please make sure you have the following items in your carry-on:

1. Copies of orders
2. Updated copy of NAVPERS 1070/602 (pg. 2)
3. Valid military I.D. cards - including all dependents age 10 and up
4. Completed overseas screening for service member and all dependents
5. Health records
6. Immunization records
7. Dental records
8. Birth certificate(s)
9. Marriage certificate/divorce decree
10. Citizenship/naturalization papers
11. Social security cards
12. No-fee Passports for all dependents
13. Travel receipts
14. A valid driver's license (Bahrain does not accept expired driver's license regardless of state laws)
15. Power of attorney if necessary

For parents of school-aged children:

16. School records

For pet owners bringing pets:

17. Pet health certificate must be current (within 10 days) before your flight

If you are bringing a vehicle to Bahrain, you must:

18. Bring a valid U.S. vehicle registration
19. Present a power of attorney if the active duty sponsor is not present



Important Websites and E-mails

Naval Support Activity Bahrain

- www.cnic.navy.mil/bahrain

Sponsor Team

- m-ba-nsf-securitysponsorteam@me.navy.mil

NSA Bahrain Facebook

- www.facebook.com/NSABahrain/

Household Goods

- <http://www.militaryhomefront.dod.mil/moving>
- <http://www.move.mil/>

AMC Terminal

- www.amc.af.mil/Home/AMC-Travel-Site/
- www.facebook.com/BahrainPassengerTerminal/

Vehicle Pick-Up

- www.pcsmypov.com

Motorcycle Information

- www.navymotorcyclerider.com

Civilian Jobs

- www.usajobs.gov
- www.NavyExchange.jobs
- <https://mwrbahrain.wordpress.com/about/jobs/>

Relocation Services

- www.militaryinstallations.DoD.mil

Passport Information

- **Tourist**
 - <https://travel.state.gov/content/travel/en.html>
- **No-fee**
 - <https://travel.state.gov/content/passports/en/passports/no-fee.html>

Navy College Office

- www.navycollege.navy.mil/

Navy-Marine Corps Relief Society - Bahrain

- www.nmcrrs.org/locations/entry/bahrain

Bahrain MWR

- mwrpublicity@gmail.com
- www.facebook.com/MWR.Bahrain/
- <http://www.navymwrbahrain.com/>

Ombudsman

- Nsabahrainombudsman@gmail.com
- [www.facebook.com/](http://www.facebook.com/nsabahrainombudsmanofficialpage)
[nsabahrainombudsmanofficialpage](http://www.facebook.com/nsabahrainombudsmanofficialpage)

Family Readiness Group Bahrain

- BahrainFRG@gmail.com

PSD

- <https://rapids-appointments.dmdc.osd.mil>

AFN

- www.facebook.com/AFNBAHRAIN/

DODEA School

- www.dodea.edu/

Cost of Living

- <http://www.dod.mil/dfas/>

Civilian Attire/Dress Code

- http://www.militaryonesource.mil/12038/MyDoD/UniformCivilianAttirePolicy_CUSNC_5F_OPORD1000-10%5B1%5D.pdf

Military Ones Source

- www.militaryonesource.mil

NSA Bahrain Vet Clinic

- NSA.Vetclinic@me.navy.mil
- www.facebook.com/NSA-Bahrain-Veterinary-Services-971320529564524/

Base Services Phone Numbers:

To call a number below from base, dial 439 and the 4-digit extension. When calling an on-base number from an off-base phone (cell), dial 1785 and the last four numbers of the phone number. To call from the U.S. dial, (Commercial) 011-973-1785-XXXX or (DSN) 318-439-XXXX. *Non DSN lines are in Red.*

Off-base Emergencies	1785-4911	Bowling Center	439-4205
On-base Emergencies	911	Cafe Panini	439-8185
Base Operator	439-4000	Child and Youth Programs	439-9092, 9119
Security Dispatch	439-4911	Child Development Center (CDC)	439-9092
Base Security/Front Gate	439-3140, 3426	Climbing Wall	439-9306
Threat Mitigation Unit	3940-4271	Club 261	439-9272
		CPO Club	439-9272
Bahrain DoDEA School	439-3380, 9800	Deployed Forces Support	439-3272
Barracks/Single Service Member	439-4716, 2100	Entertainment & Special Events	439-4927
Housing		Facility Reservations	439-3531
Chaplain's Office	439-4303	Family Pool	439-8738
Citizenship and Immigration	439-4678	Fitness Center	439-9306
Services		Fitness Pool	439-4102
Dental Clinic	439-4763, 9073	Fleet & Family Support Center	439-4046
Fleet and Family Support Center	439-4062, 4211, 9088, 9089	Fleet Park Warrior Zone	439-9306
Household Goods/Transportation	439-4265, 6282, 4937	Food & Beverage Manager, MWR	439-4204
Office	4937	Game Time Sports Grill	439-8228
Housing Office	439-4104, 4301	Group Exercise Classes	439-9306
Human Resources Office	439-9073	Gymnasium	439-3095
ID/CAC Card Processing	439-4029	Hot Stuff Pizza	439-3177
Navy College	439-9446	Hourly Care	439-9092
Navy Federal Credit Union	439-4313	Housing Service Center	439-4104
Navy Gateway Inns and Suites	439-2100, 3372	Internet Café	439-3192
Navy Legal Services Office	439-4172	Intramural Sports	439-8916
Navy Marine Corps Relief Society	439-2914	Leisure Travel	439-4777
Personnel Support Detachment	439-4224, 4275	Liberty Program	439-9218
Relocation Assistance Manager	439-3758	Library	439-4290, 4062
TRICARE	439-8157, 3470, 8160, 8159	Mario's Courtyard Cookouts	439-3115
U.S. Naval Branch Health Clinic	439-4260, 4763	MWR Catering	439-4204
VA Facilities	439-4692	Navy Fitness Courses	439-3161
Veterinary Services	439-4295	Navy Gateway Inns & Suites	439-2100
Victim Advocate (Duty VA)	3940-3906	Oasis Grille	439-4244
Victim Advocate (SARC)	3940-9854	Officers Club	439-9272
		Outdoor Equipment Rental	439-6992
		School Liaison Officer (SLO)	439-4902
		School-Age Care (SAC)	439-3780
		Shawarma Express	439-4244
		Smash Hits Deli	439-4244
		Swimming Lessons	439-3567
		Taco Bell	439-4244
		Take 1 and Take 2 Theater	439-4534
		Teen Center	439-4901
		Tickets & Tours	439-3531
		Touch & Go (AV Unit)	1733-4473
			439-4473
		Youth Sports	439-4902

Navy Exchange

Navy Exchange Office	439-6931, 6885
Beauty/Barber Shop	439-4229, 3623, 2068
Military Clothing Sales	439-4130, 4131

Morale Welfare & Recreation

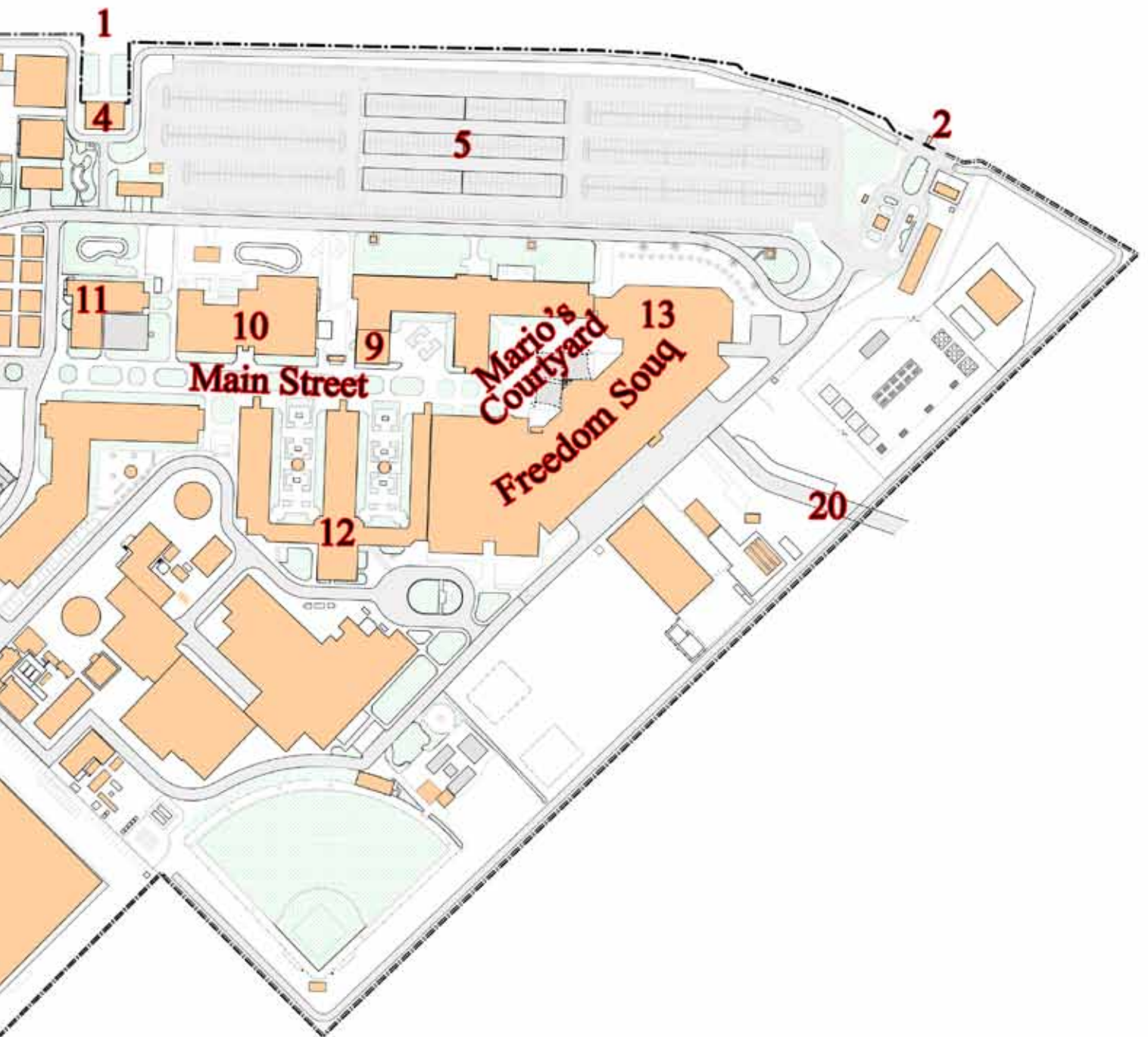
A&W American Grill	439-4422
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Notes:

Legend

1. Walk-in Gate
2. Drive-in Gate
3. Commercial Vehicle Gate
4. Pass and ID Office
5. Parking Lot
6. Liberty Center
7. Bowling Alley
8. Library
9. Housing Office
10. Medical and Dental Services
11. Child Development Center (CDC), Teen Center, and Fleet and Family Support Center
12. Navy Gateway-In Suites
13. Freedom Souq - Navy Exchange, Food Court, Climbing Wall, Movie Theater, Tickets & Tours Office, Leisure Travel, and Fitness Center
14. Family Pool
15. Fitness Pool
16. Personnel Support Detachment (PSD)
17. Navy College Office
18. Chapel
19. Desert Dome - Café Panini
20. Bridge





Naval Support Activity BAHRAIN

