



WELCOME ABOARD PACKAGE 2025

Fleet & Family Support Center
Relocation Program
FFSCSasebo@us.navy.mil
DSN: 315 252-FFSC (3372)
USA: 011-81-956-50-3372
JAPAN: 0956-50-3372

Updated JULY 2025

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Congratulations on your orders to Sasebo, Japan!

Relocating to a new country can feel overwhelming, but this Welcome Aboard Package is here to help. It includes essential information and resources to answer your questions and ease your transition. Be sure to review the materials and suggested websites to familiarize yourself—and your family—with your new home. Taking full advantage of these resources can ease culture shock, reduce stress, and help you start your tour on a positive note.

If you haven't already, visit your local Fleet and Family Support Center (FFSC) or equivalent. They can assist with travel pay, entitlements, moving logistics, and vacating government quarters. We're here to support every step of your relocation, so please don't hesitate to reach out with any questions about your assignment to Sasebo.

For those with families, we recommend booking Navy Lodge accommodations in advance. Upon arrival, be sure to check in with your command and their administrative office—they'll guide you through the key locations you'll need to visit on base.

Within your first 72 hours, try to complete the following:

- * Confirm your reservation for the Area Orientation Brief/Intercultural Relations (AOB/ICR)
- * Check in at the Housing Service Center to schedule an appointment
- * Visit the Personal Property Office
- * Meet with the TRICARE Benefits Coordinator

Again, congratulations and we will see you soon!

V/R,

The Relocation Team
Fleet and Family Support Center
Commander Fleet Activities Sasebo Japan
FFSCSasebo@us.navy.mil
PSC 476 BOX 62
FPO AP 96322-0001
DSN: 252-FFSC (3372)
USA: 011-81-956-50-3372
JAPAN: 0956-50-3372

Informational Websites

Commander Fleet Activities, Sasebo (CFAS):

CNIC Sasebo webpage: <https://cnrj.cnmc.navy.mil/Installations/CFA-Sasebo>

The official website of Commander Fleet Activities, Sasebo

CFAS Facebook page: <https://www.facebook.com/CFASasebo>

Find out about what events and important information

Fleet and Family Support Center, Sasebo Facebook page: <https://www.facebook.com/ffscsasebo>

American Forces Network (AFN) Sasebo Facebook page:

<https://www.facebook.com/afnsasebopage>

Follow what is happening on CFAS

Sasebo and Japan:

Sasebo is in the Nagasaki prefecture, located on Kyushu Island

Japan National Tourism Organization:

<https://www.jnto.go.jp/eng/location/regional/nagasaki/index.html>

Cultural and tourist information about Japan

PCS and Relocation:

Military OneSource:

<https://www.militaryonesource.mil/>

Explore all the resources and tools available to you during your PCS!

Fleet and Family Support Center Resources

For information about a specific class, program or the monthly schedule e-mail us at FFSCSasebo@us.navy.mil (preferred) or call 252-3372.

Work and Family Life Services

Employment + Transition Assistance (TAP)
Personal Financial Management
Life Skills
Intercultural Relations
Relocation Support
Deployment Support
Ombudsman Program
Exceptional Family Member Program (EFMP)
Information and Referral

Clinical Advocacy Program

Couples Counseling
Family Therapy
Individual Counseling
New Parent Support

Crisis Response

Family Advocacy Program (FAP)
24 Hour FAP Victim Advocate Hotline: 090-5299-6380 (Sasebo local number)
Sexual Assault Prevention and Response (SAPR)
24 Hour SAPR Hotline: 090-5920-5856 (Sasebo local number)
Military One Source
Military Crisis Line 1-800-273-8255, then press 1
Non-Medical Counseling 1-800-342-9647
Suicide Prevention Lifeline - 1-800-273-TALK (8255)

Moving Checklist – Pre-Arrival to Sasebo Checklist

AS SOON AS ORDERS ARE RECEIVED:

- Contact sponsor assigned by command at next duty station by utilizing the e-mail located on the first page of your orders.
- Set your date of transfer.
- Visit Military One Source website for PCS information regarding next duty station and utilize the “Plan My Move” resources. (<https://www.militaryonesource.mil>)
- Check the DoD Foreign Clearance Guide to verify passport requirements for entry into Japan. <https://apacs.milcloud.mil/fcg/fcg.cfm>
- Apply for No Fee Passport at local Personnel Support Office.
- Make multiple copies of your Permanent Change of Station (PCS) orders and Dependent Entry Approval Letter.
- Visit your Military and Family Support Center to attend a PCS Workshop.
- Make medical appointments for Dental, Immunizations, and Overseas Screening Appointments*. **Complete Medical History (DD Form 2807-1) and Suitability Screening (NAVMED 1300/1) forms before making appointment.* Collect medical and immunization records and make copies.
- If you have pets, visit your local military veterinary clinic to find out travel restrictions and specifics at new location.
(Sasebo DSN: 315-252-8879 International: 011-81-956-50-8879)

AT LEAST 3 MONTHS BEFORE MOVE:

- Check to make sure Tourist and No Fee Passport(s), Military ID card(s), and State Driver’s License(s) are not going to expire. ***Before your PCS to Japan, ensure you and your dependents have valid US Driver’s license(s) that will not expire for the entirety of your tour.***
- Visit your local military legal office for a Power of Attorney, required by PPO and Housing Office if Sponsor is deployed.
- Contact your local Personal Property Office to arrange shipment or storage of personal property. You are encouraged to self-counsel using the Defense Personal Property System. Visit the Defense Personal Property System (DPS) <https://dps.move.mil/cust/standard/user/home.xhtml> to review information and register as a customer.
- Contact TRICARE Health Benefits Advisor for any changes.
(Sasebo DSN: 315-252-3625 International: 011-81-956-50-3625 or <https://www.tricare.mil>)
- Contact local housing office and file Intent-to-Vacate Quarters.
- Make arrangements for lodging at next duty station, check to see if sponsor has arranged.
(Sasebo DSN: 315-252-3608 International: 011-81-956-50-3608 or <https://www.navy-lodge.com>)

AT LEAST 4-8 WEEKS BEFORE MOVE:

- Begin out-processing from current duty station
- Submit a reservation form on Fukuoka Airport Blue Bus Shuttle. (Located under popular links on the CFAS landing page: <https://cnrj.cnrc.navy.mil/Installations/CFA-Sasebo/>).
- Set up an online DODEA account and prepare the requisite documents and records for upload to register your child for school in Sasebo. (<https://dodeasis.myfollett.com/aspn>)
- Change your address at the Post Office or at <https://www.usps.com/> .

AT LEAST 1-2 WEEKS BEFORE MOVE

- Contact utility companies to terminate services and pay final bill.
- Contact phone and internet companies to terminate services and pay final bill.
Don't forget to separate their equipment and turn it in to avoid additional costs.
- Contact cell phone service provider to cancel plan or discuss military suspension and pay final bill.
- Check-out of medical and transfer your family members' medical records to CFAS.
(Sasebo DSN: 315-252-2550 International: 011-81-956-50-2550)
- Arrange for childcare and pet care for moving day.

Moving Checklist – Arrival to Sasebo Checklist

- Check-in at your Command's Quarter Deck. For incoming CFAS Sailors, please check-in to Bldg 80 Administration Office, sign the check-in log book, and complete check in sheet (p.11*). On weekends and after work hours, please check-in at Transient Personnel Detachment.
- Check-in at the Navy Lodge Sasebo if you are an accompanied service member.
(Sasebo DSN: 315 252-3608 International: 011-81-956-50-3608)
- Check-in at Transient Personnel Detachment (TPD, bldg. 63) if you are an unaccompanied service member and/or your ship is not in port.
(Sasebo DSN: 315 252-3587 International: 011 81 956-50-3587)
- Visit Legal Assistance (RLSO, bldg. 47) to obtain a Power of Attorney, required by PPO and Housing Office if Sponsor is deployed.
(DSN: 315-252-3347 In Japan: 0956-50-3347 Email: SaseboLegalAssistance@fe.navy.mil)
- Contact Housing Office regarding your Temporary Lodging Allowance (TLA) and schedule your Housing Welcome Brief. Bring copy of PCS orders, DD Form 1746 (Page 2), Detaching Endorsement and Dependent Entry Approval Letter.
(Sasebo DSN: 315-252-3402 International: 011-81-956- 50-3402 or
<https://ffr.cnic.navy.mil/Navy-Housing/Housing-By-Region/Japan/CFA-Sasebo/>)
- Check-in at Transient Personnel Detachment (TPD, bldg. 63) if CFAS, Tenant Command, or if your ship is at sea. If in port, check in directly to your ship's Personnel Office.
(Sasebo DSN: 315-252-3587 International: 011-81-956-50-3587)
- Contact the Fleet and Family Support Center (FFSC, bldg. 310) to enroll and/or confirm your registration for the Area Orientation Brief/Intercultural Relations (AOB/ICR) course. Completion of this class is required within 30 days of arriving in Sasebo, in accordance with COMNAVFORJAPANINST 1740.5 series and CFASINST 1740.1 series.
(Sasebo DSN: 315-252-FFSC International: 011-81-956-50-FFSC Email: FFSCSasebo@us.navy.mil)
- Children are not allowed to attend AOB/ICR. Families must arrange for child care in advance (information for coordinating childcare is located further in this packet).
- Contact Personal Property Office.
- Visit FMAT Sasebo (bldg. 155 1st Floor room 114) regarding the Loaner Locker Program to reserve a Hospitality Kit, which allows you to borrow basic household items for a limited time at no cost.
(Sasebo: DSN: 315-252-3627 International: 011-81-956-50-3627)
- Register personal vehicles at Vehicle Registration Office (VRO, bldg. 320).
(Sasebo: DSN: 315-252-2377 International: 011-81-956-50-2377
(E-mail: M-SA-CFAS-SEC-PASSOFFICE-GD@us.navy.mil)

Pet Information – Need to Know

***Pet Checklist for Import into Japan from the USA**

Name of Pet: _____

___ Animal has been in country of export for at least 180 days.

___ **International Microchip**- must be done before BOTH rabies vaccines.

Date of Microchip: _____
Microchip #: _____ Type of Microchip: _____

___ **Previous Rabies Vaccine**- Animal must be at least 90 days old

Rabies Vaccine #1 date: _____

___ **Current Rabies Vaccine**- Must have been given at least 30 days after Rabies Vaccine #1 but no more than 1 year.

Rabies Vaccine #2 date: _____

After Rabies Vaccine #2:

___ **Rabies Titer Test (FAVN)**

Date of Rabies Titer Test: _____

Titer results: _____ (must be greater than 0.5 IU/ml)

Quarantine period of 180 days begins the date the rabies titer test was done. This test is good for two years as long as the rabies vaccines do not expire.

Day 180 is on _____ (mm/dd/yyyy)

1-11 months prior to arrival:

___ DA2PP or DHLPPC (canine) vaccination date: _____

___ Bordetella (canine) vaccination date: _____

___ FVRCP (feline) vaccination date: _____

___ Kennel reservation in Sasebo at Paws and Claws Boarding Facility

___ Arrange pick up from airport with FMAT

At least 40 days prior to arrival (if flying commercially):

___ Advanced notification for import submitted to Japan.

Approval number for entry: _____

Within 10 days of arrival:

___ Health Certificate- MUST include USDA certification if not done by a military vet.

___ Internal and External parasite testing/treatment

Upon Arrival:

___ Check your pet into the boarding facility on base.

___ Check in at Sasebo Veterinary Treatment facility within 72 hours of your arrival.

****Please contact usarmy.sasebo.medcom-php-mbx.vet@health.mil to receive the most updated PCSing to Japan with Pets packet****

****Please be aware that airlines have restrictions regarding dog breeds and seasons of the year during which pets can be shipped. Airline fees for transportation of a pet in a medium size kennel can range from \$2000 - \$4000 per pet****

Sasebo Veterinary Treatment Facility

Hours of Operation:

Monday, Tuesday, Wednesday & Friday: 0800-1600

Thursday: Closed for Training

This facility observes federal and Army training holidays and closes at 1200 on the last business day of the month.

Contact Information:

DSN: 252-8879 Hario

From Cell Phone: 0956-50-8879

Email: usarmy.sasebo.medcom-php-mbx.vet@health.mil

Facebook Page: Facebook.com/SaseboVTF

Information About The Sasebo VTF

The Sasebo Veterinary Treatment Facility is authorized to provide care for your privately owned pet(s) as time, space, personal resources permit. Care for privately owned animals is just one of the many missions we perform; therefore we cannot guarantee veterinary services will always be available.

There is an Army veterinarian that is stationed here that does provide services for privately owned animals. The primary mission of our Sasebo veterinarian is to provide medical care for the Military Working Dogs and to provide food inspection services for the base. Due to other obligations of our veterinarian, we do advise that you become familiar with the off base veterinary clinics. You will find a list of off-base veterinary clinics within this welcome packet.

If you have SOFA status, you are required to register your pet with this veterinary facility. Your pet is also required to be current on vaccinations and to have a microchip. This applies to pets living both on and off-base. Please remember to register any pets that you adopt during your time in Japan. Please contact us for further information on these requirements.

Be aware that Japanese law requires **annual rabies vaccinations** for all pets. Please keep your pet current on their vaccinations. Please feel free to contact us via phone, email, or Facebook anytime during our business hours with any questions you may have.

https://cnrj.cnrc.navy.mil/Portals/80/CFA_Sasebo/Documents/Public%20Works/Fukuoka%20Airport%20Shuttle%20Bus%20Signup%20Request_FEB%202023.pdf?ver=kY9FXpccayBhplXDTS8ebw%3d%3dArea

Orientation Brief (AOB) & Intercultural Relations (ICR) Class

AOB/ICR training is REQUIRED for all military personnel, DOD civilians, and their adult family members arriving to commands in Sasebo within 30 days, per COMNAVFORJAPANINST 1740 series. It ensures newly reporting personnel understand and are fully aware of all CFAS policies, programs, services, responsibilities and facilities in accordance with CFASINST 1740.2 series.

Reservations are requested (suggest four weeks prior to arrival.) Your sponsor can sign you up or you can register yourself.

To sign up for AOB/ICR please send e-mail to FFSCSasebo@us.navy.mil with the following information:

- Full name and rank
- Spouse's name if they will be accompanying to Sasebo
- Children's ages (if applicable)
- Gaining command
- Class date you'd like to be registered for or projected date of arrival to Sasebo



Children are not allowed to attend AOB/ICR. Child care reservations should be made prior to attending AOB/ICR no greater than 30 days in advance. Age limits and contact numbers for each of the centers are outlined in the "Childcare" section.

AOB Schedule: Every Tuesday (except weeks with a U.S Federal Holiday)

Tuesday: 0745- 1530 **(REQUIRED)**

- Policies and procedures associated with Commander Fleet Activities, Sasebo
- SAPR Training
- Briefs from base organizations
- Resource fair

ICR Schedule: Every Wednesday (except weeks with a U.S Federal Holiday)

Wednesday: 0730 – 1130 CULTURAL ADAPTATION **(REQUIRED)**

- Japanese History, Culture and Holidays
- Japanese Language and How to Count in Japanese
- How to Make out Kanji in the Japanese Signs

Wednesday: 1230– 1630 **SAFE TALK (REQUIRED FOR ALL ACTIVE DUTY)**

- LivingWorks safeTALK workshop teaches how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further report.

Thursday: 0800 – 0900 **SOFA LICENSE WRITTEN TEST (OPTIONAL)**

- Written test on signs and traffic laws

Thursday: 1230 – 1530 **FIELD TRIP (OPTIONAL)**

- Explore tourist attractions
- Experience local cuisine

Childcare

Welcome to Sasebo!

Personnel attending AOB/ICR with children must make arrangements for childcare. Childcare is free to attendees through vouchers that are distributed on the day of training and who have registered in advance with CYP. The vouchers only cover the time for the AOB/ICR. Online reservations are required as early as 30 days in advance.

To ensure a spot in the childcare facility is available during class times please request an application package SaseboChildAndYouthServices@us.navy.mil complete the forms to include signatures and return. Once completed, you will be able to make a reservation for hourly childcare. Childcare spaces are on a first come, first serve basis and can be reserved 30 days in advance. There is no guarantee that space will be available.

1. **Registration Packet and Orientation.** The Registration Packet must be completed with 2 local emergency contacts the Thursday before your scheduled AOB/ICR class. Copies of child’s shot records will be needed to complete the Registration Packet. All questions can be directed to the appropriate childcare center listed at the bottom of this sheet.

CHILD DEVELOPMENT CENTER (CDC):	6 WEEKS* TO 5 YEARS**
<i>Dragon Vale (Main Base):</i> 252-2985	<i>Hario Village:</i> 252-8842
Hours- M-F 0600-1800-----	

SAC CENTERS***:	5 – 10 YEARS**
<i>Dragon Vale (Main Base):</i> 252-2989	<i>Hario Village:</i> 252-8763
Before School M-F 0600-0800; After School M-F 1500-1800; No-School Days M-F 0600-1800 -----	

PRE-TEEN & TEEN CENTERS***:	PT 10–12 YEARS and TEEN 13 YEARS & OLDER
<i>Dragon Vale (Main Base):</i> 252-2908	<i>Hario Village:</i> 252-8968
M-TH 1500-1800; FRI 1500-2000-----	

* For children 6 weeks – 12 months, parents are to provide the following: diapers, wipes, and 2 changes of clothes. Please contact the CDC regarding food allergies. Meals are provided throughout the day.

** If 5 year old is already enrolled in kindergarten the child will attend SAC Center. If not enrolled in kindergarten the child will attend the CDC. During the school year, SAC only offers before and after school, unless it is a “school out” day.

***For help getting children enrolled in school please contact the School Liaison Officer at CFASaseboSLO@us.navy.mil and pre-register for enrollment at <http://dodeasis.myfollett.com/aspn>

General School Information Sasebo, Japan

School Registration Information Sasebo, Japan

Please have the following documents/items at the time of enrollment to ensure a smooth registration process:

- All previous school records, report cards, transcripts and other academic records

- A transcribed shot/immunization/vaccination health record (Naval Branch Health Clinic can transcribe your student's record)
- Copy of Sponsor's PCS orders
- Copy of Dependent Entry Approval letter
- Copy of students passport or birth certificate
- Local telephone number, mailing address and email address
- Local emergency contact information
- U.S. Emergency contact information

Electronic DoDEA Student Registration:

<https://dodeasis.myfollett.com/aspn>

- All incoming elementary students will register at Sasebo Elementary School. If housing is assigned to Hario Base Housing, school files will be transferred to Darby Elementary School.

Sasebo Elementary School (Grades K-5)

Located in Dragon Vale Housing, all students living in Dragon Vale Housing.

Email: Registrar.SaseboES@pac.dodea.edu

Phone: 315-252-3600 (DSN), 011-81-956-50-3600 (From U.S.)

<https://www.dodea.edu/SaseboES/>

Jack N. Darby Elementary School (Grades K-5)

Located in Hario Village Housing, all students living in Hario Village Housing are zoned to attend Jack N. Darby Elementary School. Off-base housing please contact Sasebo Student Transportation Office (STO) for school zones and bus route information. STO Phone: 315-252-8921 (DSN), 011-81-956-50-8921 (From U.S.) Email: JapanTransportationSasebo@dodea.edu

Email: Registrar.DarbyES@pac.dodea.edu

Phone: 315-252-8800 (DSN), 011-81-956-50-8800 (From U.S.)

<https://dodea.edu/DarbyES/>

Ernest J. King High School (Grades 6-12)

Located in Dragon Vale Housing, all students in grades 6-12 attend Ernest J. King High School.

Email: Registrar.KingMHS@pac.dodea.edu

Phone: 315-252-3059 (DSN), 011-81-956-3059 (From U.S.)

<https://www.dodea.edu/EJKingHS/>



Select courses and build a class schedule prior to arrival at your next school!

Starting June 1, 2023, DoDEA Pacific high schools will offer conditional enrollment to military-connected students who are moving to Japan, Okinawa, Korea or Guam due to Permanent Change of Station orders.



Eligibility

To be eligible for conditional enrollment, the student must:

- Meet eligibility requirements for [space required enrollment](#)
- Be requesting enrollment into grades 9-12
- Arrive at assigned duty station within three months of requesting conditional enrollment

Scan QR code to get started with the conditional enrollment process.



Note: There are two DoDEA Pacific high schools in Okinawa, and enrollment is determined based on housing location. Please consult the [school zoning map](#) and ensure conditional enrollment is completed at the appropriate high school.



Are you missing a chance to **SAVE OVER \$500** per child each school year?

APPLY NOW TO RECEIVE BENEFITS!*

1 HAVE HANDY THE DoDEA STUDENT ID NUMBER OF YOUR CHILD(REN)

2 SCAN QR CODE AND APPLY OR USE THIS URL LINK:

linqconnect.com/public/meal-application/new



3 TYPE AAFES DoDEA IN DISTRICT

4 FILL OUT THE APPLICATION (ONE PER FAMILY) FOR FREE AND REDUCED PRICE MEALS FOR YOUR CHILD(REN). INPUT BASIC PAY AND INCLUDE ALL HOUSEHOLD MEMBERS



***Important**

- Families must meet eligibility requirements to qualify. AAFES DoDEA uses ALASKA income eligibility guidelines.
- Remember to enter your email address as this is how you will receive eligibility notifications. Eligibility notifications will be sent within 10 business days.

This institution is an Equal Opportunity Provider.

MORE SCHOOL MEAL PROGRAM INFORMATION:
<https://www.aafes.com/about-exchange/school-lunch-program/>



DODEA Online Registration

MEMORANDUM FOR SPONSORS OF SCHOOL-AGED FAMILY MEMBERS

SUBJECT: ENROLLMENT PROCEDURES

Welcome to Sasebo and DoDEA! The following are enrollment procedures at Sasebo Elementary School.

DAY: Monday through Friday

TIME: 07:00-16:00

PLACE: Sasebo Elementary School Administrative Office

Registration Procedure

- Click on the link <https://dodeasis.myfollett.com/aspn>.
- Click the Request an Account link and follow the prompt, when finished-
- Go back to the link above using the account you just created to complete the Pre-registration
- Please upload all the required documents in the portal.
- You will receive an automated email regarding the status of your enrollment upon completion.

Qualifying Enrollment Documentation

† Uniformed Military Personnel

- Sponsor's Orders. (Must include list of all eligible command-sponsored dependent)
- Dependent verification (Dependent/Family entry approval or Member Data Summary/MDS)

† Copy of passport or Birth certificate

† Department of Defense (DoD) Civilians

- Letter of Employment (LOE).
- Form SF-50 or Form 3434 for NAF civilians. (Sponsor should redact PII, such as SSN and pay scale)

† Housing Documentation from the Housing Management Office

† Previous School Records (IEP, 504PLAN, EMFP, GIFTED)

† Up-to-date Immunization/Vaccination record

DoDEA Universal Pre-K and Kindergarten Enrollment Requirements

† Pre-K: must be 4 years old by September 1 of the enrolling year

† Kindergarten: must be 5 years old by September 1 of the enrolling year

Universal Pre-K and Kindergarten Application Procedure

○ Click on the link above ○ Please upload all required documents ○ The Registrar will review your application, you will be notified via email once the application is approved.

Please contact the school registrar at 252.9741 (off base - 0956.50.9741) or send an email to

huan.mckenzie@dodea.edu for questions.

Youth Sponsorship Program

Dear Parents,

CFAS Youth warmly invite you and your child to take part in the Navy Youth Sponsorship Program (NYSP) collaboration between Sasebo Elementary, Darby Elementary, E. J. King Middle/High School, and Morale, Welfare & Recreation (MWR) Child & Youth Programs (CYP). The purpose of the Navy Youth Sponsorship Program is to provide information, discussion and support concerning the needs of the transitioning military child.

In today's military, more and more service members are on a schedule that can be both demanding and stressful. We anticipate that the NYSP will provide transitioning students with valuable information to assist them as they adjust to a new area, and will help them build lasting bonds with other military students. Youth involved in the program will gain the following information and experience:

- Transitioning – The military child shares experience transitioning from one area to another with other military children.
- Support – The transitioning child will learn about available resources and support in the new area.
- Academic Avenue – The transitioning child will learn what to expect from the new school.
- Military Solidarity – Through spending time together and sharing stories with other military children about their military journey, transitioning children can build relationships with children in their new area, which can reduce their anxiety regarding adjusting to a new community.

If you would like your child to be a Youth Sponsor, please fill out the bottom portion of this letter and return by email to: CFASaseboSLO@us.navy.mil

Sincerely,
School Liaison Officer
Commander Fleet Activities Sasebo, Japan
Email: CFASaseboSLO@us.navy.mil
DSN: 315-252-2206
Commercial 011-81-956-50-2206

Name of Parent _____ Phone Number _____

Email Address: _____

Are you interested in having your child participate in the Navy Youth Sponsorship Program?
_____ YES _____ NO

Name of Child _____ Grade _____

I have the following questions concerning the Navy Youth Sponsorship Program:

Once we receive your form we will be in contact with you within 72 hours to set your child up with our Youth Sponsorship Program. We look forward to meeting you and your child.

YOUTH SPONSORSHIP PROGRAM

Open to
3rd-12th graders

Wouldn't it be great if you could talk to someone who lives in your new location and goes to your school so you could ask them the million and one questions you have? That's what your Youth Sponsorship Program is designed to do! The program helps you connect with another kid who is already in your new location and knows what's going on at school and on the installation, and who can answer any questions you might have.

The Youth Sponsorship Program consists of **THREE** major components:

OUTREACH

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

NEWCOMER ORIENTATION

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

PEER TO PIER

Connecting Navy youth currently attached to the installation with incoming youth.

How to Get Started:

The first step to a successful youth sponsorship is getting connected with your new sponsor!

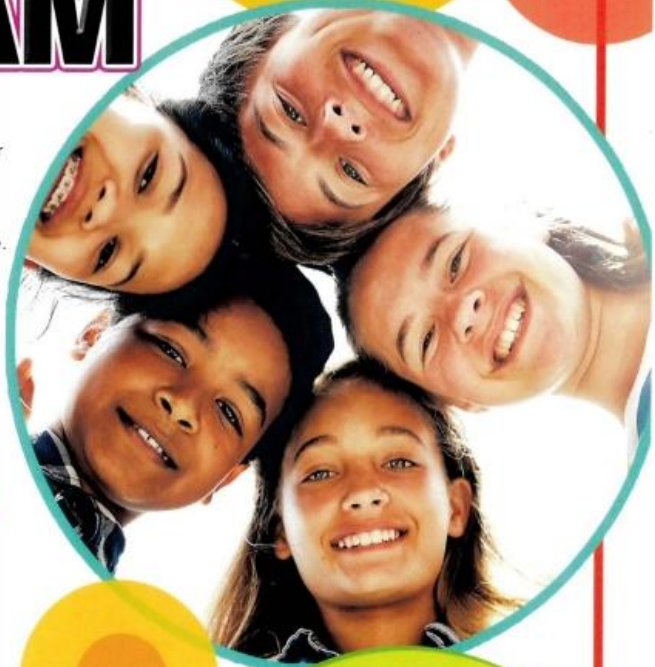
1. Ask your parents to contact your new installation.

Once the new installation is aware that you're coming, they'll pair you with your sponsor and provide you with his or her contact information.

2. Exchange e-mails, talk on the phone or chat online!

It's that simple! Remember, your sponsor was once a new kid too, and he or she will be excited to introduce you to your new home.

Are you a sponsor who is sponsoring a family with children? If so, please call 252-3796 or 252-2206 to get a youth sponsor for the incoming kids!



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



For more information, call 252-3796.

or email us at SaseboChildAndYouthServices@us.navy.mil

How to Present a Positive Image to our Japanese Hosts

When in Public

- Please note that smoking, including vaping, is prohibited in many public places in Japan. You can only smoke in clearly marked designated smoking areas, both indoors and outdoors. Ignoring these rules can result in fines.
- Converse in a low to moderate voice when in public. Yelling or loud conversations disturbs and frightens our hosts.
- Additionally, use earphones with portable stereos and keep your car's stereo volume down when your vehicle windows are open.
- Loud and raucous behavior in public is not acceptable. The Japanese are very calm people as a whole. Boisterous behavior is equated with hooliganism and trouble.
- While the Japanese have learned English in school, they generally are not conversationally proficient. Be patient; talk slowly and clearly. Use a translation app on your phone if you feel it necessary.
- Try to use some Japanese words or phrases when interacting with our hosts. They appreciate our effort and respect our taking the time to try to learn their language.
- Observe how the Japanese do things. "When in Rome do as the Romans do" can very well be applied to Japan.
- Unacceptable behavior usually feels inappropriate when you're doing it. Rely on your common sense. This is just one of the ways to show respect for the Japanese culture while you are here.
- Be polite and considerate. It is the way we expect foreigners to act when they're visiting the U.S.

In Shops and Restaurants

- Remember, Yen is the only currency acceptable in Japanese establishments. They do not accept dollars, as in the case of some foreign countries you may have visited.
- Lately most establishments take credit or debit cards. Yet, small stores or food stalls accept only cash payments. The digital payment with apps in the cell phones has become the norm in Japan.
- While bargaining is acceptable in some countries, in Japan this is not the norm. On large purchases, you may ask if there is any discount, or one may automatically be given to you.
- Do not tip in Japan. It is not expected in restaurants or taxis, and in fact is considered an insult to most Japanese people. Some American franchised restaurants and beauty salons welcome tipping. You will see the "We welcome tipping" next to the cashier.
- In some restaurants (and hospitals), you are expected to remove your shoes. Always have your socks on when you intend to dine off-base. Such establishments will provide slippers for you to put on, upon removal of your footwear.

In a Japanese Home

- Always remember to remove your shoes before stepping up from the genkan (entry) area of a Japanese home into the house proper.
- Always remove your house slippers when you enter a tatami room in a Japanese home-bare feet or socks only on tatami mats.
- Be sure to lather up and rinse off thoroughly outside of a Japanese bathtub. The bath water should be reheated and reused by the entire family for a number of days before being drained.

Eating and Dining In Japan

In Japan, some restaurants and private houses are equipped with low Japanese style tables and cushions on the floor, rather than with Western Style chairs and tables.



Restaurant with traditional low tables

A DAMP TOWEL Just after you sit down at the tables, you will receive a hot (or cold one in summer) damp, white towel called o-shibori. In a restaurant it is wrapped in plastic or is often served on a small oblong tray specially made for the o-shibori. Use the towel to wipe your hands. In less formal situations, Japanese men often wash their faces with the towels, but it is best not to do this. Place the towel back on the tray. The o-shibori will stay on the table throughout the meal and often, napkins are not supplied. It is advisable to keep tissue or handkerchief with you at all times.

ITADAKIMASU AND GOCHISOSAMA In Japan, you say “*itadakimasu*” (“I thank you for your sacrifice”) before starting to eat, and “*gochisaosama (deshita)*” (“Thank you for the fantastic meal”) after finishing the meal.

Note: According to the Buddhism philosophy, Buddhists are to thank to the ingredients (animals and plants) to have them sacrifice their lives for humans before they start eating. The Buddhists are to thank people who prepared and served the meals to finish eating.

INDIVIDUAL VERSUS SHARED DISHES It is not uncommon in private households and in certain restaurants (e.g. izakaya, or Japanese pub) to share several dishes of food at the table rather than serving each person with his/her individual dish. In such a case, you are supposed to move some food from the shared plates onto your own plate by yourself, using the opposite end of your hashi, or chopsticks, (if you have used them already) or with serving chopsticks that may be provided for that purpose.

CHOPSTICKS The proper use of the chopsticks is the most fundamental element of Japanese table manners.



ETIQUETTE FOR EATING WITH CHOPSTICKS:

- Hold your chopsticks one thirds from the thicker ends.
- When you are using your chopsticks and when you are finished eating, lay them down in front of you with tip to the left.
- Do not stick chopsticks upright into your food, especially not into rice. Only at funerals are chopsticks stuck into the rice that is put onto the altar.
- Do not pass food with your chopsticks directly to somebody else's chopsticks. Only at funerals are the bones of the cremated body given in that way from person to person.
- Do not spear food with your chopsticks.
- Do not point with your chopsticks at someone or something.
- Do not move your chopsticks around in the air too much, nor play with them.
- Do not move around plates or bowls with chopsticks.
- To separate a piece of food into two pieces, exert controlled pressure on the chopsticks while moving them apart from each other.
- If you have already used your chopsticks, use the opposite end of your chopsticks in order to move food from the shared plate to your own plate.

Knife and fork are used for Western food only. Spoons are sometimes used to eat Japanese dishes that are difficult to eat with chopsticks; for example some donburi dishes or Japanese style curry rice. A Chinese style ceramic spoon is sometimes used to eat soups.

COMMON JAPANESE TABLE MANNERS

- Blowing your nose in public, especially at the table, is considered bad manners.
- It is considered good manners to empty your dishes to the last grain of rice.
- Talking about distasteful topics during or before a meal is not appreciated by most people.
- Unlike in some other parts of East Asia, it is considered bad manners to burp.
- After finishing your food, try to place all your dishes in the same way they were at the start of the meal. This includes re-placing the lid of dish (if it comes with one) and re-placing your chopsticks on the holder or into their paper slip, if applicable.

DRINKING ETIQUETTE

When drinking alcoholic beverages, it is a Japanese custom to serve each other, rather than pour the beverage into one's own glass. You are to periodically check your friends' cups, and serve them again once their cups are about to be empty. Likewise, if someone wants to serve you more alcohol, you should quickly empty your glass and hold it towards that person.

While it is considered bad manners to become obviously drunk in some formal restaurants, for example in restaurants that serve kaiseki ryori (Japanese haute cuisine), the same is not true for other types of restaurants such as izakaya, as long as you do not bother other guests.

Do not start drinking until everybody at the table is served and the glasses are raised for a drinking salute, which usually is "kampai". Avoid using "chin chin" when drinking a toast, since these words refer to the male anatomy in Japanese. "Torieazu Beeru (We will start off with a beer)." It's quite a common phrase you hear when Japanese people order the drinks at the Izakaya restaurants. Japanese people toast with the same beverage, a glass of beer. Even you don't drink alcoholic beverages, please join the toast with it. You don't have to drink it. "Doing things in harmony" is highly recognized to make sure the familial, friendship, office workers' ties.

COMMON JAPANESE FOOD ETIQUETTE

Rice:



Take the rice bowl in one hand and the chopsticks in the other. Lift it towards your mouth while eating. Do not pour soy sauce over rice.

Sushi:

Pour soy sauce into the small plate provided. It is considered bad manners to waste soy sauce; try not to pour more sauce than needed. You do not have to add wasabi into your soy sauce. The sushi pieces usually already contain wasabi, and some pieces are supposed to be eaten without wasabi. If you choose to add wasabi, use only a small amount in order not to offend the sushi chef. If you do not like wasabi, you can request that none is added into your sushi. In general, you are supposed to eat a sushi piece in one bite. Hands or chopsticks can be used to eat sushi. For nigiri, dip the piece into the soy sauce upside-down with the fish part ahead. A few kinds of nigiri, for example, marinated pieces, should not be dipped into the soy sauce. For gunkan, pour a small amount of soy sauce over it, rather than dipping it into the sauce.



Sashimi:

Put some soy sauce into the small plate provided. Mix some wasabi into soy sauce, but do not add too much wasabi as this would overpower the taste of the raw fish (and possibly offend the chef). Use the sauce for dipping sashimi pieces. Some types of sashimi are enjoyed with ground ginger rather than wasabi.



Miso Soup:

Drink the soup out of the bowl as if it were a cup or eat with the spoon provided. You can also eat the solid pieces with your chopsticks.



Noodles:

Lead the noodles with your chopsticks into your mouth, while sucking them down in with a controlled slurping sound. Try to copy the slurping sound of people around you. If a spoon is provided, use it to eat the soup; otherwise, lift the bowl to your mouth to consume the soup.



Kare Raisu: (Dishes in which steamed rice poured over curry sauce)

Kare Raisu (Japanese style curry rice) and other rice dishes, in which the rice is poured over a curry sauce may be somewhat difficult to eat with chopsticks. Kare Raisu is often eaten with a spoon rather than chopsticks.



Big pieces of food:

(e.g. shrimp tempura) Separate the piece with chopsticks (This takes some practice), or just bite off a piece and put the rest back onto your plate.



Maps of Commander Fleet Activities Sasebo

Base Map:



CFA Sasebo Housing

<https://ffr.cnmc.navy.mil/Navy-Housing/Housing-By-Region/Japan/CFA-Sasebo/>

CFA Religious Ministries

Facilitates the free exercise of religion for all authorized personnel by providing opportunities for worship, religious education, and spiritual development, provide timely and effective pastoral care, and promotes the general well-being of the command personnel by providing counsel on matters of religion, morale, and ethics.

The following faiths groups are supported at CFAS Religious Ministries:

- Protestant Faith Group at Main Base & Hario (Christian Non-Denominational)
- Roman Catholic
- Gospel Community Fellowship
- Nichiren Daishonin Buddhism (SGI-USA)
- Seventh Day Adventist Fellowship

Services available through CFAS Religious Ministries:

1. Counseling - all counseling is 100% confidential.
2. Suicide Prevention - if you or someone you know is struggling with suicidal thoughts, please contact our Duty Chaplain (090-3325-6494)
3. Baptisms and Dedications - if you are wishing to be baptized, or to have a baby baptism or child dedication service, please contact the CFAS Chaplains Office.
4. Premarital Counseling - for those couples considering marriage, we offer premarital counseling.
5. Facilities usage - if you need to reserve space in the CEC, call the CFAS Chaplains office.
6. COMREL (Community Relations Projects) - these events create goodwill, deepen our appreciation of other cultures, and build bridges between the United States and the international community.
7. Retreats (CREDO Sasebo Detachment) - we offer CREDO Marriage Enrichment Retreats, Family Retreats, as well as CREDO Personal Growth Retreats throughout the year.
8. Family Programs (Chili Contest, Thanksgiving dinner, VBS, AWANA)
9. General Bible Studies
10. Stress Management & Marriage/Relationship classes.
11. Holiday Events and religious/social programs (Thanksgiving, Christmas, New Year, Easter etc)

CFAS Emergency Management Department



<https://cnrj.cnric.navy.mil/Installations/CFA-Sasebo/Departments/Emergency-Management/>

How to Contact Your Gaining Command Ombudsman?

<https://ombudsmanregistry.cnric.navy.mil>

The screenshot shows the Ombudsman Registry website. At the top left is the logo for the Commander, Navy Inspections Command. The main header is "OMBUDSMAN REGISTRY" with navigation links for Home, Contact Your Ombudsman, Support, and Login. A date stamp "OMB 0703-0070 Exp 30 June 2025" is visible. The "Welcome" section explains the registry's purpose. A "Register" section includes a table with columns: Commander, Coordinator, Ombudsman, COT, and CLS. Below this is a "Commander/Command Designee" section with a "NEW ACCOUNT REGISTRATION" button. The "Instructions & Procedures" section lists various manuals and guides, with a corresponding "Download Worksheet Templates" section containing an "ACTIVE DUTY WORKSHEET" button. The "Contact Your Ombudsman" section explains the search process and includes a "CONTACT YOUR OMBUDSMAN" button.

Navy Marine Corps Relief Society



NAVY-MARINE CORPS RELIEF SOCIETY

NMCRS Sasebo • Community Education Center, Bldg 155 PSC 476 Box 189 FPO AP 96322 • www.nmcrs.org • 011-81-95650-3366
 NMCRS Commander Fleet Activities Republic of Korea, Chinhae • NMCRS Commander Fleet Activities Republic of Korea, Busan

How We Help:



NMCRS OFFICES

Offices are located on Navy and Marine Corps installations worldwide and on ships. Find contact information, hours, and other details about the office near you at nmcrs.org.



FINANCIAL ASSISTANCE

From car repairs to unexpected bills, things happen in life. NMCRS is here to provide a judgment free, safe place to help our Sailors and Marines in a financial challenge.



FINANCIAL EDUCATION

NMCRS helps clients understand their financial situation, prepare a budget, and gain awareness of available resources.



QUICK ASSIST LOAN®

When an active duty client has urgent financial needs, NMCRS QALs may help. No appointment is needed, and an interest-free loan up to \$500 can be processed in 20 minutes.



COVID-19 RAPID RESPONSE LOAN

This loan covers COVID-19 related expenses up to \$1,500 such as virtual schooling.



EMERGENCY TRAVEL

When a loved one is sick or dying, the Society helps with travel arrangements and financial assistance.



DISASTER RELIEF

When natural disasters strike, NMCRS is there to provide help from base evacuations to clean up after the storm.



VISITING NURSE PROGRAM

Our registered nurses provide health education for all stages of life via home and virtual visits. This includes prenatal, newborn, pediatric and adult health concerns for our eligible clients. Class offerings vary by site. Please contact your local NMCRS office for more information.



BUDGET FOR BABY® WORKSHOP

Welcoming a new family member is exciting. To prepare for the changing financial situation a new baby has on a family, the Society offers free workshops to expectant parents. All eligible clients will receive a handcrafted blanket and gift card.



EDUCATION ASSISTANCE

The NMCRS Education Assistance Program offers grants and interest free loans to children, under 23, and spouses of active duty, retired and deceased Sailors and Marines.



THRIFT SHOPS / UNIFORM LOCKER

NMCRS offers thrift shops or uniform lockers at many of our locations. Clients save money on gently-used household items and clothing. Our uniform lockers offer uniforms exclusively to active duty members. Thrift shop merchandise, hours, and shopper eligibility may vary by location.



VOLUNTEERING

Volunteers are the backbone of the Society. NMCRS offers a wide range of opportunities for volunteers to share and grow their skills and talents while giving back to the community.

Red Cross

Earn Online Volunteer Hours While Underway!!



**American Red Cross
Sasebo, Japan**



1. Search the internet for VolunteerConnection.Redcross.Org/Intake
 2. CREATE A RED CROSS ID. Use the Sasebo FPO zip code 96322.
- If you have any questions, email Sasebo@RedCross.Org or call 252-3680.



**Emergency
Communication
Message**

- Anyone Can Request An ECM
- Call our Hero Care Center at 1-877-272-7337 or Sasebo at 0956-50-3680
- or search: [Red Cross Emergency Communication](#)
- or text "GetHeroCare" to 90999
- Write down the Case Number if you receive one.



**American Red Cross
Sasebo, Japan**

Download the app from
Apple or **Google**



USO



Sasebo

Fleet Landing

Mon, Weds, Thurs: 1100-2000
Fri, Sat: 1100-2200
Tuesday: Closed

Nimitz

Mon & Weds: Closed
Tues, Thurs, Sun: 1200-2000
Fri & Sat: 1200-2200



We are a full-service USO center, and provide a friendly and comfortable environment. We offer amenities including computer use with CAC card readers, Wi-Fi, a phone that can be used to call the U.S., Canada, and Mexico, snacks, drinks and a "home away from home" environment. Come take a seat on our couches and enjoy watching TV using one of our provided streaming services or play video games on our new consoles!



LOCATION

Bldg. 128
Next to Food Court

CONNECT WITH US

Facebook: /SaseboUSO
Instagram: @usosasebo

CONTACT US

usosasebo@uso.org
DSN: 252-3873



Sasebo

The USO strengthens America's military service members by keeping them connected to family, home, and country, throughout their service to the nation.



We have 2 USO locations: main base and in Nimitz Park.



We welcome all active duty service members & their families.



We have beverages, snacks, PS5/Xbox & streaming services

BECOME A VOLUNTEER



The USO needs you! Our centers are 100% volunteer manned, so in order to keep our centers open, we need a steady stream of volunteers. Gain hands-on training while making a positive difference in the lives of service members and their families.

Becoming a part of our USO Sasebo Volunteering family is easy!

1. Go to www.volunteers.uso.org or scan the USO Volunteer QR code
2. Create and complete a profile
3. Attend orientation and complete a shadow shift



If you have any questions or would like more information on volunteering, please contact usosasebo@uso.org

WOMEN, INFANTS & CHILDREN (WIC) OVERSEAS



WIC OVERSEAS

WOMEN, INFANTS AND CHILDREN OVERSEAS

SASEBO OFFICE

The WIC Overseas Program provides several important benefits to help you and your family lead healthier lives.

Program services are provided to eligible participants living overseas:

- Active Duty Military & their Dependents
- DoD Civilian Employees & their Family Members
- DoD Contractors & their Family Members

Those who may be eligible for the WIC Overseas Services include:

- Pregnant women—during pregnancy & throughout the first 6 weeks after giving birth
- Mothers—until the infant is 6 months if bottle feeding or age 1 if breastfeeding
- Infants & children—until the end of the month in which they turn age 5 years

The WIC Overseas Program provides participants & their families with important benefits, including:

- Nutrition & health screenings
- Nutritious foods- Redeemable food checks called “drafts,” which can be redeemed for specific foods and quantities in overseas commissaries
- Tips on how to prepare balanced meals
- Access to other resources that help families lead healthier lives

Contact your local WIC Overseas office to determine if you and your children are eligible for the WIC Overseas Program!

**SASEBO OFFICE HOURS:
TUE, WED, THUR 0730-1600
DSN: 252-8781
JPN Phone: 0956 50 8781
US Phone: 011 81 -956 50 8781**