



Yokota Air Base

Airman and Family Readiness Center (A&FRC)

Relocation Resources and Information!

Konnichiwa! Congratulations on your new assignment to Yokota Air Base, Japan!

Planning Your Move

Before leaving your base, stop by your Airman and Family Readiness Center (A&FRC) for info and support, including: One-on-One Counseling, Smooth Move Workshops, Loan Locker (provides household items and a variety of small kitchen appliances), and Childcare for PCS (this Air Force Aid Society sponsored program offers parents 20 hours of free childcare during a PCS move).

Sponsorship

All newcomers should be assigned a sponsor from their gaining unit or directorate within 60 days of their scheduled PCS. If you have not been contacted by a sponsor yet, contact your gaining CSS or MPS for assistance. Contact Yokota MPS at 315-225-9913 or send email to 374fss.fsmps@us.af.mil.

Arrival / In-Processing

You must in-process through the Yokota Military Personnel Section (MPS) if you are an Air Force member being assigned to Yokota or a tenant unit. Your Sponsor will schedule you to attend a Right Start Newcomer Orientation hosted by A&FRC; call 225-8725 to confirm your space. Right Start will include mandatory in-processing with several on-base agencies, as well as the Safety Drivers Course and Test. Your sponsor may meet you at the Narita airport. If not, a DoD shuttle bus is available. If you will be traveling with a pet, your pet must be cleared by quarantine officials at the airport (near baggage claim) and special arrangements must be made for transportation to Yokota as pets are not allowed on the shuttle. Pet-friendly transportation is available through the Yokota Transportation office with advance coordination by your sponsor.

Postal Service Center

Upon receipt of orders, you can obtain a mailing address. Sponsors will be able to coordinate this for you with a copy of your orders. Do not send boxes more than 15 days prior to your RNLTD unless coming from another overseas base. Coordinate with your sponsor if coming from an overseas base with more than 15 days until your RNLTD to ensure packages will not be returned. Per USPS regulations, accountable packages will only be held for 15 calendar days. Packages will arrive at the main post office located close to the Yokota Community Center (BX and Commissary). Contact Postal Services at DSN 315-225-9383.



Moving with Pets

Japan is rabies-free, and pets may undergo a lengthy quarantine period upon arrival. Pets are not allowed in TLF facilities; the Pet Care Center on base has limited space available. Make reservations at the Pet Care Center as early as possible, and consider leaving your pet in CONUS until you can obtain pet-friendly housing. If living on base, your pet MAY be authorized to complete quarantine at your housing/residence. Work closely with your sponsor to ensure this family member is taken care of! There is a Pet Care Center available with limited spaces. Call DSN 225- 8906 for further information.



Housing / TLA

All base housing units are managed and maintained by the **Yokota Housing Office**: You can complete an advance housing application through your current base housing office. Off-base housing in Japan is considered small compared to American standards, and it may be difficult to find pet-friendly accommodations. Less than half of on-base housing units allow pets. The average wait for on-base housing varies with grade and family size and can take 2-12 months. For this reason, consider leaving your pet until housing is secured. **Temporary Lodging Facility**: Your sponsor can reserve a room for you through the Kanto Lodge on base by calling 315-224-2002. Due to limited space, please try to get your reservations as soon as possible. **Single Airmen**: Contact your sponsor or gaining unit to obtain dormitory info. **Off-Base Housing**: Finding rental homes and apartments can be challenging. Visit the Housing Office upon arrival for guidelines and assistance.

Helpful Websites



Military Installations: www.militaryinstallations.dod.mil
DOD Per Diem/COLA/OHA: www.defensetravel.dod.mil/perdiem/
Military One Source: www.militaryonesource.com
PCS America: www.pcsamerica.net
Military Assistance: www.dod.mil/mapsite/buildplan.html
Yokota Base Services: www.yokotasupport.com
Yokota A&FRC Facebook: www.facebook.com/Yokota.AFRC/

Must Know Info!

Hands-free cell phone devices are allowed on Yokota AB. There is an abundant supply of quality used vehicles at very reasonable prices both on base and outside the gate. Many CONUS auto insurers cannot underwrite policies for Japan. Military-friendly insurance companies are easily accessible in the community. Driving is not permitted until you complete the Safety Drivers Course. A base shuttle is available and runs hourly. Plan accordingly as some TLF units are spread across the base. Consider scheduling your flights to arrive on Monday or Tuesday to allow immediate Right Start Newcomer Orientation attendance on Wednesdays and Thursdays, which includes the Safety Drivers Course. Car rentals can be obtained in the Passenger Terminal once you are licensed.



Airman & Family Readiness Center (A&FRC)



The Yokota Airman & Family Readiness Center (A&FRC) is your one-stop location for info and assistance. Our nine core services consist of: Air Force Aid Society, Spouse Employment, Family Readiness, Family Life Education, Transition Assistance, Information & Referral, Personal Financial Management, Relocation Assistance, and Volunteer Resources. Our main office is located in Building 535 next to the BX/ Commissary, but we are currently in Building 445, across from 374AW HQ, due to major renovations. Hours of operation are Monday-Thursday from 0800-1600 and Friday from 0900-1600. Call DSN 315-225-8725 for assessment and referral counseling, on/off base resources, and scheduling workshops. For short-term counseling services, we recommend our Military Family Life Counselors (MFLCs) at 080-3603-5808 or 090-6481-6305.

Loan Locker

The A&FRC Loan Locker has dish kits, kitchen appliances, and other household items for you to borrow while your items are in transit. All you need is a copy of your orders!

Japanese Culture Classes

The A&FRC offers great cultural orientation programs, including language, cooking, culture, and walking tours. For more information, call DSN (315) 225-8725 or 374fssfr@us.af.mil.

Local Employment

Opportunities may be available for on base employment. Contact the NAF HRO, Civilian Personnel, or the A&FRC office for more information upon arrival.



Child Care



Upon receipt of your orders, call the Child Development Center (CDC) or Family Child Care (FCC) Office to get information on how to place your child on a wait list. Also, stop by the A&FRC for 20 hours of free childcare sponsored by the Air Force Aid Society! Call the CDC at DSN 315-225-8810/8860.

Kids On the Move!

One of the important relocation goals of parents is making the move as stress free as possible for their children. Below are some points to consider: *Explain the relocation* – talk the children through the relocation process. Why are we moving? When? How? Where will they live? What about their friends? Involve the children – let your children help where they can by looking at brochures for homes, schools, packing, and/or arranging a goodbye party. *Personal Possessions* – if your children are attached to certain things such as a pet or toy, make sure you take them with you. This makes the new home seem more familiar. Learn about the host country. Make an effort to teach the children as much as you can about their new home. *Convey excitement* – children learn from their parents. Your sense of excitement, wonder, and adventure is contagious. If your child is showing signs of stress after arrival, contact the Child and Youth Behavioral Military and Family Life Counselors for informal confidential counseling.

Yokota Schools

Yokota has two elementary schools, one middle school, and one high school. Yokota schools are part of the DoDEA system and operate on a four quarter schedule. For more information, contact the School Liaison officer at DSN 225-3438 or email: school.liaison@us.af.mil.

MyCAA Education Assistance

The DoD provides up to \$6,000 in education funding for military spouses. For more information and to apply, visit www.militaryonesource.com.

General Henry H. Arnold Education Grant Program (AFAS)

Since its inception in 1942, the Air Force Aid Society (AFAS) has been committed to helping Air Force members and their families realize their academic goals. The General Henry H. Arnold Education Grant program, the centerpiece of the Society's education initiatives, has been overwhelmingly popular. The value and success of this program is demonstrated in the 102,244 grants disbursed since the first awards were made for the 1988-1989 academic year. Check out the following website for more info: <http://www.afas.org/education-grants>.

Medical, Dental, TRICARE Services

Call the clinic appointment/pharmacy line at DSN 315-225-8864, Dental Office at DSN 315-225-3670, and TRICARE at DSN 315-225-6478.



Transportation and Furnishings Management Offices

While awaiting the arrival of your unaccompanied baggage and household goods, temp furniture is available thru FMO at 315-225-9114. All base housing units have appliances provided for you. However, if you live off base, FMO loaner furniture can be loaned for 90 days (inbound) and 60 days for outbound personnel. To check the status of your HHGs please call TMO at 315-225-9725.

Privately Owned Vehicles

Most POVs are not authorized to be shipped to Japan. Carefully consider selling or storing your vehicle prior to PCS, and be prepared to purchase a new or used vehicle upon arrival.

Welcome! See you soon!

Chikaiuchini o ai Shimashou
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