Kalimerà!

As the installation commanding officer, I extend a warm "Kalos Ithrate" or welcome to Naval Support Activity, Souda Bay, the most beautiful and strategic forward operating base in the Mediterranean. Whether you are military, civilian or contractor, you and your family will soon be part of 'Team Souda.'

NSA Souda Bay is a robust installation that is host to several tenant commands and as well as members of both air and sea transiting units. Located on board the Hellenic Air Force 115th Combat Air Wing base, we share the runway with both the HAF and civilian airport of Chania. While air traffic can get a little busy, especially during the tourist months, the good news is that there are usually abundant inexpensive flights to travel around Europe. Be prepared to travel and have a tourist passport on hand to make those adventures happen.

In preparation for your move to Greece I encourage you to stay in touch with your sponsor. Keep him or her appraised of your itinerary and let them know your needs prior to arrival in order to make your check-in process go as smoothly as possible.

Also, to assist with your transition, peruse this Welcome Aboard Guide. It's packed with both 'need-to-know' and 'nice-to-know' information, and designed to help you prepare your family and pets, personal property and personal records to relocate to Greece. Use this Guide to formulate questions for your sponsor. Again, direct and frequent communication with your sponsor is vital and will set the tone for your tour in Greece.

Whether you're a serious historian, a budding shutterbug, or a sophisticated foodie, Crete is a treasure trove for extracurricular activities. This amazing island will afford you plenty of outdoor activities to occupy your free time and our Outdoor Rec Center is a great place to get started if adventure is what you're looking for. For those who are in to relaxing on their off time, I have one word for you—Beaches! They're everywhere, many are featured as tourist destinations in travel magazines, and all of them will take your breath away. Bottom line is that there is something here for everyone, no matter where your interests lie.

Welcome aboard and I look forward to you joining Team Souda.
“Kalo Taxidi” or safe travels!

Brad J. Collins
Commanding Officer
Naval Support Activity Souda Bay
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Cover Photo’s By MC2 Chase Martin
Welcome to NSA Souda Bay

Welcome to Crete! Congratulations on your assignment to U.S. Naval Support Activity Souda Bay. We take pleasure in welcoming you as a valuable member of our Navy family and look forward to your arrival. This guide provides information to help with your transition overseas.

Culture shock, jet lag and many other irritants may be a part of your PCS experience. Your sponsor will help you adjust and get settled as quickly as possible; coming prepared will minimize your worries. This Welcome Aboard guide should help you get started with the PCS process.

Departments:
- Administration
- American Forces Network (AFN*)
- Command Service Desk
- Chaplain
- Comptroller
- Computer & Telecommunications (NCTAMS*)
- Consolidated Reconnaissance Operations Facility
- Emergency Operations Center
- Public Safety Fire and Emergency Services*
- Fleet and Family Support Center (FFSC*)
- Region Legal Services Office (RLSO*)
- Morale Welfare and Recreation (MWR*)
- Munitions (NMC*)
- Naval Criminal Investigative Service (NCIS*)
- Navy Exchange (NEXCOM*)
- Navy Federal Credit Union (NFCU*)
- Operations
- Public Affairs
- Public Works (NAVFAC*)
- Intelligence Squadron (488th USAF)
- Reconnaissance Squadron (95th RS Det 1*)
- Safety
- Security
- Supply (FLS*)
- Information Systems
*asterisk denotes tenant command

How to Use this Guide
This guide is to provide useful information to prepare for your upcoming transfer to Souda Bay, Crete, Greece. Great care has been taken to provide the most accurate information possible. However, communication with your command sponsor to address your specific concerns is essential.

As information changes, it is added to both this guide and to the NSA Souda Bay’s social media sites. For a
complete listing of those sites, see page 42. Following us on social media will acquaint you with current events and operations.

Your sponsor is the best source for current information pertaining to your command and/or department. If you have not been contacted by your sponsor, e-mail at M-SB-NSA-sponsors-gd@eu.navy.mil.

*NOTE* about the listed telephone numbers: To call DSN numbers from the United States, dial 314 followed by the seven-digit number. To call commercial numbers from the United States, dial +30 followed by the 10-digit telephone number. Once you arrive in Greece, you can simply dial the DSN and commercial numbers as listed in the guide.

Profile of Greece

Greece is a vibrant country in Southeastern Europe, an area of 131,957 square kilometers, with an ancient and particularly rich history. The Acropolis is one of the world's most famous landmarks located in Athens, one of the oldest cities with a history reaching as far back as 3,000 B.C. In addition to the better-known sites, Athens boasts Byzantine, medieval and 19th century monuments as well as famous museums and areas of surprising natural beauty.

Overall, Athens is a major European center of culture. Interesting history, culture, somewhat mild climate and traditional cuisine are some of the attractions Greece has to offer.

The Island of Crete

To the south of Athens is the island of Crete. Crete is the largest of the Greek islands located in the middle of the Mediterranean. It is situated at an equal distance from three of the world's Seven Continents: Europe, Africa, and Asia. There was a time when Crete was looked upon as the center of the world.

The Cretan people have exhibited their love for freedom by extensively supporting the Allied Forces during World Wars I and II, and in the Global War on Terrorism. The Battle of Crete is an annual commemorative event that remembers the Cretan villagers uprising against the air invasion of Hitler's armed forces during World War II.

Crete is known for its mild climate, beautiful beaches, impressive history and culture, and friendly people. It is a popular destination for millions of tourists seeking to experience its rich Mediterranean culture, historic civilization, warm hospitality and to sample the world's healthiest cuisine, sunny weather and stunning beaches. The island has a base population of about half a million but swells to over three million during tourist season.

Chania

The City of Chania (pronounced Han-YA) is the name of the city near the installation, and has a population of 65,000 people. It is the second largest town in Crete and is unquestionably the one that has preserved more of its old character than any other. It is full of history
and is rich in civil and social culture dating back more than 4,000 years.

In Chania, all streets lead to the Market Square at the town center, which is a maze of shops offering leather goods, local foods, clothing and other items to tempt any shopper. The old quarter of the town, also known as the Old Port or the Old Harbor, is picturesque with restored Venetian palaces, narrow cobbled streets, lively cafes and many shops. It’s an ideal place for people watchers to enjoy local Greek cuisine, village wine, or play a game of ‘tavli’ (backgammon) with friends.

**Culture Shock**

“Culture shock” is defined as a state of bewilderment and distress experienced by an individual who is suddenly exposed to a new, strange or foreign social and cultural environment. It generally sets in after the first few weeks of arriving in a new setting. It may not happen to everyone, but it is considered a normal, predictable reaction. Either way, for everyone, everything is different! Look at this assignment as an opportunity to learn and acquire new perspectives.

Here are some ways to combat stress:
- Include regular physical activity in your routine. This will help combat sadness and loneliness in a constructive manner.
- Take time to relax and/or meditate.
- Be patient and go easy on yourself and others.
- Remember, you are not alone. If you feel stressed, look for help. There is always someone or some service available to help you such as the Chaplain, Fleet and Family Services, and your peers.

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Promoting confidence, cohesion, communication and a sense of well-being by caring for our Souda Bay Family.
#Sailors #Civilians #Dependents #Families
#WeAreFamily

Monthly meetings, 2nd Tuesday of every month - Bldg. 49 @ 1800
The U.S. Naval Support Activity Souda Bay is located on a Hellenic (Greek) Air Force Base by the village of Mouzouras 17 kilometers east of the city of Chania. NSA Souda Bay occupies an area of approximately 110 acres on the North side of the air base, which is the home of the Hellenic Air Force 115th Combat Wing. The airfield also serves as the civilian airport for the Chania region of Crete. However, the civilian terminal is located at the opposite end of the runway and is not within walking distance.

NSA Souda Bay is physically located on the large circular shaped Akrotiri Peninsula, which forms the northern face of the Souda harbor. A Hellenic Naval Base occupies a large portion of both the north and south coast of the Souda Bay harbor along with the port village of Souda.

U. S. Naval Detachment (NAVDET), Souda Bay was commissioned May 28, 1969. At that time, a sixteen-personnel complement, under the command of a First Class Petty Officer, made up the entire detachment. As time passed and the detachment expanded, the installation personnel count rose to 93 enlisted personnel and three officers as of Aug. 1, 1972. The following departments/activities comprised NAVDET Souda Bay: Mobile Mine Assembly Group Detachment SIX; Naval Communication Station, Greece Detachment; Naval Inshore Warfare Task Unit, Europe; and Naval Weather Service Environmental Detachment.

The mission of NAVDET Souda Bay was to maintain and operate facilities providing base support for U.S. naval forces operating in the Mediterranean, including transient, temporary and permanently based ships, aircraft, units, detachments and personnel during normal and contingency operations. NAVDET Souda Bay was itself a detachment of Naval Air Facility Sigonella, Sicily and was under the operational administrative control of Commander Fleet Air, Mediterranean, Naples, Italy.

In 1973, an installation build-up program commenced involving two eight-room Bachelor Officers Quarters, and four eight-room Bachelor Enlisted Quarters, a workshop, a sickbay and supporting utilities projects were undertaken and nearly completed at the end of that year. On Oct. 1, 1980, NAVDET Souda Bay was disestablished and U.S. NSA Souda Bay, Crete, Greece was established.

Today

NSA Souda Bay is comprised of approximately 650 commissioned and enlisted personnel and approximately 250 U.S. and local national civilians and contractors. It takes dedicated and professional people to provide the wide-range of support required of the mission. Whether an NSA Souda Bay department or a tenant command, the close working relationship makes for seamless support and is the foundation for the phrase, “Team Souda.”

Command Mission and Vision

Mission: To extend Joint and Fleet war fighting capability through Operational Support to U.S., Allied and Coalition Forces deployed within the United States European Command/United States Central Command/United States Africa Command area of responsibility by providing, operating and sustaining superior facilities and services dedicated to combat readiness and the security of ships, aircraft, detachments and personnel.

Vision: At NSA Souda Bay, “SUPPORT” is literally our middle name. Our presence and primary mission is dedicated to taking care of the fleet and airborne operations in this strategically critical area of the world, and to building a new spirit of cooperation with our Greek Allies. NSA Souda Bay routinely functions as a Naval Operating Base, Naval Air Station and Naval Weapons Station. NSA Souda Bay skillfully orchestrated joint U.S. Navy and U.S. Air Force reconnaissance missions and air refueling support for joint USN/USAF and multi-national operations.
Welcome Aboard Guide - Welcome to NSA Souda Bay

Tenant Commands

Naval Computer and Telecommunications Area
Master Station Atlantic Detachment,
Souda Bay

Provide secure and reliable, classified and unclassified, voice, data, and Command and C2OIX (Control Office Information Exchange) services in support of Command, Control, Computer, Communications and Information (C4I), and Electronic Keying Material Services (EKMS) for real-world operations and exercises to NSA Souda Bay, Crete, Greece, its tenant U.S. Navy and Air Force commands, other Department of Defense agencies, and NATO units operating within the EUCOM/CENTCOM/AFRICOM areas of operations.

Department Divisions:
N00, N00E, N001A, N1, N3, N9

Customer Service Window
Monday - Thursday: 0730 - 1515
Friday: 0730 - 1415

EKMS Customer Service
Monday - Friday: 0730 - 1600

LNSC ONE-NET Customer Service Window
Monday/Thursday: 0800 - 1100 & 1300 - 1530
Tuesday/Wednesday/Friday: 0900 - 1100 & 1300 - 1530

Technical Director
COM: (+30) 28210-21476
DSN: 266-1476

Facilities
COM: (+30) 28210-21530
DSN: 266-1530

N00E - EKMS Manager
COM: (+30) 28210-21449
DSN: 266-1449

N1 - Supervisory Programs Specialist
COM: (+30) 28210-21453
DSN: 266-1453

N1 - Admin Office
COM: (+30) 28210-21210
DSN: 266-1210

N9 - BCO
COM: (+30) 28210-21457
DSN: 266-1457

N3 - LNSC Director
COM: (+30) 28210-21399
DSN: 266-1399

Military Mailing Address
Technical Director
NCTAMS LANT DET, Souda Bay Crete, Greece
PSC 814 Box 21
FPO AE 09865-0105

Greek Mailing Address
U.S. Naval Support Activity Souda Bay
ATTN: NCTAMS LANT DET, Souda Bay
PO Box 18, Chania, Crete, Greece 73100
Navy Munitions Command Detachment Souda Bay

Navy Munitions Command CONUS East Division Detachment Souda Bay operates and maintains explosive ordnance facilities, provides fleet ordnance support to U.S. Naval Forces Europe, AFRICOM, and other USFF Commands and DOD conventional ammunition requirements.

Contact Information
COM: (+30) 28210-21279
DSN: 266-1279

FAX
COM (+30) 28210-21273
DSN: 266-1273

Military Mailing Address
Navy Munitions Command Det. Souda Bay
Naval Support Activity Souda Bay
PSC 814 Box 7
FPO AE 09865

Branch Health Clinic Souda Bay

Branch Health Clinic's (BHC) primary goal is to ensure Force Health Readiness through high-quality patient and family-centered care. BHC Souda Bay is a branch clinic of Naval Hospital Sigonella.

The clinic provides primary care services for service members, civilians and family members. Outpatient medical services are limited to acute care, physical examinations, women's health, immunizations, aviation, preventative and occupational medicine.

The clinic is staffed by a Family Medicine physician, flight surgeon, three Independent Duty Corpsmen, a pharmacy technician, three general duty corpsmen, front desk clerk and a TRICARE liaison. There are periodic visits for dental and optometry services from Naval Hospital Sigonella. The clinic has limited laboratory capabilities. Imaging services and specialty care is coordinated through local providers.

The clinic hours are Monday through Thursday 0800-1600, Friday 0800-1200 and closed for holidays. Uniform of the day or appropriate civilian attire is required. Call dispatch for after-hours care needs.

If traveling through Europe, please utilize the TRICARE International SOS (+44) 20-8762-8384 for acute care needs.

For Emergencies, Dial Dispatch
COM: (+30) 28210-21911
On base: 911

Pharmacy
COM: (+30) 28210-21911
DSN: 266-1587

Dental
COM: (+30) 694-043-1229
DSN: 314-266-1585

Admin Fax
COM: (+30) 694-043-1229
DSN: 266-1589

Duty Provider
COM: (+30) 694-043-1229
NAVSUP Fleet Logistics Center Sigonella  
Site Souda Bay  
NAVSUP FLCSI Site Souda Bay

NAVSUP provides logistics, business and support services to the Navy, Coast Guard and Military Sealift Command, as well as other joint and allied forces.

Located on NSA Souda Bay, NAVSUP FLCSI Site Souda Bay is a tenant command under the headquarters of NAVSUP FLC Sigonella located at NAS Sigonella, Sicily, Italy. NAVSUP FLC Sigonella was officially established on March 3, 2005, becoming the seventh NAVSUP FLC to join the NAVSUP Global Logistics Support worldwide network.

NAVSUP FLCSI Site Souda Bay has teamed with regional partners to provide the following services to our fleet and installation customers:

Logistics Support Center services:
- Supply chain management
- Contracting services
- Hazardous materials management
- Household good operations
- Surface Cargo
- Petroleum, Oil and Lubricants management
- Postal Services
- Customs services

Mailing Address
NAVSUP Fleet Logistics Center Sigonella  
Site Souda Bay  
PSC 814 Box 3  
FPO AE 09865

Logistics Support Center
COM: (+30) 28210-21498/1520  
DSN: 314-266-1498/1520

Logistics Support Duty
Duty Cell COM: (+30) 69404-31290

Postal
COM: (+30) 28210-21561  
DSN: 266-1561

American Forces Network Souda Bay  
AFN Souda Bay

To provide relevant and targeted force protection and command information, news and entertainment to DOD personnel and their families maintaining readiness and morale by giving their messages the widest possible reach.

Contact Information
Station Manager
COM: (+30) 28210-21322  
DSN: 266-1322

Operations Manager
COM: (+30) 28210-21427  
DSN: 266-1427

Engineering
COM: (+30) 28210-21426  
DSN: 266-1426

On-air DJ
COM: (+30) 28210-21703  
DSN: 266-1073

For more information about this command visit  
https://www.navsup.navy.mil/navsup/ourteam/navsupgls/navsupflcsi

Fuels
COM: (+30) 28210-21526  
DSN: 266-1526

Fuels Duty Officer
Duty Cell COM: (+30) 69404-31197

For stations, TV schedules, exchange rates and more visit our official website http://soudabay.afneurope.net/  
We also invite you to LIKE us on Facebook at AFN Souda Bay to stay in-the-know.

You can stream AFN Souda Bay Radio station plus eight additional music & information channels using your computer, or through the AFN360 app available for your Apple iOS or Android device.
Naval Criminal Investigative Service (NCIS)

The NCIS mission is to investigate and defeat criminal, terrorist, and foreign intelligence threats to the United States Navy and Marine Corps, wherever they operate, ashore or afloat.

Contact Information
Senior Resident Agent
DSN: 266-1220

Special Agent
DSN: 266-1440

Security Specialist
DSN: 266-1224

Office Manager
DSN: 266-1599

Public Works (NAVFAC)

To provide first rate facilities, solutions and services to NSA SoudaBay, its tenants, and transient operating forces visiting NSA Souda Bay. We are committed to the safety and development of our personnel, and to satisfying our customers with quality, cost-effective service in a timely manner. We are professional. We are efficient. We support the Fleet.

Contact Information
Production Director
DSN: 266-1661

Production Office
DSN: 266-1791

LPO
DSN: 266-1483

Trouble Call Desk
DSN: 266-1211

Safety
DSN: 266-1626

After Hours
COM: 694-043-1261
694-043-1255

SmartTravelerEnrollment Program

https://step.state.gov/step/

What is STEP?
The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

Benefits of Enrolling in STEP
- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency
- Help family and friends get in touch with you in an emergency

http://www.cnic.navy.mil/soudabay
Welcome to Detachment 1 of the 95th Reconnaissance Squadron!

We want your tour here on Crete to be a safe, productive, and pleasurable one. My staff and I are here to assist you in any way we can. If you find that any of these conditions are not being met, please let me or my staff know and we will correct the situation.

We hope you will enjoy yourself while you are here on Crete. Our island has miles of beaches with plenty of majestic scenery, and the Cretan people are among the friendliest in the world. In addition, the restaurants are fantastic, the shopping is great, and there is a wide range of cultural activities to participate in. I hope you will take advantage of these activities during your stay.

Crete is rich with history, and I strongly encourage you to take some time and learn about the culture, traditions and language. The effort will be greatly rewarding and will not only enhance your experience here, but will help maintain excellent relations with our Greek hosts.

Again, I offer a sincere welcome to Det 1! I hope this assignment will be one of your best ever.

Andrew Prue, Lt Col, USAF, Commander

History

The Crete detachment, Detachment 1, 95th Reconnaissance Squadron, began as Detachment 3 of the 306th Strategic Wing. The Detachment flew RC-135s out of Hellenikon, Greece and Ramstein, West Germany from 1976. With the closure of RC-135 operations at Ramstein, Hellenikon was redesignated the 922nd Strategic Squadron. The 922nd relocated to the Greek island of Crete in 1990. In 1992, further reorganization of European RC-135 operations led to the relocation of the 922nd to RAF Mildenhall, United Kingdom. The Souda Bay operation remained in place as Detachment 1, 922nd Reconnaissance Squadron. Further redesignation of the 922nd made the detachment part of the 95th Reconnaissance Squadron.

Today’s 95th Reconnaissance Squadron and Detachment 1 belong to the 55th Wing headquartered at Offutt Air Force Base near Omaha, Nebraska. The squadron continues to support national and theater commanders with swift intelligence data. The 95th remains today as one of the Air Force’s oldest and most decorated squadrons still in existence.

The men and women of Detachment 1, 95th Reconnaissance Squadron continue our unit tradition of providing world-class operations, maintenance, intelligence, and administrative support to 55th Wing reconnaissance operations in the Southern European and Mediterranean areas of responsibility, and to our sister services and allies. No task is too small, no service is too great.

Detachment 1, 95th Reconnaissance Squadron

Mission Statement - To provide operations, logistics, intelligence and administrative support to the 55th Wing for the conduct of Sensitive

This information package is designed to provide you with useful information as you prepare for your upcoming transfer to Det 1, 95 RS, NSA Souda Bay, Crete, Greece. Great care has been taken to provide you with the most accurate information possible. However, you are strongly encouraged to communicate with your sponsor to address any specific concerns you may have about your new overseas assignment. Please read the provided information carefully so that you receive the maximum benefit.

**Department Divisions:**

Commander
Commander's Support Staff
Director of Operations
Assistant Director of Operations
Superintendent
Maintenance Information Control Center (MICC)
Aerospace Ground Equipment (AGE)
Supply
Communications Support

Hours of Operation:
0800 - 1600 or as required to meet mission requirements

**Contact Information:**

Commander:
COM: (+30) 28210-21321
DSN: 266-1321

Commander's Support Staff:
COM: (+30) 28210-21302
DSN: 266-1302

Commander's Support Staff Fax:
COM: (+30) 28210-21331
DSN: 266-1331

Maintenance Support:
COM: (+30) 28210-21306
DSN: 266-1306

Director of Operations:
COM: (+30) 28210-21320
DSN: 266-1320

Assistant Director of Operations:
COM: (+30) 28210-21323
DSN: 266-1323

Detachment Superintendent:
COM: (+30) 28210-21306
DSN: 266-1306

Maintenance Control Center
COM: (+30) 28210-21850 / 21324
DSN: 266-1850/1324

Aerospace Ground Equipment
COM: (+30) 28210-21780/21792
DSN: 266-1780/1792

Supply
COM: (+30) 28210-21353/21369
DSN: 266-1353/1369

Communications Support
COM: (+30) 28210-21303
DSN: 266-1303

Military Mailing Address:
Naval Support Activity Souda Bay
95 Reconnaissance Squadron/Detachment 1
PSC 814 BOX 27
FPO AE 09865

Greek Mailing Address:
Naval Support Activity Souda Bay
ATTN: 95 Reconnaissance Squadron / Detachment 1
PO. Box 18, Chania, Crete, Greece 73100

**Before you Travel**

Contact your Military Personnel Flight (MPF) immediately after receiving orders to start the overseas suitability screening process.

Review the medical/dental section of the overseas screening form carefully and remember you are the best resource for your personal health maintenance. The Navy Medical Clinic, a satellite of the U.S. Naval Hospital in Sigonella, Italy, supports us locally. The clinic is staffed by three general duty corpsmen, a pharmacy technician, two Independent Duty Corpsmen (IDC), a flight surgeon, a family medicine physician and a Tricare Case Manager/Liaison. Facilities are designed to resolve only basic non-emergency problems of active duty personnel.

If you require a certain prescription, please ensure that you arrange to bring this prescription with you, as the pharmacy here is limited, and takes quite some time to order prescriptions from Sigonella. This is also the case with prescription eyeglasses. If required, order them from your Optometrist well in advance of your departure date.

Orders: Despite the assignment being an Unaccompanied Short Tour, Air Force personnel assigned to NSA Souda Bay live on the local economy. Air Force personnel are authorized to ship a POV and are entitled to 25 percent of your JFTR (weight allowance). Additionally, ensure your orders include excess baggage authorized. Please review your orders; it is very important that your orders reflect these items! We have attached the General Instructions for
Greece to this package, we recommend you give a copy of this to your MPF; it specifically states your JFTR allowances.

Official Photos: The incoming Detachment Commander should take official photos in both service dress and flight suit prior to arriving at RAF Mildenhall. Ensure photo lab makes three copies of each in 8 x 12. (One for 55 OG, one for 95RS and one for Souda Bay).

**Travel to Souda Bay**

It is important for you to let your sponsor know your flight schedule. With advance notification, we can ensure billeting and in-processing arrangements have been made.

Passports are not required for active duty personnel reporting on orders, but highly advised. You should obtain a tourist passport prior to reporting if you anticipate taking leave in theater during your tour. Passports/visas are required for family members. Note: This is a family member restricted tour, but family members may visit during your assignment. Civilian attire is mandatory for travel to and from Greece on Air Mobility Command (AMC) and commercial transportation. Most travel into Greece is accomplished via commercial air carrier into the airport at Chania.

**IMPORTANT:** U.S. flag carriers authorize two checked bags, up to 70 lbs each, for active military on orders. However, foreign flag carriers to Crete only allow passengers to check one bag at 20 kilos (about 45 lbs.). This means if you have to claim your bags in Athens and then re-check them to Chania, you will be charged about 20 Euros in over weight charges plus a charge for a second checked bag (at rate of about 20 Euros). This is reimbursable as long as you are authorized excess baggage on your orders!
Bobby Papagrigorakis
MWR Personal Trainer

Certifications
- Personal Training/Fitness Specialist (The Cooper Institute)
- Master Fitness Specialist (The Cooper Institute)
- Weight Management Leadership (The Cooper Institute)
- Command Fitness Leader (CFL) Instructor
- Navy Operational Fitness and Fueling Series (NOFFS) Instructor
- Total Body Resistance Exercise (TRX) Instructor
- Advance Training For Muscular Endurance (The Cooper Institute)
- Biomechanics Of Resistance Training (The Cooper Institute)
- Navy Fitness Basic
- Navy Nutrition Now

My primary goal is to help people realize the importance of wellness in their lives and lead them to a better quality of life through fitness. The second goal is to improve their fitness level and motivate them to achieve their personal goals with safety.

Sessions are 1-hour long and cost $15 each, first visit to include the PARFQ is FREE of charge. Reserve at Gear Issue.

Cell: 30-6972-014-052
Phone: 30-25210-21443
DSN: 266-1443/1566/1228
E-mail: fitsb@otenet.gr
A successful move overseas can take several months of preparation, so you will want to get started as soon as possible. This section will provide you with details to some of the most commonly asked questions about moving overseas.

Sponsorship

The Command Sponsor Program is one of the most important quality of life programs for Sailors, Airmen and civilians. Your sponsor is the best source of information for questions or concerns pertaining to your move and can answer questions about living in Crete. If you have received your orders and not been assigned a sponsor, e-mail contact: m-sb-nsa-sponsors-gd@eu.navy.mil.

For civilians: If you are waiting for an official job offer via email, ensure you check your junk email regularly. Emails from Office of Personnel Management have gone into junk folders on government computers. This can delay your orders and the PCS process.

Your sponsor will meet you at the airport upon your arrival, provide transportation, a base familiarization tour, and will be available to help you throughout the check-in process.

In order for your sponsor to provide the assistance required, be sure to provide your flight information as soon as possible. You will also need to complete the DOD Information Assurance Awareness V9 located on NKO and scan/e-mail your completed certificate to your sponsor as soon as possible.

Keep in contact with your sponsor regularly and notify him/her of any changes to your itinerary.

Again, welcome aboard!

Passports, Customs and Immigration

Passports are not required for active duty Navy personnel reporting on orders. It is highly recommended to obtain a tourist passport prior to reporting if you anticipate taking leave in theater during your tour. Passports/visas are required for family members.

*NOTE* This is a family member restricted tour but family members may visit during your assignment.

Civilian attire is mandatory for travel to and from Greece on Air Mobility Command. Follow the guidelines outlined in the DOD Foreign Clearance Guide found at https://www.fcg.pentagon.mil/fcg.cfm

Airport Customs/Immigration: For customs/immigration your PCS orders (including NATO travel orders) and military identification card will be required.

Members assigned to NSA Souda Bay must report to Naval Supply Systems Command Fleet Logistics Center Sigonella Souda Bay Customs Control Office, Bldg. 5, Room 15 upon arrival. Members must provide a copy of their shipment/s inventory and a copy of their orders to the Customs representative. Prior to shipments/s delivery, the member must sign all necessary customs documents for the clearance and issuance of a Customs booklet for shipment. The Customs booklets are list all the controlled items shipped in the member’s shipment. Customs booklets remain in the FLCSI Customs office until member provides proof of exportation of these items prior to their departure from Greece.

Non-Command Sponsored Dependents (NCSD)

NSA Souda Bay is an unaccompanied tour. The following information contains limitations on the services available for dependents at NSA Souda Bay. Due to the majority of billets being unaccompanied billets, concurrent dependent travel is infrequent. The closest U.S. Navy base with the infrastructure to support families is NAS Sigonella, Sicily.

Medical: There is a limited corpsman staff for the installation, which means medical services for NCSDs is extremely limited. The clinic provides basic medical care for Active Duty members, but is not a full service clinic. All medical services for dependents are referred
to local Greek physicians.

Schools: There are no DODDS schools in the area. NCSD dependents are responsible for the costs of any home schooling courses or boarding schools for their children. The Calvert Correspondence Course is available for home schooling of children. High School children may attend the boarding school in Athens or London. This is provided by DODDS for members serving on an accompanied tour. This is also available to those on an unaccompanied tour; however, the member would be responsible for payment.

Child Care: There are no child care facilities available on the base.

Space-A Travel: Subject to approval by the installation Commanding Officer, NCSD may be authorized Space-A travel between NSA Souda Bay and the continental U.S. Space-A travel originating at NSA Souda Bay within Europe or any other destination other than CONUS is not authorized for NCSD.

Tourist Visas: NCSD are authorized to visit during an unaccompanied tour, but must follow the guidelines outlined in the DOD Foreign Clearance Guide at https://www.fcg.pentagon.mil/fcg.cfm. According to Greek restrictions, U.S. citizens cannot stay more than 90 days without applying for residency. Plan your dependent travel accordingly. Remember, Space ‘A’ travel is exactly what it means, space available. Do not plan Space A travel for your dependents to return home on the 89th or 90th day on the island, you may violate visa restrictions.

Family-Friendly Programs: Activities sponsored by active duty associations and/or MWR such as Independence Day celebration, and holiday/beach parties are offered. Child-friendly matinee movies, when made available via Navy Motion Picture Service, are also available.

Command Sponsored Dependents
The Non-DOD Schools Program provides support and funding for the education of authorized command-sponsored dependents of military members and DOD civilian employees assigned to overseas areas where no DOD Education Activity school is available within the commuting area. At these locations, DoDEA supports a variety of options for your children ranging from home school programs to public or private schools. Approval for the enrollment of an eligible minor dependent of a DOD sponsor must be obtained from the DoDEA NDSP office prior to enrolling a child in a non-DOD school. If you are new to the NDSP, visit our website and review for more detailed information. The NDSP has specific steps and procedures to be eligible for funding, all of which are outlined in the mandatory NDSP Sponsor Orientation which is required to register.

Department of State Standardized Regulations (Educational Allowances): Learn about your DSSR Education Allowance for Souda Bay, Greece by going to https://www.state.gov/m/fsi/tc/31361.htm, so you will know if the schools listed below fall within your education allowance.

Academic Support
Contact your Education Specialist at ndsp.education.europe@eu.dodea.edu for additional questions surrounding education and education options and support. All enrollments and reimbursable expenses need to be pre-authorized, so get in touch with the NDSP before obligating funds for your child’s education.

Non English Speaking Schools
Enrollment in a non-English speaking school requires more steps than enrollment in an English speaking school. Families choosing an option where the language of instruction is not English may not be eligible for supplemental support for their children. Contact ndsp.
education.europe@eu.dodea.edu if you have specific questions. Our eligibility team and Education Specialist will reach out to you with the additional forms to complete once you have registered.

Exceptional Family Member Program (EFMP)
EFMP is a mandatory DOD enrollment program that works with DoDEA to provide educational services worldwide to U.S. military families with special needs. An official overseas screening conducted by the responsible Educational Specialist is mandatory for all DOD eligible dependents with special needs, civilian or military, prior to arriving at the NDSP site. An overseas screening can be called different things in each branch of the DOD; it may be called a Family Member Travel Screening or Family Determination Inquiry for example.

Contact your EFMP coordinator or human resource office to initiate the overseas screening or contact ndsp.education.europe@eu.dodea.edu for assistance. It is highly recommended that the student have recent (within six months) educational evaluations and an updated Individual Education Plan prior to the screening and for families to hand-carry all documents to their new school.

The NDSP Liaison for Souda Bay, Greece
Contact the local NDSP point of contact, Mr. Chris McKibbin, at Christopher.McKibbin@eu.dodea.edu for additional questions specific to the area.

Education Options
Theodoropoulos School: K-12
Language of instruction is English and they utilize the Calvert Curriculum. The students are separated by grade levels, but in some cases they have multi grade levels such as 3rd through 4th grade. For more information or to set up a tour, contact Mrs. Chara Tsoupaki at (+30) 6937-081204, Monday through Thursday, from 0900 to 1300, or e-mail: chtsoupaki@gmail.com

Mavromatakis-Mitera Private School: Pk-6th
http://www.mmschool.gr/en/
Language of Instruction is Greek. English is for two hours a week starting in kindergarten, adding additional time each year until reaching five hours a week in 6th grade. The school uses a combination of the Calvert Curriculum and an international school curriculum.

For more information or to set up a tour, contact Ms. Vilma Mavromatakis at (+30) 28210-52626, Monday through Friday, from 0800 to 1500, or email info@mmschool.gr

Home School or Virtual School
Find more information about this option at http://...
Boarding School
This option is open to students from 6th to 12th grade. Contact headquarters at ndsp.management@hq.dodea.edu to confirm enrollment eligibility.

Pets
Like in the States, most apartment complexes have a two-pet limit. This can be negotiated with landlord prior to signing a lease. By Greek law, there is no limit to the number of animals you can have if you reside in a house. For apartments, there may be a limit to no more than two pets. Remember you are responsible for the proper care and housing of your pets, and for PCSing them off the island with you when you leave. Greek law prohibits animal abandonment, which is punishable by a fine.

You may bring your pet to Crete with you on Air Mobility Command (AMC) flights you must be on PCS orders. Pet space is limited on all AMC flights, therefore pet spaces are booked on a first come, first served basis. Be sure to inform your personnel department that schedules your flight to Crete that you will be traveling with a pet. There is an excess baggage fee per pet based on the pet's weight. AMC will not ship any pet over 150 pounds (combined pet and carrier). Check with your local AMC terminal for any other restrictions prior to traveling. There is a limit of two pets for each family, dogs and cats only, and you must provide the proper documents and travel containers. For the AMC Pet Brochure, please go to:


If flying commercially, it's important to contact the airline on which you'll be traveling to Crete for its specific requirements for pet travel. Some airlines, for instance, require pet carriers have ventilation holes on all sides. Some require the bolts be turned upside down and screwed in from the top to ensure one does not accidently get loosed during travel. Traveling in the summer can be difficult due to heat restrictions and some airlines may not ship certain breeds (snub-nosed animals) during this time. So call your airline first to ensure they will transport pets, and then for their specific requirements and fees. You are responsible for all fees incurred in pet transport.

Be advised, you must make arrangements for boarding pets upon arrival, as few hotels allow for pets. Greece has a limited amount of boarding kennels, so booking must be made in advance. Your sponsor will be beneficial in assisting in this matter by making your hotel reservation in pet-friendly hotels, if available.

There is no quarantine period in Crete, but you will be required to have a current ISO standard 11784 or 11785 microchip and original (current) rabies certificate signed by your veterinarian. All pets (dogs and cats) must have a rabies certificate, dated within six months of CONUS departure date. A health certificate is also required that certifies the pet is in good health and free from infectious disease, not more than six days before arrival or departure. The certificate must be validated by the appropriate medical authority in the country, where the travel begins.
Animals traveling to Crete should have EITHER:
- a clearly readable tattoo, or
- an electronic identification system* (transponder).

*The microchip must be implanted prior to the rabies vaccination. For animals older than 16 weeks of age, 21 days must elapse from the date of the primary rabies vaccination. You will also need a bilingual health certificate. Forms are available through your military Veterinary Treatment Facility or civilian USDA veterinarian. This certification is good for only 10 days from the date of examination and must be certified by an official USDA civilian veterinarian or military veterinarian. Make several copies of this form when complete. One should be taped to the outside of the travel kennel and one should stay with the animal’s health record.

Take note: Leishmaniosis, a parasite which can be deadly to dogs, exists in Crete and all Mediterranean countries. The only way to protect against this disease is to avoid sandflies through effective insecticides such as prescription topical (Advantix II) or collars (Scalibor). This disease is treatable, but not curable.

If your pet is geriatric or requires special treatment, it is recommended that you not bring him/her to Crete. Special diagnostic facilities are not available. If your pet has a special health problem, have your sponsor contact a local veterinary clinic to determine if requisite medical care might be available.

Birds are prohibited.

When you are ready to return to the States and you are taking a pet (or pets) with you, a good source for pet export information is the local and state veterinarian specialists here in Souda. But it is advisable to have some knowledge of your next state (or country) of residence specific requirements. Go to the United States Department of Agriculture (USDA) site at http://www.aphis.usda.gov/wps/portal/aphis/home; follow the below directions to navigate your next state (or country) of residence’s requirements.

At the bottom of the Home page, under ‘Our Focus’ click on the ‘Animal Health’ link. Then click on the large red ‘EXPORT’ icon, in the middle of the page. Under the ‘Export Requirements for …’ header, click on ‘Pets’ (highlighted in blue). Under ‘Bring your pet into the United States from a foreign country (Import)’ select from the pull down menu ‘Choose an animal’ the type animal(s) you are exporting from Greece. You’ll be taken to another page where you select the state you’re traveling to under the ‘State Information’ header. Select your state from the pulldown menu. You will be taken to that state’s Department of Agriculture and Consumer Services / Health and Human Services / or similar page.

**Base Access**

The NSA Souda Bay is located on the Hellenic (Greek) Air Force Base, and requires that base access be granted through the Visitor Control Center (VCC). The VCC handles all base access requests and the following services: Identification badges, USAFE drivers permit issuance and base vehicle permits. VCC is open 0800 to 1330, Monday through Friday, (except American and Greek holidays).

Telephone: DSN 266-1266 or 266-1579

If you are arriving via commercial flight or ferry, it is absolutely essential that you inform your sponsor of your arrival date so that base access can be arranged for you in advance. If you arrive via AMC flight, base access in advance of your arrival is NOT necessary as you will complete a base access form when you arrive at the terminal.

You WILL NOT be able to get onto the installation without approved base access.
The Personal Property Shipping Office (PPSO) is located in Bldg. 5, Supply Department, Room 14. Customer service hours are from 0800 to 1500, Monday through Friday.

Upon your arrival to NSA Souda Bay, check in with the PPSO to track or set up delivery of your shipment/s. Be prepared to provide a copy of your orders, shipment inventory and any other shipping document you may have.

**Weight Restrictions**

NSA Souda Bay is a weight-restricted tour of duty for most Navy personnel. Personnel authorized command-sponsored dependents are authorized to ship their full weight allowance. Members in pay grades E-5 and above on an unaccompanied tour are authorized to ship 2,500 pounds of household goods or 25 percent of full weight allowance, whichever is greater. Members in pay grades E-1 through E-4 are only authorized to ship unaccompanied baggage shipment up to 600 pounds.

Air Force personnel are authorized the same weight allowance per pay grade as the Navy. See the Air Force Personnel section for more information.

DOD civilians are generally authorized 18,000 pounds for HHG shipments.

**Greek Customs**

The Greek government is strict on the importation and exportation of controlled items. Controlled items include, but are not limited to, electrical and electronic items, cameras, watches, bicycles, metal detectors, televisions, DVD players, stereo equipment, appliances and scuba equipment. Military personnel and their authorized sponsored dependents are authorized free entry (no customs duty levied) in to Greece for all personal property for use by them or their family, for the duration of their stay in Greece. These items must be identified by type of item, model number and serial number on your HHG/UB inventory sheet for shipment to Greece.

Items shipped into Greece must be shipped out - annotated on the HHG/UB inventory sheet - to avoid customs duties.

Should an item be sold within Greece to a person not having the free entry privilege, the duty must be paid. These customs regulations apply to items if purchased duty free, i.e. bought in the Navy Exchange or through the mail.

Authorized members can request a VAT-exempt form for items worth more than $70 bought on the local economy. There are time constraints to use a VAT-exempt form and a copy of that form will be retained by the Customs office until the member PCSs. Items purchased using the VAT-exempt form must be identified on the HHG inventory as a separate line time and must be in the shipment leaving the country.

Contact the Customs Office for specific and up-to-date information concerning controlled items, VAT-exempt forms and the appropriate disposal of a controlled item.

*NOTE* Commercial Off-the-Shelf (COTS) wireless devices such as cordless phones, wireless routers, walkie talkies, drones, etc sold in the U.S. are not approved for use within European Union (EU) countries. U.S. COTS wireless devices have potential to cause frequency interference within the host nation. Devices causing interference can be confiscated by local authorities without reimbursement or return to the member. Member strongly encouraged not to ship US COTS wireless devices into EU unless items are specifically stamped with European Conformity Seal of Approval. Be aware even with approval, item(s) may not be authorized for use onbase as every country has variations in their frequency apportionments.

*NOTE* By direction of the NSA Souda Bay Commanding Officer, members are not authorized to bring firearms of any kind in to Greece.
Non-Temporary Storage

Orders to any overseas duty station may entitle you to NTS at government expense for the duration of the overseas tour. Although full JTR allowance is authorized for accompanied military and civilian personnel, NTS should be used to the maximum extent possible. On-base accompanied government quarters are unavailable. Most off-base commercial dwellings are small and may not have an on-site storage area. Excess and/or large furniture should be placed in NTS due to space restrictions; large appliances should also be placed in NTS as the Housing Loaner Furniture supplies these items and large 110 appliances are not compatible with European current.

The size of homes and apartments are smaller than U.S. standards and consequently will not accommodate the large quantity of furnishings. Make arrangements before you ship your personal property to dispose of unwanted items and place anything not being shipped in storage. Consideration should be given to storing items of great sentimental value or items of high value that are unnecessary to have during an overseas tour.

Contact the Personal Property Shipping Office for more information on storage provided by the government during an overseas tour.

To start or submit an application for your move, visit www.move.mil. Step by step guidance can be found at www.navsup.navy.mil/household/dps.

What Should I Bring?

The following suggestions pertain to individual types of household appliances and fixtures. Contact your sponsor if your specific questions are not answered here.

**Beds and mattresses:** If you have them, bring them. Beds and mattresses are not available at the Navy Exchange. Beds and mattresses are available on the economy but are different sizes than American beds.

**Rugs:** Floors in Greece are mostly hard tile, wood and/or marble so consider bringing carpets or area rugs. If you don’t already have rugs, you may want to buy a few inexpensive room-size carpets. A wide variety of rugs can be found on the economy here in Crete.

**Desks, dressers and other storage:** Most bedrooms have built-in closets with shelving so you may not want to bring your tall or long dressers. Small tables, desks, and storage chests are recommended.

**Small Electrical Appliances:** Generally speaking, small electrical appliances may be dual voltage or can be used with a transformer. Items with 220 volts are available on the economy.

**Electrical Clocks:** These are not practical because they will not keep accurate time due to the 50 cycle current. The hands travel five sixths of an hour every 60 minutes. Wind-up or battery powered clocks are your best bet.

**Televisions:** US televisions can be used with a transformer; however, they will not be able to receive Greek television signals. Greek television is transmitted in SECAM/PAL and the American TVs are only set up for NTSC. Multi-system televisions are available for purchase through the Military Exchange System or purchased locally from other military or civilian members leaving the area. Greek television transmits EURONEW, the BBC and CNN International, as well as American movies and many stateside sitcoms in English with Greek subtitles.

**Uniforms/Clothing:** A complete seabag is required (to include ribbons and medals) for all military personnel. Be advised that not all uniform items and accessories are available in the NEX Uniform Shop. If you anticipate being advanced during your tour, recommend bringing extra crows, hashmarks, etc. More than likely you’ll have an opportunity to wear all of your uniforms during the course of the year. The change to summer and winter uniforms normally takes place in May and November.

In planning your civilian clothes, keep in mind that the climate varies from hot (90 to 100+ degrees) in the summer, to cold and rainy in the winter (40 to 60 degrees). Home heating is not as convenient or economical as in the U.S., so bring warm clothes. Civilian dress is normally casual, but you will find it to your advantage to bring a coat and tie, or female equivalent, for special occasions. The NEX has a very limited selection of clothes and, depending on your taste, could be expensive on the local economy.

Europeans tend to dress more formally than Americans. Our host country nationals expect us to dress like Americans, but extremely informal clothing reflects poor taste on our part. If in doubt as to what to wear, the safest rule is to ‘overdress’, and you will fit right into any situation.
After arriving to NSA Souda Bay, part of your check-in will include attending a mandatory five-day Indoc course. Included in the instruction is information on Greek customs/culture, a tour of Chania, base and installation mission, operations, regulations and programs, as well as security and Navy Rights & Responsibilities training. All personnel will be responsible for completing a check-in sheet, which will guide personnel to the necessary locations to ensure all procedures are complete.

Assignment Policy

New Combined Bachelors Quarters were constructed in 1996, 1998 and 2001 with housing priority given to E-4 and below personnel. With very few exceptions, all E-4 and below are required to live in the CBQ.

If BEQ quarters are not available for a member upon arrival, your sponsor will make arrangements for hotel accommodations. You will be lodged at an authorized hotel in the area, approximately 7 to 10 miles from base, usually near a base bus route. Most local hotels accept payment by credit card (VISA, MasterCard), Euro or U.S. dollars. You will be entitled to Temporary Lodging Allowance for at least 30 days, but not to exceed 60 days while waiting adequate on-base billeting or until you locate off-base housing. Unless required to reside off-base until government quarters are available, E-4 and below personnel will not be authorized TLA.

Housing Contact Information

Our award-winning 2013 Outstanding Housing Installation Team will assist with the selection of your home here in Crete, and help with any housing issues.

Housing Service Center
Bldg. 49
U.S. Naval Support Activity, Crete, Greece
PSC 814 Box 12
FPO AE 09865-0061

COM: (+30) 28210-21920/21685/21290/21218
DSN: 266-1920/1620
Hours of Operation:
Monday, Tuesday, & Thursday: 0730-1600
Wednesday: 1200-1600
Friday: 0730-1500

Unaccompanied Personnel Housing/Navy Gateway Inns & Suites
COM: (+30) 28210-21601/1632
DSN: 266-1601/1632

The following services are available through the Housing Office:
- House-hunting trips
- Lease negotiation
- Translation services
- Mediation of landlord-tenant disputes
- Assistance in arranging for utility contracts and ongoing liaison with utility companies
- Temporary Loaner Furniture & Full Tour Loaner Furnishings

Navy Gateways Inns & Suites

Your sponsor can make these reservations for you, if required. If there is not a room available at NGIS, you will be provided a Certificate of Non-Availability allowing authorization to make alternative reservations in an approved local temporary lodging facility.

Your sponsor can make your reservations, if needed. The sponsor must contact Navy Gateways Inns & Suites (NGIS) first to check for availability. If there is no availability, you will be provided a Certificate of Non-Availability (CNA) to allow you or your sponsor to make alternative accommodations for a hotel out in the local economy. A CNA will be required prior to securing reservations at local economy hotels. Failure to abide by this rule could result in no-payment or reduced payment of temporary lodging cost.
NOTE: CNAs cannot be back dated. NSA Souda Bay NGIS accepts pets on a limited basis. You must contact NGIS directly for availability if traveling with pets. Having pets will not automatically qualify you for off-base lodging.

NGIS Contact Information
COM: (+30) 28210-21601/1602
DSN: 266-1601/1602

COM: (+30) 28210-21193
DSN: 266-1193

DOD Civilian Personnel (CIVPERS): Housing personnel will assist you with locating a home in the local community. CIVPERS are authorized up to 90 days of Temporary Quarters Subsistence Allowance. It's important you communicate with your sponsor as quickly as possible upon receipt of orders. Your sponsor must know if you will be accompanied or unaccompanied, the size of your family, if you are bringing pets, etc. Answers to these questions will help him/her make appropriate advance reservations for accommodation.

Following Indoc class, you will begin an aggressive search for permanent housing. You should have a lease contract and a move-in appointment set sometime between 30 to 45 of collecting TQSA. After arranging for utilities, loaner furniture and/or HHG deliveries, expect to move in between three to five days of signing the lease.

Hotel accommodations can be made at either the NGIS or a hotel on the economy. While in a transient status, keep your receipts for hotel bills, meal receipts, dry cleaning, and other expenses. These receipts will be required when you file your reimbursement documentation. Taxi fares to and from the hotel and work and auto rentals are not reimbursable. Check in with the Human Resource Office immediately upon arrival to be briefed on both TQSA and Living Quarters Allowance entitlements. LQA is the allowance members receive to maintain a household off base.

Economy Housing (E-5 and Above)

E5 and above personnel will need to have approximately $2,500 to $5,000 on hand, depending on pay grade and rent costs. This is to ensure you won’t have to go in debt or worry about dependent pay, which will take about two weeks to get on line after your arrival. Once your lease is signed by Housing and processed by CSD, appropriate allowances will begin and your pay will settle. Move-in costs are typically 1st months’ rent, security deposit (usually equal to one month rent) and deposit for utilities (approximately 130 Euros).

Upon arrival to NSA Souda Bay, if you think some financial issues may arise from the initial expenditures, inform your LCPO who will liaison with Admin to assist, as necessary. Bottom line: Communicate with your sponsor!

The NSA Housing Office maintains a current list of apartments and houses available for rent in the local area, or you can got to homes.mil for a look at the listings as well. A housing run, on a first come, first served sign-up basis, is conducted for personnel interested in seeing rental units available. Housing will assist with your Greek/American housing lease. You can also get a realtor, and get reimbursed for the fee. A supply of U.S. government furniture and appliances are available for sign out for temporary use or for the length of your tour.

Rental housing on the local economy is readily available. The floors are usually marble or ceramic tiles with no rugs. Curtains or blinds are not automatically included unless the apartment is furnished. Some partially-furnished local housing is available and is considered reasonable with rent ranging from 650 to 1,000 Euro per month. E-5 and above personnel living off-base should plan to bring everything in the way of housewares such as kitchen items, rugs, sheets, towels, curtains, and 200v 50/60 cycle countertop small...
The tap water on Crete is tested regularly by the NSA Souda Bay Environmental Department and Branch Medical Clinic.

The installation purchases water from the Chania Water Authority, who provides for testing and quality control.

The tap water on Crete is fit for human consumption. For further information you can read a copy of the annual water quality report at http://www.cnic.navy.mil/regions/cnreurafswa/installations/nsa_souda_bay/om/environmental_support.html
appliances. These items can be included in your UB shipment. Linen, glassware, kitchen utensils, dishes, etc., are available on the local economy but are generally more expensive. Household items are available in the NEX.

Members checking on board and eligible for off base housing shall check in with the base Housing Referral Office as soon as possible upon their arrival. Housing has binders of housing available for immediate occupancy. Additionally, all available homes can be found online at www.homes.mil. Members will select the properties they want to visit. When you've made your final decision, Housing agents will assist with establishing both the lease and setting up utilities. Once the lease is established, Housing will fill out an Overseas Housing Allowance form for the member to take to CSD so entitlement can start as soon as possible.

Once you sign a lease for a Greek home, you will find it hard to break. Greek law requires you to notify your landlord one month in advance of breaking the lease unless you are moving into government quarters or PCSing early. The contract is a binding, legal agreement and is not easily revoked without proper justification.

Homes in Greece are different from those stateside. There are apartments, in-villas (generally two floors of a house) and villas (single homes within a fenced perimeter), and are smaller than homes/apartments in the U.S. Therefore, you should carefully limit the total weight and items being shipped. For example Greek bedrooms are smaller than American standards and most bedrooms have built-in cabinetry. Do not ship American appliances as most homes have them, they’re available from the Loaner Locker and/or the 110v appliances will not work in Greece.

You can do a little research. It is helpful if your sponsor drives you around to see the different areas. If you find a house on your own, provide Housing the landlord’s name, phone number and address of the home. The landlord will need to contact housing and follow up with the required inspections and negotiate the rent based on fair market rents. Then, an appointment will be made with the landlord, housing representative, and the member to sign the lease contract. Housing agents are bilingual, and are familiar with Greek Real Estate customs and laws. Throughout the process if you are uncertain about anything, ask questions.

At the time of the contract signing, you must bring two month’s rent in Euro -- one month’s rent is a security deposit against damages and the other is your first month’s rent. The security deposit will be returned to you, less any amounts deducted for damages when the lease is terminated. In the event that a house does not meet with the standards set forth by Housing and Security, a waiver will be required acknowledging the limitations of services available by the Housing Office.

All properties listed with Housing have electric split unit AC/Heating and/or fuel oil heating. It's highly recommended if you look for housing on your own that you do not discuss or commit to a rental price. In most cases, this may end up being higher than the fair market rental costs Housing agents may be able to negotiate.

**Helpful Housing Tips**

**Utilities:** Utilities are rarely included in the rent. Apartments may have a ‘condominium fee’ in addition to the monthly rent to cover janitorial services, the lighting and cleaning of common areas, garbage pick-up, etc. This fee varies with the type of complex. Landlords are also permitted to raise the rent on an annual basis, although many landlords do not do this.

**Telephones:** OTE is the only company that offers landline service throughout the Crete territory. Landlords are responsible for setting up the internet and phone service. Tenants are responsible for reimbursing the landlord.

Telephone calls are calculated on the following factors: length of call, distance, and the time and day that the calls are placed. Telephone calls from your home phone to cell phones can be very expensive.

*NOTE* In addition to phone service fees, your bill will include a charge for the units you have used during the billing period. A unit does not represent a single phone call but rather it is a mix of distance called and time called. Calls to cellular phones may cost more than making international calls, depending on the time...
of day they are made. Reduced rates are available on weekends depending upon the OTE package plan selected by the customer. You will need to provide your own phone.

**Electricity:** Electricity in Crete is expensive. Local electricity is 220 volts, single phase, 50 cycle. Step-down transformers are a must for use with U.S. 110v and 60 cycle appliances. Transformers are usually available from the Household Furniture Loan warehouse. Adapters for Greek-type plugs must be used and are sold at the NEXMART. With the exception of electrical clocks and other items not geared for 50-cycle power, most U.S. small appliances may be safely operated with a transformer. Lamps not plugged into a transformer, require 220-volt light bulbs, available locally.

All Greek electricity is 220 volts, 50 cycles. An important point to remember is that heat generated by a 60 Hz motor operating on 50 Hz can be a safety hazard. Electric supply is measured in kilowatts. Depending on the size of your dwelling, the number of water heaters, your family's size, your usage patterns and the number of electric appliances you operate, the number of available kilowatts you need will vary. The Housing Department will assist you in determining your needs. But keep in mind electricity is expensive in Greece!

The DEH (the Greek Electric company) sends electricity bills every two months, but reads your meter approximately three times a year, depending on the location of the property. In between readings, DEH will send you estimated bills, based on historical patterns of usage for your rental property. This practice may result in a high bill when the actual reading takes place by DEH when the reading is above the amount estimated. Housing will document your initial DEH meter reading and recommends you perform a meter reading monthly on your own and provide it to the Housing for review and documentation. This practice shall prevent you from receiving bills that you may have difficulty paying. You should learn to estimate your own usage and set aside sufficient funds.

**Heating/AC:** If you select a house or an apartment with an electric split unit system only, this will result in higher electric bills. It is recommended to set your thermostat at a reasonable temperature to shut off when the sun is out and when you are not home.

**Water:** The water contract remains under the name of the landlord at all times. The cost of water is subject to variation on the basis of housing areas, cubic meter consumption and price of water established by the supply company. When you are asked to pay a water bill, recommend asking for a copy of the bill for Housing to ensure you reimburse the landlord the correct amount.

**Loaner Furniture**

Loaner furniture is available at no cost. However, only those individuals living off base and authorized a HHG shipment are authorized to use this program. It's against the Housing policy to give out loaner furniture for use in offices or barracks rooms.

Individuals are responsible for the care of the loaner property. Any broken, torn, or misused furniture will be the responsibility of the person to whom it was issued to.

The following is page has a list of available loaner furniture. Not all items may be available at time of check-in, and individuals are limited to the number of items they can check out.

NSA Souda Bay's Loaner Furnishings Program is open to all military and DOD civilian personnel on PCS orders. Personnel are eligible to receive temporary loaner furniture, as well as full-tour packages. To be eligible, members must have a signed housing lease.

Although stock levels are sufficient to meet the demand, members are urged to request only those items
actually needed to complete the household. Members will be placed on a waiting list for items not available at the time of their request. The list will be prioritized by the date the lease was signed, but follow-up is the member’s responsibility.

The furniture section needs five working days’ notice to schedule furniture delivery or pick up. Cancellation of a scheduled delivery, service call, or pick up requires at least one working day notice, or you may be charged for the service. Charges for missed appointments or canceled appointments without proper notification range from $45 to $170. The variations in the prices are related to the various types of moves - light or heavy weight furniture; and loaner or full tour furniture.

Many of the items are not new, but scratches or dents are not grounds for refusal of the item. Damages to the items should be noted on the delivery receipt to avoid being charged for prior damages. To schedule delivery, pick up or service calls, contact the Housing Office at DSN: 266-1920.

**Furnishing Items Available:**

In addition to the 90-day Temporary Loan Program, there is also a Full Tour Appliances/Furniture Program designed to get you started in your new house or apartment. Some items, sizes, and quantities vary between the family and bachelor programs. Check with the Housing for more details.

The following items are allowed one per household: stove, refrigerator, freezer, microwave, dehumidifier, fan and washing machine and clothes dryer.

Transformers included in a full set are, one each: 1,500 watt, 1,000 watt, and 500 watt. Additional transformers may be authorized and are also available for purchase at the NEX.

Smoke, and carbon monoxide detectors are available - two per household.

AFN Decoder, when available, can be obtained from the warehouse. They are also available for purchase at the NEX. Installation, all required material and service calls are at the expense of the member. *Note* Satellites will only work with a multi-system television.

**Allowances**

**Temporary Lodging Allowance**

TLA is paid in 10-day increments while awaiting the assignment to permanent housing. It covers the cost of lodging, meals and incidental expenses. The maximum number of days for TLA is 60, starting the day the member reports for duty or date first family member arrives -- if approved by BUPERS to travel prior to the sponsor.

All members on accompanied and unaccompanied tours are eligible until permanent housing is secured. TLA can be terminated if adequate permanent housing is declined. Normally E-4 and below personnel are directly assigned to barracks and would only receive TLA if barrack space was not available. TLA is completed at Housing then processed by CSD for payment. To be eligible for the full payment of TLA, accompanied personnel must make arrangements for lodging/hotel accommodation at the NGIS or a hotel on the economy. Unaccompanied military personnel must make arrangements at the NGIS. A Certificate of Non-Availability should be obtained before making arrangements for economy hotel accommodations.

**Overseas Housing Allowance**

OHA is authorized to assist a member in defraying the excess housing costs incurred when assigned to an overseas duty station. Members authorized to live in private rental housing are entitled to OHA. OHA is in place to assist in paying for housing costs to include rent, utilities and recurring maintenance expenses.
OHA consists of two parts: the rent portion, and the utility and recurring maintenance portion.

The rent portion of OHA is computed on your actual rent up to a maximum based on your rank and whether you are accompanied or unaccompanied. You are not limited by the rental ceilings. If your rent is above the ceiling, you pay the difference out of your base pay. If your rent is less than the ceiling, your allowance will only include the amount you actually pay.

The utility portion of OHA is added to the rent portion to help pay for utilities and recurring maintenance costs. The amount of OHA received fluctuates with the dollar/euro exchange rate.

The utility and recurring maintenance portion of your OHA is also adjusted as a result of the annual OHA Utility Survey. It is important to maintain complete records of your rent and utility payments. Keep a file with all of your receipts and a notebook to record all your expenses for repairing and maintaining your house or apartment.

To obtain up-to-date information on your rental ceiling and OHA entitlement go to Defense Travel Management Office, the NSA Souda Bay code is GR001. OHA documentation - DD Form 2367 - is completed at Housing once a lease has been signed and is then processed at CSD for payment.

*Note – Dollar/Euro Tip* Because many of these allowances fluctuate as the dollar/euro exchange rate fluctuates, your paychecks will vary quite often. You should keep track of all these things and watch your leave and earnings statements carefully for errors. Also, when planning your budget, do not count on a particular dollar figure each paycheck. It is more prudent to plan on needing a certain amount of euro each month and buying that amount; that way, the number of dollars left over after buying the euro should be roughly the same. Also, keep a notebook and enter every purchase you make for your home and all purchases you make on the economy. That way, when it is time for the annual allowance surveys, you have accurate figures.

Moving In Housing Allowance

MIHA is a one-time payment to defray the costs for items not provided for in off-base housing. Because of many additions to permanent loaner furniture (i.e., washers, dryers, stoves, power transformers), MIHA has been reduced by almost half. Double-check the amount you are authorized.

What about allowances for civilians?

U.S. civil service employees recruited in the U.S. to work abroad are generally eligible to receive several overseas allowances. TQSA is authorized for the reasonable cost of temporary quarters incurred by the employee and his/her family for a period up to three months upon arrival or for a period ending the occupation of residence quarters, whichever is shorter.

LQA is authorized to cover the cost of renting a home on the economy. LQA payment is intended to cover the average cost of rent, electricity, gas, fuel, and water up to the applicable maximum rate. Maximum rates vary by costs, by employee grade level, and by family size. Post Allowance is authorized when the cost of living in the foreign area is significantly higher than in Washington DC. Contact HRO or your personnel office for further information.

Visit the Finance Payroll Office located on the second deck of Building 2 as part of your check-in process to ensure your automatic payroll deductions like state taxes and TSP allotments are not interrupted.
Automobiles and Motorcycles

Taxis are available, but a car may be a necessity depending on your circumstances. Rental vehicles are available but prices will vary, as will availability, according to season. Shipment of a privately owned vehicle is authorized and encouraged for all personnel on a 12-month or longer tour. You are advised to ship your POV as early as possible due to the long transit time from the U.S. to Greece and the short length of your tour. Navy members should ship their vehicles before they depart from the old duty station. You must have at least 12 months to be served at NSA Souda Bay at the time the POV is delivered to the Vehicle Processing Center (VPC) in CONUS.

Shipping Your POV

Unaccompanied members assigned to NSA Souda Bay are authorized one POV on their Greek Customs records at government expense. However, if you serve an accompanied tour you are authorized to import a second vehicle free of duty taxes at your own expense. If you ship a vehicle at your own expense you must arrange customs clearance at the port of entry through a customs broker. The port of entry is Piraeus and is located in mainland Greece so you will also have to transport your vehicle to the island of Crete by ferry. Be aware that Greek law often does not recognize the concept of marital property, so make sure that your car, and any other property you are shipping to Greece, is titled in your name and not in your spouse’s name.

Upon your arrival, check-in with the Quality of Life Vehicle Processing Center in Personal Property Shipping Office to initiate the POV pick-up process.

You must possess a valid state driver’s license, paper vehicle title, vehicle registration and insurance valid in Greece, at the time your vehicle arrives at port of entry. The Greek Customs House will not currently accept a copy of your electronic title as proof of ownership and will not release your vehicle to you until you produce a hard copy of your actual vehicle title. If there is still a loan due on the vehicle you have the request the bank to issue a paper title prior to the departure from the old duty station. If you don’t have any one of these documents, your vehicle will be held by Greek customs at the port of entry.

Current minimum insurance coverage is required for vehicles (100,000 Euros for property damage and 500,000 Euros for bodily injury). Customs fee for clearing your vehicle through Greek Customs (locally) is 30 euro. If your car arrives before you do, it will be held at the port of entry for maximum 45 days.

The government of Greece considers motorcycles, mopeds, and mini-bikes to be privately owned vehicles.
(POV’s). Ensure that your importation of any of these is shipped as a POV. You can send your motorcycle in your household goods shipment, but get permission first. Greek authorities carefully screen all unaccompanied baggage shipments and/or household goods shipments prior to granting customs clearance.

If you plan to ship a motorcycle, moped or mini-bike, a valid state license with motorcycle endorsement and successful completion of current Motorcycle Safety Foundation training (MSF) is required (military and civilian). Classes may not always be available at NSA Souda Bay, so it is in the riders best interest to get trained in the states. Contact the NSA Souda Bay Safety office for specifics. Additionally, only one POV per sponsored member is authorized while attached.

Contact Information:
The Quality of Life Vehicle Processing Center
FLCSI Souda Bay
PPSO, Bldg. 5, Room 14
COM: (+30)28210-21521
DSN: (314) 266-1521

Email Mr. Lendwood Williams with POV shipment questions at Lendwood.Williams.ctr@eu.navy.mil or PPSO at ppso-souda@eu.navy.mil

Vehicle Registration
All permanent party, tenant command and retired personnel must complete a “Local Hazards” class, and pass a written “Driving in Crete” test, provided by Safety in order to operate a motor vehicle on or off base. A valid state driver’s license is also required in order to register your vehicle and drive on Crete. The Local Hazards course is offered during Indoc week.

Immediately upon receipt of your vehicle it must be registered with the VCC. You must show all customs documentation, proof of insurance, and a valid U.S. driver’s license. As part of your vehicle registration you will be issued a vehicle registration document that must remain with the vehicle. Two license plates are issued for placement on the front and back of the vehicle.

Greek law requires each automobile to be equipped with a first aid kit, a safety triangle, and a fire extinguisher which are available at the NEX. As in the U.S., seat belts are mandatory for all cars driven in Greece. A complete vehicle safety inspection of the POV is required which can be done at the installation Auto Hobby Shop. There are no host country vehicle licensing requirements.

Driver’s License
Anyone desiring to drive in Greece must have a current state driver’s license. Check with your local Department of Motor Vehicles prior to leaving for Crete, as each state has different requirements for renewing your license from overseas.

Motorcycle Training
Authorization to ride a motorcycle requires the Basic Ride Course (BRC) training Level I. Level II training is required 60 days after successful completion of the Level I course. Level III training is required every three years. Training level I, II and III are currently offered through the installation Safety Office. Classes are scheduled depending on demand. All Terrain Vehicles (ATV), are available for rental on the local economy, but come with great risks. Many ATVs are licensed for highway use, and several fatalities can be traced to inexperienced ATV drivers. NSA Souda Bay requires all personnel to have the Specialty Vehicle Institute of America (SVIA) http://www.svia.org/#/ driving training prior to operation of ATVs OCONUS.

All motorcycle riders (military and civilian) transferring to NSA Souda Bay are required to be current on their Motorcycle Safety Foundation training prior to shipping a motorcycle. Classes may not always be available at NSA Souda Bay, so it is in the riders best interest to get trained in the states. Contact Safety office for specifics.

Contact Information
NSA Souda Bay Safety
Bldg. 58, Room 19
Monday – Friday, 0600 – 1600
DSN: 266-1527

Gasoline and Oil
Gasoline and oil are available to DOD personnel in
Greece on a tax-free basis which amounts to a substantial discount from the local market. POV gasoline tokens for are sold at the NEX. The POV must be registered at VCC prior to purchasing a gas token.

Gas tokens purchased at the NEX are used like a debit card at the installation gas pumps. Money can be added on as needed at the NEX Customer Service Counter. Diesel and Unleaded gas is available on base, so it is not mandatory that you remove your catalytic converter. Leaded, unleaded, and diesel fuel is available on the economy but at about double the cost on base.

**Spare Parts**

Try to anticipate car repair and maintenance requirements, bring spare parts such as belts, hoses, light bulbs, and filters. It is also strongly encouraged that you bring a repair manual for your car. Parts may now be ordered through the NEX with about a two-week delivery time, and some repair manuals are available in the base library. It is suggested you have your sponsor check on availability of both for your particular make and model of car. Automatic transmissions are not common in Greece and may present repair problems when they malfunction.

**Purchasing, Selling & Scrapping**

Upon departure from NSA Souda Bay, your tax-free vehicle must be disposed of prior to your transfer. The vehicle may be disposed of in one of three ways:

- Ship the vehicle out of Greece,
- Sell the vehicle to another person eligible for tax-free registration
- Transfer the vehicle to Greek Customs House for salvaging.

**Vehicle Rental**

Vehicle rental is available on the installation and out in town. If you rent a car while you are waiting for your POV to arrive, you may obtain tax-free gas for the rental; just produce your rental contract for the vehicle along with your military ID card at the NEX counter when applying for your gas token. When your POV arrives, you must update the vehicle information. Not doing so will disable your account and prevent future gasoline purchases.

**Rules of the Road**

Greek traffic laws are far stricter on drunken driving than U.S. laws. Blood Alcohol Concentrations (BAC) are measured differently in Greece, but driving with the U.S. equivalent of .05 BAC can result in a DUI charge in Greece, with more significant penalties corresponding to higher BAC levels.

NSA Souda Bay Security runs a no fault taxi program called Tipsy Taxi to limit intoxicated vehicle operators. If you have had too much to drink, leave your vehicle and take a taxi. If you don’t have money, security will pay the fare and you reimburse Security as soon as possible.

You may notice driving habits are considerably different from those in the U.S. Apply your defensive skills at all times. Watch for drivers passing you with oncoming traffic and on blind curves. Watch for slow moving tractors, large trucks taking the entire road, mopeds, bicycles, motorcycles, or animal carts. Roads in Crete can be very narrow, large American cars and trucks are not very well suited for driving, and you will find very few parking spots large enough to accommodate trucks, SUVs, or even mid-size sedans.

Stay out of the left lane unless you are passing. During the day drivers show intent to pass by sounding the horn. At night they may flash their headlights, honk or both. Don’t panic when they do this, and remember to show the same courtesies.

Sheep, goats, and yes, even olive trees have ‘right of way’ on roads, or wherever they are. If you damage or injure a tree or an animal, you will likely have to pay the owner the value of the item/animal and all of its
potential value. So, if you crash into an olive tree you have to pay for the tree and all of the olives it would have made in its lifetime. As olive trees can live for more than a thousand years, that can add up to a lot of olives and consequently a lot of money! If you hit a goat, you have to pay for that goat and its entire potential offspring. Simply put, drive very carefully.

Watch for potholes, rocks on the road, and roads with little or no shoulders and abrupt cliffs. Local insurance doesn't cover vehicle undercarriage.

Seat belts are required. Wear them at all times, not just on the installation. The speed limit on the installation is 15 mph or 25 kph. Off base it is posted, so pay attention.

Don't be surprised to see local university students hitchhike as a means of transportation. It's recommended to not pick up hitchhikers.

The use of cell phones while driving is not permitted unless the driver is using a speaker phone or an earpiece.

Traffic Tickets

During your tour in Greece you may receive a traffic ticket. The police usually issue them on the spot, but your plate number could be taken and a ticket mailed to you at a later date. If a Greek police officer issues you a ticket, don't be disrespectful. There may be a communication gap and you may not understand why the ticket is being issued. If this occurs, just accept the ticket and bring it to the security department for clarification.

Vehicle Accidents

If you are involved in any vehicle accident, call Security as soon as possible. Even if it is minor, report it. They will assist with language interpretation and can help you navigate the Greek investigative and legal proceedings if applicable.

If you are the driver of a vehicle involved in an accident that causes injury or death to another, criminal charges may be initiated against you. A traffic accident with injuries is an automatic misdemeanor requiring six months to five years in Greek prison. Prompt notification of the security department is essential to the protection of your rights.

Remember people can get very angry or excited in all types of accident situations and keep your cool.

Contact Information

COM: (+30) 28210-66200
Emergency Extensions: 1117 or 1116
Non-Emergencies: 1272
Aris Tsagarakis

MWR Personal Trainer

Certifications

- Personal Training/Fitness Specialist (The Cooper Institute)
- Command Fitness Leader (CFL) Instructor
- Navy Operational Fitness & Fueling Series (NOFFS) Instructor
- Total Body Resistance Exercise (TRX) Instructor
- Advance Training For Muscular Endurance (The Cooper Institute)
- Navy Fitness Basic
- Navy Nutrition Now
- Youth Fitness

Sessions are 1-hour long and cost $15 each, first visit to include the PARFQ is FREE of charge
Reserve at Gear Issue.

"My goal is to motivate and educate my customers so they can improve their fitness levels and achieve their goals, while maintaining an enhanced health and well-being through my fitness passion!"
For your convenience numerous services are offered on the installation.

**Continuing Education**
The continuing education office located in building 49 where you can get assistance with registration, enrollment, and tuition assistance for approved schools. However, it's a no-test site; CLEP and Dante’s testing is not available. The closest test site is in Athens.

Office hours & contact information:
Monday - Friday: 0900 - 1600
COM: (+30) 28210-21285
DSN: 266-1285
Websites: [https://www.europe.umuc.edu/](https://www.europe.umuc.edu/) [http://www.ctcd.edu/locations/europe/](http://www.ctcd.edu/locations/europe/)

**Banking and Credit Cards**
Office hours & contact information:
Navy Federal Credit Union: DSN: 266-1446
Monday - Friday: 0830-1600
Greek General Bank: DSN: 266-1625
Monday - Thursday: 0800 - 1430

These are non-federal entities. They are not a part of the Department of Defense or any of its components and they have no governmental status.

It's also important to have an ATM/Debit card and/or a checking account and a supply of checks prior to your arrival. A cash branch office of Navy Federal Credit Union with an ATM and a local bank that exchanges U.S. to Euro and supplies a Euro ATM located next to the NFCU ATM.

Limited check cashing services are available at the NEX, MWR and Customer Service Detachment. Money orders can be purchased at the NEX and the Post Office on Tuesdays, Wednesdays and Thursdays. Most modern stores in Greece will accept VISA, MasterCard or American Express but it is recommended that you verify card acceptance before starting a purchase transaction.

The currency in Greece is the Euro (€). The currency exchange rate fluctuates like all foreign currencies but normally remains rather close to the U.S. dollar.

**Getting Around**
There are scheduled bus runs from Chania to other villages. Taxis are plentiful, but must generally be called by telephone.
NSA Souda Bay’s All Hands Club
The All Hands club offers free 24/7 wireless internet

Monday - Sunday: 0700 - 2130
COM: (+30) 28210-21289
DSN: 266-1289

MWR Admin Office
Located in Bldg 96
Monday - Friday: 0800 - 1600
COM: (+30) 28210-21496/21286
DSN: 266-1496/1286

MWR Movie Room
Equipped with a 70 inch LED TV, this is the place to see all the newly released & classic movies.
Monday - Friday
Showing at 1700
Saturday & Sunday
Showings at 1300 & 1600

ITT/Kriti Info
ITT/Kriti Info has information on shopping, restaurants, hotels, buses, taxis, local MWR trips and more.
Monday - Friday: 1000 - 1700
COM: (+30) 28210-21288/21433
DSN: 266-1288/1433

Liberty Center
Located between the Club Patio and Bldg 8. It’s a facility designed with the young Sailor in mind. Our Liberty Center is where you will find recreational opportunities for your off-duty time. Our facility is equipped with a variety of video games, poker & foosball tables, free wifi, a computer room with free printing services, a quiet room and a movie area.

Monday - Friday: 1100 - 2100
Saturday: 1300 - 2100
Sunday: 1130 - 1900
Holidays: 1130 - 1900
COM: (+30) 28210-21354
DSN: 266-1354
Souda Coffee Bar
Located in Bldg. 49
Offers a variety of specialty coffees and fruit drinks, sandwiches and baked goods.
Free wireless Internet available.
Monday - Friday: 0700 - 1400
COM: (+30) 28210-21292
DSN: 266-1292

MWR Library
Located in Bldg. 49
Offers free use of computers with Internet service, scanner, fax, copy machine, a paperback exchange and wireless internet.
Monday - Friday: 0900 - 1700
Saturday and Sunday: CLOSED
Comm. Phone: (+30) 28210-21491
DSN: 266-1491

SPA Tours
Located in Bldg. 49
SPA Tours can provide information and reservation services for commercial airline tickets, leisure car rental, hotel accommodations for Crete and other destinations.
Monday - Friday: 0900 - 1700
Saturday: 1100 - 1400
COM: (+30) 28210-21524/21291
DSN: 266-1524/21291

Barber & Beauty Shop
Located on the side of Bldg. 18
Monday - Friday: 1000 - 1800
Saturday: 1000 - 1400
Sunday: CLOSED
COM: (+30) 28210-21250

http://www.cnic.navy.mil/soudabay
Shipmates
Located in Bldg. 62
Shipmates is an all-hands facility with entertainment, gaming machines, pool tables, dart boards, T.V.’s, games and activities. Free wireless internet available.
Monday - Sunday: 1800 - 0100
COM: (+30) 28210-21495
DSN: 266-1495

Outdoor Recreation Center
Located in Bldg. 61
Offers rental of various outdoor recreation gear. OAC offers arrangements for caving, hiking, kayaking, rock climbing, biking trips, and other outings. Free wireless internet available.
Monday & Tuesday: 1000 - 1700
Thursday & Friday: 1000 - 1700
COM: (+30) 28210-21355
DSN: 266-1355

Fitness Center
Located in Bldg. 66
Base Athletic Facilities include: Fitness Center, indoor basketball court, volleyball/tennis/racquetball courts, softball & soccer fields, outdoor swimming pool, showers, locker rooms and co-ed sauna. The Fitness Center has cardio & weight equipment including Iron Man dumbbells. Free Wireless Internet is available.
Monday - Friday: 0500 - 2200
Saturday & Sunday: 0700 - 2200
COM: (+30) 28210-21443/21566
DSN: 266-1443/1566

Military Auto Source
Located to the right side Bldg. 18
Monday - Friday: 1000 - 1630
Saturday: 1000 - 1200
DSN: 266-1494
**The NEX Main Store**

NEX main store carries a good selection of products including electronics, household goods, uniform items and clothing. Services offered in our Main Store include: floral orders, fuel, sales, auto parts orders, Star Card applications, tailoring, dry cleaning, currency exchange and special orders (including items not carried in the Navy Exchange.)

Monday - Sunday: 1000 - 1800
COM: (+30) 28210-21415
DSN: 266-1415

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**The NEX Mart**

The NEX Mart carries a full line of consumable products including produce, dairy, meats, frozen foods and canned goods.

Monday - Saturday: 0900 - 1900
Sunday: 1000 - 1800
COM: (+30) 28210-21445

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**Laundromat**

Located in Bldg. 8, offers self-service washer dryers and vending machines with detergents and softeners. Available 24/7, year round.
Try to minimize your trash production! Reduce waste by choosing products with less or no packaging, Reuse items whenever possible, and Recycle everything that can be recycled, before discarding as Refuse when there is no other choice. Below are your solid waste choices on base. Items such as personal electronics or glass can only be recycled off base.

Government owned items and electronics must be reclaimed through DLA (formerly DRMO).

**Do not place electrical items or electronics in any of these containers.**

### Solid Waste Type

<table>
<thead>
<tr>
<th>Solid Waste Type</th>
<th>Look for:</th>
</tr>
</thead>
<tbody>
<tr>
<td>· Aluminum packaging (e.g., soft drink and beer cans, clean tin foil),</td>
<td><img src="image" alt="Blue or Green plastic outdoor recycling bins distributed throughout the base" /></td>
</tr>
<tr>
<td>· Unsoiled Corrugated Cardboard (e.g. boxes, please flatten boxes)</td>
<td></td>
</tr>
<tr>
<td>· Lightly rinsed metal packaging (e.g., evaporated milk, tuna fish, tomato</td>
<td></td>
</tr>
<tr>
<td>paste, all metal cans),</td>
<td></td>
</tr>
<tr>
<td>· Paper (e.g., printer paper, newspapers, magazines),</td>
<td></td>
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<tr>
<td>· Shredded Paper (must be in closed bags),</td>
<td></td>
</tr>
<tr>
<td>· Paperboard boxes (e.g., packaging from cereal, detergents, toothpaste, sugar),</td>
<td></td>
</tr>
<tr>
<td>· Lightly rinsed plastic packaging (e.g., water, soft drink, and detergent bottles; olive oil &amp; butter containers, bags or sheets),</td>
<td></td>
</tr>
<tr>
<td>· Lightly rinsed Tetrapack Packaging (e.g., coated paper milk and juice cartons).</td>
<td></td>
</tr>
<tr>
<td>· Consumer Electronics batteries, alkaline, recyclable batteries, cell phone</td>
<td><img src="image" alt="Tall clear plastic cylinders located in the MWR facilities, Building 95, the Air Terminal and elsewhere." /></td>
</tr>
<tr>
<td>batteries</td>
<td></td>
</tr>
<tr>
<td>· Car Batteries</td>
<td>Leave with [Auto Hobby Shop](tel:DSN 266-1312) (DSN 266-1312) or turn in to Hazardous Waste (DSN 266-1779)</td>
</tr>
<tr>
<td>· Used automotive fuel and antifreeze</td>
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<tr>
<td>· Printer Toner Cartridges – place in the containers after removing and</td>
<td>Cardboard recycling containers located in Buildings 1, 54, 58, 60</td>
</tr>
<tr>
<td>recycling plastic and cardboard packaging.</td>
<td></td>
</tr>
<tr>
<td>· Large and or heavy recyclables</td>
<td><img src="image" alt="Bulk Recycle Container East of Building 60" /></td>
</tr>
<tr>
<td>· Metals</td>
<td></td>
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<tr>
<td>· Plastics</td>
<td></td>
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<tr>
<td>· Tires</td>
<td></td>
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<tr>
<td>· Large items like wood or broken furniture.</td>
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<tr>
<td><strong>Items that cannot be recycled:</strong></td>
<td></td>
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<tr>
<td>· Biodegradable plastic bags (eg. Greek supermarket bags),</td>
<td><img src="image" alt="Grey metal trash bins with plastic lids distributed throughout the base" /></td>
</tr>
<tr>
<td>· Foam and Styrofoam packaging,</td>
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<tr>
<td>· Food contaminated paper or cardboard,</td>
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<tr>
<td>· Food</td>
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<tr>
<td>· Glass of any type,</td>
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<tr>
<td>· Organic waste (e.g. plants)</td>
<td></td>
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<tr>
<td>· Napkins, toilet paper, paper towels and wax paper, and</td>
<td></td>
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<tr>
<td>· Photo and carbon paper.</td>
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</tr>
</tbody>
</table>

**Questions? Call Environmental, DSN 266-1565**
Once your date of arrival is known, it is important to contact your sponsor to submit for base access. Access on arrival will require car registration, appropriate ID, and orders.

There are two gates on to the HAF 115th CW base and one gate to access the NSA Souda Bay installation. The main gate is the 115th Gate and has limited access hours for non-Greek personnel. Gates closest to the NSA Souda Bay installation are known collectively as the Mouzouras gate due to their proximity to Mouzouras Village. Both gates are open 24/7 and are the gates to use when accessing the base on a temporary pass and/or with a guest passenger.

To access the Greek gates you need a Greek base ID or an access number, both granted by VCC. A CAC card is required to access the U.S. gate. *NOTE* Retired military cards cannot be used to gain access to the installation.

Visitor Control Center
Monday - Friday: 0800 - 1500
COM: (+30) 28210-21226
DSN: 266-1226

Region Legal Service Office
The installation’s legal office, located in Bldg. 1, Room 113, offers assistance with powers of attorney, notaries, wills, passport applications (official and tourist), scheduling remote legal assistance appointments, and remote defense services office appointments. Walk in hours are 0830 to 1230, and appointment only hours are 1230 - 1600.

For powers of attorney please visit
DSN: 266-1356
Comm: (+30) 28210 21356

Photo by Joel Diller
Crete is a beautiful island with a diverse venue for experiencing its culture. Beautiful beaches surround the island, some even have pink sand. There are numerous shops that offer a variety of souvenirs, fresh produce and clothing. Crete is also well known for its unique cheeses, honey production and of course olives with products that are both consumable and non-consumable. When dining out look for these island-specific ingredients.

Chania
The closest city to the base is Chania. It is located approximately 10km away. Chania is a great place to start when exploring Crete. Local shops and eateries provide access to the unique treasures the island has to offer. Chania also has several must-see museums and live entertainment venues.

There are many other cities worth exploring such as Rethymno and Heraklion. Both are less than a two-hour drive via the National Highway.

Museums and Attractions
Crete is an archeological treasure trove. For those who seek knowledge there are many museums on the island. The museums and dig sites contain artifacts related to some of the most well-known ancient Greek mythology stories like the Minotaur in the Labyrinth.

The island also offers aquariums, resorts, waterparks and unique landscapes to explore.

Shopping
Crete is a vacation hotspot. It is easy to find island-style clothing and souvenirs in any of the cities. There are also a large number of craft stores that offer a variety of goods from spring to mid-autumn. They sell locally made products such as leather products, pottery, mosaics, icons and hand-crafted jewelry.

Photos by MC1 Richard Hoffner

http://www.cnic.navy.mil/soudabay
**Dining**

Food is one of the best ways to experience Cretan culture. There is a variety of food that can only be found here. Crete is known for its cheese, honey, olives, and bread. Some cheeses can only be found on the island and include Graviera, Myzitra and Anthotiros. Another notable mention is the local honey. When dining out, be sure to look for ingredients like thyme, honey and the local cheeses.

Crete is a sea-faring society with a variety of fresh and abundant seafood. The catch of the day is usually a good choice for a delicious meal.
GREEK PHRASES ...  
to help you get around!

<table>
<thead>
<tr>
<th><strong>ENGLISH</strong></th>
<th><strong>PRONOUNCED</strong></th>
<th><strong>GREEK</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello (plural/formal)</td>
<td>YAH sas</td>
<td>Geia saV</td>
</tr>
<tr>
<td>Hello (singular/familiar)</td>
<td>YAH sou</td>
<td>Geia sou</td>
</tr>
<tr>
<td>Good-bye</td>
<td>ah-DI-o</td>
<td>Antio</td>
</tr>
<tr>
<td>Good morning</td>
<td>kah-lee-ME-rah</td>
<td>Kalhmera</td>
</tr>
<tr>
<td>Good afternoon</td>
<td>HEH-reh-teh</td>
<td>Cairete</td>
</tr>
<tr>
<td>Good evening</td>
<td>kah-lee-SPE-rah</td>
<td>Kalhspera</td>
</tr>
<tr>
<td>Good night</td>
<td>kah-lee-nEE-hta</td>
<td>Kalhnucta</td>
</tr>
<tr>
<td>Please</td>
<td>par-a-ka-LO</td>
<td>Parakalw</td>
</tr>
<tr>
<td>Okay</td>
<td>en-DAHK-si</td>
<td>Entaxei</td>
</tr>
<tr>
<td>Thank you</td>
<td>ef-ha-ree-STO</td>
<td>Eucaristw</td>
</tr>
<tr>
<td>(very much)</td>
<td>(pah-rah-po-LEE)</td>
<td>Para polu</td>
</tr>
<tr>
<td>Yes</td>
<td>NEH</td>
<td>Nai</td>
</tr>
<tr>
<td>No</td>
<td>O-hee</td>
<td>Oci</td>
</tr>
<tr>
<td>Excuse me</td>
<td>seeg-NO-me</td>
<td>Sugnwmh</td>
</tr>
<tr>
<td>How are you?</td>
<td>teeh-KAH-nees?</td>
<td>Ti kaneiV</td>
</tr>
<tr>
<td>How are you? (plural/formal)</td>
<td>teeh-KAH-ne-the?</td>
<td>Ti kanete</td>
</tr>
<tr>
<td>I'm well, thanks.</td>
<td>kah-LA ef-ha-ree-STO</td>
<td>Kala eukaristw</td>
</tr>
<tr>
<td>Do you speak English?</td>
<td>mee-LAH-teh an-glee-KAH?</td>
<td>Milate Agglika;</td>
</tr>
<tr>
<td>I don't understand.</td>
<td>then kah-tah-lah-VEH-no</td>
<td>Den katalabainw,</td>
</tr>
<tr>
<td>Can you tell me?</td>
<td>bo-REE-te nah mou PEE-te?</td>
<td>Mporeite na mou peite;</td>
</tr>
<tr>
<td>What is this?</td>
<td>tee EE-neh ahf-TO?</td>
<td>Ti einai auto;</td>
</tr>
<tr>
<td>What time is it?</td>
<td>tee OH-rah EE-neh?</td>
<td>Ti wra einai;</td>
</tr>
<tr>
<td>What's your name?</td>
<td>pos sas LEH-neh?</td>
<td>PwV saV lene;</td>
</tr>
<tr>
<td>My name is...</td>
<td>meh LEH-neh...</td>
<td>Me lene...</td>
</tr>
<tr>
<td>How much does it cost?</td>
<td>PO-so KAH-nee?</td>
<td>Poso kanei;</td>
</tr>
<tr>
<td>It's expensive.</td>
<td>EE-neh akri-VO</td>
<td>Einai akribo;</td>
</tr>
<tr>
<td>I'll take it.</td>
<td>tha to PAH-ro</td>
<td>Qa to parv.</td>
</tr>
<tr>
<td>Where is...?</td>
<td>Pou EE-neh...?</td>
<td>Pou einai:</td>
</tr>
<tr>
<td>... the beach?</td>
<td>... ee pah-rah-LEEah?</td>
<td>... h paralia;</td>
</tr>
<tr>
<td>... the restaurant?</td>
<td>... to estia-TO-rio?</td>
<td>... to estiatorio;</td>
</tr>
<tr>
<td>... a telephone?</td>
<td>... enah tee-LEH-phono?</td>
<td>... ena thlefono;</td>
</tr>
<tr>
<td>... the store?</td>
<td>... to mah-gah-ZEE?</td>
<td>... to magazi;</td>
</tr>
<tr>
<td>... the bathroom?</td>
<td>... ee too-ah-LET-a?</td>
<td>... h toualeta;</td>
</tr>
<tr>
<td>... the police?</td>
<td>... ee astino-MEE-a?</td>
<td>... h astinomia;</td>
</tr>
<tr>
<td>... the doctor?</td>
<td>... o via-TROS?</td>
<td>... o giatroV;</td>
</tr>
<tr>
<td>... the bank?</td>
<td>... mia TRAH-pez-ah?</td>
<td>... mia trapeza;</td>
</tr>
<tr>
<td>... the center (downtown)?</td>
<td>... to KEN-tro?</td>
<td>... to kentro;</td>
</tr>
<tr>
<td>... the main highway?</td>
<td>... ee eth-nee-KEE oh-DOS?</td>
<td>... h eqnikh odoV;</td>
</tr>
<tr>
<td>I want...</td>
<td>THEL-o...</td>
<td>Qelw...</td>
</tr>
<tr>
<td>I need...</td>
<td>hree-AH-so-meh...</td>
<td>Xreiazomai...</td>
</tr>
<tr>
<td>I would like...</td>
<td>tha EE-thel-ah...</td>
<td>Qa hqela...</td>
</tr>
</tbody>
</table>
## CONVERSIONS AND SIGNS

### Length

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<thead>
<tr>
<th>Centimeter (cm)</th>
<th>inches (in)</th>
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<tbody>
<tr>
<td>2,54</td>
<td>1</td>
</tr>
<tr>
<td>5,08</td>
<td>2</td>
</tr>
<tr>
<td>7,62</td>
<td>3</td>
</tr>
<tr>
<td>10,16</td>
<td>4</td>
</tr>
<tr>
<td>12,70</td>
<td>5</td>
</tr>
<tr>
<td>15,24</td>
<td>6</td>
</tr>
<tr>
<td>17,78</td>
<td>7</td>
</tr>
<tr>
<td>20,32</td>
<td>8</td>
</tr>
<tr>
<td>22,86</td>
<td>9</td>
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### Speed

<table>
<thead>
<tr>
<th>Kilometers (kph)</th>
<th>Miles (mph)</th>
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<tbody>
<tr>
<td>30</td>
<td>19</td>
</tr>
<tr>
<td>40</td>
<td>25</td>
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<tr>
<td>50</td>
<td>31</td>
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<td>60</td>
<td>37</td>
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<td>70</td>
<td>43</td>
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<td>80</td>
<td>50</td>
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<td>90</td>
<td>56</td>
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<tr>
<td>100</td>
<td>68</td>
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<tr>
<td>110</td>
<td>68</td>
</tr>
<tr>
<td>120</td>
<td>74</td>
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### Temperature

<table>
<thead>
<tr>
<th>Celsius</th>
<th>Fahrenheit</th>
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<tbody>
<tr>
<td>-15</td>
<td>5</td>
</tr>
<tr>
<td>-10</td>
<td>14</td>
</tr>
<tr>
<td>-5</td>
<td>23</td>
</tr>
<tr>
<td>0</td>
<td>32</td>
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<tr>
<td>5</td>
<td>41</td>
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<tr>
<td>10</td>
<td>50</td>
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<tr>
<td>15</td>
<td>59</td>
</tr>
<tr>
<td>20</td>
<td>68</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Celsius</th>
<th>Fahrenheit</th>
</tr>
</thead>
<tbody>
<tr>
<td>22*</td>
<td>71.6*</td>
</tr>
</tbody>
</table>

*denotes room temperature

### Money

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<thead>
<tr>
<th>Euros</th>
<th>Dollars</th>
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<tbody>
<tr>
<td>1</td>
<td>1.09</td>
</tr>
<tr>
<td>5</td>
<td>5.45</td>
</tr>
<tr>
<td>10</td>
<td>10.90</td>
</tr>
<tr>
<td>20</td>
<td>21.80</td>
</tr>
<tr>
<td>50</td>
<td>54.55</td>
</tr>
</tbody>
</table>
# ACRONYMS

**A**

- AAFES – Army and Air Force Exchange Service
- AF – Air Force
- AFN – American Forces Network
- AFRICOM – Africa Command
- AGE – Aerospace Ground Equipment
- AMC – Air Mobility Command
- AOO – Area of Operations
- AOR – Area of Responsibility

**B**

- BCAC – Beneficiary Counseling and Assistance Coordinator
- BCO – Base Communications Officer
- BEQ – Bachelors Enlisted Quarters
- BH – Bachelor Housing
- BHC – Branch Health Clinic
- BRC – Basic Rider Course
- BUPERS – Bureau of Military Personnel

**C**

- C4I – Command, Control, Computer, Communications & Information
- C6F – Commander SIXTH Fleet
- CALA – Combat Aircraft Loading Area
- CENTCOM – Central Command
- CNA – Certificate of Non-Availability
- CONUS – Continental United States
- CROF – Consolidated Reconnaissance Operations Facility
- CSD – Customer Service Detachment
- CBQ – Combined Bachelors Quarters
- CIVPERS – Civilian Personnel

**D**

- DET – Detachment(s)
- DKO – Defense Knowledge Online
- DoD – Department of Defense
- DoDDDS – Department of Defense Dependents School
- DoDEA – DoD Education Activity
- DoN – Department of the Navy
- DSSR – Department of State Standardized Regulation
- DTMO – Defense Travel Management Office

**E**

- EFMP – Exceptional Family Member Program
- EKMS – Electronic Keying Material Services
- EMS – Emergency Management System / Service
- EOC – Emergency Operations Center
- EUCOM – European Command
- EURAFSWA – Europe, Africa, Southwest Asia
- EOC – Emergency Management Center

**F**

- FDI – Family Determination Inquiry
- FFSC – Fleet & Family Service Center
- FLCSI – Fleet Logistics Center Signonella
- FLS – Fleet Logistics Support
- FMTS – Family Member Travel Screening

**G**

- GBP – Great Britain Pound
- GLS – Global Logistic Support

**H**

- HAF – Hellenic Air Force
- HAGS – Hellenic Army General Staff
- HHG – Household Goods
- HRO – Human Resource Office

**I**

- IAA – Information Assurance Awareness
- IDC – Independent Duty Corpsman
- IEP – Individual Education Plan

**J**

- JFTR – Joint Federal Travel Regulation
- JKO – Joint Knowledge Online

**K**

- LCPO – Leading Chief Petty Officer

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[http://www.cnic.navy.mil/soudabay]
LNSC – Local Network Support Center  
LQA – Living Quarters Allowance  
LSC – Logistics Support Center  

M  
MICC – Maintenance Information Control Center  
MIHA – Moving-in Housing Allowance  
MILPERS – Military Personnel  
MRC/RSS – Motorcycle Rider Course/Riding Safety Skills  
MSC – Military Sealift Command  
MWR – Morale, Welfare and Recreation  

N  
NAS – Naval Air Station  
NSA – Naval Support Activity  
NATO – North Atlantic Treaty Organization  
NAVFAC – Navy Facilities  
NCSD – Non-Command-Sponsored Dependents  
NCIS – Naval Criminal Investigation Service  
NCTAMS (LANT/PAC) – Naval Computer and Telecommunications Area Master Station (Atlantic/Pacific)  
NDSP – Non-DoD School Program  
NEXCOM – Navy Exchange Command  
NFCU – Navy Federal Credit Union  
NGIS – Navy Gateway Inn and Suites  
NKO – Navy Knowledge Online  
NMC – Navy Munitions Command  
NMIOTC – Navy Maritime Interdiction Training Center  
NTS – Non-Temporary Storage  

O  
OAC – Outdoor Activities Center  
OCONUS – Outside Continental United States  
OHA – Overseas Hosing Allowance  
OPM – Office of Personnel Management  
OTE – Overseas Tour Extensions  

P  
PAO – Public Affairs Office  
PCS – Permanent Change of Station  
PG – Perspective Gain  
POL – Petroleum, Oil and Lubricants  
POV – Privately-Owned Vehicle  
PPSO – Personnel Property Shipping Office  
PW – Public Works  

Q  
QLVPC – Quality of Life Vehicle Processing Center  

R  
RAF – Royal Air Force  
RAT – Renewal Agreement Travel  
RNLTD – Report No Later Than Date  

S  
STEP – Safe Travelers Enrollment Program  
SLDCADA – Standard Labor Data Collection & Distribution Application  

T  
TDY – Temporary Duty  
TLA – Temporary Lodging Allowance  
TQSA – Temporary Quarters Subsistence Allowance  
TWMS – Total Workforce Management Services  

U  
UB – Unaccompanied Baggage  
UPH – Unaccompanied Personnel Housing  
USAFE – U.S. Armed Forces Europe  
USDA – U.S. Department of Agriculture  
USFF – U.S. Fleet Forces  

V  
VAT – Value Added Tax  
VCC – Visitor Control Center  

Produced by NSA Souda Bay  
Public Affairs  
For changes to this document contact us at:  
Visit: Bldg 2, Floor 2 above the galley  
Email: SoudaBayPAO@eu.navy.mil  
Call: 266-1348  

Welcome Aboard Guide – Welcome to NSA Souda Bay
Group Exercise Club

If you are among those who take advantage of our Group Exercises Classes, then this is the Club that will reward you for your efforts!

To join the Group Exercise Club all you need to do is participate in 50 classes and you will get a cool Group Exercise Club T-shirt!

Don’t waste any time! Sign up at Gear Issue, and start logging in your Group Exercise Classes!
<table>
<thead>
<tr>
<th>FACILITY</th>
<th>EXT</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARGONAUT FLEET RECREATION CENTER</td>
<td>28210-83891</td>
<td>0830-2200</td>
<td>0830-2200</td>
<td>0830-2200</td>
<td>0830-2200</td>
<td>0830-2200</td>
<td>CLOSED</td>
<td>(Pending US Ship Traffic)</td>
</tr>
<tr>
<td>GRAFFITI'S</td>
<td>0800-1900</td>
<td>0800-1900</td>
<td>0800-1900</td>
<td>0800-1900</td>
<td>1130-1900</td>
<td>1130-1900</td>
<td></td>
<td></td>
</tr>
<tr>
<td>GRAFFITI'S Movie Room</td>
<td>1354/1288/1289</td>
<td>1700</td>
<td>1700</td>
<td>1700</td>
<td>1700</td>
<td>1700</td>
<td>CLOSED</td>
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<tr>
<td>GYM</td>
<td>0500-2200</td>
<td>0500-2200</td>
<td>0500-2200</td>
<td>0500-2200</td>
<td>0700-2200</td>
<td>0700-2200</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KRITI INFO</td>
<td>1000-1700</td>
<td>1000-1700</td>
<td>1000-1700</td>
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<td>1000-1700</td>
<td>1000-1700</td>
<td>CLOSED</td>
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</tr>
<tr>
<td>LIBERTY CENTER *</td>
<td>1100-2100</td>
<td>1100-2100</td>
<td>1100-2100</td>
<td>1100-2100</td>
<td>1100-2100</td>
<td>1100-2100</td>
<td>1130-1900</td>
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</tr>
<tr>
<td>LIBRARY</td>
<td>0900-1700</td>
<td>0900-1700</td>
<td>0900-1700</td>
<td>0900-1700</td>
<td>0900-1700</td>
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<td>CLOSED</td>
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</tr>
<tr>
<td>OUTDOOR Rec.</td>
<td>1000-1700</td>
<td>1000-1700</td>
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<td>1000-1700</td>
<td>1000-1700</td>
<td>1000-1700</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td>SHIPMATES Breakfast</td>
<td>1495</td>
<td>0700-1030</td>
<td>0700-1030</td>
<td>0700-1030</td>
<td>0700-1030</td>
<td>0700-1030</td>
<td>0700-1030</td>
<td>0700-1030</td>
</tr>
<tr>
<td>SHIPMATES Lunch/Dinner</td>
<td>1495</td>
<td>1100-0100</td>
<td>1100-0100</td>
<td>1100-0100</td>
<td>1100-0100</td>
<td>1100-0100</td>
<td>1100-0100</td>
<td>1100-0100</td>
</tr>
<tr>
<td>SOUDA COFFEE BAR**</td>
<td>0700-1400</td>
<td>0700-1400</td>
<td>0700-1400</td>
<td>0700-1400</td>
<td>0700-1400</td>
<td>0700-1400</td>
<td>CLOSED</td>
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</tr>
<tr>
<td>AUTO HOBBY Shop</td>
<td>CLOSED</td>
<td>1000-1800</td>
<td>1000-1800</td>
<td>1000-1800</td>
<td>1000-1800</td>
<td>0900-1500</td>
<td>CLOSED</td>
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<tr>
<td>Barber Shop</td>
<td>1000-1800</td>
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<td>1000-1800</td>
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<td>1000-1800</td>
<td>1000-1400</td>
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<tr>
<td>Beauty Shop</td>
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<td>1000-1800</td>
<td>1000-1800</td>
<td>1000-1800</td>
<td>1000-1800</td>
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<tr>
<td>BSV&amp;E Vehicles Dispatch</td>
<td>0700-1500</td>
<td>0700-1500</td>
<td>0700-1500</td>
<td>0700-1500</td>
<td>0700-1500</td>
<td>0700-1500</td>
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</tr>
<tr>
<td>ID Card Lab (Former CSD)</td>
<td>0800-1600</td>
<td>0800-1600</td>
<td>0800-1600</td>
<td>0800-1600</td>
<td>0800-1600</td>
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<tr>
<td>GALLEY- Breakfast</td>
<td>0630-0830</td>
<td>0630-0830</td>
<td>0630-0830</td>
<td>0630-0830</td>
<td>0630-0830</td>
<td>0630-0830</td>
<td>0700-0900</td>
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<tr>
<td>Lunch</td>
<td>1100-1300</td>
<td>1100-1300</td>
<td>1100-1300</td>
<td>1100-1300</td>
<td>1100-1300</td>
<td>1100-1300</td>
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<tr>
<td>Dinner</td>
<td>1630-1830</td>
<td>1630-1830</td>
<td>1630-1830</td>
<td>1630-1830</td>
<td>1630-1830</td>
<td>1630-1830</td>
<td>1630-1830</td>
<td>1630-1830</td>
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<tr>
<td>GAS Station POV's</td>
<td>1000-1800</td>
<td>1000-1800</td>
<td>1000-1800</td>
<td>1000-1800</td>
<td>1000-1800</td>
<td>1000-1800</td>
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<tr>
<td>Greek Customs/VAT</td>
<td>1841</td>
<td>0830-1500</td>
<td>0830-1500</td>
<td>0830-1500</td>
<td>0830-1500</td>
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<tr>
<td>Housing Customer Walk-ins</td>
<td>1920</td>
<td>0730-1600</td>
<td>0730-1600</td>
<td>1200-1600</td>
<td>0730-1600</td>
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<tr>
<td>Scheduled Appointments</td>
<td>1920</td>
<td>0730-1530</td>
<td>0730-1530</td>
<td>0730-1530</td>
<td>0730-1530</td>
<td>0730-1530</td>
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<td>CLOSED</td>
</tr>
<tr>
<td>Household Goods/POVs</td>
<td>1535(inbound)</td>
<td>1255(outbound)</td>
<td>1521 POVs</td>
<td>0830-1500</td>
<td>0830-1500</td>
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</tr>
<tr>
<td>Customs Control Office</td>
<td>1841/1258/1332</td>
<td>0830-1500</td>
<td>0830-1500</td>
<td>0830-1500</td>
<td>0830-1500</td>
<td>0830-1430</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td>FACILITY</td>
<td>EXT</td>
<td>MON</td>
<td>TUE</td>
<td>WED</td>
<td>THU</td>
<td>FRI</td>
<td>SAT</td>
<td>SUN</td>
</tr>
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</tr>
<tr>
<td><strong>HUMAN RESOURCES OFFICE (HRO)</strong></td>
<td></td>
<td>0900–1500</td>
<td>0900–1500</td>
<td>0900–1500</td>
<td>0900–1500</td>
<td>0900-1430</td>
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</tr>
<tr>
<td><strong>LEGAL (Walk-in-hours)</strong></td>
<td></td>
<td>0830-1230</td>
<td>0830-1230</td>
<td>0830-1230</td>
<td>0830-1230</td>
<td>0830-1230</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td><strong>MEDICAL (Call for Appointment)</strong></td>
<td></td>
<td>0800-1600</td>
<td>0800-1600</td>
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<td>0800-1600</td>
<td>0800-1600</td>
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</tr>
<tr>
<td><strong>NCTAMS SIDE DOOR</strong></td>
<td></td>
<td>0830-1515</td>
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<td>0830-1415</td>
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<tr>
<td><strong>NFCU</strong></td>
<td>1-888-842-6328</td>
<td>0830-1600</td>
<td>0830-1600</td>
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<td>0830-1600</td>
<td>0830-1600</td>
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</tr>
<tr>
<td><strong>NEW CAR Sales</strong></td>
<td></td>
<td>1000-1630</td>
<td>1000-1630</td>
<td>1000-1630</td>
<td>1000-1630</td>
<td>1000-1200</td>
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</tr>
<tr>
<td><strong>NEXMART</strong></td>
<td></td>
<td>0900-1900</td>
<td>0900-2000</td>
<td>0900-1900</td>
<td>0900-2000</td>
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<td>1000-1800</td>
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<tr>
<td><strong>NEX MAIN STORE</strong></td>
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<td>1000-1800</td>
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<tr>
<td><strong>PASS &amp; ID</strong></td>
<td></td>
<td>0800-1500</td>
<td>0800-1500</td>
<td>0800-1500</td>
<td>0800-1500</td>
<td>0800-1500</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td><strong>POST OFFICE – Pick Up/ Drop Off for Personal &amp; Official Mail (All Services)</strong></td>
<td></td>
<td>1200-1600</td>
<td>1200-1600</td>
<td>1200-1600</td>
<td>1200-1600</td>
<td>1200-1600</td>
<td>CLOSED</td>
<td>CLOSED</td>
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<tr>
<td><strong>Navy Gateway Inn &amp; Suites (NGIS)</strong></td>
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<td>24 HRS</td>
<td>24 HRS</td>
<td>24 HRS</td>
<td>24 HRS</td>
<td>24 HRS</td>
<td>24 HRS</td>
<td>24 HRS</td>
</tr>
</tbody>
</table>

* U.S. Holidays: 1130-1900
** U.S. Holidays: 0700-1400