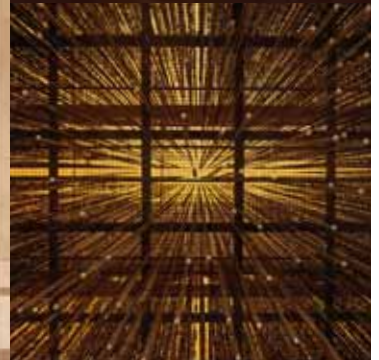
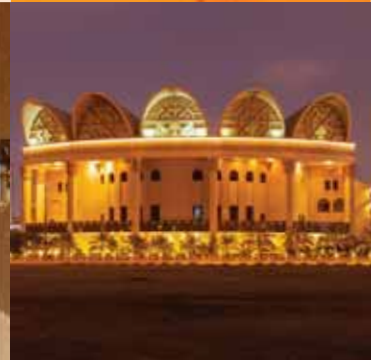
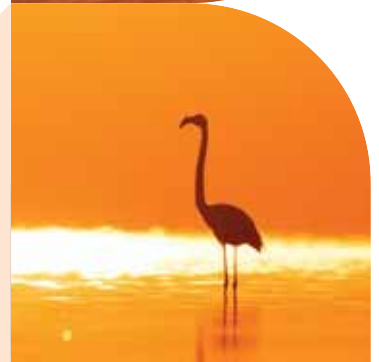


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PCS Guide 2025–2026

BAHRAIN





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🌐 animalcare-clinic.net

☎ +973 17612459

🚑 Emergency +973 33542333

✉ animalcareclinic2@gmail.com

CONTENTS

Europe Office

COMMANDER

Katie R. Fidler, LTC, U.S. Army

BUSINESS OPERATIONS MANAGER

John Rodriguez

PUBLISHING & MEDIA DESIGN, MANAGER

Carrie Farrell

PUBLISHING AND MEDIA DESIGN,

LEAD EDITOR

Kat Nickola

WRITER-EDITORS

Tamala Malerk, Katie Wells

GRAPHIC DESIGNERS

Daniela Gammon, Kevin Geraci,

Ryann Joye, Mandy Mills

MARKETING COORDINATOR

Katelin Fry

COMMUNITY RELATIONS COORDINATOR

Al Green

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty

MULTIMEDIA ADVERTISING, CONSULTANTS

Sean Adams, Heidi Bayfield, Kandace Blevin,

Nate Jamison, Capri Roe, Jeff Teeselink

ADMINISTRATIVE ASSISTANT

Danny Padro

ADVERTISING OFFICE

Unit 29480, APO, AE 09211

Postfach 1980, 67607

Kaiserslautern, Germany

+49(0)152-5672-5020

CONTACT US:

Telephone: +49 (0) 0631-3615-9111

or DSN: 314-583-9111

Email: memberservices@stripes.com

Washington Office

PUBLISHER

Max D. Lederer, Jr.

REVENUE DIRECTOR

Scott Foley

MULTIMEDIA ADVERTISING, CONSULTANTS

Corey Henderson, Gerard Kelly, Claudia Stier,

Mary Vandenberg

ENGAGEMENT DIRECTOR

Chris Verigan

PUBLISHING & MEDIA DESIGN, DIRECTOR

Marie Woods

PUBLISHING & MEDIA DESIGN, MANAGER

Douglas Gillam, Jr.

GRAPHIC ARTISTS

Ellen Cheung, Amy Webb

CONTENT DESIGNER

Alyssa McBeth

MARKETING COORDINATOR

Saeeda Daniels

ADVERTISING OFFICE

633 3rd Street NW, Suite 116

Washington, DC 20001-3050

202-886-0003

COVER DESIGN BY

Ryann Joye

FOR PUBLICATION REQUESTS

Stars and Stripes Europe, Advertising

Unit 29480, APO AE 09211

or email dougherty.doug@stripes.com

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You Dream It,
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WELCOME TO BAHRAIN



EMERGENCY INFORMATION

On-base phone: 911

Cell phone: +973-1785-4911

This will reach the NSA Bahrain emergency dispatch and should be used whether the emergency is on or off base.

Bahraini emergency number: 999

This service will be in Arabic and is not recommended for the quickest response.

NAVAL STATION BAHRAIN WEBSITE



In Bahrain, uniforms are not permitted to be worn off base.

NEWCOMER BRIEFINGS

The installation newcomer's Area Orientation (AO) and Inter-Cultural Relations (ICR) briefs are required for active-duty and civilian personnel. Family members are encouraged to attend. The course will cover information about Bahrain, the local area and intercultural relations.

- **To sign up, email:**
Bahrain.newcomers@me.navy.mil

VISA & CPR

If you are PCSing to Bahrain for longer than three months, you must have a visa issued into your official passport to legally stay in the country. Use this visa when entering or exiting Bahrain. The installation Immigration Office issues Bahrain visas.

In addition, you must obtain a Central Population Registry (CPR) card which is the identification needed for contracts and registrations in Bahrain. This includes things like vehicle registration, internet and other utilities. After attending AO and ICR briefs, visit the installation Immigration Office to obtain your CPR card.

LODGING

- **Temporary Lodging Allowance (TLA)**
 - Personnel who are paid E-5 and above are required to book lodging at the Navy Gateway Inn and Suites (NGIS). If NGIS rooms are not available, personnel must obtain a certificate of non-availability and may book a hotel off base.
 - Personnel who are frocked E-5 and below will be assigned lodging in barracks.

Personnel in the NGIS or off-base hotels will receive a Temporary Lodging Allowance (TLA) entitlement for the actual cost of lodging for up to a maximum of 45 days. It is required that you pay your hotel up front in 10-day increments, and request the TLA reimbursement from the Housing Office. A final zero-balanced receipt must be filed with your final request. Civilians reconcile on a 30-day cycle (up to 90 days).

GROCERIES

The Navy Exchange (NEX) has a small commissary area located on the first floor of the Freedom Souq. NEX privileges are available for military and civilians on orders to work in Bahrain. For alcohol purchases, you must be 21 years old or older and can sign up at the customer service counter for the ration program; bring you orders and military ID.

The commissary is open daily 6 a.m. to 10 p.m.

- **Off-base grocery stores include large supermarkets, convenience stores and specialty markets.**
 - LuLu Hypermarkets, Alosra Supermarkets and Al Jazira supermarkets are large grocery stores that offer off-base home delivery.
 - Carrefour is a French hypermarket with groceries and other home goods.
 - Cold stores are convenience shops with a small selection of grocery items.
 - The Central Fish Market and adjacent Central Vegetable Market downtown Manama open daily at 4 a.m. and are the best places for fresh seafood and produce.

MEAL DELIVERY

There are lots of options for quick meal delivery in Bahrain. Here are a few apps to try:

- Talabat | www.talabat.com
- Ahlan | ahlanapp.com
- Jahez | www.jahez.net

KIDS

- Pre-register for on-installation childcare at www.militarychildcare.com.
- Begin DoDEA school registration at www.dodea.edu/registration.

OFF-LIMITS AREAS

Certain areas within the Kingdom of Bahrain are prohibited or have curfew restrictions. Scan below for a Google map of off-limits area, or search "Bahrain Off-Limits Areas." ■



ABOUT INTOUCH CLINIC

InTouch Clinic is Bahrain's premier center for musculoskeletal care, led by North American-certified doctors and UK-certified therapists.

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- ✓ SPORTS REHABILITATION
- ✓ MANUAL THERAPY
- ✓ CUPPING THERAPY/ DRY NEEDLING
- ✓ CORPORATE PROGRAMS



SERVICES IN BAHRAIN

BANKING

Getting an account through the Navy Federal Credit Union will eliminate headaches when paying bills, transferring money, making purchases, getting cash and managing funds between U.S. dollars and Bahraini dinar.

NAVY FEDERAL CREDIT UNION

Navy Federal Credit Union is the only financial institution on the installation. However, Western Union is available at the Navy Exchange.

ATM LOCATIONS ON BASE:

- NFCU ATM #1 Bldg 261: Ground floor next to Navy Federal branch office.
- NFCU ATM #2 Bldg 261: First floor next to the Wi-Fi Lounge and Movie Theatre.
- NFCU ATM #3 Bldg 263: Outside of the Housing Service Center at the Pavilion/Shawarma Truck.

DEBIT & CREDIT CARDS

Most Bahraini businesses accept debit and credit cards, but a few may not. Currency exchange rates may apply.

- It's always best to carry Bahraini dinar when off installation.
- There are sometimes transaction fees when using debit cards, so having cash can be more economical.

PAYING BILLS

The most common way to pay bills for Bahraini services such as rent and utilities is through a Navy Federal Credit Union account. You will need to withdraw funds in U.S. dollars equivalent to the amount in Bahraini dinar in the form of a cashier's check, and then take the check to the Dinar Exchange office where it will be converted into a Bahraini's dinar check.

If you are not a Navy Federal member, you may cash a personal check at the Personnel Support Detachment (PSD) cash cage, or withdraw funds in U.S. dollars from an ATM and then visit the Dinar Exchange.

MWR DINAR EXCHANGE

Bldg. 261 (Freedom Souk), 1st floor

Hours: Open daily, 8 a.m. to 6 p.m.

The Dinar Exchanges offers monetary exchange services such as currency exchange, rent and EWA checks, vehicle registration, export, bill payments, driving license, CPR issues and renewals and traffic offenses.

LEGAL SERVICES

If you need help managing financial or family affairs back home, or have U.S.-based legal problems that arise during your stay in Bahrain, the Region Legal Service Office (RLSO) EURAF-CENT Detachment Bahrain is here to help you.

RLSO BAHRAIN

Bldg. 100, room 110 DD

Phone: +973-1785-4237 | DSN: 318-439-4237

Email: nsa.legal.assistance@us.navy.mil

KEY LEGAL ISSUES FOR PERSONNEL COMING TO BAHRAIN:

- Special Powers of Attorney (SPOA): If you are coming to Bahrain unaccompanied or need people to act on your behalf while you are away, generate your own SPOA online at www.jag.navy.mil/legal_services/SPOA.htm and get it notarized at the RLSO office.
- Likely to give birth in Bahrain? Contact RLSO Bahrain for specific requirements you should be aware of before giving birth in Bahrain.
- Other legal issues: Wills and estate planning, divorce, non-support (child or spouse), child custody, adoption, paternity, landlord and tenant problems, consumer fraud or abuse, military rights and benefits, naturalization and immigration, etc.

CELL PHONES

For safety and command call purposes, you are required to have cell phone service while in Bahrain. Upon arrival, switch your phone to airplane mode to avoid unexpected charges until you establish service. Your American phone must be unlocked to use in Bahrain.

WI-FI COMMUNICATION

When you first arrive, it is helpful to use one of these popular texting apps that are free to use over Wi-Fi.

- WhatsApp
- Facetime
- Signal
- Facebook Messenger
- Skype

U.S. NUMBER

Some U.S. providers offer international rates that you can add on to your current plan. This option allows you to keep your U.S. phone number, but may require occasional verifications to ensure you can receive messages.

BAHRAINI PROVIDERS

Many people prefer using a pre-paid service or plan option with a local provider in Bahrain. This allows you to purchase a SIM card that includes a large amount of data to use within a single month. You can then set up automatic monthly payments with a web account, or add data as needed online, at grocery and convenience stores, and at SADAD kiosks.

- **STC Bahrain**—offers cell phone plans, home internet with broadband, mobile and fiber, plus car and device insurance.
- **Batelco**—offers mobile and home internet with fiber, mobile broadband and fixed line options.
- **Zain Bahrain**—offers mobile plans and home broadband. ■



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Freedom Souq, Bldg. 261
Administration Support Unit
Manama, Bahrain

ATM Address:

Bldg. 263, Manama, Bahrain

navyfederal.org



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TRANSPORTATION IN BAHRAIN »



DRIVER'S LICENSES

A valid stateside driver's license is needed to drive your vehicle. No other local or international licenses are required to drive a personally-owned vehicle or a government-owned vehicle in Bahrain.

MOTORCYCLE REQUIREMENTS

The Navy Motorcycle Rider Safety Course is a military-directed, local training required to legally drive a motorcycle as a U.S. service member in Bahrain. Check with the base Safety Office or your command's motorcycle safety representative upon arrival to ensure that you are up-to-date with this requirement. You must verify completion of the training and/or register for either the beginner's course (three-day class) or the refresher course (one-day class).

SHIPPING A VEHICLE

Ship your vehicle 90 days before you PCS to ensure it arrives soon after your arrival to Bahrain. There is no restriction on the age of a car you bring to the island, however, local laws prohibit the sale of the vehicle if it is older than five years.

- As per JTR Entitlement, only one vehicle is allowed per active-duty member along with their dependents during their tour.
- Do not bring an electric or low-sulfur diesel vehicle to Bahrain.
- You may ship your motorcycle if it is over 100cc.
- Shipping motorcycles, mopeds, dirt bikes or quad bikes under 100cc to Bahrain is prohibited.
- Vehicles older than 5 years will not be allowed to remain, or be resold, in Bahrain and must be exported when you depart.
- Other vehicles you own in the U.S. can be sold, left with a friend or family member, or kept in storage (if you're in the Coast Guard).

BUYING A VEHICLE

You may buy a new or used car from dealers and private sellers in Bahrain. Buying a vehicle in compliance with U.S. specification from another military member is tax free.

Be aware that vehicles sold in local dealerships are not in compliance with U.S. specification, and cannot be shipped to the U.S. Contact

NAVSUP FLC BAHRAIN Personal Property Shipping Office (PPSO) at DSN 439-4265 or email: m-ba-nsapersonalpropertybahrain@me.navy.mil for guidance.

VEHICLE REGISTRATION

Shipped vehicles are required to be insured and registered with the government of Bahrain prior to being picked up from the Vehicle Processing Center.

► **NOTE:** If your car is 10 years or older, you can only get liability insurance.

Visit the PPSO to obtain customs documentation and details on how to arrange registration with the government of Bahrain.

Personal Property Shipping Office (PPSO)

Bldg. 36 | Phone: +973-1785-4265
DSN: 318-439-4265

INSURANCE

The Dinar Exchange can be a "one-stop shop" for car insurance, inspection and registration (fees vary).

What to bring to register your vehicle:

- ✓ Documents from PPSO
- ✓ Proof of Insurance
- ✓ Local registry card (CPR)
- ✓ Registration fee (approx. \$97)

INSPECTION

Each vehicle is required to be inspected annually. Ensure that your vehicle always has the required equipment at all times, not just for its annual inspection.

FUEL

There is no gas station on the installation, and no discounted fuel program. You will need to fuel your vehicle at local Bahraini gas stations. ■



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gnolan@militarycars.com | Cell: +973 36751379 | DSN: (318) 439 3242



DODGE



Jeep



HOUSING IN BAHRAIN



ON BASE

Only active-duty personnel who are ranked E-5 and below will be assigned lodging in the Unaccompanied Housing (barracks) at NSA Bahrain.

Unaccompanied Housing (UH)

NSA 1: Bldg. 266 | NSA 2: Bldg. 765

Phone: +973-1785-9674 | DSN: 318-439-9674

Hours: Open daily 24 hours

OFF BASE

There is no accompanied housing on base. All paid E-5 and above, accompanied personnel and DoD civilians will live off base.

Be prepared to pay the first month's rent out of pocket. If you foresee a monetary shortfall before arriving in Bahrain, you are authorized to request one month of Advance Overseas Housing Allowance (OHA).

Begin looking for housing by attending the Housing Services Briefing.

HOUSING SERVICE CENTER (HSC)

Bldg. 265

Phone: +973-1785-4104/6732

DSN: 318-439-4104

Hours: Sunday – Thursday, 8 a.m. to 4 p.m. (1 p.m. on Tuesdays)

HOUSE HUNTING

HSC Counselors assist newcomers in locating a residence off-base, and can provide local housing market information. The HSC can help negotiate rental contracts in coordination with the landlord and can explain lease agreements. There are two methods you may employ to find a home.

- **Realty Agents.** Visit the HSC for a list of approved rental agents and managers. There are typically more homes available via realtors than there are listed online. All realtor fees are incurred by the landlord. Agents will assist in home viewings.

- **Online.** Search www.homes.mil for available residences within your 25 percent FP threshold. During peak PCS season, from June to September, check daily for new listings. Visit the HSC in-person to schedule a house viewing, this service is available at specific times during the workweek.

LEASE SIGNING

Once you find a home, inform the HSC who will provide a pre-contract and schedule follow-up appointments.

- **Pre-Contract.** You will fill out and sign the pre-contract with the landlord or realty agent, who will also need to provide accompanying documents.
- **Lease Drafting.** The pre-contract must be returned to the HSC so they may draft the lease.
- **Residential Inspection.** All homes must be inspected and approved by the HSC before tenants are permitted to move in.
- **Lease Signing.** The landlord (or authorized representative) and tenant must come to the HSC to sign the lease. You will receive copies of the lease agreement.

RENT AND UTILITIES

You are responsible for paying monthly rent and utilities. The tenant pays the landlord or property manager directly. Utilities include electricity, water, BTUs (if separate) and municipality tax. Civilians may negotiate an inclusive lease through the HSC.

ELECTRICITY & WATER

The Electricity Water Authority (EWA) bill will be maintained under the landlord's name. The landlord will provide you with the EWA bill and BTU (if applicable), and you will pay the landlord.

- Your first month's rent is due on the move-in date and every month thereafter.
- It is preferable to pay via a certified check or an electronic fund transfer via the Dinar Exchange.

- Keep a record of all your rental and utility payments just in case they become lost or misrouted by the company billing you.

INTERNET AND PHONE

- **STC Bahrain**—Offers cell phone plans, home internet with broadband, mobile and fiber, plus car and device insurance.
- **Batelco**—Offers mobile and home internet with fiber, mobile broadband and fixed line options.
- **Zain Bahrain**—Offers mobile plans and home broadband.

TELEVISION AND STREAMING SERVICES

- **American Forces Network (AFN)**—Provides programming from current U.S. networks and prime channels. You can use a decoder and satellite, available at the NEX, or stream this service by signing up at afn-now.myafn.mil.
- **Streaming Services**—The show variety available will be based on your location within Bahrain. Example providers include Amazon Prime, Netflix, Hulu and OSN.

ALLOWANCES

Visit www.travel.dod.mil/Allowances/Overseas-Housing-Allowance to find current OHA rates.

OVERSEAS HOUSING ALLOWANCE (OHA)

OHA only covers the rent from active-duty members, on an exclusive lease (no utilities included). For civilians it can covers rent and utilities, if they have an inclusive lease.

- Advance OHA can be requested by obtaining a memo from the Housing Office for command approval.
- NMCRS also offers Household Setup Loans to assist with the cost of moving to Bahrain.

MOVE-IN HOUSING ALLOWANCE (MIHA)

MIHA exists to help cover the move-in costs associated with occupying an off-base home covered under the OHA program.

- Components of MIHA can be used to improve the security at your new home, visit the HSC for details.

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HOUSEHOLD GOODS

There is no temporary furniture program, but arrangements can be made with the Household Goods and Transportation Office.

When your household goods are delivered, make sure every box that was shipped has arrived by marking each item off the inventory list as it is unloaded. Take note of any damage to your household goods, and any damage caused to your home during delivery.

FILING A CLAIM

You have 75 days from the scheduled delivery date to submit a notice of loss or damage report in the Defense Personal Property System. From then, you will have nine months to submit your claim in order to be eligible for a full replacement value.

- Take photos of your damaged goods.
- Submit purchase receipts.
- Keep any paperwork until all claims are processed.

TRANSFORMERS

As Bahrain power supply is 220 volts and 50 hertz, always check your product before plugging in to ensure the voltage is compatible. Transformers are to be negotiated with the landlord.

- You will need a transformer to use your single voltage electronics (U.S. is 110–120 volt and 60 hertz) in your Bahraini home.
- A plug adapter is fine for dual voltage electronics (labeled 110–240 volts), but an adapter will NOT change the voltage or current. ■



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HEALTHCARE IN BAHRAIN



The Naval Branch Health Clinic (NBHC) in Bahrain provides primary care to beneficiaries stationed at Bahrain. Inpatient care will be referred to local host-nation facilities.

NAVAL BRANCH HEALTH CLINIC BAHRAIN

Bldg. 110
Phone: +973-1785-6110 | DSN: 318-439-6110
Appointment Line: +973-1785-4260
DSN: 318-439-4260

TRICARE nurse advice line toll free:
8000-0453 | +973-8000-0453

TRICARE International SOS (24/7 urgent care) toll free: 800-81346 | +44-20-8762-8133

TRICARE customer service toll free:
8000-4724 | +44-20-8762-8384

TRICARE referrals office DSN: 318-439-8158

EMERGENCY CARE

There are no emergency or inpatient services at NBHC. If you need to be seen immediately for an emergency, go to one of the preferred hospitals.

- Off base: 999
- On-base Cell Phone: +973-1785-4911
- On-base DSN: 4911

Preferred Hospitals

- Royal Bahrain Hospital
- Bahrain Defence Force Hospital
- King Hamad University Hospital
- German Orthopedic Hospital



OFF-BASE TREATMENT

Inpatient and specialty care not offered at NBHC Bahrain will be referred off base. While there may be some cultural and treatment differences in Bahrain, rest assured that the medical standard of care you receive is the highest quality.

Off-base referrals are handled by the TRICARE Referrals office. NBHC staff collaborate and has established partnerships with host nation providers at preferred facilities.

DENTAL CARE

The Dental Clinic on the installation provides comprehensive acute dental care for active duty members. Retirees and government employees may receive care on a space-available basis.

Dependents must rely on Bahraini providers for their dental needs. It is recommended to sign up for the TRICARE Family Dental program to cover costs of off base dental treatment.

Preferred Dental Facilities

- Gulf Dental Specialty Hospital
- Seef Dental Clinic
- Al Mosawi Dental Clinic

PREGNANCY AND CHILDBIRTH

During your pregnancy, you can receive prenatal care at the base clinic, if you are eligible for care. The clinic does not handle delivery and childbirth. They must take place off base.

Delivery Options

- Royal Bahrain Hospital
- King Hamad University Hospital
- High-risk pregnancies may be referred to Landstuhl Regional Medical Center (LRMC), Germany.

RESOURCES

The Navy-Marine Corps Relief Society (NMCRS) holds Budget for Baby Workshops which provide financial education and resources to expectant parents.

Women Infant and Child (WIC) Overseas provides resources for qualifying families with infants, children, pregnant women, postpartum women and breastfeeding women.

Bldg. 265 | +973-1785-4781
www.tricare.mil/wic

NEWBORN DOCUMENTATION

At the beginning of your pregnancy, the clinic will provide you with an informational package detailing the steps you must take in order to obtain the following documentation for your baby.

- Social security number
- Enrollment in DEERS
- U.S. passport
- Consulate Report of a Birth Abroad (birth certificate).
- Command Sponsorship Database.

MENTAL HEALTH RESOURCES

► Fleet and Family Support Center

Phone: +973-1785-4046 | DSN: 318-439-4046

FFSC has non-medical counseling for all personnel on base including individuals, couples and families. FFSC also has new or expectant parent support classes and non-clinical therapy life-skills classes in topics like anger and stress management.

► Chaplains

Phone: +973-1785-4303 | DSN: 318-439-4303

The chapel is a good place to start if you don't know where to go; they will help you find the resource that fits your needs. Chaplains offer counseling for all personnel regardless of religious preference. Discussions with chaplains are 100 percent confidential.

► Military & Family Life Counselors (MFLCs)

MFLCs offer free non-medical anonymous sessions with specialists for adolescents, children and families. For youth, contact the MFLC via the DoDEA schools.

- Adult/Family via MWR: +973-3686-5540
- Elementary school: 3831-3770
- Middle/High school: 3825-1625

► Military OneSource

www.militaryonesource.mil/non-medical-counseling

Confidential, short term non-medical counseling is offered for free via Military OneSource for active duty members and their dependents. Visit the website to access options via phone, chat or video.

► Behavioral Health Department, NBHC Bahrain

Phone: +973-1785-4169 | DSN: 318-439-4169

The Behavioral Health Department offers reportable short term mental health evaluations and referrals, sexual assault case management and crisis response. No appointment needed for readiness clinic, Sunday–Thursday 7:30 to 9:30 a.m.

► The Veterans Crisis Line (VCL) and Military Crisis Line (MCL)

Available 24/7 for free confidential mental health support.

- Call: 844-702-5495
- DSN: 988
- Text: 838255
- Online chat: www.veteranscrisisline.net ■



KEY FACILITIES IN BAHRAIN



MWR



www.navymwrbahrain.com

- **Community Recreation | Bldg. 261, 2nd deck (Freedom Souq)**
The Community Recreation office is your source for tickets and travel opportunities, equipment rental and community classes.
- **Single Sailor Liberty Center | Bldg. 305**
Offers a space for hanging out and relaxation, plus recreational activities, trips throughout the Kingdom of Bahrain for single sailors and geo-bachelors.
- **Fitness Center | Bldg 261 (Freedom Souq)**
The fitness center has free weights, cardio machines, a climbing wall, and health and wellness programs. There is also an unmanned fitness facility, the Fleet Park Warrior Zone, near the softball field, a fitness pool in Bldg. 37 and a recreational pool near the skate park.
- **Entertainment**
NSA Bahrain also has a library (Bldg. 18), bowling center (Bldg. 70) and movie theater (Bldg. 261).

FFSC

Bldg. 100 | Phone: +973-1785-4046
DSN: 318-439-4046

The Fleet and Family Services Center (FFSC) will be one of your first stops when arriving aboard NSA Bahrain for the mandatory Newcomer's Orientation. They also offer programs designed to help you and your family while stationed in Bahrain.

- Relocation Assistance
- Intercultural Relations classes that cover buying items in Bahrain, Arabic culture, and the Arabic language
- Family advocacy resources
- Financial management classes in debt management, car and home buying and budgeting.
- Life skills in anger management, stress, deployment support and goal setting.
- Counseling for individuals, families and crisis intervention.
- Exceptional Family Member Program (EFMP): classes, meetups, school connection.

SAPR

Bldg. 24 | 24/7 Response Line: +973-3940-3906

The Sexual Assault Prevention and Response Program (SAPR) offers victim resources and options for reporting with or without an investigation.

POST OFFICE

Bldg. 261 (Freedom Souq)
Phone: +973-1785-3199 | DSN: 318-439-3199

Military postal facilities use gateways in the United States to connect your mail with the United States Postal Service (USPS). Shipping costs and procedures are roughly the same as those in the United States. All mail must have the following to be sent or received.

- First and last names of both sender and receiver.
- Recipient or sender names must match those affiliated with the military postal box.
- A customs form to ensure the contents abide by local area restrictions.

AFN

BROADCASTING AT 106.3 FM

The American Forces Network (AFN) broadcasts locally and online via the AFN Go app available at www.afngo.net/anfeurope.

NMCRS

Bldg. 100, Room 130A
Phone: +973-3941-5836 | DSN: 318-439-2914

Navy-Marine Corps Relief Society (NMCRS) provides financial, educational and other needs-based assistance to active duty, retired Sailors and Marines, their eligible family members and survivors. Contact NMCRS at bahrain@nmcrs.org to book an appointment or request information about eligibility. All services are confidential and include financial counseling and interest free loans. Let NMCRS be your first resource, not your last resort.

RED CROSS

Emergency messages: 011-49-0703-115-2812

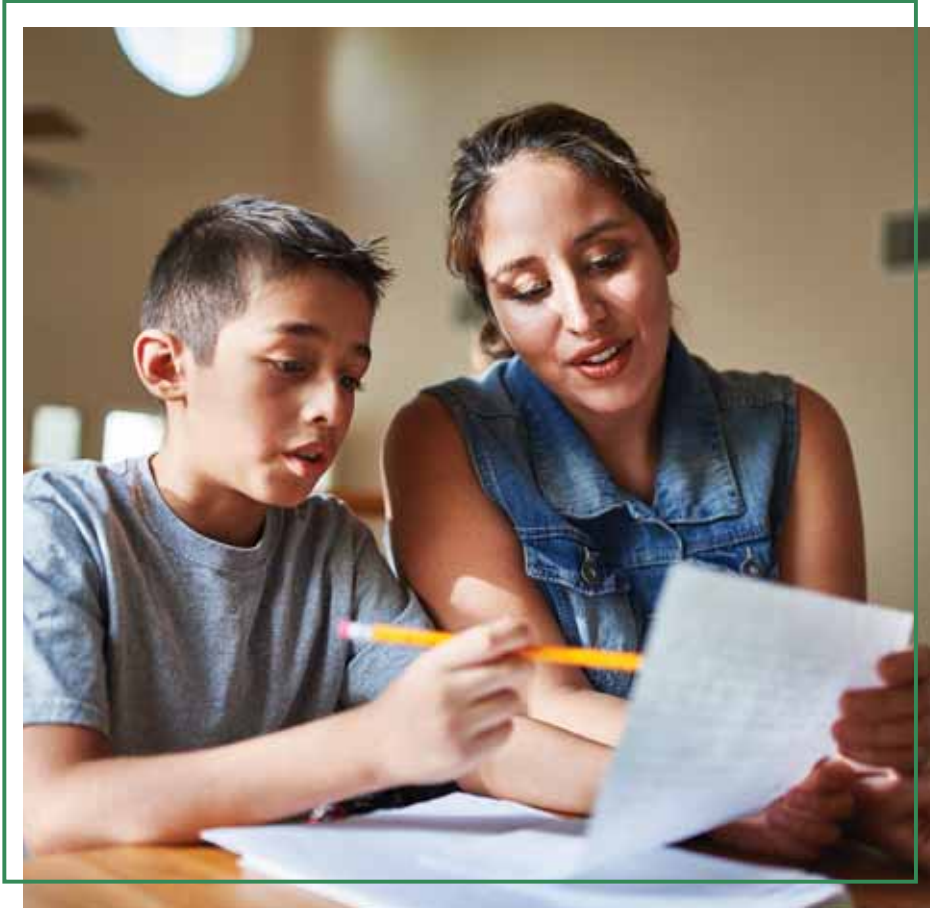
The Red Cross offers assistance handling emergency situations with family back in the U.S. and emergency communication with service members in Bahrain.

CHAPEL

Phone: +973-1785-4303

The chapel offers religious services and education for a variety of religions and denominations, pastoral counseling, and non-faith-based coaching for personal spiritual resilience or life skills workshops through the Chaplains' Religious Enrichment Development Operation (CREDO). ■

RESOURCES FOR KIDS



Children may think of moving to Bahrain as an exciting new adventure. They may also struggle with the big change. Luckily, there are resources at NAVSTA Rota to help your kids settle into their new home.

Access online signups for Child and Youth program classes, special events, hourly care and sports at myffr.navyaims.com/cyms.html.

CHILD DEVELOPMENT CENTER (CDC)

Bldg. 267 (Bahrain School)

Phone: +973-1785-9092 | DSN: 318-439-9092

The CDC offers weekday childcare for children aged 6 weeks to 5 years old with age-appropriate rooms and a developmental curriculum. Hourly care is also offered on a space-available basis.

- Sign up at www.militarychildcare.com

SCHOOL AGE CARE (SAC)

Bldg. 267 (Bahrain School)

Phone: +973-1785-4901 | DSN: 318-439-4901

SAC is for school aged children who are attending kindergarten through 12 years old. The SAC facility offers before and after-school care that includes structured recreation and homework help in a dedicated building with a playground. Fees are based on Total Family Income (TFI).

- Hourly care is space-available. Register at the SAC and then you can sign up by calling or via the Navy CYP website myffr.navyaims.com/cyms.html.

TEEN CENTER

Bldg. 18 | Phone: +973-1785-4902

DSN: 318-439-4902

The teen center offers dependents in grades 7 to 12 a place to hang out, receive homework help, get involved in clubs, enjoy open recreation and participate in special events and field trips. Membership is free. Register your youth at the facility.

CHILD AND YOUTH SPORTS (CYS)

Bldg. 267 (in SAC) | Phone: +973-1785-4903

DSN: 318-439-4903

This program offers seasonal sports like football, baseball, basketball, soccer and others for youth, and Smart Start sports for kids aged 3–5. Youth must be registered with CYP before they can be registered for sports. ■

SCHOOL OPTIONS



The school liaison at NSA Bahrain is a good first resource for any questions regarding school options while stationed on the island. While most students attend a Department of Defense Education Activity (DoDEA) school, homeschooling is also an option.

SCHOOL LIAISON PROGRAM

Bldg. 267 (Bahrain School)
Phone: +973-1785-6719 | DSN: 318-439-6719

DODEA SCHOOLS

All the DoDEA schools in Bahrain are located in the Bahrain Community School Complex. This 28-acre campus in Juffair, Bahrain adjacent to NSA Bahrain. While part of the DoDEA system, the schools are also sponsored by the Bahrain International School Association.

Enroll for DoDEA schools at www.dodea.edu/registration.

► BAHRAIN ELEMENTARY SCHOOL

bahraines.dodea.edu | www.thebahrainschool.com
Phone: +973-1771-9829

The elementary school has students in Pre-Kindergarten, Kindergarten and grades first through fifth. The school has a host nation class so students can learn about the culture and language of Bahrain. In addition, there are a variety of extracurricular activities.

► BAHRAIN MIDDLE-HIGH SCHOOL

bahrainmhs.dodea.edu | www.thebahrainschool.com
Phone: +973-1772-7828

The middle and high students at the Bahrain School are combined into a single facility for students in sixth to twelfth grade. It is one of a handful of DoDEA schools that can offer graduates an International Baccalaureate (IB) diploma in addition to an accredited American high school diploma, plus extensive AP coursework. Being part of the international school system means that not all students are military kids and some live in the adjoining dormitory. The school also offers extracurricular activities, clubs and team sports.

HOME SCHOOLING

Home schooling is a legal option open to all active-duty military, DoD civilians and contractors. Your children may also be eligible for auxiliary services offered by DoDEA Europe at the Bahrain School. Contact the school liaison for support, information and to connect with home schooling groups in Bahrain.

PET INFORMATION



If you plan to bring your pet to Bahrain, begin early to ensure a smooth process.

NSA BAHRAIN VETERINARY TREATMENT FACILITY

Bldg. 328
Phone: +973-1785-4295 | DSN: 318-439-4295
nsabahrain.vetclinic@gmail.com

More than 30 days prior to arrival of the pet

Email the clinic a few months in advance of a move to ensure you have a complete checklist of requirements before planning your move.

1. Vaccination records, microchip information and the VTF checklist must be emailed to the VTF.
2. When you are within 30 days of arriving with your pet, the VTF will give your sponsor an Import Memo be taken in person to the Kingdom of Bahrain Animal Health Directorate where they will receive an Import Certificate. This certificate is good for 30 days and allows your pet entry into Bahrain.
3. The sponsor, with the Import Certificate, must pick up the pet at the airport.

Import Requirements

- ✓ Completed checklist from the VTF
- ✓ USDA endorsed Health Certificate issued within 10 days of travel to Bahrain. Note that U.S. military veterinarians can endorse, most civilian vets cannot.
- ✓ Two doses (including one within the previous calendar year) of the following:
 - Dogs: Rabies, DA2PP (distemper), Leptospirosis
 - Cats: Rabies, FVRCP (distemper)

- ✓ 15-digit ISO standard microchip
- ✓ Passing FAVN (rabies test) done within a year of arrival.
- ✓ Pets must quarantine in-home for 30 days after arrival, meaning they may not come into contact with other animals.

Pet Transportation Allowance

As of Jan. 1, 2024, each military member is authorized up to \$2,000 to defray the cost of transporting one pet to OCONUS locations. This allowance can cover flight shipping fees, boarding fees, hotel service charges, licensing fees at the new duty station and microchipping costs.

Pet Shipping Loan

NMCRS provides an interest free loan for the air shipping costs of up to two pets, in the amount of up to \$5,500. This may be used when the DOD cannot support travel for the pets, typically non-availability on an AMC flight.

LIFE FOR YOUR PET IN BAHRAIN

Because the veterinarian clinic on the installation has tight mission demands, many individuals utilize off-installation veterinarians. It is recommended to establish a relationship with a local Bahraini veterinarian for specialty and emergency needs.

If you plan to travel, visit the base VTF who can provide a list of local boarding facilities.

During the summer months, be sure to keep your pets hydrated and protect their paws from the hot ground. ■



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PERSONAL ENRICHMENT



EMPLOYMENT OPPORTUNITIES

Like many overseas locations, Bahrain can be a challenging environment for spouses who are seeking employment. It is common for applicants to wait six months or longer to land a job that aligns with their education and/or experience. It is helpful to look for job opportunities before PCSing and soon after you arrive.

- **Government Positions:** Non-Appropriated Fund (NAF) and General Schedule (GS) positions are offered with Navy MWR, Child and Youth Programs (CYP) and other on-installation services. Hours range from full-time to flexible part-time with varying employment benefits. Search and apply at www.usajobs.gov.
- **DoDEA-Europe:** On-installation schools offer full and part-time employment as support staff, substitute teachers and administrative employees. Find certified teaching positions at: www.dodea.edu/offices/HR. Find local support positions at www.usajobs.gov.
- **Navy Exchange (NEX):** Jobs can be found by visiting www.NavyExchange.jobs and searching for Bahrain.

- **Defense Contractors:** Job opportunities with contractors are typically advertised via the company's human resources department. Your installation's contracting office and FFSC may have information about companies with contracts near you.
- **Home-Based Businesses:** Dependents and DoD personnel may run home-based businesses while stationed in Bahrain. Consult with the Legal Office to ensure you're following the correct guidelines.

EDUCATION

Thinking about pursuing a college degree? There are educational opportunities on the installation and online with universities who partner with the DoD.

- **Navy College** | Banz Warehouse, Bay 6
Phone: +973-1785-9446 | 318-439-9446
The Navy College Office (NCO) has a variety of educational services, from coursework and degrees to testing services and GED requirements. Visit www.navycollege.navy.mil for programs.

- **University of Maryland Global Campus (UMGC)** | Bldg. 100, Room 9
Phone: +973-1785-9094 | DSN: 318-439-9094
UMGC offers on-site in person, online and hybrid courses for a variety of degree programs. Visit europe.umgc.edu/locations.html for information about your local campus.
- **Online coursework**
www.military.com/education
or www.militaryonesource.mil
Many U.S.-based colleges and universities offer online courses and discounts for military-affiliated students.

VOLUNTEERING

Volunteering is a wonderful way to get involved in your community, keep your resume current and learn new skills.

- The FFSC is a hub for activities and events around NSA Bahrain and can help refer you to volunteer opportunities.
- Visit NMCRS for volunteer opportunities.
- Child and Youth Programs (CYP) depends on volunteer sports coaches.
- Reach out to organizations across your installation that align with a career field in which you are interested in.
- Find local spouses clubs, interest groups or sports organizations to join.
- Do you enjoy writing? Submit travel, lifestyle or local news stories to content-team@stripes.com for publication on the StripesEurope.com website. ■



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LOCAL CULTURE

DINING

Bahraini food is an eclectic mix of Middle Eastern, African, Indian and European cuisines. Much of the food is imported, reflecting Bahrain's history as a hub for trade.

FOODS TO TRY:

Machbos—This is Bahraini comfort food. Using a Bahrat spice blend and lime to flavor rice, it is cooked with chicken and saffron and often has a side of green chili sauce called Daqoos.

Shawarma—One of Bahrain's most popular street foods, this is a wrap containing spiced chicken or beef mixed with shredded veggies and sauces to your liking.

Harees—Often associated with Ramadan, this slow-cooked savory porridge is hearty and filled with lamb and clarified butter.

Balaleet—This is a breakfast dish made with sweetened noodles and often served with an omelet on top.

Halwa—Try this sweet jelly dessert made from cornstarch and sugar flavored with saffron, rosewater, cardamom and nuts.

TIPS FOR DINING:

- Restaurants are open during customary American hours, but many of the Bahraini people eat dinner later in the evening so most will stay open until midnight.
- Many people in Bahrain drink bottled water. The tap water on the installation is filtered and safe to drink.
- Some restaurants may not serve alcohol and pork due to Muslim religious practices.
- While tipping isn't always expected, it is welcome as a nod to good service.

SHISHA

Smoking is common in Bahrain, especially for men. Shisha cafes are prominent and the tradition of smoking tobacco from a waterpipe goes back centuries as a way to show hospitality.

SHOPPING

Shopping in Bahrain is top notch. There are massive modern malls with high-end designer brands, traditional open-air markets (souks) and custom clothing and furniture designers.

MALLS TO VISIT:

- **Seef Mall Bahrain**—Has an amusement park inside.
- **Dragon City Bahrain**—Large selection of home goods primarily imported from China.
- **The Avenues**—Mall designed to look like an outdoor shopping town.
- **City Centre Bahrain**—The biggest mall in Bahrain, complete with amusement and water parks.
- **Moda Mall**—Luxury, high-end shopping destination.

MARKETS TO VISIT:

- **Manama Souk**—Bahrain's oldest souk with specialty areas for spices, rugs, gold, clothes and souvenirs.
- **Gold City**—A modern indoor mall dedicated to jewelry.
- **Al Qusayrya Market**—A UNESCO World Heritage Site, famous for its pearl sales.

ATTIRE

When you are off the installation, you will see local men and women in traditional Bahraini attire. Service members may not dress in traditional host nation attire, except those of the Muslim faith or when visiting a mosque.

Local Men:

- **Thobe**—a loose, ankle-length robe made from cotton.
- **Ghutrah**—a red checkered or white head covering.
- **Agal**—a strong cord to hold the Ghutrah in place.

Local Women:

- **Abaya**—a traditionally black, but sometimes colorful, ankle-length garment with long sleeves and a high neckline.
- **Hijab**—a religious head covering.
- **Niqab**—a long garment that covers a woman's entire body and face.

ACCEPTABLE ATTIRE FOR U.S. PERSONNEL AND DEPENDENTS

Base personnel and their dependents should follow the Naval Forces Central Command (NAVCENT) instruction regarding clothing.

Uniforms are not permitted to be worn off base.

Clothing should be neat and conservative.

Approved:

- Ball caps, beanies, visors
- Collared shirts, casual or dress shirts that cover shoulders, midriff and chest
- Sleeves that cover at least three inches from shoulder seam
- Shorts, skirts, dresses worn at or below the knee
- Slacks, jeans, capri pants, leggings past the knee and not frayed or torn
- Dress shoes, sneakers, running shoes
- Flip-flops with leather or cloth straps, or wooden sole
- Always carry your ID card out of sight

Prohibited:

- Cloth head coverings like bandanas and du-rags
- Sheer or see-through items
- Male piercings, more than two female ear piercings per ear
- Undershirts, tank tops, halter tops, tube tops, or any shirt that exposes shoulders, midriff or cleavage
- Items that identify you as an American like military-issued objects, backpacks, command-related wear, etc
- Offensive slogans, graphics or text related to politics, religion, nudity or sex, drugs, alcohol, gangs or other offensive material



HOLIDAYS 2025

January 1: New Year's Day

March 31–April 2: Eid Al Fitr

May 1: Labor Day, May Day

June 6–8: Eid Al Adha

June 26: Islamic New Year, Muharram

July 5–6: Ashura

September 4: The Prophet's Birthday

December 16–17: Bahrain National Day

RAMADAN

February 28–March 30, 2025

Ramadan is the ninth month of the Islamic lunar calendar. During Ramadan, Muslims honor the Holy Qur'an being revealed to the Prophet. During this month, Muslims observe a fast from eating, drinking, smoking and any other vices from dawn until sunset.

Base personnel are not obligated to fast. However, eating or drinking in public during the day may incur fines or jail time. Please note that many restaurants, parks, stores and services may have different hours. Some five-star hotels still serve food during regular hours.

ARABIC LANGUAGE

Ready to learn Arabic? Here are a few words to get you started.

WelcomeAhlan wa Sahlan/Marhaba
 Good MorningSabah el khayr
 (Reply)Sabah ennoor
 Good EveningMasaa el Khayr
 (Reply)Masaa ennoor
 Hello.....Assalaamo Alykum
 Reply.....Wa alykum assalaam
 What is your name?Maa Ismak?/Maa Ismik?
 My name is...Ismi...
 Are you American?.....Inta amreekee?
 Yes.....Na'am
 Are you Bahraini?.....Inta Bahraini?
 No.....Laa
 If God wills.....Inshallah
 God's willing.....Mashallah
 CongratulationsMabrook
 GoodbyeMa assalaamah
 (Reply)Fi Aman Allah
 Thank youShukran
 You're welcomeAfwaan
 How are you?.....Kaif Halak?/Kaif Halik?/
 Kaif halkom?
 Thank God.....Al hamdulillah

RESOURCES FOR LEARNING ARABIC

Although the basics are great, nothing beats hearing the language spoken well. Make the most of your tour in Bahrain by trying to learn the language.

► FFSC Classes

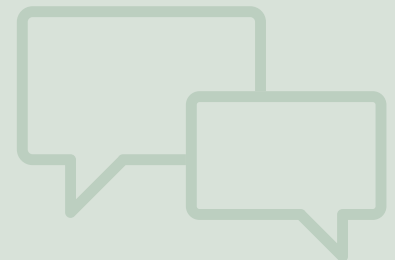
The installation's FFSC provides Arabic classes to get you comfortable being off the installation and having a basic conversation with the locals. In addition, FFSC offers classes in local customs and shopping for carpets and jewelry.

► Library

Through the Navy MWR library websites, you can access Mango Languages courses and the Mango App to learn Arabic for free on your computer or mobile device.

► Google Translate App

This app allows you to type, photograph or say words in one language and quickly translate them into another language. It also offers a real-time dictation function that is convenient for conversations. Keep in mind that Arabic has nuances that affect how accurate Google Translate can be. ■



EXPLORE THE UNIQUE *Muharraaq Souk*

Story and Photos by Shannon Renfroe

On historic Muharraaq Island, north of Manama, Bahrain, there's a duality to the souk, which blends traditional market life and architectural innovation while underscoring Bahrain's recent architectural revitalization to boost tourism.

The souk entry connects directly to the Pearling Path, a UNESCO World Heritage site that recalls the time when pearling dominated the local economy before the discovery of oil. At the heart of the structural revival is Swiss architect Valerio Olgiati's 72,000-square-foot Brutalist concrete structure, which serves as the Pearling Path visitors center. This building, located over the remnants of an amara — a combination of market, factory and warehouse — features geometric cutouts in the ceiling that offer ample shade. Olgiati described it as “an urban room with the scale of a public park,” providing a communal space for residents and tourists.

While exploring Muharraaq Souk, I saw how restored traditional homes and modern architectural statements seamlessly blend despite their juxtaposition. The market is a labyrinth of alleys, but instead of feeling lost, there is a sense of adventure in deciding whether to turn left or right. The souk still maintains many of its

traditional facades but has been updated with modern construction as part of the country's architectural revitalization efforts.

Expect to be bombarded by shopkeepers calling out, haggling over prices as they hawk goods ranging from gold jewelry to counterfeit Nike items. The place abounds in chaos, which peaks in the evenings, but all that bustle sets the region's markets apart from any other.

Visiting on quieter days allows for more intimate exploration. However, the real treasure lies in engaging with people and gaining a deeper understanding of their crafts and culture.

I was invited into a traditional bakery, where bread was made in a tannour, a time-honored clay oven.

Bahrain hadn't even reached its peak summer temperatures yet, and standing near the heat radiating from the oven gave me a tremendous respect for the baker's work. In a swift movement, he slapped the dough against the inner wall of the tannour, where it sticks, held in place by the intense heat. It took only seconds for the dough to puff up and bubble to a golden brown.

With a hooked metal rod, the baker carefully peeled the bread from the stone wall of the tannour. I was deeply moved by his generosity when he offered me bread without asking for anything in return. Interestingly enough,



Bahrainis make up only 47.8 percent of the island's population while the rest are from other countries, which leads to a rich exchange of cultural practices and perspectives.

The Muharraaq souk stands out as more than just a traditional Middle Eastern market. It's an immersive combination of architecture, culture, history and commerce. Make sure you have comfortable walking shoes, and choose your visiting time based on whether you prefer a mob scene or a more intimate experience. You're all but guaranteed to leave with your hands, heart and stomach full.

It was an \$8 taxi ride from NSA Bahrain to the souk in Muharraaq. Street parking is available, and the Pearling Path car park is nearby. The market is open daily 9 a.m to 11 p.m. ■



Let your smile be the best part of your day.



Prevention is always better than a cure.

While living in Bahrain you do not always have fluoride in your drinking water; your toothpaste is a good source of fluoride.

We recommend you brush your teeth a minimum of 2 times a day and not rinse with water after brushing, this way the fluoride from your toothpaste will stay and help protect your teeth.

If you are staying here for more than 6 months, it is essential that you go for your dental checkups and cleanings.

According to the American Dental Association, you should see your dentist every 6 months.

We highly recommend you do that while living here.

We would love to welcome you to our clinics.

We are open 7 days a week from 9 am to 8 pm.

Welcome to **Bahrain**



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Dr. Patrick Bounassif
Orthodontist



Dr. Donna Hassoun
General Dentist



Dh. Ghadeer Omran
Hygienist



Dr. Carlos Khoury
Periodontist



Dr. Roger El-Bassit
Oral Surgeon – Implantologist



Dr. Majd Mouawad
Prosthodontist –
Advanced Cosmetic Dentistry



Dr. Mario Fares
Endodontist



Dr. Marlene Khoury
Pediatric Dentist



Dh. Fatima Aloraibi
Hygienist



Dr. Carla Moukarzel
Pediatric Dentist



Dr. Marc Bassit
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BAHRAIN'S BEST *Cultural Sites*

By Stripes Staff and Bahrain Tourism and Exhibition Authority

*B*ahrain might be small in size, but it carries tremendous charm with its history and culture. Bolster your knowledge of this island and discover its wonders at these must-do attractions.



Bab Al Bahrain

BAB AL BAHRAIN

If you're looking to experience the real culture of the island, this is the first place to start. Built in 1949, Bab al Bahrain which translates to "Gateway of Bahrain," is the main entrance to the city's vibrant souk downtown where you will find traditional cafes, restaurants and a wide range of rare spices, fabrics, kaftans, dry fruits, regional unique handicrafts, nuts and more. It's a good place to stock up on souvenirs to send home.

AL JASRA HANDICRAFTS CENTRE

Located in Al Jasra village, Al Jasra Handicrafts Center is considered one of the most important craft centers in the Kingdom of Bahrain and offers a look into the traditional arts and crafts that many of the villages in Bahrain have historically produced. Watch as craftsmen demonstrate pottery making, textile weaving, woodworking, model-boat building, basket weaving and many other crafts. The small workshops where the handicrafts are produced represent an admirable attempt to preserve skills that might otherwise be lost. They overlook a pleasant central garden, and there is also a gift shop where purchases go a little way to helping Bahrain retain some of its traditional handicraft skills.

AL-FATEH MOSQUE (GREAT MOSQUE)

The Al-Fateh Mosque (also known as Al-Fateh Islamic Center & Al Fateh Grand Mosque) is one of the largest mosques in the world, encompassing 6,500 sq m and having the capacity to accommodate over 7,000 worshippers at a time. The mosque was built by the late Sheikh Isa ibn Salman Al Khalifa in 1987 and was named after Ahmed Al Fateh. In 2006, Al-Fateh became the site of the National Library of Bahrain. Set against a backdrop of palm trees and the sea, the Grand Mosque strikes a beautiful picture. With its exquisite Bahraini architecture, crowned by the world's largest fiberglass dome and blessed with tranquility reserved for the holiest of holy places, the Grand Mosque truly lives up to its name. Though non-Muslim visitors are welcome, it is important to dress modestly, cover your head (for women) and take your shoes off before entering. Another mosque to check out is Khamis Mosque.

BLOCK 338

Located in the heart of Manama, Block 338 is a charming pedestrian quarter crammed with international restaurants, art galleries and boutique shops. Known as Bahrain's hot dining district, Block 338 offers a wide range of restaurants appealing to all ages and tastes, offering a variety of options ranging from a fancy meal to traditional Bahraini food or just a soothing drink. In addition to this distinguished eating experience, Block 338 has a number of good retail opportunities tucked along its side streets and has grown over the years into a vibrant space for art lovers.

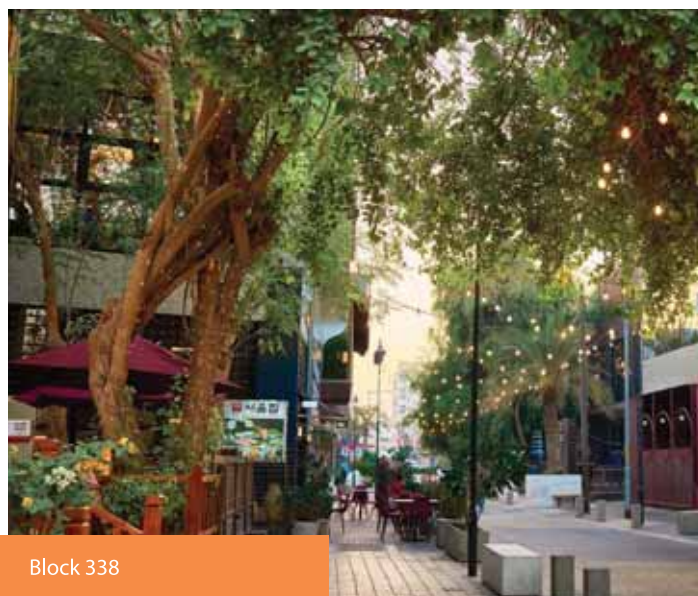
THE PEARLING PATH

Discover the UNESCO-listed Pearling Trail of Bahrain that stretches up to 3.5 km through the old alleyways of Muharraq. Before the oil boom, pearl divers were a big source of economic prosperity in Bahrain. Get to know more about the pearling lifestyle as you visit a local market, Bin Matar House, and the Dhow building yard. There's even a chance to shop for this precious "jewel of the sea" and get one for yourself or a loved one as a souvenir.

continued on page 32

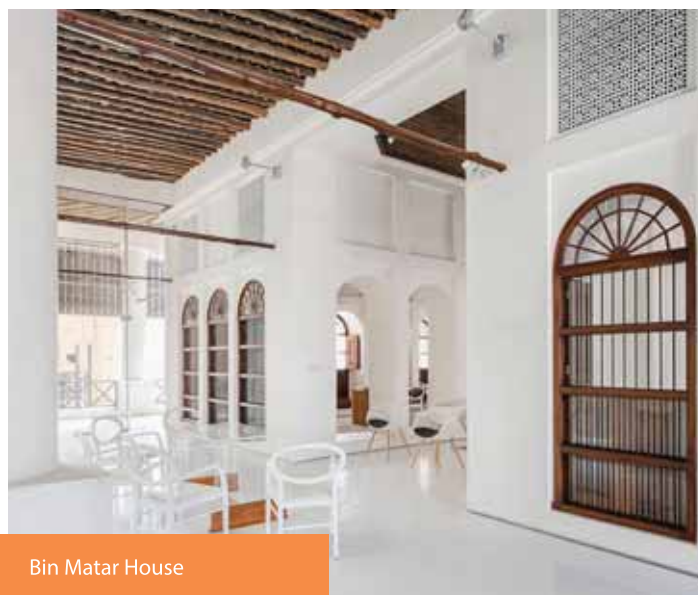


Al Jasra Handicrafts Centre



Block 338

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Bin Matar House

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QAL'AT AL BAHRAIN

Qal'at al Bahrain, also called Bahrain Fort or Portuguese Fort, is perhaps one of the most prolific archeological sites you'll see in Bahrain. Once the capital of the Dilmun civilization, this fort is registered today as a UNESCO World Heritage Site and carries 4,000 years of history between its arches from 2300 BC until the 18th century from its various occupants, including Kassites, Greeks and Portuguese. You can walk through different parts of the fort to transport yourself through layers of its historical legacy further highlighted with the use of an audio guide available to visitors. There is also a museum connected to the fort that explains the area's history and contains artifacts from past civilizations. A seaside cafe offers a stunning view of the fort and the surrounding palm groves, with a view of flying kites from the festive beach just steps away with food trucks and various activities, including horse rides. If you like your experience here, make sure to check out Riffa fort and Arad fort as well.



Qal'at Al Bahrain

BOAT TRIPS TO BU MAHER FORT

Bu Maher Fort, which was built in 1840, served as the main fishing harbor and gateway to and from the sea. The Bu Maher Fort Visitor's Center is the starting point to discovering more about the Pearling Path that has been designated a UNESCO World Heritage Site. The center contains a three-dimensional display that guides the viewer through the history of the path and the houses that formed it from the early beginnings to the main pearling traders. The visitors' center can be accessed via the sea by boats that depart from Bahrain's National Museum harbor.



Bu Maher Fort

ARCHAEOLOGICAL SITES

Bahrain is home to numerous archaeological digs around the island starting with the **A'ali Burial Mounds**, located on the north side of A'Ali. This archeological paradise is considered one of the largest prehistoric cemetery sites in the world with more than 85,000 Dilmun and Tylos burial mounds, dating back about 4,500 years.

Saar Settlement is another gem featuring an entire residential quarter comprising well-preserved courtyard houses, a temple and a very unique honeycomb-shaped cemetery. This third-millennium BC site offers fascinating insights into the daily life of the ancient inhabitants of Bahrain. Lastly, the **Barbar Temples** and **Diraz Temple** are some impressive archaeological discoveries dating back to the second and third millennium BC. These sites are well worth your time, as they represent some of the earliest examples of the dawn of human civilization. ■



Barbar Temple



You can also get Bahrain's events at your fingertips at
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Hazar Islands

Ready to get out and explore the landscape? Here are some amazing things to do while in the Kingdom of Bahrain.

Al Areen Wildlife Park

This nature reserve and zoo, located in Sakhir, is one of five other protected areas in the country and is the only designated protected area on land in the country. The park covers a total area of 7 sq. km. and was first established in 1976. Species native to Bahrain, both plants and animals, as well as species originating from Africa and south Asia are present in the zoological park. It houses rare and endangered species. The Bahraini sand gazelle or reem gazelle, impala and Arabian oryx (nearly extinct in the wild) are among the featured enclosures in this small wildlife reserve that cares for over 500 different species. For agricultural lovers, the park offers over 100,000 different species of plants and trees to enjoy.

Dive Bahrain

The world's largest underwater theme park is in the waters of Bahrain. Here you can scuba in an area of 100,000 square meters to explore a submerged Boeing 747, traditional home and other interesting items. It can be visited by using one of four registered dive centers. Details can be found at divebahrain.com.

Pearl Diving

Pearl diving is a part of Bahrain's past and current heritage, and this is a hands-on way to experience a piece of local culture. This adventure gives you the chance to search for pearls underwater, either snorkeling or scuba diving (if you have your license). You'll collect oysters in the hopes of finding some that contain that desirable mineral. Professional dive instructors will guide you according to your ability and teach you the process of gathering oysters and cracking them open to find pearls.

Bahrain International Circuit

Even if you are not a motor racing fan and even when Formula One is not taking center stage at the Bahrain International Circuit, you are guaranteed a thrilling experience in the state-of-the-art circuit. Located 20 miles south of Manama, the Bahrain International Circuit is a motorsport venue that opened in 2004 and is hailed as one of the best and most advanced in the world, from its design to its safety measures. The circuit has many activities such as the Land Rover experience, the Jaguar experience and the Clio Cup experience in addition to open track days where you can take your own car and drive on the track. The venue also has the biggest karting circuit in Bahrain where you can have your own karting experience with your kids and friends.

Hawar Islands

A trip to Bahrain would not be complete without a visit to the Hawar Islands. Located 20 km south of Bahrain, the Hawar Islands are a renowned wildlife reserve of international significance. The islands are home to pristine beaches, indigenous fauna and flora and migratory birds. Take a sea voyage about 45 minutes from Al-Dur Jetty on Al Fateh and enjoy a weekend stay in the resort where you can see approximately 150 species of birds, desert species like the reem gazelle, Arabian oryx and Nubian ibex and marine species such as the endangered dugongs, green turtles and bottlenose dolphins.

Royal Camel Farm

This is a sanctuary for several hundred camels, where visitors have the opportunity to get up close and personal with the camels, feeding and touching them. The farm is home to over 600 camels of all ages and sizes. The farm was created by the King of Bahrain, Sheik Mohammad, as a means of preserving camels in Bahrain. Before the introduction of cars to the country, camels were the primary means of transport for the people of Bahrain and they hold a deep-rooted cultural connection to them. This farm is open every day from sunrise to sunset, with free entry and free parking on-site as well as washroom facilities.

Bilaj Al Jazayer

Sink your feet into the soft sand and walk across to the beautiful blue water which gently touches the shores as the waves go back and forth. Creating a family-friendly ambiance, the beach also has beanbag chairs where you can sit and relax and let the soft hushing of waves engulf you or take a walk along the boardwalks and explore the beautiful scenery around! Details at www.bilajbeach.com.

Al Dar Islands

Al Dar Island is a resort near Sitra that lies 12 km southeast of the capital Manama and is a 10-minute offshore trip from the Dhow harbor in Sitra. It offers beautiful beaches and a variety of facilities, such as palm leaf huts, tents, or chalets, and a restaurant offering delicious dishes and refreshing drinks. The island also offers jet skiing, snorkeling and other water sports. Visitors to the island can also enjoy pearl dives and cruises to the stunning Jarada Island which affords one the opportunity to see up to 30 different types of coral, more than 200 species of fish, and the chance to watch the always delightful dolphins. ■



Royal Camel Farm



Bahrain International Circuit



Al Areen Wildlife Park

NSA BAHRAIN DIRECTORY



EMERGENCY INFORMATION

On-base phone: 911

Cell phone: +973-1785-4911

This will reach the NSA Bahrain emergency dispatch and should be used whether the emergency is on or off base.

Bahraini emergency number: 999

This service will be in Arabic and is not recommended for the quickest response.

FACEBOOK PAGE RESOURCES

NSA Bahrain
 NSA Bahrain Ombudsman
 MWR Bahrain
 Bahrain Community Schools
 Bahrain Family Readiness Group
 Bahrain Fleet & Family Support Center
 Naval Branch Health Clinic-Bahrain
 Navy Exchange (Navy Exchange Bahrain)
 NSA Bahrain CYP
 NSA Bahrain Veterinary Services
 Personnel Support Detachment Bahrain
 Navy College Office Bahrain
 RLSO Bahrain
 Navy-Marine Corps Relief Society,
 NMCRS Bahrain
 Bahrain Red Cross
 Navy Region Europe, Africa, Central
 U.S. Naval Forces Central Command/
 U.S. 5th Fleet
 Naval Amphibious Force, Task Force 51/
 5th Marine Expeditionary Brigade

Four-digit phone extension numbers are listed below.

The dialing prefix you use depends on how you are calling:

On-base phone: 439 – XXXX | DSN: 318-439 – XXXX

Cell with a Bahraini SIM card: 1785 – XXXX

U.S. cell phone: +973-1785 – XXXX or 011-973-1785 – XXXX

Off-base phone: 99-1785 – XXXX

FACILITY	EXTENSION	BUILDING
Operator	4000	
Bahrain School (DoDEA)	9800	267
Barracks	9671 / 0230	266
Chapel	4303	
Child & Youth Programs	9092	267
CDO	3877	
Dental Front Desk	4211	110
EFMP	4787	100
Fitness Center	9306	261
FFSC	4046 / 9796	100
Front Gate / Security	3140 / 3426	
Household Goods	4132	422
Housing Office	4104	263
Human Resources	4763	100
ID/CAC Card Processing	4029	36
Legal Office	4237	100
Library	4062	70
Medical Front Desk	4211	110
MWR Admin	4422	261
Navy College	9446	100
Navy Federal Credit Union	4313	261
Navy Gateway Inn & Suites	2100	264
NEX Customer Service	6885	261
NMCRS	2914	100
Post Office	3199	261
SAPR	3906	24
School Liaison	6719	267
Threat Mitigation	6615	
TRICARE	8157	110
Veterinary Office	4295	328
WIC Overseas	4781	100



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 - Pulmonology & Sleep Medicine
 - Gynecology Oncology
 - Medical Oncology
 - Endocrinology
 - General Surgery
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 - Internal Medicine
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 - Neuro Surgery
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 - Ophthalmology
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 - Urology
 - Urology Oncology
 - Rheumatology
 - Health at Home
 - Laboratory
 - Pharmacy
 - Radiology
- (Mammogram | MRI | CT | Ultrasound)