PCS Guide 2025-2026



WELCOME HOME TO A NEW ADVENTURE

Award-Winning Hospitality Awaits in Rota, Spain

Our professional staff is here to serve your family and make your PCS move a little easier. Enjoy premier guest service and excellent accommodations for the best value, anywhere in the world. Stay at the Navy Lodge or Navy Inn, providing spacious guest suites

- Complimentary WiFi & parking
- Pet-friendly
- Complimentary breakfast (Navy Lodge)
- Swimming pool & kids' play area



/NEXCOM HOSPITALITY GROUP



Newly renovated!
Call **011-34-956-82-2643**



NAVY INN Call 011-34-956-82-1871









www.hotelespadaña.com · +34 956 846 103 · Avda. de la Diputación 150 · 11520 Rota (Cádiz) España



CAR RENTAL COMPANY

Close to the main gate Rota Base

Short term car Rental Long term car rental Get a ride for a weekend

SPECIAL DISCOUNTS FOR THE MILITARY



rota@albitana.es · +34 956 064 061 · www.albitana.es

CONTENTS

Just Landed		
Welcome to NAVSTA Rota		6
Morón Air Base		8
NSE Madrid		9
NSE Valencia	1 (0
NSE Lisbon	1	1
Services		
Banking, Legal Services, NEX	1	2
Cell Phones	1	4
Transportation		
Driver's Licenses, Shipped Vehicles	1	6
Purchased Vehicles, Fuel	18	8
Housing		
Base Housing, Off-Base Housing	2	0
Loaner Furniture, Utilities	2	1
Healthcare		
U.S. Naval Hospital Rota	2	2
Mental Health	2	3
Daily Life		
Key Facilities	2	4
Resources for Kids	2	6
Pet Information	2	8
Personal Enrichment	30	0
Local Culture	3	2
Travel		
Get to Know Rota	3	4
Day Trip to Cádiz	3	6
Venturing Beyond Spain	3	8
Your Community		
NAVSTA Rota Directory	4	0
Morón Air Base Directory	4	2



Europe Office

COMMANDER

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

BUSINESS OPERATIONS MANAGER

John Rodriguez

PUBLISHING & MEDIA DESIGN, MANAGER

Carrie Farre

PUBLISHING & MEDIA DESIGN, LEAD EDITOR

Kat Nicko**l**a

WRITER-EDITORS

Tamala Malerk, Katie Wells

GRAPHIC DESIGNERS

Daniela Gammon, Ryyan Joye, Mandy Mi**ll**s

ENGAGEMENT MANAGER

Kay Moncada

MARKETING COORDINATOR

Kristen Thoennes

COMMUNITY RELATIONS COORDINATOR

Al Green

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty MULTIMEDIA ADVERTISING, CONSULTANTS

Sean Adams, Heidi Bayfield, Kandace Blevin,

Nate Jamison, 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

Ryyan Joye

FOR PUBLICATION REQUESTS Stars and Stripes Europe, Advertising Unit 29480, APO AE 09211

or email dougherty.doug@stripes.com Visit our website for more information at www.StripesEurope.com

©2025 Stars and Stripes. All rights reserved. All information current as of June 2025.

FOLLOW US ON:







KFM INSURANCE



underwriter Patria
Hispana
seguros

Spain







Pets Insurance





WE DO ALL NATIONAL AUTO TITLE TRANSFERS!!

(No appointment needed)

We transfer OUR INSURANCE POLICY to new owners!!

Rota's Office

08:30h - 18:00hPl. Triunfo n.º 7
I1520 Rota, Cádiz
Tel. 956 84 00 50 - 956 81 16 16



CONTACT US

www.kfminsurance.com E-mail: info@kfminsurance.com



Rota Naval Base's Office 09:00h - 17:00h

Bldg. 178 - Gas Station Tel. 956 82 14 70 - 727 1470 Tel. 956 82 14 33 - 727 1433

WELCOME TO NAVSTA ROTA

EMERGENCY INFORMATION

112 is the emergency phone number throughout Europe.

To contact emergency services from NAVSTA Rota.

- 911 (on-base landline)
- 727-2911 (DSN or gov. cell phone)
- **956-82-2911** (off base/personal cell phone)

NAVAL STATION ROTA WEBSITE



READ THE NAVSTA ROTA BASE NEWSPAPER, THE COASTLINE.



PHONE INFORMATION

To call from on base use prefix **727**To call from off base use prefix **956-82**The country code for Spain is **+34**



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

INITIAL CHECK-IN

Active-duty service members must first report to their Command Admin. Their orders will be stamped, they will sign their arrival Page 13 and they will receive a check-in sheet with further instructions. They must also report to their Command and Pay/Personnel Administrator (CPPA) within two days of reporting.

Sailors with command-sponsored dependents must visit Base Administration (Bldg. 1, 2nd floor) to complete the command sponsorship requirements and get their shipped vehicles. See your Page 13 for more information.

LODGING

- ▶ Navy Lodge | 727-2643, 956-82-2643
- Navy Gateway Inn and Suites 727-1871, 956-82-1871

On-base lodging is only available for active-duty personnel and their families and for government personnel on orders.

GETTING AROUND

Car Rentals

• NEX Car Rental | 727-2675, 956-82-2675 Inside air terminal on base

Offer automatic (not stick shift) and manual vehicles, no extra fees for drivers aged 21–25, and monthly and weekly rates.

Albitana Rent a Car | 956-064-061
 Plaza del Triunofo 9, Rota

Rota Taxi | 956-84-0085 or 956-82-2929

Taxis are often available outside of the NEX.

Free Shuttle Bus

- Morning route: Roughly 6–8 a.m. Runs between the Galley, Pier 1 and Camp Mitchell.
- Lunch route: Roughly 10:30 a.m.–12:45 p.m. Runs between Pier 1, Galley, NEX and Camp Mitchell.
- Evening route: Roughly 3–6 p.m. Runs between Pier 1, Galley, Liberty Center, NEX and Camp Mitchell.

CHECK-IN AT THE SECURITY OFFICE (BLDG. 3262)

Soon after arrival, you must check in with the security office. Bring the following for all family members:

- No-fee passports
- ☐ Tourist passports (if available)
- DOD ID cards
- ☐ Command check-in sheet and the document listed on your Page 13
- Valid U.S. driver's license for any driver over age of 18

TEI Card

Security will issue all sponsors and dependents over age 10 a TEI (tarjeta de identidad de extranjero) card. This is a Spanish ID card for foreigners that you are required to have while in Spain. It is also necessary to establish NEX and Commissary privileges.

Driver's License Translation

Security will also issue all drivers over 18 a Spanish translation of their driver's license which allows you to drive in Spain for 60 days.

Valido Stamp

The "Valido" stamp is the common name for the stamp that all civilians, including dependents, receive that validates the duration of their assignment in Spain up to three years. Security will collect your no-fee passports, which will be validated and returned by Spanish immigration after receiving the stamp. This stamp is not required for active-duty personnel.

VIE

You can apply for a Spanish Número de Identidad de Extranjero (NIE) while at the Security office. The number is required to sign rental contracts, cell phone or internet contracts, sign up for off-base activities, buy a used vehicle and other contractual arrangements within the Spanish economy. The application fee for an NIE is 10 euros, and Security will need to see your passport, DOD ID and TEI card. It typically takes 15–20 working days to receive the NIE.

Atlantic Cars Military Sales







(USA), 3 years unlimited (EU)

Visit your local Miliary Sales Agent for more details.

stationed in Spain. Full Warranty: 4 years / 50K

Plaza del Triunfo, 6, 11620, Rota, 1 minute from NAVSTA main gate Jose Duarte Cell: +34 655 876 851 jose.duarte@atlanticcars.es www.atlanticcars.es

home in the United States.

over, you can continue to enjoy your BMW back



continued from page 6



INTERCULTURAL RELATIONS AND COMMUNITY ORIENTATION COURSE (ICR)

A two-day, mandatory Intercultural Relations and Community Orientation Course (ICR) is offered at the Fleet and Family Support Center (FFSC). A third day features an optional field trip to Rota to learn more about local culture, landmarks, and lifestyle. Registration is required and is typically done ahead of time by your sponsor. Uniform of the day is required for military personnel on the first two days of the course.

Who must attend?

- ✓ Active-duty service members
- ✓ Civilian employees
- ✓ Contractors
- ✓ Command-sponsored dependents over 18 years old

Childcare is provided for free at the Child Development Center (CDC) while parents attend the ICR class. It's helpful for your sponsor to reserve hourly care ahead of time and to fill out paperwork in advance. Call DSN 727-1100 or 956-82-1100 (from off base or personal cell phone) for details. You will be given a voucher to cover costs from the ICR instructor.

What is covered?

- · Spain's history, geography and culture
- Spanish language basics
- Descriptions and briefings of base facilities, services and programs

- School information
- Hospital and TRICARE enrollment
- · Driving information and Spanish license exam
- · A tour of base facilities
- · A field trip to downtown Rota

GROCERIES

Commissary eligibility is limited to active-duty service members, American civilian employees and dependents on official orders who have been issued a TEI card. Personnel at Rota on temporary orders are also eligible once their orders have been stamped by Security.

Commissary hours:

- Monday to Friday 7:30 a.m.-7 p.m.
- · Saturday 10 a.m.-7 p.m.
- Sunday 10 a.m.-8 p.m.

Shopping at the mini-mart is open to anyone with a valid DOD ID.

Off-base grocery stores, or "supermercados" (typically closed on Sundays).

- Carrefour
- Mercadona
- Lidl
- Aldi
- Hipercor
- Dia
- · El Jamon

BUDGET SHOPPING

Need an extra pan, cups or dishes at your temporary lodging? Forget something in your household goods? Here is where to find those budget needs.

- The Navy-Marine Corps Relief Society (NMCRS) Thrift Shop is in Bldg. 3293 next to the chapel. They are open for shopping Mondays 10 a.m.-1 p.m. and Thursdays 3-6 p.m.
- The FFSC Loaner Locker has kits available for incoming families that include basic kitchen items to borrow for up to 30 days. The FFSC is in Bldg. 3293.

GUEST PASSES

Military members can escort up to four guests (U.S. or Spanish) on base for social visits of less than 24 hours.

Visit the Security Office to get long-term base passes for friends or family. Sponsors must accompany guests at all times on base. Non-U.S. quests will need to provide a copy of their passport and EU stamp if they are from outside

- ▶ Family passes for visiting relatives, are valid for one-month periods and are renewable two times, for a maximum of three months. A maximum of four family passes can be requested at a time.
- ▶ Friend passes may be issued for a single day or weekend, or a one-time pass can be issued that allows the visitor on base up to 30 individual days within 12 months. ■



reach HEALTH RIGHT HERE AUT

ES

+34 689 416759 www.reachaut.org

SERVICES AVAILABLE

EL PUERTO DE SANTA MARIA

Serafin Alvarez Campana, 3, Local 6 11500, El Puerto de Santa Maria (Cádiz)

ROTA

Calle Isaac Peral, 44 11520, Rota (Cadiz)

UTRERA

Clinica Memphy, C. Fray de Cipriano de Utrera, 16, local 1 Psychology Psychiatry ABA

Physiotherapy Speech Therapy Occupational Therapy

MORÓN AIR BASE

Morón Air Base (AB) is a small Air Force base situated southeast of Seville, Spain.

WELCOME KIT



ORIENTATION

Upon arrival to Morón you will attend a Right Start newcomers orientation at "The Spot." All active duty and dependents (including children) are encouraged to come. The first day involves a tour of the base and an introduction to base agencies. The optional second day involves a historical and cultural tour of the area.

KEY SERVICES

Force Support | Bldg. 319

For details about base activities and to read the monthly "Morón Living" magazine, visit www.moronforcesupport.com.

Military Family Readiness Center (MFRC)Bldg. 106

The MFRC has kitchen kits available to borrow, and helps organize trips, volunteer opportunities and local cultural programs.

Library Rec Center | Bldg. 320

The library has meetups and clubs throughout the week.

NEXMART | Bldg. 107

Let the NEXMART know if you have any specific stocking requests.

Post Office | Bldg. 106

Open Monday-Friday, 9 a.m to 5 p.m.

KIDS

School Liaison Officer (SLO) | Bldg. 106

Morón does not have child or youth programs, however, the SLO supplies community families with a seasonal package that includes local Spanish activities with sign up information. The SLO helps parents find and enroll young kids in local Spanish daycare. In addition, the SLO can help your family make the best choice of schooling while stationed at Morón.

High School Students

There is no high school at Morón. High school students can ride a bus to Rota High School (90 minutes each way), attend a local Spanish public school, homeschool or pay for private schooling.

Seville Elementary Middle School | Bldg. 314

With roughly 30 students in grades K-8, the school is one of the smallest DoDEA schools in the world. The school offers students a great opportunity for individualized education that can help close educational gaps. Clubs at the school are open to all kids stationed at Morón, not just those enrolled.

HOUSING

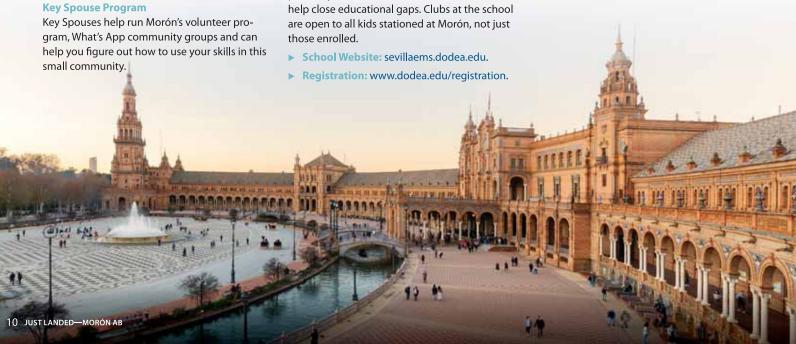
Unaccompanied personnel ranked E-4 with under three years of service will be assigned a room in the dorms.

Accompanied personnel may choose to live on or off base. There are a small number of standalone homes available on base with a short walk to the school. Most people live off base and you can search www.homes.mil for available rentals. The housing office will assist you with finding a home, setting up utilities, answering banking questions, delivering loaner furniture and appliances and translation services.

MEDICAL

There is a small clinic available for active duty only. All personnel and their dependents will be using TRICARE Overseas Program (TOP) for health insurance purposes, enabling them to see local Spanish providers.

- The Viamed Hospital Santa Angela de la Cruz has English translators on staff at the hospital.
- The Naval Hospital at Rota is roughly 90 minutes away. ■



NSE MADRID

Welcome the the U.S. National Support Element (NSE) in Madrid. Madrid is a vibrant and lively city known for its rich history, stunning architecture, and unbeatable nightlife. As Spain's capital, it offers a mix of modern convenience and traditional charm, making it an exciting place to live.

Weather

- · Hot summers (95-104°F in July/August)
- Mild winters (41-59°F, some cold nights)
- · Spring and fall are the best seasons with perfect weather for exploring.

Mealtimes

- Lunch at 2-3 p.m.
- Dinner at 9–10 p.m.

Festivals

- · San Isidro in May
- · La Paloma in August
- · Christmas markets in December

NSE MADRID WELCOME GUIDE



TRANSPORTATION

Madrid has a well-developed and efficient transportation system that includes metro, buses, commuter trains, taxis, and bicycles. Here are the primary modes of transportation in the city:

Metro de Madrid: One of the largest metro networks in Europe, with 12 lines and over 300 stations.

EMT Buses: Operated by Empresa Municipal de Transportes (EMT), covering the entire city with over 200 routes.

Cercanías Madrid: Commuter trains operated by Renfe, connecting Madrid with nearby cities and suburbs.

Taxis & Ridesharing: Ridesharing services like Uber, Cabify, and Bolt operate in Madrid.

BiciMAD: A public electric bike rental system with over 200 stations across Madrid.

Car Sharing & Scooters: Companies like Zity, Free2Move, and Wible provide electric car-sharing services. Electric scooters from Lime, Bird, and Dott are available for short trips.

MEDICAL CARE

You will need to register with TRICARE Overseas for medical coverage. There is no requirement to designate a PCM. However, you must request an authorization for each doctor visit by calling, e-mailing or using the MyCare Overseas app.

Dental care is handled by United Concordia (part of Tricare Overseas) with a similar process that requires the provider to have an Appointment Control Number for each appointment.

HOUSING

In Madrid, you must live off base. There are many options available such as apartments, two story houses, attached homes and single residences. We encourage to ask yourself, what kind of life you would like to live in Madrid?

The Housing Office will assist you with opening a bank account, obtaining your NIE paperwork, finding a home, drafting your lease agreement, delivering loaner furniture and appliances (if desired), and any translation services you will need regarding home or utilities; as well as helping with any housing related issues.

MWR

Morale, Welfare and Recreation (MWR) provides numerous community recreation, fitness and entertainment opportunities. MWR also maintains a library and offers free check-out gear.

KIDS

When choosing a home location, consider the bus travel time your kids will experience on the way to the school as compared to commuting time to the sponsor work location in the CAOC-TJ at Torrejón AB.

Kindergarten-High School

If you have school-age children eligible for American kindergarten through high school, there are a lot of great options including the American School of Madrid, International College Spain, Brewster Madrid, additional private school options or local Spanish schools. Most schools will have Spanish lessons as part of the curriculum.

• The Non-DoD Schools Program (NDSP) website has a list of pre-approved schools at www.dodea.edu/non-dod-schools.

Preschool Options

Any schooling for children younger than 4 years old is at your own expense.

NDSP will pay for Pre-K starting at 4 years old. Most formal pre-school options for children under 5 years old are five-day a week programs.



NSE VALENCIA

The U.S. National Support Element (NSE) is located on a Spanish Army base in Betera, just 20 km northwest of Valencia, Spain. It provides support to U.S. personnel serving in the North Atlantic Treaty Organization (NATO) Rapid Deployable Corps Headquarters (NRDC-SP) and limited military retiree services to U.S. veterans living in the local area.

The NRDC-SP mission is to deploy as a crisis response unit or provide collective defense. It is comprised primarily of members of the Spanish Army and nine NATO countries. The U.S. contingent is 12 U.S. Army officers, one U.S. Air Force officer, and four U.S. Army NCOs.



VALENCIA

Valencia is the third largest city in Spain, with a population of roughly 800,000 in the city limits, and 1.3 million in the entire metropolitan area. The port of Valencia is the fifth busiest container port in Europe, and the busiest on the Mediterranean Sea.

The city is a tourist destination due to its mild climate, beaches, nightlife, attractions like museums, zoo and the largest aquarium in Europe. It is also famous for the Fallas (Fireworks/Burning of Statues) festival in March. The city has excellent public transportation, including an extensive metro system that extends into the suburbs with a station in Bétera. We are confident that you will have a memorable and rewarding experience working and living in Valencia, Spain.

ORIENTATION

As access to this Army/NATO base is restricted, early communication with the NSE Valencai leadership team is critical. You must coordinate with the NSE prior to arriving in Valencia to process essential documents and gain approval for base access.

During in-processing, your unit-assigned sponsor will be critical to facilitating your integration into your assigned unit and accessing services from the NSE and base agencies. The NSE will expedite your settling into the community and will schedule you to attend a Welcome to Valencia brief to help you integrate into the local community. All active duty and spouses are encouraged to attend this invaluable briefing.

NSE KEY SERVICES

Housing | All housing is procured from the local economy. The Housing Assistant, working with your sponsor, will make recommendations for you to book your Temporary Lodging based on the facilities you require (pets, size of family, etc.) so that you can remain within your Temporary Lodging Allowance (TLA) limit. To facilitate your housing hunt, the Housing Assistant will link you with local realtors who serve as military personnel advocates with local landlords. All inbound personnel are advised of the need to have funds on hand for up-front Temporary Lodging payments and rental housing deposits associated with this assignment.

The Housing Office will assist you with procuring your Spanish Identification Number, finding a home, setting up utilities, answering banking questions, delivering loaner furniture and appliances, and translation services, as required.

Transportation Liaison | The Personal Property Shipping Office (PPSO) at Rota Naval Station processes all Unaccompanied Baggage, Household Goods and Personally Owned Vehicle shipments into and out of Spain.

Health Benefits | The Health Benefit Advisor provides key information to secure medical and dental support on the economy and helps resolve any challenges in navigating the TRICARE Overseas Prime Remote and United Concordia systems overseas for authorizations and reimbursements.

Morale, Welfare and Recreation | MWR provides numerous community recreation, fitness and entertainment opportunities. MWR also maintains a library and offers free check-out gear.

Travel & Finances | Processes TDY vouchers and authorizations for NATO funded travel for Army personnel.

Non-DOD Schools Program Liaison (LNO)

There are no DoDEA schools in Valencia, so students must attend an international school, private school, Spanish school, boarding school or be homeschooled. The Non-DOD Schools Program (NDSP) will defray costs. Find more details at www.dodea.edu/non-dod-schools.

Post Office | Provides mailroom services for the U.S. military community and retirees.

MEDICAL

Although there are excellent hospitals nearby, HIV testing and certain medical examinations must be made via appointment at the Naval Hospital in Rota, Spain which is a seven-hour drive away by car.



NSE LISBON

This U.S. National Support Element (NSE) is located on a small NATO base located at the Reduto Gomes Freire (Gomes Freire Redoubt) in Oeiras, just west of Lisbon, Portugal. It provides support to U.S. personnel serving within any of four North Atlantic Treaty Organization (NATO) units in the Lisbon Area and limited military retiree services to U.S. veterans living in continental Portugal.



ORIENTATION

As access to this NATO base is restricted, early communication with the NSE is critical. You must coordinate with the NSE prior to arriving in Lisbon to process essential documents and gain approval for base access.

During in-processing, your unit-assigned sponsor will be critical to facilitating your integration into your assigned unit and accessing services from the NSE and base agencies. The NSE will expedite your settling into the community and will schedule you to attend an Orientation to the Lisbon Area (OLA) brief to help you integrate into the local community. All active duty and spouses are encouraged to attend this invaluable briefing.

NSE KEY SERVICES

Housing | All housing will be procured from the local economy. The Housing Director, working with your sponsor, will make recommendations for you to book your Temporary Lodging based on the facilities you require (pets, size of family, etc.) so that you can remain within your Temporary Lodging Allowance (TLA) limit. To facilitate your housing hunt, the Housing Director will link you with local realtors who serve as military personnel advocates with local landlords. All inbound personnel are

advised of the need to have funds on hand for up-front Temporary Lodging payments and rental housing deposits associated with this assignment.

The Housing Office will assist you with procuring your Portuguese Fiscal Number, finding a home, setting up utilities, answering banking questions, delivering loaner furniture and appliances, and translation services, as required.

Security Management | Processes security certificates for you to work in NATO.

Transportation | The Personal Property Shipping Office (PPSO) processes all Unaccompanied Baggage, Household Goods and Personally Owned Vehicle shipments into and out of Portugal.

Health Benefits | The Health Benefit Advisor provides key information to secure medical and dental support on the economy and helps resolve any challenges in navigating the TRICARE Overseas Prime Remote and United Concordia systems for authorizations and reimbursements.

Morale, Welfare and Recreation | MWR provides numerous community recreation, fitness and entertainment opportunities. MWR also maintains a library, recreational facility and offers free gear check out.

Navy Pay and Personnel Administration Handles pay, travel, etc. for Navy personnel.

DEERS and RAPIDS processing | Schedules and issues active-duty military, military retiree and dependent identification cards.

School and Community Liaison Officer (SLO/ CLO) As there are no Department of Defense schools in Portugal, the SLO helps community families find the best fit for their school-aged children's (Pre-K-12th grade) education needs from among the many international and vocational schools in the Lisbon area. The high cost of tuition and transportation is absorbed by the Non-DOD Schools Program (NDSP).

The CLO helps service members and their families integrate into the local community by sharing essential Portuguese cultural information and disseminating regulatory requirements. Although English is widely spoken in Portugal, the CLO helps service members and their families with emergency translation by phone and/or interfaces with Portuguese authorities on their behalf.

Galp Fuel Program | The NSE manages this discount fuel program for U.S. assigned personnel.

Post Office | Provides mailroom services for the U.S. military community.

OTHER LISBON AREA FACILITIES

Navy Exchange (NEX) | The NEXMART is located inside the U.S. Embassy grounds in Lisbon. The NSE will process a NATO Privilege Card once you arrive which you will need to access the embassy compound.

MEDICAL

Although there are excellent hospitals nearby, HIV testing and certain medical examinations must be made via appointment at the Naval Hospital in Rota, Spain which is a six-hour drive away by car.



SERVICES IN SPAIN

BANKING

INTERNATIONAL BANK ACCOUNT NUMBER (IBAN)

While living in Spain it can be helpful to get a European bank account with an International Bank Account Number (IBAN) for paying rent, getting cash euros, or setting up cell phone and internet services.

Banks offering IBAN accounts.

BBVA | 956-81-6100

The employees at the on-base BBVA speak English and can help with IBAN setup and setting up bill payments. The office is located in the Spanish part of the base.

▶ WISE | wise.com

Wise is a mobile multi-currency online bank that can offer IBAN accounts via its website or app.

AMERICAN BANKING

NEX Customer Service will exchange dollars or U.S. checks for euros at the current exchange rate without additional fees.

► Navy Federal Credit Union (NFCU) Bldg. 1 | 1-888-842-6328

NFCU offers consistent services for sailors and their families stationed at Rota. To get euros with your NFCU account, members can withdrawal from ATMs (subject to fee) or get a cashier's check that can be taken to the NEX. They offer international wire transfers which can help with car buying and rent payments. They also offer loans for European vehicles.

ATM LOCATIONS

NFCU ATMs dispense dollars.

- · Inside the NFCU office in Bldg. 1
- · Outside the La Plaza
- · Outside the NEX

Spanish ATMs dispense euros (for a fee).

- Inside the Commissary
- Outside the NEX
- Outside the NMCRS Thrift Shop
- · At the BBVA on the Spanish side of base

LEGAL SERVICES

Legal Assistance Office (Bldg. 3293)

On base: DSN 727-2531, Non-DSN 956-82-2531

Your Navy Region Legal Service Office (RLSO) is available for a variety of legal assistance. They help with powers of attorney, notary services, wills and estate planning, medical directives, Servicemembers' Civil Relief Act (SCRA), and other counseling for both American and Spanish legal cases.

Special Powers of Attorney

To draft a special power of attorney, visit jag.navy.mil/legal-services/special-power-of-attorney. It will then need to be signed in front of a notary at the RLSO office. Email **rota.notary@eu.navy.mil** for an appointment, or walk in on Tuesdays and Thursdays between 8:30 a.m. and 12 p.m.

NAVY EXCHANGE (NEX)

► Main store eligibility

Only active duty on orders, and their command-sponsored dependents, may shop at the main NEX store.

Personnel from visiting ships, flights or on TDY/TAD must have their orders stamped at the main gate or at Security and show those orders when making purchases. Permanent party personnel and their dependents must show their TEI card.

All DOD cardholders

All DOD ID card holders may shop at the mini-mart and in the adjacent and labeled 'consumables' section of the NEX. This includes active-duty members or families on vacation and personnel from visiting ships who have not had orders stamped.

All DOD ID card holders have access to NEX service providers and mall shops. All DOD ID card holders may also use ship-to-store and online shopping pickup.

- · Barber & Beauty shops
- · Optical Shop
- Janz Medical
- · Military Auto Sales
- · Laundry & Dry cleaning
- Tailor
- Spanish Gift Shop
- · Portrait Studio
- Cellphone Store

▶ Food court

The NEX food court is open for everyone.







PUNTA CANDOR SUITES

PUNTA CANDOR SUITES OFFERS ALL THE INDEPENDENCE AND FLEXIBILITY OF AN APARTMENT WITH THE AMENITIES OF A HOTEL.



Apartments for 1 to 8 people - Right next to "Punta Candor" Beach

- · Only 10 minutes from the Naval Base
- Located in a quiet and natural environment
- · Parking included
- · Special rates for military, TLA

- · Rental car included
- Co-working space
- Pets welcome



Aqua restaurant, open to eat on the premises or take away. Indoor and outdoor space, cosy atmosphere, delicious dishes, brunch and desserts.



continued from page 14



CELL PHONES

Upon arrival, setting up your cell phone is extremely helpful. There are a variety of options in Spain and plans tend to be very affordable. Be sure to set your phone on airplane mode when you arrive to avoid unexpected charges.

The phone service counter inside the NEX is a good source for getting set up with cell services. They sell SIM cards and help facilitate payments for some providers.

Pre-paid plans allow you to receive a SIM card and set amount of cellular data to be used within a specific time period (typically a month). Plans can be changed easily via an online account.

COMMON PROVIDERS

- Lobster
- Movistar
- Vodafone
- Yoigo ■
- Digi mobil

eSIMs: Simplifying Connectivity

Let Us Take Some Stress Out of PCS



Connect as Soon as You Arrive

There's no need to seek out Wi-Fi or decipher the local mobile data options. You'll enjoy complete access to navigation apps like Google Maps, Waze, and Apple Maps, making it easy to find your way around as if you were a local.

No Roaming Fees

While the major US carriers charge \$5 - \$12 per day for international roaming, that's the average price for an entire <u>month</u> with an eSIM from The SIM Store!

Family Coming to Visit?

As soon as their flight touches down, they'll have access to connectivity, allowing you to stay in touch without incurring any international roaming fees!

Connect With Home

Connect with home using your WhatsApp or Google Voice number or enjoy the benefits of 5G to make video calls on Zoom, FaceTime, or Teams while you're on the go.

We're excited to show our appreciation for active duty members, veterans, and retirees by offering a 15% discount for them and their families!

Save 15%







Enjoy exclusive benefits when ordering a new Volvo during your deployment overseas. Tariff exempt pricing for military members stationed on duty overseas:

Fantastic savings when ordering a new Volvo

Save thousands of dollars over Stateside MSRP when ordering your luxury loaded Volvo.

Multiple delivery options

Choose from Spain delivery and direct shipment to the States.

5 years home shipment for €1,305

Home shipment from Spain to any one of 350 Volvo dealers Stateside, valid for 5 years from date of collection.

2 years or 20,000 miles miles FREE servicing

Volvo is committed to a premium ownership experience, offering its customers FREE scheduled maintenance for the first 2 years or 20,000 miles (whichever comes first).

4 years or 50,000 miles worldwide warranty

Enjoy 4 years or 50,000 miles (whichever comes first) comprehensive worldwide coverage for your new Volvo.

3 years roadside assistance

When driving in Europe the Volvo Assistance service is available 24/7 and AAA coverage when Stateside. 3 years coverage included with every purchase.

Will a US specification Volvo conform to Spain standards?

As part of your purchase, we will make sure your new Volvo conforms to Spain standards. We will also arrange for the necessary type approval documents in order to register your new vehicle in Spain.

What am I entitled to?

Married visiting forces personnel are entitled to two VAT free vehicles, whilst stationed in Spain. If you are a single person you are entitled to one. For more information on whether you qualify for this once in a lifetime opportunity, contact us today!





TRANSPORTATION IN SPAIN >>>

U.S. SPEC VEHICLES

Personnel on PCS orders can own one tax-free U.S. spec vehicle and it must be registered within your first six months. This also applies if you choose to buy a new or used U.S. spec vehicle while in Spain, it must be purchased and registered within your first six months.

Your one tax-free U.S. spec vehicle may be:

- · Shipped from the U.S.
- Used and purchased from another U.S. service member stationed in Spain.
- · New and purchased from Military Auto Sales.

SPANISH VEHICLES

Active duty and government employees, or their dependents, may also own a second tax-free vehicle that has EU specifications.

Contractors will need to pay value-added tax (VAT) on vehicle purchases.

DRIVER'S LICENSES

When you arrive in Spain, check in at the Security Office (Bldg. 3262) to receive a translation of your U.S. driver's license. This allows you to drive in Spain for 60 days.

- On the final day of your ICR orientation course you will be given instructions on Spanish driving laws and take the driver's license test.
- ▶ The Security Office will submit your application for a Spanish driver's license after you pass the exam. It can take up to two months to receive the physical license after this application is sent. In the meantime, you will be issued a temporary Spanish license that is valid for 45 days.
- A Spanish driver's license is valid in all EU member countries.
- If you drive outside the EU, you will need an International Driving Permit (IDP) which is available from AAA. See www. aaa.com for details.

 Upon completion of your tour in Spain, you will be required to return your EU driver's license as it will no longer be valid after departing.

Who may drive in Spain?

- Drivers over 18 years old with a valid U.S. driver's license.
- Youth ages 15–18 may obtain a permit to drive a scooter (50cc or less) or micro-car. Visit the Safety Office to apply for this program.

MOTORCYCLE ENDORSEMENTS

A motorcycle endorsement can be added to a Spanish driver's license. Active-duty motorcycle riders must take a motorcycle safety course. Sign up at navymotorcyclerider.com.

▶ Under 50cc

If your U.S. driver's license motorcycle endorsement is less than two years old, you will be limited to operating motorcycles powered at 50cc or lower.

▶ Over 50cc

If your U.S. driver's license has a motorcycle endorsement over two years old, you may operate motorcycles powered above 50cc. For those with recently renewed licenses, a written letter from your state DMV verifying the initial date of your motorcycle endorsement can also be used as proof.

SHIPPED VEHICLES

Before shipping your vehicle from the U.S., do not deregister it. If shipping from another OCO-NUS location, request a 'military registration.'

It is important that your vehicle arrives in Spain with a valid U.S. (or other location) registration and is equipped with metal or hard plastic (not paper or cardboard) license plates. This will allow you to drive the vehicle while waiting for the Spanish registration process, which can take four to six weeks. Without valid registration or plates, you will not be able to drive your vehicle or retrieve it from the VPC until the Spanish registration is completed.

Steps to pick up and register your vehicle:

- You will receive an email from the Vehicle Processing Center (VPC) when your vehicle arrives. It must be picked up within 45 days of receiving this notification.
- 2. Make an appointment for a vehicle inspection (ITV) at the NEX Autoport.
- 3. Check-in with the Security office and provide the following documents.
 - ✓ Valid U.S. (or previous location) registration, with matching license plates on the vehicle
 - ✓ Valid insurance on the vehicle in Spain, in the form of an International Certificate of Vehicle Insurance, or 'green card' (USAA and GEICO can provide a Spanish version)
 - ✔ PCS orders
 - ✓ Valid U.S. driver's license with Spanish translation
 - ✔ DOD ID
 - ✔ Proof of ITV appointment
- 4. You will receive a bill for the registration fee of roughly 100 euros that needs to be taken to the BBVA on the Spanish side of base and paid to the bank (in cash or credit card).
- At the Security Office you will receive customs documents, a release letter, and a vehicle permit (conduce) that allows you to drive with U.S. plates until your Spanish registration is complete in four to six weeks.
- 6. Visit the VPC (10 Avenida Inventor Pedro Cawley, El Puerto de Santa Maria) to pick up your vehicle with the following documents.
 - Release letter from Security Office
 - DOD ID
 - Power of Attorney (if the service member cannot pick up the vehicle)
- Take your vehicle to the ITV appointment.
 Once the ITV is passed, you will receive an ITV confirmation form, which will need to be submitted to the Security Office.
- After four to six weeks, return to the Security
 Office to pick up your Spanish registration. You
 will also need to go back to the NEX Autoport
 to have your EU license plates prepared.



PURCHASED VEHICLES

If you choose to buy a new or used vehicle while in Spain, it will need to be inspected and registered.

INSPECTION

- ▶ U.S. spec vehicles must have their ITV done on base at the NEX Autoport.
- EU spec vehicles may have their ITV done either on or off base.

REGISTRATION

Register at the Security Office (Vehicle Registration Section) with the following paperwork.

- · Valid current Spanish registration
- Purchase paperwork
- · Valid insurance on the vehicle in Spain, in the form of an International Certificate of Vehicle Insurance, or 'green card' (USAA and Geico can provide a Spanish version)
- PCS orders
- Spanish driver's license or valid U.S. driver's license with Spanish translation
- DOD ID
- Passing ITV

FUEL

Only personnel and dependents with a TEI on stamped orders may fuel their registered vehicle on base at the NEX gas station or use the auto services. You can now prepay before using the pump to save time! Car detailing is open to anyone with base access.

GAS CARD

Visit the NEX Customer Service Center to sign up for the gas card program. This allows you to purchase tax-free fuel from CEPSA gas stations across Spain.

- · 200 liters of tax-free fuel may be purchased monthly.
- · It takes roughly three months to receive your card.

INSURANCE

In Spain, third-party liability insurance is mandatory. It must cover bodily injury, liability of at least €50,000,000, and property damage of at least €75,000,000.

You must have an International Certificate of Vehicle Insurance, also called a green card, as proof of insurance. Keep a copy inside your vehicle.

ITV

Spanish vehicle inspections are required yearly. U.S. Spec vehicles must be inspected at the car care center on base. EU vehicles may be inspected either on or off base.

CHILD SEATS

- ▶ Rear-facing seats are required for children up to 18 months old and less than 28 pounds.
- ► Forward-facing seats are required for children 18 months to 4 years old, and 20-40 pounds.
- ▶ Booster seats are required for children 3 to 12 years old and 33-80 pounds.
- ► Children 12 years and older
 - · Under 53 inches tall, they must use a size-appropriate restraint device in the
 - Over 53 inches tall, they are permitted in the front seat.



HOUSING IN SPAIN

The Housing Service Center (HSC) is your first stop when it comes to finding housing in Rota. Within three days of arrival, you must check in at the HSC. It is good to have an idea of whether you want to live on or off base before you attend the Housing Brief.

HOUSING SERVICE CENTER (HSC)

Bldg. 1960 | 727-2398/2698, 956-82-2398/2698

- Accompanied personnel with families may choose whether to live in base housing or find a home off base.
- Unaccompanied personnel above E-4 may choose to live on or off base.
- Unaccompanied personnel E-4 and below are required to live on base in the unaccompanied housing facilities. E-4 Sailors with more than four years of service may request authorization from their chain of command to live off base.

BASE HOUSING

Government housing on base services both families and unaccompanied Sailors.

FAMILY HOUSING

Family Housing Office | Bldg. 162

On-base family housing is situated away from the main base facilities in a community called Las Palmeras. The community is primarily made up of single-story duplex homes with carports and fenced backyards. They range from two to four bedrooms and have all been renovated recently; however, extra storage is still limited.

The HSC will refer you to the Family Housing Office so you can apply for on-base housing. It is helpful to apply for housing ahead of time using the Housing Early Assistance Tool (HEAT) at www.cnic.navy.mil/HEAT. If you did use HEAT, you must still visit the Family Housing Office to confirm your interest. HEAT does not determine your position on a waitlist if there is one.

Community benefits

- Walking distance to DoDEA schools and youth programs.
- · Seasonal outdoor pool.
- · Playgrounds, paths, pet-friendly park.
- 110-volt (American) electrical outlets.
- · Central heat and air conditioning.
- Stove, oven, refrigerator, dishwasher, microwave, washer, dryer and AFN cable system included.
- Two pets (dog and/or cat) are permitted.
- Fiber optic internet service, with an onbase DSN telephone line, is available from Telefonica (located in the NEX).

UNACCOMPANIED HOUSING (UH)

UH Office | Bldg. 35 | 727-2590, 956-82-2590

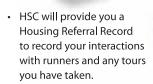
Single and unaccompanied personnel E-4 and below must check in at the UH office to be assigned barracks. The barracks are made up of both private and shared rooms with shared bathrooms. Units have refrigerators and microwaves with washers and dryers available in common areas.

Wi-Fi internet service is offered in the barracks via Telefonica (located in the NEX). With your account, you can also use the base Wi-Fi with a private connection.

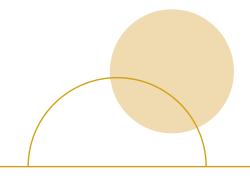
OFF-BASE HOUSING

The HSC will help you find a property off base and sign your lease agreement. The following steps outline the house-hunting process.

- 1. Check-in at the HSC to request the virtual Housing Brief. This can also be requested at rotahousing@us.navy.mil.
- 2. Once you've decided to live off base, stop by the HSC and inform them of your intention.
 - Bring a copy of your orders and signed Page 13.
 - Be prepared to sign documents verifying you understand the process.



- 3. Search for available houses and go on tours.
 - HSC has a list of available properties or you can see them on www.homes.mil. You can also contact a "runner," which is an approved local real estate expert.
 - Note the ID number of properties you are interested in and bring them to the HSC. They will verify that the homes are available and can provide you contact information to schedule a tour with the landlord.
 - Please note that you must complete at least three tours every 10 days to receive Temporary Lodging Allowance (TLA).
- 4. Once you've found a property, contact the HSC and request a pre-contract. Fill out the pre-contract and send it back to the HSC. This form helps HSC prepare your lease agreement within 48 hours and places your selected home on hold.
- Sign the lease; it will be for a minimum of one year. Both you and the landlord must sign the lease and fill out a move-in inspection form.
- 6. Return the lease to HSC. After that, the HSC will provide you paperwork to give to your command CPPA to begin your allowances and process your TLA claim. The HSC will also refer you to the Housing Appliance Warehouse for loaner furniture and appliances as needed.



COMMUNITY CONSIDERATIONS

The area around NAVSTA Rota has a large variety of homes, and the location you choose should be dependent on your family and lifestyle. Here are a few things to consider when visiting potential houses.

- Areas nearest to beaches will experience an influx of Spanish vacationers during the summer months. During this time, expect more noise late into the night, busy restaurants and difficulty shopping.
- Visit the home at night to see if the area is busy or loud in the evening.
- Be sure your home includes an assigned parking spot, and that it will be labeled with a "Vado" sign for your license plate. Measure the parking space to verify your vehicle will fit.
- Make sure your pets have adequate space and that the landlord approves pets in the home.
- · Verify the rental payment method.
- Rent is set; however, other items can be negotiated.
- Two air-conditioning units are required. You can negotiate more.
- You can negotiate an awning for sunny patios.
- Garden and yard services cannot be negotiated into the lease.
- All negotiations should happen before shaking hands with the landlord. A verbal agreement is valid in Spain.

Rota—Apartments, townhouses, duplexes. Walking distance to the beach, restaurants and shopping. Near to the base, but heavily affected by summer beachgoing tourists.

El Puerto de Santa María—Suburban-style single-family homes with larger yards in established-planned communities. Will primarily require driving to restaurants, shops and restaurants.

Chipiona—Single-family, duplex and townhouse homes that tend to have more space or larger yards. Walkable to beach, restaurants and shopping, but affected by summer tourists.

Sanlúcar de Barrameda—Large homes for less rent. Can be urban or rural, near to the beach. Far from the base and will most likely require parents to drive students to DoDEA schools or bus stops.

Rural Homes—Large typical Spanish homes with big yards and quiet rural locations are available outside of communities. They will require driving to all services and can be near or far from the base.

OVERSEAS HOUSING ALLOWANCE (OHA)

Your OHA for Spain is determined by pay grade and number of dependents. Visit travel.dod.mil/Allowances for an OHA calculator.

It is recommended that you find a home priced within your OHA. This allows for fluctuations in the euro to dollar exchange rate. It is allowable to sign a lease over your OHA; however, you will be required to sign a memo acknowledging this choice.

Rental Payment Options

- The NEX Customer Service department offers a bill pay program that makes it easy to get rent and utilities paid. Rent can be paid with any credit card, debit card, check or cash. It is also possible to have a credit card saved on file so rent payments can be made while deployed or on TAD.
- Spanish bank transfer using an IBAN number. Most banks allow this to be set up automatically.
- Cash. This is not common, and it is not recommended. But, some landlords still request cash. Be sure to get a receipt.

LOANER FURNITURE

All incoming families are authorized free loaner furniture like beds, tables, lamps, cribs and couches for up to 90 days. This allows you to move into your new home before your household goods arrive.

Kitchen items

The Fleet and Family Support Center (FFSC) has a free loan locker with kitchen items like pots, pans, small countertop appliances and silverware that can be checked out for 30 days.

Appliances

Many houses in Spain do not come with appliances installed. As such, personnel living off base are provided with free 220-volt loaner appliances and transformers for the duration of their tours. These include dishwashers, refrigerators, microwaves, stoves, freezer, washers, dryers and dehumidifiers. Talk to the HSC to obtain more information on this program.

UTILITIES

Your landlord is responsible for setting up your utilities. They will remain in the landlord's name, but it is important to establish what utilities are your responsibility to pay for and how you will pay. You may need to pay your landlord directly or pay the utility directly from a Spanish bank account with an IBAN. Expect to see the bill from the landlord prior to paying and be sure to get a receipt.



HEALTHCARE IN SPAIN

U.S. NAVAL HOSPITAL ROTA

- Appointment Line: 727-3618, 956-82-3618
- Quarterdeck: 727-3305, 956-82-3305

The Naval Hospital on NAVSTA Rota is a small community hospital that provides medical care for active-duty Sailors and command-sponsored dependents. Military retirees, civilian employees and contractors are commonly seen, but are considered to be on a space-available basis.

The hospital offers standard patient services including primary care, pediatrics, lab work, radiology, obstetrics/gynecology, behavioral health and surgeries. There is an installation pharmacy. The hospital also offers some specialist care like audiology, orthopedics, physical therapy, dermatology and education and developmental intervention services.

Referrals off base will be coordinated with the translations team who can help guide and translate for you at appointments.

The hospital has a 24/7 emergency room.

911 (on-base landline)

GIVING BIRTH

Mothers stationed at NAVSTA Rota typically give birth at the Naval Hospital. The labor and delivery ward is well equipped to assist both mother and child through the birthing process, to include both vaginal and C-section deliveries.

High-risk pregnancies will be referred off base. In addition, newborns requiring neonatal intensive care will also be rushed to a local hospital with a NICU.

Mothers are given full-term care that includes regular OB/GYN appointments, plus access to the dietary counselor, lactation counselor, visiting nurses and other base resources for new parents. The hospital offers monthly pregnancy, birth and labor, postpartum, breastfeeding and baby basics courses.

DENTAL CARE

▶ Dental Appointments: 727-3733, 956-82-3733

The dental clinic is located inside the Naval Hospital Rota. All active-duty service members and their dependents are seen at the clinic for general dentistry, orthodontics and specialty appointments are available by referral.

It is not necessary to enroll in the TRICARE Dental plan by United Concordia in order to be seen at NAVSTA Rota's dental clinic. However, you will be responsible for any care you receive off-installation, to include emergency treatments.

• U.S. civilian employees and military retirees are seen on a space-available basis.



MENTAL HEALTH

Behavioral Health | 727-3408, 956-82-3408

The behavioral health services office at the Naval Hospital Rota offers psychological and psychiatric care including therapy, medication management and substance abuse treatment. To access services, request a referral from your primary care manager.

Fleet and Family Support Center | 727-3232, 956-82-3232

FFSC manages the Counseling & Advocacy Program (CAP) with 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 | 727-2161, 956-82-2161

The chapel is a good place to start if you don't know where to go. They can 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. In addition, the chapel offers retreats and classes in life skills, marriage and family topics and personal resiliency.

Military & Family Life Counselors (MFLCs)

MFLCs offer fee non-medical anonymous sessions with specialists for adolescents, children and families. Contact the MFLC via the DoDEA schools or Child and Youth Programs (CYP).

Military OneSource | 800-3429-6477

Confidential, short-term, non-medical counseling is offered for free via Military OneSource for activeduty members and their dependents. Visit www. militaryonesource.mil/non-medical-counseling to access options via phone, chat or video.

Military Crisis Line (MCL) is available 24/7 for free confidential mental health support.

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



more than 15 years experience,

PROFESSIONALS IN:

- Conservative Dentistry
- Orthodontics
- Invisalign
- Endodontics
- Periodontics
- Pediatric Dentistry
- Prosthodontics
- Esthetic Dentistry and Smile Design
- Surgical
- Implant and Oral Prevention

We are the area's only TRICARE® Preferred Provider

DONOVAN DENTAL | Dedicated to your smile.









L 856 003 107

United Concordia™ | SART







WOMAN TRAINING

AESTETIC MEDICINE

PREGNANCY TRAINING YOGA & PILATES

RADIOFREQUENCY ULTRASOUND

PELVIC FLOOR

RELAXING MASSAGE

WITH CHILDREN'S PLAYROOM SERVICE

KEYEACHIES IN SPAIN

MWR

www.navymwrrota.com

Look for Rota MWR's monthly "VaMos!" magazine for upcoming activities, classes and events.



Community Recreation | Bldg. 48

The Community Recreation office is your source for tickets and travel opportunities, outdoor recreation trips, equipment rental and community classes.

Liberty Center | Bldg. 48

Just for single or unaccompanied servicemembers, the Liberty Center is your place to relax and hang out, or enjoy their special events, classes and activities.

Fitness | Bldg. 44

Rota has a fitness center with a family fitness room and option to get 24-hour access. There is an indoor pool across the street in Bldg. 45. A seasonal outdoor pool operates in the housing area.

Entertainment

Rota has a Flix movie theater (Patio Complex, Bldg. 3348), drive-in movie theater, library (Bldg. 3306), Pinz Bowling Alley (Bldg. 228) and golf course (Bldg. 231).

Food and Beverage

MWR provides plenty of food and beverage options through Bomber's Fresh Mex (Bldg. 3348), Tower Pub (Bldg. 3348), Pizza Villa (Bldg. 49), Champions Bar (Bldg. 49), Gourmet Bean Fleet Café (Bldg. 3184) & Library Café (Bldg. 3306), and Pinz American Café (Bldg. 228).

FFSC

Bldg. 3293 | 727-1709, 956-82-1709

The Fleet and Family Services Center (FFSC) will be one of your first stops when arriving aboard NAVSTA Rota for the mandatory Inter-Cultural Relations (ICR) class. They also have resources designed to help you and your family while stationed at Rota.

- Field trips: Learn about shopping, eating at restaurants and local culture.
- Spanish language classes and Foreign Language Exchange (FLEX) program.
- Counseling and Advocacy Program (CAP): Abuse prevention and reaction, non-medical short-term counseling for all base personnel and dependents, and new parent support.
- Resume and interview skills, financial management, life skills classes.
- Transition Assistance Program (TAP): Mandatory class, plus other resources.
- Exceptional Family Member Program (EFMP): Classes, meetups, school connection.
- · Deployment, sponsorship and moving classes and support.
- Sexual Assault Prevention and Response Program (SAPR).

POST OFFICE

Bldg. 3230 | 727-3105, 956-82-3105

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

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

 Rota: 102.5 FM Morón: 92.1 FM

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

Bldg. 3293 | 727-1614, 956-82-1614 www.nmcrs.org/locations/rota

The NMCRS is a non-profit organization available to help with financial and nursing needs. NMCRS has representative emergency service office (ESO) personnel on every ship and satellite locations.

Financial Help: Deferred and interest free loans for auto care, medical costs, dental, travel, household setup, pet transport, emergency travel and other verified needs. Quick assist loans for active-duty service members.

Financial Classes: LES training, budget for baby.

Visiting Nurse: Primarily OB/GYN and new parent support with follow-up care and home visits.

Thrift Shop: Bldg. 3234 next to the chapel. This is an inexpensive source of household items, clothing, and new or barely used uniforms.

Air Terminal | 727-1252, 956-82-1252 rota.uso.org

The USO at Rota is focused on community building and deployed family member support. They welcome incoming Patriot Express families and pets to relieve stress. The USO provides programs and activities for Rota's homeported ships as well as transient ships. They support spouses of deployed military members with events and get-togethers. The USO also has weekly clubs and activities for the entire community like their popular canine hour dog meetup, kids crafternoon and cooking classes.

RED CROSS

Bldg. 3293 | 727-2333, 956-82-2333 Emergency financial and communication assistance: +1 877-272-7337

The Red Cross offers assistance with emergency issues with family back in the U.S. and emergency communication. During ICR class you will fill out emergency communication details to be used if needed.

They manage the volunteers at the hospitals and maintain dog volunteers. They have life skills and mental health classes for adults, kids and deployment resiliency. For youth and adults, they have training and certification courses in babysitting, CPR, life support and wilderness survival, plus they offer a humanitarian club. In addition, the Red Cross maintains the healing garden with community input.

CHAPEL

Bldg. 42 | 727-2161, 956-82-2161

The chapel is considered the heart of the base. The facility is used for both religious services and base wide events.

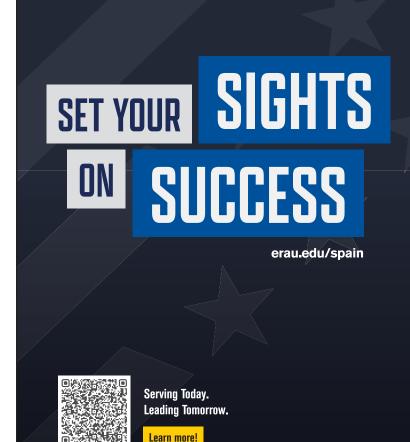
Religious Services: Protestant, Catholic, Church of Jesus Christ of Latter-Day-Saints and Jewish. The chapel is one of few in the world that has a Torah and special Jewish chapel. In addition, there is a separate Catholic chapel.

Chaplains' Religious Enrichment Development Operation (CREDO): Non-faith-based coaching for personal spiritual resilience, suicide prevention training, family and couple classes and retreats, and life skills workshops.

Children's Programs: Youth groups, CCD, vacation Bible school, homeschooler meetups, MFLC toddler playdates, Mothers of Preschoolers (MOPS).

Adult Programs: Protestant Women of the Chapel (PWOC), Catholic Women of the Chapel (CWOC), Alcoholics Anonymous (AA) meetings.

Counseling: Non-medical, 100 percent confidential and non-reporting counseling for religious and non-religious personnel, couples and families. Chaplains can help with counseling for both mental health and life skills.



Embry-Riddle Aeronautical University has provided educational opportunities for active-duty personnel and veterans for over 50 years, with award-winning in-person and online programs that can advance your military career or help you transition to a rewarding civilian profession.

Our Rota Campus helps those serving in Spain by opening new career doors in areas such as aviation, engineering, management, uncrewed autonomous systems and safety.

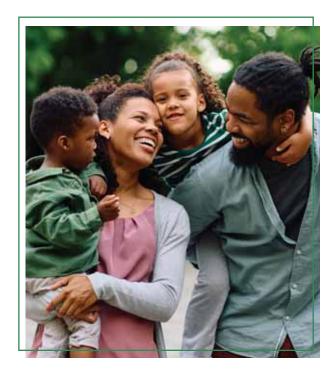
Embry-Riddle's expert faculty and experienced academic advisors understand military service and offer resources that include tutoring, financial aid support, transfer credit assistance and career placement.

Embry-Riddle Worldwide can fuel your growth no matter where your service takes you.

Where could you go with Embry-Riddle?

EMBRY-RIDDLEAeronautical University

RESOURCES FOR KIDS



Children may think of moving to Spain 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.

CHILD DEVELOPMENT CENTER (CDC) Bldg. 1963 | 727-1100, 956-82-1100

The CDC offers weekday childcare for children ages six weeks to five years old. The CDC is a large facility with age-appropriate rooms and a developmental curriculum. Beginning at four years old, a universal pre-kindergarten program is offered.

- Visit www.militarychildcare.com to get registered or placed on a waitlist for full-time childcare.
- · Hourly care is offered on a space-available basis. Visit the CDC to register and then you can sign up by calling or via the Navy CYP website at myffr.navyaims.com/ cyms.html.

SCHOOL AGE CARE (SAC)

Bldg. 41 | 727-2839, 956-82-2839

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.

Hourly care is space-available. Register at the SAC and then you can sign up over the phone or online viathe Navy CYP website at myffr.navyaims.com/cyms.html.

YOUTH PROGRAMS (YP)

Bldg. 3053 | 727-4625, 956-82-4625

The Youth Program has a large youth center which is located next to the DoDEA school and available to youth aged 10 to 18. They offer everything from homework assistance and organized clubs to dynamic games and art. With ample room for hang-out space, foosball & pool tables—there's something for everyone. It's exterior is fitted with a basketball court and newly renovated skate park. Youth also get to take advantage of special events and field trips all year long.

- The "Jams" area is for tweens ages 10-12.
- The "Gravity" space is for teenagers 13-18.

MWR also manages summer employment opportunities for base youth.

CHILD AND YOUTH SPORTS (CYS) Bldg. 41 | 727-4721, 956-82-4721

This popular program offers seasonal sports such as football, baseball, basketball, soccer and others for youth 6-18, and Smart Start sports for kids ages 3–5. All youth participants must be registered with CYP before they can be registered for sports.

The Tiburones Rota Swim Club is a non-profit swim club for school-aged kids that has classes and meets. They are not affiliated with CYS.

MWR COMMUNITY CLASSES

Bldg. 48 | 727-2354, 956-82-2354

MWR has a Community Classes program for adults and children in martial arts, dance, music and much more. Check the most recent "VaMoS!" magazine for current class offerings. ■

SCHOOL **OPTIONS**

DODEA SCHOOLS

The DoDEA schools at Rota share a large campus in the Las Palmeras housing area. The campus is named after David Glasgow Farragut, which is often shortened to DGF.

Preregistration begins by visiting www.dodea.edu/registration.

Once families complete the online pre-registration process, they need to finish registration by visiting Rota Elementary School (RES) or Rota Middle High School (MHS). No appointment is necessary at RES, but MHS students need an appointment to finalize registration.

Rota Elementary School

727-4187, 956-82-4187 | +34-856-82-0220 www.rotaes.dodea.edu

The elementary school has roughly 600 students in pre-Kindergarten to fifth grade.

This school offers a variety of after-school clubs, special events, and special classes including Host Nation which is a combination of Spanish culture and language.

There are two Military Family Life Counselors (MFLC) and the Anchored4Life program to support students' social skills and mental health needs, plus they offer deployment and military transition support.

Rota Middle High School

+34-856-82-0240 | www.rotamhs.dodea.edu The combined middle and high schools have roughly 400 students in grades 6-12. Graduation requirements are comparable to stateside schools. Dual-credit college programs and AP courses are offered. There are many clubs and after-school activities, plus twelve varsity sports that compete with other DoDEA schools across Europe. One MFLC and an Adolescent Counselor are positioned at the school to support students.

School lunch program

The NEX handles the school lunch program. Visit www.mynavyexchange.com/studentmealprogram to sign up, apply for free and reduced meals, and add funds to your child's account.

HOME SCHOOLING

Homeschooling is an option open to all command-sponsored dependents. Children may be eligible to enroll as an auxiliary student at either of the base DoDEA schools. A social group maintains a Facebook page called Rota Area Homeschool Families, and the school liaison hosts quarterly meet-and-greets and other monthly activities.

SPANISH SCHOOLS

While stationed in Spain, you have the option to send your children to local public or private Spanish schools. A few schools offer bilingual instruction. For primary students in grades 1-6, school hours are typically 9 a.m. to 2 p.m. There is a snack break, but lunch is not served.

Spanish public education is mandatory for kids aged 6-16, or first to tenth grade. Students in primary grades (1st to 6th) tend to have a better experience, while those in secondary grades (7th to 10th) may not find the system conducive to easily returning to an American high school system. After 10th grade, students choose between vocational degrees or a Bachillerato to prepare for university entrance exams.

The school liaison provides information about the registration process, registration forms, school lists and city hall locations. It is best to schedule an appointment with the school liaison or attend one of the bi-annual Spanish schools workshops. Visit www.smore.com/szfpt for details.



PRT INFORMATION



ROTA VETERINARY TREATMENT FACILITY (VTF)

The VTF offers routine care and vaccinations for the pets of personnel stationed at Rota. This includes annual visits, sick-call appointments, health certificates, scheduled surgeries, dental cleanings and more.

Rota VTF

Bldg. 1863 | 727-3149, 956-82-3149

Register at the VTF within 15 days of arrival. You will need the following.

- · Your passport
- DOD ID
- · Pets' health certificate from previous duty
- Pets' vaccination records

The VTF will assist you in getting an EU pet passport if your pet does not already have one.

The VTF can help you register your pet in the Spanish "Registro Andaluz de Identificacion Animal" (RAIA). You can also register at an offbase vet.

FERAL CATS

The feral cats on base are under veterinary care and fulfill a rodent-control role. In accordance with Spanish national law and Armada installation policy, they are not to be fed or domesticated as it leads to nuisance behavior. Violating these policies may result in legal repercussions and suspension of base privileges.

POTENTIALLY DANGEROUS DOGS

Spanish Law and installation policy restricts the ownership of certain breeds of dogs, including Pit Bull Terrier, Staffordshire Bull Terrier, American Staffordshire Terrier, Rottweiler, Dogo Argentino, Fila Brasiliero, Tosa Inu and Akita Inu. This list is not exhaustive and includes dogs that demonstrate aggressive character or have been involved in attacks against people.

If you plan to live on base, potentially dangerous

dogs are not authorized to accompany you and your dependents on your tour in Spain.

If you live off base, you must obtain a Perros Potencialmente Peligrosos (PPP) license from the local government. After checking-in at the installation VTF, go to the town hall in the municipality you plan to live in to start the licensing process.

YEARLY PREVENTATIVES

- · Vaccines are only valid for one year, even if they are used elsewhere to cover multiple years.
- Rabies (mandatory)
- Yearly De-worming (mandatory)
- Heartworm
- Parvo / distemper
- Leptospirosis
- Bordetella
- Flea and tick medicine

LEISHMANIA

It is important to know that leishmania is prevalent in the Rota area. This zoonotic disease is transmitted by biting insects like mosquitoes and can be passed on to humans. It can lead to a variety of skin and digestive problems in dogs and the first signs are typically ulcers in the mouth and ears. It is not fatal when controlled.

- · A dog who has lieshmania cannot return to the U.S.
- A leishmania vaccination is available at offbase Spanish vets only and has a 75 percent efficacy rate.
- Rota VTF recommends keeping your pet on heartworm and topical flea and tick medicine year round as a preventative measure.

PROCESSIONARY PINE CATERPILLARS

These caterpillars are native to and prevalent around southern Spain and have spiked barbs that can cause severe allergic reactions in pets, especially in dogs who try to bite them. The caterpillars typically come out between December and February when they migrate from below ground up into the pine trees. You will see them in lines of hundreds. Prevent your dogs from approaching them.

VETERINARY EMERGENCIES OR SPECIALIST CARE

The Rota VTF does not provide 24-hour emergency veterinary treatment, but they have a detailed list of local Spanish vets who do, including:

- · Anubis Centro Veterinario, Rota | 24-hour emergencies: +34 669-479-972
- Clinica Veterinaria Santa Maria, El Puerto | 24hour emergencies: +34 629-770-770
- Hospital Veterinario La Arboleda, El Puerto (also has specialist care) | 24-hour emergencies: +34 609-577-107
- Veterinary Clinic Avila, El Puerto (adjacent specialty hospital) | 24-hour emergencies: +34 662-305-968

ROTA ANIMAL WELFARE LEAGUE (RAWL)

Across from the drive-in movie theater 727-4000, 956-82-4000

RAWL is an on-base animal shelter run by volunteers. They help Americans who can no longer care for their pets and facilitate cat and dog adoptions.





Discover Fuego in Rota!

"A Home Away From Home"

... that simple idea is how Fuego got its start right here in Rota. We know what it's like to move overseas and miss those familiar, comforting spots back in the States.





Our unique identity shines through in a welcoming atmosphere and a menu that blends the best of both worlds. We use fresh, locally sourced Spanish ingredients alongside premium meats from across Europe to prepare authentic classic Spanish dishes and your favorite American comfort foods.











Fuego — a welcoming place for everyone, from new friends and coworkers to families. Think of us as your inclusive, family—friendly hangout.

+34 659 273 858 www.fuegorota.com C/ Catavino de oro 1 Rota (Cádiz)



We Need You! You could be published with us



Do you love to write about your travels?
Do you want to inspire others to explore Europe?
Email contentteam@stripes.com for a chance to add
"published" to your resume.

STARS STRIPES.

StripesEurope.com

PERSONAL. **ENRICHMENT**



EMPLOYMENT OPPORTUNITIES

The U.S. agreement with Spain does not allow for dependents to work on the economy in Spain. In addition, the agreement with the Spanish government generally requires that 70 percent of the workforce on NAVSTA Rota are local Spanish citizens, leaving 30 percent of the employment opportunities for Americans.

Dependents are authorized to telework remotely for positions based out of the United States, offering another avenue to find employment.

Visit FFSC for one-on-one support, and to update your resume or research job and volunteer opportunities.

The following are options for on-installation job searching.

- **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 Rota.
- Defense Commissary Agency (DECA): Jobs at www.usajobs.gov.
- **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.
- NFCU hires dependents.

EDUCATION

Thinking about pursuing a college degree? Visit your Education Center to speak with a professional about the college and university options available on your installation.

- Navy College | 727-2798, 956-82-2798 Visit www.navycollege.navy.mil for programs.
- Embry-Riddle Aeronautical University 800-359-3728 | Visit worldwide.erau.edu/ locations for campus locations.

- University of Maryland Global Campus 0631-56000-90000 | Visit europe.umgc.edu/ locations for campus locations.
- · Other schools with online coursework Visit www.militarv.com/education or www.militaryonesource.mil for details on U.S.-based colleges that 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 has a robust volunteer program and can help refer you to other agencies.
- · Visit NMCRS, USO or RAWL for volunteer options.
- The NAVSTA Rota Community Relations program offers volunteer opportunities. To volunteer, reach out to the NAVSTA Rota Public Affairs Office at coastline@eu.navy.mil.
- Child and Youth Programs (CYP) depends on volunteer sports coaches.
- · The Red Cross manages volunteers at the hospital.
- · Find local spouses clubs, interest groups or sports organizations to join.
- Do you enjoy writing? Submit travel, lifestyle or local news stories to the installation's "Coastline" newspaper at rotacoastline@ gmail.com. You can also submit stories to contentteam@stripes.com for publication on the www.StripesEurope.com website.



YOU KNOW
WHAT YOU'RE
MADE OF.

WE DO TOO.

135+ UMGC programs & specializations designed to help you achieve whatever you dream of next while overseas

- On-site, online, and virtual courses available
- 50+ on base locations and services throughout Europe,
 Middle East, and North Africa
- Special overseas tuition rate with tuition and credentialing assistance
- Lifetime career services and alumni benefits

UMGC was named the No. 1 "Best For Vets" primarily online university by Military Times in 2024.





Introduction to UMGC Europe Webinar

Attend and save \$50 application fee.

LOCAL CULTURE

HOLIDAYS

New Year's Day January 1

Epiphany / Dia de Reyes January 6

Dia de Andalucia February 28

Carnaval Season

(Exact celebration dates vary by town) February 27–March 4, 2025 February 12–17, 2026

Holy Week and Easter Holidays

April 13–21, 2025 March 29–April 6, 2026

Labor Day

May 1

Local Feria Celebrations

(between Easter and October)
Summer

Assumption of Mary

August 15

Fiesta Nacional de España

October 12

Constitution Day

December 6

Immaculate Conception

December 8

Christmas Day

December 25

RHYTHM OF THE SPANISH DAY

A typical day in Spain is largely based on mealtimes. Food brings people and families together, and cultivating family time is important within Spanish culture.

Breakfast (8 a.m.)

The day starts with breakfast, or *desayuno*, which often consists of a coffee drink and toast (tostada) with a topping. After that, businesses and schools will begin to open around 9 a.m.

Mid-morning break (11 a.m.)

The second breakfast is a quick break midmorning to grab a coffee and possibly a snack. Businesses will not close for this, but there may be fewer employees for a half-hour or so. Most schools will have a long break at this time for kids to eat a packed sandwich.

Lunch break (2-5 p.m.)

Lunch, or *almuerzo*, is typically the largest meal of the day, so that is when time slows down. Many businesses will be closed from around 2 p.m. to around 5 p.m. while their employees have lunch, take a break, get kids from school and possibly take a *siesta*, or nap.

- A restaurant serving a full lunch menu (menu del dia) or tapas will likely be open from 2 p.m. to around 4 p.m.
- Markets will often convert to selling lunch options at this time and will close for the day afterward.
- Cafes that only serve hot drinks and snacks will be open in the mornings, closed during lunch break, and open again around 5 p.m.

Evening Hours (5-8 p.m.)

Many shops, doctors' offices and other non-government businesses will open again in the evening.

- Cafes will serve drinks and small bites for an afternoon snack, or *merienda*.
- After businesses close is also a popular time to get tapas or pintxos.

Dinner (10 p.m. or later)

While lunch is the biggest meal of the day, *cena* (dinner) is an important time with family or friends.

 Restaurants serving full meals for lunch and dinner may be fully closed from 5–10 p.m. or they may stay open and only offer small bites and snacks until dinner time.

SHOPPING

There is plenty of shopping in the area around Rota, below are the names of some common stores.

- Department Stores: Carrefour, El Corte Ingles
- Home Improvement: Leroy Merlin, Bricor, Brico Depot
- Furniture: Leroy Merlin, JYSK, IKEA, Rapimueble, local "muebles" shops
- Outdoor and Sports: Decathlon
- Warehouse Club Stores: Makro, Costco (Sevilla)



RESOURCES FOR LEARNING SPANISH

FFSC Classes

Fleet and Family Support Center (FFSC) representatives will go over Spanish basics during the ICR orientation. They also offer a three-month-long, in-person, weekly Spanish language class that includes extra practice with field trips out in the community.

MWR Classes

Community classes are offered through MWR. These include private and or group lessons with flexible times and group lessons held either once or twice a week and paid monthly. Signups are available at the Liberty Center in Bldg. 48, which is open daily 1-10 p.m.

Through the Navy MWR library websites, you can access Mango Languages courses and the Mango App to learn Spanish 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 the Spanish language and the local dialect have many nuances that affect how accurate Google Translate can be.



TRASH AND RECYCLING

In Spain, you are required to deposit your trash in the appropriate container nearest your home. Most of your trash will be deposited in one of the four color-coded bins or underground containers.

Organic waste | Brown bin

Fruit and vegetables

Nut

Eggshells

Seafood shells

Bread

Used tea or coffee

Meat and fish

Bones

Dry leaves

Branches

Green yard clippings

Corks

Sawdust

Kitchen paper

Dirt and dust from cleaning

Diapers

Sanitary items

Recyclable packaging | Yellow bin

Metal cans

Bottle tops

Plastic bottles

Plastic cleaning product containers

Plastic bags

Carton packaging

Plastic yogurt containers

Aluminum paper or cooking trays

Spray cans

Glass | Green bin

Glass bottles, lids removed Glass jars, lid removed NO light bulbs, glass tableware,

mirrors or ceramics

Paper | Blue bin

General paper trash

Newspaper

Magazines

Collapsed cardboard boxes

Envelopes

Egg trays

Pizza boxes

Household trash and bulky or hazardous items

Any trash not sorted into the color-coded bins is considered household trash. This waste should be bagged and taken to the nearest trash collection point called a Punto Limpio. These "clean points" can accept most items not allowed in regular trash or recycling containers, including:

Styrofoam

Wooden items

Mops and sponges

Cat Litter

Mirrors

Non-packaging metal or plastic

Vacuum cleaner bags

Bulk furniture and household pickup is handled uniquely in each city. Some items that are considered bulky or hazardous items are:

Appliances

Electronics

Batteries

Ink cartridges

Trash clothing or footwear

Light bulbs

Oil (can also be disposed of in specific

bins labeled "Aciete")

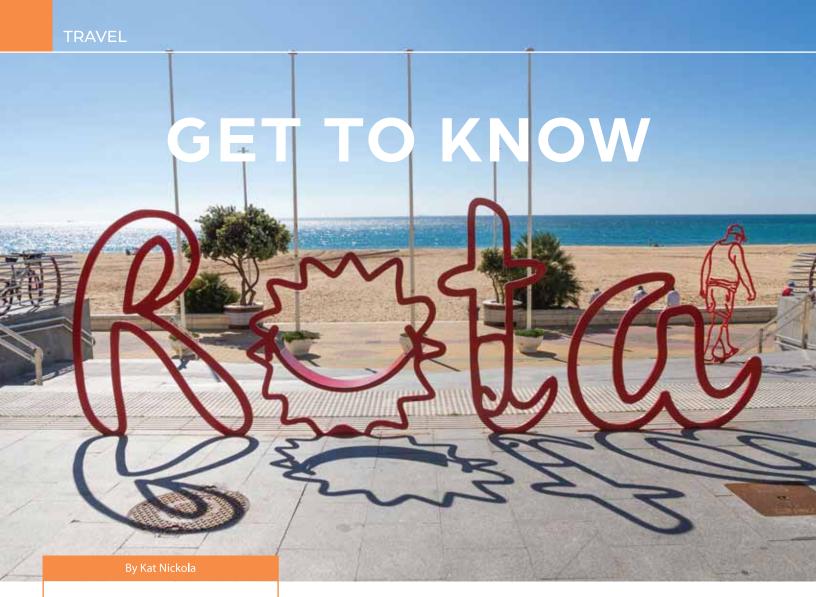
Paints and glues

Bulk furniture and household items

Scrap metal

- ▶ In Rota, bulk items may be put outside near your local household trash container after 10 p.m. on Monday, Wednesday, Friday and Saturday.
- ▶ In Puerto, you must call 956-483-106 to make an appointment for bulk pickup.
- ▶ Find your local Puntos Limpio





eople have been living in the coastal area around Rota since prehistoric times. The first settlement was called Astaroth and was established by the local Tartessian culture. Later, in 1100 BC, the seafaring Phoenicians built up the town and port as part of their large trade network around the Mediterranean. The Iberian Peninsula became part of the Roman empire in the 2008 BC during which time the city's name was changed to "Speculum Rotae."

Castillo de Luna

After the area was subsumed by the Muslim caliphate in the 700s, a fortress, or rabat, was built. The city around the fort became known as Rabat Ruta, and it grew in size. You can still visit the location of the fortress today in downtown Rota and see some of the original wall murals in the beautiful courtyard. It suffered damage through numerous military campaigns, especially during fighting between Muslim and Christian forces of the 1200s. Once Muslim occupants were expelled, the Spanish king gifted the region to Guzman the Great and built a new castle upon the old fort in 1295. Called Castillo de Luna, it was the property of the Dukes of Arcos, the Ponce de León family who governed the area until the last descendent died in 1780. Nowadays, the original Islamic-inspired architecture has been restored and the building houses Rota's City Hall.

Iglesia de Nuestra Señora de la O

In 1537, work was completed on the parish church of Our Lady of the O. It is an interesting combination of Gothic, Renaissance and Baroque styles that reflect many time periods of renovation and addition. Our Lady of the O refers to the biblical Mary when she was expecting Jesus' birth. The O antiphons (evening chants) are affiliated with her feast day, Dec. 18. Inside the church are five chapels that contain ornate religious images that are paraded during holy processions throughout the year. The oldest and most revered is Our Lady of the Rosary, the patron saint of Rota.

Calabaza

When walking around the small streets of downtown Rota, look for the 150 pumpkin sculptures that adorn buildings and fountains. They were installed by the group *Interven*-





OPPOSITE PAGE: The beach in Rota THIS PAGE: Castilla de Luna, pumpkin sculptures, Iglesia de Nuestra Señora de la O interior, Semana Santa procession





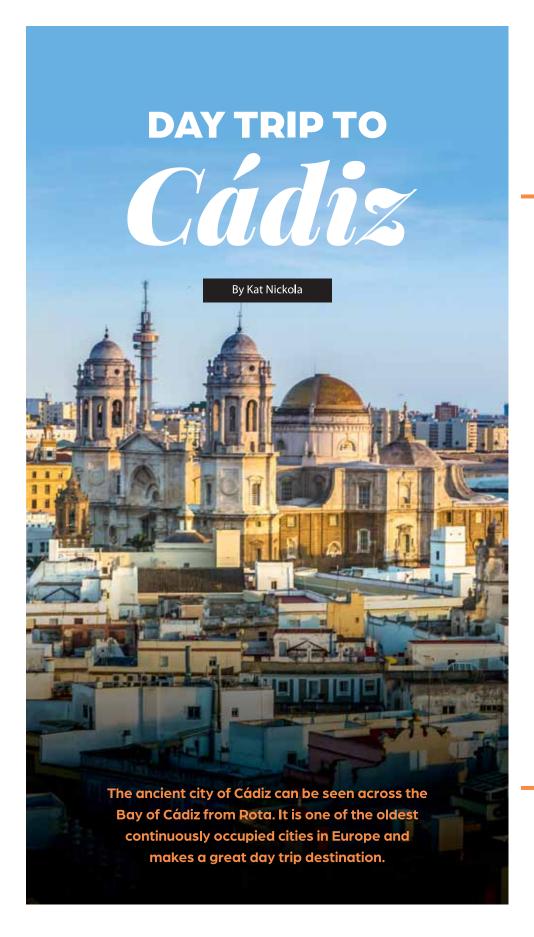
ciones Artísticas de Rotato to honor the local produce. Both tomatoes and pumpkins came to Spain from their colonial outposts in the Americas and were found to grow well in the Rota area. The calabaza (pumpkin) is so wellloved that it has come to represent Rota.

La Playa

In the summertime, the beaches around Rota attract throngs of local Spanish families and tourists. While parking lots may be full, bars and restaurants loud with vacationers and revelers staying up late into the night, the actual beaches are big enough to handle the influx. Except for one small rocky point, you can walk the 16km north from Rota to Chipiona on a sandy expanse of beach. The Playa de la Costilla is adjacent to the old town of Rota and has a very popular promenade that extends northward from the port and its lighthouse.

Fiestas

There are reasons to celebrate all year in Rota. Kick off the celebratory season by dressing up for Carnaval and attending the parades. Holy Week, or Semana Santa is next on the calendar and is a much more penitential celebration with religious processions beginning on Good Friday. At the beginning of May, the Feria de Primavera welcomes spring in typical Andalusian style with flamenco, horse carts and a fun, noisy fair. The Fiesta de San Juan in June has a unique tradition of bonfires on the beach and the burning of juanillos dolls. Urta, the local favorite fish, is celebrated with a four-day performance festival in August. In October, Our Lady of the Rosary, the patron saint of Rota is paraded from the church through town as part of a four-day festival in her honor.



ádiz was founded as early as 1100 BC by Phoenician traders who called it Gadir. At the time, the bustling trading port was made up of two islands. Nowadays, Cádiz is connected to the mainland by a sliver of sand. You can visit the ancient city at the free **Yacimiento Arqueológico Gadir**, an archaeological site of Phoenician houses that now lies below the town.

Over time, Cádiz was absorbed into the Roman Empire and the city's name evolved into Gades. It became a thriving, wealthy port and naval base. Today, you can visit the **Teatro Romano de Cádiz** for free to wander under the amphitheater stands and learn about life in Roman Gades. Later, under Muslim rule, the city was called Qādis which translated into Cádiz following the Reconquista.

A short walk through the cobbled alleyways will lead you to the **Arco de la Rosa**. It is one of the few vestiges of the medieval city wall. Just beyond the arch, the tiny alley opens onto a palm-tree-lined plaza with the **Catedral de la Santa Cruz de Cádiz** and the **Iglesia de Santiago**. The small Iglesia, or Church of Saint James, marks the starting point for the Camino de Santiago's Via Augusta route. Across the plaza, the huge baroque cathedral took over 100 years to build in the 1700s and has an ornately decorated interior with numerous chapels and relics, a display of religious trappings and a massive crypt. A cathedral ticket includes a visit to the tower,

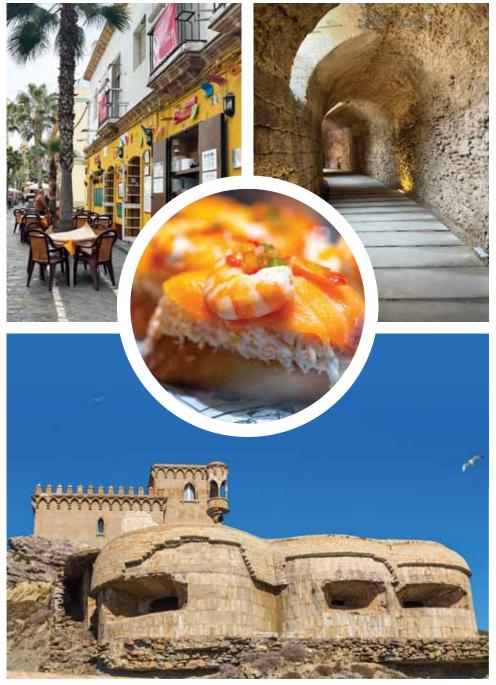
which is accessed from a separate door outside. After a winding climb up the ramp (not stairs), the view from the top is incredible and the bells will chime right over your head.

For food, you cannot beat lunchtime in the **Mercado Central**. In the morning, the central aisle of this market is busy with produce and fish vendors. Around 1 p.m., however, the outer aisles begin to set up and open for lunch. It is a great place to taste new tapas and pinxtos (tapas on a baguette) since you can buy them individually from display cases.

Christopher Columbus sailed to the Americas from the port of Cádiz on two of his voyages. It became a target for pirates and raids since it was made the home port for the Spanish treasure fleet. To protect these assets, a series of fortifications and sea walls were built along the western waterfront over the centuries. The Castillo de Santa Catalina was built in the 1600s and reflects the style Spanish conquistadors would carry to their forts in the southwestern United States. Across the small Caleta Beach is access to the long causeway out to the Castillo de San Sebastian, built in the 1700s. The castle has been used in James Bond and Die Hard films. The walk out along the causeway is windy, even in nice weather, but the castle is often closed. At low tide, it is fun to explore the tide pools and coastline below the fortifications.

You can get to Cadiz via the ferry from Rota's port or you can drive. Paid parking at the train station is straightforward and within easy walking distance from the old town.

FROM TOP LEFT: Downtown Cádiz, hall within the Roman amphitheater, pinxtes, Castillo de Santa Catalina and Caleta Beach





VENTURING BEYOND SPAIN



When traveling outside of Spain, bring both your tourist passport and official no-fee passport (if active duty or a dependent).

Travel beyond Spain and use your tourist passport as your identification for transit to and between other countries. When returning to Spain, it may be necessary for you to show your no-fee passport to re-enter.

TRAVELTO GIBRALTAR

Due to the sensitivity of the Spain-Gibraltar border, plan ahead when traveling to Gibraltar and follow all U.S. Department of State advisories and procedures, including enrolling in the SMART Traveler Enrollment Program (STEP). You must have a valid Spanish entrance visa stamp in your passport within 90 days of your return from Gibraltar to reenter Spain.

TRAVEL TO THE UNITED KINGDOM

As of January 2025, American citizens visiting the U.K. as a tourist must get an Electronic Travel Authorisation (ETA) prior to travel. The ETA costs 10 pounds and provides multiple entries into the U.K. with stays of up to six months. It expires after two years.

The best way to apply is via the UK ETA App provided for free by the Home Office. You will need:

- A mobile device to download the app (free)
- A credit card to pay the 10 pound fee
- Contact information
- · A current, valid passport to scan
- · Allow the app to take your photo

Visit www.gov.uk/guidance/apply-for-an-electronic-travel-authorisation-eta for details and to find links to download the app.

EUROPEAN UNION TRAVEL UPDATES

Both of the following updates to travel into and within the European Union are slated to begin in 2025.

For up-to-date details visit travel-europe.europa.eu.

Entry/Exit SYSTEM (EES)

The EES system allows for modernization of all European Union border entry and exit systems. Countries will be utilizing biometric scanners for passport control at airports.

European Travel Information and Authorization System (ETIAS)

ETIAS is a travel authorization linked to your passport for people entering any one of the participating 30 countries in Europe.

An ETIAS authorization will be valid for three years. It will permit entry into the participating countries for 90 days within any 180-day period. The application will be submitted via online form, costs seven euros and will typically be approved within minutes with a guaranteed response within four days.

- Applies to travelers who are citizens of a country that does not require a visa to enter participating EU countries. This includes the United States.
- Applies to service members, civilians, contractors and their families while on leave and liberty travel throughout Europe.



If you are in Rota, you have to stop by

This town has history, charm and good vibes... just like our barbershop. Here you don't just come to get a haircut or a beard trim, you come to live an experience in a place with soul, good music and a team that knows what it does.

Walk-ins are welcome (first come, first served), but you can skip the wait—book your appointment easily through our app. hectorthebarbershop.booksy.com/a







BUSINESS HOURS:

Open Continuously Monday - Friday from 9am to 9pm; Saturday from 9am to 1pm, and closed Sunday.

Av. San Fernando, 48 Rota, Cádiz, Spain







Company dedicated to the purchase and sale of used vehicles for the American population of Rota Navy Base and Moron Air Base

- · Used vehicle sales
- · We manage all the documentation for Acces to the Base and be legal on spanish road
- · We will buy cars from people transfering out of Spain
- · More then 20 years selling and buying cars



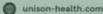
Your Family's Mental Health, Our Priority

At Unison Health, we offer psychological and psychiatric care with a comprehensive and compassionate approach.



CONTACT US FOR ANY CLINICAL OR INSURANCE COVERAGE QUESTIONS!





+34 605 91 10 54

unisoncontact@unison-health.com

NAVSTA ROTA DIRECTORY

EMERGENCY OFF BASE: 112
EMERGENCY ON BASE: 911

OFFICIAL FACEBOOK PAGES

FFSC Rota Spain

AFN Rota

American Red Cross, Rota, Spain

Forward Deployment Regional Maintenance Center – FDRMC

NAVSUP Fleet Logistics Center

Navy-Marine Corps Relief Society – Rota

Naval Station Rota Chapel

Naval Station Rota Emergency Management and Emergency Services

DODEA Rota Elementary School

DODEA Rota Middle High School

Rota MWR

U.S. Naval Hospital Rota

USO Rota

NMCRS Rota Thrift Shop

When calling on base, use DSN prefix 727. When calling from off base, or using a cell phone, replace the prefix with 956-82.

TAXI

El Puerto de Santa Maria Taxi	956-85-8584
Rota Taxi	956-84-0085

BASE SERVICES

AFN Rota Studio	727-1025
AFN Rota Station Manager	727-2029
American Red Cross	727-2333
Chapel	727-2161
Chaplain (after hours)	639-101-864
Embry-Riddle Aeronautical University	727-2984
Fire Department	727-3619
Fleet and Family Support Center	727-3232
Housing Office	727-2398
Housing Maintenance	659-967-949
Housing Self-Help Store	727-4554
NAF Human Resources	727-1375
NAVSTA Rota Quarterdeck	727-2222
NAVSTA Rota CDO	659-452-541
Navy Federal Credit Union	800-0842-6328
Navy Lodge	727-2643
Navy Gateway Inn & Suites	727-1859
Navy-Marine Corps Relief Society	727-1614
NCIS	727-2902
Pass & ID	727-1610 / 1611
Passenger Terminal	727-2411
Personal Legal Office	727-2531
Personnel Support Detachment	727-3011
Post Office	727-1442
Public Affairs	727-1680
Regional Legal Service Office (RLSO)	727-3104
Rota Administration	727-1552
Rota Animal Welfare League (RAWL)	727-4000
Security (non-emergency)	727-2001
The Coastline	727-1021
University of Maryland Global Campus (UMGC)	727-2917
USO	727-1252
Vehicle Registration	727-1607

MEDICAL SERVICES		Gravity Teen Center	
Appointments	727-3618	High School Guidance Counselor	
Dental Appointments		Jams Youth Center	
Dental Orthodontic Clinic		Middle/High School (DGF)	
DOD Safe Sexual Assault Helpline		School Age Care (SAC)	
Emergency Room		School Bus Office	
Health Promotions		School Liaison Officer (SLO)	
Immunizations		School Nurse	
Medical Homeport (MHP)	727-3606	WIC	
Military Crisis Line (mental health support)		Youth Sports	/2/-4/21
OB/GYN		A AVAID EA CHUITIEC	
Occupational Health		MWR FACILITIES	
Optometry		Athletics	727-2565
Pharmacy	727-3562	Aquatics Center	
Quarterdeck	727-3305	Community Classes	
SAPR Line (24 hr)	+34 646-407-871	Deployed Forces Support Program	
TRICARE	727-3629	Outdoor Recreation	
U.S. Naval Hospital Rota	727-3305	Fitness Center	727-2565
Veterinary Clinic	727-3149	Flix Theater	727-3709
		Flix Drive-In Theater	727-3709
NAVY EXCHANGE SERVICES		Gold Course	727-2260
	707.0004	Housing Pool	727-4882
NEX Customer Service		Intramural Sports	727-1916
Auto Port (car care)		La Plaza	
Barbershop		Liberty Center	
Beauty Salon and Spa		Library	727-2418
Car Rental		Marketing	
Gas Station		Pinz Bowling Alley	
ITV (vehicle inspections)		Tickets and Travel	727-3101
JANZ Medical Supply			
Jewelry Department		FOOD AND DINING	
Laundry / Dry Cleaning		Baskin-Robbins	727-2151
Mini-Mart		Bombers Fresh Mex (at El Patio)	
New Car Sales		Café Ole (Hospital)	
Optical Shop		Commissary	
Phone Center		Dive In	
Photo Shop		Dunkin' Coffee	
Souvenir Shop		Gateway Galley	
Tailor		Gourmet Bee	
Uniform Center		La Plaza (Champions Bar)	
		Nathan's All American (Air Terminal)	
CHILD AND YOUTH RESOURCES		Pinz American Café	
		Pizza Villa	
Child Development Center (CDC)	727-1100	Subway	
Elementary School (DGF)	727-4185 / 4187	The Tower Pub (at El Patio)	

MORÓNAIR BASE DIRECTORY

Off base / cell phone: +34 95-584-xxxx

DSN: +314 722-xxxx On base: 722-xxxx

ON-BASE EMERGENCIES

Cell phone	+34-955-84-8117
DSN / Base phone	9-117

BASE SERVICES

ATOC Passenger Service	722-8151
Auto Hobby Shop	
Banco (Bank) Santander	722-8587
Base Operator	722-1110
Bowling Center & Snack Bar	722-8057
Chapel	722-8310
CE Service Call Desk	722-8195

Dining Facility	722-8249
Contingency Dorms	722-8264
Fitness & Sports Center	722-8307
Gas Station	722-8566
Hotel Frontera Front Desk	722-8686
Housing Office	722-8156
Library	722-8024
Medical Aid Station	722-8069
NEX Mart	722-8592
Pass & ID	
PERSCO	722-8381
POL Dispatcher	722-8128
Post Office	722-8267
Security Forces, Desk Sergeant 110	722-8064
TMO, Traffic Management Office	
Transportation Dispatch	722-8063





GOOD SLEEP. GOOD DAY. GOOD LIFE.

Did you know how risky snoring could be? We simply stop it.

Prof. Dr. H. Schneider is a very well known specialist in sleep disorders such as snoring. Through his decades of research at Johns Hopkins University in Baltimore, he has the very latest knowledge and help to end dangerous snoring. Snoring bears great risks for your health such as developing diabetes, obesity, poor sleep and even heart attack or stroke.

Moreover: Snoring affects your readiness at work, for travel and exploration.

Join his Sleep Clinic in Frankfurt am Main, where he treats patients in a comfortable environment since 2009. Very easy to reach with stop directly in front of the clinic. Extensive examinations and tests are carried out by special measurements with state-of-the-art equipment.

Do not hesitate to contact us today!





American Sleep Clinic Friedberger Landstraße 406 60389 Frankfurt am Main +49 69 808 807-777 | Fax -779 info@american-sleep-clinic.com www.american-sleep-clinic.com



<u>Our medical services are covered by most</u>

AUSGEZEICHNET

Stern