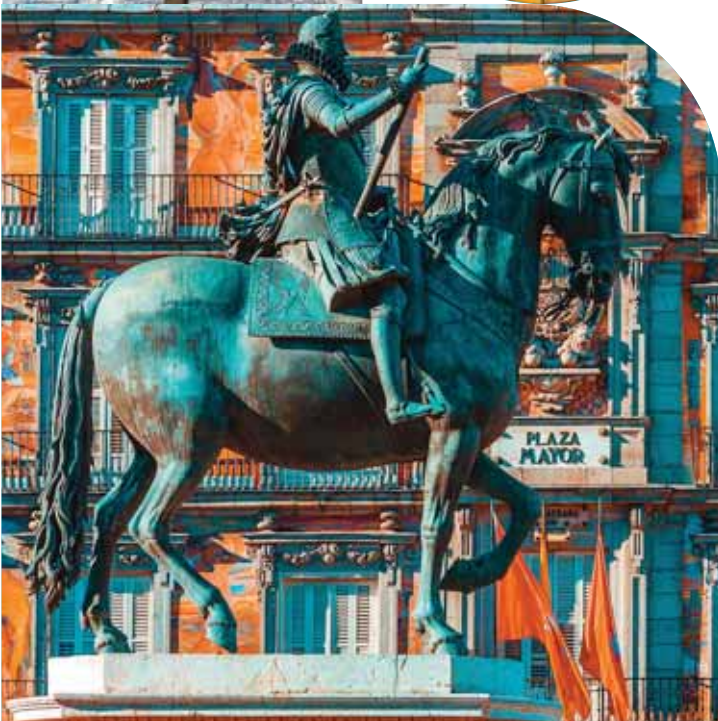


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Bldg. 178 - Gas Station  
Tel. 956 82 14 70 - 727 1470

# WELCOME TO SPAIN

## 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.



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 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 "Page 13."

## 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** | 727-2675, 956-82-2675  
Car rentals are available at the air terminal.
  - Automatic (not stick shift) and manual vehicles are available.
  - No extra fees for drivers aged between 21–25.
  - Monthly and weekly rates.
- ▶ **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.



**Scan here to view the shuttle bus schedule**

## 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 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.

### ▶ SOFA Stamp

Security will collect your no-fee passports, which will be validated by Spanish immigration and receive an entrada stamp that validates your stay in Spain for the duration of your assignment, up to three years.

### ▶ NIE

Apply for a Spanish número de identificación de extranjero (NIE) while at the Security office. This Spanish ID number is also called an A-9 since it is made up of an A with nine numbers following it. 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 roughly 10 euros, and Security will need to see your passport, DOD ID and new TEI card. It typically takes 15–20 working days to receive the NIE.



## INTERCULTURAL RELATIONS AND COMMUNITY ORIENTATION COURSE (ICR)

A four-day, mandatory Intercultural Relations and Community Orientation Course (ICR) is offered at the Fleet and Family Support Center (FFSC). Registration is required and is typically done ahead of time by your sponsor.

### Who must attend?

- ✓ Active-duty service members
- ✓ Civilian employees
- ✓ Contractors
- ✓ Command-sponsored dependents over 18 years old.
- ✓ Kids over 7 years old are encouraged to attend on field trip days.

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 for you to fill out paperwork in advance. Call DSN 727-1100 or 956-82-1100 (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
- A tour of base facilities
- Descriptions of base services

- Briefing from the Housing office
- School information
- Hospital and TRICARE enrollment
- Driving information and Spanish license exam
- 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. guests will need to provide a copy of their passport and EU stamp if they are from outside the EU.

- 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. ■

# 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](http://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 withdraw 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
- 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 legal counseling.

### Special Powers of Attorney

To draft a special power of attorney, visit [jag.navy.mil/legal-services/special-power-of-attorney](http://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](mailto:rota.notary@eu.navy.mil) for an appointment.

## 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.
  - Barber & Beauty shops
  - Optical Shop
  - Janz Medical
  - Military Auto Sales
  - Laundry & Dry cleaning
  - Tailor
  - Spanish Gift Shop
  - Portrait Studio
  - Cellphone Store
- All DOD ID card holders may use ship-to-store and online shopping pickup.

### ► Food court

The NEX food court is open to anyone.







## CELL PHONES

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.

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.

► **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
- Vodafone
- Digi mobil
- Movistar
- Yoigo ■



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# 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. That 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.

► **NOTE:** If you choose to buy a used or new U.S. spec vehicle while in Spain, it must be done within your first six months.

### SPANISH VEHICLES

- Active duty and government employees, or their dependents, may also own a second tax-free vehicle that has EU specifications.
- Contractors will pay value-added tax (VAT) on further 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 two months to receive the license after this application is sent. In the meantime, you can continue to drive legally with your Spanish translation of your U.S. license.
- 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 are available from AAA. See [www.aaa.com](http://www.aaa.com) for details.

### 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.

#### ► Under 500cc

If your U.S. driver's license motorcycle endorsement is less than two years old, you will be limited to operating motorcycles powered at 500cc or lower.

#### ► Over 500cc

If your U.S. driver's license has a motorcycle endorsement over two years old, you may operate motorcycles powered above 500cc. 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.

Active-duty motorcycle riders must take a motorcycle safety course. Sign up at [navymotorcyclerider.com](http://navymotorcyclerider.com).

### SHIPPED VEHICLES

Before shipping your vehicle from the U.S., do not deregister it. If shipping from another OCONUS 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.

1. You will receive an email from the Vehicle Processing Center (VPC) when your vehicle arrives. It must be picked up within 45 days of getting 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).
5. 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 and Spanish plates arrive in four to six weeks.
6. Visit the VPC in 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)
7. Take your vehicle to the ITV appointment.

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**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!

continued from page 10



## REGISTERING A PURCHASED VEHICLE

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.

### 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

## DRIVING IN SPAIN

### FUEL

Only personnel on stamped orders may fuel their registered vehicle on base at the NEX Gas Station or use the auto services. 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 9 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.
  - Over 53 inches tall, they are permitted in the front seat. ■



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# HOUSING IN SPAIN



There is plenty of variety when it comes to housing in Spain. Whether you end up living on base or choose to find a house locally, it will be exciting to settle into your new home.

## HOUSING SERVICE CENTER (HSC)

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

The 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 and sign up for the weekly mandatory Housing Welcome Brief. It is good to have an idea of whether you want to live on or off base before you attend the Housing Brief.

- 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

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](http://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 on-base 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 Sailors 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.

## HOUSE HUNTING OFF BASE

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

1. Attend the mandatory Housing Brief.
2. Once you've decided to live off base, make an appointment with HSC.
  - Bring a copy of your orders.
  - Be prepared to sign documents verifying you understand the process.
  - HSC will give you a promissory note. It must be signed by the landlord of the property you are interested in and is valid for three days at that point. This saves the property for you and gives HSC time to ensure it is properly listed and inspected.
3. Search for available houses.
  - HSC has lists of available properties, or you can see them on [www.homes.mil](http://www.homes.mil).
  - Note the ID number of properties you are interested and bring them to the HSC who will verify that the home is available.
  - HSC can take you to tour available properties and can help negotiate items.
4. Once you've found a property, have the landlord sign the promissory note. Return it to HSC and fill out the pre-contract. This form helps HSC prepare your lease agreement within 48 hours.
5. 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, HSC will begin your allowances, process your TLA claim and refer you for loaner furniture.



### 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 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](http://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. Hint: Use your NEXt Level Rewards card to earn cashback.
- 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 is to allow 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

Personnel living off base are provided with free 220-volt loaner appliances for the duration of your tour. These include dishwashers, refrigerators, microwaves, stoves, freezer, washers, dryers and dehumidifiers.

### UTILITIES

Your landlord is responsible for setting up your utilities. They will remain in the landlord’s name, but it is important to establish 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 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)
- 727-2911 (DSN or government cell phone)
- 956-82-2911 (off-base or personal cell phone)



## 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 and breastfeeding, and baby basics courses.

## COUNSELING OPTIONS

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

Behavioral Health services at the Naval Hospital Rota offer 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 retreat 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 active duty members and their dependents. Visit [www.militaryonesource.mil/non-medical-counseling](http://www.militaryonesource.mil/non-medical-counseling) to access options via phone, chat or video.

### ► The Veterans Crisis Line (VCL) and Military Crisis Line (MCL) are available 24/7 for free confidential mental health support.

- Call: 844-702-5495
- DSN: 988
- Text: 838255
- Online chat: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

## 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. ■



# DAILY LIFE IN SPAIN



## KEY FACILITIES

### MWR

[www.navymwrrota.com](http://www.navymwrrota.com)



Look for the 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).

### 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 ICR class. They also have a lot more 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): day 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](http://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](http://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.

#### USO

Air Terminal | 727-1252, 956-82-1252

▶ [rota.uso.org](http://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. ■

# 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 6 weeks to 5 years old. The CDC is a large facility with age-appropriate rooms and a developmental curriculum. Beginning at 4 years old, the Sure Start pre-kindergarten program is offered.

- Visit [www.militarychildcare.com](http://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 [myffr.navyaims.com/cyms.html](http://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 by calling or via the Navy CYP website [myffr.navyaims.com/cyms.html](http://myffr.navyaims.com/cyms.html).

**YOUTH PROGRAMS (YP)**

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

The youth program has a large youth center beside the DoDEA school for youth aged 10 to 18. They offer homework help, gaming, LEGO, arts and crafts, musical space, foosball and pool tables, daily activities, hang-out space and organized clubs. Outside the center is a basketball court and skate park. There are also special events and field trips, plus special activities during school breaks.

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

Child and Youth Sports (CYS) | Bldg. 41

727-4721, 956-82-4721

This large program offers seasonal sports like football, baseball, basketball, soccer and others for youth, and Smart Start sports for kids ages 3–5. Youth 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 community classes for kids in martial arts, dance and music. MWR also manages summer employment for base youth. Check the most recent VaMOS! Magazine for current offerings. ■



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# SCHOOL OPTIONS



Rota's School Liaison is a good first resource for any questions regarding school options while stationed in Spain. While most students attend a Department of Defense Education Activity (DoDEA) school, both home school options and local Spanish schools are available.

## SCHOOL LIAISON PROGRAM

Bldg. 41 | 727-2425, 956-82-2425

## 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.

Enroll for DoDEA schools at [www.dodea.edu/registration](http://www.dodea.edu/registration).

### ► Rota Elementary School

727-4187, 956-82-4187

[www.rotaes.dodea.edu](http://www.rotaes.dodea.edu)

The elementary school has roughly 500 students in pre-Kindergarten to fifth grade. The school offers classes in Spanish language and culture, a variety of after-school clubs, and special events. There are two military family life counselors (MFLC) and the Anchored4Life program to support students' social skills, mental health needs and military transitions.

### ► Rota Middle High School

727-4183, 956-82-4183

[www.rotamhs.dodea.edu](http://www.rotamhs.dodea.edu)

The combined middle and high schools have roughly 330 students in grades 6-12th. Graduation requirements are comparable to stateside schools, dual-credit college programs and AP courses are offered. There are many clubs and after-school activities, and twelve varsity sports compete with other DoDEA schools across Europe. There are MFLC and FFSC counselors at the school to support students.

### ► School lunch program

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



## HOME SCHOOLING

Home schooling is a legal option open to all command-sponsored dependents. Your children may be eligible to enroll as an auxiliary student at the base DoDEA school. A social group maintains a Facebook page called Rota Area Homeschool Families, and the school liaison hosts quarterly meet-and-greets.

## SPANISH SCHOOLS

While stationed in Spain, you have the option to send your children to local public or private Spanish schools. All instruction will be in Spanish. School hours are typically 9 a.m.–2 p.m. There is a snack break, but lunch is not served.

- ▶ Spanish public education is mandatory for 6–16 year-olds, 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 has information about local schools, seasonal workshops and registration procedures. Visit [www.smore.com/szft](http://www.smore.com/szft) for details. ■



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# PET INFORMATION



## ROTA VETERINARY TREATMENT FACILITY (VTF)

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

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.

**NOTE:** The feral cats on base are under veterinary care and fulfill a rodent-control role. They are not to be fed or domesticated as it leads to nuisance behavior.

- Register at the VTF within 15 days of arrival. You will need the following.
  - ✓ Your passport
  - ✓ DOD ID
  - ✓ Pets' health certificate from previous duty station
  - ✓ Pets' vaccination records
  - ✓ It is important to be forthcoming about dogs on the aggressive breeds list. Their registration requires additional paperwork. The VTF will not list them as a different breed.
- 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 Identificación Animal" (RAIA). You can also register at an off-base vet.

## 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 leishmania cannot return to the U.S.
- A leishmania vaccination is available at off-base 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 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 cannot provide emergency veterinary treatment, but they have a detailed list of local Spanish vets.

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

### Rota Animal Welfare League (RAWL)

Across from the drive-in  
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. ■



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
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# PERSONAL ENRICHMENT



There is plenty to do during your tour in Spain! From on-installation employment or education to volunteer work and travel, your time in Spain has a lot to offer.

## EMPLOYMENT OPPORTUNITIES

The U.S. agreement with Spain does not allow for dependents to work on the economy in Spain. Jobs are usually limited to what is available on base. 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. 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](http://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](http://www.dodea.edu/offices/HR). Find local support positions at [www.usajobs.gov](http://www.usajobs.gov).
- **Navy Exchange (NEX):** Jobs can be found by visiting [www.NavyExchange.jobs](http://www.NavyExchange.jobs) and searching for Rota.
- **Defense Commissary Agency (DECA):** Jobs at [www.usajobs.gov](http://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](http://www.navycollege.navy.mil) for programs.
- **Embry-Riddle Aeronautical University**  
800-359-3728 | Visit [worldwide.erau.edu/locations](http://worldwide.erau.edu/locations) for campus locations.
- **University of Maryland Global Campus** | 0631-56000-90000 | Visit [europe.umgc.edu/locations](http://europe.umgc.edu/locations) for campus locations.

## 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.
- Child and Youth Programs (CYP) depends on volunteer sports coaches.
- The Red Cross manages volunteers at the hospital.
- Reach out to organizations across your installation that align with a career field in which you are interested in.
- Find local spouses clubs, interest groups or sports organizations to join.
- Do you enjoy writing? Submit travel, lifestyle or local news stories to the installation's Coastline newspaper at [rotacoastline@gmail.com](mailto:rotacoastline@gmail.com). You can also submit stories to [contentteam@stripes.com](mailto:contentteam@stripes.com) for publication on the [StripesEurope.com](http://StripesEurope.com) website. ■



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# LIVING LIKE A LOCAL



## 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 mid-morning 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, here are the names of some common stores.

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



## 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

### 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

Any trash not sorted into the color-coded bins is considered household trash. This waste should be bagged and taken to the nearest large general-waste trash container, which may be gray or green (but distinguished from the glass container). Trash is collected from these at night.

Dirt  
Styrofoam  
Wooden items  
Mops and sponges  
Cat Litter  
Diapers  
Sanitary items  
Mirrors  
Non-packaging metal or plastic  
Vacuum cleaner bags

### Bulky or Hazardous items

Bulk furniture and household pickup is handled uniquely in each city.

- ▶ 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.
- ▶ *Puntos Limpios* are collection points for bulky and hazardous items. These 'clean points' can accept most items not allowed in regular trash or recycling containers.

Appliances  
Electronics  
Batteries  
Ink cartridges  
Trash clothing or footwear  
Light bulbs  
Oil  
Paints and glues  
Bulk furniture and household items  
Scrap metal

Find your local *Puntos Limpio*



# CONVERSIONS & HOLIDAYS

## LENGTH

1 kilometer =	0.6 miles
1 meter =	3.3 feet
1 centimeter =	0.39 inches

## WEATHER TEMPERATURE

°C.....	°F
0.....	32
5.....	41
10.....	50
15.....	59
20.....	68
25.....	77
30.....	86
40.....	104
50.....	122

## HOLIDAYS

### January 1

New Year's Day

### January 6

Epiphany /  
Dia de Reyes

### February 28

*Dia de Andalucia*

### March 4, 2025

Middle of  
Carnaval season  
(exact celebration  
dates vary by town)

### April 13–21, 2025

Holy Week and  
Easter Holidays

### May 1

Labor Day

### Summer

Local *Feria* Celebra-  
tions (between Easter  
and October)

### August 15

Assumption of Mary

### October 12

*Fiesta Nacional  
de España*

### December 6

Constitution Day

### December 8

Immaculate  
Conception

### December 25

Christmas Day

## WOMEN'S SIZES

### Shoes

US.....	EU
5.....	35-36
5.5.....	36
6.....	36-37
6.5.....	37
7.....	37-38
7.5.....	38
8.....	38-39
8.5.....	39
9.....	39-40
9.5.....	40
10.....	40-41
10.5.....	41

### Dresses/Shirts/Pants

US.....	EU
2 (XS).....	32
4 (XS/S).....	34
6 (S).....	36
8 (M).....	38
10 (M).....	40
12 (L).....	42
14 (L-XL).....	44
16 (XL/1X).....	46
18 (1X-2X).....	48-50
20 (2X).....	50-52

### Bras (Cups AA-E)

US.....	EU
32.....	70
34.....	75
36.....	80
38.....	85
40.....	90
42.....	95
44.....	100
46.....	105

## MEN'S SIZES

### Shoes

US.....	EU
8.....	41
8.5.....	42
9.....	43
10.5.....	44
11.5.....	45
12.....	46
13.....	47
14.....	48

### Suits/Coats

US/UK.....	EU
36.....	46
38.....	48
40.....	50
42.....	52
44.....	54
46.....	56
48.....	58

### Pants

Inches.....	CM
28.....	71
30.....	76
32.....	81
34.....	86
36.....	91
38.....	97
40.....	102

## CHILDREN'S SIZES

### Clothing

US.....	EU/UK
2T.....	92
3T.....	98
4.....	104
5.....	110
6.....	116
6X.....	122
7.....	128

8.....	134
9.....	140
10.....	146
11.....	152

### Shoes

US.....	EU
11.....	28
12.....	30
13.....	31

1.....	32
2.....	33
3.....	34
4.....	36
5.....	37
6.....	38
7.....	39
8.....	40
9.....	41

## INFANT SIZES

### Clothing

US.....	EU/UK
NB.....	56
3 MO.....	62
6 MO.....	68
9 MO.....	74
12 MO.....	80
18 MO.....	86

### Shoes

US.....	EU
0.....	15
1.....	16
2.....	17
3.....	18
4.....	19
5.....	20

6.....	22
7.....	23
8.....	24
9.....	25
10.....	27



# SPANISH

## LANGUAGE

### GREETINGS

Hello.....	Hola (Oh-la)
Hi (informal).....	Buenas (BWAY-nos)
Good morning.....	Buenas días (BWAY-nos DEE-as)
Good evening.....	Buenas tardes (BWAY-nas TAR-des)
Good night.....	Buenas noches (BWAY-nas NOH-chays)
I am ____ .....	Soy ____
My name is ____ .....	Me llamo ____ (May ya-moh ____)
What is your name? .....	¿Cómo te llamas? (KOH-moh te ya-mas)
Nice to meet you .....	Encantado! (informal) / Mucho gusto (MOO-choh GOO-stoh)

### POLITE EXCHANGES

Please .....	Por favor (por fa-vor)
Thank you.....	Gracias (GRA-thee-as)
No.....	No
Yes.....	Sí (See)
I don't understand.....	Yo no entiendo (yo no en-tee-EN-doh)
Sorry (apology).....	Perdón
Excuse me (trying to get by).....	Disculpe (Dis-KUL-pay)
I feel bad about that.....	Lo siento (Lo-see-EN-toh)

### QUESTIONS

Do you speak English? .....	¿Habla inglés? (Ab-la in-GLAYS)
Where is the bathroom? .....	¿Dónde está el baño? (DON-day es-tah el BAH-nyo)
Where is ____? .....	¿Dónde esta ____? (DON-day es-tah)
When? .....	¿Cuándo? (KWAN-doh)
How do you say ____? .....	¿Como se dice ____ (COmo-say-dee-say ____)

### RESTAURANT EXCHANGES

A table for (two, three, four).....	Una mesa para (dos, tres, cuatro) (Oo-na may-sah pah-rah [dohs, trays, kwah-troh])
A menu, please? .....	El menú, por favor (el Men-yuh por fa-vor)
I would like the ____ .....	Quisera un/una ____ (Kee-SYEH-rah OOn / OOna)
With ____ .....	Con ____
Without.....	Sin (seen)
How much is it? .....	¿Cuánto cuesta? (KWAN-to KWES-ta)
The bill, please .....	La cuenta, por favor (la KWEN-ta por fa-vor)

### RESOURCES FOR LEARNING SPANISH

#### ► FFSC Classes

Fleet and Family Support Center representatives will go over Spanish basics during the ICR orientation. They also offer three-month-long in-person weekly Spanish language classes that include extra practice during field trips out in the community.

#### ► MWR Classes

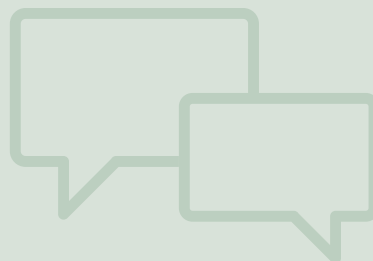
Community classes are offered through MWR. These include private lessons with flexible times and group lessons held either once or twice a week and paid monthly.

#### ► Library

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. ■



# BEYOND SPAIN



When traveling out of Spain to other parts of Europe, 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.

It is not currently recommended to travel to Gibraltar due to issues at the border when returning to Spain.

## EUROPEAN ELECTRONIC ENTRY SYSTEM (EES)

Beginning soon, all European Union countries will be utilizing biometric scanners for passport control at airports.

For more information, visit [travel-europe.europa.eu/ees\\_en](https://travel-europe.europa.eu/ees_en)

## EUROPEAN TRAVEL INFORMATION AND AUTHORIZATION SYSTEM (ETIAS)

- Begins in 2025.

### What is it?

ETIAS is a registration system that will be implemented for personnel entering the Schengen area of Europe. It is entirely online and costs seven euros to submit. Individuals who submit can expect a response within minutes with a guaranteed response within 96 hours.

### Who should register?

ETIAS is for all individuals entering or traveling within Europe who are citizens of a country that does not require a visa to enter. This includes the United States.

### Where does this apply?

ETIAS will be used for all Schengen area countries, which includes the majority of Europe. This will apply to service members, civilians, contractors, and their families while on leave and liberty travel throughout Europe.

### When does registration happen?

Before the initial entry into Europe. One ETIAS submission is valid for three years, or until an individual's passport expires.

### Why is ETIAS being implemented?

ETIAS is a European Union safety and tracking measure.

For any additional questions or to register, visit [travel-europe.europa.eu/etias\\_en](https://travel-europe.europa.eu/etias_en). ■



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# GET TO KNOW *Rota*

By Kat Nickola

**P**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 B.C., 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 200s B.C. 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 Rota, 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 descendant 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's 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: Castillo de Luma

THIS PAGE: Iglesia de Nuestra Señora de la O, Pumpkin statue, the beach in Rota and the April Fair



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 well-loved 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 Carnival 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. ■



FIND MORE THINGS  
TO DO IN ROTA

# DAY TRIP TO *Cádiz*

By Kat Nickola

**C**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,

The ancient city of Cádiz can be seen across the Bay of Cádiz from Rota. It is one of the oldest continuously occupied cities in Europe and makes a great day trip destination.

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, pinxtos, Castillo de Santa Catalina and Caleta Beach

# DIRECTORY

**EMERGENCY OFF BASE: 112**  
**EMERGENCY ON BASE: 911**

## FACEBOOK GROUPS & 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

**There are multiple niche Facebook groups focused on questions, information, travel, parenting, religious affiliations, shopping and more.**

**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
- Fleet and Family Support Center (FFSC) .....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

Appointments .....727-3618  
 Dental Appointments .....727-3733  
 Dental Orthodontic Clinic .....727-3403  
 DOD Safe Sexual Assault Helpline.....877-995-5247  
 Emergency Room .....727-3307  
 Health Promotions .....727-3350  
 Immunizations .....727-3464  
 Medical Homeport (MHP) .....727-3606  
 Military Crisis Line (mental health support) .....844-702-5495  
 OB/GYN .....727-3511  
 Occupational Health .....727-3119  
 Optometry .....727-3494  
 Pharmacy.....727-3562  
 Quarterdeck .....727-3305  
 SAPR Line (24 hr)..... +34 646-407-871  
 TRICARE.....727-3629  
 U.S. Naval Hospital Rota .....727-3305  
 Veterinary Clinic.....727-3149

NAVY EXCHANGE SERVICES

NEX Customer Service .....727-2391  
 Auto Port (car care) .....727-2454  
 Barbershop .....727-4034  
 Beauty Salon and Spa .....727-4034  
 Car Rental .....727-2675  
 Flower Shop.....727-2037  
 Gas Station .....727-3759  
 ITV (vehicle inspections).....727-2450  
 JANZ Medical Supply .....727-1412  
 Jewelry Department.....727-1845  
 Laundry / Dry Cleaning .....727-1985  
 Mini-Mart.....727-1258  
 New Car Sales .....727-2353  
 Optical Shop.....620-040-662  
 Phone Center .....727-3750  
 Photo Shop .....660-47-3576  
 Souvenir Shop .....727-2337  
 Tailor.....727-2336  
 Uniform Center.....727-1845

CHILD AND YOUTH RESOURCES

Child Development Center (CDC) .....727-1100  
 Elementary School (DGF) .....727-4185 / 4187  
 Gravity Teen Center .....727-4625  
 High School Guidance Counselor .....727-4444

Jams Youth Center .....727-4625  
 Middle/High School (DGF).....727-4181 / 4183  
 School Age Care (SAC).....727-2839  
 School Bus Office.....727-4219 / 4143  
 School Liaison Officer (SLO).....727-2425  
 School Nurse .....727-3944  
 WIC.....727-2921  
 Youth Sports.....727-4721

MWR FACILITIES

Athletics .....727-2565  
 Aquatics Center.....727-2129  
 Community Classes .....727-2354  
 Deployed Forces Support Program .....727-1462  
 Outdoor Recreation.....727-3101  
 Fitness Center .....727-2565  
 Flix Theater.....727-3709  
 Flix Drive-In Theater .....727-3709  
 Gold Course Office .....727-2260  
 Golf Course Pro Shop .....727-2260  
 Housing Pool.....727-4882  
 Intramural Sports .....727-1916  
 La Plaza.....727-6323  
 Liberty Center .....727-2527  
 Library.....727-2418  
 MWR Office .....727-1515  
 Pinz Bowling Alley.....727-2112  
 Tickets and Travel .....727-3101

FOOD AND DINING

Baskin-Robbins.....727-2151  
 Bombers Fresh Mex (at El Patio).....727-3712  
 Café Ole (Hospital) .....727-1954  
 Commissary .....727-1266  
 Dive Inn .....727-2365  
 Dunkin' Coffee .....727-2055  
 Gateway Galley.....727-1655  
 Gourmet Been .....727-2923  
 La Plaza (Champions Bar) .....727-2923  
 Nathan's All American (Air Terminal) .....727-2055  
 Pinz American Café .....727-2112  
 Pizza Villa .....727-3213  
 Subway.....727-2796  
 The Tower Pub (at El Patio).....727-3712

# SUPPORT ELEMENTS

NAVSTA Rota is the largest and only fully supported U.S. military installation on the Iberian Peninsula. There are many smaller support elements connected to Rota.



**National Support  
Element Valencia**



**National Support  
Element Madrid**



**Torrejon Air Base**



**National Support  
Element Lisbon**

## MORÓN AIR BASE

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



### 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.

### Force Support

Bldg. 319 | For details about base activities and to read the monthly “Morón living” magazine, visit [moronforcesupport.com](http://moronforcesupport.com)

### 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 stand-alone homes available on base with a short walk to the school. Most people live off base and you can search [www.homes.mil](http://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.

### KEY SERVICES

- **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.

### Key Spouse Program

Key spouses help run Morón’s volunteer program, What’s App community groups, and can help you figure out how to use your skills in this small community.

### 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.

- 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.

- School Website: [sevillaeams.dodea.edu](http://sevillaeams.dodea.edu).
- Registration: [www.dodea.edu/registration](http://www.dodea.edu/registration).
- Clubs at the school are open to all kids stationed at Morón, not just those enrolled.

### 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. ■

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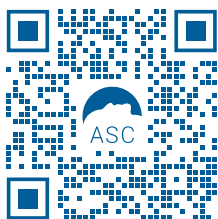


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