

2025-2026

# OKINAWA

## GUIDE



OKINAWA GUIDE 2025-2026

MC&CS  
MARINE CORPS



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- ~~2. Pay the bills~~
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- Buttock Lift
- Mole Removal
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### Breast Surgery

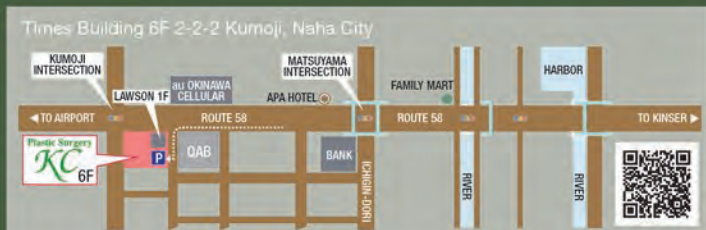
- Breast Augmentation
- Breast Reduction
- Breast Lift
- Inverted Nipple Repair
- Implant Revision
- Fat Transfer

### Face

- Face Lift
- Neck Lift
- Thread Lift
- Blepharoplasty
- Brow Lift
- Rhinoplasty
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welcomes you!*

*Happy  
Double  
Day*



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OF EVERY MONTH!**



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THE BLUE SEAL MAKIMINATO  
BRANCH NEAR CAMP KINSER.**

\*Note: Scroll to the bottom of the webpage to the language  
menu box. Select "English" to proceed with your reservation.



**VISA**



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# OKUMA

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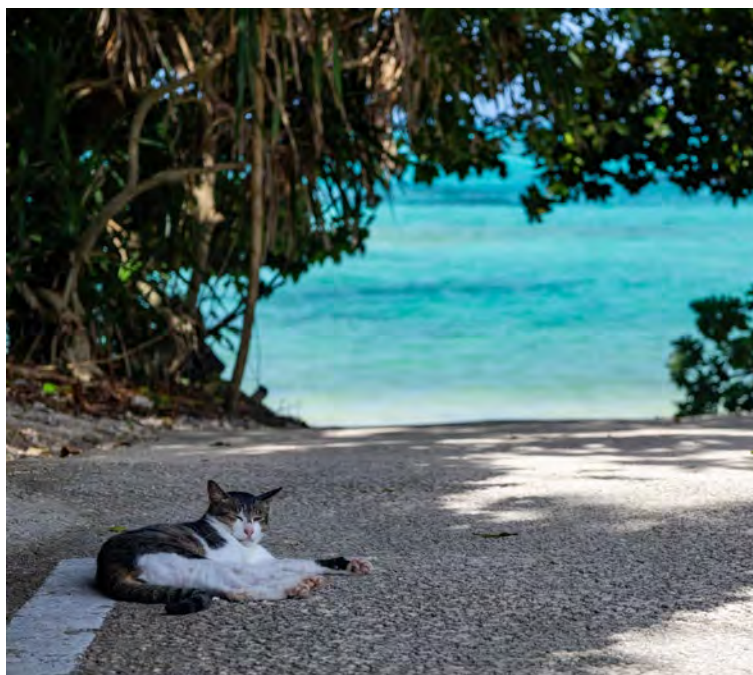
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# MENSÔRE

Welcome to Okinawa!

Although it may be hard for many to find on a map, this island has a diverse history that spans hundreds of years with unique art, music and cuisine. It is also an especially important locale for service members—there are only a few places outside the U.S. that have more meaning and more history to Marines.

Still known as the “Keystone of the Pacific” due to its strategic location in East Asia, those that are stationed on Okinawa are known as “the tip of the spear,” supporting the U.S./Japan Security Treaty providing mutual defense of Japan as well as ensuring regional security.

Marine Corps Community Services understands the importance of this mission, as well as the service members and their families stationed on Okinawa. Our mission is to support Marines, Sailors and their family members with services and programs that not only enhance readiness but make it an enjoyable “home-away-from-home” while they’re here.

The 2025-2026 *Okinawa Guide* that you are holding in your hand is an extension of that mission. Inside, you’ll find information ranging from local language, culture, festivals and places to visit off-base to offerings on all Marine camps, pet care info, overviews of programs and services provided by MCCS and more—all to make your tour easier and more enjoyable for you and your family.

We hope that you enjoy your stay on Okinawa—we’re sure you’ll fall in love with the island and its people just as we have.

Michael Daley  
Editor-in-Chief  
*Okinawa Guide*  
*Okinawa Living Magazine*

## ON THE COVER

There’s so much to do, see and experience on Okinawa and this illustration is just the tip of the iceberg. For the best experience, be sure to venture outside of the gates, with this puuurflect guide as your copilot!



ILLUSTRATION BY TAYLOR MCFARLANE





## SCHOOLS

Students can attend one of 13 Department of Defense Schools in the DoDEA Pacific South District. There are six elementary schools (K–5), one primary (K–2), one intermediate (3–5), three middle schools (6–8) and two high schools (9–12) located on five installations. Sponsors may pre-register at <https://dodea.smyfollett.com/aspen/login.do>. Sponsor and student must be physically on island and must contact the school upon arrival to finalize enrollment.

Documents required for registration are (a) PCS Orders, (b) Overseas Area Clearance (USMC/Navy), (c) immunization records (annual flu shot required), (d) housing assignment/lease or temporary lodging information. All school offices are open throughout the summer for new student registrations. Housing (on or off base) determines the school zone for students.

Pre-K students must be 4 years old, Kindergarten students must be five years old, and 1st grade students must be six years old on or before September 1 of the current school year for enrollment eligibility. Birth certificates are required for Pre-K, Kindergarten and 1st grade registration. For more information, visit [www.okinawa.usmc-mccs.org/slo](http://www.okinawa.usmc-mccs.org/slo), [facebook.com/mccsokinawa.slo](https://facebook.com/mccsokinawa.slo) or email [schoolliaison@okinawa.usmc-mccs.org](mailto:schoolliaison@okinawa.usmc-mccs.org).

## LENDING LOCKER

Call your Marine & Family Programs-Resources Center to find out what household items are available from the lending locker. Items may be borrowed for up to 30 days by providing a copy of your orders.

# CHECKING IN

## NEWCOMERS' ORIENTATION & WELCOME ABOARD

All newly arrived accompanied (all ranks) and unaccompanied (E-6 and above) Marine Corps and Navy personnel, civilian employees and family members (ages 10 and up) are required to attend Newcomers' Orientation & Welcome Aboard (NOWA).

NOWA runs every Wednesday at the Camp Foster Community Center Auditorium (Bldg. 5908). At NOWA, attendees learn about the culture, facilities and activities on Okinawa, as well as how to be a proper U.S. ambassador to the island's residents.

NOWA is mandatory prior to issuance of a Status of Forces Agreement (SOFA) driver's permit. Arrival time is 6:45 a.m. for any Status of Forces Agreement (SOFA) privately owned vehicle (POV) permit testers, Japanese license holders and within-Japan transfers. Any personnel arriving after the 7 a.m. SOFA POV licensing examination start time will not be permitted to enter the testing area.

For more information on NOWA, including times and updates, visit [www.okinawa.usmc-mccs.org/about](http://www.okinawa.usmc-mccs.org/about).

## VIRTUAL NOWA BRIEF REQUIREMENTS

Due to a lack of available MCCS childcare for the NOWA brief, the MCIPAC Chief of Staff has provided the option to request a virtual NOWA brief for single service members and spouses of service members, DoD civilians and contractors unless the newcomer is a single parent with family members under the age of 10. All children are still welcome to participate in the in-person NOWA. The virtual option for the NOWA brief is available on request (subject to approval) to personnel on accompanied orders, if any of the below exemptions are met:

- Newcomer is a single parent with child(ren) under the age of 10 (family can complete NOWA virtually).
- Newcomers with child(ren) under the age of 10 (one parent and children under the age of 10 can complete NOWA virtually).
- Newcomer(s) are subject to a COVID quarantine of sponsor or family member (family can complete NOWA virtually).

To request the virtual NOWA brief, please email: [mccb\\_newcomers@usmc.mil](mailto:mccb_newcomers@usmc.mil).

The virtual NOWA is a four-hour, video-based webinar facilitated via the Qualtrics system. Virtual NOWA brief codes and links are specific to the individual and will be emailed to the approved newcomer's personal email address by 10 a.m. on the Thursday following the in-person NOWA Brief.

All participants who qualify, are approved, and complete a virtual NOWA brief prior to 2 p.m. on the corresponding Friday, will have their names forwarded to the MCIPAC-MCBB Installation Safety Office showing proof they completed the mandatory NOWA indoctrination brief for POV licensing purposes.





# LAPIN

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Sun: 11:00am - 5:00pm

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# HOSPITAL INFORMATION

U.S. Naval Hospital Okinawa (USNHO), Japan is the largest overseas military treatment facility in the Navy, serving a beneficiary population of 47,000 active-duty personnel, family members, civilian employees, contract personnel and retirees. The facility also provides referral services for more than 189,000 beneficiaries throughout the western Pacific.

Opened in 2013, U.S. Naval Hospital Okinawa is designed to withstand earthquakes while offering excellent accessibility with a design that incorporates wider doors, hallways and roomier patient care areas.

Among the most prominent sections of this facility are the private suites in the Mother-Infant Care Center with labor, delivery, recovery and post-partum all taking place in the same area. Each suite is equipped with its own bath/shower and sleeping accommodation for one additional family member.

USNH Okinawa also has Branch Medical Clinics located on Camps Kinser, Foster, Courtney, Hansen, Schwab and Marine Corps Air Station (MCAS) Futenma.

## HOSPITAL WEBPAGE:

[med.navy.mil/US-NMRTC-Okinawa-Japan/](http://med.navy.mil/US-NMRTC-Okinawa-Japan/)

## FACEBOOK:

[facebook.com/usnho](https://facebook.com/usnho)

## CALL 646-WELL

(646-9355) to make appointments or reach hospital ancillary services, inpatient units and other hospital services on Camp Foster. If you're using an off-base line or cellphone, dial 098-971-9355.

## POST OFFICE BOX

If you are on accompanied orders and your sponsor did not set up a P.O. Box for you in advance, bring a copy of your orders and Area Clearance to your assigned camp's post office.

## BANKING

Camps Foster, Kinser, Courtney, Hansen and Schwab have Navy Federal Credit Union and Community Bank branch offices.

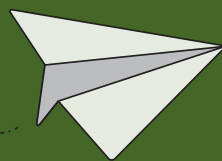
Kadena Air Base has Community Bank and Pentagon Federal Credit Union. You can exchange yen at Community Bank, Japanese banks, several currency exchanges located off base and at select AEON and San-A department stores. The primary Japanese banks are Okinawa Ginko, Bank of the Ryukyus and Kaiho Bank.

## CONSULATE GENERAL

The mission of the U.S. Consulate General Naha is to promote and protect American interests in the prefecture of Okinawa. The Consulate provides a variety of passport services including renewal, replacement and name change. Other services include visas and birth records.

The consulate website ([jp.usembassy.gov](http://jp.usembassy.gov)) provides guidance on services, local news regarding U.S. policies and issues, important notices and a comprehensive guide on absentee voting.

All visa interviews are done only by appointment due to security concerns. For American citizen services, including passport and consular report of birth abroad processing, federal benefits cases and assistance with green cards, one should make an appointment as well. The U.S. Consulate General Naha is closed on American and Japanese holidays.







# DENTAL INFORMATION

Please visit the dental desk conveniently located within the Tricare office at U.S. Naval Hospital Okinawa upon check-in for family member dental clinic assignments any time after receiving PCS orders.

The 3d Dental Battalion/U.S. Naval Dental Center Okinawa, Japan is committed to providing comprehensive dental care and operational combat support to III Marine Expeditionary Force (III MEF), Marine Corps Installations Pacific, the 7th Fleet, their family members and other eligible beneficiaries. Comprised of nine distinct dental treatment facilities spread throughout three geographical areas on Okinawa, Iwakuni and Hawaii, 3d Dental Battalion/U.S. Naval Dental Center Okinawa, Japan has established itself as the largest dental command in the Indo-Pacific region with over 60,000 beneficiaries.

Dental clinics are staffed with registered dental hygienists, general dentists and board-certified specialists. They are fully equipped with the latest dental materials and technology to meet and maintain the needs of Sailors, Marines and their families while stationed on Okinawa.

## BRANCH DENTAL CLINICS

### CAMP SCHWAB DENTAL ANNEX

DSN: 625-2603/2463

### CAMP HANSEN BRANCH DENTAL CLINIC

DSN: 623-4657/4658

### BUSH DENTAL CLINIC (CAMP COURTNEY)

DSN: 622-7539/7569

### KADENA AIR BASE DENTAL ANNEX

DSN: 634-6420

### EVANS DENTAL CLINIC (CAMP FOSTER)

DSN: 645-7381/7382

### MCAS FUTENMA BRANCH DENTAL CLINIC

DSN: 636-3171

### CAMP KINSER BRANCH DENTAL CLINIC

DSN: 637-2828

\*From an off-base line or cell phone, dial 098-970-5555 then DSN

### OPERATING HOURS:

Monday–Friday,  
7 a.m.–4 p.m.

### AFTER-HOUR EMERGENCIES (AT EVANS DENTAL CLINIC ON CAMP FOSTER):

Please call 080-8594-0497 or  
011-81-98-970-7381

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Oral Facial Pain  
Oral Radiology  
Oral Surgery  
Orthodontics



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In addition to serving and supporting Marines and their families, MCCS Okinawa offers a comprehensive benefits plan that includes up to \$10,000 a year in tuition assistance, international medical and dental insurance, NAF pension and 401K retirement plans, FREE professional classes in technology, leadership and specific job skills and much, much more!

Learn more today by visiting [www.okinawa.usmc-mccs.org/jobs](http://www.okinawa.usmc-mccs.org/jobs) or call MCCS NAF Employee Benefits at 645-3052.



# OKINAWA SELF-STORAGE



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# CHECKING OUT

## SMOOTH MOVE WORKSHOP

Once you receive word of an upcoming permanent change of station (PCS), sign up for a Smooth Move Workshop at any MCCS Personal & Professional Development-Resources Center. At the workshop, travelers will learn about moving tips, available relocation services, travel and household goods entitlements and much more. Attendance to this workshop is recommended at least six months out from your projected transfer date. Orders are not required to sign up, so register today.

## ARRANGE THE MOVE

Active-duty service members may arrange shipment of personal property any time after receiving PCS orders. The earlier you call the transportation office, the greater your chances of moving on your desired date. During the peak summer moving season, a minimum of two-week's notice is required.

Marine Corps and Navy personnel, excluding Navy personnel assigned to Commander Fleet Activities Okinawa (CFAO), must use the Marine Corps Distribution Management Office (DMO) on Camp Foster. CFAO Navy personnel are serviced by Kadena.

DMO can answer questions and address problems regarding personal property prior to shipment and make necessary arrangements to schedule packing and pick-up of household goods. For more information, call 645-0922 (Camp Foster) or 632-0068 (Kadena Air Base). Limited satellite office support is available on Camp Courtney (622-7567) and Camp Hansen (623-7029).

## VEHICLE DEREGISTRATION

Active-duty service members who have no intention of selling their vehicle must deregister it. Car owners who do not properly dispose of their vehicles will be traced and charged for all costs incurred including towing, deregistration and disposal. For more information, head to the Transportation section on p. 37.

## BEFORE YOU LEAVE

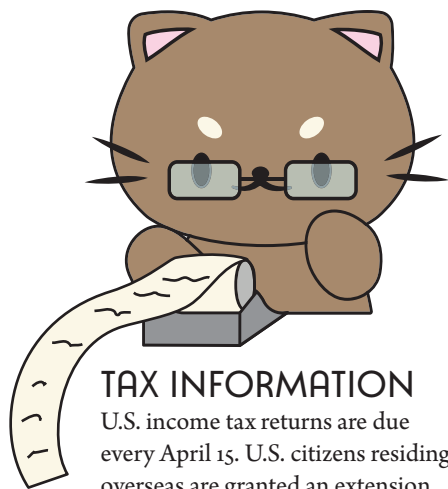
Active-duty service members transitioning from the military in conjunction with a PCS move often have many questions and not enough answers. Fortunately, each installation on island has a Transition Readiness Program (TRP) to equip separating and retiring military members as well as their families with skills and knowledge for reentry into the private sector. Emphasis is placed on transition preparation rather than job placement. For more information about reporting procedures, travel planning, separation and any other questions, contact the nearest MCCS Marine & Family Programs-Resources Center. Before preparing to leave, travelers should retain all important paperwork rather than pack it with household goods.

Numbers for the Office of the Day (OOD), Command Duty Office and your sponsor should be kept on hand in case of emergency. Also, the American Red Cross is always available for emergency aid if needed.



# WE HAVE THE CURE TO **FOMO.**





## TAX INFORMATION

U.S. income tax returns are due every April 15. U.S. citizens residing overseas are granted an extension until June 15 (they must file for the extension). However, interest will be charged beginning April 15 for any taxes due as shown on the return. On Okinawa, there are resources available to provide military members, families and other SOFA ID card holders with tax filing assistance: the Camp Foster Tax Center provides tax advice, preparation assistance and e-filing for federal and state taxes. These services are provided for active-duty personnel and their families, retired military, family members of personnel who died on active duty, dependents of deceased retired members, DoD civilians and SOFA status personnel.

In order to receive assistance, you must bring your military ID, social security cards for yourself, spouse and dependents, date of birth of dependents, W-2, proof of income, childcare expenses, bank routing and account information as well as a copy of last year's return if available.

Beginning February 1, the Camp Foster Tax Center is open for walk-ins from 8 a.m. to 4 p.m. on Mondays. Tuesdays through Fridays, the center is open for walk-ins from 8 a.m. to noon and for appointments from noon to 4 p.m. The center closes for the tax year on July 1. For more information on the Camp Foster Tax Center, call 645-1236. For general information about taxes, visit the Internal Revenue Service website at [irs.gov](https://irs.gov).



## ABSENTEE VOTING

While stationed overseas, you still have the opportunity to cast your vote in federal and state elections via absentee voting ballots. Each unit has a voting assistance officer (usually the S-1 officer) who can provide voters with a voting assistance guide. Voters can obtain a federal postcard application (FPCA), also known as standard form (SF) 76, from the voting assistance officer.

The FPCA has two purposes: it's both a voter registration form and an application for the absentee ballot. The voting assistance guide and the FPCA are also available on the Federal Voting Assistance Program website, [fvap.gov](https://fvap.gov). Once the FPCA is filled out completely, you must mail it to your state's local election office. Check the voting assistance guide for the correct mailing address.

If you haven't received your absentee ballot after submitting the FPCA, your voting assistance officer can provide you with a federal write-in absentee ballot. To be eligible for this ballot, you must live overseas, have sent your application for an absentee ballot so that it was received by the local election office 30 days prior to the election, and have not received the regular absentee ballot. Any questions about the voting process can be addressed by the command or unit voting assistance officer. Likewise, you can call the Federal Voting Assistance Program toll-free (in Japan) at 1-800-438-VOTE or email [vote@fvap.gov](mailto:vote@fvap.gov).



# We support families who have pets.

“At Noah Animal Hospital, providing friendly, comfortable & compassionate service to our clients is our primary concern.”

Dr. Jahana  
Veterinarian



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[noahanimalhospital.com](http://noahanimalhospital.com)  [noahanimalhospital](https://www.facebook.com/noahanimalhospital)



CAMP FOSTER » COMMUNITY CENTER & SUMO BURRITO (DRIVE-THRU)  
CAMP HANSEN » THE PALMS





# PETS

## ADDING TO YOUR FAMILY ON OKINAWA

Whether visitors to Okinawa are longing for a four-legged, feathered or furry friend of their very own or they just want to know where to go to pamper their pal, the island has plenty of options. From the ubiquitous and comprehensive Makeman stores to the more specialized shops such as AEON Mall, PETEMO and Okinawa Pet Food (OPF), just about any critter (as well as an astounding assortment of food and snacks, grooming items and services, toys and more) is available for purchase. Local shelters and adoption agencies are filled with fuzzy and furry friends waiting for a family as well.

Okinawa has a significant problem with pets that have been dumped on the streets by departing and/or irresponsible owners. Don't adopt a pet if you're unable or unwilling to deal with the expense and responsibility to care for one. To help deal with the abandoned pet problem, all pets belonging to SOFA status personnel, to include contractors and civilians, are required to have their pets microchipped and registered at the Okinawa Veterinary Treatment Facility (VTF) on Kadena Air Base. Okinawa Stray Pet Rescue (OSPR) is an American organization dedicated to rescuing

homeless animals on Okinawa. Learn more about OSPR at [okinawastraypetrescue.org](http://okinawastraypetrescue.org).

Karing Kennels on Kadena Air Base Bldg. 4065 is operated by the 18th Force Support Squadron and offers boarding and grooming services. For more information call 966-7339 (DSN) or 036-868-2235 (mobile). Karing Kennels also has a separate Adoption Facility, located in Bldg. 54300 between KAB Gate 3 and Camp Shields. For more information call 966-7338 (DSN) or 036-868-2234 (mobile). Get the most up-to-date information at [facebook.com/KaringKennelsBoardingFacility](https://facebook.com/KaringKennelsBoardingFacility) and [facebook.com/KadenaKaringKennelsAdoptionFacility](https://facebook.com/KadenaKaringKennelsAdoptionFacility).





# What can be done by a funeral company specifically for pets

Loving send off your precious family that you have spent so much time with.  
With that sentiment in mind, we will assist you.



Chubu  
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Store Information •  
Memorial Goods



**Pet Funeral  
Service  
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Address/ 5-29-5 Misato, Okinawa-shi

**0120-23-0556**

Telephone Support 9:00~19:00

[ryuwa.asato@gmail.com](mailto:ryuwa.asato@gmail.com)

(In the event of needing to send correspondence after 19:00,  
please contact the email address.)

Business Hours/9:00-17:00  
(Last reception is at 16:30)

The 4th Sunday of every month /  
Maintenance Closure Day

## EFMP Volunteers Wanted

*Opportunities include:*

**Pre-Event Coordination | Event Set-Up and  
Decoration | Activity Helpers | Post Event  
Activities | Guest Assistance | Special Events  
(Holidays, Campaigns, Family Support Events)**

To start volunteering, email  
[efmp@okinawa.usmc-mccs.org](mailto:efmp@okinawa.usmc-mccs.org) for opportunities today.

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MARINE CORPS

645-9237 | 098-970-9237  
[www.okinawa.usmc-mccs.org/EFMP](http://www.okinawa.usmc-mccs.org/EFMP)

**EFMP** Exceptional  
Family Member  
Program



## PCSING WITH PETS

PCSing service members may be authorized reimbursement for the costs related to relocating of one household pet (cat or dog) during the move.

In the continental United States, service members may be authorized the cost of mandatory microchipping, boarding fees, hotel service charges, licensing fees at the new PDS, and pet shipping fees if the member flies rather than drives (or the pet is shipped separately from the service member). Reimbursement for the actual cost of all expenses is limited to \$550 per PCS move.

Outside of the US, service members may be authorized reimbursement for cost of mandatory microchipping, quarantine fees, boarding fees, hotel service charges, licensing fees at the new PDS, testing titer levels for entry and pet-shipping fees if the member flies rather than drives (or the pet is shipped separately from the member).

For transoceanic travel, use of Government or Government-procured transportation must be used if available or reimbursement for transportation costs is not authorized. Reimbursement for the actual cost of all necessary expenses described above in connection with the movement of a pet is limited to \$2,000 per PCS move.

The service member is responsible for following rules for importing and exporting a pet to and from the United States in order to be eligible for reimbursement.

## PET CARE

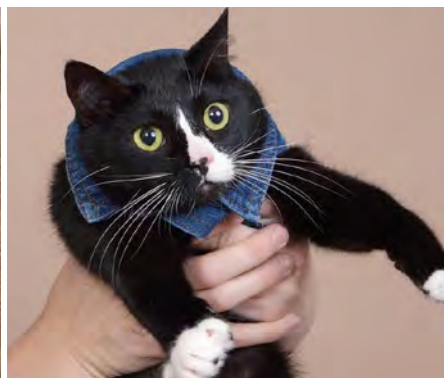
The military VTF on Kadena Air Base is located in Bldg. 731 and can be reached at 036-868-2263.

All SOFA status personnel are required to check in at their clinic within 72 hours of the pet's arrival to process quarantine paperwork and register their pet(s) in the clinic's system. Quarantine appointments are walk-in only. The VTF is available for health certificate exams, routine appointments for vaccinations, tests and prescription refills.

There are a number of off-base facilities, such as Chubu Animal Medical Center (098-938-5480),

CoCo Animal Hospital (098-958-3311), Pet Club Ocean/Animal Clinic (098-935-4485), Wolves Hand Veterinary Hospital (098-921-7211) and many others that offer services—some with English translation and emergency services.

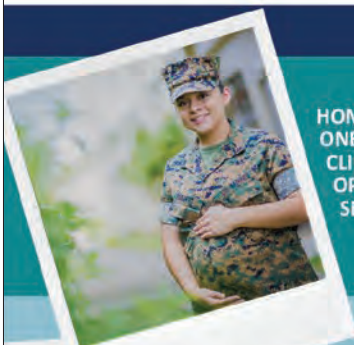
Okinawa gets very hot and humid in the summer, so pets should not be left unattended outside or in vehicles and should always have adequate shade and water. All pets should also be kept on routine heartworm, flea and tick medications year-round because the climate is temperate and those parasites remain very active year-round.





# NEW PARENT SUPPORT PROGRAM

## SERVICES PROVIDED:



**HOME OR OFFICE VISITS**—CONDUCTED BY HOME VISITORS IN A ONE-ON-ONE SETTING EITHER IN OUR OFFICES OR IN THE CLIENT'S HOME, AVAILABLE ISLAND-WIDE. OPEN TO MARINES, SAILORS AND CIVILIANS ELIGIBLE TO RECEIVE SERVICES AT MILITARY TREATMENT FACILITIES.



**PLAY MORNING**—AN INTERACTIVE EDUCATIONAL PLAY GROUP OFFERED ONCE A WEEK ON CAMP COURTNEY FOR PARENTS AND THEIR CHILDREN UNDER THE AGE OF 6 YEARS. THIS SETTING ALLOWS PARENTS TO LEARN DEVELOPMENTALLY APPROPRIATE PLAY TECHNIQUES AND HELPS CHILDREN TO IMPROVE THEIR SOCIAL, COGNITIVE, LANGUAGE AND MOTOR SKILLS.



**BABY BOOT CAMP**—HELPFUL INFORMATION OFFERED MONTHLY ON CAMP FOSTER FOR EXPECTING PARENTS TO PREPARE FOR THE ARRIVAL OF THEIR BABY THROUGH THE FIRST FEW MONTHS AFTER DELIVERY SUCH AS THE BASICS OF INFANT DEVELOPMENT AND SAFETY, SELF-CARE FOR PARENTS, NEWBORN CARE, COMMUNITY RESOURCES AND MORE.

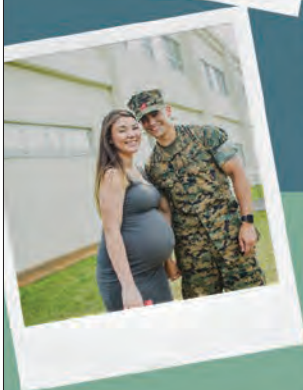
BABY BOOT CAMP IS ALSO OFFERED IN JAPANESE QUARTERLY.



**INFANT MASSAGE**—MASSAGE TECHNIQUES OFFERED IN A FOUR-PART SERIES ON CAMP FOSTER THAT HAVE MANY BENEFITS FOR BABY AND PARENTS SUCH AS RELIEF OF GAS OR COLIC SYMPTOMS, REDUCTION IN POSTPARTUM DEPRESSION AND STRESS, PROMOTION OF BRAIN DEVELOPMENT, COMMUNICATION AND IMPROVED SLEEP.



**PARENTS IN UNIFORM**—SMALL, GROUP-BASED MONTHLY BRIEFS ON CAMP FOSTER FOR EXPECTING PARENTS TO TAKE AT ANY STAGE OF PREGNANCY (HIGHLY RECOMMENDED DURING EARLY STAGES OF PREGNANCY) WHICH PROVIDES FAMILY READINESS INFORMATION ON MARINE CORPS POLICIES SUCH AS HOUSING INFORMATION, LEGAL REQUIREMENTS, ON-ISLAND CHILDCARE OPTIONS, DEERS AND MORE.



**PARENTING SUPPORT GROUP**—GEARED FOR PARENTS WITH CHILDREN UNDER THE AGE OF 6 TO INCREASE SOCIAL CONNECTIONS AMONG PARENTS, DEVELOP FRIENDSHIPS AND NEW SUPPORT NETWORKS, SHARE COMMON EXPERIENCES AND DISCOVER IDEAS TO ADDRESS THE DAY-TO-DAY CHALLENGES OF PARENTING. THE GROUP MEETS EVERY TUESDAY AT OCEAN BREEZE, CAMP FOSTER FROM 11 A.M.-12:30 P.M. BABIES UNDER 6 MONTHS ARE WELCOME TO ATTEND WITH THEIR PARENTS.



**MARINE & Family**

Family  
Advocacy  
Program

645-0396 | 098-970-0396 | [www.okinawa.usmc-mccs.org/npssp](http://www.okinawa.usmc-mccs.org/npssp)

**MCCS**  
MARINE CORPS COMMUNITY SERVICES





### PUBLIC PAY PHONES GREEN/GRAY PHONES

Large green or gray (international) phones can still be found off base and accept phone cards, ¥10 coins and ¥100 coins. Smaller green phones are usually located in open boxes and accept ¥10 coins. These phones have a small red box located above or to the side of the phone that is used to dial two emergency numbers: 110 for the local police and 119 for the fire department and ambulance. These numbers can be called without depositing coins.

### CALLING HOME

Social media has made keeping in touch easier. But it still can't replace picking up a phone and hearing a loved-one's voice on the line. No matter where you're calling from, there are various ways to do it. Rates can be kept very low by using phone cards, internet and smart phone applications such as Signal, WhatsApp, Facebook Messenger, FaceTime and others.

### AVAILABLE OPTIONS

Several options exist for long-distance telephone communication. From webcams and specialized websites hosting conversations to VoIP and prepaid phone cards usable on any on-base phone or cell phone, there are a myriad of choices to stay connected with friends and family back home. Carriers offer competitive rates for prepaid cards.

For more information regarding web-based options, contact Mediatti Broadband Communications (MBC) at [info@mediattimail.net](mailto:info@mediattimail.net), or visit MBC online at [mbcokinawa.net](http://mbcokinawa.net).

### MOBILE PHONES

Several mobile phone companies, such as au KDDI, Softbank and FadTech, offer service to SOFA personnel and have outlets in Exchange concession malls on base. Fees vary based on the company, the type of services and the type of phone. Credit cards are required for customers who don't have a Japanese bank account. Service is available month-to-month or discounted with a 2-year contract.

Softbank and FadTech offer prepaid service with FadTech offering rental service for short-term options. Some carriers offer prepaid services.

If you prefer to keep your US phone number, Google Fi may be a good alternative. A military activation waiver is needed to activate service outside of the US..

# TELEPHONE TIPS

If you choose to use a mobile device, remember that it is against the law to use one while operating a motor vehicle both on and off base. However, hands-free phone operation is legal. If you are caught on your phone while driving it could result in a heavy fine and the loss of your SOFA Driver's Permit.





# Repair & Support

## Broken Phone, Tablet, or Game Console?

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Fixing Phones, Saving Your Day!

Service



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Open 10:00 – 21:00



# HITT

## HIGH INTENSITY TACTICAL TRAINING

### ► HIGH INTENSITY TACTICAL TRAINING [HITT] DESIGNED SPECIFICALLY FOR MARINES

ACHIEVE PEAK COMBAT READINESS  
ENHANCE PHYSICAL PERFORMANCE AND RESILIENCE  
INTEGRATE SPORTS SCIENCE WITH FUNCTIONAL TRAINING PRINCIPLES  
PREPARE FOR REAL-WORLD TACTICAL CHALLENGES

### ► 5 CORE COMPONENTS

MOVEMENT PREPARATION  
STRENGTH AND POWER  
SPEED AND AGILITY  
CORE STABILITY AND FLEXIBILITY  
RECOVERY AND MOBILITY

Fitness/HITT Coordinators at each camp provide a variety of services including Nutrition Education, Return 2 Readiness, Fitness Assessments, Unit PTs, Sleep Coaching, HITT for Small Unit Leaders, Personalized Fitness Programs, FFI Support, Pre/Postnatal Training, HITT Classes and PFT/CFT Prep.

**MC&CS**  
SEMPER FIT

645-3910  
[www.okinawa.usmc-mccs.org/healthpromotion](http://www.okinawa.usmc-mccs.org/healthpromotion)  
[mccshealthpromotions@okinawa.usmc-mccs.org](mailto:mccshealthpromotions@okinawa.usmc-mccs.org)



# PHONE NUMBERS

## CALLING ON BASE (FROM OFF BASE OR A CELLPHONE)

The prefixes below are for dialing directly to base phones from cell phones or off-base phones.

622\* (Camp Courtney)  
098-954-xxxx

623\* (Camp Hansen)  
098-969-xxxx

645\* (Camp Foster)  
098-970-xxxx

646\* (Camp Foster)  
098-971-xxxx

\*on-base prefix  
(Example: DSN 646-0000 is  
available via direct dial by calling  
098-971-0000)

If the area you wish to call isn't  
listed, then follow these directions:

1. Dial the access number of the  
base you wish to reach.
2. Wait for the dial tone, then dial  
the party's seven-digit number.

## CALLING FROM BASE TO BASE

Camp Kinser/Naha Port  
MCAS Futenma  
Camp Foster/Lester  
Camp Courtney/McTureous

Camp Hansen  
Camp Henoko  
Camp Schwab  
Camp Gonsalves  
Fort Buckner  
White Beach  
Torii Station

Base Access  
(098) 970-5555


Kadena Air Base  
Chibana  
Camp Shields  
(098) 938-1111 + DSN number

Camp Fuji  
(550) 89-6102/6104

From the U.S. to any base  
on Okinawa dial 011-81-6117,  
then the last seven digits of  
the phone number.

## CALLING OFF BASE (FROM ON BASE)

To call off base from on base, dial  
the access code 99 (+800 if calling  
a number in the US), then the  
telephone number of the party you  
wish to call. There's no need to dial  
the 098 area code unless dialing an  
area north of Camp Hansen.



## EMERGENCY NUMBERS

SAVE TO CONTACTS IN CASE  
OF EMERGENCY.

---

**MILITARY POLICE/AMBULANCE/  
FIRE DEPARTMENT (ON BASE)**  
911  
From cell phone,  
call 098-911-1911

**OFF-BASE POLICE  
(JAPANESE ONLY)**  
110  
From off base or a  
cell phone, call  
(098) 893-7911

**MILITARY POLICE  
(OFF BASE AUTO  
ACCIDENTS ONLY)**  
(098) 970-3423/3887

**OFF-BASE AMBULANCE AND  
FIRE DEPARTMENT**  
(098) 938-1726

MARINE CORPS COMMUNITY SERVICES • OKINAWA, JAPAN

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Making auto care a breeze.

Hansen Typhoon Motors



Bldg. 2715 | 623-7743

Courtney Typhoon Motors



Bldg. 4151 | 622-9546

Foster Typhoon Motors



Bldg. 5613 | 645-1273

Kinser Typhoon Motors



Kinser Auto Skills  
Bldg. 611 | 637-2191

Kinser Auto Recovery and Towing  
Bldg. 611 | 637-3645







## PRINT MEDIA

Daily newspapers available at the Exchange include the *Pacific Stars & Stripes* (which is also available in vending machines located on all camps) and *Stripes Okinawa*. Okinawa also features local English-language magazines available on all military facilities.

*Okinawa Living Magazine* is a FREE monthly that will keep you informed of happenings both on and off base.



## RADIO

Besides local Japanese stations, two English-language choices are available: American Forces Network (AFN) AM (648) and FM (89.1). AFN AM airs news talk programs from stateside sources. AFN FM plays popular tunes in both live broadcasts and satellite feeds that include the weekly Top 40. Live interviews from all services covering local events and activities are also broadcast. For a complete schedule, visit AFN Okinawa online at [facebook.com/wave89](https://facebook.com/wave89). The AFN GO app offers access to additional stations and the video streaming app AFN NOW offers live professional sports, news and television programs from state-side networks. Both AFN GO and AFN Now are FREE and available for download on Google Play and the iOS App Store.

**OFF BASE**

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# High-Speed Internet

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**No Commitments**  
**No Cancellation Fees**



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Blockbuster On Demand | Nickelodeon | Bravo | CNBC | Spike | Lifetime | Crunchyroll | Warner Bros. | WWE | NFL Game Pass | NHL GameCenter | Fox Sports  
Disney Channel | South Park Studios | Oxygen | BET | Starz | PLUS MANY MORE!



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**SUNNY-NET**



ANYWHERE

# Pocket Wi-Fi

# 100GB

365  
days



NO MONTHLY COST  
NO CONTRACTS  
NO NEED TO RETURN DEVICES  
YOU CAN USE FROM TODAY

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Okinawa 904-0111  
098-983-7770



INTERNET • CABLE TV

# ***FIBER BROADBAND*** **INTERNET**

***The FASTEST Internet on ALL Bases***

## **MultiGig** Available Everywhere

Five Internet packages including MultiGig with Unlimited Data! ALL wired & wireless services are available in ALL locations on ALL bases!

## **WiFi** for Family Housing

MBC Whole Home WiFi is THE solution for wireless connectivity in the steel-reinforced concrete on-base family housing!

## **Stream** U.S. Content

Netflix, Disney+, Amazon Prime Video, Hulu, Discovery+, Apple TV, Peacock, & more cleared to show U.S. content. No VPN required!

## **Pre-Installed** Equipment

MBC modems are pre-installed in ALL rooms in ALL dorms & barracks on ALL bases. Service activation is FAST, EASY, and IMMEDIATE!



IT'S **EASY**  
TO GET MBC  
**No Contracts • Free Activation**

[mbcokinawa.net](http://mbcokinawa.net)





# INTERNET

## CONNECTIONS ON BASE

Mediatti Broadband Communications (MBC) is the on-base High-Speed Internet and HD Cable TV provider in Okinawa, Japan. MBC Fiber Broadband Internet is available on ALL bases in ALL residential locations (family housing, barracks and dorms). MBC offers five residential internet services including MultiGig Internet, using private, secure, wired, and wireless cable modems. MBC also offers Whole Home Wi-Fi, THE solution for family housing residents who struggle with wireless connectivity in the concrete, steel-reinforced on-base housing.

Getting MBC service is SIMPLE, FAST and EASY using MBC's online portal: [mbcokinawa.net/activate](http://mbcokinawa.net/activate).

MBC internet modems are pre-

installed in ALL barracks and dorms across Okinawa, making activation FAST and EASY through the MBC online portal. Family housing residents can get SAME-DAY activation by completing a FAST and EASY self-installation. Family housing customers can pick up their modem at any MBC on-base office or request a home delivery.

MBC customers do NOT need a VPN to access U.S. streaming services such as Netflix, Hulu, Disney+, Amazon Prime Video, Apple TV+, Peacock and more! All MBC services are month-to-month, with no contracts required.

For more information, office locations, contact information, and hours of operation, visit MBC online at [mbcokinawa.net](http://mbcokinawa.net).

## IN THE BARRACKS

Boingo Wireless offers Wi-Fi service to unaccompanied service members on military bases around the world. Boingo's Wi-Fi service is portable, designed specifically for the on-the-go military lifestyle. Customers can enjoy instant Wi-Fi access room to room, building to building, and base to base. Flexible plan options are also available, so Marines and Sailors can choose from daily, weekly and monthly plans. Service members can sign up online or in the barracks by connecting to the Boingo Wi-Fi network.

Customers can use the service anywhere there is a Boingo signal room to room, building to building, and base to base world-wide.

As an added bonus, subscribers can enjoy complimentary access to Boingo's global network of over one million hotspots when they travel outside of the base. Customer support is available 24/7, and the Boingo Military App allows for easy account management. Visit [boingo.com/for-military](http://boingo.com/for-military) for more information.

## MCCS OKINAWA ON FACEBOOK

MCCS Okinawa also communicates with its community members via Facebook for programs ranging from Tours Plus and Semper Fit to Aquatics and Marine & Family. Stay informed about the programs and services MCCS offers while sharing comments and engaging with other community members on these pages. Visit [facebook.com/mccsokinawa](https://facebook.com/mccsokinawa) to get started.

## THE MCCS OKINAWA LIBERTY APP

Have you ever browsed the travel section of a bookstore? Just peeking at these books can cause you to start imagining all of the adventures you'll have.

Wouldn't it be nice if there was somewhere to find the same type of info about military duty stations? Well, wish no more! The MCCS Okinawa Liberty App is like having a whole shelf of informational books about being stationed on Okinawa and right at your fingertips no less.

You'll have access to command information (including PCS details and base policies), liberty tools (including important phone numbers), transportation options and much more to keep you in the know.

There are also icons to help you find events galore. Multiple program calendars are included under "Events." Additionally, you can find where to shop, eat, visit and stay—both on and off base—if you tap the "Things To Do" icon.

The app even includes a yen rate calculator, heat flag and sea conditions, typhoon readiness information (TCCOR), taxi and daiko (for more on daiko, turn to p. 51) numbers and English to Japanese translations of some common phrases.

Last but not least, a total fitness tool is included to help you find wellness resources and track your health when it comes to four fitness factors: mind, body, spirit and social.

Best of all? The MCCS Okinawa Liberty App is FREE! Visit [www.okinawa.usmc-mccs.org/liberty](http://www.okinawa.usmc-mccs.org/liberty) for details, or download the app from the App Store or Google Play.



**HIGH SPEED  
INTERNET**

**The most stable  
high-speed internet for U.S.  
Military Members.**

**S-AGENT HIKARI**

- ✓ Super **high speed** Internet.
- ✓ **Unlimited** data.
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- ✓ We can help with **VPN**.
- ✓ **Wi-fi router** included.

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Feel free to contact us.  
**TEL 098-989-1978**    **Apply now**




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OKINAWA**

**Never run out of  
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Discover new restaurants, events and activities

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App Store    GET IT ON  
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**MCCS**  
MARINE CORPS

## ONLINE

MCCS Okinawa's website is a valuable resource for both newcomers and island veterans alike.

With a mobile-friendly design, users can access [www.okinawa.usmc-mccs.org](http://www.okinawa.usmc-mccs.org) for the latest information on the go. The website features a similar look and feel from one Marine Corps installation to the next, making PCS transitions less painful.

Those wishing to get to know the island a bit better can find their way around using online maps of on-base facilities, phone numbers and hours of operation—all conveniently located and easy to find in their relevant sections.

Users can also explore the island through Tours+, which offers local tours, discounted tickets to local attractions and great deals to destinations both on and outside of Okinawa. The Dining & Entertainment section features MCCS Clubs and Restaurants with upcoming events, menus and more.

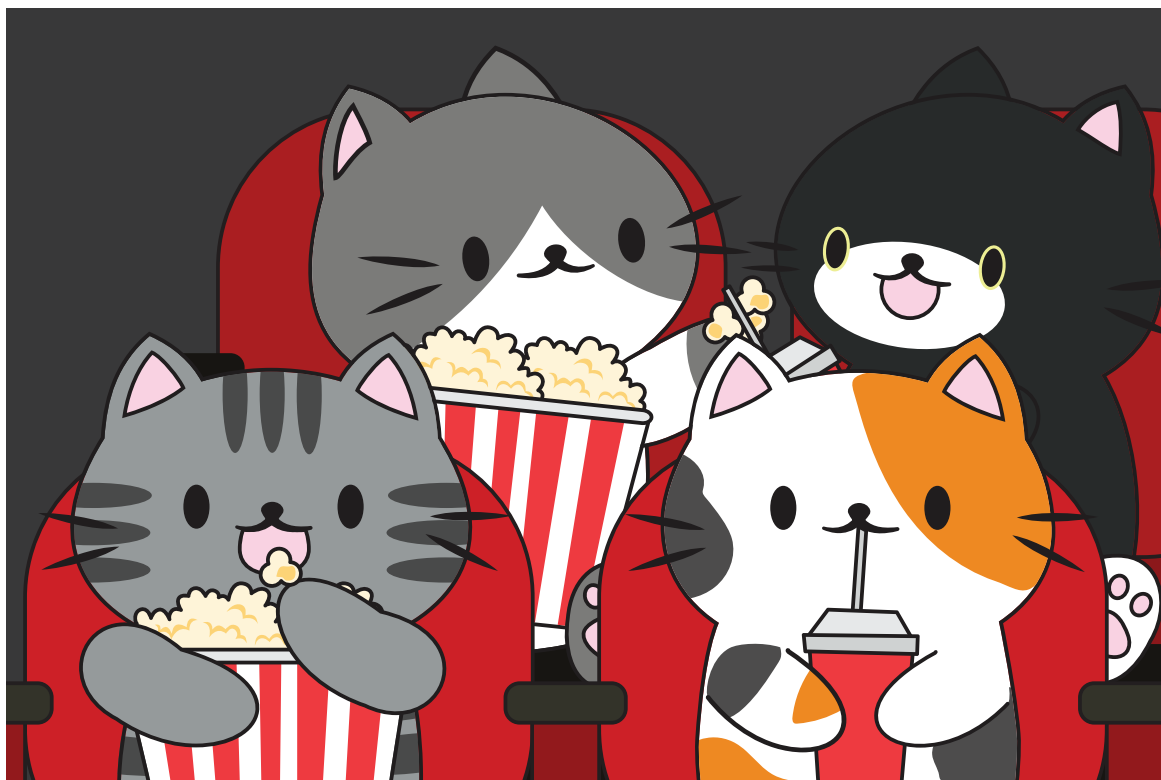
Entertainment & Events, a subsection of Dining & Entertainment, spotlights MCCS annual events, which range from the Okinawa Wine Festival and FREE concerts to the yearly friendship festivals on each camp that offer entertainment and fun for the whole family.

Also on [www.okinawa.usmc-mccs.org](http://www.okinawa.usmc-mccs.org) is a plethora of information ranging from youth sports, the Single Marine Program, Marine &



Family Programs, arts and crafts and much more. Online registration and payment for highlighted events and sports are available along with the ability to sign up for tee times at Taiyo Golf Club, register for culture or language classes, request to take career training courses, check out Transition Readiness Program webinars and more. MCCS Okinawa's homepage also features digital issues of *Okinawa Living Magazine*.





# TV & MOVIES

## MCCS TV

MCCS TV offers a diverse mix of programming available to on-base television customers on channel 15 (free tier) and channel 115 (paid tier). MCCS TV is a comprehensive source of information on MCCS events and offerings for the American military, family members and DoD employees stationed on Okinawa. All of MCCS TV's programming and an array of short-format informational videos can be found online. Check out MCCS TV's YouTube channel at [youtube.com/MCCSTVonOkinawa](https://youtube.com/MCCSTVonOkinawa).

## MOVIE THEATERS

Exchange Reel Time Theaters can be found on all the major camps and bases on Okinawa. Selected first-release movies are available on Okinawa on the same dates they are released in the U.S. market. Movies and show times are also posted on the MCCS Liberty App and Exchange website at [aafes.com/exchange-stores/movie-guide](https://aafes.com/exchange-stores/movie-guide). Select PACIFIC to see a list of base theater locations.

American movies (with Japanese subtitles) can also be viewed at select off-base theaters such as the Mihama 7-Plex in American Village, Cinema RYCOM located inside AEON MALL Okinawa Rycom, Southern Plex near the AEON Haeburu Shopping Center, Cinemas Q located inside the San-A Main Place Mall located in the Omoromachi district of Naha City and United Cinemas inside the San-A PARCO CITY Mall in Urasoe City. Although you can expect to pay at least ¥1,800 for each adult, the roomy surroundings, state-of-the-art technology, large screens and fantastic sound systems are worth the splurge for movie lovers.

## TELEVISION OFF BASE

The Exchange sells AFN satellite decoder boxes that allow SOFA personnel who live off base the ability to view all AFN channels with a satellite dish (which also can be purchased at the Exchange). Visit the Exchanges on Camp Foster or Kadena Air Base for details.

## CABLE TV ON BASE

MBC is the on-base HD Cable TV and High-Speed Internet provider in Okinawa, Japan. MBC is the on-base distributor for American Forces Network (AFN) programming, delivering top American television in HD for FREE to ALL on-base locations.

For more information, office locations, contact information, and hours of operation, visit MBC online at [mbcokinawa.net](https://mbcokinawa.net).

# WE BUY AND



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SNEAKERS



VIDEO GAMES



TRADING CARDS



CLOTHING



VINYL RECORDS



OUTDOOR GEAR

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マンガ倉庫  
SECOND HAND SHOP  
**MANGA SOUKO**

**NAHA**

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**MAIN BUILDING** OPEN 9 A.M. - midnight [Open all year round]  
**ANNEX** OPEN 9 A.M. - 9 P.M. [Open all year round]

**URASOE**

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OPEN 9 A.M. - midnight [Open all year round]

**AWASE**

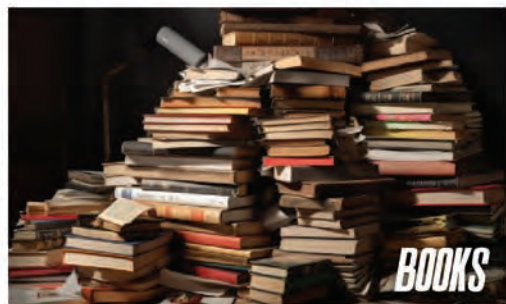
3-13-1 Yogi, Okinawa City, Okinawa Pref.  
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**NAGO**

479-5 Biimata, Nago City, Okinawa Pref.  
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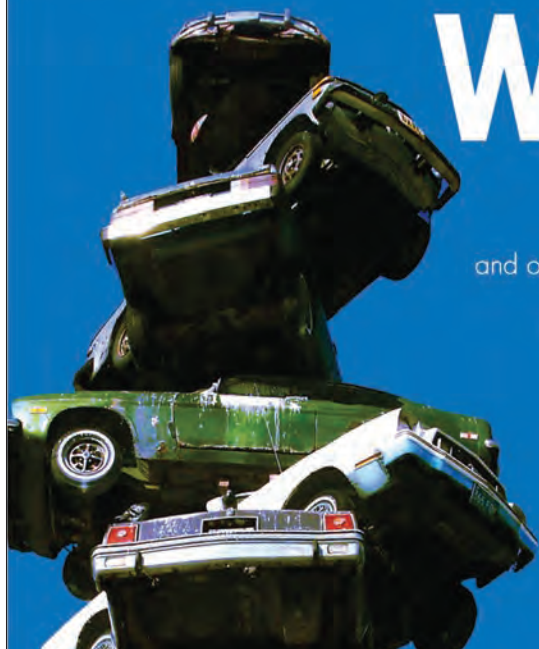
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# DRIVING TIPS

## NEWCOMERS' ORIENTATION & WELCOME ABOARD (NOWA)

Before they start driving, all eligible newly arrived accompanied (all ranks) and unaccompanied (E-6 and above) Marine Corps and Navy personnel, civilian employees and family members are required to attend NOWA (Newcomers' Orientation & Welcome Aboard)—a comprehensive brief within two weeks of arrival. Attendance is mandatory prior to receiving certain privileges such as a USFJ SOFA driver's permit.

## DRIVER EDUCATION PROGRAM

The Driver Education Program is tailored to aid service members and their families stationed on Okinawa with their POV licensing needs. This program features American Driver and Traffic Safety Education Association (ADTSEA)/AAA certified courses which includes 39 hours of classroom instruction and six hours of behind-the-wheel instruction for those in need. Students who complete the Driver Education Program will receive their SOFA driver's permit in Japan. For more information on the Driver Education Program, turn to p. 101.

## SEATBELTS AND SAFETY

Seatbelt use is mandatory in both the front and back seats. Drivers can be stopped and ticketed, both on and off base, for not wearing a seatbelt.

## BUS LANES

Do not drive in the bus lane from 7:30 to 9 a.m. (southbound) and from 5:30 to 7 p.m. (northbound) on Route 58. The bus lane is the far left lane and is painted green. On weekdays, these lanes are reserved for buses, on-duty taxis, motorcycles, mopeds and other authorized vehicles. Drivers of passenger cars can only use the lane immediately prior to turning left (about 120 feet before the turn). There are cash penalties for misusing the bus lane and it is patrolled regularly. Bus lanes aren't reserved on weekends or Japanese holidays. Buses and emergency vehicles always have the right-of-way.

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## ILLEGAL PARKING

The driver or owner of an illegally parked vehicle is liable for the payment of the ticket, towing expenses and storage fees.

## SPEEDING

Keep to the posted speed limits on island, which are in kilometers, not miles per hour. There are speed traps everywhere, and the Okinawa Expressway is patrolled by unmarked cars. Speeding tickets are very expensive and drivers will have points deducted from their license, if they do not lose it outright.

## PEDESTRIANS

As in the U.S., drivers must yield to pedestrians in a crosswalk. Be very careful to watch for children regardless of whether a crosswalk is marked. In school, they are taught to put their hand in the air with their palm toward traffic before immediately crossing the street.

Japanese drivers almost always stop (as they are trained to do in driver's ed). However, children may not always wait to see if drivers have stopped before crossing.



# MOTORCYCLES

Applicants must have a valid operator's permit and successfully complete a course approved by the Motorcycle Safety Foundation (MSF) to qualify for a motorcycle endorsement. This training is provided by Base Safety Motorcycle Training School, or the training can be completed at another MSF accredited facility. If the completion certificate is more than three years old, refresher training will be provided. Riders with less than one year of experience may only operate bikes less than 600cc (4-stroke) or 200cc (2-stroke) displacement. In addition, a minimum of one year of experience is required to carry a passenger.

Personal Protective Equipment for motorcycle operators is required at all times and riders must always wear helmets. Please note that motorcycles are restricted to the far-left lane in either direction on Route 58 from Naha Port to Kadena Circle, Route 329 from Uruma (Ishikawa) to Naha and Route 330 from Okinawa City to Naha, except within 30 meters (100 feet) of a right-hand turn. For more information, contact Base Safety at 645-3806.

## DUI & DWI

- Drinking and driving on Okinawa carries very stiff penalties.
- Driving while intoxicated (DWI) may garner confinement up to five years or a fine up to ¥1 million. Driving under the influence (DUI) could mean confinement up to three years or a fine up to ¥500,000. Even refusing a sobriety check may lead to confinement for up to three months or a fine up to ¥500,000.
- Under previous laws, if you were a host who provided vehicle keys to an impaired driver, knowingly served alcohol to a driver or were a passenger in a car driven by a drunk driver, you were subject to an accomplice charge. However, under revised traffic law, you are now subject to penalties as severe as those levied on the driver. Be safe and responsible; don't drink and drive.
- MCCS Clubs and Restaurants offer complimentary soft drinks, tea or coffee for designated drivers and will assist patrons in calling a taxi or daiko. For more information on taxi or daiko services, turn to p. 51.



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## VEHICLE TIPS

Active-duty service members and all civilian SOFA status personnel who have no intention of selling their vehicle must deregister it prior to PCSing or purchasing another vehicle. When selling a vehicle, ensure that the title has been changed into the new owner's name. Car owners who abandon, do not complete a title transfer or do not properly dispose of their vehicles are held liable for all future costs incurred, including taxes, towing, deregistration and disposal.

### PARKING

It is fairly common to encounter parked vehicles that are dangerously blocking traffic. Although you may see some drivers on Okinawa parking wherever they want, do not follow suit. Park in designated areas when off base or you may have to pay more than \$200 at a local police station to get your car back. You may also be required to pay towing and storage fees.

### LICENSE PLATES

You can recognize other SOFA-status drivers by their “Y,” “E” and “A” and “B” license plates.

### FLUIDS

Okinawa can become very hot during the summer, so check your oil, radiator and battery fluid levels more often than you might in a milder climate. If fluids evaporate, cars may overheat or not start at all. If your car is overheating, find the closest safe area to stop and turn off your engine. Continuing to drive on an overheating engine usually damages the engine beyond repair. Stop by the nearest MCCS Typhoon Motors to have your fluid levels and cooling systems checked.

### TOWING

If your car is impounded off base, call PMO at 098-970-7441 for the location of the nearest Japanese police station. If your car is towed while on a Marine Corps installation, call 637-2210/6073. If towed on Kadena Air Base, call 634-2475.

If your car breaks down, keep in mind that MCCS Typhoon Motors offers island-wide towing services (9 a.m.–6 p.m. daily) for people with automotive problems. To schedule your pick-up, call 090-3794-2556.

### ROAD TAX

Annual road taxes are due each May and range from ¥1,000 to ¥40,000, payable at almost every base during specific dates and times (which is publicized well in advance). Minicar (“A” plate) and motorcycle taxes must be paid at Japanese city offices in April.

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# OFF-BASE ACCIDENTS

Japan is a shared-negligence jurisdiction, which means several people may be held financially responsible for one accident. If your negligence contributed to an accident, you may bear partial financial responsibility for the accident even if the other driver was also negligent.

Based upon the accident report, similar accidents and additional information, your insurance company will determine who is at fault and what percentage of responsibility each party will bear. But if the injured person complains that you are avoiding financial responsibility, the case may be referred for criminal prosecution.

Alternatively, the injured Japanese person may file a civil suit against you, the driver, as well as filing a possible claim against the U.S. if you were operating a government vehicle while on duty. While the U.S. government may, in isolated cases, pay on the claim if it exceeds your insurance, the settlement often takes years and is not always favorable.

## CRIMINAL RESPONSIBILITY

Japanese criminal courts use the term professional negligence to describe the concept that any driver can be criminally responsible if he or she causes an accident that results in personal injury or death. A person convicted of committing professional negligence can be imprisoned and heavily fined.

Prosecutors have some discretion as to the types of cases they will charge under the professional negligence doctrine. Typically, the prosecutor will only pursue a case that involves serious injury or death. In cases of obvious guilt, quick action to settle with the injured parties minimizes the risk of criminal action.

Within a day after the accident, you should have begun trying to settle claims, visiting injured parties

and presenting condolence gifts. Expressing sincere regret for the accident and sympathy for any injured persons is invaluable in Japan.

Solatium is generally a gift or money given at a condolence visit and is highly recommended in cases of serious injury. Solatiums generally range from ¥10,000 to ¥20,000 but may be up to ¥50,000 for cases of severe injury or death. If the driver involved was an official on duty, the U.S. government might pay official solatium. That, however, does not replace the solatium payment expected from the driver.

A condolence visit and gift are always appropriate if a Japanese person is injured in an accident in which you were involved, regardless of fault.

A small, nicely wrapped gift, such

as a box of chocolates and a card, will reflect your sympathy, and is not seen as an admission of guilt.

If you are involved in an off-base accident, you can expect to be asked questions at the scene by a Japanese police officer, as well as a U.S. law enforcement official. The insurance adjusters will make the authoritative determination of who is at fault.

Finally, the Japanese prosecutor's office will determine whether you should be prosecuted. Even if prosecuted, when a court determines the appropriate punishment, it normally acts more favorably to the person who compensated injured parties and expressed sincere sorrow. *Information courtesy of 18th Wing SJA & MCIPAC SJA.*

## ACCIDENT CHECKLIST

- Get help for injured parties.
- Immediately notify the Japanese police and the nearest U.S. military police office so they can respond to the scene.
- Never leave the scene of an accident until the police have authorized you to do so. Leaving the scene of an accident is a serious crime for which the Japanese government may prosecute you.
- Notify your insurance company of the accident immediately. Many voluntary liability insurance policies deny coverage if you do not report an accident immediately. The majority of the companies have a provision that exempts them from liability for any accident for which they do not receive notice within 90 days. Some companies have a 30-day deadline.

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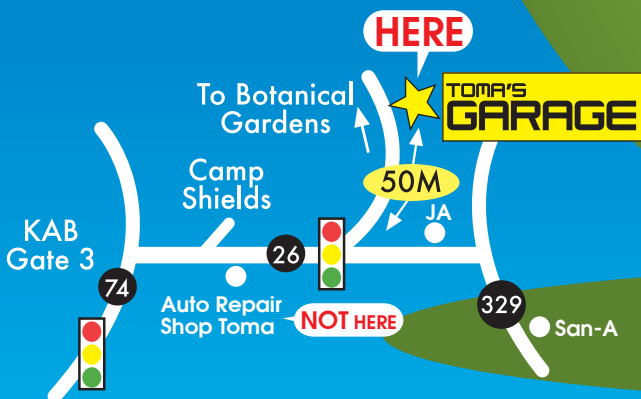
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## A FEW TIPS

Don't exceed the speed limit. Tempting though it may be to go beyond the posted limit, fines can top ¥40,000 and accumulate points against a driver's license. Licenses can also be suspended anywhere from 15 days to a year if caught speeding.

## BREAKDOWNS

If vehicles break down on the expressway, drivers should go to the nearest call box and pick up the receiver. There is no keypad, but someone will answer immediately. First, the stranded driver should ask if the person speaks English. They will then be dispatched to the Provost Marshal's Office (PMO). Once connected to PMO, ask to be connected to MCCS Typhoon Motors island-wide towing line (090-3794-2556).

## EXITS

Ginoza (9) is the closest exit to Camp Schwab, and Kin (8) is the closest exit to Camp Hansen. The Ishikawa (6) and Okinawa-Kita (5) exits are almost equidistant from Camps Courtney and McTureous. Okinawa-Minami (4) is the exit closest to Kadena Air Base/Gate 2 Street. Kitanakagusuku (3) is the exit closest to Camp Foster and MCAS Futenma, and Nishihara (2) exit is the closest to Camp Kinser. Rates depend on distance and vehicle type and range from ¥200 to ¥1,610. Toll gates also accept major credit cards.

## ELECTRONIC TOLL COLLECTION

One option for frequent expressway users is Electronic Toll Collection (ETC). ETC requires a Japanese bank account and the purchase of an IC card and a transceiver, which is installed in your car and available at most auto shops. ETC users drive through a special lane at the toll gate and payment is sent via a radio signal from your transceiver to an antenna at the gate. Some off-base shops such as Autobacs & Yellow Hat, as well as companies such as *JapanETCcard.com* can assist with setting up ETC for SOFA vehicles.

## MOTORCYCLES

Although motorcycles carrying passengers are allowed on Okinawa's expressway, certain restrictions apply. For more information, contact Base Safety at 645-3806.

# EXPRESSWAY

When driving north or south on Okinawa, the fastest route is the Okinawa Expressway. The entrance ramps on this toll road indicate north to Nago or south to Naha or Haeburu. Be careful to select the correct ramp, as there is no place to turn around on the expressway, so a mistake will cause unnecessary delay and cost.



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# BUSES, TAXIS & MONORAIL

## OKINAWA BUSES

Off-base buses go almost anywhere. As you board the bus, you'll find a ticket-dispensing machine. The ticket number corresponds with the zone in which you were picked up. On each bus, you'll see an electronic display above the windshield set up like a grid. Locate the zone number that corresponds to your ticket. As the bus moves from zone to zone, the sign will light up, highlighting your fare (yen only). Before you reach your stop, press one of the buttons along the side of the bus. Check the lit display for your total fare. Then put your ticket and money (coins & bills only) into the hopper next to the driver. The dispenser only takes exact change, but buses are always equipped with money changers.

Buses display a large number indicating their route. Different color buses may run the same route, so always check the number. The only two exceptions to this rule are the Makishi and Kumoji buses, which run the Naha-Henoko, the Naha-Nago and the Naha-Uruma routes. These buses take modified courses when they enter Naha. To find out more about Okinawa's buses and their routes, contact your nearest Marine & Family Programs-Resources Center and ask for the booklet entitled "Commercial Bus Routes."

## THE GREEN LINE

The Green Line is operated by Marine Corps Base Garrison Mobile Equipment and provides free bus transportation to SOFA personnel between Marine Corps camps across the island and within each camp daily. Schedules and hours of operations can be found on the MCIPAC website or call 645-3843 for details.





# JTA

JAPAN TRANSOCEAN AIR

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For more details  
on JTA



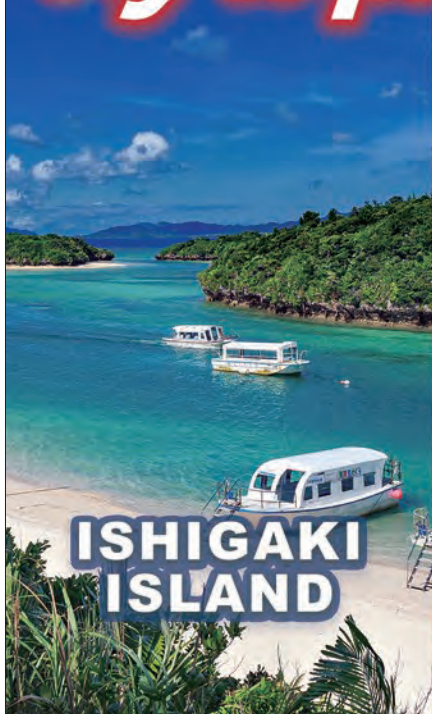
Vacation Package  
(IACE Travel)



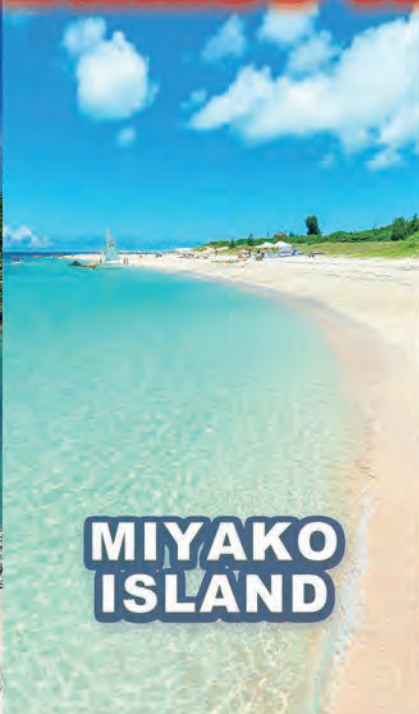
## KUME ISLAND



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## ISHIGAKI ISLAND



## MIYAKO ISLAND



## YONAGUNI ISLAND



## TAXIS

Taxis, though reliable and readily available, can be expensive, especially for long distances. A couple of things to remember about local taxis: the rear passenger doors are opened automatically by the driver and it is not customary to tip the driver.

## EXCHANGE DAIKO SERVICE

As driving while intoxicated is not an option, there is an alternative that allows drivers to bring their vehicles to a locale where they can enjoy an alcoholic beverage and still get home safely, with their car, without risking lives and careers—it's called a daiko service. The service is simple—a daiko vehicle arrives at the patron's location with two licensed drivers. One daiko driver takes the patron's car and the other drives the follow vehicle, delivering vehicle and driver home safely. Simply call the number (098-932-4035 or 098-970-888 and press #9) from 8 p.m. to 5 a.m. daily, give the dispatcher your location, a description of your vehicle and your final destination. Please note that although all daiko services are fully insured for your protection, insurance regulations require customers to ride in their own vehicle. The daiko driver will drive your vehicle to your destination.

## MONORAIL

The Yui Rail is a monorail that serves Urasoe, Naha and Shuri in southern Okinawa. Each stop on the monorail offers ample opportunity for adventure and exploration, but most have little or no free parking. At every station, you will find a map in English that outlines major areas of interest.

### THE STATIONS

#### NAHA KŪKŌ, AKAMINE & OROKU

The Naha Kūkō Station offers easy access to the airport, complete with a covered walkway to the entrance. Oroku Station sits right next to an AEON Department Store, which offers shopping, ample free parking and a Starbucks.

#### ONOYAMA, TSUBOGAWA, ASAHIBASHI, & KENCHO-MAE

Onoyama Station is within walking distance of Onoyama Park (where the All-Island Youth Eisa Festival is held in late August). Asahibashi Station gives Yui Rail passengers easy access to Naha Port, the Naha Bus Terminal and OPA Department Store/Mall. And, Kencho-Mae Station is located at the head of Kokusai Street. The station itself is connected to the entrance of the Palette Ryubō Department Store, which features upscale shopping, art displays, kimono shows and more.



#### MIEBASHI, MAKISHI, ASATO & OMOROMACHI

Makishi and Miebashi Stations, located along the central portion of Kokusai Street, give access to the Heiwa Dori covered market, the Tsuboya Pottery Street and Museum, as well as the Makishi Public Market. Asato Station lies in close proximity to the ancient Sogenji stone gates. Omoromachi Station is located a stone's throw from the San-A Main Place Shopping Mall and DFS T-Galleria.

#### FURUJIMA, SHIRITSU BYOIN-MAE, GIBO & SHURI

Furujima Station is near the northern area of Shintoshin. Shiritsu Byoin-Mae Station lies in close proximity to the Naha City Hospital and Sueyoshi Park. Gibo Station offers access to Hotel Nikko Grand Castle.

#### ISHIMINE, KYOZUKA, URASOE-MAEDA & TEDAKO-URANISHI

This newly opened extension of the Yui Rail line includes Kyozyuka Station near the San-A Kyozyuka City Mall Urasoe-Maeda Station (which is up the street from the Urasoe City Police Station) as well as Tedako-Uranishi Station which offers a Park and Ride parking lot, and is walking distance from Hacksaw Ridge, Urasoe Dai Koen Park and the Urasoe Art Museum.

# TYPHOONS

Okinawa is the largest island of the Ryukyu Archipelago, which is located in the subtropical region south of mainland Japan. Average temperatures on the island hover around 81 °F from May until mid-September and around 60 °F in the winter. While this can be considered quite comfortable, the hot, humid summers can spawn intense storms called typhoons.

Known as hurricanes in the United States, these powerful weather systems occur when the warm water of the southern Pacific Ocean (between the Philippines and Guam) combines with cooler air from higher latitudes. Oftentimes, a typhoon will start near the Mariana Islands and travel northwest toward Okinawa and mainland Japan.

Okinawa is equipped with a sophisticated tracking system that warns island residents well in advance of an approaching storm. Typhoon tips and precautions are broadcast over AFN TV and radio, and current updates can also be found at the Joint Typhoon Warning Center ([usno.navy.mil/JTWC](https://usno.navy.mil/JTWC)) and at Kadena Weather ([kadena.af.mil/agencies/local-weather](https://kadena.af.mil/agencies/local-weather)).



MICHAEL DALEY



# TCCOR

## (TROPICAL CYCLONE CONDITION OF READINESS)

**TCCOR 5:** Destructive winds are possible within 96 hours. TCCOR 5 is only used outside of the established typhoon season.

**TCCOR 4:** Destructive winds are possible within 72 hours. TCCOR 4 remains in effect from June 1 to November 30 every year on Okinawa. Residents should ensure that they have an adequate supply of nonperishable food, drinking water and emergency supplies.

**TCCOR 3:** Destructive winds are possible within 48 hours. Residents should initiate a general cleanup around homes and offices, fill vehicle and grill gas tanks, ensure you have sufficient cash on-hand and important documents are easily accessible.

**TCCOR 2:** Destructive winds are anticipated within 24 hours. All outside items should be removed, secured or brought indoors.

**TCCOR 1:** Destructive winds are anticipated within 12 hours. DoDDS students are released from school. DoDDS staff and teachers work normal hours, unless otherwise ordered by the DoDDS superintendent.

Move easily damaged items such as televisions away from windows or cover with plastic. Residents

should fill any containers they can use for water storage and make a final check of food and other supplies. If residents live in a low-lying area, they should make arrangements to move to a safer area.

**TCCOR 1 CAUTION (C):** Destructive winds of 50 knots or greater are anticipated within 12 hours. Actual winds are 35+ knots. All nonessential personnel are released to their homes. DoDDS schools close, and staff and teachers remain at home. Base Exchanges, shops, commissaries, Expresses, gas stations, services facilities, clubs, restaurants, recreational facilities and post offices close. All non-essential personnel should remain indoors.

**TCCOR 1 EMERGENCY (E):** Actual winds of 50 knots or greater are occurring. All outside activity is strictly prohibited.

**TCCOR 1 RECOVERY (R):** Destructive winds of 50 knots are no longer occurring. However, winds of 34–49 knots are still present. Nonessential functions remain closed unless directed by authorities. All but emergency essential personnel remain in their homes and away from windows.

**TCCOR 1 STORM WATCH (SW):** While the typhoon is moving away, the island is still feeling its effects. Hazardous conditions may exist due to storm damage. There is still a possibility that the storm could return to Okinawa, so residents should stay alert to weather reports.

All military and civilian personnel must return to work within two hours or at normal duty hours unless otherwise instructed by their commander. Commissaries and Exchanges resume operations, unless directed otherwise by the installation commander.

**ALL CLEAR:** Hazardous conditions and winds are no longer present, and residents may return to normal duties. All Clear is announced when all hazards have been cleared. DoDDS teachers, staff and students will return to school during normal hours.

**NOTE:** The wind speeds shown for each Tropical Cyclone Condition of Readiness serve as a guide for decision making. The final decision on TCCOR declaration rests with the 18th Wing Commander based on wind speed, weather forecast, safety and operational and mission concerns. Source: *Air Force 18th Civil Engineer Group Office of Emergency Management, Kadena Air Base.*



### WHAT TO HAVE ON HAND FOR A TYPHOON

- Four-day supply of food and water
- Bottled water, canned foods and other nonperishables
- Fill up bathtub or washing machine in order to flush toilets if water goes out.
- Ample supply of food for pets
- Blankets, tarps, plastic, heavy cardboard and waterproof tape to cover broken windows
- Mops and towels to absorb leaks
- Flashlights with extra batteries, candles, matches and a waterproof lighter
- Battery-operated portable radio with extra batteries
- Portable stove during extended power outages; cooking the contents of the freezer may become necessary
- First aid kit
- Subscribe to receive AtHoc Installation Warning System notifications at [mcipac.marines.mil/Resources/AtHoc](mailto:mcipac.marines.mil/Resources/AtHoc)



## TSUNAMI WARNING

A potential tsunami with significant widespread inundation is imminent or expected. Warnings alert the public that widespread, dangerous coastal flooding accompanied by powerful currents is possible and may continue for several hours after arrival of the initial wave. Warnings also alert emergency management officials to take action for the entire tsunami hazard zone. Appropriate actions to be taken by local officials may include the evacuation of low-lying coastal areas, and the repositioning of ships to deep waters when there is time to safely do so. Warnings may be updated, adjusted geographically, downgraded or canceled. To provide the earliest possible alert, initial warnings are normally based only on seismic information.

## TSUNAMI WATCH

A tsunami was or may have been generated but is at least two hours travel time to the area in watch status. The watch area may be upgraded to an advisory or warning or canceled based on updated information and analysis. Therefore, emergency management officials and the public should prepare to take action. Watches are normally issued based on seismic information without confirmation that a destructive tsunami is underway.

## EMERGENCY PREPAREDNESS

Prepare yourself now for disasters and take actions ahead of time to keep your family safe. Emergency preparedness is everyone's responsibility. Disasters can develop slowly like typhoons, or they can occur very quickly like earthquakes, tsunami and floods, so it is important that you are always prepared. A comprehensive overview of emergency preparedness to include Emergency Evacuation, Hazards, Family Planning, and the AtHoc Mass notification and warning system is available at [\*mcbbutler.marines.mil/\*](mailto:mcbbutler.marines.mil/) *Resources/Emergency-Preparedness*.

# TSUNAMI

Although tsunami are not regular occurrences, their potential for causing unimaginable damage cannot be ignored. Always have a plan in case of disaster. This plan should cover evacuation routes and safe areas (both day and night), locating family members, and having a disaster preparedness kit. Tsunami notifications are as follows:

## INFORMATION STATEMENT

An earthquake occurred or a tsunami watch, advisory or warning was issued for another section of the ocean. In most cases, information statements are issued to indicate there is no threat of a destructive tsunami and to prevent unnecessary evacuations as the earthquake may have been felt in coastal areas. An information statement may, in appropriate situations, caution about the possibility of destructive local tsunamis. Information statements may be re-issued with additional information, though normally these messages are not updated. However, a watch, advisory, or warning may be issued for the area, if necessary, after analysis and/or updated information becomes available.





# SEA CONDITIONS

For the latest sea conditions, visit Kadena Weather ([kadena.af.mil/agencies/local-weather](https://kadena.af.mil/agencies/local-weather)). Sea conditions are also available on the MCCS Okinawa Liberty App and on AFN Okinawa's Facebook page. The conditions are as follows: Sea Condition All Clear (AC), Sea Condition Caution (C) and Sea Condition Danger (D). The west (W) sector of the island includes the East China Sea shoreline from Hedo Point (northern tip) west down to Cape Kiyan (southern tip). The east (E) sector includes the Pacific Ocean shoreline from Hedo Point (northern tip) east down to Cape Kiyan (southern tip).

During SC-AC, conditions are ideal for water-related activities. Wind speeds have been reported at less than 18 mph (16 knots) and although some hazards may exist, locally assessed conditions are suitable for novice water enthusiasts intending to participate in the location's primary activities.

During SC-C, all personnel should exercise caution when entering the water. Wind speeds of 18 mph (16 knots) or greater (including gusts) have been observed in the sector for at least three hours. Locally assessed conditions require that individuals participating in water activities have extensive experience both in the planned activity and at the location of the activity.

During SC-D, life-threatening conditions exist, and water entry is prohibited for all activities. The criteria for

SC-D are the observation of wind speeds of 35 mph (30 knots) or greater (including gusts) sustained for at least three hours, Tropical Cyclone Condition of Readiness (TCCOR) 2 has been declared, or if locally assessed conditions are observed to be dangerous and warrant removing all personnel from the water and restricting further access. Military facilities will cease rental of water recreation equipment immediately upon declaration of SC-D but pool-based activities may continue at the discretion of the recreation director/commander.

Remember, these conditions and criteria are based on a generalized evaluation and may not be consistent with the weather and sea state at all the island's coastlines. Personnel must be equipped to make an individual assessment of the hazards before participating in their intended water activity.

Even when enjoying water sports on calm days, always check local beach conditions, especially for rip currents. Rip currents are a strong current of water running out to sea, formed by waves washing up onto the beach and working their way back out through channels beyond the break. Rips are dangerous because swimmers can tire from fighting against the current until they are unable to stay afloat.

Swimmers caught in a rip should stay calm, tread water or float. Once past the breakers, swimmers should make their way parallel to shore and catch waves coming in or signal for help and wait for a lifeguard.





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HOTEL MANAGEMENT JAPAN

# MARINE HAZARDS

## STONEFISH (1)

Stonefish are bottom dwellers with dorsal spines that release a poisonous toxin when pressed, inflicting excruciating pain and possible death to those who step on them. They blend into their surroundings and are often difficult to spot.

## LIONFISH (2)

Found swimming near reefs and oftentimes close to shore, lionfish have venomous fin rays that can produce painful puncture wounds. Stings can cause breathing difficulties, nausea, convulsions and paralysis. Severe allergic reactions can even be fatal.

## SEA URCHIN (3)

Round in shape with spiny exteriors, sea urchins can be quite painful when stepped on or leaned against.

And, some types of spines can break off inside your skin, be difficult to remove and lead to infection. Watch your hand placement and wear protective footwear.

## SEA SNAKE (4)

Sea snakes are naturally curious and may try to swim close to you for a better look. However, never try to handle them, and give them as much space as possible—they pack powerful venom.

## SHARK (5)

Many sharks are attracted to thrashing movements and the smell of fish blood. Most attacks involve swimmers and occur fairly close to shore. Divers that encounter sharks should stay calm and remain as still as possible near the sea floor.

## PORTUGUESE MAN-OF-WAR (6)

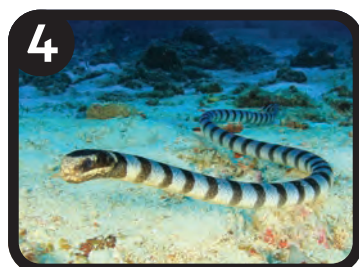
These colonial organisms consist of a blue bottle-shaped sail that protrudes from the surface, and extremely long, stinging tentacles that can extend up to 30 feet.

## BARRACUDA (7)

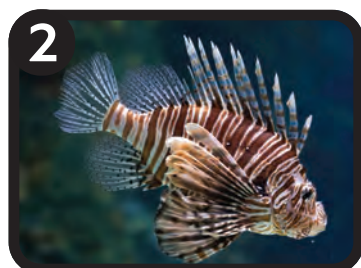
Barracudas usually attack only when provoked. Most encounters can be avoided by giving them a wide berth. However, these lightning-fast predators are attracted by lights and flashing glittery objects so divers should leave shiny swimwear and jewelry at home.

## SEA ANEMONE (8)

Although sea anemones are often beautiful, they can inflict painful stings and are best admired from afar.



**BLACK:**  
SEVERE STING  
AND/OR BITE  
HAZARDS.





### MORAY EEL (9)

These eels can grow to lengths of 5 feet and don't usually bite unless taunted, provoked or startled. Divers should never stick their extremities anywhere they cannot ensure is safe. If you ever encounter one of these beautiful animals, keep your distance.

### CROWN-OF-THORNS (10)

This animal looks like a large starfish covered with spines. Not only is it known for destroying acres of coral, contact with one is painful and causes swelling that can last for several weeks.

### BOX JELLYFISH (11)

These are among the most venomous of sea creatures and can be found along Okinawa's shores from May to October. Although their tentacles are relatively short (up to 4.5 feet) compared to the Portuguese Man-of-War, in severe cases its sting can

cause death in about 15 minutes.

Box Jellyfish are nearly invisible, which makes them even more dangerous. Although beach lifeguards are vigilant, it is always a good idea to keep an eye out, especially after rough sea conditions—the tentacles of a dead jellyfish washed up on the beach can still sting. Wearing protective clothing can prevent stings in the water.

### HYDROIDS (12)

These small stinging animals can range in appearance from miniature sea anemones on a stick to fuzzy underwater ferns. Hydroids are stationary, encrusting themselves on rocks and other hard surfaces.

### CONE SHELL (13)

This hunter/killer sea snail injects venom with a harpoon-like apparatus at its tip. Treat this ocean dweller with extreme care. If you must pick one up, use tongs.

### FIRE CORAL (14)

This hard coral, which can range from brownish red to yellow in color, has lighter tips equipped with fine stinging hairs. Brushing up against one can cause a burning sensation, followed by painful itching, swelling and possibly hives.

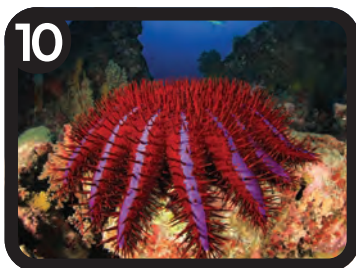
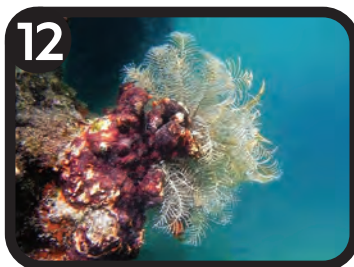
### BLUE-RINGED OCTOPUS (15)

As the name suggests, this very small, seemingly adorable cephalopod displays blue rings when agitated. They are known to have an extremely poisonous and sometimes deadly bite.

### JELLYFISH (16)

Most jellyfish consist of a gelatinous, bell-shaped body with tentacles of various lengths dangling down and can come in many shapes and sizes. Although most of these creatures are quite harmless, a few species can be deadly so it's better to be safe than sorry and avoid them all.

**RED:**  
POTENTIALLY  
LETHAL MARINE  
HAZARDS.





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# LAND HAZARDS

## HABU (1)

Of the 22 species of snakes on Okinawa, only four are venomous and dangerous: the *habu*, *himehabu*, *sakishimahabu* and Taiwan habu. A single bite from one of these snakes can cause a deadly reaction; victims should seek medical attention immediately.

## MOSQUITO (2)

Mosquitoes are known to congregate around stagnant water and areas where humans live. While most bites will cause little more than an annoying itch, female mosquitoes may transmit a virus called Japanese encephalitis. Symptoms of Japanese encephalitis are similar to those of the flu: fever, chills, fatigue, headache, nausea and vomiting. If you develop these symptoms, seek medical attention. Contraction of the virus can be prevented by a simple vaccination available from your healthcare provider.

## HAIRY CATERPILLAR (3)

Commonly found in woods, gardens and on plants, these caterpillars have hairs that can break off, irritate the skin and cause itching. If you get hairs on your skin remove with adhesive tape and clean the wound with alcohol. For more severe reactions, seek immediate medical treatment.

## BROWN WIDOW SPIDER (4)

Such spiders can be found in tangled webs in gardens or webs in corners. Bites can vary from mild to severe. A bite with venom will cause severe muscle pain, abdominal cramping, difficulty breathing and nausea. If you are bitten, remove the webs, stay calm and catch the spider, if possible, for identification. Seek immediate treatment.

## HORNETS AND PAPER WASPS (5)

While hornets have marbled nests found in trees or on the ground, paper wasp nests are found on houses, trees or in caves. Both have been known to swarm to defend their nests. Should you be attacked, run in a zig-zag pattern through trees or seek shelter. A

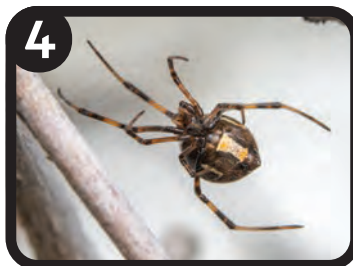
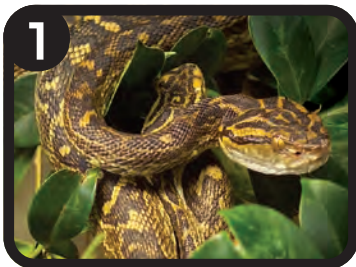
sting from one of these insects can cause pain, swelling or possibly severe reactions.

## CHIGGERS & TICKS (6)

Both of these insects can be found in woods or high grass. Once they latch on to humans or animals, they inject saliva into the skin, causing itching and bumps. They can be deterred with insect repellent. For information on treating a pet with ticks, contact your veterinarian.

## GIANT CENTIPEDE (7)

These are usually found outside in damp, dark places, woods or gardens, but can sometimes be found inside houses in bathrooms, closets, under beds and inside shoes. Centipedes use their jaws to inject venom and their bites leave paired puncture wounds. Seek medical treatment for severe reactions.



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# CULTURAL TIPS

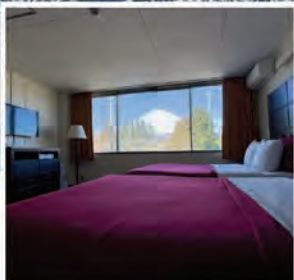
Okinawa is a tropical paradise with an intricate web of traditions. The following information can help newcomers become better guests and ambassadors.

- Tipping is not expected in taxis, restaurants or anywhere else off base.
- It is not customary to bargain when shopping on Okinawa.
- Wearing shoes inside an Okinawan or Japanese person's home is a definite no-no. Shoes should also be removed when entering certain public buildings and restaurants—check the entrance for rows of shoes or a *kutsu-bako*, a cabinet specifically designed to hold shoes.
- Some Japanese toilets are built into the floor. Don't panic—simply face the flushing handle, squat without touching any porcelain and proceed. Maintaining a limber torso and hamstrings can pay dividends.
- The many turtleback and square-shaped concrete structures are tombs where the spirits of family members and ancestors are honored. It is highly inappropriate to trespass on or pass too near these tombs.
- Show respect for Okinawa's sacred natural places (*utaki*) and family altars (*butsudan*) inside an Okinawan home. Sacred places can be distinguished by incense, three upright stones, white garlands made of paper or people that appear to be praying. Refrain from laughing, loud talking or taking pictures from the inside of shrines and temples. Taking pictures of the outside of most temples and shrines and their surroundings is usually permitted.
- Many Okinawan businesses located near a base or camp will take U.S. dollars, but at their own exchange rate. Asking the current rate before making a purchase is a good idea.
- Wear proper clothing when visiting places of worship, such as shrines and temples. Short shorts or skirts, for instance, are considered inappropriate. Going shirtless in public is considered inappropriate, except at the beach. People with extensive tattoos may be prohibited from some off-base beaches and pools because members of organized crime syndicates wear special tattoos called *irezumi*.
- Only take pictures of people after gaining their permission. Being a foreigner does have advantages; permission is usually granted. However, people worshipping or praying at a grave, temple or shrine should be left alone.
- Try to learn some Japanese phrases of friendship and courtesy. A smile goes a long way even when you don't know the language.



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# JAPANESE PHRASES

## ENGLISH

## JAPANESE

Yes.	<i>Hai</i>
No.	<i>Iie.</i>
Please.	<i>Onegaishimasu.</i>
Thank you very much.	<i>Dômoarigatô (gozaimasu).</i>
You are very welcome.	<i>Dôitashimashite.</i>
One moment, please.	<i>Chotto matte kudasai.</i>
Excuse me.	<i>Sumimasen.</i>
I am sorry.	<i>Gomen nasai.</i>
Good morning.	<i>Ohayô gozaimasu.</i>
Good afternoon.	<i>Konnichiwa.</i>
Good evening.	<i>Konbanwa.</i>
Good night.	<i>Oyasuminasai.</i>
Goodbye.	<i>Sayonara.</i>
Okay (It's alright).	<i>Daijyobu desu.</i>
Is this alright?	<i>Kore de iidesu ka? (Daijyobu desu ka?)</i>
Where is it?	<i>(Sore wa) Doko ni arimasu ka?</i>
When?	<i>Itsu desu ka?</i>
Why?	<i>Naze desu ka?</i>
Who?	<i>Dare desu ka?</i>
How?	<i>Dono yô ni (shite)?</i>
How far away?	<i>Dono gurai tôi desu ka?</i>
How long?	<i>Dono gurai nagai desu ka?</i>
How much?	<i>Ikura desu ka?</i>
How many?	<i>Ikutsu desu ka?</i>
Which one?	<i>Docchi desu ka?</i>
I am an American.	<i>Watashi wa America-jin desu.</i>
My name is Bob.	<i>Watashi no namae wa Bob desu.</i>
I don't understand.	<i>Imi ga wakarimasen.</i>
Do you speak English?	<i>Eigo wo hanasemasu ka?</i>
How are you?	<i>Ogenki desu ka?</i>
Nice to meet you.	<i>Domo hajimemashite.</i>
Mr. (Ms., Mrs., Miss) Smith	<i>Smith-san.</i>
This is an emergency.	<i>Hijyôji desu.</i>
Call the police.	<i>Keisatsu wo yonde kudasai.</i>
Call an ambulance.	<i>Kyûkyûsha wo yonde kudasai.</i>
Please help me.	<i>Tasukete kudasai.</i>
I would like to use the phone.	<i>Denwa wo kashite kudasai.</i>

## WORDS TO KNOW

### NUMBERS

#### FOR COUNTING THINGS

One	<i>hitotsu</i>
Two	<i>futatsu</i>
Three	<i>mittsu</i>
Four	<i>yottsu</i>
Five	<i>itsutsu</i>
Six	<i>muttsu</i>
Seven	<i>nanatsu</i>
Eight	<i>yattsu</i>
Nine	<i>kokonotsu</i>
Ten	<i>tôu</i>

#### ABSTRACT NUMBERS

One	<i>ichi</i>
Two	<i>ni</i>
Three	<i>san</i>
Four	<i>shi/yon</i>
Five	<i>go</i>
Six	<i>roku</i>
Seven	<i>shichi/nana</i>
Eight	<i>hachi</i>
Nine	<i>ku</i>
Ten	<i>jû</i>

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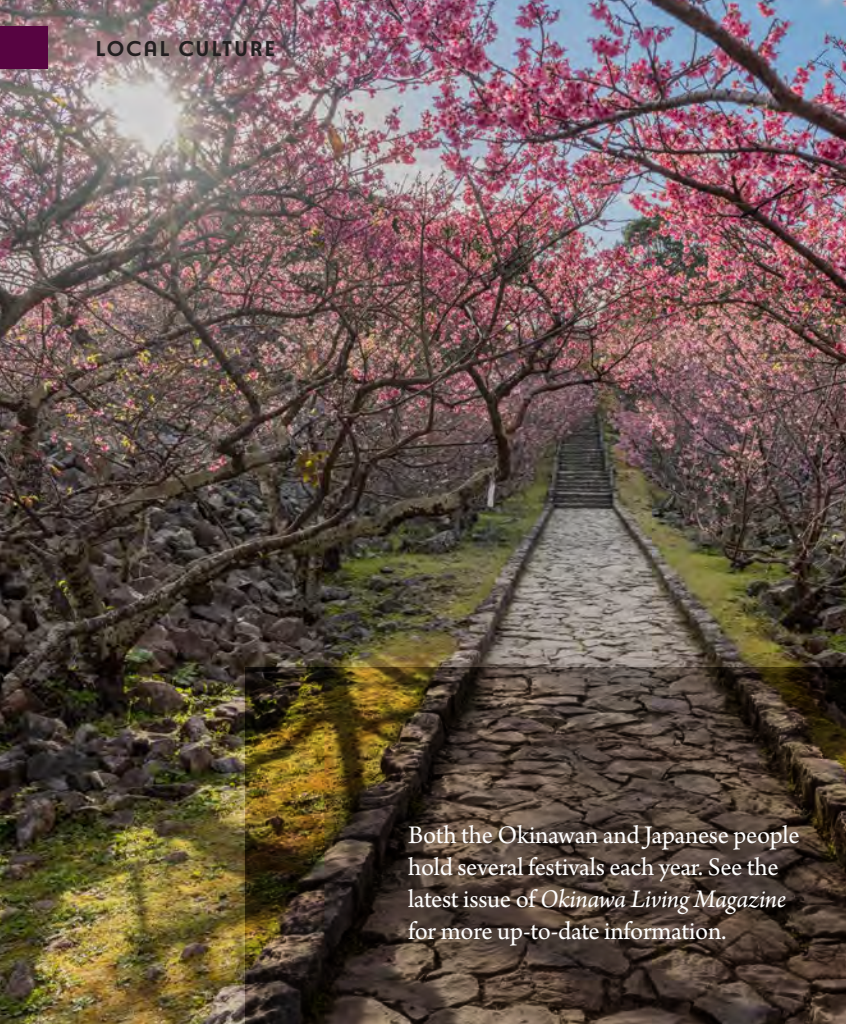
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Both the Okinawan and Japanese people hold several festivals each year. See the latest issue of *Okinawa Living Magazine* for more up-to-date information.

# FESTIVALS & HOLIDAYS

## CHERRY BLOSSOM FESTIVALS

The blooming of the cherry blossoms (usually in late January/early February) is considered one of the most beautiful times on the island mostly because of its brevity. Festivals are held throughout the island including a large one in Nago City.

## GOLDEN WEEK

APRIL 29–MAY 5

A series of Japanese national holidays takes place during this period collectively known as Golden Week. The festivities begin on April 29 with *Shōwa-no-Hi*, which commemorates the birthday of the late Emperor Shōwa (Hirohito). May 3 is *Kenpō Kinen-Bi* (Constitution Day), which marks the anniversary of the establishment of the post-war constitution and May 4 is Greenery Day. *Kodomo-no-Hi* (Children's Day) takes place May 5, marking the end of Golden Week. Families with young boys celebrate this holiday to wish for their sons' good fortune. Carp streamers (*koinobori*) are hoisted on tall flagpoles outside the home.

## HOLIDAYS

### NEW YEAR'S HOLIDAYS (OSHŌGATSU) JANUARY 1–3

The New Year's holidays are the most important celebrations in Japan. While local customs can vary from prefecture to prefecture, they are almost always elaborate.

### COMING OF AGE DAY (SEIJIN-NO-HI) SECOND MONDAY IN JANUARY

On this day, all 18-year-old men and women attain legal maturity, and municipal governments celebrate these young people as they attain majority (although alcohol and tobacco consumption must wait until they're 20). Coming of Age ceremonies (*Seijin Shiki*), attended by traditionally garbed new adults, are held at public offices.

### LAST DAY OF WINTER (SETSUBUN-NO-HI) EARLY FEBRUARY

According to the lunar calendar, *Setsubun* is the last day of winter. Many shrines and temples hold the traditional *mame-maki*, a ceremony in which participants (usually children) throw beans to drive away evil spirits.

### FOUNDATION DAY (KENKOKU KINENBI) FEBRUARY 11

Called *Kenkoku Kinenbi*, this day was first celebrated as an official national holiday in 1967. Commemorating Emperor Jimmu's rising to the throne in 660 BC, it is also thought of as the date the nation was "founded," i.e., Japan's birthday.

### THE EMPEROR'S BIRTHDAY FEBRUARY 23

Emperor Naruhito, who rose to the throne in the spring of 2019, celebrates his birthday on February 23. This is a national holiday in Japan.

### DOLL FESTIVAL (HINA MATSURI) MARCH 3

The Doll Festival (also called Girls' Day) celebrates health, beauty and happiness for girls. Households with unmarried daughters set up displays of ceremonial dolls on a *hina-dan*, a seven-tiered structure covered in red. A complete set consists of 15 dolls fashioned in the costumes of the ancient court: the emperor and empress, two ministers, three ladies-in-waiting, five musicians and three guards. The dolls are said to protect daughters from sickness and misfortune.



## VERNAL EQUINOX (SHUNBUN-NO-HI) MARCH 20

This day, celebrated as a national holiday, marks the end of winter and the transition to spring. On Okinawa it is known as *higan*, and many visit temples and family tombs offering prayers for the spirits of departed ancestors (a practice known as *Shimi*).

## MARINE DAY (UMI-NO-HI) THIRD MONDAY IN JULY

Formally known as the “Day for Marine Commemoration” to remember all of the Japanese people who lived (and lost) their lives associated with the sea. The day was officially renamed *Umi-no-Hi* (Marine Day) in 1996 and converted into a full-fledged national holiday to raise awareness of the importance of the ocean as a resource and the prevention of pollution.

## MOUNTAIN DAY (YAMA-NO-HI) AUGUST 11

Established in 2014, this holiday was celebrated nationally for the first time in 2016. It is a day set aside to honor the mountains of Japan.

## SILVER WEEK SEPTEMBER

This refers to a string of holidays in September—*Keirou-no-Hi* (Respect for the Aged Day) on the third Monday, *Shūbun-no-Hi* (Autumnal Equinox) on September 23 with *Kokumin-no-Kyūjitsu* (Peoples’ Holiday) in between.

## HEALTH AND SPORTS DAY (TAIKU-NO-HI) SECOND MONDAY IN OCTOBER

Established in 1966, this holiday celebrates sports as well as a healthy mind and body. Originally celebrated on October 10 (the anniversary of the opening ceremony of the 1964 Tokyo Olympics) it is now held on the second Monday in October.

## CULTURE DAY (BUNKA-NO-HI) NOVEMBER 3

*Bunka-no-Hi* is a holiday geared towards the promotion of culture and the love of freedom and peace. Because the holiday involved the promotion of culture and studies, many institutions and schools in Japan began holding exhibitions displaying works of art and research projects.

## LABOR THANKSGIVING DAY (KINRŌ KANSHA-NO-HI) NOVEMBER 23

Originally a harvest festival, *Kinrō Kansha-no-Hi* is also set aside for people in Japan to express gratitude to one another for work well done throughout the year. It honors those who serve in the country’s workforce and celebrates bountiful harvests at the same time—basically a cross between Labor Day and Thanksgiving in the U.S.



## NAHA DRAGON BOAT RACE

MAY 5

*Hārī*, or dragon boat races, have been held annually in fishing villages all over the island. One of the most popular is the Naha *Hārī* held on May 5 in Aja Port, where teams representing the military services are typically invited to take part. The festival originated as a means to pray to the gods of the sea for bountiful fishing harvests and the safety of fishermen.

## OBON FESTIVAL

MID-TO-LATE SUMMER DEPENDING  
ON THE LUNAR CALENDAR

This is a Buddhist-inspired celebration. Many of the older generation believe that deceased ancestors return to their living families’ homes during this three-day festival. On Okinawa, *Obon* is also the time for *eisa* dancing, one of the most popular symbols of the Ryukyu Islands.



## NAHA TUG-OF-WAR

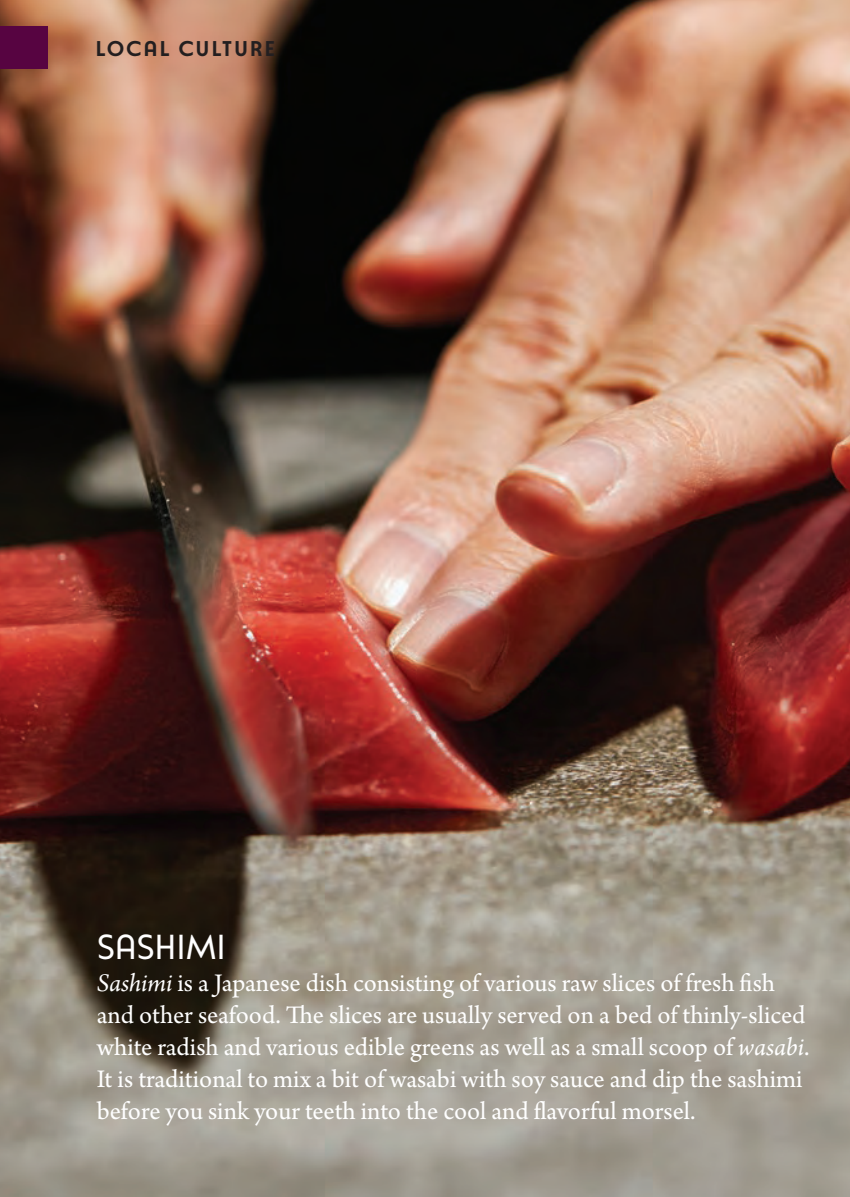
OCTOBER

The Naha Tug-of-War is part of the *Naha Matsuri*, one of 15 festivals that comprise the *Dai Ryukyu Matsuri Okoku* (Great Festival of the Ryukyu Kingdom). Traditionally, the purpose of the festival was to thank the gods for the harvest, pray for rain and ward off disease. The Naha Tug-of-War was listed in the *Guinness Book of World Records* as the biggest rope-pull event in the world.

## 7-5-3 FESTIVAL (SHICHI-GO-SAN)

NOVEMBER 15

*Shichi-Go-San* is an annual celebration of youth and one of the most important festivals for Japanese children. On November 15, families who have girls ages three and seven or boys ages three and five head to the Shinto shrines. These children dress in traditional colorful kimono or their best finery. At the shrine, a priest blesses the children, while the families give thanks for good health and pray for future health and happiness.



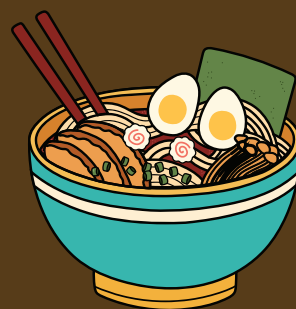
## SASHIMI

*Sashimi* is a Japanese dish consisting of various raw slices of fresh fish and other seafood. The slices are usually served on a bed of thinly-sliced white radish and various edible greens as well as a small scoop of *wasabi*. It is traditional to mix a bit of wasabi with soy sauce and dip the sashimi before you sink your teeth into the cool and flavorful morsel.

# DINING OFF BASE | JAPANESE CUISINE

## SUSHI

Spending time in the Far East offers a perfect opportunity to enjoy some of the world's best. Sushi usually takes the form of cool, lightly vinegared sticky rice shaped into an oval, and then topped with a thin layer of *wasabi* (Japanese horseradish) and the freshest slices of prime raw fish, shellfish or cooked egg-cake. Sushi may be eaten with hands or chopsticks, dipping the seafood side of the sushi into soy sauce and eating the whole delicacy in one bite. Sushi rolls are similarly prepared, but rather than forming the rice, it is flattened onto a sheet of *nori* (seaweed). Seafood, vegetables and wasabi (or a sweet miso paste) are then placed in the center, and the entire preparation is rolled up and sliced. Pickled ginger or *daikon* (radish) is added as a garnish.



## NOODLES

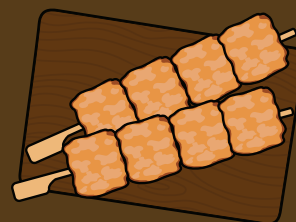
There are a variety of noodle dishes on Okinawa and in Japan. Common examples include *soba*, made with buckwheat and yarn flour, *udon* (thick white noodles made of flour and water) and ramen, thin wheat or egg noodles. *Somen*, a very fine white wheat noodle, is also popular.

*Somen* is often used as garnish for soups and served cold as a refreshing summer meal on ice with a chilled dipping sauce.



## TEMPURA

*Tempura*—crispy, deep-fried seafood and/or vegetables—is a common Japanese dish. Shrimp, sweet potato, squash, Asian eggplant and onions are popular ingredients. Tempura is often served with a savory broth-like dipping sauce into which you stir grated radish and ginger to taste.



## YAKITORI

This Japanese dish is a perfect example of the “less is more” philosophy of Japanese cooking. The skewered chicken is grilled over coals and is dipped into a sweet, soy-based teriyaki sauce several times as it is grilled, giving diners quite a treat.





# OKINAWAN CUISINE

## PORK

Pork is an essential part of many Okinawans' diets, and although almost the entire pig is enjoyed, visitors to the island shouldn't leave without trying *rafute*, *san-mai-niku* or *sōki*. *Rafute* is made from pork belly, which is popularly referred to as the side of the hog. Although this cut is often shunned because of its high fat content, on Okinawa it is prized. *Rafute* is prepared by taking pork belly cut into cubes without removing the skin and simmering it for hours in a sauce made from *dashi* (a soup stock made from dried bonito flakes), soy sauce, sugar, garlic, ginger and *awamori* rice wine. *Rafute* was once reserved for royalty and visiting dignitaries. Today everyone on Okinawa enjoys this dish. *San-mai-niku*, which translates into "meat with three layers," is a stewed cut of pork belly—sort of a smaller, thinner version of *rafute*. *San-mai-niku* is similar to a thick (between 50–150mm) slice of bacon flavored with the same sweet soy sauce glaze as *rafute*. Modern-day Okinawa soba is often topped with a few slices of *san-mai-niku*, and many homes feature it as a part of *gochisō*—or "festive meal"—served during New Year's, Obon and Higan grave visits. *Sōki* are short pork ribs, usually marinated in soy

sauce and sugar and simmered until extremely tender and likely to be seen topping a healthy serving of Okinawan *sōki* soba (pictured left). Many families boil *sōki* without soy sauce and use the stock to make the accompanying soup or *dashi* for their soba as well.

While *rafute*, *san-mai-niku* and *sōki* may seem quite orthodox to most, many on Okinawa enjoy more uncommon cuts of pork, such as *ashitebichi*, *nakami*, *mimigā* and *chiragā*. *Ashitebichi*, which is commonly known as *tebichi*, is known as *tonsoku* in mainland Japan. Unlike pickled pig's feet, *tebichi* is prepared similarly to Irish crubeens—simmered for hours until the meat is almost falling off the bone. *Nakami*, which translates into the somewhat ambiguous term "inner meat," consists of hog maw and chitlins (i.e., pigs' stomachs and intestines). Few Okinawans eat *nakami* on a daily basis. However, many families prepare *nakami jiru*, or soup, during the New Year's holiday.

*Mimigā* are cured thin shavings of pigs' listening apparatus—literally, the ear of the sow. It is often served with a sauce made of peanut butter, vinegar, miso and a bit of mayonnaise. *Mimigā* is considered by most as something usually enjoyed at an *izakaya*, and most prefer their *mimigā* washed down with an ice-cold Orion beer.

Finally, almost a tourist attraction in itself, the grotesque *chiragā* may remind some of a character in "*The Texas Chainsaw Massacre*." *Chiragā* is literally "the face of the pig." *Chiragā* is often sold smoked and can be enjoyed like beef jerky or cut into strips and served in a soup—much like *nakami*. Whether or not it is eaten, *chiragā* makes a great conversation piece and has become one of the representative icons of the Makishi Public Market, which is one of the most famous covered markets in Naha City.



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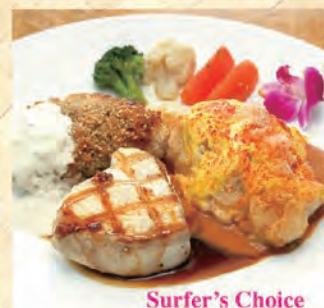
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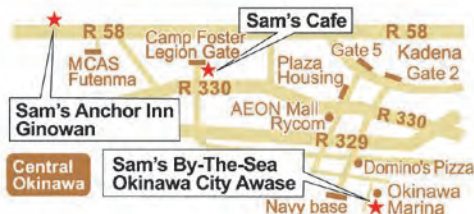


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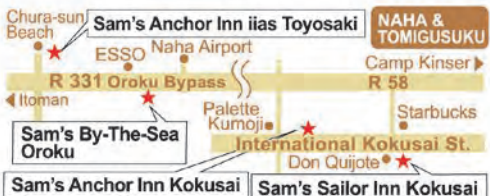
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# EATING ETIQUETTE

Visiting a new country can offer many opportunities for running into social *faux pas*. In many cases, proper table etiquette and manners are universal; however, some differences, which are based on the extreme importance most Japanese place on harmony and the showing of mutual respect, can be more challenging to identify.

Before they begin to eat and after they end their meal, most Japanese people say the phrases *itadakimasu* at the beginning and *gochisosama deshita* at the end.

These phrases translate to “humbly receive” and “thank you for the food.” Although these phrases usually do not have any religious connotations, the Western equivalent would be saying grace for the food. Some other major points of etiquette to remember are to never stick chopsticks upright into your food and never pass food person-to-person using chopsticks—both of these are done only at funerals. Never be afraid to ask the host if he or she has any personal dislikes about table manners. Simply asking is considered good etiquette.

If invited out, thanking the host by bringing a gift is also an excellent idea. However, the monetary value of the gift should not be so high to create excess obligation. And although gift-giving applies more if someone was invited to a host's home, bringing a small gift will leave a good impression. A thank-you note or card is also a great addition.

One final detail: Many traditional restaurants serve their food in rooms equipped with Japanese *tatami* mats, which means shoes must be removed before entering the restaurant. It may be a good idea to wear good socks, for the lack of visible digits or aromatic feet can go a long way in making a good impression.



## SEAWEED

Okinawa is, of course, surrounded by the sea, and the people of the island enjoy several types of oceanic vegetables alongside those of the land-grown variety.

Among the more popular are *konbu*, or kelp that is used in several traditional Ryukyu dishes and popular in mainland Japan for creating soup stock, and *mozuku*, a stringy, crunchy seaweed often enjoyed in a vinegary salad.

Other common seaweeds are *āsa*, a very fine, almost transparent seaweed used in soups; *moi*, seaweed that is dried, then used to create a gelatin that is also used in pork-based soups; and *umibudō*, affectionately known as the sea grape or “green caviar.”

## GŌYĀ CHAMPURU

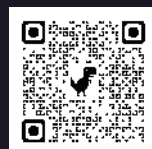
The *gōyā* is known as *nigauri* in mainland Japan and as the Chinese bitter melon in the West. The most popular *gōyā* dish on Okinawa is *gōyā champuru*, a summertime staple. *Champuru* is an Okinawan term that translates into “a mixture of various things thrown together to form a whole,” and *gōyā champuru* is just that—a mixture of *gōyā* with other ingredients stir-fried to perfection. Although the ingredients vary from cook to cook like chili recipes, the central theme of any good *champuru* recipe is balance. Because the bitter taste of *gōyā* can be overpowering when eaten by itself, most recipes temper it with scrambled eggs, tofu, pork and other ingredients.

## GOCHISŌ

Many families in the U.S. look forward to dining on roast turkey with all the fixings on Thanksgiving. On Okinawa, during certain holidays such as New Year's and *Shimi*, special meals are also prepared in homes. Although the components of *gochisō* can vary from family to family, staples usually consist of pork, fried tofu, *kamaboko* (fish cakes), *konbu*, various tempura and other special foods. *Gochisō* is served in compartmentalized, stackable boxes that are often used only during special occasions.

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# FRUITS

Okinawa has always been blessed when it comes to agriculture. Although the island is small, and vast acreage necessary for producing a commodity such as rice in bulk is hard to come by, the island's climate—an average 77° F throughout the year with subtropical precipitation—make it possible to grow almost anything. Barring a few outliers, fruit is almost always synonymous with the word “sweet.”

With colors across almost the entire visible spectrum, and tastes from the mildly tart to a veritable explosion of sweetness assaulting your taste buds, Okinawa offers something for everyone.

## SHĪQUĀSĀ (HIRAMI LEMON)

*Shiquāsā* is a small, green citrus fruit native to Taiwan and various islands in the Ryukyu Archipelago. Incredibly sour, the *shiquāsā* is often used much like a lemon or lime to garnish dishes, make refreshing salad dressings and to flavor fish before broiling. This fruit is also used to make a juice which is usually thinned and sweetened before being served.

## PITAYA (DRAGON FRUIT)

Although it is known primarily as “dragon fruit,” this strange looking but delicious morsel is also called a *pitaya* or strawberry pear. One of the most exotically colored fruits around, this hot-pink produce grows on a variety of cactus.

## PASSION FRUIT & ACEROLA

The flavor of a passion fruit is guava-like, slightly acidic and musky. The fruit is often grown for its juice, which is often added to other fruit juices to enhance aroma. On Okinawa, it is made into a wine in Itoman. The acerola, which is also called the Barbados or Indian cherry, looks like a large, wrinkled cherry but has a tart, crabapple taste. The acerola is well-known for packing as much as 40 times more vitamin C than a lemon.

## MANGO

The mangos grown on Okinawa and the surrounding islands are very sweet and the flesh is quite firm—approximately peach-like. These morsels of goodness are known for their juiciness, sweet taste and high juice content.

## BANANA

The bananas found on Okinawa, affectionately called the *shimabanana* (island banana), are smaller, sweeter and thinner-skinned than the Cavendish popular in the United States. A single Okinawan banana stalk carries anywhere from 50 to 100 fruits and these bunches can weigh up to 20 to 30 kilograms.

## PINEAPPLE

Pineapples were first imported to Okinawa from the late 1800s to the early 1900s. During the turn of the century, pineapples were exported to mainland Japan in very large quantities. However, the price of pineapples dropped when imports from other Southeast Asian countries flooded the market. Pineapples are still grown on Okinawa, primarily in Nago, Motobu and the Yaeyama Islands.



*Welcome to Okinawa!*



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## KATSUREN CASTLE

Constructed during the 11th and 12th centuries, this castle prospered during the 15th century. Lord Amawari, who was a rival lord to the Zakimi and Nakagusuku castles, lived here. The stone walls are all that remain of this once prosperous castle, which offers an unrivaled view of both Kin and Nakagusuku Bays.



# CASTLES

On Okinawa, the 12th through the 15th centuries is known as the Gusuku Era, a time of castle building. During the preceding centuries, the people of the Ryukyu Islands moved from a hunter-gatherer society to one based on an agrarian lifestyle. As part of this process, villages evolved and feudal leaders known as the *aji* emerged. As the *aji* began to hunger for power, land and trade dominance, rivalries erupted among them and the need arose to build fortifications for defense.

## SHURI CASTLE

The main palace is recognized as the most significant building, where the kings administered their state affairs and ceremonies. Although Shuri Castle was completely reconstructed according to its original style after being destroyed during WWII, it was heavily damaged during a fire on October 31, 2019 and is currently being rebuilt again with a scheduled reopening date of autumn 2026.

## NAKAGUSUKU CASTLE

In the mid-15th century, Gosamaru, well known as a great warrior during the feudal period in three kingdoms, constructed Nakagusuku. Its construction filled Commodore Matthew C. Perry with great admiration during his expedition to the Ryukyu Kingdom in 1853.

## ZAKIMI CASTLE

In the early 15th century, Lord Gosamaru built this gusuku. An arched gate made by hewn rocks still remains. The surrounding area is maintained as a park from which people can enjoy a panoramic view of the East China Sea.

## NAKIJIN CASTLE

Built in the 14th century, Lord Hokuzan resided here. Nakijin Castle is famous for being the largest of the Okinawan castles, as well as an outstanding, impregnable fortress. This is also the site of a cherry blossom festival every January.





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# KARATE

After the invasion and subsequent defeat of the Ryukyu Kingdom at the hands of the Satsuma clan of southern Japan, the use of weapons and the open practice of martial arts was forbidden to commoners.

Atrocities against the rural populace occurred on a regular basis. Because the people of Okinawa couldn't carry edged weapons such as swords or knives, they used their bodies, minds and spirits to resist, supplemented by a secret martial art, which was first known as the "Chinese hand," and subsequently known as the "empty hand." Over the years, this martial art, now known as "karate," has developed into more than a true Okinawan icon; it is a form of personal protection against violence for millions throughout the world. It is also used as a tool by these millions to master themselves.

Although many modern misconceptions of karate measure a practitioner's worth with the number of bricks or boards the person can break or by the color of their belt, karate is more about control than anything else. Mastery of oneself enables karate practitioners to harness immense power, blinding speed and an almost inhuman resilience. And although even the foremost of masters never quite attain total mastery over themselves, their daily training keeps them strong in body and spirit, many well into their 90s.







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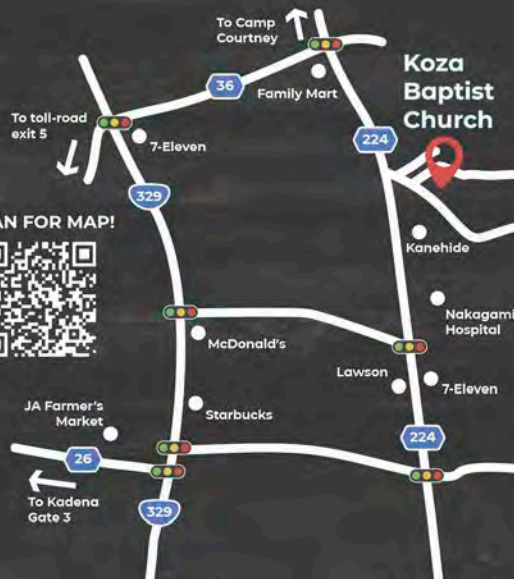
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# RELIGION

Okinawa's original religion is understood to be both animistic and shamanistic, characterized by the belief that animate and inanimate objects possess an innate soul and that both good and evil spirits that pervade the world can be summoned through inspired mediums.

It is believed that Okinawa's animism and shamanism have been influenced by Shintoism, Buddhism and Taoism brought to the island from Japan and China. Today's Okinawan animism includes a number of *kami*, or spirits, who dwell in the world (e.g., spring, tree, rock and house spirits) and countless ancestral spirits. According to the Okinawan Prefectural Government, these supernatural spirits are sacred to the island's people. Okinawans believe that by gratifying and indulging the spirits through religious rituals, misfortunes are ward off and blessings are received.

Many religious rituals are performed throughout the year. Before and after a harvest, for example, observances are made to give thanks for the year's crops. The *utaki* (or sacred grove) and *uganju* (honorable praying place) located in the hills and forest are the most

hallowed sites of worship for Okinawan animism.

The basic principle of ancestor worship alleges that ancestral spirits are forever nearby observing the lives of their descendants. Families, then, are compelled to perform religious rituals to be in good stead with their ancestors. On the other hand, it is believed that neglecting to perform rituals brings forth the ancestral spirits' wrath and results in bad fortune.

The ancestral shrine, which is called the *butsudan*, is located in one of the main rooms of the home and is the center of religious activity in ancestral worship. On certain days throughout the year as well as on festivals such as *Obon* (a festival of the dead), ancestral shrines island-wide are decorated with flowers, food and drink. Family members also gather to burn incense and offer prayers to their ancestors. The ancestral shrine shares its prominence equally with the family tomb, which is also a place for worshiping ancestral spirits. The ancestral shrine is the focus of continual worship throughout the year, while the family tomb is where families go on special occasions to offer prayers.



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## MUSIC & DANCE

Physically separated from mainland Japan by approximately 300 miles of ocean, Okinawa enjoyed its own unique history and culture long before it was formally admitted into Japan's administrative structure in 1879. After the establishment of formal diplomatic relations with Ryukyu in 1404, the Chinese emperor, as a gesture of authorization and goodwill, sent investiture envoys to the island kingdom to verify the accession of each new king. As the host nation, the Ryukyu royal court was responsible for hosting and entertaining the visiting Chinese ambassadors. As a result, the Ryukyu royal court based in Shuri made patronage of the performing arts a high priority. Soon, affluent male members of the nobility were commissioned and formally trained in the ways of what has now come to be known as *Ryukyu buyo*.

Ryukyu dance is divided into two fairly general categories. The first is referred to as "classical dance" and today embodies the heart of the Ryukyu performing arts during the time of the Chinese investiture envoys. Rigid and structured, classical dance seeks to preserve the time-honored art of precise movements, unvarying scripts, and skilled, subdued expression of emotion as the ancient masters of the royal Shuri court once did long ago.

With the Ryukyu Islands' incorporation into Japan as the Okinawa Prefecture, the traditional social hierarchy that had existed for centuries in Ryukyu culture vanished and the members of the Shuri nobility—once accomplished authors, producers and actors within the performing arts—found themselves stripped of their positions. Court dancers began to gravitate to the first commercial theaters on Okinawa, where they performed classical dance for the common class. Having never been exposed to Ryukyu court culture before, the commoners had at best limited appreciation for the refined, aristocratic style of court dance and soon began to express a desire for entertainment that more closely related to their everyday lives. In response, dancers and musicians created *zo odori*, or popular dance, which incorporated freedom of movement, open expression and the simplistic happiness of the agricultural and marine communities. *Zo odori* remains one of the favorite genres of dance among the Okinawan people.

## MUSIC OF OKINAWA

One special type of local melody can be found in the heart of almost all Okinawans regardless of age—music called *shimauta*, or "island music." *Shimauta* has offered comfort to the people of Okinawa during excruciatingly difficult times, augmented joyous occasions such as weddings and festivals, and provided amusement to accompany long summer evenings for countless generations.

It is said that the Okinawan song was first put into writing between the mid-15th to 16th centuries in a compilation called the *Omorososhi*. The original collection consisted of more than 1,000 folk and court songs that were very diverse in content. It was written under court supervision and the content was originally only intended for use during formal occasions and rituals.

Modern times have brought many changes to Okinawan music. The most obvious evolution is the increased use of the Japanese language in verse, as opposed to the use of Okinawan dialect.

However, the original songs of the *Omorososhi* are kept pure. Among the most popular *Omorososhi* pieces heard today are the *Gujinfu*, which consist of five famous traditional Ryukyu songs that were exclusively played for the king and visiting dignitaries. The first and most popular of the five is known as *Kagi-yadefu*. *Kagi-yadefu* was always the first song performed when *Gujinfu* was played. The songs are still performed at traditional Okinawan weddings and celebrations.



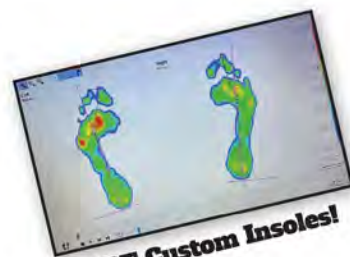
We are Episcopalians in the Anglican Church of Japan, Diocese of Okinawa. We worship in The Episcopal Church tradition, using the 1979 Book of Common Prayer and The Hymnal 1982.

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## PARENTING SUPPORT GROUP



**TUESDAYS, 11 A.M.-12:30 P.M.**  
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THIS GROUP IS FOR PARENTS WITH CHILDREN UNDER THE AGE OF 6 YEARS. BABIES UNDER 6 MONTHS ARE WELCOME TO ATTEND WITH THEIR PARENTS IF NEEDED. REGISTER VIA EMAIL OR PHONE CALL.







# EISA

*Eisa* is a dynamic, spirited dance that is not only a vital part of *Obon* (Festival for Honoring Ancestors) but is also considered a symbol of the Ryukyu Islands. On the third night of Obon, while the ancestral spirits are retiring to the world of the dead, the village's *eisa* dancers gather in the courtyard of the *kami ashagi* (the local place of worship) and begin. After offering the first dance to the village gods, the dancers make the rounds of homes in the village, dancing for the spirits of individual residences that have requested performances beforehand. Dances are also performed for people who gather at roadsides while the troupe is moving from venue to venue.

An *eisa* performance on village street corners and at homes can be compared to performing memorial services for village ancestors. *Eisa* often lasts throughout the evening of the third day and into the morning hours of the next day.

The principal musical instruments used in *eisa* include the *sanshin* (a three-stringed lute-like instrument), large barrel drums called *odaiko*, medium-sized laced drums called *shimedaiko*, and small hand-drums called *paranku*.

Other accessories may include small cymbals, fans,

castanets, hand towels and handkerchiefs. In many dances, men play the *sanshin* and beat vigorously on drums while jumping and spinning, as the young women dance to the rhythms, incorporating fans, towels, kerchiefs and other accessories into routines. *Eisa* “formations” vary from place to place, ranging from circular, square and starshaped to columns of young men and women broken into different categories determined by their part of the dance.

Traditionally, sedate colors were used for *eisa* costumes. Young men wore robes of banana fiber cloth, or *bashōufu*, with straw sashes and kerchiefs. Women also wore somber garb, consisting of *bashōufu* robes or dark blue kimono with white kerchiefs. However, the costumes of today are usually a riot of colors, including reds, yellows and blues. Probably the most festively dressed of the troupe are the *nakawawachi* or *chondara*—the accompanying clowns and jesters complete with special face makeup.

Modern *eisa* is considered an Okinawan art form, and different municipalities often compete at an island-wide tournament held on the last day of August.

# Indulge your sweet tooth at



**Foster Library**

Open Daily,  
10 a.m.–7 p.m





# SHĪSĀ & ISHIGANTO

On Okinawa, talismans to combat evil spirits abound, and most have been born of ancient legends and used for several hundred years. If you have been off base, chances are you have seen at least one, or both, of the two most popular bodyguards against malevolence—the *shīsā* and *ishiganto*.

Statues of the lion-dog known as the *shīsā* can be found almost everywhere in the Ryukyu Archipelago. They come in all shapes and sizes, and although many have humorous facial expressions and designs, most traditional examples are quite fierce and intimidating.

Traditionally, *shīsā* are thought to contain magical power to dispel bad luck and evil spirits—many older Okinawans still recount folktales about the origin of the lion-dog figurines. Even though these tales aren't believed by many in the 21st century, they're still passed on from generation to generation.

Modern-day Okinawan *shīsā* are made of many

different materials, and their construction has become something of an art form. Ceramic roof *shīsā* began to be produced in a district of Naha City called Tsuboya (an area of Okinawa famous for its potters) in 1889. During this period, all ceramic *shīsā* were of the unglazed variety (called *arayachi*). Glazed *shīsā* (known as *jōyachi*) didn't begin appearing until after WWII and were favorite souvenirs for visiting U.S. military personnel.

Of all the different types of Okinawan mementos, ceramic *shīsā* are probably the most popular among tourists, and many of them are still crafted using a technique called *tebineriseikei* (building a figure by hand). Each component of the medium- to large-sized *shīsā* (consisting of the head, body, legs and tail) is made separately on a potter's wheel before being combined to complete the figure before firing. Regardless of legend, superstition or price tag, *shīsā* make superb souvenirs from Okinawa to take back home and give as gifts to family and friends.

*Ishiganto* are also used as wards against evil spirits, negative energy or bad luck, and the use of these talismans spread from China during the 14th and 15th centuries. In China, Okinawa and many other Asian societies, it is believed that evil travels only in a straight line. Because of this belief, *ishiganto* are situated at the gates of houses located at crossroads or at a T or Y intersection to deflect these spirits. Many legends exist regarding the origins of this magical, devil-deflecting stone.





Mihama, Chatan

Okinawa's  
Fun Capital

# Depot Island



Wagyu Beef Pro Shop **Yakiniku Tenjin**  
Okinawa Black Wagyu "Motobu Beef" Store

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**Yakiniku  
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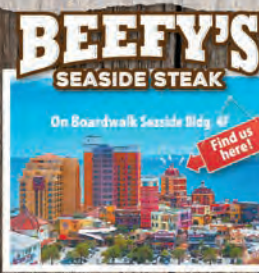
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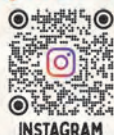
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Tel: 098-982-7566



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4F Official Website

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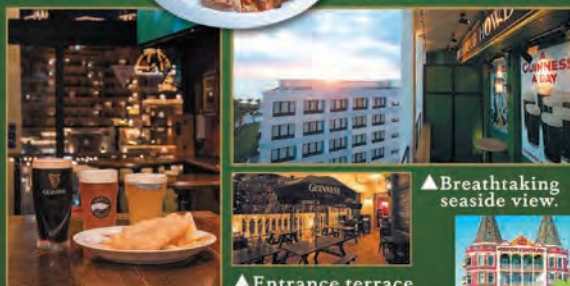
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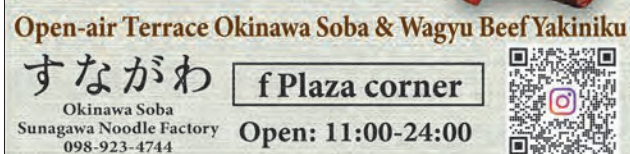
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## COMMISSARIES

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CAMP FOSTER  
(645-3861)

Open Daily, 8:30 a.m.–8 p.m.

CAMP KINSER  
(637-7261)

Mon-Sat, 8 a.m.–7 p.m.

Sun, 8 a.m.–6 p.m.

CAMP COURTNEY  
(622-7590)

Open Daily, 9 a.m.–7 p.m.

# OFF-BASE GROCERY SHOPPING

## OFF-BASE GROCERY STORES

Most off-base grocery stores have fresh meat and fish, freshly baked breads, *bento* (plastic boxes of sushi, tempura and other quick dishes perfect for lunches and snacks), fresh fruits, vegetables, flowers and plants. Popular chains include San-A, which has three large red A's on a yellow or white background; Kanehide, which has a green background with two orange birds; AEON and Union (open 24 hours, 7 days a week). The larger stores also stock household goods, electronics and clothing, making shopping out in town more convenient. Some of these stores will accept dollars, but change will be given in yen. Others such as AEON and San-A come equipped with yen-to-dollar exchange machines.

## CONVENIENCE STORES

For last-minute or late-night purchases, head to one of Okinawa's many convenience stores. Some of the most common convenience stores are Lawson, 7-Eleven and Family Mart, all of which are open 24 hours a day.

## FARMERS MARKETS

On Okinawa, many vegetable (and flower) growers are members of a farmer support group called the Japanese Agricultural Cooperatives (JA). JA organizes several farmers markets throughout the island, offering fresh, organic produce often at prices lower than the local grocery store. A good market to check out is JA Chanpuru Ichiba, located near the intersection of Route 26 and Highway 329 in Uruma City.



# MARINE CORPS HOSPITALITY SERVICES (MCHS) LODGING PROGRAM

In the past, Temporary Lodging Facilities (TLFs), traditionally held the reputation for being austere, no-nonsense facilities for military personnel and their families without housing due to Permanent Change of Station (PCS) or for temporarily assigned personnel. Times have definitely changed at these facilities for the better. On Okinawa, MCHS provides lodging on Camps Foster, Courtney and Hansen. These facilities are also available as staycation locales for service members and their families. Furthermore, service members and DoD civilians stationed on island can sponsor visiting friends and families to stay at the TLFs. Serving over 90,000 patrons annually, all facilities pride themselves in making each and every guest's stay the best possible experience.



## THE FACILITIES

### INNS OF THE CORPS CAMP FOSTER

Inns of the Corps Camp Foster has a total of 182 guest rooms, with 130 standard rooms (60 with kitchens), 46 suites (also with kitchens) and six Distinguished Visitor (DV) suites. Amenities include smart televisions in all guest rooms, FREE wi-fi, a business center, cardio room, outdoor play areas for children, a picnic area and more.

### NAVY BOQ

The Navy Bachelor Officers' Quarters (BOQ) is located on Camp Foster, adjacent to U.S. Naval Hospital Okinawa (USNHO). This property has a total of 14 guest rooms including four handicap-accessible rooms. All rooms have one full-sized bed, a sitting area and fully equipped kitchenettes. The Navy BOQ is primarily for those traveling on Temporary Assigned Duty to USNHO. It also supports the Family Nest program, which provides comfortable, temporary, non-medical lodging to parents with pregnancy complications or newborns needing intensive care, as well as to families of adult intensive care patients at the hospital.







# INNS OF THE CORPS CAMP COURTNEY

Inns of the Corps Camp Courtney has a total of 16 suites—all outfitted with a queen-sized bed in a private bedroom, a fully equipped kitchen and a living room with a queen sofa sleeper and sleeper chair. The kitchen includes a refrigerator, microwave, stove top, coffee maker, silverware, pots and pans, dishes and glasses. The facility is located two minutes away on foot from the Courtney Ironworks Fitness Center, a library, Tengan Castle restaurant and the Courtney Child Development Center. Amenities at Inns of the Corps Camp Courtney include a business center, FREE wi-fi, outdoor playground for children, a picnic area and more.

# INNS OF THE CORPS CAMP HANSEN

Inns of the Corps Camp Hansen has a total of 36 rooms, with 26 standard rooms and 10 extended-stay suites. All standard rooms come with two queen-sized beds, a television, refrigerator, coffee maker and a microwave. Extended-stay suites come with a private bedroom with a queen-sized bed, a fully equipped kitchen and a living room with a pullout sofa. There are also two pet-friendly rooms (one standard and one extended stay). Amenities at Inns of the Corps Camp Hansen include a business center, FREE wi-fi and an outdoor playground for children.



# Family Advocacy Program

## Services

### Re-Train Your Brain

Re-Train Your Brain is a 4-week psychoeducational class covering topics of interpersonal effectiveness, assertive communication, stress management and empathic listening. Curriculum is provided by Century Anger Management.

### 7 Principles for Making Marriage Work

Using Dr. John Gottman's book *The Seven Principles for Making Marriage Work*, this course is geared to couples in Okinawa who are premarital, newlywed, or married for decades. This teaches couples to manage conflicts constructively and develop healthy communication supporting a stronger bond within the marriage.

### Unit/Spouse/SOFA Personnel Brief

Customized briefs on topics such as stress management, conflict resolution, healthy marriage, healthy dating, behavioral health overview and classes such as Re-Train Your Brain.

### Parenting Classes & Workshops

"Thrive, Grow" parent program aims to enhance parenting in areas of positive parenting practices, parent and child stress management and physical health promotion. Additional workshops are available providing insights to challenges that come with raising a child in a technologically advanced world, managing parent/child stress and improving communication.

### 24/7 FAP Advocates

Advocates are available 24 hours a day, 7 days a week (on-call/helpline) to provide ongoing support services to individuals living with domestic violence and non-offending parents of child abuse. SAFE line: 645-7233 | 098-970-7233

### Counseling Services

Providing compassionate counseling services to support families while promoting healing, safety and empowerment. An open Family Advocacy Program (FAP) case is not required for participation.





# FLEA MARKETS

It is estimated that over ¥10 billion of Okinawan citizens' taxes are spent on waste disposal each year, and that number is expected to keep rising. Japanese law requires that local consumers recycle. Municipalities collect waste broken down into different categories for recycling and businesses use recycled materials in the creation of new products. Due to these directives, it is no surprise that flea markets are a popular alternative to throwing out boxes filled with clothing that no longer fit, unwanted gifts, outgrown toys and more.

The numerous flea markets on island are perfect for those looking to clear unwanted goods from their closets or those searching for a good bargain on used items. Taking place at various camps almost every weekend, flea markets are a great opportunity to turn your surplus objects into cash.

## MCCS FLEA MARKETS

Camps Courtney and Foster each host flea markets. Vendors must arrive at least one hour early and pay the \$15 fee (cash or credit) to set up a booth. Booths are available to all DoD ID card holders, but Japanese citizens are invited to attend as buyers. For more information and the latest flea market schedule, call MCCS Special Events at 645-5829 or visit [www.okinawa.usmc-mccs.org/fleamarkets](http://www.okinawa.usmc-mccs.org/fleamarkets). MCCS Special Events office hours on Camp Foster in Bldg. 5677 are Monday through Friday, 7:30 a.m. to 4:30 p.m.





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**MCCS**  
MARINE CORPS COMMUNITY SUPPORT

# NOT ONE DROP!

Drinking?



## No driving.



Download MCCS Liberty App  
for Taxi/Daiko numbers







# DRIVER EDUCATION PROGRAM

The Driver Education Program is tailored to aid Marines, Sailors and their families stationed on Okinawa with their POV licensing needs.

This program features American Driver and Traffic Safety Education Association (ADTSEA)/AAA certified courses which includes 39 hours of classroom instruction and six hours of behind-the-wheel instruction for those in need. Students who complete the Driver Education Program will receive their SOFA driver's permit in Japan.

First-time driver classes—open to adult/teen students ages 16 or older—take place at Marine & Family Programs-Resources (Bldg. 445) and run Monday–Friday. Refresher courses as well as classes for active duty

are held at the Driver Education Office (Bldg. 5677).

In-person classes are held on Camp Foster, while behind-the-wheel instruction takes place at both Camp Foster and Kadena Air Base. Additionally, please note that students are required to have their learner's permit prior to scheduling their behind-the-wheel instruction. Behind-the-wheel instruction is contingent and scheduled on student and instructor availability. To find necessary registration forms and the full course schedule, head to [www.okinawa.usmc-mccs.org/driver-education](http://www.okinawa.usmc-mccs.org/driver-education). For questions about the Driver Education Program, send an email to [driver.education@okinawa.usmc-mccs.org](mailto:driver.education@okinawa.usmc-mccs.org) or call 098-970-5823 from a cellphone or 645-5823 from a DSN.

# TAIYO GOLF CLUB **FREE** RIDE PROGRAM

**MONDAY–SUNDAY\***

FIRST PICK-UP 9 A.M. LAST DROP-OFF 6 P.M.

FREE TRANSPORTATION SERVICE TO AND FROM TAIYO GOLF CLUB.

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**MC<sup>CS</sup>**  
MARINE CORPS  
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SERVICES

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[www.okinawa.usmc-mccs.org/golf](http://www.okinawa.usmc-mccs.org/golf)

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## OKINAWA DOLPHINS SWIM TEAM

The Okinawa Dolphins Swim Team (ODST) is open to all DoD ID card holders ages 7 and older. Practices are led by professional coaches and there are on and off-base swimming events for all ages. Adult practices are designed to fit the needs of almost any ability level—from more casual swimmers to triathletes and other competition-minded individuals. For more information on ODST, please visit [www.okinawa.usmc-mccs.org/swimteam](http://www.okinawa.usmc-mccs.org/swimteam).

## FITNESS CENTERS

From hardwood basketball courts to glass-walled racquetball courts, Semper Fit provides Marines and other patrons with state-of-the-art fitness centers offering the latest fitness equipment to meet everyone's workout goals. Many of our fitness centers feature weight and cardio rooms, saunas, steam rooms and massage services. Patrons can also enjoy personal training sessions, martial arts classes and a variety of group fitness classes, including spin, yoga and Zumba®. For more information, visit [www.okinawa.usmc-mccs.org/fitnesscenters](http://www.okinawa.usmc-mccs.org/fitnesscenters).

## SPORTING EVENTS

Competitive events occur every week at various camps on Okinawa. Many of these events are open to participants island wide and offer both team and individual competitions.

Over 90 events are offered annually and include triathlons, bike races, a bodybuilding competition, runs and more. Unit cohesion and competition is promoted through the Commanders Cup events that are conducted monthly at Marine Corps camps on Okinawa. For more information, please visit [www.okinawa.usmc-mccs.org/adultsports](http://www.okinawa.usmc-mccs.org/adultsports).

# SEMPER FIT

## AQUATICS

MCCS Aquatic Centers are located on Camps Foster, Hansen, Kinser, McTureous, Schwab, MCAS Futenma and Plaza Housing. Programs at participating facilities include lap and recreational swimming, swimming lessons, special events and more. Some facilities even have diving boards, water slides and wading pools. Contact the nearest aquatic center to see what's offered or visit [www.okinawa.usmc-mccs.org/aquatics](http://www.okinawa.usmc-mccs.org/aquatics).





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<https://kariyushi-aquarium.com/>

kariyushi aquarium

検索



**DMM KARIYUSHI  
AQUARIUM**

**Business hours** 9:00 ► 20:00 (open all-year-round)

Last admission is 1 hour before the end of business hours.



\*Days and hours of operation are subject to change without notice. Entry to the museum may be restricted due to congestion. <sup>※1</sup>Travel time may vary depending on traffic conditions.



## HEALTH PROMOTION & GROUP FITNESS

The Health Promotion Program provides tailored fitness solutions, including customizable Unit PT sessions in formats such as cycle, yoga and HITT, and offers educational unit briefs on essential topics like nutrition, injury prevention and tobacco cessation. The Group Fitness Program features over 50 weekly classes—ranging from high-energy cardio sessions like Zumba® and HITT to mindful practices such as yoga, Pilates, and restorative formats like Baby and Me Yoga. Classes are scheduled at multiple fitness centers to ensure accessibility, while certified professionals guide every session to ensure a safe and inclusive environment. Visit MCCS Health Promotion online at [www.okinawa.usmc-mccs.org/healthpromotions](http://www.okinawa.usmc-mccs.org/healthpromotions) for more information.

## WELLNESS & HOLISTIC HEALTH

Complementing the physical training programs, the Wellness Program promotes holistic health and well-being through comprehensive education and personalized services. Unit Briefs cover a wide variety of topics such as nutrition, stress management, sleep, heart health, tobacco cessation, injury prevention and sexual health. Personalized consultations covering areas such as nutrition education, tobacco cessation counseling, sleep coaching and Return 2 Readiness provide actionable strategies to enhance mental, emotional and physical health.

## YOUTH FITNESS ORIENTATIONS

For young patrons ages 12–17, the Youth Fitness Orientation Program is essential for safely navigating the fitness environment. These mandatory sessions, led by trained professionals, introduce youth to proper equipment use, facility rules and safe workout practices establishing a solid foundation for a healthy fitness journey.



## PERSONAL TRAINING & FIT CAMP

Health Promotion offers both one-on-one and small group personal training sessions designed to meet individual fitness goals. Personal training is available at \$40 per session for one-on-one training, while small group training is offered at \$35 per person for groups of 2–5. For those who enjoy a group setting, Fit Camp provides a dynamic experience at \$220 for a 6-week program or \$150 for a 4-week program, with sessions led by experienced trainers who foster a supportive environment. These programs are tailored to enhance strength, endurance and recovery, ensuring that participants achieve sustainable results through expert guidance and motivational group camaraderie.

# fresh OBSESSED



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## HIGH INTENSITY TACTICAL TRAINING (HITT)

The HITT program is specifically designed to prepare Marines and Sailors for peak combat readiness by integrating sports science with functional training principles. Emphasizing movement preparation, strength and power, speed and agility, core stability and recovery, HITT workouts use equipment such as kettlebells, suspension trainers, battle ropes and Olympic lifts to simulate combat scenarios. These sessions, led by certified professionals, are tailored to develop explosive power, endurance and injury prevention. Special courses, such as the HITT for Small Unit Leaders course, further equip Marines and Sailors to conduct effective, team-based physical training sessions. The Warrior Athlete Readiness and Resilience (WARR) Center, located next to the House of Pain Fitness Center on Camp Hansen, was built for next-level strength and conditioning and modeled after professional and Division-1 collegiate training centers. WARR Center offerings help to build strength, improve endurance, focus on recovery, and help service members stay mission-ready. Additionally, services like Nutrition Education, Return 2 Readiness, Fitness Assessments and Sleep Coaching support overall performance.

## MARTIAL ARTS

While on Okinawa, take advantage of the many martial arts classes offered by MCCS Semper Fit. Various classes, from the local forms of karate such as Isshin-ryu to other martial arts such as Aiki Ju-Jitsu, Brazilian Jiu-Jitsu, Iaido and more, are offered at fitness centers island wide. Call a local fitness center or visit [www.okinawa.usmc-mccs.org/martialarts](http://www.okinawa.usmc-mccs.org/martialarts) for class availability and schedules.

# FITNESS CENTERS

CAMP KINSER FITNESS CENTER.....	637-1114
MCAS FUTENMA SEMPER FIT FITNESS CENTER.....	636-2674
MCAS FUTENMA MCCUTCHEON GYM .....	636-3241
CAMP FOSTER GUNNERS FITNESS CENTER.....	645-3050/2235
CAMP FOSTER FIELDHOUSE .....	645-3141/3050
BUILDING 1 GYM.....	645-3050/2235
HOSPITAL GYM.....	645-3050/2235
PLAZA GYM .....	645-3050/2235
LESTER FITNESS CENTER .....	645-3050/2235
CAMP COURTNEY IRONWORKS FITNESS CENTER.....	622-9221/7297
MCTUREOUS FITNESS CENTER.....	622-9221/7297
CAMP HANSEN HOUSE OF PAIN FITNESS CENTER.....	623-4831/4919
CAMP HANSEN HOUSE OF PAIN NORTH GYM.....	623-2701
WARRIOR ATHLETE READINESS AND RESILIENCE (WARR) CENTER.....	623-4831
CAMP SCHWAB POWER DOME FITNESS CENTER.....	625-2618/2442

## ADULT SPORTS

CAMP KINSER.....	637-1869
MCAS FUTENMA.....	636-2672
CAMP FOSTER.....	645-3003
CAMP COURTNEY.....	622-7297
CAMP HANSEN/SCHWAB.....	623-5558

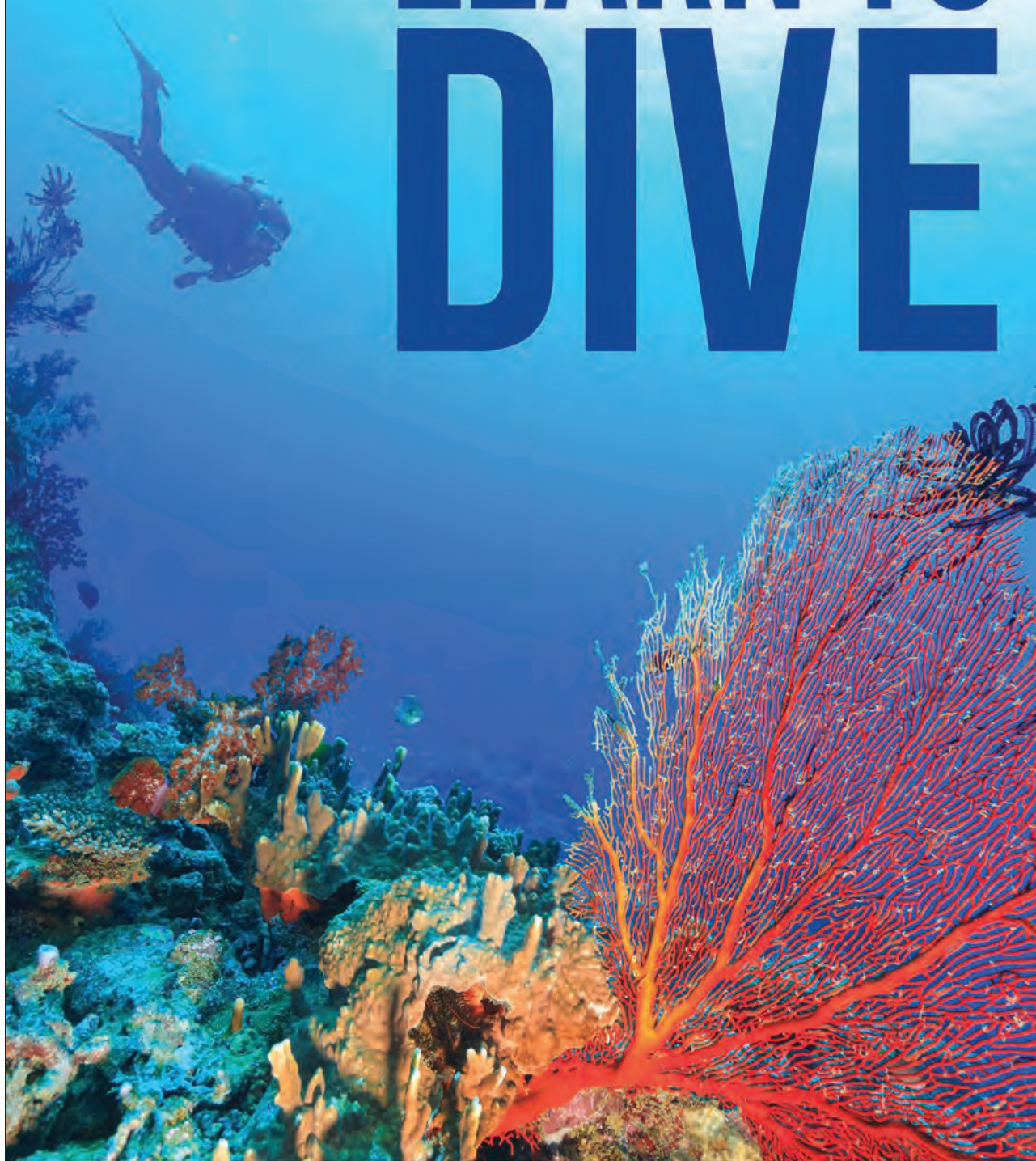
## OUTDOOR RECREATION

CAMP KINSER.....	637-1114
MCAS FUTENMA.....	636-3241
CAMP FOSTER.....	645-3909
CAMP COURTNEY.....	622-9221
CAMP HANSEN.....	623-4831
CAMP SCHWAB .....	625-2442/2618

## SEMPER FIT OPERATIONS

ADMINISTRATION OFFICE.....	645-3677
ADULT SPORTS.....	645-3521/3522
AQUATICS .....	645-3180
YOUTH SPORTS.....	645-3533/3534
GYMNASTICS (EGA).....	645-1600
HEALTH PROMOTION .....	645-3910
SINGLE MARINE PROGRAM MAIN OFFICE.....	645-3681

# LEARN TO DIVE



[www.okinawa.usmc-mccs.org/scuba](http://www.okinawa.usmc-mccs.org/scuba)







# EXCELLENCE GYMNASTICS ACADEMY

Gymnastics is an amazing sport for children, and it's so much more than just learning how to do a cartwheel. Increased self-confidence and physical activity alone are great benefits that are gained from gymnastics, and while the physical rewards are great—such as better flexibility, strength and coordination—the social-emotional growth children experience is just as important, with increased independence and discipline as well as better development of social skills and enhanced self-esteem. Excellence Gymnastics Academy—or EGA for short—inside Gunners Fitness Center on Camp Foster offers an outstanding gymnastics program.

Parents can expect a clean, safe and fun environment for their children to learn in, with recreational gymnastics level classes offered for kids of all ages. Tumbling and conditioning classes, “Ninja Warrior” like fitness classes, adult classes, clinics and camps are available as well. Those looking for gear, accessories and apparel can visit the EGA Pro Shop which offers leotards, shorts, T-shirts, headbands and more in both children and adult sizes.

All EGA updates—including hours of operation, registration information, class descriptions, upcoming events and more—are posted at [www.okinawa.usmc-mccs.org/gymnastics](http://www.okinawa.usmc-mccs.org/gymnastics).

## YOUTH SPORTS

The MCCS Youth Sports Program offers youth and teens ages 5–18 an opportunity to participate in a variety of sports throughout the year. Sports include co-ed soccer, baseball, softball, basketball and cheerleading. Parents can register their child in-person at any staffed MCCS Semper Fit Fitness Center or online by visiting [www.okinawa.usmc-mccs.org/youthsports](http://www.okinawa.usmc-mccs.org/youthsports) (during registration dates). New registrations must be accompanied by a proof-of-age document (DoD ID, birth certificate, passport, etc.). Registration fees include the player's uniform, participation medal and usage of sport-specific equipment. Parents can find all Youth Sports information at [www.okinawa.usmc-mccs.org/youthsports](http://www.okinawa.usmc-mccs.org/youthsports) or on the MCCS Semper Fit Facebook page. Interested families can contact the program at 645-3533/3534 or email [youthsports@okinawa.usmc-mccs.org](mailto:youthsports@okinawa.usmc-mccs.org).

## OUTDOOR RECREATION

MCCS Outdoor Recreation rents out an assortment of camping gear including tents, canopies, sleeping bags, lanterns, grills, stoves and coolers. A variety of items such as tables, chairs, turkey fryers and much more can also be rented for parties and cookouts. Visit [www.okinawa.usmc-mccs.org/outdoor\\_recreation](http://www.okinawa.usmc-mccs.org/outdoor_recreation) for a complete list of available items and checkout center locations.

## SINGLE MARINE PROGRAM

Established in 1995, this program is designed to improve the morale, well-being, and overall quality of life of all single and/or unaccompanied Marines and Sailors aboard Marine Corps installations.

The Single Marine Program (SMP) encourages single service members to participate in activities based on the components of the program: quality of life, community involvement and recreation. Each camp has an SMP council that meets monthly to address these three components. Activities include local and off-island trips, Japanese language and culture exchanges, community relations projects, paintball, barracks bashes and more. For more information, call the SMP main office at 645-3681 or visit [www.okinawa.usmc-mccs.org/smp](http://www.okinawa.usmc-mccs.org/smp).



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[www.okinawa.usmc-mccs.org/lacocina](http://www.okinawa.usmc-mccs.org/lacocina)





# TAIYO GOLF CLUB

Golf is a game for everyone at Taiyo Golf Club—a golf oasis for beginners, recreational golfers and experts alike. The fairways and challenging layouts offer beautiful jungle views and Taiyo also offers several educational programs, reasonable rates and even a “FREE Ride” program to pick up and drop off golfers without a vehicle of their own.

Taiyo Golf Club is located in Uruma City near the Kurashiki Dam, just minutes from Camp Courtney and only 20 minutes from Camp Foster via the Okinawa Expressway (see map on [www.okinawa.usmc-mccs.org/golf](http://www.okinawa.usmc-mccs.org/golf)). This course has a stunning 18-hole layout that unfolds across 247 acres of rolling fairways, lush wetlands, scenic vistas, dramatic elevation changes and large, well-manicured greens with subtle breaks.

Taiyo Golf Club is a full-service facility with a challenging championship-level course, top-of-the-line pro shop offering all the leading brands in clubs and apparel at competitive prices, professional instruction, world-class certified club fitting and an award-winning restaurant. Most of all, Taiyo’s friendly and professional staff are ready to cater to every golfer’s needs whether it is booking a unit event or fundraiser, becoming part of the golf club, or helping beginners looking to get into the game.

The course features many offerings and tournaments that cater to all ages and skill levels including competitive stroke play events such as the Club Championship and Home & Home Challenge. There are also more casual events such as Lemon Ball, the Red, White & Blue and Scramble tournaments. Instructional offerings include Get Golf Ready, Taiyo Golf Adventure, the Golfer Advancement Program (GAP), FREE Ladies Clinics and more. Taiyo Golf Club is open daily, including holidays.

For more information, call the Pro Shop at 622-2004/2006 (098-954-2004/2006 from off base) or visit [facebook.com/taiyogc](https://facebook.com/taiyogc).







# SHISA PIZZA

## CAMP FOSTER

Bowling Center (Bldg. 5670)  
098-970-1599 / 645-1599

## CAMP COURTNEY

Bowling Center (Bldg. 4234)  
098-954-7365 / 622-7365



# BOWLING CENTERS

MCCS Bowling Centers offer a fun recreational activity for service members, civilians and their families.

Regardless of ability or experience, novices all the way up to competitive bowlers will have a great time at the lanes. MCCS Bowling Centers can be found on Camps Foster, Kinser, Courtney, Hansen, Schwab and MCAS Futenma.

All MCCS Bowling Centers are equipped with state-of-the-art bowling entertainment systems such as “Mad Games”—where friends and families can build monsters and characters and destroy each other’s castles. There are also entertaining animations during games called “YouTunes” where players can take a silly picture and watch it come to life as they knock down bowling pins.

MCCS Bowling Centers offer discounts and special events throughout the year including seasonal and holiday specials, weekly red pin giveaways, monthly tournaments and cosmic glow bowling. The Camp Foster Bowling Center features a pro shop to fit bowlers’ every need, including top-of-the-line bowling balls, shoes and accessories. The Foster Bowling Pro Shop is open Tue–Sat from 10 a.m. to 6 p.m., and ball drilling is offered during operating hours. Walk-ins are always welcome. For more information on other offerings and events visit [www.okinawa.usmc-mccs.org/bowling](http://www.okinawa.usmc-mccs.org/bowling).

For food and drinks, the Foster Bowling Center also features the “Spare Room” Lounge, Shisa Pizza and Bulldogs Burgers. Reserve your child’s birthday party or host your next event at any of our six centers on island. In addition, the “Kids Bowl Free” program supports two FREE games per child throughout the summer months at specified locations. Register online at [kidsbowlfree.com](http://kidsbowlfree.com).





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# DIVE SITES

Surrounded on all sides by clear ocean waters, Okinawa is home to several excellent dive sites. Clean water, plentiful aquatic life and the warm *Kuroshio*, or Black Current, all contribute to Okinawa's renown among the world's divers. Service members stationed here have the unique advantage of being able to check out the marvelous diving just by taking a short drive or ferry ride.

## MAEDA POINT

At the reef's edge and to the right, the depth is about 20 feet; to the left of the reef, it's about 100 feet. At Maeda Point, divers can meet chromis, eels, tubeworms, anemones, clownfish, lionfish, squid and the occasional turtle and shark.

## KADENA NORTH STEPS

This dive site's accessibility makes it extremely convenient for most. Depths eventually reach 45 to 50 feet, and the bottom is comprised primarily of sand, rubble and limestone. Tropical fish including damselfish, butterfly fish and wrasses are plentiful.

## BOLO POINT

Also known as Cape Zanpa, "Bolo" features stunning topography and deep wall drops. After carefully negotiating the treacherous terrain to the left of the lighthouse to the entry point, divers will drop to see large tuna and trevally, octopi, cuttlefish and the occasional shark. Conditions change without warning, and the entry/exit is unforgiving, so this site should only be considered by experienced divers.

## SUNABE SEAWALL

Sunabe is one of Okinawa's most popular dive spots. The limestone rocks slope into cracks, crevasses and cliffs, and visibility averages 50 feet. At the edge of the reef is a soft coral garden, home to various anemone and clownfish. Divers may also spot cuttlefish, octopi, shrimp, crab or squid. Mollusks such as tritons, cowries and murexes like to seek shelter within coral and rock carpets, as well.



# TSUNAMI SCUBA

Okinawa is famous for its spectacular diving locales, and those interested in diving should check out Tsunami Scuba for all their diving needs. Tsunami Scuba is a full service PADI 5-Star Instructor Development Center, offering gear rental, repair and maintenance, tank fills and rentals, and a large retail selection of diving equipment and accessories. Tsunami Scuba provides diver training from beginner to professional level, and their instructors are some of the best in the business. If you've ever considered taking the plunge into the undersea realm, there's no better time than while stationed on Okinawa.



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Foster 646-3502 | Mon-Sat, 10 a.m.-6 p.m.  
Hansen 623-6344 | Mon-Fri, 9 a.m.-5 p.m.  
Schwab 625-8009 | Tue & Thu, 10 a.m.-5 p.m.

[www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours)



TOURS+





# CLASSES

Tsunami Scuba offers PADI (Professional Association of Diving Instructors) certifications via a wide variety of courses from beginning diving to scuba instructor to dive boat charters that visit some of the outer islands.

Dive classes are held year-round at all locations. New divers begin their adventure with an Open Water Diver course. In this course, divers will learn about the essential skills, important safety practices, necessary equipment for scuba diving and its care.

Next, divers join a PADI Advanced Open Water class or other courses offered by Tsunami Scuba such as Night Diver, Deep Diver or Nitrox Diver. To learn more about sea creatures that may be encountered, sign up for a Project AWARE Fish Identification course, or learn more about the coral reefs by taking the AWARE Coral Reef Conservation course. Other specialty diver courses include Search & Recovery Diving, Peak Performance Buoyancy, Underwater Photography, Criminal Investigator courses and many more. While there is plenty to see just a few steps from the shore, many great dive sites are only accessible by boat.

Fortunately, interested divers may book a charter boat with Tsunami Scuba. Their Boat Diver course is the perfect place to begin finding these hidden treasures. In Deep Diver, divers learn to organize and safely make dives as deep as 130 feet.

Frequent divers may consider the Equipment Specialist class to learn about routine maintenance, proper storage and handling, and discover the latest in scuba technology. Divers may learn how to better navigate the ocean floor when searching for nocturnal sea life on a night dive or try diving at night with the Night Diver specialty course.

Tsunami Scuba also offers courses that focus on safety. In the Rescue Diver class, divers learn to identify potential problems, render first aid and assist in diver rescues. There is also an Emergency First Response (EFR) course that covers basic CPR, first aid and the use of an automated external defibrillator (AED). In addition to these courses, an Oxygen Provider course is available.

Did you know you can become a dive professional while on Okinawa and potentially leave (or stay) with a new career? The Tsunami Scuba Divemaster and Instructor Development Programs will set you up for success for a potential career in the scuba industry.

What are you waiting for? Start your underwater adventures today! For more information stop by any Tsunami Scuba location or check out their website at [www.okinawa.usmc-mccs.org/scuba](http://www.okinawa.usmc-mccs.org/scuba).

*Dive sites continued...*

## CHANNEL CREVASSES

One of Okinawa's most spectacular coastal areas is found here. Visibility can reach 150 feet or more on calm days. Nooks, crannies and rocks are home to crab and lobster. Sea turtles lay their eggs in a protected area on the beach. Beyond the reef, divers can see cones, turbans, augers and many other shellfish. Beware of strong rip currents during extreme tidal changes.

## MERMAID'S GROTTO

Mermaid's Grotto, aka Onna Point, is known for its vast coral colonies and wide array of ocean creatures including crabs, anemones, clownfish, angelfish, wrasses, sergeant major, stonefish and octopi.

## TOILET BOWL

This site's strenuous entrance and exit and the need to maintain proper buoyancy make Toilet Bowl appropriate only for experienced divers. Ideal conditions exist along the outermost reef at about 30 feet. Near the reef top, divers can see crinoids and hydroids, and the underwater mountains, valleys and caverns host fish, crustaceans and sea fans. Sharks can often be seen along the wall to the left, while turtles might be found to the right. Divers need to exercise extreme caution because conditions may change rapidly.

## TSUNAMI SCUBA HOURS OF OPERATION

### CAMP FOSTER

645-4206

Mon–Fri, 11 a.m.–6 p.m.

Sat & Sun, 7 a.m.–6 p.m.

### CAMP COURTNEY

622-9203

Fri & Mon, 11 a.m.–6 p.m.

Sat & Sun, 7 a.m.–6 p.m.

### CAMP HANSEN

623-7717

Thu, Fri & Mon, 11 a.m.–6 p.m.

Sat & Sun, 7 a.m.–6 p.m.

### CAMP SCHWAB

625-4496

Fri & Mon, 11 a.m.–6 p.m.

Sat & Sun, 7 a.m.–6 p.m.

# TOURS+

Stroll through lush gardens, castle ruins, museums, historical sites, recreational facilities, beaches and more on one of the many available MCCS Tours+ excursions. Tours vary monthly and special tours to festivals and events such as the Nago Cherry Blossom Festival, Naha Tug-of-War and more are available throughout the year. Seasonal tours such as Kerama Snorkeling, Spooky Sites and Christmas Illumination are also available.

Tours+ also offers customized tours for units and groups as well as tickets to local attractions and hotels/resorts. For more information and prices, call MCCS Tours+ at 646-3502 or visit [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours).



## LOCAL TOURS

### BATTLE SITES

Visit Hacksaw Ridge, the Battle of Okinawa Historical Society Museum on Camp Kinser, explore the Japanese Naval Underground Headquarters and end the day at Peace Memorial Park. Bring dollars for lunch and yen for admission. Cancellation policy is two days before the tour date.

### BIOS ON THE HILL

Spend a day relaxing in a tropical forest park! Enjoy a boat ride while viewing flowers, plants and wildlife native to Okinawa. See the majestic water buffalo up close and take a ride on a traditional water buffalo cart. Admission and boat ride is included in the tour price. Bring yen for lunch and other expenses.

### CASTLE HOME & SHRINE

Enjoy a wonderful mixture of Okinawa's beauty and culture by taking a stroll through Nakagusuku Castle, Nakamura House and the Futenma Shrine. Bring yen for other admission fees and extra spending.

### DMM KARIYUSHI AQUARIUM

Encounter fascinating marine and land creatures at the cutting-edge DMM Kariyushi Aquarium. Immerse yourself in stunning visual displays and explore the diverse creatures that inhabit Okinawa and beyond. Relax at the aquarium cafe and afterwards, explore the shops and restaurants inside iias Mall next door. Bring yen for lunch and other expenses.

### FARM & FISH MARKETS (ITOMAN)

Purchase fresh seafood and vegetables in Itoman—the village of fishermen in southern Okinawa. Bring yen for shopping and a small cooler box to keep your goodies cool and fresh for the journey home.

### FOREST ADVENTURE PARK

Zip through the Okinawan woodlands. Test your courage on the zip slide ride, the Amazon rope bridge, the Tibetan bridge, or any of the other exciting courses. Children must be at least 7 years of age and 56 inches in height to participate. No person over 285 lbs. is allowed on any of the courses. Bring yen for lunch and spending.



## FUN DAY AT KOURI ISLAND

Enjoy swimming on Kouri Island! Spend a relaxing day on the beautiful white sand beach. Don't forget your swimsuit, change of clothes, towel, sunscreen, sandals and hat. Bring yen for lunch and a packed lunch and hydration.

## FUN DAY AT OKUMA

Enjoy a variety of recreation such as tennis, basketball, kayaking, snorkeling, golf and much more. Bring dollars for spending and lunch at Okuma restaurant or pack your own lunch.

## HIJI FALLS & OKUMA

Enjoy a hike to Hiji Falls in the northern part of the island. After working up an appetite, head to Okuma for a late lunch. Bring yen for the entrance fee and dollars for lunch. *Note: Hiking can be strenuous and is not recommended for people with health problems.*

## KERAMA ISLAND SNORKELING TOUR

Grab your fins and get ready for some fun! Tour includes a boat ride to two snorkeling spots in the breathtaking Kerama Islands. Bring lunch, hydration, snorkeling sets and wetsuit (if desired). Children under the age of 4 and pregnant women are not allowed on the tour.

## NEO PARK & PINEAPPLE PARK

Experience the best of Okinawa with visits to Neo Park and Pineapple Park! Interact with cute animals, enjoy a delicious lunch and sample delicious pineapple wine at the popular winery in Pineapple Park. Admission to both parks is included. Bring yen for souvenirs and lunch.



## OKINAWA WEST COAST TOUR

Visit Cape Manzamo, one of the most scenic spots on Okinawa. Afterwards, visit the Oriental Hotel Okinawa Resort & Spa for a delicious lunch buffet followed by a stop at the Okinawa Sweets Factory to taste sweets while overlooking the beautiful East China Sea.

## OCEAN EXPO PARK & CHURAUMI AQUARIUM

Head to Ocean Expo Park to visit Okinawa's four-story Churaumi Aquarium, one of the largest in Japan. Watch a FREE dolphin show, visit an Okinawan village or relax on Emerald Beach. Bring yen for lunch and purchases.

## OKINAWA WORLD & HABU MUSEUM

Tour Gyokusendo Cave, then enjoy an *eisa* drum show. You'll also visit a glass-blowing center, a pottery village, an *awamori* shop and the habu museum. Park and museum entrance fees are included in the tour price. Bring yen for lunch and spending.

## SOUTHEAST BOTANICAL GARDENS HOLIDAY ILLUMINATION

Enjoy an evening stroll through this iconic park decorated with beautiful illuminations for the holiday season. Bring yen for spending.



# Escape to Te Island



For more details, contact  
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## PIZZA IN THE SKY & NAKIJIN CASTLE RUINS

Visit Kajincho, a café affectionately known as “Pizza in the Sky” atop a hill in Motobu Village, to enjoy lunch with a beautiful view. Afterwards, visit Nakijin Castle ruins to learn the history of the Ryukyu Islands.

## SEA ADVENTURE & LUNCH BUFFET

Enjoy an explosion of underwater color—including, fascinating and colorful fish—without getting wet in a 360-degree view underwater observatory as well as on a glass-bottom boat. Afterwards, you will be treated to a sumptuous buffet at the Oriental Hotel Okinawa Resort & Spa. Bring yen for other expenses.

## SHRINE & GARDENS TOUR

Explore two of Okinawa’s most famous gardens, Shikina-en and Fukushu-en, with a stop at Kokusai Street for shopping and lunch. The tour will also visit Futenma Shrine, one of the most important Shinto shrines in Ginowan.

## SPOOKY SITES TOUR

In October, get into the spirit of Halloween on this haunted excursion. Visit well-known spooky sites here on island. How brave are you? Bring a flashlight.

## SUNSET BBQ DINNER CRUISE

Enjoy a beautiful Okinawan sunset and a delicious BBQ dinner (Japanese *yakimiku* style) from the open-air upper deck. Bring yen for drinks and refreshments.

## TOKASHIKI ISLAND BEACH TOUR

Hop on the ferry and spend the day relaxing on a white sandy beach or enjoy snorkeling over coral reefs. If you’re lucky, you may even encounter a sea turtle! Bring yen for lunch for children 0–5, locker fees (coins), life jacket rental and spending.

## RYUKYU LANTERN FESTIVAL

Bundle up and spend a romantic evening walking under 5,000 Chinese lanterns during the holiday season at Murasaki Mura Theme Park in Yomitan. Bring yen for spending.



## TUNNEL RATS TOUR

Explore numerous caves that served as bunkers and shelter during WWII. The tour also includes a stop at the Battle of Okinawa Historical Society Museum. Participants should wear old clothing and sturdy comfortable shoes and bring a hat, flashlight and gloves.

## URASHIMA DINNER THEATER

Savor the varied flavors of Okinawan cuisine while enjoying a traditional music and a dance performance. Attendees can choose from an Okinawan or American menu when they purchase tickets.

## YANBARU ADVENTURE ZIP LINING TOUR

Journey to Higashi Village for a day full of zip lining. You’ll enjoy panoramic views of Okinawa’s coastline with a side of adrenaline as you soar through the forests of Yanbaru. Afterwards, enjoy a late lunch at Okuma. Bring yen for food, fees for other activities and purchases.

## YANBARU KAYAKING TOUR

Enjoy the beautiful nature and scenery of Yanbaru on a kayak. Participants should bring a change of clothes, a towel, sun block, sandals, a hat and a packed meal with drinks. Bring dollars for lunch.



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▼ LINE ▼



- LOCATION -

MIHAMA - chatan

ISO - urasoe

TOMITON - toyosaki

Table Order Buffet

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okinawa goen



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▼ WEB site ▼



# 焼肉 五苑





## OFF-ISLAND TOURS

### VIETNAM

Vietnam fosters a unique blend of pastoral charm and budding commercialism. It is fast becoming Asia's tourist hot spot with its picturesque rice paddy fields, ancient temples and busy cities. Tours+ will take travelers to Ho Chi Minh City, Danang, Hanoi and Halong Bay.

### MAINLAND JAPAN

Mainland Japan offers everything from bustling metropolises to beautiful, natural scenery. The ultimate tourist destination for families with children, Tokyo is a vibrant city with activities to please everyone.

Families can spend the day at Tokyo Disneyland or visit other tourist attractions. One of Tokyo's must-see sights is the Imperial Palace, often considered the centerpiece of Tokyo and a prime example of traditional Japanese architecture. Other attractions include the Tokyo Tower, Meiji Shrine, Asakusa and Sensōji Temples and Ueno Park, where travelers can find several museums. During July and August, MCCS Tours+ offers Mount Fuji climbing tours as well.

Sapporo, located in northern Japan, is another popular destination, with tours scheduled to coincide with the annual Sapporo Snow Festival in February. Tours of Kyoto, where travelers can experience the heart of Japanese culture in the form of ancient temples and shrines, gardens and palaces, are also popular.

### MALAYSIA

Cool hideaways are found in the highlands that roll down to warm, sandy beaches and rich, humid mangroves. This country of extreme contrasts features towering skyscrapers such as the Petronas Twin Towers looking down on wooden houses built on stilts. Also, visitors may experience 5-star hotels sitting close to ancient reefs. MCCS Tours+ offers perfect vacations full of surprises, eclectic cultures and natural wonders.

### THAILAND

A tour to Bangkok, Thailand's capital city, would likely include a trip to the Damnoen Saduak Floating Market and the famed Kanchanaburi Bridge. Visitors can take a river taxi on the Chao Phraya River, see elephants at the Dusit Zoo or admire the splendor of the Grand Palace and Bangkok's many temples.

Chiang Mai, the largest city in Northern Thailand, is known for its amazing assortment of over 300 *wats* (temples). Wat Phra Doi Suthep,

one of Thailand's most sacred pilgrimage spots, offers a panoramic view of Chiang Mai and the surrounding valley. Travelers will also enjoy the night markets, where beautiful Thai handicrafts are sold at unbeatable prices.

### SOUTH KOREA

Most Tours+ South Korea tours are centered on Seoul. Sights include the Korean War Memorial, which features a collection of combat relics; Toksugung Palace, built as a royal villa during the Choson Dynasty; and Chogye-sa Temple, the largest Buddhist temple in the city. Seoul is also a haven for shoppers, featuring areas like Itaewon, Nam-daemun and Insadong. All these are extremely popular sites where great bargains can be found on everything from clothing to artwork.

### SINGAPORE

A veritable melting pot of different cultures and religions, Singapore features museums and galleries, wonderful night life, delicious food and one of the best zoos and night safaris in the world.

## TOURS+

### HOURS OF OPERATION

\*Closed Sundays and Federal Holidays

CAMP FOSTER  
646-3502

Mon–Sat, 10 a.m.–6 p.m.

CAMP HANSEN  
623-6344

Mon–Fri, 9 a.m.–5 p.m.

CAMP SCHWAB  
625-8009

Tue & Thu, 10 a.m.–5 p.m.



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MAP



ENGAGE WITH COMMUNITY,  
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VISIT YOUR NEAREST SMP CENTER FOR MORE INFORMATION.

**FOSTER** (BLDG. 5908)

645-3681  
MON-FRI: 7:30 A.M.-8 P.M.  
SAT: 11 A.M.-8 P.M.

**KINSER** (BLDG. 1220)

637-3258  
MON-SAT: 10 A.M.-7 P.M.

**HANSEN** (BLDG. 2377)

623-3017  
MON-FRI: 10 A.M.-7 P.M.  
SAT: 11 A.M.-8 P.M.

**FUTENMA** (BLDG. 103/104)

636-1015  
MON-SAT: 10 A.M.-7 P.M.

**COURTNEY** (BLDG. 4423)

622-7105  
MON-SAT: 10 A.M.-7 P.M.

**SCHWAB** (BLDG. 3429)

625-1119  
MON-THU: 10 A.M.-7 P.M.  
FRI: 10 A.M.-9 P.M. SAT: NOON-7 P.M.  
SUN: CLOSED

For locations and hours of operation,  
email [singlemarineprogram@okinawa.usmc-mccs.org](mailto:singlemarineprogram@okinawa.usmc-mccs.org)  
or visit [www.okinawa.usmc-mccs.org/smp](http://www.okinawa.usmc-mccs.org/smp)







# EDUCATION & CAREER

The Education and Career Services Program offers valuable education programs and library support services to service members, DoD civilians and their families.

## LIBRARIES

MCCS Okinawa operates six Marine Corps libraries on island, plus one at Camp Fuji in mainland Japan and one at Camp Mujuk in South Korea, all of which offer full library services.

Once registered at any MCCS Library, patrons will have access to all MCB Camp Butler libraries. Please visit their website at [www.okinawa.usmc-mccs.org/libraries](http://www.okinawa.usmc-mccs.org/libraries) to see upcoming events and find out more about what the library has to offer.



## THE VOLUNTARY EDUCATION PROGRAM

The Voluntary Education Program provides educational opportunities for Marines, Sailors and family members. Students may begin or complete their undergraduate and graduate degrees via traditional, face-to-face classes on island through one of two contracted colleges/universities, or pursue online learning through a network of regionally accredited institutions. The two schools on island are University of Maryland Global Campus and Embry-Riddle Aeronautical University.

There are six MCCS Education Centers on Okinawa staffed with Education Services Specialists, Personal & Professional Development Advisors and Education Technicians who are available to assist and provide briefs on:

- MARINE CORPS TUITION ASSISTANCE
- FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA) APPLICATION

- SCHOLARSHIP SEARCHES
- GI BILL BENEFITS
- MYCAA AND SPOUSE EDUCATION AND CAREER OPPORTUNITIES (SECO) FOR MILITARY SPOUSES
- JOINT SERVICES TRANSCRIPT (JST) REVIEW AND EVALUATION.
- COMMISSIONING PROGRAMS
- UNITED SERVICES MILITARY APPRENTICESHIP PROGRAM (USMAP)
- MARINE CORPS CREDENTIALING OPPORTUNITIES ON-LINE (MCCOOL)
- SKILLBRIDGE
- LEADERSHIP SCHOLAR PROGRAM (LSP)
- MANAGING YOUR EDUCATION (MYE): TRACK FOR TRANSITIONING MARINES WHO PLAN TO ENTER COLLEGE AFTER COMPLETION OF ACTIVE-DUTY SERVICE (ALSO OPEN TO FAMILY MEMBERS). THE CAMP FOSTER TESTING OFFICE PROVIDES DANTES AND PEARSON VUE CERTIFICATION TESTING AS WELL AS MARINE CORPS MILITARY CLASSIFICATION TESTING.

Popular exams include:

- LAW SCHOOL ADMISSIONS TEST (LSAT)
- MILITARY CLASSIFICATION EXAMS:
- ARMED FORCES CLASSIFICATION TEST (AFCT) (ASVAB IN-SERVICE TEST)
- AVIATION SELECTION TEST BATTERY (ASTB)
- DEFENSE LANGUAGE APTITUDE BATTERY (DLAB)
- DEFENSE LANGUAGE PROFICIENCY TEST (DLPT)
- ORAL PROFICIENCY INTERVIEW (OPI)
- COLLEGE LEVEL EXAMINATION
- PROGRAM (CLEP) AND DANTES SUBJECT STANDARDIZED TEST
- (DSST) EXAMS OFFERED THROUGH UMG's NATIONAL TESTING CENTER.

For more information on MCCS Education Center offerings, visit [www.okinawa.usmc-mccs.org/educationandcareerservices](http://www.okinawa.usmc-mccs.org/educationandcareerservices).

# ENJOY *Breakfast* AT AN MCCS CLUB



## BRUNCHES

BUTLER OFFICERS' CLUB  
(PLAZA HOUSING)

HABU PIT  
(MCAS FUTENMA)

TENGAN CASTLE  
(CAMP COURTNEY)

## BUFFETS

OCEAN BREEZE  
(CAMP FOSTER)

SURFSIDE  
(CAMP KINSER)

TENGAN CASTLE  
(CAMP COURTNEY)

## À LA CARTE

BEACHHEAD  
(CAMP SCHWAB)

TAIYO STEAKHOUSE  
(TAIYO GOLF CLUB)

TERRA  
(CAMP FOSTER)

TRADEWINDS INSIDE  
THE PALMS  
(CAMP HANSEN)



## MCCS LIBRARIES

### CAMP KINSER

637-1039 | Bldg. 1311

### MCAS FUTENMA

636-3946 | Bldg. 403

### CAMP FOSTER

645-7178 | Bldg. 5679

### CAMP COURTNEY

622-9280 | Bldg. 4453

### CAMP HANSEN

623-7372 | Bldg. 2339

### CAMP SCHWAB

625-2518 | Bldg. 3000

### CAMP FUJI

224-8448 | Bldg. 110

### CAMP MUJUK

763-6983 | Bldg. 2002 & 2003

## MCCS EDUCATION CENTERS

### CAMP KINSER

637-1821 | Bldg. 1220

### MCAS FUTENMA

636-3036 | Bldg. 407

### CAMP FOSTER

645-3486/7160 | Bldg. 5679

### CAMP COURTNEY

622-9694 | Bldg. 4425

### CAMP HANSEN

623-4376 | Bldg. 2339

### CAMP SCHWAB

625-2046 | Bldg. 3000

All centers are open Monday–  
Friday, 7:30 a.m.–4:30 p.m.

## LOCAL COLLEGE CONTACT INFORMATION

### University of Maryland Global Campus

Located in all major MCCS  
Education Centers  
[asia.umgc.edu](http://asia.umgc.edu)

### Embry Riddle Aeronautical University

Located in the Kadena Air Base Education Center and in the MCCS Education Center on MCAS Futenma  
[worldwide.erau.edu/administration/military-veterans/pacom](http://worldwide.erau.edu/administration/military-veterans/pacom)



## EMPLOYMENT OPPORTUNITIES

MCCS offers a variety of career-building opportunities with a priority of hiring qualified spouse and family members of active-duty military and civilian employees stationed in foreign areas. Jobs are available in the fields of entertainment, food & hospitality, retail, athletics, aquatics, finance, marketing, behavioral health, family care, logistics, human resources, personal & professional development, information technology and much more. Prospective employees can check current vacancies and submit applications online at [careers.usmc-mccs.org](http://careers.usmc-mccs.org). Applicants without an internet connection can visit their nearest military library to apply online. For more information, email [jobs@okinawa.usmc-mccs.org](mailto:jobs@okinawa.usmc-mccs.org). For regular full-time and part-time employees, MCCS offers a comprehensive benefits package. Aetna International Medical and Dental Insurance offers comprehensive medical and dental insurance plans that can be used globally in addition to a life insurance policy that offers affordable coverage to employees and family members up to three times their annual salary. MCCS employees can receive short-term disability insurance—up to 60 percent of salary for three months while qualified short-term disabilities take them out of work.

Employees who are regular full-time or part-time can also earn vacation and sick leave and are authorized to utilize the Family Friendly Leave Act, Family Medical Leave and Leave Donation Program when qualified. For more information about becoming an MCCS employee, call MCCS NAF HRO at 645-3052.

## MCCS TRAINING

As a part of NAF HRO, the MCCS Human Resource Development Department supports members of the community by offering a variety of learning opportunities that help expand career options and increase the marketability of prospective employees. Participants can improve their skills by enrolling in a technology, communication or professional development class.

For more information, call MCCS HR Development at 645-2032, email [HRdevelopment@okinawa.usmc-mccs.org](mailto:HRdevelopment@okinawa.usmc-mccs.org), or view training options at [www.okinawa.usmc-mccs.org/training](http://www.okinawa.usmc-mccs.org/training).





### COME FOR A TOUR!

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- After-School Childcare (K-5)
- Community Engagement
- G.I. Bill Pay Service Available

*Providing a Christ-centered, American-style college preparatory education for K-12 students in a caring, international community!*

APPLY NOW



## OKINAWA CHRISTIAN SCHOOL INTERNATIONAL

1835 Zakimi, Yomitan, Okinawa, 904-0301

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✉ [info@ocsi.org](mailto:info@ocsi.org)

DUAL-ACCREDITED INSTITUTION



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海兵隊のライフスタイルについて学び、洞察を共有し、  
支援ネットワークを築き、知識を得て、軍属の旅を通し  
て回復と精神力を高めるのに必要なスキルを構築してください。

- LIFESTYLE • INSIGHT • NETWORKING •
- KNOWLEDGE • SKILLS •

**MARINE & Family**  
Marine Corps  
Family Team  
Building

Quarterly workshop at alternating  
installations. For more information  
and to register visit  
[www.okinawa.usmc-mccs.org/links](http://www.okinawa.usmc-mccs.org/links)

645-3696 | 098-970-3696  
[www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb)





# PERSONAL & PROFESSIONAL DEVELOPMENT RESOURCES

## RELOCATION SERVICES

New accompanied (all ranks) and unaccompanied (E-6 and above) arrivals are required to attend the Newcomers' Orientation Welcome Aboard (NOWA) brief to receive a Status of Forces Agreement (SOFA) driver's permit. The brief covers mandated topics, including cultural briefs, presentations on facilities and activities around Okinawa. FREE bus transportation is provided from the Inns of the Corps Camp Foster to Camp Foster's Community Center Auditorium.

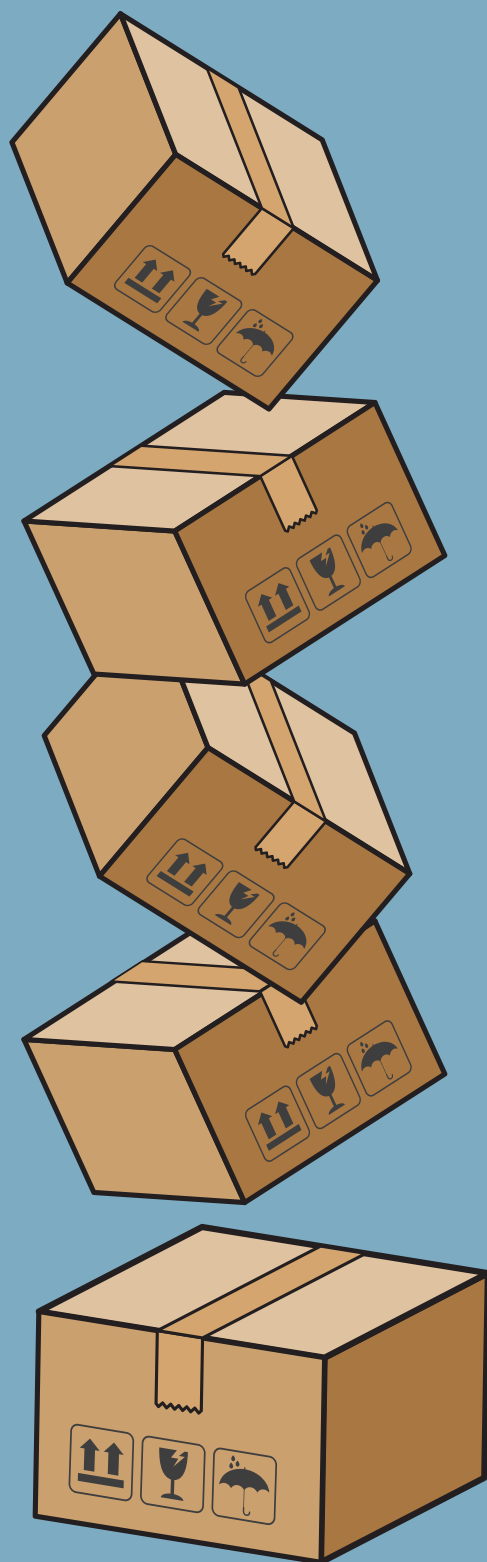
Lending Locker items are available to all accompanied service members, DoD civilians and their family members who are inbound or outbound on Permanent Change of Station (PCS) orders. Dishware, flatware and more are available FREE of charge. All that's needed is a copy of your orders, area clearance or equivalent PCS documentation. To download a copy of the Lending Locker agreement, visit the "Smooth Move Toolkit" tab at [www.okinawa.usmc-mccs.org/relocation](http://www.okinawa.usmc-mccs.org/relocation).

The Smooth Move Workshop is designed to help ensure service members a smooth transition by offering information about check-out procedures, shipping household goods, PCS entitlements and financial concerns, along with other relocation services.

Call 645-7494/2104/2106, visit [www.okinawa.usmc-mccs.org/relocation](http://www.okinawa.usmc-mccs.org/relocation) or email [mcbbr\\_reloassist@usmc.mil](mailto:mcbbr_reloassist@usmc.mil) for more details and registration on these and other relocation services.

## CULTURAL AWARENESS & ADAPTATION

Personal & Professional Development Resource Centers offer a variety of FREE cultural programs including traditional Okinawan arts and crafts, Japanese language classes and local cultural orientation tours. For more information on these or other offerings, call 645-3127/2157/2104/2106 or visit [www.okinawa.usmc-mccs.org/culturalawareness](http://www.okinawa.usmc-mccs.org/culturalawareness).



## PERSONAL FINANCIAL MANAGEMENT

A variety of hands-on workshops are available in which attendees prepare financial statements, develop budgets, learn about first-time investments and much more. Classes include Savings and Investing, Credit Report Analysis, Home Buying, Money Management and more. For details, call 645-2104/2106 or visit [www.okinawa.usmc-mccs.org/personal\\_finance\\_management](http://www.okinawa.usmc-mccs.org/personal_finance_management).

## INFORMATION, RESOURCE & REFERRAL

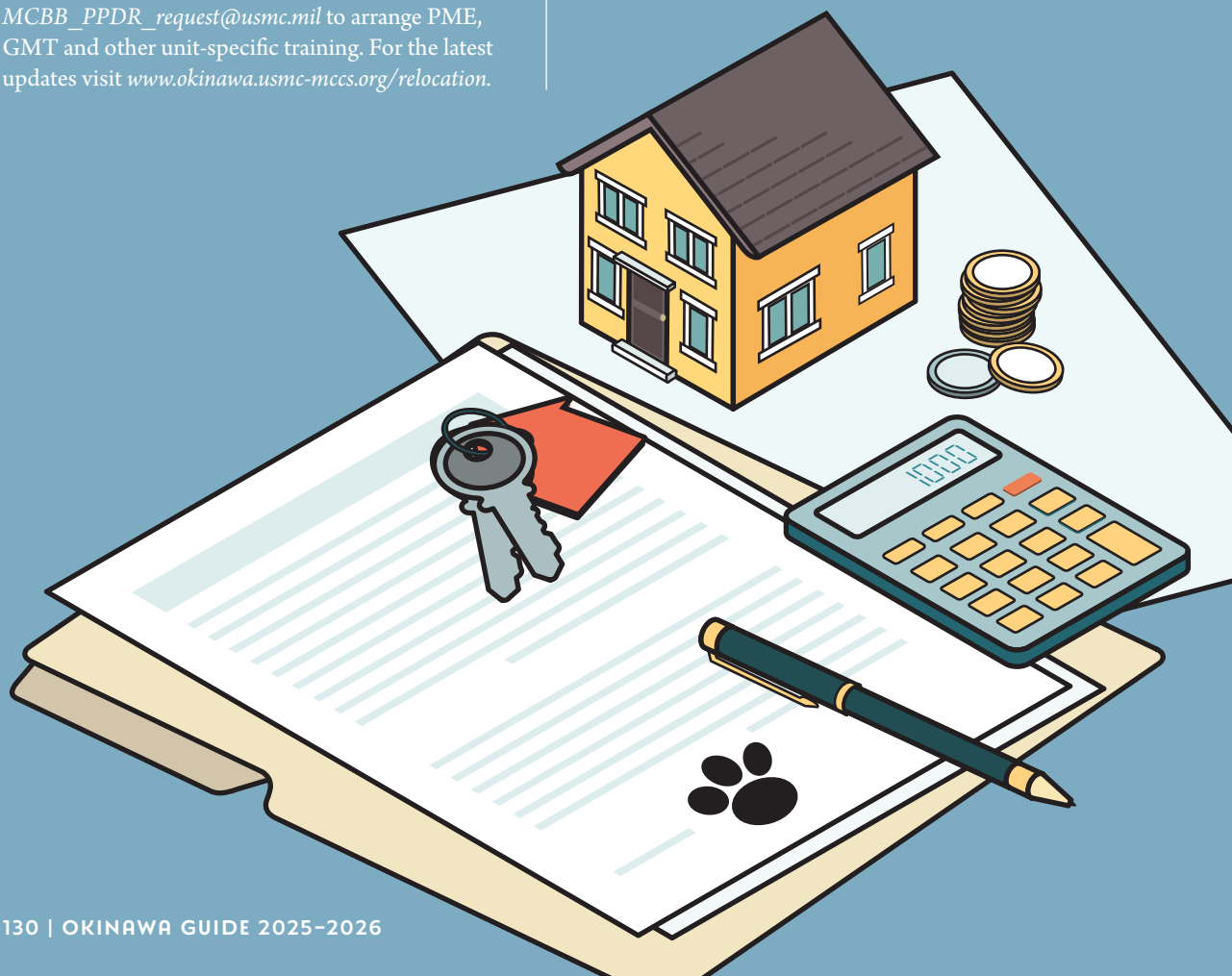
Personal readiness is paramount to success in today's military environment. Information & Referral Specialists provide comprehensive resource and referral services to assist with readiness needs. The P&PD-R Centers are also the central point of contact for Military OneSource, providing customized briefs and localized information. I&R specialists are available to coordinate specialized training to meet unit readiness needs.

Contact an I&R Specialist at 645-2104/2106 or email [MCBB\\_PPDR\\_request@usmc.mil](mailto:MCBB_PPDR_request@usmc.mil) to arrange PME, GMT and other unit-specific training. For the latest updates visit [www.okinawa.usmc-mccs.org/relocation](http://www.okinawa.usmc-mccs.org/relocation).

## TRANSITION READINESS PROGRAM

Preparing for life after military service is crucial, and the Transition Readiness Program (TRP) is designed to ensure Marines are fully equipped for civilian success. Through a structured approach, TRP offers essential training, counseling and resources to help service members meet Career Readiness Standards (CRS) before separation.

At the heart of the program is the Transition Readiness Seminar (TRS)—a mandatory, three-day workshop covering five core topics including Managing Your Transition, MOC Crosswalk (aligning military experience with civilian careers), Personal Financial Planning for Transition, VA Benefits and Services as well as Employment Fundamentals of Career Transition. Per DoDI 1332.35 and MARADMIN 632/19, all service members must complete an Individualized Initial Counseling (IC) 12–18 months before separation or 12–24 months before retirement. This one-on-one session determines which pathway a Marine should follow for a successful transition. For more details, call 645-3151.





# INDIVIDUAL COUNSELING & PRE-SEPARATION COUNSELING

## STEP 1: PRE-WORK CHECKLIST

Before starting the transition process, Marines connect with their Unit Transition Coordinator (UTC) and complete key requirements, including registering for programs in compliance with *MCO 1700.31* and the National Defense Authorization Act (NDAA) of 2019.

## STEP 2: INDIVIDUAL COUNSELING (IC) APPOINTMENT

This one-on-one session is a deep dive into the Marine's transition plan. A TRP counselor will discuss VA Benefits, financial planning, social support networks, education and employment goals and Reserve opportunities and obligations. After completing the Pre-Work Checklist, Marines can schedule their IC appointment online at [www.okinawa.usmc-mccs.org/trp](http://www.okinawa.usmc-mccs.org/trp). An IC is valid for 24 months.

## STEP 3: PRE-SEPARATION COUNSELING

This mandatory session covers critical bylaw information, benefits and resources to support Marines during and after their transition. Certification is valid for 24 months.

## PRE-RETIREMENT WORKSHOP

For those approaching retirement, the Pre-Retirement Workshop delivers in-depth guidance on managing your transition, MOC Crosswalk (aligning military experience with civilian careers), personal financial planning for transition, VA benefits and services and employment fundamentals of career transition. Marines are encouraged to attend this workshop at least six months before retirement. For details, call 645-3151.

## PATHWAY 2-DAY TRACK (AS REQUIRED)

Based on their IC appointment, Marines may be recommended or required to attend one of four specialized pathways:

### **Manage Your Education (MYE)**

Ideal for those pursuing higher education, this track provides insights on college selection, admissions and funding options such as the GI Bill.

**Entrepreneurship Track, Boots to Business (B2B)** Designed for Marines interested in starting their own business, this course covers business planning, financing and mentorship opportunities.

**The Career & Credential Exploration (C2E)** A perfect fit for those still deciding on a post-military career, this track helps Marines identify skills and explore certification programs in high-demand fields.

**Department of Labor Employment Track** Tailored for Marines ready to enter the workforce, this workshop demystifies modern hiring practices and provides job search strategies.

For details on these tracks, call 645-3151.

## WHY TRANSITION READINESS MATTERS

Leaving the military is a major life event, and proper planning ensures a smooth, successful transition into civilian life. Whether pursuing a new career, higher education, or entrepreneurship, TRP is here to help Marines take charge of their future. Call 645-3151 today to get started!





# Supporting **our** greatest asset. **You.**

## Substance Assessment and Counseling Program



Camp Foster | Bldg. 440  
Camp Hansen | Bldg. 2631  
Camp Schwab | Bldg. 3000 Room E06

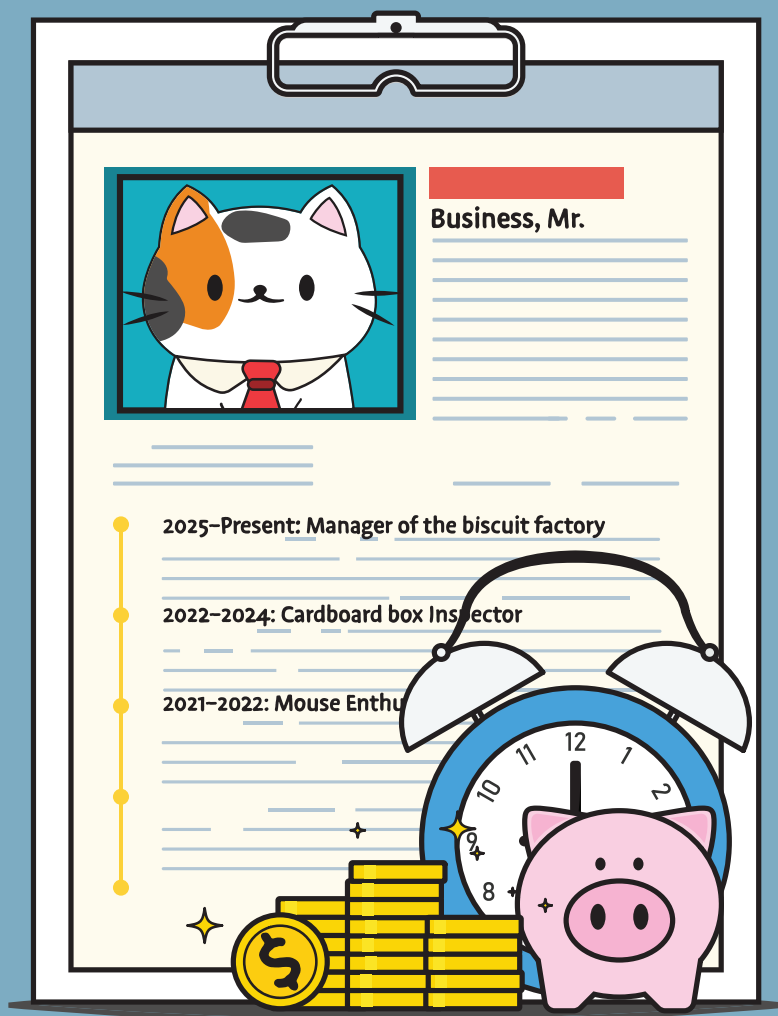
DSN: 645-3009 | Cell: 098-970-3009

### Offerings:

Outreach & Education for the SOFA Community | Prevention Education | Walk-in Services | Early Intervention | Assessment | Counseling for Gambling and Substance Misuse | Relapse Prevention | Family Education Programs | SACO Certification







## EMPLOYMENT ASSISTANCE PROGRAM

Looking for a job? Employment assistance classes are essential for service members and their family members who are interested in starting an on-island job search or preparing to transition back to the U.S. These classes provide up-to-date information on hiring trends in the U.S. and information regarding the on-island employment processes.

The classes cover topics such as résumé writing, the federal job application process, federal résumé writing, interview skills, professional communication and career assessments. Call 645-3151 for more information.

## BEHAVIORAL HEALTH

The Behavioral Health Family Advocacy Program (BHFAP), located in Bldg. 439 on Camp Foster, provides support, education, outreach and treatment to help improve the quality of life for military service members and their family members on Camp Butler. Many Behavioral Health services, including New Parent Support and Clinical Counseling are also offered in various languages including Japanese.

## EXCEPTIONAL FAMILY MEMBER PROGRAM

The Exceptional Family Member Program (EFMP) is designed to help ensure that Marine family members with special needs have continuity of care as they transfer from one duty station to the next. The primary purpose of EFMP is to provide coordination and support throughout the assignment process. This ensures the availability and accessibility of services needed by the family while meeting the mission of the USMC. EFMP works together with other military and civilian agencies to provide a comprehensive, multi-agency approach for community support, medical, educational and personal services.

This holistic approach ensures the health and educational needs of our families are met. Enrollment in EFMP ensures that all necessary services are available for applicable families at the destination installation before orders are executed.

For more information on EFMP, call 645-9237 or visit [www.okinawa.usmc-mccs.org/efmp](http://www.okinawa.usmc-mccs.org/efmp).



# MCCS EDUCATION CENTERS

*Welcome You to Okinawa!*

Supporting Your Educational Goals

The Voluntary Education Program assists with:  
Educational Opportunities  
Funding

Testing for Marines, Sailors and family members!

Contact an MCCS Education Center near you to find out more!



**CAMP KINSER**  
Bldg. 1220B | 637-1821

**MCAS FUTENMA**  
Bldg. 407 | 636-3036

**CAMP FOSTER**  
Bldg. 5679 | 645-7160

**CAMP COURTNEY**  
Bldg. 4425 | 622-9694

**CAMP HANSEN**  
Bldg. 2339 | 623-4376

**CAMP SCHWAB**  
Bldg. 3000 | 625-2046

[www.okinawa.usmc-mccs.org/education](http://www.okinawa.usmc-mccs.org/education)

We encourage and support the participation of individuals of all abilities. Please contact 645-7160 or email [education@okinawa.usmc-mccs.edu](mailto:education@okinawa.usmc-mccs.edu) if accommodations are required.

**MARINE**  
& Family

Voluntary  
Education  
Program

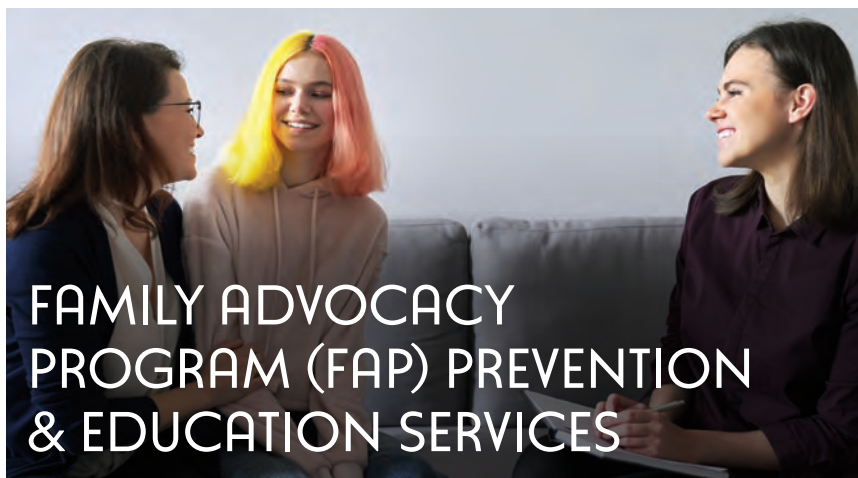
**MCCS**  
MARINE CORPS  
COMMUNITY SERVICES



## SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM/ SAPR VICTIM ADVOCATES (SAPR VA)

SAPR personnel include Sexual Assault Response Coordinators (SARCs) and Civilian or Military SAPR Victim Advocates (SAPR VAs). SAPR VAs are the first responders, and SARCs are the program managers for their respective commands. Active duty, DoD civilian and family members over the age of 18 years who have been assaulted are eligible for SAPR services. SAPR VA posters can be found in the common areas of commands and barracks.

Victims have the option of making a restricted or unrestricted report of sexual assault and may speak to a SAPR VA prior to learn of all available options. SAPR VAs provide command/community briefs and training on issues related to sexual assault awareness and prevention. For confidential information or to make a report call 645-HOPE (4673) / 098-970-4673.



## FAMILY ADVOCACY PROGRAM (FAP) PREVENTION & EDUCATION SERVICES

FAP Prevention & Education Specialists offer educational classes, training and skill-building briefs to units, commands, community organizations and SOFA personnel on topics such as communication enhancement, healthy relationships, positive parenting, domestic violence and child abuse identification and reporting, problematic sexual behavior in children and youth as well as anger and stress management. Call 645-2915 and ask for a FAP Prevention & Education Specialist, or email [fapprevention@usmc.mil](mailto:fapprevention@usmc.mil) for more details.

### NEW PARENT SUPPORT PROGRAM

The New Parent Support Program (NPSP) serves expectant families and families with children under the age of six by providing education, parenting support and other resources through home and office visits. NPSP also offers classes and skill-building briefs including Baby Boot Camp, Infant Massage, Play Morning Parents in Uniform and the Parent Support Group. For more details, call 645-0396 (DSN) or 098-970-0396 (off base or cellphone) or send them an email at [npspokinawa@usmc.mil](mailto:npspokinawa@usmc.mil).

### VICTIM ADVOCACY PROGRAM

Advocates provide supportive services designed to empower and encourage family wellness through education and promoting safety. Victim Advocates provide services to individuals experiencing domestic abuse and non-offending parents of children involved in child abuse incidents. Some examples of services include safety planning, emotional support, providing resources, helping navigate through crises and next steps. If you or someone you know may be experiencing abuse, you can contact an advocate at any time to talk about the available reporting options by calling the 24/7 SAFELINE at 645-SAFE (7233) or 098-970-SAFE.

### BEHAVIORAL HEALTH FAMILY ADVOCACY COUNSELING (BHFAP)

Family Advocacy counselors provide assessments, safety planning and treatment services when there are allegations of intimate partner or child abuse. Counselors also provide assessments, treatment and intervention services for families of impacted children experiencing Problematic Sexual Behavior in Children and Youth (PSB-CY). Preventative counseling is offered as well in which active-duty service members, their families and other SOFA personnel can come in during walk-in screening hours (Mon–Fri, 8–11 a.m. & 1–4 p.m.) to schedule appropriate counseling services. A FAP case is NOT required to receive FAP services. For more BHFAP details, please call 645-2915.

## BEHAVIORAL HEALTH COMMUNITY COUNSELING PROGRAM (CCP)

CCP uses an integrated community health approach, equipping Marines and families with the skills to address life's challenges before performance in their duties and relationships become significantly impacted. CCP assists clients in accomplishing personal goals through short-term solution-focused counseling, skill enhancement as well as education and referrals to other resources. As licensed experienced counselors, CCP places the focus of care on building strength, resiliency and teaching necessary skills to individuals, couples and families. Non-medical counseling is supportive in nature and works to address issues such as general conditions of living, life skills, improving relationships at home and at work, stress management, adjustment issues, relationship problems, parenting and grief and loss. Services are confidential within the limits of the law, and counseling records are not part of medical records. For more details, please call 645-2915.

## BEHAVIORAL HEALTH SUBSTANCE ASSESSMENT AND COUNSELING PROGRAM (BH-SACP)

Counselors and prevention specialists at BH-SACP provide a variety of care for active-duty Marines, Sailors attached to Marine units and their adult family members who are at risk for or have already had substance misuse or gambling concerns. Counselors also provide support to community members concerned about their loved one's substance and/or gambling behaviors. The following services are offered:

### PREVENTION & EARLY INTERVENTION SERVICES

Alcohol Prevention Specialists and the Drug Demand Reduction Coordinator offer services via classes, workshops, community/unit briefs, certification training for the unit SACO and substance abuse program reviews and inspections. Prevention briefs workshops are available to the SOFA community on a range of topics to include Prime for Life 4.5 (which covers biological risks and definitions of low-risk drinking choices to groups of four to 25 Marines and/or Sailors), and Prime for Life 16 (provided to those who have had an alcohol or drug-related incident, or those making high-risk substance use choices).

### SUBSTANCE ASSESSMENT AND COUNSELING

Clinical staff offers individual clinical sessions, outpatient, aftercare counseling, and referrals to our community partners. Prevention services are available on all Marine Corps camps on Okinawa and counseling services are available on Camps Foster (Bldg. 440), Hansen (Bldg. 2631) and Schwab (Bldg. 3000, PSC 11 / E06). Self-referrals may call or walk in during office hours for information/services on Camp Foster and Camp Hansen, Mon–Fri, 7:30 a.m.–4 p.m. (closed on federal holidays). For more information on all services, call 645-3009 or 098-970-3009.

## FAMILIES OVERCOMING UNDER STRESS (FOCUS)

FOCUS offers training designed to strengthen couples and families in readiness for tomorrow. It builds on current strengths and teaches practical skills related to the challenges of military life, including stress, injury and other transitions. During FOCUS, families and couples practice perspective and become closer by developing a shared understanding of their experience. FOCUS training is confidential, FREE and offers services at family friendly hours. Services are also available via the virtual TeleFOCUS program, allowing families and couples to meet with a FOCUS provider via video teleconference. Families and couples can use TeleFOCUS when sessions are difficult to make in person. For more information or to schedule an appointment, call 645-6077.



## L.I.N.K.S. FOUNDATIONS

Discover Marine Corps life and your new community with a MCFTB L.I.N.K.S. Foundations workshop. Ideal for anyone new to military life or living overseas, this comprehensive session offers insights into Marine Corps history, rank, local resources, benefits, deployment, communication styles, community involvement and traditions. There, participants can create connections, build resilience and feel at home in their new surroundings.

Offerings include L.I.N.K.S. for Japanese Spouses (a workshop tailored specifically for Japanese spouses new to military life delivered in Japanese that covers essential topics such as Marine Corps life, local resources, benefits, deployment and more); Mentor Training (a comprehensive workshop designed for seasoned military spouses that refines mentoring abilities and boosts public speaking skills) and Cuppa Conversation (a laid-back atmosphere where spouses gather together over coffee or tea to network, share information and enjoy each other's company).

L.I.N.K.S. classes are offered in various formats, including full-day, half-day lunch-and-learn series or via unit request. Family Readiness Command Team Advisors and Family Readiness Assistants are required to attend a L.I.N.K.S. Foundations session every three years or when PCS occurs from or to an overseas location. For more information on these programs, visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb) or contact MCFTB at 645-3689.

# MCFTB: STRENGTHENING BONDS FOR MILITARY FAMILIES

Marine Corps Family Team Building (MCFTB) is dedicated to nurturing personal growth and bolstering the readiness of Marine Corps and Navy families. Our mission is to equip families with the tools they need to navigate and thrive in the dynamic military lifestyle. Through our programs, we aim to forge strong and resilient bonds among service members, their families and the military community.

## FAMILY READINESS SERVICES

Family Readiness Services aim to equip Marines, Sailors and their families with valuable problem-solving skills and access to supportive resources and essential information via workshops and classes organized by MCFTB. Registration is required for all MCFTB programs. For further details or registration, please visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb).

## UNIT, PERSONAL AND FAMILY READINESS PROGRAM (UPFRP)

UPFRP provides formal training requirements to MCCS employees serving as Deployment Readiness Coordinators (DRC), active-duty command-appointed Uniformed Readiness Coordinators (URC), active-duty command team members and family members interested in contributing as appointed volunteers in roles such as Family Readiness Command Team Advisors (FRCTA) or Family Readiness Assistants (FRA). These classes provide foundational knowledge on the UPFRP to fulfill mandatory training requirements from HQMC. Monthly Family Readiness Program Training classes and workshops are available, along with options for unit-specific requests.

Family Readiness Command Team Training is tailored to acquaint and guide command team members regarding their roles, responsibilities and the operational aspects of their UPFRP. This training equips participants with essential information to implement and execute successful programs, empowering every Marine and their family to not just survive but thrive amidst the challenges of military life, ensuring optimal resilience during life-cycle events.

UPFRP Readiness Coordinator Training furnishes Deployment and Uniformed Readiness Coordinators with the necessary information and resources to excel in their roles and effectively support the UPFRP. This comprehensive training prepares Readiness Coordinators for their demanding yet rewarding tasks.

# VFW POST 9723

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[www.okinawa.usmc-mccs.org/youthsports](http://www.okinawa.usmc-mccs.org/youthsports)

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SEMPER FIT



## READINESS & DEPLOYMENT SUPPORT TRAINING

The Readiness & Deployment Support program aims to equip military personnel and their families with the tools and knowledge to navigate the challenges of deployment and separation successfully. With guidance from command team members and Deployment & Uniformed Readiness Coordinators, families and service members are supported throughout various stages of deployment.

Pre-deployment workshops are available at the unit level and for Individual Augmentee (IA) Marines and Sailors, offering insights into coping mechanisms and preparation strategies. Mid-deployment workshops focus on boosting resilience and inner strength to manage separation effectively, covering topics such as finance, stress management and nutrition. Additionally, specialized deployment workshops cater to children and parents, aiding them in coping during the absence of their service member.

The Post-deployment Reintegration Workshop assists in the reintegration process by offering problem-solving techniques, life-balancing skills, and communication strategies. Recognizing the challenges of homecoming, the Return and Reunion Workshop addresses expectations and difficulties associated with transitioning back home from deployment. Readiness and Deployment Support oversees the Deployed Spouse Benefits Card Program and trainers offer classes, workshops and briefs covering readiness education and deployment support issues tailored to unit-specific needs. Those requiring unit-specific briefs or workshops can reach out to the MCFTB office for assistance.

Other services include Pre-Deployment Briefs, Mid-Deployment Success workshops for spouses, Kids Deployment Success workshops for children aged 5-12 and Return and Reunion workshops.

To request a Deployment Support Event, complete a unit request form and send it via email to [MCFTB@okinawa.usmc-mccs.org](mailto:MCFTB@okinawa.usmc-mccs.org). The Readiness and Deployment Support program strives to foster healthier families by preparing military personnel and their loved ones for the challenges they may face during deployment and separation.

## LIFESKILLS & EDUCATION TRAINING

The LifeSkills Training and Education Program aims to foster positive adjustment and enhance individual and family functioning. Offering a variety of personal and professional skill-building classes, this program equips Marines, Sailors and their families with practical tools for success in various aspects of life.

From effective communication to teamwork and emergency preparedness, workshops cover a range of topics designed to promote positive interactions and outcomes both at home and in the workplace. Some of the more popular classes are 4 Lenses, Say What? Interpersonal Communication, Basic Stress Management, Basic Anger Management and Attitudes and Actions. Additionally, monthly Premarital Seminars and PREP workshops are hosted on Camp Foster. Many of these workshops can be tailored to meet the recipients' request.

## VOLUNTEER OPPORTUNITIES

Volunteering is not just about giving back—it's a valuable addition to a résumé. MCCS Volunteer Program Coordinators diligently match volunteers with opportunities that align with their schedules, interests, skills and goals. A wide array of programs and events need volunteers throughout the year.

The Volunteer Program welcomes military personnel, families, spouses, youth (ages 13+), veterans and civilians. Opportunities range from one-time commitments to short-term and long-term engagements, both on and off all camps throughout Okinawa. Whether it's coaching youth sports, assisting at special events, participating in beach and park clean-ups or volunteering at local orphanages and homeless shelters, there's something for everyone.

With the Installation Volunteer Program Coordinator's support, tracking and verifying hours is seamless. Volunteers aged 13 and older may even earn a prestigious President's Volunteer Service Award.

FREE seminars for skill enhancement are also available to gain invaluable insights into building a successful and fulfilling volunteer career. From understanding the impact of a volunteer's efforts to mastering effective communication skills and leveraging experience for professional growth, these seminars cover it all.

Explore MCCS' diverse range of volunteer programs designed to empower individuals of all ages to make a difference in their community. From strategic opportunities such as Passport to Volunteering to developing essential skills in Volunteer Ready and empowering teen leaders in Lead Okinawa, there's something for everyone. Reach out to the Deployment/Uniformed Readiness Coordinator or contact the Installation Volunteer Program Coordinator at [volunteernow@okinawa.usmc-mccs.org](mailto:volunteernow@okinawa.usmc-mccs.org) or 645-3749 to learn more about how to get involved.

## SUPPORT FOR NAVY PERSONNEL AND FAMILIES

MCFTB actively supports and provides outreach for MCCS Marine & Family Support Programs to all US Navy personnel aboard Commander, Fleet Activities Okinawa (CFAO) and their tenant commands, Commander, Task Force 76 (CTF-76) at White Beach and the U.S. Naval Hospital Okinawa on Camp Foster. Outreach includes support in areas such as Deployment Readiness, Deployment Support, Homecoming and Reintegration, Return and Reunion, Ombudsman Training and L.I.N.K.S. for Navy Spouses.

For more information about these programs, please email [mccb\\_NavySupport@usmc.mil](mailto:mccb_NavySupport@usmc.mil) or [mcftbokinawa@okinawa.usmc-mccs.org](mailto:mcftbokinawa@okinawa.usmc-mccs.org), visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb) or call 645-3749.



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# MCCS HEALTH PROMOTION



## WELLNESS

Nutrition\*  
Injury Prevention\*  
Heart Health\*  
Stress Management\*  
Tobacco Cessation\*  
Sexual Health\*  
Cooking Demos  
Commissary Tours  
Nutrition Consults  
Return 2 Readiness  
\*indicates a brief



## HIGH INTENSITY TACTICAL TRAINING (HITT)

HITT Small Unit  
Leaders Course  
HITT Classes  
HITT Programming  
Fitness Assessments  
Return 2 Readiness  
Body Fat Testing  
CFT/PFT Prep  
Unit PT  
Youth Orientations



## GROUP FITNESS

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**MCCS**  
SEMPER FIT





# CHILD & YOUTH PROGRAMS

## CHILD DEVELOPMENT CENTERS

With facilities on Camps Kinser (Yuimaru), Foster (Ashibina and Chimugukuru) and Courtney (Chura Warabi), MCCS Child Development Centers (CDC) offer quality programs for children ages 6 weeks to 5 years. CDCs are staffed with trained caregiving professionals that meet the accreditation standards of the National

Association for the Education of Young Children. For more information on MCCS Child Development Centers, call 645-4117.

## SCHOOL AGE CARE

MCCS offers School Age Care (SAC) at dedicated centers before and after school, during teacher in-service days and during vacation periods. SAC is for children ages 5 to 12 and provides a safe, supervised, healthy and age-appropriate environment while parents are at work. All SAC programs are Nationally Accredited and Department of Defense (DoD) certified and available on Camps Foster, Kinser and McTureous. Contact the Resource and Referral Office for more information at 645-4117.

## YOUTH & TEEN CENTERS

MCCS Youth & Teen Centers on Camps Foster, Kinser and Courtney provide a variety of open recreational activities and programs for teens ages 13–18. Youth & Teen Centers offer age-appropriate activities that bolster life skills such as career preparation, mentoring, citizenship and leadership. All Youth & Teen programs are DoD certified and affiliated with the Boys and Girls Clubs of America.

Visit [www.okinawa.usmc-mccs.org/cyp](http://www.okinawa.usmc-mccs.org/cyp) for more information.

# THE CAMP GUIDE

## MARINE CORPS CAMPS AND DOD FACILITIES ON OKINAWA



### OKUMA BEACH RESORT

Surrounded by stunning views of the East China Sea, Okuma Beach is a place for fun in the sun with a wide array of land and water recreation. Visitors can choose from the beautifully renovated cabana accommodations or pitch a tent in the ample camping area.

Okuma Beach amenities and activities include glass-bottom boat tours, jet ski rentals, stand up paddle boards, kayaks, snorkeling gear and other water equipment rentals. There is a mini golf and par 3 golf course, go karts, a beach mart, Surfside Grill & Bar and more.

Reservations can be made by calling the Okuma Beach reservations line at 631-1991/1992 or 098-962-1991/1992. For more information, visit [kadenafss.com/okumabeach](http://kadenafss.com/okumabeach).

### CAMP SCHWAB

Although one of the smaller Marine Corps installations on Okinawa, Camp Schwab is one of the most picturesque with views of Oura Wan Bay. Camp Schwab is fully equipped with facilities to make residents' stay a pleasant experience, including an Exchange/Express with a food court, a movie theater, bank, education center/library, gas station and more. For the fitness-minded, the Power Dome Fitness Center offers a LifeJuice Café, free weights, saunas, personal trainers, aerobic classes, a rock-climbing wall, racquetball court, HITT room and an outdoor functional fitness training area. Camp Schwab also offers a 50-meter pool with recreational and lap swimming as well as support for unit training.

MCCS offers three dining options on Camp Schwab. BeachHead is a two-story, 46,000-square-foot facility with a panoramic view of the Pacific Ocean. It also features an ocean-view dining facility, which offers a relaxing atmosphere with specialty buffets and full-service dining. Meals can be enjoyed sitting inside or outside on the large ocean terrace during one of the island's plentiful sunny days, and separate officer/SNCO and enlisted lounges offer a variety of musical entertainment. Other amenities include gaming rooms, conference rooms and several additional patio terraces.

Moreover, a welcome center in the lobby provides the latest island-wide information on events both on and off base. Diners can also enjoy Mexican and Asian-style burritos rolled fresh at Sumo Burrito or large all-beef burgers on homemade buns from Bulldogs Burgers inside BeachHead. MCCS Food Trucks (La Cocina and Island Grindz) make regular visits to the camp as well.

For specific locations, hours of operation and phone numbers, visit [www.okinawa.usmc-mccs.org](http://www.okinawa.usmc-mccs.org).





## CAMP HANSEN

Camp Hansen is located in Kin Village, south of Camp Schwab. Home to the Central Training Area, Camp Hansen is currently larger than Schwab and offers a larger scope of facilities including a USO, education center, library, behavioral health center, information & referral center, bowling center, movie theater, Exchange and Express, a Tsunami Scuba location, Typhoon Motors auto skills center and more. Semper Fit facilities include a Single Marine Program Center, a Warrior Athlete Readiness and Resilience (WARR) Center, a 50-meter pool as well as the House of Pain and the House of Pain North Fitness Centers. The House of Pain offers outdoor recreation, organized sports events, an extensive inventory of cardiovascular and weight-training equipment, racquetball courts, a wallyball court, sauna/steam rooms, a rock-climbing wall, a HITT room, an outdoor HITT facility, Functional Fitness Park, a martial arts room, a supplement sales counter and a LifeJuice Café offering smoothies and freshly squeezed juices. The North Gym features a weight and cardio room, a supplement sales counter and an 8,000-square-foot martial arts room on

the second floor. Semper Fit oversees several softball fields throughout the camp as well.

For dining and entertainment, The Palms Consolidated Club is equipped with two main dining facilities—Bonsai Coffee Company and Tradewinds Restaurant. The Palms offers Mongolian BBQ, the famous “Catfish Friday” buffet, à la carte dining and the “Chariot of Beef” on the last Friday of the month. The Palms offers separate Officers’, SNCO and Enlisted Lounges with a variety of entertainment. Other amenities include a game room, a large ballroom (872 patron max capacity), an enclosed atrium for outside dining, several patio terraces and an information kiosk providing the latest island-wide information and local happenings both on and off base. The entrance lobby supports the MCCS Tours+ outlet and car insurance sales office. MCCS Food Trucks (La Cocina and Island Grindz) make regular visits to the camp as well.

For specific locations, hours of operation and phone numbers, visit [www.okinawa.usmc-mccs.org](http://www.okinawa.usmc-mccs.org).



## CAMP COURTNEY

Located in Uruma City along the Pacific coast south of Camp Hansen, Camp Courtney has living facilities for family members and provides many quality-of-life-enhancing amenities such as a bank, credit union, theater, bowling center, an education center and library, arts and crafts center with a wood shop, Tsunami Scuba and Typhoon Motors locations and a commissary, Exchange (with a food court) and Exchange Express for quick shopping.

Camp Courtney also has a child development center (the Chura Warabi Center) as well as youth and teen centers and a skate park. For fitness and recreation, Camp Courtney has a full-featured fitness center with free weights, strength machines, an outdoor functional fitness area, FREE group fitness classes, cardiovascular training equipment such as treadmills and stationary bikes, a LifeJuice Café serving smoothies and freshly squeezed juices and more. Known as the Ironworks Fitness Center, the facility is also equipped with basketball, volleyball and racquetball courts, multi-purpose fields for organized sports and camping gear rental at Outdoor Recreation.

For dining, Camp Courtney offers many fast-food offerings such as Burger King, Taco Bell, Subway and Pizza Hut as well as clubs and restaurants. Tengan Castle, a family friendly restaurant, offers brunch on Sundays, family nights, Mongolian BBQ on Wednesdays and Thursdays, home-style buffets on Fridays, themed holiday buffets and also offers catering services.

The Bayview Enlisted Club on Camp Courtney offers a Bulldogs Burgers for hearty eaters and burger lovers. Pizza lovers can head to Shisa Pizza located in the bowling center. Entertainment offered at the Bayview includes DJs, live music and more. Legends SNCO/Officers' Club has a

gaming room, lounge and a bar and offers a special social hour with hors d'oeuvres every Friday evening. Clubs can be contacted for information on event/catering requests. MCCS Food Trucks (La Cocina and Island Grindz) make regular visits to the camp as well.

For specific locations, hours of operation and phone numbers, visit [www.okinawa.usmc-mccs.org](http://www.okinawa.usmc-mccs.org).

## CAMP MCTUREOUS

This small camp in Uruma City, south of Camp Courtney, is mostly housing. McTureous has a small Express for shopping, a satellite gym, pool, skate park, School Age Care (SAC) facility, Bechtel Elementary School and a community center that can be reserved FREE of charge.

For specific locations, hours of operation and phone numbers, visit [www.okinawa.usmc-mccs.org](http://www.okinawa.usmc-mccs.org).



## TAIYO GOLF CLUB

Taiyo Golf Club is located in Uruma City near the Kurashiki Dam, just minutes from Camp Courtney and approximately 20 minutes from Camp Foster via the Okinawa Expressway (find directions at [www.okinawa.usmc-mccs.org/taiyo](http://www.okinawa.usmc-mccs.org/taiyo)). Featuring a visually stunning 18-hole layout, Taiyo unfolds across 247 acres of rolling fairways, lush wetlands, scenic vistas, dramatic elevation changes and large, well-manicured greens with subtle breaks. Taiyo Golf Club also has a full-service pro shop, offering a wide variety of golf equipment and apparel from the golf industry's leading brands as well as certified professional club fitters on staff to assist in selecting the right equipment to optimize a golfer's game. A golf academy driving range with a head professional on staff to give lessons is available, too. Taiyo Golf Club is open seven days a week including holidays.

For more information on Taiyo Golf Club, call the Pro Shop at 622-2004/2006 or visit [www.okinawa.usmc-mccs.org/golf](http://www.okinawa.usmc-mccs.org/golf).

## CAMP SHIELDS

Camp Shields is located in Okinawa City near the Kurashiki Dam/Reservoir or straight out of Kadena Air Base Gate 3. Operated by the U.S. Navy, Camp Shields is home to Naval Mobile Construction Battalion—the Fighting Seabees. The Fleet Gift Shop offers unique home decor found around the region and entertainment and dining events can be enjoyed in the Crow's Nest Club (966-7294/036-868-2264) ballroom. Visitors can feast on a signature burger, have an event catered or grab a quick bite and a coffee inside the club. Those in need of a quick item can stop by the Exchange Express on their way out of the gate. The Shield's Pub offers weekly karaoke, and the gaming room is always available for enjoyment. The Camp Shields Fitness Center (632-5091/098-962-5091) offers group exercise classes, a weight room and specialized Navy fitness instruction classes.

For more information about offerings on Camp Shields, visit [navymwrokinawa.com](http://navymwrokinawa.com).

# NAVY MWR OKINAWA

Welcome to Navy MWR Okinawa,  
your home for direct support of  
Fleet, Fighter and Family in  
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Community  
Recreation  
Rentals



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## TAIYO STEAKHOUSE

Located on the second floor of the clubhouse of Taiyo Golf Club, Taiyo Steakhouse offers the best steaks on island along with many delicious gourmet offerings. Taiyo Steakhouse is open for lunch on weekdays, for brunch on weekends and holidays, and for dinner Wednesdays through Sundays. Both the Lanai terrace and the covered terrace seating areas can be reserved for small functions. Terrace seating is available for weekend brunch (weather permitting). Reservations for brunch are highly recommended and are required for dinner.

For more information about Taiyo Steakhouse and facility dress codes, call 622-2026 or visit [www.okinawa.usmc-mccs.org/taiyosteakhouse](http://www.okinawa.usmc-mccs.org/taiyosteakhouse).

## WHITE BEACH NAVAL FACILITY

A relatively small U.S. Navy base, White Beach Naval Facility is located on the tip of the Katsuren Peninsula in Uruma City—only 12 miles away from Kadena Air Base. As the name implies, it has long stretches of sandy beaches perfect for fishing, kayaking, paddle boarding or simply playing in the crystal-clear waters of the Pacific.

Navy MWR Okinawa offers rentable campers and tent sites on the beach while the cliff above offers rentable duplexes and log cabins. For reservations, call 622-1876/77 or 098-954-1876/77.

Navy MWR has plenty to offer guests including 24/7 access to the White Beach Fitness Center and a full line of rental equipment including kayaks, SUP boards, snorkeling gear, board games and corn hole.

Inside the Port of Call Club (622-1588/1880 or 098-954-1588) visitors will find the Skoshi Mart (for beach snacks or items that beach-goers forgot to pack), Port of Call Club Restaurant and Subway.

Located just one mile from the White Beach gate is the Jungle Raid Paintball facility (080-6485-1680). Open-play paintball is offered every Saturday with play-by-reservation available Sunday through Friday.

For more information about offerings on White Beach, visit [navymwrokinawa.com](http://navymwrokinawa.com).



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PAID ADVERTISEMENT

# TORII STATION

YOUR RECREATION DESTINATION

TORII BEACH



SPECIAL EVENTS



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RECREATION



CAMPING & CABINS



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AUTO SKILLS  
CENTER





ARTS & CRAFTS  
FRAMING & WOODSHOP



SPORTS, FITNESS  
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Stay connected with **U.S. Army Family and MWR**  
to stay informed of services, programs,  
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## U.S. ARMY GARRISON OKINAWA TORII STATION

Torii Station is the Army's home on Okinawa and is located in Yomitan Village, just minutes from Camp Foster and Kadena Air Base. With a sunset view overlooking the East China Sea, Torii Beach is perfect for recreational opportunities including year-round camping, beach volleyball, swimming, snorkeling, stand-up paddle boarding and kayaking.

Torii Outdoor Recreation has adventure tours, beach gear, BBQ grills, picnic pavilions, campsites, party equipment and more. Torii Beach is home to The Cove restaurant which offers family friendly dining and beachside favorites along with a waterslide and splash pad.

Torii Station's Coral Cove restaurant offers breakfast, lunch, full-service catering and the Rally Point Bar & Lounge. Other facilities include a full-service and do-it-yourself Auto Skills Center; an Arts & Crafts facility providing framing, engraving and woodworking services; a library and an outdoor swimming pool with pavilions. The fitness center includes a family fitness room, whirlpool spa, steam room, softball field and an outdoor functional fitness area with an ocean view. Throughout the year, Torii Station hosts some of the best beach events on island—truly unique experiences that will make lasting memories for years to come.

Torii Station also provides assistance and supportive services to Army personnel through Army Community Services (ACS). ACS provides Information and Referral, Relocation Assistance, Army Emergency Relief, Exceptional Family Member Program, Deployment and Mobilization, Fi-

nancial Resiliency, Family Advocacy and non-medical counseling.

For more information about Torii Station Family and Morale, Welfare and Recreation (MWR), visit them online at [torii.armymwr.com](http://torii.armymwr.com) or follow them on Facebook or Instagram at [@toriiimwrokinawa](https://www.instagram.com/toriiimwrokinawa).

## KADENA AIR BASE

Kadena Air Base is by far the largest military facility on island. Home to the 18th Wing and associated units, it's the largest combat wing in the U.S. Air Force. Over 30,000 service members and their families live and work on the base with more than 4,000 Okinawan and Japanese employees. Kadena is a self-contained community unto itself, with a high school, two middle schools, three elementary schools, a 51,000-square-foot enlisted club complex, Risner Fitness Center, two golf courses (the 9-hole Chibana Course and 18-hole Banyan Tree Course), an aero club, a pet boarding and grooming facility, a pet adoption facility, a veterinary treatment clinic and much more. Emery Lanes Bowling Center is the first military complex to offer Clutch Bowling, which offers advanced on-lane projection mapping, games and effects that interact with objects on the lane. There are several restaurants that offer fast casual, family dining or fine dining options like Hanabi's, Chili's Grill & Bar, Seaside and more. Kadena has an outdoor recreation facility, paintball field, marina and movie theater. For more information on Kadena, visit [kadena.af.mil](http://kadena.af.mil). And, for more information on events and services (as well as a PDF map of the base), visit [kadenafss.com](http://kadenafss.com).

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## CAMP FOSTER

Overlapping Okinawa City, Chatan Town, Ginowan City and Kitanakagusuku Village, Camp Foster is primarily populated by Sailors, Marines and families. Several housing areas surround the camp, including Kishaba Housing (the location of Kubasaki High and Zukeran Elementary Schools), Plaza Housing (where Butler Officers' Club is located) and others. The camp has a large Exchange, several Express stores, a large commissary, a library and education center, chapel, Single Marine Program Center, bowling center, custom shop, framing and fine arts center, a movie theater, post office, food pantry and the U.S. Naval Hospital Okinawa. Camp Foster also has multiple fitness centers, the largest of which is Gunners Fitness Center (which includes Foster Fieldhouse). Gunners is a full-service facility featuring top-of-the-line equipment; there's a large weight room offering a variety of strength equipment and free weight machines, as well as a cardiovascular room equipped with treadmills, stationary bikes, stair climbers, elliptical cross-trainers and rowing machines. Gunners also offers sauna and steam rooms, massage therapists, martial arts classes and FREE group fitness classes. The second floor is the home of Excellence Gymnastics Academy (EGA).

For people who are interested in team and individual sporting events, Gunners offers a variety of recreational facilities such as softball fields, tennis courts (lined for pickleball), basketball/volleyball courts inside Foster Fieldhouse, a rock-climbing wall and an Outdoor Recreation facility that has camping gear for rent. Gunners is also home to a LifeJuice Café, which offers smoothies and freshly squeezed juices. For swimmers, Camp Foster features a 50-meter pool that's open all year-round and is heated for the chilly winter months.

For divers and water sports enthusiasts, Foster features a Tsunami Scuba (which also shares space with Tours+). For dining, fast-food favorites such as Arby's, Taco Bell, Popeyes, Bun-D, Burger King and more are available. MCCS also offers several top-notch, award-winning dining and entertainment facilities. The Butler Officers' Club is a favorite for Sunday brunch, offering a spread for the heartiest appetites; the buffet features peel-and-eat shrimp, fruits, pastries, carved meats, sushi and classic favorites like eggs and pancakes. The Butler Officers' Club also features many signature special events such as Okinapa (a food and wine-tasting festival in the fall), numerous Marine Corps Birthday balls in November and December and a variety of catered and private events throughout the year. TERRA, located next to the Inns of the Corps Camp Foster, offers many culinary delights that will

keep diners coming back for more for breakfast, lunch and dinner.

Camp Foster's two-story Ocean Breeze Consolidated Club is a 43,000-square-foot facility that includes The Veranda, an all-ranks restaurant with booth and table seating; the Northern Breeze and the Southern Breeze, two banquet areas used to accommodate private parties and professional functions; a gaming area; and the enlisted and SNCO lounges that retain their historic monikers of Globe & Anchor and Chesty's, respectively. The Veranda offers a daily lunch buffet as well as an evening à la carte menu. The Globe & Anchor offers a lunch menu featuring a wide variety of entrées including comfort foods that will remind you of home. The Globe & Anchor Enlisted Lounge, located on the lower level of the Ocean Breeze, features a large dance floor and a state-of-the-art sound and lighting system. This makes it the ideal location for live entertainment including DJs, comedy shows, musical performing artists and bands. On the upper level of the club, Chesty's SNCO Lounge features a bar, a billiards table and both booth and table-style seating.

Camp Foster also features a Shisa Pizza and a Bulldogs Burgers both located inside the MCCS Bowling Center with a Sumo Burrito equipped with drive-thru service and Bonsai Coffee offerings next door. Bonsai Coffee Company, which offers gourmet coffee and a variety of pastries and sweets, as well as delicious hot and cold sandwiches, is also located in the Camp Foster Community Center Auditorium. High-quality sweets, French macrons, cakes and pastries are also available at 58 Sweets located in the library. MCCS Food Trucks (La Cocina and Island Grindz) make regular visits to the camp as well.

For specific locations, hours of operation and phone numbers, visit [www.okinawa.usmc-mccs.org](http://www.okinawa.usmc-mccs.org).



## MCAS FUTENMA

Marine Corps Air Station (MCAS) Futenma was constructed immediately following the Battle of Okinawa in 1945. Home to the 1st Marine Aircraft Wing, the Marines stationed on MCAS Futenma support the III Marine Expeditionary Force with a variety of aircraft. MCAS Futenma features a small Exchange with a food court, Navy Federal Credit Union, post office, movie theater, a library and education center, chapel, 25-meter pool, Single Marine Program Center/Lounge, a bowling center, tennis courts (lined for pickleball) and two fitness centers—McCutcheon Fitness Center and the Futenma Semper Fit Fitness Center. McCutcheon offers free weights, benches, cardio equipment, spin bikes, a sauna room and a large martial arts room with judo mats, punching bags, speed bags and two focus-strike pad stations. The Semper Fit Fitness Center is a more modern, wider-spectrum facility offering a variety of free weights and a collection of weight machines, cardio equipment, a sauna and a steam room. The facility has racquetball, wallyball and indoor basketball/volleyball courts, a

martial arts room and an outdoor HITT facility in the back. Reservations can also be made here (or via phone at 636-2676) for base pavilion rentals with stationary BBQ grills, softball fields and a soccer/football field.

MCAS Futenma features two MCCA dining and entertainment venues: Thirsty's and Habu Pit. Originally a small enlisted club, Thirsty's was constructed during the 1950s and has undergone many renovations before becoming the dining and entertainment center it is today. Patrons can enjoy karaoke, DJs, comedy shows and more, as well as dine on fast casual fare for lunch and dinner. Offerings at Thirsty's include Bulldogs Burgers and Sumo Burrito. Habu Pit offers an all-ranks lunch and dinner with a focus on Asian fare. Boasting an excellent location, the Habu Pit is noted for its views of the East China Sea. In addition to the clubs, MCCA Food Trucks (La Cocina and Island Grindz) make regular visits to MCAS Futenma as well.

For specific locations, hours of operation and phone numbers, visit [www.okinawa.usmc-mcca.org](http://www.okinawa.usmc-mcca.org).





## CAMP KINSER

Located on the coast along the East China Sea, Camp Kinser is primarily a logistics base for MCIPAC Okinawa. Home to the 3D Marine Logistics Group, the camp has living facilities for military members and their families and provides many quality-of-life-enhancing facilities such as two banks, a Marine & Family Program center, an education center and library, a movie theater, commissary, Exchange (with a food court) and Express. Camp Kinser also has a child development center (The Yuimaru Center), a school age care center and a youth and a teen center as well as Kinser Elementary School. The Kinser community is also served by the Exceptional Family Member Coordinator, and Behavioral Health offers resources as well.

For fitness and recreation, the Kinser Fitness Center offers free weights, strength machines, an outdoor functional fitness container/area, FREE group fitness classes, cardiovascular training equipment such as treadmills and stationary bikes, an indoor HITT room, covered outdoor HITT center, a family fitness center, outdoor rec rentals and more. The facility is also equipped with basketball, volleyball and racquetball courts and multi-purpose fields for organized sports. A 50-meter pool, a skate park, a bowling center, an SMP center and a Typhoon Motors auto skills center are present as well. Bounce House rentals are also available for pick-up and delivery via MCCS Special Events (645-5828).

For dining on the camp, head to Kinser Surfside. Surfside was constructed in 1991 and is one of the Marine Corps' first facilities that combined officers', SNCO and enlisted clubs into one facility. Alongside its Sunday breakfast buffet and weekly lunch buffets and themed dining events, Surfside also offers a variety of fast-casual dining facilities including La Cocina

(authentic street tacos and burritos) and Bulldogs Burgers. This facility also contains rank-specific lounges and a ballroom with a capacity of up to 400 seated and 854 standing patrons. MCCS Food Trucks (La Cocina and Island Grindz) make regular visits to the camp as well.

For specific locations, hours of operation and phone numbers, visit [www.okinawa.usmc-mccs.org](http://www.okinawa.usmc-mccs.org).

## CAMP LESTER

Camp Lester is located in Chatan. Once home to the U.S. Naval Hospital, all remaining satellite facilities and offices have moved to the new facility on Camp Foster. Lester is home to Lester Middle School, an Express for quick and convenient shopping and a small 24-hour fitness center.

For specific locations, hours of operation and phone numbers, visit [www.okinawa.usmc-mccs.org](http://www.okinawa.usmc-mccs.org).







# NORTH

The heavily forested lands of northern Okinawa are known collectively as “Yanbaru” (which translates into “mountainous areas”). A dizzying variety of trees are home to numerous types of birds, and the areas below host countless other living creatures that live in the nooks and crannies of roots as well as in the ponds and streams that feed them. Many of these creatures are members of endangered species that cannot be found anywhere else in the world. Modern-day Yanbaru also features many sights, sounds, tastes, smells and experiences that take visitors back to the days of old; it’s a place without large, bustling cities and traffic gridlock, a place that still offers crystal-clear air in abundance and a surplus of astoundingly beautiful landscapes.



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**Pack up your beach gear  
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\*The Ocean Park is open to children 3 and older. Children between the ages of 3 and 12 must be accompanied by an adult (one adult may supervise up to 3 children).



Visit our website for fee information and latest hours of operation.



## HEDO POINT

Hedo Point, the northernmost point on Okinawa, is a 70+ meter-high cliff overlooking both the East China Sea and Pacific Ocean. Winds are usually strong and a refreshing sea spray often flows up the cliff.



## HIJI FALLS

Hiji Falls is a must-visit for hiking enthusiasts. This area's well-crafted walking trail was created to give nature lovers a chance to enjoy its considerable beauty without disturbing the ecosystem. It takes about 45 minutes to trek from the parking lot to the suspension bridge and main falls.



## KONGOU DAI SEKIRINZAN

Known to hikers as Dai Sekirinzan—a park that offers several hiking courses with breathtaking views of Hedo Point from above, trails that wind through fascinating limestone formations estimated to be hundreds of millions of years old with sprawling banyan trees believed to contain magical powers—this peak is considered one of the most sacred spots on island. Local legends state that this peak (known locally as *Asumui*) is where the god Amamikiyo first set foot on the Earth. Since ancient times, *noro* (priestesses) from Shuri Castle journeyed to Asumui to collect sacred water for purification ceremonies in the court. This practice stopped in 1938 due to instability followed by war. However, the practice was revived in 1999 and continues today.

## YAMBARU ADVENTURE FIELD & MATAYOSHI COFFEE FARM

Located in Higashi Village on the Pacific coast of northern Okinawa, this facility has it all—ziplines, ATV tours through the wilderness, genuine Okinawa-grown coffee, camp grounds, cottages and more.





## Tropical Dream Center

Admission Fees	General	Group (20 or more)
Adult / high school	760yen	550yen
Junior high / elementary	Free	

8:30-17:30 (Oct.-Feb.) 8:30-19:00 (Mar.-Sep.)



## Oceanic Culture Museum (Planetarium)

Admission Fees	General	Group (20 or more)
Adult / high school	190yen	80yen
Junior high / elementary	Free	

8:30-17:30 (Oct.-Feb.) 8:30-19:00 (Mar.-Sep.)

# Okinawa Churaumi Aquarium

Admission Fees	General	Group (20 or more)	Annual Passport
Adult	2,180yen	1,730yen	4,360yen
High school	1,440yen	1,140yen	2,880yen
Junior high / elementary	710yen	560yen	1,420yen
Under 6 years old	Admission free		-

- Admission is free for children under 6.
- School groups are eligible for discount. For elementary / junior high / high school activities only. Applications must be made in advance.
- Persons who are designated as physically or mentally disabled are eligible for free admission. Please show your certificate at the ticket counter. Escort (1 person only) is also admitted for free.
- Annual Passport holders can enter Okinawa Churaumi Aquarium as many times as they like for 12 months.

Open Hours	Open	Last admission	Close
Off Season	8:30	17:30	18:30
Peak Season	8:30	19:00	20:00

\*Please confirm the Peak Season details on the official website

- Ocean Expo Park opens at 8:00.
- No Food or Drink inside.
- No Smoking inside.
- No Pets inside (Except for guide and service dogs).

## 海洋博公園 OCEAN EXPO PARK

For more  
information

Ocean Expo Park Management Center  
424 Ishikawa, Motobu-cho, Kunigami-gun, Okinawa 905-0206  
Tel: 0980-48-2741 Fax: 0980-48-3339

<https://oki-park.jp/kaiyohaku/en/>

8:00-18:00 (Oct.-Feb.) / 8:00-19:30 (Mar.-Sep.)





## JUNGLIA OKINAWA

A new nature-themed theme park that sits on 150 acres of land between Nakijin and Nago City, JUNGLIA Okinawa is slated to open in the summer of 2025. The park will feature more than a dozen attractions (including hot-air balloon rides, a large-scale safari ride reminiscent of *Jurassic Park* and much more), entertainment, a unique dining setting and numerous opportunities for relaxation.

## OCEAN EXPO PARK

In July 1975, the Okinawa International Ocean Exposition (Expo '75) was held in Motobu. This event, which was themed “The Sea Holds the Future,” marked Okinawa’s reversion from American to Japanese control in 1972. Several permanent attractions were built on site in 1976 to commemorate the event. Called Ocean Expo Park, this venue remains a popular tourist attraction today, featuring museums, an arboretum showcasing local flora, an aquarium, dolphin shows, several replicas of traditional Ryukyu homes, a beautiful beach and numerous events that draw millions of visitors annually. Undoubtedly Ocean Expo Park’s biggest draw, Okinawa Churaumi Aquarium first opened its doors to the public on November 1, 2002. This facility features four levels and dozens of different areas representing ecosystems and aquatic creatures that can be found along the coastlines of the Ryukyu Islands and their surrounding seas and oceans. Churaumi’s Kuroshio Tank—named after the massive ocean current that flows by Okinawa—holds almost two million gallons of constantly refreshed seawater and a variety of Kuroshio species including manta rays, groupers and a whale shark. The Kuroshio Tank has ample seating, including the “aqua room,” which is an inset area where the walls of the aquarium curve up overhead.

## NAKIJIN CASTLE

Located on the Motobu Peninsula, Nakijin Castle was once a mighty fortress, designed to defend the rulers of Hokuzan. It was one of the largest and most impressive of the three kingdom-era castles with gardens, stables, several residences for the king’s most important aides and a palace for the king at the highest, innermost section. Each year in late January/early February, the many hundreds of cherry blossom trees planted on the grounds bloom, making Nakijin a photographer’s paradise.

## NAGO

### PINEAPPLE PARK

Sweet, delicious pineapples from the fields of Okinawa are used in the production of wine and many other products such as cakes and candies. All can be sampled and purchased at this facility.



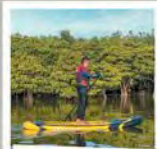
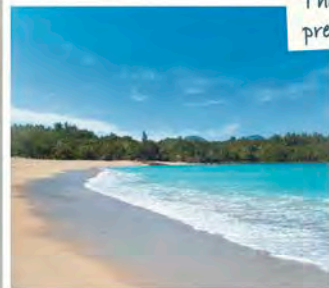


# Life's a Beach

U.S. Military Welcome to Join the Party  
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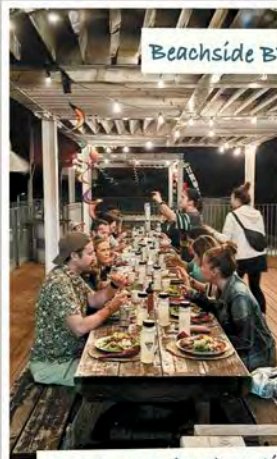


Jet skis, kayak rental, wakeboarding, tuberides, etc.

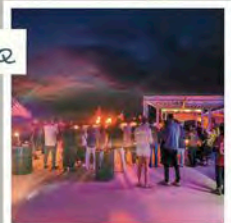


Beach Clean up

Beach Volleyball



Beachside BBQ



Beach yoga, beach parties, and private party spaces

Experience the thrill of kayaking and SUP in the mangrove forest!



## Kin Sunrise Beach Seaside Park

Tel: 098-968-3373

(10:00-17:30 Closed on Mondays)

Swimming season from early Apr. to end of Oct. Facilities and beach open year round.



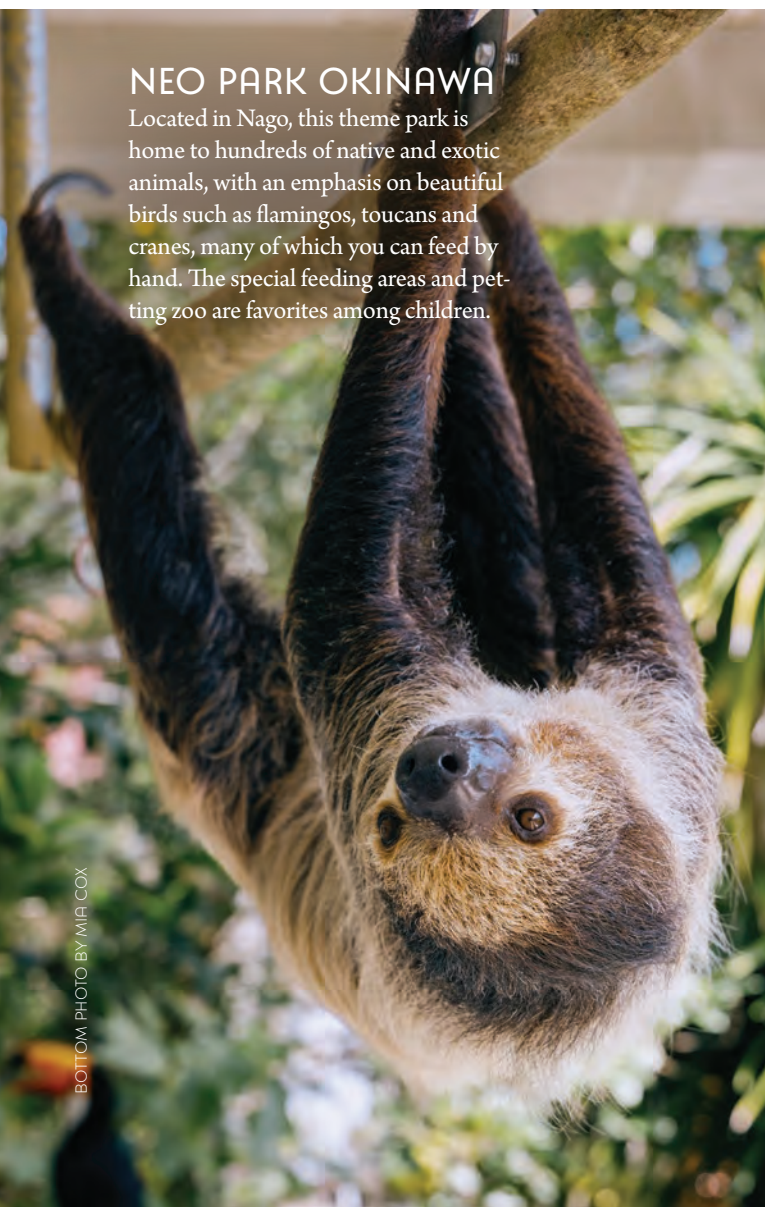
Full amenities: Shower rooms, changing rooms, toilet, parking





## NEO PARK OKINAWA

Located in Nago, this theme park is home to hundreds of native and exotic animals, with an emphasis on beautiful birds such as flamingos, toucans and cranes, many of which you can feed by hand. The special feeding areas and petting zoo are favorites among children.



BOTTOM PHOTO BY MIA COX

## KOURI ISLAND

This tiny isle is located northeast of the coast of Unten Port in Motobu. Kouri is circular and made mostly of coral. The Kouri Ocean Tower offers the best views on the island from its observation area 82m above sea level and features a seashell museum with a collection of more than 10,000 shells from around the world. The Kourihara Ruins are a group of archeological sites located on the island near Kouri Port that date back to the early-to mid-Okinawa shell mound period (10,000 BC–1185 AD). Artifacts such as ivory and bone products, earthenware, copperware, ironware and blue porcelain—as well as remains of holes for pillars and water wells—have been excavated.

## BUSENA MARINE PARK

Located on the grounds of the Busena Terrace Resort Hotel, Busena Marine Park features a unique glass-bottom boat for observing coral and sea life from above as well as an underwater observatory which enables visitors to observe underwater denizens in their natural environment without getting wet.

## ORION BREWERY

Born in post-war Okinawa, Orion was established by Sosei Gushiken, who chose to build in Nago because of the abundant supply of clear, clean spring water. Hops and other ingredients are imported directly from Germany. Public tours of the facility are available.







# CENTRAL

Central Okinawa is home to the bulk of military installations on the island. Central Okinawa is also home to Onna Village—which boasts far too many beautiful beaches to mention. Onna Village’s coastline features some of the best on island, like Inbu, Seragaki, Fuchaku, Malibu, Tiger and others. They range from resort beaches equipped with every amenity imaginable to deserted stretches where one can curl up under a parasol with a good book and a jug of ice-cold water. Central Okinawa features many family-friendly beaches with all the amenities such as Sunset and Araha Beaches (both in Chatan) as well as Ginowan’s Tropical Beach located near the Ginowan Convention center.







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code to visit our Instagram page.



## SOUTHEAST BOTANICAL GARDENS

Originally opened in 1970 in northern Okinawa City near Kurashiki Dam, Southeast Botanical Gardens is a perfect example of Okinawa's power "to grow anything growable." The founder of the gardens was a man named Masamune Obayashi. Originally from Taiwan, he brought in many types of plants from Asia, Central and South America, Africa and Australia to create what he envisioned as a kind of "Okinawan Garden of Eden." Among the most impressive are the varieties of palm trees that were planted as seeds and have multiplied to thousands all stretching towards the heavens today.

Today, Southeast Botanical Gardens is broken into two main areas: The Asian Garden and The Water Garden. The Herb Garden and Juice Parlor are located in the Asian Garden. The main attraction, however, is the impressive collection of king palms lining the promenades; one could spend an hour trying to count how many of these beautiful trees are growing there. As for the Water Garden, this area will delight visitors with its collection of trees that are far from their native homes, having been transplanted from countries thousands of miles away. Both gardens also offer various learning programs and activities for visitors of all ages—including a petting zoo, nature games and craft-making. For more information, visit [southeast-botanical.jp/english/index.html](http://southeast-botanical.jp/english/index.html).

## BIOS ON THE HILL

Bios on the Hill is a relaxing tropical forest park located in Uruma City. Their canopy boat ride is highly recommended, too, as it takes visitors across a lake to view examples of Okinawa's wildlife and native flowers, including an abundance of stunning orchids. They also offer a small petting zoo, hiking, canoeing, kayaking, a play area for kids and more. MCCS Tours+ offers regular tours and discount tickets. For more information, visit [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours).

## FOREST ADVENTURE PARK IN ONNA

Known as one of Okinawa's most thrilling outdoor athletic parks, Forest Adventure is located high in the hills of Onna Village. Its many attractions, such as the Zip Slide Ride, Amazon Rope Bridge, Tibetan Bridge and others, offer breathtaking views of the East China Sea in the distance. MCCS Tours+ offers regular tours and discount tickets (children must be at least six years old and 56 inches tall to participate). For more information, visit [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours).

## ANA INTERCONTINENTAL MANZA BEACH RESORT

One of the more iconic resorts on the island, ANA InterContinental Manza Beach Resort is located on a cape near one of Okinawa's most-recognized landmarks—Manzamo. Among its amenities and restaurants, the resort features an inflatable playground in the shallow pristine waters anchored right off a beautiful sandy beach with over 20 floating mini-islands of delight. From mock-rock climbing and tower scaling to mini slides and jungle gyms, children will be in a watery state of nirvana for the whole day.

PHOTO COURTESY OF ANA INTERCONTINENTAL MANZA BEACH RESORT





# hali hali

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# NIGHT ZOO

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mail: info@okzm.jp

**OPENING HOURS**

	OPEN	Last admission	CLOSE
【Weekdays <small>(Regular Closing Day: Tuesdays &amp; 12/30-1/1)</small> 】	9:30 a.m.	4:30 p.m.	5:30 p.m.
【Weekends & holidays】	9:30 a.m.	8:00 p.m.	9:00 p.m.

For more information visit, [www.okzm.jp](http://www.okzm.jp)



## RYUKYU MURA FOLK VILLAGE

Located in Yomitan, this folk village is a gateway to Okinawa's past. Consisting of houses and buildings up to 200 years old relocated from various villages in the prefecture and painstakingly restored, Ryukyu Mura captures the essence of a bygone era on the island. Visitors can also observe reenactments of old customs, like the creation of sugar from sugarcane with the help of a water buffalo. Ryukyu Mura also holds classes and workshops that teach visitors how to create traditional Okinawan arts and crafts, including *bingata* (textiles) and pottery. For more information, visit [ryukyumura.co.jp/en](http://ryukyumura.co.jp/en).



TOP PHOTO KATHLENE MILLETTE

## YACHIMUN-NO SATO

Yachimun-no-Sato, or the Village of the Potters, is a small community of pottery masters from throughout the island that live and create ceramic works of art together in Yomitan Village. The centerpiece of this small village is the climbing kiln designed by master potter Shinman Yamada. Not limited to pottery, Yachimun-no-Sato is also home to Seikichi Inamine—a master in the creation of blown glass art. Mr. Inamine is famous for his experimentation with different natural materials, fusing substances such as curry powder, coffee grounds, potters clay and more into molten glass to extract spectacular colors.



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ISO - urasoe

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Table Order Buffet

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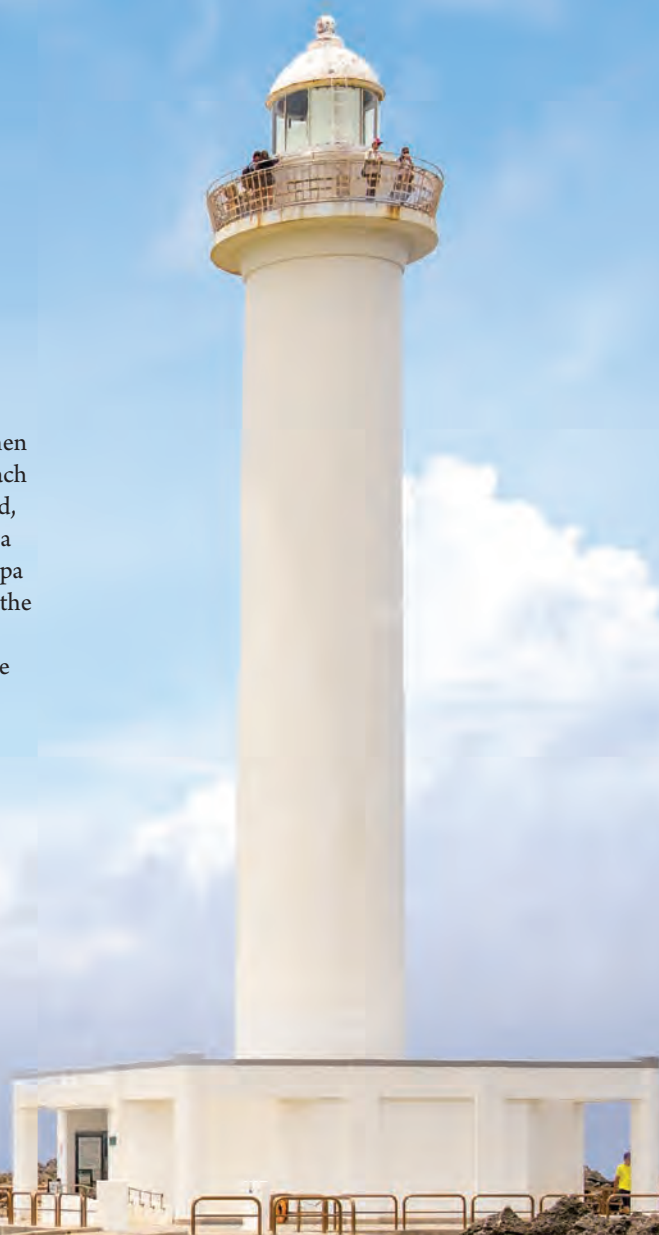
▼ WEB site ▼





## ZAMPA MISAKI (CAPE ZANPA)

Featuring one of the most photographed lighthouses on the island, Zampa Misaki's rocky cliffs are often populated with fishermen clinging to ledges. Zampa also features a beach as well as a park with a bike path, playground, sports facilities and a restaurant, marked by a gargantuan lion dog. The giant shisā of Zampa Misaki is reputedly the largest specimen on the island. The shisā faces Asia, guarding travelers as they depart as well as welcoming those returning from long journeys.





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Hawaiian Food

# Oki Lani

**Ahi Poke Bowl** **Garlic Shrimp**

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Map details: Torii Station, Health Clinic, FamilyMart, B1G, High school, R6, Agarie Megane, To Nago, To Kadena, R58, CHIKYU ZAKKA (250m from station), FISHMAN'S WHARF/MORIMAR/LAZOR, EAST CHINA SEA.



## MURASAKI MURA

In 1992, a television miniseries on the history of the Ryukyu people was produced by NHK (Nihon Housou Kyokyu, the Japanese equivalent of PBS). This half-year series, entitled *Ryukyu no Kaze* (The Wind of Ryukyu), was televised from January to June in 1993 on the NHK channel as part of the national historical “Taiga Drama” series. The sets and facilities created in Yomitan were realistic reconstructions of ancient structures of the Ryukyu Kingdom.

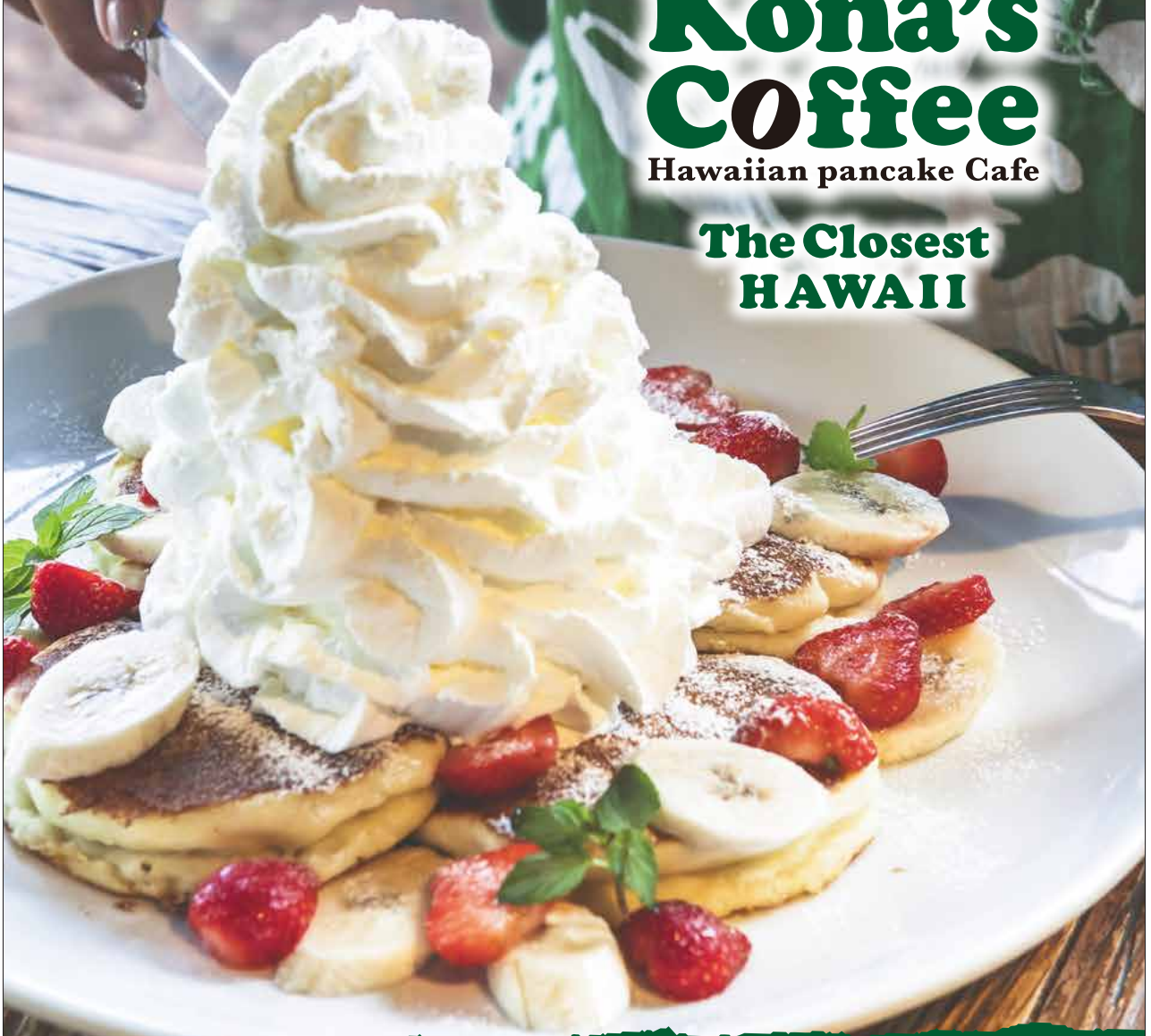
The set included traditional structures such as *Tenshikan* (living quarters for envoys and missions from China), the *Tenpi Gu* (the shrine for praying for safe sea voyages), red-tiled roofs of houses for the ruling class, thatched-roof farmhouses and more. Constructed by the company Umi-no-Sato, the set was converted to a tourist attraction and renamed Murasaki Mura.



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## ZAKIMI CASTLE

Zakimi Castle, located high above Yomitan Village atop a 125-meter-high hill, was built during the 15th century as a home for Lord Gosamaru. Today, both the ruins and the surrounding area are maintained as a park where people can enjoy a panoramic view of the East China Sea.







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## AEON MALL OKINAWA RYCOM

One of the island's largest shopping malls, AEON Mall Okinawa Rycom, opened in 2015. Not only great for shopping, this mall features Okinawan food, culture and entertainment, as well as a 100-ton aquarium on the first floor. At night, enjoy dining and a panoramic view from the 5th-floor roof garden. The Okinawa Rycom AEON Shopping Mall has a total of 80 food facilities including restaurants offering local and international foods.

## PLAZA HOUSE SHOPPING CENTER

Constructed in 1954, Plaza House Shopping Center consisted of Rogers (a department store featuring high-end imported products), Getsuen Hanten (still considered one of the best Chinese restaurants on the island) and more. The shopping center catered primarily to American service members and their families stationed on Okinawa during post-war rejuvenation and is still going strong.



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MAP



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## CHATAN

Chatan Town's interesting sights are divided into three smaller areas: Sunabe, home to trendy restaurants and cafes as well as many surf and dive shops along the seawall; Mihama, a fusion of Japanese and American sensibilities; and Hamby. Located in close proximity to Kadena Air Base and Camp Foster, both Americans and Okinawans are offered the opportunity to share their experiences and customs with one another. Chatan's main shopping area is called "American Village," which is based on the design of the San Diego seaport. This harmonious blending of Japanese and American favorites features three Starbucks within a one-mile radius, a large department store, countless restaurants, a multiplex theater and more. Hamby, which takes its name from the small airfield that used to cover most of the area, was one of the first parts of Chatan to see rapid development and land reclamation. Passing along the road parallel to Route 58, one would never know that this area used to offer a relatively unobstructed view of the East China Sea. Today, Hamby is home to the beloved Arah Beach and offers many unique shopping opportunities, ranging from eclectic fashion and knick-knacks to furniture, high-tech camera gear and more.

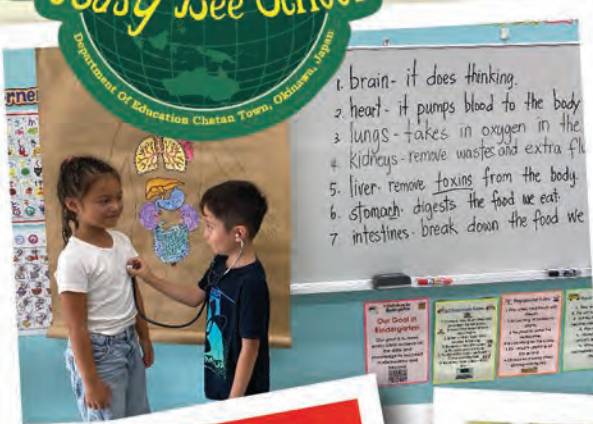






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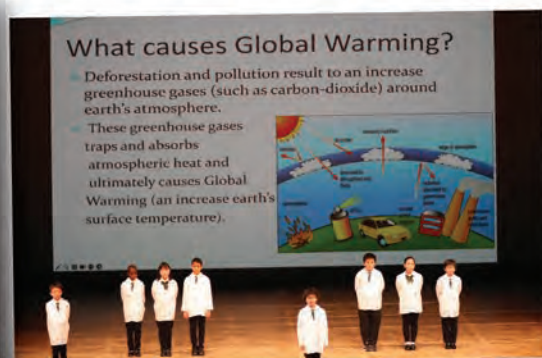
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## FUTENMA SHRINE

Located on Route 330 close to Camp Foster, this 500-year old Shinto shrine is visited by tens of thousands of Okinawans making their first shrine visit of the year during *Oshōgatsu* or New Year's. It is also a popular venue during *Kodomo-no-hi*, *Shichi-go-san* and *Setsubun* holidays. The shrine also features an underground limestone cave that has been a place of worship since ancient times. Next door lies the Jingu-ji Temple, a Buddhist place of worship.





## NAKAMURA HOUSE

Located in Kitanakagusuku, this traditional structure is an example of a wealthy Okinawan farmer's home from 250 years ago. The house is surrounded by stone walls and fukugi trees for protection against fires, typhoons and bad luck. Now a living museum highlighting the everyday style of life during the Ryukyu Kingdom era, Nakamura House is an extremely informative place to visit.





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## NAKAGUSUKU CASTLE RUINS

The ruins of this castle sit on the summit of a 200-meter-high hill offering a panoramic 360° view of the island. It is one of the largest castle ruin sites on the island and is comprised of six structures. Although the exact age of the original structure is not clear, the third structure was built during the mid-14th century. The Nakagusuku Castle ruins were designated a tangible cultural asset by UNESCO in 2000.







# SOUTH

Southern Okinawa is home to Naha—the largest (and capital) city of Okinawa. Urasoe City, directly to the north, is also a densely populated area that hosts Camp Kinser. Southern Okinawa features many opportunities for shopping, dining and entertainment as well as beautiful coastlines, rustic fishing villages, acres and acres of farmlands, parks dedicated to those who lost their lives during World War II and much, much more.





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## SAN A PARCO CITY MALL

Located in Urasoe City on the coastline next to Camp Kinser, PARCO CITY Mall took the crown of “largest mall on Okinawa” from AEON MALL Okinawa Rycom. The mall features many shops representing fashion brands such as H&M, Zara, Levi’s, The North Face, Birkenstock, Coach and many others. In addition, various specialty shops such as Hobby Shop G-Soul (which specializes in anime and comic-related toys and models) and the Lego Store (which specializes in...LEGO) will thrill the kids. Malls worldwide are known for their food courts and PARCO CITY does not disappoint with three levels of every cuisine imaginable—including stateside chains such as Panda Express and 31 Flavors, local favorites A&W and Steak House88 and tons more. PARCO CITY is also home to United Cinemas, a multiplex offering 11 screens including IMAX with Laser, 4DX and 270° ScreenX.

## SHURI CASTLE

Shuri Castle was originally built at the end of the 14th century during the reign of King Satto. It served as the king’s headquarters and ceremonial hall until 1879. Although the majority of the castle was destroyed in a fire in late 2019, it is currently being rebuilt with a scheduled reopening date of autumn 2026.

## KINJOCHO STONE ROAD

This stone road, with ancient limestone paving, is a preserved piece of Ryukyu Kingdom history. This boulevard features a quaint red-roofed, traditional-style rest house halfway up the narrow road and sacred sites along the way, including the stone well behind the rest house and a rare 300-year-old akagi tree.



TOP PHOTO COURTESY OF SAN A PARCO CITY



Served with a side salad (Garden or Caesar), loaded mashed potatoes, parsley buttered carrots, creamed spinach and Yorkshire pudding. Accompanied by au jus, zesty horseradish sauce and a warm dinner roll with butter.



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---

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## FUKUSHU-EN GARDEN

This Chinese-style garden was constructed jointly by Naha City and its Chinese sister city, Fuzhou. The trees, plants and flowers represent the different seasons of the year. Something is always in bloom in the garden, and the three different areas represent light, seclusion and beauty.



## SHIKINA-EN

Located in the Maji District of Naha City, this remnant of the days of the Ryukyu Kingdom was originally owned by the Sho Family—descendants of Ryukyu kings. Shikina-en was destroyed during WWII and was reconstructed after reversion to Japan.

## JAPANESE NAVAL UNDERGROUND HEADQUARTERS

This extensive system of caves located in the middle of bustling Naha City served as the headquarters of the Japanese forces stationed on Okinawa during WWII. The tunnels are up to 30 meters underground and run in all directions throughout the area. MCCA Tours+ offers regular tours; visit [www.okinawa.usmc-mcca.org/tours](http://www.okinawa.usmc-mcca.org/tours) for the latest information and tour dates.





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## NAHA KOKUSAI STREET

Located in Naha City, the name translates to “International Street.” This road is lined with shops, department stores, restaurants and the famed Heiwa-Dori, a maze of stalls peddling fresh fish, flowers, produce, handicrafts and a myriad more.

## SAKURAZAKA

Sakurazaka is located “off of the beaten path” in many ways. Known by old-timers as one of the first entertainment districts (as in the type adults enjoy in the evening), it was the kind of place that the word “seedy” would aptly describe. However, things changed with the opening of one of the island’s first movie theaters in 1953. This theater, as well as the area, went through many name changes over the decades before finally closing in 2005. Today, Sakurazaka is a curious mixture of old and new, of decrepit buildings and the sparkle of neon. Although there are still a few shops that don’t open until late in the evening, Sakurazaka has taken a turn to the bohemian, with small shops hawking artwork or clothing featuring cutting-edge design and obscure labels. The theater that closed in 2005 was reopened featuring local artists’ works, indie films and concerts by local indie-label bands.

## TSUBOYA YACHIMUN STREET

Tsuboya is often stumbled upon by chance when wandering through the vast maze of Heiwa Dori. Known for its concentration of potters, even the name itself means “shops specializing in pottery.” It is believed that the first kilns were built in Tsuboya in the late 1600s during the reign of King Sho-Tei. The majority of work was *arayachi* (unglazed)—primarily jars and storage containers which usually held rice, soybeans, and *miso* (soybean paste). In the beginning, all ceramic *shisā* were of the unglazed variety. And since Tsuboya was the mecca of *arayachi* pottery, most established practitioners had learned their craft in Tsuboya. Originally there were more than ten kilns in the district, but only one survived the devastation of WWII. This kiln, known as *Fuēnū Gama* (southern kiln) is located on *Yachimun-Dori* (Pottery Street) in Tsuboya, next to the Tsuboya Pottery Museum.



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## RAKUICHI SHOPPING CENTER

Although not technically a mall, Rakuichi Shopping Center (located in the Naha Shintoshin area) is definitely worth your time on a hot Okinawan summer afternoon. With a handful of stores located side by side, Rakuichi features a wide selection of shops such as MUJI, a UNIQLO clothing emporium, a large electronics store, a Ryubo grocery store with a small food court, several restaurants and one of the largest sports and outdoor outfitters on island called Sports Depot.

## SAN-A NAHA MAIN PLACE

Main Place, located next to the Prefectural Art Museum (which is next to Apple Town), is a large, modern mall filled with clothing boutiques, shoe and handbag vendors, home and interior stores, knick-knack shops, restaurants, snack bars and even a movie cineplex. San-A Main Place is a much larger version of other typical San-A department stores found throughout the island and it may floor you with its multi-level massiveness.

## T GALLERIA OKINAWA

This collection of famous high-end shops such as Gucci, Fendi, Mont Blanc, Louis Vuitton, Prada and others is the last in the string of malls in Shintoshin. Travelers leaving Okinawa (even for destinations inside Japan, such as Tokyo) should take advantage of the lower prices offered here.

## TEAMLAB FUTURE PARK OKINAWA

Located inside T Galleria, teamLab Future Park Okinawa is a permanent interactive art exhibit created in collaboration with world-renowned international art collective teamLab. This exhibition features ten different areas including Animals Living with Flowers II, Sketch Aquarium: Connected World, Light Ball Orchestra and many more. Visit [dfs.com/en/okinawa](https://dfs.com/en/okinawa) for more info.



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## OKINAWA PREFECTURAL MUSEUM & ART MUSEUM

This sprawling facility features several cultural treasures salvaged from the ravages of war and time. The complex includes a separate museum of natural and cultural history, a large art gallery offering exhibitions of modern Ryukyu art and a community area featuring examples of traditional architecture. All buildings feature a *gusuku* (castle) design motif, and the compound is surrounded by limestone walls echoing styles used during the days of the Ryukyu Kingdom.

The museum's permanent exhibition theme is "Sea and Island Life—Seeking Prosperity, Beauty and Peace," and the museum is broken into several different sections showcasing different facets of Okinawan human and natural history. These "exhibits" include subjects such as antiquities, arts, crafts, history and folk customs. The ages of these artifacts span from the present day all the way back to artifacts approximately 20,000 years old.

## ASHIBINAA OUTLET MALL

Designed by architect John Law, this open-air style mall located in Toyosaki features a multitude of shops including many that are internationally recognized. The mall also features several local shops such as Ryukyu Leather L.L.A (specializing in hand-made leather goods) and Ryukyu-no-Sato, which sells a great selection of locally made *Kariyushi* shirts (collared

summer clothing similar to aloha shirts). Ashibinaa also houses many restaurants serving a variety of cuisines and a food court that would do the Galleria in its heyday proud.

## IIAS OKINAWA TOYOSAKI

One of Okinawa's newest malls, iias Okinawa is located within walking distance of Okinawa Outlet Mall Ashibinaa and the beautiful Toyosaki Beach. Featuring 155 vendors, iias houses a PGA Tour Superstore for golf fanatics, fashion emporiums H&M, UNIQLO and GU, restaurants such as Luke's Lobster, Sam's (as in "Sam's by the Sea"), Taco Rice Café Kijimuna and many others. As if this wasn't enough, iias is also home to the DMM Kariyushi Aquarium—Okinawa's newest destination for experiencing sea life on dry land.



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## DMM KARIYUSHI AQUARIUM

DMM Kariyushi Aquarium is unique in that it mixes both virtual and real sea creatures in a brand-new experience that the whole family will enjoy. This aquarium even offers a phone app that you can download to help guide you through your journey. The entire second floor of DMM Kariyushi Aquarium is home to freshwater fish, reptiles, amphibians and more from a variety of different ecosystems. Upon descending to the first floor, visitors are greeted by several tanks highlighting a dazzling variety of tropical fish and coral ranging from pulse, orange cup and purple-tipped acropora corals to more mobile denizens such as clownfish, gobies, flounders, shrimp, lobsters, crabs, moray and garden eels, seahorses, cowfish and more.

The “main course” of DMM Kariyushi Aquarium is, of course, the largest tank in the facility, which sports a large window and smaller circular windows, offering views of schools of Indian mackerel, rays, larger sharks, snappers, groupers and more—including a sea turtle. However, what makes this aquarium unique is the immersive virtual experience. At the “virtual aquarium” exhibit, visitors can also view realistic displays of creatures that would be impossible in an actual aquarium—including an encounter with a giant squid over 18 meters in length and living in waters at depths of over 500 meters.

## ITOMAN HAKUGIN SHRINE

Local residents believe that this shrine houses the god of the sea. Many pray at Hakugin Shrine for safe voyages at sea and bountiful ocean harvests. A large rock, known as the “god rock,” sits in the southern end of the shrine. During the 1st and 5th months (during the dragon boat races) of the lunar calendar, priests known as *nichu* gather here to pray.

## ITOMAN OCEAN PARK

The Itoman Ocean Park is located on the southern tip of Nishizaki near the Itoman Police Station. The park contains walking paths and a large clearing that’s used for events, sports and recreational activities. The Ocean Park also contains a restored house dating back to the early 1900s which offers visitors a glimpse into the life of old-school *uminchū* (fishermen).

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## SĒFĀ UTAKI

One of the most noteworthy of the remaining *utaki*, or “Okinawan holy places,” is Sēfā Utaki, located on the tip of the Chinen Peninsula overlooking Kudaka Island (believed to be the island of the gods). As one of the seven original *utaki* created by the founding goddess of Ryukyu, Sēfā Utaki is considered one of the most sacred places on the main island. It is also recognized by UNESCO as a World Heritage Site. This grove is one of the few *utaki* that has a marked focal point—two solid stones weighing several hundred tons each and leaning against one another to create an inverted ‘V’ shape. While many tourists visit Sēfā Utaki, it is still sacred and considered a place of power.



BOTTOM PHOTO: LAURA PARADA

## AZAMA SAN-SAN BEACH

Azama San-San Beach, located off Route 331 next to the Chinen Marine Leisure Beach, boasts fine, white sand and azure water, as well as umbrella, lounge chair and float rentals, a first aid station, lockers, showers, restrooms, changing areas, a snack bar with plenty of covered benches and picnic areas, and a shop selling beach gear and food. Next door is a marina offering glass-bottom boat tours, dive boat trips and ferry rides to Komaka and Kudaka Islands (which offer some of the island’s best snorkeling).



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## OKINAWA PREFECTURAL PEACE MEMORIAL MUSEUM

Okinawa Prefectural Peace Memorial Museum (a.k.a. Peace Memorial Park) is located in Mabuni, where one of the final confrontations of the Battle of Okinawa took place. During this battle, the Japanese commander, Lieutenant General Ushijima, and General Isamu Cho, the Chief of Staff of the Japanese 32nd Army, committed ritual suicide at Mabuni Hill. Memorial towers and engraved stone monuments representing 31 prefectures and 10 groups, as well as the “Cornerstones of Peace,” the Okinawa Prefecture Peace Memorial Museum, the Peace Hall and the National Battle of Okinawa Victims’ Memorial are all present. MCCS Tours+ offers regular tours; visit [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours) for the latest information and tour dates.



KIRSTIN SPANU

## CHINEN CASTLE

Not far from Sēfā Utaki lies one of the oldest and surprisingly lesser-known castle ruins on island. When asked to name a *gusuku* (a stone-walled castle or fortress), most islanders will name Shuri Castle, Nakijin, Nakagusuku or Katsuren. However, while these sites are all larger, Chinen Castle is considered one of the oldest and most important due to its proximity to several sacred sites. The castle is located high atop a hill overlooking the ocean and surrounded by ancient primeval forests like many of its sister-*gusuku*. During ancient times, Chinen Castle was regularly visited by the reigning monarch and the supreme priestess of the court. Originally two enclosures, all that remains today are some walls ranging in height from 1.5 to 2 meters high, two gates—the main and the west—and the remnants of the sacred groves (one dedicated to Hinukan, the god of fire) inside the castle grounds. After the fall of the Ryukyu Kingdom, Chinen Castle served as the municipal government offices of Chinen until 1893. Not far from Chinen Castle lies an area believed to be where rice was first planted on the island. Received as a gift from Amamikiyo, rice was planted in a small field called Chinen *Ukkaa* and fed by a fresh-water spring called *Ufakaru*.

## HIMEYURI-NO-TO

Itoman’s Himeyuri-no-To and the Himeyuri Peace Museum commemorate the students of both the Okinawa Women’s Normal School and the First Prefectural Girls’ High School—collectively known as Himeyuri (from *hime*, meaning princess, and *yuri*, meaning lily). When the battle began to intensify, the Himeyuri Student Corps was sent to tend to the wounded in the south in a hospital comprised of man-made caves. More than 100 girls lost their lives—some from self-inflicted wounds. MCCS Tours+ offers regular tours; visit [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours) for the latest information and tour dates.

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## RYUKYU GLASS FACTORY

Just seeing the building that houses the Itoman kiln in full daylight is worth the trip itself—the Ryukyu Glass Factory is almost completely covered with rounded tiles made from multi-colored Ryukyu glass and painted pieces of Ryukyu Pottery. Inside the open-air factory, visitors can watch artisans create works of glass art. Also attached to the factory are a gift shop and a museum where visitors can view pieces created by legendary masters such as Koei Oshiro and Masao Tobaru.

## RYUKYU

### LACQUERWARE SHOP

Ryukyu Lacquerware Shop, located in Itoman, was established over 90 years ago. At this shop, visitors can experience an art form that China introduced to Okinawa during the 14th and 15th centuries. Some of the techniques include *chinkin* (gold appliqué), *raden* (oyster shell appliqué) and the relief appliqué technique unique to Okinawa known as *tsuikin*. Visitors can also try their hand at creating their own piece of Ryukyu art.

### GYOKUSENDO CAVE

Located in the Okinawa World Theme Park, Gyokusendo is Japan's second-longest grotto featuring an underground stream, a golden waterfall and more than over 900,000 stalactites and stalagmites. This theme park also features a crafts village, traditional dancing and artisans blowing glass, creating pottery and weaving colorful textiles. MCCS Tours+ offers regular tours; visit [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours) for the latest information and tour dates.

### YUINCHI HOTEL NANJO RESORT

Yuinchi is located in southern Okinawa and is a great destination to cool off the kids after a visit to Gyokusendo Cave and Okinawa World. The indoor pool offers lap swimming, but the outdoor pools are where most of the fun is to be found. The outdoor pool facility is quite extensive with a double-barrel waterslide emptying into a cool splash at the bottom. There is also a flowing pool for those that wish to be gently pushed around for a few laps with minimal effort. Yuinchi Hotel Nanjo Resort also features an *onsen* (natural hot spring) where you can relax in ancient healing waters from geological formations that are millions upon millions of years old.

# OUTER ISLANDS

Okinawa's outer islands can be visited by car, ferry or plane. They offer pristine beaches with resort hotels, camping or Japanese style *minshuku* (family inns) accommodations.



## KERAMA ISLANDS

One of the most popular areas for diving in the prefecture is in the waters surrounding the Kerama Islands. The Keramas are a string of more than 20 inhabited and uninhabited islands about 12 miles west of Okinawa, accessible via ferry from Naha Tomari Port. The two most-visited islands are Zamami and Tokashiki—both well-known for their abundance of coral, beautiful beaches and marine leisure activities. The waters off the coast of the Kerama Islands are also whale-watching hotspots. Zamami Island's whale-watching season peaks roughly from early February through early March.

## KUDAKA ISLAND

Kudaka is a tiny island with a circumference of only around 8 km. However, this tiny isle is the most sacred island in the prefecture. This is mostly because, according to folklore, Kudaka was believed to not only be the first Ryukyu Island the goddess Amamikiyo created, but one she created to mirror the beauty of heaven. To this day, certain parts of the island are forbidden to men while others can only be entered by the highest-ranking *noro* (priestesses). In the center of the island lies a circular clearing where it is believed the gods subsequently descended. Not all areas of Kudaka are forbidden, however, and many areas are a different kind of “heaven on earth.” After a 15-minute ride on an express ferry, visitors can either choose to rent a bicycle (a wise choice) or hike to one of several beautiful beaches.

A long straight dirt road that leads to the other side of the isle called Ka-beeru offers a good warm-up with a breathtaking view for finishers. From

there, travelers can leisurely pedal (or walk) back toward the port, stopping at Uppama Beach (which still has star sand), Shimaashi Beach, Ishikihama, Tachihama, Ichajikihama and many more beaches.

## SESOKO ISLAND

Sesoko Island is a beautiful and quiet getaway located on the northwestern part of Okinawa, just north of Nago. This tiny islet is connected to Okinawa by a bridge from the Motobu Peninsula, near Motobu Port. Although tiny, Sesoko is a mecca for activities such as scuba diving, snorkeling, swimming, and other watersports. The water becomes very shallow at low tide, making it enjoyable for beachcombers as well. Sesoko is also home to Hilton Okinawa Sesoko Resort, which features world-class cuisine, indoor and outdoor pools, beautiful ocean views and even pet-friendly accommodations.



## IE ISLAND

Ie Island sits in the East China Sea, just a few miles west of the Motobu Peninsula. Ie was the scene of intense fighting during WWII. Ie Island is also the site of the Ernie Pyle Monument, honoring the American war correspondent who lost his life during WWII. Mount Gusuku is another popular tourist attraction. A staircase/trail leads the surefooted on a 15-minute climb to the top of the hill. The Youth Excursion Village campgrounds are located on a beautiful beach on the southeast tip of the island. Visitors can enjoy the beach, picnic grounds and large playground for a small fee.

## YORON ISLAND

The southernmost of the Amami Islands, Yoron is adorned with beautiful beaches, including Crystal Beach, which is really a sandbar visible only at low tide. Watersports and Pricia Resort with its greek-like design also attract visitors to Yoron Island. The island's folk village is perched on a cliff overlooking the southwest side of the island with views of the rugged coastline.

## IZENA & IHEYA ISLANDS

Located 23km northwest of Hedo Point, Iheya Island is mostly unpopulated. With very little tourist facilities, Iheya is largely unspoiled. Off the coast, you'll find dense and healthy reefs, turtles, schools of fish and even pilot whales and dolphins.

Just south of Iheya is Izena Island. Also known for its natural beauty, Izena is mostly known as the birthplace of King Sho En, the reigning monarch of the Ryukyu Kingdom during the 14th century.

## KUME ISLAND

Although it isn't visible from Okinawa, Kume Island is very close—only an hour and 45 minutes away from Naha's Tomari Port. The



## IRIOMOTE & TAKETOMI ISLANDS

Ishigaki is the jumping-off point to other islands, including Iriomote and Taketomi. Iriomote is noted for its wildlife and vast jungles and is considered the most untamed part of Japan. Taketomi Island has been designated a Japanese National Treasure for its abundance of well-maintained traditional homes.

island remained relatively untouched during the WWII Battle of Okinawa, which makes it a great place for seeing pre-Shuri Kingdom architecture including two castles—Uegusuku and Gushikawa—and the Uezu House, which was built in 1726.

Uezu House's walls are made of coral stone, and 300-year-old fukugi trees stand inside its courts. Another of Kume's notable sights is the interesting natural phenomenon called *tatami-ishi*. Over 3,000 square meters of these mat-like stones cover the shoreline. The stones received their name from Japanese tatami mats and have a pattern similar to that of a tortoise shell.

## MIYAKO ISLAND

The Miyako Island chain is well-known for their scenic sandy beaches and crystal-clear waters. Miyako is the primary island of the chain and is home to several tourist destinations, including the Ueno German Culture Village.

## IKEMA, SHIMOJI & IRABU ISLANDS

The 4,675-foot Ikema-Okashi Bridge links Miyako with Ikema, a bucolic island where the women farm and the men fish or work in a seafood processing plant. A new bridge links Miyako and Irabu Islands. Shimoji and Irabu Islands sit side-by-side and are connected at several locations.

## ISHIGAKI ISLAND

Ishigaki Island is a short 45-minute flight (or a lengthy 14-hour ferryboat ride) from Naha. Ishigaki is the principal island in the Yaeyama chain, lying 429 miles southwest of Okinawa. This charming island has many old streets, houses and temples for exploration and offers a plentiful assortment of restaurants, hotels and shopping for tourists. Kabira Bay is home to the Club Med resort, as well as the oyster beds where Okinawa's rare black pearls are cultivated.

## YONAGUNI ISLAND

As part of the Okinawa Prefecture, Yonaguni is the tip of the tail of islands that extends south from Okinawa to Taiwan. This spectacular island is fringed with cliffs that drop sharply into the sea. To visit, you can catch a flight to Ishigaki with a connection to Yonaguni.



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# PHONE NUMBERS

## MOTOBU PORT TO IE ISLAND

098-047-3940 | some English

## TOMARI PORT TO KERAMA ISLANDS

### TOKASHIKI

098-868-7541 | some English

### ZAMAMI/AKA

098-868-4567 | some English

## TOMARI PORT TO KUME ISLAND

098-868-2686 | some English

## NAHA PORT TO MIYAKO ISLANDS

098-868-1980 | Japanese only

\*Best to contact an English-speaking travel agency.

## NAHA PORT TO YAEYAMA ISLANDS (VIA ISHIGAKI)

098-868-1980 | Japanese only

\*Many choose to fly to Ishigaki, then take a ferry to one of its sister islands.

## FERRIES TO TAKETOMI FROM ISHIGAKI

### TAKETOMI

098-082-5010 | some English

### IRIOMOTE

098-082-5010 | some English

### YONAGUNI

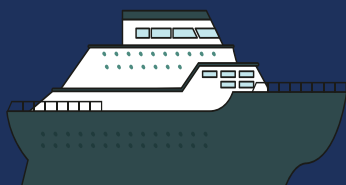
098-082-4962 | Japanese only

\*Best to contact an English-speaking travel agency.

### HATERUMA

098-083-6055 | Japanese only

\*Best to contact an English-speaking travel agency.



## ISLAND HOPPING

The smaller islands of the prefecture are famous nationwide for their unspoiled natural beauty and some of the most laid-back people on Earth. And while most are accessible by ferry, they are made even more accessible and convenient vacation destinations with a short hop out of Naha Airport—via Okinawa's very own airline Japan Transocean Air (JTA, for short). Visit Japan Transocean Air online at [en.jta-okinawa.com](http://en.jta-okinawa.com).

Ferries bound for Aguni, Daito, Tokashiki, Kume, Tonaki, Zamami and Aka Islands depart from Naha's Tomari Port. The Minna and Ie Island ferries operate out of Motobu Port. Ferries bound for Izena, Yoron and Iheya Islands depart from Motobu's Unten Port. The ferry bound for Kudaka Island operates out of Chinen Village's Azama Port and Naha Port. Lastly, Ishigaki Port is home to vessels that make runs to Hateruma, Iriomote, Taketomi and Yonaguni Islands. For updates on ferry schedules, call the Okinawa Convention & Visitors Bureau at 098-859-6123.



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