

Welcome to
**Hampton
Roads**
Virginia





Welcome to Hampton Roads, Virginia. This area is home to more than 20% of the entire United States Navy! Hampton Roads, Virginia, consists of the “Southside” and the “Peninsula.” Southside cities are Norfolk, Portsmouth, Chesapeake, Virginia Beach, and Suffolk. Norfolk and Portsmouth are cities with limited land and tightly concentrated populations. Chesapeake and Virginia Beach seem like counties, with much larger land areas and less defined city centers, although the City of Virginia Beach has recently developed a Town Center near Pembroke Mall. Suffolk is rural. Hampton and Newport News are located on the Peninsula, as are the historic towns of Williamsburg, Yorktown, and Jamestown.

Naval installations include Naval Station Norfolk; Joint Expeditionary Base Little Creek-Fort Story; Naval Air Station Oceana; Dam Neck Annex in Virginia Beach; NSA Northwest Annex in Chesapeake; and Naval Weapons Station Yorktown. In addition, there are many other Navy, Marine Corps, Army, Air Force, and Coast Guard installations in the area.

Approximately 1.6 million people live in Hampton Roads, and activities abound which may interest you. Fishing, camping, historic sites, concerts, theater, opera, ballet, symphony, zoos, museums, and more are available. The climate is generally moderate, and there are four distinct seasons. Winters see occasional, light snowfalls, while summers tend to be hot and humid.

When making your move to Hampton Roads, Virginia, the Fleet and Family Support Centers are ready and available to assist you.

For more information on the Hampton Roads area, check out Military Installation Overview on Military Homefront’s website www.militaryhomefront.dod.mil/moving.

FLEET AND FAMILY SUPPORT CENTER RELOCATION AND EMPLOYMENT ASSISTANCE

Fleet and Family Support Center (FFSC) provides the following relocation services for military personnel and their families.

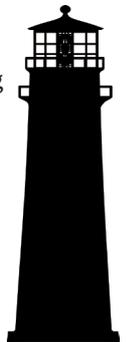
Upon arrival, visit the nearest Fleet and Family Support Center for further information on base and community services. FFSC is here to welcome you and assist with your relocation to Hampton Roads.

Lending Locker items: folding tables and chairs, high chairs, kitchenware and utensils, Pack N Plays, tri-fold mattresses/air beds, child safety seats, and other items are available for temporary use until your household shipment arrives. All are available at no cost to the service member with a copy of PCS orders and ID card.

The Career Development Resource Center (CDRC) has many resources for job seekers and transitioners. Internet use is available to clients looking for work or wishing to post their resumes. CDRCs offer information about local employers, career search, resume writing, and local job fairs. Individual employment assistance is also available.

CDRC also presents a series of workshops monthly covering employment issues. The workshops are:

- Career Planning
- Effective Resume Writing
- The Federal Employment System
- Interview Techniques
- Job Network
- Job Search Strategies



HOUSING

Navy Housing Privatized

Navy Housing in the Hampton Roads area is owned and operated by Lincoln Military Housing. The Navy Housing Welcome Centers continue to take applications for base housing, manage the waiting lists and make referrals. For more information on housing, go to <http://www.cnic.navy.mil/housing>

Housing Welcome Centers

Your orders require you to check into one of the Hampton Roads Housing Offices before you negotiate for off-base housing. They can help you locate civilian vacancies. Their addresses and telephone numbers are as follows:

Southside: Norfolk

M-F • 0730-1615
7924 14th Street
Norfolk, VA 23505-1217
(757) 445-2832
DSN 565-2832

Peninsula: Newport News

M-F • 0800-1615
1970 Von Steuben Dr.
Newport News, VA 23603
(757) 847-7806
DSN 953-7806

Little Creek

M-F • 0800-1600
2600 Tarawa Court, Bldg. 1602
Virginia Beach, VA 23459
(757) 462-8939
DSN 253-8393

Oceana

M-F • 0730-1630
E Avenue, Bldg. 536
Virginia Beach, VA 23460
(757) 433-3368
DSN 433-3368

Home Sales and Rentals

Homes for sale are usually plentiful in Hampton Roads and relatively reasonable when compared to high cost



areas like California or Washington DC. However, the demand for rental units is quite high, and the vacancy rate is low. Costs for rental units during the summer months may be very high near the resort areas because of the tourist season. Average apartment rentals can range from \$700 for an unfurnished one-bedroom unit to \$1,600 or more for an unfurnished four-bedroom unit. Housing costs may be lower on the Peninsula. Some useful websites to start your search are: www.ahrn.com, www.apartmentguide.com and www.hrtide.com.

Rental Partnership Program

Contact the Southside Hampton Roads Welcome Center for more information, including information about the Rental Partnership program. RPP contains properties that are designated for Military Personnel at reduced rates. Rent must be paid by allotment.

Landlord Tenant Acts and Military Clauses

The Acts and clauses in leases may vary from state to state. As a result, local security deposits may be more than you are expecting. Even when you receive orders, landlords can require 30 days notice.

CHILD CARE

Quality child care is available in a variety of forms in the Hampton Roads area. The Navy Mid-Atlantic Region Child Placement Program is a regional office that provides information on childcare resources throughout the Hampton Roads region, both civilian and military providers.

Navy Mid-Atlantic Region Child Placement Program

Naval Station Norfolk
1565 Piersey St.
Norfolk, VA 23511
Phone: 1-866-NAVY-CDC (628-9232)
Fax: (757) 444-2314

Other resources available:

The Planning Council/Child Care Assurance Plan/Child Care Answer Line:

(757) 627-3993 or Toll Free:
1-800-477-3993

State licensed day care providers are regulated and monitored by the Regional Office, State Department of Social Services:

Eastern (Virginia) Regional Office:
(757) 491-3990



Peninsula: (757) 247-8020
YMCAs (all have nursery facilities)

Approved day care homes may be regulated by individual cities. Call the local Social Services Agency in your city of residence for additional information.

Information Services Division of The Planning Council: (757) 625-4543

EXCEPTIONAL FAMILY MEMBER PROGRAM

The Exceptional Family Member Program (EFMP) is designed to identify family members with long term health care, psychological, or special educational needs. The FFSC EFMP Liaison can assist in locating local military and community resources, special education assistance, social and support groups, treatment providers and information about local disability service. EFMP Liaisons can also assist with the relocation process — just call the FFSC nearest you.



SCHOOLS

To enroll your child in licensed child care or school you must:

- Have proof of immunizations against a number of contagious diseases.

Children entering kindergarten through seventh grade must:

- Submit the child's birth certificate.
- Have had a complete physical examination within the past twelve months.
- Be age five on or before 30 September of the enrollment year.

Call the appropriate school system for specific details. You are urged to take action on these requirements well before enrolling your child.

If your child is in Special Education or has developmental disabilities, you must provide copies of your child's Individual Education Plan (IEP), or 504 plan. Remember to also bring copies of testing and evaluations performed by previous schools.

Addresses and telephone numbers for the Hampton Roads cities' public school systems are listed below.

Chesapeake

312 Cedar Rd.
Chesapeake, VA 23322
(757) 547-0153
<http://www.cps.k12.va.us/>

Hampton

1 Franklin St.
Hampton, VA 23669
(757) 727-2000
<http://www.sbo.hampton.k12.va.us>

Newport News

12465 Warwick Blvd.
Newport News, VA 23606
(757) 591-4500
<http://www.sbo.nn.k12.va.us>

Norfolk

800 E. City Hall Ave.
Norfolk, VA 23510
(757) 628-3830
<http://www.nps.k12.va.us>

Portsmouth

P.O. Box 998
Portsmouth, VA 23705-0998
(757) 393-8751
<http://www.pps.k12.va.us>

Suffolk

100 N. Main St.
P.O. Box 1549
Suffolk, VA 23434
(757) 925-6750
<http://www.spsk12.net>

Virginia Beach

2512 George Mason Drive
P.O. Box 6038
Virginia Beach, VA 23456
(757) 263-1000
(757) 263-1240-TDD
<http://www.vbschools.com>

York County

302 Dare Road
Yorktown, VA 23692
(757) 898-0300
<http://www.yorkcountyschools.org>

Elizabeth City Pasquotank Public Schools

1200 S. Halstead Blvd.
Elizabeth City, NC 27909
252-335-2981
<http://ecpps.k12.nc.us>

For more information regarding admission requirements or transferring to Virginia schools, contact the School Liaison Officer at your base.

Norfolk (757) 322-9108
Little Creek..... (757) 462-4482
Oceana/Dam Neck (757) 433-2496
Portsmouth..... (757) 953-5096
Yorktown (757) 887-7757

Also, check out the Joint Military School Service website, a "one stop shop" for all your school needs, including private school listings in the area, with a focus on military children's issues: www.militaryk12link.com. Also visit www.militarystudent.dod.org

UTILITIES

Electricity Deposit Clubs

Some of the defense credit unions have implemented a program to waive the security deposit for their customers.

You must maintain a minimal balance, plus pay a membership fee. The fee is nonrefundable. Although the program is designed primarily for active duty personnel, anyone who is eligible for membership at the participating credit unions can use this service. Contact your local credit union for more information.

It is recommended that you obtain a letter of credit from utility companies with which you have had service for a minimum of 12 months. Often these letters can eliminate sizable deposits required by utility companies in Hampton Roads.

Chesapeake

Electricity 1-888-667-3000
Gas ... 1-866-229-3578 or 1-800-543-8911
Sewer/Water (757) 382-6352
Trash Collection (757) 382-3435
Recycling..... 800-877-7531

Hampton

Electricity 1-888-667-3000
Gas 1-866-229-3578
Water/Sewer (757) 926-1000
Trash/Recycling (757) 727-8311

Newport News/Yorktown

Electricity 1-888-667-3000
Gas 1-866-229-3578
Water/Sewer (757) 926-1000
Trash Collection (757) 749-6476
Recycling/
Solid Waste (757) 269-2872

Norfolk

Electricity 1-888-667-3000
Gas 1-866-229-3578
Dept. of Utilities (757) 664-6700
Waste Management (757) 441-5813
Recycling..... (757) 441-5813

Portsmouth

Electricity 1-888-667-3000
Gas 1-800-543-8911
Sewer/Water (757) 393-8524
Trash/Recycling (757) 393-8663

Suffolk

Electricity 1-888-667-3000
Gas 1-866-229-3578
Trash/Sewer/Water (757) 514-7000
Recycling..... (757) 514-7670

Virginia Beach

Electricity 1-888-667-3000
Gas 1-866-229-3578
Sewer/Water (757) 385-3111
Trash/Recycling..... (757) 385-4650

Phone Companies

Verizon (800) 837-4966
AT&T 1-800-222-0300
Wind Stream..... (757) 248-4000
Cox (757) 222-1111

Additional Useful Websites

Now a free online sign-up for utilities and services is offered through your Navy Exchange website:
www.navy-nex.com

- Cavalier Telephone: www.cavtel.com
- Columbia Gas: www.cgva.com
- Cox Communications: www.cox.com
- Dominion Virginia Power: www.dom.com
- Verizon: www.verizon.com
- Virginia Natural Gas: www.vng.aglr.com



AUTOMOBILE REGISTRATION

Division of Motor Vehicles (DMV)

Virginia

Central Line

1-804-497-7100

www.dmv.state.va.us

North Carolina

Customer Service

(919) 715-7000

www.ncdot.org/dmv

City Car Decals

Many Hampton Roads area cities require a city decal for automobiles owned by individuals residing within the city. Active duty personnel whose vehicle is registered (title, registration, and plates) in another state are not required to obtain a city decal. For additional information, contact the DMV.

Base Decals

Base auto decals remain current for three years or for the duration of current enlistment, whichever is earlier. Personnel normally obtain their decals from the security office serving the unit to which they are attached. A completed vehicle registration and the following are required:

Effective Safety Inspection Certificates

Vehicles registered in states having safety inspection laws must display current safety inspection stickers, either from the state of registration or Virginia.

Identification

Proper Department of Defense identification.

Insurance

Applicants must present evidence of insurance coverage as required by the state of Virginia.

Current Vehicle Registration

Vehicles of armed forces personnel must be registered in their own names or in the names of their legal dependents. If the vehicle is titled in BOTH service member and spouse's names or spouse's name only, there will be a property tax assessment. Taxes are approximately 3% of the assessed value of the vehicle. This can be quite an expense, especially on a new or late model car.

The titled owner of the vehicle must be an active duty nonresident to qualify for an exemption of personal property tax.



AUTOMOBILE SAFETY

Virginia law requires that all passengers in the front seat of a vehicle must wear a seat belt and that children under eight years of age be restrained in a child safety seat that meets federal standards. In addition, Virginia law states that all children between age eight through age 15 must wear a safety belt no matter where they are seated in the vehicle. Check with the Department of Motor Vehicle where you may pick up a free booklet on driving and safety or visit the DMV web site at www.dmv.state.va.us for additional information about this and other requirements relating to driving in Virginia. Fire departments throughout Hampton Roads will assist motorists with the installation of child safety seats — for free.

Child and infant car safety seats may be borrowed at no cost from Fleet and Family Support Centers on a temporary basis with a copy of inbound/outbound PCS orders.

TRANSPORTATION

Air

Hampton Roads has two international airports: Norfolk International and Newport News/Williamsburg International, as well as several small regional airports. Both international airports are located near Interstate Highway 64 and served by several carriers.

Norfolk International Airport

(757) 857-3200

Newport News/Williamsburg International Airport

(757) 877-0221

Hampton Roads also has two main Air Mobility Command (AMC) terminals: NAVSTA Norfolk and Langley AFB.

AMC Norfolk

(757) 444-4148

Air Terminal Operations Langley

(757) 764-4698

Note: There are USOs at both international airports and NAVSTA Norfolk AMC. Most are open from 0700 to 2200 depending on flight schedules, and most have snacks and TV lounges. The USOs are staffed by volunteers who can assist arriving personnel with directions, transportation, ticketing, maps, and rental cars, as well as answer questions. Also available at the Norfolk International Airport is a military help desk staffed by military personnel; they can be reached at (757) 444-3040.

Taxi Fares

Fares originating at the Norfolk International Airport are approximately \$2.65 per mile:

- Naval Station Norfolk: \$32
- JEB Little Creek-Fort Story: \$30
- Naval Air Station Oceana: \$55
- Dam Neck Annex: \$60
- Norfolk Naval Shipyard (Portsmouth): \$45
- Naval Medical Center Portsmouth: \$41

Car Rental

Major car rental agencies are available at both airports.

Train Service

AMTRAK serves Hampton Roads from Newport News. Charter buses connect Norfolk and Virginia Beach with each AMTRAK train. For information call 1-800-872-7245 or visit www.amtrak.com.

Hampton Roads Transportation Inc.

(757) 853-1255

Interstate Buses

Two national bus lines serve the area. For information on fares and scheduling call:

Greyhound

1-800-231-2222

Trailways (charter and tours only)

1-800-553-9000

Local Bus Service

Hampton Roads Regional Transit (HRT) serves the entire Hampton Roads area along with many area bases. An "exact fare" policy is enforced; drivers carry no change. Monthly passes are available. For information and schedules call (757) 222-6100 or go to <http://www.hrtransit.org>



NAVY LODGES

There are three Navy Lodges in the Hampton Roads area.

Naval Station Norfolk

(off base) \$67 per day
7811 Hampton Blvd.
Norfolk, VA
(757) 489-2656

JEB Little Creek

(on base) \$74 summer per day and \$60 winter per day
1125 Gator Blvd.
Norfolk, VA
(757) 464-6215

Dam Neck Navy Lodge

Rate varies with the seasons from \$60 in the winter to \$83 in the summer
1697 Regulus Ave.
Virginia Beach, VA
(757) 437-8100

For reservations call:
1-800-NAVY INN (628-9466)

NAVY GATEWAY INNS AND SUITES

Lodging for TDY and eligible leisure travelers (active duty, retired and reservists, NAF and DoD employees) is available through Navy Gateway Inns and Suites, which can be accessed via the website or toll-free number listed below.

Central Reservations Office
(serves Midlant) (877) 628-9233
Worldwide Reservations
(via website)..... www.dodlodging.net

TRICARE

“Tri-Service Coordinated” Health Care refers to the coordination of resources between the local military hospital, clinics, and civilian sources. All branches of service are covered by TRICARE. TRICARE Service Centers offer military appointments, civilian network referral, benefits information and claims assistance. Hampton Roads is part of the TRICARE North Region. TRICARE options in Hampton Roads:

- TRICARE Standard, TRICARE Extra and TRICARE Prime
- Open to all rates and ranks
- Services provided at several locations
- Flexibility in choosing a specific health care provider will affect (and likely increase) the amount patient will pay in cost share.

For more information, call 1-877-874-2273, Medical Appointments 1-866-645-584, and Mental Health appointments 1-866-645-4584.



Dental Information

- MetLife
- TRICARE Family Dental Plan
855-METTDPI (638-8371)

<https://employeedental.metlife.com/dental/public/empentry.do>



**FLEET &
FAMILY
SUPPORT
CENTERS**
MID ATLANTIC

RELOF12090

Little Creek/Fort Story: 462-7563 Northwest: 421-8770
Newport News: 688-6289 Oceana/Dam Neck: 433-2912
Norfolk/Portsmouth: 444-2102 Yorktown: 887-4606

Area Code 757 • www.cnic.navy.mil/navylifema