



# **YOUTH ON THE MOVE**

**A Handbook and Resource Guide  
for Military Youth and Teens**

**Kadena, AB Okinawa, Japan**

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**Menso-re - Welcome to Okinawa!** Congratulations on you and your family's assignment to Kadena Air Base! Moving can be difficult, but if you know where you are going and what to expect it can help ease your transition. An assignment to Kadena Air Base and Okinawa, Japan can be an exciting and enjoyable experience. This handbook will help you learn what exciting adventures and opportunities await you.

PCSing to Okinawa? Would you like a sponsor? The Youth Sponsorship Program is a way to connect with youth and teens on Kadena. Visit <http://kadenafss.com/youth-teen/youth-center> and fill out the Youth Sponsorship request form. Are you an old pro? Would you like to become a Youth/Teen Sponsor? Visit <http://kadenafss.com/youth-teen/youth-center> to fill out the request form. Email or drop off your form at your local Youth or Teen Center.

### **Living in Okinawa...What's it like?**

Okinawa is 67 miles long and varies in width from 2 to 17 miles wide. Though the length sounds short, it will take you well over 3 hours to travel the full length. Okinawa Island is the main island of the Okinawa Prefecture (prefecture is a term used to describe a geographic/political section, much like we use the term county). Okinawa Prefecture includes 160 islands known as the Ryukyu Islands and is often referred to as the "Keystone of the Pacific" because of its strategic location to major Far East cities.

Okinawa is famous for its beautiful beaches and blue/green waters that contain some of the most beautiful coral reefs in the world. SCUBA diving, snorkelling, surfing, paddle boarding and other marine sports are very popular year round in Okinawa.

Food...Mmmmmm! There is such a wide variety of food to try. You might want to start with Okinawan Soba which is a typical Okinawan dish or a variety of champuru (which means stir-fry) or even taco rice a local favorite. The list goes on and on and on!

Okinawa belongs to a subtropical climatic region. It is warmer than mainland Japan and has seasonal winds that blow from the south in summer and the north in winter. Check out Okinawa's weather at <http://kadenaforcesupport.com/weather.html>

### **Cultural Tips:**

- It is customary to take off your shoes when entering someone's home and when entering some public buildings and restaurants. Check out the entrance for rows of shoes or a kutsu-bako, a cabinet for shoes.
- Domo hajimemashite – It is nice to meet you! Try to learn some Japanese phrases while staying in Okinawa. Okinawans are very polite and friendly people. Smiling goes a long way.
- Bowing is a form of respect. Place your hands beside you and bow at your waist. The deeper the bow the more respect you are showing toward a person.
- Do not insert your chopsticks into a rice bowl and leave them. Place them neatly on the chopstick holder or the paper they came in.

**A few of the many festivals, events and activities to check out throughout the year:**

Naha Great Tug-of-War (No. 1 in the Guinness World Records)  
Dragon Boat Races  
Shurijo Castle Festival  
Ryukyu Dance and Eisa Okinawan Folk Dance

## **Things to Know**

**Driving:** Teens can drive on base at age 16, but must be 18 to drive off base. To learn about first time driver's education courses and how to sign up, visit <http://kadenafss.com/drivers-education>

Yes, you will be driving on the other side of the road! ☺

### **Jobs:**

**AAFES:** <http://www.shopmyexchange.com/AboutExchange/Careers/index.htm>

**18 Force Support Squadron:** [www.nafjobs.org](http://www.nafjobs.org)

**Y.E.S (Youth Employment Skills):** The Youth Employment Skills (YES) is a youth volunteer/internship program that affords high school aged dependents of Active Duty Air Force members an opportunity to learn valuable work skills while having a positive impact on their base communities. Program participation incentives are in the form of dollar credits for grant funding. The YES Program allows all certified and enrolled high school students to "bank" volunteer dollar credits toward their postsecondary education/training at a rate of \$4 per hour volunteered in an on-installation position.

Students may accumulate as much as 250 hours during their high school education, for a potential \$1000 (maximum). In addition, the participating installation Youth Program will "bank" base community credits at a rate of \$2 for every hour volunteered per student, up to a maximum of \$10,000 per program year. For purposes of this program, "program year" is defined as the 12 month period beginning 1 June through 31 May of each year. See your local Youth Center for more information.

<http://www.afas.org/Community/YESProgram.cfm>

**Volunteering:** The American Red Cross offers youth volunteer opportunities. Visit their website at <http://americanredcrossokinawa.org> to sign up.

**Curfew:** On base curfew is 2200-0530 Sunday-Thursday morning and 2400-0530 Friday night through Sunday morning, holidays and anytime school is not in session the following day. Off base curfew is 2200-0400 seven days a week. The curfew also applies to dependents 18-20 years of age still enrolled in high school.

# DoDD Schools

The school you will attend is determined by where you live.

## Kadena

Amelia Earhart Intermediate (3-5)  
Bob Hope Primary (K-2)  
Kadena Elementary (K-5)  
Stearley Heights Elementary (K-5)  
Kadena Middle (6-8)  
Ryukyu Middle (6-8)  
Kadena High School (9-12)

## USMC Camps

Bechtel Elementary (K-5)  
E.C. Killin Elementary (K-5)  
Kinser Elementary (K-5)  
Zukeran Elementary (K-5)  
Lester Middle (6-8)  
Kubasaki High School (9-12)

To visit each school's website visit [www.okinawa.pac.dodea.edu](http://www.okinawa.pac.dodea.edu).

Do you know your SLO? Your School Liaison Officer can assist with transition support and school information. Email your SLO at [18msg.kadenaslo@us.af.mil](mailto:18msg.kadenaslo@us.af.mil) and like Kadena School Liaison Facebook Page for news and information.

Every school on Kadena has a Child & Youth Military Family Life Consultant (MFLC) who is available to support you during your transition, during family deployments or just someone to talk to. Ask about your school's MFLC when you register at your school.

## Places to check out on base...

### Youth & Teen Programs

The Youth Center is affiliated with the Boys and Girls Clubs of America (B&GCA) and sponsors activities, events, and services designed to meet the recreational, social, psychological, and educational development of youth ages 6 - 12. We offer a wide range of educationally enhanced programs, instructional classes, and events for children and youth on Kadena. The Youth Center provides a safe and fun environment supervised by a caring and well-trained staff.

#### Features:

- Dinners, games and social activities
- Special events for the entire family
- Educational enhanced programs
- Computer lab
- Nightly programs
- Classes in areas such as ballet, gymnastics, martial arts & more.

Location: Bldg. 1849

Phone: 634-0500

#### Office Hours of Operation

Monday-Thursday • 9:30 am-7 pm  
Friday • 9:30 am - 6 pm  
Saturdays • 9 am - 5 pm  
Sundays • Closed

#### Recreation Room

Monday - Friday • 2 pm - 6 pm  
Saturday • Noon - 6 pm  
Sundays & Holidays • Closed  
No School Days & Half Days • Noon - 6 pm

<http://kadenafss.com/youth-teen/youth-center>

#### Weekly Clubs:

B&GCA Power Hour  
4-H Art Club  
Boyz 2 Men: Passport to Manhood  
Digital Arts Club  
B&GCA SMART Girls  
B&GCA Torch Club

#### Classes Offered:

Piano  
Guitar  
Kindermusik  
Judo  
Karate  
Gymnastics  
Ballet  
Jazz  
Hip Hop  
ZumbAtomic

The Teen Center Millennium offers opportunities for teens to develop their physical, social, emotional and cognitive abilities and to experience achievement, leadership, enjoyment, friendship and recognition.

### Being a teen has never been this much fun:

- Cyber Café equipped with 14 computers accessible to the internet, 2 designated homework computers with printer, and 2 technology enhancing computers for digital art.
- Multi-Purpose room with D.J. counter, X-Box 360 systems, Game Cube systems, Wii system, and Playstation systems. A selection of over 200 video games, DDR system, Karaoke system and four interactive gaming bikes.
- Keystone Café and Keystone Lounge are areas that provide teens with a place to chill out with their friends.
- Keystone Theater 2 – is a mini theater inside the teen center that offers movies for teens to enjoy.
- Basketball Court
- Band Room
- Dance Room

### Special Programs:

Keystone Club  
YES Program  
Rock Show  
Hip Hop Dances  
Summer Fieldtrips  
Fitfactor  
SMART Girls  
Keystone Club  
Membership Night  
International Exchange Program  
Power Hour

Location: Bldg. 499

#### Office Hours of Operation

Monday - Friday • 10 am - 6 pm  
Saturdays & Sundays • Closed

#### School Break

Monday - Thursday • 12 pm - 6 pm  
Fridays • 12 pm - 11 pm  
Saturdays • 4 pm - 9 pm  
Sundays • Closed

<http://kadenafss.com/youth-teen/teen-center>

Phone: 634-3866

#### Middle & High School Half Days

Monday - Thursday • 11 am - 6 pm  
Fridays • 11 am - 11 pm

#### School Year

Monday - Thursday • 2 pm - 6 pm  
Friday - 2 pm - 11 pm  
Saturday - 4 pm - 9 pm

### Youth Sports & Fitness

Basketball  
Baseball  
Softball  
Cheerleading  
Fun Runs

Hours of Operation: M-F 10 am - 5 pm  
Bldg. 499 Phone: 634-1384

<http://kadenafss.com/sap-youth-sports>

## Kadena Force Support Squadron

Check out [www.kadenafss.com](http://www.kadenafss.com) where you will find out about base swimming pools, paintball, Putt Putt Golf, Kadena's very own Marina, island tours and trips through Outdoor Rec and ITT and much more!

### Places to check out off base...

Mihama "American Village" – Don't forget to get your sticky pics taken!

Round One

Ocean Expo Park

Okinawa Churaumi Aquarium

Southern Hill Sports World

Okinawa World

...and much, much more.

## **Other Organizations**

Eagles All Star Cheerleading: <http://eaglesallstarcheer.wix.com/org/welcome>

Island Youth Lacrosse Okinawa: <http://www.islandyouthlacrosseokinawa.com/index.html>

Okinawa Lady Ambassador Softball (Youth & Teens):

[okinawaladyambassadors@yahoo.com](mailto:okinawaladyambassadors@yahoo.com)

Okinawa Diplomats Youth Futbol Club (YFC):

<http://www.leaguelineup.com/welcome.asp?url=diplomats>

Okinawa Dolphins Swim Team: [www.mccsokinawa.com/swimteam/](http://www.mccsokinawa.com/swimteam/)

Okinawa Youth Football League(OYF): OYF offers full tackle football and cheerleading to kids ages 5-14. Visit [okinawayouthfootball.com](http://okinawayouthfootball.com) or email at [okinawayouthfootballleague44@yahoo.com](mailto:okinawayouthfootballleague44@yahoo.com).

## **Useful Links and Resources**

Okinawa Island Map: <http://kadenafss.com/images/Maps/Okinawa-Map.gif>

Kadena Base Map: <http://kadenafss.com/images/Maps/Kadena-Map.gif>

For a one-stop-shop to advice and info on moving, social life, school and more check out Military Youth/Teens on the Move at

<http://apps.militaryonesource.mil/MOS/f?p=MYOM:HOME2:0>

**Military Kids Connect:** The Department of Defense (DoD) launched a new website for children experiencing the challenges of military deployments:

[www.MilitaryKidsConnect.org](http://www.MilitaryKidsConnect.org)

**American Red Cross** Baby Sitter's Training With Child & Infant CPR

Visit <http://www.americanredcrossokinawa.org> or stop by the American Red Cross on Kadena located near Gate 1 in Bldg. 6800.

**Free Tutoring Service:** Get a tutor 24/7 when you sign up for tutor.com. The website offers free tutoring and homework help for military/dependents stationed anywhere in the world. Visit [www.tutor.com/military](http://www.tutor.com/military).

**Stop Bullying NOW!** Stop Bullying Now offers advice for steps to address bullying. The theme is Take a Stand. Lend a Hand. Stop Bullying Now!? Resources can be found at <http://stopbullying.gov>.

**MCCS Marine Corps Community Services:** [www.mccsokinawa.com](http://www.mccsokinawa.com)

**For more island information, check out:**

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

[www.okinawa-information.com](http://www.okinawa-information.com)

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

## **Facebook Pages**

Kadena Teen Center

Kadena Outdoor Recreation

AFN Okinawa

USO Kadena

Kadena Youth Center

DoDDS Pacific

KadenaAirBase

Kadena Base Library

Kadena School Liaison Program

Kadena Force Support Squadron

Kadena Community Center

Kadena Youth Sports and Fitness

## **Helpful Japanese Phrases**

Good morning – Ohayo gozaimasu

Good afternoon – Konnichiwa

Good evening – Konbanwa

Good-bye – Sayonara

Good night – Oyasuminasai

How are you? – O genki desu ka?

Thank you (very much) – Domo arigato gozaimasu

You're welcome – Do itashi mashite

Excuse me (to get attention) – Sumi masen

Excuse me (pardon me) – Gomen nasai

I am sorry – Gomen nasai

Please (when offering something) – Dozo

Please (when requesting something) – Kudasai

Do you speak English? – Anata wa eigo o hanashimasu ka?

My name is \_\_\_\_\_ -- Watashi no namae wa \_\_\_\_\_ desu

Hello (on telephone) – Moshi Moshi

Where is it? – Doko desu ka?

Where is the toilet? – Toire wa doko desu ka?

Do you speak English? – Anata wa eigo o hanashimasu ka?

Yes – Hai

No, thank you – Iie kekko desu

How much is it? – Sore wa ikura desu ka?

I will take it – Sore kudasai

It's beautiful – Kirei desu

Delicious – Ooishi desu



# YOUTH SPONSORSHIP

## Youth Sponsorship Program Participant Survey

We want to hear from you! Please help us provide the best possible program by answering a few questions.

|  | Strongly Agree           | Agree                    | Disagree                 | Strongly Agree           |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| The Youth Sponsorship Program helped me learn about our community. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| The Youth Sponsorship Program helped me make new friends.          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I had fun while I participated in the Youth Sponsorship Program.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

What did you like best about the Youth Sponsorship Program?

How did the Youth Sponsorship Program help you when you moved here?

What did you not like about the Youth Sponsorship Program?

What would you change about the Youth Sponsorship Program to make it better?

Would you like to get more involved in the Youth Sponsorship Program?

\_\_\_ Yes (Please contact me at \_\_\_\_\_)

\_\_\_ No thank you