

# LIVING IN AFRICA



A GUIDE FOR NEWCOMERS LIVING ON THE AFRICAN CONTINENT

1st Edition

January 2011

## “You Have To Love Africa Or Make The Best Of It!”

A family member living in Kenya recently said, “You have to love Africa or make the best of it”. That began a 3-day discussion on the challenges and opportunities for family members living in Africa.



The **Living In Africa** guide was developed to provide information for newcomers moving to Africa.

The guide provides general information on several important topics, but all newcomers are strongly encouraged to research the specific details for your new location.

The more information you have about your next assignment will make the transition and “culture shock” much easier to deal with!

Even with military and families that move frequently, the challenge of moving to Africa can be frustrating.

Where possible, this guide provides websites and additional resources. This information will ensure you receive the correct support (e.g. shipment of household goods) in a timely manner.

After all the checklists are made, items packed, immunizations completed, please take a moment to consider the experience you want in Africa. As one family member from Tunisia stated,

**“Attitude, Attitude... That is the key, keep a positive attitude and think of it as a roller coaster; there will be ups and downs but years from now you will look back and say the ride was worth it.”**

Hopefully this guide will point you and your family in the right direction and we hope you learn to love Africa!



## Thoughts about Africa

Patrea Heath—U.S. family member (Mauritania)

I have actually learned to love the challenge of each day. No two days, dinner parties or events will go as planned or be the same.

It is the way we look at the situation and learn to laugh, even if we feel like crying, that makes it fun and exciting to live in Africa.

If you can take the time to take in the culture and learn from the people that is where you can learn to LOVE Africa.

When newcomers arrive here and are still wondering what they just signed up for they ask me, “If you could do it all over again, knowing

what it is like here, would you still have come to Mauritania?” My answer is quick, “Definitely, YES!”

These challenges that are placed before us in Africa make us stronger and helps us adapt in any situation.

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# Education

## Non-DoD Schools Program: School Options

NDSP serves the students who live where DoDDS is not available. Children attend local private schools, public schools, or they receive home based education.

Before you commit tuition or fees or register at any school, please familiarize yourself with the NDSP information on how to apply for funding support.

Options for Kindergarten through 5th grade (**K-5**) in non-English speaking locations, NDSP will support:

- Local public schools
- Home school
- Local private school

**K-5** English speaking locations, NDPS will support Local public schools only.

Options for **6-12** grades (English and non-English speaking locations):

- Local public school
- Home school
- Local private school

The NDSP will consider Boarding schools when no other options are available.

For more information, visit the following websites:

[Department of Defense Dependent Schools \(DoDDS\)](#)

[Department of State Office of Overseas Schools](#)

## Non-DoD Schools Program: What Costs Are Covered?

### NDSP Allowable Costs:

- ✓ Tuition and registration fees
- ✓ Maintenance fees
- ✓ One-time enrollment fees
- ✓ School, public or private commuter transportation
- ✓ Book expenses

- ✓ AP/IB courses and exams
- ✓ Transportation and entrance fees for school organized and sponsored mandatory trips
- ✓ Rental of musical instruments for school-related instruction

### Costs Not Covered:

- ✓ Clothing
- ✓ Student accident or health insurance
- ✓ Driver's education
- ✓ Graduation caps and gowns
- ✓ SAT exams and preparation

## DODEA Virtual High School

The DODEA Virtual High School (DVHS) began offering students the advantage of increased educational opportunities, especially students in the NDSP.

The DVHS offers more than 40 courses including a variety of AP courses.

Students planning to enroll

should consult with their NDSP Area Office to designate course requests. Requests will be forwarded to DVHS staff to place enrolled students in courses among the three hubs located in Germany, Korea and the U.S.

In order to participate in DVHS, students need to have:

- Designated time to complete course requirements
- Access to computer and email account

For more information, visit the DVHS website:

[DODEA Virtual High School](#)

# Medical

## TRICARE Prime Remote Overseas

TRICARE Prime Remote Overseas is available in designated remote overseas locations for active duty service members and their families.

TRICARE has partnered with International SOS to identify the best local providers and facilities and develop a network of licensed, qualified physicians in remote overseas areas. [Enrollment](#) is required to participate.

When you enroll in TRICARE

Prime Remote Overseas, you have an assigned primary care manager (PCM) who provides most of your care. Your PCM will refer you to a specialist for care he or she cannot provide and coordinate with the overseas contractor, International SOS, for authorization when needed.

If you are an active duty service member or an activated Guard or Reserve member stationed in a designated remote overseas loca-

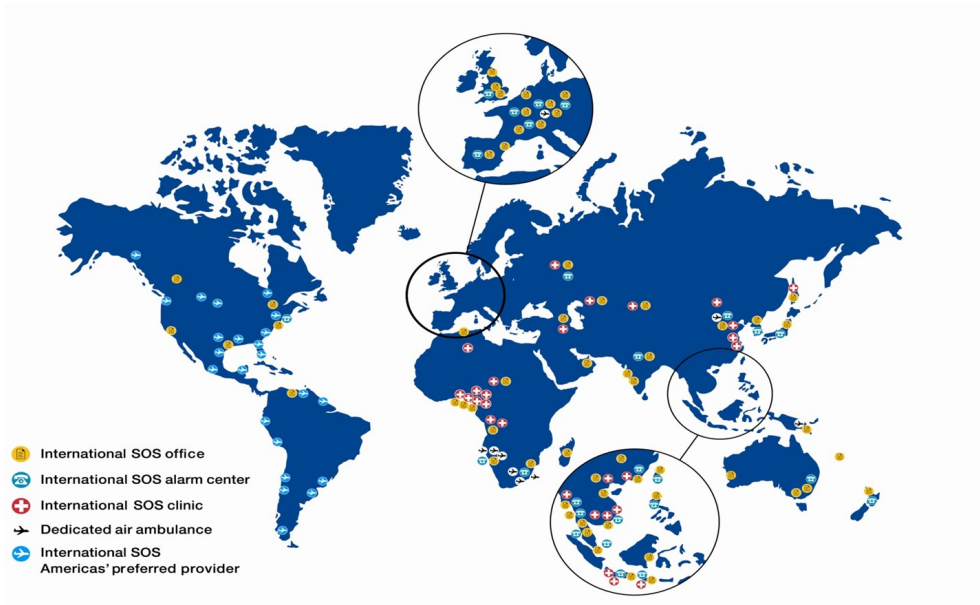
tion, you must enroll in TRICARE Prime Remote Overseas. Family members must be command-sponsored to enroll or they have the option to use TRICARE Standard Overseas.

To enroll in TRICARE Prime Overseas, submit a [TRICARE Prime Enrollment Application and PCM Change Form](#) along with a copy of your orders to your regional call center or [TRICARE Service Center](#).



TRICARE PRIME REMOTE SITES

## International SOS



International SOS is the world's largest assistance company specializing in International Healthcare Delivery. As the world's leading international healthcare, medical assistance and security services company, International SOS has over 25 years' experience serving Government, employers and individuals

worldwide. With over 6,000 employees who live and work in more than 70 countries, International SOS understands the tempo for military families and the sometimes different circumstances in living overseas.

Since 1998, International SOS has managed TRICARE Over-

seas beneficiary care (Global Remote Operations), ensuring that Active Duty Service Members and their families receive the highest quality care, no matter where their work or travels take them outside the U.S. and Puerto Rico.

For more information, access the [TRICARE website](#) for beneficiaries.

**“ I recommend getting all your routine medical done in the US before arriving.”**  
U.S. Family member (Botswana)



# U.S. Africa Command

## QUALITY OF LIFE OFFICE

### Know Before You Go!

Each location has very different levels of service. You are strongly encouraged to research the following topics as soon as you receive your assignment. Both your assigned Sponsor or the Embassy Community Liaison Officer (CLO) can provide answers to your questions.

- ✓ **FURNITURE.** “What furniture is available? What furniture should I bring? What furniture should stay in storage?”
- ✓ **CONSUMABLES.** “What types of Commissaries or Co-ops are available? Are there places on the economy to make food purchases? What consumable items should I include in my consumable allowance shipment?”
- ✓ **HOUSEHOLD GOODS.** “What items should I include in the Unaccompanied Baggage? How long does it normally take to receive shipments? What items should I bring with me (carry-on or excess baggage)?”
- ✓ **MAIL SERVICE.** “What type of mail service is available? What is allowed to be mailed (incoming or outgoing)? How long does it normally take for mail deliveries?”
- ✓ **AIRLINES/AIRPORTS/BAGGAGE.** “What are the recommendations to minimize problems during the travel to Africa? Do I need to make special arrangements with the airlines at any point of the travel? What do I need to expect at the airport, luggage handling, customs, passports, transportation?”
- ✓ **HOUSING.** “What types of housing are available? Do I need to bring any special items (e.g. Satellite dish)? Will there be any out-of-pocket expenses?”
- ✓ **LANGUAGE.** “What is recommended for language preparedness for family members? Do I need to purchase language tapes or books?”

#### Quality of Life

#### Mission Statement

The U.S. Africa Command Quality of Life Mission is to promote quality of life, accessibility and equity through quality services and programs for the U.S. Africa Command.

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Disclaimer: This guide is a publication of U.S. Africa Command's Resources Directorate, Quality of Life Office. The information provided in this guide is intended for personnel and family members supported by the U.S. Africa Command. Every effort has been made to provide current information and will be updated semi-annually. Questions or comments may be sent to [Valerie.Lubin@afcom.mil](mailto:Valerie.Lubin@afcom.mil) at the U.S. Africa Command Quality of Life Office.