

Deployment Transition Center

Frequently Asked Questions

(For Redeployers)

Contents

Pre-Travel / Arrival FAQs:.....1

Official Program Event FAQs.....4

Quality of Life (QoL) FAQs.....5

Free-Time FAQs6

Pre-Departure/Departure FAQs7

Example 4-Day Itinerary..... 8

PRE-TRAVEL/ARRIVAL FAQS:

1. What is the goal of the DTC program?
 - a. The mission of the DTC is to provide redeployers with critical reintegration skills and decompression opportunities. The program supports decompression and resilience for personnel returning from high-stress deployments, enabling smoother reintegration into personal and professional environments.
2. How does the DTC program differ from other mental health services?
 - a. While the DTC program does focus on overall well-being, particularly on spiritual, social, physical and mental well-being, it is not a mental health service or a mental health program. Redeployers seeking mental health services will be provided with resources upon request for contact upon returning home.
3. How does the program address confidentiality?
 - a. The Deployment Transition Center (DTC) fosters a confidential and supportive environment, allowing redeployers to share experiences and concerns without fear of stigma or adverse consequences. The DTC is staffed with a Chaplain to provide the option of 100% confidentiality.
4. What is the duration of the DTC program?
 - a. The DTC program follows a structured 4-day itinerary: Day 1 includes arrival in Germany and check-in; Days 2 and 3 consist of sessions and activities; and Day 4 is designated for departure.
5. What are the transportation arrangements from Frankfurt International Airport (FRA) to Ramstein AB?
 - a. DTC staff will arrange transportation from FRA. Please refrain from taking a taxi or Uber unless this has been discussed and approved by the DTC either prior to or upon arrival.
6. What is the reception process upon arrival at Ramstein AB?
 - a. DTC staff will greet you as you exit the Ramstein Passenger Terminal with your luggage. There will be a 'DTC' sign or personnel identifying as DTC outside the baggage area of the Passenger Terminal.

7. Is there availability in the schedule if I want to seek one-on-one time with a Resiliency Trainer or Chaplain?
 - a. Yes. If you would like to schedule individual time with the Chaplain or a Resiliency Trainer, please let us know and we can arrange that accordingly. Please note that our staff may not be certified for specific counseling topics.
8. Are redeployers permitted to drive or acquire a rental car?
 - a. No. For several reasons, to include, legal requirements, the lack of a valid German or USAREUR license, etc. Please note that having an International License does not still grant permission to drive or obtain a rental car while attending the DTC due to liability concerns.
9. How and when will I be contacted by the DTC? How do I know the plan for the day?
 - a. Approximately 72 hours prior to your scheduled arrival in Germany, you will receive a text and/or group invite via Signal or WhatsApp from a DTC staff member with group information and instructions. You will have the opportunity to ask questions at that time as well. During your stay, DTC staff will also communicate all scheduled times, including any show times, pick-up times, class start times, events, etc.
10. What is the Uniform of the Day (UOD)?
 - a. The UOD while attendance at the DTC and return travel is civilian attire, which must be appropriate and free of offensive language or graphics. Military or USA-affiliated clothing is discouraged for safety reasons and to avoid drawing unwanted attention. You may have an opportunity to shop at the Ramstein Base Exchange (BX) prior to going off base if you need to purchase appropriate clothing. Please arrive to the DTC with a 72-hour bag of civilian clothing and toiletries or medications as needed. Dress and appearance standards still apply (ex. no inappropriate or nightwear attire for activities, and piercings must comply with regulations).
11. Where will redeployers be lodged?
 - a. Lodging will be arranged on base at Ramstein AB prior to your arrival. If on-base accommodation is unavailable, suitable off-base arrangements will be made.
12. Will I receive a non-availability letter if lodged off-base?
 - a. Yes, non-availability letters will be provided if you are lodged off-base.
13. How do I find out who my Unit Travel Representative (UTR) is?
 - a. Please consult with your deployed leadership to confirm your assigned UTR.

14. How is my DTC attendance paid for?

- a. DTC attendance is an authorized delay in travel during redeployment. Funding is covered under the Line of Accounting (LOA) on existing TDY or CED orders, drawn from your home station's Overseas Contingency Operations (OCO) fund.

Official Program Event FAQs

15. What types of activities are included in the program?

- a. During the DTC program, you will participate in two staff-facilitated sessions as well as an experiential outing in a designated German city. You will have opportunities to use the amenities at the DTC facility to include MWR resources, music room, gym, gaming equipment, and arts & crafts. In your free time, you are encouraged to explore recreational options at Ramstein AB such as golf, bowling, Outdoor Recreation programs, the movie theater, shopping, and local dining establishments.

16. How long are the sessions?

- a. Group sessions typically last 90 to 120 minutes, depending on the size of the group and the specific needs of the redeployers. Each group is unique and tailored to ensure optimal experience for redeployers.

17. Will my Senior Enlisted Leader (SEL) or commander be in my group?

- a. Groups are generally organized based on rank/tier, AFSC, and deployed location to foster open dialogue and psychological safety. This structure helps reduce concerns regarding hierarchy or potential consequences. Communicate any concerns with your assigned DTC staff.

18. Where can I go to eat on the experiential outing?

- a. You will receive an experiential outing guide shortly before or upon your arrival at the DTC. This guide includes recommended restaurant options, local attractions, landmarks, and points of interests.

Quality of Life FAQs

19. How is breakfast handled during the program?

- a. If you are lodged at the Kaiserslautern Military Community Center (KMCC), which is connected to the Base Exchange (BX), multiple dining options – including a food court and several restaurants – are in walking distance.
- b. For redeployers staying at other lodging locations on Ramstein AB, transportation will be provided. Per diem is provided while at the DTC.

20. Will transportation be available around the base for scheduled activities?

- a. Transportation provided around the base will be coordinated. Once you are assigned to a team, your DTC team lead will provide information about transportation schedules and any additional instructions.

21. Is alcohol consumption permitted?

- a. Alcohol consumption is permitted only at the discretion of the DTC Program Director or their delegate. Consumption is strictly prohibited in DTC vehicles or chartered buses. It is your responsibility to drink responsibly. You are expected to be in any scheduled session. Any Alcohol-Related Incidents (ARIs) may be reported to your home station Leadership.

22. How can I access the DTC facilities and resources without inconveniencing staff or requesting transportation?

- a. While attending the program, it's our priority to ensure your experience is as convenient and supportive as possible. Please do not hesitate to reach out to the staff for assistance—we are here to support you throughout your time at the DTC.

Free-Time FAQs

23. Is traveling off-base permitted?

- a. Yes, after Day 1, you may explore the Kaiserslautern area. in your free time. You are responsible for your own transportation and must adhere to the class schedule provided, as well as the Rules of Engagement (ROEs). Note that all travel must remain within Germany. Note that any travel off-base must be in Germany and within a reasonable radius from Ramstein AB.

24. Is taking a taxi off-base permitted?

- a. Yes, you are permitted to take a taxi off-base. There is a service with ability to pick up and drop off on base. This info will be provided to you by the DTC staff assigned to you.

25. Do I have to notify the DTC of my location during my free time, especially when going off-base?

- a. No, you are not required to notify the DTC of your location during your free time. However, the wing-man concept is necessary considering the complexities of being in a foreign country and culture. For your safety, we strongly recommend informing someone of your plans if you decide to go off-base.

Pre-Departure/Departure FAQs:

26. How will I get to the airport on my departure day?

- a. On Day 4, DTC staff will provide transportation to Frankfurt International Airport. The pick-up time and location of departure will be discussed with you on day 3 of the program.

Example of 4-Day Itinerary:

Prior to arrival: Redeployers are required to pack a 72-hour bag prior to arriving at the Deployment Transition Center (DTC).

Day 1 – Arrival Redeployers arrive at either Frankfurt International Airport (FRA) or Ramstein Air Base. Upon arrival, redeployers are provided with the Rules of Engagement (ROEs) and asked to complete a pre-program survey. Following this, redeployers proceed to their designated lodging to settle in. The remainder of the day is reserved for rest and personal recovery at the individual's discretion.

Day 2 – After Action Debrief & Experiential Outing The day begins with a facilitated group discussion focused on an After Action Debrief and lessons learned. This is an open dialogue, not a classroom-style lecture. In the afternoon, redeployers participate in an experiential outing to a local German town. The purpose is to reintroduce members to everyday sensory experiences—such as sights, sounds, smells, food, and activities—that foster reintegration and help transition their mindset from the deployed environment.

Day 3 – Combat Bridge & Recreation This day features a “Combat Bridge” discussion centered on the reintegration process from a combat environment back to home life. Later, redeployers are encouraged to take advantage of recreational opportunities either at the DTC facility or in the surrounding area.

Day 4 - Departure On the final day, redeployers meet at a predetermined location in the morning. DTC staff will collect lodging receipts and distribute them to redeployers. Redeployers will then be transported to Frankfurt International Airport for departure.