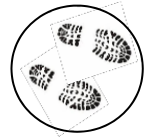




## USAF Deployment Transition Center, Ramstein Germany Frequently Asked Questions (FAQ's) <http://www.ramstein.af.mil/Deployment-Transition-Center>



### **Q) How long is the program?**

A) The DTC is a 2-day program of curriculum/relaxation with two added travel days, totaling 4 days. Most teams arrive in the afternoon on day 1 and depart in the early morning on day 4. During this time, members are typically on the DTC campus approximately 65-72 hours, but only 10 hours are strictly program marked. The rest/recovery time is intentional to facilitate individual decompression.

COVID-19 Update (19 Mar 2021): Program duration is based on attendee deployment location. Attendees deployed to RKI designated Risk Area nations are able to participate in a 4 day program. Program attendees are restricted to Ramstein Air Base and must adhere to a number COVID testing requirements and base COVID measures.

Attendees deployed to RKI High Incidence Area nations are required to participate in a 7 day program for the time being. Days 1 and 7 are reserved for travel, while days 2 through 6 are reserved for program content. Program attendees are restricted to Ramstein Air Base and must adhere to a number COVID testing requirements and base COVID measures.

### **Q) What can I expect at the DTC?**

A) Please read Attachments 1 & 2 - DTC 4 & 7 Itinerary below.

### **Q) Do I have to wear a uniform?**

A) No, civilian attire is the uniform of-the-day (UOD) for all four days after you have had your in-brief. Please bring climate-appropriate clothing, as you will be outside for the majority of the off-site outing. DTC staff will transport personnel to the base exchange (BX) if shopping is needed. It is advised to pack a 72 hour bag prior to arrival. All other bags/gear can be stored inside the DTC's luggage rooms.

### **Q) Will I be reimbursed for my civilian attire?**

A) No, according to AFI 36-3014, members must be TDY for at least 15 consecutive days or 15 accumulative days within a 30 day period in order to receive reimbursement for civilian attire. However limited civilian attire may be available to use via donations from a non-profit organization.

### **Q) Where will I be staying while at the DTC?**

A) All redeployers are housed in lodging on base, which is operated by the 786 FSS. Accommodations are spacious, clean, and well-furnished (including free wireless internet). Overnight guests are not permitted.

### **Q) Are meals provided for me while at the DTC?**

A) No, however you will receive Per Diem for meals and incidentals. Proportional meal rates (PMR) and standard per diem rates for Ramstein AB fluctuate, please refer to Ramstein reporting instructions for further information.

### **Q) How will I be getting home when the DTC is over?**

A) Almost all redeploying personnel will take commercial flights out of Frankfurt Airport, Germany back to their home stations. Military flights may be used in certain situations. Your Unit Travel Representative (UTR) downrange will book your commercial flights home (they should send you and the DTC staff a copy of the final itinerary). Transportation to the airport will be coordinated by DTC staff.

COVID-19 Update (31 Mar 2021): DTC attendees departing via commercial air are required to have, and be able to produce evidence upon request, of a negative COVID-19 test administered NET 3 day prior to departure for any US destination. Attendees departing via government travel (rotator / Patriot Express or US Air Force aircraft) are not required to test at this time.

**Q) Can my family visit me while I'm attending the DTC?**

A) Family members are not allowed to visit in your lodging room, but they are able to visit you during your free time. See attachment below for sample itinerary.

**Q) Can my spouse/significant other attend the DTC program with me?**

A) Yes, but travel must be procured at the member's expense. Spouses/significant others may join activities (excluding two small group discussions) on a space available basis. Advance notice must be provided to the Program Director to accommodate members.

**Q) How much baggage am I allowed to bring?**

A) While there is no limit to the number of bags you may bring, military flights restrict each bag to 70 pounds or less (commercial flights do not). We recommend that prior to leaving your deployed location that you pack a 72 hour bag, as a precautionary measure for misplaced/lost luggage. In most circumstances weapons will be turned-in and shipped prior to DTC attendance.

**Q) How do I get selected for the DTC following my deployment?**

A) Attendance is line-remarked on your orders if attendance is mandatory (based on AFSC and mission set). Members can also be command nominated based on deployment exposure or home stressors.

**Q) Can I drink alcohol while at the DTC?**

A) Yes. However, redeployers are limited to a maximum of three standard drinks per sitting or four per day.

**Q) Do I need a government travel card?**

A) Yes, you will need your GTC for lodging, as well as any charges for excess airline baggage.

**Q) I am stationed at Ramstein. Do I have to stay in lodging?**

A) Yes. You are on deployment orders until checking into your home base PERSCO. The cost of your lodging will be covered. While it may seem difficult to be so close to your family and not be able to stay in your home, this program was directed for you so you can spend time focusing on yourself and restoring your energies to return home. Family members are not allowed to visit in your lodging room, but they are able to visit you outside lodging during your free time. Spouses/significant others may join activities (excluding two small group discussions) on a space available basis. Advance notice must be provided to the Program Director to accommodate members.

**Q) What is gained by DTC attendance?**

A) You are attending the DTC due to the exceptionally dangerous and/or stressful tour of duty you performed, or due to extraordinary stress you will be returning to at home. The CSAF directed the stand-up of the DTC to bolster Airmen Resiliency and facilitate better family and unit reintegration through our *Combat Bridge's* unique curriculum. The program is designed to assist in reconstitution and reinforce/equip life coping skills. A 2011 study has shown benefit for attendees vs. non-attendees. See study graphic below in attachment.

**Q) Can I drive at the DTC?**

A) No, redeployers are not allowed to drive while at the DTC. Depending on class size, shuttle services will be provided to transport you around the installation. If there are no shuttle services available, your career field facilitator will set up times when they will drive you around the installation.

**Q) Can I leave the base while at the DTC?**

A) Yes, you may leave the base on your free time. You may not leave Germany.

**COVID-19 Update (19 Mar 2021):** Due to COVID-19 attendees are restricted to Ramstein Air Base until quarantine test out requirements have been met.

**Q) Will participation in Deployment Transition affect my PRP or any other special duty status?**

A) The DTC is not a medical program or mental health treatment and is not documented in the member's medical records.

**Q) How confidential are my statements during small group discussions?**

A) DTC staff members are trained that group and individual communications are confidential. The law of non-attribution applies. There is a professional duty to warn if any member is a threat to themselves (suicidal), others (homicidal), the mission, or unlawful in behavior (including UCMJ violations).

**Q) I did a lessons learned after action report downrange. Why are we doing lessons learned again?**

A) This portion of the program serves two purposes. First, the lessons learned session facilitates discussion about personal experiences that enable the reintegration education process. Second, career field facilitators will have the opportunity to rapidly transmit urgent Tactics, Techniques and Procedures (TTP) change requirements while the downrange formal After Action Report (AAR) process works. Though reports are written, no statements will be attributed to any individual.

**Q) By coming through the DTC will I be delayed/extended en-route to return home?**

A) The DTC curriculum is 2 days and begins the day after arrival. Delays are infrequent and dependent on travel out of theater. If the member is delayed arriving to the DTC, members should be prepared to adjust their flights home to meet the 2-day program itinerary (with the day prior and after scheduled for travel = 4 total days). The sooner you are aware of travel delays the sooner you can work with your UTR to reschedule your flight home.

**COVID-19 Update (19 Mar 2021):** DTC Curriculum depends on attendee country of deployment. Attendees deployed to RKI designated High Incidence Area nations must utilize a 7 day program.

**Q) How can I be a facilitator for future DTC events?**

A) Facilitators are hand-picked by their respective MAJCOM Functional Area Managers (FAM). It is strongly desired that the member has deployment experience. If you wish to volunteer, notify your FAM via your chain of command.

**Q) Why was Ramstein AB chosen as the location for the DTC?**

A) A location outside of the AOR provides the best venue to begin decompression. Most redeployers travel through USAFE soon after departing the AOR and using Ramstein takes advantage of current airflow routes.

**Q) What restrictions are required due to COVID-19?**

A) Attendees are considered in a working Restriction of Movement (ROM) status while attending the DTC during COVID. Per base guidance, working ROM enables the following activities: Rest + Relaxation at lodging facilities, DTC attendance + recreational facility use, 1-hr/day of outdoor activity, acquiring pick-up of take-out food to be consumed in lodging from the base food court, KMCC restaurant, and Shopette.

**Deployed Commander/ Senior Enlisted/ First Sergeant/ UDM Questions**

**Q) Who can attend the DTC program?**

A) There are two ways to come to the DTC:

1. Line Remarked: Airmen are line remarked on their orders stating they will attend the DTC. This is a CFM/FAM decision before the deployment.
2. Commander Nominated: Airmen who are commander nominated are selected Airmen (preferably teams) from varying mission sets and any AFSC that meet any of the following requirements:

At any point in this deployment the member....

1) Participated in direct combat operations	6) Experienced injury or casualties to members within their unit
2) Experienced job related stress (i.e. high ops tempo)	7) Felt in danger of being killed or injured (high risk)
3) Was injured in mission activities	8) Discharged weapon and/or received fire (i.e. mortar, IED, etc.)
4) Was exposed to casualties/dead bodies (handling or video)	9) Had significant home-front stressors or changes
5) Witnessed personnel killed or injured (including video)	10) Witnessed or participated in morally questionable acts*

\*e.g., friendly fire incident, civilian casualties, violation of ROEs, pain or suffering of combatants

**Q) Is the DTC a Mental Health program?**

A) No, there are no mandatory consultations with mental health professionals, although redeployers will have all resources available to them upon request and can meet with individuals as desired. Additionally, referrals for formal care can be made by DTC staff so that the member is connected upon return to home station.

**Q) Who should I contact if I think my redeployers should attend the DTC?**

A) You may contact any of the following individuals:

1. DTC Email -- [afdeployment.transitioncenter@us.af.mil](mailto:afdeployment.transitioncenter@us.af.mil)
2. DTC Duty Officer -- DSN: (314) 478-4647
3. DTC Superintendent -- DSN: (314) 478-4588
4. DTC Commander -- DSN: (314) 478-4649

**Q) What is the process to nominate an individual to attend?**

A) Please see the nomination process at the following link: [DTC Assessment Tool](#)

Use the “DTC Assessment Tool” for nominating individuals. Once complete, send documents to the DTC email ([afdeployment.transitioncenter@us.af.mil](mailto:afdeployment.transitioncenter@us.af.mil)) for final approval and verification or receipt.

**Q) How do we ship weapons prior to their redeployment?**

A) Use the following link as a guide on how to ship weapons prior to redeployers leaving their deployed location: [Weapons Shipment Process](#). If members are unable to ship weapons from theater, they can be courtesy stored in the Ramstein armory (this may affect commercial travel). United Airlines is a partner of Luthfansa Airlines, which doesn’t currently allow military weapons on board. Member should check the airline’s website to determine if military personnel are allowed to carry weapons on the flight.

**Q) Who pays for the DTC (does it come out of the Commander’s budget)?**

A) Funding for the member utilizes the 7C LOA on existing TDY/CED orders. There is no cost to the Commander (home or deployed), the unit or the member for attendance. The member attends the DTC as part of authorized delay in travel during redeployment. The member hasn’t signed into home station and remains on deployed orders. DTS filing will be done to account for the DTC attendance: lodging receipt and DTC Commander Welcome letter. (Use of Ramstein Reporting Instructions when the DFAC is not available for use).

## **Attachment 1**

### **4 Day Itinerary**

**Prior to arrival:** It is advised to pack a 72 hour bag prior to arrival. All other bags/gear can be stored inside the DTC's luggage rooms or you may take them to your TLF.

**Day 1:** Upon arrival at Ramstein AB, redeployers are transported to the DTC (5 minute drive). They are then given a Welcome Briefing, Rules of Engagement, and conduct a pre-survey. Afterwards, redeployers will go to their lodging to get settled in. The rest of the day is set aside for rest and relaxation at the individual's discretion.

COVID-19 Update (31 Mar 2021): All air travelers to Germany are required to have, and be able to produce evidence upon request, of a negative COVID-19 test administered NET 48 hrs prior to arrival in Germany.

COVID-19 Update (19 Mar 2021): Due to the current environment, you will be required to adhere to 86 AW General Order 2 Mod 1 while attending the DTC. This order allows attendees to exercise outdoors, purchase food at the BX, KMCC restaurants, and Shoppette for consumption in their lodging rooms or other isolated location. Other authorized locations include lodging and the DTC facility.

**Day 2:** Redeployers will have a morning discussion focused around an After Action Report/lessons learned. This is a group discussion, not a class lecture. Afterwards, redeployers will receive a Sleep Hygiene interactive class and then enjoy recreational opportunities at the DTC facility and surrounding location.

COVID-19 Update (31 Mar 2021): DTC attendees departing via commercial air are required to have, and be able to produce evidence upon request, of a negative COVID-19 test administered NET 3 day prior to departure for any US destination. Attendees departing via government travel (rotator / Patriot Express or US Air Force aircraft) are not required to test at this time.

**Day 3:** Redeployers have a morning "Combat Bridge" discussion. This is designed to give redeployers information and generate group discussions concerning the bridge (reintegration) from a combat related environment to a home environment. Redeployers have an interactive Responsible Drinking and then enjoy recreational opportunities at the DTC facility and surrounding location.

**Day 4:** Redeployers meet up in the morning at the DTC. Lodging receipts will be picked up by the DTC staff and given to the redeployers in the morning. Redeployers will be transported to their respective terminal at Frankfurt International Airport.

**Attachment 2**  
**7 Day Itinerary**

**Prior to arrival:** It is advised to pack a 72 hour bag prior to arrival. All other bags/gear can be stored inside the DTC's luggage rooms or you may take them to your TLF.

**Day 1:** Upon arrival at Ramstein AB, redeployers are transported to the DTC (5 minute drive). They are then given a Welcome Briefing, Rules of Engagement, and conduct a pre-survey. Afterwards, redeployers will go to their lodging to get settled in. The rest of the day is set aside for rest and relaxation at the individual's discretion.

COVID-19 Update (31 Mar 2021): All air travelers to Germany are required to have, and be able to produce evidence upon request, of a negative COVID-19 test administered NET 48 hrs prior to arrival in Germany.

COVID-19 Update (19 Mar 2021): Due to the current environment, you will be required to adhere to 86 AW General Order 2 Mod 1 while attending the DTC. This order allows attendees to exercise outdoors, purchase food at the BX, KMCC restaurants, and Shoppette for consumption in their lodging rooms or other isolated location. Other authorized locations include lodging and the DTC facility.

**Day 2:** Redeployers will have an afternoon discussion focused around an After Action Report/lessons learned. This is a group discussion, not a class lecture. Afterwards, they will participate in a gratitude walk and recreating opportunities at the DTC facility and surrounding location.

**Day 3:** Redeployers have an afternoon "Combat Bridge" discussion. This is designed to give redeployers information and generate group discussions concerning the bridge (reintegration) from a combat related environment to a home environment. They will complete the post survey after the discussion. Afterwards, redeployers will receive a Sleep Hygiene interactive class and then enjoy recreational opportunities at the DTC facility and surrounding location.

**Day 4:** Redeployers have an afternoon Volksmarch and then an interactive Stress Management class. Afterwards redeployers can enjoy recreational opportunities at the DTC facility and surrounding location.

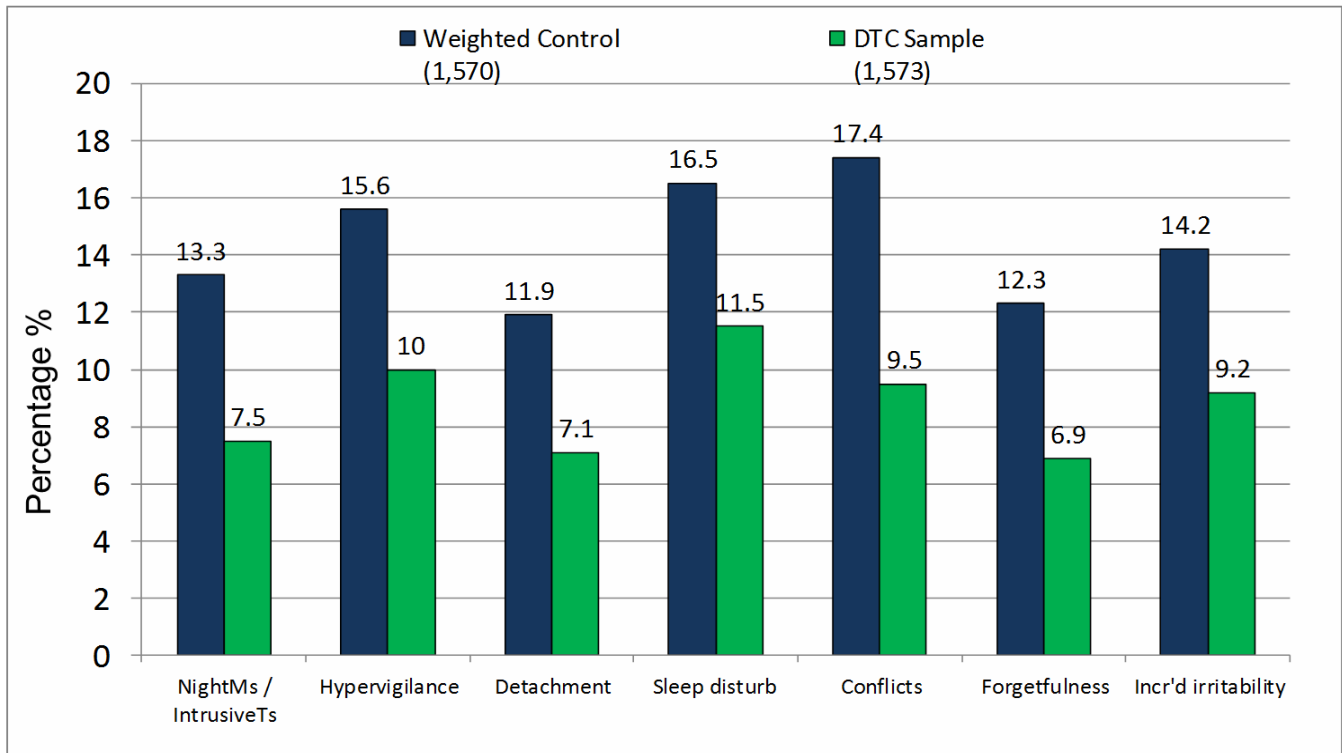
**Day 5:** Redeployers have an interactive Responsible Drinking and Healthy Thinking class. Afterwards redeployers can enjoy recreational opportunities at the DTC facility and surrounding location.

COVID-19 Update (31 Mar 2021): DTC attendees departing via commercial air are required to have, and be able to produce evidence upon request, of a negative COVID-19 test administered NET 3 day prior to departure for any US destination. Attendees departing via government travel (rotator / Patriot Express or US Air Force aircraft) are not required to test at this time.

**Day 6:** Redeployers have an interactive Healthy Relationships and Emotional class. Afterwards redeployers can enjoy recreational opportunities at the DTC facility and surrounding location.

**Day 7:** Redeployers meet up in the morning at the DTC. Lodging receipts will be picked up by the DTC staff and given to the redeployers in the morning. Redeployers will be transported to their respective terminal at Frankfurt International Airport

**AF/SG Post-deployment Health Assessment/Re-assessment Study**  
Comparing Redeploying SFS, EOD, TACP & Convoy Ops; Jul '10 – Dec '11



*\*Schneider, K. G., Bezdjian, S., Burchett, D., Isler, W. C., Dickey, D., & Garb, H. N.  
(Military Psychology 2016, Vol.28, No.2, 89-103. American Psychological Association)*