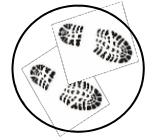




USAF Deployment Transition Center, Ramstein Germany Frequently Asked Questions (FAQ's)

<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 72 hours, but only 10 hours are strictly program marked. The rest/recovery time is intentional to facilitate individual decompression.

Q) What can I expect at the DTC?

A) Please read [Attachment 1 - DTC Itinerary](#) below.

Q) Do I have to wear a uniform?

A) No, civilian attire is the UOD for all four days. Please bring climate-appropriate clothing, as you will be outside for the majority of the off-site outing. DTC staff will transport folks to the 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.

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

A) All redeployers are housed in TLF apartments on the DTC campus (operated by 786 FSS – Lodging). Accommodations are spacious, clean, and well-furnished (including free wireless internet). Each apartment has a kitchen, dining room, living room, washer & dryer, bathroom, and separate bedrooms for each redeployer. You may be sharing a suite with other redeployers, but will have your own bedroom. Overnight guests are not permitted.

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

A) No, however you will receive proportional Per Diem rates (PMR for Ramstein fluctuates, but as of 1 Jan 18 it is = \$73 per day) to use for meals and incidentals. The TLFs are also equipped with kitchens if you wish to prepare your own meals and not dine-out during your stay.

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

A) Almost all redeployers will take commercial flights out of Frankfurt Germany back to their home stations. Military flights may be used in certain situations. Your Unit Travel Representative 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 Terminal will be made by DTC staff.

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

A) Family members are not allowed to visit in your TLF, 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 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 their deployment exposures or home stressors.

Q) Can I drink alcohol while at the DTC?

A) Yes. However, redeployers are limited to a maximum of three 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 at the DTC Campus?

A) Yes. You are on deployment orders until checking into base PERSCO. The cost of your TLF 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 TLF, but they are able to visit you outside the TLF 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 service 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.

Q) Will participation in Deployment Transition affect my PRP?

A) This program is not medical 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), 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 TTP change requirements while the downrange formal 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 in-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 getting 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.

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

A) Facilitators are hand-picked by their respective MAJCOM Functional Area Managers. 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.

Deployed Commander/Chief/First Sergeant/UDM Questions

Q) Who can attend the DTC program?

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

The 1st way: Airmen who are line marked on their orders stating they will attend the DTC. This is a CFM/FAM decision before the deployment.

The 2nd way: Airmen who are commander nominated. These selected Airmen (preferably teams) are 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*

*i.e.: 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:

- DTC Commander -- DSN: (314) 478-4647
- DTC Superintendent -- DSN: (314) 478-4588
- DTC DO -- DSN: (314) 478-4649
- DTC Resiliency Flight Chief -- DSN: (314) 478-4591
- DTC Email -- afdeployment.transitioncenter@us.af.mil

Q) What is the process needed 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 them to the DTC email (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 for 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 Lufthansa 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) The DTC's operational budget is HAF funded; however, 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 (PMR rate).

Attachment 1 – DTC 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 TLFs to get settled in. During this time, they will purchase civilian clothes at the BX if they do not already have any. The rest of the day is set aside for rest and relaxation at the individual's discretion. Shuttles are available, at the BX, for on base transport (i.e., gym, library, shopping, swim, etc). Depending on class sizes, the class facilitator may be available to transport deployers around the base.

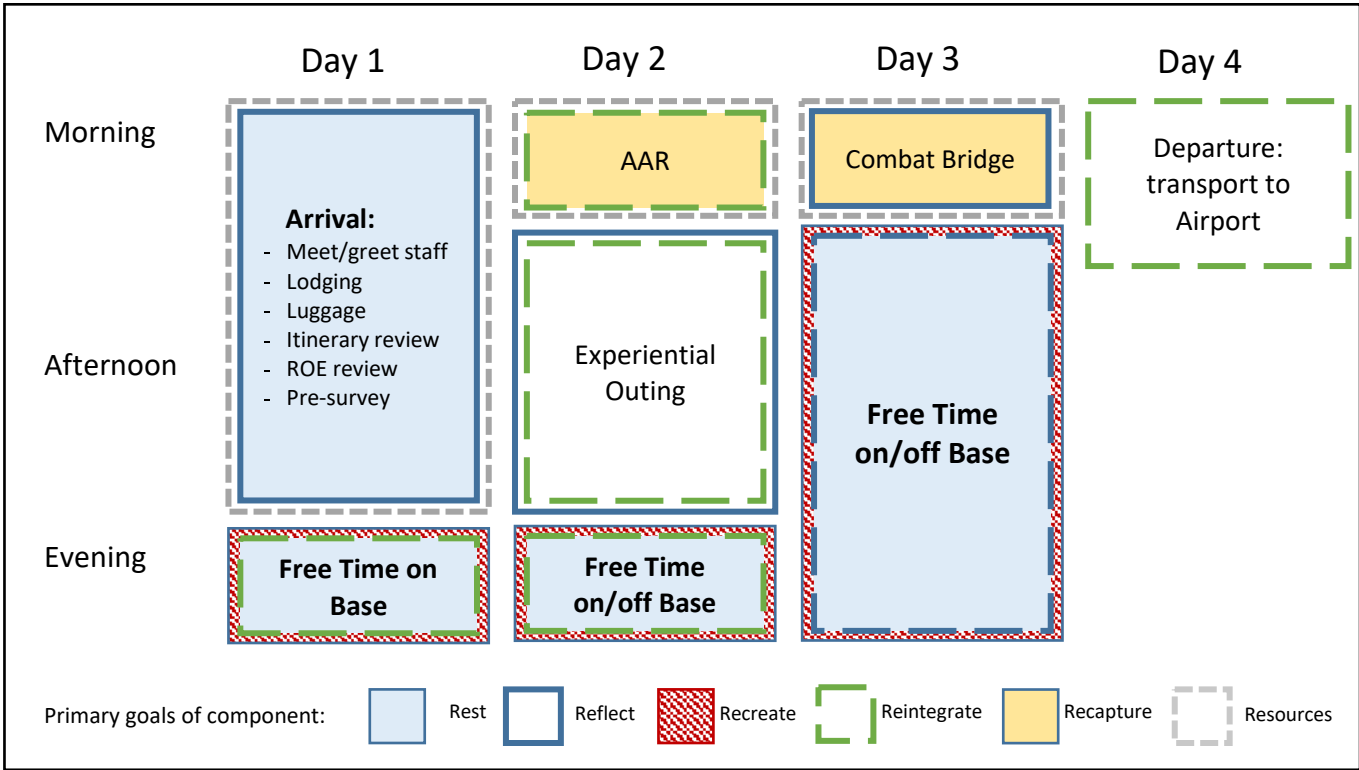
Day 2: Redeployers will have a morning discussion focused around an After Action Report/lessons learned. This is a group discussion, not a class lecture. Afterwards, they will depart for an off-site outing. The outing allows redeployers to visit popular historic cities in Germany and will help ease the transition back to home life. Upon returning from the outing in the late afternoon, redeployers will have free time the rest of the day. Shuttles are available, at the BX, for on base transport (i.e., gym, library, shopping, swim, etc). Depending on class sizes, the class facilitator may be available to transport deployers around the base.

Experiential outings may go to one of the following or similar locations:

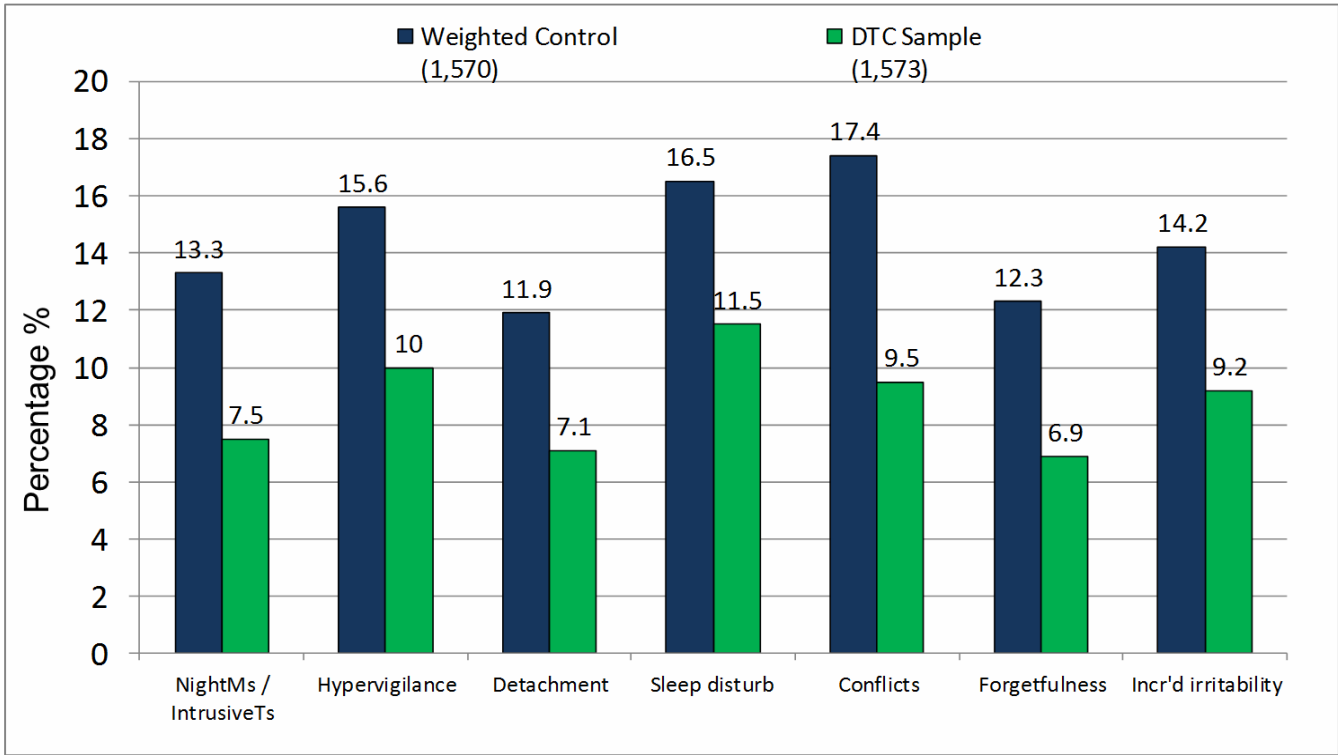
- 1) **Heidelberg** is a great place to see an old German majestic castle preserved over 800 years, shop, and enjoy great German, Italian, or other cuisine.
- 2) **Trier** is a special charm with an illustrious past and a modern, youthful lifestyle where you can see an old cathedral and various Roman ruins.
- 3) **Speyer** is located on the Rhine River in southwest Germany, dominated by the Speyer Cathedral, a number of churches and the old gate. In the cathedral, beneath the high altar, are the tombs of eight Holy Roman emperors and German kings.
- 4) **Kaiserslautern** is located in the middle of the "Natural Preserve Palantine Forest," with attractive possibilities for leisure with many excursions, museums, pubs, taverns, sports, & shopping.
- 5) **Idar-Oberstein** is a town in the Birkenfeld district in Rhineland-Palatinate, Germany. It has plenty to see, ranging from churches, museums, and one of the best steak houses in the area.

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. They will complete the post survey after the discussion. Afterwards, redeployers have the rest of the day to themselves to rest and pack up for departure the next morning. Shuttles are available, at the BX, for on base transport (i.e., gym, library, shopping, swim, etc). Depending on class sizes, the class facilitator may be available to transport deployers around the base.

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.



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)*