



# MWR RESOURCE GUIDE

*Essential resources to promote and enhance Morale,  
Welfare, and Recreation (MWR)*

*Junior Officers Advisory Group (JOAG)  
Public Health and Uniformed Services (PHUS) Committee  
Uniformed Services and Support (USS) Subcommittee  
Morale, Welfare, and Recreation (MWR) Workgroup*

**MWR**

Morale. Welfare. Recreation



# Table Of Contents



- Disclaimer **1**
- About this guide **2 - 3**
- DoD MWR Resources **4 - 6**
- Travel/Tickets/Tours Resources **7 - 9**
- Lodging Resources **10 - 13**
- Recreation Resource **14 - 15**
- Shopping/Retail Resources **16 - 18**
- Mobile Apps Resources **19 - 20**
- USPHS General Resources **21**





# DISCLAIMER



- **JOAG researches, compiles, and provides MWR resources for informational purposes only and does not advocate for MWR benefits with private companies/businesses or solely endorse any particular offerings through the resource links.**
- **The appearance of external hyperlinks does not constitute endorsement by the United States Public Health Service (USPHS) of the linked websites, or the information, products or services contained therein. Such links are provided consistent with the stated purpose of this JOAG PHUS Website. Additionally, the MWR Resource Guide does not promote Not all services/resources will be applicable to every officer and services may vary based on location.**
- **Not all services/resources will be applicable to every officer and services may vary based on location.**



# About this Guide



- **JOAG's Morale, Welfare and Recreation (MWR) Workgroup, within the Public Health and Uniformed Services (PHUS) Committee, publishes this MWR Resource Guide to be used as a tool to share information about available MWR resources, activities, and information.**
- **The MWR Resource Guide outlines the most common MWR resources available to USPHS Officers and their families, while also providing quick links to connect the user with activities and locations of interest.**
- **MWR programs support over 12 million authorized patrons at nearly 300 military installations in over 30 countries worldwide.**



## About this Guide (cont'd)



- The information provided in this guide serves to:
  - ✓ Support leisure activities that promote individual growth and group development, while fostering recruitment and retention for those serving our nation.
  - ✓ Investigate, find, and communicate reduced or no-cost services, programs, and recreation locations that increases Officers' morale.
  - ✓ Ensure up-to-date access to information and resources that can improve quality of life.



# DoD MWR Resources



*Many uniformed service installations offer extensive information on various MWR programs, services, and resources ranging from travel, entertainment, recreation, restaurants, lodging, and much more. Search MWR programs in your local jurisdiction to get the most up-to-date information and resources that are available to you.*



## U.S. Coast Guard

The U.S. Coast Guard MWR Program provides information about health and wellness activities, recreation, lodging, travel and golf packages and more.



## Marine Corps Community Services

The Marine Corps Community Services program offers information and resources on recreational activities, sports, leisure and fitness activities, shopping and more.



## U.S. Navy

The Navy MWR Division provides information about a variety of recreational activities, lodging, travel, food and beverage services programs and more.





# DoD MWR Resources (cont'd)



## [U.S. Army](#)

Army MWR provides information on a variety of programs such as recreational activities, lodging, travel/tickets, food, entertainment and more. Click [here](#) to find an installation near you.



## [MyAirForceLife](#)

Air Force MWR provides information on various services and packages from indoor/outdoor recreational activities travel/tickets, lodging, golfing, entertainments, food services and more.



## [Military Bases.com](#)

This website provides information specific to various bases including nearby housing, schools, hotels restaurants, car rentals, employment opportunities, commissaries, local MWR resources and more. You can filter and search by branch or location.



# Travel / Tickets / Tours Resources



## Space Available Travel – more commonly know as Space-A Travel



### [Air Mobility Command](#)

The Air Mobility Command (AMC) website provides information on Space-A travel, first-come-first-serve flights for Uniformed Service Members and dependents. Members on orders have priority.



### [AMC - Space Available Travel](#)

Provides information on travel instructions, eligibility, available flights, Space-A sign-up options, terminal directory, and FAQ's related to Space-A Travel.



### MilSpaceA Available Travel App: [Take-a-Hop](#)

Department of Defense (DoD) Space-A Travel Remote Registration on your mobile device. Designed specifically for authorized U.S. government personnel to register for DoD space-available travel using iPhone® / iPod® Touch / iPad®, and over 6,800 different Android® device types.





# Travel / Tickets / Tours Resources (cont'd)



*Please note that these sites only provide information and resources to help you better understand how to use Space-A Travel through AMC.*



## [Baseops.net](#)

Flight planning information for military Space-A travel.



## [Poppin' Smoke](#)

Source for information on military travel.



## [SpaceA.net](#)

Provides information on Space-A Travel through FAQs



## [Space-A Travel & Military Travel Resources](#)

Provides Space-A Travel resource plus other travel and leisure resources.



# Travel / Tickets / Tours Resources (cont'd)



## [American Forces Travel](#)

Provides a wide selection of discounted rates on air fares, vacation packages and cruises to patrons affiliated with the Department of Defense to thank them for their service and dedication to our country.



## [Government Vacation Rewards](#)

Government Vacation Rewards is a travel discount program designed for veterans and military personnel to save money on their vacations. You can sign-up through their website or call (866) 691-5109.



## [Military.com](#)

Military.com provides a list of merchants offering travel discounts to active duty military, veterans and their families.



# Travel / Tickets / Tours Resources (cont'd)



**MILITARY  
ONE SOURCE**

## [Military One Source](#)

This site offers resources to help you with your travel planning and much more.  
Phone Contact: 1-800-342-9647



## [Military Traveler](#)

Military Traveler helps military and reserve personnel, and their families find military discounts on domestic flights.



## [USO](#)

USO centers around the world provide many different versions of the same thing – a place to relax and connect while off duty. We offer free internet connections, and a comfortable place to watch a movie or read a book. Troops can even call home from many of the more than 250 USO locations worldwide.



## [Veteran.com](#)

Veteran.com lists car rental agencies, hotels, and other travel resource companies that offer military discounts to service members, retired military, veterans, spouses and their families.



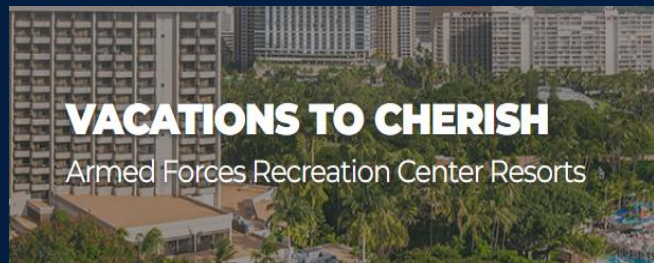
# Lodging Resources



## DoD Lodging

DoD lodging is located on or near US military installations and is owned and operated by the government. Travelers can book official travel lodging at Air Force Inns, Navy Gateway Inns & Suites (Navy Lodge) and Army Lodging directly in DTS. Marine Corps lodging will be available in DTS in the future.

Click [here](#) for access to an interactive map of Air Force, Army and Navy lodging facilities throughout the U.S. and the world. Search by geographic region or use the pick list to search by base/installation.



Armed Forces Recreation Center (AFRC) –AFRCs are a chain of Joint Service Facility resort hotels owned by the United States Department of Defense to provide rest and relaxation. AFRC operates four resorts with locations in Hawaii, Florida, Korea and Germany.



# Lodging Resources (cont'd)



## American Forces Travel

Provides a wide selection of discounted rates on hotels and rental cars to patrons affiliated with the Department of Defense to thank them for their service and dedication to our country.



## IHG Army Hotels

IHG Army Hotels is a collection of private-sector hotels located on Army installations and Joint Bases throughout the U.S.



## Government Vacation Rewards

Government Vacation Rewards is a travel discount program designed for veterans and military personnel to save money on their vacations. Sign up through their website or call or call (866) 691-5109





# Lodging Resources (cont'd)



## Military One Source

This site offers resources on military lodging around the world, from cottages at the beach, cabins in the mountains, to world-class resorts.

Phone Contact: (800-342-9647)



## Military Discounts

Military Discounts on Military.com provides a list of merchants offering lodging discounts to active military, veterans and their families.



## Veteran.com

Veteran.com lists hotels that offer military discounts to service members, retired military, veterans, spouses and their families.



## U.S. Military Campgrounds and RV Parks

Quick access to an interactive map of U.S. Military Campgrounds and RV Parks facilities in the U.S.





# Lodging Resources (cont'd)



Quick links to DoD lodging Facilities found on DoD Lodging website:

[Air Force Inns](#) Over 27,000 rooms at 89 locations worldwide



[Army Lodging](#) Over 1,800 guest rooms at 18 locations worldwide

[Army Lodging \(On Post\)](#) Over 1837 guest rooms at 18 locations worldwide



[Coast Guard Lodging](#) Offers cottages, RV parks, campgrounds, and guesthouses

[Marine Corps Transient Housing](#) Over 3,000 guest rooms worldwide

[Marine Corps Inns of the Corps](#) Lodge facilities on 15 Marine Corps installations

[Navy Gateways](#) Inns & Suites

[Navy Gateways](#) RV parks, campgrounds & vacation resorts.

[Navy Lodge](#) Quick access to an interactive map of Navy lodging facilities





# Recreational Resources



## DoD MWR Libraries

Online library services that provide a vast array of learning resources and online content to DoD Service members and families.



## Military Discounts

Military.com provides a guide that will help you find the perfect military campground for you and your family.



## Military One Source

This site offers resources on health and wellness, recreation, entertainment, and much more. Phone Contact: (800) 342-9647



# Recreational Resources (Cont'd)



## [National Park Service – Military Pass to National Parks](#)

Information on how to get free passes that cover entrance fees to more than 2,000 federal recreation areas, including national parks, wildlife refuges, and forests.



## [U.S. Military Campgrounds and RV Parks](#)

Provides information, maps, directions, prices, photos, and reviews of U.S. Military Campgrounds and RV Parks.



## [Veteran.com](#)

Veteran.com lists entertainment facilities, fitness facilities, and other recreational resources that offer military discounts to service members, retired military, veterans, spouses and their families.



# Shopping/Retail Resources



## Commissaries

Commissaries are supermarkets, usually located on military installations, that sell food, sundry and cleaning products for cost plus a 5 percent surcharge to active-duty military, guard and reserve members, retirees and qualified family members.

## Exchanges

Coast Guard Exchange, Marine Corps Exchange, Army and Air Force exchange service (AAFES), Navy Exchanges (NEX), and Shoppettes are all examples of military exchange stores. The exchange is the military department and drug store. Military personnel and their dependents, plus retirees, have unlimited shopping privileges at any exchange. Military ID is required.





# Shopping/Retail Resources (cont'd)



## [I.D Me](#)

If you're an active-duty military member or a veteran, you are eligible for hundreds of military discounts from your favorite stores and companies.



## [Gift Card Granny](#)

Gift card website listing retailers, restaurants, service providers, and travel and entertainment companies that offer a wide variety of discounts for veterans, active-duty members and reservist.



## [Military.com](#)

Military.com lists companies that offer military discounts to service members, retired military, veterans, spouses and their families.



# Shopping/Retail Resources (cont'd)



**MILITARY  
ONESOURCE**

## Military One Source

This site offers resources on how service members and their families can save by shopping at their installation commissary and exchanges.



## Military Shoppers News

After creating an account, this webpage gives you discount amounts for service members.



## Veteran.com

Veteran.com lists companies that offer military discounts to service members, retired military, veterans, spouses and their families.





# Mobile Apps



## Army “Digital Garrison App”

Explore all the benefits your Army post has to offer; such as restaurants, events, shops, clinics, activity centers, and receive information on retail promotions and deals.



## My Military OneSource

A mobile app that quickly connects service members, their families, and survivors to services, resources and support they can use every day,



## Take-a-Hop

Department of Defense (DoD) Space-Available Travel remote registration on your mobile device. Designed specifically for authorized U.S. government personnel to register for DoD space-available travel using iPhone® / iPod® Touch / iPad®, and over 6,800 different Android® device types.



## Navy Mobile Apps

Scroll down to find a drop-down list of Navy mobile applications that provide information on places to eat, recreation and entertainment, housing/lodging, fitness and sports, and much more.



## Mobile Apps (cont'd)

The logo for Google Translate, consisting of the word "Google" in its multi-colored font followed by the word "Translate" in a simple black font.

### Google Translate

Translates words and phrases for more than 65 languages.



### TripAdvisor

Swap guidebooks and maps for this travel app that brings to life cities and sites all around the world, offering information on tourist destinations, restaurants, weather and foreign phrases.



### Mom Maps

This app finds parks, playgrounds, restaurants with indoor play areas and other child-friendly places in 28 metro areas.

The logo for GasBuddy, featuring a stylized "S" shape in blue and red to the left of the word "GasBuddy" in a bold, black, sans-serif font.

### Gas Buddy

A quick way to find the nearest and cheapest gas stations near you.

Sources: [The Best Travel Apps for 2023](#), [40 Best Travel Apps to Download for 2023](#)



# USPHS General Resources



## *News Spot:*

Check out the [JOAG](#) Resource page for a long list of resources designed to support Junior Officers.



## Junior Officer Advisory Group (JOAG)

Become an active participant in [JOAG](#) and get access to the most up-to-date information about upcoming MWR activities and events. Click [here](#) to subscribe to the JOAG Listserv



## Commissioned Officers Association of the U.S. Public Health Service

The Commissioned Officers Association (COA) and its local branches have a variety of resources for officers. Click [here](#) for more information and to find your local COA Branch.



# Acknowledgments

*Special thank you for the support and guidance from the JOAG Executive Committee and the Public Health and Uniformed Services (PHUS) Committee*

## Uniformed Services and Support Subcommittee

### **PHUS Committee Co-Chairs:**

LCDR Kodilichi Echezo  
LCDR Sarah Whittington

### **Uniformed Service & Support Subcommittee Co-Leads:**

LCDR Jasmeet Kalsi  
LCDR Heather Rhodes

### **MWR Workgroup Lead:**

LCDR Amina Bashir

### **Subcommittee Secretary:**

LCDR Herbert Partsch

### **MWR Resource Guide Contributors:**

LCDR Dennis Anderson-Villaluz  
LCDR Kinbo Lee  
LCDR Herbert Partsch  
LT Ngoc "Jade" Brookfield  
LT Chandra Carothers  
LT Irene Lee  
LT Jenna Lewis