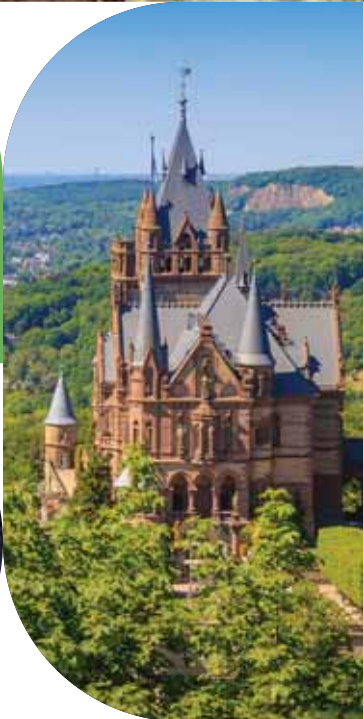


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# WELCOME TO GERMANY



We've got what you need to know as you get settled into Germany. Whether you've found your home or are still in temporary living arrangements, here's some information to help you find what you need.

## EMERGENCY INFORMATION

**112 is the emergency phone number throughout Europe.**

## FOOD DELIVERY

These services are common across Germany, and will deliver meals to off-installation addresses from local restaurants.

- Lieferando
- Wolt
- Uber Eats

## GROCERIES

### ► For grocery delivery

- myTime
- REWE (also offers pickup service)
- Flink

### ► Common small grocery stores

- Aldi
- REWE
- Lidl
- Wasgau: Primarily in the Rheinland-Pfalz
- Netto: Discount grocery chain

### ► Larger supermarkets

- Globus
- Edeka
- Kaufland
- Marktkauf
- Real

## BUDGET SHOPS

**Thrift Stores:** Often run by spouse clubs; no rank requirements apply.

### ► Kaiserslautern Military Community

- SCSC Thrift Store-Spangdahlem (Also known as Penny Lane): [sabcsc.org/scsc-thrift-store](http://sabcsc.org/scsc-thrift-store)

- KLSA Thrift Shop- Landstuhl Base: [klsa.org/thrift-shop](http://klsa.org/thrift-shop)
- RESA Thrift Shop- Ramstein Air Base: [resa-rab.com/thrift-shop-1](http://resa-rab.com/thrift-shop-1)
- BCSC Thrift Store- Smith Barracks, Baumholder: [baumholderspousesclub.com/bcsc-thrift-store](http://baumholderspousesclub.com/bcsc-thrift-store)

### ► Wiesbaden

- WCSC Thrift Store-Hainerberg: [wiesbadenspousesclub.com/Thrift-Shop](http://wiesbadenspousesclub.com/Thrift-Shop)

### ► Stuttgart

- Patch Thrift Shop—Patch Barracks: [stuttgartspousesclub.org/Patch-Thrift-Shop](http://stuttgartspousesclub.org/Patch-Thrift-Shop)

### ► Bavaria

- Hohenfels Thrift Shop—JMRC, Hohenfels: [hohenfelssc.org/thrift-shop](http://hohenfelssc.org/thrift-shop)
- ASCC Thrift Shop—Katterbach Kaserne, Ansbach: [asccbavaria.com/thrift-shop-information/](http://asccbavaria.com/thrift-shop-information/)
- BCSC Thrift Shop: Vilseck—Rose Barracks, Vilseck: [facebook.com/vilseckthriftshop/](http://facebook.com/vilseckthriftshop/)
- BCSC Thrift Shop: Grafenwöhr—Tower Barracks, Grafenwöhr: [facebook.com/grafenwoehrthrift](http://facebook.com/grafenwoehrthrift)
- GCC Thrift Shop—Garmisch: [garmischcommunityclub.com/thrift-shop](http://garmischcommunityclub.com/thrift-shop)

**Airman Attics:** On-installation free stores available to service members and families; rank requirements may apply.

- Ramstein Air Base
- Spangdahlem Air Base

**Lending and Loan Closets:** Borrow household items and appliances while waiting for household goods (or after you ship them back). Often associated with ACS on Army installations.

### ► Kaiserslautern Military Community

- Bldg. 3210—Kleber Kaserne, Kaiserslautern
- Bldg. 8666—Smith Barracks, Baumholder
- Loan Locker—Bldg. 2162 (in Airman's Attic), Ramstein Air Base
- Loan Locker—Bldg. 307 (in AFRC), Spangdahlem Air Base

### ► Wiesbaden

- Bldg. 7790—Hainerberg Housing Area, USAG Wiesbaden

### ► Stuttgart

- Bldg. 2915—Panzer Kaserne, USAG Stuttgart

### ► Bavaria

- Bldg. 244—Tower Barracks, Grafenwöhr
- Bldg. 322—Rose Barracks, Vilseck
- Bldg. 10—Camp Nainhof, Hohenfels
- Bldg. 5817A—Katterbach Kaserne, Ansbach
- Bldg. 203—Artillery Kaserne, Garmisch

## LAUNDRY (LAUNDERETTES)

### ► Kaiserslautern Military Community

- Smith Barracks, USAG Baumholder
- Sembach Kaserne, Kaiserslautern
- Bldg. 2163—South Side, Ramstein Air Base

### ► Wiesbaden

- Hainerberg, USAG Wiesbaden

### ► Stuttgart

- Bldg. 2995—Panzer Kaserne, USAG Stuttgart
- Bldg. 3312—Kelley Barracks, USAG Stuttgart

### ► Bavaria

- Bldg. 556—Tower Barracks, Grafenwöhr
- Camp Algier—Tower Barracks, Grafenwöhr
- Bldg. 222—Rose Barracks, Vilseck
- Bldg. 5817—Katterbach Kaserne, USAG Ansbach
- Bldg. 1160—Camp Albertshof, USAG Hohenfels
- Bldg. 322—Warrior Hill, USAG Hohenfels

## YOUR LOCAL MWR AND FSS

- Ansbach MWR
- Baumholder MWR
- Bavaria MWR
- Garmisch MWR
- Hohenfels MWR
- Kaiserslautern MWR
- Ramstein 86 FSS
- Spangdahlem 52 FSS
- Stuttgart MWR
- Wiesbaden MWR ■



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# SERVICES IN GERMANY

## BANKING

Getting a European bank account with an International Bank Account Number (IBAN) is necessary for paying bills and transferring money. It is also helpful for making purchases, getting cash, and managing funds between dollars and euros.

### MILITARY INSTALLATION BANKING OPTIONS

#### ► Andrews Federal Credit Union

- Branches in Wiesbaden
- Shared branching with Service Credit Union
- Provides online banking and bill pay

#### ► Community Bank

Community Bank provides convenient and affordable banking services and financial information to help support service members, base organizations and mission readiness. Community Bank is located in 10 countries across the globe, with 60 Banking Centers and over 270 ATMs. They also provide interactive banking so you can easily access your account. Call toll-free: 00-800-BANK-EASY (00-800-2265-3279) or DSN: 314-546-1892 from 8 a.m. to 5 p.m., Monday through Friday, except German holidays.

#### ► Keesler Federal Credit Union and Global Federal Credit Union

- Shared branching with Andrews Federal Credit Union and Service Credit Union (meaning free access to these branches).

#### ► Service Credit Union

- Branches distributed throughout bases in Germany
- Check depositing from your smartphone
- Provides “Call 24,” an automated phone teller that is available 24/7

## GERMAN ONLINE BANKING

Here are some regional and “portable” banks that can be a great tool to get local bills paid, and often with competitive exchange rates and low fees.

Note: The DoD will not deposit paychecks to German banks.

- **Bunq:** International banking brand where you can create an account to pay bills in Euro. Visit [bunq.com](http://bunq.com)
- **Deutsche Bank:** National bank with locations all over Germany and the globe as well as online banking options to pay bills in Euros. Visit [deutsche-bank.de/pk.html](http://deutsche-bank.de/pk.html).
- **Wise:** International banking app that lets you create a local account to pay rent and bills in Euros. Visit [wise.com](http://wise.com).
- **N26:** International banking app that lets you create a local account to pay rent and bills in Euros. Visit [n26.com](http://n26.com).

## EUROPEAN DEBIT CARDS

Some smaller shops only accept a European electronic cash (EC) card—also known as Girocard, VPAY or Maestro Card. It may be come in handy and can be distributed through a local bank.

- Many German businesses, especially smaller ones, may not always take credit or debit cards.
- Always carry euros when off-installation.

## PAYING BILLS

The German banking system differs from the U.S. Your IBAN is typically used to send money to people, to pay bills for German services or utilities, and also to pay invoices like medical bills or traffic fines.

You can set up automatic transfers, automatic direct debits or one-time payments using a fund transfer from your IBAN to the recipient. Most banks have an easy online form for transferring funds.

Check conversion rates before transferring large amounts between U.S. and euro accounts.

#### ► To send money, or pay a bill you will need:

- ✓ The euro amount due
- ✓ The receiver’s International Bank Account Number (IBAN)
- ✓ The receiver’s Bank’s Identifier Code (BIC)
- ✓ A reference number from your utility bill, service invoice, or other details for the reference section
- ✓ The payee’s name

## LEGAL SERVICES

Your on-installation Legal Office can help with simple notaries and powers of attorney on a walk-in basis. Complex notary services and other legal advice is available by appointment.

- Powers of Attorney are recommended for spouses so they may handle paperwork if the military sponsor is not available due to training or deployment.
- Dependents wanting to work while overseas should discuss SOFA regulations with the legal office.
- A tax center is available during the tax season.
- Other legal services offered include wills, medical directives, Servicemembers Civil Relief Act (SCRA) issues, estate planning, immigration, debt or credit problems, identity theft, divorce counseling and some German legal issues. ■



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\*Recurring International Bill Pay payments are available only from a Service CU checking account. One-time International Bill Pay payments are available from any share or share draft account with an available balance that is eligible to make transfers. If the account selected for payment does not have sufficient available funds at the time the transaction is processed an overdraft charge will be debited from the account and the associated payment may not be executed. Automatic debits are available only to merchants in Europe. Select any day of the week to make recurring payments weekly, biweekly, monthly, or quarterly. International Bill Pay incurs a \$1.00 fee per online or mobile transaction and for recurring payments. One-time International Bill Pay transactions initiated in a branch, over the phone or through chat incur a \$2.00 fee per transaction. Service CU is not liable for, and has no influence over the conversion rate applied to the conversion of the funds. All payments are transferred in the selected currency. If the beneficiary accounts to which the funds are ultimately credited is not denominated in the selected currency, the amount will be converted to the appropriate currency (i.e. British Sterling, Swiss Franc, Swedish Kroner, etc.) or returned by the receiving financial institution. Any funds returned to SCU will be converted using the reconversion rate in effect on the date of credit.



## CELL PHONES

- ▶ **Providers:** Vodafone, Telekom, E-Plus, TKS, SIGA and O2, SimplyTel, Smartmobil
- ▶ **Pre-pay options**  
Pre-pay options offer services without contracts, and are available by most providers. They can be setup online, with a SIM card mailed to an off-installation residence, or by buying a SIM and top-up cards at grocery stores, retail centers and gas stations.
- ▶ **Service contracts**  
Service contracted plans typically last two years, and are offered by both on and off-installation providers.

### On-installation

On-installation Exchange Mobile Centers and TKS provide PCS/TDY cancellation terms for their customers. To set up a contract, you will need:

- ✓ PCS Orders
- ✓ Military ID
- ✓ APO Address
- ✓ German bank account information (IBAN)

### Off-installation or online

Off-installation providers will have very competitive rates, but high fees for breaking contracts. Renewals are often automatic. You can ask about military exceptions and look for “young” deals if under the age of 28. To set up a contract you can visit a provider’s store or use their website. You will need:

- Off-installation address (where SIM card will be mailed)
- German bank account information (IBAN)
- ▶ **Apps to communicate internationally for free on Wi-Fi**
  - Skype
  - Facebook Messenger
  - WhatsApp
  - Facetime
  - Google Hangouts ■

Upon arrival, getting a cell phone set up is vital. There are a variety of options in Germany and plans tend to be affordable. When you arrive, put your phone in airplane mode to avoid unexpected charges prior to setting up a phone plan.

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# TRANSPORTATION IN GERMANY »

## DRIVER'S LICENSES

You need a USAREUR license to drive in Germany. Not all NATO countries recognize USAREUR licenses, so you will need an International Driving Permit (IDP) to drive outside of Germany. Visit your driver testing center to learn how to get one locally.

### To get your USAREUR license:

- ✓ Training and testing can be done on JKO (Joint Knowledge Online).
- ✓ You must pass both tests with a score of at least 85 percent.
- ✓ Bring JKO certificates, military orders, DoD ID and a valid U.S. license to the Driving Testing Center.
- ✓ Fee is \$20-\$30
- ✓ You will receive a temporary license.
- ✓ A permanent license will be mailed to your APO.

## REGISTERING A VEHICLE

Chances are your vehicle will arrive to Germany after you do. You may need to research the costs of a rental vehicle to ensure that you can get around if needed to go to work or find off-installation housing.

### PICKING UP YOUR SHIPPED VEHICLE

- You should be prepared to have your car registered and inspected the day that you pick it up from the Vehicle Processing Center (VPC).
- Inspect your car thoroughly at the VPC to ensure that no damage.
- Ensure that your car is insured in Germany.
- Prepare for any issues that may occur with your vehicle in a new environment/after sitting for roughly three months on a boat. For example: a battery replacement.

### VEHICLE REGISTRATION

For an initial registration, you will receive a 30-day temporary plate until the vehicle has been inspected.

### Items required for a registration:

- ✓ ID card and USAREUR license (temporary is acceptable)
- ✓ Orders or employment letter
- ✓ Shipping documents from International Auto Logistics (IAL) or private shipping company
- ✓ Title or previous state registration
- ✓ Proof of insurance
- ✓ \$35 to \$45—payable by check, money order or card

### VEHICLE INSPECTION

On-installation inspection stations throughout Germany provide free vehicle inspections to SOFA members per IAW USAREUR 190-1. Inspections from local TÜV inspection sites are also accepted as long as they are not older than 30 days.

### Items required for ALL Inspections:

- ✓ Registration (unexpired)
- ✓ Completed Form AE190-10 or AE190-1AA
- ✓ First Aid Kit (DIN 13164) [unexpired], with two medical masks, warning triangle and reflective safety vest
- ✓ License plates securely mounted to vehicle (screws, brackets, nuts and bolts)



Army Installation  
Inspection Stations



Air Force KMC-area  
Inspection Stations



Air Force Spangdahlem  
Inspection Station

## BUYING A VEHICLE

### USED VEHICLES

Check your installation's "lemon lot," local yard sale websites like Facebook marketplace or Bookoo, and local off-installation used car lots.

- Cars older than 10 years need to be inspected before a sale between ID cardholders.
- Cars less than 10 years old must have at least 60 days left on the registration to retain the current inspection expiration date.
- It's helpful to ask the current owner to complete an inspection before de-registration.
- Get proof of exhaust emission testing, service record, previous vehicle defects and inspection pass guarantee from a local Technischer Überwachungsverein (TÜV).
- Have the current owner keep insurance until registration is transferred.
- Sales between government ID cardholders requires the presence of all buyers and sellers.

### Required for registering a used vehicle:

- ✓ Same documents as shipped POV, minus shipping document.
- ✓ U.S. title/registration document is needed for U.S. specification vehicles.
- ✓ A Bill of Sale with signature of seller and buyer, as well as the vehicle's make, model, year and chassis number.
- ✓ Sales between ID cardholders may also require a lien release.

### NEW VEHICLES

It is beneficial to buy new cars from a dealer participating in the Military Car Sales Program (Military AutoSource or MAS). Benefits can include tax-free transactions, worldwide shipping, U.S. specifications and prices lower than U.S. MSRP prices.





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continued from page 12

**Required for registering a new vehicle:**

- ✓ Same as shipped POV, minus U.S. title/ registration and shipping document.
- ✓ Bill of Sale or purchase order with name and signature of seller and buyer, as well as the vehicle's make, model, year and chassis number.
- ✓ You have 60 days to provide additional documentation, such as the German title book and customs form.

**FUELING A VEHICLE**

To save money on gas, sign up for the duty-free fuel card program managed by AAFES.

The fuel card is required to purchase fuel in Germany at on-installation AAFES facilities. It is also valid for a discount at off-installation Esso fuel stations via a prepaid card.

- Registered vehicles have a monthly ration based on the size and weight noted on your vehicle registration. Each vehicle must be registered for its own fuel card.

- Fuel may only be purchased by the ID holders (up to two) assigned to the registration for each vehicle.
- Fuel cards can only be used in Germany.
- The prepaid cash balance is shared across owners and vehicles.

▶ **Using the Fuel Card**

- Pump gas, then take the fuel card, vehicle registration and ID card to the attendant for payment. The amount purchased is deducted from the monthly ration.
- On-installation you can use your prepaid balance Esso card or another form of payment like cash or debit card.
- Off-installation you must use the prepaid balance Esso card. You must know your four-digit PIN.

▶ **Good to know**

- Ration and card balances can be checked online at [odin.aafes.com/esso](http://odin.aafes.com/esso), or via the toll-free number on the card.

- Add money instantly to your prepaid balance with cash, check, Military Star card, debit or by calling the toll-free number on the card. You can also transfer money from a bank account via [odin.aafes.com/esso](http://odin.aafes.com/esso), expect this to take three to five days.
- Lost or stolen card must immediately be reported to AAFES at 0800-181-9945.



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# HOUSING IN GERMANY



Whether you live in the barracks or dorms, family housing on-installation or in a local German home, there is plenty of variety available.

## ON-INSTALLATION HOUSING

No matter where you live in Germany, on-installation housing is based on rank and family size. Typically, service members and families are required to live on installation unless housing is at or near capacity (the percentage varies by area, but it is roughly 95 percent). Unaccompanied service members are typically assigned to barracks, dorms or Officers' Quarters.

### Kaiserslautern Military Community Housing Offices:



Baumholder:  
0611-143-531-2978



Kaiserslautern:  
0611-143-541-5202  
Ramstein and Vogelweh:  
0631-536-667

- ▶ **Baumholder Housing Communities:**
  - Wetzel Housing- Family housing
  - Smith Housing- Family housing
  - Unaccompanied service member housing in barracks.
- ▶ **Ramstein Housing Communities:**  
Family housing and unaccompanied service member housing
- ▶ **Vogelweh Housing Communities:**  
Family housing
- ▶ **Sembach Housing Communities:**  
Unaccompanied service member housing
- ▶ **Landstuhl Housing Communities:**  
Family housing
- ▶ **Kleber Kaserne:** Unaccompanied E-6 and below service member housing
- ▶ **Germersheim Army Depot:** No on-installation housing. All personnel have off-post housing services from the Kaiserslautern Housing Services Office on Kleber Kaserne.

### Spangdahlem Air Base



Spangdahlem Housing Office:  
06565-61-1110

- ▶ **On-installation** there is family housing and unaccompanied service member housing.

### USAG Bavaria



For personnel stationed at Grafenwöhr, Vilseck, Hohenfels and Garmisch.

- ▶ **Grafenwöhr and Vilseck Housing Communities:** 09641-70-526-4347
  - Netzberg (near Tower Barracks in Grafenwöhr): Family housing and unaccompanied service member housing
  - Rose Barracks (Vilseck): Family housing and unaccompanied service member housing
- ▶ **Garmisch Housing Communities:** 08821 / 750-3531 or -3660
  - Breitenau Housing Area (Artillery Kaserne): Family housing and unaccompanied service member housing
- ▶ **Hohenfels Housing Communities:** 09472-708-8513
  - On-installation units are available only for grades E1-E6.

### USAG Ansbach



Ansbach Housing Communities:  
09641-70-587-1704

- ▶ **Katterbach Kaserne:** Family housing and unaccompanied service member housing
- ▶ **Bleidorn Kaserne:** Family housing
- ▶ **Urlas Kaserne:** Family housing
- ▶ **Bismark Kaserne:** Family housing and unaccompanied service member housing

### USAG Wiesbaden

#### Housing Offices:



Clay: 0611-143-548-4433/4438/4441/4436  
Hainerberg: 0611-143-548-4455/4437/4439/4462

- ▶ **Hainerberg:** Family housing
- ▶ **Aukamm:** Family housing
- ▶ **Clay Kaserne & Newman Village:** Family housing and unaccompanied service member housing
- ▶ **Crestview:** Family housing and unaccompanied service member housing

### USAG Stuttgart



Phone Number:  
09641-70-596-2230

- ▶ **Kelley Barracks:** Family housing and unaccompanied service member housing
- ▶ **Robinson Barracks:** Family housing and unaccompanied service member housing
- ▶ **Patch Barracks:** Family housing
- ▶ **Panzer Kaserne:** Family housing

# OKAL

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- ✓ Sustainable Homes
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### Your English-speaking contact:

Trevor Henry  
Mobile: +49 177 6179544  
Mail: [trevor.henry@okal.de](mailto:trevor.henry@okal.de)



continued from page 16

## HOUSE HUNTING OFF-INSTALLATION

Living “on the economy,” is a wonderful way to truly embrace living overseas.

### Finding a Home

Your installation’s housing office will help you with finding a home. In general, the process is the same throughout Germany.

#### 1. Search for homes.

- Visit [www.homes.mil](http://www.homes.mil) to see approved available properties.
- You may also find homes available from other sites like Facebook listings and [www.bookoo.com](http://www.bookoo.com).

#### 2. Schedule to see houses you are interested in. A few things to consider:

- Distance to work or school.
- Check the cellphone reception while at the house.
- Heating costs: Natural gas tends to be cheaper. Oil can be expensive and requires scheduling time to fill tanks.
- Ask about internet service options.
- Consider how much yard or snow removal upkeep the home requires.

#### 3. Once you’ve decided on a home, schedule an appointment with your housing office.

- All homes must be approved by the housing office.
- Only the approved military Housing Rental Contract may be used.
- Homes may need an inspection.

### Moving In

#### ► Loaner furniture and appliances

Temporary loaner furniture is available at most installations. This includes tables, chairs, sofas, beds and dressers. In addition, major appliances like washers, dryers, and some transformers are available to borrow for the duration of your tour. Schedule delivery of loaner furniture as soon as you’ve found a home.

### Tips

- ✓ Ask for your landlord’s cell phone or WhatsApp number in case problems arise.
- ✓ Test your home’s locks and smoke detectors as soon as you move in.
- ✓ Locate the circuit breaker box and learn how to troubleshoot your heating system.

### Household Goods Arrival

- Schedule a delivery date for your household goods as soon as you’ve found a home. Dates book quickly during the peak summer PCS season.

- During delivery, monitor all items being unloaded and mark them off your inventory list.
- Submit a notice of loss within 75 days of delivery and file your claim within nine months.
  - ✓ Claim any missing or damaged items. Include pictures or purchase receipts if possible.
  - ✓ Note any damage to your home caused by movers.
  - ✓ Keep all paperwork until the claim is processed.

### Utilities

The Utilities Tax Avoidance Program (UTAP) helps to offset the taxes added to German utility bills and is available through most installations in Germany. Water, electricity and natural gas can be included in UTAP; garbage, cable/satellite TV, sewage, telephone, Internet, heating oil or propane gas deliveries cannot be included in UTAP (see VAT office for exceptions). Signup at your on-installation UTAP office.

#### ► Be sure to bring:

- Copy of Orders.
- Valid ID Card, contractors will also need a valid blue SOFA card.
- Copy of your lease and any documents relating to the house/apartment.
- Meter readings and serial numbers of meters. We recommend taking pictures with your phone, so nothing gets lost in the translation of handwriting.
- German Banking Details: Bank and IBAN Number.
- Email address—your U.S. Government one is applicable.
- Power of Attorney (if you are not the sponsor).
- Unit name and address as well as the phone number and name of your supervisor.
- \$99 for payment in cash/credit/debit/check.
- Any documents or letters sent by the supplier (if applicable).

### Savings

- Electricity: 19 percent VAT and energy tax
- Natural gas: 19 percent VAT and energy tax
- Water: 7 percent VAT
- Deposits waived

### Utility billing

- Billed monthly.
- Adjusted annually based on actual meter readings.
- Representative may come to your home to read meters.
- You may be required to submit readings online or by mail.

## INTERNET SERVICE

If you live on-installation, your internet choices may be limited to the one that the installation has a contract with. Also, if you live in a smaller village off-installation, you may only have one or two choices for internet.

- **Digital Subscriber Line (DSL):** Many providers offer plans with flat-rate monthly fees based on transmission speeds.
- **Cable internet:** Offers high-speed access and continuous connectivity but is not as widely available as DSL.

## TELEVISION SERVICE

### AFN (American Forces Network)

- Provides programming from current U.S. networks and prime channels.
- You can use a decoder and satellite for AFN when living on the German economy, or sign up for the AFN Now streaming service.

### Satellite

- Visit [www.sky.com](http://www.sky.com).
- You will need a satellite and a decoder.

### Streaming services

- Examples—AFN Now, Amazon Prime, Disney+, Netflix, etc.
- Show variety and availability may be limited because you are outside the U.S.
- Some offer a unique German option with the internet suffix .de.

## VAT PROGRAM

The value added tax (VAT) program can help you save up to 19 percent off purchases in Germany. In order to use the program, visit your local VAT office to purchase VAT forms. The forms are then used when making purchases at German stores. You can purchase up to 10 VAT forms at a time.

### Acceptable uses

- Available for many products, services, hotels, vehicles, furniture, clothing, food and electronics.
- Businesses are not required to participate, so ask if VAT forms may be used before planning purchases.

### Unacceptable uses

- You cannot use a form once a product or service is ordered.
- Home renovations, major house repairs, cell phone contracts and internet services are not part of program. ■



# EndoProsthetics Center for maximum care at Nardini Klinikum Landstuhl

Staying mobile with a modern treatment concept



Chief Physician  
Dr. med. S. Schläger

The Department of Orthopedics at the Nardini Klinikum St. Johannis Landstuhl was certified in 2013 as a maximum care Endo Prosthetic Center (EPZmax) according to "EndoCert<sup>®</sup>" and is regularly recertified. Certification is carried out in accordance with the quality criteria of the German Society for Orthopedics and Orthopedic Surgery (DGOOC), the German Society for Endoprosthesis (AE) and the Professional Association for Orthopedics and Trauma Surgery (BVOU).

The standards held by these expert physicians represent the highest level of quality, specialization and competence in joint replacement



Head of Arthroplasty Center  
S. Toumasis

surgery. Thus, they promote optimal treatment success.

EndoCert<sup>®</sup> is the world's first certification system for medical facilities in the field of joint replacement.

### Interlocking cooperation like a joint

The interdisciplinary team has been successfully performing to the highest quality standards at the EndoProthetikZentrum (EPZ) at the Nardini Klinikum Landstuhl for many years.

Medicine, vascular surgery, radiology, anesthesia, physiotherapy, as well as nursing staff and technical orthopedics work together in the EPC. The entire surgical spectrum of joint replace-

ment of the hip and knee is performed for initial and replacement operations, using modern diagnostic and therapeutic procedures, primarily by means of gentle, minimally invasive surgical methods. The center supports individual endoprosthesis with modern implant concepts.

### Quality assurance and further development

Each EndoProthetikZentrum must comply with the following quality indicators:

- » Minimum number of operations
- » Availability of main / senior surgeons
- » Assessment of implantation quality
- » Evaluation of implant position using specific measurement parameters
- » Preoperative prosthesis planning
- » Monitoring of patient satisfaction
- » The EPZmax is obliged to participate in the German Endoprosthesis Register (EPRD)

These and other quality indicators are reviewed annually by external experts.

### Hip joint replacement: The AMIS method - especially gentle

The AMIS method is a minimally invasive procedure.

This method is particularly gentle, as the smallest possible incisions are made and the muscles are not cut, but merely moved. The patient can usually bear full weight immediately after the operation and typically has less pain. This allows for much faster rehabilitation. Blood loss and scarring are also less.



### Knee joint replacement: Navigation - particularly precise

For knee replacement operations—both primary implantations and replacement operations—a computer-assisted navigation system is used in the EPC to achieve

particularly precise and accurately fitting implantations of artificial knee joints.

### Experience, competence and communication at the highest level

The Orthopedics and Trauma Surgery Department at Nardini Klinikum Landstuhl has been performing endoprosthesis fittings of damaged hip and knee joints for many years. The department provides comprehensive care for patients from initial treatment through diagnosis and therapy to follow-up care and rehabilitation.

The implantation of an artificial joint is a fundamental event in a person's life. Patients receive high-quality medical treatment at the EPC according to recognized scientific findings, including transparent information and involvement in treatment planning.

The treatment team provides this type of care to every patient

### EPZ consultation hours and contact

If a joint replacement is recommended, all details regarding the clinical picture and any necessary surgery are discussed with the patient. Individual findings and previous illnesses are also taken into account. On the basis of the X-ray images, an exact digital prosthesis plan is carried out with the help of a computer.

Patients can make an appointment for a personal consultation with the orthopedics office.

Contact: Dr. S. Schläger, head of the department, S. Toumasis, section head of endoprosthesis and the surgeons of the EndoProthetikZentrum at the Nardini Klinikum Landstuhl.

Department of Orthopedics and Trauma Surgery  
Nardini Klinikum GmbH  
Nardinistraße 30 · 66849 Landstuhl  
Telefon: 06371 84 2701 or 06371 84 3713  
E-Mail orthopaedie-landstuhl@nardliniklinikum.de  
www.nardliniklinikum.de



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N 48 46' E 9 11'  
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# HEALTHCARE IN GERMANY

## MEDICAL FACILITIES

- ▶ **Landstuhl Regional Medical Center:** [landstuhl.tricare.mil](http://landstuhl.tricare.mil)  
This is the primary American Army hospital for the entire German and European region. It is in the KMC area but sees patients from all over Europe for specialty procedures. There is an Emergency Room.
  - Who can be seen? Service Members and their dependents. Retirees, DOD Civilians, DODEA staff, DOD Contractors, and their family members have access to several resources on a space-available basis.
- ▶ **Baumholder U.S. Army Health Clinic** [baumholder.mhs-europe.tricare.mil](http://baumholder.mhs-europe.tricare.mil)
  - Who can be seen? Service Members and their dependents.
- ▶ **Kaiserslautern U.S. Army Health Clinic:** [kaiserslautern.mhs-europe.tricare.mil](http://kaiserslautern.mhs-europe.tricare.mil)
  - Who can be seen? Service members and eligible family members for essential primary care and Solider readiness services.
- ▶ **Ramstein Clinic:** [ramstein.tricare.mil](http://ramstein.tricare.mil)
  - Who can be seen? Service members and dependents.
- ▶ **Spangdahlem Clinic:** [spangdahlem.tricare.mil](http://spangdahlem.tricare.mil)
  - Who can be seen? Service members and dependents.
- ▶ **Geilenkirchen Clinic:** [spangdahlem.tricare.mil/Geilenkirchen](http://spangdahlem.tricare.mil/Geilenkirchen)
  - Who can be seen? DOD workers and their families.
- ▶ **Wiesbaden U.S. Army Health Clinic:** [mhs-europe.tricare.mil/Wiesbaden](http://mhs-europe.tricare.mil/Wiesbaden)
  - Who can be seen? Service members, dependents and retirees.
- ▶ **Stuttgart U.S. Army Health Clinic:** [mhs-europe.tricare.mil/Stuttgart](http://mhs-europe.tricare.mil/Stuttgart)
  - Who can be seen? Service members and dependents.
- ▶ **Ansbach U.S. Army Health Clinic:** [mhs-europe.tricare.mil/ansbach](http://mhs-europe.tricare.mil/ansbach)
  - Who can be seen? Service members, dependents and civilians.
- ▶ **Hohenfels U.S. Army Health Clinic:** [mhs-europe.tricare.mil/hohenfels](http://mhs-europe.tricare.mil/hohenfels)
  - Who can be seen? Service members and dependents.
- ▶ **Grafenwöhr U.S. Army Health Clinic:** [mhs-europe.tricare.mil/grafenwoehr](http://mhs-europe.tricare.mil/grafenwoehr)
  - Who can be seen? Service members and dependents.
- ▶ **Vilseck U.S. Army Health Clinic:** [mhs-europe.tricare.mil/Vilseck](http://mhs-europe.tricare.mil/Vilseck)
  - Who can be seen? Service members and dependents.
- ▶ **Garmisch:** There are no American medical facilities on-installation at Garmisch or at the Edelweiss Resort.

## EMERGENCY CARE

In an emergency dial 112 for an ambulance, fire and Polizei (German Police)



- Call the 24-hour nurse line at 0800-071-3511 for healthcare advice.
- While traveling, all TRICARE beneficiaries can call the International SOS at 0800-723-4214 or the +44-20-8762-8133.
- Call the American Red Cross for Emergency Communication Messages.



Scan this QR code for a digital version of our Germany Medical Guide where you can read about off-installation care, giving birth in Germany, Tricare Overseas, German veterinarians, and use our directory to find off-installation medical and dental providers.



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Emergency  
Services Available

ENGLISH  
SPEAKING STAFF

**OFF-INSTALLATION MEDICAL TREATMENT**

Medical care off-installation in Germany is modern and may including a combination of homeopathic, Eastern and traditional care.

► **Patient Liaisons**

Patient Liaisons are available to help patients with off-installation care. They help with translation services, insurance forms and can help you navigate German hospitals.

- Open to all DoD ID cardholders, including non-TRICARE members.
- Available through TRICARE and the Army Regional Health Command Europe.
- Find liaisons via your local TRICARE Service Center: [www.tricare.mil/ContactUs/CallUs/TSC](http://www.tricare.mil/ContactUs/CallUs/TSC).

**DENTAL CARE**

- When space is not available at installation dental clinics, dependents must rely on German providers.
- Through a voluntary dental program with TRICARE, military family members can receive affordable dental care. To locate a preferred provider, visit [www.uccitdp.com/tp2opd](http://www.uccitdp.com/tp2opd).
- For information about Tricare Dental Program (TDP) enrollment, claims or covered benefits, visit the TDP website, [www.metdental.com](http://www.metdental.com) ■





# LIFE IN GERMANY



## KEY FACILITIES

### POST OFFICES

Military postal facilities use gateways in the United States to connect your mail with the United States Postal Service (USPS). Shipping costs and procedures are roughly the same as those in America. All mail must have the following to be sent or received:

- First and last names of both sender and receiver.
- Recipient or sender names must match those affiliated with the military postal box.
- A customs form to ensure the contents abide by local area restrictions.

Visit [www.usps.com/international/customs-forms.htm](http://www.usps.com/international/customs-forms.htm) to fill and print a customs form. Post Office personnel can also help you fill out a customs form at the facility; however, this can be time-consuming. Click-N-Ship services are also available at many military postal facilities.

#### ► Kaiserslautern Military Community

- Ramstein Air Base and Kapaun: [86fss.com/post-offices](http://86fss.com/post-offices)
  - ◆ Bldg. 426, Northside
  - ◆ Bldg. 2110, Southside
  - ◆ Bldg. 2767, Kapaun
- USAG Rheinland-Pfalz: [home.army.mil/rheinland-pfalz/usag-rheinland-pfalz/all-services/postal-operations](http://home.army.mil/rheinland-pfalz/usag-rheinland-pfalz/all-services/postal-operations)
  - ◆ Baumholder: Bldg. 8661, Smith Barracks
  - ◆ Landstuhl: Bldg. 3723
  - ◆ Kleber: Bldg. 3243
  - ◆ ROB: Bldg. 291
  - ◆ Sembach: Bldg. 222

#### ► Spangdahlem Air Base: [52fss.com/post-office](http://52fss.com/post-office)

- Bldg. 224

#### ► Wiesbaden: [home.army.mil/wiesbaden/index.php/about/Garrison/directorate-human-resources/postalservices](http://home.army.mil/wiesbaden/index.php/about/Garrison/directorate-human-resources/postalservices)

- Clay Kaserne: Bldg. 1030

#### ► Stuttgart: [home.army.mil/stuttgart/my-garrison/all-services/mail](http://home.army.mil/stuttgart/my-garrison/all-services/mail)

- Kelley Barracks: Bldg. 3312
- Patch Barracks: Bldg. 2325

#### ► Bavaria: [home.army.mil/bavaria/postal](http://home.army.mil/bavaria/postal)

- Ansbach
  - ◆ Katterbach: Bldg. 5817 B
  - ◆ Storck: Bldg. 5256
- Garmisch: Bldg. 251
- Grafenwoehr: Bldg. 141
- Hohenfels: Bldgs. 327 and 328
- Vilseck: Bldgs. 338 and 339

### AFN

The American Forces Network (AFN) broadcasts locally and online via the AFN Go app available at [afngo.net/afneurope](http://afngo.net/afneurope).

- Baumholder—106.1 FM
- Kaiserslautern, Ramstein and Spangdahlem—105.1 FM
- Wiesbaden—103.7 FM
- Stuttgart—102.3 FM
- Amberg—89.9 FM
- Ansbach—107.3 FM
- Garmisch—90.3 FM
- Grafenwoehr—98.5 FM
- Hohenfels—93.5 FM
- Illsheim—98.5 FM
- Vilseck—107.7 FM

### USO

The United Services Organization (USO) offers family programs, seasonal and weekly events, local area information and much more. There is often a snack bar, computers, DSN access, printers, Wi-Fi, gaming and a place to relax.

#### ► Kaiserslautern USO: [kaiserslautern.uso.org](http://kaiserslautern.uso.org)

- USO Baumholder, Smith Barracks Bldg. 8106
- USO Ramstein, Bldg. 3333
- USO Spangdahlem, Bldg. 126
- USO Warrior Center, LRMC Bldg. 3750

#### ► Wiesbaden USO: [wiesbaden.uso.org](http://wiesbaden.uso.org)

- USO Wiesbaden, Clay Kaserne
- USO Wiesbaden, Exchange

#### ► Stuttgart USO: [stuttgart.uso.org](http://stuttgart.uso.org)

- Panzer Kaserne, Bldg. 2915

#### ► Bavaria USO: [bavaria.uso.org](http://bavaria.uso.org)

- USO Ansbach, Katterbach Kaserne Bldg. 5510
- USO Camp Aachen, Bldg. 1164
- USO Camp Albertshof, Bldg. 1161
- USO Grafenwöhr, Bldg. 150

### AMERICAN RED CROSS

The Red Cross offers well-being services for all members of the military community. They have training and certification courses in babysitting and CPR, blood drives, scholarships, and community programs like reading with dogs at the library and craft times for kids. In addition, the Red Cross offers assistance for other emergency needs.

- Baumholder, Clinic Kaserne, Bldg. 8743, [baumholder@redcross.org](mailto:baumholder@redcross.org)
- Kleber Kaserne, Bldg. 3245
- Landstuhl Medical Regional Center, Bldg. 3794, [landstuhl@redcross.org](mailto:landstuhl@redcross.org)
- Ramstein Air Base, Bldg. 2118 [ramstein@redcross.org](mailto:ramstein@redcross.org)
- Spangdahlem Air Base, Bldg. 441, [spangdahlemAB@redcross.org](mailto:spangdahlemAB@redcross.org)
- Clay Kaserne, Bldg. 1201, [wiesbaden@redcross.org](mailto:wiesbaden@redcross.org)
- Panzer Kaserne, Bldg. 2915, [stuttgart@redcross.org](mailto:stuttgart@redcross.org)
- Ansbach, Katterbach, Bldg. 5817 B, [ansbach@redcross.org](mailto:ansbach@redcross.org)
- Garmisch, Bldg. 203
- Grafenwoehr, Bldg. 150, [vilseck@redcross.org](mailto:vilseck@redcross.org)
- Hohenfels, Camp Nainhof, Bldg. 359
- Vilseck, Bldg. 162, [vilseck@redcross.org](mailto:vilseck@redcross.org)



### VOTING OVERSEAS

Register to vote at [FVAP.gov](http://FVAP.gov). At the website, you can select your state of residency and request an absentee ballot.

### COUNSELING OPTIONS

- ▶ **Military & Family Life Counselors (MFLCs)** provide free non-medical sessions with child behavioral specialists are anonymous and may occur in individual, couple, family or group settings.
  - Contact your local Army Community Services (ACS) office or your Force Support Squadron (FSS) to connect with an MFLC.
  - MFLC services are also offered for children through DoDEA schools and youth programs.
- ▶ **Chaplains** offer counseling for adults on both religious and non-religious issues for all personnel regardless of religious preference. Discussions with chaplains are 100 percent confidential.
- ▶ **Adolescent Support and Counseling Services (ASCS)** provide confidential counseling and educational prevention-based services for students in grades 6 to 12. Offices can be found inside your local DoDEA school.
- ▶ **Military OneSource** offers 12 free sessions for individual, couple, family or group settings. Learn more at [militaryonesource.mil/non-medical-counseling](http://militaryonesource.mil/non-medical-counseling).
- ▶ **The Veterans Crisis Line (VCL) and Military Crisis Line (MCL)** are available 24/7 for free confidential mental health support.
  - Call: 844-702-5495
  - DSN: 988
  - Text: 838255
  - Online chat: [www.veteranscrisisline.net](http://www.veteranscrisisline.net) ■

## WHERE MILITARY TEENS BELONG!

**Club Beyond is where Friends, Fun, and Faith Connect.**

Involvement in Club Beyond means come any time, no need to "join", just show up! Activities include:

- **CLUB MEETINGS**  
a "party" with a purpose
- **SMALL GROUPS**  
discover what you believe
- **CAMPS & SPECIAL EVENTS**  
experience fun and adventure



**CLUB BEYOND**<sup>®</sup>  
[clubbeyond.org](http://clubbeyond.org)

For information on Club Beyond in your community, email Abby at [europa@clubbeyond.org](mailto:europa@clubbeyond.org)

*"I go to Club Beyond because I have so much fun hanging out with the leaders and other teens."*

Club Beyond is an approved non-federal entity and is not a part of the Department of Defense. CFC#10536.



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# RESOURCES FOR KIDS



Children may think of moving to Germany as an exciting new adventure. They may also struggle with the big change. Luckily, every installation has resources available to help your kids settle into their new home.

Your installation's offerings may vary, but many programs are available through Force Support Squadrons (FSS) or Morale, Welfare and Recreation (MWR) services.

- ▶ **Child Development Center (CDC)**—These centers offer weekday childcare for children ages 6-weeks to 5 years. Visit [www.militarychildcare.com](http://www.militarychildcare.com) to register for care.
- ▶ **School-Age Care (SAC) or the School-Age Program (SAP)** is available for students in first through fifth grade. The programs offer before and after school care with homework help, clubs and structured activities. Visit [www.militarychildcare.com](http://www.militarychildcare.com) to register.
- ▶ **Family Child Care (FCC)** providers are certified and regulated by the DoD to care for children in their homes. Some offer extended hours. Visit your local MWR or CYS office, or visit [www.militarychildcare.com](http://www.militarychildcare.com) to get details.

## YOUTH PROGRAMS AND CENTERS

Youth and Teen Centers provide a place for older kids to meet up, hang out, get homework help or learn something new. Take part in a movie night, learn karate, join a club and so much more.

### ▶ KMC

- Ramstein Air Base: Bldg. 428
- Rhine Ordnance Barrack: Bldg. 162
- Vogelweh Air Base Youth Center: Bldg. 1057
- Vogelweh Air Base Teen Center: Bldg. 2059
- Wetzell Barracks (Baumholder): Bldg. 8875
- Wilson Barracks (Landstuhl): Bldg. 93812

### ▶ Spangdahlem: Bldg. 457

### ▶ Wiesbaden (Hainerburg Housing): Bldg. 7884

### ▶ Stuttgart

- Patch Barracks: Bldg. 2337
- Panzer Kaserne Area 98 Gaming: Bldg. 2998
- Robison Barracks: Bldg. 151  
(temporarily closed at time of writing)

### ▶ Bavaria

- Breitenau Kaserne (Garmisch): Bldg. 723
- Camp Nainhof (Hohenfels): Bldg. 72
- Katterbach Kaserne (Ansbach): Bldg. 5984
- Netzaberg (Grafenwöhr): Bldg. 9080
- Rose Barracks (Vilseck): Bldg. 1706



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## International School Westpfalz

- English speaking all-day school from Kindergarten to Year 12 (ages 4 to 18)
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- Differentiated learning pathways that inspire passion in a respectful and innovative learning environment
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# SCHOOL OPTIONS



Your installation's School Liaison Program staff are a good first resource for any questions regarding school options while stationed in Germany. While most students attend a Department of Defense Education Activity (DoDEA) school, both homeschooling and local German schools are available.

## SCHOOL LIAISON OFFICERS

- ▶ **KMC:** 0611-143-541-9061: Rhine Ordnance Barracks (R.O.B.) Bldg. 162, Room 102. [kaiserslautern.armymwr.com/programs/school-liaison-officer-slo](http://kaiserslautern.armymwr.com/programs/school-liaison-officer-slo)
- ▶ **Ramstein:** 06371-47-9374: Bldg. 2118, Room 231. [www.ramstein.af.mil/86MSGLO](http://www.ramstein.af.mil/86MSGLO)
- ▶ **Spangdahlem:** 06565-61-5340: Bldg. 151, Room 206. [www.spangdahlem.af.mil/Contact-Us/School-Liaison-Office](http://www.spangdahlem.af.mil/Contact-Us/School-Liaison-Office)
- ▶ **Wiesbaden:** 0611-143-548-9305: Hainerberg Housing, Bldg. 7790. [wiesbaden.armymwr.com/happenings/school-liaison-office](http://wiesbaden.armymwr.com/happenings/school-liaison-office)
- ▶ **Stuttgart:** 09641-70-596-9009: Patch Barracks Bldg. 2347, 2nd Floor. [stuttgart.armymwr.com/directory/68545](http://stuttgart.armymwr.com/directory/68545)
- ▶ **Ansbach:** 09802-83-2098: Katterbach Kaserne, Bldg. 9028, Room 7B. [ansbach.armymwr.com/programs/slo-ansbach](http://ansbach.armymwr.com/programs/slo-ansbach)
- ▶ **Garmisch:** 08821-750-2266: Breitenau Kaserne, Bldg. 723. [garmisch.armymwr.com/programs/school-support-service](http://garmisch.armymwr.com/programs/school-support-service)
- ▶ **Grafenwöhr and Vilseck:** 09641-70-526-9042: Tower Barracks, Bldg 539. [grafenwoehr.armymwr.com/directory/65550](http://grafenwoehr.armymwr.com/directory/65550)
- ▶ **Hohenfels:** 09472 708-2082: Camp Nainhof, Bldg. 10. [hohenfels.armymwr.com/programs/school-liaison-officer-slo](http://hohenfels.armymwr.com/programs/school-liaison-officer-slo)

## DODEA SCHOOLS

Department of Defense Education Activity (DoDEA) schools accept enrollment throughout the year to accommodate military families.

Enroll at: [www.dodea.edu/registration](http://www.dodea.edu/registration)

### ▶ KMC

- Baumholder Middle/High School: Grades 6–12. [baumholdermhs.dodea.edu](http://baumholdermhs.dodea.edu)
- Landstuhl Elementary School: Pre-School to Grade 5. [landstuhles.dodea.edu](http://landstuhles.dodea.edu)
- Kaiserslautern Elementary School: Sure Start to Grade 5. [kaiserslauternes.dodea.edu](http://kaiserslauternes.dodea.edu)
- Kaiserslautern Middle School: Grades 6–8. [kaiserslauternms.dodea.edu](http://kaiserslauternms.dodea.edu)
- Kaiserslautern High School: Grades 9–12. [kaiserslauternhs.dodea.edu](http://kaiserslauternhs.dodea.edu)
- Ramstein Elementary School: Sure Start to Grade 2. [ramsteines.dodea.edu](http://ramsteines.dodea.edu)
- Ramstein Intermediate School: Grades 3 to 5. [ramsteinis.dodea.edu](http://ramsteinis.dodea.edu)
- Ramstein Middle School: Grades 6 to 8. [ramsteinms.dodea.edu](http://ramsteinms.dodea.edu)
- Ramstein High School: Grades 9 to 12. [ramsteinhs.dodea.edu](http://ramsteinhs.dodea.edu)
- Sembach Elementary School: Sure Start to Grade 5. [sembaches.dodea.edu](http://sembaches.dodea.edu)
- Smith Elementary School (Baumholder): Pre-K to Grade 5. [smithes.dodea.edu](http://smithes.dodea.edu)
- Spangdahlem Elementary School: Sure Start to Grade 5. [spangdahlemes.dodea.edu](http://spangdahlemes.dodea.edu)
- Spangdahlem Middle School: Grades 6-8. [spangdahlemms.dodea.edu](http://spangdahlemms.dodea.edu)
- Spangdahlem High School: Grades 9-12. [spangdahlemhs.dodea.edu](http://spangdahlemhs.dodea.edu)
- Vogelweh Elementary School: Pre-K to Grade 5. [vogelwehes.dodea.edu](http://vogelwehes.dodea.edu)



Understanding the role  
of School Liaison Officers



### ► Wiesbaden

- Aukamm Elementary: Kindergarten to Grade 5. [aukammes.dodea.edu](http://aukammes.dodea.edu)
- Wiesbaden Elementary School: Pre-K to Grade 5. [wiesbadenes.dodea.edu](http://wiesbadenes.dodea.edu)
- Wiesbaden Middle School: Grades 6-8. [wiesbadenms.dodea.edu](http://wiesbadenms.dodea.edu)
- Wiesbaden High School: Grades 9-12. [wiesbadenhs.dodea.edu](http://wiesbadenhs.dodea.edu)

### ► Stuttgart

- Patch Elementary School: Pre-K to Grade 5. [patches.dodea.edu](http://patches.dodea.edu)
- Patch Middle School: Grades 6-8. [patchms.dodea.edu](http://patchms.dodea.edu)
- Robinson Barracks Elementary School: Kindergarten to Grade 5. [robinsonbarrackses.dodea.edu](http://robinsonbarrackses.dodea.edu)
- Stuttgart Elementary School: Kindergarten to Grade 5. [stuttgartes.dodea.edu](http://stuttgartes.dodea.edu)
- Stuttgart High School: Grades 9 to 12. [stuttgarths.dodea.edu](http://stuttgarths.dodea.edu)

### ► Bavaria

- Ansbach Elementary School: Sure Start to Grade 5. [ansbaches.dodea.edu](http://ansbaches.dodea.edu)
- Ansbach Middle/ High School: Grades 6-12. [ansbachmhs.dodea.edu](http://ansbachmhs.dodea.edu)
- Garmisch Elementary Middle School: Kindergarten to Grade 8. [garmischems.dodea.edu](http://garmischems.dodea.edu)
- Grafenwöhr Elementary School: Pre-K to Grade 5. [grafenwoehres.dodea.edu](http://grafenwoehres.dodea.edu)
- Hohenfels Elementary School: Sure Start to Grade 5. [hohenfelses.dodea.edu](http://hohenfelses.dodea.edu)
- Hohenfels Middle/High School: Grades 6-12. [hohenfelsmhs.dodea.edu](http://hohenfelsmhs.dodea.edu)
- Netzbarg Elementary School (Grafenwöhr): Sure Start to Grade 5. [netzaberges.dodea.edu](http://netzaberges.dodea.edu)
- Netzbarg Middle School (Grafenwöhr): Grade 6-8. [netzabergms.dodea.edu](http://netzabergms.dodea.edu)
- Vilseck Elementary School: Sure Start to Grade 5. [vilseckes.dodea.edu](http://vilseckes.dodea.edu)
- Vilseck High School: Grades 9-12. [vilseckhs.dodea.edu](http://vilseckhs.dodea.edu)

High school-aged students living in the Garmisch area do not have a local DoDEA high school. Instead, they may attend the DoDEA Virtual School ([dvhs.dodea.edu](http://dvhs.dodea.edu)) or participate in the Non-DoD School Program (NDSP) which helps fund homeschooling, boarding or international schools. In addition, students may choose to attend a local German school.

### HOME-SCHOOLING

You can home-school if you live on or off-installation. Home-schooling is a legal option open to all SOFA-sponsored active-duty military, DoD civilians and contractors. Your children may be eligible for auxiliary services offered by DoDEA-Europe. Contact your SLO for more information and to connect with home-school groups.

### GERMAN SCHOOLS

While stationed in Germany, you have the choice to have your children attend German schools. It's strongly recommended to discuss this option thoroughly with your installation's SLO before applying.

#### Key differences

- American holidays are not granted off, and schools have breaks spread throughout the school year instead of a long summer holiday.
- Attendance is heavily monitored with fines for unexcused absences (including for vacation).
- Hiring a tutor for extra language support is highly recommended as German as second language classes are limited in scope.

#### German school system structure

- Kita (Kindertagesstätte) is a collective term for both daycare and preschool.
  - ◆ Daycare (Kinderkrippe) is generally not available for Americans as it is competitively offered at specific rates to qualified dual-income German households.
  - ◆ Preschools (Kindergärten) may offer spaces to American student aged 3-6 (or 7) on a space-available basis. You must apply for a spot at the Kita of your choosing. Some states like Rheinland-Pfalz do not charge tuition, while most states, like Bavaria, do.

- Grundschule: Students in grades 1-4 usually walk or bike to their local Grundschule, which typically operate from 8 a.m. to 1 p.m. with all-day (Ganztag) care available. Some Grundschule will allow for American students on a space-available basis.
- Grades 5 and up are tracked into three options.
  - ◆ Realschule is for students in grades 5-10 who will likely attend a trade or skills school following graduation.
  - ◆ International Gesamtschules (IGS) are for students in grades 5 and up who retain the option to graduate at 10th grade or (given high enough scores) may enter the Abitur program to earn a university entrance diploma. An IGS will have multiple levels for coursework.
  - ◆ Gymnasiums are for students in grades 5-13 whose goal is to earn an Abitur for university entrance. A Gymnasium will typically only have high level coursework.

### INTERNATIONAL SCHOOLS

Another option is sending your child to a private international school. Many of these schools have day and/or boarding options. They also offer English-language instruction and make a good alternative to German public schools for students not eligible for DoDEA attendance. Contact your installation's SLO to learn about the international school options in your area.



Resources for PCSing with school-aged children



# PET INFORMATION



If you've brought your furry friend to Germany, you must register them at your installation's veterinary clinic within the first 14 days of arriving.

Per the DOD, "As of January 1, 2024, military service members going through a PCS within the continental United States can be reimbursed up to \$550 for one household pet, either cat or dog, and up to \$2,000 for moves to or from a location outside the continental United States to cover costs related to the transportation of a pet."

Go to [www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance](http://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance) to learn more.

## GERMAN VETERINARY CLINICS

Installation vet offices do not provide after-hours emergency care, so ask for a list of clinics (Tierarztpraxis) on the German economy. Many German veterinarians have English-speaking staff and accept VAT forms.

Make an appointment with a local German veterinarian soon after arrival to get your pet's EU Pet Passport. Bring all their paperwork. The pet passport serves as a record of veterinary treatment and is required to be kept up to date in order to travel with your pet.

## VACCINATIONS AND PREVENTATIVES

German veterinarians can guide you on what vaccinations and preventative treatments your animals will need each year. Most vet clinics will want to make sure your dog is protected against distemper, parvovirus, leptospirosis, rabies, hepatitis and kennel cough. In addition, flea and tick treatment is highly recommended.

## GERMAN PET REGULATIONS

- Animals must never be left tied up and unattended.
- Keep your dog leashed in populated areas and anytime someone approaches.
- Shelter must always be provided for your pet.
- Food and water must always be easily accessible for your pet.
- You are expected to give your dog adequate attention and exercise.
- Barking, howling or whining for 10 minutes continuously, or more than 30 minutes total, per day is considered a noise disturbance.
- Electric disciplinary devices are not permitted.

## TRAVELING WITH YOUR PET

### Requirements:

- All pets must have their 15-digit international microchip.
- EU Pet Passport must accompany your pet.
- Depending on your pet's size, you may need to book them a ticket on trains.
- Animals must be contained while riding in vehicles (carrier or harness).

## SHIPPING YOUR PET

If you arrived without pets and plan ship them later, they will need current vaccinations, health records and a health certificate. If arriving at Frankfurt or Ramstein, you'll be charged an importation fee. Contact the Frankfurt airport's animal protection officer at +49 (0) 696-902-1366 if your pet will be arriving unaccompanied. Pet travel during extreme summer and winter temperatures may be prohibited, depending on the breed and airline. Dogs descending from dangerous breeds may be forbidden from importation. ■



Tips for traveling  
with your pet



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USAG Benelux, Dülmen	17,31 €
USAG Rheinland-Pfalz	17,86 €
Coleman Barracks, Mannheim	18,55 €
USAG Stuttgart	18,55 €
USAG Wiesbaden	17,84 €
U.S. Diplomatic Facilities Leipzig	18,47 €
U.S. Diplomatic Facilities Frankfurt	20,33 €
U.S. Diplomatic Facilities Hamburg	19,58 €
U.S. Diplomatic Facilities München	22,22 €
U.S. Diplomatic Facilities Düsseldorf	17,31 €
U.S. Diplomatic Facilities Berlin	22,85 €

## YOUR BENEFITS:

- **Child allowance** ("Kindergeld"): you can receive **€250 a month** per child from the state if you work for a German employer, even if you are an American citizen
- **Healthcare** (governmental)
- **Paid vacation** (min. 26 days - exact number depends on the federal state)
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# PERSONAL ENRICHMENT

There is plenty to do during your tour in Germany! From on-installation employment or education to volunteer work and travel, your time in Germany has a lot to offer.

## EMPLOYMENT OPPORTUNITIES

### On Installation

- **Federal Positions (NAF and GS):** Non-Appropriated Fund (NAF) positions are offered with MWR and FSS and other on-installation organizations. Hours range from full-time to flexible part-time with varying employment benefits. General Schedule (GS) positions are offered through government organizations on installations and can be part or full-time. Search for NAF and GS positions at [usajobs.gov](https://usajobs.gov).
- **DoDEA-Europe:** On-installation schools offer full and part-time employment as support staff, substitute teachers and administrative employees. Find certified teaching positions at: [dodea.edu/offices/HR](https://dodea.edu/offices/HR). Find local support positions at [usajobs.gov](https://usajobs.gov).
- **Army and Air Force Exchange Service (AAFES):** For positions at AAFES facilities like the Exchange and food courts, visit [aafes.com/Applymyexchange](https://aafes.com/Applymyexchange).
- **Defense Commissary Agency (DECA):** Jobs at [usajobs.gov](https://usajobs.gov).
- **Defense Contractors:** Job opportunities in technology, management, accounting and administration are available with contracting firms. Your installation's contracting office and M&FRC or ACS office may have information about vacancies.

Note: Check websites and offices for new openings frequently—a job can be posted one day and stay posted for as little as three business days.

### Home-based Businesses

- If you own a home-based business, you should:
- Contact your installation's Legal Office before establishing a business. The Legal Office cannot advise you on private business activities, but they may provide guidance.
  - The general rule is that operating a business in Germany requires that you follow German law. This includes private business on U.S.

military installations and businesses providing services only to U.S. citizens and/or DoD ID card holders.

- Check with your local German trade office, "Gewerbeamt," to see if you need a German business license.
- Find a German tax adviser (Steuerberater). Even if you don't need a German business license you will need a tax number.
- Do not use military privileges such as APO, BX, Commissary or USAREUR-plated car to support your business.
- If you live on-installation, you will need permission from the installation commander.

### On the Economy

The SOFA in Germany permits military spouses to work on the local economy. You will be subject to German laws and taxes.

## EDUCATION

Thinking about pursuing a college degree? Visit your Education Center to speak with a professional about the college and university options available on your installation.

- **Embry-Riddle Aeronautical University** 800-359-3728 | [worldwide.erau.edu/administration/military-veterans/europe](https://worldwide.erau.edu/administration/military-veterans/europe) Offers certifications, undergraduate and graduate degrees. Face-to-face, online, blended learning, and unit courses.
- **University of Maryland Global Campus** 0631-56000-90000 | [europe.umgc.edu](https://europe.umgc.edu) Undergraduate, graduate and doctoral programs. Offers face-to-face and online courses.
- **Other schools with online coursework:** [www.military.com/education](https://www.military.com/education) or [www.militaryonesource.mil](https://www.militaryonesource.mil) Many U.S.-based colleges and universities offer online courses and discounts for military-affiliated students.

We understand that college can be expensive; so, here are some scholarships available to military families.

- The National Military Family Association (NMFA): Applications are open year-round, and the scholarship covers fees related to degrees from GEDs to Ph.D.s, professional licensing and certification, supervised clinical

hours, business expenses and more.

[www.militaryfamily.org/programs/spouses-scholarships](https://www.militaryfamily.org/programs/spouses-scholarships).

- My Career Advancement Account (MyCAA): Open to spouses of active-duty service members between the ranks of E-1 to E-6, W-1 to W-2 and O-1 to O-3 pursuing or maintaining a license or certification or an associate degree. <https://mycaa.militaryonesource.mil/mycaa>.
- Scholarships for Military Children: Open to high-school students with a GPA of 3.0 or higher or college students with a GPA of 2.5 or higher who complete the required forms and a short essay. <https://fisherhouse.org/programs/scholarship-programs/scholarships-for-military-children>.
- ThanksUSA: Scholarships for college, technical and vocation schooling are open to spouses and children of service members who demonstrate financial need. [thanksusa.org](https://thanksusa.org).
- Pat Tillman Foundation: Open to service members, veterans and military spouses pursuing a four-year undergraduate or graduate degree. Applicants must provide a resume and a character recommendation as well as complete a short biography and two essay questions. Scholarships are worth, on average, around \$10,000. <https://pattillmanfoundation.org/apply>.

## VOLUNTEERING

Volunteering is a wonderful way to get involved in your community. It is also a great way to keep your resume up-to-date and your skills sharp when you are not working a regular job. Start by making connections.

- Visit your installation's M&FRC/ACS, Post Office, the American Red Cross and the USO.
- Search the Volunteer Management Information System on the Army Family Web portal for volunteer positions. [armyfamilywebportal.com](https://armyfamilywebportal.com).
- Do you enjoy writing? Submit travel or lifestyle stories to [contentteam@stripes.com](mailto:contentteam@stripes.com) for publication on the [StripeEurope.com](https://StripeEurope.com) website.
- Find local spouses clubs, spouse and family readiness groups (SFRGs), interest groups or sports organizations to volunteer with. ■





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# LIVING LIKE A LOCAL



Once you arrive in Germany and get settled in, you can immerse yourself in the local culture.

## WELCOME ORIENTATION

Contact your installation's Army Community Service (ACS) or Military & Family Readiness Center (M&FRC) for information on "Willkommen" or "Welcome" Tours. These tours are designed to introduce you to a German town near you. You may stop in a restaurant, grocery store, farmer's market or other shops. The goal is to show you the ins-and-outs of how to order food and drinks, make purchases in stores and embrace the German culture.

## RESPECT YOUR NEIGHBORS

- Keep your section of sidewalk and street gutter free of debris or snow and ice.
- Quiet hours are from 10 p.m. to 6 a.m.
- Refrain from loud chores on Sundays and German holidays. For example, avoid vacuuming if you live in an apartment, or leaf-blowing and mowing the lawn if you have a yard.

## EVERYDAY LIFE IN GERMANY

### Dining Out

When eating out in Germany, expect evening meals to last a couple of hours. Be sure to close your menus to signal that you are ready to order. You will need to ask for additional drinks and signal your server to pay your check at the end. Not every restaurant accepts credit cards, so bring euros.

### Here are a few restaurants we can recommend for your first German schnitzel:

- **Stuttgart**—Zum Reussestein; Onkel Otto
- **Wiesbaden**—Brauhaus Castel; Der Andechser im Ratskeller
- **Kaiserslautern**—Big Emma; Brauhaus am Markt
- **Bavaria**—Gastof Hammer; Schinderrhannes Weiden

### Shopping

- You'll need a 50 cent or 1 euro coin to insert into shopping carts for use.
- Some stores require you to weigh and label your produce before checking out.
- Bring your own bag for your groceries.
- If you forget a bag, you may pay for one at the register.

- Credit cards may not be accepted at small shops, so carry euros.
- Stores are closed on Sundays and holidays.

### Off-installation Stores

- Home Improvement stores (like Home Depot): OBI, Toom, Bauhaus, Hornbach, Globus
- Supercenters (like Walmart): Kaufland, Globus
- Furniture Stores: IKEA; Möbel Martin
- Budget Clothing Stores: Kik, Woolworth, Primark, C&A, H&M, TK Maxx
- Bookstores: Thalia, Mayersche
- Arts and Crafts: idee, Tedi
- Cosmetics and self-care drugstores: DM-drogerie, Rossmann, Müller

### Public Transportation

These apps and websites can help you navigate the public transit systems here in Germany.

- **DB Navigator** is a free app where you can book tickets, get up-to-date information concerning delays/canceled trains, and, best of all, use the fare saver finder to look for the cheapest fares available. You can also use the Bahn website at [www.bahn.de](http://www.bahn.de)

- **VRN Ticket** is a free app for the Rhein-Neckar region which gives real-time schedules for regional buses, pedestrian routes, ticket prices and local traffic. You can find out which bus number to take, when it departs and where to get on/off.
- **TaxiFareFinder.com** is a website that helps those who want to calculate taxi fares between two destinations. For example, the estimated fare (at the time of publishing) from Ramstein Air Base to Kaiserslautern is 30.69 euros.

Every year, the American military community in Germany votes for their favorite businesses. Find out who won this year in our **Best of Germany** publication.



## RECYCLING IN GERMANY

Recycling is a requirement in Germany. Each town can be on different trash and recycle pick-up schedules. Be sure to ask your landlord or neighbors for information.

### Biodegradables/Compost

Branches  
Bread  
Egg shells  
Flowers/plants  
Fruit  
Hay and straw shavings  
Nutshells  
Paper towels  
Tea bags  
Untreated wood  
Vegetables  
Wood chips

### Paper

Boxes (from cereal boxes to shoe boxes)  
Cardboard  
Envelopes  
Paper  
Paper bags  
Reading materials (paperback books, newspapers, magazines, catalogs, mail)  
Wrapping paper

### Non-paper Packing Material

Aluminum foil  
Bottle tops  
Jar lids  
Metal cans/packaging  
Net bags for produce  
Plastic bags (storage bags, bags that food comes in, grocery bags)  
Plastic bottles/cartons  
Styrofoam

### Residual

Ashes  
Cat litter  
Diapers  
Facial tissues  
Feminine products  
Meat (including bones)  
Mirrors  
Non-packaging metals/plastics  
Seafood (including shells)  
Soiled paper products  
Vacuum cleaner bags

### Glass

White, clear, green, brown, blue and other colored glass  
Drinking glasses  
Non-returnable glass jars/bottles  
Other glass packaging  
No ceramics, porcelain or metal/plastic lids

### Bulk and Hazardous Waste

Batteries/chemicals/detergents/pesticides  
Construction waste  
Cooking oil  
Electronics  
Furniture  
Large branches  
Lightbulbs  
Mercury thermometers  
Other oils  
Paint  
Scrap metal  
Tires  
Trees



# GERMAN LANGUAGE

Ready to learn German? Local nationals will appreciate that you are attempting to speak their native language.

## SALUTATIONS

Welcome .....	Willkommen
Hi .....	Hallo
Goodbye .....	Auf Wiedersehen
Bye .....	Tschüss
Good morning .....	Guten Morgen
Good afternoon .....	Guten Tag
Good evening .....	Guten Abend
Good night .....	Gute Nacht
See you soon .....	Bis bald

## POLITE EXPRESSIONS

Please .....	Bitte
Thank you .....	Danke
You're welcome .....	Bitte schön
Yes .....	Ja
No .....	Nein
Yes, please .....	Ja, bitte
No, thank you .....	Nein, danke
How are you? .....	Wie geht es Ihnen? (formal)
How are you? .....	Wie geht's dir? (informal)
What's going on? .....	Was ist los?
Very good .....	Sehr gut
I'm OK .....	Es geht./Mir gehts gut
I'm sorry .....	Es tut mir leid
Excuse me .....	Entschuldigung
That's fine .....	Das ist gut
Of course .....	Natürlich
Don't worry .....	Keine Sorge

## ASSISTANCE OR CLARIFICATION

Can you please help me? .....	Können Sie mir bitte helfen?
Pardon me? .....	Wie bitte?
Excuse me .....	Entschuldigen Sie
I understand .....	Ich verstehe
That sounds good/All is good .....	Alles klar
Exactly .....	Genau
I don't understand .....	Ich verstehe es nicht
I don't know .....	Ich weiss es nicht
I speak English .....	Ich spreche Englisch
I don't speak German .....	Ich spreche kein Deutsch
I speak a little German .....	Ich spreche ein bisschen Deutsch
My German is bad .....	Mein Deutsch ist schlecht
What's that called in German? .....	Wie heisst es auf Deutsch?
How do you say "____" in German? .....	Wie sagt man "____" auf Deutsch?
What does "____" mean in English? .....	Was bedeutet "____" auf Englisch?
Do you speak English? .....	Sprechen Sie Englisch?
Please write it down .....	Bitte schreiben Sie es auf

## DINING

I'd like to reserve a table .....	Ich möchte einen Tisch reservieren
My name is _____ .....	Ich heisse _____
I have a reservation .....	Ich habe eine Reservierung
I would like _____ .....	Ich hätte gern _____
I would like to pay, please .....	Ich möchte bitte bezahlen
Check, please .....	Bezahlen, bitte
Keep the change .....	Stimmt so
Waiter/waitress .....	der Kellner/die Kellnerin
Menu .....	die Speisekarte

## SHOPPING

- How much does this cost? ..... Was kostet das?  
 Do you have \_\_\_\_? ..... Haben Sie \_\_\_\_?  
 How much? ..... Wie viel?  
 What is this? ..... Was ist das?  
 Do you have this in size \_\_\_\_? ..... Haben Sie das in Grösse \_\_\_\_?

## TRAVEL

- Hotel ..... das Hotel, der Gasthof, Pension  
 Room ..... das Zimmer  
 Train station ..... der Bahnhof  
 Main train station ..... die Hauptbahnhof  
 Subway ..... die U-Bahn  
 Airport ..... der Flughafen  
 ATM ..... der Geldautomat  
 Gas station ..... die Tankstelle  
 When is the next train to \_\_\_\_? ..... Wann fährt der nächste Zug nach \_\_\_\_?  
 When does the train leave? ..... Wann fährt der Zug ab?  
 Where is \_\_\_\_? ..... Wo ist \_\_\_\_?  
 North ..... Norden  
 South ..... Süden  
 East ..... Osten  
 West ..... Westen  
 Left ..... links  
 Right ..... rechts  
 Straight ahead ..... geradeaus



3 Techniques for  
Americans learning  
the German language



Important German  
warning words  
and phrases

## RESOURCES FOR LEARNING GERMAN

Although the basics are great—nothing beats hearing a language spoken well. Make the most of your tour in Germany by trying to learn the language.

### FREE APPS

- **Google Translate**  
This app comes in handy when you are exploring new German neighborhoods. It allows you to “say” the word in German and hear how it is pronounced. You can also turn on the image feature and hover your phone over the German text to translate in real-time to English without typing each word.
- **Duolingo**  
Duolingo provides you with a pre-test so you can begin your training wherever you are in your German learning. It has a gamified technique to help you learn and practice. You learn new words, sentence structure and practice listening and speaking skills. If you are somewhere where you cannot turn up the volume or speak into your phone, you can also opt out of those practices for 15-minute intervals. There are free and premium versions of the app.
- **Langster and Readle**  
These apps are a great way to learn some news and practice reading German. These apps provide free news articles from A1 (Beginner) to B2 (Upper Intermediate/Independent Learner). You simply read the article and click on any word that you do not understand, and the app will translate it for you. There are free and premium versions of the apps.

### THROUGH THE DOD

- Through Army MWR or USAFE Libraries’ websites, you can access Mango Languages to learn German for free on your computer or mobile device.
- For Army families stationed here in Germany, ACS and MWR offer free or low-cost in-person and hybrid classes.
- For Air Force families, FSS provides low-cost classes. Each of these classes typically runs in eight-week cycles throughout the year, so there is always one about to start.

### OTHER LANGUAGE OPTIONS


- German community colleges or “Volkshochschulen” have semester-long courses of all levels.
- International language institutes, such as inlingua ([www.inlingua.com](http://www.inlingua.com)), German Online Institute ([germanonlineinstitute.com](http://germanonlineinstitute.com)) or Berlitz International ([www.berlitz.com](http://www.berlitz.com)).
- Local tutoring centers or “Nachhilfe” will also sometimes offer classes specifically designed for American learners. ■



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# CONVERSIONS & HOLIDAYS

## LENGTH

1 kilometer =	0.6 miles
1 meter =	3.3 feet
1 centimeter =	0.39 inches

## WEATHER TEMPERATURE

°C.....	°F
0.....	32
5.....	41
10.....	50
15.....	59
20.....	68
25.....	77
30.....	86
40.....	104
50.....	122

## GERMAN PUBLIC HOLIDAYS

<b>Jan. 1</b> New Year's Day	<b>May 30, 2024</b> <b>June 19, 2025</b> Corpus Christi
<b>Jan. 6</b> Epiphany	<b>Aug. 15</b> Assumption Day
<b>March 29– April 1, 2024</b> <b>April 18–21, 2025</b> Easter holidays	<b>Oct. 3</b> Day of German Unity
<b>May 1</b> Labor Day	<b>Oct. 31</b> Reformation Day
<b>May 9, 2024</b> <b>May 29, 2025</b> Ascension Day	<b>Nov. 1</b> All Saint's Day
<b>May 19–20, 2024</b> <b>June 8–9, 2025</b> Whit holidays	<b>Dec. 25–26</b> Christmas holidays

## WOMEN'S SIZES

Shoes	Dresses/Shirts/Pants	Bras (Cups AA-E)
US.....EU	US.....EU	US.....EU
5.....35-36	2 (XS).....32	32.....70
5.5.....36	4 (XS/S).....34	34.....75
6.....36-37	6 (S).....36	36.....80
6.5.....37	8 (M).....38	38.....85
7.....37-38	10 (M).....40	40.....90
7.5.....38	12 (L).....42	42.....95
8.....38-39	14 (L-XL).....44	44.....100
8.5.....39	16 (XL/1X).....46	46.....105
9.....39-40	18 (1X-2X).....48-50	
9.5.....40	20 (2X).....50-52	
10.....40-41		
10.5.....41		

## MEN'S SIZES

Shoes	Suits/Coats	Pants
US.....EU	US/UK.....EU	Inches.....CM
8.....41	36.....46	28.....71
8.5.....42	38.....48	30.....76
9.....43	40.....50	32.....81
10.5.....44	42.....52	34.....86
11.5.....45	44.....54	36.....91
12.....46	46.....56	38.....97
13.....47	48.....58	40.....102
14.....48		

## CHILDREN'S SIZES

Clothing	Shoes
8.....134	1.....32
9.....140	2.....33
10.....146	3.....34
11.....152	4.....36
	5.....37
	6.....38
	7.....39
	8.....40
	9.....41

## INFANT SIZES

Clothing	Shoes
US.....EU/UK	US.....EU
NB.....56	0.....15
3 MO.....62	1.....16
6 MO.....68	2.....17
9 MO.....74	3.....18
12 MO.....80	4.....19
18 MO.....86	5.....20
	6.....22
	7.....23
	8.....24
	9.....25
	10.....27

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# GET TO KNOW

## USAG BAVARIA



Spread across numerous bases throughout the German state of Bavaria, U.S. Army Garrison Bavaria covers a lot of ground. The largest communities are located in the northern part of Bavaria near the historic town of Nuremberg and the Frankish Alps.

### EXPLORING BAVARIA

#### FOR THE KIDS

At **Playmobil FunPark**, you can splash in the pools and slip into a mermaid fin for a picture in Mermaid Kingdom. Sift for treasures in the sand at the Gold Mine. Test your skills on the balancing course. With everything from hot dogs, hamburgers, pizza, pasta, ice cream and beer gardens on-site, there is something for everyone to chow down on and enjoy.

Animal loving kids (and adults) will love the **WildPark Waldhaus Mehlmeisel**. Pet goats and sheep at the petting zoo. Marvel at the lynx, wild boars, wild cats and badgers. (The badgers are our favorite). There is also an environmental education center that helps put the work of German forestry into perspective.

#### FESTIVALS

We would be remiss not to mention the world famous, **Munich Oktoberfest**. Don your dirndl or lederhosen, reserve a table and drink beer that has been brewed following the same rules for more than 500 years every September (yes, Oktoberfest happens in September).

Make your way to the **German-American Volksfest** in Grafenwöhr. This USAG Bavaria-sponsored community festival is held every summer. There is live music, military vehicle exhibitions, local craft vendors, festival rides and food from all over the globe.

#### CASTLES

Following defeat in the war against Prussia in 1866, Bavarian ruler King Ludwig II lost his power to command troops in times of conflict. Ludwig dreamed of his own kingdom and began constructing **Neuschwanstein Castle**, a structure so grand that it inspired Disney's Cinderella and Sleeping Beauty. Today, you can visit the castle grounds and take a guided tour of the interior.

Neuschwanstein isn't the only monument left by Ludwig II. Construction of **Linderhof Palace** began in the 1860s. Terraced gardens, stunning fountains, a music pavilion and statues greet you on the outskirts and entrance to the palace. Explore one of Ludwig II's "escape castles" or the "Moroccan House," which was acquired at the Paris World Exhibition in 1878. Find out why there is a gate known as the "Forbidden Gate," and take a stroll around Swan Pond. ■

## Speech & Occupational Therapy

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# USAG BAVARIA

## DIRECTORY

### FACEBOOK PAGE RESOURCES

#### EDUCATION & ENTERTAINMENT

- AFN Bavaria
- USAG Bavaria ACS
- USAG Bavaria CYSS Teens
- USO Bavaria
- Ansbach Army Community Service
- USAG Bavaria, Family & MWR
- Garmisch Family MWR
- Grafenwoehr USO
- Grafenwoehr CYSS

#### HEALTH

- American Red Cross - USAG Bavaria
- Public Health Command Europe
- Ansbach Army Health Clinic

#### COMMUNITIES & SPOUSES

- USAG Bavaria
- Bavaria Community & Spouses' Club
- USAG Ansbach Community
- USAG Bavaria - Garmisch Community
- Bavaria Community & Spouses' Club

## ANSBACH

#### FITNESS ON-INSTALLATION

- Bunch Fitness Center—Bldg. 6504, Storck Barracks, USAG Ansbach
- Katterbach Fitness Center—Bldg. 9033, Katterbach Kaserne, USAG Ansbach

Phone Directory	Civ Phone #	BLDG. #
Operator (Katterbach)	09802-83-113	
Operator (Storck)	09841-83-113	
American Red Cross (Katterbach)	09802-83-1750	5817 B
Army Community Service (Katterbach)	09802-83-2883	5817 A
Army Community Service (Storck)	09841-83-4555	6510
Automotive Skills Center (Urlas)	09802-83-2753	8130
Civilian Personnel Advisory Center	0981-183-7897	5254
Commissary (Urlas)	09802-83-7061	8134
Child Youth and School Services (Katterbach)	0980-832-2533	9028
Dental Clinic (Urlas)	06371-9464-3700	8156
Driver's Testing/License (Katterbach)	09802-83-3700	5818
Education Center (Katterbach)	09802-83-2817	5817 A
Education Center (Storck)	09841-83-4750	6503
Emergency Relief Program	09802-83-2724	5817 A
Exceptional Family Member Program (Katterbach)	09802-83-2146	5817 A
The Exchange (Urlas)	09802-958-1629	8134
Family and MWR (Bismarck Kaserne)	09802-83-1550	5845
Health Clinic (Urlas)	06371 9464-3600	8156
Housing Office (off-post) (Bismarck)	09802-83-3959/3376/2962	5843
Housing Office (on-post) (Bismarck)	09802-83-2965/2967	5843
ID Card Facility (Katterbach)	09802-83-3315	5818
Inbound/Outbound Household Goods (Katterbach)	09802-83-3704	5818
Legal Services (Katterbach)	09802-83-2103	5817
Library (Bleidorn)	0981-183-1740	5083
Passport (Katterbach)	09802-83-3469	5818
Patient Liaison (Urlas)	06371-9464-3600	8156
Post Office (Katterbach)	09802-83-2740	5817 B
Post Office (Storck)	09841-83-4992	5256
Sponsorship and Relocation Assistance (Katterbach)	09802-83-2883	5817 B



Phone Directory	Civ Phone #	BLDG. #
Sponsorship and Relocation Assistance (Storck)	09841-83-4555	6510
Thrift Shop (Katterbach)	09802-83-2534	5515
Transportation Motorpool (Barton)	0981-183-1800	5284
TRICARE Office (Urlas)	06371-9464-3698	8156
VAT Office (Urlas)	09802-83-1780	8134
Vehicle Inspection (Barton)	0981-183-7255	5259
Vehicle Processing (Barton)	0981-183-7892	5259
Vehicle Registration (Barton)	0981-183-7892	5259
Women, Infants and Children (WIC) (Bleidorn)	0981-183-1597	5090

## GARMISCH

### FITNESS ON-INSTALLATION

- Mueller Fitness Center—Bldg. 119, Sheridan Kaserne

Phone Directory	Civ Phone #	BLDG #
American Red Cross	1-877-272-7337	203
Army Community Service Satellite	08821-750-3572	203
Army Emergency Relief Program	09641-70-599-1101	322
Commissary	08821-908-997	212
CYS Registration	08821-750-2284	723
Driver's Testing/License	08821-750-3390	202
Education Center	09641-70-599-1188	203
Exceptional Family Member Program (ACS/Rose Barracks)	09641-70-599-1101	322
Family & MWR	08821-750-3005	203
Furniture Warehouse	09641-70-526-4757	
Housing Office	08821-750-3660/3531	203
ID Card Facility	08821-750-3737/3345	203
Installation Transportation Office/HHG (Inbound)	08821-750-3488	202
Lending Closet	08821-750-3572	203
Library	08821-750-2467	725
Medical Appointment Line	06371-9464-3000	
Passport	08821-750-3737/3345	203
Patient Liaison	06371-9464-3040	
Post Office (Finance)	08821-750-3713	251
Post Office (Mail Room)	08821-750-3535	251
School Liaison Office	08821-750-2266	723
Sponsorship Office (Tower Barracks)	09641-70-475-8482	244
The Exchange (Main)	08821-966-7414	204
Thrift Shop	08821-750-3552	212
VAT Office	08821-750-3711	203
Vehicle Processing (Tower Barracks)	09641-926-0061	515
Vehicle Registration	08821-750-3608	202
Veterinary Services (Rose Barracks)	09662-83-2370	222



# GRAFENWÖHR

## FITNESS ON-INSTALLATION

- Camp Algier Recreation & Fitness Center—Bldg. 2440-2441, Camp Algier
- 24/7 Gym - Tower Barracks Field House—Bldg. 547, Tower Barracks
- Physical Fitness Center—Bldg. 170, Tower Barracks

Phone Directory	Civ Phone #	BLDG. #
American Red Cross	09641-83-1760	150
Army Community Service Satellite (Tower Barracks)	09641-70-526-4403	244
Army Emergency Relief Program	09641-70-526-4403	244
Automotive Skills Center	09641-70-526-2331	528
Civilian Personnel Office (AF)	09641-83-1630	206
Civilian Personnel Office (NAF)	09641-70-526-2081	539
Commissary	09641-70-526-1563	700
CYS Registration (Rose Barracks)	09662-83-2760/2658/2851	224
Dental Clinic	06371-9464-3100	475
Driver's Testing/License	09641-83-8187/8240/8241	301
Education Center	09641-70-569-4803	538/549
Exceptional Family Member Program (Clinic)	06371-9464-3048	475
Finance Office	09641-83-6957/7286/8651	244
Family & MWR	09641-70526-9030	539
Furniture Warehouse	09641-70-526-4251	
Home Based Business (HBB) (Rose Barracks)	09641-70-599-1101	322
Housing Office (Off-Post)	09641-70-526-4346	244
Housing Office (On-Post)	09641-70-526-4347	244
ID Card Facility	09641-70-4413	244
In/Out Processing	09641-70-526-4482	244
Legal Services	09641-70-569-0521	106
Lending Closet	09641-70-526-4403	244
Library	09641-70-569-1740	445
Medical Appointment Line	06371-9464-3000	
Passports	09641-70-526-4417	244
Patient Liaison	06371-9464-3040	
Post Office (Mail Room)	09641-70-526-1502/1503	141
School Liaison Office	09641-70-526-9042	539
Sponsorship Office (Tower Barracks)	09641-70-475-8482	244
The Exchange (Customer Service)	09641-70-526-1604	700
Thrift Shop	09641-83-6141	508
Transportation Office/HHG (Inbound)	09641-70-526-4651	244
TRICARE	06371-8464-3000	
USO (Tower Barracks)	09641-62-39900	150
USO (Camp Aachen)	09641-62-38686	
VAT Office	09641-70-526-9031	539
Vehicle Processing	09641-70-526-3850	515
Vehicle Registration	09641-83-7254	301
Veterinary Services (Vilseck)	09662-9464-3888	222





# HOHENFELS

## FITNESS ON-INSTALLATION

- Rodney J. Harris Sports & Fitness Center—Bldg. 88, Camp Nainhof

Phone Directory	Civ Phone #	BLDG. #
American Red Cross	09472-708-1760	359
Army Community Service Satellite	09472-708-4860	10
Army Emergency Relief Program	09472-708-2084/4860	10
Automotive Skills Center	09472-708-2690	392A
Commissary	09472-708-2830	749
CYS Registration	09472-708-2078/2080	10
Dental Clinic	06371-9464-3400	50
Driver's Testing/License	09472-83-2802	46
Education Center	09472-708-2259	351
EFMP - ACS (Rose Barracks)	09641-70-599-1101	322
Family & MWR	09472-708-2079	33
Finance Office	0611-708-523-3788/3790	10
Furniture Warehouse	09641-70-526-4757	
Home Based Business (HBB) (Rose Barracks)	09641-70-599-1101	322
Housing Office	09472-708-8513	83
ID Card Facility	09472-708-2547	10
Legal Services	09641-70-522-5565	245
Lending Closet	09472-708-4860	10
Library	09472-708-1740	49
Medical Appointment Line	06371-9464-3300	
Passports	09472-708-2734/4605/5843	10
Patient Liaison	06371-9464-3342/3352	126
Post Office (Finance)	09472-708-7186	327
Post Office (Mail Room)	09472-708-4398	328
School Liaison Office	09472-708-2082	10
Sponsorship Office (Tower Barracks)	09641-70-475-8482	244
The Exchange (Main)	09472-94-000	3
Thrift Shop	09472-832798	344
Transportation Office/HHG (Inbound)	09472-708-2760	10
TRICARE Office	06371-9464-3300	
USO (Tower Barracks)	09641-623-8653	150
VAT Office	09472-708-1780	10
Vehicle Processing (Tower Barracks)	09641-70-526-3850	515
Vehicle Registration	09472-708-2842	90B
Veterinary Services	09631-9464-3470	746
Women Infants & Children (WIC)	09472-708-4601	10A







## VILSECK

### FITNESS ON-INSTALLATION

- Jesse L. Williams Fitness Center—Bldg. 323, Rose Barracks, Vilseck
- Memorial Fitness Center—Bldg. 616, Rose Barracks, Vilseck

Phone Directory	Civ Phone #	BLDG. #
American Red Cross	09662-83-1760	162
Army Community Service	09641-70-599-1101	322
Army Emergency Relief Program	09641-70-599-1101	322
Automotive Skills Center	09662-83-2521	718
Civilian Personnel Office (AF) (Tower Barracks)	09641-83-1630	206
Civilian Personnel Office (NAF) (Tower Barracks)	09641-70-526-2081	539
Commissary	09662-83-2428	2204
CYS Registration	09662-83-2760/2658/2851	244
Dental Clinic	06371-9464-2500	250
Driver's Testing/License (Tower Barracks)	09641-83-8187/8240	301
Education Center	09641-70-599-1188	223
EFMP—ACS (Rose Barracks)	09641-70-599-1101	322
Family & MWR (Tower Barracks)	09641-70526-9030	539
Finance Office	09662-83-3500	161
Furniture Warehouse	09641-70-526-4251	
Home Based Business	09641-70-599-1101	322
Housing Office (Off-Post) (Tower Barracks)	09641-70-526-4346	244
Housing Office (On-Post) (Tower Barracks)	09641-70-526-4347	244
Housing (Unaccompanied) (Tower Barracks)	09662-83-2992/6580	244
ID Card Facility (Tower Barracks)	09641-70-526-4413	244
In/Out Processing (Tower Barracks)	09641-70-526-4482	244
Legal Services	09641-70-599-7708	245
Lending Closet	09641-70-599-1101	322
Library	09662-83-1740	227
Medical Appointment Line	06371-9464-2300	
Passports (Tower Barracks)	09641-70-526-4427	244
Patient Liaison	06371-9464-2481	
Post Office (Finance)	09662-83-2581	339
Post Office (Mail Room)	09662-83-2509	338
School Liaison Office (Tower Barracks)	09641-70-526-9042	539
Sponsorship Office (Tower Barracks)	09641-70-475-8482	244
The Exchange (Main)	09662-411-810	2203
Thrift Shop	09662-83-2649	221
Transportation/HHG Inbound (Tower Barracks)	09641-83-8438	
TRICARE Office	06371-9464-3840	225
VAT Office (Tower Barracks)	09641-70-526-9031	539
Vehicle Processing (Tower Barracks)	09641-70-526-3850	515
Vehicle Registration (Tower Barracks)	09641-83-7254	301
Veterinary Services	06371-9464-3888	222
Women Infants & Children (WIC)	09662-83-3790	221



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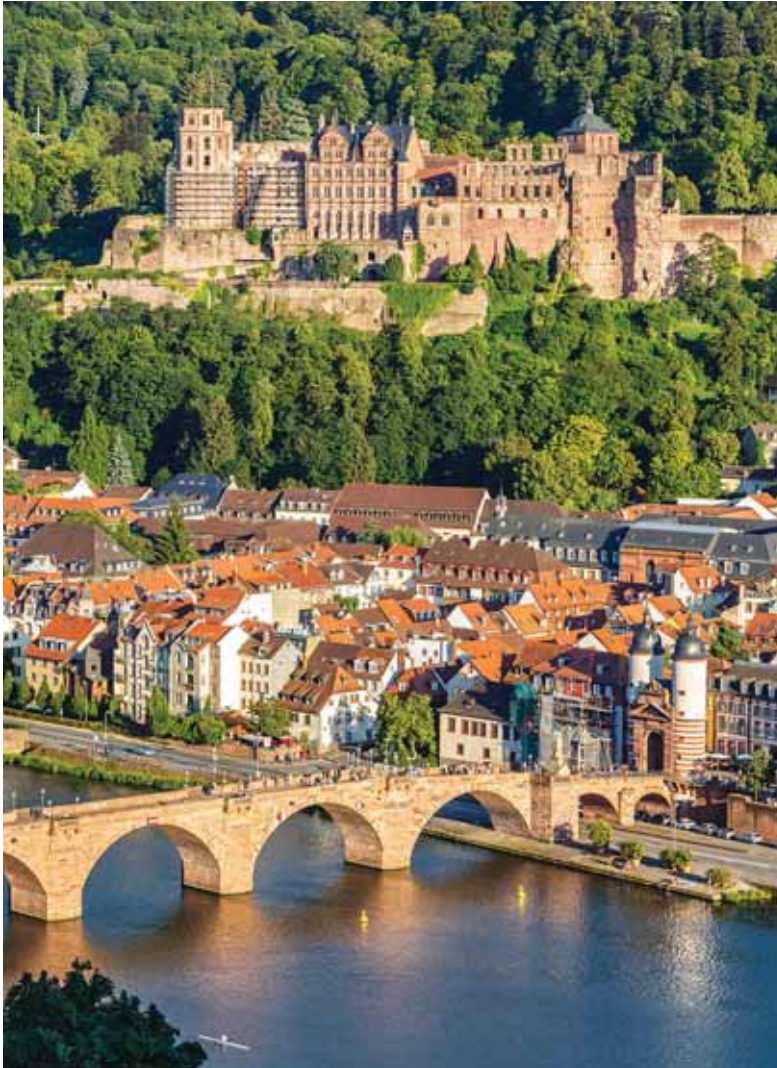


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# GET TO KNOW THE KMC



The Kaiserslautern Military Community (KMC) is the largest concentration of American's outside of the USA. It is focused on USAG Rheinland-Pfalz, Ramstein Air Base and many surrounding installations.

## EXPLORING THE KMC

### FOR THE KIDS

**Gartenschau Kaiserslautern** is open from April to October and is a great escape for a day trip. The changing programs and large number of offerings means you can return and see something new each time. Plus, it's a place that is truly for the whole family—enjoyable for all ages. The primary attraction is the large green space and adventure park called Neumühlepark, or Dinopark, filled with walking paths, exploratory playgrounds, swing sets, sandboxes, large dinosaur statues and beautiful gardens.

The **Kaiserslautern Zoo** brings you up close and personal with lemurs and wallabies. This quant zoo makes for a great day outdoors. See the porcupine, meerkats, zebras, rabbits and more.

### FESTIVALS

The **Dürkheimer Wurstmart** in Bad Dürkheim, widely regarded as the world's biggest wine fest, has been around for more than 600 years. It is a perfect pairing of both Volksfest and wine festival experience. It features scary rides, gaming booths, endless food stands, oompah bands, a market and the open heart of a wine fest.

Kaiserslautern's **Lautrer Kerwe** happens every year at the end of spring. Hope on a carnival ride, eat something deep fried and delicious and shop from vendors.

### CASTLES

Every summer, traditionally on the first Saturdays of June, July and September, Heidelberg prepares a spectacular fireworks show centered on **Heidelberg's Castle** and Old Bridge (Alte Brücke). However, you can visit the castle and grounds year-round, which also houses one of the world's largest wine barrels.

Massive stone fireplaces, bristly wild boar heads, large metal tankards and long, wooden tables give Reichsburg Cochem a quirky, yet undeniably charming medieval hunting-lodge feel. This millennium-old castle keeping watch over the Mosel River Valley boasts a long and colorful history. ■





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# KMC

# DIRECTORY

## FACEBOOK PAGE RESOURCES

### EDUCATION & ENTERTAINMENT

- AFN Kaiserslautern
- KMC Traffic by AFN
- AFN Spangdahlem
- USAG Rheinland-Pfalz ACS
- USAG Rheinland-Pfalz CYS
- Baumholder Family & MWR
- USO Baumholder
- 52D FSS Military & Family Readiness Center
- USO Spangdahlem

### HEALTH

- Baumholder Dental Clinic
- Baumholder Health Clinic
- Public Health Command Europe
- Kleber Health Clinic
- Landstuhl Regional Medical Center
- Regional Health Command Europe

### COMMUNITIES & SPOUSES

- Baumholder Military Community
- Ramstein Air Base, Germany
- Ramstein FSS
- 52D FW Command Team
- Spangdahlem Air Base
- 52D FW APP: Found in both Apple/Google stores
- Baumholder Community Spouses' Club
- Ramstein Enlisted Spouses' Association (RESA)
- Ramstein Officers' Spouses' Club
- KLSA Kaiserslautern Landstuhl Spouses Association
- Saber Community Spouses Club (Spangdahlem)

## BAUMHOLDER

**INSTALLATION WEBSITE:** [home.army.mil/rheinland-pfalz](http://home.army.mil/rheinland-pfalz)

### FITNESS ON-INSTALLATION

- Mountaineer Fitness Center—Bldg. 8220, Smith Barracks, USAG Baumholder
- Hall of Champions Fitness Center—Bldg. 8105, Smith Barracks, USAG Baumholder

### Phone Directory

	Civ Phone #	BLDG. #
Operator	0631-411-113	
American Red Cross (Clinic Kaserne)	0611-143-531-3153	8743
Army Community Service (Smith Barracks)	0611-143-531-2850	8666
Automotive Skills Center (Smith Barracks)	0611-143-531-2949	8438
Civilian Personnel Office (Smith Barracks)	0611-143-531-2173	8670
Commissary (Smith Barracks)	06783-6-6018	8575
CYS Registration (Wetzell Kaserne)	06783-6-7003	8876
Dental clinic (Smith Barracks)	06371-9464-1009	8647
Driver's Testing/License (Clinic Kaserne)	0611-143-531-7071	8670
Education Center (Smith Barracks)	0611-143-531-3181	8332
EFMP (Clinic Kaserne)	06371-9464-1130	8740
Finance Office (Smith Barracks)	0611-143-531-2424/ 2425	8660
Housing Office (Clinic Kaserne)	0611-143-531-2978	8745
ID-Card Section (Smith Barracks)	0611-143- 531-2429	8660
In/Out Processing (Smith Barracks)	0611-143-531-2408	8660
Legal Services (Smith Barracks)	0611-143-531-2445	8680
Lending Closet (Smith Barracks)	0611-143-531-2850	8666
Library (Smith Barracks)	0611-143-531-2841	8332
Baumholder Clinic Appointment Line	06371-9464-5762	8740
Patient Liaison (Clinic Kaserne)	06371-9464-1075	8741
Patient Liaison After-Hours Emergency Line	0162-270-7611	
Post Office (Smith Barracks)	0611-143-531-2953	8661
School Liaison Office (Smith Barracks)	0611-143-541-9061	8876
Sponsorship Office	0611-143-541-1011	
The Exchange (Smith Barracks)	06783-99-9900	8401
Thrift Shop (Smith Barracks)	0611-143-531-2847	8667
Transportation Office/HHG (inbound)	0611-143-531-7060	8744
TRICARE Office (Clinic Kaserne)	06371-9464-1024	8741
VAT Office (Smith Barracks)	0611-143-531-2896	8661

Vehicle Processing (Clinic Kaserne)	0611-143-531-7096	8751
Vehicle Registration (Clinic Kaserne)	0611-143-531-2940	8724
Veterinary Services (Smith Barracks)	06371-9464-1200	8758
Women, Infants & Children (WIC) (Health Clinic)	0611-143-531-3496	8746

## KLEBER KASERNE

**INSTALLATION WEBSITE:** [home.army.mil/rheinland-pfalz](http://home.army.mil/rheinland-pfalz)

### FITNESS ON-INSTALLATION

- Kleber Physical Fitness Center—Bldg. 3234/3235

Phone Directory	Civ Phone #	BLDG #
Operator	0631-411-113	
American Red Cross Welcome Center	0631-411-8722	3245
Army Community Service	0611-143-541-9000	3210
Civilian Personnel Office	0631-411-4805	3209
Dental Clinic	06371-9464-2620	3287
Driver's Testing/License	0631-411-2433/2432/2436	3213
Education Center	0611-143-541-1012	3245
Exceptional Family Member Program	06371-9464-2740	3287
Finance Office	0631-411-7475/8815	3245
Furniture Management Office (Einsiedlerhof)	0631-536-6001 720	
Housing Office (Unaccompanied personnel)	0611-143-541-5202	3213
ID Card Facility	0611-143-541-1019	3245
In/Out Processing	0611-143-541-1027	3245
Kleber Army Health Clinic	06371-9464-2615	3287
Legal Services	0631-411-8848	3210
Lending Closet	0611-143-541-9000	3210
Library	0631-411-1740	3205
Medical Appointment Line	06371-9464-5762	
Passport Office	0611-143-541-1019	3245
Pharmacy	06371-9464-2611	3287
Post Office	0611-143-541-1399	3243
Sponsorship Office	0611-143-541-1011	3245
Transportation Office/HHG (inbound)	0611-143-528-2427	2425
USO	0611-143-541-5100	3213
VAT Office	0631-411-1780	3245
Women, Infants & Children (WIC)	0631-411-7545	3209



A day at Gartenschau  
Kaiserslautern





## LANDSTUHL

**INSTALLATION WEBSITE:** [home.army.mil/rheinland-pfalz](http://home.army.mil/rheinland-pfalz)

### FITNESS ON-INSTALLATION

- Landstuhl Physical Fitness Center—Bldg. 3720/3722

Phone Directory	Civ Phone #	BLDG #
Operator	06371-86-113	
ACS FAP	0611-143-541-9028	3820
American Red Cross	06371-9464-7298	3794
Automotive Skills Center	06371-86-7335	3800
Dental Clinic	06371-9464-6822	3703
Education Center	0611-143-541-1200	3722
Exceptional Family Member Program	06371-9464-5756	3777
Library	06371-86-7322	3810
Medical Appointment Line	06371-9464-5762	
Patient Liaison	06371-9464-8326	3287
Patient Liaison	06371-9464-8326	3766
Post Office	0611-143-541-1351	3723
Thrift Shop	06371-86-7313	3818
TRICARE Office	06371-9464-4830	3744
USO	06371-595-9320	3750
VAT Office	06371-86-1780	3810

## PULASKI / ROB

**INSTALLATION WEBSITE:** [home.army.mil/rheinland-pfalz](http://home.army.mil/rheinland-pfalz)

### FITNESS ON-INSTALLATION

- ROB Functional Fitness Training Center—Bldg. 229
- ROB Physical Fitness Center—Bldg. 172
- Pulaski Massage and Yoga Studio—Bldg. 2899

Phone Directory	Civ Phone #	BLDG #
Operator	0631-411-113	
Automotive Skills Center (Pulaski)	0631-3406-4167	2859
CYS (ROB)	0611-143-541-9065/6/7	162
Education Center (ROB)	0631-34062588	288
Fitness Center (ROB)	0631-3406-2241	172
Post Office (ROB)	0631-3406-2818	291
School Liaison Office (ROB)	0611-143-541-9061	162
USO Deployment Center (ROB)	01525-476-6232	237
VAT Office (ROB)	0611-143-541-9089	162
Veterinary Services (Pulaski)	06371-946-41900	2928



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# RAMSTEIN AIR BASE

**INSTALLATION WEBSITE:** [www.ramstein.af.mil](http://www.ramstein.af.mil)

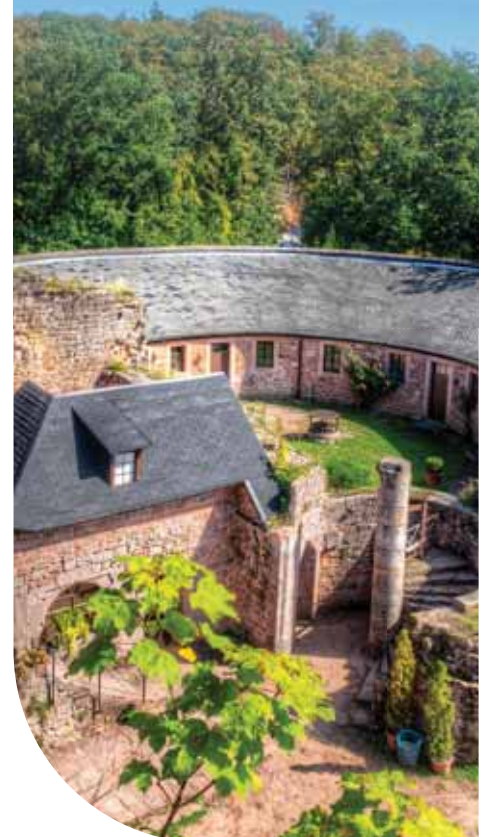
## FITNESS ON-INSTALLATION

- Ramstein Southside Fitness Center—Bldg. 2117
- Ramstein Northside Fitness Center—Bldg. 552

Phone Directory	Civ Phone #	BLDG #
Operator	06371-47-1110	
86th Force Support Squadron	06371-47-9983	2118
Airman & Family Readiness Center	06371-47-5100	2120
American Red Cross	06371-47-2171	2118
Automotive Skills Center	06371-47-2956	2477
Civilian Personnel Office	06371-47-5850	2120
Commissary	06371-47-6712	1200
CYS Registration	06371-47-6444	428
Dental Clinic	06371-46-2210	301
Driver's Testing/License	06371-47-0115	2106
Education Center	06371-47-2032	2120
Exceptional Family Member Program	06371-46-2375	2114
Exchange (Main)	06371-407-9222	3336
Finance Office	Use CSP Portal	2108
Furniture Management Office (Einsiedlerhof)	0631-536-6153	720
ID Card Facility	06371-47-6599	2106
In/Out processing	06371-47-6559	2402
Law Center	06371-47-5911	2137
Airman's Attic Loan Locker	06371-47-5980	2162
Library	06371-47-6667	409
Medical Appointment Line	06371-46-2273	2114
Passport	06371-47-2240	2106
Patient Advocate	06371-46-2273	2114
Pharmacy	06371-46-2542	2114
Post Office - North Side	06371-47-7857	426
Post Office - South Side	06371-47-2490	2110
School Liaison Office	06371-47-9374	2203
Teen Center	06371-47-3099	411
Thrift Shop	06371-47-5492	2494
Traffic Management Office (TMO)	0631-536-7727	2106
TRICARE Office	06371-46-2557	2114
USO	06371-595-9850	3334
VAT Office	06371-47-5309	2118
Women Infants & Children (WIC)	06371-47-4466	2118
Youth Center	06371-47-6444	428



7 tips for fun at  
the Wurstmart  
wine fest



# SPANGDAHLEM AIR BASE

**INSTALLATION WEBSITE:** [www.spangdahlem.af.mil](http://www.spangdahlem.af.mil)

## FITNESS ON-INSTALLATION

- Eifel Powerhaus, Spangdahlem—Bldg. 518

Phone Directory	Civ Phone #	BLDG #
Operator	06371-47-1110	
American Red Cross	06565-61-9440	319
Auto Hobby Shop	0656-561-6842	189
Child Development Center	0656-561-6697	443
Civilian Personnel Office	0656-561-6080	151
Commissary	0656-561-3601	575
Dental Clinic	0656-561-8193	550
Driver's Testing/License	0656-561-5928	127
Education Center	0656-561-6063	129
Exceptional Family Member Program	0656-561-6422	307
Finance Office	0656-561-6763	128
Fitness Center	0656-561-6714	580
Furniture Management Office	0656-561-6802	454
Housing	0656-561-7133	454
ID Card Facility	0656-561-6554	131
Information, Tickets & Tours	0656-561-6567	124
Law Enforcement Desk	0656-561-6666	127
Legal Services	0656-561-6796	125
Library	0656-561-6203	148
Loan Closet	0656-561-6422	307
Medical Appointment Line	0656-561-8333	
Military and Family Readiness Center	0656-561-6422	307
Outdoor Recreation	0656-561-7170	146
Passport	0656-561-4448	131
Pass and Registration	0656-561-6620	127
Post Office	0656-561-7195	224
School Liaison Office (SLO)	0656-561-6942	151
Shuttle Service	0656-561-7684	520
The Exchange (Main)	06565-9345-125	570
Thrift Shop	0656-561-2243	410
Transportation Office	0656-561-6068	103
USO	0656-512-28042	126
VAT Office	0656-561-7801	126
Veterinary Services	0656-561-9388	559
Visitor Center	0656-561-7414	505
Women, Infants & Children (WIC)	0656-561-9093	319





# VOGELWEH / KAPAUN

**INSTALLATION WEBSITE:** [www.ramstein.af.mil](http://www.ramstein.af.mil)

## FITNESS ON-INSTALLATION

- Sembach Fitness Center—Bldg. 105
- Vogelweh Fitness Center—Bldg. 2007
- Miesau Fitness Center—Bldg. 1220

Phone Directory	Civ Phone #	BLDG #
Operator	06371-47-1110	
Armstrong's Club	0611-143-541-9115	1036
Commissary (Vogelweh)	0631-536-6828	2030
Housing Office (Vogelweh)	0631-536-6671	1001
Library (Vogelweh)	0631-536-7665	2059
Post Office (Kapaun)	0631-536-7866	2763
Teen Center (Vogelweh)	0631-536-6155	2059
Vehicle Processing (Kapaun)	06313-579-0088	2806
Youth Center (Vogelweh)	0631-536-6504	1057
Vehicle Registration (Kapaun)	0631-536-7542	2806



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# GET TO KNOW USAG STUTT GART



U.S. Army Garrison Stuttgart is made up of multiple installations surrounding the German city of Stuttgart.

## EXPLORING STUTT GART

### FOR THE KIDS

**LEGOLAND® Deutschland Resort** is nestled right along the border of Baden-Württemberg and Bavaria, approximately halfway between Stuttgart and Augsburg. More than 55 million LEGO® bricks were used to create ten fantastical lands throughout the area. There are a variety of rides, attractions and exhibits to discover for all thrill levels.

Make your way to Sindelfingen and go to **Sensapolis**. This indoor adventure park features a climbing wall, an art studio, ziplining, a fairytale castle, a fun shooter and so much more. There is something for everyone at Sensapolis.

### FESTIVALS

For over 200 years, the **Canstatter Volksfest** has wowed attendees in Stuttgart. Nine huge tents serve up beers and hearty fare; Göcklesmaier's roast chicken is the fest's signature dish. An outdoor French alpine village offers wine, crepes, flammkuchen and other treats. The midway has stomach-churning rides galore. Wine drinkers flock to the Canstatter Oberamt Tent, where local vintages flow.

Every spring, attendees can enjoy the local **Frühlingsfest**. Feel an adrenaline rush on dizzying thrill rides, or drink in a stunning view of the city from the 47-meter-tall Ferris wheel. If all the excitement leaves you with a little vertigo, take a break and peruse one of the 50 vendors selling handcrafted wares. Or stop at one of the beer tents sponsored by Stuttgarter Hofbräu, Dinkelacker, or Schwabenbräu to enjoy a refreshing brew or two.

### CASTLES

In the mid-1800s, Crown Prince Frederick William of Prussia commissioned the present-day **Burg Hohenzollern**, incorporating the 15th-century chapel in the new design. The castle remains privately owned and houses an impressive collection of Prussian gold and silver objects and artwork.

Built in German medieval style in the 1840s by Count Wilhelm of Württemberg, **Lichtenstein Castle** is new by European standards. Called "Württemberg's fairy-tale castle," Lichtenstein's stunning architecture and scenic mountaintop location rival those of the world-famous **Neuschwanstein Castle**. The castle is open weekends February to November and seven days a week from April to October. ■



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\*By sales area or size - Market report "Outlet Centres in Europe", p. 25 (March 2024) produced by ecostra GmbH, [www.ecostr.com/wp-content/uploads/2024/03/outlet-centres-europe\\_2024-03.pdf](http://www.ecostr.com/wp-content/uploads/2024/03/outlet-centres-europe_2024-03.pdf)  
\*\*In comparison to the Manufacturer's Recommended Retail Price, where applicable. \*\*\*Discount on the outlet price. You can find out more about this offer by reading the terms of use when you receive your VIP Passes (Already reduced items excluded, additional conditions may apply). Valid until 31/12/2024.



# STUTTGART

## DIRECTORY

### FACEBOOK PAGE RESOURCES

#### EDUCATION & ENTERTAINMENT

- AFN Stuttgart
- USAG Stuttgart ACS
- Stuttgart Family & MWR
- USO Stuttgart
- Stuttgart CYS

#### HEALTH

- Landstuhl Regional Medical Center
- Public Health Command Europe
- Stuttgart Army Health Clinic
- American Red Cross Stuttgart Station

#### COMMUNITIES & SPOUSES

- U.S. Army Garrison Stuttgart
- Stuttgart Community Spouses' Club

### INSTALLATION WEBSITE:

[home.army.mil/stuttgart](http://home.army.mil/stuttgart)

### FITNESS ON-INSTALLATION

- Patch Fitness Center—Bldg. 2337, Patch Barracks
- Kelley Fitness Center—Bldg. 3326, Kelley Barracks
- Panzer Fitness Center—Bldg. 2990, Panzer Kaserne
- RB Fitness Center—Bldg. 151, Robinson Barracks



Visit LEGOLAND Deutschland

### Phone Directory

	Civ Phone #	BLDG. #
Operator	0711-680-113	
American Red Cross (Panzer)	07031-15-2812	2915
Army Community Service (Panzer)	09641-70-596-3362	2915
Automotive Skills Center (Panzer)	07031-15-2555	2915
Civilian Personnel Office (Panzer)	09641-70-593-7010	2948
Commissary (Kelley)	0711-729-2366	3316
Commissary (Panzer)	07031-15-2503	2957
Commissary (Patch)	0711-680-8401	2350
Commissary (Robinson)	0711-819-7923	146
CYS Registration (Patch)	09641-70-596-7480/7488	2347
Dental Clinic (Panzer)	06371-9464-2800	2996
Driver's Testing (Panzer)	07031-15-2007	2913
Education Center (Panzer)	07031-15-2506	2915
Exceptional Family Member Program (Panzer)	09641-70-596-3740	2915
Family & MWR (Kelley)	09641-70-596-2089	3307
Finance Office (Panzer)	09641-70-596-2599	2915
Housing Office (Panzer)	09641-70-596-2230	2913
ID Card Facility (Panzer)	09641-70-596-2333/3806	2915
In/Out Processing (Panzer)	09641-70-596-2599/2803/2745	2913
Legal Office (Kelley)	09641-70-591-7593	3312
Lending Closet ACS (Panzer)	09641-70-596-3360	2915
Library (Patch)	09641-70-596-5232	2343
Library (Robinson)	CLOSED	
Medical Appointment Line	06371-9464-1600	
Passport & SOFA Office (Panzer)	09641-70-596-2009	2915
Post Office—APO Kelley	09641-70-596-2848	3312
Post Office—Patch	09641-70-596-7226	2325
School Liaison Office (Patch)	09641-70-596-9009	2347
Sponsorship Office (Panzer)	09641-70-596-2301	2915
The Exchange (Panzer)	07031-25511	30409
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- USO Wiesbaden
- Wiesbaden Family and MWR

#### HEALTH

- Wiesbaden Army Health Clinic
- American Red Cross Wiesbaden
- Army Wellness Center Wiesbaden
- Landstuhl Regional Medical Center
- Public Health Command Europe

#### COMMUNITIES & SPOUSES

- Garrison Wiesbaden
- Wiesbaden Community Spouses' Club, Inc.

### INSTALLATION WEBSITE

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# ICONIC

## *German Images*

By Karen Bradbury

**T**here are so many incredible sights to enjoy in Germany.

The places on this list of iconic German locations are bucket-list worthy to visit and make for incredible travel photos.

### *Brandenburg Gate in Berlin*

The Brandenburger Tor isn't a gate at all but rather a soaring neoclassical monument built on the orders of Prussian King Frederick William II in 1791 to grace the end of the elegant Unter den Linden boulevard. Modeled after an element of Athens' Acropolis, it keeps esteemed company with the Reichstag, home of the German parliament, just a stone's throw away. Major historical events unfolded in the shadow of the Brandenburg Gate. In 1806, Napoleon and his troops marched under it in a triumphal procession and even took its Quadriga, a chariot drawn by four horses and driven by the Roman goddess of victory back to Paris for a time. Nazis used the gate as a party symbol. Although it was heavily damaged from bombing in World War II, it remained standing. From 1961 to 1989, the Berlin Wall passed directly to the west of it. On October 3, 1990, the gate hosted the official German reunification ceremony. Today the monument is a symbol of German unity and peace.

### *Köln Cathedral*

Christians have been observing religious services at the location of Köln Cathedral since Roman times. The existing cathedral was begun in 1248. Due to a lack of funds and a waning interest in Gothic architecture, construction was long suspended, only

being completed in 1880. Although it sustained damage during WWII bombing raids, the structure remained intact. Since Archbishop Rainald von Dassel brought the relics of the Three Wise Men to Köln in 1164, it has been an important pilgrimage site. When visiting, be sure to check out the ornate, gilded sarcophagus said to contain the remains of the Magi.

### *Neuschwanstein Castle*

No list of beautiful German locations is complete without mentioning this popular attraction. The fairy-tale castle of Neuschwanstein was built upon the orders of King Ludwig II and opened to the public in 1886, the year of his death. It was the spot where the reclusive king dreamed of getting away from it all. Nowadays, it attracts a half million visitors each year. The interior of the castle was intended to transport the beholder back into a romantic vision of the Middle Ages, with fanciful images of knights and poets peopling the walls. Images of the swan, the heraldic symbol of the Counts of Schwangau, also feature throughout. It's really the exterior of the castle, with its towers, turrets and perch high on a rocky bluff, that makes it popular. Some of the best photos are taken from the Marienbrücke, a pretty iron bridge a 10-minute walk up the gorge behind the castle.



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continued from page 66



### *Rothenburg ob der Tauber*

Ah, Rothenburg! This perfectly preserved medieval gem, packed with half-timbered houses and encircled by the protective embrace of ancient city walls, is Germany at its most picturesque. With its cobble streets and gabled houses, this city in northern Bavaria ticks all the boxes. Visitor wander down its twisting, turning lanes and emerge upon the Marktplatz to marvel at the grandiose Renaissance Town Hall. Rothenburg's most famous photo subject is the Plönlein, a tiny triangular plaza that is impossibly quaint with a trickling fountain, golden timber-framed houses, overflowing flower boxes and a view down two cobble lanes to the city towers.

### *Heidelberg Castle*

Towering 260 feet above Heidelberg, this castle is cut straight out of the pages of a storybook. These remains of a massive red stone castle were built in a mix of Gothic and Renaissance styles. It may be just a ruin, but the state of the Heidelberg Castle tells its tumultuous history. Built in the 13th century, it was damaged by a bolt of lightning in 1537, destroyed by French troops in 1688 and 1689, reconstructed, and suffered

once again when lightning struck again in 1764. The palace fell into a state of decay, and local citizens began helping themselves to its stone for building their own houses. Touring the castle is a must, and great pictures can be taken from the Old Bridge spanning the Neckar River.

### *The Bastei Bridge*

Southeast of Dresden and nestled close to the Czech border is a wild region of mountains, valleys and strange sandstone formations. This natural area has been set aside as the Saxon Switzerland National Park. This paradise attracts not only hikers and nature lovers but many artists have been inspired by the area's astounding natural beauty. In 1824, a bridge made of wood, was erected within the jagged Bastei rock formations to allow visitors to explore high up along the cliff faces. To accommodate ever-increasing numbers of tourists, it was replaced in 1851 by the handsome stone structure we see today. The bridge's seven arches span a 130-foot-deep ravine. Most visitors choose to base themselves in the small town of Rathen, accessible from Dresden aboard an old-fashioned paddleboat steamer that cruises up the Elbe River.

### *Market Square of Bernkastel-Kues*

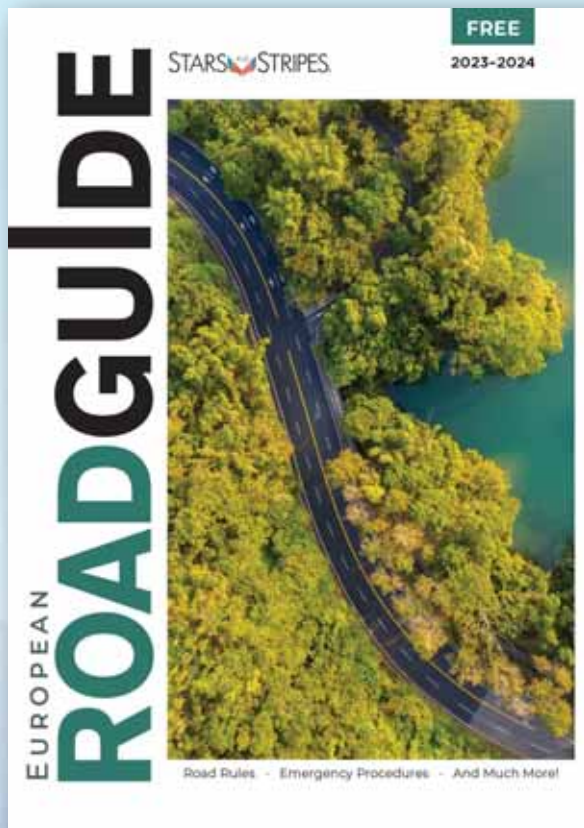
When visiting the Mosel Valley, take a rest in one of the region's cutest towns. The city of Bernkastel-Kues isn't as old as you might expect. It was established in 1905 when the town of Bernkastel united with the winegrowing village of Kues on the opposite banks of the river. The market square, however, is over 400 years old and retains its immaculately kept half-timbered buildings and the surrounding crooked cobblestoned lanes are as atmospheric as they come. If you visit in early September, the Wine Festival of the Middle Mosel Region is a cultural highlight with fireworks, markets and a folk parade. The Bernkastel-Kues Christmas market is also pretty special. ■

PREVIOUS PAGE: Brandenburg Gate

TOP ROW: Heidelberg Castle, Neuschwanstein Castle and the Bastei Bridge

BOTTOM ROW: Rothenburg ob der Tauber, Köln Cathedral and Market Square of Bernkastel-Kues





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# Flowers in Germany

By Karen Bradbury and Kat Nickola

**S**pring is a beautiful time in Germany. This handy guide can help you identify which blossoms are showing their colors across southern Germany throughout the growing season.

that is used to flavor drinks. The majestic empress tree, with its profusion of purple flowers, adds brilliant splashes of color to the landscape. The delicate pfingstrose (peony) can be seen to usher in the summer following its namesake holiday: Pflingst, also called Whitsun or Pentecost.

## Early Spring

The first of spring's early blossoming flowers is the snowdrop, a single white flower facing downward on its thin stalk, followed in short order by the crocus in its various shades of purple, yellow, white and cream. Cheery yellow daffodils and tulips are quick to follow, and primulas join the scene in short order. In shiny-leaved hedges, the tiny yellow flowers of the Oregon grape open up to the world. Magnolia trees burst into bloom and forsythia bushes, with their stalks of bright yellow blossoms, appear like rays of sunshine. Blossoming fruit trees, beginning with aromatic almond blooms followed by apple, pear, plum come in quick succession later in March.

## Summer

Linden trees come alive with their downy yellowy-whitish flowers and seduce with their honey-like scent. The flowers are gathered and dried to make a tea used to battle fevers in folk medicine. Rhododendrons display their full glory. Sunny sunflowers, bright poppies and blue cornflowers dot the edges of fields, while purple and white foxglove can be found along forest paths where the sun breaks through the trees. Local gardens host an array of perennials like multi-colored pansies, purple and pink lupine and prolific roses.

## Fall

The heide, or heather, cover the heathlands with purple and pink fuzz at the end of summer and usher in the fall. In addition, some of the latest summer blooms can last long into the autumn season, with multi-colored dahlias and the many kinds of aster sometimes still dotting gardens into early November. Fall, or Herbst in German is the time when many shrubs and trees, like the holly, display their colorful fruits and gorgeous bright yellow trees blaze to life.

## Late Spring

The candle-like blossoms of chestnut trees begin to appear in whites, yellows and pinks, depending on the species. Lilac bushes in bright and tender purples, as well as white, show off their tiny blossoms and infuse the air with their heady fragrance. Irises also delight during this time of year. Azaleas have their day in the sun, as do elderflowers, whose blossoms are collected and boiled to create a syrup

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crocus

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