WELCOME TO Germany

WELCOME TO Germany

INS & OUTS of being stationed in Germany

- FINDING A HOME
- GETTING YOUR KIDS ADJUSTED
- LIFE WITH PETS IN GERMANY
- PERSONAL ENRICHMENT OPPORTUNITIES
LET’S GET STARTED!

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OPERATION: Join and Get More

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Welcome to Germany!
Here is a one-stop checklist to help get you settled in a timely manner:

**ARIVAL**
- Attend newcomer orientation
- Obtain ID card, as needed, and enroll/update in DEERS/ACS
- Ensure passport has SOFA stamp
- Enroll or update Tricare and complete medical in-processing
- Sign up for an APO box, if your sponsor has not already done so
- Obtain VAT form for finder’s fee, if applicable
- Sign paperwork after review by Housing Office and completion of VAT form
- Establish utilities with VAT/UTAP Office
- Sign up for communication services
- Purchase liability and home insurance
- Contact FMS and browse AFRC/ACS lending closet, thrift stores, flea markets and classifieds for household items
- Obtain pet passport
- Purchase pet insurance
- Register pet with local government, if required
- Find boarding center or pet sitter
- Maintain annual rabies vaccinations during overseas tour
- Understand local pet laws: handbookgermany.de/en/live/pets.html

**MONEY**
- Determine entitlements with Finance Office
- Establish account with installation financial institution
- Withdraw euros
- Research online bill-pay options
- Contact U.S. banks to close accounts, as needed
- Create a USAJobs.com account and update resume
- Visit Education Center to learn about course offerings
- Visit ACS, Red Cross & USO for volunteer opportunities and employment assistance
- Sign up through FVAP.gov to vote in elections back home

**CARS**
- Schedule and study for driver’s exam
- Pass exam and get USAREUR License
- Pick up a copy of the Stripes Road Guide
- Get rental car
- When car arrives or is purchased, get insurance, register and pass inspection
- Enroll in the duty-free NATO Forces Fuel Card Program
- Obtain International License if you plan on driving outside of Germany
- Program important numbers into your cell phone
- Start recycling according to local requirements
- Adjust routines to observe quiet hours
- Carry euros and VAT forms when shopping and traveling
- Learn basic German phrases
- Get to know your neighbors
- Join spouses’ club, German-American club or other activities

**HOMES**
- Establish TLA and OHA
- Prioritize needs and wants
- Visit www.homes.mil for a list of approved homes in your area
- Schedule appointments to tour homes
- Ensure Housing Office inspects property and reviews contract
- Visit installation child care facilities to apply and get on waitlist
- Ensure vaccinations are current and schedule wellness exams
- Consider the many opportunities MWR provides to explore Germany
- Plan trips to explore Europe with StripesEurope.com
- Pick up the Stripes Europe magazine

**KIDS**
- Have vaccination records, transcripts, PCS orders, passports and birth certificates readily available
- Contact Enrollment Office to begin application process for DoDEA-Europe
- Contact SLO for information about home schooling, referrals and transition assistance
- Visit installation child care facilities to apply and get on waitlist
- Ensure vaccinations are current and schedule wellness exams
- Understand local pet laws: handbookgermany.de/en/live/pets.html
- Visit www.homes.mil for a list of approved homes in your area
- Schedule appointments to tour homes
- Ensure Housing Office inspects property and reviews contract
- Ensure pet has international microchip
- Register pet at installation vet clinic
- Find German vet clinic that provides emergency care
- Get updated ID tags with local contact information
- Obtain pet passport
- Purchase pet insurance
- Register pet with local government, if required
- Find boarding center or pet sitter
- Maintain annual rabies vaccinations during overseas tour
- Understand local pet laws: handbookgermany.de/en/live/pets.html

**PERSONAL ENRICHMENT**
- Create a USAJobs.com account and update resume
- Visit Education Center to learn about course offerings
- Visit ACS, Red Cross & USO for volunteer opportunities and employment assistance
- Sign up through FVAP.gov to vote in elections back home
- Make new friends in your area
- Join a sports team, club or other activities
- Explore German culture and traditions
- Learn basic German phrases
- Get to know your neighbors
- Join spouses’ club, German-American club or other activities
- Consider the many opportunities MWR provides to explore Germany
- Plan trips to explore Europe with StripesEurope.com
- Pick up the Stripes Europe magazine
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HOW FAR CAN YOU GO?

Find out more: worldwide.erau.edu.euromilitary
GETTING CONNECTED

Upon arrival, getting your cell phone set up is vital. The good news is you have a variety of options and resources to get you connected.

▶ **Providers:** Vodafone, T-Mobile, E-Plus, TKS, SIGA and O2

▶ **Service contracts**
  - Approximately two years.
  - Breaking contracts is expensive, and renewals are often automatic.
  - Ask about military exceptions.
  - Exchange Mobile Centers and TKS provide PCS/TDY cancellation terms for their customers.

▶ **Pre-pay option**
  - Offer basic services without contracts.
  - Add minutes online and on the economy in grocery stores, retail centers and gas stations.

▶ **What to bring to set up a cellphone plan:**
  - PCS Orders
  - Military ID
  - APO Address

▶ **Apps to communicate internationally for free:**
  - Skype
  - Facebook Messenger
  - WhatsApp
  - Facetime
  - Hangouts

Note: When you arrive, put your phone in airplane mode to avoid unexpected charges.

THANKS TO ALL THOSE WHO ARE #STILLSERVING.

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1 Where technically feasible
2 According to the terms of service.
EURO BANKING

Getting an account through an on-installation credit union or bank will eliminate headaches when paying bills, transferring money, making purchases, getting cash and managing funds between dollars and euros.

MILITARY INSTALLATION BANKING OPTIONS

Credit unions are owned and operated by their members. Members’ savings are combined to create a pool of funds from which other members can borrow. Members then reap the rewards of their pooled investment income by gaining lower loan rates, higher savings rates and additional services.

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

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

Keesler Federal Credit Union and Global Federal Credit Union
- Shared branching with Andrews Federal Credit Union and Service Credit Union

Contracted Financial services
Bank of America holds a contract with the Department of Defense to provide banking and financial services through approximately 67 Community Bank branches and 300 ATMs located worldwide. Community Bank also provides 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.

EUROPEAN DEBIT CARDS

- Many German businesses, especially smaller businesses, do not take credit cards.
- Always carry euros when off-installation.
- Get an electronic cash (EC) card - also known as Girocard, Visa VPAY or Maestro Card through your bank.

PAYING BILLS

The German banking system differs from the U.S., so you may be a little confused the first time you need to pay bills for German services.

- To set up automatic transfers and automatic direct debits, you’ll usually need a funds transfer form.
- To fill one out, you’ll need to know:
  ✔ The euro amount due
  ✔ International Bank Account Number (IBAN)
  ✔ Bank’s Identifier Code (BIC)
  ✔ Account or reference number on file with payee
  ✔ The payee’s name

BEWARE OF FEES

- Off-installation ATMs may require transaction fees.
- Minimize fees by setting up a German bank account but know the conversate rate before depositing dollars.
- You may be better off exchanging dollars for euros before transferring funds.
- The DoD will not deposit paychecks to German banks.

EUROPEAN BANKING SERVICES AVAILABLE TO YOU

- 24-hour telephone access
- Savings and checking accounts
- Branch/online loan applications and support
- Free transfers between participating institutions
- ATM access worldwide
- U.S. credit and debit cards
- Automatic bill payments
- Credit and debt counseling
- European debit cards
- Online bill pay – U.S. and foreign banks
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SHIPPING YOUR VEHICLE OVERSEAS

• Ship your vehicle six-to-eight weeks before you PCS to ensure it gets there soon after your arrival to Germany.
• Decide between selling your other vehicles, keeping them in storage or leaving them with a friend or family member.
• A max of three vehicles are allowed per active duty member along with their dependents during their tour in Germany.

GETTING YOUR LICENSE

• You need a USAREUR license to drive in Germany.
• Training & testing can be done on JKO (Joint Knowledge Online).
• Wiesbaden area requires training & testing in-person.
• You must pass with an 85%.
• Bring certificate and U.S. license to Driving Testing Center.
• Fee is $20.
• You will receive a temporary license.
• Permanent license will be mailed to your APO.

Note: Not all NATO countries recognize USAREUR licenses. You will need an international license to drive outside of Germany. Contact your DTC for an application.

REGISTERING YOUR VEHICLE

✔ What to bring:
✔ ID card and USAREUR license (temp is acceptable)

✔ Orders or employment letter
✔ Shipping documents from IAL
✔ Title or previous state registration
✔ Proof of insurance
✔ $35 - payable by check, money order or card
✔ You will receive a 30-day temporary plate

VEHICLE INSPECTION

• Mandatory within 30 days of registration.
• If your vehicle passes, you will be issued permanent plates.
• Top reasons vehicles fail inspections: www.ramstein.af.mil/News/Article-Display/Article/726381/

✔ What to bring:
✔ Valid registration
✔ First aid kit, warning triangle and reflective vest
✔ If your vehicle passes, you will be issued permanent plates.

Note: During the winter, cars must either have winter or all-season tires, designated with a snowflake or M+S (Mud+Snow).

BUYING A USED VEHICLE

• Check www.stripes.com/classifieds, yard-sale websites or your installation’s “lemon lot.”
• Cars older than 10 years need to be inspected before a sale between ID cardholders.
• Newer cars must have at least 60 days left on the registration to retain the current inspection expiration date.

✔ Required documents for vehicle registration on a used vehicle:
✔ Same as for 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

✔ Tips:
• Ask owner to complete inspection before de-registration.
• Have owner keep insurance until registration is transferred.
• Get proof of exhaust emission testing, service record, previous vehicle defects and inspection pass guarantee.
• Sales between government ID cardholders require presence of all buyers and sellers.

BUYING A NEW VEHICLE

• Buy from a dealer participating in the Military Car Sales Program.
• Benefits include tax-free transactions, worldwide shipping, U.S. specifications and prices lower than U.S. MSRP prices.

✔ Required documents for vehicle registration on a new vehicle:
✔ Same as for 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’ll have 60 days to provide additional documentation, such as the German title book and customs form

**DUTY-FREE FUEL PROGRAM**

- Sign up for the duty-free fuel program managed by AAFES.
- Money can be added to a prepaid card for future purchases.
- Registered vehicles have a monthly ration based on the size and weight noted on your vehicle registration.

**Program Details**

- Only available in Germany at any on-installation AAFES facilities and off-installation Esso fuel stations.
- Only good for one assigned vehicle and the type of fuel the car uses.
- More than one vehicle may be registered, and up to two ID holders may be assigned to a fuel card for each vehicle.

- Prepaid cash balance is shared across owners and vehicles.
- Exceeding your fuel ration allowance or prepaid balance, or buying with an expired card will result in paying the taxed, economy fuel price.

**Using the Card**

- On-installation: Use prepaid balance or another form of payment.
- Off-installation: Must use prepaid balance.
- Pump gas, then take the fuel card, vehicle registration and ID card to the attendant.
- Know your 4-digit PIN.
- Amount purchased is deducted from monthly ration.

**Payment for Transaction**

- Know your ration and card balances: [www.odin.aafes.com/esso](http://www.odin.aafes.com/esso), toll-free number on card or last receipt.
- Add money to card: Cash, check, Military Star card, debit or credit card at AAFES locations. You can also visit [www.odin.aafes.com/esso](http://www.odin.aafes.com/esso), call the number on the back of the card or use automatic bank payment.
- Lost or stolen card: Immediately call AAFES at 0800-181-9945.

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**FREE**

**2020-2021**

**EUROPEAN ROAD GUIDE**

Grab the free Stars and Stripes European Road Guide to learn Europe’s road rules, road signs, child safety laws and helpful resources such as an installation GPS list, European map and more! The guide also features special sections for Italy, Germany and the U.K. In case you ever have an emergency, keep the guide in your car for easy access to the accident report sheet as well as emergency phrases and numbers.

The Stripes European Road Guide will be available at your installation’s A&FRC and ACS!
GETTING STARTED

- Establish your Temporary Lodging Allowance (TLA) to cover expenses while you look for a home.
- Visit www.homes.mil to see approved available properties. Required forms and additional information are provided on www.housing.af.mil.
- Look for homes that fall in a range equal to or below your Overseas Housing Allowance (OHA).
- Contact your utility companies and request to be charged more each month to avoid receiving surprise bills at the end of the year.
- Prioritize your needs and desires to help you evaluate houses quickly.
- Choosing a home that is priced near your OHA limit can also lead to unplanned out-of-pocket expenses when you receive bill adjustments for utilities.

SEARCH TOOLS & RESOURCES

- Check listings on www.homes.mil, online yard-sale sites (www.bookoo.com) and housing websites, including www.ahrn.com.
- Other available resources are German realtors and real estate services, known as “Makler” and “Immobilien” services.
- Realty liaison consultancy agencies also assist with finding homes, financing and contract negotiation.
- Many agencies charge finder’s fees totaling hundreds to thousands of euros.
- The Housing Office must inspect the house and contract before OHA is approved.
- Never sign rental contracts in German.
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KurmarkerStr. 30

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elmer.stokes@hrblock.com
www.stokes-agencies.com
**OTHER CONSIDERATIONS**

- OHA can be used toward a mortgage but contact the Housing Office to learn more.
- Purchase household insurance “Hausratversicherung” and personal liability insurance “Haftpflichtversicherung.”
- There are different types of heating, for example: gas, oil and electric.
- When touring houses, ask about internet service available for your area.

**TIPS**

- Ask for your landlord’s cellphone 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.
- Remember that 110-volt items require plug adaptors and possibly transformers.
- It’s also best to find out about snow-removal service “Schneeräumdienst.”
- For more helpful information about living on the economy, visit [www.housing.af.mil](http://www.housing.af.mil).

**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.

**VAT RELIEF**

Be sure to register with your local VAT office before making tax free purchases. You can receive 10 VAT forms at a time.

**Acceptable uses**

- Available for many products, services, hotels, vehicles, furniture, clothing, food and electronics.
- Some establishments may not participate.

**Unacceptable uses**

- You’re unable to use a form once a product or service is ordered.
- Home renovations, major house repairs, cellphone contracts and internet services are not part of program.

**HOUSEHOLD GOODS ARRIVAL**

**First steps**

- Lock in a delivery date for your household goods and remember that dates book fast during the peak summer PCS season.
- Schedule temporary furniture pick up by calling the warehouse at least three days before the day of desired pick up.
- Once your household goods arrive, make sure every box that was shipped has arrived.
- Mark each item off your inventory list as everything is being unloaded.

**Inspect your home**

So you’re not liable for damages caused by movers, it’s best to take note of the damages on your household goods paperwork. Note everything that isn’t right such as missing boxes or damaged goods. Be sure to make copies of all paperwork and take pictures of any damage.

**Filing a claim**

- You have 75 days to submit a notice of loss.
- From there, you will have nine months to submit your claim to be eligible for a full replacement value.

- Be sure to have photos and receipt purchases of your damaged goods.
- Keep any paperwork until all claims are processed.

**QUICK APPLIANCE TIPS**

- You will need a power converter/transformer to use your American electronics (110-v plug-in) in your German home.
- Your installation’s Furnishing Management Office should provide transformers for free along with a washer, dryer, refrigerator and wardrobes.
- Check with your landlord for specifications on appliance size.

**INTERNET SERVICE**

**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 networks and prime channels.
- You will need a decoder and satellite for AFN when living on the German economy.

**Satellite**

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

**Streaming services**

- Examples - Amazon Prime, Netflix, Hulu, etc.
- Show variety and availability may be limited because you are outside the U.S.
- Some offer a .de option

**UTILITIES & UTAP**

Enroll in Utilities Tax Avoidance Program (UTAP)

- Be sure to bring:
  - DoD ID card
  - Orders
  - Ownership paperwork
  - Utility meter numbers and readings
  - Names of current utility companies
  - Bank account details

**Savings**

- Electricity: 19% VAT and energy tax
- Natural gas: 19% VAT and energy tax
- Water: 7% VAT
- Deposits waived
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Phone: 07034-647729-66

www.oxidio.com  oxidio
During your time in Germany, you will need to see a doctor and dentist. With limited healthcare services on your installation, you may need to seek services on the economy. You may feel nervous about going to a German provider, but there are things you can do to make this process easier.

**TREATMENT DIFFERENCES**

- Many options are available to you, such as Western, Eastern and homeopathic techniques. Talk with your doctor or patient liaison if you are in pain or are not responding well to these treatments.
- German doctors may not always have a chaperone when examining a patient of the opposite sex. If you feel uncomfortable, ask for an additional person in the room.
- Rooms are usually double occupancy and may not have privacy curtains between beds.

**PATIENT LIASIONS**

Host-nation patient liaisons act as intermediaries between patients and doctors to help facilitate the best care possible. From the language barrier and insurance forms, to providing comfort to clients, patient liaisons can help you feel at ease in new surroundings.

**Getting a patient liaison**

- Available through TRICARE and the Army Regional Health Command Europe.
- Program is open to all DoD ID cardholders, including non-TRICARE members.
- Find your local TRICARE Service Center and patient liaison, go online to www.tricare.mil/ContactUs/CallUs/TSC

**DENTAL CARE**

- When space is not available, 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.ucitdp.com/tp2opd/
- For information about TDP enrollment, claims or covered benefits, visit the TDP website, www.metdental.com

**GIVING BIRTH IN GERMANY**

Giving birth in a German hospital can be a very wonderful experience. Before delivery you'll be able to tour the hospital, as well as meet the staff.

- It is vital that during your first months of pregnancy you make the necessary arrangements that are best for you and your family. During your pregnancy, you can receive prenatal care at your installation's medical center.

**Delivery options**

- Your installation’s closest German hospital.
- Army hospital in Landstuhl, Germany.

**First steps after giving birth:**

- Obtain your baby’s Social Security Number
- Enroll your baby in DEERS
- Contact local TRICARE office for enrollment information
- Photos need to be taken for your baby’s passport
- Get a no-fee U.S. passport
- Get a U.S. tourist passport
- Get a Consular Report of Birth Abroad (CRBA), a birth certificate for babies born overseas
- Add your baby in the Command Sponsorship Database

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**EMERGENCY NUMBERS**

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ambulance</td>
<td>112</td>
</tr>
<tr>
<td>Fire</td>
<td>112</td>
</tr>
<tr>
<td>Polizei (German Police)</td>
<td>110</td>
</tr>
</tbody>
</table>

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**BE PREPARED**

- The main line for all emergencies is 112.
- Call the 24-hour nurse line at 0800-071-3511 for healthcare advice.
- For urgent medications, look for the pharmacy with emergency hours for that day.
- Always carry a list of medications and allergies, as well as your insurance card, ID card and local currency.
- While traveling, all TRICARE beneficiaries can call the International SOS at 0800-723-4214 or the +44-20-8762-8133.
- If you still need assistance, call your Commander or First Sergeant.
- Call the American Red Cross for Emergency Communication Messages.
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- Competitive rates and low annual deductible
- Keep this health plan if you return to the U.S.
- 24/7 nurse advice and emergency translation line
- Worldwide coverage, 200+ direct billing partners
- All overseas providers treated as in-network
- Online claim submission and paperless reimbursement

afspa.org/fsbp

FEHB plan offered to eligible Federal Civilian employees

All benefits are subject to the definitions, limitations, and exclusions set forth in the Foreign Service Benefit Plan's Federal brochure (RI 72-001)
Establish Routines

The importance of routines in child development should not be understated. Establishing routines will help children handle the additional emotional and environmental changes as you get settled.

- Set sleep schedules right away.
- Rehearse school or day care routines.
- If possible, take your children to their day care or school to meet caregivers or teachers in advance.
- Make sure your routine includes time for your children’s favorite activities.

Involve Your Kids

Include your children throughout the transition. Even for toddlers, give them tasks and roles to instill a sense of responsibility and increase self-confidence.

- Let them help unpack and give them freedom to organize their living space.
- Schedule social time with classmates and new neighbors.

Sign up for after school activities.
- Contact a School Liaison Officer (SLO) to request youth sponsors.

Explore Germany

- Maintain an enthusiastic outlook about your arrival in Germany, even if you are having doubts. Your children will look to you a great deal during this transition. If you’re upset, they will be too.
- Eat meals on the economy, attend local fests and learn about German traditions. Address the differences between life in Germany versus back home, but move conversations in a positive direction. Your children will gain an appreciation for diversity while exploring.
- Enroll your children in German lessons, schools or day care.
- Explore the best of Europe by letting your children assist in trip planning, researching and selecting sites or activities they would enjoy. Take photos and work together to create scrapbooks, photo albums, calendars, collages and other creative projects.

Moving to Germany is a big change for the entire family. Children certainly feel this impact as they leave behind familiar schedules, classrooms, friends and neighborhoods. Here are ways to make the transition as smooth as possible for your kiddos.
March to your orthodontist in the same step!

Orthodontist in Wiesbaden
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E-Mail: dr.jacoby@arcor.de

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Email: dentistry4kidz@hotmail.com
www.dentistry4kidz.landstuhl.de

Aixa M. Torres-Ramirez. D.M.D.
former USAF
American Board Certified Pediatric Dentist
**CHILD EDUCATION**

A variety of school and child care options are available to you, but keep in mind that many programs have waitlists, so don't delay the planning process! Department of Defense Education Activity (DoDEA) Europe schools typically accept enrollments throughout the year to accommodate military families. Consult with the SLO on what would be the best option for your children.

**Key differences:**

- American holidays are not granted off.
- You can be fined if you take your children out of school for holidays unless discussed in advance.
- School year starts mid August and ends beginning of July.

**DoDEA EUROPE**

DoDEA schools accept enrollments throughout the year to accommodate military families.

- Enrollment requirements: [www.dodea.edu/enrollment-categories.cfm](http://www.dodea.edu/enrollment-categories.cfm)
- School Liaison Officer (SLO): invaluable resource during transition [www.dodea.edu/Europe/resources/slo.cfm](http://www.dodea.edu/Europe/resources/slo.cfm) and [www.europe.armymwr.com/slo](http://www.europe.armymwr.com/slo)
- Documentation needed:
  - PCS orders
  - Age verification (PCS orders, birth certificate or passport)
  - Child’s transcripts
  - Immunization records

**GERMAN SCHOOLING**

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.
- You can be fined if you take your children out of school for holidays unless discussed in advance.
- School year starts mid August and ends beginning of July.

**HOMESCHOOLING**

Homeschooling 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 homeschool groups.

**CHILD CARE**

Your installation's offerings may vary, but many programs are available through Force Support Squadrons (FSS) or Morale, Welfare and Recreation (MWR) services. Contact your local facilities to enroll. Note that waitlists are likely, so get started early!

- Child Development Center (CDC) – These centers offer weekday child care for children ages 6-weeks to 5-years or pre-school.
- School-Age Programs (SAP), Youth Programs, Teen Programs – Offered for children in kindergarten through high school. These programs focus on a variety of enrichment activities. Some programs have before- and after-school care, as well as activities on holidays and during summer break.
- Family Child Care (FCC) – Providers are certified and regulated by the DoD to care for children in their homes. Some offer extended hours. For more on available programs, contact the CYS Registration Office.
- Check with your installation for specific registration information.

**PARENTS SUPPORT**

Being a parent isn't always easy, especially when placed in a new environment. Many on-installation and private resources are available for you, such as the A&FRC, ACS or spouses' clubs. Also, look for community websites and social media resources to find support and friendship.

**EXPECT AN ADJUSTMENT PERIOD**

Give your children time to process all of the changes, both good and bad, that come with their new environment. Be aware of expat child syndrome, a psychological condition that typically occurs in children ages 10 to 15 and can lead to isolative or unruly behavior.

**Resources**

- Family Life Counselors (MFLCs) - free non-medical sessions with child behavioral specialists are anonymous and may occur in individual, couple, family or group settings.
- School Liaison Officer (SLO)
- Adolescent Support and Counseling Services (ASACS)
- Military OneSource - Twelve free sessions for individual, couple, family or group settings.

**REMAIN IN TOUCH WITH LIFE BACK HOME**

While adjusting to everything new, don’t forget about life back home. Video chat or call family and friends. If your children are allowed online, encourage them to use social media and email to stay in touch with friends or have them send postcards from the destinations they visit. Continue the traditions that are important in your family, while creating new ones during your time in Germany.
NEW
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66877 Ramstein-Miesenbach
Tel. 06371 9994810
info@is-westpfalz.de
www.is-westpfalz.de
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.

**ARRIVING IN GERMANY**

When you enter Germany, you will need a health certificate filled out by a USDA accredited veterinarian and signed by an APHIS Veterinary Medical Officer. This can be a complicated process, so set up an appointment with your vet early to ensure your pet is compliant with EU regulations such as vaccinations and an ISO 15-digit microchip.

**REQUIRED VACCINATIONS AND RECOMMENDED PREVENTIVES**

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.

**GERMAN VETERINARY CLINICS**

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

**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.

**TRAVELING WITH YOUR PET**

**Requirements:**

- All pets must have their 15-digit international microchip.
- If you're taking the train, you'll need to purchase a ticket for your pet.
- EU Pet Passport must be with you and your pet at all times when traveling.
- Animals must be contained while riding in vehicles (carrier or harness).

**SHIPPING YOUR PETS**

If you arrived without pets and ship them later, they will need current vaccinations and health records. If arriving at Frankfurt or Ramstein, you'll be charged an importation fee. Contact the Frankfurt airport's animal protection officer at +49 (0) 6969021366 if your pet will be arriving there 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.
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Chris Parker, Pastor

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Königstr. 48 • 67678 Mehlingen • next to Sembach

Phone: 49 162 637 2891 • www.heritagebaptistramstein.com
Facebook Heritage Baptist Church Mehlingen

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EUROPE
Spring/Summer Edition

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discover SPAIN

and MORE!

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Moving abroad can be difficult for spouses who have left respected careers, business networks and emotional support of friends and family. Take control of your routine — learn about the new job market and seek employment, find volunteer opportunities and further your education.

CAREER OPPORTUNITIES

On Installations

- NAF Positions: NAF positions support installations through services in Morale, Welfare and Recreation (MWR) and Force Support Squadrions (FSS). Hours range from regular, full-time to flexible part-time with varying employment benefits. Federal and NAF positions are listed on www.usajobs.gov
- DoDEA-Europe: These schools offer full-time positions, substitute teachers, administrative staff and educational aids. Go to www.dodea.edu/Europe/offices/hr
- Defense Contractors: Job opportunities in technology, management, accounting and administration are available with contracting firms. Your installation’s contracting office and A&FRC or ACS office will have information about vacancies.
- Army and Air Force Exchange Service (AAFES): Apply at http://odin.aafes.com/employment or through local human resources offices.

Note: Check websites and offices for new openings frequently – a job can be posted one day and stay posted for only 48 hours.

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, they may provide guidance.
- 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-base, 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.

VOLUNTEERING

While many may feel over qualified to hold a volunteer title, there is so much to take away and learn as a volunteer. More often than not, this is the main avenue people take to eventually land a great job. Volunteering can help you gain experience and network to land a paid position in the future.

Start Making Connections

- Visit your installation’s A&FRC/ACS/FSS/MWR, the American Red Cross and the United Service Organizations (USO).
- Reach out to various offices across your installation that align with the career field you’re interested in. You never know if they need volunteers or are willing to let people shadow them.
American dentists and team, trained and licensed in the U.S.A.

Relaxed and friendly, we listen to your needs. Compassionate and comprehensive care. Located in the heart of Schönaich, 7 minutes from Panzer military base. On-site parking.
OTHER PERSONAL ENRICHMENT AVENUES

- Start DIY projects you’ve always wanted to do.
- Spend time in the gym and establish healthy habits.
- Travel, travel, travel! Living in Germany means traveling between other European countries is easier than ever.
- Start a blog – whether it be travel, fitness, military living, etc. Contribute your articles to StripesEurope.com for a chance to get published online and in various magazines.

Find what works for your goals and dreams whether you land a great job, volunteer with an amazing organization, further your education or find other ways for personal enrichment. Utilize your time in Germany to benefit your future to the best of your ability.

EDUCATION

Taking the time to advance your education can help you excel in the future. Educational opportunities on installations in Germany come with a variety of programs at universities partnered with the DoD.

- Central Texas College Europe: www.ctcd.edu/locations/Europe
  Primarily associate degrees and practical training. The Advanced Skills Education Program develops leadership qualities within non-commissioned and junior officers. Offers face-to-face and online courses.
- Community College of the Air Force: www.airuniversity.af.edu
  Accredited degrees and courses for qualified personnel.
- University of Maryland Global Campus: europe.umgc.edu
  Undergraduate and graduate degrees as well as associate, bachelor’s, master’s and doctoral programs. Offers face-to-face and online courses.
- Embry-Riddle Aeronautical University: europe.erau.edu
  Certifications, undergraduate and graduate degrees. Offers face-to-face and online courses.
- The University of Oklahoma: outreach.ou.edu
  Online and independent study options for some classes. Face-to-face advanced degrees available.
- Other schools: Many U.S.-based schools offer online courses or have European satellite locations. Some European universities offer programs for English speakers. For tuition assistance and financial aid information, visit www.military.com/education, www.militaryta.com or your Education Office.

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University of Maryland Global Campus is an accredited state university serving the military, veterans, civilians, and their families around the world. Founded more than 70 years ago, we continue our tradition by offering:

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- Rolling admissions with no SAT or GRE requirements
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Attend our Introduction to UMGC Europe webinar and have your $50 application fee waived. Learn more at europe.umgc.edu/events.

Contact your local UMGC office on base at the education center to get started or visit EUROPE.UMGC.EDU
### GERMAN PUBLIC HOLIDAYS 2020

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<tr>
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<td>Day of German Unity</td>
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<tr>
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<tr>
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<td>Christmas Day</td>
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<tr>
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<tr>
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### WEATHER TEMPERATURE

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<td>15</td>
<td>59</td>
</tr>
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1 kilometer = 0.6 miles
1 meter = 3.3 feet
1 centimeter = 0.39 inches
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Recycling is a requirement in Germany. Each town can be on different trash and recycle pick-up schedules — so be sure to ask your landlord or neighbors for information.

Here's a clear list of what to recycle:

**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

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

**Residual**
- Ashes
- Cat litter
- Diapers
- Feminine products
- Kleenex
- Meat (including bones)
- Mirrors
- Non-packaging metals/plastics

**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

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

As things start to settle down with your move to Germany, it's best to immerse yourself into the culture as soon as you can. It may seem intimidating at first, but with your installation's resources, understanding German culture and learning easy German phrases — you'll be adjusted in no time!

**Welcome Tours**
Contact your installation's ACS or A&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 overall.

**Respect Your Neighbors**
- Keep your section of sidewalk and street gutter free of debris.
- Quiet hours are from 10 p.m. - 6 a.m.
- Refrain from loud chores on Sundays and German holidays.

**Everyday Life in Germany**

**Dining**
- You can order tap water in Germany since it is safe to drink.
- Close your menus to signal you are ready to order.
- Expect meals to last a while.
- Be sure to ask for the check.

**Shopping**
- You’ll need a 50 cent or 1 euro coin to insert into shopping carts for use.
- Weigh your produce before checking out.
- Bring your own bag to bag your groceries.
- If you forget a bag, you may pay for one at the register.
- Credit cards may not be accepted, so carry euros.
- Stores are closed on Sunday and holidays.

**Driving**
- City streets are very narrow.
- Germans tend to drive more fast-paced than what American are use to.
- 30% of the Autobahn does have a speed limit.
- If no limit is posted the recommended speed is 130 km/h.
- Stay in the right lane unless passing.
USEFUL GERMAN PHRASES

Tear this page out and take it with you. Or snap a photo with your cellphone and it will go where you go.

Salutations
Welcome..............................................................Willkommen
Hi..................................................................................Hallo
Goodbye..............................................................Auf Wiedersehen
By..................................................................................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

LEARNING THE LANGUAGE

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

Google Translate App
This app 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.

Online Programs
Through Army MWR or USAFE Libraries’ websites, you can access Mango Languages or Rosetta Stone to learn German for free on your computer or mobile device.

Other services available to you
• Community centers
• FSS
• A&FRC/ACS
• USAO
• German community colleges
  “Volkshochschulen”
• International language institutes, such as
  Inlingua (www.inlingua.com) or Berlitz International (www.berlitz.com)
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BASE DIRECTORY

36 BAVARIA
44 RHEINLAND-PFALZ
53 STUTTGART
56 WIESBADEN

This information was accurate as of January 2020. Please visit your Garrison’s or Force Support Squadron’s website for the most current information.
Though synonymous with Oktoberfest, Bavaria offers more than large amounts of beer. Munich, Bavaria’s state capital is sprawling with art museums and the famous Nymphenburg Palace. The popular Romantic Road which partly takes place in Bavaria, allows you to see can’t-miss places such as Rothenburg ob der Tauber, a well-preserved medieval town and the Neuschwanstein Castle.
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FOR OUR MILITARY AND THEIR FAMILIES

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LODGE AND RESORT

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www.EdelweissLodgeandResort.com
*visit website for complete eligibility requirements
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For the most current information please visit home.army.mil/bavaria

**Military**
- AFN Bavaria
- Public Health Command Europe
- US Army Health Clinic Grafenwoehr
- USAG Bavaria
- USAG Bavaria ACS
- USAG Bavaria Housing
- USAG Bavaria, Family & MWR
- USAG Bavaria, Grafenwoehr & Vilseck

**Military Community**
- American Red Cross - USAG Bavaria
- Bavaria Community & Spouses’ Club
- Grafenwoehr USO
- Grafenwoehr/Vilseck Army Families
- Grafenwoehr/Vilseck Army Wives
- Grafenwoehr/Vilseck Information, and More
- USO Bavaria

**Social & Recreation**
- Army Wellness Center Bavaria
- BAWT
- Grafenwoehr & Vilseck Arts & Crafts Center
- Grafenwoehr & Vilseck Naturals

**Pets**
- Bavaria Pet Society
- Furever Homes for Bavaria Pets
- Pet Community of Bavaria
- Pet Sitting Grafenwoehr/Vilseck
- Vilseck Veterinary Treatment Facility

**Parenting**
- Grafenwoehr Community Schools
- Grafenwoehr CYSS
- Grafenwoehr/Vilseck Babysitting Page
- Mom2Mom Bavaria

**Retail**
- Bavaria Buy & Sell
- BSCS Thrift Shop: Grafenwoehr
- Exchange (Grafenwoehr)
- Grafenwoehr/Vilseck Sells
- Military Car Market – Vilseck

**Facebook Page Resources**
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92249 Vilseck
Phone: 09662-701339
jorellano@hrblock.com

**GRAFENWOEHR AAFES**
AAFES Shopping Mall
Seasonal Office
Phone: 0173-573-6112
jorellano@hrblock.com

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Situated in the northwestern area of the state Rheinland-Pfalz is Kaiserslautern. Outside the many installations sprinkled near the city are picturesque forests perfect for hiking, historic churches, wine regions, riverside towns, fairytale castles and family-owned restaurants. You will come to love surrounding towns loaded with history as well as a rich and colorful German culture.
## Phone Directory

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**Facebook Page Resources**

- Military
  - Baumholder Dental Clinic
  - Baumholder Health Clinic
  - Baumholder Military Community
  - Baumholder Veterinary Treatment Facility
  - Public Health Command Europe
  - USAG Rheinland-Pfalz ACS
- Military Community
  - Baumholder 411
  - Baumholder Community Spouses’ Club
  - Baumholder Family & MWR
  - Baumholder Neighborhood
  - Baumholder U.S. Military & Spouses Group
  - Ramstein/KMC Spouses
  - USO Baumholder
- Social & Recreation
  - BAWT (Travel Group)
  - Baumholder Area Events
  - Baumholder Hiking Group
  - Ramstein Fitness Group
  - Ramstein/KMC Spouses Making Friends
- Pets
  - Baumholder Pets 411
  - Baumholder Veterinary Treatment Facility
  - KMC Area Pets
  - KMC PET SITTERS
  - Sit Stay Walk - Baumholder Pets
- Parenting
  - Babysitting Baumholder
  - Ramstein Babysitters
- Retail
  - Baumholder Baby/Toddler/Kids Resale
  - Ramstein & Baumholder Yard Sales
  - Ramstein Yard Sales

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**Military**
- AFN Kaiserslautern
- Kleber Health Clinic
- KMC traffic by AFN
- Landstuhl Regional Medical Center
- Public Health Command Europe
- USAG Garrison Rheinland-Pfalz
- USAG Rheinland-Pfalz ACS
- USAG Rheinland-Pfalz CYS

**Military Community**
- Kaiserslautern Military Community SLO
- Kaiserslautern Military Spouses Group
- Ramstein/KMC Spouses
- Rheinland-Pfalz Army MWR
- USO Kaiserslautern

**Social & Recreation**
- BAWT (Travel Group)
- Kaiserslautern Day Tripper
- Kaiserslautern Hispanic American Club
- Ramstein Enlisted Club
- Ramstein Fitness Group
- Ramstein/KMC Spouses Making Friends

**Pets**
- KMC Adopt Don’t Shop
- KMC Area Pets
- KMC PET SITTERS
- Veterinary Medical Center Europe

**Parenting**
- Kaiserslautern-Military Birth Resource Network
- Moms Club Kaiserslautern
- Ramstein Babysitters

**Retail**
- Exchange (Ramstein/KMCC)
- Friends of Globus KL
- KTOWN Ramstein Virtual Garage Sale
- Ramstein Yard Sales
- Ramstine Air Base Sales & Information

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## PHONE DIRECTORY

### PULASKI / ROB

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### FACEBOOK PAGE RESOURCES

- Military
  - AFN Kaiserslautern
  - Kleber Health Clinic
  - KMC traffic by AFN
  - Landstuhl Regional Medical Center
  - Public Health Command Europe
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  - KMC Adopt Don’t Shop
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  - Exchange (Ramstein/KMCC)
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  - KTOWN Ramstein Virtual Garage Sale
  - Ramstein Yard Sales
  - Ramstine Air Base Sales & Information
## PHONE DIRECTORY

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