WELCOME TO Germany

PCS GUIDE 2021-2022

INS & OUTS of being stationed in Germany

- FINDING A HOME
- GETTING YOUR KIDS ADJUSTED
- LIFE WITH PETS IN GERMANY
- PERSONAL ENRICHMENT OPPORTUNITIES
It’s Here!

Available at all AAFES locations in Germany.
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Your Next Car Is HERE!
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0151-6507-9073
sales@autobahn66.net
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All information current as of April 2021
WELCOME TO GERMANY
Your Arrival Checklist

ARRIVAL
- Attend newcomer orientation
- Obtain ID card, as needed, and enroll/update in DEERS/IACS
- 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

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

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

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

MEDICAL
- 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 service
- Purchase liability and home insurance
- Contact FMS and browse AFRC/ACS lending closet, thrift stores, flea markets and classifieds for household items

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

PETS
- 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

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

EVERYDAY LIVING
- 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
- Consider the many opportunities MWR provides to explore Germany
- Plan trips to explore Europe with StripesEurope.com
- Pick up the Stripes Europe magazine
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.
  - Ask about “young” deals if under the age of 28
  - 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 cell phone plan:
  - PCS Orders
  - Military ID
  - APO Address
  - German bank account information

▶ 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.
Delivering a little bit of home across the globe is our mission.

easyTV GO
American TV wherever you are

- stream live American TV everywhere*
- watch on your phone, tablet, PC, and television set with live, recorded, or on demand viewing
- watch it free for 30 days
- easy online sign up: no contract, cancel anytime

*Available anywhere OCONUS.

TKS services exclusively for U.S. service members.

www.tkscable.com

A VODAFONE COMPANY
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 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. 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

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
► Online statements
► Retirement and 401(k) management
► Currency conversion
► Mobile banking and smartphone apps
► Smartphone check depositing

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 OPTIONS
WHILE YOU SERVE YOUR COUNTRY, LET US SERVE YOU

Associates Understand Overseas Military Lifestyle
Services Designed for U.S. and Overseas Banking
Dedicated Locations in U.S. Military Communities
Help with Your Personal Financial Needs

Visit DoDCommunityBank.com for more information and to find the banking center or ATM nearest you

CommunityBank
Operated by Bank of America
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

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: [https://odin.aafes.com/esso/](https://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 [https://odin.aafes.com/esso/](https://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.
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.

OTHER CONSIDERATIONS

- The Housing Office must inspect the house and contract before OHA is approved.
- Never sign rental contracts in German.
- OHA can be used toward a mortgage but contact the Housing Office to learn more.
- Purchase household insurance “Haushaltsversicherung” 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 cell phone 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 troubleshooting 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.”

German homes may not be free-standing, and may lack some amenities, such as garages or backyards. Rooms, hallways and stairwells are smaller, and some homes may not have closets or cabinets in the bathrooms and kitchens.
BEST OF GERMANY

BEST USED CAR DEALER 2020 / 2021
MOST CHOSEN CAR DEALERSHIP

- No Payments for 90 Days
- Tax Free Car Sales
- Bumper to Bumper Warranty
- Drive Away Same Day
- Guaranteed to Pass Inspection
- Finance Consultation
- Auto Insurance
- Trade-Ins Welcome

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www.ramsteinusedcars.com | 0631 - 367 939 79
For more helpful information about living on the economy, visit www.housing.af.mil.

**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

**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.

**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 that 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.

**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
- 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

**Check with your landlord for specifications on appliance size.**
YOUR HOME AWAY FROM HOME

Stay at the heart of the city only minutes away from shopping areas, parks, cultural + culinary sites at Le Méridien Stuttgart, part of Marriott Bonvoy™

- Relax at one of our stylish rooms + suites
- Unwind at our spacious spa with saunas + large indoor pool
- Enjoy your meals at our innovative restaurants + bars

For reservations please call +49 711 2221 2990 or send us an email at reservations@lemeridienstuttgart.com referencing the keyword “Government”.

We are looking forward to welcoming you and your family soon!

LE MERIDIEN
STUTTGART
Willy-Brandt-Straße 30
70173 Stuttgart
Germany
lemeridienstuttgart.com

FOREIGN SERVICE BENEFIT PLAN

Welcome to Germany!

Enroll in the Health Plan that Covers You and your Family Worldwide

- Generous massage therapy, acupuncture, and chiropractic benefits
- Wellness program with up to $400 in rewards
- 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
- All overseas providers treated as in-network
- Over 200 Direct Billing Arrangements with facilities across the world, including many in cities in Germany.

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 (RH 72-001)
HEALTH & DENTAL CARE IN GERMANY

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 LIAISONS

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.uccitdp.com/tp2opd/
► For information about TDP enrollment, claims or covered benefits, visit the TDP website, www.metdental.com

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<thead>
<tr>
<th>Emergency Numbers</th>
<th>Dial</th>
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<tr>
<td>Fire</td>
<td>112</td>
</tr>
<tr>
<td>Ambulance</td>
<td>112</td>
</tr>
<tr>
<td>Polizei (German Police)</td>
<td>112</td>
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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

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.

Changing Smiles, Changing Lives

Dr. Charles A. Smith, DDS is an American trained dentist providing expert dental care with the newest and most successful techniques. Dr. Smith and his Team are proud to provide for your entire family, from infants to geriatrics, treatment to cover all of your dental needs. Our Team is available in two locations and we now have new extended evening hours in our Böblingen office! We look forward to your visit!

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69115 Heidelberg
Tel: (0)6221 651 6090
info@heidelbergdentistry.com
www.heidelbergdentistry.com

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71034 Böblingen
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Dental
Pet Health
Contact Information
German Medical Terms help sheet

GET YOUR DIGITAL COPY NOW!
Head to stripes.com/special-publications
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).

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 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, parovirus, 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

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SHIPPING YOUR PET

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.

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.
Let’s Eat at Home!

Enjoy your favorite restaurants at home!

Landstuhl Post, Bldg. 3780
Halftime Sports Bar
06371-86-7244/6107 DSN 486-7244/6107
Mon-Thu: 11 AM - 2 PM & 4 - 7 PM / Fri: 11 AM - 2 PM & 4 - 10 PM
Sat: 11:30 AM - 7 PM

Vogelweh Housing, Bldg. 1036
Hideaway American Cuisine
0157-3049-2529
Mon-Fri: 11 AM - 2 PM & 5 - 10 PM & Sat: 5 - 10 PM

Sembach Kaserne, Bldg. 220
Sembach CAC
0611-143-541-9112 DSN 541-9112
Seven days a week: 11 AM - 1:30 PM & 4 - 7:30 PM

Vogelweh, Bldg. 2057
Shawingz
0152-2252-4450
Wed & Thu: 12 - 8 PM, Fri: 12 - Midnight, Sat: 4 PM - Midnight

Smith Bks, Bldg. 8105
0611-143-531-2833 DSN 531-2833
Seven days a week: 11 AM - 9 PM

Kaiserslautern.armymwr.com
Baumholder.armymwr.com
Usag Rheinland-Pfalz
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.

**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.

**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.

**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.

continued on page 24
Kaiserstrasse 171
Landstuhl, Germany 66849
Tel: +49 (0)6371 1300921
Email: dentistry4kidz@hotmail.com
www.dentistry4kidzlandstuhl.de

Aixa M. Torres-Ramirez, D.M.D.
former USAF
American Board Certified Pediatric Dentist

Dentistry of the Next Generation

Dr. Reinhard Winkelmann, Lukas Winkelmann, DMD (University of Pennsylvania, Philadelphia) and our international, English-speaking team welcome you to our state of the art, renovated office in Gärtringen.

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Blücherstr. 13
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Email: praxis@oxidio.com
Phone: 07034-647729-66

Our hours are
Monday to Thursday
7:00 - 12:30 I 14:00 - 17:00
Friday
7:00 - 12:00

www.oxidio.com  oxidio  oxidiodentist  oxidio Dr. Winkelmann

Photo © Dirk Klimberger
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.

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.

DODEA EUROPE

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

ENROLLMENT REQUIREMENTS: www.dodea.edu/enrollment-categories.cfm


▶ Documentation needed:
  ✓ PCS orders
  ✓ Age verification (PCS orders, birth certificate or passport)
  ✓ Child’s transcripts
  ✓ Immunization records

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

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.

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.

PARENT 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.

CHILDREN WHO ARE 6-8 YEARS OLD

- Child Development Center (CDC)
- School-Age Programs (SAP), Youth Programs, Teen Programs
- Family Child Care (FCC)

CHILDREN WHO ARE 9-11 YEARS OLD

- Child Development Center (CDC)
- School-Age Programs (SAP), Youth Programs, Teen Programs
- Family Child Care (FCC)

CHILDREN WHO ARE 12-17 YEARS OLD

- Child Development Center (CDC)
- School-Age Programs (SAP), Youth Programs, Teen Programs
- Family Child Care (FCC)

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.

Check with your installation for specific registration information.
The Pediatric Castle: Where all kids are treated like royalty!

The Pediatric Castle offers quality, full-service pediatric care direct in Ramstein just outside the base caring for your little princesses and knights.

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Pediatricians Dr. Schmitt & Seipenbusch
Schulstraße 4 · 66877 Ramstein-Miesenbach
Direct billing to most American insurances!
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Dr. Michael Dillon, DDS, MS (Orthod)
Univ of Maryland, Former USAF

Call Today
06371 - 91 89 11
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 Squadrons (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](http://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](http://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](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.
90+ PROGRAMS & SPECIALIZATIONS TO TAKE YOU PLACES

EARN A DEGREE WHILE OVERSEAS

University of Maryland Global Campus is an accredited state university serving the military overseas since 1949. Take advantage of our:

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// Frequent start dates and rolling admissions

// 50 locations throughout Europe and the Middle East
   (18 sites in Germany)

// Personalized on base services and advising, also remotely

Enroll now for on base, online, remote, and unit classes that fit your schedule.

Contact your local UMGC office on base at the education center to get started or visit europe.umgc.edu

OUR WELCOME GIFT TO YOU

Attend our Introduction to UMGC Europe webinar and have your $50 application fee waived. Learn more at europe.umgc.edu/events.
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.

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.

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.
NEW
Years 9 + 11 from August 2021

International School Westpfalz

- English speaking all-day school from kindergarten to year 8
- Internationally recognized and established programs
- Experienced, highly qualified learning facilitators
- Individualized learning in a respectful, stress-free and creative atmosphere
- Before and after school care available 8am until 5pm (for primary from 7am)

International School Westpfalz
Tel. 06371 9994810
info@is-westpfalz.de
www.is-westpfalz.de
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 the installation’s resources, understanding German culture and learning easy German phrases — you’ll be adjusted in no time!
WELCOME ORIENTATION

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.
- Not every restaurant accepts credit cards, so bring euros.

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 used 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.

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
- 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
Useful GERMAN Phrases

Ready to learn German? Local nationals will appreciate that you are attempting to speak their native language. Remember, practice makes perfect!

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? ........................................................ Wir bitte?
Excuse me ........................................................ Entschuldigen Sie
I understand ..................................................... Ich verstehe
That sounds good/All is good ............................ Alles klar
**German Phrases**

### East
- ATM: der Geldautomat
- South: Süden
- North: Norden
- Left: links
- Right: rechts

### 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

### 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 möchte __
- I would like to pay: Ich möchte bitte bezahlen
- Check, please: Bezahlung, bitte
- Keep the change: Stimmt so

### 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 ___?: Haben Sie das in Grösse ___?

### Life
- 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: 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

### I would like
- I would like: Ich möchte __
- I would like to reserve a table: Ich möchte einen Tisch reservieren
- I have a reservation: Ich habe eine Reservierung
- I would like to pay: Ich möchte bitte bezahlen
- Check, please: Bezahlung, bitte
- Keep the change: Stimmt so
- Waiter/waitress: der Kellner/die Kellnerin
- Menu: die Speisekarte

### I would like to
- I would like: Ich möchte __
- I would like to reserve a table: Ich möchte einen Tisch reservieren
- I have a reservation: Ich habe eine Reservierung
- I would like to pay: Ich möchte bitte bezahlen
- Check, please: Bezahlung, bitte
- Keep the change: Stimmt so
- Waiter/waitress: der Kellner/die Kellnerin
- Menu: die Speisekarte

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- Do you have ___?: Haben Sie ___?
- How much?: Wie viel?
- What is this?: Was ist das?
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### 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
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
- USO
- German community colleges “Volkshochschulen”
- International language institutes, such as Inlingua (www.inlingua.com) or Berlitz International (www.berlitz.com)
### Conversions & Holidays

#### LENGTH

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#### GERMAN PUBLIC HOLIDAYS 2021

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#### WOMEN’S SIZES

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#### CHILDREN’S SIZES

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Now “my Germany” is not only a distant consciousness but a solid and living part of me that I carry with me wherever I go.

—Zita Steele
BASE DIRECTORY

41 BAVARIA
48 RHEINLAND-PFALZ
56 STUTTGART
60 WIESBADEN
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.

Bavaria, Germany

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 the most current information please visit home.army.mil/bavaria
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Army Community Service 09641-70-599-1101 322
Army Emergency Relief Program 09641-70-599-1101 322
Automotive Skills Center 09662-9741 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 09662-83-2753 223
Exceptional Family Member Program (Clinic) 09662-83-2650
Family & MWR (Tower Barracks) 09641-70526-9030 539
Finance Office 09662-83-3500 161
Furniture Warehouse 09641-70-526-4251
Housing Office (Off-Post) (Tower Barracks) 09641-83-6245 244
Housing Office (On-Post) (Tower Barracks) 09641-83-6324/6245 244
Housing (Unaccompanied) (Tower Barracks) 09662-83-2992/6580 244
ID-Card Facility (Tower Barracks) 09641-83-6550 244
In/Out Processing 09662-83-2234 322
Legal Services 09641-83-2289/3318 245
Lending Closet 09641-70-599-1101 322
Library 09662-83-1740 227
Medical Appointment Line 06371-9464-2300
Passport (Tower Barracks) 09641-83-8754 221
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Post Office (Finance) 09641-83-2581 339
Post Office (Mail Room) 09641-83-2506 339
School Liaison Office (Tower Barracks) 09641-70-526-9042 539
Sponsorship Office (Tower Barracks) 09641-83-6734/730/8213
The Exchange (Main) 09662-411-810 2203
Thrift Shop 09662-83-2649 221
Transportation/HHG Inbound (Tower Barracks) 09641-83-8438
TRICARE Office 06371-9464-2300 225
VAT Office (Tower Barracks) 09641-70-526-9031 539
Vehicle Processing (Tower Barracks) 09641-926-0061 515
Vehicle Registration (Tower Barracks) 09641-83-5045 301
Veterinary Services 09662-83-2370 222
Women Infants & Children (WIC) 09662-83-3790 221

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

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Questions? Call us:

**BAMBERG**
Zollner Str. 187
95052 Bamberg
Phone: 0951-7000899
rosie.short@hrblock.com

**VILSECK**
Ambergerstr. 1
92249 Vilseck
Phone: 09662-701339
jorellano@hrblock.com

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

**VILSECK AAFES**
AAFES Shopping Mall
Seasonal Office
Phone 0152-520-68935
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ITIN ACCEPTANCE AGENT • EXPAT TAX SERVICE
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.
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### LANDSTUHL

**Operator**
- 06371-86-113
- BLDG# 3820

**ACS FAP**
- 0611-143-541-9028
- BLDG# 3820

**American Red Cross**
- 06371-9464-7298
- BLDG# 3794

**Automotive Skills Center**
- 06371-86-7335
- BLDG# 3800

**Dental Clinic**
- 06371-9464-6822
- BLDG# 3703

**Education Center**
- 0611-143-541-1200
- BLDG# 3722

**Exceptional Family Member Program**
- 06371-9464-5756
- BLDG# 3777

**Library**
- 06371-86-7322
- BLDG# 3810

**Medical Appointment Line**
- 06371-9464-8326
- BLDG# 3287

**Patient Liaison**
- 06371-9464-8326
- BLDG# 3766

**Post Office**
- 0611-143-541-1351
- BLDG# 3732

**Thrift Shop**
- 06371-86-7313
- BLDG# 3818

**TRICARE Office**
- 06371-9464-4830
- BLDG# 3744

**USO**
- 06371-595-9320
- BLDG# 3750

**VAT Office**
- 06371-86-1780
- BLDG# 3810

### PULASKI / ROB

**Operator**
- 0631-411-113
- BLDG# 2859

**Automotive Skills Center (Pulaski)**
- 0631-3406-4167
- BLDG# 2859

**CYS (ROB)**
- 0611-143-541-9066
- BLDG# 162

**Dental Clinic (Pulaski)**
- 06371-9464-1950
- BLDG# 2921/2922

**Education Center (ROB)**
- 06371-9464-7562
- BLDG# 3777

**Exceptional Family Member Program**
- 06371-9464-4830
- BLDG# 3744

**Library**
- 06371-86-7322
- BLDG# 3810

**Medical Appointment Line**
- 06371-9464-8326
- BLDG# 3287

**Patient Liaison**
- 06371-9464-8326
- BLDG# 3766

**Post Office**
- 0611-143-541-1351
- BLDG# 3723

**Thrift Shop**
- 06371-86-7313
- BLDG# 3818

**TRICARE Office**
- 06371-9464-4830
- BLDG# 3744

**USO**
- 06371-595-9320
- BLDG# 3750

**VAT Office**
- 06371-86-1780
- BLDG# 3810

**Veterinary Services (Pulaski)**
- 06371-946-41900
- BLDG# 2928
### PHONE DIRECTORY

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For the most current information please visit [www.ramstein.af.mil](http://www.ramstein.af.mil)
# SPANGDAHLEM

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## REOURCES

### Military
- 52D FW Command Team
- 52D Spangdahlem Housing Management
- AFN Spangdahlem
- Landstuhl Regional Medical Center
- Regional Health Command Europe
- Spangdahlem Air Base
- Spangdahlem Passenger Terminal

### Military Community
- 52D FSS Airman & Family Readiness Center
- 52D FSS Library
- 52D FSS Spangdahlem Fitness Center
- Spangdahlem AB Spouses
- Spangdahlem Spouses
- USO Spangdahlem

### Social & Recreation
- 52D FSS Club Eifel
- BAWT (Travel Group)
- German-American Friendship Spangdahlem
- Kaiserslautern Girl Scouts
- Spangdahlem & Lakenheath Travelers
- Spangdahlem AB Ladies: Books & Brunch
- Spangdahlem Community

### Pets
- 52D FSS Saber Pet Lodge
- Spangdahlem Pet Lovers
- Spangdahlem Veterinary Treatment Facility

### Parenting
- 52D FSS Saber Gymnastics & Dance
- Spangdahlem Babysitters
- Spangdahlem Elementary PTA
- Spangdahlem Elementary School
- Spangdahlem High School
- Spangdahlem Middle School
- Spangdahlem MOPS Group

### Retail
- Exchange (Spangdahlem)
- Spangdahlem Car Sales
- Spangdahlem Garage/Yard Sales
- Spangdahlem Thrift Store
- Spangdahlem Web Sales

### 52 FW App
(found in both Apple/Google stores)

For the most current information please visit [www.spangdahlem.af.mil](http://www.spangdahlem.af.mil)
### Military
- AFN Kaiserslautern
- KMC traffic by AFN
- Landstuhl Regional Medical Center
- Public Health Command Europe
- Ramstein Air Base, Germany
- USAG Rheinland-Pfalz ACS
- USAG Rheinland-Pfalz CYS

### PHONE DIRECTORY
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### SERVICES
- U S Tax Preparation - Federal and State
- Consultations
- Tax Solutions
- FBAR Compliance
- Streamline Filing Procedures
- Prior Years Preparation

### Contact
- Merkur Strasse 60
- 67663 Kaiserslautern
- Tel: 0631-53445900
- Fax: 0631-35027295
- taxpro.dickersont@gmail.com
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Tel: 0631 680 31 210
kaiserslautern@usedcarguys.net

Ramstein Showroom
Am Lanzenbusch 1
66877 Ramstein
Tel: 06371 920 000
ramstein@usedcarguys.net

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## PHONE DIRECTORY

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## RESOURCES

- **Military**
  - AFN Stuttgart
  - Landstuhl Regional Medical Center
  - Public Health Command Europe
  - Stuttgart Army Health Clinic
  - U.S. Army Garrison Stuttgart
  - USAG Stuttgart ACS

- **Military Community**
  - American Red Cross Stuttgart Station
  - Stuttgart Family & MWR
  - Stuttgart Friends
  - Stuttgart Military Community
  - USO Stuttgart

- **Social & Recreation**
  - BAWT (Travel Group)
  - BJJ Stuttgart Military Community
  - SpouseLink of USAG Stuttgart
  - Stuttgart Community Spouses’ Club
  - Stuttgart Military Community
  - Ice Hockey Team
  - Stuttgart Friends All About Travel

- **Pets**
  - Paws of Stuttgart
  - Pups of Stuttgart
  - Stuttgart Area Pet Sitting Swap
  - Stuttgart Veterinary Treatment Facility

- **Parenting**
  - BJJ Stuttgart Military Community - Kids’ Program
  - Stuttgart CYS
  - Stuttgart High School

- **Retail**
  - SMYS
  - SCSC Patch Thrift Shop
  - SVYS

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BLDG. 2859
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### Wiesbaden Resources

#### Military
- AFN Wiesbaden
- Army Wellness Center Wiesbaden
- Garrison Wiesbaden
- Landstuhl Regional Medical Center
- Public Health Command Europe
- USAG Wiesbaden ACS
- USAG Wiesbaden Education Center
- Wiesbaden Army Health Clinic

#### Social & Recreation
- BAWT (Travel Group)
- Vegan in Wiesbaden
- Wiesbaden Arts & Crafts
- Wiesbaden Fest Finders
- Wiesbaden Sports & Fitness
- Wiesbaden Welcome Wagon

#### Pets
- KMC PET SITTERS
- Pet of Wiesbaden
- Veterinary Medical Center Europe

#### Parenting
- New Parent Support Program Wiesbaden
- Wiesbaden American Kids in German School
- Wiesbaden Eagle's Nest

#### Retail
- For Sale in Wiesbaden
- Wiesbaden Cars & Stuff 4 sale
- Wiesbaden Community Spouses' Thrift Shop
- Wiesbaden Garage Sale

For the most current information please visit [www.wiesbaden.army.mil](http://www.wiesbaden.army.mil)

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