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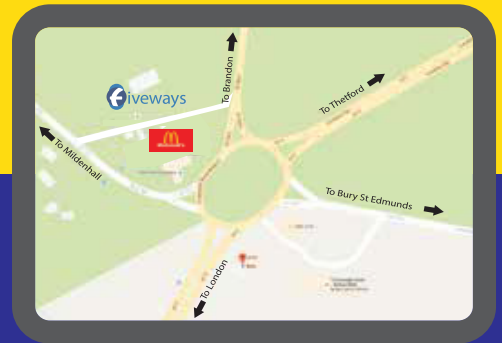
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CONTENTS

Welcome

Welcome to the UK 6

Services

Banking 8

Cell Phones 9

Transportation

Permits, Registration, Fueling 10

Buying a Vehicle, Fueling a Vehicle 11

Housing

Base Housing, House Hunting Off Base 12

Allowances, Utilities 13

Medical Care

On Base Care, Dental Care 14

Life

Key Facilities 16

Resources for Kids 18

School Options 19

Pet Information 22

Personal Enrichment 24

Living Like a Local 26

English Language Differences 28

Conversions & Holidays 29

Directories

Get to Know the Tri-Base Community 30

RAF Lakenheath, RAF Mildenhall, RAF Feltwell

Get to Know the 422nd Air Base Group 34

RAF Croughton, RAF Fairford, RAF Welford

Get to Know the 423rd Air Base Group 36

RAF Alconbury, RAF Molesworth, RAF Menwith Hill

Travel

The Jurassic Coast 38

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What am I entitled to?

Married visiting forces personnel are entitled to two VAT free vehicles, whilst stationed in the UK. If you are a single person you are entitled to one. For more information on whether you qualify for this once in a lifetime opportunity, contact us today!

WELCOME TO THE U.K.



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

EMERGENCY INFORMATION

999 is the Emergency phone number throughout the UK.

NEWCOMERS' ORIENTATION

▶ RAF Mildenhall:

The two-day Team Mildenhall Newcomers' Orientation is held at the Military and Family Readiness Center (M&FRC) in Bldg. 460. Spouses should attend the Newcomers Safety Orientation (which includes drivers' training), and are encouraged to attend extra Spouse Orientations, which are held twice monthly.

- RAF Mildenhall PCS & Welcome Site: 100fss.com/raf-mildenhall-pcs

▶ RAF Lakenheath / RAF Feltwell

Each Tuesday and Wednesday there is a two-day orientation that includes mandatory driver safety briefing and test. The orientation is held at the Eagle's Landing in Bldg. 958. Each Wednesday from 1:30 to 3pm there is there is a separate Spouse Newcomers' Orientation.

- RAF Lakenheath Newcomer Information site: lakenheath.af.mil/About-Us/Newcomers-Information

▶ RAF Alconbury (423d)

When you arrive, your sponsor is required to bring you to the Military & Family Readiness Center (M&FRC) in Bldg. 671 at which point you will sign up for the Base Newcomers' Orientation. The orientation is held at the Community Activity Center on scheduled Thursdays. Spouses are encouraged to attend.

- RAF Alconbury 423d Newcomers' site: rafalconbury.com/support/newcomers

FOOD DELIVERY

Here are some food delivery Apps that are commonly used off-installation across the U.K.

- Just Eat delivers from local restaurants who will deliver to your postcode. just-eat.co.uk
- Deliveroo will deliver both groceries and restaurant takeaway. deliveroo.co.uk
- FoodHub was started in the U.K. and delivers from local restaurants. foodhub.co.uk
- Uber Eats is available in most places. ubereats.com

GROCERIES

Here are some common grocery stores in the U.K. Many also offer their own delivery service.

- Tesco
- Sainsbury's
- Waitrose
- ASDA
- Marks and Spencer (M & S)
- Morrisons
- Lidl
- Aldi
- Co-Op
- Iceland

- Beelivery.com offers same-day grocery delivery across 90% of the U.K.
- Ocado.com is an online grocery store that offers scheduled delivery.

BUDGET OPTIONS

Need an extra pan, cups or dishes at your temporary lodging? Forget something in your household goods? Here is where to find those budget needs.

- Swanky Seconds on RAF Lakenheath is run by the Liberty Community Spouse Association. Located in Bldg. 960 near the Burger King. raflcsa.com
- Trader Winston's Thrift Shop is located in Bldg. 168 on RAF Mildenhall. It is run by the Mildenhall Spouses' Association. mildenhallspousesassociation.com/msa-charity-shops
- DeJaNew – Community Closet on RAF Alconbury is located near the sports fields and has thrift store items in addition to a free military clothing room and food pantry. sites.google.com/view/amspouseclub
- The Mildenhall Airman's Attic offers free items, specially catering to new airmen and their families. facebook.com/MildenhallAirmansAttic

KIDS

- Pre-register for on-installation childcare at militarychildcare.com.
- Begin DoDEA school registration at dodea.edu/registration.



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SERVICES IN THE U.K.



These are some key services that are helpful to set up after you have arrived.

BANKING

On-base options:

- ▶ Community Bank
- ▶ Keesler Federal Credit Union

Off-base options include:

- Barclays
- Halifax
- HSBC
- Lloyds
- Nationwide Building Society
- Natwest
- Santander
- Yorkshire Building Society

POUNDS STERLING ACCOUNT

You will need to obtain a pounds sterling bank account in order to pay bills for cell phone plans, rent and off-base utilities. Opening a pounds sterling account can be accomplished at an on- or off-base bank.

To open a pounds sterling account off base you will need the following. It is highly recommended to visit the bank in person.

- ▶ Proof of identity: U.S. passport with U.K. visa.
- ▶ Proof of address: Rental agreement, utility bill, letter signed by your unit commander and orders.

TAXES AND FEES

There are many taxes and fees that you may not be familiar with or aware of. Below is a list of common fees and cost estimates that people pay while getting settled in the U.K.

Cars

Importing:

- Annual MOT tax – £65
- Light conversion – £300
- Number plate – £25
- Annual road tax – £325 (exempt for the first year)

Buying:

- HPI Test – £30
- Annual MOT tax – £60
- Annual road tax – up to £800 depending on fuel type, vehicle age and CO2 emissions (not exempt)

Cell Phones

Prices will vary depending on the type of phone and plan you choose.

- Monthly payment/contract – from £20
- Pay-as-you-go cell phone – starting at £70
- Pay-as-you-go plan – from £15

Amenities

- TV license/tax – £169.50
- Monthly cable – £60
- Monthly internet at home – £50
- Monthly utilities – £300 for electricity and water.
- Oil – £700 (excluding VAT) to fill a 1,000-liter tank (typically tanks need filled twice a year)

TRAVEL

- Tourist passport - \$165

VALUE ADDED TAX (VAT) PROGRAM

The VAT program exempts you from paying sales tax of 20 percent on non-fixed goods that are individually over £100. To utilize the VAT program for a large purchase, obtain a ration card and visit your installation's VAT office for specific details.

Need to know:

- The "over £100 rule" means that each item must be priced at over £100 (VAT is included in that total).
- VAT exemption does not apply to clothes, vehicles, real estate property purchases, online purchases or utilities.
- For oil heating, you are exempt from paying five percent with VAT Form.

How to use the VAT Relief Program:

1. Ask the vendor if they are willing to participate in the VAT program.
2. Have the vendor address a quote or invoice to your base's FSS.
3. Make an appointment and bring the quote to your FSS office and pay the amount listed on the quote, plus the processing fee (8-10 dollars). FSS will issue a government check in the amount of the quote and a VAT certificate.
4. Return to the vendor to pay for your items with the government check. The vendor must fill out the VAT certificate and retain the merchant copy.
5. Return a copy of the VAT certificate to your FSS office within 10 days. ■



Upon arrival, setting up your cell phone is extremely helpful. There are a variety of options and plans tend to be very affordable.

CELL PHONES

When you arrive, put your phone in airplane mode to avoid unexpected charges. Also update any two-factor authentication (2FA) contact details so you can use after arrival.

Visit ofcom.org.uk to see which providers offer the best signal for 3G, 4G and calls for where you plan to live.

Example Providers

EE, Three, O2, Vodafone, Sky Mobile, Virgin Mobil, GiffGaff, Tesco Mobile

▶ MONTHLY PLANS

- Require a service contract of 18-24 months.
- Need a pounds sterling account with a U.K. sort code and account number.
- No military clause included.

▶ PAY AS YOU GO / PRE-PAY

- Purchase a SIM card from an online vendor to be mailed to a U.K. address, or at a retail location (like grocery stores).
- Pay to add more GBs via your account online, or at a retail location.
- No pounds sterling account is needed to set up if you purchase and top up from retail locations.

▶ APPS TO COMMUNICATE INTERNATIONALLY FOR FREE

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- Facetime
- Hangouts
- WhatsApp ■

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TRANSPORTATION IN THE U.K. >>



DRIVING PERMIT

You must have a valid U.S. driver's license and a USAFE Form 435 (driving/fuel permit) to drive in the U.K. Within 14 days of arrival, you must attend a driver's briefing and take a driver's test to obtain your permit.

- Study the official Highway Code book ahead of time at gov.uk/guidance/the-highway-code

MOTORCYCLES

To drive a motorcycle, you must have a motorcycle endorsement on your state driver's license. Then you can take a Motorcycle Safety Foundation's (MSF) course, Experienced Rider Course (ERC), Basic Rider Course (BRC) or have proof of equivalent training less than three years old. A motorcycle endorsement will then be added to your USAFE Form 435. An EC-approved helmet is required while riding in the U.K. Check details with your Safety Office.

REGISTERING A VEHICLE

PICKING UP YOUR SHIPPED POV
Track your POV at pcsmypov.com

- ▶ **WHAT TO BRING TO THE PORT OF PICK UP**
 - Vehicle title or letter from lien holder authorizing you to ship the vehicle.
 - Valid ID card
 - PCS orders
 - Vehicle Inspection Form
 - Insurance certificate

The Vehicle Processing Center will stamp one copy of customs paperwork and return it to you. Keep this copy as you will need it to register your vehicle in the U.K.

- ▶ **NEXT STEPS**
 - Get light conversion completed.
 - Arrange for a vehicle inspection, MOT or IVA, depending on the age of the vehicle.
 - Register your vehicle.
 - Update insurance to a U.K. policy with your new license plates. Ensure break down coverage is included in the policy or get this covered separately.
 - Set a reminder for annual requirements: road tax and MOT.

VEHICLE INSPECTION

The Ministry of Transport (MOT) requires all imported vehicles to be inspected before registration to obtain a MOT Certificate.

- Shipped vehicles under three years old will get an Individual Vehicle Approval (IVA) test.
- Vehicles purchased in the U.K. do not need a MOT inspection until they are three years old.
- Vehicles over three years of age must have a MOT inspection yearly.

REGISTRATION

All vehicles must be registered with the British authorities at Pass and Registration within three working days of purchase or import arrival. Only two vehicles are authorized per military member at a time.

Visit Pass and Registration to register your vehicle.

- All shipped vehicles are permitted two trips until registered.
 1. You may collect the vehicle from the VPC (or drive from Europe) to your residence.
 2. You may drive from your residence to a pre-booked inspection and light conversion appointment.

- Shipped vehicles are exempt from the first year of road tax. You must pay the tax 12 months after initial registration at Pass and Registration.

BUYING A VEHICLE

You have the option to buy a new or used car from dealers and private sellers.

- Check gov.uk/check-mot-history to see if the second-hand vehicle is taxed and has a MOT.
- Road tax is not transferable and must be paid before driving the vehicle.
- Vehicles cannot be driven on the road without a MOT.

FUELING A VEHICLE

Your USAF Form 435 doubles as both a driving permit and fuel permit. You must have this on hand to fuel your vehicle at any on base gas station.

- Your vehicle must be affiliated with your driving/fuel permit in order to fuel it on base. Visit Pass & Registration to have new vehicles added.
- It is possible to get discounted in-full off base by participating in the AAFES Fuel

Card program. You must have a current USAF Form 435 and a Military Star card. Visit the BX for an application.

DRIVING IN THE U.K.

Drive on the LEFT side of the road.

- Look right for oncoming traffic.
- On carriageways and motorways, the slow lane is furthest to the left. Passing lanes are on the right. You may not drive in the passing lanes except to overtake another vehicle.
- There is a "No Overtaking" policy within a 10-mile radius of RAF Lakenheath. Find out more details from your Safety Office.
- Be cautious on country roads. They are narrow, have ditches to the sides, rarely have hard shoulders, have hidden dips, limited sight around curves and hills that are unmarked. In addition, there is usually no lighting at night.
- Tailgating and brake checking are illegal in the U.K.
- U.K. laws are very strict on driving over the speed limit. If caught by speed cameras or the U.K. police, large fines and points on your license will be given.

- DUI is a very serious offense that will result in a large fine and driving ban.
- It is illegal to use a handheld device while driving in the U.K. and on-installation.
- Be cautious using a GPS, radio, drinking or eating while driving. If your eyes leave the road, you are susceptible to a due-care-and-attention fine.
- Failure to maintain tires may lead to large fines, points on your license or seizure of vehicle.
- It is illegal to leave your vehicle unattended while it is running. ■

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HOUSING IN THE U.K.

There is plenty of variety when it comes to housing in England. It's important to know that most British homes are smaller than those in America. Whether you end up living on installation or find a house locally, it will be exciting to settle into your new home.

Your first stop will be the Military Housing Office (MHO), which will assist you in finding a home.

- ▶ **TRI-BASE AREA:** (RAF Lakenheath, RAF Mildenhall, RAF Feltwell): Bldg. 429 | 44-1638-52-2101
- ▶ **RAF CROUGHTON:** (RAF Welford, RAF Fairford): Bldg. 62 | 0128-070-8951
- ▶ **RAF ALCONBURY:** (RAF Molesworth): Bldg. 572 | 0148-084-3518
- ▶ **RAF MENWITH HILL:** Bldg. 416 | 0142-377-7886

BASE HOUSING

MILITARY FAMILY HOUSING (MFH)

Family housing is available on select installations. You can pre-register your interest in MFH before you arrive by visiting home.mil/heat.

Once you've arrived at your new duty station, you will be added to the waitlist. When living in MFH, the government will cover your rent and utilities, so you do not receive Overseas Housing Allowance (OHA).

Installation housing is available at the following locations.

- RAF Lakenheath
- RAF Mildenhall
- RAF Feltwell
- RAF Croughton
- RAF Bicester
- Caversfield
- RAF Alconbury
- Brington (RAF Molesworth)

UNACCOMPANIED HOUSING

Dorms are available for single airmen of grades of senior airmen and below. Your sponsor should secure you a dorm room prior to arrival. Configurations vary from installation to installation but will include a bed, chest of drawers,

desk and chair. Dorms also provide newcomers bedding like a pillow, pillowcase, sheets and blankets.

PRIVATE HOUSING

- ▶ Private homes assessed by your installation's Housing Office or found by a realtor.
- ▶ You pay any associated fees.
- ▶ You will receive Overseas Housing Allowance.

HOUSE HUNTING OFF BASE

With limited on-installation housing options, many people find homes in the local area.

FINDING A HOME

Your Housing Office may have listings for local homes. In addition, the following websites are good sources for finding a home.

- www.rightmove.co.uk
- www.homes.mil
- www.zoopla.co.uk

VIEWING A HOME

Contact the landlord or realtor in the home's listing to set up a time to view a home you are interested in. Be sure to verify the availability date, to ensure it is not beyond your permitted 30 days of TLA.

- ▶ If you would like to rent a property, the landlord or realtor may ask for a holding fee of £250 to £300. Ensure you get a written description of what the holding fee entails.

LEASE SIGNING

Once you find a home, contact your Housing Office to verify the property has been inspected and meets adequacy standards. Do not sign the lease until the Housing Office has reviewed it.

- ▶ It is best to use the standard lease provided by the Housing Office, however, if the landlord or realtor offers a different lease, ensure the military clause is included allowing for 30 days notice of termination due to military reasons.
- ▶ Security deposits are typically around one month's rent in pounds. This is an additional cost to your payment of the first month's rent. The security deposit is used to cover any repairs necessary after you vacate the home. It is deposited in a governmentally-run, and you should ask for the reference number within two weeks of moving in.
- ▶ It is your responsibility to conduct a condition inspection when you move in. It is highly recommended that you take photos of the home's condition and provide them to your landlord as a record to avoid discrepancy when you vacate.
- ▶ Confirm your landlord's preferred communication method (text, email, phone) and get an agreement in writing.
- ▶ If you are required to sign a "Right to Rent" letter, keep a copy of it with your lease. Failure to prove your right to rent in the U.K. can result in a £50,000 fine.
- ▶ Do not use baby monitors or house phones that use Digital Enhanced Cordless Telecommunications (DECT 6). They operate on a frequency not permitted in the U.K. or Europe and are illegal with fines of £5,000.



ALLOWANCES

When living off-installation, you are entitled to allowances that help offset the additional costs.

Visit travel.dod.mil/Allowances to calculate the amounts of your compensation based on location, rank and family situation.

OVERSEAS HOUSING ALLOWANCE (OHA)

RENTAL ALLOWANCE

OHA is approved up to a certain amount but will only be paid out to match the rental cost on your lease agreement. If your rent is higher than your permitted OHA, you will need to cover the additional cost.

- In the U.K. landlords may change rental rates at the end of each one-year term. Keep a potential rise in rent in mind when searching for homes.
- Complete and submit the council tax exemption form in order to avoid paying local council taxes or fines.

UTILITY ALLOWANCE

A utility allowance helps to offset your costs for electricity, heating and water. You will receive an established rate.

- An Energy Performance Certificate should be provided for your rental property to give you an idea of energy efficiency and utility costs. An A-rated home is most efficient, and E-rated home is the least you may accept, while a G-rated home is the least efficient.

MOVE-IN HOUSING ALLOWANCE (MIHA)

MIHA is a one-time payment to help defray additional costs like buying transformers and wardrobes, one time fees, security-related enhancements, window screens, or safety upgrades.

ADVANCED OVERSEAS HOUSING ALLOWANCE (AOHA)

The Finance Office offers AOHA as an optional interest-free loan to help you pay initial expenses like security deposits and first month's rent. Applications are available at the Housing Office.

LOANER FURNITURE

While waiting for your furniture to arrive, temporary items are available for you to use (whether you live on or off base) through your installation's Furnishings Management Section (FMS). You can also contact your local M&FRC for loan locker items.

► Items available to off-installation residents.

- Dryer
- Refrigerator
- Transformers
- Wardrobes
- Washer

Note: You will need a form, available at FMS, signed by your landlord stating that they will not hold FMS property as collateral if you fail to pay rent.

UTILITIES

INTERNET

Ask about the Internet speeds before moving on base or deciding on a house off-installation. Depending on the location of your home, providers may not be able to guarantee fast connection speeds.

To check what provider works best in your area and has the best deal, visit a price comparison website.

moneysupermarket.com

gocompare.com

uswitch.com/broadband/postcode_checker

► Commonly used providers

- British Telecom (BT)
- Javelin
- Sky
- Three

► Unlimited Data SIM option

As an alternative to broadband, you may choose to use an Unlimited Data SIM card paired with a router in your home. You will need to purchase a SIM Wi-Fi router and a SIM card with unlimited data to use in the router.

HOME PHONE

Many people opt to use their cell phones as their primary phone, thus eliminating the need for a landline. If you choose to set up a landline, many companies (such as those listed above) offer bundle packages.

TELEVISION LICENSE

You will need to obtain a television license if you plan to watch live TV, live stream video on any device (TV, cell phone, tablet, laptop, etc.) or watch BBC programs on iPlayer. For more info go to tvlicensing.co.uk

- AFN Now is available as a streaming service and offers US programming. Visit afn-now.myafn.mil to sign up. ■



HEALTHCARE IN THE U.K.

During your time in the U.K., you will need to see a doctor and dentist. Depending on the specialty services you might require, you may need to be referred off-installation for medical services.

ON-BASE CARE

Active-duty servicemembers and their dependents are typically assigned to a primary care team on the installation.

- ▶ For appointments, referrals and prescription refills, use the MHS Genesis Portal at myaccess.dmdc.osd.mil
- ▶ **Appointment Lines**
 - Tri-Base Region (RAF Lakenheath, RAF Mildenhall, RAF Feltwell)
48th Medical Group | 0163-852-8010
 - RAF Alconbury, RAF Molesworth | 423rd Medical Squadron | 0148-84-2273
 - RAF Croughton | 422nd Medical Squadron
0128-070-8737
- ▶ 24-Hour Nurse Advice Line: 0800-028-3263

GIVING BIRTH

During your pregnancy, you can receive prenatal care at your installation's medical center or clinic.

DELIVERY OPTIONS

- ▶ **RAF LAKENHEATH HOSPITAL**
If you are stationed outside the Tri-Base region, you can enroll in the Stork Nesting program by contacting your primary health care provider. You will be transitioned to RAF Lakenheath for delivery. The program includes lodging and transportation as needed.
- ▶ **OFF-INSTALLATION BRITISH BIRTHING CENTER OR HOSPITAL**
For details and to find locations near you with birthing options, visit the NHS website. nhs.uk/pregnancy/labour-and-birth
- ▶ **FLY BACK TO THE U.S. FOR DELIVERY**
At your own expense, and without a TRICARE referral, you may travel to the U.S. If you choose to do this, you will need to remain in the U.S. until the new baby's identification documents are established.

DENTAL CARE

Dental clinics on base prioritize active-duty service members for care. Dependents may occasionally be seen during seasons of limited access or on a space-available basis with priority being given for dental emergencies.

- ▶ With TRICARE dental insurance, via United Concordia, patients not seen on installation can establish quality, affordable care at dentists in the local British community. tricare.mil/CoveredServices/Dental/TDP
- ▶ Dependents are advised to establish a regular dentist off-installation. Visit your local TRICARE office for a list of recommended providers. ■



EMERGENCY CARE

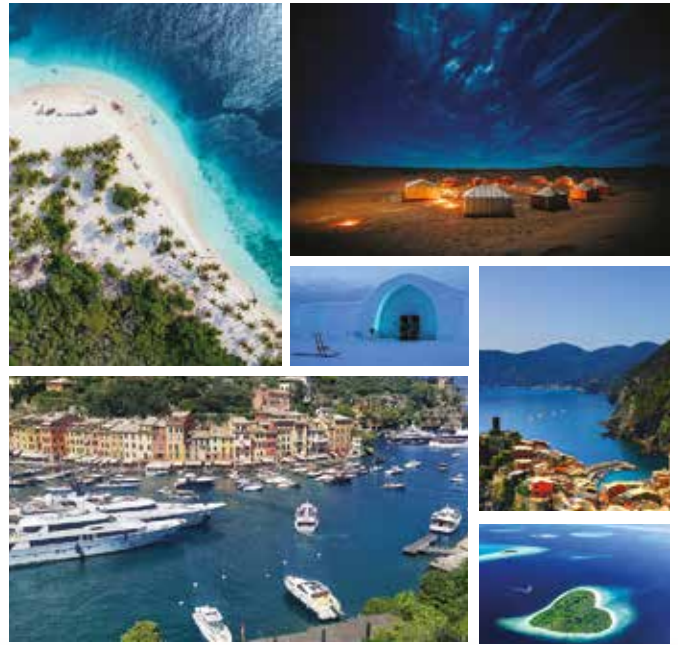
999 is the emergency line in the U.K.

112 is the emergency line in the rest of Europe.

While traveling, all TRICARE beneficiaries can call +44-20-8762-8133 for support.

LOCAL EMERGENCY ROOMS


- ▶ RAF Lakenheath Hospital has an ER to service the Tri-Base Region.
- ▶ RAF Alconbury: Use the ER at Hinchingsbrooke Hospital.
- ▶ RAF Croughton: Use the ER at Horton General Hospital.
- ▶ RAF Molesworth: Use the ER at Hinchingsbrooke Hospital.
- ▶ RAF Fairford: Use the ER at Great Western Hospital
- ▶ RAF Menwith Hill: Use the ER at Harrogate District Hospital.



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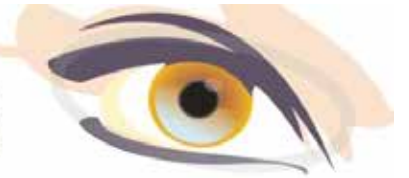
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Website: www.lakenheathopticians.co.uk
Tel: 01842 861999



LIFE IN THE U.K.

KEY FACILITIES

FORCE SUPPORT SQUADRONS

RAF Lakenheath and RAF Feltwell:
lakenheathfss.com



RAF Mildenhall:
100fss.com



RAF Croughton, RAF Fairford, RAFWelford,
RAF Blenheim and RAF Menwith Hill:
rafcroughtonfss.com



RAF Alconbury, RAF Molesworth:
rafalconbury.com



POST OFFICE

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

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

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

- RAF Lakenheath Post Office | Bldg. 1025
01683-52-3548
- RAF Mildenhall Post Office | Bldg. 172
01638-54-7678
- RAF Croughton Post Office | Bldg. 29
01280-70-8092

Services are very limited. Stamps and shipping labels cannot be purchased at the post office and military members are encouraged to use USPS Click and Ship to create prepaid labels.

- RAF Fairford Post Office | Bldg. 66
01285-71-4136

- RAF Alconbury Post Office | Bldg. 502
01480-84-3539
- RAF Molesworth Post Office | Bldg. 346
01480-84-2992

AFN

The American Forces Network (AFN) broadcasts online via the AFN Go app available at afngo.net/anfeurope.

VOTING OVERSEAS

- Register at FVAP.gov
- Select your state of residency and request an absentee ballot.

COUNSELING OPTIONS

Military & Family Life Counselors (MFLCs) provide free non-medical, anonymous sessions in individual, couple, family or group settings.

Chaplains offer counseling for all personnel regardless of religious preference. Discussions with chaplains are 100% confidential.

Military OneSource offers 12 free sessions for individual, couple, family or group settings. Visit militaryonesource.mil/non-medical-counseling.

The Veterans Crisis Line (VCL) and Military Crisis Line (MCL) are available 24/7 for free confidential mental health support.

www.veteranscrisisline.net

Call: 844-702-5495 | DSN: 988 | Text: 838255 ■

RESOURCES FOR KIDS



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

CHILD DEVELOPMENT CENTERS (CDC)

These centers offer weekday childcare for children ages 6 weeks to 5 years old. Visit militarychildcare.com to get registered or placed on waitlists.

FAMILY CHILD CARE (FCC)

Family Child Care takes place in a private home in base housing. All providers are vetted by government staff and regularly participate in inspections to verify appropriate space and care is provided. As an alternative to the CDC, FCC offers full time, part time, drop-in, evening and weekend childcare for children aged 2 weeks to 12 years old. Each provider establishes their own availability.

SCHOOL-AGE CARE (SAC)

The SAC offers before and after-school care that includes structured recreation and homework help. In addition, they offer holiday and summer camps for kids in kindergarten through 12 years old. Fees are based on family income. Registration is at the SAC facility.

YOUTH CENTERS

Youth offers a place for tweens and teens to hang out, participate in after-school clubs and get involved in their local community. Centers offer a range of options like youth sports programs, instructional classes and field trips.

COUNSELING

- Adolescent Support and Counseling Services (ASACS) are available at middle and high schools.
- Military Family Life Counselors (MFLCs) offer free non-medical anonymous sessions with specialists for adolescents, children and families.
- Available through DoDEA schools and Child and Youth Programs (CYP).
- Military OneSource offers virtual, free short-term counseling. Visit militaryonesource.mil/non-medical-counseling for details. ■

Get your kids a copy of the **FREE Dandelions magazine**. Full of fun activities, creative crafts and interesting stories, this magazine is specially written for military-connected children stationed in Europe



SCHOOL OPTIONS



Your installation's School Liaisons (SLO) are a good first resource for any questions regarding school options while stationed in England. While many students attend a Department of Defense Education Activity (DoDEA) school, not all installations offer DoDEA schools. Both homeschooling and British schools are available.

SCHOOL LIAISON OFFICES (SLO)

Tri-base Region: RAF Lakenheath SLO

Bldg. 950 (M&FRC) | Phone: (+44) 1638-525077
48fss.ccl.slo@us.af.mil

RAF Alconbury SLO

Bldg. 671 | Phone: (+44) 01480-843232
Schoolliaison.alconbury@us.af.mil

RAF Croughton SLO

Bldg. 72 | Phone: (+44) 1280-707498
422abg.sloschoolliaisoncroughton@us.af.mil

DODEA EUROPE

DoDEA schools are located in the Tri-base region and at Alconbury. They accept enrollments throughout the year to accommodate military families.

Enroll at: dodea.edu/registration.

- ▶ **Tri-base Region** (RAF Lakenheath, RAF Mildenhall, RAF Feltwell)
 - Feltwell Elementary School (grades K to 5th): feltwelles.dodea.edu
 - Lakenheath Elementary School (grades Pre-K to 3rd): lakenheathes.dodea.edu
 - Liberty Intermediate School (grades 4th to 5th, on RAF Lakenheath): libertyis.dodea.edu
 - Lakenheath Middle School (grades 6th to 8th): lakenheathms.dodea.edu
 - Lakenheath High School (grades 9th to 12th): lakenheathhs.dodea.edu
- ▶ **RAF Alconbury**
 - Alconbury Elementary School: alconburyes.dodea.edu
 - Alconbury Middle High School: alconburymhs.dodea.edu

- ▶ **RAF Croughton, RAF Fairford, RAF Welford**
 There are no DoDEA schools on the 422nd Air Base Group installations. Children in these locations have a few options. Visit the base SLO to help understand options and explore local schools.

Non DOD Schools Program (NDSP)

- Private Schools. The NDSP can provide your family with funding for your children to attend local British private or international schools. These may be far from your home and require boarding.
- Local British public schools are also another option. Though the British system is different, public schools may be your child's closest option. The NDSP can help offset costs like

books and public transportation that are typically included in American public schooling.

- The NDSP could also be used to fund an online or homeschooling program and resources.
- Visit dodea.edu/nonDoD to see funding options.
- Register at registration.dodea.edu/ndsp

BRITISH SCHOOLING

If your child attends a British school, there are a few things to keep in mind.

- ▶ The British school calendar will not include U.S. holidays and USAFE Family Days.
- ▶ Repeated absences even for mild sickness or medical appointments have serious consequences and fines up to £1,000.
- ▶ The school year runs from early September to late July.
- ▶ School-sponsored transportation is not typical. Most students take public buses.
- ▶ Report cards are infrequent and letter grades are typically not given.
- ▶ Uniforms are required.

HOMESCHOOLING

While in the U.K., families fall under the U.S. federal regulations that allow for home schooling, not the rules of any particular U.S. state. You are not required to register with the installation or any state agency. It is highly recommended to use an accredited online school or purchase a robust home schooling program to ensure the transferability of credits. Your children may be eligible for auxiliary services offered by DoDEA-Europe. Contact the School Liaison for more information and to connect with homeschool groups. ■



Understanding the role
of School Liaison Officers



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www.centralgarage-lakenheath.co.uk

PET INFORMATION



If you've brought your furry friend to England, you must register them at the RAF Feltwell Veterinary Treatment Clinic within two weeks of arrival.

While the installation vet can see pets for routine care, appointment availability is often low. It is highly recommended that you establish a local British veterinarian for your pet's basic care in addition to emergency and specialty needs.

PCSING WITH YOUR PET

To bring your pet to the U.K., and avoid costly quarantining, there are a number of steps required. For details, visit gov.uk/bring-pet-to-great-britain.

1. Ensure your pet has a 15-digit ISO microchip.
2. Pets must have all current vaccinations at least 21 days prior to arrival.
3. Dogs must have a tapeworm treatment documented within five days, but not less than 24 hours of arrival.
4. Have a UK health certificate signed by a USDA or military veterinarian.
5. Book travel.
 - If you fly on the Patriot Express your pet's paperwork will be checked by British customs agents when you arrive at RAF Feltwell. It can take up to eight hours after you land before your pet is released to you.

- If you travel on a commercial airline you must fly into Heathrow, Gatwick or Manchester so your pet can pass through an approved UK Department for Environment, Food & Rural Affairs (DEFRA) office and clear customs. If you come into Heathrow, the recommendation is to hire a pet transport company to assist in the process.

REGISTRATION

RAF Feltwell Veterinary Treatment Clinic
Bldg. 80 | 01638-52-7097
usaf.lakenheath.48-mdg.mbx.vet-clinic@health.mill

- ▶ **Documents to provide for registration:**
 - DD Form 2343
 - Veterinary Health Record
 - Copy of PCS orders
 - ID card
 - Copy of the pet's vaccination/medical records

REQUIRED VACCINATIONS

- Rabies
- Distemper
- Hepatitis
- Parvovirus
- Leptospirosis
- Cat Flu
- Enteritis
- Feline Leukemia
- Worming, flea and tick - Ensure pet is on these preventive medicines year-round

PET REGULATIONS & LAWS

- You must provide your pets with a suitable environment, diet and housing, plus offer the freedom to exhibit normal behaviors and protect them from pain, suffering, injury or disease.
- Cats have a 'right to roam' in the U.K. and are not required to wear a collar.
- Dogs must have a collar and ID tag on at all times when in public. The tag should include their name, your phone number and your address.
- You must be able to control your dog and not let them be dangerously out of control or chase or attack livestock.
- There are large fines for not picking up your dog's poop in public places.
- Many public places have local ordinance requiring dogs to be on leashes.
- Tail docking, ear cropping and declawing are illegal in the England.
- In order to travel to the EU with your pet, it must at least have a microchip, rabies vaccination, and UK animal health certificate. The U.K. no longer issues pet passports. ■

DOD Pet
Transportation
Allowance





We are an independent, long established practice, which provides excellent veterinary care for your pets at our facility in Mildenhall. We give the highest standards of veterinary care in a professional and friendly environment.

Your pets are our first priority.

Thinking of getting a new pet?

We will help you look at all the things to consider when taking on a new pet. Our expert nurses will talk to you about the pitfalls to avoid when choosing your pet and where to get it from, whether buying a puppy or kitten or rehoming a rescued pet. We will advise how to care for your pets, such as a good diet, grooming, training, lifestyle and preventative healthcare. *FOR FREE.*

So make an appointment to talk to one of our nurses and have the best chance to have a happy household.

Care for Life

We don't just take care of your new pets, but offer treatment for the whole of their life, whether it is preventative healthcare, during illness, performing operations or support for old age – our experienced vets can cover it all.

Many of our nurse consultations are free and cover:

- Dental care • Nutrition • Weight checks
- Flea and worm preventative healthcare
- Senior care • Puppy and Kitten Socialisation

Aquarius Veterinary Centre

Field Road, Mildenhall

Suffolk IP28 7AL

Tel. 01638-717871

PERSONAL ENRICHMENT



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

EMPLOYMENT OPPORTUNITIES

Visit your local base M&FRC for one-on-one support, and to update your resume or research job and volunteer opportunities.

On-Base Jobs Options

- **NAF Positions:** Non-Appropriated Fund (NAF) and General Schedule (GS) positions are offered with MWR, FSS and command agencies. Hours range from full-time to flexible part-time with varying employment benefits. Search and apply at: usajobs.gov.
- **DoDEA-Europe:** On-installation schools offer full and part-time employment as support staff, substitute teachers and administrative

employees Find certified teaching positions at: dodea.edu/offices/HR. Find local support positions at usajobs.gov.

- **Army and Air Force Exchange Service (AAFES):** For positions at AAFES facilities like the Exchange and food courts, visit aafes.com/Applymyexchange.
- **Defense Commissary Agency (DECA):** Jobs at usajobs.gov.
- **Defense Contractors:** Job opportunities with contractors are typically advertised via the company's human resources department. Your installation's contracting office and A&FRC or ACS office may have information about companies with contracts near you.
- **Family Childcare:** Child and Youth Services is always looking for qualified individuals to run family childcare businesses inside their on-base home.

Local British Jobs

The Status of Forces Agreement (SOFA) allows command-sponsored dependents of military or civilian government employees to obtain jobs on the local British economy without needing a work permit. You will need to have the following.

- A U.K. visa / vignette in your passport.
- You must apply for a National Insurance Number (NIN). Visit gov.uk/apply-national-insurance-number for detailed instructions.
- Proof of your current U.K. address like a utility statement.
- A pounds sterling bank account for payment.

Search for local positions at findajob.dwp.gov.uk.

When working on the local British economy you will be subject to U.K. income tax by the Inland Revenue Office, and you will still need to file for U.S. income tax. Visit your installation's Legal Office for more details.

EDUCATION

You can further your college education while stationed in England. Visit the M&FRC to find out about programs and assistance.

► University of Maryland Global Campus: europe.umgc.edu

Undergraduate, graduate and doctoral programs. Offers face-to-face and online courses.

► Embry-Riddle Aeronautical University:

worldwide.erau.edu/locations

Certifications, undergraduate and graduate degrees. Online, in-person and blended learning.

► Other schools with online course work: military.com/education or militaryonesource.mil

Many U.S.-based colleges and universities offer online courses and discounts for military-affiliated students.

VOLUNTEERING

Volunteering is a wonderful way to get involved in your community. Start by making connections.

- Visit your installation's M&FRC, Post Office, the American Red Cross and the USO.
- Reach out to organizations across your installation that align with a career field you are interested in.
- Find local spouses clubs, interest groups or sports organizations to join.
- Do you enjoy writing? Submit travel or lifestyle stories to contentteam@stripes.com for publication at StripesEurope.com.

COMMANDER'S KEY SUPPORT PROGRAM (CKSP)

A Key Support Liaison (KSL) is a volunteer within a squadron selected by the Commander to be a link between spouses and the unit. KSLs help newcomers by reaching out before they arrive to help answer questions they may have before moving, and they provide newcomers with the resources available for adjusting to a new base. KSLs are there to support and help newcomers in their transition and throughout their tour in the U.K. ■

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LIVING LIKE A LOCAL



What is Bonfire Night?



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

EVERYDAY LIFE IN THE U.K.

DINING

- You are unlikely to be rushed during a meal, so people often stay for two hours or more.
- Customer service is different than what you may be used to.
- Servers may not check on you often, so take the initiative to ask if you need something.
- Ice is typically not included with your beverages.
- Tipping is not required at pubs. Menus in restaurants will note whether or not tipping is included. If not, you can give 10 to 15 percent.

SHOPPING

- Bring your own bag or be prepared to pay roughly five pence per plastic bag.
- Most shops will be open Monday through Saturday from approximately 9 a.m. to 5 p.m., with shorter hours on Sundays. Supermarkets may be open longer hours depending on their location.
- Many supermarkets offer online ordering and delivery services. Consider registering for a free supermarket points card to get savings, which can result in savings in store and online. Be on the lookout for market days near you so you can buy fresh local produce and goodies.
- Look for time limits on signs at car parks (parking lots) and follow them to avoid being ticketed.
- Have a pound or trolley (cart) coin with you to use as a deposit at some supermarkets.
- When paying to park, overestimate how long you plan to spend. Overstaying your ticket can be expensive and may result in a fine.
- Consider using park-and-ride services in the bigger towns and cities. ■

TRASH AND RECYCLING

Recycling is a requirement. Each local district council has its own regulations. Check with your landlord or neighbors for pick up schedules. Your installation will also have specific recycling and waste disposal regulations.

Recycling Bin (Usually Blue)

- Paper, box and card (from cereal boxes to packing boxes)
- Glass bottles, jars, broken glass
- Plastic bottles, tops, packaging, cleaned plant pots, bread bags, cling film, bubble wrap
- Cans and tins
- Foil (clean)
- Drink and food cartons

NO: Ceramics, mirrors, batteries, cellulose or crinkly plastic packets, hard plastic houseware or toys, heavy metal items, paint cans

Garden Bin (usually green or brown)

- Garden waste, grass clippings, leaves
- Food waste, can be in newspaper or paper bags
- Untreated wood
- Shredded paper
- Straw, sawdust
- Cold ashes

NO: Plastic bags (even biodegradable), turf or soil, stone rubble, cat or dog waste

Domestic Bin (usually black or grey)

- Regular household trash that can't be recycled
- Diapers, wet wipes, tissues

Take to household recycling centers

- Light bulbs, fluorescent tubes
- Oil and paint
- Electrical equipment
- Batteries
- Building waste
- Heavy metal items
- Hard plastic housewares
- Clothing can be placed in clothing banks



VISIT gov.uk/recycling-collections to search by postcode for specific rules in your council.



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kfcu.org | 0-800-585-765 | 01638-533268

LANGUAGE DIFFERENCES

It can be surprising how much difference there is between dialects of the English language. The chart below lists common British words and their American equivalents.

TRANSPORTATION

Bonnet	hood (of a car)
Boot	trunk (of a car)
Car park	parking lot
Caravan.....	camper/trailer
Car hire.....	rental car
Carriageway	smaller highway
Estate	station wagon
Flyover.....	overpass
Gearbox.....	transmission
Indicator	turn signal
Junction.....	exit
Lay-by.....	rest area
Lorry.....	semi-truck
Motorway	freeway/expressway
Number plate.....	license plate
Petrol	gasoline
Roundabout	traffic circle
Saloon	sedan
Sat nav.....	GPS
Tube/underground	subway
To let/for let	for rent
Windscreen.....	windshield

SHOPPING/CLOTHING

Chemist	pharmacy
Jumper.....	sweater
Nappy.....	diaper
Off-license	liquor store
Pants	underwear
Pushchair	stroller
Quid	slang for pounds sterling (GBP)

Rucksack.....	backpack/knapsack
Spectacles.....	eyeglasses
Trainers	athletic shoes
Trousers.....	pants
Wardrobe.....	closet

FOOD

Aubergine.....	eggplant
Biscuit.....	cookie
Candy	hard candy
Chicken goujons.....	chicken tenders
Chips	thick-cut fries
Cooker/hob.....	stove
Courgette.....	zucchini
Crisps	chips
Cuppa	cup of tea
Ice lolly	popsicle
Jacket potato.....	baked potato
Mince.....	ground meat
Peckish	hungry
Rasher.....	bacon
Sweet or pudding.....	dessert
Sweets.....	candy
Takeaway	take-out food
Toastie	grilled/toasted sandwich
Trolley.....	shopping cart

MISCELLANEOUS

Barrister	lawyer/attorney
Bin.....	trash can
Booking.....	reservation
Loo.....	toilets
Plaster.....	band aid
Rubber	pencil eraser
Queue.....	line

CONVERSIONS & HOLIDAYS

U.K. PUBLIC HOLIDAYS

NEW YEAR'S DAY

Jan. 1

EASTER HOLIDAYS

March 29 – April 1, 2024

April 18-21, 2025

EARLY MAY BANK HOLIDAY

May 6, 2024

May 5, 2025

SPRING BANK HOLIDAY

May 27, 2024

May 26, 2025

SUMMER BANK HOLIDAY

Aug. 26, 2024

Aug. 25, 2025

CHRISTMAS DAY

Dec. 25

BOXING DAY

Dec. 26



WOMEN'S SIZES

Shoes

Women's shoes in the UK are sized at three less than a U.S. shoe size.

US	U.K.
5	2
5.5	2.5
6	3
6.5	3.5
7	4
7.5	4.5
8	5
8.5	5.5
9	6
9.5	6.5
10	7

Clothing

Women's clothing in the UK is generally sized four higher and in the U.S.

US	U.K.
0 (XXS)	4
2 (XS)	6
4 (XS/S)	8
6 (S)	10
8 (M)	12
10 (M)	14
12 (L)	16
14 (L/XL)	18
16 (XL)	20
18 (1XL)	22
20 (2XL)	24

Bras (Cups AA-E)

In the U.K. bra measurements are the same as in the US, but the cup sizes can be slightly different.

US	UK
AA	AA
A	A
B	B
C	C
D	D
DD (E)	DD
DDD (F)	E
DDDD (G)	F
H	FF
I	G
J	GG

MEN'S SIZES

Shoes

Men's shoes in the U.K. are sized at one less than a U.S. shoe size.

6	5
6.5	5.5
7	6
7.5	6.5

8	7
8.5	7.5
9	8
9.5	8.5
10	9
10.5	9.5
11	10
11.5	10.5

12	11
12.5	11.5

Clothing

In the U.K., mens clothing is sized the same as in the U.S.

CHILDREN'S SIZES

Shoes & Clothing

Kids shoes are sized the same in the U.S. and the U.K.
Kids clothing is generally sized the same as in the U.S.

TEMPERATURE

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

MEASUREMENT

1 kilometer =	0.6 miles
1 meter =	3.3 feet
1 centimeter =	0.39 inches
1 kilo (kilogram) =	2.2 pounds
1 gram =	0.035 ounce
1 litre =	1.057 quart
1 stone	14 pounds
1 tonne	2204 pounds
1 pint (beverage)	19.2 fluid ounces

GET TO KNOW TRI-BASE COMMUNITY

RAF Lakenheath, RAF Mildenhall, Feltwell



RAF LAKENHEATH

48th Fighter Wing | lakenheath.af.mil

RAF Lakenheath brings unique air combat capabilities to the fight, such as the most advanced Joint Direct Attack Munitions used by the F-35A & F-15E. RAF Lakenheath provides all-weather, day or night air superiority and air-to-ground precision combat capability and multi-staged improvement program avionics.

RAF MILDENHALL

The 352nd Special Operations Wing and 100th Air Refueling Wing | mildenhall.af.mil

The 352nd Special Operations Wing (SOW) based at RAF Mildenhall, England, is part of the Air Force Special Operations Command. The wing provides premier special operations infiltration and exfiltration of supplies, equipment and personnel in both Europe and Africa.

The 100th Air Refueling Wing delivers global air refueling across Europe and Africa. This wing is also responsible for providing a ready force and strategic forward base on RAF Mildenhall.

GET TO KNOW THE EAST OF ENGLAND

The East of England is one of the nine official regions within England. Historically, a large part of the area was called East Anglia named for the Angles who joined the Saxons and Jutes from Germanic Europe to settle in England after the fall of the Roman Empire. You can learn more about the Anglo-Saxons at **Sutton Hoo** where a treasure-filled ship burial from the year 625 was uncovered.

For much of its history the area was covered in fens, low wet areas that were first drained in the 17th century. Today this flat fertile area is ideal for farming. Explore the many local **town markets** to find homegrown seasonal produce and farm products. Find your local market at westsuffolkmarkets.co.uk

After the Norman invasion of 1066, walled cities and castles were built throughout the country. Some developed into wealthy medieval cities like **Norwich**. Visit Norwich today to see its famous Norman castle and majestic cathedral.

In the summer, a visit to the beach at **Great Yarmouth** is popular. This resort town has miles of sandy shoreline, fun attractions, live shows and special events year round. ■

A DAY TRIP TO NORWICH



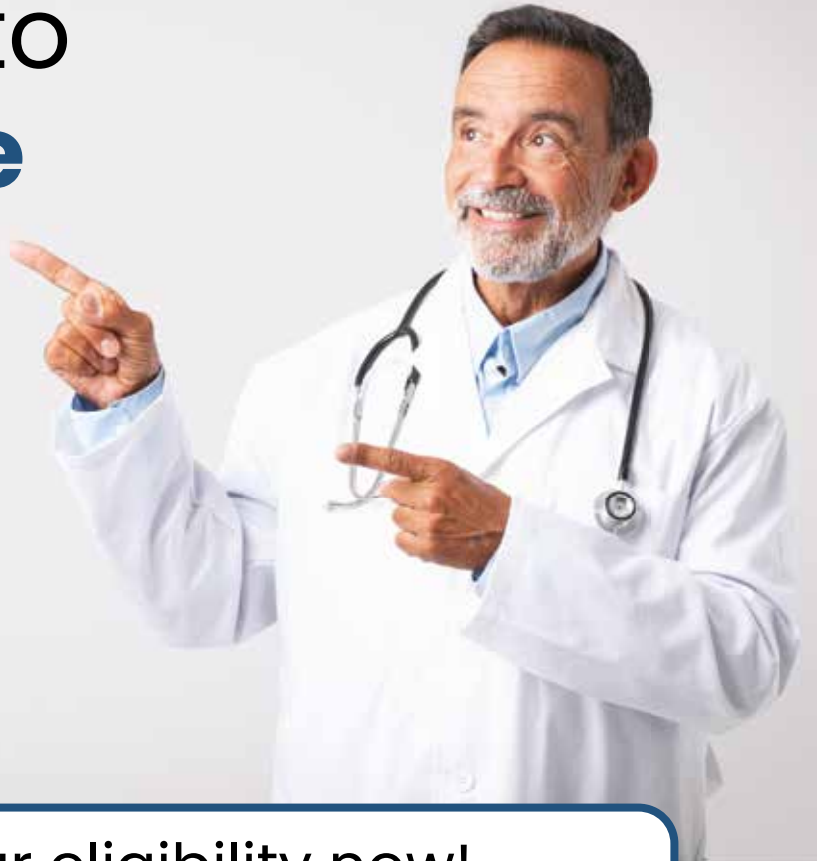
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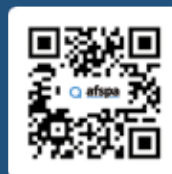


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MILDENHALL

DIRECTORY

Phone Directory	CIV Phone #
Emergency Numbers (OFF-BASE)	999/112
Emergency Numbers (ON-BASE)	01638-54-7999
Operator	01638-54-1110
American Red Cross	01638-54-3742
Auto Hobby Center	01638-54-2480
Base Exchange Mobile Center	01638-51-5727
Child, Youth Service - Registration	01638-54-2042
Civilian Personnel Office	01638-54-3540
Commissary	01638-54-2475
Education Services Officer/Assistant	01638-54-2350
Exceptional Family Member Program	01638-54-3406
Finance Office	01638-54-8851
Furnishings Management Office (Feltwell)	01638-52-7030
Housing (Lakenheath)	01638-52-2101
ID Card Facility	01638-54-2222
In-/Out-Processing	01638-54-2222
Legal Services	01638-54-2028
Lending Closet	01638-54-3406
Library	01638-54-2352
Medical Appointment Line	01638-52-8010
Military and Family Readiness Center	01638-54-3406
New Parent Support Program	01638-54-8070
Passport Office	01638-54-2222
Patient Advocate (Lakenheath)	01638-52-8119
Post Office	01638-54-7678
Relocation Assistance Program	01638-54-3406
School Liaison Office (Lakenheath)	01638-52-5077 / 5078
Temporary Lodging	01638-54-2407
The Exchange - Main Store	01638-58-1223 / 1224
Thrift Shop	01638-54-2303
Transition Assistance Program	01638-54-3406
Transportation Office	01638-54-5779
Travel Office	01638-54-5779
Tricare Eligibility, Enrollment	01638-52-8143
VAT Relief Office	01638-54-3822
Vehicle Registration/Processing	01638-54-5501
Veterinary Services (Feltwell)	01638-52-7097



LAKENHEATH

DIRECTORY

FACEBOOK PAGE RESOURCES

MILITARY

48th Fighter Wing Command

AFMS-RAF Lakenheath-48th Medical Group

RAF Lakenheath

RAF Lakenheath 48th Force Support Squadron

RAF Lakenheath Military & Family Readiness

RAF Lakenheath Post Office

RAF Lakenheath/Mildenhall School Liaison Office

RAF Mildenhall

RAF Mildenhall Military & Family Readiness Center

RAF Mildenhall Post Office

Team Mildenhall - Force Support Squadron

RAF Mildenhall Passenger Terminal

USO United Kingdom

American Red Cross UK

Phone Directory

Civ Phone

Emergency Numbers (OFF-BASE)	999/112
Emergency Numbers (ON-BASE)	01638-52-7911
Operator	01638-52-1110
American Red Cross	01638-52-1855
Auto Hobby Shop	01638-52-2454
Base Exchange	01638-52-2996
Child, Youth Service – Registration	01638-52-3285
Civilian Personnel Office	01638-54-3540
Commissary	01638-52-3515
Dental Clinic	01638-52-8010
Education Services Officer/Assistant	01638-52-3851
Emergency Relief (Air Force Aid)	01638-52-3847
Exceptional Family Member Program	01638-52-8062
Finance Office	01638-52-1851
Furnishings Management Office	01638-52-7030
Housing	01638-52-2000
ID Card Facility	01638-52-5131
Legal Services	01638-52-3553
Library	01638-52-3713
Loan Closet	01638-52-3847
Medical Appointment Line	01638-52-8010
Military and Family Readiness Center	01638-52-3847
Military Transition Education Counselor	01638-52-3851
Out-Processing	01638-52-3939
Passport Office	01638-52-1210
Patient Advocate	01638-52-8010
Patient Liaison	01638-52-8010
Post Office	01638-52-5531
School Liaison Office	01638-52-5077 / 5078
The Exchange - Main Store	01638-53-4200
Thrift Shop	01638-52-2987
Transportation Office	01638-54-2202
Travel Office	01638-52-2979
Tricare Eligibility, Enrollment	01638-52-8010
VAT Relief Program	01638-52-3166
Vehicle Registration/Processing	01638-52-1853
Veterinary Services (Feltwell)	01638-52-7097
WIC (serving Lakenheath, Mildenhall, Feltwell)	01638-52-1728

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Add "48th Fighter Wing" as a favorite.

GET TO KNOW THE 422ND AIR BASE GROUP

RAF Croughton, RAF Fairford, RAF Welford



422ND AIR BASE GROUP

501csw.usafe.af.mil/Pathfinder-Portal/

The 422nd Air Base Group develops combat-ready professional Airmen, delivers worldwide communications, enables global strike operations and supports mission partners.

GET TO KNOW THE WEST

The bases of the 422nd Air Base Group lie west of London in an area of history and beauty. Prehistoric people have occupied the area since the end of the last ice age and their stone monuments are still standing today.

Stonehenge is the most famous, but there are sites scattered all over. Visit **Avebury** for a larger stone circle, see the Uffington White Horse or explore the **Rollright Stones** near Chipping Norton.

The rolling hills and quaint villages that dot the **Cotswolds** make up a nearly 800 square mile area of natural beauty. Travel here is known for its connection with nature on trails and bike routes, wandering antique shops in cute villages, cozying up in a traditional pub, and seeing the opulence inside one of the many stately manors.

Central to the area is the city of **Oxford**. This is the location of the world's oldest English-speaking university with its beautiful towers and turrets sprinkled throughout the city. Most of its 38 colleges are open to the public and its inspiring to walk the halls that once educated former students like C.S. Lewis, Stephen Hawking and J.R.R. Tolkien. Numerous museums offer a glimpse into the studies undertaken at Oxford University since its founding in 1096. ■

A WEEKEND AT
STONEHENGE AND
SALISBURY



CROUGHTON DIRECTORY

FACEBOOK PAGE RESOURCES

MILITARY

501st Combat Support Wing

Airman-Family Readiness Croughton

RAF Croughton Clinic

RAF Croughton Force Support Squadron

RAF Croughton Post Office

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Phone Directory

Civ Phone

Emergency Numbers (OFF-BASE)	999/112
Emergency Numbers (ON-BASE)	01869-811-911
24-Hour Watch Desk	01280-078607
Operator	01280-708-000
Auto Skills Center	01280-708-458
Child Development Center	01280-708-420
Commissary	01280-708-789
Dental Clinic	01280-708-819
Education Center	01280-708-132
Exceptional Family Member Program (Alconbury)	01480-843-557
Furnishings Management Office	01280-708-758
Housing Office	01280-708-760
Human Resources Office	01280-708-298
ID Card Facility	01280-708-318
In/Out-Processing	01280-708-887
Legal Services (Alconbury)	01480-843-535
Library	01280-708-365
Medical Appointment Line	01280-708-737
Military and Family Readiness Center	01280-708-011
Passport Office (Mildenhall)	01638-54-2111
Patient Advocate	01280-708-737
Post Office	01780-708-286
School Liaison Officer	01280-708-097
The Exchange - Main Store	01869-811-494
Tricare Eligibility, Enrollment	08000-286-014
VAT Relief Office	0180-708-860
Vehicle Registration/Processing	01280-708-611
Veterinary Services (Feltwell)	01638-52-7097
WIC (serving Croughton and Fairford)	01280-708-248

GET TO KNOW 423RD AIR BASE GROUP

RAF Alconbury, RAF Molesworth, RAF Menwith Hill



423RD AIR BASE GROUP

501csw.usafe.af.mil/Pathfinder-Portal/

The 423rd Air Base Group provides unrivalled mission support services to the U.S. European Command Joint Intelligence Operations Analytics Center Europe, NATO Intelligence Fusion Center, U.S. Africa Command J-2 Intelligence Detachment, Joint Warfare Center and the RAF Alconbury, RAF Molesworth and Stavanger Air Base communities.

GET TO KNOW THE AREA

This rural area is known for its farming heritage. It is dotted with small market towns, each with their own market day. Visit Huntingdon on Wednesdays and Saturdays; or, try the St. Ives market on Mondays and Fridays. St. Ives was one of the busiest inland port towns in the 1100s thanks to its location on the river Ouse.

The local county seat of Cambridge is home to one of the world's premier universities. There are 31 colleges that make up Cambridge University, which was founded in 1209. Beyond the halls of higher learning, there are incredible pubs and scenic riverside walks along the River Cam.

Nearby, the Newmarket Racecourse has been a haven for horse breeding for centuries and is considered the home of racing. Heading to a race is an event and dressing up is the norm. This is where you don your fanciest hat and smartest trousers.

Following the Norman invasion of 1066, this area became a hotspot for medieval forts and castles. At Rockingham Castle, you can tour the interior, have a picnic on the grounds, visit the tearoom or take part in one of the many seasonal events. ■

A WEEKEND
IN YORK



ALCONBURY

DIRECTORY

FACEBOOK PAGE RESOURCES

MILITARY

501st Combat Support Wing

Alconbury-Molesworth – 423 ABG

423d Force Support Squadron-
RAF Alconbury

RAF Alconbury Clinic

RAF Alconbury Force Support Squadron

RAF Alconbury Housing Office

GOING TO JAIL IN LANCASTER



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Phone Directory

Phone Directory	Civ Phone #
Emergency Numbers (OFF-BASE)	999/112
Emergency Numbers (ON-BASE)	01480-84-1911
24-Hour Watch Desk	01480-84-2400
Operator	01480-84-1110
Auto Hobby Shop	01480-843-701
Child Development Center	01480-843-212
Commissary	01480-843-799
Dental Clinic	01480-84-4585
Education Center	01480-84-3306
Exceptional Family Member Program	01480-84-4526
Furnishings Management Office	01480-843-505
Housing Office	01480-843-518
Human Resource Office	01480-843-065
Legal Services	01480-843-535
Library	01480-843-680
Medical Appointment Line	01480-842-273
Military and Family Readiness Center	01480-84-3557
Pass and ID (Molesworth)	01480-84-2525
Passport Office (Mildenhall)	01638-54-2111
Patient Advocate	01480-84-4603
Postal Office	01480-84-3539
School Liaison Officer	01480-843-232
The Exchange - Main Store	01480-843-264
Tricare Eligibility, Enrollment	01480-84-4561
VAT Relief Office	01480-843-803
Vehicle Registration/Processing (Molesworth)	01480-842-525
Veterinary Services (Feltwell)	01638-52-7097
WIC (serving Alconbury and Molesworth)	01480-843-158

The JURASSIC COAST

Pterosaurs, ichthyosaurs, ammonites, and petrified forests. While such words do not usually come to mind when planning a spring break holiday, for families and those looking for a unique UK excursion, perhaps they should!

Stretched across 95 miles of southern England's coastline, the Jurassic Coast is England's only natural UNESCO World Heritage site. The cliffs along this portion of coastline provide glimpses into the Triassic, Jurassic, and Cretaceous periods, as well as the creatures that walked, scurried, swam, and crawled along them during those times. While the time of the dinosaurs came to an end millions of years ago, today's visitors to the Jurassic Coast can take a beach-combing stroll back in time and discover their very own fossil finds hidden amongst the rocky beaches and slate grey cliffs of Dorset and Devon.

From Lulworth Cove and the striking Durdle Door arch formation to Lyme Bay, Budleigh Salterton and Charmouth Beach, there are numerous options for even the most amateur paleontologist. In fact, the respected and honored biologist Sir David Attenborough once noted that "it was here that fossil collecting became paleontology." This is thanks in large part to early collectors like Mary Anning, the 19th-century fossil collector who discovered the first plesiosaur (for a bit of education prep, check out her story at your local library). Lulworth Cove and Durdle Door are spectacular and scenic, but the walking path to each is a steep and uneven trail. For those with young children or mobility concerns, the easily accessible beach at Charmouth is a better option.

By Nicole Shaffer

Families will enjoy the knowledgeable and helpful staff at the Charmouth Heritage Coast Center, while viewing the best preserved and most complete dinosaur fossil found in Britain, the *Scelidosaurus*. The volunteers and wardens provide information, fossil displays and guided walks. Entrance to the center is free, although donations are appreciated. Parking at the center is only £6 for the day and there are free toilets behind the building, plus fossil shop.

After parking and exploring the heritage center, it's time to go fossil hunting! The Jurassic Coast beaches are rocky (of course, some of those rocks may be hiding prehistoric treasures!) and often muddy, so proper footwear will play a large role in the success of your day. Waterproof hiking shoes or boots like "Wellies" will help you keep your footing as you explore the beach.

TRAVEL TIPS: I also like to keep a few extra towels, flip-flops/sandals and an extra change of pants in our vehicle just in case the outing is a bit muckier than planned!

The best time of the day for fossil hunting is low tide as more land is exposed and accessible. Bring along a blanket, a picnic lunch, and perhaps even your own fossil hunting kit and enjoy slowly combing along the beach to see who can find the first fossil!

Not sure of your discoveries? The Charmouth Heritage Center desk will happily go through items and help you to discern fossil from rock. Digging into the cliffsides themselves is not allowed, but any fossils found along the beaches are yours to keep if you wish. And who knows? You might just bring home a 140-million-year-old souvenir, along with some amazing family memories. ■



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