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PCS GUIDE 2020-2021

# WELCOME TO *the U.K.*

## INS & OUTS of being stationed in the U.K.

- ▶ FINDING A HOME
- ▶ GETTING YOUR KIDS ADJUSTED
- ▶ LIFE WITH PETS IN THE U.K.
- ▶ PERSONAL ENRICHMENT OPPORTUNITIES





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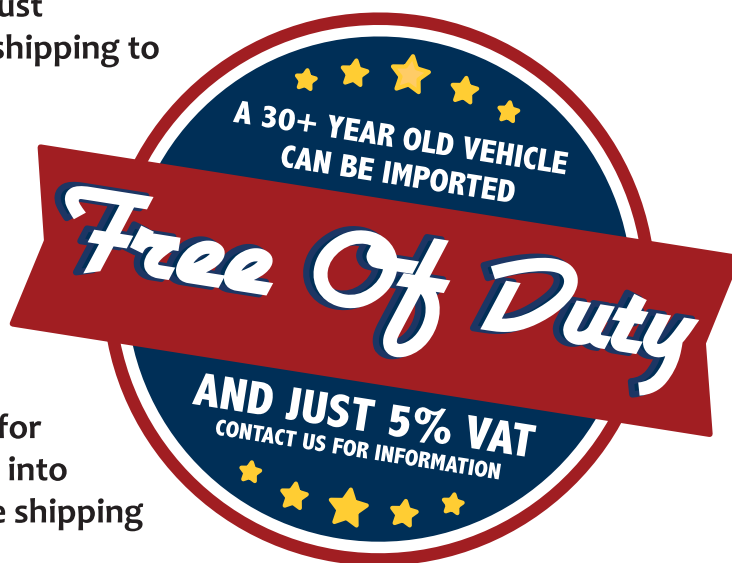


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# LET'S GET STARTED!

## CONTENTS

<i>First Steps</i>	<b>06</b>	<b>20</b>	<i>Medical</i>
<i>Cell Phones</i>	<b>08</b>	<b>24</b>	<i>Life</i>
<i>Money</i>	<b>10</b>	<b>38</b>	<i>Lakenheath</i>
<i>Cars</i>	<b>12</b>	<b>42</b>	<i>Mildenhall</i>
<i>Homes</i>	<b>16</b>	<b>46</b>	<i>501<sup>st</sup> Combat Support Wing</i>

STARS AND STRIPES

### Europe Office

#### COMMANDER

Sean P. Klimek, Lt Col, USAF, PhD

#### BUSINESS OPERATIONS MANAGER

Caroline Miller

#### WRITER-EDITORS

Mary Del Rosario, Amanda Palumbo

#### GRAPHIC ARTISTS

Carrie Farrell, Laura Hersh, Andrea Vargas

#### ENGAGEMENT MANAGER

Karen Lewis

#### MARKETING COORDINATORS

Rachel Cotter, Remy Johnson

#### MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty

#### MULTIMEDIA ADVERTISING, CONSULTANTS

Sean Adams, Heidi Bayfield, Nate Jamison

Tom Keys, Claudia Stier, Jeff Teeselink

#### ADVERTISING COORDINATORS

Al Green, Kristi Kimmel

#### ADVERTISING OFFICE

Unit 29480, APO, AE 09211

Postfach 1980, 67607

Kaiserslautern, Germany

+49(0)152-5672-5020

#### CONTACT US:

Telephone: +49 (0) 0631-3615-9111

or DSN: 314-583-9111

Email: [memberservices@stripes.com](mailto:memberservices@stripes.com)

### Washington Office

#### PUBLISHER

Max D. Lederer, Jr.

#### MULTIMEDIA ADVERTISING, CONSULTANTS

Fabrizio Danova, Corey Henderson,

Gerard Kelly, John Scoglio

#### ENGAGEMENT DIRECTOR

Chris Verigan

#### PUBLISHING & MEDIA DESIGN, DIRECTOR

Marie Woods

#### PUBLISHING & MEDIA DESIGN, MANAGER

Douglas Gillam, Jr.

#### GRAPHIC ARTISTS

Ellen Cheung, Amy Webb

#### CONTENT DESIGNER

Addison Takats

#### MARKETING COORDINATOR

Elizabeth Jones

#### ADVERTISING OFFICE

633 3rd Street NW, Suite 116

Washington, DC 20001-3050

202-886-0003

#### COVER DESIGN BY

Andrea Vargas

#### FOR PUBLICATION REQUESTS

Stars and Stripes Europe, Advertising

Unit 29480, APO AE 09211

or email [dougherty.doug@stripes.com](mailto:dougherty.doug@stripes.com)

Visit our website for more information

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# FIRST STEPS

## CHECKLIST

Welcome to the U.K.

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

### ✓ PRE-ARRIVAL

- ☐ Ensure you obtain correct paperwork for entry into the U.K.
- ☐ Military members require NATO orders
- ☐ Military dependents (U.S. citizens) require a U.S. no-fee passport and must be on orders
- ☐ DoD civilians/contractors and their dependents require an Entry Clearance visa/vignette in U.S. passports and must be on orders
- ☐ Collect Biometric Residence permit within required timeframe
- ☐ Sign up for an APO box, if your sponsor has not already done so
- ☐ Obtain a tourist passport for travel outside of England prior to arrival in the U.K.
- ☐ Ensure you have a valid driver's license before arriving to the U.K.
- ☐ Contact installation's veterinarian office if traveling with pets
- ☐ Register children for CYS and DoDEA
- ☐ For sponsors, visit [www.militaryonesource.mil](http://www.militaryonesource.mil)

### ✓ ARRIVAL

- ☐ Report to unit and Military Personnel Section on first duty day after arrival
- ☐ Visit Airman & Family Readiness Center (A&FRC) for relocation assistance
- ☐ Attend in-processing and newcomers' briefings
- ☐ Register with Pass and Registration installation access system
- ☐ Enroll in TRICARE Overseas and complete medical in-processing
- ☐ Purchase pay-as-you-go SIM card for cell phone or sign up for new mobile contract
- ☐ Download your installation's mobile app for updates and information (if applicable)
- ☐ Dependents who are U.S. citizens are encouraged to apply for a no-fee exemption vignette

if wanting to work off-base, use off-base schools, or for ease of entry back into the U.K. if traveling without their spouse

### ✓ MONEY

- ☐ Establish pounds sterling account or bill pay option with local on- or off-base bank
- ☐ Clarify any charges payable on the account and frequently asked questions
- ☐ Determine entitlements with Finance Office
- ☐ Contact U.S. banks to transfer funds as needed
- ☐ Obtain a ration card from your unit or Military Personnel Section
- ☐ Consider a housing advance to help pay for off-base housing deposit
- ☐ Visit A&FRC for financial assistance
- ☐ Contact U.S. banks to close accounts, as needed

### ✓ CARS

- ☐ Schedule and study for driver's exam as soon as possible after arrival
- ☐ Pass driving exam and obtain your Driving/Fuel permit (USAFE Form 435)
- ☐ Get a rental car (if desired) to get around while in-processing
- ☐ Show rental agreement and PCS orders to get fuel on base for up to 30 days
- ☐ Study the official Highway Code online at [www.gov.uk/guidance/the-highway-code](http://www.gov.uk/guidance/the-highway-code)
- ☐ Pick up a copy of the Stripes Road Guide
- ☐ If driving from Europe, register for customs clearance at Pass and Registration
- ☐ If buying a car, ensure it has a valid Ministry of Transportation (MOT) vehicle inspection test and V5 registration form. For used vehicles, visit [www.gov.uk/checks-when-buying-a-used-car](http://www.gov.uk/checks-when-buying-a-used-car)
- ☐ Purchase road tax ([www.gov.uk/vehicle-tax](http://www.gov.uk/vehicle-tax))

and U.K. insurance

- ☐ If you have shipped a U.S.-spec vehicle, ensure a registration/license plate is on the vehicle or it cannot be driven
- ☐ Book and complete the MOT test for vehicles over 3 years old or Single Vehicle Approval (SVA) for vehicles under 3 years old for the day you pick up your vehicle
- ☐ Complete light conversions (if applicable) within 30 days of arrival
- ☐ Register all vehicles through Pass and Registration once inspection is passed
- ☐ All vehicles must be registered within 30 days from pick up
- ☐ Enroll in fuel ration program
- ☐ Obtain international license for driving in mainland Europe

### ✓ HOMES

- ☐ Contact the Housing Office upon arrival (two business days is recommended)
- ☐ Schedule appointments to tour homes. View at least 2 houses within the first 10 days of arrival
- ☐ Ensure Housing Office inspects property and reviews contract
- ☐ Sign paperwork after review by Housing Office
- ☐ Establish Temporary Lodging Allowance (TLA) and Overseas Housing Allowance (OHA)
- ☐ Sign up for communication services (read contracts carefully)
- ☐ Purchase liability and renter's insurance
- ☐ Contact your installation's Furnishings Management Office, A&FRC loan locker, browse thrift stores, charity shops, car boot sales, flea markets and local stores for household items

### ✓ MEDICAL

- ☐ Add U.K. emergency numbers to cell phone:



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Located 1.5 miles from Gate 2, RAF Lakenheath





- 999 is the official emergency number
- ☐ The European Union's 112 is currently accepted for general emergencies (police, ambulance and fire)
- ☐ If there's an emergency on base, always call the on-base-emergency services as they will respond quicker (emergency numbers for installations are in the resource section of this guide)
- ☐ Connect with local medical providers

## ☒ KIDS

- ☐ Have vaccination records, transcripts, PCS orders, passports and birth certificates readily available
- ☐ Contact Enrollment Office to begin application process for DoDEA-Europe. You can also download forms from the website and fill out ahead of time at [www.dodea.edu/Europe/enrollment/resources.cfm](http://www.dodea.edu/Europe/enrollment/resources.cfm)
- ☐ Contact School Liaison Officer (SLO) for information about British schooling, homeschooling and early education childcare off-base
- ☐ Visit installation child care facilities to apply and get on waitlist. Register through [militarychildcare.com](http://militarychildcare.com)
- ☐ Ensure vaccinations are current and schedule wellness exams

## ☒ PETS

- ☐ Register pet at RAF Feltwell within 30 days of arrival or getting pet
- ☐ Find off-installation vet clinic that provides emergency care
- ☐ Understand and adhere to U.K. pet laws ([www.gov.uk](http://www.gov.uk))
- ☐ Purchase pet insurance (including liability)
- ☐ Ensure pet has international microchip

- ☐ Obtain pet passport
- ☐ Get updated ID tags with local contact information
- ☐ Find a boarding center or pet sitter
- ☐ Use monthly worming, flea and tick preventive medication
- ☐ Maintain annual rabies vaccinations during overseas tour

## ☒ PERSONAL ENRICHMENT

- ☐ Create a [USAJobs.gov](http://USAJobs.gov) account and update resume
- ☐ Visit Education Center to learn about course offerings
- ☐ Contact A&FRC for volunteer, employment assistance and work-study opportunities
- ☐ Sign up through [FVAP.gov](http://FVAP.gov) to vote in elections back home

## ☒ EVERYDAY LIVING

- ☐ Pay attention to and respect local customs and traditions
- ☐ Program important numbers into your cell phone
- ☐ Start recycling according to local requirements
- ☐ Get to know your neighbors and blend in with the locals
- ☐ Join spouses' clubs or other activities
- ☐ Contact a Military & Family Life Counselor (MFLC) to help you through any difficulties and cope with extra stress
- ☐ For any off-base concerns or interests, such as community complaints or getting involved with the locals, contact the Community Relations Adviser for assistance
- ☐ Plan trips to explore Europe with the help of [StripesEurope.com](http://StripesEurope.com)
- ☐ Pick up the bi-annual Stripes Europe Magazine







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# 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:** EE, Three, O2, Vodafone, British Telecom and Virgin

► **Tips for cell phone plans upon arrival:**

- Check with your A&FRC to see if they have cell phones to lend while you finalize a plan.
- Always shop around to find what provider is best for you. Visit [www.ofcom.org.uk](http://www.ofcom.org.uk) to see which providers offer the best signal for 3G, 4G and calls.

► **Service contracts**

- Approximately two-to-three years.
- Need a pounds sterling account prior to

- obtaining a contract.
- No military clause included.

► **Pre-pay option**

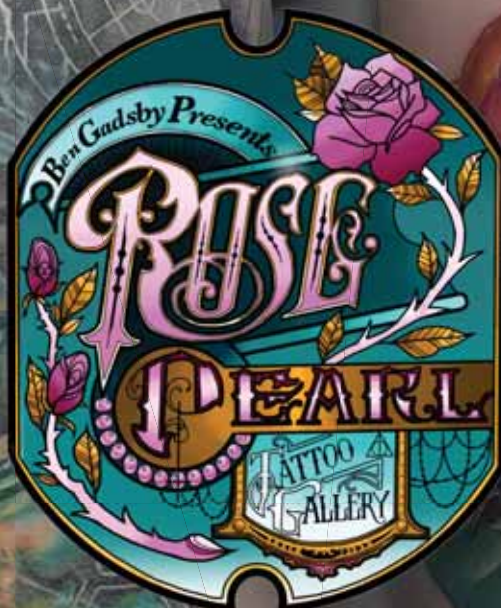
- No pounds sterling account needed to set up.
- Add minutes online at most ATMs or at some retail locations.

► **Apps to communicate internationally for free:**

- Skype
- Facebook Messenger
- Facetime
- Hangouts

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

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# INS & OUTS <sup>OF</sup> YOUR FINANCES

## COMMON BANKING OPTIONS

### 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 are required to obtain a pounds sterling account or bill pay option in order to pay bills pertaining to 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 may need:

- ✓ Copy of orders
- ✓ Passport
- ✓ Proof of address or a letter signed by your unit Commander

**Note:** Do not try to open an off-base bank account online. Make an appointment to visit in person.

## 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 people pay while getting settled in the U.K.

**Note:** All prices below are an estimate.

### Cars

- ▶ Importing:
  - Annual MOT tax - £65.00
  - Light conversion - £300.00
  - Number plate - £25.00
- ▶ Buying:
  - HPI Test - £30.00
  - Annual MOT tax - £65.00
  - Annual road tax - £240.00 (exempt for the first year)

### Phones

- ▶ Cell phone: Prices will vary depending on the type of phone and plan you choose.
  - Monthly payment/contract - from £20.00 - £50.00
  - Pay-as-you-go cell phone - starting from £70.00
  - Pay-as-you-go plan - £15.00 - £22.00 per month
- ▶ Home phone:
  - Set up cost for a telephone landline - £120.00

### Life amenities

- ▶ TV license/tax - £150.50
- ▶ Monthly cable - £60.00
- ▶ Monthly internet at home (package includes telephone landline) - £50.00
- ▶ Monthly utilities - estimate £120.00 to cover electric and water.
- ▶ Oil - an estimated 60 pence per liter will cost £600.00 to fill a 1,000-liter tank (may need to fill a tank twice a year).

### Travel

- ▶ Tourist passport - \$135.00

## 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 £100.00. To enroll in the VAT program, obtain a ration card and visit your installation's VAT office.

### ▶ Need to know:

- The "over £100.00 rule" means that each item must be priced at over £100.00 (VAT is included in that total).
- VAT exemption does not apply to clothes, vehicles, real property purchases, online purchases or utilities.
- For oil heating, you are exempt from paying 5 percent with VAT Form.
- Vendors are not obligated to participate.
- Do not pay for your items in advance of using VAT form.
- Always check with your installation's VAT office for clarification on VAT form use.

### ▶ How to use a VAT form:

- Ask vendor if they participate in the VAT program.
- Have vendor address invoice to your installation's FSS.
- Bring invoice and pounds sterling to your installation's VAT office (cash only).
- Bring dollars for the processing fee your VAT office requires.
- Go back to vendor with invoice and collect your items.







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# GETTING A RIDE



## GETTING YOUR DRIVING/ FUEL PERMIT

- Study Highway Code book ahead of time at [www.gov.uk/guidance/the-highway-code](http://www.gov.uk/guidance/the-highway-code)
- Take driver's test as soon as possible.

## PICKING UP YOUR POV

Track your POV at [www.pcsmypov.com](http://www.pcsmypov.com)

### ► What to bring to the port of pick up:

- ✓ Vehicle title and registration
- ✓ Valid ID card
- ✓ PCS orders
- ✓ Vehicle Inspection Form
- ✓ Insurance certificate
- ✓ Customs paperwork

**Note:** 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.

### ► Requirements and tips:

- You can drive your POV in the local area on U.S. plates for up to 30 days.
- Arrange for an inspection test (MOT or SVA) depending on age of vehicle.
- Get light conversion completed if importing vehicle.
- U.S. "bull bars" are not legal in the U.K., remove them before shipping POV.
- If vehicle has tinted windows check with the MOD Police to ensure windshield and front windows meet U.K. requirements.

- Ensure insurance is updated to a U.K. policy.
- Ensure breakdown coverage is included in the policy or get this covered separately.
- Set a reminder for when road tax, MOT and insurance are due annually.

## BUYING A CAR IN THE U.K.

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

- Check [www.gov.uk](http://www.gov.uk) to see if the second-hand vehicle is taxed and has a MOT.
- Road tax is not transferable so obtain road tax before driving the vehicle.
- Vehicles cannot be driven on the road without a MOT (unless traveling to a MOT station for a pre-booked appointment).

**Note:** Failure to meet these requirements can result in fines, points on license or seizure of vehicle (depending on severity) if stopped by U.K. police.

## THE VEHICLE INSPECTION PROCESS

The MOT requires all imported vehicles that are less than 3 years old to be inspected before registration and obtain a MOT Certificate. Vehicles over three years of age must be inspected yearly. Vehicles under 3 years old need an SVA test.

## THE REGISTRATION PROCESS

Imported vehicles and those purchased in the U.K. must be registered with the British authorities at Pass and Registration within three working days after the POV's arrival or purchase.

### ► Good to know:

- After the light conversion and insurance update is done, take the paperwork to Pass and Registration who will then send paperwork for you to be exempt from first year of road tax and to get a license plate number.
- Update your insurance with new license plate number.
- 12 months after initial registration, return to Pass and Registration to pay for road tax, which you will no longer be exempt from.

**Note:** It's always best to call your installation's Pass and Registration office ahead of time to ensure you're bringing all the necessary documents.

## MOTORCYCLES

- Required to have a motorcycle endorsement on Driving/Fuel permit (USAFE Form 435).
- Must have a motorcycle endorsement on state driver's license.
- Must have taken the Motorcycle Safety Foundation's (MSF) course, Experienced Rider Course (ERC), Basic Rider Course (BRC) or equivalent training.
- You will not be authorized to register your motorcycle or ride it in the U.K. if your training is more than 3 years old.
- Required to purchase an EC approved helmet to use while riding in the U.K.
- Motorcycles have the same rules for MOT and road tax as cars.

**Note:** You can only take the MSF course, ERC, BRC or equivalent training if you have already acquired a stateside endorsement.



## DRIVING IN THE U.K.

### ► Key safety and driving rules:

- Driving in the U.K. is done on the left hand side of the road so remember to look right.
- Do not pass on the left dual carriageway or motorway.
- Passing is only permitted to overtake vehicles.
- Ensure you understand the no passing policy. This includes a 10 mile radius around RAF Lakenheath and any two lane undivided carriageways. Only exception is if all three following factors are present:
  - ✓ Vehicle in front is traveling less than 30 mph
  - ✓ U.K. traffic laws allow passing on stretch of road you are on
  - ✓ It is safe to do so
- Keep in mind that country roads are very dangerous in the U.K. due to them being narrow, having ditches to the sides, containing a few hard shoulders and hidden dips, giving limited sight around curves and hills that are unmarked and usually have no lighting at night.
- Tailgating and brake checking is 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 offence that will result in a large fine and driving ban.
- It is illegal to use a cell phone and drive in the U.K. (this also includes on base).
- Avoid using a phone as a GPS unless it is mounted away from the driver.
- 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.

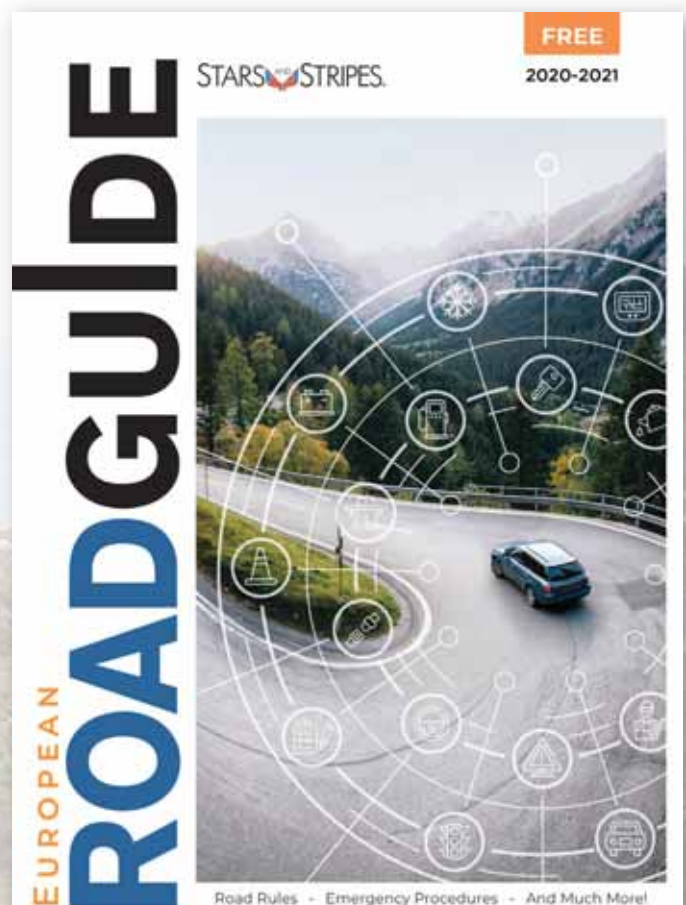


STARS AND STRIPES

## EUROPEAN ROADGUIDE

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

**The Stripes European Road Guide will be available at your installation's A&FRC and ACS!**



# From HOUSE HUNTING to FINDING A HOME

It's important to be open-minded as you search for your new home. British homes are much different and can be smaller and older than what you may be used to. Although the outside of a British home may be different than what we know, always go in and take a look inside. More often than not, people are surprised with the layout and newer interior of the home.

## TYPES OF HOUSING

### Government Leased Housing

- ▶ Homes that are private homes on your base.
- ▶ Government covers rent and utilities.
- ▶ No Overseas Housing Allowance.
- ▶ Contact the Housing Office to sign up on the waiting list for base housing, as necessary.

### Private Housing

- ▶ Private homes assessed by your installation's Housing Office or found by a realtor.
- ▶ Also check sites such as: [www.rightmove.co.uk](http://www.rightmove.co.uk) or [www.homes.mil](http://www.homes.mil) for properties.
- ▶ You pay any associated fees.
- ▶ You will receive Overseas Housing Allowance.

## VIEWING A HOME

- ▶ It's recommended to view at least two houses within the first 10 days of arrival.
- ▶ Check to see if your Housing Office has a free courtesy driver service that will take you to view homes.
- ▶ Verify the available date before viewing the property to ensure the time you will be able to move in aligns within your TLA. Move-in date changes on a property is not justification for extending TLA.
- ▶ Expect to pay a £250.00 to £300.00 holding fee for a rental.





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**EXCHANGE**



- ▶ Ask realtor what the holding fee entails and have them send that in writing.
- ▶ Do not feel obliged to make spur of the moment decisions. Ask your Housing Office and sponsor for a second opinion.
- ▶ Consider key things such as:
  - ✓ Will my furniture fit? Take a tape measure with you.
  - ✓ Narrow staircases and hallways may prevent large items fitting in.
  - ✓ Is it safe for my family?
  - ✓ Is it close to a main road?
  - ✓ Hand railing available?
  - ✓ Total amount of smoke detectors?
  - ✓ How far is this from the DoDEA bus route or my child's British school?
  - ✓ How will the drive feel in winter when it's dark, foggy and icy?

## LEASE SIGNING

- ▶ Prior to lease signing, contact your Housing Office in order to have a housing inspector conduct an Adequacy Standards inspection.
- ▶ If the inspector states that the property does not meet adequacy standards and you still want to move forward, you can sign a waiver acknowledging the increased liabilities you'd be responsible for.
- ▶ Ensure the military clause is within the lease and have your Housing Office review it prior to lease signing.
- ▶ Prepare to pay a security deposit (around one month's rent) in pounds, which can be used by the landlord for any outstanding obligations when your tenancy ends. To avoid disputes over the condition of the property and your security deposit, ensure a condition inventory of the property is conducted at the beginning of your tenancy and signed by both you and the landlord.
- ▶ Your security deposit will be placed in the deposit scheme which is government ran.
- ▶ Ask your realtor for information on where the money is held and a reference number within two weeks of moving in.
- ▶ Confirm with your landlord what is an acceptable way to communicate with them (text or email) and obtain that in writing.

## OVERSEAS HOUSING ALLOWANCE

### Overseas Housing Allowance covers

Your OHA will start on the date of your lease agreement. Do not use OHA for services outside of rent and utilities.

- ▶ **Rent**
  - OHA is paid at your maximum rental allowance or the maximum rent of the property (whichever is lower).
  - If the rental payment is over your entitled

OHA, that cost is covered by you.

- Understand that landlords have the right to lower or higher the cost of rent at the end of each term (one year at a time). Keep this in mind as you search for a home within your OHA cap.
- ▶ **Utilities**
  - Utility allowance will be provided for payments on electricity, heating and water.
  - You will be provided with an Energy Performance Certificate of a property before renting. The rating is from A to G with A being the most efficient and G being the least.
- ▶ **Council Tax**
  - You are exempt from paying council tax but will need to complete and submit the council tax exemption form. Failure to complete this will result in fines and court appearances and any associated fees.

### Move-In Housing Allowance (MIHA)

MIHA is a one-time payment to assist with additional costs you may receive while you move into your home off-base.

### Advanced Overseas Housing Allowance (AOHA)

AOHA is an interest free loan from the Finance Office to pay initial expenses associated with the first two months rent and deposit.

- ▶ Interest free loan.
- ▶ Repayment over 12 months.
- ▶ Forms are available at your installation's Housing Office.
- ▶ Must have signed approval from Commander.
- ▶ Paid up to three days prior to tenancy start date.

## DORMITORIES

- ▶ **Availability** - Dorms are available for single airmen of grades of senior airmen and below.
- ▶ **Furniture** - This is dependent on the configuration of the assigned dorm. Almost every dorm will have different furnishings in each building. The basics should include a bed, chest of drawer, desk and chair. Dorms also provide newcomers linens for their bed – pillow, pillow case, sheets and blanket.
- ▶ **Layout** - In older dorms airmen may have to share a bathroom and will not have a kitchen. In somewhat newer dorms airmen may share a bathroom and a kitchen with a suitemate. In newer dorms airmen will have their own bathroom but share a common area and kitchen.
- ▶ **Getting a room** - The gaining unit should assign the inbound personnel a sponsor.

To secure a dorm room the sponsor should follow these steps:

- ✓ Contact the dorm office as soon as possible
- ✓ Provide a set of orders and an arrival date
- ✓ Once the room is reserved, the sponsor is responsible for collecting the key from the dorm office during operating hours
- ✓ Sponsor gives the newcomer their dorm keys upon their arrival

**Note:** Failure to reserve a dorm room with ample notice could mean the person will not be assigned a room in their squadron's dorm.

## INTERNET, HOME PHONE AND TELEVISION SERVICE

### Internet

Be sure to ask about the Internet speed before moving on base or deciding on a house off base. Different providers offer competitive pricing. However, certain providers may not be able to guarantee fast connection speeds depending on the location of your residence. To check what provider works best in your area and has the best deal, visit a price comparison website such as [www.moneysupermarket.com](http://www.moneysupermarket.com), [www.gocompare.com](http://www.gocompare.com), or [www.uswitch.com/broadband/postcode\\_checker/](http://www.uswitch.com/broadband/postcode_checker/) and type in your postcode to find out.

#### ▶ Most-commonly used providers:

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

### Home Phone

There are several different options in regard to home phones. Many 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

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

#### ▶ Most-commonly used providers:

- AFN
- Sky
- BT
- Virgin Media





## HOUSEHOLD GOODS ARRIVAL

### Delivery of your property

- ▶ Log into [www.move.mil](http://www.move.mil) to update your new phone number and personal email address.
- ▶ The local carrier will notify you once your shipment arrives.
- ▶ You may be required to complete customs forms or provide more details on specific items to release your shipment.
- ▶ Coordinate the delivery of your property directly with the carrier.

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 A&FRC for loan locker items.

- ▶ Duration of tour (DOT) items are also available for off-base residents that include:

- ✓ Dryer
- ✓ Refrigerator
- ✓ Transformers
- ✓ Wardrobes
- ✓ Washer

- ▶ Bring copies of these documents to FMS to utilize services:
  - ✓ Copy of orders
  - ✓ Form signed by landlord stating that they will not hold FMS property as collateral if you fail to pay rent

**Note:** Your local A&FRC has fax machines and printers for you to use to obtain copies.

## OTHER IMPORTANT INFORMATION

- ▶ You may be required to sign a "Right to Rent" letter. If so, it's vital to keep a copy of this and your lease to prove you have the right to rent the property and be in the U.K. Failure to prove this can result in a £50,000.00 fine.
- ▶ Notify your landlord and Housing Office if your home will be unattended for an extended period of time (deployments, family emergency in another country, etc.).
- ▶ DECT 6 devices are illegal (on- and off-base) and you can face a £5,000.00 fine. These items are most commonly baby monitors and house phones brought from the U.S.

# Balmforth

## Property Rentals & Lettings



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- Free on base pick up and drop off for property viewings
- No USAF fees for viewings, applications, renewals and check-outs
- Housing Office approved Tenancy Agreement
- Open 7 days a week
- Offices located in Beck Row, IP28 8DH and Mildenhall, IP28 7EQ



01638 711171  
[www.balmforth.co.uk](http://www.balmforth.co.uk)



**D**uring your time in the U.K., 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 British 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. U.K. doctors may not always have a chaperone when examining a patient of the opposite sex. If you feel uncomfortable, it is appropriate to ask for an additional person in the room. Be aware that some medications that

the U.S. classifies as controlled substances are available without a prescription but are not authorized for active duty members.

## PATIENT LIAISONS

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

### Getting a patient liaison

The patient liaison program is available through TRICARE and the Army Regional Health Command Europe. This program is open to all ID cardholders, including non-TRICARE members.

## EMERGENCY CARE

### Closest emergency rooms to installations

- ▶ Lakenheath - RAF Lakenheath Hospital
- ▶ Mildenhall - RAF Lakenheath Hospital
- ▶ Alconbury - Hinchingsbrooke Hospital
- ▶ Croughton - Horton General Hospital
- ▶ Molesworth - Hinchingsbrooke Hospital
- ▶ Menwith Hill - Harrogate District Hospital
- ▶ Fairford - Great Western Hospital

### Be prepared

- ▶ The main emergency line for all off-base emergencies is 999.
- ▶ Call the 24-hour nurse line for health-care 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 +44-20-8762-8133.
- ▶ If you still need assistance, call your Commander or First Sergeant.
- ▶ Call the American Red Cross for Emergency Communication Messages.



## EMERGENCY NUMBERS

<b>Ambulance</b>	<b>999</b>
<b>Fire</b>	<b>999</b>
<b>Police</b>	<b>999</b>



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[afspa.org/fsbp](https://afspa.org/fsbp)

FEHB High Option Plan open to eligible Federal Civilian employees.

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



FOREIGN SERVICE BENEFIT PLAN

*Caring For Your Health Worldwide®*



# THANKS TO ALL THOSE WHO ARE #STILLSERVING.



Share your story at [vfw.org/StillServing](https://vfw.org/StillServing).

U.S. Air Force photo by Airman 1st Class Brooke Moeder. The appearance of Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.

## GIVING BIRTH

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 off-base hospital.
- ▶ **RAF Lakenheath Hospital**  
For those stationed in areas without labor and delivery services on-base, you can enroll in the Stork Nesting program by contacting your primary health care provider to be easily transitioned to RAF Lakenheath to deliver. The program includes lodging and transportation as needed.
- ▶ **Fly back to the U.S. for delivery**  
If you choose to go back to the U.S. you will have to wait for the birth certificate, SSN and passport to come in before returning to the U.K. with the baby.

### 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

## DENTAL CARE

Facility location, branch of service, deployments and staffing fluctuations affect the availability of dental care on installations to those who are not active duty. Dependents are generally seen on base on a space-available basis. When space is not available, dependents must rely on local off-base providers for their dental needs. Contractors and civilians must also be seen off base. Through a dental program with TRICARE, military family members stationed in England can receive quality, affordable dental care.

### Finding a British dental clinic

- ▶ To locate a preferred provider, visit [www.uccitdp.com/tp2opd/](http://www.uccitdp.com/tp2opd/)
- ▶ Senior dental officers on installations visit the offices of preferred British providers to assess the quality of care and clinic customer service.

For information about TDP enrollment, claims or covered benefits, visit the TDP website, [www.metdental.com](http://www.metdental.com)

### Dental information

milConnect Website  
Update DEERS information  
[www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect)

### Beneficiary Web Enrollment

[www.tricare.mil/bwe](http://www.tricare.mil/bwe)

### TRICARE Website

[www.tricare.mil](http://www.tricare.mil)

### Active Duty Dental Program United Concordia Companies

1-866-984-ADDP  
[www.addp-ucci.com](http://www.addp-ucci.com)

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**Dispensing Optician:** Mr Tim Briscoe FBDO

**Optometrist:** Abbie McBain: BOptom (Hons), MCOptom, Dip, TplP

**36 High Street, Lakenheath,**

Brandon, Suffolk. IP27 9JS

**Email:** [lakenheathopticians@btconnect.com](mailto:lakenheathopticians@btconnect.com)

**Website:** [www.lakenheathopticians.co.uk](http://www.lakenheathopticians.co.uk)

**Tel:** 01842 861999







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STARS  STRIPES.

# Adjusting your KIDS to the U.K.

**M**oving overseas 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.

## INVOLVE YOUR KIDS

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

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

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

## EXPLORE THE U.K.

- ▶ Maintain an enthusiastic outlook about your arrival, 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 British traditions. Address the differences between life in the U.K. versus back home, but move conversations in a positive direction. Your children will gain an appreciation for diversity while exploring.
- ▶ 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.







## 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 overseas.

## 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

- ▶ Adolescent Support and Counseling Services (ASACS) are available at middle and high schools.
- ▶ Military Family Life Counselors (MFLCs) are available at CYP, AFRC, or at DoDEA schools. Free non-medical sessions with child behavioral specialists are anonymous and may occur in individual, couple, family or group settings.

- ▶ Military OneSource - twelve free sessions may occur in individual, couple, family or group settings.
- ▶ School Liaison Office (SLO) assists in finding additional resources on your installation.

## WOMEN, INFANTS, AND CHILDREN (WIC) OVERSEAS

The DoD offers the Women, Infants, and Children (WIC) Overseas program to eligible active duty military members, DoD civilians and contractors, and family members stationed overseas. Participants include pregnant, postpartum and breastfeeding women, infants and children up to the age of 5 years.

### The WIC Overseas program provides:

- ✓ Individualized nutrition and health screenings
- ✓ Breastfeeding education and support
- ✓ Referrals to other community services
- ✓ Nutritious supplemental foods

To see if you qualify for services, please contact your installation's office.

## CHILD EDUCATION

There are three types of schooling options for your children:

1. Department of Defense Dependent Schools Education Activity (DoDEA)
2. British Education System
3. Homeschooling

### DODEA EUROPE

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

- ▶ Eligibility and Enrollment requirements: [www.dodea.edu/registration-process.cfm](http://www.dodea.edu/registration-process.cfm)
- ▶ Registration can be initiated online, however, you will need to complete the process in person. You do not need to be in permanent housing in order to register
- ▶ Documentation needed:
  - ✓ PCS orders
  - ✓ Birth certificate or passport for kindergarten or first time in public school
  - ✓ Transcripts or report cards, as applicable
  - ✓ Immunization records

### BRITISH SCHOOLING

If you are considering enrolling in a British School for any duration of your tour in the U.K., it is highly encouraged to speak to a school liaison. There are many differences to

consider before educational decisions are made. A few differences are listed below.

### Key differences:

- ▶ The British school calendar does not match up with U.S. holidays and USAFE Family Days.
- ▶ Repeated absences even for mild sickness or medical appointments have serious consequences up to 1,000 pounds.
- ▶ School year runs from early September to late July.
- ▶ Transportation is not typical.
- ▶ Report cards are infrequent and letter grades are typically not given.
- ▶ Uniforms are required at all schools.

## HOMESCHOOLING

While in the U.K., families fall under the U.S. federal regulations on home schooling rather than any particular state. You are not required to register with the installation or any state agency. However, it is highly recommended to follow the guidance of a state and use an accredited home schooling program to ensure transferability of credits. Many resources and co-ops are available for you. Please contact the school liaison office for more information.

## CHILD CARE

The Child Development Center's (CDC) mission is to assist Department of Defense (DoD)

military and civilian personnel in balancing the competing demands of the accomplishment of the DoD mission and family life by managing and delivering a system of quality, available and affordable programs and services for eligible children birth through 5 years of age.

- ▶ The CDC provides care for ages 6 weeks to 5 years of age.
- ▶ The CDC is not only certified by the Department of Defense, it is accredited by the National Association of Education for Young Children (NAEYC).
- ▶ The CDC undergoes extensive inspections on a monthly basis for fire, health and safety and also an annual multi-disciplinary inspection and an unannounced Higher Headquarters Inspection.
- ▶ The program recently underwent a NAEYC reaccreditation visit which is due every 5 years.
- ▶ CDC Programs Waiting List: [www.militarychildcare.com](http://www.militarychildcare.com)
- ▶ The School Age Program offers care for children ages 5 - 12 years.
- ▶ Before School, After School, Winter Break, Spring Break, and Summer Camps are also offered.
- ▶ The staff utilizes their skills to create and design each classroom environment based on the needs of the youth.



# Life for Your PETS in the U.K.

**If** you've brought your pet or plan to get one, familiarize yourself with the ins and outs of life for you and your pets while living in the U.K.

## REGISTERING YOUR PET

- ▶ Registration will take place on RAF Feltwell's veterinary clinic.
- ▶ Documents to bring to registration:
  - ✓ DD Form 2343
  - ✓ Veterinary Health Record
  - ✓ Copy of PCS orders
  - ✓ ID card
  - ✓ Copy of the pet's vaccination/medical records

## VACCINATIONS TO OBTAIN

- ▶ Rabies - Both dogs and cats must get an annual rabies vaccination if you're planning to obtain a pet passport. The vaccination is good for three years.
- ▶ Worming, flea and tick - Ensure pet is on these preventive medicines year-round.
- ▶ Distemper - Annual vaccination.
- ▶ Hepatitis - Annual vaccination.
- ▶ Parvovirus - Annual vaccination.
- ▶ Leptospirosis - Annual vaccination.

**Note:** Vaccinations can be completed on RAF Feltwell or an off-base vet clinic near you.

## OFF-BASE VET CLINICS

Taking your pet to an off-base veterinarian clinic is recommended for emergency, specialty needs and basic care.

## LOCAL PET REGULATIONS & LAWS

- ▶ It's essential to ensure your pet has a collar with ID tags on at all times. The information on the tag should include their name, your phone number and address.
- ▶ Must have their 15-digit international microchip.
- ▶ You must pick up after dog when out in public. You could face large fines if seen by authorities without bags to clean up your dog's mess.
- ▶ For a full list of laws regarding dogs visit [www.rspca.org.uk/adviceandwelfare](http://www.rspca.org.uk/adviceandwelfare) or [www.bluecross.org.uk/pet-advice/laws-all-dog-owners-need-know](http://www.bluecross.org.uk/pet-advice/laws-all-dog-owners-need-know)

## THINKING ABOUT GETTING A PET?

Whether you're looking to adopt or purchase a pet, it's best to understand the following information.

- ▶ Reflect on if you have the time and money to take on the responsibility.
- ▶ Research the shelter or breeder intensively to ensure they are legitimate.
- ▶ Watch for warning signs of the facility/breeder.
- ▶ Know the signs of a healthy pet.
- ▶ For in-depth information on legitimate facilities, warning signs, health standards and more, visit [www.bluecross.org.uk/pet-advice](http://www.bluecross.org.uk/pet-advice)

## TRAVELING WITH YOUR PET

Bringing your pet along for the ride as you tour Europe? Follow the requirements below to avoid any issues:

- ▶ Rabies vaccination must be up to date and given after 15-digit international microchip was implanted.
- ▶ If you plan to take your dog on a trip that is longer than one to five days outside of the U.K., you have to find a vet in the country you're traveling to get your pet a worming shot before coming back to the U.K.
- ▶ Pets must be contained while riding in vehicle (carrier, harness, or seat belt).
- ▶ A pet passport must be with you and your pet at all times.
- ▶ Check [www.gov.uk/take-pet-abroad/pet-passport](http://www.gov.uk/take-pet-abroad/pet-passport) for the most current information regarding pet passports.

As always, it is best to check with your local vet in advance to ensure you have everything in order before your trip.

## TRAVELING WITHOUT YOUR PET

There may be some trips where your pet can't tag along. Find a local boarding facility that you trust to take care of your pet while you explore Europe. Ask friends and colleagues for recommendations and tour the facility for yourself.





We are an independent, family owned practice which aims to provide excellent veterinary care to pets from our two branches in Mildenhall and Soham. We aim to give you the highest standard 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

Visit us at our two locations:

#### **Aquarius Veterinary Centre**

Field Road, Mildenhall  
Suffolk IP28 7AL  
Tel. 01638-717871

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#### **Scampers Petcare**

Northfield Road, Soham  
Ely CB7 5UE  
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Career?  
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# PERSONAL ENRICHMENT

**L**ike many other overseas locations, it can be a challenging environment for spouses who are seeking employment. It is common for applicants to wait six months or longer to land a job that aligns with their education and/or experience.

## 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.
- ▶ **Defense Commissary Agency (DECA):** Jobs at [www.usajobs.gov](http://www.usajobs.gov)
- ▶ **Army and Air Force Exchange Service (AAFES):** Apply at <http://odin.aafes.com/employment> or through local human resources offices.

- ▶ **Federal positions:** These positions provide support through various functions across the installation. Jobs are listed through the Office of Personnel Management at [www.usajobs.gov](http://www.usajobs.gov)
- ▶ **Community banks and credit unions:** Jobs as bank tellers and managers.

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

### On the Economy

As part of the Status of Forces Agreement (SOFA), command-sponsored family members with a vignette stamp in their U.S. no-fee passport (and no employment restrictions on their passport) are able to work on the British economy without a work permit.

- ▶ You must apply for a National Insurance Number (NIN) when hired for work.
- ▶ Jobcentres are government-run employment offices.
- ▶ You can search jobs on their website at [www.jobseekers.direct.gov.uk](http://www.jobseekers.direct.gov.uk)
- ▶ If you're looking for work, starting work or setting up as self-employed, you will need a National Insurance Number.
- ▶ Contact Jobcentre Plus at 0800-141-2075 to obtain a NIN.
- ▶ They may require for you to attend an "evidence of identity" interview.
- ▶ Visit [www.hmrc.gov.uk/ni/intro/number#4.html](http://www.hmrc.gov.uk/ni/intro/number#4.html) for details.

- ▶ **British Income Tax:** If you work in the U.K., you are subject to U.K. income tax in addition to U.S. income tax.
- ▶ The Inland Revenue U.K. government department collects the tax.
- ▶ Tax is paid based on your income during the tax year, between April 6 and April 5 the next year. For details see [www.hmrc.gov.uk/rates/it.htm](http://www.hmrc.gov.uk/rates/it.htm)
- ▶ Additional questions regarding British income tax may be directed to your installation's Legal Office.







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## 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 eventu-

ally 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.

## KEY SPOUSES

Key spouses are volunteers within the squadron picked by the Commander to help be a liaison between spouses and the group. Key spouses help newcomers by reaching out to them before they arrive to help answer any questions they may have beforehand and provide them with the resources the newcomer may need. Key spouses are around to support and help

newcomers in their transition and throughout their tour in the U.K.

## 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 the U.K. 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](http://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 the U.K. to benefit your future to the best of your ability.

## EDUCATION

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

- ▶ **Central Texas College Europe:** [www.ctcd.edu/locations/Europe](http://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](http://www.airuniversity.af.edu)  
Accredited degrees and courses for qualified personnel.
- ▶ **University of Maryland Global Campus:** [europe.umgc.edu](http://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](http://europe.erau.edu)  
Certifications, undergraduate and graduate degrees. Offers face-to-face and online courses.

- ▶ **The University of Oklahoma:** [outreach.ou.edu](http://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](http://www.military.com/education), [www.militaryta.com](http://www.militaryta.com) or your Education Office.







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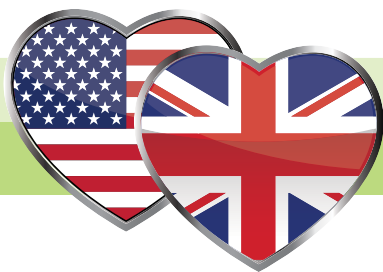
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## LIVING LIKE

# A LOCAL

The best way to get adjusted to life in the U.K. is to immerse in the new culture early on. If you're afraid to tackle it alone, ask a friend or coworker who has been living here awhile to show you the ropes. Be sure to check various w on your installation to see if welcome tours are provided.

### DINING OUT

- ▶ Do not wear sweats or running shoes to pubs, restaurants or clubs.
- ▶ You are unlikely to be rushed during a meal, so people often stay for two hours.
- ▶ 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 so be sure to ask.
- ▶ Tipping is not required at pubs. Menus in restaurants will note whether or not tipping is included. If not, you can give 10-15 percent.

### SHOPPING

- ▶ Look for car park (parking lot) signs to ensure you don't stay longer than what's permitted.
- ▶ When paying to park, over estimate how long you plan to spend. If returning more than five minutes after your ticket expires, you can face a possible £70.00 fine.
- ▶ Consider using park and ride services in the bigger towns and cities.
- ▶ Bring your own bag since shops typically charge five pence per plastic bag on the economy.
- ▶ Have a pound or trolley (cart) coin with you as some supermarkets require you to deposit this to get a trolley.

- ▶ Many supermarkets offer online ordering and delivery services.
- ▶ 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.
- ▶ Consider registering for an off-base supermarket points card. These are free and earn you money off coupons 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.

#### ▶ Common off-base supermarkets:

- Tesco
- Sainsbury's
- Co-op
- Asda
- Iceland
- Waitrose
- Morrisons
- Aldi
- Lidl

### RECYCLING IN THE U.K.

Recycling is a requirement. Each local council and town can be on different trash and recycle pick-up schedules — so be sure to ask your landlord or neighbors for information. Check with your installation about their recycling and waste disposal regulations and who it applies to.

#### ▶ 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/package  
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 (some councils will collect these for a small charge)  
Large branches  
Lightbulbs  
Mercury thermometers  
Other oils  
Paint  
Scrap metal  
Tires  
Trees





## BRITISH VS. AMERICAN ENGLISH

A common misconception is that since English is a shared language amongst Americans and the British, that it is entirely the same. Well, that's not quite the case. Familiarize yourself with British English with the chart below. On the left hand side is the British word for the American word or phrase on the right hand side.

### 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-licence .....	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

Hotel .....	Hotel
Barrister .....	lawyer/attorney
Bin .....	trash can
Bits n' bobs .....	knickknacks
Bob's your uncle! .....	There you go!
Booking .....	reservation
Bugger .....	jerk
Cheeky .....	sneaky
Cinema .....	movie theatre
Cot .....	crib
CV .....	resume
Diary .....	calendar
Dodgy .....	suspicious
Dummy .....	pacifier
Film .....	movie
Flat .....	apartment
Flypast .....	flyover
Football .....	soccer
Garden .....	yard
Hen party .....	bachelorette party
High street .....	main street
Holiday .....	vacation
Lift .....	elevator
Loo .....	toilets
Mad .....	crazy
Mate .....	friend
Mobile .....	cell phone
Opposite .....	across from
Plaster .....	band aid
Post .....	mail
Post code .....	zip code
Quay .....	dock/wharf
Rubbish .....	garbage
Queue .....	line
Ring .....	call
Rubber .....	pencil eraser
Stag night .....	bachelor party
Sun cream .....	sunscreen
Tick mark .....	check mark
Torch .....	flashlight
Uni .....	college/university
Whinge .....	whine

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- 38**     *LAKENHEALTH*
- 42**     *MILDENHALL*
- 46**     *501ST COMBAT  
SUPPORT WING*
- 52**     *GENERAL RESOURCES*



Lakenheath

# GET TO KNOW

YOUR NEW  
INSTALLATION

## Lakenheath – The 48th Fighter Wing

The 48th Fighter Wing is the premier combat wing of the United States Air Forces in Europe – Air Forces Africa major command. Maintaining a proud tradition of airpower dating back to World War II, its mission is to provide responsive combat airpower and support. Each day the wing's mission is executed by 4,500 Airmen and 1,500 British and American civilians working across RAF Lakenheath and RAF Feltwell. These men and women train, support and employ combat fighter units including one F-15C Eagle and two F-15E Strike Eagle squadrons. In 2021, RAF Lakenheath is scheduled to receive the first permanently assigned F-35A Lightning II aircraft in USAFE, further advancing interoperability with NATO partners and combat capabilities in Europe.



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# Road trip from Lakenheath: Canterbury

By Emily Alvarenga



Only a couple hours away by train or car in the southeast lies Canterbury, known for its iconic cathedral and Chaucer's famous "Canterbury Tales." Treat yourself to a day trip to this quaint town that is teeming with rich history dating back to the ancient Romans. A visit to Canterbury is like stepping back in time. It still has the feel of an old medieval village with its stone walls, cobblestone streets, small alleyways and large gateway.

## The River Stour

The River Stour flows through the heart of the city and was once one of the main trade routes connecting England to Europe in the Roman and Medieval times. Float down the river on a boat tour admiring the sights as the guide offers insights into Canterbury's historic past. It is the perfect way to get away from the hustle and bustle of the city center and discover a unique vantage point to some of the medieval architecture along the river.

## The Westgate

Standing on the edge of the River Stour, the Westgate is the only one of Canterbury's original seven medieval gateways still standing and the largest surviving city gate in England. Climb the Westgate Tower for a bird's eye view from the battlements viewpoint where you can see most of the original Roman city walls that are still standing around the city. Then, cross the bridge into the former Victorian City Goal, where you can visit some of the original 1830s prison cells and look through the murder holes onto the road below. The gardens around the Westgate are also worth a visit if the weather is nice. During the spring and summer, the garden's many flowers are in bloom and you can see plenty of ducks and swans drifting down the river with their young.

## The Canterbury Tales

If you're a fan of the book, it's only fitting to make a stop at the Canterbury Tales exhibition. "The Canterbury Tales" tells the humorous stories of 24 pilgrims as they travel to the shrine of martyr Saint Thomas Becket at the cathedral in Canterbury and gives a great insight into what life was like during the middle ages. The exhibition's costumed guides take you through Chaucer's tales with a complete recreation of five different pilgrim's stories along the way.

## Leeds Castle

On your way out of town, take a short detour to Leeds Castle. It's a remarkable castle built to span two islands and complete with a huge moat. Whether you decide to explore the gardens, get lost in the maze, visit the birds at the falconry or take a tour on Elsie the Castle Train it's easy to understand why it's known as the "loveliest castle in the world."

Canterbury is full of wonderful things to do and see, but one of the real pleasures is simply wandering around. You never know what you'll find off-the-beaten-path! ■

## Canterbury Cathedral

This cathedral is not only England's largest but also the heart of the Church of England. It remains one of the most famous places of worship in the world and is definitely worth a visit. Since its beginning in 597, it has been rebuilt many times by the Saxons and Normans over the years, but it is still easy to find parts that date back to the 12th century. You can stand on the spot where Archbishop Thomas Becket was murdered in 1170, check out the crypt and tombs of Henry IV and the Black Prince and see the impressive medieval stained-glass windows.



# Lakenheath

# DIRECTORY



## FACEBOOK PAGE RESOURCES

AFN United Kingdom

RAF Lakenheath

RAF Mildenhall Passenger Terminal

RAF Mildenhall & Lakenheath Movements

Mildenhall Lakenheath & Feltwell pet page

RAF Lakenheath/Mildenhall School  
Liaison Office

## PHONE DIRECTORY

## CIV PHONE #

Emergency Numbers (OFF-BASE)	999
Emergency Numbers (ON-BASE)	01638-52-7911
Operator	01638-52-1110
American Red Cross	01638-52-1855
Airman and Family Readiness Center	01638-52-3847
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
Out-Processing	01638-52-3939
Transportation Office	01638-54-2202
Legal Services	01638-52-3553
Loan Closet	01638-52-3847
Library	01638-52-3713
Medical Appointment Line	01638-52-8010
Military Transition Education Counselor	01638-52-3851
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
Tricare Eligibility, Enrollment	01638-52-8010
VAT Relief Program	01638-52-3166
Vehicle Registration/Processing	01638-52-1853
Travel Office	01638-52-2979
Veterinary Services (Feltwell)	01638-52-7097
WIC (serving Lakenheath, Mildenhall, Feltwell)	01638-52-1728

For the most current information  
please visit [www.lakenheathfss.com](http://www.lakenheathfss.com)





# GET TO KNOW

## YOUR NEW INSTALLATION - MILDENHALL

### The 352nd Special Operations Wing

The 352d Special Operations Wing based at RAF Mildenhall, England, is part of Air Force Special Operations Command. The wing has more than 1,100 Air Force members assigned, as well as personnel associated through Joint Special Operations Air Component-Europe and Detachment 2, 25th Intelligence Squadron. The wing is the only Air Force special operations unit in the European Theater.

#### MISSION

352nd SOW assets provide, both Europe and Africa, premier special operations infiltration and exfiltration of supplies, equipment and personnel. These missions can include agile and ready mobility and air-to-ground interface and control, during all weather conditions, low-visibility or clandestine operations. These assets also provide critical refueling capabilities through Helicopter Air-to-Air Refueling (HAAR), Tiltrotor Air-to-Air Refueling (TAAR), and Forward Arming and Refueling Points (FARP).

### The 100th Air Refueling Wing

The 100th Air Refueling Wing enables power projection by rapidly delivering global air refueling across Europe and Africa. This wing is also responsible for providing a ready force and strategic forward base on RAF Mildenhall, which is located in the East Anglia region. This region is home to 3.7 million people and serves approximately 3,000 U.S. servicemembers and 900 British and American civilians.

#### MISSION

"Generate air refueling combat power and critical combat support." RAF Mildenhall is part of the United States Air Forces in Europe (USAFE).



# Road trip from Mildenhall: Cambridge

By Emily Alvarenga



Cambridge is one of England's most well-known college town and certainly worth a visit. An easy day trip being just 40 minutes from the iconic town includes more than just wandering around the countless universities though. This city is a treasure trove of history and tradition with a picturesque riverside, quaint cobblestone streets and beautiful buildings made famous over the centuries.

have over its 800-year history. Pure talent seems to seep out of the very walls with 90 different Nobel prize winners, including Charles Darwin, Stephen Hawking, Sylvia Plath and Sir Isaac Newton, having studied here. The three most famous of the colleges are King's College, St. John's College and Trinity College. Each charge a small admission fee, but with sights like King's College Chapel, whose fan-vaulted ceiling is the largest in the world, and Trinity College's Wren Library, which is home to two of Shakespeare's first folios, you won't regret it.

## Great St Mary's Church Bell Tower

If you want the best views of the city, climb the 123 steps of the tower at Great St Mary's Church opposite of King's College. You will get a great leg workout as well as a leaflet, explaining the surrounding buildings you can see from the top. On the way up, you pass the church's bells, and when they ring, the entire tower shakes! The church itself is impressive with its beautiful stained-glass windows and not one, but two pipe organs, which is rare for a church.

## The Backs

If you want a unique view of some of the city's many colleges, then a walk along the River

Cam on the Backs is the perfect choice. This picturesque area is where some of the colleges back onto the river forming a row of gardens and parks that are open to the public. It's the best way to get a look behind the scenes at many of the colleges and get a taste of what life would be like as a student. On sunny days, it's a perfect spot to picnic and watch the punts go by.

## Cambridge Botanic Gardens

Just down the road from the Fitzwilliam Museum, you can find 40 acres of gardens filled with plants from all over the world. Stroll along the pathways linking the different gardens and explore the various collections including gardens like the scented garden, the dry garden and the winter garden. Then, step into some of the greenhouses, which are home to exotic species of plants from climate areas around the world. If you're traveling with children, the ticket office hands out explorer backpacks free of charge, which include magnifying glasses and mini binoculars, so your kids can better discover the garden's plants and wildlife.

There is plenty to do and see in Cambridge, but the best thing to do is just wander. It's a small city and very easy to walk around, so put on some comfy shoes and let yourself get lost in its historic streets! ■

## The River Cam

Cambridge literally means "bridge over the Cam," so it's only right to start your day at the river that runs through the heart of the city. Most of the city's oldest colleges were built alongside the riverbanks and several renowned bridges. For example, the Bridge of Sighs and the Mathematical Bridge connect both sides, which means going on a boat ride is a must! In Cambridge, the boats are called "punts." Sit back and relax in the punt while your guide tells stories about the city and its famous residents. In the winter, blankets are provided so you can stay warm during the tour.

## University of Cambridge

Spend a couple hours wandering around any one of the 31 colleges in Cambridge and experience them as countless scientists, writers and poets



# Mildenhall

# DIRECTORY



## FACEBOOK PAGE RESOURCES

RAF Mildenhall

RAF Mildenhall Passenger Terminal

RAF Mildenhall & Lakenheath Movements

RAF Mildenhall Airman & Family Readiness Center

RAF Mildenhall Eyes on Jobs

Mildenhall Spouses' Association

RAF Mildenhall Fitness

RAF Mildenhall Library

RAF Mildenhall Bob Hope Community Center

RAF Mildenhall EFMP Family Support

RAF Mildenhall Teen Center

RAF Mildenhall Youth Programs

Mildenhall Lakenheath & Feltwell pet page

Family Advocacy Program RAF Lakenheath/  
Mildenhall

RAF Lakenheath/Mildenhall School Liaison Office

RAF Mildenhall Outdoor Recreation

RAF Mildenhall Civilian Personnel Office

RAF Mildenhall Education Center

RAF Mildenhall Fire Dept

Trader Winston Thrift Shop

AFN United Kingdom

RAF Mildenhall Passenger Terminal

Mildenhall Lakenheath & Feltwell pet page

American Red Cross RAF Lakenheath and  
RAF Mildenhall

RAF Lakenheath/Mildenhall/Feltwell Spouses

RAF Lakenheath ITT

## PHONE DIRECTORY

## CIV PHONE #

Emergency Numbers (OFF-BASE)	999
Emergency Numbers (ON-BASE)	01638-54-7999
Operator	01638-54-1110
American Red Cross	01638-54-3742
Airman and Family Readiness Center	01638-54-3406
Auto Hobby Center	01638-54-2480
Child, Youth Service - Registration	01638-54-2042
Civilian Personnel Office	01638-54-2771
Commissary	01638-54-2475
Dental Clinic	01638-54-2273
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)	01638-52-2000
ID Card Facility	01638-54-2111
In-/Out-Processing	01638-54-2111
Legal Services	01638-54-2028
Lending Closet	01638-54-3406
Library	01638-54-2352
Medical Appointment Line	01638-52-8010
Base Exchange Mobile Center	01638-51-5727
New Parent Support Program	01638-54-8070
Passport Office	01638-54-2111
Patient Advocate (Lakenheath)	01638-52-8119
Post Office	01638-54-2245 / 2151
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	01638-54-2201
Travel Office	01638-54-2061
Tricare Eligibility, Enrollment	01638-52-8143
VAT Relief Office	01638-54-3822
Vehicle Registration/Processing	01638-54-5501
Veterinary Services (Feltwell)	01638-52-7097

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# GET TO KNOW

## YOUR NEW INSTALLATION

### The 501st Combat Support Wing

The 501st Combat Support Wing started with the 501st Bombardment Group, which was activated June 1, 1944 at Dalhart Army Airfield, Texas. The unit deployed to Guam in April 1945 during World War II where they flew 15 combat missions and airdropped food and supplies to Allied Prisoners of War.

On September 15, 1956, the 501st Tactical Missile Wing was established as the first United States Air Force (USAF) tactical missile wing, then later deactivated on June 18, 1958. The wing was later reactivated as the 501st Tactical Missile Wing on July 1, 1982 but inactivated on May 31, 1991.

The wing was later designated as the 501st Combat Support Wing and reactivated on March 22, 2005. The 501st Combat Support Wing remains the only combat support wing in the USAF and carries its history of generating combat missions across the globe and projecting diplomacy through its seven geographically separated locations across the United Kingdom and Norway.



GET TO KNOW THE

# 501<sup>ST</sup> COMBAT SUPPORT WING

## 422ND AIR BASE GROUP Headquartered at RAF Croughton

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

420th Air Base Squadron (RAF Fairford)

420th Munitions Squadron (RAF Welford)

422nd Air Base Squadron (RAF Croughton)

422nd Civil Engineer Squadron (RAF Croughton)

422nd Communications Squadron (RAF Croughton)

422nd Security Forces Squadron (RAF Croughton)

422nd Medical Squadron (RAF Croughton)

## 423RD AIR BASE GROUP Headquartered at RAF Alconbury

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.

423rd Communications Squadron (RAF Alconbury / RAF Molesworth)

423rd Force Support Squadron (RAF Alconbury / RAF Molesworth)

423rd Civil Engineer Squadron (RAF Alconbury / RAF Molesworth)

423rd Security Forces Squadron (RAF Alconbury / RAF Molesworth)

423rd Medical Squadron (RAF Alconbury / RAF Molesworth)

426th Air Base Squadron (Stavanger, Norway)

421st Air Base Squadron (RAF Menwith Hill)

### MISSION

Enable command/control, intelligence/surveillance/reconnaissance and strike operations in support of U.S. and NATO objectives

### VISION

Trusted Combat Support Professionals  
Postured to Execute the Mission  
Valued Strategic Partners  
Focused on Strong Communities Where Families Thrive

### MOTTO

Pathfinders "Light the Way"



# Road trip from Croughton: Oxford

By Emily Alvarenga



Oxford, one of the most historic and beautiful cities on earth, is just an easy day trip away from Croughton. Only a 40-minute drive, this trip will give you more than enough time to explore the stunning architecture of the prestigious University of Oxford - and while many of the spectacular buildings are connected to the university, there is more to the city than its colleges. With beautiful churches, a castle, leafy parks and stunning spires, Oxford has something for everyone.

## University of Oxford

Nicknamed the “City of Dreaming Spires,” Oxford is best known for housing the world’s oldest English-speaking university with its beautiful towers and turrets dotted throughout the city. With 38 colleges, almost all of which are open to the public, choosing a handful to visit is a must do. Spend a few hours wandering the grounds, admiring the architecture and walking the halls that once educated prominent former students like C.S. Lewis, Bill Clinton, Stephen Hawking and J.R.R. Tolkien.

## Christ Church

As the largest of the Oxford institutions, Christ Church cannot be missed. It’s often named one of Oxford’s most beautiful colleges, but more recently it has also become famous for its dining hall, which you may recognize from the Harry Potter films. In fact, many locations here were replicated for the set of Hogwarts including the famous moving staircase. As you

leave, you will emerge into the Christ Church Meadow, which is the perfect place for a stroll along the river or a picnic in the sun. Here, you can find picturesque views of the institutions and sometimes, grazing cattle.

## Bridge of Sighs

The Hertford Bridge, often called the Bridge of Sighs because of its resemblance to the famous bridge in Venice, is a skyway connecting two parts of Hertford College. Its distinctive design makes it a popular stop and well worth finding.

## University Church of St. Mary the Virgin

For great views of the city, you can pay 4 pounds to climb the tower at the University Church and enjoy the magnificent views of Oxford from above. The tower dates back to the 13th century and while the stairs are quite narrow and steep, it’s definitely worth the effort and expense.

## Oxford Castle

This Norman medieval castle situated near the city center is filled with over 1000 years of history. While most of the original castle was destroyed over the years, the surviving parts were converted into a prison that remained in use until 1996. You can climb St. George’s Tower for great views of Oxford, descend deep underground into the crypt and explore the old prison wing.

## Oxford Covered Market

Dating back to 1774, the market, which takes you back in time, is a great place to explore. With its maze of over 40 boutiques and food stalls where you’ll find everything from restaurants to jewelers and clothing shops, this market will not disappoint!

Though there are many activities to do in Oxford, sometimes it’s best to just wander around for the day. This small and easily walkable city provides you plenty of time to get lost among the buildings and immerse yourself in Oxford’s beauty and history. ■





## FACEBOOK PAGE RESOURCES

RAF Croughton Clinic

RAF Croughton Force Support Squadron

Airman-Family Readiness Croughton

RAF Croughton Post Office

RAF Mildenhall Passenger Terminal

Mildenhall Lakenheath &amp; Feltwell pet page

501st Combat Support Wing

## PHONE DIRECTORY

## CIV PHONE #

Emergency Numbers (OFF-BASE)	999
Emergency Numbers (ON-BASE)	911
24-Hour Watch Desk	01280-078607
Operator	01280-708-000
Airman and Family Readiness Center	01280-708-011
Auto Skills Center	01280-708-458
Child Development Center	01280-708-420
Human Resources Office	01280-708-298
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
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
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

For the most current information  
please visit <https://rafcroughtonfss.com>



## Road trip from Alconbury: to Brighton

By Emily Alvarenga

©THOMAS DUTOIR/123RF.COM



You've most likely heard of all the bucket list-worthy sights England has to offer, but with pleasantly warm weather in the forecast, it's time for a change of pace for your next day out. With its perfect pebble beach, fun-filled pier and vibrant pedestrian streets, head to Brighton for a great day trip!

### Brighton Beach

Head straight to the coast, sit back and relax as you enjoy the sunshine while it lasts. The pebbles might make for a unique beach-going experience, but they aren't the most comfortable to lay on. Thankfully, you can rent affordable classic English deckchairs. After dark, the beach comes alive with loud music being pumped from the many seafront bars.

### Brighton Pier

With its classic amusement park rides, massive arcades and a surplus of concession stands, Brighton Pier is reminiscent of the classic U.S. boardwalks we all know and love. Even if you're not interested in the attractions, the pier is still a great place to walk around. Nestled between the rides and arcades are food stalls to suit every taste bud and candy shops selling homemade fudge and souvenir shops. There are also deckchairs that are free to use, so you can sit down and soak up some vitamin D while overlooking the beach down below.

After dark, the pier is illuminated by 67,000 lights – a beautiful and sparkly sight!

### The Lanes

No trip to Brighton is complete without a visit to The Lanes, Brighton's most historic and vibrant area. This maze of alleys is a treasure trove of candy shops, unique boutiques and cool cafes awaiting discovery. You can find a hidden restaurant and sit down for a nice meal or pop into some of the confection shops for some sweet treats. The Lanes is a great place to just wander around, but you can also book a walking tour if you want to find out a bit more about the history of the area.

### Royal Pavilion

This oriental palace looks like it came straight from exotic India, not the U.K. You can spend hours in the pavilion's museum and art gallery with replica rooms from Africa and ancient Egypt, loans from the Queen, a natural science exhibit dedicated to birds, butterflies, fossils and

bones as well as art pieces ranging from fashion to fine art. Even the gardens that surround the palace embraces the exotic nature of the pavilion! Its diverse plants create a haven for wildlife, attracting an amazing collection of butterflies, birds and bees.

### Sea Life Aquarium

Dive into the world's oldest operating aquarium with thousands of creatures to discover. Set under the original Gothic arches from 1872, see the impressive lagoons filled with seahorses, rays and huge fish as well as an interactive rock pool where you can touch a starfish or sea anemone. Finish the day with a glass-bottomed boat ride as sharks, turtles, rays and tropical fish swim under your feet.

Brighton provides many attractions to see and activities to do, but the best activity to enjoy is to wander and make the most of your day! ■





## FACEBOOK PAGE RESOURCES

Alconbury-Molesworth - 423 ABG

RAF Alconbury Force Support Squadron

RAF Alconbury Clinic

426 ABS – Stavanger

501st Combat Support Wing

## PHONE DIRECTORY

## CIV PHONE #

Emergency Numbers (OFF-BASE)	999
Emergency Numbers (ON-BASE)	01480-84-1911
24-Hour Watch Desk	01480-84-2400
Operator	01480-84-1110
Airman and Family Readiness Center	01480-84-3557
Auto Hobby Shop	01480-843-701
Child Development Center	01480-843-212
Human Resource Office	01480-843-065
Commissary	01480-843-799
Dental Clinic	01480-842-273
Education Center	01480-84-3306
Exceptional Family Member Program	01480-843-557
Furnishings Management Office	01480-843-505
Housing Office	01480-843-518
ID Card Facility (Croughton)	01280-708-318
In-/Out-Processing (Croughton)	01280-708-887
Legal Services	01480-843-535
Library	01480-843-680
Medical Appointment Line	01480-842-273
Pass and ID (Molesworth)	01480-84-2525
Passport Office(Mildenhall)	01638-54-2111
Patient Advocate	01480-844-520
Postal Office	01480-84-3539
School Liaison Officer	01480-843-232
The Exchange - Main Store	01480-843-264
Tricare Eligibility, Enrollment	01480-842-273
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

For the most current information  
please visit [www.rafalconbury.com](http://www.rafalconbury.com)

# GENERAL

# RESOURCES

## U.K. PUBLIC HOLIDAYS 2020

**1 January**  
New Year's Day

**10 April**  
Good Friday

**12 April**  
Easter Sunday

**13 April**  
Easter Monday

**8 May**  
Early May bank holiday

**25 May**  
Spring bank holiday

**31 August**  
Summer bank holiday

**25 December**  
Christmas Day

**28 December**  
Boxing Day

## WOMEN'S SIZES

### Shoes

US .....	EU
5 .....	35-36
5.5 .....	36
6 .....	36-37
6.5 .....	37
7 .....	37-38
7.5 .....	38
8 .....	38-39
8.5 .....	39
9 .....	39-40
9.5 .....	40
10 .....	40-41
10.5 .....	41

### Dresses/Shirts/Pants

US .....	EU
2 (XS) .....	32
4 (XS/S) .....	34
6 (S) .....	36
8 (M) .....	38
10 (M) .....	40
12 (L) .....	42
14 (L-XL) .....	44
16 (XL/1X) .....	46
18 (1X-2X) .....	48-50
20 (2X) .....	50-52

### Bras (Cups AA-E)

US .....	EU
32 .....	70
34 .....	75
36 .....	80
38 .....	85
40 .....	90
42 .....	95
44 .....	100
46 .....	105

## MEN'S SIZES

### Shoes

US .....	EU
8 .....	41
8.5 .....	42
9 .....	43
10.5 .....	44
11.5 .....	45
12 .....	46
13 .....	47
14 .....	48

### Suits/Coats

US/UK .....	EU
36 .....	46
38 .....	48
40 .....	50
42 .....	52
44 .....	54
46 .....	56
48 .....	58

### Pants

Inches .....	CM
28 .....	71
30 .....	76
32 .....	81
34 .....	86
36 .....	91
38 .....	97
40 .....	102

## CHILDREN'S SIZES



### Clothing

US .....	EU/UK
2T .....	92
3T .....	98
4 .....	104
5 .....	110
6 .....	116
6X .....	122
7 .....	128
8 .....	134
9 .....	140
10 .....	146
11 .....	152

### Shoes

EU .....	US
11 .....	28
12 .....	30
13 .....	31
1 .....	32
2 .....	33
3 .....	34
4 .....	36
5 .....	37
6 .....	38
7 .....	39
8 .....	40
9 .....	41

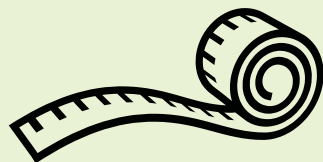
## INFANT SIZES

### Clothing

US .....	EU/UK
NB .....	56
3 MO .....	62
6 MO .....	68
9 MO .....	74
12 MO .....	80
18 MO .....	86

### Shoes

US .....	EU
0 .....	15
1 .....	16
2 .....	17
3 .....	18
4 .....	19
5 .....	20
6 .....	22
7 .....	23
8 .....	24
9 .....	25
10 .....	27



## LENGTH

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



## WEATHER TEMPERATURE

°C .....	°F	°C .....	°F
-20 .....	-4	20 .....	68
-10 .....	14.0	25 .....	77
0 .....	32.0	30 .....	86
5 .....	41	40 .....	104
10 .....	50	50 .....	122
15 .....	59	60 .....	140



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