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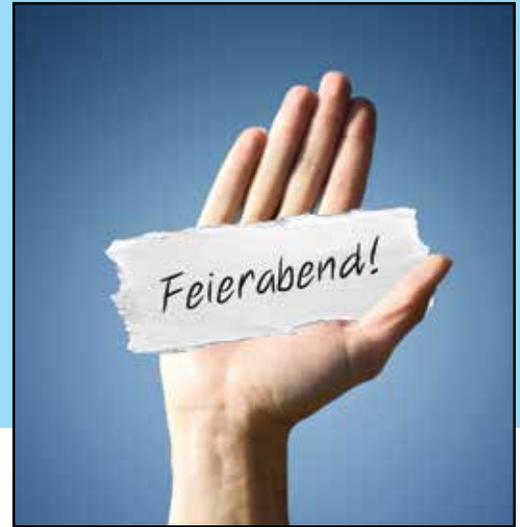
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Dr. Sheila de Liz (Y)



It's more about celebrating being off the clock for the rest of the day...



Embracing GERMANY

Feierabend

By Stacy Roman

We've all been there — a really long day at work. A micromanaging boss, a co-worker who snuck into the fridge and ate your lunch, hours spent in meetings which could have (and should have) been conducted via email. As you watch the clock tick by, it's almost the end of the day and sweet freedom is just on the other side of the door. Your German friend calls out, "Schönen Feierabend!" — happy end of the workday! Before you ask, this is definitely a real thing.

"Feierabend" refers to the pure, unadulterated joy you feel as you finish work for the day. It also marks the act of reveling in the non-work part of the day. Before it was used as a celebratory phrase, it was commonly used in describing the evening of festivities before the start of a vacation or a holiday. Very loosely translated, "Feier" means "celebration" and "Abend" equates to "eve."

IS THERE AN AMERICAN EQUIVALENT?

Sometimes there is no real translation for something — "Feierabend" is one of those things. The closest American cultural similarity is happy hour. During happy hour, friends and co-workers gather together and commiserate about their day over drinks and appetizers. It is also often used to try and lure in prospective clients to business deals. However, "Feierabend" is more of a celebration of the end of the workday and there is usually no business conducted during the revelry.

WHY IS "FEIERABEND" A BIG DEAL?

In German culture, the workplace or office tends to be more formal than their American counterparts. Our host nation prides itself on a strong work ethic, with employees having almost laser-like focus on the job. Water cooler gossip, coffee talk and other office shenanigans we're used to are frowned upon in Germany. The notion of "Feierabend" helps foster a better work-life balance and keep it on a more even keel.

HOW TO PARTAKE IN "FEIERABEND"

In some of the larger cities such as Frankfurt and Berlin, some locals are so happy to celebrate the end of the workday, they don't wait until they get home. Don't be surprised if you're on the U-bahn or train and see someone crack open a nice cold "Feierabendbier" to enjoy on the ride. Not a drinker? Not a problem! "Feierabend" isn't just about imbibing in adult beverages. Grab a friend or two and head downtown for delicious gelato in the park. It's more about celebrating being off the clock for the rest of the day and having the freedom to play and do what you like.

Even though sometimes things tend to get lost in translation, the feeling of sheer happiness and joy of cutting loose after a long productive day at the office is universal. Although there's no direct English word, "Feierabend" is a fantastic German tradition we can all get behind. Schönen Feierabend, freunde! ■





Repairing a vehicle at the Automotive Skills Center. Photo left: Taking aim on the greens at the Rheinblick Golf Course.

Taking steps to **reopen** safely while serving patrons

By Karl Weisel
U.S. Army Garrison Wiesbaden
Family and MWR

As this issue went to press in early June, Wiesbaden Family and MWR program managers were continuing to look for ways to better serve patrons with a mix of virtual and real-time events and services while ensuring everyone's safety.

Working closely with U.S. Army Garrison Wiesbaden health and safety officials, several Family and MWR programs and facilities joined already open MWR facilities to offer additional options.

With a diverse range of food and beverage delivery opportunities available during the COVID-19 response, Wiesbaden MWR added several Grab and Go

options and began accepting cash at local food emporiums. In addition to the Bamboo Asian Restaurant, Little Italy Restaurant and Catering Center, Dagger Cantina and Wiesbaden Entertainment Center, MWR reopened the Shali Java Café, Latin Street and Java Express.

While the Automotive Skills Center and

Outdoor Recreation Center, both located on Clay North, have been offering a range of services including emergency repairs, oil change and tire rotation, bike maintenance, equipment rental, storage unit rentals and more — MWR also worked ways to safely offer Value Added Tax and Utility Tax Avoidance Program services, a Wiesbaden Library Request Pickup Service, Arts and Crafts Center sales, Parent Central Services' registrations and re-registrations, and fun on the greens at the Rheinblick Golf Course.

The Outdoor Recreation Center's Facebook page has continued to feature videos on everything from hunting and fishing to mountain biking, European travel to extreme sports. Patrons also have the opportunity to challenge themselves in the center's Hiking and Biking Clubs — keeping track of the kilometers logged to be recognized for their efforts.

While fitness officials were getting ever closer to reopening the Wiesbaden Sports and Fitness Center, they continued to deliver a healthy mix of online training opportunities, virtual competitions such as the Virtual Memorial Day Murph and almost daily virtual classes. These have ranged from yoga to mobility training, meditation to quick workout routines, Biggest Loser to Boot Camp workouts. Additionally Sports

and Fitness programmed several other virtual events including a Tie Dye Color Run (on June 20), Four-Day Volksmarch (July 3-6), Half Marathon (Aug. 8) and a Fitness Resolution (Sept. 19).

Wiesbaden Child and Youth Services has likewise stepped up their game to offer a rich mix of fun, educational and recreational resources. Their popular After School videos — everything from dog treat recipes to fitness fun, Minute to Win It challenge, video crafts classes and Spring Basket Drive were all aimed at providing younger Wiesbaden military community patrons with diverse options.

While still in the planning stages in late May, officials were looking at ways to celebrate the July Fourth holiday with fireworks, a live stream and more.

Wiesbaden community members can get the latest information on Wiesbaden Family and MWR by regularly checking the Wiesbaden Family MWR Facebook and Web pages. In addition to details on upcoming live and virtual events, patrons can take part in challenges, giveaways and competitions, and find updated health and wellness resources.



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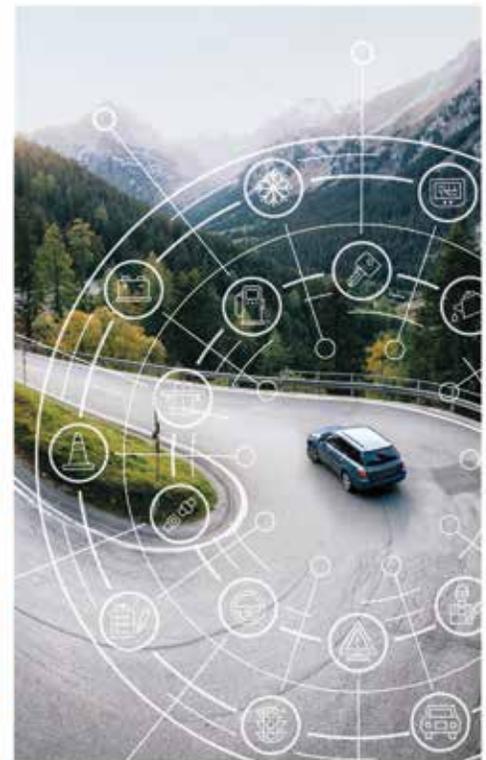


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GERMANY'S HIGHLIGHT

Best Hiking Trails

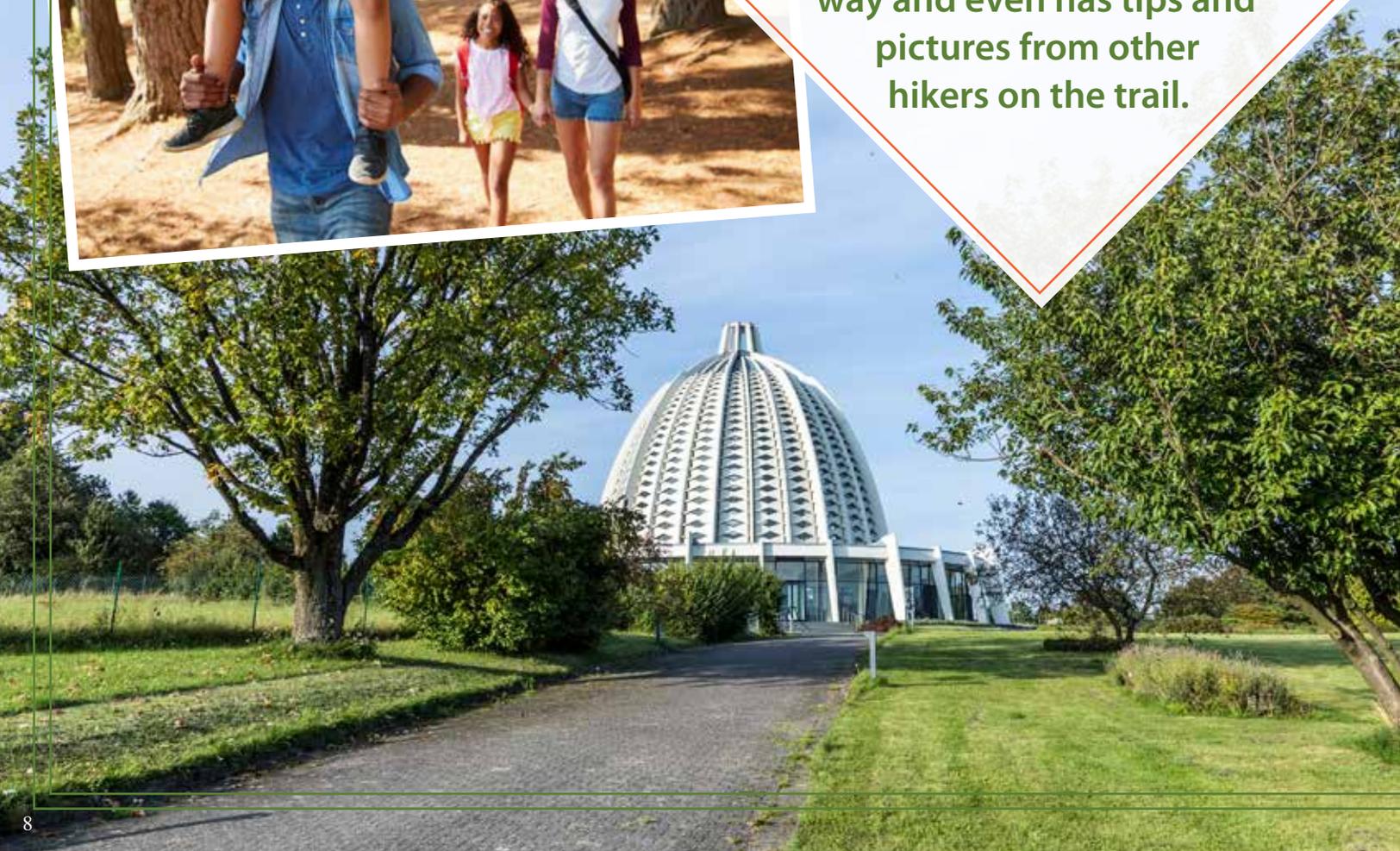


By Amanda Palumbo



Good to Know:

Download the hiking app, "Komoot", to help you pick out new trails, guide you along the way and even has tips and pictures from other hikers on the trail.



There is nothing like a stroll or a brisk hike in the woods to clear the mind and recharge the soul. The word 'hiking' might bring up visions of overly stuffed backpacks, walking for hours on end and fighting every bug imaginable. That is partly true but you don't have to be the die-hard expert to enjoy some of Germany's beautiful trails. Here are some of our favorites.

Easy & Family Friendly

Trail: Bärenlochweiher - Heidenfelsen Loop
Location: Kindsbach
Length: 2.49 miles
Elevation: 300 feet

This short and easy trail is great for families. At the start of the trail, you can gaze upon Bärenlochweiher, which translates to "Bear Hole Pond." Along the way, you'll find the Pagans' Stone, a Roman holy spring dating back to the 2nd century. Legend has it the water could treat certain eye ailments. The trail eventually circles back to the pond, complete with a swimming area and beer garden.

Trail: Karlstal Gorge - Pavilion Loop at Klugsche Mill
Location: Trippstadt
Length: 1.89 miles
Elevation: 125 feet

The Karlstal Gorge in Trippstadt is one of the most popular and beautiful sights in the Palatinate Forest. There are a number of trails that will take you to the gorge but the one that starts at the restaurant, Klugsche Mill, is an easy one for families to follow along. This trail is gorgeous in every season, but it is truly magical in the fall as the leaves start to turn.

Intermediate

Trail: Großer Mannstein - Kaisertempel Loop
Location: Eppstein
Length: 9.78 miles
Elevation: 1,650 feet

Großer Mannstein is a breathtaking lookout point where hikers can see as far as Frankfurt. Three miles in, you'll stumble upon the Bahai Tempel, featuring an impressive dome with intricate architecture. After trekking seven-and-a-half miles, you'll reach the lookout point. It's a great spot to take a break, have a snack and enjoy the view. This trail eventually leads to Kaisertempel. This building was once a temple for the founders of the German Reich but now serves as an adorable little restaurant. It also has a fantastic viewpoint over the villages.

Trail: Bockfesenhütte - Vier Burgen Tour Loop
Location: Neckargemünd
Length: 8.95 miles
Elevation: 1,625 feet

This trail has everything: fantastic lookout points, a river and four castles. Just under six miles in is an additional trail, 4-Burgen Tour. This trail winds through four castle ruins along the German-French border. In fact, you'll be crossing the border a few times on this trail. Some of the castles do have an admission to tour but it's well worth the needed break.

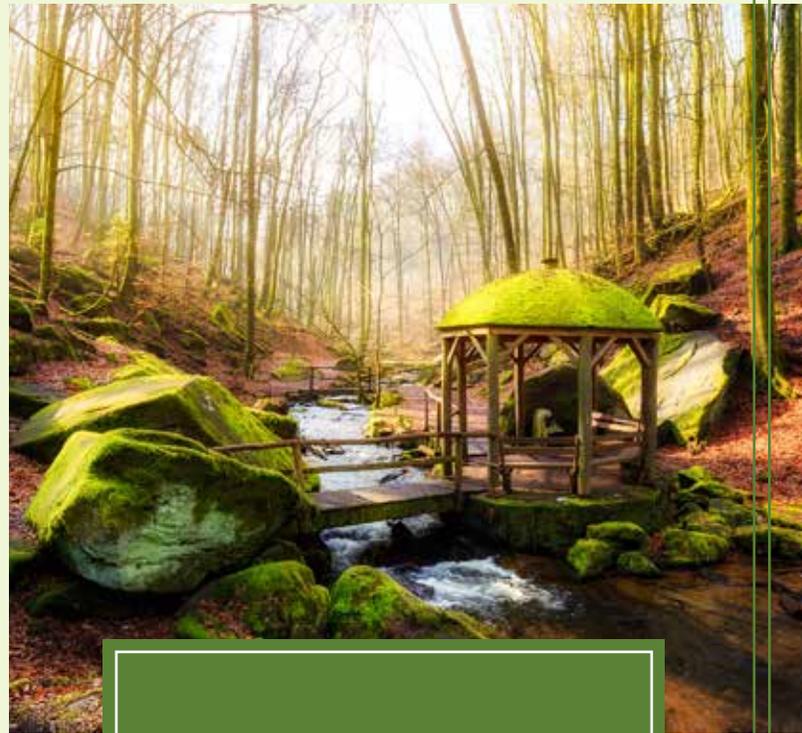
Hard

Trail: Bärenhöhle - Bruderfelsen Loop from Hauptstraße
Location: Rodalben
Length: 11.1 miles
Elevation: 1,425 feet

While a long trail, this one has tons of gems along the way. Bärenhöhle, which translates to "bear cave" is just one-and-a-half miles in. This is just the start of what will be a long series of stunning rock formations. The halfway point is Alte Burg. It's hard to tell but it's the ruins of an old Celtic castle made of red sandstone. It also provides a great view of the village.

Trail: Strahlenburg - Schauenburg Loop from Dossenheim Süd
Location: Dossenheim
Length: 9.53 miles
Elevation: 1,975 feet

Panoramic views, castle ruins and vineyards make this long and difficult trail a delight. It takes you through an old quarry with steep climbs but rewarding views. This will no doubt take care of leg day for the next month. One of the ruins along the way has a restaurant and a good opportunity to take a rest and grab a beer.



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LUXURIOUS BUDAPEST



By Elizabeth Jones

Situated on opposite sides of the Danube River, the once-separate cities of Buda and Pest make up what the world now knows as Budapest, the capital of Hungary. The city is known for being a relatively cheap destination allowing travelers the chance for a splurgy vacation filled with lavish experiences from dipping into mineral waters, touring exquisite landmarks, immersing in the city's high-end cafe culture and much, much more!

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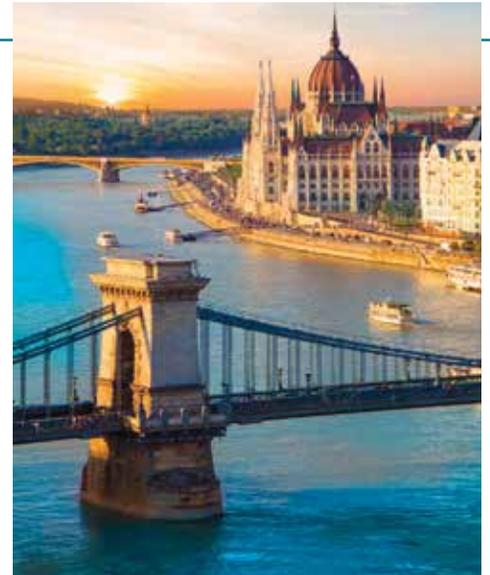


UNWIND IN BUDAPEST'S BEST THERMAL BATHS

People from all over the world flock to Budapest for a chance to immerse in the city's famous thermal baths for their apparent healing waters. For a top-of-the-line experience, make a stop at the popular Széchenyi baths that hold the title of the first hot spring palace on the Pest side of the city.

The Tuscan-sun-colored palace boasts 18 various pools filled with mineral waters that provide medicinal relief to various types of problems associated with the body and mind. The Széchenyi baths also offer many spa services and a drinking well to enrich your body with the best mineral waters. www.szechenyispabaths.com

Go underground and find the thermal springs of Gellért Bath Spa, an Art Nouveau masterpiece with splashes of colorful, mosaic tiles. Relax in their 12 different bath units found inside and outside of the spa. Choose services ranging from Swedish massages to mud baths for a self-indulgent experience. www.gellertspa.com



CRUISE THE DANUBE RIVER

To relish in the most romantic display of Budapest, take a luxury river cruise along the Danube River. There are many high-end cruise companies in Budapest to reserve with that offer a fabulous dinner, Hungarian wine and live music. This experience also provides the opportunity to snap the best riverside photos of the impressive Parliament Building. Be sure to book your luxurious river cruise tickets in advance www.budapestrivercruise.com

TOUR THE INTRICATE PARLIAMENT BUILDING

Speaking of the Parliament Building, this spectacular example of Neo-Gothic architecture should not be missed!

While the outside of this iconic landmark is easy on the eyes, the inside of the Parliament building is even more astonishing. Marvel at the grandeur of the building with its lush carpet, gold decor, high ceilings and stained glass windows. Since the building cannot be toured without a guide, splurge a little on booking a private tour well before your trip. www.latogatokozpont.parlament.hu/en/home

WANDER THROUGH CASTLE HILL

Peruse along the cobblestone streets passing Baroque houses, hole-in-the-wall cafés and historical monuments that can be found in the Castle Hill district that sits 170-meters above the Danube. A top attraction includes Fisherman's Bastion, a 19th-century fortification resembling a fairytale-like lookout tower. Enjoy panoramic views of the sparkling river below and the rest of historic Budapest from the tower's intricately-designed turrets.

Just a short walk from the Fisherman's Bastion is Buda Castle, also known as the Royal Palace. This





must-see attraction is waiting to share its vast amount of history from previous centuries. The palace is open daily for tours providing ample opportunity for you to bask in its perfection. www.budacastlebudapest.com/buda-castle-tour/

WITNESS A SHOW AT THE BUDAPEST OPERA HOUSE

Don't skip out on visiting Hungary's largest opera house that will surely captivate you — not only with its fascinating ballet and opera performances but also with its magnificent architecture. The inside of the opera house is filled with 1,200 red velvet seats, high balconies lined with golden accents and a high ceiling featuring Karoly Lotz's stunning art illustrating Olympus and the Greek gods. Treat yourself to a show or take a guided tour during the day, either way, you'll find yourself in awe of the Budapest Opera House. www.opera.hu/programme



ENJOY THE BEST OF BUDAPEST'S CAFE CULTURE

While Budapest has a lengthy list of extraordinary cafes, the New York Café takes the cake over them all. Noted as the world's most beautiful cafe, a visit to this extravagant place is a must. No matter what you're in the mood for – a savory or sweet breakfast, rich coffee, hearty lunch, afternoon tea, delicious dinner or decadent dessert, New York Café has an impressive menu waiting for you. <http://www.newyorkcafe.hu/>

TRANSPORT TO THE WORLD OF RUIN BARS

While it may not be the most luxurious thing to do in Budapest, missing out on Budapest's unique ruin bars would be a shame. From the outside, these bars are unrecognizable with no lines, booming music or crazy, bright lights. Once you step inside the bars, find mismatched, flea market furniture, graffiti from local artists and a very specific atmosphere catering to each of the bars' individual, quirky themes.

PERUSE THROUGH CHRISTMAS MARKETS

If you're visiting during the holidays, the world famous Christmas markets of Budapest are a must to partake in! Whether you go to the market in Vorosmarty Square or by the Basilica, you'll witness the city transform into a winter wonderland. Delight your taste buds with chimney cakes, potato dumplings, sausages, mulled wine and much more! The entertainment is endless at these markets with free concerts, ice skating rinks, light shows and folk dancing.

From architectural masterpieces, fancy river cruises, magnificent thermal baths, stylish cafés and fascinating, historical sites— there will be nothing but grand experiences awaiting you in Budapest! ■



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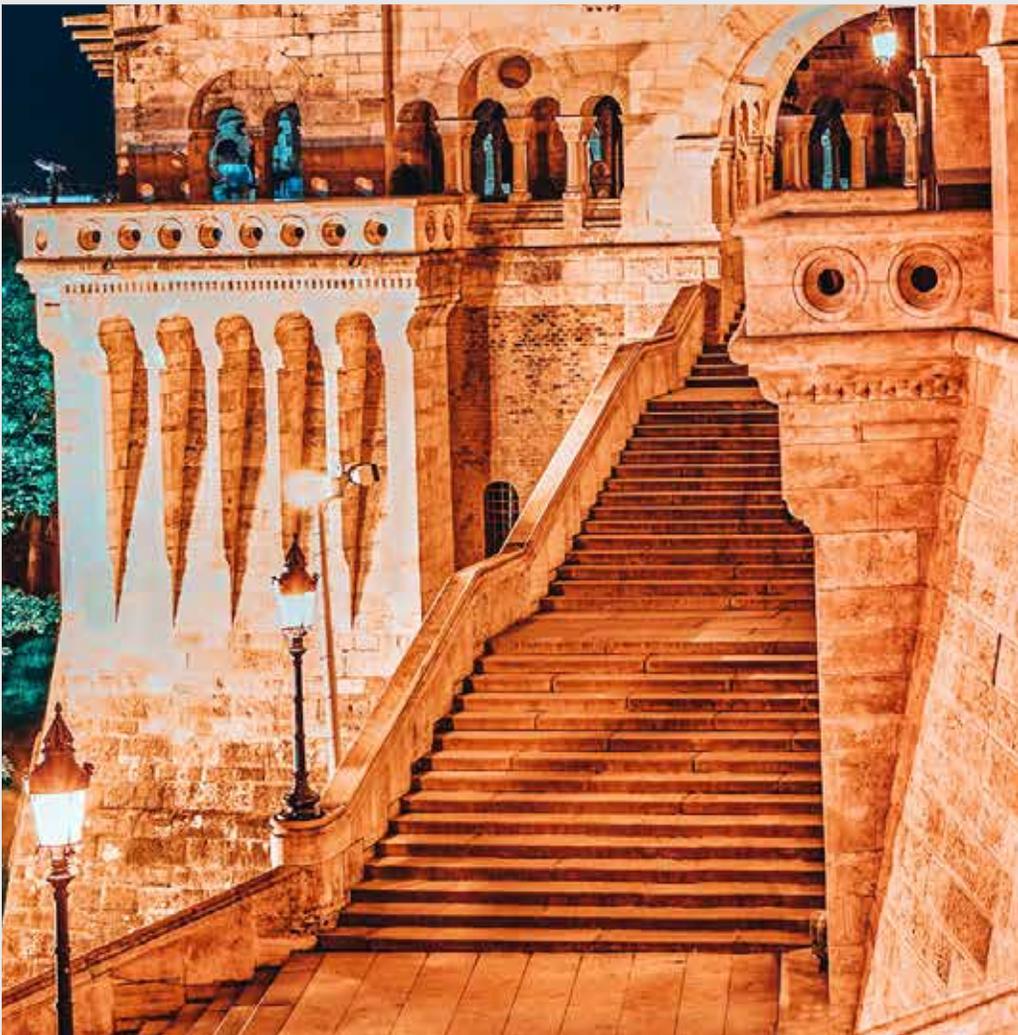
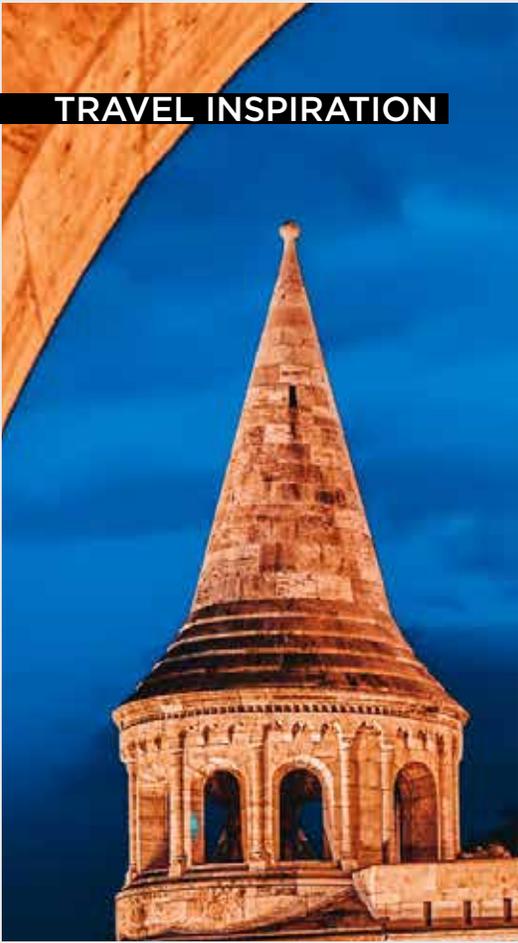
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TRAVEL INSPIRATION

Budapest, Hungary's capital, is a striking city many may overlook. Between the merger of three cities—Buda, Pest and Óbuda—this city has an interesting history which shows in the culture, food and buildings. With many affordable, luxurious experiences to be had, Budapest will be a favorite you'll want to visit more than once.





10 Reasons to Love Budapest

By Mary Del Rosario

1. You'll feel rejuvenated after a day at Széchenyi Baths, one of Europe's largest spa baths.
2. The locals are very hospitable and kind-hearted.
3. A night of drinking in Budapest's famous ruin bars will be one to remember. Szimpla Kert is a popular one.
4. Traditional Goulash will make your taste buds happy.
5. Fisherman's Bastion is a sight to behold and offers the most gorgeous panoramic views of the city.
6. Between the Aquincum Museum, the House of Terror, the Danube Promenade, the Parliament building and Heroes' Square, you'll uncover Hungary's colorful history.
7. The New York Café, aptly named the "most beautiful café in the world," is one you'll always want to eat breakfast in.
8. Cruising along the Danube River in the evening is a must on your itinerary.
9. The Széchenyi Chain Bridge is unlike no other bridge as it connects Buda and Pest.
10. You can have many lavish experiences on a budget.

Poznań, Poland



WHY GO THERE

The colorful buildings in Old Market Square, delightfully inexpensive food and gorgeous architecture are just the tip of the iceberg when it comes to reasons to visit this lovely Polish city. Both adults and children alike are sure to stare in wonder at the towering castle or the majestic animals at the zoo. This city should not be missed on any tour of Poland!

Poznań, Poland

ON YOUR RADAR

By Jessica Zen

If you've been searching for the perfect city to visit that won't break the bank, look no further. Poznań, Poland is full of colorful buildings, 16th-century houses and incredibly inexpensive food. The towering churches, stunning palace and modern zoo are sure to hold your attention. Take the whole family and explore everything this beautiful city has to offer, all while staying on a budget.

Start your adventure in Old Market Square. The plaza itself was planned in 1253 and features a row of colorful merchant's houses. You'll find purple, green and blue buildings, all melded together to create picturesque surroundings. The town hall is a stunning Renaissance building. Inside you'll find a museum, featuring a Grand Vestibule with a coffered ceiling. Entry into the museum is less than two euros.

On the corner of Market Square is the Church of St. Stanislaus, featuring a lovely Baroque facade. This structure was a former Jesuit college and features 18th-century frescoes and 13 altars. Work on the church started in 1649, but it wasn't finished for over 50 years. Entry is a contribution to the Poznań Fara, but guided tours start at less than one euro. Other beautiful religious structures can be found on Ostrów Tumski (Cathedral Island). The Poznań cathedral sits here and is Poland's oldest Gothic designed cathedral featuring medieval plans. Admission with crypt access is less than one euro.

For a look at Europe's youngest castle, head to the Imperial Castle. This Neo-Romanesque palace was built from 1905 - 1910 and has a colorful history. The castle once held Nazi soldiers and reflected the style of the Third Reich. Inside features a Byzantine-style throne room with statues of Holy Roman Emperors gracing the space. Admission is free without a tour.

Children will love the New Zoo. Spread out over almost 300 acres, here you will find owls, golden eagles, elephants, giraffes and more. There is a mini railway running around the perimeter, so you can hop on and off as you like. Admission is 5.33 euros on weekdays and 6.95 euros on weekends.

If you think the attractions in Poznań are inexpensive, wait until you see the food prices! For breakfast head to Bo Poznań. This

fusion restaurant slings traditional family recipes with a twist. The menu is constantly changing, but expect to eat for under 5 euros.

For lunch or dinner, consider Schaboszczak od Dziadka. You can get a plate-sized pork chop with potatoes and cabbage salad for under 4 euros. If you want a sweet treat, Lodziarnia Kolorowa ice cream shop is perhaps the best in the city. Expect to wait in line, but it's worth it. You can get two scoops for under 2 euros.



Last, but not least, is the Lech Beer Brewery. Established in 1629, this is the oldest brewery in Poland. Schedule a two-hour tour of the brewery itself, which is from the 1980s. Beginning at 10 a.m. tours start every two hours and are 3.94 euros.

From the amazing sights to the delicious food, Poznań is certainly a place that will steal your heart. Spend a few days visiting the sites and eating too much food, all while staying within a reasonable budget. The Polish zloty is equivalent to approximately .23 euros, making your money go even further. Here's to reasonably priced vacations! ■

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