



WELCOME TO FALLINGBOSTEL HIVE

NEW ARRIVALS GUIDE





CONTENTS

Welcome to Fallingbostel	page 2
HIVE opening hours	page 3
HIVE Mission Statement & Disclaimer	page 4
What can we do for you?	page 5
A –Z of HIVE Information	page 6 – 15
Emergency numbers	page 16
Shopping Guide	page 17
HIVEs across Europe	page 18
Clothing Guide	page 19
Food translations	page 20 -23
Other Agencies	page 24 -25
Notes	page 26

The HIVE is situated at
The LINC
All Saints Place
St Barbara Bks
BFPO 38

Last Updated: January 2010



WELCOME TO FALLINGBOSTEL

The HIVE would like to offer you a warm welcome to Fallingbostel. This booklet is designed to answer some of the questions that may arise when you first arrive in Fallingbostel, particularly if it is your first posting to Germany. The HIVE is situated at the LINC and our opening hours are on the following page. Please feel free to pop in and see us, leave us a message on our answer phone or send us an email and we will get back to you.

The HIVE is an information centre for the whole Service Community, which includes single and married serving personnel, civilian MOD employees and their dependents.

Our aim is to provide a professional information and referral service. We endeavour to answer all your queries and find the information you need, or point you in the right direction for the best possible help and support. We can offer you a welcome pack with maps and information leaflets to get you started in your new posting.

If you are arriving from outside Germany you should have received a copy of "So You Are Posted to Germany", which gives you information on everything you need to know on arrival, e.g. documentation, pay, registering your vehicle, claiming job seekers allowance etc. You should also have received a copy of the Fallingbostel Service Community Official Guide, which gives more detailed information about the local community including housing, schools, welfare support and station facilities. Copies of both these booklets are available from The HIVE.

If you have access to the Internet the website www.hive-europe.co.uk will also give you useful information. You will find The HIVE email address here too.

HIVE OPENING HOURS

MONDAY	09:00 to 15:00
TUESDAY	09:00 to 15:00
WEDNESDAY	09:00 to 15:00
THURSDAY	09:00 to 15:00
FRIDAY	09:00 to 13:00
SATURDAY	CLOSED

Telephone: +49 (0)5162 9712204, Mil: 76 2204

Fax (Civilian): +49 (0)5162 2757

Email: fallingbostel@hive-europe.co.uk

We look forward to seeing you at The HIVE.

MISSION STATEMENT

HIVE Information Centres will support the Service community through the provision of an impartial information and referral service.

DISCLAIMER

The content of any brochures or advertisement displayed in the HIVE does not necessarily reflect the policies or opinions of HM Government, the Ministry of Defence or Tri-Service HIVE. The accuracy of brochures displayed is not guaranteed.

WHAT CAN YOUR HIVE DO FOR YOU?

We can provide you with information of the following areas:

New arrival Information

Transport and holidays

Local tourism

Travel

Clubs & Societies

Family & Welfare

Employment

Leisure

Health & Safety

Customs

Consumer & Business

Legal matters

Postings & Departures

Communications

Education

Theme parks

Great days out

Benefits

Taxes

A – Z OF USEFUL INFORMATION

The following information is aimed at providing a general guide, which we hope will make settling in to Fallingbostel a little easier. More detailed information on many of these subjects can be found in the Fallingbostel Service Community Guide, or by contacting the HIVE team.

ACCOMMODATION

If you have family visiting from UK and need details of accommodation, call in the HIVE for a comprehensive list of local B&Bs and hotels.

BANK

KreisseSparkasse is located on the Naafi car park. Tel 05162 901853

BFG THE CAR

Under British Army (Germany) Standing order 3213, you are required to register your vehicle with the BFG Vehicle Licensing Office. The unit BFG Registration Office, (depending on your unit) will advise you on the correct procedure to be followed. All members of BFG must register their vehicles with the BFG VLO within 30 days of arrival. Before registration all drivers must take a matrix test and be issued with a BFG Driving Permit.

Log on to www.gettingaroundgermany.info this website has lots of information on learning the rules, regulations, signs and signals for Germany.

The BFG office is a centralised facility for all units located in the NAAFI car park.

Opening hours are 9.30 – 15.00 Monday to Friday

Inspection bookings Ext 2644

CHILD CARE & NURSERY

Wessex Daycare (6 weeks – school age)

Opening times 08:00 – 15:00

05162 1814

CHURCHES

St Thomas More R.C. Church

Block WB 12 , Lumsden Barracks

Rev Peter Heneghan (Community Padre)

Ext 2396

Mobile 01722051978

Fr David Smith (Hohne)

Tel (mil) 772284

Mobile: 0172 2189783

Sunday Mass: 11.30 a.m.

All Saints Garrison Church

St Barbara Barracks

Sunday Service is at 11:30. You are warmly invited to join the congregation while stationed in Bad Fallingbommel, with Sunday school and crèche during service, and tea and coffee afterwards.

Rev Hector MacKenzie (Church of Scotland) (2 CS Bn/4 Scots)

Ext 2505

Mobile 0172 2189783

Rev Stephen McCaulay (Church of England) (SDGs until August)

Ext 2684

Mobile 0172 2175122

Rev Tony Dalton (1 RRF, to transfer to SDGs in August)

Ext 2380

Mobile 0172 2175079

Rev Dave Middlemass (3 Mercians)

Ext 2380

Mobile 0172 2175079

CLUBS

Information on these clubs is available at the HIVE:

Fallingbostel Youth Club
Rainbows Ages 5 - 7
Brownies Ages 7 - 10
Guides Ages 10 - 14
Fallingbostel Station Equestrian Centre Ages 7+
Fallingbostel United FC
Fallingbostel Boars Rugby
Little Monkeys Fun and Fitness Classes
Swimming lessons

CONFIDENTIAL HELP-LINES

PADRES

Each unit has a Padre attached to them. They are there to listen and support you in complete confidence.

ARMY WELFARE SERVICE

For details and information, pick up a leaflet from the HIVE or give us a call, everything is dealt with in the strictest confidence. AWS Contact number in Hohne is Mil 77 2890/2889 Civilian Tel 05051 96 2890/2889.

SAMARITANS

Contact: Phone – all calls are free: - From Germany 0800 181 0721
Email: Samaritans@anon.twwells.com or jo@samaritans.org or anonymously

SSAFA

Confidential Support Line – Provide support and options for Army People and their Families. If something is getting you down, and you feel the need to talk it over with someone outside of the Army, talk to them, it's completely confidential and they're available every day from anywhere in the world. You can talk about anything. Racism – Sexual Harassment – Discrimination – Bullying – Suicide – Drugs – Depression, Contact: Phone 0800 1827 395. From anywhere in the world (callback) +44 (0) 1980 630 854

VICTIM SUPPORT

Contact JHQ Mil: 2272
Civil: 02161 47 2272 (Answer phone after office hours, please don't hang up)

EMPLOYMENT

Contact GLSU for further information

GLSU Fallingbostel

MB 55 Lumsden Bks

Open Mon – Fri 08:00 – 12:00

Tel: Fallingbostel Military 2334

Civilian 05162 971 2334

Check out the HIVE for updates on local vacancies

DOCUMENTS

While in Germany, you should make sure that you carry your documents at all times, whether it's your ID Card, NAAFI Shopping Permit. Keep your car BFG documents in the car at all times.

ENTERTAINMENT

BFBS Television – Programme schedules are printed in Sixth Sense. SSVC on St Barbara Barracks can assist with TV sets. A TV licence is not required.
Tel: Civ 91886

BFBS Radio – You will find BFBS 1 on FM 97.6 and BFBS 2 on 95.2.
Hohne Studio Tel: 05051 5031

FURTHER EDUCATION / LEISURE CLASSES

Further Education information is available at the HIVE. Local Course details from AEC 47 Course Clerk Mil 2258. Leisure Classes are also advertised at the HIVE. The Learn Direct Suite situated at AEC 47 also provides computer based courses.

HIVE DATABASE

The HIVE's computer database is an A-Z of useful local information, services, clubs, businesses, telephone numbers etc.

The database is updated regularly and if you would like something to be included please contact a member of the HIVE team.

HOUSING

For information on housing refer to the Fallingbostel Service Community Official Guide. The housing clerks can be contacted on Mil 2329 or Civ 05162 9712329

ID CARDS / NAAFI SHOPPING PERMITS

All military personnel, entitled civilians and dependants are required to carry an ID card.

A NAAFI Shopping Permit is issued to all entitled personnel and will be required if you wish to use NAAFI shopping facilities. Shopping Permits are available from the Welfare Office.

INTERNET

Internet access is available at your Welfare Centres. 47 AEC and the Library have internet suites.

JERBOA CINEMA

Jerboa Cinema Fallingbostel is closed. Plans for a new cinema are under way. The Ratz in Hohne and The Trenchard in Celle are the closest British cinemas in the area. Details of films being shown are in Sixth Sense, out every Thursday.

KINDERGELD

If you are in receipt of UK Child Benefit you may be entitled to claim Kindergeld (a top up to UK Child Benefit from the German authorities.) The claiming of Kindergeld is the individual's responsibility and is strictly between the individual and the German authorities. Application forms and guidelines are available from either your Regimental Admin Office or Welfare Office. Please check with your unit. HIVE does not hold forms.

LEAFLETS

The HIVE holds leaflets containing a wide variety of information on topics ranging from benefits to bus timetables. We hold core information on subjects like education, social security, health, housing, communications etc. We also have dozens of pamphlets on local attractions and places of interest, as well as further afield. We have produced comprehensive booklets giving you ideas for day trips both with and without children. If you're stuck for ideas on what to do or where to go, then just pop in to see us.

LEGAL HELP AND INFORMATION

Army Legal Aid Contact: - Mil 81 3191/95/96
Civilian: 0521 925 3196
Fax 0521 9254 3115

LEISURE ACTIVITIES

We hold a range of information on Leisure activities as well as City Guides so please pop into the HIVE for more information for a browse.

MAPS

We can print street maps and routes to assist with your journey.

MONEY MATTERS

The German economy is largely cash based and it is best to plan to use cash most of the time. Increasingly in supermarkets you can use your EC bank card to pay for goods in a similar manner to Switch or Delta. You will need your PIN number and the amount will be debited from your account in a day or two.

MOBILE PHONE

Phones can be purchased from various outlets including SSSC, TKS, Scheiba and Megaland. If you require Vodaphone SIM cards SSSC hold these. Pay as you go top up cards can be purchased locally.

Mobile phone contracts in Germany are for a minimum of 24 months and you must give 3 months' notice of cancellation

NIGHT CLUBS

We have a guide to local night clubs /bars and restaurants. Please ask for **EAT DRINK AND BE MERRY.**

OPENING TIMES

A comprehensive list of opening times and telephone numbers for facilities, shops and clubs are available from the HIVE.

PETROL COUPONS

Duty Free Fuel Coupons cannot be sold to you unless you have a Vehicle Registration Card with an up to date and valid light/roadworthiness stamp on it. Petrol coupons, which are rationed, are available from the Mehrwertsteuer Office situated inside the NAAFI building.

PETS

When you arrive in BFG you must register all your pets at the Housing Office, Station Staff Office, Lumsden Barracks. All dogs must wear a collar disc bearing the owner's address. Failure to do so could result in a large fine. The HIVE holds a list of local vets and kennels.

POSTINGS

The HIVE can obtain Garrison Guides and HIVE 'Welcome' packs from other stations. We also have a comprehensive 'Get You Back Pack'.

QUESTIONS

The HIVE will endeavor to answer all your questions. You will not leave the HIVE empty handed. If we do not hold the information you are after, we will either refer you to another agency, or give you a phone number and a promise that we will get back to you.

RESTAURANTS

There are several restaurants in the area, The HIVE holds an information booklet called **EAT DRINK AND BE MERRY** to give you an idea of what's available.

SCHOOLS

Schools are administered by Service Children's Education (SCE). SCE is a defence agency whose headquarters are located at Wegberg, BFPO 40. There are two primary schools, Heide and Shackleton. Both are on camp, and have Foundation Stage facilities, for younger children. Gloucester Senior School for secondary school age pupils is at Hohne.

SHOPPING (TAX FREE)

We are in a perfect location for access to a number of big cities. We have a booklet called "**Shop till you drop**", with details on shopping in the area and Tax Free Shopping.

SHOPPING

See our shopping guide on page 16

You can also see our booklet: **SHOP TILL YOU DROP**

TELEPHONE CONNECTIONS / DISCONNECTIONS

Connections and disconnections for telephones can be made via the Translator in the LINC, TKS or through the Source.

TELEVISION

A TV licence is not required. BFBS Television is available in all married quarters. Programmes listings appear in the Sixth Sense Newspaper each week.

Cable channels are also available though a normal aerial socket. If you intend to install a satellite dish to the structure of your quarter, permission should be sought from your Estate Manager.

TRANSLATOR

We have the regular services of a German translator at the LINC, who will be happy to give verbal translations of your letters and forms. Please ring in advance to check availability. Telephone connections and disconnections can also be made on your behalf. A small fee will be charged per translation.

Tel: (civ) 05162 2757

TRANSPORT (LOCAL)

Information on local bus services as well as station and NAAFI bus services is available from the HIVE. We are also able to provide train times.

UNEMPLOYMENT BENEFIT

All newly arrived dependants who wish to claim unemployment benefit should register with the local German Employment Office (Arbeitsamt) no later than **seven days after their arrival in Germany** or they may lose their benefit.

The office can be found the office can be found on Benzer Strasse 69, Walsrode. Directions available from the HIVE.

The HIVE also holds a number of leaflets on general DSS information.

USEFUL TELEPHONE NUMBERS

Please see the list provided on page 17.

The German direct enquiries number is 11833. The military direct enquiry number is 192.

VISITORS

When your family are visit you in Germany you should obtain a Close Relatives Form from the Unit Welfare Office. The form entitles close relatives to shop, (on behalf of yourself,) for non-rationed items in the NAAFI, and to minor medical treatment in the medical centre.

VOLUNTEERS

The HIVE is indebted to our volunteers, who give up their time to enable us to provide a good service to our customers. If you are able to spare a few hours a week to help in our busy HIVE, our team would be glad to welcome you.

WHAT'S ON INFORMATION

We try to keep as much information as possible about local events and activities, within Fallingbostel and beyond.

You can also check out the "What's on" page on our website

www.hive-europe.co.uk

WRVS REPRESENTATIVES

There are three WRVS welfare representatives in Fallingbostel.

4 SCOTS	Ext 2535
2 CS Bn REME	Ext 2126
SDG	Ext 2637

YOUTH WORKERS

If you have any spare time and wish to volunteer at the Youth Club, contact the Youth Worker on 05162 971 2456

EMERGENCY AND USEFUL NUMBERS

Civilian Number prefix: 05162 971

RMP	Gen Enquiries 2245 Emergencies 2222
FIRE SERVICE	4444
MEDICAL EMERGENCIES	3333
MEDICAL CENTRE	2256 or 2272
DENTAL CENTRE	2369
ARMY WELFARE SERVICE	05051 96 2890
GERMAN EMERGENCY SERVICES	110
GERMAN FIRE SERVICE	112
HIVE	2204
HOUSING HELP DESK	2329
GWA HELP DESK	2401 or 2224

SHOPPING GUIDE

Fallingbostel has a good mix of shops and supermarkets. We are also near Hamburg, Hannover and Bremen. City guides are available in the HIVE.

General Opening Hours

Fallingbostel Town

Mon - Fri - 0900 - 1800 (usually closed for 2hrs at lunch)

Sat - 0900 - 1400

Sundays and Bank Holidays - Closed

Larger Supermarket Opening Hours

Mon - Sat - 0800 - 2000 (some are open until 22.00 on certain days)

Sundays and Bank Holidays - Closed

HIVES ACROSS EUROPE ONLINE FOR YOU.

Keeping in touch with the HIVE has never been easier, just click, phone or fax.

Email address	HIVE (location)	Phone No. Civil	Mil. No.	Fax No.
bielefeld@hive-europe.co.uk	Bielefeld	0521 92543122	81 3122	81 33152
brunssum@hive-europe.co.uk	Brunssum	0031 45 5262891		0031 45 5253160
celle@hive-europe.co.uk	Celle	05141 9632340	78 2340	05141 9632383
detmold@hive-europe.co.uk	Detmold	05231 37864		05231 37864
dulmen@hive-europe.co.uk	Dulmen	02594 9622512	63 2512	02594 9622511
elmpt@hive-europe.co.uk	Elmpt	02163 973183	68 3183	02163 974329
fallingbostel@hive-europe.co.uk	Fallingbostel	05162 9712204	76 2204	05162 9712811
gutersloh.mb@hive-europe.co.uk	Gutersloh – Mansergh Bks	05241 842220	73 2220	05241 842220
gutersloh.prb@hive-europe.co.uk	Gutersloh – PRB	05241 842692	73 2692	
hameln@hive-europe.co.uk	Hameln	05151 917464	83 2464	05151 917464
herford@hive-europe.co.uk	Herford	05221 9953127	82 3127	05221 9953812
hohne@hive-europe.co.uk	Hohne	05051 9622303	77 2303	05051 9623940
portugal@hive-europe.co.uk	Portugal	0035 121 4404328		00351 214417968
munster-south@hive-europe.co.uk	Munster - South	0251 9272388	60 2388	0251 9272388
munster-west@hive-europe.co.uk	Munster - West	0251 9272163	60 2163	0251 9272163
naples@hive-europe.co.uk	Naples	0039 081 5092628		
paderborn@hive-europe.co.uk	Paderborn	05251 57191		05251 57191
ramstein@hive-europe.co.uk	Ramstein	06371 401445		06371 43831
rheindahlen@hive-europe.co.uk	Rheindahlen	02161 4722519	72 2519	02161 551489
sennelager@hive-europe.co.uk	Sennelager	05254 9822771	79 2771	05254 9822771
shape@hive-europe.co.uk	SHAPE	003265 443984	9205423 3984	
wildenrath@hive-europe.co.uk	Wildenrath	02432 81017		02432 81017

CLOTHING SIZE GUIDE

WOMAN'S DRESSES, SUITS, SKIRTS & COATS

BRITISH	10	12	14	16	18	20							
GERMAN	36	38	40	42/44	46/48	50							
AMERICAN	8	10	12	14	16	18							

BRA SIZES

BRITISH	32	34	36	38	40	42							
GERMAN	70	75	80	85	90	95							

WOMAN'S SHOES

BRITISH	3	3½	4	4½	5	5½	6	6½	7	7½	8		
GERMAN	36	36/37	37	37/38	38	38/39	39	40	40/41	41	42		
AMERICAN	-	-	5½	6	6½	7	7½	8	8½	9	9½		

CHILDREN'S SHOES

BRITISH	4	4½	5	5½	6	6½	7	7½	8	8½	9	9½	10
GERMAN	20	21	21/22	22	23	23/24	24	25	25/26	26	27	27/28	28
BRITISH	10½	11	12	13	13½	14	14½	2	2½				
GERMAN	29	30/31	31	32	32/33	33	33/34	34	35				

CHILDREN'S CLOTHES

BRITISH (age)	2	3	4	5	6	7	8	9	10	11	12	13	14
GERMAN SIZE	92	98	104	110	116	122	128	134	140	147	152	158	164
Height in cms	91	96	102	109	114	122	127	135	140	147	152	157	164

MEN'S SUITS & OVERCOATS

BRITISH & US	36	38	40	42	44	46							
GERMAN	44	46	48	50	52	54							

MEN'S SHIRTS

BRITISH & US	13	13½	14	14½	15	15½	16	16½	17				
GERMAN	33	34	35/36	37	38	39/40	41	42	43				

MEN'S SOCKS

BRITISH & US	9½	10	10½	11	11½	12	12½						
GERMAN	39	40	41	42	43	44	45						

MEN'S SHOES

BRITISH	7	7½	8	8½	9	9½	10	10½	11	11½			
GERMAN	41	41/42	42	42/43	43	44	45	45/46	46	46/47			
AMERICAN	-	-	8½	9	9½	10	10½	11	11½	12			

FOOD TRANSLATIONS

ENGLISH	GERMAN	DUTCH
Sugar		
Sugar	Zucker	Suiker
Brown Sugar	Brauner Zucker	Bruin Suiker
Castor Sugar	Feinster Zucker	Fijne Suiker
Cube Sugar	Würfelszucker	Suikerklontjes
Granulated Sugar	Raffinierter Zucker	Suiker
Icing Sugar	Puderzucker	Poeder Suiker
Preserving Sugar	Einmachzucker	Gelei Suiker
Saccharin Tablets	Süßstofftabletten	Zoetstoff

ENGLISH	GERMAN	DUTCH
VEGETABLES AND FRUIT		
Potatoes	Kartoffeln	Aardappelen
Chips	Pommes/Fritten	Frietjes/patat
Carrots	Möhren	Wortelen
Peas	Erbsen	Erwtten
Asparagus	Spargel	Asperges
Oranges	Apfelsinen/Orangen	Sinasappels

ENGLISH	GERMAN	DUTCH
BAKING		
Flour	Mehl	Bloem
Almonds	Mandeln	Amandelen
Baking Essence	Backaroma	Bakaroma
Baking Powder	Backpulver	Bakpoeder
Candied Fruit	Kandierte Früchte	Kandijt Fruit
Candied Lemon Peel	Zitronat	Bakz Citroenschil
Candied Orange Peel	Orangeat	Baksinasappelschil
Chocolate Sprinkles	Schokostreusel	Chocoladehagelslag
Coconut (dessicated)	Kokosraspeln	Gerasptecocosnoot
Cornflour	Stärkemehl	Mayzena
Gelatine	Gelantine	Gelantine
Poppyseed	Mohn	Maanzaad
Potato Flour	Kartoffelmehl	Aardappelmeel
Vanilla	Vanilleextract	Vanille extract
Yeast	Hefe	Gist

ENGLISH	GERMAN	DUTCH
HERBS AND SPICES		
Mixed spice	Spekulatiusgewürz	Speculaas kruiden
Aniseed	Anis	Anijszaad
Basil	Basilikum	Basilikum
Bayleaf	Lorbeerblatt	Laurierbladen
Caraway	Kümmel ganz	Komijnzaad
Celery Salt	Selleriesalz	Selderijzout
Chilli Powder	Chilipulver	Chilli Poeder
Chives	Schnittlauch	Bieslook
Cinnamon (ground)	Zimt (gemahlen)	Kaneel (gemalen)
Cloves (ground)	Zimt (gemahlen)	Kruidnagel
Cumin	Kümmelpuder	Komijnpoeder
Curry	Curry	Kerrie
Garlic	Knoblauch	Knoflook
Ginger	Ingwer	Gember
Juniper Berries	Wacholderbeeren	Junipers
Marjoram	Marjoran	Majoraan
Mint	Pfefferminz	Munt
Mustard (strong)	Senf (scharf)	Mosterd (scherp)
Nutmeg	Muskatnüsse	Nootmuskaat
Onion Powder	Zwiebelpulver	Uipoeder
Parsley	Petersilie	Peterselie
Pepper	Pfeffer	Peper
Saffron	Safran	Saffraan
Sage	Salbei	Salie
Salt	Salz	Zout
Soy Sauce	Sojasoße	Sojasaus
Thyme	Thymian	Thijm
Vinegar	Essig	Azijn
Vinegar (wine)	Weinessig	Wijn Azijn

ENGLISH	GERMAN	DUTCH
MEATS		
Chicken	Huhnchenfleisch	Kippevlees
Pork	Schweinefleisch	Varkensvlees
Beef	Rindfleisch	Rundvlees
Minced meat	Gehacktes	Gehakt
Meat balls	Frikadellen	Gehaktballen
Turkey	Putenfleisch	

ENGLISH	GERMAN	DUTCH
DAIRY PRODUCTS/FATS		
Butter	Butter	Boter
Cheese	Käse	Kaas
Cottage Cheese	Hüttenkäse	Huttenkaas
Cream Cheese	Frischkäse/ Sahnekäse	Roomkaascream
Cream	Sahne	Slagroom
Drinking Chocolate	Kakao	Chocolademelk
Egg/Eggs	Ei/Eier	Ei/Eieren
Evaporated milk	Kaffeerahm	Koffie melk
Full fat milk	Vollmilch	Volle melk
Low fat milk	Fettarme Milch	Halfvolle melk
Pasteurised Milk	Pasteurisierte Milch	Gepastureerde melk
Powdered Skim. Milk	Magermilchpulver	Magere poedermelk
Oil	Öl	Olie
Sunflower Oil	Sonnenblumenöl	Zonnebloom olie
Vegetable Oil	Pflanzenöl	Plantaardige olie
Soured Cream	Saure Sahne	Zure room
Lard	Schweinfett	Varkensvet
Whipped Cream	Schlagsahne	Slagroom
Yoghurt	Joghurt	Yoghurt
Semolina	Gries	Griesmeel

ENGLISH	GERMAN	DUTCH
BREADS AND CEREALS		
Bread Crumbs	Paniermehl	Paneermeel
Brown Bread	Graubrot	Bruin brood
Oatmeal	Haferflocken	Haverhout
Roll	Brötchen	Broodje
Rusk	Zwieback	Beschuit
Rye Bread	Roggen Brot	Roggebrood
White Bread	Weissbrot	Wit brood
Wheat Bread	Vollkornbrot	Volkoren brood
Whole Wheat	Crispbreads	Knäckebrød

GERMAN SPECIALITIES

GERMAN	ENGLISH
Reibekuchen	grated raw potatoes fried into a pancake
Stollen	traditional German Christmas cake
Glühwein	hot spiced red wine sold at Christmas markets
Feuerzangenbowle	burnt rum and red wine punch
Jägertee	Alcoholic drink based on rum, served hot
Bockwurst	sausage
Strammer Max	bread topped with slices of cheese, ham, gurken and fried eggs
Berliner	doughnuts

DUTCH SPECIALITIES

DUTCH	ENGLISH
Pannekoek	pancakes
Poffertjes	miniature pancakes served with Grand Marnier or butter flakes
Vla	general term for a variety of puddings
Vlaai	general term for a variety of cakes topped with fruit or creamed rice pudding for example
Peperkoek	ginger biscuits
Koffiekoek	large soft biscuit made with almonds
Ontbijtkoek	spiced with ginger breakfast cake
Beschuit met muisjes	Rusks with blue or pink sugar sprinkles Traditionally served to celebrate the birth of a child
Rookworst	smoked sausage
Hutspot	mashed carrots, potatoes and onion
Boerekool	curly kale mashed with potatoes
Uitsmijter	bread with slices of ham, cheese, gurkin and fried eggs
Griesmeelpap	semolina pudding
Rijstepap	cream rice pudding
Nonnevotten	doughnuts traditionally sold during the carnival season

OTHER AGENCIES



SSAFA Forces Help In-service Committees provide assistance and support to serving men, women and their families in need. They meet regularly to decide how money is raised and distributed and discuss other matters of concern to the local community. For more information, call JHQ Mil: 3392 or Civil: 02161 472 3392.

Victim Support offers emotional support, information and practical help to those who have



been affected by crime. Volunteers attend specially designed courses which allow them to help victims come to terms with the disturbing effects of crime. Interested volunteers should contact JHQ Mil: 2272 or Civil: 02161 472 2272



Girlguiding

British Guides in
Germany

There are lots of Rainbow, Brownie and Guides units here in Germany. We have waiting lists because of the continuing popularity of Girlguiding and a shortage of adults coming forward to offer a little of their time in helping to run the groups. More adult helpers mean shorter waiting lists. Any help you can offer will be much appreciated and we will soon be able to offer more girls the chance to take part in guiding.

Contact your local HIVE and ask for more details.

Air Training Corps

Air Training Corps is aimed at young adults between the ages of 13 and 18. The cadets take part in fieldcraft, weapon handling, shooting, drill and airmanship. During the year cadets can attend flying camps in UK, weapons camps in Germany and fund raising events for both Army and RAF Benevolent Funds. There are currently 3 Squadrons in BFG, located in JHQ, Gutersloh and Herford. Our volunteers need no experience or qualifications as full training is provided. For more information please contact Graham Pearce on JHQ Mil 2085 or Mobile: 0171 3692561

COUNCIL OF VOLUNTARY WELFARE WORK (CVWW) (BFG)



The Council of Voluntary Welfare Work (CVWW) offers a varied selection of opportunities to volunteer. Whether working with children in childcare centres, with the European Christian Homes for the Soldier (ECHOS) in the Balkans or Iraq, in any of the Church Army, Salvation Army or YWCA centres in and around the military Garrisons.

You could even help the troops on exercise in Poland, there is always a need for volunteers. For more information on what is available, call Lt Col (Retd) John Batty on 05221 25001 or Herford Mil 3921



Foster carers provide stability, encouragement and a loving home to children who are temporarily unable to live with their own families. British Forces.

Social Work Service currently need foster carers in all areas of BFG. If you feel that you could be a foster carer, call 05221 178 366

NOTES

We make every effort to ensure that our information is current and correct. Your help is invaluable in keeping our records up to date by informing us of any changes to our handouts, or by sharing any additional information which may be of interest to others.



This guide has been produced by Fallingbostel HIVE