



WELCOME TO FALLINGBOSTEL HIVE

**A NEW ARRIVAL GUIDE FOR
SINGLE PERSONNEL**





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The HIVE is situated at
THE LINC
All Saints Place
St Barbara Bks
BFPO 38
Tel: Fallingbostel military 2204
Tel: (civ) +49 05162 9712204
Email: fallingbostel@hive-europe.co.uk

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 here, 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 e-mail and we will get back to you.

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

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 there 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

PHONE 05162 971 2204
 MIL 76 2204

E MAIL fallingbostel@hive-europe.co.uk

We look forward to seeing you in 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 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.

ACCOMODATION

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.

BANKS

Kreissparkasse 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

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 Fallingbostel, 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

Sub Aqua Fallingbostel
Kevin Holmes Mil: 2484

Hohne Garrison Angling Club
Mick Simpson. Mil: 77 2441 (Chairman)
Steve Webber. Mil: 77 2967 (Treasurer)

British Mohnesee Sailing Club
Contact the club on Korbeke 02924 5515.

Adventurous Sail Training Centre Kiel
Contact centre on Tel: 0431 398833, Fax: 0431 397172

British Army Golf Club Hohne
Contact direct for information about membership fees. Civ: 05051 4393

Fallingbostel Station Saddle Club: Mil: 2410

The HIVE holds a full list of clubs in the area, please contact us for more information.

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 (AWS)

For details and information, pick up a leaflet from the HIVE or give us a call. Everything is dealt with in the strictest confidence. Contact number in Hohne is Mil 77 2890/2889 Civilian Tel 05051 962 2890/2889.

SAMARITANS

Contact: Phone from Germany 0800 181 0721 - All calls are free.

Email : – jo@samaritans.org or anonymously: Samaritans@anon.twwells.com

SSAFA

Their Confidential Support Line provides support and options for Army personnel and their families. If something is getting you down, and you feel the need to talk it over with someone outside the Army, then 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.

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)

CONCERTS

We hold regularly updated details for Hannover, Hamburg and Celle events, also for the English Theatre in Hamburg.

DAYS OUT

The Hive has many brochures for days out, including Theme Parks, pools and places of interest, both local and further afield.

ENTERTAINMENT

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

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 47 AEC. Course Clerk Mil 2258. Leisure Classes are also advertised at the HIVE.

GERMAN LAW

German law is largely the same as UK; however, there are a few that may catch you out. The booklet ‘So you are posted to Germany’, is very helpful in understanding them.

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.

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 for use of NAAFI shopping facilities. Shopping Permits are available from your unit welfare office.

INTERNET

47 AEC have an internet suite as do your Unit Welfare Offices & WRVSS.

JERBOA CINEMA

Unfortunately the cinema is closed. Plans for a new cinema are under way. Details for the cinemas at Celle and Hohne are printed in Sixth Sense and Heide magazine.

KEGELBAHNS

There are various places in Fallingbostal to go Kegelling. This pastime is similar to bowling and kegelbahns are located on the side of some hotels and guesthouses.

Bowling is also available in Walsrode and Soltau. Also the station Bowling Alley is located behind the LINC.

LEAFLETS

The HIVE holds leaflets containing a wide selection of information on everything from benefits to bus timetables. We hold core information on a variety of subjects including education, social security, health, housing, communications etc. We also have pamphlets on local attractions and places of interest, as well as things to do further afield. We have produced comprehensive booklets giving you ideas for day trips either with or without children in mind. 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,
Civil: 0521 925 3196
Fax: 0521 9254 3115

LEISURE ACTIVITIES

ICESKATING-MELLENDORF

Skate hire available. Prices and leaflets available from the HIVE.

Civ 05130 9594/0

CLIMBING WALL – HANNOVER

Civ 0511 30150

SKATING INLINE

There is a skating park in Celle/West called the Fun Skater Drome. There are music shows and skating events, and family days are every Sunday 1000 - 1300 hrs. Skate hire is available.

OUTDOOR KART - SCHUMACHERS

Schumachers Motodrom in Bispinger. Available as group bookings. For up to date details and prices, telephone - Civ 05194 6871

JOINT SERVICES PARACHUTE CENTRE, LIPPSRINGE

Situated in Sennelager, Paderborn,

Sennelager Mil 79 2740/2378 Civ 05254 98 2740 fax 79 2369

ADVENTURE TRAINING LODGE, WALKENREID

The charges are very minimal as it is self-catering and cleaning which has to be undertaken by yourselves. The leisure activities available in the area skiing, sledging, dry tobogganing. An Kronenberg, 9a, 31445 Walkenreid. Approx 115 Miles South of Hannover.in the Harz.

Bielefeld Mil 3215 Civ 0521 9254243

MAPS

We can print street maps and routes for your journeys.

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 are able to use an EC bank card to pay for goods in a similar manner to Switch or Delta. You will require a PIN number and the amount will be debited from your account within a day or two.

Another service is 'EDC' which involves you charging up the 'chip' on your bankcard at the ATM. You will be given this option on insertion of the card. Literally you specify how much you want to be transferred on to your card. Sparkasse Tel 05162 901853

MOBILE Phones

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

NIGHT CLUBS

We have a guide on all 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

You cannot buy Duty Free Fuel Coupons 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 MWST office situated inside the Naafi.

PLACES TO VISIT

A wide selection of brochures is available in the Hive with several ideas for days out and places to go.

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 have the information you are after, we will either refer you to another agency, give you the details you want, a phone number or a promise that we will get back to you.

RESTAURANTS

“Eat, drink and be merry” a local restaurant guide is available at the HIVE. It includes Nightclubs, Bars and Cafes, etc.

SHOPPING (TAX FREE)

Further information on tax free shopping is available in our Shop till You Drop Guide

SHOPPING

See shopping guide on page 16

TELEPHONE CONNECTIONS/DISCONNECTIONS

Telephone connections & disconnections are made via the Translator at the LINC, the Source or TKS.

TELEVISION

A TV licence is not required. BFBS Television is available and a programme guide is printed in the sixth sense weekly or on forces teletext. You may also be able to get satellite or cable.

TRANSLATOR

We have the regular services of a German translator in the LINC, who will be happy to give verbal translations of your letters and forms, for a small charge. Please ring in advance to check availability. Tel: (Civ) 05162 2757.

TRANSPORT (local)

Information on bus services is available from the HIVE. We are able to provide route maps for all your journeys. We also hold train timetables.

USEFUL TELEPHONE NUMBERS

Please see the list provided on page 16. The German direct enquiries number is 11833. The military direct enquiry is 192

VISITORS

When your family visit you in Germany you should obtain a Close Relatives Form from your 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. All visitors and relatives should have completed an EHIC (Health Advice For Travellers) form and bring the European Health Insurance Card with them.

WHAT'S ON INFO

We try to keep as much information as possible about local events. This includes activities within Fallingbostel, the Heide region and beyond. You can also check out the "What's on" page on the link to our website through: www.hive-europe.co.uk.

WRVS REPRESENTATIVES

There are three WRVS welfare officers in Fallingbostel.

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

YOUTH WORKERS

If you have any spare time and are willing to help out, contact the Youth club for further information on 05162 971 2456.

EMERGENCY AND USEFUL NUMBERS

Civilian Number prefix: 05162 971

RMP	General Enq 2245 Emergency 2222
FIRE SERVICE	4444
MEDICAL EMERGENCIES	3333
MEDICAL CENTRE	2256 & 2272
DENTAL CENTRE	2369
ARMY WELFARE SERVICE	05051 962890
GERMAN POLICE EMERGENCY SERVICES	110
GERMAN FIRE SERVICE	112
HIVE	2204
HOUSING HELP DESK	2329

SHOPPING GUIDE

Please refer to our guide **Shop till you drop**

Fallingbostel has a good mix of shops and supermarkets. We are also near large Towns.

General Opening Hours

Fallingbostel Town

Mon – Fri – 09:00 – 17:30 (usually closed for 2 hours at lunch)

Sat – 09:00 – 14:00

Sundays and Bank Holidays – Closed

Larger Supermarket Opening Hours

Mon – Fri – 08:00 – 20:00 (some open till 22.00 on selected days)

Sat – 08:00 – 20:00

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	Bakzitraenschil
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

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.

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 to help run the groups.

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 European Christian Homes for the Soldier (ECHOS) in the Balkans or

Iraq, in any of the Church Army, Salvation Army or YWCA centres in 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

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



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

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

NOTES



This guide has been produced by FALLINGBOSTEL HIVE