

WELCOME TO HERFORD HIVE

NEW ARRIVALS GUIDE

Married Personnel

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DISCLAIMER NOTICE

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

MISSION STATEMENT

HIVE Information Centres support the Chain of Command and Tri-Service Communities through the provision of up to date and relevant information.

HIVE OPENING HOURS

Monday – Friday 0900 - 1400

Herford Hive office:

Bradley Centre

Hammersmith Barracks

BFPO 15

Tel Mil: 82 3127

Tel Civ: 0049 (0) 5221 995 3127

Fax: 0049(0) 5221(mil 82) 3585

Email: herford@hive-europe.co.uk

Address for Satellite navigation

Vlothoer Strasse

32049

Herford

Germany

(Any reduced hours will be posted on the office door)

We look forward to seeing you in The HIVE.

WELCOME TO HERFORD

The **H I V E** would like to offer you a warm welcome to Herford.

The **H I V E** is an information centre for the Service Community, which includes single and married serving personnel, civilian MOD employees and their dependants.

This booklet is designed to answer some of the questions that may arise when you first arrive in Herford, particularly if it is your first posting to Germany. However it's often easier to ask someone in person and for that reason you are welcome to come into our office and ask your question, no matter how small.

Other ways to contact us are: on our website the address is www.hive-europe.co.uk which will give you lots of useful information.

Our email address is Herford@hive-europe.co.uk

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 Herford Service Community Official Guide, which gives more detailed information about the local community including housing, schools, welfare support and station facilities

If you have not received either of these Guides then please pop in and see us.

**We look forward to meeting you and remember, any
question is welcome, no matter how small.**

WHAT CAN YOUR HIVE DO FOR YOU?

We can provide you with information in the following areas:

New arrival Information

Postings & Departures

Local tourism

Travel & Transport

Holiday Ideas

Clubs & Societies

Theme parks

Leisure

Great days out

Employment

Consumer & Business

Legal matters

Communications

Education

Family & Welfare

Benefits

Health & Safety

Taxes

Customs & excise

A – Z OF USEFUL INFORMATION

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

ACCOMMODATION

If you have family visiting from UK and need details of accommodation, call into the HIVE for a comprehensive list of local B&B and Hotels. Visiting family members need to be registered before arrival, contact your Welfare Office for details.

BANKS

There is a Sparkasse Bank outside camp on Vlothoer Strasse with both cash dispensers, statement printing machines and English speaking staff. You can also top up Pay As You Go German Mobile Phones via the Cash Point options. There is also a Cash Point machine situated in the NAAFI on Hammersmith Barracks which accepts UK cards (there may be a small handling fee for cash point transactions on some cards). In addition many of the large supermarkets have Cash Point machines in their Foyers.

BFG THE CAR

BFG Office Bradley Ctr. Tel : 05221 9953335.

You are required under British Army (Germany) Standing order 3213 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. The BFG office is situated in the Bradley Centre.

Check out this great web site for all the information you need to know about driving in Germany www.gettingaroundgermany.info

CHILDCARE & NURSERIES

Tel : 05221 83193. Woodlands Day Nursery

Tel: 05221 9953889 Childminding Co-ordinator.

This facility is located on Wentworth Barracks
If you are interested in becoming a childminder or are in need of a childminder, please contact the Childminding Co-ordinator on the above number.

CHURCHES

Tel : 05221 995 3472/3360. Chaplain Branch

Roman Catholic Mass

Holy Cross Church, Wentworth Barracks, Herford Station

Sunday Service

Holy Cross Church, Wentworth Barracks, Herford Station

The Chaplains branch can help with any further details

CLUBS

Please refer to our Clubs & Activities Booklet from Hive

There are many clubs within Herford Station, from Rainbows to Martial Arts. Call into the HIVE for more information or visit our website

www.hive-europe.co.uk alternatively a list of regular meetings can be found in the Garrison Journal, the Herford Herald available FREE from most offices and the NAAFI

CONCERTS

The HIVE has access to up to date information on concerts around Germany. Why don't you check out if your favourite group is coming to Germany ?

The following websites are very useful:

www.eventim.de

www.getgo.de

www.tickets.de

Herford also has its own Concert Orchestra the Nordwestdeutsche Philharmonie www.nwd-philharmonie.de

HIVE stock their annual programme of events.

CONFIDENTIAL HELP-LINES

HIVE operates a Confidential referral service to a wealth of Welfare Agencies, please come in and see us or contact us – we can always arrange a private appointment for you. Alternatively; if you need help and would like to talk to someone you can trust, below are some contact details.

Army Welfare Service:

Tel: 05241 84 2836

BFG Crime Line

Free Phone: 0800 184 222

Confidential Support Line

Freephone: 0800 1827 395

For confidential Support Line e-mail service, visit www.ssafa.org.uk

Educational Helpline:

Tel: 0044 1982 618244 www.caes.mod.uk

Relate (A Free Service for personnel in BFG)

JHQ Military 2826 or Civil 02161 4722826

Samaritans

Freephone: 01308 10721

Victim Support

JHQ Military (72) 2272 or Civil 02161 472272

Womens Aid:

Tel: 0044 345 023 468

DAYS OUT / DESTINATIONS TO VISIT

There are plenty of brochures and leaflets in the HIVE detailing local attractions and places to visit, from adventure parks and swimming pools to indoor ski centers.

We also stock a range of Free Brochures about Germany as a whole so you can take full advantage to explore during your time here. Please come in and see us for more information.

Perhaps you've been tasked with organizing a squadron function or team event? Please contact us in advance and HIVE will do their utmost to help you..

DIRECTIONS

HIVE has a booklet giving directions to the local bank, vets and supermarkets. If you have an enquiry that we are unable to answer immediately we'll research it for you or signpost you in the right direction.

EATING OUT

HIVE has produced a Guide on eating out in Herford. The Herford Herald also has adverts and features for local restaurants.

Herford and the surrounding areas offer a wealth of culinary styles and prices from traditional German Café's to Mongolian B B Q's

We are always keen to hear from people who can recommend places to us so we can update our Guide.

EMPLOYMENT

GLSU – Employment of Dependants

There are generally vacancies for dependants in various branches and organisations within the Station. Dependants seeking employment should contact the following agencies :

Herford Office, GLSU, 8 Kattenschling – Tel : 05221 995 3920

NSS, for employment in NAAFI & Regt'l Messes – Tel 05221 995 3817

Employment as school bus escorts – Bus Escort supervisor – Tel : 05221 995 3001.

FAX BLUEY

The HIVE has the fax-bluey facility installed. We issue you with the paper, you write your letter and fax it to your friend or loved one on tour. Pop in for further information.

FURTHER EDUCATION/LEISURE CLASSES

The Education Centre offers numerous courses, for further information call into the HIVE or contact the Education Centre on 05221 995 3334.

GO-KARTING

Want to go Go- Karting? There are several tracks available in this area indoor and outdoor. Prior booking is often required so please call into the HIVE for more details.

GOLF

Tel: Mil: (79) 2515 Civ: 05252 5 3794 for the Club Secretary

Email: manager@sennelagergolfclub.de www.sennelagergolfclub.de

Sennelager (British Army) Golf Club is situated at Bad Lippspringe nr. STC
The popular club offers all year round golf with a 27 hole courses.
It is approximately 45 minutes drive from Herford. A Brochure and details are available from HIVE. There is also a local course available in Herford.

GUIDES

HIVE produce our own Guides on a range of subjects from Bus Timetables to Eating Out and City guides

Please do not hesitate in contacting us to obtain any you require either by post or in person.

HIVE's INFORMATION 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 us to research something for you or to be included please contact a member of the HIVE team.

HOUSING

Housing Clerk Tel: 05221 995 3833.

Enquires regarding Quarter allocation should be referred to the Housing Dept. in the first instance.

For information on housing please refer to the Herford Service Community Official Guide.
There will be an up to date copy in your quarter on arrival.

I.D CARDS/NAAFI SHOPPING PERMITS

Welfare Centre (Home Rhino) Tel: 05221 995 3585

Welfare Officer (UKBC's) Tel: (72) 3572

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 to use the NAAFI shopping facilities.

Shopping Permits and ID cards are available from the Welfare Centre.

INTERNET ACCESS

Internet access is available at the following locations, there may be a small charge at some: All in Hammersmith Barracks

WRVS Lounge Tel Mil: (82) 3520

45 AEC – Mil: 3334 -

Library Tel Mil:(82) 3245

Welfare Centre Tel Mil: 3585 – Bradely Ctr.

JUST ARRIVED?

Why not come into the HIVE office on Hammersmith Barracks, in the Bradley centre and we'll point you in the right directions to get started.

The Bradley Centre has many of the Offices you will need to register for things such as BFG, Petrol Coupons and Tax Free Shopping. In addition this is where the Thrift Shop, PRI Shop and Padre can be found.

Don't forget to register at the Medical and Dental Centres in Block 6 on Hammersmith Barracks

KEGELBAHNS

Kegeling is like our version of skittles. You will find kegelbahns in some Hotels and gasthäuser.

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 an individual's responsibility and is strictly between the individual and the German authorities. Application forms and guidelines are available from the Regimental Admin Office located in Block 2.

LEAFLETS

The HIVE holds leaflets containing a huge variety 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 dozens of leaflets 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. 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

Legal Aid clinics are held locally. Call into the HIVE for more information.

LEISURE ACTIVITIES

There are many things to do around Herford Station. A list of events is shown on our website www.hive-bfg.co.uk or you can find a list each month in the Herford Herald.

MAPS

We can print street maps and route plans for you. We also hold a map covering the Herford area.

MOBILE PHONES

There are many outlets in Herford where you can purchase a mobile phone. Saturn, DT or Vodaphone to name a few. Please be aware however that mobile phone contracts in Germany are for two years plus. Pay as you go mobile phones are also available and top up cards can be bought in the phone shops, petrol stations and some supermarkets.

MONEY MATTERS

There is a Sparkasse Bank outside of camp on Vlothoer Strasse. There is a cashpoint situated in the NAAFI on Hammersmith Barracks which accepts UK cards (there may be a small handling charge for transactions on some cards).

The NAAFI accepts UK bank cards and provides a cash back service. You can also cash UK cheques at the Post Office for a small charge. If you have money worries we hold a brochure in the HIVE offering advice.

NIGHT CLUBS

There are two night clubs in Herford, Go Parc and X. Bielefeld offers a wider choice of Clubs. Trains travel direct to Bielefeld.

OPENING TIMES

A comprehensive list of opening times and telephone numbers for facilities, shops and clubs can be found in the Herford Herald or is 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 MWST Office in the Bradley Centre. Opening Times are Mon – Thurs 0830 – 1130 and 1230 – 1530 and Fri 0830 – 1130 and 1130 – 1400.

PETS

When you arrive in BFG you must register all your pets at the Housing Office in Block 8. 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. We also hold the information you require to get a pet passport allowing you to take your pet back to England.

POSTINGS

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

QUESTIONS

The HIVE will endeavor to answer all your questions. You will not leave the HIVE empty handed. 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

From fast food outlets to trendy cocktail bars the HIVE has a restaurant guide. Call in and collect a copy.

SCHOOLS

Schools are administered by Service Children's Education (SCE). SCE is a defence agency whose headquarters are located at Wegberg, BFPO 40.

There is one SCE primary school in Herford and one secondary school which is located in Rinteln. On arrival in Herford parents should contact the schools regarding the admission of their children. Children who attend SCE schools in Herford and surrounding quarter areas will use the school bus. Each bus has an escort.

Primary School

Lister School www.listerschool.com is located on Wentworth Barracks.
Telephone : 05221 995 3305

Secondary School

Prince Rupert School www.princerupertschool.de Rinteln
Tel : 05751 970320

SHOPPING (TAX FREE)

Tax free shopping forms can be obtained from the MWST office within the Bradley Centre.
Mon – Thurs 0830 – 1130 & 1230 – 1530 and Fri 0830 – 1130 & 1230 – 1400.

SHOPPING

Herford may be a small town but it does have a variety of good shops. Further a field is Bielefeld which is a lot larger with many more shops. In Bad Oeynhausen (about a 20 minute drive) there is a good indoor shopping center called the Were Park and is definitely worth a visit.

TELEPHONE CONNECTIONS/DISCONNECTIONS

You can get your telephone connected by visiting the Telekom shop in Herford town centre. The HIVE can give you directions. There are many mobile phone shops in town, be aware that in Germany a mobile phone contract is for at least two years. Pay as you go is also an option and top up cards can be bought at phone shops, petrol stations, supermarkets etc.

TRANSPORT (LOCAL)

Information on local bus and train services is available from the HIVE.

UNEMPLOYMENT BENEFIT

All newly arrived dependants who wish to claim unemployment benefits 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 at :

Hansa Strasse 33
32049 Herford

***** Important:** Anyone visiting the Unemployment Benefit Office must ensure they take a translator with them. The Unemployment Benefit Office will not see anyone without the presence of a translator due to the complexity and nature of the forms etc. For further information contact www.army.mod.uk/lec/lec_posted_to_germany.

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

USEFUL TELEPHONE NUMBERS

Please see the list provided on page 15. The international directory enquiries number is 11834 and the national directory enquiries number is 11837. The military directory enquiry is 192.

VISITORS

When family are visiting you in Germany you should obtain a Close Relatives Form from the 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 bring a completed EHIC (Health Advice for Travellers) form.

WHAT'S ON INFO

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

You can also check out the "What's on" page on our website www.hive-bfg.co.uk or look at the notice boards outside your HIVE.

X

For all those extra enquires call into the HIVE.

YOUTH HOSTELS

For information on Youth Hostels within Germany pop in and ask the HIVE.

Zoos

The HIVE holds a guide on Zoos and Tierparks. Herford has it's own tierpark which houses smaller animals. There is a much larger tierpark in Bielefeld which is home to many different species of animal, including big brown bears.

Zzzzzzzzz

Don't sleep on your query – pop into the HIVE and ask the question!

EMERGENCY AND USEFUL NUMBERS

RMP Station Herford	05221 995 3483
RMP Emergency	05221 995 2222
FIRE SERVICE	112
MEDICAL EMERGENCIES	05221 995 3333
MEDICAL CENTRE	05221 995 3240
DENTAL CENTRE	05221 995 3312
ARMY WELFARE SERVICE	05241 84 3234
GERMAN EMERGENCY SERVICES	110
GERMAN FIRE SERVICE	112
PADRE	05221 995 3472
HIVE	05221 995 3127
GWA Help Desk (Repairs)	05221 995 3546
HOUSING Clerk	05221 995 3833
GUARD ROOMS :	
HAMMERSMITH	05221 995 3477
WENTWORTH	05221 995 3254
HAREWOOD	05221 995 3777

Clothes Size COMPARISON CHARTS

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

BITISH	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
GERMAN	20	21	21/22	22	23	23/24	24	25	25/26	26	27	27/28
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
GERMAN SIZE	92	98	104	110	116	122	128	134	140	147	152	158
Height in cms	91	96	102	109	114	122	127	135	140	147	152	157

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	Bakzitroneenschil
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
<i>HERBS AND SPICES</i>		
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
<i>MEATS</i>		
Chicken	Huhnchenfleisch	Kippevlees
Pork	Schweinefleisch	Varkensvlees
Beef	Rindfleisch	Rundvlees
Minced meat	Gehacktes	Gehakt
Meat balls	Frikadellen	Gehaktballen
Turkey	Putenfleisch	

ENGLISH	GERMAN	DUTCH
<i>DAIRY PRODUCTS/FATS</i>		
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
<i>BREADS AND CEREALS</i>		
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

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 courses specially designed for them which allows 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

NOTES

Thank you for taking time to complete the Customer Feedback form. Your comments are gratefully received.

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.

Last updated: 29/01/10



**This guide has been produced by
HERFORD H I V E**