



WELCOME TO RAMSTEIN HIVE

NEW ARRIVALS GUIDE





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Date of Issue: February 2010



United Kingdom Support Unit Ramstein

Ramstein HIVE

Welcome to Germany

This booklet has been prepared by United Kingdom Joint Support Unit (UKJSU) Ramstein and Ramstein HIVE. We have produced this booklet as the primary source of information for personnel posted to Ramstein.

All Booklet information referred to in this guide is also available from the HIVE Welcome to Ramstein Web Site via UKJSU link.

Errors, omissions or suggestions should be forwarded to the HIVE on 0049 6371 40 1445.

This booklet is to be issued to all UK personnel.

The HIVE would like to offer you a warm welcome to Ramstein Air Base. This booklet is designed to answer some of the questions which may arise when you first arrive, particularly if it is your first posting to Germany. The HIVE is situated in the United Kingdom Joint Support Unit, Building 539. Please feel free to pop in and see us, leave a message on our answer phone or send an e-mail and we will get back to you.

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

The HIVE Website will give you an insight into what is happening at Ramstein:

www.hive-europe.co.uk

Or e-mail ramstein@hive-europe.co.uk

The information is also available on CD ROM by request.

Important Considerations

This tour is unlike any other that you undertake in the UK. It is very important that personnel considering a posting to Ramstein need to carefully consider the following:

Opportunities for spouses/dependants to find employment are extremely limited and the few jobs that become available are not particularly well paid or career jobs.

There are no schools for children over 11 years. Schools from that age are either at a UK boarding school or full Boarding at Windsor School JHQ, Rheindahlen.

Another important factor is personnel posted to CC Air HQ or the UKJSU can expect to undertake at least one deployment during their tour – NATO personnel often undertake more. Whilst a lot of local civilians can speak English, spouses left at home whilst their partner is at work or detached can often experience isolation.

Teenagers, Youth and young Adults may find themselves isolated, bored and frustrated due to the lack of Youth Activities available. Those activities that are available are provided mainly by the Kaiserslautern American Military Community.

Most people find that Car Insurance and Telephones are more expensive than in the UK

There is the opportunity to widely explore, travel and experience different lifestyles and cultures, and interact with different nationalities at work and socially.

There is access to English TV (BFBS) and UK radio at Ramstein and for those British items you may miss we have the comfort of the British Shop.

Public transport can be limited so you will need your own method of transport from accommodation to Base. Therefore Families may need two cars if others wish to be mobile.

HIVE OPENING HOURS

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

TELEPHONE: (0049) 6371 40 1445

FAX: (0049) 6371 43831

E MAIL: ramstein@hive-europe.co.uk

We look forward to seeing you at The HIVE.

MISSION STATEMENT

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

DISCLAIMER

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

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

So You're Posted to Ramstein – Quick Start Guide!

Before Arrival:

- Refer to Housing and Community Support Information
- Contact school(s)

On Arrival at Ramstein, Germany:

- New Arrivals Guides are available in your local HIVE.
- New Arrivals information is on BFBS 1 TV Forces Text Page 600.
- Obtain paperwork for ID/ BX shopping permits from PMF and NAAFI cards from Accounts UKJSU.
- Open German bank account.
- Register your car(s)/motorbike(s) with the BFG Office, Logs Compound.
- Register dog with Housing and Community Support Office (proof of insurance for dog(s) required).
- Register at British Medical Centre (note the emergency contact numbers).
- Arrange Phone/Internet connections (details available from the HIVE or from Housing and Community Support Office).
- Register with Civilian Administrator Officer (Civ Ad O) within UKJSU (if you require dependant employment).
- Register at German Arbeitsamt within 7 days if you are seeking Job Seeker's Allowance.
- Contact school(s).
- Check refuse disposal system and calendar.

A-Z of Useful Information

Banks

You should register with a local bank as soon as you can after arrival. To open an account you will need your passport as proof of identity and deposit a small amount of money.

Childcare (Further information available in the HIVE)

Mothers and Toddler Group (for under 3 years of age)

Monday and Thursday mornings from 09.30 – 11.30hrs. Extra sessions on Tuesdays during school holidays. Located in the Village Hall, Ramstein (above St. David's School). Cost is €1.50 per session per family.

Contact Details:

Tel: (0049) 06371 406805, (0049) 06372 8030239 or (0049) 06371 465384.

Little Dragons

Foundation stage 1, begin first term after 3rd birthday.

Monday to Friday 0900 hrs-1200 hrs. (September 0845 hrs -1145 hrs)

Contact Details:

Tel: (0049) 06371 44389

Note: Little Dragons are found within the building housing St. David's School and share the same address.

American Childcare

Childcare can be provided. Further information can be obtained from the HIVE or from the following web site www.afchildprograms.com

Churches

These are the main English speaking church services in the area. For everyone's own spiritual needs please speak with the British Padre on 06371 40 1428. He will be able to help you find a church that will be most suitable for you and your family.

Catholic:

Daily Mass North Chapel Mon-Fri 11.30 hrs Mass North Chapel Sun 08.45, 12.30 & 1700 hrs.

Protestant:

Contemporary Service North Chapel Sun 1030 hrs

Liturgical Lutheran Service South Chapel Sun 0900 hrs

Traditional South Chapel Sun 1045 hrs

Gospel Service Vogelweh Chapel Sun 1045 hrs

Orthodox Christian:
Divine Liturgy Kapaun Chapel Sun 1030 hrs

Jewish:
Shabbat Evening Service South Chapel Fri 1900 hrs Synagogue

Islamic:
Jumu'ah Prayers South Chapel Fri 1330-1430 hrs Mosque

Denominational Services:
Apostolic Kapaun Chapel Sun 1230 hrs Assembly of God Vogelweh Chapel
Sun 1500 hrs
Episcopal (St. Albans) Kapaun Chapel Sun 0900 hrs

Contracts

Beware of signing any contract or agreement written in German.

Dependants

Immediate members of your family, including dependant children in full time education in UK, are given "Dependant Status". Such status is recognised by the issue of a civilian identity card, similar to the Services identity card, to spouses, partners and dependant children aged 8 to their 25th birthday. A dependant who has attained their 25th birthday and who has not been granted extended status may reside with the family provided the Commanding Officer and Housing Community Support Officer (HCSO) agree.

Contact Medical Centre for Information regarding dependant status.

Employment

UK Dependant Employment

There are a limited number of jobs available within the UKJSU for dependants. Employment available is mainly clerical and not well paid.

For employment at the School, Forces Travel, Brit Shop and Brit Cafe you need to contact each one individually. For further information please contact the Civ Ad O. on (0049) 06371 40140. Vacancies are also advertised in Unit Routine Orders, Brit Bull Magazine and on the UKJSU notice board.

If you would like to work within the American Community, i.e. the library, Officers' Club, Bowling Alley, cinema and community clubs contact the American Human Resource Office in Building T2169. To apply you will need a letter from the PA to CO UKJSU confirming your dependant status and take along your passport. Further information can be found on the 435th web page: www.435thservices.com

It is possible to obtain work within a German firm. You should be aware however that due to the current employment situation in Germany, a sound knowledge of the German language is, in most cases, essential. It should also be noted that if you take such employment you will be required to pay all German taxes and insurance. In addition you may lose your dependant status and certain privileges given to the British Force

European Pet Passport

Details are available from the HIVE, The Housing Community Support Office and DEFRA.

DEFRA Helpline: UK (0044) 870 2411710

DEFRA website: www.defra.gov.uk/quarantine

DEFRA e-mail: pets.helpline@defra.gsi.gov.uk

Further Education / Leisure Classes

The Training and Resettlement Clerk has a full list of education classes available. For further information call (0049) 06371 401430. There are a number of leisure clubs at Ramstein and a full list can be obtained from the HIVE or can be viewed in the monthly Spotlight Magazine available at the HIVE or any BX/Commissary

German Laws

Information on German Laws can be found in the Housing and Community Information Booklet.

Housing

Housing at Ramstein is spread over a large area, ranging in distance from 5 minutes drive to 25 minutes drive. For information on housing refer to the Housing and Community Welcome book which is available on the HIVE website. The housing clerk can be contacted on (0049) 06371 401414.

ID Card / NAAFI Shopping Permit

All military personnel, entitled civilians and dependants are required to carry an ID card. To gain access to the base everyone must obtain a military installation pass from the Americans. In order to shop in the BX and Commissary you must obtain a USAFE Privilege and ID card. Application forms are completed as part of your arrival process by PMF.

A NAAFI Shopping Permit is required to use the NAAFI shopping facilities at all other British Military Bases and will be issued to entitled personnel. NAAFI Shopping Permits are available from the Accounts Office and are valid for one year.

Internet

There are a number of Internet Service Providers available. Internet access is available within the UKJSU, building 539 (Classroom 2) or the HIVE and the American Library (across from UKJSU).

Local Shops

Commissaries (Food Shopping)

Ramstein: Bldg 1200, Mon-Sat 0900-2100, Sun 0900-2000

Tel: 06371 47 6712

Vogelweh: Bldg 2030, Mon-Sat 0900-2100, Sun 0900-2000

Tel: 0631 536 7737

BXPX (General Shopping)

Ramstein: KMCC Mall, Mon-Sun 0900-2100

Shopettes (24hr small shop)

Ramstein: North side-Bldg 408, 7 days a week, 24 hours

Tel: 06371 42324

Southside-Bldg 2168, Mon-Thur 0900-1730, Fri 0900-1630, 1st Saturday of every month 1000-16000, Tel: 06371 401442

Vogelweh: Bldg 292, Mon-Fri 1000-1800, Sat 1200-1600

Tel: 0631 90800

Landstuhl

There are plenty of clothes shops and boutiques together with gift stores, music shops and flower shops. A wide range of Restaurants and Bars are available.

Ramstein Village

Smaller than Landstuhl offering on a smaller scale similar shops, and a choice of Restaurants and Bars.

Kaiserslautern

In Kaiserslautern there is a large pedestrianised zone which houses a few Department Stores; H&M, Karstadt and Peek and Cloppenburg, as well as numerous other shops and boutiques. Kaiserslautern also offers a large choice of Restaurants and Bars.

Legal Help & Information

There are legal assistance clinics held monthly at JHQ. For dates and times contact the HIVE. Alternatively there is a legal advisor here at Ramstein who can be contacted confidentially on (0049) 06371 402093.

Medical & Dental Care

Medical and Dental care information is provided by the British Medical Centre. Medical Centre contact number (0049) 06371 4807804

When the Brunssum Dental team are at Ramstein you can make an appointment or contact them on: (0049) 06371 480 5816. You can contact the Dental Team at Brunssum on: 0031 45 526 2293

Motoring Information

Preparing Vehicles for use in Germany

Various information is available from the BFG Office:

Roadworthiness inspections

Vehicle Registration Obligations (See SOBA (G) 3213)

Vehicle Registration

Driving Licence

Roadworthiness

Fuel Coupons

Driving Rules for Motorists

Rules for Pedestrians

Minor Traffic Offences

All motoring queries are covered in the Guide to Driving in Germany and BFG Guide. These are available to download from the Hive web site and from the BFG Office within the UKJSU Logs compound on Ramstein Air Base Tel: (0049)06371 40 1454.

Newspapers & Periodicals

UK Newspapers Papers are available in small numbers from the British shop. They are normally a few days behind the current date. Magazines can be ordered through the shop, these include television guides.

Local Publications

The following local publications can be obtained from outside the HIVE in the UKJSU building.

The Brit Bull is a monthly magazine produced on base by members of the British community. It has a calendar of events, keeps you updated on community news and trips and carries advertisements. Everything you need to know about what is happening within the British Community at Ramstein

Sixth Sense. This is an officially MOD sponsored newspaper produced weekly, for Service and Civilian personnel. It includes full details of BFBS radio and television programmes, satellite TV programmes, items of interest from within BFG, a 'Need to Know' section, plus classified ads.

Envoy. The RAF Families Federation Journal.

RAF News. Available to read at the HIVE

Navy News. Available to read at the HIVE

Homeport - Navy Families Federation Magazine. Available to all families. This is available in the HIVE.

Army Families Federation Journal - Available to all families. This is available in the HIVE.

Kaiserslautern American local paper that covers all information about Ramstein Air Base and the local area.

Kabel and Spotlight Magazines advertise information about the local area and activities taking place within the American Kaiserslautern Community.

Pay & Allowances

Information available in General Office Booklet or contact General Office on: (0049) 06371 40 1423.

Pets & Rules

Information is available from Housing and Community Support Information Tel. (0049) 06371 40 1414.

Postal Facilities

British Forces Post Office (BFPO) is located within the UKJSU: you can contact them on (0049) 06371 40 1439. They offer full counter and postal facilities to Service personnel, UK Based Civilians and other officially sponsored civilians and their dependants. You should be aware that not all mail order companies or internet shopping in the UK will deliver to BFPO addresses. Prior to ordering from these companies you should check on one of the following websites, which list all companies and carriers that have a contract with the BFPO mailing service:

www.postedoverseas.com or www.bfpo.mod.uk

Restaurants

There is a wide range of restaurants in the local area and the HIVE holds a number of leaflets and information on local restaurants. Eating out is inexpensive and a great way to sample the traditional German Chinese, American, Mexican, Greek and Italian fare!

Schools

Education information available from the Training and Resettlement Clerk or the HIVE.

St David's School is based in Ramstein Village for children aged 3-11 years. The school follows the English/Welsh education system.

Children aged 11+ are required to attend boarding school, either at Windsor School at Rheindahlen or one of your choice in the UK. Schools are administered by the Service Children's Education (SCE). SCE is a Defence Agency whose headquarters are located at Wegberg, BFPO 40.

St. David's School

From first September after 4th birthday until 11 years of age. (FS 1&2 and KS 1-6)

Monday to Friday 0845 – 1500 hrs

Contact Details:

Schulstrasse 4,
66877 Ramstein

Or c/o UKJSU, BFPO 109.

Tel (0049) 06371 42717

Fax: (0049) 06371 44490

E-mail: sce.stdavids@scschools.com

Windsor School

There is no Secondary School at Ramstein for UK children. They either already attend Boarding School back in the UK or they have to go to Windsor School as full-time boarding pupils.

Windsor School contact details:

Rheindahlen JHQ,
BFPO 40

Tel: (0049) 02161 472 2466

Fax: (0049) 02161 557779

E-mail: windsor3@bfgnet.de

Windsor School is about a 3-4 hour drive from Ramstein. The children do come home for the weekend, approximately every 4 weeks and on school holidays.

Tax Free Shopping

You can purchase Tax Forms for use in Germany from Building 2110 (US VAT Office) for \$3 each or 10 for \$25. French Tax forms (for use in Cora) are available from the PA to CO UKJSU. Your Sponsor will be able to advise you on their use.

Television

Deutsche Telecom offers cable installation in some areas which gives access to BBC Prime channels. There are other TV installers in the area.

BFBS television provides full television coverage, including programmes from the UK and local news and sports items.

The following TV and radio channels are provided:

- (1) BFBS TV 1
- (2) BFBS TV 2
- (3) SKY News
- (4) SKY Sports 1
- (5) SKY Sports 2
- (6) Music Channel
- (7) BFBS Radio 1
- (8) BFBS Radio 2

Television guides can be bought from the Brit shop and BFBS Schedule can be found in the Sixth Sense Paper outside the HIVE.

Radio channels can be received via most satellite decoders.

Speak with your Sponsor for current information.

Telephone connections / disconnections

The Deutsche Telecom shop in Landstuhl will be able to provide you with a telephone line. They speak excellent English and are generally very helpful. Please remember if you wish to terminate your contract it is best to give as much notice as possible (6 weeks). For directions to the shop call into the HIVE.

Please note that this can be a lengthy process and may take up to 6 weeks before you are connected.

Transport Links

Deutsche Bahn Web Site; www.bahn.co.uk or Bahn.de
or General Transport information www.vrn.de

Unemployment Benefit (Jobseekers Allowance)

You are able to claim German Unemployment Benefit but you will require the relevant paper work from the UK. The required forms are an E301 and E303 available from your local Job Centre. Ensure that you explain to them that you wish to sign on before departing the UK and export your benefit.

Make sure you do this before departure from the UK.

When you arrive in Germany you need to register within **SEVEN** days at the local benefit office. Further details are available at the HIVE.

Visitors

When family and friends are visiting Germany they should obtain a pass to allow access to the base and its facilities. This can be done at the west gate, which is open 24 hours a day. Visitors will need to have their passports with them. All visitors should be reminded to bring with them a valid EHIC card.

Welfare Agencies

The Community Support Clerk is located in the HIVE office within UKJSU, building 539. They can be contacted on (0049) 06371 40 1445 or 1448. Contact details for various welfare agencies (SSAFA, Relate, Victim Support and others) are available from the HIVE or can be picked up from outside the HIVE.

What's On Info

The HIVE tries to keep as much information as possible about local events and activities within Ramstein and beyond. Although the HIVE is closed at weekends there is the What's On page on our Web site:

www.hive-europe.co.uk

The HIVE has produced a number of booklets which contain popular information, including:

- A Guide to Shopping
- A Guide to Swimming and Leisure Pools
- A Guide to Days Out
- A Guide to Days out with Children

You Can Help Us

The HIVE will endeavour 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 if we do not have the information you are after.

If you have visited anywhere or have had a particularly good meal or night out, then please come into the HIVE and let us know about it so that we can share your experience with the rest of the Ramstein community.

Some Useful Contact Numbers:

0049 (if dialling from outside Germany)

CO UKJSU:	06371 40 1402
OC PMF:	06371 40 1402
Padre Tel:	06371 40 1428
Housing Tel:	06371 40 1414
BFG Office Clerk Tel:	06371 40 1454
Community Support Clerk Tel:	06372 40 1448
HIVE Tel:	06371 40 1445
RAF Community Police Tel:	06371 40 1416
Medical Centre Tel:	06371 480 7804
Brit Café Tel:	06371 40 1441
Brit Shop Tel:	06371 40 1442
Brit Pub Tel:	06371 40 1479
Forces Travel Tel:	06371 40 1440

UKJSU Emergency contact number (out of hours)

Please contact Duty Sergeant on Mobile no: 01735483391.

HIVE INFORMATION CENTRES EUROPE

Email address	HIVE (location)	Phone No. Civ/Mil	Mil. No.
bielefeld@hive-europe.co.uk	Bielefeld	0521 92543122	81 3122
brunssum@hive-europe.co.uk	Brunssum	0031 45 5262891	
celle@hive-europe.co.uk	Celle	05141 9632340	78 2340
detmold@hive-europe.co.uk	Detmold	05231 37864	
dulmen@hive-europe.co.uk	Dulmen	02594 9622512	63 2512
elmt@hive-europe.co.uk	Elmt	02163 973183	68 3183
fallingbostel@hive-europe.co.uk	Fallingbostel	05162 9712204	76 2204
gutersloh.mb@hive-europe.co.uk	Gutersloh – Mansergh Bks	05241 842220	73 2220
gutersloh.prb@hive-europe.co.uk	Gutersloh – PRB	05241 842692	73 2692
hameln@hive-europe.co.uk	Hameln	05151 917464	83 2464
herford@hive-europe.co.uk	Herford	05221 9953127	82 3127
hohne@hive-europe.co.uk	Hohne	05051 962303	77 2303
munster-south@hive-europe.co.uk	Munster - South	0251 9272388	60 2388
munster-west@hive-europe.co.uk	Munster - West	0251 9272163	60 2163
naples@hive-europe.co.uk	Naples	0039 081 5092628	
paderborn@hive-europe.co.uk	Paderborn	05251 57191	
portugal@hive-europe.co.uk	Portugal	0035 121 4404328	
ramstein@hive-europe.co.uk	Ramstein	06371 401445	
rheindahlen@hive-europe.co.uk	Rheindahlen	02161 472 2519	72 2519
sennelager@hive-europe.co.uk	Sennelager	05254 9822771	79 2771
shape@hive-europe.co.uk	Shape	003265 443984	9205423 3984
wildenrath@hive-europe.co.uk	Wildenrath	02163 97 3183	68 3183

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
Caster Sugar	Feinster Zucker	Fijne Suiker
Cube Sugar	Würfelsuiker	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	Erwten
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
Potatoe 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	Knäckebröt

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	Minature 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,gurken 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 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



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 means 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.



St John & Red Cross Defence Medical Welfare Service (DMWS)

DMWS is a hospital based practical and emotional support service, which is provided by qualified staff. There are five teams of welfare officers based at the five Designated Provider Hospitals (DGP's) in Hannover, Osnabrück, Bielefeld, Paderborn and Viersen/Dülken.
 Contact: Welfare Manager Germany & Cyprus, DMWS, DMWS J1 Branch, UKSC, BFPO 140
 Tel: 02161 472 4564, Mil: 72 4564, Fax: 02161 472 4614, Mil: 72 4614
 Email: UKSCG-G1-MedDMWS-WMG@mod.uk

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, or Salvation Army 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 email No8os@hotmail.com



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 The Fostering Senior Social Work Practitioner on 05221 691897.

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
Ramstein HIVE**