

WELCOME TO SHAPE HIVE

A NEW ARRIVAL GUIDE FOR
SINGLE PERSONNEL

Produced by
SHAPE HIVE

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The HIVE is situated in the porta cabin within the UKJSU car park next to the UKJSU Mess (Bldg 308).

WELCOME TO SHAPE

The HIVE would like to offer you a warm welcome to the SHAPE. This booklet is designed to answer some of the questions that may arise when you first arrive in SHAPE, particularly if it is your first posting to Belgium. The HIVE is situated in a porta cabin within the UKSU car park next to the UKSU Mess Bldg 308 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 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 Belgium you should have received a copy of the Station Guide, which gives you information on everything you need to know on arrival, e.g. documentation, pay, registering your vehicle etc.

If you are on the Internet the website hive-europe.co.uk will also give you lots of useful information. You will find the HIVE e-mail address here too.

HIVE OPENING HOURS

MONDAY 0900 to 1500

TUESDAY 0900 to 1500

WEDNESDAY 0900 to 1500

THURSDAY 0900 to 1500

FRIDAY 0900 to 1500

TELEPHONE: 065 44 39 84

FAX: 065 44 38 57

WEBSITE: www.hive-europe.co.uk

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

We look forward to seeing you in the HIVE.

WHAT CAN YOUR HIVE DO FOR YOU?

We can provide you with information of the following areas:

New Arrival Information	Consumer & Business
Transport & Holidays	Legal Matters
Local Tourism	Postings & Departures
Travel	Communications
Clubs & Societies	Education
Family & Welfare	Theme Parks
Employment	Great days out
Leisure	Benefits
Health & Safety	Taxes
Customs	BFBS DVD Hire

A – Z OF USEFUL INFORMATION

The following information is aimed at providing a general guide, which we hope will make settling in to SHAPE a little easier. More detailed information on many of these subjects can be found in the SHAPE 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&B and Hotels.

BARBERS

There are two barbers on SHAPE, one in the GB Shopping complex the other is situated in Building 101 (Top SHAPE).

BCN

The British Community News is a monthly publication with lots of useful information on forthcoming events in SHAPE.

BFBS

Tune into your local radio station on 107.7 FM.

BJRA

British junior ranks association. A committee of people who organise events and functions in the BRIT BAR.

BRITANNIA BAR

The “BRIT BAR” is located in Building 309. During the working day it is open for the sale of sandwiches, hot snacks, tea, coffee and cold drinks. The snack bar facility is open Monday to Friday between 1000 and 1300. The Bar is open throughout the week and at weekends, also during the day for special events like football or rugby; this will be advertised on the Brit Bar notice board.

Please come along and support this facility, it’s a great place to meet people, oh and the booze is cheap!

CHURCHES

For more information on the Services/Activities contact the UK Chaplain’s Office on SHAPE Ext 5693, (Civil 065 44 56 93)

Or email on uksu-padre@tiscalinet.be. Or pop in to, Rm 61 of the SHAPE International Chapel Centre.

CONFIDENTIAL HELPLINE

The Army Welfare Service (AWS) offers a welfare facility for all service personnel and their families. The Welfare Service consists of qualified Social Workers and Welfare Workers who can help you with any problems, giving confidential advice and support.

AWS

First point of contact will be your local welfare officer who can be contacted on ext. 8529; His assistant is on ext. 5346. If you wish, you may contact the representative at JHQ Tel No 0049 2161 472 3603 or FAX: 0049 2161 472 4534

WRVS

The nearest WRVS agency is located in Germany (JHQ). Primarily, they are there to assist the Single Person who may have a problem. Usually, the incumbent of this post is a female. They are there as a reassuring figure, who will listen and give you support in total confidence. She is a civilian and holds no rank.

HOMESTART

Home-Start is a voluntary organisation offering support, friendship and practical help to families at home usually with children under 5. For further details and advise please contact 065 44 3990/ext 3990.

PADRE

The Padre is always willing to offer advice and guidance on any matter and in complete confidence. The Padre can be contacted on Ext 5693/0478 485333.

RELATE

RELATE Staff are qualified to offer advice and counselling to any couple or individual who are encountering relationship difficulties. The nearest councillors are based at JHQ Tel No 0049 2161 472 2826. Mil 6242 2826.

SSAFA

Confidential Support Line: Call back to anywhere: 0044 1980 630854
www.ssafa.org.uk

SAMARITANS

Free telephone number from Belgium is (0044) 01793 523653.
E mail: jo@samaritans.org or anonymously Samaritans@anon.twwells.com

VICTIM SUPPORT

Telephone number: JHQ (6242) 2272 or 0049 2161 472 2272

Concerts

An up-to-date list of concerts within Belgium is in the monthly SHAPE Community Life. Copies of this publication are available from the HIVE. Or visit www.euroteam.net for the latest information.

DENTIST/DOCTORS

The Dental surgery and Medical Centre are situated in the Healthcare Facility Bldg 401.

Appointment Tel Nos: Med centre: 065 44 5824 Dentist: 065 44 5878

EHIC

It is strongly recommended that when family and friends visit you in Belgium, you advise them to bring an EHIC form and adequate travel insurance, as treatment on the continent can be expensive.

FUEL CARDS

Duty Free Fuel Cards are available from Top SHAPE. These will only be issued to personnel once their Vehicle has been registered.

FURTHER EDUCATION

The Education Centre is situated in the UKSU Bldg 309, and offers the normal education services to serving members. There is also an extensive IT Suite which provides a variety of Computer Training and Computer Based Training and this is available to all Shapians. Details can be obtained by contacting the Education Officer on ext 5234.

GYM

The Gym offers an impressive and extensive range of classes and facilities. They have squash courts, badminton, volleyball, swimming pool and sauna. A full CV Suite is located in the main Gym with a wide range of the most modern apparatus available. There are also 2 indoor tennis courts and an extensive Free Weights Gym, known locally as the Green Gym. An induction class must be attended prior to using the CV Suite and Weights facility. Full details and times of classes and pool opening times can be obtained by ringing the Gym Office on ext 5325.

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

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

INTERNET

Internet facilities are available at the Library, SHAPE Club, Learn Direct Centre and the UKJSU (bldg 306).

JOIN IN

Why not try one of the many clubs available here at SHAPE. Angling, Sailing, Golf, Horse Riding to name but a few. Call into the HIVE for more details.

KINEPOLIS

This is a major Cinema Complex just outside Brussels at Bru Park. It shows all major new releases in English. For more details visit the website www.kinopolis.com/be or call into the Hive.

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 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

A list of legal clinics held in BFG, is available at the HIVE.

Leisure Activities

ARTS and CRAFTS CENTRE

Situated in events centre (ext 3265) it offers classes in ceramics, woodwork, picture framing, flower arranging and many more. Once you have completed your chosen course, you are then qualified to use the facilities in your own time. The costs for the initial courses are listed in various magazines and on notice boards, or alternatively just call in and enquire, the staff are very helpful.

CINEMA

The SHAPE Cinema shows a variety of the latest films and a full programme is printed in various magazines including the SHAPE Community Life or visit www.shape2day.com/cinema.aspx. Refreshments are sold in the lobby. They can be reached on ext 5600/5968.

ENTERTAINMENTS CENTRE

If you are a budding actor or interested in the Performing Arts, then you will find everything you need here. It is open to all nations and age groups and they put on regular plays and some musical concerts. Further information can be obtained by contacting the centre on ext. 4257.

LANGUAGE CENTRE

If you want to learn a foreign language a visit to this facility is a must. There is a choice of courses available ranging from full time to part time. There is a fee for the classes which take place on a termly basis. To enquire about their programme contact them on ext 4971.

LIBRARY

The library boasts an excess of 35,000 books in over 11 languages. They provide internet access for public use and have CD's, DVD's and videos for loan, free of charge. It is an excellent facility and well worth a visit. They can be contacted on ext 5631.

OUTDOOR LEISURE

There are 12 outdoor tennis courts around SHAPE, 5 Baseball/Softball pitches, 6 football pitches and rugby and hockey pitches. There is also a floodlit 400M running track complete with stand. For those golfers within SHAPE, there is an outstanding Golf Course to which we are affiliated and offers weekday and full membership to SHAPE Golf Association Members. It has 27 holes, a driving range (free to members) and a 9 hole pitch and putt course. The club house is a traditional thatched building which offers an excellent restaurant facility. You do not have to be a member of the Golf Course to eat there. Details concerning membership can be obtained from the SGA Membership Secretary on ext 4047.

PIZZA BOWL

The Pizza Bowl is open 7 days a week and is one of the busiest attractions on SHAPE. It is a fully sanctioned American Bowling Confederation approved Bowling Centre with 12 lanes. There are various leagues held throughout the year, mainly in the evenings and this includes a "Brit League" which is held on Thursday evening at 9pm.

The Pizza Bowl also has an American style Diner which serves an array of culinary delights with a take-away service too. You can make lane reservations on ext 5697 to avoid disappointment.

SHAPE CLUB

This facility is open to all Ranks and Nationalities. They have various function rooms and the majority of organised Mess Dinners and leaving functions take place here. The Restaurant is excellent and is open every lunch time between 1130 -1330. It is also open on Thursday evenings for a Steak Night, an excellent meal which comes highly recommended. Tables can be booked by calling ext 4133.

SHAPE TRIPS AND TOURS & SHAPE TRAVEL GROUP

These travel group/s offer an extensive range of day, weekly and even longer trips around Europe. Destinations can be as near as Euro Disney in Paris or a full tour of Moscow. To experience these and get full details of their future itinerary please contact them on ext 3884 or call into the Events Centre where Trips and Tours are located, or the SHAPE Club to find the SHAPE Travel Group.

MONEY MATTERS

BANK - Fortis bank is situated within TOP SHAPE, which is the Headquarters main building. You will be required to visit the Bank in order to make an appointment to open a Bank Account. Full advice will be given by their staff who speak English. There are 2 Cashpoints in SHAPE situated in the main Bank and next to the Shopping Complex area 500.

POST OFFICES - There are both British and Belgian post offices in SHAPE. They are located in Top SHAPE, and at the SHAPE shopping complex.

NEWCOMERS GUIDE

A Newcomers Guide, produced by SHAPE Community Life, is available only when you attend one of the New Comers orientation briefings held on a monthly basis. For information on the briefing please contact the Office of the GBR NMR or the HIVE. It is a comprehensive and informative guide on living at SHAPE.

NIGHT CLUBS

Mons is your local small city, which has a number of places for entertainment for all ages. The main "SQUARE" is known as the "GRAND PLACE". Bars and Cafes surround it that will cater for all tastes; its ideal to sit down and watch the world go by.

The nightspots in Mons do not cater for music alone. Most establishments are combined music and bar and many have restaurants incorporated.

The Copenhagen Tavern located on the Grand Place in Mons, is very good and they have over 100 different beers, you can certainly quench your thirst

there, always a good place to start. Also situated just off the Grand Place on the way to the Mini Place is an Irish Bar and this has great atmosphere and live music at weekends.

There is an American Bar & Pool Hall called Conways, along the Route d'Ath in Jurbise. Live music seems to be a regular occurrence here.

Within SHAPE there is the IC club. On Fridays the bar is open for Happy Hour where food is provided free of charge. Further afield in Brussels there is an array of Clubs, Bars and Restaurants, far too many to mention, but just enough to get to during your tour. The Celtica, O'Rileys and the Danish bars are very popular and have a good atmosphere.

Reports have been filtering through that there is a "Vampire Bar", it's just off the Grand Place, well worth a visit and reportedly all drinks are served in "SCULLS"! All these bars are in and around the main "Grand Place" just 5 minutes walk from Brussels Central.

OPENING TIMES

A comprehensive list of opening times and telephone numbers for facilities, shops and clubs is published in the BCN or available from the HIVE.

POSTINGS

The HIVE can obtain Garrison Guides and HIVE 'Welcome' packs from other stations.

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, if we do not have the information you are after.

RESTAURANTS

There is a wide range of restaurants in the local area. There is something to cater for every taste imaginable. Tastes range from the simple i.e. McDonalds to the very sophisticated, somewhere to take the special person in your life.

The local area has many different tastes, Chinese, Turkish, Greek and Italian and of course the Belgian cuisine, on the main road just outside of camp; so just imagine what is out there further afield awaiting your discovery! Belgium is known to produce the best "Chips" in the world, they are also known for such delicacies as Moules (mussels) and Waffles and of course what they do best is produce some great Beer, some say "The Best". Remember, most people no matter how hard they try, succumb to the **SHAPE STONE!!!!!!** The Belgians have mastered the art of eating and drinking and have many places to visit; they even have a "Museum to the Chip".

You will have fun exploring this avenue of Belgian Culture. We have a few lists of enjoyable places to eat and receive up to date information regularly from people at SHAPE – who wish to share their experiences with everyone. So come into the HIVE and see what we have and of course when you start your own exploring bring us your discoveries.

Here are a few on our list:

Le Topaz: Rue Grande (opposite SHAPE main gate)

Hong Kong Garden: 100 Grand Rue Mons.

Il Rustico: 2 Rue de Ghlin, has a crazy golf course in the grounds.

No Maison: 21 Grand Place Mons.

Pizzarella: 2 Grand Place Mons, also located on the Route D'Ath (some say the best pizza in Mons).

La Ville Traviste: Just before the Train Station at Jurbise along the Route D'ath.

SHOPPING

See shopping guide on pages 16

SHOPPING (TAX FREE)

Personnel enjoying SHAPE privileges may purchase certain items free of Value Added Tax within the European Union. If you are in your last 6 months of service at SHAPE you are not eligible for exemption from value added tax, except for purchases from the GB store. The TVA (VAT) is taken off automatically in the store so you have no form filling to do.

Under normal circumstances when you purchase goods, within the "Rules of Belgian Law" you will require a "Bill of Sale" in French, a "Facture" this is a Bill with a TVA number. You then go to see the Travel Cell in the UKJSU and get the appropriate form to accompany the "Facture". In most cases once the form has been given the OK, you return to the store in question and give them the forms. They will either give you your tax back in cash or it will be credited to your bank so do not forget to take your bank details with you.

The rules are too numerous to mention in this "Welcome Booklet". If you have any problems or queries contact the TVA office, Building 210, Room 102, known as the SHIPPS BUILDING. Their opening hours are Tue – Thurs: 0900-12.00. Alternatively, leave them with the UKJSU Travel Cell, as the staff visit the TVA Office weekly to validate Certificates ready for collection by individuals.

TELEPHONE & INTERNET CONNECTIONS AND MOBILE SIM CARDS

For internet and telephone connections visit the Belgacom office located in Building 210 (opposite the ID & Vehicle Registration Office).

SIM cards & top-up cards for mobile phones can be purchased from the GB Electric store on camp. Make sure your Mobile has been unlocked. Top ups can also be purchased from the RIS and GB store.

Prepayment cards can be purchased which allow you to make personal calls on military phones. They can also be used on other phones throughout Belgium including your home phone. At present they cost €9.00 for 500 units and can be purchased from the Fuel Ration Card Purchase Office in TOP SHAPE or RIS.

TRANSPORT (local)

Information can be found on the following websites.

Buses - www.infotec.be

Trains - www.b-rail.be

Copies of Local Bus timetables are available at the HIVE.

USEFUL TELEPHONE NUMBERS

Please see the list provided on page 14. The SHAPE direct enquiries number is 7111/065 44 71 11

VISITORS

When family are visiting you in Belgium you should obtain a temporary Station Pass from the Travel Cell in the UKSU Bldg 306. Remember to have the passport numbers of your visitors when obtaining a pass. The form entitles them to entry on to SHAPE, but does not entitle them to tax free shopping.

WHAT'S ON INFO

We try to keep as much information as possible about local events and activities within Belgium and beyond. You can also check out the "What's on" page on our website www.hive-europe.co.uk .

EXPO

Mons expo is an exhibition centre that holds events such as the car show, home exhibition, motor bike show and even a wine fair. Details of these are advertised in and around Mons.

YOU CAN HELP US

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

ZED BEDS

These are available for hire from HomeStart at a very reasonable charge. Contact them on ext 3990.

EMERGENCY AND USEFUL NUMBERS

Civilian Number prefix: 065 44 -----

RMP	5379
FIRE SERVICE	4017
MEDICAL EMERGENCIES	3333
MEDICAL CENTRE	5824
DENTAL CENTRE	5878
ARMY WELFARE SERVICE	JHQ (6242)3603
BELGIUM EMERGENCY SERVICES	100
BELGIUM FIRE SERVICE	100
PADRE	5693
HIVE	3984
ESTATE MANAGER	4972/4650
UK DUTY STAFF (OUT OF HOURS)	4960
WELFARE OFFICER	8529
ASST WELFARE OFFICER	5346
MT DEPT	5515
QM'S OFFICE	5274
RSM	3907

SHOPPING GUIDE

There is a supermarket at SHAPE known as the GB. There is a range of food, multinational and some British, also toiletries and some clothes. The store is called GB because it has branches throughout Belgium, but you will find many items are cheaper on SHAPE because of the discount we receive as in no TVA (VAT), this is taken off at the time of purchase.

ATTENTION - Some UK television sets will not work in Belgium, so you may have the added expense of buying a Multi-System TV. The GB (shopping centre) has a wide variety on sale and at discount prices. If you have a Multi System Video your UK TV can be operated through that.

Other shops on SHAPE include:

RENDEZVOUS

This is a small snack bar, selling drinks, sandwiches and salads to eat in or take out.

Opening hours:

Mon-Fri: 10:00 - 18:00

Sat: 09:30 -18:00.

Sun: Closed

HOME CENTRE

Electrical items large and small, paints, tools and batteries and a small DIY section.

RATIONED ITEM STORE (RIS)

Stocks an excellent selection of Wine, Spirits, tobacco and cosmetics and perfumes at TVA free prices.

HAIRDRESSER and BARBER

Male and female stylists, as well as Beauty therapy treatments and Solarium. A Barbers shop is also located at Top SHAPE.

THE PRESS SHOP

Sells British Newspapers, maps, cards, books, magazines and Phone Cards for use in the Public Phone Boxes and Mobile Top up Cards.

OPTICIAN

Eye tests, glasses and contact lens service. Eye tests must be paid for by the individual and then refunded by UK Medical Centre on presentation of receipt.

PETROL STATION

Fina Petrol Station where fuel cards can be used. Card are purchased in TOP SHAPE and the RIS. These cards can be used at any FINA or TOTAL station in Belgium. The garage also offers car servicing and all the normal products.

***Opening hours for the above can be found in the
FREE British Community News booklet printed monthly.***

HIVE INFORMATION CENTRES ACROSS EUROPE

Email address	HIVE (location)	Phone No. Civ/Mil	Mil. No.
bielefeld@hive-europe.co.uk	Bielefeld	05251 92543122	81 3122
brunssum@hive-europe.co.uk	Brunssum	003145 5262891	80100 2891
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 9622211	63 2211
elmpt@hive-europe.co.uk	Elmpt	02163 973183	68 3183
fallingbostel@hive-europe.co.uk	Fallingbostel	05162 9712204	76 2204
Gutersloh.mb@hive-europe.co.uk	Gutersloh – Mansergh Bks	05241 236583	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	05051 8998
lisbon@hive-europe.co.uk	portugal	0035 121 4404328	
Munster-south@hive-europe.co.uk	Munster - South	0251 9272400	60 2400
Munster-west@hive-europe.co.uk	Munster – West	0251 9272163	60 2163
naples@hive-europe.co.uk	Naples	0039 0815092628	
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	Rheindhahlen	02161 4722519	72 2519
sennelager@hive-europe.co.uk	Sennelager	05254 9822771	79 2771
shape@hive-europe.co.uk	Shape	003265 443984	9205 4233984
wildenrath@hive-europe.co.uk	Wildenrath	02163 973183	68 3183

CLOTHING SIZE GUIDE

WOMAN'S DRESSES, SUITS, SKIRTS & COATS													
BRITISH	10	12	14	16	18	20							
BELGIUM	36	38	40	42/44	46/48	50							
AMERICAN	6	8	10	12	14	16							
BRA SIZES													
BRITISH	32	34	36	38	40	42							
BELGIUM	70	75	80	85	90	95							
WOMAN'S SHOES													
BRITISH	3	3½	4	4½	5	5½	6	6½	7	7½	8		
BELGIUM	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
BELGIUM	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				
BELGIUM	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
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							
EUR	44	46	48	50	52	54							
MEN'S SHIRTS													
BRITISH & US	13	13½	14	14½	15	15½	16	16½	17				
EUR	33	34	35/36	37	38	39/40	41	42	43				
MEN'S SOCKS													
BRITISH & US	9½	10	10½	11	11½	12	12½						
EUR	39	40	41	42	43	44	45						
MEN'S SHOES													
BRITISH	7	7½	8	8½	9	9½	10	10½	11	11½			
EUR	41	41/42	42	42/43	43	44	45	45/46	46	46/47			
AMERICAN	-	-	8½	9	9½	10	10½	11	11½	12			

TRANSLATIONS

FRENCH PHRASES

EVERY DAY WORDS

Hello	Bonjour
Good-Bye	Au revoir
Good morning	Bonjour
Good Afternoon	Bonjour
Good Evening	Bonsoir
Good night	Bonne nuit
How are you?	Comment allez-vous?
I'm very well, thank you	Tres bien, merci
Yes	Oui
No	Non
Please	S'il vous plait
Thank you	Merci
I'm sorry	Je suis desolee

ACCOMMODATION

At the hotel	A l'hotel
Do you have any vacancies	Avez- vous une chamber de libre?
Do you speak English	Parlez-vous anglais?
I dont understand	Je ne comprends pas

AT THE PETROL STATION

Fill up the tank please	Le plein, s'il vous plait
Petrol	L'essence
Unleaded	L'essence sans plomb
Diesel	Le diesel or Gazole

DIRECTIONS

Left	A gauche
Right	A droite
Opposite	En face

Straight on

Tout droit

Traffic lights

Les feux de signalisation

Roundabout

Le rond-point

Crossroads

Le Carrefour

EMERGENCIES

Help

A l'aide

Fire

Au feu

Please go away

Laissez-moi tranquille

I'll call the police

Je vais appeler la police

It's urgent

C'est urgent

I'm lost

Je suis perdue

I've lost

J'ai perdu

My passport

mon passport

My car keys

les clés de ma voiture

I've had an accident

J'ai eu un accident

HEALTH

I need

J'ai besoin

A doctor

d'un medecin

A telephone

d'un telephone

An ambulance

d'une ambulance

An interpreter

d'un interprete

Where is the hospital

Ou se trouve l'hospital

I'm allergic to penicillin

Je suis allergique a la penicilline

I am

Je suis

Diabetic

Diabetique

Asthmatic

Asthmatique

I need

J'ai besoin

A dentist

d'un dentiste

It hurts here

J'ai mal ici

EATING OUT

Breakfast

Petit dejeuner

Lunch

Dejeuner

Dinner

Diner

I have booked a table

J'ai reserve une table

A table for four, please

Une table pour quatre s'il vous plait

May I have ...

Puis-je avoir

The menu

le munu

The bill

l'addition

I would like ...

Je voudrais

Some bread

du pain

Some beer

de la biere

Some wine

du vin

AT THE BANK

The nearest bank

La banque la plus proche

Change

Change

Money

Argent

I would like to change my

Je voudrais charger mon

English money into Euros please

argent anglais en Euros S'il vous plait

How much money

Combien d'argent

I have a credit card

J'ai une carte de credit

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

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 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

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 SHAPE HIVE