“EH!” TO Z RAMSTEIN
OUR MISSION

The CAN NSE Ramstein is committed to offering the highest quality of service and support to the individuals and families within the Canadian community. We respond to the unique and changing needs of the Canadian Forces families of Ramstein with openness and respect.

**Ramstein Detachment for Canadian Military Families**

Canadian National,
Support Element Ramstein
Flugplatz Ramstein, Geb 539,
66877 Ramstein-Miesenbach, Germany

Mailing Address:
CAN NSE Ramstein
Box 5053 STN Forces, Belleville, Ontario K8N 5W6

**Remote Military Family Services in Niederheid, Germany**

Telephone: + 49 (0) 2451-717168
Fax: + 49 (0) 2451-717405
E-mail: rp-europe@hotmail.com

www.europe.forces.gc.ca

CANADIAN FORCES FAMILY COVENANT

We recognize the important role families play in enabling the operational effectiveness of the Canadian Forces and we acknowledge the unique nature of military life. We honour the inherent resilience of families and we pay tribute to the sacrifices of families made in support of Canada. We pledge to work in partnership with the families and the communities in which they live. We commit to enhancing military life.
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If you can not find what you are looking for or would like more orientation information, please check out the following websites:

www.europe.forces.gc.ca
www.howtogermany.com
www.finditguide.com
www.86fss.com
www.uso.org/kaiserslautern.com
www.cafconnection.ca/Europe/
www.stripes.com
www.kaiserslauternamerican.com
# EMERGENCY PHONE NUMBERS

## GERMANY

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>German Police (Polizei)</td>
<td>110</td>
</tr>
<tr>
<td>Fire or Ambulance</td>
<td>112</td>
</tr>
<tr>
<td>Medical Emergency</td>
<td>112</td>
</tr>
<tr>
<td>German Police (Polizei): (non-emergency issues):</td>
<td>0631-369-2150 06371-92-290</td>
</tr>
<tr>
<td>- Kaiserslautern</td>
<td></td>
</tr>
<tr>
<td>- Landstuhl</td>
<td></td>
</tr>
<tr>
<td>US Military Police (non-emergency issues)</td>
<td>06371-47-2050</td>
</tr>
<tr>
<td>US Military Police (non-emergency issues)</td>
<td>06371-47-2050</td>
</tr>
<tr>
<td>Poison Control (National Capital Poison Control Center)</td>
<td>06371-86-7070</td>
</tr>
<tr>
<td>Consolidated Operator for the surrounding US Bases:</td>
<td>06371-47-1110 11837</td>
</tr>
<tr>
<td>- Ramstein US Air Base</td>
<td></td>
</tr>
<tr>
<td>- German Operator for local listings</td>
<td></td>
</tr>
<tr>
<td>(speaks English/must pay fee)</td>
<td></td>
</tr>
<tr>
<td>Nurses’ Hotline (24 hours)</td>
<td>00800-475-92330</td>
</tr>
<tr>
<td>Canadian Chaplain</td>
<td>0172-534-5916</td>
</tr>
<tr>
<td>Duty Officer CFSU(E)</td>
<td>0172-534-5900</td>
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## HOSPITALS

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Number</th>
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<tbody>
<tr>
<td>US Hospital, Landstuhl Regional Medical Centre (LMRC)</td>
<td>06371-86-8106</td>
</tr>
<tr>
<td>St. Johannis Krankenhaus, Nardinistr. 30, 66849 Landstuhl</td>
<td>06371-84-0</td>
</tr>
<tr>
<td>Westpfalz Klinikum, Hellmut-Hartert Str.1, 67655 Kaiserlautern</td>
<td>0631-203-0</td>
</tr>
<tr>
<td>Homburg University, Kirrbergerstrasse, 66421 Hamburg</td>
<td>06841-162-2636</td>
</tr>
</tbody>
</table>

## HOW TO USE THE PHONE

| Country Code: 001 - Canada (011 - 49) | 49 - Germany |

Germany to Canada: **001** – area code – seven digit number (ex: 001-(418)-123-4567)
International access code is 00 in most European countries. Often telephone numbers start with “+,” which is short form for 00.

<table>
<thead>
<tr>
<th>Country</th>
<th>Code</th>
<th>Country</th>
<th>Code</th>
</tr>
</thead>
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<tr>
<td>Albania</td>
<td>00355</td>
<td>Latvia</td>
<td>00371</td>
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<tr>
<td>Austria</td>
<td>0043</td>
<td>Liechtenstein</td>
<td>00423</td>
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<tr>
<td>Bahrain</td>
<td>00973</td>
<td>Lithuania</td>
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<tr>
<td>Belgium</td>
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<td>00352</td>
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<td>Belarus</td>
<td>00375</td>
<td>Macedonia</td>
<td>00389</td>
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<td>Bulgaria</td>
<td>00359</td>
<td>Malta</td>
<td>00356</td>
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<td>Croatia</td>
<td>00385</td>
<td>Morocco</td>
<td>00212</td>
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<td>Cyprus</td>
<td>00357</td>
<td>Moscow</td>
<td>00795</td>
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<tr>
<td>Czech Republic</td>
<td>00420</td>
<td>Netherlands</td>
<td>0031</td>
</tr>
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<td>Denmark</td>
<td>0045</td>
<td>Norway</td>
<td>0047</td>
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<td>Egypt</td>
<td>0020</td>
<td>Poland</td>
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<td>England</td>
<td>0044</td>
<td>Portugal</td>
<td>00351</td>
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<td>Finland</td>
<td>00358</td>
<td>Romania</td>
<td>0040</td>
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<tr>
<td>France</td>
<td>0033</td>
<td>Saudi Arabia</td>
<td>00966</td>
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<tr>
<td>Germany</td>
<td>0049</td>
<td>Serbia</td>
<td>00381</td>
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<td>Greece</td>
<td>0030</td>
<td>Slovakia</td>
<td>00421</td>
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<tr>
<td>Hungary</td>
<td>0036</td>
<td>Spain</td>
<td>0034</td>
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<td>Italy</td>
<td>0039</td>
<td>Ukraine</td>
<td>00380</td>
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<tr>
<td>Jordan</td>
<td>00962</td>
<td>Canada + USA</td>
<td>001</td>
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<tr>
<td>ORDERLY ROOM — CDN DETACHMENT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------------------------------------------</td>
<td>------------</td>
<td>------------</td>
<td></td>
</tr>
<tr>
<td>Orderly Room: Clerk 1</td>
<td>06371-43785</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orderly Room: Clerk 2</td>
<td>06371-944-643</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SCO Office</td>
<td>06371-402800</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSP Coordinator</td>
<td>06371-598512</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canadian Club</td>
<td>06371-472126</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canadian Canteen</td>
<td>06371-952161</td>
<td></td>
<td></td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>IMPORTANT NUMBERS — CFSU(E)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>AJAG(E) - Legal Office</td>
<td>02451-717170</td>
<td></td>
</tr>
<tr>
<td>Social Worker in GK</td>
<td>02451-993405</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADDITIONAL CONTACT NUMBERS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Remote Family Services</td>
<td>02451-717168</td>
<td></td>
</tr>
<tr>
<td>Padre—Pastor in GK</td>
<td>0032-492722686</td>
<td></td>
</tr>
</tbody>
</table>
Airlines:

Air Canada: Official website www.aircanada.com
Customer Service: +49 69-27115-111

Lufthansa: Official website www.lufthansa.com/de/en/Homepage
Customer Service: +49 - 69 209 777777


Be aware that there are high charges for these calls. Best to book or contact online.

Tips to remember:
Ryanair is a low budget airline., although you have to pay for each service,
For example: 1 luggage bag cost “x” amount of Euros, check-in at the airport is “x” amount of Euros, plus many other charges. It’s still a very cheap way to travel.

Here is a list of other low budget airlines:

Aer Lingus  www.aerlingus.com
Air Berlin  www.airberlin.com
Air Europa  www.aireuropa.com
Airtreks  www.airtreks.com
Clickair  www.clickair.com
Condor  www.condor.com
EasyJet  www.easyjet.com
Euro Wings  www.eurowings.com
Jet2  www.jet2.com
Meridiana  www.meridiana.it/en/
Norwegian  www.norwegian.com/en
Sky Europe Airlines  www.skyeurope.com/
Spanair  www.spanair.in
Wizz Air  http://wizzair.com
AIRPORTS

There are 3 main airports that are most used in the area:

**FRANKFURT MAIN:**  [www.frankfurt-airport.com](http://www.frankfurt-airport.com)
Address: 60547 Frankfurt

**FRANKFURT HAHN:**  [www.hahn-airport.de](http://www.hahn-airport.de)
Address: Building 667, 55483 Hahn-Flughafen
Parking: 6,50 € to € 29.50 € per Day

**TRIWO FLUGHAFEN ZWEIBRÜCKEN:**  [www.edrz-airport.de](http://www.edrz-airport.de)
Address: Berliner Allee ·11-21  66482 Zweibrücken

SHUTTLES

Phone number: 06302 98 494 88
Email: info@airport-runner.com

**ALEX AIRPORT SHUTTLE:**  [www.aas-airport-shuttle.de/en/](http://www.aas-airport-shuttle.de/en/)
Phone number: 06371-43068
Email: alex@aas-airport-shuttle.de

**RITA’S AIRPORT SHUTTLE:**  [www.airport-shuttle-ramstein.com](http://www.airport-shuttle-ramstein.com)
Phone number: 06371 58626
Email: Ritas.shuttle@t-online.de
AMUSEMENT PARKS

BELGIUM

BOBBEJAANLAND (www.bobbejaanland.be) (3h30 drive)
Address: 2460 Lichaart, Belgium
Telephone: + 32 (0) 14 557 811

FRANCE

DISNEYLAND PARIS (www.disneylandparis.com) (3h45 drive)
Address: 77777 Marne-la-Vallée, France
Telephone: + 33 1 60 30 60 53

FUTUROSCOPE (www.futuroscope.com/) (7h drive)
Address: Avenue René Monory, 86360 Chasseneuil-du-Poitou, France
Telephone: + 33 5 49 49 30 00

GERMANY

EUROPA PARK (www.europapark.de) (2h30 drive)
Address: Europa-Park-Straße 2, 77977 Rust, Germany
Telephone: + 49 7822 776 688

HOLIDAY PARK (www.holidaypark.de) (1h15 drive)
Address: Holiday Park Strasse 6, DE 67454 Hassloch
Telephone: + 49 (0) 63 245 993900

PHANTASIALAND (www.phantasialand.de) (2h30 drive)
Address: Berggeist Str. 3141, Brühl
Telephone: + 49 (0) 22 323 6206

WARNER BROS. MOVIE WORLD (www.movieworld.de) (4h drive)
Address: BottropKirchhellen, Warner Allee
Telephone: + 49(0)20 458 99715

LEGOLAND (www.legoland.de/en/) (3h30 drive)
Address: Legoland Allee 1, 89312 Gunzburg, Bavaria, Germany
Telephone: + 49 8221 700700
There are many banks to choose from although the two most often used by the Canadian members in the Ramstein area are the Kreissparkasse & the Volksbank.

Check in the village where you live to find your nearest branch. Also, note the hours of operation are very different than the one in Canada. Be aware that the German banks have different transaction fees than most Canadian banks. For example, even to apply for a German Euro-credit card, the cost can be as high as € 20 per card. In addition to the German ATM machines, you can find ATM machines on the American bases where you can withdraw US dollars.

**GELDAUTOMAT – ATM.**

This is for withdrawing money. After you put your card in the slot and enter your PIN, you will be given several options. The top right corner says “Auszahlung” and this is for withdrawing money. You can also choose to load money onto your cell phone by choosing “Handy”. Note: this bank machine does not give any receipts.

When in doubt, ask a teller for assistance (if one is available). Some bank machines will ask you for your language preference before continuing your transaction(s).

Geld = Money  
Bankomat = cash machine  (ATM)  
Kreditkarten = credit cards

CDN MEMBERS ARE NOT ALLOWED TO OPEN A BANK ACCOUNT AT THE US BASE BANKS.
It’s important that you know what to do and who to call if you are involved in a traffic accident.

You must:

1- Stop at the scene and render any first aid required. Also, take fire precautions by switching off engines and not smoking.

2- Warn other road users of the accident by placing a warning triangle about 50 - 100 m from the back of your car where it can be seen clearly by approaching traffic. Activate vehicle hazard lights.

3- Give your insurance details to interested parties. This means waiting for a reasonable time if they are not, for some reason, at the scene of the accident; e.g. collision with a parked vehicle. If after waiting for a reasonable time, you still cannot identify the owner of the property you damaged, you must report the accident to the police ASAP, but not later than within 24 hours. By calling 110 Polezei emergency

4- Ensure you obtain the interested parties’ insurance details, together with vehicle registration numbers plus the names and addresses of any witnesses.

If there is only minor damage to the vehicles and the drivers agree, the police don’t need to be called. Drivers, however, should exchange insurance details and agree on a sketch. However, if you are in doubt, request the presence of police.

LIABILITY

Do NOT admit liability; doing so could adversely affect your third party liability insurance coverage. If you pay an “on the spot” fine, this could be construed as you are partially admitting blame for the accident. You have the option to refuse to pay for the ”on the spot” fine. Let local police know if you are subject to Canadian military jurisdiction. If you subsequently receive correspondence from police or other official authorities, do not disregard it. If in doubt, check with your legal office.

Your insurance company may not cover any claims if you have consumed alcohol.

don’t drink and drive.

Available local taxi services to help you home:

Taxi & Airport Shuttle: 06371-52802
Taxi-Service Bay: 06372-1600
OTHER EUROPEAN COUNTRIES

The procedure at traffic accidents is essentially the same as in Germany.

As a military member, you are always obliged to report an accident to your military police (MP), regardless of where the accident took place. This becomes all the more important if the accident took place outside of Germany, where there is no automatic waiver of jurisdiction by the host nation. The sooner you inform your chain of command or the MP, the sooner you can be assisted, and possible detriments to you, be they in respect of a civil or criminal actions against you, be kept to a minimum.

The following items are useful and **should** be carried in your vehicle:

1. Proof of identity – Your passport or certified true copy of passport is always best.
2. International Driver’s License
3. Proof of Insurance
4. First aid kit (to include 2 pairs of disposable gloves).
5. Warning triangle
6. Reflective vests for any passenger(s) who leave the vehicle; e.g. when stranded by the side of the road.

**USEFUL TELEPHONE NUMBERS**

ADAC: 0 180 2 22 22 22
German Civil Police: 110 (emergency only)
German Fire Brigade: 112 (emergency only)
ENFORCEMENT OF SPEEDING OFFENCES IN GERMANY

Canadian Forces Support Unit (Europe) Drivers License holders are advised that Germany, in order to crack down on speeding offences, has been steadily stiffening and enforcing its regulations.

For first time offenders, a one-month suspension of driving privileges within Germany is imposed on drivers who exceed the prescribed speed:

A. Within built-up areas (communities) by more than 30 km/hr;  
B. Outside of built-up areas by more than 40 km/hr; and  
C. On any public road, in or out of town by more than 26 km/hr, if more than once within one year.

These suspensions are accompanied by fines starting at € 100 plus administrative fees.

Under existing CFEOs, German traffic tickets involving fines higher than € 50 cannot be handled through our demerit point system; the Canadian offender must pay the German fine and administrative fees. If the punishment includes a suspension of driving privileges for Germany, the Canadian Licensing Office must comply with the German authorities’ request to annotate the license accordingly, and the driver is prohibited from operating a PMV in Germany for the prescribed period.

CURRENT SPEED LIMITS:

<table>
<thead>
<tr>
<th>Location</th>
<th>Speed Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Zones</td>
<td>30 km/h</td>
</tr>
<tr>
<td>Inside Built-up areas</td>
<td>50 km/h</td>
</tr>
<tr>
<td>Motorways</td>
<td>no general speed limit unless posted</td>
</tr>
<tr>
<td>All other roads</td>
<td>70 km/h unless otherwise specified</td>
</tr>
</tbody>
</table>

When on Ramstein or any other US Air force BASE:

Be aware of possible infractions such as when parking in a “no-parking” zone could cause you to get a “pink slip”. Report this slip to your Commander or Unit Warrant Officer within 24h or next duty day.

Three (3) “pink slips” and you lose all privileges to the base!

You’re CDN drivers license should not expire while you are here, verify that it does not...
CAR RENTALS:

**AMCR** (American Car Rental Europe)
Address: Reichswaldstrasse 1c, 66877 Ramstein
Telephone: 0160 96879590
Email: contact@amcreurope.com

**Hertz**
Address: 305, Washington Avenue, 66877 Ramstein-Miesenbach,
Telephone: + 49 6371 44202

**Europcar**
Address: Pariser Str. 200, 67663 Kaiserslautern, Germany
Telephone: + 49 631 371200

CAR WASH:

**A#1 Auto Cleaning Shop**
Address: Merkurstrasse 1, 66849 Landstuhl
Telephone: (0) 6371 499 666
www.autocleaningshop.com

AUTO GARAGES:

**Auto - u. Reifenservice Bunsch**
Address: Friedhofstrasse 24, 67686 Mackenbach
Telephone: 06374 914040
*This is a garage that is highly recommended by other Canadians

**Autohaus Roth**
Address: Pariser Strasse 342, 67663 Kaiserslautern
Telephone: 0631-363330
autohausroth.skoda-auto.de/
*Speak English, accept VAT forms and credit cards, honest.

**Ramstein auto world**
Bldg 2477, on the corner of Nightingale Avenue and Fairchild Avenue, on base.
www.86fss.com/other-services/auto-world
European law dictates that children under 13 years of age and shorter than 150 cm can be transported in cars only if government approved safety seats (special seats and/or safety belts) are used.

According to ECE regulation 44, car seats are specially made for five weight categories:

- Class 0 (up to 10 kg, approximately 9 months);
- Class O+ (up to 13 kg, approximately 2 years of age);
- Class I (9-18 kg, from approximately 8 months to 4 years of age);
- Class II (15-25 kg, approximately 3 ½ to 7 years of age); and
- Class III (22-36 kg, approximately 6-12 years of age).

The actual weight of the child and not his/her age, will determine which category is correct.

**CHILDREN OVER 12 YEARS** need not use car seats / booster seats, even if they are shorter than 150 cm. They must wear regular seat belts and it is recommended their seating be raised up.

**CHILDREN UNDER 12 YEARS** of age but taller than 150 cm must use the regular seat belts.
Most European nations have banned the use of hand-held cell phones (or as they’re commonly called "mobile phones" or "handys" in Europe) while driving. For those who need to communicate while driving, several options are available:

1. Use a "hands-free" device. That way, at least both your hands are on the wheel. Still, a hands-free unit can distract you, so keep your calls short.
2. Use your voice mail to capture messages, and call people back when finished driving.
3. Have your Passenger do the talking for you.

Penalties for talking on a cell phone while driving (even moving slowly) in Europe are stiff:

- Belgium: Fines from € 50 to € 1,375
- Germany: € 60 fine and up plus one point against your license
- Italy: Fines from € 68 to € 275
- Luxemburg: Fines up to € 74
- Netherlands: Minimum fine is € 140; the maximum penalty is two months in prison or a € 2,000 fine

Be smart: If you absolutely must make that call, pull over to the side of the road and turn off your engine. If driving on an autobahn, pull into a rest area. (Stopping on an autobahn is verboten or forbidden.)

These rules also apply when on all US Air Bases!

NO HANDYS WHILE DRIVING!
SOME OF THE MOST AMAZING ATTRACTIONS IN GERMANY (& EUROPE) ARE THE CASTLES.

1. **NEUSCHWANSTEIN CASTLE**  (4h30 drive)
   Address: Neuschwansteinstraße 20, 87645 Schwangau, Germany
   Telephone: +49 8362 93083-0
   www.neuschwanstein.de

2. **HOHENZOLLERN CASTLE**  (3h drive)
   Address: 72379 Burg Hohenzollern, Germany
   Telephone: +49 7471 2428
   www.burg-hohenzollern.com

3. **BURG NANSTEIN**  (15min drive)
   Address: Schlossruine Nanstein, 66849, Landstuhl, Germany
   Telephone: +49 6371 830
   www.burgen-rlp.de

4. **LICHTENSTEIN CASTLE**  (3h drive)
   Address: 72805 Lichtenstein, Germany
   Telephone: +49 7129 4102
   www.schloss-lichtenstein.de

5. **HEIDELBERG CASTLE**  (1h30 drive)
   Address: Schlosshof 1, 69117 Heidelberg, Germany
   Telephone: +49 6221 658880
   www.schloss-heidelberg.de

6. **MESPELBRUUN CASTLE**  (2h15 drive)
   Address: 63875 Mespelbrunn, Germany
   Telephone: +49 6092 269
   www.schloss-mespelbrunn.de

http://www.europeanbestdestinations.com/top/best-castles-in-europe
CHILDREN’S ACTIVITIES

PLANET BOWLING
Address: Europa Allee 25, 67657 Kaiserslautern
Telephone: 0631- 8009800
www.planet-bowling.de

GRACE STUDIOS (Dance-Ballet-Pilates-Yoga, etc.)
Contact: Jen Doyle
Address: Weilerbacher strasse 110, 67661, Kaiserslautern-Einsiedlerhof
www.grace-studios.org

HORSEBACK RIDING
Contact: Gerhard Schmidt
Address: Rothenberghof, 67657 Kaiserslautern
Telephone: +49 (0) 170 5 26 28 15
www.rothenberghof.de/new/eng/index.php

FAIRYTALE DANCE STUDIO
Address: Flur Strasse 4F, 66877 Ramstein-Miesenbach
Telephone: 06371-598455

TENNIS ACADEMY (LESSONS)
Contact: Frank Schmitz
Director & Head Coach
Telephone: 0172-680-7055/06372-80-3333
Email: schmitz_frank@yahoo.de
www.tc-landstuhl.de

Contact: Heather Shelby
Head Coach
Telephone: 0152-049-25018
Email: heather210@gmail.com
FLIP
Address: Grubenstraße 8A, 66287 Quierschied
Telephone: 06825 801717
www.flip1.de

KIDS INN
Address: Mahlastrasse 96, 67227 Frankenthal
Telephone: 06233 4577
www.kidsinn.de/prices-2

NEUE KINDERWELT
Address: NeuMulher Weg 28, 66130 Gudingen
www.n-k-w.de/spielbereich/

OLE!OLE!
Address: Gutenbergstraße 41-43, 68167 Mannheim
Telephone: 0621 86258963
www.spielplatz-mannheim.de

DAS PRAEHISTORIUM
Address: Bildstockstrasse, 66578 Schiffweiler (Saarland)
Telephone: 06821 93163 25
www.gondwana-das-praehistorium.de
K1-WALDSEILPARK
Address: Werner-Liebrich-Strasse, 67663 Kaiserslautern
Telephone: 06303 806045
www.k1-waldseilpark.com/en/

AUTO & TECHNIK MUSEUM SINSHEIM
Address: Eberhard-Layher-Strasse 1, 74889 Sinsheim, Germany
Telephone: 07261 92990
www.sinsheim.technik-museum.de

WORLD OF FUN
Address: Europa Allee 11, 66482, Zweibrucken, Germany
Telephone: 06332 4817970
www.wof-zw.de

EISSPORTHALLE FRANKFURT
Address: Am Bornheimer Hang 4, 60386, Frankfurt am Main,
Telephone: 069 21239308
www.eissportthalle-ffm.de

FOR SPORTS ON THE BASES, IT IS REQUIRED THAT YOUR CHILD PASSES A PHYSICAL. PLEASE VERIFY WITH THE COACHES BEFOREHAND
CHURCHES

FAITH BAPTIST CHURCH
Address: Lichtenbrucher Strasse 17, 67661 KL-Einsiedlerhof
Telephone: 0631 318 7520
(English speaking, large American congregation)

NORTHSIDE CHAPEL
Address: Bldg. 1201 (next to BX) (located on Ramstein Area bases)
Telephone: 06371 47 6148

SOUTHSIDE CHAPEL
Address: Bldg. 2403 (located on Ramstein Area bases)
Telephone: 06371 47 5753

Contact number for CDN Padre in GK is 0032-492722686

You will find churches in most German villages under "kirche" and the services will be in German.
DAYCARES:

CHILD DEVELOPMENT CENTRE’S (CDC’s)

CHILD DEVELOPMENT CENTRE’S (CDC) RAMSTEIN (on Base)
Address: Main Office, Building no. 800/862
Contact: Marilee Daniels at 06371-47-8782 or 06371-47-6011

CHILD DEVELOPMENT CENTRE’S (CDC) VOGELWEH (on Base)
Address: Main Office, Building no. 1029/1030
Contact: Marilee Daniels at 06371-47-8782 or 06371-47-6011
Reception Telephone: 0631-536-7419

C&K CHILDREN’S HOUSE (Kindergarten)
Adresse: Koenigsbergerstrasse 12, Ramstein-Miesenbach, 66877
Telephone: 06371-15127

CHILDREN’S LEARNING ACADEMY (CLA)
Address: Siedlung 19b, Mackenbach 67686
Telephone: 06374-9942864
Email: cla.mackenbach@gmail.com
*This school offers the DODD’s program for children starting at 12 months old. Call for further information.

Contact your Dep Ed. Allowances Coord in GK to verify if your child is entitled to any financial assistance for education programs: 02451–632 776

Check your local listings for German daycares.
FAMILY CHILD CARE (FCC)

RAMSTEIN (On Base)
Contact: Cynthia Arana
Telephone: 0170-5823-213

VOGELWEH (On Base)
Contact: Dori Miller
Telephone: 0631-8424-9265

HUTSCHENHAUSEN (Off Base)
Contact: Barbara Bullen
Telephone: 0175-711-9343

STEINWENDEN (Off Base)
Contact: Janette Buras
Telephone: 0173-817-0625

KINDSBACH (Off Base)
Contact: Jennifer Braun
Telephone: 0160-9469-1256
* Mondays and Fridays only

Email 435SVS.FCC@ramstein.af.mil for a monthly list of FCC providers.
**DOCTORS’ LIST**

<table>
<thead>
<tr>
<th>SERVICE PROVIDER</th>
<th>PHONE</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td><strong>ANESTHESIOLOGY</strong></td>
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<tr>
<td>Dr. Ultes-Kaiser</td>
<td>06371-98100</td>
<td>Schulstr. 4, Ramstein</td>
</tr>
<tr>
<td>Dr. Bleser</td>
<td>06371-842601</td>
<td>Nardinistr. 30, Landstuhl</td>
</tr>
<tr>
<td>Dr. Raahimi</td>
<td>06371-914905</td>
<td>Bahnstr. 104, Landstuhl</td>
</tr>
<tr>
<td>Dr. Schmautz</td>
<td>06371-953283</td>
<td>Schulstr. 4, Ramstein</td>
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<tr>
<td><strong>CHIROPRACTOR</strong></td>
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<tr>
<td>* Dr. Spitzer</td>
<td>06371-915844</td>
<td>Bahnstr. 104, Landstuhl</td>
</tr>
<tr>
<td><strong>DERMATOLOGY</strong></td>
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<tr>
<td>Dr. Zang</td>
<td>06371-71380</td>
<td>Schulstr. 4, Ramstein</td>
</tr>
<tr>
<td>Dr. med. Peterson</td>
<td>0631-8929122</td>
<td>Bahnhofstr. 26, Kaiserslautern</td>
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<tr>
<td><strong>DENTISTRY</strong></td>
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<tr>
<td>Your CDN Dentist GK</td>
<td>02451-717331</td>
<td>For appointments in GK only</td>
</tr>
<tr>
<td>* Dr Michael Cornicius</td>
<td>06374-1484</td>
<td>Mackenbacher 14 Weilerbach</td>
</tr>
<tr>
<td>Dr. Rex Gonzales</td>
<td>0630-133003</td>
<td>Fabrikstrasse 2, Otterbach</td>
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<tr>
<td>SERVICE PROVIDER</td>
<td>PHONE</td>
<td>LOCATION</td>
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<tr>
<td><strong>NEUROLOGY</strong></td>
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<tr>
<td>Dr. Zoellner</td>
<td>06371-2005</td>
<td>Landstuhl</td>
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<tr>
<td>Dr. Karst</td>
<td>06371-944455</td>
<td>Ramstein</td>
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<tr>
<td><strong>OB/GYN</strong></td>
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<tr>
<td>Dr. Erler/Dr. Biehl</td>
<td>06371-914444</td>
<td>Landstuhl</td>
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<tr>
<td>Dr. Hoefer</td>
<td>0631-3606500</td>
<td>Kaiserslautern</td>
</tr>
<tr>
<td>* Dr. med. Schoner</td>
<td>06374-6060</td>
<td>Friedenstr.5, Weilerbach</td>
</tr>
<tr>
<td>* Dr. Voight</td>
<td>0631-2031305</td>
<td>Kaiserslautern</td>
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</table>

* There is a Women’s Care Clinic at the Landstuhl US Hospital. You need to call Tri-Care first at 06371-46-2273 to make an appointment.

<table>
<thead>
<tr>
<th>OPTOMETRY</th>
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<tbody>
<tr>
<td>Vogelweh Optometry</td>
<td>0631-98780</td>
<td>Vogelweh</td>
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<tr>
<td>Dr. Bindels</td>
<td>06371-71240</td>
<td>Ramstein</td>
</tr>
<tr>
<td>* Dr Matthais Noll</td>
<td>06371-60010</td>
<td>Kaiserstr.35, Landstuhl</td>
</tr>
<tr>
<td>Ramstein Optometry</td>
<td>06371-462350</td>
<td>Call for appointments</td>
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<tr>
<th>ORTHOPEDICS</th>
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<tbody>
<tr>
<td>* Dr. Hauck</td>
<td>06371-842701</td>
<td>Nardinstr. 30, Landstuhl</td>
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</tbody>
</table>
## DOCTORS’ LIST

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<tbody>
<tr>
<td><strong>PEDIATRICS</strong></td>
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<tr>
<td>* Dr. Schmidt</td>
<td>06371-50398</td>
<td>Schulstr. #4, Ramstein</td>
</tr>
<tr>
<td>Dr. med. Brandt</td>
<td>0631-66366</td>
<td>Kaiserslautern</td>
</tr>
<tr>
<td>Dr. med. Dundurs</td>
<td>0631-2031370</td>
<td>Kaiserslautern</td>
</tr>
<tr>
<td><strong>PHYSIO THERAPY</strong></td>
<td></td>
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<tr>
<td>* Mrs. Gross</td>
<td>06371-62288</td>
<td>Koenigstr. 3, Landstuhl</td>
</tr>
<tr>
<td>Mrs. Braun, Kurt/Jens</td>
<td>06371-915646</td>
<td>Bahnstr. 104, Landstuhl</td>
</tr>
<tr>
<td>Mr. Hallam</td>
<td>06371-43355</td>
<td>Marktstr. 4, Ramstein</td>
</tr>
<tr>
<td><strong>PLASTIC SURGERY</strong></td>
<td></td>
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</tr>
<tr>
<td>* Dr. Jost</td>
<td>06371-912356</td>
<td>Nardinistr. #11, Landstuhl</td>
</tr>
<tr>
<td><strong>UROLOGISTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Mathias Hofman</td>
<td>06371-12888</td>
<td>Kaiserstrasse 40</td>
</tr>
<tr>
<td>* Br. Claudia Brang</td>
<td></td>
<td>66849 Landstuhl</td>
</tr>
</tbody>
</table>

**NOTES:**

This list is only a guideline, so if you would like more information, please contact Tri-Care on the Ramstein Base.

You may also want to call the Doctor and confirm the address before your visit, just in case it has changed.
EMBASSY / CONSULATE

CANADIAN EMBASSY BERLIN
Address: Leipziger Platz 17, 10117 Berlin, Germany
Telephone: +49 (30) 20312-0 for general inquiries
Fax: +49 (30) 20312-121

Other Contact Numbers:
+49 (30) 20312-322 for inquiries on green “special” passports
+49 (30) 20312-470 for inquiries on LOST passports

CANADIAN CONSULATE DÜSSELDORF
Address: Benrather Strasse 8, 40213 Düsseldorf, Germany
Telephone: +49 (211) 172 17-0 for general inquiries
Fax: +49 (211) 359 165

CANADIAN CONSULATE MUNICH
Address: Tal 29, 80331 München, Germany
Telephone: 089 24231546

CANADIAN CONSULATE STUTTGART
Address: Leitzstrasse 45, 70469 Stuttgart, Germany
Telephone: + 49 (711) 22 39 67 8
Fax: + 49 (711) 22 39 67 9
EMISSION STICKERS:

Environmental zones (Umweltzonen)

Motorists with cars registered abroad who wish to operate their vehicles everywhere in Germany and in city centres where environmental zones have been established, will need **low-emission cars and emissions stickers** in the future.

Here is a partial list of some of the cites that have already initiated the zones:

Augsburg, Berlin, Bochum, Bottrop, Bremen, Hannover, Herrenberg, Karlsruhe, Köln, Dortmund (Brackeler Straße), Dortmund, Dresden, Duisburg, Essen, Frankfurt am Main, Freiburg (Breisgau), Gelsenkirchen, Heidelberg, Ilsfeld, Leonberg, Ludwigsburg, Mannheim, München, Mühlacker, Mülheim an der Ruhr, Nürnberg, Oberhausen, Pforzheim, Pleidelsheim, Recklinghausen, Reutlingen, Schwäbisch-Gmünd, Stuttgart, Tübingen, Ulm.

Where to obtain an emission sticker:
[www.tuevsued.de/auto_fahrzeuge/feinstaub-plakette/feinstaubplakette_ausland/england](http://www.tuevsued.de/auto_fahrzeuge/feinstaub-plakette/feinstaubplakette_ausland/england)

TOLL STICKERS (Vignette)

Be sure to verify if you need a “sticker” when travelling to different countries (Example: Burgenland, Austria, Salzburg, Tyrol, Vienna, Switzerland, Carinthia, Styria, Vorarlberg, Slovenia). This will protect you against a possible substitute toll of at least 120 €. Toll stickers are available for a period of validity of 10 days, 2 months or 1 year in over 6,000 sales outlets at home and abroad.

This is a link, to know where you can find a point sale:
ESTHETICS:

There are many esthetic services available in the region. The following establishments have been tried and tested by other Canadians:

**ELKE’S DAY SPA**
Address: Am Stutzenwald 2, 66877 Ramstein City Center
Telephone: 06371 - 59 80 888
[www.day-spa-ramstein.de](http://www.day-spa-ramstein.de)
Email: [info@day-spa-ramstein.de](mailto:info@day-spa-ramstein.de)

**STYLIQUE SALON** (HAIR)
Visit the KMCC, Ramstein mall for all types of services
Telephone: 06371-42408

**AMERICAN NAIL SPA** (Nails and Eyelashes)
Address: Ludwigstraße 3, 66849 Landstuhl, Germany
Telephone: +49 172 6120398
[www.americannailspa.de](http://www.americannailspa.de)
* Ask for Natasha

Resort to “The Find-It Guide” [www.FindItGuide.de](http://www.FindItGuide.de) It has many other suggestions that may be closer to your area.
GERMAN HOLIDAYS AND CELEBRATIONS

NEW YEAR'S DAY (January 1)
New Year's Eve (Silvester), which is on December 31, is the last day of the year and serves as an occasion for public and private parties in Germany. It is also a time to look back at the past year and forward to the new one. In the evening, German television broadcasts the same sketches and short films each year.

THREE KING'S DAY (January 6)
Epiphany (Epiphanie, Epiphanias, Erscheinung des Herrn) is annually celebrated in Germany on January 6 to mark the Magi's (or three wise men's) visit to baby Jesus.

FASCHING (February 27)
Carnival Monday (Rosenmontag, Fashing, Karneval, Fastnact) is just before the beginning of lent. Many people mark the occasion in some regions in Germany by holding street parades, parties and making fun of German stereotypes, politicians and other public figures.

GOOD FRIDAY AND EASTER MONDAY
(Friday before Easter Sunday and Monday after Easter Sunday)
Many people in Germany mark the crucifixion of Jesus by participating in church services and processions on Good Friday (Karfreitag), which is two days before Easter Sunday. For others, it is the start of a long weekend and possibly a spring vacation. Easter Monday (Ostermontag) is an annual public holiday in Germany that follows Easter Sunday, which remembers Jesus Christ’s resurrection, according to Christian belief. It is observed with various local customs. These include early morning candle-lit parades, walks in the countryside and egg races.

LABOUR DAY (May 1)
Mat Day (Der Erste Mai, Tag der Arbeit) is an ancient festival to welcome the spring weather and to drive away evil spirits. It is also an occasion to campaign for and celebrate workers rights, particularly in Berlin. May 1 is a public holiday in all German states.
MOTHER’S DAY (2nd Sunday in May)
Mother’s Day is a day for many people to show their appreciation towards mothers and mother figures worldwide. It is an annual event but is held at different dates in the calendar, depending on the country.

ASCENSION DAY / FATHER’S DAY (40 days after Easter)
Ascension Day is a public holiday in Germany to mark the Jesus’ ascension to heaven. It is the 40th day of Easter (or 39 days after Easter Sunday). It is also known as Father’s Day or Men’s Day in some areas of Germany.

WHIT MONDAY (June 5)
Many Christians in Germany observe the second Day of Pentecost, on the day after Pentecost (or Whitsunday). It is a national public holiday. Pentecost commemorates the Holy Ghost’s descent on the Jesus Christ’s disciples, according to the bible.

CORPUS CHRISTI (June 15)
Corpus Christi (Fronleichnam) falls on a Thursday 60 days after Easter Sunday. The day honors the Eucharist (Holy Communion, Lord’s Supper), which is important in the Catholic church. Corpus Christi is a public holiday in some parts of Germany and is marked by parades for the blessed sacrament (in form of bread or wafers).

OKTOBERFEST (September 23)
Originally, this celebration was for the end of the harvest. Many towns, including Geilenkirchen, have Oktoberfest celebrations complete with beer, German folk bands, bratwurst, and fun.

DAY OF GERMAN UNITY (October 3)
German Unity Day (Tag der Deutschen Einheit) is annually held on October 3 to mark the anniversary of the nation’s unification. It remembers when the Federal Republic of Germany and Democratic Republic of Germany united to create one single, federal Germany on October 3, 1990.
REFORMATION DAY / HALLOWEEN (October 31)
Reformation Day is a public holiday in five states in Germany on October 31 each year to remember the religious Reformation in Europe. It commemorates when German monk and theologian Martin Luther’s proposals were nailed on the doors of a church in 1517. This event was the start of religious and social changes in Europe.

ALL SAINTS’ DAY (November 1)
Catholics and some Protestants in Germany honor the lives of every saint on all Saints’ Day (Allerheiligen) on November 1. They also remember deceased relatives and visit their graves. This day is a public holiday in the states of Baden-Württemberg, Bayern, Rheinland-Pfalz, Nordrhein-Westfalen and Saarland.

REPENTANCE DAY (November 23)
The Day of Prayer and Repentance (Buss-und Bettag) is a public holiday in the state of Saxony, Germany. It is on the last Wednesday before November 23 and 11 days before the start of Advent. It is an occasion for protestant Christians to pray or reflect on quiet thoughts.

CHRISTMAS DAY (December 25)
Christmas Day is a public holiday in Germany on December 25. Many people spend the day with their family. Large meals with traditional foods are served and Christmas decorations are displayed. German Christmas decorations include nutcrackers, Christmas pyramids, and cribs.

BOXING DAY (December 26)
December 26 is Stephen’s Day and is a public holiday in Germany. For many people, it is a quiet occasion spent with friends and family or an opportunity to enjoy the German countryside.
Ever find yourself saying, “Gee, I wish I’d known that!” You know, the little odds and ends of information that come in so handy when trying to navigate in a new place? Here are a few tidbits of collected wisdom we hope you’ll find useful:

**KEEPING UP-TO-DATE:**
Keep up to date with European culture, sports, and current affairs news, with DW-TV. DW or Deutsche Welle is an international service whose programming runs one hour in English and the next in German.

The DW website ([www.dw-world.de](http://www.dw-world.de)) is another good source of up-to-date information on what’s happening in Europe and is accessible in 30 languages.

If you would like to read the local news in English visit: [www.thelocal.de](http://www.thelocal.de)

**THUMB’S UP!**
German count with their thumbs, thumbs up means one. If you’re ordering one of something, use your thumb to indicate. For two, use your thumb and index finger. If use your index finger to order something, you’ll wind up with two beers instead of one.

**ELBOWS OUT!**
Unlike Canada, Europe is a densely populated society. People are used to far less personal space than Canadians. To get through a crowd, Europeans push. For them, it’s not rude – it’s just a coping strategy. So sharpen your elbows and make your way to the front of the line.

**USING YOUR GPS:**
A very important note to remember when using your GPS, make sure you have the **correct ZIP code**. Germany has many villages and cities that use the same name (i.e. Neunkirchen). Use precaution when entering the address on your GPS.

And remember, **No matter how angry you are, don’t make an obscene gesture at another driver. You could be fined.**
HELPFUL TIPS

Please respect that Germans consider Sundays as a family day for relaxation; Please: no lawn mowing, no car washing, etc...

DOOR LATCHES
German houses have a different lock system in their doors. Beware of a small metal lever inside the door frame where the door latches shut. This small lever goes up and down. When it is up, the door is locked. When it is down, it is unlocked. When you are inside your house and want to lock the door, you can use the keys from the inside to lock it. However, if you go outside and the door shuts behind you, you will be locked out if the lever is in the up position. Make sure to keep an extra key hidden outside or with a neighbor! No window screens for flies and mosquitos either.

VALUE ADDED TAX (VAT)
You can get the 19% VAT (Value Added Tax) back at many stores with a VAT form in the Kaiserslautern Military Community (KMC) or pay no tax at all (some stores, like Simba in Ramstein have “tax free” prices as well as for those for tax-paying individuals). You can also get the tax back at Kaufland, Hela, Globus, Real, etc. Have your receipts stamped on the way out of the store, then bring them back within the first two of days of the month (they’re very strict about this) for a refund.

Likewise, other stores outside the KMC, like IKEA (in Mannheim and Saarlouis) and Metro (near Saarbrucken) will also provide you with tax-free shopping, but have different methods of doing so. For example, at IKEA, you pay for your purchase in full, then take your receipt to the information desk, where they process it. At Metro (similar to Costco or Price-Club), you tell the cashier that you don’t have to pay the tax, and then after your items are rung in, you proceed to the nearby info desk and pay there.

Be aware of trying to obtain your VAT refund on Saturdays as stores are very busy!

VACATION TRAVEL ASSISTANCE (VTA)
Get ahead start on your VTA form! Keep your receipts organized in a folder, by each trip. It will help when your end of posting arrives.
HELPFUL TIPS

SHOPPING BAGS
Bring your own shopping bag or basket. Shops tend to charge a few cents for a bag (with the exception of the Commissary and clothing stores). If you don’t bring a bag into the grocery store, do what the Germans do: put all your paid purchases back into your shopping cart and place the items loose in your trunk!

NOTE: The Shoppette on the US Bases are open 24 hours per day, just in case you need some last minute things.

SHOPPING
If you see something you like in the Tchibo store, don’t wait. Buy it. Tchibo turns over its stock weekly so you’ll likely never see that perfect set of glasses again.

SHOPPING WITH CDN CREDIT CARDS
Be sure to tell your credit card provider that you’re moving out of Canada and for how long. Otherwise, you may find your credit card rejected the first time you make a big purchase. (For your security, the card companies often put an automatic halt on cards they think are being used fraudulently. Your card suddenly showing up in a foreign transaction is one such trigger.)

TRAFFIC
If you come across a detour (Umleitung in German, omleiding in Dutch), follow the number or letter shown for your destination. Don’t be alarmed if the signs seem to disappear; just keep going. When it’s time to turn, you’ll see your sign. Priority road is designated by a white sign with a yellow triangle for right of way.
VOICEMAIL
The Phone voice mail system (SprachBox) is activated 3 days after your hook-up. It will pick up your calls after 30 seconds or in the event that the line is busy. If you have new messages, the SprachBox will notify you. To retrieve messages dial 0800 - 3302424 and press 1.

To change to the English voice module, please dial 0800 330 2424, press 3, 4, 2 and 1. You will now be able to record your personal message and set up the voice mail in accordance with your requirements.

You may want to purchase a phone with built-in voice mail. It can be very handy while waiting to figure out the phone voice mailing system!

VATs (American) required when purchasing a vehicle here, will cost 6 euros.

WANT A DEAL?
Check out www.ramsteinyardsales.com for small items. Although, like Tchibo, if you see something you like, grab it. Otherwise, someone else will! Also there is the Thrift Store on the Ramstein base, in Landstuhl and one in Ramstein village.
**DISHWASHERS**
The best products to use for the German dishwashers are the German ones themselves, such as Somat and a good thing to remember is to put special salt beads Somat Spezial Salz (yes, salt beads!) in your dishwasher every 15 washes or when you notice that the dishes are not coming out so clean anymore.

**THE FLOORS**
How to keep them clean, you ask?! The German stores offer a wide-variety of floor products. The best to use is FROSH vinegar floor cleaner or our regular Mr. Clean and warm water. Be careful not to put too much product; you'll have streaks! Best Mop brands to use are LEIFHEIT. You will find a huge selection of these products at your local German store.

ATTENTION: Do not wax marble floors! They become slippery and dangerous.

**LAUNDRY**
The CFSU(E) Housing Supply Cell will provide you with a dryer and a washing machine. GK technical Assistance: 02451-717-179. First, you will notice that the machines are much smaller than their North American counterparts, and when you do use them for the first time, you will be surprised at how long the cycles take. German machines take only cold water into the machine and then the machine proceeds to heat the water - one factor in the length of the washing cycle.

Persil or Dash, which are North American laundry soaps, have a tendency to clog European washing machines. To avoid this, use only half of the recommended quantity; otherwise you’ll see bubbles coming from the dispenser!
**HOUSEHOLD INFO**

**WASTE DISPOSAL & RECYCLING**
Germans are the Kings and Queens of recycling and waste disposal. You must follow the instructions according to your village regulations on separating garbage and their respective pick-up schedules. Information can be obtained from your “Rathaus” (your local city hall) or your may simply ask your landlord! There is also a RECYCLE CENTER on the Ramstein base behind the Burger King.

**WINDOW WASHING**
Tiptop Fenster Wäsche is the best German product to use. Try it with a rubber squeegee and window cleaning will be fast and almost fun! NOTE: vinegar and cold water can also do the trick.

**OVENS FOR COOKING / BAKING**
You may find that a bit of experimentation with the oven is required, particularly when baking. Dark enamel pans and glassware are recommended for use with German ovens. However, if you do not have this type of cookware on hand, do not despair and go out and buy all new pans. Shiny pans can be used in the ovens, although you will have to experiment with the length of the baking time. In some cases, it may take twice as long to bake a cake but good results are still possible.

If you use the fan for cooking or baking, you may have to adjust the temperature! For example, 180 degrees Celsius equals approximately 350 degrees Fahrenheit but we would suggest cooking at 160 degrees Celsius as the fan seems to make things cook quicker and food tends to burn at the higher temperature.
METRIC CONVERSION CHART (This is just a guideline)

Oven Temperatures

<table>
<thead>
<tr>
<th>Fahrenheit</th>
<th>Celsius</th>
</tr>
</thead>
<tbody>
<tr>
<td>275</td>
<td>135</td>
</tr>
<tr>
<td>300</td>
<td>149</td>
</tr>
<tr>
<td>325</td>
<td>165</td>
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<td>375</td>
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<td>400</td>
<td>205</td>
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<td>218</td>
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<tr>
<td>450</td>
<td>230</td>
</tr>
<tr>
<td>500</td>
<td>260</td>
</tr>
</tbody>
</table>

Cup & Spoon Equivalents

<table>
<thead>
<tr>
<th>Fraction</th>
<th>Cup</th>
<th>Milliliters</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4</td>
<td>60 ml</td>
<td>0.5 ml</td>
</tr>
<tr>
<td>1/3</td>
<td>85 ml</td>
<td>1.5 ml</td>
</tr>
<tr>
<td>1/2</td>
<td>125 ml</td>
<td>3 ml</td>
</tr>
<tr>
<td>2/3</td>
<td>170 ml</td>
<td>4 ml</td>
</tr>
<tr>
<td>3/4</td>
<td>180 ml</td>
<td>5 ml</td>
</tr>
<tr>
<td>1 1/4</td>
<td>310 ml</td>
<td>15 ml</td>
</tr>
<tr>
<td>1 1/2</td>
<td>315 ml</td>
<td>30 ml</td>
</tr>
<tr>
<td>2</td>
<td>500 ml</td>
<td>45 ml</td>
</tr>
</tbody>
</table>
ATLANTIC TRUST INSURANCE BROKER
Agent: Christel Winter
Address: Kindersbacher Str. 48, Ramstein 66877
Telephone: 06371-50771

CULPECK INSURANCE
Agent: Julia or Markus
Address: Haihover Tr. 11, 52511 Geilenkirchen
Email: gk@culpeck.com
Telephone: 0151 74100429

It is vital that you obtain insurance immediately upon arrival in Germany. There are different types of insurance coverage available. You must be aware of the differences before you sign any documents.

PERSONAL LIABILITY - Insurance against damage to goods and persons caused by the insured and family members, and your cat.

PET INSURANCE – German Law requires dog owners to purchase pet insurance. This type of insurance is not covered with your home insurance.

LEGAL INSURANCE - This insurance will provide you and your family with legal assistance and protection against various costs arising from legal proceedings. There are policies for traffic legal insurance (available in Germany only) or general legal insurance.

HOUSEHOLD INSURANCE - This insurance will cover the contents of your home against loss or damage. Some household policies do not cover loss or theft of bicycles. You should verify this point with your agent. Arrange for insurance to take effect when taking possession of your household goods.

AUTOMOBILE INSURANCE - You will want to get the standard automobile insurance that you are accustomed to; however, premiums are higher than at home. To obtain a reduction in premiums, you will need to provide a letter (or letters) from your previous insurance companies attesting to at least one year of accident-free driving, to get the minimum deduction and ten (10) years to get the maximum deduction. Letters must have original signature since photocopies will NOT be accepted.
LANGUAGE TRAINING

Spousal Language Training Reimbursement - Spouses of CAF members who are living fulltime at the post are eligible for a reimbursement of up to €100 for beginner level classes at a recognized institution.

If you have any questions concerning the conditions for reimbursement, please contact us at: mfse-sk@forces.gc.ca; or +49 (0) 2541 717 502
- It applies only to the host language: predominantly the language of the country where you currently reside
- Pre-registration has to be approved by Community Services Manager. Please contact your MFS(E) Centre prior to registration for details.

ONLINE LANGUAGE LEARNING WITH ROSETTA STONE

Rosetta Stone language learning licenses are offered to you through our Virtual Programs Cordinator. It is considered one of the top language learning systems in the world, since it allows you to learn at your own pace, on your own time, from wherever you have an Internet connection.

Each license gives you access to 30 languages including Danish, Dutch, English, French, German, Italian, Portuguese (BR), Spanish (Spain), and Turkish.

Please Email our Virtual Program Coordinator at MFSEVirtualPrograms@cfmws.com for registration

OTHER OPTIONS THAT ARE ALSO FREE:

DUOLINGO: www.duolingo.com. free app (for iPad, iPhone, and Android) offers an interactive language training system and includes real-world translation activities to cement your new skills

THE OPEN UNIVERSITY
www.open.edu/openlearn/languages/free-courses

WORD2WORD Free Online Language Courses www.word2word.com/course.html, provides links to free online language courses (approximately 120 languages)
GREAT WEST LIFE/ALLIANZ

Dental Claims
Unless you are served by a CAF Dental Clinic, dental claims will need to be sent to Great-West Life, using the paper form. Log into your account on the Great-West Life website and print a claim form. Claims and original receipts need to be mailed to the following address:
Great-West Life Health and Dental Benefits
Foreign Benefit Payments
PO Box 6000
Winnipeg, MB  R3C 3A5
Be sure to keep copies of your receipts!

Medical Claims
For medical claims, you will also need to submit a paper claim to Allianz, using the PSHCP Out-of-Country claim form (http://www.pshcp.ca/media/43901/claimform_out_fill.pdf). Send the claim form and the original receipts to:
Allianz Global Assistance
Public Service Health Care Plan
PO Box 880
Waterloo, ON  N2J 4C3
Be sure to keep copies of your receipts!

Specific Information for RAMSTEIN
On arrival for HHT / posting, Canadian Military Families must register their insurance information at the Medical Records section of the Ramstein Clinic.
Each dependant must ask for and receive from the Medical Records section, a (fake) social security number and a separate DOD number. They are then registered in the American health care system. These numbers are referenced in the American database while booking appointments for CAF spouses and dependants. If you have direct billing (i.e. US billing department) you must send your invoice to the following address: Which they would then forward to:
P.O. Box 71987
Richmond Virginia 23255-1987
Allianz Global Assistance
Public Service Health Care Plan
PO Box 880
Waterloo, ON  N2J 4C3
**TRICARE** (US medical system at Ramstein)

1. **First, the member must be registered with Flight Medicine 2121. You must call 06371 47 2250 to obtain a Tricare social security number.**

2. **To make medical appointments on the base, call “Family Practice” at 06371-46-2273 or 2250 and press option 1 twice. It is located in Bldg. 2114.**

3. **TRICARE SERVICES HAVE CHANGED FOR THE DEPENDENTS AS OF SUMMER 2010:** BE AWARE THAT YOU MAY NOT GET AN APPOINTMENT SINCE TRI-CARE IS SHORT ON PROVIDERS. APPOINTMENTS WILL BE ON “AVAILIABILITY ONLY”, IF THEY HAVE SPACE TO TAKE YOU.

4. **You will not receive a bill for the services or medications right away. You can either wait for a bill in the mail, which may take up to 3-4 weeks to receive. Or you can call the RMO 06371-462320 a week after your appointment to obtain your bill amount. Payments can be made to the RMO in the form of cash or money order (which you can get from the BX customer service counter).**

**BEST OPTION FOR MEDICAL SERVICES ARE THROUGH THE ECONOMY.**
Many cities in Germany identify parking lots with large blue “P” signs. The large blue “P” signs showing a parking disc indicates that you may park for free in the area designated for a certain length of time, but that you must display your parking disk in the front window of your car.

To use the parking disk, set the dial so that the arrival time (to the nearest half hour) lines up with the arrow on the disk, and place the parking disk on the dashboard.

Be aware that not all parking areas are free. Some areas, for example train stations/city centres (Zentrum), you must find the pay machine to obtain a ticket that you must display on dash. *2 Std. means 2 HOURS. When you go into underground parking lots, you must take your ticket with you. Before you return to your car, you need to pay at the ground level machines. Then proceed to your car with your paid stub and use it to exit the parkade.

**FOLLOW PARKING REGULATIONS WHEN TRAVELLING, IF YOU DON’T WANT TO GET A PARKING TICKET!**
PHARMACIES (APOTHEKE)

If you visit a German Doctor and you would like to pick up medications, you must visit the APOTHEKE. They also provide many “homeopathic” options. Visit one, you will love the neat things they have to offer! Look for this symbol:

![Pharmacy Symbol]

POST OFFICE

The Canadian Post Office is located at the DET Building #539, Ramstein.
Note of interest: Canada Post has offered FREE SHIPPING from Canada to any PO Box, Stn Forces, Belleville address. Visit [www.canadapost.ca/tools/pg/manual/PGcanforce-e.asp](http://www.canadapost.ca/tools/pg/manual/PGcanforce-e.asp)

German Post Offices are not always easy to find but often located in a little village store. Look for this sign:

![Deutsche Post]

German post delivery is Mondays – Saturdays [www.deutchepost.de](http://www.deutchepost.de)
DOG GROOMING

PRETTY DOG
61 Landstulstrasse
66877, Ramstein-Miesenbach
Telephone: 0171-1774126
www.pretty-dog.de

ULLA HUND PARADIES
21 Altestrasse
66885, Altenglan
Telephone: 06381-995-150

KENNELS FOR PETS

THE FARM KENNEL
Bahnhofstrasse 80
66892 Miseau
Telephone: 06372 8070
www.tierpension-farm-kennel.de

RAINBOW FARM
Harzofen 9a
66849 Landstuhl
Telephone: 06371-914619
www.rainbow-farm.com

PETSITTING

CHRISTINA CRUSAN (Certttified Veterinarian assistant)
Individual Pet care in your own home.
Telephone: 0176-610-90908
christinacrusan@yahoo.de

VETERINARIAN

DELORME-GOLDBERG
Daimlerstrasse 7, 66849 Landstuhl
Telephone: 06371-914-314
24 Emergency Phone line: 0171-9303179
www.landstuhlvet.de

Don’t forget to ask if they take VAT forms!
GUARDIANSHIP POWER OF ATTORNEY

If you plan to travel alone, and leave your children in the care of friends, you should consider having a Guardianship Power of Attorney completed. This certainly should be considered if you have minor children and are leaving them in the temporary care of someone else while you are out of town or you are sending them to stay with someone in Canada or elsewhere.

It is strongly recommended that you contact the Ramstein Orderly Room or the AJAG(E) office at +49 (0) 2451-717170 to arrange for a Guardianship Power of Attorney. This document outlines the rights and responsibilities of the individual(s) named as temporary guardian(s) and gives the temporary guardian(s) permission to seek emergency medical and dental treatment for your children. Nobody likes to think about negative things but “what if” an emergency occurs while you are gone. This document will give the power to your friends, to act on your behalf if a decision must be made for your children in an emergency situation.

MEDICAL POWER OF ATTORNEY

A Medical Power of Attorney provides an individual the right to have access to your medical records and obtain prescriptions on your behalf. If you or your spouse would like to obtain a Medical Power of Attorney, you should contact the Ramstein Orderly Room or the AJAG(E) office at +49 (0)2451-717170.
In the next several pages, you will find a comprehensive list of restaurants in the area that have been compiled by a community member. It is a good idea to call ahead to make sure the restaurant is still open and confirm its hours of operation. Be aware of possible “Ruhetags” or rest days when the restaurant is closed.

**DIONYSSOS RESTAURANT** 3.9/5  
Address: Kaiserstrasse 149, Bruchmühlbach  
Telephone: 06372 1384  
*Good Italian and Greek fare.

**PFÄLZER STUBEN HOTEL-RESTAURANT** 4.8/5  
Address: Langwieder Str. 5, 66892 Bruchmühlbach-Miesau,  
Telephone: 06372 91200  
*Fine dining and excellent German fare in a very nice, country-style Gastehaus setting.

**BURG SCHENKE RESTAURANT** 4.5/5  
Address: Röttelnweiler 47, 79541 Lörrach, Germany  
Telephone: 06381 2633  
*Fine dining and good German fare in a historic as well as scenic location. This restaurant, nestled in the Lichtenburg castle ruins, offers medieval ambiance with a great view. Burg Lichtenberg is a great place for a special occasion or out-of-town guests.

**PFEIFERTAL GASTHAUS - HOTEL** 4.1/5  
Address: Untere Pfeifermühle 7, 67685 Eulenbis  
Telephone: 06374 9250  
*Gasthaus Pfeifertal offers "die gutbürgerliche Küche" (good plain cooking) in a bright, cozy, comfortable, German-style dining room. Pfeifertal's menu includes a large variety of German specialties.

**PIRSCHE LANDGASTHOF** 3.9/5  
Address: Auf der Pirsch 12, 66877 Ramstein-Miesenbach  
Telephone: (06371) 5930  
*Good German fare and German motif. Children are welcome (menu includes Kinder portions).
BLECHHAMMER HOTEL  4/5
Address: Am Hammerweiher 1, 67659 Kaiserslautern
Telephone: 0631 37250
www.blechhammer.de
*Very good German food. The hotel has two dining rooms--a large
(more elegant) country style room (upstairs) and the Mühlradstube
(downstairs). The partionable half of the upstairs dining room is
excellent for large dinner parties (up to 54 people) while the
downstairs dining room, the Mühlradstube (mill wheel), has a less
formal but very cozy atmosphere. During the summer months,
Blechhammer's lakeside tables on their terrace, provide a wonderful
out-of-doors dining atmosphere.

DAS BRAUHAUS AN DER GARTENSCHAU  4.3/5
Address: Forellenstraße 6, 67659 Kaiserslautern
Telephone: 0631 3709703
* Located on the grounds of the Kaiserslautern Garten Schau, the
"Casimir" is "im alten Schlachthofturm" (in the tower of the old
slaughterhouse). The Casimir is a wonderful setting for large group
functions and has the capacity to seat approximately 100 people.

ANNA'S PIZZARIA/GRÜNER WOOG HOTEL  4.4/5
Address: Steinwendener Str. 33, 66877 Ramstein-Miesenbach,
Telephone: 06371 5356 or 96100
* Very good Italian food to include pizza, calazone, and many pasta
dishes. The dining rooms have a warm and friendly atmosphere and
in the summer months, the outdoor patio/garden is great!

PFEFFERMÜHLE  3.5/5
Address: Beethovenstraße 40, 66849 Landstuhl
Telephone: 06371 14155 / 18355
*The food was average The Pfeffermühle is located near Landstuhl
hospital.

GASTÄTTE SCHLEMMERSCHEUNE at the Hotel Degen  4.0/5
Address: Mackenbacher strasse 2, 67685 Weilerbach
Telephone: 06374-2013
*Very beautiful for group events.
RESTAURANT MYTHOS VON DELPHI  4.1/5  
Address: St.-Martins-Platz 1, 67657 Kaiserslautern  
Telephone: 0631 66610  
*Restaurant Delphi's speciality is Greek fare as their name implies. Delphi is an upscale Greek restaurant and is located in the heart of the Alt Stadt, Kaiserslautern a great place for a nice meal, lunch or dinner, in conjunction with a trip to downtown Kaiserslautern.

FLAMMKUCHE  3.9/5  
Address: Ludwigstraße 40, 67657 Kaiserslautern  
Telephone: 0631 65875  
*The Flammkuche Restaurant specializes (exclusively) in "Flammkuchen" and is one of the few restaurants in the Kaiserslautern area that offers the authentic version of this dish. The restaurant itself has a very "old world" atmosphere and is very cozy. Flammkuchen, baked in a wood oven, has a wafer-thin crust covered with fraiche cream (a very light cheese) and bits of onion, ham, tomato, etc., to order and it's delicious.

SOMMERHAUS RESTAURANT  4.0/5  
Address: Pfaffenbergstraße 114, 67663 Kaiserslautern  
Telephone: 0631 25566  
*Located near the university, the Sommerhaus Restaurant offers an elegant yet informal atmosphere. The Sommerhaus offers an excellent menu which consists primarily of German as well as local fare.

SPINNRÄDL  4.1/5  
Address: Schillerstraße 1, 67655 Kaiserslautern  
Telephone: 0631 60511  
*Located on the Schiller Platz, the Spinnrädl is a very friendly, old-world style pub / restaurant. Additionally, the Spinnrädl (The Spinning Wheel), built in 1740, is the only remaining original half-timber building in the city of Kaiserslautern.

ALT LANDSTUHL  4.2/5  
Address: Schützenstraße 12, 66849 Landstuhl  
Telephone: 06371 3003  
*Good German and international fare. The restaurant has an antique-country motif and is renowned for its Chateaubriand for Two.
UWE'S TOMATE  4.3/5  
Address: Schillerpl. 4, 67655 Kaiserslautern  
Telephone: 0631 93406  
*Uwe's Tomate is an upscale restaurant in the heart of downtown Kaiserslautern. You will find patrons fairly well-dressed while dining in this establishment. The menu is strictly "fine dining" fare and their presentation and service is first-rate.

AKZENT HOTEL FROEHLICH KAISERSLAUTERN  4.4/5  
Address: Dansenberger Str. 10, 67661 Kaiserslautern,  
Telephone: 0631 35 71 60  
www.hotel-froehlich.de  
*Fröhlich is a wonderful, German-style restaurant and their food is excellent. If you're seeking traditional German fare, Restaurant Fröhlich has a complete menu from schnitzel to spätzle.

HACIENDA MEXICAN RESTAURANT  4.1/5  
Address: Weilerbacher Str. 110, 67661 Kaiserslautern  
Telephone: (0631) 56986  
*Good Mexican food.

MARATHON RESTAURANT  4.4/5  
Address: Kaiserstraße 35, 67661 Kaiserslautern,  
Telephone: 0631 57425  
*Marathon Restaurant offers very good Greek-style food in a Gasthaus setting. In addition to their Greek fare, Marathon also makes excellent pizza.

BARBAROSSAHOF HOTEL RESTAURANT  4.0/5  
Address: Eselsfürth 10, 67657 Kaiserslautern  
Telephone: 0631 41440  
www.barbarossahof.com  
*The Barbarossahof Restaurant offers German food, German style.

SEEHOTEL GELTERSWOOG  3.1/5  
Address: Gelterswoog 20, 67661 Kaiserslautern  
Telephone: 0631 54011  
*Good German-style restaurant in an upscale resort-type hotel with lakeside setting.
BURGSCHÄNKE 4.0/5
Address: Schlossstraße 1, 67661 Kaiserslautern
Telephone: 0631 56041
www.burgschaenke-kl.de
*This Landgasthof restaurant offers elegance, a great atmosphere (garden dining in the summer), as well as a delicious German and international menu. The restaurant is located in the middle of town at the foot of the mountain beneath the castle ruins and a church. The Burgschänke is also a good choice for a lunch; offering daily specials.

CIRO 4.2/5
Address: Vogelweher Str. 59, 67661 Kaiserslautern
Telephone: 0631 98282
*This is a small (seats 24), friendly, elegant, and quiet restaurant, not appropriate for very young children. The menu of local fresh food (kind of a combination of German and nouvelle cuisine) changes weekly (on Saturday) and seasonally.

ALT LANDSTUHL 4.2/5
Address: Schützenstraße 12, 66849 Landstuhl
Telephone: 06371 3003
*Good German and international fare. The restaurant has an antique-country motif and is renowned for its Chateaubriand for Two.

IL PIRATA RISTORANTE & PIZZERIA 4.4/5
Address: Kirchmohr 2, 66879 Niedermohr
Telephone: 06383 458
www.sanktpaulushof.de
*Il Pirata offers an extensive Italian food menu including pizza, pasta, and seafood.

BERGSCHÄNKE 4.6/5
Address: Burgweg 1, 66849 Landstuhl ("Burg Nanstein" Castle grounds)
Telephone: 06371 2508
*The "Bergschanke" is a canteen-type (i.e., not fancy) restaurant with a great view of the valley and the airbase below. It's a nice place for an inexpensive lunch on a clear day.
LA BODEGA 4.8/5
Address: Ludwigstrasse 13, 66849 Landshul
Telephone: 06371 17620
www.unnerhaus.de
*The Unnerhaus is a "keller" pub and restaurant. Their limited menu includes daily specials (which includes a noon meal menu) and specialties from the Pfalz region. The fare is "Gutbürgerliche" (good plain cooking) and very tasty.

RAMSTEINER HOF HOTEL-RESTAURANT 4.5/5
Address: Miesenbacher 26, 66877 Ramstein-Miesenbach
Telephone: 06371 9720
www.ramsteiner-hof.com
*Excellent German food, cozy atmosphere. A nice restaurant for traditional German-fare. Their "Hauspfanne" (Schweinlende), in particular, is a most delicious entrée. There is ample parking in the rear of the hotel.

HOTEL RAISCH 4.4/5
Address: Moorstraße 40, 66879 Steinwenden
Telephone: (06371) 59060,
www.hotelraisch.com
*Reservations are needed for weekends due to the popularity of the restaurant and quality of the fare. Raisch's is one of the very best restaurants in the area due to its award winning owner and gourmet chef, Peter Raisch. There are also marvelous menu items in the intermediate range as well. Since Raisch's has its own metzgerei (butcher shop), the meat is always very fresh.

RESTAURANT ZUM ALTEM WASSERWERK 4.8/5
Address: Hauptstraße 67, 66871 Theisbergstegen
Telephone: 06381 995070
*Zum Alten Wasserwerk is a traditional-style German restaurant, which offers an excellent selection of schnitzel and other German meat dishes. The restaurant is not fancy but the setting is quaint, and the quality and quantity of their food is excellent.

DON'T FORGET TO ENJOY YOUR EVENING OUT IN GERMANY!
WHEN EATING AT A GERMAN RESTAURANT, THE LIST OF SCHNITZEL’S GO ON FOREVER!

CHOOSING WHAT BEST SUITS YOUR TASTE IS IMPORTANT (so you can still enjoy your evening!!)

A Schnitzel is a cutlet (either veal or pork) without bones. When made of prime quality meat, a Schnitzel is mostly served plain, perhaps with some salt and a slice of lemon. Also it may be served with cranberry sauce.

**Schnitzel “Weiner Art”:** made of veal or pork, coated with breadcrumbs. Served plain.

**Cordon Bleu:** Blue Ribbon, schnitzel filled with cheese and a slice of ham.

**Jagerschnitzel:** “Hunter’s Schnitzel”, served with dark mushroom sauce.

**Rahmschnitzel:** “Cream schnitzel”, served with sauce based on cream, often contains mushrooms.

**Zigeunerschnitzel:** “Gypsy Schnitzel”, served with tomato sauce containing bell peppers and onion slices.

**Parmesanschnitzel:** Served baked with tomato sauce and parmesan cheese.

**Hamburger Schnitzel:** “Hamburg-style Schnitzel”, topped with a fried egg!

**Scaloppina in Weisseweinsauce:** Schnitzel served with a white wine sauce.

(Restaurants have a variation of Schnitzel’s that they serve, this is only a small list)

Most Schnitzel’s come with salad and “pommes frites”; you’ll soon find out which Restaurant serves your favorites!

Note: some Schnitzels are deep-fried, while others are baked. You can ask your Waiter for clarification.
SCHOOLS:

**Ramstein Base** (4 schools):

- Elementary School (Grades K-2)
  Building 996, Telephone: 06371-47-3996/2017

- Intermediate School (Grades 3-5)
  Building 999 & 1000, Telephone: 06371-47-6023/6339

- Middle School (Grades 6-8)
  Building 1001, Telephone: 06371-47-7104/7105

- High School (Grades 9-12)
  Building 900, Telephone: 06371-47-6951/6953

**Kaiserslautern-Vogelweh Base** (3 schools):

- Elementary School (Grades K-5)
  Building 2000 & 2007, Telephone: 0631-54589

- Middle School (Grades 6-8)
  Building 2000A, Telephone: 0631-59871

- High School (Grades 9-12)
  Building 2000, Telephone: 0631-536-7300

CONFIRM WITH YOUR SCHOOL REGARDING VACCINATION REQUIREMENTS.

Note: Your child is also entitled to 50 hours of French language training per year. For further information, please contact the Dependent Education Support Centre at CFSU(E) at +49 (0)2451-717164 CFSU(E) at +49 (0)2451-717164.
Where you live determines where your children go to school.

VILLAGES SERVED BY SCHOOL BUSES:

Kaiserslautern Mid/High:

- Dansenberg
- Erzenhaussen
- Erzhütten
- Espensteig
- Eulenbis
- Kaiserslautern City
- Kaiserslautern-Engelshof
- Kreimbach-Kaulbach
- Moelschbach
- Morlautern
- Niederkirchen
- Olsbruecken
- Pfeiffermuehle
- Stelzenberg
- Sulzbachtal
- Trippstadt
- Wiesentahlerhof
- Woersbach

Vogelweh Elem:

- Einsiedlerhof
- Forsstaus-Einsiedlerhof
- Geiselberg
- Heltersberg
- Hermersberg
- Hohenecken
- Horbach
- Hoeheinoed
- Kaiserslautern-Vogelweh
- Kindsbach
- Krickenbach
- Linden
- Queidersbach
- Rodenbach
- Schopp
- Siegelbach
- Steinalben
- Thaleischweiler
- Waldfischbach
- Weilerbach

Students living in the Vogelweh Zone who are in Grades 6-8 will attend the Kaiserslautern Middle School and students in Grades 9-12 will attend the Kaiserslautern High School.
**SCHOOLS**

**Sembach Elem/Mid:**

- Alsenborn
- Baalborn
- Boerrstadt
- Breunigweiler
- Enkenbach
- Enkenbach-Alsenborn
- Erfenbach
- Erlenbach
- Fischbach
- Gersweilerhof
- Gönbach
- Heiligenmoschel
- Hirschhorn
- Hochspeyer
- Hoeringen
- Imsbach
- Katzweiler
- Langmeil
- Lohnsfeld
- Mellbach
- Mehlingen
- Muenchweiler An Der Alsenz
- Neuhemsbach
- Neukirchen
- Otterbach
- Otterberg
- Sambach
- Schallodenbach
- Schallodenbach
- Scneckhausen
- Schweissweiler
- Sembach-Base
- Sembach-Base
- Sembach-Town
- Sippersfeld
- Wartenberg
- Winnweiler

Students in Grades 9-12 who reside in the Sembach Zone will attend Kaiserslautern High School
## Ramstein Elem/Mid/High:

<table>
<thead>
<tr>
<th>School</th>
<th>School</th>
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<tbody>
<tr>
<td>Albersbach</td>
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<tr>
<td>Altenglan</td>
<td>Miesau</td>
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<tr>
<td>Altenkirchen</td>
<td>Miesau-Buchholz</td>
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<tr>
<td>Bettenhausen</td>
<td>Miesau Depot</td>
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<td>Börsborn</td>
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<td>Muehlbach</td>
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<td>Brücken</td>
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<td>Dietschweiler</td>
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<tr>
<td>Dittweiler</td>
<td>Neunkirchen a. Potzberg</td>
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<tr>
<td>Elschbach</td>
<td>Niedermohr</td>
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<tr>
<td>Elschbacherhof</td>
<td>Niederstaufenbach</td>
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<tr>
<td>Elschbach Am Bahnhof</td>
<td>Obermohr</td>
</tr>
<tr>
<td>Etschberg</td>
<td>Obertsaufenbach</td>
</tr>
<tr>
<td>Fockenberg-Limbach</td>
<td>Ohmbach</td>
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<tr>
<td>Fockelberg</td>
<td>Quirnbach</td>
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<tr>
<td>Gimsbach</td>
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</tr>
<tr>
<td>Glan-Münchweiler</td>
<td>Rehweiler</td>
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<tr>
<td>Gries</td>
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<td>Haschbach</td>
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<td>Henschtal</td>
<td>Reuschbach</td>
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<tr>
<td>Herschweiler-Pettersheim</td>
<td>Rothselberg</td>
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<td>Huffer</td>
<td>Rutsweiler a. Glan</td>
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<td>Sand</td>
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<td>Jagersburg</td>
<td>Schellweiler</td>
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<td>Kubelberg</td>
<td>Theisbergstegen</td>
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<td>Waldmohr</td>
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<td>Mackenbach</td>
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**Landstuhl Elem/Mid:**

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<thead>
<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Bann</td>
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<tr>
<td>Bechhofen</td>
<td>Martinshohe</td>
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<td>Bruchmuhlbach</td>
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<td>Gerhardsbrunn</td>
<td>Morsbach</td>
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<tr>
<td>Gross/Klein Bundenbach</td>
<td>Neumuhle</td>
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<td>Harsberg</td>
<td>Niederhausen</td>
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<tr>
<td>Hauptshul</td>
<td>Oberarnbach</td>
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<tr>
<td>Herschberg</td>
<td>Oberhausen</td>
</tr>
<tr>
<td>Hettenhausen</td>
<td>Obernheim</td>
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<tr>
<td>Kashofen</td>
<td>Rosenkopf</td>
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<td>Kirchenarnbach</td>
<td>Saalstadt</td>
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<td>Knopp</td>
<td>Schauernberg</td>
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<td>Krahenberg</td>
<td>Schmittshausen</td>
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<tr>
<td>Labach</td>
<td>Vogelbach</td>
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<tr>
<td>Lambsborn</td>
<td>Wallhalben</td>
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<tr>
<td>Landstuhl-Atzel</td>
<td>Wieselberg</td>
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<tr>
<td>Landstuhl-City</td>
<td>Wiesbach</td>
</tr>
<tr>
<td>Landstuhl-Melkerei</td>
<td>Winterbach</td>
</tr>
</tbody>
</table>

High School students living in the Landstuhl School zone will attend Kaiserslautern High School.

**Student Transportation Offices:**

**Ramstein and Landstuhl Schools**
BLDG 904, Ramstein  
DSN: 480-2877  CIV: 06371-47-2877

**Sambach, Kaiserslautern and Vogelweh Schools**
BLDG 2010, Vogelweh  
DSN: 489-2877  CIV: 0631-536-2877
SHOPPING

**Antiques:** Freddy’s and Luc’s Antiques
Both located in Hutschenhausen

**Craft Stores:** Ramstein North Side fitness Centre (downstairs)
Frame Shop — [www.frame-builder.com](http://www.frame-builder.com)

**Curtains:** Hela—check Mobile Martin as well, may have.

**Department Stores:** BX/PX Ramstein & Vogelweh Bases
Galleria Kaufhof
Kardst
KMCC Ramstein Airbase
METRO

**Electronic Stores:** Media Markt
Saturn

**Furniture Stores:** European Country Living (ECL)
IKEA (Mannheim, Saarlouis, etc.)
Mobile Martin
Vogelweh US Base

**Grocery Stores:** Aldi
Commissary — Ramstein & Vogelweh Bases
Cora (in France)
Edeka
Globus
Kaufland
Lidl
Penny Markt
Real
SBK

**Hardware & Garden Stores:** Hela
Practiker
Pro-Markt
Toom

Many different locations throughout the region, check your local listings!
**SHOPPING**

**Keys Copied:**
- Globus
- SBK
- Real

**Photo Developing:**
- MOM’s on Ramstein Base
- Globus
- Printing machines located in the KMCC
- Real
- Coras (in France)

**Toy Stores:**
- Toys Я Us (near Globus in Kaiserslautern)

**Shopping Malls:**
- Neukirchen Shopping Mall zip 66538
- Kaiserslautern City Center (K-Town)
- Zweibriken Outlets
- Trier Shopping Mall (Galleria Kaufhof)
- KMCC Shopping Mall Ramstein Airbase

**Sports Stores:**
- Decathlon (in France)
- Gear It Up Sports (KMCC—Ramstein Base)

**Helpful Hints when shopping:**

- Shopping on Saturdays on the German economy is very busy; especially if you are looking for a VAT return from IKEA!!!

- In most German grocery stores you need to weigh your own produce. The commissary on base requires you to do so also, especially if you are going through the self check-out.

- You are expected to TIP baggers at the Commissaries on the US Bases because they work for TIPS only. They also bring your groceries to your car for you.

- Be green! Best to bring your own bags when grocery shopping as most stores charge a small fee OR simply do not provide bags. Exception: US Commissaries does provide plastic bags.

- Shopping at Metro requires membership but you can show your NATO ID and VAT form along with giving them our number which is: 00056/00043000/1. They will give you a “shopping” card to be used for that day only.

  Check out [www.geocities.com/kmctips/](http://www.geocities.com/kmctips/) for other wonderful shopping places!
<table>
<thead>
<tr>
<th>Men’s Sizes</th>
<th>Men’s Sizes</th>
<th>Women’s Sizes</th>
</tr>
</thead>
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<tr>
<td><strong>U.S.</strong></td>
<td><strong>Europe</strong></td>
<td><strong>U.S.</strong></td>
</tr>
<tr>
<td><strong>Suits, Coats</strong></td>
<td></td>
<td><strong>Blouses, Sweaters, Dresses, Suits, Coats and Shirts</strong></td>
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<tr>
<td>32</td>
<td>42</td>
<td>28/30</td>
</tr>
<tr>
<td>34</td>
<td>44</td>
<td>30/32</td>
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<td>36</td>
<td>46</td>
<td>32/34</td>
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<tr>
<td>38</td>
<td>48</td>
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<tr>
<td>40</td>
<td>50</td>
<td>36/38</td>
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<td>42</td>
<td>52</td>
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<td>44</td>
<td>54</td>
<td>40/42</td>
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<tr>
<td>46</td>
<td>56</td>
<td>42/44</td>
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<tr>
<td>48</td>
<td>58</td>
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<tr>
<td>50</td>
<td>60</td>
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<td>36</td>
<td>8</td>
<td>0</td>
</tr>
<tr>
<td>14 1/2</td>
<td>37</td>
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<td>1</td>
</tr>
<tr>
<td>15</td>
<td>38</td>
<td>9</td>
<td>2</td>
</tr>
<tr>
<td>15 1/2</td>
<td>39/40</td>
<td>9 1/2</td>
<td>3</td>
</tr>
<tr>
<td>16</td>
<td>41</td>
<td>10</td>
<td>4</td>
</tr>
<tr>
<td>16 1/2</td>
<td>42</td>
<td>10 1/2</td>
<td>5</td>
</tr>
<tr>
<td>17</td>
<td>43</td>
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</tr>
</tbody>
</table>

| **Sweaters** | | **Panties** | | |
|--------------|-------------|-------------|----|
| S | 46 | XS | 60 |
| M | 49-50 | S | 65 |
| L | 52-54 | M | 70 |
| XL | 56 | L | 75 |

<table>
<thead>
<tr>
<th><strong>Slacks</strong></th>
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<th><strong>Bras</strong></th>
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<td>30</td>
<td>75 cm</td>
<td>30</td>
<td>65</td>
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<tr>
<td>32</td>
<td>80 cm</td>
<td>32</td>
<td>70</td>
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<tr>
<td>34</td>
<td>85 cm</td>
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<td>75</td>
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<td>36</td>
<td>90 cm</td>
<td>36</td>
<td>80</td>
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<tr>
<td>38</td>
<td>95 cm</td>
<td>38</td>
<td>85</td>
</tr>
<tr>
<td>40</td>
<td>100 cm</td>
<td>40</td>
<td>90</td>
</tr>
<tr>
<td>42</td>
<td>105 cm</td>
<td>42</td>
<td>95</td>
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<tr>
<td>44</td>
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<td></td>
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<tr>
<td>46</td>
<td>115 cm</td>
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<table>
<thead>
<tr>
<th><strong>Children’s Sizes</strong></th>
<th></th>
<th><strong>Europe</strong></th>
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<tbody>
<tr>
<td><strong>U.S.</strong></td>
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<td><strong>Europe</strong></td>
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</tr>
<tr>
<td>Infant/Newborn</td>
<td>56</td>
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<tr>
<td>3 mo.</td>
<td>62</td>
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<tr>
<td>6 mo.</td>
<td>68</td>
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<tr>
<td>9 mo.</td>
<td>74</td>
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<tr>
<td>12 mo.</td>
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<tr>
<td>18 mo.</td>
<td>86</td>
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<tr>
<td>2</td>
<td>92</td>
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<tr>
<td>3</td>
<td>98</td>
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<td></td>
</tr>
<tr>
<td>4</td>
<td>104</td>
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<td>6</td>
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<tr>
<td>16</td>
<td>176</td>
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</table>
Azur Pool
Schernauer Strasse 50
66877 Ramsein-Miesenbach
Telephone: 06371-71500

Kusel Swimming Pool
Trierer Strasse 194, 66869 Kusel
Telephone: 06381-91-8222
Has both indoor and outdoor pools, a big slide and mini-golf. Can spend the whole day and can take in your own food. Travel on A62 north toward Trier; take the Kusel exit.

Miramar (1 hr)
Waidallee 100, 69469 Weinheim
Telephone: 06201-60000
Hot pools, wave machine, whirlpool, big slides ... good for older children. In the town of Weinheim, near Manheim.

Ramstein Base has a swimming pool located across from the Northside Fitness Centre. Call for swimming classes list, very limited!
Telephone: 06371-405-7665

Kaiserslautern Monte Mare (Children pools/SPA facilities)
Mailander Str 6, Kaiserslautern (Just behind Mobel Martin)
Telephone: 0631-3038

Outdoor Pools—Summer

Freibad Rodenbach
Sportstr 6, 67688 Rodenbach
Telephone: 06374-5188
MOovie THEATRES

Locally:

Broadway Kino located in Landstuhl
Telephone: 06371 937 007
www.broadwaykino.com

AAFES locations:

Ramstein Gateway Cineplex
Located on the 2nd floor at the KMCC Mall, Ramstein Airbase
Telephone: 06371-802-0352
www.aafes.com/ems/euro/gateway.htm

Vogelweh Galaxy Theatre
Bldg 2062 Vogelweh base
Telephone: 0631 50017
www.aafes.com/ems/euro/vogelweh.htm

Note: On the US bases, you must stand for the National Anthem at the beginning of the movie.
The transformers provided by the CAN NSE Ramstein or purchase via NATEX convert voltage from 220 volts to 110 volts, which allows for the use of appliances purchased in North America to be used in Europe. The transformer must be rated greater than the wattage of the appliance it services. In cases where more than one appliance can be plugged into a transformer, the total wattage must not exceed the wattage for which the transformer was designed.

Extra transformers and telephone jack converters can also be purchased in Europe at USAG Schinnen in the Netherlands. They can also be purchased second hand from people being posted out or at the Thrift shops on the NATO base in Geilenkirchen or at USAG Schinnen.

Note the difference between transformers and converters:

**Transformer** – more heavy duty and can be used with any electrical appliance, provided it does not exceed wattage capability.  
OVERLOADING A TRANSFORMER IS A FIRE HAZARD AND MAY ALSO DAMAGE THE APPLIANCE.  
**Converter** – for more lightweight use; should not be used for more than 15 minutes or with items such as computers.

To determine the wattage of an appliance marked only in amperes, multiply the number of amperes (amps) by the voltage of the appliance.  
Amperes X Volts = Watts  
OR  4 amps X 110V = 440 Watts

Transformers that do not have ON/OFF switches, and transformers with ON/OFF switches in the ON position, will consume energy while plugged in, even if there is no appliance plugged into them. Therefore, always ensure that the transformer is turned OFF or unplugged when not in use.

**Safety Precautions**

Precautions should be taken to ensure the safe use of transformers:

- Never use a transformer in a damp or wet place;
- Do not handle a transformer with wet hands or feet;
- Always disconnect a transformer before moving it;
- Always ensure that the appliance is in the OFF position before plugging it into a transformer.
At the Canadian NSE in Ramstein (CDN NSE), there are many travel books that you can sign out with the PSP Coordinator. Please return them when you are finished.

**RTT Travel**
Located in the KMCC Mall near Macaroni Grill
**Telephone:** 06371-46 360
[www.rtttravel.com](http://www.rtttravel.com)

The **UK Travel Agent** located on the first floor in Building #539 (the same building as the CDN NSE Ramstein).
**Telephone:** 06371-40-1440

Helpful Hint: Explore your local surroundings. Study your map before heading out! Village area maps can be found at your local “Rathaus” or check your phonebook. It will be helpful if you ever become lost and need to find your way home again.

Also, you may want to invest in a GPS but make sure that it includes European maps. The Ramstein PSP Coordinator has a few that can be signed out on short-term loan.

Note to remember: When travelling in Europe, be sure to have “pocket change” to pay fees for washroom use. Some facilities ask you pay a small fee. “WC” “Water Closet” is the German equivalent to our washroom sign.

**Travelling from Canada to Europe?**  
Best to contact a local agent from Canada; prices will be better!
Name: _____________________________________________________________
Address: _______________________________________________________________________
____________________________________________________________________
Telephone: (H)_______________________  (W) _________________________
Email: _______________________________________________________________________

Name: _____________________________________________________________
Address: _______________________________________________________________________
____________________________________________________________________
Telephone: (H)_______________________  (W) _________________________
Email: _______________________________________________________________________

Name: _____________________________________________________________
Address: _______________________________________________________________________
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Telephone: (H)_______________________  (W) _________________________
Email: _______________________________________________________________________

Name: _____________________________________________________________
Address: _______________________________________________________________________
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Address: _______________________________________________________________________
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Email: _______________________________________________________________________

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Address: _______________________________________________________________________
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Email: _______________________________________________________________________

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Address: _______________________________________________________________________
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Email: _______________________________________________________________________

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<th>ENGLISH</th>
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<tr>
<td>Shirt</td>
<td>Hemd</td>
<td>Necklace</td>
<td>Halskette</td>
</tr>
<tr>
<td>Pants</td>
<td>Hose</td>
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Canadian National Support Element Ramstein
Flugplatz Ramstein, Geb 539
66877 Ramstein-Miesenbach, Germany
Telephone: +49 (0) 6371-598512