



Welcome Packet

ACS-Rheinland-Pfalz



Major Resources Utilized for Service Members and Relocation Readiness

- USAG Rheinland-Pfalz Home page <https://home.army.mil/rheinland-pfalz/index.php/usag-rheinland-pfalz>
- USAG Rheinland-Pfalz Newcomers Page <https://home.army.mil/rheinland-pfalz/index.php/usag-rheinland-pfalz/newcomers>
- USAG Rheinland-Pfalz Facebook Page <https://www.facebook.com/army.rp/>
- USAG Rheinland-Pfalz Baumholder Facebook Page <https://www.facebook.com/USAGRheinlandPfalzBaumholder/>
- USAG Rheinland-Pfalz MWR Website <https://rheinland-pfalz.armymwr.com>
- USAG Rheinland-Pfalz ACS Facebook <https://www.facebook.com/RheinlandPfalzACS>
- ACS Orginational Email Box usarmy.rheinland-pfal.id-europe.mbx.dfmwr-ac@mailmil
- Plan My Move Website <https://planmymove.militaryonesource.mil/>
- Military Installations <https://installations.militaryonesource.mil/>
- Request a sponsor on Army Career Tracker (ACT) <https://actnow.army.mil/>
- eSAT Sponsorship Training Website <https://myhub.militaryonesource.mil>
- Billeting/Lodging Access on Baumholder and Ramstein
- <https://baumholder.armymwr.com/programs/army-lodging>
- <https://af.dodlodging.net/property/Ramstein-Inns-Ramstein>



USAG RHEINLAND-PFALZ

Kaiserslautern

ARMY COMMUNITY SERVICE | FACT SHEET

ACS Main Building 3210 | Second Floor, Kleber Kaserne

DSN: 541-9000, CIV: 0611-143-541-9000

Hours of Operation: Mon-Wed & Fri 8 a.m.-5 p.m. and Thu 8 a.m.-1p.m.

ARMY EMERGENCY RELIEF: DSN 541-9000, CIV: 0611-143-541-9000

After Hours assistance may be requested for Emergency Travel ONLY by calling the American Red Cross Military Assistance hotline: (US) 001-877-272-7337

Emergency financial assistance for Soldiers, Family members, & retirees / Scholarships for dependent children and Spouses of active duty, retired, and deceased Army Soldiers. www.AERHQ.org

ARMY FAMILY ACTION PLAN: DSN: 541-9000, CIV: 0611-143-541-9000

Quality of life issues are accepted year round through the Issue Management System located at www.armyonesource.com. Please submit ideas on what you think would improve the quality of life for Soldiers, Families, Civilians, Retirees, and Survivors.

ARMY FAMILY TEAM BUILDING: DSN: 541-9000, CIV: 0611-143-541-9000

Personal Skills & Basic Army Knowledge courses / Management Skills courses / Professional Growth & Leadership Development courses / Specialized Unit Training.

ARMY VOLUNTEER CORPS COORDINATOR: DSN: 541-9000, CIV: 0611-143-541-9000

Community volunteer recruitment and management / Volunteer workshops and training / Volunteer recognition.

EMPLOYMENT READINESS PROGRAM: DSN: 541-9001, CIV: 0611-143-541-9001

Employment preparation workshops / Job skill development and assessment / USA Jobs classes/training (computer access available) / Current job listings in the local community / Career counseling & interview skills / Bi-annual Job Fair.

EXCEPTIONAL FAMILY MEMBER PROGRAM: DSN: 541-9000, CIV: 0611-143-541-9000

A "one-stop-shop" for Families with special needs / provides a multi-agency network for EFMP community support / Services include information, referral, and advocacy / Support groups and networking opportunities / Respite care providers / EFMP systems navigation connects Families to community resources.

FAMILY ADVOCACY PROGRAM: DSN: 541-9028, CIV: 0611-143-541-9028

Prevention / Education on child and spouse abuse / Troop & community education / Enrichment programs and classes.

• EMERGENCY PLACEMENT CARE PROGRAM DSN: 541-9028, CIV: 0611-143-541-9028**24-HOUR HOTLINE: CIV: 0162-296-7320**

Emergency in-home placement of children at risk for or experiencing abuse or neglect / Emergency Placement Care parent training/certification.

• NEW PARENT SUPPORT PROGRAM: DSN: 541-9028, CIV: 0611-143-541-9028

Information, resources, education and referral services to new and expectant parents / Home, office and hospital visits / Phone consults / Prenatal Classes (DADS 101: "A Crash Course for New Dads" / Comfort Measures & Relaxation for Child Birth / Basic Training for new parents), breastfeeding support, and playgroups offered monthly.

• VICTIM ADVOCACY PROGRAM (Domestic Violence): DSN: 541-9028/2028,
CIV: 0611-143-541-9028**24-HOUR CRISIS LINE: CIV: 0162-296-7320**

Help for victims of domestic violence / Provides crisis intervention / Information about your rights as a victim of domestic violence / Information, referral, support and options.

Revised 09/11/2018

USAG RHEINLAND-PFALZ

FINANCIAL READINESS PROGRAM: DSN: 541-9000, CIV: 0611-143-541-9000

Offers education, coaching and support services to assist active and retired Soldiers, their Families, and DA Civilians with financial affairs. Trained personnel can provide unit training on a wide variety of financial topics. One-on-one financial coaching appointments are also available. Application certification for Family Subsistence Supplemental Allowance (FSSA) / Consumer Advocacy / Early Return of Dependents (ERD) financial counseling / Credit report reviews / Personal financial readiness / Thrift Savings Plan (TSP) / Planning for retirement and the Blended Retirement System (BRS).

INFORMATION, REFERRAL & FOLLOW-UP PROGRAM: DSN: 541-9003, CIV: 0611-143-541-9003

Information on military and civilian community resources / Information about the local bus and railway system / Special Host Nation services / Translation / Explanation and assistance with German bills & other correspondence / Military OneSource information.

MOBILIZATION / DEPLOYMENT READINESS PROGRAM: DSN: 541-9000, CIV: 0611-143-541-9000

Readiness Essentials for Army Leaders (R.E.A.L) training / Family Assistance Center operations / Family Readiness Group, Rear Detachment Commander and Family Liaison Officer instruction / Pre-deployment, deployment, post-deployment and reunion support / Army Disaster Personnel Accountability and Assessment System (ADPAAS) / Resilience training.

RELOCATION READINESS PROGRAM: DSN: 541-9000, CIV: 0611-143-541-9000

Relocation counseling appointments / Military sponsorship training / Spouse sponsorship training / English as a Second Language (ESL) / Conversational German classes (Level I & II) / Reentry to US / Foreign spouse orientation class / Newcomers orientation class and Kaiserslautern city tour Host Nation orientation / Smooth Moves for your PCS / Multicultural Spouses Club.

LENDING CLOSET: DSN: 541-9007, CIV: 0611-143-541-9007

Bldg. 3213, Room 107

Mon-Wed & Fri: 8 a.m.-5 p.m. and Thu, 8 a.m.-11:30 a.m. Closed for lunch Mon-Wed, Fri: 11:30 a.m.-12:30 p.m.

Offers basic household goods that may be borrowed for 60 days, including ready-to-go kits, small appliances, baby items, *GPS unit (*30 days) and more. Must be within 60 days of in-processing/out-processing. Available to Soldiers, Families, & Civilians.

SEXUAL HARASSMENT / ASSAULT RESPONSE & PREVENTION PROGRAM (SHARP)

DSN: 541-9030, CIV: 0611-143-541-9030

24-HOUR SHARP HOTLINE: DSN 484-7280, CIV: 0631-413-7280

Provides assistance for all Garrison Soldier sexual harassment complaints and provides victim advocacy services for reports of sexual assault for Soldiers, Department of the Army civilians, and Family members.

SURVIVOR OUTREACH SERVICES: DSN: 541-9000, CIV: 0611-143-541-9000

The Survivor Outreach Program (SOS) delivers on the Army's commitment to Families of the fallen. SOS connects you with people who can help you cope with your loss.

MILITARY FAMILY LIFE COUNSELORS (MFLC)

MFLC's are available to help all Service Members, Spouses, Family members, children and staff to address marriage or relationship issues / Stress & Anxiety / Situational depression / Grief and loss / Daily life issues. Consultations are free and anonymous / No records kept!

MFLCs are available after-hours and on weekends and can arrange for off-site meetings that are convenient to the client.

Call to schedule an appointment:

Landsluhl: CIV: 0152-2479-2650

Kleber: CIV: 0175-792-3332

Panzer/Daenner: CIV: 0170-369-3292

ROB: CIV: 0175-601-1985

Sembach/Pulaski: CIV: 0152-2366-2124

www.facebook.com/RheinlandPfalzACS



Revised 09/11/2018



USAG RHEINLAND-PFALZ

Baumholder

ARMY COMMUNITY SERVICE | FACT SHEET

ACS Main Building 8746 | Clinic Kaserne

DSN: 531-2850, CIV: 0611-143-531-2850

Hours of Operation: Mon-Wed & Fri 8 a.m. - 5 p.m. and Thu 8 a.m. - 1 p.m.

ARMY EMERGENCY RELIEF DSN: 531-2850, CIV: 0611-143-531-2850

After Hours assistance may be requested for **Emergency Travel ONLY** by calling the:

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ARMY VOLUNTEER CORPS COORDINATOR

Community Volunteer Recruitment and Management / Volunteer Workshops and Training / Volunteer Recognition

EMPLOYMENT READINESS PROGRAM

Employment Preparation Workshops / Job Skill Development and Assessment / USA Jobs Classes / Training (Computer Access Available) / Current Job Listings in the Local Community / Career Counseling & Interview Skills / Bi-annual Job Fair

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

A 'one-stop-shop' for Families with Special Needs / provides a Multi-Agency Network for EFMP Community Support / Services include: Information, Referral, and Advocacy / Support Groups and Networking Opportunities are Available / Respite Care Providers / EFMP Systems Navigation connects Families to Community Resources.

FAMILY ADVOCACY PROGRAM

Prevention / Education on Child and Spouse Abuse / Troop & Community Education / Enrichment Programs and Classes

• EMERGENCY PLACEMENT CARE PROGRAM

24-HOUR HOTLINE: CIV: 0162-296-9282

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• LENDING CLOSET

Offers household goods that may be borrowed for up to 60 days, including ready-to-go kits, small appliances, baby items, *GPS units (*30 days) and more. Must be within 60 days of In-processing / Out-processing. Available to Soldiers, Families, & Civilians.

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Consultations are free and anonymous / No records kept!

MFLC's are available after hours and on weekends and can arrange for off-site meetings that are convenient to the client.

Call to schedule an appointment:

16th SB: 0152-269-56148 | 18th SB: 01522 6179289

CIV: 0174-465-6733 | CIV: 0174-147-6841 | CIV: 0152-3652-2147

www.facebook.com/RheinlandPfalzACS



EMERGENCY NUMBERS

110 : LAW ENFORCEMENT

112 : FIRE / MEDICAL





DES SAFETY TIP

USAG Rheinland-Pfalz



EMERGENCY DSN PHONE NUMBERS

EMERGENCY
DSN NUMBERS

110 LAW ENFORCEMENT

112 FIRE / MEDICAL

118 SUICIDE HOTLINE



USAG Rheinland-Pfalz
Directorate of Emergency Services



NOTE: The “112”
emergency phone number
also works on Air Force
Bases in Europe , in every
EU country, and in over 70
countries worldwide.



KMC OnStage Theater

Kleber Kaserne, Bldg. 3232

Tue-Fri, 12-5 p.m.

Civ. 0631-411-6626 | DSN 483-6626

Library

All libraries: Closed on U.S. Holidays

Kleber Branch Library

Kleber Kaserne, Bldg. 3205

Mon, 11 a.m.-5 p.m.; Tue-Fri, 10 a.m.-4 p.m. Closed on German Holidays

Civ. 0631-411-1740 | DSN 483-1740

Rheinland-Pfalz Library

Landstuhl Post, Bldg. 3810

Mon-Thu, 10 a.m.-6 p.m.; Fri, 1-5 p.m. & Sat, 9 a.m.-1 p.m.

Civ. 06371-86-7322 | DSN 486-7322

Baumholder Library

Smith Barracks, Bldg. 8332

Tues, Wed & Fri, 10 a.m.-5 p.m.; Thu, 10 a.m.-6 p.m.; Sat, 11 a.m.-3 p.m.

Civ. 0611-143-531-2841 | DSN 531-2841

NAF Personnel Office

Kleber Kaserne, Bldg. 3209

Mon, Tue, Thu, Fri 8 a.m.-12 p.m. & 1-4 p.m.; Wed 8 a.m.-12 p.m.

Civ. 0631-411-5849/5880/4851/4853 | DSN 483-5849/5880/4851/4853

Outdoor Recreation

Pulaski Barracks, Bldg. 2905

Mon-Fri, 9 a.m.-6 p.m.

Civ. 0631-3406-4117 | DSN 493-4117

Smith Barracks, Bldg. 8167

Mon & Thu-Sun, 10 a.m.-6 p.m. Closed on U.S. Holidays

Civ. 06783-6-7182 | DSN 485-7182

Sports & Fitness Center

Baumholder Aquatic Center

Wetzel Kaserne, Bldg. 8895/8897

CLOSED FOR RENOVATIONS

Civ. 06783-6-7093/6575 | DSN 485-7093/6575

Functional Fitness Center

Rhine Ordnance Barracks, Bldg. 229

Mon-Fri, 5 a.m.-7 p.m.; Sat & Sun, 13:30 a.m.-3:30 p.m. U.S. & Training

Holidays, 9 a.m.-5 p.m.

Civ. 0631-3406-2241 | DSN 493-2241

Hall of Champions Fitness Center

Smith Barracks, Bldg. 8105

Mon-Fri, 5 a.m.-9 p.m.; Sat & Sun, 2-7 p.m.

U.S. & Training Holidays, 10 a.m.-6 p.m.

Civ. 0611-143-531-2838 | DSN 531-2838

Kleber Fitness Center

Kleber Kaserne, Bldg. 3234/3235

Mon-Fri, 5:30 a.m.-9 p.m. & Sat & Sun, 10 a.m.-4:30 p.m.

U.S. & Training Holidays, 9 a.m.-5 p.m.

Civ. 06314-11-7549/7610 | DSN 483-7549/7610

Landstuhl Fitness Center

Landstuhl Post, Bldg. 3720/3722

Mon-Fri, 4:30 a.m.-8 p.m.; Sat, Sun & U.S. Holidays 9 a.m.-6 p.m.

Training Holidays 4:30 a.m.-8 p.m.

Civ. 06371-86-7172 | DSN 486-7172

Miesau Fitness Center

Miesau Army Depot, Bldg. 1220

Mon-Fri, 12-7 p.m. & U.S. Holidays 12 p.m.-5 p.m.

Civ. 06372-842-3797 | DSN 481-3797

Mountaineer Fitness Center

Smith Barracks, Bldg. 8220

Mon-Fri, 5 a.m.-9 p.m.; Sat & Sun, 9 a.m.-2 p.m.

Training & U.S. Holidays, 8 a.m.-4 p.m.

Civ. 06783-6-7418 | DSN 485-7418

ROB Fitness Center

Rhine Ordnance Barracks, Bldg. 172

Mon-Fri, 5 a.m.-8:30 p.m.; Sat & Sun, 10 a.m.-4:30 p.m.

Civ. 0631-3406-2241 | DSN 493-2241

Sembach Fitness Center

Sembach Kaserne, Bldg. 105

Mon-Fri, 5:30 a.m.-9 p.m.; Sat & Sun, 10 a.m.-4:30 p.m.

Training and U.S. Holidays 9 a.m.-5 p.m.

Civ. 0611-143-541-9204 | DSN 541-9204

Value Added Tax (VAT) Office

All VAT and UTAP Offices: Closed on U.S. Holidays

Kleber Kaserne, Bldg. 3245

Mon-Fri, 8:30 a.m.-4 p.m. Closed for Lunch, 12-12:30 p.m.

Civ. 0631-411-1780 | DSN 483-1780

Landstuhl Post, Bldg. 3810 (inside Library)

Mon-Thu, 10 a.m.-1 p.m. & 2-5 p.m. & Fri, 1-5 p.m.

Civ. 06371-86-1780 | DSN 486-1780

Utility Tax Avoidance Program (UTAP) & VAT Office

Rhine Ordnance Barracks, Bldg. 162

VAT Hours: Mon-Fri, 9 a.m.-5 p.m. UTAP Hours: Mon-Fri, 9 a.m.-5 p.m.

Civ. 0611-143-541-9089 | DSN 541-9089

Utility Tax Avoidance Program (UTAP) & VAT Office

Smith Barracks, Bldg. 8661

Mon-Fri, 10 a.m.-1 p.m. & 2-5 p.m.

Civ. 0611-143-531-2896 | DSN 531-2896

Warrior Zone

Smith Barracks, Bldg. 8112

Mon-Fri, 10 a.m.-1 p.m. & 2-5 p.m. Closed U.S. Holidays

Civ. 0611-143-531-2913 | DSN 531-2913

Sembach Kaserne, Bldg. 220

Mon-Fri, 8 a.m.-10 p.m.; Sat & Sun, 12-10 p.m.

Civ. 0611-143-541-9110 | DSN 541-9110

Wellness

All About You Spa

Smith Barracks, Bldg. 8076 (inside Army Lodging)

Tue-Sat, 9 a.m.-7 p.m. Closed U.S. Holidays

Civ. 0611-143-531-2915 | DSN 531-2915

Massage and Yoga Studio

Pulaski Barracks, Bldg. 2899

Hours vary, please check schedule online.

Civ. 0631-3406-4156 | DSN 493-4156

BMC- Baumholder Military Community

KMC-Kaiserslautern Military Community

U.S. ARMY GARRISON RHEINLAND-PFALZ



Family and Morale, Welfare and Recreation (MWR) Directory

kaiserslautern.armymwr.com

baumholder.armymwr.com



Revised 9/18/2018

Family and MWR Director
Kaiserslautern

541-9051 | 0611-143-541-9051

gary.w.burton4.naf@mail.mil



[rheinlandpfalzarmymwr](https://www.facebook.com/rheinlandpfalzarmymwr)
[baumholderarmymwr](https://www.facebook.com/baumholderarmymwr)

Army Community Service (ACS)

Kleber Kaserne, Bldg. 3210

Mon-Wed & Fri, 8 a.m.-5 p.m., Thu, 8 a.m.-1 p.m.
Civ. 0611-143-541-9000 | DSN 541-9000

Clinic Kaserne, Bldg. 8746

Mon-Wed & Fri, 8 a.m.-5 p.m., Thu, 8 a.m.-1 p.m.
Civ. 0611-143-531-2850 | DSN 531-2850

Army Lodging Lagerhof Inn

Smith Barracks, Bldg. 8076

Check-in is after 2 p.m. Check-out is prior to 11 a.m.
Closed for Thanksgiving, Christmas & New Year's.
24 Hours: Civ. 0611-143-531-2900 | DSN 531-2900

Arts & Crafts Center

Smith Barracks, Bldg. 8104

Tue.-Fri. 11 a.m.-6 p.m. & Sat. 12-5 p.m. Closed on U.S. Holidays
Civ. 0611-143-531-2895 | DSN 531-2895

Automotive Skills Center

Landstuhl Post, Bldg. 3800, 97370

Civ. 06371-86-7335 | DSN 486-7335

Craft Shop

Mon-Fri, 9 a.m.-7 p.m., Sat & Sun, 9 a.m.-5 p.m.
U.S. Holidays, 9 a.m.-3 p.m.

Speedy Car Wash (on a seasonal basis)

Mon-Fri 10 a.m.-6 p.m., Sat, 9 a.m.-5 p.m. & Sun, 9 a.m.-3 p.m.
Civ. 06371-86-5153 | DSN 486-5153

Speedy Lube

Mon-Fri, 9 a.m.-7 p.m., Sat, 9 a.m.-5 p.m. & U.S. Holidays, 9 a.m.-3 p.m.
Civ. 06371-86-7335 | DSN 486-7335

Smith Barracks, Bldg. 8438

Tue-Fri, 11:30 a.m.-7:30 p.m., Sat, 9 a.m.-4 p.m.

Training Holidays, 11:30 a.m.-7 p.m. Closed Sun, Mon & U.S. Holidays
Civ. 0611-143-531-2949 | DSN 531-2949

Auto Parts Yard - See Automotive Skills Center for assistance.

Fulaski Barracks, Bldg. 2859

Civ. 0631-3406-4167 | DSN 493-4167

Craft Shop

Mon-Fri 12 a.m.-8 p.m. Sat, Sun, Training & U.S. Holidays 9 a.m.-3 p.m.
Closed on Memorial Day, Independence Day, Christmas & New Years

Speedy Car Wash

Mon-Sat, 10 a.m.-6 p.m., Sat & Sun, 9 a.m.-5 p.m.
Civ. 0631-3406-4167 | DSN 493-4167

Speedy Lube

Mon-Sat, 9 a.m.-5 p.m., U.S. Holidays, 9 a.m.-3 p.m.
Civ. 0631-3406-4167 | DSN 493-4167

BOSS (Better Opportunities for Single Soldiers)

Rhine Ordnance Barracks, Bldg. 162

Mon-Fri 8:30 a.m.-5 p.m.
Civ. 0611-143-541-9058/9060 | DSN 541-9058/9060

Smith Barracks, Bldg. 8112

Mon-Fri 9 a.m.-6 p.m.
Civ. 0611-143-531-2912 | DSN 531-2912

Child, Youth and School Services

Parent Central Services

Rhine Ordnance Barracks, Bldg. 162

Mon-Fri, 9 a.m.-5 p.m.
Civ. 0611-143-541-9066
DSN 541-9066

Wetzel Kaserne, Bldg. 8876

Mon.-Wed. & Fri. 8 a.m.-5 p.m.
Thu. 8 a.m.-2 p.m. & 2-5 p.m.

(By appt.)

Civ. 06783-6-7003

DSN 485-7003

Child Development Center (CDC)

All CDCs: Mon-Fri, 6 a.m.-6 p.m., and closed on all Federal Holidays unless otherwise posted. (*)

Kleber Kaserne, Bldg. 3224

Currently closed for renovations. See website for updated information

Landstuhl Post, Bldg. 93802

(CDC1)

Civ. 06371-86-7350/8254

DSN 486-7350/8254

Landstuhl Post, Bldg. 3812

(CDC2)

Civ. 06371-86-6566

DSN 486-6566

Miesau Army Depot, Bldg. 1314

Civ. 06372-842-3774/3639

DSN 481-3774/3639

Sembach Kaserne, Bldg. 83

Civ. 0611-143-541-9099

DSN 541-9099

Smith Barracks, Bldg. 8099

*Mon-Fri, 8:30 a.m.-4:30 p.m.

Civ. 0611-143-531-2935/2936

DSN 531-2935/2936

Wetzel Kaserne, Bldg. 8862

Civ. 06783-6-7133

DSN 485-7133

Family Child Care (FCC)

*Please contact Wetzel Kaserne Parent Central Services for more information.

School Age Center

Landstuhl Post, Bldg. 3851

Mon-Fri, 6-8 a.m. and 2:30-6 p.m.

Non-School Days, 6 a.m.-6 p.m.

Civ. 06371-86-7281/6646

DSN 486-7281/6646

Sembach Kaserne, Bldg. 17

Mon-Fri, 6-8 a.m. and 2:30-6 p.m.

Non-School Days, 6 a.m.-6 p.m.

Civ. 0611-143-545-1112

DSN 545-1112

Wetzel Kaserne, Bldg. 8879

Mon-Fri, 6 a.m.-6 p.m.

Closed Federal Holidays

Civ. 06783-6-7475

DSN 485-7475

School Liaison Officer

Rhine Ordnance Barracks

Bldg. 162

Civ. 0611-143-541-9061

DSN 541-9061

SKIES Unlimited

Landstuhl Post, Bldg. 3819

Mon-Fri, 8:30 a.m.-5:30 p.m.

Civ. 06371-86-5412

DSN 486-5412

Wetzel Kaserne, Bldg. 8876

Mon-Fri, 8 a.m.-5 p.m.

Closed U.S. Holidays

Civ. 06783-6-6969

DSN 485-6969

Youth Center

Landstuhl Post, Bldg. 93812

Mon-Fri, 2:30-7 p.m.

Civ. 06371-86-8658

DSN 486-8658

Sembach Kaserne, Bldg. 3

Mon-Fri, 2:30-6 p.m.

Civ. 0611-143-545-1316/1317

DSN 545-1316/1317

Wetzel Kaserne, Bldg. 8875

School Days: Mon-Thu, 3-7 p.m., Fri,

3-8 p.m., Half-Days/Non-School: Mon-

Thu, 12-7 p.m., Fri, 12-8 p.m.

Summer Hours: Mon-Fri 12-8 p.m.

Civ. 06783-6-6810/6323

DSN 485-6810/6323

Youth Sports & Fitness

Landstuhl Post, Bldg. 3819

Mon-Fri 11 a.m.-6 p.m.

Civ. 06371-86-8375

DSN 486-8375

Sembach Kaserne, Bldg. 105

Mon-Fri 11 a.m.-6 p.m.

Civ. 06302-67-7607

DSN 496-7607

Wetzel Kaserne, Bldg. 8876

Mon-Fri, 6 a.m.-6 p.m.

Civ. 06783-6-7210 | DSN 485-7210

Dining and Social

Armstrong's Club

Vogelweh Housing, Bldg. 1036

Civ. 631-350-7919

Armstrong's Catering

Civ. 0152-5307-7675

Castello Snack Bar

Lunch: Mon-Fri, 11 a.m.-2 p.m.

Dinner: Mon-Sat, 5-10 p.m.

Delivery available Mon-Sat

Civ. 0631-350-8589

Game Room

Mon-Thu, 11 a.m.-11 p.m.

Fri, 11 a.m.-2 a.m.

Sat, 2 p.m.-2 a.m.

The Pub

Mon-Thu, 4-11 p.m.

Fri. & Sat. 4 p.m.-2 a.m.

Civ. 0631-3406-3991/3394

DSN 493-3391/3394

Kazabra Club

Vogelweh, Bldg. 2057

Mon-Thu, 10 a.m.-8 p.m. Sat, 1

p.m.-3 a.m. & Sun, 12 p.m.-8 p.m.

Civ. 0631-536-7261

DSN 489-7261

Landstuhl Community Club

Landstuhl Post, Bldg. 3780

Tue-Fri, 11 a.m.-10 p.m.

Sat, 5-10 p.m.

Civ. 06371-86-6107

DSN 486-6107

Halftime Sports Bar

Lunch: Tue-Fri, 11 a.m.-2 p.m.

Dinner: Tue-Sat, 5-10 p.m.

Civ. 06371-86-6107

DSN 486-6107

Rheinlander Convention

Center (RCC)

Smith Barracks, Bldg. 8085

(CLOSED FOR RENOVATIONS)

Civ. 0611-143-531-2888

DSN 531-2888

Tavern on the Rock

Wed, Thu, 5-10 p.m., Fri, 5 p.m.-1

a.m. & Sat, 5 p.m.-2 a.m.

Civ. 0611-143-531-2890

DSN 531-2890

Sembach Community Activity

Center (SCAC)

Sembach Kaserne, Bldg. 220

Mon-Thu, Sun, Training & U.S.

Holidays, 7 a.m.-midnight

Fri & Sat, 7 a.m.-2 a.m.

Civ. 0611-143-541-9111/9112

DSN 541-9111/9112

Manhattan Lounge

Mon-Thu, 5-11:30 p.m., Fri & Sat,

5 p.m.-2 a.m., Sun, 5 p.m.-1:30 a.m.

Civ. 06302-67-5180 | DSN 496-5180

Restaurant

Breakfast: Daily, 7-9 a.m.,

Lunch: 11 a.m.-1 p.m., (Short Order

until 1:30 p.m.), Dinner: 4-7:30 p.m.

Civ. 06302-67-5178 | DSN 496-5178

Strikers Bowling Center

Smith Barracks, Bldg. 8105

Tue & Wed, 11:30 a.m.-10 p.m., Thu

& Sat 11:30 a.m.-11 p.m., Fri 11:30

a.m.-12 a.m., Sun, 12-8 p.m. Closed

U.S. Holidays

Civ. 0611-143-531-2833

DSN 531-2833

Pinsetter's Pub (inside Strikers

Bowling Center)

Mon-Wed, Sat & Sun, 5-10 p.m., Thu

& Fri 5 p.m.-12 a.m. Closed U.S.

Holidays

Civ. 0611-143-531-2835

DSN 531-2835

Golf Course

Rolling Hills Golf Course

Wetzel Kaserne, Bldg. 8888

Mon-Fri, 11:30 a.m.-7:30 p.m., Sat,

Sun & U.S. Holidays, 9 a.m.-5 p.m.

Civ. 06783-6-7299 | DSN 485-7299

Java Café

All Java Cafés: Open on Training Holidays

7 a.m.-1 p.m. unless otherwise posted. (*)

Kleber Kaserne, Bldg. 3232

Mon-Fri, 7 a.m.-3 p.m.

Civ. 0631-411-8063 | DSN 483-8063

Landstuhl Post, Bldg. 3774

(inside LRMC)

Mon-Thu, 6 a.m.-4 p.m., Fri, 6 a.m.-3

p.m.

Civ. 06371-86-7666 | DSN 486-7666

Rhine Ordnance Barracks,

Bldg. 273

Mon-Fri, 7 a.m.-4 p.m., Sat, 9 a.m.-4

p.m., Sun, 9 a.m.-4 p.m.

Civ. 0631-3406-2623 | DSN 493-2623

Sembach Kaserne, Bldg. 109

Mon-Fri, 7 a.m.-2 p.m.

Civ. 0611-143-541-9101

DSN 541-9101

Smith Barracks, Bldg. 8661

Mon-Fri, 7 a.m.-5 p.m., Saturday, 9

a.m.-3 p.m.,

*Training Holidays, 8 a.m.-4 p.m.

Civ. 0611-143-531-2898/2899

DSN 531-2898/2899

Rheinlander Convention Center CLOSED FOR RENOVATIONS

Smith Barracks, Bldg. 8085

The perfect venue for large community functions such as balls, conferences and meetings. Catering services can be requested through the business office inside of the RCC.

DSN 531-2888
Civ. 0611-143-531-2888

Tavern on the Rock

Smith Barracks, Bldg. 8085 (inside RCC)

The perfect spot to relax and enjoy an evening with friends, sing your heart out to karaoke and grab a delicious snack.

Seasonal Hours of Operation

Oct. 1 - Mar. 31	Apr. 1 - Sep. 30	DSN 531-2890
Thu, 5-10 p.m.	Thu, 5-10 p.m.	Civ. 0611-143-531-2890
Fri, 5-11 p.m.	Fri, 7 p.m.-1 a.m.	
Sat, 6 p.m.-midnight	Sat, 8 p.m.-2 a.m.	

Rolling Hills Golf Course

Wetzel Kaserne, Bldg. 8888

This 9-hole golf course is open March through November and the driving range has lighting for evening use. We offer rental clubs, carts and practice facilities in a truly picturesque location.

Hours of Operation

Mon-Fri, 10 a.m.-6 p.m.	DSN 485-7299
	Civ. 06783-6-7299

Sat-Sun & Federal Holidays, 9 a.m.-5 p.m.

Strikers Bowling Center

Smith Barracks, Bldg. 8105

State of the art lighting and sound, a glow-in-the-dark system, a snack bar, Pinsetters' Pub and a 24/7 game room. Caters to all ages and continuously develops new programs and special events such as monthly bowling, unit bowling parties and birthday party programs.

Hours of Operation

Tue-Sat, 11:30 a.m.-10 p.m.	DSN 531-2833
Closed Sun-Mon & Federal Holidays	Civ. 0611-143-531-2833

Sports & Fitness

Indoor Swimming Pool CLOSED FOR RENOVATIONS

Wetzel Kaserne, Bldg. 8897

Training equipment is available for usage. U.S. Coast Guard approved floatation devices and pool toys are available for use for infants, youth and adults.

Hours of Operation

DSN 485-7093
Civ. 06783-6-7093

Currently under renovations!
Will reopen in 2018.

Hall of Champions Fitness Center

Smith Barracks, Bldg. 8105

Hours of Operation

Mon-Fri, 5 a.m.-9 p.m.	DSN 531-2838
Sat & Sun, 2-7 p.m.	Civ. 0611-143-531-2838

Federal/Training Holidays, 10 a.m.-6 p.m.

Mountaineer Fitness Center

Smith Barracks, Bldg. 8220

Our fitness centers include free weights, cardio machines, classes, six basketball goals (full and half court play), personal trainers, TRX machines, Family Fitness Rooms, locker rooms, saunas and well-balanced sports programs along with community and intramural level individual and team sports. Mountaineer Fitness Center also includes a Functional Fitness Room.

Hours of Operation

Mon-Fri, 5 a.m.-9 p.m.	DSN 485-7418
Sat & Sun, 9 a.m.-2 p.m.	Civ. 06783-6-7418

Federal/Training Holidays, 8 a.m.-4 p.m.

Value Added Tax (VAT) Office

Smith Barracks, Bldg. 8661

The Tax Relief Office has Value Added Tax (VAT) forms that can be used by ID cardholders to save money on purchases made on the economy.

Hours of Operation

Mon-Fri, 10 a.m.-1 p.m. & 2-5 p.m.	DSN 531-2896
Closed Sat-Sun & Federal Holidays	Civ. 0611-143-531-2896

Warrior Zone

Smith Barracks, Bldg. 8106

The new and improved Warrior Zone provides Service members and their guests (ages 18 and older) a place to relax, play video games, watch TV, hang out with battle buddies and more. Features free WiFi, daily movies and gaming consoles such as Wii, X-box and PS3.

Hours of Operation

Tue-Thu, 11:30 a.m.-9 p.m.	DSN 531-2913
Fri, 5-11 p.m.	Civ. 0611-143-531-2913
Sun, 2:30-8 p.m.	
Closed Mon, Sat & Federal/Training Holidays	



U.S. ARMY GARRISON RHEINLAND-PFALZ BAUMHOLDER MILITARY COMMUNITY



Family and Morale, Welfare and Recreation (MWR)

Family and MWR Director

Gary Burton

541-9051 | 0611-143-541-9051

gary.w.burton4.naf@mail.mil

Baumholder

Revised 1/09/2018

CONNECT

BAUMHOLDER.ARMYMWR.COM

f /BAUMHOLDERFMWR

@BHRMWR

Army Community Service (ACS)

Clinic Kaserne, Bldg. 8746/8747

Serves as the Commander's primary resource for developing, coordinating and delivering Soldier and Family social support services that contribute to the overall morale and welfare of our community. Many classes are available, including guidance on Army life, settling into a new community, finding a job, finding volunteer opportunities, caring for an Exceptional Family Member and more.

Hours of Operation

Mon-Wed & Fri, 8 a.m.-5 p.m.
Thu, 8 a.m.-1 p.m.

Closed Sat-Sun & Federal Holidays

DSN 531-2850

Civ. 0611-143-531-2850



Army Lodging

Smith Barracks, Bldg. 8076

Please enjoy your stay at our Army Lodging facility. Check-in is after 2 p.m. Check-out is prior to 11 a.m.

Hours of Operation

Front desk open 24-hours
Closed for:

Thanksgiving, Christmas & New Year's

DSN 531-2900

Civ. 0611-143-531-2900

All About You Spa

Smith Barracks, Bldg. 8076 (inside Army Lodging)

Massage therapy and esthetician services.

Hours of Operation

Tue-Sat, 10 a.m.-6 p.m.

Closed Sun-Mon & Federal Holidays

DSN 531-2915

Civ. 0611-143-531-2915

Arts & Crafts Center

Smith Barracks, Bldg. 8104

Take a craft class and learn a new skill or hobby! Visit our custom matting & framing studio for all of your framing needs. Supplies and equipment are available for purchase, along with balloon bouquets. Offers studio space for ceramics, scrapbooking and more.

Hours of Operation

Tue-Fri, 11 a.m.-6 p.m.

Sat, 12-5 p.m.

DSN 531-2895

Civ. 0611-143-531-2895

Closed Sun-Mon & Federal Holidays

Automotive Skills Center

Smith Barracks, Bldg. 8438

This is your resource for maintaining your vehicle, making minor and major repairs, or restoring that classic in the garage. Pay nominal fees to rent work bays, tools, machinery and diagnostic equipment. There are also classes available to learn how to perform basic maintenance on your vehicle.

Hours of Operation

Tue-Fri, 11:30 a.m.-7:30 p.m.

Sat, 9 a.m.-4 p.m.

Training Holidays, 11:30 a.m.-7:30 p.m.

Closed Sun-Mon & Federal Holidays

DSN 531-2949

Civ. 0611-143-531-2949

Auto Parts Yard

Used parts on sale to include winter tires, snow chains, first aid kits, windshields, fenders, radios and more. Get a great deal on a used car!

Hours of Operation

See Automotive Skills Center for assistance.

BOSS (Better Opportunities for Single Soldiers)

Smith Barracks, Bldg. 8106, Rm. 2A

The BOSS program represents the voice of the single Soldier. BOSS Soldiers coordinate and participate in community service projects, organize recreational and leisure activities and actively support the quality of life needs of single Soldiers. BOSS membership offers the opportunity for leadership and project management roles, which will enhance your promotion packet.

Hours of Operation

Mon-Fri, 9 a.m.-6 p.m.

Closed Sat-Sun & Federal/Training Holidays



DSN 531-2912

Civ. 0611-143-531-2912

Child, Youth and School Services

Parent Central Services

Wetzel Kaserne, Bldg. 8876

Mon-Wed & Fri, 8 a.m.-5 p.m.

Thu, 8 a.m.-2 p.m. & 2-5 p.m. (by appt.)

Closed Sat-Sun & Federal Holidays

DSN 485-7003

Civ. 06783-6-7003



U.S. Army Child, Youth
& School Services

Child Development Centers

Wetzel Kaserne, Bldg. 8862

Mon-Fri, 6 a.m.-6 p.m.

Closed Sat-Sun & Federal Holidays

DSN 485-7133

Civ. 06783-6-7133

Smith Barracks, Bldg. 8099

Mon-Fri, 8:30 a.m.-4:30 p.m.

Closed Sat-Sun & Federal Holidays

DSN 531-2935/2936

Civ. 0611-143-531-2935/2936

Family Child Care (FCC)

Wetzel Kaserne, Bldg. 8876

Mon-Fri, 8 a.m.-4:30 p.m.

Closed Sat-Sun & Federal Holidays

DSN 485-6588

Civ. 06783-6-6588

School Age Center

Wetzel Kaserne, Bldg. 8879

Mon-Fri, 6 a.m.-6 p.m.

Closed Sat-Sun & Federal Holidays

DSN 485-7475

Civ. 06783-6-7475

Youth Sports & Fitness

Wetzel Kaserne, Bldg. 8876

Mon-Fri, 6 a.m.-6 p.m.

DSN 485-7210

Civ. 06783-6-7210

School Liaison Officer

Wetzel Kaserne, Bldg. 8876

Mon-Fri, 8 a.m.-5 p.m.

Closed Sat-Sun & Federal Holidays

DSN 485-6968

Civ. 06783-6-6968

SKIESUnlimited

Wetzel Kaserne, Bldg. 8876

Mon-Fri, 8 a.m.-5 p.m.

Closed Sat-Sun & Federal Holidays

DSN 485-6969

Civ. 06783-6-6969

Teen Center

Wetzel Kaserne, Bldg. 8875

School Days:

Mon-Thu, 3-7 p.m.

Fri, 3-8 p.m.

School Half-Days/No School:

Mon-Thu, 12-7 p.m.

Fri, 12-8 p.m.

Closed Sat-Sun & Federal Holidays

Free protected WiFi (class required)

DSN 485-6810

Civ. 06783-6-6810



Java Cafe

Smith Barracks, Bldg. 8661

We proudly serve Starbucks Coffee products and offer delicious monthly and holiday specials. Come treat yourself to a hot or cold beverage along with a pastry or sandwich.

Hours of Operation

Mon-Fri, 7 a.m.-5 p.m.

Saturday, 9 a.m.-3 p.m.

Training Holidays, 8 a.m.-4 p.m.

Closed Sun & Federal Holidays



DSN 531-2898

Civ. 0611-143-531-2898

Library

Smith Barracks, Bldg. 8332

This facility offers wireless internet, areas for working or lounging, reference help, web catalog computers, internet computers, inter-library loan system, a self check-out station, a photocopier and a scanner, and a wide variety of books, games, DVDs, graphic novels and more.

Hours of Operation

Mon-Wed & Fri, 10 a.m.-5 p.m.

Thu, 10 a.m.-6 p.m.

Sat, 11 a.m.-3 p.m.

Closed Sun & Federal Holidays

DSN 531-2841

Civ. 0611-143-531-2841

Outdoor Recreation

Smith Barracks, Bldg. 8167

Outdoor Recreation is your one-stop shop for outdoor adventure and equipment rental. Meet new people, learn a new sport or arrange a personalized activity for a group. This facility also offers a paintball field and Trap and Skeet Range.

Hours of Operation

Mon & Thu-Sun, 10 a.m.-6 p.m.

Closed Tue-Wed & Federal Holidays

DSN 485-7182

Civ. 06783-6-7182

Rod & Gun Pro Shop

Smith Barracks, Bldg. 8167

The Pro Shop has a variety of hunting and sport shooting equipment and supplies. They also have a wide range of shotguns to rent for the Trap and Skeet Range. Hunting, fishing, range safety and other classes are offered year round.

Hours of Operation

Mon & Thu-Sun, 10 a.m.-6 p.m.

Closed Tue-Wed & Federal Holidays

DSN 485-7182

Civ. 06783-6-7182





Free WiFi is available at many MWR Facilities to keep you connected.

Armstrong's Club
Vogelweh Housing, Bldg. 1036

Kazabra Club
Vogelweh, Bldg. 2057

Kleber Branch Library
Kleber Kaserne, Bldg. 3205

Kleber Java Café / KMC Onstage
Kleber Kaserne, Bldg. 3232

**Landstuhl Community Club /
Halftime Sports Bar**
Landstuhl, Bldg. 3870

Landstuhl Java Café
Landstuhl, Bldg. 3774

Rheinland-Pfalz Library
Landstuhl, Bldg. 3810

ROB Java Café
Rhine Ordnance Barracks, Bldg. 1036

Sembach CAC Warrior Zone
Sembach Kaserne, Bldg. 220

Sembach Java Café
Sembach Kaserne, Bldg. 109

Baumholder Army Lodging
Smith Barracks, Bldg. 8076

**Baumholder Hall of Champions
Fitness Center**
Smith Barracks, Bldg. 8105

Baumholder Java Café
Smith Barracks, Bldg. 8661

Baumholder Library
Smith Barracks, Bldg. 8332

Baumholder Strikers Bowling Center
Smith Barracks, Bldg. 8105

Baumholder Warrior Zone
Smith Barracks, Bldg. 8218



Find us on Facebook!
[facebook.com/RheinlandPfalzFMWR](https://www.facebook.com/RheinlandPfalzFMWR)
[facebook.com/BaumholderFMWR](https://www.facebook.com/BaumholderFMWR)

FAQs ON PHONE CONTRACTS

by Joerg C. Modellmög



Recently an increasing number of my clients have sought legal advice on issues surrounding their cell phone contracts, because their expectations were not in line with the terms and conditions applicable to the cell phone contracts they had signed. To enable you to make a better-informed decision before entering into a cell phone contract, let's look at five of the most common areas of misunderstanding:

(1) How long does a 24-month contract run?

If you think it lasts two years, just covering your tour in Germany, you might have made an expensive mistake. The 24-month period does not refer to the length of the contract but to the period during which the contract cannot be terminated. The contract itself runs for an indefinite period of time, for all cell phone contracts contain an automatic renewal clause, extending the contract for one year and thereafter for another year and so on, once the first 24 months have passed.

(2) What do I need to do to stop an automatic renewal of the contract?

If your guess is that you just need to tell them so, you are gambling. Your desire to prevent an automatic renewal needs to be expressed in writing to the cell carrier no later than three months **BEFORE** the contract is up for renewal. You could ask for the automatic renewal to be blocked right after you signed the contract. If you wait until the day on which the contract is up for renewal, you are too late and on the hook for another 12-month period.

(3) What happens if I lose or break my phone?

The cruel truth: too bad for you, as you have a 24-month contract (with an automatic renewal clause). The company will issue a replacement SIM card for a fee. However, the SIM card and the phone are two separate items. The latter is often merely subsidized, depending on the contract, but losing or breaking the phone does not entitle you to a new one and provides no ground for an early termination or discontinuance of your 24-month contract (with automatic renewal clause).

(4) Is an online bill a good idea?

The answer depends on your personal situation. How good is your German? Chances are that the carrier's website is all in German. Set-up, registration, and/or modifications via the website will be impossible unless you have a basic idea of what you need to do. Often the companies charge an additional fee for mailing a hard copy of the bill to you. If you wish to receive a bill in the regular mail, make sure your mailing address is correctly displayed on the contract; a letter addressed to SPC John Doe, Kleber Kaserne, Kaiserslautern, will not find its way to you.

(5) Do I have a right to terminate the contract with "military orders"?

The Servicemembers Civil Relief Act (SCRA) is a US law that does not apply to German contracts. Absent such a statutory right to terminate cell phone contracts upon a PCS move, the issue is left to the individual phone service carriers and the contracts concluded with them. The shop representatives never put their eloquent verbal sales statements into writing, making it next to impossible to prove them. They often simply claim to have used a lot of vague language like "may," "might," and "could," because, contrary to any allegations, the general terms and conditions of the cell phone contract do **NOT** provide for an extraordinary termination right in case of presentation of military orders. Consequently, cell phone companies generally offer to dissolve the contract in consideration for a lump sum payment, based on the remaining monthly basic fees still owed under the contract up to the next ordinary termination period.

Advice and assistance on any of the matters discussed above is available by making an appointment to speak with a German Attorney-Advisor. Call DSN 483-8848 or civilian 0631-411-8848 for an appointment.



Just PCS'ed? No household goods? Tired of eating out? Come to the Lending Closet!

Lending Closet

Kitchen Essentials To-Go-Kits
Pack-N-Plays Booster Seats
Highchairs Strollers
GPS Units (Limit 30 day checkout)

Kaiserslautern, Kleber Kaserne
Bldg. 3213, Room 107

DSN:541-9007

CIV:0611-143-541-9007



Baumholder, Clinic Kaserne
Bldg. 8746, Room 114

DSN:531-2850

CIV:0611-143-531-2850

Ready, Set...Move!



Relocation Readiness

Facebook.com/rehinlandpfalzacs

Multicultural Spouses Club

Learn about different places and different cultures while practicing English with fellow Spouses. It is an enjoyable get together with food and fun. Held every 2nd Thursday of the month at 11 a.m.

Registration is required.

Kaiserslautern, Kleber Kaserne
Bldg. 3213, Room 107

Hours: M-W,F 8-5pm

Th 8-1pm

DSN:541-9000

CIV:0611-143-541-9000



Baumholder, Clinic Kaserne
Bldg. 8746, Room 114

Hours: M-W,F 8-5pm

Th 8-11am

DSN:531-2850

CIV:0611-143-531-2850

English as a Second Language

Venez apprendre l'anglais avec nous

一緒に英語を勉強しよう！

Vieni a imparare l'inglese insieme a noi

Come learn English with us

Приходите изучать английский с нами

Komm und lerne Englisch mit uns

Ven a aprender inglés con nosotros

와서 우리랑 영어공부해요



Registration is required

For more information contact:

Relocation Readiness

Kaiserslautern: 0611-143-541-9000 / 541-9000

Baumholder: 0611-143-531-2850 / 531-2850

Facebook.com/RheinlandPfalzACS

www.Rheinland-Pfalz.armymwr.com



German Language Classes

Guten
Tag

Free



For more information contact:

Relocation Readiness

Kaiserslautern: 0611-143-541-9000 / 541-9000

Baumholder: 0611-143-531-2850 / 531-2850

Facebook.com/rheinlandpfalzacs

www.Rheinland-Pfalz.armymwr.com



Host Nation Tour

Gain a better understanding of the German culture
while experiencing the city of Kaiserslautern
Registration required.



For more information contact :
Relocation Readiness,
Kleber Kaserne Bldg. 3210,
541-9000|0611-143-541-9000
facebook.com/rheinlandpfalzacs



Military & Family Life Counselor MFLC

Sembach/Pulaski	0152-2366 2124
Landstuhl	0152-2479 2650
Panzer/Daenner	0170-369 3292
ROB	0175-601 1985
Kleber	0175-792 3332

Where Can I go to get Assistance?

- Your closest Army Installation AER Office
- If there is no AER Office near you, you can get assistance through your closest:
 - Air Force Base (Air Force Aid Society)
 - Navy/Marine Corps Base (Navy-Marine Corps Relief Society)
 - Coast Guard Base (Coast Guard Mutual Assistance)
- If you are not within a 50 mile radius of a Military Installation:
 - Call the American Red Cross 24 hour Military Assistance (877) 272-7337
 - You can begin your application online by going to our website at www.aerhq.org and following the prompts to "apply for assistance".

What Should I Bring With Me to the AER Section?

- Valid Military ID Card
- Leave and Earnings Statement
- Leave/PCS Orders
- Substantiating documents such as car repair estimate, rental agreement, utility bill

Can My Spouse Get AER Help if I'm Away?

- Yes, Your spouse should bring:
 - Special Power of Attorney
 - Valid Military Dependent ID Card
 - Substantiating documents

How Do I Apply for a Scholarship?

- AER provides scholarships for dependent children and spouses of Active Duty, Retired, and deceased Army Soldiers. Applications and instructions are available on the AER website for the MG James Ursano and Spouse Education Assistance Scholarship Programs.

Army Emergency Relief

AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER's mission is to provide emergency financial assistance to Soldiers and their Families.

What is AER's Record of Assistance?

- Since it was established in 1942, AER has provided more than \$1.7 billion to 3.7 million Soldiers and their Families
- In 2016 AER assisted over 36,000 Soldiers and their Families with more than \$54 million

What Portion of My Contribution Helps Soldiers?

- 87 cents of every dollar you contribute goes to help Soldiers; AER administrative and fundraising expenses account for the remaining 13 cents

Where Does AER Get Its Funds?

- Voluntary donations from Active and Retired Soldiers and Civilians
- Repayment of AER interest-free loans
- Investment income
- Unsolicited donations

Why Does AER Have an Annual Campaign?

- Provide an opportunity for Soldiers to help their fellow Soldiers
- Create greater awareness and understanding of AER programs and benefits
- Retain tax exempt status by raising at least 1/3 of funds through donations

Do I Have to Contribute to AER to Get Help?

- No. If you are eligible for AER assistance and have a valid emergency need, AER can help

75 Years of Helping the Army Take Care of its Own

Worldwide Assistance

AER Assistance is available to Soldiers and their Families around the world.

- Local AER Offices
- American Red Cross 24hr Hotline: (877) 272-7337
- Air Force Aid Society
- Navy-Marine Corps Relief Society
- Coast Guard Mutual Assistance Office

The Army-wide annual AER fund campaign is conducted 1 March -15 May.

Your tax deductible contribution can be sent to your local AER Office or to AER National Headquarters any time by mail or on-line.

For more information contact your local AER officer or visit our website:



WWW.AERHQ.ORG

AER National Headquarters

2530 Crystal Drive
Suite 13161, 13th Floor
Arlington, VA 22202

866-878-6378

AER Form 1-12/16

How Can I Help AER?

- Remind fellow Soldiers about AER when they have financial emergencies
- Support AER with a donation and encourage others to donate

Who Is Eligible for Assistance?

- Active Duty Soldiers, single or married, and their eligible Dependents
- Army National Guard and Army Reserve Soldiers on continuous Active Duty (Title 10, USC) for more than 30 consecutive days and their eligible Dependents
- Soldiers Retired from Active Duty for longevity or physical disability, and their eligible Dependents
- Army National Guard and Army Reserve Soldiers who retired and are receiving DFAS Retired Pay, and their eligible Dependents
- Surviving spouses and orphans of Soldiers who died while on Active Duty or after they retired

What Can AER Do?

Provide Assistance With:

- Rent/Mortgage
- Utilities/Deposits
- Food
- Dental/Medical
- Emergency Travel
- Travel fund for relocation (PCS)
- Funeral Expenses
- Non-receipt of Pay/Loss of Funds
- Vehicle Repair
- Replacement Vehicle
- Rental Vehicle
- Cranial Helmets
- Essential Furniture
- Car Seats
- Repair/Replacement of major appliances
- Minor Home Repairs

Is There a Limit On How Much Emergency Assistance I Can Request From AER?

- AER can meet your valid emergency needs

What Kind of Assistance Can I Expect?

- An interest free loan
- A grant if repayment of loan will cause undue hardship
- Part loan and part grant

How Can I Get Assistance?

1. Command Referral Program

- Expedited Assistance Process
- Company Commander or First Sergeant can approve AER loans up to \$1,500
- Provides Company/Battery Chain of Command ability to assist Soldiers who have a financial need

2. Direct Access to AER

Effective 9 September 2015, all Soldiers regardless of grade/rank are allowed direct access to AER without the Unit Commander's review and approval/concurrence. The policy change was implemented with the following safeguards:

- Soldiers in the grades of E-1 through E-4 must have completed Initial Entry Training (IET).
- All Soldiers must have a minimum of 12 months Time in Service (TIS) or have completed IET (whichever is greater).
- Regardless of rank, financial assistance will be limited to two requests for assistance (Loan or Grant) within a 12 month period without the Company Commander/First Sergeant review.
- Soldiers who exhibit "High Risk" behaviors for financial problems IAW AR 600-85 still require the Unit Commander's review and approval/concurrence.



Too much or not enough?

Are you new to the community and need 220v appliances or extra items to make your house a home? Are you leaving and need to reduce the size of your household goods? The local Thrift Shops are your solution. Shop, donate or volunteer and make new friends!!

Landstuhl Thrift Shop

Wednesday 1:00 – 6:00 pm
Thursday & Friday 9:30 am – 2:00 pm
3rd Saturdays 10:00 am – 3:00 pm
Building 3818 (Behind CDC#1)
Phone: 06371-86-7313

Ramstein Thrift Shop

Monday & Friday 9:00 am – 2:00 pm
Wednesday 2:00 – 7:00 pm
3rd Saturdays 9:00 am – 2:00 pm
Building 2494 (across from Gas Station/
24-hour Shoppette) Closed U.S. Holidays
Phone: 06371-47-5492

Baumholder Thrift Shop

Tuesday 10:00 am – 4:00 pm
Wednesday & Thursday 12:00 – 6:00 pm
Building 8667 on Smith Barracks
Phone: 0678366653

Airman's Attic – Ramstein

Tuesday 11:00 am – 1:00 pm
Wednesday 11:00 am – 1:00 pm & 2:00 – 6:00 pm
Friday 11:00 am – 1:00 pm
Building 2162 (adjacent to Southside Barbershop)
Phone: DSN: 480-5980 CIV: 06371-47-5980

Note: Items donated to the Airman's Attic are provided to authorize patrons free of charge. Authorized patrons are service member's and spouses E-5 and below. ***ALL RANKS DAY*** is the last Wednesday of the month. *Closed U.S. Holidays and Family Days.*

*Thrift stores are operated by private organizations. The information provided does not imply US Army endorsement.



Electrical Appliances in Germany (TRANSFORMERS)



1. PURPOSE: To provide current information on the use of electrical appliances in Germany for soldiers being assigned to the Army in Europe, and their family members.

2. ISSUE:

- a. The electric current in Europe is 220 volts, 50 cycles compared to 110 volts, 60 cycles in the United States. You must use a transformer when using 110 volts, 60 cycle's appliances here in Germany.
- b. Some appliances will not operate on European current. For example clocks operate the 5/6th the normal speed. This means they lose ten minutes every hour.
- c. Other motor-driven appliances operate satisfactory, although not at their best at 5/6th the normal speed. These appliances include vacuum cleaners, electric razors, egg beaters and blenders.
- d. Most appliances with heating elements (toasters and irons) operate satisfactory with a transformer. However, the transformers are inconvenient, particularly in larger sizes. They are heavy, consume a lot of electricity, and may trip circuit breakers. Therefore, you may find it easier not to use appliances, such as coffee-maker, toasters, hair dryers, or irons which usually require a large transformer. However, these appliances can be purchased in Europe at the military exchanges, thrift shops, German retailers and yard sales.
- e. A very important rule of thumb is to ensure the polarity is correct before connecting your appliance to a transformer. A polarity tester can be purchased at your local AAFES for under \$10.
- f. A few general guidelines for lamps small appliances are listed below.
 1. Lamps: Floor, desk and table lamps that use incandescent bulbs can be used by changing the 110 volt to 220 volt bulb and adding an inexpensive adapter plug to match the German outlet (220 volt bulbs and adapters are available at military exchanges).
 2. Televisions: American model TV's (NTSC) can only pick up Armed Forces Network (AFN) television broadcasts and cannot receive European (PAL) stations. Most government housing areas receive AFN broadcasts. You should ask your sponsor or housing office representative about AFN reception. Dual voltage, multi-systems television sets can receive broadcasts from both German and American stations. These can be purchased at military exchanges.
 3. Video Recorders: Videos can record AFN broadcasts, but the clock timer does not operate properly. American movies can be rented through AAFES stores. Only special designed videos recorders (multi-system) are equipped to receive German TV signals. Multi-system videos recorders can be purchased at AAFES stores.
 4. Home Computers: These operate properly with a transformer. Ensure the polarity is correct or you will burn up your computer. Best advice is to consult your AAFES computer representative for specifics prior to setting up your computer.
 5. Radios, Stereos, Turntables, and Tape Decks: Radios and stereo equipment work satisfactorily with transformers and receive both AFN broadcasts and European stations. Turntables and tape decks can also be modified to run at proper speed.
 6. Microwave Ovens: As a general rule, microwave ovens for use with 60 cycle power cannot be used at 50 cycles and will not operate properly with a transformer. 60 cycle microwave ovens (110 volt 50/60 cycle) may be damaged by operation on 50 cycle power. Special microwave ovens which can be used in Europe and converted for use in the US are available at military exchange.

- g. The size transformer you need: Before plugging an appliance into a transformer, make sure you now its power rating. The power rating of electrical appliances is indicated in "watts" or in the case of large power-consuming units, "kilowatt". (1 kilowatt equal 1000 watts). On some appliances "amperes" are used instead of watts. To determine the power rating in "watts", multiply the number of amperes by the voltage of the appliance. For example, if you have an appliance marked 3 amperes, 110 volts; it has a power rating of 330 watts (3 x 110 = 330).
- h. Each type of transformer is designed to carry a specific "load" or number of watts. Its "load" or wattage rating must never be exceeded.
 1. Don't ever attach an appliance which requires more wattage than the rating of your transformers. When attaching a combination of appliances, the total wattage rating must not exceed the rating of the transformer. For example, a toaster drawing 1100 watts should not be used at the same time as a waffle iron drawing 1100 watts. The total of such a combination would exceed the rating of the 1600 watt transformer by 600 watts. Your transformer would burn out.
 2. Don't purchase a transformer with exposed winding or wiring. Transformers are available at AAFES and the thrift shop.
 3. Don't use a transformer in a damp or wet place. Transformer should always be kept dry and well ventilated.
 4. Don't handle or move a transformer when it is plugged into a socket. Be sure you first disconnect the transformer. A 1600 watt transformer should never be used in an ungrounded socket or with an ungrounded plug. The 1600 watt transformers in military exchanges are equipped with grounded plugs (called SCHUCCO" plug).
 5. Transformers should never be handled when your hands or feet are wet.
 6. Transformers will generate a certain amount of heat when in use. This is not detrimental unless the transformer feels hot to the touch.
 7. Overheating may be caused by a defective electrical appliance which can burn out a transformer completely. Inspection will reveal whether the fault lies in the appliance or the transformer. Both should be inspected by a competent electrician.
8. Most military exchanges stock transformers with the following rating:
 - a. 75 watts – For use with small radios, phonographs, tape recorder, heating pads, sewing machines.
 - b. 300 watts – For use with large radios, phonographs, tape recorder, heating pads, sewing machines, projectors, electric blankets, small and medium fans, warming plates, and television sets.
 - c. 500 watts – For use with floor polishers, small refrigerators, hair dryers, and blenders.
 - d. 750 watts – For use with large projectors, small irons, percolators, coffee makers, and vacuum cleaners.
 - e. 1000 watts – For use with small heaters, large percolators, coffee makers.
 - f. 1600 & 2000 watts – For use with toasters, roasters, broilers, cookers, fryers, frying pans, grills hot plates, medium heaters, irons, and motor-driven appliances.

SORT REFERENCE GUIDE - Separate Or Recycle Trash



PAPER

- Newspapers
- Magazines
- Catalogues
- Packaging mat. (paper)
- Brochures
- Cardboard (clean)
- Moving boxes (flattened)

GLASS

- Bottles
- Jars, etc.

separated by color

(blue or red glass goes into the green glass container)

YELLOW BAG

- Milk & juice cartons
- Plastic bags & packaging
- Vacuum sealed wraps
- All Cans
- Jar / Bottle caps
- Foils

RESIDUAL WASTE

- Ceramics & mirror breakages
- Soiled paper towels & tissues
- Cigarette butts & ashes (cold)
- Soiled cotton swabs & pads
- Bathroom & kitchen waste

If you don't have a brown bin for biodegradable waste, also incl.

- Compostable waste, like vegetable & fruit peelings, coffee filters, eggshells...




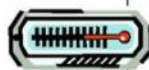
ABSOLUTE NO NOS

- **Hazardous Waste** e.g.
Household or car batteries
Paint
Paint thinner
Chemicals
Motor oil
Florescent light tubes
etc.
- **Bulk Trash** not in recycling bins
Furniture
Appliances
Mattresses
etc.
- **Special Waste**
Tires
Metal



Conversion Chart

Men's Clothing												Women's Clothing												Children's Clothing													
Suits						Shirts						Hats						Sweaters						Slacks						Underwear							
U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.
32	42	14	36	6 3/4	54	S	46	30	75	U.S.	Ger.	28/6	34	8	0	XS	30	30	30	65	4	35	9	134													
34	44	14.5	37	6 7/8	55	M	48/50	32	80	S	44/48	30/8	36	8.5	1	S	32	32	32	70	4.5	35.5	10	140													
36	46	15	38	7	56	L	52/54	34	85	M	50/52	32/10	38	9	2	M	34	34	34	75	5	36	11	146													
38	48	15.5	39/40	7 1/8	57	XL	56	36	90	L	54/56	34/12	40	9.5	3	L	36	36	36	80	5.5	36.5	12	152													
40	50	16	41	7 1/4	58		58/59	38	95	XL		38/14	42	10	4	XL	38	38	38	85	6	37	13	158													
42	52	16.5	42	7 3/8	59			40	100			38/16	44	10.5	5	XXL	40	40	40	90	6.5	37.5	14	164													
44	54	17	43	7 1/2	60			42	105			40/18	46				42	42	42	95	7	38	15	170													
46	56							44	110			42/20																									
48	58							46	115																												
50	60																																				

Weights & Measurements Conversion												Temperature											
Mass												Thermometer Conversion Celsius to Fahrenheit: (1.8 x C*) + 32											
Linear Measurement						Body Temperature/Fever						Electric Oven Temperature											
1 gram	0.3937 inches	1 centimeter	0	-17	98.6	Body Temperature	36	250-275	130-140														
28.4 grams	1 inch	2.54 centimeters	10	-12	97.7		36.5	300	150														
1 ounce	1 foot	30.05 centimeters	20	-7	98.6		37	325	170														
454 grams	1 yard	91.4 centimeters	30	-1	99.5		37.5	350	180														
500 grams (Ger. lb)	1 meter	1 meter	40	4	100.4		38	375-400	190-200														
1 kilogram	39.37 inches	1 kilometer	50	10	101.3		38.5	450-475	220+														
907 kilograms	0.62137 miles	1 mile	60	15	102.2		39	Gas Oven Temperature															
1 ton	1.60934 kilometers	1 mile	70	21	103.1		39.5	5-1	130-140														
1.1023 tons			80	27	104.0		40	2	150														
			90	32	104.9		40.5	3	170														



Temperature

Thermometer Conversion Celsius to Fahrenheit: $(1.8 \times C^{\circ}) + 32$

Weights & Measurements Conversion

Mass		Linear Measurement		Body Temperature/Fever		Electric Oven Temperature	
0.035 ounces	1 gram	0.3937 inches	1 centimeter	0	-17	96.8	250-275
1 ounce	28.4 grams	1 inch	2.54 centimeters	10	-12	97.7	300
1 pound	454 grams	1 foot	30.05 centimeters	20	-7	98.6	325
1.1 pounds	500 grams (Ger. lb)	1 yard	91.4 centimeters	30	-1	99.5	350
2,205 pounds	1 kilogram	39.37 inches	1 meter	40	4	100.4	375-400
1 ton	907 kilograms	0.62137 miles	1 kilometer	50	10	101.3	450-475
1,1023 tons	1 ton	1.60934 kilometers	1 mile	60	15	102.2	500-550
				70	21	103.1	550-600
				80	27	104.0	600-650
				90	32	104.9	650-700





IMPERIAL	METRIC	IMPERIAL	METRIC	IMPERIAL	METRIC
1/2 oz	15g	7oz	200g	15oz	425g
3/4 oz	20g	8oz (1/2lb)	230g	16oz (1lb)	450g
1oz	30g	9oz	255g	24oz	680g
2oz	60g	10oz	285g	32oz (2lb)	0.9kg
3oz	85g	11oz	310g	48oz (3lb)	1.4kg
4oz (1/4lb)	115g	12oz (3/4lb)	340g	64oz (4lb)	1.8kg
5oz	140g	13oz	370g		
6oz	170g	14oz	400g		

1 kg = 35oz/2.2lbs

1oz = 28.35g 1g = 0.035oz



Weights

OVEN TEMPS

Gas	°F	°C	
1/2	250	120	VERY SLOW
1	275	140	
2	300	150	SLOW
3	325	170	
4	350	180	MODERATE
5	375	190	
6	400	200	MOD. HOT
7	425	220	
8	450	230	HOT
9	475	240	VERY HOT

°C x 1.8 + 32 = °F
°F - 32 ÷ 1.8 = °C



ONE CUP	IMP.	METRIC
Floor	5oz	140g
Caster Sugar	8oz	225g
Brown Sugar	6oz	170g
Butter	8oz	225g
Sultanas/Raisins	7oz	200g
Currants	5oz	140g
Golden Syrup	12oz	340g
Uncooked Rice	7oz	200g
Grated Cheese	4oz	110g

CUPS

Water

Boils at: 100°C 212°F
Freezes at: 0°C 32°F

1 Litre = 1.76 Pints
1 Pint UK = 568 ml
1 Pint US = 16 fl oz

1 fl oz = 28.41 ml
1 ml = 0.035 fl oz
1 Cup US = 250 ml

METRIC CONVERSION

LIQUIDS

PINT	METRIC	CUPS	FL OZ.
	100ml		3 1/2
	125ml	1/2	4 1/2
1/4	150ml		5
	200ml		7
	250ml	1	9
1/2	275ml		10
	300ml		11
	400ml		14
	500ml	2	18
1	570ml		20
	750ml	3	26
1 1/4	1.0L	4	35
2	1.1L		40
	1.3L	5	46
3	1.7L		60
	2.0L	8	70

Table 1
Army in Europe Child and Youth Supervision Guidelines

Grade of child	May be left alone at home	May be left alone overnight	May walk alone to and from home to and from adult-sponsored activities ¹	May be left outside unattended (to include playing)	May be left in a vehicle unattended	May babysit
Newborn until Kindergarten	No	No	No	No	No	No
Kindergarten	No	No	No (This includes school and bus stops.) ¹	Yes, in playgrounds or yards with immediate access (visual or hearing distance) to an adult.	No	No
Grades 1 to 5	No	No	Yes. May also walk to and from school and bus stops. (In some locations, the school may have further restrictions.) ¹	Yes, in playgrounds or yards with immediate access (visual or hearing distance) to an adult.	Yes, except in hot weather, for no longer than 10 minutes, provided the child has immediate access to an adult. The keys must be removed and the handbrake applied.	No
Grades 6 to 8	Yes, with ready access (phone number) to an adult, but no longer than 6 hours.	No	Yes ¹	Yes	Yes	Yes ² Up to 3 hours
Grades 9 to 12	Yes	Yes for grades 9 and 10, provided the child remains in the local area, has access to a parent or sponsor, and the period does not exceed 24 consecutive hours. Yes for grades 11 and 12, provided the period does not to exceed 3 consecutive days and the parent or sponsor has designated an adult point of contact who will make daily face-to-face contact.	Yes ¹	Yes	Yes	Yes ²

NOTES:

1. The U.S. Department of Defense Education Activity may adjust its child-supervision requirements for off-post bus stops if deemed necessary according to local security and safety indicators. School administrators and CYS personnel will inform parents of any local deviations from the requirements in this table.
2. Country-specific or local community guidance applies and is available through the Army Community Service FAP. Youths who wish to babysit (siblings or others) are encouraged to complete the Red Cross Babysitters Course. The number and ages of other children present need to be considered.
3. During the summer, children are considered to be in the grade they just completed until the first day of their next school year.
4. These guidelines do not apply to high-school students who are age 18 or older, nor do they apply to married dependents under the age of 18.
5. Homeschooled children will be considered to be in the grade that is consistent with their age (table 2).

Table 2
Conversion from Age to Grade (for Homeschooled Children)

Age	Grade
4¾ to 5	Kindergarten
6	1st
7	2d
8	3d
9	4th
10	5th
11	6th
12	7th
13	8th
14	9th
15	10th
16	11th
17	12th

AE Reg 608-18-1 • 5 Jul 18

Sembach School Zone

Alsenborn	Lohnsfeld
Baalborn	Mehlbach
Boerstadt	Mehlingen
Breunigweiler	Muendchweiler An Der Alsenz
Enkenbach	Neuhemsbach
Enkenbach-Alsenborn	Neukirchen
Erfenbach	Otterbach
Erlenbach	Otterberg
Fischbach	Sambach
Gersweilerhof	Schallodenbach
Gonbach	Schneckenhausen
Heiligenmoschel	Schweissweiler
Hirschhorn	Sembach-Base
Hochspeyer	Sembach-Town
Hoeringen	Sippersfeld
Imbach	Wartenberg
Katzweiler	Winnweiler
Langmeil	

** Students in Grades 9-12 who reside in the Sembach Zone will attend the Kaiserslautern High School **



Ramstein School Zone

Altersbach	Katzenbach	Ohmbach
Altenglan	Kirchmohr	Quirnbach
Altenkirchen	Kollweiler	Ramstein-City
Bettenhausen	Kottweiler-Schwanden	Rehweiler
Börsborn	Krottelbach	Reichenbach
Bosenbach	Kubelberg	Reichenbach-Steegen
Brücken	Landstuhl-Langwiesen	Reuschbach
Dietschweiler	Liebthal	Rothselberg
Dittweiler	Mackenbach	Rutweiler a. Glan
Elschbach	Matzenbach	Sand
Elschbacherhof	Miesau	Schellweiler
Elschbach Am Bahnhof	Miesau-Buchholz	Schmittweiler
Etschberg	Miesau Depot	Schönenberg
Fockenberg-Umbach	Miesenbach	Schrollbach
Fockelberg	Muehibach	Schwedelbach
Gimsbach	Nanzdietschweiler	Spesbach
Glan-Münchweiler	Nanzweiler	Steinbach
Gries	Neunkirchen a. Potzberg	Steinwenden
Haschbach	Huffler	Theisbergstegen
Henschtal	Hutschenhausen	Waldmohr
Herschweiler-Petersheim	Jagersburg	Weitersbach
Huffler	Jettenbach	
Hutschenhausen		
Jagersburg		
Jettenbach		

Kaiserslautern School Zone

Dansenberg	Morlautern
Erzenhausen	Niederkirchen
Erzhutten	Olsbruecken
Espensteig	Pfeiffermuehle
Eulenbis	Stelzenberg
Kaiserslautern City	Sulzbachtal
Kaiserslautern-Engelshof	Trippstadt
Kreimbach	Wiesentahlerhof
Moelschbach	Woersbach

Vogelweh School Zone

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

****HIGH SCHOOL STUDENTS**

LIVING IN THE LANDSTUHL SCHOOL ZONE

WILL ATTEND KAISERSLAUTERN HIGH SCHOOL**

** 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 **