Welcome Packet

Army Community Service

USAG Rheinland-Pfalz



Willkommen in Deutschland! Welcome to Germany!

This packet contains information pertaining to the Garrison and surrounding area.

For more information, please contact our staff at Army Community Service.

ACS Kaiserslautern
Kleber Kaserne
Bldg. 3210, 2nd floor
CIV: (+49) 0611-143-541-9000
DSN: 541-9000

ACS Baumholder
Smith Barracks
Bldg. 8666
CIV: (+49) 0611-143-531-2850
DSN: 531-2850

FAP/NPSP/EFMP/SHARP
Landstuhl
Bldg. 3820
CIV: (+49) 0611-143-541-9028
DSN: 541-9028

usarmy.rheinland-pfalz.id-europe.mbx.garrison-acs@army.mil

Table of Contents

Page 3 - 4	ACS Fact Sheet
Page 5	Lending Closet and Host Nation Tour
Page 6	Host Nation 101, Language Classes and Multicultural Lunch & Learn
Page 7	Be Strong Excursions and Employment Readiness Program Information
Page 8 - 9	Exceptional Family Member Program Information
Page 10 - 11	New Parent Support Program Information
Page 12 - 13	Family and Morale, Welfare and Recreation Directory
Page 14	WiFi Hotspots and Babysitter Course
Page 15 - 21	Child and Youth Services, DoDEA schools, Homeschooling, Off Base Options and School Zone Information
Page 22	Army in Europe Child and Youth Supervision Guidelines
Page 23	Online Resources
Page 24	Crisis Phone Numbers
Page 25 - 26	German 101
Page 27	Getting a USAREUR and International Driver's License
Page 28	Electrical Appliances in Germany (Transformers)
Page 29	Sort Reference Guide and Conversion Chart
Page 30	Too much or not enough HHG's?
Page 31 - 36	Base maps

ARMY COMMUNITY SERVICE | FACT SHEET

ACS Smith Barracks, Bldg. 8666, DSN: 531-2850 I CIV: 0611-143-531-2850
ACS Kleber Kaserne, Bldg. 3210, Second floor, DSN: 541-9000 I CIV: 0611-143-541-9000
EFMP/FAP/SHARP Landstuhl, Bldg. 3820, DSN: 541-9028 I CIV: 0611-143-541-9028

Hours of Operation: Mon - Wed & Fri 8 a.m. - 5 p.m. and Thu 8 a.m. - 12 p.m.
Closed daily for lunch: 12 - 1 p.m.

ARMY EMERGENCY RELIEF (AER) 501 (c)(3) nonprofit organization - donation funded

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

Financial assistance for valid emergency and unexpected expenses. Available to active and retired Soldiers, their Family Members, activated Guard and Reserve. No Fee/No Interest loans, Grants, and Scholarships for dependent children and spouses of Active Duty, Retired and deceased Army Soldiers based on need. Over 30 categories of assistance. www.armyemergencyrelief.org

ARMY FAMILY ACTION PLAN (AFAP)

Quality of life issues are accepted year round through the Issue Management System located at https://ims.armyfamilywebportal.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 (AFTB)

Personal Skills & Basic Army Knowledge courses / Management Skills Courses / Professional Growth & Leadership Development Courses / Specialized Unit Training located at https://olms.armyfamilywebportal.com

ARMY VOLUNTEER CORPS COORDINATOR (AVCC)

Support Community Organizations with Volunteer Management / Volunteer Workshops and Training / Volunteer Recognition / The Volunteer Management Information System (VMIS) is located at https://vmis.armyfamilywebportal.com

EMPLOYMENT READINESS PROGRAM (ERP)

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 / Job Fair

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

A 'one-stop-shop' for Families with Special Needs. The program 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 Navigators / Non-clinical Case Management and Home Visits available

FAMILY ADVOCACY PROGRAM (FAP)

BH and LANDSTUHL: DSN 541-9028 / 0611-143-541-9028

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

- **EMERGENCY PLACEMENT CARE PROGRAM (EPC)**
  Emergency in-home placement of children at risk for or experiencing abuse or neglect / Emergency Placement Care Parent Training / Certification

- **NEW PARENT SUPPORT PROGRAM (NPSP)**
  Information, resources, education and referral services to new and expectant parents / Home, office and hospital visits / Phone consults / Prenatal classes and playgroups offered monthly

- **VICTIM ADVOCACY PROGRAM (Domestic Violence)**
  24-HOUR CRISIS LINE: BH CIV: 0152-0457-1077; LANDSTUHL CIV: 0152-0487-6330
  Help for victims of domestic violence / Provides crisis intervention / Information about your rights as a victim of domestic violence/ Information, Referral, Support and Reporting options

created 3/1/2020
updated 24/2/2022

FINANCIAL READINESS PROGRAM (FRP)

Comprehensive financial planning services, education, coaching and support to assist active and retired Soldiers, their Families, DA Civilians, Guard and Reservists. Accredited Financial Counselors (AFC) provide financial literacy through unit and individual planning sessions. Financial Readiness Program provides Mandatory NDAA Touchpoint Trainings / Wealth Building / Budget / Debt Liquidation / Savings / Estate Planning / Consumer Advocacy / Risk Management / Insurance / Application certification for Family Subsistence Supplemental Allowance (FSSA) / Early Return of Dependents (ERD) Financial Counseling / Credit Report Review / Personal Financial Readiness / Thrift Savings Plan (TSP) / Blended Retirement System (BRS) / Military Lifestyle planning for Marriage / Baby / Divorce / Promotion / Retirement / Deployment
Email: usarmy.rheinland-pfalz.id-europe.mbx.garrison-acs@army.mil

INFORMATION, REFERRAL & FOLLOW-UP PROGRAM (I&R)

Information on Military and Civilian Community Resources / Information about the local bus and railway system / Special Host Nation Services / Translation (not certified) / Explanation and Assistance with German bills & other correspondence / Military OneSource Information

MOBILIZATION / DEPLOYMENT READINESS PROGRAM (MOB/DEP)

Readiness Essentials for Army Leaders (R.E.A.L) training / Family Assistance Center operations / Soldier & 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. **Soldiers and Civilians are required to sign up for the ALERT! Mass Warning Notification System (https://alert.csd.disa.mil).**

RELOCATION READINESS PROGRAM (RELO)

Relocation Counseling Appointments / Military Sponsorship Training / Spouse Sponsorship Training / English as a Second Language (ESL) / German Language Classes / Reentry to US / Host Nation Tour / Newcomers Orientation Class / PCS Workshop / Multicultural Activity Club. **Create a custom checklist for your move with Plan My Move (https://planmymove.militaryonesource.mil/)**

- **LENDING CLOSET: BH**: DSN 531-2864 / CIV 0611-143-531-2864; **KL**: DSN 541-9007 / CIV 0611-143-541-9007 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. Call ACS or the Lending Closet directly for opening hours.

SEXUAL HARASSMENT / ASSAULT RESPONSE & PREVENTION PROGRAM (SHARP)

21st TSC 24/7 SHARP Hotline: DSN 537-4277 (53-SHARP) / CIV 0611-143-537-4277
Rheinland-Pfalz 24/7 Helpline: CIV +49 (0)631-413-7280

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 over the age of 18.

SURVIVOR OUTREACH SERVICES (SOS)

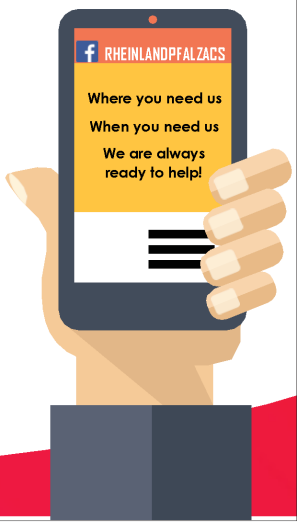
The Survivor Outreach Program works with survivors to connect services and people who help cope with loss, resolve financial challenges and seek information and referral services.

MILITARY AND 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!
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:

Landstuhl: 0152-2479-2650
Kleber: 0175-792-3332
Panzer/Daenner: 0170-369-3292
ROB: 0175-601-1985
Sembach/Pulaski: 0152-2366-2124
Baumholder: 0152-3652-2147, 0162-543-8772, 0152-2617-9751

www.facebook.com/RheinlandPfalzACS



EMERGENCY NUMBERS
110 : LAW ENFORCEMENT
112 : FIRE / MEDICAL

created 3/1/2020
updated 24/2/2022

DSN 541-9000 | CIV 0611-143-541-9000

KAISERSLAUTERN.ARMYMWR.COM

HOST NATION TOUR

JOIN ACS FOR A SPECIAL INSIDERS TOUR OF KAISERSLAUTERN, ALL WHILE LEARNING ABOUT GERMAN CULTURE AND CUSTOMS.

CONTACT THE RELOCATION READINESS PROGRAM FOR DATES AND TIMES.



ACS Lending Closet





Just PCS'ed? No Household Goods? Are you tired of eating out everyday while waiting for your household goods to arrive? Then call ACS today, and pick up some kitchen and dining essentials so you can finally enjoy a homecooked meal!



Kitchen Essentials

We have everything you need to start cooking at home! We have pots, pans, blenders, mixers, rice makers, slow cookers, microwaves, coffee makers, baking sheets, and so much more.



Dining Essentials

We have dining kits for up to 8 people. These kits come with plates, bowls, knives, forks, spoons, drinking glasses, and coffee mugs. We've got everything you need to eat a meal at home with your family!



Children's Essentials

If you have a baby or young child, we have some of the essentials that you need. We have strollers, highchairs, pack-n-plays, car seats and booster seats.

Kaiserslautern, Kleber Kaserne,
Building 3210, Room 206
CIV: 0611-143-541-9007
DSN: 541-9007

Baumholder, Smith Barracks,
Building 8666, Room 119
CIV: 0611-143-531-2864
DSN: 531-2864

Host Nation 101



For dates and times contact ACS at CIV 0611-143-541-9000 or DSN 541-9000

ESL CLASSES



FREE COURSE!

ENGLISH LANGUAGE CLASSES

CONTACT ACS AT CIV 0611-143-541-9000 OR DSN 541-9000

MULTICULTURAL lunch & LEARN

Socialize with fellow community members while learning about history, culture, & more!

*To register, contact ACS at DSN 541-9000/ 531-2850



FREE COURSE!

GERMAN LANGUAGE CLASSES

For dates and times contact ACS at CIV 0611-143-541-9000 or DSN 541-9000



USAG RHEINLAND-PFALZ - ARMY COMMUNITY SERVICE
EMPLOYMENT READINESS PROGRAM

Career Professionals Providing Personalized Local Employment Readiness Services



Services Provided

- Online and In-Person Job & Career Fairs (Local and CONUS employers)
- Strategy assistance for employment opportunities
- Online classes for employment planning
- Employment information and referral to Army and Air Force appropriated and non-appropriated fund federal employment, Department of Defense School, Defense Finance and Accounting Service, AAFES, DECA and private contractors
- Advertisements for current local job opportunities
- Assistance with Federal employment application procedures
- Coaching for career planning and goal setting
- Information regarding scholarships
- Career coaching via video chat
- Assistance with resumes
- Employment information for teenagers
- Long-Distance job search assistance

Kleber Kaserne	-	Smith Barracks
Bldg. 3210	-	Bldg. 8666
DSN 541-9000	-	DSN 531-2850
0611-143-541-9000	-	0611-143-531-2850

EmploymentReadiness PROGRAM

Where Career Success Begins

ARMY COMMUNITY SERVICE ACS Real-Life Solutions for Successful Army Living

RESOURCES

ECHO
Supplemental coverage to TriCare coverage fordurable medical equipment, ABA therapy and in-home support based upon qualifying conditions.
www.tricare.mil/echo

Army OneSource
The one source for information about programs, services, opportunities, and EFMP resources available for the entire Army family.
www.myarmyonesource.com

Military OneSource
Free information and referral service available via toll-free telephone and Internet providing multiple EFMP resources to include the EFMP & Me App.
www.militaryonesource.com

Airman Family Readiness Center - EFMP Family Support:
Offer events and activities for EFMP Families from any branch of service to include DOD civilians and NAF employees.
06371-47-5100
https://86fss.com/efmp-family-support/



The Exceptional Family Member Program is an integral part of each community, working in unison with the medical facility, DoDDS, EDIS and Child and Youth Services, to ensure your Exceptional Family Member has a quality care experience.

For more information or assistance:

EFMP Program Coordinator

Army Community Service
Landstuhl
Building 3820, Room 109
☎DSN 541-9024
☎CIV 0611-143-541-9024



EFMP EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP Family Support

INFORMATIONAL TRIFOLD

Working in cohorts with military and civilian agencies to provide a comprehensive, coordinated and multi-agency approach to community support; including housing, medical, educational,and personnel services to families with special needs.

baumholder.armymwr.com
kaiserslautern.armymwr.com
facebook.com/RheinlandPfalzACS



USAG Rheinland-Pfalz

created: 5/6/2020; updated 2/19/2020

EFMP

EXCEPTIONAL FAMILY MEMBER PROGRAM

What is the EFM Program?

Exceptional Family Member Program (EFMP) assists Active Duty Soldiers in managing the dual demands of a military career and having a family member with special needs, whether medical, emotional or educational. The purpose of EFMP is to give consideration to the special needs of the family member during the reassignment process and help minimize the disruption that those needs might have upon the family during assignments.

Who qualifies for EFMP?

An Exceptional Family Member is any family member enrolled in DEERS who requires special medical or educational services based on a diagnosed chronic physical, intellectual,or emotional need.

Enrollment in EFMP is **mandatory** per AR 608-75.



Benefits

- Family support through Systems Navigation
- Non-Clinical case management
- TriCare Extended Care Health Option (ECHO) 496-6362/ 06302-67-6362
- Support at Individual Education Planning (IEP) meetings
- Special housing consideration, based upon medical necessity
- Support at Multidisciplinary Inclusion Action Team (MIAT) meetings for CYS Services
- Relocation assistance
- Support groups
- Workshops and trainings
- Resources, referrals and more!

How do I enroll?

Contact one of the EFMP/FMTS offices at either Medical Treatment Facilities (MTF) to complete required forms as necessary.

Baumholder Clinic
06371-9464-1047
DSN: 590-1047

Landstuhl Regional Medical Center
06371-9464-5756
DSN: 590-5756

Frequently Asked Questions

Will enrollment in the EFMP affect my ability to deploy?
No. All Service Members enrolled in EFMP remain world-wide deployable and assignable.

Will EFMP enrollment hurt my chances for promotion?
No. Promotion and selection boards DO NOT have access to your EFMP status.

Will enrollment limit duty assignments?
No. EFMP will assist in coordinating a duty station that will meet both the career and EFM needs. This can be accompanied or unaccompanied.

Will my command be notified of my enrollment in EFMP?
Yes. Battalion level Commanding Officers or higher are able to request a list of EFMP enrolled Service Members in their unit. However, this list does not include any detailed information about diagnosis or specific needs, nor will it be released to other unit personnel. Any further enrollment information will be kept confidential, unless written authorization is received from the enrolled Soldier.

Why should I enroll in the EFMP?
By enrolling, you are ensuring the needs of your family are being met while allowing you to focus on your job and mission readiness.

NPSP Provides...

Home Visits

- A chance to talk with a professional one on one about your pregnancy and parenting issues in the comfort of your own home.

Education

- Your Home Visitor can talk with you about pregnancy, labor and delivery, ages and stages of development, discipline, nutrition, military related stressors and identify community resources to meet you and your family's needs.

Support

- NPSP provides information and referrals, a lending library and support groups for parents.

Classes

- Prenatal and post-partum care, breastfeeding, infant massage, and infant and toddler parenting classes are offered. "Hands-on" information is available to help parents make informed, responsible decisions about parenting infants and toddlers.

Reasons to get involved

To become a more confident parent

To understand the developmental ages and stages of your child

To develop a support system

To learn methods to deal with stress

To enhance your relationship with your child(ren)

To develop common ground with your spouse in the area of parenting

To develop a proactive approach to parenting

Contact Us!

Kaiserslautern

541-9028 or

0611-143-541-9028

kaiserslautern.armymwr.com

Baumholder

531-2850/2872 or

0611-143-531-2850/2872

baumholder.armymwr.com

New Parent Support Program



Revised: 9/27/2016

ARMY COMMUNITY SERVICE ACS Real-Life Solutions for Successful Army Living

What if my child is not an infant?

Birth through age three is a critical period in a child's life. The NPSP Home Visitors will help parents understand the needs of their growing child and create an environment that allows for their child's optimal growth and development.

When will you visit my home?

Home visits or office visits are arranged at times that are convenient for the parent(s). We encourage both parents to participate. Appointments can be scheduled outside of normal duty hours.





What can NPSP do for me?

The New Parent Support Program offers families the opportunity to learn about delivering a baby in Germany and to gain knowledge of parenting and child development. Parents can also develop social connections and learn about resources available in the community to meet their families' needs.

What if this isn't my first child?

Services are offered to any military beneficiary who is expecting a child or has a child, birth through age three. The addition of another child can create change within a family. NPSP Home Visitors can answer questions about balancing the demands of work, relationships and parenting.

What is NPSP?

The New Parent Support Program is a team of experienced nurses and social workers who provide education and support to military beneficiaries who are pregnant or have children, birth through age three.

Our trained Home Visitors have extensive knowledge of the issues facing military families and the challenges of living overseas.

Who is eligible for NPSP?

Military beneficiaries who are expecting a child or who have a child, birth through age three.

Participation is free and services are voluntary and confidential.



U.S. ARMY GARRISON
RHEINLAND-PFALZ

Family and Morale, Welfare and Recreation (MWR) Directory

kaiserslautern.armymwr.com
baumholder.armymwr.com



Family and MWR Director
Rhonda Hunter
541-9051 | 0611-143-541-9051
rhonda.d.hunter6.naf@mail.mil
rheinlandpfalzmwr
Revised Oct 1, 2021

BMC- Baumholder Military Community
KMC-Kaiserslautern Military Community

Army Community Service (ACS)
Kleber Kaserne, Bldg. 3210
Civ. 0611-143-541-9000 | DSN 541-9000
Smith Brks., Bldg. 8666
Civ. 0611-143-531-2850 | DSN 531-2850
Landstuhl, Bldg. 3820
Civ. 0611-143-541-9028 | DSN 541-9028

Army Lodging Lagerhof Inn
Smith Barracks, Bldg. 8076.
Civ. 0611-143-531-2900 | DSN 531-2900

Army Substance Abuse Program (ASAP)
Kleber Kaserne, Bldg. 3210
Civ. 0631-143-541-1500 | DSN 541-1500
Clinic Kaserne, Bldg. 8743
Civ. 0611-143-531-3143 | DSN 531-3143

Arts & Crafts Center
Smith Barracks, Bldg. 8104
Civ. 0611-143-531-2895 | DSN 531-2895

Arts & Crafts Too
Smith Barracks, Bldg. 661
Civ. 0611-143-531-2849 | DSN 531-2849

Automotive Skills Center
Landstuhl, Bldg. 3800, 97370
Craft Shop/Speedy Lube
Civ. 06371-86-7335 | DSN 486-7335
Speedy Car Wash (on a seasonal basis)
Civ. 06371-86-5153 | DSN 486-5153
Smith Barracks, Bldg. 8438
Civ. 0611-143-531-2949 | DSN 531-2949
Auto Parts Yard - See Automotive Skills Center for assistance.
Pulaski Barracks, Bldg. 2859
Craft Shop, Speedy Car Wash & Speedy Lube
Civ. 0631-3406-4167 | DSN 493-4167

BOSS (Better Opportunities for Single Soldiers)
Rhine Ordnance Barracks, Bldg. 162
Civ. 0611-143-541-9058/9060 | DSN 541-9058/9060
Smith Barracks, Bldg. 8218
Civ. 0611-143-531-2912/2914 | DSN 531-2912/2914

Child &Youth Services
Parent Central Services
Rhine Ordnance Barracks, Bldg. 162
Civ. 0611-143-541-9065/9066/9067
DSN 541-9065/9066/9067
Wetzel Kaserne, Bldg. 8876
Civ. 0611-143-531-3440 | DSN 531-3440
Child Development Center (CDC)
Kleber Kaserne, Bldg. 3224
Civ. 0611-143-541-9035 | DSN 541-9035
Landstuhl, Bldg. 93802 (CDC1)
Civ. 06371-86-7350/8254 | DSN 486-7350/8254
Landstuhl, 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
Civ. 0611-143-531-2935/2936 | DSN 531-2935/2936
Wetzel Kaserne, Bldg. 8862
Civ.0611-143-531-3415 | DSN 531-3415
Family Child Care (FCC)
Please contact Wetzel Kaserne Parent Central Services for info.
School Age Center
Landstuhl, Bldg. 3851
Civ. 06371-86-7281/6646/8354 | DSN 486-7281/6646/8354
Sembach Kaserne, Bldg. 66
Civ.0611-143-541-9305 | DSN 541-9305
Wetzel Kaserne, Bldg. 8879
Civ.0611-143-531-3418 | DSN 531-3418
School Liaison Officer
Rhine Ordnance Barracks, Bldg. 162
Civ.0611-143-541-9061 | DSN 541-9061
SKIES*Unlimited*
Landstuhl, Bldg. 3819
Civ. 06371-86-5412 | DSN 486-5412
Wetzel Kaserne, Bldg. 8876
Contact Wetzel Parent Central for service
Youth Center
Landstuhl, Bldg. 93812
Civ. 06371-86-8658 | DSN 486-8658
Wetzel Kaserne, Bldg. 8875
Civ. 0611-143-143-531-3426 | DSN 531-3426
Youth Sports & Fitness
Landstuhl, Bldg. 3819
Civ. 06371-86-8375 | DSN 486-8375
Wetzel Kaserne, Bldg. 8876
Civ.0611-143-531-2937/2938/2939 | DSN 531-2937/2938/2939

Dining and Social
Armstrong's Club
Vogelweh Housing, Bldg. 1036
Civ. 0611-143-541-9114/9115 | DSN 541-9114/9115
Armstrong's Catering
Civ. 0152-5307-767
Hideaway Bistro & Grill
Civ. 0157-3049-2529
Kazabra Club
Vogelweh, Bldg. 2057
Civ. 0152-2252-4450
Shawingz
Civ. 0631-8929-0404
Landstuhl Community Club
Landstuhl, Bldg. 3780
Civ. 06371-86-7224/6107 | DSN 486-7224/6107
Halftime Sports Bar
Civ. 06371-86-6107 | DSN 486-6107
Rheinlander Convention Center (RCC)
Smith Barracks, Bldg. 8085
Civ. 0611-143-531-2888 | DSN 531-2888
Tavern on the Rock
Civ. 0611-143-531-2890 | DSN 531-2890
Sembach Community Activity Center (SCAC)
Sembach Kaserne, Bldg. 220
Civ. 0611-143-541-9111/9112 DSN 541-9111/9112
Manhattan Lounge
Civ. 0611-143-541-9102 | DSN 541-9102
Restaurant
Civ. 0611-143-541-9103 | DSN 541-9103
Strikers Bowling Center
Smith Barracks, Bldg. 8105
Civ. 0611-143-531-2831 | DSN 531-2831
Pinsetter's Pub
Civ. 0611-143-531-2835 | DSN 531-2835
Shawingz
Civ. 0611-143-531-2833 | DSN 531-2833

Golf Course
Rolling Hills Golf Course
Wetzel Kaserne, Bldg. 8888
Civ. 0611-143-531-3408 | DSN 531-3408

Java Café
Kleber Kaserne, Bldg. 3232
Civ. 0631-411-8063 | DSN 483-8063
Landstuhl, Bldg. 3774 (inside LRMC)
Civ. 06371-86-7666 | DSN 486-7666
Rhine Ordnance Barracks, Bldg. 273
Civ. 0631-3406-2623 | DSN 493-2623
Sembach Kaserne, Bldg. 109
Civ.0611-143-541-9101 | DSN 541-9101
Smith Barracks, Bldg. 8661
Civ. 0611-143-531-2898/2899 DSN 531-2898/2899

Employee Assistance Program
Kleber Kaserne, Bldg. 3210 /Landstuhl Bldg. 3820
Civ. 0631-143-541-1500 | DSN 541-1500
Clinic Kaserne Bldg.. 8743
Civ. 0611-143-531-3140 | DSN 531-3140

KMC OnStage Theater
Kleber Kaserne, Bldg. 3232
Civ. 0631-411-6626 | DSN 483-6626

Library
Baumholder Library
Smith Barracks, Bldg. 8332
Civ. 0611-143-531-2841 | DSN 531-2841
Kleber Branch Library
Kleber Kaserne, Bldg. 3205
Civ. 0631-411-1740 | DSN 483-1740
Landstuhl Library
Landstuhl, Bldg. 3810
Civ. 06371-86-7322 | DSN 486-7322

NAF Personnel Office
Kleber Kaserne, Bldg. 3209
Civ. 0631-411-5849/5880/4851/4853 | DSN 483-5849/5880/4851/4853

Outdoor Recreation
Pulaski Barracks, Bldg. 2905
Civ. 0631-3406-4117 | DSN 493-4117
Smith Barracks, Bldg. 8167
Civ. 0611-143-531-3401 | DSN 531-3401

Private Organizations
Unit Funds/Family Readiness Group/Informal Funds/ Home-Based Business
Civ. 0611-143-541-9079 | DSN 541-9079

Transition Assistance Program (TAP)
Kleber Kaserne, Bldg. 3213
Civ. 06311-143-541-1400 | DSN 541-1400
Smith Barracks, Bldg. 8670
Civ. 0611-143-531-2610/2612 | DSN 531-2610/2612

Sports & Fitness Center
Aquatic Center
Wetzel Kaserne, Bldg. 8895/8897
Civ. 0611-143-531-2901/2904 | DSN 531-2901/2901
Functional Fitness Center
Rhine Ordnance Barracks, Bldg. 229
Civ. 0631-3406-2241 | DSN 493-2241
Hall of Champions Fitness Center
Smith Barracks, Bldg. 8105
Civ. 0611-143-531-2838 | DSN 531-2838
Kleber Fitness Center
Kleber Kaserne, Bldg. 3234/3235
Civ. 06314-11-7549/7610 | DSN 483-7549/7610
Landstuhl Fitness Center
Landstuhl, Bldg. 3720/3722
Civ. 06371-86-7172 | DSN 486-7172
Miesau Fitness Center
Miesau Army Depot, Bldg. 1220
Civ. 06372-842-3797 | DSN 481-3797
Mountaineer Fitness Center
Smith Barracks, Bldg. 8220
Civ. 0611-143-531-3405 | DSN 531-3405
ROB Fitness Center
Rhine Ordnance Barracks, Bldg. 172
Civ. 0631-3406-2241 DSN 493-2241
Sembach Fitness Center
Sembach Kaserne, Bldg. 105
Civ. 0611-143-541-9204 | DSN 541-9204

Value Added Tax (VAT) Office
Landstuhl, Bldg. 3810 (inside Library)
Civ. 0611-143-541-9126 | DSN 541-9126
Rhine Ordnance Barracks, Bldg. 162
Civ. 0611-143-541-9089 | DSN 541-9089
Vogelweh Housing, Bldg.. 1036 (inside Armstronng's Club)
Civ. 0611-143-541-9118 | DSN 541-9118
Utility Tax Avoidance Program (UTAP) & VAT Office
Kleber Kaserne, Bldg. 3245
VAT: Civ. 0631-411-1780 | DSN 483-1780
UTAP: Civ. 0611-143-541-9086/9091 | DSN 541-9086/9091
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. 8218
Civ. 0611-143-531-2913 DSN 531-2913
Sembach Kaserne, Bldg. 220
Civ. 0611-143-541-9110 | DSN 541-9110

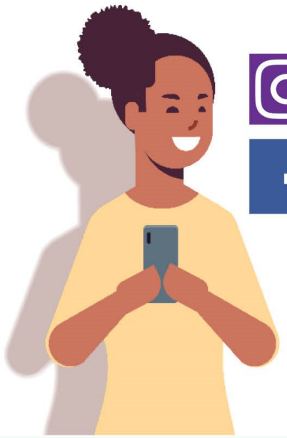
Wellness
All About You Spa
Smith Barracks, Bldg. 8076 (inside Army Lodging)
Civ. 0611-143-531-2915 | DSN 531-2915
Massage and Yoga Studio
Pulaski Barracks, Bldg. 2899
Civ. 0631-3406-4156 | DSN 493-4156

Connect & Get Involved

For community events, family programs, leisure & recreational activities, as well as current hours of operation and contact information, visit our websites!

kaiserslautern.armymwr.com

baumholder.armymwr.com



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Like and follow us on social media for all the latest fun from events to contests!

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WiFi Hotspot

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





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facebook.com/BaumholderFMWR

U.S. ARMY · MWR · UNITED STATES ARMY CHILD & YOUTH SERVICES

Ages 12-18

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Comprehensive 4-H Approved Training Material
Red Cross CPR/ First Aid Certification
Hands-on Experience
Child & Youth Babysitter Referral Service

Classes will be held at Pulaski Training Center, Bldg. 2901

For more information and to enroll, contact:
Parent Central Services
541-9065/66/67 or 0611-143-541-9065/66/67
or visit https://webtrac.mwr.army.mil

SY 2021-2022

Baumholder Community and Kaiserslautern Military Community School Liaison Offices
Providing information on Child and Youth Services, DoDEA schools, Homeschooling and Off base options

The **Kaiserslautern Military Community and Baumholder Military Community School Liaison Offices** are dedicated to assisting community partners in providing military families the best possible education for all students. The School Liaison Offices serve as community facilitators; connecting schools, families and community services to address issues impacting the education of military children. The School Liaison Office believes that education is a parental choice; we neither encourage, nor discourage, Department of Defense sponsors from pursuing alternative education services or programs.

USAG-RP CYS School Liaison
Rhine Ordnance Barracks BLDG 162
DSN: 541-9061
COM: 0611-143-541-9061

86 Mission Support Group School Liaison
Ramstein Air Base BLDG 2203
DSN: 480-9374
CIV: 06371-47-9374

Child Development Centers	**Pages 2-3**
School Age Centers	**Page 3**
Youth/Teen Centers	**Page 4**
Family Child Care	**Page 4**
Sure Start - DoDEA	**Page 4**
Youth Sports	**Page 5**
SKIES Classes	**Page 5**
Preschool Options on the Economy	**Pages 6-7**
International Schools	**Page 7**
German Kindergarten Information	**Page 8**
German School Information	**Page 9**
Homeschooling Information	**Page 10**
DoDEA School Information	**Page 11**
School Zone Information	**Page 12**

SY 2021-2022

Baumholder Community and Kaiserslautern Military Community School Liaison Offices
Providing information on Child and Youth Services, DoDEA schools, Homeschooling and Off base options

Child and Youth Services (CYS) offers programs for children of all ages,

whether it be full day care, part day preschool, before and after school care, sports programs or youth programs. CYS is staffed with early childhood and youth development professionals who are committed to providing quality programs while maintaining the highest standards. All CYS programs are certified by the Department of Defense. Child Development Centers are accredited by the National Association for the Education of Young Children (NAEYC). School Age Centers are accredited by the Council on Accreditation.

To get started for programs in the Child Development Centers, Before and After School programs or Family Child Care, please visit www.MiltaryChildCare.com to be placed on the waiting list. When space is available, you will be contacted.

Child Development Centers offer services for children *ages 6 weeks to 5 years.* Contact information is below for CDCs located in the Kaiserslautern and Baumholder Military Communities.

Beginning 1 Jan 2020 a 5 day, part day preschool program will be offered at Landstuhl CDC 1.
Beginning SY 19-20, Strong Beginnings is offered at the Landstuhl School Age program.

Kleber Child Development Center
BLDG 3224 DSN: 541-9035 CIV: 0611-143-541-9035

Landstuhl Child Development Center 1
BLDG 93802 DSN: 486-7350/8254 CIV: 06371-86-7350/8254

Landstuhl Child Development Center 2
BLDG 3812 DSN: 486-6566 CIV: 06371-86-6566

Miesau Child Development Center
BLDG 1314, DSN: 481-3774/3639 CIV: 06372-842-3774/3639

Ramstein Child Development Centers
BLDG 799 Infants DSN: 480-6011 CIV: 06371-47- 6011
(6 weeks-12 months)

BLDG 800 Pre-Toddlers DSN: 480-2268 CIV: 06371-47-2268
(12-24 Months)

*BLDG 83*2 Toddlers DSN: 480-5237 CIV: 06371-47-5237
(24-36 months and
Preschoolers 3-5 yrs)

Sembach Child Development Center
BLDG 83 DSN: 541-9099 CIV: 0611-143-541-9099

Smith Child Development Center
BLDG 8099 DSN: 531-2935 CIV: 0611-143-531-2935

Vogelweh Child Development Centers
BLDG 1030 Infants and Pre-Toddlers (ages 6 weeks-24 months) DSN: 489-7149 CIV: 0631-536-7149
Vogelweh Child Development Center *BLDG 1029 Toddlers & Preschoolers* (ages 24 months- 5 yrs) DSN: 489-6372 CIV: 0631-536-6372

Wetzel Child Development Center
BLDG 8879 DSN: 531-3415 CIV: 0611-143-531-3415

School Age Centers

School Age Centers offer services before and after school. On school out days, the centers are open all day. During the summer, camp weeks are provided. To sign up for these programs, visit www.MilitaryChildCare.com to be placed on the waiting list. The School Age Centers serve children in Kindergarten through grade 5.

Kapaun School Age Center
BLDG 2785 DSN: 489-6028/6050 CIV: 0631-536-6028/6050

Landstuhl School Age Center
BLDG 3851 DSN: 486-7281 CIV: 06371-86-7281

Ramstein School Age Center
BLDG 1003 DSN: 480-3272/3273 CIV: 06371-47-3272/3273

Sembach School Age Center
BLDG 66 DSN: 541-9305 CIV: 0611-143-541-9305

Vogelweh School Age Center
BLDG 1028 &1058 DSN: 489-6362 CIV: 0631-536-6362

Wetzel School Age Center
BLDG 8879 DSN: 531-3418 CIV: 0611-143-531-3418

SY 2021-2022 Baumholder Community and Kaiserslautern Military Community School Liaison Offices
Providing information on Child and Youth Services, DoDEA schools, Homeschooling and Off base options

Youth/Teen Centers are free CYS designated programs geared to accommodate youth who are in grades 6-12. CYS programs utilize partnerships with 4-H Clubs and Boys and Girls Clubs of America.

Landstuhl Youth Center
BLDG 93812 DSN: 486-8658 CIV: 06371-85-8658

Ramstein Youth Center Ages: 9-12
BLDG 428 DSN: 480-6444 CIV: 06371-47-6444

Ramstein Teen Center
BLDG 411 DSN: 480-3111 CIV: 06371-47-3111

Vogelweh Youth Center Ages 9-12
BLDG 1057 DSN: 489-6504 CIV: 0631-536-6504

Vogelweh Teen Center:
BLDG 2059 DSN: 489-6155 CIV: 0631-536-6155

Wetzel Youth Center Grades 6-12
BLDG 8876 DSN: 531-3423 CIV: 0611-143-531-3423

Family Child Care

The Family Child Care Program strives to help meet the needs of the community by maintaining high quality child care. A Family Child Care provider is a licensed individual who cares for child in his/her home on/off base. FCC providers go through the same training as CYS employees.
There are two Family Child Care offices in this community:

Baumholder
Wetzel BLDG 8876 DSN: 531-3437 CIV: 0611-143-531-3437

Ramstein (for the KMC area) BLDG 849 DSN: 478-7420/7421 CIV: 06371-405-7420/7421

Sure Start- DoDEA Schools

The Sure Start program is committed to providing the highest quality preschool education for eligible children of families living at military installations overseas. Children must be 4 years old by Sept 1st at the beginning of the school year. Priority will be given to students whose sponsor is equivalent to E-1 to E-4 or GS 1 to GS-04. Other stipulations apply; please contact the schools below, or the School Liaison Offices for more information.

Ramstein Elementary School	DSN 480-3996	CIV 06371-47-3996
Sembach Elementary School	DSN 545-1100	CIV 0611-143-545-1100
Kaiserslautern Elementary School	DSN 545-1400	CIV 0611-143-545-1400
Smith Elementary School	DSN 545-1225	CIV 0611-143-545-1225

Youth Sports Programs

Youth Sports Programs offer individual and team sports, and fitness and health programs.

Landstuhl Youth Sports: BLDG 3819	DSN: 486-8375	COM: 06371-86-8375
Ramstein Youth Sports: BLDG 428	DSN: 480-5660	COM: 06371-47-5660
Wetzel Youth Sports: BLDG. 8876	DSN: 531-2939	COM: 0611-143-531-2939

SKIES/Instructional Classes

Classes offer a variety of cultural, physical and artistic activities for youth. Programs are available for toddlers through teens. Please contact the offices below to see what programs are offered in your area.

USAG-RP CYS SKIES	DSN: 486-5412	CIV: 06371-86-5412
Ramstein Instructional Offices BLDG 428	DSN: 480-6444/2851	CIV: 06371-47-6444/2851

For any questions regarding any CYS program, please contact either Parent Central Services for Army programs or Resource and Referral for Air Force Programs.
Army programs are located on Baumholder (Smith and Wetzel), Landstuhl, Miesau, Kleber, Rhine Ordnance Barracks, and Sembach. Air Force programs are located on Ramstein and Vogelweh.

Parent Central Services Rhine Ordnance Barracks
BLDG 162
DSN: 541-9066/9065/9067
CIV: 0611-143-541-9065/9066/9067

www.kaiserslautern.armymwr.com

Resource and Referral Ramstein Air Base
BLDG 832 DSN: 480-8782
CIV: 06371-47-8782

www.86fss.com

Parent Central Services Wetzel (Baumholder)
BLDG 8876
DSN: 531-3440
CIV: 0611-143-531-3440

www.baumholder.armymwr.com

SY 2021-2022 Baumholder Community and Kaiserslautern Military Community School Liaison Offices
Providing information on Child and Youth Services, DoDEA schools, Homeschooling and Off base options

Preschool Options on the Economy

Agape International Academy
This is a Christian oriented institution offering an ABeka curriculum for grades 3K-6. Students are required to purchase and wear school uniforms. the school is approximately 3 minutes from Ramstein AB. Instructional time is 8 am-3pm. The school offers before school care, 6:35am-7:45am and after school care 3:00pm-6:00pm.
AM Lanzenbusch 7
66877 Ramstein, Germany
+49(0)6371-463440
Email: preschool@agapecfc.org
www.agape-preschool.org

ABC Montessori School
Montessori Schools use practical life activities as the foundation to promote confidence, concentration, order, independence, and creativity. ABC Montessori School offers three different programs for children ages 3-6 years old; half day, three day and full day. For more information, including tution costs, please contact the school using the information below.
Buchholzstraße 53
66892 Bruchmühlbach-Miesau
Phone: +49(0)6372-624-2268
E-mail: info@abcramstein.com
www.abcramstein.com

Kid's Learning Center
Siedlung 19b
67686 Mackenbach
Phone: +49(0)6374-9942864
Email: klc.mackenbach@gmail.com
http://clamackenbach.weebly.com

St. David's Primary School
This school aims to educate the whole person. Pupils will be encouraged to develop lively and enquiring minds, a sense of self-esteem and the self-discipline that comes from working in an orderly school environment. Education is subject to tuition payment, please contact the school for more information.
Grades: PreK-6
Schulstrasse 4
66877 Ramstein-Miesenbach
+49(0)6371-42717
Email: stdavids.office@modschools.org

Faith Baptist Elementary and Middle School
This is a Christian oriented institution offering a variety of secular and Christian curriculum taught based on the Truth from the Word of God for grades 4K-8. 4K students must be 4 by September 1st and Kindergarten students must be 5 years old by September 1st of the school year. The school is approximately 10 minutes from Ramstein. For further details, please contact the school:

Lichtenbrucher Str. 17
67661 Kaiserslautern-Einsiedlerhof
+49(0)631-3187519
E-mail: school@faithbaptistchurch.de

International Schools

Some families choose for their children to attend an International School. The following International Schools are some which have been attended by American children.

International School of Neustadt an der Weinstrasse GmbH
Grades: PreK-10
Starting age: 4, early entrance possible 3.5yr olds
Maximilianstraße 43
67433 Neustadt a. d. Weinstraße
Phone: 06321/890096
Email: info@is-neustadt.de
www.is-neustadt.de

International School Westpfalz GmbH
Grades: PreK-3th
Starting age: 4, early entrance possible 3.5yr olds
Marktstrasse 37,
66877 Ramstein-Miesenbach
Phone: 06371-999-4810
Email: info@is-westpfalz.de
www.is-westpfalz.de

Landstuhl Campus
Starting age: 9
Grades 4-9th and 11th
Nikolaus-von-Weis Strasse 10
66849 Landstuhl
Phone: 06371-980-930

Metropolitan International School in Mannheim
The Primary School is for students in grades/classes 1 to 4. The Secondary School is for students in grades/classes 5-12. Tuition depends on the grade your child attends. The school day is 8:30am-4:00pm. If additional hours are needed, they are open 7:30am-6:00pm.
For more information:
Email: info@metroschool.de
Phone: +49(0)6204-7087796
Walter-Gropius-Alle 3
68519 Viernheim

SY 2021-2022 Baumholder Community and Kaiserslautern Military Community School Liaison Offices
Providing information on Child and Youth Services, DoDEA schools, Homeschooling and Off base options

German Kindergarten Information

German Kindergartens serve children ages 2-6 and are varied in their policies. Priority for spaces are for citizens of the EU in many of the kindergartens. Some programs having waiting lists, so please take that into consideration when looking for care. If spaces are available, they will probably accept your child right away. Some do not allow foreigners in their programs.

There is no single listing of kindergartens as almost every village has one. Some are run by the church and others through the local city government. As you decide on potential locations to live, you can begin to inquire about the local kindergartens. Please check directly with your Rathaus or Verbandsgemeindeverwaltung ("City Hall") for your village to check if there are any spots available at your local German Kindergarten.

There are Waldkindergartens, "Forest Kindergartens" in some villages. Children are primarily outdoors.
http://www.edutopia.org/early-childhood-outdoor-education-waldkindergarten

In Kaiserslautern, there are two: **Waldkindergarten Kaiserslautern e.V** and **Waldkindergarten e.V**.

Please see this website for further information on Kindergarten in Kaiserslautern City:

https://www.kaiserslautern.de/sozial_leben_wohnen/soziales_und_gesellschaft/familien/kinderbetreuung/index.html.de

Once you know where you will live, it will be much easier to define what your choices are especially with regard to German Kindergartens.

GERMAN SCHOOL INFORMATION

In general, to enroll, for Elementary School (Grundschule grades 1-4), you will need to visit the school which serves the area you live. Administrators can request a basic knowledge of the German language, however it is not mandatory. Admission will have to be discussed with the administration of the school, who usually requests approval from the German Authorities.

Just like in the US, your residence determines where your child will go to school. Before starting school, the children will need to be screened by a German doctor at the Health Department correlating to the school they are zoned for.

Elementary Schools in Germany service grades 1-4. After 4th grade, the German school system splits, based on your child's academic abilities. For more information, please talk to your village's elementary school or Rathaus (City Hall).

German schools often start around 0800, but let out earlier in the afternoon. Elementary schools usually end between 1215 and 1315. Students are required to bring a snack/bag lunch to eat during recess around 1000. In general, there is no option to purchase food or drinks at the schools and there are no water foundations.

Keep in mind, the German School System may follow different recess schedules. They will have to attend school on several US Holidays (Veterans Day, Thanksgiving, etc), but will be out on German Holidays.

The German Public school system is free of charge, with the exception of required books and materials, which need to be purchased by the parents. Some schools may offer for students to rent books for a reasonable fee.

Students stay in a "Klassenverband" all through Elementary School, meaning they remain with the same classmates for the entire four years of Elementary School. They often keep the same homeroom teacher throughout the entire time as well, but will still be taught by other teachers in classes like PE or Music, for example.

Links for more information:
https://www.welcome-to-rlp.org/home-away-from-home/
http://www.german-way.com/history-and-culture/education/
http://www.eduserver.de/zeigen_e.html?seite=4112
http://www.howtogermany.com/pages/germanschools.html

** For more information on the German school system, please visit the Rathaus (City Hall) in your village.**

SY 2021-2022 Baumholder Community and Kaiserslautern Military Community School Liaison Offices
Providing information on Child and Youth Services, DoDEA schools, Homeschooling and Off base options

Homeschooling in Germany

Home School Support Group Information

DoDEA Home School Support

DoDEA schools will provide and offer home schooled DoD dependents classes and/or special education services, Library usage, JROTC, testing and extracurricular programs, consistent with existing regulations and policy. Dependents of sponsors electing to take a single class or more must complete a registration form and comply with registry procedures and requirements. For further information contact your local DoD Education Activity School office. (DoDEA AI 1375.01. April 10, 2018)

United Homeschoolers of Germany

UHSG is a volunteer lead inclusive support group for homeschooling families in the Kaiserslautern/Ramstein area. The members are comprised of homeschooling families living temporarily in Germany. They encourage diversity and welcome all regardless of race, religion, or homeschool style. Together, they provide a network of support where homeschooling families can share ideas, organize field trips or enrichment classes, connect with local organizations, provide information about living in Germany, and help families new to homeschooling. Because of the unique and often transient nature of this community, UHSG strives to offer a welcoming and safe place for parents as well as children.
Email: unitedhomeschoolersofgermany@gmail.com
Website: www.unitedhomeschoolersofgermany.blogspot.de
Facebook: https://www.facebook.com/groups/unitedhomeschoolersofgermany

Because the group shares private information and they want members to feel safe communicating freely, they ask that all new members answer a few quick questions before joining. Upon requesting to join, please check your "others" Facebook mail folder on a computer for correspondence from one of the admins.

For the Baumholder area, please check out the Baumholder Homeschoolers Facebook page.

Youth Sponsorship

Youth Sponsorship programs are available at all Army installations. The purpose of the sponsorship program is to alleviate stress associated with transitions. This program gives youth the opportunity to assist their peers by providing school and community information.

Students who are interested in being sponsors receive training. When incoming youth request a sponsor, they are paired up with another youth who has similar interests. The two youth staying in touch until the new youth arrive.

This program is a win-win situation for both students as it is rewarding for the youth sponsor and the new youth has an acquaintance prior to arrive.

If your youth is interested in having a youth sponsor, prior to arriving in the Kaiserslautern Military Community, please visit
https://kaiserslautern.armymwr.com/programs/school-liaison-officer-slo to complete a youth sponsor request.

You may also reach out to the School Liaison Officer by emailing usarmy.rheinland-pfalz.id-europe.mbx.dfmwr-slo@mail.mil

DODEA School Information

There are 12 DoDEA schools in the Kaiserslautern and Baumholder area. The schools are listed below.

Baumholder Middle High School (Grades 6-12) Baumholder Community
Kaiserslautern Elementary School (Grades K-5)
Kaiserslautern Middle School (Grades 6-8)
Kaiserslautern High School (Grades 9-12)
Landstuhl Elementary School (Grades K-5)
Ramstein Elementary School (Grades K-2)
Ramstein Intermediate School (Grades 3-5)
Ramstein Middle School (Grades 6-8)
Ramstein High School (Grades 9-12)
Sembach Elementary School (Grades K-5)
Smith Elementary School (Grades K-5) Baumholder Community
Vogelweh Elementary School (Grades K-5)

Where a family lives determines where children will attend school. The Feeder Zone listing can be obtained from the Housing Office, Student Transportation Office or the School Liaison Office. It is also accessible at https://kaiserslautern.armymwr.com/application/files/2414/9306/6032/FEeder_zone.pdf

The following documents are required to enroll students in DoDEA:

* Sponsor's Orders
* Proof of residence or TLA
* Immunization records
* Proof of age for Kindergarten
* Previous school records

To register, please visit https://www.dodea.edu/Europe/registration.cfm to pre-register online. To complete the registration process, you must visit the school.

Student Transportation Offices

There are 2 Transportation Offices in the KMC. The Ramstein Office is located in BLDG 994T, DSN: 480-2877 or COM: 06371-47-2877. The other office is located on Vogelweh, BLDG 2000, Room 165, DSN: 545-1402 or COM: 0611-143-545-1402. For the Baumholder Community, please call DSN: 545-1213 or COM: 0611-143-545-1213.

School Meal Program

AAFES administers the Student Meal Program for the schools in Kaiserslautern and Baumholder. Parents can open a student lunch account by visiting their child's school cafeteria or the Customer Service area at the Exchange. Parents will need the student ID number which can be obtained from the school registrar. For more information, visit http://www.aafes.com/about-exchange/school-lunch-program/

The Free and Reduced Lunch Program is managed by AAFES. Eligibility is based on total household size and income. Families must included Base Pay, BAS and any other income contributed to the household. Apply online at https://freeandreducedapps.aafes.com/

Bright Eyes Program

The Kaiserslautern/Landstuhl Spouses Association and Baumholder Spouses Association provides a voucher towards a pair of glasses to the children of active duty families, who qualify for the free lunch program.
Contact info for KLSA: brighteyes.klsa@gmail.com
Baumholder:
brighteyesbcsc@gmail.com.

BAUMHOLDER MILITARY COMMUNITY

SCHOOL ZONE INFORMATION

EFFECTIVE 31 August 2016

School bus transportation will be provided from the villages listed below-to/from Baumholder Middle/High School and to/from Smith Elementary School. Villages and towns not specifically identified in the list below are considered outside the commuting zone.

Abentheuer
Achtelsbach
Baumholder
Birkenfeld
Brueken (Birkenfeld)
Berschweiler
Bledesbach
Dienstweiler
Ehweiler
Eitzweiler
Erdesbach
Fohren-Linden
Freisen
Frauenberg
Hammerstein
Heimbach
Hoppstaedten
Idar-Oberstein
Konken
Kusel
Mettweiler
Niederalben
Niederhambach-Boeschweiler
Niederhambach-Burbach
Niederhambach-Heupweiler
Oberbrombach
Oberkirchen
Patersbach
Pfeffelbach
Rammelsbach
Rathsweiler
Reichweiler
Reitscheid
Rohrbach
Rueckweiler
Reichenbach
Ruschberg
Ruthweiler
Schwarzerden
Selchenbach
Thallichtenberg
Ulmet
Weiersbach

Kaiserslautern School Zone

Dansenberg
Erzenhausen
Erzhütten
Espensteig
Eulenbis
Kaiserslautern City
Engelshof
Kreimbach
Geiselberg
Heltersberg
Hermersberg
Hohenecken
Horbach
Höheinöd
Kapaun Housing
Krickenbach
Linden
Mölschbach
Morlautern
Niederkirchen
Olsbrücken
Pfeiffermühle
Queidersbach
Rodenbach Schopp
Steinalben Stelzenberg
Sulzbachtal
Thaleischweiler
Trippstadt
Vogelweh Housing - West
Waldfischbach
Weilerbach
Wiesentahlerhof
Wörsbach

Vogelweh School Zone

Einsiedlerhof Forsthaus-
Einsiedlerhof Kindsbach
Siegelbach
Vogelweh Housing- East

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

Sembach School Zone

Alsenborn
Baalborn
Börrstadt
Breunigweiler
Enkenbach
Alsenborn
Erfenbach
Erlenbach
Fischbach
Gersweilerhof
Gonbach
Heiligenmoschel
Hirschhorn
Hochspeyer
Höringen
Imsbach
Katzweiler
Langmeil
Lohnsfeld
Mehlbach
Mehlingen
Münchweiler a.d. Alsenz
Neuhemsbach
Neukirchen
Otterbach
Otterberg
Sambach
Schallodenbach
Schneckenhausen
Schweissweiler
Sembach-Base
Sembach-Town
Sippersfeld
Wartenberg
Winnweiler

**** Students in grades 6-8, who reside in the Sembach Zone, will attend Kaiserslautern Middle School and students in grades 9-12 will attend Kaiserslautern High School****

School Liaison Offices

86 MSG School Liaison Office
BLDG 2203, Room 111
Ramstein Air Base
DSN: 480-9374 CIV: 06371-47-9374

USAG RP School Liaison Office
BLDG 162, Room 114
Rhine Ordnance Barracks
DSN: 541-9061 CIV: 0611-143-541-9061

SCHOOL BUS

Kaiserslautern Military Community School Zone Information



Where you live determines where your child(ren) will attend school

Student Transportation Offices

Sembach, Kaiserslautern, Landstuhl & Vogelweh Schools
DSN: 545-1343
CIV: 0611-143-545-1343

Ramstein Schools
DSN: 480-2877
CIV:06371-47-2877



The Department of Defense has established 11 schools within the Kaiserslautern Military Community to meet the educational needs of children from Kindergarten through 12th Grade.

The school your child attends is determined using the same method as in the United States; by physical home address, not the parent's workplace address.

Parents may request an exception to the feeder zone policy. This request can be made at the school that they are zoned for. Requests require signatures from both the losing and gaining school principals. The final decision is made by the Community Superintendent.

It is important for parents to understand if an exception to feeder zone policy is approved, school bus transportation will not be provided outside of designated school feeder zones.

Ramstein School Zone

Albersbach
Altenglan
Altenkirchen
Bettenhausen
Börsborn
Bosenbach
Brücken
Dietschweiler
Dittweiler
Elschbach
Elschbacherhof
Elschbach Am Bahnhof
Etschberg
Fockenberg-Limbach
Föckelberg
Mackenbach
Gimsbach
Glan-Münchweiler
Gries
Haschbach
Henschtal
Herschweiler-Pettersheim
Hüffler
Hütschenhausen
Jägersburg
Jettenbach
Katzenbach
Kirchmohr
Kollweiler
Kottweiler-Schwanden
Krottelbach
Kübelberg
Landstuhl-Langwiesen
Liebsthal
Matzenbach
Miesau
Miesau-Buchholz
Miesau Depot
Miesenbach
Mühlbach
Nanzdietschweiler
Nanzweiler
Neunkirchen a. Potzberg
Niedermohr
Niederstaufenbach
Obermohr
Obertstaufenbach
Ohmbach
Quirnbach
Ramstein-City
Rehweiler
Reichenbach-Steegen
Reuschbach
Rothselberg
Rutsweiler a. Glan
Sand
Schellweiler
Schmittweiler
Schönenberg
Schrollbach
Schwedelbach
Spesbach
Steinbach
Steinwenden
Theisbergstegen
Waldmohr
Weltersbach

Landstuhl School Zone

Bann
Bechhofen
Bruchmühlbach
Gerhardsbrunn
Gross/Klein Bundenbach
Harsberg
Hauptstuhl
Herschberg
Hettenhausen
Käshofen
Kirchenarnbach
Knopp
Krähenberg
Labach
Lambsborn
Landstuhl-Atzel
Landstuhl-City
Landstuhl– Melkerei
Langwieden
Martinshöhe
Mittelbrunn
Mörsbach
Neumühle
Niederhausen
Oberarnbach
Oberhausen
Obernheim
Rosenkopf
Saalstadt
Schauerberg
Schmittshausen
Vogelbach
Wallhalben
Weselberg
Wiesbach
Winterbach

****High School Students living in the Landstuhl School Zone will attend Kaiserslautern High School.****



Table 1
Army in Europe Child and Youth Supervision Guidelines

Age 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 Age 5	No	No	No	No	No	No
Age 5 to 6	No	No	No This includes school and bus stops.[1]	No for 5 year olds; Yes for 6 year olds in playgrounds or yards with immediate access (visual or hearing distance) to the parent or caregiver.	No	No
Ages 7 to 9	No	No	Yes. May also walk to and from school and bus stops. In some locations, the school may have additional restrictions.[1]	Yes, during daylight hours in playgrounds or yards with immediate access (visual or hearing distance) to an adult.	No	No
Ages 10 to 11	Yes, with ready access (phone number) to an adult, but for no more than 3 hrs	No	Yes[1]	Yes	Yes, except in hot weather and for no more than 10 minutes, provided that the child has immediate access to an adult. The keys must be removed and the handbrake applied.	No
Ages 12 to 13	Yes, with ready access (phone number) to an adult, but no more than 6 hrs.	No	Yes[1]	Yes	Yes	Yes[2] up to 3 hrs
Ages 14 to 17	Yes	Yes for ages 14 and 15, provided the child remains in the local area, has access to a parent or sponsor, and the period does not exceed 24 hrs. Yes for ages 16 and 17, provided the period does not 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. Parents must be cognizant of host-nation laws when visiting or living on the economy. Host-nation child protection and supervision rules may be more stringent than those outlined within this regulation. When off-post and when host-nation rules exceed those of this regulation, parents are to follow host-nation law. Parents need to be familiar with host-nation child supervision rules and these guidelines as they are ultimately responsible for the safety and wellbeing of their children. Additional information is available at the local Army Community Service FAP office.
3. 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.
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

ONLINE RESOURCES

TOP LINKS FOR NEWCOMERS

- USAG Rheinland-Pfalz Homepage: https://home.army.mil/rheinland-pfalz/index.php
- USAG Rheinland-Pfalz Newcomers Page: https://home.army.mil/rheinland-pfalz/index.php/usag-rheinland-pfalz/newcomers
- USAG Army Europe Newcomers Homepage: https://www.europeafrica.army.mil/Newcomers/

MWR LINKS

- USAG Rheinland-Pfalz Baumholder MWR Website: https://baumholder.armymwr.com/
- USAG Rheinland-Pfalz Kaiserslautern MWR Website: https://kaiserslautern.armymwr.com/

FACEBOOK LINKS

- USAG Rheinland-Palz Facebook Page: https://www.facebook.com/army.rp
- USAG Rheinland-Pfalz Baumholder Facebook Page: https://www.facebook.com/USAGRheinlandPfalzBaumholder
- USAG Rheinland-Pfalz MWR Baumholder Facebook Page: https://www.facebook.com/BaumholderFMWR
- USAG Rheinland-Pfalz MWR Kaiserslautern Facebook Page: https://www.facebook.com/RheinlandPfalzFMWR
- USAG Rheinland-Pfalz ACS Facebook Page: https://www.facebook.com/RheinlandPfalzACS

FAMILY LINKS

- School Support Services and Youth Sponsorship: https://kaiserslautern.armymwr.com/programs/school-liaison-officer-slo
- Military Youth on the Move (Youth topics): https://youth.gov/
- USAG Rheinland-Pfalz Child and Youth Services: https://home.army.mil/rheinland-pfalz/index.php/usag-rheinland-pfalz/all-services/child-youth-services
- DODEA Europe East District Homepage: https://www.dodea.edu/Europe/east/index.cfm

AIR FORCE LINK

- 86th Force Support Squadron: https://86fss.com/

MOVING LINKS

- Military Installations Website: https://installations.militaryonesource.mil/
- Plan My Move Website: https://planmymove.militaryonesource.mil/
- eSAT Sponsorship Training Website: https://millifelearning.militaryonesource.mil/
- Request a Sponsor on Army Career Tracker (ACT): https://actnow.army.mil/
- Sponsorship and Newcomers FAQs: https://www.europeafrica.army.mil/Portals/19/documents/USArmyEuropeSponsorshipFAQs.pdf?ver=2018-06-28-035529-940
- How to get a USAREUR Driver's License: https://www.afsbeurope.army.mil/Logistics-Readiness-Centers/LRC-Bavaria/Transporation-Division/Drivers-Testing/
- Billeting/Lodging Access in Baumholder: https://baumholder.armymwr.com/programs/army-lodging
- Billeting/Lodging Access in Vogelweh/Landstuhl/Ramstein: https://86fss.com/air-force-inns-lodging/
- Off-Post Housing (Pre-approved by the Housing Office): https://www.homes.mil/homes/DispatchServlet/Back?Mod=HomesWelcome&SSRedir=true
- AMC Pet Travel Page: https://www.amc.af.mil/AMC-Travel-Site/AMC-Pet-Travel-Page/

EUROPEAN UNION LINKS

- European Union Homepage: https://europa.eu/european-union/index_en
- European Union Slideshow: https://europa.eu/european-union/documents-publications/slide-presentations_en
- European Union Learning Corner: https://europa.eu/learning-corner/home_en

CRISIS PHONE NUMBERS

CHAPLAIN (ON-CALL)
Baumholder: 0162-270-8349
Kaiserslautern: 0162-296-9054

DOMESTIC VIOLENCE HOTLINE 24/7
0152-0457-1077 or 0152-0487-6330

EMERGENCY NUMBERS
On Post or Off Post: 112 for Emergency (Fire/Medical)
Off Post: 110 for German Police

Baumholder Law Enforcement Desk (MP):
0611-143-531-2785 or 0611-143-531-2677
Kaiserslautern Law Enforcement Desk (MP):
0631-536-7070 , 0631-536-7002 or 0631-536-8005

WORK ORDER/AFTER-HOURS EMERGENCY NUMBERS
Kaiserslautern Military Community:
24/7 Army Maintenance: 0631-411-7175
24/7 Air Force Housing Maintenance: 06371-463-9510

Baumholder Community:
Normal hours (M-F): 0611-143-531-3060
After hours emergency: 06783-6-115 (U.S. Fire Dept.)

Germersheim Army Depot:
Normal hours (M-F): 0611-143-541-4842/4656
After hours emergency: 0631-303690 (U.S. Fire Dept.)

HEALTH CLINICS
Landstuhl Regional Medical Center (LRMC)
Information Desk Phone:
DSN 590-4100 / Civilian: 06371-9464-4100
Emergency Care Phone:
DSN 590-6321/22 / Civilian: 06371-9464-6321/22

Baumholder Health Clinic
Clinic Kaserne, Bldg 8740
Front Desk Phone:
DSN 590-1004 / Civilian: 06371-9464-1004

Kaiserslautern Health Clinic
Kleber Kaserne, Bldg 3287
Phone: DSN 590-2615 / Civilian: 06371-9464-2615

Ramstein Health Clinic/Medical Treatment Facility (MTF)
Ramstein Airbase, Bldg 2114
Sick Call/ Appointment Desk Phone:
DSN 479-2273 / Civilian: 06371-46-2273

LOCAL HOSPITALS
KAISERSLAUTERN:
Westpfalz Klinikum GmbH Phone: 0631-203-0
Hellmut-Hartert-Str. 1
67655 Kaiserslautern
www.westpfalz-klinikum.de
Standort Kusel Phone: 06381-930
Standort Rockenhausen Phone: 06361-4550
Standort Kirchheimbolanden Phone: 06352-4050

Lutrina Klinik Phone: 0631-205640
Brüsseler Str. 7
67657 Kaiserslautern
www.lutrinaklinik.de

Pfalzklinikum für Psychiatrie Phone: 0631-5349-0
und Neurologie
Albert-Schweitzer-Str. 64
67655 Kaiserslautern
www.pfalzklinikum.de

LANDSTUHL:
Nardini Klinikum St. Johannis Phone: 06371-84-0
Nardinistr. 30
66849 Landstuhl
www.nardiniklinikum.de

MILITARY AND FAMILY LIFE COUNSELORS
0152-2479-2650, 0175-792-3332, 0170-369-3292 ,
0175-601-1985, 0152-2366-2124, 0152-3652-2147,
0162-543-8772, 0152-2617-9751

MILITARY ONESOURCE
800-342-9647

RED CROSS (Emergency messages and AER assistance)
877-272-7337

SEXUAL HARASSMENT/ASSAULT RESPONSE
21st TSC 24/7 SHARP Hotline:
DSN 537-4277 (53-SHARP) / CIV 0611-143-537-4277
Rheinland-Pfalz 24/7 Helpline:
CIV +49 (0)631-413-7280

TRICARE SERVICE
Landstuhl Post, Bldg 3744
Phone: DSN 590-4830 / Civilian: 06371-9464-4830

EMERGENCY PHRASES

Emergency!	Notfall!
Call the Police!	Rufen Sie die Polizei!
Danger!	Gefahr!
Fire!	Feuer!
Get a Doctor!	Holen Sie einen Arzt!
Help!	Hilfe!
Look Out!	Vorsicht!
I do not speak German	Ich spreche kein Deutsch.
I only speak English	Ich spreche nur Englisch.
Please call an ambulance	Bitte rufen sie einen Krankenwagen!
I am a diabetic.	Ich bin Diabetiker.
I am allergic to antibiotics	Ich bin allergisch gegen Antibiotika.
Is there a pharmacy around here?	Ist hier in der Nähe eine Apotheke?
The emergency	der Notfall
The emergency doctor	der Notarzt
The ambulance	der Krankenwagen
The emergency exit	der Notausgang
The hospital	das Krankenhaus
The Pharmacy	die Apotheke

STAYING OVERNIGHT

Single room	Einzelzimmer
Double room	Doppelzimmer
I'd like a room with	Ich mochte gerne in Zimmer mit
-a bath	-Bad
-a shower	-Dusche
-a balcony	- Balkon
-air conditioning	- Klimaanlage
-radio, TV, telephone	-Radio, Fernsehen, Telefon
How much does a room cost	Wieviel kostet ein Zimmer
-per night?	-pro Nacht?
-per week?	-pro Woche?
-with breakfast?	-mit Früstück?
-with half board?	-mit Halbpension?
-with full board?	-mit Vollpension?
We are staying	Wir bleiben
-only one night	-nur eine Nacht
-a few days	-einige Tage
-one week	-eine Woche
What room number do I have?	Welche Zimmernummer habe ich?
The key, Please	Den Schlüssel, bitte
Can I pay with a credit card?	Kann ich mit Kreditkarte bezahlen?

RESTAURANT PHRASES

Is this seat available?	Ist hier frei?
Smoker/non-smoker	Raucher/Nichtraucher
Reserved	Reserviert
The menu	die Speisekarte
Table for regular customers	der Stammtisch
Would you like something to drink/eat?	Möchten Sie etwas trinken/essen?
Can I have a glass of tapwater, please?	Kann ich bitte 1(ein) Glas Leitungswasser haben?
Enjoy your meal/thanks likewise	Guten Appetit/Danke ebenso
Cheers!	Prost!
The waiter/waitress	der Kellner/die Kellnerin
The service	die Bedienung
For here?/To Go?	Zum hier essen? / Zum mitnehmen?
Together/separate	zusammen/getrennt
Tip	das Trinkgeld
I would like to pay please?	Ich möchte bezahlen, bitte.
Keep the change	Stimmt so.
Anything else?/That's all	Sonst noch etwas?/Das ist alles.
Was everything okay?	War alles in Ordnung?
Did you enjoy it?	Hat es geschmeckt?

SHOPPING

Excuse me, do you speak English?	Entschuldigung, sprechen Sie Englisch?
I would like…	Ich möchte…
-a bottle/a piece	-eine Flasche/ein Stück
-one kilogram(1000g)	-ein Kilo (-gramm)
-one pound (450g)	-ein Pfund (500 Gramm)
-one liter	-einen Liter (1000ml)
-one slice	-eine Scheibe
Can I try that?	Kann ich "das" probieren?
I'm just looking	Ich schaue nur.
I would like to exchange "this".	Ich möchte "das" umtauschen.
I would like my money back	Ich möchte mein Geld zurück.
Do you have…	Haben Sie…
-a different color?	-eine andere Farbe?
-a different size?	-eine andere Größe?
Where is…?	Wo ist…?
-a restroom?	-eine Toilette?
-an ATM	-ein Geldautomat?
Can I use this tax form (VAT FORM) here?	Kann ich hier dieses Steuerformular benutzen?

GENERAL PHRASES

Hello!	Hallo!
Good Day!	Guten Tag!
Good morning!	Guten Morgen!
Good evening!	Guten Abend!
Good night!	Gute Nacht!
See you again!	Auf Wiedersehen!
Talk to you again!	Auf Wiederhoren!
Until later!	Bis später!
Bye!	Tschüß!
Please or very welcome	Bitte/Bitte schön/Bitte sehr
Thank you very much	Danke/Danke schön/Danke sehr
Same to you or likewise	ebenso
No problem	Kein Problem
I am very sorry	Es tut mir sehr leid.

COMMON VERBS

To work	arbeiten	
To eat	essen	
To drive	fahren	
To ask	fragen	
To go	gehen	
To have	haben	
To buy	kaufen	
To come	kommen	
To love	lieben	
To make or do	machen	
Would like to	möchten	Ich m ö chte “das”! I would like “that”!
To take	nehmen	
To speak	sprechen	Sprechen Sie Englisch? Do you speak English?
To look for	suchen	
To drink	trinken	
To understand	verstehen	
To live	wohnen	
To pay	bezahlen	

NUMBERS

0 – null	20 -zwanzig	
1 – eins	21 – einundzwanzig	ein-und-zwanzig
2 – zwei	30 – dreißig	(one-and-twenty)
3 – drei	32 – zweiunddrreißig	
4 – vier	40 – vierzig	
5 – fünf	43 – dreiundvierzig	
6 – sechs	50 – fünfzig	
7 – Sieben	54 – vierundfünfzig	
8 – acht	60 – sechzig	
9 – neun	65 – fünfundsechzig	
10 – zehn	70 – siebzig	
11 – elf	76 – sechsundsiebzig	
12 – zwölf	80 – achtzig	
13 – dreizehn	87 – siebenundachtzig	
14 – vierzehn	90 – neunzig	
15 – fünfzehn	98 – achtundneunzig	
16 – sechzehn	99 – neunundneunzig	
17 – siebzehn	100 – (ein) hundert	
18 – achtzehn	200 – (zwei) hundert	
19 – neunzehn	300 – (drei) hundert	
	1.000 – eintausend	€ - Euro

KEY WORDS

What?	Was?	Old	alt
Where?	Wo?	New	neu
When?	Wann?	Good	gut
How?	Wie?	Bad	schlecht
Why?	Warum?	Easy, light	leicht
Who?	Wer?	Heavy	schwer
How much?	Wie viel?	Very	sehr
No	nein	beautiful	schön
Yes	ja	always	immer
Big	groß	sometimes	manchmal
Small	klein	never	nie, niemals
With	mit	few	wenig
Without	ohne	great	toll, großartig
Out	aus	much	viel
In	in		
And	und	or	oder
But	aber		

GETTING A USAREUR DRIVER'S LICENSE

The USAREUR driver's license is only valid in Germany. To drive in Germany, people must have a valid U.S. driver's license prior to moving to the country.

Step 1: Complete USAREUR Driver's License training on Joint Knowledge Online (JKO).
Both Service and Family Members can take the USAREUR driver's training and test online on https://jkodirect.jten.mil/ (Course IDs: USA-007 and USA-007B) prior to moving.
Service Members can use their Common Access Card and Family Members can use the benefits number on the back of their own ID card to log into Joint Knowledge Online and access training and test.

Link to the study book:
https://www.afsbeurope.army.mil/Portals/30/PDFs/LRC_Bavaria_Transportation/Drivers-Handbook.pdf

Step 2: Go to the Driver's Testing Station at USAG Rheinland-Pfalz to apply in person.

After passing the online test, personnel should print the Final Exam (USA-007B) Certificate and present it to the Driver's Testing office to receive a USAREUR license. If NOT used within 60 days of issue, you will be required to retrain and retest. Personnel will then fill out an application (190-1T), take an eye test and pay a fee for the USAREUR driver's license.

The current fee is $20, and, until further notice, only checks or money orders are only accepted for payment. Personnel will receive a temporary driver's license on-site. The hard-copy license will be sent to their APO mailing address within three to four weeks.

GETTING AN INTERNATIONAL DRIVER'S LICENSE

U.S. personnel must request an application for the international driver's license at the nearest driver's testing station for U.S. government employees. To apply for this license, they must submit the provided application to the Rathaus, or city hall, in their town of residence. People must possess the hard-copy USAREUR driver's license before beginning the process for the international driver's license. For the application, personnel must provide a copy of their U.S. driver's license, one EU passport photo (3.5 centimeters by 4.5 centimeters) in addition to paying a fee. Fees will vary per town. For more information, personnel should talk to the Rathaus personnel in their town.



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

YELLOW BAG

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

GLASS

- Bottles
- Jars, etc.

separated by color

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

PAPER

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

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

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…

Conversion Chart

Men'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.
32	42	14	36	6 3/4	54	S	46	30	75	U.S.	Ger.
34	44	14.5	37	6 7/8	55	M	48/50	32	80	S	44/48
36	46	15	38	7	56	L	52/54	34	85	M	50/52
38	48	15.5	39/40	7 1/8	57	XL	56	36	90	L	54/56
40	50	16	41	7 1/4	58			38	95	XL	58/59
42	52	16.5	42	7 3/8	59			40	100		
44	54	17	43	7 1/2	60			42	105		
46	56							44	110		
48	58							46	115		
50	60										

Women's Clothing

Blouses		Stockings		Panties/Girdles		Bras	
U.S.	Ger.	U.S.	Ger.	U.S.	Ger.	U.S.	Ger.
28/6	34	8	0	XS	30	30	65
30/8	36	8.5	1	S	32	32	70
32/10	38	9	2	M	34	34	75
34/12	40	9.5	3	L	36	36	80
36/14	42	10	4	XL	38	38	85
38/16	44	10.5	5	XXL	40	40	90
40/18	46				42	42	95
42/20							

Children's Clothing

Clothes			
U.S.	Ger.	U.S.	Ger.
4	35	9	134
4.5	35.5	10	140
5	36	11	146
5.5	36.5	12	152
6	37	13	158
6.5	37.5	14	164
7	38	15	170
7.5	38.5	16	176
8	39		
8.5	39.5		
9	40		

Weights & Measurements Conversion

Mass		Linear Measurement	
0.035 ounces	1 gram	0.3937 inches	1 centimeter
1 ounce	28.4 grams	1 inch	2.54 centimeters
1 pound	454 grams	1 foot	30.05 centimeters
1.1 pounds	500 grams (Ger. lb)	1 yard	91.4 centimeters
2.205 pounds	1 kilogram	39.37 inches	1 meter
1 ton	907 kilograms	0.62137 miles	1 kilometer
1.1023 tons	1 ton	1.60934 kilometers	1 mile

Temperature

Thermometer Conversion Celsius to Fahrenheit: (1.8 x C*) + 32

Fahrenheit to Celsius		Body Temperature/Fever		Electric Oven Temperature	
0	-17	96.8	36	250-275	130-140
10	-12	97.7	36.5	300	150
20	-7	98.6	37	325	170
30	-1	99.5	37.5	350	180
40	4	100.4	38	375-400	190-200
50	10	101.3	38.5	450-475	220+
60	15	102.2	39	Gas Oven Temperature	
70	21	103.1	39.5	.5-1	130-140
80	27	104.0	40	2	150
90	32	104.9	40.5	3	170



Too much or not enough HHG's?

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 solutions. Shop, donate, or volunteer and make new friends!!

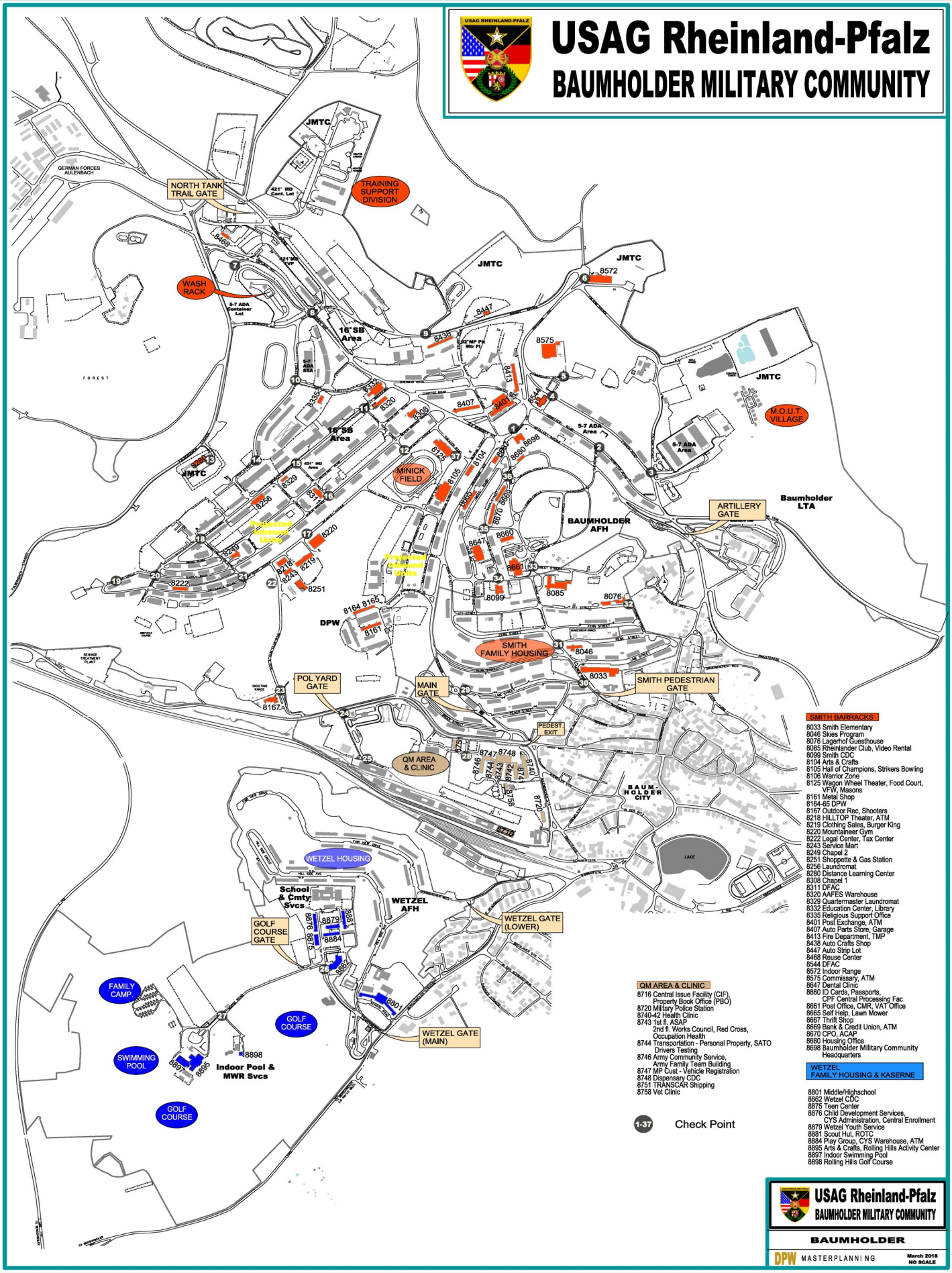
KMC Airman's Attic
Bldg. 2162, Ramstein
https://www.facebook.com/KMCAirmansAttic/

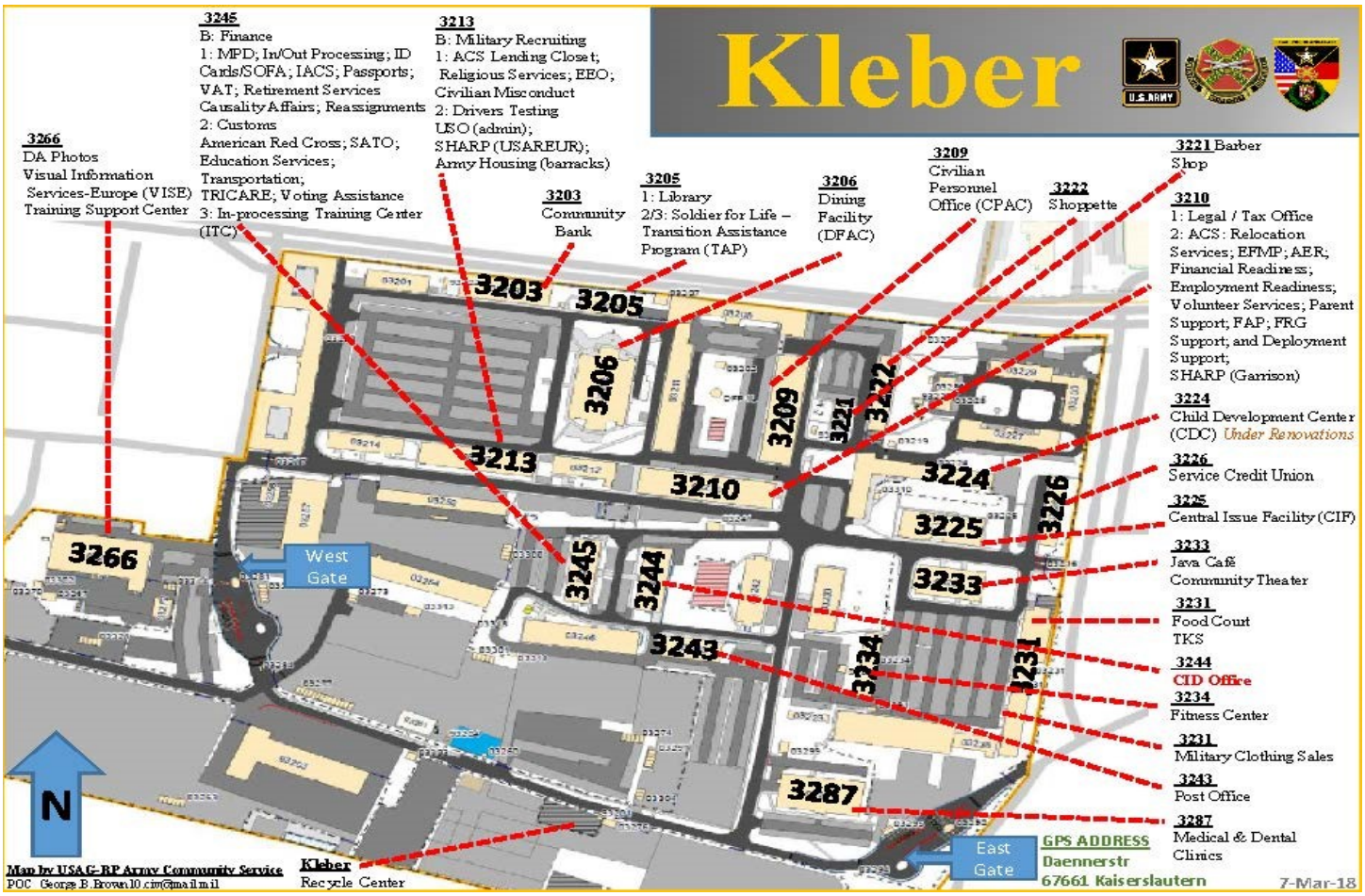
The RESA Thrift Shop
Bldg. 2494, Ramstein
Phone: 06371-47-5492
DSN: 480-5492
https://www.facebook.com/RESAThriftShop/

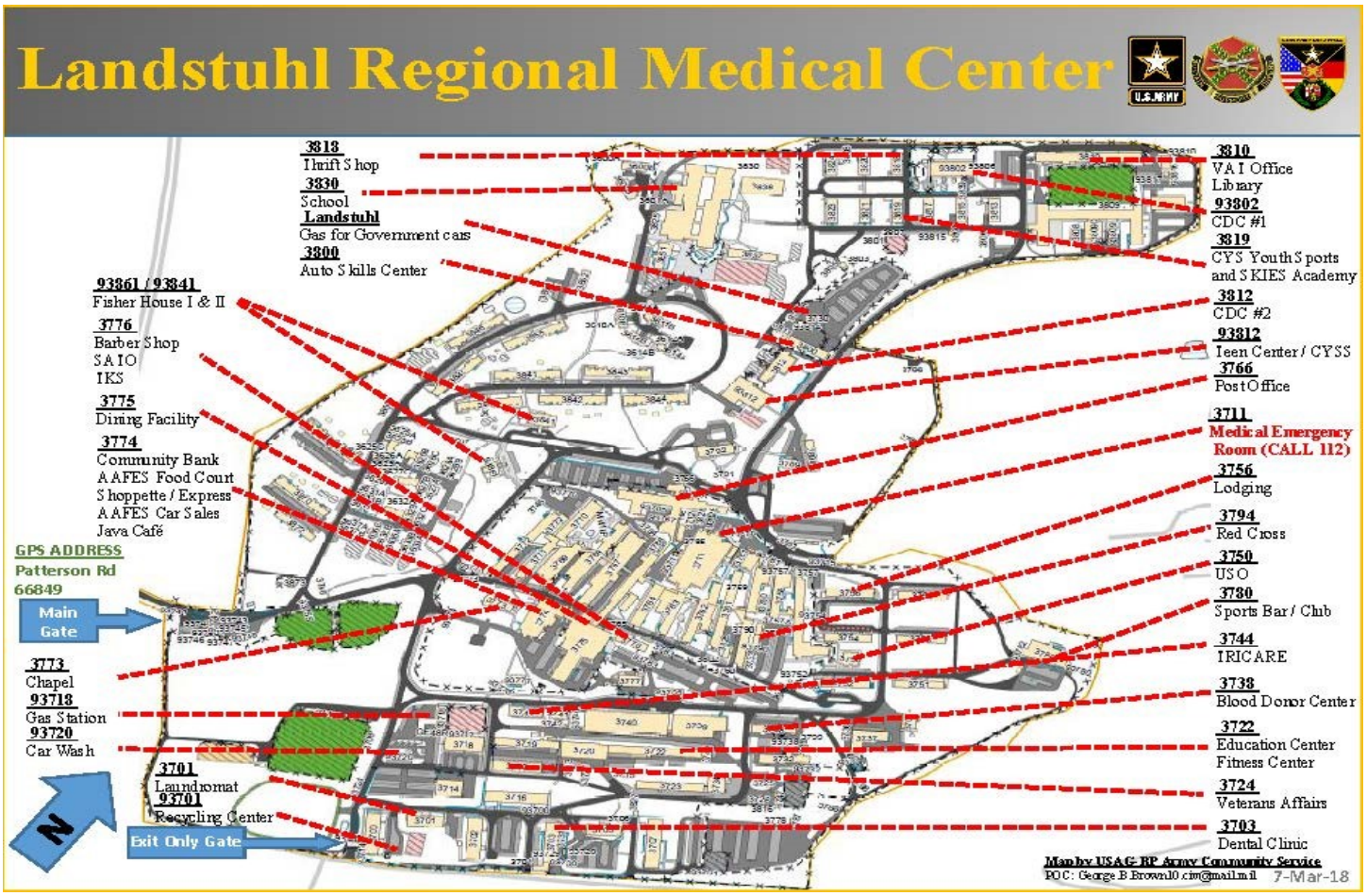
KLSA Thrift Shop
Bldg. 3818, Landstuhl
Phone: 06371-86-7318
https://www.facebook.com/KLSAThriftShop/

BCSB Thrift Shop
Bldg. 8667, Baumholder
Phone: 0611-143-531-2847
DSN: 485-2847
https://www.facebook.com/BCSCThriftStore/

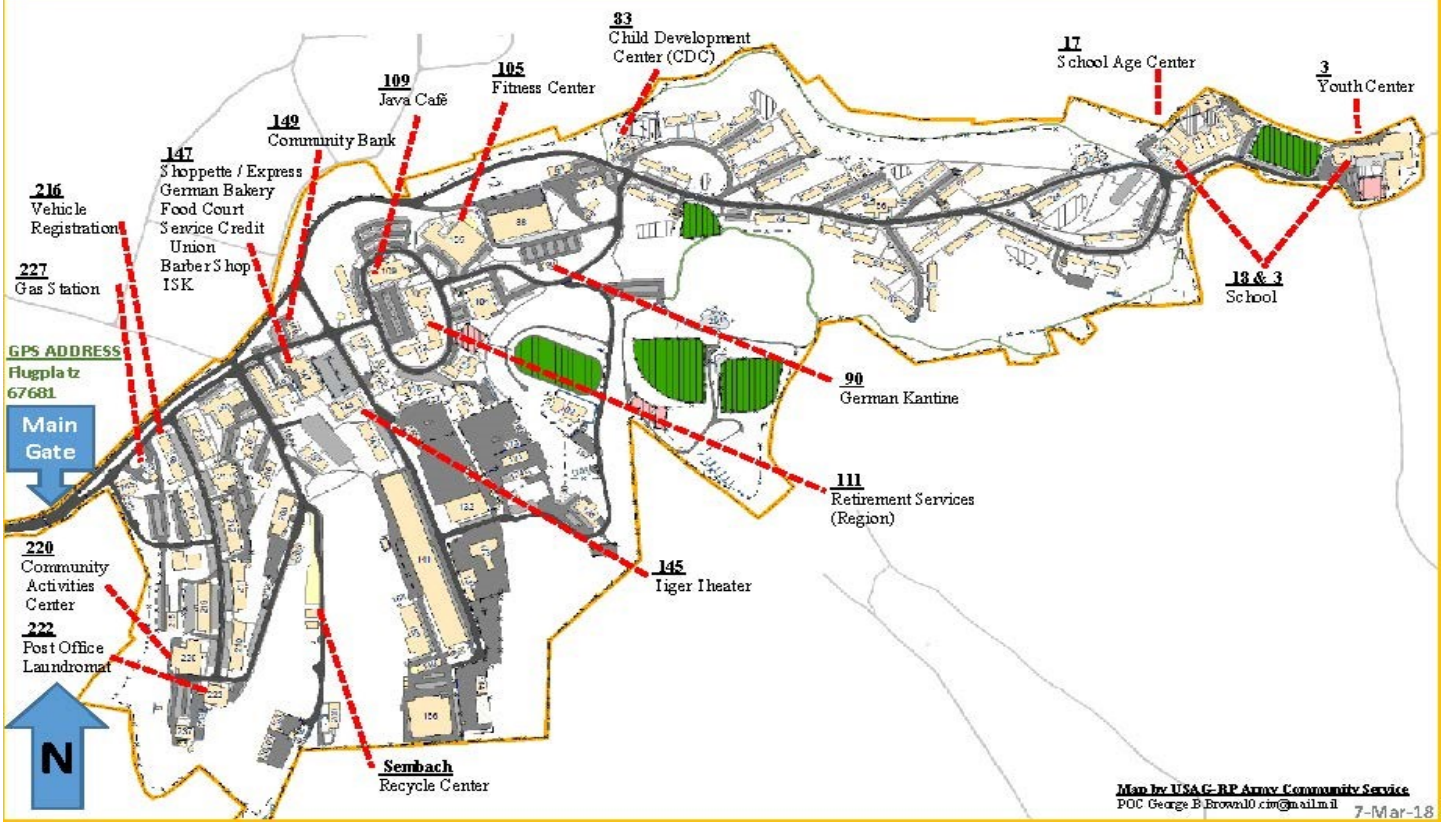
**Thrift stores are operated by private organizations. The information provided does not imply US Army endorsement.*


USAG Rheinland-Pfalz
BAUMHOLDER MILITARY COMMUNITY
JMTC
NORTH TANK TRAIL GATE
TRAINING SUPPORT DIVISION
WASH RACK
16 SB Area
MINICK FIELD
M.O.U.T. VILLAGE
ARTILLERY GATE
Baumholder LTA
BAUMHOLDER AFH
DPW
SMITH FAMILY HOUSING
SMITH PEDESTRIAN GATE
POL YARD GATE
MAIN GATE
PEDEST EXIT
QM AREA & CLINIC
BAUM-HOLDER CITY
WETZEL HOUSING
School & Cmty Svcs
WETZEL AFH
GOLF COURSE GATE
WETZEL GATE (LOWER)
WETZEL GATE (MAIN)
FAMILY CAMP.
GOLF COURSE
SWIMMING POOL
Indoor Pool & MWR Svcs
GOLF COURSE
SMITH BARRACKS
8033 Smith Elementary
8046 Skies Program
8076 Lagerhof Guesthouse
8085 Rheinlander Club, Video Rental
8099 Smith CDC
8104 Arts & Crafts
8105 Hall of Champions, Strikers Bowling
8106 Warrior Zone
8125 Wagon Wheel Theater, Food Court, VFW, Masons
8161 Metal Shop
8164-65 DPW
8167 Outdoor Rec, Shooters
8216 HILLTOP Theater, ATM
8219 Clothing Sales, Burger King
8220 Mountaineer Gym
8222 Legal Center, Tax Center
8243 Service Mart
8249 Chapel 2
8251 Shoppette & Gas Station
8256 Laundromat
8280 Distance Learning Center
8308 Chapel 1
8311 DFAC
8320 AAFES Warehouse
8329 Quartermaster Laundromat
8332 Education Center, Library
8335 Religious Support Office
8401 Post Exchange, ATM
8407 Auto Parts Store, Garage
8413 Fire Department, TMP
8438 Auto Crafts Shop
8447 Auto Strip Lot
8468 Reuse Center
8544 DFAC
8572 Indoor Range
8575 Commissary, ATM
8647 Dental Clinic
8660 ID Cards, Passports, CPF Central Processing Fac
8661 Post Office, CMR, VAT Office
8665 Self Help, Lawn Mower
8667 Thrift Shop
8669 Bank & Credit Union, ATM
8670 CPO, ACAP
8680 Housing Office
8698 Baumholder Military Community Headquarters
QM AREA & CLINIC
8716 Central Issue Facility (CIF), Property Book Office (PBO)
8720 Military Police Station
8740-42 Health Clinic
8743 1st fl. ASAP
2nd fl. Works Council, Red Cross, Occupation Health
8744 Transportation - Personal Property, SATO Drivers Testing
8746 Army Community Service, Army Family Team Building
8747 MP Cust - Vehicle Registration
8748 Dispensary CDC
8751 TRANSCAR Shipping
8758 Vet Clinic
1-37 Check Point
WETZEL FAMILY HOUSING & KASERNE
8801 Middle/Highschool
8862 Wetzel CDC
8875 Teen Center
8876 Child Development Services, CYS Administration, Central Enrollment
8879 Wetzel Youth Service
8881 Scout Hut, ROTC
8884 Play Group, CYS Warehouse, ATM
8895 Arts & Crafts, Rolling Hills Activity Center
8897 Indoor Swimming Pool
8898 Rolling Hills Golf Course
USAG Rheinland-Pfalz
BAUMHOLDER MILITARY COMMUNITY
BAUMHOLDER
DPW MASTERPLANNING
March 2015
NO SCALE

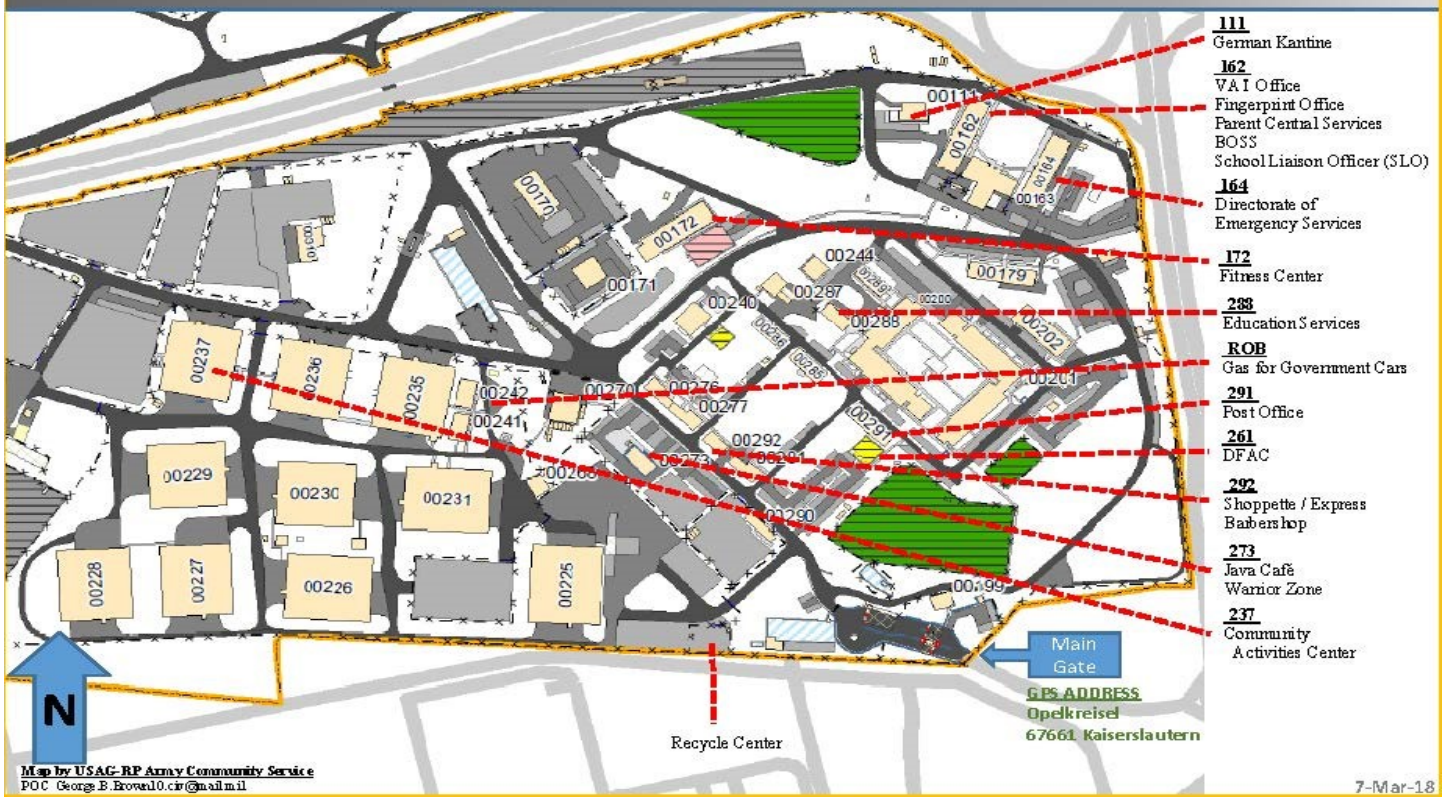

Kleber
3245
B: Finance
1: MPD; In/Out Processing; ID Cards/SOFA; IACS; Passports; VAT; Retirement Services Causality Affairs; Reassignments
2: Customs
American Red Cross; SATO; Education Services; Transportation; TRICARE; Voting Assistance
3: In-processing Training Center (ITC)
3213
B: Military Recruiting
1: ACS Lending Closet; Religious Services; EEO; Civilian Misconduct
2: Drivers Testing
USO (admin); SHARP (USAREUR); Army Housing (barracks)
3266
DA Photos
Visual Information Services-Europe (VISE)
Training Support Center
3203
Community Bank
3205
1: Library
2/3: Soldier for Life – Transition Assistance Program (TAP)
3206
Dining Facility (DFAC)
3209
Civilian Personnel Office (CPAC)
3222
Shoppette
3221 Barber Shop
3210
1: Legal / Tax Office
2: ACS: Relocation Services; EFMP; AER; Financial Readiness; Employment Readiness; Volunteer Services; Parent Support; FAP; FRG Support; and Deployment Support; SHARP (Garrison)
3224
Child Development Center (CDC) Under Renovations
3226
Service Credit Union
3225
Central Issue Facility (CIF)
3233
Java Café
Community Theater
3231
Food Court
TKS
3244
CID Office
3234
Fitness Center
3231
Military Clothing Sales
3243
Post Office
3287
Medical & Dental Clinics
West Gate
East Gate
N
Kleber
Recycle Center
GPS ADDRESS
Daennerstr
67661 Kaiserslautern
Map by USAG-RP Army Community Service
POC: George.B.Brown10.civ@mail.mil
7-Mar-18


Landstuhl Regional Medical Center
3813
Thrift Shop
3830
School
Landstuhl
Gas for Government cars
3800
Auto Skills Center
93861 / 93841
Fisher House I & II
3776
Barber Shop
SAIO
IKS
3775
Dining Facility
3774
Community Bank
AAFES Food Court
Shoppette / Express
AAFES Car Sales
Java Café
GPS ADDRESS
Patterson Rd
66849
Main Gate
3773
Chapel
93718
Gas Station
93720
Car Wash
3701
Laundromat
93701
Recycling Center
Exit Only Gate
N
3810
VAI Office
Library
93802
CDC #1
3819
CYS Youth Sports and SKIES Academy
3812
CDC #2
93812
Teen Center / CYSS
3766
Post Office
3711
Medical Emergency Room (CALL 112)
3756
Lodging
3794
Red Cross
3750
USO
3730
Sports Bar / Club
3744
IRICARE
3738
Blood Donor Center
3722
Education Center
Fitness Center
3724
Veterans Affairs
3703
Dental Clinic
Map by USAG-RP Army Community Service
POC: George.B.Brown10.civ@mail.mil
7-Mar-18

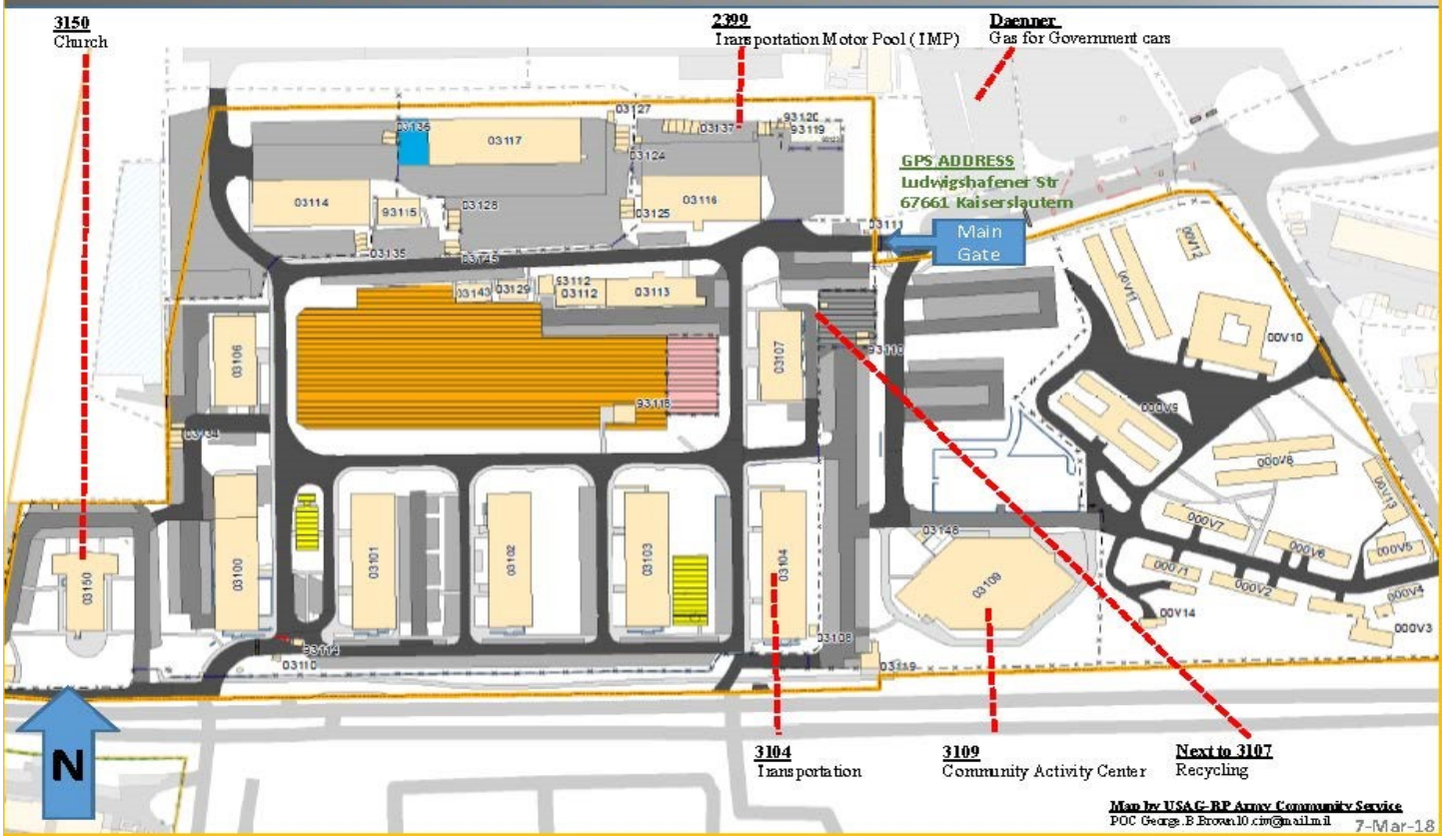
Sembach Kaserne



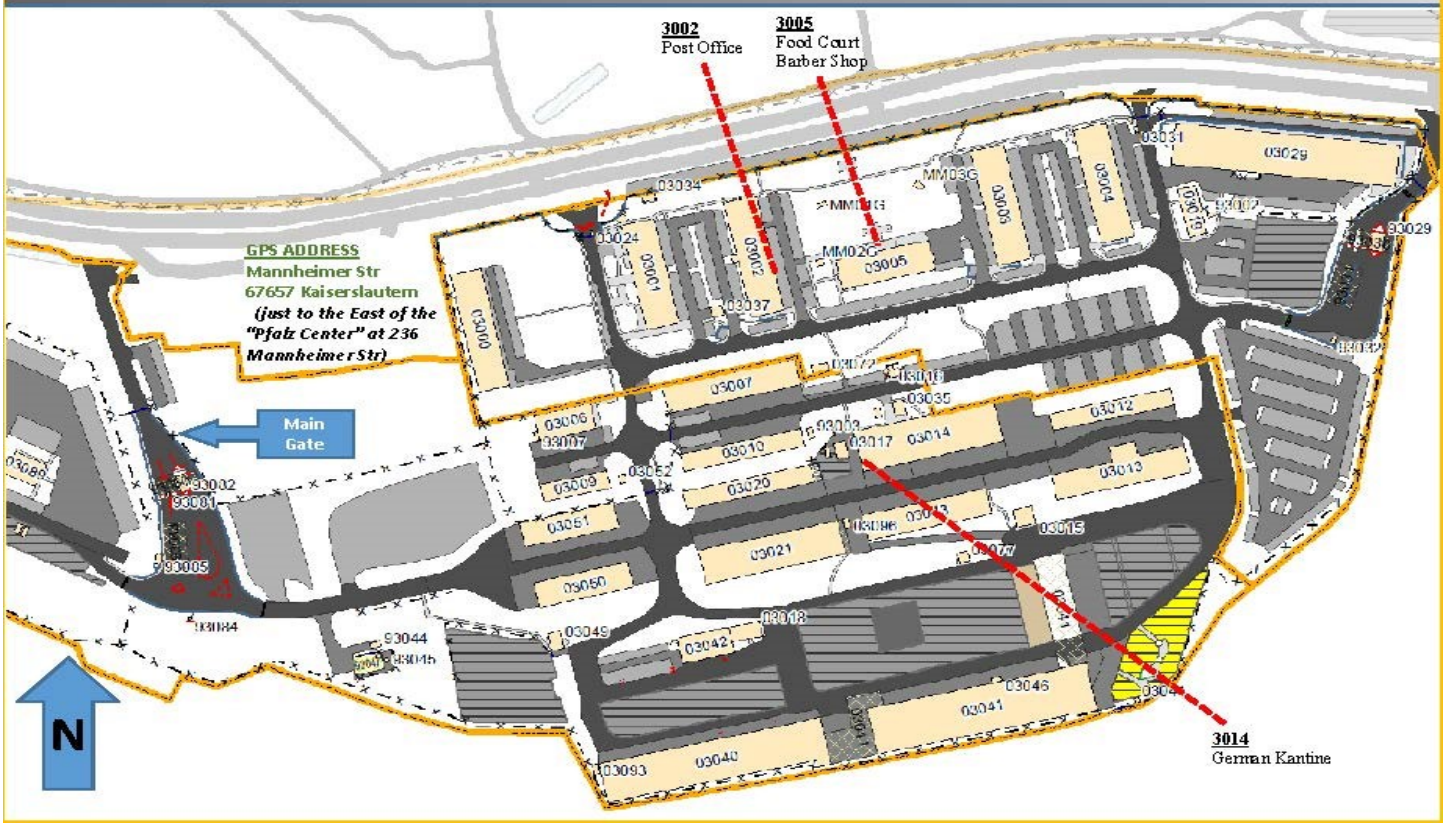
Rhine Ordnance Barracks (ROB)



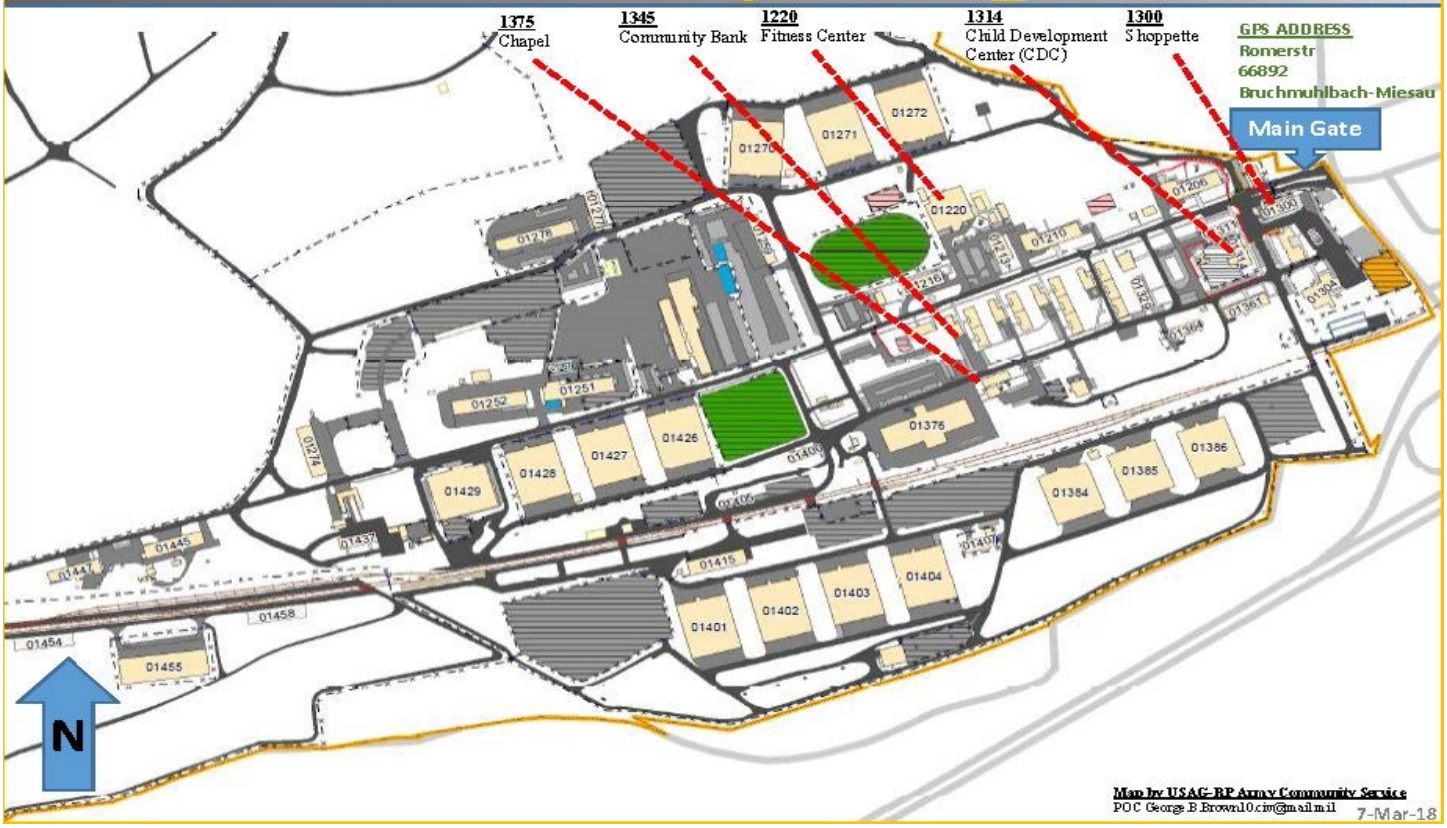
Daenner Kaserne



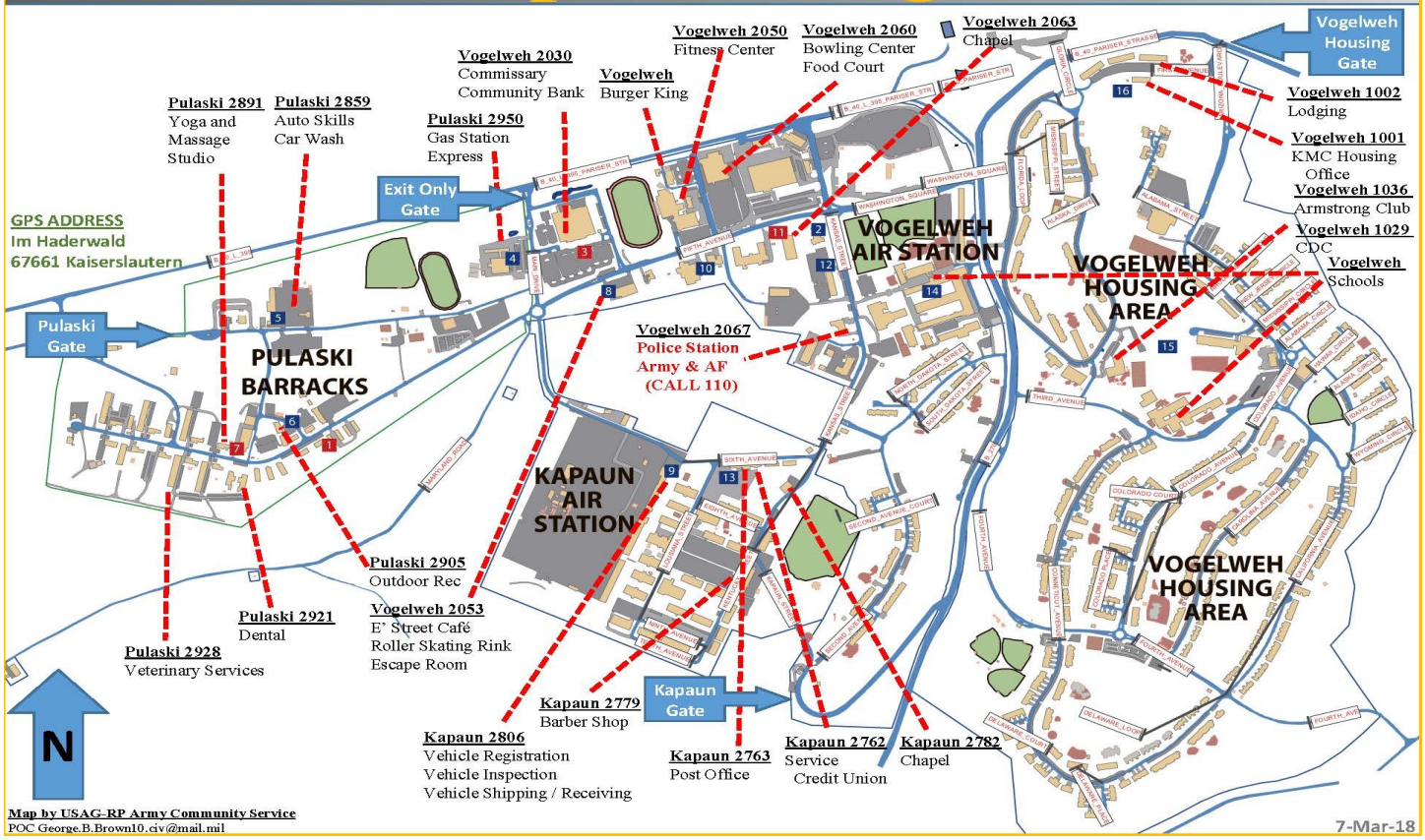
Panzer Kaserne



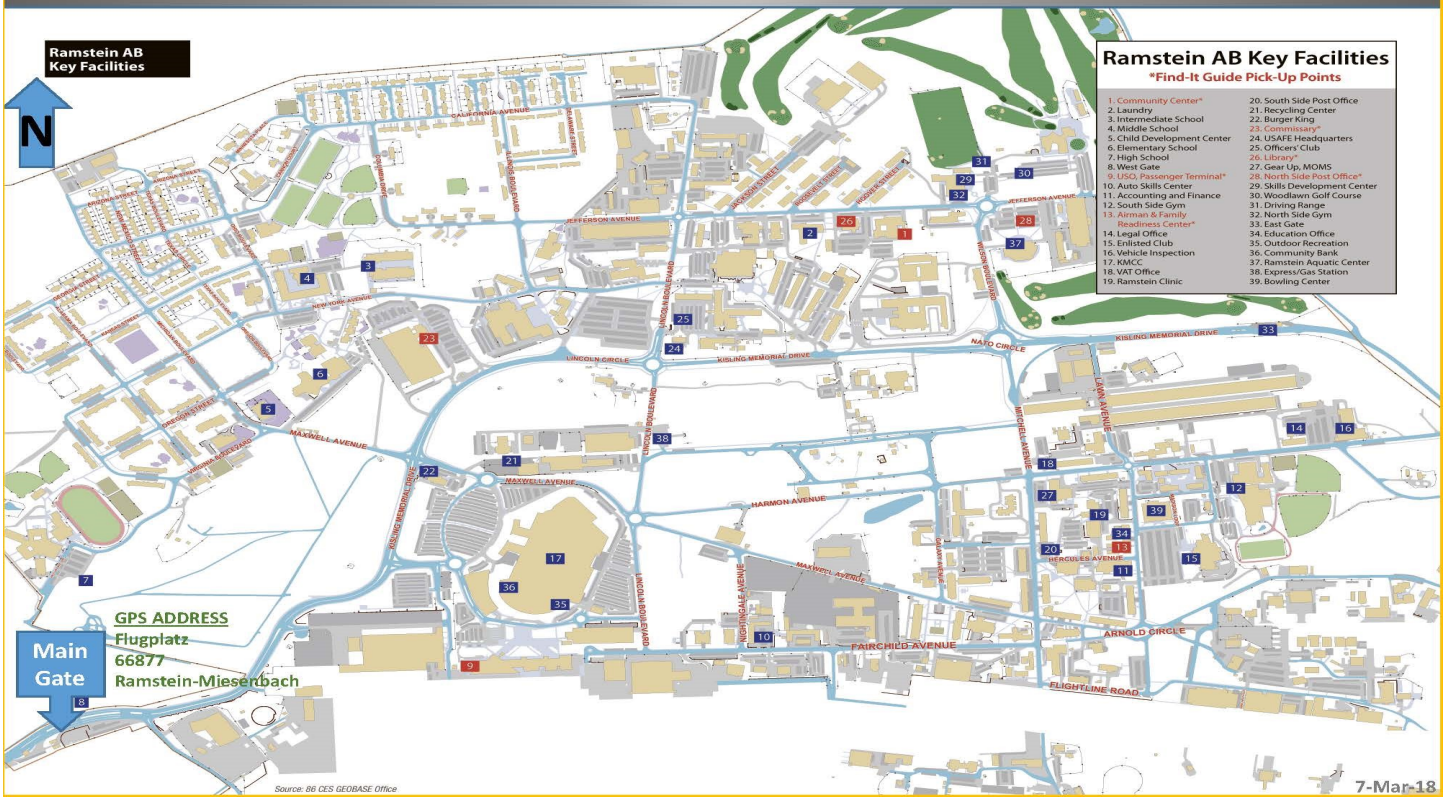
Miesau Army Depot



Pulaski/Kapaun/Vogelweh



Ramstein Air Base



U.S. Army Garrison Rheinland-Pfalz

