

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
Landstuhl
Bldg. 3820
CIV: (+49) 0611-143-541-9028
DSN: 541-9028



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ARMY COMMUNITY SERVICE I 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 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://iims.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://ivmis.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: OSN 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: KL/ BH/ 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

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-accs@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 and Civilian 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 Lunch & Learn. **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, *GPS units (*30 days) and more. Must be within 60 days of in-processing / out-processing. Available to Soldiers, Family members & Civilians. Call ACS or the Lending Closet directly for opening hours.

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 Baumholder: 0152-3652-2147

ROB: 0175-601-1985

Sembach / Pulaski: 0152-2366-2124

0162-543-8772

0152-2617-9751

SEXUAL HARASSMENT / ASSAULT RESPONSE & PREVENTION PROGRAM (SHARP)

Kleber Kaserne, Bldg. 3213, DSN: 541-9024 / 9029 CIV: 0611-143-541-9024 / 9029

21st TSC 24/7 SHARP Hotline: DSN 537-4277 (53-SHARP) / CIV +49 (0) 611-143-537-4277

Rheinland-Pfalz 24/7 Hotline: DSN 484-7280 / CIV +49 (0) 631-413-7280

Provides assistance for all Garrison Soldier sexual harassment complaints and provides reports of sexual assault for Soldiers, Department of the Army Civilians, and Family members over the age of 18.

www.facebook.com/RheinlandPfalzACS



EMERGENCY NUMBERS

110: LAW ENFORCEMENT

112: FIRE / MEDICAL





Relocation Readiness Program



Confused? Frustrated? Bewildered? Don't know where to turn?

The moving process can be a mystery, especially if it's your first move in the military, or your first move overseas. Come see us to get back on track and make your next move a smooth one!



- LENDING Q.OSET
- SOLDIER, OVIUAN & SPOUSE SPONSORSHIP TRAINING
- LOCAL & INSTALLATION INFORMATION
- DESTINATION & INFORMATION ON YOUR NEXT DUTY STATION



- PCS WORKSHOP
- RELOCATION COUNSELING & ADVOCACF
- OVERSEAS ORIENTATION
- TRAINING FOR RE-ENTRY TO THE U.S.
- HELP WITH TERMINATION OF GERMAN CONTRACTS



- LANGUAGE OASSES: GERMAN & ENGLISH AS A SECOND LANGUAGE
- HOST NATION ORIENTATION & TOURS
- CULTURAL ADAPTATION

HELPFUL ONLINE RESOURCES:

Military Installations

Official information on U.S. military installations worldwide at:

<https://installations.militaryonesource.mil/>

COME SEE US:

ACS Kleber Kaserne, Bldg. 3210
Kaiserslautern DSN: 541-9000
Civ: 0611-143-541-9000

Military OneSource

Get the answers for questions you didn't even know to ask at:

<https://www.militaryonesource.mil/>

ACS Smith Barracks, Bldg. 8666
Baumholder DSN: 531-2850
Civ: 0611-143-531-2850

Plan My Move

Create a personalized PCS moving checklist and learn about housing, transportation and more at:

<https://planmymove.militaryonesource.mil/>

baumholder.armymwr.com
kaiserslautern.armymwr.com
Facebook: RheinlandPfalzACS

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!



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



DSN 541-9000 | CIV 0611-143-541-9000
 KAISERSLAUTERNARMY.MWR.COM
 DSN 531-2850 | CIV 0611-143-531-2850
 BAUMHOLDER.ARMY.MWR.COM

HOST NATION TOUR

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

CONTACT THE RELOCATION READINESS PROGRAM
 FOR DATES AND TIMES.





DSN 541-9000 | CIV 0611-143-541-9000
 KAISERSLAUTERNARMY.MWR.COM
 DSN 531-2850 | CIV 0611-143-531-2850
 BAUMHOLDER.ARMY.MWR.COM

HOST NATION

101 Learn about Germany



Classes held in
 Kaiserslautern
 &
 Baumholder

Kaiserslautern DSN: 541-9000
Civ: 0611-143-541-9000

Baumholder DSN: 531-2850
Civ: 0611-143-531-2850

www.Rheinland-Pfalz.armymwr.com
 Facebook: USACRheinlandPfalzACS



ENGLISH AS A SECOND LANGUAGE



2 LEVELS

Learn English and improve your verbal skills in these free 8-week courses. Classes take place in an adult learning environment. For more information, contact Relocation Readiness.

Kleber Kaserne, DSN: 541-9000 or CIV: 0611-143-541-9000

Smith Barracks, DSN: 531-2850 or CIV: 0611-143-531-2850

kaiserslautern.armymwr.com baumholder.armymwr.com facebook.com/RHEINLANDPFALZACS



GERMAN LANGUAGE CLASSES

2 LEVELS

Learn written and verbal German language skills in these free 8-week courses. Classes take place in an adult learning environment. For more information, contact Relocation Readiness.

Kleber Kaserne, DSN: 541-9000 or CIV: 0611-143-541-9000

Smith Barracks, DSN: 531-2850 or CIV: 0611-143-531-2850

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Multicultural

Lunch & Learn

Socialize with fellow community members while learning about history, culture and customs of Germany and other European countries.



ACS KLEBER KASERNE
Kaiserslautern DSN: 541-9000
CIV: 0611-143-541-9000

kaiserslautern.armymwr.com

ACS SMITH BARRACKS
Baumbolder DSN: 531-2850
CIV: 0611-143-531-2850

baumbolder.armymwr.com

facebook.com/RheinlandPfalzACS



WE WANT YOU!

VOLUNTEER WITH THE USAG RHEINLAND-PFALZ ARMY VOLUNTEER CORPS

Are you looking for ways to:

- Make personal and professional connections
- Improve your physical and mental health
- Qualify for awards
- Build confidence and self-esteem
- Gain professional experience
- Give back to your community
- Learn new skills
- Explore new career fields



Scan the QR code to check out open volunteer positions in VMIS and get started on your journey today!

For questions and information please contact:
ACS Satellite/Spoke Location on Smith Barracks Kaserne:
DSN 531-2850 or CIV 0611-143-531-2850





ARMY COMMUNITY SERVICE
ACS
Partners Solutions for Successful Army Living

U.S. ARMY

U.S. ARMY

MWR

Employment - Readiness emgram

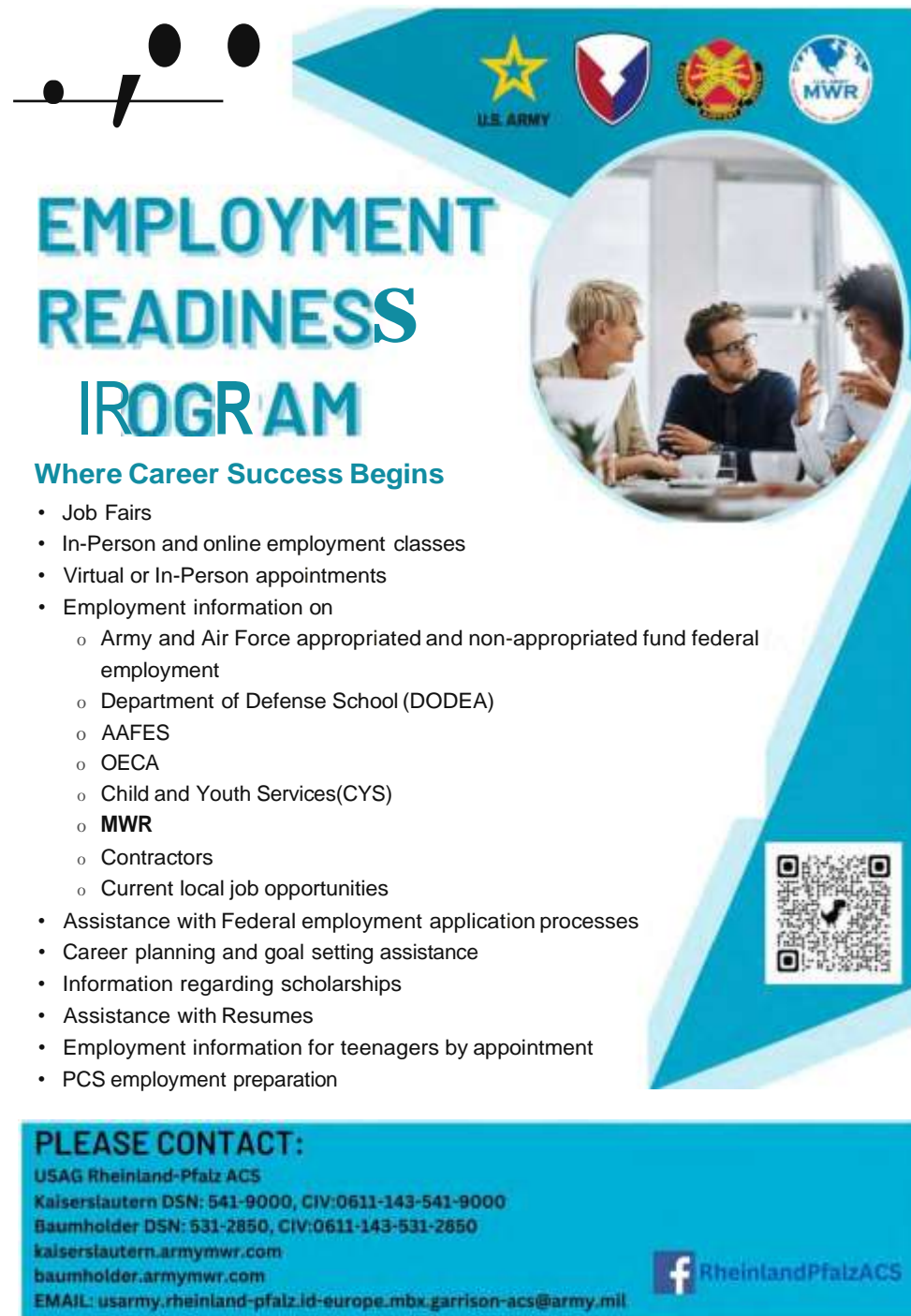


USAJOBS TUTORIAL

Join us for a lesson on USAJOBS!

USAJOBS is a surprisingly accessible and easy to use website. Our employment readiness specialists will take you through the basics of creating an account and navigating the site so that you'll be acquainted with the best resource for federal jobs in no time!

Contact Us
 USAG Rheinland-Pfalz ACS
 Kaiserslautern DSN: 541-9000, CIV: 0611-143-541-9000
 Baumholder DSN: 531-2850, CIV: 0611-143-531-2850
 kaiserslautern.armymwr.com baumholder.armymwr.com
 EMAIL: usarmy.rheinland-pfalz.id-europe.mbx.garrison-accs@army.mil





U.S. ARMY

U.S. ARMY


MWR

EMPLOYMENT READINESS PROGRAM



Where Career Success Begins

- Job Fairs
- In-Person and online employment classes
- Virtual or In-Person appointments
- Employment information on
 - Army and Air Force appropriated and non-appropriated fund federal employment
 - Department of Defense School (DODEA)
 - AAFES
 - OECA
 - Child and Youth Services(CYS)
 - MWR
 - Contractors
 - Current local job opportunities
- Assistance with Federal employment application processes
- Career planning and goal setting assistance
- Information regarding scholarships
- Assistance with Resumes
- Employment information for teenagers by appointment
- PCS employment preparation



PLEASE CONTACT:
 USAG Rheinland-Pfalz ACS
 Kaiserslautern DSN: 541-9000, CIV: 0611-143-541-9000
 Baumholder DSN: 531-2850, CIV: 0611-143-531-2850
 kaiserslautern.armymwr.com
 baumholder.armymwr.com
 EMAIL: usarmy.rheinland-pfalz.id-europe.mbx.garrison-accs@army.mil

 **RheinlandPfalzACS**



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.



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 CVS Services
- Support groups, Playgroups, workshops and trainings
- Resources, referrals and more!

FOR MORE INFORMATION OR ASSISTANCE:

EFMP PROGRAM COORDINATOR ARMY COMMUNITY SERVICE
LANDSTUHL, BUILDING 3820, ROOM109
CIV: 0611-143-541-9030 DSN: 541-9030
CIV: 0611-143-541-1512 DSN: 541-1512

BAUMHOLDER EFMP SYSTEM NAVIGATOR
ACS BLDG. 8666
CIV: 0611-143-531-2877 DSN: 531-2877





Stand up I Speak Out I Stop Domestic Violence

VICTIM ADVOCACY

HELPLINE

24/7 non-clinical advocacy services are available to Soldiers, Civilians, and their family members experiencing domestic abuse.

+49 (0) 152-048-76330

if in immediate danger, call Emergency Services

On Post or Off Post 112



U.S. ARMY GARRISON
RHEINLAND-PFALZ

HOME VISITS

Our home visitors are professional and certified to provide you one-on-one assistance in the comfort of your home. Range of support: infant and child development, breastfeeding, discipline, feeding, sleep, potty training, age appropriate play and much more!

NEWBORN NETWORK SUPPORT GROUP

Meet new parents in the community with children up to 12 months old. Share experiences and tips while watching your bundle of joy play and interact with other babies. Pregnant mothers encouraged to attend.

EDUCATIONAL SUPPORT PLAYGROUP

Let your kids come together to play and interact! Sing songs, meet other parents and playmates and learn new ways to be active and engaged with your children. This playgroup is for children ages 0-4.

COMFORT MEASURES

Interactive class which covers the labor process, support techniques from home to hospital. L&D tour, tools for your support partner, creating a birth plan, early breastfeeding initiation, and more!

BASIC TRAINING FOR NEW PARENTS

Hands on class for first time parents. Learn all about what to expect in the early weeks home, newborn care, safety, carseat, safe sleep, soothing your baby, feeding, and loads more! Fathers and partners are encouraged to attend.

DADS 101

This is a crash course for new and expectant dads taught by an experienced dad. Topics include: preparing for baby, the first weeks at home, caring for baby, keeping baby safe, and more.

NO DRAMA DISCIPLINE

Take the frustration out of discipline! Learn how to work on creating connection and increasing compliance, looking at causes of behaviors and effective ways of handling tantrums.

RESOURCE AND REFERRALS

Our home visitors have knowledge of the unique community in which you are raising your family. Our office contains a library of books, videos, tools and handouts for you to use.

INFANT MASSAGE

Bond with your baby while learning techniques to help relieve tension, gas and colic through relaxing infant massage.

Visit: kaiserslautern.armymwr.com
baumholder.armymwr.com
Join us: facebook.com/RheinlandPfalzACS



Download our Calendar

NEW PARENT SUPPORT PROGRAM

Education & support for families with children 0-3 years old.



Scan me to contact NPSP!

FAMILY ADVOCACY PROGRAM

Landstuhl Bldg 3820
Smith Barracks Bldg 8666
For more information or to sign up for classes:
DSN 541-9028
CIV 0611-143-541-9028



USAG RHEINLAND-PFALZ



ARMY FINANCIAL FITNESS



GET YOUR
UNIT ON
TRACK!



(!) –
CHECKOUT
OUR
CLASS LIST!

COMMON MILITARY TRAININGS

- ☒ IN PROCESSING (ARRIVAL AT NEW DUTY STATION)
- ☒ PROMOTION (PROMOTION POTENTIAL)
- ☒ VESTING IN TSP
- ☒ MARRIAGE
- ☒ BIRTH OF FIRST CHILD
- ☒ DIVORCE
- ☒ PRE/POST DEPLOYMENT
- ☒ RETIREMENT
- ☒ DISABLING SICKNESS OR CONDITION
- ☒ CONTINUATION BONUS PAY (BRS) (8-12 YRS SERVICE)

FINANCIAL TRAINING REQUIREMENTS IN ACCORDANCE WITH
THE LATEST DOD FINANCIAL LITERACY REQUIREMENTS

ACS FINANCIAL READINESS

KLEBER KASERNE | 541-9000 | 0611-143-541-9000

KAISERSLAUTERN.ARMYMWR.COM

USARMY.RHEINLAND-PFALZ.ID-EUROPE.MBX.DFMWR-ACS@ARMY.MIL





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

facebook.com/BaumholderFMWR

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 C/S School Liaison Rhine Ordnance Barracks BLDG 162 DSN: 541-9061 COM: 0611-143-541-9061 Email: usormv.rheinlond-nfolz.id-europe.mbx.dfmwr-slo@l.ll.mv.mil	86 Mission Support Group School Liaison Ramstein Air Base BLDG 2203 DSN: 480-9374 CIV: 06371-47-9374 Email: 86msg.slo@us.af.mil
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Child and Youth Services (CVS) 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. CVS is staffed with early childhood and youth development professionals who are committed to providing quality programs while maintaining the highest standards. All CVS 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 [MilitaryChildCare](#) to be placed on the waiting list. When space is available, you will be contacted.

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

BLDG 832 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 DSN: 489-7149 CIV: 0631-536-7149
(ages 6 weeks-24 months)

BLDG 1029 Toddlers & Preschoolers DSN: 489-6372 CIV: 0631-536-6372
(ages 24 months-5 yrs)

Wetzel Child Development Center

BLDG 8879 DSN: 531-3415 CIV: 0611-143-531-3415

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, please visit [MilitaryChildCare](#) 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

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)

DSN: 478-7420/7421 CIV: 06371-405-7420-7421

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

Landstuhl Youth Center Grades 6-12 BLDG 93812	DSN: 486-8658	CIV: 06371-85-8658
Ramstein Youth Center Ages: 9-12 BLDG 428	DSN: 480-6444	CIV: 06371-47-6444
RamsteinTeen Center BLDG 411	DSN: 48-3111	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

Youth Sports Programs

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

Landstuhl Youth Sports BLDG 3819	DSN: 486-8375	CIV: 06371-86-8375
Ramstein Youth Sports BLDG 428	DSN: 480-5660	CIV: 06371-47-5660
Wetzel Youth Sports BLDG. 8876	DSN: 531-2939	CIV: 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 CVS SKIES	DSN: 486-5412	CIV: 06371-86-5412
Ramstein Instructional Offices BLDG 428	DSN: 480-6444/2851	CIV: 06371-47-6444/2851

PARENT CENTRAL SERVICES

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	Parent Central Services	Resource and
Rhine Ordnance Barracks	Wetzel (Bamholder)	Referral (Ramstein)
BLDG 162	BLDG 8876	BLDG 832
DSN: 541-9066/9065/9067	DSN: 531-3440	DSN: 480-8782
CIV: 0611-143-541-9066/9065/9067	CIV: 0611-143-531-3440	CIV: 06371-47-8782
Kaiserslautern Army MWR	Baumholder Army MWR	86th FSS

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 or Baumholder Military Communities, please email the [School Liaison](#).

DoDEA School Information

There are 12 DoDEA schools between the Baumholder and Kaiserslautern Military Communities. The schools are listed below.

Baumholder Middle High School (grades 6-12)
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)
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 [School Zones SY20-21.pdf \[armymwr.com\]](#)

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 [Aspen: Log On \(myfollett.com\)](#) to pre-register online. To complete the registration process, please contact the school registrar.

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.

The **Free and Reduced Lunch Program** is managed by AAFES. Eligibility is based on total household size and income. Families must include Base Pay, BAS and any other income contributed to the household. Apply on line [Free and Reduced Meals application](#)

Bright Eyes Program

The Kaiserslautern Landstuhl Spouses Association and the Baumholder Spouses Association provides a program called Bright Eyes. The program is for children of active duty families. If your child wears glasses, your family can receive a voucher for glasses, however, you must qualify for the lunch program.

Please contact the KLSA at [KMC Bright Eyes](#) and for Baumholder, reach out to [Baumholder Bright Eyes](#)

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.

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

Homeschooling in Germany

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)

Baumholder Homeschoolers

This group can be found on Facebook as Baumholder Homeschoolers. They set up field trips, play dates and support each other by sharing ideas.

Kaiserslautern Homeschoolers

This group can be found on Facebook as KMC Homeschoolers. They plan field trips, co-ops, book clubs, etc.

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: [United Homeschoolers](#)

Facebook: [UnitedHomeschoolersofGermany](#)

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.

Information regarding Waldkindergartens can be found [here](#).

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.

Check out these links for more information:

[German Way](#)

[How To Germany - International Schools in Germany](#)

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

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

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 enrolling 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
Email: 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](mailto:info@is-neustadt.de) www.is-neustadt.de

International School Westpfalz

Starting age: 4 (Early years), ending in year 12

Nikolaus-van-Weis Strasse 10 66849 Landstuhl

Phone: 06371-980-930

SCHOOL ZONE INFORMATION

Baumholder Military Community

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

Kaiserslautern Military Community

Please take note:

****Students living in the Landstuhl, Sembach and Vogelweh School Zones, who are in grades 6-8 will attend Kaiserslautern Middle School and students in grades 9-12 will attend Kaiserslautern High School.****

Kaiserslautern School Zone

Landstuhl School Zone

Dahsenberg	Morlautern	Bann	Langwieden
Erzenhausen	Niederkirchen	Bechhofen	Martinshöhe
Erzhutten	Olsbrücken	Bruchmühlbach	Mittelbrunn
Espensteig	Pfeifferrn Lihie	Gerhardsbrunn	Morsbach
Eulenbis	Queidersbach	Gross/Klein Bundenbach	Neumühle
Kaiserslautern City	Rodenbach	Harsberg	Niederhausen
Engelshof	Schopp	Hauptstuhl	Obernarnbach
ikreimbach	Steinalben	Herschberg	Oberhausen
Geiselberg	Stelzenberg	Hettenhausen	Obernheim
Heltersberg	Sulbachtal	Kiishofen	Rosenkopf
Hermersberg	Tha leischweiler	Kirchenarnbach	Saalstadt
Hohenecken	Trippstadt	Knopp	Schauerberg
Harbach	Waldfischbach	Kriihenberg	Schmittshausen
Hoheinod	Weilerbach	Labach	Vogelbach
Kapaun Housing	Wiesentahlerhof	Larnbsborn	Wallhalben
Krickenbach	Worsbach	Landstuhl-Atzel	Weselberg
Linden		Landstuhl-City	Wiesbach
Molschbach		Landstuhl-Melkerei	Winterbach

Sembach School Zone

Alsenborn	Gonbach	Mehlbach	Schneckenhausen
Baalborn	Heiligenmoschel	Mehlingen	Schweissweiler
Borrstadt	Hirschhorn	Munchweiler a.d. Alsenz	Sembach
Breunigweiler	Hochspeyer	Neuhemsbach	Sippersfeld
Enkenbach	Horingen	Neukirchen	Wartenberg
Erfenbach	Imbach	Otterbach	Winnweiler
Erlenbach	Katzweiler	Otterberg	
Fischbach	Langmeil	Sambach	
Gersweilerhof	Lohnsfeld	Schallodenbach	

Ramstein School Zone

Albersbach	Liebsthal
Altenglan	Matzenbach
Altenkirchen	Miesau
Bettenhausen	Miesau-Buchholz
Borsborn	Miesau Depot
Bosenbach	Miesenbach
BrUcken	Muhlbach
Dietschweiler	Nanzdietschweiler
Dittweiler	Nanzweiler
Elschbach	Neunkirchen a. Potzberg
Elschbacherhof	Niedermohr
Elschbach Am Bahnhof	Niederstaufenbach
Etschberg	Obermohr
Fockenberg-Limbach	Oberstaufenbach
Fockelberg	Ohmbach
Mackenbach	Quirnbach
Gimsbach	Ramstein-City
Glan-MUUnchweiler	Rehweiler
Gries	Reichenbach-Steegen
Haschbach	Reuschbach
Henschtal	Rothselberg
Herschweiler-Pettersheim	Rusweiler am. Gian
HUffler	Schellweiler
HUtschenhausen	Schmittweiler
Jagersburg	Schonenberg
Jettenbach	Schrollbach
Katzenbach	Schwedelbach
Kirchmohr	Spesbach
Kollweiler	Steinbach
Kottweiler-Schwanden	Steinwenden
Krottelbach	Theisbergstegen
KUbelberg	Waldmohr
Landstuhl-Langwiesen	Weltersbach

Vogelweh School Zone

Einsiedlerhof
Kindsbach
Siegelbach
Vogelweh Housing-East

Student Transportation Offices

Kaiserslautern Student Transportation

* Kaiserslautern
* Landstuhl
* Sembach .. **Schools**
*Vogelweh
PHONE: DSN: 545-1343
COM: 0611-143-545-1343

Ramstein Student Transportation

Serving all Ramstein Schools
PHONE: DSN: 480-2877
COM: 06371-47-2877

Baumholder Student Transportation

Serving all Baumholder Schools
PHONE: DSN: 545-1212/1213
COM: 0611-143-545-1212/
1213

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 5to 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 7to9	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-Pfalz 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>
- 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>
- Taking Care of Our People Toolkit: <https://www.defense.gov/Spotlights/Taking-Care-of-Our-People/>

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/Transportation-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 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

0152-0487-6330

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
Hellmut-Hartert-Str. 1
67655 Kaiserslautern

Phone: 0631-203-0

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

Pfalzkrankenhaus für Psychiatrie
und Neurologie

Phone: 0631-5349-0

Albert-Schweitzer-Str. 64

67655 Kaiserslautern

www.pfalzkrankenhaus.de

LANDSTUHL:

Nardini Klinikum St. Johannis

Phone: 06371-84-0

Nardinstr. 30

66849 Landstuhl

www.nardinklinikum.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

USAG Rheinland-Pfalz 24/7 Helpline:

DSN 484-7280 / CIV 0631-413-7280

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

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?

STAYING OVERNIGHT

Single room	Einzelzimmer
Double room	Doppelzimmer
I'd like a room with	Ich möchte gerne ein 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 Frühstück?
-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?

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			COMMON VERBS			
Hello!	Hallo!		To work	arbeiten		
Good Day!	Guten Tag!		To eat	essen		
Good morning!	Guten Morgen!		To drive	fahren		
Good evening!	Guten Abend!		To ask	fragen		
Good night!	Gute Nacht!		To go	gehen		
See you again!	Auf Wiedersehen!		To have	haben		
Talk to you again!	Auf Wiederhören!		To buy	kaufen		
Until later!	Bis später!		To come	kommen		
Bye!	Tschüß!		To love	lieben		
Please or very welcome	Bitte/Bitte schön/Bitte sehr		To make or do	machen		
Thank you very much	Danke/Danke schön/Danke sehr		Would like to	möchten		Ich möchte "das"! I would like "that"!
Same to you or likewise	ebenso		To take	nehmen		
No problem	Kein Problem		To speak	sprechen		Sprechen Sie Englisch? Do you speak English?
I am very sorry	Es tut mir sehr leid.		To look for	suchen		
			To drink	trinken		
			To understand	verstehen		
			To live	wohnen		
			To pay	bezahlen		
NUMBERS			KEY WORDS			
0 – null	20 – zwanzig		What?	Was?	Old	alt
1 – eins	21 – einundzwanzig	ein-und-zwanzig	Where?	Wo?	New	neu
2 – zwei	30 – dreißig	(one-and-twenty)	When?	Wann?	Good	gut
3 – drei	32 – zweiunddreißig		How?	Wie?	Bad	schlecht
4 – vier	40 – vierzig		Why?	Warum?	Easy, light	leicht
5 – fünf	43 – dreiundvierzig		Who?	Wer?	Heavy	schwer
6 – sechs	50 – fünfzig		How much?	Wie viel?	Very	sehr
7 – Sieben	54 – vierundfünfzig					
8 – acht	60 – sechzig		No	nein	beautiful	schön
9 – neun	65 – fünfundsechzig		Yes	ja	always	immer
10 – zehn	70 – siebzig		Big	groß	sometimes	manchmal
11 – elf	76 – sechsundsiebzig		Small	klein	never	nie, niemals
12 – zwölf	80 – achtzig		With	mit	few	wenig
13 – dreizehn	87 – siebenundachtzig		Without	ohne	great	toll, großartig
14 – vierzehn	90 – neunzig		Out	aus	much	viel
15 – fünfzehn	98 – achtundneunzig		In	in		
16 – sechzehn	99 – neunundneunzig		And	und	or	oder
17 – siebzehn	100 – (ein) hundert		But	aber		
18 – achtzehn	200 – (zwei) hundert					
19 – neunzehn	300 – (drei) hundert					
	1.000 – eintausend	€ - Euro				

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).

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: Upon Arrival, 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:**

- 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 volt, 60 cycle's appliances here in Germany.
- Some appliances will not operate on European current. For example clocks operate the 50th the normal speed. This means they lose ten minutes every hour.
- Other motor-driven appliances operate satisfactory, although not at their best at 50th the normal speed. These appliances include vacuum cleaners, electric razors, egg beaters and blenders.
- 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.
- 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.
- 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 know 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 ($3 \times 110 = 330$).

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.

- 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.
- Don't purchase a transformer with exposed winding or wiring. Transformers are available at AAFES and the thrift shop.
- Don't use a transformer in a damp or wet place. Transformer should always be kept dry and well ventilated.
- 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 SCHLUGCO plug).
- Transformers should never be handled when your hands or feet are wet.
- Transformers will generate a certain amount of heat when in use. This is not detrimental unless the transformer feels hot to the touch.
- Overheating may be caused by a defective electrical appliance which can burn out a transformer. Both completely. Inspection will reveal whether the fault lies in the appliance or the transformer. Both should be inspected by a competent electrician.
- Most military exchanges stock transformers with the following rating:
 - 75 watts – For use with small radios, phonographs, tape recorder, heating pads, sewing machines.
 - 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.
 - 500 watts – For use with floor polishers, small refrigerators, hair dryers, and blenders.
 - 750 watts – For use with large projectors, small irons, percolators, coffee makers, and vacuum cleaners.
 - 1000 watts – For use with small heaters, large percolators, coffee makers.
 - 1600 & 2000 watts – For use with toasters, roasters, broilers, toasters, 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
 - Fluorescent 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	S	44/48
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.
28/8	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							7.5
							38.5
							16
							176
							8
							39
							8.5
							39.5
							9
							40

Children's Clothing

Clothes		U.S.		Ger.	
U.S.	Ger.	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: $(1.8 \times C^{\circ}) + 32$

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





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.*