



Welcome to Germany and the 2d Cavalry Regiment!

Welcome to Bavaria, Germany and the 2d Cavalry Regiment! Moving overseas can be crazy and leave you with a ton of questions, but there are a lot of resources available to help you. To start, check out the following:

- 1. **Your own spouse sponsor!** For a one-on-one ask-every-question spouse sponsor, just email 2CRSpouseSponsorship@gmail.com letting them know your approximate arrival date and that you'd like a spouse sponsor.
- 2. Check out the **Garrison website** https://home.army.mil/bavaria/index.php/my-bavaria/newcomers

The following pages are answers compiled from members of the community. Many of these answers are just personal preferences or opinions. What works for one may not work for another, but hopefully this will help you get started.

If you have any questions, just contact the Welcome Committee at 2CRWelcomeCommittee@gmail.com or the Sponsorship Coordinator at kimberly.r.harris.civ@mail.mil or 09641-70-599-0018. You may also contact the SFRSA at deborah.a.herald.civ@mail.mil or 09641-70-599-0019.

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Welcome to Cav Country! Cavalry Regiments use a lingo all their own. Here's some help:

2CR = 2d Cavalry Regiment

Troop = Company

Squadron = Battalion

Regiment = Brigade

Rose Barracks = The post closest to the German city of Vilseck (often just called Vilseck)

Tower Barracks = The post closest to the German city of Grafenwoehr (often just called Graf)

USAG Bavaria = United States Army Garrison, Bavaria

USAREUR = United States Army Europe

Welcome to the 2d Cavalry Regiment!

The 2d Cavalry Regiment (2CR) has a long history and can trace its lineage back to 1836. 2CR has the distinction of being the oldest, continuously serving Cavalry organization in the United States Army. The Motto is Toujours Pret, which is French for "Always Ready." Remember your Regiment and follow your officers. The 4,700 Soldiers of 2CR are called Dragoons. This term comes from the history of mounted infantry, who used horses for mobility but fought dismounted on foot.

The 2d Cavalry Regiment consists of seven Squadron and each Squadron has several Troops. Below is a visual of how the Regiment is organized with each Squadrons and all Troops. They each serve a different purpose:

1/2, 2/2, & 3/2 = Infantry Squadrons

4/2 = Cavalry Scouts

FAS = Artillery

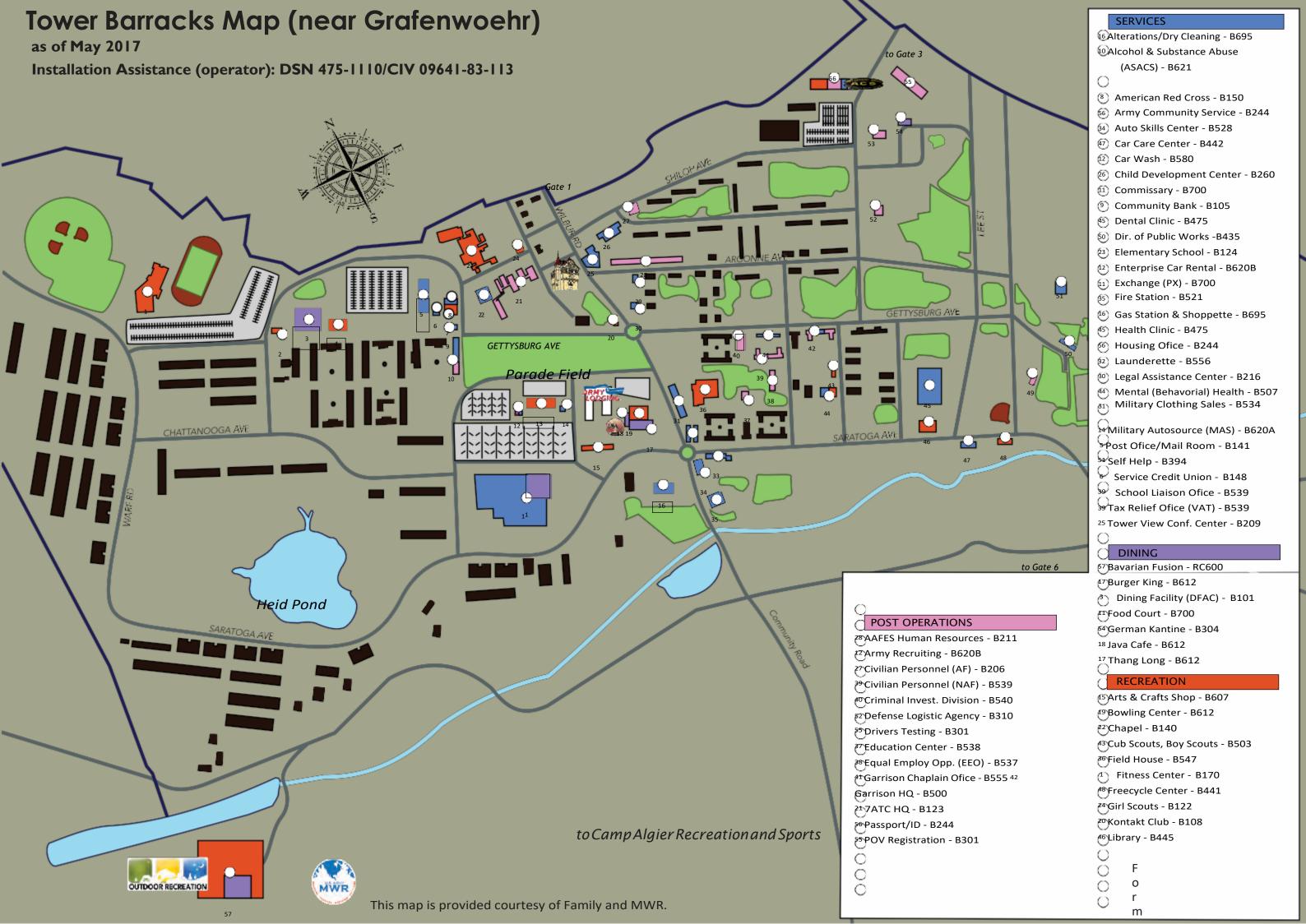
RSS = Support

RES = Engineers

2d Cavalry Regiment						
**	OUR		RHHT		20 20	
1/2	2/2	3/2	4/2	FAS	RSS	RES
ннт	ннт	ннт	ннт	ннв	ннт	ннт
А	E	Ţ	N	A	Α	Α
В	F	К	O	В		В
			P		В	С
С	G	L	Q	С		D
FST	FST	FST	FST	FST	С	E

In our area, there are two posts: Rose Barracks (often called Vilseck) and Tower Barracks (often called Grafenwoehr). You'll use both posts for different things during your time here. RES is the only Squadron that is located on Tower Barracks side of the two posts. The rest of the Squadrons are located on Rose Barracks side of the two posts. A handy map is on the next two pages. You can also pick one up at ACS.





nformation, please call DSN 526-9030, CIV 09641-70-526-9030 Visit grafenwoehr.armymwr.com for more information

- 53 POV Transportation/Shipping B322
- ⁴² Public Affairs B500
- ¹⁰ SF Recruiting Ofices B621
- ⁴⁹ TMP Dispatch Ofice B481
- ⁵⁶ Welcome/Processing Center B244
- ⁵⁷ Outdoor Rec (ODR) RC600
- ⁴ Performing Arts Center B102
- 44 Thrift Shop B508
- ¹³ Reel Time Theater B620
- ⁵⁶ Travel (SATO) B244
- 8 USO B150

PCSing to 2CR

How will we get to Germany?

There are two ways you'll arrive to Germany: either Patriot Express or commercial flight.

<u>Patriot Express</u> is the military airline and it will fly you from Baltimore to Ramstein Gateway in Germany. Transportation will take care of finding your flight to Baltimore. When you arrive in Ramstein, you will collect all your luggage (and pets), sit through a short brief and then head to a local hotel for the night. In the morning around 9 am, you will board a bus and be driven to Grafenwoehr, stopping at McDonald's for lunch about halfway through the ride. Pets will be required to stay underneath the bus in their cages.

Pack one suitcase to be used as an overnight bag! You can secure the rest of your luggage and not have to carry everything up the steps ©

Vilseck Commissary is closed on Wednesdays! If you arrive on Tuesday, grab the basics that night to get you through Wednesday.

Upon arrival at Grafenwoehr, the Soldiers will sit through a brief for about 30 minutes while family members wait in the Welcome Center with a kids play area, snacks from USO and a group of volunteers ready to answer any questions you may have. When the brief is completed, your sponsor(s) will drive you in their vehicle around post and to your hotel. You can request to stop at the commissary/PX for some essentials. Most hotel rooms have a mini-fridge if not a kitchenette.

Commercial flight

If you're eligible for a commercial flight, you will arrive at a commercial airport. (By regulation you'll fly into either Nuremberg or Munich, although some people request flying into Frankfurt). You should coordinate with your assigned Sponsor ahead of time to figure out a plan to get to post.

Nuremberg airport is a one-hour train ride. Munich airport is a two-hour train ride with one layover. Frankfurt airport if a four-hour train ride with one layover.

Your sponsor may be authorized to pick you up from the airport, or you could take a shuttle, train and/or taxi to your new post. Keep receipts as you can be reimbursed for these costs. You must have a USAREUR license to rent a car as you are not a tourist and are a command-sponsored dependent according to international agreements. Any car rental costs will not be reimbursed. Please keep in mind jet-lag and the amount of luggage to transport when forming your plan.

Haven't heard from your sponsor? Email <u>Kaitlin.m.knauer.civ@mail.mi</u>l or <u>2CRWelcomeCommittee@gmail.com</u> and they will track down your sponsor for you.

Upon arrival

Your soldier will sign-in from leave (in-country leave is rarely granted) and report first thing the next morning for in-processing which lasts a couple weeks. Spouses are welcome to attend the briefs, including the German culture brief. Ask your soldier for a copy of the in-processing briefs. 2CR also has a Newcomers Brief held the third Tuesday of the month at 1 pm at the movie theatre in Vilseck. The FRSA attends to help address concerns or answer any questions from families.

In-Processing

Once your soldier signs in from leave, they will report the very next day and will receive an in-processing checklist to complete the first few weeks after arrival. This includes appointments with the Housing office, registering any pets you may have with the on-post veterinarian, etc. After completing in-processing, your soldier will report to their new unit.

The following two pages have a Spouse Checklist that lists the locations of all the in-processing necessities like visiting the IACS office to register your ID so you have gate access to post. Super handy while you're getting started!

Getting to know your surroundings

The Kristall Inn is located on Rose Barracks near the German town of Vilseck. The Tower View Inn is located on Tower Barracks in the town of Grafenwoehr. A road called either "One Community Road" or "the Tank Trail" connects the two. Both names refer to the same road. While you go in and out of gates as you drive the road, this road is still considered on post. You will still have to show your ID at each gate. It takes about 20 minutes to get from one end to the other and there is a free shuttle bus (with limited hours), which connects the two.

The shuttle bus schedule is available at ACS, is posted at all the bus stops or can be found online with a CAC at https://home.army.mil/bavaria/index.php/my-bavaria/newcomers

Spouse Checklist

PCSing Overseas?

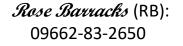
We know things can get *overwhelming*, we understand and are here to *help!*

This is a checklist of things you might want to look into while your Service Member is in-processing. Get out of the hotel, explore the bases and familiarize yourself with the community as you check out these available resources!

		BLDG #		
\	Ta-Da	Tower Barracks (Grafenwoehr)	Rose Barracks (Vilseck)	Notes
	Start here Army Community Service (ACS)	244	322	 Welcome Packets +
	ID Card (IACS)	244		Register ID / Gate Access
	Housing Office	244		 Housing Availability List Sign for Housing & Keys Private Rental Assistance Fencing Request Packet Schedule Loaner Furniture Pick-Up/Delivery Schedule Household Goods Arrival / Delivery
	Finance Office	244		Pick-up/Turn-in TLA (Temporary Lodging Allowance) Packets
	CAR/ POV (Personal Owned Vehicle)	301		 USAREUR Driver's License/Testing POV Registration Temporary Tags POV Inspection Permanent License Plates BLDG 322 (Across from 301) POV Arrival POV Pick-Up / Drop-off Office
	Health Clinic	475	260	 Tricare Primary Care & Referrals Pharmacy Labs Clinical FAP & EFMP Records Behavioral Health
	Dental Clinic	475	260	 Limited availability, Soldiers have priority. Contact for further information. List of United Concordia approved Dentists in area.
	Veterinary Clinic		222	 Pet Registration Appointments & Walk-Ins List of off-post Veterinary Clinics
	The Bank (s): Service Credit Union Community Bank	148 105	224	 Bank Accounts (Checking, Savings, Credit Cards) + German "EC" debit card Exchange money Money Orders / Cashier's Checks Loans (Auto, Personal, etc.) Pay Tickets
	CYS (Child & Youth Services) Parent Central Services		224	 Registration Child Development Center (CDC) School Age Centers (SAS) Youth/ Teen Centers SKIES Activities SLO (School Liaison Officer) Make an appointment to meet the SLO.
	Schools (DoDEA)	124 9040 9060	2232 1901	 Grafenwoehr Elementary (PSCD-5th) Netzaberg Elementary (Sure Start-5th) Netzaberg Middle (6th-8th) Vilseck Elementary (Pre-School-5th) Vilseck High School (9th-12th) Registration / Enrollment School Supply List Curriculum & Guidance Counselors Tour Facility
	Post Office	141	338/339	 Mailroom (CMR Boxes) Mail Counter (stamps, mail letters and packages, pick-up mail) + Money Orders Register/ Sign-up for Package Notification Emails
	Cell Phone, Cable Internet Provider (s)	700	2203	T-Mobile / Telekom (Contract or Pre-Paid)TKS (Monthly or Pre-Paid)

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Online Phonebook available at: www.bavaria.army.mil













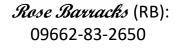
Continued...

This is an *additional list* of services, resources & places <u>on-base</u>. This doesn't cover everything, but it can definitely get you started. If you have any questions about programs, services, or places to go, visit us at ACS, our front desk can provide you more information.

				visit us at ACS, our front desk can provide you more information.	
		BLDG #			
\	Ta-Da	Tower Barracks (Grafenwoehr)	Rose Barracks (Vilseck)	Notes	
	AAFES (PX/Exchange)	700	2203	Customer Service: Esso Cards, Western Union	
	American Red Cross	150	162	 Emergency Communication Messages (for Emergency Leave) First Aid/CPR classes 	
	Army Lodging (Hotel)	619	275	 Grafenwoehr Army Lodging Kristall Inn on Rose Barracks (Laundry Facility Access + Free Breakfast + Faxing Services while a guest.) 	
	Car Care Center	442	718	Automotive Services and Auto Supplies	
	Chapels	140 9000	218	Religious ServicesNetzaberg Chapel Bldg. 9000	
	Education Services Bavaria Education Center	538	223	 Registration /Enrollment School Advisors College Courses & Testing Site 	
	Fitness Center	170 /547	323	 Register ID Fitness Classes Class calendar and Class Coupon Booklets 	
	Free Cycle	441	710	Free items donated by the community	
	FRG (Family Readiness Group)	Your Service Member's Unit		 Contact your unit's Family Readiness Liaison (FRL) or FRG Leader Be added to your FRG's Email list 	
	Heart & Home Craft Shop	607		Arts and Crafts SuppliesFrame Shop	
	Legal Center	106	245	Legal Documents: Power of Attorney (POA) & WillLegal Advice	
	Library	445	227	 Register ID to use services Check-out books, movies, games Internet & Printing & Free Foreign Language Education Programs 	
	Military Clothing & Sales	534	217	Military Uniforms and supplies	
	Passport Office	244		Appointments and assistance for Passports, Visas, SOFA Stamps, Birth Abroad	
	SATO Office (Travel Agency)	244	161	 Official Travel Leisure Travel available at Grafenwoehr location only Request Travel Quotes & Book Travel Arrangements 	
	Self-Help	394	103	 Household items to rent and/or use to maintain your home (Paint, light bulbs, nails, tools, lawn mowers, etc) 	
	Thrift Shop	508	221	 Purchase used clothing, toys, household goods Transformers, adapters, fans Consign or donate items 	
	USO	150 1164		 Open 7 days a week (Free Services), plus Weekly Meals Recreation area, Game Systems, and Children's play area Computers, Printers, Internet, Phones to call the U.S. 	
	VAT Office	539		 Purchase VAT (Value Added Tax) Forms to save 7%-19% German tax while shopping on the economy. Ex) IKEA, OBI, Poco, TKS and more. Turn-in/ Drop-Off used VAT Forms 	
	Warrior Zone		607	Computers, TVs, Game systems, Pool Tables etc (Age 18+)	
	Wild B.O.A.R	RC 600		 Outdoor Recreation Activities: Climbing wall, high ropes course, campgrounds, cabins, hunting and fishing, skeet and trap, equipment checkout etc 	

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| Online Phonebook available at: www.bavaria.army.mil













While staying in the hotel

Is there a library nearby?

Yes, the library is a short walk from both the Kristall Inn and the Tower View Inn. The front desk can provide directions. The library offers books, magazines, a large selection of DVDs as well as access to computers and printers. You can also sign up for Mango (which is like Rosetta Stone) for free with your library account.

Don't forget! The Vilseck Commissary is closed every Wednesday!

Is there a gym on post?

Yes, the gym on Rose Barracks is located next to the ACS building and is a 24-hour gym, though you must complete a training before being granted 24-hour access. The Tower Barracks gym is a 10-15 minute walk from the hotel. They both offer a variety of classes and exercise equipment.

Where are some good parks to take the kids to?

Both hotels have parks near them. There are also a few more parks within walking distance from the hotels.

From the Kristall Inn, walk toward the main gate on Constabulary Road. You will make the last left before walking out the gate. Little Mike park will be on your right. There is also a dog park on your left.

From the Tower View Inn, cross the parade field and cross through the traffic circle at Gettysburg. Take a right on Shiloh Road, towards the CDC. There is a park just past the CDC, on the left. Keep walking down that road and you'll come to another larger park across from the parking lot for building 244.

About halfway between Rose Barracks and Tower Barracks is MWR Wild Boar and Outdoor Recreation Center. There is a large playground, pond with canoes, and short hiking path.

I'm getting bored in the hotel. Any suggestions for getting out?

On Rose Barracks, take a walk to the **2CR Reed Museum**.

Rose Barracks and Tower Barracks have **movie theaters** within walking distance of the hotels. Check the aafes.com website for show times. Each post also has bowling alleys within walking distance of the hotels.

Study for your **driver's license test** if you haven't taken it already. Visit http://jko.jten.mil Your soldier has to set up an account for you. Under Course Catalog, ensure "courses" tab is selected. Select "USA" from drop down. Enter 007 in course number field. Click search. Enroll. Take USA-007 "U.S. Forces Driver's Training Program for Europe". Take exam USA-007-B "U.S. Forces Driver's Training Program for Europe". Print the certificate and take to at Bldg 301 in Graf.

In the summer, there is an **outdoor pool** in Grafenwoehr and in Vilseck. The German word for swimming pool is "Schwimmbad." Many other towns (Erbendorf, Bayreuth) also have great pools. There is a small cost for admission and most have food available for purchase. Weiden and Amberg each have an **indoor/outdoor pool**, so that's an option in the winter months.

MWR offers a wide variety of **local day trips** and **weekend trips** for a fee. Check out their website or call 09641-70526-9030.

Visit the **Red Cross** for volunteer opportunities.

The **USO** on Tower
Barracks is near the post
office and has **computers**you can use, **a kid corner**, **and free meals** available
on Tuesdays & Thursdays
each week. Check with
them for details.

ACS offers incoming families a variety of activities to start your journey in Germany. There's a Newcomer's Orientation, Welcome to Bavaria course, day trips via bus to nearby towns Amberg and Weiden and a variety of fantastic classes -- anything from German language and Bavarian culture to financial planning, traveling, employment, FRG, etc. They have many other resources available. All of it is FREE! Ask about their Discover Bavaria Passport program to win some free stuff.

Visit the **Wild BOAR** for canoeing, hiking, ziplining, beach volleyball and more!

Visit the Heart and Home Arts and
Craft Center located by Vilseck
Elementary. They offer classes on
pottery, framing and matting, sewing,
beading, scrapbooking, painting,
and even cooking! They also have a
small store with craft items.

Medical

Who do I call if we need a doctor?

For emergency care, the nearest hospitals are in Amberg, Sulzbach-Rosenberg (no kinder clinic) and Weiden. For routine care, you will see your Primary Care Manager. There are clinics located on both Rose and Tower Barracks. You can also contact the Tele-health Line 24 hours a day for advice on treatment.

Make sure you pick up a <u>Dragoon</u>
<u>Families Booklet</u> from your FRG. It has
lots of helpful emergency info and is
kept at the FRSA's office at the
Regimental Headquarters building.

Klinikum Weiden (Hospital with ER)

Soellner-Str. 16 92637 Weiden 0961-3030

Klinikum Amberg (Hospital with ER) Mariahilfberawea 7

Mariahilfbergweg / 92224 Amberg 096621-3800

St. Anna Krankenhaus (Hospital)

Krankenhaus-Str. 16 92237 Sulzbach Rosenberg 09661-5200

Nurse Advice Line

0800-4759-2330

Patient Liaison

A patient liaison is a person assigned to you in case you end up in the hospital. They speak both English and German and can help solve any language barrier or other issue you might have at the hospital. 09662-83-3502 / afterhours: 09662-83-3398

Suicide Prevention Hotline

09662-83-118

Behavioral Health Rose Barracks

DSN: 590-2300

CIV: 06371-9464-2300

Behavioral Health Tower Barracks

Bldg. 316

Tue-Fri 0730 – 1630 DSN: 590-3000

CIV: 06371-9464-3000

Sexual Assault Hotline

24 Hours / 7 days a week

DSN: 475-4567 CIV: 09641-83-4567

	Grafenwöhr	Vilseck
Ambulance	09641-83-116	09662-83-116
Police	09641-83-114	09662-83-114
Fire	09641-83-117 096	662-83-117

Cell Phones/Internet

TKS and Telekom (T-Mobile) are the most commonly used providers. Mobile phone "pay as you go" and contract options are available through both providers as well as internet and home phone options. Many people choose the traditional contract option, but please note that German cell phone contracts are much more difficult to get out of than in the U.S.

You can use the same phone as the one you had in the U.S., but you have to contact your service provider (Sprint, Verizon, etc.) and have them unlock the phone. Then you can use your new SIM card from your German provider.

TKS is in the Tower Barracks and Rose Barracks PX. Telekom has locations outside gate 1 of Tower Barracks and in Vilseck.

TKS offers cable and movie service. All government houses provide AFN channels free of charge. Once you are assigned a house and have an address (even if you haven't moved in yet) go ahead and set up internet service as it can take several weeks to get service established.

How can I keep up with my family stateside?

Some providers offer free calling to the U.S. from a landline house number. Ask before you purchase a phone/internet plan. There are also several apps to use including WhatsApp, Skype, MagicJack or Facetime if you have an iPhone.

What are some good phone apps to use?

There are too many to list, but some popular ones include: Bahn, GoogleTranslate, ooVoo, WhatsApp, Skype, MagicJack, ViaMichelin, TripAdvisor, Mango (language tutor, get your free subscription with your post library card).

Where can I find all the phone numbers for office and agencies on post?

From the Garrison website A-Z Directory: https://home.army.mil/bavaria/index.php/atoz

You can easily search this page for what you need. If you have a SmartPhone, you can save this phonebook as an "app" and access easily in the future.

Pro Tip: How to dial a phone number

The country code for Germany is +49. If you are dialing to a German phone number from the US (or any other country), it's +49 123-45678901.

If you are dialing a German phone number from another German phone number, you drop the +49 and replace it with a zero. So, 0123-45678901.

Also, in Germany, phone numbers can be of different lengths, not the standard 10 numbers like in the US. So don't get confused if you see a phone number that's only 6 digits long!

To dial to the US from a German phone number (or any other country), it's +01 (area code) - seven-digit-number. So, +01 123-456-7890.

Getting Around / Vehicles

We just got here. How do we get around both posts?

There are free shuttle busses that travel all around both posts. You can pick up a bus schedule from any ACS; it's also posted at every bus stop. Or, with a CAC, you can view it online at https://home.army.mil/bavaria/index.php/my-bavaria/Services/transportation

That same link has the numbers of many taxis around that can travel on and off post for a fee. You can also rent a car either from on-post (Enterprise) or off-post – some companies around here are Hertz and Sixt. Renting a car comes at your own expense and is not reimbursable.

Can I rent a car?

You are able to rent a car once you get your USAREUR driver's license. Enterprise has a location on Tower Barracks as well as Rose Barracks in the PX. There are also multiple off-post rental car agencies like Hertz and Sixt. To drive outside of Germany, you must have an international driver's license in addition to your USAREUR license.

Don't forget to go by Customs (or the MP station after 1800) to get a temporary gasoline rations car for your rental car!

We shipped our car over. Where do I go to pick up my car when it arrives?

Pay attention to the tracking number you were given. The status will update when the vehicle arrives at the Bremerhaven port, when it's being shipped to Graf, and when it's arrived. When it says it arrived, go ahead and call the Vehicle Processing Center office to confirm it's arrived and you can pick it up. There are several documents you need to bring to pick up your vehicle. The process is explained here: https://pcsmypov.com/PickUp

What do I have to do after I pick up my car?

You'll have to take your car through the inspection (free) and registration process. It requires a lot of documents. The whole process and all necessary documents are listed here, just click the situation that applies to you: https://home.army.mil/bavaria/index.php/about/Directorates/DES/vehicleregistration

You will also need to get a <u>Rations Card</u> for fuel. You can do this at the Shopettes or PXs. As U.S. military, we are eligible to pay U.S. prices for fuel instead of expensive German prices, but you have to have a Rations Card (also called Esso Card). Each vehicle is allotted a certain amount of fuel per month at this price, but if you go over, you can always fill up off post. The only gas station ("Tankstelle" in German) off post that will accept your Rations Card is called Esso. You have to load money on your Esso card before the German Esso station will accept it. You don't have to do this if you're buying fuel on post. Esso Cards are only accepted at German Esso stations, not at other countries.

Are there any different requirements for my car in Germany?

Yes, at all times you must have the following in your vehicle in Germany:
First Aid Kit (DIN 13164)
Warning Triangle
Reflective Vest

Depending on the season, you are required to have winter or summer tires on your car. The official change-out dates are October to April for winter tires. You can also get "all season" tires, but they must meet the German standard.

Where can we buy a car around here?

There's a "Lemon Lot" in Tower Barracks by Bldg 607, next to the PX where people park their cars to be sold. There are also dealerships located both on and off post.

You can buy a German-spec car, but keep in mind it can be quite costly to alter the German-spec car to U.S. specifications if you want to ship it back to the U.S. Most German-spec car owners sell their car before they PCS again.

Where should I go for car maintenance/repairs?

There's a Car Care Center on Tower Barracks that can help. Both posts also have an Auto Skills Center where you can do some work yourself with a bit of help. Otherwise, there are several off post car mechanics in the area – don't forget to bring a VAT form!

Both PX's sell regular car maintenance items and you can also order parts through the Car Care Center. Online, sites like www.rockauto.com usually ship to your APO. If you have a U.S.-spec car, this can sometimes save you a lot of money as it's difficult for off-post mechanics to order U.S. parts.

Purchase oil and oil filters from the PX and bring to the mechanic to save \$\$\$!

What about if I travel in my car outside of Germany?

You have to have your tourist passport, international driver's license and your USAREUR license. Each country also has its own requirements of what you have to keep in your car. Some countries like Czechia require vignettes (a sticker for toll roads). Do your research on international requirements. Websites like www.viamichelin.com and www.adac.com are very helpful.

Do I need international insurance for my car?

Yes. Most military-friendly businesses like USAA and Navy Federal Credit Union offer insurance overseas. Some people choose to have a German insurance company like Allianz or Mirascon. ADAC (sort of like AAA in the U.S.) offers insurance packages to add onto your regular car insurance.

Housing

Where should I look for housing?

In USAG Bavaria, government housing is mandatory for all families. Only under specific circumstances will a family be allowed a private rental.

Government housing is available both on post and in numerous German towns off post. Your soldier will have scheduled appointments with the housing office to review the policies and your options, but Housing ultimately offers you housing options. For more info on housing policies, check out this link: https://home.army.mil/bavaria/index.php/about/Directorates/dpw/housing-services-office

You can also email the Housing office or message their Facebook page.

What options do we have for furniture while we wait on HHG?

In Graf Building 244, along the housing wing are photographs of all items available for you to borrow. In most cases, you are able to borrow beds, dressers, tables, and chairs for the duration of your time here. When you sign for your house, if not before, be sure to let housing know what items you would like to have delivered.

Where can I find cheap stuff for our house?

Tower Barracks and Rose Barracks both have a <u>Thrift Store</u>. The Thrift Store is similar to Goodwill where you pay a reduced price for used items. Often you will find great deals on small electrics, clothing, and décor from those who have PCS'ed. For more info on the Thrift Shop, look them up on Facebook or view their hours at https://home.army.mil/bavaria/index.php/atoz

Tower Barracks has a <u>Free Cycle</u>. Free Cycle is stuff available to the community for free. Bring your ID and see what treasures you can find. For more info on Free Cycle, look under "DPW" at the Garrison's phonebook site: https://home.army.mil/bavaria/index.php/atoz

You can borrow household basics from ACS when you first arrive. There are <u>Lending Closets</u> that can provide you with kitchen basics like plates, bowls, pots and pans, etc. as well as a coffee maker and even a vacuum. Both Tower Barracks and Rose Barracks have Lending Closets.

Also, <u>Self Help</u> has countless items available as you set up your home including curtain clips, light bulbs, sink stoppers, nails, screws, hammer drill, lawn mower, pressure washer, etc. Some items are only for temporary sign out while others are for you to take and keep. For info on their location and hours, look at "Self Help Issue Point" at the Garrison's phonebook site: https://home.army.mil/bavaria/index.php/atoz

CYSS

How do I get my kids registered for CYSS?

While in Germany, it is especially important that children are registered in CYSS annually. In the event of an emergency, being registered in CYSS ensures your children are placed with someone you designate until other family can arrive.

Initial registration for CYSS must be completed at Rose Barracks at Parent Central. Appointments are not required. Once the initial registration is complete all additional paperwork can be delivered to any CDC on post.

What activities are offered for kids around here?

SKIES offers several extra-curricular activities for children including soccer, ballet, horseback riding, etc. More information can be found on their site: https://grafenwoehr.armymwr.com/programs/instructional-programs

Schools

There are five DODEA schools located across the Graf/Vilseck area:

Vilseck Elementary School - https://www.dodea.edu/VilseckES/
Grafenwoehr Elementary School - https://www.dodea.edu/GrafenwoehrES/index.cfm
Netzaberg Elementary School - https://www.dodea.edu/NetzabergES/index.cfm
Netzaberg Middle School - https://www.dodea.edu/VilseckHS/index.cfm
Vilseck High School - https://www.dodea.edu/VilseckHS/index.cfm

Can I enroll my child in school right away?

You can enroll your child(ren) in school as soon as you arrive by visiting the school, completing the information packet and bringing:

- current orders (family travel orders and sponsor's orders),
- student's birth certificate.
- student's social security card,
- sponsor or spouse ID card,
- current shot records,
- two local emergency contact information (other than parent) and one states side permanent contact

If your child is initially enrolled in, for example, Vilseck Elementary, but you are offered housing in Netzaberg, you can switch your child(ren) to the closer elementary school.

Off post housing offers bus routes to all schools, but on-post housing requires you to find a way to get your children to school.

Mail

How does mail work overseas?

Each Soldier gets an overseas APO address offered by the United States Postal Service (USPS) where you can receive mail within the US system. There's a post office on post that has a box for every Soldier where you can collect your mail. Your APO address will look like this:

For Rose Barracks	For Tower Barracks
CMR 411 Box	CMR 415 Box
APO, AE 09112	APO, AE 09114
USA	USA

It looks confusing, but the "CMR 411 Box_" line is like the House Number and Street Name. Then, APO = City and AE = State. The zip code is the same. Make sure when anyone sends something to your APO, then don't put "Germany" on it. Your APO is still considered the U.S.

You can also receive mail to your physical address house, but that's considered in the German system. For money-saving purposes, it's usually cheaper to send stuff from the U.S. to your APO address and stuff from Germany to your physical address. For example, Amazon.com is the U.S. version and you would ship to your APO. Amazon.de is the German version and you would ship to your physical address. For more info, see the *Shopping* section.

When do I get my APO address?

You can set up your APO mailbox before you arrive! Super handy if you want to ship things to Germany before you arrive. Just email your orders to the Post Office on your post. If you're coming to RES, email <u>usarmy.bavaria.imcom-europe.mbx.dhr-tower-barracks-psc@mail.mil</u>. If you're coming to any other Squadron, email <u>usarmy.bavaria.imcom-europe.mbx.dhr-rose-barracks-psc@mail.mil</u>

Otherwise, your Soldier will receive your APO address during in-processing.

What if I can't get to my mailbox within the working hours?

You can apply for an "afterhours box" to collect mail outside of the working hours. Just go into the Post Office and ask for an application.

For more info, visit the Post Office's website: https://home.army.mil/bavaria/index.php/about/Directorates/dhr/postal

Employment

Where can I find a job at our new post?

This link has info on all types of job opportunities: https://home.army.mil/bavaria/index.php/my-bavaria/Services/employment

The link titled "USAG Bavaria Weekly Job Listing" is updated every Wednesday with all available jobs both on and off post.

For some places, getting hired and starting your first day may take a few months, but just remember you'll be here a few years. There are several options for jobs, but they might not always be in your desired area. Don't give up and keep searching!

Can I get help with the job process?

ACS offers a <u>free class</u> on Resume Writing. Many jobs here require a Federal Resume, which is much different than a regular civilian resume. ACS will share all the tools and tips on how to succeed at Federal Resumes and Interviews. Check out their calendar here to see when the next class is: https://grafenwoehr.armymwr.com/programs/army-community-service-acs and don't forget to register for the class at https://checkappointments.acsbavaria.com

Any helpful tips on finding a job?

Networking helps a lot. Consider volunteering for an agency you like. When a job opens up, you will know about it and already have some experience with the requirements.

I have my own business. How can I continue that over here?

This link explains how Home-Based Businesses (HBB) work overseas, scroll down a bit: https://home.army.mil/bavaria/index.php/my-bavaria/Services/employment

Education

I'm interested in going back to school. What are my options?

The Education Center on both posts can help find you the best fit. There are four colleges on-post who are always looking to help you continue your education:

University of Maryland - http://www.ed.umuc.edu/general_info/jobs/index.html
Central Texas Europe - http://europe.ctcd.edu/jobs/
University of Phoenix - http://www.phoenix.edu/colleges_divisions/military-overseas.html
University of Oklahoma - http://goou.ou.edu/europe/vilseck.html

Pets

I need information on getting my pet over here and/or finding a vet, etc.?

If you are on Facebook, there are several pet-related pages including Pet Community of Bavaria where you can ask any questions you might have. Please note, transporting your pet is not a reimbursable expense. The Veterinary Clinic has a Facebook page that is monitored daily and their office is located on post Vilseck. You are also encouraged to create a relationship for your pet with a German vet as the hours and services at the on-post vet are limited.

What's a pet passport and do I need one?

A pet passport is similar to a human passport, but just lists the pet's immunization records all in one place. You only need a pet passport if you plan on taking your pet outside of Germany. The pet passport just makes sure the pet is up-to-date on all shot records and medications so that it can travel across country borders. You can get a pet passport at any off-post vet; you cannot get a passport at the Vet clinic on post.

Will my dog be welcome in Germany?

Yes! Germans and many other Europeans truly enjoy their four-legged friends. If your pet is well-behaved, you can take them into some stores and even restaurants. Look for signs outside of stores; they'll usually have a sign saying when a dog is *not* allowed inside. When traveling, there are many options for four-legged friends. You can even take your dog to the top of the Zugzpitze! That's Germany's tallest mountain, for a fee.

Is there a dog park anywhere?

On Rose Barracks, the dog park is across the street from Little Mike Park which is very close to the Main Gate. Off post has very limited options for traditional dog parks. The dog park on Tower Barracks is across the street from building 244 (near the back of the parking lot) to the right of the playground.

Off post, dog parks aren't as common as they are in the U.S. There are many large fields where German dog owners will let their well-behaved dogs run off leash. Know your dog's temperament and act accordingly.

Tierheim is the German word for dog shelter. Any dog found will be kept at the Tierheim until the owner can be contacted.

Shopping

Do I need to carry cash everywhere? Where can I get cash?

Yes, Germany in general is a "cash-based" economy. It is a good idea to always have Euros on hand. Many smaller bakeries and stores will not accept US bank cards. When purchasing items on post, at the PX or Commissary, prices and purchases are in dollars. Very few places off post will accept dollars; if they do, the conversion rate usually isn't in your favor.

There are several ATMs on and off-post. At most on-post ATMs you can make withdrawals in Euro or dollars. In Europe, ATMs are often inside banks or buildings. Look for a small EC sign on the outside of the building to find an ATM.

You can also open an account with one of the two German banks on post: Service Credit Union https://servicecu.org/ and Community Bank https://www.dodcommunitybank.com/home/locations/germany

You might end up needing one to pay for some of your off-post bills. Both posts have locations for both banks.

What is a VAT form?

The Value Added Tax (VAT) for purchases in Germany is between 8-19% and is automatically included in the price of products and some services (i.e. auto care). From the Tax Relief Office, off Gettysburg, you can purchase VAT forms to use at the time of purchase to save the tax. Not all stores accept them; ask prior to making your purchase. As a newcomer, you can purchase a set of 10 forms for \$40. Thereafter, VAT forms cost \$5. The whole process for using the forms will be explained when you purchase. For the location and hours of the VAT office, check out the "Tax Relief Office" part of the Garrison phonebook site: https://grafenwoehr.armymwr.com/programs/value-added-tax-vat

Where can I go to buy stuff for the house?

Don't forget to check out the <u>ACS Lending Closet</u> for household items to use until your Household Goods arrive. Tower Barracks and Rose Barracks have them. Rose Barracks has a bigger selection, but you can use either. There's also the <u>Thrift Stores</u> located on each post. Tower Barracks has a <u>Free Cycle</u> as well.

Close by:

OBI is similar to Home Depot. Real and Poco are both great options for household goodies including home décor. They are located in Weiden, a town 20 minutes from Tower Barracks. Amberg is a town about 20 mins away from Rose Barracks and has Real, OBI and Poco as well. Poco actually offers a military discount of 10% if you show your ID before checking out. You can also bring a VAT Form to save on German taxes.

A bit of a drive:

IKEA has everything from mattresses to utensils and is located in both Regensburg and Nuremberg – don't forget your VAT form! The Regensburg Ikea is next door to a Globus, which is similar to a Walmart.

Are there any Farmer's Market nearby?

Yes! Grafenwoehr has a market on Thursday mornings, in the City Centre. Amberg and Weiden's Farmers Markets are larger and run on Wednesday and Saturday mornings. Seasonal fruits, vegetables, meats and even flowers are usually available. Bring Euro cash and your own shopping bags!

What US retailers ship here?

You'll find that many merchants will ship to an APO address. The delivery timelines vary greatly. Amazon is a great option and with a Prime Membership you get faster shipping (usually 1-2 weeks). You can also ship from Amazon.de straight to your German address.

If you live on post, you can still have German companies deliver to your house. You just have to write your address a little different. For example, if you live on Green Mountain, but your building number and letter are 8795 B, then your German address is written like this:

Sudlager 8795 B

92249 Vilseck DE

Can I ship anything to my APO?

Not anything. There are rules about what can and cannot be shipped into Germany. It doesn't matter whether the item is shipped from the manufacturer or from a family member. Some items that are NOT allowed include: aerosol cans, coffee, alcohol, supplements, perfumes, meat, and dairy products. If you have any questions about an item, contact the Customs office before ordering. They are very helpful and their contact info is:

Customs Office - Tower Barracks Mon-Fri: 9 am – 12 pm, 1 - 3 pm Closed first Thursday of the month and U.S. Holidays CIV 09641-83-7249, 09641-83-7282, or 09641-83-8901

Store Equivalents

Home Depot = OBI

Dollar Store = Tedi

Craft Store = Tedi, Nanu-Nana, Thomas Phillips, Hagebaumarkt

Walgreens = Rossmans, Mueller

Pharmacy = Apotheke

Walmart = Real, Globus, Kaufland

Best Buy = Media Markt

Home Décor/Furniture = Hagebaumarkt, Poco, IKEA, XXLutz

Pet Stores: Fressnapf, Hagebaumarkt

Don't forget to bring your own shopping bags! Stores will often charge 10 cents (Euro) per shopping bag... or just carry it around on your own!

Grocery Stores

Lidl, Netto, Norma and Aldi are discount stores. They offer a lot at cheap prices, but you might not find specific items. Edeka is a store more comparable to a state-side grocery store. For tips, take the ACS Windshield Tour where they take you to Edeka and show you everything before you go alone. The closest thing to Walmart or Target will be Real, Kaufland, or Globus.

You and your soldier will both get Rations Cards through \$1. On post, coffee, cigarettes and liquor (not beer and wine) are rationed. Your Rations Card keeps track of how much you purchase. But you can always buy these things off post.

Clothing Stores

All ages: H&M, Kik, C&A, NKD, Wohrl, Jack Wolfskins (sportier, outdoorsy clothes)

Women's: Orsay, Hunkemoller, Loft (Weiden)

Shoes: Deichmann, Sutor Ball gowns: Rent-a-Highlight

Shopping malls located in Bayreuth, Nuremberg, Regensburg and Prague*

There are many more stores than listed here! Time to go out and explore ©

Traveling

How do I get my USAREUR driver's license?

If you already have a valid stateside license, you can take a class in person followed by the test or you can take the online class to get your USAREUR license. To do the online version, you need your sponsor to set up a JKO account for you then you can take the test online at

https://jkodirect.jten.mil/Atlas2/page/coi/externalCourseAccess.jsf?v=1533566708475&course_prefix=US A&course_number=-007

Do I need a travel Passport?

If you plan to travel outside of Germany, yes; you need to apply for a travel passport for all dependents regardless of age. There is a Passport Office in building 244 on Tower Barracks that can assist you with the requirements. The cost for travel passports is your own.

If you plan to travel within Germany and not leave the borders, then your government-issued "no fee" passport with the SOFA stamp will work.

Do I need to travel with both Passports?

You are required to have and travel with a tourist Passport if traveling outside of Germany. You are also advised to travel with the passport that contains your SOFA stamp (official or "no fee" passport) when traveling in Germany. Simply put, your tourist passport lets you out of Germany while your official passport with SOFA stamp (often called your "no fee" passport) lets you back into Germany. The Garrison website also includes recommendations for what service members should carry, to include Stateside driver's license, Leave Papers, ID, Orders, etc. USAG Bavaria website: https://home.army.mil/bavaria/index.php/about/Directorates/dhr/passports

How can I make an appointment to get my passport?

The best way to make an appointment is to email the office directly. A lot of times they cannot answer the phones as they are busy processing passport applications. They will usually get back to you in a timely manner by email to answer questions and make appointments. Their email is: usarmy.bavaria.imcom-europe.mbx.dhr-mpd-passports@mail.mil

Do I need an international driver's license?

With your USAREUR driver's license, you can drive anywhere in Germany. If you plan to drive outside of Germany, you need an International Driver's License in addition to your USAREUR license. The license office on post can provide a map of locations in both Eschenbach and Amberg to get an International Driver's License. You don't have to take another test, just need to bring one passport photo (remember: you can't smile in these photos!), your ID card, your USAREUR driver's license and €20.

Here's where you can get it, based off your CMR address:

If you have a CMR 411 address

Location/Hours: Beethovenstrasse 7, 92224 Amberg/Mon, Tues, Thurs 0800-1600, Wed - Fri 0900- 1200

Phone: 09621-39840

If you have a CMR 415 address

Location/Hours: Karlsplatz 29, 92676 Eschenbach/Mon - Fri 0800-1130 Tues - Thurs 1400-1530

Phone: 09602-79-3380

Where is the closest train stop?

For travel around Germany, and even outside Germany, consider touring by train. There are 5 train stops within 25 minutes of either Rose Barracks or Tower Barracks (Pressath, Freihung, Vilseck, Amberg, and Weiden). The Vilseck, Amberg and Weiden train stations has friendly English-speaking ticket agents who are happy to help plan your train trip. Their office hours will be listed on their website: www.bahn.com The other two stations only provide a kiosk for train ticket purchases. At most kiosk locations you are able to change the language to English.

If you're not familiar with train systems, definitely stop by the Vilseck train station office and speak with one of their friendly ticket agents. There are lots of deals that aren't listed on the site that they can help you with, specifically the "Servus" and "Bayern" tickets. The prices listed on the www.bahn.com can sometimes be much, much less when you use one of these tickets!

What are the best options for finding cheap flights?

For leisure travel, there is an on-post travel office called SATO. Their office is in Tower Barracks building 244 and they can assist with any leisure travel plans such as plane tickets, cruises, hotels, etc. If traveling to the US, Space Available seats may be an inexpensive option. Check out the Space Available Facebook page for more details on the process for using Space A travel.

Both USDTravel.com and ABCTravel.com are worth checking out as they offer military discounts to both the soldiers and immediate family members.

Where can I get some help with planning trips?

There are many different travel agencies that can help you plan trips like SATO, USDTravel, ABCTravel and ADAC, but another great resource is the local Bavarian Army Wives Travel (BAWT) page: https://www.facebook.com/groups/armywifetravelers/?ref=group_browse_new

German Culture

ACS offers tons of <u>FREE</u> events and classes to help you transition to living in Germany. Call or go into any ACS and ask for the **Discover Bavaria Passport** where you could win a free prize. Events/classes include a <u>Newcomers Orientation</u>, <u>Discover your Neighborhood</u> tours, and a <u>Windshield Tour</u> that takes you around both posts and off-post to a German grocery store. Call ACS at 09662-83-2650 or register for an event/class at https://acsbavaria.checkappointments.com

Where can I learn German?

ACS offers German language classes. Contact ACS for a schedule and to sign up for the next six week series. It is free! You can also sign up for a library card and get Mango for free online. The local Volkshochschule (VHS – sort of like the YMCA) offers German classes, as well, for a fee. While many Germans speak some English, learning a little German will go a long way in being welcomed by your host nation.

Do I really have to pay for using the restroom?

In Europe, paying for the use of a restroom (WC) is common. When dining at a restaurant, use of the WC is typically free. When traveling on the Autobahn, most rest areas have clean bathrooms that cost between 40-70 cents to use. Hang on to your tickets because sometimes you can use your tickets as a credit toward a purchase in the attached restaurant/convenience store.

What are some good tips for dining out?

It is customary in Germany (and much of Europe) to seat yourself at a restaurant. Find a seat you like and grab it. You may have to flag down the wait staff both to order and to receive your bill. Water is not brought to the table, unless ordered, at a cost. The standard water (wasser) is carbonated (with bubbles/gas). If you want non-carbonated, order "still" or "no gas."

At nicer restaurants, a tip is sometimes included in the bill. Look at the bottom of the bill to verify. Tipping is fine but not expected. If you do tip, keep in mind the standard 15-25% you would tip in the United States is considered a high tip in Germany. Sometimes, just rounding up to the nearest euro is sufficient.

In Germany, hotels are a great place to try local food. Different from in the states, hotel restaurants are usually wonderful and reasonably priced. Generally, reservations are accepted any day of the week. If you do not have a reservation, or when dining with children, consider going early (between 5-6pm). Most Europeans enjoy dinner for a longer time period than in the U.S. and the wait staff do not visit the table as often as in the U.S.

Can I really drive as fast as I want on the Autobahn?

Yes! Some stretches of the Autobahn do have speed limitations, mostly near big cities with lots of exits and by construction. Otherwise, it's up to you!

Getting involved in the Community

There are many resources available to you including your Family Readiness Group (FRG), Army Community Services (ACS), Morale, Welfare and Recreation (MWR) and even USO.

Your FRG sends out lots of helpful info including job opportunities and community events. To find your FRG, email Kaitlin.m.knauer.civ@mail.mil or 2CRWelcomeCommittee@gmail.com or ask your soldier to add you to the FRG email list.

ACS has a monthly calendar of events and classes as well as information on volunteer opportunities. Call 09662-83-2650 for more info.

MWR offers fitness classes, hobbies like cooking, hunting, fishing and even cosplay creation, as well as local trips abroad. Visit https://grafenwoehr.armymwr.com/ or call 09641-70526-9030

If you prefer to immerse in German life off post, most towns have monthly newsletters with events that you can sign up for. There are also several English-speaking activities off post to get involved with. The following list is not endorsed by 2CR, but are options for Soldiers and Families:

TEAM	ACTIVITY	WHO	CONTACT INFO
2CR Hockey Team	Hockey	Adults	Email sean.m.navin4.mil@mail.mil for more info
2CR Association	Cavalry Association	Soldiers	www.2dCavalryAssociation.com
Amberg Hockey Team	Hockey	Kids	http://www.erscamberg.de/
Bavarian Rod and Gun	Hunting	Adults	https://www.facebook.com/Bavarian-Rod-and-Gun-198362329035/
Bavarian Ski Club	Skiing	All	https://www.facebook.com/bavarianskiclub/
Creative Art Fundamentals	Painting Lessons	All	caf.artlessons1@gmail.com
PWOC – Women's Bible Study	Bible Study	Women	https://www.facebook.com/PWOCRoseBarracks
SGT Morales Club		Soldiers	www.sergeantmoralesclub.com https://www.facebook.com/smcbavaria/
Tanzschule Vezard	Dancing Lessons	All	tanzschule@vezard.de
VF Performance Horses	Horseback Riding	All	www.vf-performancehorses.com info@vf-performancehorses.com
VFW Vilseck	Veterans' Club	Soldiers	https://www.facebook.com/VilseckVFWPost9334/
Weiden Vikings	American Football	Adults	https://www.weidenvikings.de info@weidenvikings.de



Newcomer's Brief

Learn about 2CR and opportunities for Soldiers and Families both on and off post.

Fourth Tuesday of the Month 1 – 2 pm Rose Barracks Theatre Bldg. 354 Children Welcome

Soldier and Spouse Welcome

Every Friday

(if the Soldiers have that Friday off, then it moves to the following Friday)

2 - 3 pm

Third Floor Classroom, Bldg. 244, Tower Barracks Children Welcome

Have questions now?

Email the 2CR Welcome Committee at <u>2CRWelcomeCommittee@gmail.com</u> or the 2CR FRSA at <u>deborah.a.herald.civ@mail.mil</u>. You may also contact the 2CR Sponsorship Coordinator at <u>kimberly.r.harris.civ@mail.mil</u>.