

# Day to Day living



## Table of Contents

Shopping .....	3
<b>NATEX</b> .....	3
<b>Local Markets</b> .....	3
<b>Second Hand</b> .....	4
<b>Common Stores</b> .....	4
<b>Appliances</b> .....	5
<b>Furniture</b> .....	6
<b>Malls &amp; Shopping Centres</b> .....	6
Garbage and Recycling .....	7
Local Hospitals.....	9
Pets.....	10
<b>Veterinary Services - Germany</b> .....	10
<b>Veterinary Services - The Netherlands</b> .....	10
<b>Kennels and Grooming - Germany</b> .....	11
<b>Kennels and Grooming - The Netherlands</b> .....	11
<b>Kennels and Grooming - Belgium</b> .....	11
Entertainment & Leisure .....	12
<b>Hobbies and Clubs</b> .....	12
<b>Cinemas</b> .....	12
<b>Activity Outdoor / Indoor / Park</b> .....	13
<b>Cultural Events</b> .....	14
<b>Religious Services</b> .....	14
Useful Websites .....	15

## SHOPPING

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Business and shopping hours can be very different in Europe. In Germany, businesses and most stores are closed evenings and have limited hours on Saturdays, with many small shops closing around 2:00 pm. In Germany, shops are also closed on Sundays while many remain open in the Netherlands.

### NATEX

NATEX is the OUTCAN version of CANEX and is located on the NATO Airbase Geilenkirchen. NATEX has a grocery and a retail outlet with a large selection of duty free wine, beer, and liquor. Families posted in Germany can shop at NATEX at any time and will receive a shopping card and a ration card for purchasing duty free items. While families posted in Brunssum may purchase items via the Brunssum PSP Coordinator who also sells Canadian products at the Canada Place canteen.

Website: <https://natex.de/>

#### **NATEX VAT Office (AMSTO Building 74) (tax free shopping forms)**

Email: [amsto@natex.de](mailto:amsto@natex.de)

Phone: 0049 (0)2451 9152

### Local Markets

One of the most authentic European experiences is the market. Many larger towns have a market in their town square, offering fresh food, cut flowers and textiles at great prices. It is recommended to buy what you'll be able to consume within a couple of days since the shelf life of food purchased at the market can be very short. There are many markets available. Locally, some of the most popular are:

Tuesday and Friday – Geilenkirchen (small food market)

Thursday – Sittard (large food market with textiles)

Saturday – Egelshoven and Geleen (large food market) and Sittard (small food market)

## Second hand





When looking to buy or sell second hand items, there are a few buy, sell, and trade Facebook groups for families posted for this area. As in Canada, you can also find second hand stores particularly for babies and small children items and clothing.














- GK, JFC Swap (Facebook group for buy and sell)

There are also a few antique and second hand and antique furniture stores in the area.

- <https://antik-depot-driessen.de/>
- <https://meubeldepot.nl/>

## Common Stores

Canadian equivalent	Logos
<b>Hardware Store</b> <ul style="list-style-type: none"> <li>- Obi (Germany)</li> <li>- Mobau (Germany)</li> <li>- Gamma (NL)</li> </ul>	
<b>Costco</b> <ul style="list-style-type: none"> <li>- Metro (Germany)</li> <li>- Makro (NL)</li> <li>- Sligro (NL)</li> </ul>	
<b>Grocery</b> <ul style="list-style-type: none"> <li>- Aldi</li> <li>- Lidl</li> <li>- Rewe (Germany)</li> <li>- Netto (Germany)</li> <li>- Edeka (Germany)</li> <li>- Jan Linders (NL)</li> <li>- Albert Heijn (NL)</li> </ul>	
<b>Dollar Store</b> <ul style="list-style-type: none"> <li>- Teddy</li> <li>- Action</li> </ul>	

<b>Sports Store</b> <ul style="list-style-type: none"> <li>- Decathlon</li> <li>- Intersport</li> </ul>	 
<b>North American Pharmacy (no prescription)</b> <ul style="list-style-type: none"> <li>- DM (Germany)</li> <li>- Rossmann (Germany)</li> <li>- Kruidvat (NL)</li> <li>- Hema (NL)</li> </ul>	   
<b>Prescription Pharmacy</b> <ul style="list-style-type: none"> <li>- Apotheke</li> <li>- Apotheek</li> </ul>	
<b>Electronics</b> <ul style="list-style-type: none"> <li>- Media Markt (<a href="http://www.mediamarkt.com">www.mediamarkt.com</a>)</li> <li>- Saturn (<a href="http://www.saturn.de">www.saturn.de</a>)</li> <li>- Cybersport</li> </ul>	 
<b>Mobile service</b> <ul style="list-style-type: none"> <li>- Vodafone</li> <li>- Tele2</li> <li>- Telekom</li> <li>- O2</li> </ul>	   

## Appliances

Often new families will need to buy some appliances for their home. Washers and dryers are typically not included in a rental, and some families find their European fridge too small and prefer to buy a second one. Below are examples of stores where you can buy appliances.

- Media Markt [www.mediamarkt.com](http://www.mediamarkt.com)
- Saturn [www.saturn.de](http://www.saturn.de)
- Ikea [www.ikea.nl](http://www.ikea.nl) / [www.ikea.de](http://www.ikea.de)
- Praxis [www.praxis.nl](http://www.praxis.nl)
- Roller [www.roller.de](http://www.roller.de)

## Furniture

Dutch and German houses often do not have closets like Canadian houses do. For this reason, families will often buy wardrobes (DE: *schränk*, NL: *kledingkast*) to use throughout their house. Bathrooms also often do not include cabinets, so you will need to purchase bathroom furniture. Sometimes you will be able to purchase these items from the person leaving the house, otherwise, below are some suggestions for where to find furniture.

- Porta [www.porta.de](http://www.porta.de)
- Ikea [www.ikea.nl](http://www.ikea.nl) / [www.ikea.de](http://www.ikea.de)
- Dänisches Bettenlager/JYSK [www.daenischesbettenlager.de](http://www.daenischesbettenlager.de) / [www.jysk.nl](http://www.jysk.nl)
- Leen Bakker [www.leenbakker.nl](http://www.leenbakker.nl)
- Kwantum [www.kwantum.nl](http://www.kwantum.nl)
- Praxis [www.praxis.nl](http://www.praxis.nl)
- Wohnwelt Pallen [www.xxxlshop.de](http://www.xxxlshop.de)
- Roller [www.roller.de](http://www.roller.de)




## Malls & Shopping Centres





Malls are not as popular in Europe since most of the shopping is in the city centers with streets dedicated to shopping. If you are missing indoor shopping in a mall, below are a few that are close to this area.

Aquis Plaza	Aachen, DE	<a href="https://www.aquis-plaza.de/">https://www.aquis-plaza.de/</a>
Centro Oberhausen	Oberhausen, DE	<a href="https://www.westfield.com/germany/centro">https://www.westfield.com/germany/centro</a>
Corio Center	Heerlen, NL	<a href="https://www.coriocenter.eu/">https://www.coriocenter.eu/</a>
Makado Beek	Beek, NL	<a href="http://www.makado-beek.nl">www.makado-beek.nl</a>

# GARBAGE AND RECYCLING

## Germany

	Can Be Used For	Cannot Be Used For
<p><b>BLUE BIN</b>  <b>Paper Recycling</b>                      Altpapier</p> <p>Roadside pickup</p> 	<p>Paper and cardboard:</p> <ul style="list-style-type: none"> <li>● paper bags</li> <li>● magazines</li> <li>● catalogues</li> <li>● school books</li> <li>● envelopes</li> <li>● laundry cartons</li> <li>● cardboard boxes</li> </ul> <p>Cannot be soiled</p>	<ul style="list-style-type: none"> <li>● coated drink &amp; food boxes, aluminum coated pizza boxes</li> <li>● fax, carbon and waxed paper</li> <li>● photos</li> <li>● wallpaper</li> <li>● paper tissues, napkins and paper towels</li> </ul>
<p><b>YELLOW BIN</b>  <b>Plastics and Other Recyclables</b>                      Leichtverpackungen</p> 	<p>Metal and plastic wrappings;</p> <ul style="list-style-type: none"> <li>● plastic bottles and wrap</li> <li>● tins and drink cans</li> <li>● aluminum foil, plates, bags</li> <li>● jar and bottle caps</li> <li>● Styrofoam wrapping</li> <li>● margarine and yoghurt tubs</li> </ul>	<ul style="list-style-type: none"> <li>● paper and cardboard wrap</li> <li>● glass containers</li> <li>● shoes, clothing</li> <li>● records, cassettes and diskettes</li> <li>● carpets, upholstery, bulk garbage, foam rubber, insulation,</li> <li>● sanitary napkins, diapers, vacuum cleaner bags</li> <li>● infusion hoses, needles</li> </ul>
<p><b>COMPOST</b>                      Biotonne</p> <p>Roadside pickup</p> 	<p><u>Kitchen waste</u></p> <ul style="list-style-type: none"> <li>● Coffee ground, filters, and tea bags</li> <li>● Old and spoiled food</li> <li>● Egg and nutshells</li> <li>● Dried flowers and plants</li> <li>● Raw or cooked leftovers and scraps (no bones)</li> </ul> <p><u>Yard Waste</u></p> <ul style="list-style-type: none"> <li>● Grass and hedge clippings</li> <li>● Leaves and branches</li> <li>● Plants and roots</li> </ul> <p><u>Small quantities of</u></p> <ul style="list-style-type: none"> <li>● Paper towels, newspaper, tissue paper, napkins, and paper bags</li> <li>● Hair and feathers, Sawdust</li> </ul>	<p>Never use for animal excrements, urine, feces and litter box waste</p>

<p><b>GARBAGE</b> Restmüll</p> <p>Roadside pickup</p> 	<p>All other waste not listed above.</p>	<p>All garbage must be within your provided garbage bin. Any additional trash will not be picked up.</p>
<p><b>GLASS RECYCLING</b> Altglas</p> <p>Bins can be found in most towns. Some towns have monthly roadside glass pickup</p> 	<ul style="list-style-type: none"> <li>• Glass jars</li> <li>• Wine and spirit bottles</li> </ul> <p>Must be clean and separated by colour</p>	<ul style="list-style-type: none"> <li>• Plates, bowls, cups</li> <li>• Vases</li> <li>• Porcelain and ceramic</li> <li>• Pottery and earthen ware</li> <li>• Bottle and jar caps</li> <li>• Car windowpanes</li> <li>• Mirror glass</li> <li>• Oven proof glass</li> <li>• Light bulbs and fluorescent lights</li> </ul>
<p><b>REFUNDABLE</b> Pfand</p> <p>In store return</p>  	<ul style="list-style-type: none"> <li>• Bottles, cans, or jars that required a deposit (pfand) upon purchase.</li> <li>• Most grocery and drink stores will have an automated machine to return these to. This machine will give you a receipt with your refund amount that you can then take to the cash register to receive cash or have the amount deducted from a purchase.</li> <li>• Most refundables are marked with the symbol to the left, however, some may only have the refund amount written near the barcode.</li> </ul>	<ul style="list-style-type: none"> <li>• Bottles or cans that were purchased outside of Germany</li> <li>• Bottles or cans that did not require a deposit</li> </ul>

Here the link to the waste calendar for the Geilenkirchen area.

<https://www.schoenmackers.de/rund-um-service-abfallkalender/>



## The Netherlands

Waste collection in the Netherlands varies depending on the community in which you live. Talk to your landlord regarding the waste collection procedure and schedule for your area.

## LOCAL HOSPITALS

There are hospitals close by for emergencies. Please see the list of hospitals below for the facility closest to you.

### Germany

<b>St. Elisabeth Krankenhaus</b> Martin-Heyden Strasse 32, 52511, Geilenkirchen, Germany +49 (0) 2451 6220	<b>Städtisches Krankenhaus</b> Auf dem Brand 1, 52525, Heinsberg, Germany +49 (0) 2452 1880
<b>Universitätsklinikum Aachen</b> Paulwelsstr. 30 52074, Aachen, Germany +49 (0) 241 800	<b>Elisabeth-Krankenhaus Rheydt</b> (Also Pediatric Emergency) Hubertusstraße 10, 41239 Mönchengladbach, DE +49(0) 2166 394 2917

### The Netherlands

<b>Zuyderland Medisch Centrum Sittard-Geleen</b> Dr. H. van der Hoffplein 1, 6162 BG Geleen, Netherlands +31(0) 88 459 7777	<b>Academisch Ziekenhuis</b> P. Debyelaan 25, Maastricht, NL +31 (0) 43 387 6543
<b>Zuyderland MC</b> (Also Pediatric Emergency) Henri Dunantstraat 5 6419 PC Heerlen, Netherlands +31(0) 88 459 7777	

## PETS

### Veterinary Services - Germany

<b>Dr.med.vet. Vera Franken</b> Heinsberger Str. 6, 52511 Geilenkirchen, +49 2451 7055	<b>Tierarztpraxis PetCare</b> Lise-Meitner-Str. 21, 52511 Geilenkirchen +49 (0)2451 932 1905 <a href="http://www.tierarztpraxis-petcare.de/">http://www.tierarztpraxis-petcare.de/</a>
<b>Kleintierpraxis-Gangelt</b> Pastor-Fischenich-Str.4, 52538 Gangelt Phone: +49 (0)2454 2282 <a href="https://www.kleintierpraxis-gangelt.de/welcome.html">https://www.kleintierpraxis-gangelt.de/welcome.html</a>	<b>Dr.med.vet. Stefanie Teeuwen Tierarzt</b> Konrad-Adenauer-Str. 8, 52511 Geilenkirchen Phone: +49 (0)2451 65069
<b>Najda Plum Praktische Tierärztin</b> Karl-Arnold-Str. 190, 52511 Geilenkirchen Tel: +49 (0) 2451 910 4200 <a href="http://www.vet-gillrath.com/">http://www.vet-gillrath.com/</a>	

### Veterinary Services - The Netherlands

<b>Dierenkliniek Overhoven</b> Hillenraedtstraat 37, 6136 BR Sittard Phone: +31 (0)46 451 9121 <a href="http://www.dierenklinikoverhoven.nl/">http://www.dierenklinikoverhoven.nl/</a>	<b>Dierenkliniek Hoogveld</b> Hoogveldsweg 34, 6102 CB Echt Phone: +31 (0)475 48 5151 <a href="https://www.dierenkliniekecht.nl/">https://www.dierenkliniekecht.nl/</a>
<b>Dierenkliniek Onderbanken</b> Beekstraat 20, 6451 CC Schinveld +31 (0)45 564 2260 <a href="http://www.dierenkliniek-onderbanken.nl">www.dierenkliniek-onderbanken.nl</a>	

## Kennels and Grooming - Germany

<b>Pfoten-Residenz</b> Dogs Eckartstrasse 60, 41844 Wegberg/Wildenrath Tel: +49 (0)171 5391903 (best via WhatsApp)	<b>Mary's Dog Styling</b> Cats and Dogs Bundesstrasse 38, 52538 Gangelt-Stahe Tel: +49 (0)171 4858 057 <a href="http://www.hundesalon-marynuesser.de">www.hundesalon-marynuesser.de</a>
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## Kennels and Grooming - The Netherlands

<b>Dierenhotel Abdissenbosch</b> Cats and dogs Vogelzankweg 230, 6374 AH Landgraaf Tel: +31 (0)4553 17217 <a href="http://www.dierenhotelabdissenbosch.nl/">http://www.dierenhotelabdissenbosch.nl/</a>	<b>The Animal Farm</b> Dogs Raar 40, 6231 RR Meerssen Tel: +31 (0)4336 53434 <a href="http://www.dierenpensiontheanimalfarm.nl">http://www.dierenpensiontheanimalfarm.nl</a>
<b>LIHO Dierenhotel</b> Dogs, cats, small pets and birds Groeneweg 24, 6441 LL Brunssum Tel: +31 (0) 4552 71479 <a href="http://www.lihodierenhotel.nl/start.html">http://www.lihodierenhotel.nl/start.html</a>	

## Kennels and Grooming - Belgium

<b>Dierenpension Kanaalzicht</b> Cats, dogs, small pets and birds Monnikhof 1, 3631 Boorseme Maasmechelen Tel: +32 (0)89 763 437 <a href="http://www.kanaalzicht.be">www.kanaalzicht.be</a>	
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## ENTERTAINMENT & LEISURE

### Child and Youth

Child and Youth services located on JFC Brunssum offers many services to families. They offer daycare, before and after school care as well as camps during school breaks, sports and fitness program. For more information on the services offered, visit

<https://brunssum.armymwr.com/categories/cys-services>.

### Hobbies and Clubs

#### JFC Brunssum International Club

<https://www.jfcbic.com/>

The JFC Brunssum International Club is open to all NATO ID cards holders. Throughout the year they offer activity groups, short trips, “coffee mornings”, and Charity Night.

#### JFC Brunssum Clubs

<https://www.jfcbunssum.com/clubs/>

JFC Brunssum hosts a variety of clubs including walking, swimming, sailing, golf, and more.

Various activities - <https://brunssum.armymwr.com/programs/hub>

### Cinemas

You are most likely to find English language movies in the Netherlands since in Germany, most English movies are dubbed into German. However, the Aachen cinema might offer non dubbed some English options.

<b>Foroxity Film Arena</b> Rijksweg Zuid 271 6134AC Sittard, Netherlands +31 (0) 46 400 9796 <a href="http://www.foroxity.nl">www.foroxity.nl</a>	<b>Vue Kerkrade</b> Roda J.C. Ring 2A 6466 NH Kerkrade, Netherlands +31 (0) 45 211 9990 <a href="https://www.vuecinemas.nl">https://www.vuecinemas.nl</a>
<b>JFCBS Alliance Theatre</b> Bldg 405, JFC Brunssum Rimburgerweg 30, Brunssum, Netherlands <a href="https://www.jfcbunssum.com/community/theatre/">https://www.jfcbunssum.com/community/theatre/</a>	<b>Cineplex Aachen</b> Cineplex Kinopark Aachen, Borngasse 30, 52064, Aachen, Germany +49 241 413180 <a href="https://www.cineplex.de/aachen/">https://www.cineplex.de/aachen/</a> 30% English movies Mondays-NATO ID card holders

## Activity Outdoor / Indoor / Park

OUTDOOR	INDOOR
<b>Family park Landgraaf</b> <b>Mondo Verde</b> <a href="https://www.wereldtuinenmondoverde.nl">https://www.wereldtuinenmondoverde.nl</a>	<b>GlowGolf</b> <a href="https://glowgolf.nl/">https://glowgolf.nl/</a>
<b>BloteVoeten Park Brunssum</b> <a href="https://blotevoetenpark.nl">https://blotevoetenpark.nl</a>	<b>Clip'n Climb</b> <a href="https://clipnclimb.com/de">https://clipnclimb.com/de</a>
<b>Border triangle (Labyrinth)</b> The highest point in the Nertherlands <a href="https://www.drielandenpunt.nl">https://www.drielandenpunt.nl</a>	<b>Playground</b> <a href="https://www.playcafeheerlen.nl">https://www.playcafeheerlen.nl</a>
<b>Pool Gangelt</b> <a href="https://ferienhaus-amfreibad.de/en/property-item/outdoor-pool-gangelt/">https://ferienhaus-amfreibad.de/en/property-item/outdoor-pool-gangelt/</a>	<b>Trampoline park</b> <a href="https://www.streetjumpheerlen.nl/street-jump/mini-jump">https://www.streetjumpheerlen.nl/street-jump/mini-jump</a>
<b>Movie Park Germany</b> <b>Day of filming in Hollywood</b> <a href="https://www.movieparkgermany.de">https://www.movieparkgermany.de</a>	<b>Virtual Experience</b> <a href="https://holocafe.de/de/aachen">https://holocafe.de/de/aachen</a>
<b>Phantasialand Park</b> <a href="https://www.phantasialand.de/en/">https://www.phantasialand.de/en/</a>  <b>Adventure Park Het Plateau</b> <a href="#">Home - Park het Plateau</a>	<b>Legoland Park</b> <a href="https://www.legoland.de/en/">https://www.legoland.de/en/</a>

## Park

<b>Wildpark Gangelt</b> <a href="https://www.wildpark-gangelt.com/">https://www.wildpark-gangelt.com/</a>	<b>Wurmauen Park</b> <a href="https://geilenkirchen-lokal.de/?p=66087">https://geilenkirchen-lokal.de/?p=66087</a>
<b>Teverener Heide</b> <a href="https://www.teverenerheide.de/">https://www.teverenerheide.de/</a>	<b>The three Country Point NL/B/D</b> <a href="https://drielandenpark.info/en/">https://drielandenpark.info/en/</a>
<b>National Park Eifel</b> <a href="#">Start page   Eifel National Park</a> <a href="http://nationalpark-eifel.de">(nationalpark-eifel.de)</a>	<b>Bruckenkopf-Park</b> <a href="#">Park (brueckenkopf-park.de)</a>

## Cultural Events

If you are looking for various concerts, musicals, comedians, etc., the eventim website is a great place to look for tickets.

<http://www.eventim.de>

## Religious Services

There is no Canadian chaplain permanently assigned to the Geilenkirchen area to serve the communities in Brunssum, Geilenkirchen and Niederheid. Chaplaincy services are provided by the SHAPE Padre located at CFSU(E) Det Casteau (Belgium) through regular visits. An office is maintained on the Niederheid base for use during these visits. The Padre is also on call and can be accessed at any time by phone or email.

Maj Flor can be reached at: [gerson.flor@forces.gc.ca](mailto:gerson.flor@forces.gc.ca)

Appointments for pastoral services can be arranged by contacting the Padre.

CAF members, DND employees and their families are invited to participate at the local USAFE military chapels at NATO Air Base Geilenkirchen and at JFC Brunssum. All these services are in English. A French mass for Catholic families may be requested through the Padre.

Information on services at “Geilenkirchen NATO AB Chapel” and “JFC Brunssum Chapel” is available on Facebook or by clicking the link below.

<https://www.military.com/base-guide/geilenkirchen-nato-air-base/contact/chaplain-and-religious-services/14083>

## USEFUL WEBSITES

Please be sure to connect with us online for the latest programs and services being offered:

### **CFMWS Information**

CFMWS Website - <https://cfmws.ca/europe>

MFS(E) Facebook Page - <https://www.facebook.com/MFSEurope/>

MFS(E) YouTube Channel - [www.youtube.com/channel/UCbQXCBqcVYvLZhDj0a37h8Q](http://www.youtube.com/channel/UCbQXCBqcVYvLZhDj0a37h8Q)

### **Expat groups**

Germany - <https://www.expat.com/en/destination/europe/germany/>

Netherlands - <https://www.expat.com/en/destination/europe/netherlands/>  
[www.iamexpat.nl](http://www.iamexpat.nl)

### **Local news and information**

[www.howtogermaany.com](http://www.howtogermaany.com)

[www.finditguide.de](http://www.finditguide.de)

[www.dw-world.de](http://www.dw-world.de)

[www.thelocal.de](http://www.thelocal.de)

### **Travel**

#### **Rail**

##### Commuter train

Germany - <https://www.bahn.de/>

In the Netherlands - <https://www.ns.nl/en>

##### High Speed Train

Ice - [www.thetrainline.com](http://www.thetrainline.com)

NS International - [www.nsinternational.com/en](http://www.nsinternational.com/en)

Eurostar - [www.eurail.com/en](http://www.eurail.com/en)

## **Air travel**

There are many airlines in Europe offering a variety of services. When looking for a flight, many use search engines to verify the options and will then go directly to the airline to book their flight. Some search engines are:

Skyscanner - <https://www.skyscanner.ca/>

Google flights - <https://www.google.com/travel/flights>

There are also many airports withing a 200 km radius. The most popular are:

Amsterdam Schipol	Brussels Zaventem
Brussels Charlerois	Cologne Bonn
Dusseldorf International	Dusseldorf Weeze
Eindhoven	Maastricht

## **Donation – Furniture & Items**

You want to get rid of used items or furniture? Donating is a great way to help others and the environment by reducing waste and providing essential items to those in need.

[Amos e.V. - Wohin Damit? - Mit Sachen einfach Freude machen](#)

[fairKauf-Haus Übach-Palenberg - www.caritas-heinsberg.de](http://www.caritas-heinsberg.de)

[Nachhaltigkeit durch Second Hand, Möbel, Antikes und mehr | Ladenlokal \(troedel-oasen.de\)](#)

[NOAH-Shop, Further Straße, Neuss - Hephata BQG \(hephata-bgg.de\)](#)

[Kleider & Möbel • AWO – Aachen Land \(awo-aachen-land.de\)](http://awo-aachen-land.de)