



Thriving In Germany



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Welcome

Your Military Family Services Europe-MSF(E), team would like to extend a warm welcome to you and your family to beautiful Europe!

The role of the MFS(E) is to provide relevant information and services to CAF members and sponsored civilians and their families in their transition to their new European community. We offer programming in five key areas: Community Outreach; Child & Youth Development; Personal Development & Education; Family Separation & Reunion and Prevention, Support & Intervention. MFS(E) programs differ from those of MFRCs in Canada, staff are located throughout Europe and programs are offered virtually or from one of the five European Centres.

Your MFS(E) Centre located in Niederheid, Germany serves approximately 140 families throughout Germany and 45 families in the Netherlands. Here at the Centre we offer Community Orientation & Information Sessions, Coffee Mornings, Toddler and Parent Sessions (TAPS) as well as Pre-Teen and Youth group activities. We have many resources, both at the Centre and virtual, that you will find useful when you first arrive as well as throughout your posting. Our Lending Library includes travel books, North American DVDs, sewing machines as well as a small selection of infant and toddler items and can be mailed out to you should you wish.

Participation in our virtual programs helps you to connect with other CAF members and families in Europe. Travel Forums, Empty Nest Club, Virtual Book Club, French Coffee Mornings, and Employment Workshops are examples of some of the programs that have been offered virtually.

We are always looking for fresh ideas on how to serve our community so please, if you have a special talent or skill you'd like to offer or if you have identified a need in our community not currently being addressed, please feel free to contact us at: mfse-sk@forces.gc.ca.

We look forward to sharing the experience of being posted to Europe and to being available to assist your family during your transition. Please contact us if you have any questions during this time and we will be happy to connect with you.

Contact Us

MFS(E) Niederheid

Quimperléstrasse 100, Bldg B-11, 52511 Geilenkirchen, Germany

Centre Hours: Monday to Thursday 9:00am – 4:00pm, Friday 9:00am – 3:00pm

Tel: +49 (0) 2451 717 500

Email: mfse-sk@forces.gc.ca Website: <https://www.cafconnection.ca/Europe/Home.aspx>

For an up-to-date Staff Directory, complete with pictures, please visit

[https://www.cafconnection.ca/Europe/Locations/Germany-The-Netherlands/Geilenkirchen/MFS\(E\)-Staff-Contact.aspx](https://www.cafconnection.ca/Europe/Locations/Germany-The-Netherlands/Geilenkirchen/MFS(E)-Staff-Contact.aspx)

Using This Guide

Moving around in the guide:

- To go to a Table of Contents entry or a website link, simply click on it
- To search for a specific word, use the Find tool by pressing Ctrl and F at the same time

Several of the websites referenced in this guide will be in a language other than English. There are a couple of options to obtain the information in English:

- You can enter the address of the website directly into <https://translate.google.com/> and it will translate the entire website
- If you have Google Chrome, you can right click anywhere on the page and it will bring up a dialog box which often has a “Translate to English” option. Due to website formatting, this option may not be available for all pages or for all text on the page.
- Some sites have the option to change the language. These sites will have either a drop down menu listing multiple languages or flags symbolizing the language. Simply click on the language or flag (typically a British flag) to see a translated version of the website. Often this option can be found in the top right corner.

This guide is an ongoing work in progress, and we need your help:

- Please let us know of any errors or omissions and we will update them in the next edition.
- If there is a topic you'd like added to the next edition, do not hesitate to let us know.

You can contact us at:

Tel: +49(0) 2451 717 500

Email: mfse-sk@forces.gc.ca

Using the Phone

Using your phone, especially understanding the phone numbers, may seem like a challenge at first. Once you understand the following, it will be a breeze. European phone numbers are not composed of the area code, followed by seven numbers like in Canada. Instead, the total number of digits varies and is broken down as follows:

DE	+49	(0)	2451	1234...
NL	+31	(0)	45	1234...
International Access Code	Country Code	Variable	Area Code	Telephone Number
This is dialed when calling internationally	Not necessary if calling from the same country	Include with the variable when calling within the same country.	The area code may be 2-4 digits long.	Varies in length depending on how old the number is
00 in most European countries 9 in France	49 - Germany, 31 - Netherlands 1 - Canada	Always use when calling Italy.	Can be omitted when calling within the same area code.	

To call Germany from Canada: 011 49 2451 123 4567

To call Canada from within Europe: 001 613 123 4567

To call a local number within your country: 0 2451 123 4567 (Note the *inclusion* of variable)

To call a different European country from your country: 0031 45 123 4567 (Note *exclusion* of variable)

Emergency Numbers

Germany	
Police (Polizei)	110
Fire or Ambulance	112
Non-Emergency Police (Geilenkirchen)	+49 (0) 2451 9200
Niederheid Duty Officer	+49 (0) 172 534 5900

Frequently Called Numbers

ADAC German Roadside Assistance	0 180 222 2222 (within DE) +49 89 22 2222 (outside DE)
ANWB Dutch Roadside Assistance	088 2692 888 (within NL) +31 88 888 2692 (outside NL)
Canadian Dental Office	+49 (0) 2451 717 330
Canadian Medical Office	+49 (0) 2451 717 301
Chaplain	+32 (0) 492 722 686 +49 (0) 2451 6388
Geilenkirchen (GK) NATO Air Base	+49 (0) 2451 717 240
Human Resources (NPF)	+49 (0) 2451 717 219
Human Resources (RCPO)	
MFS(E) Niederheid/Geilenkirchen Centre	+49 (0) 2451 717 500
Post Office (CFSU(E))	+49 (0) 2451 717 146

Base Details

CFSU(E) Niederheid

Quimperléstrasse 100

Selfkant Kaserne

52511 Geilenkirchen, Germany



CFSU(E) Niederheid Services

Bldg B-14	AJAG +49 (0) 2451 717 170	Bldg B-14	Medical Clinic +49 (0) 2451 717 301
Casino	Barbara Casino (bar/mess)	Bldg A-16	Military Police +49 (0) 2451 717 142
Bldg B-11	Children's Education Management +49 (0) 2451 717 164	Bldg B-11	NPF Human Resources +49 (0) 2451-717-240
Bldg B-14	Dental Clinic +49 (0) 2451 717 330	Bldg B-11	PSP +49 (0) 2451 717 173
Bldg B-11	Gym	Bldg B-14	Post Office +49 (0) 2451 717 146
Bldg A-16	Housing +49 (0) 2451 717 157	Bldg A-16	RCPO +49 (0) 2451 717 166
Bldg B-11	MFS(E) Niederheid Centre +49 (0) 2451 717 500	Bldg B-9	Licensing +49 (0) 2451 717 127
Bldg B-11	MFS(E) Regional Offices +49 (0) 2451 717 173	Bldg A-16	Translation +49 (0) 2451 717 246

NATO Air Base Geilenkirchen

Lilienthalallee 100

52511 Geilenkirchen, Germany



A copy of the base map can be obtained from the ID card and registration office.

A Newcomers Guide for NATO Air Base Geilenkirchen can be found at:

<https://www.tswarteschaap.nl/newcomersguide/geilenkirchen/index.html>

NATO Air Base Geilenkirchen Services

Bldg 74	AMSTO +49 (0) 2451 915 2115	Bldg 70	NATEX Convenience Plus +49 (0) 2451 6207 259
Bldg 81	Barber/Beauty Shop Ext. 4087	Bldg 296	NATEX Retail Plus +49 (0) 2451 48451 321
Bldg 3	Chapel +49 (0) 2451 64027	Bldg 65	NATEX Gas Station +49 (0) 2451 632 670
Bldg 81	Commerzbank	Bldg 65	NATEX Garage +49 (0) 2451 6207 252
Bldg 81	Der Travel Agency +49 (0) 2451 1256	Bldg 70	Rotodome Restaurant Ext. 4935
Bldg 65	Dump	Bldg 101	Swimming pool +49 (0) 2451 634 948
Bldg 206	Gym +49 (0) 2451 634 946	Bldg 81	T-Mobile
Bldg 1	ID Card & Registration Office	Bldg 60	Thrift Shop
Bldg 71	International Library Ext. 4956/4959	Bldg 103	US Military Clothing Shop (American products available) +49 (0) 2451 911 954
Bldg 95	International Youth Activities +49 (0) 2451 63 4954		
Bldg 81	MWR Store (German postal service, dry cleaning, tailoring) Ext. 4089		

Languages

It is certainly possible to get along with English in the Geilenkirchen areas, as most businesses have English speaking employees. If you want to use your OUTCAN posting to learn a little German, here are some resources available to you:

- German phrase books are provided in your Welcome Package, or on your HHT.
- There may be beginner level 1 courses available on NATO bases. For additional information, contact the MFS(E) Centre or your Chain of Command. Spouses may avail of a reimbursement of up to €100 on completing your host language training level 1 from a recognized institution. Preapproval of the Community Services Manager is required. Contact us at mfse-sk@forces.gc.ca
- Rosetta Stone licenses are available through MFS(E). Contact us at mfse-sk@forces.gc.ca
- Online Resources:
 - Duo Lingo (<https://www.duolingo.com/>) is a popular free online resource that is also available as a phone app.
 - http://wikitravel.org/en/German_phrasebook
- Google Translate on your cell phone is very handy in grocery stores and restaurants.

Holidays in Germany

January 1 New Year's Day <i>Neujahrstag (DE)</i>	<p>New Year's Day is a national holiday in Germany New Year's Eve is celebrated similarly to Canada with many parties and fireworks, however you will notice there are many more fireworks compared to back in Canada.</p>
January 6 Epiphany <i>Heilige Drei Könige (DE)</i>	<p><i>Heilige Drei Könige</i> (Holy Three Kings) celebrates the visit of the three kings to the stable where Jesus was born. In rural areas with large Catholic populations, children dressed as the three kings will go house to house singing songs and collecting money for charity. They will also offer to bless your house by writing in chalk near your front door. They will write the current year along with C+M+B, so a blessing for 2018 will be written 20*C+M+B+17.</p>
February Carnival <i>Karneval (DE)</i>	<p>Carnival is one of Germany's most celebrated times of the year, dating back to pre-Christian times. There is a theme of costume balls, parades, lots of drinking, singing, and simply "letting loose".</p>
March/April Good Friday, Easter Monday, & Easter Sunday <i>Karfreitag, Ostersonntag, & Ostermontag (DE)</i>	<p>In Germany, Good Friday and Easter Monday are national holidays. Schools will often have a two week break for Easter.</p>
May 1 Labour Day/May Day <i>Tag der Arbeit/Maifeierntag (DE)</i>	<p>May 1 is a national holiday in Germany and is celebrated slightly differently depending on the area of Germany you are in. Young men celebrate it as a romantic holiday. The night before they will decorate a birch tree with ribbons (<i>maibaum</i>) and attach them to the house of their girlfriend or a girl they like. They may also place large floral hearts to the girl's house. These decorations are placed at night to surprise the girls in the morning. Towns and villages will also erect a may pole in a central area or park.</p>
May/June Ascension Day/Fathers Day <i>Christi Himmelfahrtstag/Vatertag (DE)</i>	<p>Ascension Day is a national holiday and is celebrated 40 days after Easter as the day Christ ascended into heaven. German Fathers Day also falls on the same day and is celebrated by fathers going for hikes and drinking.</p>
May/June Whit Monday <i>Pfingstmontag (DE)</i>	<p>Also known as Pentecost, this festival commemorates the descent of the Holy Spirit on the Apostles. It is celebrated 7 weeks after Easter.</p>
May/June Corpus Christi <i>Fronleichnam (DE)</i>	<p>Celebrated in certain German states, this "Body of Christ" festival of the Catholic Church honours the presence of Christ in the sacrament of the Eucharist. Outdoor processions are usually held on this day, blessing the fields for a bountiful harvest.</p>

September Oktoberfest <i>Oktoberfest(DE)</i>	<p>Originating in Munich, this folk festival started with the wedding celebration of King Ludwig of Bavaria and Princess Theresa of Saxe-Hilburghausen. It has grown to become the largest folk festival in Europe and is now celebrated across Germany and the world. You'll find many of the local towns will have their own celebrations as well as a large party on the Geilenkirchen NATO Base.</p>
October 3 Day of German Unity <i>Tag der Deutschen Einheit (DE)</i>	<p>A national holiday to celebrate the re-unification of East and West Germany in 1990.</p>
November 1 All Saints Day <i>Allerheiligen (DE)</i>	<p>Celebrated in some German states, All Saints Day is a Christian festival celebrated in honour of all the saints, known and unknown.</p>
November 11 St Martin's Day <i>Martinstag (DE)</i>	<p>To celebrate St Martin, you'll see children carrying bright paper lanterns through the streets as they sing songs about the sun, moon and stars with some towns having big lantern parades. Children then receive candy or goodies after the parade.</p>
November/December St Nicholas <i>St. Nikolaus (DE)</i>	<p>In November, Sinterklaas arrives in the Netherlands by boat from Spain with his Moorish helpers, the Black Peters (<i>Zwarte Pieten</i>). He then travels throughout the country on his white horse visiting multiple towns along the way. On the evening of December 5 (<i>pakjesavond</i>, 'present evening'), children leave a shoe outside their door for Sinterklaas to leave treats in. On December 6 Sinterklaas returns to Spain until the next year. Similarly, in Germany, children will also put their shoes outside on the night of December 5 in hopes of receiving treats from St Nikolaus.</p>
December 25 Christmas <i>Weihnachtstag (DE)</i>	<p>As in Canada, Christmas is celebrated in Germany and is a national holiday. Christmas Markets are very popular in the time leading up to Christmas and are held in towns and cities across Germany.</p>
December 26 St Stephen's Day <i>Zweiter Weihnachtsfeiertag (DE)</i>	<p>The day after Christmas is a national holiday in both countries.</p>

Local Transportation

Germany

Buses

- <http://avv.de>
Official website for the local public bus system

Trains

https://en.wikipedia.org/wiki/Deutsche_Bahn : Official website for German train system for long distance trains

<https://en.wikipedia.org/wiki/EuroCity>, High speed train largely national but some routes to the Netherlands, Belgium, Switzerland, Austria, France and Denmark

<https://en.wikipedia.org/wiki/EuroCity>. International long distance trains

[https://en.wikipedia.org/wiki/Intercity_\(Deutsche_Bahn\)](https://en.wikipedia.org/wiki/Intercity_(Deutsche_Bahn)) – National long-distance trains

<https://en.wikipedia.org/wiki/EuroNight> - International Night trains

<https://en.wikipedia.org/wiki/Thalys> - High speed services to Belgium and France

Taxi

Cab4me is a popular app you may download to call a cab in most cities in Germany and many others in Europe. The app offers numerous advantages, such as direct ordering without having to wait on the phone and the option of paying for a taxi ride quickly and easily without cash.

Another popular website is **TAXI APP**. For information see their website www.taxi.eu/en/

In Germany, taxis were required by law until November of 2005 to be *light ivory*. Before 1971, they were required to be black. There is a small illuminated "TAXI" sign on the roof of the car (on when available, off otherwise). Typically the taxicabs are [Mercedes-Benz E-Class](#) and [S-Class](#), along with other, mainly German, brands. Taxicabs are either [sedans](#), [station wagons](#), or [MPVs](#). Common station wagon taxicabs include [Mercedes-Benz C-Class](#). Among the [MPVs](#), [Mercedes-Benz B-Class](#), and [Mercedes-Benz Vianos](#) are common. Most taxicabs have [automatic transmission](#), and some have navigation systems on board. Fares are usually close to those of other western European countries;^[3] however, in [Berlin](#) taxis have a special low fare (€4) called "Kurzstrecke" for distances less than 2 km. Except in Portugal, in other western European capitals the minimum taxi fare usually costs double; nevertheless, the convenience and high quality of public transportation in most German cities eliminates the need for taxicabs. Although allowed, "Street Hail" is relatively uncommon in Germany because cabs rarely circle the cities when vacant. Because there are relatively few customers, most cabs return to assigned waiting stations and are called on demand. Although this has proven to be more economic for cab drivers, it is considered very inconvenient for commuters because taxis include the ride from the waiting station to the pickup point in the fare.

Health Services

Introduction

Most often, families will access care on the Selfkant-Kaserne, Niederheid base where there is a fully staffed Canadian military clinic. Therefore, the standard of care is excellent. There are two physicians, a Physician Assistant, and med-techs and nurses on staff. German health-care is also of a very high quality, although they don't subscribe to our North American sense of modesty or privacy. You will rarely be provided with a gown when asked to undress for treatment.

While the medical clinic has sick-parade, it is advised that you make an appointment when possible for proper time and attention to your concerns. Care is provided in English and French.

There are hospitals close by for emergencies. Please see the list of hospitals below for the facility closest to you which provides emergency medical care. Enter its address into you GPS.

Medical services for dependents provided in the Canadian clinic are billed directly to the members' plan. Sponsored civilians and their family members will be billed directly and expected to submit for reimbursement through their own plan. The on-site pharmacy requires cash payments for sponsored civilians and their family members and will provide receipts for submission. When accessing medical services on the economy it is very common for the provider to send a bill to your home at a future date and it is imperative that you pay it at the bank upon receipt. Note that it may take some time to get your invoice from these medical providers. It is therefore highly encouraged to inquire about your billing to avoid late payment charges or to be denied reimbursement from your medical plan due to time limit in submitting your receipts.

The Canadian medical clinic has a military pharmacist with a well-stocked supply of Canadian prescription and over-the-counter medications. It is advisable to meet with the pharmacist while on your HHT to ensure she has or can obtain any regular medications you require. When the pharmacist is on TD or on leave, you may use a local pharmacy (DE: *apotheke*, NL: *apotheek*). This is also where you will find over-the-counter medications in Germany as they are not sold in grocery stores or what we would consider to be a drug store in Canada. Some over the counter medications can be purchased in the Netherlands from drug stores such as Kruidvat, or from the US commissary in Brunssum.

The Canadian military clinic refers to local specialists and health care providers such as gynecologists, urologists, radiologists, cardiologists, and physiotherapists. They have a strong referral network to a number of English speaking physicians. Wait times are often quite short in comparison to Canada.

Emergency Medical

EMERGENCY # 112 (same as 911 in Canada)



Life-Threatening Injury: For all life-threatening situations (life or limb) all personnel shall proceed directly to the nearest Emergency Dept at the nearest local Hospital. Please ensure you are familiar with your nearest hospital in case of an emergency, we recommend saving the address in your GPS before you need it.

Next Day Procedure: All CF members accessing Health Care after-hours must report such visits the next working day to the Canadian Medical Clinic to discuss situation/potential follow-up.

Canadian Medical Clinic

CFSU(E), Building B14, Selfkant-Kaserne, Quimperléstrasse 100,
52511 Geilenkirchen
Tel: +49 (0) 2451 717 301

Hours:

- Mon-Fri: 0730-1200 hrs and 1300-1600 hrs
- Closed Wed 1300-1600 hrs
- Sick Parade: 0730-0930 hrs
- Lab Hours: 0730-1000 hrs
- Pharmacy Hours: 0730-1200 hrs and 1300-1600 hrs



General Inquiries and Pharmacy (Mon – Fri) 0730 to 1600)

GKMEDICALCLINIC@forces.gc.ca

Medical Invoicing / Finance (Mon/Wed/Fri: 1130 to 1600)

+GKMedFinance@forces.gc.ca

Medical Records (Mon / Wed / Fri: 1130 to 1600)

MedicalRecords@forces.gc.ca

Local Hospitals

The German Hospital Directory offers you the opportunity to find a hospital in your region that is suitable for your illness. See www.german-hospital-directory.com/app/search
This hospital portal can be used in German and in English and lists nationwide hospital data so you can find the right hospital, from university clinics to primary care clinics.

Enter the address of the closest hospital in your GPS in case of emergency!

Pharmacy Services

In Germany you will always find the nearest pharmacy that is open at night and on weekends by looking at this website: <https://www.aponet.de>

Enter the address of the closest pharmacy in your GPS in case of emergency!

Immunizations

The clinic on CFSU(E) follows the Ontario Publicly funded immunization program. There are different requirements for military members and dependants. Please contact the Community Health nurse at the GK Medical Clinic for additional information.

Dental Care

The Detachment provides dental care for CAF members. It is composed of one dental officer and two dental technicians. The Detachment provides a full range of dental treatments with treatment being supplemented off-site through the use of German civilian providers, as required. The Canadian dental clinic is located at the CFSU(E) base in Niederheid, Bldg B-14, and is open for treatment from Monday to Friday 0800 to 1600hrs. Typically, an email is sent out prior to any closing, and when the Dental Officer is away. Appointments may be booked on a space and service available basis, by calling the Detachment at +49 (0) 2451 717 330.

Dental Treatment: Civilian

Unless you are served by a CAF Dental Clinic, dental claims will need to be sent to Great-West Life, using the paper form. Log into your account on the Great-West Life website and print a claim form. Claims and original receipts need to be mailed to the following address:

GREAT WEST LIFE/ALLIANZ

Foreign Benefit payments
PO Box 6000
Winnipeg, MB, R3C 3A5

Be sure to keep copies of your receipts!

Children

A parent must accompany all children under 18 years of age. At the age of 3 years, children may begin seeing the dentist. If there are any dental concerns with younger children, parents may bring them in to see the dentist. Please note that drinking water is not fluoridated in Europe, and as a result, children are at a higher risk of developing cavities, therefore it is important for your child to have fluoride treatments once a year during their cleaning. Fluoride rinses that are found on the economy are recommended for children. Any questions regarding this topic can be directed to the Canadian dentist.

Dental Emergencies

Sick Parade for both military personnel and dependents is at 0800 hrs, Monday to Friday. Sick parade should be utilized for broken fillings and acute dental problems. As in Canada, the Dental Detachment provides 24/7 after-hour's emergency coverage. Please note that there is only one Canadian Forces Dental Service (CFDS) Dental Officer for the Geilenkirchen area which means that s/he is on call 24/7, 365 days a year. As such, please restrict after hours calls to emergencies, such as for significant pain or any swelling. However, for questions or concerns, feel free to call.

The after-hours Canadian Duty Dentist cell number is +49 (0) 172 769 2762.

For after-hours emergencies for eligible civilians, they may seek treatment from a civilian dentist directly. Civilians using a civilian dentist may use their insurance plan; however, there will be no re-imburement by the CFDS for civilians being treated by a civilian dentist.

Additionally, emergency care after hours can be arranged by calling +49 (0) 241 709 616 (Aachen, Germany) for a recorded message in German of the dentists on call. There is also a duty dentist on call list that can be found on the door of the Canadian Dental Clinic or by contacting the dental clinic for a copy.

Religious Information

Padre

There is no chaplain permanently assigned to Geilenkirchen (GK) to serve the communities in Niederheid and Brunssum. 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 Jean-Guy Morin

JEAN-GUY.MORIN@forces.gc.ca

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

Services

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.

For a current list of Religious Services in Germany, see
www.howtogermany.com/pages/churches.html

A.A.Meetings

Information on Alcoholic Anonymous meetings in Europe or online is available at
<https://alcoholics-anonymous.eu/>

Narcotics Anonymous

<https://www.narcotics-anonymous.de/>

Meetings are regular Narcotics Anonymous group meetings where members share their experience, strength, and hope and help each other stay clean.

Social Services

The following options are available to military members and their families for access to psychosocial or mental health resources:

Social Worker

1. The military Social Worker for Formation Europe, in Niederheid, is available to assist both military members and their family members. They will help you figure out the appropriate resources and how to access them. Current contact information for the social worker is:

Capt. Martin Laferriere-Simard

Martin.Laferrieresimard@forces.gc.ca

+49 (0) 2451 717 309

2. The MFS (E) social worker is also located at Niederheid and is available to assist CAF family members. Contact information:

Ms. Myriam Chebat

Chebat.Myriam@cfmws.com

+49 (0) 2451 717 206

Padre

The Padre at Det Casteau is also available for consultation:

Maj Jean-Guy Morin

jean-guy.morin@forces.gc.ca

CAF Member Assistance Program

Military members and their families can also contact the CAF Member Assistance Program at +1 800 268 7708. This is a voluntary and confidential service that allows callers to speak with a professional counsellor and is available 24 hours a day, 365 days a year. Please note that Canadian toll free numbers are not free when calling from another country, but the CAF Member Assistance Program will also accept collect calls at +1 613 941 5842.

Family Information Line

The Family Information Line offers confidential assistance and supportive counselling 24/7. When you call you will be connected to one of their experienced professionals who can connect you with local and national resources. The Family Information Line can be called toll free, from Europe, at 00 800 7711 7722.

Local Resources

Military families can also access resources in their community, as recommended by their doctor or other sources, but they should ensure with their Public Health Care Plan that they will be covered for the services they are considering. For their services, military members are required to go through their medical system or the CAF Member Assistance Program.

Childcare & Youth

Infant and Toddler Childcare

Local German Kindergartens

Canadians may choose to send their children to the local German Kindergarten in the area they will be living; this is done through their local town hall. Many German childcare or kindergartens do not take children under the age of 3 years.

Babysitting

Check your local listings for German day cares, It is the responsibility of the parent to contact and negotiate terms with the childcare provider. Check howtogermany for child and day care. There may also be a local spouses group, Child Development Centre (on a NATO Base), International Youth Association (on a NATO Base) in your area that may offer access to their programs and services.

Childcare Co-operative

Not working or working part-time? You may want to consider forming a Childcare Co-op with other parents of young children in the community. This involves parents taking turns looking after each other's children in a variety of ways. The MFS (E) is willing to help facilitate the formation of a childcare co-op if there is an interest and a need for assistance.

Useful websites for family activities

Local areas are well set up for fitness activities, including cycling network of road paths and off-road paths. This network extends into the Netherlands, which is known as one of the most bicycle – friendly nations in the world. Depending on where you work, fitness facilities may be limited on a base (if you are attached to one). If you choose to buy a membership in your local area, the fee is partially covered by the European Grant Fund (*The amount spent on a fitness facility comes from the total grant for all activities. The amount is subject to change through the European Fund Working Group. Check with PSP in Geilenkirchen for the most current grant*)

Pools and outdoor swimming areas and swim clubs (lakes etc)

<http://www.schwimmbadcheck.de/en/>

Add websites

Download App: **Komoot** (cycling, hiking trails)

Download App: **Fietskoop** (cycling trails)

Download App: All Trails (worldwide hiking trails) **Website:** www.alltrails.com

Pets

Dogs are required to be registered with the local municipality in your place of residence, even if you are exempted from paying tax. If you are located in a remote area, you must contact your local city hall. **AJAG Europe issues NATO SOFA Certificates on request, and they need your service number, name and home address.**

Veterinary Services



Pet Care

A veterinarian in Germany is called a Tierarzt (in). You can find Tierärzte in print and online telephone listings, and many speak English. Many vet offices have a distinct 'V' sign hanging outside their offices. An animal hospital is called a *Tierklinik*. A *Tierklinik* is normally staffed by vets, support staff and veterinary school students. They also have staff on hand (or on call) around the clock to handle emergencies. Payment for your pet's treatment is normally made right away using cash or an EC card.

Taking Your Pet Back to Canada

For information regarding importing pets into Canada, please visit the following link:

<http://www.inspection.gc.ca/animals/terrestrial-animals/imports/policies/live-animals/pets/eng/1326600389775/1326600500578>

Education & Employment

For full information on education OUTCAN, please visit Children's Education Management on CAFConnection.ca

- <https://www.cafconnection.ca/National/Programs-Services/Education-and-Training/Children-s-Education-Management.aspx>
- <https://www.cafconnection.ca/National/Programs-Services/Education-and-Training/Children-s-Education-Management/Outside-Canada.aspx>

For school-age children, the Children's Education Management Officer for Europe, Nathalie Gagné, should be your first point of contact. Her contact information is:

By phone: +49 2451 717 164

By Email: Nathalie.gagne@forces.gc.ca .

Or

+CFSUE CEM@CFSU(Europe) Personal Services @ Selfkant P-SFK.76ECEM@forces.gc.ca

Scholarship and Bursary Information

A variety of scholarships and bursaries are available to serving and former Canadian Armed Forces members and their families. These scholarships and bursaries are funded by educational institutions, government partners and charitable organizations and are not administered by MFS(E). More information can be found here:

https://www.cfmws.com/en/SupportOurTroops/Programs/Documents/Scholarship_e_FINAL_25%20Mar%2013.pdf

The European Fund (EF) Academic Program is established to recognize the academic accomplishments of students graduating from high school who are dependants of European Fund Members and to encourage students to continue towards post-secondary studies. All students accepted and attending a recognized post-secondary institution will receive €500.

<https://www.cafconnection.ca/Europe/Programs-Services/Child-Youth-Programs/Teens/Academic-Scholarship.aspx>

Post Secondary Education

An OUTCAN posting can be an ideal time to continue your education, whether through part-time or full-time studies, working towards a degree or certificate, for professional development or taking a special interest course for fun. Studies can be done in person at local colleges and universities or on-line through a variety of institutions.

If you plan on studying with a local university or college, be aware that Canadians may have to pay overseas (international) student fees and these fees can be double or triple what a local student will pay. Check with the institutions to see if part-time studies lower these fees.

Local Insititutions

Check the Canadian Information Centre for International Credentials (<http://cicic.ca>) for information related to Canadians studying abroad or returning to Canada with foreign credentials.



If you are looking to continue a degree that you started in Canada, transferring credits or studying on a Letter of Permission from your Canadian university can be challenging due to differences in the educational systems. Research programs available at your local universities and colleges, attend open days, and connect with their international admissions department to see what options are available to you. Your Canadian university may also have information about studying abroad.

If you choose to pursue an educational program locally and intend to use it professionally, you must ensure that it is an accredited program and your diploma/degree will be recognized in Canada. If there is a governing body for your line of work in the province you will be returning to (i.e. teaching, nursing, accounting) you should check with them to determine how they view foreign qualifications. If you plan to continue with higher education upon returning to Canada, you may want to contact the Canadian institution you are interested in attending in order to see how they will assess your foreign education.

Distance learning in your local community may be available; however, if distance learning is your desired method, it may be easier (and cheaper) to go through a Canadian institution.

Canadian Institutions

Many Canadian universities and colleges offer distance education programs. The delivery of these programs can vary based on the institution or field of study, for example, some programs are offered completely online, some may require you to have proctored exams, while others may require you to visit the institution in person periodically.

When choosing a program it is important to make sure that it is offered through a recognized, authorized, registered and/or licensed educational institution.

To check the current status of an institution you can use the following search tool:

<https://www.cicic.ca/868/Search-the-Directory-of-Educational-Institutions-in-Canada/index.canada>

For more information on this directory please visit:

<https://www.cicic.ca/871/Read-more-information-about-the-Directory-of-Educational-Institutions-in-Canada/index.canada>

Local Employment

Employment opportunities for dependants are limited with some positions available on the Niederheid, Geilenkirchen or Brunssum NATO Bases. These positions require spouses to have a SOFA (Status of Forces Agreement) stamp in order to qualify for work. Be sure to also check the requirements of the potential positions carefully as there may be restrictions based on citizenship or country of residence. For example, if you are not a Canadian citizen, you may not be able to apply for positions that are only open to Canadian dependents. Civilian employment opportunities are published regularly on the CAF Connection Website:

<https://www.cafconnection.ca/Europe/Programs-Services/Employment.aspx>

Some of these jobs may also require a Canadian Criminal Record Check and/or Vulnerable Sector Check. Unfortunately it is no longer possible to have this done once in Europe, so remember to have this done at home before you move. It is also important to remember that if you need a Criminal Record Check upon your return to Canada, you will need to have this done on the economy in Europe.

If you are interested in working for a German employer, your SOFA stamp/dependent status does not confer the right to be employed on the economy. This is entirely a matter for the host nation to decide and it is an individual's responsibility to seek permission from local authorities. The host nation embassy in Canada may be able to assist before departure or upon arrival, consult the appropriate department of the host nation government.

If you will be looking for employment when you return to Canada, MFS(E) can help you to be well prepared through our Adult Employability Program. Through participation in a series of virtual workshops, you can receive help creating a strong resume, cover letter and career portfolio as well as learn and practice interview techniques.

An OUTCAN posting is a good opportunity to get involved with your community. Volunteer work not only helps support other CAF families and provides social networks and personal satisfaction, but it can help build your skill set and improve your resume.

For information regarding education or employment please contact the MFS(E) Education, Employment and Training Programs Coordinator Natalie MacLellan at:
MacLellan.Natalie@cfmws.com / MFSE.employmenteducationtraining@cfmws.com

Postal Services

All Canadian mail is handled through the CFSU(E) Postmaster and the CFSU(E) Post Office is located in building B-14 on the Niederheid Base. Personal mail arriving from Canada via the CFSU(E) Post office can take 3 to 6 weeks to arrive. If mailing parcels back to Canada via the CFSU(E) post office, please follow the instructions below.

All parcels must be double-wrapped and include the following **return address**....

RP and location
PO Box 5053 STN Forces
Belleville, ON
K8N 5W6
Canada

Attach a customs declaration, including an itemized list of the contents and the value of each item. If mailing used items, you may put NCV (no commercial value) on the form. On the outer wrapper use your **German civilian address** for the return address.

The **destination address** will be:

Postmaster
CFSU(E),
Selfkant Kaserne
Quimperlestr.100
52511 Geilenkirchen, DE

Once the CFSU(E) post office receives the parcel, they will remove the outer wrapper and process your outgoing package. You will be sent an email with the postage amount and your pay will be debited.

It is important to note that Canadian banks can deny you RRSP contributions and investment services if you provide a German mailing address, therefore, for any circumstances where a company needs a **physical address**, use the following:

Slot #
CFPO 5053
15 Westwin Ave Bldg 348
CFB Trenton
Astra, ON
K0K 3W0

Please note that there are size, weight, and content restrictions on parcels sent from Canada. Please contact the Niederheid Postmaster for specific details.

The CFSU(E) Post Office will also mail letters and packages to Canada for the same rate as if you were sending the item from Ontario. Mail items that are destined for within Europe must be mailed at a local German or Dutch postal outlet.

German Post Office

Mail can also be sent through Deutsche Post. Although it is more expensive, it is much quicker than sending mail via Geilenkirchen. Additionally, Deutsche Post locations can be used to buy minutes for your cell phone.

Germany <https://www.deutschepost.de/de.html>



Driving

Introduction

The Transport Office (Bldg B-9 on Niederheid) will help you with your questions on driving in Europe, and will be able to give you the most up-to-date information.

For information on German traffic signs and much more, visit <http://www.gettingaroundgermany.info/index.shtml>

Items in Your Car

The following items are useful and should be carried in your vehicle:

- Required
 - Proof of identity – Your passport or certified true copy of passport is always best.
 - Proof of Insurance
 - First aid kit (to include 2 pairs of disposable gloves).
 - Warning triangle
 - Reflective vests for any passengers who leave the vehicle; e.g. when stranded by the side of the road. One vest per seat is required.
- Optional
 - A parking disk (see below)
 - A disposable camera or a small digital camera in your accident kit (optional)
 - International Driver's License (optional)



TÜV Emissions Sticker

All vehicles that will be driven in Germany, particularly in any large city, require a TÜV emissions sticker. After you have completed your vehicle inspection and received your registration, plates, etc. you can either order the sticker online for a price of €14.62 including shipping from [https:// www.umwelt-plakette.de/nc/en/store.html](https://www.umwelt-plakette.de/nc/en/store.html) or you can purchase at a TÜV centre for a cost of €5.85.

Cell Phones and Driving in Europe

Most European nations have banned the use of hand-held cell phones while driving. Penalties for talking on a cell phone while driving (even moving slowly) in Europe are stiff. If an accident happens, you not only risk losing insurance coverage (for gross negligence), but also risk being found criminally liable. For those who need to communicate while driving:

- Use a "hands-free" device.
- Pull over instead and turn off your engine. If on an autobahn, pull into a rest area.

Drinking and Driving

The legal blood alcohol limits are .05% in Germany compared to 05%-.08% in Canada. Drinking and driving can put your insurance coverage at risk. While the insurance will still need to pay out third party claims, they may come back at you for reimbursement, for example, for as high as € 5,000 per claim in Germany. You risk that your insurance is cancelled. Even where you may not be at fault for an accident, if you are involved and found over the legal limit the opposing insurance may not cover all of your claim. If a driver is found guilty, all adult passengers in the car may be found guilty.

A CAF member charged with a DUI will be repatriated, and are risks you don't want to take!

Speeding

A country's speed limits are often posted where you enter that country.

Germany has been steadily stiffening and enforcing its regulations. For first time offenders, a one-month suspension of driving privileges within Germany is imposed on drivers who exceed the prescribed speed:

- Within built-up areas (communities) by more than 30 km/hr;
- Outside of built-up areas by more than 40 km/hr; and
- On any public road, in or out of town by more than 26 km/hr, if more than once within one year.

These suspensions are accompanied by fines starting at €100 plus administrative fees. Under existing CFEs, German traffic tickets involving fines higher than €50 cannot be handled through our demerit point system. The Canadian offender must pay the German fine and administrative fees, plus take points. If the punishment includes a suspension of driving privileges for Germany, the Canadian Licensing Office must comply with the German authorities' request to annotate the license accordingly, and the driver is prohibited from operating a vehicle in Germany for the prescribed period.

Current Speed Limits

Germany	
Autobahn	As posted or none
Rural	100 km/h
Rural	70 km/h approaching junctions
City	50 km/h
Residential	30 km/h

Slow Down in School Zones!

Be aware that police heavily enforce speed limit regulations in school zones, where the speed limit is usually 30 km/hr.

Germany

- If the school is located in a built-up area, getting caught with 61 km/hr: (31 km over the speed limit), will cost you a hefty fine plus expenses, and a one-month suspension of driving privileges, on a first offence.

Netherlands

- Speeding in school zones is treated the same as speeding anywhere else, with the appropriate fines and suspension of driving privileges, at the discretion of the Public Prosecutor. If your license gets lifted on the spot, your file may sit until it gets priority.

Belgium

- Prosecution of speeding in a school zone is even stiffer: If you go 11 km over the speed limit, you risk a fine plus a suspension of your driver's privileges (at the discretion of the Public Prosecutor), plus criminal proceedings.

Detours

If you come across a detour (*Umleitung* in German), follow the number or letter shown for your destination. Don't be alarmed if the signs seem to disappear; just keep going. When it's time to turn, you'll see your sign.

Car Accidents

It's important that you know what to do and who to call if you are involved in a traffic accident. And no, it's *not the* same as back home. You must:

1. Stop at the scene and render any first aid required. Also, take fire precautions by switching off engines and not smoking.
2. Warn other road users of the accident by placing a warning triangle about 50-100m back from your car where it can be seen clearly by approaching traffic. Activate vehicle hazard lights.
3. Give your insurance details to interested parties. This means waiting for a reasonable time if they are not, for some reason, at the scene of the accident; e.g. collision with a parked vehicle. If after waiting for a reasonable time, you still cannot identify the owner of the property you damaged, you must report the accident to the police ASAP, but not later than within 24 hours.
4. Ensure you obtain the interested parties' insurance details, together with vehicle registration numbers plus the names and addresses of any witnesses.
5. If there is only minor damage to the vehicles - and the drivers agree - the police need not be called or won't come (in some countries there has to be large—over € 3,000 damage or bodily injury before they do). Drivers should exchange information and should at best be on a standard multilingual form “rapport amiable” such as you get from your insurance or roadside assistance company. Each party should completely fill it out and sign it, both parties retain a copy. If you are in doubt, however request the presence of police.

NEVER admit fault on such a report, that's up to your insurance to determine. Admitting fault can put your insurance coverage at risk. Leaving the scene of an accident, even minor in nature, may result in criminal charges of Fail to Remain or Hit and Run. If you are in doubt stay until police arrive.

Car Accidents in Other European countries

The procedure at traffic accidents is essentially across Europe. As a military member, you are always obliged to report an accident to your military police, regardless of where the accident took place. This becomes all the more important if the accident took place outside of Germany, where there is no automatic waiver of jurisdiction by the host nation. The sooner you inform your chain of command or the MP, the sooner you can be assisted, and possible detriments to you – be they in respect of a civil or criminal action against you, be kept to a minimum.

Parking



Many cities in Germany identify parking lots with large blue “P” signs. If the large blue “P” sign also shows diagram of a parking disc, this indicates that you may park for free in the designated area for a certain length of time, but that you must display your parking disc in the front window of your car. The amount of time you may park for free is indicated next to the parking disc diagram on the sign. To use the parking disk, set the dial so that your arrival time (to the nearest half hour) lines up with the arrow on the disc, then place the parking disk on the dashboard. You’ll be provided with one free parking disc in your Welcome Bag and can purchased additional discs at a gas station, discount store, or online on Amazon.de.

In areas with paid parking, look for the parking ticket machine. These can be found with either street parking or in a parking garage. At the machine, buy your ticket for the amount of time desired and display the stub in your front window. Failure to do so can be very costly, and the foreign authorities can, and do, prosecute parking offences across borders. Some machines also have a multi-language option – look for a flag icon.



Car Seats

Only car seats with European specs that meet testing standards ECE R44/03, ECE R44/04, or i-Size (UN R129) are authorized for use in Europe. For more information on reading car seat approval stickers, please visit:

<http://www.bebeconfort.com/car-seats/car-seat-safety/car-seat-laws-and-regulations/ece-r44-04-label.aspx>

The German traffic regulation stipulates that children who are younger than 12 years and shorter than 150 cm can only be transported with special booster seats. Children taller than 150 cm do not need a booster seat. Rear facing car seats are usually for babies up to a weight of 13 kg. Before buying a car seat, it is recommended to test it with the child in the car first. The most secure place to mount a booster seat is on the rear seat on the right side of the car.

When renting a car, you will have to use booster seats for children if you transport them regularly with it. The rent-a-car company should provide you with a seat.

It is important to note that there is no apparent exemption or exception provided for Canadian licensed drivers or registered vehicles under this law or the NATO SOFA structure. Hence, the use of North American car seats in Europe is not expressly or implicitly allowed. The onus appears to be on the individual to demonstrate that the seat conforms to European specs if challenged by authorities.

A legal risk therefore remains by using North American child car seats in Europe. Members may take action to reduce or eliminate this risk by:

1. Contacting the American/Canadian manufacturer of their child car seat to confirm whether or not the seat complies with European specs. Some seats may very well have been built to conform to both the European and North American markets. They may also inspect the seat to see if it displays conformity to European specs (stamp or sticker to that effect).
2. Examining their car insurance policy or contacting their car insurance company to confirm their position on this issue (whether or not the use of North American car seats while driving in Europe affect their insurance coverage).

Selling a Car

Whenever your car changes hands, even if only for scrap, and the new owner does not have NATO SOFA privileges, this transaction must **first** be reported to Customs. VAT and /or Customs duties may be payable on the present value of the car. Customs can only assess the present value when they see the car. You can either drive the car to the Customs office, or arrange for Customs to view the car at its present location. If it is no longer movable, there will be an extra fee for this. Customs can levy applicable charges against the seller or the buyer. Who ultimately pays depends on the deal you arrange – preferably in writing – with the new owner.

Failure to report the sale of your car to Customs, and to report it BEFORE the transaction is complete, is a Customs offence, viewed more seriously if the transaction is never reported.

In addition to a surcharge on Customs and taxes and detrimental assumptions on the value of your car that may be made in the absence of car and/or paperwork, you also risk prosecution. As Canadians in Europe we must respect host nation law. The other consequence of an unreported sales transaction, especially if car papers are handed over, is that it leaves the door wide open for illegal transactions, such as the shipment of stolen cars across borders. The papers you hand over to a new owner may be used to give a stolen car a new identity, a crime that is widespread since the opening of borders to the former East Bloc countries.

If in doubt, consult with the Traffic Office. This is also where you obtain the correct paperwork to be completed and taken to Customs. Also, check with Traffic when selling

your vehicle to a NATO ID Card holder.

Car Rental

EuropCar

- <http://www.europcar.com>

Hertz

- <https://www.hertz.de/rentacar/reservation>

B+B Autovermietung

- <https://www.bbautovermietung.de>

Don't forget to check if the car rental agency accepts VAT forms. You can save up to 19% on German taxes.

Entertainment, Leisure and Restaurants

Theatres

In Germany, most English movies are dubbed into German...

WARNER BROS.MOVIE WORLD

Address: BottropKirchhellen, Warner Allee

Telephone: +49 (0) 20 458 99715

<http://www.movieworld.de>

Music festivals

Eventim

- <http://www.eventim.de>
- Listings for various concerts, musicals, sporting events, etc.

Popular Free Music Festivals in Germany

Popular Free Music Festivals

- **Das Fest** The end of July sees about 250,000 people of all ages flock to Karlsruhe's 'Mount Klotz' location for the free [Das Fest](#) festival every year. Across three days, national and international bands take to the stages and perform for the lively crowd. The area features a skatepark and a dedicated kids' zone to ensure the little ones enjoy themselves too.

[Das Fest, Karl-Wolf-Weg, Karlsruhe, Germany.](#)

Schlossgrabenfest: Hesse's largest music festival draws more than 400,000 music lovers to Darmstadt's city centre. The festival area spans across the plazas and parks around the residency palace and features four stages, a couple of disco areas, food trucks and more.

[Schlossgrabenfest, Darmstadt, Germany](#)

Clubs, Sports and activities

International Club

- If you have access to a NATO base, The International club is composed of members, spouses and partners, who hold NATO ID cards. Throughout the year they offer activity groups, short trips, "coffee mornings", and Charity Night.

Helpful Hint: Explore your local surroundings.

Study your map before heading out! Village area maps can be found at your local "Rathaus" or check your phonebook. It will be helpful if you ever become lost and need to find your way home again.

Also, you may want to invest in a GPS but make sure that it includes European maps.

EISSPORTHALLE FRANKFURT (Ice sports)

Address: Am Bornheimer Hang 4, 60386, Frankfurt am Main

Telephone: 069 21239308

www.eissporthalle-ffm.de

FOR SPORTS ON THE BASES, IT MAY BE REQUIRED THAT YOUR CHILD PASSES A PHYSICAL. PLEASE VERIFY WITH COACHES BEFOREHAND.

Legoland

Address: Legoland Allee 1
89312 Gunzburg, Bavaria, Germany
Telephone: +49 (0) 8221 700700
<http://www.legoland.de/en/>

General sporting information

An excellent source for a list of every sporting activity within a 50-kilometer radius of your new Germany hometown is on the www.citysports.de website. Simply enter your postal code to find activities near you.

Animal Parks

Wildpark Gangelt Schinvelder Str. 52538 Gangelt +49 (0) 2454 2459 http://www.wildpark-gangelt.com/eng/index.html	Mondo Verde Groene Wereld 10 6372 PW Landgraaf, Netherlands +31 (0) 45 535 0161 http://www.wereldtuinenmondoverde.nl
Kasteelpark Born Kasteelpark 38 6121XK Born, Netherlands www.kasteelparkborn.nl +31 (0) 46 485 1950	Burgers' Zoo Antoon van Hooffplein 1 6816 SH Arnhem, Netherlands +31 (0) 26 442 4534 www.burgerszoo.nl

Amusement Parks

HOLIDAY PARK Holiday Park Strasse 6 DE 67454, Hasslock Telephone: +49 (0) 63 245 993900 www.holidaypark.de	Europa Park Rust, Germany +49 (0) 7822 77 6688 www.europapark.de/en
Phantasialand Brühl, Germany +49 (0) 2232 36 200 www.phantasialand.de/en/home	Movie Park Germany Bottrop, Germany +49 (0) 2045 899 899 www.movieparkgermany.de
<u>NETHERLANDS</u> Efteling Kaatsheuvel, Netherlands +31 (0) 416 537 777 https://www.efteling.com/en	Walibi World Biddinghuizen, Netherlands +31 (0) 321 32 99 99 www.walibi.com
<u>BELGIUM</u> BOBBEJAANLAND 2460 Lichaart, Belgium www.bobbejaanland.be Telephone: +32(0) 14 557 811	<u>FRANCE</u> Disneyland Paris Paris, France +33 (0) 160 30 6053 www.international.disneylandparis.com

Restaurants

Pedestrian areas are popular in Europe, so before putting a restaurant address into your GPS, check to make sure you can access the restaurant with a vehicle. If it is in a pedestrian area you'll need to find the nearest parking lot then walk to the restaurant.

Germany – RESTUARANT CHAINS

DITSCH (Fast Food), 200 outlets
Snack bars, founded in 1919 in Mainz Germany
Serves Pretzels, croissants and pizza snacks'
Website: <http://www.ditsch.de/en>

Kochlöffel (Fast food) 80 outlets

Restaurants, founded in 1961 in Wilhelmshaven, Germany

Serves currywurst, French fries with curry/cheese toppings, sweet churros, grilled chicken

Website: kochloeffel.de

Nordsee (Fast food, seafood) 250 outlets

Restaurants, founded in 1896 in the City of Bremen, Germany

Serves seafood, has

Website: www.nordsee.de

Vapiano (Fast food Italian) 62 Outlets

Restaurants, first opened in 2002 in Hamburg, Germany

Serves, pasta, pizza, antipasti

Karl-Arnold-Straße 146, 52511 Gillrath

+49 (0) 2451 484 8366

Website: <http://www.vapiano.com>



Travel

Subsidized Travel

The Chalet Program offers accommodation options in various parts of Europe at a 40% subsidy. It is open to all European Fund members and chalets are awarded by draw. For more information please visit:

<https://www.cafconnection.ca/Europe/Programs-Services/Chalet-Program.aspx>



Discount Airlines

Unlike Canada, Europe has a variety of low cost airlines available to choose from. When considering these airlines it's important to carefully check their luggage policies as many of them do not include checked luggage in their standard ticket and are very strict with the maximum size for checked or carry-on luggage.

Ryanair

<http://www.ryanair.com/>

Wizz Air

<https://wizzair.com/>

Eurowings

<https://www.eurowings.com/en.html>

Transavia

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

Easy Jet

<http://www.easyjet.com/en/>

Skyscanner

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

Blue Air

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

Travel search engine that used to find most major and discount airline flights

Nearby Airports

Use this link to see a list of airports in Germany serving regular or charter passenger flights.

www.airport.airlines-inform.com/germany/

Airports in North Rhine Westphalia

Cologne Bonn Airport

Kennedystrasse

51147 Köln, Germany

<http://www.koeln-bonn-airport.de/en.html>

Dusseldorf Airport

Flughafenstraße 120

40474 Düsseldorf, Germany

www.dus.com/en

Weeze

Flughafen-Ring 1

47652 Weeze, Germany

<http://www.airport-weeze.de/en>

Hotels

TripAdvisor

<http://www.tripadvisor.ca>

Expedia

<https://www.expedia.ca>

Booking.com

<http://www.booking.com>

AirBnB

<https://www.airbnb.com>

Trains

Germany

- www.bahn.de

Household Administration

Banks

Commerzbank

- <https://www.commerzbank.de/portal/en/englisch/english.html>

Kreissparkasse Heinsberg (Sparkasse)

- <https://www.kreissparkasse-heinsberg.de/en/home.html>

For exchange rates check with your bank or go to www.xe.com

Home/Vehicle Insurance/Dog Insurance

Germany

It is vital that you obtain insurance upon arrival in Germany. Families are strongly encouraged to contact an insurance broker before posting, initiating the process online/email, and not wait to be here to meet one. It is best to discuss this with your insurance company in Canada and with the insurance broker in Germany to ensure a seamless coverage, tailored to your family situation. There are different types of insurance coverage available and you must be aware of the differences before you sign a document.

Personal Liability: Insurance against damage to goods and persons caused by the insured and family members, and your pets.

Pet Insurance: German law requires dog owners to purchase pet insurance, and this is not covered with your home insurance. Once you arrive, you should register your pet with a finding service so that they get lost a vet can scan your pet's microchip and be able to contact you. Below are links for different pet finding services that are available along with an insurance broker.

- www.europetnet.org
- www.tasso.net (for Germany)

Ericon Broker

Ericon Broker is an insurance broker that will help you find an insurance provider

<http://www.ericon-broker.com>

[Email: info@ericon-broker.com](mailto:info@ericon-broker.com)

[Telephone: +49 \(0\) 151 74100429](tel:+49015174100429)

LEGAL INSURANCE: This insurance will provide you and your family with legal assistance and protection against various costs arising from legal proceedings. There are policies for traffic legal insurance (available in Germany only) or general legal insurance.

HOUSEHOLD INSURANCE: This insurance will cover the contents of your home against loss or damage. Some household policies do not cover loss or theft of bicycles. You should verify this point with your agent. Arrange for insurance to take effect when taking possession of your household goods.

AUTOMOBILE INSURANCE: You will want to get the standard automobile insurance that you are accustomed to; however, premiums are higher than at home. To obtain a reduction in premiums, you will need a letter / letters from your previous insurance companies attesting to at least one year of accident-free driving to get the minimum deduction and ten (10) years to get the maximum deduction. Letters must have the original signature since photocopies will NOT be accepted.

Credit Cards in Germany

The use of credit cards in Germany is not as well established as elsewhere with most payments being made by cash, debit cards or via internet banking. The thrifty Germans have much less of a consumer debt culture than say US, Canada, UK or Australia and many shops in Germany still do not accept credit card payments. However, if you are living and working in the Germany then it could be useful to get a credit card from your bank – especially if you need to travel frequently. A credit card is pretty much essential for international hotel and car rental bookings

The "debit cards" used in Germany are MAESTRO (MasterCard) and V-PAY (Visa). Often they are still referred with their old name "EC-Card". With these cards (or better card functions) you use always a PIN when paying.

Debit cards which work like credit cards just without a credit, are unknown in Germany. Actually with most banks in Germany you won't get much of a credit with a credit card - the payments done with such a card are withdrawn completely monthly from your bank account. Acceptance of such debit cards issued by MasterCard or Visa is normally the same in Germany like with credit cards by these companies.

Income Tax

Completing and submitting an income tax return from OUTCAN can be confusing than doing it in Canada. In the past, there has been confusion regarding the residency status of spouses. Unfortunately, some CAF families have found out that choosing incorrectly can have a major financial impact. Many have found this issue confusing and have sought professional tax advice.

The following information regarding residency status has been provided to us by the CRA.

Spouses of Canadian Government Employees on Foreign Assignment – Residency Status for Tax Purposes

The purpose of this document is to provide general residency information for the spouses of employees of the Department of National Defence ("DND")/members of the Canadian Armed Forces ("CAF") and Department of Foreign Affairs, Trade and Development ("DFATD") Canada that are sent on foreign assignments. This document does not address all possible situations that may require more analysis when determining the tax implications.

Please note that our reference to a spouse in this document includes a common-law partner.

Spouses that Intend to Return to Canada and expect to Maintain their Canadian Residency

Where you are the spouse of a Canadian Government employee and are moving with your spouse and family to another country for your spouse to carry out a foreign assignment for the

Government of Canada and it is your intention to return to Canada following the assignment, then you will be considered a factual resident of Canada. This factual residency is based on your intention to return to Canada as well as your secondary residential ties maintained with Canada, as described in paragraph 1.14 of Folio S5-F1-C1.

Please do not complete a Form NR73, Determination of Residency Status (Leaving Canada).

As a factual resident, you will have to complete and file your Canadian Personal Income Tax Return and you will meet the residency requirement for Canadian benefits administered by the CRA.

Spouses that do not expect to Maintain their Canadian Residency

If you believe that you will be a non-resident of Canada when you leave with your spouse and family for the foreign assignment because your intention, primary ties and secondary ties support your status as a non-resident of Canada, then you should complete Form NR73, Determination of Residency Status (Leaving Canada). The Canada Revenue Agency will review the information provided in your completed Form NR73 to determine whether or not you will be considered a non-resident of Canada.

If it is determined that you will be a non-resident of Canada, you should know the tax implications, which include:

1. You will be deemed to have disposed of certain properties that may give rise to capital gains (taxes on gains can be deferred by using Form T1244, Election, Under Subsection 220(4.5) of the Income Tax Act, to Defer the Payment of Tax on Income Relating to the Deemed Disposition of Property);
2. You will only be able to create additional RRSP room if you have earned income in Canada;
3. You will not be able to contribute to a Tax Free Savings Account; and
4. You will be subject to tax of up to 25% on certain payments from Canadian sources, such as investment income (Part XIII tax).

For further information with respect to the determination of an individual's residence status, please consult CRA's Income Tax Folio S5-F1-C1 available at: <http://www.cra-arc.gc.ca/tx/tchncl/ncmtx/fls/s5/f1/s5-f1-c1-eng.html>

Further information on how income tax rules apply to Canadian residents that leave the country can be found in <http://www.cra-arc.gc.ca/tx/nrrsdnts/ndvdl/nrrs-eng.html>

Should you have any further questions or require additional information regarding this, please do not hesitate to communicate with the International and Ottawa Tax Services Office.

Around the House

Electricity

Electricity in Europe differs from electricity in Canada, in that the voltage is higher and the frequency is lower. In Canada our electricity is 110V 60Hz, while in Germany they have 220V 50Hz. Some electronics are not compatible with European power and require transformers, while others are dual voltage and only require a plug adapter.

To find out if an electronic is dual voltage, look for the electronic information on the product. This information is often found on the bottom or back of the product, or on its battery pack. If the input gives a range such as 100-240V 50-60Hz, then the product **is** dual voltage and works with both Canadian and European electricity. If the input does not give a range and only says 110V 60Hz, then it is **not** compatible with European electricity. Unless your appliance is dual voltage, you need to use a transformer to change the 220-volt electricity into 110-volt electricity in order to use a 110-volt appliance.

Transformers are used with 'electronic' appliances. Electronic appliances have a chip or circuit. Some examples are radios, shavers, Battery rechargers, computers, computer printers, televisions, answering machines, DVD players, radios/stereo and fluorescent lamps. Transformers can be used with electric appliances as well, and they may be operated continually for many days.

Plug adapters are different from transformers in that they do not convert electricity – they allow a dual-voltage appliance from one country to be plugged into the wall outlet of another country. The plug of an American appliance will not fit into outlets in most foreign countries without an adapter. Do NOT use plug adapters with appliances that are not dual voltage.

Dual Voltage

If your product is dual voltage, then all you need is a plug adapter in order to use it. Since the product is already compatible with the local electricity, all the adapter does is allow the prongs to fit the electrical outlets. If you use an adapter with a product that is not dual voltage, you will not only damage your product, but you may also cause electrical damage to the building.

Lamps are considered dual voltage; however you will need to replace the light bulbs with European lightbulbs.

Single Voltage

If your electronics only says 110V 60Hz, then it is not compatible with European electricity. In order to use it while in Germany, you will need to use a transformer. Transformers convert the local electricity to 110V 60Hz, so you are able to plug devices into it as if you were plugging them into a wall in Canada.

Transformers

Transformers are created with different wattage ratings, so you will need to make sure you are using the correct wattage to handle what you are plugging into it.

The total wattage of appliances plugged into the transformer must be less than the wattage rating of the transformer. To find out the wattage of an electronic device, you can multiply the voltage of the item by the number of amperes (amps). For example, if the information on an item says 110V 60Hz 1A, you would multiple 110 (voltage) by 1 (amps) to get 110 watts.

There are also websites that have information on the approximate wattage of electronic and household appliances, for example,

<https://www.wholesalesolar.com/solar-information/how-to-save-energy/power-table>

Transformers that do not have an ON/OFF switch, or have a switch and are turned on, will consume energy while plugged in, even if you do not have an appliance plugged into them. Therefore you should always keep your transformers off or unplugged when not in use.

They can be bought second hand from people who are being posted out, NATO Air Base Geilenkirchen thrift shop, or part of an appliance package bought from the NATEX Used Appliance Programs.

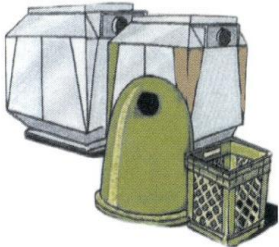
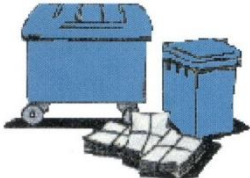
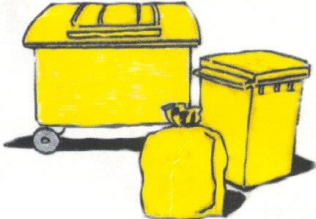
Polarity Tester





In Germany, polarity does not matter, so there is no 'up' or 'down' when plugging something into an outlet. In Canada, polarity does matter, which is why some products have one prong wider than the other. When using a transformer, you will need to check the polarity to make sure it is correct and does not damage your product. This is done by plugging a polarity tester in your transformer, then plugging a polarity tester into the North American style outlet. If a red light comes on, that means the polarity is reversed. To fix this, you will need to flip the European plug for the transformer upside down and plug it back into the wall.

Polarity testers can be borrowed from the MFS(E) Centre with a deposit of €20.

Garbage and Recycling

Germany

	Can Be Used For	Cannot Be Used For
GLASS RECYCLING <i>Altglas</i> <p>Drop off in large bins around town</p> 	<ul style="list-style-type: none"> glass bottles, i.e. pop and coke bottles glasses, i.e. mustard and jam jars <p>Please separate by colour and ensure containers are clean.</p>	<ul style="list-style-type: none"> plates, cups, vases, bowls ceramic pots porcelain pottery and earthen ware bottle and jar caps car window panes, mirror glass, oven proof glass light bulbs, fluorescent lights energy saving bulbs bottles and glasses for which a deposit was paid
PAPER RECYCLING <i>Altpapier</i> <p>Roadside pickup</p> 	<p>Paper and cardboard wrapping:</p> <ul style="list-style-type: none"> paper bags magazines catalogues school books envelopes laundry cartons cardboard boxes <p>Cannot be soiled</p>	<p>e.g.</p> <ul style="list-style-type: none"> coated drink & food boxes, aluminium coated pizza boxes, fax, carbon and waxed paper photos wallpaper paper tissues, napkins and paper towels aluminium and other foils
YELLOW BAGS <i>Leichtverpackungen</i> <p>Roadside pickup</p> 	<p>Metal and plastic wrappings such as:</p> <ul style="list-style-type: none"> plastic bottles and wrap tins and drink cans aluminium foil, plates, bags caps Styrofoam wrapping margarine and yoghurt tubs 	<p>e.g.</p> <ul style="list-style-type: none"> paper and cardboard wrap glass containers shoes clothing records, cassettes and diskettes carpets, upholstery, bulk garbage, foam rubber, insulation, sanitary napkins, diapers, vacuum cleaner bags infusion hoses, needles

<p>COMPOST <i>Biotonne</i></p> <p>Roadside pickup</p>	<p>Kitchen waste</p> <ul style="list-style-type: none"> • Coffee ground, filters, and tea bags • Old and spoiled food • Egg and nutshells • Dried flowers and plants • Raw or cooked leftovers and scraps (no bones) <p>Yard Waste</p> <ul style="list-style-type: none"> • Grass and hedge clippings • Leaves and branches • Plants and roots <p>Small quantities of</p> <ul style="list-style-type: none"> • Paper towels, newspaper, tissue paper, napkins, and paper bags • Hair and feathers • Sawdust 	<p>Never use for animal excrements, urine, faeces and litter box waste</p>
	<p>REFUNDABLES <i>Pfand</i></p> <p>In store return</p>  	<ul style="list-style-type: none"> • Bottles, cans, or jars that required a deposit (<i>pfand</i>) upon purchase. • 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. • Most refundables are marked with the symbol to the left, however, some may only have the refund amount written near the barcode. <ul style="list-style-type: none"> • Bottles or cans that were purchased outside of Germany • Bottles or cans that did not require a deposit
<p>GARBAGE Restmüll</p> <p>Roadside pickup</p> 	<p>All other waste not listed here.</p>	<p>All garbage must be within your provided garbage bin. Any additional trash will not be picked up.</p>

Which days you receive curbside pickup depends on what town you live in. Once a year a waste calendar (*abfallkalender*) will be delivered to your house with the newspaper and contains the pickup schedule for your town for the entire year. This calendar should be left in your house by the previous tenants. If it isn't, you can ask your landlord if they have one or find the calendar for your town at the following website:

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

Metric Conversion

Oven Temperature

275 F = 135 C	350 F = 175 C	425 F = 220 C
300 F = 150 C	375 F = 190 C	450 F = 230 C
325 F = 165 C	400 F = 205 C	500 F = 260 C



Cup & Spoon Equivalents

1/4 cup = 60 ml	1/8 tsp = 0.6 ml	1 tbsp = 15 ml
1/3 cup = 80 ml	1/4 tsp = 1.3 ml	2 tbsp = 30 ml
1/2 cup = 120 ml	3/8 tsp = 2 ml	3 tbsp = 45 ml
2/3 cup = 160 ml	1/2 tsp = 2.5 ml	
3/4 cup = 180 ml	1 tsp = 5 ml	
1 cup = 240 ml		
1 1/4 cup = 300 ml		
1 1/2 cup = 360 ml		
2 cup = 480 ml		
3 cup = 720 ml		

Shopping

General Information

Local Store Hours

Shopping hours in Europe can be very different from most locations in Canada. In Germany, many stores are closed evenings (with the exception of grocery stores, drugstores, and big box stores) and have limited hours on Saturdays, with many small shops closing around 2:00pm. Throughout Germany there is also no Sunday shopping... NATEX is open Sundays.

NATEX

<http://natex.de/>

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 alcohol, tobacco and coffee upon in-clearance. CAF members who are posted in the Netherlands are able to shop at NATEX if they are on TD in Germany, for more information on this, please contact NATEX at contactus@natex.de.

Local Markets

One of the most authentic European experiences is the markets, which can be offered on any day of the week. Many larger towns have a market in their town square, offering fresh produce, meat, and flowers at great prices. A favourite après shopping activity is to enjoy a leisurely coffee and watch the world go by in the outdoor cafe's that circle the town squares.

Online Shopping

Many families take advantage of online shopping while in Europe, especially for North American products. When ordering from a Canadian website, you can use your Belleville or Astra address to have the package sent to the CFSU(E) Post Office. Many families will use this for specific food products or brands that they can't find on the economy, like baking ingredients or snacks. Families may also need to order online when the local version of the item is not compatible with their Canadian products, such as DVDs, bed sheets, or printer cartridges. When ordering from Canada, remember that any products that cannot be shipped internationally (ex. Aerosols) will be removed from your package at Belleville. In addition to using online shopping for North American products, buying products from European websites is convenient as shipping tends to be very fast. Online retailers like Amazon also let you use one account for any country version of their website, just make sure you select the correct shipping address upon checkout, you don't want to accidentally send your Amazon.de order all the way to Canada.

Drugstores

In Europe, drug stores are different than we know them in Canada. Instead of selling prescription and over the counter medications, drugstores will typically only sell toiletries, cosmetics, and herbal medication. Some over the counter medications can be found either in the American commissaries on USAG Schinnen or NATO Air Base Geilenkirchen, or at the Canadian pharmacy at CFSU(E) Niederheid. Prescription medication will need to be obtained either from the Canadian pharmacy at CFSU(E) Niederheid, or on the economy at a pharmacy (DE: *apotheke*). If you have particular products that your family uses, it would be prudent to bring some with you.

This website will help you locate the pharmacy closest to your location and determine which Apotheke is open on Sunday and after hours: <https://www.aponet.de/>

Buy, Sell, & Trade sites

When looking to buy or sell second hand items, there are a few buy, sell, and trade (BST) sites for families posted for this area:

- www.qkswap.org
- GK/AFNorth/JFC Classifieds (*Facebook page*)
- GK/AFNorth/JFC Kids Classifieds (*Facebook page*)

Popular Shopping Locations

Looking for an afternoon of retail therapy? Many close-by locations have excellent shopping. For a wide variety of options, try:

- Heinsberg, Germany
- Hucklehoven, Germany
- Aachen, Germany

VAT Refunds

VAT (Value Added Tax) is approximately 20% and is already included in the sticker price in Germany. CAF members, sponsored civilians, and their families can shop tax free on the economy by receiving a VAT refund.



Families Posted in Germany

VAT forms are available through AMSTO outside the front gate for NATO Airbase Geilenkirchen at a cost of €5. Some retailers accept the form and reduce the cost at point of purchase. Others will fill out the form and require you to mail it into their head office in order to obtain the rebate. Forms are numbered and copies must be returned to AMSTO. There are different forms for shopping in Germany and the Netherlands. A family may have only 5 forms for each country at any time.

Store Listings

Malls & Shopping Centres

Maasmechelen Village	Maasmechelen, Belgium	https://www.maasmechelenvillage.com
Makado Beek	Beek, Netherlands	www.makado-beek.nl
Designer Outlet Roermond	Roermond, Netherlands	www.designeroutletroermond.com
Aquis Plaza	Aachen, Germany	https://www.aquis-plaza.de/
Centro	Oberhausen, Germany	http://centro.de/en



Grocery Stores

REWE	https://www.rewe.de/
Kaufland	www.kaufland.de
Penny Markt	http://www.penny.de
Real	http://www.real.de/
Lidl	http://www.lidl.de/

Aldi	https://www.aldi-sued.de
Netto	https://www.netto-online.de/Filial-Angebote.chtm

Department Stores

Real*	http://www.real.de/
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This store offers key cutting. When getting a house key copied, you may need a master key from your landlord.

***This store requires a membership, however if you show your NATO ID they will give you a temporary day pass.*

Non-Prescription Drugs and Cosmetics

DM	https://www.dm.de/
Rossmann	https://www.rossmann.de/

Most drugstores offer photo printing.

Hardware & Garden Stores

Mobau*	http://www.mobau-uebach.de/
OBI*	https://www.obi.de/
Stahl Gärtnerei & Floristik	http://www.floristik-gaertnerei-stahl.de/

**These stores offer key cutting. When getting a house key copied, you may need a master key from your landlord.*

Furniture, Appliances, & Home Decor

Media Markt	www.mediamarkt.de
Roller	www.roller.de
Porta	www.porta.de
Wohnwelt Pallen	www.xxxlshop.de
Depot	www.depot-online.com
Happy Preis	https://www.facebook.com/pages/Happy-Preis/486448954710894

Craft

Happy Preis	https://www.facebook.com/pages/Happy-Preis/486448954710894
Creaflex	www.creaflex.nl
Listmann	http://www.listmann-kreativ.de

Sports

Decathlon	https://www2.decathlon.com
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Budget & Thrift

Action	http://www.action.de/
Tedi	https://www.tedi.com/en/
Kik	www.kik-textilien.com
Kunterbunt Second Hand Kinder Boutique	https://www.facebook.com/SecondHandKinderboutiqueKunterbunt/
Lupalums	https://www.facebook.com/LumpalumsDummiduffels/info?tab=overview

Useful Websites

Christmas Markets: www.christmasmarkets.com

Oktoberfest: Oktoberfest.de

www.howtogermaany.com

www.europeanbestdestinations.com/top/best-castles-in-europe

www.finditguide.de

www.dw-world.de

www.thelocal.de

Clothing Size Conversions

Men's Clothing

Suits, Coats		Pants		Shirts	
US Size	European	US Size	European	US Size	European
32	42	30	75cm	14	36
34	44	32	80cm	14.5	37
36	46	34	85cm	15	37
38	48	36	90cm	15.5	39-40
40	50	38	95cm	16	41
42	52	40	100cm	16.5	42
44	54	42	105cm	17	43
46	56	44	110cm		
48	58	46	115cm		
50	60				
Sweaters		Underwear		Shoes	
US Size	European	US Size	European	US Size	European
S	46	S	46-48 or 4	6	38-39
M	49-50	M	50-52 or 5-6	6.5-7.5	39-40
L	52-54	L	54-56 or 7-8	7.5-8.5	41-42
XL	56	XL	59 or 9-10	9-10	42-43
				10.5-11.5	43-44
				11.5-12	45
				13	46
				14	47



Women's Clothing

Shirts, Dresses, Coats		Underwear		Bras	
US Size	European	US Size	European	US Size	European
6/28	34	XS	60	30	65
8/30	36	S	65	32	70
10/32	38	M	70	34	75
12/34	40	L	75	36	85-0
14/36	42	XL	80	38	85
16/38	44	XXL		40	90
18/40	46			42	95
20/42	48				
Shoes		Stockings			
US Size	European	US Size	European		
4-5	35-36	8-8.5	0-1		
5.5-7	36-37	9-9.5	2-3		
7-8	38-39	10-10.5	4-5		
7.5-10	39-40				
10-11	41-42				
11.5-12	42-43				

Children's Clothing

US Size	European	US Size	European
Infant/newborn	56	6	116
3 months	62	7	122
6 months	68	8	128
9 months	74	9	134
12 months	80	10	140
18 months	86	11	146
2	92	12	152
3	98	13	158
4	104	14	164
5	110	15	170

Shoes (infant/toddler)		Shoes (Child 4-2 years)	
0-1	15-16	10.5	26 - 27
1.5-2.5	17-18	11 – 11.5	28 – 29
3-4	18-19	12 – 13.5	30 – 31
4.5-5.5	20-21	1 - 2	32 - 33
6-7.5	22 - 23	2.5 - 3	34
8 - 9	24 - 25	3.5 – 4	35 - 36
9.5 - 10	26 - 27	4.5 – 5.5	36 - 37
		6 - 7	38 - 39

Translations

Automotive

English	French	German	Dutch
Distilled water	Eau distillée	Destilliertes Wasser	Gedistilleerd water
Drive Train	Transmission	Abschleppen	Koppeling
Fan	Ventilateur	Ventilator	Ventilator
Fan Belt	Courroie de ventilateur	Keilriemen	Ventilatorriem
File	Lime	Feile	Vijl
Fog light	Phare antibrouillard	Nebellampe	Mistlamp / lamp
Foot brake	Frein à pied	Fußbremse	Voetrem
Fuel Gauge	Jauge d'essence	Benzinuhr	Benzinemeter
Fuel injection	Injection	Einspritzung	Ignizione
Fuel line	Tubulure à carburant	Benzinleitung	Benzineleiding
Fuel pump	Pompe à carburant	Benzinpumpe	Benzinepomp
Fuel system	Système d'alimentation en carburant	Kraftstoff System	Brandstof systeem
Fuel tank	Réservoir à carburant	Benzintank	Benzinetank
Fuse	Fusible	Sicherung	Zekering / Schakelaar
Gasket	Joint	Dichtung	Pakking
Gasoline	Essence	Benzin	Benzine
Gear	Vitesse	Gang	Versnelling
Gear (wheel)	Roue d'engrenage	Zahnrad	Tandwiel
Grease	Graisse	Fett, Schmierstoff	smeervet
Hammer	Marteau	Hammer	Hamer
Hand brake	Frein à main	Handbremse	Handrem
Heater	Chauffage	Heizung	Verwarming
Horn	Klaxon	Hupe	Claxon, toeter/ Achterlicht
Hose	Tuyau souple	Schlauch	Slang
Idle adjustment	Réglage de ralenti	LeerlaufEinstellung	Stationair afregelen
Injection pump	Pompe d'injection	Einspritzpumpe	Injectiepomp
Instruments	Instuments	Instrumente	Uitrustung
Jack	Cric	Wagenheber	Krik
Lubrication	Lubrication	Schmierung	Simmering
Neutral	Au point mort	Leerlauf	Stationair

Nut	Écrou	Mutter	Moer
Odometer	Compteur kilométrique	Kilometerzähler	Kilometerteller
Oil	Huile	Öl	Olie
Oil Change	Changement d'huile	Ölwechsel	Olie verwisselen
Pliers	Pince(s)	Zange	Tang
Radiator	Radiateur	Kühler	Radiator
Screw	Vis	Schraube	Schroef
Screwdriver	Tournevis	Schraubenzieher	Schroevendraair
Seat	Siège	Sitz	Stoel / Verwarming
Shift Lever	Levier de vitesses	Schalthebel	Versnellingspook
Speedometer	Tachymètre	Tachometer	Snelheidsmeter
Spring	Ressort	Feder	Veer
Sprocket	Pignon de chaîne	Kettenrad	Tandwiel
Steering	Direction	Steuern	Besturing
Steering column	Colonne de direction	Lenksäule	Stuurkolom
Steering wheel	Volant	Steuerrad	Stuur
Switch	Interrupteur	Schalter	Schakelaar / Stoel
Tail light	Feu arrière	Rücklicht	Achterlicht / Zekering
Temperature Gauge	Thermomètre	Thermometer	Thermometer
Thermostat	Thermostat	Thermostat	Thermostaat
Tie rod	Barre d'accouplement	Spurstange	Stuurstang
To Lubricate	Graisser	Abschmieren	doorsmeren
Transmission	Transmission	Getriebe	Transmissie
Turn indicator	Clignotant	Blinker	Richtingaanjwizer
Universal Joint	Joint de cardan	Kardangelenk	Kruiskoppeling
Valve	Soupape	Ventil	Ventiel
Washer	Rondelle	Unterlegscheibe	Opvulplaatje
Water pump	Pompe à eau	Wasserpumpe	Waterpomp
Wheel	Roue	Rad	Wiel
Windshield wiper	Essuie-glace	Scheibenwischer	Ruitenwisser/ Achteruitrijlicht
Wire	Fil	Kabel, Draht	Kabel
Wrench	Clé de mécanicien	Schraubenschlüssel	Schroefsleutel
Chassis	Châssis	Fahrgestell	Chassis
Axle	Essieu	Achse	As
Frame	Monture	Rahmen	Frame

Inner tube	Chambre à air	Schlauch	Banden
Leaf spring	Lame de ressort	Blattfeder	Bladveer
Rim	Jante	Felge	Wiel
Shock absorber	Amortisseur	Stoßdämpfer	Schokdemper
Stabilizer	Stabilisateur	Stabilisator	Stabilisator
Tires	Pneus	Reifen	Velg
The body	Carrosserie	Karosserie	De Carrosserie
Antifreeze	Produit antigel	Frostschutzmittel	Antivries
Door	Portière	Tür	Deur, portier
Fender	Aile	Schutzblech	Spatbord
Hood	Capot de moteur	Motorhaube	Motorkap
Trunk	Coffre arrière	Kofferraum	Achterbak
Window	Vitre	Fensterscheibe	Ruit
Windshield	Pare-brise	Windschutzscheibe	Voorruit

Bank Terms

English	French	German	Dutch
3 months notice	Avis de 3 mois	3 monatige Kündigung	Drie maanden opzegtermijn
Account	Compte	Konto	Rekening
Additional tax	Supplément d'impôt	Zusatzsteuer	Extra belasting
Address	Adresse	Anschrift	Adres
Amortisation	Amortissement	Tilgung	Amortisatie
Asset	Possession	Guthaben	Bezit
Assets (Financial)	Actif (financier)	Aktiva	Activa
Authorised depository	Dépositaire autorisé	Befugte Depotstelle	Geautoriseerde concessionnaire
Automatic teller machines	Guichet à retrait automatisé	Geldautomat	Geldautomaat
Available	Disponible	Verfügbar	Verkrijgbaar
Balance	Solde	Kontostand	Balans
Bank Rate	Taux bancaire	Diskontsatz	Bankkoers
Banknote	Billet de banque	Banknote	Bankbiljet
Bearer	Porteur	Überbringer	Drager
Birthday	Anniversaire	Geburtstag	Verjaardag

Broadcasting station	Poste de radiodiffusion	Rundfunkanstalt	Radiostation
Buy	Acheter	kaufen	Kopen
Buyer	Acheteur	Käufer	Koper
Capital gains	Gain capital	Kapitalgewinn	Winst
Cash	Argent	Bargeld	Contant geld
Cash office	Caisse	Kasse	Kassa
Cashier	Caissier/caissière	Kassierer	Kassier
Cheque	Chèque	Scheck	Cheque
Cheque book	Carnet de chèques	Scheckheft	Chequeboek
Christian name	Prénom	Vorname	Voornaam
Coin	Monnaie	Klein Geld	Munt
Compulsory contribution	Cotisation obligatoire	Zwangsabgaben	Noodzakelijke contributie
Confirmation	Confirmation	Bestätigung	Bevestiging
Convertible bonds	Obligations convertibles	Wandelobligationen	Omkeerbare obligatie
Credit	Crédit	Kredit	Krediet
Current account	Compte courant	Girokonto	Bank- of Girorekening
Debit balance	Solde débiteur	Schuldsaldo	Negatief saldo
Debit card	Carte EC/débit	EC Carte	Chequekaart
Debit note	Note de débit	Schuldscheine	Debetnota
Department	Département	Abteilung	Afdeling
Electric supply company	Compagnie d'électricité	Elektrizitätswerk	Electriciteitsbedrijf
Employer	Employeur	Arbeitgeber	Werkgever
Endowment Life Insurance Policy	Police d'assurance en cas de vie/police d'assurance à capital différé	Kapitallebensversicherung	Levensverzekering-kapitaalpolis
Exchange rate	Taux de change	Wechselkurs	Wisselkoers
Fees	Frais	Gebühren	Belasting
Finish	Finir	Auflösung (Konto)	Eindigen
Form	Formulaire	Vordruck	Formulier
Gain	Gain	Gewinn	Winst
Guarantee	Garantie	Bürgschaft	Garantie
Guarantor	Garant	Bürge	Garantiegever
Immediately	Immédiatement	Sofortig	Onmiddellijk, direct
Information	Information / renseignement	Auskunft	Informatie
Information office	Bureau de renseignements	Auskunftei	Informatiebureau

Insurance	Assurance	Versicherung	Verzekering
Insurance company	Compagnie d'assurance	Versicherungs-gesellschaft	Verzekeringsmaatschappij
Interests	Intérêts	Zinsen	Rente, interest
Invest a portion of funds	Investir une partie des fonds	Einen Teil des Geldes festlegen	Een deel van kapitaal vastleggen
Investment	Investissement/placement	Anlage	Investering, belegging
Investment certificates	Certificats de placement	Anlageurkunden	Beleggingsbewijs
Invoice	Facture	Rechnung	Factuur, rekening
Issue Quotation	Cotation / Devis d'émission	Ausgabekurs	Notering, koers
LandladyLandlord	Propriétaire	Vermieterin	Eigenares, Eigenaar
Liability	Responsabilité/obligation	Passiva	Schuld, passiva
Limit	Limite	Begrenzung	Beperking
Loan	Prêt	Darlehen	Lening
Long-term investment	Investissement à long terme	Langfristige Anlage	Langetermijn-investering
Maiden name	Nom de jeune fille	Mädchenname	Meisjesnaam
Marketable stock	Action négociable	Leichtverkäufliche Aktie	Verhandelbare aandelen
Merchant banks	Banque d'affaires	Handelsbanken	Handelsbank
Minimum reserve	Réserve minimum	Mindestreserve	Minste reserve/voorraad
Offer	Proposition /Offre	Angebot	Aanbod
Overdraft	Solde débiteur	Überziehung	Debetsaldo

Pass+word	Mot de passe	Losungswort	Codewoord
Password	Mot de passe	Kennwort	Wachtwoord
Pay	Payer	Bezahlen	Betalen
Pay in	Verser	Einzahlen	Betalen met
Pay out cash	Payer comptant	Auszahlen	Contant betalen
Payment	Païement	Auszahlung	Uitbetaling
Payment	Versement	Einzahlung	Storting
Post office	Bureau de poste	Post	Postkantoor
Power of attorney	Procuration	Verfügungs-berechtigung	Volmacht, procuratie
Profession	Profession / métier /emploi	Beruf	Beroep
Profession	Profession	Beruf	Beroep
Proposal/suggestion	Proposition / Suggestion	Vorschlag	Voorstel
Rate of interest	Taux d'intérêt	Zinssatz	Rentekoers
Receipt	Reçu	Rechnung	Kwitantie
Recommend	Recommander	Empfehlen	Aanraden
Rent	Loyer	Miete	Huurprijs
Repayment	Remboursement	Rückzahlung	Aflossing
Safe deposit box	Coffre bancaire	Schliessfach	Safe
Salary	Salaire	Gehalt/Lohn	Loon, salaris
Salary certificate	Certificat de rémunération	Gehaltsbescheinigung/ Lohnbescheinigung	Loonstrook/ Loonspecificatie
Sale proceeds	Revenu des ventes	Verkaufserlös	Verkoopsopbrengst

Savings account	Compte d'épargne	Sparkonto	Spaarrekening
Savings book	Livret / carnet de compte d'épargne	Sparbuch	Spaarbankboekje
Securities	Titres / valeurs	Wertpapiere	Solide geldbelegging
Securities	Titres / valeurs	Wertpapiere	Waardepapieren
Sell	Vendre	Verkaufen	Verkopen
Seller	Vendeur	Verkäufer	Verkoper
Service Fees	Frais de service	Gebührensatz	Kosten
Short term	À court terme	Kurzfristig	Korte termijn
Short-term investment	Investissement à court terme	Kurzfristige Anlage	Korte termijn investering
Sign	Signer	Unterschreiben	Ondertekenen
Signature	Signature	Unterschrift	Handtekening
Solicitor	Avocat/notaire/conseiller juridique	Notar	Notaris
Speculation / venture	Spéculation / Risque	Spekulation	Speculatie
Stake	Enjeu intérêt	Anteil	Inzet, inleg
Stamp	Timbre	Stempel	Zegel; stempel
Standing order	Appel d'offre	Dauerauftrag	Permanente opdracht
Statement of account	Relevé de compte	Kontoauszug	Rekeningoverzicht
Stock	Actions	Aktien	Aandelen; effecten.
Stockholder	Actionnaire	Anteilseigner	Aandeelhouder
Stocks as collateral	Actions comme	Aktien als	Onroerend goed als

for loans	nantissement	Kreditsicherheit	onderpand
Surname	Nom de famille	Familienname	Achternaam
Tax	Taxe	Steuer	Belasting
Telephone	Téléphone	Telefon	Telefoon
Telephone charge	Frais téléphoniques	Telefongebühr	Telefoonkosten
Telephone control office	Bureau de contrôle téléphonique	Telekom	Telefoonkantoor
Temporary loan	Prêt temporaire	Überbrückungskredit	Overbruggingskrediet
Term	Terme	Laufzeit	Termijn
To earn interests	Gagner de l'intérêt	Zinsen einbringen	Rente verdienen
To transfer	Transférer / Assigner	Überweisen	Toewijzen
To withdraw	Faire un retrait	Abheben (von einem Konto)	Opnemen
Transfer	Transfert / Assignation	Überweisung	Plaatsing
Transfer	Transférer	Überweisen	Overboeken
Traveller's cheque	Chèque de voyage	Reisescheck	Reischeque
Treasury bills	Bons du Trésor	Schatzwechsel	Schatkistwissels
Trust bank	Banque de fiducie	Treuhandbank	Trusteebank; beheerdersbank
Undertaking	Entreprise engagement	Garantie	Waarborg, garantie
Valid	Bon valide	Gültig	Geldig
Wage	Paie	Lohn	Loon, salaris
Waterworks	Système de	Wasserwerk	Waterleiding

distribution d'eau

Withdrawal	Retrait	Abhebung	Opname
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Medical Terms

English	French	German	Dutch
Aches and pains	Dououreux et Endolorie	Schmerzen	pijn
Acid indigestion	Indigestion acide	Sodbrennen	brandend maagzuur
Allergy	Allergie	Allergie	allergie
Aspirin	Aspirine	Aspirin	aspirine
Asthma	Ashme	Asthma	asthma
Athlete's foot	Pied d'athlète	Fusspilz	voetschimmel
Bee sting	Piqûre d'abeille	Bienenstich	bijensteek
Birth control	Contrôle des Naissances	Empfängnisverhuetung	voorbehoeding
Blisters	Ampoule	Blasen	blaasje
Burns	Brûlure	Verbrennungen	brandwond
Cold	Rhume	Erkältung	verkarden
Cold sores	Feux sauvages	Herpes	herpes
Condoms	Condoms	Kondome	kondoom
Congestion	Congestion	Verstopfung	verstopping
Constipation	Constipation	Verstopfung	verstopping
Contact lens solution	Solution pour lentille cornéenne	Kontaktlinsen Lösung	Kontaktlenzen vloeistof

Contraceptive	contraceptifs	Vaginalzäpfchen zur	
Contraceptive foam	Mousse contraceptive	Schaumspray zur Empfängnisverhütung	schuim spray voor voorbehoeding
Corns, calluses	Cors, durillons	Hühneraugen, Schwielen	eksteroog
Cough	Toux	Husten	hoesten
Cut, Scrapes	Coupure, égratignures	Schnittwunden / Abshürfungen	snijwond
Dental Floss	Soie dentaire	Zahnseide	Dental flas
Diarrhea	diarrhée	Durchfall	diarrhee
Drops	gouttes	Hustenbonbons	hoestbonbons
Earache	Maux d'oreille	Ohrenschmerzen	oorpijn
Eye drops	Gouttes pour les yeux	Augentropfen	oogdruppels
Fever	fièvre	Fieber	koorts
Fever blisters	Boutons de fièvre	Fieberbläschen	koortsblaasjes
Gas	gaz	Blähungen	darmgas
Gum soreness	gingivite	Zahnfleischentzündung	tandvleesontsteking
Hangover	Gueule de bois	Kater	kater
Hay fever	Rhume des foins	Heuschnupfen	hooikoorts
Headache	Mal de tête	Kopfschmerzen	hoofdpijn
Heartburn	Brûlure d'estomac	Sodbrennen	Beandend maag zuur
Hemorrhoids	Hémorroïdes	Hämorrhoiden	haemorrhoiden
Hives	urticaire	Nesselfieber	netelkoorts
Itching	démangeaison	Jucken	jeuken

Migraine	migraine	Migräne	migraine
Motion sickness	Mal des transports	Luftkrankheit	reiswagenziekte
Muscle soreness	Douleur musculaire	Muskelkater	spierpijn
Nasal	Nasale	Verstopfte Nase	verstopte neus
Nausea	nausée	Übelkeit	Onwel zijn
Pregnancy Test Kit	Test de grossesse	Schwangerschaftstest	Zwangerschapstest set
Rash	éruption	Ausschlag	uitslag
Sinus (inflammation)	Sinus	Nebenhöhlenentzündung	sinusitis

Sore Throat	Mal de gorge	Halsschmerzen	keelpijn
Spermicidal jelly (for diaphragm)	Gel spermicide (pour diaphragme)	Vaginalgel für das Diaphragma	vaginaalgel voor het diaphragma
suppositories	Suppositoires	Empfangnisverhuetung	Vaginaal zetpil voor voorbehoeding
Syrup	sirop	Hustensaft	hoestsyrup

Menu

English	French	German	Dutch
Breakfast	Petit déjeuner	Frühstück	Ontbijt
Lunch	Déjeuner	Mittagessen	Middageten
Dinner	Dîner	Abendessen	Avondeten
Rare	Saignant	Nicht durchgebraten	Rauw

Medium rare	Médium saignant	Halb durchgebraten	Medium rauw
Medium	Médium	Medium	Medium
Medium well	Médium bien cuit	Medium gebraten	Medium doorbakken
Well done	Bien cuit	durchgebraten	Doorbakken
Red Wine	Vin rouge	Rot Wein	Rode Wijn
White Wine	Vin blanc	Weiss Wein	Witte wijn
Dry	Sec	Trocken	Droog
Sweet	Doux	Süss	Zoet
1/2 litre house wine	1/2 litre de vin maison	Halbe Litre Haus Wein	Halve liter huiswijn
Full Litre	Litre de vin maison	Litre Haus Wein	Liter huiswijn
Bottle	Bouteille de vin	Flaschewein	Fles wijn
Glass	Verre de vin	Glas Wein	Glas wijn
Apple Juice	Jus de pomme	Appelsaft	Appelsap
Beef	Boeuf	Rindfleisch	Rund
Beer	Bière	Bier	Bier
Boiled Eggs	Oeufs à la coque	Gekochte eier	Gekookte eieren
Bread	Pain	Brot	Brood
Butter	Beurre	Butter	Boter
Chicken	Poulet	Hun/Hähnchen	Kip
Clams	Moules	Muscheln	Schelpdier
Coffee	Café	Kaffee	Koffie
Cold	Froid	Kalt	Koud

Corn	Maïs	Mais	Mais
Cream	Crème	Crème	Koffie Melk
Drink	Boisson	Getränk	Drank
Duck	Canard	Entenbraten	Eend
Eggs	Oeufs	Eier	Eieren
Fish	Poisson	Fische	Vis
Fried Eggs	Oeufs aux plat	Spiegel Eier	Spiegeleieren
Ham	Jambon	Schinken	Ham
Hot	Chaud	Heiss	Heet
Hot Chocolate	Chocolat chaud	Kakao	Chocolademelk
Lobster	Homard	Hummer	Kreeft
Meats	Viandes	Fleisch	Vlees
Milk	Lait	Milch	melk
Mineral Water	Eau minérale	Mineral Wasser	Mineraalwater
Mussels	Moules	Muscheln	Mosselen
Oil	Huile	Öl	Olie
Omelette	Omelette	Omelette	Omelet
Onions	Oignon	Zwiebeln	Uien
Orange Juice	Jus d'orange	Orangensaft	Sinaasappelsap
Oysters	Huîtres	Austern	Oester
Pepper	Poivre	Pfeffer	Peper
Poached Eggs	Oeufs pochés	Ei im Glas	Gepocheerde eieren

Pork	Porc	Schweinefleisch	Varken, zwijn
Roast	Rôti	Braten	Gebraden vlees
Salad	Salade	Salad	Sla
Salmon	Saumon	Lachs	Zalm
Salt	Sel	Salz	Zout
Sauerkraut	Choucroute	Sauerkraut	Zuurkool
Scrambled eggs	Oeufs brouillés	Rühreier	Roereieren
Shrimp	Crevettes	Garnelen/Krabben	Garnaal
Snails	Escargots	Schnecken	Huisjesslak
Sole	Sole	Scholle	Zool
Soup	Potage	Suppe	Soep
Spinach	Épinard	Spinat	Spinazie
Steak	Bifteck	Steak	Biefstuk
Sugar	Sucre	Zucker	Suiker
Tea	Thé	Tee	Thee
Trout	Truite	Forelle	Forel
Turkey	Dinde	Puten	Kalkoen
Veal	Veau	Kalbfleisch	Kalf
Water without Soda	Eau plate	Ohne Kohlensäure	Spa blauw, zonder koolzuur
With Bacon	Avec bacon	Mit Speck	Met bacon
With dressing	Avec vinaigrette	Mit salatsauce	Met slasaus
With Ham	Avec jambon	Mit Schinken	Met ham

With Soda	Eau pétillante	Kohlensäure	Spruitwater
Without dressing	Sans vinaigrette	Ohne salatsauce	Zonder slasaus
Dessert	Dessert	Nachspeisen	Dessert, toetje
Cake	Gâteau	Kuchen	Koek
Candy	Bonbons	Bonbons	Snoep
Cookie	Biscuit	Kaks	Koekjes
Ice cream	Crème glacé	Eis	Ijs
Pastry	Pâtisserie	Gebäck	Gebak
Pie	Tarte	Torte	Taart

Numbers

English	French	German	Dutch
one	un	ein(s)	een
two	deux	zwei	twee
three	trois	drei	drie
four	quatre	vier	vier
five	cinq	fünf	vijf
six	six	sechs	zes
seven	sept	sieben	zeven
eight	huit	acht	acht
nine	neuf	neun	negen
ten	dix	zehn	tien
eleven	onze	elf	elf

twelve	douze	zwölf	twaaif
thirteen	treize	dreizehn	dertien
fourteen	quatorze	vierzehn	veertien
fifteen	quinze	fünfzehn	vijftien
sixteen	seize	sechzehn	zestien
seventeen	dix-sept	siebzehn	zeventien
eighteen	dix-huit	achtzehn	achttien
nineteen	dix-neuf	neunzehn	negentien
twenty	vingt	zwanzig	twintig

Produce

English	French	German	Dutch
Almonds	Amande	Mandeln	Amandelen
Apples	Pomme	Äpfel	Appelen
Asparagus	Asperges	Spargel	Asperges
Baked	Au four	Gebackene	In de oven gebakken
Bakery	Pâtisserie	Backerei	Bakker
Baking Paper	Papier de cuisson	Backpapier	Bak papier
Baking Powder	Poudre à pâte	Backpulver	Bakpoeder
Baking Soda	Bicarbonate de soude	Natron	Baking soda
Bananas	Banane	Bananen	Bananen
Beans	Haricots	Bohnen	Bonen
Beef	Bœuf	Rind	Runder vlees

Bell Peppers	Poivron	Paprika	Paprika
Blackberries	Mûres	Brombeeren	Zwarte bessen
Blueberries	Bleuet	Heidelbeeren	Bosbessen
Boiled	À l'anglaise	Salzkartoffeln	Gekookt
Bread	Pain	Brot	Brood
Breast	Poitrine de poulet	Brust	Borst
Broccoli	Brocoli	Brokoli	Broccoli
Cabbage	Chou	Kohl	Kool
Carrots	Carottes	Möhren	Woetden, penen
Cauliflower	Chou-fleur	Blumenkohl	Bloemkool
Cheese	Fromage	Käse	Kaas
Cherries	Cerise	Kirschen	Kersen
Chicken	Poulet	Hähnchen	Haantje (Kip)
Coffee	Café	Kaffee	Koffie
Cranberries	Canneberge	Preiselbeeren	Jeneverbessen
Cucumber	Concombre	Gurken	Komkommer
Currants	Groseille	Johannisbeeren	Druisbes
Eggs	Oeuf	Eier	Eieren
Endives	Endive	Chicoree	Andijvie
Fruit	Fruit	Obst	Fruit
Grapes	Raisin	Trauben	Druiven
Groceries	Épicerie	Lebensmittel	Boodschappen

Ground beef	Boeuf haché	Gehacktes	Gehakt, tartaar
Ground Pork	Porc haché	Schweingehacktes	Gehakt
Hamburger	Hamburger	Rindergehacktes	Rundergehakt
Hazelnuts	Noisette	Hazelnusse	Hazelnoten
Home Fries	Pommes de terre frite	Bratkartoffeln	Friet, Patat
Kiwi	Kiwi	Kiwi	Kiwi
Lamb (roast)	Rôti d'agneau	Lamm	Gebraden lam
Lamb chops	Côtelettes d'agneau	Lammkotelett	Lamskotelet
Leeks	Poireau	Porree	Prei
Leg & Thigh	Cuisse de poulet	Keule/Schenkel	Kippeboutje
Lemons	Citron	Zitronen	Citroenen
Mashed	Purée	Kartoffeln-püree	Aardappelpuree
Meat	Viande	Fleisch	Vlees
Meat Markets	Boucherie	Metzgerei	Slager
Mushrooms	Champignon	Champignon	Champignons
Nectarines	Nectarine	Nectarinen	Nektarines
Nuts	Noix	Nüsse	Noten
Onions	Oignon	Zwiebeln	Uien
Oranges	Orange	Apfelsinen	Sinaasappelen
Peaches	Pêche	Pfirsiche	Perziken
Pears	Poire	Birnen	(Peer) Peren
Peas	Petit pois	Erbsen	Doperwren
Pineapple	Ananas	Ananas	Ananas

Plums	Prune	Pflaumen	Pruimen
Pork	Porc	Schwein	Varkens vlees
Pork Steak	Escalope de porc	Schnitzel	Varkenslapje
Potatoes	Pommes de terre	Kartoffeln	Aardappelen
Raisins	Raisins secs	Rosinen	Rozijnen
Raspberries	Framboise	Himbeeren	Frambozen
Rolls	Petit Pain	Brötchen	Broodjes
Salad	Laitue	Kopfsalat	Salade
Sausages	Saucisse	Wurst	Worst
Strawberries	Fraise	Erdbeeren	Aardbeien
Tea	Thé	Tee	Thee
Tomatoes	Tomates	Tomaten	Tomaten
Turkey	Dinde	Puten	Kalkoen
Turkey Breast	Poitrine de dinde	Puten Brust	Kalkoen Borst
Unflavored Gelatin	Gélatine sans saveur	Tortenguße	Gelatine
Vanilla Sugar	Sucre vanillé	Vannilla Zucker	Vanille suiker
Vegetables	Légume	Gemüse	Groenten
Walnuts	Noix	Walnuße	Walnoten
White Turnip	Navet	Kohlrabi	Raap, knol
Zucchini	Courgette	Zucchini	Zucchini

Hair care

English	French	German	Dutch
Shampoo	Shampooing	Shampoo	Shampoo
*For greasy hair	Pour cheveux gras	Fettendes haar	Vet haar
*For dry hair	Pour cheveux secs	Trockendes haar	Droog haar
*For dandruff	Antipelliculaire	Schuppen Creme	Anti Roos
Conditioner	Revitalisant	Spulung	Spoeling

Clothes Shopping Terms

English	French	German	Dutch
extra small	extra petit	XS (extra klein)	extra smal
small	petit	S (klein)	smal
medium	médium	M (medium)	medium
large	large	L (gross)	groot
extra large	extra large	XL (extra gross)	extra groot
jewellery	bijoux	Schmuck	juwelen
bracelet	bracelet	Armband	armband
hair elastic	élastique pour cheveux	Haargummi	elastiek
hat	chapeau	Hut	hoed
necklace	collier	Halskette	ketting
purse	sac à main	Geldbeutel	handtas
ring	bague	Ring	ring

scarf	foulard	Schal	sjaal
sunglasses	lunettes de soleil	Sonnenbrille	zonnebril
wallet	portefeuille	Portemonnaie	portefeuille
watch	montre	Uhr	horloge
bathing suit	maillot de bain	Badeanzug	zwemborek
blouse	chemise	Bluse	bloes
boots	botte	Stiefel	laars
boxers	caleçon	Boxer Shrots	bokser
bra	soutien-gorge	Büstenhalter (bh)	be-ha
cardigan	cardigan	Strichjacke	woollen vest
dress	robe	Kleid	kleding
jacket	manteau	Jacke	jasje
pants	pantalon	Hose	broek
pyjamas	pyjama	Schlafanzug	pyjama
running shoes	espadrille	Laufshuhe	schoen
sandals	sandale	Sandalen	sandaal
shirt	chandail	Hemd	hemd
shoes	souliers	Schuhe	schoenen
shorts	short	Kurze Hose	korte borek
skirt	jupe	Rock	rok
socks	bas	Strümpfe	sokken
sweater	chandail	Pulli	trui

tie	cravate	Krawatte	stropdas
underwear	sous-vêtements	Stück	ondergoed

Spices

English	French	German	Dutch
Allspice	Poivre de la Jamaïque	Gewürze	Specerijen
Arrowroot	Arrow-root	Pfeilwurzstärke	Root
Basil	Basilique	Basilikum	Basilicum
Bay Leaves	Feuilles de laurier	Lorbeerblatt	Laurierblad
Bouillon	bouillon	Fleischbrühe	Bouillon
Caraway Seeds	Graines de carvi	Kümmelsamen	Komijnzaad
Cayenne Pepper	Poivre de cayenne	Cayennepfeffer	Cayenne Peper
Celery Salt	Sel de céleri	Selleriesalz	Selderij Zout
Chili Pepper	Piment rouge	Spanischer Pfeffer	Spaans peper
Chives	Ciboulette	Schnittlauch	Bieslook
Cinnamon	Cannelle	Zimt	Kaneel
Cloves	Clous de girofle	Gewürznelken	Kruidnagel
Coriander	Coriandre	Koriander	Koriande
Cream of Tartar	Crème de tartre	Ger Weinstein	Wijnsteen
Cumin	Cumin	Kreuzkümmel	Komijn
Curry	Curry	Curry	Kerrie
Dill	Aneth	Dill	Dille
Fennel	Fenouil	Fenchel	Venkel

Garlic	Ail	Knoblauch	Knoflook
Garlic Powder	Poudre d'ail	Knoblauchgranulat	Knoflook poeder
Garlic Salt	Sel d'ail	Knoblauchsatz	Knoflook zout
Ginger	Gingembre	Ingwer	Gember
Horseradish	Raifort	Meerrettich	Mierikswortel
Italian Seasoning	Assaisonnement à l'italienne	Italienisch Kräuter	Italiaanse dressing
Lemon Peel	Zeste de citron	Zitronat	Geconfijt citroen
Mace	Macis	Muskatblüte	Foelie
Marjoram	Marjolaine	Marjoram	Marjolein
Mint	Menthe	Minze	Munt
Mustard	Moutarde	Senf	Mosterd
Nutmeg	Muscade	Muskatnuß	Nootmuskaat
Onion	Oignon	Zwiebel	Ui
Onion Powder	Poudre d'oignon	Zwiebelgranulat	Uienpoeder
Onion Salt	Sel d'oignon	Zwiebelsalz	Uienzout
Orange Peel	Zeste d'orange	Orangeat	Geconfijt sinaasaappel schilletje
Oregano	Origan	Oregano	Oregano
Paprika	Paprika	Paprika	Paprika
Parsley	Persil	Petersilie	Peterselie
Pepper	Poivre	Pfeffer	Peper
Peppermint	Menthe poivrée	Pfefferminze	Pepermunt

Poppy Seed	Graines de pavot	Mohn	Papaverzaad
Rosemary	Romarin	Rosmarin	Rozemarijn
Sage	Sauge	Salbei	Salie
Sesame Seeds	Graines de sésame	Sesamsamen	Sesamzaad
Spearmint	Menthe verte	Grün Minze	Groene munt
Summer Savory	Sarriette	Bonenkraut	Bonekruid
Tarragon	Estragon	Estragon	Dragon
Thyme	Thym	Thymian	Tijm
Turmeric	Curcuma	Gelbwurz	Gele wortel
Vanilla	Vanille	Vanille	Vanille
Vinegar	Vinaigre	Essig	Azijn