

US Army



Kaiserslautern

Guide to *Family and MWR* in your community



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DFMWR Welcome



Steven L. Pelletier
Director, FMWR
USAG Kaiserslautern



Welcome to Germany and the USAG Kaiserslautern

As the Director of Family Morale, Welfare and Recreation (FMWR) at the U.S. Army Garrison Kaiserslautern, I would like to take this opportunity to welcome you to our military community.

Family & MWR offers a wide variety of programming to include Child, Youth & School Services, Outdoor Recreation programs, conference and catering services, Auto Skills centers, theater, Sports and Fitness, restaurants, entertainment centers, libraries, VAT offices, the BOSS program, and Army Community Service.

This magazine is a guide to assist you in finding important informa-

tion regarding Family & MWR quality programs, services and facilities here in the USAG Kaiserslautern footprint. The events and service opportunities established today will serve our Soldiers and their Families for years to come, or work as platforms from which to launch new and better services and products. Please take advantage of the many programs and services offered, and let us know if there is anything you think we can do better.

As any dynamic organization, FMWR faces challenges in the future, not the least of which are unanswered questions regarding the transitional nature of today's Army. The modularization of the Army and transition to an expeditionary entity bring with it opportunities not yet realized

as well as inquiries not yet examined.

As the Family & MWR Command Philosophy states, "FMWR exists to serve the Soldiers' readiness. We strive each day to be the 'First Choice' in services, facilities and recreation. We concentrate our efforts on not only providing the best options available, but also on improving the existing options." FMWR has dedicated its resources to supporting the mission of the garrison while concentrating efforts on our Soldiers' and Families' well-being.

A handwritten signature in black ink, appearing to read "S. Pelletier".

Steven L. Pelletier
Director, FMWR
USAG Kaiserslautern

Welcome Letter

Welcome to the US Army Garrison Kaiserslautern!

You are now a part of the community of choice in Germany. Kaiserslautern is unique as the largest U.S. military community outside of the United States, with an abundance of quality programs, facilities and services to offer, and with host nation communities that are friendly, welcoming, and full of rich tradition and culture.

The schools in the community, both German and American, are excellent, and the DoDDS schools are particularly well equipped to help our children deal with the challenges of military life.

Designated as an enduring community, which continues to grow and expand, Kaiserslautern continues to benefit from military construction projects to renovate or replace older facilities and make the garrison an even

better place to live, work, worship, and play.

I hope that this magazine is helpful in orienting you to the many programs and activities available in the local area and that you find your stay here in Kaiserslautern to be something you look back upon and treasure.

Kevin S. Hutchison
LTC, AD
Commanding



*Kevin S. Hutchison
LTC, AD
Commanding*

Kaiserslautern



Family and MWR Marketing Office

Situated in the heart of the West Palatinate region, Kaiserslautern is an international city with about 100,000 inhabitants. Building on its proud history, Kaiserslautern has evolved into a hub of modern technology, versatile culture and many shopping opportunities. Nicknamed K-town by Americans, Kaiserslautern is home to the largest community of Americans in Europe. Kaiserslautern is full of many wonderful contradictions. For an international city it has remained unbelievably true to its roots. For a city in the Palatinate Forest, it is easy to reach thanks to an excellent infrastructure. And for a historical city it is unbelievably modern.

Places of interest:

City Hall

The City Hall, which is 84 meters high, is one of the most prominent landmarks in the city. An extensive

panoramic view of the city can be seen from the rooftop terrace.

The Imperial Palace

Adjacent to City Hall is the former Imperial Palace, the history of which can be seen from the display boards. Construction was initiated in 1152 by Frederick I, known as Barbarossa. Very little remains of the original stonework foundation from the great hall and castle chapel; but what does remain, stands as a reminder of this historically significant building. Subterranean escape passages equipped with sound and light fixtures can be seen on scheduled tours.

The Casimir Building

The former Casimir Palace is integrated into the City Hall complex. It was originally commemorated in a Renaissance style by the Count Palatine Johann Casimir, the legendary "Jäger aus Kurpfalz", in 1571. In 1935, the ruins of this once splendid building were re-

built and roofed. The main room, the Casimir Hall, serves as the city's "front parlor".

The New Palatinate Theatre

Adjacent to City Hall is the imposing sandstone structure of the new Palatinate Theatre. Excavations made here during the course of construction revealed parts of the old city fortifications and remains of a late Stone Age settlement – indications that the city was originally settled more than 6000 years ago.

The Fruchthalle

This hall, the work of architect August von Voit, was built between 1843 and 1846 in the Renaissance style and was originally used as a market hall. In 1849, it was the seat of the revolutionary government of the Palatinate. Today concerts and large social events are held here.

The Spinnräd

The historical hostelry "Zum Spinnräd" (The Spinning Wheel), built

in 1740, is the only remaining half-timbered building in the city.

The Collegiate Church

This church, considered the most significant late Gothic hall church in south-western Germany, is now a Protestant parish church. Construction began on the main body of the building in the second half of the 13th century, with the nave following in the 14th.

St. Martin's Square

The pretty "Martinsplatz" marks the gateway to the old city. The so called "Spoliensäule" (literally "column of spoils") displays fragments of architecture standing as a living testament to over six centuries of civic history. The pedestal consists of a wreath of 10 reproductions of old boundary stones.

The Church of St. Martin

St. Martin's, now a Catholic parish church, is considered a vivid example of a medieval church of a mendicant order. The church was originally constructed at the beginning of the 14th century as a Franciscan monastery, and expanded later in the 15th century. The baroque ceiling is from the 18th century.

The Theodor Zink Museum

At the other end of the Steinstraße with its many bars and bistros sits this museum, containing collections of folklore and civic history. The building was constructed in 1817 and was known as the Carriers' Inn, "Rheinkreis". The museum, with its picturesque courtyard, together with the Wadgasser Hof opposite, a former outlying farm of the Premonstratensian monastery

at Wadgassen, forms a delightful view for sightseers in the old section of the city.

The Emperor Fountain

The fountain at the Mainz Gate was designed in 1987 by Gemot Rumpf. The impressive composition of the fountain, made of both bronze and sandstone, represents the historical and present-day Kaiserslautern in a cheerful and often comical composition of characters and shapes.

The Palatinate Gallery of Art

The gallery on Museum Square was built between 1875 and 1880 from plans by Karl Spatz in the traditional Neo-Renaissance style. The reconstructed permanent exhibition halls now house an excellent collection of paintings and sculptures as well as exquisite pieces of artwork.

The Emperor Fountain





The Japanese Garden

The Japanese Garden

The Japanese Garden, which was opened in Kaiserslautern in April 2000, is one of the largest

gardens of its kind in Europe. Carefully selected plants, ponds, waterfalls, fish, lantern lights and stone arrangements create an

atmosphere of the Far East. A visitor to the garden is sure to find peace in their body and soul.



The Garden Exhibition

The Garden Exhibition

There was such great success with the first State Garden Exhibition of Rhineland-Palatinate in Kaiserslautern in 2000 that the

city continues to have exhibits every year. The area covers 54 acres and displays various garden exhibitions from April to October. There are many dif-

ferent flower displays, themed gardens, demonstrations, and a manifold cultural program. A trip to the park is always worthwhile.



Fritz Walter Stadium

Fritz Walter Stadium

The Fritz Walter Stadium, named for the city's most famous soccer player, is home to Kaiserslautern's

soccer team, 1. FCK (Red Devils). The Red Devils compete on national level with teams from other major German cities. In

2006, when Kaiserslautern was host to the Soccer World Cup, the stadium was expanded to seat 48,500 spectators.

Classified Directory

Dear readers! Here is a valuable overview of highly capable companies in the areas of commerce and services, arranged in alphabetical order. These companies have all made it possible for your brochures to be distributed free of charge. Further information is available in the internet under www.alles-deutschland.de.

Aestheticform Medical	27	Birkenstock	37	Hotels	1	Sanita	37
Attorneys at Law	44	BMW	inside back cover	Cable Service	inside front cover	Chocolates	34
Automobile		Body Repair	43	Kitchen Knives	17	Tax Consulting	45
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Army Community Service



Army Community Service (ACS) Center: Centralized facility providing comprehensive, coordinated and responsive readiness service to support Commanders, Soldiers, Civilians and Families. DSN 493-4203; CIV 0631-3406-4203
Monday–Friday, 8 am–5 pm

Information and Referral

Strives to provide Soldiers and Families with timely, comprehensive information on both military and community resources that will assist in meeting basic needs and improve quality of life.

This program is sometimes abbreviated as the “I & R” program.

Mobilization and Deployment Readiness Program

Includes program and support activities designed to assist leaders at all levels and Soldiers and their Families to successfully manage the challenges of mobilization and deployments before, during and after they occur. This program is referred to as the MOB/DEP program.

Operation R.E.A.D.Y. (Resources for Educating About Deployment and You):

Standardized training curriculum used by the MOB/DEP program and designed to prepare leaders, Soldiers, deployed civilians, and Families for the personal and Family demands of the deployment cycle.

Family Assistance Center (FAC):

Centers operating 24/7, established by garrison commanders under the auspices of ACS in response to deployments, natural disasters or catastrophic events to assist Soldiers and Family members with basic services. Other agencies may be asked to participate in the FAC as local needs dictate. The National Guard operates FACs for Families who are geographically dispersed and located in remote sites.

Family Advocacy Program (FAP):

The Army FAP is committed to preventing domestic violence and child abuse and neglect by providing a variety of services to strengthen Army Families and

Army Community Service



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Fax: 06371 - 80 20 528

www.amcreurope.com



AFPN

enhance resiliency. The FAP includes prevention, identification, reporting, investigation, and treatment in support of Soldiers and Families.

New Parent Support Program (NPSP): Provides professional social workers and nurses who offer supportive and caring services to military Families with children from birth to three years of age. Through a variety of programs including home visits and parenting classes, the NPSP provides opportunities to learn to cope with stress, isolation, post-deployment, reunions, and the everyday demands of parenthood. The program is committed to developing strong Army Families, and the prevention and treatment of Family violence. Its coordinated efforts are designed to prevent and intervene in cases of Family distress, and to promote healthy Family life.

Victim Advocacy: Provides 24/7 services for victims of both sexual assault and domestic violence. Victims have access to emergency assistance, information, referrals, and ongoing support in accessing medical, behavioral health, legal,

and law enforcement services on and off garrisons. Available for both restricted and unrestricted reports.

Sexual Assault Prevention and Response Program (SAPRP): Comprehensive program focusing on prevention, training, and support to victims of sexual assault. The Family and Morale, Welfare and Recreation Command (FMWRC) is the lead to provide personnel and training to implement this commander's program on the garrison and to ensure Soldiers are trained to implement the SAPRP and provide services to victims in deployed environments. This program is merging with the Sexual Harassment/Assault Response and Prevention (SHARP) Program.

Exceptional Family Member Program (EFMP)
A mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, personnel, and respite care services to Families with special needs.

Army Family Action Plan (AFAP): A grassroots, Army-wide initiative to identify and prioritize issues to enhance standards of living for Soldiers and their Families.

Army Family Team Building (AFTB): A Family training and readiness program that provides participants with an understanding of Army culture, and the skills and resources they need to become self-reliant, self-sufficient members of the military community.

Outreach Services: Center based services are supplemented with outreach to Families. The primary focus of outreach will be to deliver services to the following populations: geographically or socially isolated Families identified as needing specific outreach services; first-term Soldiers and Families; geographically separated Families; newly arrived Soldiers and Families in the community; single-parent Families, and other Soldiers and Families identified by a needs assessment. Additionally, unit service coordination will be established with commanders to provide the support needed by the units.

Relocation Readiness Program: Relocation Readiness assistance provided to Soldiers and Families to help reduce or eliminate problems arising due to frequent moves. Specialized programs and services include: individual or group counseling; sponsorship and pre-arrival information; mandatory overseas briefings and post-move orientations; lending closet services; Military Homefront web-pages on DoD website; Citizenship Immigration Services; multi-cultural programs; and "Hearts Apart" activities for waiting Families. Garrison commanders chair multi-disciplinary Relocation Assistance Coordinating Committees (RACC) to stay abreast of issues and remedy emerging concerns.

Employment Readiness Program: Provides employment assistance to active duty, reserve component, transitioning and retired Soldiers, Family members, and DoD civilian employees in acquiring skills, networks, and



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resources that will allow them to participate in the work force and develop a career/work plan.

Army Spouse Employment Partnership Program (ASEP):

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employment/career goals through mobility and enhanced employment options. ASEP is a core component of the Employment Readiness Program to enhance and develop employment opportunities for spouses.

Financial Readiness: Provides comprehensive educational and counseling programs in personal financial readiness. The program covers indebtedness, consumer advocacy and protection, money management, credit, financial planning, insurance and consumer issues. Other services offered are mandatory financial readiness training for first-termers, and financial counseling for deployed Soldiers and their Families. Soldiers receive promotion points for some classes.

Army Emergency Relief (AER): Provides assistance for unexpected and financial stress to include: travel; housing; car repair; utilities; medical expenses; funeral costs and disaster relief. AER is offered as part of the continuum of services in Financial Readiness.

Army Volunteer Corps: Unites all volunteers and organizations using volunteers, and strengthens volunteerism by enhancing the

career mobility of volunteers, establishing partnerships, and promoting a life-long commitment to service. This, in turn, assists in maintaining readiness, sustaining communities, and enriching lives throughout the Army.

Military Family Life Consultants (MFLC):

A key Outreach Service to Soldiers and Families. Enhances community Family support services by offering licensed clinical social workers and psychologists to address various issues that Soldiers and Families face before and after deployment.

Soldier Family Assistance Center (SFAC):

Specialized services to support the needs of Warriors in Transition (WT) and their Families. The SFAC provides a warm, relaxed environment where Soldiers and their Families can gather to foster physical, spiritual and mental healing. These centers provide traditional ACS services tailored to the needs of WTs and their Families as well as transition services, child care, educational counseling, military personnel and alcohol and drug services coordination to support WTs and their Family members as they transition back to duty or to the civilian life.





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Clubs & Pubs

The Kaiserslautern Community offers some of the best Clubs and Pubs around. With three clubs, the Java Café and the Kaiserslautern Community Center located within the KMC you are sure to find one that suits your entertainment needs.

Kazabra Club

The Kazabra Club is internationally recognized as the most popular nightlife hotspot in the European theater. This club brings to the community the best of all worlds. They feature top 40 hits on Fridays and Country Western music on Saturdays. They also offer dancing, karaoke, and the unstoppable mechanical bull, aptly named, Tornado. The Kazabra is also home to the hottest Bingo program around. Contact the Club or go online to www.mwrgermany.com to see what games are available.

Kazabra Club

Vogelweh, Bldg. 2057
 DSN 489-7261, CIV 0631-536-7261
 Wednesday, 5 pm–10 pm
 Thursday, 5 pm–Midnight
 Friday, 6 pm–2 am
 Saturday, 2 pm–4 am
 Sunday, 2 pm–7 pm

Clubs & Pubs



Armstrong's Club

Armstrong's Club located in Vogelweh housing is the place to be for late night entertainment! Check out the authentic Irish Pub, or try your luck with Virtual bowling or Nintendo Wii in Emerald Alley.

The Irish Pub & Grill is here to serve you lunch and dinner and offers delivery to surrounding installations. Catering is also available for small or large parties on site or off.

The entire family can enjoy the American Style all-you-can-eat Sunday Breakfast every week from 9:30 am–2 pm

Armstrong's Club also offers large space rental for functions, meetings, conventions and activities and offers catering options to suit all budgets and tastes. Rental equipment is also available. Contact the club for more information on pricing and availability.

Armstrong's Club

Vogelweh Housing, Bldg. 1036
 Office: 489-6000 / 0631-536-6000

Irish Pub: 0631-354-9986
 Grill: 0631-350-8589
 Catering/Booking: 0631-534-4922

Irish Pub Grill

Monday–Friday, 11 am–2 pm
 Lunch
 Monday–Friday, 5 pm–10 pm
 Dinner
 Saturday, 5 pm–Midnight

Irish Pub Bar

Monday–Thursday, 5 pm–11 pm
 Friday, 5 pm–2 am
 Saturday, 4 pm–2 am
 Sunday, 4 pm–11 pm

Game Room

Monday–Thursday, 11 am–11 pm
 Friday, 5 pm–2 am
 Saturday, 2 pm–2 am
 Sunday, 2 pm–11 pm

The Landstuhl Club

The Landstuhl Club, located on Landstuhl Post boasts a sports bar, lunch and dinner served daily, along with a conference room, game room and weekly entertainment such as the ever popular Texas Hold'em.

Landstuhl Club

Landstuhl Post, Bldg. 3780
 DSN: 486-7244, CIV: 06371-86-7244

Club Hours:
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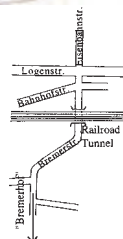
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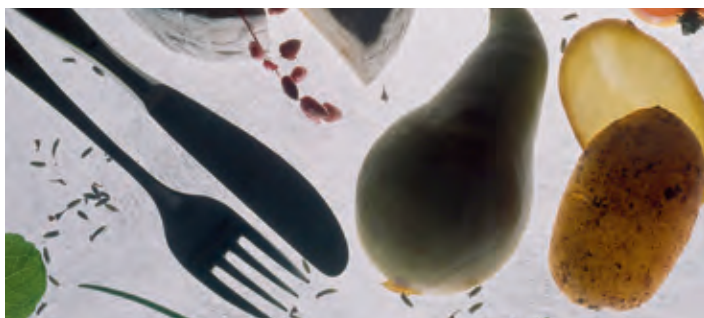
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Kaiserslautern Community Activity Center (KCAC) is a major catering venue that hosts everything from unit and command events, retirement and promotion parties, to private organizations monthly meetings. We also provide private meeting spaces for birthdays, weddings, showers or special events. With the ability to accommodate up to 300 people, this is the perfect place for your social or business gatherings.

Some of our amenities include

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▶ The KCAC has a wide range of menu options available if you choose to serve a meal at your function

▶ The **KCAC Bistro** is open Monday–Friday for breakfast and lunch. Visit us from 6:30–10 am for breakfast, and from 11 am–2:30 pm for lunch.

Daenner Kaserne, Bldg. 3109

Monday–Friday, 8 am–4:30 pm
DSN 483-6500, CIV 0631-411-6500

Open 11 AM - 11PM Daily;
On B40 between Vogelweh & Landstuhl



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Java Café & Warrior Zone



Java Café

Java Café is open every day on Rhine Ordnance Barracks! Serving Starbucks coffee, Tazo teas, and other delicious hot and cold beverages, in addition to yummy baked goods, wraps and sandwiches. A drive-up window is available for your convenience! With Wi-Fi connection, large screen TV's, plus a separate game room, you'll be sure to enjoy your visit to the Java Café.



Warrior Zone

Family, Morale, Welfare and Recreation is proud to bring you the Warrior Zone, introducing the latest in video gaming technology to include Nintendo Wii and Xbox 360 entertainment systems. This newly renovated space has comfortable, contemporary lounge seating and is free for Service members and guests over the age of 18.

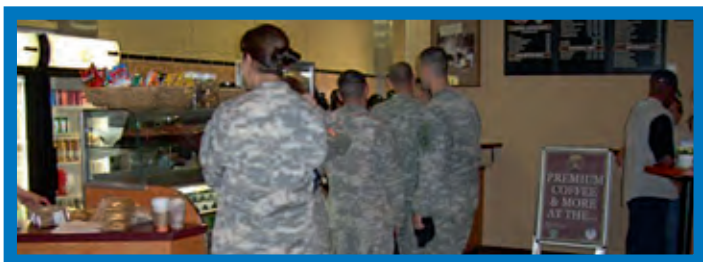
Some key features at the Warrior Zone include six reclining gaming chairs with integrated sound and massage. There are high-tech headphones available for use to enhance the gaming experience, along with wireless connectivity to challenge players anywhere in the world. Along with the gaming stations you will

also find six computer workstations. If you are looking to just relax and watch a DVD, then check out one of the four flat screen TV's available. The most popular games and videos are available for sign out or you can bring your own.

For your convenience, the Java Café is just out the door where you can enjoy a wrap, pastry or a cup of your favorite beverage.

DSN 493-2623, CIV 0631-3406-2623

Java Café & WarriorZone



Java Café/Rhine Ordnance Barracks





Trivia Night

**Every Wednesday
6 - 8pm**

Rhine Ordnance Barracks
Building 273
DSN: 493-2623
CIV: 0631-3406-2623



Hours of Operation

(Including drive -up)

Monday - Thursday
6am - 10pm

Friday
6am - Midnight

Saturday
9am - Midnight

Sunday - Holidays
(Including Army Training Holidays)
10am - 6pm



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WARRIOR ZONE

MON-THURS: 6 - 10 P.M.
FRI: 6 A.M. - MIDNIGHT
SAT: 9 A.M. - MIDNIGHT
SUN: 10 A.M. - 6 P.M.

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Bldg. 3774

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The Kids' Zone's goal is to satisfy the craving for fun, as well as create an atmosphere where excitement, spontaneity and magic all come together under one roof.

The Kids' Zone is not just for kids! Enjoy our new expanded menu,

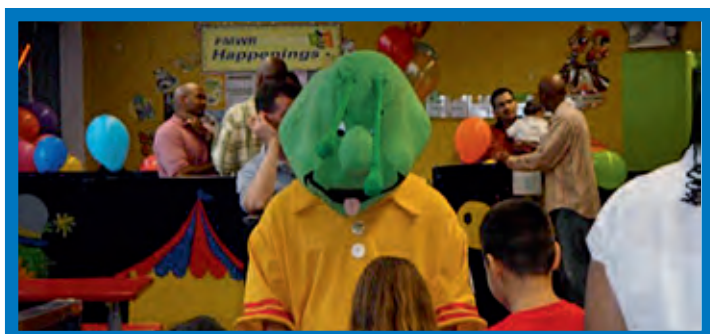
with fresh sandwiches, soups and salads, wings, and much more.

Have your next party with us, and don't miss out on the latest specials, and all of our great deals at Kids' Zone, where smiles are infectious and „fun“ is our middle name!

Kaiserslautern's Kids' Zone is located on Pulaski Barracks in building 2895.

Monday–Friday, 11 am–6 pm
Saturday, 12–8 pm
Sunday, 12–5 pm
Call ahead for quick service
DSN 493-4125, CIV 0631-3406-4125

Kids' Zone



Mighty Meaty Calzone

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Stuffed with Spicy Sausage, Pepperoni, Ham, Bacon & a Blend of...

USAG Kaiserslautern

FAMILY MEAL DEALS



Mini Meal Deal: \$17
1 Medium pizza (up to 2 toppings)
2 medium soft drinks
25 tokens

Mega Meal Deal: \$27.50
1 Large pizza (up to 2 toppings)
4 medium soft drinks
50 tokens

The Big Deal: \$48.50
1 Large & 1 Medium pizza (up to 2 toppings)
6 medium soft drinks
100 tokens

Bldg. 2895, Pulaski Barracks
493-4125 or 0631-3406-4125
mwrgermany.com

Kids' zone

Party Packages

Standard Party Package

Minimum 8 Children \$8.00
Reserved party area for 2 hours
Dedicated party attendant
Cups, Plates, Napkins
1 Large 1 Topping pizza per 8 children
Unlimited drinks for children
10 tokens (for Game play) per Child

Balloon Party Package

Minimum 8 Children \$11.00
Reserved party area for 2 hours
Dedicated party attendant
Cups, Plates, Napkins
1 Large 1 Topping pizza per 8 children
Unlimited drinks for children
1 helium balloon per child
Birthday child receives 6 helium balloons
10 tokens (for Game play) per Child

Team Party Package

Minimum 8 Children \$9.00
Reserved party area for 2 hours
Dedicated party attendant
Cups, Plates, Napkins
1 Large 1 Topping pizza per 8 children
Unlimited drinks for children
10 tokens (for Game play) per Child

Balloon Packages

6 balloons - \$4.50
12 balloons - \$8.25
18 balloons - \$12.25

Hours:

Mon-Fri: 11am - 6pm
Sat: 12pm - 8pm
Sun: 12pm - 5pm

Bldg. 2895, Pulaski Barracks
493-4125 or 0631-3406-4125
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Kids' Zone isn't just for kids!

NEW HEALTHY OPTIONS

Garden Salad.....\$3.75
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Half Wrap.....\$2.95
(Salami, Turkey, Breakfast)
Whole Wrap.....\$4.95
(Salami, Turkey, Breakfast)
Soup.....\$2.50



Mon-Fri 11 a.m. - 6 p.m.
Sat 12 - 8 p.m., Sun 12 - 5 p.m.
Call ahead for quick service!
Pulaski Barracks, Bldg. 2895
493-4125; 0631-3406-4125



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- **Bills paid on time**
- **A better exchange rate**
- **We will call the Utility companies for you**

OFFICE HOURS:

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Sports & Fitness

The USAG Kaiserslautern Sports & Fitness Department offers a wide variety of programs and equipment. All of our facilities are equipped with state of the art cardiovascular and strength training machines. The locker rooms have built in saunas for relaxing after a rigorous workout. We also boast a variety of perfectly manicured courts and fields for unit level and community level sporting events. The fitness centers are located on:

Kleber Kaserne

- ▶ Basketball, volleyball, racquetball courts
- ▶ Spinning equipment & classes
- ▶ Saunas
- ▶ Outdoor sports complex with softball, football & soccer fields
- ▶ Large exercise area with cardio equipment, strength equipment and free-weights
- ▶ Personal training

Kleber Kaserne

DSN 483-7610, CIV 0631-411-7610

Monday–Friday, 5:30 am–9 pm
Saturday, Sunday & Holidays,
9 am–4 pm

Landstuhl Post

- ▶ Basketball and racquetball courts
- ▶ Spinning equipment & classes
- ▶ Saunas
- ▶ Outdoor softball field
- ▶ Exercise area with cardio equipment, strength equipment and free-weights
- ▶ Group exercise classes
- ▶ Massage Therapy by appointment
- ▶ Personal training
- ▶ Parents' workout room

Landstuhl, Bldg. 3720

DSN 486-7172, CIV 06371-86-7172

Monday–Friday, 5 am–10:30 pm
Saturday, Sunday & Holidays,
11 am–6 pm

Miesau Depot

- ▶ Basketball, volleyball, tennis and racquetball courts
- ▶ Saunas
- ▶ Exercise area with cardio equipment, strength equipment and free-weights
- ▶ Group exercise classes

Miesau Army Depot, Bldg 1220

DSN 481-3797, CIV 06372-842-3797

Open 24 hours, 7 days a week including American & Training Holidays

Rhine Ordnance Barracks

- ▶ Racquetball court
- ▶ Saunas

- ▶ Outdoor softball field
- ▶ Exercise area with cardio equipment, strength equipment and free-weights
- ▶ Group exercise classes
- ▶ Personal training

Rhine Ordnance Barracks, Bldg. 172

DSN 493-2241, CIV 0631-3406-2241

Rhine Ordnance Barracks Hours of Operation

Monday–Friday, 5:30 pm–9 pm
Saturday, Sunday & Holidays,
9 am–4 pm

Go online to www.mwrgermany.com for more information about locations, hours of operation, services and programs offered.

Services offered (not all services are available at all facilities. Contact the facility directly for more information):

- ▶ Aerobics and Strength Training Group Classes
- ▶ One-on-One Personal Training
- ▶ Massage Therapy
- ▶ Unit Level/Community Level Sports Teams
- ▶ Sporting Tournaments
- ▶ Wii Sports/ Wii Fit systems
- ▶ Parent's Workout Room
- ▶ Youth Sporting & Wellness Workshops (in conjunction with CYS Services)
- ▶ Officials' & Referees' Training Seminars

For more information on these and other services or programs offered by USAG-K Sports & Fitness, contact the Fitness Coordinator at 493-2241 / 0631-3406-2241 or go online to www.mwrgermany.com.

Sports & Fitness





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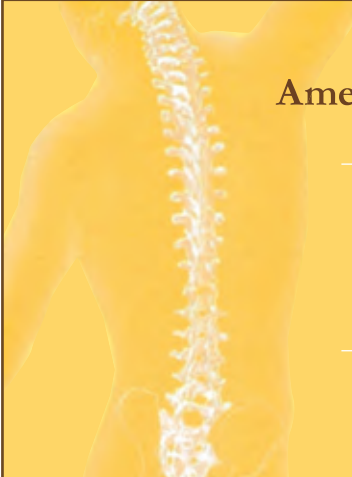
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Phone: 0631-36 69 40

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Child, Youth & School Services



Child, Youth & School Services (CYS Services)

Child, Youth & School Services mission is to enhance the readiness and well-being of families by providing affordable and quality programs and services for children and youth 4 weeks to 18 years of age. CYS Services operates three Child Development Centers located at Kleber, Landstuhl and Miesau; one School Age Center and a Youth Center, located at Landstuhl. The Youth Sports & Fitness and Instructional Classes (SKIES) are also located on Landstuhl.

The USAG-Kaiserslautern Child, Youth and School Services is staffed with early childhood and youth professionals who are committed to providing quality programming and maintaining the highest standards. All of the

USAG Kaiserslautern Child and Youth programs are certified by the Department of Defense and are accredited by the National Association for the Education of Young Children (NAEYC) and the Council on Accreditation COA.

Landstuhl CDC

Landstuhl CDC – Child Development Center & Landstuhl CDC 2

- ▶ Full Day Program provides care for children, 6 weeks to Kindergarten age, of working parents requiring childcare up to 12 hours per day on a regular basis. Patrons using this program must be dual working parents, single working parent or working parent with a full time student spouse.
- ▶ Part-Day Preschool Program is designed for children ages

3 to 5 years. Children attend 3 hours for two, three or five days a week. Part-day preschool operates from September through June and is not in session when DoDD Schools are not in session.

- ▶ Strong Beginnings is designed for children that are 4 (birthday by 31 August) and 5 years old, who will be entering Kindergarten the following school year. It is a Kindergarten preparatory program, teaching children early academics and school etiquette. Children attend for three hours, five days a week. Strong Beginnings operates from September through June and is not in session when DoDD Schools are not in session.
- ▶ Kinder Summer Camp offers a Kinder Summer Camp for children ages 5–6 during the months of June, July and August. Camp includes several field trips, on and off post.
- ▶ Hourly Program is designed as a short-term child care option for parents with short-term or irregular needs, such as volunteering, in-processing, respite care, doctor's appointments, etc. Parents can use the Hourly Program as soon as their child is registered with CYSS. The centers will accept reservations up to one month in advance. Spaces are given on a first-come, first-served basis. Parents needing to cancel their reservations must do so by 8:00 am on the day of their reservation.
- ▶ CYS Services offers a Parents' Night or Day Out the last Saturday of every month. This is

Child, Youth & School Services





Child, Youth & School Services

for parents who would like to spend time with each other while your children are receiving quality care. Hours are 6:00–11:00 pm for the night out and 10 am–3 pm for the day out.

- ▶ Landstuhl CDC 2 offers the same programming as Landstuhl CDC with the exception of Strong Beginnings.

Landstuhl, Bldg. 93802

Monday–Friday, 6 am–6 pm
DSN 486-7350 /8254, CIV:
06371-46-7350 /8254

Kleber CDC

Kleber CDC – Child Development Center offers full day, before and after school care and hourly care. Children are able to participate in a variety of fun and exciting activities which help develop their physical, social-emotional, cognitive, adap-

tive and communication skills as well as to prepare them for future schooling. Kleber CDC provides a nurturing staff who take the children on field trips to the library, gym, walks around the Kaseme, and the Dinosaur Park. Care is available daily for infants, toddlers, preschoolers and kindergarteners. Same day and advanced reservations (30 days) are accepted. The center promotes social interaction among children while providing parents time away for appointments.

Kleber Kaserne, Bldg. 3224

Monday–Friday, 6 am–5:30 pm
DSN 483-8307 / 7049, CIV
0631-411-8307 / 7049

Miesau Child Development Center (MCDC)

Miesau Child Development Center (MCDC) takes care of chil-

dren from 6 weeks to 6 years of age. Their infant rooms provide a warm, loving environment for children to learn, grow and feel secure. The center's teachers work hard at keeping parents informed and up to date on their child's development progress. The toddler room provides an abundance of energy and keeps toddlers ages 18 months to 3 years of age busy with lots of gross motor activities. The preschool room is designed to supply lots of independence for the children. Each week our preschool room goes to various organizations on post to give back to the community such as creating artwork for the gym, making cookies for the guards and collecting box tops to help fund the schools.

Miesau Depot, Bldg 1314

Monday–Friday,
5:50 am–5:30 pm
DSN 481-3774, CIV 06372-842-3774



Child, Youth & School Services

Landstuhl School Age Center (LSAC) & Sembach Satellite School Age Center

Landstuhl School Age Center (LSAC) is affiliated with the Boys and Girls Club of America (BGCA) and 4-H Clubs. LSAC offers a wide variety of activities for children in first through fifth grade. LSAC is the before and after school program that offers full day care when school is not in session. Children can arrive at the program at 6 am and remain there until they deliver them to school. The children arrive back to the program right after school and stay until 6 pm. The program offers Junior Torch Club that involves many great opportunities geared toward helping children become leaders, solve problems and learn to make great choices. LSAC strives to support the children and families of the deployed soldier. By teaming with local support groups for children and families, the program is able to offer a full fledged computer lab for emailing and always having a phone handy, children and parents have many opportunities to



keep in contact with each other as well as express their concerns or comments. Nutritious breakfast and snacks are served daily and fresh fruit is always available.

In addition to all the great activities offered during the school year, a full day camp program is offered during the summer. Children go swimming, attend clubs, enjoy outdoor activities and go on fieldtrips twice a week. Enrollment to the summer camp is offered on a weekly basis and priority is given to current full time patrons and then to the public. The program is first come-first served.

Landstuhl Bldg. 3851

Monday–Friday, 6 am–8:30 am and 3 pm–6 pm (when school is in session)

Summer hours and School-Out days:

Monday–Friday, 6 am–6 pm
DSN 486-7281, CIV 06371-86-7281

USAG Kaiserslautern Youth Program

The Kaiserslautern Youth Program (YP) consists of two components. The Middle School (MS) Program, for youth in grades 6 through 8 and the Teen Program, for youth in grades 9 through 12. The Kaiserslautern YP provides predictable and affordable services that are easily accessible for eligible Families on or off post. Through formal partnership agreements with seven nationally-recognized youth-serving organizations, such as United States Department of Agriculture (USDA), 4-H and Boys and Girls

Clubs of America (BGCA), youth have access to programs, standardized curricula, special events, camps, scholarships, etc.

The YP Delivery System consists of multiple delivery components. The YP has outreach programming, community based programming, youth sponsorship, the workforce preparation program (HIRED) and facility-based programming (Youth Center), to name a few of these components.

The Kaiserslautern YP operation is located at the Landstuhl Youth Center (YC), Building 3819.

The YC offers a wide range of activities for youth in grades 6 through 12. The YC is equipped with a variety of game tables, a computer lab with internet access, televisions and movies, video game equipment, homework room, music room and more. The YC also includes a computer lab instructor and homework instructor who are dedicated to enhancing youth technical and academic skills. There is separate room for high school-aged youth to “hang out”. Activities offered include the following: Field trips, parties, lock-ins, creative arts, dances, cooking experiences and a variety of fun and challenging clubs and tournaments are also scheduled on a regular basis. Youth are encouraged to become active members of youth clubs (Torch Club and Keystone Club) and the Youth Volunteer Program (Promise Passport). The YP is looking for responsible youth to become part of these clubs to help design programs, participate in community service projects, become youth mentors and plan special events. The YP is

also looking for teens to become part of the Kaiserslautern Teen Panel, which gives Army youth in the community a platform to voice what their community and quality of life issues are.

Youth who are interested in travel, community service, academic success, mentorship and leadership should join today!

Landstuhl YP

Hours: 8 pm–5 pm

DSN: 486-8658
CIV: 06731-86-8658

YC Hours of Operation

- ▶ School Year
Monday–Friday, 2:30 pm–7 pm
Friday (High School),
7 pm–10 pm
Saturday, 3 pm–6 pm
School-Out Days,
12 pm–7 pm
- ▶ Summer Hours
Monday–Friday, 8 am–1 pm
(Sumer Camp)
1 pm–6 pm
(Open Recreation)
Saturday, 3 pm–6 pm

Field trip hours will vary

within four schools: School of Life, School of Sports, School of Arts and School of Academics. Currently, the Kaiserslautern SKIES program is offering dance, gymnastics, martial arts, cheerleader classes, horseback riding lessons and tutoring help. Several classes are held on Landstuhl Post, Bldg. 3701 on the 1st floor.

Monday–Friday, 9 am–5 pm
DSN 493-4516/4122, CIV 0631-3406-4516/4122

The Kaiserslautern CYC services is seeking SKIES Instructors who have special skills and would like to share them with the children and youth of Kaiserslautern. Classes range from Gymnastics, Web Design, Car Care, SAT/ACT Prep, Music, Voice, Foreign Languages, Arts and Crafts, Cheerleading, Animal Care, and many more. These are all paid positions.

Contact the SKIES Unlimited office for more information on becoming an instructor:
DSN 486-5412, CIV 06371-86-5412

Schools Liaison Officer provides assistance to families with school

related issues, educational needs, transitions and youth sponsorship as well as provides support to Home School groups. The program assists families with educating parents on programs available to youth in the community and connects families, schools and communities.

Parent Central Services

New and currently enrolled patrons must complete and update registration annually through the Parent Central Services.

Bldg. 2898, Pulaski Barracks

Monday–Friday, 9 am–5 pm
DSN 493-4516, CIV 0631-3406-4516

In order to register, the following item are required:

- ▶ Valid Uniformed Services ID Card
- ▶ Up-to-date Immunization Record for all children 6 weeks to Grade 5
- ▶ Two full names and telephone numbers of emergency contact designees
- ▶ Copy of sponsor's official orders or equivalent Civilian documentation

Family and MWR Marketing Office

SKIES Unlimited

SKIES Unlimited (Schools of Knowledge, Inspiration, Exploration & Skills)

SKIES Unlimited is the framework for Kaiserslautern's Child, Youth and School Services' instructional programs. These programs provide children and youth the opportunity to explore new skills and to pursue and nurture personal interests with high quality instructional classes. The instructional classes are offered





Child, Youth & School Services

- ▶ Current Health Assessment and or sports physical (30 day waiver may be granted)
- ▶ Current end-of-the-month LES for both you and your spouse
- ▶ Please note: If a child has a special need to include food allergies, Asthma, developmental delays, please call the Central Registration office to see if additional information will be required to register the child. In order to receive full day child care, you must be a single working parent or dual working family.
- ▶ Fees are based on total family income, including base pay, BAH, and BAS and are established by USAREUR in accordance with DOD guidelines.

Sports

We are committed to providing a positive, age-appropriate Sports & Fitness Program to promote healthy development for children and youth ages 3 years old through High School. By partnering with 4H, Boys and Girls Clubs of America and other local sporting clubs, we are able to offer the highest quality individual and team sport opportunities.

We emphasize:

- ▶ Creating an atmosphere for fun, enjoyment, and team play
- ▶ Fostering the development of leadership and sportsmanship
- ▶ Promoting participation and fun as the primary intent of the program.
- ▶ Instilling values associated with the pursuit of sports, fitness, and health activities; particularly self-discipline good decision-making, respect, and sense of belonging.

Our programs

Fitness Authority – The goal is to promote fitness in all youth. Fitness levels are measured with simple tests of endurance, flexibility, and strength. Fitness Authority is held at the Landstuhl Youth Center.

SAC Fitness – a youth sports and fitness program for grades 1–5. The SAC Fitness Program is held at Landstuhl School Age Center.

HUGS – an interactive playgroup that is open to parents of

children ages 0–3. The meetings offer an opportunity for young children to meet and play with other children their own age, in a child safe environment. HUGS playgroup meets every Monday from 10:30–12:00 at Bldg. 3701 on Landstuhl and Thursday from 10:30–12:00 at Kids Zone on Pulaski.

START SMART – an developmental learning and training curriculum designed to help very young children master basic motor skills via developmentally appropriate learning activities, sports and games.

Intramural Sports – a youth sports, fitness, health awareness promotion and activity program for girls and boys in the Youth Center. Designed to foster self esteem, sportsmanship, teamwork, leadership, motivation and skill development. Intramural sports are held at Landstuhl Youth Center.

Interested in Coaching for us?

All you have to do is fill out one of our Volunteer Packets and attend the Coaches' meeting. For more information, please call 486-8375 or e-mail us at: mail.kln.mwrcys@eur.amy.mil

Hours of Operation

Monday–Friday, 10 am–8 pm
Landstuhl Youth Sports Office,
Bldg. 3701 Landstuhl
DSN 486-8375, CIV 06371-86-8375

For assistance outside operating hours please contact the Sports & Fitness Director: 0160-9066-4312



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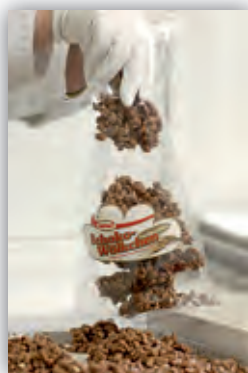
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The WAWI Chocolate Factory, „Schoko-Welt“, in Pirmasens ist open Mondays through Fridays from 8 a.m. to 6 p.m. and Saturdays from 9 a.m. to 1 p.m. Admission is free. A visit to WAWI Schoko-Welt is guaranteed to be a real treat. Arrangements for your own personal discovery tour can be made by phone: (06331) 23 99 90. WAWI is looking forward to your visit.

Discover the Chocolate Factory

Watch chocolate being made! WAWI's love affair with chocolate can be tasted as well as seen. Its transparent facility shows firsthand the production of hand-made, irresistibly delicious chocolates!



Don't Miss The Chocolate Museum

The small but comprehensive Chocolate Museum offers interesting and important anecdotes about chocolate, its production, the story of traditional chocolate figures and the history of WAWI.

Life's small pleasure - The WAWI Factory Store

Producing fresh chocolate is only one of WAWI's specialties. While shopping in our factory outlet, you can enjoy a wide selection of chocolate specialties in a particularly relaxing environment.

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WAWI-SCHOKO-WELT

Unterer Sommerwaldweg 18-21
66953 Pirmasens
Phone 06331-23 99 90
Fax 06331-23 99 910
www.wawi.com
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KMC Onstage

KMC Onstage Theater, established in December 2003, provides theatrical entertainment and fine arts education to the USAG Kaiserslautern community through the exceptional efforts of the dedicated volunteers and staff.

The theater seats 320 and is available to rent for unit functions, trainings and briefings. The theater also hosts a comprehensive lighting and sound system, technical workshop space and concessions area.

Specializing in musicals, plays and competitive stage events, KMC Onstage strives to introduce and entice the community with

diverse offerings. For the latest happenings, log on to www.mwrgermany.com and view the upcoming productions, auditions and special events.

KMC Onstage offers multiple ticketing options for your convenience.

- ▶ You may purchase your tickets by telephone or in person at the FMWR One Stop, co-located in the Landstuhl Library, Bldg. 3810, DSN 486-8146, CIV 06371-86-8146, Monday–Friday, 10 am–5 pm.
- ▶ You may leave your name, ticket request, and a good daytime phone number on the answering machine at KMC Onstage, and we will

have someone return your call and complete the transaction. PH: DSN 483-6626, CIV 06371-411-6626. You will be emailed a confirmation of payment. Please print that and bring it to the performance along with the credit card used (if a phone order).

- ▶ Box office hours: Monday–Friday, 9 am–5 pm and one hour before the performance.

This community theater is dependent on the efforts of the dedicated volunteers. If you're interested in becoming a volunteer contact KMC Onstage at 483-6626 or 06631-411-6626.

KMC Onstagew



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Kaiserslautern Libraries

The library has something for everyone – story hour book discussion groups, Internet access, word processing, the latest novels, “how-to” books, encyclopedias and other reference books, and online reference resources.

Librarians and library technicians are available to assist you in your search for information. They will help you find quick answers, point you to best sources for in-depth research, and show you the best sites on the web. Look for colleges online, prepare for college entrance tests, and find college level material to help you write that paper. General libraries support your education goals

whatever they may be. Escape through fiction, keep up with current affairs, explore your hobby, and find a quiet nook to dream. Encourage reading in a young child – whether a singular experience or a family affair, it all adds up to a life enriching experience.

Landstuhl Library Library@ Kaiserslautern Main

Landstuhl Bldg. 3809
Monday–Thursday, 10 am–7 pm
Friday, 10 am–5 pm
Saturday, 9 am–4 pm
Closed Sunday & Federal Holiday
DSN 486-8390, CIV 06371-86-8390

Kleber Branch Library

Kleber Kaserne Bdg. 3205
Monday–Friday, 11 am–2 pm,
3 pm–6 pm
Closed, 2 pm–3 pm, weekends
and Federal Holidays.
DSN 483-1740, CIV 0631 411-1740

Miesau Branch Library

Miesau Army Depot Bldg. 1324
Monday–Friday, 11 am–2 pm
3 pm–6 pm
Closed, 2 pm–3 pm weekends
and Federal Holidays.
DSN 481-3755, CIV 06372-842-3755

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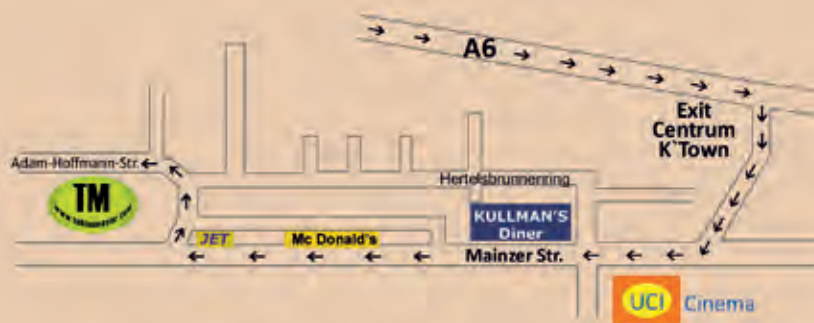
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Offer expires: May 31, 2011



Kaiserslautern BOSS

Better Opportunities for Single Soldiers provides single service members the opportunity to address issues, make changes and enhance morale, living environments and/or personal growth and development while having fun with other single service members and giving back to the community by volunteering. BOSS combines community activities, recreation and quality of life programs to provide soldiers with an enjoyable tour in Germany!

Take advantage of the **BOSS Incentive Program** by volunteering and earning rewards.

Becoming a member is easy. BOSS meets every 1st and 3rd Thursday of the month at 1:30 pm on Pulaski Barracks in Building 2929.

Pulaski Barracks, Bldg. 2929 2nd Floor Rm. 201
DSN 493-4344, CIV 0631-3406-4344



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Army Outdoor Recreation

Kaiserslautern Outdoor Recreation (ODR) offers a vast array of exciting activities to fit everyone's interests. Meet new people, learn a new sport, or arrange a personalized activity for your group of friends. From beginner to advanced excursions, Outdoor Recreation offers many exciting trips. Outdoor Recreation hosts families, singles and youth activities. From the high antic of sky diving, to the quiet serenity of camping, they can put you in touch with your inner sense of adventure. ODR can even coordinate a special activity specifically tailored for your group.

If you are planning on hosting a special event, Outdoor Recreation has canopies, fest tables and benches, grills, as well as bouncy castles, dunking booths, volleyball sets and much more.

Kaiserslautern Outdoor Recreation offers many different trips each month. Please go to www.mwrgermany.com and click onto the Kaiserslautern ODR page see what is available.

Looking to venture on a private holiday? Let ODR provide the transportation, equipment and you provide the destination. ODR has buses available, includ-

great for ski trips to the Alps or canoe trips to the Mosel.

Outdoor Recreation will even provide a driver so you can relax.

If you are going to a theme park or planning a family, friend or Unit trip, give them a call, and let them help you plan your trip.

Please email requests or give ODR a call for more information. Remember to book your holiday in advance as bus reservations are on a first-come, first-serve basis.

Army Outdoor Recreation



A wide variety of rental equipment is available for indoor and outdoor activities. They have everything you could need from camping to extreme sports gear.

ing a 44-, 49-, and 55-passenger bus with a WC.

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Pulaski Barracks, Bldg. 2905
DSN 493-4117, CIV 0631-3406-4117

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Automotive Skills Centers provide facilities, tools, equipment, diagnoses and instructions for self maintenance and repair of personal motor vehicles on U.S. Army installations worldwide.

Pulaski Auto Skills is open seven days a week and is prepared to get your car ready for any condition. They offer a full range of services, including Speedy Lube oil changes, tire rotation and balancing, car wash, agricultural cleaning for overseas shipping and work bays for the "Do-It-Yourself" mechanics.

Auspuff Stein Auto Mechanic

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- ▶ Tune-Ups
- ▶ Brakes
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Pulaski Barracks, Bldg. 2859

Craft Shop Hours
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 Monday–Saturday, 10 am–8 pm

Speedy Lube Hours

Sunday–Friday, 9 am–5 pm
 Saturday, 8 am–5 pm
 Sunday appointments available
 DSN 493-4167
 CIV 0631-3406-4167

Landstuhl Speedy Lube can help with all your car needs! They offer oil changes and tire service (mounting, rotating and balancing), wiper blades, air filters and turn signal bulbs are always in stock.

Landstuhl Post, Bldg. 3800

Monday–Friday, 12 pm–7 pm
 DSN 486-7335, CIV 06371-86-7335

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ID cardholders can save 19% off most German purchases (German tax = Mehrwertsteuer) on transactions under 2,500 Euros. The fee is \$4 per form.

For transactions over 2,500 Euros, the fee is \$6 per form and requires a bank check from the Kleber Tax Relief Office. You will also need to provide a cost estimate, or offer from the vendor and pay the Tax Office either in cash or certified check

issued from a bank, made out to CMWRF.

Registration for Utility Tax Avoidance Program (UTAP) is a tax savings that is open to all military and authorized members of the U.S. Forces who occupy economy housing. Customers are required to provide the Tax Office a copy of rental agreement or proof of ownership, DEROS date and must pay a \$77 service fee. Once the customer receives their welcome letter from the various utility providers, the VAT office will need a copy for the customers file.

Kleber Kaserne Bldg 3205, 3rd Floor
DSN 483-1780, CIV 0631-411-1780

Monday–Friday, 8 am–3:30 pm
Closed US Holidays

Landstuhl Bldg 3810
DSN 486-1780, CIV 06371-86-1780
Monday–Friday, 10 am–4 pm
Closed US Holidays

Pulaski Barracks Bldg 2899
DSN 493-4035, CIV 0631-3406-4035
Monday–Friday, 11 am–3 pm
Closed US Holidays

Miesau Army Depot Bldg 1204, 2nd Floor
DSN 481-3852, CIV 06372-842-3852
Monday–Friday, 8 am–11 am, 1 pm–3 pm
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POC: Annette Jausel, Consultant for International Tax Law

On October 1, 2010 we will move to Kreuzhof 4 in Ramstein-Miesenbach.

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In Germany electricity and gas are taxed with a 19% tax, water is considered a food and therefore only taxed with a 7% tax. If you don't sign up for the UTAP your energy suppliers must automatically add these taxes to your utility bill.

Registration for Utility Tax Avoidance Program (UTAP) is a tax savings that is open to all military and authorized members of the U.S. Forces who occupy off-base housing. There is a one-time service fee charged by your VAT office upon registration.

For more information please contact the Value Added Tax (VAT) office near you:

Ramstein Air Base, Bldg 2118
DSN: 480-5309, CIV: 06371-47-5309
Kleber Kaserne, Bldg 3205
DSN: 483-1780, CIV: 0631-411-1780
Landstuhl, Bldg 3810
DSN: 486-1780, CIV: 06371-86-1780
Pulaski Barracks, Bldg 2899
DSN: 493-4035, CIV: 0631-3406-4035
Miesau Army Depot, Bldg 1204
DSN: 481-3852, CIV: 06372-842-3852

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- ▶ Book Outdoor Recreation adventures
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- ▶ Purchase KMC Onstage theatre tickets
- ▶ Sign up for Sports & Fitness classes
- ▶ Schedule Auto Skills appointments and services
- ▶ Reserve shuttle & bus rental services
- ▶ Utilize library services
- ▶ And much more!

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Herausgegeben in Zusammenarbeit mit der US Army Kaiserslautern. Änderungswünsche, Anregungen und Ergänzungen für die nächste Auflage dieser Broschüre nimmt die US Army Kaiserslautern entgegen.

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