

USAG WIESBADEN

HERALD UNION



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SPECIAL EDITION — October 2019 - March 2020



LIVING ABROAD

THE BEST WAY TO TRAVEL ABROAD IS TO LIVE LIKE THE LOCALS.

Graphic by Antikwar / Shutterstock.com

Many ways to be informed, stay connected

Special Edition October 2019 - March 2020

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Special Edition
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USAG Wiesbaden Public Affairs

Learn more about what's going on at USAG Wiesbaden by visiting the garrison website and attending the Community Information Exchanges, which are held nearly every month in the Wiesbaden Entertainment Center. Those who attend the CIE get updates from each directorate within the garrison and have a chance to ask questions of the directors and command staff. If you miss a CIE, you can find the slides on the garrison website, home.army.mil/wiesbaden.

On the garrison Facebook page, [facebook.com/usagwiesbaden](https://www.facebook.com/usagwiesbaden), you will find helpful news and information, including dates for the CIE. If you don't have a profile, you can still visit the page for information.

The Herald Union publishes every month with two special editions per year. The



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next special edition, in the spring, will focus on garrison events and services. If you don't catch it in print, it's also available online at www.herald-union.com.

Sprechen Sie Deutsch? Find resources on post

Emily Jennings

USAG Wiesbaden Public Affairs

Even though Germans are known for being able to speak English, learning to speak their language can greatly enhance the experience of living in Wiesbaden.

Sure, it's possible to get by in Germany without speaking the language, but for those who will be here a while, being able to confidently order food, buy a bus ticket, read signs, ask for directions or just chat with the locals can make for a more enjoyable time.

Community members have access to garrison resources, such as the Wiesbaden Library, Army Community Service conversational classes and the University of Maryland University College.

The Wiesbaden Library offers language resources in a variety of formats including audio CDs, books and online learning.

Those interested in the online



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learning software should set up a user account with the library; then their language database can be accessed at any time, from anywhere in the world. For more information, call (0611)143-548-9821 or visit the library in Bldg. 1029 on Clay Kaserne.

ACS hosts free conversation-

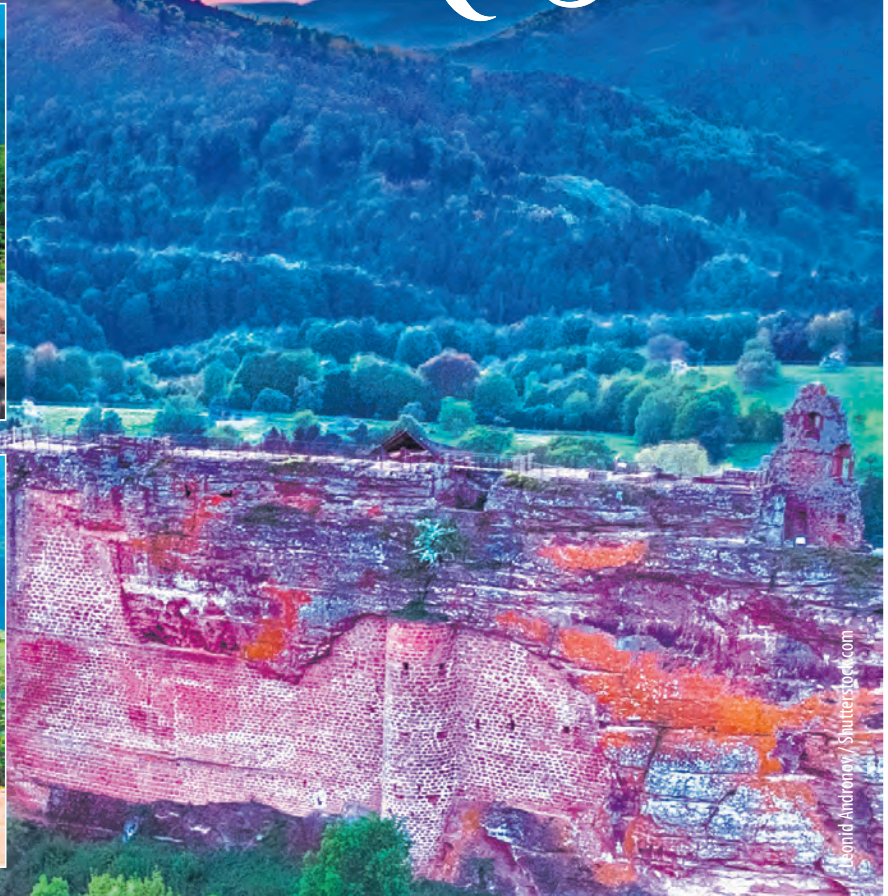
based classes. Registration is mandatory. Classes are held Tuesdays from 7 to 8:30 p.m. Call (0611)143-548-9201 to register.

The University of Maryland University College, located in Bldg. 1023 East, Room 12 on Clay Kaserne offers Elementary

German I and II and Intermediate I and II. German certificates are also available.

For more information, visit their office, call (0611)143-548-1316 or email wiesbaden-europe@umuc.edu or visit them on Facebook at UMUC Europe Wiesbaden.

FLECKENSTEIN CASTLE HIKE, ALSACE



Ronnie Juhans

Special to the Herald Union

The German-French border is the perfect hiking getaway, boasting beautiful trails, 12th century historic architecture and best of all, it's right on our doorstep.

The Alsace region of France on the border of Germany has over 700 hiking trails including short and long distance routes from beginners to advanced.

One of my favorite hikes in the Alsace region is the Fleckenstein Castle route, a trail that I have hiked many times over the past 10 years, in every season, and I still enjoy it every time. Each season brings a change of scenery on this 10 to 15-km-long trail, depending on which routes you select.

The hike along the coal burner's and ghost trails will take you on a journey from the village of Gimbelhof past four castle ruins. Signs are posted that direct you along the hiking trail to Fleckenstein Castle. Before arriving at the castle, you will come upon coal burning kilns made of logs with a description of them in German, French and English.

Once you reach the visitor center you

can purchase tickets and get information from flyers in English, shop for souvenirs, gather information about the surrounding areas, as well as a castle hut with bathroom facilities, hot and cold beverages, ice cream, French pastries or full meals.

Fleckenstein castle is an adventure within itself along the route. The entrance corridor has a vast display of pictures of the Fleckenstein family as well as historical information also available in English.

As you make your way inside you will come upon the ruins of horse stables, the human hamster wheel, a watchtower, the dungeon, prison, moat, water well, and the dark enchanted staircase that leads you to the upper levels to the kitchen, bath and latrine areas, as well as an amazing view of the Northern Vosges forest, valleys and numerous sandstone rock formations. If you hike this trail in the fall, take along an extra bag for apples, pears, and chestnuts, which are free for gathering starting in September.

After your visit to Fleckenstein castle head back towards the visitor center and trek upwards on the Ghost Trail towards the Loewenstein, Hohenburg,

and Wegelnburg castle ruins. This leg of the hike can be a bit challenging due to steep terrain, slippery roots and rocks especially during damp weather.

This part of the trail is not stroller or small child-friendly. Suggested age is nine and above for kids that can handle a full-day hike without being carried or dragged along. Follow the blue and white Ghost Trail signs to the five corners area that has different routes, which are clearly posted.

This is a good place for a break before following the trail to the right that leads to the other castle ruins. Information signs are posted at the base of the ruins in German, French and English. You can take the stairwell to the top of the ruins and enjoy more amazing views.

However, be cautious of the steep and narrow steps especially during your descent. Along the downhill trek from castle Hohenburg to castle Wegelnburg, you will find a slow flowing natural spring and a small gazebo area to take a break or use for shelter if the weather takes a bad turn. From this point, you will cross the border back into Germany and see the German flag painted on trees and sandstone formations as well

as border crossing stones that lead you back into Germany as you trek uphill to Wegelnburg.

After visiting Wegelnburg castle, make your way back into France to the five corners and follow the sign for Gimbelhof. This is a narrow downward trail taking you back to your starting point. Along the way, you will reach a medieval playground with swings, zip lines, slides and a lot of fun if you bring the kids along. The best way to wrap up this adventure is to enjoy some French pastries, food and wine with a view of the region at the Restaurant Gimbelhof, which is located at your starting point.

The start point is a little over two hours away from Wiesbaden. GPS address and other info is listed below. Parking is free at Restaurant Gimbelhof.

Parking GPS Location:

Restaurant Gimbelhof, Ferme du Froensbourg, 67510 Lembach, France

For more information, visit <http://www.fleckenstein.fr/en/> or <http://www.gimbelhof.com/E/index.html>.

Find your way around the European way

Julia Hensel

Special to the Herald Union

Moving to a new destination is an exciting experience. Once the boxes are emptied, the suitcases are put away and the initial orientation period has passed, exploring a new hometown and its surrounding areas can seem intimidating at first. Narrow streets, lively areas and smaller parking spaces can make driving in downtown Wiesbaden tricky. With the help of buses and trains and a few tips, becoming a public transportation expert is no longer an obstacle.

The two major resources for public transportation are the regional Rhein-Main-Verkehrsverbund, and the Deutsche Bahn, offering local, national and international train connections.

The RMV should be the first source when planning a trip locally. Whether wanting to visit a fest downtown, see a play at the theater, or take a trip across the Rhein River to Mainz, RMV.de online or the RMV app will provide

the best local routes.

Passengers can download the RMV app where they can purchase RMV-Handy Tickets (cellphone tickets) via credit card. In order to utilize the "HandyTicket" option, users need to be at least 18 years old and have a smartphone with internet access.

Those who do not wish to download the app or do not have a smartphone can purchase tickets at kiosks near bus stops or from bus drivers directly. Schedules and routes in English can be found at www.rmv.de/auskunft/bin/jp/query.exe/en.

Planning a special excursion or weekend trip?

RMV also offers the RheinMainCard, which enables one person or groups (two to five people) to explore regional attractions and sights, granting them discounts at more than 40 destinations with included public transportation fare for two successive days. The cost for one person is 26 euros or 46 euros for the group ticket. The RheinMainCard can be ordered online and sent by mail or

printed at home and it is also available for purchase at local ticket offices. In Wiesbaden the card can be purchased at the Tourist Information Wiesbaden or the RMV-Mobilitätszentrale Wiesbaden at Luisenforum. Learn more at www.rmv.de/c/de/freizeit/rmv-angebote/rheinmaincard/rheinmaincard/.

For further questions about RMV, visit www.rmv.de/auskunft/bin/jp/query.exe/en or call the RMV-Service telephone (24 hours a day) by dialing 069-24 24 80 24.

Ready to roam the streets of London, fall in love with the Eiffel Tower or ride bikes through Amsterdam, but not a fan of flying? Deutsche Bahn will not only help its passengers to explore the beauty of Germany, but also a plethora of destinations in 16 European countries. Tickets can be purchased online on DB's website, at local train stations or via the DB Navigator app, which is available for all operating systems.

DB offers different ways to save money while traveling. If taking the train is the preferred way of traveling and you are

interested in additional savings, you can check out Bahncard 25 or 50 and look for the DB "Sparpreis." These saver-fare tickets may be purchased for connections within Germany for as little as 19.90 euros (subject to availability) on board ICE, IC or EC trains. When booking "Sparpreis" tickets, children aged 14 and younger travel for free, when accompanied by their parents or grandparents. Just be sure to include them when booking tickets. Additionally, the Bahncard 25 enables users to save 25% on flexible and saver fares, Bahncard 50 offers a discount of 50% on flexible fares and 25% on long-distance (ICE and IC/EC) saver fares within Germany.

DB also offers regional tickets for day or weekend trips. One to five people can travel together with a Day Ticket or Regional Day Ticket, which are available for use on any day. As the name states, the Weekend Ticket is tied to Saturdays and Sundays only. Prices start at 23 euros for the Weekend ticket and 44 euros for the Day Tickets.

Shuttle service

The U.S. Army Garrison Wiesbaden shuttle is a free bus service that operates Monday to Friday and transports riders between Aukamm, Crestview, Hainerberg, Clay Kaserne and Mainz-Kastel Station. Visit the garrison website for the latest version of the schedule.

Unless specifically announced, buses operate on all American and German holidays. Follow the garrison on Facebook or check home.army.mil/wiesbaden for updates or changes to the usual schedule.

Need a taxi? Call ahead, bring cash

There is one authorized taxi company currently servicing U.S. Army installations in Wiesbaden, which is authorized to go to specific posts/kasernes. If you want a taxi to pick you up from: Clay Kaserne or Hainerberg Housing, call Taxi Wiesbaden at (0611) 444-444.

Procedures for requesting a taxi

1. Call the taxi company and tell the dispatcher you need a driver with a U.S. installation pass. Make this clear; if the

driver does not have a pass, he or she will not be allowed on post.

2. Specify your pick-up point. Indicate whether you are on Clay, Hainerberg, etc., and give a building number.
3. Give them your full name.
4. Give them your phone number, cell-phone preferred. Specify the time of pick-up and the destination. It is best to do this in advance, especially for airport pick-up or drop-off.

5. Specify the number of passengers and luggage. Let the dispatcher know if you have infants or children.

6. Be prepared to pay in cash with euros. Many drivers do not accept U.S. dollars or credit cards.



Graphic by Paul Craft / Shutterstock.com

Christmas Market Mainz
Nov-28 to Dec-23 2019
around St. Martin's Cathedral
www.mainz.de/weihnachtsmarkt

Mainz Christmas Market - Nov 28th to Dec 23rd, 2019

Advertisement

The Christmas season in Mainz is beautifully atmospheric. Set against the historical backdrop of the 1000-year-old Martinsdom (cathedral), Mainz's Weihnachtsmarkt (Christmas market) sparkles with more than one hundred festively decorated stalls. The stage program on the Liebfrauenplatz makes for happy faces in both younger and older visitors. Numerous cathedral concerts and matinees, the traditional fairytale performance at the Mainzer Staatstheater (state theatre) and the popular Christmas card printing in the Gutenberg Museum's printing shop are also features of the special Christmas attractions in Mainz this year.

Around the cathedral St. Martin, carousels and hand-made toys make children's hearts beat faster. Visitors interested in arts and crafts will really enjoy visiting the artists' workshop. The eleven-metre-high, richly-decorated Christmas pyramid ensures shining eyes in the little courtyard which is the main access to the market. Just a few steps further on, visitors are impressed by the hand-carved, life-size Nativity figures in front of the Gotthardkapelle (Gotthard chapel) of the Martinsdoms (cathedral).

www.mainz.de/weihnachtsmarkt

International license required outside Germany

USAG Wiesbaden Public Affairs

Defense Department personnel stationed in Germany need an international driver's license, in addition to a U.S. Forces Certificate of License (also known as a USAREUR license) and a valid stateside driver's license to drive outside the country.

Applicants should ensure they have the proper documentation in hand when they go to the USAG Wiesbaden Drivers Training and Testing Station before their next road trip.

"For incoming personnel and family members the priority is to get a U.S. Forces Certificate of License, to operate a privately-owned vehicle on and off installations in Germany," said Hans-Peter Moosberger, driver's training instructor at the DTTS.

However, at the start of every POV orientation Wiesbaden's instructors tell students to not

delay getting their IDLs, and obtaining the signed application from their office is the first step.

"Every student who completes the POV orientation here, passes the written test and receives their permanent certificate of license should return to our offices for an IDL application if they plan to drive outside Germany's borders," Moosberger said.

An IDL can't be obtained using the temporary certificate of license issued immediately after passing the written test.

To apply, visit the Wiesbaden DTTS located on Clay Kaserne, Bldg. 1023W, Room 324. Applicants should bring their USAREUR license and a valid stateside license. The application must be completed in person and signed by DTTS personnel. It takes approximately 10 minutes. No appointment is required, however, applicants can call ahead to determine staff availability at

(0611) 143-546-6076/6077.

Next, bring the signed application, a single passport photo, your U.S. Forces Certificate of License, official or tourist passport (red or blue), valid stateside driver's license, Department of Defense ID card and 15 euros to the off-post KFZ-Zulassungsstelle (the German equivalent of the Department of Motor Vehicles) located in Wiesbaden-Schierstein.

"No additional driver's test is required to get an IDL; just some paperwork, valid documentation and 15 euros," said Michael Leyba, transportation specialist at the DTTS.

Some navigation systems may direct drivers past the facility to the "Federal Mogul" building; however, the vehicle entrance to the KFZ-Zulassungsstelle is immediately past the blue sign for "TÜV Hessen Service Center" on the right-hand side of the street. Free parking is available.

"They offer extended evening hours until 6 p.m. on Wednesdays, which makes it a convenient time to visit the facility," Moosberger said.

When entering the building, get a number from the small electronic kiosk in the waiting area. The kiosk screen will read, "Warteticket." Press the orange button with the word "Fahrerlaubnisbehörde." A paper ticket will print with a customer number that begins with the letter "F." Pay attention to the screens on the wall. When the number comes up on the screen, the appointment will be upstairs on the second floor (1. Stock, in German) in the room (Raum) indicated on the screen.

After processing, applicants return downstairs to pay at the "Kassenautomat," a self-service pay station, before the IDL will be issued. The license costs 15 euros and must be paid in cash or with an EC card, no credit cards.

Passport photos can be taken at self-service photo booths located at the food court on Clay Kaserne and the Hainerberg Exchange. A booth is also located in the entrance of the KFZ-Zulassungsstelle, for those who forget to bring one. Four photos cost 5 euros. Don't forget scissors to cut one photo from the page.

The IDL is valid for a maximum of three years, or as long as the accompanying stateside license is valid.

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Make room for emergency vehicles

Nadine Bower

USAG Wiesbaden Public Affairs

Slow moving or even stationary traffic can be frustrating for drivers who are on their way to work or late for an appointment. However, slow moving traffic can also be a problem for emergency vehicles while they try to rush to the cause of the Stau — usually an accident — as fast as possible.

“During slow moving or stationary traffic, the law requires motorists to create a Rettungsgasse

or emergency alley, in order to let emergency vehicles pass through quickly,” said Thomas Becker, First Police Chief Inspector (Erster Polizeihauptkommissar) with the Wiesbaden Police Directorate.

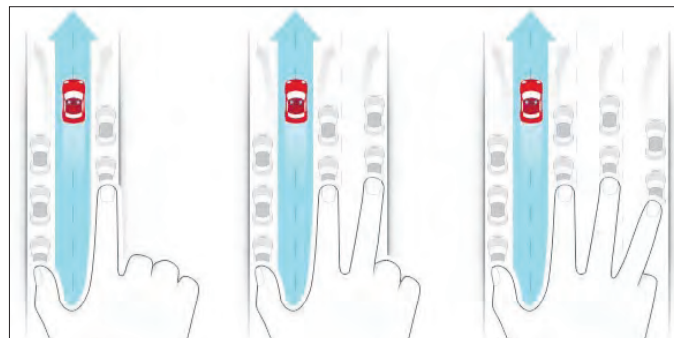
During an emergency, mere seconds can save lives. Therefore, drivers should form the Rettungsgasse before an emergency vehicle is even in sight. “Once traffic moves slower, drivers in the left lane should move as far to the left as possible, while drivers in the other lanes should all move as far as

possible to the right. Failure to do so, can result in a fine,” Becker said.

Emergency vehicles will normally announce themselves with a siren and blue lights. Tow trucks have yellow lights and no siren, but when you hear or see them, it is already too late to form a Rettungsgasse. Once traffic slows down, even within city limits, make sure to follow the guidelines of forming a Rettungsgasse.

Unfortunately, many drivers do not automatically form the Rettungsgasse. This has led to dangerous delays during several emergencies, which sometimes cost lives. Therefore, the German government has increased the fine for not forming a Rettungsgasse from around 20 euros to over 300 euros in certain cases.

“While the new fines start at 200 euros for simply not forming the Rettungsgasse, they can increase to more than 350 euros



Graphic by www.allianz-autowelt.de

To determine which way to move your vehicle in the event of a Stau, use your thumb and index finger for a two-lane street, and add fingers for three or more lanes. The space between your thumb and index finger is where emergency vehicles will need room to move through.

with your license suspended for at least one month for blocking emergency vehicles or causing an accident,” Becker said.

Fines and legal procedures apply to DoD drivers just the same as to any other driver on German roads. “U.S. Forces drivers are subject to all host nation traffic laws and regulations and can be cited with traffic tickets and

fines just like a German driver,” said Richard Jungmann, Law Enforcement Operations Officer with the USAG Wiesbaden Directorate of Emergency Services, Law Enforcement Branch. He also refers to the Drivers Handbook and Examination Manual for Germany (AE Pamphlet 190-34) as the best source of information for U.S. Forces drivers.

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Top of Europe



Ice Palace

The corridors and halls of the Ice Palace are a very impressive collection of ice artwork presenting a variety of sculptures, including a bear, penguin, eagle and more. The natural resemblance of the animal sculptures makes them appear as if they were frozen in place. The Ice Palace was carved out of the glacier in the 1930s by two mountain guides by hand using only ice picks and saws, creating a 1000 square meter large labyrinth.



Ice Palace by Wirat Suandee / Shutterstock.com



Ice Palace by PixHound / Shutterstock.com

Ronnie Juhanns
Special to the Herald Union

Travelers from around the world visit Switzerland to take the journey to the top of Europe and to see Europe's highest altitude railway station. At 3,454 meters this is one of the most impressive views of Switzerland's many snow-capped peaks.

I've taken this journey a few times during different seasons, and each experience was unique.

The train ride to Jungfraujoch in itself is amazing and is worth the time spending 30 minutes from the Grindelwald village station to Kleine Scheidegg pass station and another 50 minutes on an epic ride to the highest point. However, if you time it right you can enjoy the views during the first leg, take a break at the Kleine Scheidegg station and treat yourself to local food and drink specialties inside the restaurant or out on the terrace with a view of the Eiger mountain, as well as the surrounding peaks and valleys, before boarding the next train that will take

you through the Eiger mountain tunnel.

If you've never been in the Swiss Alps be prepared for a variety of weather conditions and temperature changes. Everything from high winds to snowstorms and whiteout conditions due to dense fog can take you by surprise. Be prepared by having proper layers and not assuming that the sunny skies at the start of your trip will last for the rest of the day.

The following are some of the most popular attractions for your visit to the top of Europe.



PixHound / Shutterstock.com

The Jungfrau railway runs 9 kilometers from Kleine Scheidegg to the highest railway station in Europe at Jungfraujoch (3,454 m).

Eismeer Glacier

The train stops at the Eismeer station at 3,160 meters for a 5-minute break to give passengers the opportunity to take photographs. Views of ice blocks and 4,000-meter peaks have visitors gasping in awe. This stop is a great opportunity to take an assessment of weather conditions and figure out if you need to dig into your backpack to adjust your clothing layers.

The Alpine Sensation

This is a 250-meter-long corridor between the Sphinx Hall and Ice Palace peaks. During this amazing and very chilly experience you can see memorials of the miners who's hard work and sacrifices made the journey by railway to the top of Europe possible. Listening to the music and seeing the images along the way can be enlightening, or haunting, as you are taken back in time to the start of the construction of the railway.



Jungfrauoch, Switzerland by GIGASHOTS / Shutterstock.com

Lindt Swiss Chocolate

Although Lindt chocolate can be found almost anywhere, chocoholics from the world over spend a lot of their time at Jungfrauoch visiting the highest altitude chocolate shop and factory. The Lindt tour includes learning how to use the mixing machines, how chocolate bars are made, an overview of the facility, and free time to load up on your favorite fix.



Lindt chocolate by Ekaterina_Minaeva / Shutterstock.com

Be prepared:

- All weather clothing layers
- Sturdy hiking boots or shoes with a good grip
- Snacks and water especially for kids
- Sunscreen and sunglasses
- Cash and plastic. Some small cafés, bars and shops do not take cards.
- Check the weather before purchasing your ticket.

For additional information visit www.myswissalps.com/jungfrauoch

Living within a few hours of Switzerland in Wiesbaden, I suggest driving to Interlaken or taking the opportunity to visit the top of Europe by train.

You could end your day by spending time sightseeing, eating more Swiss food or shopping for souvenirs like Swiss chocolate, Swiss army knives, watches and handcrafted woodwork.

To top it off, try some Black Forest Cake (Schwarzwälder Kuchen) while being entertained by the paragliders circling above and landing in a field just a stone's throw away.



Photo by Sergey Mironov / Shutterstock.com

Your protection begins with you

USAG Wiesbaden Public Affairs

Personal and Family protective measures

Festivals, markets and public events

- Avoid high traffic or peak times
- Pay close attention to vehicle entry and exit points

- Know where emergency evacuation points are located
- Establish a predetermined family or group rally point

Airports

- Arrive early enough to avoid rushing, but not so early you are waiting for long periods
- Keep watch for suspicious or unattended bags

- Avoid broadcasting your DoD affiliation
- Stay aware of emergency escape exit points
- When using public transportation, aisle seats may provide shelter from external threats

For all trips

- Travel in small groups and vary routes
- Let your unit, coworker, Family or battle buddy know where you're going and your expected return
- Be inconspicuous
- Do not wear clothing with U.S. or DoD markings
- Avoid talking loudly or drawing attention to yourself
- Be aware of your surroundings and potential safe havens

Rally points

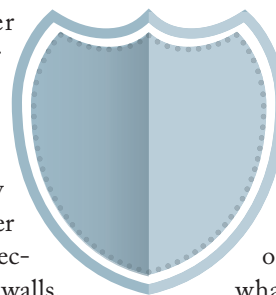
- Select easily recognizable primary and alternate meeting spots near home

- Also consider points near schools or other frequented locations

- Look for rally points that offer additional protection, such as walls, trees and barriers
- Make sure everyone in the Family knows where to go and what to do, and share the plan with a trusted neighbor
- Draw a map and discuss with Family members
- When traveling, identify local safe havens such as hospitals, police stations, embassies, Red Cross or the local equivalent, protected hotels, military bases and industrial complexes

Communication plan

- Establish an easily understood communication plan



- Your Family may not be together when a disaster or emergency strikes, so plan how you will contact one another and review what you will do in different situations

- Consider a plan where Family members call or email the same friend or relative
- FEMA provides examples at www.fema.gov
- Program cell phones with emergency information
- Create a contact card and ensure all members have access to the card and understand how to use it.

For more information, contact the U.S. Army Europe Antiterrorism Division at (0611)143-537-3130.

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If you are lucky enough to find yourself living in Europe, you should make sure you experience one of its crown jewels, the Alps. Here is a collection of can't miss destinations for your next ski or snowboard adventure.

Winter Ski and Snowboard Destinations



BEST VARIETY



PORTES DU SOLEIL,
FRANCE/SWITZERLAND

If you are looking for endless variety, Portes du Soleil, France, should be on your short list. The literal English translation is “the Doors of the Sun” but translates to “the Gateway to the Sun” and is situated between Mont Blanc in France and Lake Geneva in Switzerland. An impressive thirteen resorts make up the ski region, and what is more impressive is your lift ticket covers all of them. It is easy to be intimidated by the second largest ski resort in the world (Les Trois Vallees, France, is number one) with over 200 lifts in the system linking all the resorts, and the fact that it straddles two countries (France and Switzerland). And yes, your passport is required when you are skiing in case you don't make it back to your country of origin at the end of the day and have to commandeer transportation back.

I enjoyed one of the best powder days I have ever had in Châtel, France, when we received three meters of snow in a four-day period (snorkel depth!). The steep and deep was plentiful for advanced skiers. It doesn't all have to be about powder and fast skiing. There is so much variety, even the most amateur skier can enjoy the endless cruisers going from resort to resort while you explore the Haute-Savoie region.

The resort is so expansive, the best bet for a multi-day trip is to pick your resort for the day and take the free bus to it. If you are looking to see endless valleys while you are getting to your destination, you can ski to your chosen resort, but be aware – you may take half the day getting there. The variety of this amazing resort should not be taken as a negative. It definitely is not. In one single week trip, you can experience what most people need three or four trips to accomplish. Keep in mind you can get a six day pass for about 220 euros. Compare that to resorts in the states like Vail in Colorado which is a fraction of the size and commands a whopping \$665 for a five-day pass (in February).

Avoriaz, France, is the most modern skiing/boarding of all the resorts and has accommodations totaling 14,000 beds. Morzine is the largest French town with a traditional market center and offers plenty of easy and intermediate skiing right from the village. Châtel is right on the border of Switzerland offering two main areas and easily links to Torgon and Morgins, Switzerland. Les Crosets and Champéry are Swiss villages with plenty of tradition. Les Crosets boasts large fun parks for the kids.

Travel — Make it in a five-hour drive from Wiesbaden.



Phillip Wiggins/Shutterstock

BEST HIDDEN GEM



ANDERMATT,
SWITZERLAND

If you are looking for a place that is never crowded and is lacking the hustle and bustle of the big resorts in the Alps, but still has the mountain, snow and stunning views, try Andermatt. Located next to the Gotthard pass, Andermatt is the ski town no one has heard of. Snow is aplenty and every type of terrain is available. The Gemsstock offers extreme terrain while Sedrun offers family friendly cruising. The resorts are connected by the Glacier Express train (included in your lift ticket), which is an adventure in itself as it climbs through the Alpine winter wilderness. Andermatt is not for the late night crowd. Things quiet down around 8 p.m. here. For the traditional Swiss chalet experience, try the Hotel Schweizerhof. If you are looking for an economical stay (think high-end youth hostel, but very clean), try Sust Lodge am Gotthard.

Travel — From Wiesbaden, you can make it between four and a half to five hours.



TRAVEL TO THE MOUNTAINS



BEST BANG FOR THE BUCK

 GARMISCH-PARTENKIRCHEN, GERMANY


I pick Garmisch-Partenkirchen as my best bang for the buck for two simple reasons: VAT forms and U.S. dollars! It is rare that you can go to an amazing European Alps destination and take advantage of the logistical support that goes along with serving overseas. It can account for huge savings, especially if you end up going on a little shopping spree at one of the local outdoor shops. Add onto that the local Armed Forces Recreation Center at the Edelweiss Lodge and Resort, where you pay in dollars and you have saved yourself some serious coin. All active duty and civilian personnel serving in Europe can book a vacation at the Edelweiss, which is a full service resort.

A host of the Winter Olympics, various World Cups and endless other top-tier events, Garmisch offers skiing, boarding and much more. The Zugspitze, Germany's highest peak, offers a serious tram ride to the top with plenty of high-alpine sliding on the glacier. A number of other smaller ski areas are perfect for the family, like Hausberg, Kreuzeck and Alpstitze, which are interconnected.

Time your stay right and catch one of the many ski jump events at Grosse Olympiaschanze. While you are there, hike up to the Partnachklamm, an amazing cavern hike along the mountain stream, the Partnach.

Travel — From Wiesbaden, you can make it in about five hours (if you don't hit traffic).

BEST EVERYTHING

 SANKT ANTON, AUSTRIA

Whether you are looking for epic terrain, a ridiculous party scene, breathtaking views or amazing hotels, Sankt Anton am Arlberg has it all. To begin with, the resort that is credited for its part in inventing skiing, is part of Ski Arlberg in the Tyrolean region in Austria, which means when you buy your lift ticket, you also gain access to 88 lifts and 305 kilometers of pistes. Resorts such as Lech, Zuers, St. Christoph, Stuben, Warth and Schroecken are all interconnected and offer a wide variety of terrain for the whole family.

To start with, you can find extreme steeps as well as lazy cruisers at St. Anton. You can also find a vast network of trams (seilbahn) and gondolas (gondelbahn) that can get you quickly to another area of the resort. In fact, take a minute to look at the engineering that goes into these amazing lifts. It's not a bad idea to enlist the help of one of the many famous ski/snowboard schools no matter what level you are. You'll pick up some great pointers as well as have a guide that knows exactly where to go for the best skiing or boarding experience.

If you are looking to let loose a bit, Apres-Ski time (anytime after 2 p.m.) has lots of on-mountain sun decks and bars. Keep your eyes open at the end of the day on your last run down the mountain for options, but a can't miss is the Mooserwirt, known for its great music and packed sun deck. Be sure to store your equipment in a safe spot as things get a bit interesting when the bar closes at 8 p.m. For dinner time, the town of St. Anton has lots of great options from pizza (try Pizza Pomodoro) and sushi to typical Tyrolean fare (Restaurant Maximilian), but take heed... always make a reservation for dinner!

Late night clubs are a plenty in St. Anton as well. Many of the restaurants turn into hot night spots that are open late into the night. For lodging, holiday periods will be on the pricey side (as with all resorts), but non-holiday periods are actually quite reasonable considering the quality and location of this world-famous resort.

Travel — From Wiesbaden it takes about five hours.

BEST DAY TRIP

 LA BRESSE, FRANCE

Maybe you don't have a week or even four days to get down to the Alps, but you want to take the family skiing a bit closer to home. Try La Bresse in the Vosges mountains in the Alsace-Lorraine region of France. The mountains are not quite as big as the Alps, but with ample snowmaking, terrain parks and even hotel options at the base of the mountain, families can have a great time carving up the slopes here. A single day pass is only 24 euros and ski and snowboard school rates are reasonable as well. There is cross-country skiing available too.

Travel — From Wiesbaden, you can make it in about three and a half hours.

BEST SNOW

 ZERMATT, SWITZERLAND

Known as one of the most reliable resorts for snow in the Alps, Zermatt sits up high in the Swiss Alps at 3,802 meters (12,473 feet). Due to the high elevation, Zermatt doesn't have an opening or closing date because you can ski all year round. The car-free resort town, situated next to the Matterhorn, gets storms from the east and south as they barrel through the Alps, ensuring a steady supply of fluff and more grins per run.

Zermatt can be pricey, as you are both paying in Swiss Francs and high-end resort accommodations. If you are looking to save some money, you could also look at staying in Cervinia, Italy, which connects to Zermatt and uses the euro currency, but if you are going to do this trip, do it right and stay in Zermatt (even if you only go once).

Travel — From Wiesbaden, you can make it in about seven hours.



Patient liaisons can help with off-post care

Wiesbaden Army Health Clinic

The Wiesbaden Army Health Clinic Patient Centered Medical Home is accredited by The Joint Commission. Each patient enrolled at the clinic is assigned a primary care manager on one of our PCMH teams (blue and white). In the PCMH model, our patients have a health care team that knows their medical needs, takes care of their needs, and coordinates with other health care delivery teams to provide the best quality care. Our PCMH staff includes your PCM (a physician, nurse practitioner, or physician assistant), registered nurses, medics, clinical pharmacists, and an integrated behavioral health consultant.

The clinic also offers a variety of other services in different locations across Clay Kaserne:

Bldg. 1040

- Medical and Dental Clinic
- Primary Care
- Optometry
- X-ray
- Lab
- Physical Therapy
- Public Health
- Soldier Medical Readiness Cell
- Patient Administration
- TRICARE

Bldg. 1041

- Family Advocacy Program
- Educational and Developmental Intervention Services (EDIS)

Bldg. 1526

- Outpatient Behavioral Health

Bldg. 1201

- Army Wellness Center
- American Red Cross

Patient satisfaction and feedback

We encourage our patients to provide feedback, positive and negative, to allow us to continually improve the patient experience and satisfaction with their care. Patients can use the following methods to provide feedback.

- **Joint Outpatient Experience Survey (JOES):** Approximately 72 hours after an appointment, patients will receive a survey to complete by mail or electronically.
- **Interactive Customer Evaluation (ICE):** Patients can complete an ICE card or submit ICE comments online at <https://ice.disa.mil/>.

- **Patient Advocate:** Located in the TRICARE Service Center, advocates can be reached at (06371)9464-1361 or DSN 590-1364.

Access to care

It is extremely important that all active duty military and their command-sponsored Family members enroll in TRICARE Prime. Enrollment can be accomplished either at in-processing or the TRICARE service center. One significant benefit to Prime enrollment is the access to care standards that assure you receive timely, quality care. If timely care is unavailable at the clinic, you may be referred to Landstuhl Regional Medical Center or to a host nation provider or hospital.

Patients can make appointments by using TRICARE Online, www.tricareonline.com, or by calling Central Appointments at DSN:590-5762 or Civilian: (06371)9464-5762.

Access to care standards

- Acute Care – 24 hours
- Routine Care – 7 calendar days
- Specialty Care – 28 calendar days

Virtual tools

The below tools are available to patients to schedule appointments, access information, communicate with their care teams, or to seek guidance.

TRICARE Online

www.tricareonline.com

- Schedule, reschedule or cancel appointments.
- The blue button allows patients to view their health information, including lab and radiology results, medications, immunizations and more.
- To refill prescriptions, click on the Rx refill button, select which medications to refill, select the pharmacy location, and then submit. The refill will be ready the following business day.

RelayHealth

app.relayhealth.com

- Ask your healthcare team to register you at your next appointment.
- Allows secure communication between patients and their primary care manager or PCM team. Best for non-emergent communication.
- Patients can consult with their PCM or care team, request an appointment, request prescription renewal, request lab or test results.
- Once you register, you must reply to the email to activate RelayHealth.

Patient liaisons

Wiesbaden Army Health Clinic has host nation patient liaisons who are available to assist U.S. beneficiaries hospitalized in host nation medical facilities or will accompany patients to their first outpatient visit. Contact the TRICARE service center for more information.

Patient Liaisons can be reached at (0162)270-7743 or (0162)297-1057/7746

Host nation patient liaisons can:

- Help plan your transfer from a military treatment facility to a host nation medical facility or from a host nation facility to a military medical facility by civilian ambulance or by your privately owned vehicle.
- Ease language barriers between the patient and host nation providers and provide the patient with a copy of the U.S. Army Europe Medical Phrase Book.
- Talk to your host nation physician to get up-to-date information on your medical condition and treatment plan.
- Answer questions about treatment, environment of care, and follow-up care to the best of their knowledge, or when doctors are unavailable.
- Assess and interpret patient concerns to determine specific assistance needs.
- Conduct follow-up visits to assess treatment progress and plans for a patient's transfer to other hospitals or military treatment facilities.
- Assist with the discharge of a patient from a host nation hospital.
- Provide local resources for medical supplies and pharmacies.
- Per request, accompany you on your first visit to a host nation provider.



In Case of Emergency

The Wiesbaden clinic does not provide emergency care. For medical emergencies, go to the nearest hospital, dial 112 off post, or call the MP station at DSN 114.

Universitätsklinik Mainz

Langenbeckstrasse 1, 55131 Mainz Oberstadt
Phone: (06131)170
www.unimedizin-mainz.de
Emergency Room: There are three different emergency rooms.

- Pediatrics ER in Bldg. 109
- Surgery ER in Bldg. 505
- Internal Medicine ER in Bldg. 605

Helios Dr. Horst Schmidt Kliniken (HSK) Wiesbaden

Ludwig-Erhard-Strasse 100, 65199 Wiesbaden
Phone: (0611)430
www.hsk-wiesbaden.de
Emergency Room: The HSK has a 24-hour, fully-staffed Notaufnahme (emergency room).

St. Josefs-Hospital (JOHO) Wiesbaden

Beethovenstrasse 20, 65189 Wiesbaden
Phone: (0611)1770
www.joho.de
Emergency Room: St. Josefs has an emergency room.

Note: Patients with behavioral health crises, pediatric emergencies, and eye emergencies should not go to St. Josefs Hospital. These patients should go to the emergency room at HSK or Uniklinik Mainz.

Asklepios Paulinen Klinik Wiesbaden

Geisenheimer Strasse 10, 65197 Wiesbaden
Phone: (0611)8470
www.asklepios.com/wiesbaden
Emergency Room: APK has an emergency room.

For gynecological and obstetric emergencies, contact the gynecology department on the ground floor of the hospital on Mondays, Tuesdays and Thursdays from 8 a.m. to 4:30 p.m. and Wednesdays and Fridays from 8 a.m. to 4 p.m. Outside of these times, contact the emergency department.

Note: Patients with behavioral health crises, pediatric emergencies, and eye emergencies should not go to APK. These patients should go to the emergency room at HSK or Uniklinik Mainz.

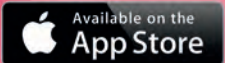
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Rotterdam: One of Europe's brilliant cities

Nate Cairney

Special to the Herald Union

Upon arriving in Rotterdam, the last thing I expected was to feel like I had just stepped into a spaceship. But after entering one of the city's famous yellow Cube Houses, there was no denying it: I may as well have been on a mission to Mars. Odd angles surrounded me. Open space soared upward and outward. From somewhere upstairs, near where the cube's walls converged in a sharp point, shouts of joy erupted from our children. They had reached the house's apex. And it sounded like the view was something special.

The Cube Houses, which were designed and built in the 1970s to resemble an avant garde urban forest, are just one of

the fantastic architectural elements that define Rotterdam. The city is home to the Netherlands' second largest population, Europe's busiest port, and is arguably one of the most interesting cities on the continent. Beautiful bridges, including the blazing red Willems bridge and the white swan-shaped Erasmus bridge, span the Maas River and are wonderfully illuminated at night. Skyscrapers jut upward at odd angles and give the city's skyline an eclectic character. The famous Markthall—which lies directly across from the Cube Houses, is a massive glass and steel rainbow-shaped wonder that contains a variety of shops, eateries and kiosks. Visitors can find art etched into buildings, sketched on murals, tattooed onto locals, and hanging from shopfronts and museums. Rotterdam is a feast for the soul.

The city is also, in many ways, a metaphor for rebirth. Rotterdam didn't always look like this. Until the spring of 1940, in fact, it was much like any other northern European city, filled with brick buildings, tidy thoroughfares, narrow city streets, and bustling docks. But at the beginning of World War II, when the Dutch government didn't surrender as quickly as invading German forces demanded, Rotterdam was made an example. The Luftwaffe bombed the city center into near nothingness. The Netherlands formally surrendered the next day.

After World War II, the people of Rotterdam had a blank slate with which to work. From this bleak beginning, they fashioned brilliance as the decades passed. The results today are remarkable: Rotterdam stands as a testament

to diversity, creativity, diligence, energy and possibility.

Even with the emphasis on art and architecture, the city has a humble feel and is very walkable. Restaurants, bars and cafes can be found along pedestrian plazas and in unique pockets of the city. Rotterdam offers great public transport, friendly locals and a relative scarcity of history-hunting tourists (for obvious reasons). These elements make it easy to relax and enjoy the serendipitous moments that come with wandering the streets.

And if you have a chance to stay inside one of the Cube Houses, I highly recommend it. When night falls and you find yourself at the top of an angled roof overlooking a glittering city, you'll feel as though you've just been launched into orbit, too.

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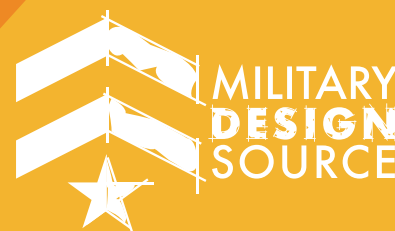
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Modern market hall in Rotterdam at night. It was opened Oct 1, 2014, by Queen Maxima.



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The Cube houses, "Kubuswoningen" in Dutch, are a set of innovative houses, designed by architect Piet Blom and built in Rotterdam.



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Picturesque Delfshaven in Rotterdam at Twilight. Its small historic center has been carefully preserved since it escaped the World War II bombing raids.

Delft



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Oude Delft canal and leaning tower of Gothic Protestant Oude Kerk church at night, Delft, Netherlands.

If you're spending a few days in Rotterdam, consider a day trip to Delft. Home to Jan Vermeer, famous pottery, solid restaurants and lovely canals, Delft is an archetypal classic Dutch village that serves as a fine stylistic and cultural contrast to Rotterdam. Plus, it is easily accessible by train from Rotterdam. Make sure you look out for local cyclists, though. They're everywhere, and they're faster than you think.

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With the unpredictability of the military lifestyle, it's best to avoid long-term service contracts. Most German service plans come with a 2-year minimum

and they automatically renew if you don't cancel in time. Early cancellation can result in costly fees, and unfortunately service members are not exempted. With all TKS services, there's no minimum contract duration; and no cancellation fees or hidden charges.

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When having packages delivered to a German address, if you're not home the delivery service may leave a slip in your mailbox indicating a place nearby where you can pick it. In some cases it is possible to indicate where you would like the package to be left.

Speed cameras

Speed cameras are set up all over Germany, on the Autobahn as well as on city streets. If caught speeding, the person who the car is registered to will receive a letter in the mail with the picture of the driver and details such as how fast the car was going and the fine. You can usually pay the ticket directly using the IBAN number provided. Be sure to include the reference number, so the money transfer will be credited to the appropriate account.

Recycling

All types of paper, plastics and packaging, cans, foil, leftovers and food waste, glass and more are recycled in Germany. This requires residents to separate waste into bins for paper and cardboard, plastics and cans, and biodegradables. Glass must be taken to glass

recycling bins and deposited in the corresponding color bin. Visit home.army.mil/wiesbaden to learn more about recycling.

Dining out

Be sure to bring cash when dining out in Germany. Many places accept credit cards, but not all. If you are using a credit card, be sure to tell the server how much you'd like to tip before you hand over your card, as the amount needs to be entered before running your card. If leaving a tip in cash, let your server know the new total you'd like to pay, so they'll only give you the change back you want, or give them the tip directly rather than leaving it on the table.

Also of note at restaurants in Europe, there are no free refills unless specified, even at many fast food restaurants. Ice does not come standard in soft drinks, and when ordering water, you'll be buying a glass bottle and should indicate whether you would like sparkling or still.

Get to know the area

Wiesbaden Army Community Service invites newcomers to get an in-depth look at their home away from home in Germany during Host Na-

tion Orientation on Tuesdays starting at 9 a.m. at the Wiesbaden Entertainment Center on Hainerberg. Stop by ACS in Bldg. 7790 on Hainerberg or call (0611) 143-548-9201 to sign up.

Deposits on bottles

Most plastic and glass bottles and drink cans require a deposit, or Pfand, which is charged to the customer automatically when purchasing a beverage. When they are empty, the bottles or cans go back to the store where they were purchased or to a supermarket that has an electronic kiosk that accepts bottles and dispenses store credit. Cans that will be taken back for the deposit should not be crushed. Most bottles and cans bought on post do not have a Pfand.

Grocery shopping

Be sure to bring a reusable bag when grocery shopping on the economy. Merchants sell plastic, fabric and paper bags for a small fee. Keep in mind, tax is already included in the listed price on all taxed items in Germany. Keep a one-euro coin handy. You'll need it to get a shopping cart, and you'll get it back when you return the cart. The customer is expected

to bag their own groceries and to do so quickly. People in line behind you will appreciate it if you begin bagging your items as soon as the cashier passes them over the scanner.

Going to the movies

See movies in English at local theaters by looking for "OV," or original version, on American and British movies.

Purchase tickets online or at the theater and choose your seats.

Finding a restroom

Public restrooms in Germany are labeled "WC" or "Toiletten," and you'll often have to pay about 50 euro cents to use them. Restrooms in restaurants are usually free for paying customers and may be upstairs or downstairs from the main dining area.

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Paragliding Adventure

Ronnie Juhans
Special to the Herald Union

Paragliding is an outdoor adventure activity that many people like myself enjoy watching from the ground. Watching the pilots launching from a cliff, sailing through the air, performing maneuvers and coming in for precise landings gave me the urge to join in on the fun.

A couple of years ago I decided to enroll in a weeklong solo paragliding course in Ramsau, Austria. I was a bit apprehensive and concerned about safety and what to expect until arriving. I was relieved to hear that all my instructors were seasoned, free-style and stunt paragliders.

The first day was six hours of safety briefing, equipment knowledge, ground handling and weather conditions followed by hiking up the small training hill, running down it and going airborne. This was a major confidence builder because you only glide for a few seconds at about

10-feet high and learn how to land safely on your feet or like me learn from a few mistakes resulting in a few face plants or grass skid marks on the back of your pants.

When our group arrived for day two of instruction we all shared the same feeling. Tired and sore from hiking back and forth up that hill endlessly, dirty looking, a bit scraped up but ready to keep rolling.

Having more confidence and a feel for the sport, our instructor pushed us a little harder by putting us into an outdoor simulator that teaches turning, slowing and stopping skills. And of course a few more hours of honing our skills, and getting into better physical shape.

On the third day, the winds in the Ramsau valley picked up so high that our instructors did not allow us to fly. Instead, they used the opportunity to teach us some of their advanced skills such as kiting. This training was basically remaining on the ground and catching the wind from

different directions to learn how to maintain control during unexpected wind direction and speed change while being aware of yourself and equipment reactions.

The last two days of our training were mid-level and high-level solo flights. The altitudes required us to take the gondola to the launch field escorted by instructors that would once again take us through more safety training and emergency procedures before taking the big leap over the cliffs. We were also outfitted with earpieces in order to take instructions from the ground during the flight.

As we checked our equipment and spread out along the field we were called by name to be ready to fly based on the wind. I have to admit that when I heard “Ronnie the winds are good, run down the hill now and bring your wing above your head,” I was thinking about my next face plant or newly acquired grass skid marks

before reaching the edge of the cliff. However, I was gently lifted off the ground and proceeded to glide over the valley without effort.

One after the other we were all flying over the valley at a safe distance from each other and being instructed by amazing professionals via radio. Being the lightweight in our group the thermals lifted me up higher than I expected. I was a bit worried until my instructors said “nice altitude, remember your training and just enjoy the flight. After instructing me to go on a series of previous taught turning maneuvers and descending, I landed on point, this time on my feet.

If you don't have a week to spend learning solo paragliding there are many opportunities to enjoy a tandem flight with a skilled instructor who will take you through all of the required safety instructions, expectations, and let you just go for the flight of your life.



Logo graphic by kytt23 / Shutterstock.com

Paraglider photo by Marius Pirvu / Shutterstock.com

What to consider (Tandem Flights or Solo Training)

Going as a small group:

In my experience going with a small group that you get to know instead of booking for yourself increases your level of confidence and decreases your fear and apprehensions. This is a great team-building bucket list adventure that will not only allow you to be motivated by others but will also give you peace of mind.

Anticipation:

Anticipating falling over the edge of a cliff is one of the major fears of this sport. No worries. The thermals will get you off the ground after running a few steps with the wing over your head, and you will enjoy a smooth flight with a soft landing.

Safety:

Of course, some may question the safety of paragliding in comparison to other outdoor activities. There is always an element of risk when it comes to high adventure activities. However, it is vital to check an organization's safety records, certifications and training programs as well as reviews from former participants.

For more information, you can check out the following sites:

www.paraglidingmap.com/sites/Germany
www.fly-garmisch.com
www.paragliding-interlaken.ch/en
www.tyrol.com/

Health, level of fitness and age:

As with any outdoor activity, there concerns when it comes to ability. When in doubt consult with your doctor if you have certain medical conditions. Don't let your age be a deciding factor. I have flown with paragliders from teens to senior citizens and have never experienced a problem. Body weight can be an issue. Make sure that you discuss this with the paragliding company prior to booking. Most issues can be addressed and corrected based on conditions and available equipment.

Seasonal opportunities:

Paragliding high season is from spring to fall when the heat of the thermals keep you up longer and give you a better flight. However, based on weather conditions and what a company offers this can also be a great opportunity to see the snow-capped slopes from the air during the winter. Check with the companies well ahead of time.

What wear/bring:

- Comfortable sturdy shoes or boots.
- All weather clothing
- Long pants
- Sun block
- Drinking water



Mountain range photo by phototravelua / Shutterstock.com

Tandem paraglider photo by Darkdiamond67 / Shutterstock.com

Discover Germany with USO

Emily Jennings

USAG Wiesbaden Public Affairs

The USO Discover Germany program is designed to help orient newcomers to their new home. With programs such as tours, trips, wine education and social gatherings, the staff hopes to help people become comfortable living, dining and exploring in Germany.

Their tour of Wiesbaden and Mainz is perfect for those who want to get to know the cities and have yet to use public transportation.

The group meets at Wiesbaden's main train station, or Hauptbahnhof, and takes the train to Mainz, learning how to purchase tickets and read the arrival boards. "We'll take your first train trip with you, so you're not taking it by yourself," said USO Center Manager Robert Gilpatrick.

Then, when the group returns to Wiesbaden, they take a bus downtown for a walking tour and learn how to purchase tickets and use the bus. The program is a great way to get an introduction to these cities

and public transportation and take some of the fear of the unknown out of the process, Gilpatrick said.

The train and bus tickets are free, along with the tour. Participants should bring money for food or souvenirs.

"The whole idea is to get people comfortable with public transport," Gilpatrick said. "We're there to help facilitate people; show them how easy it is."

Wine enthusiasts will learn about Germany's 13 wine regions while sampling wines during the wine education program, which happens once a month. Participants receive a brief history of German wine, talk about wine etiquette and test their knowledge with wine trivia.

The last Saturday of the month, except June and December, a group travels to

Frankfurt on the train and goes to a museum. Some of the museums visited are the Archeological Museum, The Museum of Modern Art, the Historic Museum and the Children's Museum. Train ticket and museum entrance are free.

While all the outings are social and a great way to meet new friends, the Stammtisch may be the most social of all. Every other month, a group goes out for a meal together. During this gathering, typical German dishes are brought to the table for a chance to learn about the local cuisine. A different topic is discussed each time, such as shopping, dining out, traveling or driving. The meal is covered. Drinks or dessert cost extra.

"If it's your first time overseas, the language barrier, culture and traditions can be a little intimidating," Gilpatrick

said. "Our intent was to come up with different ways to introduce service members, Family members and civilians to life in Germany. And we wanted to do it in as many ways as we could."



Herald Union file

The USO Discover Germany program offers local tours with an emphasis on public transportation.

Sign up

For more information, check out the USO's Facebook page, their website at wiesbaden.uso.org, or drop by or call one of their offices: the Exchange, open Monday to Saturday, 11 a.m. to 7 p.m. (0611) 9411-9306; Clay Kaserne, Bldg. 1023W, open Monday to Friday 8:30 a.m. to 4:30 p.m., (0611)-9411-7005; or USO Wiesbaden Cottage, Washingtonstrasse 18, Monday to Friday, 10 a.m. to 6 p.m., (0611)-9411-9340.

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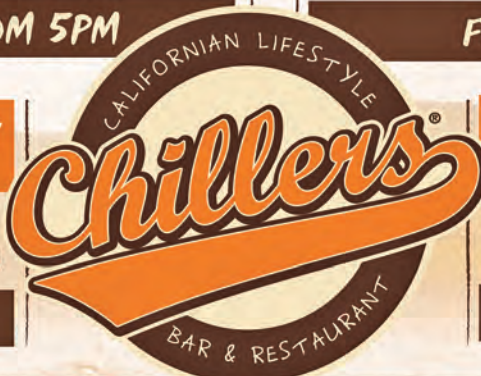
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