



About Britain "Your Guide"



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Airman and Family Readiness Center
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*A new country, a new culture; are you confused? Relax! It is said that Britain and America are two cultures separated by a common language; you'll understand that soon enough. In this booklet, you'll find some of the most important information that you'll need to know right away. If there is anything you don't find in this book, come see us. Have fun discovering the United Kingdom for yourself.
Don't worry, the natives are friendly.*

WELCOME

Welcome to RAF Lakenheath and the United Kingdom. You are joining a wing with a proud heritage and we are grateful to have you here.

First and foremost what is the mission? As the United Kingdom's largest U.S Air Force base in England we provide responsive air combat power, support and services for America and her Allies by employing two combat ready F-15E squadrons capable of executing strategic attack, interdiction and counter air missions and one F-15C squadron capable of executing air superiority and air defense missions. In addition the 56th Rescue Squadron flies HH-60G Pave Hawk helicopters whose primary mission is search and rescue. Known as the Liberty Wing, Royal Air Force Station Lakenheath is located in the heart of the East Anglian community, 70 miles northeast of London and 25 miles from Cambridge.

Does the base have a history? Absolutely for more than half of the 20th century the 48th Fighter Wing has played an invaluable role in the history of the United States. Activated by the Army Corps in January 15, 1941 as the 48th Bombardment Group (Light), the Liberty Wing has a prestigious legacy that includes numerous operations including Eldorado Canyon, Desert Storm, Provide Comfort, Deny Flight, Noble Anvil, Northern and Southern Watch, Iraq Freedom and Enduring Freedom. From aircrew to combat and medical support, nearly 5,000 U.S military personnel and 2,000 American and British civilian employees work together to make the Liberty Wing an integral component of the U.S Air Force in Europe combat capability. Maintaining the highest of standards Team Liberty will remain an integral part of the Air Force's war fighting capabilities into the 21st Century.

We know that when you arrive you will have a lot of questions and we would like you to think of the Airman and Family Readiness Center as your first resource... if you don't know where to turn contact us. There's a lot to see and do in the United Kingdom and it can seem daunting and overwhelming so sit back and relax and we will give you the tools to start to start the journey.



GETTING STARTED

Culturally, British people differ from Americans in many significant ways. For example, whereas Americans are often outgoing and quick to make "friends", it usually takes time to get acquainted with your British neighbors. British people take friendship seriously and it may take some time until they begin to interact. However, when they form a friendship with you it will probably be a friendship for life. You can assist this "getting acquainted" process by striking up conversation about someone's pet or asking questions about the local area. A more assertive gesture would be to invite someone over to your house for coffee or tea, for example. If you decide on this more direct approach, give a specific date and time (e.g., "Would you like to come over for some coffee tomorrow at 1000?"). Don't just extend an open invitation like...."stop by for coffee anytime". British people are very private they would probably feel they were infringing on your privacy by arriving unannounced. It would be the same if you arrived on their doorstep without a pre-arranged day and time.

The average British workday is from 0900 to 1700 hrs and the British lunch hour is typically from 1300 to 1400 hrs as opposed to the American lunch hour 1200 to 1300 hrs.

It is typical for the shops in small towns and villages to close completely during their lunch hour. Generally, British people do not get up as early as military families, so if at all possible do not "rev-up" your car engines early in the morning since most of your neighbors will be sleeping when you leave for work. Also with the price of petrol (gasoline) they do not warm up leave their cars prior to departing.

Home delivery is very popular in England. The milkman is a familiar sight. In addition to milk he'll often deliver eggs, bread, yogurt, soda and juice 7 days a week. You may also encounter traveling merchants who sell fresh fish, meat, fruits, vegetables, etc., out of a delivery van. If you would prefer you can arrange to have your newspaper/TV guide delivered by your local newsagent.

HOST NATION SUPPORT

There are four individuals whose primary responsibility is to help you negotiate life in the United Kingdom:

- 1.) The Community Relations Advisor (CRA) is a British national assigned to RAF Lakenheath who assists families with questions about living in the United Kingdom. If you have questions about British utilities, educating your child in a British school, community volunteer opportunities and all aspects of living in the community contact the CRA at 226-3145 or Email at margaret.clowes@lakenheath.af.mil
- 2.) If you have issues of a legal nature such as parking tickets and speeding fines contact the British Liaison Officer on 226-3553. If you just have a "gee-whiz" question contact the BLO at karen.mackay@lakenheath.af.mil
- 3.) If you have questions relating to pets and animal welfare then your first port of call is the Animal Welfare Officer (AWO) who has an office at both RAF Lakenheath and RAF Mildenhall. To contact the AWO at RAF Lakenheath call 226-3847 or e-mail at yvonne.chadwick@lakenheath.af.mil
- 4.) Did you know we have a Defense Community Police officer assigned to the base and who is responsible for providing information on crime prevention, DUIs and host nation police related issues. The DCP can be reached at 07771614281 or paul.glover@lakenheath.af.mil.

ENGLAND.....CULTURE SHOCK...

Now that you have arrived you probably realize that there are some cultural differences between the states and the United Kingdom. Probably the first thing you will notice is the British obsession with the weather, their homes and gardens.

HOME ETIQUETTE

Everyone is territorial but the British have an obsession with their homes and the continuous habit of "nesting". The first thing you will notice is lace curtains. British people are very private and the thought of someone peeking into their homes fills them with dread so the lace curtain is the shield. In addition the opening and closing of drapes is a daily ritual. This ritual must be completed at the appropriate time. The drapes must be open in the daytime to allow the light in and closed at night: To do this ritual in reverse would appear to the neighborhood that the person was displaying bad manners and would be greeted with a disapproving look from your British neighbors.

GARDEN ETIQUETTE

The garden or lawn is like the hair on your head when you are preparing for work or a job interview. It must be kept short, neat and well groomed at all times.

TRASH COLLECTION ETIQUETTE

Outside your home you will notice several trash cans. The cans are is for disposable trash. The local government is required to ease the environmental impact of trash by trying to encourage individuals to recycle. Follow the simple instructions below to be in compliance. You will normally have two or three trash cans at your home and they will all serve a specific purpose. They are: household waste, plastics and recyclable items and garden waste. Normally on the inside of the lid there will be a list of what can go into that trash bin; follow the list exactly. On the day of trash collection place the appropriate trash bin for collection. When you arrive home from work if the bin has been emptied then place it back in the garden (yard) or the collection point. Do not leave the bin outside all week as it is unsightly. Put the appropriate trash in the appropriate trash bin. The trash collectors will open your lid to ensure the correct items are in the bin. The reason for this is the company will be fined if they send anything to the recycling site that is not authorized. If you come home and your trash was not taken it is because you have placed the wrong items in the bin. If you continue to make this mistake you could receive a penalty or the company could refuse to take your trash. If you have other items that need to be disposed of and they are not on the list you have two options: Use the recycling center on-base which is located close to Outdoor recreation or the recycling center off-base. Furthermore, there is one in every town and village but the one closest to the base is in Mildenhall. Obtain directions at www.forest-heath.gov.uk.

THE ART OF QUEUING

In the United Kingdom they like to form orderly queues (standing in line) and they wait patiently for their turn (e.g.) ordering at a restaurant or waiting to be served in a shop). It is usual to queue when required, and expected that you will take your correct turn and not push in front. "Queue jumping" is frowned upon.

ESCALATOR ETIQUETTE

In most countries you follow the rules of the road when using the escalator; in the United Kingdom they bend the rules slightly. If you are just enjoying the scenery and are not in hurry then you stand to the right. This leaves the left hand side open for people who are late or in a hurry. Don't stand on the left blocking the way of people behind you. This is considered bad manners and will be greeted with a stern, "excuse me" and disapproving looks from everyone around you.

USING THE TELEPHONE

Coming to a new country everything changes simple things like making a telephone call seem strange and the numbers seem like they are too long... please use this quick reference guide to help you navigate this new process.

Calling ON-BASE from a COMMERCIAL PHONE:

RAF Lakenheath or RAF Feltwell	01638-52-XXXX
RAF Mildenhall	01638-54-XXXX

Calling a stateside DSN from an ON-BASE PHONE:

312 + number

Calling ON-BASE from an ON-BASE PHONE:

RAF Lakenheath or RAF Feltwell	226-XXXX
RAF Mildenhall	238-XXXX

Calling OFF-BASE from an ON-BASE PHONE:

99 + commercial #

CALLING OTHER COUNTRIES:

(International Code) + (Country Code) + (Area code) + (Phone number)

The international code is 00

The country code for the United States is 1.

Other country codes can be found in the BT phone book or call 118 247 or visit yell.com.

OTHER COUNTRIES calling to ON BASE LOCATIONS

RAF Lakenheath or RAF Feltwell	011- 44-1638-52 + last four
RAF Mildenhall	011- 44-1638-54 + last four

OTHER COUNTRIES calling YOU at OFF-BASE LOCATIONS:

011- 44- (Area code minus 0) + (last six digits of phone number)

Base Operator from on base 0 or 113

RAF Lakenheath/RAF Feltwell operator from off base 01683-52-3000

RAF Mildenhall Base Operator from off base 01638-54-3000

Base Directory Assistance 113

Base Emergency Services 911

Base Emergency Services Commercial number 01638-52-9711

British Directory Assistance 118 118 or 118 247

British Emergency Services 999 or 113

Last number to call your phone 1471

When you are choosing a provider for your home telephone or cell-phone, look at which plan and service can best serve your requirements prior to making an agreement.

POST OFFICE

BRITISH POST OFFICE

We have two different types of post offices on base: a British and U.S. Post Office. If you look down the left side of the post office you will see the sign for the British Post Office. British Post Offices provide a variety of services to customers (more so than U.S Post offices). In addition to handling mail and selling postage stamps they offer a variety of services these include:

- Mail & Stamps
- Phone Cards
- Travel Insurance
- Electricity Tokens
- Personal and Business Banking
- National Lottery/Littlewoods Scratch cards
- Bill payment through Transcash
- Savings Stamps (for payment towards utilities)
- Pay your British Gas, Electricity, Telephone Bill (free of charge)
- Obtain currency (normally an off-base British Post Office)
- Pay Road Tax
- Purchase maps
- Buy British sweets (candy)
- ATM

Opening: Most British Post Offices close between 1300 to 1400 hrs for lunch and only open half day on Saturdays. Check the opening hours with your local post office. Don't be surprised at where you could potentially find a British Post Office. For example Mildenhall High Town's Post Office is located in a convenient store called the Co-op. The number to the British Post Office on RAF Lakenheath is 01638-53-2100.

AMERICAN POST OFFICE

The US Post Office extension is 226-3545. While you are stationed in the United Kingdom you will be able to send mail or packages to any Air Force Installation for free (these will be addressed APO). To do this, simply write MPS in the upper right-hand corner of the envelope or package. Postage rates to the U.S. are the same as if you were mailing from the U.S. It generally takes 5 to 7 days for first class mail to reach the U.S. It is recommended that you send your bills out quickly. **Priority Mail** from the U.S. normally takes 5 to 7 days to arrive; **4th class** mail may take up to 6 weeks since it goes via ship.

When you arrive you will be given a PSC box and a sheet that looks like you have two addresses; one is for British companies and the other for mail coming from the U.S.

British address:
Your Rank & Name
PSC 41, Box XXXX
RAF Lakenheath
Brandon
Suffolk
IP27 9PN

U.S. address:
Your Rank & Name
PSC 41, Box XXXX
APO AE 09464

ELECTRICAL INFORMATION

ELECTRICAL POWER IN THE UK

The standard UK electrical power is 240 V AC at 50 Hz
American appliances are 110 V AC at 60 Hz

Most U.S. appliances will operate only through a transformer (except digital clocks and U.S. televisions). However, running a 110 V AC appliance through a transformer may shorten its life. It's extremely important that the wattage of each appliance you wish to use does not exceed the transformer wattage rating. An overloaded transformer will cause fires. The size of the transformer that you need will be determined by the number of appliances and total wattage you wish to use. If you have a multi-system and multi-voltage appliance then your appliance will automatically convert the electrical supply and a transformer will not be needed. Transformers can be purchased in a number of sizes and wattages at several facilities.

New: AAFES Main Exchange, Furniture Store and Shoppettes.

Used: RAF Lakenheath Treasure Throve or the Thrift Shop on RAF Mildenhall. Or try the Airman's Attic which is located behind the old shoppette at RAF Lakenheath.

SOME USEFUL TERMS:

ADAPTERS: These allow you to use U.S. or European continental type plug in a UK type three-prong socket. **THEY DO NOT CONVERT 240 VOLTS TO 110 VOLTS**

HERTZ (HZ) Cycles Per Second: If your clock or appliance timer is made for 60 Hz, then it will run slower at 50 Hz (10 seconds slower per minute or 10 minutes slower per hour). Also, some microwave ovens will not work at 50 HZ. Carefully read your owner's manual or contact the manufacturer before you plug it in.

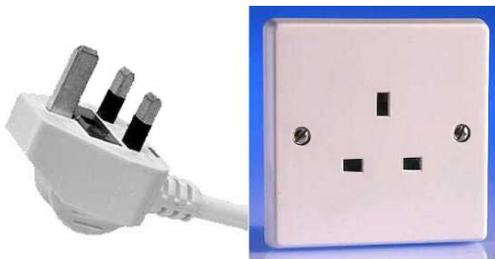
WATTAGE: Power is measured in watts. To find your power requirements, locate the wattage rating of the item or items that you wish to use. It can normally be found on the back or bottom of the item. If it is listed in watts, ensure that the wattage does not exceed the wattage rating of the transformer. If it is listed as volt and amperes (AMPS), then some simple mathematics is required to determine the wattage.

Voltage (times) amperes (AMPS) = Watts

120 Volts AC x 0.7 AMPS = 84 Watts
120 Volts AC x 2.0 AMPS = 240 Watts

TRANSFORMERS

Be sure to check manufacturer's recommendations before connecting any appliance to a transformer! The rating of your transformer must always equal or exceed the wattage rating of the appliance(s). *Always* follow the marking on your particular transformer or appliance.



MEASUREMENT CONVERSIONS

Although the names of the units are often the same, U.S. measures are slightly different from UK imperial measures. For example: the US pint is 16 ounces, and the UK imperial pint is 20 ounces. U.S. cooks use different measures for liquids and solids. In the imperial system used in the UK, a fluid ounce is equal to a dry ounce. On average, U.S. units are roughly 4/5 the size of UK units. Metric measures are rarely used for cooking in the UK or U.S., except milliliters for small liquid amounts. UK cooks usually use a kitchen scale and weigh the ingredients.

Dry Cooking Measures

OUNCES	GRAMS	POUNDS	GRAMS
1	30	1 ½	680
2	60	2	900
3	85	2 ¼	1000 (1 kg)
4	115	2 ½	1125
5	140	3	1350
6	170	3 ½	1500
7	200	4	1800
8	225	4 ½	2000
9			

Distance

US	UK
39.7 in	1 meter
1 inch	2.5 cm
1 foot	30 cm
1 mile	1.6 km

Oven Temperatures

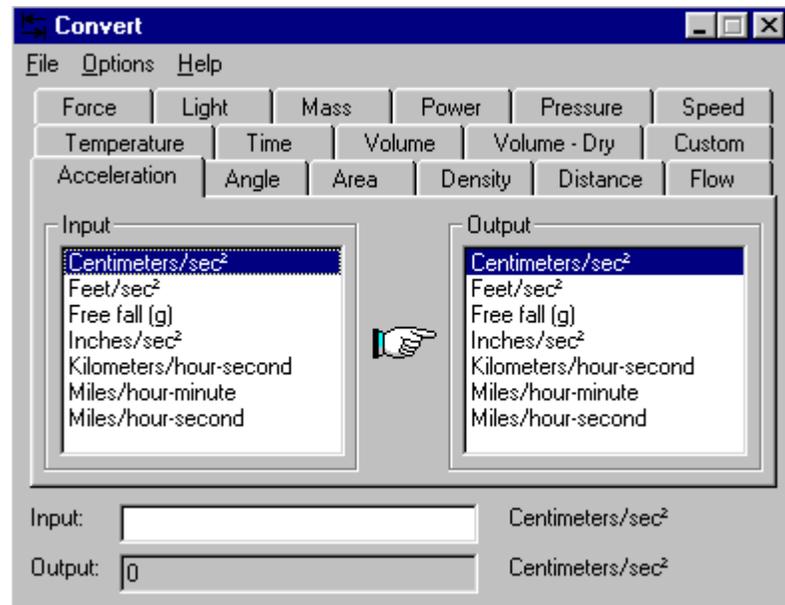
	GAS	C	F
Very Cool	¼	110	225
	½	120	250
Cool	1	140	275
	2	150	300
Moderate	3	160	325
	4	180	350
Moderate Hot	5	190	375
	6	200	400
Hot	7	220	425
	8	230	450
Very Hot	9	240	475

Convection/Turbo Fan Oven

For a fan assisted oven, reduce the recommended temperature by twenty degrees. When large quantities are being cooked, it may be necessary to increase the cooking time somewhat to compensate for the extra mass.

TEMPERATURE CONVERSIONS

Celsius	Fahrenheit
1	33.8
2	35.6
3	37.4
4	39.4
5	41.0
6	42.8
7	44.6
8	46.4
9	48.2
10	50.0
11	51.8
12	53.6
13	55.4
14	57.2
15	59.0
16	60.8
17	62.6
18	64.4
19	66.2
20	68.0
21	69.8
22	71.6
23	73.4
24	75.2
25	77.0
26	78.8
27	80.6
28	82.4
29	84.2
30	86.0
31	87.8
32	89.6
33	91.4
34	93.2
35	95.0
36	96.8
37	98.6
38	100.4
39	102.2



Please note: (free) conversion application at <http://joshmadison.com/software/convert-for-windows/>

Convert is a free and easy to use unit conversion program that will convert the most popular units of distance, temperature, volume and many others.

SHOPPING INFORMATION

NORMAL TRADING HOURS

The first thing you will notice about the shops in the UK is their opening hours. Shops generally open between 0800 or 0900 and close at 1730 Monday through Saturday. Due to the Sunday trading laws some business have applied for a license to open on Sundays, but these hours are limited. Generally they open from 1000 to 1600. This will change significantly if you decide to move into a small village versus closer to a major city. Some of the small local stores will open on Sunday mornings to sell only the essential household items. However, the supermarkets, home improvement stores and practically all of the garden centers have taken advantage of the change in the law. It is still on a very restricted basis throughout the country.

LATE NIGHT SHOPPING

Late night shopping means that a shop is open after 1730 and is very unusual. The requirement to open after 1730 is not taken by the shop. The decision making about late night shopping has been sent down from central government in London to the county councils and local governmental bodies to resolve. Usually the only season where shopping in all stores after 1730 is normal is during the Christmas season. This is the largest selling period in the UK for retailers and shop keepers. However, in the cities and large towns, you will find that one night of the week has been designated by the local council for late night shopping. Usually only the larger department and chain stores remain open until 2000.

LOCAL SUPERMARKETS

As you may have already guessed we do not have a Walmark, Target or JC Penny, but we do have stores that open for "24 hours":

<u>Name</u>	<u>Weblink</u>
Waitrose	www.waitrose.com
Tesco	www.tesco.com
Sainsbury's	www.sainsburys.co.uk
Asda	www.asda.co.uk
Morrisons	www.morrisons.co.uk
Aldi	www.aldi.co.uk
The Co-operative Food	www.co-operative.coop/food
Marks & Spencer (M&S)	www.marksandspencer.com

All of these stores offer on-line shopping as well as home delivery. Depending on the size of the store some offer groceries, entertainment, electrical, furniture, flowers, clothes, preschool clothes and toys at everyday low prices. Most of these shops offer a loyalty scheme, which is where you can apply for a card when you purchase something. This is not a credit/debit card, but is used to see what people purchase. When you have a card the shop will send you vouchers items you normally purchase, or if you save enough you will get money off your groceries. You do not have to participate in the scheme if you don't want to and you can still shop there. You will also hear a common phrase uttered by British people referring to these shops, "Is it a big Tesco's/Sainsbury's?" or a, "little Tesco's/Sainsbury's?" This is a quick way for us to determine the opening hours. If it's a, "little Tesco's/Sainsbury's" it closes for business at around 2200 daily if it is a, "big Tesco's/Sainsbury's" it is open 24 hours except Sunday.



SHOPPING LOCATIONS

Preparing to go shopping in the UK will need some thoughtful planning. Unlike the U.S. everything is not all under one roof. But that's part of the enjoyment going from place to place. Some of the places close to the base that offer great shopping facilities are Bury St Edmunds, Norwich, Ipswich, Chelmsford, Oxford, Cambridge, Ely and Newmarket. Start with those first and then venture out into the smaller villages and bigger cities. Below you will find some popular shopping malls and shopping centers; it is not an all inclusive list, but something to get the ball rolling:

Note: Use the following website to find Shopping Outlet Villages all around the country.
www.shoppingvillages.com.

There are several Factory Outlet villages close to the base that are extremely popular like:

<u>Name</u>	<u>Weblink</u>
Freeport Braintree-Designer Village	www.freeport-braintree.com
Clacton Factory Outlet	www.clactonfactoryoutlet.com
Gosfield Shopping Village	www.gosfieldshoppingvillage.co.uk
Clarks Village	www.clarksvillage.co.uk

City Center Shopping If you would like a mini or outdoor small mall in the local area try Bury St Edmunds, Norwich or Cambridge, all within a 30 to 60 minute drive from the base and offer excellent shopping facilities:

<u>Town/City</u>	<u>Weblink</u>
Bury St Edmunds	www.arc-burystedmunds.com
Norwich	www.themall.co.uk/my-mall/norwich
	www.chapelfield.co.uk
Cambridge	www.graftoncentre.co.uk
	www.thelionyard.com

Large Malls We are slowly moving towards having a shop experience in a large mall and some of the best you will find are:

<u>Name of Mall</u>	<u>Weblink</u>
Lakeside	www.lakeside.uk.com
Bluewater	www.bluewater.co.uk
Westfield	http://uk.westfield.com/London
Westgate	www.westgateoxford.co.uk
Queensgate	www.queensgate-shopping.co.uk



MARKET DAYS

Most towns and villages have a market day which was granted by a charter from the crown or by a governmental body. Some of these charters date back to early medieval times, giving that location the right to hold a street market. All goods are sold at a much lower price than generally offered in the shops on the high streets. Below you can find a list of available markets in the areas close to the base.

SUFFOLK

Mildenhall	Friday
Newmarket	Tuesday & Saturday
Ipswich	Tuesday-Friday-Saturday
Stowmarket	Tuesday & Saturday
Sudbury	Thursday & Saturday
Brandon	Thursday & Saturday
Bury St. Edmunds	Wednesday & Saturday

NORFOLK

King's Lynn	Tuesday-Friday-Saturday
Norwich	Monday to Saturday
Thetford	Tuesday & Saturday
Diss	Friday
Fakenham	Thursday & Saturday
Downham Market	Friday & Saturday

CAMBRIDGESHIRE

Cambridge	Monday to Saturday
Peterborough	Tuesday-Wednesday
Friday	Saturday
Ely	Thursday & Saturday
Bassingbourne	Sunday
St. Ives	Sunday & Monday
Whittlesey	Sunday
Biggleswade	Saturday
Chatteris	Friday
Huntingdon	Wednesday & Saturday
March	Wednesday & Saturday
Ramsey	Saturday
Wisbech	Thursday-Saturday-Sunday
St Neots	Thursday

If the town, village or city that you live in is not listed and you would like to find out that information either e-mail the Community Relations Advisor at maga-ret.clowes@lakenheath.af.mil or go to www.touristinformationcentres.com.



MEDIA INFORMATION

INTERNET

The internet is an excellent source of information and an inexpensive way to communicate with your family and friends back home. If you want to buy a computer, see what is available at the BX or on-line. Remember most stateside companies will ship overseas to an APO address. The BX at RAF Lakenheath sells new computers in the Computer Store.

Tip: There are several places on base that you can access the internet, among them are the Library, the lobby of the BX and the Liberty Club as well as the Airman and Family Readiness Center. The Airman and Family Readiness Center has computers available for those searching for jobs in the U.K. or a U.S. government job. Come see what is available.

RADIO

There are various radio stations in the UK. The British Broadcasting Corporation (BBC) offers five stations. These stations offer a wide variety of music, talk shows, etc. The thing that is different about the radio stations in the UK is that they change their music based on the time of day. In the day time they usually play commercial music, but in the evening they start to become more specialized. Try to go back several times at day or review the channel on-line first so that you can see which station suits your mood. Some of the channels available are:

Out of Cambridge

BBC1: 98.5
BBC2: 88.9
BBC3: 91.1
BBC4: 93.3
BBC5:909MW

Out of Bury St. Edmunds

BBC1: 99.3
BBC2: 89.7
BBC3: 91.9
BBC4: 94.1
BBC5: 909MW

How about listening to digital channels:

www.totalkiss.com
www.bbc.co.uk/1extra

MOVIE THEATERS

While RAF Lakenheath and RAF Mildenhall both have movie theaters you may want to visit a cinema complex. There are several choices, but the closest ones are in Bury St. Edmunds and Cambridge. Take a peek at the following website www.cineworld.co.uk and www.myvue.com to see their locations around the country as well as prices and playlist.



MEDIA INFORMATION

NEWSPAPERS

You can find out what is going on by reviewing the official base paper at www.lakenheath.af.mil. The Force magazine is published by an off-base establishment. It is always a good idea to start to review local newspapers so that you are current with local information. The Bury Free Press is a newspaper which can be delivered to your home or reviewed on-line at www.buryfreepress.co.uk. Go to your local newsagent or visit the British Post Office on base to see a selection of newspapers and magazines.

MAGAZINES

You'll have over 6,500 titles to choose from in the UK. If you want your magazines delivered check with your local newsagent. You can purchase these at branches of W.H. Smith, Tescos, Sainsburys, any local garage or newsagents. While visiting London you may be asked to purchase *The Big Issue* newspaper this delivers passionate campaigning coverage of social issues.

TELEVISION

The BBC is funded by a mandatory television license fee. The annual license fee is good for one year from date of purchase. If you have a television that is capable of receiving a British television broadcast signal, you must pay the license fee or face a very substantial fine (this includes dorm residents). One license covers the entire household. U.S. television sets (NTSC) are not compatible with the British broadcasting transmission system (PAL-I) and cannot be converted to receive them. Televisions are readily available to either purchase or rent. You can use your American television to watch your stateside video tapes on the VCR. American televisions will not receive a signal from a British standard VCR, nor will an U.S. DVD player play UK DVDs. All viewers in the UK receive five main television station's; two are operated by BBC and three commercial channels. If you would like to increase your options you can subscribing to a satellite company (see list below).

AFN Europe www.afneurope.net
Sky Television www.sky.com
Freeview www.freeview.com
Virgin www.virginmedia.com

If you are in the dormitory or base housing you will receive the basic five stations plus the normal AFN channel as well as the Commander Access channel.

Remember to obtain your television license yearly at www.tvlicensing.co.uk



EDUCATION INFORMATION

BASE EDUCATION CENTER

The Education Center offers a variety of evening, weekend and lunchtime courses to suit your needs. There are five semesters per year and you can sign up for seven credits per semester. Keep in mind that once you leave the Air Force, you will probably need a Bachelors Degree to be competitive "on the outside." Imagine leaving this tour with a Bachelor or Masters Degree!

The education center also offers individual counseling, credit by exam tests, distance learning courses, Internet access (for students) and information on off-base programs. Active duty military members can receive up to 75% in tuition assistance for courses taken. Dependents of military members can receive up to 50% in spouse tuition assistance. Contact the Education Center at 226-3851.

ARTS AND CRAFTS CENTER

The Arts and Crafts Center offers many classes including picture framing, painting, quilting, stamping, ceramics and others. Why not sign up to teach a class? They also offer matting and engraving services, call 226-2194 for details.

COMMUNITY EDUCATION

Are you looking to make friends in the community? Do you want to learn a new skill or polish up on an old one? Here is your chance to take classes in: spinning, cooking, yoga, dance, aerobics, computers, language, music, aromatherapy, massage, local history, natural science, picture framing, furniture restoration, and art classes. Classes are offered all through the year on nights, weekends and during the day.

Contact one of these local schools:

*West Suffolk College, Bury St. Edmunds:

www.westsuffolk-ac.co.uk

*Mildenhall Adult Center

(At Mildenhall Upper School)

www.learnirect.co.uk

*Newmarket Adult Education Office:

www.learnirect.co.uk

For more information on adult education, please contact RAF Lakenheath Community Relations Advisor at ext. 226-3145.

GEE WHIZ INFORMATION

Did you know there are national organizations that you can join that have over 400+ sites and exhibits that you can view if you join? Joining is a bonus because it provides either reduced rates or free admission several times a year. The best ones are:

NATIONAL TRUST

If you like country houses and walks, this is the club for you. The National Trust is Britain's largest conservation charity. The Trust permanently protects the open countryside. There are 580 miles of coastline and 291 properties in England, Wales and Northern Ireland. For more information review the following website: www.nationaltrust.org.uk

ENGLISH HERITAGE

If you are looking for historic buildings and ancient monuments this is the club for you. Over 400 historic sites are owned by English Heritage. With your membership, you can have free entry to all of them. They also offer special member events, concerts, reenactments and discounts. For more information review the following website: www.english-heritage.org.uk

WALKING IN BRITAIN

In England and Wales; there is a network of over 135,000 miles of public footpaths. Many of these paths have been joined together to form continuous, well-marked long distance routes or national trails as they are known in England and Wales. If you are interested in joining a walking club, contact The Rambler's Association at www.ramblers.org.uk

YOUTH HOSTEL ASSOCIATION (YHA)

Are you looking for inexpensive, safe, clean accommodations and the chance to meet young people from all over the world? Members can stay at hostels worldwide with prices starting as low as £10.00 for bed and breakfast. For more information, contact the Youth Hostel Association at www.yha.org.uk

BED AND BREAKFASTS (B&BS)

Anyone having accommodations to spare in their home can make them available to travelers at a low price, to include a full English breakfast. Some homes even offer an evening meal at no additional cost. When using the B & B system, confirm if the price quoted is per person or per room. Does the room have a double bed or twin beds? Is the bathroom en-suite or down the hall? Confirm if no-smoking rooms are available and the check-in and check-out times. Find available bed and breakfast information at www.bedandbreakfasts.co.uk, www.lastminute.com and www.bedandbreakfastnationwide.com

UNION JACK CLUB (LONDON)

This club offers; accommodation, restaurant, bar, billiard room, launderette, reading rooms, and satellite television. Air Force members do not have to join the club before they can use the facilities, but will be required to show military identification. Look on line at available prices at www.ujclub.co.uk.

VICTORY SERVICE CLUB (LONDON)

Rooms are made available to all military personnel; just show your military identification. Visit their website at www.vsc.co.uk



HIDDEN GEMS

PLACES OF WORSHIP

The chapel on base has Protestant, Roman Catholic and Jewish services. The chapel can also assist you in finding a service in the local community that suits your needs. Additionally, there is a singles group called Protestant Singles of the Chapel (PSOC). Although it is designated "Protestant," it is open to everyone.

For a list of local churches contact the base chapel at 226-3711 or look at on-line resources. Use resources which you will find in your home like the "Yellow Pages". Look under "Places of Worship" or "Religious Organizations" for information.

RECREATIONAL INFORMATION

AMATEUR THEATER GROUPS

Mildenhall Town has a theatre group called the Bunbury Players. There are also groups in Bury St. Edmunds, Thetford and Watton. Check the community information database at libraries in town or ask the local librarian.

OUTDOOR RECREATION

Outdoor Recreation 226-2146 rents a wide variety of equipment such as bicycles, golf clubs, tents, ice chests, lawn movers, power tools, extension cords, VCR's transformers and vacuum cleaners.

OTHER RECREATION OPTIONS OFF BASE

Don't limit yourself to just on base activities. Take advantage of options available off-base like:

High Adventure	www.highadventureoec.co.uk
Best Western Getaway Breaks	www.bestwestern.co.uk/leisure/getaway-breaks
Acorn Activities	www.acornfamilyholidays.co.uk
Adventure Sports	www.adventuresportsholidays.com
High-Lodge Forest Center	www.brandonsuffolk.com/high-lodge
Plan a Family Day	www.dayoutwiththekids.co.uk
Drayton Manor Theme Park	www.draytonmanor.co.uk
Alton Towers Resort	www.altontowers.com
Thorpe Park	www.thorpepark.com
Chessington World of Adventures	www.chessington.com
Camelot Theme Park	www.camelothemepark.co.uk
Crealy Adventure Park	www.crealy.co.uk
Family Island	www.fantasyisland.co.uk
Pleasurewood Hills	www.pleasurewoodhills.com
Legoland	www.legoland.co.uk
Dinosaur Adventure, Norfolk	www.dinosauradventure.co.uk

VOLUNTEERING INFORMATION

ON BASE

If you would like to make friends quickly, keep your skills sharp, support a specific belief or help the base community then why not volunteer? Here are just a few agencies on base where you can volunteer:

American Red Cross
 Education Center
 Family Attic
 Family Services
 Airman and Family Readiness Center
 Legal Office
 Post Office
 Arts and Crafts Center
 Library
 Lakenheath Treasure Throve
 Education Center

For more information call the Airman and Family Readiness Center Volunteer coordinator for information on 226-3847.

IN THE COMMUNITY

Do you have time to spare? Would you like to make friends in the local community? It does not matter if you have two hours a week or ten hours a week to give of your time. Volunteers are needed to answer the crisis hotline, garden for the elderly, assist people with special needs, etc. Interested? Ring one of the volunteer organizations off-base for more information:

Thetford Volunteer Bureau:	01842-761377
Bury St. Edmunds Volunteer Center:	01284-766126
Forest Heath & E. Cambridgeshire Mobile Volunteer Bureau:	01638-608048
Ely and District Volunteer Bureau: (Covers Soham, Littleport, Fordham and Burwell)	01353-66-6556
Citizen's Advice Bureau, Mildenhall:	01638-712094
Haverhill & District Volunteer Center:	01440-708444

Or visit www.volunteering.org.uk or use the following website to input your postcode for a list of vacancies in your area generated from tens of thousands of records at www.do-it.org.uk.

OK I WANT TO GO TO LONDON....

One of things on my checklist to do when I came to the UK was to go to London, but I know its expensive. How can I experience it without paying too much?

LONDON FOR FREE

There are hundreds of books published on London. A great website to go to for events and attractions in London that are either free or low cost, with over 1000 entries updated daily is www.londonfreelist.com. Most museums in London are now free. A good way to get to know London is to take a sightseeing bus tour. The Original London Sightseeing Tour at www.theoriginaltour.com and The Big Bus Company at www.bigbustours.com allows you to hop on and hop off whenever you want. These tours include stops at places such as St Pauls Cathedral and Westminster Abbey. Prices and pickup points vary.

LONDON ACCOMMODATIONS

Use the following websites to find out hotel information.

www.visitlondon.com
www.tripadvisor.co.uk
www.easy-london-hotels.com
www.booking.com/London-Hotels
www.easy-tobook.com
www.visitlondon.com
www.marriott.co.uk
www.travellodge.co.uk
www.ujclub.co.uk
www.vsc.co.uk

UNDERGROUND/TUBE

One of the easiest modes of travel in London is by the "underground" which is basically the subway. You can obtain family tickets and daily tickets which will allow you to go to all the areas. Make sure that prior to purchasing you identify the zones you will be traveling in so that you purchase the right ticket. Go to www.tfl.gov.uk/tube for more information.

PARKING CLOSE TO LONDON

You can choose to park outside London to avoid paying the congestion charge. Then catch the underground in. The London Underground (tube) serves all of London and runs 20 hours a day. Every line has its own name and color for easy navigation. You can buy tickets from the ticket office or ticket machines at any tube station. The Information Tickets and Tours office sells one-day Travel cards or obtain this at the local station. You can drive to a tube station, park your car, and take the tube into London. The two closest tube stations are Epping (Central Line), which is located at Junction 7 off the M11 and Redbridge (Central Line). To get to Redbridge take the A11 to M11, Redbridge Station will be on the left soon after you go over the M25.

Travel Information is available 24-hours per day. They provide information on tube, railway and bus services. For national rail enquiries www.nationalrail.co.uk and Transport for London www.tfl.gov.uk

If you drive into central London don't forget to pay the congestion charge either prior to arriving or on arrival. Go to the following website for information on payment options www.tfl.gov.uk/roadusers.congestioncharging.

NOW I'M HERE WHAT IS THERE TO DO?

Places to visit:

Visit London
 Tower of London
 The National Gallery
 Tate gallery
 London Silver Vaults
 British museum
 National army museum
 Camden market
 Theater tickets

www.visitlondon.com
www.hrp.org.uk/toweroflondon
www.nationalgallery.org.uk
www.tate.org.uk
www.thesilvervaults.com
www.britishmuseum.org
www.national-army-museum.ac.uk
www.camdenlock.net
www.theatreticketsdirect.co.uk
www.londontheatreboxoffice.net
www.ticketmaster.co.uk
www.ticketmaster.co.uk
www.londoneye.com
www.parliament.uk
www.zsl.org
www.harrods.com
www.westfield.com
www.hardrock.com
www.londonlaunch.com
www.londontown.com
www.timeout.com/london
www.londoneastside.co.uk
www.buddhabar-london.com
www.fblondon.co.uk

London Eye
 Big ben/Houses of Parliament
 London Zoo
 Harrods
 Westfield mall (largest in uk)
 Hardrock café
 London Launch
 London Town
 Time Out London
 London Eastside
 Buddha Bar
 Funky Buddha

