

SHAPE

Shopping Guide

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SHOPPING IN AND AROUND MONS

Shopping complexes/centres

Types of Supermarkets in Belgium include;

AUCHAN
CARREFOUR
ALDI

LIDL
INTERMARCHE
DELHAIZE

COLRUYT
MAKRO
CORA

Generally, day-to-day grocery shopping is straightforward with plenty of large supermarkets and hypermarkets to choose from. These tend to be closed on Sundays, but will usually open for at least 12 hours every other day of the week, from eight o'clock in the morning to eight at night.

There are a few main supermarket chains in Belgium. The Carrefour group is the largest – the big out-of-town hypermarkets are branded with its name, but the company owns several other brands as well.

The other major chains are operated by the Delhaize Group and Colruyt; the latter similar to discount chains such as Aldi and Lidl which you'll also find in Belgium. The main supermarkets and hypermarkets carry everything you'd expect, many even including international sections. They also have an excellent range of wine at keen prices. It is worth visiting a few to compare prices and know 'what to get, where'.

To find a store near you, see their websites:

www.carrefour.eu

www.delhaize.be

www.colruyt.be

www.aldi.com

www.lidl.be

For all things organic, you can check the chain of Bio Planet shops:
www.bioplanet.be

Of course, there are many local butchers, bakers, fruit and vegetable shops and food markets all over the country. In Brussels, the vast Gare du Midi market sprawls alongside the railway line selling fruit, vegetables, meat, cheese, North African spices, clothing, street food – and anything else you can think of. Alternatively, take an afternoon to explore the local villages to Mons, (Ghlin, Jemappes, and Soignies) and discover local and independent shops.

SHOPPING COMPLEXES / CENTRES

Maubeuge (France) 121 Louvroil, postcode 59720

A very large Auchan Hypermarket situated on the outskirts of the town. Approximately a 36km / 35 minutes drive from SHAPE.

Valenciennes (France) 45 Petit Forete, postcode 59494

Another large Auchan hypermarket on the outskirts of town with various shops around including a Decathlon sports shop. Approximately a 40 minutes / 50km drive away from SHAPE.

Les porte du maisieres, Maisieres (Belgium), 208/p Rue Grande, 7020 Maisières

Exiting at Berlin gate and turning right, this shopping area is situated five minutes from the main gate. Open until 2000 each evening except Sunday (0900 -1200), This is a small shopping complex with several other shops at hand including GAMMA (DIY), MyStore (Clothing), Jouets Broze (Children's toy store), L'Ouragan (Discount Home wares), Zeeman (Cheap fashion and household textiles) plus a hairdressers, a tanning studio, a gym and Joseph's a good Belgian eatery.

Cora City, Hornu (Belgium), 163 Route De Mons, 7301 Hornu

As well as a large Cora Hypermarket, there is a complex of shops under one roof here, a couple of places to have lunch or a snack and several stores nearby. Across the road is another selection of shops including a garden centre, shops for shoes, clothes, pet needs, beds, two supermarkets and a couple of cafeterias. Free parking.

Cora City, La Louviere (Belgium), 28 Rue De La Franco-Belge, 7100 La Louvière

This is the same set-up as above but larger. The shopping centre comprises of lots of stores around a Cora Hypermarket and in the grounds of the large FREE car park; McDonalds, C&A, Maisons du Monde and Sports Direct to name a few. Approximately a 27 minutes / 26km drive from SHAPE.

Euralille, Lille (France), 100 Centre Commercial, 59777, Euralille

Many recognisable shops and restaurants under one roof here. Approximately 89km / 1hr drive from SHAPE. Outside of the shopping centre there are numerous cultural places to visit in the historical city of Lille.

Les Grands Pres, Mons (Belgium), 1 Place Des Grands Prés, 7000 Mons

An indoor shopping complex situated just outside the centre of Mons. It has a variety of shops and restaurants and a Carrefour Hypermarket with plenty of free parking spaces. Only a 10km / 15 minute drive from SHAPE.

Mcarthurglen, Lille (France), 44 Mail de Lannoy 59100 Roubaix

A shopping centre with great discounts on designer labels, (perhaps you already know them from UK) Designer Outlet Roubaix is set near Lille, close to the Belgian border and has a great range of designer labels at reduced prices. Approximately 58 minutes / 86km from SHAPE.

Brussels, 433 Boulevard Sylvain Dupuis, 1070 Brussels

Situated just off of the Brussels ring road, the Westland Shopping Centre offers indoor shopping on two levels with many known stores, unique boutiques, restaurants and cafés to choose from. There is also a Delhaize Hypermarket here. Approximately 66km / 45 minutes from SHAPE.

Super / Hypermarkets

SOIGNIES - ALDI, CARREFOUR

JURBISE - LIDL, INTERMARCHE

Jemappes – Carrefour

Lots of stores along the road here, all worth a visit. Includes Superbois (garden and DIY), Gifi (household goods, nets, curtains, cookware and toys), clothes shops (including maternity and baby wear), Promo (sports factory shop) and a Brico (DIY and garden products).

Waterloo and Everberg - Stonemanor (British superstore)

Steenhofstraat 28, Everberg 3078, on the outskirts of Brussels. This shop (which looks like a large house!) has a tea room and sells British products including food, toiletries, toys, books, stationery etc. John Lewis, Waitrose and Argos products are available here and deliveries can be arranged. Prices are a little more expensive, but this place is well worth a visit. A second, smaller store is also situated in Waterloo, 1410.

Info for Makro @ Brussels, Charleroi and Liege

VISA IS NOT ACCEPTED AT MAKRO and Children under 14 are not allowed in the store but there are crèche facilities that are free if you make a purchase. You need your Belgian ID card with you to give to the person at reception to obtain a Makro card and you need to know your Belgian address and postal code.

IKEA Mons

Pl. des Grands Prés 1, 7000 Mons

IKEA at Anderlecht. Ternat and Zaventem

All in the direction of Brussels. (When you are returning home, head for Bergen ~ the Flemish for Mons!)

When you have made a purchase at IKEA, take your receipt to the customer services desk to request a 'facture' & envelope. Bring your facture to the EJSU Building 309 where you can claim back your tax. (UK Personnel only.)

HOMEWARE

Belots

SOIGNIES 7060 – Large home furnishings store.

Brico

Numerous stores across Belgium offering DIY and hardware.

GARDEN CENTRES AND DIY

Pepiniere de l'étoile

Chaussee de Braine 149, B-7060 Soignies

Jardinierie fabrice reneau

Chaussee de Mons 327, 7060 Soignies

Gamma

208 Rue Grande, 7020 Maisieres

Hubo

Rue de la Lanterne 1, 7020 Mons Nimy

Brico

Numerous stores across Belgium offering DIY and hardware.

CHILDREN'S STORES AND TOY SHOPS

MAXI TOYS, JOUETS BROZE and DREAMWORLD are two of the main children's stores that are numerous in Belgium. Dreamworld is a large toy, garden furniture, stationery and baby equipment store and Jouets Broze and Maxi Toys are toy stores where you can wrap your presents in the store, ready to take home.

ORCHESTRA @ JEMAPPES 7012 AND HORNU 7301

Leading children's fashion from 0 – 14 years old, maternity wear and children's accessories. If you obtain a club card for a small annual fee you can enjoy up to 50% off the marked retail price potentially giving you great savings.

RECOMMENDED BY SHAPE COMMUNITY

Books

For books, Brussels is blessed with its own branch of Waterstones, (in fact, it was the first English language bookstore in the city) where you can find a rich selection of English books, magazines and newspapers. Also in Brussels is Sterling Books, an excellent, independent shop, which interestingly bases prices on current exchange rates.

Deli Traiteur

Route d'Ath 148, Jurbise

Open 7 days a week from 0700 – 2200. A quality delicatessen, easily noticeable from the road, it stocks a wide range of well-made, ready meals and also many essentials such as milk and bread. It has a small coffee shop inside selling sandwiches and coffee and has some wonderful desserts and quality, luxury products. Well worth a visit.

MARKETS

Mons

Belgium has always been a great trading post. Located at the crossroad between the major European powers, (France, Germany, Netherlands and Great Britain) it has collected influences from all its mighty neighbours along the centuries.

Belgians love their homes and being cosy and comfy is not far from a national obsession. For instance, Belgian interiors have always been very cocooning; textures and fabrics used in a common Belgian home are very rich and comfy, Belgian fridges are full of good food and drinks.

You won't be surprised to find some incredible bargains in antiques or flea markets: Belgium is one of the favourite hunting places of antiques dealers. You will always find that there is plenty of stuff, whether you are just looking or buying at amazingly good value!

Most markets are held around the Grand Place of the town from
08.00 - 12.00/13.00hrs.

Tuesday

Soignies, am ~ Place Verte, Place Van Zeeland 7060, SOIGNIES

Friday

Mons ~ flowers, clothing, household, meat and cheese

Saturday

Tournai ~ 0800-1300hrs ~ Grand Place

Sunday

Charleroi, Ville Haute, 6000 ~ 0700-1300hrs ~ considered to be the largest and best in the area, offers antiques, plants, fresh produce, birds, animals, clothing, flowers and a flea market.

Mons, 7000 ~ 0800-1400hrs ~ the flower market is held Place Leopold (opposite train station). The food, household and clothing market is in Place du Beguinage.

Liege, Quai de Maestricht, 4000 Liege ~ 0800-1430hrs ~ La Batte is the largest and oldest market in Belgium. Every Sunday, the heart of the Ardent City beats to the rhythm of this true institution where you'll find fruit and vegetables, cheese, clothes, books, plants, and a characteristic, warm atmosphere.

A good websites for up-to-date information is <http://www.opt.be/>

Brussels

ANDERLECHT, Rue Ropsy Chaudron (slaughterhouse) - Sunday morning

AUDERGHEM, Boulevard du Souverain/Chaussee de Wavre - Thursday morning

BRUSSELS-ETTEREEK, GARE DU MIDI (south station railway over pass), Sunday morning

PLACE JOUDAN - every morning

PLACE ST.CATHERINE - every day except Sunday till 4.00pm

FOREST - PLACE ST DENIS - Saturday morning.

IXELLES ST.GILLES - PLACE DU CHATLAIN - Wednesday afternoon

PLACE FLAGERY - every morning except Monday

PLACE VAN MEENEN - Monday afternoon

PLACE DUMON -Tuesday, Friday and Saturday mornings

PLACE STE. ALIX - Wednesday morning

PLACE ST. LAMBERT- Saturday morning

MOLENBEEK, PLACE COMMUNALE - every morning

SCHAERBEEK, PLACE DAILY -Tuesday morning

Out of Town Markets

ANTWERP - (Theatreplein opposite the Stadsschouwburg) - all day Saturday & Sunday Morning

CHAUMONT-GISTOUX - Friday afternoon

NAMUR - Friday

TONGRES/TONEREN – (near the Dutch border) Sunday morning

WATERLOO (station) - Sunday mornings

ZAVENTEM (Kerkplein) – Monday morning

CLOTHING GUIDE

WOMAN'S DRESSES, SUITS, SKIRTS & COATS													
BRITISH	10	12	14	16	18	20							
BELGIUM	36	38	40	42/44	46/48	50							
AMERICAN	6	8	10	12	14	16							
BRA SIZES													
BRITISH	32	34	36	38	40	42							
BELGIUM	70	75	80	85	90	95							
WOMAN'S SHOES													
BRITISH	3	3½	4	4½	5	5½	6	6½	7	7½	8		
BELGIUM	36	36/37	37	37/38	38	38/39	39	40	40/41	41	42		
AMERICAN	-	-	5½	6	6½	7	7½	8	8½	9	9½		
CHILDREN'S SHOES													
BRITISH	4	4½	5	5½	6	6½	7	7½	8	8½	9	9½	10
BELGIUM	20	21	21/22	22	23	23/24	24	25	25/26	26	27	27/28	28
BRITISH	10½	11	12	13	13½	14	14½	2	2½				
BELGIUM	29	30/31	31	32	32/33	33	33/34	34	35				
CHILDREN'S CLOTHES													
BRITISH (age)	2	3	4	5	6	7	8	9	10	11	12	13	14
SIZE	92	98	104	110	116	122	128	134	140	147	152	158	164
Height in cms	91	96	102	109	114	122	127	135	140	147	152	157	164
MEN'S SUITS & OVERCOATS													
BRITISH & US	36	38	40	42	44	46							
EUR	44	46	48	50	52	54							
MEN'S SHIRTS													
BRITISH & US	13	13½	14	14½	15	15½	16	16½	17				
EUR	33	34	35/36	37	38	39/40	41	42	43				
MEN'S SOCKS													
BRITISH & US	9½	10	10½	11	11½	12	12½						
EUR	39	40	41	42	43	44	45						
MEN'S SHOES													
BRITISH	7	7½	8	8½	9	9½	10	10½	11	11½			
EUR	41	41/42	42	42/43	43	44	45	45/46	46	46/47			
AMERICAN	-	-	8½	9	9½	10	10½	11	11½	12			

TRANSLATIONS, ENGLISH / FRENCH

EVERY DAY WORDS

Hello	Bonjour
Good-Bye	Au revoir
Good morning	Bonjour
Good Afternoon	Bonjour
Good Evening	Bonsoir
Good night	Bonne nuit
How are you?	Comment allez-vous?
I'm very well, thank you	Tres bien, merci
Yes	Oui
No	Non
Please	S'il vous plait
Thank you	Merci
I'm sorry	Je suis desolee

ACCOMMODATION

At the hotel	A l'hotel
Do you have any vacancies?	Avez- vous une chamber de libre?
Do you speak English?	Parlez-vous anglais?
I do not understand	Je ne comprends pas

AT THE PETROL STATION

Petrol	L'essence
Unleaded	L'essence sans plomb
Diesel	Le diesel or Gazole

DIRECTIONS

Left	A gauche
Right	A droite
Opposite	En face
Straight on	Tout droit
Traffic lights	Les feux de signalisation
Roundabout	Le rond-point
Crossroads	Le Carrefour

EMERGENCIES

Help	A l'aide
Fire	Au feu
Please go away	Laissez-moi tranquille
I'll call the police	Je vais appeler la police
It's urgent	C'est urgent
I'm lost	Je suis perdue
I've lost	J'ai perdu
My passport	mon passport
My car keys	les clefs de ma voiture
I've had an accident	J'ai eu un accident

HEALTH

I need	J'ai besoin
A doctor	d'un medecin
A telephone	d'un telephone
An ambulance	d'une ambulance
An interpreter	d'un interprete
Where is the hospital	Ou se trouve l'hopital
I'm allergic to penicillin	Je suis allergique a la penicilline

HEALTH Cont.....

I am

Diabetic

Asthmatic

I need

A dentist

It hurts here

EATING OUT

Breakfast

Lunch

Dinner

I have booked a table

A table for four, please

May I have

The menu

The bill

I would like

Some bread

Some beer

Some wine

AT THE BANK

The nearest bank

Change

Money

I would like to change my

English money into Euros
please

How much money?

I have a credit card

Je suis

Diabetique

Asthmatique

J'ai besoin

d'un dentiste

J'ai mal ici

Petit dejeuner

Dejeuner

Diner

J'ai reserve une table

Une table pour quatre s'il vous plait

Puis-je avoir

le menu

l'addition

Je voudrais

du pain

de la biere

du vin

La banque la plus proche

Change

Argent

Je voudrais charger mon

argent anglais en Euros S'il vous plait
Combien d'argent?

J'ai une carte de credit

HIVE LOCATIONS

SHAPE

UK EJSU, Building 309,
SHAPE 7010, Belgium

TELEPHONE 00 32 65 447075
EMAIL shapehive@armymail.mod.uk

BRUNSSUM

Building 603, Rimburgerweg 30,
Brunssum 6445 PA, The Netherlands

TELEPHONE 00 31 455 262891
EMAIL brunssumhive@armymail.mod.uk

NAPLES

UKNSE Naples
Naples, BFPO 8

TELEPHONE 00 39 08 15092628
EMAIL napleshive@armymail.mod.uk

GÜTERSLOH

Amenities Centre, Mansergh Barracks
Verler Straße 127, Gütersloh 33332

TELEPHONE 05241 842220
EMAIL guterslohhive@armymail.mod.uk

PADERBORN

Block 15, Barker Barracks
Driburger Straße, Paderborn, 33100

TELEPHONE 05251 57191
EMAIL paderbornhive@armymail.mod.uk

SENNELAGER

Paderborn Community Hub, NAAFI Families Store
Otto Hahn Straße 20, Sennelager 33104

TELEPHONE 05254 9822771
EMAIL sennelagerhive@armymail.mod.uk

BIELEFELD

Block 8, Catterick Barracks
Detmolder Straße 440, 33605 Bielefeld

TELEPHONE 0521 92543122
EMAIL bielefeldhive@armymail.mod.uk

Army Welfare Service

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