



Trucker, you are not alone!

Where am I?

You are travelling on motorway BAB A2 (E30) direction west.

Location: Gas and Motorway Station Garbsen North, Burgstraße 125, 30823 Garbsen (close to Hannover), Phone: 0049 5137 72055.

I am tired!

To recover from fatigue you need to get enough sleep. A short nap in one of your breaks can help for the moment. (10 to 20 minutes will help).
Exercise outside. This will help you to stay fresh for a while. Coffee and energy drinks will only help for a couple of minutes. Listening to loud music and driving with your window open will not help.

I am sick!

In case of an emergency - call: Firefighters/Ambulance 112 / Police 110

In all other events – call: DOC STOP service hotline*: 0049 1805 112024

Dentist emergency hotline in Hannover*: 0049 511 6424808

Support hotline* in German / English: Mr. Robert Schmitz 0049 178 9601800

Support hotline* in Polish / Russian: Ms. Lydia Kreis 0049 176 10027309

I experienced something bad!

You reach pastoral care via phone: 0049 180 1110111 / 0049 180 1110222

You reach the victim hotline of the victim support organization „WEISSER RING“ via phone: 116006

I believe!

Catholic Church Garbsen, Antareshof 5, 30 823 Garbsen, phone: 0049 5137 129690*

The next motorway church is the protestant motorway church Exter at km 306 near junction “Exter” in direction to Dortmund.

What do I have to pay attention to?

Have the following documents always with you: ID-card or passport, work permit, EU license, insurance certificate, valid driver’s license with entry 95 (certificate of advanced training), original vehicle registration certificate, cargo documents, confirmation of weekend rest periods.

Prevention of cargo theft: Whenever possible park your vehicle near or under street lighting and secure your cargo additionally with locks. Do not talk with others about your destination and your cargo. Do not stop for hitchhikers or take them with you.

Checklist before each departure:

- Switch the monitoring unit to “working time” and conduct departure routines!
- Is the semitrailer coupling locked?
- Is your cargo still secured sufficiently?

Not paying the toll is against the law and will be prosecuted. Does your toll-machine show red? Stop and re-start your engine again or book the fair manually at the next rest station.

Always be aware of the necessary **safety distance!** Travelling at speeds of 50 km/h or above requires keeping a safety distance of at least 50 meters which is exactly the distance between two bollards.

Take your time: Speeding means stress. Stress will lead to mistakes and the risk of an accident will rise significantly.

Avoid distraction: A short look on a map or your smartphone will keep your attention off the road.

Approaching a traffic jam: Switch your hazard lights on and leave space for rescue service and ambulances. In the area of Hannover you will have traffic updates regularly on frequency FM 96,2 (radio station NDR 2).

Important Phonenumbers

Motorway patrol Garbsen, phone* 0049 5137 710710

Customs office, Hackethalstr. 7, 30179 Hannover, phone* 0049 511 374 140

ADAC truck service (phone number free of charge) 0049 800 524 8000

breakdown service and technical support of

- MAN* 00 800 66 24 53 24, 0049 180 53 53 33 0
- Mercedes* 00 800 1 777 77 77, 0049 69 95307277
- Scania* 0049 261 887 88 88
- Volvo* 0049 800 181 03 00

In the end

Just hang in there!

Good drivers are needed all the time. You are doing a very responsible and important job in our society. To make sure that you can do your job well and safe there are working time regulations. These are to be obeyed by your boss as well. If you are forced to break the law, your future is in danger. A break of law can result in high fines or loss of your driver's license – It's not worth to risk that. When you need help call: 0049 178 9601 800

Have a safe trip!

* = you will be charged for calls from mobile networks.