

# Contents

**12**

**East Frisia: the charm  
of the inclement north**

**26**

**Age-old centres of trade:  
the town of Emden  
and the Leer District**

Page 38

**Famous East Frisians**

**54**

**On the North Coast:  
the districts of Aurich  
and Wittmund**

Page 70

**East Frisian cooking:  
simple yet substantial**

Page 90

**The German Maritime  
Search and Rescue  
Service: unsung heroes**

**110**

**The East Frisian Islands**

Page 122

**Natural gold mine:  
the Wadden Sea**

**134 Index**

**135 Map**