



## Information regarding COVID-19 for international scholars

Dear international scholars,

As COVID-19 continues changing our everyday lives, we have gathered the most important information around the pandemic, on entering Germany, on quarantine, vaccination, testing, infection control measures, etc. We try to keep the information as updated as we can. However, we also ask you to inform yourself actively on the recommendations, instructions and measures taken by the [University of Stuttgart](#), the [city of Stuttgart](#), the [state of Baden-Württemberg](#) and the [Federal Government of Germany](#).

### Travelling to Germany

#### What are the current entry restrictions for Germany?

**All travelers from 12 years on** must be in the possession of a **proof of full vaccination with one of the [vaccines approved in the EU](#), proof of recovery or a negative Covid-19 test** upon entering Germany. The test must not be older than 72 hours (48 hours when entering from a high incidence area or 24 hours when entering from an area of virus variants of concern) before entering Germany.

**Travelers** entering Germany after spending time in a **high-incidence area or an area of virus variants of concern** (up-to-date list can be found on the webpage of the [Robert Koch-institute](#)) must **register** on the portal [Einreiseanmeldung](#) **before entering Germany**. Print out or save the confirmation of having registered and have it on you when entering Germany.

If you have spent time in a **high-incidence area** in the last 10 days before entering Germany the **quarantine** period generally lasts 10 days. If you submit proof of vaccination or recovery with the [Einreiseanmeldung](#), the quarantine ends prematurely at the time of submission. The same applies in the case of the submission of a test certificate, the testing may, however, be done at the earliest 5 days after entry, so that the quarantine in this case lasts at least 5 days. For people under the age of 12, the quarantine ends automatically at the end of the fifth day after entry without a test requirement.

**If you have spent time in an area of virus variant of concern in the last 10 days before entering Germany**, you may not enter the country. There are few [exceptions](#) to this **entry ban** though; i.e. **researchers** who have signed a hosting agreement to carry out a research project with a research institution or university **are exempted**. Travelers from virus variant areas must have taken a Covid 19-test with negative result at max. 24 hours prior to entering the country even if they are vaccinated or have recovered from an infection. Furthermore, they must comply with a **quarantine period of fourteen days** with no possibility to end the quarantine prematurely.

If you need to be in **quarantine upon entry** in Germany, you are required to **travel directly to your accommodation**.

### Quarantine

#### What should I pay attention to?

If you need to be **quarantined** after entering in Germany (see above), please check out the **guidelines** for [self-isolation](#) and [quarantine](#) by the Robert-Koch-institute.

In case you notice **symptoms** typical of an infection with the SARS-CoV-2 coronavirus (difficulties breathing, newly developed cough, fever or loss of smell or taste), do not leave your apartment and contact the [competent health office](#) or a doctor. Follow the





[recommended measures](#) of the [Robert Koch-Institute](#). The same applies after having been in close contact with an infected person if you are not vaccinated or recovered from an previous infections.

Violations against these regulations constitute an administrative offence and may be punished by a fine of up to 25,000 Euros.

Please always inform your superior at the university that you need to stay in quarantine.

### **Food (and non-food) supply during quarantine**

There are several German supermarket chains that offer online shopping:

- NETTO: <https://www.netto-online.de/lebensmittel/>
- REWE: <https://shop.rewe.de/>
- EDEKA: <https://www.edeka24.de/>
- REAL: <https://www.real.de/lebensmittel/>

Normally, it takes one to three days for delivery.

Meals can be ordered meals from:

- Lieferando: <https://www.lieferando.de/>
- Bring-Butler: <https://www.bringbutler.de>

You may find also find addresses of nearby restaurants, take-aways and shops which deliver non-food items here: <https://www.stuttgartsindwir.de>

Electronic articles can be ordered from [Conrad](#), [Mediamarkt](#) or [Saturn](#).

If these options are not possible for you, feel free to contact the [Welcome Center for International Scholars](#) and we will try to find a suitable solution.

## **Testing**

### **Where can I get tested?**

At test-center for both rapid (antigene) and PCR-tests can be found at the [airport](#) in Stuttgart. An appointment must be booked beforehand.

[Test-centers of the city of Stuttgart](#), pharmacies and other private test-centers which can be found all over Stuttgart usually offer only rapid (antigen) tests. For some test-centers and most pharmacies online appointments are necessary. Testing (antigene) is also possible at the [the city center campus](#) where spit tests are offered.

There are no fees for rapid tests anymore. If you are looking for a Covid rapid test center, visit the website: <https://schnelltestzentrum-stuttgart.de/>. The throat swab for the COVID-19 RT-PCR test costs 69 €. A rapid antibody test that tests whether you have already had COVID-19 costs 35 €.

The **University of Stuttgart** [provides self-tests](#) to employees if they need to come to the university. Ask your institute to hand out the test kits to you. Take the test each time **before** you go to work. Also use [the possibilities to work from at home](#) in agreement with your institute.

At the so-called [Fieber-Ambulanz](#) or in a so-called [Corona focus practice \(Corona Schwerpunktpraxis\)](#) a PCR-testing and a medical examination are carried out if you notice symptoms or have other reasons to assume that you might have been infected. Several [doctors' offices](#) also do a PCR testing. It is necessary to call all beforehand for the safety of other patients.





## Vaccination

### Who is entitled to get vaccinated? Where can I get the vaccination?

Everybody residing in Germany above the age 12 is entitled to a **free corona vaccination**. You may also get vaccinated if you have been vaccinated with a [vaccine which is not approved in the EU](#) before or if you need a second or need refresh the vaccination.

Vaccinations are possible at most **general practitioners' offices** and at some specialists' practices, too (e.g. pediatrician for the vaccination of children). It is necessary to make an **appointment beforehand**.

There are also doctors' practices offering **vaccinations without appointment**. A **mobile vaccination team** of the Stuttgart Clinic offers vaccinations without prior appointment on the so-called [Impfbus](#). Check the [schedule of the Impfbus](#) for your district of town and just go there.

In addition, the state of Baden-Württemberg has set up a [website](#) that offers [open vaccination appointments](#) with doctors.

Take along your vaccination passport/book if you have one so that the vaccination can be recorded. If you do not have a vaccination passport, you will receive a paper confirming your vaccination confirmation.

You are considered as fully vaccinated by the time two weeks after their second vaccination against COVID-19 have passed (except for Johnson&Johnson with only one dose).

### How can I have my vaccination certificate digitized?

For many every-day activities, you need to show proof of either a vaccination (or recovery or a recent negative test result). A digital vaccination certified which is valid throughout the EU can be issued by pharmacies in Germany. This certificate can be saved on your cell phone and can be shown instead of your vaccination passport or confirmation.

If your COVID-19 vaccination was carried out abroad, you may also receive this digital vaccination certificate. It is crucial however that the vaccine used is [approved](#) in the EU. Each pharmacy can decide for itself whether it also wants to issue the digital EU vaccination certificate for persons from non-EU countries. These two pharmacies will securely issue these proofs upon presentation of the vaccination passport:

- Internationale Apotheke Nikolaus Kondraschov e. K.; Königstraße 70 70173 Stuttgart; Telefon: 0711/ 2535979-0; [www.interapo.com](http://www.interapo.com)

- Apotheke am Markt; Vaihinger Markt 16 70563 Stuttgart-Vaihingen; Telefon: 0711 - 73 22 00; [www.apotheke-am-markt-stuttgart.de/](http://www.apotheke-am-markt-stuttgart.de/)

## Everyday life with the Corona virus

### Which measures and regulations must be observed in Stuttgart and Germany?

In the following, the most important rules are presented. Please note that the presented rules do not cover all regulations. We kindly ask you to keep yourself updated actively on the recommendations, instructions and measures taken by the [city of Stuttgart](#), the [state of Baden-Württemberg](#) and the [government of Germany](#) since rules can loosen or tighten fast. The government of Baden-Württemberg established a ["step-by-step-plan"](#) that gives information about opening strategies.





The updated Corona Regulations takes effect as from **May 31, 2022** with the following changes:

- The three-level warning system with basic, warning and alarm is **no longer required**.
- Likewise, the contact restrictions in private events and capacity limitations at public events are **no longer required**.
- In indoor areas and in public transport, **the obligation to wear an FFP2 mask applies**. In air traffic and long-distance public transport, **it is compulsory to wear an FFP2 or medical facemask**. **In the outdoors, the mask obligation applies** if the minimum distance of 1.5 meters cannot be maintained.
- In teaching rooms where the Lecturer can keep less than three meters distance to other persons, **the wearing of the mask may be waived** if the teacher agrees to this. **Wearing a mask is still strongly recommended**. In other teaching rooms, lecturers are not required to wear a mask during the lecture.
- Independent of the existing building opening hours, libraries can extend their opening hours on an individual basis if required. The opening times of these buildings will be adjusted accordingly.
- The rules concerning the obligations to prepare **hygiene concepts remain in place** (e.g. at public events and in discotheques and clubs).
- The test evidence (3G) obligation **no longer applies** at public or cultural events, leisure and other facilities, at trade fairs and exhibitions, at extracurricular and vocational training and exhibitions, in extracurricular and vocational education, in gastronomy and accommodation as well as in body-related services. The 2G Rule with additional test is **also no long required** in discotheques and clubs.
- Mandatory masking and testing at daycare centers, schools (2 times per week), and hospitals or in nursing facilities will be continued. The general distance recommendation of 1.5 meters will be maintained

If no suitable physical infection protection devices are available, a minimum **distance of 1.5 meters** from other people must be observed.

A [medical mask](#) (FFP2/3, KN95/N95 or surgery mask) that covers mouth and nose must be worn by everybody older than 5 years. In **public transport** a FFP2/3, KN95 or N95 must be worn.

**Hygiene measures** such as coughing and sneezing in your elbows, regular ventilation, thorough washing of hands and general cleanliness must be obeyed to.

Please keep in mind that it is still possible catch the infection after a vaccination, so please keep taking care of yourself and others.

### **Which measures and regulations must be observed at the University of Stuttgart?**

To inform yourself about regulations at the University of Stuttgart please read the current [hygiene concept](#) and check out the [webpage](#) regarding Covid-19. The most important rules are to keep a minimum distance of 1.5m and to wear a [medical mask](#) everywhere on campus except for your own workplace. If you have respiratory symptoms or fever you are not allowed to come to the University – unless a doctor has confirmed that it is a non-hazardous condition.

If you have tested Positive for Covid-19, or you suspect that you have Covid-19, **Please stay at home**. If you have tested and received a positive PCR test result, and you have attended one or more onsite courses or events at the University of Stuttgart before the onset of your symptoms, please contact the responsible Lecturers/Contact persons **Immediately**. Teaching Staff of the University of Stuttgart can find more Information here: [Procedure for if you have Corona \(uni-stuttgart.de\)](#)

Please also note: In case you **have entered or returned from a high-incidence area**, the **corona regulations of the University of Stuttgart require you to present a negative**





**corona test taken one the sixth day after arrival** to get access to the buildings of the University of Stuttgart and the workplace at your institute.

### What does 3G mean?

The **so-called 3G rule** summarizes the evidence of a corona vaccination, a recovery and a negative test result:

- **Geimpft** – Vaccinated
- **Genesen** - Recovered
- (negative) **Getestet** – (negative) Tested

Wherever the **3G rule applies**, only vaccinated or recovered persons or persons with a recent negative test result are allowed to come together. The **3G Rule is no longer required to access Buildings on Campus.**

**Persons count as recovered** if they have a **positive PCR-test that is at least 28 days but maximum six months old.**

With regard to the **tests**, however, a **distinction must be made between rapid antigen tests and PCR tests.** While a rapid antigen test may be sufficient for most areas of public life in Baden-Württemberg, a PCR test may be required for entry into clubs and discos. The 3G rule can be suspended if the incidence remains stable below 35 according to the federal government, but what is actually implemented in the end is left to the federal states.

In addition to the 3G rule, the **2G rule** may also apply. The G for “tested” is omitted here. This means that only those who have been vaccinated and those who have recovered have access. This is not a requirement of the federal government, but can be decided by club operators or bar owners on the basis of house rules.

### How do I behave in case of doubt?

If you have been in contact recently with a person with a positive test result and you yourself have not been vaccinated or recovered, contact the [local health office](#) immediately to ask how to proceed. Stay at home. Testing is possible from three days after contact to the infected person. If the test result is positive, please follow the guidelines, stay in quarantine and take care of your health status. Negative testing does not shorten the quarantine of 10 days (14 days if virus variation).

If you develop [symptoms of Covid-19](#), please stay at home and do not get in touch with other persons. Contact the [Fieberambulanz](#) or your family doctor. They will inform you about how to proceed. To protect others do not go to the doctor without calling him or her before.

Please inform your superior at the university in case you need to be quarantined.

### Corona-Warn-App in Germany

The [Corona-Warn-App](#) helps to stop the spread of the virus and can be downloaded in app stores for free. It uses Bluetooth technology and detects other smartphones around you on which the app is also active. The app will inform you if you have had contact with someone who has been tested positive for coronavirus. You can then react quickly and prevent the virus from spreading unwittingly. You remain anonymous at all times when using the app.

### The four-level warning system

The three-level warning system with basic, warning and alarm is **no longer required.**

**Warning level:** The warning level is declared when the incidence of hospitalization for five working days in a row reaches or exceeds a value of 8.0 or the occupancy of the intensive care beds in Baden Württemberg reaches or exceeds 250 on two consecutive working days.

**Alert level:** The alert level is declared when the incidence of hospitalization occurs for five working days in a row reaches or exceeds a value of 12.0 or the occupancy of the intensive care beds in Baden Württemberg reaches or exceeds the value of 390 on two consecutive working days.







**Alert Level II:** After the basic, warning and alert levels, there will also be an **alert level II** in the future, which applies from a nationwide intensive care bed occupancy of 450 corona patients OR from a 7-day hospitalization incidence of 6. In alarm level II, **3G plus** will in future apply to events, Christmas markets, when using body-friendly services, in prostitution centers and discotheques. This means that access is only permitted for **vaccinated or convalescent people who can also show a negative antigen or PCR test.**

### **Matters regarding visa, residents' registration, residence permit**

**I am a Non-EU citizen. The German Embassy does not issue any visa due to the corona situation. What can I do?**

The University of Stuttgart does neither have any information nor any influence on visa applications. Please check the websites of the respective embassies for more information.

**What happens if my visa expires before I was able to enter Germany?**

You will need to re-apply for a new entry visa at the German embassy nearest to you.

**I have just moved to Stuttgart. How can I register myself?**

If you need to register or de-register in Stuttgart, please contact one of the [Residents' Registration Offices of Stuttgart](#) by phone or e-mail if and ask how to proceed. If you live in another town, contact the "Rathaus" of your town. It is possible to send the necessary documents to the citizen's office, please add your contact details for questions.

**I am a Non-EU citizen: How can I get a residence permit if the validity of my visa does not cover the whole time of my stay? And how can I extend my residence permit if I intend to stay longer?**

If you live in Stuttgart and need your residence permit to be issued for the first time or get it extended, please send all [necessary documents](#) to [auslaenderrecht.arbeit.a-k@stuttgart.de](mailto:auslaenderrecht.arbeit.a-k@stuttgart.de) or [auslaenderrecht.arbeit.l-z@stuttgart.de](mailto:auslaenderrecht.arbeit.l-z@stuttgart.de) (depending on the first letter of your last name) and ask them to issue/extend your title. Do not forget to send the filled in and signed [application form for a residence permit](#) or [application form for an extension of your residence permit](#), too. The Foreigners' Registration Office will then either give you an appointment or send a provisional residence title (so-called "Fiktion") by post. Thus, please make sure that your name on your letter box can be read clearly.

If you live in another town, please contact the [Welcome Center for International Scholars](#), we will help you to get in touch with the competent authority.

### **How can I stay healthy?**

Eating well, doing exercises and finding appropriate support in need of help are always important, but maybe even more in times of crises.

The [Health Management Department](#) (*Betriebliches Gesundheitsmanagement*) of the University of Stuttgart has published easy recipes and hints for every day (in German). [University Sports](#) (*Hochschulsport*) offers online courses. You need to register online on their webpage. On their YouTube channel, they offer [FIT@WORK](#), very brief exercises, which can be done in front of your desk without having to change clothes.

Counseling on all physical and mental health problems in quite a number of different languages including English is offered by the University's [Occupational Medical and Health Services](#) (*Arbeitsmedizinischer Dienst*). You may find contact details on the bottom of their [webpage](#).

### **Where to get more information in English about the situation in Germany**

- ['Zusammen gegen Corona'](#) by the Federal Ministry of Health





- [Deutsche Welle](#)
- [The local](#)
- [I am an expat](#)
- [www.integrationsbeauftragte.de/ib-de/amt-und-person/informationen-zum-coronavirus](http://www.integrationsbeauftragte.de/ib-de/amt-und-person/informationen-zum-coronavirus)
- [Government of Baden Württemberg](#): information in French, Italian, Turkish, Polish, Russian, Arabic and Romanian)
- The employees of the [state's Corona hotline](#) will also give information in English, Turkish, Arabic and Russian. The hotline **0711 / 410-11160** can be reached **Monday to Friday from 9 a.m. to 5 p.m.** There are answers to topics relating to the subject of coronavirus - for example, if there is any uncertainty about tests and Compulsory tests, vaccinations, quarantine, entry to Baden-Württemberg or other current ones Regulations.

