Dear international scholars,

As COVID-19 continues changing our everyday lives, we would like to inform you on services within and outside of university which have been established recently. We kindly ask you to keep yourself updated 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.

More advice and information provided by the German Federal Ministry of Health, Federal Ministry of Interior and the Federal Foreign Office are to be found on the EURAXESS homepage.

**Staying 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 canteen (Mensa) is still closed, but the Studierendenwerk Stuttgart offers a pick-up lunch if you pre-order it the day before. You can choose between two dishes and collect it either at the canteen Stuttgart-Mitte or Vaihingen.
The Health Management Department (Betriebliches Gesundheitsmanagement) of the University of Stuttgart publishes easy recipes and hints for every day (in German). You may subscribe to the newsletter called “loving food dailys” via a [mailing list](#).
University Sports (Hochschulsport) will offer different daily workouts for 5 weeks from April 27 on. Registration for these courses is open from April 20 on.
The university’s Occupational Medical and Health Services (Arbeitsmedizinischer Dienst) offers counseling on all physical and mental health problems in quite a number of different languages including English. Contact details are to be found on the bottom of their [webpage](#).
Psychological and social counselling regarding the effects of the Corona situation on yourself or your family can be obtained from the Health Management Departement (in German only).

**Learning German:**
The special course program German as a Foreign Language of the university’s language center (Sprachenzentrum) will be offered online through webex and ILIAS.
Residents’ and Foreigner’s Registration Office:
If you need to register or de-register in Stuttgart, please contact one of the Resident’s Registration Offices of Stuttgart by phone or e-mail if and ask how to proceed. If you live in another town, contact the “Rathaus”.
If you are a Non-EU citizen and need your residence permit to be issued for the first time extended, please send all necessary documents to Auslaenderrecht.Arbeit@stuttgart.de asking them to issue/extend your title. They will then send your new title by post. Please make sure that your name on your letter box can be read clearly.

On our own behalf:
The Welcome Center for International Scholars has to remain closed until further notice, but we are happy to give you information via e-mail and telephone. It is also possible to get counselling online through the university’s web conference service webex. Please send us an e-mail if you would like to meet us online.

Hoping for an improvement of the current situation in the near future we are sending our best wishes to you and your families. Stay healthy!

Your Team of the Welcome Center for International Scholars