

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](#).

Residents' 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" of your town.

Foreigners' Registration Office:

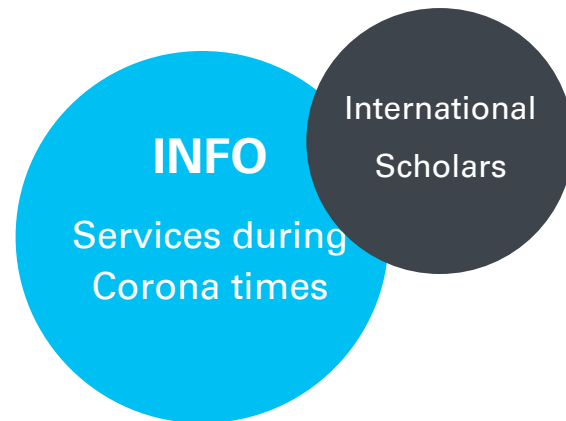
If you are a **Non-EU citizen**, live in Stuttgart, and need your **residence permit** to be issued for the first time or get it extended, please send all [necessary documents](#) to Auslaenderrecht.Arbeit@stuttgart.de asking them to issue/extend your title. Don't forget to send the filled in and signed [application form for a residence permit](#) or [application form for an extension of a residence permit](#), too. The Foreigners' Registration Office will then send your new title by post. 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.

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.





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) offers different daily workouts for 5 weeks from April 27 on. Registration for these courses is open from April 20 on. On their YouTube channel they also offer [FIT@WORK](#), very brief exercises which can be done in front of your desk without having to change clothes. Various sports clubs of Stuttgart offer [sport@home](#) on the YouTube channel of Stuttgart, sport sessions at 5:30 p.m. every day. All levels are welcome and different sports (such as functional training, yoga, core workout) are offered.

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 Department (in German only).

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 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

