Dear international scholars,

As COVID-19 continues changing our everyday lives, we would like to inform you on services within and outside of the 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.

**Travelling to Stuttgart:**
Before travelling to Stuttgart, we ask you to observe the federal travel restrictions and the state government's quarantine regulations. Scholars who have concluded a Hosting Agreement with the University of Stuttgart should ask their institute for a letter confirming that their presence is required since their research activity cannot be carried out entirely from abroad. Scholars who have been in a corona-risk area within the last 14 days before coming to Germany must report to the Office for Public Order by e-mail and comply with a 14-day quarantine if they cannot provide a negative test upon entering the country.

**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 either give you an appointment or send your new provisional residence 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.
Starting work:
Additionally, the corona regulations of the University of Stuttgart require you to present a negative corona test taken six days after arrival to get access to the University of Stuttgart’s buildings to shorten the quarantine of 14 days. Testing stations around Stuttgart can be found [here](#).

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 [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 publish their sport program for the following semester in the middle of October. It is not certain yet which courses will be offered and which safety measures need to be followed. 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.

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).
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