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, on testing, on infection control measures, etc. We try to keep the information as up-to-date 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?**

Persons who travel to Germany from a risk region need to observe a 10-day long quarantine. It is only possible to shorten the quarantine by presenting a negative test result. The test can be carried out on the fifth day after entry at earliest. A negative test result upon entry is no longer valid for shortening the quarantine. To find further information, also regarding special cases, check out the website of Baden-Württemberg. Furthermore, all travelers to Germany have to register online, if they have stayed in a risk area within the last ten days prior to their entry to Germany. In addition, they must be able to present proof of this registration when entering Germany. If, in exceptional cases, a digital registration is not possible, travelers must instead fill in a substitute registration. More information can be found on the information sheet, as well as on the website of the Federal Ministry of Health.

**Testing**

**Where can I get tested?**

With an online appointment, you can go to the test-center at the Cannstatter Wasen, to the test-center Neckarpark and to the test-center at the airport. There are also several doctors’ offices who do testing, but please call beforehand and ask about their testing regulations for the safety of other patients.
Quarantine

I need to be quarantined. What should I pay attention to?

In case you need to be quarantined please check out the guidelines for self-isolation and quarantine by the Robert-Koch-institute. Information brochures are also available in other languages.

How can I get necessary items/food?

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.

Another option is to order meals from:

- Lieferando: https://www.lieferando.de/essen-bestellen
- Bring-Butler: https://www.bringbutler.de

You could also search online for nearby restaurants or take-aways and order from them directly.

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.

Infection Control Measures

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 Federal Government of Germany.
If no suitable physical infection protection devices are available, a minimum **distance of 1.5 meters** from other people must be observed. A **mask** that covers your mouth and nose must be worn by everybody older than 5 years

- in local public transport, on train and bus platforms, as well as in long-distance public transport
- in cafés, restaurants and the like (if open at all), when guests are not at their place
- in pedestrian areas such as shopping streets and pedestrian zones
- stores and malls, at all wholesale markets, weekly markets, specialty and annual markets, provided they take place in closed rooms

On November 2, new restrictions in public and private life were enforced throughout Germany to protect all citizens and especially older and chronically ill people from the coronavirus. Everyone must reduce his/her private contacts now in order to defeat the pandemic.

- **Private meetings are only permitted with your own and one other household** (max. 5 people together, plus children up to 14 years). From the 23th of December until the 27th of December private meetings are possible with up to ten people (plus children up to 14 years). Nevertheless, it is highly recommended to minimize contact and, if possible, to go into self-isolation before the Christmas days.
- **Refrain from private travel and visitations. Pre-schools, schools, shops and hairdressers shall remain open.**
- Theatres, cinemas, clubs, bars, sports clubs, swimming pools, fitness and cosmetic studios as well as restaurants and cafés must close (take-aways and delivery are still permitted).
- **Overnight stays in hotels, hostels, etc. for touristic purposes are prohibited. Some exceptions might be possible around the Christmas days.**

**How can I protect others and myself?**

To protect yourself and others, it is important to keep distance to other people, to wear a mask and to avoid closed rooms, especially with poor ventilation. In addition, group gatherings as well as close contact and discussions with others should be reduced. Hygiene measures such as coughing and sneezing in your elbows, regular ventilation, thorough washing of hands and general cleanliness are also important.
How do I behave in case of doubt?

If you have been in contact with a person who tested positive, 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. Also, directly inform your employer. Negative testing does not shorten the quarantine of 10 days.

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! The doctor will decide if a Covid-19-test needs to be taken. If you are not tested, please still reduce your contacts, stay at home until you feel healthy again and act responsibly until your symptoms have subsided.

Corona-Warn-App in Germany

The Corona-Warn-App helps to stop the spread of the virus and can be downloaded 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.

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 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.

When can I start working at my workplace in University after travelling to Germany from a risk region?

The corona regulations of the University of Stuttgart require you to present a negative corona test taken one the six days after arrival to get access to the buildings of the University of Stuttgart and the workplace at your institute.
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 mission 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.

I am a Non-EU citizen: How can I get a residence permit if the validity of my visa does cover the whole time of my stay? And how can I extend my residence permit in case 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@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 your residence permit, too. The Foreigners’ Registration Office will then either give you an appointment or send your new provisional residence title 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 publishes easy recipes and hints for every day (in German). You may subscribe to the newsletter called “loving food monthly” via a mailing list.

University Sports (Hochschulsport) offers online courses during Corona times. 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 detailed information in English about the situation in Germany

- ‘Zusammen gegen Corona’ by the Federal Ministry of Health
- Deutsche Welle
- https://www.thelocal.de/
- https://www.iamexpat.de/
- https://www.integrationsbeauftragte.de/ib-de/amt-und-person/informationen-zum-coronavirus