



**UE** University  
of Europe  
for Applied Sciences

# COVID-19 MINI Guide UE GERMANY

Due to the coronavirus outbreak many countries have imposed travel restrictions or taken other steps to prevent the spread of the disease. You can find useful and important information here.

Regardless of the criteria stated above, all travellers must follow the quarantine rules of the relevant federal state of Germany.

# TRAVEL RESTRICTIONS AND QUARANTINE

Entry into Germany for the purpose of taking up university studies and for short-term study trips is once again possible. Third-country nationals from a country that is not on the positive list, however, may only enter Germany for the purpose of taking up university studies if their course of study is not fully possible from abroad. In such a case, documentation from the university must be presented upon entry confirming that presence in Germany is required for studying. Students starting from their 2<sup>nd</sup> semester can download this documentation from CampusNet. First-year students, please contact the international admissions team.

**Phone: +49 (0)30 338539 710**

**E-Mail: [international.admissions@ue-germany.com](mailto:international.admissions@ue-germany.com)**

# PREVIOUS STAYS IN RISK AREAS

If you spent time in a risk area in the 10 days which preceded your entry to Germany, please follow these steps:

1. Take a mandatory COVID-19 test upon entry\* (present a valid taken test within 48 hours prior to arrival)
2. Go directly to your destination in Germany
3. Self-isolate for 10 days at home
4. Contact the local health office

\*Please check by yourself the testing rules at your destination/airport & airline, e.g.:

**Frankfurt, Berlin, Köln, Hamburg**

**Exceptions:** Transit or negative COVID-19 test result

The list of countries at risk for COVID-19 is to be regularly updated. The question of whether travel to Germany is permitted depends on where the person travelling has previously been staying, not on their nationality.

For more detailed Information about entry restrictions:

**<https://www.auswaertiges-amt.de/en/coronavirus/2317268>**



# WHAT IT MEANS

## 'QUARANTINE':

Differences between self-quarantine and isolation

### SELF-QUARANTINE

Individuals who may have been exposed to COVID-19, or have been in contact with someone who is confirmed positive for COVID-19, may be asked to self-quarantine – which means staying at home under strict guidelines.

The Centers for Disease Control and Prevention (CDC) recommends ten to fourteen days of self-quarantine. The virus has an incubation period of up to two weeks, which means symptoms may appear anywhere from two to 14 days after exposure. It's important to remember you can still spread the virus to others during this time. Once the quarantine period has ended, and if you do not have lingering symptoms, follow your provider's instructions to return to your normal routine.

### ISOLATION

Individuals who contract COVID-19 will be put into isolation, either in a hospital or at home. If you are in isolation at home, it is important that you have a designated bedroom and bathroom (if possible) that only you use, to prevent others from getting sick.

Please follow your location's decisions

**Berlin, Iserlohn, Hamburg, Potsdam**

# FOOD DELIVERY SERVICES,

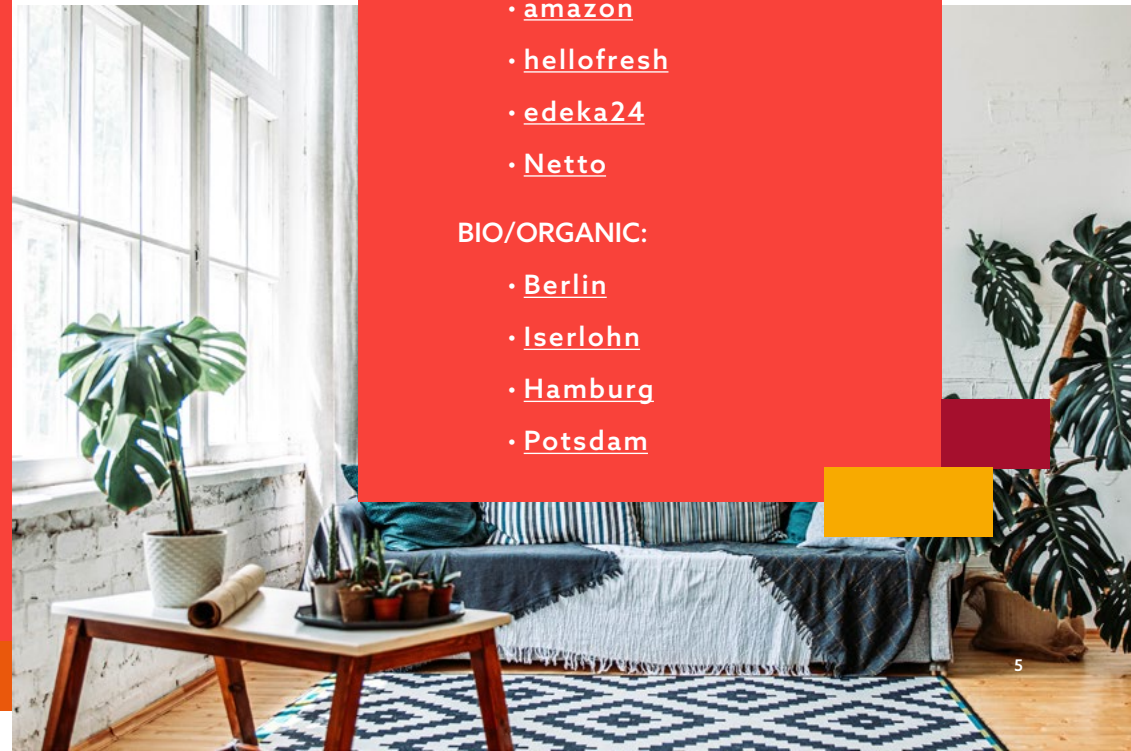
## if you have to stay in quarantine

These services may often be a luxury or indulgence, but during a pandemic, they can provide an important lifeline for those in need.

- [real](#)
- [rewe](#)
- [amazon](#)
- [hellofresh](#)
- [edeka24](#)
- [Netto](#)

### BIO/ORGANIC:

- [Berlin](#)
- [Iserlohn](#)
- [Hamburg](#)
- [Potsdam](#)



# Q&A

You are advised to stay inside as much as possible and avoid large gatherings of people. While social distancing, you are permitted to leave your home to buy food or to attend to other essential activities including going to the doctor or exercising outdoors.

When you are out in public, make sure that you keep a minimum distance of at least 1.5 meters from other people. Additionally, make sure you keep the proper hand and respiratory hygiene whenever you are outside. Covering your mouth and nose is also required.

## Am I allowed to go to the grocery store?

Yes, you can go to the grocery shop, but you must cover your mouth and nose, mask type FFP2 or KN94. Furthermore, you should follow the necessary safety measures. You should choose a time when there aren't many people, so this way you avoid crowds of people or lines. Make sure you wash your hands after you return from the store as well as before you start eating or preparing food.

## Can I use public transport?

Yes it is allowed but the covering of mouth and nose is required, mask type FFP2 or KN94. Using public transport is not advised since it goes against "avoiding isolated places with a lot of people". However, if you must use public transport, make sure you clean the poles before touching them. As soon as you arrive at your destination, you must wash your hands thoroughly.

## Can I take a walk or go elsewhere?

Yes, some cultural areas are already open again. The Federal Government has declared that gatherings of any kind, including bars, clubs or cinemas, are to be halted for the time being. This is to ensure that the virus does not spread, and the number of infected people does not increase.

## Can I exercise outside?

Yes, you may choose to exercise at home, the gym or outside (while keeping a safe distance from other people). You must stay at least 2-metres away from someone else.

## Can I visit family members/friends?

It is allowed, but you should not have contact with anyone you do not live with, especially the elderly or those who have underlying health issues since these people are more vulnerable to the virus. It is crucial to keep the virus from spreading and protect everyone and particularly those who are more vulnerable.



**This isn't forever.  
It's just right now.**

# ALWAYS REMEMBER TO

- Wash your hands regularly, at least 20-30 seconds with soap.
- Cough or sneeze while covering your mouth and nose with a tissue or your elbow.
- Avoid gestures like shaking hands or hugging.
- Avoid using public transport if you can.
- Stay away from people who show flu-like symptoms (or coronavirus symptoms).
- Keep a distance of at least 2 meters away from other people.
- In case you show symptoms, call your doctor or the 116117 please don't go to the hospital or pharmacy.



# THINGS TO DO WHILE QUARANTINE

## German apps you can use to learn or improve your German:

**Duolingo** – Everyone who is interested in learning a language has downloaded this at one time or another. It is free and easy to get started with using its game-like interface.

**Babbel** – This is another popular language app. You can move to advanced levels quite easily. It pairs well with Duolingo as the two work quite differently.

**DW** – The international news site, Deutsche Welle, also has a handy language learning site and downloadable app. Different courses focus on dialogue, exercises, and pronunciation up to B2 (higher levels on the website). Recommended by German teachers.

## Culture INFO/Apps for Germany

Get to know the cities by their locals (only in German): **Berlin**, **Hamburg**

**Best things Hamburg** – Top 25 on attractions and tours in the city.

**Berlin Wall** – While the brick line tracing the former line of the wall is helpful, this app offers all the background info. See if you are on the former East or West and what happened there.

**Guidemate** – This collective knowledge app allows anyone to share their story and include local tips on where to go and what to do.

**Potsdam Podcast** – to get an impression of the new surrounding, join the podcast.

# Contact



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