

Corona-Quarantine information (status: 22 November 2021)

What you should keep in mind when looking for accommodation and when moving in?

It is highly recommended to have permanent accommodation before entering Germany, as you will not be able to visit a flat during the quarantine. Tips and information on finding accommodation in Kassel, be it privately organized or through the student services of the University of Kassel, can be found under the following links:

<https://www.uni-kassel.de/uni/studium/fahrplan-ins-studium/wohnen>

<https://www.studierendenwerk-kassel.de/en/wohnen/>

If you have to apply for a room in a student hall of the Studierendenwerk and have to go into domestic quarantine, please contact your [student hall administrator](#).

How does the contact to people outside my household proceed?

Avoid any contact outside your household if possible. Visits should not take place. Instead, try to keep in touch with other people via telephone, social media & video chat platforms (e.g. phone calls, Telegram, Video Calls, WhatsApp, Zoom, FaceTime, Skype) When you receive a postal delivery, the package should be left on your doorstep so that you do not come into direct contact with the deliverers.

Can I shop & do the most necessary things outside my home?

Unfortunately not, because the risk to infect anyone is seen as too high. So ask friends or neighbours if they can do the shopping for you in the near future & then leave it outside your door. Some supermarkets also offer a delivery service, e.g. [REWE online shop](#) or [myTime](#). Most online purchases must be paid for online. A credit card or PayPal account is recommended in this case. If you are new to Kassel and don't know anyone, there are also non-profit organisations that can provide assistance with shopping (e.g. <https://einwiefuerkassel.de/> or <https://freiwillig-in-kassel.de/de/corona-und-engagement/nachbarschaftsnetzwerk>)

What do I do if I cannot attend the necessary official appointments due to quarantine?

Usually you should contact the registration office in Kassel within the first 2 weeks. However, there is currently the difficulty that you have to book appointments well in advance. Via this website you can book a time slot online at the citizens' office in the town hall:

[https://www.kassel.de/service/media/online-](https://www.kassel.de/service/media/online-services/terminvereinbarungen/terminvereinbarung-fuer-das-buergerbuero.php)

[services/terminvereinbarungen/terminvereinbarung-fuer-das-buergerbuero.php](https://www.kassel.de/service/media/online-services/terminvereinbarungen/terminvereinbarung-fuer-das-buergerbuero.php)

If you are in quarantine and are not allowed to visit the Citizens' Office, there is the possibility of issuing a letter of attorney to a trusted person. You can find further information about this here: <https://www.meldeamt24.de/einwohnermeldeamt-kassel/>.

You can only open a bank account if you are registered with the city. Therefore, it would make sense to bring enough cash with you for the initial period, as for example the first rent, the deposit or first purchases may be due. In case some initial costs can be paid online, a PayPal account or a credit card would be very useful.

How do I get a German SIM card for my mobile phone despite the quarantine?

Of course it is important to have a working mobile phone, especially in quarantine. However, going to the shop of a mobile phone provider is not possible within your quarantine. Therefore, you can order your SIM card online, maybe even when still in your home country. Especially with the big providers you can simply create an account and have it sent to you directly. Often, you have to confirm your identity during this process. You can also do this online: Have your identity card at hand, because it will be compared with your identity during a video call to activate your SIM card.

In quarantine - And now?

Try to keep up a regular daily routine: e.g. Every day at 8 you get up, at 8:30 you do your morning exercise, from 10 - 2 you study for the university, then you cook and eat something and in the evening at 6 you talk to your friends on the phone.

Try to find relaxation exercises, e.g. meditation, yoga, making music, painting for yourself. A quarantine can also mean emotional stress and you should take care to create intentional rest periods.

As best you can: Try to stay physically active. Maybe you will find a work-out on YouTube, which you can practice in your room. Or even a few stretching exercises can already relieve the body.

Keep in touch with friends & family, e.g. via calls or social networks.

What should I do if I have an exam during quarantine?

If the exam takes place in presence, you are not allowed to participate. In this case, please contact your lecturer or the examination office of your department to arrange a catch-up date or an alternative examination format for you.

My Corona test result is positive. What should I pay attention to when I live with other people?

If your test result is positive, the health department (Gesundheitsamt) issues a quarantine order and gives you all the necessary instructions. If you share a flat with other people, the protection of the flatmates has the highest priority.

- Only use the common rooms (kitchen, bathroom, hallway, etc.) if it is unavoidable.
- Avoid contact with your flatmates (e.g. entering the bathroom only individually)
- Try to keep the minimum distance of 1,5 m to your roommates (maybe wear mouth and nose protection)
- Whether your roommates also have to go into quarantine as a contact person will be checked individually by the public health department. For this purpose the health department will contact you.
- Make sure that you air the room well & that you clean all surfaces e.g. toilet, washbasin, kitchen at least 1x a day with cleaning products.
- At home, try to continue following all hygiene rules: e.g. washing your hands regularly, using disinfectants, sneezing in the crook of your arm, etc.
- It is recommended to wash the laundry at min. 60 degrees.

- Dishes in the dishwasher should also be washed at the highest temperature. Especially in the bathroom, make sure that you use a different towel than your roommates in case of illness.
- Dispose of all your rubbish in the residual waste (the black bin), except: deposit & glass bottles - you can keep these until the end of the quarantine.

Where can I get medical advice?

- Contact a general practitioner (Hausarzt). You can search for a suitable doctor and the desired foreign language on the following website:
<https://arztsuche.hessen.de/arzt suche/>
- Alternatively, you can also contact the local health authority (gesundheitsamt@kassel.de), Tel: 0561 787 1900) or the medical on-call service (116 117).

Where can I get further information?

On the website of the [Robert Koch Institute](#) (RKI) you will find all important information about quarantine in 15 different languages.

Quarantine regulations of the [state of Hesse](#):

For your own protection & that of your fellow human beings, we recommend that you download the German Corona App, which informs you about possible risk encounters:

Apple: <https://apps.apple.com/de/app/corona-warn-app/id1512595757>

Android: <https://play.google.com/store/apps/details?id=de.rki.coronawarnapp>

[The University of Kassel](#) can provide you with up-to-date information about the Corona situation in Kassel and the special effects on your studies. Also the [City of Kassel](#) provides information.

The [Ministry of Health](#) informs on its website about the current situation within Germany. The information is also available in English.

Contact

You are not alone. If you have questions and need support during a possible quarantine, please contact us: welcome-centre@uni-kassel.de

And the Students Service Organisation (Studierendenwohnheim) if you are staying in one of the dormitories: infotheke@studierendenwerk.uni-kassel.de

Last, but definitely not least: Stay calm, think for yourself and don't let it make you crazy.