ARRIVAL CHECK LIST & QUARANTINE SUPPORT  
(UPDATED 1.10.2020)

Dear guest,

In this document we have compiled information you will need if you enter Germany now. Please read the points about quarantine carefully and follow the instructions. If you have further questions, please do not hesitate to contact us at guesthouse@rub.de.

Please note that wearing a face mask, as well as keeping a distance of at least 1.5m, also applies when meeting with a caretaker at our Guesthouse.

We wish you a safe journey to our guesthouse!

Best regards,
Beate Seidemann

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Mobil: 0160-90902957

Caretaker of our Guesthouses
Mr. Kranz, phone: 0234-32-21364 or mobil 0151-12596634
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EMERGENCY ON CAMPUS: +49 (0) 234 / 32-23333

ENTRY AND TRAVEL REGULATIONS

With the exception of a few countries, the restrictions on entry to Germany from outside the EU were extended. However, you may enter Germany under certain circumstances:

- German nationals and nationals from other EU countries, countries associated with Schengen (Iceland, Liechtenstein, Norway, Switzerland) and the United Kingdom;

- Third-country nationals with a valid residence permit for Germany;

- Entry for your (PhD) studies when your presence on campus is obligatory (e.g. examinations or experimental/lab courses);

- Healthcare professionals, health researchers and elderly care professionals;

- Foreign experts and highly qualified personnel whose work is necessary from an economic point of view and which cannot be postponed or carried out abroad.

Source: https://www.auswaertiges-amt.de/en/einreiseundaufenthalt/coronavirus
WHAT DO YOU HAVE TO CONSIDER?

- If you do not have a permanent residence in Germany yet and come from a country where travel restrictions are in place: **You may only enter Germany if you are obliged to be present on campus in person and/or if you can present a working contract.**

- Detailed information regarding entry into the Federal Republic of Germany can be found on the following websites:
  - Federal Foreign Office: Coronavirus & Entry Restrictions
  - Federal Ministry of the Interior, Building, and Community: Coronavirus FAQs

- Additionally, please check with your airline if they require any documents or negative test results to board their plane.

DOMESTIC QUARANTINE

If you come from a so-called risk area, you may have to go into domestic quarantine after your arrival. A corona test is mandatory. Please inform yourself independently [here](#) in advance about the valid corona incoming travel ordinance (Corona-Einreiseverordnung). The list of countries considered risk areas is published on the website of the Robert Koch Institute and it is regularly updated. Upon arrival you have to get in touch with the local Health Department to inform them you arrived from a risk area and/or to inform them regarding your test results.

WHAT IS DOMESTIC QUARANTINE?

- The time of domestic quarantine is spent at your own accommodation.

- The duration is 14 days, beginning with your arrival.

- You are not allowed to leave your apartment/room without the consent of the public health department.

- You are not allowed to receive visits from people who are not part of your own household or let anyone else enter your apartment.

ARRIVAL AND SUPPORT

- Please check with your host institute in which way they can support you during your quarantine time.

- Take direct transport to your accommodation after your arrival in Germany. You will receive the key to your apartment upon presentation of the confirmation of your reservation and your identity card at the “Wache, Uni-Mitte” of the University (see [map](#)). Or arrange with your host institute to pick up the keys for you.
- You have to contact the health department of Bochum right after your arrival and inform them that you are in Bochum! The easiest way to contact them is the form you can find here. Please fill it out and send it to the health department. Even if you are still waiting for the results of a corona test, you can send the form later a second time with the results attached.

**SHORTENING THE QUARANTINE PERIOD**

Your quarantine can be shortened if you have a negative Covid19 test. There are several possibilities:

- Bring a negative test with you from your home country. The medical certificate must be based on a test for the presence of infection with the coronavirus SARS-CoV-2. The test must be carried out in a Member State of the European Union or in another state approved by the Robert Koch Institute. The test may not be older than 48 hours when you enter Germany and the medical certificate has to be kept for at least 14 days after entry.

- German Airports have facilities to get tested upon arrival. For more information, e.g. a possible charge for the test, please check the website of the respective airport you are arriving at.

- You can also get tested at medical practices in Bochum. You can find a list of the practices who offer tests here: KVWL. We are glad to offer support for making an appointment.

- Please keep in mind that you have to continue the quarantine until the result of your test is available. If you take a test at a local practice, you have to pay for these tests on your own, unless you are insured through a statutory health insurance company in Germany. Be aware that you also must have a medical certificate in German or English from a doctor which requires an additional fee. After you have received your medical certificates please upload them and send it together with the form to the Bochum health department. Bochum health department accepts test results in German, English and Turkish.

**HOW TO SURVIVE QUARANTINE**

**GROCERIES**

- For support in grocery shopping, you may call Bochum’s voluntary agency (English speaking contact available): +49 234 6105 77 80, Mon till Fri from 10 am to 4 pm

- The agency will connect you to a volunteer, who will assist you with your grocery shopping. You will need to pay for the groceries in advance, the service is free.

- You may also check the website of the City of Bochum for local delivery service offers.

**INTERNET ACCESS**

You have internet access in the guesthouses and will receive a login ID from your host institute. The Welcome Centre can provide a temporary login ID until your permanent ID has been configured. Please go to login.rub.de to connect to the internet.
You have the possibility to log on with Eduroam too. The Eduroam account is available at your home institution only. Before departure, you should make sure that logging in from your laptop (or any other device that you bring to Bochum) works fine.

**MEDICAL CARE**

Contact the local health authority immediately if you feel ill or have symptoms such as coughing, fever or shortness of breath due to infection. If you feel flu symptoms, call your doctor as soon as possible or call the medical on-call service at 116 117.

Contact your doctor or a specialist if you need urgent medication or medical treatment and tell them that you are in quarantine. If you have any medical problems that could lead to you not staying in quarantine, inform your health authority.

In an emergency such as a serious injury, call **112** and tell them that you are in quarantine!

**CITY REGISTRATION**

You are obliged to register with the city of Bochum within two weeks of your arrival. You can, however, wait until your quarantine is completed. For the time after the quarantine, please report to the Welcome Centre. The Welcome Centre will assist you with registration and to open up your bank account.

Please refer to the Website of the Welcome Centre regarding necessary documents for registration.

**BANK ACCOUNT**

To open a bank account, please compare and check in advance which bank you wish to choose. Some banks have branches near the university, such as the Sparkasse Bochum.

**SOURCES OF INFORMATION**

- The International Office provides specific information for International Guests, also regarding the effects of the corona crisis.

- Reliable answers and concrete information on how to protect yourself and help others, can be found on the website of the Federal Ministry of Health.

- Since many rules are established by the governments of the individual federal states, you should also regularly check the homepage of the federal state of NRW, as well as those of the City of Bochum: Bochum.de/Corona

  FAQs of North Rhine-Westphalia (German)
  FAQs of North Rhine-Westphalia (multilingual)

- Deutsche Welle (DW) is Germany’s international broadcaster and available in 30 languages. You may also be interested in “German to Go”, a free offer by “Deutsche Welle” to practice German.