

ARRIVAL CHECK LIST & QUARANTINE SUPPORT (UPDATED 30.03.2021)

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

Phone: +49-234-32-22279
Mobil: 0160-90902957

Caretaker of our Guesthouses

Mr. Kranz, phone: 0234-32-21364 or mobil 0151-12596634

Mr. Weidauer, phone: 0234-32-29600 or mobil 0170-3468192

Mr. Bätz, phone: 0234-32-21720 or mobil 0151-12596634

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 have been extended. However, you may enter Germany under certain circumstances. For further information on entry restrictions please refer to the [Federal Foreign Office](#).

DOMESTIC QUARANTINE

If you are entering Germany from another country and have visited a high-risk area in the last 10 days, then you need to complete this [Digital Registration on Entry](#) before entering Germany.

Information on current requirements for entering Germany, obligations for tests and quarantine periods during the COVID-19 pandemic are available [here](#).

Please check whether you have visited any of the following high-risk countries or areas of variant of concern during the last 10 days.

WHAT IS DOMESTIC QUARANTINE?

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

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 Euroam too. The Euroam 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 the registration and with opening 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.