

Dear Student,

Welcome to Alpadia Language Schools.

We are so pleased to have you study with us and firstly, want to remind you that we are here to help you if you need anything at all. If you need to contact someone about your accommodation, your health and wellbeing, your meals, your travel or have a question about life in Freiburg, Berlin or Germany in general, the Student Support Team is there to help in the schools and can be contacted by email at [freiburg@alpadia.com](mailto:freiburg@alpadia.com) and [berlin@alpadia.com](mailto:berlin@alpadia.com).

We understand that things are a little different to normal now and you may have some questions. We have made this document to try and make your arrival and stay in Germany as easy as possible. If you have any questions, please contact us at the above addresses and we will be happy to help you.

## ARRIVAL INTO GERMANY

Entry in Germany is subject to restrictions. Detailed rules and regulations and restricted countries from entry can be found on the following website:

[https://www.auswaertiges-amt.de/en/coronavirus/2317268#content\\_3](https://www.auswaertiges-amt.de/en/coronavirus/2317268#content_3)

In principle, entry is possible from:

- EU member states
- States associated with Schengen: Iceland, Norway, Switzerland and Liechtenstein
- [Other countries](#) from which entry is possible in light of the epidemiological situation assessment by the EU.

If you have visited a high-risk area in the last ten days, you must complete a [Digital Registration Entry form](#).

If you haven't registered via the digital registration entry form, you must report to the responsible health department immediately after entering the country and provide the address where you will be staying for your quarantine.

For further details you can call the telephone info service from within Germany at 116 117.

If you fail to comply with the obligations of testing, reporting or quarantine, you risk considerable fines. The Student Support team can assist you at any time during this process.

### *What are the quarantine rules in Germany?*

Quarantine is compulsory when you arrive from a "high risk area" or "virus variation area":

- Coming from a "high risk area" you can end the quarantine from the 5th day at the earliest with a negative coronavirus test result. **For persons who have been vaccinated or recovered from an infection and arrive from a high-risk area, mandatory quarantine ends immediately after submitting proof of vaccination or proof of recovery.**
- Coming from a "virus variation area" you can't shorten the quarantine period.

You can find the list of the current high-risk areas on the following [website](#).



## *How to self-isolate if you are staying in a Homestay*

- You should spend most time in your bedroom and avoid mixing with other members of the house.
- You should wipe down bathroom surfaces after use.
- You should use your own, separate towels. Your host will provide these for you.
- You should keep your room well ventilated (opening your window as much as possible).
- Your host will deliver your meals to your room. They will place it outside your room for you to collect.
- You should wash your hands regularly and for at least 20 seconds.
- Please follow instructions from your host. They are here to keep you safe as well as themselves and their families.

## *How to self-isolate if you are staying in a residence / student apartment.*

- You should spend most time in your bedroom and avoid mixing with other members of your apartment.
- You should not use residence / student apartment common spaces.
- You should bring food with you to last until the school staff can bring you food as you should not be going to the shops. The staff will do their best to accommodate your needs and the food costs will be at your own expenses.
- You should keep your room well ventilated (opening your window as much as possible).

## *How can I order food from my residence / apartment?*

- You can order food from restaurants for example from via [www.lieferando.de](http://www.lieferando.de) or other local delivery services. Some restaurants have their own delivery concepts, which you will find at the restaurant's websites. Usually you don't have to pay extra for the delivery.
- Products from supermarkets can be ordered from e.g. [www.bring.de/index-en.html](http://www.bring.de/index-en.html) or <https://www.mytime.de/> or locally directly from the stores – find out more with your Student Support Team.

If you need more information or help to order food, please contact the Student Support team.

## **LIFE IN GERMANY DURING THE COVID 19 OUTBREAK**

Everywhere in the country, shops, restaurants, pubs, theaters, concert halls, museums and recreational facilities are opening up again under certain conditions. In addition, distance and hygiene rules apply. FFP or medical masks must be worn in stores and on buses and trains. Simple fabric masks are no longer sufficient.

Further details on regional specific lockdown rules can be found for Freiburg and Berlin.

Freiburg is situated in the Baden-Württemberg state. Detailed information following this [link](#).

Berlin is an independent German country, situated in the Brandenburg state. Detailed information following this [link](#).

### **Life in a homestay**

Your homestay host will be fully up to date with what current restrictions are and can help explain them to you. Some homestay hosts will be travelling to work, others may be working from home. Some will be fairly relaxed about the situation, but others may be shielding (limiting leaving the house to protect themselves or a relative) and may wish to limit socialising as a result. Please respect the rules of your homestay host. If you are unsure of anything, please speak to the Student Support team for advice.

## Life in a residence/Apartment

Your experience in our residences/apartment will be slightly different as a result of the pandemic. As per German restrictions, numbers of people are limited, and we ask you to respect the barrier gestures by wearing masks in common areas, respecting 1.5m distances and wash your hands often with soap and for 20 seconds or more. Disinfectant is available in residences and apartment, please use if often.

### *What to do if you feel unwell*

In Germany you are invited to take rapid Covid tests for free 1-2/week. Test centers with online booking systems in Berlin: <https://test-to-go.berlin/?lang=en> and Freiburg: <https://freiburgtestet.de/>

If you have [symptoms](#) you should **not** visit those test centers, but meet a doctor. The student support teams will help you with the contact.

1. Reduce contact: Stay at home and avoid all contact with other people.
2. Test: Contact a doctor immediately if you have symptoms.
3. Until the test results are available: Stay at home, and avoid all contact with other people until the result of the test is available. Depending on the result, follow the instructions. You will find more information here: <https://www.berlin.de/corona/en/faq/>

**If you think you have Coronavirus and or you test positive, contact your Student Support Team immediately. They will be able to support you.**

### *What to do in the event of a positive test result: Isolation*

Note: This procedure applies to people with symptoms of the disease and those who have tested positive in a confirmatory PCR test.

[https://www.rki.de/DE/Content/InfAZ/N/Neuartiges\\_Coronavirus/Quarantaene/Flyer\\_EN.pdf?\\_\\_blob=publicationFile](https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Quarantaene/Flyer_EN.pdf?__blob=publicationFile)

We appreciate that this is a challenging time to be an international student and we want to remind you again that we are here to help you in any way we can. We are really looking forward to welcoming you safely to our schools soon.

Kind regards,

**The ALPADIA Berlin Team**

[berlin@alpadia.com](mailto:berlin@alpadia.com)

**The ALPADIA Freiburg Team**

[freiburg@alpadia.com](mailto:freiburg@alpadia.com)