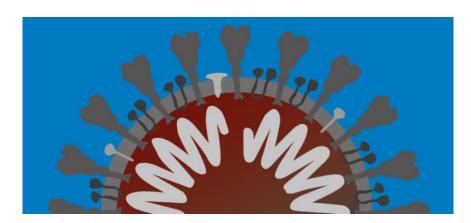
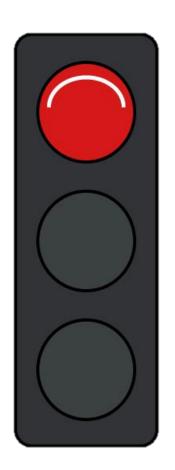
Corona Handout for lockdown situation during Covid-19 pandemic





"Lockdown light" from November 2nd – 30th

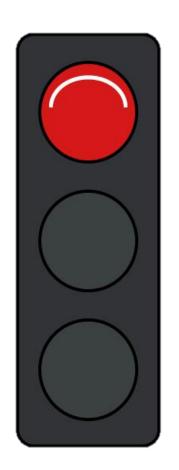


Germany-wide there is a **four-week shutdown (light)** which includes:

- public and private meetings are limited to max. two households, but in any case to a max. of 10 people (this 10 people should come from two households)
- no unnecessary personal trips to other regions in Germany
- anyone who can work from home should do so (e.g. internship)
- hotels will be able to host only people on essential travel, not on tourist trips
- no more trips inside or outside the country



"Lockdown light" from November 2nd – 30th



As of October 29, the following regulations will also apply for Ansbach:

- Masks must be worn in public buildings, workplaces, leisure facilities, cultural sites and at universities
- Masks are required in the downtown area on Saturdays from 7 to 14
 o'clock
- Curfew from 22 o'clock. Ban on selling alcohol at petrol stations, kiosks and delivery services from 22 o'clock



"Lockdown light" from November 2nd – 30th

still open during the lockdown

schools, kindergarten, universities

nurseries

"to-go" or "take-out-food" in restaurants

food and shopping stores

hairdressers

church services

closed during the lockdown

restaurants

pubs, bars, clubs

cinemas, theatres, museums, concert halls, operas, zoos

fitness centres, saunas, swimming pools

trade fairs

tattoo, massage and beauty parlors

brothels and some other businesses

other leisure and sports facilities



In the following you will find the most important information about how to behave during the lockdown.

First of all: The staff of the International Office can be reached by e-mail and telephone. Unfortunately, personal appointments are not allowed during the lockdown. In case of an emergency or for any questions, please send us an e-mail, and if you would like us to call back, please include a phone number.

	Bettina Huhn	Sandra Sauter	Armine Fuchs
Office:	0981 4877-145	0981 4877-545	0981 4877-578
Mobile:	0173 8924 974	0175 7820 266	0151 6146 2419
	bettina.huhn@hs-anbach.de	sandra.sauter@hs-ansbach.de	armine.fuchs@hs-ansbach.de



The International Office can be reached anytime by e-mail and will be happy to assist you in case of difficulties (for example financial needs or medical issues). Please contact us so that we can look for solutions together.

Please note the FAQs for incoming students and follow the latest news on the webpage of the University:

https://www.hs-ansbach.de/en/home/coronafrequent-questions/

Please read the e-mails you receive regularly on your university account! If you have specific questions, please contact the International Office directly!





How to stay in contact during pandemic

Due to the Covid-19 pandemic and to make sure that you get through the lockdown safely, we want to stay in contact with you as often as possible.

In addition to the contact information on our website from the International Office (email and phone number), we want to stay in touch with you through the following tools:

WhatsApp group	"Incomings WS 2020/2021"	Please join this WhatsApp group (you will automatically get the phone number of the group after arriving in Ansbach).
Facebook group	"International Group HS Ansbach"	Please join this Facebook group and stay informed.
Zoom meetings	Once a week (every Tuesday evening 6 p.m., beginning Nov 3 rd) we would like to give you the opportunity to get in touch with the International Office and let us know your concerns or questions. This way you can also stay connected to other international students.	

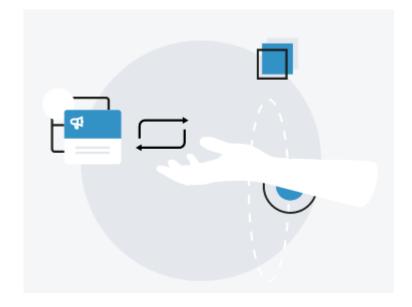


Information platform for young people (in English) of the Federal Ministry of Health https://www.zusammengegencorona.de/en/inform/information-for-young-people/

What you currently need to know



What you can do to help





Suggestions for a different daily study routine

It is easier to study together!

Appointment to learn: Make an appointment for virtual learning! The people involved sit at their workplace, work on their respective tasks and can see each other while doing so. This can increase the motivation to sit at the desk at the time of the appointment and it can help them to persevere. According to the motto: If I see that the others are still working, I can motivate myself longer.

Set common learning goals: Form a learning group (not too large, max. 4 persons) and discuss by which time you want to have completed which tasks or topics. At the agreed time, meet virtually and discuss contents and questions.



Suggestions for a different daily study routine

Preparation for exams: If you prepare for an exam together, you can prepare practice questions for each other or put together a mock exam. The exchange of information can then take place virtually.

Early cross-linking: Don't waste too much time on tricky tasks while learning. You do not have to solve everything on your own. Network with fellow students, ask questions and exchange information. This can save time and nerves.

Some students also make virtual appointments with their circle of friends, e.g. for a Skype dinner or a virtual games evening ...





For **general information and recommendation on COVID-19 and its effects on the University**, see our webpages on the corona virus (in English)

https://www.hs-ansbach.de/en/home/corona-frequent-questions/

Please reduce your social contacts and stay in your accommodation to curb the spread of the virus!

Take good care of yourself and stay in good health!

