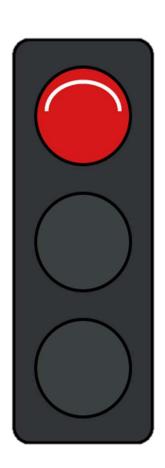
Corona Handout for lockdown situation during Covid-19 pandemic





### Lockdown extended until 31 January 2021

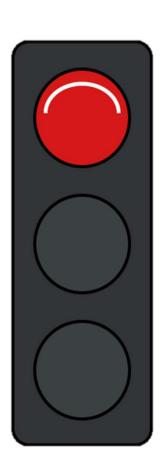


Chancellor Angela Merkel and the premiers of the federal states have decided that the restrictions currently in place to contain the COVID-19 pandemic are to be extended until 31 January 2021. Private meetings are to be further limited.

- **Tightened CONTACT restriction:** Private gatherings are now only permitted among members of one's own household and with a maximum of one other person not living in the same household.
- **RETAIL:** Shops such as shopping stores, hair and beauty salons etc. will still be closed until 31 January, with the exception of grocery shops, food markets, pick-up and delivery services, pharmacies, etc.
- Leave your apartment only for substantial reasons, e.g. for doctor's visits, grocery shopping, etc.
- Mandatory masks: Wearing FFP2 masks will be compulsory in public transport and retail from 18 January 2021!



### Lockdown extended until 31 January 2021



- **CURFEW:** Since 16 December 2020, there has been a night-time curfew through- out Bavaria: You are no longer allowed to stay outside the home you are currently in after 9 pm. This means that if you are currently visiting another household, you must either be at home by 9 pm or spend the night there.
- "15-km rule" for hotspot residents

For districts with a seven-day incidence above 200 cases, tourist day trips beyond a radius of 15 kilometres from the place of residence are prohibited unless there is a valid reason. This applies to people who live in a hotspot.

This currently applies to 30 districts and cities in the Free State - as of today also to the city of Ansbach (234,5) !!!

Tourist excursions also include hiking, walking and other recreational sports activities. Shopping, visiting relatives and life partners as well as the way to work are not affected by the 15-kilometre rule.

Affected districts and cities
 https://www.corona-katastrophenschutz.bayern.de/hotspotregionen/index.php



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 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/corona-frequent-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	Mert Sancaklio "Incomings WS 2020/2021"	Please join this WhatsApp group and contact Mert if necessary.
Facebook group	Administrator: Bettina Huhn "International Group HS Ansbach"	Please join this Facebook group and stay informed. <a href="https://www.facebook.com/groups/internationalgrouphsansbach/">https://www.facebook.com/groups/internationalgrouphsansbach/</a>
Zoom meetings	Once a week ( <b>every Tuesday evening 5 p.m., beginning Nov 3</b> <sup>rd</sup> ) 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.	

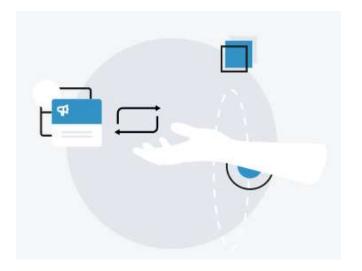


Information platform for young people (in English) of the Federal Ministry of Health <a href="https://www.zusammengegencorona.de/en/inform/information-for-young-people/">https://www.zusammengegencorona.de/en/inform/information-for-young-people/</a>

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.

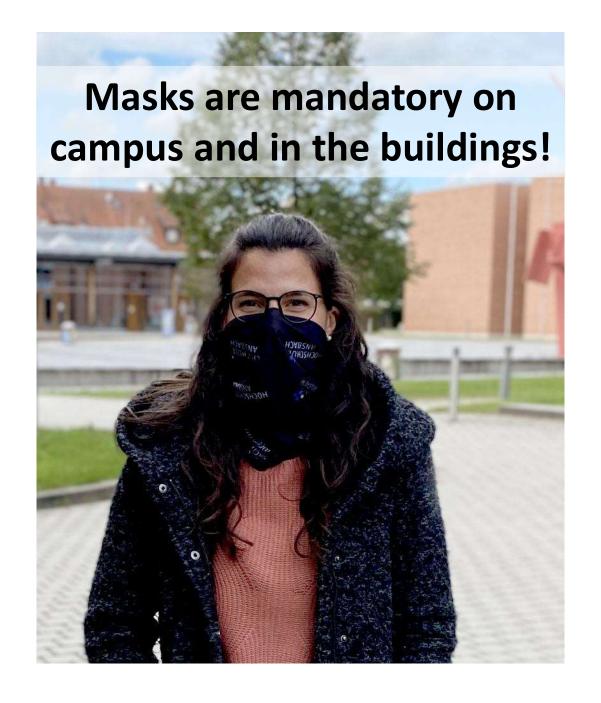


#### Suggestions for a different daily study routine

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 ...



Wearing FFP2 masks will be compulsory in public transport and retail from 18 January 2021





# 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!

