Pre-departure information for exchange students
What is this web seminar about?

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5. Accommodation
6. Health insurance
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8. Checklist
9. Questions
Exchange student advisors

Bernadette Burger
Head of Dept. of International Student Services
Advisor for Erasmus worldwide students

Rebecca Schwenger
Advisor for exchange students from overseas and for Erasmus+ students
What do you already know about Stuttgart?
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Entry and quarantine

- Please check before travelling to Stuttgart what rules apply to you. Are you coming from:  
  - a high-risk area  
  - a virus variant area  
  - not a risk area

- Please refer to the RKI to find information about the status of your region:  
  [https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete_neu.html](https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete_neu.html)*

- Download our info sheet „Entry & quarantine“ at the end of our presentation

*Link is also in our link list
Special COVID-19 information

Vaccination:

- You do not need to be vaccinated in order to travel to Germany, but you may need to be tested and have to go into quarantine.
- You can get vaccinated in Germany after your arrival if you want.
- Please bring your (electronic) vaccination record with you (if you have one).
- The following vaccines are approved by the EU:
  - Janssen/Johnson & Johnson
  - Pfizer
  - Moderna
  - AstraZeneca
  - Novavax
Special COVID-19 information

In Germany in general

• Restrictions for group meetings, shopping, restaurants, cultural activities, sports, etc. dependent on incidence that can change constantly

• Regulations:
  2 G: geimpft (vaccinated) or genesen (recovered)
  2 G+: geimpft (vaccinated) or genesen (recovered) AND tested
  3 G: geimpft (vaccinated), genesen (recovered) or getestet (tested)
In Germany in general

- Medical face masks (KN95, FFP2) in supermarkets, shops, and public transport
- More advantages if you are vaccinated
- To stay informed:
  - [https://coronavirus.stuttgart.de/](https://coronavirus.stuttgart.de/)
  - [ZZ Corona Regeln Auf einen Blick EN. pdf (baden-wuerttemberg.de)](https://coronavirus.stuttgart.de/)

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Your first days in Stuttgart

• Intensive German course (=IGC) will be online
• Duration: March 7 – April 8

• **Online placement test:** February 22

• Regular lectures‘ start: Monday, April 11

**Recommended arrival dates:**

- March 1 (for IGC participants)
- April 1

Please keep us updated about your exact arrival day via Mobility-Online!
Your first days in Stuttgart

Buddy program ready.study.stuttgart

- Pick-up service (please register 3 weeks before your arrival)
- Guidance on formalities
- Trips in smaller groups if possible

Our services depend on the corona regulations and might only be offered on a limited basis.

Registration link for exchange students:
https://www.uni-stuttgart.de/en/study/international/support/ready-study-stuttgart/pick-up/pickupform/

*link is also in our link list
Your first days in Stuttgart

Our services:

• Welcome packages with all important information

• Counseling sessions regarding all formalities (online)

• Information for newbies about studying and living in Stuttgart (online)

• Online office hours

→ A detailed time table will be send out via e-mail before arrival
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Sustainability at the University of Stuttgart
Quick Introduction

- **Name:** Philipp Franz
- **Field of Study:** Environmental Engineering (B.Sc.)
- **Position:** Spokesperson for Sustainability of the Student Council

Website: [https://stuvus.de/en/department-sustainability/](https://stuvus.de/en/department-sustainability/)
Here at the University of Stuttgart, sustainability is addressed at all levels, from research and teaching to our own business operations and our structures. As a university, we aspire to become climate-neutral by 2035.

Prof. Wolfram Ressel, Rector of the University of Stuttgart

Website: https://www.uni-stuttgart.de/en/university/profile/sustainability/
stuvus Department for Sustainability

- Goals
  - Greater awareness for sustainability within stuvus
  - Environmentally friendly student representation activities

- Current Projects
  - Sustainability within the student councils
  - Sustainability and reflecting in teaching
  - Green Erasmus
  - Sustainability in the canteens and cafeterias

- Related Websites
  - https://stuvus.de/en/department-sustainability/
Climate-friendly Travel
58.6% of Erasmus+ students prefer sustainable travel — 1 out of 4 do it #bethechange

Why the train is the best option

1. Sustainable Travel
   - over 6 times less CO2 emissions than an airplane
   - less noise
   - energy efficient

2. Discover Europe
   - get to know Europe’s diversity
   - discover new places

3. Experience the Travel
   - comfortable
   - safest way to travel
   - meet other travelers
Emissions of different means of transport

- Walking, Bike: 0g CO2e
- Train: 5.4g CO2e
- Public-transit bus: 37.5g CO2e
- Coach: 43.2g CO2e
- Passenger Car: 146.6g CO2e
- Flight: 394.5g CO2e

Passenger occupancy (in persons):
- Walking, Bike: 110
- Train: 18.80
- Public-transit bus: 18.80
- Coach: 1.15
- Passenger Car: 94.22

All emissions in g CO2e/Passenger km
How to plan the journey?
https://erasmusbytrain.eu/plan-your-journey/

@erasmusbytrain  f  📱 .twitter
www.erasmusbytrain.eu
• How to live sustainably in Stuttgart?
  ▪ Sustainable ways to get stuff: buy, borrow, share
  ▪ Green places in and around Stuttgart
  ▪ Mobility options
    ▪ Public transport
    ▪ Rental bike system („RegioRad Stuttgart“)
  ▪ How to get involved in sustainability?

• Sustainability weeks @ Universities BaWü (23.05.-05.06.)
• stuvus Department of Sustainability: https://stuvus.de/en/department-sustainability/
• Sustainability inside the Student Council: https://stuvus.de/en/sustainability/
• Sustainability at the University of Stuttgart: https://www.uni-stuttgart.de/en/university/profile/sustainability/
• Green Office: https://www.project.uni-stuttgart.de/greenoffice/en/
• How to plan a sustainable travel inside Europe? https://erasmusbytrain.eu/plan-your-journey/
Studierendenvertretung Universität Stuttgart
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Accommodation in Stuttgart

Have you found accommodation yet?

• Yes – in a dorm from the Studierendenwerk Stuttgart (SWS) or VSSW or on the private market!

• No?
No reason to despair yet. We’ve got you covered.
Moving into your dorm room

• Only Mon – Fri, during office hours. See moving-in letter from the Studierendenwerk (SWS) or VSSW.

• First moving-in day in March: Tue, March 1

• First moving-in day in April: Fri, April 1

• Check: Transfer of deposit

• Bring your passport/identity card
For the following dormitories: Allmandring, Heilmannstraße, Pfaffenhof, Straußäcker, Filderbahnplatz

- Organized by Selfnet e.V. (EUR 7/month)
- Register online beforehand: (see link list) [https://registrierung.selfnet.de/](https://registrierung.selfnet.de/)

All other dormitories: Internet is included in the rent and installed
Dormitories - bedclothes

Bedlinen + coverlets + blanket + pillow

- Available at the Hausmeister’s office EUR 50 (while stocks last) – ask for it!
- Alternatives: Shopping centers (EUR 50 - 100)
The housing situation is tense. Keep searching, sending many e-mails is normal.

If you are still on the waiting list of the Studierendenwerk (SWS) or the VSSW, start searching for private accommodation simultaneously.

Make your e-mails to shared-flats as personal as possible.

Consider cities such as Ludwigsburg, Esslingen, Leonberg, etc. You can buy a 6-month StudiTicket for the whole VVS public transport (EUR 210/semester).
If you have not found accommodation yet...

- check our homepage – for link see our link list
- read through the info sheet in your Mobility-Online download area
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Health insurance

Do you have the European Health Insurance Card (EHIC)?
• Yes! Great, you are set!
• No? Contact your European health insurance provider and see if you can apply for it!

Are you from Turkey?
• Get an A/T 11 Social Security Agreement form from your local health insurance, valid for the whole stay.

Not possible to receive the EHIC at all or living in a non-EU country?
• You need a German state student health insurance (valid from April on – approx. 120 EUR/month)

Please check if you need a travel health insurance for March.
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Enrollment information

- Prerequisite for registering for classes!

- You can register for classes between mid-March to mid-April, depending on the courses

- Recommendation:
  • Arrival in March: take care of the enrollment once you are here, not earlier
  • Arrival in April: prepare enrollment online before April 4

- Please note that the Admissions Office is currently closed for public. Therefore, please send your documents via e-mail (admissionsoffice@uni-stuttgart.de)
Enrollment information

Via C@MPUS:

- Fill in the blank fields in the application form for enrollment with your data

- Add your health insurance data (applies only if you already have a local insurance provider or the EHIC or the A/T 11 Social Security Agreement) > see Welcome Checklist

- Transfer the semester contribution - only 131 EUR, regardless of what is as outstanding listed in your C@MPUS account
Enrollment information

Documents to upload:
• Passport-sized photo
• Proof of health insurance (pdf)
• Visa, if you have one
• Residence permit (only for non-EU citizens and after arrival!)

Documents to send via e-mail:
• Signed enrollment form
  > Mention – if it is the case - that you are still abroad

Detailed information available in our Welcome checklist: https://www.student.uni-stuttgart.de/en/startingout/international/first-steps/*

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Your passport or ID card

Travel health insurance for March (if necessary)

Letter of admission (Zulassungsbescheid) which is generated by the C@MPUS system

Clothing for rainy and cold weather

Medicine you might need to take regularly

LAN cable if you stay in a student dorm

Masks for shopping, public transport etc.

Vaccination record
If you **arrive in Stuttgart on a Saturday/Sunday** or before your rental contract in a dorm begins you will need to book accommodation for your first nights.

Please check the travel and entry restrictions before you travel to Stuttgart.

Keep checking our COVID-19 websites for any new information.

*Links in our link list*
The IZ is closed for public until further notice!

**Online office hours**:  
Mo + Wed 1.30 pm – 4 pm  
Tue + Thurs 10 am – 12 pm  
*link in our link list

Telephone: 0711 685 685 66  
E-mail: incoming@ia.uni-stuttgart.de
The IZ is closed for public until further notice!

Address
Internationales Zentrum (IZ)
Pfaffenwaldring 60
Campus Vaihingen
Save the date – get in touch!

Would you like to get to know other exchange students before you start your exchange semester?

Then join us for our „Get in touch“ online event via wonder.me

When?
Wednesday, February 9, 2022
Thursday, February 24, 2022
at 4 p.m. (CET)

Link will be sent out via e-mail

We will play some games and you will have time to get to know and talk to each other as well as to exchange contacts!
Questions?

Now you have time to ask any remaining questions in the chat.
Thank you for your attention! Keep in touch and stay healthy.