Dear international students,

For all of us these times are very unusual and some of you may be confronted with new insecurities and challenges. In order to help you deal with these challenges we have compiled a few helpful links and ideas.

Stay safe and all the best!

Your Degree Seekings Team - degreeseekings@uni-mannheim.de

Latest information

Latest updates from the University of Mannheim can be found here:


Info Hotline: The city of Mannheim also offers an information phone on the SARS-CoV-2 from Mondays to Sundays from 7.30 am to 7 p.m. If you have any questions concerning the pandemic: +49 621 293-2253.

To stay well informed, check out this website with information from the Federal Ministry of Health including daily updates and a FAQ:


Always, be careful about fake news, make use of your academic skills, check out, e.g.:


https://www.zeit.de/digital/internet/2020-03/fake-news-coronavirus-falschnachrichten-luegen-panikmache (if your German reading skills are not ready for this, but you’re in the mood to learn more, you may like to research these terms: Hindsight Bias, Framing-Effect, Confirmation Bias, Dunning-Kruger-Effect, Illusory Causality, Gut Feeling Error, Slippery Slope Argument or also this classic paper:

Well-Being

To protect your **psychological well-being**, consider the following:

- Try to establish a regular schedule for yourself and stick to it. Eat regularly, proper nourishment not only helps your body but also your mind. Go for walks and exercise! Fun tutorials can be found online.

- To cope with stress, this free online training may help:
  
  [https://www.studicare.com/mindfulness](https://www.studicare.com/mindfulness)

- Try to make the best of the time on your hands. Find joyful and meaningful things to do, e.g.,

- Find ways to get engaged with the local community to help others, e.g.
  
  [https://www.mannheim.de/de/mannheim-gegen-corona-nachbarschaftshilfe](https://www.mannheim.de/de/mannheim-gegen-corona-nachbarschaftshilfe)
  

- This may be the perfect time for you to improve your German (which is sometimes hard to do with classes and all else going on). There are many online tools, e.g.:
  

- Maybe there is an old **new year’s resolution** that you never quite managed to pursue? Here’s a tool: [https://woopmylife.org/woop-1](https://woopmylife.org/woop-1)

- This may also be the perfect time to **research future options** such as Master’s programs and potential employers, update your resume, or finally write that paper...

**Practice physical distancing not social isolation!**

As international students, you are likely better equipped to do this than many of your German peers. Maybe you can support them?

How about:

- Every day: Ask at least one person you care about how they are doing (over the phone, internet,...) and share with them how and what you are doing
- Regular dinner together via Skype?
- Practicing the same youtube-exercise video while talking over speaker-phone (until you’re too out of breath? 😊)
- Watching the same series/movie at the same time and talking about it on the phone after?
- Going old-school and writing a letter to someone you care about?
Checking the social media channels of your student representatives as some organize social distancing events!

In need of help?

If you feel you or one of your fellow students is in need for professional support to cope with anxiety and other issues, here are some places you could to turn to:

Central Institute for Mental Health Mannheim


PBS Psychological Counseling

[https://www.stw-ma.de/counseling_services.html](https://www.stw-ma.de/counseling_services.html)

**Telephone Consultation Hours:**
- Mon - Thu: 8:30 a.m. - 4:30 p.m.
- Fri: 8:30 a.m. - 1:00 p.m.
- Phone: 0621 49072-555


You may also contact your general physician (by phone!) to ask for guidance.

In emergencies, here is the contact for the local clinic:

- [https://www.umm.de/forms/kontakt/kontakt.php](https://www.umm.de/forms/kontakt/kontakt.php)

For a better understanding of the German mental health care system, consider the following:


[https://www.bapk.de/fileadmin/user_files/bapk/projekte/bapk_ratgeber_02_gesundheitssystem_ENGL_v2_FERTIG.pdf](https://www.bapk.de/fileadmin/user_files/bapk/projekte/bapk_ratgeber_02_gesundheitssystem_ENGL_v2_FERTIG.pdf)