Useful Information for Time Spent in Self-Isolation

Welcome to Hannover! You will soon begin your studies at Leibniz University Hannover. The corona pandemic poses significant challenges for all of us. Especially our international students, far away from their familiar surroundings, families and friends, are confronted with many unanswered questions and also insecurities in the current situation. You are in another country with a different language and health-care system, and probably have a lot on your mind. If you are required to self-isolate during the first few weeks of your stay due to safety provisions, the following links and tips should make life easier for you.

**General corona information**

- Read the official corona FAQ of Leibniz University Hannover [here](#). You can find the International Office team [here](#). We are here for you for any questions or concerns!
- You can find the current coronavirus regulations of the Federal State of Lower Saxony in different languages [here](#).
- To learn more about what quarantine means, read [here](#).
- Are you feeling very lonely or sad during self-quarantine? Then you can ask for help with Psychological Counselling for Students (ptb) [here](#).
- **Stay Connected!** You can get in touch with other students in Hannover [here](#).

**Need assistance with shopping or other daily activities?**

- Go to Nachbarschaftshilfe to find other students who are happy to help.
- You can also find help on Nachbarschaftsalles or Soli statt Hamstern.

**Delivery services**

- Various supermarket chains and beverage stores offer a delivery service. This way, you can do all of your shopping online without the help of others.
- In addition, many restaurants and bistros offer the option of ordering dishes online.

**Keep in touch with your friends and family. Stay physically and mentally active. Here are a few tips on how to.**

- Stay up to date regarding (online) events organised by the International Office on our [Instagram account](#).
- For online courses of the University Sports Centre (ZfH), take a look at its [YouTube channel](#). General information regarding offers by the ZfH can be found [here](#).
- [Here](#) are 10 amazing museums for you to explore.
- Use the time to attend [online courses](#).