

Dear international students,

For all of us these times are very unusual and some of you may be especially confronted with new insecurities. We value you as important members of our university and have compiled the following tips for you:

**Up-to-date** information from Freiburg **University** can be found here:

[https://www.uni-freiburg.de/universitaet-en/corona?set\\_language=en](https://www.uni-freiburg.de/universitaet-en/corona?set_language=en)

To stay **well informed**, check out this website with information from several federal ministries:

<https://www.integrationsbeauftragte.de/ib-de/amt-und-person/informationen-zum-coronavirus>

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

- <https://www.psychologytoday.com/us/blog/about-thinking/201907/how-keep-fake-news-out-your-head>
- <http://cognitivebiasoftheday.com/story/10-cognitive-biases-explain-why-we-fall-for-fake-news>
- <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: [http://www.cog.brown.edu/courses/cg195/pdf\\_files/fall05/CG195TverskyKahn1974.pdf](http://www.cog.brown.edu/courses/cg195/pdf_files/fall05/CG195TverskyKahn1974.pdf))

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/or **exercise!** Fun tutorials can be found online.
- To cope with stress, this free online training may help: <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.freiburg.de/pb/1534704.html>
  - 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.: <http://refugeeswelcomemap.de/infoportal/deutsch-lernen/angebote-im-internet/>
  - 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>
  - 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?

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 to turn to:

<https://www.swfr.de/en/social-services/psychological-counselling/>

<https://ifightdepression.com/en/>

<https://efl-fr.de/html/content/welcome879.html>

<http://www.telefonseelsorge-freiburg.de/cms/>

<https://www.beratungsstelle-freiburg.de/html/startseite.html>

<https://www.hellobetter.de/corona-krise/>

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

In emergencies, here are local clinics:

- [Klinik für Psychiatrie und Psychotherapie](#)
- [Klinik für Psychosomatische Medizin und Psychotherapie](#)

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

<https://www.ncbi.nlm.nih.gov/books/NBK279513/>

[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)