

GUIDELINES FOR INCOMING STUDENTS STAYING AT UPF DURING THE COVID-19

International Relations Service, 23.03.2020

APPLICABLE MOBILITY RESTRICTIONS

Current situation inside Spain

March, 14. The Spanish government declared the state of alarm. This decision allows the national authorities to undertake exceptional measures for exceptional times, with the aim to mitigate the spread of Covid-19. These measures include, among others, the suspension of the activities in all Spanish universities and the order of confinement for at least 15 days, although this period can be extended depending on the evolution of the epidemics.

March, 22. The Spanish president announced the extension of the order of confinement for an extra 15 days, subject to further extensions.

What does the order of confinement mean?

- ✓ Severe restrictions are applied to all people who are in Spain currently, which will need to stay home and limit their mobility to basic and essential needs, such as food shopping, go to the pharmacy, seeking medical care. Essential services are open and public transportation operates at a lower frequency.
- ✓ When you go out, you must go individually, keep a safe distance from other people and try to protect yourself.
- ✓ In Catalonia, it is recommended that, when you go out, you take along a self-responsibility form where you clearly state the purpose and itinerary of you getting out. You can find and download the form (only available in Catalan and Spanish) at: http://interior.gencat.cat/web/.content/home/030_arees_dactuacio/proteccio_civil/consells_autoproteccio_emergencies/Coronavirus/Certificat/certificado_autorresponsable_des_plazamiento_rellenable.pdf

Current situation in Spanish borders

Borders have been closed at national and EU level, with movements limited to absolute necessity. This does not prevent you from going back home, as return of nationals and residents are the only exceptions to mobility restrictions worldwide. However, travel arrangements might be difficult with many flights being cancelled.

Some countries are imposing a compulsory period of quarantine for all travellers from Spain. If you intend to go home, please check your status with your national authorities.

If you have not yet registered at your consulate or embassy in Spain, you are strongly advised to do so in the current circumstances.

Check the list of diplomatic representatives accredited in Spain: <http://www.exteriores.gob.es/Portal/es/Ministerio/Protocolo/Documents/2ALISTA.pdf>

And follow any updates issued by your diplomatic corps.

What can I do if/when I wish to return home?

- ✓ In case of doubts, we advise to contact your consulates or embassies through the emergency phones most of them have made available for their citizens abroad.
- ✓ Check your insurance clauses and policy for repatriation.
- ✓ Please inform us at oma.incoming@upf.edu, so that we can assist in academic mobility related matters and keep track of you.

PREVENTING COVID-19 at UPF & DEALING WITH EMERGENCIES

UPF has set up a website section devoted to Coronavirus with updated information on measures taken at UPF (<https://www.upf.edu/web/focus/informacio-coronavirus/incidencies-upf>).

A crisis Committee at UPF, set up at the beginning of the crisis, is working and monitoring the situation on a daily basis, in particular to what refers to both the safety and health of the community and to the academic achievements of students, including you as an incoming student.

What should you do if you have symptoms or have been in contact with someone already diagnosed?

- If you have symptoms such as general unwellness, coughing, high temperature or shortness of breath you must stay at home and call **061**-Salut Respon and report any trips made with or contact with people diagnosed with COVID-19.
- The health services will assess the need for isolation or measures for adoption in the case of people who have been in contact with people diagnosed with coronavirus.
- The Agency has reinforced its 061-Salut Respon helpline and advises against going straight to your local health centre.
- The Agency has recently launched an app where you can self-test your state of health: [http://canalsalut.gencat.cat/ca/salut-a-z/c/coronavirus-2019-ncov/stop-covid19-cat/index.html#googtrans\(ca|en\)](http://canalsalut.gencat.cat/ca/salut-a-z/c/coronavirus-2019-ncov/stop-covid19-cat/index.html#googtrans(ca|en))

If you are diagnosed or isolated by medical prescription, you are requested to inform us immediately through meritxell.cama@upf.edu and info-coronavirus@upf.edu, so that we can launch an internal protocol for protection of all of those in the UPF community who have been recently in touch with you (professors in courses and classmates). We will coordinate with the Health and Safety unit, from which your case will be followed up.

In addition, you might wish to check your health insurance clauses and policy, as well as contact your own embassy or consulate.

ACADEMIC ISSUES RELATED TO MOBILITY

UPF has moved to on-line provision until the confinement and mobility restrictions are lifted. You already had the chance to take your **exams on-line** and **the start of the 3rd term will also be on-line**, so you will be able to follow your registered courses virtually, with a transition to face-to-face whenever (and if) possible – this being an issue still to be decided at this moment.

In case you want to make changes in your registered courses, there will be an **add & drop period** next week.

Will my mobility period at UPF still be valid?

- ✓ Check with your home university, as many are accepting on-line courses as part of the mobility in a flexible policy to adapt to the current situation.
- ✓ Verify if this policy is also extended to your scholarship, if applicable.
- ✓ UPF will certify the whole period of courses taken with us, whatever the nature of delivery (face-to-face and virtual).

IN NEED OF MORE SUPPORT

- The staff at the **OMA office** remains available through the email oma.incoming@upf.edu and can also be reached by phone Tuesdays and Thursdays from 10h to 12h: +34 93 542 12 64.
- Your **mobility advisors** remain your academic reference for mentoring and if you need academic arrangements or adjustments to adapt.
- **Erasmus Student Network (ESN)** is willing to support those students that are currently abroad in the midst of the Covid-19 outbreak. ESN volunteers are providing support to students by letting them know that they have a friend to count on and that they are not alone. At the local level, they are supporting international students directly, with anything they are struggling with. If interested, please contact the UPF section of ESN at: esn@upf.edu
- We recommend you to keep in touch with your family and friends back home, as well as to stay connected with your network of contacts in Barcelona, to keep your spirits high and feel the comfort of company during the confinement period.
- If you feel in distress and in need of professional psychological assistance, please let us know through oma.incoming@upf.edu and we will liaise with the UPF psychological support unit to facilitate your case being taken care of.