

## Mobility to Slovakia – Covid-19 specific information

1. Before making any travel arrangements or bookings, we strongly recommend that you **consult the situation with your home and host institution** before commencing your planned stay and follow their instructions. Moreover, if you are obliged to self-isolate yourself after your arrival in Slovakia (more information follows below), consult the possibilities for self-isolation with the host institution and follow their advice.
2. When concluding any **travel insurance and/or health insurance** for the duration of the mobility, make sure it applies to the Covid-19 situation (for your own safety check explicitly, whether the insurance applies during the pandemic and covers connected *force majeure* cases and under what circumstances).
3. When planning the travel (plane, train, bus...) **check the travel restrictions** not only for Slovakia, but also for all countries that you need to travel through on your journey. It is necessary to comply with rules and requirements of all countries on your way to avoid complications. The best way to check the requirements is to check the information directly at the embassies of the respective countries. If you plan to transit through countries of the European Union or through countries of the “Schengen Area” (including Norway, Iceland, Liechtenstein and Switzerland), the following website of the European Commission may help you: <https://reopen.europa.eu/en/>.
4. Check the **travel restrictions for international travellers coming to Slovakia** on the website of the Slovak Ministry of Foreign and European Affairs – <https://www.mzv.sk/web/en/covid-19>. It is necessary to be informed about your duties upon arrival – depending on what countries you have spent your time in or transited before arrival in Slovakia:
  - a. you may be required to spend a time in preventive self-isolation upon arrival, or
  - b. if there are exemptions from self-isolation applicable to your situation you may only need to submit a negative Covid19-PCR test result to the respective authorities, or
  - c. for a limited number of countries listed on the above mentioned website no restriction nor duties apply upon arrival in Slovakia.

Check also the information on the official Corona-website of the Slovak government - <https://korona.gov.sk/en/travelling-to-slovakia-and-covid19/>. Please note, that a breach of the rules set to protect public health can be fined up to 5.000 € and moreover foreigners from non-EU/EEA countries breaching those rules severely can face administrative expulsion and even entry ban covering the whole Schengen Area (i.e., European Union and some other states).

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5. Currently the following **general preventive health measures are being applied in Slovakia** in daily life:
- it is mandatory to wear facemasks, if you are inside of any building except home (including shops, cinemas etc.) and also inside of any means of public transportation (bus, train, taxi...),
  - after entering any shop or any public building, you should sanitize your hands (hand sanitizers are usually available at the entrance),
  - wearing a facemask outside is not mandatory, however it is recommended to maintain a 2-meter distance to unknown people, if you do not wear a facemask,
  - if you do not own a facemask, wearing a scarf over nose and mouth or any other protection covering nose and mouth is acceptable (however, you can buy single purpose medical facemasks at pharmacies and cotton washable facemasks in several shops, or even vending machines).
6. If you are required to remain in the **preventive self-isolation (officially called “home isolation”)** directly after your arrival in Slovakia, here the advice of the Slovak Public Health Office (original in Slovak at: [http://www.uvzsr.sk/index.php?option=com\\_content&view=article&id=4092:o-robi-ano-nerobi-vndomacej-izolacii](http://www.uvzsr.sk/index.php?option=com_content&view=article&id=4092:o-robi-ano-nerobi-vndomacej-izolacii)):

Try to organize your purchases with the help of friends, colleagues, family or relatives and ask them to leave the purchases at your door or at another designated place, or, if possible, use the service of food delivery to the household. If none of this is possible, go to the store when there are not many people and prepare in advance a list of things you need to buy so you can spend as little time as possible for the shopping.

Prevention against viral disease is, in particular, thorough hand washing with disinfectant soap and frequent, sudden ventilation of rooms. Disinfect handles, surfaces and objects that you normally use more often with products containing chlorine or alcohol. Use disposable paper and wet wipes, each member of the household should have their own towel, also your own plate, glasses or cutlery. The ideal solution for a household member who came from abroad is a separate room and minimal contacts with others. Even if this is not possible, each member of the household should do their utmost to prevent any transmission of the disease.

During self-isolation:

- monitor your health
- if you experience at least one of the symptoms such as fever, cough, shortness of breath, immediately contact your physician in Slovakia by phone (if you have one), as well as the relevant regional public health office (<http://www.uvzsr.sk/en/index.php/regional-public-health-authorities-in-the-slovak-republic>) and agree on the collection of biological material
- limit contacts with other people, do not attend cultural, social, sports or other mass events, do not accept or go on visits
- do not travel
- use e-learning forms for learning activities

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- only perform work that you can perform in the place of isolation
- refrain from any off-site activities

**Practical information for the most appropriate way to arrive to self-isolation premises**

(original information in Slovak at

[http://www.uvzsr.sk/index.php?option=com\\_content&view=article&id=4397:uvz-sr-prakticke-informacie-ankontakty-na-regionalne-urady-verejneho-zdravotnictva-vnsr-po-prichode-znrizikovych-krajjin](http://www.uvzsr.sk/index.php?option=com_content&view=article&id=4397:uvz-sr-prakticke-informacie-ankontakty-na-regionalne-urady-verejneho-zdravotnictva-vnsr-po-prichode-znrizikovych-krajjin)):

- In case of arrival by plane: Wear the facemask also during the transfer through the airport, not only in the plane.
- If you are picked up by car at the airport or at the train/bus station, both you and the driver must wear a facemask. Sanitize your hands before getting in the car. We recommend that the car windows are opened at least a bit during the car travel.
- If you travel to the chosen place of stay (self-isolation) by public transport, keep the facemask on at all times and maintain the most possible distance to other people. Choose the shortest and fastest way to where you will spend the upcoming days (the self-isolation).
- Upon arrival at the destination (at the place of self-isolation), contact the regional public health office by telephone or e-mail (you shall contact the respective regional public health office depending on the area/city where you will spend the self-isolation – for contacts see <http://www.uvzsr.sk/en/index.php/regional-public-health-authorities-in-the-slovak-republic>). Subsequently, persons who have arrived from abroad and those who live with them in the same household shall remain in the self-isolation.
- The respective regional public health office will arrange a testing for COVID-19 no earlier than at the fifth day after arrival. After the test result, you will either receive an SMS with a negative result and the home isolation ends, or, in case of a positive test result, the respective regional public health office will contact you and inform you exactly how to proceed further.
- Until the negative test result is received, the person is obliged to stay in the self-isolation in a place he or she chooses.

**If you cannot arrive in Slovakia due to the restrictions, cancel or postpone your stay** (if you cancel, let us know as soon as possible; if you plan to postpone the start of the stay, consult your individual case with the respective programme administrator, as there are specific programme rules that can impact the possibility of postponement).

Even though situation in Slovakia concerning Covid-19 is currently relatively good and stable, due to the constant changes in the world and the possibility of sudden changes also in Slovakia (if the circumstances suddenly change), we would like to remind all our scholarship holders about **the Guidelines from 3 April 2020 for scholarship holders within the programmes administered by SAIA, n. o., whose scholarship stays are affected by spreading of COVID-19:**

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- informative translation into English for foreign scholarship holders in Slovakia: [SAIA-Covid-Guidelines-20200403-scholarships.pdf](#) (685 kB)
- official complete version in Slovak language: [SAIA-Covid-Opatrenia-20200403-stipendisti.pdf](#) (483 kB)

It is a set of measures to mitigate the negative impact of the crisis situation in the world and in Slovakia on scholarship holders whose stays have been affected by force majeure without individual fault. We recommend that you familiarize yourself with the above-mentioned guidelines before starting your journey so you know what financial assistance beyond the regular scholarship you can expect in case that extraordinary circumstances impact your stay.

We hope that this information can help you further by planning of your scholarship stay in Slovakia.