























General Regulations and Recommendations for Course Participants

-  **As a participant on the courses and activities scheduled by the Office of the Pro-Vice-Chancellor for International Relations and Language Learning, you are obliged to comply with the protection and prevention regulations and measures introduced by the UIMP and the relevant health authorities where the course is taught, in light of the current health situation due to COVID-19. We appeal to your individual and personal sense of responsibility, and kindly request that you follow all instructions from the education service and staff at the UIMP.**
-  **You must have taken a PCR or lateral flow test and received a negative result within 48 hours prior to joining the course, and must not have any symptoms compatible with COVID-19; you shall attest to and accept these circumstances by signing the statement of compliance available on the student platform a week before you join the course. Failure to comply with the above shall lead to your removal from the course.**
-  **You are strongly recommended to come fully vaccinated.** Where this is not the case, and depending on the health situation in the autonomous region where the course is held, **you may not have access to course services**, such as the refectory.
-  Before attending class, you must check your current health status: **check whether you have any of the symptoms linked to COVID-19:** cough, fever, difficulty breathing, etc. You must follow the protocol put in place by the health authorities in the autonomous region where your course is being run, which will be sent to you one week before the course starts. The general health instructions are as follows: stay in your room, contact the COVID support hotline or your doctor. If the situation appears serious, phone emergency services on 112. If you have any symptoms, **DO NOT come to class or to any scheduled activity. Immediately notify your COVID Coordinator about the circumstances so that the planned action protocol can be implemented.** Collaborate with the coordinator in track and trace activities.
-  **Similarly, if you notice any symptoms or receive a positive test notification during an activity, you must immediately cease the activity, go to your room and follow the instructions above.**
-  **If you are notified that you are a close contact whilst undertaking the course, tell your COVID Coordinator and take precautions**, with particular emphasis on keeping a safe distance from others in maskless situations.
-  You are recommended to carry: **your ID/passport, and public and/or private health card, if you have one.**
-  **Remember that in addition to the mask you are wearing, you must also have extra masks with you at all times.**
-  **Masks must be worn at all times inside all buildings**, classrooms, meeting rooms and in outdoor spaces that belong to the centre. **You must wear your mask properly, ensuring it covers your nose and mouth.**

-  Students are responsible for watching over and collecting their personal materials and items. These items may not be left in classroom or communal areas after an activity has ended. **Do not share your personal items with anybody.**
-  **Food may not be eaten inside classrooms or meeting rooms.**
-  Follow and carefully comply with the signs and instructions on posters located around the complex.
-  **Keep a personal safety distance of 1.5 metres at all times, avoiding any crowds.**
-  **Only sit in your assigned places and do not move any chairs or desks.**
-  You must move in single file with others. **You must walk on the right, next to the wall** and keep the personal safety distance between yourself and the person immediately in front or behind.
-  You must also keep the minimum personal safety distance (1.5 metres) at all times in the entrance areas to classrooms, and whilst walking in corridors, taking lifts or stairs, and using bathrooms and vending machines. Avoid forming groups in front of entrances at all times.
-  Use the stairs wherever possible.
-  **Lifts should only be used when strictly necessary and may only be occupied by a single individual.** Where people require assistance, their companion may travel with them in the lift.
-  **Maximum occupancy in public bathrooms is limited to one individual,** except in those instances where assistance may be required. In this event, companions may also enter the bathroom at the same time. **It is forbidden to drink water directly from the taps.**
-  **Frequent washing of your hands is the main health and safety measure.** It is particularly important to disinfect your hands after coughing, sneezing or touching high-contact surfaces.
-  Cover your nose and mouth with a disposable tissue when coughing or sneezing, and throw it away immediately afterwards. If you do not have any tissues, cover your nose and mouth with the inside of your elbow to avoid contaminating your hands.
-  Avoid physical contact with others. In addition, avoid touching your eyes, nose and mouth.

Help us by complying with the protection and prevention regulations and measures to ensure the necessary health and safety conditions are in place for students, lecturers and staff at the university, so that the English Language Immersion Courses are able to run and that all groups can enjoy excellent interaction and co-existence.

In order to ensure the safety of all those involved in the scheduled courses and activities, the measures set out in current health regulations in each autonomous region shall be enforced at all times.