

26 November 2020

Let us remember solidarity!

Dear students, dear colleagues,

I hope you are doing well in these still challenging times, be it in distance learning or in your home office. In April, at the height of the first wave of Covid-19, I already spoke on the subject of "solidarity". Now we are in the midst of the second wave and I believe that solidarity is still of high importance, even if the media presence is no longer the same as in spring. I am happy to refer to our value of "responsibility". As a university community, we all agree that we want to act in an ethically responsible manner. We stand up for each other, in normal, special and extraordinary times. This knowledge gives me the strength, together with you, to steer the University of Applied Sciences of the Grisons through this heightened wave.

However, we do not only want to live this solidarity internally, but also to give something back to society as a whole. Accordingly, as a university, we are supportive of voluntary or compulsory assistant services performed in civil defence or military service as part of the national Covid-19 activities. These assignments can be credited as optional modules with up to 4 ECTS. If you are interested or would like to apply for an assignment, please contact your Director of Studies directly, who is responsible for approval.

Let me briefly return to the sentence at the beginning of this letter: The question of your well-being is meant seriously. The pandemic has now been dominating our everyday life for about nine months. Mental health is an important issue, especially in these challenging times. 1/4 of the Swiss population is affected by mental illness at least once in their lives and mental health is a central basis for a healthy life. This is another reason why it is my personal concern to ensure the health of our university community as far as possible; both physical and mental health. With our AHA formula (distance, hygiene, everyday masks) we protect our physical health. Please feel free to contact Student Services or the external support indicated under the heading "How do I stay healthy?" on our coronavirus website (fhgr.ch/en/coronavirus). It is clear that our mental health can also suffer from the ongoing pandemic.

I wish you and your relatives a healthy pre-Christmas season!

Best wishes,

Yours, Jürg Kessler

Head of Crisis Management, President