

International Students' Quarantine and Self-Isolation Guide

Information last updated 6 August 2021



Includes information on:

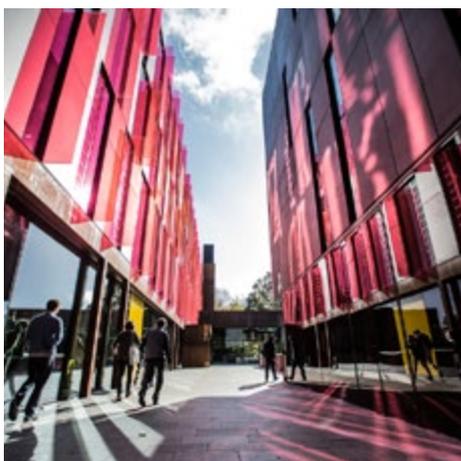
- Quarantine rules
- Journey planning
- Preparing your stay in the UK
- Online shopping & deliveries

Welcome (or welcome back) to Oxford Brookes University

The International Student Advice Team (ISAT) is looking forward to welcoming new international students and welcoming back current international students to Oxford Brookes University. Many of you will need to **quarantine when entering the UK** and we know that not being allowed to leave your accommodation for 10 days whilst adjusting to being abroad has its challenges. We have created this guide to provide information, tips and suggestions that will help you before and during your quarantine period.

Some sections of this guide (page 8 onwards) are also relevant to **students required to self-isolate**, either because they have been tested Covid-19 positive or because they have been in contact with a person displaying Covid-19 symptoms.

You are always welcome to contact us via email at isat@brookes.ac.uk or come to our Zoom Room. Our Advisers also offer virtual appointments via Zoom or Google Meet. Find out more about our services and opening hours on our Contact Us page: www.brookes.ac.uk/students/isat/contact/



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Understanding the quarantine rules

Quarantine rules in the UK are different depending where you are travelling from. Make sure that you understand which rules apply to you, by referring to the resources provided below. Don't hesitate to contact isat@brookes.ac.uk if you have any questions.

The basics

What is quarantine?

Due to Covid-19, the British government is asking some passengers entering the UK to quarantine for the first 10 days after they arrive, even if they do not have coronavirus symptoms. Quarantining means you are not allowed to leave your declared accommodation for the whole duration of the period. This is because symptoms can appear up to 10 days after catching the virus.

How to quarantine?

You will have to follow different quarantine rules depending on the countries you have been in or transited through in the 10 days before your journey to the UK.

First, start by checking if you are travelling from a red, amber or green list country. The British government has provided detailed guidance on how to quarantine, depending where you are travelling from.

Where to find information

Oxford Brookes "Travel to the UK" page

This page summarises the quarantine rules and tells you how the university can support you during this period. We strongly recommend that you read this page: www.brookes.ac.uk/alerts/coronavirus/travel-to-the-uk

ISAT "Travelling to the UK during the Covid-19 pandemic" page

On this page, we provide answers to the most common questions we get from international students about travel and quarantine:

www.brookes.ac.uk/students/isat/living-in-the-uk/travel/travelling-to-the-uk

British government's website

For full information about travelling to the UK, entry requirements, tests and quarantine rules, go to the UK government website.

www.gov.uk/uk-border-control/self-isolating-when-you-arrive

PLEASE NOTE: information correct at the time of writing. For the most up-to-date information and full details, please use the links on page 4.



Planning your journey



Before travelling

It is essential that you check the requirements to enter the UK and that you complete the pre-departure steps, such as booking testing kits and filling out the correct documents. Use the links provided on the previous page to find out more about these requirements.

Going through immigration

All the information you need can be found at: www.brookes.ac.uk/students/isat/living-in-the-uk/travel/going-through-immigration. We recommend that you carry a copy of your Attendance Letter when you travel to the UK.

Travelling in the UK to reach your quarantine accommodation

People arriving from a “red list” country have transport to the hotel organised as part of their quarantine package. Passengers travelling from other countries can use public transport.

In the UK, you must wear a face covering on public transport (unless you are exempt) and stay 2 metres apart from other people whenever possible.

PLEASE NOTE: information correct at the time of writing. For the most up-to-date information and full details, use the links on page 3.

Getting to Oxford

We have created a webpage to help you find the best option to reach Oxford once you've arrived at the airport or train station: www.brookes.ac.uk/students/isat/living-in-the-uk/travel/getting-to-oxford

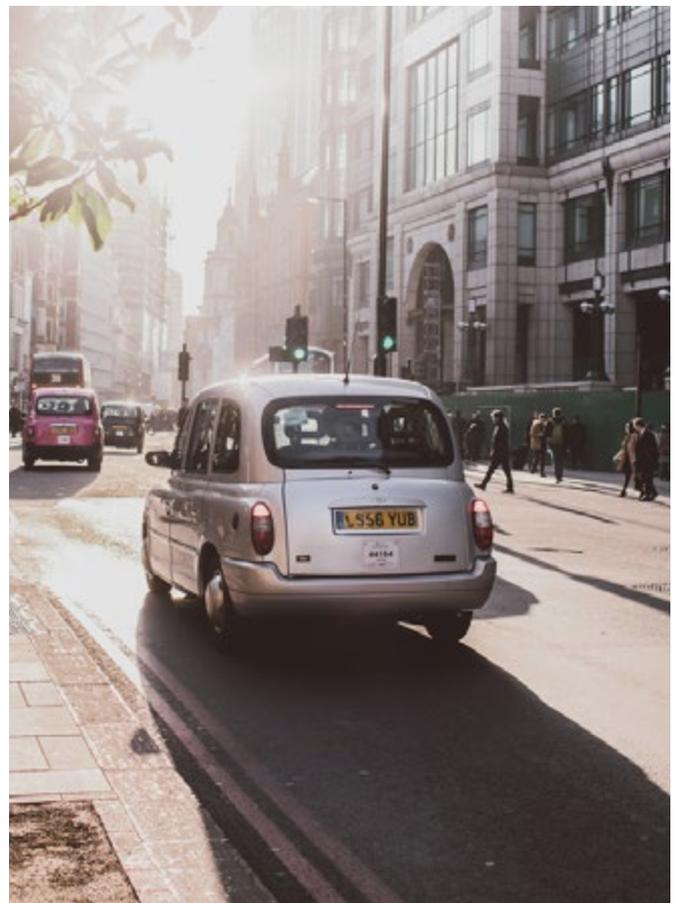
ISAT Meet & Greet taxi service

ISAT, in partnership with Go Green Taxis, offers a discounted taxi service from Heathrow airport to your Oxford accommodation. This is a great alternative to using coaches.

You need to book this service through our registration form, which you will find on the ISAT Meet & Greet page:

www.brookes.ac.uk/students/isat/living-in-the-uk/travel/meet-and-greet-service

Pick up from other major UK airports and St Pancras International train station may be possible.



Preparing your stay in the UK

Before coming to the UK, we recommend that you read through the “Travel to the UK” page on the Brookes website www.brookes.ac.uk/alerts/coronavirus/travel-to-the-uk. We also have a lot of useful information on the ISAT “Living in the UK” pages, including how to register with a GP and how to open a bank account: www.brookes.ac.uk/students/isat/living-in-the-uk.

Liaising with your accommodation provider

Make sure you have booked your accommodation, checked how early you can arrive, and enquired about the type of support you can get from your accommodation provider if you have to quarantine there (and not in a hotel). In some halls, the washing machines are located outside student’s flats - contact the accommodation manager to check how you can do your laundry whilst quarantining.

Check in advance if your accommodation provider will supply the following, as it would be very inconvenient to realise that they don’t after your long journey to the UK:

- Bedding
- Household goods
- Kitchenware
- Towels

It is unlikely that food will be provided, but it’s worth asking. See page 8 for a list of suggested shops & tips about online purchases.



What to pack

It may feel a bit overwhelming to plan your packing and know what to bring. ISAT have made a list to help you:

www.brookes.ac.uk/students/isat/living-in-the-uk/travel/what-to-pack

Internet

Ask your accommodation provider about internet access. In most cases, there will be Wifi available and you will just need a password, but if you are renting a private accommodation you may need to arrange for the internet to be installed at home.

Phone

If you want to have a UK phone number, you can easily order a free SIM card online with GiffGaff www.giffgaffsimcards.com once you’ve arrived in the UK, and it will be delivered to you the next day. Giffgaff is not the only provider - for more information, see the “mobile phones” section of this page: www.brookes.ac.uk/students/isat/living-in-the-uk/essentials/shopping-in-oxford



Online shopping and deliveries

During quarantine you cannot leave your accommodation to shop for food or other essentials. If your quarantine is in a government-approved hotel, food is provided to your room. If your quarantine is in private accommodation or Brookes halls, you will need to arrange for things to be delivered to you - in this section, you will find some tips and provider suggestions.

Groceries

Ask your accommodation provider if they will provide some staples for you during your quarantine period. In most cases they won't, so you will need to order groceries, and we recommend that you place an online order before your journey to the UK to have food delivered the day when you get to your UK accommodation. Delivery slots tend to get booked very quickly, so you will need to place the order at least a week in advance.

The following nationwide companies offer online shopping with home delivery:

- Sainsbury's
- Tesco
- Asda
- Deliveroo (check the grocery section)
- Co-op
- Waitrose
- Ocado
- Iceland

Please note that these food retailers don't all offer the same products and some are more expensive than others. Find out more on our Shopping page:

www.brookes.ac.uk/students/isat/living-in-the-uk/essentials/shopping-in-oxford

If you have any dietary requirements, look out for the "free from" range, which usually includes gluten-free, dairy-free, nut-free and vegan options.

Takeaway meals

If you don't feel like cooking, takeaways are a very popular option in the UK. Some companies specialise in food delivery and you can choose between a wide range of local restaurants and takeaways. Download the following apps to order quickly!

- Deliveroo
- Just Eat
- Uber Eats

Some restaurants and food providers also have their own delivery service - check out their website.



Deliveries

Always make sure that you select "home delivery" when placing an order online, as some shops sometimes deliver at a collection point. In the UK, it is essential that you indicate your postcode in the address. If you live in a hall, ask the Accommodation team how the deliveries will be brought from reception to your door. If the supplier/shop cannot deliver to your home address, you can use the 001 Taxi Collect and Deliver service: **www.001taxis.com/collect-and-deliver**

Indoor sports equipment

Why not make the most of this quarantine period to do some exercise? If you need any indoor exercise equipment, you should be able to find what you are looking for on Amazon.co.uk, but you can also have a look at the following websites:

- Decathlon
- Sports Direct

Clothing

If you realise that you forgot some essential wardrobe items, don't worry, you can order clothes online. In the UK, it's very common to do so, and in most cases you are allowed to try things on and return them if they don't fit or you don't like them. If you are looking for basics, you should be able to find some on H&M, Asos, New Look and Uniqlo.

Returns

It may not be possible to return items during your quarantine period. In the UK, you often need to go to the Post Office or a collection point in-person to send a returned item.



Suggested programme of activities

We recommend that you schedule some activities every day, to ensure you have a healthy routine during your quarantine period. Of course, your experience will be different if you are quarantining in a hotel or in your own accommodation, and all students will find different ways to keep themselves busy.

When planning for your 10 days of quarantine, take into account these 6 key elements:

- Get ready every morning
- Eat healthily and drink enough water (note: tap water is safe to drink in the UK)
- Socialise (online)
- Do some physical exercise
- Learn something new
- Take time to relax and do the things you enjoy

We have created a programme of activities over the next pages to help you add a structure to your days. We've added a "Team Highlight" every day, for you to get familiar with the teams which can support you during your time at Brookes. There are plenty of daily plans in the additional resources in case you need more ideas to keep yourself busy. You can also check ISAT's Online Activities page: www.brookes.ac.uk/students/isat/social/online-activities/

DAY 1

Time to rest after your long journey!

🔪 Activity

Have a long shower or bath to relax.

💬 Socialise

Text family and friends to let them know you have safely arrived and to share your first impressions.

🙋 Exercise

Stretch after you trip with POPSUGAR Fitness: www.youtube.com/watch?v=qC7960yMaxA

💡 Learn

Try out a new recipe that you can make in only 5min! Video by Tasty: www.youtube.com/watch?v=9_5wHw6I11o

🇬🇧 British culture

Have a look at some Instagram accounts dedicated to the UK: [@photosofbritain](#), [@lovegreatbritain](#), [@experienceoxfordshire](#)

📄 International Student Advice team

Immigration advice and social activities for international students.

🌐 www.brookes.ac.uk/students/isat

✉ isat@brookes.ac.uk

📘 [@isat.brookes](#)

📷 [@brookes_isatsocial](#)

DAY 2

🔪 Activity

Start planning your quarantine period and make a list of all the things you'd like to do.

💬 Socialise

Schedule some video call with family and friends for the next few days.

🙋 Exercise

Full body workout by Brookes Sport: www.youtube.com/watch?v=ryspr5NtPa4&list=PLdJazAmF2Qb2GoGM8ewOihko_HaL1VA1a&index=4

💡 Learn

Improve your phone photography skills with simple hacks by 5-Minute Crafts: www.youtube.com/watch?v=dwl3cdWzC0E

🇬🇧 British culture

Why not order something typically British for breakfast when you do your online shopping? (eg. crumpets, porridge, toast). You could even order a full English breakfast on a takeaway app!

📄 Counselling

Providing emotional support to students.

🌐 www.brookes.ac.uk/students/wellbeing/counselling/

DAY 3

🔪 Activity

Finish unpacking and arrange your room. Think about what you could do to make it more comfortable for your quarantine period.

💬 Socialise

Join the #WeAreInternational campaign, share experiences with other international students.

🙋 Exercise

10,000 steps challenge by Joanna Soh: www.youtube.com/watch?v=R3AUw3-jtEo

💡 Learn

Start a free online course: www.futurelearn.com/courses

🇬🇧 British culture

Watch the Great British Bake Off, a popular baking show: www.channel4.com/programmes/the-great-british-bake-off

📄 Induction team

Supporting students' transition to Brookes. Helping with any practical, personal or course induction questions.

🌐 www.brookes.ac.uk/new-students/arrivals-weekend/induction-team/

✉ induction@brookes.ac.uk



DAY 4

Activity

Play online games. For multiplayer games inspirations, read this article from The Guardian: www.theguardian.com/games/2020/mar/17/25-best-online-video-games-coronavirus-self-isolating

Socialise

Join Global Buddies! Check if the programme is right for you at www.brookes.ac.uk/students/isat/social/global-buddies/

Exercise

Introduction to pilates by the NHS: www.youtube.com/watch?v=44HquH6QyXc

Learn

Follow the National Trust's guides to "become an expert in something new in no time": www.nationaltrust.org.uk/features/how-to-guides

British culture

Cook a quick and easy British meal - the jacket potato. See the BBC Good Food recipes: www.bbcgoodfood.com/recipes/collection/baked-potato-recipes. If you don't have an oven, you can microwave or boil your potato, and you can get creative and come up with your own fillings!

Student Central Advice team

Academic programme, finances, student cards, exceptional circumstances, Council Tax, Confirmation of Attendance letters and more.

 www.brookes.ac.uk/students/student-central/

 studentcentral@brookes.ac.uk

DAY 5

Activity

Decorate your room with photos, posters, new furniture or your own creations.

Socialise

Join the "Brookes Isolation Station" Facebook group: www.facebook.com/groups/BrookesUnionCommunity

Exercise

30-min Zumba dance workout by OneHowTo: www.youtube.com/watch?v=qAJ6EQtGZ28

Learn

Learn weird skills to impress people with Bustle: www.bustle.com/life/15-super-weird-easy-to-learn-skills-that-always-impress-people-3260879

British culture

Listen to some British singers, musicians and bands on YouTube or Spotify.

Brookes Union

Advice and events for Brookes students.

 www.brookesunion.org.uk



DAY 6

Activity

Draw or paint something - it doesn't matter if you are not an artist! Inspiration for beginners by 5-Minute Crafts: www.youtube.com/watch?v=KGVAEMOp_4Q

Socialise

Join the Facebook group of your faculty, course or cohort to interact with other students.

Exercise

Do some guided meditation with The Body Coach: www.youtube.com/watch?v=GilCHjKNaHU

Learn

Visit a museum virtually. This TimeOut article lists some of the best tours: www.timeout.com/travel/virtual-museum-tours

British culture

Learn more about British culture with this article by Study in UK: www.studying-in-uk.org/british-culture-and-social-norms/

Transport team

Transport and enquiries about BrookesKey.

 www.brookes.ac.uk/travel/

 transport@brookes.ac.uk

DAY 7

Activity

Take time to look after yourself. Have a bath or shower with music in the background, put on a face mask, have a nap, eat something healthy.

Socialise

Write a letter to someone back home that you will post once your quarantine is finished.

Exercise

15-min low impact workout with Joe Wicks: www.youtube.com/watch?v=gKwHGx0zhvo

Learn

Learn about the oceans with the BBC series The Blue Planet II website: www.bbc.co.uk/programmes/p04tjbtX

British culture

Why not treat yourself? Order one of the most popular British takeaways: fish & chips, Chinese or Indian.

Library

Familiarise yourself with Brookes Library's website, learn how to search for books and look up your reading lists.

 www.brookes.ac.uk/library/

DAY 8

Activity

Set some time aside (30min minimum) to read a good book or magazine.

Socialise

Contact an old friend and ask what they are up to these days.

Exercise

Yoga for complete beginners by Yoga With Adrienne: www.youtube.com/watch?v=v7AYKMP6rOE

Learn

Watch a documentary on Netflix or BBC iplayer to learn something new.

British culture

Start planning what you'll do in Oxford after your quarantine. Check Visit Britain's website: www.visitbritain.com/gb/en/england/central-england/oxford

Careers

The Careers Service supports employability skills and ensure that you get the right job once you graduate.

 www.brookes.ac.uk/students/careers/

 careers@brookes.ac.uk

DAY 9

Activity

Bake a banana bread, which became a quarantine favourite in 2020! www.bbcgoodfood.com/recipes/brilliant-banana-loaf. No oven? Vegan? Make fluffy pancakes tasty.co/recipe/the-fluffiest-vegan-pancakes

Socialise

Why not video call a friend and do an exercise class together at the same time? Working out with others is a great way to get motivated.



Exercise

Hip-hop workout by POPSUGAR Fitness: www.youtube.com/watch?v=ZWk19OVon2k

Learn

Start learning a new language by watching films in original version or using an app such as Duolingo: www.duolingo.com

British culture

Watch some British films on Netflix or iplayer. TimeOut has created a list of the 100 best British films: www.timeout.com/london/film/100-best-british-films

Centre for Academic development

Supporting students with their study skills, maths, statistics and Academic English.

 www.brookes.ac.uk/students/academic-development/

 academicdev@brookes.ac.uk

DAY 10

✂ Activity

Make a list of the things you need to do when you can finally leave your accommodation.

💬 Socialise

Organise a virtual tea/coffee break with a friend or family member.

🧘 Exercise

Clean your room whilst listening to your favourite music - yes, that counts as exercise!

💡 Learn

Before stepping out of the house, check the latest Covid-19 regulations. UK government: www.gov.uk/coronavirus, Brookes: www.brookes.ac.uk/alerts/coronavirus/

🇬🇧 British culture

British people are known for talking about weather very often, probably because it's so unpredictable here! As you'll soon be allowed to go outside, check the weather forecast on BBC Weather: www.bbc.co.uk/weather

👤 Enrolment team

For online enrolment queries and support.
 🌐 www.brookes.ac.uk/new-students/before-you-arrive/online-enrolment/
 ✉ enrolment@brookes.ac.uk



Additional resources

✂ Activity

Have fun with a music-making app. For app suggestions, see this article by The Guardian: www.theguardian.com/technology/2015/oct/17/ten-of-the-best-music-making-apps-for-beginners

💬 Socialise

Write a blog about your experience and share it on social media using #WeAreTogether. More information by Universities UK: www.universitiesuk.ac.uk/International/Pages/WeAreTogether-campaign.aspx

🧘 Exercise

HIIT Cardio with Brookes Sport: www.youtube.com/watch?v=nzVq8AqGiTk&list=PLdJazAmF2Qb2GoGM8ewOihko_HaL1VA1a&index=6

💡 Learn

Improve your basic cooking skills with BBC Good Food: www.bbcgoodfood.com/howto/guide/25-skills-every-cook-should-know

🇬🇧 British culture

Read a British book. From Jane Austen's classics to the Harry Potter series, there's a lot to choose from. BBC article for inspiration: www.bbc.com/culture/article/20151204-the-100-greatest-british-novels

👤 Student Support Coordinators (SSCs)

SSCs are a good first point of contact for any problem or issue you may face during your time at university.

🌐 www.brookes.ac.uk/students/support-services/ssc/

Additional resources

✂ Activity

Create something! Have a browse on Instagram and Pinterest and get creative.

💬 Socialise

Join a live online talk about a topic you're interested in. There's plenty to choose from on Eventbrite: www.eventbrite.co.uk/d/online/events/

🧘 Exercise

15-min flexibility routine by Tom Merrick: www.youtube.com/watch?v=L_xrDAtykMI&t=22s

💡 Learn

Get a different perspective on the world by playing around with an undistorted map: thetruesize.com

🇬🇧 British culture

Brush up on your English with Papa Teach Me: www.youtube.com/c/papateachme/videos

👤 Wellbeing

Support for disabled, dyslexic, SpLD, estranged, mature students, and more.

🌐 www.brookes.ac.uk/students/wellbeing/

Additional resources

Activity

Do some origami: origami.me/diagrams/

Socialise

Meet new people with similar interests by joining an online Meetup session: www.meetup.com/

Exercise

Boxing workout with POPSUGAR Fitness: www.youtube.com/watch?v=jCTEVKRTuS8

Learn

Thinking of cycling in Oxford after your quarantine period? Go to the City Council's website to find out more about bicycle hire, racks and routes: www.oxford.gov.uk/info/20077/cycling

British culture

Listen to a variety of British accents on the British Library's website: www.bl.uk/british-accent-and-dialects/articles/regional-voices-an-introduction-to-language-variation-across-the-uk

Catering at Brookes

Catering by Food at Brookes

 www.foodatbrookes.com/

 www.brookes.ac.uk/catering/



Additional resources

Activity

Have some comfort food by cooking something typical from your home country.

Socialise

Schedule a Netflix watch party with a friend.

Exercise

Short exercises with POPSUGAR Fitness. 4-min arm workout: www.youtube.com/watch?v=PJO1hQSMPT4 and 5-min standing workout: www.youtube.com/watch?v=SRq7XtDW0wg

Learn

Listen to a podcast. There is a wide variety of podcasts on the BBC website: www.bbc.co.uk/podcasts

British culture

Watch a virtual tour of Oxford led by ISAT's favourite tour guide, Rob Tanner: www.brookes.ac.uk/students/isat/social/arrivals/

Multifaith Chaplaincy

Space for spiritual and pastoral care for students of all faiths and none.

 www.brookes.ac.uk/students/wellbeing/chaplaincy/

 chaplaincy@brookes.ac.uk



Regular events

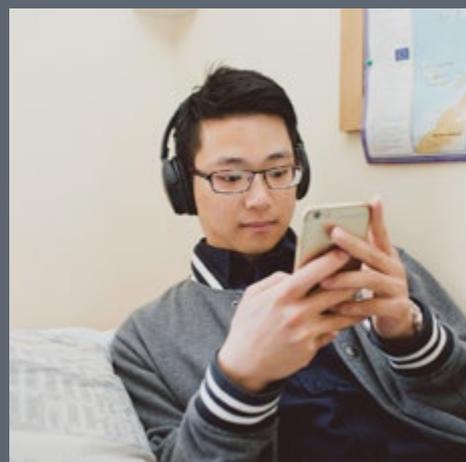
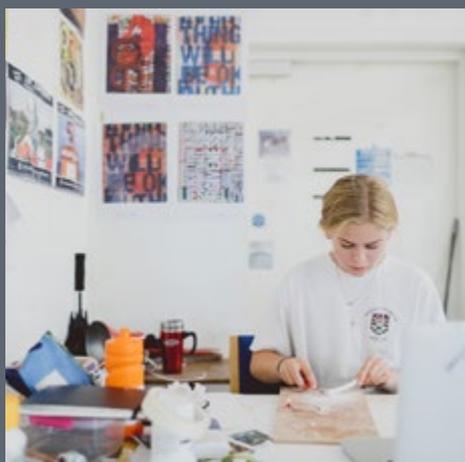
ISAT organises events for Arrivals www.brookes.ac.uk/students/isat/social/arrivals and throughout the semester www.brookes.ac.uk/students/isat/social/events-and-trips.

Brookes Union www.brookesunion.org.uk and the Chaplaincy www.brookes.ac.uk/students/wellbeing/chaplaincy also offer a variety of social events during the semester.

International Student Advice Team (ISAT)

 www.brookes.ac.uk/students/isat
 isat@brookes.ac.uk
 Zoom Room, Monday-Friday (check opening times online).
To join the Zoom Room, use the link provided on our Contact Us page:
www.brookes.ac.uk/students/isat/contact/

 [@isat.brookes](https://www.facebook.com/isat.brookes)
 [@brookes_isatsocial](https://www.instagram.com/brookes_isatsocial)



We hope you found this guide helpful. Please send us feedback and suggestions via email at isat@brookes.ac.uk.

The information in this guide is correct at the time of publication. Please refer to the web links provided throughout this guide for the most up-to-date information.

