International Students’ Self-Isolation Guide

Information last updated 8 February 2021

Includes information on:

- Self isolation 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 self-isolate 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 self-isolation period.

You are always welcome to contact us via email at isat@brookes.ac.uk, phone +44 (0) 2031074490, or come to our Zoom Room. We also offer virtual appointments via Zoom or Google Meet. Please note that our phone lines are open Monday-Friday, 11.00-13.00 UK time. Our Zoom Room is open 13.00-15.00 UK time, and the link to join can be found on our Contact Us page: www.brookes.ac.uk/students/isat/contact/

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Understanding the self-isolation rules

We have summarised information about self-isolation in the UK to make it easier for you to understand what you can and cannot do during this period. Please note this information is correct at the time of publication, but rules may change. Please refer to the UK government’s website for the most up-to-date information and contact isat@brookes.ac.uk if you have any questions.

What is self-isolation?

Due to Covid-19, the British government is asking some people entering the UK to self-isolate in their accommodation for the first 10 days after they arrive, even if they do not have coronavirus symptoms. It 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. See the UK government’s website for an overview: [www.gov.uk/uk-border-control/self-isolating-when-you-arrive](http://www.gov.uk/uk-border-control/self-isolating-when-you-arrive)

Who needs to self isolate when arriving in the UK?

You need to self-isolate if you:

- Come from abroad
- If you develop Covid-19 symptoms or have been tested positive
- If you have been in contact with someone who has Covid-19

The UK government has recently suspended all travel corridors, which means that anyone entering the UK needs to self-isolate. The government has also published a list of travel bans: people who have been in or transited through the banned countries in the last 10 days before their journey to the UK will not be granted access, or only under certain conditions: [www.gov.uk/guidance/coronavirus-covid-19-travel-corridors](http://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors)

Q. If I get a negative Covid-19 test, can I reduce my self-isolation period?

All passengers entering the UK need to present a negative COVID-19 test prior to departure and this test does not shorten your self-isolation period. However, you can join the “Test to Release for International Travel” scheme, which enables you to shorten your self-isolation period if you get a negative private Covid-19 test after your arrival in the UK (this scheme is not available to passengers coming from travel ban countries). Please note that you will need to pay for the test if you choose to take part in the scheme. Find out more: [www.gov.uk/guidance/coronavirus-covid-19-test-to-release-for-international-travel](http://www.gov.uk/guidance/coronavirus-covid-19-test-to-release-for-international-travel)

How to self-isolate?


We have listed below the most common questions we get from students.
Q. Do I have to self-isolate in a hotel and pay for it? How much does it cost?
We will post an update on our ISAT “Travelling to the UK” page as soon as the UK government makes an official announcement: www.brookes.ac.uk/students/isat/preparing-your-arrival/travelling-to-the-uk

Q. Am I allowed to leave the house to get food or medication?
No, the rule is that you are not allowed to leave your accommodation at all. You need to arrange food and medication deliveries to your accommodation. See “Online Shopping & Deliveries” on page 8, where we explain how to get food and other supplies delivered to you. Please note that in the exceptional circumstance where you are genuinely unable to arrange for basic necessities like food and medicines to be delivered, you can leave your accommodation to access these.

Q. Can I go to university to attend face-to-face teaching?
No, you need to stay at home and attend your lectures online. Even if you are not allowed to be on campus during your self-isolation period, it is important to engage with induction activities and your course. More information provided on page 7.

Q. I am in a shared accommodation - can I see my housemates? What to do about shared areas (eg. bathroom, kitchen)?
The people you are staying with do not need to self-isolate, unless you are returning from some specific countries (see full list on the UK government website), or they travelled with you, or one of you develops coronavirus symptoms. Avoid contact with other people at home in order to reduce the risk of transmitting coronavirus, and always stay two metres apart when you are in the same room. If you use shared facilities, please ensure you clean them after use and limit the time you spend in common areas to the strict minimum.

Q. Can I have visitors?
No, you should not have any visitors, unless they are providing: emergency or medical assistance, veterinary services, or certain critical public services.

Q. Can I do some outdoor exercise?
You cannot leave your home to do outdoor exercise. However, if you have a garden or balcony, you can exercise there.

Q. What if there is an emergency?
You can leave your house in case of an emergency. Please refer to the UK government’s website.

When does the self-isolation period finish?
Your self-isolation finishes 10 full days after your arrival in the UK, unless you have taken part in the “Test to Release for International Travel” scheme (see page 3). However, if you or one of your housemates have developed coronavirus symptoms during your self-isolation period, you may need to isolate for longer.


PLEASE NOTE: Information correct at the time of writing. For the most up-to-date information, please use the web links supplied.
Planning your journey

**Covid-19 and border control**

To enter the UK, you are required to:
- Present a negative COVID-19 test taken up to 72 hours prior to departure (for England only) [www.gov.uk/guidance/coronavirus-covid-19-testing-for-people-travelling-to-england](http://www.gov.uk/guidance/coronavirus-covid-19-testing-for-people-travelling-to-england)
- Provide your contact details by filling a Public Health Passenger Locator Form [www.gov.uk/provide-journey-contact-details-before-travel-uk](http://www.gov.uk/provide-journey-contact-details-before-travel-uk)

**Rules around travelling in the UK to reach your self-isolation accommodation**

The UK government asks people entering the country to only use public transport to reach their accommodation if they have no other option. If you are unable to travel to your self-isolation accommodation the day when you enter the UK because the journey is too long, you are allowed to stop overnight in safe accommodation before continuing your journey. You must provide the address of your overnight stop on your Public Health Passenger Locator Form in addition to your declared accommodation address: [www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk](http://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk)

**Going through immigration**

All the information you need can be found here: [www.brookes.ac.uk/students/isat/preparing-your-arrival/arriving-in-the-uk/](http://www.brookes.ac.uk/students/isat/preparing-your-arrival/arriving-in-the-uk/)

**Getting to Oxford**

We have created a webpage to help you find the best option to reach Oxford once you’ve arrived at the international airport or train station: [www.brookes.ac.uk/students/isat/preparing-your-arrival/getting-to-oxford/](http://www.brookes.ac.uk/students/isat/preparing-your-arrival/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/preparing-your-arrival/meet-and-greet-service/](http://www.brookes.ac.uk/students/isat/preparing-your-arrival/meet-and-greet-service/). Pick up from other major UK airports and St Pancras International train station may be possible. For more details, please email isat@brookes.ac.uk.

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, please use the web links supplied.
Preparing your stay in the UK

Before coming to the UK, we recommend that you read through the “Before you leave for the UK” pages on the UK government’s website www.gov.uk/uk-border-control/before-you-leave-for-the-uk. We also have a lot of useful information on the ISAT “Preparing Your Arrival” pages, including how to register with a GP and how to open a bank account: www.brookes.ac.uk/students/isat/preparing-your-arrival/.

When to come to the UK?
The situation in the UK is evolving rapidly and the University will write to you every time there is a change.

Some courses require students to come onto campus. If you are on one of these courses, your faculty will have written to you telling you when you need to be in the UK by.

For all other students, teaching will be online until at least mid-February. The UK Government asks you to study online from your current residence if possible. If you have made travel arrangements that you cannot change, or you are not be able to study fully where you are, you can travel to the UK. If you are unsure when to travel, contact ISAT.

Check “Getting Ready to Start at Brookes” on page 7. It’s essential that you attend induction activities and engage with your course even if it’s only online to start with.

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 during your self-isolation period.

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 self-isolating.

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/preparing-your-arrival/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 www.brookes.ac.uk/students/isat/preparing-your-arrival/shopping-in-oxford/
Getting ready to start at Brookes

Whether you arrive in the UK before the beginning of the semester or once your course has started, there are many things you can do from home before or during your self-isolation period, including enrolment, course induction, Brookes email address set-up and Moodle access. During Induction Week (18-22 January 2021), join the induction activities remotely. Afterwards, you must study online if you cannot attend face-to-face teaching.

Brookes email and Moodle

In order to study at Brookes, it is essential that you have set up your Brookes email account and Moodle. If you have any issues with this, don’t wait to ask for help.

www.brookes.ac.uk/new-students/before-you-arrive/brookes-email/

General requirements

Use this checklist to ensure you complete all the requirements: www.brookes.ac.uk/new-students/before-you-arrive/student-checklist/

Let the university know you are self-isolating

Keep the university up-to-date regarding your self-isolation. There are 2 forms you need to complete:

- The “Coronavirus reporting form”
  www.brookes.ac.uk/alerts/coronavirus/
- The “Covid Learning Status” form
  You need to update this status every time your ability to attend face-to-face teaching changes: www.brookes.ac.uk/new-students/induction-programmes/covid-learning--status-registration/

BRP Collection and visa enrolment

If you are unable to attend face-to-face teaching for a period of time, the timetabling team will adjust your teaching to be fully online where possible.

Contacting your Academic Adviser

As soon as you know who your Academic Adviser is, make sure that you get in touch with them. This information is available on your Student Information Page.

Update your address

As soon as you have moved to the UK, ensure you update your address on your Student Information Page so that letters from the university are not sent to your home country.

Missed induction activities and/or on-campus teaching

If you miss any induction activities or on-campus teaching due to travel or access issues, you should contact your Student Support Coordinators and Programme Team: www.brookes.ac.uk/students/support-services/ssc/
Online shopping and deliveries

As you will not be allowed to leave your home for 10 days, it is important that you think ahead about what you may need during your self-isolation period, and how to get things 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 self-isolation 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/preparing-your-arrival/shopping-in-oxford/](http://www.brookes.ac.uk/students/isat/preparing-your-arrival/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](http://www.001taxis.com/collect-and-deliver)
Household goods

Oxford Brookes University has a partnership with UniKitOut, which provides bathroom, bedroom and kitchen kits that you can order before travelling to the UK: www.unikitout.com/?partner=Oxford%20Brookes%20University. Before placing an order, check what is already available in your accommodation.

Other household good suppliers include:
- Asda Living
- Wilko
- Dunelm
- Argos

Cosmetics, toiletries, cleaning supplies

Most food retailers have a health & beauty section as well as a household section on their online shop, which means you can order cosmetics, toiletries, some types of medicine and cleaning supplies when buying groceries. However, if you want more choice, you can order online from specialised stores such as:
- Boots (beauty, pharmacy)
- Superdrug (beauty, pharmacy)
- Savers (beauty, cleaning supplies)

We recommend that you check whether toilet paper, laundry liquid and washing up liquid are provided in your accommodation, as it won’t always be the case. Please note that in the UK, there is no requirement to use a specific type of detergent to clean your laundry during the Covid-19 pandemic.

Medicine and prescriptions

You first need to register with a GP, who will send a prescription to a pharmacy. Make sure you tell your GP and the pharmacy that you are self-isolating, so the medicine is delivered to your address.

Books, games and entertainment

You may want to order books, jigsaw puzzles or craft supplies to keep yourself busy during your isolation period. You can probably find most items on Amazon.co.uk.

For books, you can also check:
- Blackwells of Oxford
- Waterstones

For art/crafts supplies, board games, stationery:
- Hobbycraft
- WHSmith
- The Works
- Etsy

Delivery charges

Before proceeding with your payment, always check how much it will cost to get the items delivered to your house - sometimes the delivery charge is actually higher than the item itself!
Indoor sports equipment

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

- Decathlon
- Sports Direct

Returns

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

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.

Suggested programme of activities

We recommend that you schedule some activities every day, to ensure you have a healthy routine during your self-isolation period. Of course, your experience will be different if you are self-isolating before the start of the semester or once lectures and seminars have started, and all students will find different ways to keep themselves busy.

When planning for your 10 days of isolation, 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](https://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](https://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](http://www.brookes.ac.uk/students/isat)
  - isat@brookes.ac.uk
  - @isat.brookes
  - @brookes_isatsocial

### DAY 2

- **Activity**
  Start planning your self-isolation 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](https://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](https://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/](http://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 self-isolation 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](https://www.youtube.com/watch?v=R3AUw3-jtEo)

- **Learn**
  Start a free online course: [www.futurelearn.com/courses](http://www.futurelearn.com/courses)

- **British culture**

- **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/](http://www.brookes.ac.uk/new-students/arrivals-weekend/induction-team/)
  - induction@brookes.ac.uk
**DAY 4**

**Activity**

**Socialise**
Join Global Buddies! Check if the programme is right for you at [www.brookes.ac.uk/students/isat/social/global-buddies/](http://www.brookes.ac.uk/students/isat/social/global-buddies/)

**Exercise**
Introduction to pilates by the NHS: [www.youtube.com/watch?v=44HquH6QyXc](http://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](http://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](http://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/](http://www.brookes.ac.uk/students/student-central/)

**Transport team**
Transport and enquiries about BrookesKey.

**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](http://www.facebook.com/groups/BrookesUnionCommunity)

**Exercise**
30-min Zumba dance workout by OneHowTo: [www.youtube.com/watch?v=qAJ6EQtGZ28](http://www.youtube.com/watch?v=qAJ6EQtGZ28)

**Learn**

**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](http://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](http://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=GiiCHjKNaHU](http://www.youtube.com/watch?v=GiiCHjKNaHU)

**Learn**

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

**Transport team**
Transport and enquiries about BrookesKey.
**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 self-isolation 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**
Well done for completing half of your quarantine! 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/

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**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**

**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

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**DAY 9**

**Activity**
Bake a banana bread, which became a quarantine favourite last spring! 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=ZWk19OOn2k

**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/
cademicdev@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

🔎 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.

✉️ 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/

🔍 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/](https://origami.me/diagrams/)

Socialise
Meet new people with similar interests by joining an online Meetup session: [www.meetup.com/](https://www.meetup.com/)

Exercise
Boxing workout with POPSUGAR Fitness: [www.youtube.com/watch?v=jCTEVKRTuS8](https://www.youtube.com/watch?v=jCTEVKRTuS8)

Learn
Thinking of cycling in Oxford after your self-isolation 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](https://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-accents-and-dialects/articles/regional-voices-an-introduction-to-language-variation-across-the-uk](https://www.bl.uk/british-accents-and-dialects/articles/regional-voices-an-introduction-to-language-variation-across-the-uk)

Catering at Brookes
Catering by Food at Brookes
- [www.foodatbrookes.com/](https://www.foodatbrookes.com/)
- [www.brookes.ac.uk/catering/](https://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](https://www.youtube.com/watch?v=PJO1hQSMPT4) and 5-min standing workout: [www.youtube.com/watch?v=SRq7XtDW0wg](https://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](https://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/](https://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/](https://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](https://www.brookes.ac.uk/students/isat/social/arrivals) and throughout the semester [www.brookes.ac.uk/students/isat/social/events-and-trips](https://www.brookes.ac.uk/students/isat/social/events-and-trips). Brookes Union [www.brookesunion.org.uk](https://www.brookesunion.org.uk) and the Chaplaincy [www.brookes.ac.uk/students/wellbeing/chaplaincy](https://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
+44 (0) 2031074490 Monday-Friday, 11.00-13.00
Zoom Room, Monday-Friday, 13.00-15.00. To join the Zoom Room, use the link provided on our Contact Us page: www.brookes.ac.uk/students/isat/contact/

@isat.brookes
@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.