Information for Students who need to Quarantine

How do I know if I need to quarantine when I arrive in England?

If you have travelled from, visited or made a transit stop in a country that is not on the list of exempt countries during your journey or in the 10 days before you arrive in the UK, you will need to self-isolate. The list of exempt countries changes frequently. Check it regularly before you are due to travel so you know what to expect on arrival in England.

You will need to self-isolate for up to 10 days - the exact number of days depends on when you left the non-exempt country, territory or region. If you have any medication you need to take, make sure you bring enough for both your 10 day quarantine period, and for an additional period in case you need to self-isolate for longer.

You must complete a passenger locator form in the 48 hour period before you travel to England. You will be asked to show proof that you have completed this form when you arrive at the UK border.

From 15 December it may be possible to reduce the time you are required to self-isolate if you participate in the Test to Release for International Travel Scheme and receive a negative Covid test result after 5 days of self-isolation.

How do I access food and other important items while I’m quarantining?

Supermarkets

Supermarkets in the UK will deliver to your accommodation. They offer a range of food products as well as household items such as cleaning products and bedding. The main supermarket delivery services are offered by:

- Tesco
- Sainsbury’s
- ASDA
- Ocado
- Co-op
- Amazon Fresh

You will need a credit card that works in the UK to use these services and you may need to book a delivery slot a few days in advance. If you are hoping to receive a delivery shortly after you arrive in the UK you should check to see if you can book a delivery slot a few days before you arrive.

Take-away food

There are a number of take-away food delivery services available in the UK. These will deliver hot food to your door in under an hour.
The main delivery services are offered by:

- Deliveroo
- Uber Eats
- Just Eat
- Dominos Pizza

Depending on where you are living, Deliveroo may be able to deliver supermarket shopping from a nearby supermarket as well. This will enable you to buy supermarket products to be delivered straight away. Be aware that the cost is usually higher than booking a supermarket delivery slot directly with a supermarket. You will need a credit card that works in the UK to use these services.

**Bedding and Kitchen**

For students living in Scape East:

If you are staying in our Scape East accommodation you will be provided with a complimentary care pack which includes a hygiene starter pack, bedding, towels, cleaning materials, kitchen equipment and a welcome food pack. Our accommodation team will send you information about this before you arrive.

For students staying in alternative accommodation:

Many student accommodation providers offer a bedding and/or kitchen pack that you can purchase before you arrive. If they don’t, then you can also order these from Uni Kit Out. You will need to pay for this but you can use code NEW10 to get a discount. We recommend that you order your packs as soon as possible to ensure they are delivered in time for your arrival.

**How do I get to my accommodation?**

If you need to quarantine on arrival in the UK and are travelling into one of London’s airports or train stations we advise you to take a taxi directly to your accommodation instead of using public transport. Taxis are readily available at all London airports and major train stations. You can also book in advance and pre-pay for a taxi to pick you up via companies such as Addison Lee.

If you are joining us in London for the first time, we can book an airport pickup service for you, via our partners INTO. This will be an individual taxi that will collect you from the airport arrivals area and take you directly to your accommodation. Please fill in this form to book. You must notify us at least 5 working days before you arrive.

**What should I do when I arrive?**

As soon as you start your quarantine, it is important that you fill out our self-isolation support form on this page. This will allow us to identify any support needs you may have. You’ll also be able to request wellbeing calls where a member of our university community will give you a call to check that you’re ok, identify any support you may need or just to have a chat to help pass the time. We can also tell you more about the wellbeing support available to you.
How do I engage with my studies?

While you are quarantining you will be able to engage with your studies online, via our Canvas Virtual Learning Environment. You should also check out the virtual activities run by our students’ union here.

How do I pick up my BRP card?

If you are studying on student visa and need to pick up your BRP card you can do this after you have completed your self-isolation period. We will provide more information about what you need to do with your BRP card once you have arrived. If you have any questions you can contact us on askNUL@ncl.ac.uk.

How do I register with the police?

If you are a foreign national, you may need to register with the Overseas Visitors Records Office (OVRO) shortly after you arrive. If this is the case, it should be written on your entry-visa vignette (an extra page stuck in your passport), biometric residence permit (BRP) or your Home Office letter visa application decision letter. To satisfy the seven-day legal requirement to register with the police, an appointment must be booked within seven days of arrival in the UK. This will make sure the requirement to register with the police has been satisfied, even if the first available appointment is beyond seven days.

Please book the appointment online here. If you have any questions then please contact us on asknul@ncl.ac.uk.

What do I do if I need help?

It is important that you fill out the self-isolation support form on this page as soon as you start your quarantine period. The form will give you the opportunity to request wellbeing phonecalls and tell us about any additional support needs you may have.

Newcastle University offers a wide range of support services to our students. You can find out more about our support services here. You can also contact our Student Wellbeing and Support Officer, Rachel White at welfare.london@ncl.ac.uk.

If you need additional support during your self-isolation period, you can contact the NHS Volunteer Responders. This is run by the UK National Health Service (NHS) and offer support in shopping for food and essential items as well as phonecalls if you would like to have a chat with someone.

TalkCampus is a new 24/7 online global mental health network where you can access instant support and talk to other students who understand how you’re feeling. Download the free app to access the service today.

You can also access COVID-19 wellbeing guidance in a number of language here.

If you have any questions, please contact us at askNUL@ncl.ac.uk.