



# International Students

## Entering the UK

and

## Self-Isolation Guide

Information last updated 12 October 2021

**PLEASE NOTE:** information correct at the time of writing. For the most up-to-date information and full details, please use the government links [below](#)

# Welcome to Blackpool and The Fylde College

We are looking forward to welcoming new and current international students to B&FC. **There are rules you must follow and you may need to self-isolate (quarantine) when entering the UK**, 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 your travel and during your self- isolation period if required.

You are always welcome to contact us at [maritime@blackpool.ac.uk](mailto:maritime@blackpool.ac.uk)

## Contents

Understanding the self-isolation rules .....	3
Are you required to self-isolate .....	3
What is self-isolation.....	4
How to self-isolate .....	4
Where you can find information from the UK Government .....	4
Preparing for your stay in the UK .....	5
What you must provide us with in advance of travelling .....	5
B&FC Special Terms: COVID 19 TRAVEL.....	5
When to come to the UK .....	6
Self-isolating in our Halls of Residence (not red listed countries).....	6
Self-isolating in your own private accommodation (not red listed countries) .....	6
Self-isolating in a managed quarantine hotel (red list countries) .....	7
Planning your journey .....	7
Before you leave for the UK .....	7
At the Border .....	7
Biometric Residence Permits (BRP).....	7
Frequently asked questions .....	7
General information .....	9
Remote learning during self-isolation .....	9
Medicine and prescriptions.....	9
Books, games and entertainment.....	9
Deliveries and delivery charges.....	9
Suggested programme of activities .....	9

## 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 us at [maritime@blackpool.ac.uk](mailto:maritime@blackpool.ac.uk) if you have any questions.

You must not travel if you have COVID-19 symptoms.

**B&FC will not accept liability for any costs, distress or inconvenience incurred as a consequence of the impact of the current pandemic on your ability to travel and/or attend your course.**

**PLEASE NOTE:** information correct at the time of writing. For the most up-to-date information and full details, please use the government links [below](#)

### Are you required to self-isolate

There are two categories:

- **the red list countries and territories**  
self-isolation is mandatory in a managed quarantine hotel if you have been in a red list country or territory in the 10 days before you arrive in England
- **the rest of the world**  
self-isolation depends on whether you qualify as fully vaccinated under the rules of travel

The rules are different for each category and you must read and understand these in full before you make any travel arrangements and prior to travel. Countries and territories can be moved between categories, so it is important you regularly check the information, especially in the run up to your travel date.

You can find the details of which countries are on the red list here along with self-isolation, testing and vaccination rules and guidance:

[Red list of countries and territories - GOV.UK \(www.gov.uk\)](https://www.gov.uk/red-list-of-countries-and-territories)

[Travel to England from another country during coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/travel-to-england-from-another-country-during-coronavirus)

Government Category	Requirements for travel to England
Red listed countries	<ul style="list-style-type: none"><li>• You must be a British or Irish national or have resident rights in the UK</li><li>• You can only arrive in England at a designated port of entry, list here: <a href="#">Booking and staying in a quarantine hotel if you've been in a red list country - GOV.UK (www.gov.uk)</a></li><li>• Provide proof of a negative COVID test taken in the 3 days before travel</li><li>• Before travel book a hotel quarantine package at a cost of approx. £2285 (includes the cost of 2 further COVID tests during the self-isolation period)</li><li>• Before travel complete a passenger locator form</li><li>• Self-isolate in the managed quarantine hotel for 10 days</li><li>• Take COVID tests on day 2 and on or after day 8 of self-isolation</li></ul>

Rest of the world  (not red list)	<p><b>FULLY VACCINATED TRAVELERS: <a href="#">with government approved vaccine</a></b></p> <ul style="list-style-type: none"> <li>• Before travel, book and pay for a COVID test to be taken on day 2 after arrival in England</li> <li>• Provide proof that you are fully vaccinated with government approved vaccine</li> <li>• Before travel complete a passenger locator form</li> <li>• Take COVID test on or before day 2</li> </ul>
	<p><b>NOT FULLY VACCINATED TRAVELLERS</b></p> <ul style="list-style-type: none"> <li>• Provide proof of a negative COVID test taken in the 3 days before travel</li> <li>• Before travel, book and pay for 2 x COVID tests to be taken on day 2 and day 8 after arrival in England</li> <li>• Before travel complete a passenger locator form</li> <li>• Self-isolate for 10 days (in private accommodation or Halls of Residence)</li> <li>• Take COVID tests on day 2 and day 8 of self-isolation</li> <li>• Possibility of ending quarantine early if pay for a private COVID test through the <a href="#">Test to Release Scheme</a></li> </ul>

### What is self-isolation

Due to Covid-19, the UK government is asking all passengers to self-isolate (quarantine) for the first 10 days after they arrive, even if they do not have coronavirus symptoms. This relates to:

- passengers who have been in a red listed country or territory in the 10 days before arrival in England, and
- certain passengers entering England from the rest of the world

Self-isolating means you are **not** allowed to leave your accommodation for the **whole** duration of the period. This is because symptoms can appear up to 10 days after catching the virus.

### How to self-isolate

First, start by checking if you are travelling from a red listed country which can be found here: [Red list of countries and territories - GOV.UK \(www.gov.uk\)](#)

If you are travelling from or have been in a country on the red list in the 10 days before arriving in the UK, you will be required to book a hotel quarantine package which involves self-isolating in a managed quarantine hotel, with a cost of approximately £2285. You must book and pay for this **BEFORE** you travel. Further information and booking details can be found here: [Booking and staying in a quarantine hotel if you've been in a red list country - GOV.UK \(www.gov.uk\)](#)

Depending on your vaccination status for the rest of the world your self-isolation (quarantine) period can be completed in your own private accommodation or you can stay in our Halls of Residence. If you are staying in our Halls of Residence after 10 full days, you can continue to stay with us, or you can move to your own private accommodation.

### Where you can find information from the UK Government

We recommend you check all the UK government web pages for the latest information before you travel to the UK. We have given you links below to the main sources of information.

[Entering the UK - GOV.UK \(www.gov.uk\)](#)

[Travel to England from another country during coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](#)

[Red list of countries and territories - GOV.UK \(www.gov.uk\)](#)

[Approved COVID-19 vaccines and countries with approved COVID-19 proof of vaccination - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/approved-covid-19-vaccines-and-countries-with-approved-covid-19-proof-of-vaccination)

[Fill in your passenger locator form - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/passenger-locator-form)

[How to quarantine at home if you're not fully vaccinated - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/quarantine-at-home-if-youre-not-fully-vaccinated)

[Booking and staying in a quarantine hotel if you've been in a red list country - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/booking-and-staying-in-a-quarantine-hotel-if-youve-been-in-a-red-list-country)

[Coronavirus \(COVID-19\) testing before you travel to England - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/coronavirus-covid-19-testing-before-you-travel-to-england)

[Find a coronavirus \(COVID-19\) travel test provider if you're arriving in England - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/find-a-coronavirus-covid-19-travel-test-provider-if-youre-arriving-in-england)

[Coronavirus \(COVID-19\): Test to Release for international travel - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/coronavirus-covid-19-test-to-release-for-international-travel)

[Coronavirus \(COVID-19\): safer travel guidance for passengers - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers)

[Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/coronavirus-how-to-stay-safe-and-help-prevent-the-spread)

## Preparing for your stay in the UK

Before coming to the UK, we recommend that you read through the 'Entering the UK' pages on the UK government's website [Entering the UK - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/entering-the-uk)

### What you must provide us with in advance of travelling

You must

- if you are required to take one, send us a copy of your COVID test results taken before you travel, this can be emailed to [maritime@blackpool.ac.uk](mailto:maritime@blackpool.ac.uk)
- notify us of your travel date and flight details along with expected arrival times and dates at your private accommodation, managed quarantine hotel or Fleetwood Nautical Campus
- if you are staying in private accommodation or a managed quarantine hotel the full address

### B&FC Special Terms: COVID 19 TRAVEL

As a condition of issuance of a Confirmation of Acceptance (CAS) or visa support letter from Blackpool & The Fylde College (B&FC) you must familiarise yourself with the United Kingdom's government guidance on travel which as of today can be found here [Entering the UK - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/entering-the-uk). You should also familiarise yourself with **your own** national government guidance on foreign travel and that of any country you may transit or travel through.

Any costs or losses incurred associated with travel to B&FC to attend your course are solely your responsibility and may include but are not limited to transport costs, medical tests & treatment, COVID tests, managed quarantine hotel, private quarantine accommodation and other costs imposed due to the current pandemic.

You should also be aware that advice may change at short notice affecting your travel to B&FC and our ability to accommodate you and/or deliver the course.

Where practical and reasonable B&FC will aim to inform you in advance, but in view of the often short notice changes B&FC bears no liability for losses incurred by you for conditions imposed by National or Local Government affecting B&FC's ability to deliver your course or accommodate you in the event of these changes.

**B&FC will not accept liability for any costs, distress or inconvenience incurred as a consequence of the impact of the current pandemic on your ability to travel and/or attend your course.**

In view of the possibility of changes or cancellation beyond our control you may wish to consider, at your own cost, obtaining insurance cover.

### **When to come to the UK**

You must arrive in the UK and at your accommodation in good time to allow for self-isolation periods so that you can attend your first class on the date we have provided you with. If you arrive after this date, you may not be able to attend your lectures or sit any exams if they are part of your studies.

### **Self-isolating in our Halls of Residence (not red listed countries)**

Self-isolating means you are **not** allowed to leave your declared accommodation for the **whole** duration of the period. After 10 full days you can continue to stay with us in our Hall of Residence, or you can move to your own private accommodation.

The cost for our Halls of Residence is £350 for the full 10 days, this cost covers all of the following:

- Your room: full en-suite self-contained accommodation
- WiFi
- Prepared meals and beverages 3 times per day, this is delivered to your room during the self-isolation period
- 24/7 warden on site contactable by phone to help with any issues or support you may require

The cost of the Halls of Residence will be added to your course fees, once all bookings have been confirmed we will reserve your room for you.

### **Self-isolating in your own private accommodation (not red listed countries)**

If you are staying in your own private accommodation you must adhere to the government self-isolation rules, self-isolating means you are **not** allowed to leave your declared accommodation for the **whole** duration of the period.

We will make daily contact with you to ensure that you are safe and well and have everything you need. You must confirm during this contact that you are adhering to the government self-isolation rules. This contact will be one of the following:

- Through your online lectures
- A phone call from a member of our staff
- An MS Teams video call from a member of our staff
- If we have any concerns then socially distanced visit to your private accommodation

If you fail to follow the UK Governments self-isolation (quarantine) rules or we suspect that you have left your accommodation, then B&FC will have no alternative but to report this breach to the authorities and you will be withdrawn from your course of study and must return to your

home country.

### **Self-isolating in a managed quarantine hotel (red list countries)**

You must follow the rules and guidance provided to you by the government and your managed quarantine hotel:

[Booking and staying in a quarantine hotel if you've been in a red list country - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Please note that you can only arrive in England at certain ports( as detailed in the guidance on the link above) if you are coming from a red listed country and you can only travel to your managed quarantine hotel by the transport specified in your quarantine package.

## **Planning your journey**

### **Before you leave for the UK**

Remember when travelling to the UK passengers should:

- book at least one coronavirus (COVID-19) test for after you arrive if you are not travelling from a red list country  
[Find a coronavirus \(COVID-19\) travel test provider if you're arriving in England - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- provide your contact details by completing the online passenger locator form  
[Fill in your passenger locator form - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- if required provide proof of a negative COVID-19 test taken in the 3 days before you leave for the UK
- follow the testing and quarantine rules in England, Scotland, Wales or Northern Ireland

### **At the Border**

We recommend that you carry a copy of your college offer letter and any joining instructions when you travel to the UK as evidence of the purpose of your visit.

You may have to wait longer than usual at border control because of coronavirus (COVID-19).

Please remember you may be required to wear a face covering at the airport and follow social distancing rules [Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk).

### **Biometric Residence Permits (BRP)**

You will usually be issued with a Biometric Residence Permit if you are coming to the UK for longer than 6 months.

You must do this either before your 30 day vignette expires or within 10 days of arrival in the UK, whichever is later. However, you must not go out to collect your BRP if you're self-isolating. You must wait until your self-isolation period is over to collect it.

If you do not collect your BRP you may be subject to a financial penalty or cancellation of your leave.

## **Frequently asked questions**

We have listed below the most common questions we get from students.

***Q. I have had a negative COVID test result before I travel, but I now have COVID symptoms before my flight, should I travel?***

No. You must not travel if you have any COVID symptoms. Contact the Student Administration team on [maritime@blackpool.ac.uk](mailto:maritime@blackpool.ac.uk) and let them know you have not been able to make your flight.

**Q. Do I have to self-isolate in a hotel and pay for it? How much does it cost?**

Only passengers that have been in or transited through the “red list” countries need to self-isolate in a managed quarantine hotel and pay for it. A list of these countries can be found here: [Red list of countries and territories - GOV.UK \(www.gov.uk\)](https://www.gov.uk/red-list-of-countries)

**Q. How do I find out if my vaccines are approved by the UK Government**

Details on the approved vaccines and the evidence you will need to provide can be found on the Government website below:

[Approved COVID-19 vaccines and countries with approved COVID-19 proof of vaccination - GOV.UK \(www.gov.uk\)](https://www.gov.uk/proof-of-vaccination)

**Q. Can I go to college to attend face-to-face teaching?**

No, you need to stay in your accommodation and if your lectures have started attend them online.

**Q. Can I have visitors?**

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

**Q. Can I do some outdoor exercise?**

No, you cannot leave your accommodation to do outdoor exercise.

**Q. What if there is an emergency?**

You can leave your accommodation in the case of an emergency. Please refer to the UK government’s website.

**Q. When does the self-isolation period finish?**

You will be able to leave self-isolation (quarantine) when you have received both a negative result from your day 8 test and have quarantined for 10 full days - unless you have taken part in the “Test to Release for International Travel” scheme. However, if you have developed coronavirus symptoms during your self-isolation period or tested positive for COVID-19, you may need to self-isolate for longer.

**Q. I have to self-isolate after I have completed my initial quarantine period and I am now living in my own accommodation.**

***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 the [‘General Information’](#) section, 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.

***I am staying in a shared accommodation, can I see my housemates? What to do about common areas (e.g. bathroom, kitchen)?***

All of the people living in shared accommodation may need to self-isolate if 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.

## General information

If you are in our Halls of residence or a managed quarantine hotel remember that during your initial self-isolation (quarantine) period you will be provided with prepared meals and refreshments to your room. If you are in our Halls of Residence we can also provide you with snacks on request at an additional cost.

### Remote learning during self-isolation

If your course has started teaching and learning during your self-isolation period will continue in line with your timetable and you will be engaged with your tutors and peers through remote learning.

### 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	For art/crafts supplies, board games, stationery
<ul style="list-style-type: none"><li>• Blackwells</li><li>• Waterstones</li></ul>	<ul style="list-style-type: none"><li>• Hobbycraft</li><li>• WHSmith</li><li>• The Works</li><li>• Etsy</li></ul>

### Deliveries and delivery charges

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.

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!

## 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 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