

Before you leave home

Welcome to UWS!

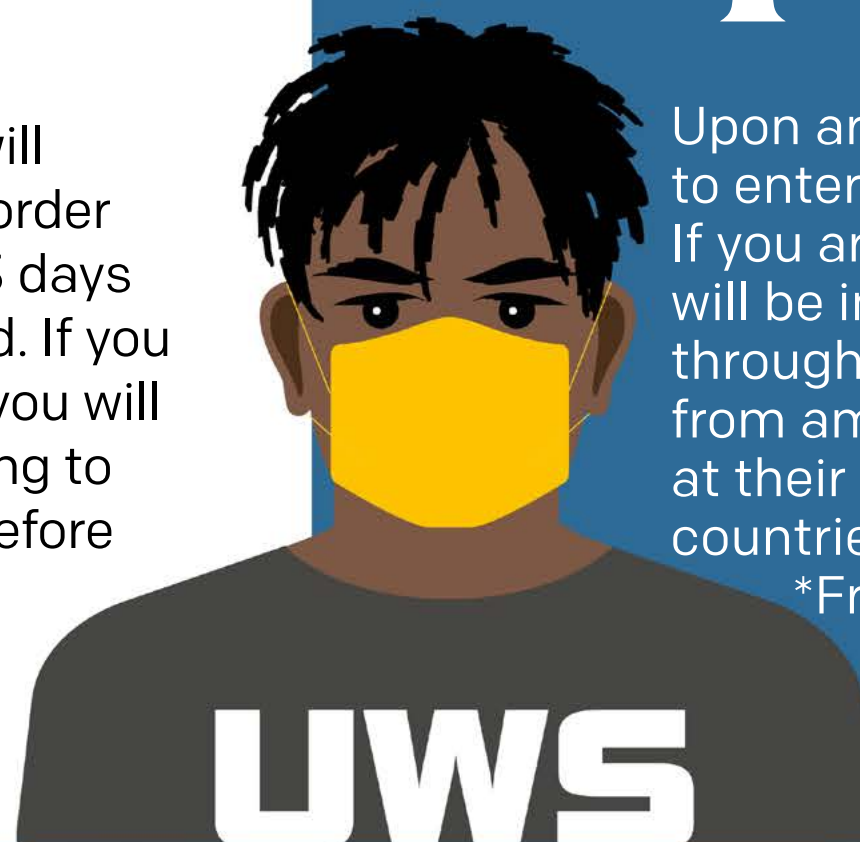
We're looking forward to welcoming you to our campuses and we want to make your journey to Scotland and UWS as easy and seamless as possible. To help ensure your journey goes smoothly and to support your arrival arrangements, we've created this pre-departure guide to help you along your way.

You can also find lots of helpful information on the University's website by visiting our [Student Information Portal](#) which provides all our plans for the start of the new session for new students.

Best wishes and see you soon!
Team UWS

ONE

Everyone who is travelling to Scotland will require a negative PCR Covid-19 test in order to travel. The test must be taken in the 3 days before you start your journey to Scotland. If you do not present proof of a negative test, you will not be able to board any transport arriving to Scotland. More information on testing before travelling can be found on the [Scottish Government's website](#).



TWO

Upon arrival in Scotland you may have to enter a 10-day self-isolation period. If you arrive from a red list country this will be in a managed isolation booked through the UK government. Arrivals from amber list countries can isolate at their home*. Arrivals from green list countries will not be required to isolate.

*From 2nd August there are some exemptions from isolation for amber list countries - see [Scottish Government website](#) for details.

THREE

Before travelling to the UK, you must complete the Public Health Passenger Locator Form 48 hours before arrival. The form includes information on your journey, your contact information and the address where you will be self-isolating if required to do so. The form is available on the [UK Government website](#).

This is a free service. You do not need to pay another website or business to provide your contact details on your behalf.

FOUR

UWS requires you to share your travel details with us, you can do this by sending us a copy of the Public Health Passenger Locator Form, just forward the confirmation email with the document attached to passengerinfo@uws.ac.uk with your Banner ID before your departure date. This is essential for you to access campus after your self-isolation period is completed and will also allow our staff to support you during your arrival to the UK and to contact you if you may have been exposed to Covid-19. UWS will store this information in line with our [GDPR policy](#).

FIVE

Some students will be required to self-isolate on arrival (see step two). This means you will not be able to leave your managed isolation, university or private accommodation from the first 10 days after you arrive in the UK. We understand this can be a difficult process, so please contact hub@uws.ac.uk to access a range of student services that are in place to support you. Please also be reassured that these services are available for students in both private and university accommodation.

SIX

Check you have packed essential items that you will not have immediate access to on arrival if you require to self-isolate, as you will not be able to pick these up before you begin your isolation. In particular, any medication you need, toiletries, UK plug adaptors, laptop, chargers, bedding and towels (unless you know your accommodation provides this) and you may wish to bring some basic food items/snacks.

On arrival

Due to Covid-19 restrictions, UWS are unable to offer the usual 'Meet & Greet' service.

However, if you let us know your arrival information at least 5 working days in advance of your arrival, we can help with arranging appropriate transfers from Glasgow Airport or from Glasgow's main railway stations to your pre-booked local accommodation. For more information, please contact **international@uws.ac.uk**

For your information and travel planning our Scottish campus addresses are as follows:

Ayr Campus: University Avenue, Ayr KA8 0SX

Dumfries Campus: Dudgeon House, Dumfries DG1 4ZN

Lanarkshire Campus: Stephenson Place, Hamilton International Technology Park, South Lanarkshire G72 0LH

Paisley Campus: High Street, Paisley PA1 2BE

Transport Scotland has also issued **guidelines on travel** to promote your safety and the safety of others while using public transport in Scotland.

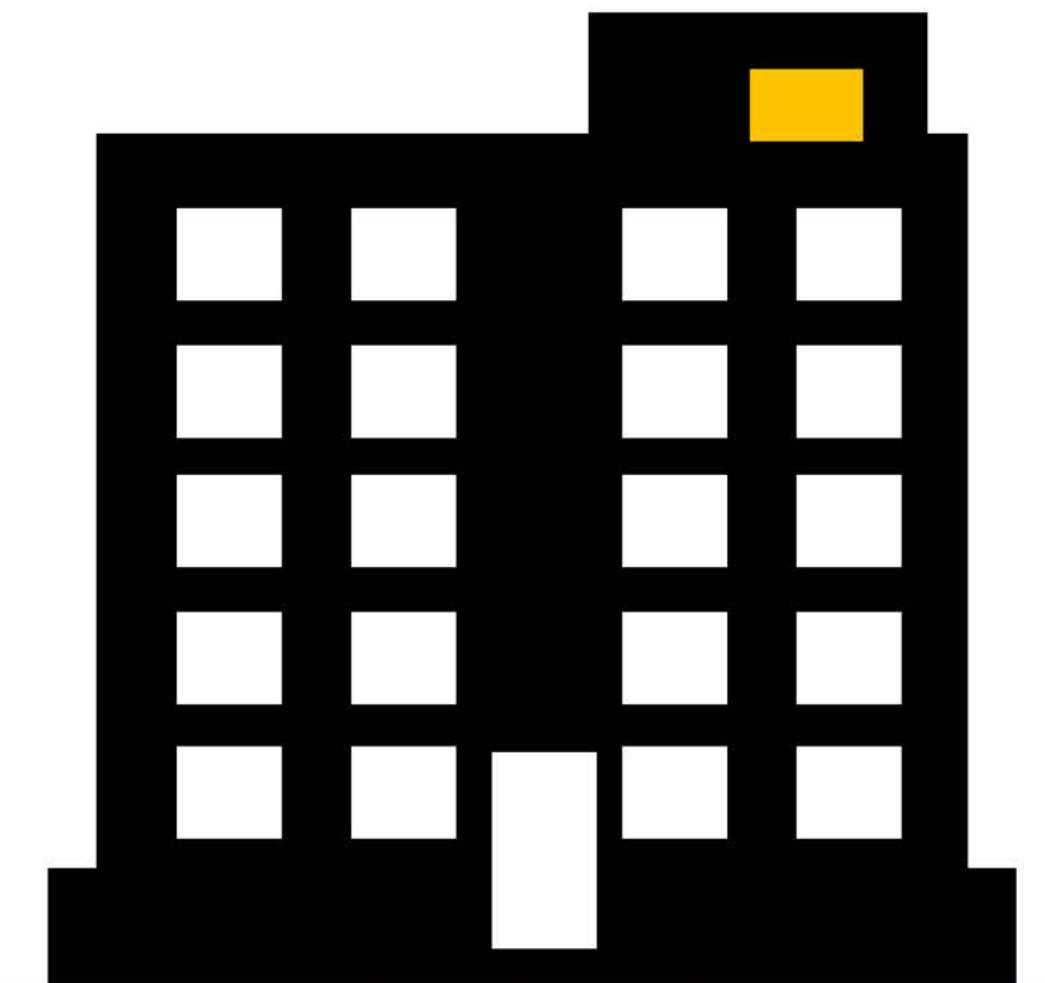


Arriving at your accommodation

If you're staying in university accommodation and need to self-isolate, the UWS Residences team may have already contacted you to schedule your arrival time in order to minimise contact with others. If our Residences team have not yet contacted you, please email: **accommodation@uws.ac.uk**

Our Residences Team will meet you at your campus' reception, where distancing measures will be in place, including protective screens, signage and sanitisers, and direct you to your accommodation. The Residences Team will arrange bed linen, towels and a welcome food pack to be placed in your accommodation prior to your arrival.

If you're staying in private accommodation, make contact with the accommodation in advance to make your moving in arrangements. This will be particularly important if you plan to self-isolate in this accommodation. Landlords and flatmates will have different preferences for how you move into the residence, so please communicate with them before you arrive.



Quarantine

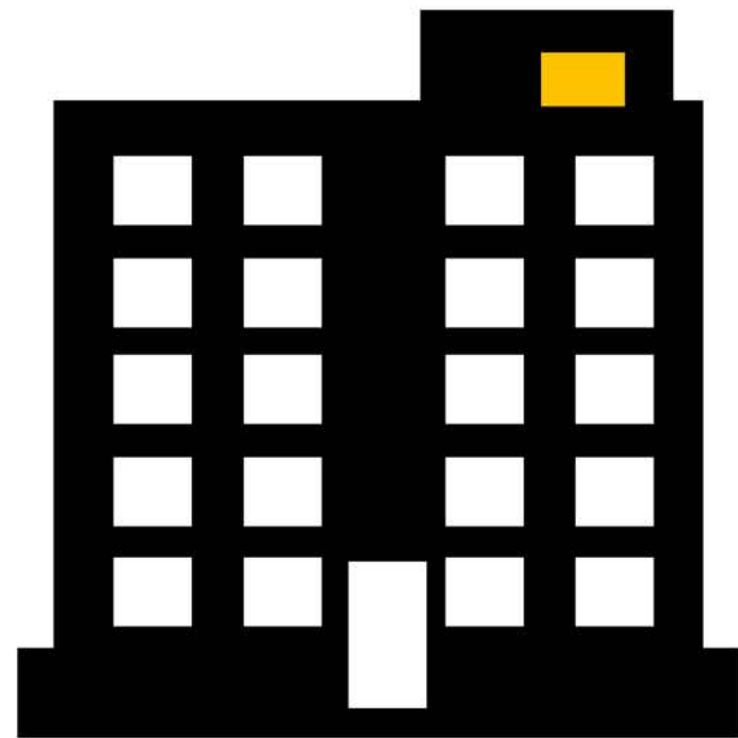
If you are arriving to Scotland from a red list country then you must arrange a managed isolation, booked through the UK government, for 10 days from your arrival. If you are arriving from an amber list country and need to self-isolate, you should do this for 10 days at your new residence. This means you cannot leave during the 10 days isolation period and will need to do frequent Covid-19 tests. This is a legal requirement and exemptions will only be made if:

- You require medical assistance
- You need to travel to leave Scotland (this must be done in the most direct route)
- There's an emergency in your accommodation which puts you at risk

After your self-isolation period, you will be able to enter shops and supermarkets. During self-isolation you can request home delivery from; Asda, Morrison's, Sainsbury's, Tesco, or Waitrose. You can also order food from local restaurants and cafes using delivery companies such as Deliveroo, UberEats and JustEat.

If you have not yet been vaccinated or require a second dose, there are a number of walk-in vaccination centres across the west of Scotland. Follow this [NHS link](#) to find your nearest centre. We are planning to have drop-in vaccination centres on campus - details of these will be posted on our [Student Information Portal](#) once confirmed.

We would encourage you to carry out COVID-19 testing on yourself during quarantine and regularly thereafter to help stop the spread of the virus. You can order testing kits for free from the [UK Government website](#).



If you develop symptoms of Covid-19 such as:

- **A new, continuous cough**
- **A fever or high temperature**
- **Loss of, or change in, sense of smell or taste**



If you're staying in private accommodation, please contact [NHS Inform](#) and the national number for testing (0800 028 2816) to arrange a test. If you need to take a test please advise the University by following the instructions on the [UWS Covid-19 information page](#) and we can support you through the process. If you test positive, please read the section titled Covid 19 notification form and inform the University by completing the form on this web page.

If you test positive for Covid-19 you must quarantine for at least 10 days from when your symptoms first developed.

UWS has disciplinary arrangements in place for students who fail to comply with the law on quarantine, in addition to the existing legal penalties in Scotland which are enforced by Police Scotland. Please take the time to review and familiarise yourself with the national guidance on quarantine which you can find on the [Scottish Government website](#). Noncompliance with quarantine rules is considered a serious breach in terms of disciplinary procedures. We are here to support you in case of any difficulties you face – so please keep in touch as we only anticipate having to use these formal measures in exceptional circumstances.

Student Support

Support is available for all new and returning UWS students. All self-isolating students will receive a 'Check In and Chat' virtual appointment on arrival. This will allow you to check in with the UWS team who will let you know what support services are available and how you can start connecting online with other students during your self-isolation.

A follow up check-in will be offered to find out how you are doing and provide guidance on protocols for accessing campus.

Please fill out the form on our **Student Services website** to request your appointment for Check-In and Chat.

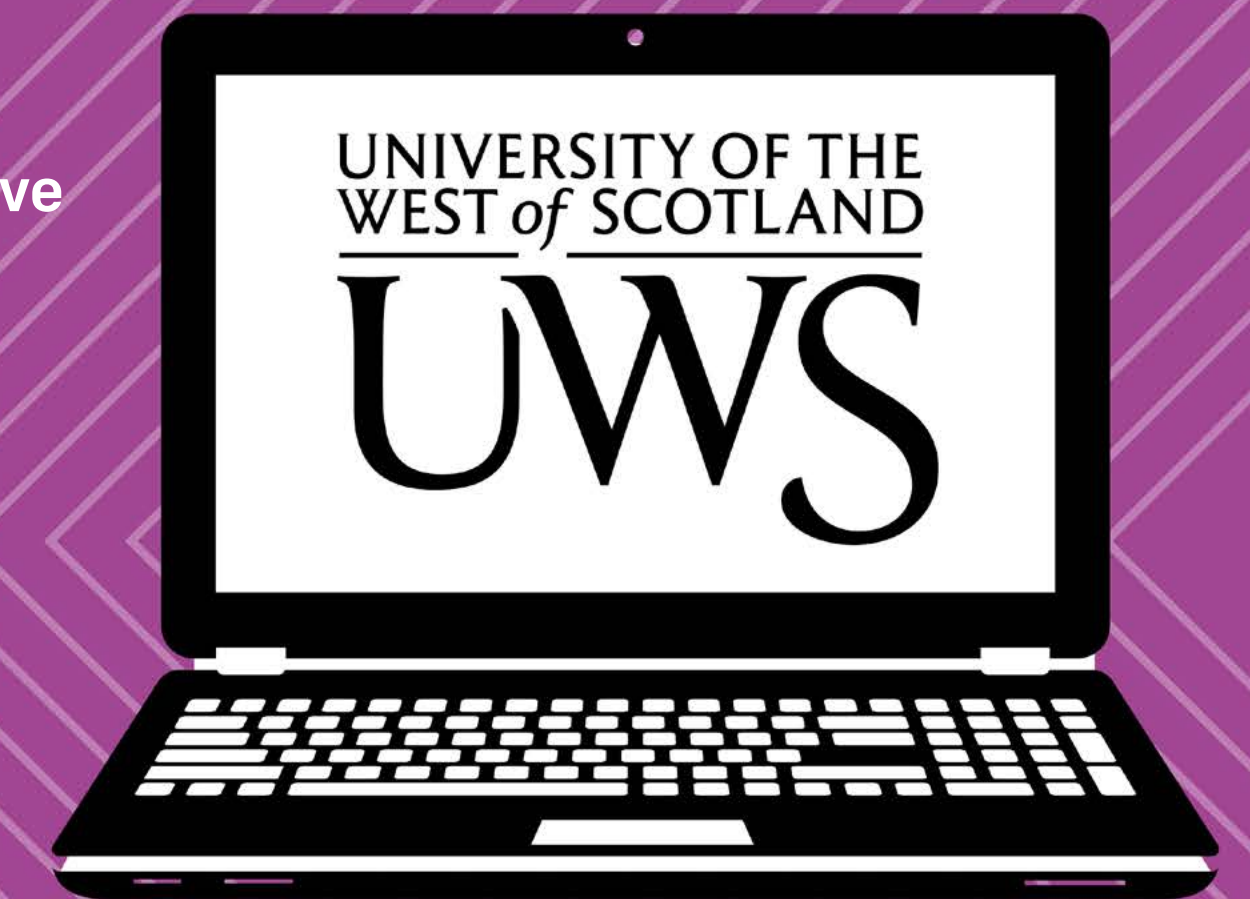
Our **UWS Students' Union** partners are also providing online activities for those who require to self-isolate.



Useful sources of information

UWS has a dedicated **Student Information Portal** which provides all our plans for the coming year for new and returning students. The webpage is updated regularly and includes information on enrolment and induction, plans for safe and welcoming campuses, what teaching and learning will look like and specific information for our international students.

- Visit our **Student Information Portal** before you arrive
- Student Services Support & Wellbeing
- UWS Students' Union
- Quarantine Guidance
- NHS Inform
- Transport Scotland Guidance



Key contacts

International Centre (pre-arrival enquiries): international@uws.ac.uk

The Hub: hub@uws.ac.uk

UWS Residences: accommodation@uws.ac.uk

International Student Support Team (visa enquiries and student support): internationaladvice@uws.ac.uk

Checklist



**Taken a Covid-19
test 3 days before
travel**



**Have your negative
test certificate to
show your travel
provider**



**Completed the
Public Health
Passenger Locator
Form**



**Sent your Public
Health Passenger
Locator Form to
UWS**



**Arranged your
10-day self-
isolation
if required**



**Confirmed
your arrival
time with your
accommodation**



**Arranged for food
and necessities to
be delivered to your
accommodation**



**Reviewed
the Scottish
Government
self-isolation
guidance**



**Shared your
contact
information with
the University**



**Familiarised myself with the
UWS Covid Commitment
that I will adhere to**



**Look forward to
starting life at
UWS!**