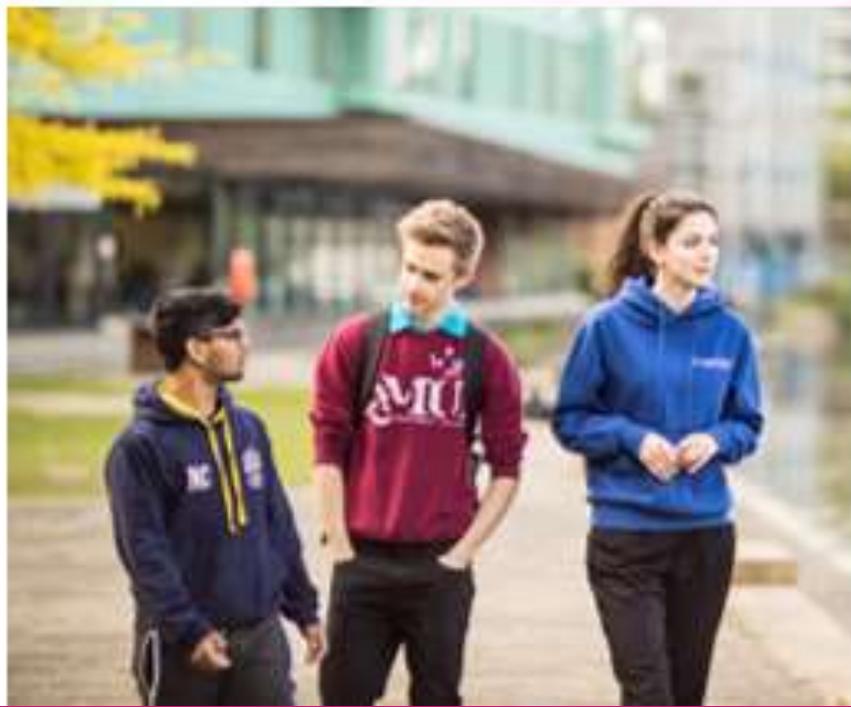


WELCOME TO THE UK!



**THE BEST
POSSIBLE YOU
MADE POSSIBLE
IN THE UK.**



STUDY UK



TODAY'S AGENDA

- Current situation in the UK
- Wellbeing support for students
- Current travel guidance
- Public health
- Student sharing

THE CURRENT SITUATION IN THE UK



- Nearly 70 per cent of the population have now received at least one dose of their Covid-19 vaccine.
- The UK lifted the Covid restrictions in England since July 19 2021.
- face-to-face teaching resume at universities from July 19 2021.
- Universities are preparing to welcome students for the autumn term.
- Universities are preparing to deliver high-quality teaching, in line with government guidance that ensures the health and safety of everyone remains top priority.
- Students should contact their institution for advice and support about their course and their personal circumstances.

STUDENT WELLBEING

There is a huge amount of support available to international students in the UK.

Additional services have been set up since the outbreak of the Covid-19 pandemic, such as:

- airport pickup services
- support through self-isolation, including food packages
- increased mental health support.

Students should contact their chosen university for specific information on what measures will be in place and how they plan to welcome students.



HELP AND ADVICE

Universities have student wellbeing at their heart and there are many places students can turn to for help and advice while in the UK.

- Students Union or Student Welfare Service
- Academic advisors such as personal tutor or lecturer
- International office
- Accommodation support officer
- Student health centre
- Chaplaincy or place of worship
- General Practitioner (GP)

The following organisations offer support and advice:

- [Student Minds](#)
- [Student Space](#)
- [UKCISA](#)



TRAVELLING TO THE UK

Travel and quarantine rules are subject to change, so students should continue to check the latest rules while making their plans, and stay in touch with their university for the latest information and support.

Please note that travel and quarantine guidance varies between the four nations of the UK:

- [England](#)
- [Northern Ireland](#)
- [Wales](#)
- [Scotland](#)

The UK has introduced a '**traffic light system**' for international arrivals, so rules will depend on whether your country is on the red, amber or green list.

Universities will support students on arrival to the UK and throughout their time here.



'GREEN LIST' GUIDANCE



Hong Kong is currently on the 'green list'.

Before departing, travellers from green list countries must:

- complete a [pre-departure test](#)
- complete a [passenger locator form](#)
- book and pay for a [travel test package](#).

On arrival, green country arrivals must:

- take a Covid-19 test (booked before travelling) on day 2 after arrival.

Green list arrivals do not need to isolate, unless you test positive for Covid-19.

All international students should:

- arrange an international bank account or bank card
- keep your university informed of your travel plans.

PUBLIC HEALTH

The UK's NHS (National Health Service) provides subsidised treatment and healthcare to international students. As part of their visa application, students pay the Immigration Health Surcharge, and this gives them access to NHS services.

Students should register with a local doctor/general practitioner (GP) as soon as possible when they arrive in the UK. They can do this where they live, or through the university campus medical centre.

To register, students need their passport, student identification, proof of address and a photograph.

For general queries about health, students can visit:

www.nhs.uk (if you are living in England)

www.scot.nhs.uk (if in Scotland)

www.wales.nhs.uk (if in Wales)

www.hscni.net (in Northern Ireland)



PUBLIC HEALTH



Face coverings

- It is a legal requirement to wear a face covering over your nose and mouth on public transport in England, Northern Ireland, Scotland and Wales.
- You must also wear a face covering in most indoor spaces in the UK, such as shops.
- [View the UK government guidance on face coverings.](#)

Covid-19 vaccines

- International students in the UK can access the Covid-19 vaccine.
- Anybody aged 18 or over in the UK is eligible for the Covid-19 vaccination for free, regardless of their nationality or immigration status.

STUDENT SHARING

Anna Tiffany So
University of Dundee
Student ambassador of
UKCISA

