

Travelling to Oxford and Preparing for Self-Isolation: *A Quick Guide for Green Templeton Students*

This document has been put together for new Green Templeton students who will be travelling to the UK in September, and particularly for those who may need to self-isolate upon arrival. It is mostly aimed at students not living in Green Templeton accommodation, where additional guidance will be provided. However, many elements will apply wherever you are living in Oxford. If you are travelling to the UK from a country not on the [exemption list](#) then you will need to self isolate for 14 once you get here. If you are travelling within the Common Area, you will still need to provide some details about yourself prior to travelling.

Before you Travel

If you are travelling to the UK from anywhere (including outside of the Common Travel Area) the UK government requires you to provide your journey, contact details and the address where you will be living. You should [complete the public health passenger locator form](#) 48 hours before you arrive. You must present these details on your arrival in England. *This information is likely to change, so you must check it regularly including on the day you are travelling.*

If you are living in in Green Templeton accommodation you must confirm in advance an arrival date and time with the accommodation team: accommodation@gtc.ox.ac.uk.

You should provide the accommodation address for where you will be living (including where you will be living during any required period of self-isolation) rather than the main college address. For the details of who to contact if you become unwell in the UK, you can put down Green Templeton College +44 (0)1865 274770.

Please review [this travel information](#) carefully and ensure you provide your contact details before you travel.

Separately, the college will ask for contact information for you. We will ask for this before you arrive and then officially once more as part of the registration process.

Things to bring with you

You may be required to self-isolate for 14 days upon arrival, or you may be required to self-isolate at any time during your stay should you or any of your household members test positive for Coronavirus or be asked to self-isolate because you have been in contact with someone who has tested positive. The college and the university is developing a comprehensive code of conduct to support your health and wellbeing during your time here. In the meantime, we suggest that you bring the following things with you so that you are prepared for arriving in Oxford.

Masks or face coverings

- Face coverings are required in many indoor spaces and on public transportation in England. They will also be required in some college and university indoor spaces. Further information on face coverings can be found [here](#):

Medication

- Make sure to bring any prescriptions you regularly take with you, with at least 14 days extra in case you are required to self-isolate. If you can, bring more. It may take you a few extra days after your self-isolation period to get your prescription.
- If you can, pack some Paracetamol (also known as acetaminophen). If you do contract a fever, this is what you will need to begin taking.
- Thermometer
- If you can, pack a thermometer to bring with you. During any self-isolation period, you might want to monitor your temperature once a day.

Hand sanitizer and some cleaning supplies.

- You may also want to consider bringing a few days' worth of non-perishable food options to begin your self-isolation period with while you get settled.

How to get to Oxford?

Travelling from the airport:

- You can take taxis, arrange private transfer cars, or travel via public transport to Oxford.
- We recommend looking at [The Airline Bus](#) for timetables and prices from London airports to Oxford.
- Once you arrive in Oxford, you should make your way directly to your accommodation. Ensure you are wearing a mask for the entirety of your journey and ensure to wash your hands often. If you can bring disinfecting wipes with you as well to wipe surfaces, that would be good.

Once you arrive in Oxford:

- Make your way to your accommodation. Once you are able to access your accommodation, your 14-day self-isolation begins.
- If you are living in Green Templeton accommodation you should ensure that you arrive at the agreed time with our accommodation team, and notify them in advance if your plans change: accommodation@gtc.ox.ac.uk.
- In accordance with government guidelines, you must remain in your accommodation for 14 days. For full details on what you are allowed to do during this period of self-isolation, please read this information carefully: [How to self-isolate when you travel to the UK](#).

Food & Essentials:

There are various options for getting food and other supplies once you arrive in Oxford:

- You will be able to order groceries from delivery apps like [Uber Eats](#), [Deliveroo](#), or [Just Eat](#). You will be able to sign up for these delivery services with an international credit

card. (Deliveroo and Just Eat have student discounts too if you sign up with your Oxford email!)

- **Deliveroo** in particular is very good for grocery deliveries, pharmacy deliveries, organic vegetable deliveries, and medical supplies – not just take-away food
- The main British supermarkets offer delivery services: [Sainsbury's](#), [Tesco](#), [Waitrose](#), and [M&S](#) (via [Ocado](#)).
- If you would like to stay local for your vegetables and meats, you can order a delivery from [Bonner's](#) which is located in the Covered Market, but are delivering all around Oxford.
- You may be able to place an [Amazon Pantry](#) order to be at your accommodation for when you arrive so you are ready to go! You can also get an Amazon Prime student account, or try the Prime free trial for this shipment.
[Click here for a map of amenities around Green Templeton College!](#)

The self-isolation guidance published by the UK government. The government advice states that you can only leave your household in exceptional circumstances such as for urgent medical assistance and when you cannot arrange for essential supplies to be delivered. If you do so you must wear a face covering and maintain 2m social distancing at all times.

Keep the government guidance on self-isolation book-marked on your phone or laptop: [How to self-Isolate when you travel to the UK](#).

Things to Think About

- **Access to wifi and international telephone usage:**

In case you are unable to connect to wifi at any point during your period of travel or self-isolation, come equipped with some alternative way to connect to the internet and make calls via international data roaming.

- **Spending:**

You may not be able to open a bank account during your self-isolation period. In case setting up a UK bank account takes longer than anticipated, we would recommend you have an international credit card you can use for purchasing necessities once you arrive.

- **Supporting yourself for the rest of the year:**

Once you've completed your required period of self-isolation, we recommend that you have 14 days' worth of non-perishable food/essentials stocked for any time in the future when you might need to self-isolate. For that we would recommend these places to shop:

- The closest grocery store to Green Templeton College is the **Co-op on Walton Street**. This shop has the bare essentials in terms of toiletries, if they do not have what you need, **Boots on Cornmarket Street** is the next closest (and largest) shop to get toiletries, medications, and other essentials that are not food.
- The closest pharmacy to college is **Woodstock Road Chemist**.
- Larger supermarkets can be easily accessed as well! We recommend:

- **Tesco** on Magdalen Street
- **Sainsbury's** in the Westgate Shopping Centre
- **Aldi** on the Botley Road
- **Waitrose** on the Botley Road
- **Tesco** on the Cowley Road

[Click here for a map of amenities around Green Templeton College!](#)

Support

Green Templeton students live in many parts of Oxford, the UK and the world. However, we are here for you should you experience difficulties during your transition to the college. A comprehensive handbook on self-isolation and support will be provided when you arrive. In the meantime:

For questions about your household designation and facilities or your accommodation generally:

Emirose Cottington and Nick Martin in GTC Accommodation's team:
accommodation@gtc.ox.ac.uk

For questions about registration, induction, and welfare or academic support:

Alison Franklin, Caitlin Pawulski and Henrietta Smethurst in the College Office:
academic.registrar@gtc.ox.ac.uk, academic.admin@gtc.ox.ac.uk;
student.admin@gtc.ox.ac.uk;

For informal welfare support, speak to one of our student Junior Deans:

junior.dean@gtc.ox.ac.uk

For questions about college life and student activities:

Allison D'Ambrosia, Student Engagement Officer: student.engagement@gtc.ox.ac.uk

Staff at the Lodge can direct you any teams in the college via this number +44 (0)1865 274770

If you have questions or concerns generally about the college's support for its students, please contact: Dr Alison Stenton, Senior Tutor, Alison.stenton@gtc.ox.ac.uk

A useful graphic about self-isolation timetables (Source: [How to self-isolate when you arrive in the UK](#))

