



Guidance for international students in quarantine (self-isolation)

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There are [different rules if you have been in a red list country or territory](#) in the 10 days before you arrive in England. Rules for arrivals from Red List countries apply whether you are fully vaccinated or not.

2. Before you travel: preparing for self-isolation

If you are required to book a Day 2 COVID-19 test prior to travel, you will need to do this [through the UK Government website](#). Note that the DMU on-campus Lateral Flow tests will not be accepted at the UK Border as a replacement.

If you are travelling from a Red List country and you are required to book a pre-departure test, you must ensure that any test results that you provide are **valid and genuine**. If the UK Visas and Immigration staff at the border are not satisfied that your test result is genuine, they may refuse you entry to the UK, and you may be required to pay for a replacement test. For more information on the requirements for a pre-departure test, you can find the [UK government website](#).

If you need to quarantine you should not leave the place where you are staying - including to go shopping - unless there are exceptional circumstances that mean you are not able to have food or medicine delivered.

Whilst in quarantine you must not visit the DMU campus for any reason, including to try to collect a Biometric Residence Permit (BRP). Once the university receives your BRP, we will contact you by email to make the necessary arrangements.

Remember that you can still register onto your course remotely (if you have not done so already) and still engage with online teaching whilst in self-isolation. x A mobile phone. You should be able to buw6 (n)10.7 (.2 (b)-0C o6



3. DMU Safe Trace

When you arrive at your accommodation in the UK, please report that you are self-isolating by completing this [Self-Isolation form](#). A member of the DMU Safe Trace will then try to contact you.

The DMU Safe Trace system is designed to minimise the transmission of Covid-19. [Find out more here](#) about DMU Safe Trace.

4. Buying food and medicine in quarantine

Arriving at your accommodation

You'll need to set up wi-fi access. If you're staying in halls of residence, the hall staff should be able to advise you how to access the wi-fi – contact them directly about this. Please note that, although you should be able to log in to the DMU wi-fi network once you have registered onto your course, you'll only usually be able to access the DMU wi-fi signal once you're actually on-campus (and probably not from your accommodation).

Ordering food and meals online

Before you arrive in the UK, we recommend contacting your hall of residence or accommodation directly, to check what process they have for accepting deliveries for students.

Meal and grocery deliveries

There are a number of online food delivery companies in Leicester that you can use to order meals and groceries. The most well-known delivery companies are **Uber Eats, Deliveroo and Just Eat**, although you'll find other companies by looking online.

If you're ordering pre-prepared meals there are lots of options to choose from – including Indian, Chinese, Thai, pizza, burgers, Korean and Turkish.

Some supermarkets (such as Morrisons, Co-Op and Marks & Spencer) can also deliver groceries via Deliveroo - including basics such as eggs, bread, fruit and vegetables.

How do I order?

To order food delivery from Uber Eats, Deliveroo or similar you'll need to set up an account – this should only take a few minutes although you'll need to have a phone number, an email account and a payment card. You will also need to know your address and post code.



[Uber Eats](#)

[Deliveroo](#)

[Just Eat](#)

[Food Hub](#)

Chinese and East Asian food

There are several local Chinese and East Asian food shops, who can arrange delivery.

Again, you will need to have a phone number, a payment card and your UK address with post code. You'll also need to make sure that you're in your accommodation when your order is delivered.

[The Farmlands](#)

[Korea Supermarket](#)

[Hungry Panda \(App\)](#)

Supermarket deliveries

The large UK supermarket companies operate online delivery services. These include Morrisons, Sainsburys, Asda, Tesco and Iceland. You'll first need to set up an account online and then select a delivery slot once you've selected and paid for your food online.

[Morrisons](#)

[Asda](#)

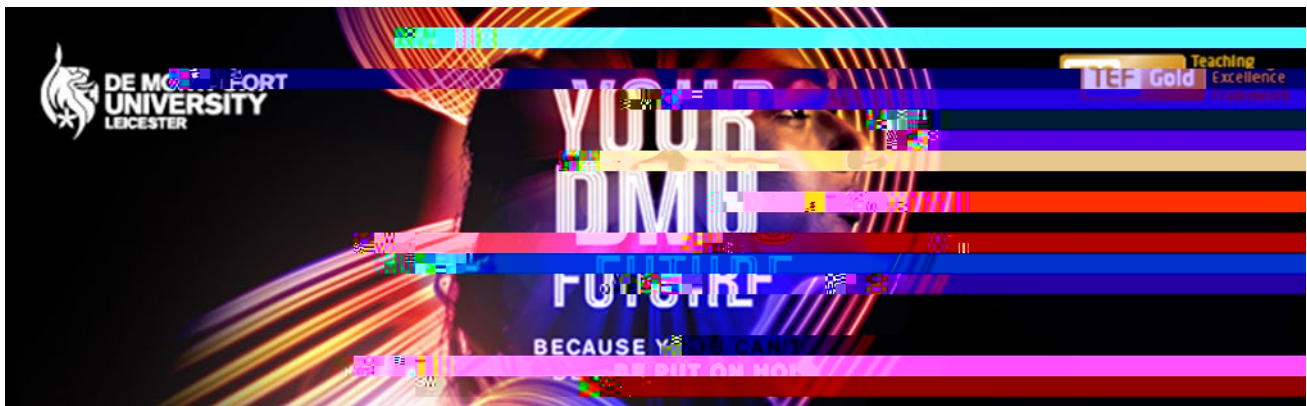
[Sainsburys](#)

[Tesco](#)

[Iceland](#)

Please note that supermarket delivery became more popular following the start of the COVID-19 pandemic and you may need to organise your delivery several days in advance. If you need groceries quickly, it will probably be quicker (though probably also more expensive) to order through a delivery company such as Deliveroo.

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Other local restaurants, providing delivery service

We have compiled this list as an initial guide to some of the restaurants and food outlets that might be available, though please note that they are examples only and that other restaurants providing delivery are also available. DMU has no connection with any of these restaurants and this not a recommendation to use any of these particular businesses -

[Cedars Lebanese](#) (Middle Eastern/Lebanese)

[Alino African](#) (African/Caribbean)

[Cherians Food Court](#) (Caribbean/Halal/Burger/Indian)

[Lahore Kitchen](#) (Indian/Pakistani)

[Express Chicken and Pizza](#)

[New Lucky Dragon](#) (Chinese)

[Bar B Q Base](#) (burgers, wraps, chicken)

[New Hong Kong](#) (Chinese, Thai)

[Big John's](#) (pizza, chicken, halal)

[Domino's Pizza](#)

[Golden Spice Fish Bar](#) (fish & chips, curry, kebabs)

[TJ's Burgers](#) (burgers, pizza, halal)

Access to medicine whilst self-isolating

If you need regular medication, we recommend that you bring a supply of medicine for at least your first month in the UK.

Once you have arrived in the UK, we recommend that you register with an NHS (National Health Service) doctor as soon as you are able to. You can find more information about this [here](#). If you need to arrange a regular medical prescription, you should discuss this with the health centre when you register as a patient.

Supermarkets such as Tesco and Sainsburys offer basic health supplies (such as paracetamol and ibuprofen) online. You can also order through online pharmacies, such as [Lloyds Pharmacy](#) and [Boots](#). Please note that some medicines will only be available through a prescription from a doctor.

Guidance on Coronavirus (COVID-19) is available through the NHS [here](#).

Access general NHS healthcare guidance [here](#).

How to get NHS medical help, including in an emergency, [here](#).

NHS Volunteer Responders

If you are self-isolating, then you might want to use the services provided by the NHS (National Health Service) Volunteer Responders programme.

This service is free and is provided by NHS volunteers, who might be able to help you to shop for food, medicine or other essential items. There is also a Check In and Chat phone service. [Check here](#) for more information and to register with NHS Volunteer Responders.

5. Bedding and kitchen equipment

Bedding

DMU accommodation – if you have booked your room through DMU Accommodation

You could search online for 'student kitchen pack' or 'student starter pack' – various companies such (including [Argos](#)

COVID-19 safety at DMU

[Your DMU Safety](#)



Students Union and Student Societies

[De Montfort Students' Union \(DSU\)](#) provide a range of community and social activities for DMU, including the activities for Freshers Week and a wide range of [Student Societies](#) (including Chinese, Nigerian and Indian Societies).

Dealing with Culture Shock

It's usual when you first arrive in a new country (and particularly if English isn't your first language) to experience some kind of homesickness, or 'culture shock' – the feeling you get when you leave your home to spend time in a new country

Apart from obvious aspects like the language, lots of other things can seem very different to what you're used to at home - such as the weather, food and how people speak, dress and behave. These differences can all affect your mood and wellbeing when you first arrive.

It's important to remember that culture shock and homesickness are normal, affect most students in some way and that these feelings pass with time. More information about culture shock and how to deal with it is provided by the [UK Council for International Student Affairs \(UKCISA\)](#).