



MC Academy

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ENTERING ENGLAND GUIDANCE ON TRAVEL

Accredited by the
BRITISH COUNCIL
for the teaching
of English in the UK

ENGLISH UK
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 **UNIVERSITY OF
CAMBRIDGE**

PFE
People Further
Education
Manchester Central School
of English
Established 1961

**Greater
Manchester
Chamber
of Commerce**

Our Values: Motivate - Support - Guide

Entering England - Guidance on travel

Rules and regulations for students before arrival into England

Before choosing to study a face-to-face course at MC Academy, it is important to understand what measures are currently in place when travelling to England.

It is important to note that the United Kingdom is comprised of four constituent countries. Rules which apply to England may not apply to the other countries of the UK and vice versa. For the purpose of this document, only guidance for travelling to England will be addressed.

1. Arrival

When you arrive in England, you will not be allowed to leave the place where you are staying for the first 14 days that you are in England (known as 'self-isolating') unless you are arriving from an exempt country.

To see if you are travelling from an exempt country, please check the UK Government website. Please note, changes may be made to this list at any time. Always check this list before travelling to see if these changes affect you.

Guidance for entering England

<https://www.gov.uk/government/publications/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk/coronavirus-covid-19-how-to-self-isolate-when-you-travel-to-the-uk>

2. You DO NOT need to self-isolate if...

- You arrive from a country that is exempt.

(Please read points 4 & 5)

3. You SHOULD self-isolate if...

- You arrive from a country that is not exempt.
- You arrive from a country that is exempt but you have been to a country that is not exempt within the last 14 days.

(Please read points 4, 5, 6 & 7)

4. Why self-isolating is important

Coronavirus symptoms can take up to 14 days to appear, therefore, it is essential that you self-isolate for this duration of time.

If you are staying in England for less than 14 days and are not travelling from an exempt country, then you will be expected to self-isolate for the length of your stay.

Coronavirus symptoms can be unknowingly passed on to others, even if you do not have any symptoms. By self-isolating, you are preventing others in the community from contracting coronavirus.

5. Travelling to your accommodation

Reduce contact with others when travelling. Only use public transport if you have no other option of travelling to your accommodation. Always wear a face mask when travelling and ensure that your mouth and nose are covered at all times when travelling. Stay 2 metres away from others when travelling.

6. Self-isolating in your accommodation

When arriving at your accommodation, you must self-isolate for 14 days. If you are residing with others, they do not need to self-isolate unless they travelled with you. It is important to remain 2 metres apart from others residing in your accommodation.

Do not allow visitors to enter your accommodation unless they are providing:

- Emergency assistance
- Personal care
- Medical assistance
- Certain critical public services (for example, a fire or other emergency)

7. Exemptions for leaving your accommodation while self-isolating

In England, you may only leave your accommodation in limited circumstances.

These include:

- If you need urgent medical assistance (or where your doctor has advised you to get medical assistance)
- If you need access to basic necessities like food and medicines, but only in exceptional circumstances such as where you cannot arrange for these to be delivered
- If you need to access critical public services such as social services and victim support services, but only in exceptional circumstances
- If there's an emergency (for example, a fire or other critical emergency that requires you to leave the premises)