



**Norland
COVID-19
Travel Guidance
for Students**

Introduction

As coronavirus (COVID-19) restrictions are lifted, it is important that we all use personal judgement to manage our own risk. All of us can play our part by exercising common sense and considering the risks. While no situation is risk free, there are actions we can take to protect ourselves and others around us when travelling. Following this guidance will help you stay safe, and protect others by controlling the spread. Every action to help reduce the spread will reduce any further resurgence of the virus in the coming months.

Before travelling:

- check the guidance on [how to stay safe and prevent the spread](#)
- download the [NHS COVID-19 app](#) before you travel, if possible, and check in where you see official NHS COVID-19 QR code posters

You may wish to consider the following in order to help you to travel safely:

- plan your journey and check your route
- check with your operator regarding any policies they may have in place
- open or keep windows open for ventilation where it is possible for you to do so
- wash or sanitise your hands regularly
- avoid touching your face
- cover your mouth and nose with a tissue or the inside of your elbow when coughing or sneezing
- dispose of waste safely, including items such as used disposable face coverings

You must not travel at all if you:

- have been told by the [NHS Test and Trace service to self-isolate](#)
- are experiencing any [COVID-19 symptoms](#), even if they are mild
- are self-isolating

Travelling to and from campus or placement

If you can, you should walk or cycle as much as possible. There is space for students to store their bikes whilst on campus. Plan ahead and read the advice on [cycle safety](#) and [road safety](#) available from the Department for Transport (DfT) website. If you must use public transport, please continue to follow the latest [government guidance](#) to ensure you are travelling safely. This guidance is also helpful for when you travel at the beginning and end of term. The guidance includes the following suggestions:

- plan your journey and check your route to identify the options for reaching your destination
- open windows where it is possible and safe to do so
- wash or sanitise your hands regularly
- avoid touching your face
- cover your mouth and nose with a tissue or the inside of your elbow when coughing or sneezing

- while waiting for a service to arrive stay outdoors, rather than indoors, where possible
- dispose of waste safely, including items such as used disposable face coverings
- respect other people and be considerate of them while travelling
- be aware of pregnant, older and disabled people who may require a seat or extra space
- where possible, check in using the [NHS COVID-19 app](#) if you enter a venue that has an official NHS COVID-19 QR code poster at the entrance – alternatively, you can provide your contact details
- Treat transport staff with respect and follow instructions from your transport operator.
- When finishing your journey wash your hands for at least 20 seconds or sanitise your hands as soon as possible – do the same for children who have travelled with you

If you travel by car, please read the DfT's [helpful tips and advice](#) for road users. The requirements to wear face coverings in law have been lifted. However, the government expects and recommends that people wear face coverings in crowded areas such as public transport. It is recommended you wear a face covering when travelling in a private vehicle with people you do not usually meet.

Travelling home during holidays

- **Students who are self-isolating must not travel home.**
- All students travelling abroad should adhere to the government guidelines regarding travel.
- Please inform us if you are travelling abroad.

For further information, please refer to the [COVID-19 Travel Guidance for Students](#).

Travelling abroad and returning to England during coronavirus

Before you travel abroad, you need to check the entry rules for the country you want to go to.

You should check foreign travel advice to find out if:

- the country you want to go to will allow people from England to enter
- the UK government advises against all but essential travel to the country

You can check foreign travel advice [here](#)

Foreign travel advice will also tell you if you will need to:

- show proof of a negative COVID-19 test or proof of vaccination status to enter a country
- quarantine when you arrive there

Before you return to England, you will need to:

- Take a pre-departure COVID-19 test - to be taken in the 3 days before you travel to England.
- [Check the red, amber, green list rules](#) to find out what you need to do when you arrive back in England.
- [Complete your passenger locator form](#) - any time in the 48 hours before you arrive in England.

Further information is available [here](#).