

SCOTTISH UNIVERSITY OF THE YEAR

(The Times and Sunday Times Good University Guide 2021)

Welcome to Aberdeen

Keep Safe with RGU

Fàilte gu Alba – or ‘Welcome to Scotland’ to all our new RGU and ICRGU students. We are glad you have arrived safely and look forward to you joining us on campus very soon. This year your start will be somewhat different, so here’s some key information to help keep us all safe.

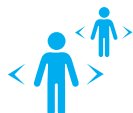
WHAT'S NEXT?

1. FOLLOW PUBLIC HEALTH GUIDELINES - FACTS



F

Face coverings should be worn when in public, including in the airport and on public transport



A

Avoid crowded places



C

Clean your hands and surfaces regularly. We recommend carrying hand sanitiser with you when possible



T

Stay two (2) metres (or 6.5 feet) away from other people



S

Self-isolate and book a test if you have COVID-19 symptoms such as a high temperature (37.8C or greater) a new, continuous cough or a loss or change to your sense of smell or taste

2. TRAVEL TO YOUR ACCOMMODATION

Taxi

£20-£30 to Garthdee campus

Taxi rank located left hand side of terminal exit.

Bus - Jet 727

£3.50 to city centre

Bus stop located right hand side of terminal exit.



Please remember face coverings should be worn on public transport, including taxis.

3. SELF-ISOLATE - KEEP EVERYONE SAFE

You must now self-isolate, in accordance with Scottish Government rules.

The Do's	The Don'ts
Self-isolate as soon as you arrive at your accommodation for a full 14 days.	Do not go out to shop, work, visit the campus or public areas during your self-isolation.
Order groceries, takeaways and other necessities online for home delivery.	Do not leave your accommodation unless seeking medical assistance or an emergency which puts you at risk whilst in your accommodation.
Stay away from others during your self-isolation.	Do not change the place where you are self-isolating - stay in one place for the full 14 days.
Self-isolate at the address you provided on the passenger locator form.	Do not collect your Biometric Residence Permit (BRP) card during your period of self-isolation. The UKVI will not penalise you for non-collection within the normal 10 days of arrival in the UK.
Seek help from our ResLife Team.	Do not register with the Police at this time, even if stated as part of your visa conditions. This requirement is suspended by agreement between the UK Home Office and Police Scotland.

If you fail to comply with any of these self-isolation measures then you may be fined £480 in Scotland under a fixed penalty notice.

4. SUPPORT WHEN SELF ISOLATING

If you make us aware you are self-isolating, our RGU:ResLife team will contact you every 3 days to check on your well-being and provide guidance or support. We can also provide information about the best way to access local services and retailers while you complete your isolation period. ResLife is our trained team of existing RGU students and staff members who are on hand to help with welfare issues and emergency situations. Let us know if you are self-isolating by emailing reslife@rgu.ac.uk.

Medical Help during Self Isolation

If you develop symptoms linked with COVID-19 during your period of self isolation, please visit the NHS Inform website for guidance on symptoms and how to book a test if you feel you may have picked up this virus.

www.nhsinform.scot/coronavirus.

You can also call NHS 24 on 111

You do not have to be registered with a doctor to contact the NHS if you have COVID related or emergency health needs. However, we do advise that you register with a doctor as soon as you are able to do so. More information on doctors located near RGU accommodation can be found in the International Student Information section of the Welcome toolkit in CampusMoodle.

5. ENROL ONLINE

You may have already enrolled online before you left your home country. If not, please do this immediately. You will have an email from the Student Admissions Service which provides instructions on how to enrol. You will not get access to our course welcome area or support services unless you have enrolled. If you do not have this email, please contact the Student Admissions Service admissions@rgu.ac.uk.

6. SET UP A BANK ACCOUNT

Information about how to set up your UK bank account whilst in self-isolation is included in the Welcome Toolkit in CampusMoodle which you can access once you have enrolled online. You will require a bank support letter and proof of address to do this which can be easily requested via the AskRGU system. More information about this is included in the 'Finance and Banking Advice' section of the Welcome Toolkit in CampusMoodle.

SOME USEFUL CONTACTS

RGU Student Help Point

www.rgu.ac.uk/studenthelppoint

RGU ResLife Team

reslife@rgu.ac.uk

www.facebook.com/rgureslife

RGU Accommodation and ResLife Out of Hours

www.rgu.ac.uk/life-at-rgu/accommodation/contact-accommodation

RGU Info for New students

www.rgu.ac.uk/new-students

Local Supermarkets (with online delivery options)

www.sainsburys.co.uk

www.asda.com

www.tesco.com

Takeaway Home Delivery

Services like Deliveroo, UberEats and JustEat are online food delivery services which offer both hot food and grocery deliveries.