Covid-19 Travel Restrictions
Frequently Asked Questions

Background

Throughout the Covid-19 pandemic, there has been considerable disruption and uncertainty with travel. We know that this can cause some distress and particularly when restrictions are put in place at short notice.

Your UAL College and the central teams are working together to continue updating guidance and advice during this time and part of this includes FAQs on how to respond to sudden travel restrictions. You can find these FAQs below.

1. My host country has imposed new travel restrictions. What does this mean for me and my exchange/placement?

We understand that further restrictions on travel and entry to your host country may cause concern. Should you be outside of your host country when rules change, you should notify your host university/organisation as soon as possible as well as your UAL college.

Throughout the pandemic, much of the restrictions to enter countries have had some exemptions, including for study reasons. You are therefore likely to be allowed to return, but you should liaise with your host university/organisation for details and keep up to date with the travel rules and exemptions from the country embassy website and the UK GOV Country Travel Guide.

2. The UK (or home country) has placed new restrictions on travelling to the UK (or home country) from my host country. How can I get home?

This scenario can be very distressing. Firstly, those who hold passports of the countries, should not be denied entry. You should follow the government guidance on what you need to do to enter the country, as a national or a non-national of that country. You may need to isolate in a government approved hotel and may need to do several PCR and/or Lateral Flow (Antigen) tests.

3. I am concerned about the costs of isolation and testing. Is there any help with this?

You should always refer to the insurance provider in the first instance to clarify what can be supported.
If you are on an Erasmus+ exchange/placement, you can be supported financially for both isolation and testing costs. This covers for the travelling to and from the host country but only for the exchange/placement commencement and end. In other words, costs cannot be supported if for travel for a holiday.

If you are on an exchange/placement supported by the Turing Scheme and receive disadvantaged support, you can claim financial support for testing costs. The information for this is as follows:

- hotel quarantine costs for disadvantaged participants on placements lasting 90 days or more when travelling to a host country for their placement
- hotel quarantine costs for disadvantaged participants on return to the UK when their host country has been red listed during their placement and they were not able to return ahead of the red listing taking effect
- costs incurred by disadvantaged participants due to covid testing requirements, both when travelling to their host country and on return to the UK, where necessary
- allowing the retention of some remaining cost of living grant amounts for disadvantaged participants who have to return home early due to covid and have incurred necessary and unrecoverable costs

4. I am worried about the current situation. What can I do?

We understand you may be worried if cases are rising, and restrictions are increased. It is important to note that support is available to you:

Wellbeing

- UAL Support Services can be found on the website, [Helplines and Emergency Support](https://www.alternativesupportservices.com) and [UAL Support Services page](https://www.alternativesupportservices.com).
- **The Samaritans** offer support 24 hours a day, 365 days a year, and you can contact them to talk about anything that’s troubling you, no matter how large or small the issue. The Samaritans can be contacted by calling 116 123.
- [Befrienders Worldwide](https://www.befriendersworldwide.com) is a global network of similar listening organisations – visit their website to find support service near you if you are overseas. [They also offer a webchat service](https://www.befriendersworldwide.com).
- Mind Charity Support can be found on their [Coping with mental health problems during coronavirus webpage](https://www.mind.org.uk/).  

Self Help

- Information on external support networks are available of the [UAL Self Help](https://www.alternativesupportservices.com) page.

We encourage you to reach out to your UAL college mobility team to express your concerns so further support can be discussed with you.