



Van Mildert College
Durham University

QUARANTINE INFORMATION

2021/2022

Welcome to Van Mildert College!

You are receiving this information booklet because you have indicated that you are required to quarantine in Van Mildert College because you are from an amber-list country. This note provides information on:

- what you can and cannot do during your period of quarantine;
- where to find information or get assistance with things in the College;
- what to do if you begin to experience symptoms of COVID-19 or test positive;
- how to contact the Van Mildert College student leaders and join in with online events.

If you have any further questions please contact the Student Support Team via vm.student-support@durham.ac.uk.



Student Support and Advice

All of the staff at Van Mildert College are here to help and ensure you have a pleasant and enjoyable time with us. The Student Support Team is also very happy to speak with you via Teams or Zoom during your quarantine. We realise that quarantine can be a difficult time for many students so if you are finding things difficult, please do get in touch with the Student Support Team using vm.student-support@durham.ac.uk. You should also refer to the 'Where to find help' document which can be found at the end of this information booklet. This important document also contains information about what to do in the event of an emergency.

Quarantine Requirements

It is important that you take action to make sure you abide by the UK Government's rules about quarantine. This ensures you protect yourself and others. The government guidelines can be found [here](#).

If you have arrived in the England from an amber list country, and are not fully vaccinated with an approved vaccine, you must quarantine for 10 days and take COVID-19 tests on or before day 2 after your arrival in England, and take a further test on or after day 8.

The rules for quarantine are written out for you below. If you do not abide by these, the UK Police have power to fine you up to £10,000. Concerns about anyone not quarantining properly and in line with the guidance can be reported by the Police to the UK Border Agency, who will investigate you. The border agency has the power to revoke your VISA meaning that you would be deported from the UK, and consequently would no longer be able to study at Durham University.

- You cannot leave your college accommodation until 10 days have passed from your arrival in the England, as it can take up to 10 days for COVID symptoms to appear. The quarantine period is continuous from the day you arrive in England, and lasts for the next 10 full days after the day you arrived, until 11.59 pm on day 10. To count the days, the day you arrive in England is day 0; the day after you arrive is day 1, etc.
- You cannot meet-up with other students either in College or elsewhere in Durham;
- In college, this guidance means that you must stay in your college study bedroom, except to use the bathroom/shower and pantry facilities in your corridor. Ensure your room is well ventilated by opening the window regularly.
- You may go outside for exercise, once per day for up to 60 minutes. You should use Middleton Lawn only (behind Tees block) for your exercise and avoid moving through the main College building on your way there. To minimise cross-infection, you should avoid touching surfaces or sitting on benches and wear a face covering until you have got outside of the building.
- **You cannot** go out to activities or events, or visit public areas.
- **You cannot** go shopping. If you need help buying additional groceries or other items, you should order a delivery.
- You must self-isolate at the address you provided on the public health passenger locator form.
- **You should not have visitors**, including friends and family, unless they are providing emergency assistance, medical assistance, or personal care assistance.
- You can only leave your accommodation in limited circumstances and whilst outside your accommodation, you should stay alert and stay safe. For example, you might need to leave your accommodation:
 - if you need urgent medical assistance (or where your doctor has advised you to get medical assistance);
 - to travel to a COVID-19 testing site;
 - to avoid injury or illness or to escape a risk of harm.

You can end only your quarantine early (on or after day 5 of quarantine) using the government [Test to Release scheme](#), but only if you have booked the appropriate test before you departed from your home country.

Meet your Student Leaders

At Van Mildert College our student common rooms are here to give you a warm Mildert welcome! The Junior Common Room (JCR) is looking forward to hearing from new undergraduate students. You can contact the JCR by emailing one of the people below.

- JCR President – Lucy Egan (vm.president@durham.ac.uk)
- JCR Senior Frep – Harrison Newsham (seniorfrep@mildert.co.uk)
- JCR International Officer – Wendy Liu (international@mildert.co.uk)

New postgraduate students are very welcome to get in touch with the Middle Common Room (MCR) committee by emailing vm.mcrpresident@durham.ac.uk. The MCR President is Swaraj Verma and he is very much looking forward to meeting you. Both common rooms have a range of activities available for you so do get in touch!

Catering

Catering can be provided to those of you quarantining in College by the College catering team. This can be booked at a cost of £8 per day (up to Wednesday 22 September, no charge per day thereafter) using the online form [here](#). Please ensure you book at least 48 hours in advance. Once booked, all meals will be charged via your College accommodation bill in due course. This catering package includes breakfast pantry provision, a packed lunch and freshly prepared dinner.

Of course, you are very welcome to make alternative catering arrangements by ordering from one of the below suppliers.

- Asda (www.asda.com)
- Tesco (www.tesco.com)
- Sainsbury's (www.sainsburys.com)
- Ocado (www.ocado.com)
- Amazon

The main takeaway food delivery companies are [Deliveroo](#), [UberEats](#) and [JustEat](#). If you place a takeaway order, you should arrange to collect this from outside the College Reception area, whilst staying away (2 metres) from anyone else on the site, known as maintaining *Social Distance*, and keeping away from the delivery driver.

Waste Collection

Please place rubbish from your room in the waste bags provided and leave them outside of your door for collection when your food is delivered.

Room Maintenance

If you have any issues with your room that cannot wait until you have completed your quarantine, please contact the College Reception via phone or email (vm.reception@durham.ac.uk or 0191 33 47100).

Bathroom and shower facilities

If you are in standard accommodation (not ensuite) you will find an allocated toilet and shower for you on your corridor. These toilets are marked with a sign and will ensure you avoid mixing with any non-quarantining students.

Mail

We will do our best to arrange for post/mail to be delivered to your room during quarantine. If you have any queries about your mail please contact the College Reception (vm.reception@durham.ac.uk or 0191 33 47100).

Symptoms or positive COVID-19 tests

If at any time you begin to experience symptoms which may relate to COVID-19 you should inform the College immediately by emailing vm.covid@durham.ac.uk and booking a COVID-19 test. In these circumstances it is vital that you continue to full abide by the quarantine restrictions noted above.



Where to find help!

Safety Support Wellbeing

DURING OFFICE HOURS:

Need an appointment? All appointments with the Student Support Team are booked through our online portal, Student Connect, which can be accessed via vm.studentconnect.durham.ac.uk. We recommend that you save this link to your phone for easy access!

Illness: Report this to BOTH your department and the Student Support Team (vm.student-support@durham.ac.uk) and complete a Self-Certification of Absence Form online via on Student Connect.

Academic issues, struggling with exams or time management: Discuss with your academic advisor or someone in your department in the first instance. If you want to discuss this further or need to request a Concession, you should book a Student Support Meeting with the Student Support Team via Student Connect.

Personal distress or concern for another student: For urgent concerns contact the Student Support Administrator on 0191 33 47154. Alternatively you should email vm.student-support@durham.ac.uk or book an appointment with the Student Support Team via Student Connect. Alternatively you can contact the Counselling Service located in the Palatine Centre via 0191 33 42200.

Peer Support: For less urgent concerns and when you feel it would be helpful to talk to a fellow student about an issue of concern, you can contact the student-led JCR Talk and Support Team in College or the JCR President.

Something not working in your room: Report this at the College Reception.

OUTSIDE OFFICE HOURS:

Illness: For an emergency see below. For non emergencies, contact the NHS - www.nhs.uk or call the NHS Non-emergency number - 111.

Personal distress or concern for another student: For an emergency see below. For urgent hotline support, contact Nightline (number on back of your campus card) or Samaritans on 116 123 (free of charge).

Noise complaints: Call the College Reception on 0191 334 7100. Remember, you can report anonymously.

IN CASE OF EMERGENCY:

If it is truly an emergency and you need police, fire or an ambulance, then dial 999 (9-999 from an internal phone) and clearly explain the emergency.

Inform the on-duty Porter as soon as possible by contacting Reception on 0191 33 47100.

UNSURE IF IT IS AN EMERGENCY:

Contact the on-duty porter and they can advise you how to proceed. Their number is 0191 33 47100.

KEYS, WALLET, PHONE - PLAN YOUR WAY HOME

More information about where to find help can be found on the College website...
www.durham.ac.uk/van-mildert.college/current/



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