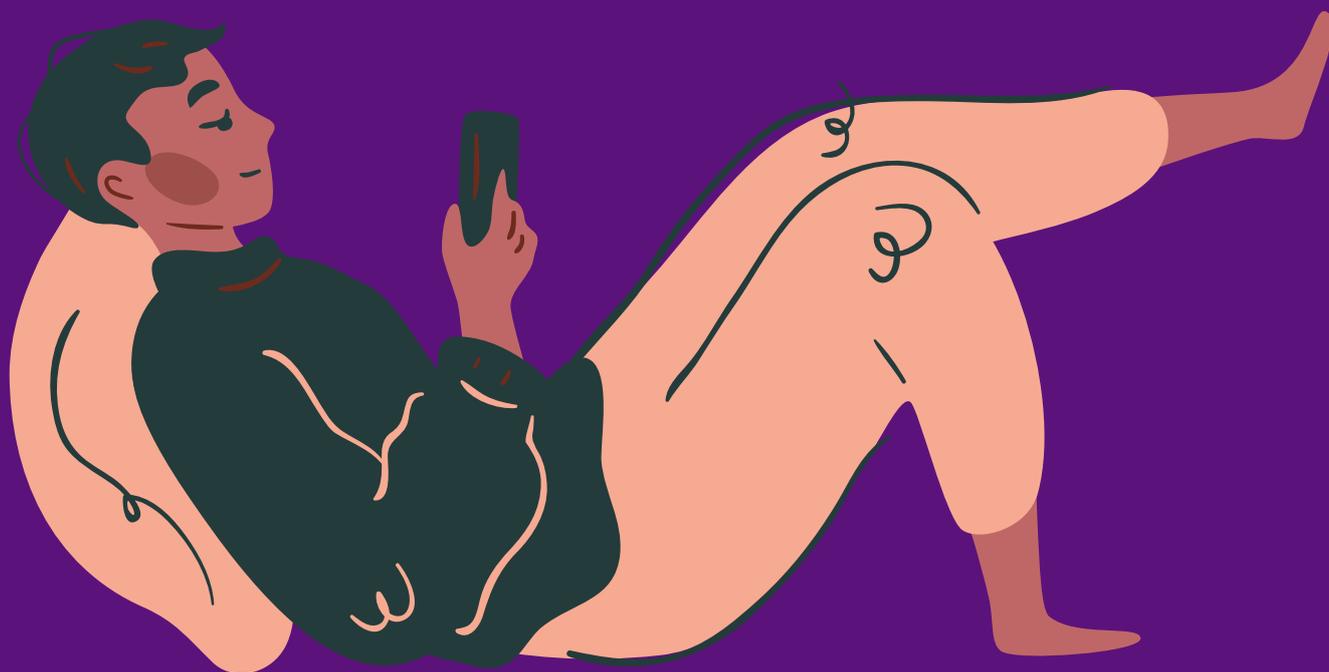




UNIVERSITY OF
EXETER

Your Guide to Self Isolation and Quarantine: Penryn Edition





WELCOME TO EXETER

We hope that your journey to the UK went well and that you are now safely in your room. We want to reassure you that your health and wellbeing is always of importance to us. We hope that your time at the University will be an enriching and positive experience and you should feel safe, secure and supported. We strongly encourage you to reach out for support if you are struggling in any way with your mental health and wellbeing, or with anything else while you are adapting to your new environment.

Requirements are changing regularly so you must familiarise yourself with the rules for isolation. You can find information in the following locations:

[Exeter University information](#)
[UK Government website](#)

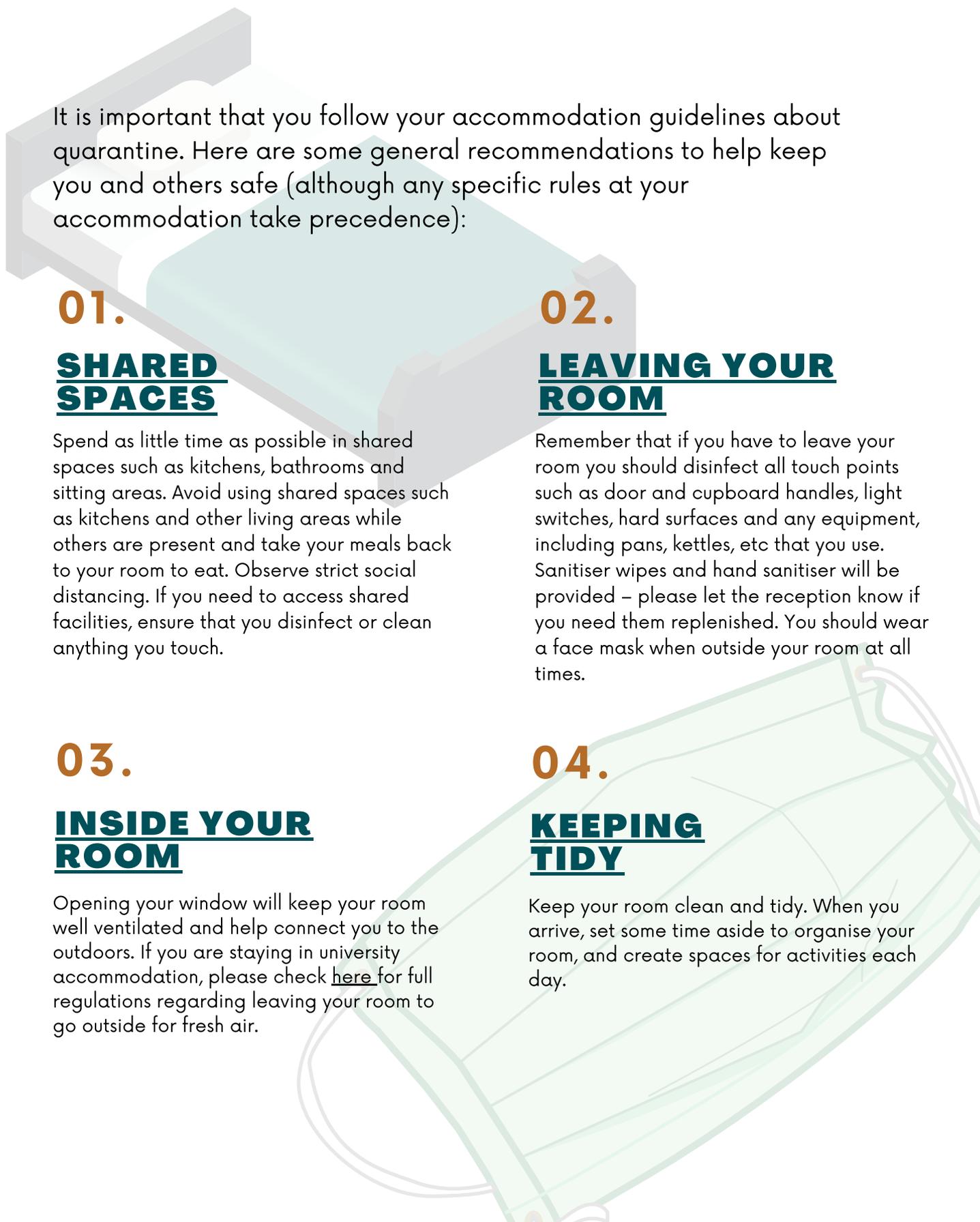
We understand that this might be an 'unusual' 10 days ahead. We have developed this guide and activities for your self isolation period including ideas of how you can connect to Exeter, other students and the region while you are self isolating. See p.8 for a suggested schedule for your next 10 days

It's important to remember that students coming to the UK from Red and many Amber list countries need to quarantine as required by law.

WHAT IS THIS GUIDE

This guide is designed to assist you in your self isolation (or quarantine) in the UK. It provides helpful advice on how to stay physically and mentally well, and gives you activity ideas for what to do while isolating.

- A member of staff from the university will call you during your self isolation to ensure you are OK.
- If you need help and advice..... contact Glasney Lodge, who are open 24/7, halls.help@fxplus.ac.uk or on 01326 253503
- Our [Residence Life Team](#) are there to support your welfare through live chat and virtual drop-in sessions.



It is important that you follow your accommodation guidelines about quarantine. Here are some general recommendations to help keep you and others safe (although any specific rules at your accommodation take precedence):

01.

SHARED SPACES

Spend as little time as possible in shared spaces such as kitchens, bathrooms and sitting areas. Avoid using shared spaces such as kitchens and other living areas while others are present and take your meals back to your room to eat. Observe strict social distancing. If you need to access shared facilities, ensure that you disinfect or clean anything you touch.

02.

LEAVING YOUR ROOM

Remember that if you have to leave your room you should disinfect all touch points such as door and cupboard handles, light switches, hard surfaces and any equipment, including pans, kettles, etc that you use. Sanitiser wipes and hand sanitiser will be provided – please let the reception know if you need them replenished. You should wear a face mask when outside your room at all times.

03.

INSIDE YOUR ROOM

Opening your window will keep your room well ventilated and help connect you to the outdoors. If you are staying in university accommodation, please check [here](#) for full regulations regarding leaving your room to go outside for fresh air.

04.

KEEPING TIDY

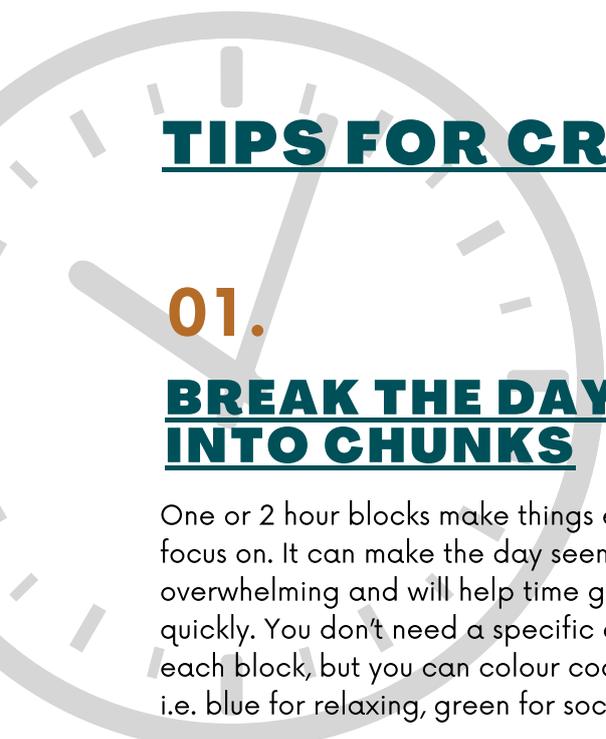
Keep your room clean and tidy. When you arrive, set some time aside to organise your room, and create spaces for activities each day.

KEEPING YOURSELF BUSY

There are lots of things you can do to help set a good routine while you're in isolation. Try not to focus on meal times as a defining moment of each day. Creating a timetable of events and activities is a great way to structure your time and will help keep you focused each day.

This is a good place to start:

- Set a regular wake up time, using an alarm, and make sure you get up, washed and dressed as though you were going out for the day. If you've travelled from another time zone and need to adjust to UK time, this is a great opportunity to do so.
- Make your bed when you get up – it's always better to get into a made bed.
- Continue to access your email, pre-orientation activities and any required pre-reading for your course. Check the [New Students Guide](#) for more things to do.
- Have regular breaks from screen time, not just at meal times.
- Make space for online socialising and time to relax away from a screen.
- Make time and space for gentle exercise and stretching; more information is included later.
- Keep a regular bedtime. We have a sleep guide later on.



TIPS FOR CREATING A TIMETABLE

01.

BREAK THE DAY INTO CHUNKS

One or 2 hour blocks make things easier to focus on. It can make the day seem less overwhelming and will help time go more quickly. You don't need a specific activity for each block, but you can colour code them i.e. blue for relaxing, green for social etc.

02.

BUILD IN CREATIVE TIME

It's a great way to unwind. You don't have to use this time to write or draw, you can plan your holidays and trips, create plans for future events or plan what activities you will do when you arrive on campus.

03.

DO SOME EXERCISE

Yoga, Pilates, basic keep fit or Zumba, they are all great ways to have some exercise in your room without any specialist equipment. We have included 10 activities to try later in the guide, but make sure you plan these in advance.

04.

SOCIAL TIME - WELLBEING

Don't isolate yourself. Make time each day to speak to family and friends. Try and keep conversations positive, but if you are struggling you can contact University staff as well (see Wellbeing p11).

05.

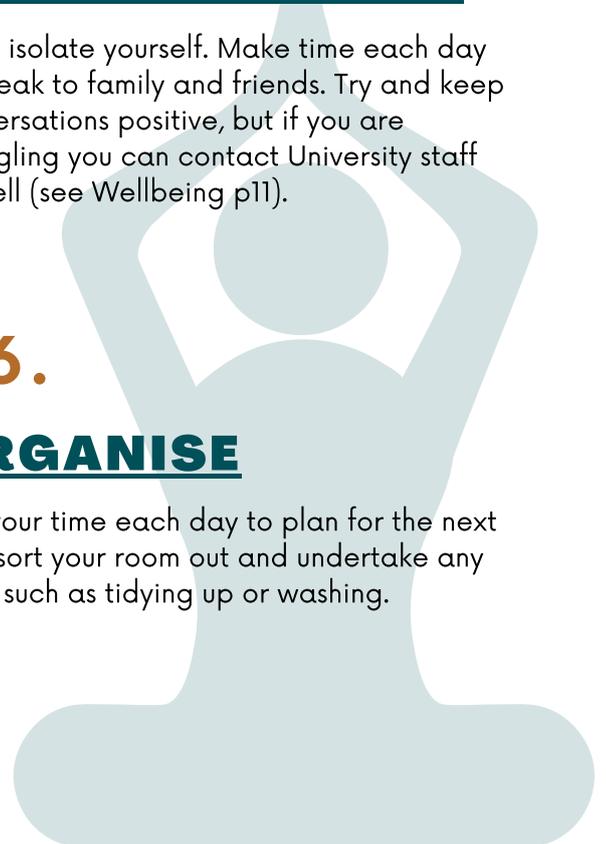
RELAX

Love films and TV? Why not indulge each day? There are plenty of streaming services available, and many give free trials. Love Music? Bring a playlist for an hour each day of your favourites, or bring some to chill out to. Whatever recharges you, make yourself a cosy space in your room and settle down for some 'you' time.

06.

ORGANISE

Use your time each day to plan for the next day, sort your room out and undertake any tasks such as tidying up or washing.



Getting a good night's sleep starts with keeping a good night routine. A good night's sleep can help you be more productive during the day and will help your wellbeing throughout the week.

Here are our top tips for getting the best night's sleep possible:



Stick to a sleep schedule and wake up on time, even at the weekends. This will help you fall asleep much easier and stay asleep at night.



Try and stick to a bedtime routine. This helps your brain get used to falling asleep at the same time each day. Routines can be anything, but if you can avoid electronic devices, you should. Develop your own relaxing bedtime ritual.



Get your sleeping space right. Climb into comfortable pyjamas, dim the lights, and make your bed every day.



Avoid daytime naps. Power naps are helpful, but they can interrupt your night sleeping pattern. Treat a nap like coffee, you wouldn't have 3 and then expect to sleep all night!



Avoid drinking or heavily eating just before bed to avoid discomfort at night.

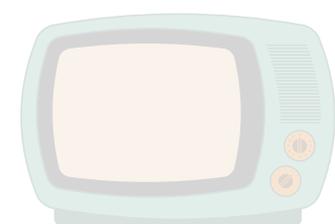


If you can't sleep, don't just lay there! If you cannot fall asleep, get up and do something relaxing until you feel tired.

You can find more Sleeping tips and tricks all over the internet, but why not check out [Sleepio](#) which looks at ways you can improve your sleep or the [Sleep Foundation](#) for a good starting place? Our [Wellbeing pages](#) have a wealth of resources for you including a [sleep related workbook](#).

SUGGESTED SCHEDULE FOR YOUR NEXT 10 DAYS

This is your opportunity to learn more about your new university, town and region. We hope you enjoy the activities.



| Day 1 | Day 2 |
|---|--|
| <ul style="list-style-type: none">• Check 'New Students' Guide for current tasks and start your College pre arrival induction course• Take a virtual campus tour (and book onto an in person one for when you have completed self isolation). When you have completed self isolation there are a variety of walks to discover the beauty of our campuses you can follow.• Check out the ResLife series of online events to help you during isolation. | <ul style="list-style-type: none">• PCR test• Explore Falmouth's National Maritime Museum online, and enjoy the view of the harbour via the live webcams• Listen to a mindfulness podcast from our Wellbeing service• Get active (see list below) |
| Day 3 | Day 4 |
| <ul style="list-style-type: none">• Check out English Language Support available (if applicable)• Watch the 'introducing' videos from ISS and learn about the university support services and explore the International Welcome Programme presentations• Draw the view from your window. Why not zoom a friend or family member and do this with them as a joint activity? If you aren't a confident artist (or you don't like your view!) then why not draw along with Jim Field in his great cartoon tutorials. | <ul style="list-style-type: none">• Poetry challenge: write a poem only using the words that appear in this recipe for Cream Tea• Watch a classic bit of British comedy. How about Black Adder? BBC iPlayer - Blackadder• Get active (see list below) |
| Day 5 | Day 6 |
| <ul style="list-style-type: none">• Take PCR test to release test (if required and booked privately)• Learn about the history of Falmouth, especially it's historical links to the rest of the world via the 'Packet Ships'. Plan a historical walking tour of Falmouth for when you have finished quarantine• Listen to podcast about living in the UK World Book Club - Bill Bryson: Notes from a Small Island - BBC Sounds | <ul style="list-style-type: none">• The National Trust protect and care for historic houses and natural environments in the UK, explore some of their virtual tours here.• Take some time to plan day trips you want to make during your time in Cornwall.• Get active (see list below) |

SUGGESTED SCHEDULE FOR YOUR NEXT 10 DAYS

This is your opportunity to learn more about your new university, town and region. We hope you enjoy the activities.

Day 7

- Enjoy recorded videos about some of the residents at our local [Newquay Zoo](#), or watch the Meercats live on the [webcam](#).
- Try some creative writing: write a short story as if you were one of the animals you saw at the zoo. Set a scene or describe a character in a story WITHOUT describing them visually. Flash fiction: Try to write a complete story of no more than 300 words. Title can be any length, so make the most of that! Remember character is key!
- Get active (see list below)

Day 8

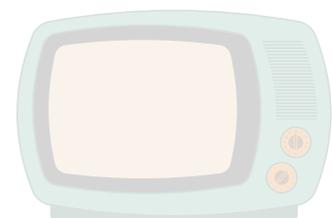
- PCR test
- Listen to an [Exeplre](#) official University of Exeter podcast which celebrates the richness of life within our global community. Keep listening throughout term as new episodes are loaded.
- Learn some simple [origami](#)
- Get active (see list below)

Day 9

- We share our campus with an arts university, so we have a cinema and a theatre ready for you to explore! Fine out more about what's on at [AMATA](#), or explore the [Film resources on offer at the library](#).
- Explore our series of '[Mind over Natter](#)' talks, providing tips for your wellbeing

Day 10

- Explore [Truro Cathedral online](#) and maybe listen to one of the [live services](#).
- Get everything packed up for your move tomorrow!
- Get active (see list below)



GET ACTIVE

Did you know The Students' Union have over 150 student groups here in Cornwall covering almost every activity and sport you can think of? Many are running online events that you could join in to start meeting people during your quarantine period. [Check out the societies here.](#)

Keeping yourself fit during isolation can be tricky, so why not try the 10 activities listed here to keep yourself active?



| | |
|---|--|
| Our Streatham campus Sports Office have a range of online free sports classes you can enjoy including Yoga and Ballet Fit. | Try out our 10 day self isolation WOD (workout of the day) that is below and posted on our Instagram page: @UniOfExeterSport where you can also see all the exercises demonstrated on Home Workout link. |
| Check out the NHS Fitness Studio . A collection of 24 videos, between 10 and 45 minutes long, designed to keep you fit and active. Try a 20-minute full body workout, no equipment needed. 20-min-Full body workout | Dance is a great way for a full body workout. There are a lot of tutorials on YouTube. Choreography tutorials |
| Have you heard of the 100 push up challenge? We hadn't either until recently – give it a try on their website . | Stretch! There's been a lot of sitting and lying about, so get up and do some stretches – Try the Dr Jo YouTube stretches. |
| Try the 7 days of Sweat Home Challenge from Joe Wicks. The Full Playlist is available on Youtube . | Why not try out the 30 day Morning Yoga Movement challenge on YouTube? Suggested by a student, start with Day 0 |
| Learn to juggle! Its surprising how much you move when giving this a go. There are lots of tutorials on YouTube. Grab 3 objects the same size (try toilet roll), move all the breakables and have a bit of fun! | Try a 10 minute workout. The NHS has lots to try, and they are all free. Don't like these? There are different apps you can download for free to keep you active! |



UNIVERSITY OF
EXETER
Sport

10 Day Home Workout Programme

| | | | |
|--|---|---|---|
| DAY 1 Bodyweight squat (5x10) Bodyweight lunge (5x5 each leg) Bodyweight calf raises (5x10) | DAY 2 Bodyweight press up (5x8) Bodyweight dips (5x8) Shoulder taps (5x5 per arm) | DAY 3 Plank (2x max effort) Russian twists (5x5 per side) Dead bugs (5x5 per arm/leg) | DAY 4 Single leg RDL (5x5 per leg) Bodyweight good morning (5x10) Supermans (5x10) |
| DAY 5 Star jumps (5x 30sec on 30 sec off) High knees (5x 30sec on 30 sec off) Burpees (5x 30sec on 30 sec off) | DAY 6 Bodyweight squat (5x12) Bodyweight lunge (5x6 each leg) Bodyweight calf raises (5x15) | DAY 7 Bodyweight press up (5x10) Bodyweight dips (5x10) Shoulder taps (5x6 per arm) | DAY 8 Plank (3x max effort) Russian twists (5x8 per side) Dead bugs (5x8 per arm/leg) |
| DAY 9 Single leg RDL (5x6 per leg) Bodyweight good morning (5x12) Supermans (5x12) | | DAY 10 Star jumps (6x 30sec on 30 sec off) High knees (6x 30sec on 30 sec off) Burpees (5x 30sec on 30 sec off) | |

Want to find out more about the fantastic gym memberships we have at University of Exeter Sport?
Head to our website or scan the QR code to find out more: sport.exeter.ac.uk/membership
Head to our instagram account for videos of each exercise above!

@UniOfExeterSport



WELLBEING AT EXETER

Wellbeing Services are here to help students get the most out of their time at University. We recognise that it's much more difficult to learn and enjoy student life when practical and personal difficulties arise. Here are some tips on [how to manage your wellbeing](#) during the COVID-19 pandemic.

Wellbeing Services can offer a range of services to support you:

- Confidential support for students experiencing difficulties with mental health/wellbeing
- Qualified therapists and Wellbeing Consultations
- Workshops and groups
- Links to support outside the university
- Individual Learning Plans (ILP) that are shared with your college to help with reasonable adjustments for your teaching and learning needs
- Urgent support, appointments, self help and peer support
- [Relaxation and mindfulness audios](#)
- If you need to talk to someone about exam adjustments, now is a good time to do it.

How to access:

- Cornwall campuses: <https://fxplus.ac.uk/student-support/support-wellbeing>

SO WHAT NEXT?

We hope that you have a good self isolation experience. Now is the time to start enjoying and exploring Exeter in real life. Here are a few things to join in:

02.

DURING WELCOME WEEK AND BEYOND

- There are loads of in person and online society events planned
- Don't forget to look through the New Students Guide for the tasks you need to complete and attend your academic induction meetings
- Keep an eye on the ResLife social events running throughout the year, and open to all students

01.

BEFORE WELCOME WEEK BEGINS

- Join a sports session. See the full programme of events open now.
- Check out the International Welcome Programme. We have live and recorded sessions as well as social activities from Freshers' Week onwards.

