



THE LONDON SCHOOL  
OF ECONOMICS AND  
POLITICAL SCIENCE ■

# Self-isolation guide

This guide contains information if you are self-isolating for the first time in your hall or in London. In each section you can find links to resources that you can access easily.

[Welcome](#)

[Staying at home](#)

[Opening a UK bank account](#)

[Getting a UK phone number](#)

[Online groceries order](#)

[Meal deliveries](#)

[Activities](#)

[Support and resources](#)

[lse.ac.uk/welcome](https://lse.ac.uk/welcome)





# Welcome

Welcome to the Residential Life's Stay at Home Guide where we hope will help you settle into your new environment.

Staying at home or self-isolating does not have to be a negative experience. It can open up new opportunities and allow you to develop new skills: cooking, exercise, reading and connecting virtually with people in a safe environment.

Self-isolation is about protecting others and slowing down the spread of COVID-19. It is very important that anyone who has the virus or might have been exposed to it limits the number of people they come into contact with for 10 days. This is the most effective way of preventing coronavirus from spreading.

If you are asked to self-isolate, it is important that you follow the advice you are given which is there to help keep you and your community safe.

If you have any queries during your stay with us, please contact your reception team. The warden team are also available to help you with any pastoral issues you may have. Details of your hall contacts are below.

<https://info.lse.ac.uk/current-students/accommodation/contacts-in-halls-of-residence>

We look forward to welcoming you and providing you with the support you need to ensure that you have the best experience you can.

LSE Residential Life

# Staying at home

When you arrive in the UK, you may need to self-isolate, depending on where you have travelled from. Visit the [government guidelines webpage](#) for more information on whether you have travelled from a red, amber or green list country and what that means in terms of self-isolation. It may also depend on whether you have been double vaccinated. Please visit [vaccine guidelines](#) for more information on conditions of vaccinations.

This is because it can take up to 10 days for coronavirus symptoms to appear. If you're travelling to the UK for less than 10 days, you will be expected to self-isolate for the length of your stay.

## Getting food while you're self-isolating

While you're self-isolating, you should order your food (groceries and/or ordered meals) online and get it delivered to the hall.

If you've told us that you're self-isolating, we can help get the food from reception to your bedroom door. If you're in a catered hall, we will arrange for the meals provided to be delivered to your room.

## Kitchen and Laundry

You are allowed to use your kitchen and the laundry room but you must ensure that you are wearing a mask at all times. You must clean any surfaces that you touch and we will provide cleaning material that will enable you to do this. We strongly advise that you do not use the laundry room unless absolutely necessary. Please try and pack enough clothing to cover the isolation period.

For a complete guide on self-isolation, please visit the [UK Government website](#) and the LSE's dedicated [COVID-19 page](#).



# Opening a UK bank account

When you arrive in the UK, opening a bank account can take time and some banks will only open an account for you after you are a registered student.

Document requirements can vary between branches. Always contact your chosen bank branch directly to confirm details prior to setting up an account to make sure you have everything you need. You can open a bank account before your arrival to the UK.

- 1) Update your addresses in LSE for You as soon as possible**
  - a. Some banks require documentation from LSE confirming your registration status. Also, keep in mind that banks require that your room number be included.
- 2) Research the best bank account for you**
  - a. We have added a list of banks below.
- 3) Know what documents you need to open an account.**
  - a. Each bank branch requires different documentation to open accounts, and are very specific about the format of the documentation they accept.
  - b. You will need two documents:
    - i. to prove your identity (passport, driving licence or identity card)
    - ii. to prove your address (tenancy agreement, utility bill (less than 3 months old), bank or credit card statement or a bank letter from LSE)
- 4) Request a bank letter from the LSE (if needed)**
  - a. You can use a Certificate of Registration to prove that you are a current, registered student at LSE. You can request one by clicking on this [link](#) and filling out the form.
  - b. After checking your addresses are up to date you can automatically generate a letter that will be immediately emailed to you as a PDF. Wait ONE HOUR after updating your addresses for the details to be updated in our database before requesting a letter.
- 5) Make an appointment**
  - a. You may be required to book an appointment in advance to open a bank account at your chosen branch.
  - b. If you book an appointment in advance, ensure that you are a registered student, have updated your term-time address to your London address and have all the necessary documents to open an account.

## List of UK banks:

- [www.barclays.co.uk](http://www.barclays.co.uk)
- [www.bankofchina.com/uk/](http://www.bankofchina.com/uk/)
- [www.co-operativebank.co.uk](http://www.co-operativebank.co.uk)
- [www.halifax.co.uk/](http://www.halifax.co.uk/)
- [www.hsbc.co.uk](http://www.hsbc.co.uk)
- [www.lloydstsb.com](http://www.lloydstsb.com)
- [www.metrobankonline.co.uk](http://www.metrobankonline.co.uk)
- [www.nationwide.co.uk](http://www.nationwide.co.uk)
- [www.natwest.com](http://www.natwest.com)
- [www.santander.co.uk](http://www.santander.co.uk)
- <https://monzo.com/>
- [www.tsb.co.uk](http://www.tsb.co.uk)



# Getting a UK phone number

You may need a UK mobile number to use some services in the UK. If you already have a mobile phone. You will need a UK SIM card. Make sure your phone is compatible and has been unlocked.

There are many mobile phone network service providers and calling plans to choose from in the UK. Take the time to read contracts closely and investigate the best option for you. Check the rates for both UK and international calls when purchasing a plan as these can vary substantially.

## Pay as you go

'Pay as you go' means that you add credit to the phone and use it until it runs out.

- You can 'top up' your credit whenever you like.
- There is no monthly commitment and you only pay for the calls and texts that you use (but credit can sometimes 'expire').
- You can buy credit in many shops and at cash points.

If you opt for pay as you go, you usually need to buy a phone. If you already have a phone, you may be able to buy a pay as you go SIM card to use with it, as long as the card is compatible. Check this before buying the SIM card.

## Rolling contract

A rolling contract is in between pay as you go and pay monthly.

- SIM-only plan with no fixed end date; you must let your network provider know 1 month in advance that you want to cancel your contract.
- Payment is taken by direct debit so you will need to have a UK bank account and credit or debit card.
- You do not usually have to undergo a rigorous credit check.

If you opt for a rolling contract you will need to buy a phone. If you already have a phone, you may be able to buy a pay as you go SIM card to use with it, as long as the card is compatible. Check this before buying the SIM card.

## Pay monthly

- You will have a minimum monthly payment and will be required to keep the contract for a set period of time (normally one or two years).
- You will be subject to a credit check.
- It is not possible to avoid the monthly fee, even if you do not use the phone.
- Providers usually offer a free or heavily discounted mobile phone as part of the package.

In order to sign-up for a monthly contract, you are likely to need

- Your exact UK address, room/flat number and post code.
- A UK bank account and the relevant details (sort code, account number, and/or credit card details).

## SIM providers

- [EE](#)
- [giffgaff](#)
- [O2](#)
- [Three](#)
- [Vodafone](#)
- [Voxi](#)





# Online groceries order

We encourage you to do your grocery shopping online by using any of the supermarkets or online retailers below. All you will need to do is **create an account** with them, add your **postcode**, create your **order**, enter your **hall address** and your **phone number**.

If you have told us that you are self-isolating, our front of house teams will be able to receive the order on your behalf and then bring it from reception to your bedroom.



While it is a subscription service, we recommend you to use [www.shoppingslot.co.uk](http://www.shoppingslot.co.uk) to check multiple grocery stores at the same time for their available delivery slots.



- ☐ [Website](#) or app
- ☐ Flexible service with no minimum spend, but a basket charge for orders under £25
- ☐ Paid delivery slots
- ☐ 80-item limit placed on new orders
- ☐ Some item restrictions

## Sainsbury's

- ☐ [Website](#)
- ☐ Affordable shopping
- ☐ Cost of delivery slot depending if basket is under £40 or over
- ☐ Minimum spend:
  - Delivery: £25



- ☐ [Website](#)
- ☐ Wide selection of food



- ☐ Some rationing restrictions on some items
- ☐ Special discounts for new joiners
- ☐ Minimum spend:
  - Delivery: £60
  - Click-and-collect: £40



- ☐ [Website](#)
- ☐ You will need an Amazon subscription
- ☐ Minimum spent of £15

## Iceland

- ☐ [Website:](#)
- ☐ Good selection of frozen food
- ☐ Affordable food prices
- ☐ Minimum spend:
  - Delivery: £25



- ☐ [Website](#)
- ☐ Diverse branded products
- ☐ Minimum spend:
  - Delivery: £40

## ASDA

- ☐ [Website](#) or app
- ☐ Value for money on a range of groceries
- ☐ Restrictions on antibacterial hand sanitiser
- ☐ Minimum spend:
  - Delivery: £40



- ☐ [Website](#)
- ☐ Affordable essentials and food
- ☐ Food Boxes ( essential food) starting at £30



- ☐ Minimum spend:
  - Delivery: £40



- ☐ [Website](#)
- ☐ New to online grocery orders and depends on the postcode
- ☐ Free delivery, but no more than 20 items
- ☐ Minimum spend:
  - Delivery: £15

# Getting meals delivered

Another popular option can be meal deliveries to the hall. You can find the most popular apps used for food deliveries across London below. If you have told us that you are self-isolating, our front of house teams will be able to receive the meal delivery on your behalf and then bring it from reception to your bedroom.

## JustEat

- ☐ Website or app
  - [Google Play](#)
  - [App Store](#)
- ☐ Popular takeaway service delivering from a wide variety of places

## UberEats

- ☐ Apps
  - [Google Play](#)
  - [App Store](#)
- ☐ Delivery from various restaurants and takeaways

## Deliveroo

- ☐ Website or apps
  - [Google Play](#)
  - [App Store](#)
- ☐ Very popular as it can bring food from restaurants and takeaways



# Activities

The Residential Life team have come up with a few activities which may help make your day more enjoyable.

We encourage you to download Microsoft teams and join the [virtual common room](#) for all halls by clicking on this [link](#). This is a great opportunity to meet other students in halls and make new connections.



We also encourage you to stay active and exercise your physical and mental health, stick to an active routine and stay connected with friends and family.

Here are some training suggestions that you can do in your room.

## Cardio training exercises:

### JUMPING JACKS

Stand with your legs together and arms at your sides. Bend your knees slightly. Jump and spread your legs wider than shoulder-width, lifting your arms overhead. Jump to centre.

### SEALJACKS

Start off with wide legs and shoulders spread, jump and clap, as your legs come close together.

### MARCH STEP

Or a high jog, you are mimicking the movement of jogging. Stand with your feet shoulder-width apart. Lift your right knee. Simultaneously raise your left arm up, slightly twisting your waist as you lift.

### BUTT KICKS

Stand with your legs together and arms at your sides. Bring one heel toward your butt. Lower your foot and repeat with the other heel. Continue alternating your heels and pumping your arms.

### CALF RAISES

Stand up straight, then push through the balls of your feet and raise your heel until you are standing on your toes. Then lower slowly back to the start.



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**3 sets**  
**(2 minutes rest in between sets)**



**10 jumping jacks**



**10 seal jacks**



**10 jumping jacks**



**10 march steps**



**5 calf raises**



**10 butt kicks**



**4 side-to-side lunges**



**10 jumping jacks**



**4 side-to-side lunges**

## CARDIO

**START THE DAY WITH SOMETHING  
CHALLENGING. IT DOESN'T  
MATTER WHAT IT IS.  
NEUROSCIENCE SHOWS THAT  
BEGINNING THE DAY WITH A  
TOUGH WORKOUT INCREASES  
SEROTONIN LEVELS IN THE BRAIN  
AND MAKES US FEEL GOOD**

## Core training exercises:

### SIDE BRIDGES

Lay on your side with your forearm flat on the floor, elbow lined up directly under your shoulder and both legs extended out, lower your hips toward the ground a couple inches, then come back up.

### PLANK ROLLS

Lock yourself in the plank position ensuring that your body forms a straight line from shoulders to heels. Bring your feet together and simultaneously rock your weight to the left and right.

### CLIMBER TAPS

Hands flat on the floor, balancing on both feet (pivot on toes). Bring left foot inside your body and tap the ankle with right hand

### THIGH TAPS

Hands flat on the floor, balancing on both feet (pivot on toes). With your left hand tap your left side of your leg and do the same with the right.

### SHOULDER TAPS

Hands flat on the floor, balancing on both feet (pivot on toes). With your left hand tap your right shoulder and do the same with your left.

### PLANL LEG RAISES

Stand up straight, then push through the balls of your feet and raise your heel until you are standing on your toes. Then lower slowly back to the start.

### SIDE CRUNCHES

Stand up straight, then push through the balls of your feet and raise your heel until you are standing on your toes. Then lower slowly back to the start.

**2 sets**  
**(2 minutes rest in between sets)**



## CORE



**5 side bridges**  
**right side**



**10 plank rolls**



**5 side bridges**  
**left side**



**10 climber taps**



**10 thigh taps**



**10 shoulder taps**



**5 side crunches**  
**right side**



**10 plank leg raises**



**5 side crunches**  
**left side**

**IT IS PARTICULARLY IMPORTANT  
TO KEEP MOVING. STAYING AT  
HOME CAN CREATE EXTRA  
TENSION AND STRESS, AND EVEN  
SHORT BURSTS OF EXERCISE CAN  
HELP RELEASE ENERGY, RELIEVE  
STRESS AND IMPROVE YOUR  
MOOD."**



# Our recommendations on Netflix

## LOVE IS BLIND

A speed dating format, the men and women date each other in different "pods" where they can talk to each other, but not see each other. Whenever they decided, the men were able to propose to the woman they want to get married to.

## BLACK MIRROR

It examines modern society, particularly with regard to the unanticipated consequences of new technologies.

## NARCOS

It centers around the notorious Colombian cocaine kingpin Pablo Escobar and Steve Murphy, a DEA agent sent to Colombia on a U.S. mission to capture him and ultimately kill him

## ALTERED CARBON

Set in the 23rd century when the human mind has been digitized and the soul itself is transferable from one body to the next

## PEAKY BLINDERS

A gangster family epic set in Birmingham, England, in 1919, several months after the end of the First World War in November 1918. The story centres on the Peaky Blinders gang and their ambitious and highly cunning boss Tommy Shelby

## YOU

A clever bookstore manager relies on his savvy Internet know-how to make the woman of his dreams fall in love with him. But lust soon turns to obsession when he tries to isolate her from her friends, and starts controlling every aspect of her life.

## MINDHUNTER

This series focuses on the development by two men, two agents, of a new criminal field and does so through story lines of visiting the sociopathic mind.

## STRANGER THINGS

Set in the 1980s in the fictional town of Hawkins, Indiana, the first season focuses on the investigation into the disappearance of a young boy amid supernatural events occurring around the town, including the appearance of a girl with psychokinetic abilities.

## THE WITCHER

is an epic tale of fate and family. Geralt of Rivia, a solitary monster hunter, struggles to find his place in a world where people often prove more wicked than beasts

## OZARK

A financial adviser drags his family from Chicago to the Missouri Ozarks, where he must launder money to appease a drug boss. The Byrdes and their teenage kids, Charlotte and Jonah, are, for all intents and purposes, an ordinary family with ordinary lives.

## EX MACHINA

Ex Machina tells the story of a computer coder, Caleb (Domhnall Gleeson), who wins the chance to spend a week at the house in the mountains belonging to Nathan (Oscar Isaac), the CEO of the company he works for.

## PLATFORM

In the future, prisoners housed in vertical cells watch as inmates in the upper cells are fed while those below starve.

## BIRDBOX

When a mysterious force decimates the population, only one thing is certain -- if you see it, you die. The survivors must now avoid coming face to face with an entity that takes the form of their worst fears.

## CAPTAIN FANTASTIC

In the forests of the Pacific Northwest, a father devoted to raising his six kids with a rigorous physical and intellectual education is forced to leave his paradise and enter the world, challenging his idea of what it means to be a parent.

## TOC TOC

A group of patients with OCD wait for their flight-delayed doctor to arrive for their appointments, forcing them to endure each other's oddball quirks.

## GERALDS GAME

Takes a mundane premise and transforms it into a nightmare. Married couple Jessie and Gerald Burlingame, hoping to reignite their passion, take a vacation to a remote lake house

## BURNING

Working odd jobs while struggling to come up with an idea for a novel, an intense psychological thriller, one that touches on issues of masculinity, economic decline, and even international politics

## IRISHMAN

In the 1950s, truck driver Frank Sheeran gets involved with Russell Bufalino and his Pennsylvania crime family. As Sheeran climbs the ranks to become a top hit man, he also goes to work for Jimmy Hoffa -- a powerful Teamster tied to organized crime

## 3 IDIOTS

In college, Farhan and Raju form a great bond with Rancho due to his positive and refreshing outlook to life. Years later, a bet gives them a chance to look for their long-lost friend whose existence seems rather elusive.

## UNCUT GEMS

A charismatic jeweller makes a high-stakes bet that could lead to the windfall of a lifetime. In a precarious high-wire act, he must balance business, family and adversaries on all sides in pursuit of the ultimate win.

# Entertainment and what is happening in London

Here are some resources to help keep busy until the end of your self-isolation period.

Activities to do in your room:

- [68 Things to do during self-isolation to keep you sane](#)
- [Things to do at home](#)
- [Things to do if self-isolating at home](#)
- [Self-isolating at home](#)
- [100 things to do at home](#)

Fun activities are taking place in London and is a good idea to have a look at them while you are self-isolating.

Activities to plan for after self-isolation:

- Time -Out: <https://www.timeout.com/>
- Secret London: <https://secretldn.com/>
- Visitor London: <https://www.visitlondon.com/>
- Londonist: <https://londonist.com/>
- GQ Magazine: <https://www.gq-magazine.co.uk/gallery/things-to-do-in-london-this-week>
- The Resident: <https://www.theresident.co.uk/>



# Support and wellbeing resources

We are aware some people handle isolation easier than others. If you are struggling, there are resources available in your hall to support you. Your warden team should always be your first point of call, you can find out who your Warden team is by visiting this link [here](#).

You can also find support from Nightline, which is a student led helpline.

## Halls of residence support

The Residential Life team are also here to help you and you can contact us on [Residential.life@lse.ac.uk](mailto:Residential.life@lse.ac.uk).

You can also contact the pastoral team in your hall. You can find their details [here](#).

## LSE confidential support and resources

### Peer Supporters

Talk confidentially with a student volunteer about whatever is troubling you. Peer Supporters are not counsellors, nor can they provide you with solutions to your problems. However they have been specifically selected and trained in listening, questioning and responding skills so they can help other students to reach their own solutions.

Find out more:

- [About the scheme](#)
- [Who is a peer supporter in your hall](#)

### Student Counselling Service

LSE Student Counselling Service offers a private and confidential space for you to discuss any concerns about your mental health. Our team of trained counselling professionals offer [one-to-one appointments](#) and [workshops](#) running throughout the year.

### Disability and Wellbeing Service

It offers confidential advice and support to all disabled students. This includes support for students with physical impairments, long-term health conditions, mental health conditions, specific learning difficulties, and autistic spectrum conditions.

Find out more on their [main page](#) or you can [speak with a Mental Health Adviser](#).

## Support outside LSE



- [Mind](#) provide advice and support to empower anyone experiencing a mental health problem. They empower people to understand their condition and the choices available to them through the following: [mind/information-support/](https://www.mind.org.uk/information-support/)
- Infoline: 0300 123 3393
- Email: [info@mind.org.uk](mailto:info@mind.org.uk)



- The [YoungMinds](#) Crisis Messenger text service provides free, **24/7** crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text **YM to 85258**.



- [Nightline](#) is an independent registered charity with the vision that every student in London feels supported throughout their university experience, however that may look for them. We achieve this aim by offering a peer-led student support service and working to make students aware of the service.
- Skype call is available and IM service is available until 2am via [nightline.org.uk](https://www.nightline.org.uk)



- [Samaritans](#) make sure there's someone there for anyone who needs someone.
- Whatever you're going through, a Samaritan will face it with you. They are here 24 hours a day, 365 days a year, call for **free 116 123** or alternative ways to get in touch [contact-samaritan](https://www.samaritans.org/contact-samaritan).