

When you arrive in the UK, you will not be allowed to leave the place where you're staying for the first 14 days you're in the UK (known as 'self-isolating') unless you're arriving from an [exempt country](#)

If you are self isolating or you don't feel comfortable going to the supermarket, you can do your grocery shopping online and have it delivered to your accommodation.

Here's how:

1. Register for an account with Sainsburys using your email address by scanning the QR code



Sainsbury's

2. Browse for groceries and add the items you wish to buy to your shopping bag.

3. Once you have all the items you wish to buy in your basket, go to the checkout to select a delivery slot and make payment.

There are other supermarkets who offer online shopping and delivery services, see information below



Pay via PayPal at Iceland!



More information can be found online



STUDENT SUPPORT

If you wish to open a UK bank account, you can complete your registration completely online with RBS and Natwest. Other banks are available, however if you choose to use another bank, you may be asked to complete part of the process in branch. Contact the bank you wish to use directly for more information.



Open a bank account with RBS here



Open a bank account with Natwest here



Other high-street banks are available.

You could also choose to open an account with a digital bank such as Monzo or Starling. You can complete the whole process online, but remember digital banks do not have physical branches you can visit.



In order to open a bank account, you will need a bank letter from UCLan to prove your status as a student. You can request a letter online via the QR code and it will be sent to your UCLan email address

