

# FOOD PROVISION DURING SELF-ISOLATION



PRIFYSGOL  
**BANGOR**  
UNIVERSITY

[www.bangor.ac.uk/international/support](http://www.bangor.ac.uk/international/support)

# International Student Support Office



International Student Support Office  
Bangor University  
Rathbone Hall

Tel. 01248 38 8633

Email: [internationalsupport@bangor.ac.uk](mailto:internationalsupport@bangor.ac.uk)

<http://www.bangor.ac.uk/international/support>



# FOOD PROVISION DURING SELF-ISOLATION

You have to self-isolate if:

- You have Covid-19 symptoms
- Your housemate has symptoms
- You or your housemate (s) are waiting for covid test results
- You or your housemate (s) test positive



# FOOD PROVISION DURING SELF-ISOLATION

You cannot leave your accommodation  
during self-isolation

SO HOW CAN I GET FOOD?



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SO HOW CAN I GET FOOD?



# FOOD PROVISION DURING SELF-ISOLATION

## SO HOW CAN I GET FOOD?

Order  
take-away  
food  
with delivery

Order  
food from  
a supermarket  
that delivers



# FOOD PROVISION DURING SELF-ISOLATION

## SO HOW CAN I GET FOOD?

Order  
take-away  
food  
with delivery

[www.deliveroo.co.uk](http://www.deliveroo.co.uk)



[www.just-eat.co.uk](http://www.just-eat.co.uk)



**JUST EAT**

# FOOD PROVISION DURING SELF-ISOLATION

## SO HOW CAN I GET FOOD?

Order  
take-away  
food  
with delivery

Bar Uno - coming soon





# FOOD PROVISION DURING SELF-ISOLATION

## SO HOW CAN I GET FOOD?

Order  
food from  
a supermarket  
that delivers

Minimum spend: 25pounds  
Cheapest slots Mon/Thur



**TESCO**  
*Every little helps*



**ASDA**



# FOOD PROVISION DURING SELF-ISOLATION

## SO HOW CAN I GET FOOD?

Order  
food from  
a supermarket  
that delivers



<https://www.sia2shop.co.uk>



# FOOD PROVISION DURING SELF-ISOLATION

## SO HOW CAN I GET FOOD?

Order  
food from  
a supermarket  
that delivers



Minimum spend: 25pounds



# FOOD PROVISION DURING SELF-ISOLATION

## SO HOW CAN I GET FOOD?

Order  
food from  
a supermarket  
that delivers



Call 0345 611 6111 - Select option 5  
Line open 8am-6pm daily  
Next day delivery  
2 pounds delivery charge



# Opening a UK Bank Account

We recommend that you open a UK bank account as soon as possible.

The Santander logo features a white flame icon on a red background, followed by the word "Santander" in white.The Barclays logo consists of a blue eagle head icon followed by the word "BARCLAYS" in blue capital letters.The HSBC logo displays the letters "HSBC" in black, followed by a red and white hexagonal icon.The Lloyds Bank logo features a black silhouette of a horse rearing up, with the words "LLOYDS BANK" in green capital letters below it.The NatWest logo shows a red recycling symbol icon followed by the word "NatWest" in white.

Other banks are available.



# Opening a UK Bank Account

## Documents Needed:



- Passport
- Proof of address
- CAS letter
- Certificate of Student Registration\*

\* Available Online at [MyBangor > Online Services > Request Centre](#).



# Opening a UK Bank Account



## Application



Complete your details and provide your Proof of Identity, Proof of Address and Proof of Student Status



**IMPORTANT:** Names on the application **MUST** match the identification you provide

## What happens next?



Account opened within 3-5 working days



Debit card within 5-7 working days



Online/Mobile Banking credentials within 5-7 working days



Receive money as soon as your account is open!

Here to Help | Supporting International Students

↔ Unlisted

\* Youtube



# WHAT TO DO IF YOU HAVE SYMPTOMS

- SELF-ISOLATE immediately
- Tell your housemates as they will have to self-isolate too
- Get tested – Call 119
- Contact us at [internationalsupport@bangor.ac.uk](mailto:internationalsupport@bangor.ac.uk)





Here to listen,  
Here to help



[internationalsupport@bangor.ac.uk](mailto:internationalsupport@bangor.ac.uk)