



Covid Travel Guide: Scotland





Preparing to Travel

In the days and weeks leading up to departure, take extra precautions to limit the possibility of being exposed to Covid-19. Below is a list of preventative measures and steps to prepare for departure.

- Limit your movements to only those essential for at least 14 days before you depart.
- Please monitor your health for the 14 days prior to departure; consult with your doctor if you have any symptoms, and also report any illness to Arcadia.
- Practice social distancing, avoid large gatherings, and wear a mask outside of your household
- Enroll your time abroad in STEP, the Safe Traveler Enrollment Program through the Department of State
- **Participate in Arcadia Abroad online orientation**

Covid-Related Insurance Benefits

You may wish to review our [Summary of Benefits](#). Covid-related healthcare is covered like other illnesses. Covid test are widely accessible where Arcadia Abroad operates.

Covid tests ordered by a physician if you are symptomatic for Covid or you had a known exposure are covered and reimbursable by insurance via the [Cigna claim form](#). At-home tests are not covered by insurance, though they can be purchased abroad and students are advised to bring some from home.

If you test positive for Covid at the end of the program, you may need to pay for an isolation hotel or for extended housing. Upon testing positive abroad, Cigna will reimburse you for lodging expenses only (not food or miscellaneous items). It covers up to \$285/day for a maximum of 14 days while you are positive for Covid and are in isolation. This only applies to individuals who themselves have tested positive. The minimum needed to submit a claim includes:

1. Proof of positive test with written results (an at-home rapid test does not qualify.)
2. Invoice and receipt of the traveler's lodging expenses

Claims must be submitted via our [Cigna Claim Form](#) and the included instructions for online submission.

Additionally, if your travels are home are delayed due to a positive test and your program country has not been a Department of State Level 4 Travel Advisory while you've been there, you can utilize Arcadia's trip interruption benefits with our [Lloyd's Claim Form](#).

Covid-Related Costs to Consider

Requirements and costs may change outside of our control, but this can help you budget.

Covid test to travel home, taken within 1 day prior to travel* (see test requirements here under "What types of SARS-CoV-2 test are acceptable under the Order?")	Approx. £35-£250
Estimated cost of food if you must quarantine past program end date	Approx. £100 - £140
Estimated cost of housing if you must quarantine for past program end date **	£200 - £400

*If your test to return home is **positive**, you will need to delay your departure and self-isolate in Scotland. Arcadia support will continue until you are clear to travel home.

**You may need to pay for an isolation hotel or for extended housing, but lodging is reimbursable with insurance. See above.

Please bring with you:

- **Rapid at-home Covid tests.** Testing is available abroad but it is convenient to bring some with you. If you haven't already, make sure to order your free tests from the US government [here](#).
- A thermometer for daily temperature monitoring
- A smart phone to use in conjunction with daily monitoring and contact tracing
- Your own supply of masks to use for the duration of the program
- Hand sanitizer and disinfectant wipes for your travel

Do not travel if:

- You have any symptoms of illness. You will be denied boarding and could contribute to the spread of disease.
- You have tested positive for Covid-19 or are awaiting test results.
- You have been in contact with a suspected/probable/confirmed case of Covid-19.



Arriving in Scotland: Testing, Entry and Quarantine Requirements

Arcadia is providing this guide to help you navigate your entry, test, and quarantine requirements, however they could change at any time. In addition to referencing this guide, you should [check this official resource regularly](#), up until you get on the plane, to ensure there are no last-minute changes to be aware of.

At this time the United Kingdom does **NOT** require proof of a negative Covid test from any arriving travelers. There are no quarantine requirements and no required Covid tests after arrival.

Returning Home

At present, the United States also has a requirement that everyone show proof of a negative Covid test taken within one day prior to travel, regardless of vaccination status. Local Arcadia staff will be in touch closer to the end of the program to remind you of the current [US entry requirements](#) and offer guidance on taking the proper test locally. Since it is for travel, insurance does not cover the cost of this test - see the estimated cost in the "Preparing to Travel" section of this guide. If you test positive before returning to the United States, you will need to extend your time in Scotland until you satisfy isolation requirements to continue your travels.

If you live outside of the United States, please check the entry requirements for the country to which you will be traveling.