

# HEADWATER

— SELF-GUIDED HOLIDAYS SINCE 1985 —



## COVID Testing Guidance for UK-based Travellers to 'Green List' Countries

For the foreseeable future, it is likely that our customers will need to provide evidence of a negative COVID test at different stages of their journeys. We appreciate that, at first, it may seem like a daunting task to ensure that you have everything in place to travel overseas and then return home. To help guide you through this, we have put together this step-by-step guide which will take you through each stage of the process. We have also listed the names and contact details of some private testing companies who offer these services and have agreed to offer Headwater and Exodus (our sister brand) customers discounts should they choose to use them.

This guide has been thoroughly researched and all information is given in good faith; please note, however, that requirements are subject to change, with little or no notice. We will endeavor to keep our customers up to date should changes be made, but we strongly advise that each customer reviews the rules on COVID testing for international travel at regular intervals as they prepare for their trip with us.

Information from the UK government is available here: <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>



## Summary of Testing Requirements

### Step One: Test Before You Travel

Whether or not you will be required to take a test before you travel will depend on where you are travelling; some countries may allow travellers who have been vaccinated to enter without providing evidence of a negative COVID test. For more information on this please check the Entry Requirements section of our Travel Hub. If you do need to take a test before you travel, these must be completed in the UK prior to departure. They are usually done in one of two ways:

**By ordering a home testing kit, which is sent to you either in the post or via courier.**

You complete the test yourself and return it to the testing provider, either by post or, where available, by taking it to a drop off point. They then process the sample and advise you if you have tested positive or negative. A certificate confirming the result is then made available for you to access electronically.

**By booking an appointment for a test at one of their clinics, which you visit in person.**

A test is administered by a trained health professional, who then send the sample to a lab for processing. You are advised of the result in the same way as with a home test, and the certificates confirming the result are provided electronically.

You can expect to be asked to provide the certificate confirming a negative test result when you check-in for your flight, and also at immigration when you arrive.

### Step Two: Return to UK Test

The UK government require everybody who arrives in the UK to provide evidence of a negative COVID test, taken no more than 72 hours before their arrival.

- This applies whether you have been vaccinated or not.
- The government and some testing providers refer to these as 'Pre-Departure Tests'
- This can be either a PCR or Lateral Flow test.

**There are two options to take this test:**

On all of our trips, Headwater will ensure that we facilitate adequate time to visit a health facility during the last few days of your holiday, where COVID testing of the required standard is offered (either PCR or lateral flow). Your locally appointed representative will assist with this.

Alternatively, Qured (one of the companies detailed below) offer a service where you can order a lateral flow testing kit, which is sent to you before you leave the UK. You take this with you on your holiday, and within 72 hours of your return home you book a video call with one of their Health Advisers; during this call the Health Adviser observes you taking the test to ensure it is done correctly. Results are shown on the testing kit within around 20 minutes. They then confirm this, and a negative test certificate is made available to you electronically. You can expect to need to show this at check-in for your flight home, and to immigration officials when you arrive back in the UK.

### Step Three: Test After You Return Home

For countries on the Department for Transport's 'Green List':

If you are going on holiday to a destination on the UK government's 'Green' list of countries, you will need to take a PCR test on or before your second day at home.

- You will not need to self-isolate while you await the results of this test.
- You will need to provide confirmation that this test has been booked on your Passenger Locator Form, which must be submitted within 48 hours of your return to the UK. This is done online [here](#).
- We recommend booking this test before you leave the UK to join your Headwater trip.
- These tests follow much the same process as those taken before you left the UK.





## Testing Providers

The UK government requires that people who are travelling overseas do not use NHS testing facilities and must use one of their approved private testing providers. The full list of approved providers can be found here: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/984888/covid-private-testing-providers-general-testing-110521.csv/preview](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/984888/covid-private-testing-providers-general-testing-110521.csv/preview)

As there is a large number of providers, we appreciate that it may be a difficult and time-consuming task to find one that will suit your needs. To save you time, we have identified four testing providers who we feel are well-suited to the requirements of Headwater customers.

More details can be found below, and you can access a quick-reference table here.

We want to make clear that it is each customer's own responsibility to ensure that they choose a testing provider that is appropriate for them; Headwater are not liable for any additional costs incurred in the event of issues arising between our clients and their testing provider. We will not provide refunds of any monies paid to Headwater / Exodus, should such issues impact your travels in any way. We would, however, like to assure you that each of the below companies are reputable providers who have been approved by the UK government to provide this service.



### Qured

PCR Testing Kits sent to you in the post using Royal Mail tracked delivery, with results available via an online account which you create when booking a test via their website.

As mentioned above, for the Return to the UK Test, Qured offer a service for customers who may prefer to take a testing kit with them on their holiday, rather than visiting a local health facility. Please note this is called a 'Pre-Departure Rapid Test' on the Qured website.

[https://qured.com?utm\\_campaign=ExodusTravel&utm\\_medium=Exodus&utm\\_source=referral](https://qured.com?utm_campaign=ExodusTravel&utm_medium=Exodus&utm_source=referral)

Use the code **EXODUS10** when booking online to get a 10% discount.

If you have any questions, you can contact Qured by email: [support@qured.com](mailto:support@qured.com) – Please include 'Exodus' in the subject line of your email, so their team can ensure they are providing guidance that is appropriate for Exodus / Headwater customers.



## Nomad Travel

Nomad provides a range of COVID-19 tests for both travel and return to the UK. They have options to receive a test at home by mail order, or by making an appointment for a test at one of their travel health clinics based in Bristol, Cardiff, Manchester, and various clinics across London.

For more information and to book online please visit their website: <https://www.nomadtravel.co.uk/covid-19>

Any questions you may have can be answered by the call centre team on: 01341 555 061 or sent to via email to [covidtesting@nomadtravel.co.uk](mailto:covidtesting@nomadtravel.co.uk)

Exodus / Headwater customers can receive a 10% discount on testing costs, as well as any other vaccines you may require for travel and other retail products, they offer by using the discount code **EXODUS1001** when booking online.



## Screen4

Screen4 can offer PCR tests in the UK, either by post for home testing, you can book an appointment at one of their clinics, which are located in Barnsley, Birmingham, Cambridge, Cirencester, Harlow, London and Manchester (addresses and opening hours can be found here: <https://screen4.org/screen4-clinic-opening-times/>)

For more information and to make a booking please visit their website: <https://screen4.org/exodus-covid19-testing-services/>

Screen4 have a list of FAQs available on their website: <https://screen4.org/pre-travel-faqs/> and you can also contact their customer services team by phoning 01226 730052.



## Randox Testing Services

Randox can provide PCR testing kits to be sent to you and are then processed at their laboratory in Northern Ireland. They can assist with Test Before You Travel, Test When You Get Home, and Test to Release.

Home testing kits are sent to you and can be returned to the Randox laboratory either by courier or by using one of their many drop boxes, located throughout the UK, from which samples are collected and sent to the laboratory seven days a week (details of where these are situated can be found here: <https://www.google.com/maps/d/viewer?mid=1WvwTxLsyg8CyLYz9VZ8vpkj8vD838mzT&ll=55.738947678972934%2C-4.057186279521368&z=6>)

There is a helpful guide to COVID testing and the services offered by Randox here on their website: <https://www.randoxhealth.com/covid-19-testing-faq>

For more information, please visit the Randox website, where you can also book a test online: <https://www.randoxhealth.com/>

Exodus / Headwater clients can receive the below discounted prices by using the code relevant to the test they have booked:

- **ExdsFF** ('Fit to Fly' – test taken before you travel): £60
- **Exds2** (test taken on or before day 2 after you have returned home): £60
- **ExdsGTP** ('Green Travel Package): Both of the above tests: £120

## COVID Testing Providers Summary

Provider	Qured	Nomad	Screen4	Randox
Test at home <i>(sent via post)</i>	Yes	Yes	Yes	Yes
In-Clinic Testing	No	Yes	Yes	No
Guide Prices Per PCR Test for Exodus Customers*	£90	In-Clinics: <i>From £170</i>	In-Clinics: <i>From £105</i>	£60
		Post: <i>From £170</i>	Post: <i>From £75</i>	
Lateral flow tests taken in destination before returning to the UK ('pre-departure' tests)	Yes (£35)	No	No	No
Website	<b>CLICK HERE</b>	<b>CLICK HERE</b>	<b>CLICK HERE</b>	<b>CLICK HERE</b>
Discount code	<b>EXODUS10</b>	<b>EXODUS1001</b>	Use above link for discounted prices	Fit to Fly Pre-Travel Test Code: <b>ExdsFF</b>
				Day 2 test after you return home Code: <b>Exds2</b>
				Green Travel Package (Pre-travel test and return home test) Code: <b>ExdsGTP</b>

*\*please note these are subject to change and may include additional fees for courier service/postage, where applicable. For more details, please contact the testing providers.*