

Dear colleagues,

A belated Happy New Year to you all.

You received an email at the start of this week about Campus Activities under Level 5 restrictions and a few questions have arisen in the meantime that I'll try to address here.

Collection of Home Working Equipment

Under Level 5 restrictions third level education and research are designated essential activities where they cannot be done remotely. The collection of equipment to enable remote working for third level education and research would therefore be an essential activity so collections can continue. I would suggest that anyone travelling to collect equipment bring a copy of the collection notification email from B&E along with their UL id.

Travel Advice

If you or anyone you know is travelling to Ireland at this time you should check the latest [Travel FAQs](#) as they are being regularly updated.

The Government has announced the extension of the requirement for pre-departure negative/not detected PCR tests to passenger arrivals from ALL countries from Saturday 16th January 2021. The test must be taken within 72 hours prior to arrival.

Arrivals from Great Britain and South Africa will continue to require a negative/not detected PCR test AND must continue to isolate for 14 days, even if they take a second test after arrival.

Arrivals from red and grey list countries (as defined by the EU traffic light system), and all other locations outside of Europe, must continue to restrict their movements for 14 days. However, this may be lifted on receipt of a negative/not detected result of a second PCR test taken **no less** than 5 days after arrival.

Overseas travel continues to be suspended for University staff.

Access to buildings

The restricted access to buildings that operated over the Christmas period has been extended until 25th January. This means that all University buildings are locked. Should you require access to a University building prior to January 25th please refer to the procedure available on the COVID-19 Sharepoint Hub [here](#).

Social Media/ Remote Working Technology

With the advice for everyone to continue working remotely wherever possible and the continued growth and evolution in social media, the vast majority of our communications with colleagues and students is now online. Here are a few simple working guidelines that may be useful:

- Bear in mind that UL is subject to Freedom of Information requests; anything written in an email or in hardcopy may be disclosed through the FOI process.
- Approach every online communication platform (MS Teams, Sulis, YouTube, Twitter, Facebook, Snapchat, LinkedIn, Instagram and Blogs. etc) as a potential publication that can be shared (without your knowledge in some instances) with multiple users, and which may be subject to defamatory laws.

- As in broadcasting studios, act as though every microphone and camera is on and potentially transmitting to the world unless you are absolutely sure otherwise.

Your health and well-being

Christmas is over, Level 5 restrictions are upon us and it can feel a bit like that opening scene in *Groundhog Day* where every day is a repeat of the one before, so now more than ever it is important to take care of you physical and mental health.

HR Learning and Development continue to update and offer a range of courses for professional development so keep an eye out for emails from *HR Bookings Contact Point* for details and booking information. There is also plenty of advice, tips and initiatives on the [Be Well@UL pages](#) on the HR website.

A Healthy UL initiative will be starting at the end of the month. **COVID DOJO** aims to turn our perspectives of the pandemic on its head. It promotes social connection while completing a series of health related challenges. All **COVID DOJO** activities have been pandemic-proofed and can be completed safely in compliance with the current restrictions. To find out more details of this event and how to register as a participant, visit the Healthy UL webpage [here](#).

Whatever your New Year resolution is, I wish you the best with it and hope it is a success. Now that the vaccination roll-out has begun, I count down the days with great optimism to a return to greater normality hopefully later in the year.

With that in mind, have a great weekend,

A handwritten signature in black ink, appearing to read "Andrew". The signature is stylized with a large, sweeping initial letter 'A'.