

PRE- QUARANTINE HANDBOOK

ALL RELEVANT INFORMATION YOU MIGHT NEED BEFORE YOUR HOTEL QUARANTINE



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**Best read electronically to access hyperlinks and QR codes*

BEFORE COMING TO BRUNEI

INTERNATIONAL BANK ACCOUNTS

Many UK bank cards/ accounts do not allow international transactions and it may take time for you to make a Bruneian bank account or get money from the Post Office.

Bank accounts such as Monzo and Revolut maybe beneficial as you can use them in Brunei without any issues. You can also get cash out from ATMs with your Monzo/ Revolut card (however you will be charged a fee).



Download
Monzo



Download
Revolut



BRITISH FORCES POST OFFICE

Due to Brexit, all parcels being ordered to Brunei (through BFPO) now require a CN22/CN23 form attached. If you are ordering parcels to Brunei, ensure you contact the supplier and ask them to attach the form, so you receive your parcel.

The format for sending parcels is as listed below:

RANK and NAME

UNIT/ PL/COY

BFPO 11

BF1 3AG

UPDATING ADDRESSES

Before coming to Brunei, ensure all your accounts are updated with your new address. Due to COVID-19, applying for/ receiving various documents such as driving licenses can take a lot longer. If you can, try to change your details prior to your arrival to Brunei.

TIPS FOR YOUR FLIGHT

ROYAL BRUNEI AIRLINES:

If you are flying with RBA, your flight on average will be over 14hrs long without transit. Whether you're travelling alone or with your family, this can get exhausting if you are not properly prepared.

RBA Flights will depart from TERMINAL 3 at Heathrow Airport

1. TRAVEL DOCUMENTS

Here is a list of what you will need when you are travelling. More information can be found on the gov.uk website

- Passport
- Negative COVID-19 RT PCR test obtained within 72hrs of travel
- Permission to enter Brunei from the Government
- Hotel quarantine booking confirmation
- If you are a dependant travelling to Brunei for the first time alone, you may be asked about your husband's details. This may include army number, home address, contact information

2. BRING SNACKS/ MEALS

From previous experience, there are limited meals provided during the flight. After your flight you also don't know how long it will be until you are in your hotel for quarantine and get to have your next meal. To make ensure you or your family members are not left too hungry, pack extra snacks or your favourite foods that will last over your travelling time.

3. DOWNLOAD ENTERTAINMENT

Other than sleeping, eating, or walking around the plane there isn't much you can do over the duration of the flight. There is inflight entertainment provided however it would be good to download your favourite shows/ movies on your various devices.

GENERAL FLYING TIPS



QUARANTINE INFORMATION

QUARANTINE DETAILS

The quarantine period will last 15 days in total with the first day you arrive being classed as DAY 0. When you arrive to the room, boxes of bottled water will be provided as the tap water is not drinkable. In the case you require more water over your quarantine, contact your MENTOR.

Your room will come with fresh towels and linens. If you require fresh linens, you may request some from the Hotel reception. Your old linen however will not be able to leave your room and will be handled after you leave your quarantine.



You will receive 3 meals a day; Breakfast, lunch, and dinner at set times however you can order from Room Service or through delivery apps.

WIFI

As there are many people using the WIFI at one time, the service may be temperamental. There may be a small window of time that the Wi-Fi is working properly without issues. A suggestion is to download TV shows/ movies while the Wi-Fi is working so you have something to stream whilst it is not.

CHECK UP ON YOUR HOTEL

If you are worried about your quarantine hotel and you know which hotel you will be staying at, feel free to do some research through google. Most likely there will be other people who will have completed their quarantine there.

Check out the 'BFB Wives' Facebook page where you can ask questions to people from the BFB Community

FOOD DELIVERY APPS

There are a few food delivery apps that are specific to Brunei which have been listed below. You may also call various restaurants directly to place your order. To be able to order food to your room, you will need to order by card. Write your HOTEL NAME and ROOM NUMBER as the details.

Apps available:

1. Hey domo
2. GoMamam
3. Dabao
4. Freshco



WHAT TO PACK/ASK FOR

Whilst staying in quarantine, you are not allowed to leave your room unless you are granted permission (for your swab test etc). You may open the main door to retrieve your meals and parcels however you cannot go any further.

Here are a few options of what you can pack or ask for from your mentors/ friends to make your quarantine experience easier.

CLEANING PRODUCTS

- **Hoover:** if you are moving into SFA, you will be given a Hoover. You may be able to ask your Mentor/ friend to go to your house and retrieve the hoover to be sent to your hotel room. This may help you keep your room clean and fresh during your stay.
- **Dishwashing Equipment:** Dishwashing soap and sponges etc can be used to clean up any dishes/ mugs after use.
- **Clothing Soap/ Detergent:** you can bring/ ask for a small amount of laundry soap. This may be useful so you can wash some of your clothing in bathtubs/ sinks during your stay. Means you have a smaller pile of post quarantine laundry!
- **Surface/ Antibacterial Wipes:** if your hotel room needs freshening up after a few days into your stay, surface wipes can be great to clean up and make your room feel as good as new
- **Room/ Fabric Spray:** with the same concept as surface wipes, a fabric spray maybe good to freshen up your room after a few days into your quarantine.

FOOD AND SNACKS

- As previously mentioned, you will be provided 3 meals a day: breakfast, lunch, and dinner. This may vary across the days however through general understanding, the food is not always the best quality.
- It may be beneficial to bring a few of your comfort foods/ snacks or favourite foods of your family members. You can also request some extra snack from your mentor/ friends to send through welfare parcels.
- **Spicy achars:** If you prefer having spicy food, it might be worth bringing a few of your favourite achars/ sauces. It may help add flavour to your quarantine meals.
- **Snacks:** although it might be difficult to bring lots of snacks with you on your flight, but you may be able to request some from your mentors/ friends through welfare packages. Snacks may include fruits, crisps, biscuits, squash etc.
- **Meals:** after you arrive into quarantine, your friends may send you some hearty meals to get you through the days.

WHAT TO DO DURING QUARANTINE

ONLINE COURSES

There are a few educational sites that can keep you busy during quarantine.

[coursera](#) [Khan Academy](#)

[edX](#) [TED-Ed](#)

FITNESS CLASSES

A few of the ladies within the BFB Community run fitness classes that are accessed through Zoom. If you are interested, contact srijana.gurung486@mod.gov.uk

REGISTER WITH PCMF

After you have left quarantine, you will be advised to register with the Primary Care Medical Facility (PCMF). Whilst you have a free moment you can complete the Virtual Registration form to ensure you are prepared for when you leave quarantine



PCMF Registration

APPS TO STREAM MEDIA

You might find it handy to bring an **Amazon Firestick** or a **HDMI cable** to connect to the TV provided in the hotel

- **Netflix**
- **Youtube**
- **bfbs TV**- this service requires your Defence Gateway username and password however is easily accessible and does not require VPN

Many video streaming apps require VPN. The best one for Brunei is known to be 'Freedome'. Purchases of VPN can be claimed back by BFB service personnel and UKBC.

- **Amazon Prime**
- **Disney +**



bfbs TV



WHAT TO DO WITH KIDS

QUARANTINE ACTIVITIES

After your child's online learning is done for the day, it might be difficult to keep them entertained whilst stuck in the hotel room. Listed below are a few ideas on how to keep them engaged over your 15-day quarantine.

- Visit Mars virtually: <https://accessmars.withgoogle.com/>
- DIY Board Games: <http://blog.ed.ted.com/wp-content/uploads/2017/07/Pen-Pen-Chen-TED-Ed-Innovation-Project-Game-Changing-Kids-additional-material.pdf>
- Listen to Kidnuz Podcast: <https://www.kidnuz.org/>
- Motor skills for Young Children: <http://mamaot.com/fine-motor-activities-using-household-items/>
- Learn a new skill: painting, drawing, knitting, calligraphy
- Check out the BFB Community Support Google Drive folder and Youtube Channel
- Bring a deck of UNO cards or other card games and play between family members

REGISTER FOR AWS COMMUNITY SUPPORT ACTIVITIES

The Army Welfare Service (AWS) Community Support team offer various activities for all BFB Families and children. Listed below is a table of activities offered by the CS team. If you are interested in signing up contact awsbrunei2@outlook.com

DAY	ACTIVITY	AGE GROUP
Monday	Youth Club	Age 5, Year 1 and Year 2
Tuesday	Parents and Toddlers	Age 0-3 with Parent/ Guardian
	Youth Club	Year 3 and 4
Wednesday	Parents and Toddlers	Age 0-3 with Parent/ Guardian
	Youth Club	Year 5 and 6
Thursday	Parents and Toddlers	Age 0-3 with Parent/ Guardian
Saturday	Dad's Club/ Families Club	Dad's/ Families with children of all ages
	Boarder's Club	All Boarders

*Due to the current Brunei Lockdown, the activities offered by the AWS CS team are limited however if you want to know what's available virtually, feel free to contact srijana.gurung486@mod.gov.uk

The BFB Toy Library provide toys/ equipment during your quarantine. If you are interested, contact BFBtoylibrary@gmail.com

The BFB Toy Library is here to help – Simply email us, we will deliver!



Baby Toys

We have a huge collection of toys for 0–3 years old, including jumperoos, baby walkers, activity cubes and many more



Construction

If building and construction is what your little ones enjoy, we have duplo, marble runs, wooden blocks and gravitrax to keep them busy



Puzzles

With over 40 different puzzles in our collection there is something for everyone



Cars, boats and trains

Didn't have room to pack the entire car collection? Don't fret, we have hundreds! From fire engines to helicopters, train sets and diggers



Role Play

Check out our collection of dress ups, small world, happy land, dolls, prams and many more that will spark the imagination of any little mind



Sports

Bowling, swingball, skipping ropes, table football and other activities will keep the whole family busy during isolation.



Games

If its paying taxes in Monopoly or testing your wits with Trivial Pursuits that helps you pass the time, have a look at our games collection.



Have a look at our collection and email us:

 BFBtoylibrary@gmail.com



www.bfbtoylibrary.lend-engine-app.com

BFB WELFARE

WELFARE PACKAGES

The 2RGR Unit Welfare Office (based in the Chit Chat Community Centre) provide a parcel delivery service for BFB personnel in isolation. The service will usually run every Monday and Friday however you will be updated on the specific dates of the deliveries. The parcels must have the following information written on it:

FULL NAME, HOTEL NAME, ROOM NUMBER, CONTENTS OF PARCEL

WELFARE CONTACTS

- **Unit Welfare Officer (2RGR)**
Capt Bhupal Rai
(+673) 833 0231
bhupal.rai649@mod.gov.uk
- **Unit Welfare Officer (GST)**
WO1 Michael Lane
(+673) 837 7033
michael.lane428@mod.gov.uk
- **Welfare Liaison Officer:**
(+673) 837 7033
- **Station Staff Officer**
Maj Khadkabahadur Gurung
Khadkabahadur.Gurung736@mod.gov.uk

OTHER IMPORTANT CONTACTS

- **AWS Personal Support**
SSgt Karalaini Riley
(+673) 833 0232
Karalaini.Riley740@mod.gov.uk
- **AWS Community Support**
Mrs Srijana Gurung
(+673) 833 0235
srijana.gurung486@mod.gov.uk
awsbrunei2@outlook.com
- **HIVE**
bruneihive@armymail.mod.uk

BFB BULLETIN

To receive all relevant information regarding the British Forces Brunei community, sign up to the BFB Bulletin by emailing Triin.Barrow104@mod.gov.uk

MENTAL HEALTH

If you are struggling with your mental health during your quarantine, reach out to your friends/ mentors. It may be difficult but reaching out can make all the difference.

Use this time to relax your mind and meditate.

If you want to join the Virtual Meditation sessions ran by Pandit Ji contact srijana.gurung486@mod.gov.uk



BFB Facebook



headspace