

HI!

YOUR
STUDENTS'
ASSOCIATION

YOUR STUDENTS' ASSOCIATION NEWSLETTER

    www.hisa.uhi.ac.uk

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FRESHERS 2024

ARE YOU A NEW STUDENT? START HERE!

Hi! Welcome to the Highlands and Islands Students' Association (HISA). Our purpose is to represent, empower, support and enhance the lives of UHI students. We exist to encourage and inspire you to find your people, your passion and your place.

Day to day, we're the home of societies, clubs, networks, events, representation, campaigning, advice – all the best bits when it comes to student life.

We're led by our students and are a completely independent non-profit organisation. That means we're always here for you when you need honest advice, support and inspiration, and we can focus our time and energy on doing what's right for you.

To find out more about the HISA team at your local campus, have a read through our local guidebooks [here](#).



We have also created four short voice-over PowerPoints for you to engage with at your leisure that communicate how HISA can help you integrate into student life and enhance your student journey.

Part 1 – An introduction to the Highlands and Islands Students' Association by President William Campbell

Part 2 – How we represent students locally, and across the UHI – find your local officer here!

Part 3 – Clubs, societies and networks – how to get involved in your student community

Part 4 – All about Student Voice Representatives, our independent impartial advice service and how we keep students up to date with UHI-wide meetings and newsletters.

CROSS-CAMPUS UPDATES

STUDENT FUNDING

Need some financial assistance during your studies? There are several bursaries and prizes open this term that can help! See which one is right for you in the list below and click the titles to go to their websites.

• Aquaculture Support Scheme

Thanks to the generous support from the Scottish Aquaculture Research Forum (SARF) funds have been gifted to UHI for the benefit of Aquaculture students to help facilitate the student's learning journey.

• Barns-Graham Assistance Award

This is an annual award worth £1,000 awarded to a Fine Art student (open to all years) who is struggling financially to purchase items necessary to do their course.

• Barns-Graham Travel Scholarship

This is an annual scholarship worth £1,500 awarded to a BA Hons Fine Art student, or a BA Hons Fine Art graduate (within one year of graduation). The funds are to be used for specific project research that requires travel abroad.

• Dorothy Dunnett Centenary Awards

Supported by the Dorothy Dunnett Society the Dorothy Dunnett Centenary Awards comprise two annual awards (£1,000 and £500 respectively) for research in history, politics, culture or religion in the 11th, 15th and 16th centuries. The awards are open for applications from current research students at UHI.

• The John Preston International Music Award

A £500 award presented to a deserving Music Business student wishing to travel abroad to attend and/or present at an International Music Conference, event or symposium.

• Rural and Islands Bursary Fund

Up to £1,000 of support for existing UHI students from rural and isolated communities in the Highlands and Islands in 2023.

SPECTRUM.LIFE

Spectrum.Life is a hub of info, tips and guides to help you build up your mental and emotional wellbeing. It's free and available to all UHI Students.

If you need to speak to someone urgently, there is also a 24/7 phonenumber which you can call or text.

Sign up using the link [here](#) and use the organisation code uhiwell to get access.

RESEARCH SURVEY

The EDGE Foundation are investigating how students navigate courses that span further education colleges and universities. If you're studying at college AND a university, you can help with their research!

To find out more, read their full article [here](#) and contact jpatel@edge.co.uk now, to take part.

STUDENT DEMOCRACY

MAKE YOUR VOICE HEARD - BE A STUDENT VOICE REP!

Want to help us improve the learning experience at UHI?

Why not become a Student Voice Representative!

Student Voice Representatives help improve the student experience by feedback the key issues that affect students both to UHI and HISA.

Being a Student Voice Rep is a fantastic way to build your skills, develop your employability and meet new people, as well as a great opportunity to actively get involved in shaping your student experience.

No previous experience is necessary as you will receive training and support from the Students' Association's Student Officers and staff members.

If you're interested, get in touch with your module leader, PAT or the Students' Association.

REPRESENT
YOUR FELLOW STUDENTS

SIGN UP FOR STUDENT VOICE REP

JOIN US AS A STUDENT TRUSTEE!

Are you a student at the University of the Highlands and Islands looking to make a difference? Apply to become a Student Trustee for the Highlands & Islands Students' Association (HISA)! As a Trustee, you'll bring your unique perspective to the Board, ensuring HISA works effectively for its members. This voluntary role requires an average of one day per month, covering expenses. Gain invaluable experience in governance, strategic planning, and more. Applications open soon. Prepare your CV and a supporting statement to seize this opportunity to shape the future of HISA!

DEPUTE DESIGNATE

Find out more information soon about our Depute Designate roles by checking our website. We are going to be recruiting for these roles very soon at Moray, Islands, North and HTC!

GAELIC WORD OF THE MONTH

With the launch of our new Gaelic Language Plan, we're looking to incorporate more Gaelic into our content and day-to-day work. We want to be more accessible for UHI students whose first language is Gaelic, as well as encouraging non-Gaelic speakers to give learning it a go!

At the Students' Association we're also trying to learn more Gaelic ourselves, each month in the newsletter we'll cover a new word of the month, as well as give you some links to resources for further learning. This month's word is:

"Foghar" meaning "Autumn"

Use [this Gaelic dictionary](#) to learn other words, as well as how to pronounce them! And learn more [here!](#)

SABHAL MÒR OSTAIG SHORT COURSES!

Keen to take the next step in your Gaelic learning journey?

Check out these [short courses](#) at Sabhal Mòr Ostaig launching in October!



STUDENT JOBS AND OPPORTUNITIES

SCOTGEM

Have you ever thought of training to be a doctor in the Highlands & Islands?

Did you know that you can do this through UHI if you have a 2.1 degree and a Chemistry Higher/A Level? More details and entry requirements can be found [here!](#)

Placements can be tailored to focus on the Highlands & Islands and funding may be available to help with applications. For more information contact: scotgem-admissions@st-andrews.ac.uk or the HISA advice service on hisa.advice@uhi.ac.uk

HIGHLIFE DISCOUNT

If you think gym membership is a luxury you can't afford when you're a student, then think again! You can boost your fitness while not busting your budget by joining Highlife and enjoying an exclusive 30% discount in your monthly subscription.

For just £18.60 per month for an individual membership (with nothing to pay until 8th October 2024) you can enjoy unlimited access to swimming pools, gyms, fitness classes and court activities at High Life Highland's 25 leisure centres, scattered across the region.

Furthermore, [High Life Highland](#) – the charity that operates the highlife scheme – is a member of the [Leisure Link Partnership](#) which gives our members access to fitness rooms, public swimming, and fitness classes at leisure facilities at other locations in Scotland. So, if you find yourself on holiday or on a study trip in Moray, Aberdeen, Aberdeenshire, Shetland, Orkney, Borders, the Western Isles, Angus, Argyll and Bute, you can keep up your fitness habits there at no extra cost!

Your highlife card will also get you [exclusive discounts](#) on hospitality, health and wellbeing, shopping and services in the Highlands.

Lauren Gallagher, Highlife Membership Associate, said: "This 30% discount on a Highlife membership is exclusive to UHI students, which is a really great deal with access to a wide variety of fitness classes, swimming, and other sports activities. Being active is not just good for our physical health, it's also essential for our mental health and we recognise the importance of this for students when studying for their courses. The financial pressures are also a consideration, which makes joining Highlife a very affordable option for UHI students."

As well as leisure centres, High Life Highland also operates other services which may be of interest and of help to UHI students including adult learning, libraries, museums, and archives. You can find out more on the [High Life Highland website](#).

HANDSHAKE

The UHI Futures Team recently launched Handshake, a new career management platform for students. Handshake offers real-time communication with local and international employers, enhancing job prospects. Students can book appointments with the UHI Futures Team, attend online events, access career resources, and connect with alumni and peers in similar fields. All enrolled students have been uploaded into Handshake, but to maximise the benefits, they must first activate their accounts and update their profiles. Read more about Handshake and contact careers advisers Iain. Eisner@uhi.ac.uk or Helen. Anton@uhi.ac.uk for further information. Visit the website [here!](#)



Start your career journey – download the Handshake app

HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

Housing Guidance at Your Fingertips

As we enter another exciting academic year, the Student Union Advice Service is thrilled to warmly welcome all new and returning students. The service is here to support you through every aspect of university life, and we're excited to announce an important update to our services.

This year, we're enhancing our support in the area of housing. Whether you're living in university halls, private accommodation, or social housing, our team is here to assist you with a range of housing-related issues. Here's how we can help:

University Halls: If you're in university-managed accommodation, we can help with tenancy agreements, maintenance issues, and understanding university policies. Our goal is to ensure your living experience is smooth and stress-free, addressing any concerns you may have about your room or flat.

Private Housing: Navigating tenancy agreements, deposits, and landlord disputes can be challenging. The service can help you understand your rights and handle disputes. We also offer support with concerns about housing conditions or related issues, ensuring you have the guidance you need.

Social Housing: If you're in social housing, the service is well-versed in the specific regulations and support systems that apply. We can assist with understanding your tenancy agreement, dealing with any issues related to your housing provider, and accessing additional support services if necessary.

What We Offer:

- **Advice and Guidance:** Receive personalised advice tailored to your housing situation. We can help you interpret your tenancy agreements, understand your rights, and navigate disputes.
- **Support with Issues:** The service can offer practical support and solutions if you encounter problems with your accommodation, such as maintenance issues, disputes with housemates, or concerns with your landlord.
- **Resources and Referrals:** Access a range of resources to help you manage your housing situation effectively. We can also refer you to external services and organisations for additional support.

Remember, you don't have to navigate housing issues alone. The Advice Service is here to support you every step of the way, ensuring you have a positive and comfortable living experience.

Feel free to contact us via email or phone or visit our website if you need assistance or have questions about your housing situation. We're here to help make this academic year a great one for you!

Best wishes for a successful year ahead.

When you get accepted to university but then remember you need to find accommodation



SPORTS CLUBS, SOCIETIES & NETWORKS!

LET THE GOOD TIMES ROLL!

Now that Freshers' season is finishing up, we hope everyone had a great time meeting our team and checking out some of your local clubs. It was so fun to see the turnout!

We have a lot of great clubs and societies shaping up for this year, from sports to the performing arts to religious and academic societies. We even have a new soup-tasting club at SAMS! Make sure to visit our website to sign up for all sweet clubs and societies we have going on.

Don't forget to check out our Networks on Discord! We're looking to add Whatsapp and Teams options soon. Click here to find out more!

What if you don't see something for you on the website? Start your own! It's easy! Love Taylor Swift? Why not make a Swifties group to listen to her music and catch up on all the tea? Love tea (of the drinking kind)? Why not form a club to test out different varieties and cafes? Maybe you want to get serious about your studies- why not work with us to form an academic society or a club for study and revision?



The Autumn Grant for Clubs and Societies is open to applications from Sept 23 - October 14.

Click here for more info!



If you can dream it, you can make it!!!
(as long as it is not illegal, offensive, or death-defying!)

Find a couple student pals to fill out your committee and we will help you figure out everything else!

Just email Hisactivities@uhi.ac.uk, talk to your local team, or check out the guidance here:

Start A New Club or Society (uhi.ac.uk)

SPORTS UPDATE



We're in the swing of our Freshers events and we've had busy taster sessions in Perth and Inverness with lots of you keen to join our sports clubs and form new ones! Remember you can get in touch with us at HISAactivities.uhi.ac.uk and we can guide you through the process of joining a club or starting one yourself.

We had fantastic weather for the Student Beach Party at Willowgate Activity Centre at the end of August and will continue working with the wonderful staff at Willowgate as well as Paddle Scotland to set up a regular paddlesports club.

We'll be running another Boccia session in Fort William, and we are looking for students to volunteer to lead the sessions going forward so please get in touch if you want to gain valuable experience in inclusive sports.

The end of September and beginning of October marks Women and Girls in Sport Week and we will have some exciting events going on around the campuses- keep an eye on our socials!

The UHI Shinty Team will be dusting off their Camans to play in the Scottish Student Sport Shinty Festival on Saturday 5th October at Strathclyde University. We are still looking for a few players so please get in touch with our Sports Development Coordinator at amanda.fleet@uhi.ac.uk if you're interested in playing.

**What are your interests?
Click here to fill out our survey!**



LOCAL UPDATES: PERTH

INTRODUCING OUR NEW OFFICERS!

Introducing our new student officers, Xander and Andi!

Xander is our Perth President. His objectives are to oppose course and teaching staff cuts and defend frontline student services to ensure that Perth can offer a wide range of courses to our diverse students.

Andi is our Perth Depute President, working for HISA alongside studying HND Sports Therapy. His objectives are to promote social events outside regular timetabling hours and to encourage student use of the Sports Injuries Training Clinic and the college's food and beverage facilities.



FRESHERS

We had a great Freshers Week to welcome new and returning students to Perth. The rain didn't stop our new campus accommodation residents enjoying our welcome BBQ and Bingo. Next, everyone picked up plenty of information about local organisations and freebies at our Freshers Fayres, not to mention trying out the Bucking Bronco! Our Active Campus coordinator organised several Give it a Go sessions where students tried different sports, including climbing, volleyball, and Kali martial arts. We finished the week with a beach party at the Willowgate activity centre, where students tried their hand at paddleboarding, kayaking, and open-water swimming. Thank you to everyone who came along to one of our events!

STUDENT VOICE REPS

Have you signed up to be one of our student voice reps this year? Our welcome socials for reps and anyone who wants more information about becoming an SVR will be held on the 24th and 25th of September. This is a chance to meet fellow reps and discover more about being an SVR at Perth. We'll even provide a complimentary lunch!

EVENTS

- 2nd October 11-2 Cuppa and a Chat: Indulge in coffee and cakes in aid of MacMillan Cancer Support and meet our student services team to find out about mental health support provision at UHI Perth.

Coming soon.... look out for more information about our events on social media and on our noticeboards around campus.

- Music Bingo: different themes each session... watch this space for upcoming dates!
- Halloween Outfit Scavenger Hunt... more details coming soon!

Here at HISA Perth, we are looking into the events that we hold and what you, the students would like to see from us. We have created an anonymous questionnaire that we would like our students to complete to better understand what you would like us, Your Students' Association, to organise in the future.

Find our questionnaire [here](#)

For more information on sports activities at UHI Perth, contact our active campus coordinator Lindsey at lindsey.brown.perth@uhi.ac.uk.

STUDENT-FRIENDLY RECIPE

- Roasted Vegetable and Rice Bowl

We will be sharing recipes with you to help students eat healthily and cope with the cost-of-living crisis. Tell us what you think and suggest a recipe for a future edition.

INGREDIENTS

- 1 cup brown rice (or white rice)
- 2 medium sweet potatoes (peeled and diced)
- 2-3 carrots (sliced into rounds)
- 1 red onion (quartered)
- 1 courgette (sliced into half-moons)
- 1 red bell pepper (sliced)
- 2 cups spinach (fresh)
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 1 lemon (juiced)
- 1 tablespoon olive oil (for dressing)
- 1 tablespoon apple cider vinegar (or lemon juice, for dressing)

Tips

Meal Prep: This meal can be prepped in advance and stored in the fridge for 3-4 days. Keep the dressing separate until serving.

Budget Variation: Consider using frozen spinach to save money, just thaw and drain it well before using.

Add-Ins: Add chickpeas, grilled chicken, or tofu to increase the protein content if desired.

METHOD

Makes 3-4 portions

Cook the Rice: Rinse 1 cup of rice under cold water. In a medium pot, combine the rice with 2 cups of water (or according to package instructions). Bring to a boil, then reduce the heat to low, cover, and simmer until the rice is cooked (about 20 minutes for white rice, 40 minutes for brown rice). Fluff with a fork and set aside.

Prepare the Vegetables: Preheat your oven to 200°C. On a baking sheet, spread the diced sweet potatoes, carrots, red onion, zucchini, and red bell pepper. Drizzle with 2 tablespoons of olive oil, then sprinkle with smoked paprika, garlic powder, salt, and pepper. Toss to coat evenly.

Roast the Vegetables: Roast the vegetables in the preheated oven for 25-30 minutes, stirring halfway through, until they are tender and slightly caramelized.

Prepare the Spinach: While the vegetables are roasting, lightly sauté the spinach in a pan with a tiny bit of olive oil over medium heat until just wilted, about 2-3 minutes. Alternatively, you can add fresh spinach directly to the bowls without cooking it.

Make the dressing (optional): In a small bowl, whisk together 1 tablespoon of olive oil, apple cider vinegar (or lemon juice), and a pinch of salt. If the dressing is too thick, add a little water until it reaches your desired consistency.

Assemble the Bowls: Divide the cooked rice between 4 bowls. Top with the roasted vegetables and spinach. Drizzle with the optional dressing and squeeze a bit of fresh lemon juice over the top.

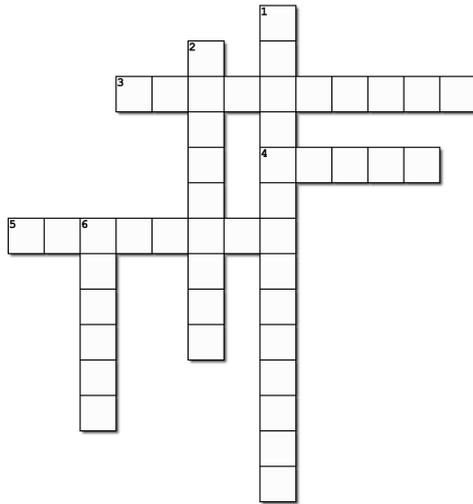
Serve and Enjoy: Serve warm or at room temperature. This dish is delicious as is or with a slice of crusty bread on the side.

PUZZLES AND COMPETITIONS

PUZZLES

Freshers 2024 Crossword - Part 2

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

3. identification card proving enrolment at the university.
4. University accommodation for students
5. An academic who delivers lectures

Down

1. an event where new students sign up for clubs and local businesses give freebies
2. A social event hopping from bar to bar
6. the area where the university building(s) are located

3	1		9	6				2
6				1	3	4		5
			4	2				3
7		5		8	6		2	
1	2	8	5			3	6	4
9	6	3	1	4	2		8	7
5		6	2			7	4	9
	9				8		3	
2	3	7	6	9			5	

Thank you for reading this issue of Hi!, the Highlands and Islands Students' Association Newsletter. Got some feedback for us? What did you like in this issue? What did you find useful? What didn't you like? We're always looking to improve and would love to incorporate your suggestions into our development plan for the newsletter.

Email us at hisa@uhi.ac.uk with the subject line: "NEWSLETTER FEEDBACK - SEP24" to tell us your thoughts!

