

# HI!



YOUR MONTHLY HISA NEWSLETTER

📷 📘 🎵 [www.hisa.uhi.ac.uk](http://www.hisa.uhi.ac.uk)

ISSUE: 014

MAY 2025

## IN THIS ISSUE

- Goodbye from this year's officers!
- Your UHI email
- Pride Month!
- Gaelic word of the month
- Advice Service
- Sports Clubs, Societies and Networks News!
- Updates from your local teams
- Events at your local UHI campus
- Student Friendly Recipe
- And more!

Click the headings to jump to that section!



# CROSS CAMPUS UPDATES

## LOOKING BACK ON MY TIME AS HISA PRESIDENT - WILLIAM CAMPBELL

As my time as President of the Highlands and Islands Students' Association ends, I've been taking a moment to reflect on what's been an incredibly rewarding, challenging, and eye-opening experience. It's been a real honour to represent students across the University of the Highlands and Islands' diverse campuses and Academic Partners. I'm so proud of everything we've achieved together over the past two years.

One of my biggest priorities has been campaigning for fairer funding for students in both Further and Higher Education. Education should be a right, not a privilege, and I've worked hard to highlight the need for properly funded, accessible learning, no matter where you're from or where you study. I've raised this issue time and again, both within the university and at the national level, including joining a protest at the Scottish Parliament to help protect education funding.

Another major part of my role has been getting stuck into the UHI transformation project. This period of change has been crucial for the future of UHI, and I've made it my mission to ensure students remained at the heart of the conversation. Whether it's been about course quality, wellbeing, or fairness across campuses, I've worked to make sure student voices were heard loud and clear. Any transformation should lead to positive change, and students must be at the centre of that journey.

Housing has also been a key issue. I've been a part of the National Housing Campaign, spoken directly with MSPs and communicated with key Ministers, worked alongside other Student Union Sabbatical Officers, and the National Union of Students Scotland to push for real solutions. I've been especially vocal in calling for the Scottish Housing Bill to properly support student renters and the unequal representation in the bill for rural students. No one should have to choose between their studies and having a safe, affordable place to live.

Protecting course continuity has also been vital. When courses have been at risk, I stood with students and staff to fight for them. And I'm proud to say that, through collective action and persistence, we've managed to safeguard several key programmes. It's a great reminder that when students speak up together, real change can happen.

These are just a few highlights from what's been a packed and inspiring couple of years. I've learned so much about leadership, about policy, and most importantly, about the strength and passion of our student community. None of this would've been possible without your support, whether you voted for me, shared your story with me, or campaigned for something you believed in.



It's been an absolute privilege to serve you. Thank you for putting your trust in me. I'm stepping away from this role with a full heart, proud of what we've achieved and excited for what's to come. I'll always be cheering you on.



## YOUR IT STUDENT ACCOUNT AND EMAIL – WHAT HAPPENS WHEN YOU LEAVE UHI

If you are leaving UHI your account will remain open until mid-Autumn. Please take some time to ensure you move any important documents or work before your account is closed. You will also lose access to your student email; you may wish to update your student email to your personal email if you have used it to sign up for any services. For more information and details on what action you should take, please look at this webpage [Information for Students - Leaving UHI](#)

## EQUALITY & LIBERATION

### JUNE IS LGBTQ+ PRIDE MONTH!

Pride Month in Scotland's Highlands and Islands is a vibrant celebration of LGBTQ+ identity, resilience, and community. These events provide vital spaces for visibility, connection, and advocacy—especially in rural areas where representation can be limited. For students, Pride offers a chance to stand in solidarity, celebrate diversity, and affirm that everyone belongs.

Here are the confirmed Pride events for June 2025:

- **Highland Pride (Inverness):** Saturday, 7 June 2025. The celebration includes a parade and a market at Eden Court. [highlandpride.org+1eden-court.co.uk+1](http://highlandpride.org+1eden-court.co.uk+1)
- **Shetland Pride (Lerwick):** Saturday, 14 June 2025. The festival will follow the same format as previous years, including the Youth Party. [shetlandpride.co.uk+1Eventbrite+1](http://shetlandpride.co.uk+1Eventbrite+1)
- **Caithness Pride (Thurso):** Saturday, 21 June 2025. Organized by the local LGBTQ+ youth group Stepping Out, this landmark celebration will feature a seafront parade leading into the town centre, where attendees can enjoy craft and information stalls, live music, dance performances, and community-led activities. [Highland Council grant permission for first ever Pride march to take place in Caithness as part of Thurso event](#)



Please note that Orkney Pride (Kirkwall) has not yet confirmed its 2025 date.

Looking ahead, Moray Pride (Elgin) and Perthshire Pride (Perth) are both scheduled for Saturday, 9 August 2025.

These events are more than just parades—they are affirmations of love, inclusion, and community. Students are encouraged to participate and support these celebrations of LGBTQ+ pride.

## JOIN UHI HIGHLAND PRIDE 2025!

Staff and students across the UHI partnership are warmly invited to march with UHI in the Highland Pride Parade on Saturday 7 June in Inverness! Let's come together to celebrate diversity, inclusion, and the LGBTQ+ community.

Whether you're a member of the LGBTQ+ community or an ally, your presence makes a difference. Bring your friends, your flags, and your pride!

If you're planning to join, feel free to drop them a quick email at [communications@uhi.ac.uk](mailto:communications@uhi.ac.uk) so they know to look out for you – or just come along on the day and meet at Falcon Square at 12.30pm. Groups will be placed in the parade by 1pm at the latest. You'll spot them by their large UHI banner:

[Find out more about the event and parade timings on Highland Pride's website](#)

**UHI**

Supporting our  
**LGBTQ+ students, staff and local community**

## DISABILITY PRIDE MONTH!

As part of the lead up to Disability Pride Month this July, we encourage you to participate in the Annual Disabled Student Survey (ADSS) by Disabled Students UK. The ADSS was created by disabled students for disabled students to ensure that their experiences and needs are heard, understood, and acted upon. By participating, you'll contribute to the largest survey on university accessibility in the UK – helping to shape policy and improve support across higher education. The survey is anonymous, takes only a few minutes to complete, and is open until the end of July. Let's raise our voices together – because accessibility matters.

[Click here to take the survey](#)

[Help spread the word and check out the dissemination guide with shareable content!](#)

# 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:

**"Samhradh" meaning "Summer"**

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!

## **UHI GAELIC TOOLKIT**

Check out even more Gaelic resources and learning from UHI [here!](#)

## **HELP BUILD A NEW GAELIC STRATEGY**

Comunn na Gàidhlig is building a new Gaelic strategy to bring more young people to a level of functional fluency. Read more about the initiative [here](#). And click [here](#) to take the survey and have your say!

# Hi

# HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

## Scroll Less, Stress Less: Housing Help Starts Here

As we approach the end of the academic year, now is a really important time to start thinking ahead, particularly when it comes to housing. Whether you're planning to stay local over the summer or preparing to return to your studies in September, getting your accommodation sorted early can remove a lot of stress. Having stable, secure housing makes a big difference not just to your well-being but also to your ability to engage fully with your studies.

If you're returning in September and hoping to live in a private let, it's wise to begin your search as soon as possible. Across the Highlands and Islands, the rental market can be competitive, with a limited number of affordable, student-friendly properties in some areas. The earlier you begin looking, the more options you'll likely find—and the more time you'll have to ensure the place you choose is right for you.

Trusted websites like Rightmove, Zoopla, and SpareRoom are a good place to start, but don't underestimate the value of local knowledge either. We have some advice and information for you here.

As you search, be vigilant about scams. Sadly, students are a common target for rental fraud. Never send money or sign anything before seeing the property in person (or via a verified agent if you're moving from afar). Always confirm the legitimacy of the landlord or letting agent and ask for everything in writing. Tenancy agreements, deposit protection information, and any upfront costs should all be clearly outlined.

It's also worth taking some time to understand your rights and responsibilities as a tenant. Knowing what landlords are legally required to do, like making repairs or ensuring the property is safe to live in—can help you stand your ground if issues arise later on.

Of course, even with careful planning, things don't always go smoothly. Maybe your accommodation falls through at the last minute, you arrive to find conditions aren't what you were promised, or financial pressures leave you struggling to cover costs. When problems like these affect your ability to study, it's important to know that support is available. Above all, know that you're not alone. The HISA Advice Service is here to support you, and I'm available for one-to-one chats if you need help with housing, understanding your options, etc. Sometimes a short conversation can make a big difference. Just reach out, we're here to help you stay focused, supported, and on track.



# SPORTS CLUBS, SOCIETIES & NETWORKS!

## WRAPPING UP THE YEAR!

What a year it has been for clubs and societies! We have seen a lot of new ones pop up and the established clubs have held some fantastic events and retreats. As the academic year wraps up, it's time to tick a few important things off your club or society to-do list! First up—your AGM. Think of it as your club's season finale: elect your new dream team, celebrate what you've achieved, and set the stage for next year. Then comes the handover—make it smooth, make it friendly, maybe even make it a coffee catch-up! Pass on your tips, logins, and secrets to success. And hey, don't ghost your club email over summer—it's how you'll hear about updates, events, and exciting opportunities from HISA. A little effort now = a flying start in September!

## GET BOOKED IN FOR AN END OF YEAR MEETING!

We're touching base with our clubs and booking in end of year meetings- if you run a club and you haven't booked yours yet, please get in touch! This is a way for us to find out if you plan on continuing next year, what exciting Welcome Week activities we can help you with and support you through your AGM and committee changes.



# LOCAL UPDATES: INVERNESS

## SVRs

Thank you to all our Student Voice Reps for raising their voice on behalf of their classes this year. We really do hope that you put yourself forward as an SVR again in the next academic year!

## SAYING OUR GOODBYES

HISA would like to thank Elizabeth Keegan and Holly Pearce for all their work in the student association for the past two years. Holly will move on to be the Cross-Campus Depute President of Education and we are looking forward to hearing the fantastic opportunities that will follow Liz's role as President.



## STAGECOACH

HISA had a very productive meeting Stagecoach on the 8th of May. Students' concerns were made regarding the problematic public travel issues. They will stay in contact with HISA Inverness to update us on any progress.

## WELLBEING WEEK

We hope the students of Inverness enjoyed their Wellbeing Packs that were distributed for free on the second floor. We do apologise that the packages went very fast and we could not supply one to everyone. Good luck in your exams and make sure you look after your stress levels!

## CLOTHES SWAP

Thank you to all the students that donated their clothes in the clothes swap. I hope many students picked up new clothes that suited their style! We know we did! All remaining clothing will be donated to charity.



## LOCAL UPDATES: UHI HOUSE/CFHS

### HIGHLAND PRIDE!

Highland Pride are once again holding Pride on June 7th! From Falcon Square to Eden Court, enjoy meeting other people, the Pride market as well as sport demos with LEAP Sports Scotland and creativity with Circus Artspace.

You can also attend the party later on which includes a music show featuring the likes of Venus Guytrap and Sugar Browne! Tickets can be found here.

Welcome Week planning has started! We are hoping that it's as big as last years but if you have any suggestions for who we should invite, please email Sophie on: [sophie.macgregor@uhi.ac.uk](mailto:sophie.macgregor@uhi.ac.uk). We will also keep you updated with the UHI Inverness Welcome Week, so if you are a returning student, you have the choice of 2 separate events to attend!



# LOCAL UPDATES: HTC

## CONFERENCES AND GRADUATION

Over the coming months HTC has some exciting events planned. We also have some new games tables for the common room in Dingwall & for Paisley currently on their way as well as a new coffee machine for the common room. I'm going to be setting up a selection of events over next year to take advantage of our new facilities and hopefully encourage some extra face to face time for students.

### Dates for the Diary:

**The Edinburgh Dogmatics Conference:** 3rd -5th June

**Graduation Ceremony HTC Dingwall:** 26th June.

I'd like to congratulate all of our new graduates, and I look forward to celebrating with you.

**Going Forward Conference (The Church and the Future):** 25th-26th August

**On Campus Induction and Freshers for both Dingwall & Paisley campus:** 27th August

We'll be using this time to register new Student Voice Representatives, organise social events and give students information about the benefits of creating a society.

A poster for the 'Going Forward' conference. The background is a stylized green landscape with a city skyline. The text reads: 'A conference by Highland Theological College', 'At HTC in Dingwall, Scotland', 'AUGUST 25<sup>TH</sup> TO 26<sup>TH</sup>', 'GOING FORWARD', 'An Important Conference about the Church and the Future'. Below the title are eight circular portraits of speakers: Hector Morrison, Kenny Ross, Tommy McNeil, David Meredith, All Macdonald, John Merson, and Jim Stewart. At the bottom, it says 'REGISTER WWW.HTC.UHI.AC.UK REGISTER'.A poster for the 'Edinburgh Dogmatics Conference June 2025'. The background is a classical painting of a church council. The text reads: 'CONCILIUM NICAENVM-I', 'Edinburgh Dogmatics Conference June 2025', 'CREEDS, CONFESSIONS, and the CHURCH'. At the bottom, it says 'Register online: [htc.uhi.ac.uk](http://htc.uhi.ac.uk)'.

# LOCAL UPDATES: PERTH

## FIRST MINISTER HONOURS UHI PERTH'S OUTSTANDING, BEST AND INSPIRING STUDENTS AND STAFF



First Minister John Swinney MSP joined students and staff at UHI Perth on Wednesday 28 May 2025, to celebrate the winners of the OBI Awards – Outstanding, Best and Inspiring – at a special ceremony held on campus.

The event, led by HISA Perth – the Highlands and Islands Students' Association – recognised exceptional contributions from across the UHI Perth community. Staff and students were nominated in categories such as Most Inspiring Lecturer, Best Personal Academic Tutor, Outstanding Student Support, Most Inspiring Student, and Outstanding Student Voice Rep.

Student clubs and societies were also celebrated, with nominees including the Volleyball Club, Renault Mio Project Car team, Perth Mavericks Basketball Club, Boccia, and the Culture Club (Art Club).

Special guest Mr Swinney praised the dedication and achievements of the award recipients, acknowledging their vital role in shaping a vibrant and supportive academic environment. He said:

"I offer my congratulations to all the staff and students nominated for this year's OBI awards, and my thanks for the invitation to join this celebration of excellent work within the UHI Perth community.

"Our colleges provide a wide range of skills, qualifications and experiences to help people forge a fulfilling path in life. They contribute to a dynamic, diverse and inclusive society, providing the high-quality learning and teaching that will help deliver on our ambition to make Scotland a great place to live, learn, and work.

"The professionalism of hard-working lecturers and support staff remains at the heart of every student's experience. I hope the award ceremony is one of many happy memories that will allow today's students to look back fondly on their time studying at UHI Perth."

Xander McDade, UHI Perth Student President and a co-founder of the OBI awards, remarked: "These awards are in their thirteenth year and are now Scotland's longest running college student-led awards, recognising the Outstanding, Best, and Inspiring students and staff across the UHI Perth campus.

"With 498 nominations submitted, this year marked our most successful OBI Awards yet and highlight the incredible contributions that make UHI Perth such a vibrant and supportive community.

"A special thank you to the First Minister, for attending today and serving as the keynote speaker for these awards. I would also like to thank Carole Saunders, a co-founder of the OBI Awards, for returning to provide the opening remarks at this year's ceremony and Vicki Nairn, UHI Principal and Vice Chancellor, for performing the closing remarks. The ceremony serves as a powerful reminder of the dedication and hard work that go into creating an outstanding student experience."

Catherine Etri, Interim Principal, added: "It's always a joy to reach this time of year and host the OBI Awards, which bring such a special energy to our campus. As we celebrate over a decade of recognising excellence, we're excited to continue honouring the incredible achievements of our UHI Perth community for many more years to come."

The ceremony, held in the Goodlyburn Theatre, concluded with a formal recognition of all nominees, winners, and runners-up, highlighting the high standard of teaching and the strength of support services that students benefit from at UHI Perth.



# LOCAL UPDATES: MORAY

## YOUR MORAY OFFICERS UPDATES

### Chloe's Update

Hello everyone, hope you all doing well by the time you are reading this I will be finished my term with HISA. Looking back, I have really enjoyed my term, and I have ticked off big things on my manifesto there has been a lot I have learned and stuff that I have improved on which is fantastic and I want to take a moment to thank you all as students for having me and trusting me, I am grateful for all the experiences I have had within my term.

But above all, I want to wish you all luck weather you are continuing studies or going onto other things I wish you all luck for the future and I have no doubts great things will be continuing in the next year for the next officers and I am certain they will be fantastic.

I have already said it, but I want to say one last congratulations to Sarah for getting re-elected congratulations to Emmaleigh for getting elected and one final thing from me, I wish everyone luck to those who finishing their courses!

Take care,  
Chloe Catmore



## THANK YOU, SVRs!

We've officially had our last Moray SVR Meeting of the academic year! Thank you to all those SVR's that participated in our meetings this past year, it has been much appreciated, and we've seen numbers engaging that we've not seen since before 2020! We hope to see you again in the 2025/26 academic session!



# LOCAL UPDATES: SHETLAND

## END OF YEAR UPDATE FROM YOUR DEPUTE PRESIDENT, HARLEY GREEN

Hello students, congratulations on completing the 24-25 academic year! I do hope you all have a lovely summer break, and I look forward to seeing new and returning students in August/September time.

It has been a very busy year with events, meetings and student briefings around the future campus project, and I personally look back on how much has been achieved throughout the year and how I have been able to complete my manifesto objectives for the better for students at UHI Shetland. I look forward to the 25-26 academic year with our Welcome events taking place in early September, the return of the Vikings and hopefully restarting my weekly catch ups with all UHI Shetland students no matter whether you're based in Lerwick, Scalloway or Mareel. Finally, thank you to all students who have got involved with our activities and events this year, especially to our



Student Voice Reps who have worked really hard to make sure every student has had the best experience they can at UHI Shetland.

I look forward to either seeing you next year, or at Graduation!  
Harley

## EXCITING INTERNSHIP OPORTUNITY FOR UHI SHETLAND STUDENTS

**Are you passionate about student life and want to make a real difference where you study?  
The Highlands and Islands Students' Association is looking for enthusiastic students to join our Shetland team!**

### **What's in it for you?**

You'll get hands-on experience supporting the Students' Association, working closely with staff and student officers to enhance the student experience. This is also a fantastic chance to develop your skills, boost your CV, and make your voice heard— all while earning £12.60 per hour.

### **Key Details:**

Location: On campus at UHI Shetland

Hours: 7 hours per week

Salary: £12.60 per hour

Annual Leave: 27 days pro rata

Deadline: 29th June 23:59

### **What will you do?**

You'll be the go-to person for students, helping to gather feedback, support campaigns and events, and ensure the student voice is heard. You'll also help deliver key activities like Welcome Week, induction, and Student Voice Rep training, and work with staff to keep student life vibrant and inclusive.

### **Who should apply?**

If you're a current UHI Shetland student, based at either Lerwick or Scalloway campus or Mareel, who's approachable, organised, and passionate about making a difference, we want to hear from you!

### **How to apply:**

Don't wait—applications may close early if enough candidates are found! For more details and to apply, check the link below or visit HISA website.

Be the change you want to see at your university —apply now [here](#) and help shape the student experience!

# LOCAL UPDATES: ORKNEY

## EXCITING INTERNSHIP OPPORTUNITY FOR UHI ORKNEY STUDENTS!

Are you passionate about student life and want to make a real difference where you study?

The Highlands and Islands Students' Association is looking for enthusiastic students to join our Orkney team!

### What's in it for you?

You'll get hands-on experience supporting the Students' Association, working closely with staff and student officers to enhance the student experience. This is also a fantastic chance to develop your skills, boost your CV, and make your voice heard— all while earning £12.60 per hour.

### Key Details:

Location: On campus at UHI Orkney

Hours: 13 hours per week

Salary: £12.60 per hour

Annual Leave: 27 days pro rata

Deadline: 29th June 23:59

### What will you do?

You'll be the go-to person for students, helping to gather feedback, support campaigns and events, and ensure the student voice is heard. You'll also help deliver key activities like Welcome Week, induction, and Student Voice Rep training, and work with staff to keep student life vibrant and inclusive.

### Who should apply?

If you're a current UHI Orkney student, based at Kirkwall who's approachable, organised, and passionate about making a difference, we want to hear from you!

### How to apply:

Don't wait—applications may close early if enough candidates are found! For more details and to apply, check the link below or visit HISA website.

Be the change you want to see at your university — apply now [here](#) and help shape the student experience!

# LOCAL UPDATES: NORTH, WEST & HEBRIDES

## SUMMER PICNIC PARTY

Where: UHI Fort William – outside on the grass (or in the canteen if it rains)

When: Wednesday 4th June, 1pm to 3pm

We have all made it to the end of the academic year, and so it is time to let your hair down and relax. Free food (think triangle sandwiches and little fruit tarts) and hot and cold soft drinks are being supplied by us at HISA.

Music is being supplied by the most excellent UHI Fort William music students.

We even have some fun outdoor games (giant inflatable badminton, anyone?).

See you there!



## THANK YOU, STUDENT VOICE REPS!

As we wrap up another academic year, we want to take a moment to say a huge THANK YOU to all of our SVRs across North, West and Hebrides.

The time and effort that you have put into the role really does make a difference, not just for you, but for the wider student community for years to come.

You've listened gathered feedback, raised concerns and worked with HISA and NWH staff to help make positive change. Without your voice, nothing would move forward.

Thank you once again for everything you've done this year. You've made a difference!

## HEBCELT VOLUNTEERING

Looking for something to do over the summer? If you're over 18, why not volunteer at the HebCelt Festival!

It's a fantastic opportunity to meet new people, build skills, and be part of one of Scotland's most exciting festivals!

If you want to learn more, go to the volunteering section of their website [here](#) to learn more!

# LOCAL UPDATES: ARGYLL

## ARGYLL STUDENT QUIZ - WINNER ANNOUNCED!

We are happy to announce that the winner of the Student Quiz, organised by UHI Argyll students and held online, was Erin McMullan, who won a £20 Amazon voucher, provided by us at HISA!

## FURNITURE AND GAMES AT ROTHESAY CAMPUS!

Staff at the UHI Rothesay campus asked us at HISA if we could help them improve the student spaces, and we were more than happy to help out! We are very pleased to say that there is now a selection of boardgames, as well as new furniture (both for inside and outside) for students to enjoy.



## FREE STUFF!

We all know that the end of the academic year can be stressful, whether you have exams and assignments, or are simply reflecting on all you have achieved over the course of the year. To help you take a moment to yourself and relax, we have dotted free colouring sets, puzzle books, and sticker books, around every single Argyll campus! Please help yourself and enjoy.



## BY-ELECTION RESULTS!

After a successful by-election, we are very pleased to announce that the new Local Officer for Argyll will be Craig Ward. He will take up post at the start of August, and we can't wait to see what he is going to bring to the team!

# LOCAL UPDATES: SAMS

## ***BY-ELECTION RESULTS, AND A FOND FAREWELL TO KIAN!***

We held a very successful by-election at SAMS (a huge shout out to all of you who balanced assessments and exams with voting) and are very pleased to announce that the new Local Officer is Hannah Lehmann. She will be starting her new role at the start of August.

Of course, this means that Kian McDonald is no longer in post, as he successfully completed his maximum of two terms with HISA. So, we just wanted to take a moment to thank him for all his hard work, great successes, and general cheerful demeanour, and to wish him all the best in all of his future endeavours, may they involve algae or otherwise. Kian – it has been a pleasure!



# STUDENT-FRIENDLY RECIPE

## - Chickpea Salad Wraps

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 can chickpeas (drained and rinsed)
- 1 cucumber (diced)
- 2 medium tomatoes (diced) or a handful of cherry tomatoes (halved)
- 1/2 red onion (finely chopped)
- 1/4 cup feta cheese (crumbled, optional)
- 1/4 cup fresh parsley (chopped) or 1 tsp dried
- 2 tablespoons olive oil
- Juice of 1 lemon
- 1/2 teaspoon dried oregano
- Salt and pepper, to taste
- 4 tortilla wraps or pita breads

#### Optional Add-ins

- A handful of spinach or lettuce
- A dollop of plain yogurt or hummus
- Sliced olives

### METHOD

#### Makes 3-4 portions

**Make the salad:** In a large bowl, combine the chickpeas, cucumber, tomatoes, red onion, feta (if using), and parsley.

**Dress it up:** Drizzle with olive oil and lemon juice. Add oregano, salt, and pepper. Toss well to combine and let sit for 5 minutes to marinate slightly.

**Wrap it up:** Spoon the chickpea salad into the centre of each wrap or pita. Fold or roll, and serve!

#### Tips

- Want to keep it dairy-free? Skip the feta or use a plant-based version.
- Leftover chickpea salad can be eaten on its own or in a bowl with rice or couscous.
- Chill the salad before serving for an extra-refreshing touch.

# STUDENT FOOD SAFETY

First time sharing a kitchen? Make sure you're up to speed with the basics of food hygiene. Here are the Food Standards Agency's top tips

- Wash your hands before preparing food and after handling raw meat
- Keep all surfaces, chopping boards, utensils and dishes clean by washing with warm soapy water between tasks
- Use separate chopping boards for raw and ready-to-eat foods
- Never wash raw chicken or other meat as this can spread bacteria onto hands, surfaces and clothing
- Change or wash re-usable dish cloths, tea towels and sponges regularly, and allow them to dry fully before reusing

**Check out the FSA student guide for more food hygiene advice.**

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](mailto:hisa@uhi.ac.uk) with the subject line: "NEWSLETTER FEEDBACK - MAY25" to tell us your thoughts!

