

HI!

HISA

YOUR MONTHLY NEWSLETTER

   www.hisa.uhi.ac.uk

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IN THIS ISSUE

- Welcome Week at UHI!
- What's on at your campus and online
- Follow us on social media and win £400 worth of bike supplies!
- Student friendly recipe
- And more!

**WELCOME
WEEK '25**

Click the
headings to
jump to that
section!



WELCOME WEEK '25

☀️ Welcome Week 2025 - On Campus, Online, All Yours

It's our **Welcome Week special issue!** Whether you're stepping onto campus for the first time or back for another round, Welcome Week is your all-access pass to kick-starting the year your way - and your students' association (HISA) is right at the heart of it.

Right through September, we're bringing you Welcome Week fayres and events across multiple locations and online — so you can join the fun, find resources, and meet people wherever you are.



📍 In-person fayres – explore community groups, meet societies, grab freebies, and connect with HISA and UHI

💻 Online events & resources – discover opportunities, ask questions, and get involved from anywhere

🎯 For all students – because there's always something new to explore, no matter what year you're in

Start your year connected, informed, and ready for whatever comes next — in person, online, or both.

Check out our [Discounts](#) for students page to get your new year started with less expense.

WELCOME WEEK EVENTS NEAR YOU!

Summer may be over but Welcome Week is just warming up! 🔥

We've still got loads happening across UHI, check out the events happening near YOU below and [find more details on our website here!](#)

Orkney

- 09/09 - Meet your local team! (online)
- 29/09 - Welcome Fayre
- 29/09 - Games and Pizza Night

Shetland

- 16/09 - Scalloway Games Day
- 16/09 - Meet your local team! (online)
- 17/09 - Welcome Fayre
- 18/09 - Bingo and Games

Inverness

- 09/09 - Welcome Fayre Day 1
- 10/09 - Welcome Fayre Day 2
- 11/09 - Forestry Welcome Fayre

Moray

- 10/09 - Meet your local team! (online)
- 22/09 - Pizza and Games
- 23/09 - Welcome Fayre
- 25/09 - Pizza and Therapets

Argyll & SAMS

- 12/09 - Meet your local team! (online)

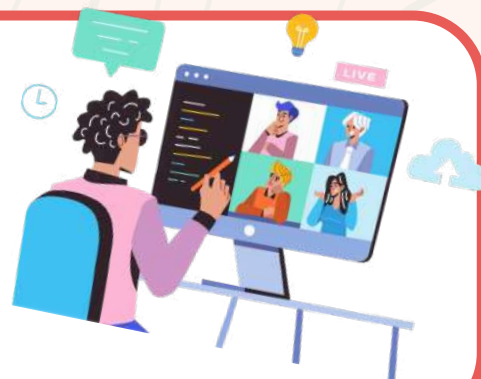
Perth

- 04/09 - Music Bingo
- 05/09 - Spin to Win!

Don't forget our online events too! 💻

Sign up via the event pages on our website [here!](#)

- 05/09 - Plastic Modelling Club
- 08/09 - Souper Doupers!
- 09/09 - Tuesday Art Club
- 10/09 - PGR Society
- 11/09 - Sustainable Development Society
- And more!!



SOCIAL MEDIA COMPETITION

Tag us and win £400 worth of bike supplies!

Free Bike Giveaway!

HISA



Post on socials to win!
**Cow + You
+ @TeamHISA**



TO ENTER:

1. Follow @TeamHISA on Facebook, Instagram, or TikTok
2. Take a picture or video of yourself with a highland cow (toys, statues, pictures are all fine. If real... watch out for the pointy bits!). Come by Welcome Week and we have lots of cow options for you!
3. Post the photo/video to social media with the tag @TeamHISA.

THE FINE PRINT:

All entries must be submitted by October 1. You must be a current student at UHI to win. HISA employees are not eligible. A winner will be chosen and contacted via social media and they have one week to respond with their details before a different winner is chosen. The winner will receive up to £400 towards the purchase of a bicycle, cycling accessories, cycling events, bike converter kits, or other cycling-related items upon approval.

By entering the contest, you give us permission to reshare your photos or videos on our socials.



STUDENT-FRIENDLY RECIPE

Rice Crispy Cakes

Just moved in? Trying to think of ways to get all your new flatmates or classmates together for introductions? Try these simple chocolate treats!

See the full recipe [here!](#)



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 with the subject line: "NEWSLETTER FEEDBACK - SEPT25" to tell us your thoughts!

