

# HI!

# HISA

YOUR MONTHLY NEWSLETTER

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

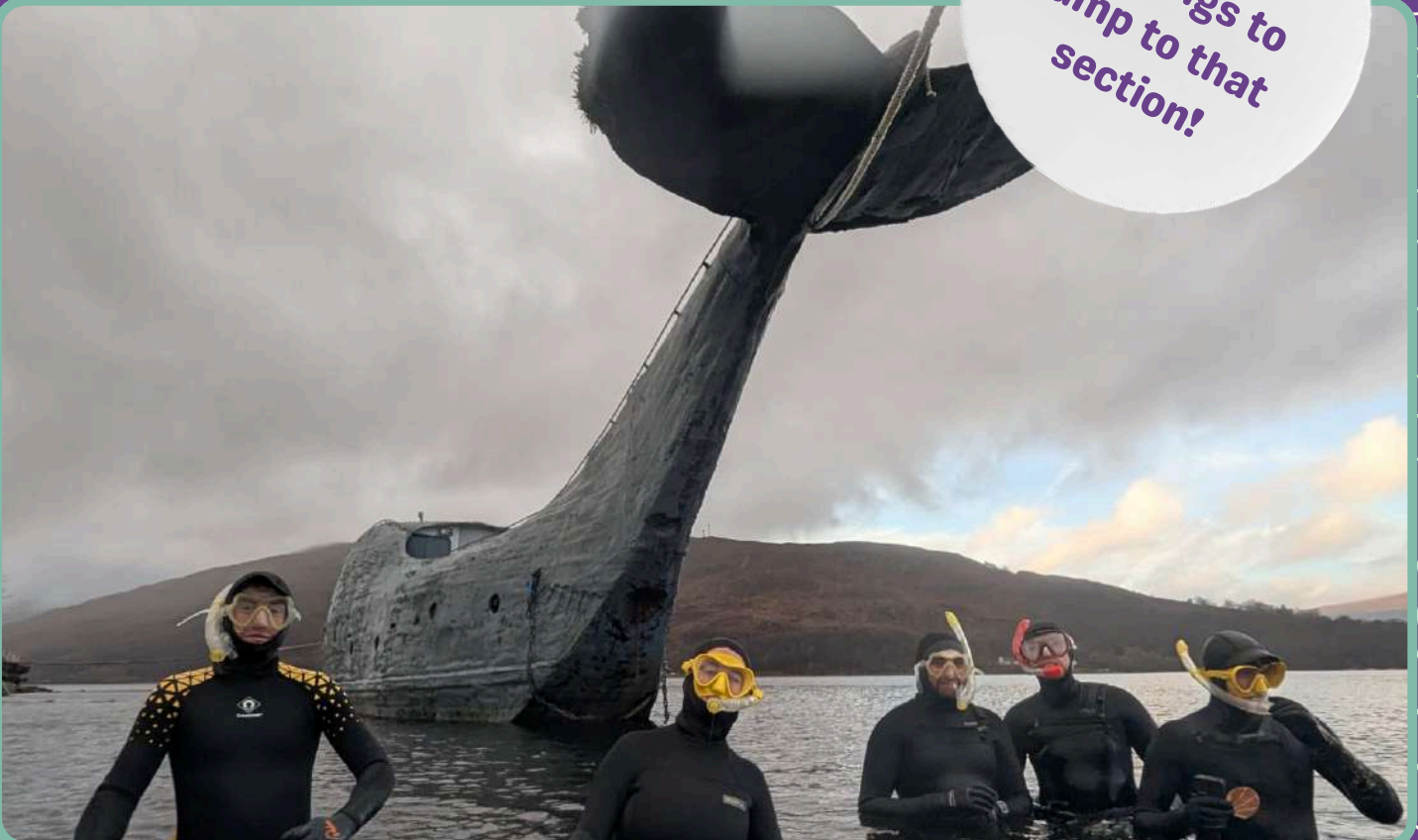
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# STUDENT ELECTIONS

#Lead HISA

# 2026 STUDENT ELECTIONS

## NOMINATIONS FOR THE 2026 STUDENT ELECTIONS ARE NOW OPEN!

Are you looking for a paid work experience where you can meet new people and make a real positive difference? Why not nominate yourself to become a Student Officer in the 2026 Student Elections!

Student Elections are the annual election where students vote to select the Student Officer Team that leads the Highlands & Islands Students' Association (HISA).

HISA is led by twelve elected students, known as Student Officers. There are two types of Student Officers within HISA:

- **Cross-Campus Officers:** full-time roles that have a remit that cover the whole of UHI partnership.
- **Local Officers:** full-time or part-time roles that have a remit that cover a specific UHI academic partner.

Have you thought about nominating yourself to become a Student Officer? Being a Student Officer is a great way to meet new people, make a difference, as well as develop your employability. As a Student Officer you will have the opportunity to...

- **Meet new people across the Highlands and Islands.** As a Student Officer you will have the chance to network and get more involved in both local and cross-campus activities and events taking place across the Highlands and Islands, including Societies, Sports Clubs, and Student Networks.
- **Improve the student experience at UHI.** As a Student Officer you will be in a position to drive improvements to the student experience inside and outside the classroom, as well as ensure that HISA is campaigning on the matters that are most important to UHI students.
- **Undertake a year's funded work experience leading one of Scotland's biggest Students' Associations that will make you stand out to future employers.** As a Student Officer you will get the opportunity to gain skills and experience in leading a campaigning membership charity whilst receiving a real living wage.

## Interested in becoming a Student Officer? Want to find out more?

You can find out more information about the roles up for election, the elections process, and the support available to candidates by checking out the 2026 Student Elections Nominations pack at <https://hisa.uhi.ac.uk/elections/>. Nominations will close Noon (12:00) Thursday 19th February 2026.

And don't forget to VOTE! Voting for the 2026 elections opens at 10am on Monday 9th March, and closes at 4pm on Thursday 12th March.

## COMING SOON... THE HISA AWARDS!

Nominations for the HISA Awards will open earlier than usual this year so that we can announce all the winners before the summer break! If you have a tutor, support staff member or fellow student that has made a positive impact to your student experience this year, keep your eyes on your UHI email for the nominations link on the 25th of February!

## SIGN UP TO BE AN SVR!

Want to be the voice of your classmates?  
Become a Student Voice Rep (SVR)!

- 🗣️ Gather feedback
- 💡 Share ideas
- 🚀 Make a difference at UHI!

### Why join?

Meet new people, build your skills, boost your CV & get recognised for your impact!

Make a difference to your student experience and [sign up](#) today!

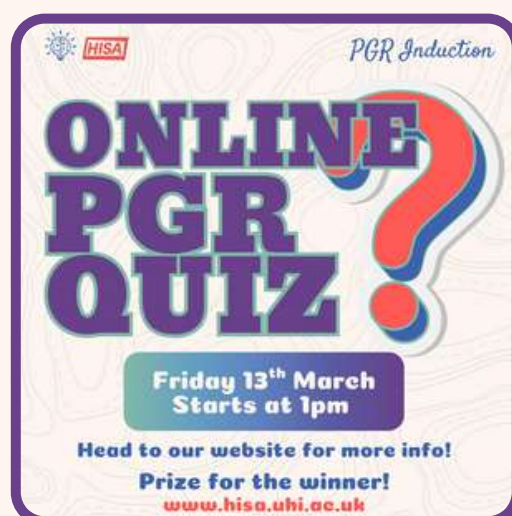
REPRESENT  
YOUR FELLOW STUDENTS

## PGR ONLINE QUIZ

### Friday 13th March 1pm

As part of the online PGR Induction for new research students, we are hosting a virtual quiz! It is open to all UHI PGRs, whether you are just starting, or just about to have your viva! Dial in from wherever you are, have a giggle with fellow research students, and be in with the chance to win a £20 Amazon voucher if your trivia knowledge out-strips everyone else's!

Find out more (including joining instructions) on our website here: [Online PGR Quiz](#)





# PGR CONFERENCE RETROSPECTIVE

We were honoured to be involved in the UHI ENGAGE conference at the start of the year, including presenting research, supporting the PGRs in the running of their day, and having our Vice President Education, Holly Pearce, sit on a panel about the PGR experience. After the event, Holly said that she was honoured to sit “alongside such talented and passionate individuals” and that this gave her “a completely new appreciation for the depth and diversity of the PGR community”. Holly went on to say that it left her “with a much deeper understanding of the PGR journey and the unique pressures and opportunities that come with it.”

You can read more about HISAs involvement in the conference here: [HISA Contributes to UHI's Research Conference](#)

We also spoke to one of the fantastic UHI PGRs who helped make the day a success, and here is what Harley Botham had to say about the experience:

*“It is my first time being on an organising committee for any event [...]! I remember attending last year as a brand new PhD student and not really seeing where I fitted in; whereas this year, we really did make it a student-centred day and I hope that our attendees thought the same. It’s easy at times to see all the UHI entities as separate, but the PGR Day really showed how powerful it can be when we come together. There’s definitely a team work metaphor in there somewhere...*

*Finally, at the risk of sounding like a broken record, I couldn’t be prouder of the organising committee. Mhairi [Ferrier] in particular put in an incredible amount of work to bring everything together so seamlessly. I couldn’t have asked for a better team, including the grad school and HISA.”*

## EQUALITY AND LIBERATION

## LGBTQ+ HISTORY MONTH

February is LGBTQ History month in the UK. Founded by Paul Patrick and Professor Emeritus Sue Sanders as co-chairs of Schools OUT, an LGBTQ+ education charity, in February 2005. Why is it important to honour and celebrate LGBTQ history still? Did you know homosexuality was still illegal in Scotland in 1980? That’s not so long ago and reports continue to indicate that the community experiences violence, mental health crises, isolation, addiction, and bullying at a significantly higher level than their heterosexual counterparts. We still have long way to go to achieve equality and knowing the past is essential for planning the future.

# LGBTQ+ HISTORY MONTH

Did you know that James VI of Scotland was most likely gay (though assigning modern identities to historical figures is always complex)? Or that the earliest European lesbian love poetry, after Sappho (b. 620 BC), was written by Scots woman, Marie Maitland, in 1586?

Keep an eye on our campaign page [LGBTQ+ History Month](#) for articles and events coming your way this month!

And don't forget, our [Pride Student Network](#) is open to all students who identify as part of the LGBTQIA+ community.

## RAMADAN

Ramadan, the holiest month in Islam, is expected to be observed in 2026 from around Thursday 19 February to Friday 20 March, with the exact start and end confirmed by the sighting of the moon. During this time, Muslims fast each day from dawn (Fajr) until sunset (Maghrib), refraining from food and drink as an act of spiritual reflection, self-discipline, and compassion for others, alongside increased prayer and charitable giving. In the Highlands and Islands of Scotland, fasting times change significantly (and according to location) as dawn and sunset times change as we move towards the spring equinox. Ramadan concludes with the celebration of Eid al-Fitr. If you are observing Ramadan, you may notice changes in your sleep, energy levels, or concentration. Understanding and flexibility around exams, deadlines, physical education, and early-morning activities can be helpful during this time so remember to talk to your lecturers!

Interested in learning more about Islam or wanting to engage with fellow Muslims? Contact our [UHI Islamic Society!](#)

## UHI SCRIBBLERS CELEBRATE DIVERSITY

In response to recent debates across the Highlands and the UK, the UHI Scribblers society penned an open letter calling on the UHI community to stand in solidarity with migrants and racialised students that can be found here: [Standing Together for a Welcoming UHI](#)

They also created the following art piece, a collection of poems, around the theme migration: (see next page).

Want to contact the Scribblers or join in on the fun and activities?  
See more here: [UHI Scribblers](#)



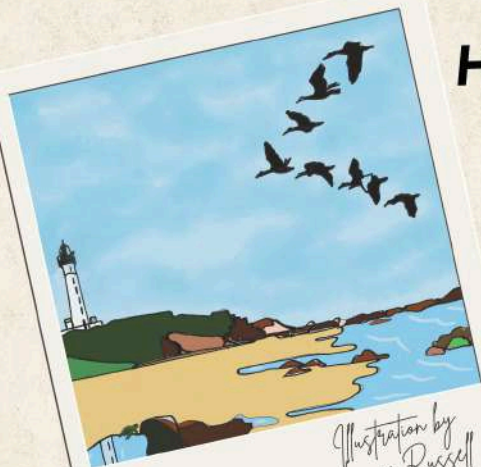


Illustration by  
Lynne Russell

# Home of Many Voices

A small collection of poems  
written by UHI Scribblers in solidarity with Migrants  
and racialised Students within the UHI Community  
and across the Highlands.

## Declaration - Found Poem\*

We have journeyed by way of the sea  
once, we lived in freedom and peace  
unused to wars or invasions  
we have been subject to deeds of cruelty  
massacre, violence, pillage and arson  
our scholars have been imprisoned  
holy places and seats of learning burned  
other outrages, without number  
have been committed against our people  
none could describe nor fully imagine unless  
he had seen them with his own eyes  
having met toil and fatigue, hunger and peril  
we have reached this place  
and covet nothing but our own.  
We seek not riches, just freedom  
that noble thing.

\*Source: The Declaration of Arbroath, 6 April 1320

Findlay Hickey, Literature and  
Creative Writing Student at UHI

## Lucky Charm

Daddy took my heart,  
With him when he sailed,

To find a safe new home,  
For my sisters and me.

Daddy doesn't know,  
He took my teddy too,

Hidden with some food,  
To make his journey safe.

Deborah de Oliveira, Literature and  
Creative Writing Student at UHI,  
Secretary of UHI Scribblers

## Freedom to Fly.

Dipping toes into the North Sea fringe, curled in the wet sands,  
the pooling waves circled until they disappeared. I became  
rooted, gazing over the cerulean deep reflecting the sky above.  
A flock of birds, arrow formation, riding the thermals flew  
overhead, they were so free. Ready to swoop down far rest,  
witnesses would revel at the sight. Then to their destination.

Starving, destitute, escaping war or conflict, confused and  
terrified children, adults scared the only choice is risking life.

We could be beacons of hope and love for one another.  
I wish everyone freedom of flight like those birds.

Lynne Russell, Creative Writing Student at UHI and President  
of UHI Scribblers

## Migration

...was following my heart.

...helped me find my home.

...made me realise how important my Polish home was.

...made me miss the taste of Polish cooking.

...made me cherish my birth language, and hear the sharp differences  
between the language of my heart and that of my head.

...created chances and took chances away.

...made me miss family funerals.

...saved my life with free medical treatment.

...tore me in two uneven parts: the before and after, the here and there, the now and then.

...was the biggest decision of my life.

One I'm grateful I was free to make.

Ann Lidderdale, Creative Writing Student at UHI

## Inflorescence

forget that lawn  
with its monoculture  
put away the lawnmower  
and let everything  
grow

let the sunflowers rise tall as the Scots pines  
and the arbutus trees and golden wattles  
let the jasmine wind its way heavenward  
dig a pond for the lotus and waterlilies  
and irises to soak in  
let the orchids, poppies  
tulips, peonies  
and doises  
blossom as a meadow  
dashed with heather blooms  
and stargazing proteas

see what happens  
when you let all the different  
colours and varieties  
feed and support one another  
let us sweeten the wind  
together

C. S. Stead, Creative Writing Student at UHI

## Migrants

Nothing can be heard  
no electric chatter  
on the wires  
in the sky  
no screams of delight  
no soaring  
no swooping  
it is empty now  
so long friendly birds  
when you return  
I will know  
the warmth is coming.

Findlay Hickey, Literature and Creative  
Writing Student at UHI

# STUDENT OPPORTUNITIES

## MORAY GAME JAM IS BACK!

It's that time of year again. Moray Game Jam 2026 is taking place from Friday 6 – Sunday 8 March. Celebrating its 10th anniversary, Moray Game Jam brings together creatives, developers, and industry professionals from across the country to design a video or board game in just 48 hours. It's fast-paced, inclusive, collaborative, and packed with opportunities to learn new skills.

To learn more about the free workshops, volunteering opportunities and to register your team, check out the details on our website here: <https://hisa.uhi.ac.uk/ents/event/621/>

**MORAY  
GAME JAM**  
DESIGN • CREATE • PLAY

**FRI 6 MARCH -  
SUN 8 MARCH**

[moraygamejam.com](https://moraygamejam.com)

# 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 and encourage non-Gaelic speakers to try learning it!

At HISA we're also trying to learn more about Gaelic ourselves; each month, in the newsletter, we'll cover a new word of the month and give you some links to resources for further learning.

This month's word is:

**“grian”** meaning **“sun”**

Use this Gaelic dictionary to learn other words and how to pronounce them! <https://learngaelic.net/dictionary/> Learn more here! <https://speakgaelic.scot/>

## SOCIETY SPOTLIGHT!

Did you know we have a new Gaelic society? Join Gàidhlig Còmhla (Gaelic Together)- a society for anyone interested in learning and practising Scottish Gaelic, no matter your level! Join us for fun events, conversation, and lots more! [Gàidhlig Còmhla \(Gaelic Together\)](#)



## SABHAL MÒR OSTAIG SHORT COURSES

Are you keen to take the next step in your Gaelic learning journey? Check out these [short courses](#) at Sabhal Mòr Ostaig!

## UHI GAELIC TOOLKIT

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

# HISA ADVICE SERVICE

## -HERE TO SUPPORT YOU

### Student Perks You Should Be Using

Being a student isn't cheap and most of us feel that pretty quickly. The good news is there's support available that many students don't realise they can use.

If you're trying to make your money go further, there are loads of student discounts on everyday things like travel, food, tech, clothing, and subscriptions. Our pages also include local and regional offers, so it's worth checking; even if you're based at a smaller campus or studying at a distance, there may be savings nearby that aren't widely advertised.

Some places may ask for a valid student ID, but you don't always need a physical card. Many UHI students can use a digital student ID instead. Your digital ID appears as a tile in your **myDay** portal. Click the tile and your student card will show on screen. If you open myDay on your phone, you can take a screenshot and save it, so you've always got it ready when you need it.

You don't need to upload a photo for your digital ID to work, but if you'd like one added, you can do this through the **UHI Student Hub**. Go to Student Photo Upload, upload your photo, and let your local centre staff know. Once it's approved, it'll appear on your virtual ID card.

Alongside discounts, there's also additional student funding available to help with study-related projects, placements, conferences, field trips, training, or other opportunities that support your learning and development.

If money is stopping you from doing something that would benefit your studies or your time at UHI, it's always worth checking what support is available.

Find out more here:

- Student discounts: <https://hisa.uhi.ac.uk/advice/studentmoney/studentdiscounts/>
- Additional student funding: <https://hisa.uhi.ac.uk/advice/studentmoney/addstudentfunding/>

And if you're not sure what applies to you, the Advice Service is always happy to help you talk it through.





# SPORTS CLUBS, SOCIETIES & NETWORKS!

## TERM 2 HISA GRANT

**The Term 2 round of the HISA Grant is open NOW until the 9th February!**

Available to our brilliant clubs and societies, this is an amazing opportunity to apply for some extra funds for things like equipment, trips, or events.

Committee members can find step-by-step instructions on how to apply by visiting the relevant bit of the committee hub on our website: [HISA Grant](#)

If you want to apply, but are feeling a bit lost, don't forget that you can pop in to see your friendly local HISA team, and they can guide you through the application process!

## SHINTY!

Want to play shinty for UHI? We're looking for player for the men's and women's teams to take on the Littlejohn Vase in St Andrews!

On Wednesday 18th March 2026, we'll be heading down to St Andrews to compete in the Littlejohn Vase- the most prestigious shinty tournament on the university calendar.

We first entered UHI teams into the tournament in 2024, with the women's team winning bronze medals and the men's team winning the vase itself. This was the first time in 15 years it had gone to a non-central belt team. In 2025, the men's team retained the title and the women's team won silver medals.

We're putting two teams in again and it promises to be a fantastic day out! All transport and refreshments are provided and the opportunity is open to all UHI students. Please contact [amanda.fleet@uhi.ac.uk](mailto:amanda.fleet@uhi.ac.uk) to sign up for the team!





# KNITTERS IN THE NEWS!

We were really chuffed to see the Knitting Society in the Oban Times at the very end of 2025! Based at SAMS, they meet weekly to knit (and crochet), have used the HISA Grant (see above) to get knitting equipment, and have even been on a knitting retreat!

You can find out more about them here: [Knitting Club](#)



# LOCAL UPDATES: INVERNESS

## CONGRATULATIONS TO ALL THE 2025 COMPETITION WINNERS!

Congratulations to Paige Michelli, the Autumnal Photography Competition winner! Rachel Fermi, the CQL for Arts, Drama and Humanities selected the winning entry, 'Mist over the Moor' which was taken on UHI Inverness campus grounds, during a misty day last November. To get a closer look at the winning entry, visit the Inverness campus Social Space to see it on display. Alongside the display the winner will receive her prize of choice, a £50 Amazon voucher.



Congratulations to Fraser Donaldson, the Short Horror Story Competition winner! Fraser's £50 Waterstones voucher is on its way, having won with his Gothic Horror story, 'The Room' ...

"The room's pipes groaned and gurgled in such a way that I began questioning them as they burrowed deep in my skull. They were words, rooting themselves like maggots in rotten fruit, chewing through the ear canals into my chest. Barely awake, I felt the weight of something tremendous and ethereal pin my shoulders to the mattress..."

To read more, visit the Social Space this January to see Fraser's entire story on display!

On Thursday the 11th of December in the main atrium, HISA Inverness held our Festive Jumper Day and Winter drop-in session alongside students from the Scottish School of Forestry, selling their amazing handmade Christmas items. We would like to congratulate our Festive Jumper Competition winner, Abi Maclean! Abi is the final competition winner of the year and has received her £50 Amazon voucher alongside the other two competition winners' prizes, just in time for Christmas!

## FOOD FOCUS GROUP

A food focus group was held in the Corrie cafeteria on Tuesday the 27th of January to gather feedback on students' experiences with the canteen, from the food to the prices. In the previous food focus group, a few key suggestions were brought up. Students wanted themed cuisine days, and the canteen now does quarterly themed food days with events like St. Andrew's Day and Christmas. Students also asked to be able to see the weekly menu every day, so before Christmas the screen in the canteen was used as a weekly menu.



# RE-FRESHERS FAIR

Thursday the 5th of February will see us hosting our Re-freshers fair in the Atrium on the main campus. We have a wide range of local businesses and support services who will be coming along and giving out freebies and discounts. There will be Alpacas as well, and our HISA stall will have music festival tickets for you to win--all you need to do is fill out a feedback form as your entry. We can't wait to see you there!

## ONLINE SVR MEETING

We will be hosting February's Online SVR meeting on the 9th via Teams. It's the perfect time for SVRs who couldn't make the in-person meeting to feedback to us!



# LOCAL UPDATES: UHI HOUSE

## UHI HOUSE CLOSURE

We just wanted to check in and see how you are all doing regarding the recent building/partial closures and what we've been doing in the background to help resolve things for you.

Our Vice President of Education, Holly Pearce, has been emailing executive staff like Vicki Nairn, Tim Skyrn, Keith Smyth, Nicola Smith & Lorna Walker for updates in terms of what has been done and what is going to be done to ensure a smooth reopening of the campus, whilst I, Sophie – your Development Manager/local staff member – have been speaking with your student reps to gather general feedback and to check in to see how everyone has been affected. Vicki Nairn has generously donated £250 worth of a range of grab-and-go type items but has acknowledged the lack of formal catering. We would also like to remind you that, alongside the kitchen on the mezzanine level, there is the Cubby on the other side of the mezzanine which provides cupboard foods, sanitary products, clothes as well as board games and books for on your break. Rest assured, we are doing all we can to ensure this is as smooth a process as possible for you to all return to campus.

We're aware that it's been a stressful time so alongside [gathering feedback](#) on the overall experience, we wanted to capture just how amazing your lecturers/support staff have been during the last few months – we would love to be able to let them know just how much their work has been appreciated. If you'd like to give us anything to feedback to lecturers, let us know by Friday 20th February and we can anonymously give the feedback to them (unless you'd like your name shared of course!).

Speaking of feedback, if you would like to speak with us about general day to day issues (like campus facilities, social spaces, etc.) you can sign up to be a [student rep](#) – minimal effort with maximum impact! You let us know what's working or not and we work behind the scenes to either brag about what's working or work with different teams to improve on your suggestions.

## DECEMBER DROP-IN & WESTERN ISLES CHRISTMAS

In December 2025, we handed out 50 goody bags to first year nurses where we were able to have chats about their experiences so far, whilst enjoying some live Christmas music and a hot chocolate. We were also able to donate some money to the nurses based at the Western Isles which resulted in a social get together with food and drinks.

# LOCAL UPDATES: UHI HOUSE

## DECEMBER DROP-IN & WESTERN ISLES CHRISTMAS





# LOCAL UPDATES: HTC

## WELCOME TO TERM 2

We kicked off this year with a Student Voice Representative meeting in Dingwall to discuss how we can support the upcoming in-person Seminar:

18 February 2026: Room 961-1, Academy of Sport and Wellbeing building, UHI Perth College.

Eduroam is available if you need to join a class; please bring ear/headphones.

Student-organised events start at 10:00 hrs.

Staff-led discussion starts at 14:00 hrs, though staff will be present the whole day for any questions.

We are also looking for students to help start up a new Theology & Philosophy Society: please contact Susan ([susan.loughlin@uhi.ac.uk](mailto:susan.loughlin@uhi.ac.uk)) or your local SVR.

For information about what this would entail please see:

<https://hisa.uhi.ac.uk/groups/newclubssociety/>

I will soon be walking the Mighty Stride for the Kiltwalk in Glasgow and welcome anyone who would like to join me as well!

We hope to see you all in Perth in a couple of weeks.



# LOCAL UPDATES: PERTH

## OBI AWARDS 2026

The 2026 OBI Awards at UHI Perth are open for nominations! Know someone who is completely Outstanding? Simply the Best and totally Inspiring? Nominate them now for an award here! [OBI Awards 2026: Nomination form – Fill in form](#)

### What are the Perth OBI awards?

The OBIs are UHI Perth's local awards that celebrate and acknowledge the fantastic work of its staff and students throughout the year. OBI stands for Outstanding, Best and Inspiring!

### How do I nominate someone?

To Nominate someone, complete the nomination form by clicking [here](#)



Alternatively, a paper nomination form is available from Brahan reception, Goodlyburn reception, library and the HISA office. Speak to the Perth HISA team if you need assistance or have any questions.

### What are the Categories?

There are six award categories to nominate for:

- Outstanding Student Club or Society
- Best Student Voice Rep
- Most Inspiring Student
- Outstanding Student Support Award
- Best Personal Academic Tutor
- Most Inspiring Lecturer

### When is the latest I can nominate?

Nominations close on 24 February at 5pm.

### When will the winners be announced?

After nominations close, a panel of volunteer students and staff will decide the winners. These will be announced at this year's awards ceremony on the 19th of May. So go on! Make someone's day and nominate them today for an OBI Award!

# OFFICER UPDATE!

## Andi – Plans for the semester

- Gearing up for the Outstanding, Best, Inspiring Awards we run in partnership with UHI Perth and visiting classes to promote them. These awards are your chance to recognise a member of staff, a fellow student, or a club at Perth.
- Attending more Scottish Tertiary Enhancement Programme Conferences for project development sessions. I'm the Colleges Co-Lead for the Language Accessibility Promise project meaning I have also been involved in the Topic Leadership Group discussions and sharing information round the project team.
- Engaging with the local council to try to organise an electoral registration drive for students at UHI Perth for the Scottish Government Elections in May 2026
- Working further on the Students Demand Better Campaign for the Scottish Elections to support students' understanding of how & when to register as well as how to vote to help ensure accessible & inclusive participation which is vital to the health of our democratic system. Students represent a significant & influential demographic with over 0.5 million students across Scotland.
- Planning fun sessions and engaging with students wherever possible.



## Millie

Hello! I hope getting back up and started from the holidays for Semester 2 is going well!

- I will be running a Tea Brewing event that will be in support of acts of mindfulness.
- You'll be able to try from a range of teas!
- Later in Semester 2, there will be an art competition to get your art on the walls of the Goodlyburn!

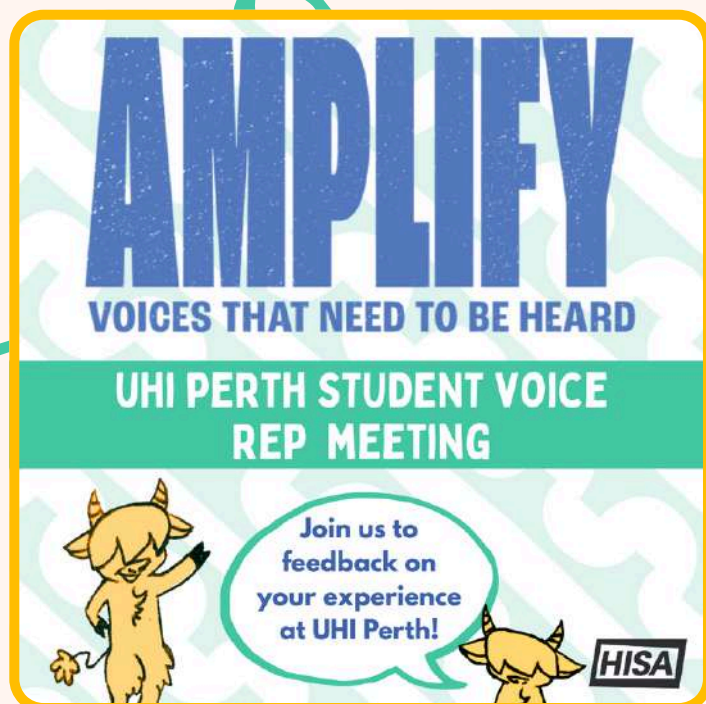




# SVR MEETINGS THIS SEMESTER!

Our first meeting this Semester will be held on 05 February from 1230-1330 in ASW Room 959.

Student Voice Reps -- look out for an email with more details of how to join us!  
Following this, our next meeting is an online cross-campus meeting, on Wednesday 18 March from 1200-1300. We will be asking for your views on Guidance and Support.



## UHI PERTH CAREERS FAIR

Discover jobs, apprenticeships, training and career support at the Careers Fair on the 4th of March from 0900 – 1400. The Fair is hosted in partnership by UHI Perth, DYW, and SDS to support our local community. Meet employers, advisors and educators and take your next big step towards the future you want!

## PERTH ACTIVE TRAVEL MAPS

HISA Perth has produced active travel maps covering walking and cycling routes around Perth. They also contain lots of information about local transport links and local cycle repair shops. Come and pick one up - these are available from the HISA office in the Webster.



# LOCAL UPDATES: MORAY

## LOCAL OFFICER UPDATE

We have been working **hard on** your Student Feedback from the SVR meetings. Any results will be updated at the next SVR meeting. If you want all the gossip, then either come along to the meeting or come and visit us in the office P009 or the Aye Pod. If we are able to, we can supply tea, biscuits and a blether.

Your Depute Emmaleigh has produced some of the cutest artwork for the Aye Pod art competition. She will be doing school visits this month. And really exciting, this term we will be holding a mini pride event. It will involve a colour run – wear old clothes and come and join us. It'll be after LGBTQ+ history month, but Pride can be year-round. Both Emmaleigh and Charlotte were determined that it will still go ahead despite the busy elections time ahead.

Charlotte, Moray President, has a table in reception and will be using it to progress her poetry and photography. If you see her there, come over. She has sweets, bubbles, and ducks which she will exchange for your thoughts and photography. The aim is to produce work that can be used to show what being a student is like in 2026. Cuts in funding and tertiary education have meant that being a student has changed over the last ten years, and you are the ones to tell us how.

Charlotte has organised her hours so that from February she will be at Linkwood or the Biblical Gardens between 2-4pm on a Monday. She will be alternating the weeks at those campuses. On Tuesday and Wednesday, she will aim to be in the Aye Pod, at the Moray Street Campus, between 2-4pm. Between 10am-Midday on Mondays she will be in Reception at the Moray Street Campus. She has recently gone into a wheelchair because of an autoimmune condition flare up, so there may be some adjustment as she works out the best way to get to and from the various locations.

The HISA Moray office is working on a “lonely campus guide”: a survival guide for students. We would love to have your input in what you think should be in it. Please get in touch with us at [hisa.moray@uhi.ac.uk](mailto:hisa.moray@uhi.ac.uk) or find us in reception, P009, the Aye Pod at the main campus or every other week at Linkwood and the Biblical Gardens.

## STUDENT VOICE REPS

The February SVR meeting will be held on Wednesday, February 4th, 12-1pm, in the Lecture Theatre just off the main reception area of the Moray Street campus. Make sure you've shared any feedback with your SVR before that date, and if you are an SVR, we're looking forward to seeing you!

Have you registered to be an SVR but haven't trained yet? An SVR training session will be held on Tuesday, February 3rd, from 2.30-4.30pm. Come and find us in the Boardroom (C027), on the Moray Street campus. No need to sign up, just bring yourself and a pen or laptop to take notes with!

# AYEPOD ART COMPETITION

Do you have a creative streak? If so, take note of this amazing opportunity for all UHI Moray students! We are looking for student artwork to hang up in the AyePod at Moray Street campus – this can be art, photography or written word themed around “College Life”. Submissions are open until 5pm on Friday 6th March 2025.

The four winners will receive £50 vouchers AND will have their artwork installed in the AyePod. HISA will hold a ceremony in April when the chosen art will be revealed, with runners up receiving £20 vouchers.

For more information, please visit the [events page](#) or email [hisa.moray@uhi.ac.uk](mailto:hisa.moray@uhi.ac.uk).





# LOCAL UPDATES: NWH

## OFFICER UPDATE: ABBY TEAGUE

### The ADVENTure Calendar

December brings shorter days, wetter weather, and looming assignment deadlines, making it one of the most challenging times of year for students. To help counter this, Abby created the ADVENTure Calendar: a community-focused initiative designed to inspire connection, offer fresh perspectives, and encourage students to get outside and find light during the darkest month of the year.

For the 24 days of Advent, the calendar offers a daily prompt - simple yet thought-provoking - encouraging students and the wider community to try something new, be curious, and notice their surroundings. The prompts were intentionally accessible, inviting participation regardless of weather, energy levels, or schedule.

In line with these prompts, a range of events were arranged for the student community. These included an afternoon at a local therapeutic farm, beach cleans, a laughter workshop, hikes, a snorkel session, and more (a few pictured). All events were offered free of charge to help people connect more deeply with one another and with the place they live. Alongside this, existing local events were linked - from Christmas Fayres to sound baths to local discounts secured for activities such as Cruise Loch Linnhe, making it easier for students to engage with their wider community.



# OFFICER UPDATE: ABBY TEAGUE

The prompts were carefully designed to help participants develop a deeper relationship with their local environment - something that can feel difficult, and therefore especially important, during the wet, dark days of December. Each day focused on a theme. For example, Doorstep ADVENTure asked participants to see their immediate surroundings with fresh eyes; Branching Out ADVENTure invited students to step beyond their usual routines; and Wrapped Up ADVENTure could be interpreted as a gift, a moment of reflection, or simply the act of wrapping up warm.

It was heartwarming to see so many students and the wider community take part and share what they discovered. Over 200 photos were submitted throughout the month, showing the many creative ways people interpreted the daily themes and inspired one another.

The word Advent comes from the Latin *adventus*, meaning 'coming to,' 'setting in' or 'arrival'. It's the moment something new begins to form, so it's no coincidence that the same root sits inside the word adventure. The ADVENTure Calendar is built on this idea: that meaningful adventures don't always begin with big actions, but with small arrivals - a shift in mood, a spark of curiosity, or a quiet moment of attention. In the darkness of December, these small openings invite students to slow down, notice, and create space for connection, reflection, and new perspectives to gently set in.

For inspiration, you can explore the calendar and the social media channels where each day of the ADVENTure Calendar was documented and shared. Why not give the calendar a go? ADVENTure doesn't only belong to December... [See how habitually thinking in a new way might reshape your perspective and reality.

Access to the calendar and socials here:

<https://linktr.ee/adventurecalendar>

## ONLINE BINGO - VALENTINE'S SPECIAL

Whether you're celebrating with a partner, hanging out with friends, or just love the thrill of the game - join HISA for the ultimate Online Valentine's Bingo! Take a break from your studies and log on for a fast-paced, heart-pumping session of bingo. It's the perfect way to connect with students from across all campuses without even having to leave your desk. We'll have some fantastic prizes up for grabs!

- Date: Wednesday 11th February
- Time: 1pm
- Where: Online!

Limited spaces available - so register your interest now!

<https://hisa.uhi.ac.uk/ents/event/613/>



# STUDENT DISCOUNT SPOTLIGHT

If you are 22 and under, you can apply for free bus travel and 30% off at Highlife Highland, which will give you access to a number of discounts around the highlands.

For more information, and for more discounts, head over to North, west and Hebrides student services section of the website [HERE.](#)

## SAD LAMPS

**Seasonal Affective Disorder (SAD)** can affect people during the darker winter months, often bringing feelings of low mood, tiredness, or a lack of energy. If this sounds familiar, you're not alone — and support is available. **SAD lamps can be a helpful way to boost light levels and improve wellbeing**, and they are available for students to hire.

To find out more or to arrange a loan, please contact [studentwellbeing.nwh@uhi.ac.uk](mailto:studentwellbeing.nwh@uhi.ac.uk).





# LOCAL UPDATES: SHETLAND

## UPDATE FROM YOUR SHETLAND PRESIDENT

Hi everyone!

I hope you all had a lovely winter break and have settled into Semester 2. As you may have seen on the press in late December, Laura Burden has been appointed as the new Principal and CEO of UHI Shetland, and I am sure we all congratulate her on her successful appointment. Following on from Sara's departure from HISA in December, it has just been just myself in the HISA office and you will find me in the office on Tuesdays and Wednesdays. I am being supported by HISA staff, so should you need to contact HISA Shetland with any urgent questions when no one is in the office please email [hisa.shetland@uhi.ac.uk](mailto:hisa.shetland@uhi.ac.uk) and we will get back to you as soon as possible.



In terms of Board-related updates, I have built a good working relationship with the Chair of the Board and arranged catch ups regularly to discuss concerns. I have recently joined the Finance and General Purposes committee as a full member to ensure that a student perspective is heard and will help shape the future of the college. I have no new updates to share in regards to the future campus project but please be assured that I have been attending meetings and having discussions with various board members to ensure the student experience is improved in the future.

As usual, if there are any questions, concerns or just want to have a chat then please do contact me either by email or by visiting the HISA office (D4)

Thank you  
Harley

## FREE PRIDE PINS!

With February being LGBT+ History Month, HISA will have free Pride and LGBT+ related pins to give away on campus – feel free to take one to raise awareness.

# UP HELLY AA VIKINGS ON DA LOOSE!

Somehow the peerie Vikings have escaped once again from their Up Helly Aa Squads and have scattered themselves around the Lerwick and Scalloway campuses and we need your help!

If you find a peerie Viking, make sure to fill in the coloured tag with your student ID and return them safely to the HISA office or to your lecturer if no one is in the HISA office so we can reward you for your time with a gift voucher of your choosing such as LHD, Shetland bookshop, Tesco's

To find out more, please visit [Find the Vikings](#) or email [hisa.shetland@uhi.ac.uk](mailto:hisa.shetland@uhi.ac.uk)

Did you go to Up Helly Aa? Tag us in your photos at @teamhisa on Facebook and Instagram!

## FIND THE VIKINGS

FILSKET GUISERS HAVE ESCAPED DER SQUADS  
AND WE NEED THEM BACK!

Find one and return to HISA or to your lecturer and we'll  
award you with a £15 voucher to say THANK YOU



Vouchers available from  
Tesco  
Boots  
Amazon  
Harry's Department Store



ACROSS LERWICK AND SCALLOWAY  
CAMPUSES FROM 3RD FEBRUARY  
UNTIL THEY ALL RETURN



# LOCAL UPDATES: ORKNEY

## OFFICER UPDATE

Hi!

To all new students, welcome, and welcome back to all those returning. We hope you have had a good rest during the break, and that you are energised and motivated for the new semester!

We are excited for this semester as we have several events lined up, and some more in the plans. Our monthly game nights will continue, every first Monday of the month, at the Hub. We also have a LGBTQ+ History quiz which will take place in the Overblikk on Friday 6th of February!

## FREE PIN BADGES!

February is LGBTQ+ History Month, and to celebrate, HISA will give free Pride pins to all who attend our Quiz on Friday the 6th. Don't worry if you can't make it, we'll have plenty spares in our office. Please take one to show your acceptance or wear your own!

## UPCOMING EVENTS FOR THE NEW SEMESTER!

Fancy a cuppa, biscuit and a game?

Join us at our monthly tea and games night!

When: Monday 2nd 18.00 - 19.30

Where: the Hub (round the back of Skills Development Scotland)

LGBTQ+ History Month Quiz

When: Friday 6th 14.00 - 16.30

Where: the Overblikk cafe (to the left of doors to hospitality department)

Wrap up your week by testing your queer history knowledge with Mila, Esméemilja and Queer Orcades (formerly known as Orkney Pride and Pride in Orkney)



# SVR MEETING

When: Tuesday 3rd February 14.00 - 14.45

Where: Online (Teams)

Our first SVR meeting of 2026 is here! If you are an SVR, then the Teams invite will be in your inbox, and the Orkney SVR Teams Space. Just let us know if you don't have it!

This meeting is open to anyone currently interested in being an SVR (class rep) or anyone already one. If you are not an SVR and don't have an invite but would like to join, contact us at [hisa.orkney@uhi.ac.uk](mailto:hisa.orkney@uhi.ac.uk)

If we won't see you there be sure to tell your course or department's Student Voice Representative your thoughts, ideas, and feedback for discussion at the meeting!

# VOLUNTEERING OPPORTUNITIES



ORKNEY YOUTH LOCAL ACTION GROUP

Youth Local Action Group  
Orkney YLAG

WANT TO MAKE A DIFFERENCE?

## ORKNEY YLAG WANTS TO HEAR FROM YOU

- ✓ Aged 16-30
- ✓ Full of ideas
- ✓ Wants to meet new people

**GET IN TOUCH TODAY**

**WHAT DO WE DO?**

We are a group of young people from all over Orkney who get together monthly to discuss what is important to us within the community. We have opportunities to fund projects, visit other YLAGs and attend national events. We come together to share ideas and create real change making life better for young people in Orkney.

EILIDH.WILKINSON@VAORKNEY.ORG.UK

## STUDENT AMBASSADORS



Scottish SPCA are recruiting volunteer Student Ambassadors to help make Scotland the best place for all animals to live.

Ambassadors can choose to support with:

- 5-minute online tasks;
- Helping to organise events in the community;
- Taking part in fundraising activities.

Volunteers will receive an SSPCA Student Ambassador tote bag with freebies and access to a free learning account.



## VOLUNTEERING OPPORTUNITY

[www.vaorkney.org.uk/volunteering-opportunities/](http://www.vaorkney.org.uk/volunteering-opportunities/)

# LOCAL UPDATES: ARGYLL

## SVR MEETING

Wednesday, February 4th, 12pm to 1pm  
Online (Teams)

Our first SVR meeting of 2026 is here! If you are an SVR, then the Teams invite will be in your inbox, and the Argyll SVR Teams Space. Just shout if you don't have it! If you are not an SVR, be sure to tell your friendly representative your thoughts, ideas, and feedback for discussion there!

## DROP-IN SESSIONS



Your brilliant Depute, Craig Ward, is continuing his regular drop-in sessions, both online and on campus.

The February dates are:

- 5th February (online): [Argyll Depute Online Drop-In Session](#)
- 10th February (Dunoon): [Dunoon Drop In Session](#)
- 25th February (Campbeltown): [Campbeltown Drop In Session](#)

These are a brilliant opportunity to have a chat with your elected student officer! Ask questions, share concerns, or just have a bit of a natter.

Craig will also be doing a bit of filming at the in-person ones, so if you'd like to help HISA showcase the brilliant things that UHI Argyll has to offer, then this is your opportunity! Don't worry if you'd rather not be filmed – no-one's image will be captured without their express permission!

## VALENTINE'S CEILIDH

Friday, 13th February 7.30pm to 10.30pm  
Corran Halls, Oban

It's back! Quickly becoming an annual tradition, we are once again bringing you the HISA Valentine's Ceilidh! The excellent Ardmhor Ceilidh Band are returning, but this time to the Corran Halls (more space to dance)! Tickets are a steal at £9 a pop (that works out as £3 per hour for dancing fun) and can be purchased on our website (don't forget to sign in): [Valentine's Ceilidh](#)





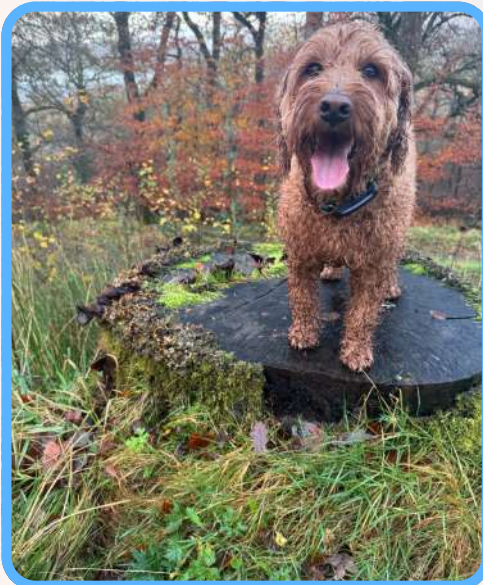
# LOCAL UPDATES: SAMS

## AN UPDATE FROM HANNAH

Welcome back everyone! We hope exams went well and your holiday season was bright and cheery. We've got quite a schedule for Semester 2 already - we're very excited about what we've planned for you guys, and we hope you are too! So, keep an eye out around campus for posters and our socials for more info as well.

And as always, don't forget to chat with me, your SVRs, or Annie if there is anything we can help with! Find us in person, shoot me a text, or email us at [hisa.sams.depute@uhi.ac.uk](mailto:hisa.sams.depute@uhi.ac.uk) or [hisa.sams@uhi.ac.uk](mailto:hisa.sams@uhi.ac.uk).

## 'THERAPETS' IS COMING TO SAMS



Thursday, 5th February 12.30pm to 1.30pm  
The Base (next to the OEC)

You asked... We did! We are genuinely overjoyed to say that the first ever Therapets visit to SAMS is just a few days away. The lovely Lyndsay will be bringing her two Australian Labradoodles to campus, for scootches and cuddles.

Email [HISA.SAMS@uhi.ac.uk](mailto:HISA.SAMS@uhi.ac.uk) to guarantee a space or just come along on the day.

Find out more on our website here: [Therapets](#)

## SVR MEETING

Thursday, 12th February 12.30pm to 1.30pm  
Etive (SMB)

Our first SVR meeting of 2026 is here! If you are not an SVR, be sure to tell your friendly representative your thoughts, ideas, and feedback for discussion here!



# VALENTINE'S CEILIDH



Friday 13th February 7.30pm to 10.30pm  
Corran Halls, Oban

It's back! Quickly becoming an annual tradition, we are once again bringing you the HISA Valentine's Ceilidh! The excellent Ardmhor Ceilidh Band are returning, but this time to the Corran Halls (more space to dance)! Tickets are a steal at £9 a pop (that works out as £3 per hour for dancing fun) and can be purchased on our website (don't forget to sign in): [Valentine's Ceilidh](#)

# EASTER CRITTER HUNT

1st April.  
One hour.  
Fifty Easter Critters.  
Fifty Chocolate Eggs.  
Watch this space!



# STUDENT-FRIENDLY RECIPE

## Cheesy Ham & Broccoli Pasta

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](mailto:hisa@uhi.ac.uk) with the subject line: "NEWSLETTER FEEDBACK - FEB26" to tell us your thoughts!

