

HI!

HISA

YOUR STUDENTS' ASSOCIATION NEWSLETTER

   www.hisa.uhi.ac.uk

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WELCOME WEEK '26



ARE YOU A NEW UHI 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 encourage and inspire you to find your people, passion, and place.

Our website contains all the most up-to-date information, services, opportunities, advice, and contacts! It's a wealth of resources and great events, so make sure to visit frequently!

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



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, visit the **Your Campus** section of our website!

Make sure to follow us on Facebook, TikTok, Instagram, and LinkedIn @TEAMHISA



@TEAMHISA

www.hisa.uhi.ac.uk

INTRO TO STUDENT DEMOCRACY!

We are run by students, for students. So that means you and your elected representatives steer what we do – from our All-Student Meetings where you can shape HISA's policies about the issues that affect students, to our **elections for our Student Officer team**.

We've influenced and changed decisions this past year about the delivery of learning across UHI, and even matters relating to local transport, campus facilities and much else. So get involved, have your say, and keep in touch with us about the things that matter to you.



STUDENT VOICE REPS

Your voice on learning and the wider student experience matters, and our team of over 500 Student Voice Reps are there to represent students on all programmes across UHI – regardless of where, how and what you're studying.

The SVR role is voluntary – and just an hour or two a week of your time – but we provide full training and support throughout the year, and it's a great way to shape learning on your programme, get to know other students, and gain valuable new skills and experiences. **Volunteer to be an SVR today!**

REPRESENT
YOUR FELLOW STUDENTS

SIGN UP FOR STUDENT VOICE REP



EQUALITY AND LIBERATION

HISA GENDER EXPRESSION FUND

This microgrant supports trans, non-binary and gender-diverse students to access clothing, personal items and transport to relevant appointments that help them express their gender in ways that feel authentic, comfortable and affirming. Gender expression plays an important role in identity, confidence and wellbeing. The application process is simple and confidential: **LGBTQ+ Support**.

HISA SUPPORT

If you are looking for our campaigns and resources regarding issues of equality, inclusion, and diversity, please check out our **Campaigns** page. For specific support and advice, please check out the **Wellbeing** in our Advice section of the website.

STUDENT NETWORKS

Our student networks for underrepresented identities provide an online space for students to build community, support each other, share news, and more. They are monitored by HISA staff and you can use an avatar or alias on the discords to maintain your privacy. They are open to all students who self-define into any of these groups.

Networks

TRANS LIVES SURVEY 2026

TransActual, the UK's leading trans-advocacy organisation, has launched its biggest survey yet on the experiences of trans people living in the UK.

The Trans Lives Survey 2026 aims to gather crucial data on trans peoples' experiences of accessing gendered spaces, employment, medical care and transphobia. The data will be used to help improve understanding of what it is like to be a trans person living in the UK in 2026.

Trans Lives Survey 2026

YOUNG WOMEN'S MOVEMENT SURVEY

The Young Women's Movement are undertaking research focusing on digital violence against young women and girls and its real-life impact on young women in Scotland, and they want to know your views!

The below survey is open to young women, trans women and non-binary people aged 16–30 who currently live in Scotland. By sharing your views, you are directly taking part in changing things for the better for young women and girls – they will use the findings to engage with the government and service providers to make sure young women's voices are listened to.
<https://youngwomenscot.org/opportunities/syws-research/>

HISA ADVICE SERVICE

-Here to Support You

MEET YOUR HISA ADVICE SERVICE!

Whatever's going on with your studies, whether it's an assignment extension, a mix-up with your funding, or just not knowing where to turn, the HISA Advice Service is here for you. It's completely free, confidential, and independent from the university, so you can talk to us in confidence, no matter where you're studying across the UHL partnership.

Last quarter alone, we supported students with everything from academic appeals and complaints to housing worries and money troubles, and the feedback speaks for itself. We're also working behind the scenes, sitting on university committees to make sure student voices shape the policies that affect you.

If something's on your mind, don't wait until it becomes a crisis. Get in touch early. We're here to listen, explain your options in plain English, and help you find a way through.

Contact us!



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:

“fàilte!” meaning **“welcome!”**

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 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!](#)

SPORTS CLUBS, SOCIETIES & NETWORKS

Do you have an interest? Then join one of our clubs and societies here: **Student Groups!** It is that simple!

All HISA clubs and societies are open to all UHI students (that's you).

We have a broad range of student-led clubs and societies, from scuba diving to knitting, and (almost) everything in between. Some operate in person, whilst others are online and can be meaningfully joined wherever you are. Many are free! Covering both academic pursuits and fun times, there is something for everyone. They're a great way to meet like-minded folk, make friends, and enjoy your university experience beyond classes.

And if you don't see one just for you, you can always find a couple pals and **Start A New Club or Society!**



Athletes: Looking to compete in BUCs or SSS? Please see the rules around college and university competition sport at UHI here: **Competition**

WELCOME WEEK '26

WELCOME WEEK MADNESS!

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 HISA, your students' association, is right at the heart of it.

Throughout 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. Even if you are registered at a different location, you can join the Welcome Week fun wherever your closest event is happening!

Check out some of the great events we have planned and keep an eye on the **Welcome Week** calendar as we add more!

Orkney

- 16/09 (To be confirmed!)

Shetland

- First event 09/09
- Last event 09/09

NWH

- First event 08/09
- Last event 08/10

Moray

- First event 21/09
- Last event 25/09

SAMS

- First event 01/09
- Last event 24/09

Inverness

- First event 08/09
- Last event 10/09

Argyll

- First event 08/09
- Last event 23/09

Perth

- First event 02/09
- Last event 17/09

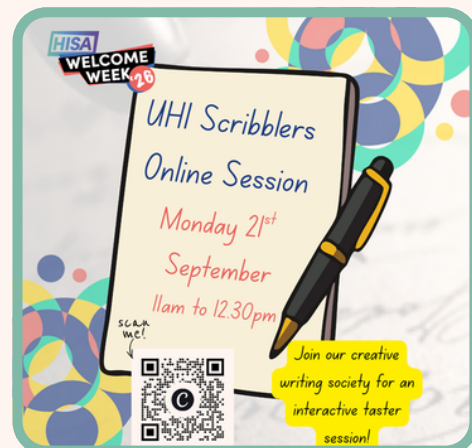
PGRs (cross-campus)

- First event 21/10
- Last event 22/10



WHAT'S ON NEAR YOU!

Here's just a few of the events you can get involved in to get settled in at UHI, make new friends and find your community. No matter where you're registered, you can join an event near you! More to come so keep checking our socials and the [Welcome Week page on the HISA website](#) for more!



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!

Email us at hisa@uhi.ac.uk with the subject line: "NEWSLETTER FEEDBACK - SEP26" to tell us your thoughts!

