



### YOUR STUDENTS' ASSOCIATION NEWSLETTER

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ISSUE: 004 MAY 2024

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## **CROSS-CAMPUS UPDATES**

### THANK YOU TO YOUR ELECTED OFFICERS

A number of your elected officers are stepping down from their roles this summer. We wanted to take this opportunity to say a massive thank you to:

- Gary Souter, Vice President Education
- Ahren Armstrong, Depute President Argyll
- Sophie-Ann Bain, Depute President North, West and Hebrides
- Fiona Smith, President Perth
- Rebecca Bond, Depute President Activities and Welfare Perth

For everything that they have done over the past year to support students across the UHI partnership. We wish them all the best in the next phase of their lives.

## LEARN ABOUT GENDER-BASED VIOLENCE

Gender-Based Violence (GBV) refers to many forms of harm, abuse, and harassment. This includes domestic abuse (including coercive control), sexual harassment, and rape & sexual assault.

All students can access a short and interactive resource to learn about and prevent GBV, and gain a certificate of learning.

The UHI Student Code of Conduct clearly states that Gender Based Violence is unacceptable in any environment – this module will help students to recognise GBV and contribute to a safer campus by knowing how to act, support, or safely intervene if they see GBV.

UHI is committed to supporting any student who is a victim/survivor of GBV, regardless of their gender, sex, or sexual orientation.



### FRESHERS 2024!

With exam season ending and students across UHI taking a break for summer, we're looking ahead to August and September and starting to plan Freshers 2024! We want to know what you think would be the most fantastic, unforgettable freshers experience, what would leave you feeling excited and prepared for the learning ahead of you? We'll use your feedback as a benchmark to aim for when planning our events.

Click the link here to answer the question: "If you could have the perfect Freshers at UHI, what would it look like?"

# **NEW NUS SCOTLAND PRESIDENT!**

Announcing new NUS president Sai Shraddha Suresh Viswanathan!

NUS Scotland is your national union representing university and college students across Scotland.

Together they achieve national change for students.

Read more about Sai's election and NUS generally here.



### **GENERAL ELECTION 2024 - VOTER ID**

### **Background Information**

Due to recent changes in the legislation, voters in Scotland and across the UK need to show photo ID to be issued a ballot paper at polling places in UK parliamentary elections. These include the upcoming general elections, UK Parliament by-elections and recall of MP petitions.

#### What ID Can You Use?

Voters can use passports, full and provisional driving licenses, Proof of Age Standards Scheme (PASS) cards, Blue Badges, CitizenCards and some concessionary travel cards. The full list of accepted forms

of photo ID is available on the Electoral Commission website.

People without an existing acceptable form of voter ID can apply online or by post for a free Voter Authority Certificate (VAC). When applying for a VAC, you will need to provide your name, address, date of birth and national insurance number.

#### Why is This Important?

It is crucial that awareness is spread, and that voter IDs are made accessible to everyone at the earliest opportunity, particularly given that the general elections are due in the next 10 months. For example, local elections in England on 4th May 2023 were the first in the UK to require voters to show any form of identification before voting. Around 14,000 people were not able to vote at a polling station because they did not meet the voter ID requirements. Younger voters, disabled people and individuals from ethnic minority communities were particularly affected, as they faced additional barriers to obtaining accepted voter ID documents.



### **GENERAL ELECTION 2024 - VOTER ID**

### Get a Free CitizenCard with NUS Today!

Do you need to sort out your voter ID and wonder where to start? The National Union of Students has you covered. By clicking here and going to their website, you will be able to apply for a free CitizenCard.

#### Check out these sources for more info!

- Voter ID House of Commons Library (parliament.uk)
- Applying for a Voter Authority Certificate | Electoral Commission
- How to vote: Photo ID you'll need GOV.UK (www.gov.uk)
- Get your FREE Voter ID via CitizenCard NUS UK
- What counts as Photo ID at elections? NUS UK

# ELECTION RESULTS - YOUR EXEC FOR NEXT YEAR

Following our Spring elections in March, we had a by-election in May at which two further members of next year's Executive were elected.

See our website for the full run-down of our results that has created our team for 2024-25. We have a full programme of training for them over the summer. If you're returning to study next year, they look forward to seeing you after the holidays!

# QUESTION OF THE MONTH

We want to talk to you more about how we can work together to make your experience the best possible here at UHI.

In working towards this goal, in December we started asking Questions of The Month.

The question for March is "What would you like to see in a student mental health agreement to best support the well-being of students?"

Submit your answer here or chat to one of our officers on campus.

# THE FUTURE OF LEARNING AT UHI

It's a challenging time for colleges and universities, and UHI is no exception: over this year there have been many consultations about restructures, cuts and major changes to UHI's curriculum, learning experience and support services. HISA has been representing students' views and interests throughout the year – running meetings with staff and students, gathering evidence about the learning experience, and responding to consultations. On 23rd May, we held our final All-Student Meeting of the year, at which views from students across UHI helped shape our thinking, campaigning and advocacy.

If you are returning to study in the new year, keep in touch with us about what's important to you in your learning, and consider being a Student Voice Rep.



# STUDENT JOBS AND OPPORTUNITIES

## SUBJECT INTERN POSTS IN BUSINESS & HEALTH

Are you returning to study next year in business or health related subjects? Are you interested in shaping your and others' learning experiences? HISA has one-day per week internships open for recruitment until 16th June!

In partnership with UHI, we are piloting Subject Intern posts in two of UHI's subject areas:

- Business, Leisure and the Creative Economy.
- Health, Social Care and Life Sciences.

These posts will involve presenting an expert student perspective on learning in your subject area across UHI at various committees and panels. It will appeal to someone looking to understand and shape decisions made about learning across the university, and who is keen to build staff-student partnerships in quality. Find out more on our website!

### THE SCOTTISH GRADUATE JOBS FAIR

Scotland's largest summer recruitment fair is an opportunity to meet organisations recruiting students for graduate level roles starting in 2024.

Wherever you are, whatever your subject, there's no barrier to your participation as the fair runs online and is open to students and graduates across Scotland.

Talented students and graduates are in demand, so make the most of this opportunity to talk to representatives from organisations who want to recruit you.

- When: Wednesday 5th June 2024, 11:00 16:00
- Where: Online
- Why:
  - Explore a range of jobs and opportunities that are looking to hire graduates in 2024.
  - Participating organisations cover a wide range of industry sectors and sizes, from large graduate recruiters to SMEs.
  - Search and approach employers of interest. You can book 1:1 appointments with representatives in advance and take part in live chats on the day.
  - Browse exhibitor stalls and speak to representatives to get advice and tips on your applications and understand what it is like to work with them.

Simply register through the link below by entering your email address and following the prompts.

Register and access the event here

## **HISA ADVICE SERVICE**

- HERE TO SUPPORT YOU

### THE END OF THE ACADEMIC YEAR

As the end of the academic year approaches and summer approaches, it's important for students to remain alert and proactive in managing various aspects of their academic and personal lives. This includes lodging appeals and mitigating circumstance claims, securing housing for the upcoming term, applying for student funding, and improving employability during the summer break. To assist you with these crucial tasks, we've put together a comprehensive guide.



### **Academic Appeals and Mitigating Circumstance Claims:**

It's important to note that if you've faced challenges that have significantly affected your academic performance such as personal issues, illness, or any other unforeseen circumstances, you should consider lodging an appeal or mitigating circumstance claim. These processes are designed to ensure that your circumstances are considered when evaluating your academic progress. To understand the procedures involved and collect the necessary documentation to support your case, it's recommended that you reach out to us as soon as possible.

### **Looking for Summer/Autumn Housing:**

With the end of the academic year fast approaching, many students will be on the lookout for accommodation for the summer break or the upcoming fall term. Start your search early to have the widest range of options available. Consider factors such as location, amenities, and budget when evaluating potential housing options. Don't forget to thoroughly read and understand the terms of any lease agreement before signing to avoid any unpleasant surprises later. Additionally, check out the guidance put together by Shelter Scotland to talk you through what to expect.

### **Applying for Student Funding:**

Financial support can help you focus on your studies without undue stress. Take the time to explore all available avenues for student funding, including scholarships, grants, bursaries, and loans. Whether you are starting a new course or returning for another year, it's best to submit your application for funding via SAAS (or SFE SFW or SF NI). If you leave the application too late, you might experience a delay in payment at the start of the academic year. Remember that every bit of financial assistance can make a difference in easing your financial burden and allowing you to immerse yourself in your academic pursuits fully.

#### **Summer Support**

The Advice Service will continue to run over the summer holidays, so if you have any queries or need support, you can continue to reach out to us via our various channels. In the new academic year, we will be launching additional advice topics, so keep your eyes peeled for updates in the welcome newsletter!

# SPORTS CLUBS, SOCIETIES & NETWORKS!

# COMMUNITY ENGAGEMENT: EMBRACING SUMMER!

It's been a fantastic year for our clubs and societies! Thank you to all of our students who run our clubs and societies and those who attend their events and activities! From the launch of our new Student Networks to our successes in sport, it has been an exciting year of firsts. And none of it would be possible without YOU, the students, who lead everything we do.

As the year wraps up, we are delighted to confirm that most of our clubs and societies will be continuing on next year. Quite a few are hosting end-of-year socials so keep your eyes on their social media for invites. Our End-of-Year grant has been a great success and will be helping clubs with BBQs, equipment, summer competition, and preparations for Freshers. Some of our clubs will continue hosting activities over the summer so it is never too late to join in on the fun! We will be here all summer, so just drop us a line if you have a question or need help.



We would love to hear from you! Are you interested in an academic society? Want to get involved in volunteering in your community? Have ideas about building online community and recreation? We have lots of new projects in the works and would love to talk to you!

Just email us at HisaActivities@uhi.ac.uk



### SPORTS UPDATE

Our teams did amazingly well at the Scottish Student Sport College Finals down in Edinburgh last month with the UHI Perth Volleyball team achieving second place in the men's volleyball and UHI Inverness football winning the men's football. It was great for the teams to meet students from other colleges, and the UHI Perth Basketball team also put on an incredible performance.

### SPORTS UPDATE

We collaborated with Scottish Disability Sport and UHI North, West and Hebrides to deliver a fun end-of-year Boccia session for the students on the Access to Skills and Learning Programme. The students had a great time learning all about the game of Boccia and there were some very talented players. After working hard during the session, they got to enjoy some tasty pizzas from the Black Isle Bar before receiving their end-of-year certificates.

We wish all our sports clubs a great summer- whether they are still training or not, and can't wait to work on planning exciting events for Freshers' Week with them!

## **CLUB SPOTLIGHT**

UHI Perth Volleyball Club have planned a beach volleyball fundraiser on Saturday 8th June at Darnhall Tennis Club in Craigie starting at 4pm. It's open for anyone to enter at £3 per person and is set to be a fun evening.

# CYCLING/ACTIVE TRAVEL

Here's a few more cycling tips for summer:

- For optimal protection from sunlight, use sunscreen with a high SPF factor that is resistant to sweat and water. Do not forget to apply it on the back of your neck and ears. And if you're not wearing gloves, apply them on the back of your hands too. Also, remember to reapply sunscreen every few hours for better protection.
- Protect your eyes from the sunlight with a good-quality pair of sunglasses which will also help prevent dust and insects from getting in your eyes and spoiling your ride. Also, avoid rubbing sunblock too close to your eyes to prevent irritation.
- Freeze one bottle of water (only fill it up to 75% as the ice expands) the night before and use it while riding your bike, as a refreshing cold drink. If it's warm outside, you can also use the icy water bottle to squirt yourself to cool down. You can also freeze bananas for a cold nutritious snack that won't be mushy (although you will need to eat them before they defrost).
- Cycling gloves aren't just to keep hands warm but also to offer protection. So, avoid riding without gloves even in warm weather. Short-finger gloves, usually called mitts, have different levels of padding on the palms. They prevent nerve damage in your hands, keeping you riding for longer. They also avoid sweaty fingers in boiling weather.



# LOCAL UPDATES: INVERNESS

We had a very informative visit from Drew Hendry, Member of Parliament for Inverness, Nairn, Badenoch and Strathspey, where students were asking him questions about education, geopolitics and anything else they were concerned about. If you would like to hear from other members of parliament, please get in touch and we will do our best to arrange a visit from them!

(Photo left to right: Inverness principal Chris O'Neil, HISA Cross-Campus President William Campbell, Inverness President Liz Keegan, Drew Hendry)



### OFFICER UPDATES

Over the course of this year, Liz, William, and HISA CEO Rachel Burn have been working in collaboration with UHI to produce an updated Student Mental Health Agreement (SMHA). The project creates a partnership between the students' association and UHI to collaboratively develop, monitor, and evaluate mental health support services. The SMHA compiles all mental health and wellbeing initiatives from both UHI and the students' association into a single document. We've had lots of excellent feedback from students that we will be taking forward to shape the mental health agreement, along with input from HISA and UHI representatives.

Holly Pearce, Depute President of Education is currently working on getting networked students a place to study whether it is online or on the students nearest campus. The goal of this project is so that network students can mingle with their peers or get the chance to know other students that are studying on any of the other various degrees that UHI offer. Being a network student can be lonely and isolating when you don't know anyone from your course. Network students can fill out the form here.

For any queries, please email: hisa.inverness.deputeEdu@uhi.ac.uk

For next year, UHI and HISA have collaborated to recruit Halls Ambassadors for the student accommodation. The Halls Ambassador is a voluntary position for the student resident to report any concerns regarding their accommodation on behalf of all students and suggest any events for student halls to make the student experience better. You can apply for this position through the reception at your accommodation.

We'll be continuing to work hard over the summer, with Holly working on networked student provisions and Liz working on the SMHA. As a team, we'll be producing some new materials for inductions in August and planning the best Freshers' event we've ever thrown! In the first two weeks of September (date TBC) we'll hold a four-day Freshers' event, the first day will be dedicated to fun, with the second focusing on sports and societies, the third day will be filled with all your local information, and the final day will take place at the Scottish School of Forestry where we will have local information as well as Forestry Olympics.

Finally, we are moving! Our new HISA office will be situated on the second floor in what used to be the Quiet room at the top of the stairs. This move will take place next month, but don't worry, you can always contact us by email! Our safe space will have new furniture, screens, and noticeboards to advertise our events. We hope this move will encourage you to step into our office more to voice any concerns or even just to have a general chat!

## **LOCAL UPDATES: PERTH**

### SRC MEETINGS -YOU SAID WE DID

Here are some of the issues we've been able to action on behalf of the students this academic year:

"No microwave in ASW or Webster" – Petition created for SVR Sam Akli to go out and get signatures. A microwave is now in Webster as per his request.

"Students want more gluten free options in the canteens" – Gail Riley, manager of Aramark stated that it is something that they are looking into. They understand that GF options are limited and that they need to provide more options for those with dietary requirements more generally.

"Catering staff are not nice to students" - Catering staff have been spoken to by HISA staff and there have been no more complaints.

# UPDATE ON THE PROPOSED CHANGES AT UHI PERTH

In relation to the proposed cuts at Perth as part of the UHI Perth Financial Sustainability Project, students have been approaching us with their concerns. In response, the local team have been working hard to represent students and make their voices heard. In the last few weeks, we have been doing the following:

- Arranging and facilitating student Q&A's with SMT
- Meeting with local MSPs
- Attending protests and meetings with concerned students
- Speaking with students who have gotten in touch with us to ask for advice/support

Following on from our recent statement and updates, we have released our public response to the Consultation being run by UHI Perth on the proposed cuts. We used anonymous feedback, and views from students at our three public meetings. You can find this here.

If students have any concerns/questions regarding the proposed changes at UHI Perth, we encourage you to either email UHI Perth on engage.perth@uhi.ac.uk or contact us at HISA Perth by popping into our office in Webster or emailing us at hisa.perth@uhi.ac.uk

### **OBI AWARDS**

The shortlist has been announced and all nominees have been contacted. Winners will be announced at an annual awards ceremony taking place on 6th June from 9.30am to lunchtime. Please RSVP to invites by Wednesday 29th May.

### **OFFICER WINS**

Our local officers, Fiona and Rebecca, and our lovely local team have worked incredibly hard this year to improve the student experience and give you all events to look forward too throughout the year. Some of their highlights include:

- Christmas Jumper Day
- Robert Burns Ceilidh
- Good Vibes Fest 1 & 2
- PRIDE





# **LOCAL UPDATES: MORAY**

### **SVRs**

Thanks to all the SVRs that participated this past year; we look forward to next year. Here are some of the things that **you said:** There is widespread concern within the art department regarding budget cuts, leading to rumours. These uncertainties have made it challenging to focus on work and deliver projects effectively.

#### We Did:

- Held a meeting with Fine Arts students specifically to hear their concerns.
- Conducted an All-Student meeting.
- Sent letters to MSPs and the local council to raise awareness about the cuts.
- Published official statements on the HISA website to provide clear and accurate information.
- Met with UHI Moray staff to discuss the impact and possible solutions.
- Engaged with UHI Executive Office staff to ensure top-level awareness and support.
- Consulted with Trade Union Representatives to advocate for staff and students.
- Collaborated with WonkHe to understand broader educational impacts.
- Held class visits to gather direct feedback from students regarding the situation.
- Shared feedback forms to students to gather comprehensive feedback.
- Compiled the direct student feedback into a report that was directly sent to UHI Moray Senior Management.
- Confirmed that the Fine Arts Course will continue, providing stability and assurance to students and staff.

# UPDATE ON THE PROPOSED CHANGES AT UHI MORAY

## BUILDING A SENSE OF COMMUNITY AT UHI MORAY

Our active campus coordinator suggested that we have an afternoon of pub games. It corresponded with the feedback we received from students, who expressed their wish for downtime and the chance to relax and spend time together. And thus began the HISA Hangouts in the Aye Pod at UHI Moray.

We "fixed" the pool table using cups for pockets and put a sticker on a red ball to act as the cue ball, we brought in a table tennis table from the sports department and used a small amount of the budget for drinks and crisps. I also inherited some board games from a former community group.

The first week, we had thirty students in the Aye Pod and around six online degree students via my laptop. They joined in the fun and helped write some poems.

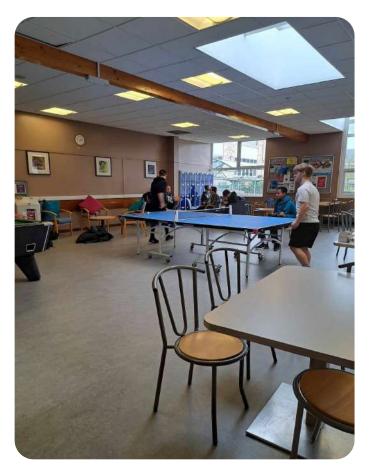
It is now every Thursday and Friday afternoon.
We have written fourteen poems together.
We have made some very weird mocktails.
We have lost a lot of plastic cups in the pool table and the cue ball – more than once.

Lecturers and staff are now also joining us in the Aye Pod. We are getting between twenty and forty people coming in every week. Student engagement is at around 300.

The new Moray Depute is intending to continue the Hangouts next semester and we are talking about adding Karaoke. Other ideas are being added by other people and a new community is growing. Friday 31st we will be having doughnuts.

Charlotte, HISA Intern @ UHI Moray

UHI Moray is navigating a challenging financial landscape due to significant cuts to funding. Since announcing this news in February, in response HISA have held meetings with members of the Scottish Parliament (MSPs), UHI Moray staff, Union Representatives, and students who are directly impacted by the proposed changes. The responses from students have been compiled in a report, which HISA have shared with Senior Management at UHI Moray to ensure that student voices are considered in the planning and implementation of any changes.







# PHOTOS FROM THE HISA HANGOUTS IN THE AYEPOD

We hope to see you all again next semester!



# LOCAL UPDATES: ARGYLL & SAMS

### THE CLIPPER ROUND THE WORLD YACHT RACE



For the first time in its 27-year history, the Clipper Round the World Yacht Race will be making its penultimate stop in Scotland when it arrives in Oban on 12th July 2024.

The Clipper Race is renowned as one of the toughest endurance challenges on the planet, welcoming adventurers from all walks of life to take on the exceptional challenge of racing across the world's oceans on board a 70ft yacht. This unique event sees teams battle extreme conditions on its eleven-month circumnavigation. The Clipper 2023–24 Race sees nine Scottish crew taking part over the eight legs of the sailing event, by the time teams arrive in Oban they will have sailed almost 40,000nm and crossed six oceans.



### Oban Festival of the Sea Programme Highlights

There are numerous events happening in and around Oban in June & July celebrating the many ways to enjoy the water and coastline and the Clipper arrival. Check back here for the Festival of the Sea Programme - more events being added.

- 12th 16th July Clipper Race boats arrive in Oban
- 17th 21st July Food Village, Rockfield Centre
- 18th & 19th July, 10am 6pm Free public Open Yacht tours available, North Pontoon no need to book!
- 20th July Skerryore in concert Corran Halls
- 21st July The Clipper Race Slip the Line ceremony. Clipper yachts depart for Portsmouth. Final leg of the race.
- 27th 2nd August West Highland Yachting Week

## THE ROYAL NATIONAL MÒD

The Royal National Mòd – Scotland's premiere celebration of Gaelic language, culture and heritage – returns to Oban and Argyll in 2024.

Thousands of competitors and attendees will be welcomed to the town to take part in over 200 planned competitions and a diverse fringe programme of concerts, exhibitions, children's activities, talks and more from 11–19 October 2024.

The Mòd an Òbain Local Organising Committee, alongside BID4Oban, The Rockfield Centre and An Comunn Gàidhealach will be working throughout the year to prepare a Mòd fringe programme that showcases the very best of what Oban, Argyll and the wider Gaelic community has to offer.



### LIVINGWELL IN HELENSBURGH COMMUNITY EVENT







# LOCAL UPDATES: SHETLAND & ORKNEY

# THANK YOU AND SEE YOU ALL SOON FROM UHI ORKNEY

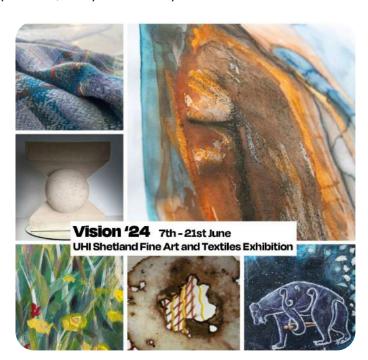
A thank you to all UHI Orkney students for this wonderful year together. We hope you enjoyed our events, class visits and giveaways, and that we were able to offer you a space where to share your thoughts, concerns and needs as a student. It has certainly been a busy year, with two new local student societies getting started (Arts and Crafts Orkney (uhi.ac.uk) Living History Student Society (uhi.ac.uk)), the appointment of a student intern, and the successful election of a new student officer for next year. Stay tuned to hear more about our Freshers' events in September, see you all next year!

## VISION 24' AT UHI SHETLAND

We're thrilled to share the dates for UHI Shetland Vision 24' Exhibition, part of the Creative Industries Department End of Year Show! The exhibition is opening to the public again from Friday 7th of June until Friday 21st of June. Six final year BA (Hons) Fine Art and Contemporary Textiles Students: Rachel Birse, Yolanda Bruce, Katie Leask, Keith Massey, Ami Robb and Lucy Wheeler will be showcasing their work.

The exhibition will also feature works from courses including Contemporary Textiles, National Certificate Portfolio, MA Art and Social Practice, Core and Life Skills, and Skills for Work Art.

- Opening Date: Friday, June 7th
- Time: 6 PM 8:30 PM
- Location: UHI Shetland, Lerwick Campus All welcome



### POSITIVITY WALL

We have loved reading all the positive messages students have shared with each other on the positivity wall to celebrate Mental Health Awareness Week. Thank you to all the students and staff who made this possible; one of your messages could have made a positive difference to someone on their way into an exam or home from a stressful day.

### THINK GREEN

If you are passionate about environmental issues, contact your HISA team about revitalising UHI Shetland's most successful student society. The Shetland Student's Green Team would organise beach cleans, hold fundraisers for wildlife and ecological charities and generally promote environmentalism and sustainability. If this interests you email hisa.shetland@uhi.ac.uk or pop into the HISA office in Room D4, Lerwick campus for a chat.

### STUDENT SHOWCASE

Showcasing work from Mareel based UHI Shetland music, film and drama students, the evening will start with a screening in Screen 1 (6pm - 7pm) followed by a musical performance in Mareel's Auditorium (7:30pm - 9:30pm).

Come along to show them some support as they wrap up their studies for the summer.

\*Please note: There will be strobe lighting and the event will be filmed – by entering the auditorium, customers give their consent to filming.

Tickets available here!



# STUDENT AND BOARD ACCOUNTABILITY SESSION

Following the Shetland student meetings where the protest against the proposed cuts were discussed, students requested representatives from the UHI Board of Management make themselves available for an accountability session. This session allowed students to express their concerns and ask questions directly to those making the decisions. The meeting held on 1st May at Lerwick campus was well attended by both students and board members in person and online, where a free and open discussion took place. If you were not able to attend you can access the minutes here.

Please note there has been a slight amendment to the minutes following student attendee feedback. If you have any comments or concerns about anything raised in this meeting, please contact sara.fox@ uhi.ac.uk

Click here to see the meeting minutes.

### STRIKE DATES

Some classes may be impacted by EIS-FELA strike action. UHI Shetland have advised students that:

Unless advised otherwise by your lecturer, all scheduled remote or in person classes will be cancelled on these dates:

- + Tuesday 28 May 2024
- + Thursday 30 May 2024
- + Friday 31 May 2024
- + Monday 3 June 2024
- + Tuesday 4 June 2024
- + Wednesday 5 June 2024
- + Friday 7 June 2024

The campus buildings will remain open. Study spaces with computer access and quiet study spaces will be made available for students who wish to be on campus. Student support services will be available both remotely and on campus". Email: support.shetland@uhi.ac.uk

# LOCAL UPDATES: NORTH, WEST & HEBRIDES

### **HEBCELT VOLUNTEERING OPPORTUNITIES!**

Looking for an exciting opportunity over the summer break? Why not volunteer at the HebCelt festival?

As a volunteer at the HebCelt, you'll have the chance to contribute to one of Scotland's most vibrant and valuable cultural events while experiencing its magic firsthand.

Volunteers must be 18 years or older and will receive free access to the festival. During their off-shift hours, they can enjoy the music, arts, and atmosphere. Plus, they will receive a 10% discount on festival merchandise, so they can snag some souvenirs to remember their experience.

It's also a great way to connect with other likeminded people, gain valuable experience and immerse yourself in the festival. Don't miss out on this opportunity, sign up now to be a part of the HebCelt festival for 2024!

More information here!



# FREE HEBCELT TICKETS AND WORK EXPERIENCE THROUGH UHI

UHI North, West and Hebrides are a proud sponsor of the Hebridean Celtic Festival.

This year, through the student ambassador scheme, the UHI are giving a lucky student the chance to get involved at the festival in a way not open to many.

As a Heb Celt Student Ambassador, you will receive:

- A paid position with a rate of £12.00 an hour
- An Arena Access pass
- Backstage access into special areas like the front stage press pit
- Meet the team behind the festival.
- The opportunity to meet and interview some of the musicians and performers.
- Work with the college marketing team to create social media posts and stories, gaining skills to enhance your CV.

If this sounds like something that you are interested in and want more information about, then visit the website here!

# STORNOWAY END OF YEAR BARBEQUE

On May 21st, Your Students' Association held an end of year barbeque as a thank you to students attending this year and a celebration for getting through exams and assessments.

It was a well-attended event held in partnership between the HISA team and local student services with meat locally supplied by Charles MacLeod butchers.

Here is a couple of snapshots from the day to show the beautiful day that it was.







## STUDENT-FRIENDLY RECIPE

### - BUILD YOUR OWN STIR-FRY

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.

A stir fry is a great quick meal and can use up a lot of leftover veg from other meals. We've tried to keep this recipe as loose as possible so you can use whatever you'd like!

### **INGREDIENTS**

### For the sauce

- 75ml soy sauce
- 1tbsp Sesame oil
- 3tsp Runny honey
- 2x Garlic gloves, peeled and crushed
- A pinch of Chilli flakes
- 2tsp Grated ginger
- 1tsp Chinese rice vinegar
- Or if you're short on time, try a readymade stir fry sauce packet from the supermarket.

### **Main Ingredients**

- We'd recommend 2x sliced chicken breasts or 280g cubed tofu for protein
  if using tofu, make sure to drain excess water from the block
- 250g Fine egg noodles (or 4 dry baskets)
- 1tbsp Vegetable oil
- Salt
- 100g Green beans
- 100g Carrots sliced thinly longways
- 4x Spring onions sliced thinly longways
- Or really any combination of vegetables you'd like!

### **METHOD**

### **Makes 4 portions**

### Step 1

Place all the sauce ingredients in a small bowl and whisk together. The sauce can be used to stir fry vegetables, meat, fish and noodles. At the same time, prepare a pot of boiling water with a pinch or two of salt to cook your noodles as per packaging instructions.

### Step 2

Heat half the vegetable oil in a large nonstick frying pan over a high heat and fry the tofu/chicken pieces for 5-6 mins until golden all over. Scoop out of the pan and leave to drain on kitchen paper.

### Step 3

Add the remaining oil to the pan and stir-fry the vegetables for 3-4 minutes until softened but still crunchy. Add the drained noodles, cooked tofu/chicken and the sauce, continue to stir-fry until all the ingredients are well coated in the sauce. Serve and enjoy!

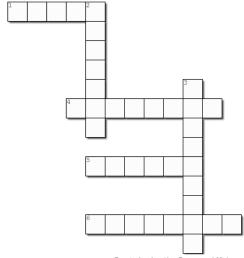
#### Tip

If you're just cooking for yourself, batch cook the protein and vegetables and reheat later, but cook the noodles fresh each time.

# **PUZZLES AND COMPETITIONS**

### **PUZZLES**

#### **Summer Crossword**



Created using the Crossword Maker on TheTeachersCorner.net

#### <u>Across</u>

- 1. a strip of land covered with sand, shingle, or small stones at the edge of a body of water, especially by the sea
- 4. a meal or gathering at which food is cooked outdoors on a rack over an open fire
- **5.** an occasion when a packed meal is eaten outdoors, especially in a park or the countryside
- **6.** a soft, sweet frozen food made with milk and cream and typically flavoured with vanilla, fruit, or other ingredients

#### <u>Dowr</u>

- 2. an extended period of leisure and recreation, especially one spent away from home or in travelling
- **3.** a lotion or cream used to protect your skin from the sun

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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 - MAY24" to tell us your thoughts!









