

HI!

YOUR
STUDENTS'
ASSOCIATION

YOUR STUDENTS' ASSOCIATION NEWSLETTER

    www.hisa.uhi.ac.uk

ISSUE: 005

AUGUST 2024

IN THIS ISSUE

- Freshers 2024!
- Welcome from your HISA President
- Sporting Blues winners
- HISA Awards winners
- Become an SVR!
- Gaelic word of the month
- Wee Campus
- UHI Accommodation
- Advice Service
- Sports Clubs, Societies and Networks News!
- Updates from your local teams
- Events at your local UHI campus
- Student Friendly Recipe
- Sudoku and Crossword
- And more!

Click the
headings to
jump to that
section!

FRESHERS 2024

CROSS-CAMPUS UPDATES

UPDATE FROM PRESIDENT WILLIAM CAMPBELL

Hello everyone,

Welcome to the University of the Highlands and Islands! My name is William Campbell, your Cross-Campus President for this Academic Year and on behalf of the Highlands and Islands Students' Association, I am delighted to extend a warm welcome to each of you. Whether you are beginning your academic journey or returning to continue your studies, we are thrilled to have you as part of our vibrant and diverse community.

As the HISA President, my goal is to ensure that your experience at UHI is enriching, fulfilling, and empowering. UHI is unique, with campuses spread across some of the most stunning locations in Scotland, offering you an environment to study, grow, and explore.

HISA is here to support you every step of the way. We represent your interests, advocate for your needs, and provide numerous opportunities for you to get involved, make friends, and develop new skills. From becoming a Student Voice Representative, starting or joining a club or society and joining our networks, there is plenty for you to get involved with. HISA works to enhance your student experience, and we are always here to listen to your concerns and ideas.

As you settle into your new environment, I encourage you to take full advantage of the resources and support services available. Connect with your peers, engage with your lectures, and do not hesitate to reach out to HISA for any assistance. Remember, your time at UHI is not just about studying; it is about personal growth, building lasting relationships, and making unforgettable memories.

Stay connected with us through our social media channels and website for updates on events, campaigns, and opportunities to get involved. Your voice matters, and together, we can make a difference.

Wishing you all a fantastic year ahead!
William



MAKE YOUR VOICE HEARD – BE A STUDENT VOICE REP

Want to help us improve the learning experience at UHI?

Why not become a Student Voice Representative!

Student Voice Representatives help improve the student experience by feedback the key issues that affect students both to UHI and HISA.

Being a Student Voice Rep is a fantastic way to build your skills, develop your employability and meet new people, as well as a great opportunity to actively get involved in shaping your student experience.

No previous experience is necessary as you will receive training and support from the Students' Association's Student Officers and staff members.

If you're interested, get in touch with your module leader, PAT or the Students' Association.

REPRESENT
YOUR FELLOW STUDENTS

SIGN UP FOR STUDENT VOICE REP

GAELIC WORD OF THE MONTH

With the launch of our new Gaelic Language Plan, we're looking to incorporate more Gaelic into our content and day-to-day work. We want to be more accessible for UHI students whose first language is Gaelic, as well as encouraging non-Gaelic speakers to give learning it a go!

At the Students' Association we're also trying to learn more Gaelic ourselves, each month in the newsletter we'll cover a new word of the month, as well as give you some links to resources for further learning. This month's word is:

"Fàilte" meaning "Welcome"

Use [this Gaelic dictionary](#) to learn other words, as well as how to pronounce them!
And learn more [here!](#)

STUDENT JOBS AND OPPORTUNITIES

WEE CAMPUS - FOR CARE EXPERIENCED YOUNG PEOPLE

Wee Campus is an online digital community that has been developed and co-designed with students with experience of care to be a safe place to engage, share experiences, advice, find information, and encourage others through their higher education journey. They are open to all and believe everyone wants to be the best they can be, wants to be there for others, and with the right support can excel.

They offer:

- Connect with other further and higher education students with care experience
- Share experiences and guidance
- Find Information and seek advice
- Encourage others through their further and higher education journey

Learn more [here!](#)

APPLY FOR UHI ACCOMMODATION!

UHI still have accommodation available in **Inverness** and students can apply now via our accommodation web site [here!](#)

As a truly tertiary institution UHI are able to offer self-contained accommodation to all kinds of students - from apprentices to students studying all years of our undergraduate programmes, right up to postgraduates studying at the highest academic levels.

UHI accommodation provides great value for money. The modern rooms all include en-suite facilities, all utilities, broadband, insurance and on-site student support and security 24/7. They have accommodation situated on campus with local amenities such as shops, gyms and cinemas all within walking distance. There is also frequent public transport links to the city centre.

Many of our students staying in UHI accommodation are living away from home for the first time. As this can be daunting for some, they provide everything students need to support them to live independently. Knowing that all of their bills are covered in a single monthly rental payment is certainly a great help. Our round the clock on-site student support ensures that they have easy and ready access to assistance when they need it most. This is often a great comfort to parents and guardians. In addition, staying in the accommodation is a great way to meet other students from across a wide range of courses, all with different backgrounds and experiences, with many of students forming life-long friendships as a result.

HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

“August slipped away into a moment in time...”

As summer break comes to an end, we hope you’ve had time to relax and recharge. Whether you’re returning to UHI or starting as a new student, we understand this time can bring various emotions - excitement, anticipation, and, at times, anxiety.

The Advice Service is here to support you through this transition and beyond. We know starting or continuing studies can feel overwhelming, so we offer free, confidential, and non-judgmental advice to all UHI students. Whether it’s academic concerns, housing issues, financial worries, or personal challenges, we’re here to listen.

No issue is too big or too small. Our team provides a safe space where you can talk openly about any challenges you’re facing. We’ll work with you to explore options and find the best way forward. If there’s something we can’t assist with directly, we’ll connect you with the right resources or experts who can help.

Remember, you don’t have to navigate student life alone. Reach out to us anytime, and let’s ensure you have the support you need to make this year successful and fulfilling. We’re here for you every step of the way.

Find out more about the service via the [HISA website!](#)



SPORTS CLUBS, SOCIETIES & NETWORKS!

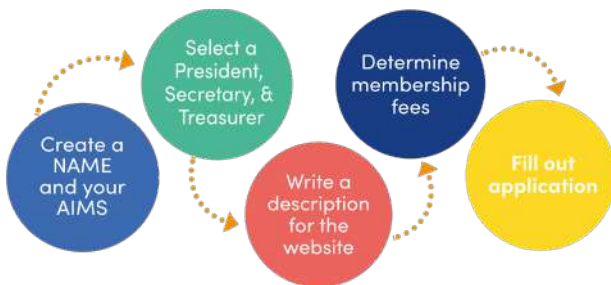
READY... SET... VIBES!

We Belong Together

Just because summer is over, doesn't mean the fun disappears. In fact, we're ramping up for the best year ever! Make sure to come find us at Freshers! We'll be talking about all the awesome ways you can get involved and ramp up the fun in your student experience.

If you're looking for your tribe, why not come join one of our clubs or societies? They're all student-led so you'll meet people and find your tribe in no time. And this year, we have more returning clubs and societies than ever so make sure to check them out at **Student Groups (uhi.ac.uk)**.

If you don't find something for you, why not start your own club or society? The process is pretty simple and we are happy to help all the way through. Grab a couple pals, decide what you want to do, and come talk to us! The benefits of starting a HISA club are huge. We can book spaces for you, promote you to other students, help pay for supplies or services through our grants, and help you connect to the larger community. We can provide training for committee members or help you organise events or activities.



INTRODUCING SKYE!

Say Hi to our mascot, Skye the Highland Cow!

Keep your eyes peeled and you might just spot her playing some footie or lending us a helping hand at Freshers!



TELL US WHAT YOU WANT!

We want to know what type of clubs and activities you would join. Fill out our survey!
We'll use the info to:

- Connect students up
- Create activities for you
- And hold taster/start-up sessions!

Fill out the survey on our website [here!](#)



SPORTS UPDATE

We're setting up for a busy year in sports with plenty of exciting events going on around the campuses, kicking things off with the Student Beach Party at Willowgate Activity Centre in Perth. There will be taster sessions and sports fairs at Inverness, Perth and Moray, as well as a clubs and societies fair in Fort William.

We'll be showcasing the fantastic UHI watersports clubs in Oban at our UHI Student Watersports Festival on Saturday 14th August with taster sessions from the Wild Swimming Club, Highlands and Islands Sub-Aqua Club and the UHI Paddlesports Club, rounding it off with a social at the Oban Sailing Club hosted by the Wind and Wave Club.

We've got three teams competing in the Scottish Student Sport leagues for the very first time and if you fancy your shot at joining the team, trials will be held shortly after Fresher's week. We'll once again be gathering a men's and a women's shinty team together for the Shinty Festival hosted by University of Strathclyde in October so keep an eye on our socials for more information!

2024 SPORTING BLUES WINNERS ANNOUNCED!

The University of the Highlands and Islands (UHI) and Highlands and Islands Students' Association (HISA) are delighted to announce the winners of the 2024 Sporting Blues. These prestigious awards celebrate the outstanding sporting achievements of UHI students and recognise those who have attained an exceptionally high standard of performance in their respective sport.

This year saw a record number of nominations, three times higher than any previous year, highlighting the tremendous efforts made to enhance sporting opportunities at UHI. Amanda Fleet, Sports Development Coordinator at HISA, received two national awards this year for transforming sporting engagement levels at UHI, which led to exponential growth in both membership and the number of sport clubs.

For the full breakdown of all the winners, read the full article on our website [here!](#)



UHI STAFF AND STUDENTS HONOURED IN 2024 HISA AWARDS

Staff and students across the University of the Highlands and Islands (UHI) partnership have been recognised for their exceptional contributions in the 2024 Highlands and Islands Students' Association (HISA) Awards. This year's awards highlight another incredible year of partnership between HISA and UHI.

The student-led awards celebrate staff and students who have gone above and beyond in their roles, providing inspiration and support to the UHI community. This initiative allows students to express their gratitude to those who have significantly impacted their educational journey.

A total of 656 nominations were received, recognising individuals for their excellence in learning, feedback, support, and inspirational roles.

For the full list of awards winners, check out the article on our website [here!](#)



LOCAL UPDATES: INVERNESS

FRESHERS' FAYRE: INVERNESS CAMPUS!

Welcome, new students and returning ones! The Highlands and Islands Students' Association is thrilled to announce an exciting lineup of events to kick off the new academic year. Mark your calendars for these can't-miss activities:

Day 1 - Fun Day (September 10):

Prepare for a day filled with joy and laughter. Ride the mechanical bull, cuddle with alpacas, get creative with face painting, capture memories at the photobooth, and enjoy a variety of other fun activities.

Day 2 - Sports Day (September 11):

Get active and explore your sporty side! Local sports clubs and student-led organizations will have stalls to recruit new members. Highlight of the day - a friendly yet competitive staff vs. students' sports event!

Day 3 - Local Info Day (September 12):

Local organizations and student-led societies will provide stalls brimming with information to help you make the most of your time in the city. From entertainment to essential services, you will find all the details you need.

Day 4 - Scottish School of Forestry Freshers' (September 24):

Head over to the Scottish School of Forestry for a day dedicated to forestry-themed sports. Test your skills in unique events like Toss the Welly Boot and Tug of War. We may also have an inflatable assault course for that extra bit of fun - leave this with us!

Day 5 - Online Freshers' Event (date TBC)

For our networked students, we have not forgotten you! Stay tuned for the date of our virtual Freshers' event, designed to connect, and engage students across all our campuses.

THE LARDER & THE CUBBY

If you are new to UHI Inverness, you might not know about our fantastic resources: The Larder and The Cubby. Run by dedicated UHI staff and student volunteers, The Larder (ground floor, next to the main lift) provides non-perishable foods, while The Cubby (ground floor, next to student support) offers toiletries and hygiene products. These are free for students in need, ensuring everyone has access to essential items.

YOUR LOCAL OFFICERS

We are happy to announce that Holly Pearce and Elizabeth Keegan will be returning once again as your student officers for the year. Let's make this one another fantastic year!

CLUBS AND SOCIETIES

UHI Inverness have introduced a new Dance Club! At your freshers' days there will be tables available for all clubs and societies to sign up new members. If you are interested in setting up your own club/society, please feel free to pop into the HISA office - We're not too scary!

CHECK-IN WEEKEND

For all students checking into their student accommodation on the 24th and 25th, HISA will be present to help you to your rooms. There will also be music, Miele's Ice Cream, Red Pepper lunch van, Waverly Care, Scottish Fire and Rescue Service, and your local gym present. We are looking forward to meeting you all.

YOUR HISA OFFICE HAS MOVED

The student association office is now situated on the second floor in the heart of the main UHI campus. It is in what used to be called 'The Quiet Room'. If you see our blue sparkling lights outside our door, that is an invitation for you to come in. We hope to engage with you all a lot more this year.

We're Moving!

Find us in our new digs, the Quiet Room (room 214), in September for the start of the next academic year!



Find us here!



LOCAL UPDATES: HTC

EVENTS ONLINE AND AT DINGWALL & PAISLEY

As part of Freshers week, we will be running events online and at both HTC campuses, Dingwall and Paisley. We would love to see you there.

Mon 26th August 12pm-1pm: Grill a 4th year (Online)

This is an opportunity if you are a new student, or in the early years of your studies, to come along and ask any burning questions to some of our students who are just starting their 4th year with us at HTC. Whether it is a question about study methods, or time management, or other things, come along and ask those who have been studying at HTC for a few years.

Tuesday 27th August 3pm-4pm: Coffee Break (Online)

If you want to find out who your fellow students are, and learn a bit more about them, then why not come to coffee chat. There you will also meet our HISA award winning Librarian Mark, and maybe some of our Post Graduate students.

Wednesday 28th August 10am-4pm Gathering in Dingwall and Paisley (On-site)

Maybe you have had too much screen time, why not join us at the on-site Freshers events in Dingwall and Paisley Campuses? There will be some lunch, some freshers freebies, and hopefully a lot of connections with your fellow students. Contact Ruth Smart if you plan to attend. 20002223@uhi.ac.uk

Thursday 29th August 3pm-4pm: Coffee Break (Online)

Another opportunity to meet with Mark, the librarian, and the other students. Perhaps you have some interesting facts about yourself, or interesting hobbies. It will be great to hear about them and get to know who you are offscreen.

Friday 30th August (Online)

We plan to have an event on this Friday, but the choice of that event is up to you. Head over to [this link](#) and select one of the options to tell us what you would like to do and when you would like to do it (Morning, Afternoon or Evening). We will then announce the chosen activity on Monday 26th at 11am. This event will be scheduled to last no longer than 2 hours, but the aim would be between 60-90 minutes.

We hope to see you at some or all these events.



Pre-semester gathering

28 AUG 2024 | WEDNESDAY 10:00 - 16:00

HTC Dingwall AND HTC Paisley

Meet staff and students, visit the library, see the campus, enjoy lunch together and get ready for the new academic year!

For more info contact Ruth Smart:
20002223@uhi.ac.uk

LOCAL UPDATES: PERTH

FRESHERS & INDUCTION WEEK 2024

Welcome BBQ – Sunday 25th August 11-3pm, Webster Building

As part of our annual Freshers week, we are hosting our annual halls BBQ to welcome our students staying on campus this year. Please come along and enjoy some tasty food and meet your local HISA team. This year, Nando's Perth are kindly donating food and drinks to make this a great event.

Freshers Fayre – (Day 1) Tuesday 27th August (Day 2) Thursday 29th August 10-4pm, Academy of Sport and Wellbeing (ASW) Games Hall & Webster Building

Our annual HISA Freshers fayre is back for 2024! This year, our fair will be taking place over two days, and we will have lots of stalls showcasing local sports clubs and societies within Perth, bars and restaurants, charities and more. In addition, The Bike Station are going to be bringing their Dr. Bike mobile repair station and holding a second-hand bike sale from 11-3pm, so it's the perfect chance to give your bike some TLC, or bag yourself a bargain. Come along for plenty of advice/support, meet our campus therapists and of course, get plenty of freebies!

Our community sports fair will also be taking place on the Thursday in the other half of the hall, offering taster sessions and a chance to meet and engage with our UHI Perth sports teams.

UHI Sports Clubs Fair – Wednesday 28th August 12-4pm, Academy of Sport and Wellbeing (ASW)

Alongside our HISA Freshers fayre, our wonderful Sports Development Coordinator has paired up with the UHI Active Campus Team to host a community Sports fair. The fair will help showcase our internal clubs and societies as well as give you a chance to join in with some give it a go sessions, so you can try out that sport you've always been interested in!

Beach Party – Friday 30th August 3-5pm, Willowgate Activity Centre

This will consist of a range of taster sessions of various paddlesports as well as the opportunity to swim in the Willowgate lagoon and play volleyball on their beach.

LOCAL UPDATES: MORAY

OFFICER INTRO

Hi everyone,

I would like to take a moment to introduce myself. My name is Sarah Marshall and I am the Depute President at UHI MORAY. I would like to thank the past officers for all the great work that has been done with HISA in the past. I am really looking forward to engaging with the students and bringing as much to the table as I can.

I would like to say a big welcome to the new students that will be joining UHI and also to the returning students. Let's make this as memorable as possible,

There are many ways to contact us. You can find us in our offices in the UHI establishment also via social media and via my email sarah.marshall@uhi.ac.uk.

NEW MENTAL HEALTH SUPPORT

Mikey's Line are running drop-in mental health and crisis support on Wednesdays starting from the 21st August. This will be from 12pm-2pm in room AGBC212, Moray Street Campus.

STUDENT AMBASSADORS WANTED!

UHI Moray are looking for Student Ambassadors to attend the UCAS Fayre at the campus on the 17th of September to help with the smooth running of the event.

Contact agbcevents.moray@uhi.ac.uk to find out more!

UHI MORAY POETRY PROJECT

Sometimes it's good to be able to express, honestly, in a few well-chosen words how things are for us. Mandy Haggith, Writer, Poet and UHI Lecturer in Creative Writing and Literature. (Aye Pod Poetry 2024)

As a student on the Creative Writing in the Highlands and Islands degree, I described Mandy's seminars and workshops as my weekly therapy session. They began with about five minutes of contemplation, writing a stream of consciousness. A stream of consciousness is writing down whatever comes to mind and not worrying about how it is presented.

Poetry and creative writing can be used to enhance the higher education and professional experience in any subject (Illingsworth 2024). I firmly believe it can be used to do the same at any educational level,

At UHI Moray we started to put that idea to the test. In the Aye Pod (a social space) I laid out a roll of papers, some Sharpies and bribery (teddy bear keyrings, bubbles, plastic ducks and Haribo). Each week I wrote a question at the top of the paper. Over the next few months both students and staff started to write down their thoughts. There was enough material for about 28 poems. We selected the best 14 for a chapbook/pamphlet which was designed by Mark Stanley HISA's Communications and Commercial Manager. It started out with all positive ideas and thoughts but after a few weeks we started to discuss more serious ideas and thoughts.

I can't wait to show it to the returning students that contributed to the project.

References:

UHI Moray Students and Staff, Aye Pod Poetry Project: In Our Own Words, 2024.

Illingsworth, Sam. (2024), Rhyme and reason: poetry's power as a pedagogical tool (2024) LSE Higher Education. [Available here.](#) (accessed on 31/07/2024)

LOCAL UPDATES: ARGYLL & SAMS

FRESHERS FAYRE!

All SAMS and UHI Argyll students in and around Oban are invited along to the Rockfield Centre on Tuesday 3rd September 4-6:30 pm for this year's Freshers Fayre. Join us in the oak room for a chance to meet other students and visit stalls from local services, clubs, student support and HISA. Plus, Freebies!

www.therockfieldcentre.org.uk

The Rockfield Centre
Stevenson Street, Town Centre, Oban PA34 5NA

OBAN PRIDE FESTIVAL 2024

The 2024 Pride Festival not only provides a chance for LGBTQ+ people to get their voices heard about LGBTQ+ issue that they care about, but provides a safe space for the LGBTQ+ community and their allies to come together to celebrate how far their rights have come in the UK and celebrate Oban Pride's 5th Anniversary.



5th Anniversary **Oban Pride 2024**

Friday 30th August
Opening Night - Oban Pride Unplugged
Corran Halls - Studio Theatre
from 7:30pm
Book your free ticket online

Saturday 31st August

Pride March
Congregate at Station Square
from 11:45am depart at 12:30pm
Corran Halls
From 1pm
(No booking required)

Rainbow Stage
Community Stalls
Youth & Family Game Zones

5th Anniversary Ball
Corran Halls from 7:30pm
Tickets by donation
Book online

For more information and to book tickets visit
www.obanpride.com

Oban Pride 2024 is Funded & Supported by

www.obanpride.com

Oban Business Improvement District
www.obanbid.co.uk

Argyll & Bute Council

UKPRIDE

OBAN PRIDE

COWALFEST

Explore the spectacular scenery, rich history and stunning wildlife of the Cowal peninsula in Argyll with one of Scotland's biggest walking festivals.

The Cowalfest Walking Festival cancelled in 2023 due to the exceptionally wet weather last October, is getting rebooted and refocused for 2024!

The 2024 event will take place from the 12th to 16th September and features a wide range of guided and special interest walks across the Cowal peninsula in Argyll.

You'll find the latest news here as well as details about the programme of walks together with the chance to reserve your spot on one of a number of guided and special interest walks.

For more details and the latest updates please follow the event on [Facebook](#) (Cowal Fest 2024), [Instagram](#) (@Cowalfest) and [X/Twitter](#) (@cowal_fest) or contact info@cowalfest.com.

Be sure to check [CowalFest | Family Friendly Walking Festival | Wild About Argyll](#) as new walks are announced. .

WHAT DO YOU WANT TO SEE THIS YEAR?

Remember to check the HISA website for regular updates on all our events, clubs and societies. But if there is something you would like to see happen that isn't already there, give us a shout and we will see what we can do!

Contact our wonderful SAMS Depute President and Argyll Depute President with ideas, suggestions and queries. We are here to try make your student experience the best it can be!

Contact Kian: hisa.sams@uhi.ac.uk

Contact Siobhan: hisa.argyll@uhi.ac.uk



LOCAL UPDATES: SHETLAND

A FEW WORDS FROM YOUR NEW STUDENT OFFICER

Hi!

As some of you might know by now, my name is Harley, and I will be your student officer for the year. I moved to Shetland from Dubai in 2023 to undertake a HNC Business course at UHI Shetland and am now about to start my HND Business course!

I look forward to a successful and fun year with you all and cannot wait to get started. Feel free to email me anytime on hisa.shetland.depute@uhi.ac.uk.

CANTEEN PROVISION - LERWICK CAMPUS

There will be a limited canteen service available at Lerwick campus. Please see below for opening hours.

Cereal, milk, bread, jam and peanut butter will be available for free breakfasts along with coffee and tea.

Monday to Thursday – 11am to 12.30pm

Friday – 9am to 12pm

Hot rolls will be available to purchase on Friday.

All week Soup, sandwiches, salad boxed, home bakes, sweets, crisps and drinks during opening hours above.

FRESHERS WEEK - 2024 EDITION

We are excited to welcome you to the upcoming 2024 Freshers' Week at UHI Shetland. Check out our events, note down day and time, and come along to have fun and meet your peers!

Mareel Tour, Coffee & Cake – Tuesday 10th of September @Mareel Campus

Looking to connect with your peers at UHI Shetland? Join us for a fun and engaging guided tour of Mareel!

Why Mareel? As the UK's most northerly music, cinema, and creative industries centre, Mareel is situated right on the edge of the North Sea at the historic Hay's Dock quayside in Lerwick. It offers a stunning setting for performance, production, and study. Relax with a coffee, enjoy the breathtaking views, and watch the seals and seabirds just outside the windows.

After the tour, join us for complimentary tea, coffee, and cake at the Mareel Café. It's the perfect opportunity to meet your Students' Association team and kick off your time at UHI Shetland!

Business Fair – Thursday 12th of September @ Lerwick Campus, 10 am – 3 pm

As a student, you're entitled to exclusive discounts at local businesses! Join us at our student-friendly Business Fair to explore a fantastic range of local offers and discover what the community has to offer.

Meet local business representatives, grab some great freebies, and take advantage of amazing deals on unique products.

No car? No problem! Buses run from Scalloway to Lerwick, and we'll provide transport from Mareel. For more details, stay tuned or get in touch. Don't miss out on this great opportunity!

Pub Fun & Bingo Night – Friday 13th of September @Lerwick Boating Club, 6 pm – 8 pm

Wrap up your week with a night of fun at the Lerwick Boating Club! Join us for Pub Fun & Bingo Night, where you can enjoy some laughs, win fantastic prizes, and relax with light refreshments and a drink on us.

LOCAL UPDATES: ORKNEY

A FEW WORDS FROM YOUR NEW STUDENT OFFICER

Hi!

My name is Mila Tabone, and I'm your new HISA Depute Officer here in Orkney. I am a French-Norwegian student who moved to Kirkwall last year and am now in my second year of a BSc in Archaeology.

In my free time I dabble in drawing and traditional dance, and I am a big fan of historical crafts! (If you are interested, I also happen to be the president of the Living History Society, which is open to all craft and history-interested students...)

I am really excited to get to know you and work with you through HISA this year. As mentioned in my manifesto, I will be focusing on organising occasions in which students from different courses can get to know each other and interact and am more than open to suggestions and ideas for more!

You can contact me through my email: orkney.depute.officer@uhi.ac.uk

FRESHERS WEEK - 2024 EDITION

Trivia Night – Monday 9th of September @the Hub, 6 pm – 7:30 pm

Looking for a fun way to unwind with friends? Come join us for Trivia Night! Test your knowledge, discover fascinating facts, and meet your peers in a relaxed setting. Join us at The Hub for an evening of excitement and camaraderie, with light refreshments provided.

Location: The Hub, Skills Development Scotland premises, 2 Albert Street, Kirkwall.

Sports Day – Wednesday 11th of September @Pickaquoy Centre, 10 am – 3 pm

Join us for an exciting sports day at the Pickaquoy Centre! Experience the thrill of a range of sports with guidance from friendly staff and fellow participants. All necessary equipment will be provided, along with complimentary tea, coffee, and delicious cake. Check out the schedule below to plan your day:

- 10 am – 11 am: table tennis (arena)
- 11 am – 12 pm: badminton (arena)
- 12 pm – 1 pm: tea, coffee and cake (Picky Cafe)
- 1 pm – 2 pm: Waterwalkerz and Pool Fun (swimming pool)
- 2 pm – 3 pm: bouldering (bouldering cave)

*The sport taster sessions might change depending on availability and circumstances. Any changes to the schedule will be communicated via email and on our social media.

To find us, simply stop by the Pickaquoy Centre reception, and they will point you in the right direction!

Community Services Fair – Thursday 12th of September @ Overblikk Restaurant, 10 am – 3 pm

Curious about what's happening in Orkney? We've got you covered! Join us at the Community Services Fair to explore volunteering opportunities, connect with local interest groups and societies, and uncover fantastic deals. Don't miss out on your chance to grab some unique freebies and discover everything our community has to offer! And yes, snacks will be provided!

Our guests will include the Orkney Youth Forum, VAO Orkney, Skills Development Scotland, White Ribbon, Orkney Pride, ORSAS, Women's Aid, Pride in Orkney, the Living History Student Society and many more!

You will find us in the Overblikk Restaurant inside the College.

Freshers' BBQ – Friday 13th of September @UHI Orkney, 11 am – 3 pm

Wrap up Freshers' Week with a fantastic BBQ on the College grounds! Open to both students and staff, this event promises delicious food, refreshing drinks, and great music to end your week on a high note.

Find us in the green leisure area near the left-hand side of the car park. If you have trouble locating us, just follow the signs and the sound of the music!

Vegetarian options will be available.

LOCAL UPDATES: NORTH, WEST & HEBRIDES



UHI NORTH, WEST AND HEBRIDES
A TUATH, AN IAR IS INNSE GALL

Become a Digital Student Ambassador

We want to hear your voice

DIGITAL STUDENT AMBASSADOR

The North, West and Hebrides marketing team is excited to announce that the Digital Student Ambassador positions are back!

Are you interested in creating social media content like vlogs, campus tours, videos, and more—while getting paid for it? Check out the details here: [Digital Student Ambassadors - UHI North, West and Hebrides](#)

If you're passionate about social media and eager to earn £12.00 an hour while developing valuable skills that will make your CV stand out, we want to hear from you! Send your letter of interest to the North, West and Hebrides marketing team at marketing.nwh@uhi.ac.uk. If selected, you'll be posting in no time!

FRESHERS FAYRES!

Join us at this year's Freshers' Fayres and kickstart your university experience!

We are holding Freshers Fayres at various campuses around North, West and Hebrides. There will be groups from in and around the campus's local communities with information and opportunities for you that could be useful to you, so if you are on one of the campuses, or at a nearby location, feel free to pop along and see what's going on!

- Fort William – Monday 26th of August and Monday 2nd of September 10am – 2pm
- Thurso – Wednesday 28th of August and Tuesday 3rd of September 10am – 2pm
- Stornoway – Thursday 29th of August and Thursday 5th of September 10am – 2pm
- Portree – Tuesday 27th of August 10am – 2pm
- Alness – Wednesday 4th of September 1pm – 3pm

If you aren't on one of these campuses, or aren't able to travel, feel free to head along to the online freshers' events that will be hosted through the fresher's period!

NEW OFFICER!

We're excited to introduce our new Deputy Officer for the year, Nicolas Kowalczyk! Nicolas is based at the Fort William campus and will be available on Wednesdays from 9 am to 5 pm, and Thursdays from 9 am to 3 pm.

If you see him around campus on those days, don't hesitate to approach him with any HISA-related feedback or issues.

For those not based at the Fort William campus, you can reach out to your Student Voice Rep (SVR) with feedback. Alternatively, you can contact Nicolas directly at nicolas.kowalczyk@uhi.ac.uk.

You can also email hisa.nwh@uhi.ac.uk with your feedback, or for general inquiries and assistance.

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.

INGREDIENTS

- 200g (7 oz) pasta (preferably fusilli or penne)
- 1 cucumber (diced)
- 1 bell pepper (any color, diced)
- 1 small red onion (finely chopped)
- 1 cup cherry tomatoes (halved)
- 1 can (400g/14 oz) chickpeas (drained and rinsed)
- 100g (3.5 oz) feta cheese (optional, crumbled)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice (freshly squeezed)
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh basil or parsley (optional, for garnish)

Tips

Meal Prep: This salad keeps well in the fridge for 2-3 days, making it a great option for meal prep.

Budget Variation: Skip the feta cheese or substitute it with a cheaper cheese like shredded mozzarella if on a tight budget.

Add-Ins: You can add other budget-friendly veggies like corn, grated carrots, or peas.

METHOD

Makes 3-4 portions

Cook the Pasta: Bring a pot of salted water to a boil. Add the pasta and cook according to package instructions until al dente. Drain and let it cool slightly.

Prepare the Vegetables: While the pasta is cooking, dice the cucumber, bell pepper, and onion. Halve the cherry tomatoes. Drain and rinse the chickpeas.

Mix the Salad: In a large bowl, combine the cooled pasta, cucumber, bell pepper, onion, cherry tomatoes, and chickpeas.

Make the Dressing: In a small bowl, whisk together the olive oil, lemon juice, dried oregano, salt, and pepper.

Assemble the Salad: Pour the dressing over the pasta salad and toss everything together until evenly coated. If using, crumble the feta cheese over the top and gently mix it in.

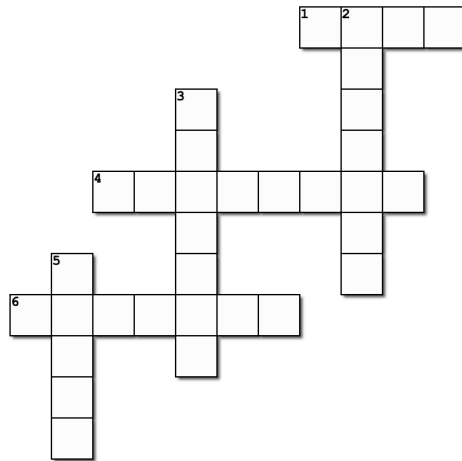
Garnish and Serve: Garnish with fresh basil or parsley if you have some on hand. Serve the salad chilled or at room temperature.

PUZZLES AND COMPETITIONS

PUZZLES

Freshers 2024 Crossword

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

1. Group offering social activities, often based on interests or hobbies
4. Orientation event to explore campus and meet faculty
6. Popular place to eat on campus

Down

2. The main academic resource center on campus
3. New student at university
5. Social event to meet fellow students and enjoy music

6	5	9	4				2	
	1	8	7	5	2		3	
7	2					5	1	4
					3	6	5	
	7				4			
8	6	1		7	5			9
1		6	5		7	8		3
			3					
5	3			4			6	

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 - AUG24" to tell us your thoughts!

