

Stirling Students' Union

Handbook 25/26

www.stirlingstudentsunion.com





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HUNGRY?

SCAN THE QR CODE TO VIEW OUR DIGITAL MENU!



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UNION WELCOME

We are your Students' Union. We're the home of your student experiences and voice at Stirling University and you're automatically one of our members!

We aim to offer something for every single student and want you to know that we'll be with you every step of the way.

We have 100s of opportunities for you to get involved and try new things, helping you embrace life at Stirling Uni including...

SOCIETIES / SPORTS CLUBS / VOLUNTEERING SUSTAINABILITY / ACADEMIC REPS

Everything we do is student centred - we have four full time elected Sabbatical Officers who act as leaders helping to make changes at the Union, Uni and in the community. Collectively, they are called our 'Sabbs', and you can read more about them in this handbook.

Our Sabbs are supported by Volunteer Officers who run events and campaigns for specific causes or groups of students. We also have a team of Academic Reps who work on representing your views to teaching staff so you can influence your learning.

And should you ever need a supportive ear then you can access our Advice & Help Team who are on hand to offer you the guidance you need should you ever need it.

We'd love for you to get involved, so join us around campus and find out more!



**UNION
WEBSITE**

STIRLING STUDENTS' UNION SUPPORTS, DEVELOPS AND REPRESENTS STUDENTS THROUGHOUT YOUR TIME AT UNI.

WE'RE TO HELP YOU...



**MAKE LIFELONG
MEMORIES**



**BUILD SKILLS FOR THE
FUTURE**



**WITH SUPPORT & ADVICE
WHEN YOU NEED IT**



**REPRESENT YOUR VOICE
& INFLUENCE YOUR
LEARNING**



BUILDING COMMUNITIES, FRIENDSHIPS AND FUTURES FOR AN EXCELLENT STIRLING EXPERIENCE

OUR VALUES



EQUALITY

We treat people fairly, with respect and care regardless of who they are or where they are from



INCLUSIVE

We embrace and celebrate the diversity of thoughts and ideas of people from different backgrounds, experiences and identities, helping us build our Stirling community



SUPPORTIVE

We care about all of our people, showing empathy, inspiring passion and building confidence in helping them reach their best



STUDENT CENTRED

Our heart beats by always acting in the interests of students



SUSTAINABLE

We live our responsibility to protect the planet and promote social progress

WHAT DOES **YOUR UNION** DO FOR **YOU?**



**STUDENT
VOICE**



**ADVICE &
HELP**



SOCIETIES



**SPORTS
UNION**



**VOLUNTEERING
&
EMPLOYABILITY**



EVENTS



**UNION
SHOP**



**GREEN & BLUE
SPACE &
SUSTAINABILITY**

**BUILDING COMMUNITIES, FRIENDSHIPS AND
FUTURES FOR AN EXCELLENT STIRLING EXPERIENCE**

WELCOME CHECKLIST

Top tips to start the year and make the most of your student experience!

Say hi! Everyone's keen to make new friends

☐

Visit the Student's Union website

☐

Join a Students' Union society and/or sports team

☐

Take the online learning modules*

☐

Visit the Green & Blue Space

☐

Check out the classic Uni hoodie in the Union Shop

☐

Like and follow the Union on social media

☐

Visit the Library

☐

Attend a Students' Union General Meeting

☐

Stand and vote in a Students' Union Election

☐

Have fun! Embrace the opportunities available

☐

***Check out Stirling Essentials for the Academic Integrity and Writing and Consent Matters modules as well as a host of other useful resources.**

university of stirling
students'
union 



UNION PRESIDENT

Hi! I'm Justine, your Union President for 2025/26. I am a third culture kid (French, Chinese-American who grew up in Germany) and have been involved in the Students' Union and student movement since coming to Stirling.

I lead on the Equalities Zone (Equality, Diversity, and Inclusion initiatives) and there are exciting plans in place for the year ahead. As part of the Sabbatical team, I work with University management, as well as across Scotland and the UK to ensure that your voice is heard. I hope you will take the chance to get involved. Come say hello!

My priorities for the year are:

Enhancing student voice and ensuring that you are heard both locally and nationally.

Finding new and sustainable ways of helping students combat the effects of the cost-of-living crisis. In particular, by ensuring that students are protected in the upcoming Housing (Scotland) Bill 2025.

Supporting Equality, Diversity, and Inclusion campaigns and events, working to foster an inclusive community, with a particular focus on a disabled student's campaign and campus accessibility.



↖
**CONTACT
ME**

VICE PRESIDENT EDUCATION

Hello! I'm Adelayo, your Vice President Education for 2025/2026. In this role, I represent students on all matters related to learning and teaching. I also lead the Academic Rep system, which gives me the opportunity to bring your views directly to senior staff meetings where key decisions are made. My goal is to support and enhance your academic experience throughout the year. Let's stay in touch!

My priorities for the year are:

To ensure the implementation of the recommended restructuring of the personal tutor scheme, making it easier for you to communicate your needs, seek support, and build meaningful relationships with your tutor.

Strengthen the academic representation system by introducing the new rep structure, ensuring Student Reps feel empowered, supported, and recognised in driving meaningful change within their courses.

Leading on the UNIFORCE Employability Program to inspire and empower university students across Scotland. Giving students the opportunity to work on real sustainable projects while building transferable skills for employability.

To create awareness and representation, to educate students, particularly international students, on how their learning and teaching experience can be supported and the help available through the Students' Union.



**CONTACT
ME**



VICE PRESIDENT COMMUNITIES

Hi! I'm Ellie, your Vice President Communities for 2025/26.
I'm responsible for supporting societies, sustainability,
initiatives for tackling gender-based violence (GBV) and
volunteering.

My priorities for the year are:

My priorities for the coming year lies primarily with
supporting and promoting societies so they can be as
strong as possible, and working with them to build
community.

Promoting inclusion and building power amongst students
through a variety of campaigns to ensure we are
promoting a safe and inclusive campus and actively
tackling attitudes around GBV in our community.
Promoting sustainability and ethical procurement on
campus, and advocating for active travel.



**CONTACT
ME**

SPORTS UNION PRESIDENT

Hello! I'm Laura, your Sports President for 2025/26. My focus is all on our 50+ sports clubs and supporting them throughout the year in British Universities & Colleges Sport (BUCS), Scottish Student Sport (SSS) and general club activity.

My priorities for the year are:

To continue to reinforce Stirling's sporting identity to boost pride and visibility when representing Stirling. To amplify the student voice in sport, to ensure student voice is at the heart of everything sport does.

To expand opportunities for students through coaching and umpiring courses, the benefits of becoming a committee member and strengthening alumni engagement to support in career and sporting development.



**CONTACT
ME**





SAP

70+ SOCIETIES



university of stirling
students'
union



The Union supports student-led societies and sports clubs which are open to everyone and a great way to meet new friends. Come along to the Societies Fayre or Sports Bazaar during Welcome Week and meet the societies/clubs. Give it a Go sessions run throughout September giving you the chance to discover what's on offer.

50+ SPORTS CLUBS



JOINING SOCIETIES



For all the latest information on joining societies including the full A-Z of 70+ societies on offer, scan the QR code to visit the Union website. If you're interested in starting a new society, get in touch at theunion@stir.ac.uk

Good to know

- > **Membership fees are different for each society.**
- > **You will need an individual membership for each society you wish to join.**
- > **Memberships last for an academic year (1st June to 31st May) and need to be renewed each year.**

JOINING SPORTS CLUBS



For all the latest information on joining the Sports Union and clubs including the full A-Z of 50+ clubs on offer, scan the QR code to visit the Union website. If you're interested in starting a new club, get in touch at theunion@stir.ac.uk

Good to know

- > **Membership fees are different for each club.**
- > **You will need a Sports Facilities Membership, Sports Union Membership and a Sports Club Membership (some limited exceptions apply on Facilities membership - visit the website for full info).**
- > **Memberships last an academic year (1st August to 31st July) and need to be renewed each year.**

SCOTLAND'S
UNIVERSITY FOR
SPORTING
EXCELLENCE

UNIVERSITY of
STIRLING
SPORT



YOUR WELLBEING YOUR WAY

Fitness, wellbeing,
club sport and social
sport. Choose how
you get active at the
University of Stirling.



**DOWNLOAD
THE SPORT APP**





GIVE IT A GO

Explore what our sports teams and societies have to offer! A no-pressure chance to try new activities, meet like-minded people, and discover exciting events planned throughout the year.

**VISIT THE UNION
EVENTS WEBSITE FOR INFO**



STUDENT VOICE

Student Representation is at the core of what the Students' Union is all about.

We have over 600 Student Reps who collectively represent and champion the rights and views of all 16,000+ students at the University of Stirling.

As a Academic Rep, you have the chance to not only give a voice to fellow students but also develop valuable skills and experiences that can benefit you in the future, such as building your CV, meeting new people, and influencing University decision-making.





SABBS

Sabbatical Officers (Sabbs) are full-time paid elected Reps that provide the overall leadership of the Union and achieve political, social and educational change that will have a lasting impact on the student experience at the University.



VOLUNTEER OFFICERS



Volunteer Officers are flexible part-time roles held by students who are elected to represent specific remits and build supportive communities. From running events and campaigns to advocating for students, Volunteer Officers ensure all students have a voice at the University.

REPRESENTATIVES

Faculty Officers are paid Academic Reps, recruited each year to represent Undergraduate, Postgraduate Taught, and Postgraduate Research students. Faculty Officers represent students at Faculty level, support the academic representation system, and work on building a community for Academic Reps.

FACULTY OFFICERS



BE AN ACADEMIC REP!



Academic Reps are the foundation of student representation and gather feedback on your learning experience. While Faculty Officers represent a large group of students at a high-level, Academic Reps are expected to be your voice on a more day-to-day basis.

They make sure that your education is the best it can be as they work in partnership with the University to continually improve the student learning experience and regularly attend Student-Staff Feedback Conversation meetings.



MAKE A CHANGE

Do you have an idea or something you want to change? Get in touch with one of your Sabbatical Officers. You can also visit the Students' Union to discuss your idea and get advice on what to do next.

FIND OUT MORE



GENERAL MEETINGS

General Meetings are an opportunity for students to shape what we do and what we say. They are open to all students to discuss and make decisions on matters that impact student life. Any student can get involved by submitting motions or voicing their opinions - collectively we'll make a better world.



ZONE MEETINGS

Zone Meetings are open to all students and are an opportunity to hear from your elected Officers and shape the activities and initiatives within the four Zones; Communities, Education, Equalities and Sports Union.





UNION ELECTIONS

As a student-led organisation, each year the Students' Union holds Elections in Autumn and Spring to elect Student Reps and lead the Students' Union to represent the interests and opinions of the student body.

HOW CAN I GET INVOLVED?

Any student can put themselves forward to stand as a candidate, so make sure to check out the Union website for more information. Standing as a candidate can be a great experience and help you develop skills such as campaigning, project management and communication.

If standing isn't for you, don't worry! All students can still get involved by voting on the Union website during the Elections to make sure that the Student Reps represent what matters to you.



UNION ELECTIONS DATES TO NOTE

**Our Autumn Elections will elect several 2025/26
Volunteer Officers positions and our National Union of
Students Delegates.**


**NOMINATE:
1ST SEP - 3RD OCT 2025**

**VOTE:
16TH OCT - 17TH OCT 2025**

**Spring Elections will elect our 2026/27
Sabbatical Officers and Volunteer Officers.**

**NOMINATE:
15TH DEC 2025 - 9TH FEB
2026**

**VOTE:
24TH FEB - 27TH FEB 2026**



**WHO WILL LEAD
YOUR STUDENTS'
UNION?**





#JustAsk the Student Services Hub!



Live chat via your portal



ask@stir.ac.uk



stir.ac.uk/student-life/
support-wellbeing



01786 466022



@UofSStudentHub



Campus Central, University
of Stirling, Stirling, FK9 4LA



Here are some of the things you can #JustAsk about:

- Money support
- Emotional wellbeing
- Mental health
- Support for learning
- Careers
- Matriculation
- Accessibility
- Study skills
- Fees
- Modules
- Change in study
- Budgeting skills
- Immigration
- Timetables
- Funding
- Exams
- Study Abroad
- Graduation

The Student Services Hub, where any student can #JustAsk

STUDENTS' UNION ADVICE SERVICE

The Students' Union Advice service is free, independent, impartial, and confidential. The Students' Union is an independent and registered charity, so we always and only have your best interests in mind. We do not judge any student who asks for advice or help and nothing about the issue itself will stop us acting in your best interest.

HOW WE DELIVER

We seek to empower students; we offer confidential support, information and guidance including specialist support and representation for academic appeals, disciplinary proceedings, academic misconduct, fitness to practice referrals, professional progress referrals and complaints.

We never tell you what to do. Instead, we explore options with you so that you can make informed and considered decisions that you feel are in your own best interest. We will help you to weigh up your options and the potential outcomes of these options.



CONTACT US

Call, email or drop into the Students' Union office and your enquiry will be handled in confidence and directed to the person who may best help you, or we will signpost you to other services where appropriate.

You don't need to be on the Stirling campus to access support. Your Union can support you by email, MS Teams or phone and can also arrange, when required, for you to have Union representation where appropriate.

GRUB'S UP!

BREAKFAST AND DINNER DEALS



**BREAKFAST
& DINNER
£10***
**DINNER
£5.90***
*PER DAY

Stirling Campus Eats Grub's Up breakfast and dinner deals allow you to purchase your meals in advance for semesters 1 and 2. Prices start from only £10 per day for breakfast and dinner and £5.90 for Dinner only!

EAT WELL

- Choose from a variety of different options every day, cooked by our campus chefs.
- Breakfast includes fruit juice, tea, coffee and five hot or cold items from our breakfast menu, plus a daily breakfast special!
- Dinner includes a soup of the day starter, main course and salad bar selection plus a soft drink or water.
- Plus don't miss our weekly Wednesday theme night which also includes a dessert!

GET TO KNOW YOUR COMMUNITY

When you meet your fellow students every Monday to Friday for breakfast or dinner.

NO NEED TO BUDGET

Pay for your meals at the start of term and know exactly what you're spending.

**SCAN HERE
FOR MORE
INFORMATION
OR TO BOOK**



ACADEMIC INTEGRITY

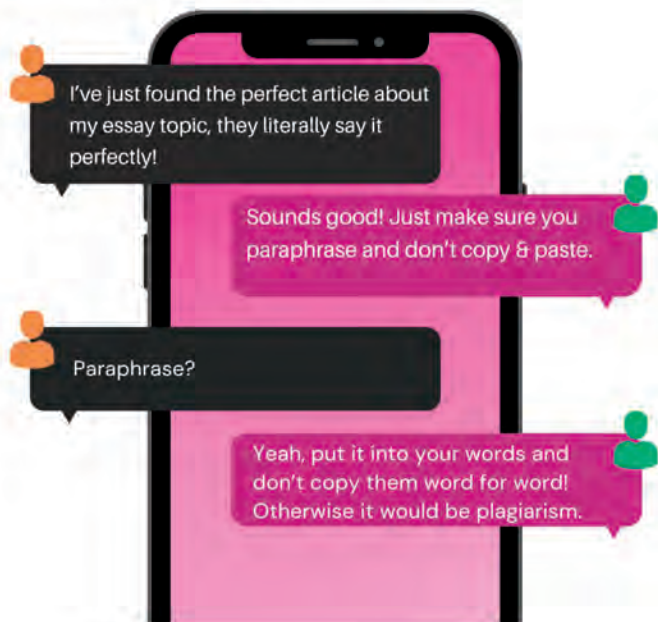
Studying at university can be very new, very intimidating, and very confusing.

Too many students end up in trouble making mistakes or breaking rules that they didn't know about or understand.

In order to make sure you've done as much as you can to prepare, we recommend taking the University's Academic Integrity online learning module (scan QR code below).

If you still aren't sure, you can talk to Student Learning Services or your Personal Tutor.

And if you do get in trouble, email advice.union@stir.ac.uk to get some help!



RATE

TEACHING AWARDS

2026



Nominations open in the autumn semester
**In a variety of award categories, our
annual RATE Awards celebrate and
recognise staff throughout the
University, from lecturers and tutors to
professional services, support staff.**

UNIVERSITY of
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your green & blue space



Your Green & Blue (G&B) Space is the Students' Union's national award-winning sustainability hub and first Green Office in Scotland!

We're here to support your sustainability journey at Stirling and empower you to help take action on the climate and ecological crises through educational opportunities, events, campaigns and more! What's best? It's led by students for students!

The Green and Blue Space is located around the corner from the Union's Atrium office and is open weekly to students, staff and the public.



OUR CORE PROJECTS

Want to get involved and make a change? We're always looking for new G&B Volunteers to learn more about sustainability and get involved! Check out our 5 core projects that we lead on in the following pages.



your green & blue space



THE FAIRSHARE

The Fair Share is our Circular Economy project and second-hand shop on campus.

We re-purpose and re-sell unwanted homeware, kitchenware, clothing and electronics, saving them from landfill.

Did you know we've saved 600 tonnes of CO₂e since 2014 with this project?

We take donations throughout the year and welcome unwanted clothing, homeware, kitchenware and unopened food.



THE FOOD HIVE

From zero waste products and sustainable lifestyle swaps to Fairtrade chocolates and organic food, our Food Hive is our refillery of organic and ethical products on campus.

Bring your own containers and come stock up on food, soaps and body care or grab some of our bestselling vegan pick n mix.



your green & blue space

COMMUNITY GARDEN & ORCHARD

Our Community Garden and Orchard is your space to cultivate friendships, learn about community food growing, permaculture, and connect with nature! You get to keep all the food you grow!

All experience levels are very welcome. Our gardening sessions take place every Wednesday from 2-4PM, just pop by!



COMMUNITY WILDFLOWER MEADOW

Want to help us tackle the Biodiversity crisis head on? Join our Biodiversity and Community Wildflower Meadow project. We are developing wildflower areas around campus to give wildlife the vital food and habitat that they need.

We also run biannual educational trips with external partners that give you hands-on experience!



your green & blue space

COMMUNITY FOOD INITIATIVE

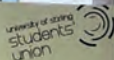
The Community Food Initiative is our food sustainability project. It aims to alleviate food poverty and financial stress, whilst encouraging food sustainability and reduction of waste. Our volunteers regularly collect surplus food from local supermarkets in the evenings that would otherwise go to waste – and it's all available to University of Stirling students and staff for free!



If you need to stock up on food, head to the unit next to the Green and Blue space, it's open 24/7. Please only take what you need so as many people as possible can benefit. You can also donate any kind of food that is in date and unopened!



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Council's
Good Food
For All
Grant



COMMUNITY
FOOD



THE
COMMUNITY
FOOD
INITIATIVE

COMMUNITY CHAMPIONS



Make your impact known by becoming a Community Champion with the Students' Union's new volunteer awards scheme.

Log your hours, skills, and training via our Volunteering Hub to climb the four levels and unlock exciting rewards:

Level 1: Community Starter
25 hours, 2 employability skills
Digital certificate

Level 2: Change Maker
50 hours, 4 skills, 1 training
All Community Starter rewards, featured in our Volunteer Spotlight

Level 3: Impact Leader
75 hours, 6 skills, 2 trainings
All Change Maker rewards, letter from VP Communities, prize draw entry

Level 4: Community Champion
100 hours, 7 skills, 3 trainings
All Impact Leader rewards, showcased at the SU Awards, eligible for external awards

All levels come with a digital banner to showcase your achievements in your email signature. Set up your volunteer profile now via the Volunteering Hub at stirlingstudentsunion.com/opportunities/volunteering (or via the QR code).



YOUR OPPORTUNITIES

CAREERS & EMPLOYABILITY

Your Students' Union offers a range of ways for you to boost your employability. Whether volunteering opportunities or paid positions, you can acquire training and useful skills by getting involved. Some examples include our environmental projects, or even through running a society/sports club.



VOLUNTEERING

Do you want experience, build skills, and knowledge, as well as a boost to your CV? Lending a helping hand opens all sorts of doors, and doing good feels good! Whether it's gardening or community outreach, leading societies or being an Academic Rep – there's something for everyone! Check out the volunteering opportunities available to you via our new Volunteering Hub.



YOUR OPPORTUNITIES



Steer Peer Mentoring is a programme which assigns peer mentors within the same course subject area (where possible) to students who are seeking guidance.

It's an opportunity for students, including postgraduate and international, to meet new people, learn more about their course, and find out about the academic and social opportunities available.



**FIND
OUT
MORE**



AMERICAN LETTER HOODIE, T-SHIRT, BAG & PEN

£29.99

INSTORE OR ONLINE
STIRLINGSTUDENTSUNION.COM/SHOP





The Union Shop in the Atrium, and online, has a huge range of student essentials and is the only official outlet for University of Stirling branded merchandise as well as cards, gifts & stationery. Visit us online or in the shop in the Atrium where our helpful, friendly staff can help you find what you need.



**Check out the
Online Shop**



Notes:

What's one thing I wish I'd known before starting Uni?

Remember to provide feedback via the Welcome survey

Notes:

The society I'm interested in checking out:

The sports clubs I'm interested in checking out:

Notes:

Visit the Union website www.stirlingstudentsunion.com

Got a question for the Union? Email theunion@stir.ac.uk

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Free period products on campus

Reusable and single-use
options available.



find out
more



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Let's get connected for our latest news & updates

