



MNU

WISDOM | CONFIDENCE | INTEGRITY

SOCIAL MEDIA

KEY DETAILS



SOCIAL MEDIA COMPETITION

Social Media Competition | 2025 Intake

We take great pride in being able to offer the social media competition to reward those students who diligently promote the MNU philosophy, document their personal MNU journey and share their MNU experiences via social media throughout the 13-month course.

This document outlines the rules and regulations of the social media competition, as well as some general terms and conditions related to your social media use as an MNU student.

"Show people your whole journey and, in time, others will want you to guide theirs"

- Martin MacDonald



Social Media Competition | How to Enter

Create a post that shares your experience of MNU and/or the course content.

Use the hashtag #MacNutritionUni and your intake's unique course hashtag #MNUSStudent2025 on each post that you would like to be considered.

Tag @macnutrition in at least 3 of your feed posts over the course of the year.

Social Media Competition | Rules

1. In order to be eligible for the competition, you must tag @macnutrition in at least three feed posts throughout the duration of the course.



2. For competition purposes, we will only consider **quality** posts that relate specifically to the lectures/residentials/course content and your personal experience of MNU. Do not simply add the hashtag to everything you post on social media as these will not count towards the competition. Think quality over quantity!
3. Make sure your posts and account are both public.
4. Instagram stories will also count towards the competition if you tag @macnutrition.
5. The competition will close on Sunday 1st November 2026. All posts will be considered up until this date.
6. Winners will be announced at your Graduation Ceremony on Saturday 21st November 2026. *[If you are unable to attend, you will be informed via email after the event instead].*

“The more we put MNU on the map, the more prestigious your qualification will become!”

Social Media Competition | Prizes

1st place – will win 50% of their MNU Course Fees back + 1 years Mentoring Lab membership (worth £440)

2nd & 3rd place – will win 25% of their MNU Course Fees

4th – 10th place – will win a selection of prizes including tickets to MN LIVE Days, and free Mentoring Lab Memberships

Social Media Competition | Terms & Conditions

The competition is open to all MNU Students.

There is no entry fee and no purchase necessary to enter this competition.

By entering this competition, an entrant is indicating his/her agreement to be bound by these terms and conditions.

Closing date for entry will be 1st November 2026. After this date, no further entries to the competition will be permitted.

All prizes are non-transferrable (with the exception of an MN LIVE Day ticket, which can be transferred to other MN LIVE Days if agreed in advance).



MNU reserves the right to cancel or amend the competition and these terms and conditions without notice. Entrants will be notified of any changes to the competition as soon as possible.

MNU's decision in respect of all matters to do with the competition will be final and no correspondence will be entered into.

The winner agrees to the use of his/her name and image in any publicity material, as well as their entry. Any personal data relating to the winner or any other entrants will be used solely in accordance with current data protection legislation and will not be disclosed to a third party without the entrant's prior consent.

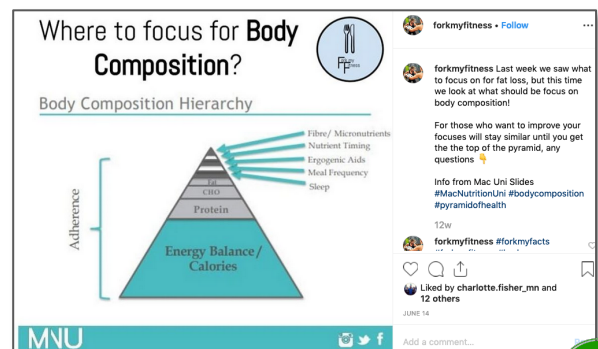
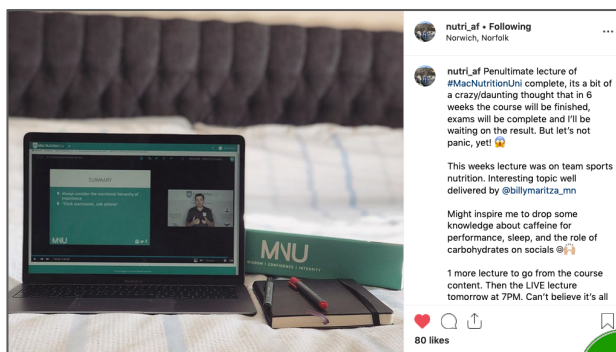
General Social Media Use | Rules

Appropriate credit should always be given if you use someone else's information on social media; this includes course content from MNU

The MNU logo and associated branding should not be edited, removed or re-purposed on your own social media platform. *This includes logo elements such as the MNU shield and the MNU brand colours.*

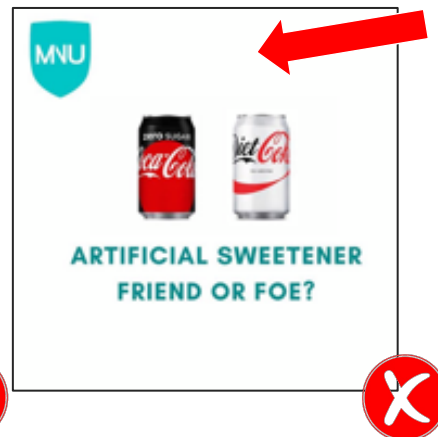
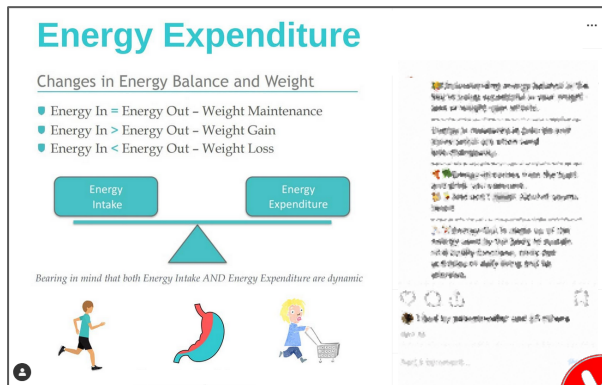
Slides from MNU lectures can be shared (with appropriate credit), however, please be careful not to include multiple slides from lectures to avoid breach of copyright.

General Social Media Use | Examples with Appropriate Credit





General Social Media Use | Examples of Plagiarised Posts with No Credit



The MNU logo should also not be edited or added to post without permission