

The Chinese University of Hong Kong
Office of Student Affairs
Wellness and Counselling Centre

uBuddies Peer Counselling Network
Application Guideline



Criteria

Applicants must be full-time non-final year undergraduate students of The Chinese University of Hong Kong.

Application and selection procedures

1. Applicants should apply through the online application form.
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13651704>
2. Applicants will be shortlisted for interview and personality inventory. The interview will be conducted during Oct 27 - Nov 9, 2022. The selection result will be released by Nov 24, 2022.
3. Successful candidates are required to pay a deposit of HK\$500. Deposits will be refunded upon the completion of the trainings (over 80% attendance of trainings) and the service projects.

Obligations

1. Attend all training sessions, adventure camp, supervision sessions and activities. (Training and supervision sessions will be **conducted mainly in Cantonese**)

Dates	Training
Jan 5, 2023 (Thu) 2:30 pm – 4:30 pm	✧ Orientation
Jan 13 - 15, 2023 (Fri to Sun) 3-days-2-nights overnight camp	✧ Adventure training camp (TBC - day camp or 3-days-2-nights overnight camp) in building team spirit; enhancing self-understanding and self-confidence
Feb 24, 2023 (Fri) 3:30 pm – 5:30 pm	✧ Handover Ceremony
Feb 3, 2023 (Fri) Feb 10, 2023 (Fri) Feb 17, 2023 (Fri) 5:45pm – 8:45pm	✧ Peer Counselling Skills Training I
Mar 3, 2023 (Fri) Mar 17, 2023 (Fri) Mar 24, 2023 (Fri) 11:30 am – 1:00 pm	✧ Peer Counselling Skills Training II
May 17 & 19, 2023 (Wed & Fri) 10:00 am – 5:00 pm	✧ 12 hours on Mental Health First Aid Standard Course Training
May to Aug, 2023	✧ 2 sessions on Practicum and Supervision

2. Provide peer counselling service, organize group service projects, and/or manage CU Tree Hole Instagram, etc.

Qualifications:

Upon completion of all trainings and service projects, you will obtain the following qualifications:

- ✧ CUHK uBuddies Certificate
- ✧ Mental Health First Aid Certificate
(The certificate is issued by The Mental Health Association of Hong Kong, and acknowledged by the Mental Health First Aid International)
- ✧ Eligible for the election of 'Best uBuddies of the Year'
- ✧ The qualification obtained will be recorded in the Student Development Portfolio (SDP)

Application deadline: October 5, 2022

Enquiry: 3943 1804 Miss Kong