



**uPals Wellness Promotion Team
Application Guidelines**

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 complete and submit 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 training) and the service projects.

Obligations:

1. Attend all training sessions, adventure camp, and workshops. (All training will be conducted **in English**)

Date & Time		Training (conducted in English)
6 Jan, 2023 (Fri)	2:30 pm – 4:30 pm	Orientation
14 – 15 Jan, 2023 (Sat to Sun)	TBC	Adventure training camp (TBC - day camp or 2-days-1-night overnight camp) in building team spirit and enhancing self-confidence
10 Feb, 2023 (Fri) 17 Feb, 2023 (Fri)	4:30pm-7:00pm	Basic Helping Skills Training I & II
3 Mar, 2023 (Fri)	3:30pm-5:30pm	Handover Ceremony
24 Feb, 2023 (Fri) 17 Mar, 2023 (Fri) 24 Mar, 2023 (Fri) 31 Mar, 2023 (Fri) 19 May, 2023 (Fri)	11:30am-1:30pm	Attend <u>TWO</u> of the Wellness Workshops: <ul style="list-style-type: none"> - Dance Therapy - Expressive Arts Therapy - Sound Therapy - Mindfulness Workshop - Advanced Helping Skills

<p>15,16,22 & 23 May, 2023</p> <p>Or</p> <p>29 May, 2023 (Mon) 31 May, 2023 (Wed)</p>	<p>4:30pm-7:30pm</p> <p>Or</p> <p>10:00am-5:00pm</p>	<p>12-Hour Mental Health First Aid Standard Course</p>
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2. Organize service projects focused on the promotion of mental wellness, positive psychology and resilience, and participant in the recruitment booth (total service hours: 12-15 hours)

Qualifications:

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

- ✧ CUHK uPals Certificate
- ✧ Mental Health First Aid Certificate
- ✧ Eligible for the election of ‘Best Service Project of the Year’ and ‘Best uPals 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