



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=13670537>
2. Applicants will be shortlisted for interview and personality inventory. The interview will be conducted from Oct 26 - Nov 10, 2023. The selection result will be released by Nov 15, 2023.
3. Successful candidates are required to pay a deposit of HK\$500. Deposits will be refunded upon the completion of the training (over 80% attendance of training) 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, 2024 (Fri) 2:30 pm – 4:30 pm	✧ Orientation
Jan 12 - 14, 2024 (Fri to Sun) 3-days-2-nights overnight camp	✧ Adventure training camp (3-days-2-nights overnight camp) in building team spirit; enhancing self-understanding and self-confidence
Feb 2, 2024 (Fri) 3:30 pm – 5:30 pm	✧ Handover Ceremony
Jan 19, 2024 (Fri) Jan 26, 2024 (Fri) Feb 23, 2024 (Fri) 5:45 pm – 8:45 pm	✧ Peer Counselling Skills Training I
Mar 15, 2024 (Fri) Mar 22, 2024 (Fri) 11:30 am – 1:00 pm	✧ Peer Counselling Skills Training II
May 11, 2024 (Sat) 10:00 am – 5:00 pm	✧ Team Building
May 14 & 16, 2024 (Tue & Thur) 10:00 am – 5:00 pm	✧ 12 hours on Mental Health First Aid Standard Course Training

<p>May 17, 2024 (Fri) 2:30 pm – 4:30 pm</p> <p>Jun 3, 2024 (Mon) 10:00 am – 12:00 pm</p> <p>Jun 18, 2024 (Tue) 2:30 pm – 4:30 pm</p>	<p>✧ 3 sessions on Practicum and Supervision</p>
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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 6, 2023

Enquiry: uBuddies@cuhk.edu.hk