

## Frequently Asked Question

### 1. What are the differences between uBuddies and uPals?

	uBuddies	uPals
<b>Training</b>	Peer Counsellor Training	Peer Support and wellness promotion
<b>Training Programme</b>	<b>50+ hours of intensive training:</b> <ul style="list-style-type: none"> <li>- 3 days 2 nights Adventure Camp</li> <li>- 12 hours of peer counselling skills training</li> <li>- 12 hours of Mental Health First Aid Standard Course</li> <li>- 4 hours of practicum and supervision</li> <li>-</li> </ul>	<b>30 hours of training:</b> <ul style="list-style-type: none"> <li>1 Day adventure-based Training Camp</li> <li>5 hours on Helping Skills</li> <li>12 hours on Mental Health First Aid Standard Course</li> <li>4 hours on Wellness Workshops</li> </ul>
<b>Medium of Instruction</b>	Cantonese with English supplement	All in English
<b>Service</b>	Provide peer counselling support to undergraduate students such as Dr Dog, Treehole Facebook page, workshops, etc.	Provide peer support and promote positive living to support mental wellness in CUHK such as cheering activities, supporting campus wide mental health campaign.

### 2. Can I join both uBuddies and uPals Programme at the same time?

Although the application form for both uBuddies and uPals Programme is the same, you can only join either **ONE** during the same school year. You are required to indicate your preference for uBuddies or uPals on the application form.

### 3. What is the application procedure?

First, you should submit the online application form before the deadline. Within 2 weeks' time after the application deadline, shortlisted applicants will received email invitation for interview.