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

Sharing is Caring – Peer Support Network Wellness Ambassador 2027

We have an exciting opportunity for you to exchange experiences, strengthen bonds, and make a lasting impact on the CUHK and CUHK-Shenzhen (CUHK(SZ)) communities. The Wellness and Counselling Centre of the Office of Student Affairs has established the uPals Wellness Ambassador Scheme since January 2024. This will empower you to spread a culture of care and wellness, while also fostering personal growth and honing your leadership skills. We will be organizing a trip to Shenzhen and hosting workshop to further connect and unite us.

Eligibility

- Full-time students of CUHK;
- Graduates of uBuddies Peer Counselling Network / uPals Wellness Promotion Team / uShine SEN Service Team or uBuddies 2026 / uPals 2026 / uShine 2026 who completed training requirements and are currently taking part in service projects;
- Responsible, proactive, confident and enthusiastic in helping and caring about others;
- Knowledge of Putonghua will be an advantage.

Roles and Responsibilities

- Attend a 2-hour 3D texture painting workshop and training. Upon completion, Peer Support Network Wellness Ambassadors will serve as student instructors, leading a 1.5-2 hours Texture Painting Workshop in Putonghua for CUHK(SZ) students during the 2-days-1-night visit to Shenzhen.
- Peer Support Network Wellness Ambassadors will also share their mental health promotion experiences in Hong Kong during the trip to Shenzhen.

Duration

Jan to Feb 2027

Wellness Workshop and Training

Participants will engage in a comprehensive 3D texture painting experience, gaining valuable skills and knowledge while also releasing stress and interacting with your peers.

Event Schedule

Date & Time	Event
6 Jan, 2027 (Wed) 7:00 pm – 9:30 pm	❖ **Program Briefing and Texture Painting Workshop in CUHK**
19 - 20 Feb, 2027 (Fri to Sat)	❖ **Exchange Tour to CUHK(SZ)** (2-day-1-night trip)  • Hold a 3D Texture Painting Workshop for CUHK(SZ) Wellness promotion team - Y∞UTH and sharing the mental health promotion experiences  • Attend Wellness workshop conducted by Y∞UTH

Remarks: Students enrolled in College GE courses may be granted exemptions. If needed, please contact waccactivities@cuhk.edu.hk.

Qualifications

Upon completion of all trainings and the exchange tour, the following qualifications will be obtained:

- Certificate of Peer Support Network Wellness Ambassador;
- The qualification obtained will be recorded in the Student Development Portfolio (SDP)

Application Procedure

1. Applicants should complete the online application form and submit it along with the deposit of HK$500 on or before the deadline.
2. The deposit will be refunded upon the completion of the trainings and the exchange tour.

Application Form

Enrolment of Peer Support Network Wellness Ambassador 2027

Application Deadline:

10 Dec 2026 (Thu)

Enquiry:

waccactivities@cuhk.edu.hk