

The Chinese University of Hong Kong  
Office of Student Affairs  
Wellness and Counselling Centre  
**uBuddies Peer Counselling Network**  
**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.
2. Applicants will be shortlisted for interview. The interview will be conducted from **October 21 – November 7, 2025**. The selection result will be released on or after **November 10, 2025**.
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, practicum and supervision, and workshops. (All training will be mainly conducted **in Cantonese**)

Date & Time		Training
<b>2 Jan, 2026 (Fri)</b>	2:30 pm – 4:30 pm	<b>Orientation</b>
<b>16 – 18 Jan, 2026 (Fri – Sun)</b>		<b>Adventure Training Camp (3-days-2-nights overnight camp)</b> in building team spirit and enhancing self-confidence
<b>9 Jan, 2026 (Fri)</b> <b>23 Jan, 2026 (Fri)</b> <b>30 Jan, 2026 (Fri)</b>	5:00 pm – 7:30 pm	<b>Peer Counselling Skills Training I</b>
<b>27 Feb, 2026 (Fri)</b>	4:30 pm – 6:00 pm	<b>Handover Ceremony</b>
<b>13 Mar, 2026 (Fri)</b> <b>20 Mar, 2026 (Fri)</b>	11:30 am – 1:00 pm	<b>Peer Counselling Skills Training II</b>
<b>9 May, 2026 (Sat)</b>	1:00 pm – 6:00 pm	<b>Team Building</b>
<b>12 &amp; 14 May, 2026 (Tue &amp; Thu)</b>	10:00 am – 5:00 pm	<b>12-hours Mental Health First Aid Standard Course</b>
<b>May – Jun, 2026</b> <b>Date TBC</b>	Time TBC	<b>2 Sessions of Practicum and Supervision</b>
<b>Sep, 2026</b> <b>Date TBC</b>	Time TBC	<b>Workshop on Suicide Prevention</b>

2. Organize service projects to promote a caring culture on campus, foster the spirit of peer mutual support, and participate in the recruitment and wellness promotion booth. (Total service hours: 18 hours)

### Qualifications

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

- ✧ CUHK uBuddies Certificate
- ✧ Mental Health First Aid Certificate
- ✧ Eligible for the election of ‘Best Service Project of the Year’ and ‘Best uBuddies of the Year’
- ✧ The qualification obtained will be recorded in the Student Development Portfolio (SDP)
- ✧ uBuddies who demonstrate outstanding performance and contributions will be nominated to join a 5-day, 4-night Overseas Barrier-Free Discovery Tour in May/June 2027, with 90% of the tour expenses subsidized by the University.

**Application deadline: September 29, 2025 (Monday)**

**Enquiry: [ubuddies@cuhk.edu.hk](mailto:ubuddies@cuhk.edu.hk)**