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 26 – November 6, 2026. The selection result will be released on or after November 13, 2026.
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
8 Jan, 2027 (Fri)	2:30 pm – 4:30 pm	**Orientation**
15 – 17 Jan, 2027 (Fri – Sun)		**Adventure Training Camp (3-day-2-night overnight camp)** in building team spirit and enhancing self–confidence
22 Jan, 2027 (Fri)	5:00 pm – 7:00 pm	**Peer Counselling Skills Training I**
29 Jan, 2027 (Fri) **19 Feb, 2027 (Fri)**	5:00 pm – 8:00 pm	
26 Feb, 2027 (Fri)	4:30 pm – 6:00 pm	**Handover Ceremony**
5 Mar, 2027 (Fri) **19 Mar, 2027 (Fri)**	11:30 am – 1:30 pm	**Peer Counselling Skills Training II**
15 May, 2027 (Sat)	12:00 nn – 5:00 pm	**Team Building**
18 & 20 May, 2027 (Tue & Thu)	9:30 am – 5:30 pm	**12-hours Mental Health First Aid Standard Course**
24 May, 2027 (Mon) **Sep, 2027 (Date TBC)**	2:30 pm – 4:30 pm Time TBC	**Attend ONE of the following:** - Practicum and Supervision - Workshop on Suicide Prevention

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)
- ✧ Summer internship opportunity in local service provider/ NGO/ social enterprise (Subject to screening and selection by respective organizations)
- ✧ uBuddies who demonstrate outstanding performance and contributions will be nominated to join an Overseas Barrier-Free Discovery Tour in 2028, with 90% of the tour expenses subsidized by the University.

Application deadline: **October 4, 2026 (Sunday)**

Enquiry: **ubuddies@cuhk.edu.hk**