

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 and personality inventory. The interview will be conducted from **October 14 – November 1, 2024**. The selection result will be released by **November 8, 2024**.
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
3 Jan, 2025 (Fri)	2:30 pm – 4:30 pm	Orientation
17 – 19 Jan, 2025 (Fri to Sun)		Adventure Training Camp (3-days-2-nights overnight camp) in building team spirit and enhancing self-confidence
10 Jan, 2025 (Fri) 7 Feb, 2025 (Fri) 28 Feb, 2025 (Fri)	5:00 pm – 7:30 pm	Peer Counselling Skills Training I
21 Feb, 2025 (Fri)	3:30 pm – 5:30 pm	Handover Ceremony
14 Mar, 2025 (Fri) 21 Mar, 2025 (Fri)	11:30 am – 1:00 pm	Peer Counselling Skills Training II
10 May, 2025 (Sat)	1:00 pm – 6:00 pm	Team Building
13 & 15 May, 2025 (Tue & Thu)	10:00 am – 5:00 pm	12-Hour Mental Health First Aid Standard Course
May to Jun, 2025 Date TBC	Time TBC	2 Sessions of Practicum and Supervision
Sep, 2025 Date TBC	Time TBC	Workshop on Suicide Prevention

2. Organize service projects to promote a caring culture on campus and foster the spirit of peer mutual support and peer counselling, 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)

Application deadline: October 4, 2024

Enquiry: ubuddies@cuhk.edu.hk