

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, and workshops. (All training will be conducted **in English**)

Date & Time		Training
15 Jan, 2027 (Fri)	2:30 pm – 4:30 pm	Orientation
22 – 24 Jan, 2027 (Fri to Sun)		Adventure Training Camp (3-day-2-night overnight camp) in building team spirit and enhancing self-confidence
29 Jan, 2027 (Fri) 19 Feb, 2027 (Fri)	4:30 pm – 6:30 pm	Basic Helping Skills Training
26 Feb, 2027 (Fri)	4:30 pm – 6:00 pm	Handover Ceremony
5 Mar, 2027 (Fri) 19 Mar, 2027 (Fri) 9 Apr, 2027 (Fri)	10:00 am – 12:00 noon 11:30 am – 1:30 pm 11:30 am – 1:30 pm	Attend TWO of the Wellness Workshops: - Forest Bathing Workshop - Tree of Life Self-exploration Workshop - Horticultural Workshop
20 Mar, 2027 (Sat)	2:00 pm – 5:00 pm	Team Building
3 & 10 Apr, 2027 (Sat)	10:30 am – 5:30 pm	12-hours Mental Health First Aid Standard Course

2. Organize service projects focused on promoting mental wellness, positive psychology and resilience, and participate in the recruitment and wellness promotion booth. (Total service hours: 18 hours)

Qualifications

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

- ✧ CUHK uPals Certificate
- ✧ Mental Health First Aid Certificate
- ✧ Eligible for the election of 'Best Service Project of the Year' and 'Best uPals of the Year'
- ✧ The qualification obtained will be recorded in the Student Development Portfolio (SDP)
- ✧ uPals 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