

uPals Wellness Promotion Team
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, and workshops. (All training will be conducted **in English**)

| Date & Time | | Training |
|--|---|---|
| 10 Jan, 2025 (Fri) | 4:00 pm – 6:00 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 |
| 24 Jan, 2025 (Fri) 7 Feb, 2025 (Fri) 27 Feb, 2025 (Thu) | 5:30 pm – 7:30 pm 5:30 pm – 7:30 pm 6:30 pm – 8:30 pm | Basic Helping Skills Training |
| 21 Feb, 2025 (Fri) | 3:30 pm – 5:30 pm | Handover Ceremony |
| 28 Feb, 2025 (Fri) 13 Mar, 2025 (Thu) 21 Mar, 2025 (Fri) 28 Mar, 2025 (Fri) | 11:30 am – 1:30 pm 6:30 pm – 8:30 pm 11:30 am – 1:30 pm 11:30 am – 1:30 pm | Attend <u>TWO</u> of the Wellness Workshops: - Sound Therapy: Singing Bowl - Tasting Loving-kindness Meditation - Dance & Movement Therapy - Expressive Arts Therapy |
| 12 & 13 May, 2025 (Mon & Tue) | 10:00 am – 5:00 pm | 12-Hours Mental Health First Aid Standard Course |

2. Organize service projects focused on the promotion of 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)

Application deadline: 4 October, 2024

Enquiry: upals@cuhk.edu.hk