

**The Chinese University of Hong Kong
Wellness and Counselling Centre
Peer Support Network 2026
Frequently Asked Question**

1. What are the differences between uBuddies, uPals and uShine?

	uBuddies	uPals	uShine
Training	Peer counsellor training	Peer support and wellness promotion	Peer support and raising awareness on special educational needs (SEN)
Training Programme	54 hours of training: <ul style="list-style-type: none"> • 3-days-2-nights Adventure Camp • 11 hours on Peer Counselling Skills Training • Team Building • 4 hours on Practicum and Supervision • 12 hours on Mental Health First Aid Standard Course 	46 hours of training: <ul style="list-style-type: none"> • 3-days-2-nights Adventure Training Camp • 5 hours on Basic Helping Skills Training • 4 hours on Wellness Workshops • Team Building • 12 hours on Mental Health First Aid Standard Course 	44 hours of training: <ul style="list-style-type: none"> • 3-days-2-nights Adventure Camp • 5 hours on Basic Helping Skills Training • 5 hours on Training on SEN • 12 hours on Mental Health First Aid Standard Course
Medium of Instruction	Mainly in Cantonese	All in English	Mainly in Cantonese
Service	Provide peer support with well-equipped peer counselling skills and organise a range of meaningful service projects on campus to promote mental wellness.	Offer vibrant and inclusive wellness activities that connect and support CUHK's diverse and international student community.	Facilitate peers with SEN in the adjustment of campus life while raising awareness and understanding of SEN among the CUHK community.

2. Can I join uBuddies, uPals and uShine Programme at the same time?

Although the application form for the uBuddies, uPals and uShine Programme is the same, you can only join **ONE** during the same academic year. You are required to indicate your first two preferences on the application form.

3. What is the application procedure?

Please submit the online application form before the deadline. Within 2 weeks after the application deadline, shortlisted applicants will receive an email invitation for an interview.

4. What if I couldn't attend some of the training workshops?

Please note that successful candidates must attend at least 80% attendance of all training programme and complete service projects in order to retrieve their deposit and obtain certificate. For Mental Health First Aid Standard Course, you have to complete the full 12-hours training for the MHFA certificate.