

Shadowing Scheme for Secondary Students (SSeeds)

SSeeds
義工隊招募隊員



Organiser:



學生事務處 學生經驗及發展組
Student Experience and Development Section
Office of Student Affairs

Co-organiser:



明愛聖若瑟中學
Caritas St. Joseph Secondary School

What is SSeedS?

Co-organised with Caritas St. Joseph Secondary School (CSJSS), the Student Experience and Development Section, Office of Student Affairs, organises a service project called “**S**hadowing **S**cheme for **S**econdary **S**tudents (**S**Seed**S**)”. SSeedS aims to:

- 1) make friends;
- 2) provide an opportunity for CUHK students to serve the community as peer mentors;
- 3) introduce concepts of everyday leadership;
- 4) develop a service-mind set;
- 5) enhance students' generic competencies of innovative problem solving, communication and teamwork through service learning; and
- 6) understand yourself, your team and help them flourishing.

SSeedS also creates a platform for members to practice how to be an everyday leader. Both SSeedS members (the peer mentors) and the secondary students can benefit through life on life interaction.

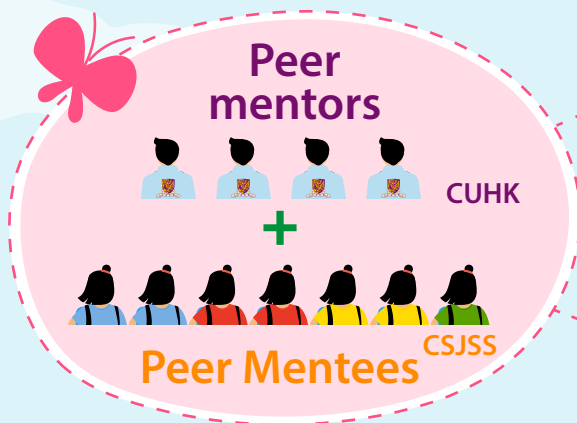


Who are the service receivers?

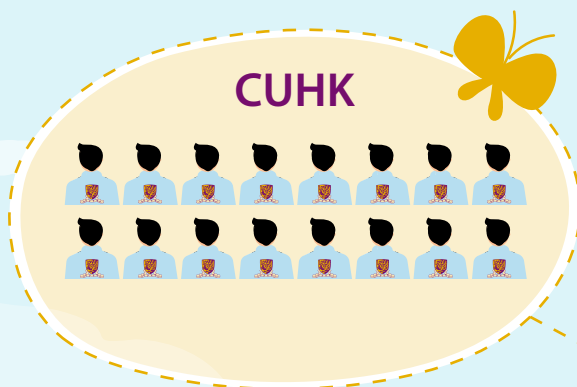
Around 30-35 form 4 / 5 students nominated by Caritas St. Joseph Secondary School (CSJSS)



What are the voluntary services?



- 1 14/1/2024 (Sun)
Meet-and-great session
plus adventure day camp
- 2 24/2/2024 (Sat) Small
group activities
- 3 Organising 2 group activities with
financial subsidy (e.g. \$400 per mentor),
aiming at
 - (a) flourishing your mentees on how to
arrange an activity for groupmates
under a limited budget
 - (b) building rapport among your
groupmates



Organising a camp for 20-25 form 6 students
called "A Taste of CUHKers".

How to apply SSeedS?

Scheme period: November 2023 – May 2024

Eligibility: CUHK full time undergraduate students

Fee: Free (deposit HK500@) - will be refunded to SSeedS teammates if they complete the scheme.

Medium: Cantonese / Mandarin

No. of teammates: 20

Interview: Candidates will be invited to take part in an interview on **24 October 2023 (Tuesday)**. Successful candidates will receive a confirmation email before **31 October 2023 (Tuesday)**.

Enrolment method: Please enroll at this application link (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13656376>) by **11:59pm, 16 October 2023 (Monday)**. Candidates will receive an invitation email of an interview session by **24 October 2023 (Tuesday)**.

Enrolment deadline: **11:59pm, 16 October 2023 (Monday)**

Enquiry: Ms. Christine Lau
Email: christinelau@cuhk.edu.hk; Tel: 3943-8652; whatsapp: 3943-8652
Ms Sharon Cheung
Email: sharoncheung@cuhk.edu.hk; Tel: 3943-9944; whatsapp: 3943-9944

SSeedS Schedule

Interview	24 October 2023 (Tuesday)	Interview
Introduction Session	10 November 2023 (Friday) 3:00-4:00pm	Introduction of the scheme
Training Sessions	11 & 12 November 2023 (Saturday & Sunday) (Full days)	An overnight training camp, aiming at (1) understanding yourself and your teammates (2) building up team spirits (3) learning to operate an effective and meaningful social service and how to be a mentor
	4 & 5 January 2024 (Thursday & Friday) (12 hours)	2 days' workshop on mental health first-aid (youth)
Meetings	9 January 2024 (Tuesday) 6:30-8:00pm (TBC)	Meeting
	15 February 2024 (Thursday) 6:30-8:00pm (TBC)	Meeting
	5, 17 June 2024 (Wednesday, Monday) 2:30-4:00pm (TBC)	Meetings on organising a camp for form 6 students called "a Taste of CUHKers".
Voluntary services	14 January 2024 (Sunday) (Full day)	Meet-and-greet session plus an adventure day camp with CSJSS students
	24 February 2024 (Saturday)	Small group activities (5 groups)
	February – May 2024	2 small group activities for CSJSS students
	25-28 June 2024 (Tuesday - Friday)	A 4 days 3 nights camp / day camp for 20 CSJSS form 6 students

What are the SSeedS incentives?

SSeedS members who successfully complete the scheme can

1. receive a certificate of mental health first-aid;
2. receive a certifying letter;

More incentives for those who submit 1 article in English (not less than 200 words) / 2 mins video in Cantonese or English on your experience of SSeedS)

3. be eligible to receive subsidy for organising events of their student societies/ individual teams in 2023-2024.

Remarks:

1. OSA reserves the right to revise/amend/cancel any activities of the scheme.
2. Successful candidates will receive a confirmation email before 31 October 2023 (Tuesday). A whatsapp group will be formed among SSeedS teammates. All teammates should join the group, as the workshop information will be released via the whatsapp group.
3. SSeedS teammates personal information, including names, study years, phone numbers and email addresses, will be passed to trainers if necessary.
4. OSA has the copyright of the photos and videos of the scheme.
5. Due to COVID-19 pandemic, some of the activities may be changed to online events if necessary.

