



**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.
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13670537>
2. Applicants will be shortlisted for interview and personality inventory. The interview will be conducted from Oct 26 - Nov 10, 2023. The selection result will be released by Nov 15, 2023.
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 (conducted in English)
12 Jan, 2024 (Fri)	3:45 pm - 5:45 pm	Orientation
19 – 21 Jan, 2024 (Fri to Sun)		Adventure training camp (3-days-2-night overnight camp) in building team spirit and enhancing self-confidence
26 Jan, 2024 (Fri) 2 Feb, 2024 (Fri)	5:45 pm - 8:45 pm	Basic Helping Skills Training I & II
1 Mar, 2024 (Fri)	3:30 pm - 5:30 pm	Handover Ceremony
23 Feb, 2024 (Fri) 22 Mar, 2024 (Fri) 5 Apr, 2024 (Fri) 12 Apr, 2024 (Fri)	11:30 am - 1:30 pm	Attend <u>TWO</u> of the Wellness Workshops: <ul style="list-style-type: none"> - Expressive Arts Therapy - Sound Therapy: Singing Bowl - Dance & Movement Therapy - Advanced Helping Skills
13 & 14 May, 2024 (Mon & Tue)	10:00 am - 5:00 pm	12-Hour Mental Health First Aid Standard Course

2. Organize service projects focused on the promotion of mental wellness, positive psychology and resilience, and participant in the recruitment booth (total service hours: 15 hours)

Qualifications:

Upon completion of all trainings and service projects, you 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: October 6, 2023

Enquiry: upals@cuhk.edu.hk