



DEPARTMENT OF ENGLISH

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Peer Support Network (uBuddies/uPals) 2023

Are you interested in wellness promotion on CUHK campus? Would you like to provide peer support in the student community? Apply to become a 'uBuddy' or a 'uPal'!

The University's 'uBuddies' Peer Counselling Network focuses on equipping members with peer counselling skills and strengthening the peer support atmosphere. The training is conducted in Cantonese. In parallel, the 'uPals' Wellness Promotion Team is trained in English and focuses on peer wellness promotion to ensure widespread mental wellness awareness on CUHK campus. **Nomination for the 2023 intake of 'uBuddies' and 'uPals' is now open.** All non-final-year undergraduate students are eligible to apply. Selected nominees will attain the following qualifications upon successful completion of training:

- 'CUHK uBuddies Certificate' or 'CUHK uPals Certificate'
- Mental Health First Aid Certificate (jointly issued by the Office of Student Affairs and The Mental Health Association of Hong Kong. The certificate is acknowledged by Mental Health First Aid International.)
- The qualification obtained will be recorded in the Student Development Portfolio (SDP)

Please send an email to english-dept@cuhk by 7 October 2022 to indicate your interest.

Co-op@CUHK: Co-operative Education Programme Recruitment

The CUHK's Co-operative Education Programme, "Co-op@CUHK", is open for its new round of recruitment. This academically accredited programme gives students the opportunity to build up their soft skills, industry insights and professional networks while earning their degrees. A number of information sessions are scheduled to walk students through the programme details. Please visit [here](#) for details.