

# uPals

CUHK 2021-2022

## Wellness Promotion Team

All local and non-local students are welcome!

### Training (conducted in English)

- 5 hours Basic Helping Skills Training
- 12 hours Mental Health First Aid Standard Course
- 1 Day Adventure-based Camp
- 4 hours Wellness Workshops

### Attainable Qualifications

- CUHK uPals Certificate
- Mental Health First Aid Certificate
- Record in the Student Development Portfolio

### Service Projects

Design and implement on-campus service projects!

**APPLICATION DEADLINE:**

**October 15, 2021**

**COME JOIN US!**



 [cuhk\\_upals](https://www.instagram.com/cuhk_upals)

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