

Application Period
29 Aug - 5 Oct 2022



uPals Wellness Promotion Team 2023

**All local & non-local students
are welcome**

Training (conducted in English)

**Adventure-based
Training Camp**

**5 hours Basic Helping
Skills Training**

**12 hours Mental Health First
Aid Standard Course**

4 hours Wellness Workshops

Service Projects

**Design and implement
on-campus service projects!**



Qualifications

CUHK uPals Certificate

Mental Health First Aid Certificate

Record in the Student Development Portfolio



cuhk_upals



**39431804
Ms. Kong**

