

The Education University of Hong Kong
Student Affairs Office
Mindwell Ambassador Programme 2026-27

The Mindwell Ambassador Programme, organised by the Student Affairs Office (SAO), is a campus-wide student leadership initiative that empowers students to grow, connect, and make a difference. It is designed for students who want to support others, build community, and help create a more inclusive, caring, and vibrant university experience.

Whether you are passionate about helping new students settle in, promoting wellbeing, encouraging cultural understanding, or raising awareness about digital safety, the Mindwell Ambassador Programme gives you the training and experience to lead with confidence.

Why Join?

As a Mindwell Ambassador, you will:

- Build your leadership, communication, and teamwork skills while becoming more confident working with others
- Gain hands-on experience in peer support and student engagement, and make a positive impact on campus
- Learn how to support students from different backgrounds and gain practical experience for your future career

This is a great opportunity to give back to the university community while strengthening your own development and employability. **All Non-final Year Full-time Undergraduate Students** are welcome to join.

Your Contribution Matters

Mindwell Ambassadors will be recognised for their service with the following:

- E-Certificate of Participation
- ELAT Record under Category B (*except Peer Support Stream*)
- ELAT Record under Category C (*Peer Support Stream only*)
- 3 Hall Points under Section D (*for Hall Admission Exercise 2028/29; Peer Support Stream only*)
- Official Reference Letter for ambassadors who meet the requirements across all four streams

Remarks: All programme certificates will be delivered in September 2027. All forms of recognition are subject to final decision.

Programme Structure

The Mindwell Ambassador Programme includes **three stages**:

1. **General Training Phase:** to provides you with foundational knowledge and practical skills for your roles and upcoming activities.
2. **Specialised Stream Training Phase:** You will choose **one or more** of four specialised streams based on your interests and strengths including **Peer Support, Cultural Integration, Digital Wellbeing and EdCare**. Please refer to the introduction and schedule of each stream for details.
3. **Practicum Phase:** You will put your learning into practice through real campus activities such as: festivals and orientation events.

1. General Training *[For all ambassadors across all streams]*

All Mindwell Ambassadors across all streams are required to attend the compulsory training and choose one or more elective training.

[Compulsory Training]

Training session	Date & Time
Half-Day Team Building Camp (3 hours)	23 Jan 2027 (Sat) 13:30-16:30 @Sports Hall

[Choose ONE or MORE Elective Training]

Training sessions	Date & Time
Personality Dimensions® Workshop (3 hours)	Session 1 (Chi): 2 Dec 2026 (Wed) 14:00-17:00 @C-1/F-01Q or Session 2 (Eng): 23 Jan 2027 (Sat) 09:00-12:00 @C-LP-02
Online General Skills Training Workshop (2 hours)	14 Dec 2026 (Mon) 14:00-16:00 (Online)
Standard Mental Health First Aid Certificate Course (12 hours)	Session 1 (Chi): 14 & 15 Dec 2026 (TBC) or Session 2 (Eng): 17 & 18 Dec 2026 (TBC)

[Compulsory training for EdCare stream]

Remarks: The quota for each elective training session is limited and will be allocated based on your priority choices and selected stream(s).

2. Specialised Stream Training

A. Peer Support

Ambassadors serve as student mentors who provide peer guidance, encouragement, and support to help students settle into university life. By leading peer support activities and orientation events, ambassadors help new students, non-local students, non-Chinese-speaking students, international students, and others feel more connected and build a friendly, supportive community at EdUHK.

i. Recruitment / Selection

- Interviews: 8–13 Oct 2026

- Results Announcement: 23 Oct 2026 (Fri)

Remarks: If you apply to multiple streams, you may only need to attend a single interview.

You may be invited for a follow-up conversation if further evaluation is needed.

ii. Requirements

- a) Ambassadors are required to attend the following compulsory specialised trainings:

Training sessions	Date & Time
Activity Planning & Facilitation Workshop (3 hours)	Date: 27 Feb 2027 (Sat) 13:30-16:30 @Sports Hall
Online Mentoring & Coaching Skills Workshop (2 hours)	Date: 18 May 2027 (Tue) 14:00-16:00 (Online)

- b) Ambassadors are required to complete the following practicum:

- Lead freshmen during Orientation Day (16-17 August 2027, TBC) by helping them settle in, find their way around, and join orientation activities.
- Design and organise activities/booths for new students/ non-Chinese Speaking students/non-local UG students to adapt to university life.

iii. Recognition and Benefits

Ambassadors will be recognised for their service with the following opportunities and rewards:

- Gain hands-on experience in peer coaching and group facilitation by leading student groups
- Strengthen your leadership and communication skills
- Build practical skills in activity design and event planning
- Receive early access to apply for student helper roles in large-scale or University-wide events (e.g. Awards Presentation Ceremony) and student representative positions in external events or tours.

B. Cultural Integration

Ambassadors are trained as tour guides to help non-local students explore and appreciate Hong Kong culture. Through designing and leading guided tours, participating in Cultural Festivals and Intercultural Fairs, and sharing their own experiences, ambassadors promote cross-cultural integration and help students build meaningful connections with the local community.

i. Recruitment / Selection

- Interviews: 8–13 Oct 2026
- Results Announcement: 23 Oct 2026 (Fri)

Remarks: If you apply to multiple streams, you may only need to attend a single interview. You may be invited for a follow-up conversation if further evaluation is needed.

ii. Requirements

- a) Ambassadors are required to attend the following compulsory specialised trainings:

Training sessions	Date & Time
Docents Education on Communities (6 hours)	Date: 14 Nov 2026 (Sat) @C-LP-02/ outing
Docents Education on Museums (6 hours)	Date: 16 Jan 2027 (Sat) @C-LP-02/ outing

- b) Ambassadors are required to complete the following practicum:

- Design and organise a student-led community tour to help non-local students better understand Hong Kong culture.
- To support the organisation of the Global Faith & Cultural Festival (4 Nov 2026) and/or the Intercultural Fair (Feb 2027).

iii. Recognition and Benefits

Ambassadors will be recognised for their service with the following opportunities and rewards:

- Receive a certificate from the Hong Kong Docent Association (HK Docent)
- Earn training hours toward the Hong Kong Young Ambassador Scheme or Recognised Docent status under HK Docent (香港導賞學會—青年導賞大使計劃)
- Enjoy higher priority for student helper roles in community tours
- Gain insights into the docent industry and connect with professionals in the field

C. Digital Wellbeing

Ambassadors promote scam awareness and online safety among students and the wider community. Working in collaboration with the Hong Kong Police, they organise campaigns and activities on digital literacy, scam prevention, safe online practices, and responsible technology use. Through these efforts, ambassadors help peers and the Tai Po community recognise common scams, stay alert to online risks, and build a safer, more informed digital environment at EdUHK.

i. Recruitment / Selection

- Interviews: 8–13 Oct 2026

- Results Announcement: 23 Oct 2026 (Fri)

Remarks: If you apply to multiple streams, you may only need to attend a single interview.

You may be invited for a follow-up conversation if further evaluation is needed.

ii. Requirements

- a) Ambassadors are required to attend the following compulsory specialised trainings:

Training sessions	Date & Time
Cyber Safety & Scam Awareness Visit (3 hours)	Session 1: 13 Nov 2026 (Fri) (TBC) or Session 2: 26 Feb 2027 (Fri) (TBC)
AI Awareness & Information Verification Workshop (2 hours)	Date: 3 Mar 2027 (Wed)

- b) Ambassadors are required to complete the following practicum:

- Set up a promotional booth on campus to promote cyber safety and raise scam awareness among students.
- Cooperate with the Hong Kong Police Force to promote anti-scam awareness in the Tai Po community.

iii. Recognition and Benefits

Ambassadors will be recognised for their service with the following opportunities and rewards:

- Hands-on experience in activity design and event planning, enhanced communication, teamwork, and leadership skills
- Experience in promoting cyber safety, digital literacy, and anti-scam awareness
- Networking opportunities with the Hong Kong Police Force
- Networking opportunities with primary and secondary schools in Tai Po
- Opportunities to contribute meaningfully to both the campus and the wider Tai Po community

D. EdCare

EdCare is dedicated to promoting a caring, inclusive, and supportive campus where every student can thrive. With a focus on SEN support, mental wellness, and equal opportunities, EdCare ambassadors help create a more understanding and accessible environment for students with diverse needs. Through awareness-raising activities, ambassadors foster empathy, reduce barriers, and encourage a culture of respect, well-being, and inclusion across EdUHK.

i. Recruitment / Selection

- Interviews: 21 Sep – 2 Oct 2026
- Results Announcement: 7 Oct 2026 (Wed)

Remarks: If you apply to multiple streams, you may only need to attend a single interview. You may be invited for a follow-up conversation if further evaluation is needed.

ii. Requirements

- a) Ambassadors are required to attend the following compulsory specialised trainings:

Training sessions	Date & Time
Edcare Orientation cum Specific Training in Active Listening and Project Management (3 hours)	27 Oct 2026 (Tue)
Specific Training by Equal Opportunities Commission (EOC) (2 hours)	24 Nov 2026 (Tue)
Specific Training in Special Needs Education Topic (2 hours)	18 Jan 2027 (Mon)

- b) Ambassadors will be assigned into one of three teams and are required to complete the following practicum:

- Team A: Social Media Content Creation from Jan to May 2027
- Team B: SEN Festival (Mar 2027)
- Group practice in breathing sessions and wellbeing promotion booths (Feb to Apr 2027)

iii. Recognition and Benefits

Ambassadors will gain the following recognition and professional development opportunities:

- Practical counselling-oriented listening and communication skills
- Specialised Mental Health First Aid (MHFA) knowledge with a recognized certification delivered by professionals
- A deeper understanding of Equal Opportunities Commission (EOC) and Special Educational Needs (SEN) issues
- Valuable insights that support future career planning in education, counselling, social services, and related fields
- Enhanced empathy, teamwork, and advocacy skills through meaningful community engagement

Join Us

If you are passionate, caring, and eager to make a positive impact, we invite you to join us as a Mindwell Ambassador. Be part of a meaningful journey to support student success, foster inclusion, and build a stronger, more connected campus community.

Learn. Lead. Inspire. Connect. Make a difference.

Application Link: https://eduhk.au1.qualtrics.com/jfe/form/SV_0uHkMm1oBCw54pM

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