

Future-Ready Series : Research Postgraduate Wellness Initiative 2023/24

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Research Postgraduate Wellness Ambassador Programme 2023/24

With the aim to foster a healthy and resilient research postgraduate (RPg) community in HKU, the Research Postgraduate Wellness Ambassador Programme is established in the 2023/24 academic year. To build on the idea of peer-to-peer support in advocating a culture of wellness among students, Wellness Ambassadors play a vital role in promoting wellbeing to fellow students.

Goals

- Promote whole-person wellness by fostering a sense of community among RPg students through peer-to-peer support
- Raise students' awareness towards the importance of pursuing and maintaining personal wellbeing

Role

- Promote the University's wellness initiatives to other RPg students in the academic unit
- Serve as a contact point for students in the academic unit who may need advice or assistance on wellness issues

Benefits

- Chance to broaden exposure and empower fellow RPg students
- Free training opportunities, including a 12-hour Mental Health First Aid course and para-counselling workshops
- Full access to triage/referral manuals
- Priority to enrol in monthly wellness activities organised by the Graduate School
- Receive recognition, including an official Certificate of Appreciation (for students who have completed MHFA training and attended at least two of the monthly wellness activities in 2023/24)
- Exclusive souvenirs

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