

2026 - 2027

Mental Wellness and Resilience Ambassador Scheme

立即報名
Register Now



一年計劃重點

One-year Scheme Features

- 1 增加與心理健康相關的知識
Increase mental health-related knowledge
- 2 吸取舉辦心理健康活動的經驗
Gain experience in organising mental health campaigns with guidance.
- 3 獲得由香港樹仁大學頒發的Mental Wellness and Resilience Ambassador證書*
A Mental Wellness and Resilience Ambassador Certificate issued by HKSYU*
- 4 獲得獎項及課外活動證書 (ACAT) 服務記錄
The qualification will be recorded in ACAT
- 5 名額: 40人
Quota: 40 persons

* 入選同學需參加不少於80%的培訓時數並至少舉辦1次心理健康推廣活動方可獲頒證書
Must have participated in not less than 80% of the trainings and delivered at least 1 mental health campaign to be eligible for the certificate

參加資格 Join us if you are

- 1 現時香港樹仁大學學生
Current students of HKSYU
- 2 熱衷於推廣心理健康意識
Enthusiastic about promoting mental health awareness

MWRA的要求 Requirements

- 1 有責任心、個性主動和具自發性
Self-motivated, responsible and proactive
- 2 既能夠獨立工作，又善於團隊合作
Able to work both independently and as a team
- 3 有組織活動、社交媒體管理、平面設計和剪輯影片經驗者優先
Experience in organising events, social media management, graphic design and video editing will be an advantage

MWRA的職責 Obligations from MWRA

- 1 每位MWRA必須舉辦至少1次心理健康推廣活動，包括準備和安排活動計劃、物料採購、設計和宣傳
Each MWRA must organise at least 1 mental health campaign, including prepare and arrange an activity plan, sourcing materials, design & promotion
- 2 於校內學生工作坊上提供支援及協助，以促進朋輩互助精神
Support or assist activities in university-wide workshops to foster peer-to-peer engagement

報名期 Application

2026
5月22日
22 MAY

2026
6月3-10日
3-10 JUN

2026
6月12日
12 JUN

截止報名
Application
Deadline

Zoom網上
小組面試
Online Zoom
Group Interview

透過電郵
通知結果
Result
Announcement
Via Email

培訓期 Training

2026
9月
SEP

1 團隊建立
Team-building
日營(1天)
1-Day Camp

2 朋輩情緒支援訓練
Peer Emotional
Support Training
3小時 x 2節
3 hours x 2 Sessions

2026
10月
OCT

1 學習如何舉辦活動及
使用EWRP*自學平台
Training on how to conduct
an event and use the EWRP*
self-learning platform
4小時 / 4 hours

2 參觀精神健康體驗館
MindSpace Visit
3小時 / 3 hours

實踐期 Implementation

2026
11月
NOV

舉辦心理健康推廣活動
Launching
Mental Health Campaign

2027
5月
MAY

重要日期 Important Dates



development_osa@hksyu.edu



香港樹仁大學
HONG KONG SHUE YAN UNIVERSITY



Counselling Section
Office of Student Affairs

*EWRP = Emotional Wellness and Resilience Platform