Dear students and colleagues,

With the one-off Special Grant for Student Support Services in response to the COVID-19 Pandemic established by the University Grant Committee, our HKU multi-disciplinary team, consisting of career coaches, mental health professionals, arts and cultural practitioners, health and exercise specialists, computer science experts, etc., work together to offer a comprehensive range of services to help all HKU students gearing up for a variety of challenges in these unprecedented times.

1. **Browse and share** this [GEARING UP](#) website for the vital information and resources to gear up psychological well-being, career skill sets, physical fitness and healthy living in times of COVID-19.

2. **Join the programmes** that help achieve your goals!
   - Enroll to [Coachiever](#) – a new career coaching programme comprising in-depth personalised coaching and customised training workshops to guide you through career goal setting and planning.
   - Make an appointment for [Counselling and Psychological Services](#) - Discuss with the counsellor whether meeting face-to-face or through alternative means (e.g., phone/ Zoom) best suit your needs.
   - Start anew and build your new normal by joining [Person Enrichment Workshops](#) – [Mental Health First Aid Training Course](#), [Psychological First Aid](#), Mindfulness Series.

3. **Stay tuned!** More initiatives are coming soon:
   - Grow Food at Home Challenge
   - Exercise and Fitness
   - Career Enrichment Platforms
   - Psychological Self-care

For enquiries and feedback, please contact Ms Candice Cheung, Assistant Director (Advancement and Administration) of CEDARS at candice.cheung@hku.hk.

Regards,
Professor Samson Tse
Dean of Student Affairs