

Fitness Buddies for Inclusion (FBI) with the Blind

Application Notes

1. ABOUT THE PROGRAMME

CEDARS is thrilled to announce **FBI with the Blind**, a brand-new training programme in collaboration with Centre of Sports and Exercise (CSE) to train HKU students as fitness buddies in order to conduct tailored physical fitness activities with visually-impaired people from the community, promoting wellness, inclusivity and resilience on campus and in Hong Kong.

In this programme, students will first undergo fitness training sessions delivered by CSE, attend workshops on communication skills with the blind and learning how to be a sighted guide, before guiding the blind to practice the fitness drills on HKU campus.

Upon successful completion of the programme, students with satisfactory performance will receive an honorarium of HK\$1,000, along with other souvenirs and rewards. Committed participants who would like to continue making sustained impact will be nominated for:

- Overseas service-learning opportunities to be held in Jan 2026 (*organised by CEDARS*)
- Apprenticeship scheme (with an honorarium) to organise more initiatives promoting wellness, resilience and inclusivity on campus in Hong Kong or summer internship (*organised by CEDARS*)
- Additional training for selected students to assist as paid part-time student fitness trainers at the completion of the FBI programme (*organised by CSE*)
- Academic tutoring service for the children of disabled parents (*organised by Hong Kong Network for the Promotion of Inclusive Society (HKNPIS)*)
- Becoming a Guide Runner (road run/trail walking) with visually impaired people under the Fearless Dragon Team (*organised by HKNPIS*)

2. OBJECTIVES

- To cultivate a positive campus life experience that promotes a healthier lifestyle (**wellness**), greater understanding of people with visual impairment (**empathy**), equal learning opportunities for all individuals (**inclusivity**) and positive outlook in difficult circumstances (**resilience**).
- To foster a mindset of **service leadership** characteristics among students who are dedicated to serving others and making a positive social impact
- To encourage and facilitate the aspiring student leaders to build their own initiatives in HKU and the wider Hong Kong community promoting the above-mentioned values;
- To provide a volunteering opportunity for students to directly support the disabilities in Hong Kong through sports;
- To provide a platform for students to tap into their talents, interests and creativity in fitness and NGO sector;

3. ROLES & REQUIREMENTS

- You will collaborate with fellow HKU students in teams to:
 - Conduct bodyweight fitness drills with the blind and support them if necessary
 - Escort the blind with getting to and from the training venue
 - Actively engage in all of the activities and support your peers to stay engaged and facilitate mutual understandings
 - Design and run a promotional booth at the Sports & Wellness Gala on 5th March 2025 (only for selected students)

4. ELIGIBILITY

- Open to all HKU students regardless of fitness level who:
 - Speak good Chinese and fluent English. English speaking students who are willing to serve Cantonese-speaking or Mandarin-speaking blind adults are also welcome;
 - Demonstrate a people-centric, non-judgmental and empathetic approach towards promoting the well-being of individuals with disabilities;
 - Show interest in learning how to design, deliver and lead fitness drills, warm-up sessions and ice-breaking activities;
 - Work as a team and spend time to meet and discuss with team members on preparation and organisation of activities;
 - Can commit to complete all the activities listed under the below Programme Schedule;
 - Proactively communicate with CEDARS when encountering any difficulties before or during the programme
- Students studying in the disciplines of exercise science, public health, medicine, nursing, kinesiology, social work or common core courses in relevance with sports, well-being or disabilities (e.g. CCHU9010, CCHU9019 and CCST9062) are preferred
- Students with any sports/exercise-related experience (e.g. members of U-Teams or sports team at halls)

5. LANGUAGE

- The programme is divided into 2 parts, A) Training Phase (for students only) and B) Service Phase (with the blind) (please refer to 7. Programme Schedule).
- In part A, trainings will be conducted in a mix of Cantonese and English.
- In part B, trainings will be primarily conducted in Cantonese to cater the service targets. While coaches and staff will be present to facilitate the session, students are encouraged to work as a team to help with each other for communicating with the blind.

6. REWARDS & RECOGNITION

- FBIs with satisfactory performance and attendance will receive the following rewards:
 - An honorarium of **HK\$1,000** for **100% attendance** of ALL activities (for full-time undergraduates only);
 - A certificate of recognition for **80% attendance** of all activities;
 - An opportunity to participate in an overseas service-learning trip during the semester break of 2025/2026
 - Programme T-shirts
 - Special gifts for early bird applicants in pairs
 - CEDARS reward points

7. PROGRAMME SCHEDULE

- FBIs are expected to complete the activities as shown below:
(*Format and dates of the activities are subject to changes in response to unforeseen circumstances.*)

	Session	Date	Time	Venue
Part A. Training Phase (Students only)	Training Session 1: Orientation & Inclusive Fitness Drills Practice	22 February 2025 (Sat)	1:45p.m. - 4:30p.m	Multi-purpose Zone Room 2 (MPZ Room 2, 3/F Main Library)
	Training Session 2: Drills Practice Revision	1 March 2025 (Sat)	2:00p.m. - 3:30p.m.	MPZ Room 2, 3/F Main Library
	Training Session 3: Drills Practice Revision	8 March 2025 (Sat)	2:00p.m. - 3:30p.m.	MPZ Room 2, 3/F Main Library
	Training Session 4: Inclusive Language, Sighted Guiding & Blindfolded Walking Experience	12 March 2025 (Wed)	10:30a.m. - 12:30p.m.	MPZ Room 2, 3/F Main Library
	Training Session 5: Visual Impairment Awareness, Tactile and Audio Description	12 March 2025 (Wed)	2:00p.m. - 5:00p.m.	MPZ Room 2, 3/F Main Library
Part B. Service Phase (with the Blind)	Buddies Session 1: Drills Practice & Human Library	15 March 2025 (Sat)	1:45p.m. - 4:30p.m.	MPZ Room 2, 3/F Main Library
	Buddies Session 2: Drills Practice & Interaction with Guide Dogs	22 March 2025 (Sat)	1:45p.m. - 4:30p.m.	MPZ Room 2, 3/F Main Library
	Buddies Session 3: Drills Practice & Closing Ceremony	29 March 2025 (Sat)	1:45p.m. - 4:30p.m.	MPZ Room 2, 3/F Main Library & Convocation Room (MB-R218)

8. HOW TO APPLY

- Link for Application (please click [HERE](#))
- Application Deadline: **5 Feb, 2025 (Wed)**
- Special gifts will be offered to two students applying together on or before **31 Jan 2025 (Fri)**
- Shortlisted applicants will be invited to attend an interview on **10 Feb or 11 Feb, 2025 (Mon or Tue)**

9. TERMS AND CONDITIONS

- Due to limited quota of the programme, CEDARS will take into account a variety of factors as selection criteria. including but not limited to: the application submission date, participants' background, the completeness of application information, commitment levels., interview performance and other relevant considerations.
- All participants shall read the Personal Information Collection Statements of the application. All information given in the application form and the attached documents shall be to the best of participants' knowledge, accurate and complete.
- All participants shall authorise CEDARS and the partnering organisations to obtain from themselves any updated information and / or any additional information that are reasonably required. Such information may be processed by CEDARS in compliance with the Personal Information Collection Statement.
- All participants shall agree that the CEDARS, partnering organisations, any other individuals, organisations, or companies directly or indirectly related to the programme or providing services or opinions related to the programme, have the right to use photographs, video footages and audio-recording of the participants from the programme in its/their release, publications, exhibition, or reproduction for news, promotional, advertising, publicity purposes or for any other purpose(s) that the CEDARS and partnering organisations deem fit to use, including both in-print and online materials that may or may not be distributed to the media.
- All participants shall declare that he/she are in good health condition to participate in this programme, with no injuries and/or illnesses that may affect his/her participation in the programme, prevent him/her from completing the programme, or pose a danger to others. If there are any changes to the health conditions before or throughout the programme, participants shall notify CEDARS and partnering organisations as soon as possible.
- All participants shall agree that he/she is joining this programme voluntarily and herewith expressly agree to abide by all rules and conditions of CEDARS and partnering organisations, including but not limited to appropriate emergency action if required. All participants shall agree that they are willing to bear all risks during the programme and the Organiser and its co-organisers harbor no responsibilities for loss or damage to any personal possessions or valuables, and any injuries, accidents, or deaths caused by the above programme.
- CEDARS reserves the final right of interpretation of this application notes. In case of any dispute, CEDARS reserves the final decision-making authority on disputes and any issues related to the programme.

- CEDARS reserves the final right to immediately terminate the participation of any individual who submits false application information, violates university policies and regulations, disturbs other participants or individuals present, or disrupts the progress of the programme.
- CEDARS reserves the final right to determine the arrangements of the programme. Participants will be promptly notified of any changes (if any).
- Please note that the information collected by CEDARS will be for internal use only.

10. ENQUIRIES

Centre of Development and Resources for Students – Campus Life LEAF Student Leadership Programme

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Office Hours: Monday to Thursday: 9:00 am – 1:00 pm / 2:00 pm – 5:45 pm

Friday: 9:00 am – 1:00 pm / 2:00 pm – 6:00 pm

13th February 2025