

WHAT is Co-op?

Co-operative Education Programme

Co-op@CUHK, the first University-wide Co-op Programme in Hong Kong, offers an academically accredited curriculum blending classroom learning with full-time placements. Designed for motivated students across all disciplines, the programme facilitates career exploration through sustainable, long-term partnerships with employers.



WHAT are the differences between Co-op and Internship?

Co-op Placement

- Full-time work for around 8 months
- Fully paid by employers
- Working & learning, also can obtain credits
- Extensive & all-round training, professional matching

Internship

- Full-time or part-time, shorter period
- Paid or unpaid
- Can be non-credit bearing
- Provide experience related to a particular major



HOW Co-op works?

Well-structured Learning Approach

Participating students of Year 2 or above will be taking two preparatory courses for the school-to-work transition. They will then be challenged on their professional knowledge and skill-sets during their six-to-eight-month placement.



COOP3001 (1 Unit)

Unlocking Employability Potential and Personal Branding

Preparatory Course 1

Understanding Self

Personality Dimensions

Elevator Pitch

Story Telling
Career Planning

Defining and
Crafting a
Personal Brand

Establishing
Executive Presence

Professional Portrait

CV Review
LinkedIn Profile

Coaching

AI Mock Interviews
F2F Mock Interviews



COOP3002 (2 Units)

Developing Workplace Professionalism

Data Analytics - Get Control, Strategy & Insight

Creativity and Innovation

Workplace Emotions & Resilience

How to Write a Professional Email

Problem Solving for Impacts

Do's & Don'ts in Workplace

Hong Kong Employment Law & Business Ethics

Experiential Learning

- Outward Bound Training
- Dining Etiquette Workshop



COOP 4001 (1 Unit per term, 2 Units in total) Work Placement and Continuous Assessment



Exposure to real life work context

Identification of one's core competencies and areas of improvement via assessment tools

Workplace reflection paper

Testimonial videos at workplace

E-Learning courses for skill acceleration (2 courses per work term)



WHERE to land on your placement?

700 +

HEADCOUNTS

300 +

JOB
DESCRIPTIONS

130 +

CORPORATE
PARTNERS

Asia & Mainland China Placement

Co-op is extending our footprint to Asia and mainland China. Stay tuned!

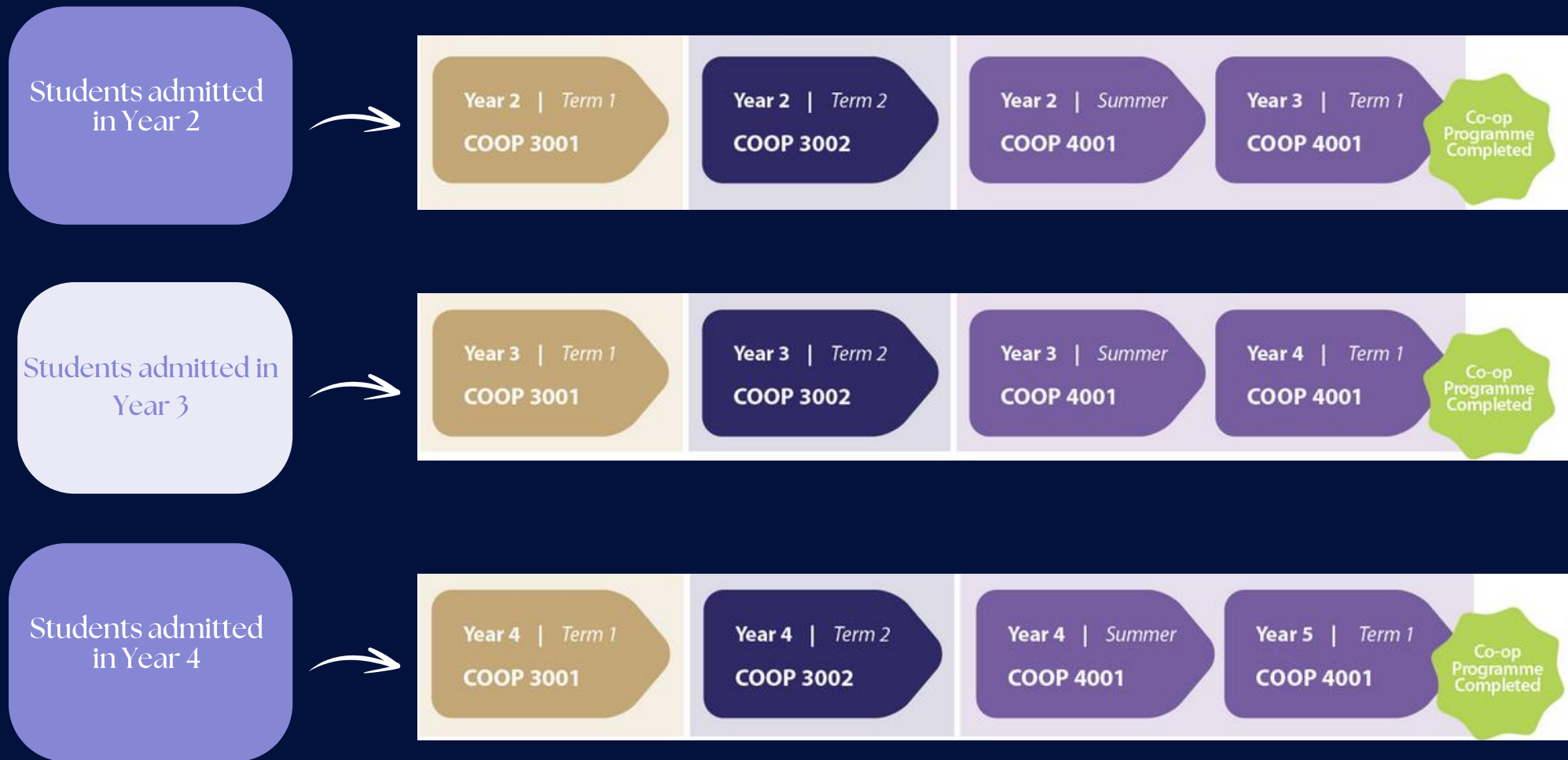
The Co-op Programme is developing partnerships with a wide spectrum of respectable firms in mainland China and Asia that provide placement opportunities for Co-op students. To help students (including non Co-op students) get themselves better prepared, credit bearing field trips to mainland China and Asian region are to be offered, including corporate visits, cultural visits and school visits. This would help participating students better understand the economic growth, cultural diversity and urban development in the region.



WHEN to start?

Co-op placement will start after students complete the two preparatory courses. Unlike internship which requires students to apply for suspension of study, Co-op participants' student status will remain unchanged during the placement terms. Other than the Co-op placement and assessment courses, participating students will not be able to sign up for other courses and will earn one unit for each of the placement courses while enjoying the welfare and benefits as CUHK students.

Co-op Road Map





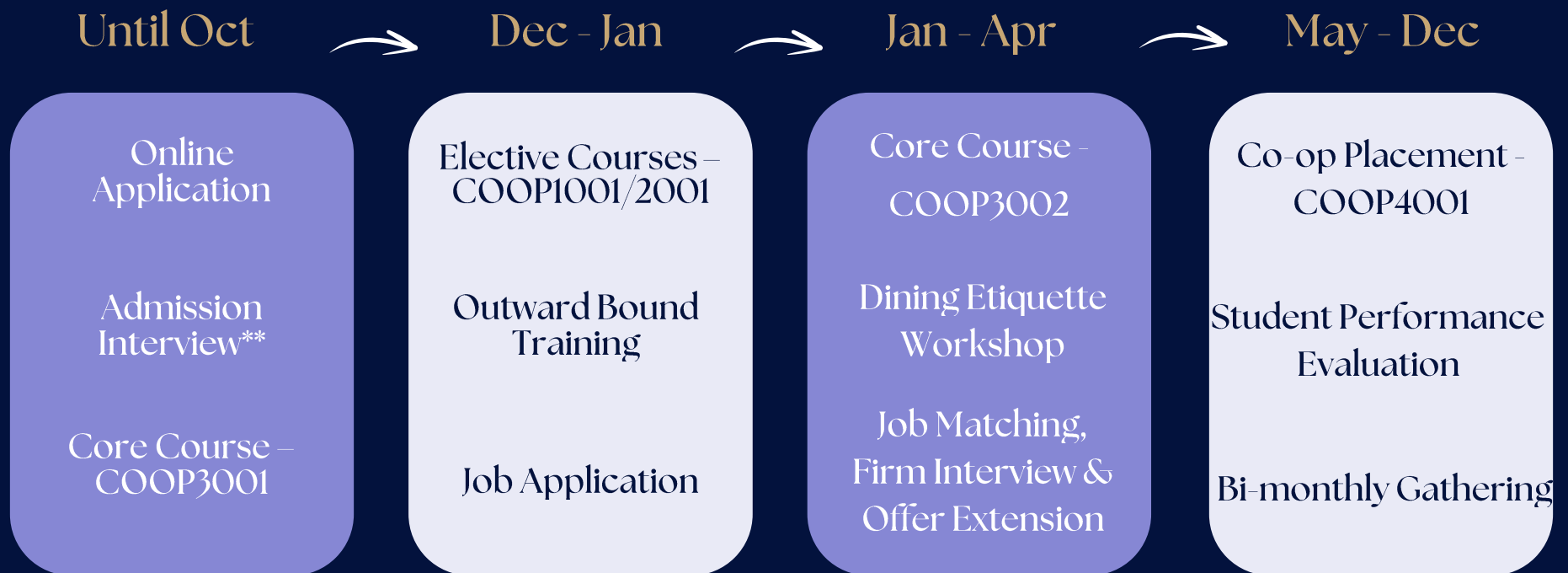
Apply Now!

WHO is eligible?

Undergraduate students of Year 2 or above

- Good academic standing: With a constant drive to improve
- Extra-curriculars: Showcasing leadership potential and entrepreneurial spirit
- Positive attitude: Demonstrating empathy, humility and a can-do mentality
- What makes you “You”: Your uniqueness that helps you stand out from the crowd, in particular during the interviews

Co-op Timeline*



**Interview will be conducted on a rolling basis

*Timeline is subject to change due to various circumstances

WHY to join?

Student Sharing



Why did you choose to defer graduation to join Co-op Programme?

“Making the decision to defer for another year was a big decision for me, but one that I am grateful for. The primary reason is the rare opportunity to gain six months of experience, supplemented with courses and guidance from the Co-op curriculum. The six-month journey in a professional setting had been enriching and insightful, and has further developed my career in ways that a short internship couldn’t.”

Kylie YEOH

Cohort 22-23, Faculty of Social Science (Economics)

Business Analyst Intern, Green Court Capital Management Limited



Why did you choose to join Co-op Programme before going on exchange?

“Taking a placement undoubtedly offers practical experience and enhances your resume. Taking a placement BEFORE exchange can even allow you to triumph over your areas of improvement (identified during placement) and further hone your soft skills in a regional or global setting. It also allows you to cultivate valuable experiences to shape your future endeavours.”

Alston SU

Cohort 22-23, Faculty of Engineering (Systems Engineering and Engineering Management)

Intern (Internal Audit), Kerry Logistics



Why did you choose to take up cross-disciplinary job placement?

“As a chemistry student, I’ve spent plenty of time in labs, but I wanted to see how my scientific knowledge could be applied in the real world. Thai Wah, a leading starch company, offered the perfect opportunity. Plus, why marketing? Because I believe it’s the heartbeat of any successful company! I’m excited to learn from industry professionals and explore a vibrant new culture here.”

Sol LEE

Cohort 23-24, Faculty of Science (Chemistry)

B2B Marketing Intern, Thai Wah Public Company Limited



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