

SHIU PONG  
COLLEGE

2018-19

# SHIU PONG COLLEGE

Orientation Program  
and  
A Navigation Guide

# Master's Welcome

A warm and sincere welcome from Shiu Pong College (SPC), one of the 10 Residential Colleges (RCs) at the University of Macau.

As each RC has her own unique character, SPC is unique not only in her college motto, mission and desired student attributes – which are explained in the following pages – it is especially unique in the nature and approach of the College's experiential English learning programs through which participating students will effectively improve their English communication skills/abilities in a relaxed atmosphere with lots of fun. These longer-term, regular, frequent, hands-on, active learning experiences are richly found in the weekly English Table, twice-a-year English Camp, occasional English Day and Overseas Summer Program in the United States.

Other interest-based college programs could also be found in College Choir, Debate Team, Drama Club, Short Film Production Workshop, Shanxi Service Learning trip and Dream Building Team, which provide a wide range of communication-oriented experiential learning opportunities.

More exciting is the College's desire and effort to nurture our students to become future leaders, by integrating leadership training with experiential learning programs of the College.

As professional and academic excellence are no longer sufficient qualities to enable university graduates to cope with multiple challenges of the 21<sup>st</sup> Century, I would encourage you to actively participate in as many college programs and activities as your time allows, to create and develop your own project(s) from an idea to full fruition, and to learn, grow and mature as the University's 4-in-1 whole person education model is intended.

Welcome on board.

Professor Kenneth W.Y. Leung, Ph.D.  
Master of Shiu Pong College



“You Are the Light of the World”

「你們是世上的光。」

### College Mission/書院院訓：

On the basis of teachings of Confucianism and the Christian spirit of Faith, Hope and Love, the mission of Shiu Pong College is to inspire students to search for, reflect on, and live a meaningful, purposeful, and fruitful life in order to serve as role models and make a positive difference wherever they go, as the light of the world.

建立在儒家思想的教導和基督教信、望、愛精神的基礎上，紹邦書院的使命在於啟迪和激勵學生去尋找，反思和活出一個充滿意義，具方向和有價值的人生；並在其崗位上成為楷模、成為照亮人前的光。

# College Anthem

詞：謝志偉  
曲：謝志偉



註： 謝志偉博士(Dr. Daniel C.W. Tse)：  
澳門大學前校董會主席(2001-2014)；澳門大學新校奠基人之一、紹邦書院構思人、在港澳高等教育貢獻良多。  
1994 年謝博士為香港浸會大學譜寫校歌第二段  
2012 年為澳門大學填寫校歌歌詞  
2014 年 9 月為澳門大學紹邦書院撰寫院歌曲詞

## Intended Attributes of *Shiu Pongers*

An effective learner and competent communicator

A visionary person with a global perspective, seeing meaningful opportunities beyond oneself and beyond Macau/China/Asia

A person daring to break conventions and being creative in the process

A person of substance, searching for, reflecting on, and living a meaningful, purposeful, and fruitful life that goes beyond monetary return

A person of fine character, serving as role model for others and making a positive difference wherever possible

# Contents

Master's Welcome .....	2
College Logo, Motto, and Mission .....	3
College Anthem .....	4
Intended Attributes of Shiu Pongers .....	5
2018-19 SPC Orientation Program Schedule .....	8
Staff Members .....	10
Academic Staff .....	10
Administrative Staff .....	11
Resident Tutors (RTs)/Resident Assistants (RAs).....	12
House Association (HA) Office Holders .....	16
RC Learning at SPC .....	17
(A)Frequent Seminars, Talks and Workshops (One-all) .....	17
(B)College Experiential Learning Programs (Longitudinal)....	18
B1. Major College Experiential Learning Programs.....	18
English Tables (ETs).....	18
English Camps (ECs) .....	19
English Days (EDs) .....	19
YUNA International Student Symposium.....	20
Overseas Summer Program (OSP) .....	21
Dream Building Team (DBT).....	21
Shanxi Service Learning Trip (SSLT).....	22
Short Film Production Workshop (SFPW).....	22
College Choir (CC).....	23
Student Ambassador Team (SAT).....	23
Debate Team (DT).....	24
B2. College Events That Inspire.....	25
High Table Dinners .....	25
Lunch/Dinner and Tea Time with Master .....	26
B3. Sport Teams and Student Interest Groups .....	27
(C)House Association (HA) Activities.....	27
(D)Floor Activities.....	27
(E) Sport Teams and Student Interest Groups.....	28
Basketball Team .....	28

Football Team .....	28
Cheerleading Team .....	28
Wing Chun Group Practice .....	29
Self-Initiated Student Interest Groups.....	29
Experiential Learning Point (ELP) System.....	30
RC Course in SPC: CPED 1000.....	32
Graduation Requirements .....	33
SPC Living and Learning Facilities .....	34
Dining Hall.....	34
Fitness Room.....	34
Dancing Room.....	34
Music Room.....	35
Common Room .....	35
Laundry and Drying Area.....	35
Pantry.....	36
Library .....	36
Multi-Purpose Function Room .....	36
Rules and Regulations .....	37
Move In / Out Procedures .....	37
Access Control Policy .....	38
College Rules and Regulations .....	39
Summer Stay Policy .....	42
Important Contact.....	43
SPC .....	43
Other Departments.....	44
Student Sharing .....	45

## 2018-19 ORIENTATION PROGRAM SCHEDULE

Date	Time	Content	Venue
Aug 13, Mon	9:00-18:30	Freshmen move-in	S9-G033
	15:00-16:30	SPC parent session	S9-G011
	19:30-21:30	Taipa tour	S9-entrance
	19:00-21:00	Town Hall with Parents*	N2
Aug 14, Tue	9:00-18:30	Freshmen move-in	S9-G033
	15:00-16:30	SPC parent session	S9-G011
	19:30-21:30	SPC Ice-breaking	S9-dining hall
	09:00-16:00	Registration, Campus Card Production*	E3-1032, 1042, 1043 and 1044
	11:30-12:30 16:30-17:30	Course enrollment briefing (session in Mandarin)*	E4-G078
	15:00-16:00	Course enrollment briefing (session in English)*	
Aug 15, Wed	10:00-11:20	First Step to UM*	N8
	11:30-13:00	Course Enrollment Briefing (session in Cantonese)*	N8
	14:30-18:00	First Lecture of Faculty & Faculty Orientation*	Refer to Faculty
	19:30-22:00	Campus Orienteering	Campus
Aug 16, Thur	9:30-9:40	Anthem singing	S9-dining hall
	9:40-10:30	Introduction to SPC and its Anthem	
	10:30-12:30	Introduction to graduation requirements, CPED & College rules	
	14:30-15:30	Introduction to HA/RT/RA	
	15:30-17:30	Team building game	



Aug 17, Fri	9:30-10:00	Introduction to College facility & administrative affair	S9-dining hall
	10:00-12:30	Introduction to College program & ELP system	
	12:30-16:00	Recruitment of College programs	
	16:00-17:00	ICTO briefing*	
	19:30-21:00	UM Cultural & Art U Teams-U Performance*	E31-G001
Aug 19, Sun	18:00-20:00	SPC reception Dinner	S9-dining hall
	20:00-22:00	SPC freshmen talents show	
Aug 20, Mon	9:00-10:00	Flag Raising Ceremony	Lotus Plaza (in front of N6)
	10:00-12:15	Convocation & First Lecture of University*	N8
	19:30-22:00	U Rock Concert*	
Aug 21, Tue	14:30-15:00	Workshop for the IT Course (Session 1 in English)*	E4-G078
	15:15-15:45 16:00-16:30	Workshop for the IT Course (Session 2 and 3 in Cantonese)*	
	16:45-17:15	Workshop for the IT Course (Session 4 in Mandarin)*	
	10:00-17:00	Student Fair*	E31
Aug 22, Wed	10:00-17:00	Student Fair*	E31

\* means the event is organized by non-SPC unit.

**Note: If you have any question about the orientation schedule and academic matters, please contact: Dr. Liu, Resident Fellow (Tel: 62194680; Email: [jiliu@umac.mo](mailto:jiliu@umac.mo)).**

# STAFF MEMBERS

## Academic Staff

Our academic staff are responsible for designing, developing, and implementing programs and activities to help students learn, grow and mature in the Residential College setting.



College Master

**Prof. Kenneth Leung**

Office: G020

Phone: 8822 9620

Email: KennethLeung@umac.mo



Associate Master

**Prof. Brian Chan**

Office: G019

Phone: 8822 8259

Email: bhschan@umac.mo



Resident Fellow

**Dr. Jingjing Liu**

Office: G017

Phone: 8822 9627

Email: jjliu@umac.mo



Resident Fellow

**Ms. Ginger Chan**

Office: G017

Phone: 8822 9626

Email: gingerchan@umac.mo

## Administrative Staff

General Office: S9-G016

Our administrative staff are responsible for all administrative matters, including living environment in the dormitory and other campus areas (such as function rooms), public facilities, safety, cleanliness and utilities, finance and fees. They also provide information and communicate with students, academic staff and other departments in the university, giving administrative and logistic support to all college functions, events, programs and activities.



**Leo Che**

Phone: 8822 9624



**Mariah Ng**

Phone: 8822 9962



**Hailie Wong**

Phone: 8822 9632

## RESIDENT TUTORS (RTs) / RESIDENT ASSISTANTS (RAs)

Our RTs and RAs provide pastoral care, support college programs and activities, as well as organize floor activities.

### 1<sup>st</sup> Floor



Chiu Iat Lam  
Resident Assistant  
FBA, Year 4  
E-mail:  
BB50163@umac.mo  
Phone: 63593162

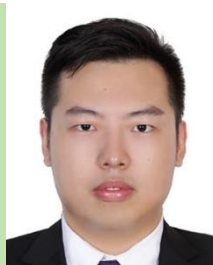


Luo Zhijie  
Resident Assistant  
FBA, Year 4  
E-mail:  
BB50517@umac.mo  
Phone: 65361341



Zhang Junbo  
Resident Assistant  
FSS, Year 2  
E-mail:  
SB72283@umac.mo  
Phone: 68059766

### 2<sup>nd</sup> Floor



Chang Bowen  
Resident Tutor  
FSS, Master 3  
E-mail:  
MB64305@umac.mo  
Phone: 63587185



Ding Baiyi  
Resident Assistant  
FST, Year 4  
E-mail:  
DB52748@umac.mo  
Phone: 18640082468



Cheng I Ngai  
Resident Assistant  
FED, Year 2  
E-mail:  
HB71010@umac.mo  
Phone: 66547785

### 3<sup>rd</sup> Floor



Zhang Zeqian  
Resident Assistant  
FBA, Year 4  
E-mail:  
BB50562@umac.  
mo  
Phone: 65404781



Wang Yuchen  
Resident Assistant  
FSS, Year 3  
E-mail:  
SB62345@umac.  
mo  
Phone: 65995754



Yuan Huanling  
Resident Tutor  
FED, Master 3  
E-mail:  
MB64827@umac.  
mo  
Phone: 65995569



Lin Yitong  
Resident Assistant  
FSS, Year 3  
E-mail:  
SB62307@umac.  
mo  
Phone: 65995837

### 4<sup>th</sup> Floor



Pang Lanjing  
Resident Tutor  
FAH, PhD 3  
E-mail:  
YB67725@umac.mo  
Phone: 63971411



Ma Xiaoyan  
Resident Assistant  
FED, Year 3  
E-mail:  
HB61142@umac.mo  
Phone: 62381377



Liu Jiaqi  
Resident Assistant  
FED, year 2  
E-mail:  
HB71130@umac.mo  
Phone: 65572391

## 5<sup>th</sup> Floor



Zou Yifan  
Resident Tutor  
FSS, Master 2  
E-mail:  
MB75206@umac.mo  
Phone: 62321021



Pun Cheng Man  
Resident Assistant  
FSS, Year 3  
E-mail:  
SB62013@umac.mo  
Phone: 63008733



Du Guanyao  
Resident Assistant  
FBA, Year 2  
E-mail:  
BB70530@umac.mo  
Phone: 65309725

## 6<sup>th</sup> Floor



Hao Yaokun  
Resident Assistant  
FSS, Year 4  
E-mail:  
SB52323@umac.mo  
Phone: 65705674



Zhang Xuanjie  
Resident Assistant  
FBA, Year 3  
E-mail:  
BB60563@umac.mo  
Phone: 68501123



Li Jiamin  
Resident Assistant  
FBA, Year 2  
E-mail:  
BB70567@umac.mo  
Phone: 62346500

## 7<sup>th</sup> Floor



Chen Xi  
Resident Assistant  
FBA, Year 4  
E-mail: BB50618@umac.mo  
Phone: 66362201



Chen Jiexi  
Resident Assistant  
FBA, Year 4  
E-mail: BB50567@umac.mo  
Phone: 62368718



# HOUSE ASSOCIATION (HA) OFFICE HOLDERS

Support college programs and activities, as well as organize college-wide student activities.

## 書院學生會 House Association ( HA )

組織學生活動，聽取同學們建議，幫助同學們解決問題，改善同學們的學習生活環境。

*Responsibilities: organizing activities, listening to the suggestions, solving problems and improving the living and learning environment for all SPC students.*

宋弘澤/主席

SONG HONGZE

FAH , Year 2

[hertzsong@gmail.com](mailto:hertzsong@gmail.com)

Phone:65235609



陳凱琪/宣傳部部長

CHAN HOI KI

FSS , Year 2

[kkkkkayyy@hotmail.com](mailto:kkkkkayyy@hotmail.com)

Phone : 62266208



梁益嘉/副主席

LIANG YIJIA

FBA , Year 2

[bb70570@umac.mo](mailto:bb70570@umac.mo)

Phone:62314895



劉格至/活動服務部部長

LAU LAK CHI CORA MARGARET

FAH , Year 2

[ab71545@umac.mo](mailto:ab71545@umac.mo)

Phone : 63380139



關銘欣/秘書長&財務長

KUAN MENG IAN

FAH , Year 2

[ab71581@umac.mo](mailto:ab71581@umac.mo)

Phone : 65203546



張穎/文藝部部長

ZHANG YING

FBA , Year 2

[bb70548@umac.mo](mailto:bb70548@umac.mo)

Phone : 65235514



黃依琳/體育部部長

HUANG YILIN

FBA , Year 2

[bb70606@umac.mo](mailto:bb70606@umac.mo)

Phone : 65235423



張晉杰/攝影部部長

ZHANG JINJIE

FST , Year 2

[db72587@umac.mo](mailto:db72587@umac.mo)

Phone : 65235585





## RC LEARNING AT SPC

In general, all SPC programs and student activities can be conceptually divided into 5 categories:

### (A) Seminars, Talks and Workshops (One-all)

They are delivered by well-known scholars and experts. They help students broaden knowledge frontiers, enhance personal growth, enrich cultural experience and develop learning skills.



*Circle Painting (Sep. 21, 2017)*



*Talk on "stem cells" (Nov. 14, 2017)*



*中國文化精華之“龍” (Jan. 31, 2018)*



*中國文化精華之“二十四節氣” (Apr. 11, 2018)*



*中國文化精華之“書法” (Jan. 24, 2018)*



*Charity bazaar (Apr. 12, 2018)*

## (B) College Experiential Learning Programs (Longitudinal)

### B1. Major College Experiential Learning Programs

#### English Tables (ETs)

The English Tables (ETs) are organized to help raise the English abilities (speaking/listening/presentation) of SPC students. English-speaking volunteers from the teaching faculties and outside of the University come every Monday, Wednesday and Thursday each week. Throughout the academic year they help SPCers to express themselves in English about issues relevant to university students.



#### **Program Leader:**

- Prof. Kenneth W. Y. Leung (Master)

#### **Advisors:**

- Mrs. Andrea Leung (Coordinator of Volunteer Relations)  
- Prof. Brian Chan (AM)

#### **Program assistant:**

- Ms. Ginger Chan (RF)

#### **Secretary:**

- Ms. Hailie Wong

#### **Contact persons:**

- Sit Chin Pok (Ken)  
FSS Year 2 | SB72076@umac.mo

- Leong Sin Hang (Leo)  
FBA Year 2 | BB70328@umac.mo

## English Camps (ECs)

ECs are intended to provide students a chance to speak English rather intensively with English-speaking tutors over a period of 2-3 days. ECs are organized in the beginning and at the end of the academic year. ECs typically involve both indoor and outdoor activities on campus and in Macau, with English speakers collaborating with our students to complete goal-oriented and fun activities.



### Program Leader:

- Prof. Kenneth W. Y. Leung (Master)

### Advisors:

- Mrs. Andrea Leung (Coordinator of Volunteer Relations)  
- Prof. Brian Chan (AM)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Sit Chin Pok (Ken)  
FSS Year 2 | SB72076@umac.mo

- Leong Sin Hang (Leo)  
FBA Year 2 | BB70328@umac.mo

## English Days (EDs)

EDs are intended to provide a chance for students to practice oral English through fun activities throughout the day, organized occasionally during the academic year. Past ED activities include games, drama, sharing, discussion, presentation and cultural exchange with students from Hyogo University of Japan.



### Program Leader:

- Prof. Kenneth W. Y. Leung (Master)

### Advisors:

- Mrs. Andrea Leung (Coordinator of Volunteer Relations)  
- Prof. Brian Chan (AM)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Sit Chin Pok (Ken)  
FSS Year 2 | SB72076@umac.mo

- Leong Sin Hang (Leo)  
FBA Year 2 | BB70328@umac.mo

## YUNA International Student Symposium

Students participating in YUNA would learn skills in research and presentation in English. YUNA is an annual student symposium held at New Asia College of the Chinese University of Hong Kong. Students from the Yale University of the United States and the Chinese University of Hong Kong present their research results in the symposium. Student representatives from SPC have attended the conference in the past four years, as observers in the first two years and as presenters in the last two years.



### Program Leader:

- Prof. Kenneth W. Y. Leung (Master)

### Advisors:

- Mrs. Andrea Leung (Coordinator of Volunteer Relations)  
- Prof. Brian Chan (AM)  
- Prof. Joaquim Kuong (College Fellow)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Sit Chin Pok (Ken)  
FSS Year 2 | SB72076@umac.mo  
  
- Leong Sin Hang (Leo)  
FBA Year 2 | BB70328@umac.mo

## Overseas Summer Program: American Culture and Language Program at NCU, Eugene, Oregon, USA (OSP)

This overseas summer program is intended to provide an immersion experience for students to learn and practice English at a US university for a period of 15 days (June - July) after two semesters of participation in ETs and ECs.



### Program Leader:

- Prof. Kenneth W. Y. Leung (Master)

### Advisors:

- Mrs. Andrea Leung (Coordinator of Volunteer Relations)

- Prof. Brian Chan (AM)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Sit Chin Pok (Ken)

FSS Year 2 | SB72076@umac.mo

- Leong Sin Hang (Leo)

FBA Year 2 | BB70328@umac.mo

## Dream Building Team (DBT)

The Dream Building Team is a group of SPCers who volunteer to provide academic tutoring to children each day at a children's home. Through the practical experience of serving, DBT members learn to grow in teamwork, in problem-solving skills, in leadership and in undertaking responsibility.



### Program Leader:

- Prof. Kenneth W. Y. Leung (Master)

### Advisors:

- Mrs. Andrea Leung (Coordinator of Volunteer Relations)

- Prof. Brian Chan (AM)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Fong Hou Chon (Nikko)

FST Year 2 | DB72594@umac.mo

- Lai Ka Weng (Zafrina)

FED Year 2 | HB71023@umac.mo



## Shanxi Service Learning Trip (SSLT)

This six-month-long service learning project involves firstly an understanding of the educational needs of students, dialogues with teachers, and fact-finding of Bo Ai School in Shanxi Province of China, then students create and develop their own teaching plans/materials, followed by a 12-day volunteer teaching trip for primary and junior high school students there.



### Program Leader:

- Prof. Kenneth W. Y. Leung (Master)

### Advisors:

- Mrs. Andrea Leung (Coordinator of Volunteer Relations)

- Prof. Brian Chan (AM)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Liu Jiaqi (Kiki)

FED Year 2 | HB71130@umac.mo

- Lai Ka Weng (Zafrina)

FED Year 2 | HB71023@umac.mo

## Short Film Production Club (SFPC)

The Short Film Production Workshop allows students to craft their ideas and tell their stories through the lens of a camera.



### Program Leader:

- Prof. Kenneth W. Y. Leung (Master)

### Advisor:

- Ms. Wong Teng Teng (Film director)

### Secretary:

- Dr. Jingjing Liu (RF)

### Contact person:

- Jack Liang Rong

FST, Year 2 | DB72595@umac.mo

## College Choir (CC)

The College Choir nurtures students' ability to appreciate the art form of choral singing and to cooperate with each other in harmony.



### Program Leader:

- Prof. Kenneth W. Y. Leung (Master)

### Advisor and Conductor:

- Prof. Brian Chan (AM)

### Contact person:

- Liang Xiaoqing (Ginnie)  
FSS, Year 3 | SB62167@umac.mo

## Student Ambassador Team (SAT)

Students with an interest to serve the College as ambassadors of goodwill and positive image boosters will be given training on hospitality and media to help receive and welcome our guests, and they will have opportunities (such as High Table Dinners) to introduce our College to guests, visitors and friends of the College.



### Program Leader:

- Prof. Kenneth W. Y. Leung (Master)

### Advisor:

- Prof. Brian Chan (AM)

### Secretary:

- Ms. Ginger Chan (RF)

### Contact person:

- Liang Yijia (Ivy)  
FBA, Year 2 | BB70570@umac.mo

## Debate Team (DT)

The Debate Team develops students' critical ability in assessing conflicting arguments from multiple perspectives.



### Program Leader:

- Prof. Kenneth W. Y. Leung (Master)

### Advisors:

- Prof. Degang Yin (College Fellow)

- Prof. Zhe Li (College Fellow)

### Secretary:

- Dr. Jingjing Liu (RF)

### Contact person:

- Zhang Junbo (Bert)

FSS, Year 2 | SB72283@umac.mo



## B2. College Events That Inspire

### High Table Dinners

High-table Dinners (HTD) originated from the formal dinner tradition in Britain's prestigious boarding schools and higher academic institutions with a long history. They are vividly illustrated in the movie series "Harry Potter" with students wearing gowns, attending a grand formal dinner after the speech of their school master. The values of HTD are that it fosters a sense of shared identity among students and provides an opportunity for community leaders and renowned people in town to share their life experience. It also enables the students to practice social skills, proper table manners, and people networking.

As a major college function, HTDs at SPC are organized normally twice a semester. It is our hope that Shiu Pongers (SPCers), through participating in HTD under an elegant and refreshing ambience, will achieve the following:

- to feel at ease in attending formal social functions and to become well-versed in social and dining etiquettes, which will be beneficial for their career development;
- to learn to break the ice in interacting/communicating with High Table guests or guests at their table (Table Guests) and other unfamiliar SPCers as an enhancement of their social skills;
- to get insights from the speech or success story delivered by the invited speakers;
- to cherish the precious opportunity of learning from fellow SPC students and interacting with them while enjoying the dinner.

Given these values, the HTD is a **COMPULSORY** College function in that all resident students are required to attend 1 HTD in an academic year.

#### ***Social Etiquette at HTD:***

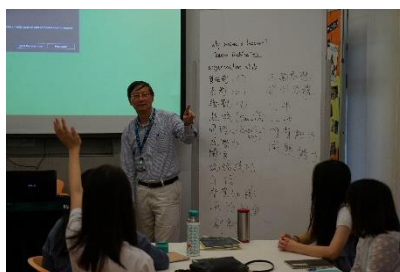
*As the saying goes, "good manners will open doors that the best education cannot." The HTD is perhaps an epitome of one of the most important social rituals that each and every university student should have some knowledge and experience of before they enter into society. All the etiquette and formalities allow the students to have a "taste" of socializing in a formal setting.*

- Be punctual.
- Stand up and shake hands with guests when greeting them.
- Dress up properly—Formal or Lounge-suit (i.e. a matching jacket and trousers/skirt for office work) is recommended for HTD and similar formal occasions.
- Never put things other than food or tableware, e.g. spectacles, handbag, etc., on the table.
- Show respect to the speaker by stopping all activities in progress (e.g. eating or talking).



## Lunch/Dinner and Tea Time with Master

Throughout the year, the College Master will organize informal tea time, lunch or dinner gatherings for small groups of students. Guest(s) may be invited to share their personal story or experience during the gatherings. Specific groups of students may also be invited for informal exchange of views or simply for the purpose of getting to know more about one another or about the College. The purpose is to foster a stronger sense of belonging and the college being a family. All SPC students are invited to participate in these college activities through open registration.



## (C) House Association (HA) activities

These are College-wide student activities organized by HA and working groups under HA. HA will also organize students to attend inter-collegiate competitions.



*Cultural Tour (Sept 23, 2017)*



*Hiking (Nov 18, 2017)*

## (D) Floor activities

These are small group activities organized by RT & RA of each floor to foster friendship and enhance bonding.



*Spring couplets workshop (Jan 28, 2018)*



*Kin-ball Workshop (Apr 21, 2018)*

## (E) Sport Teams and Student Interest Groups

### Basketball Team



#### Contact person:

- Ding Yiming (David)

FBA, Year 4 | BB50564@umac.mo

### Football Team



#### Contact person:

- Liu Wanlin (Beckham)

FST, Year 3 | DB62295@umac.mo

### Cheerleading Team



#### Contact person:

- Huang Yilin (Eileen)

FBA, Year 2 | BB70606@umac.mo

## Wing Chun Group



### Contact person:

- Zhou Hongfei

FHS, year 3 | [CB62931@umac.mo](mailto:CB62931@umac.mo)

## Self-initiated Student Interest Groups (SIGs)

SIGs are organized independently by small groups of students. Students can organize groups around interests such as calligraphy, reading, photography, exploring local history, etc. If you have any ideas of organizing such groups, please do not hesitate to contact our Resident Fellows in G017.

## EXPERIENTIAL LEARNING POINT (ELP) SYSTEM

The ELP system is intended to use a quantitative measure to keep track of SPCers' participation and learning in specific college activities, including one-time and longitudinal experiential learning activities. ELPs will be used as an important reference by the college to select students to receive benefits such as (but not limited to) RC readmission, scholarship awards, nomination for exchange trips, etc.

1. ELP earning scheme for one-all SPC activities, such as HTD, seminar, workshop, forum sharing, or floor/HA activity

Category	ELP
Participation in each meeting	1
Completing and publishing a personal reflection after attending activity	1-5

2. ELP earning scheme for longitudinal, weekly experiential learning programs, such as ET, DT, DC, SFPW, SAT, etc. (The scheme below is an example just for illustration. The actual scheme may vary slightly in different programs.)

- ELP for leadership positions (to be earned based on performance)

Rating	President	Other Leading Roles
Excellent	15	10
Good	12	8
Satisfactory	9	6
Borderline	6	4
Unsatisfactory	0	0

- ELP for all participants (to be earned based on participation)

Category	ELP
Participation in each meeting	1
Attendance of 90% or More	5

- ELP for all participants producing personal reflection (to be earned based on participation)

Category	ELP
Written reflection	0 – 10

- The Maximum ELPs to be earned by Drama Club (DC) participants are illustrated below, using the roles of a) DC President, b) DC Committee Members other than President, and c) DC ordinary members, as examples.

Earning ELPs from	ELPS to be earned based on performance – The actual score earned could be less than the one indicated		
	<i>President</i>	<i>Committee Members</i>	<i>Ordinary Members</i>
Being a leader	15	10	N/A
Attending gatherings (max 10)	10	10	10
Producing personal reflection	10	10	10
Achieving 90% of attendance	5	5	5
Maximum ELPs per semester	40	35	25
Maximum ELPs per year	80	70	50

SPCers are expected to commit to at least one longitudinal experiential learning program in their freshman year. Please visit the following program links for details of each program.

[<https://spc.rc.umac.mo/spcs-longitudinal-and-experiential-programs/>]

## RC COURSE IN SPC: CPED 1000

1 credit (lectures: 14 x 75 minutes). CPED100 is a Compulsory Major (CM) course at the University of Macau (UM), introducing the relevance of experiential learning in terms of the 5 core competencies emphasized in the university's residential college (RC) education system: Interpersonal Relationship and Team Work, Leadership and Service, Healthy Living, Cultural Engagement, and Citizenship with Global Perspectives.

This course, officially named as “Residential College Experiential Learning” guides students to experience and practice the core competencies through participation in activities initiated by College or themselves and learn to reflect on their experience of participation through writing assignments and sharing in classes. CPED1000 is also designed to help students enhance their understanding on Macau through the project named “Discovering Your Macau” in 2<sup>nd</sup> semester. Students will be introduced to UM's learning management system (UMMoodle), and electronic portfolio system (Mahara) to keep evidence of their experiential learning and to share their reflective experience. It is a UM requirement that each RC student must complete this course with a passing grade before graduation.



# GRADUATION REQUIREMENTS

As an integral part of the University of Macau graduation requirements under the 4-in-1 education model, “Community and Peer Education” is required of for all undergraduate students. For the educational benefits of individual students and the entire residential community, all SPC students are expected to actively participate in college activities, as part of the graduation requirements. Student performance in activity participation and E-portfolio writing will be tracked. Students should meet these requirements before graduation. As SPC students, if you fail to meet the specific requirements, such as attending High Table Dinner, you should make it up in the following year.

## Graduation Requirements for Students Entering UM since 2018/2019

Year	Categories	University’s General Requirements
1 <sup>st</sup> year	High Table Dinner	1 per year
	Activities	3 per semester. At least 2 must be a college, floor or House Association activity. The other can be a University activity. RC activities should fulfill RC competencies and goals. Some activities are built in as homework for CPED 1000, CPED2000 or Physical Fitness.
	E-portfolio	Student must maintain their e-portfolio over their entire student life to record and reflect upon the required activities in which they participated. In January all students must conduct a self-assessment and redefine their goals in terms of the Five Competencies.
2 <sup>nd</sup> year	High Table Dinner	1 per year
	Activities	2 per semester. At least 1 must be a college, floor or House Association activity. The other can be a University activity. RC activities should fulfill RC competencies and goals.
	E-portfolio	Student must maintain their e-portfolio over their entire student life to record and reflect upon the required activities in which they participated. In January all students must conduct a self-assessment and redefine their goals in terms of the Five Competencies.

# SPC LIVING AND LEARNING FACILITIES

## Dining Hall



Location: G010

Meal Time:

Breakfast from 08:00 to 10:30

Lunch from 11:30 to 14:30

Dinner from 17:30 to 20:30

## Fitness Room

Location: G036

Opening Time: Monday to Sunday, 07:00 – 23:00



## Table Tennis Room



Location: G035

Opening Time: Monday to Sunday, 07:00 – 23:00

## Dancing Room

Location: G034

Opening Time: Monday to Sunday, 07:00 – 23:00



## Music Room



Location: G029, G030  
Opening Time: Monday to Sunday,  
07:00 – 18:00 (2 hours limit)  
18:00 – 21:00 (1 hour limit)

## Common Room

Location: 2 common rooms on each floor  
Opening Time: 24 hours and 7 days



## Laundry Area



There are two Laundry areas on each floor. Each Laundry area is equipped with:

- 1 washing machine
- 1 dryer machine

## Pantry



Location: 2 pantries on each floor  
Opening Time: 24 hours and 7 days

## Library

Location: G014  
Opening Time: 7 p.m. – 10 p.m.  
Monday to Thursday



## Multi-Purpose Function Room

Location: G011



\*For reporting maintenance issues of facilities, please submit a completed “Requisition Form for Maintenances” to the SPC General Office. Forms are available in the SPC General Office and Security Counter.

# RULES AND REGULATIONS

## Move In / Out Procedures

### MOVE IN PROCEDURES

1. Approach the move-in counter of the SPC General Office move-in counter;
2. Present your student ID card/offering letter;
3. Complete the SPC Move-in Acknowledgement form and submit a 1.5 inch/2 inch recent photo.
4. Pick up your room key card and room equipment checklist;
5. Return the room equipment checklist within 3 days after moving in.
6. Remark: The record of utilities of each room will be posted in the common area of each floor on the morning of August 13. It will be considered as the initial reading for calculating your utility fees if you move in during the annual mass move-in period.

### MOVE OUT PROCEDURES

UM regulations require all first-year students to reside in the college and actively participate in college activities there. For upper class students (year-2 to year-4), all requests for moving out of college during the academic year will be considered on a case-by-case basis and be subject to final approval by the respective College Master in the academic year 2018/19.

1. Complete the move-out application at least **3 working days** before your actual move-out date. Contact SPC General Office in person for appointment

Office Location	Office Hours	Contact No.
S9-G016	Mon-Thu: 9:00 - 13:00 ; 14:00 - 17:45 Fri: 9:00 - 13:00 ; 14:00 - 17:30	8822 9630

2. Staff from the General Office will check the conditions of the room and record the electricity (and/or water) meter readings for excess usage charge. The

student is required to remove all personal belongings, clear the common area, compensate any damaged or lost property in the room / apartment, and then return the room key card to the college office (G016).

**IF YOU HAVE APPLIED FOR COLLECTION OF CAUTION FEE IN CASH (ONLY GRADUATE AND EXCHANGE STUDENTS CAN COLLECT THE FEE IN CASH), YOU ARE REQUIRED TO SUBMIT YOUR MOVE-OUT FORM TO THE TREASURY SECTION (1<sup>ST</sup> FLOOR, N6) IN PERSON.**

## Access Control Policy

To provide a safe and secure living environment for SPC residents, all SPC students have to follow the guidelines of our Access Control mechanism.

Situation	Fees & Charges
Request security to open room door when you do not have your Resident Card	MOP 10 each time
Loss of Resident Card and getting a new one	First time: MOP 20 Second time onward: MOP 50 each time

### Loss of the Resident Card and/or Student Card

For security reason, please report to the Security Office of S9 or SPC General Office immediately upon realizing that you have lost your resident card or student card. The college office will issue a new resident card to you during office hours. For replacement of a student card, you need to report to UM Registry (for undergraduates) or Graduate School (for postgraduate).

## General Rules and Regulations For All Residential Colleges

To ensure our residents with a safe and secure living environment, there are four regulations concerning students' college life, which require your attention:

- University of Macau Management Rules for Residential Colleges
  - <https://rc.umac.mo/wp-content/uploads/2014/08/Management-Rules-for-Residential-Colleges.pdf>

- Booklet (in English and Chinese) can be obtained in General Office
- University of Macau Regulations Governing Residential Colleges
  - <https://rc.umac.mo/wp-content/uploads/2014/08/Regulations-Governing-Residential-Colleges.pdf>;
  - Booklet (in English and Chinese) can be obtained in General Office
- Student Disciplinary Regulations of the University of Macau
  - <http://www.umac.mo/reg/UMCalendar/%286%29GR-SDR.pdf>
- Campus-wide Alcohol Policy
  - <https://rc.umac.mo/wp-content/uploads/2015/03/Campus-wide-Alcohol-Policy.pdf>

All SPC residents have to comply with the following essential rules and regulations.

1	<b>College Membership</b>	<ul style="list-style-type: none"> <li>● A member of a College shall comply with any reasonable order of the College Master.</li> <li>● He or she should attend High Table dinners and other official College functions, meetings or interviews to which he or she has been invited by the College Master or the College Master's nominee.</li> </ul>
2.	<b>Proof of Identity</b>	<ul style="list-style-type: none"> <li>● Residents or visitors must present their Student Cards, or any documents of identification, for inspection at the request of the College.</li> </ul>
3.	<b>Change of Room</b>	<ul style="list-style-type: none"> <li>● Change of room is not allowed except with permission of the College Master.</li> </ul>
4	<b>Public Property</b>	<ul style="list-style-type: none"> <li>● Residents shall not remove any furniture, fittings, fixtures or facilities provided for use in the College without prior approval from the College.</li> <li>● Residents must make good use of or pay for any damage to furniture, fittings and the fabric of the College for which he or she is responsible, with the exception of fair wear and tear.</li> <li>● Common or communal facilities must be left in a clean and tidy condition after use. If such facilities are found to be in an unclean, untidy, or unhygienic condition, please report immediately to the relevant RTs, RAs, or the College.</li> </ul>

		<ul style="list-style-type: none"> <li>● For safety and hygiene reasons, residents should not place shoes outside their room or in the corridor.</li> </ul>
5	<b>Visitors</b>	<ul style="list-style-type: none"> <li>● All visitors must complete the registration procedure upon arrival and departure;</li> <li>● Visitors are not allowed to be in the College between 10:00 pm and 9:00 am.</li> <li>● A resident who invites (a) visitor(s) to the College shall accompany his/her visitor(s) during their stay in the College, and shall be responsible for their conduct and any charges incurred by them.</li> </ul>
6	<b>Fire Safety</b>	<ul style="list-style-type: none"> <li>● Cooking in the College is prohibited except in the designated areas as authorized by the College.</li> <li>● Cooking left unattended is strictly prohibited at all times.</li> <li>● Possession of chemicals, explosives or highly combustible materials that are potentially dangerous or damaging is prohibited.</li> <li>● Open flames, including candles and incense, are prohibited in any part of the College except when approved by the Master or his/her nominee in the case of specific ceremonies and celebrations.</li> <li>● Interference of fire service devices is strictly prohibited.</li> <li>● Resident attendance at official fire drills is compulsory.</li> </ul>
7	<b>Smoking, Drugs, Alcohol and Gambling</b>	<ul style="list-style-type: none"> <li>● Smoking is strictly prohibited.</li> <li>● Residents and visitors shall not bring into or use any illegal drugs or misuse prescription drugs.</li> <li>● Consumption of alcoholic beverages by students is permitted only with proper approval on the licensed premises of the University of Macau.</li> <li>● Service of alcoholic beverages in student activities must obtain prior approval from Rector, Vice Rectors, Dean of Students, College Masters, Deans of Faculties or Head of Independent Academic Units.</li> <li>● No alcoholic beverages may be served to students under the age of 18 at any time.</li> <li>● Students should not engage in any gambling whatsoever in the College premises, or permit such gambling to take</li> </ul>



		place in the residential room without prior approval of the College Master.
8	<b>Respect for Other Residents</b>	<ul style="list-style-type: none"> <li>● Residents should not enter the bedroom of another resident without consent.</li> <li>● Student residents should not invite members of the opposite gender into their residential room. Such meetings should be in prescribed public places in the College.</li> </ul>
9	<b>Electrical Appliances</b>	<ul style="list-style-type: none"> <li>● Light electrical appliances intended for necessary personal use are allowed in the resident's room and should be properly maintained.</li> <li>● Use of all other electrical appliances in dormitory must be approved by College.</li> <li>● The College may remove any appliances which may disturb or endanger others.</li> <li>● Residents should endeavor to save energy in the College.</li> </ul>
10	<b>Commercial Activities</b>	<ul style="list-style-type: none"> <li>● Commercial promotions and activities are prohibited in the College. Sale of any goods or services in the College is not allowed without prior approval of the College.</li> <li>● Without prior approval of the College, distribution of promotional items is prohibited.</li> <li>● Only posters with the stamp of the General Office may be placed in designated areas.</li> </ul>
11	<b>Quiet Hours and Noise Level</b>	<ul style="list-style-type: none"> <li>● Students should avoid creating noise in any parts of the College when meetings and other functions are in progress.</li> <li>● At all times, residents should keep noise levels reasonably low so as not to cause nuisance to neighbors and fellow residents.</li> </ul>
12	<b>Pets</b>	<ul style="list-style-type: none"> <li>● Pets are not allowed in the College without permission of the Master.</li> </ul>
13	<b>Dangerous Objects</b>	<ul style="list-style-type: none"> <li>● Residents are forbidden to bring any object into the College which could endanger the well-being of others.</li> </ul>
14	<b>Bicycle Parking</b>	<ul style="list-style-type: none"> <li>● Bikes are not to be left standing in areas not designated for bicycle parking such as public footpaths.</li> </ul>

## Summer Stay Policy

All students are required to move out from SPC at the end of the academic year. For the 2018/2019 academic year, the deadline is on 31 May 2019.

Non-graduating students who need to stay in SPC in the summer are required to submit their application to the General office (G016) in advance, typically in early April. The summer room fees are based on the number of nights of actual stay in SPC.

## IMPORTANT CONTACTS

### SPC

<b>SPC General Office</b>	Location: S9-G016 Phone No.: 8822 9630 Office Hour: Monday to Thursday 9:00 - 13:00 & 14:30 - 17:45 Friday 9:00 - 13:00 & 14:30 - 17:30 E-mail: SPC.enquiry@umac.mo										
<b>Mailing Address</b>	<table><tr><td>中文</td><td><b>In English</b></td></tr><tr><td>中國澳門氹仔</td><td>Room XXX, Shiu Pong College</td></tr><tr><td>大學大馬路</td><td>University of Macau, S9</td></tr><tr><td>澳門大學, S9</td><td>Avenida da Universidade, Taipa, Macau,</td></tr><tr><td>紹邦書院, XXX 室</td><td>China</td></tr></table>	中文	<b>In English</b>	中國澳門氹仔	Room XXX, Shiu Pong College	大學大馬路	University of Macau, S9	澳門大學, S9	Avenida da Universidade, Taipa, Macau,	紹邦書院, XXX 室	China
中文	<b>In English</b>										
中國澳門氹仔	Room XXX, Shiu Pong College										
大學大馬路	University of Macau, S9										
澳門大學, S9	Avenida da Universidade, Taipa, Macau,										
紹邦書院, XXX 室	China										

Email is the College's official channel of communication through which all important announcements are made. Please check your **UM emails** at least once a day. Should you have any question about your College life, please use your UM email account to send email to < **SPC.enquiry@umac.mo** >.

Information about College programs and SPC activities will also be announced and updated through our College website, Facebook and WeChat.

#### SPC website:

<http://spc.rc.umac.mo/>

#### SPC Official Facebook:

<https://www.facebook.com/pages/澳門大學紹邦書院-Shiu-Pong-College/1480431092236804>

(Please "like" it as soon as you can to get SPC's Facebook updates.)

SPC WeChat:



Or search “UMACSPC” in WeChat

Other Departments

<b>Security Office</b>	SPC Security Counter – Ground Floor of S9	6389 2706
	UM Security Counter – Central Teaching Building	8822 4000
	UM Security Emergency Contact	6633 1860
<b>Emergency Hotline of the Police</b>	999/ 110/ 112	
<b>Medical Center of University of Macau</b>	Location: UM Sports Complex, ground floor, room G002	
	Phone No.: 8822 4123	
	Opening Hour: Monday to Thursday 9:00 - 13:00 & 14:30 - 17:45	
	Friday 9:00 - 13:00 & 14:30 - 17:30	
<b>Kiang Wu Hospital Taipa Clinic</b>	Location: 氹仔排角路泉福新村第二期	
	Phone No.: 8295 4017	
	Opening Hours: 24 hours emergency service	
	Website: <a href="http://www.kwh.org.mo/tz%20medical%20center.php">http://www.kwh.org.mo/tz%20medical%20center.php</a>	

### 學生領袖眼中的紹邦書院——你們是世上的光



宋弘澤是人文學院二年級的學生，在SPC生活了一年，在本學年擔任SPC院生會的主席。SPC在他眼中是什麼樣子呢？

歡迎同學們來到澳門大學，加入紹邦書院的大家庭！

住宿式書院是澳門大學最與眾不同的特色，它的存在不僅僅是為了給同學們提供住宿，更在於極大地豐富同學們每日的學習生活，並實現學校為同學們設立的全面發展的教育目標。下面我為同學們進行簡單的介紹：

#### 1. 書院會為同學們提供豐富的社會文化盛宴

除了書本知識，紹邦書院希望大家能具有優秀的社會文化素養。在全球化時代，熟練掌握英語已經成為必不可少的基本技能，而且不單單要會寫，更要有口語交流能力。在紹邦書院的 **English Table**

里，同學們可以每周與來自世界各地的志願者導師用英語交流，增強使用英語的能力和自信，了解不同國家地區的文化，更有前往威尼斯人酒店和美國高校的交流活動，以及每年一度的與耶魯大學和香港中文大學的學術交流機會。在筑夢小隊和山西義教之旅中，你將會在幫助他人的過程中實現自我價值，收獲一筆最最珍貴的精神財富，因此這兩項活動每年都成為參與度最高的、反饋最好的活動之一。

#### 2. 書院會支持和滿足你們的興趣愛好

經過多年來書院老師和同學們不斷地努力，紹邦書院已經發展出多元

化的體驗式學習項目和學生社團。愛好運動的同學可以加入書院籃球隊、足球隊、啦啦隊，代表書院參加比賽，與其他書院一決高下；喜歡藝術的同學們不妨加入合唱團和樂隊，在書院和學校的活動上一展才藝；在慧言堂辯論社，同學們可以提升思維和辯論能力，而且每次練習都生動有趣、一點也不枯燥；公關大使團隊是書院的名片，在代表書院接待到訪的嘉賓的過程中提升自己；你的導演、編劇和攝影天賦也可以在話劇社和微電影社里充分施展。除此之外，樓層和院生會還會有大大小小、數不勝數的短期活動向每位同學開放，你完全可以自由地憑自己的喜好選擇。

### 3. 書院會為大家提供非常舒適便捷的住宿生活

大家可以在紹邦書院享受到最好的住宿環境；明亮安靜的宿舍、干淨整潔的衛生間，寬敞的茶水間可以供大家聊天聚餐，洗衣間配備功能齊全的洗衣機和干衣機，自習室可供大家隨時讀書學習，健身房可供大家早晚鍛煉身體，琴房配備各種樂器供喜歡音樂的同學們使用，食堂每日三餐為大家提供豐富營養的美食。樓層的 RT、RA 和院生會（HA）會時時聽取同學們反饋的意見，帮助大家解決問題，提升大家在書院的學習生活品質。另外，得益于紹邦得天獨厚的地理位置，只要走幾步路到書院對面的 S9 就有超市、面包店、餐廳、銀行等等，可謂一應俱全。

### 4. 寄語和希望

度過了一個最幸福的無憂無慮的假期，來到了大學，這意味著與以往全然不同的、嶄新的四年，對於很多人來說這是人生中最美好最自由的的一段歲月。四年的時間看似漫長，但其實節奏很快，倏忽間時間就過去了。大學與高中最大的不同就是你生活得更加自由，你可以選擇自己的生活方式。離開了父母的身邊，也沒有了天天管你說你的班主任，你會怎樣管理自己？你會不會還像以前一樣堅持不遲到不曠課？你會不會自主地認

真學習、按時睡覺？你能否合理掌握自己休閒娛樂的時間？你會怎樣與同學相處？現在這些都完全取決于你自己了，作為一個成年人，需要自己為自己負責，為自己的現在和未來負責。如果你對此感到有些迷茫，可以多聽聽老師們、學長學姐們的建議。我能夠給出的唯一的建議就是嘗試讓自己變得更積極，就像院長常說的：

Try to be active。多參加活動，多結交朋友，多和同學老師們交流，樂于奉獻，少待在宿舍里，給自己多找些事做，讓生活充實忙碌起來，可別讓自己以後為虛度了最好的光陰而後悔。這不是什麼難事，而且充滿樂趣，祝你們好運。

最后，我真誠邀請學弟學妹們報名成為紹邦書院院生會的幹事，共同為書院增添一份力量。

## 為自己是一個紹邦人而感到自豪



熊嘉敏是紹邦書院2018屆畢業生，積極參與書院的英語項目及志願者服務，是一位傑出的學生領袖。

時光荏苒，不知不覺間，已在紹邦書院生活了四個年頭。今年的八月，我不再是懵懂的大一新生，也不是為迎新而冗忙著的舊生；而是才剛踏出澳門大學校門的應屆畢業生。回想起在澳門大學的日子，感受最深的，還是要數在紹邦書院當中的點滴。

大一的生活可算是最寫意的了，一直都被照顧，也很快有序地開展了新的生活。碰上了人生當中的第一個室友，嘗試適應著和一個陌生的人住在同一屋簷下。經過不斷的磨合，成了朋友。還記得剛碰面時的慚愧，再到後來的多少次促膝夜談，真的令人回味啊！坦白說，一開始參加書院活動，單純是為了想滿足書院的畢業要求。那時選擇的活動，都是選時間最短的，

這樣才能快點離開嘛。沒多久我就發現，這樣子的狀態，令人感到心靈上的疲憊。在經過思考後，我選擇了調整步伐，不再是為了要參加而參加，心態上的轉變也造就了今天的自己。沒有可能所有活動都是自己喜歡的，所幸的是紹邦書院所提供的活動都不盡相同，包括有一次性、長期的、短期的等……令學生可以嘗試及參與，也能照顧不同學生的興趣和需要。我學習了選擇活動時也先衡量自己的興趣和時間，在參加活動時也給予一點耐性去了解。這種想法的萌生，驅使我變得積極和樂在其中。縱然回想起來，會覺得自己曾浪費了一點的時間；但也許，正是這點的浪費，才能警惕自己更要善用時間。在紹邦書院裏，我參加過很多不同類別的活動。但我個人還是比較熱衷於長期活動，因為有過程，有經歷，所以感受往往都會是較深刻的。而這種學習



的模式和成長的經驗也是一般一次性活動難以媲美的。故此，我投放了不少的時間和精力在書院的英語項目及義務工作上。

我透過一系列的英語活動，分別在澳門、香港中文大學、美國都得到很多鍛鍊英語機會。也透過和不同的人交流，也加深了對不同文化的認知。更重要的是相比起在課堂上，我在說英語的時候，沒有感到太大的壓力。從實際得益的層面來說，我覺得熟練英文口語真的有助我參與各種大大小小的面試、也可以易於和來自不同國家的人進行交流。學習一門語言是要靠日積月累的用功，不能到要用時才臨急抱佛腳。這幾年下來，我覺得不知不覺間我的英文口語能力提高了，更重要的是我培養了說口語的勇氣和自信，改善了溝通技巧。如果有參加過書院的英語活動項目的同學就會知道，這絕不是一個單純只是學英語的地方，而是一個充滿愛和正能量的活動項目。無論是英語桌還是英語營，每次總會有一大隊義工導師風雨不改地來耐心教導我們、陪伴我們、關心我們，這一點是最令我感動的。他們的付出只是單純的為了同學們的成長。我想這樣有意義的學習氛圍及理念，在其它地方也很難找到了。

大二的時候，我開始擔當著學生領袖的角色。一開始的時候我在想，連普通的交談也令我緊張，稍有說錯也能緊張老半天，怎樣好意思拿著麥克風說英語呢？開頭真的特別不容易，也需要很多的準備。到後來我能放鬆的主因並不是不會緊張了，而是在一次次的鍛鍊中，我的水平提高了。成長的過程本來就是不容易，有可能還會帶點痛苦，就好比種樹一樣，沒有殷勤灌溉，怎能奢盼能結出豐碩的果實！而書院提供一個很好的環境給我們，有很多軟硬件和人力資源，一直幫助我們成長。

記得頭一回去恩慈服務，坐在一個小男生身邊。那時我大一，他小一。那時的他有點調皮，不愛做功課，愛發脾氣。今年四月，在最後一次的服務

中，我正好幫他溫習。他四年級了，我也要畢業了。現在的他很懂事，會主動做功課，也能控制自己的脾氣。離開的時候，心底夾集著不捨和感慨，有點眼眶泛紅。這四年間，大家都收獲了成長和愛。

恩慈兒童院服務的延伸，就是山西博愛學校義教學習體驗活動，也是我感受最多的一個項目。紹邦四次的博愛之旅（包括第一次的考察），我是唯一一個學生全都去了。也感恩能一直參加，才能如此的深刻和難忘。記得第一次去時，由院長和院長夫人帶著我們四個同學，那裏下着雪，冷得不得了。但聽著校監陳奶奶和辛校長訴說博愛的故事，我們都被感動得熱淚盈眶，心頭很暖。回來就想把義教活動辦好，讓參加的同學體驗我們體驗過的觸動。辦這個山西義教項目真的是非常不容易，由1月份的宣傳、招募、面試、篩選、全體大會、義賣，再到寫教案、綵排、修訂、再綵排等等的前期工作，才到5月正式的義教。在長達半年以上的準備期中，都經過無數次的討論和安排，才能把義教順利的辦出來。從第一屆由零到把活動構思出來，再到第二屆想著在舊有的基礎上改善，再到第三屆的傳承和突破，同一個項目，每一年都是新挑戰和考驗。看到這個項目發展漸趨成熟，我心中也感到很感動，特別希望學弟妹能把這份精神和愛心延續下去。由開始為這個項目付出了，但發現收獲遠比付出多，一切都值得了。那所位於貧窮山區的博愛學校，從裏到外都在散發一種“愛的魅力”，令我每一次離開還會想再回去。

大一的時候，我是參加者。到了大二後，開始已經學習著當一個學生領袖。特別想感謝梁院長及梁太太（Andrea），願意付出很多時間和心思投放在每一個活動、每一位同學身上，把我們都團結起來。還要謝謝一起合作過、相處過的小伙伴們。是你們讓我更懂得如何有效地和人溝通，要學習互相欣賞和尊重。一群人一起朝同一個目標而努力的感覺真好啊！你們也是我的青春回憶中不可或缺的一環。作為一個紹邦書院的學生領袖，我透過體驗式的

學習，得到很多探索和實踐的機會，學會了把想法從一個個人/單一的層面，提昇到更高層次去思考及分析。在要兼顧大大小小事情的同時，我反而變得更有效率。作為一個未來的老師，很感恩的是可以在這裏感受到另一種教育的方法，是紹邦教會了我，不是只有用考試來評核的才叫學習。

四年轉眼即逝，但當中的點滴扎根在心頭。感謝有紹邦書院，我也為自己是一個紹邦人而感到自豪。

## 汗水與艱辛是珍貴的回憶



劉穎聰是紹邦書院2018屆畢業生，在學生領袖的崗位上不斷磨練自己，勇於走出舒適圈，獲得了明顯的成長。

時光飛逝。四年前我剛來到紹邦書院，青澀而懵懂，樂此不疲地參與書院的各種活動。如今，我帶著從書院中獲得的各種經驗和知識，進入社會投身工作。

回顧我的書院生活，盡是充實而快樂的時光，當然在成長中留下的汗水和感受到的艱辛更是彌足珍貴的回憶。同時，作為一位已畢業的紹邦人，我更希望這篇文章能夠為書院的學弟妹們帶來一些鼓勵，希望他們能爭取機會發展自己。

我是一個資質平平的學生，並不具備成功領袖擁有的優點。但紹邦書院為學生設置了各種活動項目，提供許多領袖崗位讓學生在親身實踐中學習。在篩選學生領袖的時候，書院首要的考慮並不是學生是否有能力將項目發展得好，而是學生是否願意通過不斷的付出，在領袖崗位中提升自己。因為深知自己有諸多不足，我便不輕易放過眼前遇到的各種鍛煉自己的機會。

也許是因為我內心一直渴望提升自己，在大一時“陰差陽錯”地成為了書院一個義工隊——築夢小隊的主席。第一次管理一個團隊，對我來說是全新的體驗，也是前所未有的挑戰。雖說只是一個學生社團，但是如果想要經營得好，需要大量的心思和精力。眾多活動的背後，是我和同伴們不知開過多少次會，熬過多少次夜，經歷過多少風吹雨打才成功辦成的。因此我學懂了，就算再小規模的團隊，再小的事情，沒有真心去投入，是不能成功做好的。

因為剛開始時毫無經驗，我手忙腳亂地管理著團隊。由於分工不當，一個團隊內眾隊友都應該做的事情後來竟變成了大部分都由我一個人去承擔。

我是築夢小隊的主席，也是秘書，有時也是財務，也負責佈置展板。一個人身兼數職，忙得不亦樂乎，也苦不堪言。雖然事後深深地明白，良好的分工可以幫助我把更多的精力放在策劃和管理上，可是我同時也不知不覺地鍛煉了各項技能，比如如何有效地傳遞資訊，如何寫一份清晰而又詳盡的會議記錄和如何主持活動等。更重要的是，我慢慢學會了，不管身處哪個崗位，只要學會從 leader 的角度看待問題，時刻考慮團隊的利益，每一個人都可以是 leader。

書院為培養學生的領導能力可謂不遺餘力，其中我覺得受益甚多的是大四時參加的一個學生領袖訓練計劃。我們每一位學生領袖都有自己的導師，在歷時數月的培訓裡導師們一步一步地指導我們，見證著我們的成長，對我們每一次的表現總是及時地給予讚賞，毫不吝惜。每一次集訓的時候，導師們似乎總是比學生要有活力，看待我們雙眼發光，不自覺間我們也有了一種“我們很優秀”的“錯覺”。記得在最後一次集訓中，總導師以一個儀式結束了這個計劃：他讓每位導師將手搭在自己的學生肩膀上，然後讓學生和導師一起大聲說，“我相信我可以做到！”。在那一剎那，隨著當時激動的情緒，我忽然意識到原來這個花了約有九個月的計劃，最終想告訴我們的是，其實只要我們願意相信自己能做到一件事，那件事就能辦成。從書本上學到的“有志者事竟成”，這句短短的名言，竟要有一定的經歷才能明瞭。

在每一次得到別人的讚賞和認可時，正如大多數人一樣，我總是尷尬地笑道，“我並沒有那麼厲害嘛。”有時是出於謙遜，但有時是因為妄自菲薄。我瞭解自己身上的缺點，感覺離那個完美的模樣如此遙遠，以至於不自覺中認為成功是一件很困難的事情。但往往因為這樣我就失去了本應該具有的自信。如果從積極的角度看待自己，雖然我沒有拔尖的才能，但通過一步一步的努力，我還是把築夢小隊慢慢地發展起來了。看著自己的一點成績，我開

始也願意相信，或許我就是真的像導師們眼中看到的那樣，其實我也可以很優秀。通過這個學生領袖訓練計劃，我開始明白，我與成功領袖之間其中的一個差別，就是是否願意相信自己。

我感謝書院能夠給學生提供各種機會，讓我們親力親為地去實踐，遠遠勝過學習書本中的抽象概念。但同時，對於我的個人成長，我也要感謝我自己。雖說書院願意幫助學生鍛煉自己，但能不能把握，和可以成長多少，完全取決於我們自己的態度。我感謝我自己能夠不局限於舒適圈，勇敢地去嘗試各種新的事情。

邁出舒適圈的過程是痛苦的。我本可以有許多自由時間用作娛樂。明明可以過得很輕鬆，卻在不知不覺間包攬了各項事務。有時需要連續幾日馬不停蹄地工作和學習，有時真的很累。但我一直依然“痛苦地快樂著”。在書院中擔任各種學生活動項目的職位，確實讓我失去了諸多自由，但我卻覺得這樣的生活才是有價值的投資，我樂在其中。

另外有時因為缺乏經驗總是不斷犯錯，但我慢慢地明白，很多時候要做好一件事情真的不要怕苦和怕累，因為成長本來就是一個不斷伴隨著痛苦的過程。從出生來到一個完全陌生的世界開始，我們就不斷地感受痛苦：我們學走路的時候會跌倒，做各種事情的時候會犯錯，成長當中會有不少挫折和失敗。但是當我們承受過這些痛苦後，我們就不再懼怕挫敗，我們會堅強地面對挑戰。但其實對於我來說，不斷地挑戰自己也並不完全是一件苦事，反而這似乎會讓我上癮。當辛苦過後，看到了一點成績，便會頗有成就感，這就是我接著去嘗試新事物的動力。

對比四年前那個害羞、內向、表達能力不強、組織能力弱的我，現在我可謂是成長了不少。記得有一位曾經一同共事過的同學跟我感慨道，當初她看到那個做事慌亂的我，真的很擔憂這個主席到底靠不靠譜。但後來觀察到

我似乎慢慢地能夠獨當一面時，她覺得我真的改變了很多。正如當初剛加入築夢小隊時，院長夫人 Andrea 頗有些語重心長地跟我說的一樣，“you will be different”。確實，相比以前我真的成長了不少，這都是我過去一直努力的結果。當然，我深知自己可以進步的空間仍然很大，在要求更為苛刻的社會大熔爐面前，我還需要經歷不少磨煉，但至少從書院的體驗式學習中收穫到的不懼困難、不斷上進的精神，可以幫助我一直前行。

書院對我的教育之恩，短短的篇幅不能言盡。這四年的青蔥時光，值得我一生去回味。面對我過往獲得的一點成績，我並不覺得很了不起，因為我相信學弟妹們也可以通過努力去達到。同時我過去做事有不少缺憾，我也相信學弟妹們可以做得比我更好。愿這篇文章可以激勵紹邦書院的學生也能夠抓緊學習的機會，用盡心盡力的做事態度，和不懼怕困難的精神，在體驗式學習中獲得成長。

## 在學習中建立正確的人生價值觀



黃仕欣是紹邦書院2015屆畢業生，亦是紹邦書院第一屆全人發展獎學金的獲得者。已工作多年的他，如何看待書院的意義呢？

“紹邦，紹邦，為善為美正義張。”每一次聽到這個熟悉的旋律，我都會為自己有一個紹邦人的身份而自豪。我是黃仕欣，澳門大學2015年的應屆畢業生，同時，也是紹邦書院成立以來的第一屆紹邦人。儘管我在紹邦書院只有一年的時間，但這一年在書院所獲到的知識，個人的成長以及價值觀的塑造，對於我畢業後的個人發展，有著極大的影響。

回想起當年剛成立的紹邦書院，儘管很多硬設施都還沒完善，但驅動書院發展的活動項目及軟設施卻在院長以及一眾管理人員的詳細計畫下有序的進行，書院先後通過各種不同活動項目的開展，從各方面加強了學生軟實力的發展。甚至乎後來，很多的活動甚至成為書院的品牌，一直延續至今，幫助了各級同學，成就了一批又一批的紹邦人。

印象最深是書院每週的英語桌活動，在四位一體的體制下，雖然自己本科的學習語言為英語，但聽多於講的被動實況讓我們口語並沒有得到很大的提升，書院通過英語桌的活動，鼓勵學生更多的去用英語交流，學習。通過與志願者導師的互動學習，我的英語能力在短時間內有了很大的提升，這對於我後來在美國的工作有莫大幫助。

築夢小隊的成立也很好的代表書院的理念和願景。我有幸成為小隊的成員，在書院的指導下，我們通過與一所非牟利的兒童院合作，使用大學生知識和經驗上的優勢，為有需要的孩童，給與更多的關心與幫助，共同成長。一來讓他們感受到社會上更多愛心關懷，提高他們的歸屬感，同時，也讓同



學們通過社會服務的實踐，建立起正確的價值觀。施比受更為有福，這一個體會也一直引領者我，即使畢業多年，要是自己力所能及，我也必定全力以赴去幫助他人。

作為紹邦書院第一屆的全人發展獎學金的獲得者，這除了是個榮譽，更是一種使命。它給了我鼓勵，肯定以及支援的作用，即使工作多年，這個榮譽也不斷的驅使我向各方面發展，努力和堅持。學習只是一個過程，如何在學習中建立正確的人生價值觀，我認為書院為我們提供了很好的平臺。

這些年來，紹邦書院帶給我的不僅僅是個美好的回憶，它用實際的行動幫助了一代又一代的紹邦人，希望在未來的歲月裡，越來越多的紹邦人能更全面的發展，為社會的做出更大的貢獻。