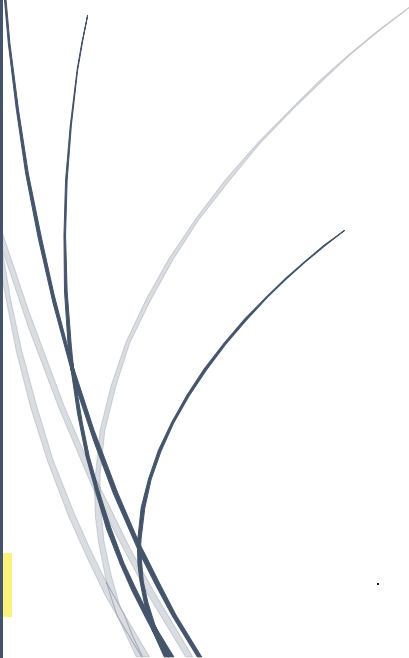


SHIU PONG  
COLLEGE

2019-20

# SHIU PONG COLLEGE

Orientation Program  
and  
A Navigation Guide



# Master's Welcome

Dear Students,

It is my great pleasure to welcome you most warmly to Shiu Pong College (SPC), which is one of the oldest and most established colleges in UM. We are committed to creating a warm and harmonious 'home away from home' for students and we are so excited to have you as new members of our SPC family.

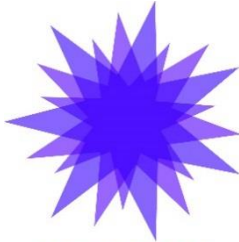
SPC offers a congenial and inclusive environment, in which students can grow in a caring and friendly atmosphere full of hope and a strong sense of belonging. Throughout your stay at the College, you will live together with your fellow students, meet our staff members, our non-resident fellows and affiliates, and gain various opportunities for your personal growth. We adhere to a student-centered approach and focus on cultivating good friendship and a deep level of understanding that will allow us to travel together over the mountains and valleys in life.

SPC is also a stimulating learning community, which fosters self-discovery and exploration and offers many opportunities for leadership development and student self-governance in the College. You are strongly encouraged to participate in and organize a wide range of intellectual, cultural, physical, moral and social pursuits, which would complement your fields of academic studies. Through engaging in experiential and extracurricular activities, you can bring your potentials into full play, establish good habits of behaviour and develop a broad scope of soft skills and leadership qualities.

This booklet contains useful information that will help you immerse into the exciting college life. I invite you to explore and to get involved in the various opportunities available in this living and learning community. SPC provides you with a variety of formal and non-formal activities, such as high table dinners, English programs, service-learning trips, debate team, student ambassador team, and dream building team, plus numerous House Association and floor activities and events. It will be a truly enriching experience to live, learn and grow in this first-class residential college.

I wish you every success in the years ahead!

Professor Benzi Zhang  
Master of Shiu Pong College



SHIU PONG  
COLLEGE  
紹邦書院

“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

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## 2019-20 ORIENTATION PROGRAM SCHEDULE

Date	Time	Content	Venue
Aug 12, 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 & Board game	S9-dining hall
Aug 13, Tue	9:00-18:30	Freshmen move-in	S9-G033
	16:30-18:30	Town Hall with Parents (Mandarin)*	N2
	19:30-21:30	SPC Ice-breaking	S9-dining hall
Aug 14, Wed	10:00-11:00	First Step to UM*	N8
	11:00-12:30	Course Enrolment Briefing (local and international)*	N8
	11:00-18:30	Registration and Campus Card Production, Briefing & Test (Mainland)*	N8
	19:30-22:00	Campus Orienteering	S9-dining hall
Aug 15, Thur	9:30	Flag Raising Ceremony*	Lotus Plaza
	10:00-12:00	Convocation & First Lecture of University*	N8
	14:30-18:00	First Lecture of Faculty & Faculty Orientation*	Faculty
	19:30-22:00	U Rock Concert*	N8
Aug 16, Fri	9:30-9:40	Anthem singing	S9-dining hall
	9:40-10:30	Introduction to SPC	
	10:30-12:30	Introduction to graduation requirements, CPED & College rules	
	14:30-16:30	Team building game	
	16:30-17:30	ICTO briefing*	



Aug 17, Sat	9:30-10:00	Introduction to College facility & administrative affair	S9-dining hall
	10:00-12:00	Introduction to College programs and interest groups	
	12:00-13:00	Recruitment of College programs and interest groups	
Aug 18, Sun	18:00-20:00	SPC reception dinner	S9-dining hall
	20:00-22:00	SPC freshmen talents show	
Aug 19, Mon	17:30-19:30	International Student Fest*	E31
Aug 20-21	10:00-17:00	Student Fair + Department Booth*	E31
Aug 19-31	All day	Medical Check*	-
		Visa Application*	-

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

**Note:**

**Freshmen are highly encouraged to participate in above program which will provide information and training important to your 4-year life in University of Macau.**

**If you have any question about the orientation schedule and academic matters, please contact: Dr. Liu, Resident Fellow (Tel: 62194680; Email: [jliu@um.edu.mo](mailto:jliu@um.edu.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. Benzi Zhang**  
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Resident Fellow  
**Dr. Jingjing Liu**  
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Resident Fellow  
**Ms. Ginger Chan**  
Office: G017  
Phone: 8822 9626  
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## 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)

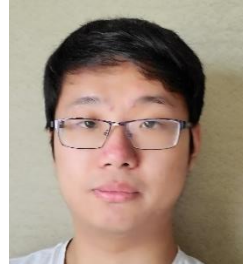
Our RTs and RAs provide pastoral care, support college programs and activities, as well as organize floor activities.

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



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# HOUSE ASSOCIATION (HA) OFFICE HOLDERS

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



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# RC LEARNING AT SPC

In general, all SPC programs and student activities can be conceptually divided into 5 categories, including (A) Experiential Learning Programs, (B) Seminars, Talks and Workshops, (C) House Association activities, (D) Floor activities as well as (E) Sport Teams and Student Interest Groups.

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

### A1. 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. Benzi Zhang (Master)

**Advisors:**

- Prof. Brian Chan (College Fellow)

**Secretary:**

- Ms. Hailie Wong

**Contact persons:**

- Sit Chin Pok (Ken)

FSS Year 3 | SB72076@um.edu.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. Benzi Zhang (Master)

### Advisors:

- Prof. Brian Chan (College Fellow)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Sit Chin Pok (Ken)

FSS Year 3 | SB72076@um.edu.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. Benzi Zhang (Master)

### Advisors:

- Prof. Brian Chan (College Fellow)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Sit Chin Pok (Ken)

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## 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 five years, as observers in the first two years and as presenters in the last three years.



### Program Leader:

- Prof. Benzi Zhang (Master)

### Advisors:

- Prof. Brian Chan (College Fellow)  
- Prof. Joaquim Kuong (College Fellow)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Sit Chin Pok (Ken)  
FSS Year 3 | SB72076@um.edu.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. Benzi Zhang (Master)

### Advisors:

- Prof. Brian Chan (College Fellow)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Sit Chin Pok (Ken)  
FSS Year 3 | SB72076@um.edu.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. Benzi Zhang (Master)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Liu Jiaqi (Kiki)

FED Year 3 | HB71130@um.edu.mo

- Lai Ka Weng (Zafrina)

FED Year 3 | HB71023@um.edu.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. Benzi Zhang (Master)

### Secretary:

- Ms. Hailie Wong

### Contact persons:

- Fong Hou Chon (Nikko)

FST Year 3 | DB72594@um.edu.mo

- Lai Ka Weng (Zafrina)

FED Year 3 | HB71023@um.edu.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. Benzi Zhang (Master)

### Advisor and Conductor:

- Prof. Brian Chan (College Fellow)

### Contact person:

- HO KA TONG (Judy)

FSS, Year 3 | SB72035@um.edu.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. Benzi Zhang (Master)

### Secretary:

- Ms. Ginger Chan (Resident Fellow)

### Contact person:

- Pun Hio Cheng

FBA, Year 2 | BB80082@um.edu.mo



## Debate Team (DT)

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



### Program Leader:

- Prof. Benzi Zhang (Master)

### Advisors:

- Prof. Degang Yin (College Fellow)

- Prof. Zhe Li (College Fellow)

### Secretary:

- Dr. Jingjing Liu (Resident Fellow)

### Contact person:

- Zhang Junbo (Bert)

FSS, Year 3 | SB72283@um.edu.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. Benzi Zhang (Master)

### Advisor:

- Ms. Wong Teng Teng (Film director)

### Secretary:

- Dr. Jingjing Liu (Resident Fellow)

### Contact person:

- Kong Man Long

FST, Year 4 | DB62531@um.edu.mo

## A2. 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.

### ***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).



## (B) 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)*



*中國文化精華之“龍” (Jan. 31, 2018)*



*Artificial Intelligence (Nov. 26, 2018)*



*新會之旅 (Mar. 2, 2019)*



*宋元明山水畫欣賞 (Apr. 10, 2019)*



*Charity bazaar (Apr. 15, 2019)*

## (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.



*SPC Talents Show (Apr 3, 2019)*



*Lantern DIY (Feb 15, 2019)*

## (D) Floor activities

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



*Kite DIY and flying (Apr 6, 2019)*



*Aerobic Exercise Workshop (Mar 13, 2019)*

## (E) Sport Teams and 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.

### Basketball Team



**Contact person:**

- Wong Chi i  
FST, Year 3 | DB72519@um.edu.mo

### Football Team



**Contact person:**

- Liu Wanlin (Beckham)  
FST, Year 4 | DB62295@um.edu.mo

### Cheerleading Team



**Contact person:**

- Liu Muxun (Mue)  
FAH, Year 2 | AB81755@um.edu.mo  
  
- Huang Yilin (Eileen)  
FBA, Year 3 | BB70606@um.edu.mo

### Discovering your MACAU

**NEW!**

This is a new student interest group. It encourages students to discover and to learn more of Macau's cultural, economic and historical riches, involving such activities as conducting literature reviews, completing field trips, and interviewing persons of interest, etc.

**Contact person:**

- Dr. Kam Hou Vat, College Fellow  
  
- Ms. Ginger Chan, Resident Fellow  
gingerchan@um.edu.mo

## **RC COURSE IN SPC: CPED 1000 (1 CREDIT)**

CPED 1000 is officially named as “Residential College Experiential Learning”. It 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.

In CPED 1000, students should participate in games or activities initiated by themselves and reflect on their experience of participation in the form of class discussion and group report. Students will also be introduced to electronic portfolio system (Mahara) to keep evidence of their experiential learning and to share their experience and personal reflection. It is a UM requirement that each RC student must complete this course with a passing grade before graduation.

## **COURSE SUPPORTED BY SPC: CPED 1001, CPED 1002 AND CPED 1003**

Students should attend enough activities related to physical exercise in RC in order to pass Physical Education (CPED 1001 and CPED 1002) which is handled by Faculty of Education.

Students should also attend enough activities related to communication and leadership in RC in order to pass CPED 1003 which is handled by Faculty of Social Sciences.

## 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

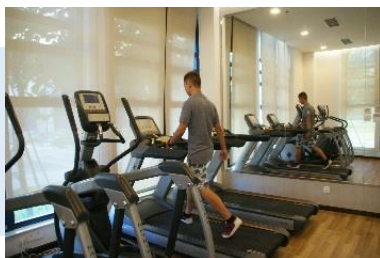
Lunch from 11:30 to 14:30

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

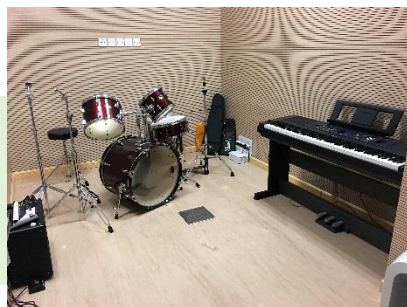


## Music Room



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

Location: 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



## 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 2019/20.

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	MOP10 each time
Loss of Resident Card and getting a new one	First time: MOP20 Second time onward: MOP50 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

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> <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> </ul>

		<ul style="list-style-type: none"> <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 place in the residential room without prior approval of the College Master.</li> </ul>
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> </ul>

		<ul style="list-style-type: none"> <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 2019/2020 academic year, the deadline is on 31 May 2020.

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@um.edu.mo										
<b>Mailing Address</b>	<table><tr><td>中文</td><td><b><u>In English</u></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><u>In English</u></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><u>In English</u></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@um.edu.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.um.edu.mo/>

**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
<b>Kiang Wu Hospital Taipa Clinic</b>	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>

## STUDENT SHARING

### 學生領袖眼中的紹邦書院——你們是世上的光



黃樂生是健康科學學院三年級的學生，在 SPC 生活了兩年，在本學年擔任 SPC 院生會的主席。SPC 在他眼中是什麼樣子呢？

首先歡迎新同學們來到澳門大學，加入紹邦書院的大家庭！

可能每位新同學剛來到澳門大學的時候都會有疑惑：為什麼找不到我的宿舍呢？好像學校的地圖上只出現了學院和書院。

有別於大多數的大學，澳門大學實行住宿式書院制度。我以前也和各位新同學一樣，對於住宿式書院是感到陌生的，初來乍到的時候也在疑惑中。不過，書院的導師們和學長姐們會幫助大家迅速地融入書院生活之中。而我在紹邦書院生活和學習的

兩年中，它不斷地帶給我自我提升和個人成長。下面就藉由我個人的經歷，來介紹一下住宿式書院和我們以往的宿舍有什麼分別：

記得院長曾經說過宿舍就是拿來睡覺的，而書院除了睡覺還可以學習，參加不同類型的活動與鍛煉，開拓視野，認識朋友。

在紹邦書院舉辦的多個長期性的學習項目並不是你們想象中坐在教室拿起書本學習那樣枯燥乏味，而是通過有趣又有意義的實踐來提升同學各方面的技能和認知。我自己比較熟知的有五個項目。第一個



是築夢小隊，它是書院的一個義工小隊，每週定期去幫助本地兒童院裡需要幫助的小朋友，還會在每年暑假組織去山西的義教活動。第二是書院的辯論隊，除了在書院裡練習演講和辯論的技巧之外，還會參加學校裡的比賽，去開拓視野。第三是書院合唱團，這裏不但有很多熱愛音樂的同學，還時常外出比賽或去聽音樂會。第四是英語桌，大家可能都知道澳門大學是全英語授課，新同學剛來時難免會有不適應。而英語桌這裡會有外國人和同學們交流、玩遊戲，以幫助大家不斷適應英語溝通的環境。最後一個是微電影社，喜歡電影的同學能在這裏學習到製作電影的技能，還能親身體驗拍攝電影的整個流程。

除了以上的長期性學習項目，書院也會根據同學們的不同興趣愛好來提供遊戲、美食、體育、外出交流的機會，例如院生會和樓層舉辦的遊戲、電競、籃球、壁球、剪紙、插花、製作美食、參觀博物館等一系列活動。當同學們參與自己有興趣的活動時，學習能力、社交技巧、全球視野都會在無形中提升。這些只是住宿式書院無窮魅力中的冰山一角，剩下的就需要新同學們自己來體會和探索了。

同學們在書院生活，書院也會提供必要的幫助和舒適便捷的住宿環境。房間裏有自己的書桌和衣櫃，還有乾淨整潔的洗手間。每層樓有兩個茶水間供同學們製作自己喜歡的食物，還有洗衣機和烘乾機。自習室可供大家隨時讀書學習。公共空間可用於在學習之餘放鬆自己，和朋友聊天或看看電影。書院 G 層還包括健身房、琴房和食堂。

相信大家看完我簡單的介紹，便可以了解到書院和宿舍完全不一樣。剛剛度過了一個放鬆假期的新同學們必定對大學有著不同的憧憬和對自己的希望。我希望能用自身的經歷告訴同學們：不要浪費大學四年，大學沒有管着你的父母和班主任，任何決定都是你自己去選擇，你可以選擇虛度光陰玩完四年，也可以充實地過完四年，大家都是成年人，都有自己的想法，希望同學們能做出對自己負責的決定。

## 享受這裡，改變這裡



陳杰希是紹邦書院 2019 屆畢業生，積極參與書院的英語項目，並擔任 RA，是一位傑出的學生領袖。她有什麼寄語給自己的學弟妹呢？

親愛的學弟學妹們你們好，恭喜你們進入大學生活，開啓人生新的旅程！相信你們現在內心既有期待，也有迷茫，就像當年的我一樣，常常在思考應該如何度過大學這四年，然而就在思考的過程中，我的大學生活就不知不覺地結束了。這四年對我的改變是巨大的，影響是深遠的，但是作為畢業生中普通的一員，我不敢說也不會說什麼樣的大學生活才是完美的，因此，我只想談談自己的一點感想，希望能帶給你們一些鼓勵和啓發。

首先，大學和以前任何階段的學習和生活無疑有著很大的差別。每個人都有自己的時間表，社交圈變大了，但是朝夕相處的人變少了，沒有老師或班長督促大家的學習，教授似乎更想和學生們成爲朋友……我個人認爲本科四年對於知識的學習是比較淺層的，更重要的是培養快速學習、與人溝通等的軟實力（soft skill）和塑造社會責任感、領導力等核心品質。這不是說大學的課業就不重要，學習依然是最重要的事情，只是應該用比以前多很多的時間和精力，通過參加各種各樣的活動，主動地鍛煉自己。爲了給同學們提供鍛煉的機會，書院可謂是不遺餘力，長期的、短期的活動五花八門，體育的、義工的、文藝的不同種類任君選擇。記得我大一那一年就參加了二十多個活動，在學長學姐精心舉辦的這些活動中，我很快適應了書院的生活、找到了自己的愛好、開拓了視野，不必變得合群，但是認識了志同道合的朋友。書院是澳門大學“四位一體”教育的一部分，在我心目中，它的重要性、影響力甚至超過學院，所以大家切莫只是把它當作普通的食堂和宿舍，要好好把握機會鍛煉自己。大學之前的路是別人替你選的，上大學之後的路你要自己鋪設。參加哪個活動，認識哪些朋友就是你做出的第一個選擇。

參加活動時，你也許會樂此不疲，也有可能會有失望的心情。紹邦書院還在成長的初期，還有許多地方可以加以完善，讓書院變得更好。比如，有的同學興衝衝地去參加了一個活動，卻發現活動和自己的想象有落差，感到失望，於是便漸漸地開始遲到、缺席、遠離了書院豐富

的生活。這種現象在書院其實并不少見，很少有人會想用自己的行動去改變，比如自己舉辦一個更有意思的活動，帶給別人好的體驗，相反更多的人會選擇去抱怨和默默接受現狀。但是，我相信，只有勇敢地去嘗試、不斷地挑戰自己，我們才會不斷成長，在彼此的奉獻中，書院才會越來越像一個愛的大家庭。

一直以來，我都希望書院能更有凝聚力和歸屬感，於是在大四最後一個學期時，我做了一次嘗試，讓書院低年級的同學親手為畢業生準備畢業禮物，禮物的內容是一個粘有 SPC 乾花滴膠的觸碰燈。一開始我非常擔心：真的會有同學願意來製作嗎？花了這麼多人力物力的禮物畢業生會珍惜嗎？令我意想不到的，最後在團隊的合作下，我們號召了 80 名同學，製作了 110 份禮物，每一份禮物都是獨一無二的，都是飽含祝福的。雖然我不確定這樣一個活動意義到底有多大，但是看到畢業晚宴上亮起的燈光，看到朋友圈裏有不少同學在曬禮物，我想只要這件事情能帶給他們內心一點點溫暖就足夠了。我相信，這一點一點溫暖的堆砌會讓書院變得原来越好，因為溫暖是可以傳遞的。

總而言之，如果你愛這裏，就盡情地去享受吧！在這片花園裏努力地吸收陽光、養分，生長成一棵茁壯的小樹。如果你現在不愛這裏，少一些抱怨，試著去改變吧！這片稚嫩的土地每天都在變得更好。在付出中你終會成長，也終會愛上！

還記得新生入學典禮上，前校長趙偉博士說了一番話，他說，大學最重要的一課，是讓人學會 **compromise**。這番話我思考了很久都無法理解，現在想來，我以上的一點感想或許就是一種 **compromise** 吧。

如今我已離開紹邦書院這個愛的港灣，飛向大洋彼岸。但是書院給我的愛和教育會像一盞燈，永遠陪伴我，照亮我前行的路，也讓我帶去帶給這個世界更多美好。