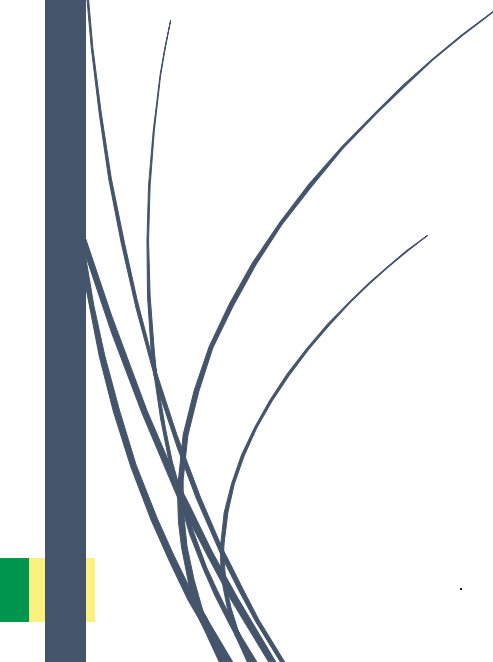


SHIU PONG  
COLLEGE

2020-21

# 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



“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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## ORIENTATION PROGRAM SCHEDULE

| Date         | Time        | Content  | Venue           |
|--------------|-------------|--|-----------------|
| Aug 31, Mon  | 9:00-18:30  | Freshman Move-in   | S9-G033         |
|              | Evening     | Introduction to Campus, Orientation Program, and SPC Icebreaking     | S9-Dining Hall  |
| Sep 01, Tue  | 9:00-18:30  | Freshman Move-in   | S9-G033         |
|              | Evening     | SPC Icebreaking  | S9-Dining Hall  |
| Sep 02, Wed  | 09:00-18:00 | Registration and Campus Card Production for Mainland China Students* | To be Announced |
|              | Evening     | Campus Orienteering  | Assemble at S9  |
| Sep 03, Thur | Morning     | Flag Raising Ceremony*   | Lotus Plaza     |
|              | 9:35-11:30  | Convocation & First Lecture of University*                           | N2 U Hall       |
|              | 14:30-17:30 | First Lecture of Faculty & Faculty Orientation*                      | Faculty         |
|              | Evening     | Experience Sharing by Upper Class Students                           | S9              |
| Sep 04, Fri  | Whole Day   | Introduction to RCs and SPC  | S9-Dining Hall  |
| Sep 05, Sat  | Whole Day   | Introduction and Recruitment of College Programs and Interest Groups | S9              |
| Sep 06, Sun  | Evening     | SPC Freshman Talent Show   | S9-Dining Hall  |

\* Events are organized by the University

**Note:**

**Freshmen are highly encouraged to participate in the above programs.**



## COLLEGE STAFF MEMBERS

### Academic Staff

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



College Master  
**Prof. Benzi Zhang**  
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Associate Master  
**Dr. Jingjing Liu**  
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Resident Fellow  
**Ms. Ginger Chan**  
Office: G017  
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Resident Fellow  
**Dr. Holly Sit**  
Office: G017  
Phone: 8822 9623  
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## Administrative Staff

General Office: S9-G016

The General Office is responsible for administrative matters in the college, including but not limited to, dormitory, public facilities, environmental safety and security, cleaning and hygiene, utilities consumption, finance and fees, etc. In addition, we distribute useful and updated information to our students, answer enquires, and provide administrative and logistics support to all college functions, events, programs and activities.



**Leo Che**

Phone: 8822 9624



**Mariah Ng**

Phone: 8822 9962



**Hailie Wong**

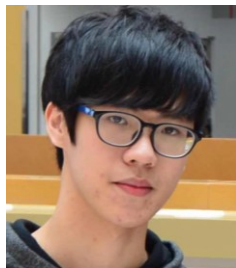
Phone: 8822 9632



## 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



Lao Weng Chio  
Resident Tutor  
FAH, Master 2

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



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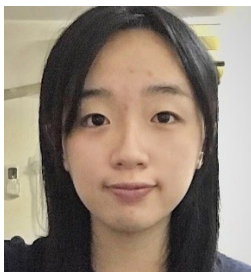
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# HOUSE ASSOCIATION (HA) OFFICE HOLDERS

HA supports college programs and activities, as well as organizes college-wide student activities.

## 第七屆紐邦書院院生會



內務副主席  
孫嘉晨 Simon  
SUN JIA CHEN  
大二 金融學



主席  
李欣珏 Cheryl  
LI XIN JUE  
大二 金融學



外聯副主席  
朱俊恆 Wilson  
CHU CHON HANG  
大二 工商管理學



聯合活動部部長  
王妍舒 Agnes  
WANG YAN SHU  
大二 國際事務



體育健康部部長  
邵楚媛 Christine  
SHAO CHU YUAN  
大三 會計學



文化藝術部部長  
張曉嵐 Carrie  
CHEONG HIO LAM  
大二 中文教育



生活事務部部長  
王成嘉 Justin  
WANG CHENG JIA  
大二 會計學



公關宣傳部部長  
廖彥西 Grace  
LIAO YAN XI  
大二 心理學



## RC LEARNING IN 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

#### 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 Wednesday and Thursday each week. The program signals SPC's

commitment to motivating students to fulfil their potentials and to grow to be leaders with a global perspective. Throughout the academic year they help SPCers to express themselves in English about issues relevant to university students.



##### Program Leader:

- Prof. Benzi Zhang (Master)

##### Advisor:

- Prof. Brian Chan (College Fellow)

##### Secretary:

- Ms. Ginger Chan (Resident Fellow)

##### Contact persons:

- Sun Jiachen (Simon)

FBA Year 2 | [bb90651@um.edu.mo](mailto:bb90651@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)

### Advisor:

- Prof. Brian Chan (College Fellow)

### Secretary:

- Ms. Ginger Chan (Resident Fellow)

### Contact Person:

- Sun Jiachen (Simon)  
FBA Year 2 | [bb90651@um.edu.mo](mailto:bb90651@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)

### Advisor:

- Prof. Brian Chan (College Fellow)

### Secretary:

- Ms. Ginger Chan (Resident Fellow)

### Contact Person:

- Sun Jiachen (Simon)  
FBA Year 2 | [bb90651@um.edu.mo](mailto:bb90651@um.edu.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 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. Ginger Chan (Resident Fellow)

### Contact Person:

- Sun Jiachen (Simon)  
FBA Year 2 | bb90651@um.edu.mo

## Overseas Summer Program: American Culture and Language Program in 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)

### Advisor:

- Prof. Brian Chan (College Fellow)

### Secretary:

- Ms. Ginger Chan (Resident Fellow)

### Contact Person:

- Sun Jiachen (Simon)  
FBA Year 2 | bb90651@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:

- Dr. Holly Sit (Resident Fellow)

### Contact Person:

- Wu Yuhan (Hannah)

FAH Year 3 | [ab81787@um.edu.mo](mailto:ab81787@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:

- Dr. Holly Sit (Resident Fellow)

### Contact Person:

- Wu Yuhan (Hannah)

FAH Year 3 | [ab81787@um.edu.mo](mailto:ab81787@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)

### **Secretary:**

- Dr. Holly Sit (Resident Fellow)

### **Contact Person:**

- HO KA TONG (Judy)  
FSS, Year 4 | 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:**

- Li Xinjue (Cheryl)  
FBA, Year 2 | bb90767@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 (Associate Master)

### Contact Person:

- Zhou Yuanxiang (Harold)

FAH, Year 2 | [ab91762@um.edu.mo](mailto:ab91762@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 (Associate Master)

### Contact Person:

- Chan Hong leong

FBA, Year 3 | [bb80416@um.edu.mo](mailto:bb80416@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 in SPC are organized normally three times per academic year. 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, Workshops and Tours

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.



王羲之書法講座 (Oct. 9, 2019)



中国传统文化中的“天” (Sep. 11, 2019)



Fun of Renju (Nov. 7, 2019)



Guangzhou Tour (Oct. 23, 2019)



Circle Painting (Sep. 21, 2017)



Lunch with professors (Nov. 19, 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.



*Visit to Macau World Heritage (Sep. 28, 2019)*



*Visit to Macau Police School (Nov. 13, 2019)*

## **(D) Floor Activities**

These are small group activities organized by RT, RA and Floor Committee members of each floor to foster friendship and enhance bonding.



*Painting by numbers (Oct. 16, 2019)*



*Archery Workshop (Nov. 27, 2019)*

## (E) Sport Teams and Student Interest Groups

SIGs are organized independently by small groups of students. Students can organize groups around interests such as calligraphy, reading, photography, martial arts, music, business, etc. College always encourages students to establish SIGs and is glad to support you. If you have any ideas of organizing such groups, please do not hesitate to contact our Resident Fellows in G017.

| <b>SIG</b>             | <b>Contact person</b>                               |
|------------------------|---|
| Basketball Team        | LOU CHIN HOU<br>FSS, Year 3   DB82179@um.edu.mo     |
| Football Team          | DION CARLOS CHOI<br>FSS, Year 4   SB72039@um.edu.mo |
| Cheerleading Team      | CHU CHON HANG<br>FBA, Year 2   BB90187@um.edu.mo    |
| Badminton Team         | PAN WEIFENG<br>FSS, Year 3   DB82645@um.edu.mo      |
| Table Tennis Team      | ZHANG POWEI<br>FAH, Year 2   AB91774@um.edu.mo      |
| Discovering your MACAU | Dr. VAT KAM HOU, College Fellow<br>fstkhv@um.edu.mo |
| Approach Portuguese    | WANG YIJUN<br>FAH, Master 2   MB94131@um.edu.mo     |



## RC REQUIREMENTS FOR STUDENTS ADMITTED FROM 2020/2021 ONWARDS

| Year                 | Categories        | Requirements   | Make-up Arrangement                                     |
|----------------------|-------------------|--|---|
| 1 <sup>st</sup> Year | High Table Dinner | Once   | Students can make up in any semester before graduation. |
| 2 <sup>nd</sup> Year | Activity          | 1 <sup>st</sup> Semester:<br>1 Group Presentation<br>(According to your CPED1000 Instructor) | Students can make up in any semester before graduation. |

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. RC undergraduate students should meet above requirements before your graduation.

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

Taught at the Residential Colleges, this course prepares the first-year students to adjust to and benefit from the whole person education of UM. It introduces students to a set of basic study skills and active-learner

attitudes that are expected of a university student. Through experiential learning in RC educational activities, learning experiences at UM at large, and the course required e-portfolio practice, students will learn to appreciate selected competencies prescribed as goals of the “community and peer education” of UM. They will also learn how to relate these competencies to their academic performance as well as future career development.

Your instructor will inform you details of course arrangement. Please check UM email box every day.



# SPC LIVING AND LEARNING FACILITIES

## Dining Hall



Location: G010

Meal Time:

Breakfast from 08:00 to 10:30

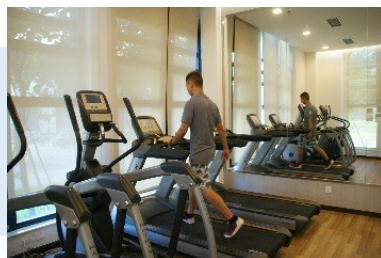
Lunch from 11:30 to 14:30

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)

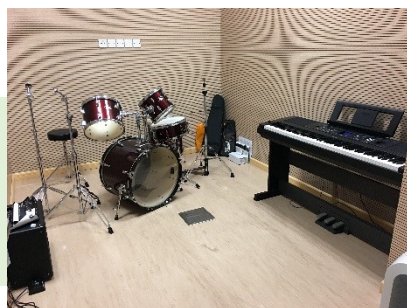
18:00 – 21:00 (1 hour limit)

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 and Drying Area



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

- 1 washing machine
- 1 drver machine

## Pantry



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

## Library

Location: G014



## Multi-Purpose Function Room

Location: G011



## Self-service Printing Area



Location: Near G015

# RULES AND REGULATIONS

## Move In / Out Procedures

### MOVE-IN PROCEDURES

1. Approach the move-in counter inside Shiu Pong College (S9);
2. Present either your offer letter and ID card or student ID card;
3. Complete the Move-in Acknowledgement Form, sign for the “Selected Articles on Code of Conduct in RCs” and submit a 1.5 inch/2 inch recent photo;
4. Receive (1) room key card, (2) equipment checklist, (3) physical activity readiness questionnaire (PAR-Q), (4) fitness room user consent form and (5) RC fee policy;
5. Return the (2) equipment checklist, (3) PAR-Q and (4) fitness room user consent form within 3 days after moving in.
6. Remark: The record of utilities of each room will be posted up to SPC website in due course. It will be considered as the starting point 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 the 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.

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 ; 14:30 - 17:45 | 8822 9630   |
|                 | Fri: 9:00 - 13:00 ; 14:30 - 17:30     |             |



2. Staff of 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 WOULD LIKE TO APPLY FOR COLLECTION OF CAUTION FEE IN CASH (ONLY GRADUATE AND INCOMING 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<br>Second time onward:<br>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 undergraduate) or Graduate School (for postgraduate).

## General Rules and Regulations

All SPC members 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 instruction of the College Master.</li><li>● He or she should attend High Table dinners and other official College functions as prescribed, as well as meetings to which he or she has been invited by the College Management.</li></ul>   |
| 2 | <b>Proof of Identity</b>  | <ul style="list-style-type: none"><li>● At the request of any member of the College Management or security guard, residents or visitors shall present for inspection a current UM Student Card, Staff Card, or appropriate document of identification.</li></ul>  |
| 3 | <b>Room</b>               | <ul style="list-style-type: none"><li>● Resident College student members must keep their assigned key cards in a secure manner. Transfer of key cards to any other person, except members of the College Management, for entering residential rooms or for consuming College meals, if any, is strictly prohibited.</li><li>● Residents are not allowed to change rooms privately. Students who request a room change should first complete the appropriate form at the College general office.</li><li>● The room door should be locked when leaving.</li><li>● It is responsibility of the resident College members and College residents to keep the residential room and bathroom clean and hygienic.</li><li>● Residents shall not enter the rooms of other residents without consent unless they are doing so on official duty.</li><li>● The College, or its authorized persons, may enter any rooms for purposes of health, safety, security, and building maintenance. Prior notice will normally be given of such entry to resident College members and</li></ul> |

|   |                            |  |
|---|----------------------------|--|
|   |                            | College residents, except in cases of emergency, abandonment, or where prior notice is deemed not viable. A notice of entry will be left in the room thereafter.   |
| 4 | <b>Personal Property</b>   | <ul style="list-style-type: none"> <li>● To minimize chances of theft, valuable personal belongings must be kept in a safe place. Colleges are not responsible for any loss of personal property.</li> <li>● Hallways, walkways and stairs should be kept clear of furniture, refuse, personal belongings large or small, such as shoes, bicycles, or umbrellas, and any other objects.</li> </ul>   |
| 5 | <b>University 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 Management.</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, fair wear and tear excepted.</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 Management.</li> </ul> |
| 6 | <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 visitor to the College shall be responsible for (i) the conduct of the visitor while he or she is on the College premises; (ii) any charges or cost incurred by the visitor.</li> <li>● Resident College student members shall not invite any person of the opposite gender to visit residential rooms. Such meetings must take place in prescribed common areas in the College.</li> </ul>                            |
| 7 | <b>Fire Safety</b>         | <ul style="list-style-type: none"> <li>● Cooking in the Colleges is strictly prohibited except in the designated areas as authorized by the College Master.</li> </ul>   |

|   |  |  |
|---|--|--|
|   |  | <ul style="list-style-type: none"> <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 strictly prohibited.</li> <li>● Open flames, including candles and incense, are strictly prohibited in any part of the College except when approved by the College Master or his/her representative in the case of specific ceremonies and celebrations.</li> <li>● Interference of fire service devices is strictly prohibited.</li> <li>● Attendance at official fire drills is compulsory, failure of which without permission of the College Management may affect future readmission application.</li> </ul> |
| 8 | <b>Smoking, Drugs, Alcohol, Gambling and Dangerous Objects</b> | <ul style="list-style-type: none"> <li>● Smoking is strictly prohibited.</li> <li>● Residents and visitors shall not bring into or use in the Colleges any illegal drugs or misuse prescription drugs.</li> <li>● Consumption or storage of alcoholic beverages without prior approval from the College Master is not allowed.</li> <li>● Students shall not engage in any gambling whatsoever on the College premises, or permit such gambling to take place in their residential rooms.</li> <li>● Residents are forbidden to bring any object into the College which could endanger the well-being of others.</li> </ul>  |
| 9 | <b>Electrical Appliances</b>                                   | <ul style="list-style-type: none"> <li>● Light electrical appliances intended for necessary personal care may be used in the residential room but must be in good order and properly maintained.</li> <li>● All other electrical appliances must be approved by the College Management.</li> <li>● Charging batteries when unattended and overloading electrical outlets are prohibited.</li> <li>● College Management may remove without prior notice any appliances in any residential rooms or common areas which may disturb or endanger others.</li> </ul>  |

|    |                                    |   |
|----|------------------------------------|---|
|    |                                    | <ul style="list-style-type: none"> <li>● Residents should endeavor to save energy in the College.</li> </ul>  |
| 10 | <b>Commercial Activities</b>       | <ul style="list-style-type: none"> <li>● For-profit commercial promotions and activities are prohibited in the Colleges. Sale of any goods or services in the Colleges is not allowed without prior approval of the College Management.</li> <li>● Without prior approval of College Management, distribution or posting of promotional items for any purpose is prohibited.</li> <li>● Posters shall be approved and stamped by the College Management. They can only be placed in those areas designated for posting.</li> <li>● Hard copies of any publications, commercial or otherwise, shall have prior approval of the College Management before being placed in designated locations of the College.</li> </ul> |
| 11 | <b>Quiet Hours and Noise Level</b> | <ul style="list-style-type: none"> <li>● Students should avoid making disturbing noise in any parts of the Colleges when meetings and other functions are in progress.</li> <li>● At all times, residents should keep noise levels reasonable so as not to cause nuisance to neighbors and fellow College members.</li> </ul>   |
| 12 | <b>Pets</b>                        | <ul style="list-style-type: none"> <li>● Students shall not, without special permission from the College Master, bring onto the College premises any pet, including fish tanks and insect enclosures.</li> </ul>  |
| 13 | <b>Bicycle Parking</b>             | <ul style="list-style-type: none"> <li>● Motor bikes and scooters are not to be driven inside College grounds or left in College designated bicycle parking areas.</li> <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 2020/2021 academic year, the deadline is on 12 June 2021.

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.

## **Guidelines for Epidemic Prevention and Hygiene Measures in the RCs (Applicable during the Epidemic Prevention Period)**

- 1) Arrangements for students who return to the RCs from places outside Macao:
  - 1.1) At their first entry to RCs, students shall present the Macao Health Bureau's "Macao Health Code" and fill in the "University Health Declaration Form."
  - 1.2) For those who obtain certificate on completing quarantine issued by the Macao Government or Zhuhai Government, there is no need to undergo self-health management.
  - 1.3) The above-mentioned students in 1.2) shall undergo self-health management in the RCs for 14 days, detailed arrangements as follows:
    - Measure body temperature three times a day and fill in the "Health Monitoring Record Form" accordingly;
    - Present the Macao Health Bureau's "Macao Health Code" to the security guard when entering the RCs;
    - Upon entering the RCs each time, disinfect hands with alcohol sanitizer, have body temperature measured and wear a face mask;
    - Present the Macao Health Bureau's "Macao Health Code" to the RT/RA every night. For non-green code, student has to fill in the daily check-in/out log form.
    - Avoid going out;
    - Wear a mask in and outside the RCs;

- Do not allow any visitor and do not visit others;
  - Do not have gatherings with others and often stay at least 1 meter away from others;
  - Pay attention to personal and environmental hygiene;
  - In any event of fever (with ear temperature  $\geq 38^{\circ}\text{C}$ , forehead temperature  $\geq 37.5^{\circ}\text{C}$ ), acute cough or generalized muscle pain, put on a face mask and seek medical attention right away, and report contact or travel history to the doctor;
  - If student/staff residing in RCs develop fever or symptoms of respiratory infection and are advised to rest at home by a doctor, RCs should arrange for them a separate room for rest and sleep, and instruct them to wear a mask in the RCs at all times, avoid having meals with others, and strengthen indoor ventilation as well as cleaning and disinfection of the environment.
- 2) For students who have completed the 14-day self-health management and for students who have been in Macao for the past 14 days, the arrangements when they reporting at the RCs are as below:
- Present the Macao Health Bureau's "Macao Health Code" to the security guard when entering the RCs. For non-green code, student has to fill in the in-out logs;
  - Upon entering the RCs each time, disinfect hands with alcohol sanitizer, have body temperature measured and wear a face mask;
  - Present the Macao Health Bureau's "Macao Health Code" to the RT/RA every night. For non-green code, student has to fill in the daily check-in/out log form;
  - Pay attention to personal and environmental hygiene;
  - In any event of fever (with ear temperature  $\geq 38^{\circ}\text{C}$ , forehead temperature  $\geq 37.5^{\circ}\text{C}$ ), acute cough or generalized muscle pain, put on a face mask and seek medical attention right away, and report contact or travel history to the doctor;
  - If student/staff residing in RCs develop fever or symptoms of respiratory infection and are advised to rest at home by a doctor, RCs should

arrange for them a separate room for rest and sleep, and instruct them to wear a mask in the RCs at all times, avoid having meals with others, and strengthen indoor ventilation as well as cleaning and disinfection of the environment.

- 3) In response to changes of the epidemic and the MSAR government's measures, the above arrangements may be adjusted in due course. Please pay attention to the epidemic information released by the MSAR government (<https://www.ssm.gov.mo/PreventCOVID-19>) and act in accordance with the University's prevention measures.
- 4) Considering the epidemic situation and to safeguard health and safety of the residing students, only resident students are allowed to enter the rooms. A maximum of 2 companions are allowed, but they cannot enter any rooms or floors.
- 5) The RCs will keep a record of any violation of the above arrangements and violators will be subject to severe punishments.



## IMPORTANT CONTACTS

### SPC

|                                   |   |    |                          |        |                             |       |                         |          |  |             |       |
|-----------------------------------|---|----|--------------------------|--------|-----------------------------|-------|-------------------------|----------|--|-------------|-------|
| <b>SPC<br/>General<br/>Office</b> | Location: S9-G016<br>Phone No.: 8822 9630<br>Office Hour: Monday to Thursday 9:00 - 13:00 & 14:30 - 17:45<br>Friday 9:00 - 13:00 & 14:30 - 17:30<br>E-mail: SPC.enquiry@um.edu.mo   |    |                          |        |                             |       |                         |          |  |             |       |
| <b>Mailing<br/>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

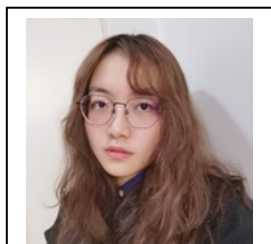
|  |  |           |
|--|--|-----------|
| <b>Security Office</b>                       | SPC Security Counter – Ground Floor of S9  | 6389 2706 |
|  | UM Security Counter – Central Teaching Building  | 8822 4000 |
|  | UM Security Emergency Contact  | 6633 1860 |
| <b>Emergency Hotline of the Police</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  |           |
| <b>Kiang Wu Hospital Taipa Clinic</b>        | Website: <a href="http://www.kwh.org.mo/tz%20medical%20center.php">http://www.kwh.org.mo/tz%20medical%20center.php</a> |           |
|  |  |           |

## Maintenance

For reporting maintenance issues of facilities, please submit a completed “Requisition Form for Maintenances” through below link.

<https://cmms.um.edu.mo/helpdesk/login.aspx>

### 學生領袖眼中的紹邦書院——堅信當下，勇創未來



**李欣珏**是工商管理學院二年級的學生，在本學年擔任紹邦書院院生會的主席。SPC在她眼中是什麼樣子呢？

各位親愛的學弟學妹們，在讀到如下文字時，你們已在不覺間成爲了一名大學生、成爲了紹邦書院的一員。在未來的四年裏，你們將創造各自人生的道路、邂逅各自人生的際遇，我相信大家即將擁有的這些經歷，縱使歲月萬般打磨，也會永遠璀璨、永遠難忘！

我們在此般珍貴的年華進入大學，開始自己嶄新并且獨立的學習生活，我想，大家應該和一年前的我相似——對自己的未來憧憬而又夾雜著些許因爲不確定而帶來的膽怯，或許同時，還有著對於新環境不熟悉的陌生和焦慮。然而，我希望這複雜的情感能化作大家在學校裏勇於前行、敢於嘗試的精神動力，積極地參與到各項感興趣的活動中，相信你能學到很

多、收穫許多。已成爲紹邦書院一員的你，和我一樣，能夠參與其他書院所不具備的、紹邦書院獨具特色的六個長期活動項目：英語桌(English Tables)、學生公關大使團隊(Student Ambassador Team)、慧言堂(Debate Team)、書院合唱團(College Choir)、築夢小隊(Dream Building Team)、微電影社(Short Film Production Club)。如果你想要鍛煉自己英語的聽、說、演講能力，成爲英語桌(English Tables)的一員你會獲益良多；如果你想要培養自己公關方面的技能，成爲學生公關大使(Student Ambassador Team)的一員你會鍛煉更多；如果你對辯論極具興趣，可以加入慧言堂(Debate Team)與更多的同學交流學習；如果你熱愛音樂，就加入書院合唱團(College Choir)和大家一起歌唱；如果你關愛他人，加入築夢小隊(Dream Building Team)、成爲一名書院義工，定期幫助本地兒童院的小朋友們；如果你是個電影迷，加入微電影社(Short Film

Production Club)能夠讓你學習和體驗微電影的製作。除此之外，也還有許多富有意義的活動項目在等著大家參與，我在此也就不再贅述。

為何我花費字數介紹這些你本可以瀏覽書院網站找到的長期活動項目呢？我認為，切身參與並喜愛這些活動項目的過程，不僅是一次學習的機會，也更是一種生活的態度。這種生活態度，我將它視作“積極”的生活態度：所謂“積極”，不僅限於正面的態度，更是熱愛生活、不斷進取的態度。這樣的生活態度，對我們的大學生活來說必不可少的。脫離中學時期班級管理體系，進入澳門大學——這個擁有全亞洲最大系統住宿式書院的學校，我們迎來了更加獨立的生活方式、學習方式。伴隨著班主任這一角色的消失，我們能夠得到書院導師們的細心關懷，生活中的大小事都可以與他們分享、向他們諮詢——他們，是我們的良師益友。與此同時，我們的學習狀態也發生了巨大轉變，我們為自己而學，自主學習的態度將會伴隨我們今後的學習生涯，也意識到自己真真正正成了一個獨立的大學生，未來的學習生活都由自己掌握。希望你們能夠堅信自己的可能性，勇於嘗試、積極面對，塑造出屬於自己的專屬獨立人格！

然而，我們的生活總不會平靜地持續，我一直堅信我們生活的意義之一即是體驗生活。因而我們會遭遇挫折、感受失落、感受悲傷；但挫折的存在意義並不是讓人體會傷悲，更多時候，挫折會給我帶來諸多變化——或是心靈的成長，或是眼光的改變、或是性格的蛻變、或是成長的驚醒，以此不斷修飾著我們的人生。我想，這也是我們能夠清晰記得那些甚至細枝末節的挫敗感，卻只記得幾件巨大歡喜的原因吧。如若大家在未來的學習生活中遇到困難，希望大家永遠積極、永遠相信自己、愈挫愈勇，同時你們身邊的朋友、你們的學長姐們、書院的導師們也會是你們強大的支援！

我們在最美的年華選擇了澳門大學、進入了紹邦書院，憧憬著未來的大學生活，也將塑造我們各自的獨立人格。我們“想要成為什麼樣的人”和我們“將會成為什麼樣的人”這兩點我從不覺得衝突：但凡努力去實現自己理想的人，雖然各自前行的道路大相徑庭，最終都將會成為自己想要成為的人，即使與自己初始的理想稍有不同，我

想也是不會後悔的。如此，我們更應該努力學習、熱愛生活、積極向上，為自己的理想奮鬥，讓自己的大學生活不留遺憾！

最後，順祝各位親愛的學弟學妹們愛上你們即將開始的大學生活，“You are the light of the world”！



## I Can't Get Enough of SPC



**梁曉菁**是紹邦書院2019/2020 屆畢業生，多才多藝的她，既是書院合唱團中的歌喉擔當，又是啦啦隊裡的驚艷舞者。

作為一個本地生，我很喜歡住在書院。

書院給我的自由、個人空間，以及每一個我的朋友，每一篇專屬於他們跟我的故事，是我最珍藏的記憶。

相信你們一定充滿了期待：

你可以每天都玩到很晚，但別忘記明天還有早八；

你可以參加高桌晚宴，然後舉著酒杯像個大人似的談天說地；

你可以加入書院各種社團，志同道合的人會在這裡等著你。

也許你會在這裡邂逅你的另一半，也許你會在這裡學會失戀；

也許你會結識未來人生的好知己，也許你會發現獨處的時光也很美妙；

也許你會找到你人生的志趣，也許你會有點迷茫。

你的室友、你的樓層 RT、RA、Fellow、京京學長、院長，將會是你未來的搭檔、成長的導師。你在書院裡遇見的人，朋友之間會形成一條微妙又緊密的人脈鏈，以一種互相關愛的方式，不斷地遇見，不斷碰撞出不同的火花。

這裏有的是青春的熱血沸騰。

對於我而言，我最感謝書院合唱團給我這四年美好的時光，我陶醉於跟大家一起高歌、釋放。合唱團指揮 **Brian** 和各屆陪伴我成長的團員是我四年珍貴記憶中不可取替的一部分。如果有機會，請你們也來感受一下合唱的美妙吧。

很羨慕你們，在這裡，你們將會擁有無數個歡樂的夜晚，在清風中拼搏，笑談人生。

請珍惜接下來這四年的時光，並記住：你是無所不能的。

無論你的想法有多天馬行空，你有你的同伴、你的導師的幫助和支持，你有最低的試錯成本來把你的想法付諸實踐。

書院是一個載體，你為她創造更多，她就能為你提供更多。

現在你是一個大學生，你的工作就是全職成長。

You can take your time to grow up.

打開窗，迎接你的是開闊新天地。

I can't get enough of SPC.





## 主動嘗試，認識朋友



**潘靜雯**是紹邦書院2019/2020 屆畢業生，擔任多年樓層領袖，熱心關懷同學的生活與成長，她有什麼寄語給學弟妹們呢？

學弟學妹們好！歡迎來到澳門大學紹邦書院！我是你們的學姐阿潘！

在疫情下畢業的我們，對紹邦書院都抱有很多遺憾。書院的飯堂、書院的共享空間、書院的健身房、書院的一切一切……在這個夏天匆匆一眼，便成離別。這些，我們已經錯過了。但，這是你們新的開始，是你們新的篇章！

我相信無論是本地生或者是內地生都會有這樣的問題，住宿式書院會很嚴格嗎？我能遇到一個和善的室友嗎？其實大家都不用擔心，因為書院制度並沒有你們想像中的那麼嚴格。相反地，我認為書院更像是一個家。這裡的學姐學長都是混成一片，不分年級。即使是大四的學姐，也可以和大一的學妹玩得特別好。我極力推薦各位新同學參加

書院的活動和社團，因為不僅有趣，而且還能認識很多新的朋友！

和以前的高中生活不一樣，在大學生活裡，大部分都是靠自覺，因為這裡沒有人會逼著你做任何事，也不會有人每天叮囑你該做什麼。在紹邦的四年裡，我認識了很多好朋友。在大二的時候我當上了RA，當時的我對RA的這個職位充



滿期待，我覺得這是一個很重要的角色。也是因為當上了 RA，才認識了很多學弟學妹，也認識了現在這群好朋友，我們一起舉辦書院活動，一起開會，也一起去過旅行。也正是這份熱愛，讓我們畢業了也保持聯繫。

大學四年裡，紹邦書院是我最喜歡的一個地方。因為我是一名本地生，在澳門的中學生活裡，沒有試過和室友相處，所以室友是我最害怕的事情。大一上學期時，因為對方是大四的學姐，我覺得太尷尬，所以經常跑回家，但也因此錯過了很多好朋友的邀請。在一下學期時，學姐出國交換了，我便經常回書院住，因為經常一個人，我和我們樓層的 RA 關係特別好，也幸好在這個學期做出了當 RA 的決定。在我大學四年裡，我和不同的學妹住過，相處起來也是其樂融融，還經常約宵夜呢。所以很多事情並沒有想像的那麼難。我覺得只要肯主動，很多事情都會順利通過的！也希望你們能在紹邦書院創造更多未來！



## Creative, Cooperative & Be Yourself



王昱辰擔任樓層領袖多年，同時也是書院裡的攝影高手，用相機記錄下了無數個精彩瞬間，且看他的書院生活心得。

首先，恭喜你們為自己的高中生涯畫上句號，即將開始新的人生旅程。

進入大學，對於剛剛高中畢業的你來說可能是一個未知的領域，隨之而來的喜悅、激動、躊躇滿志，亦或是對於未知將來的迷茫、即將離開家鄉和老友的不捨，這些我都曾經經歷過，至今也感同身受。

在進入大學後，我一直在思考自己該做什麼，也時常回顧我在大學生活中，每一年的收穫與成長。不可否認的是，在書院的經歷貫穿了我大學四年的生活，我在這裡認識了很多朋友也學到了很多東西。

書院，對於大部分剛剛高考完的學弟學妹們，這是一個陌生的詞彙。關於澳門大學對於書院的定義，在官方有很多解釋，在這裡我不過多贅述了。我只是希望能從我的角度談談我所認識的書院，希望能對你們有所啟迪。

我所認為的書院是什麼？我認為書院應該是一個讓住在這裡的同學們感到溫暖，願意呆在這裡的、有歸屬感的地方。大學對於書院的定義是“四位一體”教育中的一部分。我非常認同這一點，在書院可以提高許多專業課之外的“軟實力”，你會與來自不同專業年級的同學一起交流、生活，學會與不同的人溝通合作。但我認為這只是書院的一部分，它對於我來說更像是一個在大學中的“舒適區”。

我是一個不善交際的人，但也在這裡認識了很多朋友。在在大一剛剛到這裡時，我和你們一樣覺得這裡非常陌生，看著身邊的人不斷找到自己的小群體，我有些不知所措。在覺得自己無法融入的時候，身邊的 RT、RA、學長學姐們用他們的熱情感染

了我，讓我覺得陌生的環境也沒那麼可怕。在那之後，我認識了許多朋友，書院在我心中的印象也由陌生慢慢熟悉，然後親切起來。我也想像當時幫助我的學長學姐那樣，幫助其他同學。於是第二年，我就做了書院的 RA。RA 是聯繫書院與同學的紐帶，做 RA 三年的經歷讓我受益匪淺。書院包容的氛圍，讓我敢於嘗試，不怕犯錯；我可以非常自由的表達自己的觀點，去做自己想做的事，策劃自己喜歡的活動，鍛煉自己各方面的能力。我覺得這是一件非常幸福的事情。

在書院我可以幹什麼？書院有很多志同道合的小夥伴們成立的組織，他們為大家提供了很多的不同的活動，有長期的短期的、各個方面的活動供你選擇參加。這些活動基本都是由 RT、RA、HA 的學長學姐為大家精心策劃的；你也可以加入你感興趣的組織，與這些小夥伴們一起學習、玩耍。然而，在參加活動時，除了開心與滿足，也可能會有對於活動沒有達到心裡預期的失望，在之前有一些同學會因為這樣的情況，而逐漸失去興趣，慢慢的脫離了書院的生活。當然每個人都有自己的選擇權，但

是我覺得失去了很多機會是一件可惜的事情。我的建議是如果你覺得某個活動做的不夠好，你有更好的想法，可以直接和辦活動的學長學姐們討論。我相信他們一定會非常樂意與你討論，吸納你的建議。任何的活動結束後，辦活動的同學都會在一起去討論我們辦的活動有什麼不足，可以從那裡改進。所以，新鮮的血液在我們的組織中往往最受歡迎！

以我的經歷來看，有的時候有很多非常好的想法，會因為缺乏可行性，而沒有付諸實踐。所以我在大二當了 RA 之後的工作中，就一直致力於去探索不同的、新鮮的、好玩的活動形式，並將這些想法提出來，在大家共同努力的情況下，把自己樸素的想



法慢慢打磨成一個可操控可實踐的活動。這個過程讓我學到了很多很多。最後看著自己的活動慢慢的成型，是一件非常有成就感的事情。

我應該怎麼做？首先，**Be creative**。我認為大學階段是你在將來試錯成本最低的一個階段，你可以盡情的釋放你自己的創意，去不斷的打破自己的舒適區，嘗試自己從未嘗試過的事情。比如，當你有一個好的想法，但不確定能否把它變為現實，這對於剛剛高中畢業的你看來，可能是一件非常難的事情，但是只要你的創意夠好，書院不會吝嗇給予你嘗試的機會！你可以與身邊的學長學姐溝通，也可以和我們書院和藹可親的 **Fellow** 去討論你的想法。我在做 **RA** 的工作時，也時常與京京學長討論我工作的方向，討論我偶然的想法是否有實踐的可能。與學長的討論，往往可以收穫到很多。所以，如果有想法，有創意，就去努力的實現它，人不嘗試和鹹魚有什麼區別！

其次，**Be cooperative**，大學裡，以至於現在的社會上，做 **project** 的主要形式都是小組合作，因此，不論對於大學學習，還是將來的工作，這都是一個必不可少的環節。寡言少語、性格內向並不影響你是一個很好的合作者，因此不要覺得自己不會說話就不與人合作。合作的過程本身就是一種學習。在合作中，每個人都會從他人身上學到自己之前沒有的東西。同時，不要覺得自己的觀點與他人不同時就應該保持沉默。一個事情想要做得滴水不漏，一定需要不同觀點的交鋒碰撞，不同角度的思考。勇敢的提出自己的想法，在我看來是很值得鼓勵的行為。

最後，也是最重要的一點，**Be yourself**。不要盲從，不必擔心非議，但要時常自省，做你自己。每個人都是不同的個體，有著自己的想法，大學生活是美好的，用你自己的方式去享受它吧！

