

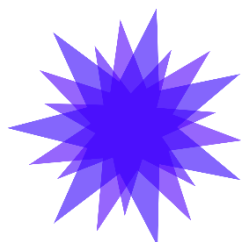
紹邦書院
COLÉGIO SHIU PONG
SHIU PONG COLLEGE

2022-23

SHIU PONG COLLEGE

A Navigation Guide

**紹邦書院
新生攻略**



紹邦書院
COLÉGIO SHIU PONG
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

紹邦書院希望達成的學習成果，是具備以下素質的人：

- (a) 具備有效學習和溝通的能力；
- (b) 具備全球視野；
- (c) 充實且有內涵，不被物質利益所束縛，能夠不斷追求探索反思，活出有意義、有目標、有價值的人生；
- (d) 善良正直、品格良好，有移情能力去付出、服務和關愛；
- (e) 有領袖能力和團隊精神。

At SPC, we have...

Pastoral Care & Academic Support 關懷輔導體系

- Academic staff 導師團隊
- Administrative staff 行政團隊
- Student Leader 學生領袖
- Other Recourses 其他專業人士

Help in life and study

學業支持
身心健康
職業發展

Student Activity 學生活動

- College Experiential Learning Program
體驗式學習項目
- High Table Dinner
高桌晚宴
- Seminars, Talks and Workshop
講座、研討會及工作坊
- House Association activity
院生會活動
- Floor activity
樓層活動
- Sport Team and Student Interest Group
運動類院隊及興趣小組

Learn through

experience
在體驗中學習

RC Course 書院課程

- CEPD1000: Residential College Experiential Learning
住宿式書院之體驗式學習
- CPED2001: Residential College Community Team Project
住宿式書院社區團隊專題

Understand & enhance 7

Competencies
了解並提升 7 項
勝任力

STAFF MEMBERS

Academic Staff

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



Interim College Master

Prof. TAM Sik Chung

Office: G020

Phone: 8822 4475

Email: fstsct@um.edu.mo



Associate Master

Dr. Jingjing Liu

Office: G019

Phone: 8822 9627

Email: jjliu@um.edu.mo



Resident Fellow

Ms. Ginger Chan

Office: G017

Phone: 8822 9626

Email: gingerchan@um.edu.mo



Resident Fellow

Dr. Holly Sit

Office: G017

Phone: 8822 9623

Email: hoyisit@um.edu.mo

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.

1st Floor



宋弘澤

Song Hongze
Resident Tutor
FAH, Master 2

E-mail:

MC14092@um.edu.mo



唐麟輝

Tang Linhui
Resident Assistant
FBA, Year 2

Email :

BC10670@um.edu.mo



吳永熙

Ng Weng Hei
Resident Assistant
FLL, Year 2

Email :

LC11352@um.edu.mo

2nd Floor



吳境權

Ng King Kuen
Resident Assistant
FAH, Year 4

E-mail: AB91588
@um.edu.mo



陳培文

Chan Pui Man
Resident Assistant
FBA, Year 3

E-mail: BC00356
@um.edu.mo



侯遠航

Hou Yuanhang
Resident Assistant
FST, Year 3

E-mail: DC02707
@um.edu.mo



李佩實

Li Peishi
Resident Assistant
FBA, Year 3

E-mail: BC00589
@um.edu.mo

3rd Floor



周元翔

Zhou Yuanxiang
Resident Assistant
FAH, Year 4
E-mail:

AB91762@um.edu.mo



盧彥霖

Lu Yanlin
Resident Assistant
FST, Year 3
E-mail:

DC02733@um.edu.mo



鄭嘉強

Cheng Ka Keong
Residential Assistant
FLL, Year 2
E-mail:

LC11322 @um.edu.mo

4th Floor



王楚晰

Wang Chuxi
Resident Assistant
FBA, Year 3
Email:

BC00452@um.edu.mo



潘芷晴

Pun Chi Cheng
Residential Assistant
FLL, Year 2
Email:

LC11333@um.edu.mo



謝樂怡

Marisa Xie
Residential Assistant
FSS, Year 2
Email:

SC12017 @um.edu.mo

5th Floor



吳綺程

Wu Qicheng
Resident Tutor
FED, Master 2
E-mail: MC14592
@um.edu.mo



莊媛

Zhuang Yuan
Resident Assistant
FSS, Year 4
E-mail: SB92366
@um.edu.mo



張曉儀

Cheong Hio I
Resident Assistant
FSS, Year 2
E-mail: SC11947
@um.edu.mo



張曉柔

Cheong Hio Iao
Resident Assistant
FBA, Year 2
E-mail: BC10041
@um.edu.mo

6th Floor



李詠琪

Lei Weng Kei
Resident Assistant
FSS, Year 3
E-mail:
SC02174@um.edu.mo



單琳雅

Shan Linya
Resident Assistant
FBA, Year 3
E-mail:
BC00447@um.edu.mo



朱熙媛

Zhu Xiyuan
Resident Assistant
FED, Year 3
E-mail:
HC01173@um.edu.mo

7th Floor



施瀟然

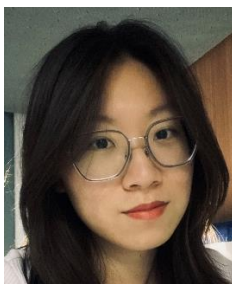
Shi Xiaoran

Resident Assistant

FAH, Year 5

Email:

AB81752@um.edu.mo



王雨萱

Wang Yuxuan

Resident Assistant

FSS, Year 3

E-mail:

SC02234@um.edu.mo

HOUSE ASSOCIATION (HA) OFFICE HOLDERS

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



第九屆紹邦書院院生會





陳子洋 Kyang
大三 商業經濟

大家好，我是一屆HA的主席陳子洋，喜歡籃球、游泳、健身、看書、音樂、旅行、看電影，非常希望可以和大家成為好朋友！紹邦書院HA是一個充滿熱情、團結友愛的大家庭，我們會一起舉辦各種各樣有趣的活動，服務院生，歡迎大家加入我們！！



蔡馨怡 May
大三 財務監控

大家好，我是本屆紹邦書院HA副主席May，來自露都重慶。非常榮幸能夠和紹邦大家庭風雨同舟，攜手並進。生當似鸞起，終當如鵲落。祝願我們的大學生活熱烈又精彩。



陸文浩 Lusun
大三 經濟

紹邦書院HA副主席陸文浩Lusun，愛看動漫，打遊戲的禿頭經濟人。



陳若涵 Dorothy
大二 商業智能與數據分析

嗨萌大家好，我是陳若涵Dorothy，是你們這一屆的體育部部長，如果有什麼體育活動上的心水好點子，或者書院生活方面的問題，都可以來找我呀，我會很開心幫忙的。如果找不到哪個是我的話，紹邦那麼嬰兒肥糾纏不清選手就是啦。



王淳子 Koko
大二 傳播

Hello 大家好，我是外聯部部長王淳子，叫我扣扣就好啦！我來自浙江，喜歡用各種各樣的興趣填滿閒暇時光，期待與大家成為朋友~外聯部既會參與學校大型活動的籌備，也會自主與其他書院聯合舉辦活動。如果你對此感興趣，歡迎來加入我們！



胡藝恬 Charlotte
大二 日本研究

hey 我是胡藝恬Charlotte，HA宣傳部部長。興趣愛好有寫作、音樂製作和閱讀，MBTI是ENTP，歡迎和我一起探索新奇世界宣傳部將會為大家發佈書院內的名額信息，並致力於塑造紹邦書院的優良風氣和形象，歡迎大家加入！期待與SPC的大家共度精彩的校園生活~



麥志雄 Morsha
大二 工商管理

Hello 大家好我是總務部部長麥志雄，現在就讀大二工商管理專業。我平时的愛好是打籃球，大家在新學年可以多找我約約球嘛！



蘇嘉儀 Celina
大二 傳播

Celina Delgado de Sousa
Hello 大家！我是蘇嘉儀Celina，目前是FSS傳播系的大二生，也是本屆院生會活動部的部長(歡迎大家加入活動部！)平時喜歡玩音樂、打籃球，作為enfp，歡迎大家有任何疑問隨時來問~



Shiu Pong College House Association



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

to SPC 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.



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.



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.



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.



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 be emcees and to introduce our College to guests, visitors and friends of the College.



Debate Team (DT)

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



Short Film Production Club (SFPC)

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



Approach to Portuguese (AP)

Approach to Portuguese helps students learn Portuguese language and culture.



Spotlighting Group (SG)

Spotlighting Group provides a series of community service to support the daily operation of the College, including fitness room maintenance, library management and so on. Students could enhance the sense of responsibility, teamwork and service in this process.



Discovering Your Macau

Discovering Your Macau is aimed to encourage SPCers to discover and to learn more of their personal stories of Macau's cultural, economic, historic and geographic riches, involving such activities as conducting literature reviews, completing field trips, interviewing persons of interest, and documenting findings with photos/videos.



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 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 (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.



*Seminar on Chinese Institution and Writing
(Apr. 13, 2022)*



Seminar on Artificial Intelligence and Financial Trading (Apr. 26, 2022)



*Mini-bouquet Workshop
(Mar. 23, 2022)*



*Seminar on Macau Grand Prix under Pandemic
(Nov. 16, 2021)*



Visit to Macau Education Patriotic Base and Macau Museum (Apr. 7, 2022)



*Graduation Moments
(Apr. 20, 2022)*

(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 Talent show (Mar. 2, 2022)

(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.



Renju Workshop (Apr. 6, 2022)



Sports Carnival (Mar. 19, 2022)

(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, 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.



Men's Basketball Team



Women's Basketball Team



Football Team



Badminton Team



Table Tennis Team



Cheerleading Team



Band

RC REQUIREMENTS FOR STUDENTS WHO ARE ADMITTED IN AY2021/2022 OR ONWARDS

Admission Year of Students	Year	Mandatory residence	Categories	Requirement	Make-up Arrangements
Admitted in AY2021/2022 and onwards	1 st Year	Yes (for 2 semesters)	Activity	High Table Dinner (Once)	Students can make up in any semester before graduation.

Note: Mandatory residence is not applicable to Year 2 or upper-class UG students.

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.

RC COURSE IN SPC: CPED 2001 (1 CREDIT)

This course offers students practical experience in communication and leadership through experiential learning in a community team project. Students of different majors will complete a creative team project on an assigned topic to promote specific positive values pertaining to RC character education to an identified audience in the society under the supervision of RC academic staff and the support of community partner(s). They need to acquire related knowledge of the positive values and the targeted audience as active learners themselves during the process. The student teams need to document their project outcomes in electronic form and make physical or online presentations reflecting on the learning process of the team project.

RC 2.0: 7 Competencies 住宿式書院 2.0: 七項勝任力

1. Responsible citizenship 公民責任心
2. Global competitiveness 全球競爭力
3. Knowledge integration 知識整合能力
4. Teamwork and collaboration 團隊協作
5. Service and leadership 服務與領導
6. Cultural engagement 文化參與
7. Healthy lifestyle 健康生活





初入大學，你必須要注意

Key points for first two weeks in University life

- **大學的學習難度跟中學有本質的區別。不認真學，真的會掛科。** Learning in university is fundamentally different from that of secondary school. If you don't take your studies seriously, you will really fail the course.
- **按時上課簽到，記好筆記，完成作業，參加考試。每一項都關係到最後的分數。** Sign in to class, take notes, complete assignments, and take exams on time. Each of these items has a significant impact on the final grade.
- **期中考試很快就會來到，你沒有太多的時間可以虛度。** Midterms will come soon and you don't have much time to waste.
- **尽快弄懂什么是GPA和Moodle，毕业的要求是什么，如何上網課。** Find out as soon as possible what GPA and Moodle are, what the requirements are for graduation, and how to attend online course.



參加書院活動 Attending SPC activity

**很重要
is very important**



**成功申請下
一學年的
書院住宿**
Successful
application for
College
readmission
for the next
academic year



**在大學各類
機會中獲得
書院推薦**
Recommended
by the College
for various
university
opportunities



**通過
CPED1000**
Pass
CPED1000

If you have any difficulty,
please contact your CPED1000 instructor.

**不論你就讀
哪個年級
No matter
what grade
you are in**

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

*If there is a need for epidemic prevention, it will be closed



Table Tennis Room



Location: G035

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

*If there is a need for epidemic prevention, it will be closed

Dancing Room

Location: G034

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

*If there is a need for epidemic prevention, it will be closed



Music Room



Location: G029

Opening Time: Monday to Sunday,

07:00 – 18:00 (2 hours limit)

18:00 – 21:00 (1 hour limit)

*If there is a need for epidemic prevention, it will be closed

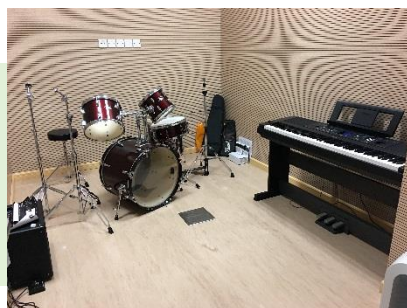
Location: G030

Opening Time: Monday to Sunday,

07:00 – 18:00 (2 hours limit)

18:00 – 21:00 (1 hour limit)

*If there is a need for epidemic prevention, it will be closed



Common Room

Location: 2 common rooms on each floor

Opening Time: 24 hours and 7 days

*If there is a need for epidemic prevention, it will be closed



Laundry and Drying 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

*If there is a need for epidemic prevention, it will be closed



Multi-Purpose Function Room

Location: G011

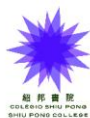
*If there is a need for epidemic prevention, it will be closed



Self-service printing Area



Location: Near G015



Key points of College rules 書院規章要點

 <p>No pets allowed</p>	 <p>No smoking</p>	 <p>No alcohol</p>
 <p>Do not transfer key cards to any other person</p>	<p>Residents are not allowed to change rooms privately.</p>	
 <p>Keep noise levels reasonable</p>	<p>讲卫生</p>  <p>Keep clean</p>	 <p>No open flames</p>
 <p>Hallways should be kept clear</p>	 <p>Do not visit room of the opposite gender</p>	

For full text of College rules, please scan



學生領袖的入學小貼士



陈子洋是2022/2023 學年紹邦書院院生會(HA)的主席, 也曾在2021/2022 學年擔任院生會體育部的部長, 他對新生有什麼寄語呢?

各位學弟學妹們大家好, 歡迎大家來到紹邦書院並且成為這個大家庭的一份子, 也恭喜你們正式成為一名大學生, 即將踏上一段嶄新的人生征程。相信在來到澳門大學之前, 你們早已對這裡充滿了好奇和憧憬。同時, 對於眼前的未知也一定會有一些焦慮和不知所措。不要慌張, 讀完這篇小貼士, 讓你快速融入大學生活!

進入大學之後, 大家脫離了家人平日裡無微不至的關照, 來到一個完全陌生的環境。首先遇到的可能會是一些生活方面的問題。不過大家不用擔心。入住紹邦書院後, 大家會在學生領袖的幫助下加入相應的樓層群。每一個樓層都會有 RT、RA, 大家如果有生活上的疑問, 都可以尋找 RT、RA 來排憂解難。當然, 大家也要在 RT、RA 的幫助下逐漸學會獨立自主, 以後遇到相同的問題, 自己能夠將它輕鬆地解決, 也是一種非常寶貴的成長!

紹邦書院的宿舍採用的是雙人間, 建議大家進入書院的第一天就要和自己的室友建立起良好的友誼。室友將會是這一年與你一起朝夕相處的人, 你們也許來自不同的地方, 接受不同的文化薰陶, 所以大家

可以互相積極交流，談天論地，分享自己的所見所聞，拓寬視野。與室友的第一次友好交流，便是你向消除“社恐”邁出的第一大步。此外，你也許在生活習慣方面會與室友有所不同，當遇到問題時，你們一定要友好地交流，互相包容，及時解決問題，避免激化矛盾。如果遇到無法解決的問題，可以向 RT、RA 或者書院的導師求助。

在大學中除了最重要的學習，當然也少不了社團活動。澳門大學有許許多多的學生組織和社團（此處不詳細介紹）。紹邦書院中有 HA（院生會）、Floor Committee（樓層委員會）、體育隊（籃球隊、足球隊、乒乓球隊、羽毛球隊、啦啦隊），以及一系列長期項目，如英語桌、築夢小隊、合唱團、慧言堂、微電影社、公關大使等。大家可以積極的報名社團活動，如此一來，便能夠結識到許多與自己志同道合的好朋友，拓寬自己的社交圈！



大家在面對各式各樣的社團和活動也許會十分糾結。我建議大家可以根據自己的愛好和特長，報 1-3 個社團組織。切記不要跟風報名或者報太多的社團。選擇一個適合自己的社團組織，合理安排好時間。學習之餘，對自己所在的崗位盡職盡責，更是一種對自己的盡職盡責。如果大家能做到這幾點，相信大家大學四年一定能有學習之外的不少收穫，為自己往後步入社會打好基礎！

大學與中學大相逕庭的地方在於，大學生活中，你將會有很多“自由時間”。這些時間不會由老師或者家長來給你做安排，而是全權由自己分配。大家千萬不要因為這些時間失去了他人的管控，就整日玩



物喪志。適當的娛樂是非常好的，但是不

可以把大把的時間全部荒廢在了娛樂上。大家可以用這些自由時間，鍛鍊身體，參加活動，在圖書館鑽研學術。

在自由中把握自我，挖掘生命無盡的潛力。制定好自己的目標和方向，保持自律，一定能讓你在大學生活受益匪淺。

已經迫不及待想要看到你們用青春書寫屬於你們的紹邦故事。

祝願大家都能夠擁有一段精彩美好的大學時光！

最後做一個小宣傳！歡迎大家加入我們紹邦書院 HA（院生會），來和我們一起舉辦各種各樣有趣的活動，一起服務院生，打造更好的書院生活！

實現夢想，定義人生



宋弘澤是紹邦書院的助教（RT），也曾擔任過院生會的主席。作為現存“書院經驗最豐富的學生”，他對新同學們有什麼建議呢？

各位紹邦書院的一年級新同學們好！我是研究生二年級的學長宋弘澤，就讀于文學院葡萄牙語系文學與文化研究方向，很高興認識你們！

今年是我在澳門大學和紹邦書院的第六個年頭了，有不少關於大學和書院的學習生活的經驗和感悟想跟你們分享，相信能夠多多少少幫助到各位剛結束中學生活、度過了一個美好的假期、即將步入大學但還對未來的生活感到有些迷茫的同學們。

大學相比于高中，是一片更廣闊的天地。這裡有更寬廣的空間、更豐富的學術資源和課餘生活，以及更多的自我發展的可能性。而澳門大學與其他高等學府最大的區別，或者說最具特色之處，就是書院體系了。學校現在共有十家書院，它們有著不同的理念、不同的風格，甚至不同的院徽、院服和代表色。其中，我們的紹邦書院更是獨具特色。它坐落於大學的南端，地理位置上與其他九所書院距離較遠，不過這也帶來了一些得天獨厚的優勢——我們是和薈萃坊的超市、餐廳、理髮店、銀行，還有巴士站距離最近的書院。當然，書院給同學們帶來的生活便利可不僅僅體現在地理位置上。我們書院

內部設有聚賢軒食堂，為大家提供營養均衡、價格實惠的一日三餐；同樣在 G 層，還有具備專業器械的健身房、乒乓球室和舞蹈室供同學們在課餘生活裡鍛煉身體；在另一側有兩間琴房，專門為喜愛音樂的同學們設立；書院還有一間小型圖書館，雖然規模與大學的圖書館相去甚遠，但也足以為各位同學的茶餘飯後提供一些有趣的讀物。除了 G 層的這些生活設施以外，書院的每個樓層都設有兩間配備洗衣機和烘乾機的洗衣房、兩間寬敞明亮的茶水間、一間自習室和一間共用休息室。書院為大家提供條件優越的住宿環境，兩人一間的宿舍裡書桌、衣櫃、冰箱以及獨立衛浴等設備一應俱全。

不過，作為書院，這裡為大家的大學生活帶來的，可遠不止住宿、就餐。紹邦書院有優秀的學生導師、親切熱情的行政老師和可愛的保安為大家的學習生活保駕護



航。除此之外，院生會和樓層委員會的學長學姐每個月都會舉辦豐富的書院活動，更會幫助大家解決在大學的困難，幫助大家成長。書院還有琳琅滿目的社團活動：慧言堂以辯論啟迪智慧；微電影社用電影記錄生活；合唱團裡可以認識同樣愛好音樂的好友；築夢小隊致力於幫助福利院和貧困山區的孩子；英語桌給同學們一個用英語暢所欲言的空間；葡語角讓每個專業的同學都能夠走近葡語；籃球、足球隊代表書院爭奪每年一度的書院聯賽桂冠；啦啦隊在全校師生面前展現紹邦學子的風采。此外還有各種體育活動、才藝表演、知識講座等豐富的活動等著各位新同學去探索。

各位同學，大學生活就要開始了，不知道你們是否已經做好了準備。四年時間看似漫長，但等到畢業時再看，也只仿佛彈指之間。對於



你們中的很多人來說，這是第一次真正離開家庭、離開父母、離開好友，還有離開最熟悉的城市。在這段全新的旅程裡，你們要學會獨立生活，結交新朋友，與室友和同學相互包容、好好相處，不要

像從前那樣依賴老師和父母的督促。你們要學會合理分配自己的時間，好好享受人生最美好的年華、去做自己想了很久的事、去實現夢想。當然，在學業上也不能懈怠，大學並不意味著比中學更加輕鬆，相反會帶來新的挑戰和壓力。選擇大學生活方式的決定權只有你自己能夠掌握，正如同選擇過怎樣的人生。因此，希望各位同學從現在開始定義自己的人生，不要給自己大學四年的時光留下遺憾。祝你們好運！

開啟新篇章，擴大舒適圈



林奕彤是紹邦書院 2021/2022 學年的畢業生，在書院經歷了本科四年寒暑和研究生兩載春秋，並先後擔任書院助理 (RA) 和助教 (RT)。她畢業之後前往香港中文大學（深圳）繼續從事書院發展相關的工作。

親愛的學弟學妹們你們好！首先，要恭喜你們正式進入大學，開啟了人生的新篇章。在澳門大學裡，你們可能會有許多之前從未有過的體驗，而也會從中有一定的收穫。我相信，在這些新奇的體驗裡，一定會有不少的部分會來自我們的書院——紹邦書院。

書院對大多數同學來說，可能是個陌生的概念。我猜你們中的很多人會認為，書院就是讓同學們住宿的地方。我剛入學的時候也對書院有過這種假設性的印象。但後來我瞭解到，書院除了住宿，還會給宿生們提供各種各樣的活動，來豐富同學們的生活。而不同的書院則有著不同的文化，來令書院的宿生獲得成長和歸屬感。如果要我打個比方，我會將澳門大學的書院比作是《哈

利波特》裡面的四大學院。同學們在自己的書院生活、遊戲、交友、成長；同時在澳門大學的生活中，也會多了一個“紹邦人”的標籤。

那麼，我們的書院，紹邦書院，在澳門大學的十大書院中有什麼獨一無二的地方呢？首先，正如《哈利波特》裡面的四大學院一樣，每個書院都有自己的院徽、院訓、院歌和代表色，這些你們在不久後也一定會接觸到。希望大家都喜歡紹邦充滿生命力的綠色代表色，也

都要好好學習院歌怎麼唱哦~

用現在的話來說，我是一個稍微內向而又社恐的人。我並不喜歡主動跟陌生人交流，對於進到一個像書院這樣的新奇環境感到陌生又有一點無助。但作為外地生的我在第一年還是鼓足勇氣去參加了一些書院的長期活動。因為我認為，我已經是一個大學生了，來到了一個更好的平臺，應該藉此機會去擴大我的舒適圈，嘗試一些中學時期沒有試過的事情。這也是我要提及的第二個書院獨特的地方：每個書院都有很多有趣的活動，包括長期活動、書院講座、院生會活動和樓層活動。紹邦書院的長期活動小組包括英語桌、築夢小隊、合唱團、微電影社、慧言堂等，我相信每一位新生都有機會選擇到自己有興趣的活動去一試究竟。我自己大一的時候參加了英語桌和築夢小隊。我也一直堅持了在築夢小隊的六年服務。

在大二那年，我選擇成為了書院的 RA。其實每一個書院對於 RA 的工作要求都不盡相同，但毫無疑問的是，成為 RA 一定能得到鍛



煉，並且認識許多志同道合的朋友們。大一的我在參加了那麼多活動後開始有了自己的策劃想法，而 RT/RA 隊伍就是這樣一個可以讓你實現自身想法的地方。通過構思、

策劃和舉辦樓層活動，我掌握到了在學術學習中很難獲得的組織技能。而處理樓層的突發事件和與樓層同學建立關係則是極大程度地鍛煉了我的隨機應變能力和人際交往能力。我本人在大學期間的好朋

友們幾乎都是在 RA 任期內認識的。我很慶幸我有成為 RA 的一員。

親愛的學弟學妹們，你們已經正式成為一名大學生了。中學的時候，可能你們心心念念的都是好好讀書，考上一個好大學。但進入大學之後，你們的下一個目標是什麼呢？我認為大學就是這樣一個安全的提供機會的地方，讓各位盡情地多去嘗試，多去探索，最終找到自己熱愛的事物和未來的目標。因此，各位應捉住這個機會，一步步擴大自己的舒適圈，為未來的人生打下一個更好的基礎。無論是在大學內還是書院內，老師們和學長學姐們都會很樂意幫助各位。所以，如果同學們感興趣的話，就多多參與活動，多多思考。我相信，紹邦書院內，就已經有很多豐富的活動在等著大家了。

最後，歡迎大家加入紹邦書院，希望大家能在紹邦書院裡度過愉快的四年。

