

紹邦書院
COLÉGIO SHIU PONG
SHIU PONG COLLEGE

2025-26

SHIU PONG COLLEGE

A Navigation Guide

**紹邦書院
新生攻略**

How to use this book

If you want to check in, check out, apply for proof of address, apply for using activity room, reissue room card, etc., you can go to the SPC **general office** (see page 10).

If you need **pastoral care** in academics, floor life, interpersonal relationship, physical and mental health, career planning, etc., you can contact:

- College Master and Resident Fellow (see page 6-9)
- Resident Tutor and Resident Assistant (see page 11-14)
- Tree Hole express counsellor (see page 16)

This book also introduces various **learning activities** (page 17-20) and **facilities** (page 24-26) at SPC.

If you want to learn more about the different SPC **student teams** (House Association and Student Interest Groups), please go to page 15, 21-23.

However, we also have some **rules and regulations** that must be followed, please read page 27-28 carefully.

本書導航

如想辦理入住、退宿、申請住址證明、申請使用書院活動室、補辦房卡等事宜，可前往**書院辦公室**（第 10 頁）

如在學業、樓層生活、人際關係、身心健康、生涯規劃等方面需要**輔導關懷**，可以聯絡：

- 院長和導師（第 6-9 頁）
- 樓層學生導師和助理（第 11-14 頁）
- 樹洞心舍輔導員（第 16 頁）

本手冊還介紹了書院的各類**學習機會**（第 17-20 頁）和豐富的**設施**（第 24-26 頁）。

如想了解書院的不同**學生團隊**（院生會/HA、學生興趣小組），可前往第 15、21-23 頁。

但是書院也有一些必須遵守的**規章制度**，請一定仔細閱讀第 27-28 頁。



“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 / 院歌

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

STAFF MEMBERS 書院工作人員

Academic Staff 教學人員

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.

教學人員負責設計、開發和實施書院的教育活動，幫助學生在學習、成長和成熟。

Academic duty phone: 62106025 (24 小時可用)



Prof. TAM Sik Chung 譚錫忠教授
Interim College Master 代院長

Office: G020
WeChat ID: fststc
Mobile: 66805064
Phone: 8822 4475
Email: fststc@um.edu.mo



Prof. Jingjing Liu 劉京京教授
Associate Master 副院長

Academic Qualifications 學歷

- Ph.D. in Biomedical Sciences, University of Macau, China
生物醫學博士 · 澳門大學 · 中國
- M. Sc. in Traditional Chinese Medicine, University of Macau, China
理學碩士 (中藥學) · 澳門大學 · 中國
- B.Sc. in Pharmaceutical Sciences, Peking University, China
理學學士 (藥學) · 北京大學 · 中國

Student Affairs related qualifications/certifications 學生事務相關資格/證書

- Global Career Development Facilitator (GCDF) and Beisen Career Facilitator (BCF) certifications
全球職業生涯規劃師及北森生涯規劃師雙證書
- Mental Health First Aid Standard Course certification
精神健康急救基礎培訓證書
- Adventure-Based Counseling certification
歷奇輔導導師培訓證書

Contact 聯絡方式

Office: G019

Phone: 8822 9627

Email: jjliu@um.edu.mo



Dr. Hio Hei CHAN, Phoenix

陳曉希博士

Resident Fellow 駐院導師

Academic Qualifications 學歷

- Ph.D. in Management, Monash University, Australia
管理學博士，蒙納士大學·澳大利亞
- MBA, University of Macau, China
管理學碩士，澳門大學·中國
- B.A. in Business Economics, University of California, Los Angeles, U.S.
商業經濟學學士，加州大學洛杉磯分校·美國

Student Affairs related qualifications/certifications 學生事務相關資格/證書

- Global Career Development Facilitator (GCDF) and Beisen Career Facilitator (BCF) certifications
全球職業生涯規劃師及北森生涯規劃師雙證書
- Mental Health First Aid Standard Course certification
精神健康急救基礎培訓證書
- TQUK Level 4 Diploma in Food, Nutrition and Health
英國 TQUK 4 級食品、營養及健康文憑
- Adventure-Based Counseling certification
歷奇輔導導師培訓證書

Contact 聯絡方式

Office: G031

Phone: 8822 9635

Email: phoenixchan@um.edu.mo



Dr. Hang Cheong Wong, Kehn

王衡鏘博士

Resident Fellow 駐院導師

Academic Qualifications 學歷

- Ph.D. in Electromechanical Engineering, University of Macau, China
機電工程博士，澳門大學，中國
- M.Sc. in Electromechanical Engineering, University of Macau, China
理學碩士（機電工程），澳門大學，中國
- B.Sc. in Electromechanical Engineering, University of Macau, China
工程學士（機電工程），澳門大學，中國

Student Affairs related qualifications/certifications 學生事務相關資格/證書

- Global Career Development Facilitator (GCDF) and Beisen Career Facilitator (BCF) certifications
全球職業生涯規劃師及北森生涯規劃師雙證書
- Mental Health First Aid Standard Course certification
精神健康急救基礎培訓證書

Contact 聯絡方式

Office: G012

Phone: 8822 4292

Email: hcwong@um.edu.mo

Administrative Staff 行政人員



Leo Che

Phone: 8822 9624



Mariah Ng

Phone: 8822 9962



Hailie Wong

Phone: 8822 9632

General Office: S9-G016

Opening hours: 9:00-13:00, 14:30-17:45 (Mon.-Thur.)
9:00-13:00, 14:30-17:30 (Fri.)

Phone: 8822 9630

E-mail: SPC.enquiry@um.edu.mo

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.

院生可辦理事項：

書院入住/退宿、補辦房卡、申請住址證明、申請使用書院活動室、查詢信息等

RESIDENT TUTOR (RTs) 書院學生導師 & RESIDENT ASSISTANTS (RAs) 書院學生助理

Our RTs and RAs provide pastoral care for floor member, lead Floor Committees to organize floor activities, as well as support college events.
關懷宿生，帶領樓層委員會組織樓層活動，支持書院活動。

1st Floor



陳奕昊

CHEN YIHAO

Resident Assistant

土木工程

E-mail:

DC12709@um.edu.mo



陶詩城

TAO SHICHENG

Resident Assistant

歷史學

E-mail:

AC30292@um.edu.mo



吳奇修

WU QIXIU

Resident Assistant

電機及電腦工程

E-mail:

DC42709@um.edu.mo

2nd Floor



侯遠航

HOU YUANHANG

Resident Tutor

應用物理及材料工程

(博士)

E-mail:

YC47825@um.edu.mo



周紹斌

ZHOU SHAOBIN

Resident Tutor

建造項目管理

(碩士)

E-mail:

MC45014@um.edu.mo



郭凱航

KWOK HOI HONG

Resident Assistant

商業智能與數據分析

E-mail:

BC30435@um.edu.mo

3rd Floor



楊軒

YANG XUAN

Resident Tutor

體育哲學

(碩士)

E-mail: MC44224

@um.edu.mo



陳茗瑜

CHEN MINGYU

Resident Assistant

應用物理及化學

E-mail: DC12826

@um.edu.mo



山中竣智

YAMANAKA SHUNJI

Resident Assistant

心理學

E-mail: SC32015

@um.edu.mo



趙珍華

ZHAO ZHENHUA

Resident Assistant

心理學

E-mail: SC32128

@um.edu.mo

4th Floor



唐熙淼

TANG XIMIAO
Resident Tutor
教育學 (博士)

E-mail:
YC47145@um.edu.mo



洪青鈺

HONG QINGYU
Resident Assistant
企業財務監控

E-mail:
BC20997@um.edu.mo



劉夢婷

LIU MENGTING
Resident Assistant
企業財務監控

E-mail:
BC30875@um.edu.mo

5th Floor



周鈺彤

ZHOU YUTONG
Resident Assistant
心理學

E-mail: SC22408
@um.edu.mo



陳淨瑜

CHEN CHENG U
Resident Assistant
工商管理

E-mail: BC40551
@um.edu.mo



陳倩瑜

CHEN SIN U
Resident Assistant
工商管理

E-mail: BC40553
@um.edu.mo



趙芯露

ZHAO XINLU
Resident Assistant
法學

E-mail: LC41711
@um.edu.mo

6th Floor



龐喬文

PANG QIAOWEN

Resident Tutor

教育學 (博士)

E-mail:

YC37121@um.edu.mo



劉君瑜

LIU JUNYU

Resident Assistant

葡語研究

E-mail:

AC20189@um.edu.mo



奚一寧

XI YINING

Resident Assistant

教育 (綜合科學)

E-mail:

HC21571@um.edu.mo

7th Floor



馮雅琳

FENG YALIN

Resident Assistant

心理學

Email: SC32179 @um.edu.mo

第十二屆紹邦書院院生會 Shiu Pong College House Association



廖榮錦 大四 市場營銷
bc20966@um.edu.mo

Hi大家好！我是本屆HA主席廖榮錦，大家也可以叫我Erik。本人來自深圳，熱愛健身和跑步，讓自律成為一種習慣。希望可以認識更多新的朋友！期待我們的相遇！



王靜怡 大三 法律
lc31824@um.edu.mo

Hi大家好，我是本屆HA副主席王靜怡，也可以叫我Lily，目前是法律系大三學生，從小在福建長大，喜歡美麗的事物，經常生活中的美好，期待能和大家一起度過開心且充滿收穫的一年！



唐浩源 研二 商業分析
mc43784@um.edu.mo

大家好我是HA副主席唐浩源，來自商業分析的研二學生，SPC老頭，資深探險，愛拍照片記錄生活美好，大家有事請都歡迎找我，期待和大家見面！



莫慧晴 大二 會計
bc40460@um.edu.mo

哈囉，我是本屆HA文體部部長莫慧晴，在讀大二會計專業。我是土生土長的澳門人，歡迎大家來找我學粵語！我喜歡小動物，愛聽歌。希望接下來的一年能和大家一起互相學習，度過快樂的一年~



朱峻峰 大四 經濟學
sc22355@um.edu.mo

大家好！我是本屆HA外聯部部長朱峻峰，大家也可以叫我Jeff，朋友們也都叫我傑夫哥。我來自遼寧大連，喜歡各種各樣有趣新奇的事，我的性格非常的隨和，喜歡和大家一起開心地完成各種工作。希望新的一年能和大家組成一個開心快樂的外聯club！



劉秋怡 研二 應用物理
mc46834@um.edu.mo

大家好，我是HA文體部部長劉秋怡，也可以叫我Chloe！我來自冰城哈爾濱，現在是IAPME碩士二年級的學生！平時愛好旅行，聽歌與玩桌游。願接下來一年和大家共度精彩的書院時光！



陳子祺 大四 傳播學
sc22407@um.edu.mo

Hihi大家好，我是本屆HA宣傳部部長陳子祺Kiri，來自廣東珠海，就讀於傳播系creative media專業。是一名即時攝影愛好者，也常常電影和徒步。創意無邊，思考無界！願接下來一年我們能一同探索，共度書院美好時光~



李慕冰 大三 中文教育
hc31368@um.edu.mo

大家好呀，我是本屆HA的秘書部部長。我叫李慕冰，可以叫我冰冰或者Icy！平時的我喜歡跳舞、彈琴和追劇~期待接下來的一年能和大家有一段美好的體驗和充實的校園生活！



TREE HOLE EXPRESS 樹洞心舍

家裡不能藏垃圾
我們的心裡也放不下那麼多心事
每個人都需要一個樹洞去傾訴
讓我們成為你最好的聆聽者
說不出的話，就在這裡留下。

We can't keep piling up problems without venting, just like we can't keep storing trash at home without taking them out. Everyone needs someone to talk to and confide in. Let us be your best listener. Something too difficult to share? You can share it here.



紹邦書院
COLERIO SHU KONG
SHU KONG COLLEGE



樹洞 心舍

TREE HOLE EXPRESS

李杼曼
Man

紹邦書院輔導員 Counsellor in SPC

我們向同學提供以下三種服務方式：

Students can choose the following methods to utilise the service:

(1) 親身即時服務 In person walk-in service

-輔導員駐書院時間：WED (三) 15:00-20:00

THU (四) 11:00-15:00

-地點 Venue: S9-G030

(2) 網上即時服務 Online walk-in service

-時間 Time：WED (三) 15:00-20:00

THU (四) 11:00-15:00

(3) 網上預約服務

Online booking service



EXPERIENTIAL LEARNING OPPORTUNITIES FOR GRADUATE STUDENTS IN SPC

書院體驗式學習機會（碩士研究生）

At Shiu Pong College (SPC), we deliver a comprehensive experiential learning framework. This approach helps students grow in five key areas: "Career Development", "Responsible Citizenship", "Knowledge Integration", "Healthy Lifestyle", and "Teamwork and Collaboration", enhancing their prospects for both employment and academic advancement.

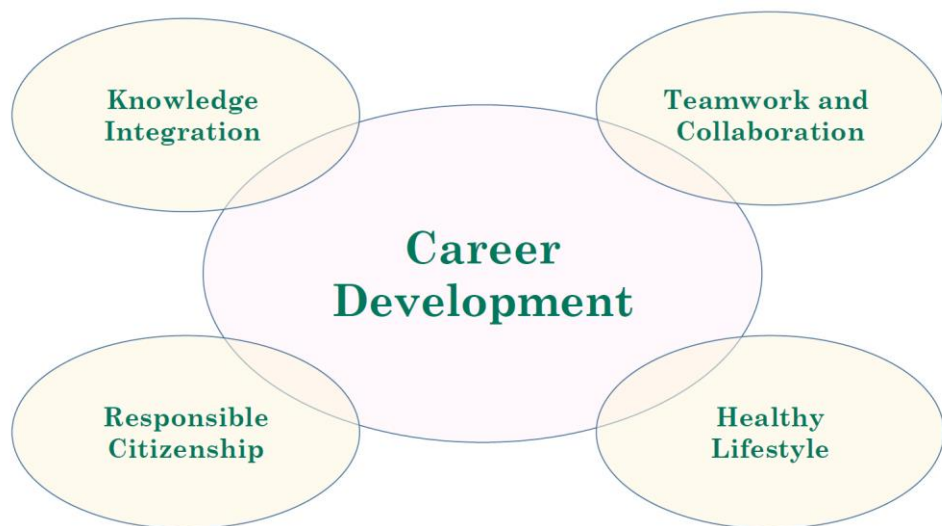
Our academic staff hold "GCDF Global Career Development Facilitator" certifications and bring extensive experience in career guidance, wellness support, and team building. We maintain productive partnerships with university departments—including academic units and the Student Affairs Office—alongside external connections with businesses, educational institutions, and community organizations. Through these networks, our students can:

- ✧ Develop comprehensive self-understanding through structured individual consultations and validated assessment tools;
- ✧ Participate in valuable site visits and exchanges that broaden professional perspectives and gather career-essential information;
- ✧ Discover and enhance individual capabilities through experiential learning experiences that cultivate professional competencies;
- ✧ Develop healthy approaches to life challenges and learn practical emotional management techniques;
- ✧ Understand national development trends and prepare for integration into the future society.

紹邦書院致力於為學生提供綜合性的體驗式學習體系，幫助年輕人在「生涯發展」、「公民責任心」、「知識整合」、「健康生活」、「團隊協作」五個維度更加成熟，從而為就業或升學積累更加豐富的可能性。

書院的教學人員均持有「GCDF 全球職業規劃師」證書，具備豐富的生涯規劃、身心健康、團隊建設輔導諮詢經驗，亦與校內的學院、學生事務相關部門，以及校外的企業、教育機構、社會組織有良好的合作關係。通過這些資源在書院的整合應用，學生將可以：

- ✧ 通過諮詢面談及各種科學工具，深入認知自我；
- ✧ 參與各類參訪交流，豐富社會經驗，收集職業發展所需的資訊；
- ✧ 在各種體驗式學習的情景中，發掘個人潛能，強化未來職場所需的各種實用技能；
- ✧ 形成應對人生壓力的健康心態，學習科學的情緒管理方法；
- ✧ 了解國家發展的趨勢，能夠融入未來社會。



Career Development

- ❖ Talk/sharing/certificate course on career planning
- ❖ Visit to Greater bay Area
- ❖ One-on-one counseling interview
- ❖ Assessment based on scientific tools

紹邦書院講座
「生涯規劃、絕不躺平」



主講人: Mr. Rocky PION

日期: 03/04/2024 (星期三)
時間: 3:30pm - 5:00pm

地點: S9-G011
澳門大學圖書館

可獲1次SPC活動, 可換取CPED1000, 可換取1000學分15項「Global competitiveness」, 1000

生涯經驗分享
從“心”出發 勇敢前行

創業之路困難重重, 她如何一步步打造出譽滿大灣區的品牌, 又對年輕人帶着怎樣的建議?



主講人: 謝美寧
珠寶設計師品牌
“珠寶設計”創辦人,
COMEBUY 創辦人
珠寶設計師, 澳門大學校友

日期: 3月13日 (週三)
時間: 15:30-17:00
地點: S9-G011
語言: 普通話

可獲1次SPC活動, 可換取CPED1000, 可換取1000學分15項「Global competitiveness」, 1000

講座
揭開生涯規劃的面紗



主講人: 馮韻航
QCDF 香港區區長, NIP 高級見習師, CDP 高級導師, 曾任職於多間公司, 曾任職於多間公司, 曾任職於多間公司

日期: 11月14日 (週二)
時間: 19:30-21:30
地點: S9-G011
語言: 普通話

可獲1次SPC活動, 可換取CPED1000, 可換取1000學分15項「Global competitiveness」, 1000



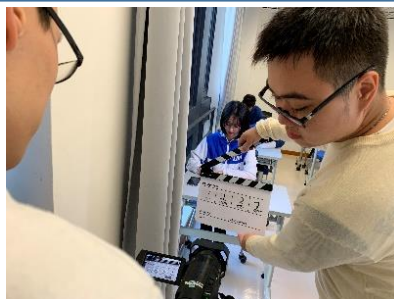
Responsible Citizenship

- ❖ Engagement in affection for home and country
- ❖ Critical thinker program
- ❖ Service learning program



Knowledge Integration

- ❖ Interdisciplinary collaborative group project
- ❖ Talk/seminar to broaden horizons



Healthy Lifestyle

- ❖ Workshop/certificate course on mental health wellness
- ❖ Sports activity and competition



Teamwork and Collaboration

- ❖ Workshop/certificate course on communication skills
- ❖ Student interest group



STUDENT INTEREST GROUPS (SIGs) 學生興趣小組

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 Associate Master in G019. 如果同學們有意向組建新的興趣小組，與同伴一起發展某項個人愛好，歡迎前往 G019 遞交申請。

The **English Night (英語薈)** are organized to help raise the English abilities (speaking/listening/presentation) of SPC students. English-speaking volunteers from the teaching faculties come to SPC each week.



The **Dream Building Team (築夢小隊)** is a group of SPCers who volunteer to provide academic tutoring to children each day at a children's home. They also organize other service learning activities so that participants could learn to grow in teamwork, in problem-solving skills, and in undertaking responsibility.

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



The **Student Ambassador Team (書院學生大使)** will be given training on hospitality 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.

The **Board Game Group (紙牌屋)** is composed of students who enjoy board games. They are dedicated to exercising communication skills, creativity and service awareness through game innovation and organizing board game activities towards College members.



Band
樂隊



SPC Studio
SPC 媒體工作室



Basketball Team
籃球隊



Football Team
足球隊



Badminton Team
羽毛球隊



Table Tennis Team
乒乓球隊



Cheerleading Team
啦啦隊

SPC LIVING AND LEARNING FACILITIES

書院設施

Dining Hall 聚賢軒



Location: G010

Meal Time:

Breakfast from 07:30 to 10:30

Lunch from 11:30 to 14:30

Dinner from 17:30 to 21:00

Multi-Purpose Function Room 多功能室

Location: G011, G026, G033

*If you need to use it as activity venue, please contact general office. 如需使用，請聯絡書院辦公室。



Study room 學習室



Location: G014, G017

Opening Time:

Monday to Sunday, 00:00-24:00

Music Room 音樂室



Location: G029

Opening Time: Monday to Sunday,

07:00 – 18:00 (2 hours limit)

18:00 – 21:00 (1 hour limit)

*If you need to use it, please contact security counter. 如需使用，請聯絡保安櫃檯。

Karaoke 卡拉OK機

Location: G011

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

* If you need to use it, please contact security counter. 如需使用，請聯絡保安櫃檯。



Fitness Room 健身房



Location: G036

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

Dancing Room 舞蹈室

Location: G034

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



Pool Table 檯球桌



Location: near G015

Opening Time: Monday to Friday, 18:00 – 23:00
Weekend and Holiday, 7:00-23:00

* If you need to use it, please contact security counter. 如需使用，請聯絡保安櫃檯。

Self-service printing Area 自助打印機

Location: Near G015



Pantry 茶水間



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

Common Room 公共空間/自習室

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



Laundry and Drying Area 洗衣晾衣間



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

- 1 washing machine
- 1 dryer machine



Key points of College rules 書院規章要點



 <p>No smoking</p>	 <p>No alcohol</p>	 <p>No Gambling</p>
 <p>No pets</p>	 <p>No open flames</p>	 <p>Keep noise level reasonable</p>
 <p>Do not transfer key cards to any other person</p>	 <p>Do not visit room of the opposite gender</p>	 <p>Do not change rooms privately</p>
 <p>Hallways should be kept clear</p>	 <p>Do not destroy the College facilities</p>	 <p>Do not bring transportation device or its battery into College</p>

For full text of College rules, please scan



個人財產注意事項

- 同學應將個人物品收存在自己的寢室中，而非留置在公共空間。
- 書院保安櫃台不負責代收快件包裹和外賣。

樓層茶水間使用規則

- 所有個人物品（桌面、櫃中、冰箱裡）均應貼上標籤，上面註明自己的全名和房間號。書院將定期清理，所有未能清晰辨認所有者的物品，均會被視為無主物進行處理。
- 在茶水間進食後，請務必清理桌面、水槽，勿留垃圾。
- 如使用微波爐，加熱期間，同學務必在場，不得離開。不得將帶殼的雞蛋、金屬餐具放入微波爐加熱。
- 最後一位離開的同學，應關燈、關空調。

樓層晾衣間使用規則

- 僅可將衣服、床上用品放入洗衣機、烘乾機。
- 洗完或烘乾衣物後，請盡快取走，不影響他人使用。
- 晾干的衣物，記得及時取走。
- 如需急用洗衣機、烘乾機，但其中有他人物品，請先通過樓層微信群組進行協商。

OTHER IMPORTANT CONTACTS 其他重要信息

Mailing Address 通訊地址	中文 中國澳門氹仔 大學大馬路 澳門大學, S9 紹邦書院, XXX 室	<u>In English</u> Room XXX, Shiu Pong College University of Macau, S9 Avenida da Universidade, Taipa, Macau, China
--------------------------------	---	---

SPC website: <http://spc.rc.um.edu.mo/>

SPC WeChat:



Or search “UMACSPC” in WeChat

For reporting maintenance issues of facilities, please submit a completed “Requisition Form for Maintenances” by scanning below QR code.

設施報修請掃描以下二維碼

