

## 開飯啦！澳大人最想食什麼？

### Most Popular Foods at UM

■ **民**以食為天，對食，你有什麼要求？今期《澳大人》做了一項簡單的調查，以方便樣本方式在校園裡訪問了百多名師生職員，了解他們的飲食口味。  
Food is a paramount necessity for everyone. What are your favorite foods? In this issue of MyUM, we did a convenience sampling of over a hundred staff and students to find out the most popular foods at UM.



### 甜品小吃最受歡迎

「你希望校園食肆能提供哪一類食物？」，排首位是甜點小吃，有接近六成受訪者表示最想在校園吃到甜點，英文系學生Olive是其中之一，她說：「我希望大學能多開糖水舖及café！」其次是粥麵，最不想吃麵包（見附表一）。雖然受訪的師生對素食沒有太大偏好，不過近年人們越來越注重飲食健康，素食者的數量與日俱增，經濟學助理教授張筱娟說，在澳大「搵食艱難」，好像她在小泉居跟學生聚會時，只有兩種選擇：三菇飯或雜菜飯，所以張博士大多「落山」到餐廳用膳。學長扶助計劃（PSP）的資深學姐、教育學院學生Kula表示，她的一位學妹是素食者，校園餐廳素菜的選擇很少，她希望校園食肆能多提供素菜，照顧素食者的需要。

### 澳大美食龍虎榜

每個人的口味各有不同，你猜哪一款澳大美食最受歡迎？結果是安德魯餐廳的三文治及葡撻，佔第一及第二位，社會學二年級的阿成說安德魯的三文治及葡撻有營養，是他的必食之選！第三、四位是養生棧的紫米露及飯糰，因為價錢經濟親民又健康，深受學生喜愛。而開業不久、位於學習共享空間內的Pacific Coffee，其售賣的朱古力牛角包亦榜上有名，名列第五（見附表二）。你或者認為像珍珠奶茶這種台式飲料沒甚麼特別，但來自日本、在日本研究中心擔任實習老師的Maki Yamaguchi及Kayo Hashimoto則大讚小泉居的珍珠奶茶“Oishii”（日語，意思是「美味」），與滷肉飯更是絕配呢！

### 新食店即將登陸

由學生經營的養生棧期滿在即，銀禧樓一樓平台的小食店亦於較早前結束營業，因此，學生會創業學會主辦的「校園創業計劃」重新招募，結果由主打中式點心的「九龍客棧」及按季節更換菜單的「AnyWayS」勝出，兩店計劃於六月中旬試業。「九龍客棧」負責人、社會學系三年級學生余輝率先向《澳大人》透露，點心會即時製作，以確保食物「新鮮滾熱辣」。而「AnyWayS」的Ben, Crazy, Kelvin同是社會系三年級學生，他們看準近年澳門人喜歡吃糖水的潮流，故小食店除提供一般零食外，還會提供楊枝金露、水果杯等熱門小吃，Ben表示，「之前在銀禧樓的小食店突然結業，確實為同學造成不便，希望新店能給同學們『放break』充飢時提供多一個選擇。」欲知兩食肆會否掀起新一股校園美食熱潮，請大家拭目以待！

### Desserts: Most Desired

When asked, "What do you most want on-campus food outlets to sell?" Nearly sixty percent of those surveyed answered, "desserts", with Olive saying, "I hope we can have more dessert outlets and cafés." Ranking No. 2 is noodles and congee. Bread comes at the bottom of the list

(see Table 1). Given the growing number of vegetarians as a result of people's attaching more and more importance to healthy diet in recent years, "vegetarian food" was included in the survey form. Although those surveyed did not express an overwhelming preference for vegetarian food, some vegetarians did admit that they have difficulty finding suitable foods on campus. Chang Hsiao-Chuan, assistant professor of economics, said that she usually has only two choices when dining at Café Eskimo with the students: rice with three kinds of mushrooms, or rice with mixed vegetable, so more often than not she has to eat at restaurants outside of the campus. Kula, a mentor of the Peer Support Programme and a student of the Faculty of Education, said that one freshman she knows is a vegetarian but on-campus restaurants offer very limited vegetarian choices. She hopes the situation can be improved.

### UM's Most Popular Foods

One man's meat is another man's poison. Guess what foods are the most popular with UM staff and students? The answer is sandwiches and Portuguese tarts from Lord Stow's Bakery. Seng, a year-2 student of the Department of Sociology, described the two as his "must-eat" items because they are both nutritious. Purple rice with coconut milk and rice ball from the Regimen House occupy the third and fourth spots respectively for being affordable and healthy. Ranking No. 5 is a new face: chocolate croissant from Pacific Coffee in the Learning Commons (see Table 2). You may think that Taiwanese bubble milk tea is nothing to write home about, but Maki Yamaguchi and Kayo Hashimoto, Japanese interns at the Centre for Japanese Studies, are its big fans. "Oishii! Oishii!" (Japanese for "delicious") Maki and Kayo raised their thumbs when asked how they like the bubble tea. They joked that the bubble tea and braised pork rice are a "perfect match made in heaven".



■ 參與校園創業計劃的各小組進行試食比賽，場面熱鬧。  
Participants in the Business Plan for UM Snack Shop Competition sample foods

### New Eateries Opening Soon

Because the contract on the student-run Regimen House will expire soon, and the store on the first floor of the Silver Jubilee Building was closed down earlier, the Entrepreneurship Society affiliated with the Students' Union has kicked off a new round of Business Plan for UM Snack Shop Competition. The winners are Jiu Long Ke Zhan, which features Chinese dim sum, and AnyWayS, which plans to update the menu with the change of seasons. The two outlets are expected to open for trial operation in mid-June. Alvin Yu, a year-3 student of the Department of Sociology who will be in charge of Jiu Long Ke Zhan, disclosed that all the dim sum items will be made upon order to ensure freshness. Ben, Crazy and Kelvin, year-3 students of the Department of Sociology who will co-run AnyWayS, said that they are betting on Macao people's growing liking for desserts, so in addition to generic snacks, AnyWayS will also sell popular desserts such as mango sago dessert with pomelo and fruit cups. Ben said: "Earlier, the abrupt closing up of the store in Silver Jubilee Building indeed inconvenienced some students, so I hope our new store can offer one more choice to students when the hunger pang strikes."

附表一：澳大人最想食到  
Table 1: Most-desired foods

1. 甜點小吃 Dessert	5. 素菜 Vegetarian food
2. 粥麵 Noodles and congee	6. 西餐 Western food
3. 中式點心 Chinese dim sum	7. 米飯 Rice
4. 快餐 Fast food	8. 麵包 Bread

附表二：澳大美食龍虎榜  
Table 2: UM's Most Popular Foods

1. 三文治 Sandwiches	5. 素菜 Vegetarian food
2. 葡撻 Portuguese tart	6. 西餐 Western food
3. 紫米露 Purple rice with coconut milk	7. 米飯 Rice
4. 飯糰 Rice ball	8. 麵包 Bread
5. 朱古力牛角包 Chocolate croissant	
6. 沙律 Salad	
7. 雞煲 Chicken pot	
8. 燒賣 Siu Mai	
9. 叉燒飯 Roasted-pork rice	
10. 滷肉飯 Braised pork rice	



# 博士生張皎：不介意由低做起

## PhD Student Doesn't Mind Working from the Bottom Up

學生若想吸收工作經驗，不一定要走到校外，在校園內同樣有各類型的崗位，體驗「打工」的滋味。法學院博士生張皎明言不介意由低做起的，甚麼性質的工作都想一試，她抱持的態度是「工作即使跟專業無關，只要有一顆投入的心和積極的態度，也會有收穫。」

In a tiny, stuffy room that also doubles as a storage room, a girl deftly moves her hands between piles of invitation letters, envelopes, and address labels, completely oblivious to the beads of sweat running down her forehead. After she inserts the final invitation letter into the envelope, she breathes a sigh of relief, admires her finished work on the desk, and leaves her "office". It is the end of just another workday for Zhang Jiao, a PhD student of law at UM.

### 工作增加對大學的了解

斯文大方，常臉帶笑容的張皎當年因仰慕澳大法律名師風采而前來攻讀歐盟法，完成碩士後繼續攻讀博士。四年來她在繁忙學習之餘，還兼任學院的研究生助理，協助學院處理一些行政工作。個性外向的她喜歡跟不同的人接觸，在校園內一直尋找不同的工作機會。「在校園工作，可以增加對大學的投入和了解，而且任何工作都是彼此相聯的，可以互相學習。」她說。

### 為郵寄刊物貼地址

張皎所言非虛，她兩年前報名加入大學公關大使時，讓她有機會學到專業以外的知識。「公關大使代表大學的形象，正式上任前要經過嚴格的訓練，例如需要學懂專業的公關技巧和接待訪客時的言談舉止等。而第一次接待訪客前還要背數千字的澳大資料，挺嚇人的，但轉念一想，這也是一個鍛煉記憶力的好機會！」張皎說。

張皎雖然是博士生，但一點也不介意由低做起，「博士生沒有甚麼大不了的，也是一名普通的學生。」例如她曾為郵寄刊物貼地址、為邀請函入封套等看來微不足道，也跟其專業搭不上邊的工作。她說：「在過程中，我會想辦法使工作做得更有效率。我在入邀請函的信封時，特別留意它的格式和措詞，後來學院需要我寫邀請函，我就把這次學到的知識用上。」

### 不同崗位積累經驗

生於小康之家的張皎自言是逼著父母「投資」自己的「虎女」：「唱歌、跳舞、英語、鋼琴樣樣都要學，但我這些過份的要求反而推動爸爸媽媽更加努力工作。」張皎說完哈哈大笑。「在大學裡打工，不要為了賺錢，目的是要提升大學生活的內涵，如結交朋友或積累經驗，鍛煉自己各方面的能力。例如我做過很多校內

活動的司儀工作，訓練到上台的膽色和臨場反應。」張皎在暑假更參加自願者組織，到各地做義工，因為她的信念是「為別人帶來快樂的同時，自己也開心。」明年博士畢業的張皎，透露正申請搬進東亞書院，並希望成為書院的研究生助理，讓校園生活留下更多難忘的點滴。

### 人生要有奔頭

和張皎言談，感覺她對校園生活非常熱愛，也很感恩。這份感恩有來自父母的教誨、老師的教導、學校的支持。更重要的，她也感恩澳大讓她遇到她的「哥哥」，明年二人將結婚展開人生的新階段。

「人生要有奔頭（目標），生活才有希望。」這是張皎的人生哲學，也是她在校園「打工」的哲學：凡事不要計較眼前一刻，看得遠一點，付出多一些，未來的收穫將會更多。



張皎向外國訪客介紹大學九龍壁的歷史  
Zhang Jiao explains the history of the Nine Dragon Wall to a visitor

### Work Increases Knowledge of UM

Zhang chose UM after learning that several masters of law that she had always admired were teaching at UM. She has received her master degree, and is now studying for a PhD. Despite her demanding academic commitments, she also serves as a postgraduate assistant in her faculty, to help with administrative tasks. The extroverted Zhang likes to meet different people, and keeps seeking chances for different on-campus jobs. "Working on campus helps increase my knowledge of UM and my sense of belonging," said Zhang. "Besides, any work, no matter how trivial it seems, has something to offer. I don't mind working from the bottom up."

### Every Trivial Job Has Something to Offer

What about affixing address labels or inserting invitation letters into envelopes? What do these jobs, considered by some to be a waste of the specialty of a PhD student, have to offer? "Well,

they do. In the process, not only can you think up good methods to enhance work efficiency, but you can learn something new quite unexpectedly," exclaimed Zhang. "For example, when I inserted invitation letters into envelopes, I paid special attention to the format and wording, and this knowledge came in handy when my faculty later asked me to draft an invitation letter. Just because I'm a PhD student doesn't mean certain jobs are beneath me."

That's her secret: where others work with hands, she works with heart and mind. Perhaps that's why she even finds memorizing tons of information for guest reception as a PR Ambassador exciting. "It's quite daunting yeah. But it was also a wonderful opportunity to exercise my brain," recalled Zhang. "Actually, when I enrolled for the PR Ambassador Programme, I didn't expect to acquire so many PR skills."

### Gain Experience from Different Positions

Zhang comes from a well-off family, and when she was a child, she always badgered her parents to enter her into various interest classes. "Singing, dancing, English, piano, you name it! But the upside of having a daughter with so many money-wasting requests is that the parents were forced to work harder each day," laughed Zhang. "Joking aside, I do feel very grateful to my parents for what they've done for me." "I don't do part-time jobs to earn money. I do them to make my life richer and more meaningful, because I can accumulate work experience and develop various skills," said Zhang. "I've served as MC many times, and as a result, I've learned to tame my stage fright and develop quick response." During summer holidays, Zhang does volunteer work in different places, because she is a firm believer that "Those who bring sunshine to the lives of other people cannot keep it from themselves." Due to graduate next year, Zhang is now applying to move into East Asia College (EAC) and become a postgraduate assistant there.

### UM Is My Matchmaker

In addition to knowledge and work experience, Zhang has one more thing to feel grateful to UM: her boyfriend. "UM is my matchmaker, because I met him here," disclosed Zhang, a flush rising up her cheeks. The two lovebirds will tie the knot next year.

### Zhang's Life and Work Philosophy

Zhang's life philosophy is, "To live a life of hope, you've got to have something to look forward to." Her work philosophy is, "Don't let short-term gains distract you from long-term goals. Be positive and far-sighted, and you will gain much more in the long run."



張皎在辦公室不同角落貼了五個笑臉，提醒自己經常保持笑容。  
Zhang Jiao sticks five smiling faces in different corners of her office to remind herself to smile more

# 這些年，我們一起走過的日子 Our Days at UM



## ◆ 不褪色的記憶

Everlasting Memory

Emily Wu, FSH

4.27，本學期AIESEC澳門大學分會最後一次會議圓滿結束了！一個學期的相互融合，讓我們充滿家的溫暖。終於，有人留下，有人離開。照片定格在這一剎那，成為我們之間共有的回憶！

This is the last meeting of the AIESEC UM in this academic year. This photo captures the most valuable moment we shared.



## ◆ 有一種幸福，叫做……

Double Happiness

Naquio Ng, FSH

把值得記念的日子加倍記念。即使不能「hold住」全世界，只想永遠「hold住」你的心。我愛你。

Thank you for making this special day more special to me. Will you marry me? I love you.



## ◆ 童年夢想

Childhood Dream

Aska Yu, FSH

當年的夢想，今天的成果。

Perfect match!



## ◆ 離開地球表面

Bye, Mr. Earth

Irene Li, FED

寫了不少「後青春期的詩」，終於熬到「出頭天」了，卻趕不上「諾亞方舟」，也找不到和我一起「私奔到月球」的他，但仍要「追夢」，向著「星空」起飛！

Let me fly in my dream!



## ◆ 知心、摯友

Forever Friends

Wendy Lei, FST

友誼是點綴青春最美的花朵。朋友，祝福你們幸福快樂、前程錦繡！

My friends, wish you a happy and bright future!



## ◆ 失散的弟弟

My Long-lost Brother

Saohou Wong, FSH

我們終於相見啦！

Nice to meet you, brother!

## — 校園一角 — Corner of the Campus

### 校園小天使 Angels on Campus

學生自製的「愛心糖水」您有沒有嚐過？大學的保安同事一定有，因為校園裡有一群來自榮譽學院的「小天使」親自炮製「愛心糖水」送給我們的保安員同事，以感謝他們不辭勞苦、全天候24小時保衛校園。這些「小天使」還會在寒冬送上熱巧克力、自製心意咭，為考試中的同窗「打氣」。大家走在校園裡，不妨找一找「小天使」的足跡！

Have you ever tried the sweet soup made by the students? The security guards have! A host of "angels" from Honours College sent home-made sweet soup to our security guards in return for their full effort to protect the campus. The "angels" also delivered hot chocolate in the cold days and drew some cards to wish their fellow students good luck in exam. So, don't be surprised if you find the footprints of the angels on campus!



# 新校園 你問我答(下) New Campus Q&A (Part 2)

■ 學生 / Student

■ 職員 / Staff

為了解同學和同事對新校園的疑問，我們設立「新校園你問我答」一欄，以每人一問的形式，收集大家對新校園的問題，最後共收集到523名師生和職員提交超過650條問題。上期已報導了12條受關注的問題，今期繼續選登13條問題，希望藉此加深大家對新校園的認識和了解。

We have launched this section, "New Campus Q&A", to answer new-campus-related questions. So far we have collected over 650 questions from 523 staff and students. In the April issue, we answered twelve questions. In this issue, we will continue to answer thirteen most-asked questions.

**問：**據說統一搬入新校園時，澳大新校園只建成約50%-60%，且周圍設施並不健全。請問對此有甚麼解決方法嗎？

**答：**據承建商表示，基本的設施在新校園交付使用時已建設完畢，不會影響學習和教學工作。

**問：**新校園一定是新裝修的，對於裝修後的氣味可能對身體不好，大學將會採取甚麼措施讓學生和老師能在好的環境中學習和工作？

**答：**在搬入新校園前，大學計劃實地抽驗室內的空氣質素，以保證符合標準。

**問：**在偌大的新校園之中生活，應當是相當美妙的事情。但萬一有甚麼意外發生，消防、醫療及保安等方面，會有甚麼應對措施？學校及政府怎樣確保人身及財產安全呢？

**答：**新校園內設有治安警察及消防分站，並提供與現校園一樣的醫療、保安及消防措施等服務，以保障師生的安全。

**問：**新校園只有一棟教學樓，是否所有的教學都在那裡進行？能應付需要嗎？

**答：**新校園設有中央教學樓，可容納3,000名學生同時上課，是大學一年級課程及通識課程的上課地點。每個學院也設有教學大樓，可應付未來教學的需要。

**問：**新校園在橫琴，是否不能使用Facebook？

**答：**新校園的網絡、電訊和通訊與現校園一樣，故可瀏覽的網站與現校園沒有分別。

**問：**在新校舍裡是否還收到澳門電話網絡的訊號呢？會否自動轉成漫遊呢？

**答：**如上所述，新校園與現校園一樣，將使用澳門的電訊網絡。

**問：**新校園的設施和現校園的有甚麼不同？一些現時未能滿足學生的問題（如車位不足、電腦不足等）會得到解決嗎？

**答：**新校園的設施比現校園更加完善，例如有大型的室外運動場、室內游泳館等，可提供約2,500個輕型汽車車位及約1,200個電單車位，電腦設備也會因應學生需求而增加。

**問：**現在澳大沒有足夠的社團室給社團使用，將來會不會開放更多房間給社團用？

**答：**在新校園的學生活動中心，設有足夠的空間，供學生會及其屬會用作辦公、開會、聚集和活動等。

**問：**新校園會有更多的設施供學生休憩嗎？

**答：**新校園有各種休憩空間，例如位於圖書館、中央教學樓及各學院內的學習共享空間、學生活動中心、多個室外及室內運動場地等，而校內大量的園林、湖景及各棟建築內的庭園也是師生休憩的好地點。

**問：**新校園會否提供學生創業的機會？比如自營禮品店、食肆等。

**答：**大學一向鼓勵學生在校園內創業，遷入新校園後，大學將會提供更多創業機會，使學生可以發揮個人創意和增加實踐經驗。

**問：**新校園將來會有更加配合回收需要的設施嗎？

**答：**新校園除保留現校園的環保及回收機制，還將增加廚餘、雨水、中水等回收使用措施。

**問：**新校園有沒有診所或醫療中心？其服務時間及服務範圍如何？（主要問會否全年無休24小時服務？）

**答：**新校園會設立醫療中心，時間及服務範圍比現時更完善，但暫不提供24小時服務。

**問：**在新校園的商業區中會有甚麼類型的商店呢？

**答：**新校園內設有中央商業區，提供餐飲、購物、書店、超市和郵政等日常生活必須的服務設施。

**Q:** I heard that by the time of relocation, the new campus will only be 50% to 60% complete, with incomplete supporting facilities. How does UM plan to solve this?

**A:** According to the contractor, essential facilities will be available at the time of relocation, so studies and teaching will not be affected.

**Q:** The newly-decorated campus is bound to contain many harmful chemicals. What measures will UM take to ensure a health-friendly environment for students and staff?

**A:** UM plans to sample-test indoor air quality before relocation to ensure relevant standards are met.

**Q:** It should be wonderful to live in such a huge campus. But are there any contingency plans in case of unexpected incidents, like fires, accidents or security breach? How will UM and the SAR government ensure personal and property safety?

**A:** There will be security police sub-stations and fire sub-stations. Medical, security and fire facilities and services available on the current campus will also be available on the new campus.

**Q:** I understand there will be only one central classroom building. Does that mean all teaching activities will take place there? Can the building accommodate all the needs?

**A:** There will be a central classroom building, with a seating capacity of 3,000. Year-1 undergraduate courses and general education courses will be conducted there. But every faculty will have its own classroom building. So yes, teaching needs can be fully met.

**Q:** The new campus will be on Hengqin Island. Can we use Facebook there?

**A:** Whatever websites you can access on the current campus, can be accessed on the new campus, because Internet access and telecommunications services will still be provided by Macao providers.

**Q:** Will our mobile phones be able to receive signals from Macao's mobile service providers? Will the phone automatically switch to the roaming mode?

**A:** Again, like mentioned above, telecommunications services will still be provided by Macao providers on the new campus.

**Q:** How will the new campus be different from the current one in terms of facilities? Will some currently unmet needs (e.g. for parking space and computers) be met then?

**A:** There will be better and more facilities on the new campus, for example, there will be large outdoor sports venues and indoor swimming venues. There will be 2,500 parking spaces for light-duty vehicles and 1,200 for motorbikes. The number of computers will also increase as per students' needs.

**Q:** There aren't enough rooms for student organizations on the current campus. Will more rooms be open to student organizations on the new campus?

**A:** The student activity centre on the new campus will have enough space for student organizations to carry out day-to-day operation, meetings, gatherings, and activities.

**Q:** Will there be more areas for students to rest and relax on the new campus?

**A:** There will be various kinds of recreational areas for students. For example, there will be Learning Commons inside the central library, the central classroom building, and various faculties. There will also be the student activity centre and numerous outdoor and indoor sports venues. The green spaces and courtyards inside the buildings will also be ideal venues for relaxation.

**Q:** Will the new campus provide entrepreneurial opportunities for students, like opening a gift shop or eatery?

**A:** UM always encourages on-campus entrepreneurial attempts by students. After relocation to the new campus, UM will provide more such opportunities so that students can use their creativity and gain practical experience.

**Q:** Will there be recycling facilities on the new campus?

**A:** In addition to maintaining the existing mechanism for environmental protection and recycling, UM will also adopt additional recycling measures and facilities for kitchen waste, rain water and reclaimed water, etc.

**Q:** Will there be any on-campus clinics or medical centres? If yes, what will the office hours and scope of service be like? (I mean will there be 24/7 on-campus medical services?)

**A:** There will be a medical centre on the new campus, with better office hours and scope of service. But 24/7 medical services are not planned for the time being.

**Q:** What kinds of stores will there be in the central commercial zone?

**A:** There will be various community living facilities such as restaurants, stores, bookshops, supermarkets, post office(s), etc.

**My UM** 旨在報導您與我身邊的有趣故事。

歡迎您提供資料。

My UM aims to cover stories about ordinary UM members we work or study with. If you happen to know such stories, please feel free to share with us.



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■ 大部份校園建築現已封頂  
Most of the buildings have been topped out



新校園這一刻  
NEW CAMPUS SNAPSHOT