



## 廚師「爸媽」在哪兒？ 書院膳食廚房大揭秘

### What's Cooking in the Kitchen?

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**住** 在書院的學生和教職員，每天去到書院膳堂就有人員預備好早、午、晚餐，正如在家裡一樣不用張羅就可以進餐。然後坐下與結伴而來或者和書院不同樓層的院友交談，彼此就像家人一樣，一邊聊天一邊閒話家常，感情也在每餐之間升溫。今期，我們首度進入書院廚房，看看我們的廚師「爸媽」是如何為書院同仁炮製一日三餐？

#### 兩供應商負責八書院膳食

澳大現時有八所書院，分別由兩間餐飲公司負責一日三餐的膳食。滿珍紀念書院、蔡繼有書院、何鴻燊東亞書院、霍英東珍禧書院的膳食

由佳景集團屬下美盈公司承包；曹光彪書院、呂志和書院、鄭裕彤書院和紹邦書院則由廣州寅源餐飲服務有限公司澳門分公司承包。校園管理部校園服務處事務主管（零售及餐飲事務）林經綸表示：「為了保證膳食的水平及質素，我們在挑選供應商時主要考慮企業本身的實力和經驗。」（續內文，見第二及三版）

**W**hen it comes to the three daily meals, living in a residential college (RC) offers the same advantage as living at home, where all you have to do is show up and eat whatever was lovingly prepared by your mom or dad, except that the dining hall in an RC offers the added advantage of providing an

opportunity to socialise with your fellow students and teachers. While you don't have to worry about the hassle of preparing food and doing the dishes, you might be curious to know who the chefs are and how they cook the three meals every day for so many students.

#### 2 Suppliers to Take Care Of 8 RCs

Currently there are eight RCs at UM, with two suppliers taking care of the three daily meals of their members. A subsidiary of the Future Bright Group prepares food for Moon Chun Memorial College, Choi Kai Yau College, Stanley Ho East Asia College, and Henry Fok Pearl Jubilee

College, while the Guangzhou Yingyuan Catering Service Company Limited Macau Branch Office prepares food for Chao Kuang Piu College, Lui Che Woo College, Cheng Yu Tung College, and Shiu Pong College. Terry Lam, functional head of the Campus Services Section (CS), Campus Management Office, says, 'Our main considerations when selecting the suppliers are their capability and experience, because we wanted to ensure food quality.' (continue reading on page 2 & 3)



背後故事  
Tell Us Your Story

曾偉紅的工作哲學——  
態度主宰命運

'Our attitude determines  
how far we can go'

Betty Chang

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澳大校園記者專欄  
UM Reporters' Column

澳大泳池水質與別不同  
How UM's Swimming  
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Quality

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## 自家炮製確保食物品質

每座書院的膳堂和廚房設計都按一定的標準去規劃，但面積就未必每間都一樣。我們深入採訪的呂志和書院的廚房面積就不及何鴻燊東亞書院的面積大。呂志和書院廚房僅能容納兩個大鑊，在食物供應高峰時間，師傅非常忙碌。廣州寅源餐飲服務有限公司澳門分公司李雯堅經理說：「我們的所有膳食都在各書院廚房內烹調製作的，包括高桌晚宴西式主菜和甜品，平時一日三餐的中西式點心，都是按照食品衛生的標準來製作，完全沒有外來製成品。」佳景集團屬下美盈公司的餐飲經理余浩鋒（Kenneth）表示：「我們管理的四所書院的膳食除了包點是來自集團轄下的餐廳外，其他食品都是在廚房內炮製，而且所有食材都是經過澳門的食品安全中心檢驗合格。」



膳食供應商經常轉換菜式  
The suppliers rotate their menus on a regular basis

## 滿足口味頗考廚藝

學生勤力讀書，需要有充足的營養補充身體需要，書院的膳食均能提供足量食物，能否符合健康食物金字塔的標準進食就要靠學生自己的選擇。何鴻燊東亞書院院長姚偉彬說：「書院膳堂不是餐廳，我們希望學生在書院裡就像在家裡吃飯一樣，媽媽在家裡煮的菜不一定是所有孩子都喜歡吃，但家裡的菜一般少鹽無味精和重視營養均衡。」

負責煮鑊的就只有那幾位廚師「爸媽」，要完全滿足八個書院3,000多位學生的口味要求，真的頗考廚藝。Kenneth說：「本地同學口味偏淡，內地同學可能偏辣或偏咸，因此在調味上我們會取一個平衡，儘量以淡口味為主，喜歡重口味的同學可以自由添加醬油或辣醬。」在經過一個學期的摸索和諮詢同學的意見後，兩大膳食供應商已將不合大多數人口味的菜式剔除或減少次數，受歡迎的菜式適當增加。現時兩間供應商的餐單經常輪換，同學最愛的款式例如麻婆豆腐、薯仔炆雞、蕃茄炒蛋出現的次數會因應增多。

## 每日處理300公斤菜

除了食物款式和口味之外，同學最關心的就是處理食物和餐具的衛生了。據記者在書院廚房的觀察，各廚房均有專門的清洗人員，她們會先將數百隻餐具人手清洗一次，再放入專門的洗碗機高溫消毒，然後將餐具放在保潔櫃，直至用餐時間才拿出放在架子上供同學取用。



點心師傅在炮製甜品  
A pastry chef is making desserts



食物在煮好後會置放在暖水上保溫。  
Cooked food is placed over warm water to keep it warm

Kenneth說：「廚房每天差不多要清洗約300公斤的菜，多數在早、午餐之間9時至11時的休息時段進行。清洗人員會將所有蔬菜放入大的斗盤內，加入鹽後沖水，再利用水流滾動將殘餘物例如沙石進行沉澱，輕的殘餘物例如昆蟲和塑料泡沫等就會浮出水面，這是業界普遍使用的清洗方法。生、熟食物一定會分開處理。」

## All Food Prepared in Suppliers' Own Kitchens

The dining hall and kitchen in every RC have been designed according to the same standards except for the size, which varies from RC to RC. For

example, the kitchen in Lui Che Woo College is not as big as the kitchen in the Stanley Ho East Asia College. The kitchen in the former college can only hold two big woks, which means the chefs are extremely busy during peak periods. 'Everything we serve in the RCs is made in our own kitchens, including the western-style main dishes and desserts for the High Table Dinners,' says Li Wenjian, manager of the Macao branch of the Guangzhou

Yingyuan Catering Service Company Limited. 'Everything is made according to food safety standards. There is no ready-to-eat food sourced from outside the campus.' This emphasis on preparing everything in their own kitchen is echoed by Kenneth Yu, catering manager of the Future Bright Group's subsidiary. 'Everything we serve in the four RCs in our charge is made in our own kitchens except for the steamed buns and the like, which are from the restaurants under the Future Bright Group,' Kenneth Yu says. 'All the raw materials are examined by the local food safety authorities to ensure quality.'

## Catering to Different Tastes

All the RCs provide a variety of food choices, hoping that the students can eat a healthy, well-balanced diet according to the food pyramid. 'A dining hall is not like a restaurant,' says Lu Vai Pan, master of the Stanley Ho East Asia College. 'We hope our students can think of eating in the college as eating at home. You won't necessarily like everything your mom cooks, but you know home-cooked meals are healthier, with less salt and no MSG.'

If it's hard enough to cater to the different tastes of members of a household, imagine how much harder it would be to cater to the different tastes of the more than 3,000 students in the eight RCs. 'Local students prefer lightly-flavoured foods, while some students from mainland China like it spicy or salty,' Kenneth Yu says. 'So what we do is we make mostly lightly-flavoured food, but also provide soy sauce or chili sauce so those who prefer strongly-flavoured food can add the condiments according to their preferences.' After a semester of trial and error and collecting feedback from the students, the two suppliers have either reduced the frequency of those items that didn't sit well with the majority of the students, or removed them from the menu altogether. At the same time, popular dishes are served more frequently. Now both suppliers make a point of rotating their menus on a regular basis.

## Washing 300kg of Vegetables Daily

What the students care about most, in addition to variety and taste, are the hygiene conditions of



food preparation premises and eating utensils. According to our journalist's observation, every kitchen has several cleaning workers. They will first manually wash the eating utensils, and then put them in the dishwasher for disinfection. After that they will place the utensils in a disinfection unit and will only get them out and put on the countertop at meal times. 'Every kitchen needs to clean about 300 kilograms of vegetables every day, which is mostly done during the break between breakfast and lunch, from 9:00am to 11:00am,' Kenneth Yu says. 'Our cleaning workers will put all the vegetables in a big colander, add some salt, and then rinse them with water. Heavy stuff like dirt will sink to the bottom, while light stuff such as small insects and plastic foam, will rise to the surface. This is a common practice of washing vegetables, which is widely adopted by the industry. Also we always prepare cooked food and raw food separately.'



清潔人員每天要處理數以百公斤的蔬菜  
Cleaning workers need to wash hundreds of kilograms of vegetables every day

## 食物委員會收集意見 Food Committee Collects Feedback

每所書院都有一個食物委員會，同學對食物款式或味道有意見，都可以通過學生代表向膳食供應商提出改善建議。科技學院數學系的曾賢舜是呂志和書院的代表，他說他們每星期會出一次問卷詢問同學們對食物的建議，然後向供應商反映。

Every RC has a food committee. If RC members have any suggestions about the food, they can raise their suggestions to the supplier through a student representative. Zeng In Son from the Department of Mathematics, Faculty of Science and Technology, is a representative of Lui Che Woo College (LCWC). 'We conduct a survey once a week to collect students' suggestions,' he says.



曾賢舜  
Zeng In Son

## 學生意見 Student Feedback

呂志和書院的中文系一年級學生歐陽麗彤覺得「飯菜味道雖然時好時壞，不過最緊要是食物有營養。」

呂志和書院的歷史系一年級學生年柯誠開認為「飯菜味道可以接受，衛生也很不錯。建議供應商可以提供更多飯菜款式。」

何鴻燊東亞書院的社會學系一年級學生吳程琳表示：「書院的飯菜味道和款色比上學期有所提升。最近來實行的自助取飯制度不錯，雖較以前耗時，但同學可根據喜好來選取足夠的分量，不用浪費食物。建議書院早餐供應時段可延長半小時。」

'Food quality is a bit erratic, but it's always nutritious, which is what really matters,' says Ao leong Lai Tong, a first-year student from the Department of Chinese, who is also a member of LCWC.

'Food quality is okay. Food hygiene is also good,' says Ke Chengkai, a first-year student from the Department of Chinese, who is also a member of LCWC. 'I hope the supplier can provide more varieties.'

'Food quality and variety have improved compared to the last semester,' says Wu Chenglin, a first-year student from the Department of Sociology, who is also a member of the Stanley Ho East Asia College. 'The new self-service style for getting rice is good. It takes a bit longer, but students can decide how much to take according to their appetites to reduce food wastage. I hope the supplier can prolong breakfast service by half an hour.'



歐陽麗彤  
Ao leong Lai Tong



柯誠開  
Ke Chengkai



吳程琳  
Wu Chenglin

## 焦點新聞 News At a Glance

澳大首次主持葡萄牙語大學聯會 (AULP) 理事會會議，並由長期參與聯繫工作的馬許願副校長 (研究) 擔任代表，有12所在AULP擔任各機關職務的葡語國家的高等院校參與會議。

UM Vice Rector (Research) Prof Rui Martins, who is a long-time key liaison person between UM and the Association of Universities of Portuguese Language (AULP), chaired the meeting of the AULP's Board of Administrators on behalf of UM. It is the first time that UM, president of the AULP, has chaired a meeting of the AULP's Board of Administrators. The meeting was attended by representatives from 12 higher education institutions in Portuguese-speaking countries, who hold various positions at the AULP.

教育學院將於2015/2016學年增設小學教育和幼兒教育兩個學士後教育證書課程。連同原有的中學教育課程，共提供三種學士後教育證書課程，更全面地培訓職前及在職教師。

In the 2015/2016 academic year, the Faculty of Education will launch two new Postgraduate Certificate in Education (PGCE) Programmes (Pre-Primary Education Specialisation and Primary Education Specialisation), in addition to the current PGCE Programme (Secondary Education Specialisation), in order to provide comprehensive pre-employment and on-the-job training for current and would-be teachers.

乒乓球隊在2014-2015年度全澳大學生乒乓球錦標賽上奪得三面金牌、四面銀牌以及六面銅牌。UM's Table Tennis Team won three gold medals, four silver medals, and six bronze medals at a local inter-varsity table tennis championship.

英語演講隊首次參加亞洲英語奧林匹克的演講比賽，三位隊員Lisandra Wagan Fesalbon、崔善怡及鄭雁之在教練Randall Tran的帶領下成功躋身半準決賽。

Three members from UM's Public Speaking Team, namely Lisandra Wagan Fesalbon, Licca Chui Sin I, and Christy Cheang Ngan, recently entered the quarterfinal (speech category) of the Asian English Olympics 2015. This is the first time UM's Public Speaking Team has participated in this contest. The team's coach was Randall Tran.

## 這是甚麼? What's this?



答案請在第七版找 Answer on page 7



# 曾偉紅的工作哲學—— 態度主宰命運

## ‘Our attitude determines how far we can go’

### Betty Chang's Work Philosophy

文 Chinese and English | 余偉業 Kelvin U

圖 Photo | 譚金榮、部分由受訪者提供 Eric Tam, with some provided by the interviewees



**剛**調至校園服務處擔任主管一職的曾偉紅 (Betty)，每日須應付大量的工作和會議，但熱愛工作的她卻極享受這份忙碌。她在澳大已工作17年，先後調往八個不同部門，闖過一個又一個的難關。外表斯文的她處事幹練中樞不讓鬚眉，在事業上取得成績，靠的是甚麼？她輕描淡寫說：「態度主宰命運。」是的，要在事業上摘取成功，首先要改變的就是你處事的態度。

#### 一職多務，鐵人是這樣煉成的

澳大英文傳意學士畢業後，Betty一直有意投身母校工作，於98年入職澳門研究中心。由於當年資源有限，連同她在內只得三人營運整個辦公室。「從財政預算、採購、建議書，統統都要邊學邊做。」後因機緣巧合，Betty被調往前總務部，接觸不同層面的工作，例如人事和校園管理等。她坦言：「這並非易事，只好硬著頭皮努力學習，希望比別人成長得快。」上進的她，無論工作多忙仍不忘進修，在繁忙的日子裡堅持每晚上課完成澳大商科碩士學位。「當時為爭取時間溫習，每天中午只好以杯麵充飢。」那段時間儘管辛苦，現回頭看，她認為所有付出都是值得的。

#### 一關比一關難，從學習中成長

在前校董會主席謝志偉博士、副校長（行政事務）黎日隆博士信任下，Betty曾先後到校長室和校董會辦公室擔任助理及秘書，處理的事務層面也大為不同。她說：「當時正進行修章工作，校董會扮演橋樑角色與政府部門溝通，有很多文書工作都是由零開始。」修章資料涉及眾多法律條文，為求精確無誤，Betty常向專家請教，獲益匪淺。Betty很感激工作中曾提攜過她的每一位伯樂，「興幸工作中一關比一關難，自己才有機會從學習中成長。」

後來，Betty又被推薦到學院任職，此次的工作挑戰更大。「這次是跟學生打交道，我花了很多額外的時間去學習。工商管理是澳大熱門學科之一，學生選課註冊期間辦公室尤如打仗一樣，大家都忙得昏天暗地。」

#### 同心協力「拆彈」

操勞加上工作壓力大，Betty身體曾經出毛病。「生病之後，我嘗試改變生活模式，在工作、家庭和親友之間取得平衡。我慶幸有一班好同事，互相協調分擔，同心協力解決每個工作『炸彈』。而放工之後，我也儘量放下工作，與家人和親友會面，聊天減壓。」



Betty與同事兼好友譚謹儀(左)和劉苑侶參與大學廚藝比賽。

Betty joins the Best Cook Competition with her best friends and colleagues Betty Tam (left) and Sharon Lao (right)



Betty很感謝謝志偉博士(左)和黎日隆副校長對她的信任

Betty appreciates the trust of Dr Daniel Tse (left) and Dr Alex Lai

#### 難忘學生媽媽求情

在澳大多年，有甚麼難忘的經驗？Betty說最印象深刻的，是擔任學院秘書時，一位內地學生與媽媽叩門求助。她說：「這位學生有太多科目不合格，成績再無改進將會被校方開除學籍。他的媽媽很憂心兒子前途，在不知如何是好的情況下，便來找我。」Betty代為向教授求情，學生獲允許重修某些科目。「我不時會打電話鼓勵他和了解他的學習情況，很開心見到這位學生的成長和轉變，看到他畢業一刻，真的非常感動。」學生的媽媽更專程來澳向Betty道謝，並送上感謝卡。「大學的教職員各司其職，用心用力，都是為了協助大學培育學生成才。」

#### 打不死的澳大人

熱愛工作，是Betty的同事和朋友對她的看法。在大學遷往新校園前4年，Betty調往人力資源部工作，專責處理住宿式書院人事規章制度的設立，與她一起共事多年的李俊傑 (Leon)，對Betty工作時的全情投入印象至深，更形容她是「打不死的澳大人」。他說：「星期一至日不分日夜都會收到她的電郵，甚至星期六日她也會返辦公室看文件。」

Betty無愧是一位成功的現代女性，她努力是因為她相信「態度主宰命運」。如今，校園服務處 (CS) 是Betty另一大展拳腳的地方，對於未來的工作抱負，她說：「如何優化每一項的校園服務，令每位澳大人滿意，這是我工作上的新挑戰。」



Having been assigned to take up the post of the head of the Campus Services Section recently, Betty Chang finds herself buried in work and meetings every day, and yet she enjoys every minute of it. Having worked at UM for 17 years, Betty has worked in eight different departments and undergone many challenges along the way. Her charm is not only in a facial mode but is also reflected in her commitment to work – Betty is more than a match for most men. Asked about the secret to her fruitful career, she answered, ‘Our attitude determines how far we can go.’ Truly, to gain success at work, the first thing to learn is to have a positive attitude.

### Multitasking Lady

Once an English Communications major at UM, Betty was inclined to work for her alma mater after graduation, and so she joined the Centre for Macao Studies in 1998 as an administrator. At that time, there were few resources. The centre only hired three staff, including her. ‘I had to learn as many as I could, such as budgeting, procurement, and proposal writing.’ A year later, Betty was transferred to the former General Administrative Bureau, where she was involved in more tasks from different fields, such as personnel and campus management. ‘It was never a piece of cake. I had to keep my spirit high no matter what. All I wanted was to learn and grow,’ she said. Having that in mind, Betty promised herself she would finish her postgraduate degree in business and management at UM no matter how exhausted she was each night after work. ‘Mostly I just had cup noodle for lunch in order to have more time to study.’

### Looking beyond Times of Challenge

Thanks to the trust of Dr Daniel Tse Chi Wai, former chair of the University Council (UC), and Dr Alex Lai Iat Long, vice rector for administration, Betty was transferred first to the Rector’s Office and then to the University Council’s Office, working as assistant and secretary respectively. That was when her job became more challenging because it was completely different from what she had done at her previous positions. ‘The university was revising the Charter, and the UC served as a bridge of communication between the university and the government. All paperwork had to be done from scratch.’ The revision involved a lot of legal provisions and for the sake of accuracy, Betty often consulted legal experts and she benefitted a lot from their insights. Betty was very grateful for those who have given her opportunities in her career. ‘I appreciate all challenges I’ve encountered. Only by overcoming them would I have the chance to grow stronger and think more before making any decisions,’ she said.

Several years later, Betty was referred to the Faculty of Business Administration (FBA), working as faculty secretary, which presented yet another challenge to her. ‘I had to deal with students. I spent a lot of my free time to pick things up. There were so many popular courses offered by the FBA, so course enrollment was always a nightmare for many administrative staff. During the add/drop period, our office would be very busy. Every one of us had to work day and night,’ she said.



Betty曾兩度獲頒最佳員工獎（2006和2007）  
Betty has received the Best Performance Award twice (2006 and 2007)

### Teamwork Matters

Due to fatigue and stress at work, Betty fell sick. ‘After suffering from some illnesses, I decided to change my lifestyle and tried to strike a balance between work, family, and friends. And fortunately, I had a healthy, inspiring and strong relationship with my colleagues. In times of challenge we worked together and we had good team spirit. And now I do my best to stop working after I left the office in order to spend some quality time with my family and friends,’ said Betty.

### Unforgettable Memory

Asked about her most unforgettable experience working at UM, she recalled the memory of when she worked in the FBA – a mainland student and his mother knocked on her door for help. ‘This student had failed so many courses. If he couldn’t improve his academic performance, he might be expelled from school. His mother was so worried and didn’t know what to do. So she came to see me with her son.’ Betty spoke to the student’s teachers on behalf of the student for permission to enroll in some courses he had failed the previous semester. ‘Also I called him sometimes to see how he was doing and gave him some encouragement. I was glad to learn how much he had changed. And I was so touched when I saw him on the podium, receiving his certificate.’ On his graduation day, his mother came to Macao to thank Betty in person for all

she had done for her son. The mother also gave Betty a thank-you card. ‘Everyone working at a university has a role to play in educating the students, and each of us tries our best to help,’ Betty said.

### Tireless ‘Super Woman’

For those who know Betty well, ‘having a great passion for work’ is probably what they would say to describe her. Four years ago, before she moved onto the new campus, Betty was transferred to the Human Resources Office (HRO), responsible for stipulating regulations for residential colleges. Leon Lei, who once worked with Betty in the HRO, was impressed by her devotion to work and described her as a ‘tireless woman.’ ‘I’d receive her email at any time, day and night, Monday through Sunday; you’d even see her in the office on Saturdays reading documents,’ Leon said.

Of course Betty is not a super woman. Like every one of us, she has her share of moments when she feels tired. Her strength is rooted in her belief – ‘your attitude will determine your altitude.’ The Campus Services Section now becomes a new platform where Betty can exercise what she has learnt. As for any ambitious task she plans to do in the near future, Betty said, ‘How to optimise every campus service in order to best satisfy the needs of each UM member is my new challenge at work ahead.’

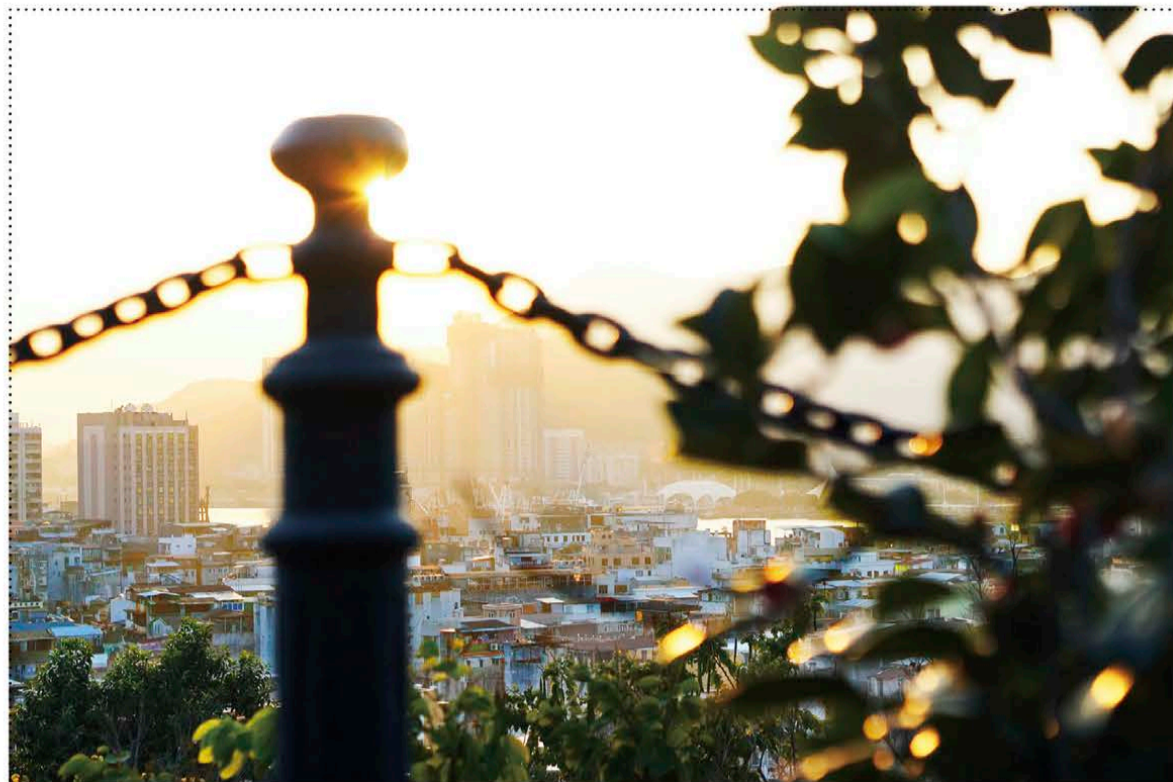


Betty放假時愛到世界各地旅遊  
Betty loves travelling around the globe



## 投稿園地 UM's Got Talent

此欄歡迎澳大人踴躍投稿（相片、詩詞、書畫甚至藝術作品皆可）。請把稿件電郵至 [prs.publication@umac.mo](mailto:prs.publication@umac.mo)，詳情請留意每日校內通訊《今日澳大》。  
Share your creative works with us in this column (photos, poems, calligraphy works, paintings and other forms of artworks are all welcome) by emailing to [prs.publication@umac.mo](mailto:prs.publication@umac.mo). Please refer to our daily internal e-newsletter UM Today for submission details.



### 城市與光 凌晨, FSS

（從大炮台看下去，整個城市的繁華與沒落都盡收眼底，有光才有世界吧。）

### NTHU 交流後感 馮嘉俊, FSS

相識只是偶然，無奈頃刻分離，  
我的心不忍送別，目送你輕輕走遠，  
起初最好不相知，如此便可不相思。



時光似乎倒流到一個月之前：「噢，聽說書院將會接待一班來自台灣國立清華大學的交流學生耶，有沒有興趣參加我們的Buddy Programme？」然後，我就這樣成為Buddy Programme的其中一員。

由一開始的刻板印象中以為他們都是埋頭苦讀的學霸，到帶他們在澳門到處

逛、沒天沒地的聊天，從而逐漸相互熟悉。友誼在此過程當中不自覺地變得深厚。這次交流最大接觸是體會到台灣人的容易感染他人幸福感與親和力，跟他們在一起不知不覺就會變得快樂。

白馬過隙，短暫的一星期眨眼即逝，在機場目送他們上飛機之時才發現眼淚已不自覺的在眼眶打轉。原來友誼可以來的如此簡單而又深厚。

我們台灣再會吧！

### 一段沒有標題的童話 Tapas, FSS

雜貨店的陳列櫥窗乾淨又明亮，即使有些乏了，她也不願一絲移動。恍惚間她看見一位騎了白馬的騎士進來了。外面吵吵嚷嚷的，好像有人在議論說誰誰誰結婚了。騎士聞到了陽光的味道，就從駿馬上落下。可能是乏了，去找點新鮮玩意，走時在陽光的映照下，他的影子灑在下過雪的地面上，變成了怪獸的身形。

### 約定 Zhang Xin, FSS

等你明早醒來，  
等我暑假回來，  
我希望你來我家做客，  
我介紹爸媽給你認識。  
夜晚去江邊露營，  
四下裡開闢，  
啃西瓜的回音很大很大，  
不遜色於多年前的蛙鳴。  
往長江裡肆意地嘔吐著瓜籽，  
好像沒有人身在旁那樣。  
明年此時，  
江面上漂滿了又大又圓的西瓜。  
每個西瓜裡都塞滿了魚籽，  
通黃通黃，  
我們可以放開肚皮吃著烤魚。  
最後，  
我會從中選出最美的魚骨，  
做成項鍊送給你，  
願你每夜安然入睡。

（關於曾經的約定，雖然一直未能兌現，但始終充滿著期待，以及對約定實現過程的暢想——既具有自己家鄉的特色，也有對夏天的獨特情懷。）

### 《眼玉》 Karena, FED

好想撩撥這經筒，  
因千年前那雕匠已賦予了你轉動的魂兒，  
豈知，那只是窗的立欄？一花一佛，是你左右門石的盛邀，  
豈知，原來這就是我覓了多年的那一轉身。  
末須彌乃介子的力量，  
托住了叢林中的石牆塔山！陽光下處處增顯生機的，  
是那無盡荒野渾渾裡紫色睡蓮！日落時塔山上的席坐，  
原來是為了下一刻的下山！  
這山，便是念頭中的苦山。  
這塔，便是吳哥的變身塔！

（一月到柬埔寨吳哥窟旅行有感。在此分享給所有喜愛詩歌、文學或者旅行的朋友。）





英語錦囊  
English Corner

Joshua Lee, ELC Senior Instructor

Idioms

'sounds fishy'

The usage of this idiom means you think something doesn't seem to be quite right. You can use this when someone tells you a story of some wrongdoing, but has no proof. Perhaps you heard about a new job opportunity, but it is too good to be true. Or maybe you heard a lot of different and conflicting information about something. You should remember that it doesn't refer to the sound of fish!

Synonyms: 'guess'

Match the following sentences with what you think the highlighted verb means.

1. I **estimated** it would be very costly.
  2. She **assumed** he was the boss because he was so confident, but discovered he wasn't.
  3. They **presumed** the building was safe since it had been inspected.
  4. We **suspected** that he stole the jacket since he had access to the room.
- a. guessing based on some evidence      b. guessing without any proof      c. to make a calculated guess      d. guessing based on probability

English Study Website of the Month

To improve your listening, try the English Listening Library Online created by Todd Beukens: <http://www.elllo.org/>

His website offers a lot of FREE and original content that can be downloaded and shared. You can choose the level of English, topic, quizzes to check understanding and even the variety of English you want to hear (Canadian, Indonesian, Thai, Swedish, etc.). It is a great way to learn English listening independently.

Cultural Note

In many Chinese restaurants in America, they will often offer you a free fortune cookie at the end of a meal and inside is a piece of paper with a 'fortune' written on it. For example, it may try to predict your future, 'You will have an unexpected meeting', or 'Good health will be yours for a long time'. For many people in China and Asia, this is a foreign idea, but to many Americans this is what they associate with Chinese restaurants. What do the fortunes mean? Yin and Miike (2008) studied the text in different fortune cookies and consider it a 'hybrid' or a mix of American and Chinese cultures. So the next time you go to a Chinese restaurant in America, remember to break it open before you eat it, otherwise you may eat your 'fortune'!

Yin J, & Miike Y (2008). A textual analysis of fortune cookie sayings: How Chinese are they?. *The Howard Journal of Communications*, 19(1), 18-43.



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► a + b; c d; e f; g h; i j; k l; m n; o p; q r; s t; u v; w x; y z

此欄由澳大英語中心供稿 Content contributed by the ELC

校園一角  
Corner of the Campus

文、圖 Text & Photo | 校園記者謝成盛 UM Reporter Jason Che

追憶四年 心聲成畫

畢業後，你第一件想做的事是甚麼？「出國讀Master」、「去旅行」、「找一份好工作」、「Gap year一年做自己鍾意做的事」……這天經過學生活動中心二樓，被那幅精美的巨型「畢業牆畫」吸引而駐足。這幅「巨作」是在學生事務長余小明博士的建議下，結合多年來職員及相關同學對活動的支持，並募集畢業同學的心聲點綴而成。對將要畢業的你，有沒有想過自己一直想做而未做的事？還在為學業奮鬥的你，從中有沒有得到啟發？

UM students 'create' future before graduation

What is the first thing you want to do after graduation? Study abroad? Travel around the world? Find a good job? Or take a gap year to do whatever you like? Go to the second floor of the Student Activity Centre, and you will find an attractive wall painting filled with photos of students' memories of their time at UM and multi-coloured sticky notes carrying their wishes for the future. The painting was initiated by Dean of Students Dr Peter Yu and was created by staff members and students. For those who are about to graduate, is there anything that you've wanted to do all along but haven't got around to doing it? For those who don't have a graduation on the horizon, does the wall painting give you any inspiration?



第三版答案：  
這是位於鄭裕彤書院地下層書香閣內的彩虹書架。書架以迷宮式設計，共分為三部分，形狀分別為矩形或半矩形。這種設計能使學生一走進密集的書架群當中，就像置身於「書海」一樣。

P.3 Answer:  
This is the rainbow bookshelf located in the 'Fragrance of Books' on the basement level of Cheng Yu Tung College. Composed of three rectangular or semi-rectangular parts, the rainbow bookshelf is designed to look like a maze so that visitors can 'get lost' in the books.



## 澳大校園記者專欄 UM Reporters' Column

傳訊部於2012年推出澳大校園記者計劃，為對採訪及寫作有興趣的學生提供一個實習平台。此欄專為校園記者而設。  
Launched by the Communications Office in 2012, the UM Reporter Programme aims to provide students with a platform to develop journalistic skills.  
This column is dedicated to publishing UM Reporters' articles.



# 澳大泳池水質與別不同

## How UM's Swimming Pool Is Different in Water Quality

文 Text | 校園記者甘梓榮、實習記者盧穎聰、殷夢雯 UM Reporters Tresunnean Kam, Ben Lou and Ivy Yin  
圖 Photo | 校園記者甘梓榮、部分由體育事務部提供 UM Reporter Tresunnean Kam, with some provided by OSA

**澳**大游泳館由1月21日免費開放給澳大人使用後，各位游泳愛好者有沒有親身去試水呢？游泳館在設計和水質消毒方面如何做到讓泳客游得開心，玩得放心？

### 採用臭氧系統配備消毒

澳大游泳館是繼奧林匹克游泳館後全澳第二個50米乘25米的標準室內游泳池。水質消毒採用加氯消毒與其配合臭氧消毒的方法，從而減少暢泳時聞到強烈的漂白水味，也比較不易對眼睛及皮膚造成刺激。



體育事務部每月會聯同安健及環境事務辦公室、保安及交通事務部進行一次拯溺訓練。

The OSA, the HSEO, and the Security and Transport Section co-organise a life-saving drill every month.

### 兩小時檢測水質一次

體育事務部表示，泳池每兩小時進行一次水質記錄及檢測，安健及環境事務辦公室（HSEO）也會定期進行詳細水質檢測，檢測項目包括池水溫度、游離性餘氯、酸鹼度、混濁度及細菌總數等。另外，游泳館逢星期一上午會進行全面大清潔，每日也不定時進行例行清潔，以保持泳池衛生。

If you love swimming, you must be thrilled to learn that the Olympic-sized swimming pool in the UM Sports Complex has opened for trial use since 21 January. As a swimming lover, perhaps there is nothing you care about more when it comes to a swimming pool than safety and water quality. How does the university ensure water quality and the safety of the swimmers?

### Ozone Disinfection

UM's swimming pool is the second Olympic-sized indoor swimming pool in Macao (the first is in the Macau Olympic Aquatic Centre). The pool uses a combination of chlorine and ozone disinfectants, which not only reduces the typical pungent swimming pool smell, but also causes less irritation to swimmers' eyes and skin.

## 澳大游泳館特色：

- 全澳第二個室內50米標準泳池
- 水質消毒採用臭氧系統幫助消毒的方法
- 備有Omega touchpad奧林匹克國際賽標準計時系統
- 兩邊落地玻璃設計，天然採光。
- 免費提供游泳輔助用具

## 專業救生團隊

泳池每個時段至少有兩個救生員當值，每月會舉行拯溺演習，確保讓澳大人放心暢泳。負責管理泳池的澳大體育設施管理小組的職員更兼備救生員資格，熟悉有關程序及管理知識。

## 5 Must-Know Facts about UM's Swimming Pool:

- Macao's second Olympic-sized indoor swimming pool
- Equipped with an ozone disinfection system
- Equipped with Omega Touchpads, the standard timekeeper used in Olympic games
- Glass on two sides of the complex for natural lighting
- Swim aids available free of charge

## Professional Lifeguards

At least two lifeguards are on duty during opening hours. Life-saving drills are conducted on a monthly basis. All staff members in the Sport Facilities Management Team (Swimming Pool) have obtained lifeguard certification.

## Water Quality Tested Every Two Hours

According to the Office of Sports Affairs(OSA), the water in the swimming pool is tested every two hours. The Office of Health, Safety and Environmental Affairs (HSEO) also conducts a thorough water quality testing on a regular basis. Tested items include water temperature, free chlorine residual, pH levels, turbidity, and microbial population. In addition, the swimming pool is cleaned on a daily basis and receives a thorough cleaning every Monday morning.

## 學生滿意泳池水質

### Students Happy with Water Quality

教育學院研究生宋麗麗是游泳愛好者，試用期間幾乎每天來到泳池游泳，她對澳大游泳館非常滿意，「相比校外游泳館，各項條件都很優異，而且池水清澈透明。」而工商管理學院的劉凱瑩同學則希望「游泳館開放時間可延長，比如每天從早上九時到晚上十時半，給同學們更多選擇」。

現時游泳館開放時間為星期一至星期日。由3月1日至4月30日更以試運形式延長開放時間：星期一至五15:00至22:00，星期六、日及公眾假期11:00至13:00、15:00至21:00。



宋麗麗  
Song Lili



劉凱瑩  
Liu Kaiying

Faculty of Education postgraduate Song Lili loves swimming and has been using the pool almost every day since it opened for trial use. She is very happy with the facilities. 'The facilities here are better than those outside UM. The water is also very clean.' Faculty of Business Administration student Liu Kaiying hopes the university will extend the pool's opening hours, from 9:00am to 10:30pm everyday, so that more students can enjoy the facilities.

The Swimming Pool is open Monday through Sunday. From 1 March to 30 April, the opening hours will be extended, from 3:00pm to 10:00pm Monday through Friday; from 11:00am to 1:00pm and 3:00pm to 9:00pm on weekends and public holidays.

《澳大人》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 interesting 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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