



開學了

New Semester

如何規劃你的大學四年

How to Get the Most Out of Your College Years

大學跟中學是完全不同的學習模式，大學生想獲得更多，就需要更多的主動和積極。澳大在協助新鮮人投入校園生活方面做了不少工作，包括指導學生如何熟悉大學「四位一體」的學習模式，也有提供各類活動和生涯規劃的輔導等，讓新生可以更好地規劃四年的大學生涯。今期《澳大人》訪問了多位已經或即將畢業的學生，以及老師和輔導學生的導師，談談如何規劃四年的學習和生活，希望可以給大學新鮮人一點啟示。

學生：做好規劃勇於嘗試

首屆生物醫藥學畢業生李婉文（Queenie）畢業後將赴香港大學修讀碩士，鑽研神經科學。她建議新生從一年級就開始規劃四年的學習，「遇到不太感興趣的東西，也先學習，而不是一開始就放棄，這樣只會讓自己

的選擇越來越少。」在四年的專業學習裡，她慶幸遇到不少良師的提點，「我在大二透過榮譽學院的研究實習開始參與研究的工作，到了大四就跟學院的指導老師開始做關於老人癡呆症的Final Project，在大學階段就有機會跟有經驗的教授一起研究，有助向研究領域的發展。」Queenie在課餘熱衷參加校園活動，是大學籃球隊和學生會一分子，她認為大學是一個認識自我的過程，鼓勵學弟學妹要勇於嘗試各種可能，「失敗也是一種學習。」（續內文，見第二及三版）

One of the greatest differences between a high school student and a university student is that the latter must use more initiative in order to get the most out of the college years. UM has done a lot of work in helping freshmen adapt to campus life, including familiarising students

with the '4-in-1' model of education and providing guidance on career planning. In this issue of *My UM*, we ask several students, faculty members, and experts about the best way to spend the four years, and we hope their advice will inspire you to start planning for your future.

Students' Advice: Plan Early, Dare to Try

Queenie, one of the first graduates of the Biomedical Sciences programme, will go on to pursue a master's degree in neurosciences at the University of Hong Kong. She advises students to start planning in the first year. 'Try to expose yourself to different things, even something that doesn't particularly interest you initially. If you always give up at the first whiff of boredom, you are unnecessarily narrowing your choices,' she said. She feels very lucky to have met many great teachers at UM. 'In the second semester of

my sophomore year, I started participating in a research project through a research internship programme of the Honours College. In my fourth year, I did my final project on dementia under the guidance of a professor from our faculty. These research experiences are really helpful,' she said. Queenie doesn't just excel academically, she is also an active participant in the university's basketball team and the Students' Union. She believes that university years are a time for self-discovery, and encourages students to dare to try and explore different possibilities. 'Even failure offers a chance to learn something,' she said. (continue reading on page 2 & 3)



李婉文 Queenie Lee

《澳大人》電子報面世啦
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<http://www.umac.mo/e-myum>



背後故事
Tell Us Your Story

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澳大校園記者專欄
UM Reporters' Column

暑假實習——給自己最特別的禮物

Summer Internship —
A Special Gift to Ourselves

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吳佩盈 Ashley Ng

數學教育三年級學生吳佩盈 (Ashley) 在大一的时候，已知道時間分配的重要性，「學習是必須的，但未必要做到像學霸一樣，但必須好好規劃學習和活動的時間，在社團可以學到很多學習上給不了你的東西，例如跟別人相處時可以學到人際溝通技巧等軟實力。」Ashley建議新生別把太多時間浪費在兼職上，變成半工半讀，「與其花時間去做一些對專業沒有幫助的兼職，倒不如花更多時間投入到校園生活中，可以幫到自己成長，從中得到的比兼職更多。」

生物醫藥學三年級學生楊波

(Michael) 第一次接觸生涯規劃是大一上的通識課，堂上最深刻的是老師對他說的這番話：「進入大學之後不要用以前高中的學習方式，要多一點思考，擴充知識面。」剛開始Michael也不相信，後來就慢慢覺得老師說的很對。Michael坦承在實踐生涯計劃的過程中發現自己很多不同的弱項，但卻令他明白「發現是實踐的第一步，越瞭解自己的弱項之後，就可以透過參加活動來改變自己。我參加了領袖計劃後，訓練到溝通、策劃項目和服務技巧，也克服了害羞內向的弱點。」



楊波 Michael leong

中國語言文學系四年級學生楊偉鍵 (Weicky) 是霍英東珍禧書院院生會的傳訊組長，策劃和參加過書院內大大小小的活動，能言善辯的Weicky是那些一說話就幾乎停不下來的那類人，過往在書院裡教內地生講廣東話獲得不少掌聲。他笑自己「凡可以通過創意拿到獎的活動都會參加。」也直言大學四年，一定要清楚自己的方向，「逐步完成自己想要的目標。」總結三年在書院的學習和生活，他勸學弟學妹一定要「好好利用書院的環境，結識一班志同道合，有共同相處模式的好朋友。」對學弟學妹有何鼓勵？他不假思索地回答：「不要怕羞，多講話，不要扮型。」

老師：及早發現興趣 切忌隨波逐流

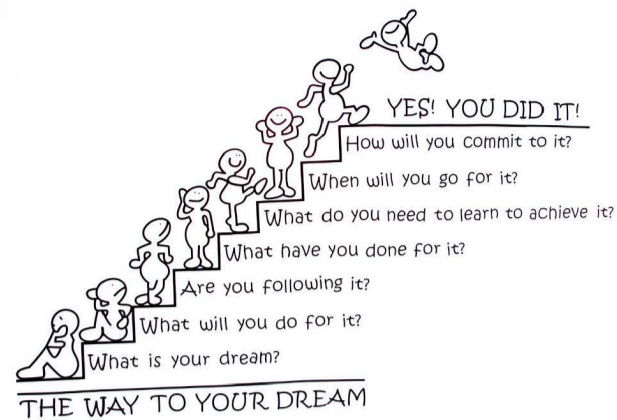
中華醫藥研究院助理教授，兼擔任霍英東珍禧書院導師的王春明博士一直在職業生涯規劃上給予學生不少意見。他經常叮囑同學要找到自己的興趣，更不要隨波逐流，「很多同學隨大流時沒有搞清楚自己到底想要甚麼，這可能會無法持久堅持自己的專業發展方向。」

王博士在大學到博士後期間其實也嘗試過多個領域的研究，他從最初讀生物化學到研究幹細胞，再跳回他最喜歡的生物材料及藥物研究。這期間他曾在四個不同的地方工作，跟超過20個國家的同事相處過，他才逐漸對自己生涯規劃有一個很明確的概念。因此王博士希望能以自身經歷幫助同學能走得順暢點，「第一，要找到自己的興趣；第二，在這個過程中會對很多新方向感興趣，但是你要找到哪一個方向是你覺得最適合你發展。」

導師：生涯規劃 猶如指南針

學生事務部設有DREAM Pathway生涯規劃路線圖，分了五個步驟來幫助同學找到自己未來的生涯目標。升學及就業中心事務主管譚汪霞介紹指：「第一步就是Discover發掘自我潛能，瞭解自己性格特點及興趣所在；第二步就是做Research探索未來的路向，探索畢業之後可以從事的工作、發展的方向或是否繼續深造；第三步就是Experience體驗職場環境，透過親身參與，實際瞭解工作的世界；第四步是Act實踐未來計劃，找到未來發展方向之後，將計劃付諸行動；最後一步是Manage養成終身學習的習慣，經營自己的終生事業。」

在輔導學生方面經驗豐富的學生輔導及發展處處長蘇桂龍說：「新生由大一開始就要規劃自己大學四年的學習和活動，然後投入時間去提升自己。有生涯規劃的話就好像是有指南針在手上一樣，可以指引你方向，找到你自己將來想做的目標和人生的方向。」生涯規劃講的是長遠的事情，不僅是大學四年的事，Elvo建議同學養成一個終身學習的習慣，不斷提升自己的競爭力。



學生及早開始生涯計劃，有助明確自己的方向。

Early career planning helps identify where you want to go in life

Ashley is a third-year student of maths education. Even as a freshman, Ashley already knew the importance of time management. 'Study is imperative, but you don't necessarily have to bury yourself in study.

You just have to strike a balance between study and extracurricular activities,' said Ashley. 'For example, you could join some student organisations, because through these activities you can learn what you can't learn from books, such as interpersonal skills and communication skills, and these are all important soft skills.' Ashley advises against spending too much time on part-time jobs, especially those that have little relevance to the student's major. 'Don't be distracted by the short-term gain from part-time jobs, you will be better served in the long run if you invest more time on activities that can actually help you grow,' she said.

Michael, a third-year student of biomedical sciences, was introduced to the idea of career planning in one of the general education classes in the first year when the instructor told the students, 'Now you are university students, the way you used to study in high school will no longer work. You need to think more and expand your knowledge.' The truth of this advice didn't really sink in until later when Michael discovered many of his weaknesses while trying to implement his career plan. 'Self-discovery is the first step. Once I knew my weaknesses, I tried to overcome them through participating in various activities,' Michael said. 'For example, I participated in a leadership programme,



學會規劃學習和活動時間，事半功倍。

Good planning and time management helps you achieve more with less



參加社團活動，擴闊人脈，訓練組織力和領導力。

Joining student organisations allows one to make friends and develop organisational skills

which not only helped improve my communication skills, project planning skills, and service skills, but also helped me overcome my shyness.'

Weicky, a fourth-year student of the Department of Chinese Language and Literature, is the head of the communications team of the Henry Fok Pearl Jubilee College's House Association. Talkative and eloquent, Weicky has organised many activities in his college.

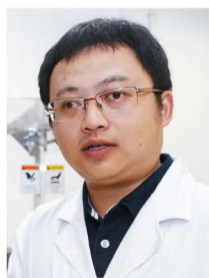
He also has a great sense of humour and has never failed to elicit a big round of applause when teaching mainland students to speak Cantonese in the college. 'As long as there is a chance to win a prize with creativity, I'm in,' he said. 'As for how to best spend the four years, I think you have to have a clear idea about what you want to do in the future, and then you should break a big goal into small bite-sized sub-goals and set about achieving those sub-goals one step at a time.' He advises students who live in the residential colleges to take advantage of the opportunity to make some like-minded friends. Asked how to make that happen, he said: 'Just seize every opportunity to talk to people. Don't be shy, and don't play cool.'



楊偉鏗 Weicky leong

Professors' Advice: Discover Your Interest and Don't Follow the Crowd

Dr Wang Chunming is an assistant professor from the Institute of Chinese Medical Sciences. He also works as a fellow in the Henry Fok Pearl Jubilee College. He has given students a lot of advice on career planning, but the one piece of advice that he keeps repeating is 'Discover your interest and don't follow the crowd.' 'Many students just do what everyone else is doing without taking some time to figure out what they really like, but you can't stick to something unless you are truly passionate about it,' he said.



王春明博士
Dr Wang Chunming

From college years to postdoctoral studies, Dr Wang himself has tried different research areas from biochemical sciences to stem cells to biological

materials and pharmaceutical research. Only after working in four different organisations with colleagues from more than 20 different countries did he finally have a clear idea about which career path he wanted to pursue. So he hopes to use his firsthand experience to help students with their career planning. 'First, you have to identify your interest; second, understand that in the process you are likely to become interested in many new things, but you have to decide which one suits you the best,' he said.

Experts' Advice: Career Planning Provides a Compass

The Student Affairs Office has a DREAM Pathway guide that helps students with career planning in five steps.

'D is for discover. You need to discover your potential,' explained Francesca Tam, functional head of the Future Studies and Placement Centre. 'R is for research. You need to research career options or graduate study interest. E is for experience. You need to experience the real world of work. A is for Act. You need to take action to implement your plan. And M is for manage. You should form a lifelong learning habit to keep managing your career.'



譚汪霞
Francesca Tam

Elvo Sou, head of the Student Counselling and Development Section, has rich experience in student counselling. He said, 'From the first year, students should start planning how they are going to spend the four years in college, and then they should invest time to improve themselves. Career planning provides a compass which will guide your way and help you figure out where you want to go and what you want to do with your life.' He goes one step further by suggesting that if one wants to stay competitive in today's world, then career planning should not be limited to college years but should instead become a lifelong habit.



蘇桂龍 Elvo Sou



專訪短片 Video

焦點新聞

News At a Glance

法學院院長莫世健教授獲聘任為最高人民法院「一帶一路」司法研究中心研究員及最高人民法院涉外商事海事審判專家庫首批專家。

Prof Shijian Mo, dean of the Faculty of Law, has been appointed by China's Supreme People's Court as a researcher of its 'One Belt One Road' judicial institute and an expert on Chinese commercial and maritime trials involving foreign parties.

科技學院副院長王百鍵教授、助理教授黃承發博士及博士畢業生鄭德信同獲英國特許屋宇工程師學會授予特許屋宇工程師及會士名銜，以表彰他們在學術和工程界上所作出的貢獻。

Prof Wong Pak Kin, associate dean of the Faculty of Science and Technology; Dr Wong Seng Fat, assistant professor of the Department of Electromechanical Engineering; and Dr Thomas Cheang, a PhD graduate from UM, have been awarded the titles of 'Chartered Building Engineer' and 'Fellow' of the Chartered Association of Building Engineers.

人文學院楊義教授最新著作《論語還原》由中華書局出版，其新書通過還原方法成功發現「活的《論語》」，被譽為是中國古典學研究的一部里程碑式的著作。

Genesis of Confucius's Analects, the latest work by Prof Yang Yi from the Faculty of Arts and Humanities, has been published by Zhonghua Book Company. The book is considered a landmark in the study of classical Chinese literature.

電腦及資訊科學系四年級學生梁嘉俊在「2015泛珠三角大學生計算機作品賽總決賽」奪得金獎。他的作品「TongueMove」以關懷弱勢社群的設計概念而創作，希望讓行動不便人士以舌頭控制工具。

Leong Ka Chon, a fourth-year student from the Department of Computer and Information Science, won a gold medal at the Pan-Pearl River Delta Region Universities IT Project Competition 2015, for his invention, 'TongueMove', which allows physically disadvantaged people to use their tongues to control electronic devices.

這是甚麼? What's this?



答案請在第七版找 Answer on page 7

樂在其中—— 實驗動物飼養員 鄭慧珊博士

Working with Rodents — Animal Caretaker Dr Cheang Wai San

文 Text | 張愛華 Ella Cheong、校園記者李芷珊 UM Reporter Leona Lei

圖 Photo | 張愛華、部分由受訪者提供 Ella Cheong, with some provided by the interviewee



見到毛茸茸的小老鼠，很多人都恨不得能以秒速閃開。在校園裡，卻有一班經常與老鼠為伴的實驗動物飼養員，每日照顧數以千隻實驗小鼠的起居飲食，擁有生物醫學科學哲學博士學位的鄭慧珊（Anna）是其中一員。採訪期間看著纖瘦的她重覆把飼料放入各個老鼠籠內，不禁問：「辛苦嗎？」享受這份工作的她卻說樂在其中。實驗動物飼養員的工作是怎樣的？就由Anna帶領大家走進實驗動物中心，尋找答案。

體力+手巧+膽量

踏進位於N22科研大樓的實驗動物中心，即聞到一陣混雜老鼠飼料與糞便的濃烈氣味，在訪問初時幾乎要掩著口鼻才能發問，但過了一會，漸漸對氣味熟悉後，也就不那麼感到噁心。「我們已聞慣了這味道，首次來是會有一點不慣。」Anna一邊說一邊熟練地把用來墊小鼠的粟米芯放入籠裡，訪問近一小時，期間她雙手一直沒停過。「我每日上午要為160多個老鼠籠換粟米芯和飼料，下午就洗籠。最近因新請了同事專門負責洗籠，減輕了一些工作。這些都是粗重的工作，要求體力很好才行。」看著含蓄斯文的Anna幹起這些「粗活」時卻能得心應手，樂在其中，看出她對這份工作的喜愛。

Anna坦言，對小動物雖談不上很熱愛，但也不抗拒和恐懼。「每日照顧5,000多隻小鼠，若怕老鼠，就不能做這份工了。」Anna這份工作，看來除了體力之外，還要心靈手巧加上足夠的膽量才行。

讓小鼠在健康的環境中生活

作為實驗動物飼養員，當然不會只是換籠這麼簡單。其實Anna與同事們在實驗室中屬於輔助研究的角色，身兼多職，除了要每天兩次檢查小鼠糧食和食水是否足夠、身體健康狀況外，還要安排繁殖、打針，抽血檢查，甚至要解剖，因此須

具備專業的生物醫藥知識。若發現小鼠有異常，他們更即時叫獸醫或相關的教授來處理。

現時的實驗動物中心可容納最多2萬隻小鼠，分別由一位主管和五位飼養員負責照顧，其中有三名是研究助理，各人須不斷循環式地清潔、換籠和餵食，工作量頗大。Anna說：「為了讓老鼠籠保持無菌狀態，使用前必須在消毒室進行高溫高壓消毒，老鼠籠需要每星期更換一次。籠是密封的，我們會接入IVC機送風，調控溫度和濕度。小鼠食用的飼料和食水也經過消毒和過濾，確保牠們在健康的環境中生活。」

實驗動物中心的運作程式，包括飼養、基本操作以及具傷害性操作都遵從多種國際標準操作規範。中心內的小鼠都是從美國空運過來，再由飼養員安排繁殖以提供小鼠作研究之用。「用來做實驗的小鼠多是成年鼠，也會有專門的研究課題，例如年老疾病就要用年老的小鼠。」Anna既要照顧小鼠也要擔當監察員的角色，「我們要監督研究員在做實驗時不能浪費，如只要10隻，就不能用多，必須控制數量。也要確保實驗過程中要人道對待老鼠，不要令牠們感到痛苦，例如做手術要下麻醉藥，痛的時候下止痛藥，打針時要快等。」

為生物醫學研究做貢獻

Anna在澳門讀中學時已萌發對科學的興趣，陳瑞祺資優中學畢業後考上香港中文大學生物化學系，先後取得了生物化學學士和生物醫學科學哲學博士學位。博士畢業後剛巧健康科學學院招聘實驗動物健康技術員，獲聘後決定返回澳門工作，希望可以為生物醫學的研究做貢獻。「澳大有不少的實驗會用到老鼠，例如癌症和糖尿病等。我喜歡

在實驗室工作，若飼養的老鼠能幫到教授研究治療癌症和糖尿病等疾病的方法，對醫學界做出貢獻，就會有很大的滿足。而且這份工在澳門算是獨一無二了。」Anna笑說。

在工作中能找到樂趣和滿足感，這就不是一份工作這麼簡單了。Anna和實驗室其他同仁一樣，抱著一份信念和使命來到澳大，最終都想成功輔助研究，找到破解疾病的密碼，改善人類的生命健康。



用來做實驗的有小鼠和大鼠
Both mice and rats can be used in experiments



Anna每早把粟米芯和飼料放入160個老鼠籠內
Anna is responsible for changing corncob bedding and lab blocks for 160 cages every morning

Are you afraid of rodents? Can you imagine being around these little creatures every day at work? UM's Animal Facility has a team of animal caretakers who are responsible for taking care of thousands of laboratory rodents on a daily basis. Ms Anna Cheang Wai San, holder of a PhD degree in biomedical sciences, is one of them. Noticing that she continuously put lab blocks into the cages during our interview, we couldn't help but ask if she found her work hard, to which the slender animal caretaker replied: 'Actually, I enjoy it.' What exactly do animal caretakers do? In this issue of *My UM*, Anna shows us the inside of the Animal Facility and what it's like to work with rodents.

Strength + Skill + Courage

Step into the Animal Facility in the Research Building (N22), and you will be greeted by a strong odour of lab blocks and mouse faeces. The smell was so overpowering that we had to cover our mouths and noses at the beginning, and it took a while to get used to it. 'We have gotten used to the smell. It is common for first-time visitors to find the smell unbearable though,' Anna said, while skilfully putting corncob bedding into a cage. Throughout the one-hour interview, Anna's hands barely stopped working. 'In the morning, I change the corncob bedding and lab blocks for more than 160 cages. In the afternoon, I clean the cages,' she said. 'The lab recently hired two more animal caretakers to do the cleaning. This job involves strenuous work, so having more co-workers really helps.'

We asked Anna if one has to love rodents to do this job well. 'Well, I won't say that I love rodents, but neither do I find them repulsive,' she said. 'I am responsible for taking care of more than 5,000 rodents every day. There is no place for me here if I am afraid of them.'

Providing a Healthy Environment

Of course, the responsibility of an animal caretaker is more than just changing the cages. Playing an auxiliary role in the lab, Anna and her colleagues also have a lot of other duties. In addition to checking, twice a day, the supply of lab blocks and drinking water and the rodents' health status, the animal caretakers also need to arrange for males and females to breed, give injections, and perform blood tests and sometimes even

dissections. All these duties require a certain level of professional knowledge in biomedical sciences. If any abnormalities are observed in the rodents, the caretakers need to contact a veterinary doctor or professor immediately.

Currently, the Animal Facility can house a maximum of 20,000 rodents. The rodents are looked after by a supervisor and five animal caretakers, with three of them being research assistants. Cleaning, changing the cages, and feeding the rodents are part of their daily routine and the workload is quite heavy. 'We always sanitise the cages before use to keep them germ-free, and we change them once a week. Each cage is completely sealed and has an individual ventilation system, which allows us to adjust the temperature and humidity inside. Lab blocks and drinking water are disinfected and filtered to ensure the health and safety of the rodents.'

The Animal Facility follows international standards in its day-to-day operation, including feeding, basic operations, and invasive operations. The rodents in the Animal Facility are imported from the United States, and the animal caretakers would arrange for males and females to breed to ensure a steady supply of experimental rodents. 'Most rodents that we use in experiments are adults. Older rodents are used only for specific studies, such as those related to ageing-associated diseases.' At work, Anna is not only responsible for looking after the rodents, she also works as a monitor. 'I monitor how many rodents are used in an experiment. For example, if an experiment requires ten rodents, then my job is to make sure the researchers use no more than ten. I also need to ensure that the animals are treated humanely and feel minimal pain during experiments.'

Contributing to Biomedical Research

Anna became interested in science when she was in secondary school. After graduating from Chan Sui Ki Perpetual Help College, she went on to study at the Chinese University of Hong Kong, where she obtained a bachelor's degree in biochemistry and a PhD degree



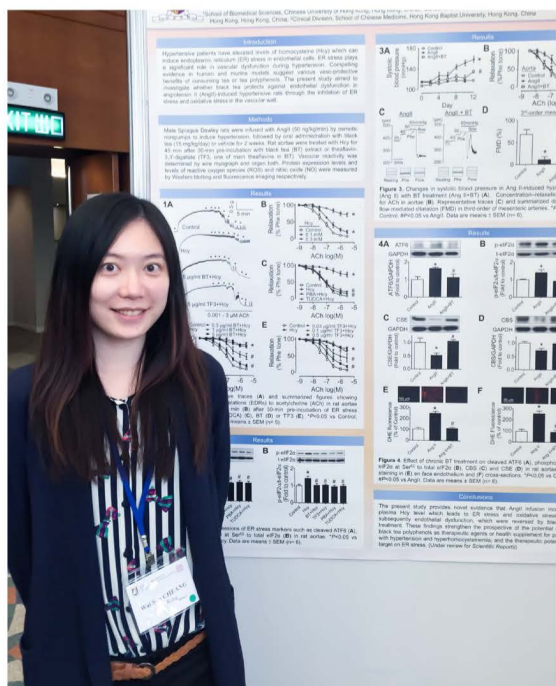
實驗動物健康技術員要經常檢查老鼠的健康狀況
Animal caretakers check the rodents' health status on a regular basis

in biomedical sciences. It happened that UM's Faculty of Health Sciences was hiring an animal caretaker when Anna completed her PhD studies. So she applied and got the job.

Some say that a good job is more than just a paycheck. This is clearly something Anna can relate to. 'I really enjoy working in the lab,' Anna said with a smile. 'Rodents are used in many experiments in our lab, such as those related to cancer and diabetes. If the rodents I look after end up helping our professors find a way to treat cancer or diabetes, I will feel like I have also made a small contribution. Plus, this is a unique job you can't find anywhere else in Macao.'



專訪短片 Video



Anna在修讀博士學位期間發表有關生物醫學的研究報告
A biomedical report published by Anna while a PhD student



清洗和高溫消毒老鼠籠是每日例行工作
Cleaning and sanitising the cages is part of Anna's daily routine at work

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，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. Please refer to our daily internal e-newsletter *UM Today* for submission details.



追憶老上海

Barney, FST

上海除了是以摩天大廈為代表的金融中心之外，還是一座充滿歷史的老城。這座位於六條道路交叉口的武康大樓，始建於1924年，是上海第一座外廊式公寓大樓。在這樣的老洋房前，不自覺地會感受到老上海曾經的繁華以及它所經歷的滄海桑田般的歷史。當你遊走於這裡時，你會發現除了曾經有「十里洋場」之稱的外灘之外，還有這樣的地方可以讓我們去追憶老上海。

北韓見聞

Tresunnean, FBA

（一直打算去一趟北韓，於是就趁正式踏入「社會大學」前大膽去任性一次。）

與網絡隔絕的五天
第一次
沒有像平時一樣隨身帶著單反
想用雙眼親自體驗
而非從第三者得知
即使不是事實的全部
既然是讓我們看的
就好好看著吧
只要我們知道這不是全部就行了

不要以單一觀點、片段或傳言來概括整件事情是
好是壞
我們看似虛假的一切
或許只是他們習慣以這種方式生活而已

在我看來的北韓
生活平凡樸素
農務活動為主但也不缺少教育
也是個比日本街道更要乾淨 空氣清新的好地方
與想像中木訥的北韓人不一樣
他們也像我們一樣自然的笑著
而且很友善 跟他們揮手也會回應

作為一位到北韓的旅客 只要你刻意打破他們的
規則
你就不會感到危險
其實每到一個地方旅行時也是要尊重別人的文化
互相尊重的話 也自然能得到對方的信任

所謂的真相
也有可能是人為虛構出來的
有幾多分真 幾多分假
都只能靠我們自己不斷去反思、去判斷



藍髮卡

謝威, FST

球場上彎曲褪色的三分線
還能看見去年那次飄雪的天
我站在你指定的地點
拿著球閉上了眼
你靠在我的左肩
笑的很甜
說起漫畫本裡的浪漫
羞澀藏到眼鏡框邊
愛情的曲面
五千米不算遠
我穿了運動鞋情願
陪你再跑一遍
你的髮卡柔和著天藍
說有它你就不會再失眠
我聽著天真的語言
才發現幸福可以這樣出現
棉花糖的一段
吸引過髮尖
你傻傻的笑臉
似肥皂泡裡的內涵
米粒大小的溫暖
你說你會儲存到下一個冬天
好不怕寒冷來的突然
象牙色的手鏈
是透明的水晶圈
你拉著我的手腕
問十八歲會不會還有夜晚
問沒你我會不會失眠
我輕輕按下你的鼻尖
融化了畫面
手套裡的愛情極限
濃縮了中斷點
你給的靈感
人參杯裡看
流星飄過天邊
你的髮間有藍色光閃
天涯的對面
有滿香的田園
累不累的答案
隱逸鵝黃的縫紉

參加《2015澳門城市定向挑戰賽》有感

王初蕾, FBA

最初抱著試試看的想法，和另兩位同學組團參加。當比賽結果張貼出來後，我都不敢相信自己的眼睛，竟然在前10名排行榜上發現了我們團隊的名字，無論如何也無法相信這前10的獎牌能夠落在一個文弱女子的身上。

回家之後發現自己的腳趾磨出了個水泡，每走一步都是難耐的疼痛，但是比賽期間走遍大半個澳門半島卻都渾然不覺，正是那份堅持執著的心戰勝了一切。人的潛力是無限的，但需要自己去挖掘。

參賽前集合時我們看到大專組的隊伍中不乏肌肉強健勢在必得的團隊，但最後的領獎台上卻沒有看到他們的身影，這讓我想起了王安石的《遊褒禪山記》，有的同學雖然有著良好的體魄，有著很專業的運動裝備，但沒有堅強的毅力。可見，志、力、物三者中，志為最重要。我們的學業、事業亦如此，行百里路者半九十，切記，切記，有志者事竟成！



英語錦囊
English Corner

Philip Young,

Consultant to Vice Rector (Academic Affairs)

Etymology: Get to the root, forget learning by rote

Chinese students are often told to memorise words as a means of increasing their vocabulary. But there is a painless way of learning and remembering big, learned words: by knowing the root of the words and learning the affix (ie: prefix and suffix). A few examples will suffice:

Apathy — ‘a’ means ‘without’; ‘pathy’ (related to pathos) means emotion—therefore ‘apathy’ means lack of feeling, or by extension, lack of interest or concern. The adjectival form is ‘apathetic’, meaning ‘indifferent’ or ‘unconcerned’. Example: ‘The apathy of the students in learning is a result of over-drilling for examinations.’

Antipathy — dislike or distaste, where ‘anti’ means ‘against’—ie: to have feelings against something or someone. Example: ‘People have a natural antipathy for self-seekers.’

Empathy — feeling what others feel; at one in your emotion with another person. Empathy is stronger than sympathy in which you can imagine what it is like to be someone else. Example: ‘The social worker has a strong sense of victim empathy.’

Sympathy — having common feelings; having feelings of kindness and understanding for someone in distress. Example: 'It is your own fault. You will get no sympathy from me.'

Atheist — one who doesn't believe in the existence of God—'a' means 'without'; 'theos' means 'god' or 'deity'. Example: 'Richard Dawkins is a famous atheist.'

Atypical — untypical, unusual. ‘a’ means ‘not’. Example: ‘At six feet three inches, he is atypically tall for an Asian.’

Asocial — not social or anti-social, without the capacity for social interaction. Example: ‘An introvert is by definition asocial.’

Amoral — without a sense of right and wrong. It is a stronger word than ‘immoral’. ‘A serial killer is amoral’ whereas ‘Stealing is immoral.’

Apolitical — not interested in politics

Asymmetrical — not having the same shape or size on both sides. Example: ‘The actor has an asymmetrical face.’

Asymptomatic — showing no symptoms. Example: ‘The cancer patient was asymptomatic for months.’

Euphemism — ‘eu’ means ‘good’; ‘pheme’ means speech—using pleasant words to talk about unpleasant things. Example:
The ‘underprivileged’ is the usual euphemism for the ‘poor’.

Euthanasia — ‘eu’ for ‘good’; ‘thanatos’ for ‘death’—allowing someone to die in comfort or without pain, related to ‘the right to die’ or ‘assisted suicide’. Example: ‘Euthanasia is legal in Holland.’



Website Photo: <http://goo.gl/L0TDNu>

校園一角 Corner of the Campus

絡繹不絕 3,500訪客參觀校園
New Campus Receives 3,500 Visitors This Summer

文Text | 校園記者鄭志偉 UM Reporter Clarence Cheang 圖Photo | 傳訊部 Communications Office

每年的夏日是接待來自世界各地訪客的高峰期，寧靜的校園也熱鬧起來。今年的六至八月期間傳訊部一共接待了90團，3,500名訪客，其中一團的成員更達350人，辛苦了各位帶領導賞的職員和學生公關大使！

Summer always sees the most visitors to the campus. This year, between June and August, the Communications Office received a total of 90 groups of 3,500 visitors, including a big group comprised of 350 members. A big thank you to the colleagues and PR Student Ambassadors who braved the heat to show the visitors around the campus.



中藥多態一體化膠囊機

第一眼是否以為這是一部雪糕機？其實它是全球唯一的中藥多態一體化膠囊機。這部機器根據中藥理論以及科學原理進行輸送，採用同步多態填充技術，實現了藥輔合一的新型複方製劑，解決了傳統中藥製劑只能承載其中一部分活性成分的問題，把中藥的複雜組分集成為一體化多單元系統，以控制不同組分在人體不同部位釋放並發揮有效作用。

At first glance you may think it's an ice cream maker. But it's actually the world's only Integrated Multi-phase Chinese Medicine Capsules Maker. By using a synchronous multi-phase filling technology, this unit is able to make a new kind of Chinese medicine capsule that can combine the various complex ingredients of Chinese medicines into an integrated multi-unit system, which is in sharp contrast to traditional capsules that can only carry some of the active ingredients. One of the benefits of this new kind of capsule is that it ensures different ingredients are released at different sites inside the body and effectively fulfil their intended functions.

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.

暑假實習—— 給自己最特別的禮物

Summer Internship — A Special Gift to Ourselves

文 Text | 校園記者李芷珊、鄧建明 UM Reporter Leona Lei, Dester Deng

圖 Photo | 校園記者鄧建明、部分由受訪者提供 UM Reporter Dester Deng, with some provided by the interviewees

漫長的暑假，同學們是如何渡過的？來去匆匆的旅行？到處兼職？有些同學則把暑假實習當作給自己的一份特別的禮物，在澳門或到外地打工實習，吸收經驗、增廣見聞。

How did you spend your summer holiday this year? Went travelling? Did a part-time job to earn some money? In this issue of *My UM*, we interview several students who spent their summer holiday doing internships in different parts of the world, which they say have been eye-opening experiences.

葡文研究一年級學生容咏琪（Helen）趁著這悠長假期將自己的時間表排得滿滿的，分別在澳大圖書館和教育學院實習。Helen從而對圖書館的書籍存放和管理有了更深入的瞭解；而教育學院則不時舉辦不同類型的活動，令她從中學到籌劃活動的技能。Helen覺得「實習的最大體會是開始有了認真對待事情的態度，不再像以前馬虎地對待工作。」

Helen is a first-year student of Portuguese studies. She had a very busy schedule this summer, doing internships at the university library and the Faculty of Education, through which she learned how to manage book storage and how to organise events. 'I started to take work more seriously. That's quite a change compared to my attitude in the past,' said Helen.



Helen 在澳大圖書館實習瞭解書籍存放和管理的知識
Helen long learned how to manage book storage at the university library



傳播系三年級學生黎泳欣（Winnie）去了北京人民廣播電台（CNR）節目部當實習生。她說當初是透過澳大電子公告欄瞭解到這實習計劃，報名後還要經過甄選和面試。Winnie在CNR的工作主要是在老師的帶領下，整理關於古典音樂的資料。「因今次實習而開始學習剪輯錄音，無疑對自己日後工作有幫助。」Winnie還說這是一次特別的經驗，「讓我跳出澳門，用兩個月的時間瞭解北京的生活，見到和學到更多東西。」

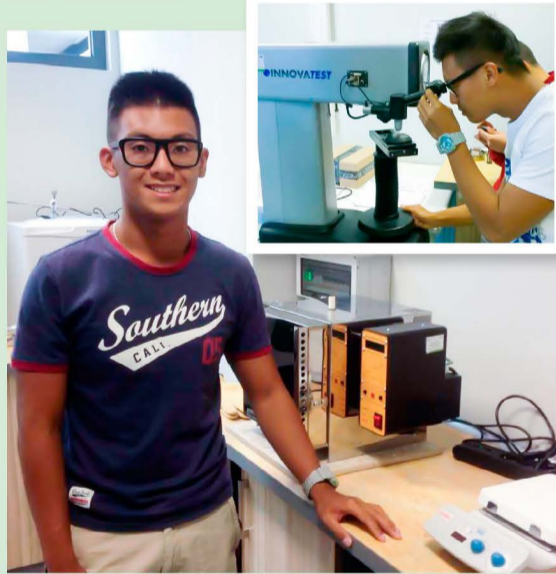
Winnie, a third-year student from the Department of Communication, did an internship at the China National Radio (CNR). She learned about this opportunity through the university's internal e-bulletin. At the CNR, Winnie helped a teacher sort information about classical music. 'I learned how to edit audio files, a skill which I think will benefit my future career,' Winnie said. She described her internship as a unique experience: 'It gave me a reason to leave Macao and my two-month stay in Beijing was an eye-opener.'



Winnie 到北京人民廣播電台當實習生
Winnie Lai at the China National Radio as an intern

遠赴波蘭羅茲科技大學材料科學部門實習的機電工程系二年級學生盧艾力（Alex）覺得實習工作沒有想像般輕鬆。他主要負責實驗設置、做熱處理以及進行樣本測試等，「瞭解到原來準備一個實驗要先做很多research，過程中還學到一些機器的操作，好多機器都是我未用過的。」Alex坦言這些工作並不易做，但覺得最大的「困難」反而是朝6晚10的工作時間。「雖然辛苦，但此行收穫豐富，見識到歐洲人的工作方式，學會如何與各地的朋友相處。」Alex鼓勵同學在大學生涯要把握機會到外面見識一下，在踏入社會之前好好裝備自己。

Alexandre Lourenço, a second-year student from the Department of Electromechanical Engineering, did an internship in the Department of Commodity, Material Sciences, and Textile Metrology at the Lodz University of Technology in Poland. Alex was responsible for setting up experiments, performing heat treatment, and testing samples. The work was more difficult than he had expected. 'I realised that a lot of preparation had to be done before an experiment,' said Alex. 'I also learned how to operate lab equipment. A lot of the equipment I have never used in the past.' The engineering major said the biggest challenge of the internship was getting used to the six-to-ten work schedule. 'Despite the work schedule, it was a very rewarding experience. I learned the different working style of European people,' said Alex. 'I also learned how to work with people from different cultures.'



Alex 在波蘭羅茲科技大學材料科學部門實習
Alex at the Department of Commodity, Material Sciences, and Textile Metrology of the Lodz University of Technology as an intern

《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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