



利市錢點樣用 七成澳大生首選儲起來 How Would You Spend Your *Lai See*?

70% of UM Students Choose to Save It Up

文 Text | 黃首豪、校園記者莫司雅 Saohou Wong, UM Reporter Momo Mok

圖 Photo | 何杰平、黃首豪 Jack Ho, Saohou Wong

問卷調查 Survey | 編輯部 Editorial Team

說 到農曆新年，年輕人最開心一定是收利市錢（又稱利是或紅包）啦！「媽媽幫你吧利市錢儲起來」可能是不少澳大小時候的集體回憶，但長大後有權自由花費這筆額外「新年財」時，你又會怎樣用呢？今期《澳大人》隨機抽樣訪問了134名澳大學生，瞭解他們是如何使用利市錢，結果發現最多學生把利市錢儲起來，即使在經濟富裕的環境下也不會胡亂花費。

利市錢如何用？

在受訪的澳大人中，大部分共收到1,000元或以上的利市錢，其中收到1,000至2,000元佔最多。那麼如何使用？大部分受訪者首選儲蓄，其次是旅行、飲食和購買衣服，少數用作投資和慈善捐款。在旅行和飲食選項中，以社會科學學院學生的比例最高，選擇把利市錢用作投資和慈善捐款的學生以工商管理學院學生比例最高。另外，男生把利市錢用於購買電子產品的比例也較女生為高。（續內文，見第二及三版）

Young people are most excited about receiving *lai see* (or *hong bao* in Mandarin, meaning lucky money wrapped in a red envelope) in the Chinese New Year. When you were a child, your mother probably helped you save up the lucky money. Now that you are old enough to decide for yourself, how would you spend the money? In this issue of *My UM*, we conducted a survey among 134 UM students to find out what they do with their *lai see*.

How to Spend *Lai See*?

A majority of the students surveyed receive an average of MOP 1,000 to

MOP 2,000 in *lai see* every year. Most say they save up the money. Some spend it on travel, food or clothes, while a few would invest it or donate it to a charity. The Faculty of Social Sciences has the highest percentage of students who choose to spend the money on travel and food, while the Faculty of Business Administration has the highest percentage of students opting for investment and donation. The survey also shows that the percentage of respondents who spend their lucky money on electronics is higher in male students than in female students. (continue reading on page 2 & 3)



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剛剛贏得全澳大專院校學生投資模擬比賽冠軍、工商管理學院二年級學生梁國明 (Simon) 說，收利市的傳統意義比金額重要，所以不會計較利市錢的多少。「我平均收到500到600元利市錢，會把錢用來飲食和買衣服。」雖然作為「投資達人」，但Simon也會如一般大學生一樣，把利市錢和兼職所賺的錢花在生活開支上。



梁國明
Simon Leong

去年剛結婚的書院行政人員李穎嫻 (Rainie) 表示，有點捨不得可以收利市的身份，她說以往會收到1,000元左右利市錢並會儲蓄起來，作為「新手財神爺」，Rainie估計會派1,000至2,000元利市錢，她說：「見到親友的小朋友就會派，聽他們跟自己拜年的感覺很有趣。」

須定立用錢目標

在理財方面，受訪者中82%有儲蓄習慣，但過半數沒有為自己的每月開支作預算；社會科學學院二年級學生甘若茗 (Phyllis) 去年收到約6,000元利市錢，但「基本都花在旅行與平日的開支上。」她說作為「月光族」，擔心畢業後工作會花更多錢，計劃把今年利市錢的一半儲存起來，另一半拿來消費，讓自己在學生時期養成儲蓄的習慣。

Leong probably knows more about investment than his peers, he likes to spend his lucky money and earnings on living expenses.

UM Members Love to Save Money

Alan Wong, a second-year student from the Faculty of Social Sciences, received a total of MOP 5,000 in *lai see* last year and expects to receive roughly the same amount this year. He plans to save up 70 per cent of the money and spend the rest on living expenses and gifts for children of his friends and relatives. Wong had an interesting experience with *lai see*. Once in middle school, he and several classmates finished their lunch in a restaurant only to find that they did not have enough money to pay the bill. Just when they were debating whether to dig a hole in the ground to hide themselves or to run away in humiliation and never come back, a teacher from their school came to the restaurant for lunch. The boys rushed to the teacher's side, said their most sincere *Kung Hei Fat Choi* in chorus, and went back to their table with the newly acquired *lai see* to pay the bill. Now an adult, Wong says he does not ask for *lai see* anymore. 'I feel bashful about asking for *lai see* now that I can earn money from my part-time job,' he says. 'Of course I'm still happy to receive *lai see*. But to me the red envelopes convey a message of good luck and it doesn't matter how much money they contain.'

澳大人最愛儲利市錢



黃安麟
Alan Wong

社會科學學院二年級學生黃安麟 (Alan) 去年收到5,000元利市錢，「估計今年收到的利市錢跟去年差不多，我會把七成錢存起來，餘下的就會用來消費或者買點禮物給親友的小朋友。」

他最難忘的利市錢經歷是發生在初中時期，他說：「當時和幾位同學去吃午飯，但付款時才發現眾人的錢不夠付清帳單，正當徬徨之際，剛好看到財神出現，其實是一位中學老師，於是我們一起上前向財神爺『恭喜發財』，利用老師的利市錢才夠付清帳單。」Alan又說隨著年紀增長，已經由主動收利市變成被動收利市，他解釋：「現在長大了而且有兼職賺錢，不好意思再去要利市錢，收到已經可以感受到對方的祝福，所以不介意到底有多少錢。」

專家教路如何理財

工商管理學院助理教授李振國指出，澳門的年輕人有較多兼職賺零用錢的機會，因此只會把利市錢當作額外的收入，他建議學生不管把錢用在甚麼用途都要為自己定立目標和預算，消費時要量入為出，不過他指現時學生對理財或是投資的知識較薄弱，他希望未來能為學生提供有系統的理財教育，讓學生對金錢的運用有正確的觀念。李博士預計，隨著社會少子化現象浮現，傳統大家庭愈來愈少，未來年輕人的利市錢也會因為親戚變少而減少。

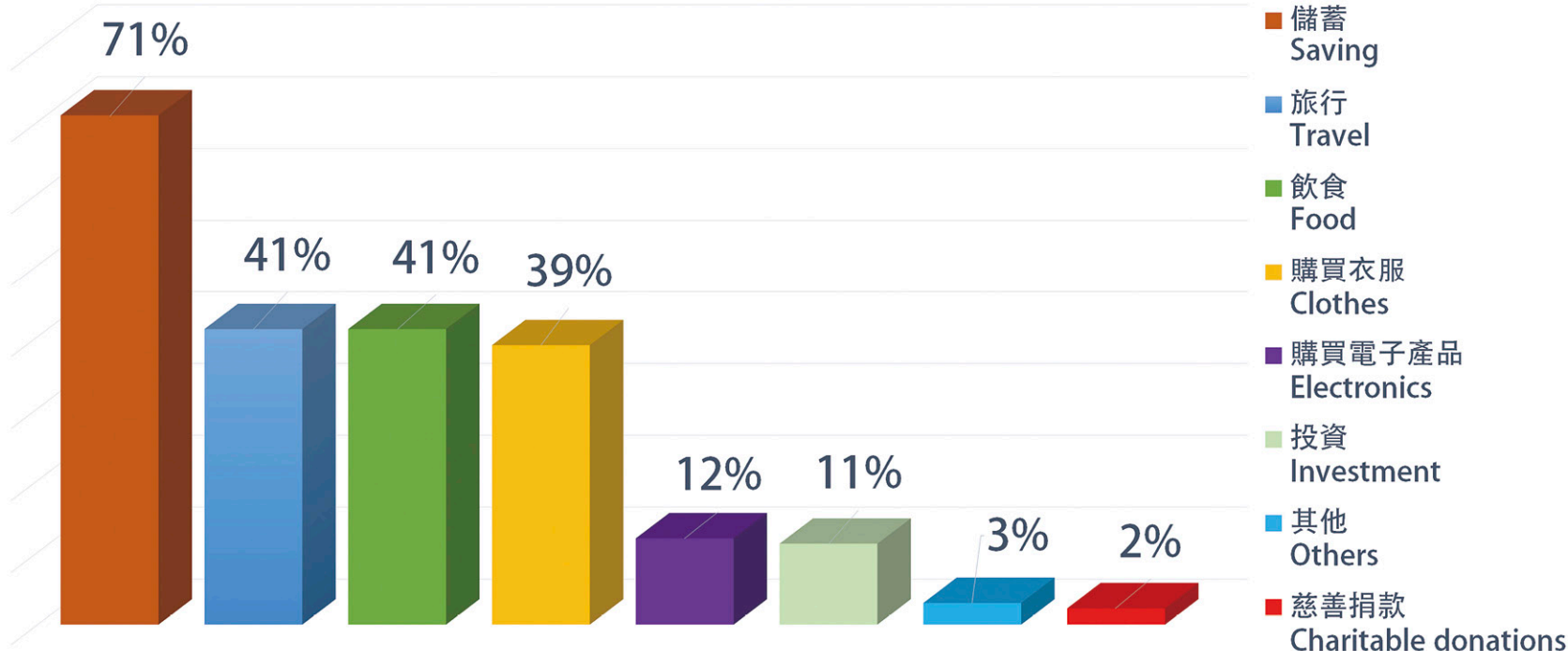
Simon Leong, a second-year student from the Faculty of Business Administration and the champion of the Simulated Investment Competition for College Students in Macao 2015, says that the traditional meaning behind *lai see* is more important than the amount of money they contain. Leong receives an average of around MOP 500 in *lai see* every year, and he usually spends it on food and clothes. Although

Rainie Lei, an administrative staff member at UM who got married recently, has to say goodbye to the days when she could receive *lai see* from others. She used to receive about MOP 1,000 in *lai see* every year and had the habit of saving it up. Now



李穎嫻
Rainie Lei

澳大人利市錢使用情況 How UM Members Spend Their Lai See





年輕人過年最開心收到利市錢
Young people are most excited about receiving *lai see* in the Chinese New Year

a newlywed, Lei has to join the ranks of *lai see* givers, and she expects to spend between MOP 1,000 and MOP 2,000 giving out *lai see* this year. 'I would give *lai see* to children of my friends and relatives,' she says. 'I find the way the children say their New Year greetings adorable.'

Spending Money Wisely



甘若茗
Phyllis Gan

In terms of personal finance, 82 per cent of the students surveyed have saving habits, but more than half of them do not have a monthly budget. Phyllis Gan, a second-year student from the Faculty of Social Sciences, spent all of her MOP 6,000

from last year's *lai see* on living expense and a trip. Never a saver, she worries that she will only spend more money after graduation. So she plans to save up half of her *lai see* this year to kick-start the habit of saving money.

Advice from Financial Expert

According to Dr Henry Lei from the Faculty of Business Administration, young adults in Macao have many opportunities to earn money from part-times jobs. For this reason, most of them consider *lai see* as a windfall.

He suggests that students should learn budgeting skills and live below their means. 'Young people nowadays have little knowledge about personal finance and investment, so I hope we will be able to provide systematic education in this respect in the future,' he says. Dr Lei also predicts that the total amount of *lai see* people receive will slowly decline due to the low birth rate in Macao.



助理教授李振國
Dr Henry Lei



專訪短片 Video

恭賀 Congratulations

凝聚豐碩的教學和研究成果的《語壇探新錄》，由國家一級出版社中國社會科學出版社出版。該文集收錄中國語言文學系榮休教授鄧景濱個人的學術論文及其學生合作撰寫的論文或文章等。

A new book on linguistic studies by emeritus professor Tang Keng Pan from the Department of Chinese Language and Literature has been published by the China Social Sciences Press. The book is a collection of academic papers and articles authored or co-authored by Prof Tang.

中國語言文學系榮休教授施議對在2015「詩詞中國」最具影響力詩人評選中獲頒公眾影響力大獎，以表揚他為傳統詩歌傳播作出重要的貢獻。

Sze Yee-Tui, an emeritus professor from the Department of Chinese Language and Literature, has been elected as one of the 44 Most Influential Poets in China, in recognition of his contributions to the promotion of traditional poetry.

社會科學學院心理學系博士生 Anastasia Aldelina Lijadi 獲得2015 IIQM國際論文獎，論文題目為「Bloom Where You Are Planted: Place Identity Construction of Third Culture Kids」。

Anastasia Aldelina Lijadi, a doctoral student from the Department of Psychology, received the 2015 ATLAS.ti IIQM Dissertation Award (PhD Level) from the International Institute for Qualitative Methodology, for her dissertation titled 'Bloom Where You Are Planted: Place Identity Construction of Third Culture Kids'.

歷史系茅海建教授和李憑教授分別奪得第七屆高等學校科學研究優秀成果獎（人文社會科學）著作類二等獎和論文類二等獎。

Prof Mao Haijian and Prof Li Ping from the Department of History won a second award in the monograph category and a second award in the paper category, respectively, at the Ministry of Education's Seventh Award for Outstanding Scientific Research Achievements of Higher Education Institutions (The Humanities and Social Sciences) [English translation of the award name].

社會科學學院六名學生於「2015澳門經濟論文比賽」中奪四個獎項。

Six students from the Faculty of Social Sciences received four prizes for their academic papers at a local economics paper competition.

澳大學生參與「2015年度全國大學生數學建模競賽」，與全國二萬八千支學生隊伍較量，奪兩項全國二等獎，是澳大繼去年首次參賽後連續兩年獲獎。

Two student teams received two second prizes at the Contemporary Undergraduate Mathematical Contest in Modeling of China (CUMCM). This is the second consecutive year that UM has received prizes at this contest. This year's contest attracted more than 28,000 teams from around the country.

游泳隊在第22屆澳大學生游泳錦標賽的10項個人及三項接力項目中奪12金、10銀和8銅，並破了五項大會紀錄。

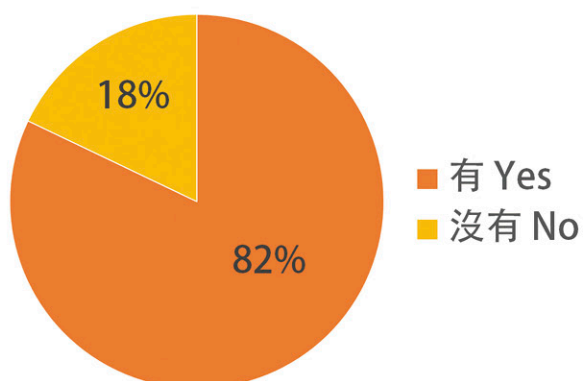
UM's Swimming Team broke 5 records and won 12 golds medals, 10 silver medals, and 8 bronze medals at a local inter-varsity swimming championship.

人文學院英文系主辦首屆全澳高校口譯大賽，中英翻譯碩士課程學生張小平獲冠軍、翻譯碩士課程學生周潔儀獲二等獎、翻譯碩士課程學生歐陽杏儀、胡佳宜和馬躍成獲得三等獎。

UM students won the championship and numerous other prizes at the First Macao Interpreting Contest.

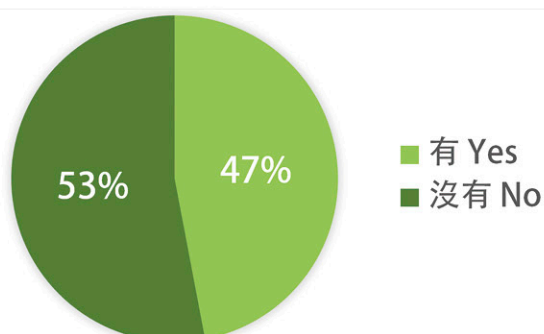
澳大人儲蓄習慣

UM Members' Saving Habits



澳大人每月開支預算情況

UM Members' Monthly Budget



18支運動校隊總統籌 低調先生黃家豪

Juggling Multiple Roles: Sports Teams Chief Coordinator Vong Ka Hou

文 Text | 庄瑜婷、校園實習記者陳向欣 Cravina Chong, Trainee UM Reporter Daniel Chan

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

體育事務部運動校隊總統籌黃家豪，集領隊、教練、球員、丈夫、爸爸、博士生等身份於一身，每日忙於工作之餘還要照顧家庭，又要「擠」時間自我增值和維持自己的興趣，但低調的家豪甚少向人透露他有多忙碌，總是在默默耕耘，為澳大、為體育、為他所愛的每一位付出。

「開荒牛」不易當

2014年初加入體育事務部（OSA）時，家豪是男、女子籃球隊以及合球隊的領隊，並在去年接手了全校18支運動校隊總統籌的職務，他表示工作壓力少不免，笑自己是「開荒牛」的命運，「OSA是一個新的部門，很多事情的安排和運作都是新的，以前留下來的經驗不多，所以籌備的過程的確感到吃力，幸得一班很投入和精幹的同事一同出謀獻策，互相協調工作，才把事情做得最理想。」家豪補充，18支校隊有18個不同的需求，身為總統籌要想盡方法去平衡各校隊的需要，務求讓他們得到最大的發展資源，這也是他壓力來源之一。

鐵漢柔情

經常要帶隊出外比賽，一週三晚還要帶女籃訓練到晚上11點，寒假及暑假又要到北京體育大學進修「體育教育訓練學」博士課程，不說你可能以為家豪是單身人士，實際上他已是兩個女孩的爸爸，「我真的很感激我太太，體諒我因為工作不能時常在她們身邊，但我一有空就會抽時間陪她和兩個女兒。」他形容他的太太是99分的賢妻良母，「因為還有1分要留作進步空間。」家豪說時嘴角微微上揚，不經意地流露出一絲幸福。

曾是澳門籃球代表隊成員的家豪非常熱愛籃球，但為爭取時間與家人相處，最近一個賽季他幾乎絕跡本地聯賽，「人生不同階段有不同追求，權衡各方，我只好犧牲自己練球和比賽的時間。」成就別人，最終也會成就自己，家豪這份心意，在他身邊的人一定會感到的。

深受隊員愛戴

家豪所帶領的三支校隊均是團體項目，他說「團體比個人項目更講求隊內合作、協調和溝通，培養球員對球隊的歸屬感是很重要的一環，但這並非一時三刻可以建立起來，需要一步一步來。」被球員公認為低調先生的家豪雖然訓練時非常嚴厲，但私底下為人卻幽默、無架子，因此深受隊員愛戴。女子籃球隊隊長陳敏琪對家豪也讚不絕口：「家豪訓練時很認真，我們做得不好會嚴厲責罵，令我們在短期內有很大的進步。但他平時又是一個很搞笑的人，而且做事不張揚，例如每次球隊聚會前他都會偷偷給我錢『埋單』，雖然他沒說，但其實每個隊員都知道。我們有任何困難他都會盡力去幫助，他是一個很在乎球員的教練。」

難忘帶男籃首戰CUBA

入職澳大前，家豪已擔任本地男子青年籃球代表隊教練八年，有豐富的帶隊經驗。在澳大兩年來，家豪最難忘是上任後便要帶領男籃出戰中國大學生聯賽（CUBA），「那次是澳大籃球隊首次出戰全國水平的賽事，當時主辦方也很重視，安排了澳大首場比賽為揭幕戰，並全程由中央電視台體育頻道（CCTV-5）直播，令全隊上下既緊張又興奮。參加CUBA的球隊水平都比較高，他們的專業性、應付比賽的模式和方法都啟發了我，令我日後在訓練隊員時有所得益和參考。」今年三月將會是澳大男籃第三次出戰CUBA，他期望所有球員能目標一致，抱著認真的心態打出自己的風格。



展望2016年，家豪有三個願望：一、希望18支運動校隊在體育事務部的帶領下都能發揮到最好；二、希望所有校隊的成員都可以在參與過程中有所得著；三、希望每一隊校隊都不是獨立，而是可以互相支持，與澳大一起成長！

希望家豪願望成真！但低調先生，不要忘記留一個願望給自己啊。



家豪一家四口為大女兒慶祝生日
Birthday celebration for their eldest daughter

Vong Ka Hou from the Office of Sports Affairs (OSA) is a chief coordinator for the university sports teams. He is also a team manager, coach, athlete, and doctoral student. What is his secret to juggling so many roles?

The Challenge of Starting a New Department From Scratch

When he joined the OSA in early 2014, Vong was the team manager of three sports teams at UM, namely the Men's Basketball Team, the Women's Basketball Team, and the Korfball Team. Last year, he took over as the chief coordinator for the 18 university sports teams. Juggling so many roles, he admits that work-related stress is inevitable. 'Our office is a new department. There is not much prior experience to draw on. So the process of starting the office was indeed not easy,' he says. Vong feels thankful that he works with a team of competent and dedicated colleagues, who contributed ideas and tried their best to achieve the best outcome. Another major source of stress for Vong is how to balance the different needs of the 18 sports teams to make sure they all have sufficient resources to achieve their full potential.

An 'Absentee' Husband and Father

Vong is frequently away from home: taking sports teams to various competitions, training the Women's Basketball Team three nights a week, and studying a PhD programme in physical education and sport training at Beijing Sport University during winter and summer holidays. You might be tempted to conclude from his busy schedule that he is still single, but he is actually happily married with two children. Because of work, he couldn't spend a lot of quality time with his family, so he is grateful to his wife for always being very understanding. Asked how he would rate his wife on a 100-point scale, he says he would give her 99. 'Minus 1 point because everyone has room for improvement,' he says with a barely detectable mischievous smile.

A one-time member of the Macao Basketball Team, Vong is a bona fide lover of basketball. But in order to spend more time with his family, he has given up many opportunities to participate in local basketball leagues. 'I think we should have different priorities in different stages of life. With my current schedule, I'm already away from home a lot, and so when I weigh my family against the opportunity to participate in basketball matches, I have to let go of the latter,' he says.

A Strict Coach Loved by the Athletes

Compared to individual sports, team sports like basketball and korfbal rely heavily on team work,



身兼女子籃球隊領隊及教練的家豪深受球員愛戴

Vong is the team manager and coach of the Women's Basketball Team, and he is loved by the athletes.

coordination, and communication among team members. For this reason, Vong deems it important to foster a sense of belonging among the team members. 'But that can't be achieved overnight. It takes time and commitment,' he says. Vong is a strict coach. He would scold the athletes if they are not doing well in training, which helps his teams progress quickly. But despite his strictness, he is loved and respected by the athletes, for his professional coaching, his funny personality, his generosity, and above all, his caring. Katherine Chan, captain of the Women's Basketball Team, is lavish in her praise of Vong. 'He is strict, but he cares a lot about every athlete, and whenever we need help, he is the one you can count on,' she says. 'When not in training, he is a very funny person. He is also very generous but never makes a show of it. For example, every time the team gets together for a gathering, he would give me money in advance to pay the bill. He never says anything about it, but everyone knows.'

Leading Men's Basketball Team to Participate in CUBA for the First Time

Before joining UM, Vong was the coach of the Macao U16 Men's Basketball Team for eight years. One of his most unforgettable experiences at UM was the time he led the UM Men's Basketball Team to participate in the

Chinese University Basketball Association (CUBA) league. It was the first time the UM Basketball Team ever participated in a national event, and the organiser arranged for the team's first match to be the opening match, which was broadcast live on national television, so the team was both nervous and excited. Vong also benefited greatly from the match as a coach. 'The teams participating in the CUBA league were very strong, and from observing their professional skills and the strategies they adopted in the matches, I was able to improve the training of our teams,' he says. This March, the team will participate in the CUBA league for the third time. Vong hopes the team will give its best and stay true to its own style.

Vong has three wishes for the year 2016. The first is that the 18 university sports teams will be the best they can be. The second is that all the athletes will be able to gain something from the process. The third is that the teams will support each other and grow together.

We wish Vong's wishes come true. But don't forget to make a wish for yourself, Mr Vong.



專訪短片 Video



平時酷爆的家豪採訪當日少等地露出輕鬆笑容，引得眾球員非常開心。

Team members are happy to see a rare smile from their usually strict coach



2014年，家豪帶領澳大男子籃球隊歷史性出戰CUBA。

The UM Men's Basketball Team, led by Vong, in CUBA for the first time.

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 *UM Today* for submission details.



雪·曦

盧頌馨, FLL

圖片拍攝於零下40攝氏度的哈爾濱雪鄉。北方的白晝很短，下午四點左右太陽公公就要開始下山。這是一個寒冷又溫暖的傍晚，溫度雖然很低，然而卻能透過餘暉感受到來自太陽公公的最後一絲暖意。經過一整天的沉澱，積雪落在屋頂、門口的木柵欄和紅燈籠上，整個村莊顯得格外的安詳和靜謐。置身於安靜祥和的氣氛中，我想起了陶淵明筆下的世外桃源。



探雪——加拿大蒙特利爾 Lost in the snow

Jack, FLL

儘管是零下30攝氏度的氣溫，但仍然停不下我想去擁抱，去親近這個城市的腳步。



Only

Katrina, FED

偶然間照到的照片，即使有小瑕疵，但覺得很美，再想照出更好的，卻再也找不回那個角度了。遇見的人也一樣，很多時候，你會確信，再也不會遇見像TA一樣的人了。

英語錦囊 English Corner

By Jean-Paul Duquette, FAH-ELC

Getting the hang of 'get'

Phrasal verbs in English can be tricky. If you don't know exactly what a phrasal verb is, they're basically verbs that are made up of more than word; think 'breaking out', 'keeping up with' or 'pitching in'. There are three cold, hard facts about phrasal verbs: they're difficult to guess the meaning of, they're difficult to find easily in a typical dictionary and they're difficult to avoid in English conversation.

It's likely that no phrasal verbs are more common (nor more confusing) than those utilising 'get'. That's hardly surprising considering *get* on its own could (depending on the context) mean *receive*, *understand*, *catch* or even *kill*. Here is a closer look at a few examples.

Get around – This means to walk or move, but it's especially useful when talking about older people or people who have recently been ill.

My grandmother is 95, but she still gets around. / It wasn't until long after the accident that he was able to get around without a wheelchair.

Get across – This means to communicate something to someone, to transmit a message. See also 'come across'.

If he can't get his message across to the voters, he won't be elected. / How can I get this across to you? I just don't like you!

Get ahead – It means to succeed or to move forward (especially in one's career).

The only way to get ahead in life is to not give up. / Sometimes your family and friends are more important than getting ahead.

Get along – This means to be friendly with someone or have the ability to live or work well with them.

If my mother and father can't get along on this trip, nobody will have any fun. / I just can't get along with my classmates, because they seem to hate me.

Get at – When you are trying hard to reach or access something. Imagine you are stretching your arm to grab something important to you.

The monkey climbed the tree to get at the banana. / If you want to get at the dirt under the sink, you need to use a brush.

Get away – Yes, it means to escape something. But did you know it also means to take a short trip?

If I don't get away from this situation, I'll go crazy. / You need to get away for the weekend and relax.

Get away with – To escape punishment. Usually, we're talking about breaking rules or laws.

You killed him! You'll never get away with this! / She thought she could get away with plagiarism on the essay, but the teacher caught her.

Get back at – While 'getting back' simply means 'returning to', getting back at refers to revenge.

She stole my boyfriend! I'll get back at her if it takes all summer. / He was so mean to me yesterday. He's just getting back at me because I lost his favorite hat.

Get into – To learn to like something. It usually takes awhile, and doesn't happen overnight.

I just haven't been able to get into this class. The teacher is just too boring. / At first I hated David Bowie's last album, but now I've really gotten into it.

Unfortunately, these are not necessarily the only definitions for these phrasal verbs. Neither are they the only ones that use 'get' (see also *get down to*, *get over*, etc.). But practicing these common verbs will not only make your speech and writing seem more native-like, they will also help you to understand what English speakers are trying to get across.

【12強名單出爐】投你最喜愛的《澳大人》背後故事 [The Top 12 Are Out!] Vote for Your Favourite 'Tell Us Your Story' Article in My UM

多謝各位澳大人的踴躍參與！經首輪投票後共有12篇《澳大人》背後故事（其中三篇票數相同）獲得最多票數支持進入次輪投票。第二輪投票時間由2月19日至3月5日，所有投票者均可進行大抽獎，贏取iPad Air一部（一名），結果將於3月中旬公佈，投票詳情及得獎結果請留意澳大微信公眾號及臉書。得獎者需親臨澳門大學領獎。

A big thank-you to all UM members for your participation! Of the 53 stories we covered in the 'Tell Us Your Story' column over the past five years, 12 have received the highest number of votes in the first round of voting. The 12 stories will enter the second round of voting, which will last from 19 February to 5 March. WeChat users are welcome to participate in the second round of voting. Each participant can vote for one favourite story. Participants in the second round of voting will be automatically entered into the lucky draw, with a chance to win an iPad Air. The result of the lucky draw will be announced in mid-March. For more information about the activity and the lucky draw result, please follow our public account on WeChat and Facebook. The winner should claim the prize at UM in person.

1. 與澳大一起走過的日子 Growing Together with UM

2. 澳門蛙王「游」入校園 澳大舊人周文顯 Macao's New 'Frog King' Swims to New Campus— Freshman Terrence Chao

3. 保護澳大8760個日日夜夜 My 8760 Days as a Security Worker at UM

4. 「足球先生」梁嘉恆：為足球而生 Mr Football

5. 澳大的鐘齒鋼牙 專訪普通話辯論隊最佳辯手、教練劉京京 Interview with Debate Coach Liu Jingjing

6. 我愛她就像愛其他孩子一樣 I Love Her As Much As My Other Kids

7. 彭執中X李小龙 忠誠表達的人生哲學 How Bruce Lee Inspired a Unique Story-telling Method

8. 設施救兵On call 24小時 校園管理部設施營運及維護處潘曉江 On Call 24 Hours—Hugo from Facility Operations and Maintenance Section

9. 一個母親的平凡與偉大 The Greatness of an Ordinary Mother

10. 這個心理輔導員不太冷 Elvo the Counsellor Shares the Secret of Emotional Health

11. 寓學習於午餐 Learning While Eating

12. 材料力學專家葉銘泉教授：把這輩子所學回饋家鄉學生 'Giving back to my hometown with what I've learned in my life' - Prof Ming-Chuen Yip, Expert on Mechanics of Materials



WeChat ID:
澳大UM / UMacau1981

參與投票請到：

1. 澳大微信公眾號（掃描左邊的QR碼或搜尋「澳大UM」） 2. 關注後按左下角鍵盤輸入「投票」（如已關注則直接按左下角鍵盤輸入「投票」） 3. 然後按入連結即可進行投票 4. 投票後請把是次活動的帖子分享至微信朋友圈。

To participate in the voting, please follow the instructions below:

1. Visit UM's public account on WeChat (Scan the QR code on the left or search 'UMacau1981' on WeChat)
2. Follow our account and then type in 'Vote' in the lower left corner. (If you have already followed our account, type in 'Vote' directly in the lower left corner. 3. Click the link provided and proceed to the voting step 4. Share the post about this activity on WeChat's Moments after casting your vote.

以下為進入12強的投票名單（按人物英文姓氏排列）：
Below are the 12 stories that have entered the second round of voting (in alphabetical order of the featured person's last name):



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.

創立環保社團 五嬌小女生撐環保

Five Students Found UM's First Environmental Organisation

文 Text | 校園實習記者張石泉 Trainee UM Reporter Katrina Zhang

圖 Photo | 校園實習記者周曉藍、部分相片由受訪者提供 Trainee UM Reporter Blue Chao, with some provided by the interviewee



陳宇丹(中)在環保工作坊上與同學討論

Sophie (middle) discusses environmental issues with other students in a workshop

去年8月，澳門大學第一個環保社團——微晨環保協會（VChange）正式成立。五位創立人是清一色澳大女生，她們為何有興趣成立此團體？背後有何目的呢？

想法初現

政府與行政學系三年級學生陳宇丹（Sophie）在去年8月底參加一次中國青年應對氣候變化行動網絡（CYCAN）方案徵集活動中結識了另外四位VChange創辦人——會計及資訊管理學系三年級的王禮冕、政府與行政學系三年級的何文婷、日本研究三年級的李昂與葡文系四年級的閔婕。當時，她們有一個共通的愛好——關注氣候變化和環境保護，並希望給澳大和澳門帶來改善，於是萌生了創立環保團體的想法。

Sophie一直是環保支持者，早在去年5月她已加入了國內首個關於青年應對氣候變化的非政府組織，這是她第一次和氣候變化行動有所接觸。其後結識了香港科技大學的一位專注可持續發展與節能方面的教授，知道港科大每天都有相關部門統計食堂廚餘，以及進行綠色人居心理內化效應的研究實踐活動，「這項活動很有意義，如果每一個人都能在『綠色』的環境裡，他們的心理和行為肯定會受到影響，從而不知不覺中做一個環保實踐者。」Sophie說。

VChange在行動

Sophie跟四位志同道合的澳大學生創立VChange後，迅速跟澳大模擬聯合國合作舉辦了模擬「聯合國氣候變化巴黎會議」以及學術沙龍。VChange與CYCAN決定將「COP in MY CITY」（法國政府倡議的在世界各地城市舉辦推廣氣候變化大會的系列行動）融入澳門，並邀請CYCAN華南分部主管和台灣青年氣候聯盟創始人等到滿珍紀念書院以及鄭裕彤書院舉辦環保工作坊分享會，同學的反應十分

之好。另一位Vchange創辦人王禮冕（Lilian）還在去年12月參與了巴黎氣候大會的邊會活動，代表中國內地青年與台灣、日本、韓國的青年代表一起向世界傳遞亞洲青年的聲音。

困難與展望

社團才剛成立，VChange所有工作均由五位創辦女生親力親為。Lilian說：「澳大本身沒有環境相關的專業，如何能夠吸引同學參與並投入到環境保護的活動中來，也是我們需要考慮的。」Sophie則希望「VChange從構思、學術、到宣傳各個方面都能走上正軌，我們希望先從書院飯堂內的垃圾分類等小方面著手，將環保理念的宣傳擴大，將澳大變成一個綠色校園。」

VChange, the first student organisation at UM dedicated to environmental protection, was founded last August by five students. What drove the students to start this organisation and what do they hope to achieve with it?

The Birth of an Idea

Sophie, a third-year student from the Department of Government and Public Administration and one of the co-founders of VChange, met the other four founders last August through an activity organised by the China Youth Climate Action Network (CYCAN). They are Lilian, a third-year student from the Department of Accounting and Information Management; Paris, a third-year student from the Department of Government and Public Administration; April, a third-year student of Japanese studies; and Maria, a fourth-year student from the Department of Portuguese. The five girls found themselves sharing the same interest in climate change and environmental protection and the same hope for a greener UM and Macao. That's how they came up with the idea of starting VChange.



王禮冕(右二)在巴黎氣候大會邊會上發言

Lilian (2nd from right) speaks at a side event of the UN Climate Change Conference

Sophie has always been a supporter of environmental protection. Her first experience with environmental activities happened last May when she joined a non-governmental youth organisation on climate change, the first of its kind in China. Later, Sophie met a professor from the Hong Kong University of Science and Technology (HKUST), who told her about HKUST's effort in keeping a daily record of the amount of food waste created by its canteens as well as the university's research and involvement in environmental awareness and its internalisation. 'These activities can help to create a green environment and instil green habits in the school community,' says Sophie. 'They are very meaningful.'

VChange in Action

Since its establishment, VChange has organised various activities to promote environmental protection, including a model UN conference on climate change and an academic salon in collaboration with UM's Model United Nations Association (MUNA), and workshops on climate change in collaboration with CYCAN to spread the spirit of the UN Climate Change Conference held in Paris (COP21). These activities were well received. In December 2015, Lilian, one of the co-founders of VChange, participated in a side event of the COP21, where she discussed environmental issues with young people from Taiwan, Japan, and South Korea.

Challenges and Hopes for the Future

VChange is still a young organisation and its heavy workload is currently shared among the five co-founders. Lilian says that UM does not offer a major in environmental studies, so they need to make an effort to attract students' attention when designing environmental activities. Despite these challenges, Sophie hopes that VChange will be able to accomplish the mission that compelled them to found it in the first place. 'We hope to increase students' environmental awareness by promoting garbage classification in college canteens,' says Sophie. 'Step by step we want to create a greener campus.'

《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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