
Student Life

The Way to UM - New Student Orientation Programme

The Orientation Programme is designed to provide students with a dynamic and informative experience, helping students adapt to the University learning environment, plan their university life, and develop essential skills for success. Through our programme, students will set a foundation for a rewarding university experience at UM.

Psychological Counselling Service

Psychological Counselling Service aims at enhancing students' self-understanding and personal development, empowering students to cope with their issues, facilitating their adjustment to university life, and assisting them in making healthy life changes. The service provides individual and group counselling to students according to their needs, in areas such as interpersonal relationship, self-esteem, self-awareness, stress management, emotional management, adjustment to campus life, etc. All counselling information is kept strictly confidential.

Social Work/Counselling Service in Residential Colleges

Social Work/Counselling Service aims to enhance students' whole person education and development. Based in the residential colleges, social workers/counsellors provide consultation and organize activities to foster students' adjustment and growth. Social workers/counsellors will also refer students to appropriate community resources if necessary.

Disability Support Service

Disability Support Service aims at providing appropriate resources to allow each student with disability to have an equal opportunity in education, university life activities and service at the University of Macau. Students with disabilities include those who have physical, visual, hearing, speech, learning, and psychological impairments which substantially limit their learning and/or activities of daily living. The services are tailor-made to meet the individual needs of students with documented permanent or temporary disabilities.

Smart Point Scheme

Smart Point (SP) is an incentive scheme that encourages students to participate in major activities in the University, thereby broadening their horizons and enhancing their sense of belonging to UM. The more Smart Points (SP) students accumulated, the more chances they are selected to participate in the Summer Programme with a subsidy up to Mop 15,000 or 70% of the total cost.

Whole Person Development Award Programme

The Whole Person Development Award Programme encourages students to participate in different extracurricular activities, cultivating their balanced development in the 7 competencies (Responsible Citizenship, Global Competitiveness, Knowledge Integration, Teamwork and Collaboration, Service and leadership, Cultural Engagement, Healthy Lifestyle). A total of 22 scholarships of MOP5,000 each are available for students with the most outstanding performance in the programme.

Sports Activity

In order to promote sports culture and healthy living on campus, a wide range of sports activities (Orientation Sports Activities, Sports Fair, Sportswear Day, Sports Fest, Campus Run, National Day Happy March and Happy Walk etc.), sports interest courses (Aerial Yoga, Kendo, Kickboxing, Lawn Bowling, Rope Skipping, Salsa Dance, Swimming, Taekowndo, U-Bound, Wing Chun and Yoga etc.) are being organized and co-organized by Office of Sports Affairs.

Alumni Mentorship Scheme

The scheme aims at providing opportunities for students to interact with and learn from alumni.

Alumni will act as mentors to share their life experiences, successful stories in academic study and career development.

Corporate Experience Scheme

In order to provide opportunities for students to understand the industry development, work environment and employment market of different industries, the Career Development Centre organizes corporate visits and tea sessions for students to interact with professionals from various sectors.

Career Advising Service

Students can make appointments for career advising, mock interviews and resume review service in the Career Development Centre.

Career Interest Assessment Workshops

The workshops aim at helping students to better understand their occupational interests and characteristics through self-exploration activities and career interest assessments, so students can make more informed decisions about their career development.

Career Training Workshops

The training workshops aim at enhancing students' skills in job hunting and increasing their competitiveness in career development.

UM Student Job-hunting Platform

The Career Development Centre liaises with employers and assists students in job searching. The UM Student Job Vacancy E-system is an electronic platform for such function. Each year, the Centre organizes Career & Internship Fair and Recruitment Talks, inviting companies and organizations from various sectors to provide students with a broad perspective of the job market, employment and internship opportunities.

Internship

The Career Development Centre arranges internship to assist students in obtaining practical experience and skills related to their studies and establish positive contact with prospective employers.

Preparation Courses on Graduate Admission Tests

The courses aim at assisting students to prepare for graduate school admission tests and enhancing their confidence and skills when taking the tests. The courses include TOEFL, IELTS, GRE and GMAT.

Tea with Professors

The Career Development Centre invites professors from different faculties to meet students in small groups over tea, giving students guidance and advice on further study and career matters.

Further Study Experience Sharing Sessions

Professors from different faculties and outstanding alumni will share their further study experiences in the sharing sessions, including how to select graduate schools and programmes, as well as to prepare for admission. Students can learn from their experiences and success in further study.

Further Study Advising Service

The Career Development Centre provides further study advising services that cover advisory sessions, resume and personal statement review to assist students in graduate study preparation. The Centre also connects students with alumni through the UM Alumni Online to assist students in getting first-hand information on overseas further studies and life as postgraduates.

Further Study Talks

Students can learn up-to-date information about further study in the talks, such as postgraduate programmes overseas and scholarship opportunities. The Career Development Centre also organizes overseas graduate programme introduction sessions in which representatives from top universities will share their admission information.

Further Study Workshops

The workshops aim at enhancing students' skills and competitiveness in the graduate school admission application.

Student Insurance

The Student Affairs Office (SAO) is responsible for the arrangement of personal accident insurance, travel insurance and medical insurance for students.

The UM medical insurance is mandatory for all registered students, unless exemption is approved. The insured period starts from the registration day to 31 July 2025 and covers out-patient visits and hospitalization benefits. For further information about the UM Medical Insurance Scheme, Waiver Guidelines and Exemption Application, please visit <https://srs.sao.um.edu.mo/medical-insurance>.

Student Caring Service

The Student Affairs Office (SAO) provides special assistance to students who are in need. Upon receiving report from the responsible unit or concerned individual, SAO will immediately contact the concerned student and provide him/ her consultation to assist him/ her to overcome difficulties.

Non-local Student Service

In order to help new non-local students adapt to the new environment, the Student Affairs Office (SAO) provides pick-up service for them, arrange them to do medical check and apply for first Stay Permit at the beginning of each academic year.

Financial Aid

The Student Affairs Office (SAO) provides financial aid and related consultation to students in need. Students with financial difficulties may approach SAO to apply for Tuition Fee Installment and seek advice on financial aid resources.

Campus Training Programme

Campus Training Programme (CTP) provides students with opportunities to apply knowledge into practical work. Students can utilize their spare time to gain real working experience through the "on-the-job" training provided by the Student Affairs Office as well as the participation at university activities. There are four streams of programme including office administrative trainees, masters of ceremony, activity ambassadors and social media planners. It aims to enhance students' personal competitiveness, and build up their sense of belonging to the University and the society. To recognize trainees' hard work, awards will be presented to the trainees with outstanding performance every academic year. Outstanding trainees will also be nominated to the summer programme with subsidy.

Stage Management Programme

Stage Management Programme (SMP) aims to provide practical skills and on-the-job training to interested students during their study, so that they can gain more valuable working experience, professional skills and improve their competitiveness. Students are trained with technical skill for stage management including stage set up, backstage coordination, video, audio and lighting control and theatre management at the Student Activity Centre.

Student Leadership Training Programme

Student Leadership Training Programme (SLP) aims to recruit potential students from different

majors and residential colleges, equip them with soft and hard skills to be future leaders. By offering them a series of workshops, theme-based projects, exchange tour, etc., members are set to contribute to the community with their creativity and enthusiasm. Outstanding members will be awarded the “Outstanding Award” in the annual UM Student Award Ceremony. Sponsorship and nomination to Summer Programme and exchange trips will also be offered to excellent members.

Summer Exchange Programme

Students can participate in various Summer Exchange Programmes in Australia, Austria, Belgium, Canada, China, France, Germany, Greece, Hungary, Israel, Italy, Japan, Korea, Malaysia, Netherlands, Norway, Poland, Portugal, Singapore, Spain, United Kingdom and United States to enhance their English proficiency. At the same time, they can enrich cultural experience and sensitivity by interacting with other international students and visiting famous landmarks in the exchange countries.

UM Volunteer Programme

UM Volunteer Programme (UMVP) aims at supporting local volunteer needs, promoting a caring culture, spreading the spirit of caring and dedication to the local community, and enhancing our students' cohesion and sense of belongings to UM and Macau thru different kinds of visit and community activities.

Postgraduate House

The SAO manages the Postgraduate House (PGH), which offers accommodation and living services to postgraduate students (mainly non-local and exchange students).

SAO strives to create a “FISH” (FRIENDLY, INTELLECTUAL, SMART and HEALTHY) environment for the residents in order to enrich their residential life, broaden their horizons, and assist them to develop various skills and abilities.

The PGH launches the below programmes and activities to foster the FISH environment:

- Dean of Students' Tea Series
- Floor Activities
- PGH Fellow System
- PGH House Tutor Programme

Locker Rental Service

SAO provides locker rental service for students. A total of 2283 lockers are located at the Central Teaching Building and different faculty buildings. The rental period begins in August and students need to apply it online. The relevant fee will be paid via “GovPay” at the online system.

Sports Teams and Performing Teams

Sports Teams and Performing Teams are managed by Office of Sports Affairs, with the aim to facilitate student-athletes to soar higher performance in sports; to develop student-athletes' essential attributes; to develop global outlook through various competitions / performances and exchange programmes; to nurture our student-athletes not only in sports excellence but also all-round attributes (such as team spirit, leadership, inter-personal skills, global outlook, sportsmanship, etc).

The University offers regular trainings, team members will represent the University to participate in competitions and exchange activities. Member recruitment will be held at the beginning of each academic year, all students are welcome to join the member selection. Currently, there are 17 Sports Teams and 2 Sports Performing Teams, including:

- Badminton Team
- Men's Basketball Team
- Women's Basketball Team
- Cheerleading Team
- Dragon Boat Team
- Dragon and Lion Dance Team

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- Fencing Team
 - Karate Team
 - Korfball Team
 - Martial Arts Team
 - Rock Climbing Team
 - Men's Soccer Team
 - Squash Team
 - Swimming Team
 - Table Tennis Team
 - Tennis Team
 - Track and Field Team
 - Men's Volleyball Team
 - Women's Volleyball Team

Activities on National and Regional Education, Innovation and Entrepreneurship

To be in line with the youth education policy of the Macao S.A.R. government, SAO organizes various student activities to enhance students' knowledge on national affairs as well as the development of the Guangdong-Hong Kong-Macao Greater Bay Area and Macao S.A.R.

National Flag Team

The National Flag Team (NFT) is the only military uniformed team in the University of Macau, which aims at promoting national flag raising culture to students on campus and to other young individuals in primary and secondary schools. It holds flag-raising ceremonies on major days of the People's Republic of China, Macao S.A.R and the University of Macau. Outstanding members will be awarded with certificates and may have the opportunity to get the "Bank of China Macau University of Macau National Flag Team Outstanding Team Members Scholarship".

Cultural and Arts University Teams

Cultural and Arts University Teams (C&A U-Teams) aim to enrich student life through debating, public speaking and art aspects. These teams also allow students to explore and develop their talents. In addition to regular trainings, competitions and performances, team members are also encouraged to participate in cultural promotion activities on campus, as well as to have ideas exchange and collaboration with local, mainland and overseas communities and organisations. Recruitment of members will be held at the beginning of each academic year. Interested students are welcome to join the teams. C&A U-Teams include:

Cantonese Debating Team

Communication is an everyday issue for all of us. Aiming at improving presentation skills and establishing critical thinking, the Cantonese Debating Team has regular training and friendly contests with Hong Kong debating teams every year. The team also invited famous debaters to conduct training workshops.

English Debating Team

The English Debating Team welcomes students who speak fluent English and possess good presentation skills to join. The team provides an excellent opportunity for students to foster critical thinking and improve persuasion skills. The team has participated in many renowned international and regional competitions and got good results. It has been ranked Top 8 at the World Universities Debating Championship, awarded 3 National Champions, 3 1st Runner-up, 1 2nd Runner-up and Best 10 Debaters for 10 year in FLTRP Cup National Opportunity Competition. It is also the Champion of the Macao Inter-Tertiary English Debating Competition for 10 consecutive years. The Team organized the Greater Bay Area Inter-Varsity English Debate Competition and won the Champion for two consecutive years.

Mandarin Debating Team

The Mandarin Debating Team was established in 2001. Besides friendly debating competitions with universities around the world, the team participates in renowned international, national and

regional debating contests and got good results. It got the Champions of the "Walk with the Constitution and the Basic Law – Chinese Debate Competition for Higher Education Institutions in Macao" for 3 consecutive years, "Courtesy Living Charter - Respect life and Zero Discrimination" Youth Debate Contest 2022, 1st "Star of CBA" Greater Bay area contest, the 6th International Chinese Debating Competition organized by Beijing Normal University, Zuhai, the 1st International Mandarin Debating Championship organized by Chongqing University and Chinese Debate Association and the 2nd and 3rd Return of Kings International Varsity Debating Contests. The team is also engaged in the promotion and development of Mandarin debating in Macao S.A.R.

Portuguese Debating Team

Established in 2014, the Portuguese Debating Team aims at promoting Portuguese language on campus. At the same time, it provides trainings to members to enhance their debating skills, promote their team spirit and collective problem solving abilities. By taking part in debating competitions, the UM Portuguese Debating Team members have the opportunity to compete with their counterparts and improve their Portuguese skill. The Team won the Champion, the 3rd Prize, and the 2nd Prize in the 10th, 8th, and 6th of the Portuguese Debate Competition for Higher Education Institutions in China and Asia respectively.

Public Speaking Team

The Public Speaking Team of the University was established in 2008. The Team welcomes students who are interested in public speaking, possess good presentation skill and confident in making public speeches. Regular trainings will be offered to team members to help improving their speaking and presentation skills. It is also established with the purpose of providing a chance for English speaking talents to participate in public speaking competitions.

Choir

The UM Choir was established in 2004. It aims at promoting chorus music and provide high-quality music performance for all UM members. The Team actively performs in various University events and ceremonies and hold at least two concerts every year. It has also cooperated with other local and overseas choirs and participated in international choral events, such as the 6th National Inter-Varsity Art Show in Sichuan, IFCM World Choral Expo and International Choir Festival – Grand Prix.

Chinese Orchestra

The UM Chinese Orchestra aims at promoting Chinese music in the University. It currently consists of ten different sessions namely: Er Hu, Pi Pa, Di Zi, Gu Zheng, Liuqin, Ruan, Yangqin, Sheng, Souna and Chinese Percussion. The orchestra welcomes students with basic skills to join. It has regular training on a weekly basis and engages in performances both on and off campus. Our repertoire covers a wide range of musical genre, from traditional to contemporary musical pieces.

Dance Troupe

The UM Dance Troupe was established in 2014 and consists of around 30 members from different faculties. The troupe aims to enrich the dance culture at UM and provide high-quality performances for all UM members. The team holds an annual showcase each academic year and actively participates in various university events and local dance activities. It has also taken part in the International Youth Dance Festival organized by the Education and Youth Development Bureau and the Macao International Parade organized by the Cultural Affairs Bureau. Moreover, the troupe has achieved significant recognition, winning the 1st Prize in the 5th National Inter-Varsity Art Show in Shanghai for their performance of "Scared to Be Lonely" and the 3rd Prize in the 6th National Inter-Varsity Art Show in Sichuan for their performance of "Hidden Courage." Additionally, the troupe won the 3rd Prize in the dance category (non-professional) at the Third Guangdong-Hong Kong-Macao Greater Bay Area's University Students Arts Festival.

String Orchestra

The UM String Orchestra was established in 2009 and welcomes students who are music enthusiasts and have basic knowledge on orchestra music to join. It currently has around 40 members and consists of 5 sessions: 1st Violin; 2nd Violin; Viola, Cello and Double Bass. The team offers regular training to improve members' performance skills. It participates in various internal and external performances throughout the academic year.

Symphonic Band

The UM Symphonic Band was established in 2007. It is the first and unique collegiate band in Macao. It consists of around 60 members and provides a platform for band enthusiasts to perform and exchange. It holds regular rehearsal and performances at different occasions throughout the academic year, which helps promote cultural development of local band music in UM. The band was selected to participate in the 6th National Inter-Varsity Art Show in Sichuan and awarded the first prize for their performance of "Greensleeves".

Student Activity Centre

The Student Activity Centre is a multi-purpose building located in the centre of the campus. It houses offices and conference rooms of the Student Affairs Office and University of Macau Students' Union (UMSU), practice rooms and offices of C&A U-Teams and various venues for student activities including a 243-seat theatre, an outdoor plaza, an exhibition gallery, a recreation room (Student's Corner), meeting rooms, multi-function hall and multi-function rooms. A wide range of student activities and cultural events will be held year round, such as music concerts, dance performances, talent shows, various type of competitions, film screenings, and many more!

Sports Facilities

The campus has various large-scale sports facilities, including the UM Sports Complex with a 10 lanes 50 metres long indoor swimming pool, UM Stadium suitable for soccer and track and field activities, plus many other indoor and outdoor sports facilities. The five-storey UM Sports Complex has a total net floor area of approximately 9,600 square metres. It can be used for large-scale events and performances.

Indoor sports facilities:

- UM Sports Complex
 - 1st Floor Common Area
 - Activity Room
 - Badminton Hall
 - Bouldering Wall
 - Dance Room
 - Fitness Room
 - Multi-Purpose Room
 - Sport Climbing Wall
 - Sports Pavilion
 - Squash Court
 - Swimming Pool
 - Table Tennis Room
 - Training Hall

Outdoor sports facilities:

- Archery Range
- Basketball Courts
- Beach Court
- Lawn Bowling Green
- Mini Artificial Soccer Pitch
- Tennis Courts & Practice Court
- UM Stadium

- Volleyball Court

Student Organizations and Development

To facilitate the operation and development of student organizations, we give advice on the organization of student activities, provide support on resources and funding for student organizations. We also provide training, development activities, student leadership seminars and cultural exchange trips to help students become well rounded student leaders and to strengthen their competences. Operating student organizations offers a wide variety of opportunities for students to enhance their academic and social life on campus via involvement, leadership, and empowerment. These experiences nurture campus pride and student success to advance an inclusive and fruitful community.

The University of Macau Students' Union

The University of Macau Students' Union (UMSU) was established on 29 March, 1993. Its office is located at Student Activity Centre (E31-1014). UMSU organizes extracurricular activities for students, aiming at enriching students' campus life. The University encourages students to actively participate in UMSU's activities and act as cabinet members of UMSU or its sub-organizations. All UM students can join UMSU and its sub-organizations but may be subject to different membership fees.

There are currently around 80 sub-organizations under UMSU, offering tailor-made services to suit the needs of students from different faculties, with different interests and demands.

- FAHSA - Faculty of Arts and Humanities Students' Association
- FBASA - Faculty of Business Administration Students' Association
- FEDSA - Faculty of Education Students' Association
- FHSSA - Faculty of Health Science Students' Association
- FLLSA - Faculty of Law Students' Association
- FSSSA - Faculty of Social Sciences Students' Association
- FSTSA - Faculty of Science and Technology Students' Association
- Boarders' Communication Students' Association
- China Mainland Students' Association
- Honours College Students' Association
- International Students' Association
- Academic Association
 - Accounting Society
 - American Society of Civil Engineers International Student Group, Department of Civil and Environmental Engineering at UM
 - Business Analytics Association
 - Chinese Society
 - Communication Society
 - Computer Society
 - Economic Society
 - Finance Society
 - History Association
 - Ichibankai Club
 - International Law Association
 - Institute of Electrical and Electronics Engineers Inc.,
 - Institution of Mechanical Engineers Student Chapter
 - Marketing Society
 - Mathematical and Interdisciplinary Modeling Association
 - Mathematics Society
 - Physic and Chemistry Society
 - Psychological Society
 - Robotics Club
 - Sociology Association
 - The Institute of Engineering and Technology, Hong Kong, Younger Members Section,

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- Macao Students Section
 - The Macao Institution of Electrical and Mechanical Engineers Student Section
 - The Macao Institution of Engineers Student Members Division of University of Macau Students' Union
 - Tourism, Convention and Hospitality Society

 - Culture & Recreation Association
 - Animation & Comic Society
 - Cantonese Debate Team
 - Chamber Music Society
 - Christian Fellowship
 - Cocktail & Coffee Learning Society
 - Culinary Art Society
 - Drama Society
 - Drawing and Painting Society
 - English Debating Society
 - Entrepreneurship Society
 - Literature Club
 - Model Business Competition Society
 - Model Aircraft Society
 - Model United Nations Association
 - Music Society
 - Photography Society
 - Rotaract Club
 - Tea Culture Association
 - Toastmaster Club
 - Volunteer Society

 - Sports Association
 - American Football Club
 - Archery Association
 - Badminton Club
 - Basketball Club
 - Dance Society
 - Diabolo Sports Association
 - Dragon Boat Club
 - Fencing Club
 - Football Society
 - Handball Club
 - Judo Club
 - Karate Club
 - Kin-ball Club
 - Korfbal Club
 - Orienteering Society
 - Rock Climbing Club
 - Rowing Club
 - Sailing Association
 - Squash Society
 - Table Tennis Club
 - Taekwondo Club
 - Tchoukball Club
 - Tennis Club
 - Track and Field Club
 - Volleyball Club

The University of Macau Postgraduate Association

The University of Macau Postgraduate Association (UMPA) was founded in July, 2005. Its office is located at the Postgraduate House (S3-G017). It aims at promoting a benign academic and cultural environment in accordance with the University Motto “Humanity, Integrity, Propriety, Wisdom and Sincerity”; advancing the all-rounded development of UM postgraduate students; enhancing the academic and cultural exchanges among postgraduates and undergraduates; tightening relationships with other associations in UM, Macau and abroad.

There are currently 10 sub-organizations under UMPA:

- Calligraphy Club
- Chinese Herbal Plant Association
- Health Sciences PhD Society
- Institute of Applied Physics and Materials Engineering Postgraduate Association
- Institute of Chinese Medical Sciences Postgraduate Association
- Society of Literature Theory in South China
- UM Mirror Newspaper Office
- Vision & Photography Association
- Youth Association of International Affairs
- Sports Association