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# 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 to enhance 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.

## **Disability Support Services**

Disability Support Services aim at providing appropriate resources to allow each student with a disability to have an equal opportunity to 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 UM 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 5 competencies (Interpersonal Relation and Teamwork, Healthy Living, Cultural Engagement, Citizenship with Global Perspective, Leadership and Service). A total of 17 scholarships of MOP5,000 each are available to students with the most outstanding performance in the programme.

## **UM Distinguished Lecture Series**

UM Distinguished Lecture Series is to provide students with an opportunity of learning from distinguished people, broaden students' horizons, and boost their knowledge.

## **Sports Activity**

In order to promote sports culture and healthy living on campus, a wide range of sports activities (UM Sports Day, World Challenge Day, National Day Happy March and Happy Walk, etc) and sports interest courses (Yoga, Pilates, Taichi, Korfball, Volleyball, Kin-ball, Archery, Canoe, 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 increase their competitiveness in career development.

**UM Job-hunting Platform**

The Career Development Centre liaises with employers and assists students in job searching. The 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 successful stories in graduate 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 Advisory Network – Alumni Online to assist students in getting the first-hand information on overseas graduate study and life as postgraduates.

**Further Study Talks**

Students can learn the up-to-date information about graduate study in the talks, such as graduate programmes overseas and scholarship opportunities. The Career Development Centre also

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organizes overseas graduate school 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 graduate school admission application.

### **Bank of China Trophy One Million Dollar Macao Regional Entrepreneurship Competition**

The competition aims at fostering and encouraging Macao University students to start up their businesses. Winners from the Regional Competition will enter the Grand Final, competing against teams from Hong Kong, Beijing, Guangzhou, Shenzhen, Zhongshan and Foshan for over RMB1,000,000 in total of cash prizes.

### **Campus Entrepreneurship Programme – Student Shop Competition**

In order to allow students to learn how to run business in a real life environment and cultivate the entrepreneurship culture on campus, the Career Development Centre organizes this competition in which the winners will be granted the rent-free operation rights of on-campus shops for an academic year.

### **UM Medical Insurance**

UM medical insurance is mandatory for all registered students, unless exemption is approved. The insurance scheme period starts from the registration day to 31 July 2019 and covers outpatient visits and hospitalization benefits. For further information about the UM Medical Insurance Scheme, Waiver Guidelines and Exemption Application, please visit the below website [http://www.umac.mo/sao/srs/ss/insurance/en/srs\\_medical\\_insurance.php](http://www.umac.mo/sao/srs/ss/insurance/en/srs_medical_insurance.php).

### **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 Instalments and seek advice on financial aid resources.

### **Campus Training Programme**

Campus Training Programme (CTP) provides students with opportunities to apply knowledge into practical work. There are currently around 200 student trainees being assigned to over 15 UM units. They would assist in administrative work, frontline services, computer room management, organizing activities, designing promotion materials, etc. During the year, we would hold different events like team building training, outbound trip, meal meeting and practical workshops. To recognize trainees' hard work for the year, awards are presented to the trainees with outstanding performance every academic year. Outstanding trainees will also be nominated to the summer exchange programme with subsidy.

### **Stage Management Programme**

Stage Management Programme (SMP) aims to provide practical skills and on-job training to interested students while studying, 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. A number of training workshops and activities will be organized throughout the academic year.

### **Summer Exchange Programme**

Students can participate in various Summer Exchange Programmes in Australia, Austria, Belgium, Canada, China, France, Germany, Greece, Hungary, India, Israel, Italy, Japan, Korea, Malaysia, Netherlands, Norway, Poland, Portugal, Russia, Singapore, Spain, United Kingdom and United States and U.S.A. 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.

### **Postgraduate House**

The SAO manages the Postgraduate House (hereafter referred to as “PGH”), which offers accommodation and living services to postgraduate students (mainly non-local and exchange students). The aim is to provide students with a comfortable and supportive environment conducive to their intellectual, social and emotional development. Various programmes and activities are designed and organized to foster students’ learning, research and employability. SAO also offers accommodation for visiting professors, research staff and guests. Below are our programmes:

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

### **Locker Rental Service**

SAO provides locker rental service. A total of 2,350 lockers are available to students at Central Teaching Building and different faculty buildings on campus. The rental period begins in August and students need to apply for an E-purse Account before they can rent the lockers.

### **Sports Teams**

Sports 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 national / regional competitions 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 18 Sports Teams, including:

- Badminton Team
- Men’s Basketball Team
- Women’s Basketball Team
- Dragon Boat Team
- Fencing Team
- Karate Team
- Korfball Team
- Martial Arts Team
- Rock Climbing Team
- Men’s Soccer Team
- Squash Team
- Swimming Team
- Table Tennis Team
- Taekwondo Team
- Tennis Team
- Track and Field Team
- Men’s Volleyball Team
- Women’s Volleyball Team

### **Activities on National and Regional Education, Innovation and Entrepreneurship**

In line with the youth education policy of the Macao S.A.R. government, SAO organizes various types of student activities on national and regional education, innovation and entrepreneurship, which, e.g. help enhance students’ knowledge of national and local affairs and the development of “Guangdong-Hong Kong-Macao Greater Bay Area”.

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### **Student National Flag Team**

Established on 4 May 2018, the Student National Flag Team is responsible for flag-raising on important days of the People's Republic of China, Macao S.A.R and the University of Macau. Being a national flag raiser or guard brings lifelong glory. With participation from each residential college, the student members fight for the glory of their own residential college.

### **Culture and Arts University Teams**

Culture and Arts University Teams (C&A U Teams) aim to enrich student life through debating, public speaking and art aspects. The University offers regular trainings to each team. Team members are eligible to represent the University to join international competitions, performances and exchange activities. Recruitment will be held annually at the beginning of the 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 the National English Debating Competition, the United Asian Debating Championship, the World Universities Debating Championships and various friendly competitions with other universities in the region. In 2018, the team won its eighth straight championship in the Macao Inter-varsity Debate Competition, championship at the 20th FLTRP Cup National English Debating Competition and ranked among top 8 at the World Universities Debating Championship. The team also hosts international tournaments: "Tournament of Champions" BP Invitational 2018, Northeast Asian Open 2010 and United Asian Debating Championship 2010.

### **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 debating contests such as the Famous China Universities Debating Contest, National Varsity Debating Contest and International Varsity Debating Contest. The team has made a lot of achievements: Champions of the 2<sup>nd</sup> "Return of Kings" International Varsity Debating Contest, Intervarsity Chinese Debating Tournament, Asia-Pacific Open, China Famous Universities Debating Contest, Zhuhai Varsity Debating Contest, Return of Kings International Varsity Debate Contest and Macao Varsity Debating Contest. The team is also engaged in the promotion of Mandarin in Macao S.A.R.

### **Portuguese Debating Team**

Established in 2014, the Portuguese Debating Team aims at promoting Portuguese language campus-wide and at the same time train members debating skills as well as promoting team spirit and collective problem solving abilities among team members. By taking part in debating competitions, the UM Portuguese debating team has the opportunity to compete with their counterparts.

### **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**

Established in 2004, UM Choir aims to promote chorus music and provide high-quality music performance for all UM members. At least two concerts will be held annually and the team actively performs in various University events and ceremonies. The team has also cooperated with other local and overseas choirs and participated in international Choral Event such as the IFCM World Choral Expo and Internatinal Choir Festival – Grand Prix.

**Chinese Orchestra**

The UM Chinese Orchestra aims to promote Chinese music in the University. It currently has ten different sessions namely: Er Hu, Pi Pa, Di Zi, Gu Zheng, Liuqin, Ruan, Yangqin, Sheng, Souna and Chinese Percussion. The team welcomes new members with basic skills to join us. The team has regular training on a weekly basis and engage in performances 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. It consists of 35 members from different faculties. UM Dance Troupe aims to enrich the dance culture in UM and provide high-quality performances for all UM members. The team holds at least two showcases annually and actively perform in various university events.

**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 50 members and consists of 5 sessions: 1st Violin; 2<sup>nd</sup> Violin; Viola, Cello and Double Bass. The team offers regular training to improve members' performance skills and participate in various internal and external performances throughout the academic year.

**UM Symphonic Band**

The UM Symphonic Band is the first and the unique collegiate band in Macao and established in 2007. It consists of around 45 members from different major and faculties. The team has regular rehearsal and performances at different occasions throughout the academic year. The band provides a platform to band enthusiasts to perform and exchange as well as to promote UMculture development of local band music.

**Student Activity Centre**

Student Activity Centre is a multi-purpose building located in the centre of University of Macau. It houses office and conference room of the Student Affairs Office and University of Macau Students' Union (UMSU); practice rooms and offices of C&A U Teams; 2 student-run shops and various venues for student activities including a 243-seat theatre, a 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 around, including 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 an indoor swimming pool, an athletic field, 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
  - Sports Pavilion
  - Training Hall
  - Swimming Pool

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- Fitness Room
  - Dance Room
  - Table Tennis Room
  - Multi-Purpose Room
  - Badminton Hall
  - Squash Court
  - Activity Room
  - Sport Climbing Wall
  - Bouldering Wall

Outdoor sports facilities:

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

### **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 more than 70 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 Student' Association
- International Students' Association
- Academic Association
  - Accounting Association
  - American Society of Civil Engineers International Student Group, Department of Civil and Environmental Engineering at UM, University of Macau Students' Union
  - Buddhist Society

- Communication Society
- Computer Society
- Economics Society
- English Society
- Finance Society
- Geography Studies Association
- History Association
- Ichiban Club
- Institution of Mechanical Engineers Student Chapter
- International Law Society
- Marketing Society
- Mathematics Society
- Psychological Society
- Sociology Association
- The Institute of Engineering and Technology, Hong Kong, Younger Members Section, Macao Students Section IEEE Institution of Mechanical Engineer Student Member Division of University of Macau Students' Union
- The Macao Institution of Engineers Student Members Division of University of Macau Students' Union
- Tourism, Convention and Hospitality Society Toastmasters Club
- Cultural & Recreational Association
  - Animation & Comic Society
  - Astronomical Society
  - Catholic Society
  - Cantonese Debate Team
  - Christian Fellowship
  - Cocktail & Coffee Learning Society
  - Committee on Youth Summit
  - Cooking Society
  - Drama Society
  - English Debating Society
  - Entrepreneurship Society
  - Guitar Association
  - Handy Craft Society
  - Korean Culture Club
  - Literature Club
  - Love Portuguese Society
  - Magic Society
  - Mandarin Debating Society
  - Model United Nations Association
  - Music Society
  - Photography Society
  - Rotaract Club
  - Toastmasters Club
  - Volunteers Society
- Sports Association
  - Archery Association
  - Badminton Club
  - Basketball Club
  - Canoe Club
  - Cycle Society
  - Diabolo Sports Association
  - Dance Society
  - Dragon Boat Club
  - Fencing Club
  - Football Society



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- Handball Soceity
  - Hockey Club
  - Karate Club
  - Kin-ball Club
  - Korfbal Club
  - Rock Climbing Club
  - Soft Tennis Club
  - Squash Club
  - Table Tennis Club
  - Taekwondo Club
  - Tchoukball Team
  - Tennis Club
  - Track & 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, Macao and abroad.

There are currently 11 sub-organizations under UMPA:

- AIESEC - Association Internationale des Etudiants en Sciences Economiques et Commerciales
- Calligraphy Club
- Criminological Society
- Faculty of Business Administration Sub-Postgraduate Association
- Faculty of Law Postgraduate Association
- Faculty of Science and Technology Postgraduate Association
- Health Sciences PhD Society
- Institute of Chinese Medical Sciences Postgraduate Association
- UM Mirror Newspaper Office
- UM Vision & Image Association
- Youth Association of International Affairs