

**Semester II - As it happened**

# MC2 Online



**Town & Gown  
Student Activities  
Sports News**

**Issue 10**



**31st May, 2018  
Available online**



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## Graduation Message from Ariel Xiao Yi

Our former Vice Rector for Students Affairs, Professor Haydn Chen once said,

*“Over the four years in UM, each student pays the fee of 200,000 MOP in total; however, the resources provided for and the investment on every person is far more than that amount.”*



For me, my life in UM and MCM College is priceless, which cannot be measured by numbers.

As a student majoring in English Education, I met Socratic teachers and conscientious peers in Faculty of Education. Together, we were trained to become qualified secondary school English language teachers. In the last academic year, I undertook teaching practice in Sacred Heart Canossian College English Section, which offered me a chance to teach, enhancing understanding and perspectives of education. These have broadened my view of education as both a praxis and academic discipline. Moreover, I was also benefited from a series of General

Education courses, through which I acquired different realms of knowledge in sociology, arts and humanities, business, science and technology, and so on. These integrated courses widened my view, informing my choice of international relations as a minor, and so broadening my horizons on an international political front.

Living in Moon Chun Memorial College, I have met two inspirational professors from the United Kingdom: Professor Kevin Thompson and Doctor Patricia Thompson. They both encourage undergraduates to involve themselves in the international environment, to develop all-round skills and not to fear trying. Under their nurturing, I have participated in a variety of activities home and abroad which have enabled further opportunities to connect with international culture, art and education. I joined study programmes in Portugal, Lisboa, and Cambridge, Gonville & Caius. I was honoured to receive a *Legion d’Honneur* Club Scholarship, through which came an intensive language programme in France, absorption of spoken vernacular. And I was also a summer intern at Harrogate

Ladies' College UK, enabling a thorough understanding of an English independent school. In addition, participating in various college activities and interacting with students from different majors have helped develop my soft skills in Healthy Living, Interpersonal Relation and Teamwork, Leadership and Service, Cultural Engagement, and Citizenship with a Global Perspective.

Since stepping foot on university soil, I have participated in a host of student associations, including University of Macau Students' Union. As a student leader, I found opportunities to resolve issues raised by students and tried to do so for mutuality of benefit. Communicating with relevant representatives, honed my interpersonal skills.

My life in Moon Chun Memorial College, University of Macau is now approaching to an end. But "this Summer is not Goodbye, it is merely *Au Revoir*", for those special people with whom I lived, along with this lovely city of Macau, have already become a part of my life. Wherever I go, I will treasure those precious memories.

Hereby, I would like to express my immense gratitude to all the professors, teachers, schoolmates, friends and colleagues in Macau, who gave me generous help, care and support in both studies and daily lives; who stood by my side in depressed moments as well as joyful events; who squeezed limited time and energy, even stayed up late, to help me and shared exciting news together; who spurred me to study hard when I was trying to procrastinate. Without these lovely people, my university life would not be so rich and colourful. Thank you all!

Right now, standing in front of a new turning point in life, facing upcoming adventures and challenges, I would **Keep Calm**, embrace them, and **Carry On!**

*Ariel Xiao*  
(30 May 2019)

## College Activities

### MCM College students attending “Joyce DiDonato – In War & Peace: Harmony through Music”



On 13 January 2019, Joyce DiDonato and Il Pomo d’Oro presented “***In War & Peace: Harmony through Music***” in celebration of the 20th anniversary of the Macao Cultural Centre. Proclaimed by the New Yorker as “the most potent female singer of her generation”, DiDonato conquered audiences with a powerful and meaningful performance. With her dynamic and expressive performance, audience went through the night with despair, restlessness, fear to hope and touching moments. Not only did the performance left a profound visual and audio experience, but also a big message to share – “How do you find peace?” Living in this conflicting and ever- tempting world, individuals are sprung between chaos and tranquility, how do one find inner peace? Students left their messages and replies on a personal note to Joyce DiDonato after the performance and we invite all to give it a thought too.

### MCM College European Union Lecture Series – France through tradition





On 17 January 2019, MCM College hosted another European Union Lecture Series on France and invited Ms. Diane-Sophie Trevoux, Education and Linguistic Attaché from Consulate General of France in Hong Kong and Macau as the guest speaker. With a warm welcome from MCMC College Master Professor Kevin Thompson, Ms. Trevoux shared with the audience the other sides of France through its tradition. She introduced to the audience the French leaders, tradition food and drinks etc. What surprised the audience is the fact that French people consume almost 25 kg of cheese per capita per year, making them the second largest cheese consuming country in Europe. Another surprising fact is that the most visited place in France is not the Louvre museum but Disneyland, leaving a lot of smiley faces on the audience.

After a fun quiz session, French MIME artist and magician Edi Rudo, who was in the audience, delivered the audience a magic trick that took the audience to another climax.

The next European Union Lecture Series will be held on 26 February 2019, with Professor Mario Wenning from Faculty of Arts and Humanities as the guest speaker on Germany. We welcome all who have a story to share and all who would like to know more about each particular European country.

## **MCM College, in collaboration with Macau Youth Tea Culture Promotion Association presented “Chinese Tea Culture” Workshop**

On 16th January 2019, the Macau Youth Tea Culture Promotion Association visited Moon Chun Memorial College again, shared some basic knowledge of tea culture and introduced the career prospect of tea to the college students. This workshop was a continuation of tea culture promotional activity held at the college last year.



The workshop started with a speech delivered by Mr. U Kin Nam (President of Macau Youth Tea Culture Promotion Association). He introduced the characteristics of six different kinds of tea and briefly explained the impact of tea’s material and spiritual culture on health. President U also introduced the development prospect of tea culture and encouraged the students to understand more about the tea business from the perspective of inheriting Chinese culture and promoting Chinese virtue. Afterwards, President U guided the students to appreciate traditional black tea

brewing, green tea brewing with cover-bowl and red tea brewing with ceramic tea pot. While the students were appreciating the tea brewing, President U explained the production of different tea pots and brewing skills. Lastly, the students experienced the fun of brewing tea and interacted with each other happily.

For the students, it was great to have this opportunity to chat and exchange ideas with each other. During the workshop, the students learnt the so called “old” culture and got some “new” insight and knowledge. While enjoying the wonderful music of Guzheng played by our student, Allison Yang, the students chit-chatted about the past and future, as well as their New Year’s resolutions. All of them were connected the moment they held their cups of tea and greeted each other.

## MCM College Chinese New Year Food Festival



Chinese New Year is China’s most important festival and family time. Before everyone are off to celebrate the year of the Pig, Moon Chun Memorial College House Association hosted a Chinese New Year Food Festival to celebrate New Year together at their “home away from home”. That night, MCMCers wrote red couplets, cooked and eat New Year food from Southern and Northern China, South East Asia, Korea, and Japan together. MCMC HA wishes everyone a Happy New Year of the Pig.

## MCM College, in collaboration with Macau Coffee and Tea Association presented “The Art of Pour-Over Coffee” Workshop



In the afternoon of 23rd January 2019, Moon Chun Memorial College in collaboration with Macau Coffee and Tea Association (MCTA) presented a workshop entitled “The Art of Pour-Over Coffee” . At the beginning of the workshop, our college master, Prof. Thompson delivered a welcome speech and expressed gratitude to MCTA for their support and Seng Pan Limited for their sponsorship.

Afterwards, two professional barista trainers, Mr. Gary Chio and John Leung introduced the mission of MCTA and the basic knowledge of coffee, including its history, origin, variety and production process etc.. This workshop was quite hands on, the instructors introduced the pour-over brewing method, as well as tips and tricks for getting the best out of the brew. They also provided step-by-step guides and demonstrations, as well as a great opportunity for participants to try a variety of coffees from around the world.

We are glad to invite our college student, Peach Chen to play blue and jazz music impromptu with keyboard and electronic guitar in the workshop. For the participants, these experiences of coffee making and music appreciation were wonderful moments to embrace and enjoy with their friends. The coffee tastes better when we relax into the listening experience; the music sounds richer as we pace ourselves with savoury sipping. By combing coffee with music, we enriched the participants’ experiences of both in this workshop.

### **MCM College: Experience the Silent World Series IV - Introduction to “The Art of Mime”**

In January 2019, Moon Chun Memorial College invited two mime artists from France, Ms Chan Lai Nei (Artistic Director of Canu Theatre) and Mr Edi Rudo (French Mime and Magician) to conduct a series of mime activities for the college students, including classic mime film appreciation, mime experiential workshop and mime show watching. This programme featured on getting a taste of “The Art of Mime”, and aimed to help participants tap into their imagination while sharpening their communication skills.



Firstly, our college held a class mime film appreciation session on 17th January 2019. In this session, the French mime and magician, Edi Rudo traced the history of a hundred years of mime and comedy, from the beginning of the 20th century with Charlie Chaplin, Buster Keaton and Marcel Marceau to today with the one and only Mr Bean. In addition, the participants watched several extracts of the best movies and shows that make the history of mime. While the instructor was introducing the extracts with description of the pieces, the participants listened with full attention. While watching the mime films, the humor of actors evoked the laughter of the audience every now and then.

After having a glance of the classic mime films, the participants enter the fun and poetic world of mime on 18 January 2019. The instructor, Chan Lai Nei taught the participants Jacques Lecoq 's poetic body fundamentals in the form of games and practices. Participants were guided to explore the rich potential of their bodies, with which to express different colors and elements of nature in a poetic manner. Another instructor, Edi Rudo covered the basic French mime techniques. Participants



learnt from him how to use various parts of their bodies to manipulate and interact with invisible objects like miming a wall, pushing heavy objects and juggling with imaginary balls. During the workshop, the participants learnt some useful techniques to relax their bodies, improve their ability to express themselves, communicate with others, and enhance their confidence via impromptu performances.

Lastly, the resident fellow took the participants to watch “The Magic of Light and Shadow” on 26th January 2019. This show was part of 18th Macao City Fringe Festival and performed by our college’s mime instructors, Chan Lai Nei and Edi Rudo. In this show, they created a vivid, poetic and absurd theatrical world using lights and hand shadows. With mime and magic, they interacted with the audience and led audience through a succession of dreamy scenes themed around friendship and loneliness. This fun-filled, light-hearted performance broke the barrier of language and interacted with the audience in an interesting way.

## MCM College European Union Lecture Series – What is German?



On 26 February 2019, MCM College has invited Professor Mario Wenning from Faculty of Arts and Humanities as the guest speaker of the European Union Lecture Series, with Germany as the heart of discussion and raises questions on German stereotypes. As the lecture unfolds, the audience gradually understands more about the philosophy and mentality of Germans – what they value, what they long for, and how important purity is for Germans. Alongside the history and geographical division of Germany, we learned about Santa’s companion Servant Rupert, spaghetti-ice cream and the German tradition of telling New Year fortune by lead pouring. With the very example sitting in front, audience agrees that the stereotype of Germans being strict is not correct, they are eloquent in speech and possess a sense of humor.

After the lecture, students take the opportunity to talk and chat with Professor Wenning about their thoughts and interests in Germany over some German dishes.

## MCM College hosted Career Mentoring Workshop





On 27 February 2019, MCM College has invited Jacinta Ho, founder and Managing Director of JCHR Consulting and JC Services Ltd., for a career mentoring workshop on job selection, career planning, CV writing, and interview skills. Ms. Ho has more than 20 years of expertise in Macau's gaming hospitality industry, F&B and retail sector in talent sourcing, expatriate services, HR administration, and talent development. She advised students on the ways to bring success and joy to work while realizing the reality and availability. She also mentioned about the hospitality development in Macau over the past decade and the future potential openings upon the completion of more hotels and casinos, even beyond Macau.

With the goal of developing students' all roundedness, MCM College has started different programmes to cultivate students' various interests, enabling them to turn those interests into one of their abilities and strengths, hence broadening their choices on career selection and better equip them for the future that lies ahead.

## **MCM College delighted to present "Kodály Choral Workshop" with Dr Nóra Keresztes, Liszt Academy Budapest**

MCM College collaborated with The Consulate General of Hungary to Hong Kong & Macao to organise a workshop for students and faculty by accomplished Hungarian musician/choir conductor/music lecturer from the Franz Liszt Academy of Music in Budapest. Dr Nóra Keresztes,



a Kodály Choral expert, visited Hong Kong and Macao in March as part of her Asian Tour (Saigon-Hong Kong-Tokyo) and MCMC was delighted to host her in Macao.

The Kodály Choral method is an internationally acclaimed approach to music education, developed in Hungary during the mid-twentieth century by Hungarian composer, Zoltán Kodály. It has been promulgated throughout the world with Kodály Academies established most notably in China, US, UK, to name but three countries of strong development. It is greatly admired as it achieves very impressive results of high musicianship quality and standard in its pupils and students.

Thus, a capacity audience awaited the arrival of Dr Keresztes, who sadly had succumbed to a particularly virulent virus depriving her of any voice. She had kindly, in collaboration with the Consulate, brought everyone a Kodály Gift Bag, and was able to show a beautiful film about the philosophy and developments world-wide of this amazing choral method.

Afterwards many students expressed a wish to attend a Kodály Choral course in the future to learn more about this incredible music education system.

## **MCM College delighted to present "Round Table" with Dr Nóra Keresztes, Liszt Academy Budapest**



In collaboration with The Consulate General of Hungary to Hong Kong & Macao and Grand Lapa Hotel, MCM College was delighted to present “Round Table” in the Master’s Dining Room with Dr Nóra Keresztes, from the Franz Liszt Academy of Music in Budapest.

Dr Keresztes is an accomplished Hungarian musician/choir conductor/music lecturer from the Franz Liszt Academy of Music in Budapest. She is a Kodály Choral expert and was visiting Hong Kong and Macao in March as part of her Asian Tour (Saigon-Hong Kong-Tokyo).

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Although Dr Keresztes was suffering from a particularly virulent virus which had greatly affected the use of her voice, UM choir members, faculty, and fellow Hungarians in the Macao community were able to watch a recently-made film about the Kodály Choral method whilst enjoying a delicious supper provided by the Grand Lapa Hotel.

Everyone enjoyed the beautiful singing and lively approach to learning about music through using the voice and the body in collaboration, and many students expressed a wish to know more about this wonderful music education system, especially its courses which are presented all over the world.

### Moon Chun Memorial College: Fifth Talent Show “Give Me Five”



The House Association (HA) of MCM College organised the college’s 5th annual Talent Show at UM’s Student Activity Centre (E-31) on Thursday, 21st March, 2019. The show was opened to all students, Fellows and Affiliates of the college, and this year, it featured an “eclectic mix” of comedy, musical performances, dance recitals performed by students. It has become a long-running MCM College tradition since 2013. Every ‘House’ stepping up with an exhilarating and unique performance with spectacular ‘wow’ factors in front of a panel of judges.

There was a style to suit everyone: pulsating rock music by Peach, Helen, Mark and Louise perfectly synchronised K-Pop dance routines from Happy, Shirley, Joey, Katie, Kimmy, and Demi and a perfectly-balanced ensemble of trio, Lauren on the violin, Milly on the cello and Kendall on the keyboard. But it was the fine-tuned videography of Mandarin House that set the standard on the night which was unanimous with both judges and audience.

The sign language song, “Grateful Heart” was another show-stopper. It was performed by nine students who was part of the group “Experience the Silent World”. Each participant shared what they were grateful for in life. Members of the audience and judges felt mesmerised and touched by their performance.

A special vote of thanks must go to Jackson and Ken Wong. Their hard work, commitment and attention to detail, made the evening a tremendous success. Others who deserve a special mention are student volunteers who helped create an electrifying atmosphere; and comperes Jason Fu and Rosen Wu impressed everyone with their seamless transitions and good humour.

After the show ended, students left the E-31 auditorium with an uplifting sense of communal support, and an overwhelming appreciation of diverse talents for members of our college. The Talent Show was a clear indication of the underlying importance of an authentic collegiate experience for freshmen and their peers, as they realised that MCM College is a place they would grow to call home.



## Moon Chun Memorial College hosted International Business Etiquette Certificate Course



Moon Chun Memorial College is pleased to have invited Miss Jeanette Chan Im Teng, President of Macao International Etiquette Cultural Association, to give classes on International Business Etiquette for MCM College students. The content of the course is practical and the atmosphere of the class is pleasant and engaging. Students who have enrolled in this course enjoyed it a lot and have all agreed that this 4-week course is very worthwhile.

The course is divided into five parts: basic principles on etiquette, dress etiquette, table manners, banquet etiquette, and business reception etiquette. The course has been tailored so that it covered practices for interviews, proper behavior in business meetings, skills in receiving customers, and how to politely respond to complaints. Combined with various real life examples, the course vividly developed an understanding for students and demonstrated how one should react and cope with unfavorable situations with the right etiquette.

During this 4-week course, participants attended all classes without any absence, this shows how enjoyable and engaging the etiquette course is.

Manner is one of the important elements to successful social networking. It is crucial for young adults throughout their life but are not usually taught in class. It is beneficial for people to have a good etiquette, as Clarence Thomas said, “Good manners will open the doors that the best education cannot.”

## MCM College Activity: Celebrating Traditional English Afternoon Tea



One quintessential British tradition is enjoying Afternoon Tea: Irish, Scottish and Welsh regional versions all have slight variations to the English Afternoon Tea. The tradition was introduced by the Duchess of Bedford in 1840, and the idea was to have a light meal during mid-afternoon to ‘stem the pangs of hunger’ before supper later in the evening. This social ritual has become popular ever since.

MCM College Afternoon Tea aficionados were very fortunate to have had the opportunity of observing the correct etiquette for a high-end Afternoon Tea at the Bela Vista Café of the Grand Lapa Hotel. This was to prepare them, including required Dress Code, to partake of Afternoon Tea at The Ritz or The Savoy in London, as described in Debrett's, leading experts on manners and etiquette.

As students and staff were seated at the table, Dr. Thompson explained that the linen napkin is placed on one's lap. She stressed that:

“It should never touch the table once one is seated. If one leaves the table for a moment, the napkin is placed on the seat”.

Firstly, Dr. Thompson explained many facts about tea, and stressed that one should let tea brew for between three and six minutes for optimal flavour. Students were surprised to learn that in the past, it was traditional to pour milk first before tea. Dr. Thompson explained that tea cups (made from inferior quality china) often cracked when hot tea was poured first. Finally, the correct way to stir tea, is up and down from 12 o'clock to 6 o'clock position, without clinking the spoon on the side of one's cup.

Afternoon tea traditionally serves 'finger' sandwiches with crusts removed, scones with cream and jam, sweet pastries and cakes. Scones should be broken into two halves easily with a twist of the hands, and eaten in two halves, rather than being 'sandwiched' back together. Dr. Thompson clearly pointed out an everlasting debate about whether cream or jam should be added first to the scone. While the Devon tradition is for cream with jam on top, the Cornish prefer the other way around.

Although afternoon tea was initially introduced as a 'private social event' for ladies to occasionally indulge or to celebrate a special occasion, over time it became a formal occasion on a larger scale, known today as 'tea receptions'.

### **Moon Chun Memorial College hosted 2018/2019 Graduation networking evening**



Ever since the establishment of MCM College, students studying under the 4-in-1 education model have developed a strong bond and rapport with each other. During the graduation season, the

College commemorated the success and joy of the pre-graduates and hosted a graduation networking evening for MCM College 2018/2019 graduates-to-be.

The College graduation committee has also invited MCM College alumni Mr. Tommy He, Mr. Victor Chao and Mr. Nelson Kong to connect and share with pre-graduates. The three of them shared very different stories and the path they took in chasing after their dreams and passion in the reality. They advised all to look into the future, plan ahead, be bold and be willing to try. Together with the support and advices from College Master Professor Kevin Thompson and Dr. Patricia Thompson, students are more determined in going after the path they chose and the goals they want to achieve.

Participants also exchange secrets and experiences among themselves and celebrate the joy and achievement they have made over the years at the University and College. Looking back, MCM College is proud to witness how they have matured and achieved after the years.

### **MCM College Fifth cohort took St. John Ambulance First-Aid course**



First-aid is immediate care given to a person who has been injured or suddenly has been taken ill. It includes both self-help and home care if medical assistance is unavailable or delayed. First aid knowledge not only means the difference between life and death, but also helps determine the sequence and priority of first-aid treatment during an emergency so that the greatest possible good may be accomplished for the greatest number of people. With regards to the great success of 100% pass rate in the previous years, Moon Chun Memorial College collaborated with St. John Ambulance, a world-wide charitable organization and one of the largest service providers for training first-aiders in the world, to organize the First-aid Certificate Training Course for the fifth consecutive year.

As first-aid is a matter of life and death, so the qualifying exam are carried out very strictly and precisely. After a thirty-hour intensive training, participants will have to pass a written and practical exam in order to be a qualified first-aiders. During the training programme, Ms. Yvonne Jen presented different first-aid practices and theories through role play and interactive discussions. Furthermore, students had the opportunity to practice everything from bandaging techniques to cardiopulmonary resuscitation (CPR) during classes.

The presence of well-trained first-aiders safeguards the health of college residents and people around as they can assess the type, severity and likelihood of injuries and illness and provide appropriate treatment, so there are also trained first-aiders among MCM College staff.



## MCMC student four years in succession being awarded Macao's sole *Légion d'Honneur* HK Club Scholarship



Building upon MCMC's quartet of 4 *Légion d'Honneur* scholars in succession - in 2016, 2017, 2018 and 2019 - the first of their kind in Macao, Resident MCMC Tutor, and PhD postgrad, Jacqueline Wang Kunjie has been awarded the 2019 Scholarship. She will spend summer 2019 in Paris, enhancing her French language skills and knowledge of French culture and lifestyle. Jacqueline thanked the College and in particular Dr Patricia Thompson and Prof Kit Thompson for all their encouragement and moral support.

Jacqueline was selected by the Consulate General of France in Hong Kong and Macau and the Club of *Légion d'Honneur* Hong Kong Chapter to receive a Summer French Language Course Scholarship. The Consulate commended Jacqueline for being its first 2019's awardee of the *Légion d'Honneur* Scholarships' programme, and that her interview confirmed her good language skills, as well as her true motivation to tackle an issue very dear to the French government: that is, the struggle against climate change and preservation of the environment.

This prestigious scholarship is established for full-time students in universities in Hong Kong and Macau to pursue an intensive French language course in France during the Summer.

Jacqueline and MCMC celebrated this wonderful news by tasting the chocolate sculpture of Napoleon, which had been kindly sent as a Spring Festival gift to MCMC by the French Consul General, Alexandre Georgini, who had commissioned its making by the best chocolatier in Paris, to commemorate the 250th Anniversary of the birth of Napoleon.

## MCM College: Body-Mind-Spirit Well-being Series I – Eat Smart for Lunch



On 13th March 2019, MCM College kicked off the Body-Mind-Spirit Well-being Series and held a “Eat Smart for Lunch” Workshop to help our students develop a healthy eating habit. We were pleased to invite two professional dieticians from Macau Nutrition Association to advise our students how to eat smart, they are Cleandy Lei (Secretary General) and Precilla Leng (Vice Secretary General). On that day, the Association’s Board Chairman, Ivone lao also came to our college to support this activity. In the workshop, the dieticians shared with the students topics on the classification of food, dietary guideline, food exchange and ideal body weight. They also shared tips on purchasing groceries, e.g. pros and cons of frozen foods, wheat bread vs white bread and some healthy snacks choices. After the brief talk, the dieticians guided the students to prepare and cook their nutritious lunch. Suggested recipes included cheese and tuna toastie, egg and avocado wrap, and banana pancake. The students were also free to mix and match their own favorite ingredients, e.g. sweet corn, lettuce, tomato, strawberry and blueberry etc. The students participated actively in preparing their own food and enjoyed cooking their own healthy lunch very much. Overall, this was a fun and educational experience for the students.

## MCM College: Body-Mind-Spirit Well-being Series II – Mindful Yoga



In order to promote body-mind-spirit well-being to our students and staff at UMAC, Moon Chun Memorial College held a mindful yoga workshop on 22nd March 2019. We were pleased to invite Dr. Wong Yiu Kwong, the President of Hong Kong Mindful Yoga Association to lead the workshop. This workshop attracted a total of twenty participants who brought their own yoga mats to learn mindful yoga together.

At the beginning of the workshop, Dr. Wong introduced the concept of “Mindfulness” to the participants and explained that mindfulness means being awake in the moment. He mentioned that in recent years, the mindfulness revolution has been spreading over America, Europe and Asia. In February 2014, mindfulness was the subject of TIME Magazine cover. The Mindfulness-based Stress Reduction (RBSR) Programme has gradually become a formal training for American and European top corporations, schools and professional sports etc. In addition, mindfulness has been proven to have a number of health benefits for students, e.g. increasing attention and memory, lowering stress levels and improving sleep quality. After the introduction session, Dr. Wong started to guide the participants to practice mindful yoga. Mindful Yoga is different from many traditional yoga practices in that there is less of a focus on the exact posture achieved and more focus on body/mind awareness rather than the ‘perfect’ pose. Bringing mindfulness to any form of activity brings an alert focus to what is actually happening in the moment and how you respond to it. This mindfulness transforms movement and yoga into a form of meditation. Through mindful yoga, participants learnt to practice proactively rather than reactively. This means listening carefully without judgement, simply what is there, hearing the calling of the body, mind and spirit.

Bringing awareness to our body and how it moves in a yoga workshop can have an immediate affect on our mental and emotional state. This awareness transcends to the language of our body. The body records our life experiences and it reveals our attitudes and feelings as it move and as we practice yoga if we pay attention. The alchemy of weaving the breath, posture, movement and mindfulness is a truly wholistic approach to body-mind-spirit well-being.

### **MCM College students visited Shenzhen Daya Bay Nuclear Power Plant**

As one of the Greater Bay Area series, MCM College resident fellow, resident tutor, and students visited Shenzhen Daya Bay Nuclear Power Plant on 30th March, 2019.



Daya Bay Nuclear Power Plant is located in Dapeng Peninsula, Shenzhen, Guangdong Province, and it is the first commercial nuclear power plant built in China. This Nuclear Power Plant was put into service on 6th May 1994, and up till now, it still plays a crucial role and contributes in the power supply and environmental protection of Guangdong-Hong Kong-Macao Area. 80 percent of the electrical energy generated by Daya Bay Nuclear Power Plant is transmitted to Hong Kong and the rest to Guangdong Province. It is the major source of clean energy provider to Hong Kong.



By following the explanation and guidance of the staff, students have a basic idea on the overall management and operation of nuclear power plant in China. More importantly, students get a great opportunity to learn about the mechanism of energy transformation and the importance and usage of nuclear energy. They also get to know some in-depth knowledge and the efforts that have been put into protecting the environment and halobios.

## **MCM College: Body-Mind-Spirit Well-being Series III – On the Way to Heart Healing**



In March every year, the students at UMAC are overwhelmed by mid-term exams, and often under academic pressure. The emotional tension that's left unchecked somehow can contribute to mental health problem. In order to raise awareness and have a better picture about mental health and related problems, Moon Chun Memorial College organized the “On the Way to Heart Healing Workshop” on 23rd March 2019. We were please to invite Dr. Lee Yu Ming, a doctor of Chinese Medicines from Hong Kong to be the tutor of the workshop.

At the beginning of the workshop, Dr. Lee asked each participant to share the symptoms of their health issues. The symptoms mentioned included pimple, headache, backache, spinal pain and insomnia etc.. Afterwards, Dr. Lee invited a few volunteers to have one-on-one consultation. While listening to the participants’ sharing, Dr. Lee explored the causes of their problems by asking questions on their daily habits and by checking on their look. He explained that physical illness is greatly related to body-mind-spirit. In order to be healed, it is more important to find out the causes related to mind and soul than to get rid of those physical symptoms.

Through this workshop, Dr. Lee hoped that the participants could understand that true health not only refers to physical health, but also spiritual health. He reminded the participants about the importance of body-mind-spirit well-being and encouraged them to adopt a positive attitude that places well-being at the heart of everyday life. It means taking care in everything they do, e.g. how they think, eat, exercise and interact with others. In doing so, they will gain the necessary momentum to change, into the person or being they would like to be, gradually over time.

## **MCM College European Union Lecture Series – Austria: A “Glocal” view**



On 29 April 2019, Professor Rostam J. Neuwirth, Professor of Law and Coordinator Master Program in International Business Law (IBL), concludes 2018-19 EU series with Austria.

With a warm welcome from MCMC College Master Professor Kevin Thompson, Professor Neuwirth presented Austria not only from a personal but also from an internal and external, an old and a new, as well as a local and a global perspective. He talked to audience about how human elements shape an individual concept into a collective one, how local changed to global, and how contradictions appear in life and culture. In the lecture, Professor Neuwirth brought out the concept of realizing contradictions because humans are contradictions ourselves and emphasized the idea of “Glocal” view as it not only talked about Austria, but also how each individual concept shapes the Globe and become one.

### MCM College: Experience Unique Sandcastle Team Building

Sandcastle building looks like children’s simple activity, but it can be a meaningful team building experience. This year, MCM College brought an internationally well-known team building activity, "Castles Can Fly" to the college. It was held at Hac Sa Beach in March and the participants were student leaders, most of them are members of House Association (HA) and Residential Assistants (RAs). It was conducted by a Hong Kong professional and experienced training team to reinforce participants’ team building and leadership skills for effective application at the college.



At the beginning of the activity, the trainer requested the participants to build sandcastles not less than 1.5 metres high. They were then divided into two teams, each with one captain and one vice-captain. Each team first planned out a design that included specific structures and all works together as a cohesive castle layout. Once they had a plan that worked they moved to executing the plan, and

adapting the plan as they learnt more and get more information. Constant productive conversations were made to maximize their potentials and stay on the same page. After three hours of sandcastle building, each team representative was proud to introduce the design concept of their sandcastles. Through close observation of team dynamics and group behavior, the trainer led the debriefing session and drew insightful lessons which are highly applicable in HA and RA's day-to-day working challenges.

Building sandcastles requires planning, patience, unity and teamwork. Practicing these skills promotes team spirit and leadership skills as participants worked hard to design and build their masterpiece. During this process, the participants learnt to work with one another as they tried to improve on their castles and repair damages done. Participants also learnt about the different skills of one another and how to best lead the team. After all, this activity provided an unusual and memorable experience for student leaders to reflect college core values, team effectiveness and leadership skills.

## **MCM College hosted an “Audience with Dr. Oscar Macchioni”**

Moon Chun Memorial College hosted an “Audience with Dr. Oscar Macchioni” for a capacity audience of faculty, students and guests from Macao and Hong Kong in MCM College Hall Tuesday 30 April, 2019.



Dr. Macchioni, Professor of Piano and Assistant Chair at the University of Texas at El Paso and Steinway Artist, presented a lecture about practising techniques, fingering, tone production and control. He gave out helpful and practical tips with a lot of examples, and encouraged all to be creative in fingerings and use different parts of the body to create the sound and effect best suited for the music. The advice is vividly shown during the coaching Dr. Macchioni gave to two of the College's students Fish Wong and Basara Zhang, playing Humoresque by Jean Absil and Liuyang River by Wang Jianzhong.

The advice given by Dr. Macchioni can be applied to all instrumental and non-instrumental players. Faculty, students and guests have all enjoyed and benefit from this experience.

## **MCM College: Nutritional Needs during Finals**





To cater for the nutrition needs of MCMers during exam time, the House Association of MCM College chose a variety of fresh fruits as healthy snack for MCMers and equipped them with healthy body and mind to deal with the challenges of exams. It not only let MCMers feel the warmth of the college, but also receive the good wishes extended to them by the college. On 2 May 2019, members of the house association sent fresh fruits to the MCMers at the college hall during dinner time. They prepared some fruits that contain a lot of vitamins, including apples, oranges, avocados and kiwis. The MCMers then chose fruits according to their preference. When the activity started at 6:30p.m., the MCMers immediately queued up at the fruit table. After getting their fruits, the MCMers wrote down on the display board some pre-exam blessings for themselves and others. This activity provided an opportunity for the MCMers to enjoy the benefits of fresh fruits and bless each other at the same time. Due to the compatibility of fruits, many MCMers exchanged and shared different kinds of fruits together. While enjoying the fruits, they strengthened their friendship.

### **MCM College Organises Le French Gourmay “La Dégustation de Vin, 2019” at Mandarin Oriental, Macau**

MCM College organised Le French GourMay “La Dégustation de Vin, 2019” as an integral part of Le French May Arts Festival 2019 to aspire and create a “cultural exchange platform between Macau, Hong Kong and France”.



M. David Rouault, an experienced and certified Sommelier, introduced eight different wines from the Loire Valley, famed for its natural beauty, magnificent châteaux and great wine. The region cradles several distinctive wine regions: each with its own characteristic grapes, appellations and styles.

M. Rouault explained to students that:

*“wine tasting is like a ritual: getting the maximum effect from each bottle, is what I’d like to share with you”.*

Sommeliers look out for three aspects when assessing a wine’s appearance: clarity, colour intensity, and shade. Darker wines (such as Cabernet Sauvignon and Malbec) are produced from grapes with thicker skin, and tend to be fuller in body, A paler wine (such as with Pinot Noir) will usually be lighter in body.

M. Rouault stressed the importance wine’s tears, or droplets that slowly trickle on the inside of the glass after swirling. Wines with more tears usually have a higher viscosity, meaning a high alcohol percentage, sweetness, or a combination of both.

As M. Rouault began to decant a bottle of red wine, exposing it to air and bringing out a more robust flavour, he poured it into a glass he explained that it was important to bring the glass closer to smell and take in the rich odors that emanate from it, enjoying the different textures, flavors and odors that rush along though all of my one’s before finally taking a sip. Students were advised to ‘swirl’ the wine glass in an anti-clockwise motion to allow air to oxidize the wine further.

## Town & Gown Connectivity

### MCM College Matineés Musicales



As a part of the Music and Arts Appreciation Series, Moon Chun Memorial College, in collaboration with Rui Cunha Foundation, presented to the public “Matineés Musicales”, a music recital featuring MCM College students on 19 January 2019 at the Rui Cunha Foundation.

Matineés Musicales is a recital presented by students working at different levels. In preparing for the recital, the group worked with Resident Fellow, Dr. Peggy Lau, on deciding the program and musical advices and put together a recital with music across genres, ranging from traditional Chinese music to classical, jazz, movie music, pop songs, acapella, beat-box, and even to a fusion of Western and Chinese instrumental ensemble.

The College is proud of all the performers for their enthusiasm and dedication. With a committed mind, they got up on stage and performed for an audience, which to most people, the thought of this can be terrifying. Their effort is highly appreciated and it is valuable to see their growth in various aspects beyond music.

A heartfelt thank you from the students to the College Master, Mr. Rui Cunha, the teams and all those who came to support.

## **Moon Chun Memorial College string ensemble performed at France Macau Business Association Charity Gala Dinner 2019**





MCM College musicians were delighted to be invited as guest performers, for the sixth year in succession, for France Macau Business Association Charity Gala Dinner “First Class to Tahiti” on 25th January 2019, one of the prime and most celebrated events in Macau’s social calendar. Led by John Ma, director of UM String Ensemble, and cellist Daniel Leong, MCMC students KOI Hoi, Lauren Pang, Satana Lam, Milly Ke, and Tong Chen and Steven Lo, who joined the ensemble from other colleges, played a series of beautifully chosen works for string ensemble. Performing for a capacity audience of outstanding business leaders from Macao, Hong Kong and the Greater Bay Area at MGM Macau, students acquitted themselves with considerable aplomb, style and confidence, developing their musicianship to new levels of achievement, and gaining invaluable experience at such a high-profile annual event in the Macao calendar.

### MCMC students celebrate St Patrick's Day



MCMC students celebrated St Patrick’s Day (March 17) at the Greening of the Ruins of St Paul, with an Irish Coffee at Clube Militar de Macau.

This was merely one event in a continuing programme of cultural events, for students to experience first hand the cultural activities of countries around the world, enabling understanding and respect for other countries and cultures to be cultivated.

Everyone wore at least one item of clothing that was green in colour, and explored the reasons for this and the popularity of St Patrick’s Day celebrations the world over, especially New York, London and Hong Kong. St Patrick’s Day is annually celebrated by millions of people around the world: 149 million in the USA alone.

Irish Coffee provided an authentic taste, together with examples of good quality artisanal foods, for which Ireland is noted the world over.

### MCM College Macau Literary Festival: Script Road, 2019, Emmy-nominated filmmaker, Chinese American Journalist, Jennifer Crandall



On Tuesday 19th March, 2019, Moon Chun Memorial College welcomed students, UM faculty and also members of the Macau community, to a special session of The Script Road –where renowned writers, publishers, translators, journalists, musicians, filmmakers and visual artists for the 8th annual Macau Literary Festival.

In her latest project, a 52-part documentary poem wherein video cameras record ordinary citizens from Alabama, as fragments of their lives and personal traits are exposed while reading verses from Walt Whitman’s epic “Song of Myself.” Crandall explained that documentary unexpectedly exposed a tender and non-judgmental portrayal of those who participated – especially the more powerful episodes that focused on Anthony Stewart, an illiterate middle-aged man (verse 43: On the Road), and the other that focused on Donnie Goodin, a paraplegic who sold chewing gum and sweets (verse 51: in Birminham). Many in the audience became overwhelmed with emotions at one point or another.

Although Alabama was chosen as the location for filming, Crandall’s intention was really to bring everyone together as nation of Americans without any stereotyping, or prejudice. In essence, Crandall wanted the southern state “to be better enfolded into a general American consciousness” that is a part of America, and not an individual state.

### **MCM College Students and Staff Attend 2019 MICEF - Macao International Environment Co-operation Forum & Exhibition**



The 2019 MICEF (Macao International Environment Co-operation Forum & Exhibition) organised by Macao Trade and Investment Promotion Institute (IPIM), with contributions from Environmental Protection Bureau, was inaugurated at The Venetian Macao Thursday 28th March 2019, to promote

regional co-operation and trade on environmental productions and service providers in the Greater Bay Area.

The theme for this year's event is "Thinking Green, Going Clean, Living Cool", and showcases some of the latest eco-technological advances and practical solutions to tackle environmental challenges. Other areas exhibited include nurturing environmental business, technology and information exchange between the Pan-Pearl River Delta Region in Southern China and the international markets.

MCM College Master, Prof. Kevin Thompson, President of Board of Directors Macau European Chamber of Commerce, representing National Chambers from European business associations in Macau & HK, delivered a short welcome address. Lionel Leong, Secretary of Economy and Finance of Macau; José Luis de Sales Marques, President of the Institute of European Studies of Macau; were present, with many Consuls General to Macao and HK, to celebrate the Opening Ceremony.

The College prides itself on 'town and gown' connectivity with local and international business communities. MCM international students: Emilie Peltola (Finland), Benson Lin, and Ariel Xiao (China) were keen to engage in high quality business discussions and integrate in lively and stimulating international and local communities.

## Guest Visit

### **MCMC's first cohort graduate Winston Tan revisited MCM College**



MCM College - 6 years old in August with 3 graduate cohorts - is very proud of its students and their achievements, and greatly values keeping in touch with its alumni. Not only does this provide admirable rôle models for current students, but it continues its tradition of belonging to a 'college family', friendship and the warmth of collegiality intertwined with constant life-long support.

Thus far in MCMC's brief history and development, there have been a number of gatherings in the UK where many graduates choose to study for Masters at British institutions. These have been held at East India Club, St James's Square, London, Clare Hall University of Cambridge, and for those studying further north, in York, and this Summer in Edinburgh, Scotland.

MCMC is always delighted when former students return to the College, and it was a most useful



evening recently for current graduands to hear about, and benefit from, the experiences of 2018 graduates, Tommy Ho, Victor Chou and Nelson Kong, and their various experiences so far of the world of work.

Winston Tan, 2017 graduate from MCMC's first cohort, visited this week, and over lunch in College Hall, we were delighted to learn that he is to graduate shortly from NUS Lee Kwan Yew School of Public Policy in the first batch of MIA (Master in International Affairs), that he has recently passed the bar exam and is now able to also practise Law in China. Winston already has a job offer from Huafa Corporation, a state-owned enterprise in Zhui, and over the weekend he took the civil entrance exam.

We all congratulated Winston heartily on ensuring his future career prospects by having many strings to his bow, whilst he spoke fondly of his four years as member of MCM College.

## High Table

### MCMC initiates “Common Table” at UM



MCM College “Common Table” resonated with 12th Century Oxford traditions of scholars gathering with Master and Fellows to develop knowledge and wisdom. Nourishment of mind, body and spirit characterises collegiate life, practised in collegiate universities, ancient and modern to this day.

Complementary to College High Table, Common Table intermingles students and faculty across disciplines at long tables, together with town-and-gown guests from Macao and Hong Kong. Traditional simplicity is cherished, so rather than serving at table, diners serve themselves. The medieval concept of a simple meal taken together encourages lively, animated discourse. Grand Lapa, with Chef Tan overseeing the fare, enhanced this original idea of simple fare with a delicious array of hot and cold dishes, alongside artisanal bread and cheeses from all over the world, together with seasonal, healthy salads and fruit.

Students expressed gratitude for the opportunity to be able to talk at length with faculty, gaining ideas and advice for present study and future careers, over healthy and nutritious food.

Food for the soul was provided by Michael Kirby, Principal Clarinet Macao Orchestra, accompanied by Dr. Peggy Lau, MCMC Resident Fellow performing French music, together with a spirited

rendition of the poem, "The Shooting of Dan McGrew" by Prof Man Chiu. Modern dance expertly choreographed and performed by MCMC students provided an enthusiastic and lively contrast and interlude.

### MCM College Celebrates European Consuls' General High Table, 2019



On 16th April, 2019, MCM College Master, Professor Kit Thompson welcomed distinguished guests, to European Consuls' High Table – this year's valedictorian celebration and acknowledgement of many capable and assiduous students, academic colleagues, as well as unwavering support of the Macau SAR and consular corps, upon whom the international success of the College is contingent.

Distinguished guests at the High Table included:

- *Paulo Cunha Alves, Consul General, Consulate General of Portugal in Macau and Hong Kong*
- *Monika Mueller-Fembeck, Consul General, Austrian Consulate General in Hong Kong and Macau*
- *Frances Moffett-Kouadio, Director of Trade & Investment, British Consulate General Hong Kong and Macao*
- *Wilhelm Brauner, Chairman, The Austrian Chamber of Commerce Hong Kong*
- *Talida Brauner, Vice Chairman, European Chamber of Commerce in Hong Kong*
- *Rutger Verschuren, Chairman, France Macau Chamber of Commerce*
- *Fabio Fumai, Operations Manager, Doppelmayr Macau Ltd*
- *Chung Chin Hung, Director, Hong Kong St. John Ambulance Headquarters*
- *Eileen Stow, Director & General Manager, Lord Stow's Bakery*
- *Billy So, Vice Rector (Student Affairs), University of Macau*
- *Michael Kirby, Principal Clarinet, Macao Orchestra*
- *Carlos Silva, Office Manager, Macau European Chamber of Commerce*
- *Eddie Lam, Chairman, Macau Vintage Vehicle Culture Association*
- *Carlos Kuan, Founder and Owner, Iaohin Gallery*
- *Adriano Wong, Member, Board of Supervision, Macau Vintage Vehicle Culture Association*
- *Patricia Thompson, Supernumerary Fellow, Colégio Memorial Moon Chun*

In his opening speech, College Master, Prof. Thompson showcased some of the most salient initiatives launched or supported over the years (2013-19) from strengthening 'town and gown';

international bilateral ties in a diversity of strategic fields from arts and culture; sport and language provision; student exchanges and collaborations with business and professional community relations.

The first musical performance was Intermezzo (written by Manuel Ponce, one of Mexico's most prolific and well-known composers) by Resident Fellow, Dr. Peggy Lau. This was followed by the college's Latin Dance Team which performed in the styles of *samba*, *paso doble*, *cha-cha-cha*, and the *rumba*.

The highlight of the evening marked the highly coveted and prestigious presentation of 'Oxbridge Blues' that are awarded to top-performing students excelling within their chosen fields: sporting prowess; charitable work and service to music and the arts; and also completing St. John's First-Aid and Defibrillator training (for emergency treatment of life-threatening cardiac arrests).

Shortly before the evening came to a close, the Executive Committee members of the current House Association officiated a simple ceremony of handing over the mantle to the officers of the newly elected HA Executive Committee members who will take up office in May 2019.

## Student Service Learning

### MCM College: Hunan Service Learning Trip



Between 19th and 22nd April, 2019, the resident fellow and a group of 13 students joined the "Hunan Service Learning Trip" organized by Talent of People Charity Association of Macau. They went to the impoverished area of Jiang Yong in Hunan Province and visited the local subsidized students with the association's volunteers and study subsidy scheme sponsors which added up to a total of 189 participants. After arriving Jiang Yung, the participants were divided into 47 groups and paid home visits to 210 subsidized students. During the visit, the participants chatted with the family members to understand the hardship of their lives. They were all impressed by the students' persistent and positive attitude towards life. In the evening and the third day morning, the participants joined the exchange gathering with the subsidized and non-subsidized students at the school stadium, the theme is "Mutual Understanding, Mutual Support". During the evening gathering, Kiki Yang read a letter to the subsidized students on behalf of the association to share the association and sponsors' views on study subsidy. Wallis Wang shared her own experience of studying with the subsidized students and encouraged them to overcome obstacles with a positive attitude. Through



interactive games and video sharing, the participants encouraged the students to support each other and achieve their goals together. During the after-activity sharing session, the participants expressed their concern for the subsidized students and gratefulness for everything they have. Below are some feedback from the participants:

*“During the secondary school, I read a lot of the photos and information about the impoverished areas in the geography book. I memorized them not because I was shocked by their poor situation, but because I need to revise those information for my exams. Until this service learning trip, I witnessed and felt the hardship of their lives.” - Yardan Lok*

*“From this experience, I realized that I can make a positive impact on others and it reinforced my belief to learn the profession of education well. I believe that the kind seeds that we sow at the beginning will sprout, grow up and bear fruit one day.” - Wallis Wang*

*I’ve learnt “3 Be” from this service learning trip. Firstly, be thankful for who I am. Knowing other people’s stories make me realize how lucky I am. Secondly, be optimistic. No matter what happen on the earth, it is not the end of the world. Thirdly, be generous. Be willing to share what you have with others.” - Koraket Tanseri*

*“I’ve forgotten for how long I had put down my cell phone. During this busy trip, I enjoyed four quiet days. Not only can I free myself from cell phone’s control, but I also let go of academic pressure. I think for students of our generation, this is the most unusual experience.” – Silence Ng*

### Zhejiang Learning and Cultural Exchange Trip



Between 19th and 23rd May, 2019, MCM College organised a learning and cultural exchange trip to Zhejiang Province. Resident Fellow, Alice Hong, led a group of 12 students and visited Hangzhou and Huzhou. The trip was supported by the Youth Federation of Zhejiang Province and Macau Youth Tea Culture Promotion Association.

In the first part of the trip, participants visited one of China’s top higher education institutions, Zhejiang University with guided tour. It included the History Museum, Technology Museum and some landmark buildings. They were very impressed by the University’s rich historic background and scientific achievement. Next, the participants visited a leading music education institution in China, Zhejiang Conservatory of Music. Through observing the music classes and visiting the Music Museum, the participants witnessed their profound music connotation.

In the second part of the trip, participants visited the Museum Art China Hubi and understood more about the cultural treasure of China – calligraphy and its well-known Hubi culture in Huzhou.

Furthermore, participants explored the origin of tea in Huzhou and experienced the rich tea culture through tea tasting activities, purple sand tea cup making workshop, Luyu Tea Culture Museum visit and seminar on the topic of cultural and creative industry. Last but not the least, the participants visited Nanxun Ancient Town and Digang Ancient Fishing Village to experience their traditional cultural heritage. After this fruitful trip, the participants had a deeper understanding of the education, history, and culture heritage in Hangzhou and Huzhou, thus strengthening the connection between Macau and Zhejiang. Below are some feedback from the participants:

*“I’ve heard of Zhejiang University since I was a child. After have a glimpse of it, I was impressed by the beauty of this University which is over one hundred years old. Its motto of ‘Seeking Truth, Pursuing Innovation’ is precise and meaningful, it reflects the founders’ expectation on the students and the confidence of our mother country’s future development.” - Selina*

*“I like music very much. After arriving the Zhejiang Conservatory of Music, I felt that the art atmosphere was rich in the campus and music was in the air. During the music class observation, I enjoyed listening to different kinds of music played by different people, as if I was part of the music.” – Joker*

*“The tea master demonstrated to us the process of making tea, and let us witness the elegant etiquette of Chinese tea culture. While appreciating the art of making tea, I tasted the tea with a mindful heart. What a great experience to slow down our paces in life!” - Matilda*

*“The most exciting activity of this trip was making tea cup with purple sand. I was extremely concentrated during the whole making process. I had a great satisfaction of making the tea cup by myself from scratch. The masters there were very kind, making me feel comfortable.” – Kam*

## ENGLISH LANGUAGE ENHANCEMENT PROGRAMME

### “Something to Remember” - A DIY Workshop of Transferring Images with Gel Medium



MCM College Fellow, Vivian Chaplin (ELC) and Vince Li (ELC & CKY College Fellow) held a special DIY Workshop of transferring images using gel medium. More than fifteen students and staff gathered in Fellows’ Salon for this artistic workshop.

Participants brought with them laser-printed images which were then transferred on to a canvas. Vivian and Vince explained that the transfer process required an application of acrylic gel medium over the images. Students then placed their images face down into the wet medium and allowed them dry thoroughly. The paper backing of the images were soaked with water and then removed. A translucent image becomes embedded within the acrylic medium.

### English and Lawn Bowls



Lawn bowls is played outdoors and is popular among younger and older players in Europe. On 4th April, 2019, MCM College invited college affiliate, Mr. Kerrin Burnell, and Mr. Michael Litchensten, English Language Centre (ELC), to host a Lawn Bowls Workshop for beginners. This workshop kicked off on the newly opened lawn bowling green at UM. During the workshop, participants learnt the basics of bowls and after a two hour session, they had the basic skills necessary for them to commence bowling socially. After experiencing lawn bowling for the first time, the participants all said that learning lawn bowling was fun.

### Job Interview Practice Workshop



MCM College organized a Job Interview Practice Workshop on 14th March, 2019. Four senior instructors from English Language Centre (ELC) led the workshop: Mr. Kerrin Burnell, Mr. Michael Litchensten, Mr. Sam Newton and Ms Melody Xie.

The workshop was aimed for students who would be attending interviews for part-time or full-time jobs, study abroad programmes or applying to postgraduate school.

At the beginning of the workshop, participants were asked introduce themselves. After the warm-up, the participants formed two in a group and discussed how to answer frequently asked questions in an interview. Then, participants were divided into four groups to join mock interview sessions hosted by the four instructors. Right after the interviews, the participants received immediate



feedback on their performance and learnt what were the do's and don'ts for an interview. In the workshop, the participants interacted with each other actively and they were keen to ask the instructors for personal advice to improve their interview skills. According to the post-workshop student evaluation forms, the participants strongly agreed that the content of this workshop stimulated their learning and the instructors were well prepared and helpful. After all, this workshop was relevant to their needs and useful in their future.

## SPORTS NEWS

### CICC Masters' Cup Football Tournament, 2019



The Committee for Inter-College Council (CICC) held its third Masters' Cup 5-a-side Football Competition, with the qualifying stages from 17th to 30th March, 2019, and the finals on 31st March, 2019, at UM's Mini Artificial Turf.

MCMC 'Canaries' were one of ten teams from across the different Colleges that was up for the challenge. The team was spearheaded and well-captained by Miguel Noronha (sophomore) who led the Canaries in the qualifiers with victories over EA College, CKY College and LCW College and guided the team into the semi-finals against a strong CTY College side. The Canaries began well but succumbed to the fast attacking style of their opponents, eventually losing 4-7 and were placed 4<sup>th</sup> overall.

Associate Master College Master, Dr. Manuel Noronha was at the field to support the team.

### CICC Masters' Cup Table Tennis Tournament, 2019



MCM College has been crowned champions of CICC Masters' Cup Table Tennis Tournament, 2019, held in UM's Sports Complex, N8. In the group stages, MCMC players enjoyed two comfortable victories, sweeping aside EA College and LCW College, whilst overcoming CKL College with a hard-fought 2-1 victory to ensure further qualification.

In the semi-final playoff, MCM College put out a star-studded lineup for the men's doubles featuring long Chi Fong (sophomore) and Captain, Chou Hou I (junior), while Kuok I Wa (freshmen) and Wong Chi Kin (junior) paired up for the mixed doubles. Both teams produced spectacular displays to give MCM College a vital 2-1 win.

In an exciting display of team spirit and unity, MCM College once again rallied behind the likes of long Wai Fong and Chou Hou I, as they showed their prowess and telepathic synchronicity at the highest levels to confirm their absolute class against CKL College players, winning 3-0 to become this season's collegiate champions.

It was an exceptional match between two incredibly determined teams of the highest calibre, and congratulations to both teams on their overall team performance and sportsmanship.



滿珍紀念書院  
Moon Chun Memorial College