



# 澳門大學學長扶助計劃

## 學弟學妹大召集



我們一群學長已經準備好去協助你成為更積極更活潑的學弟/學妹！想更了解澳大？更快適應新校園生活？認識更多新朋友？參加學長扶助計劃啦！

1. 簡介：「PSP-學長扶助計劃」(Peer Support Programme) 透過活動和聚會，將大二至大四的同學（學長）和大一的新生（學弟/學妹）聚集在一起，讓他們建立深厚的友誼，從而協助新同學適應大學的新生活。透過此計劃，參加者可以提高自信，增進人際關係，學習多角度思考。同時，本計劃著重思考啟發，除了可以建立正面積極的態度，學會有效地互相扶持，還可加強對大學的歸屬感並在校園內建立一份關懷的氣氛。
2. 招募對象及名額：96 名學弟/學妹（本科大一的新生）。
3. 計劃內容：計劃為期一年。我們將按照學長和學弟/學妹所就讀的學院、書院和課程，把參加者分成小組（每組將有兩名資深學長，八名學長和二十四名學弟/學妹）。在學年初，我們會舉辦迎新活動，讓資深學長、學長和學弟/妹互相認識。其後，我們會定期舉辦大型活動以及鼓勵各小組自發性地舉辦小組活動，以增進小組內的團結和組員間的關係。
4. 迎新日：所有被錄取的學弟/學妹**必須**參與迎新日。

日期	地點	時間	費用
2025 年 10 月 4 日（星期六）	澳門大學	13:00-20:00	全免

5. 報名辦法：於 **2025 年 9 月 1 日（星期一）** 或之前完成網上報名，報名期間可於 **2025 年 8 月 21 日（星期四）** 至 **2024 年 8 月 26 日（星期二）** 前來攤位查詢（攤位詳情可留意 Facebook page @PSPUMAC）。錄取結果將於 9 月上旬透過電郵公佈，學長們隨即會於結果公佈後與被錄取之學弟/學妹聯絡。

報名表



6. 查詢：

電話：6868 5551/ 6677 7926（資深學長 Zheng Hio Tong /Sou Lai I）

電郵：[psp.students@um.edu.mo](mailto:psp.students@um.edu.mo)



# Peer Support Programme

## Recruitment of Freshmen



Our mentors are ready to help you become a positive and energetic freshman! Want to know more about UM, adjust to the new environment more smoothly and meet more friends? Join our Peer Support Programme!

1. Introduction: Peer Support Programme (PSP) brings mentors (Year 2 – Year 4 students) and freshmen (Year 1 students) together through activities and gatherings, aiming to help freshmen successfully adjust to the new environment. Through the programme, participants can strengthen their interpersonal relationships, become effective in supporting one another, develop a stronger sense of belonging and create a caring culture in the University.
2. Target Participants: 96 freshmen (Year 1 undergraduate students)
3. Programme Content: The programme lasts for one academic year. Participants will be divided into groups (each group will be comprised of 2 senior mentors, 8 mentors and 24 freshmen) according to their residential colleges, faculties or majors. Over the year, we will hold large group activities so that participants will get to know one another in the programme. At the same time, small group activities initiated and carried out by each individual group will be encouraged in order to enhance the group-cohesiveness and deepen the peer relationship.
4. Welcome Days: All selected freshmen **MUST** attend the following Welcome Days.

Date	Venue	Time	Fee
4 October 2025 (Sat)	UM	13:00-20:00	Free

5. Application:

Fill out the online application form by **1 September 2025 (Mon)**. If you have any enquiries, please come to the booth from **21 August 2024 (Thu)** to **26 August 2024 (Tue)** (For details about the booth, please refer to the Facebook page @PSPUMAC). The selection result will be announced through email in early-Sept. Mentors will contact the selected freshmen after the announcement.

Application Form

6. Enquiries:

Tel: 6868 5551 / 6677 7926 (Senior Mentors Zheng Hio Tong & Sou Lai I)

Email: [psp.students@um.edu.mo](mailto:psp.students@um.edu.mo)

