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E-GUINEA ETRITREA ESTONIA ETHIOPIA FALKLAND ISLANDS (ISLAS MALVINAS) FAROE ISLANDS FIJI FINLAND FRANCE FRENCH
GUATEMALA GUERNSEY GUINEA GUINEA-BISSAU GUYANA HAITI HEARD ISLAND AND McDONALD ISLANDS HOLY SEE HONDU
RUE JORDAN KAZAKHSTAN KENYA KIRIBATI NORTH KOREA SOUTH KOREA KUWAIT KYRGYZSTAN LAOS LATVIA LEBANON LESOT
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Information Guide

for International and Exchange Students 2011-2013



旅遊學院
INSTITUTO DE FORMAÇÃO TURÍSTICA
Institute for Tourism Studies

www.ift.edu.mo

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1. Welcome note

WELCOME to the Institute for Tourism Studies (Instituto de Formação Turística)!

Being a student member of this Institute, you may be eager to know more about it, to get acquainted with other students, to participate in students'/Institute's activities and to make good use of the learning opportunities and available facilities.

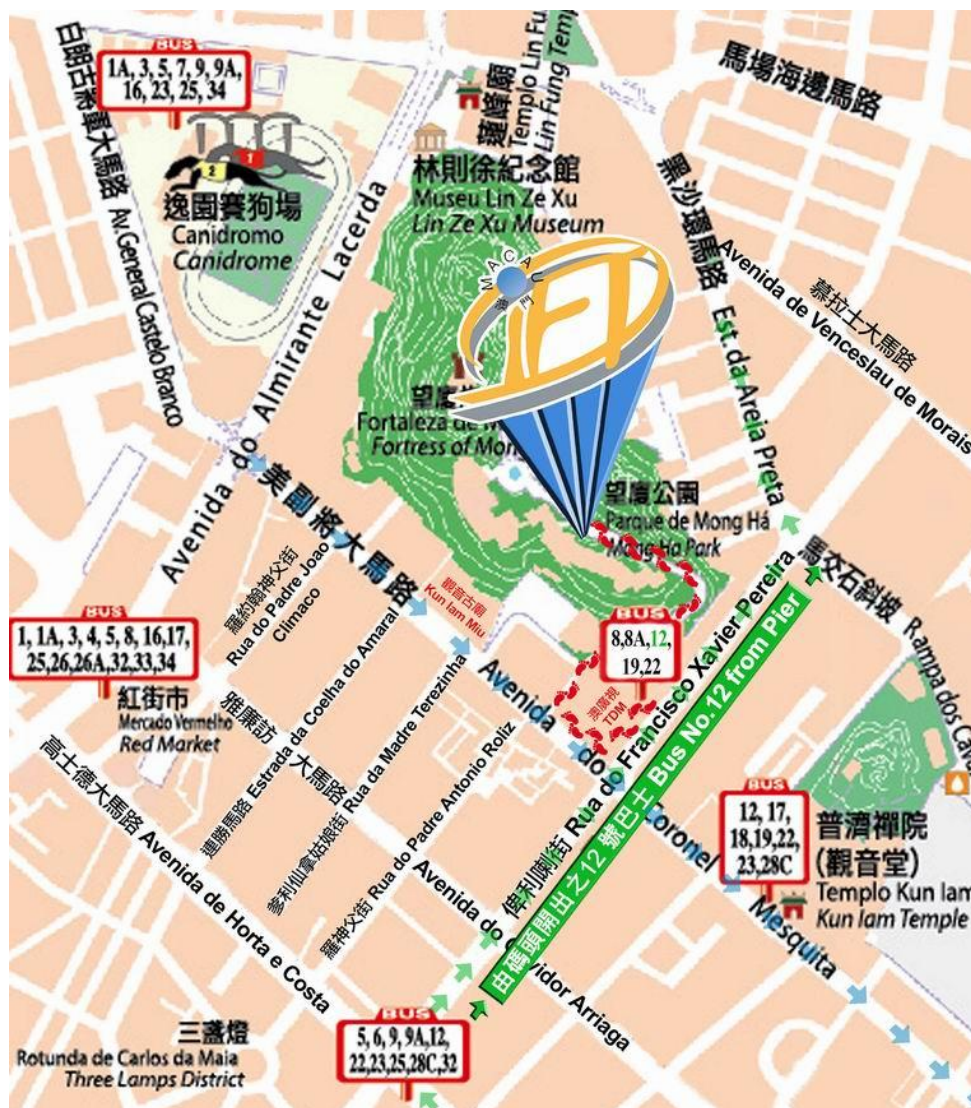
This Information Guide for International and Exchange Students is a biennial publication which serves as an information directory to answer the questions you may have **before your departure to Macao**.

There are three functional units under Technical and Academic Support Division:

Area	Contacts	Email
International Affairs	(853) 85983-042 or 85061-279	
Degree Programme Affairs	(853) 85061-414 or 85061-280	admission@ift.edu.mo
Professional Programme Affairs	(853) 85983-041 or 85061-368	

Staff handling International Affairs assist incoming and outgoing exchange students in going through all the formalities.

We look forward to assisting you at IFT, Macao.



2. General Information

About the Institute for Tourism Studies (IFT)

Institute for Tourism Studies (IFT) is a public institution of higher education that falls under the governance of the Secretary for Social Affairs and Culture of the Macao Special Administrative Region Government, People's Republic of China. It is the first tourism education institution certified by the United Nations World Tourism Organization's Themis TedQual (Tourism Education Quality) system.

IFT offers degree and professional programmes in a wide range of tourism-related disciplines such as hospitality, tourism business, heritage, events, retail and marketing, leisure and entertainment, sports and recreation, creative and cultural studies, and culinary arts. IFT also delivers various programmes at the executive and postgraduate levels in partnership with leading tourism schools in the world. The Institute is entrusted by the local authorities to conduct policy level research related to tourism planning and development.

The mission of IFT is to become an international tertiary institution of choice for tourism and service industry studies. Not only for the benefits of Macao, but also for the Asia Pacific region, it will equip students with professional knowledge and technical competence in preparation for their future leadership responsibilities in the industry. In order to fulfil the above mission, the Institute has the following three characteristics:

1. **Unique Identity** - The Institute operates independently, specialising in providing higher education and professional training in tourism and service industry management.
2. **Integration** - It blends the best approaches of academic development and professional training.
3. **Internationalisation** - It seeks mutually beneficial cooperation with similar institutions abroad, actively promoting international learning experience among faculty and students.



Achievements

In 1997, the Network of Asia-Pacific Education and Training Institutes in Tourism (APETIT), a body fully supported by the United Nations Economic and Social Commission for Asia and the Pacific (UNESCAP) selected IFT as the "training the trainer centre" offering training and advisory services for APETIT members in the Asia Pacific region. In the same year, IFT received from the Pacific Asia Travel Association (PATA) the Gold Award in "Education and Training", which acknowledged the content and the quality of IFT's programmes. In 2002, IFT was presented, again, with the same award for having set up the "Macao Occupational skills Recognition System" (MORS) for the local tourism and service industry, in collaboration with the European Union (EU).

In 1999, in cooperation with EU, the Macao-Europe Centre for Advanced Tourism Studies (ME-CATS) was established in the Institute, incorporating new European concepts of tourism and service industry management into the tourism development of the Asia Pacific region. This centre aims at becoming a base for education and training in the Asia Pacific region. It promotes exchange of knowledge and experience between institutes of higher education in Europe and in the region.

In 2000, IFT became the first educational institution to be granted the TedQual Certification by the United Nations World Tourism Organization (UNWTO). This confirmed the international standard and quality achieved by IFT in education and training.

In 2003, IFT was invited by the United Nations Educational Scientific and Cultural Organization (UNESCO) and the International Centre for the Study of the Preservation and Restoration of Cultural Property (ICCROM) to be the founding member of the Asian Academy for Heritage Management (AAHM). This consortium networks institutes of higher learning throughout the Asia-Pacific region that are engaged in the research and teaching of heritage conservation and cultural institution management.

In 2004, The Association for Tourism and Leisure Education (ATLAS) appointed the Institute as Asia Pacific Board Member. It helps to develop transnational educational initiatives in tourism and leisure of Macao, encourage exchanges between lecturers and students in academic researches, and enhance quality of the programmes provided by the Institute.

“The 2008 Award Ceremony of Medals and Titles of Honour of the Macao SAR Government, People’s Republic of China” was held on 16 January 2009. Forty individuals and organisations were accorded honours and awards for their personal achievements, notable contributions to Macao SAR and their dedicated public and community service. The Institute for Tourism Studies was awarded the Medal of Merit for Tourism in recognition of its significant contributions in advancing local tourism development.

IFT will continue to strive ahead in its quest of learning and educational innovation, fostering professionals and making contributions to the tourism development of Macao and of the Asia Pacific region.

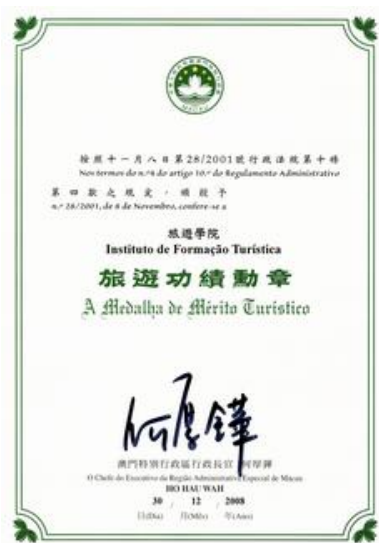
The PATA Gold Awards



United Nations World Tourism Organization (UNWTO) TedQual Certification



Medal of Merit for Tourism

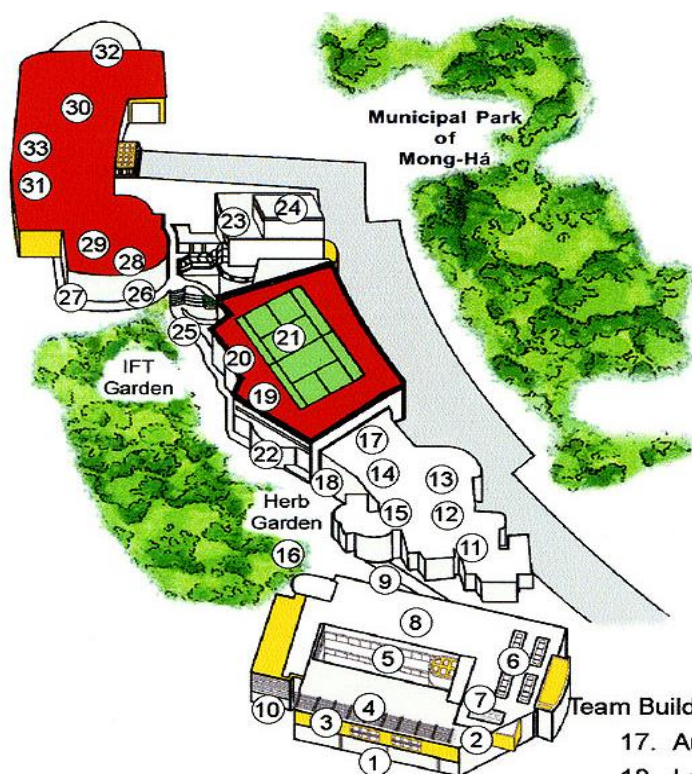


3. Studying at IFT

Academic report

All exchange students, upon completion of their programmes at IFT, are given an academic report free-of-charge for the first issue. This is usually sent one month after the last date of the final examination. A copy is also sent to their home institutions.

Campus map



Inspiration Building - Academic Block		Team Building - Administrative Block	
1. Registry / OIA	GF	17. Auditorium	GF
2. Grand Hall	GF	18. Laundry	B2
3. Lecturers' Offices	1F	19. Computer Laboratory	GF
4. Staff Common Room	1F	20. Classrooms	GF
5. Classrooms	1F-3F	21. Multi-purpose Court	Terrace
6. Indoor Multi-purpose Court	2F	22. Amphitheatre	B1
7. Squash Court	2F	23. Multimedia Laboratory	1F
8. Aerial Garden	Terrace	24. 24-Hour Study Room	2F
9. Sky Corridor	2F	25. Outdoor Theatre	IFT Garden
10. Carpark	B1	Educational Restaurant	
Pousada de Mong-Há		26. Student Common Room	B1
11. Pousada de Mong-Há (Educational Hotel)		27. Culinary Classrooms	B1
12. Pousada Restaurant	GF	28. Administrative and Financial Affairs	GF
13. Conference room	1F	29. Multimedia Library	1F
14. Mock Housekeeping Room	B1	30. Windows Cafeteria	2F
15. Gymnasium	1F	31. Kitchens	
16. Herb Garden	B1	Demonstration Kitchen	1F
		Individual Kitchen	
		Main Kitchen	
		Pastry and Bakery	
		32. Educational Restaurant	1F
		33. Carpark	B1-B3

Dress code

Students on campus are not permitted to wear:

- a) hair colourings of non-natural colours;
- b) hair styles (unruly or long hair) which are not permissible in Theory and Practice courses;
- c) excessive jewellery (large and multiple rings, multiple bangles, multiple necklaces or chains) or trinkets;
- d) tattoos;
- e) singlet;
- f) jewellery of body piercing nature (other than a single pair of simple earrings or ear-studs for ladies);
- g) coloured contact lenses or sunglasses ;
- h) long fingernails, or have their fingernails and toenails painted with bright colours or decorated with decals or glitter;
- i) cut-off or ripped jeans;
- j) revealing or obscene clothing;
- k) flip-flops, slippers or be barefoot;
- l) attire which have objectionable illustrations or slogans;
- m) sleeveless T-shirts;
- n) dirty or threadbare or frayed or unpressed clothing;
- o) tracksuits or overalls; and
- p) hats or caps or headgear.



It is recommended for non-local students to bring with them business attire for specific events required by some courses.

Pick-up service

Pick-up service is available before the commencement of each semester and the service slot is specified on the Arrival Form. Non-local students needing such service should arrive within the service slot and hostel trainees will see into the arrangement.

Visa



Entry visa and student visa

Entry visas are NOT required by most nationals who could stay visa free in Macao from 30 to 90 days. Hong Kong residents are entitled to remain in Macao visa-free for up to one year. Updated visa information is at www.fsm.gov.mo/psp/eng/main.html.

IFT assists non-local students in applying for a temporary resident permit (**student visa**) soon after their arrival in Macao. **Holders of student visa are not allowed to engage in any paid or unpaid job in Macao.**



Visa to Hong Kong (for Mainland students)

This visa can be applied at China Travel Service (Macao) Ltd. http://www.cts.com.mo/visa/htm/vs_t4.htm.

For those aged under 18 needing a testimonial for getting a visa to Hong Kong, parents' letter of acknowledgement is required.



Visa to Mainland China (for non-Mainland students)

Since Mainland visa can only be applied after collecting student visa in Macao, it is recommended to apply for Mainland visa at the nearest Chinese embassy before departure from home country should there be any plan to travel during the exchange period.

Those who only wish to apply for Mainland visa after arriving Macao, they could go to any of the following. “144-hr single-entry *group-visa* for Guangdong province” can be applied at most travel agencies.

Department of Consular Affairs (www.fmco-prc.gov.mo/eng)

Office of the Commissioner of the Ministry of Foreign Affairs in the Macao SAR

No. 992, Ave do Dr. Rodrigo Rodrigues, Tel. 8791 5116

Operation hours: 0900 – 1200 and 1500 – 1700 (Monday to Friday and closed on public holidays)

China Travel Service (http://www.cts.com.mo/visa/htm/vs_t3.htm)

No. 223-225, Edif. Nam Kwong, Av. Dr. Rodrigo Rodrigues, Tel. 2870 6611

Operation hours: 0900 – 1700 (Open all year round, even on public holidays)

Welcoming Programme



In order for non-local students to get familiar with the study and the living environment in Macao, a 4-day **Welcoming Programme for International and Exchange Students** will be held just before the semester commencement.

This programme includes campus tour, team-building activities and culinary experience on Macanese cooking. A whole-day city tour is arranged to allow them to have a snapshot of Macao.

4. Fees and Expenses

USD1 (One) is approximately equivalent to MOP8 (Eight). More details about the local currency can be found later in the book.

Tuition fee

Programmes	Tuition Fee for Academic Year 2011/12	
	Students from China (including Macao, Hong Kong and Chinese Taiwan)	International / Exchange Students
Bachelor Degree	MOP24,000 / year	MOP31,200 / year

Remarks:

- Subject to annual review
- Students from institutions with which IFT has a student exchange agreement are usually not required to pay tuition fee to IFT, but to their home institutions.

Other major expenses

Item	Estimated Price (MOP)
School uniform	
- Male set (a tie, two blazers, two pairs of trousers, four shirts and two pairs of black shoes)	1,730*
- Female set (a bowtie, two jackets and two skirts, four blouses and two pairs of black shoes)	1,300*
Tracksuits (one for summer and one for winter)	190*
Practicum uniform for Hotel Management and Tourism Event Management students	215*
Annual purchase on texts and study materials	1,700*
Monthly hostel residence rental on shared room basis (applicable to resident students only)	Around 2,000#
Insurance policy (Non-Macao students are required to purchase an insurance policy covering their period of stay in Macao as well as the travel between their home country and Macao)	---

* These are reference figures in academic year 2010/11 and are subject to annual review.

Hostel apartments are leased from the private property market and the rental fee is subject to annual review due to market fluctuation. The fee has already included broadband charge while gasoline, electricity and water utilities charges will be fully borne and shared by residents in the same apartment. Exchange students are not required to purchase uniform.

Accommodation

Accommodation queries can be addressed to Student Hostel at (853) 2851-5222 / iftpmh@ift.edu.mo,

Student Hostel

Students requesting our assistance to find accommodation will be placed in Student Hostel. All apartments are within 5 to 20 minutes walking distance from the Institute. Residents should take note of the following:

- Each apartment, shared by a maximum of six residents, is adequately furnished. Each apartment has a kitchen, a washroom, a combined living and dining room as well as two or three bedrooms.
- As rooms are limited in number, residents should reserve accommodation prior to their arrival by returning Accommodation Request Form before May for Fall Semester and October for Spring Semester.
- Residents are required to comply with the Hostel rules. (Refer to [Student Handbook](#))



Hostel fee

The monthly rental fee for twin-sharing bedroom apartment is MOP950 (daily rate MOP35) while it is MOP1,500 per month (daily rate MOP50) for single-occupancy bedroom apartment (subject to annual review) whereas the residents have to share their own utilities (water and electricity) expenses with their roommates.

For new residents, a trial residence at the Hostel until the first month of the semester will be given. The rental fee (pro-rata according to your check-in date) is to be paid upon the end of the trial period or the check-out date, whichever comes first. The daily room charge within the trial period is MOP35 (twin-sharing bedroom apartment) or MOP50 (single-occupancy bedroom apartment). The first month is of trial nature. If residents, for any reason, do not wish to stay at the Hostel, they are free to check out anytime during the trial period.

Should residents decide to continue their stay in the Hostel, the rental fee for extended stay for the rest of the semester is to be paid by the end of the trial period. A late charge of MOP100 will be incurred if the resident fails to settle the rental fee within one week after the trial period.

Self-arranged accommodation

The rent of a 2-room or 3-room apartment in the city varies from MOP6,000 - 10,000 (Six Thousand - Ten Thousand) per month. Besides rent, students are required to pay one month's rent as commission to the real estate agent and two months' rent as deposit to the landlord at the beginning of the tenancy. In addition, utilities and management fees must be paid by the students themselves.

Food and other expenses

Besides cooking their own meals, students can buy meals at Windows Cafeteria at reasonable prices of around MOP20 (Twenty) for soup and main course.

Food is charged reasonably here. However, prices of food vary slightly from shop to shop. A list of approximate cost of some basic food items is provided below. Some consumer price information can be found at Macao SAR Government Consumer Council (<http://www.consumer.gov.mo/e/default.asp>).

Food item	Price (MOP)
Milk per litre	25 (Twenty-five)
Big Mac	20 (Twenty)
Bread per loaf	15 (Fifteen)
Butter per 500g packet	30 (Thirty)
Beef per kilo	70 (Seventy)
Pork per kilo	50 (Fifty)
Soft drinks (Coca Cola, Sprite, etc.) per litre	13 (Thirteen)
Beer per litre	20 (Twenty)
Wine	40 – 120 (Forty to One Hundred and Twenty)
Newspaper	5 – 10 (Five to Ten)
Movie ticket	50 (Fifty)
Local transportation (Bus)	3.20 – 6.40 (Three dollars and twenty cents to Six dollars and forty cents)

5. City Guide

Electricity

Electricity is 220 volts and 50 cycles AC.

Food and dining

Macao is an ideal place to locate fine restaurants with different types of cuisine – Chinese, Indian, Italian, Japanese, Korean, Macanese, Portuguese, Thai, Vietnamese, etc. Visit www.yip.mo for details.

Chinese food

Peking duck



Steamed rice rolls



Dim sum



[served in round baskets or on dainty China dishes]

Sweet and sour pork



Portuguese food

Experience Portugal in Macao by sampling authentic and delicious Portuguese food.

“Bacalhau” (Codfish)



[prepared in many different delicious ways: baked, boiled, grilled, stewed, fried, etc.]

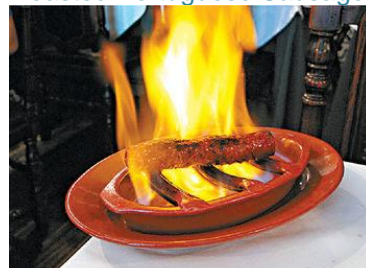
“Caldo Verde” (Green vegetable soup)



Portuguese duck rice



Roasted Portuguese Sausage



Macanese food

Macanese food is filled with memories of Macao's multi-cultural past and present. The exotic mix of ingredients picked up by the Portuguese during their travels around the world has contributed greatly to the flavour of local dishes. In sampling Macanese food, one can discover tastes from all around the world.

African chicken



"Galinha à Macau" (Portuguese chicken)



"Minche" (Minced meat)



Duck stew with own blood



Health Care

Description	Webpage
Clinic	www.yp.mo/en_US/group-category-id/6
Health centre	www.ssm.gov.mo/design/hotline/e_hotline_fs.htm
Hospital	Conde S. Januário (www.ssm.gov.mo/design/home_e_fs.htm) Kiang Wu (www.kwh.org.mo) University Hospital (www.mustf-hospital.org.mo/e_hospital/index1.htm)
Pharmacy/Drugstore	www.yp.mo/en_US/69900/Macau-Drugstores



International calls

Call Collect: 0800862 / 0800861 (Mainland China) OR 191 (Other overseas countries)

Call Direct: International Code + Country Code + Area Code + Phone Number

Phone cards are available for purchases for both local and international calls. Operators of Public Telecommunications Mobile Services are:

- [Companhia de Telecomunicações de Macau](#)
- [Hutchison Telecom - Macau](#)
- [SmarTone - Macau](#)
- [China Telecom \(Macau\) Corporation Limited](#)
- [Kong Seng Paging Limited](#)

Postal services

There are post offices located on the peninsular and the two islands. Mail boxes with/without stamp vending machines and postal service stations are also available. Visit www.macaupost.gov.mo for details.



Post Office	Address	Tel
Central	Largo do Senado	2832 3666
Red Market (closest to IFT)	Av. do Ouvidor Arriaga, No. 96, Edf. Centro Comercial Camões R/C-A	2857 2329
Mong-Há	Avenida de Venceslau de Moraes, 11-E, Bairro	2831 7292
Iao Hon	Rua 1 de Bairro Iao Hon37	2857 8590
Macau Maritime Ferry Terminal	Arrival Floor	2872 8079
Rua do Campo	Rua do Campo, No. 162, Edf. Administração Pública	2832 9334
Cultural Centre	Avenida Xian Xing Hai, Centro Cultural	2875 1542
Macau International Airport	Departure Floor	2886 1465
Jardins do Oceano	Estrada dos Jardins Oceano, Lote Q, Azalea Court, Taipa	2881 3306
Nova Taipa	Rua de Bragança, Torre 30 da Urbanização Nova Taipa, Crisântemo Court, Taipa	2884 4308
Taipa	Avenida Carlos da Maia, Taipa	2882 7010
Coloane	Rua da Cordoaria, Coloane	2888 2010

Language

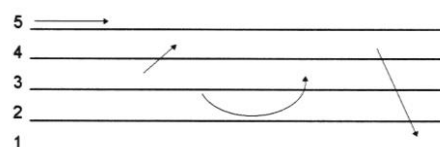
Chinese and Portuguese are the two official languages, with Cantonese the most widely spoken. English, the most popular foreign language spoken in Macao, is generally used in trade, tourism and commerce. A few words in Chinese and Portuguese are given in the table below.

English	Chinese			Portuguese
	Written (Generic)	Spoken (Cantonese)	Spoken (Mandarin)	
Yes	是	Hai	Shi4	Sim
No	否	Ng hai	Fou3 / Bu4	Não
Hello!	你好！	Hello!	Ni3 hao3	Olá
Good morning	早晨	Jou-sán	Zao3 an4	Bom dia
How are you?	你好嗎？	Nei hou má?	Ni3 hao3 ma0?	Como está?
How do you do?	閣下好嗎？	Gok ha hou ma?	Ge2 xia4 hao3 ma0?	Como está?
I'm fine	我好好	Ngo hou hou	Wo3 hen3 hao3	Estou bem
And you?	你呢？	Nei ne?	Ni3 ne0?	E você?
Nice to meet you	好高興認識你	Hou gou heng ying sik nei	Hen3 gao1 xing4 ren4 shi0 ni3	Muito prazer
I am...	我是 ...	Ngo hai...	Wo3 shi4...	Eu sou...
I am not...	我不是 ...	Ngo m-hai ...	Wo3 bu4 shi4...	Eu não sou...
My name is	我的名字是	Ngo giu jou	Wo3 de0 ming2 zi0 shi4	Eu chamo-me
What's your name?	貴姓呀？	Gwai sing a?	Gui4 xing4 ya0?	Como se chama?
I'm from	我來自	Ngo loi ji	Wo3 lai2 zi4	Eu sou de
Have a nice weekend	週末愉快	Jou m-woo yu fai	Zhou1 mo4 yu2 kuai4	Bom fim de semana
See you later	一會兒見	Yek chan gin	Yi1 huir jian4	Até logo
Bye-bye	拜拜	Bye-bye	Bye-bye	Adeus
I'm sorry / Excuse me	對不起 / 不好意思	Doi-mjiu / Ng hou yi si	Dui4 bu0 qi3 / Bu4 hao3 yi4 si0	Desculpe
Please / Thank you	唔該 / 多謝	Ng-goy / Doh je	Xie4 xie4	Faz favor / Obrigado
Good	好	Hou	Hao3	Bom / Boa
OK	OK	OK	OK	OK
Open	開	Hoi	Kai1	Aberto
Closed	關	San	Guan1	Fechado
Here / there	這裡 / 那裡	Nay dou / Gaw dou	Zhe4 li0 / Na4 li0	Aqui / ai / ali
Where is...?	... 在那裡？	... Hai bin dou?	... Zai4 na4 li0?	Onde está?
How much?	多少錢？	Gei dou chin?	Dou1 shao3 qian2?	Quantos?
Too much (many)	太多	Tai do	Tai4 duo1	Muito
Too little (few)	太少	Tai siu	Tai4 shao4	Pouco
FIRE!	火燭呀！	Foe jawk ah!	Jiu4 hou3 ya1!	FOGO!
HELP!	救命呀！	Gau meng ah!	Jiu4 ming4 ya1!	SOCORRO!
POLICE!	找警察呀！	Wan ging chat ah!	Zhao3 jing3 cha2 ya0!	POLÍCIA!
Watch out / DANGER	小心！ / 危險！	Siu sam! / Ngai him!	Xiao3 xia1 / Wei1 xian3	Atenção / Perigo
Men	男	Nam	Nan2	Homens
Women	女	Noi	Nü3	Mulheres
More / less	多 / 少	Do dee / Siu dee	Dou1 / shao3	Mais / Menos
Big / small	大 / 小	Dai / Siu	Da4 / Xiao3	Grande / Pequeno
Expensive / Low-priced	昂貴 / 平宜	Gwai / Peng	Gui4 / Ping2 yi0	Caro / Barato
Far / Near	遠 / 近	Yune / Kan	Yuan3 / Jin4	Longe / Perto
Hot / Cold	熱 / 冷	Yet / Dong	Re4 / Leng3	Quente / Frio
Left / Right	左 / 右	Tcho / Yao	Zuo3 / You4	Esquerda / Direita
New / Old	新 / 舊	San / Gao	Xin1 / Jiu4	Novo / Antigo
With	用 / 和	Yong / Waw	Yong4 / He2	Com
Without	不用 / 免	Bat yong	Bu4 yong4 / Mian3	Sem
Next	下一個	Ha yat go	Xia4 yi1 ge0	Proximo
Last	最後一個	Djoi how yat go	Zui4 hou4 yi1 ge0	Ultimo
Entrance	入口	Yap how	Ru4 kou3	Entrada
Exit	出口	Tchut how	Chu1 kou3	Saída
No entrance!	不准進入！ / 禁止進入！	Ng djawn yap!	Bu4 zun3 jin4 ru4! / Jin4 zhi3 jin4 ru4!	Entrada Proibida!
Don't touch!	不許碰！ / 請勿觸摸！	Ng djawn dim!	Bu4 xu3 peng4 / Qing3 wu4 zhuo1 mo2!	Não mexa
Silence!	安靜！	Jieng dee!	An1 Jing4!	Silêncio
What is the time?	現在幾多點？	Gei dim jong ah?	Xian4 zai4 shen2 me0 shi2 hou0 ne0?	Que horas são?
Day / Month / Year	日 / 月 / 年	Yat / Yut / Neen	Ri4 / Yue4 / Nian2	Dia / Mês / Ano
Hour / Minute / Second	時 / 分 / 秒	See / Fun / Mio	She2 / Fen4 / Miao3	Hora / Minuto / Segundo

English	Chinese			Portuguese
	Written (Generic)	Spoken (Cantonese)	Spoken (Mandarin)	
0 / 1 / 2 / 3	零 / 一 / 二 / 三	Leng / Yat / Yee / Sam	Ling2 / Yi1 / Er4 / San1	Zero / Um(a) / Dois (duas) / Três
4 / 5 / 6 / 7	四 / 五 / 六 / 七	Saiy / Ng / Lok / Chat	Si4 / Wu2 / Liu4 / Qi1	Quatro / Cinco / Seis / Sete
8 / 9 / 10	八 / 九 / 十	Bat / Kao / Sap	Ba1 / Jiu3 / Shi2	Oito / Nove / Dez
50 / 100 / 1000	五十 / 一百 / 一千	Ng sap / Yat bak / Yat tchen	Wu2 shi2 / Yi1 bai3 / Yi1 qian1	Cinquenta / Cem / Mil
Monday	星期一	Sing kay yat	Xing1 qi1 yi1	Segunda-feira
Tuesday	星期二	Sing kay yee	Xing1 qi1 er4	Terça-feira
Wednesday	星期三	Sing kay sam	Xing1 ai1 san1	Quarta-feira
Thursday	星期四	Sing kay saiy	Xing1 qi1 si4	Quinta-feira
Friday	星期五	Sing kay ng	Xing1 qi1 wu2	Sexta-feira
Saturday	星期六	Sing kay lok	Xing1 qi1 liu4	Sábado
Sunday	星期日	Sing kay yat	Xing1 qi1 ri4	Domingo
January	一月	Yat yut	Yi1 yue4	Janeiro
February	二月	Yee yut	Er4 yue4	Fevereiro
March	三月	Sam yut	San1 yue4	Março
April	四月	Saiy yut	Si4 yue4	Abril
May	五月	Ng yut	Wu2 yue4	Maio
June	六月	Lok yut	Liu4 yue4	Junho
July	七月	Chat yut	Qi1 yue4	Julho
August	八月	Bat yut	Ba1 yue4	Agosto
September	九月	Kao yut	Jiu3 yue4	Setembro
October	十月	Sap yut	Shi2 yue4	Outubro
November	十一月	Sap yat yut	Shi2 yi1 yue4	Novembro
December	十二月	Sap yee yut	Shi2 er4 yue4	Dezembro
Yesterday	昨日	Cham yat	Zuo2 tian1	Ontem
Today	今日	Kam yat	Jin1 tian1	Hoje
Tomorrow	明日	Ting yat	Ming2 tian1	Amanha
Institute For Tourism Studies	旅遊學院	Loi yao hôk yuen	Lü3 you2 xue2 yuan4	Instituto de Formação Turística
Mong-Há Hill	望廈山	Mong ha san	Wang4 Xia4 shan1	Colina de Mong-Há
Main street in Central	新馬路	San ma lo	Xin1 ma3 lu4	Av. Almeida Ribeiro
Airport	(飛)機場	Gei cheung	Fei1 ji1 chang3	Aeroporto
Macau Maritime Terminal	港澳碼頭	Kong ou ma tau	Gang3 ao4 ma3 tou0	Novo Terminal Jetfoil
Hac Sa Beach	黑沙海灘	Hac Sa hoi tan	Hei1 sha1 hai3 tan1	Praia de Hac Sa

Remarks:

- There are basically four tones in Mandarin (see diagram). For example, the number "4" in "shi4" represents the fourth tone.
- The number "0" in "zao3 chen0" indicates the use of a neutral tone. Similarly, when a word is not followed by a number, it is pronounced with neutral tone. Generally such words are spoken rapidly.



Leisure and recreation

There are quite a number of cinemas, theatres, bars, karaoke bars, libraries and discos around Macao. Recreational facilities, public beaches and pools are also available. Visit Macau Yellow Pages at www.yip.mo or Macau Government Tourist Office at www.macautourism.gov.mo/en/index.php for details.

Measures

Macao uses metric measurements, although traditional Chinese measures (such as taels of gold, latties of rice) are still in daily use.

Money matter

The “pataca/MOP” (composed of 100 “avos”) is the official unit of currency in Macao, available both in coins and notes, in denominations of:

Coins: 10, 20, 50 avos & 1, 2, 5, 10 patacas

Notes: 10, 20, 50, 100, 500 & 1000 patacas

The Macao pataca is pegged to the Hong Kong Dollar which is circulated freely in Macao, at an exchange rate of HKD100.00=MOP103.20, with permissible variation of up to 10%. There are no restrictions on the amount of currency brought into or taken out of Macao. Some bank websites are listed below for checking exchange rates:

- Banco Nacional Ultramarino: www.bnu.com.mo
- Bank of China: www.bocmacau.com/eng
- Hong Kong and Shanghai Banking Corporation Limited: www.hsbc.com.mo

Credit cards (Visa, Master and American Express) are accepted by most business whilst debit cards are occasionally accepted. Overseas ATM cards, credit cards and debit cards can be used at Automated Teller Machines (ATM) in Macao, provided that the logo on the machine is identical to the one on the card. ATM logos that can be commonly found are JETCO, CIRRUS, PLUS and MAESTRO. Bank charges are imposed on each withdrawal transaction, of which the amount is subject to the discretion of each individual bank.

People and culture

Philosophers

The most prominent are Confucius (Kung Tzu or Kung Fu-tzu or Kung the Master), who advocated Confucianism, Lao Tzu, a Taoist Sage who advocated Taoism, and Mo Tzu, who advocated his Mohist teaching.

Religion

Complete freedom of worship prevails in Macao. However, the main religions are Buddhism and Roman Catholicism, the believers of which make up 7% of the population.

Virtues

People living in Chinese society will undoubtedly have heard of the four Chinese virtues: Loyalty, Filial piety, Benevolence and Righteousness. Loyalty refers to patriotism; filial piety is the respect children show to parents; benevolence means kindness to others; and righteousness means morality of one's actions.

Taboos and recommended behaviour

Generally speaking, Macao people are tolerant, accommodating and hardworking. The taboos which apply in the territory are similar to those in western countries. For example, eye contact between two people speaking together is very common. Other norms are also generally applicable in Macao. To help you, here is some useful information.

When dining:

- Lightly knock the table with your fingers to say “thank you” whenever someone refills your teacup. This tradition dates back to the time of Emperor “Qian-Long” of the Qing Dynasty. Once, when travelling around the south of the Yangzi River, the disguised emperor and his officials stopped for tea. Unusually, for he would not have done so in the palace, the emperor served. In appreciation of this, the officials wanted to “kow-tow” (nod their heads out of respect), as this would have revealed the emperor's true identity, they could not. Qian-Long therefore devised a system of knocking on the table with two fingers to replace the “kow-tow” and express thanks.
- Try not to knock your bowl or glass with your chopsticks or spoon.
- Do not insert your chopsticks into a bowl of rice and leave them pointing upwards. As this is a practice used in ceremonies for the deceased, it is considered to bring bad luck.
- Always take the food that is closest to you on a dish.
- Do not be offended if someone should select food for you with his or her chopsticks. This is merely a way of welcoming you and showing kindness.

Other things to be aware of:

- Show respect whenever you see a family dressed all in white or a woman with white woollen flowers upon her head, as they will either be going to or coming from a funeral. Also, should you find prop money on the ground, do not pick it up; it is for the deceased.
- Avoid kicking the small altars in front of some shops and residences, as these are for worship.
- From time to time, you may encounter food ceremoniously laid out on the sidewalk. Be respectful and avoid disturbing the feast intended for the spirits.
- Do not be alarmed if you notice meat and various items of food displayed outside shops. Standards of hygiene are adequately enforced.
- When attending wedding banquets or other feasts, avoid dressing in all white or black.

Shopping

Macao's most popular buys remain jewellery (particularly gold and pearls), Chinese antiques, porcelain, pottery, watches, beading, knitwear, Chinese herbs, dried seafood, and pastries, etc. As Macao is a free port, products are not subject to taxes, but bargaining is standard on most items.

Some shopping areas are located along Avenida do Infante D. Henrique, Avenida Almeida Ribeiro, Rua do Campo, Rua Pedro Nolasco da Silva as well as in COTAI Strip. Some popular stores are New Yaohan, Sintra Shopping Centre and Macau Landmark (all of which include brand name boutiques), Sportstar on Rua da Palha, which sells bargain-price leisure wear, and Rua das Estalagens and Rua de S. Paulo for antiques. Overruns and seconds from Macao's garment factories are on sale at stalls near São Domingos Church and Cathedral Square. www.yip.mo.

Time difference

Macao is eight hours ahead of GMT. It has no daylight saving time.

Touring Macao and China

City Tour



Macao enjoys rich tourism resources with its centuries-old tradition as a meeting point of cultures and the unique existence of gaming entertainment. Despite being a small city, Macao has been one of the most important hubs for Eastern and Western cultures for the last four centuries, making the Macao of today a unique heritage of cultural merge, reflected in its architectures, religious rituals, customs and cuisines.

Macao's famous historical architectures, and landmarks such as Ruins of St. Paul, Fortress Hill and A-Ma Temple, and other centuries-old churches and temples have charmed visitors from all over the world.

Not only are these architectural heritages treasures of Macao, but they are also proof of a cultural merge that has made the world what it is today. With the support of the Central Government in the process of application,

“The Historic Centre of Macao” was successfully inscribed by the 29th Session of the World Heritage Committee onto UNESCO’s prestigious World Heritage List in July 2005.

Visit the following websites for more information about Macao:

- Macau Government Tourist Office: www.macautourism.gov.mo
- Macao Government City Guide: www.cityguide.gov.mo
- Macau Kiosk www.macaukiosk.com

Easy access to China

The Barrier Gate between Macao and China was officially opened to foreign tourists on 15 October 1979. Since then, there has been an increasing number of foreign tourists through this Gate to visit China. The COTAI Frontier Post has been in service since 2000. From IFT, it only takes approximately 15 minutes by car to Macao Barrier Gate and 45 minutes to Cotai Frontier Post.

Transportation

Means	Description
Taxis	Taxis are either painted in yellow or black with a cream-coloured roof.
Buses	Buses run regularly, from 0615 until 0130. There are three bus companies: <ul style="list-style-type: none"> - Reolian Public Transport Co. Ltd.: http://www.reolian.com.mo - Sociedade de Transportes Coletivos de Macau: www.tcm.com.mo - Transmac: www.transmac.com.mo
Car rental	Cars and mini-mokes can be rented in Macao.

Getting direct to Macao



Macao International Airport (www.macao-airport.com) has been in service since 1995, with regular air services and charter flights mainly in the region operating round-the-clock. It is linked to the Ferry Terminal and Border Gate by Friendship Bridge in 20 minutes, to downtown areas by Macau-Taipa Bridge in 15 minutes or Sai Wan Bridge in 20 minutes.

Suggestion

1. Fly direct or with stop-over/transit post to Macao International Airport.
2. Take a taxi to IFT (costs range from MOP80-100 one-way).

Getting to Macao via China (though there are different ways thru China, let’s only put 2 direct methods here)

Sanzao Airport and Shenzhen Airport are two nearest domestic airports in Mainland.



Suggestion 1

1. Fly to Sanzao Airport.
2. Take a shuttle bus to Gongbei Barrier Gate.
3. Cross the border and enter Macao.
4. Take a taxi to IFT.

Suggestion 2

1. Fly to Shenzhen Airport.
2. Take a ferry to Macao Ferry Terminal (www.turbojet.com.hk/eng/schedule/prd_3.asp)
3. Take a taxi to IFT.



Getting to Macao via Hong Kong

Hong Kong International Airport (www.hongkongairport.com) is situated at Chek Lap Kok. Visa requirement can be different in Hong Kong and Macao. Refer to www.gov.mo for more information.

Suggestion 1 - Airport express ferry (RECOMMENDED)

TurboJET Sea Express serves the route between Hong Kong International Airport and Macao. Passengers can transit to Macao directly from Hong Kong International Airport without the need to pass through Hong Kong customs and immigration formalities, thus hassle free from dragging their luggage to the ferry terminal.

1. Fly to Hong Kong International Airport.
2. **Do NOT** enter immigration hall and **NO NEED** to claim luggage. The Turbojet Sea Express staff will take care of the baggage all through to Macao. Just claim the baggage upon arrival at Macao Ferry Terminal.
3. Look for "Ferry Transfer Desk" and buy TurboJET Sea Express ticket (www.turbojet.com.hk).
4. Board the ferry at SkyPier which is located inside Airport transit area.
5. Take express ferry to Macao.
6. Take a taxi to IFT.

Suggestion 2 - Regular ferry and MTR

The easiest connection to and from the tourist districts of Central and Kowloon is Airport Express Line which makes the journey to Central in just 23 minutes.

1. Fly to Hong Kong International Airport.
2. Take Airport Express Line (www.mtr.com.hk) to Central.
3. Take MTR (Mass Transit Railway) or taxi to Hong Kong - Macau Ferry Terminal in Sheung Wan.
4. Take a ferry to Macao. Schedule and fare can be found at www.turbojet.com.hk.
5. Take a taxi to IFT.

Suggestion 3 - Regular ferry and airbuses

Airbuses (www.hongkongairport.com/eng/transport/to-from-airport/bus_from_hkia.html) to major centres operate on frequent schedules with stops near most major hotels. Both A11 and N11 take passengers from the airport to Hong Kong-Macao Ferry Terminal in Sheung Wan.

1. Fly to Hong Kong International Airport.
2. Take A11 or N11 bus to Hong Kong - Macau Ferry Terminal in Sheung Wan.
3. Take a ferry to Macao. Schedule and fare can be found at www.turbojet.com.hk.
4. Take a taxi to IFT.



Suggestion 4 - Helicopter

A helicopter service between Macao and Hong Kong is available. Check www.skysuttlehk.com for fare and schedule.

Weather

Climate

















Macao has a typical sub-tropical climate. The climate is moderate to hot, with average annual temperatures of just over 20°C (68°F) and a yearly mean variation between 16 °C (50 °F) and 25 °C (77 °F). Humidity is high with an average range between 73% and 90%. Rainfall, measuring a yearly total of 70 inches, is also high.

Cotton and light clothing is recommended for summer. Wool clothing and overcoats are required for winter. Sweaters and jackets are sometimes necessary for the cooler evenings in the months of March, April, May, September, October and November. Weather information can be found at www.smg.gov.mo.

Rainstorm and typhoon signals

May to September is the rainy season of Macao. When very heavy rainfall is forecasted or falling, announcements are made on radio and TV, the rainstorm signals are then hoisted. Pay special attention to the instructions given as classes and business activities are usually halted as well.

Between July and November, very strong winds and storms from the Pacific Ocean, known as typhoons, may affect Macao. When a typhoon is imminent, announcements are made on radio and TV. When the typhoon signal No. 8 is hoisted, the bridges between Taipa and the peninsula are closed to traffic while the passage underneath Sai Wan Bridge is then available for minimal transportation between Taipa and the peninsula. It is recommended not to venture outside.

Number of signals	Shape of symbol displayed		Meaning of signal	Recommended safety precautions
	During the day	At night		
1			Alert signal: The centre of tropical cyclone is less than 800 km from MSAR and may later affect the MSAR.	Check your safety of objects which might be carried or destroyed by the winds such as fences, scaffoldings, flower pots, antennae (aerials), etc. Keep boats and small crafts in the nearby shelters.
3			The centre of a tropical cyclone follows a pattern of movement that winds to be experienced in MSAR may possibly range from 41 to 62 km/h and gusts about 110 km/h.	Lead ships and other sailing crafts into safety shelters or ports. Check the safety of doors and windows. Clear drains and rain collectors of obstructions. Follow bulletins broadcasted by radio, television and other electronic communications devices.
8NW			The centre of a tropical cyclone is nearing and winds recorded in MSAR, from the quarter indicated, may possibly range from 63 to 117 km/h with gusts reaching about 180 km/h.	Classes of all schools are suspended. Children should remain indoors. Doors and windows should be safely bolted. Conclude all precautionary safety measures. Bridges will be closed to all traffics at any moment, pending prior notice. Television and radio stations broadcast round-the-clock.
8SW				
8NE				
8SE				
9			The centre of a tropical cyclone is approaching MSAR and it is expected that MSAR might be severely affected.	Circulation of pedestrians and vehicles should be reduced to minimum. Reinforce doors and windows with crossbars or heavy furniture.
10			The centre of the on-coming tropical cyclone shall strike at the immediate approaches of MSAR. The mean wind speed should exceed 118 km/h with gusts of great intensity.	Follow recommendations and warnings through information media; Beware – a temporary calm in the midst of hurricane force winds generally indicates that the centre of the tropical cyclone is over MSAR.

Source: The Macau Meteorological and Geophysical Bureau (SMG), www.smg.gov.mo.

6. Directory

Important phone numbers

Services	Tel
Collect call	191 (International) 0800861 / 0800862
Customs (www.customs.gov.mo)	2896-5001
Electricity Supply (www.cem-macau.com)	2833-9911
Emergency (www.pj.gov.mo)	999 / 993
Fire Station (www.fsm.gov.mo/cb)	89891-373 / 89891-374
Hospital:	
- Conde S. Januário (www.ssm.gov.mo/design/home_e_fs.htm)	83905000 / 28313731
- Kiang Wu (www.kwh.org.mo)	2837-1333
- University Hospital (www.mustf-hospital.org.mo/e_hospital/index1.htm)	2882-1838
Macau International Airport (www.macau-airport.com)	2886-1111
Police Force (www.fsm.gov.mo/psp/eng/main.html)	2872-5488
Post Office (www.macaupost.gov.mo)	2857-4491
Telephone / Mobile Phone Related	1000
Telephone Numbers Enquiry	181
Time Enquiry	141 (Chinese) 140 (English) 145 (Portuguese)
Tourist Assistance Unit (24-hour service) (www.macautourism.gov.mo)	2833-3000
Traffic Affairs Bureau (www.dsat.gov.mo)	8866-6363
Water Supply (http://macaowater.com)	8299-0129
Weather Report (www.smg.gov.mo)	1311 / 1312