A very good value hotel with a distinct difference – it is run by the Institute for Tourism Studies, so you will be welcomed at the desk by students learning their trade. The hotel benefits from a very peaceful position, away from the casinos and surrounded by a lovely garden. Its bedrooms may not be big but they are quiet and come with some nice Asian touches.

這家與眾不同的超值賓館由旅遊學院營運，因此全部服務員由學院的學生擔任，為你悉心服務。它位處寧靜的望廈半山腰，遠離娛樂場的煩囂，更被可愛的花園重重圍繞。客房地方不算大，不過環境寧靜，設計帶有亞洲風格。教學餐廳是品嚐澳門美食的好去處。

RECOMMENDED RESTAURANTS 餐廳推薦
IFT Educational Restaurant 旅遊學院教學餐廳

TEL. 2851 5222
FAX. 2855 6925
Colina de Mong-Há
望廈山
www.ift.edu.mo/pousada

ROOMS AND SUITES 客房及套房
Rooms 客房 = 16
Suites 套房 = 4

PRICE 價錢
1人 MOP700-1,300
2人 MOP700-1,300
Suites 套房 MOP1,300-1,800
IFT Educational Restaurant
旅遊學院教學餐廳

The kitchen is led by a professional chef but his brigade is made up of students, as this restaurant is run by the Institute of Tourism Studies. It offers a good selection of European and Portuguese dishes and uses many herbs, salad leaves and vegetables grown in its own organic garden; look out for African chicken with couscous and IFT seafood rice. This is a good spot for dinner away from the bustle of the casinos.

這家旅遊學院教學餐廳的廚房由專業廚師主理，而團隊則由學生組成，供應多款歐陸及葡國美食，其特色是採用多種自家種植的有機香草、沙律菜和蔬菜作食材。推介菜式有非洲雞及學院海鮮飯。遠離澳門喧囂的賭場，這裡是悠閒地享用晚餐的好去處。

TEL. 8598 3077
Colina de Mong-Hà, Rampe do Forte de Mong-Hà
望廈山
www.ift.edu.mo/pousada

OPENING HOURS, LAST ORDER
營業時間，最後點菜時間
Lunch 午膳 12:30-14:30 (L.O.)
Dinner 晚膳 19:00-22:00 (L.O.)

PRICE 價錢
Lunch 午膳 set 套餐 MOP180
à la carte 點菜 MOP210-410
Dinner 晚膳 set 套餐 MOP600
à la carte 點菜 MOP210-410