

踏上環遊NHQI之旅程，
旅途上認識新一年的羅富國堂。



迎新特刊



Northcote Hall Welcome Booklet

2020-2021 NORTHCOTE HALL TUTOR TEAM

羅富國堂堂歌及口號 NH Hall Song & Cheers



歡迎大家參加環遊NH之旅
旅途上要記住我地既Hall Song同Cheers
聽到聲就要嚟集合喇！

Hall Song

Loyal, faithful, courteous'
our motto of Northcote Hall,
We love and praise our wonderful life
And treasure what we have here,
Joyful memories smiling face deep inside
my heart,
We give our life our love, our trust to our
beloved Northcote.

Grow and glow in Northcote, stay forever
more,

Shine and find our way,
Keep our moral straight.
Loyal, faithful, courteous'
our motto of Northcote Hall,
With soul and goal to glorify the honour of
Northcote.

Hall Cheers

全部NHall人 跟我一齊Dem
羅富國堂 就係我地個名
我地Friend過打Band
我地Chur到通頂
我係NHall人 記住我地個名
我係NHall人 記住我地個名
NHall Yu!
NHall Yu!
NHall 搶曬Fu!

舍監的話 Words from Warden

Dr. Tam

如果可以，我想和往年一樣，與你們每位見面，歡迎你們來到羅富國堂。

生活的方式因應現況漸漸轉變，或許今年的舍堂生活，會跟以前的不一樣。可是，人們最可貴的地方，就是限制越大越多，我們越能發揮創意、解決困難。未來一年，可預見是難題頗多的一年。

宿舍生活將會怎樣，怎樣實踐充實而有意義的舍堂教育，將會是我和同工、導師團以及你們最大的挑戰。希望在逆境之下、我們能共同找到新的方向。



I wish I could meet you all welcoming you to Northcote Hall like past years.

Our daily routines have changed under the current circumstances. Our hall lives may not be the same as before. However, resilience is one thing they cannot take away from us. The more restrictions we have, the more creativity we will have to overcome the hurdles. I can guarantee you, the upcoming year is not going to be an easy year.

It will be a major challenge for all the colleagues, tutors, you and myself to live a meaningful hall live. I hope we can work together and find a way for Northcote Hall.



高級導師的話

Words from Senior Tutor

Ms. Su

我回憶大學住宿的時候也曾糾結過應該以什麼姿態在舍堂裡生活，要成為交遊廣闊的焦點人物嗎？還是當一個寂寂無名安份守紀的宿生就好。這樣的尋找自我工程一直在大學生活三年間反覆進行，當我回過神來發現已經要畢業了，然後直到我開始了學生工作才恍然大悟，原來宿舍這地方比我想像中有更多可能性。

享受大學生活不等於一定要玩得很瘋，靜態內向又不等於要拒絕認識身邊的人，踴躍參與活動又不必要放棄休息時間，著重學術成績又未必要與娛樂隔絕，大伙兒聚在一起不一定是玩物喪志，兩三個人躲在房間裡都可以享受大學的自由空間。

羅富國堂正正是一個能包容各種姿態的舍堂，你們每一個都是獨特自主的，這裡不應只有兩三種生活，相反你們要懂得自我覺察找尋屬於你個人的生活方式，也盡可能認識一些人、參與一些活動，與身邊的同伴一同經歷人生中難得的成長旅程。我相信這裡有你們想要的一百種生活，甚至更多。

雖然上學期末未必能如常舉辦實體活動，希望下學期能在不同活動中見到你。



When I recalled my hall life in the university, I spent quite a long time to discover myself. I was not sure if I needed to join all activities actively, or I should avoid too much interaction with people and focus on my study. When I made up my mind then I found I was about to graduate.

Now, I realized that there is no standard way of life in hall. You can spend a lot of time in activities, but at the same time to achieve a good academic performance. You can also be an introvert, but meanwhile meet some close friends to share happiness.

Northcote Hall is a unique place where includes students with different backgrounds, beliefs and lifestyles. Living in this hall, the most important thing is to allow yourself to explore and discover. Meeting some friends and joining some activities would be great. I believe you can find more than a hundred ways to live in this hall. Remember, don't limit yourself!

Although we may not be allowed to get together in Semester 1, hopefully I could see you around in Semester 2.



宿舍事務主任的話

Words from Hall Affairs Officer

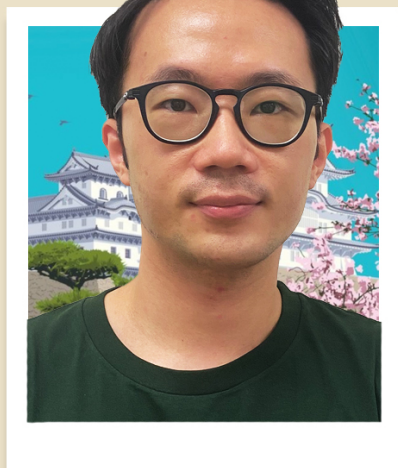
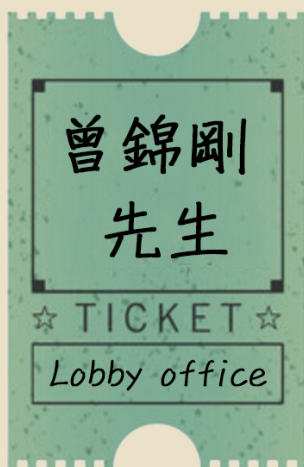
Mr. Tsang

大家好！我是宿舍事務主任曾錦剛，主要職責包括管理宿舍設施與經費，處理同學入住宿舍事宜，及協助舍監安排舍堂生活教育活動等。

不論你是新生舊生，每一個學年的開始，都是新的挑戰。對於新生，你要面對身份、環境的轉變；舊生的你，也要設想今年課業、活動、以至人生的新目標。可貴的是你們有着年輕、活潑的心，能迎接種種考驗。希望你們也把這開放的態度帶到舍堂之中，積極地與你的同窗交流切磋，定會有所得着。

此外，居住在宿舍，你將完全自主生活，學懂好好管理時間甚為重要。「最長的莫過於時間，因為它永遠無窮無盡；最短的也莫不過於時間，因為我們所以的計劃都來不及完成。」

來年再看看歲月為你帶來的豐收。



Hi! I'm Don, the Hall Affairs Officer of Northcote Hall, responsible for residential facilities, and provide support to the Warden in matters concerning hall life.

Living in the Northcote Hall will be an amazing experience where you can meet lots of new friends, learn how to live with your roommates, expose to idea that you have never encountered.

Hope you enjoy the hall life, let's see what will happen this year!



宿舍導師團活動

Proposed Activities in the coming year

Tutor Team 每年都會搞好多活動
無論係想識朋友足學習新知識
梗有一樣滿足到你！



迎新晚會 Orientation Night



樓層比賽 Floor Competition

龍棧夜話 Dinner Talk



義工服務 Volunteer Service

海外交流團 Overseas Tour

慈善匯演 Charity Performance

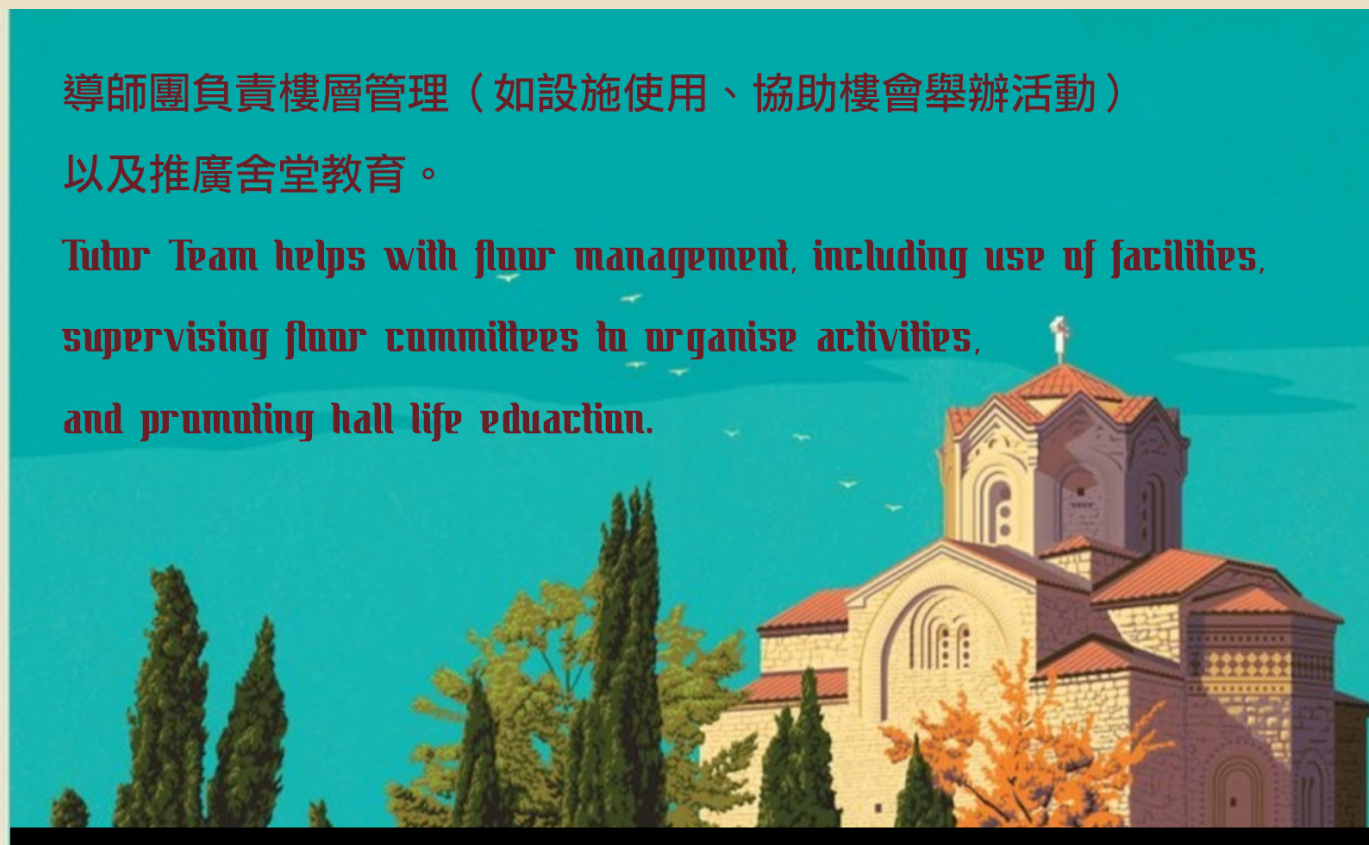


導師團介紹

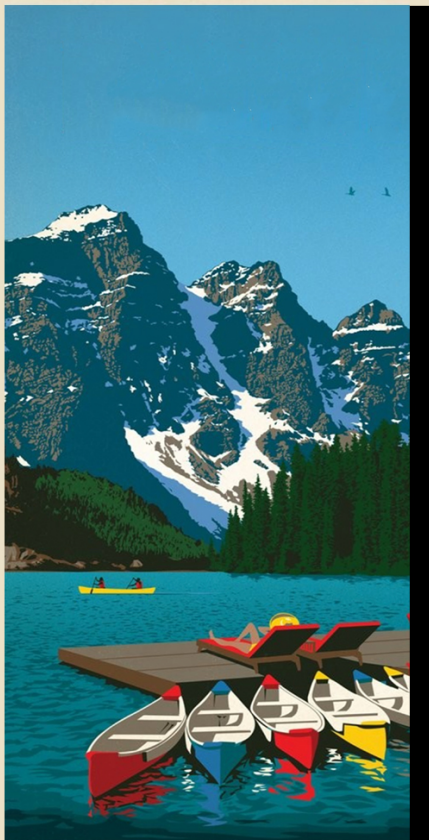
What is Tutor Teams

導師團負責樓層管理（如設施使用、協助樓會舉辦活動）
以及推廣舍堂教育。

Tutor Team helps with floor management, including use of facilities,
supervising floor committees to organise activities,
and promoting hall life education.



1樓導師 1/F Tutor



Ching's Portfolio



Name: Ho Lai Ching

Program: Bed(Chinese History)
Year 4

Contact: 5133 2838

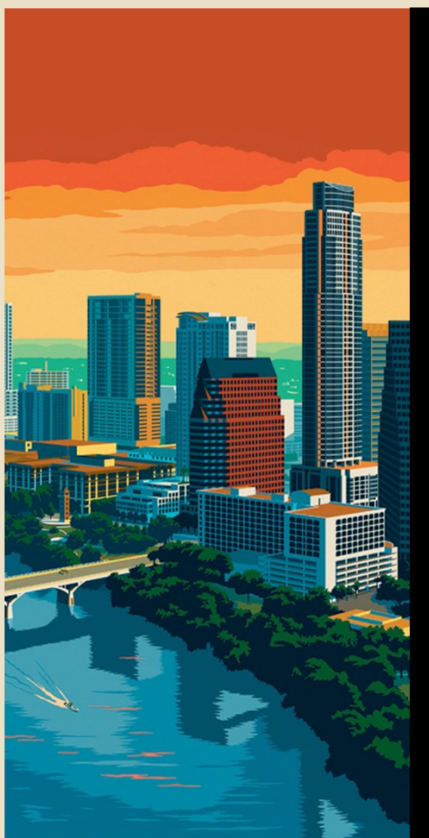
Instagram: ssamanxx

Email: s1125094@s.eduhk.hk



千種人生 盡嘗無憾

2樓導師 2/F Tutor



Yannis's Portfolio



Name: Ma Wing Yan

Program: PGDE (P) Year 1

Contact: 6579 9612

Instagram: yannismaaa_

Email: s1121385@s.eduhk.hk



忘記背後，努力面前的，
向著標竿直跑

Forgetting what is behind and
straining toward what is ahead, I press
on toward the goal

3樓導師 3/F Tutor

Elise's Portfolio

Name: Cheng Lai Sze

Program: BEd(CL) Year5

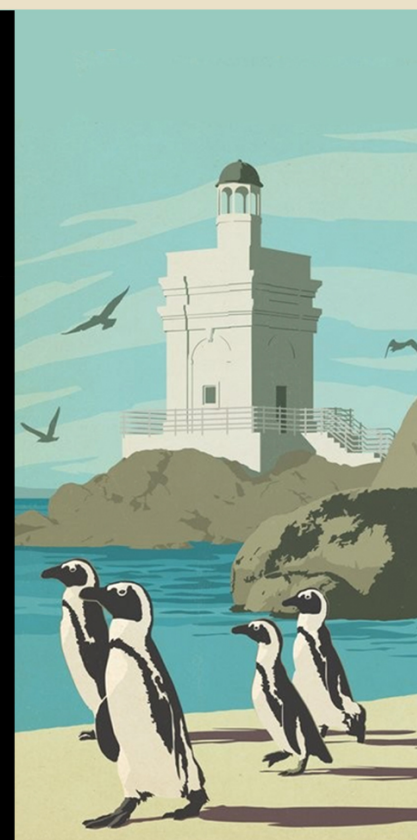
Contact: 6221 0995

Instagram: elisechengls

Email: s1119910@s.edu.hk

Multiculturalism can be a word on paper,
or a word of life. For me, I wanna make
everyone enjoy the hall life as I do!

聽止於耳，心止於符。



4樓導師 4/F Tutor

Hazel's Portfolio

Name: Sin Lok Yiu

Program: Master of Social
Sciences in Sports Coaching
and Management

Contact: 6211 6711

Instagram: ahhh.sin

Email: s11282952@s.edu.hk

While there is life
there is hope.



5樓導師 5/F Tutor



Jasper's Portfolio



Name: Lo Tsun Leung

Program: BEd (BAFS) Year5

Contact: 6771 3080

Instagram: lotsunleung

Email: s1120829@s.edu.hk



Respect All,
Fear None.

6,7樓導師 6,7/F Tutor



Lok's Portfolio



Name: Li Chun Lok

Program: BEd Mathematics
(Secondary) Year5

Contact: 6629 9786

Instagram: lichunlok_

Email: s1120868@s.edu.hk



知唔知10隻手指邊兩隻關係
最親密? 係手指公!

因為佢地係兩姆指!

8樓導師 8/F Tutor

Ray's Portfolio

Name: Ng Man Chun

Program: Bed Mathematics
(Secondary) Year5

Contact: 6757 9029

Instagram: manchun_ray

Email: s1120654@s.eduhk.hk

隨時嚟818搵我玩 / 打機 / 夾
Band / 打波樣樣都ok

Feel free to come and play
with or talk to me!



8樓導師 8/F Tutor

Kelvin's Portfolio

Name: Yu Wing Yat

Program: BEd (GE06) Year5

Contact: 6745 2131

Instagram: kelvin_yu_wy

Email: s1120913@s.eduhk.hk

人生太短 出手要更大
出手更大 人生會更短



9樓導師 9/F Tutor



Melanie's Portfolio



Name: Cheng Man Chun

Program: BEd(CL) Year5

Contact: 6749 6994

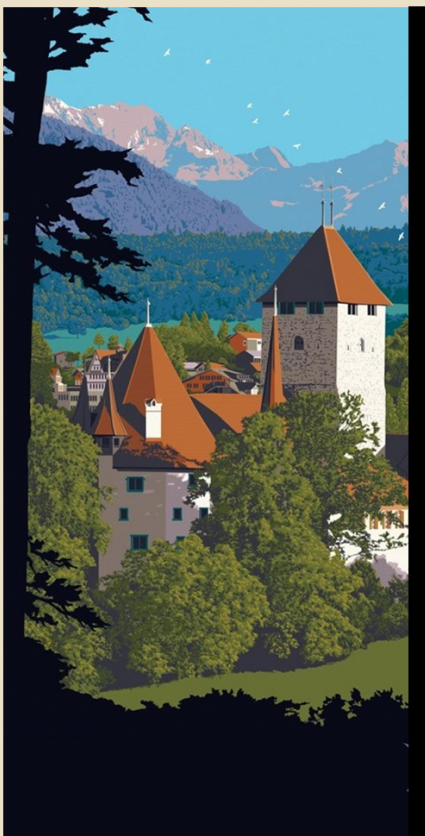
Instagram: melaniee.c__

Email: s1120699@s.eduhk.hk



我們的青春，就在這裏開始；
我們的友誼，就是點綴青春。

9樓導師 9/F Tutor



Ally's Portfolio



Name: Kwok Yu Ting

Program: BA (BALS) Year4

Contact: 9460 3380

Instagram: a.l.l.y.1002

Email: s1123862@s.eduhk.hk



A little consideration,
a little thought for others,
makes all the difference.
願羅富國堂能給你家的感覺

10樓導師

10/F Tutor

Dam Dom's Portfolio

Name: Chan Kwan Yim

Program: BEd (Chinese History) Year5

Contact: 5307 1568

Instagram: constancechancky

Email: s1120903@s.eduhk.hk

如果想開心為什麼需要等
Grow and glow :-)



11樓導師

11/F Tutor

Khloe's Portfolio

Name: Ngan Lai Mei

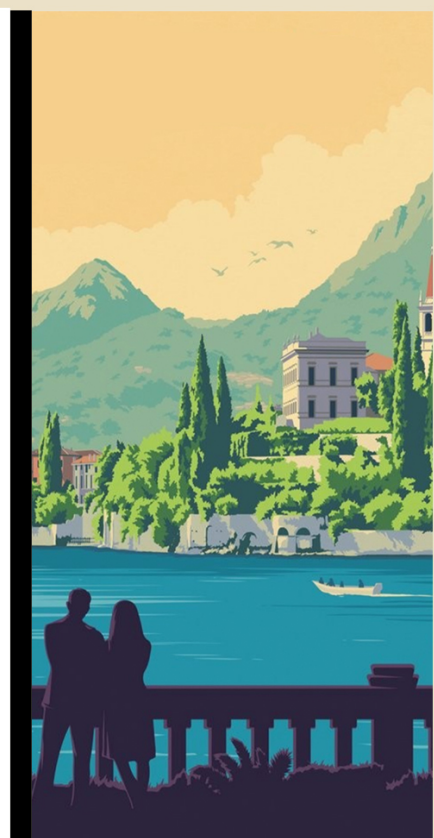
Program: BEd (ICD) Year5

Contact: 5164 0294

Instagram: khloe_227

Email: s1120631@s.eduhk.hk

你來到Nhall
卻錯過了tutor team的活動
像極了愛情



宿生會介紹

Student Residents' Association Intro



Neverland Members



會長：張韶文 (Kelly)

內務副會長：梁譯尹 (Nicole) 外務副會長：蔡安妮 (Annie)

外務幹事：陳浩烜 (Matthew) 常務秘書：楊梓雲 (Eluisa)

財政秘書：蒙君浩 (Michael) 福利秘書：黃潔瑩 (Shirley)

財政秘書：張慧琳 (Sandy) 宣傳秘書：梁卓瑤 (Jamie)

文康秘書：李澤謙 (Rordi) 宣傳秘書：蘇樂婷 (Rachel)

Words of Neverland

這一年來社會經歷了風風雨雨，上莊這條路亦變得充滿荊棘，有太多突如其來的轉變令我們需要迅速作出應對。有想過放棄嗎？我們都有。值得嗎？我們會毫不猶豫說，值得。我們都有過失意迷惘的時候，但正正因為有這些磨練，才顯得我們努力付出後得到的成果更甘香可口，更珍惜大家一起努力奮鬥、闖關的熱血時光。一個人能走得快，但一群人能走得遠。比起活動的成果，更重要的是我們天富羅十一個人一條心能團結一致，不斷接受挑戰、不斷進步。大家都會有疲倦的時候，但累了只需要休息，而不是放棄，因為我們知道背後總有一班莊員互相支持鼓勵、互相包容體諒，令我們堅持下去。有人話「莊員係一世嘅」，一整年莊期內我們朝夕相處，一起搵過decor，一起捱過眼訓，一起共過患難，便成了一生的摯友，有著屬於我們的、甜酸苦辣的回憶。

在不斷變化的環境中，我們天富羅願意披荊斬棘，營造一個溫暖舒適的家，讓Nhall人可以無憂無慮在這避風港生活。剛進大學或多或少都會擔心能否適應這個新環境，但羅富國堂充滿愛、充滿溫馨的氛圍絕對能令你在短時間內融入Nhall大家庭。

#愛呢個字你入到Nhall就會知
但願我們回首能看見一段段青春而寶貴的回憶

我們的事務員和保安姐姐 Staffs at Northcote Hall

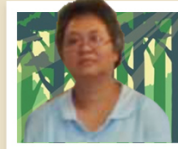
Staff



清姐



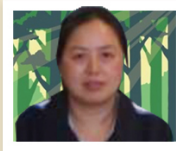
來姐



珊姐



蓮姐



英姐



Janet姐

有什麼物品可以在保安室借用？

垃圾桶、手推車、吸塵機、迷你吸塵機、熨斗、維修工具（如螺絲批）、殺蟲水等等

如需借用上述物品，請到接待處詢問及帶同學生證作登記，用完請歸還到保安室。

Tools accessible at Security Counter: Trash can, laundry basket, trolley, vacuum cleaner, iron, simple tools for repairing purpose (screwdrivers, pliers, etc.)

The use of mentioned tools is permitted with records made upon Security Counter (valid Student ID card is required). Please return the items once finished using.

Security guards



芳姐



璇姐



秀姐

如房間設備需要維修，亦可到保安室填表申報。

Maintenance and repairing services for facilities in resident rooms are provided; residents in need of the service may report to the Security Counter.

多得事務員姐姐
先可以令我地有咁舒適既居住環境
所以保持公共衛生整潔
唔好令佢地咁辛苦喇！



幾趕時間都好
出入宿舍謹記帶學生證
唔係唔好怪保安攔著你登記身份啊！

宿舍設施

Northcote Hall Facilities



Residences

晚上11時至翌日早上8時半都不能進入異性宿生樓層！

如需探訪，訪客需得到宿生同意，並於接待處登記及於晚上11時前離開。

Presence in floors of hall residents with different gender are NOT allowed between 11PM-830AM the next day. Consents from hall residents MUST be attained so as to acquire permission of visiting in Northcote Hall. Visitors MUST leave an authentic record upon reception and MUST NOT stay after 10PM.

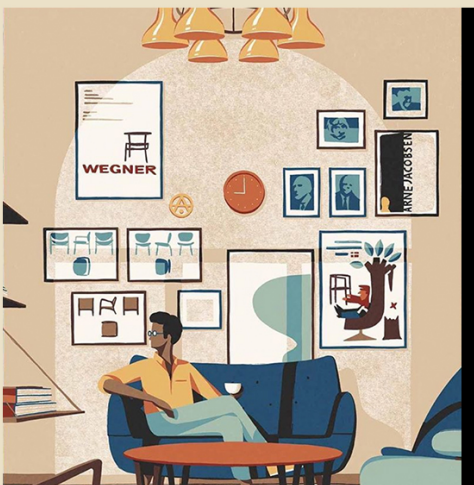


Lobby

設有信箱、電視、桌椅、冷氣增值機、飲品販賣機等等。

Mailbox, TV, A/C top-up machine, vending machine are located on G/F.

lobby 24小時開住燈
夜晚要做pj趕deadline
呢到都係個唔錯既選擇！



Band room & Piano room

樂隊室 Band room: G/F RM A002

開放時間 Opening Hour: 9AM-10PM

鋼琴室 Piano room : G/F RM A001 and 7/F RM 702

開放時間 Opening Hour : 9AM-10PM

請同學帶學生證到保安室預約

Please bring a valid Student ID card for reservation.



宿舍設施 Northcote Hall Facilities



Activity room

大型活動室 7/F RM 703 and RM 717

24小時開放，先到先得

Open 24 hours, First come, first served

鍾意玩game睇戲既你一定要多的嚟703同717玩

除左有唔同board game借玩

仲有足球機同大電視tim!

NHall好多大大小小既活動都喺呢到舉行架!



Tuck Shop

龍棧茶居 7/F RM A716

開放時間 Opening Hour : 8PM-2AM

住得NHall一定唔可以唔知「龍棧」係乜!

由宿生會搞既小賣部樣樣零食抵至接近成本價出售

除左買野食，龍棧更係NHall人既打躉聖地

想識新朋友就一定要多的去行翻轉喇!



Computer room

電腦室 7/F Room704

24小時開放，先到先得

Open 24 hours, First come, first served

朝早趕時間上堂仲去campus同人搶電腦?

NHall電腦室既電腦又多上網又快

Pnirt個notes又點會驚遲到wor!



宿舍活動團體 Northcote Hall Society

Football Team



足球同樂日

Football Day

無論你踢波叻唔叻，
我地都歡迎你參與！



If you're a football lover, join us!

Fitness Team

定期健身活動 & 訓練

想有一個健康身體就參加啦！

Regular fitness activities & trainings

Join us to obtain a healthy lifestyle



Contact us : Lancelot 9082 7455



NMedia

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時事新聞 Current issues

鬼怪趣聞 Anecdotes

生活智慧 Life Hacks

宿舍 Updates Hall news

contact us:

Khloe 5164 0294

Melanie 6749 6994



Follow Me

Foosball Team

足球機Party RM就見得多！

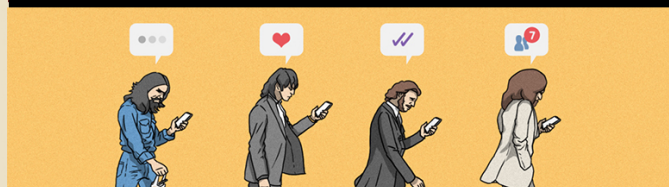
但有無諗過玩足球機都有好多技巧！

- 職業選手打足球機 -
- 體驗足球機專業玩法 -
- 提供訓練 -
- 參加香港/其他地區的國際比賽 -

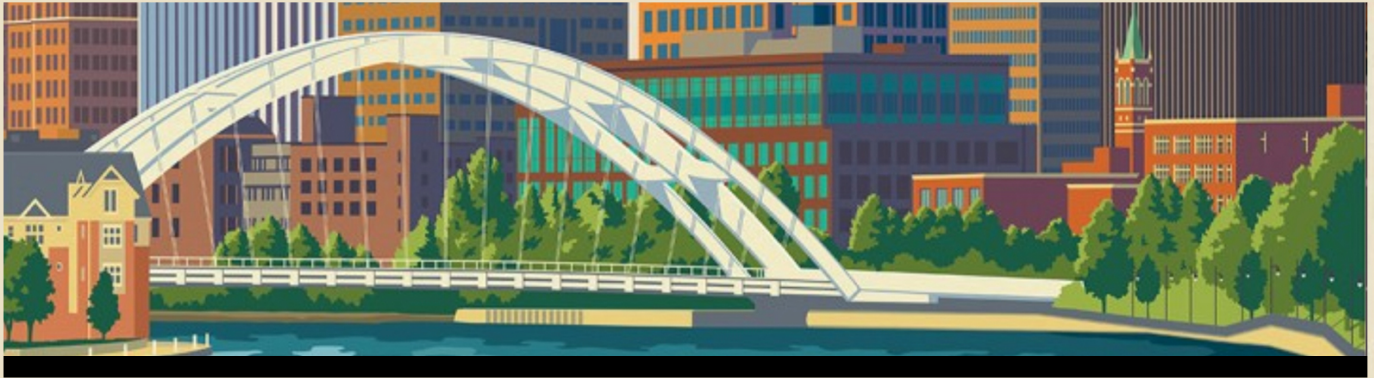
Have you ever played Foosball?

We can provide professional training, the opportunities of participating in local or international Foosball competitions.

Contact : Hunter 98372137



冷氣增值機使用方法 (G/F lobby or 7/F) A/C Top-up Machine Intro



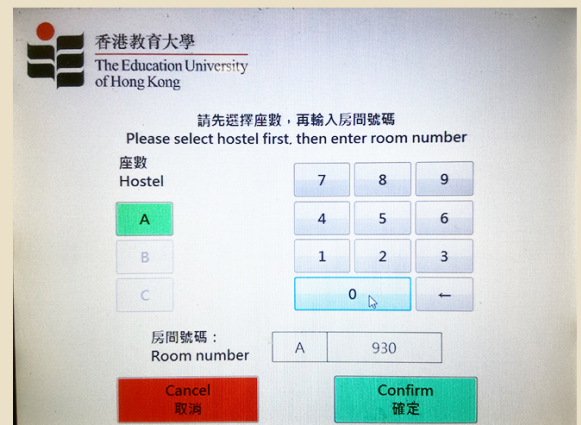
Step 1

請點擊“開始”。
Please press "Start".



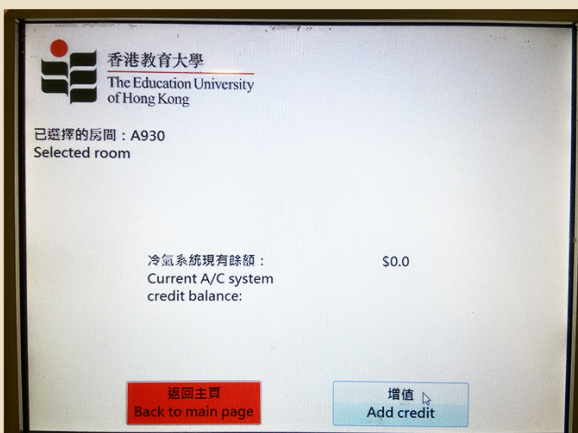
Step 2

請選擇房間號碼,然後
按“確定”。
Please enter your room number, and
press "confirm".



Step 3

選擇房間後會出現餘額,繼
續點擊“增值”。
Credit balance is shown after
entering the selected room, press
"Add credit" to continue.



Step 4

試輸入增值金額, 最少增額\$11,
然後按“確認付款”。
Please enter credit to add (The
minimum credit to add is \$11), and
press "Confirm payment".

Step 5

放置八達通在讀卡器上付
款, 完成增值程序。
Please tap Octopus card over the
reader for payment.

洗衣房使用方法 (6/F Room 604) Laundry Services Intro



Attention

只接受八達通付款 (確保有足夠餘額) ONLY accept Octopus Card

Fee

洗衣 Laundry: \$5 per use
(每次40分鐘, 只可用無泡洗衣粉或洗衣液)

乾衣 Drying: \$2 per 10mins

可調較溫度, 最長時段為90分鐘, 亦可中途加時
Heat is controllable, Maximum drying time is 90 mins

Payment Method

在控制面板選擇洗衣或乾衣機, 選擇自己使用的機號
Choose laundry or drying on the screen, confirm the number of machine

然後使用八達通付款 (乾衣需先選擇乾衣時間)
Pay with your Octopus Card (Duration of drying should be confirmed)



OPM使用方法

DPM Instruction



Attention

OPM僅支援八達通

Payment via OPM machine can be made with Octopus Card only.

Step 1

校園內共有三部OPM

Here only have 3 OPM machine in campus

1. B2 G/F
2. D3 G/F
3. Learning Common Block C (Near C-LP-25)

Step 2

在顯示屏選擇羅富國堂，並選取要繳交之款項

Related to Northcote Hall and the total amount of payment can be set upon demand.

Step 3

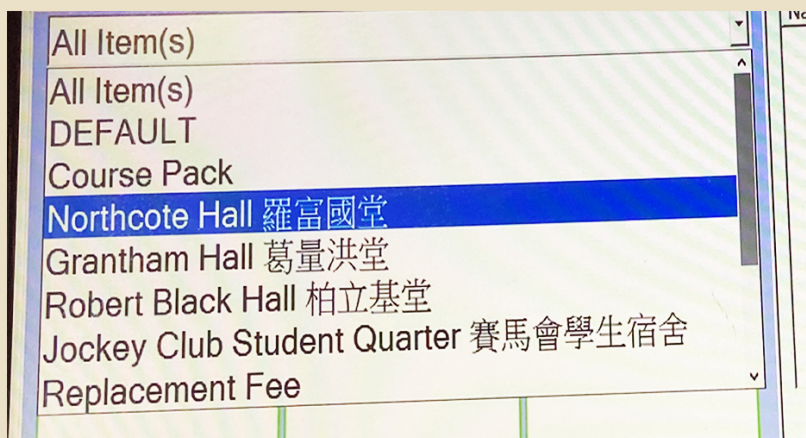
選取成功後在顯示屏上按下「歡迎使用八達通」以確認金額，並在八達通感應器拍卡完成繳費。

Confirmation of total amount of payment is done when pressing "WELCOME TO USE OCTOPUS"

Step 4

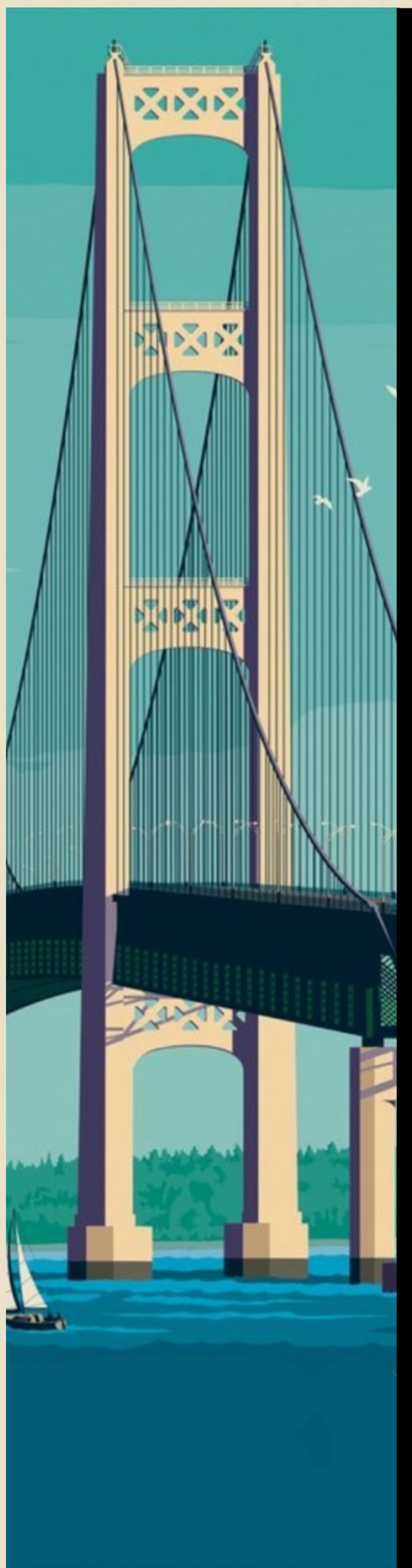
記得取出單據，在單據背面寫上姓名、學生編號與房號，並把單據，按活動舉辦者以交予指定單位(宿生會、導師團)。

OPM receipts MUST be kept, with name, student ID and resident room number clearly written. The above-mentioned receipts should be passed on to persons in charge of specific activities (e.g. Tutor Team, Student Residence Association).



常用資料

Useful Information



Contact No.

羅富國堂宿舍接待處 (24hr)

Northcote Hall Reception **2948 1649**

宿舍事務主任 - 曾錦剛

Hall Affairs Officer (Don) **2948 6911**

宿舍文員 - 黃漢倫

Hall Clerk (Alan) **2948 6912**

學生事務處

Student Affairs Office: **2948 6720/ 2948 6721**

保安及緊急事故

Security and Emergency Office: **2948 0000**

保健中心

Health Center: **2948 6262**

文康運動綜合大樓

Amenities & amp: Sports Complex: **2948 8844**

OCIO Help Desk: **2948 6601**

Northcote Hall Address

香港新界大埔汀角路露屏路10號

香港教育大學羅富國堂宿舍

Northcote Hall, 10 Lu Ping Road, Tai Po, New Territories,
Hong Kong

交通及餐飲

Transport and What to eat



74K BUS (Circular)
Tai Po Market-EDUHK
\$ 4.9

Before 12nn:
goes to EDUHK then Sam
Mui Tsai ;
After 12nn:
goes to Sam Mui Tsai then
EDUHK



26 minibus
Bayshore Towers-EDUHK
\$6.4/ \$13.8

'STATE' that you are going
to Tai Po to pay for \$6.4 ;
otherwise, you need to pay
for full fare \$13.8



U-shuttle
University Station-EDUHK
\$5.5

*Sunday is not available



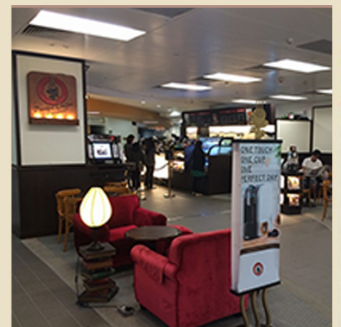
Canteen
Blk C-P



Udeli
Blk C-G/F



7-11
Blk C-P



Pacific Coffee
Blk C-LP

Welcome To Northcote Hall

正式入住羅富國堂，
齊來打造美好的舍堂生活和留下滿滿的回憶吧。

