

insight

A Magazine for The International School of Macao

SPRING 2025



**Real-World Adventures
At Our Experience Week!**

**A New Chapter For Our
School: TIS Celebrates IB
PYP Authorization!**

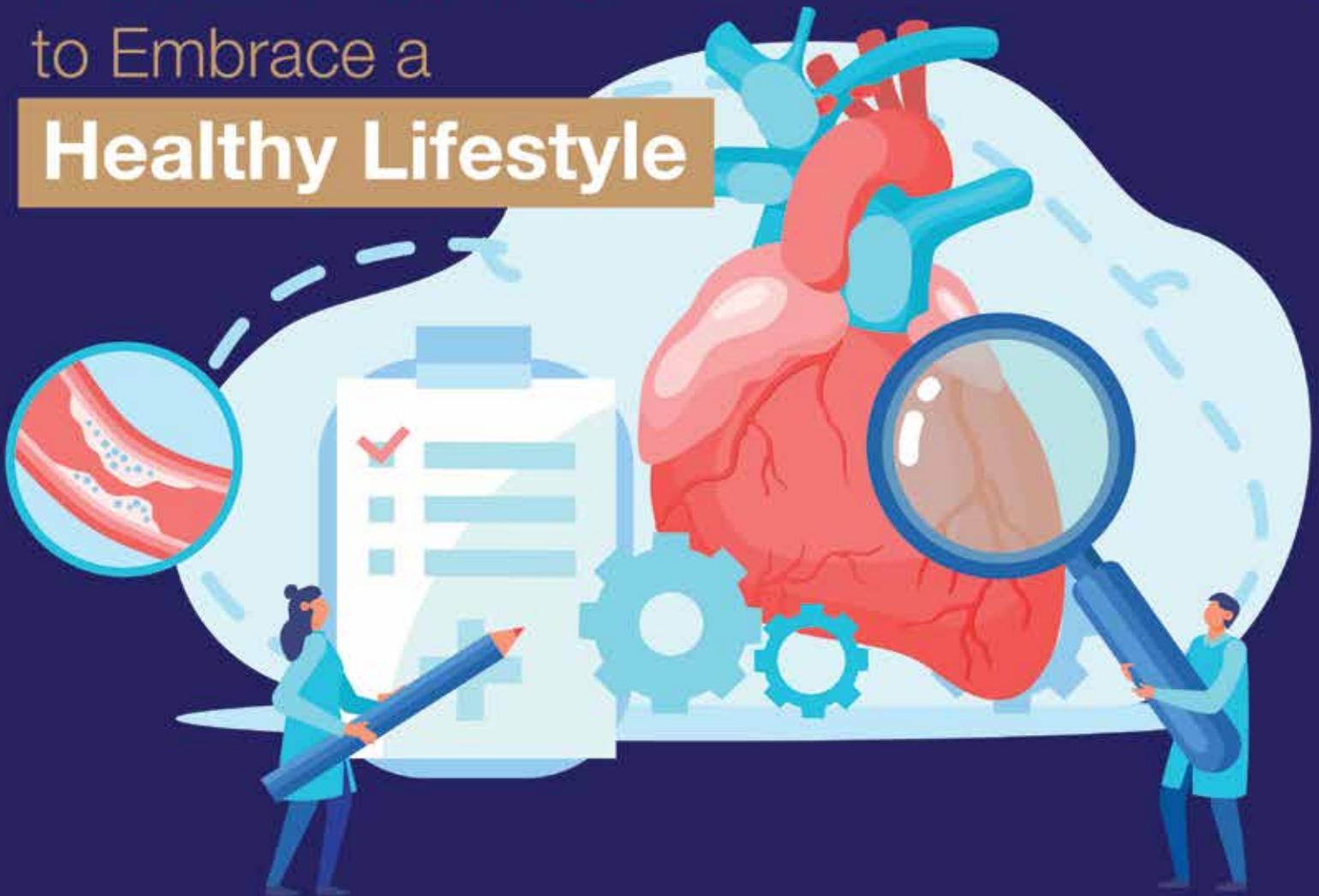
**Mini Golf Cross-Grade
Collaboration**

**Unmasking Authentic
Voices: TEDx TIS
Youth Macao**

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Healthy Lifestyle



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Editors' Note

When asked, "What is your most cherished memory from TIS?" our alumni almost always mention Experience Week. It's no surprise that this week stands out as a highlight of their journey at TIS, as well as for many of our current students. It exemplifies our belief that real-life experiences are the most effective way to learn.

For instance, Grade 7 students showcased their creativity by designing and building a golf course for elementary students to explore. Meanwhile, our music students performed at Macau Tower, collaborating with the Rotary Club of Macau to not only display their talents but also to raise funds for a worthy cause. These hands-on projects help students build connections, forge lasting friendships, and grow in ways that traditional classroom learning cannot.

Every TIS student - no, every student in Macau - should have the chance to have such transformative experiences. Traveling abroad, stepping out of their comfort zone, and discovering new cultures, even if it is just nearby in Hong Kong, helps broaden their perspectives, not just as learners, but also as individuals.

It is important for us to learn in ways that challenge our ideas and open our minds. Many alumni often share that they return from Experience Week with a better understanding of what is possible, realizing just how big the world is. The excitement of travel combined with the valuable education at TIS creates a special and unique opportunity for growth. During Experience Week, students engage in meaningful tasks like volunteering, learning about mangroves, and immersing themselves in local cultures. This involvement fosters qualities like independence, responsibility, and open-mindedness.

This year, we are excited that Experience Week has been extended to include Grade 4 students. This means more young learners will have the opportunity to step out of their comfort zones and embark on their own adventures. We encourage you to read about their experiences as first-time participants in this transformative week.

We hope that reading about their learnings and experiences will remind us of all of our connections and inspire us to step outside of our everyday patterns. There's no better way to internalize life lessons than by living them.



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Message From the Head of School



It is with great pleasure that I reflect upon another incredible year at TIS. Our community has been shaped by the unique experiences and achievements of our students, parents, and staff.

At TIS, we place great emphasis on experiential learning, as we believe that knowledge is created through transformative experiences. This approach allows students to see the real-world applications of what they are learning in the classroom. As students engage in hands-on activities, they not only deepen their understanding but also develop important skills such as collaboration, communication and conflict resolution.

A highlight of the year for many students, once again, was Experience Week. The international trips provide a wonderful opportunity for students to broaden their world-view and understanding of different cultures. Not only do students learn in a unique way over the course of the week, they also form deeper friendships with their classmates and develop lasting memories. Many activities challenged students to step out of their comfort zones and attempt something new, helping them gain confidence in their abilities as they reflected on their experiences.

I would also like to congratulate our student athletes who have represented our School in various international competitions and events. Many teams placed well, with some winning first place in tournaments and league competitions. These international exchanges provide further learning opportunities, as well as personal growth as an athlete and ambassador for the School. Teamwork and sportsmanship are prioritized during these competitions.

Lastly, I am very proud of the contributions our students are making to the wider community. Through clubs like the volunteer club, events such as the Benefit Concert, and the TISCA initiatives, our students have actively participated in “making positive changes in our global community”. Their commitment to service and passion for making a difference are truly inspiring.

Thank you to all our teachers and support staff who go above and beyond to provide these experiential learning opportunities for our students. And thank you to our parents for being an integral part of the TIS community. It is with your support and collaboration that we make our school truly exceptional.

Lorne Schmidt
Head of School



Taking Charge of Our Learning

Building Confidence and Skills for Future Success



In early childhood education, it's important to help kids take charge of their own learning (student agency) for developing motivated and self-directed learners. During our recent unit, "Who We Are," we focused on this idea by letting children lead their own assessments. Students chose their own storybooks to work with. They collaborated to decide whether they wanted to change the story or keep it as it was, and they also had the freedom to choose how to present their stories - whether through dressing-up, puppet show, or drawing. When kids have a say in their learning, they feel a sense of pride and become more interested. This approach not only enhances their understanding but also encourages them to express their unique perspectives and creativity.

As students worked together, they not only learned about stories but also developed essential social skills such as communication and teamwork. They practiced talking and sharing ideas effectively, and they learned that everyone's input is important for the group's success, fostering respect and cooperation.

The culmination of this unit was through a "Celebration of Learning," where families were invited to see the students' efforts in showcasing their story videos. This event highlighted what the kids accomplished and strengthened the connection between home and school, reminding everyone that community is key to education.

By prioritizing student agency, we help prepare young learners to become confident and proactive individuals, ready to embrace future challenges!



The Important Role of Approaches To Learning



Junior Kindergarten teachers are dedicated to helping kids develop important Approaches to Learning (ATL) skills that will support their learning for life. These skills include communication, social skills, self-management, and critical thinking — laying a solid foundation for lifelong learning. These educators explicitly teach ATL skills through engaging activities that promote collaboration, inquiry, and reflection.

For instance, during a group project on animal habitat, children work in small teams to create a diorama, discussing ideas and deciding on how to set it up together. This helps them practice communication and teamwork. At the beginning of each day, teachers also help students in setting personal goals, such as focusing on sharing during playtime or to build self-management skills.

On a field trip to the Panda Park, teachers encourage students to observe the animals and ask questions, enhancing their analytical skills through inquiry. During a celebration of learning at Hac Sa Beach, children reflected on their experiences, sharing what they learned about nature and teamwork.

Throughout the week, after storytelling, teachers invite kids to reflect and share their favourite parts and lessons learned. This practice helps students articulate their thoughts, improve their critical thinking, and provides teachers with the tools to help young learners grow into independent, reflective, and resilient individuals. This prepares them to navigate their educational journeys with confidence and enthusiasm!

Buddy Up: High School and SK Fun

Our Big Buddies program is all about building connections! Each month, high school students partner up with senior kindergarten (SK) students to celebrate House Team days through a variety of games and activities.

This is a win-win for everyone involved! For high schoolers, stepping into the role of a mentor is a chance to hone their leadership skills, showing off their creativity and playfulness, all while guiding the younger students in a supportive and fun environment.

For our SK students, having a Big Buddy is like having a superhero! They learn teamwork and cooperation while enjoying exciting activities that spark their imagination. These special moments help them gain confidence and make new friends, all while having fun!

Plus, the Big Buddies program strengthens our school community by creating a supportive environment where students learn from one another, making TIS a vibrant and inclusive place where everyone feels valued. So, let the fun continue as our Big Buddies create lasting bonds and unforgettable memories!



Exploring Our Community



	My community helper is a FAMILY	
	My community needs to be SAFE	
My community helper helps the community by	Other groups in my community help because	Farmers grow food. They plant seeds and care for plants. They harvest fruits and vegetables. They raise our community.

This year, students embarked on their fourth Unit of Inquiry called “How We Organize Ourselves.” To kick off the unit, they explored various symbols and landmarks around Macao during a field trip to Coloane village. While there, they participated in a fun scavenger hunt to find important buildings in the community, learning about their significance along the way.

Each student was assigned a community helper to research such as a farmer, teacher, or doctor. They learned about the helper’s role and why it’s important to the community. This research helped them understand how different jobs contribute to the well-being of their neighborhood. Next, students designed their own community and built a 3D model using various tools and materials. This linked to our Math unit on shapes, so they measured sides, cut materials, and assembled their buildings with tape. Once the models were completed, students painted their structures and added signs and details to label each building, making their community come to life!

The creative aspects of this unit really sparked joy among the students, as it allowed them to connect with their community and apply their learning in a hands-on way, gaining a deeper understanding of how communities function and the important roles individuals play within them.



Designing Dream Islands

If you could design the perfect island for yourself, what would it look like? Would it have beautiful sandy beaches and a bay for surfing? Would it feature mountains and caves for exploring and adventure? Maybe your island would have volcanoes and valleys to marvel at! Students within the Grade 2 classes recently had a chance to explore these imaginative ideas and more, as they mapped, designed, and built clay island models inspired by different landforms, discovering how these features shape how we see where we live and the things we do.

To begin their journey, students learned about map-making and mapping conventions, helping them understand how landforms are represented on paper maps and globes. They discovered a variety of landforms found in Macao and mainland China, and explored how these features influence the lives of people living nearby. Including exploring how landforms can serve as important markers to identify different regions and spaces.

With this newfound knowledge, students started to plan their own islands. They brainstormed which landforms and climates they wanted to include, then created a top-down map of their imaginary island. Using clay and paint, they brought their designs to life in 3D models. Finally, to complete the project, students wrote letters to friends or family, describing what daily life would be like from the perspective of someone living on their unique islands.

From icy, penguin-filled arctic islands with dangerous icy cliffs and mountains, to lush tropical paradises with volcanoes, waterfalls, and plateaus, the students showcased strong creativity and critical thinking. Going beyond just imaging their islands—but building them from the ground up, turning their ideas into real, impressive physical creations!



Exploring Nature: A Coastal Adventure with a Lesson

On Friday, March 14th, students had a fun day at Hac Sa Beach. This trip was all about how nature works and how it affects our environment. Students enjoyed a hands-on learning experience that directly linked to our central idea about the interactions between natural systems and their environmental impact.

During a coastal hike, students saw many different plants and observed animal life, learning a lot about local biodiversity. They actively shared their observations and questions, which helped them learn even more while strengthening their collaborative learning skills. They were happy to be given dedicated time to explore the beach, encouraging curiosity and fostering a personal connection to nature.

Parents were a big help on this trip, and played a crucial role in making it successful. Many volunteered as chaperones, helping to supervise and guide the students during activities. Their involvement and support not only helped make the trip safer, but also more enjoyable, enriching the students' experiences through shared learning and exploration.

This enriching experience deepened students' understanding of natural systems and fostered a sense of responsibility towards environmental stewardship.



A Memorable Week: Growth and Learning Made Fun



Grade 4 Experience Week was an exhilarating adventure, marking the students' very first Experience Week! Packed with activities that encouraged them to be risk-takers and explore new interests, this week was truly unforgettable.

From soaring through the air on a zipline to cooking delicious meals in a chef's kitchen, each day was filled with excitement. Students learned about hydroponic gardening and sustainable practices. They also had a blast at a VR arcade, tried woodworking to build robots, and painted self-portraits in the style of Picasso, exploring their artistic expression!

One of the highlights was a sleepover in the school library, where students participated in drumming sessions and bonded over games and stories read by their teachers and principal.

This week was filled with fun lessons: it taught the students the importance of trying new things and stepping out of their comfort zones. By embracing challenges in their first Experience Week, they developed resilience, creativity, and collaboration skills, some of the key traits of the IB Learner Profile that will serve them well in their future endeavors!



Learning by Doing: Fun Activities with Purpose

During Experience Week, Grade 5 students took part in a series of activities that helped them learn by doing. Each experience was designed to combine hands-on learning with skill development, allowing students to connect with nature, history, and sustainable practices while having fun working together. The activities taught students to understand real-world situations and build their teamwork, creativity, and critical thinking skills, enabling them to grow both academically and personally.

Hike Through History

One key activity was a scenic hike through beautiful trails in Hong Kong, where students were given the chance to learn about the city's history during World War II. As they hiked through unfamiliar terrain and explored the tunnels of the Shing Mun Redoubt, students demonstrated resilience. Students also participated in an interactive story by playing the parts of various historical figures.



Kayaking Through Mangroves

In another exciting experience, students went on a kayaking trip through the green mangrove forests. As they paddled along the waterways, they learned about the special plants and animals that inhabit these ecosystems. Guided by the experienced instructors, students discovered the important role mangroves play in protecting coastlines and supporting wildlife, deepening their appreciation of nature.

Visiting an Organic Farm

The week also included a visit to a local organic farm. Students started the day by feeding friendly goats, which helped them connect with the animals. They participated in planting activities, learning how different crops grow and why sustainable farming is important. After a cooking session making lunch using fresh ingredients from the farm, students wrapped up the day with an art project, creating nature-inspired artworks that reinforced their lessons about the environment and farming, through creative expression.



An Unforgettable Adventure: Discovering Qingyuan

Our students had an unforgettable Experience Week in Qingyuan, China, filled with adventure, teamwork, and cultural learning. The week began with an early-morning departure and a scenic bus ride, followed by a visit to the T3 Tea Plantation, where students learned about tea-making traditions and even tried tea-flavored ice cream!

From hiking 8 kilometres across breathtaking Karst mountains to rappelling into ancient caves after climbing 497 steps, students pushed their limits while soaking in stunning natural landscapes. They also explored history at the Peng Family Fortress, navigated pitch-black caves with headlamps, and crafted meals in a bamboo rice workshop, discovering the plant's incredible uses.

Evenings were just as memorable, especially the Thursday night BBQ, complete with s'mores and dancing! The week wrapped up with creative reflection activities and new friendships formed along the way.

This trip was about embracing challenges and learning from every experience. Each activity was an opportunity to explore, collaborate, and grow, leaving everyone with unforgettable memories and valuable lessons that extend beyond the classroom. We're so proud of our students for embracing every challenge and creating lifelong memories!

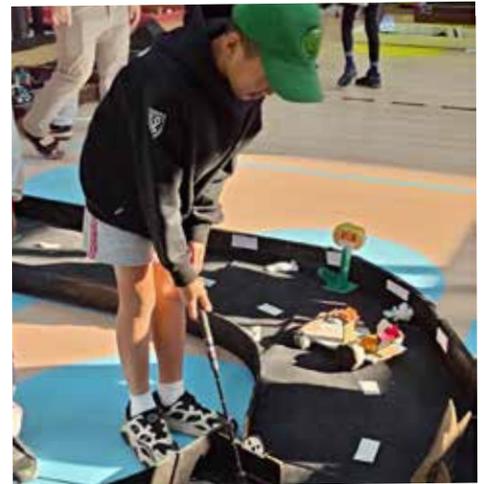


Mini-Golf: Building Connections

On January 20th and 21st, several Grades 3-6 classes had the opportunity to play mini-golf during their P.E. classes. The golf holes were designed and built by Grade 7 students in their Career and Technology Foundations (CTF) classes under the guidance of Mr. Flower, Ms. Li, and Mr. Marker (see page 31).

Once the holes were completed, they were set up in MPR3 for our elementary students to enjoy. As a result of this collaborative effort across the divisions at TIS, our elementary students were able to try a new sport they may not have experienced before.

The elementary students were also invited to share their ideas on ways the holes could be improved for next time, and some excellent suggestions were passed back to the CTF class members for consideration. Everyone had a great time, and we are excited about the opportunity to play even more new holes later in the year. A big "THANK YOU" goes out from the Elementary P.E. team to the Grade 7 teachers and students for making this activity happen!



Finding Nemo Jr.

On Friday, May 2nd and Saturday, May 3rd, the Neil P. Johnston Theatre was filled with underwater creatures bringing the story of Finding Nemo Jr. to life! Under the direction of Ms. Stribbell, Mrs. Schmidt, and Ms. Hanson, 75 students took on the roles of Nemo, Marlin, Dory and many other sharks, fish and sea creatures to share the story of resilience, perseverance, and finding your way home to those who love you.

The students began working on the musical in January and met every Monday and Wednesday to prepare for the final performance. They had to work hard to learn songs, choreography, and blocking as they became the sea creatures in the story.

Finding Nemo Jr. was performed for 3 shows. It was a challenging production and the students did an amazing job! They were able to grow in their knowledge of ocean animals, as well as become more reflective as they had to try scenes over and over until they were just right. Most of all, our students showed how they are growing in their ability to be risk takers and team players.

“The students were very prepared and their singing was great! They did a wonderful job remembering when to come on stage and where to go. I am incredibly proud of them.” said Ms. Stribbell “I love seeing each student grow in independence and courage over the 5 months. It brings me great joy to be a part of it.”



Digital Citizenship Week at TIS

From February 10th to 14th, the School celebrated Digital Citizenship Week, emphasizing the importance of responsible technology use among our students. This initiative was crucial in helping students understand the digital world and develop the skills necessary to navigate it safely and responsibly.

The week kicked off on Monday with discussions about digital footprints and identity. To make it fun, students wore silly socks as a reminder of how important it is to maintain a positive online presence. On Tuesday, the theme was about finding a healthy balance with media, and students sported stick-on moustaches to encourage each other to “moustache you to find balance” in their digital lives.

By midweek, students learned about the responsibility that comes with being online, all while dressed in pajamas, emphasizing the significance of good digital citizenship. Thursday’s focus was on critically evaluating online information, with students wearing different patterns to symbolize the need to question what they encounter on the internet.

The week wrapped up on Valentine’s Day, highlighting the theme of kindness. Students wore red and pink to remind everyone of the impact their digital interactions can have on others.



Digital Citizenship Week was a valuable opportunity for students to gain essential knowledge and attitudes toward technology, fostering a generation of informed digital citizens. We thank the school community for engaging in these important conversations at home and supporting safe and positive technology use!

Creating A Sustainable Future



TISCA has had a fantastic year focusing on the United Nations Sustainable Development Goal #12: Responsible Consumption and Production, with students across all grades leveraging this goal to make a positive impact in the world.

In kindergarten, our young learners are exploring the importance of plants, using plant-based products wisely, avoiding waste, and learning where their food comes from. This ties into their investigation of material usage, helping them make smart choices when recycling materials in fun upcycling projects that promote sustainability.

Our elementary students have been investigating how waste management services operate, engaging with experts in the field to learn effective ways to promote sustainability and responsible consumption, taking the steps to improve their carbon footprint. Grade 4 students have also started exploring the world of hydroponics – growing plants without soil! They learnt how this innovative technique can revolutionise food production by using less water, land, and fertiliser. The best part? Each classroom got to keep their hydroponic towers, so the learning (and growing!) continues!

In secondary, students have gone above and beyond in their commitment, and created a productive rooftop garden, winning an ACAMIS award and grant for their efforts! Our Creativity, Activity, Service (CAS) students have transformed the garden into a thriving ecosystem, already harvesting passion fruit, chillies, lemons, and soon to be bananas and guava. Furthermore, they are designing and building a vegetable garden section that will be open to our primary students, so they can plant and grow their own veggies too!

The TIS Community Action programme is a testament to what we can achieve when we work together. We are incredibly proud of the contributions our students are making, and look forward to seeing their impact, both inside and outside of our school!

House Teams in Action on Track & Field Day!



This term, the House Teams had a fantastic Track & Field Day for Grades 3 to 6. Students took part in fun team and individual activities, cheering one another to do their best. With the support of friends, they discovered what they are truly capable of!

In team events like tug of war, rob the nest, and chain train, everyone worked together to achieve their goals. These activities help students communicate well and show good sportsmanship.

During the individual races, students competed in the 100m, 200m, and relay events (for grades 5 and 6). With plenty of practice, many students felt ready and pushed themselves through the finish line, often setting new personal records.

One of the highlights of the day was the much beloved teacher race, where Ms. Beasley won for grade 5 and 6! The teacher race for grade 3 & 4 included a few student athletes and the winner was Grace from grade 3!

At the end of the day, there was sweat, smiles, and a sense of success for each student who participated. The big reveal of the winning house team was thrilling, with Lions taking 1st place for grade 5 and 6 and Dragons winning for grade 3 and 4!

Who will win the overall cup? By the time Insight is published, we should know which house team came out on top. Don't forget to check out the Stribbell Cup in the lobby trophy display for the answer!



A Step Forward in Education

TIS Celebrates PYP Authorization



Our school proudly underwent the IB Primary Years Programme (PYP) authorization visit on November 28 and 29, 2024. This important milestone aimed to validate our implementation of the PYP in alignment with the high standards set by the International Baccalaureate Organization (IBO).

Receiving IB PYP authorization is significant as it demonstrates our commitment to high-quality education that emphasizes inquiry-based learning and holistic development, preparing students for future academic challenges while fostering critical thinking and intercultural understanding.

During the visit, the evaluation team reviewed our curriculum documents and school policies, observed teaching and learning in classrooms, and conducted interviews with teachers, administrators, parents, and students.



One month after the visit, we received the official authorization report. The results were a strong affirmation of our school's commitment to quality education and the PYP approach. We received:

- 9 commendations for our notable practices
- 5 recommendations for further development
- 0 matters to be addressed

This is an outstanding achievement, especially as a school in the early stages of PYP implementation!

Now, TIS is officially recognized as an authorized PYP school. This marks the beginning of a new chapter in our journey as we continue to provide a nurturing, inquiry-based, and globally minded learning environment for all our students.



A Week Of Cultural Immersion

This year's Middle School Experience Week was an incredible journey filled with adventure, cultural exploration, and personal growth. Students traveled to Vietnam, Taiwan ROC, and South Korea, engaging in a variety of enriching activities that broadened their horizons and fostered a deeper understanding of the world.

In Vietnam, students embarked on a wetlands tour and visited the UNESCO World Heritage site of My Son. They enjoyed banana boat rides, participated in clay workshops, and crafted traditional lanterns that they sent skyward with messages of hope and good wishes. A community service project allowed them to clean polluted areas, and they learned to cook local dishes while making traditional masks. The trip included a visit to the breathtaking Marble Mountain, where students experienced the beauty of nature and culture.



In Taiwan ROC, students went on hikes, explored museums, participated in cooking classes to learn how to make fish balls, and engaged in a photography challenge. A historical scavenger hunt and traditional blue dye workshops added to their cultural immersion.

In South Korea, students encountered snow for the first time and enjoyed the lively Nanta show. They attended a baseball game, visited Everland (home to Asia's longest wooden roller coaster), and created K-Pop videos. A highlight was visiting the DMZ (demilitarized zone), where they listened to a North Korean defector share his powerful story, providing a unique perspective on history and culture.

Experiences like these are vital for students as they promote personal growth, empathy, and open-mindedness. Engaging with diverse cultures helps students develop a global perspective, learning to appreciate ways of life. Stepping out of their comfort zones encourages adaptability and confidence, allowing students to connect classroom knowledge with real-world applications.



Chinese At TIS

TIS中文部始終致力於為來自多元文化背景的學生提供豐富而深入的中文學習體驗。在TIS，學生們透過項目式學習 (Project-Based Learning) 在真實情境中探索中文的實用性與文化內涵，引領學生在實踐探索中觸摸中文的深厚底蘊。例如小學部三年級以「水資源的循環與利用」為主題，將科學探究與中文表達相結合；五年級Foundation Level的學生探究各國文化、地理、氣候以及影響移民的各項因素，進行跨文化分析，展現了語言學習與全球視野的融合。中學部初中部的學生專訪心理諮詢部的Mr. Kagis，在訪談實踐中鍛鍊寫作及口語表達能力；八年級學生在「體驗週」活動之後，用中文將自己學習並體驗到的當地風土人情、文化活動進行了專題新聞報導。新春佳節之際，全校師生更是透過沉浸式的「唐朝文化新年主題活動」，身著唐制漢服、品嚐唐朝特色美食、書寫揮春，體驗唐朝投壺、蹴鞠等活動，深入感受中華文化的魅力。透過TIS豐富的中文項目式探究學習以及沉浸式歷史文化學習和體驗，學生逐漸成長為具有國際視野、文化感知力、良好語言技能和探究精神的終身學習者，為未來在全球化舞台上的成功奠定堅實基礎。



The TIS Chinese Department is dedicated to providing an immersive Chinese learning experience for students from various cultural backgrounds. At TIS, students engage in project-based learning to explore the practical applications and cultural significance of Chinese within real-life contexts, helping them connect with the rich depth of the language.

For instance, in elementary, Grade 3 students focus on the theme of “Water Resource Circulation and Utilization,” combining scientific inquiry with Chinese expression. Grade 5 Foundation Level students investigate various cultural, geographical, and climatic factors that influence immigration, conducting cross-cultural analyses that illustrate the synergy between language learning and global perspectives.

In the secondary, middle school students had the opportunity to interview Mr. Kagis from the counseling department, refining their writing and speaking skills. Following “Experience Week”, Grade 8 students presented detailed reports in Chinese about the local customs and cultural activities they encountered.

During the Spring Festival, students and staff participated in an engaging “Tang Dynasty Cultural New Year” event, donning Tang-style Hanfu (traditional clothing), tasting Tang Dynasty specialties, writing couplets, and participating in activities like tou hu (tossing pots) and cu ju (kickball), gaining a deeper appreciation for Chinese culture.

Through TIS’s rich project-based Chinese learning and immersive cultural experiences, students gradually become lifelong learners equipped with a global perspective, cultural awareness, strong language skills, and an inquisitive spirit, laying a solid foundation for future success in a globalized world.

International Art Exhibition

Students begin formal art training in Grade 7 and 8 designing sketchbook covers, larger creative artworks with various media, charcoal portraits, and layered watercolor scenes. Grade 9 depicts Art elements through diverse media and then photos & paints self-portraits. This year, TIS added a Clay 3D class. Students enjoy the push and pull of clay into teapots and figurative statues. They finish the pots and designs with the magic of ceramic glass glazing.



The International Community Art Exhibition, highlighted the artwork of the TIS Art departments through a joint exhibition with other international schools of Macao. The exhibition showcased Middle and High School artworks from TIS, School of Nations, and Macau Anglican College. Joining different communities' artworks brings the essence of the joy of Art - different programs celebrating one another's work.

"In the spirit of community, these three international schools in Macao are bringing their best works together to honor their students' achievement."

- Paul Ryker, TIS Middle School Art Teacher



Unmasking, Uncovering, Us.



An enthusiastic audience gathered on April 22, 2025 to enjoy TEDx talks from members of the TEDx TIS Youth Macao club. The event featured a keynote address by HIVE Schools founder Dr. Howard Stribbell, titled “Unmasking the real you: A journey to Authenticity.” Following this, student speakers Aurélio De Jesus Chiconela Júnior, Silvia Shi, Ethan Yau, Joy Wang and Cloris Yan shared their insights on the theme of “Unmasking, Uncovering, US,” exploring topics of identity, overcoming adversity, and learning from the past.

Student speakers and organizers worked together to make this event possible, developing their skills as leaders and teammates. Speaker Aurélio remarked “working together taught me that through the collective effort of every single individual, things end up working out”, while Samuel Liang, one of the Masters of Ceremony for the event, described TEDx as “a fantastic way to foster collaboration and friendship!”.

Participants also developed their public speaking and communication skills, with speaker Ethan Yau explaining that “speaking at the TEDx TIS Macao Youth event was a transformative experience that taught me how to effectively present my ideas. By incorporating my personal experiences with factual evidence in my talk, I was able to create a message that would resonate with the entire audience”.

Speaker Cloris Yan articulated her appreciation for becoming part of the worldwide TED community when she noted “It felt a bit surreal to find myself standing in the position of these awesome TEDx speakers that I’ve seen in classes growing up. I’m very grateful for this opportunity to, really, just let me talk and share about the things I love and care for.”

A Day in the Life of a Academic Counsellor

It all started innocently enough. Just another day filled with emails a counsellor wakes to. All will be scanned, and some require a thoughtful response. That reply will always include a seed planted by the counsellor, inviting university representatives, like admission officers, to visit TIS. These visits, held throughout the year, provide valuable opportunities for our students and parents to meet and learn what universities look for in students, directly from the source. If they can make it, excitement builds, but it's important to remind visitors that attendance can vary.



Once a date is confirmed, the logistics begin: finding an appropriate venue, booking chairs and tech support and creating promotional materials. Our invaluable intern, Amita often steps in to help design posters and share the news with our community. As the visit approaches, the daily calendar is checked and preparations are finalized. One final review of bridgeU to create a targeted, bespoke email to students who should be interested, ensuring everyone has access to the information. As the morning time flies, a ring is heard. Fiona (from the school's front office) has called or emailed and off to the lobby we go. We collect our guests and give a short overview of TIS to give them context before jumping on the elevator to the fourth floor. This is where the university guest will meet with students and parents for interactive sessions about admissions, sharing insights on what they look for in applicants. As the clock ticks down to the start time, a counsellor's stomach knotts grow... will students turn up? When they do, the relief is like taking an antacid for someone who has heartburn. Of course the session is informative and useful and, at the end, we walk the guest back to the reception, reflecting on the day and looking forward to the next opportunity to support our students in finding the best fit for their futures. And so the cycle continues!



Sculpting New Ideas From Imagination To Creation

Grade 10 Pre IB explored the notion of “It’s All In The Head” creating their own sculptural idioms in a variety of media and techniques. The sheer diversity demonstrates enquiry based learning at its best.



Breana Taylor
Get Your Head Down



Renee Lam
Half A Mind



Michael Wang
Head In The Clouds

Grade 12 IB set up their exhibition for the final assessment of work produced over two years.



Phoebe Ma



Angel Zhang
Obscure Direction



Miki Wong



Daniel Chu
Purplish, Brown & Grey



Eli Qiu
Good

The artwork on show this year stood out as an exemplary demonstration by the students, reflecting their maturity and understanding of the conceptual and contextual characteristics underpinning contemporary art. The International Baccalaureate (IB) is about developing critical thinking, and this exhibition raises the threshold of what our students are capable of doing when challenged and supported in pushing the boundaries of their own knowledge and skills.

The Journey Through Drama



Imagine a nervous seventh grader stepping into a large classroom devoid of desks or chairs, their heart racing with nerves and excitement. They are immediately challenged to step out of their comfort zone and into a lively movement game - this is the essence of their first drama class. As they journey through Drama 7, students unlock their physical potential, expand their vocal ranges, and ignite their imagination while developing essential life skills like public speaking, improving English pronunciation, and establishing a foundation for advanced acting. Here, “explore” is the keyword.



With the confidence of a seasoned actor, the eighth grader now enters the drama class, ready to connect deeper with their physicality and vocal expression. Through studying Theatre History, they refine their skills and prepare to share their artistry on a larger stage, the Neil P. Johnston Theatre. In this phase, the focus shifts to “examine.”

By ninth grade, these aspiring actors have cultivated an impressive repertoire of skills and knowledge, culminating in a one-act performance that showcases everything learned in middle school drama, from technical elements to nuanced acting techniques. Equipped with confidence and insights into the minds of directors and producers, they are primed for high school drama, embodying the theme of “enhance.”

Drama 10, 20, and 30 students delve into the intricacies of theatrical arts, forging stronger connections across diverse domains while performing full plays for live audiences. Students explore a variety of acting styles and the influence of theatre history, embracing the journey of “expanding.”

As Drama 30 students step out of the classroom that once seemed so daunting, the world unfolds before them like a stage, ripe with possibilities. They leave with a profound understanding of their craft, ready to wield their actor’s tools to tell compelling stories and create compelling art that resonates with audiences far and wide.



Benefit Concert

By students Cassidy Ho, Eileen Chan and Franky Leong-Murphy

On the nights of February 27th and 28th, students and teachers took to the stage at the Neil P. Johnston Theatre to showcase their talents in our annual Benefit Concert. Organized by the High School Student Council, this event aims to unite the school community toward a common cause, making a positive impact in our global community.

This year, the proceeds benefited the Kianh Foundation, a non-government-funded school in Hoi An, Vietnam, dedicated to providing education and care for children with special needs. We are proud to support their important work in education, helping to improve the lives of these children.



As always, the show featured a wide range of performances, including singing, instrumental acts, dance, acrobatics, and storytelling, highlighting the diverse passions of our student body. Through the commitment of performers and teachers, as well as a crowd of supportive audience members, the Benefit Concert was an overwhelming success! We raised over 23,000 MOP through ticket sales and donations, all while celebrating the vibrant spirit and unity of our school community.



A Year Of Growth



The Award for Young People (AYP) Programme had a very successful year, with forty-three students joining the main program, and an additional seventeen coming from the Grade 9 Outdoor Education class. The final expedition was a minimum two-day, one-night hike in Sai Kung Park, Hong Kong. Throughout the sessions and the Practice Expedition, students worked in groups to select themes—such as Positive Mindset, Topography, Biology, Art, and History—to gather data for their final presentations after the hike.

Despite facing rainy weather on our first day and navigating difficult terrain after a wrong turn, the students demonstrated their resilience and growth as they completed a demanding 6-hour requirement trek through the park. One of our groups of TIS Athletes impressively covered a massive 27 km route in under seven hours. Well done!

The AYP Programme works hand-in-hand with the Creativity, Activity, Service (CAS) core component of the IB Diploma Programme, with a strong emphasis on volunteering and service. We have watched our Silver Participants grow into real leaders in their respective grades, having no doubt that the confidence they have found in AYP will support them throughout the rest of their academic life and beyond.

Registration for AYP will happen in September 2025, during the first week of school. Be sure to sign up and be part of this enriching experience!



TIS x RCM Charity Concert 2025: A Night of Music and Philanthropy

We are delighted to report on the TIS x RCM Charity Concert 2025, co-hosted by TIS and the Rotary Club of Macao (RCM). Held on January 17th at the Macao Tower Theatre, this fundraising event brought together our talented student musicians and the local community for an evening of music dedicated to a meaningful cause.

The concert featured outstanding performances by the TIS Flute Choir, Clarinet Ensemble, TIS String Orchestra, Jazz Band, Concert Band, and Symphonic Band, along with several exceptional soloists. Around 120 students took part, highlighting their dedication and musical excellence.

With the generous support from parents, attendees, and sponsors, we raised MOP 33,000 for Cradle of Hope, a local charity that positively impacts our community by caring for children and youth experiencing family crises. The event not only provided a platform for students to perform but also fostered connections within the community, emphasizing the power of music for a real cause.

We extend our deepest gratitude to all performers, organizers, and supporters who contributed to this meaningful experience. Together, we have reinforced the importance of music education and philanthropy in creating a brighter future for those in need.



Secondary Sports Day: A New Era of Competition

This year's **Secondary Sports Day** featured several new changes that enhanced the variety of the events, the overall format, and strength and conditioning of our athletes, making for an unforgettable experience.

One of the standout additions was the discus throw, providing athletes with an opportunity to showcase new skills. We also transitioned the event from a full day to a half-day schedule, creating a more focused and energized atmosphere for both participants and spectators. To enhance competitiveness across all events, pre-heats were introduced in physical education (PE) classes, in the track and field unit prior to the event, helping athletes prepare effectively and strive for their personal bests.



Secondary Sports Day was filled with impressive performances across various track and field events, with athletes demonstrating their readiness, talent, and sportsmanship. Each event was a testament to the hard work and commitment of our students.

The support from the entire TIS community was truly heartwarming. Teachers, staff, and parents rallied together, creating an encouraging atmosphere that uplifted the athletes. This collective spirit emphasized the importance of community engagement in school events.

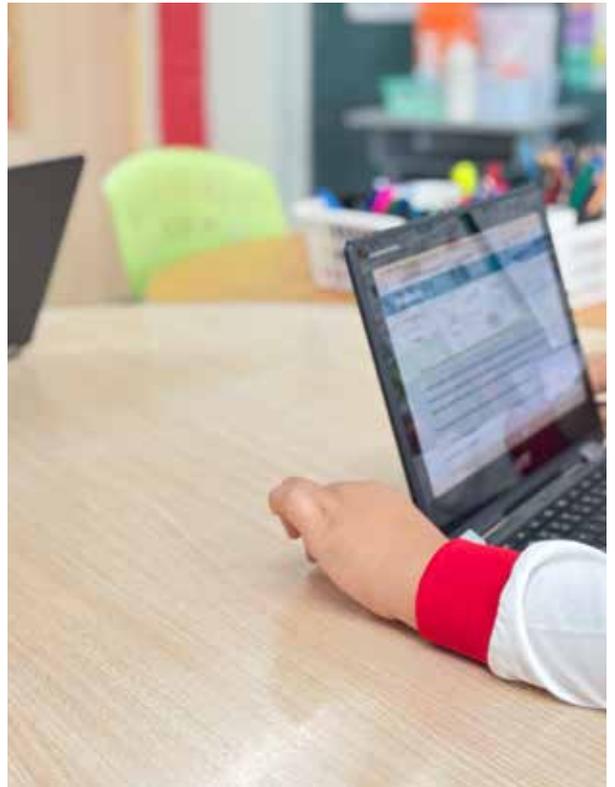


Technology Integration in EAL Classes

As technology advances, we continuously incorporate new tools and resources into our English as an Additional Language (EAL) classes to enhance the educational experience for all of our students. These innovative tools support each student's unique language learning journey, complimenting teachers' instructions and making lessons more engaging and effective:

- **Interactive Learning Environments:** Tools like Nearpod facilitate interactive lessons that engage EAL learners through multimedia content, such as videos, quizzes, and virtual reality experiences. This captures students' attention and helps them connect language learning with real-world contexts, which is crucial for language acquisition, while teachers guide discussions and reinforce key concepts.
- **Personalized Learning:** Technology allows for differentiated instruction tailored to individual student needs. Several platforms, such as Project Read, offer interactive lessons designed specifically for EAL students, enabling teachers to scaffold instruction effectively. This personalized approach helps EAL students progress at their own pace.
- **Real-Time Feedback and Assessment:** Digital platforms provide immediate feedback, which is vital for language development. Sites like NoRedInk allow teachers to monitor student progress in real-time, enabling them to adjust instruction based on individual performance.
- **Enhanced Collaboration:** Technology promotes collaboration among students, with tools like Flipgrid, that allow students to record and share video responses, encouraging peer interaction and providing opportunities for practicing speaking skills in a supportive environment, with teachers facilitating and guiding these interactions.

By integrating these technological advancements into our EAL curriculum, teachers work alongside these tools to create a rich learning environment that not only improves language acquisition, but also prepares students for a future where digital literacy is essential.



Victories In The Arena

Our 2024-2025 VIQRC season culminated in an exciting and innovative Battlebot-themed event as a fun and engaging way to celebrate the hard work of our students. The event saw an impressive turnout, with teams from different schools joining in.

Throughout February, students dedicated their time to building, refining, and strategizing for the competition, which featured a 2 vs. 2 format similar to the V5RC competition format. Teams earned the most points from grabbing blocks and disabling the opposing team's robots within a time limit.

The day was filled with standout moments, showcasing the energy and enthusiasm of the participants. First and foremost, the Battlebots event was planned and run by our High School Robotics Members. A big congratulations to them for a very successful, student-driven event! The engagement was through the roof, with cheers reverberating throughout the gymnasium when matches were won.

We had four award categories and five trophies to celebrate achievements: TIS took home the Sportsmanship award, while Xiamen International School was recognized for the Coolest Design. Puiching Middle School earned the Best Built trophy, and both TIS and Puiching shared the honor of Tournament Champion.

Season Awards

85301X

NIS Invitational tournament champion
 PAS Taiwan - Create Award winner and Quarter Finalist
 Macau Championship - Excellence Award (Grand Prize), and
 Tournament Finalist
 Vex VR Simulation (HS) World Programming Champion
 Double World Championship Qualifier

85301V

NIS Invitational - Judges Award
 PAS Signature - Quarter Finalist
 Macau Championship - Semi-Finalist
 Macau Mecha Beast Brawl - 3rd Place
 Vex Game Design (HS) World Contest - Finalist

85301W

NIS Invitational - Quarter Finalist
 Macau Championship - Quarter Finalist
 Vex VR Simulation (MS) Programming World Runner-Up

85301Z

NIS Invitational - Semi-Finalist
 Pas Signature - top 30
 Macau Championship - Quarter Finalist

85301G

Bangkok Signature - Innovate Award
 Stamford American Open - Create Award
 Macau Championship - Innovate Award
 Vex Game Design (MS) World Contest - Finalist

85301E

Bangkok Signature - Judges Award

85301A

Bangkok Signature - Innovate Award



JUST IN

Team 85301X participated in the VEX Robotics World Championship in Dallas, Texas, the largest robotics competition around the world. They ranked among the top 300 teams, positioning themselves as one of the leading robotics teams globally!

Creating Mini Golf Course!



In a Grade 7 design project, students participated in an interactive experience that integrated design thinking, 3D modeling, and 3D printing to create a mini golf course tailored for elementary students. The project commenced with brainstorming sessions where students identified the needs and preferences of their target audience. Utilizing the design thinking process, they defined the problem, ideated solutions, and developed prototypes.

Students measured, cut, and assembled a 4 metre custom mini golf course using lumber, incorporating fun and educational elements that would attract younger players. They also utilized SketchUp, a 3D modeling software, to visualize their concepts and create detailed designs for various holes. After finalizing their models, students employed Bambu Carbon X1 printers to 3D print components, allowing them to test the feasibility and functionality of their designs.

Throughout the project, students continuously refined their work based on testing feedback. This process not only improved their technical skills but also promoted teamwork and creativity. By the end of the project, students presented their mini golf courses, showcasing their designs and reflecting on the design thinking process. The outcome was a series of engaging mini golf courses that not only provided entertainment for elementary students but also served as a practical application of the students' learning, emphasizing innovation and collaboration in a real-world context.

Highlights Of The 2025 Season

The TIS Athletic program recognizes the integral role of sports in school life, fostering values such as teamwork, commitment, and a healthy approach to competition. These tournaments are more than just competitions: they represent moments of growth, sportsmanship, and shared passion.

The 2025 season got off to a fantastic start for the TIS Tigers, marked by the following highlights:

PRC (Pearl River Conference) Sport Tournaments

- Middle School Badminton
- High School Badminton
- High School Boys Soccer
- High School Girls Soccer



ACAMIS (Association of China and Mongolia International Schools)

- High School Basketball Boys were Champions
- High School Basketball Girls won 3rd Place
- Boys Soccer won 1st Place
- Girls Soccer won 3rd Place



SCISAC (South China International Schools Athletics Conference)

- Middle School Girls and Boys Volleyball
- The Girls came 2nd and Boys finished 6th

DSEDJ Swimming Girls Relay



There's nothing quite like witnessing your child showcase their skills, determination and passion on the field of play. Your presence in the stands holds incredible significance, not only for your child, but for the entire team. Parental support and encouragement are powerful motivators, and your cheers are the soundtrack to their success. By being there, you not only celebrate their well-deserved achievements, but also become an integral part of their journey.

Please come out and cheer on our TIS TIGERS!

A Year to Be Grateful For



The 2024/2025 school year has been a time of growth, connection, and gratitude for the TIS community. Led by a dedicated team of parent volunteers, the TIS Parents' Association (TISPA) expanded its roster of community events, strengthened collaboration with the school, and championed parents' voices on key issues.



From new initiatives like the Uniform Swap, TISPA Market, Second-Hand Fashion Market, and Halloween Family Party, to strong advocacy for financial transparency and educational quality, TISPA worked tirelessly to enrich school life for all TIS families.



With more than 20 initiatives organized, over 690 parents connected through our WeChat groups, and major fundraising milestones achieved, TISPA's efforts have directly supported student activities, staff appreciation, and the creation of new community traditions.



As we reflect on this incredible year, we are filled with gratitude for our volunteers, the trust of our parent community, and the openness of the school leadership. Together, we have built a stronger, more inclusive TIS community — and we look forward to achieving even more in 2025/2026!

Thank you, TIS families, for making this year unforgettable!



Building a Compassionate School Community

Our counsellors are committed to improving student well-being and creating a strong school community through informative presentations focused on developing students' essential life skills.

In Grade 3, students participated in an interactive anti-bullying presentation led by Ms. Mariana, where they engaged in discussions about empathy, the significance of Pink Day, and the underlying reasons for bullying behaviours. Through this experience, they learned how to recognize bullying and developed strategies for addressing it. Students began by reflecting on how victims of bullying might feel, capturing their thoughts in writing. They then brainstormed and wrote examples of how they could stand up for themselves and support their peers, taking action against bullying.

In kindergarten, Ms. Lok introduced the Zones of Regulation, which include the Blue Zone (feeling sad or tired), Green Zone (feeling calm, focused and ready to learn), Yellow Zone (feeling frustrated or anxious), and Red Zone (feeling angry). This framework helps our youngest learners recognize, name, and regulate their emotions. During the session, students actively participated by having one student act out an emotion while the rest of the class chose the colour zone they believed matched that feeling. This interactive approach of exploring colours and facial expressions deepens their understanding of emotions, and helps them handle their feelings more effectively.

TIS counsellors will continue to support students' growth and well-being across all classes, reinforcing our values of compassion and respect, encouraging students to become proactive allies in creating a safe and supportive environment for all.



Strengthening Bonds, Building Community: Together, We Thrive!

In the heart of our community, where every smile tells a story, the spirit of volunteerism breathes life into our daily interactions. In a world bustling with individual pursuits, it's the simple acts of kindness that weave the fabric of communal support and understanding. Whether it's through assisting at local food banks, caring for homeless animals, or spending time with the elderly, each volunteering effort contributes to a stronger, more cohesive community.

This year, the TIS Volunteer team created lots of unforgettable memories, not only for our students but also for the community. Continuing from last year, the team had constantly assisted with various activities, such as spreading caring messages during Easter and the Mid-Autumn Festival. We understand that in giving, we receive; in helping others, we also learn valuable lessons that enrich our lives.

We have created countless memories for our team and the community. Looking ahead, the team is actively exploring new ways to contribute, and we welcome your ideas! If you are interested in our work or joining our team, please go to our Instagram @tisvolunteer. Keep up the good work!



Congratulations Class of 2025

Congratulations on reaching this significant milestone in your high school journey, and stepping into an exciting new chapter of your life. This is your time to shine and make your mark on the world!

We couldn't be prouder of the outstanding achievements and university offers you have received from prestigious universities from all over the globe. From Imperial College London (QS#2), University College London (UCL) (QS#9), University of Edinburgh (QS#22), The University of Hong Kong (HKU) (QS#17), University of Manchester (QS#32), University of British Columbia (UBC) (QS#38), King's College London (QS#40), University of Toronto (QS#21), McGill (QS#29), Monash University (QS#37), among others, your accomplishments truly speak volumes.

As you prepare to embark on the next exciting chapter of your lives, we are thrilled to see you have chosen a wide range of subjects and career paths that truly showcase your individual interests and aspirations, as well as your exceptional skills and talents. From Biomedical Science, Business Management, Mechanical and Aerospace Engineering, Environmental Geoscience, Sports and Exercise Science, Fashion Management, Astrophysics, and many more!

It is inspiring to see the tremendous amount of dedication and hard work you have put forth, and we are excited for all the success that awaits you. We wish you good luck on all your endeavors!



TIS is proud of the achievements of all our graduates, past and present, who have been accepted to more than 600 colleges and universities worldwide, including:



Chan, Chi Hun
 Chan, Eileen
 Chan, Geoffrey
 Chan, Howard
 Cheang, Austin
 Chen, Tyler
 Cheong, Higgins
 Cheuk, Timoteo
 Chiang, Cheryl
 Chiconela, Aurelio
 Choi, Otto
 Choi, Bernice
 Chong, Isabella
 Chu, Daniel
 Chu, Matthew
 Chu, Prince
 Chu, Timothy
 Deng, Tony
 Dos Santos Pedro, Nicole
 Fung, Leo
 Ho Morais Alves, Vanessa
 Ho, Adora
 Ho, Cassidy
 Hua, Miranda

Huang, Coco
 Huang, Helen
 Iong, Ka Wai
 Kuai, Mavis
 Lai, Esmond
 Lai, Vegas
 Lam, Sunny
 Lau, Thea
 Lei, Tiana
 Leong Murphy, Franky
 Leong, Josie
 Leong, Samantha
 Leung, Charlotte
 Leung, Rafael
 Li, Lisa
 Lo, Jayden
 Lu, Nova
 Ma, Phoebe
 Mou, Daniel
 Ng, Yanis
 Patterson, Jennifer
 Patterson, Julia
 Pinto, Sebastiao
 Qiu, Eli

San Juan, Jacob
 Sanders, Tim
 Shi, Focus
 Si, Bosco
 Song, Renee
 Tai, Justin
 Tan, Gordon
 Tun, Veronia
 Wang, Ben
 Wang, Chi Hou
 Wong, Jenna
 Wong, Miki
 Wu, Clare
 Wu, Emily
 Wu, Ernie
 Wu, Freya
 Xu, George
 Yang, Elisabeth
 Yang, Johnny
 Yang, Kengson
 Yau, Ethan
 Zhang, Angel
 Zhang, Ryan
 Zheng, Felix
 Zhou, Michael

WHERE ARE THEY NOW?

From TIS to Success

Once they graduate, TIS Alumni embark on exciting new adventures, pursuing their dreams in various fields, and making their mark on the world. Recently, we caught up with two alumni who have forged unique paths since graduation, leveraging the skills and experiences gained at TIS. James Lok, from the Class of 2019, and Oriana Wong, from the Class of 2022, reveal the lasting impact of their education and the opportunities that continue to shape their futures.



James Lok,
Mechanical Engineer, PhD student, University of Sussex, UK

James has built an impressive academic career in mechanical engineering. Currently pursuing a PhD in Engineering at the University of Sussex, he completed his Master of Engineering in Mechanical Engineering with a Year in Industry, successfully navigating the challenges posed by the pandemic. With a focus on laser diagnostics and carbon capture, James aspires to make meaningful contributions to the field of engineering.

How did your time at TIS prepare you for your studies abroad?

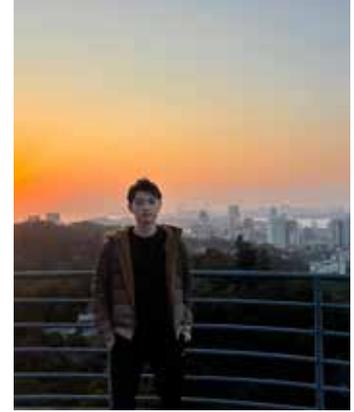
TIS has prepared me for university in several areas. Through activities like Experience Week, I learned to communicate efficiently, even with people I was meeting for the first time. The strong foundation in English Language Arts, rooted in the Alberta curriculum, significantly enhanced my overall academic performance.

Can you share any memorable experiences or projects from your time at TIS that influenced your career path?

During my final year at TIS, I researched, designed and built a water-cooling computer for my passion project module. This project impressed teachers, as it showcased advanced technologies for the time. Additionally, some of the best memories I have were leading the High School Student Council and organizing events.

What advice would you give to current students at TIS who are considering a similar path in engineering?

My advice to all students is to pick the city and the degree you WANT rather than having the university pick you. Think about “what I enjoy” and compare it to “what will be best for me.”



What's Your Alumni Story?

Everybody has a story to tell and we want to hear yours!
Whether you have a memory of your time at TIS or a story about your alumni experience, we'd love to hear your unique story and career journey, and how TIS helped get you there.

Scan the QR code to submit
your Alumni Story:



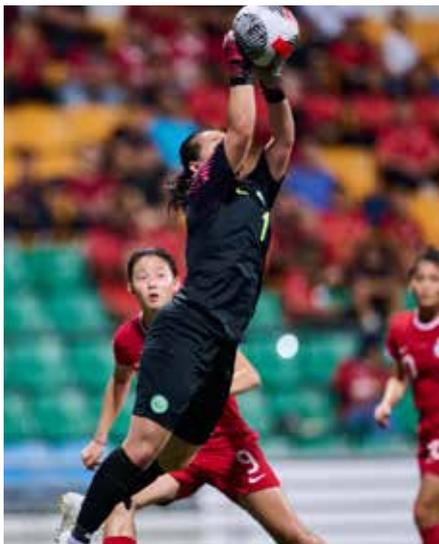


**Oriana Wong,
Sports and Exercise Science, Loughborough University, UK**

As a dedicated footballer and aspiring strength and conditioning coach, Oriana has navigated challenging crossroads, including the tough decision to turn down a professional contract in favor of pursuing her education. Her time at TIS has instilled in her a strong work ethic and a growth mindset, qualities that continue to shape her today.

You attended TIS from Pre-kindergarten. What are some of your most memorable experiences from your time here, and how did they shape who you are today?

“My most memorable experiences at TIS include representing the school in sports and exploring different parts of the world through Experience Week trips”



Being part of the girls’ football team and middle school volleyball team taught me resilience, teamwork, and leadership. Competing in SCISAC, ACAMIS, and PRC tournaments pushed me to improve my skills and build lasting friendships.

Experience Week trips exposed me to different cultures, environments, and challenges. From community service projects to outdoor adventures, these trips broadened my perspective and helped me develop independence and adaptability, shaping my curiosity and appreciation for the world beyond the classroom.



In what ways did TIS prepare you for life abroad, both academically and personally?

Attending an international school allowed me to interact with people from diverse cultures and backgrounds, helping me develop adaptability and strong communication skills. This was invaluable when I moved to England to live with my host family, as it enabled me to navigate a new environment and build connections while playing for AFC Bournemouth U21s.

Academically, TIS boosted my confidence in public speaking, which benefits me on and off the field. Exposure to key concepts in Sports Performance, Biology, Chemistry, and PE made university studies more manageable, and lessons on referencing simplified academic writing. My teachers emphasized that as a student-athlete, “student” comes first, helping me develop essential time management and organizational skills for balancing training and academics.

Have the demands of your studies ever affected your passion for football? How do you maintain that love for the sport?

There are definitely days when I have to put football and training on hold to focus on coursework. However, I’ve mastered time management, organizing my schedule and knowing when to say “no.” Even on days I lack motivation, training is ingrained in my routine. I keep my passion alive by reflecting on my journey and setting micro goals, ensuring every session brings me closer to my aspirations.

If you had to choose a word or phrase to describe TIS alumni, what would it be?

“Think outside the box.”

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MOBOX Fitness

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University Hospital

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Science and Technology, Avenida
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www.uh.org.mo



Brew Lab

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of Science & Technology
Avenida Wai Long, Taipa



The Seasons Restaurant

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Dormitory Building,
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Food Studio

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Building
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