



广州市番禺区诺德安达学校
NAS GUANGZHOU, PANYU

家以外的家-寄宿项目手册 BOARDING HANDBOOK



020-32656500
www.nasguangzhou.cn

在诺德安达，遇见第二个“家” YOU'LL FIND A SECOND HOME

亲爱的同学们：

广诺寄宿社区是一个充满温情与个性的大家庭，每个院舍都独具特色却同样温暖如家。在这里，老师们不仅是您学业上的导师，更是生活中亲密的家人，将全程陪伴您度过每一个重要成长阶段。我们通过丰富多彩的文化节、辩论赛和公益项目等活动，为每位学子提供展现才华的舞台，让每一份热爱都能绽放光彩。我们既注重培养卓越的学术能力，更重视塑造学生的社会责任感和全球视野，这些品质将成为您未来人生最宝贵的财富。这里不仅仅是一个安全的避风港，更是需要我们共同呵护、共建共享的精神家园，让我们在这里相遇相知，携手成长，最终遇见更好的自己。

Our boarding community is a warm and vibrant extended family where each house has its own distinct character while radiating the same homely warmth. Here, our teachers serve not only as academic mentors but also as caring family members, accompanying you through every important stage of your growth journey. Through diverse activities including cultural festivals, debate competitions and community service projects, we provide every student with a stage to shine, allowing each passion to flourish. While cultivating academic excellence, we place equal emphasis on developing social responsibility and global perspectives - qualities that will become your most valuable lifelong assets. More than just a safe harbor, this is a spiritual home we nurture together through shared commitment, where we meet, grow side by side, and ultimately become the best versions of ourselves.

Helen Tong
舍监 Head of Boarding



以关爱为基，助力成长每一程

CARE AS OUR CORE, SUPPORTING EVERY STEP OF GROWTH

我校为英国寄宿学校协会及澳大利亚寄宿学校协会成员。这为学生提供了国际化的教育保障和高质量的寄宿管理标准。

Our school is a member of the Boarding Schools' Association (BSA) in the UK and the Australian Boarding Schools Association (ABSA). This provides students with internationally recognized educational standards and high-quality boarding care.

英国寄宿学校协会成员

MEMBER OF THE BOARDING
SCHOOLS' ASSOCIATION (BSA) UK

澳大利亚寄宿学校协会成员

MEMBER OF THE AUSTRALIAN BOARDING
SCHOOLS ASSOCIATION (ABSA)

bsa | BOARDING
SCHOOLS'
ASSOCIATION



AUSTRALIAN
BOARDING
SCHOOLS
ASSOCIATION



728

满足728名学生的住宿需求
Houses 728 students.

97%

超过97%的家长认为，孩子变得更独立了

97% of parents note kids
are more independent.

24H

配备24小时值班校医
24-Hour Professional
Medical Care On Campus

100%

教职员工100%通过儿童安全
认证
100% Child Safeguarding
Certified Faculty

专业的寄宿生活导师团队

Professional Boarding Mentorship Team



舍监
Head of boarding
HELEN TONG

教育学硕士；曾于香港中文大学和密歇根大学安娜堡分校工作，深谙国际教育策略及学生支持工作机制；持国家教师资格证，国际寄宿实践领导力文凭及教牧关怀高级证书。

Master of Education; Worked at CUHK & UMich, specializing in international education and student support; Holds teaching certification, boarding leadership diploma, and pastoral care certificate.



寄宿生活主任
Housemaster
JAKE CHEN

中山大学商务英语本科，澳门科技大学硕士，曾任职业技术教师/教研组组长，有丰富的学生管理经验。

Bachelor of Business English from Sun Yat-sen University, Master's degree from Macau University of Science and Technology. Former Vocational Skills Teacher/Head of Teaching & Research Group, with extensive student management experience.



寄宿行政专员
Administrative Officer
JENNY LAN

澳大利亚莫纳什大学本科，悉尼大学硕士，擅长沟通协调，出色的项目管理能力。

Bachelor's Degree, Monash University, Australia | Master's Degree, The University of Sydney
Exceptional communication and coordination skills with outstanding project management capabilities.



课后活动协调员
ASA Coordinator
RACHEL HE

英国中央兰开夏大学本科，玛格丽特皇后大学硕士，曾在某教育集团旗下国际学校担任寄宿管理工作，丰富的学生活动策划经验。

BSc, University of Central Lancashire | MA, Queen Margaret University
Former boarding manager at an international school with strong event planning experience.



VIVIAN OUYANG



HAZEL CHEN



SUSIE SHI



CARL YANG



ALICE QIU



VICKY CHEN



MERRY WANG



YONG HUANG



FELIX LI



LEVI LI



ERIC LIN



SALIA QIU



DOREEN LAI



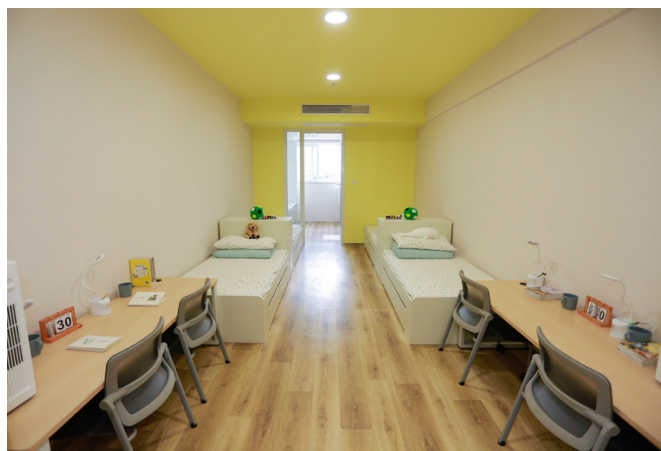
CATHERINE ZENG

寄宿设施及服务

BOARDING FACILITIES AND SERVICES



寄宿提供免费衣服清洗(贴身衣物除外)、全套床品及定期清洗/除螨服务。Boarding includes free laundry (excl. undergarments), full bedding & regular cleaning/dust mite treatment.



4人间，宿舍配备冷暖空调，空气过滤系统，独立卫生间和浴室。
4-Bed Room, the dormitories are equipped with heating/cooling air conditioning, air filtration systems, and private toilet & bathroom facilities.

寄宿活动室

BOARDING COMMON ROOM

寄宿学生活动室打造活力社交圈，助力学生在互动中收获友谊与成长。

The Boarding Common Room cultivates a vibrant social hub where students forge lasting friendships and grow through meaningful interactions.



在活动室畅玩经典桌游，锻炼策略思维与团队协作能力。

Board Game Arena - Challenge friends to strategy games that build critical thinking and teamwork.



静享多语言阅读角，参与读书沙龙拓展国际视野。
Reading Oasis - Unwind with multicultural books or join literary discussions.



晚间主题活动，在欢笑中建立友谊。
Themed Events - Building Friendships Through Shared Joy.

晚间自主学习时间 EVENING SELF-STUDY SESSIONS

晚自习根据学生的需求配备教师、学习资源、学习所需的电子设备及琴房，支持学业与兴趣全面发展。
Evening study offers tailored support with teachers, learning resources & piano rooms for academic and personal growth.



低年级专属学术护航计划 JUNIOR ACADEMIC SUPPORT PROGRAM

每4名一至二年级寄宿生配备专属导师，提供精细化课业支持。
Dedicated tutors for every 4 Grade 1-2 boarders, providing personalized supervision.



电子设备使用管理 ELECTRONIC DEVICE USAGE MANAGEMENT

校内统一提供带监管系统的学习平板/电脑，禁止使用未经申报的个人电子设备。
School-provided tablets/computers with monitoring systems only.



星级音乐练习空间 PREMIUM MUSIC PRACTICE SUITES

寄宿生可预约使用配备钢琴、架子鼓、吉他等乐器的专业练习室。
Boarders can book rooms with pianos, drums, guitars, and other instruments.

寄宿部晚间作息时间

EVENING ROUTINES



1-3年级 (Grade 1-3)

16:35-17:25	寄宿生课后活动 ASA
17:30-18:00	晚餐 Dinner
18:00-19:00	晚自习 Evening Study
19:00-20:00	洗澡/社交 Shower/Social Time
20:00-20:30	加餐/通话 Snack/Phone Time
20:30-20:45	睡前阅读 Evening Reading
21:00	熄灯 Bedtime/Lights out

4-5年级 (Grade 4-5)

16:35-17:25	寄宿生课后活动 ASA
17:30-18:00	晚餐 Dinner
18:00-19:00	晚自习 Evening Study
19:00-20:30	洗澡/社交/通话/加餐 Shower/Social/Phone/Snack
20:30-21:00	睡前阅读 Evening Reading
21:00	熄灯 Bedtime/Lights out

6-8年级 (Grade 6-8)

16:35-17:25	寄宿生课后活动/社团 ASA/Clubs
17:30-18:00	晚餐 Dinner
18:00-19:30	晚自习 Evening Study
19:30-20:20	晚间自选活动 Optional Activities
20:30-21:00	加餐/电话时间 Snack/Phone Time
21:00-22:00	洗澡/阅读 Shower/Reading
21:30	熄灯 (G6) Lights out (Grade 6)
22:00-22:30	熄灯 (G7-8) Lights out (Grade 7-8)

9年级+ (Grade 9+)

16:35-17:25	寄宿生课后活动/社团 ASA/Clubs
17:30-18:00	晚餐 Dinner
18:00-20:00	晚自习 Evening Study
20:00-20:20	晚间自选活动 Optional Activities
20:30-21:30	加餐/洗澡/通话 Snack/Shower/Phone Time
21:30-22:00	睡前阅读 Evening Reading
22:00-22:30	熄灯 Bedtime/Lights out





周末学术培训课程(付费)
**WEEKEND ACADEMIC TRAINING
PROGRAM(FEE APPLIES)**



7天寄宿及周末留宿 FULL-WEEK BOARDING AND WEEKEND OPTION

寄宿部为有需要的学生提供7天全寄宿及周末留宿项目。
The Boarding Department accommodates students with flexible residential options, including full-week boarding and supplementary weekend stays.



周末骑行&博物馆探索
**WEEKEND CYCLING &
MUSEUM EXPLORATION**



周末游泳课程(付费)
**WEEKEND SWIMMING
PROGRAM(FEE APPLIES)**



学生可使用图书馆及校内运动设施，寄宿部还精心安排了远足、骑行、博物馆参访、烧烤及周边超市购物等丰富的周末活动。

Weekend boarding students enjoy full campus access and organized off-campus activities.



学校可为有需要的学生提供周末体育及学术培训课程(付费)。
Weekend sports/academic programs are available (fee applies).



大夫山远足
**DAFU MOUNTAIN
HIKING**



晚间心理咨询项目 EVENING PSYCHOLOGICAL COUNSELING PROGRAM

与青春对话，化解成长中的困惑

A Safe Space for students to Explore Growth and Self-Discovery

- **学生**-可通过舍监预约与心理老师见面。
Students – May book counseling sessions through the Head of Boarding.
- **舍监**-会根据学生情况主动安排心理咨询时间。
Head of Boarding – Will proactively schedule sessions based on individual student needs.
- **家长**-可联系寄宿导师为孩子申请心理咨询。
Parents – May contact the Boarding Tutor to request counseling for their child.

心理咨询 PSYCHOLOGICAL COUNSELING



寄宿部荧光音乐节
BOARDING HOUSE
MUSIC GLOW FESTIVAL



寄宿生课后活动课-
甜品制作
ASA-DESSERT
MAKING



寄宿部高桌晚宴
BOARDING HOUSE
HIGH TABLE DINNER



寄宿生课后活动课-小轮车
ASA-BMX



寄宿生课后活动课-模拟股票
投资俱乐部
ASA-MOCK STOCK
INVESTMENT CLUB



广州市番禺区诺德安达学校

NAS GUANGZHOU

PANYU