



Kong Meng San Phor Kark See Monastery
88 Bright Hill Road,
Singapore 574117
Tel: 6849 5325, 6849 5326, 6849 5300
Email: novitiate_retreat@kmspks.org
Website: kmspks.org/monkhood/novitiate

2025 短期出家：沙弥十戒 (男众) / 八关斋戒 (女众)
2025 Short-Term Novitiate Retreat: Sāmaṇera 10 Precepts (Male) /
Layperson 8 Precepts (Female)
(6 – 12 March 2025)
(2025 年 3 月 6 日至 12 日)

TAKE NOTE 注意：

- Please ensure all the following items are duly completed. 请确保完成所有以下所需事项。

Applicant's Name (in English) 申请者英文姓名： (filled by applicant 申请者须填写)		Ref No. 参考号码： _____ (for official use only 只限内部使用)
Item 事项		Complete 完成 ✓
1. Completed and signed application form 申请表格完整填写并签名		<input type="checkbox"/>
2. Ensure attached colour photograph is clear 确保附上的彩色照片清晰 •		<input type="checkbox"/>
3. Scan and email all completed documents to novitiate_retreat@kmspks.org before application period ends. 申请日期截止前扫描并电邮所有完整文件至 novitiate_retreat@kmspks.org		<input type="checkbox"/>
4. You will be notified of your acceptance status into this retreat on the Interview Day. If you are accepted, a contribution of S\$150 is required on the same day to confirm your participation and to support this programme. Exact cash is preferred. 您将在面试当天获知是否被录取此活动。一旦录取，请在当天缴交 S\$150 以确定您的参与及护持此活动。建议准备整额现金。		<input type="checkbox"/>

Application Period 申请日期

- 25th November 2024 till 31st January 2025
2024 年 11 月 25 日至 2025 年 1 月 31 日
- Registration is limited and will close when all vacancies are filled.
名额有限，额满为止。

Interview and Preparatory Class (Compulsory) 面试与预备班（必须出席）

- All applicants must attend and pass an interview to be accepted into this programme.
所有申请者必须出席并通过一项面试以确认此活动录取。
- Each applicant will be informed of his/her interview date and time upon successful submission of his/her application.
在成功提交申请后，申请者将被告知其面试日期与时间。
- Upon passing the interview, a contribution of S\$150 is required to confirm your participation and to support this programme.

面试审核通过后，需缴交 S\$150 以确定您的参与及护持此活动。

- Shortlisted participants must attend a preparatory class on 1 March 2025 (9am to 3pm).
录取者必须出席 2025 年 3 月 1 日 (9AM – 3PM) 的预备班。

Rules and Regulations and To-Bring List 规则表与携带清单

- A copy of the rules and regulations and to-bring list will be emailed to shortlisted participants.
成功录取者将通过电邮获取一份规则表与携带清单。
- Each participant is required to read through and understand the rules and regulations carefully, thereafter sign an acknowledgement declaration form and email to the Organiser.
参与者必须详细阅读并了解其规则，过后签署一份确认声明表，通过电邮发送给主办单位。

Hair Shaving (head) 剃发 (头部)

- Hair shaving is **required for all Male participants**. If possible, please shave your hair before arriving. Otherwise, our Monastery Sangha will be available to assist you with shaving your hair.
男众参与者**必须剃发**。请您尽可能在报到前剪剃。如有所需，寺院僧伽也可协助您剃发。
Female participants are not required to shave their hair. However, if you wish to do so, please ensure it is done before the start of the programme.
女众参与者**无需剃发**。如果您发愿剃发，请在报到前剪剃。

Cancellation 取消

- Cancellation of participation must be made in writing to avoid misunderstanding. Please be informed that paid programme fee is non-refundable and non-transferable.
取消参与必须通过书面通知以避免误会。敬请注意，此活动缴交的费用不可退还且不可转让。

Brief Programme 日程概要 (subject to changes 可更动)

Days 天数	Date 日期	Activity 活动
Day 1 第一天	6/3/2025 (Thursday 星期四)	Report 报到 Orientation 介绍 Sāmaṇera Hair Shaving 沙弥剃发 Self-Portrait Photo Taking 拍摄个人照 Repentance 拜忏
Days 2 to 7 第二至七天	7/3/2025 – 12/3/2025 (Friday — Wednesday 星期五至三)	Morning and Evening Chanting 早晚课 Precepts Ceremony 授戒典礼 (Day 2 第二天) Sutra Chanting 诵经 Recitation of Buddha's Name and Circumambulation 念佛绕佛 Repentance 拜忏 Sitting and Walking Meditation 静坐经行 Lunch 行堂 Dharma Talk 法师开示 Dharma Sharing and Q&A 佛法分享及问答 Mindfulness Chore 出坡 Alms Offering 供僧 Meet the Venerable – for Monastic Aspirants (Day 4 & 5) 会见法师 – 发愿出家者 (第四与五天) Renounce Sāmaṇera Precepts 舍沙弥戒 (Day 7 第七天)



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One passport size
 colour photo
 护照尺寸
 彩色照片一张

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TAKE NOTE 注意:

- This application is strictly for applicants between 16 years old to 60 years old.
 此申请仅限于 16 岁至 60 岁的申请者。
- Kindly complete and submit this application form to novitiate_retreat@kmspks.org
 请完整填写并提交此申请表格至 novitiate_retreat@kmspks.org

Ref No. 参考号码: _____ (for official use only 只限内部使用)

Name (in English) 英文姓名:	Name (in Chinese) 中文姓名:	Gender 性别: <input type="checkbox"/> Male 男 (10 Precepts / 沙弥十戒) <input type="checkbox"/> Female 女 (8 Precepts / 八关斋戒)		
Date of Birth 出生日期:	Age 年龄:	Nationality 国籍:		
Citizenship 公民身份: <input type="checkbox"/> Singaporean 新加坡公民 <input type="checkbox"/> Permanent Resident 永久居民 <input type="checkbox"/> *Foreigner 外籍 *Legal Status (if you are a foreigner) 持有签证 (如果您是外籍): <input type="checkbox"/> Employment Pass 就业准证 <input type="checkbox"/> S Pass S 准证 <input type="checkbox"/> Work Permit 工作准证 <input type="checkbox"/> Student Permit 学生准证 <input type="checkbox"/> Others (please specify) 其他 (请注明): _____				
Address 地址: _____ S()				
Home Contact No. 住家电话号码:	Handphone No. 手机号码:	Email 电邮:		
Race 种族: <input type="checkbox"/> Chinese 华族 <input type="checkbox"/> Others 其它 _____	Height 身高: _____ CM	Waist 腰围: _____ CM	Chest 胸围: _____ CM	
Occupation 职业: <input type="checkbox"/> Professional 专业 <input type="checkbox"/> Self employed 自雇 <input type="checkbox"/> Management 管理 <input type="checkbox"/> Medical 医务 <input type="checkbox"/> Executive 执行 <input type="checkbox"/> Clerical 文职 <input type="checkbox"/> Student/NS men 学生/服役人员 <input type="checkbox"/> Others 其它 _____				
Marital Status 婚姻状况: <input type="checkbox"/> Single 单身 <input type="checkbox"/> Married 已婚 <input type="checkbox"/> Divorced 离婚 <input type="checkbox"/> Others (please specify) 其他 (请注明): _____				
Emergency Contact Person 紧急联络人				
Name 姓名:	Relationship 关系:	Contact No. 联系号码:		

Other Details 其它详情

Have you previously participated in any short-term novitiate programme? 您是否参加过短期出家? If yes, (i) the number of time(s): _____; (ii) location(s): _____ 如有, (i) 次数: _____; (ii) 地点: _____	Yes 有 <input type="checkbox"/> No 否 <input type="checkbox"/>
Have you previously participated in any short-term novitiate programme organised by Kong Meng San Phor Kark See Monastery? 您是否参加过本寺举办的短期出家? If yes, (i) the number of time(s): _____; (ii) in which year(s): _____ 如有, (i) 次数: _____; (ii) 年份: _____	Yes 有 <input type="checkbox"/> No 否 <input type="checkbox"/>
Have you completed your National Service? (This question is applicable to males only.) 您是否已完成国民服役 (如恰当)?	Yes 是 <input type="checkbox"/> No 否 <input type="checkbox"/>
Do you have any long-term physical or mental health issues? 您是否有长期身心健康状况? If yes, please specify 如果有, 请具体说明: _____	Yes 有 <input type="checkbox"/> No 否 <input type="checkbox"/>
Have you ever been under psychiatric care? 您是否曾接受过精神科治疗? If yes, please specify 如果有, 请具体说明: _____	Yes 有 <input type="checkbox"/> No 否 <input type="checkbox"/>
Do you have a history of alcohol or drug dependency? 您是否曾长期依赖酒精或药物? If yes, please specify 如果有, 请具体说明: _____	Yes 有 <input type="checkbox"/> No 否 <input type="checkbox"/>
Are you currently taking any medication? 您是否正在服用药物? If yes, please specify 如果有, 请具体说明: _____	Yes 有 <input type="checkbox"/> No 否 <input type="checkbox"/>
Do you have any food or drug allergies? 您是否对食物或药物过敏? If yes, please specify 如果有, 请具体说明: _____	Yes 有 <input type="checkbox"/> No 否 <input type="checkbox"/>
Are you a smoker? 您是否是抽烟者? Note: Smoking is strictly prohibited during this Programme. 备注: 此活动严禁抽烟。	Yes 是 <input type="checkbox"/> No 否 <input type="checkbox"/>

Have you taken the Three Refuge? 您是否已皈依三宝? Yes 是 <input type="checkbox"/> (If yes, please specify below 若是, 请在以下注明) No 否 <input type="checkbox"/>			
Refuge Master Dharma Name 皈依证明师法号:		Refuge Name 皈依法名:	
Monastery Name 寺院名称:		Date 日期:	
Have you taken the Five Precepts? 您是否已受五戒? Yes 是 <input type="checkbox"/> (If yes, please specify below 若是, 请在以下注明) No 否 <input type="checkbox"/>			
Precepts Master Dharma Name 授戒证明师法号:		Precepts Name 法名:	
Monastery Name 寺院名称:		Date 日期:	
Have you taken the Bodhisattva Precepts? 您是否已受菩萨戒? Yes 是 <input type="checkbox"/> (If yes, please specify below 若是, 请在以下注明) No 否 <input type="checkbox"/>			
Precepts Master Dharma Name 授戒证明师法号:		Precepts Name 法名:	
Monastery Name 寺院名称:		Date 日期:	
Are you a devotee/member of any Buddhist organisation? 您是否是任何佛教团体的信徒/ 会员? If yes, please indicate the name of the organisation. 若是, 请列出团体名称。 Yes 是 <input type="checkbox"/> _____ No 否 <input type="checkbox"/>			
Have you attended any Buddhism courses? 您是否就读过任何佛学课程? If yes, please provide details below, including the course name and where it was attended. 若有, 请列出课程名称及学习地点。 Yes 有 <input type="checkbox"/> _____ No 否 <input type="checkbox"/> _____			
Please provide your brief understanding of the Buddhist teachings. 请您略写出您对佛教教义的理解。 _____ _____ _____ _____ _____ _____			

A Short Biography — My Buddhist Journey (within 200 words)

自传 – 我的学佛因缘（200 字以内）

Do you need to consume dinner during the novitiate retreat (because you need to take your medication)?

Yes 是

您是否在短期出家期间需要用药石（因服用药物而需要晚餐）？

No 否

Would you consider becoming a monastic in the future?

Yes 是

您是否考虑未来出家？

No 否

DECLARATION 声明

By signing this application form, you agree that 通过签署此申请表格，您同意：

(A) you shall fully indemnify and hold Kong Meng San Phor Kark See Monastery (the “Monastery”), its employees or volunteers free and harmless from and against all claims, liabilities, costs, charges and expenses (including legal costs) for any damage, loss, bodily injury, accident and/or loss of life or property arise directly or indirectly as a result of or in connection with your voluntary participation in this Programme at the Monastery;

承担所有在光明山普觉禅寺（以下简称“寺院”）参与此活动期间与寺院、员工或义工直接或间接引起的所有索赔、责任、成本、费用（包括法律费用）、损害、损失、人身伤害、事故和生命或财产损失；

(B) the Monastery may collect, use, process and disclose personal data, as provided in this application form, or obtained by the Monastery as a result of your application, for the purposes stated in the Monastery’s privacy policy including (a) the processing and administering of this application; and (b) contacting you for matters related to this application and other information about the Monastery’s programmes, products and services which may be of interest to you;

寺院可根据此申请表所提供的个人资料，或因您的申请而获得的个人资料，用于寺院隐私政策中规定的目的，包括（a）处理和管理此活动的报名；及（b）与您联系有关此活动事宜以及其他您可能感兴趣的寺院活动、产品和服务信息；

(C) photographs and/or videos may be taken during this Programme for record or publicity purposes; and in the activity period the photographs and videos taken may be used for record or publicity purposes; and

(D) you have read, understood and accepted the Monastery’s privacy policy available at www.kmspks.org/privacy and that you may withdraw your consent and unsubscribe from the Monastery’s communications at any time. Please visit our website at kmspks.org/privacy/ for further details on our data protection policy, including how you may access and correct your personal data or withdraw consent to the collection, use or disclosure of your personal data.

您已阅读、理解并接受寺院的隐私政策（www.kmspks.org/privacy）。您可以随时撤销同意并取消订阅寺院的资讯。请至本寺网站 www.kmspks.org/privacy/，了解有关个人资料保护政策的详细信息，包括您如何访问和更正您的个人资料，或撤销同意蒐集、使用或披露您的个人资料。

Name of Applicant

申请者姓名

Signature of Applicant

申请者签名

Date

日期

Interview Result 面试结果

PASS 通过

FAIL 未通过

If the applicant passed the interview 若申请者通过面试:

(A) Payment 付款

Please proceed to Front Office to submit the S\$150 programme contribution to confirm your participation and to support this retreat.
请您前往办事处缴交 S\$150 确定您的参与及护持此活动。

Official Receipt No. 收据号码.: _____

(B) Reminder 温馨提醒

Remind the applicant to attend the preparatory class scheduled on 1 March 2025 (9am to 3pm).
提醒申请者出席 2025 年 3 月 1 日 (9am to 3pm) 的预备班。

Processed by 处理者: _____

Date 日期: _____