

Transcript of *Self-learning with Ease* – 10th Anniversary Special of the Capacity Building Mileage Programme (CBMP)
Episode 1 – Life Applications

Video Opening with music:

Learn × Relax = Self-learning

Happiness × Life = Ease

Aim × Direction = Planning

Tenth Anniversary Special of the Capacity Building Mileage Programme

Self-Learning with Ease, Live Life to the Fullest

Logo of Women's Commission

www.women.gov.hk

Super:

Homemaker

Family mediator

Education consultant for children

Script of CHAN Lok-chi, CBMP student:

In my dictionary, there is no such thing as a homemaker who cannot multi-task.

There are only those with poor time management.

Script of Margie TSANG, Life Journey Guide:

“Don't say you don't have enough time”

is a famous quote by H. Jackson Brown, Jr.

Have you ever contemplated married life?

Some people will choose to continue working,
thriving in their careers.

Some will choose to look after their families, be a good wife and mother,
be a full-time homemaker.

No matter what your choice is

if you can allocate your time properly,

homemakers, working or not, can both nurture their own interests
and enrol in practical courses that they like.

Besides learning how to deal with various tasks at home,

one can also equip oneself, be in step with society

and enjoy conversations on endless topics with your family.

Let's take a look at Lok-chi,

see how she becomes a super mother loved by everybody
after joining the Capacity Building Mileage Programme.

Script of CHAN Lok-chi, CBMP student:

I am Lok-chi.

I have been a homemaker for 10 years.

My son is now 9 years old.

Going to the market, doing the washing, cooking, looking after the kids have taken up most of my time every day.

Nevertheless, I keep persevering in attending the classes because the courses of the Capacity Building Mileage Programme initiated by the Women's Commission have changed my life.

I first saw the leaflet at my son's school.

There was a computer course that I could enrol in so I decided to give it a go as I didn't know how to use the computer.

During an exchange at class with the tutor, he mentioned the principle of "equipping yourself to benefit society".

With this principle in mind,

I found the direction of my study which changed me for the better and injected order into my life.

I started participating actively in community services.

My children also noticed the changes in me, setting a good example for them.

I was not willing to set aside the pride of a mother in the past.

Since I attended courses on communication skills,

I have changed for the better.

Whenever I come across any problem, I will discuss with my family.

There are fewer conflicts and we have a more harmonious relationship.

I made a lot of new friends through participating in the programme.

That makes me more cheerful and happy.

We meet frequently.

Through the concept of self-learning with ease of the Capacity Building Mileage Programme, I encourage more women to participate in the community.

Super:

Relatives' Testimonial

To Lok-chi

Script of Wai-yin, Classmate:

I got to know Lok-chi in class.

She is easy going, friendly, very positive and helpful.

We think alike.

We hope to bring together the efforts of women to utilise their free time in learning and to engage them in healthy activities.

Super:
Chairperson's Words

Script of Mrs LAU KUN Lai-kuen, Stalla, Chairperson, Women's Commission:
The Women's Commission launched the Capacity Building Mileage Programme in 2004.
The programme is different from other conventional courses
with the objective of encouraging people of different backgrounds and educational levels
to pursue life-long learning and self-development,
nurture their creativity, curiosity, personal judgement,
self-reliance, self-confidence, sense of humour and optimism.
We hope the programme can widen students' horizons,
enhance their confidence, foster their interest in learning
and enhance their problem-solving skills in daily life.
The programme also aims to encourage active participation of students in society
by applying their knowledge and skills
in serving the community.

Script of Margie TSANG, Life Journey Guide:
The Capacity Building Mileage Programme courses are developed in diversified areas and have
attracted enrolment of people from all walks of life.
Up to November 2013,
a cumulative enrolment of over 67,800 has been recorded.

Super:
Tenth Anniversary Wishes

Script of Mrs Carrie LAM CHENG Yuet-ngor, Chief Secretary for Administration:
I first heard of the Capacity Building Mileage Programme eleven or twelve years ago.
When the Women's Commission first mentioned the idea of the programme,
I was doubtful whether
a self-learning programme jointly organised by an university, non-governmental organisations
and a radio station
would become successful and be welcomed by women.
The results over the past decade prove that the programme is a great success.
Over 67,000 women have widened their horizons
and enriched their knowledge through the programme.
The Capacity Building Mileage Programme, started as a pilot scheme, has now become a regular
initiative of the Government.
I believe in the slogan of the programme :
"Lifelong Learning; Brighten Your Life".
Let's witness the development of women in Hong Kong
by equipping themselves to cope with different challenges in life.

Video Closing:

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