

Transcript of *Self-learning with Ease* – 10<sup>th</sup> Anniversary Special of the Capacity Building Mileage Programme (CBMP)  
Episode 2 – Together in Harmony

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](http://www.women.gov.hk)

Super:

Ethnic Minority

Education consultant for children

New Arrival

Family health consultant

Script of CHHANTYAL Tika, CBMP student:

Hong Kong is a very special and diversified city.

We hear people speaking different languages here.

I like Hong Kong.

Script of TSE Yim-ping, CBMP student:

Hong Kong is really beautiful.

As an international city,

there are a lot of interesting things

and I have made a lot of friends here.

Script of Margie TSANG, Life Journey Guide:

Hong Kong is a metropolitan city.

When we walk on the streets,

we always hear people speaking different languages.

According to the 2011 Population Census,

amongst those living in Hong Kong aged 5 or above,

there were over 710,000 people whose

usual language is not Cantonese.

We work hard everyday.

We would like to travel and relax during holidays.

However, if you have to leave the place where you were born and raised,  
to emigrate to a place with a new environment,  
to learn and adapt to a new language and lifestyle,  
Do you have the courage to do so?  
Hong Kong is a diversified society  
where people of different nationalities have come to live.  
It is very natural that they gather with their own kinsmen.  
Try opening your hearts and mind,  
and getting in touch with different people.  
Like these two individuals  
who enrol in courses that suit them  
to broaden their horizons,  
apply their knowledge in their daily life and  
blend in the community.  
Then you can make more friends.

Script of TSE Yim-ping, CBMP student:

I have been living in Hong Kong for 6 years.  
The pace of life here is really fast.  
At first I was not very accustomed to it  
but as I have decided to live in this city,  
I must learn to adapt to life here  
and try to make new friends.  
I came across a promotional poster of the Capacity Building Mileage Programme  
initiated by the Women's Commission  
by chance at the community centre.  
There were courses that I would like to take.  
I enrolled in the courses as the time table fitted my schedule.  
I now have acquired knowledge in household maintenance and repairs.  
When my husband is not around,  
I can take care of some simple household repairs.  
There is no need to get technical assistance for every minor repair which is expensive.  
I had also attended the course "Healthy Diet".  
The tutor sets a good example and  
accompanies our class on hiking trips.  
I am really happy to have made so many new friends.

Super:  
Relatives' Testimonial  
To Yim-ping

Script of Mr Leung, TSE Yim-ping's husband:

It's been two years since you joined the Capacity Building Mileage Programme.  
Now that you have made more friends,  
you have become more cheerful  
and more independent.  
You can now handle problems that you were unable to deal with in the past.  
I hope that you will continue your learning  
to empower yourself.  
I am thankful to you for all your contributions to the family.  
I will continue to support you.

Script of CHHANTYAL Tika, CBMP student:

I got married and moved to Hong Kong 10 years ago.  
It took me quite a while adjusting to the language spoken here.  
People said Hong Kong is a food paradise and  
this is my favourite:  
Wonton Rice Noodles.  
My social circle is mainly limited to people from my own country.  
One day, my daughter brought back a pamphlet for English speaking  
computer training organised by the Women's Commission's  
Capacity Building Mileage Programme  
The course fee is affordable and I enrolled in it.  
Now I can learn more about the events in Hong Kong  
and my home country.  
I can also communicate with my kinsmen back home through the computer.

Super:  
Relatives' Testimonial  
To Tika

Script of Marina, Tika's tutor:

Tika attended my class "Computer Literacy Made Easy".  
She was really attentive in class and she learnt well.  
The happy moment for me was when I received an email from Tika.

Tika can now prepare simple posters and she can work well in excel.  
I am glad that Tika wants to enrol in the course “Women and Society” in future.

Super:

Director’s Words

Script of Prof LUI Yu-hon, Director, Li Ka Shing Institute of Professional and Continuing Education, The Open University of Hong Kong:

The Capacity Building Mileage Programme was launched in 2004  
by the Women’s Commission in collaboration with  
the Li Ka Shing Institute of Professional and Continuing Education  
of the Open University Hong Kong.

The aim of the programme is to help women develop their full potential  
and nurture a positive mindset through learning.

We are glad that the programme has evolved over the past decade  
and received positive feedback from society and students,  
which is very encouraging to us.

In the years to come, we will endeavour  
to expand the programme to all areas in the community  
so that more students will benefit from it.

Learning is not only a joy but also part of our daily life.

We can obtain the latest information through learning  
to increase our capacities.

We hope that our students can move with the times.

Our slogan “Lifelong Learning; Brighten Your Life”  
truly reflects this belief.

We hope that our students will continue to study in the future,  
move with the times and have a more fruitful and fulfilled life.

Script of Margie TSANG, Life Journey Guide:

The courses of the Capacity Building Mileage Programme  
cover a wide range of subject areas.

Up to November 2013, there were a total of 68 courses  
on health, financial management,  
interpersonal relationships and communication skills  
as well as practical issues in daily life.

New courses will be developed to meet current needs.

Super:

Tenth Anniversary Wishes

Script of Matthew CHEUNG Kin-chun, Secretary for Labour and Welfare:

The Women's Commission's Capacity Building Mileage Programme provides learning opportunities to women with different needs, enhances their self-confidence so that they can cope with the challenges in their daily life.

In the past decade, over 1.4 million audience have listened to and benefitted from the radio courses of the programme.

I believe more people will benefit from the programme in future, to enrich themselves through learning with fun and live life to the fullest.

Video Closing:

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