

Transcript of *Self-learning with Ease* – 10th Anniversary Special of the Capacity Building Mileage Programme (CBMP)
Episode 3 – Discover yourself

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:

Woman in modern days

Home environmental protection commissioner

Home fitness consultant

Script of Mandy MA, CBMP student:

I would describe women in the modern days as
confident, assertive,
and having a high demand on themselves.

Script of Margie TSANG, Life Journey Guide:

Women in modern days have to keep improving ourselves.

There is a proverb saying that

"Life is an endless journey of continuous schooling
without graduation".

Life is an endless journey of learning and growth.

Graduating from school does not keep you from learning.

On the contrary, it is an opportunity to equip yourself
with the necessary skills for entering into society.

It is then likely that you would socialise with friends,
meet with them or have dinner gatherings.

However, have you ever thought of

making good use of your free time

to acquire new knowledge in order to enrich yourself?

Let's see how this lady steers her life

to enrich her own future.

Script of Mandy MA, CBMP student:

I enjoy doing exercise and yoga,

which allows me to think peacefully

and makes me feel relaxed and comfortable .

I often work overtime,

so I rest and do things that I enjoy during holidays.

I enjoy learning.
My mother had attended courses
of the Women's Commission's
Capacity Building Mileage Programme.
She thought that the courses were good,
so I also enrolled in the courses.
I had attended the course "Law and Daily Life".
I acquired some basic knowledge in law
and how the law can protect me.
I had also attended courses on communication skills.
I used to be very straightforward.
I acquired interpersonal and communication skills
after attending the courses.
I am also interested in attending courses
on environmental protection and healthcare
which I plan to take in the future.

Super:
Relatives' Testimonial
To Mandy

Script of Rebecca, Mandy's classmate:
Mandy is very brave and has a positive mindset.
She always expresses her views in class
and shares with us her experiences.
I also learnt from her sharings.
I hope Mandy will continue
to enrol in courses she finds interesting.
The knowledge you acquire belongs to yourself forever.

Super:
Radio Hosts' Words

Script of William LAM, Metro Radio Course host:
Hi, I am William Lam.
I am honoured to be the host of the Women's Commission's
Capacity Building Mileage Programme on Metro Radio.
Audience can enrich themselves
and enhance their confidence in the comfort of their homes.
I also learnt a lot of practical knowledge
through hosting the programme.

Script of Joanne CHAN, Metro Radio Course host:
Hi, I am Joanne Chan.
Hosting the Capacity Building Mileage Programme radio courses
has really expanded my knowledge and horizons.
I am keen on lifelong learning
and agree very much with the programme's slogan:
"Lifelong Learning; Brighten Your Life".
Let's cheer each other on!

Script of Margie TSANG, Life Journey Guide:
The Capacity Building Mileage Programme
has radio courses on top of face-to-face and online courses.
A research in 2011 indicated that 1.4 million audiences
have listened to these radio courses.

Super:
Tenth Anniversary Wishes

Script of Sophie LEUNG, Former Chairperson of the Women's Commission:
When I was the Chairperson of the Women's Commission
over ten years ago,
the Commission spent some time
to come up with various initiatives
to widen the horizons
of Hong Kong women.
One of these initiatives was
the Capacity Building Mileage Programme.
We are thankful to our radio partners
for their support over the years.
Students have expressed that the programme
had brightened their lives and widened their horizons.
Looking forward to the future,
I sincerely hope the Women's Commission
will continue to introduce new elements to enrich the programme.

Video Closing:
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