

Transcript of *Self-learning with Ease* – 10th Anniversary Special of the Capacity Building Mileage Programme (CBMP)
Episode 4 – Growing up

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:

Women with dual roles

Family CEO

Family financial consultant

Script of Sabrina PANG, CBMP student:

Dividing my time between work and family,

I am exhausted when I return home.

It is my wish to allocate more time
to learn and refresh myself.

Script of Margie TSANG, Life Journey Guide:

Many Hong Kong women

have dual roles in the workplace and the family.

Statistics collated by the Government indicate that
the labour force participation rate of Hong Kong women
who have ever married in 2011 was 46.8%.

According to the statistics,
for every two women who have ever married,
one is in the workforce.

Women nowadays have to learn
to reserve time for themselves to relax
while striking a balance between family and work.
Although we are exhausted after a whole day's work,
we feel sweet and warm
to hear family members' voices when we return home.
Support from family members is really important.
Husbands and children should share household duties
to allow more free time for mothers.

Now let us see how this lady
establishes her own domain in pursuit of her happiness.

Script of Sabrina PANG, CBMP student:

I am Sabrina.

I have been working since graduating from high school.

Being a manager at work

and a homemaker at home has never been easy.

Why did I enrol in courses of the Women's Commission's
Capacity Building Mileage Programme?

Because I wanted to learn new things.

I have been taking courses for nine years
that I enjoyed tremendously.

The knowledge I gained is really beyond my expectations.

I learnt a lot in class,

such as investment knowledge, interpersonal relationship and communication skills
which I can apply in my daily life.

I also share my problems with my classmates in class.

I am really grateful for their help and advices.

The most precious experience being that
we help with affairs of the students' association.

We always help out at the centre.

Tutors, students and staff are like an extended family.

Besides face-to-face courses, there are also radio courses
which save a lot of my time.

At night, I listen to the radio courses while doing housework.

It's perfect.

My family is very supportive

and encourages me to pursue my happiness.

Super:

Relatives' Testimonial

To Mum

Script of Minnie, Sabrina's daughter:

My mother has become happier after taking the courses.

She now talks and shares with me her problems.

For example, after attending a course on children's education,
she now discusses with me any issues that arise
instead of nagging me all the time.

Mum, you are perfect in my eyes. Keep it up!

Super:

Words from Collaborating Organisation

Script of YEUNG Chui-chun, Harlanna, Chairman of the Aberdenn Kai-fong Welfare Association Limited:

The Capacity Building Mileage Programme has been very popular among women in the district since the Aberdeen Kai-fong Welfare Association offered the programme's courses as a collaborating partner in July 2004.

This programme not only enriches the knowledge of students, it also expands their social circles.

We always encourage students to apply knowledge to serve the community.

The Capacity Building Mileage Programme is a tailor-made learning programme with a focus on women.

The Aberdeen Kai-fong Welfare Association will continue to support the programme.

The programme's success relies very much on the professional guidance of all the tutors.

I believe they will continue

passing on their knowledge to students

and we hope that our students will continue their study

to realise their full potential,

increase their capabilities,

cope with different life challenges with a positive mindset

and serve the community.

Script of Margie TSANG, Life Journey Guide:

The success of the Capacity Building Mileage Programme is reliant on the collaboration of

various non-governmental organisations

in conducting face-to-face courses and

optional learning activities of radio courses.

Up to November 2013,

there were a total of 76 collaborating organisations throughout the territory.

Super:

Tenth Anniversary Wishes

Script of Professor John LEONG Chi-yan, President of The Open University of Hong Kong:

Learn with ease, live life to the fullest.

I hope that all of you can have a fruitful and fulfilled life through the Women's Commission's Capacity Building Mileage Programme.

At the programme's 10th Anniversary,

I wish that in the years to come,

the programme will accompany us

throughout the various stages in our life,

witnessing our development.

Video Closing:

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