

Transcript of *Self-learning with Ease* – 10th Anniversary Special of the Capacity Building Mileage Programme (CBMP)
Episode 5 – Joys of Living

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:

Elderly

Home IT technician

Family health consultant

Elderly Centre Volunteer

Script YAU Ching-ping, CBMP student:

You ask me how old I am?

What do you think? I feel like I am always 25!

Script of Margie TSANG, Life Journey Guide:

How important is age?

It is said that young people learn faster.

Russian writer Maskim Gorky once said:

“It's never too late to learn”

There's a saying “Live and Learn”.

As long as you have the heart to learn,

age is not a limitation.

The older generation lived in more difficult conditions,

and not everyone had a chance to study.

Now that they had retired,

they have the time and opportunity to develop their interests,

realise their unfulfilled dreams,

acquire new knowledge and new technology.

Regardless of your age,

you can still keep up with the trend and live life to the fullest.

Script YAU Ching-ping, CBMP student:

There weren't so many high-rise buildings here
thirty years ago.

My boutique for kids has been in operation for 30 years.

When I was small I did not have the chance to study
because my family was not so well-off

and I envied kids who had the opportunity to go to school.

Once, I saw the poster of the Women's Commission's Capacity Building Mileage
Programme

when I walked past Aberdeen Kai-fong Welfare Association.

I was so happy to learn that the programme was
for people of all ages, educational levels and genders.

I enrolled immediately.

I learnt a lot of very practical knowledge on health in class.

For example, the essence of Chinese medicine
is to balance the internal organs.

I also learnt to use the computer.

I found it a bit difficult at first.

However, as I enjoy learning so much,

I was immersed in my study.

Now I know how to use the internet to watch the news
and listen to the radio.

It is really convenient.

I still continue to enrol in courses of the programme.

I am very close with my classmates and
attending classes together is a great joy.

I am very thankful to have and
will treasure this learning opportunity.

I really enjoy my life at present.

Super:

Relatives' Testimonial

To Yau-yau

Script of Wendy, Yau Ching-ping's friend:

Around ten years ago when the Capacity Building Mileage Programme was first launched,

I met Yau Yau in class.

She is eager to learn and willing to help others.

We spent a lot of joyful times in class.

This programme has helped her

become more open-minded and confident.

I wish her a healthy, happy and peaceful life.

Super:

Tutor's Words

Script of Dr. Sunny LEUNG Tim-keung, Course Tutor of Capacity Building Mileage Programme:

I am glad that so many students

have participated in the Women's Commission's

Capacity Building Mileage Programme.

The majority of these students make use of their free time to develop their interests and pursue continuous learning, brightening their lives.

In the process of tutoring them,

I discover that each of them has their own experiences.

I also benefit from my exchanges with the students.

Script of Margie TSANG, Life Journey Guide:

The Capacity Building Mileage Programme graduation ceremony has been held annually since 2005 as recognition and encouragement of the students' achievements.

Up to the ceremony held in June 2013,

the Capacity Building Mileage Programme

has already awarded 5,027 certificates of various levels.

Super:

Tenth Anniversary Wishes

Script of Ms. KONG Siu-fong, President of the Capacity Building Mileage Programme Student Association:

It's never too late to learn.

The Women's Commission's

Capacity Building Mileage Programme

aims to encourage us to pursue self-learning
to enhance our self-confidence and capacities.

I would want more people
to participate in such a meaningful programme,
enrich their life and accomplish their goals to learn.

Video Closing:

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