

Transcript of *Self-learning with Ease* – 10th Anniversary Special of the Capacity Building Mileage Programme (CBMP)
Episode 6 – Quest for Knowledge

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:

Married couple

Photography specialist

Family health consultant

Script of LAM So-chau, CBMP student:

We enjoy our life very much.

We have been married for many years.

Although we have our own interests,
we share our experiences with each other.

It is delightful that we are able to seek common grounds in our differences and still
have our personal space.

Script of Margie TSANG, Life Journey Guide:

Different people have different definitions of happiness.

Honoré de Balzac, author of *La Comédie Humaine*, thought that:

Study seemed the fairest theme and the happiest solution of life.

Many people emphasise the need for personal space.

This is absolutely right.

Although you may have to spend much time
looking after your family after your marriage,
you still need some time on your own
to develop your own interests according to your preference
and get hold of your life.

Family members should support, appreciate
and understand each other's interests.

I believe this can contribute to their mutual growth
and a more harmonious relationship.

Script of LAM So-chau, CBMP student:

The interests of a married couple can never be the same!

My husband likes music.

He can listen to music for half a day,

whereas I do not have the patience for that.

I like shopping and it would bore him to death

if he has to accompany me.

Hence we leave some personal space for each other.

I am interested in traditional Chinese medicine.

I noticed that my husband learnt a lot

after completing a course on traditional Chinese medicine

of the Women's Commission's

"Capacity Building Mileage Programme.

So, I also enrolled in courses of the programme.

It has been a very good experience!

Script of WONG Yat-tak, CBMP student:

My interests? When staying at home,

I like listening to the music and reading.

I also like travelling and photography.

Once I came across the promotional pamphlet of the

Capacity Building Mileage Programme

with details of a lot of courses.

Many of the courses are very practical.

I chose courses on investment,

home maintenance and repairs, etc.

I found the knowledge acquired really useful.

After I took the traditional Chinese medicine course,

I realised the importance of matching herbal ingredients

according to your state of health

as a diet therapy.

I also made a lot of friends in class.

We have outings together or do voluntary work.

My life at present is very fulfilled.

Super:

Relatives' Testimonial

To Yat-tak

Script of LAM So-chau, WONG Yat-tak's wife:

My husband used to be a quiet man.

Since participating in the

Capacity Building Mileage Programme,

he made many new friends.

With his social circle enlarged, he became more cheerful.

We always get together with his fellow classmates

on photography trips and voluntary work.

His new found happiness is contagious.

Super:

Convenor's Words

Script of Robert WONG, Convenor of the Steering Committee on Capacity Building Mileage Programme:

It is the 10th Anniversary of the Women's Commission's Capacity Building Mileage Programme.

Thanks to the support of all parties,

the programme has received a lot of positive feedback during the past decade.

I would like to thank our collaborating non-governmental organisations for their support over the years.

We look forward to more students joining the programme to develop their potential, enhance their capacities and self-confidence, and apply their knowledge to serve the community as well as living life to the fullest.

Script of Margie TSANG, Life Journey Guide:

The bursary scheme of the

Capacity Building Mileage Programme

assists eligible students with financial needs.

Up to November 2013,

the bursary scheme has already disbursed 4,572 free quotas.

Super:

Tenth Anniversary Wishes

Script of Nancy SIT, Ambassador of Capacity Building Mileage Programme:

Hello, I am Nancy Sit.

The Women's Commission's

Capacity Building Mileage Programme has been implemented
for ten fruitful years.

The Metro Radio has produced and broadcast radio courses successfully
during the past 2 years.

I wish the Capacity Building Mileage Programme

a bigger step forward,

offering more new courses in the coming years

so that more people can have the opportunity to learn

and to have a more enriched and fulfilled life.

Video Closing:

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