

Visual	Traditional Chinese subtitles	Simplified Chinese subtitles	English Subtitles
次序:	生涯規劃●活出真我 VII	生涯规划●活出真我 VII	Life Planning●Living a Real Me VII
	林偉豪 - 主持	林伟豪 - 主持	Calvin Lam— Host
[主持]	創業的路往往並非一帆風順 這集的主角會跟大家分享  他如何將自己最大的興趣轉化成創業動力  我們一齊聽聽他的故事	创业的路往往并非一帆风顺 这集的主角会跟大家分享  他如何将自己最大的兴趣转化成创业动力  我们一齐听听他的故事	Starting a business is always challenging Our guest of this episode will share his start-up story The way he turned his favourite hobby into a business Let's hear his story together.
	甜美的創業夢	甜美的创业梦	Sweet Start-up Dream
[Ankrish Gidwani]	我是 Ankrish Gidwani 烘焙公司的創辦人	我是 Ankrish Gidwani 烘焙公司的创办人	My name is Ankrish Gidwani I am the founder of a bakery
Caption + 簡介	[Caption] Ankrish Gidwani - 烘焙師  簡介 香港中文大學酒店旅遊及房地產管理學士  烘焙公司創辦人	[Caption] Ankrish Gidwani - 烘焙师  简介 香港中文大学酒店旅游及房地产管理学士  烘焙公司创办人	[Caption] Ankrish Gidwani – Baker  Profile Graduate of Bachelor's Degree in Hospitality and Real Estate, The Chinese University of Hong Kong Founder of a bakery
[Ankrish Gidwani]	我熱愛吃甜品 亦愛為親友焗蛋糕	我热爱吃甜品 亦爱为亲友焗蛋糕	I love to eat desserts I started to bake for myself, and for friends and family

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	我烘焙的蛋糕令人高興使我感到滿足	我烘焙的蛋糕令人高兴使我感到满足	And seeing how happy my baking would make someone really make me happy
[主持]	Ankrish 對甜品的熱愛 推動他每天嘗試不同食譜  更寫成網誌，記錄每個新嘗試	Ankrish 对甜品的热爱 推动他每天尝试不同食谱  更写成网志，记录每个新尝试	Ankrish' s passion towards desserts motivates him to try different recipes every day  He also started a blog to record every new attempt
[Ankrish Gidwani]	起初我只為記錄自己的食譜 並不是為開始生意而寫  後來，有客人發現了我的網誌 她跟我聯絡，想訂蛋糕  那位客人之後介紹其他朋友下單 生意就是這樣口耳相傳開始起來	起初我只为记录自己的食谱 并不是为开始生意而写  后来，有客人发现了我的网志 她跟我联络，想订蛋糕  那位客人之后介绍其他朋友下单 生意就是这样口耳相传开始起来	I just started to try new recipes myself and I made a blog to upload all my pictures Just for my own advance I never plan to sell or have a business One customer found my old blog and she said, 'Can I order a cake?' and then she loved it She recommended me to her friends so only word of mouth, we never advertise
[主持]	創業往往起頭難  為了好好裝備自己 Ankrish 選擇了創業的同時亦繼續學業	创业往往起头难  为了好好装备自己 Ankrish 选择了创业的同时亦继续学业	Starting a business is always hard in the beginning To better equip himself Ankrish chose to continue his study while running his start-up

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[Ankrish Gidwani]	<p>我不想離開香港長達 4 年到海外升學</p> <p>因為這樣會令我流失香港的客人</p> <p>所以最佳選擇是留港就讀中文大學酒店課程</p> <p>就讀期間慶幸有機會到紐約康乃爾大學 參與 6 個月的交換課程</p>	<p>我不想离开香港长达 4 年到海外升学</p> <p>因为这样会令我流失香港的客人</p> <p>所以最佳选择是留港就读中文大学酒店课程</p> <p>就读期间庆幸有机会到纽约康乃尔大学 参与 6 个月的交换课程</p>	<p>I didn't want to leave Hong Kong for four years (to study overseas)</p> <p>cause I felt if I come back after 4 years I might lose all my hard work, all my clients</p> <p>So the best choice I could do is to stay in Hong Kong</p> <p>Choose a very similar programme (Hospitality programme) which was at The Chinese University of Hong Kong</p> <p>Very luckily, I was able to go to Cornell University (in New York) for an exchange programme for 6 months</p>
[主持]	<p>每段創業路都不容易</p> <p>年紀輕輕的 Ankrish 都面對過不少問題</p>	<p>每段创业路都不容易</p> <p>年纪轻轻的 Ankrish 都面对过不少问题</p>	<p>Every start-up faces challenges</p> <p>A young man like Ankrish also faced many problems</p>
[Ankrish Gidwani]	<p>你必須有很多犧牲</p> <p>有時更要 7 日 24 小時不停工作</p> <p>但親自面對所有工作</p> <p>卻令我學習到如何打造品牌</p> <p>跟客戶建立關係</p> <p>品質控制</p> <p>同員工管理</p> <p>這些都是書本上不能給你的寶貴經驗</p>	<p>你必须有很多牺牲</p> <p>有时更要 7 日 24 小时不停工作</p> <p>但亲自面对所有工作</p> <p>却令我学习到如何打造品牌</p> <p>跟客户建立关系</p> <p>质量控制</p> <p>同员工管理</p> <p>这些都是书本上不能给你的宝贵经验</p>	<p>You have to sacrifice a lot of things</p> <p>I work sometimes for 24/7</p> <p>I learned how to do marketing</p> <p>I learned how to do branding</p> <p>I learned customer relationships</p> <p>I learned quality control</p> <p>I learned how to manage staff</p> <p>So you actually learn so many things which you cannot learn in the textbooks</p>

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[Ankrish Gidwani]	<p>疫情期間，我和團隊決定</p> <p>研究新食譜改善營運</p> <p>我認為在艱難時期 更要聚焦你的工作與目標</p> <p>我們也是這樣捱過來</p>	<p>疫情期间，我和团队决定</p> <p>研究新食谱改善营运</p> <p>我认为在艰难时期 更要聚焦你的工作与目标</p> <p>我们也是这样捱过来</p>	<p>During the COVID, I spent time with the team</p> <p>think of new recipes and think of how we can improve ourselves</p> <p>I think during the tough times just don't lose focus of why you are in business</p> <p>what you are doing and what your goals are</p> <p>That was what pulled us through during the hard times</p>
[主持]	<p>Ankrish 認為青年人只要勇於嘗試，接受挑戰 總有機會成功</p> <p>青年發展委員會委員梁毓偉認為</p> <p>青年人在創業時 要保持良好的心態</p>	<p>Ankrish 认为青年人只要勇于尝试，接受挑战 总有机会成功</p> <p>青年发展委员会委员梁毓伟认为</p> <p>青年人在创业时 要保持良好的心态</p>	<p>Ankrish believes there is always a chance of success for young people if they try and accept challenges</p> <p>Kenneth Leung, a member of the Youth Development Commission, opines that when starting a business young people have to maintain a positive mindset</p>
Caption + 簡介	青年發展委員會委員-梁毓偉	青年发展委员会委员-梁毓伟	Kenneth Leung Yuk-wai, Non-official Member of the Youth Development Commission
[青年發展委員會委員-梁毓偉]	<p>青年人創業要裝備好身邊的資源</p> <p>對行業的認識和熱情</p> <p>才可在遇到挫折時繼續向前</p>	<p>青年人创业要装备好身边的资源</p> <p>对行业的认识和热情</p> <p>才可在遇到挫折时继续向前</p>	<p>Young entrepreneurs should get themselves equipped with resources around them knowledge and passion towards the industry</p> <p>That's the way to move forward after a</p>

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			setback
	<p>如果經驗尚淺 我建議青年人嘗試不同的崗位</p> <p>累積一定經驗才創業</p>	<p>如果经验尚浅 我建议青年人尝试不同的岗位</p> <p>累积一定经验才创业</p>	<p>I suggest young people with less experience to try different positions first and gain certain years of experiences before they start running a business</p>
[主持]	<p>近年大灣區發展蓬勃 對於香港的青年人來說 有什麼事業發展的機遇？</p>	<p>近年大湾区发展蓬勃 对于香港的青年人来说 有什么事业发展的机遇？</p>	<p>The Greater Bay Area has thrived recently For young people in Hong Kong what are the career development opportunities?</p>
[梁毓偉]	<p>大灣區的規劃給予我們很好的契機  不同城市有專門針對性的政策</p>	<p>大湾区的规划给予我们很好的契机  不同城市有专门针对性的政策</p>	<p>The planning in the Greater Bay Area offers a very good chance Different cities have their own targeted policies</p>
[梁毓偉]	<p>很多專業服務 開始有大灣區各個城市互聯互通認證資格等政策出台  幫助有專業資格的青年人到內地城市發展</p>	<p>很多专业服务 开始有大湾区各个城市互联互通认证资格等政策出台  帮助有专业资格的青年人到内地城市发展</p>	<p>For many professional services mutual recognition of qualifications is being launched in different cities of the Greater Bay Area Young professional talents can benefit and start developing their career in the Mainland cities</p>
[主持]	<p>青年人在大灣區發展時  青年發展委員會又如何為他們提供支援？</p>	<p>青年人在大湾区发展时  青年发展委员会又如何为他们提供支持？</p>	<p>For young people working in the Greater Bay Area what are the supports provided by the Youth Development Commission?</p>

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[梁毓偉]	<p>現在很多香港青年組織 都開始在不同內地灣區城市設立辦事處</p> <p>幫助青年人融入灣區生活</p> <p>青年發展委員會在這方面大力工作</p> <p>連續兩次推出青年創業計劃 資助不同香港青年社團做配對</p> <p>提供創業資金、導師服務</p> <p>及引導予青年創業團隊</p> <p>在香港或灣區城市發展</p>	<p>现在很多香港青年组织 都开始在不同内地湾区城市设立办事处</p> <p>帮助青年人融入湾区生活</p> <p>青年发展委员会在这方面大力工作</p> <p>连续两次推出青年创业计划 资助不同香港青年社团做配对</p> <p>提供创业资金、导师服务</p> <p>及引导予青年创业团队</p> <p>在香港或湾区城市发展</p>	<p>Many youth organisations from Hong Kong have already started running offices in different cities in the Greater Bay Area to help young people integrate into the daily living in the Greater Bay Area</p> <p>The Youth Development Commission has strengthened its work</p> <p>A funding scheme has been rolled out twice to work with different youth organisations in Hong Kong</p> <p>by providing them with matching funds, start-up assistance</p> <p>and incubation services to assist the development of young startup teams in Hong Kong or cities of the Greater Bay Area,</p>
[梁毓偉]	<p>在內地發展可能起薪點較低</p> <p>但晉升機會很高</p>	<p>在内地发展可能起薪点较低</p> <p>但晋升机会很高</p>	<p>The starting salary in the Mainland may be lower</p> <p>Yet the promotion opportunities are promising</p>
[主持]	<p>梁先生建議青年人要擴闊眼界</p> <p>勇敢跳出舒適圈</p> <p>挑戰自己</p> <p>把握不同的發展機遇</p>	<p>梁先生建议青年人要开阔眼界</p> <p>勇敢跳出舒适圈</p> <p>挑战自己</p> <p>把握不同的发展机遇</p>	<p>Mr Leung suggests young people broaden their horizons</p> <p>Jump out of their comfort zone to challenge themselves</p> <p>and grasp different opportunities</p>

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End slogan	做你所愛的事 · 愛你所做的事- Ankrish Gidwani	做你所爱的事 · 爱你所做的事- Ankrish Gidwani	Do what you love, love what you do – Ankrish Gidwani