

珠江三角洲外来女工培训项目

COMMUNITY-BASED INTERACTIVE TRAINING PROJECT FOR MIGRANT WOMEN WORKERS IN THE PEARL RIVER DELTA

(亚洲基金会资助) (Funded by The Asia Foundation and Levi Strauss Foundation)



培养外来女工的平等性别意识和发展意识，增强其自主生存和发展的信心和能力，推动社会政策和社会管理体制的不断完善，促进外来女工与企业与当地社区共同发展。

The mission of the training project is to develop gender equality and development awareness in migrant women workers, to enhance their self-confidence and capacity for self-support and development, and to promote the mutual development of migrant women workers with local communities. The project will also promote the continuous improvement in social policy and social management systems, and the mutual development of migrant women workers with enterprises and local communities.

改革开放以来，在中国广东省珠江三角洲地区聚集了1000多万来自全国各地的打工女性，她们主要工作在以外商投资为主的各类企业中，从事制衣、制鞋、玩具、皮具、电子、塑胶等行业。她们的辛勤劳动不仅推动了流入地经济的高速发展，也为流出地带来了巨大的经济收益，同时也为外资企业在中国的发展做出了巨大贡献。但是社会管理体制的不完善，生活社区的巨大变化，远离亲人和朋友的孤独，对有关法律、法规的不了解，以及流水线工作的辛苦、单调，使她们在身心健康、权益保护上出现诸多问题，她们的生存和发展需要来自社会各界的关心和帮助。

Since China opened its door to the outside world and began reformation, more than 10 million migrant women workers from various provinces across the country have been working in the Pearl River Delta of Guangdong Province, P. R. China. They work at enterprises belonging to various owners, mainly foreign-invested enterprises in

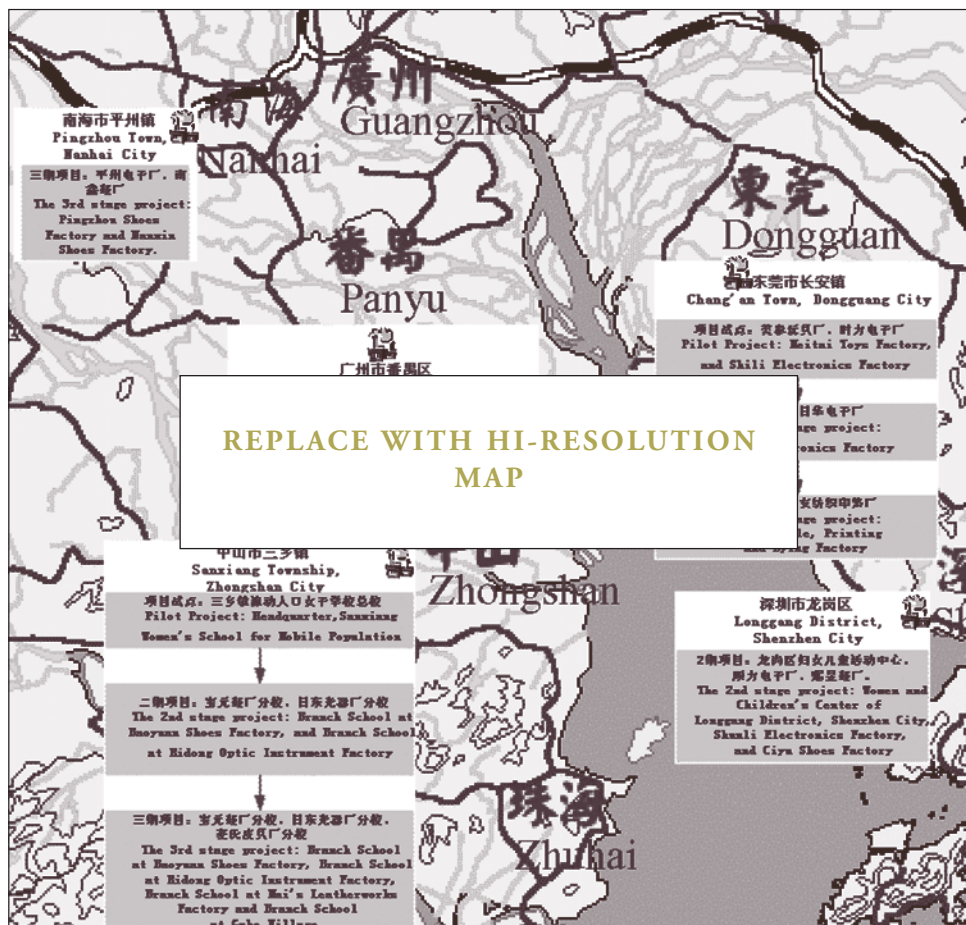
garments, footwear, toys, leatherwork, electronics, and plastics. Their hard work not only contributes to the high speed in the development of the local economy, but it also creates immense economic benefits for the surrounding provinces where migrant women workers originate as well as the development of foreign-invested enterprises in Mainland China. However, due to the problems within a society management system, significant changes in their living communities, isolation from their relatives and former friends, misunderstanding in the relevant laws and codes, and the hard work and dullness associated with working in an assembly line, migrant women workers face many hardships with their physical and psychological health, and protection of their rights. Their living and development conditions require the attention and help from all aspects of society.

珠江三角洲外来女工培训项目针对外来女工在工作和生活中所面临的挑战，为其提供免费培训和相关服务。本项目由亚洲基金会资助，清华大学、广东女子职业学院珠江三角洲外来女工培训项目组组织实施。通过与当地政府、妇联、工会、工厂等组织机构的合作，本项目致力于探索为外来女工提供社会支持和服务的有效途径，推动政府、企业和社会各方共同关注外来女工的发展。

Due to these working and living challenges of migrant women workers, “The Community-based Interactive Training Project of Migrant Women Workers in the Pearl River Delta,” provides migrant women workers with free training and relevant services. This project is supported by The Asia Foundation through the generous grant support of the Levi Strauss Foundation, and organized and implemented by the task force from Tsinghua University and Guangdong Women’s Professional Technology College. With cooperation from organizations such as local government, Women’s Federation, trade unions, factories, and others, this project’s goal is to explore effective social aid and services to migrant women workers, as well as to mobilize resources from the government, enterprises, local community and all aspects of society.

项目推广示意图

SKETCH MAP OF THE PROJECT PROMOTION



我们的使命

PROJECT SCHEDULE

培养外来女工的平等性别意识和发展意识，增强其自主生存和发展的信心和能力，推动社会政策和社会管理体制的不断完善，促进外来女工与企业与当地社区共同发展。

The first phase of the project from April 2002 to March 2003 consisted of three stages. The first stage of the project was held in Sanxiang Town of Zhangshan City and Chang'an Town in Dongguang City as the pilot project. The second stage expanded the pilot project to Zhongshan, Dongguang, and Shenzhen, and finally the third stage of the project included additional towns and cities in the Pearl River Delta. The task force first established 16 training locations in the first stage. Currently, the task force is preparing the implementation of the third stage of the project, and for long-term sustainability.

我们的团队

TASK FORCE OF THE PROJECT

项目组 TASK FORCE	合作者 COOPERATOR	参与者 PARTICIPANT
清华大学 Tsinghua University 广东女子职业技术学院 Guangdong Women's Professional Technology College	中山市三乡镇妇联 Women's Federation of Sanxiang Town, Zhongshan	科研机构的工作人员 Staff in research institutes
	东莞市长安镇妇联 Women's Federation of Chang'an Town, Dongguang City	大、中专院校的学生 College or university students, and special secondary (technical) school students
	深圳市龙岗区妇联 Women's Federation of Longgang District, Shenzhen City	地方政府司法、劳动、社会保障、卫生、 计划生育等部门的工作人员 Staff from judiciary, labor, social security, health, and family-planning departments of local government
	南海市妇联、平洲镇妇联 Women's Federation of Nanhai City, and Women's Federation of Pingzhou Town, Nanhai City.	医疗卫生机构的工作人员 Staff from medical service and sanitation institutes
	广州市番禺区妇联、沙湾镇妇联 Women's Federation of Panyu District, Guangzhou City, and Women's Federation of Shawan Town, Panyu District, Guangzhou	工厂管理人员及工人骨干 Managerial staff and worker activists
		基层工会组织 Grassroots trade unions
		其他社会组织及社会志愿者 Other social organizations and community workers

我们的工作

PROJECT TASK

专题讲座

THEMED LECTURES

培训采取专题讲座的形式，根据外来女工的实际需求，聘请相关领域专家，讲授外来女工的自我认知和社会认知、人际关系沟通、心理健康调适、法律权利保护、生理卫生保健、创业计划设计、恋爱婚姻、社会安全常识、职业病防治、性安全与艾滋病预防等系列专题课程。

The training is mainly implemented in the form of themed lectures. According to the actual needs of the migrant women workers, experts in various areas are invited to give lectures on self-esteem and social values, interpersonal relationship and communication, adaptation of psychological health, legal and rights protection, physiological hygiene and healthcare, self-development plan design, love and marriage, understanding of social safety, occupational health and safety, and safe sex and prevention of AIDS.

专项培训

SPECIAL TRAINING

对外来女工中的骨干人员进行参与式专项培训，内容包括社会性别意识、劳动关系调整、心理辅导技巧、艾滋病同伴教育等，强化能力建设，提高服务水平，为当地培训一支稳定、可持续发展的骨干力量。

In order to strengthen the development of the local activists among the migrant women workers, and make our services effective and sustainable, special interactive and participatory trainings are implemented for workers as trainers to both strengthen the capacity of workers activists, and to improve their knowledge and participation. Our goal is to make the training sustainable by training a pool of stable and active migrant workers as trainers themselves. Our training on social gender awareness, industrial relations adjustment, skills in psychological counseling, and peer education in AIDS has proven to be effective through an interactive and participatory training approach.

个别咨询

INDIVIDUAL COUNSELING

通过个别交谈，解答外来女工在工作、生活中遇到的各种困惑。

Individual consultations are held to explain various complications and perplexities in the daily working and living of migrant women workers.



打工妹信箱

MAILBOX FOR THE MIGRANT WOMEN WORKERS

项目组设立打工妹信箱，随时受理外来女工的来信，对每一封来信，都由项目组成员亲笔回信。同时，根据外来女工在来信中所反映的普遍问题，项目组每月编辑、发放《打工妹信箱》，为外来女工集中解答问题，并提供相关服务信息。

The task force manages a special mailbox for the migrant women workers. The members of the task force reply to every letter from the migrant women workers in order to understand their real issues and concerns. The task force then distributes a monthly newsletter, highlighting common questions of the migrant women workers and provides tailor-made information and counseling services.

活动

ACTIVITIES

举办座谈会、报告会、知识竞赛、大型咨询会、游戏、演出等各种形式的活动，分享打工经历，增长知识，联结友谊。

Activities such as forums, seminars, special competitions, large-scale counseling activities, games, performances, and others are held to share the working experiences, enrich their knowledge, and establish and deepen their mutual friendships.

创办《三乡女工报》

PUBLICATION OF SANXIANG NEWSPAPER FOR MIGRANT WOMEN WORKERS

为更好地反映外来女工的心声，项目组于2001年在中山市三乡镇创办《三乡女工报》，该报由外来女工自己编辑，面向三乡镇十几万外来工发行。

To give the migrant women workers an opportunity to express their opinions, in 2001, the task force developed the publication, *Sanxiang Newspaper for the Migrant Women Workers*, in Sanxiang Town of Zhongshan City. This paper is edited entirely by the migrant women workers themselves, and distributed to more than 100,000 migrant workers working in the area.

组建工人业余艺术团

ORGANIZATION OF AMATEUR PERFORMANCE TROUPE OF WORKERS

为丰富外来工的精神文化生活，增强凝聚力，促进外来工与当地社区的交流与发展，项目组于2002年在中山市三乡镇成立了“工人业余艺术团”。

In 2002, the task force of the project helped organize the “Amateur Performance Troupe of Workers” in Sanxiang Town as a vehicle for workers to express themselves, to enrich the spiritual and cultural life of the migrant workers, to increase interaction among the women, and to promote mutual communication and development of migrant workers with the local communities.

调查研究

SURVEY AND RESEARCH

为提高服务水平，推动外来女工更好地发展，根据培训、咨询和来信中的问题，组织了《外来女工心理状况调查》、《外来女工婚恋状况调查》、《外来女工社会需求和社会支持状况调查》等专题调查，以改进培训内容，并为政府决策提供建议。

In order to improve the standards of services and to promote better development of migrant women workers, some topic surveys were conducted on training content and to provide suggestions to the policy-making of the government. These topic surveys included “Survey of the Psychology in the Migrant Women Workers”, “Survey of Love and Marriage Status in the Migrant Women Worker”, and “Survey of Social Demanding and Social Supporting in the Migrant Women Workers”.



研讨交流

DISCUSSION AND COMMUNICATION

为推动对外来工服务事业的发展，探讨服务创新与政策创新的方法与途径，项目组于2000年、2001年先后组织了“服务与创新：外来工社会政策研讨会”、“流动与社会性别：珠江三角洲外来女工培训研讨会”，并将于2003年组织“亚太地区女工培训经验交流会”。同时，为促进团队能力建设，项目组邀请国内外相关领域的专家、学者对培训者进行能力培训，并在相关机构的支持下，组织部分项目组成员赴美国、印度、泰国及国内高校、研究机构及民间组织进行学习交流。

To promote the development in the services for the migrant workers, the task force organized “Services and Innovation: Workshop On The Social Policies For The Migrant Workers” and “Movement of Population and Social Genders: Workshop On The Training Project of The Migrant Women Workers In The Pearl River Delta” in

2000 and 2001 respectively, and will organize a conference of Training for Women Workers in the Asia-Pacific Region in 2003. During the process of project implementation, the task force invited foreign and domestic experts and scholars in relevant subject areas to provide expert training to the trainers, and organized some members of the task force to study in and exchange with academics and scholars from universities and research institutes, and NGOs in the U.S., India, Thailand, and domestically.

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In Guangdong, large numbers of migrant women workers come and go like ebbing waves — one after another. Staying outside the endless factory buildings at dusk, there is an endless sea of faces — vigorous and young figures, one after another. Our goal is to provide tailor-made training and services at the factory floor, to enhance the self-confidence and capacity for self-supporting and development of migrant women workers. Through our pilot efforts we hope that more people will care and provide support to migrant women workers, enabling legislation and policies that ensure social justice to millions of migrant women workers across the Pearl River Delta and elsewhere in China.



在广东, 外来女工一群群来了又去, 潮起潮落。如果你有机会在傍晚时分驻足于那一片片的厂房之外, 你会为那无际的人潮所震动, 你会看到一个又一个年轻的身影。让我们走进她们的群体, 向她们伸出援助之手, 让她们感受到社会的支持和关怀!

我们的地位和价值 STATUS AND IMPORTANCE

外来女工的社会角色定位和自信心的培育, 是这一群体生存和发展的重要支撑。一个充分认识自身地位和价值的群体, 才是一个具备发展潜力的群体。本专题帮助外来女工认识社会的变革与发展, 认识打工生涯所带来的角色变化, 认识打工群体对中国经济发展的巨大贡献。引导外来女工拓展自己的视野和发展空间, 树立自信心和自豪感, 正视前进途中的困难与挑战, 在社会的发展变化中找准自己的位置, 把握自己的命运。

The positioning of social roles and development of self-confidence of migrant women workers significantly contributes to the sustainability of the communities of the migrant women workers. Only communities with a thorough understanding of their own values are communities with development potentials. This project helps migrant women workers to understand the restructuring and development of the society, role-transformation of migrant workers, and their immense contributions to the economic development of Mainland China. The project encourages migrant women workers to broaden their knowledge and self-realization possibilities, foster their self-confidence and sense of pride, face up to the difficulties and challenges in the process of development, and enable them to be self-reliant.

- 外来女工的现状
Current Situations of the Migrant Women Workers
- 外来女工创造的巨大社会和经济价值
Immense Social Values and Economic Properties Created by the Migrant Women Workers
- 外来女工的自身发展
Self-realization and Development of the Migrant Women Workers
- 困难与挑战
Predicaments and Challenges
- 培训方式
Training Methods
- 讲授分组座谈"我的打工体会" "成功者的报告"演讲
Lecture, forum in groups on "My Experience as a Migrant Worker"; and Speech of Successors' Report.

生理卫生保健

PHYSIOLOGICAL HYGIENE AND HEALTH-CARE

外来女工群体年龄大多介于18-25岁，正值青春期、婚恋期，面临特殊的生理卫生困扰。引导外来女工养成健康的卫生习惯，有助于改善其生存状况。本专题介绍女性生理结构和青春期生理卫生知识，讲授女性常见疾病的预防和治疗，帮助外来女工形成健康的生活方式，学会照顾自己，热爱生命，珍视健康。

With the age distribution mainly between 18 and 25 years old, the age of puberty, love and marriage, and reproduction — the migrant women workers face special difficulties in physiological hygiene. Encouraging migrant women workers to develop good hygienic habits will contribute to the improvement of their lifestyle. This topic focuses on the introduction of physiological structure and physiological and hygienic understanding of females, a lecture of prevention and cure of common gynecological diseases, and the development of a healthy lifestyle for migrant women workers, to ensure that they can take care of themselves, and cherish their lives and good health.

- 女性的生理结构及特点
Female Physiological Structure and Characteristics
- 女性的生理结构及特点
Psychological Property of Female in Puberty
- 女性月经期、新婚期卫生保健
Female Health Care in Menstrual Period and after Marriage
- 怀孕知识及早孕诊断
Knowledge about Pregnancy and Diagnosis of Early Pregnancy
- 避孕知识和终止妊娠的方法选择
Alternatives in Contraception and Termination of Pregnancy
- 常见妇科疾病的症状与治疗
Symptoms and Treatment of Common Gynecopathy
- 性病的预防
Prevention of Sexually-Transmitted Diseases (STD)
- 培训方式
Training Methods
- 讲授、演示、挂图、现场咨询
Lecture, demonstration, medical chart, and on-site counseling

人际关系处理的方法与技巧

INTERPERSONAL SKILLS

外来女工脱离原有的地缘和血缘关系，从农村来到城镇，生存环境的巨大变化使其面对全新的人际关系。每一个人都面临着如何融入一个新的群体，如何与别人交流沟通，如何处理在交流中的各种问题。本讲座分析外来女工在工作、生活中面临的主要人际关系，教会外来女工掌握人际交流的技巧，克服沟通中的障碍，提高沟通效率，增强对新环境的适应能力。

Far from their primary geographic and familial relations in rural areas, migrant women workers are faced with entirely new interpersonal relations due to the tremendous change of a new living environment in urban areas. They are faced with problems such as integrating into new communities, communication with others, and handling various problems in the process of communications. This topic lecture is focused on the interpersonal relations of migrant women workers in their daily and working lives, and teaches them to master interpersonal skills, overcome the



barriers to interpersonal communication, and improve the efficiency in communication and their adaptation capacities to the new environments.

- 人际关系沟通技巧是现代人生存能力
Interpersonal Skills Are Essential to the Sustainability of Modern People
- 处理人际关系的基本原则
Basic Principles for Interpersonal Skills
- 外来女工在工作中面对的主要人际关系
Major Interpersonal Relations Faced by the Migrant Women Workers in Workplace
- 外来女工在生活中面对的人际关系
Major Interpersonal Relations Faced by the Migrant Women Workers in Daily Life

- 人际关系处理方法与技巧

How-to of Interpersonal Skills

- 培训方式

Training Methods

- 讲授，沟通游戏，现场咨询

Lecture, interactive communication game, and on-site counseling

- 法律援助制度

Legal Aid Systems

- 培训方式

Training Methods

讲授，典型案例讨论，法律知识竞赛，现场咨询
Lecture, case study and discussion, competition of legal knowledge, and on-site counseling.

法律权利保护

LEGAL RIGHTS PROTECTION

法律赋予每个公民平等的权利，在法律面前人人平等。本讲座向外来女工介绍与打工工作、生活密切相关的法律常识和保护女性的法律，注重培养外来女工的法律意识，树立权利观念，加强自我保护，解析法律权利及保障途径，教会外来女工学会依法保障自己的合法权益。

The laws entitle every citizen with equal rights. This topic lecture introduces the understanding of laws concerned with migrant workers and their daily life, and womens' protection of rights. Importance is emphasized in the development of legal awareness in migrant women workers, establishment of rights' understanding, increased self-protection, analysis of legal rights and legal protection approaches, and teaches the migrant women workers to safeguard their rights entitled by relevant laws.

- 劳动合同的订立、内容和解除

Labor Contract: Contracting, Contract Terms, and Termination of a Contract

- 劳工权利

Labor Rights

- 工伤事故的认定和处理

Occupational Injuries: Determination and Solution

- 劳动权利受到侵害时的保障途径

Protection Approaches In the Case of Infringement on the Labor Rights

- 法律对女性人身权利和婚姻家庭权利的保护

Legal Protection on the Human Rights and Marriage and Family Rights of Female

- 司法机关和诉讼程序

Judicial Body and Judicial Proceedings



外来女工的恋爱与婚姻

LOVE AND MARRIAGE OF MIGRANT WOMEN WORKERS

外来女工大多正处于婚恋的重要阶段，外出打工的经历使她们拓展了视野，增长了才干，也提高了对婚姻的期望。但特殊的工作环境和生活环境使她们面临特殊的人生难题。本讲座引导外来女工认识她们所遇到的婚恋问题，是中国社会转型过程中出现的现实问题，要懂得处理婚恋与个人发展的关系，把握婚姻和谐的艺术，正确处理各种家庭关系。

Most of the migrant women workers are at the peak age for love and marriage. The experiences as migrant workers have broadened their knowledge and improved their abilities, and improved their expectations about their marriage. However, they face special dilemmas due to the unique working and living conditions. This topic lecture guides migrant women workers to understand that their own love and marriage problems are realistic problems in the transformation and restructuring process of Chinese society. The lecture also focuses on the understanding of the relationship between marriage and self-realization, the art of marriage harmony, and proper handling of different familial relations.

- 外来女工的婚恋困惑是社会发展中的问题
Dilemmas of Love and Marriage for the Migrant Women Workers: A Problem in the Developing Society
- 积极、慎重、理性地面对个人婚恋问题
Problem-Solving in Personal Love and Marriage: Actively, Seriously, and Rationally
- 学习与异性交往的方法
How to Communicate with Opposite Sex
- 正确对待失恋、单相思
Approaches to Failure in Love and Unrequited Love
- 在恋爱中学会保护自己，防止上当受骗
Self-protection in Love Affairs and Prevention of Being Duped and Deceived In the Process
- 协调婚姻关系，建立美满家庭
Coordination of Marital Relationship and Maintaining Familial Harmony
- 培训方式
Training Methods
- 讲授 座谈 角色扮演 分组讨论
Lecture, forum, role-playing, and discussion in groups



社会安全常识

GENERAL UNDERSTANDING IN SOCIETY SAFETY

由于城乡环境的巨大差别，刚刚踏入城市生活的外来女工面临许多潜在的安全问题，原有的安全知识已不能适应新的环境的需要。本讲座主要介绍外来女工在工作和生活中常用的安全常识、救护措施，以满足外来女工在这方面的迫切需要。

Due to the tremendous difference between rural and urban areas in China today, many migrant women workers face potential safety problems in their new environment because the primary safety knowledge learned in rural areas is no longer applicable in the new society. This topic lecture focuses on understanding safety and first aid methods — urgent needs of migrant women workers in this area.

- 交通安全常识
General Knowledge in Traffic Safety
- 消防安全常识
General Knowledge in Fire Prevention and Control
- 安全生产常识
General Knowledge in Production Safety
- 预防食物中毒
Prevention of Food Poisoning
- 交通事故、医疗事故的认定及处理
Determination and Handling of Traffic Accident and Salvation
- 学习居住地城市管理规章
Studying of Management of Residence Cities
- 防止被盗、被抢、被骗
Prevention of Pilfering, Robbery and Racketeering
- 远离黄、赌、毒
Keep from Pornography, Gambling and Narcotic Drugs
- 培训方式
Training Methods
- 讲授、演示、实操训练、小讨论
Lecture, demonstration, practical performance, and discussion in groups

职业病防治

PREVENTION AND TREATMENT OF OCCUPATIONAL DISEASES

劳动密集型企业是珠江三角洲外来女工的主要工作场所，一些企业的工作环境存在超过国家标准的有毒有害物质，危害外来女工的身体健康。而外来女工无法识别有毒有害物质的特征，也无从知晓这些物质的职业危害，因此迫切需要在外来女工群体中普及职业病防治知识，预防职业病的发生，维护外来女工的合法权益。本讲座详尽介绍各工业部门的主要有害物质及特征，常见职业病的表现及诊断，有效保障外来女工的职业健康。

Migrant women workers in the Pearl River Delta primarily work in labor-intensive enterprises where toxic materials are worse than the concerned national standards in some enterprises, which can harm the health of migrant women workers. However, migrant women workers cannot recognize the characteristics of toxic materials, and do not understand the harm of these toxic materials. It is therefore urgent to teach them how to prevent occupational hazards, to prevent the incidence of occupational diseases and to safeguard their legal rights. This topic lecture focuses on the introduction of toxic materials and their characteristics, and diagnostic and diagnosis of common occupational diseases, to protect the occupational health of migrant women workers.

- 职业病的认定
Determination of Various Occupational Diseases
- 常见职业病介绍
Introduction of the Common Occupational Diseases
- 职业卫生法规
Occupational Health Code
- 外来女工相对集中企业存在的主要职业危害
Major Occupational Hazards in Enterprises Concentrated with Migrant Women Workers
- 职业病预防措施
Prevention Methods for Occupational Diseases
- 广东省职业病诊断机构
Diagnostic Facilities in Guangdong Province
- 急性中毒的抢救
First Aid to Acute Poisoning

- 培训方式
Training Methods
- 讲授、演示、现场咨询
Lecture, demonstration, and on-site counseling

性安全与艾滋病预防

SAFE SEX AND AIDS AWARENESS

我国目前正处于艾滋病控制的关键时期，外来女工群体人数众多、流动性大，正处于青春期、婚育期，成为容易感染艾滋病的高危人群。对这一年轻群体进行艾滋病教育，是我国预防艾滋病的一项重要内容。本讲座采用目前艾滋病防治教育最为有效的方法之一，同伴教育方法，向外来女工介绍艾滋病的基本知识，帮助她们正确掌握预防艾滋病的基本方法，倡导安全性行为，让外来女工远离艾滋病。

China is in the critical stage of AIDS prevention, and migrant women workers are a high-risk to the AIDS infection due to their popularity, mobility, and their age of puberty and reproduction. AIDS education for this young population is one of the most vital concerns in Mainland China. Peer education, one of the most effective methods in AIDS awareness, is used in this lecture, to help migrant women workers master the basic knowledge of AIDS and basic method in proper prevention of AIDS. Safe sex is advocated to prevent AIDS.

- 什么是艾滋病
What Is AIDS?
- 艾滋病的传播途径
Infection Pathway of AIDS
- 艾滋病的预防措施
AIDS Prevention Methods
- 安全性行为
Safe Sex
- 同伴教育方法
Peer Education
- 培训方式
Training Methods
- 同伴教育，角色扮演，主题文艺演出
Peer education, role-playing, and special theatrical performance

外来女工心理困惑与调适

PSYCHOLOGICAL PERPLEXITY AND ADAPTATION

心理疾病和心理压力是现代激烈竞争的产物，外来女工在工作和生活中面临各种压力和困惑，心理问题尤为突出。许多女工不理解心理压力带来的不良后果，无法排解不良情绪，严重影响工作和生活。本讲座向外来女工介绍什么是心理问题，如何缓解心理压力，如何消除紧张和焦虑，培养乐观积极的心态，培养健康的心理素质，主动适应社会竞争的需要。

Psychological disease and stress are the products of fierce competition of modern society. Psychological disease is prominent with migrant women workers as they face new pressures and difficulties in working and daily life. Many migrant women workers do not understand the negative impact imposed by negative psychological pressure, and are unable to untangle harmful feelings, which seriously impacts their working and daily life. This topic lecture introduces migrant women workers with what are psychological problems, how to alleviate psychological pressure, how to relieve nervousness and anxiety, development of active and optimistic mentalities, and active adaptation to social competition with healthy psychological properties.

- 人格发展与心理健康
Personality Development and Psychological Health
- 心理压力的缓解方法
Psychological Pressure and Its Alleviation
- 自我意识与自信心
Self-consciousness and Self-confidence
- 乐观向上，积极进取
Optimistic, Ambitious, Vigorous, and Enterprising
- 情绪自我调整练习
Practice of Self-adjustment in Emotion
- 常见心理问题辅导
Instruction in Common Psychological Problems

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