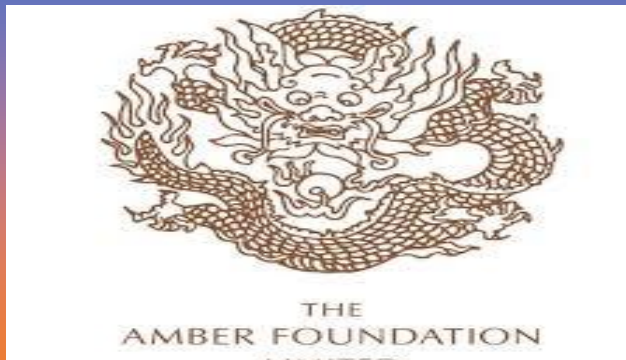




2025 Activities

#1 The Amber Foundation



Background

EMPOWER by The Amber Foundation: provides a program for EM young women in university which enhances their visibility to future employers, hence their career success and financial stability, as well as overcoming racial barriers and inequality.

The Amber Foundation supports marginalized communities in Hong Kong through The Toiletries Project: we collect airline kits and hotel toiletries which we distribute to women in shelters, domestic workers, the homeless, the elderly, refugees and more.

Notices to volunteers

1. Kits and toiletries are dropped off at one of our many Official Collection Points.
2. All donations are sorted and repacked into Men's and Women's Toiletry kits.
3. The kits are then distributed to one or more of our 35 charity partners - a list which is constantly expanding.
4. You will be reviewing the donations and putting kits together.



5. Dress in casual sport clothing and comfortable shoes.
6. Bring a reusable bottle of water and snacks if needed

#2 Street Sleepers



Background

Street Sleepers programs distribute dinners boxes, haircuts, drinks, dry food, legal aid, blankets, and other essentials to street sleepers. The program also educates youth on the issues of homelessness and raises money to provide services to those in need. Street sleepers continued during Covid 19 when many charities stopped their operation. The Street Sleepers program is the flagship program for Sunshine Action House. It was established even before the NGO began. What started with two people has grown to hundreds of volunteers across all walks of life.

Notices to volunteers

You will be making non-sewn blankets to be distributed to Street Sleepers. With the help of parents and grandparents, this is a good activity for children and those who may not be able to hike and gather rubbish in the sun for several hours. Adults will cut the material. Children can combine the pieces by tying knots. As the weather is turning colder this is a timely Mitzvah.

#3 Plastic Free Seas



Background

We focus on education. We teach not only about the problems but also the solutions people need to take on and push for, to reduce the scourge of plastic pollution in Hong Kong and beyond.

The Life Ring



The orange life ring is a symbol of rescue and it is what we need to do for our seas and oceans now. We have hit crisis point with the amount of stress we are putting on our oceans, the biggest life force that sustains our planet and us. With acidification, overfishing, pollution both chemical and solid waste and global warming taking their toll.

Notices to volunteers

Note - All participants should be physically fit for outdoor activities

1. Wear closed-toe shoes such as runners (no flip flops/sandals)
2. Bring 1.5 to 2 liters of water or as required in a reusable bottle (no single-use packaging). Hydrate well before the cleanup.
3. Wear comfortable clothing, appropriate for the weather. Avoid wearing jeans on hot days and take a rain jacket if rain is expected
4. Bring sunscreen and bug spray
5. Wear a hat
6. Don't bring anything valuable to the beach if it can be avoided

#4 Clean Up Hong Kong Trails



Background

Clean Up Hong Kong Trails is a group of dedicated HK trail walkers who regularly organize clean - up actions on our beautiful trails. We have a lot of fun and get encouragement along the way from fellow trail walkers from near and far. We have completed a cleanup hike every month since October 2016.

Tools

1. Grabber - One grabber for 4 to 5 people shall be enough.
2. Rubbish bags
3. Gloves, plastic & cotton labor gloves,.
The cotton labor gloves are made of natural material, but they are not waterproof.
4. The plastic gloves may not be environment friendly, but they can protect your hands from dirty liquids, worth to bring along.
5. Clean up Hong Kong Trails has some spare tools.

Clean up items

1. Plastic bottles
2. Metal cans
3. Food package
4. Other non-biodegradable items

Notices to volunteers

1. Safety is our first priority, do NOT climb up & down to pick up rubbish unless you are very sportive & feel comfortable to do so
2. We are volunteers, it is not necessary to make the trail perfectly clean, if your rubbish bag is heavy enough or feel tired, it is not necessary to pick up more items than you can
3. Dressing, casual sport clothing and shoes. Long sport pants are recommended, hiking shoes are preferred, but not necessary.
4. Bring enough water, at least 1 liter with reusable bottle, single use water bottle is not recommended
5. Bring some snacks if needed
6. Personal items, you may bring your own sunscreen, hat, sunglasses, insect repellent, and towel as needed, paper tissue is not recommended.
7. Bring a reusable rain jacket if you have, umbrellas are good for sunshine blocking, but may not be good for hiking in the rain.

#5 Sunshine Action Hong Kong



Background

Sunshine Action Hong Kong – feeding the hungry, warming the abandoned. This charity specializes in helping those in poverty. We aim to alleviate homelessness across Hong Kong and beyond through our international reach programs. We've made our long term commitment : helping those in need to achieve lasting growth and success.

Notices to volunteers

You will be decorating cookies!! This is always a standout favorite for UJC's Mitzvah Day. It is designed for Ages 6 and under. Get ready to roll up sleeves and wear clothes that can withstand frosting, sprinkles, and all the wonderful creative ideas that come with hours of cookie decoration. Sunshine Action proudly distributes these cookies within 24 hours to those who do not have the luxury of making home baked – special cookies.



Food Drive

One night in 2009, we witnessed a single pallet of fresh, perfectly edible bread heading to the bin. Instead of letting this good food go to waste, we rescued and donated it to a local crisis shelter. This evolved into a quest to find out what happened to other good food when it was no longer wanted. There were signs of encouragement: individual bakeries sharing surplus, charities picking up leftovers from wet markets at closing time. But what was missing was something of scale – a link between companies with quality surplus, and charities with need. This is the gap Feeding Hong Kong fills today.

DROP-OFF: No glass containers, please!

- Cooking Oil - olive oil, vegetable oil, canola oil
- Canned Tuna
- Canned Sardines
- Canned Baked Beans
- Canned Vegetables - corn, tomatoes, carrots, peas, green beans, sprouts, mushrooms
- Dried Beans - black beans, pinto beans, kidney beans
- Pasta
- Rice
- Instant Noodles -non-fried
- Vermicelli
- Seaweed - non-salted
- Dried Fungus
- UHT Milk - low-fat or non-fat
- Soy Milk - non-sweetened
- Nuts - non-processed
- Sesame Powder - non-sweetened
- Biscuits - low sugar/low sodium/low fat
- Cereal - low sugar/low sodium/low fat
- Dried Fruits