UJC
Mitzvah Day

29 Nov. 2026

Breakfast 08:00 Event 08:30 - Noon

Required Registration

ujc@ujc.org.hk

Must RSVP by 23 November

Choose your Project

Lend a hand & strengthen our community

Scan the QR code to register by Monday, 23th November



1. The Amber Foundation

EMPOWER by The Amber Foundation provides a program for EM young women in university that enhances their visibility to future employers, supporting career success and financial stability while helping overcome racial barriers and inequality.

The Toiletries Project supports marginalized communities in Hong Kong by collecting airline kits and hotel toiletries for women in shelters, domestic workers, people experiencing homelessness, the elderly, refugees, and more.





What volunteers do

Drop off kits and toiletries at an Official Collection Point. Review donations, sort them, and repack them into men's and women's toiletry kits. Kits are distributed through one or more of 35 charity partners, a list that is constantly expanding.

Bring along

Casual sports clothing, comfortable shoes, a reusable bottle of water, and snacks if needed.

2. Clean Up Hong Kong Trails

A group of dedicated Hong Kong trail walkers regularly organize clean-up actions on our beautiful trails.
We have fun and get encouragement from fellow trail walkers near and far. We have completed a clean-up hike every month since October 2016.



Tools & clean-up items

Grabber: one grabber for 4–5 people is enough.**Rubbish bags.**
Gloves: plastic and cotton labor gloves.
Cotton gloves are natural material but not waterproof; plastic gloves may be less environmentally friendly but help protect hands from dirty liquids.
Spare tools are available.

Plastic bottles, metal cans, food packaging, and other non-biodegradable items.

Safety first

Do not climb up or down to pick up rubbish unless you are very sporty and feel comfortable doing so. We are volunteers, so it is not necessary to make the trail perfectly clean. If your rubbish bag is heavy or you feel tired, you do not need to pick up more items.

Dress & bring

Casual sports clothing and shoes. Long sports pants are recommended; hiking shoes are preferred but not necessary. Bring at least 1 liter of water in a reusable bottle; single-use bottles are not recommended. Bring snacks if needed. Optional personal items include sunscreen, a hat, sunglasses, insect repellent, a towel, and a reusable rain jacket. Paper tissue is not recommended. Umbrellas can block sunshine but may not be good for hiking in the rain.

3. Sunshine Action Hong Kong

Feeding the hungry, warming the abandoned. Sunshine Action Hong Kong specializes in helping people living in poverty and aims to alleviate homelessness across Hong Kong and beyond through international reach programs. Its long-term commitment is to help people in need achieve lasting growth and success.



What volunteers do

Decorate cookies with frosting and sprinkles. This is a standout favorite for UJC's Mitzvah Day, and the cookies are proudly distributed within 24 hours to people who do not have the luxury of making special home-baked cookies.

Designed for ages 6 and under.

Wear clothes that can withstand frosting, sprinkles, and creative cookie-decorating fun.

SHOW UP. LEND A HAND. MAKE A DIFFERENCE.

4. Plastic Free Seas

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

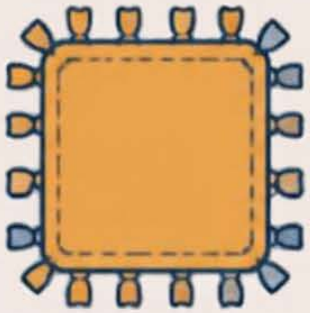
- All participants should be physically fit for outdoor activities.Wear closed-toe shoes such as runners; no flip-flops or sandals.Bring 1.5 to 2 liters of water, or as required, in a reusable bottle; no single-use packaging. Hydrate well before the cleanup.Wear comfortable clothing appropriate for the weather. Avoid jeans on hot days and take a rain jacket if rain is expected.Bring sunscreen and bug spray.Wear a hat.
- Avoid bringing anything valuable to the beach if possible.

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5. Street Sleepers

Street Sleepers programs distribute dinner boxes, haircuts, drinks, dry food, legal aid, blankets, and other essentials to people experiencing homelessness. The program also educates youth about homelessness and raises money to provide services to people in need. Street Sleepers continued during COVID-19 when many charities stopped operating. It is the flagship program of Sunshine Action House and was established before the NGO began. What started with two people has grown to hundreds of volunteers across all walks of life.





What volunteers do

Make no-sew blankets to distribute to people experiencing homelessness.

- Adults cut the material.
- Children combine the pieces by tying knots.

Who can take part

With help from parents and grandparents, this is a good activity for children and for people who may not be able to hike and gather rubbish in the sun for several hours. As the weather turns colder, this is a timely mitzvah.

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6. Feeding Hong Kong



Every day, more than 3,000 tonnes of food waste is sent to landfills in Hong Kong, while more than one million people live in poverty and struggle to afford food. Feeding Hong Kong is on a mission to change that. Here's how you can help.



What to donate

- 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



DROP-OFF: NO GLASS CONTAINERS, PLEASE!