

籌款及其他活動

Fundraising and Other Activities

我們籌辦不同的活動為本會各項資助項目籌募善款，支援各地弱勢社群。我們亦感謝眾多的善心人，自發組織不同活動，籌款支持本會工作。

We organized various events to raise fund for our projects, supporting underprivileged communities. We thank various individuals who organized their own fundraising activities to support our work.



助學長征

Long March for Education

日期 Date	14 - 22 / 9 / 2024
地點 Place	內蒙古自治區 - 烏蘭察布火山、戈壁、蘇尼特右旗、二連浩特、響沙灣 Inner Mongolia - Ulaan Chab, Gobi, Suniteyou Qi, Erenhot, Whistling Dune Bay
善款用途 Fund usage	送愛暖童心及內地其他資助項目 Sending Love and other projects in Chinese Mainland

2024年正是「助學學長」20周年。今次旅程歷時9天，70多位長征者一同走進內蒙古的壯麗景觀，不論是白堊紀時代的恐龍化石，還是13世紀的成吉思汗陵墓，讓人嘆為觀止。長征者更到訪烏蘭牧騎文化中心，與當地青少年互相交流。

2024 marked the 20th anniversary of the “Long March for Education”. Over 70 participants embarked on a 9-day journey through the stunning landscapes of Inner Mongolia. From Cretaceous-era dinosaur fossils to the 13th century mausoleum of Genghis Khan, the journey was full of majestic encounters with history and nature. The group also visited the Ulan Culture Centre where they meet with local youth.



挑戰12小時慈善越野馬拉松

Challenging 12 Hours Charity Trail Marathon

日期 Date	27 / 10 / 2024
地點 Place	衛奕信徑及麥理浩徑選段 Selected sections of Wilson Trail and MacLehose Trail
善款用途 Fund usage	貧困學生生活費及學習費及其他資助項目 Underprivileged student sponsorship and other projects

第26屆苗圃挑戰12小時，得到逾1300個參加者的支持，分別在油塘、慈雲山、城門主壩及大埔舊墟公立學校(寶湖道)起步。起步禮由保安局局長鄧炳強先生主持，活動亦得到一眾大使鼎力支持，包括宣傳大使吳業坤(坤哥)及方紹聰(奶仔)，運動助學大使黃琪珍(細比)、廖科樂(R33)、戰神越野楊志成及鄭潔兒。

Over 1,300 participants joined the 26th Sowers Action Challenging 12 Hours Charity Trail Marathon, with different race kicking off in Yau Tong, Tsz Wan Shan, Shing Mun Reservoir Main Dam and Tai Po Old Market Public School (Plover Cove). The opening ceremony was officiated by Mr Tang Ping-Keung, GBS, PDSM, JP, Secretary for Security. The event also received support from a host of ambassadors, including Promotion Ambassadors James Ng and Milkson Fong, as well as Sport Ambassadors Wong Ki Chun, Lok Sir (R33), Joseph Yang and Cherry Cheng from Mars Trailrunning.



泰北攝影助學行

Northern Thai Photography Charity Tour

日期 Date	24 - 28 / 10 / 2024
地點 Place	泰國清邁及夜豐頌 Chiang Mai and Mae Hong Son in Northern Thailand
善款用途 Fund usage	泰北助學項目及其他資助項目 Northern Thailand student sponsorship and other projects

去泰北，學影相！此次助學行更有專業攝影師隨團指導，除了帶參加者去泰北的拜縣拍攝王爺葵花海、美麗的日出日落，去浪漫美麗的蜜窩村晨拍等，大家更為8個貧窮學生家庭，拍攝了可能是他們人生的第一張全家福。大隊更探訪了當地的海育中學，與13個學生互動一起做河燈，一起祈福。

This photography tour offered not only a chance to learn how to take great photos with the guidance of a professional photographer, it was also a service-based tour to help 8 underprivileged student families to take what may have been their very first family portraits. The group visited Pai where they captured stunning scenes in sunflower fields, breathtaking sunrises and sunsets and morning scene in Ban Mae Aw. The group also met 13 students from Hai Yu Secondary School and engaged in a lantern-making activity and shares blessings together.



尼泊爾 行山送暖團

Nepal Trekking and Sending Love

日期 Date	14 - 7 / 12 / 2024
地點 Place	尼泊爾加德滿都及周邊山區 Nepal Kathmandu & periphery
善款用途 Fund usage	尼泊爾送暖項目及其他資助項目 Nepal Sending Love program and other projects

每年冬天，送愛暖童心項目都會為高寒山區的貧困學童，送上保暖外套。這次的尼泊爾送暖團，結合了籌款、服務及旅遊於一身。每位參加者需捐贈最少20件保暖外套，並親手到訪不同學校，為學生送上外套，讓他們可以溫暖地迎接寒冬。送暖團亦探訪苗圃資助的學校與學生交流，以及探訪尼泊爾苗圃社區中心，行程亦當然少不了參觀世界文化遺產。

In every winter, we organize volunteers to give warm coats to students in high altitude mountainous regions. This year, the event combined fundraising, service and sightseeing in one go. Each participant donated at least 20 jackets and personally distributed them to the students from different schools, helping students to stay warm through the thrill winter. The team also visited schools supported by Sowers Action, Sowers Action Community Centre in Kathmandu and the stunning World Heritage Sites.



CNY Charity Walk

新春公益行

日期 Date	31/1 - 4/2/2025
地點 Place	深圳、中山、新會、江門、佛山、廣州 Shenzhen, Zhongshan, Xinhui, Jiangmen, Fushan, Guangzhou
善款用途 Fund usage	為苗圃發展基金籌款 For Sowers Action Development Fund

每年年初三舉辦的「行路上廣州」，得到無數香港人的支持，轉眼間已行了25年，在行過這幾千里路後，籌了九千多萬，建了無數的學校。四分之一世紀後，一眾參加者對於大年初三的約會，仍有份情意結。因此，我們仍在年三初起步，以「新春公益行」為名，帶著那份熾熱的公益慈善心，為苗圃的發展繼續前行。

The "Walk to Guangzhou" has been one of the signature charity event in Hong Kong. In a blink of an eye, 25 years passed with our footprints covered thousands of kilometers and raised over HK\$90 million to build schools in various provinces in China. For a quarter of a century, this cherished tradition remained a meaningful New Year event. In that spirit, we continued to set off on the third day of the Lunar New Year, under the name of the "CNY Charity Walk", carrying forward with the passion for charity and commitment to the growth of Sowers Action.



傷健同心樂韻情 慈善音樂會

HKRP X Sowers Inclusive Charity Concert

苗圃行動除了致力促進教育發展及支援民生需要外，對於特殊群眾亦不忘支援。今年首次與香港復康力量合辦「傷健同心樂韻情2025慈善音樂會」，旨在藉由音樂的力量，推動傷健共融，並為苗圃發展基金籌款善款。

In addition to promoting education and supporting livelihood needs, Sowers Action also extended care to communities with special needs. This year, we partnered with the Hong Kong Rehabilitation Power to co-organize an inaugural Inclusive Charity Concert. The event harnessed the power of music to promote inclusion and understanding between different groups, fostering a harmonious society, as well as raising fund for Sowers Development Fund.



受惠活動 Beneficiary Activities

不老長征 The Ageless Long March

一個徒步超人(鄧國友)加一個苗圃超人(蔡兆明)，從2024年夏天走到2025年春天，由江西到陝西，以8個月跨逾10省，重走5691公里長征路。可能有人覺得他們傻，但更多的人因他們的堅毅而感動。他們以腳步為苗圃籌募發展基金，讓苗圃能夠繼續走下去。

Two superheros, Roger Tang and Choi Shiu Ming, spent 8 months walking from Jiangxi to Shanxi, retracing the historic Long March route in 5691 KM across 10 provinces, from summer 2024 to spring 2025. Some may call them crazy, but many more are deeply touched by their perseverance. Through their steps, they raised funds for Sowers Development Fund, helping the organization continue its mission forward.



公益戈壁世界通 Walking the Gobi for Charity

由仁德慈善基金主辦、盛和塾香港合辦的戈壁徒步活動，於2025年復活節舉行。11位參加者以4天完成了108公里的挑戰，在烈日及風沙下，以堅毅的個人意志，以及團隊的互相鼓勵，一步一步走過戈壁沙漠。感謝每一位參加者的堅持，為本會尼泊爾學生項目籌募，亦感謝仁德慈善基金的配對捐款，使每位參加者的捐款發揮更大的力量。

The Gobi desert trek, organized by the Yan Tak Charity Fund and co-organized by Sei Wai Jyuku Hong Kong, took place over Easter 2025. Over the 4 days course, 11 participants completed a 108-km race, trekking step by step across the Gobi Desert under scorching sun and swirling sand, with unwavering personal determination and team encouragement. A big Thanks to every participant for their dedication in raising fund for our Nepal student initiatives. We also extended our sincere thanks to Yan Tak Charity Fund for its matching donations which amplified the impact of each contribution.



受惠活動 Beneficiary Activities

感謝各大企業、機構及團體的熱心支持，將其活動收益捐贈苗圃行動，支持本會工作，共襄善舉。

We extend our heartfelt thanks to all corporations, institutions and organizations for their generous support. Through the donation of proceeds from their events, they have not only advanced our mission, but also demonstrated the impact of collective action.

ICAP 慈善日
ICAP Charity Day



荃景花園中秋義賣
Tsuen King Garden Mid-Autumn
Charity Sales



婚紗展
Wedding Expo



AEON 幸福的黃色小票
Yellow Receipt Campaign



港人新歌新音樂
Hong Kong New Voices



公益助學演奏會(上海)
Charity Concert for Education (Shanghai)



會員活動

Member Activities

為增加會員之間的交流及互動，人力資源及總務部在2025年開始定期舉辦不同的活動，包括會員茶聚、行山活動、農務生活體驗、健康講座、手工藝興趣班、音樂欣賞會等，所有活動均歡迎會員攜同親友參與。

Since 2025, the Human Resources and General Affairs Department has hosted various activities to foster member interaction, from tea gathering and hiking to farming experience, health seminars, handicraft workshops, and music appreciation. We welcome members to join with family and friends.



青年交流團

Youth Exchange

本會得到民政及青年事務局及青年發展委員會的資助籌辦了上海及尼泊爾學生交流團，希望藉著不同的參觀及服務，讓學生了解內地及海外不同地區的發展，拓展青年的眼界。

「上海發展新天地」學習交流團於2024年8月舉行，29名學生來自不同學校的學生，在6天的行程中參觀了不同的國際企業及內地科企、歷史博物館等，並與內地中學生交流，以及探訪弱勢病童。

在12月聖誕期間，21位學生參加了為期6天「學在尼泊爾」交流服務團。在加德滿都探訪了前譯紀念學校，亦與尼泊爾苗圃社區中心中文班的學生交流，之後前往南無布達的 Laxmi School 並進行了家訪，深入認識及了解當地學生的生活。

With the support of the Home and Youth Affairs Bureau and the Youth Development Commission, we organized student exchange tours to Shanghai and Nepal. By engaging in different visits and services activities, students were able to experience the development of different regions in Chinese Mainland and abroad, broadening their horizons.

The Shanghai tour was held in August of 2024, with 29 students from different colleges participating a 6-day program. They explored international enterprises, technology corporations, museums, and connected with secondary school students, and also visited and served seriously ill children.

During the Christmas holidays, 21 students joined a 6-day tour to Nepal. In Kathmandu, they visited a local school and interacted with students from the Chinese class at the Sowers Action Nepal Community Centre. The group then traveled to Namo Buddha, where they visited the Laxmi School and conducted home visits with its students.

