

籌款及其他活動
Fundraising and Other Activities

國際地緣政治持續擾動，全球經濟面臨挑戰，企業利潤受壓，弱勢社群首當其衝。在這段艱難時期，本會仍積極籌辦各類大小籌款活動以支援各地弱勢群體。除了感謝各贊助商及參加者的支持外，更衷心感謝一眾義工的投入與奉獻，因為有大家的攜手同行，我們的使命才得以延續並茁壯。

Global geopolitical instability continues to challenge economies and place vulnerable communities at risk. Despite these headwinds, we remain committed to organizing a wide range of fundraising initiatives to support disadvantaged communities around the world. We extend our sincere gratitude to our sponsors, participants, and volunteers, whose unwavering support and generosity ensures our mission endures and grows.









助学長征
Long March for Education

日期 DATE	11 /10 / 2025 - 18 / 10 / 2025
地點 PLACE	貴州 – 貴陽、青岩古鎮、天眼景區、黃果樹瀑布、織金大峽谷、烏江寨 Guizhou – Guiyang, Qingyan Ancient Town, China Sky Eye Scenic Area, Huangguoshu Waterfall, Zhijin Grand Canyon, Wujiangzhai
善款用途 FUND USAGE	送愛暖童心及內地其他資助項目 Sending Warm Love and other projects in Chinese Mainland

2025年10月，「助学長征—黔西行」帶領45位長征者再次走進貴州，從文化、歷史及自然景觀從新認識這個曾是「地無三里平」的地方，現在已搖身一變成爲全國最熱門的旅遊大省。此次活動更探訪了坐落於貴陽市的「高坡益童樂園」，了解當地留守兒童的生活，並與小孩們一同活動。

In October 2025, 45 participants revisited Guizhou. Through its rich culture, history, and natural landscapes, participants gained fresh insights into a province once known for its rugged terrain. Today, Guizhou has transformed into one of China's most popular tourist destinations. In this journey, the team also visited the Gaopo Children's Centre in Guiyang to meet the left-behind children and engage in activities with them.





挑戰12小時慈善越野馬拉松
Challenging 12 Hours Charity Trail Marathon

日期 DATE	2 / 11 / 2025
地點 PLACE	衛奕信徑及麥理浩徑選段 Selected sections of Wilson Trail and MacLehose Trial
善款用途 FUND USAGE	貧困學生資助及其他資助項目 Underprivileged student sponsorship and other projects

第27屆苗圃挑戰12小時首次與HKSOS攜手合辦，透過慈善越野跑推廣山野安全及助學兩大理念，鼓勵參加者在挑戰自我的同時，提升風險意識，並以行動支持貧困學生。活動吸引逾1,200位參加者支持，分別參與42公里、28公里、14公里及3公里賽事。

起步禮由保安局局長鄧炳強先生主持，並獲得多位越野跑界大使鼎力支持，包括T8精英運動員吳芊楠、李梓鈞、譚詠思及謝敬賢，以及The Peak Hunter易健豪和頂尖越野跑手曾小強，攜手為活動注入更多正能量。

The 27th Challenging 12 Hours Charity Trail Marathon was jointly organized with HKSOS for the first time, integrating the promotion of mountain safety with educational support. Through this event, participants were encouraged to challenge themselves, enhance their awareness of outdoor safety while supporting underprivileged students through their participation. The event attracted the support of over 1,200 participants, who took part in the 42 km, 28 km, 14 km, and 3 km race categories.

The opening ceremony was officiated by Mr. Tang Ping-keung, GBS, PDSM, JP, Secretary for Security. The event was further strengthened by the support of a team of ambassadors, including T8 elite athletes Susuki Ng, Bonnie Lee, Cecei Tam, Isaac Tse and Glen Yick from The Peak Hunter, as well as the invaluable support of elite trail runner Stone Tsang.





送愛暖童心工作團
Sending Warm Love



日期 DATE	3 / 11 / 2025 - 7 / 11 / 2025	25 / 11 / 2025 - 2 / 12 / 2025
地點 PLACE	雲南省文山州、昭通市、尋甸縣及甘肅省定西市的山區學校 Schools in the mountainous areas of Wenshan, Zhaotong, Xundian in Yunnan and Dingxi in Gansu	尼泊爾西北山區學校 Schools in the mountainous areas of northwestern Nepal
善款用途 FUND USAGE	為生活在高寒地區的學童送贈保暖外套 Providing winter jackets for students in cold mountainous regions	

每年冬天，送愛暖童心都會為高寒山區的貧困學童，送上保暖外套。這次的內地及尼泊爾送暖團，結合了工作組、籌款及旅遊於一身。每位參加者需捐贈最少20件保暖外套，並到訪不同學校，親手將外套送到學生手上，讓他們可以溫暖地迎接寒冬。

Every winter, the Sending Warm Love program brings warmth and care to underprivileged children in mountainous regions through the provision of winter jackets. Combing volunteer service, fundraising and experiential travel, these outreach missions provide participant a unique opportunity to witness the impact of their support. Each participant donated a minimum of 20 winter jackets and personally gave them to students at beneficiary schools, helping them to stay warm throughout the chilling winter.





新春公益行
Lunar New Year Charity Walk

日期 DATE	19 / 2 / 2026 - 22 / 2 / 2026
地點 PLACE	深圳、惠陽、惠州、增城、東莞 Shenzhen, Huiyang, Huizhou, Zengcheng, Dongguan
善款用途 FUND USAGE	苗圃華僑學生班及其他資助項目 For Sowers Overseas Chinese Student Class and other projects

仍舊是農曆年初三出發，這次的「新春公益行」，與43位參加者一起穿越時空，觸摸歷史發展的脈搏，共行古今路徑，體驗不一樣的公益徒步旅程。行程包括現代的濱海棧道、古樸的惠州西湖、增江畫廊等。

今次所籌的善款主要用於支援雲南省德宏州瑞麗市第五民族中學的「苗圃僑生班」，資助緬甸籍華裔貧困學生完成高中學業，追尋心中夢想。

Continuing the tradition of departing on the third day of the Chinese New Year, the Lunar New Year Charity Walk brought together 43 participants for a meaningful journey. Along the way, participants explored diverse landscapes and cultural landmarks in Guangdong Province.

The donation raised was primarily used to support the “Sowers Overseas Chinese Student Class” at Ruili No.5 Secondary School in Dohong, Yunnan. The initiative helps disadvantaged ethnic Chinese students from Myanmar complete their high school education and pursue their dreams.







尼泊爾學校太陽能燈籌款工作團
Light up Nepal Schools



日期 DATE	4 / 4 / 2026 - 11 / 4 / 2026
地點 PLACE	尼泊爾加德滿都及周邊山區 Nepal Kathmandu & periphery
善款用途 FUND USAGE	學校太陽能燈系統及其他資助項目 Solar light system for schools and other projects

尼泊爾為低度發展國家，生活較為貧困，尤其是西北部山區，部份地方未有電力供應，就算有電力供應，學校亦會因電費問題而不選擇開燈。工作組曾到訪中尼邊界的學校，學校鋪有電線，但校長表示沒有能力支付每月約100港元的電費，因而沒有開燈授課。

此次工作團由8位苗圃義工及無國界工程師會員組成，每位參加者需要捐贈最少3套太陽能系統，並一同走進尼泊爾西部山區，為沒有電燈的學校、衛生站及家庭裝置太陽能燈系統。



Nepal is one of the world's least developed countries, and many communities in its northwestern mountainous regions continue to face severe energy challenges. During a previous visit to a school near the Nepal-China border, the team learned that the school could not afford a monthly electricity bill of around HK$100 and therefore conducted classes without lighting, despite having electrical wiring installed.

This service team comprised of 8 volunteers and members of Sowers Action and Engineers Without Borders. Each participant was required to donate at least 3 solar lighting systems as a prerequisite for joining the mission. Together, they installed solar lighting systems in schools, health posts, and homes without access to electric lighting, helping the local communities improve learning and living conditions.

合作及受惠活動
Partnership and Beneficiary Activities

感謝各大企業、機構及團體的熱心支持，協助本會籌募善款，包括放置捐款箱或將其活動收益捐贈苗圃行動，支持本會工作，共襄善舉。

Our heartfelt appreciation goes to the corporations, institutions, and community groups that have generously supported us by organizing fundraising activities or donating proceeds from their events. Their invaluable contributions have strengthened our efforts and enabled us to continue advancing our charitable mission.

- 騰訊久久公益節 Tencent “99 Giving 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 AEON “Happy Yellow Receipt Campaign”
- 放置捐款箱 Donation box
  - CANVAS Beauty
  - Twinkle Baker Décor
  - 中石化油站 Sinopec HK Oil and Gas stations
  - 商務印書館 The Commercial Press







青年交流及服務團
Youth Exchange and Service Tour



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，拓展眼界。

「上海發展新天地」學習交流團於暑假舉行，29名來自不同學校的中學生，在6天的行程中，參觀多家國際及內地企業、上海交通大學及博物館，深入了解內地大城市在經濟、科技、教育及文化各方面的發展，增進對國家發展的認識。

此外，30名學生於聖誕假期參加6天的「學在尼泊爾」交流服務團。團隊在加德滿都探訪學校，並與尼泊爾苗圃中心中文班學生交流。 並前往南無布達進行徒步， 探訪當地學校及進行家訪，深入了解當地學生的生活狀 況。行程期間，學生亦參觀尼泊爾多個世界文化遺產，從文化、歷史及社會各層面認識當地人民生活，提升國際視野及跨文化交流能力。

我們亦為本地大學組織服務團，讓學生們了解雲南山區留守兒童的生活，並由參加者為兒童組織興趣活動，及協助當地村民裝置太陽能路燈，照亮回家的路。

With funding support from the Home and Youth Affairs Bureau and the Youth Development Commission, we organized student exchange programs 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 study tour was held during the summer holidays. 29 students from different secondary schools participated in this 6-day program. They visited multinational and mainland enterprises, Shanghai Jiaotung University and museums, broadening their understanding of the economic, technological, educational and cultural development of major cities in China.

During the Christmas holidays, 30 students joined the 6-day tour to Nepal. The group visited school In Kathmandu and interacted with students from the Chinese language class at the Sowers Action Nepal Community Centre. They then traveled to Namo Buddha for a trekking experience, visited schools and conducted home visits with its students. During the trip, participants also explored several UNESCO World Heritage Sites, learning about the local culture, history, and society while broadening their global perspective and enhancing their cross-cultural communication skills.





We also organized service trips for local university students, providing them with opportunities to understand the challenges faced by left-behind children in mountainous regions of Yunnan. Participants designed and conducted recreational activities for the children, while also assisted local villagers in installing solar-powered streetlights, helping to illuminate their journey home.



會員活動
Member Activities

為增加會員之間的交流及互動，人力資源及總務部自2025年開始定期舉辦不同活動，包括行山活動、農耕體驗、健康講座、音樂欣賞及新春團拜等，所有活動均歡迎會員攜同親友參與。

同時，董事局為了增加與會員之間的聯繫及集思廣益，亦不定期舉行「苗圃沙龍」，一起討論苗圃的會務工作。

Since 2025, the Human Resources and General Affairs Department has hosted various activities to foster member interaction, including hiking, farming, health seminars, music appreciation and CNY gathering. Members are encouraged to participate together with their family members and friends.

In addition, the Board of Directors also organised “Sowers Salon” periodically to deepen engagement with members and volunteers. These gatherings provided valuable opportunities to exchange ideas, share insights and discuss the future of the organization together.





