

# 15 ways you can make Hong Kong better

How can we give back in times of crisis? By Charmaine Ng

**A**s the impact of the coronavirus sweeps across Hong Kong and the world, many of us wonder what we can do, personally, to make things a little better. Here are some ways you can help during these trying times.

## 1 Stay informed

It's important to stay up to date with what's happening around you without overwhelming yourself. We suggest making a range of local news outlets part of your daily consumption. Consider subscribing to an independent press such as Hong Kong Free Press ([hongkongfp.com](http://hongkongfp.com)) or Apple Daily ([hk.appledaily.com](http://hk.appledaily.com)).

## 2 Wear a mask

The jury is out – wearing a mask helps. Do your part and put on one before you head out, lest you sneeze and spray everywhere.



## 3 Check on your friends and family

When was the last time you called your grandma? Log off Netflix for one second and take a moment to reach out to your loved ones near and far. How are they doing? Are they coping well with social distancing? Sometimes a short conversation can go a long way.

## 4 Send a care package

Do you know a healthcare worker on the front lines or a friend or family member who has been laid off? A homemade or customised care package can brighten up



their day. Put together items such as tea, candles, skincare products and a nice card to show that you care.

## 5 Donate medical supplies

Not everyone is lucky enough to have a pile of personal hygiene products at the ready. A few organisations have dedicated themselves to helping those most impacted by the coronavirus outbreak, by delivering food and supplies to vulnerable groups or redirecting protective resources to medics. HandsOn Hong Kong has a list of charities that you can donate to. [handsonhongkong.org](http://handsonhongkong.org)



## 6 Donate food

Looking for a quick and easy way to help? You can donate your pantry staples to those in need. The government-funded Food Wise Hong Kong provides a list of charities accepting rice, noodles, canned food and more, including Foodlink, Food Angel and Feeding Hong Kong. [foodwisehk.gov.hk](http://foodwisehk.gov.hk)



Feeding Hong Kong

## 7 Donate blood

Amid the coronavirus pandemic, donor numbers are plunging around the world, leaving blood banks with low inventories. For a while now, the Hong Kong Red Cross has not been able to hit its daily recruitment target of





1,100 donations per day. Consider giving blood if you are healthy. [redcross.org.hk](https://www.redcross.org.hk)

## 8 Donate your time

If you don't have extra items on hand, why not help out in person? Charities such as Crossroads Foundation are in need of volunteers during this time. [crossroads.org.hk](https://www.crossroads.org.hk)

## 9 Donate funds

Don't underestimate a classic monetary donation, even if it's just \$100. Every little bit helps! Groups that are accepting donations include Save the Children Hong Kong ([savethechildren.org.hk](https://www.savethechildren.org.hk)), Habitat for Humanity Hong Kong ([habitathk.give.asia](https://www.habitathk.give.asia)) and Soap Cycling (**Facebook: SoapCycling**).

## 10 Reduce, reuse, recycle

The three R's can help you, your community and the environment by saving money, energy and natural resources. Pretty much anything you plan to throw away can be recycled, including clothes, furniture, old electronics and even food.



## 11 Organise a beach cleanup

Take it one step further and gather three friends for a beach cleanup. Check out Hong Kong Cleanup ([hkcleanup.org](https://www.hkcleanup.org)) and Plastic Free Seas ([plasticfreeseas.org](https://www.plasticfreeseas.org)) for a list of places that need a good sweep – remember to wear gloves and protective gear!

## 12 Buy your produce from local farms

The farm-to-table movement has been gaining momentum, and for good reason too. Purchasing your greens from local farmers can provide better nutrition for you whilst increasing food safety, decreasing waste and preventing



Devin Hou, Head Chef at Test Kitchen visiting an organic farm in Hong Kong

monoculture. We love HKFYG Organic Farm ([organicfarm.hk](https://www.organicfarm.hk)), Homegrown Foods ([homegrownfoods.com.hk](https://www.homegrownfoods.com.hk)) and Jou Sun ([jousun.com](https://www.jousun.com)).

## 13 Say 'no' to fast fashion

Fast fashion has become one of the biggest polluters on the planet, now accounting for eight percent of global greenhouse gas emissions. Before you swipe your credit card, try upcycling your unwanted garments and donating your cast-offs to NGOs like the Salvation Army ([salvationarmy.org.hk](https://www.salvationarmy.org.hk)) and Redress ([redress.com.hk](https://www.redress.com.hk)).

## 14 Support local restaurants and bars

F&B venues across the city have been hit hard by the coronavirus pandemic. Help them stay afloat by dining out. There are many other creative ways to show your support too. Is the



Brunch at BEDU

restaurant selling gift cards, merchandise or food products? Do they offer takeout or delivery options? Every transaction makes a difference.

## 15 Enjoy afternoon tea at a charity shop

Obviously you should avoid crowds at this time, but if you see a quiet restaurant or café that



Christina Dean, Founder of Redress

is abiding by social distancing rules, consider sitting down for a meal. We suggest visiting a social enterprise restaurant, such as Café 8 and The Nest, both run by The Nesbitt Centre. [nesbittcentre.org.hk](https://www.nesbittcentre.org.hk)

