

5 Top Ways To Spread Altruism

...from home!

THE EXPANDED RESOURCE GUIDE



 **Altruize™**

Tell A Better Story. Live A Better Life.

What no hugs?

WAIT

What if we tried this...

Give a Virtual Hug to Someone

Due to the small size of our church congregation, we were able to attend service on Sunday, March 15. Of course, it was modified with the **COVID-19** appropriate non-touch greetings.

During the service, there is a moment when the Pastor asks everyone to "share the peace." Up until today, that was done with a handshake and even a hug. I watched as my youngest, who is 11, came back to our pew close to tears because she couldn't give her peace-giving hugs. Her spirit was breaking. And that's when I realized that **COVID-19** was going to affect all of us in a more profound way than changing travel plans. **COVID-19** is taking away our humanity.

Our mission at [LetsTHRIVE360](#) is to help people be better, intentionally. Our first step in doing that was just launching the Altruize App. We were so excited to help people exercise their altruism and go out and volunteer.

And then came **COVID-19**, telling everyone to isolate themselves. What a blow. But altruism is more than just volunteering, much more. It's selflessness, consideration, compassion, kindness, decency, big-heartedness, charity, and the synonyms go on.

There are so many ways to still be all of those things during, and because of this **COVID-19** event. We'll be here, ready to help you Altruize and reach your volunteering goals - after **COVID-19**. Until then, stay altruistic, stay human, stay kind. In this guide you will find plenty of ways to Altruize right from your home.

-Nicole Sdao, Founder/CEO of LetsTHRIVE360 & Altruize

www.altruize.com



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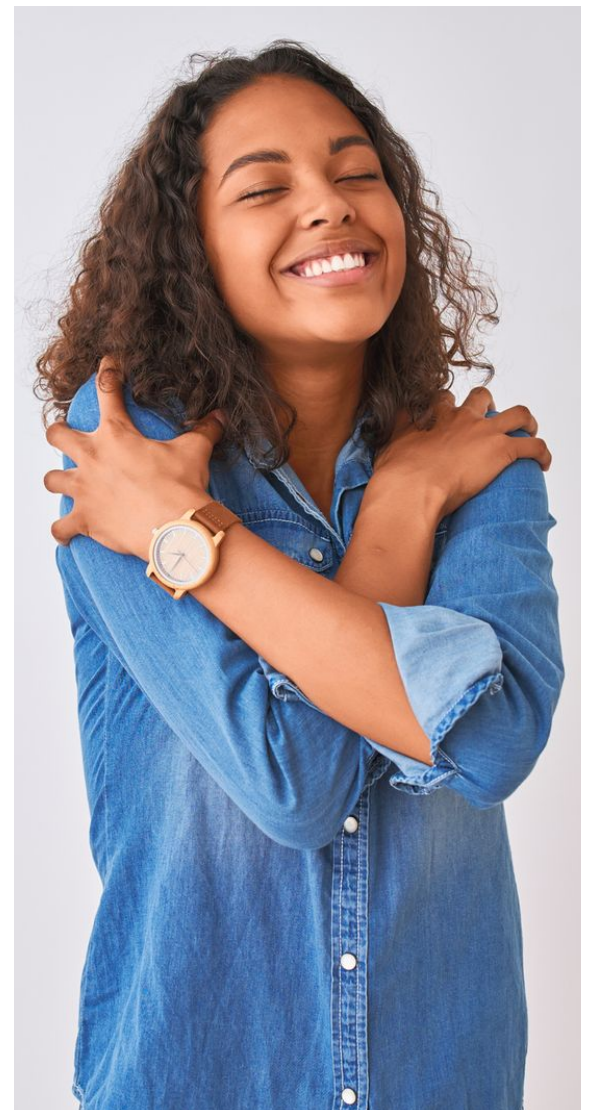
As Zig Ziglar said, “There is power in words. What you say is what you get.” Words can be spoken and weaved into a comforting hug. Write letters and emails to your friends and family.

Altruize Goal: Call one person per day either by phone or through video chat. Have a conversation that allows them to shed any anxiety they might be having or talk about the weather. Just knowing someone cared enough to reach out with a voice, lets that person know you care.

Video chat has evidently ceased to be a luxury and has become a dire necessity in this era of the COVID-19 pandemic where movement is limited. As you Altruize from home, remember that people with bad intentions who are out to commit cybercrimes are also eyeing the abundance of opportunity that this season presents to them.

Consider securing your identity before you log in to these video chat sites through Advanced Identity Protector, IdentityForce, LifeLock, ID Watchdog, or ProtectMyID, just to mention but a few. Some of the top video chat software that you can make use of include:

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Skype

Skype is the first App that comes to your mind when you think of video calling your friends and relatives. This is because it has withstood the test of time, consistently adding new features to survive in the competitive business environment. Other than encrypted video calls, you'll also be able to enjoy conference calls, messaging, and voice calls using skype. You can opt for either the free or paid version depending on your needs.



Facebook

You are not surprised, are you? Facebook has proved to be unbeatable as far as social media is concerned. From the sharing of messages making calls across the world, it is one of the most popular platforms that you can use to reach out to both your personal and professional contacts. The Facebook Video Chat functionality comes with Facebook Messenger, so long as you download the App.



Google Hangouts

Google Hangouts

If you have contacts with Gmail IDs, Google Hangouts is quite ideal for making encrypted video calls, audio calls, as well as email, messaging. You can have a group call with up to ten people on this App.



Line

Line is a free app for messaging and calling, which helps you minimize distance and get in touch with your contacts all over the world. It is more popular on phones, but there's a Windows version for PC as well. One thing that makes Line stand out is the numerous stickers and emoticons available in its Sticker Shop. Line also offers encryption on some calls.





Wire

Wire is quite popular as you can set up and seamlessly switch between your personal and professional profiles. This allows you to be more organized and manage both your work and your personal life without distractions. This App allows you to make encrypted video and audio calls.



Viber

When mentioning Apps for encrypted video calling, Viber can certainly not be left behind. Its user-friendly interface and numerous features are all you need to practice productive altruism from home. Viber users can also chat through messaging, and there are fantastic stickers that you can use to make every chat unique and memorable.



Imo

Imo is undeniably one of the most reliable video calling Apps that you can use on your PC, owing to its user-friendly interface and free availability. With some of the liveliest stickers you'll ever find, Imo allows you to share messages, audio, and video calls with your contacts as conveniently as possible. It is streamlined in a manner that won't drag down your phone's processing speed at all.



Facetime

Apple has not been left behind in providing video calling features. Facetime is Apple's video chat software that is fun and easy to use. If you are seeking to make high-quality encrypted video calls from your Apple device, then Facetime should be your first choice.





WhatsApp

WhatsApp

Whatsapp is Facebook's twin, only that you stand to enjoy more privacy on a WhatsApp video call as it's encrypted. What more, it has risen so fast in the market that nearly all your contacts would have it on their mobile devices. This places it among the most popular apps for messaging, video calls, and audio calls as it is freely available. It is more commonly used on mobile devices, though there's a version that you can use on your PC as well.



WeChat

WeChat

This list would be incomplete without talking about WeChat. The most popular Operating Systems like Android, Windows, Apple, and Mac are all compatible with this App. You can give your virtual hugs to your contacts through video calls, audio calls, or messaging.



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Ok, Where's The REMOTE

Volunteer From Home

There are many opportunities to tutor virtually. As more and more educational based platforms have popped up, many of them are nonprofits that rely on volunteers to help guide the learning process. If teaching isn't your passion, reach out to your local nonprofits who might have a need for helping with social media posts.

Altruize Goal: If you're currently not following a local nonprofit on a social media channel, find one and share one of their posts. What's better than sharing knowledge? If you believe that knowledge is power, as the old saying goes, you can volunteer to impart that knowledge to others. To better Altruize, you can channel your energy and goodwill towards empowering the less-privileged communities.



Why not consider being a Tutor on [Learn To Be](#), [Invictus Institute](#), [Khan Academy](#), or [Junior Achievement USA](#)? Other than tutoring, you can choose to engage in several volunteer opportunities available online. Some of the tasks you can do as a volunteer include:

- Fundraising
- Data Entry
- Website Design
- Marketing
- Volunteer Tracking
- Email Marketing
- Social Media
- Photography App
- Development
- Copywriting and Editing
- Virtual Assistance
- Blogging Graphic Design
- Video Creation
- Language Tutor





Here's our top 10 places you could be lucky with, in your search for an online volunteer opportunity:

1. UN Volunteers (UNV)

Working with UNV is not just an opportunity to exercise altruism, but it's also a golden chance of improving your CV and expanding your network. Who would resist an opportunity to take his or her online volunteering across the borders? Well, if you've been longing to travel to some specific country to volunteer but never got the chance for some reason, UNV is the best way to overcome those barriers and still bring a change to nonprofits worldwide even without leaving your bed!

2. Catchafire

This online search tool helps you find volunteer projects that fit within your schedule. They range from hour-long projects to projects lasting for several months. It is fully online-based.

3. Amnesty Decoders

Working with Amnesty International's digital volunteer program is quite fulfilling, and it's something you can comfortably do even when in quarantine. If you have a passion for human rights advocacy, then this is the go-to volunteer program, you should be eyeing at the moment. In some regions that have reported cases of Covid-19, there are extreme human rights abuse cases such as people being killed just because others suspect that they are infected with the virus. This is your chance to use your phone to show love and solidarity with such victims.





4. Translators Without Borders

What dwarfs the spirit of altruism more than a language barrier? Imagine yourself being stuck somewhere in the deepest villages of an African country that has suffered from the stings of war. You are surrounded by hunger-stricken families who completely understand nothing of your language, and all you can do is to dish out relief food without speaking, like a zombie. Can you get the picture? If you know multiple languages, you can use this opportunity to help people and organizations pour out their hearts and communicate effectively as they tackle issues of crisis relief, education, and health.

5. Crisis Text Line

Have you ever been rescued on the verge of death? Has any of your friends or family members ever made a phone call that saved their lives? Volunteering at Crisis text line is the best way to give back. You can even get free training if you are eligible, and you can be available for four hours a week. Joining this platform might be your first step to saving someone who is frustrated by the effects of coronavirus and is probably contemplating suicide!



6. DoSomething.org

A vibrant young person in isolation, who is restless considering the current pandemic, is the best advocate for social change. This organization uses the internet to help solve real-world problems through online campaigns. Why not help educate the world on how washing their hands and social distancing can save their lives from the paws of death?

7. Make A Mask For Someone

Consider creating a homemade mask and sending it to a friend that doesn't have one or calling your local non profit to see if they could use some to protect the people they serve. The link above will give you some ideas and video walkthroughs on how to use your creativity to serve others with a tool that can keep them and their family safe during this time of uncertainty.





8. Be A Digital Advocate

Be A Digital Advocate When a disaster strikes, the RedCross is the first organization that stays on many peoples' lips and minds. You can be a digital advocate for the American RedCross society and help spread their messages online or even help in fundraising to support their activities.

9. Granny Cloud

With schools closed the world over, children are vulnerable to the wrong kind of exposure. This is mostly because they aren't allowed to mingle and play with their classmates. Naturally, they'll end up spending more time indoors, with increased access to the internet that can either make or break them. Whether you are male or female, feel free to join the Grannies can inspire children living below the poverty line in India. You can help them learn English, and who knows, you may end up learning a bit of their language too!

10. Feed the Children

Many parents have passed on and left their children alone with no one to fend for them. Change the lives of these children by being a policy advocate.

11. Zooniverse

Online volunteers help a great deal with the people-powered research conducted by Zooniverse. Depending on your area of interest, join this platform to add to the existing knowledge base.



In The Spirit Of Giving

Let Your Wallet Share Your Heart

If you are passionate about a particular cause, a donation to that nonprofit is a powerful gesture. It gives the nonprofit flexibility to have funds to continue its mission.

Altruize Goal: If you're able, make a donation to a charitable cause. Donations can take many forms, though not all can be done from home. For instance, donating blood to help save lives is a good way of practicing altruism, but it's impossible to do that from isolation.



Contact your local blood bank and see if they have any special protocols in place. Direct donation of food and clothing items is also a popular way of giving back, which may not be very viable under the current circumstances, especially if you are in quarantine. Quarantine does give you the time to go through your unneeded items, and if the items are in good shape, box them up to donate once you're able to get out-and-about.



LET YOUR WALLET SHARE YOUR HEART ALTRUIZE

You can let your heart share your wallet from home by making donations to:

- [Red Cross Foundation](#)
- [CDC Foundation](#)
- [Centre for Disaster Philanthropy](#)
- [COVID-19 Response](#)
- [First Book](#)
- [Lawyers for Good Government](#)
- [Boys & Girls Clubs of America](#)
- [Meals on Wheels](#)
- [UNICEF](#)
- [Save The Children](#)
- [CERF](#)
- [Direct Relief](#)
- [Feeding America](#)
- [Feed the Children](#)



If you aren't sure where to send your contribution, you can make use of Charity Navigator to make your decision based on the levels of need and urgency. Since making donations from home mainly revolve around money, you can simply give to [Global Giving](#), which connects nonprofits to donors. Any direct donation to them in the era of **COVID-19** is purely used in fighting the pandemic. If you want to start your own fundraising for a nonprofit, [GoFundMe](#) Fundraisers is the best bet.



United Nations
CERF | Central
Emergency
Response
Fund



**Save the
Children®**



**American
Red Cross**



**BOYS & GIRLS CLUBS
OF AMERICA**



**LAWYERS FOR
GOOD
GOVERNMENT**



unicef

We're All In This Together

Stay Connected to Your Tribe

Tribes get created because of commonality. During difficult times, members support and encourage each other.

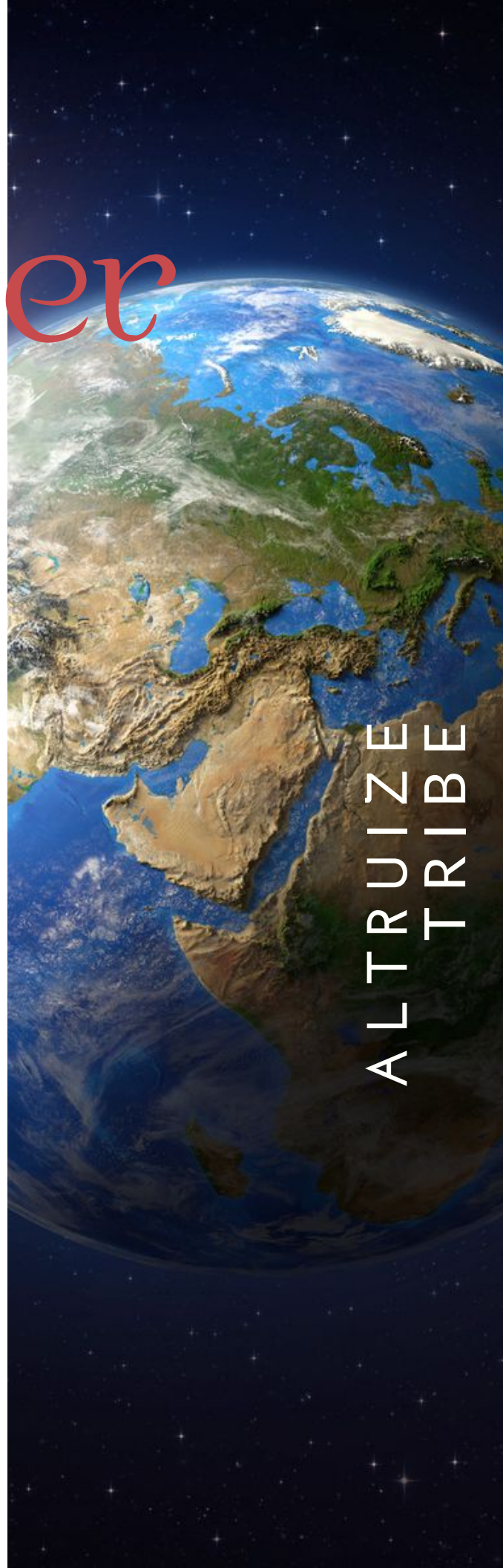
Altruize Goal: Reach out to your tribe via your communication channels and start the conversation to show support and check in.



There are several ways of reaching out to your tribe, other than through video calls, audio calls, and messaging that we discussed earlier. You can make use of your social media groups to stay in touch with your family members, school mates, colleagues, club members, and so on.

Social distancing doesn't mean you completely lose touch with the world around you. Can you imagine how this world would be if everyone has to struggle to make new relationships because we all became enemies in quarantine?

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We've researched some of the best ways you can stay connected with your "Tribe" and continue to spread altruism from your home:

- Keep up with your workout partner by setting similar workout schedules for indoor exercises.
- There's a lot of free time in your hands; reconnect with your past friends and long-lost relatives by digging them up on Facebook and every other possible channel.
- Think beyond your nose and get crafty. Legendary inventors tend to get ideas while quarantined, so you might as well try out a new recipe or knitting idea that you learned from a friend and develop it. Make sure you share the resultant product.
- Have lunch or dinner at strategic positions at the same time as your neighbors, while maintaining your safe distance. You can wave at each other or speak at the top of your voices if you are all comfortable with that.
- If you are a choir member or part of a club, have virtual weekly meetings.
 - Watch movies "together" at the same time using HULU, NETFLIX or DISNEY+.
- Share movies, blogs, podcasts, and funny clips that can keep humor alive.
- Don't just rot indoors, get a bit of the fresh air outdoors, so long as you keep several meters away from other people.
- Join a group of likeminded people online at forums or on online groups. For instance, at we've formed a group on Facebook called The Altruize Tribe that shares the vision of being selfless and helping others. If you want to feel connected join a group that matches you personally where you can meet people who have shared experiences.
- Another great list we found online here shows 33+ other sites you can find on social media and group chats.



GROUPS

NETFLIX

Meetup



Love Conquers... Everything

Spread The Love

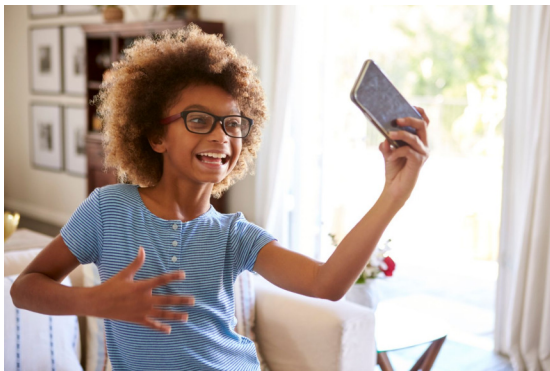
Post how you're showing your altruism or how someone has been kind to you. Maybe it's agreeing to be the makeup "model" for your five year old. Or trying the "All-the-spices-in-the-kitchen" Soup your kids just made. The smiles would be non-stop from the people seeing them.



Altruize Goal: Post pictures/stories of kindness and #Altruize. This is where Instagram plays a big role.

Pictures depict life and strength. Show everyone that you are making the best of the situation through seeing your photos.

Every little thing you do worth sharing, snap it, and post it. If you're good at taking selfies, this is a chance to share your skills.



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TRIBE

Yes, we said... Everything

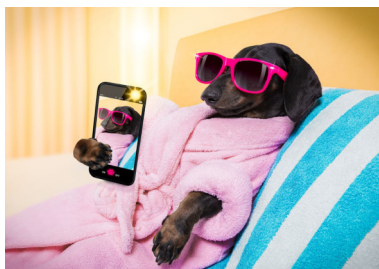
Let your social network know the kindness that other people have shown you, and that which you have shown to others.


For instance, if your best friend also has a thing for altruism, it would help to share your current volunteer activities, where you plan to make your next donations or how you are coping with the situation at hand. Simply go to our [Facebook](#) and [Instagram](#) and hashtag #Altruize on a photo or video to show that you're exercising your altruism.



Other than [Instagram](#), [Tik Tok](#) is another irresistible App that is a must-have for anyone who wishes to show love from home. You can impart laughter into other people's lives by posting creative videos of what's going on in your day-to-day life.

Liking, sharing, commenting, and [#Altruize](#) on what other people post is also a good way of encouraging others and making them feel loved.



DO THE FIVE  ALTRUIZE

TIPS ON HANDLING CORONAVIRUS/COVID-19

DO THE FIVE



1

HANDS
Wash them often



2

ELBOW
Cough into it



3

FACE
Don't touch it



4

SPACE
Keep safe distance



5

HOME
Stay if you can



www.italytravelguide.com

From your friends at Altruize & LetsTHRIVE360



Tell A Better Story. Live A Better Life.



Like, Share, Follow, Care



www.Altruize.com





Tell A Better Story. Live A Better Life.

PARTICIPANT WORKBOOK

Use this resource to help map out your Altruizing! Also, feel free to sign up for one of our webinars at www.altruize.com/ambassador to hear a live seminar about Altruizing and how you can get involved.



What Does Altruism Mean To Me?



How Can I Altruize From Home?



My Altruize Goal Statement

I commit to setting a goal of _____ hrs by _____, 2020.

This will help people by _____

_____.

Referenced Materials

https://www.ted.com/talks/abigail_marshall_why_some_people_are_more_altruistic_than_others?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare

<https://www.nbcnews.com/better/health/smiling-can-trick-your-brain-happiness-boost-your-health-ncna822591>

<https://graceworksinc.com/presentation-tip-superman-courage/><https://www.participation.com/en-ca/blog/5-ways-tracking-progress-helps-you-reach-your-goals>

Presented by: Nicole Sdao, Founder/CEO Altruize by LetsTHRIVE360Altruize.com LetsTHRIVE360.comQuestions/comments: Altruize@letsthive360.com