

Jan Gault Recommends...

Organizations for a Better World

*I dedicate this webpage to all the wonderful people
acting to make a difference within my
Favorite Organizations:*

**Action Change, Action Without Borders, Alliance Network,
Amnesty International, Audubon Society, Better World
Club, Books for a Better World, Center for Global
Nonviolence, Childreach, Common Cause, Doctors Without
Borders, Educators for Social Responsibility, Feminist
Majority Foundation, M. K. Gandhi Institute, Global
Citizens Network, Global Exchange, Global Heroes, Global
Mind Shift, The Group of 1000, Habitat for Humanity,
Human Rights Education Associates, Human Rights
Watch, IFUW, Institute of Noetic Sciences, Interfaith
Alliance, Katalysis, Nature Conservatory, Oxfam
International, Peace X Peace, PETA, Psychologists for
Social Responsibility, Red Hat Society, Seva Foundation,
Sierra Club, Society for the Psychological Study of Social
Issues, Soroptimist International, Southern Poverty Law
Center, Universal Flag, White Ribbon Campaign,
Worldwatch Institute, Women for Women International,
Working Assets**

***If you're not listed here and would like to be, please
contact me with information about your organization.**

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Actions for Global Understanding

*75 Actions You Can Start Taking Today!**

Listed below are a variety of actions you can take to influence the course of global understanding. You are probably already acting on several of these. Use them as a springboard for your own ideas, to adapt to your unique personality, situation and circumstances. I recommend you print this out and place a checkmark by those that resonate with you. Then, mark at least one in your planning calendar each month to follow through on.

1. Join a Global Online Forum with like-minded people to discuss human rights issues. Help promote dialogue and international cooperation. See Mandat International for a calendar of international meetings, online forums, and 100's of useful links. www.mandint.org
2. Become a “global partner” for a community of women in a third world country in need of support. (See www.soroptimist.org international programs.)
3. Use the \$25.00 a month that you're spending on snacks or cigarettes to sponsor a child in another country so they will have access to clean water, food, and health care. (See www.childreach.org)
4. Join or form a group in your area to discuss a global issue of interest such as sex trafficking, poverty and nonviolence. Check out your local Community College for information and handouts to provide to members.

5. Use art as a tool to increase global understanding. (Visit http://lov-e.com/Global_8.html and click on the “Art for the World” link.) This site also lists dozens of other websites you’ll want to explore.
6. Volunteer two hours a week in a community organization that is working toward the solution of global issues.
7. Have a “Global Awareness” home party and ask everyone to bring one idea to discuss.
8. Send an Email to your government officials on an injustice you have observed. (See <http://www.e-thepeople.org/> for Email addresses of senators and representatives in your location, along with forms and other information.)
9. Work with a local organization in your community to raise funds for disaster relief in another country. Be a volunteer or make a direct donation to www.doctorswithoutborders.org
10. Join or form a book club whose books include global issues and celebrate the interconnectedness of life. (Check out Adelante Book of the Month Club, Oprah’s Book Club or Heartsong Books at www.heartsongbooks.com.) Inspirational messages are also available on this website.
11. Plan an ethnic potluck dinner with people from different ethnic groups in your community. It needn’t be elaborate. Ask each to bring their favorite dish.
12. Click on this website to provide one cup of food to feed the hungry: www.thehungersite.com (free, paid for by sponsor banner advertising). Build global understanding by helping those in need. Send an eCard from this site to help combat hunger and cultivate peace.

13. Read one article or book a month on a different culture. Check with your library for suggestions, then choose according to your interests.
14. Set aside the two hours a week you used to spend watching television on researching a world problem such as poverty or global warming.
15. In lieu of a vacation, volunteer a week or two of your time in another country for teaching basic skills such as sewing, knitting or dressmaking to someone in need. (See www.ifuw.com for a list of some organizations that coordinate volunteer activities.) Also see Global Exchange at <http://www.globalexchange.org>.
16. Obtain a DVD documentary on another culture to learn more about their lifestyle and practices. A variety of these can be found online for a nominal fee or free.
17. Take a class on foreign affairs at your local community college or at an online university. Or join one of the Great Decisions discussion groups. See Foreign Policy Association at www.fpa.org for a group near you.
18. Promote intercultural understanding on your next vacation to another country, by visiting or staying with locals and sharing information. See The Hospitality Club www.hospitalityclub.com where you can post messages and meet people from dozens of different countries.
19. Volunteer to give a talk to a class at a local grade school or high school about a culture that you're familiar with. This can be a very rewarding experience.
20. Support a survivor of war in another country. (See www.womenforwomen.org for sponsorship information.)

21. Talk to a teacher or principal at a local school about including global issues in their curriculum.
22. Donate funds through an organization to purchase sewing and knitting machines in a third world country. (E.g., see www.viriniagildersleeve.net)
23. Hold a bake sale or garage sale and donate the proceeds to an organization involved in working toward the resolution of global issues.
24. Set up a booth exhibit at a community trade show to promote “Global Understanding”.
25. Mindstorm for one hour this week, listing fifteen possible means for increasing global understanding. Then follow through on one of them.
26. Regularly read a foreign newspaper on the internet to get a different point of view. (If you have a relatively new computer and software it can be translated into English.) Simply enter the name of a country and “newspaper” in your favorite search engine.
27. Get together with a group of colleagues or friends and mindstorm on various ways to raise funds to help finance a specific global project.
28. Volunteer two weeks of your time in a third world country for literacy training. (See www.ifuw.com or www.globalexchange.org for organizations that coordinate training classes in different countries.)
29. Celebrate cultural diversity in your home. Check out the books, music, crafts and artwork in your house. What kind of statement does your home make about you and your values?

30. Give a gift of crayons and a writing tablet to a child in another country. E.g., this could be through contacts you have in your church, school or a local organization.
31. Donate a book you've read, DVD or music that increases global awareness and understanding to someone in another country.
32. "Travel with a Cause" on your next vacation. Check out MiraMed International's Russia Cruises. Personally deliver clothing, medicine and supplies to Russian orphanages on your cruise. (See <http://www.miramed.com>.) Have fun and help others.
33. Volunteer to teach a group in another country a skill you possess (e.g., computer or communication skills; parenting practices; basic bookkeeping; starting a business).
34. If you have a web site, show your support of human rights by adding a human rights banner to your site. (E.g., see Human Rights Watch at <http://www.hrw.org/banner/>.) If you don't have a web site, suggest that local businesses post a human rights banner.
35. Train a group of trainers to assist others in basic skills that will also promote intercultural goodwill and cooperation.
36. Establish contact with someone from another ethnic group than your country of origin and invite them to join you for coffee or lunch. How? Meet new people at a local ethnic festival or strike up a conversation with merchants where you shop.
37. Attend art exhibits sponsored by different ethnic groups. Ask questions, learn and share.

38. Join an online forum on global issues. Share your insights and listen to others to learn and better understand their point of view. Make power accountable. (Check out www.commoncause.org/causenet.)
39. Set aside two hours to research some of the inhuman policies and practices occurring in different countries. Send a letter to your government officials. Start by visiting United Nations Human Rights at <http://www.un.org/rights> for fact sheets on injustices taking place around the globe.
40. Volunteer to work in another country through one of the many organizations acting to make a difference. Some organizations will pay your travel expenses and other basic costs.
41. Shop stores, catalogs and online to earn rebates for the causes and organizations you support at Schoolpop. See www.Schoolpop.com.
42. Sponsor or organize an arts and crafts exhibit in your area with products from twelve third world countries.
43. Travel with a purpose by visiting one of the humanitarian project sites in another country. (E.g., visit Heifer International to learn more about their caring gifts to end world hunger www.heifer.org)
44. Give an individual or group of individuals in another country the means to help themselves with a micro-loan to start their own business. See <http://www.katalysis.org>
45. Begin corresponding with women in other parts of the world on a topic of interest through a web listserv (See International Federation of University Women for

listservs on different topics such as health, education and women's issues at <http://www.ifuw.org>

46. Shop in an ethnic region of your city and ask shop owners about their families in other countries.
47. Through "Adopt a Village" (AAV), you can help a struggling Mayan family to own and farm their own land. With your support a family of migrant laborers working on coffee fields for less than subsistence wages can hope to achieve a healthy, productive life. See <http://www.az.com/~rhicks/help.html> for information.
48. Make a conscious effort to initiate more conversations with those you come in contact with at work, church or school who are from different cultural backgrounds.
49. Draft a well-thought out letter on some aspect of a social injustice and Email it to twelve online newspapers or journals.
50. Write a personal note of encouragement to a woman in a war torn country. Contact humanitarian groups working in the country or embassies.
51. Make arrangements with local officials to set up a table in a shopping mall with flyers on Global Understanding.
52. Invite a group of friends over and have each give a five to ten minute demonstration on some aspect of a country in which they've traveled or researched.
53. Build cooperation and compassion in children by encouraging games, toys and activities that celebrate cultural diversity and nonviolence. Avoid buying guns and games that breed hate and violence.

54. Influence writers of family and children's television shows to have more value-driven characters who take a stand against social injustices. Contact them by Email and through the news media.
55. Charge purchases to a credit card obtained from a humanitarian organization that receives a percentage of the sale at no cost to you. Visit Amnesty at www.amnestyusa.org/visa.
56. Attend a meeting of an ethnic organization in your community that is open to guests.
57. Spend one month or more as a human rights intern in Russia (Russian language skills not required.) See <http://www.miramedinstitute.org> for information.
58. Distribute brochures at your local club, school or church on one of the global humanitarian organizations you support.
59. Make a gift donation to a global organization in honor of a friend or family's birthday, anniversary or religious holiday. (E.g., visit Heifer International at www.heifer.org to give a gift animal or tree seedlings to a family in need.)
60. Host an "Information Session" in your home on a global organization making a difference. Email or write the organization for free materials to hand out.
61. Ask your employer to match contributions to a humanitarian organization that you support.
62. Expand your mind by listening to interviews by noted scientists and humanitarians on an educational world broadcasting network. Visit New Dimensions World Broadcasting Network at www.newdimensions.org.

63. Boycott products produced by corporations who violate fair trade practices and human rights.
64. Take part in a community activity such as a rally or signature-gathering drive that supports a global issue of concern.
65. Add your voice to others protesting violations of human rights by joining a Mailing List of a global organization.
66. Stay informed by subscribing to free Email reports of an organization that keeps you current on human rights news around the world (E.g., see Human Rights Watch at <http://www.hrw.org/act/subscribe-mlists/subscribe.htm>.)
67. Donate a portion of the money you spend on online consumer purchases to a charity of choice by setting up a “charity shopping portal”. It only takes a few minutes and it’s free! Visit this website to set up an account: www.iGive.com. After joining, tell your friends and get \$1.00 for your cause every time you refer a new shopper.
68. Recycle used printer cartridges, cell phones and other items to earn cash for your school or organization. See: <http://www.schoolpop.com/cgi/myschool.cgi?pid=3>
69. Adopt-A-Goat in Guatemala. A goat can provide a cup of milk each day for a Mayan child and help prevent malnutrition and diseases relating to lack of nutrition. (See <http://www.az.com/~rhicks/help.html> for information. You will receive a photograph of your goat and may choose her name.)
70. Be a “Virtual Volunteer”. Many online humanitarian organizations and charities need help with Email correspondence, graphics, programming, research and

writing. See www.NetAid.org for a worldwide directory of virtual volunteering positions.

71. Purchase products from an organization where the proceeds go to support a cause you believe in. See Amnesty International www.amnestyusa.org/store.
72. Refuse to support businesses and organizations that continue to test their products on animals. Visit People for the Ethical Treatment of Animals (PETA) www.peta.org and www.caringconsumer.com
73. Organize a “White Ribbon Campaign” in your community to help end domestic violence. See www.whiteribbon.com.
74. Put your dollars where your principles are by investing in socially screened mutual funds. Typical screens include weapons, tobacco, fair hiring polices and products that enhance the quality of life. Check out Capital Missions Company <http://www.capitalmissions.com/social/index.html> for a list of social investment providers.
75. Set your clock radio, iPod or computer to wake up to inspirational music rather than the alarm and start your day on a happier note. Remember your attitude has an impact on all those you communicate with during the day.

Inspiration & Insight without Action Won't Change Anything

If Not Now, When?

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