

Microvolunteering

Cause Aligned Actions

For

African Mothers Foundation International



help
from
home

Change
the world in
just your pyjamas

www.helpfromhome.org/

African Mothers Foundation International



Introduction

Microvolunteering can be described as 'easy, low commitment actions that benefit a worthy cause, where the main bulk of the task can be completed on demand in one or more sessions of upto 30 minutes, either from a person's home or on the go'. The term 'worthy causes' has been given a broad definition in this list.

Microvolunteering encompasses many forms of volunteering such as mobile volunteering (exclusively via smartphones), virtual or online volunteering (exclusively via the Internet) and traditional volunteering (mostly associated with offline volunteering and, in this context, tasks that can be completed in a small amount of time). It can be participated in for example on the number 39 bus, in a checkout till queue or in your own home either fully dressed or just wearing your pyjamas - although the pyjamas bit is optional, especially if you're on that bus!

This initial list of activities and ideas has been prepared by Cardiff based HelpFromHome.org, a leading provider of microvolunteer actions throughout the UK and the world. It is intended to demonstrate how members and users of the African Mothers Foundation International can participate in microvolunteering activities that will benefit either directly or indirectly, inhabitants of the African continent.

There are many other microvolunteer actions that benefit Africa which are not included in the list below. The beneficiary of these actions are international organisations whose work will potentially help Africa but whose focus is not specifically on Africa. The list therefore include actions where there is a defined benefit to Africa and is stated as such on an initiative's website.

We would appreciate some feedback from yourself as to how useful this list is and therefore help us improve the service. Here's some questions that you might like to consider providing feedback on:

- 1) did you find the actions useful to your cause
- 2) were all the actions aligned to your cause
- 3) did you or anybody you know act on any of the actions
- 4) how accessible were the actions, as in could the actions have been provided on a seperate webpage rather than in pdf document, so that all the links were accessible by all users of your website / organisation
- 5) was the information about each action too much, too little or about right
- 6) any other comments

Oh, and just one other thing, if you're not convinced that a micro action can have macro impact, then please take a look at this report (http://www.helpfromhome.org/impact_micro.pdf) prepared by Help From Home that examined the impact of microvolunteering. It should raise your eyebrows a bit!

Mike Bright
Founder
Help From Home
<http://www.helpfromhome.org/>
challenge@helpfromhome.org

Action Details

Care2 Feed Rescued Primates - click to donate

Convert one of your mouse clicks into a charity donation at no cost to you. Your free click generates donations from their sponsors. You may click once a day, every day. 100% of the donations raised go directly to the Jane Goodall Institute, which runs sanctuaries in Africa (DR Congo, Guinea, Tanzania, Uganda) where orphaned chimpanzees can be cared for and given the chance to live reasonably full lives in spacious conditions.

Website: <http://www.care2.com/click-to-donate/primates/>

Time taken: Upto 1 minute

Impact: Improves the lives of rescued primates

Cost: Nothing

Barking Mad - click to donate

Convert one of your mouse clicks into a charity donation at no cost to you. Your free click generates donations from their sponsors. You may click once a day, every day and each click will be the equivalent of 0.1 bowl of food to shelter animals around South Africa.

Website: <http://www.barkingmad.co.za/Default.aspx> (click to donate button in upper right corner)

Time taken: Upto 1 minute

Impact: Generates food for rescued animals in South Africa

Cost: Nothing

Ethicle - charity donating search engine

Every time you use these type of search engines, such as Ethicle, a small proportion of money is donated to a charity. In the case of Ethicle, the money is donated to Planete Urgence which although it plants trees in 4 places around the world, Ethicle only supports 2 of these locations, one of them being Mali in Africa. It works just like any other search engine and all donations raised are paid for by advertisers. 100 searches equates to a tree being planted.

Website: <http://www.ethicle.com/uk/>

Time taken: Upto 1 minute but could take longer if you're typing a search query for 'supercalifragilisticexpialidocious!'

Impact: Contributes to areas being reforested in mali which helps CO2 levels and thus decreases global warming

Cost: Nothing

iGive - charity donating search engine

Every time you use these type of search engines, such as iGive, a small proportion of money is donated to a charity. In the case of iGive, you can choose your charity from a list of charities. Just type in 'Africa' in 'Select your cause to iGive' and 1cent (American money) will be donated to your chosen African cause at no cost to you.

Website: <http://isearch.igive.com/>

Time taken: Upto 1 minute

Impact: Contributes to many African focused charities

Cost: Nothing

FreeRaiser - charity donating internet sidebar

Install an internet sidebar and then simply surf the web as you normally do. Sidebar displays adverts where 90% of the ad revenue is donated at no cost to you to one of 15 charities of your choice - 4 of which are African focussed: Empower the Gifted (Uganda), Save a Life (Malawi), Give Hope to Children of War (Worldwide and Ethiopia), Save an Orphaned Rhino (Kenya).

Website: <http://www.freeraiser.com/>

Time taken: A couple of minutes to install sidebar, then nothing after that - continue surfing as normal

Impact: Contributes to 4 African focused charities

Cost: Nothing

United Nations Volunteers - online volunteering

Do you have skills in project management, proposal writing, or information technology; knowledge about financial, legal or environmental issues; or maybe you can do a bit of translation work. Volunteer your services to United Nations projects via the internet. Six regions from around the world to choose from, one of them being 'Sub-Saharan Africa'.

Website: http://www.onlinevolunteering.org/en/vol/opportunity_search/?rgn=2

Time taken: Upto 30 minutes per session. May need multiple sessions to complete some tasks though

Impact: Contributes to African nonprofits who require skills from online volunteers, that they don't have

Cost: Nothing

Nabuur - online volunteering

Do you have skills in searching the internet, building a website, researching custom regulations or designing a medical clinic? Have ideas for a brochure design or a feature story etc? You do? Then volunteer your services to community projects worldwide via Nabuur. Three separate world regions covered, one of them being Africa that includes 19 African countries, all separately listed.

Website: <http://www.nabuur.com/> and then click on 'Villages' tab

Time taken: Upto 30 minutes per session. May need multiple sessions to complete some tasks though

Impact: Contributes to African communities / villages who require skills from online volunteers, that they don't have

Cost: Nothing

AfricanClimate@home - distributed computing

Use the spare processing power of your pc to work on a small part of a larger problem. The results are combined with thousands of other computers around the world to solve challenges that a single super computer could not achieve in a reasonable time span. Just install some free software and that's it! The mission of AfricanClimate@home is to develop more accurate climate models of specific regions in Africa. This will serve as a basis for understanding how the climate will change in the future so that measures designed to alleviate the adverse effects of climate change can be implemented. Phase 1 has been completed. Phase 2 to come online in the near future.

Website: <http://www.worldcommunitygrid.org/research/akah/overview.do>

Time taken: A few minutes to download and install software. After that, just use your computer as normal as the software will do all the work on your behalf

Impact: Contributes to African climate research

Cost: Nothing

Africa@home - distributed computing

Just download a piece of software to your pc and then let it use the spare processing power of your computer to work on problems that could potentially save lives. Once downloaded, there is usually nothing more to do on your part. Help Africa@home simulate the ways that the malaria parasite (Plasmodium falciparum malaria) spreads in Africa, and its effects on human health. The models it creates will help scientists and doctors "determine optimal strategies for delivering mosquito nets, chemotherapy, or new vaccines which are currently under development and testing."

Website: <http://africa-at-home.web.cern.ch> although actual download page is <http://www.malariacontrol.net/> or if it's any easier, visit <http://www.gridrepublic.org> and choose malaria control as a project

Time taken: A few minutes to download and install software. After that, just use your computer as normal as the software will do all the work on your behalf

Impact: Contributes to research into spread of malaria in Africa, which ultimately could save lives

Cost: Nothing

Knit A Square - knitting or crochet work

Make and send 8"/20cm squares which are then arranged to be sewn into blankets to help keep a cold AIDS orphan warm in South Africa. Knitting and crocheting instructions provided on website. Postal details also provided on website.

Website: <http://www.knit-a-square.com/>

Time taken: Upto 30 minutes per session. May need multiple sessions to complete

Impact: Provides warm clothing and other knitted items for South African AIDS orphans

Cost: Material and postage costs

Teddies for Tragedies - knitting or crochet work

Patterns are available from the website to make a Teddy or two and once completed should be passed on to Teddies for Tragedies in the UK who will then send a consignment of Teddies to many regions in the world including African countries.

Website: <http://www.teddiesfortragedies.org.uk/>

Time taken: Upto 30 minutes per session. May need multiple sessions to complete

Impact: Provides a comfort toy for kids who virtually have nothing

Cost: Material and postage costs

Kiva - micro-loans

Described as loans that change lives. Kiva lets you lend to a specific entrepreneur or student in the developing world with loans as low as \$25, although it's all dealt via Paypal so you will be donating in British money. There's an extremely small chance of the borrower defaulting on payments (98.75% repayment rate to date). In essence, lend your money out, get your money back, re-lend again. Many regions of the world covered, including many African countries located mainly in central Africa.

Website: <http://www.kiva.org/>

Time taken: Upto 15 minutes

Impact: Empowers people to lift themselves out of poverty

Cost: Nothing, as you will get your loan back

Babyloan - micro-loans

Through babyloan.org, you can support micro-entrepreneurs living in challenging conditions that lack access to capital to launch or expand business activities. Your loan, minimum €20, will enable them to create micro-businesses thereby generating income. This is a French site which has an English version of it. Nine countries are covered, 2 of which are in Africa - these being Benin and Togo.

Website: <http://www.babyloan.org/en/>

Time taken: Upto 15 minutes

Impact: Empowers people to lift themselves out of poverty

Cost: Nothing, as you will get your loan back

MYC4 - micro-loans

MYC4 is an online marketplace that connects you directly with African entrepreneurs, who lack capital to develop their businesses. Make a loan (as little as €5!), make a difference, make a profit (if you want to), get paid back, make a loan - again. The African countries covered by this initiative are Cote D'Ivoire, Ghana, Kenya, Rwanda, Senegal, Tanzania, Uganda

Website: <http://www.myc4.com/>

Time taken: Upto 15 minutes

Impact: Empowers people to lift themselves out of poverty

Cost: Nothing, as you will get your loan back

Zidisha - micro-loans

Zidisha lets you meet African entrepreneurs in Kenya and Senegal with small businesses and big ambitions. Zidisha verifies the entrepreneurs' credit history, then lets you lend to them at a mutually agreeable interest rate (which you can choose to accept to receive or not) – opening up the opportunity to make their vision a reality.

Website: <https://www.zidisha.org/>

Time taken: Upto 15 minutes

Impact: Empowers people to lift themselves out of poverty

Cost: Nothing, as you will get your loan back

Deki - micro-loans

Deki enables you to help a specific person in the developing world. From as little as £10, your microloan can help a borrower create a sustainable livelihood - allowing them to work their way out of poverty. Loan, get paid back, reloan again! Easy. Deki mainly operates in Ghana, Togo and non-African country Nepal.

Website: <http://www.deki.org.uk/>

Time taken: Upto 15 minutes

Impact: Empowers people to lift themselves out of poverty

Cost: Nothing, as you will get your loan back

Lend With Care - micro-loans

Make a micro loan of as little as £15 via Care International UK to an entrepreneur in Africa and Asia and watch as their business grows. Get paid back and reloan again. Lend With Care operates in 5 countries, 2 of which are African - these being Benin and Togo.

Website: <http://www.lendwithcare.org>

Time taken: Upto 15 minutes

Impact: Empowers people to lift themselves out of poverty

Cost: Nothing, as you will get your loan back

Give Work - 'do good' mobile app

Give Work lets you support refugees in Kenya by completing short, on-screen tasks. The refugees are training to complete these same tasks and, by volunteering to tag a video or trace a road, you will generate money to support their training.

Website: <http://www.samasource.org/iphone/>

Time taken: Upto 5 minutes

Impact: Supports refugees with their start to a new life

Cost: Nothing

Librivox - record audio books

Add to the growing number of public domain books that have been saved as audio books. All you have to do is to record a book out loud using your dulcet voice. Then upload your audio book for the pleasure of others to listen to. At Librivox, volunteers record chapters of books in the public domain and release the audio files back onto the net as free audio books. This could be a way to get more awareness for African authors or books about Africa.

Website: <http://librivox.org/>

Time taken: Up to 30 minutes per chapter of a book. Speed talkers need not apply!

Impact: Preserves old books for future generations to listen to

Cost: Nothing

Shoe 4 Africa - recycling running shoes

Send running shoes, new or used (with at least 100 miles left) to their Kenyan project address. Running shoes prevent hookworm and start off a new life of sport. The initiative holds races in Kenya so people earn shoes. The charity also holds AIDS awareness programs through shoes. Empowerment not charity is their key watch phrase.

Website: <http://www.shoe4africa.org/>

Time taken: Up to 20 minutes to wrap shoes for posting. Posting can be combined with another task whilst out shopping.

Impact: Provides running shoes for Kenyans who otherwise would not be able to afford them.

Cost: Postage costs

Shoe Aid Project - recycling shoes

Donate clean gently worn shoes to this project that will directly help someone in Cameroon without a pair of shoes. They welcome shoes of all sizes and types (sneakers, boots, slippers, dress and casual shoes). Two postal addresses are supplied, one in Germany and one in Cameroon.

Website: <http://www.shoeaid.org>

Time taken: Up to 20 minutes to wrap shoes for posting. Posting can be combined with another task whilst out shopping.

Impact: Provides shoes for Cameroons who otherwise would not be able to afford them.

Cost: Postage costs

Tools With A Mission - recycling tools

Tools with a Mission enables people in Africa to earn a living and to support themselves. TWAM collects and refurbishes tools and equipment no longer required in the UK and sends them overseas to provide an opportunity for those receiving them to earn a living and make the first step to change their world. Projects operate in Uganda and Zambia. There is a local collector based in Penarth who will come round and pick up any tools going spare.

Website: <http://www.twam.co.uk/>

Time taken: Up to 30 minutes altogether to collate tools and to arrange for collector to come round to your house.

Impact: Empowers artisans to earn a living from recycled tools and so lift them out of poverty.

Cost: Nothing

Tools for Self Reliance - recycling tools

Tools for Self Reliance collects unwanted tools for free that help the artisan sector in rural communities in Africa. They send these tools overseas to provide tools and training to help get people into work. Projects operate in Ghana, Tanzania, Uganda, Sierra Leone, Zambia and Malawi. They rely on local collectors to pick up the items.

Website: <http://www.tfsr.org>

Time taken: Up to 30 minutes altogether to collate tools and to arrange for collector to come round to your house.

Impact: Empowers artisans to earn a living from recycled tools and so lift them out of poverty.

Cost: Nothing

Inter Care - recycling medicine prescriptions

InterCare collects returned prescription medicines (in date by minimum 15 months) and supplies them free to a network of health centres in the following African countries - Cameroon, Ghana, Malawi, Sierra Leone, Tanzania, Zambia. Medicines should normally be returned to participating GP practices, but a postal address is available if you want to donate them via this method. Check website for which medicines will be accepted. They also collect unwanted jewellery, print cartridges, books, vinyl records to pay for shipments of medicines to Africa.

Website: <http://www.intercare.org.uk/>

Time taken: Up to 20 minutes to package medicines for posting. Posting or delivery of medicines to surgeries can be combined with another task.

Impact: Provides much needed medicine to six desperately poor countries of sub-Saharan Africa

Cost: Postage

Each One Counts - recycling printer cartridges

Choose your charity, donate your printer cartridge or mobile, raise much needed funds – all for free via a prepaid envelope. Many charities to choose from including the following African focussed ones; Act4Africa, Project Harar Ethiopia. £1 is donated to charity for printer cartridges and upto £150 for mobiles.

Website: <http://www.eachonecounts.co.uk>

Time taken: Approx a minute to request envelope. Approx a minute to stuff the envelope. Posting can be combined with another task.

Impact: Raises money for various African charities

Cost: Nothing

shpcharity - recycling printer cartridges

Choose your charity, donate your mobile, raise much needed funds – all for free via a prepaid envelope. Many charities to choose from including the following African focussed ones; Afrikids, Farm-Africa, Bikes4Africa, The Jane Goodall Institute, Transform Africa.

Website: <http://www.shpforcharity.co.uk/>

Time taken: Approx a minute to request envelope. Approx a minute to stuff the envelope. Posting can be combined with another task.

Impact: Raises money for various African charities

Cost: Nothing



<http://www.helpfromhome.org/>

challenge@helpfromhome.org

UK: +44 (0) 7815 159748

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These cause aligned micro-actions were compiled by Help From Home, a leading provider of microvolunteer actions