

# We exist tour project: **What can I do**

## **LIST OF ONLINE TOOLS AND RESOURCES**

If you want to contribute or correct any, please, contact us

### **A- FOREWORD: FIRST OF ALL**

-> The change begins in oneself. And to change, you have to accept.

1. Accept responsibility for acting regarding serious injustice.
2. Accept that there are many things that we have not done until now and many other things that we will not be able to do, but also that YES there are many things that we can do from now on.
3. Accept that many of our privileges are mainly connected to injustices created by our system and that, consequently, facing such injustices involves facing our system and reducing or abandoning those privileges.
4. Accept that if we do not face our system, it will continue to create increasingly radical injustices.
5. Accept that all change is slow and requires effort and perseverance. Don't let you be discouraged or frustrated.

### **B- HISTORICAL AWARENESS**

-> Learn to have a critical view of the history and causes of migration

#### Discussion points:

- historical contextualization of the causes that push migration. The plunder and mistreatment of global north over global south
- people do not come to our countries, they flee from wars, injustices, poverty and disasters caused by the climate crisis.

## **C- PERSONAL CONSCIOUSNESS**

-> Assimilate our position in the world. Get rid of lies and assimilated prejudices that condition our perception of the other. Find out about the different real causes of injustice, not the ones presented by our media.

### Discussion points:

- how the West does not assume its responsibility, diverts attention and unloads its responsibility on others
- alert with fake news and Cambridge Analytica

## **D- CONSUMPTION AWARENESS**

-> Modify our way of consumption and way of life: food, energy, electronics, textiles, transportation, etc...

### Discussion points:

- agricultural exploitation by multinationals (against food sovereignty)
- labor exploitation
- looting of natural resources and geopolitics

So: The easy and fast things often times take you to the causes (spending a little time looking at the fine print of the products, finding out where they come from and what they cause, etc.).

## **E- COLLECTIVE CONSCIOUSNESS**

-> Don't be silent. Point out violence and hatred. Share what you have learned with close people. Get organized with others. Defend the importance of objective truth.

### Discussion points:

- Humor, memes and daily micro violence in social networks and instant messaging
- The virality of biased and fallacious news

So: Violence and hate is an emotional incapacity caused by frustrations and deficiencies that the system itself has generated. Holding the other responsible is easy; Empathizing requires effort and giving up privileges.

## **F- CAPITALISM AND ITS EFFECTS**

-> The multiple faces of capitalism are the main cause of poverty, migration and extinction. To tackle the problem, we must rethink our economic system.

### Discussion points:

- Capitalist plunder cause wars and hunger. Growing inequality between rich and poor.
- The environmental crisis  
The current economic model, which we have carried with us since the last century, based on excessive consumption and greed as its main value:
  - is uncontrollably plundering natural resources and accelerating global warming.
  - it pushes those with the least resources to live in the most difficult regions, precisely those that require the most resources in order to survive and where the effects of the climate are the greatest threat.
  - ignores, misrepresents or minimizes (for convenience) the warnings of the scientific community.

For all these reasons, it is estimated that the number of refugees as a consequence of the climate crisis will increase exponentially in the coming years to aberrantly higher numbers than today.

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