



Toolkit for Pledging + Donating

Congrats on your decision to take the pledge to give!

You are taking an extremely real and concrete action that will help make this world a better place.

We've made this document for you so that you can learn about all the relevant information needed to donate effectively and make the biggest impact possible.

Just follow these steps, and you'll be on your way:

- 1) Help us make our movement even stronger by following the Harvard Giving Pledge on [Instagram](#) and [Facebook](#).
- 2) Learn more about effective giving and pick which charity you'd like to donate to. They are all listed on the next page.
- 3) Make the pledge and donate right now:

Pledge and Donate: <http://bit.ly/oftwpledge>

Choosing to donate through this link will help us keep track of all the giving that takes place from Harvard! Our partners at One For the World have set this up, and it is currently being used by students at Columbia, UPenn, NYU, Villanova, and other universities as well.

Don't have a salary, but still want to pledge?

No worries, you can still set up a donation of \$10 / year through the above link!

Won't be making \$\$ until a few months from now?

That's fine. You can set up a donation to start way out in the future through the above link!

- 4) Spread the word! Tell some people you know about the Pledge OR put them in touch with us, and we'll be happy to tell them more about it in person.
- 5) Learn more about Effective Altruism below.
- 6) Give yourself a pat on the back! You've done something big today :)

Our Opportunity

Despite the world being wealthier today than at any other point in human history, one billion people still live in extreme poverty. In most cases, we want to help, but hesitate because we don't know how, and the problems seem too large, too distant and too complex. The goal of the Harvard Giving Pledge is to enable Harvard students to give back in a thoughtful, meaningful and effective way.

Our aim is to change Harvard's culture toward giving and encourage as many graduates of Harvard College (as well as students taking on paid summer internships) to donate 1% of their income to the most effective organizations that reduce preventable deaths and assist people living in extreme poverty.

The beauty of donating 1% is that you won't even notice it is missing. It is the cost of a daily cup of coffee.

Yet, if every senior in one Harvard Class donated just 1% of their income to charity, they can collectively raise over \$1,000,000 in just their first year after graduation.

That's enough money to protect over 600,000 people from malaria for 3-4 years.

Why Give Effectively?

- On any given day, people aren't happier after [\\$75,000](#)
- Would you save a child who was [drowning](#)?
- Should you train one guide dog for one blind American or cure between 400 and 2,000 people of blindness from trachoma in a developing nation? [These cost the same amount.](#)
- Your dollar can buy a lot more if you look at the data and figure out what methods work best!

Who Evaluates the Charities?

1. **GiveWell** - [GiveWell](#) is a nonprofit dedicated to finding outstanding giving opportunities through in-depth analysis. Thousands of hours of research have gone into finding our top-rated charities. They're evidence-backed, thoroughly vetted, and underfunded.
2. **ImpactMatters** - [ImpactMatters](#) conducts "impact audits" of nonprofits to rigorously estimate their philanthropic impact, compelling them and their funders to make evidence-based decisions.

Our Charities

We have partnered with One for the World, which handles payment processing and conducts due diligence to identify the most impactful nonprofits focused on reducing preventable deaths and providing assistance to people living in extreme poverty. A committee of students and faculty reviews and selects their recommended charities. This year, the five charities in their Top Picks are:

- 1) **GiveDirectly** - [GiveDirectly](#) provides one-time unconditional cash transfers to some of the poorest families in Kenya and Uganda, using cell phone technology.
- 2) **Possible** - [Possible](#) provides free and cost-effective health care services to Nepal's rural poor in partnership with the government.
- 3) **Against Malaria Foundation** - [Against Malaria Foundation](#) distributes long-lasting, insecticide-treated bed nets to prevent the spread of malaria.
- 4) **Living Goods** - [Living Goods](#) trains and employs local people, the majority of whom are women, to sell goods and life-saving medical supplies at competitive prices.
- 5) **Project Healthy Children** - [Project Healthy Children](#) prevents debilitating conditions by fortifying staple foods with essential micronutrients such as Vitamin A, iron, folic acid and iodine.

The Rest of Our Charity Portfolio (on OFTW)

- **Development Media International** - [DMI](#) runs evidence-based radio, TV and mobile campaigns to change behaviours and save lives in developing countries
- **D-Rev** - [D-Rev](#) designs and delivers quality, low-cost medical devices that save and transform lives of the global poor.
- **Evidence Action** - [Evidence Action](#) scales evidence-based programs, such as clean water systems and deworming treatments, to reduce the burden of poverty for millions.
- **Fistula Foundation** - [Fistula Foundation](#) supports obstetric fistula repair, moving women from social ostracism to reentry into family and community.
- **Global Alliance for Improved Nutrition** - [GAIN](#) mobilises public-private partnerships and provides financial and technical support to deliver nutritious foods to those people most at risk of malnutrition.
- **Helen Keller International Vitamin A Supplementation** - [HKI](#) combats the causes and consequences of blindness and malnutrition by establishing programs based on evidence and research in vision, health and nutrition.
- **Iodine Global Network** - [IGN](#) focuses on universal salt iodization as the most cost-effective and sustainable solution for prevention of iodine deficiency disorders, preventing brain damage for pennies per person and ensuring that every child can reach their full cognitive potential.
- **Innovations for Poverty Action** - [IPA](#) researches and promotes poverty solutions that have impacted over 144 million people with improved health, education, and other benefits.
- **One Acre Fund** - [One Acre Fund](#) works with more than 500,000 smallholder farmers in Sub-Saharan Africa to eradicate hunger and poverty.
- **Oxfam** - [Oxfam](#) fixes the injustices of poverty through disaster relief, education, sanitation, health, and advocacy for human rights, women's rights, and social justice.
- **Population Services International** - [PSI](#) addresses major health challenges in the low income countries, with a particular focus on malaria control, HIV/AIDS and tuberculosis, family planning and maternal health, and common causes of child mortality.
- **Seva** - [Seva](#) transforms lives by restoring sight and preventing blindness. They have helped 4 million blind people regain their sight in more than 20 countries.
- **Schistosomiasis Control Initiative** - [SCI](#) helps those who suffer from and are at risk of Neglected Tropical Diseases in sub-Saharan Africa.
- **Village Enterprise** - [Village Enterprise](#) ends extreme poverty in rural Africa through entrepreneurship and innovation. They have started over 39,000 businesses and trained over 156,000 East Africans

Don't see the area you'd like to donate to, but still want to be effective? What is important to you?

Animals

Animal Charity Evaluators - [Animal Charity Evaluators](#) conducts research to figure out how you can have the greatest impact helping animals. These are their top charity picks:

- **Animal Equality** - [Animal Equality](#) aims at sparing the most amount of animal suffering through investigations, corporate outreach, legal advocacy and education.
- **The Humane League** - [The Humane League](#) seeks to reduce the suffering and change the world for farm animals through hard-hitting corporate campaigns and wide-ranging outreach and education programs.
- **The Good Food Institute** - [GFI](#) focuses on clean meat and plant-based alternatives to animal products—foods that are more delicious, safer to eat, and better for the planet than their outdated counterparts.

Climate

- **Become a vegetarian!** It's one of the most effective ways to reduce your carbon footprint.
- **Cool Earth** - [Cool Earth](#) works alongside rainforest communities to halt deforestation and climate change. They are considered to be one of the most cost-effective climate change charities which can reliably reduce emissions without risk.

Education

- **Evidence Action** (in the OFTW portfolio) - [Evidence Action](#) scales school-based deworming programs that improve children's health, education, and long-term productivity at an average cost of less than \$0.50 per child per year. [The Abdul Latif Jameel Poverty Action Lab](#) at MIT [lists mass school-based deworming](#) as a "best buy" in both education and health. From their report: "Inexpensive, school-based deworming treatment improves health and school attendance in the short term, improves productivity in the long term, and even benefits untreated neighbors and siblings."

Existential Risk

- **Machine Intelligence Research Institute** - [MIRI](#)'s artificial intelligence research is focused on developing the mathematical theory of trustworthy reasoning for advanced autonomous AI systems.
- **The Future of Life Institute** - [FLI](#) seeks to catalyze and support research and initiatives for safeguarding life and developing optimistic visions of the future, including positive ways for humanity to steer its own course considering new technologies and challenges.
- **Centre for the Study of Existential Risk** - [CSER](#) is dedicated to the study and mitigation of risks that could lead to human extinction or civilisational collapse.

Mental Health

- **Development Media International** (in the OFTW portfolio) - [DMI](#) runs evidence-based radio, TV and mobile campaigns to change behaviours and save lives in developing countries
- **Strong Minds** - [Strong Minds](#) treats depression in women in Africa through intervention and through Group based Interpersonal Psychotherapy programs.
- **BasicNeeds** - [BasicNeeds](#) aims to enable people with mental illness or epilepsy and their families to live and work successfully in their communities by combining health, socio-economic and community orientated solutions with changes in policy, practice and resource allocation.

Social Change, Women's Rights, Humans Rights

- **Oxfam** (in the OFTW portfolio) - [Oxfam](#) deals with trade justice, education, livelihoods, health, female empowerment, conflict, human rights, climate change
- **Amnesty International** - [Amnesty International](#) is a global movement of more than 7 million people in over 150 countries and territories who campaign to end abuses of human rights.

Learn more about Effective Altruism

- [Effective Altruism](#) is about answering one simple question: how can we use our resources to help others the most?
- [What is Effective Altruism?](#)
- Peter Singer
 - Charity Organization: [The Life You Can Save](#)
 - TED Talk: [Peter Singer: The why and how of effective altruism](#)
 - One of his most famous moral essays: [Famine, Affluence, and Morality](#)
- [80,000 Hours](#) — Impactful career advice tailored to your interests

Some Last Tips for Doing the Most Good

- Use a reusable water bottle
- Reduce your consumption of meat (both for animals and the environment)
- Be a good person
- Work on something that has high impact
- Donate to a cause that has high impact