

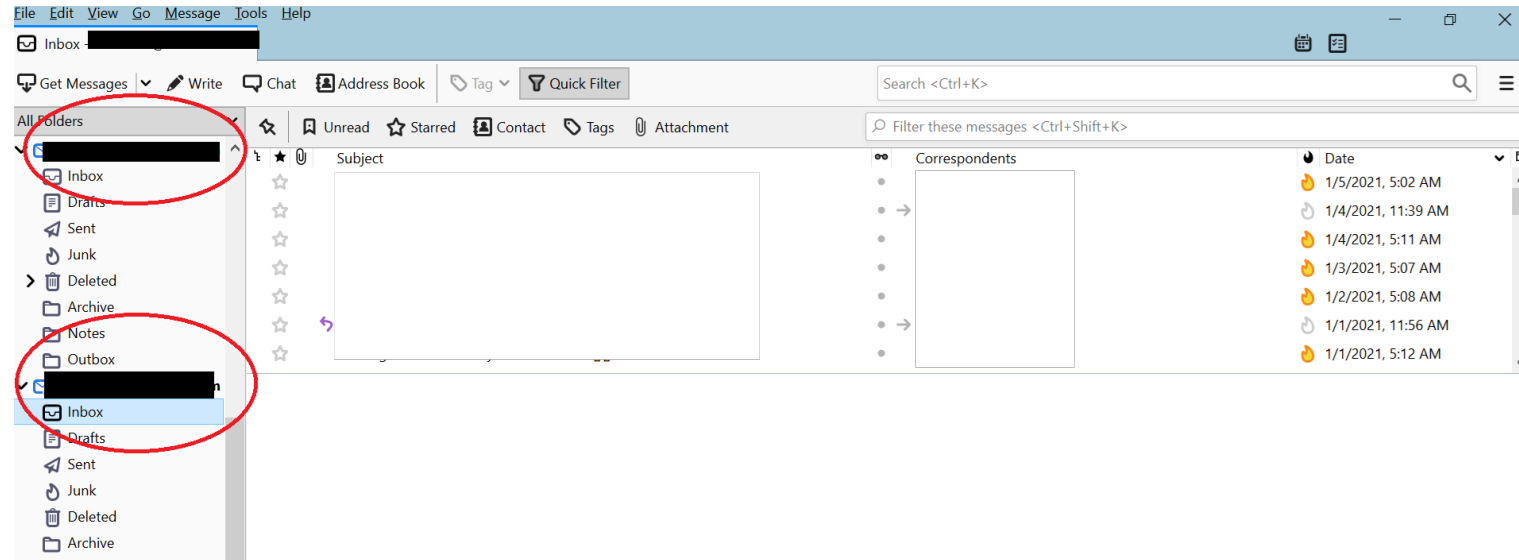
METANOIA

**MONEY
FROM THE BOTTOM TO THE
TOP HAS GOT TO
STOP**

1. **Browser:** Firefox, Mullvad, Brave and many others
2. **Search Engine:** Ecosia, Yandex, Qwant
3. **Email Address:** Proton, Virgilio, Naver
4. **Google Suite:** Lark Suite, Zoho, Cryptpad
5. **Selfh.st:** Self-Hosted Solutions

LESSON 1 – EMAIL BONUS MATERIAL

Migrating emails



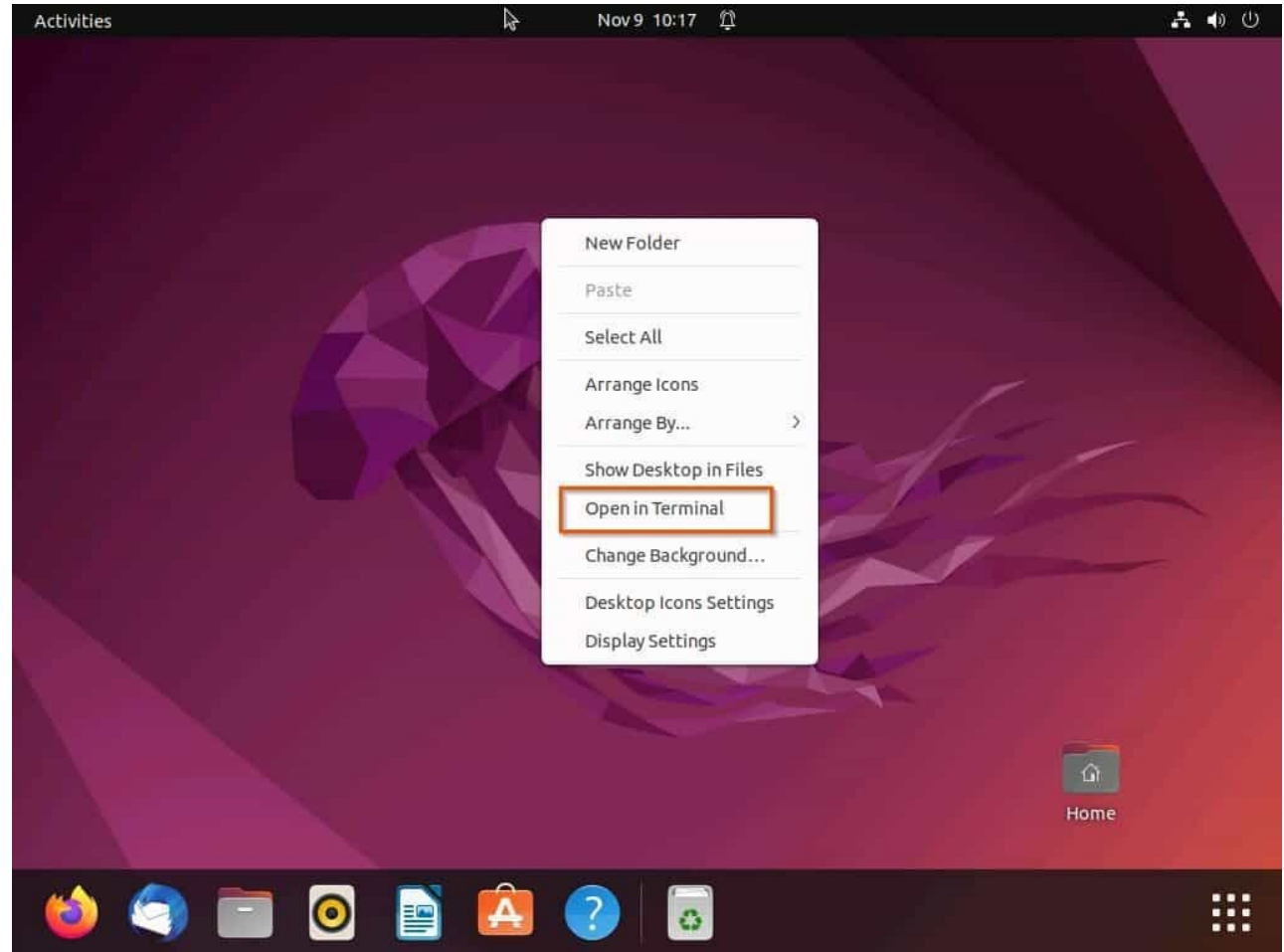
1. Install Thunderbird or any other client
2. Add your accounts (i.e. Gmail and Alternative Email)
3. Drag and Drop
4. Copy done!

1. **Video Calls:** Brave, Jitsi, Lark
2. **F-Droid and Aurora Store**
3. **Ethical Banking**
4. **Joining a Political**
5. **Messaging:** Conversations.im

- 1. Linux Ubuntu (Tech)**
- 2. Buy Local, No Big Corporate, Joys of Cash (Local and Small)**
- 3. Alternative media outlet (Information)**
- 4. ExpertEase (Tech)**

Microsoft has long monopolised the desktop market, creating too much centralisation.

LINUX has always been the alternative and in the last 10 years it has gone mainstream thanks to UBUNTU.



- Every time you buy a new laptop/PC with Windows pre-installed you are giving 100+ Euro to Microsoft
- Microsoft wants YOU to finance THEM spying on YOU (OneDrive / SharePoint)
- Windows 11 is BLOATED, SLOW and NOT OPEN SOURCE

YES, for the VAST MAJORITY OF PEOPLE
THERE IS NO REAL REASON
TO KEEP WINDOWS

ANDROID RUNS ON LINUX
WEBSITES RUN ON LINUX
THE NEW HUAWEI PC WILL RUN ON LINUX
YOU TOO CAN RUN ON LINUX

LINUX UBUNTU – HOW TO INSTALL?

1. Visit: <https://ubuntu.com/download>
2. Download it
3. Make a bootable pen drive (<https://ubuntu.com/tutorials/create-a-usb-stick-on-ubuntu#1-overview>)
4. Follow the instructions

Option A: If you have an old laptop and you want to “try it out”, you can have a laptop only running on linux

Option B: Once you are familiar, you can install it alongside Windows

BUY LOCAL, NO BIG CORPORATE, JOYS OF CASH

METANOIA

Amazon? -> Local Online Retailer

Big Chain? -> Small shop

Big Brand -> Smaller Brand

Corporate? -> No thanks!

New? -> Used



- **Enhanced Budgeting and Spending Control**
- **Privacy and Anonymity**
- **Reliability in Emergencies**
- **Support for Local Commerce**



Mainstream media, which some people even paid for, has been unmasked as propaganda and it does not help us gain a complete understanding of the reality.

CBS
NEWS



The
New York
Times



FOX

The Washington Post



msnbc



- <https://braveneweuropa.com>
- Judge Napolitano
- The Gray Zone
- Declassified UK

Just to mention some.....

Join Groups, Activists, Groups etc. and ASK!!!

EXPERT EASE : FIND EXPERTS ANYTIME, ANYWHERE

METANOIA

Live Video
Consultations

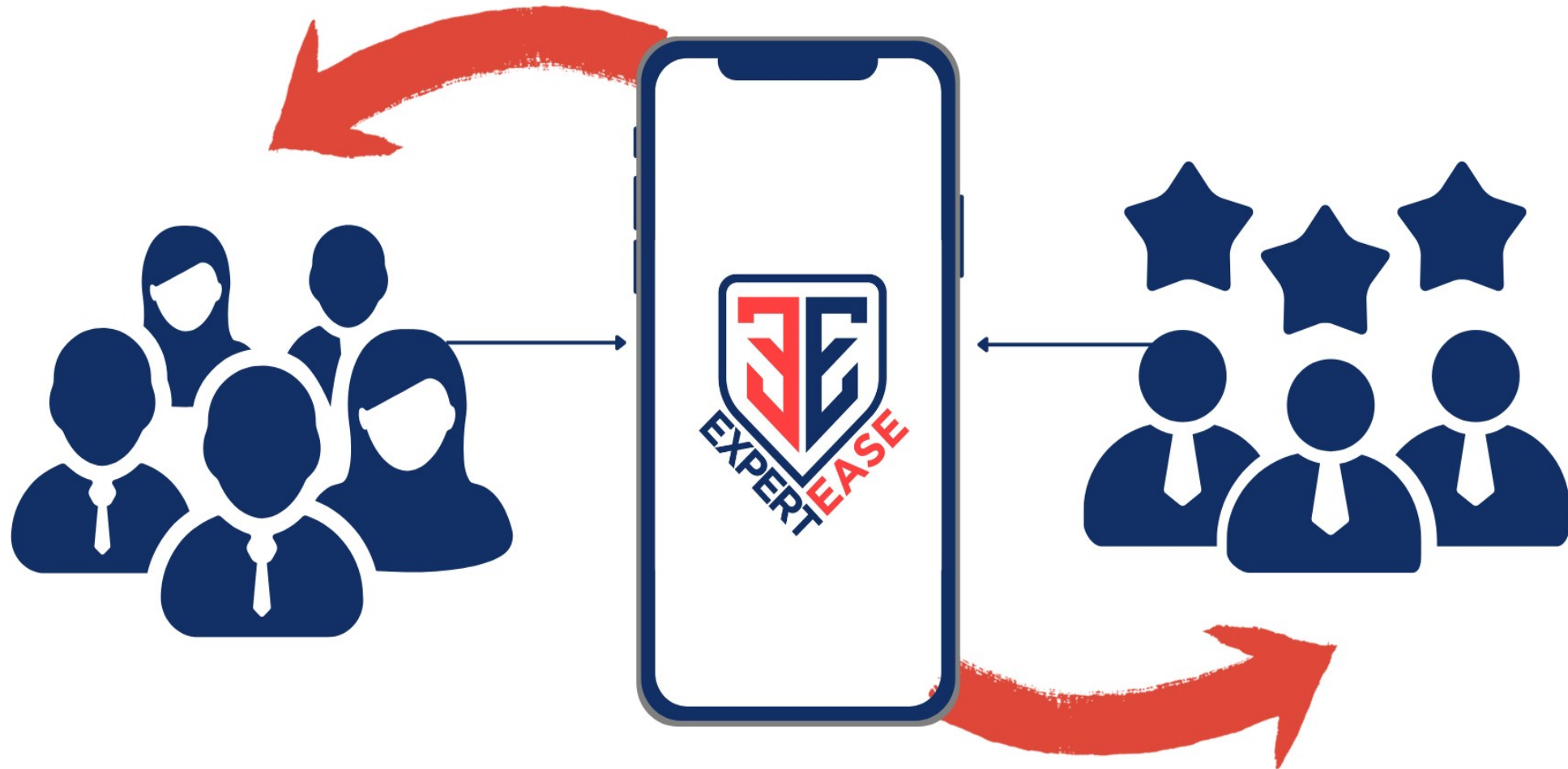


From Experts
around the
world

EXPERTEASE

DEMOCRATIZING ACCESS TO TOP EXPERTISE

METANOIA



Instant Expert
Help

Personalized
Video
Consultations



Experts in
various
categories &
areas

Experts from
around the
world

EXPERTEASE



HOW TO SUPPORT :

- ✓ Download app and check it out
- ✓ Think of using our app next time you need help from an expert
- ✓ Register as an Expert, if you'd like to monetize your expertise on your own time
- ✓ Share the app and help spread the word
- ✓ Get in touch with me, if any questions ! 😊

DOWNLOAD APP - THANK YOU

METANOIA



**Instant Help From Experts
Around the World**



NEXT TIME: THURSDAY THE 24TH OF APRIL, 18:00 CET

METANOIA

- Linux Ubuntu (Tech)
- Buy Local, No Big Corporate, Joys of Cash (Local and Small)
- Alternative media outlet (Information)
- Matrix Detox (Life)
- ExpertEase (Tech)

For help and support: techsupport@metanoia.community