# The Exodus Guidebook

*"The most common way people give up their power is by thinking they don't have any." — Alice Walker*

## Table of Contents

## Version Notes:

| Date | Details |
|------|---------|
| **6/13/25** | • Added Zulip to alternative for social media; removed some Bigtech alternatives to focus more on open source smaller platforms |
| **6/7/25** | • Add new alternative for video chat/meet (jutsi), added options for phone hardware and OS |
| **5/28/25** | • Minor edits/image |
| **5/15-18/25** | • Move timeline details for Exodus & Beyond to separate document |
| **5/11/25** | • Integrate format (clean up tables, redundant info) and copy edits |
| **5/6-5/8** | • Ja format edits; copy edits; restructuring with appendices |
| **5/4/25 b** | • Updated Table 3 with Big Tech options, Added alternatives to two other companies also aligned with authoritarianism, and involved in data harvesting, behavioral control and/or poor labor practices - Uber and Tiktok.<br>• Added summary for music in Table 7 |
| **5/3/25** | • Small edits to intro section to reduce redundancy and minor edits. |
| **4/26/25** | • Merged some repetitive sections, simplified structure<br>• Added Surveillance Map<br>• Added another Wired article and an Atlantic Article to the resources<br>• Removed the Pre-Earth Day steps<br>• Placeholder section added for Android security settings |
| **4/23/25** | Updated 4/18 version:<br>• Additional options for webmail, web browsers, and cloud drives.<br>• Summary table for Google Matrix alternatives<br>• Added alternatives for Google Meet |

*This is a living document. New versions will be uploaded with the latest date for version control. Please send recommendations, question, ideas, and feedback to peacefulreturn@proton.me*

## Purpose:

This **Guidebook** was written with two objectives in mind:

1. Create a path to disrupting the accelerating tech power consolidation that's backing authoritarianism around the globe by reducing our use of their platforms and minimizing the way they can monetize from our data.

2. Improve our mental health and safety by avoiding platforms with toxic algorithms and lack consumer protections, and moving our online activities to safer more ethical platforms.

*I am not giving up, and neither should you.*

*They need us more than we need them.*

*They only have the power we gave them.*

*And we can take it back.*

We're watching the foundations of democracy, social justice, and truth itself fall away, and many people are asking, "What can we actually do?"

**There's one concrete, overlooked step:** → We migrate. We unplug. We reclaim our digital and economic power.

Big Tech companies - Meta, X, Google, Amazon, Apple - are not ethical platforms. They are actively profiting from division, addiction and misinformation. But they only have power because we give it to them. The actually need us more than we need them. And we can take our power back simply by walking away.

This is the most obvious, untapped leverage point we have.

Like the Last Alliance in the Lord of the Rings - *THIS* moment matters. We still have time. But not much. Let's move. Time is of the essence**.**

**We don't need to part the river - we ARE the river.**

# Digital Exodus Overview

The Digital Exodus is a peaceful, strategic walkout from the **Big 5 Tech monopolies – Meta, X, Google (Alphabet), Amazon and Apple** that have embedded themselves in our daily lives and grown into monopolies with dangerous amounts of power.

What once felt like tools for connection have become the very infrastructure of addiction, manipulation, and social control. They've sold our data, eroded our privacy, stolen our IP, amplified division and now stand complicit in corporate-controlled governments around the world that are threatening democracy with misinformation, censorship and blacklisting.

This guide is your map out. It's not just about protecting yourself and your mental health; it's about building the next world with tools that encourage authentic connection, are free from algorithms, and respect our privacy. This movement is about taking back the power (attention, data and dollars) we gave away.

## Why Does Migrating Off Big Tech Matter?

### Taking Back our Power

Because attention is power. Data is power. Dollars are power. And when we pull back, we:

- *Weaken the monopolies* fueling, supporting and accelerating authoritarian control
- *Rebuild our collective voice* and diversify the tools we use to connect and organize
- *Disrupt the surveillance and behavior control infrastructure* that has shaped public emotion and political thought for over a decade
- *Shift power back into human hands,* where it belongs, an essential step for meaningful climate action and policy reform.

Every account you delete, every platform you migrate, every choice you make to break their control weakens the system — and strengthens the future we still have the power to create.

If enough of us pull away our attention from these apps and devices, even imperfectly, we interrupt their economic model and their influence pipeline. We reduce their power, and ultimately create an opening to influence what comes next.

### Taking Back our Privacy

The Big Tech 5 — **Meta, X, Google, Amazon, Apple** — are pillars of the authoritarian system being built around us. The more you depend on their services, the easier it will be to:

- **Track and target you**
- **Censor you**
- **Blacklist you**
- **Control your physical movement**
- **Suppress your voice**
- **Block your access to resources**

## The Basics

For those short on time and want to dive in right away, here are the basics.

1. **Move off toxic social media (priority #1):** Facebook, Instagram, Threads, WhatsApp, Messenger, and X → Reconnect on Linkedin, Discord, BlueSky, Signal or exchange emails and phone numbers. *For those with critical social networks or have revenue streams on one of the platforms, reduce use as much as possible, all effort matters.*

2. **Setup New Email Accounts** - Migrate from Gmail, if you can, to Proton, Mailbox, even Yahoo, AOL, Outlook are better for now.

3. **Switch search engines and browsers** (try DuckDuckGo or Ecosia, even Firefox, Bing, Yahoo or Edge is better than Google Chrome)

4. **Cancel Subscriptions**: Amazon Prime, Washington Post, Google/YouTube and Apple (News, TV, Music) subscriptions

5. **Stop buying** new Apple products. Note, we are not asking you to throw out your iPhone (yet), just stop new purchases, cancel any paid subscriptions & increase security settings so they can't passively make money off you.

6. **Delete the apps you no longer use off your phone** – Even if you aren't using the app, they collect data on your activity on other apps to sell to advertisers.

*Remember – Progress not perfection.  The goal is to aim for a reduction of 70-80% of use across these 5 platforms. In numbers it all adds up.*

## Special Note for Influencers and Small Businesses

For influencers that make money off of ads on Meta, X, or YouTube, we understand this will take time. We are not asking you to sacrifice your livelihood. We know it may take longer time to exit the social media platforms. However, you can start changing other apps (Google, Apple, Amazon) now and then exit the others gradually (e.g., Facebook, Instagram, X, YouTube) later.

- If you have not already, start migrating your audience to Subtack and/or Patreon and invite them to be direct subscribers and supporters. This is a much more authentic business model. (Think HBO quality with its subscriber model vs. quality of regular network shows supported by ads.)

For those who get traffic from social media platforms via purchasing ads or organic reach, consider starting to migrate your customers to another platform.  Look at it as diversification. It's OK if it doesn't all happen right away. But there's movement, the Exodus is happening.

## Special Note for Investors

For those with big holdings in the stock market, we encourage you to divest from the Big5 and move to more sustainable options. If you want to stay in tech, consider smaller companies, or if you need to have a large cap, choose an alternative BigTech company as a stop gap solution.

# Digital Freedom Migration Map

One of the easiest ways to get a head start and stop their endless monetization of your private data is to delete as many of the apps off your phone, including Google Maps. They make money by tracking us, and we need to stop that flow of power away from us.

| Function | Danger Zone (Avoid) | Freedom Route (Safer Alternative) |
|---|---|---|
| **Social Media** | Facebook, Instagram, X | Bluesky, Mastodon, Signal groups |
| **Email** | Gmail | ProtonMail, Tutanota |
| **Search Engines** | Google | DuckDuckGo, Brave Search |
| **Messaging Apps** | WhatsApp, Facebook Messenger | Signal, Session, Element (Matrix) |
| **Cloud Storage** | Google Drive, iCloud (Apple) | Proton Drive, Tresorit |
| **Web Browsers** | Chrome, Safari | Brave, Firefox (hardened), torproject |
| **Phones** | Android, iPhone (partial risk) | /e/ OS phones, GrapheneOS (advanced users) |
| **Payments** | Apple Pay, Google Pay, *(Lesser offenders: Venmo, PayPal)* | Cash, Crypto (privacy coins like Monero if careful), Local barter |
| **Maps/Navigation** | Google Maps, Waze, Apple maps | Organic Maps, OsmAnd |
| **Video Hosting** | YouTube (Google) | PeerTube, Odysee |
| **Document Sharing** | Google Docs | CryptPad, LibreOffice with encrypted email |

*Table 1: Digital Migration Map Overview*

## Priority Migrations (If You Can Only Do a Few Quickly):

- ✅ Get off **Facebook/Instagram/X** first. (Social surveillance = highest risk.)
- ✅ Migrate your **email** from Gmail to Proton or Tutanota.
- ✅ Switch your **browser** from Chrome to Brave or Firefox.
- ✅ Shift **messaging** to **Signal** (for critical communications).
- ✅ Stop using **Google Drive** for sensitive documents.

Freedom begins with **unplugging**. Even small migrations weaken their power over you — and strengthen the next world we're building underground.

> **Remember – Progress not perfection**. The goal is to aim for a reduction of 70-80% of use across these 5 platforms. In numbers it all adds up.

# Migration Details

## Social Media (Meta/X)

Exchange **emails** and **phone numbers** before you leave Meta and X platforms and set up news accounts, for example:

- Create or join a **Discord** or Matrix server (algorithm-free community space)
- Join BlueSky and/or Mastodon and bring your friends.
- Replace WhatsApp and Messenger with ***Signal***.
- Reconnect on **LinkedIn** for professional connections.

## Social Media/Chat Alternatives

***Bluesky*** *(Decentralized Twitter/X Alternative)*

- 🔗 https://bsky.app
- Decentralized protocol in development (AT Protocol)
- Built by former Twitter folks, focused on *transparency and portability*
- Smaller but growing quickly
- Doesn't track users aggressively
- ✅ *Best for: thoughtful posting, community building, growing user base*

***Mastodon*** *(Decentralized Twitter/X Alternative, but more decentralized and a bit of learning curve)*

- 🔗 https://joinmastodon.org
- Federated, open-source platform
- You choose your own "instance" (like joining a neighborhood instead of a country)
- No ads, no algorithm
- ⚠️ *Best for: tech-savvy users or organized communities, less intuitive than Bluesky*
- Pick a server/instance that fits your interests (all connect to the same fediverse).
    - Good general-purpose instance: https://mastodon.social

***Discord*** *(Community & Chat, FB Group alternative)*

- 🔗 https://discord.com/register
- Create an account → Join or create servers for different communities.
- Free, invite-based community servers
- Voice, video, text — no algorithm
- Some privacy concerns (owned by U.S. company, no end-to-end encryption), but no ad-based model → May go public soon which will make this less secure.
- ✅ *Best for: organizing, mutual aid, digital community hubs*

***Matrix + Element*** *(Community & Chat alternatives)*

- An alternative to Discord which is going to go public soon and therefore likely to become comprimised by toxic "growth at all costs" model. (*Remember, the idea is not to be perfect and pure. But to move off the biggest offenders first.*)
- Open-source, decentralized messaging protocol
- Used by activists, journalists, even government orgs (for secure comms)
- ✅ *Best for: encrypted organizing, replacing WhatsApp, Signal, and Discord if you want total privacy*

***Signal*** *(encrypted messaging app; replacement for WhatsApp and FB Messenger)*
- ✏Download to your phone off the App store
- End-to-end encrypted, nonprofit-run
- No ads, no metadata storage
- ✅ *Best for: private 1-on-1 or group messaging, organizing outside surveillance reach*

*Zulip (Decentralized Group Chat / Threaded Slack Alternative)*
✏ https://zulip.com
- Open-source, privacy-respecting team chat platform
- Organizes messages into **threads within channels** — great for complex discussions
- No ads, no algorithm, no data mining
- ⚠️ Best for: **activist groups, knowledge workers, organizers** who want cleaner async discussion than Discord or Slack
- You can self-host or use Zulip Cloud (free for small teams); Create your own "organization" and invite others; Each stream (channel) contains topic threads for focused conversation

## Social Media Revenue Building Platforms

***Patreon*** *(site for creatives, alternative to Instagram)*
- ✏ https://www.patreon.com/
- Patreon provides a space for artists to sustain ourselves by connecting us directly to our own communities with payment options for direct support from subscribers

***Substack*** *(site for writers, thought leaders and creatives, alternative to FB for people that use FB to share articles)*
- ✏ https://substack.com/home
- Like Patreon, Substack provides a space for writers (and artists but it's focus is writing) to sustain ourselves by connecting us directly to our own communities with payment options for direct support from subscribers

## Facebook Groups

One of the more complicated things has been figuring out how to maintain connection with people in Facebook groups or Messenger. What I recommend is encouraging them to join you on another platform – for smaller groups this will of course be easier than larger ones. Move from Messenger to Signal, move from Facebook groups to Discord. Here is a post you can share to your group:

> *Hi friends. I've recently found out that Meta is supporting policies that I just can't stand behind and I don't feel right using their technology anymore. The algorithms and ads have been pretty toxic for a while anyways. But I don't want to lose touch with you all. Can we make a plan to migrate to another group platform to continue our discussions? Here's a link to one that I like <insert platform link.>*

If the migration doesn't happen instantly. Don't worry. At least it's in progress, and, for a lot of us, it's something we've secretly been wanting for a long time.

# Google/ABC

## Escape Routes from Google Matrix – Summary Table

| Google Service | Best Privacy-Alternative | Big Tech Transition Option (avoid if possible) | Notes |
|---|---|---|---|
| **Gmail** | Proton Mail / Tuta / Mailbox.org | Outlook (Microsoft) | Proton Mail is most user-friendly; Mailbox integrates with open source |
| **Google Search** | DuckDuckGo / Brave Search / Mojeek | Bing with strict privacy settings | DuckDuckGo is easiest to switch to; Brave is Chromium-based but more private |
| **Chrome Browser** | Firefox / Brave / LibreWolf | Edge with strict tracker settings | Firefox is open source; Brave has built-in ad blocking |
| **Google Maps** | WeGo, Open Street Map | MapQuest, even Apple maps is better | |
| **Google Drive** | Proton Drive / Sync.com / Tresorit | OneDrive | Proton Drive just launched sharing features; Sync.com is based in Canada |
| **Google Calendar** | Proton Calendar / TutaCalendar | Outlook Calendar | Proton Calendar works well and encrypts events; Outlook is decent but not private |
| **Google Workspace** | Zoho / CryptPad / Collabora Office | Microsoft 365 | Microsoft 365 has full suite but data stays within MS ecosystem |
| **Google Docs** | CryptPad / Skiff / OnlyOffice (w/ own hosting) | Microsoft Word Online | CryptPad is fully encrypted but less familiar UI; Skiff is smoother but was acquired |
| **Google Meet** | Jitsi Meet, Signal (1:1), | Zoom, Teams | Jitsi Meet is open-source and secure with no login required' a little clunky compared to Zoom. |

*Table 2:Google Matrix Exit - Summary Table*

## Email Platform Alternatives (alternatives to Gmail)

***Proton** (webhosted email)*
- 🔗 https://proton.me/mail
- Swiss-based (strong privacy lawas), no ad tracking or data mining, End-to-end encryption
- ✅ *Best for: migrating away from Gmail for private comms*
- Nice UI, good for beginners
- *Note:  free plan has less space than Gmail but the first tier is only $4.99/mo, a small price to pay for regaining privacy, sovereignty and defending democracy*

***Tutanota**  (webhosted email)*
- Fully encrypted, Germany-based, zero ads
- ✅ Great Gmail alternative for secure, ethical email

***Mailbox*** *(webhosted email)*
- 🖉 [https://mailbox.org/en/](https://mailbox.org/en/)
- German-based (strong privacy laws), no ad tracking or data mining, supports PGP encryption
- Works **seamlessly with standard email protocols** (IMAP/SMTP), so you can use it with **Thunderbird**, K-9 Mail, Outlook, Apple Mail, etc.

**Note for email:** Another simply solution to get off Gmail quickly is to use your old Aol, Yahoo or Hotmail account, if you have one, or if you are looking for integration with Microsoft, Outlook. Remember progress not perfection!

## Browser, Search and Maps Alternatives

***DuckDuckGo*** *or Brave Search (Alternatives for Chrome)*
- No personal tracking, ad targeting, or filter bubbles
- Best for: web searches without profiling

***Firefox*** *or Brave Browser (Alternatives for Chrome)*
- Block third-party cookies, protect from fingerprinting
- Brave has built-in ad/tracker blocking + crypto incentives
- *Best for: replacing Chrome and Safari while maintaining usability*

NOTE: **Microsoft Edge**, while not much more private than Chrome, may be a useful transition option if you're shifting from Google to Microsoft tools like Office/One Drive and want everything integrated. Remember, progress not perfection - this is about strategically targeting the Big5, not every tech company.

## YouTube Alternatives (hardest category to replace, but growing)

***PeerTube***
- (decentralized, no ads, open-source)
- Federated video platform, no algorithm control
- Still small, less discoverability — but safe for hosting educational, activist content

***Odysee / Rumble / Vimeo***
- Mixed bag: Some attract far-right audiences, some are artist-friendly
- Use with caution, depending on your content
- Best for: specific use cases, not mass movement spaces

## Document Share Platforms

***CryptoPad*** *(replacement for GoogleDocs/Drive)*
- 🖉 [https://cryptpad.org](https://cryptpad.org)

***OneDrive*** *(replacement for GoogleDocs/Drive)*
- Microsoft OneDrive is a solution for those moving from Google to Microsoft and want everything integrated. Like Google, it does collect data, however, it doesn't do it to sell to ad companies but rather to improve its own products.

# Google Workplaces Substitutes

*Zoho (most comparable to Google Workplace)*

| Platform | Email | Cloud Storage | Calendar | Docs Sheets | Team Chat | Video Meetings | Notes/ Editor |
|---|---|---|---|---|---|---|---|
| **Proton** | ✅ | ✅ | ✅ | | | | |
| **Zoho** | ✅ | ✅ | ✅ | ✅ | ✅ | ✅ | ✅ |
| **Fastmail** | ✅ | | ✅ | | | | |
| **Standard Notes** | | | | | | | ✅ |
| **CryptPad** | | ✅ | | ✅ | | | ✅ |
| **Nextcloud** | ✅ | ✅ | ✅ | ✅ | ✅ | | ✅ |
| **Basecamp** | | ✅ | ✅ | | ✅ | | ✅ |
| **Onedrive** | | ✅ | | ✅ | | | |
| **Jisti Meet** | | | | | | ✅ | |

*Table 3:Google Workplace Substitutes*

# Video Platforms (replace Google Meet)

| Tool | Best For | Note |
|---|---|---|
| **Zoom** | Mass adoption, ease of use | Privacy concerns in early days, but improved |
| ~~**Microsoft Teams**~~ | ~~Full business suite integration~~ | ~~Replaces Google Meet + Google Chat + Docs in Microsoft world~~ |
| **Jitsi Meet** | Privacy-first, open source, no login needed | Great for small meetings; fewer features |
| **Whereby** | Simple, browser-based, no download | Good for quick meetings, limited free plan |
| **BigBlueButton** | Education-focused, open source | Used in virtual classrooms, heavier setup |
| **Signal video** | Encrypted 1:1 calls (messaging-first) | Not for big meetings, but secure |
| **Discord** | For group voice/video among communities | More social than business-oriented |

*Table 4:Video Platform Alternatives*

# Android Phones (all run on Google O/S)

- *See page 14 (alternatives to iPhone)*

## Amazon

### Groceries

- Switch from Wholefoods to Sprout, Trader Joes or local markets.
- For delivery use Instacart (which has some ethical concerns too, but at least allows choice in vendors).
- Thrive Market for health & pantry items (subscription, ethical alternative)
- Food co-ops and farmers markets when possible.

### TV/Streaming

Anything but Amazon Prime (or Apple TV), but if you want to support smaller independents there's Kanopy (free with library card)

### Music

Spotify for curated music

### Office + Home Goods

Staples / Office Depot for supplies - Costco, Target (depending on your stance); Etsy or local craft stores for more sustainable or handmade items; Books: Thriftbooks.com or Bookshop.org for books; Chewy for pet supplies

### News

Cancel Washington Post (owned by Bezos) - sign up for The Atlantic or The Guardian.

### Note for Merchants

If you sell things on Amazon, we're not asking you to sacrifice your livelihood, but perhaps look at diversifying commerce platforms. If you have a print on demand book on Amazon, begin looking for another place to print, but it's OK that it may take longer to migrate. Remember, progress, not perfection!

*In general, try to delay unnecessary purchases, focus on spending in your local community, trade with friends, and rediscover that we don't need as much as we thought, which is a whole other liberation.*

# Apple

We are not expecting people to throw out their iPhones. So here are some measures you can take to reduce their data collection in an act of Economic Resistance

## Cancel paid Subscriptions

- Apple TV - cancel
- Apple News - Cancel and sign up for individual subscriptions or just read public news.
- Apple Storage - I don't know have a quick fix this one for those who have iPhones, but there are alternative ways to back up and store data.
- Apple Music – replace with Spotify, BandCamp, Soundcloud or Deezer (French)

Hold off on buying any new products unless absolutely necessary.

## Increase Security Settings

Reduce data collection and increase security on your iPhone so they can't monetize your data (details below). They make money off of every data point they collect and we need to stop that now. Apple seems to have better respect for privacy than Meta and Google, but it's still part of the unhealthy monopolistic surveillance system.

## Ways to update Apple Security Settings

*1. Turn Off Location Tracking Where You Don't Need It*
- **Settings > Privacy & Security > Location Services**
    - o Turn off **Location Services** entirely or review app-by-app.
    - o Scroll down to **System Services** and turn off most of those (especially: *iPhone Analytics, Significant Locations, Routing & Traffic*).

*2. Disable Apple's Ad Tracking*
- **Settings > Privacy & Security > Apple Advertising**
    - o Toggle **off** *Personalized Ads*

*3. Stop Sharing Analytics with Apple*
- **Settings > Privacy & Security > Analytics & Improvements**
    - o Turn **everything off** here (especially *Share iPhone Analytics, Improve Siri & Dictation*)

*4. Limit App Tracking (This Affects Facebook, Instagram, TikTok, etc.)*
- **Settings > Privacy & Security > Tracking**
    - o Toggle **off** *Allow Apps to Request to Track*
    - o Also turn off tracking for any individual apps listed

*5. Turn Off iCloud for Non-Essentials*
- **Settings > [your name] > iCloud**
    - o Disable syncing for stuff you don't want backed up to Apple's servers (e.g., Photos, Notes, Safari)

*6. Turn Off Siri & Dictation Data Collection*
- **Settings > Siri & Search > Siri & Dictation History**
    - o Tap *Delete Siri & Dictation History*
- Then go to **Settings > Privacy & Security > Analytics & Improvements** and make sure Siri data sharing is off.

*7. Block Tracking in Safari*
- **Settings > Safari**
    - o Turn on *Prevent Cross-Site Tracking*
    - o Turn off *Preload Top Hit*
    - o Set *Search Engine* to DuckDuckGo (or Ecosia if you want a sustainable option)
    - o Toggle off *Safari Suggestions* and *Search Engine Suggestions*

*8. Use Minimal Apple ID Features*
- Avoid using **Sign in with Apple** where possible
- Consider using **anonymous email aliases** (Apple lets you do this with some logins)

*9. Disable Bluetooth/Background App Refresh Where You Don't Need It*
- **Settings > General > Background App Refresh** → Turn off or set to *Wi-Fi only*
- **Settings > Bluetooth** → Turn off for apps that shouldn't need it

*10. Consider Turning Off iCloud Backups Entirely (Advanced)*

This gives you *maximum control*—but you'll need to back up manually via computer if needed.
***Remember: progress not perfection. The goal is to try to reduces use by 70-80%***


## Alternative to iPhone (and Google Android) (HW, O/S)

### Murena
- Alternative smartphone runs on non-Google, non-Apple hardware.
- Devices run on /e/OS, an open-source, privacy-focused operating system that removes Google's proprietary components, aiming to provide users with greater control over their data.
- 🔗 https://murena.com/

### K-iPhone
- A modified iPhone with the K Secure OS overlay, built by EFANI and KryptAll.
- Focused on military-grade encryption, anti-eavesdropping, and secure calling.
- Comes with EFANI's secure SIM plan, which includes SIM swap protection, encrypted routing, and anonymous mobile service.
- 🔗 *https://www.efani.com/blog/k-iphone-security*

### Graphene O/S
- Privacy- and security-hardened Android OS built on the Pixel hardware platform.
- Open-source, developed by security researchers. Removes all Google services and adds advanced protections against tracking, exploitation, and surveillance.
- Best for users who want maximum control, anonymity, and resilience in a hostile digital environment.
- 🔗 https://grapheneos.org/

## iPhone and Google Android Alternatives

| Goal | EFANI K iPhone (modified iPhone) | Murena (e/OS) | GrapheneOS / CalyxOS (de-Googled Android) |
|---|---|---|---|
| **Top-tier secure phone calls** (encrypted + anonymous) | ✅ Encrypted calls + SIM swap protection via EFANI | 🚫 Basic security, less emphasis on encrypted voice | 🚫 Basic security, less emphasis on encrypted voice |
| **No Apple/Google tracking, open-source OS** | ❌ Apple ecosystem + proprietary OS | ✅ Fully de-Googled Android via /e/OS | ✅ Fully de-Googled Android via /e/OS |
| **Fully control your apps/data** | ❌ Limited by Apple restrictions | ✅ Full app control, no Google dependencies | ✅ Full app control, no Google dependencies |
| **Use Proton Mail & privacy apps** | ✅ Works great with Proton apps | ✅ Works great with Proton + F-Droid apps | ✅ Works great with Proton + F-Droid apps |
| **SIM-swap and carrier-level protection** | ✅ EFANI provides high-security SIM & monitoring | Depends on your SIM carrier choice | Depends on your SIM carrier choice |

*Table 5:Phone Alternative*

## Other Tech Companies Publicly Aligned with Authoritarianism:

### Uber

*Uber Transportation Alternatives*

- Try **Lyft** (less connected to the authoritarian regime), a **local taxi**, or better yet, walk, bike, or use public transit when possible.
- In some areas, apps like **Curb**, **Via**, **RideCo**, or even worker co-ops like **Co-op Ride** in NYC offer better-aligned options.

*Uber Eats Alternatives*

- **Chow Now** – commission free, supports local restaurants directly. App reach is smaller.
- **Toast TakeOut** – Build for restaurants, lower fees; smaller reach, mostly pick up
- **Local Restaurant websites and direct Phone orders** – Many restaurants don't have their own delivery and more, but for those that do, this is an option. money goes to restaurant; slightly less convenient but much more impactful
- **DoorDash** – not ideal, but somewhat less exploitative than Uber. Better terms for restaurants.
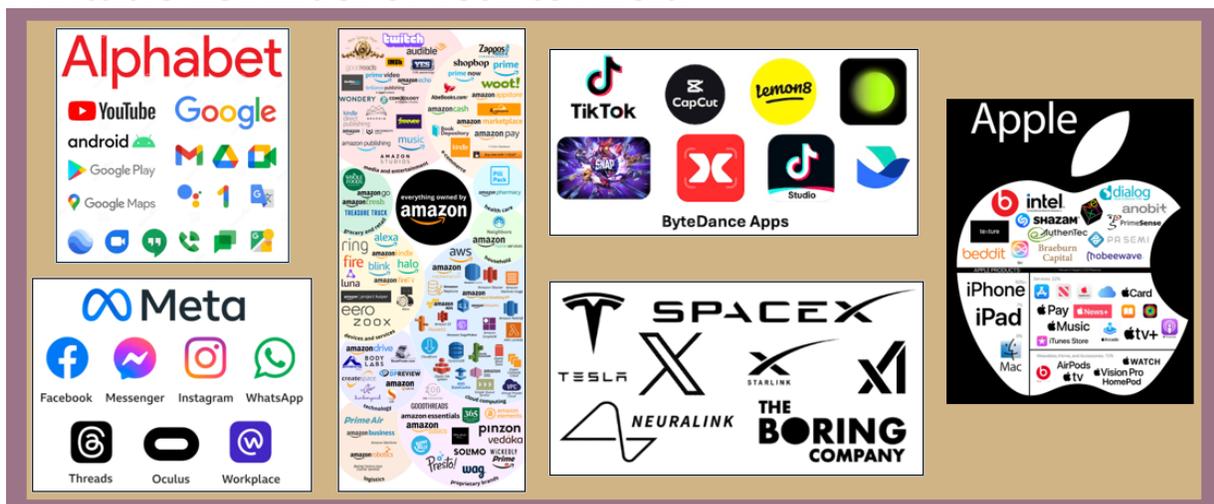
### TikTok

TikTok is also publicly aligned with our authoritarianism, but there's no perfect alternative - Instagram Reels and YouTube Shorts are owned by Meta and Google, which we aim to divest from. YouTube Shorts may be *slightly safer* in terms of privacy, misinformation, and addictive design. If your focus is strictly on breaking U.S. tech monopolies, using TikTok does technically divert power and revenue away from U.S. tech giants. That said, TikTok comes with its own serious risks: aggressive algorithms, data harvesting, it's geopolitical compromised and deeply manipulative and addictive. It also may soon be owned by US companies. This one's a hard call, if you stay, do so with intention. If you leave, you're not alone.

# Summary: Digital Freedom Map - Expanded

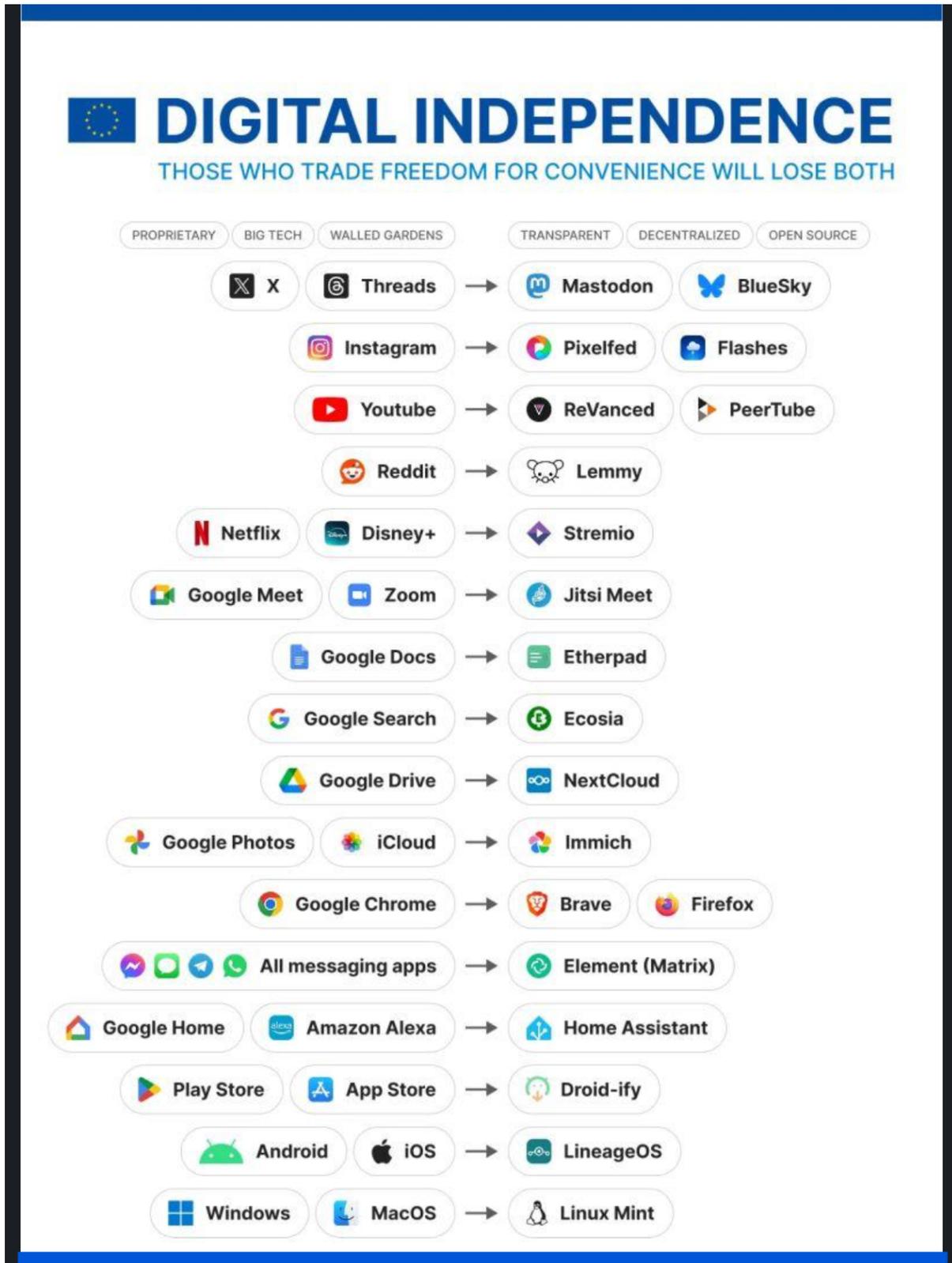| Function | Danger Zone (Avoid) | Freedom Route (Safer Alternative) |
|---|---|---|
| **Social Media** | Facebook, Instagram, X | Bluesky**,** Mastodon**,** Signal groups |
| **Email** | Gmail | ProtonMail, Tutanota (Big Tech alternative – Yahoo, AOL Outlook Microsoft) |
| **Search Engines** | Google | DuckDuckGo**,** Brave Search, (Big tech alternative (Bing) |
| **Messaging Apps** | WhatsApp, Facebook Messenger | Signal**,** Session**,** Element (Matrix), Telegram |
| **Groups** | Facebook Groups | Discord, Zulip |
| **Video Meetings** | Google Meet *(Teams and Zoom are safer but not ideal)* | Jitsi, Signal, |
| **Web Browsers** | Chrome, Safari | Brave**,** Firefox (hardened), torproject (Big tech alternative MS Edge) |
| **Cloud Storage** | Google Drive, iCloud (Apple) | Proton Drive**,** Tresorit |
| **Phones** | Android, iPhone (partial risk) | /e/ OS phones**,** GrapheneOS (advanced users) |
| **Payments** | Apple Pay, Google Pay, *(Lesser offenders: Venmo, PayPal)* | Cash**,** Crypto (privacy coins like Monero if careful), Local barter |
| **Maps/Navigation** | Google Maps, Waze, Apple maps | Organic Maps**,** OsmAnd |
| **Video Hosting** | YouTube (Google) | PeerTube**,** Odysee |
| **Document Sharing** | Google Docs | CryptPad**,** LibreOffice with encrypted email |
| **Music** | Apple Music, Amazon Music, Youtube | Spotify, Soundcloud, Bandcamp, Deezer |
| **Transportation/ Food Delivery** | Uber Eats | ChowNow, DoorDash, Local Restaurant website or phone |

*Table 6:Summary of Alternatives – Digital Freedom Map Expanded*

# Printable Reminder of Tech to Avoid

# EU Digital Independence Map

# Resources, Tools and Articles

## Tools/Resources

- **Rebel Tech Alliance** offers in depth education on Big Tech and Surveillance Capitalism and *information on tech alternatives*, significantly expanding on what is included in this guidebook: https://www.rebeltechalliance.org
  - Threaded chat alternatives: https://www.rebeltechalliance.org/threadedchat.html
  - Education on capitalism & tech: https://www.rebeltechalliance.org/resources.html
- **Exodus Privacy:** Assesses the privacy concerns for apps: https://exodus-privacy.eu.org/en/
- **The Citizens:** Resources for Fighting back against techno-authoritarianism: https://the-citizens.com/2025/03/freaked-out-start-here/
- **FUTO.org** - a nonprofit organization dedicated to reclaiming individual and community sovereignty from Big Tech monopolies by funding and building open-source, user-empowering technologies.
  - See their curated alt-tech list of open-source, privacy- first tools**:** https://futo.org/

## Articles

### On Tech Sovereignty

- Reclaiming the Digital Space (article): A great summary of the online ecosystem and its history, along with a list of *additional open-source social media options.*
- Wired Guide to Protecting Yourself: *Suggestions for secure platforms* and how to increase privacy settings. *(Wired, Nov 12, 2024)*
- Becoming a Digital Expat:  Calls for a digital expat movement being necessary for increased privacy and sovereignty. *(Wired, March 21, 2025)*
- Data Grab: The New Colonialism of Big Tech and How to Fight Back (Book): A compelling argument that the extractive practices of today's tech giants are the continuation of colonialism—and a crucial guide to collective resistance.

### On the Digital Coup and Technofeudalism

- Musk's Digital Coup: Musk's loyalists at DOGE have infiltrated dozens of federal agencies, pushed out tens of thousands of workers, and siphoned millions of people's most sensitive data. The next step: Unleash the AI. *(Wired, March 2024)*
- This is what a Digital Coup Looks like: Carole Calladwaddr on the Digital Coup *(17 min TED Talk, April 9, 2025)*
- This Ticking Clock on America Freedom – Atlantic Article URGENT
- Survival of the Richest (article that became a book)
- Signal President Meredith Whittaker on Tech Monopolies: A new model for independent tech (Nov 27. 2024)
- Welcome to the Age of Techno-feudalism: About capitalism being over and replaced with techno-feudalism. *(Wired, April 9, 2024)*
- Mozilla Calls for Action to Stop Surveillance Firm's Data Scraping *(March 26, 2025 Cyber Insider)*

## On Resistance

- [General Strike US](#) – When they get 11 million signatures they will call a strike.
- [50501 Movement](#):
- [Fighting Back: A Citizen's Guide to Resistance](#)
- [Indivisible: Practical Guide to Democracy on the Brink](#)
- [What you can do to fight this coup:](#)

## On Climate Change Urgency

- [WWF Living Planet 2024](#) - "It is no exaggeration to say that what happens in the next 5 years will determine the future of life on earth." *(WWF, 2024)*
- [UK Actuarial Report](#): Climate scenario risks *(2024)*
- [Wall Street Is Rewriting its Energy Sector Playbook](#) *(Bloomberg, April 1, 2025)*
- [Climate Finance in Pivotal Moment:](#)  "Scientists have concluded that it's somewhere between "likely" and **"**virtually certain" we're in the midst of a 20-year period where the Earth breaches 1.5C, and the UN warned we're on course for twice that much warming, considered a catastrophic outcome for billions of people. *(Bloomberg, 2025)*
- [The Guardian - Climate Crisis on track to destroy capitalism](#)  "Action urgently needed to save the conditions under which markets – and civilisation itself – can operate, says senior Allianz figure *(The Guardian, April 3, 2025)*

## Miscellaneous

- [Clear View Facial Recognition Tech](#) – Mother Jones feature
- [The New Apostolic Reformation](#) – The Atlantic

TAKE THE

# TAKE THE
# POWER BACK

THE
REVOLUTION
WILL NOT
BE
MONETIZED