

# EFFECTIVE ALTRUISM PHILIPPINES

## In-Depth Fellowship

*A 7-week in-depth program created to increase your impact and engagement with EA principles in your professional and personal life*

### Primer & Syllabus

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## What is Effective Altruism?

Effective Altruism (EA) is a philosophy and practical community that aims to find the best ways to help others and put them into practice. It was formalized by scholars at Oxford University, but has now spread around the world, and is being applied by tens of thousands of people in more than 70 countries, including the Philippines.

EA is not unified by any particular solution to the world's problems but by a way of thinking. While many attempts to do good fail, some are enormously effective. For instance, some charities help 100 or even 1,000 times as many people as others, when given the same amount of resources. EA seeks out and supports those interventions

*[Learn more about Effective Altruism here.](#)*

## The Effective Altruism Movement in the Philippines

In 2018, three Filipinos from Manila founded [Effective Altruism Philippines](#), the Philippine chapter of the global EA Movement. EA PH's vision is to be a thriving community of Filipinos who are interested in effective altruism and use evidence, reason, and compassion to maximize their social impact through their careers and resources. EA PH's mission is to provide high-quality resources and discussion spaces for Filipino students and professionals to learn about and practice the principles of effective altruism.

EA Philippines also provides support to university and local chapters based at the University of the Philippines-Diliman ([EA UPD](#)), Ateneo de Manila University ([EA Blue](#)), De La Salle University ([EA Taft](#)), and the budding community at the Davao region ([EA Davao](#)) and to projects, research, and cause-specific organizations operating in the Philippines, led by some of its community members. You can view an expanded list of the EA Philippines' EAcosystem in this [forum post](#).

*[Learn more about EA Philippines here.](#)*



# Fellowship Primer

## About the In-Depth Fellowship

The EA In-Depth Fellowship is designed to provide you with a deep understanding of Effective Altruism principles, frameworks, and applications. You will engage with resources and discussions for a period of 7 weeks with the aim to further develop your beliefs and actions in relation to doing more good for the world. The primary output of the fellowship is a Personal Theory of Change, meant to provide you with an actionable strategy for pursuing good.

**Expectations.** The fellowship takes place over the course of seven weeks, from May 3 to June 14. To complete the Introductory Fellowship, you must fulfill the following requirements:

1. Attend at least 4 of the weekly learning sessions. If you cannot attend a meetup, there will be a makeup session available every week, dependent on the availability of the facilitator.
2. Present a summary of your Personal Theory of Change during the hybrid closing event.

## Approaching the Fellowship

To maximize the time you dedicate to this fellowship, we highly encourage you to nurture the responsibility to prepare intentionally for each discussion session, the humility to open yourself up for correction, and the curiosity to engage with and aim to understand new ideas. Most importantly, do approach the fellowship with an enthusiasm for knowledge; it'll make all the difference!

**Take ideas seriously.** This fellowship is a space for you to carefully learn new things, hear about the ideas of other people, and assess & define your own ideas.

This also comes with recognizing that it is a privilege to be able to discuss these ideas. We are talking about lived realities and complex issues, so it is important that we take ideas seriously—that we want to make our worldviews as full and accurate as possible since we see that this allows us to make better decisions about the things we care about.

**Disagreements are interesting.** When people with access to the same information reach very different conclusions from each other, we should be curious as to why it happens. Take your surprise or doubt as an indication that you are hearing new information that has the potential to either strengthen or redefine what you initially thought to be true.

**Strong opinions, weakly held.** People usually abstain from trying to have opinions about things because they think things like “I am not an expert” or “It is hard to know for sure.” Instead, during this Fellowship, we invite you to be bold enough to venture guesses, expressed clearly enough such that it is easy for someone else, or evidence about the world, to prove you wrong. In the long run, we hope that you will become stronger and more engaged thinkers; this seems more important than minimizing your errors in the short run.

## Fellowship Structure

Schedule	Topic
<b>Week 0:</b> May 3, 2025	<b>Welcoming Event (hybrid):</b> In-Depth Program Orientation
<b>Week 1:</b> May 10, 2025	<b>“The Altruistic Self”</b> What Am I Willing To Do In The Name Of My Values?
<b>Week 2:</b> May 17, 2025	<b>EA Tools Deep Dive</b> The Limits Of Reason & Evidence
<b>Week 3:</b> May 24, 2025	<b>EA Tools Deep Dive</b> Reason & Evidence In Action
<b>Week 4*:</b> May 29, 2025	<b>EA Principles Deep Dive</b> EA Principles From Different Perspectives
<b>Week 5:</b> June 7, 2025	<b>Choose Your Own Topic:</b> Longtermism & Existential Risks
<b>Week 6:</b> June 14, 2025	<b>Closing Event (hybrid):</b> Synthesis

During the hybrid **welcoming event** in Metro Manila, we will be outlining how the program will work, creating a space for fellows to get to know or catch up with one another, setting intentions for the program, and preparing to build on one's Personal Theory of Change. We hope to see you all in person!



For the **weekly discussion group preparation**, fellows will go through the assigned readings for that week. These sets of resources will contain articles, book excerpts, or videos, followed by a learning guide to help you process the content. The **weekly online discussion groups** will be held on Zoom for 2 hours, where you will be discussing the key concepts from the resources with a group of 3 to 5 people. Each group will be assigned one facilitator to manage the discussion. If you cannot attend a meetup, there will be a makeup session available every week, dependent on the availability of the facilitator.

The hybrid **closing event** in Metro Manila will help fellows synthesize what they have learned from the program and set their next steps. Get ready to post-process, sound board, and quickly present your Personal Theory of Change!

## Eligibility to Apply

We welcome university students, fresh graduates, and young professionals from anywhere in the Philippines who have had some engagement with EA. Whether this be in the form of having gone through an EA Introductory Fellowship, worked or volunteered for an EA organization, is active in an EA student group, etc.

## Application Process

To apply, fill out the [Fellows Application Form](#), which will require 20 minutes of your time to answer. **Applications will close on April 23, 11:59 PM.** During the application, you will be prompted to book an interview. Please note that interviews should be booked at least a day before your chosen date to give the interviewer enough time to confirm their schedule.

**Acceptance and rejection letters will be sent out on the evening of April 28.**

Should you be accepted, the welcoming event will be held on Saturday, May 3, at 2 PM in Metro Manila. More information to follow.

## Feedback, Concerns, and Diversity

We are committed to making the fellowship an environment that is productive, constructive, welcoming, and safe. It is a priority of the In-Depth Core team to welcome ideologically and demographically diverse perspectives. Fellows are encouraged to express any troubles, feelings, or problems to their facilitators or the fellowship team. This may be about any topic, whether personal or general feedback.

# Fellowship Syllabus

This section details all the resources we will be covering during the fellowship. Before each week's discussion session, do go through the readings assigned for that week. Each set of readings is roughly an hour long. We suggest reading it through the week! (and definitely not a few minutes before the session!) Kindly also be mindful of instructions of what section to read for a resource.

Here is an optional pre-resource to refer to, in case you need a refresher on core EA ideas as well as a quick summary of what has gone on in EA within the past few years.

## Optional Pre-resources

### EFFECTIVE ALTRUISM REFRESHER

#### OBJECTIVE & DETAILS

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**This set of resources is meant to provide you a review of basic EA principles and brief you on the recent major events in the movement. Feel free to use this as a way to prime yourself for the rest of the program!**

#### RESOURCES

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##### **Introduction to Effective Altruism**

[What is Effective Altruism?](#) by the Centre of Effective Altruism (-min)

- ❖ Read: Introduction, What principles unite EA?, and How can you take action?
- ❖ Optionally: What are some examples of effective altruism in practice?

[Effective Altruism: A global movement of do-gooders](#) by Global News (9-minute watch)

The Evolution of the EA movement

[History of effective altruism](#) by the Effective Altruism Forum (8-minute read)

Effective Altruism Wins

[EA Wins 2023](#) by Shakeel Hashim (4-minute read)

[What I'm celebrating from EA and adjacent work in 2024](#) by Emma Richter (4-minute read)

# Week 0: Welcoming Event

## IN-DEPTH PROGRAM ORIENTATION

### OBJECTIVE & DETAILS

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This week will focus on outlining how the program will work, creating a space for fellows to get to know or catch up with one another, setting intentions for the program, and preparing to build on one's Personal Theory of Change.

**Date:** May 3, 2025

**Time:** 2 PM - 6 PM

**Location:** Metro Manila, details to follow

*Bring something to take notes on! (ie. notebook & pen, laptop, etc).*

### RESOURCES

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**A Personal Theory of Change.** To prepare for the welcoming event, understand what a Theory of Change is and how to contextualize it to your aspirations for impact, or a "Personal Theory of Change." During the welcoming event, you'll draft a framework to help you develop your Personal Theory of Change throughout the fellowship.

By the end of this program, we hope that you will be able to answer the following questions: *What are my beliefs and understanding of doing good? Which ideas of EA do I agree with and which do I disagree with and why? Are my actions aligned with what I believe and to what extent am I willing to live them out?*

#### **What is a Theory of Change?**

A theory of change is both a conceptual model and a concrete product that reflects the model. A fundamental component of any large-scale social change effort, theory of change can help teams strengthen strategies and maximize results by charting out the work ahead, what success looks like and how to get there.

Developing a theory of change model involves making explicit collective assumptions about how a change will unfold. This work can help the funders and leaders of a social change effort clearly articulate their objectives, discuss equity considerations, define roles of decision-making authority and enable useful measurement and learning.

#### **How does a Theory of Change apply to my aspirations for impact?**

[What Is Your Theory Of Change?](#) By Huff Post (5-minute read)

# Week 1: "The Altruistic Self"

WHAT AM I WILLING TO DO IN THE NAME OF MY VALUES?

## OBJECTIVE & DETAILS

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Week 1, "The Altruistic Self", is meant to help you question and build upon the image of yourself as someone who wants to do good. Learn about utilitarianism, your moral circle, and the notion of the "Do Gooder".

Answer questions like: *What does my moral circle look like? What is my idea of altruism? Do I live up to my idea of altruism? What discrepancies are there and why?*

## RESOURCES

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### The "Do-Gooder" - An excerpt on extreme altruism

[Excerpt from 'Strangers Drowning' | KCRW](#) by By Larissa MacFarquhar (15-minute read)

[What is social impact? A definition](#) by 80,000 Hours (25-minute read)

### What or who do I value?

[Understanding Your Values](#) by Probably Good (20-minute read)

[The Drowning Child and the Expanding Circle](#) by Peter Singer (10-minute read)

### OPTIONAL: FURTHER READINGS

Borrow a Book: If you want to borrow *Strangers Drowning* and read it in its entirety, feel free to fill up the [EAPH Mini Library form](#)



# Week 2: EA Tools Deep Dive

## THE LIMITS OF REASON AND EVIDENCE

### OBJECTIVE & DETAILS

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Welcome to the EA Tools Deep Dive! This week, we will be exploring and addressing the different cognitive pitfalls that can deter us from using reason and evidence to act. Learn about dealing with uncertainty and understanding our own epistemics.

Answer questions like: *What are the limits of evidence? What are my cognitive biases? How can I act under uncertainty?*

### RESOURCES

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#### **The Limits of Reason**

[Post 31: Noticing and Overcoming Bias](#) by Neel Nanda (9-minute read with a 5-minute exercise)

- ❖ Note: There are 3 exercises; kindly only do the first.
- ❖ You can use [Cognitive Biases](#) by James Fodor to jog your memory on what cognitive bias you might have as you do the exercises above.

[Noticing You're Confused](#) by Arram Sabeti (6-minute read)

#### **The Limits of Evidence**

[Evidence, cluelessness, and the long term](#) by Hilary Greaves (~21-minute watch)

- ❖ Note: Kindly watch from "Simple Cost-Effective Analysis" (7:47) to "Go Longtermist" (29:46)

#### **OPTIONAL: FURTHER READINGS**

[How Rational are you, Really?](#) By Clearer Thinking

# Week 3: EA Tools Deep Dive

## REASON AND EVIDENCE IN EA

### OBJECTIVE & DETAILS

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In this third week, we will be learning about the tools used by some people in the EA community. Note that these are only a few examples of the ways in which EAs make use of limited information to guide their decisions; this is in no way representative of the movement itself!

Answer questions like: *Is expected value a tool I can practically use in my own decision making? Why or why not? How risk averse am I? What key crucial considerations do I have?*

### RESOURCES

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#### Decision Theory

[Expected Value definition](#) by EA Forum (1-minute read)

[Why Maximize Expected Value?](#) By Brian Tomasik (10-minute read)

- ❖ Note: Kindly read from the "Summary" section to "Point 2: The Law of Large Numbers" (including)

[Expected value: how can we make a difference when we're uncertain what's true?](#) by 80,000 Hours (10-minute read)

[Risk Aversion Definition](#) by EA Forum (2-minute read)

[Pascal's Mugging](#) by Nick Bostrom (4-minute read)

[Crucial Considerations and Wise Philanthropy](#) by Nick Bostrom (3-minute read)

- ❖ Note: Kindly read "What is a crucial consideration?"

#### OPTIONAL: FURTHER READINGS

[Calibrate Your Judgment](#) by Clearer Thinking

[Intro to Forecasting 01 - What is it and why should I care?](#) By Dart Throwing Spider Monkey

[Anonymous answers: How risk-averse should talented young people be about their careers?](#) By 80,000 Hours

# Week 4: EA Principles Deep Dive

## EA PRINCIPLES FROM DIFFERENT PERSPECTIVES

### OBJECTIVE & DETAILS

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In week 4, we will be discussing ideas that question EA as we know it. Take this as an opportunity to critically assess your EA beliefs.

Answer questions like: *Do I believe in doing more good or doing the most good possible? What key EA idea do I disagree with most? Was my mind changed on something I once thought to be true in EA?*

### RESOURCES

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#### **"Imperfect" Altruism**

[Doing more good vs. doing the most good possible](#) by ruthgrace (5-minute read)

#### **Maximizing for the most good, what can go wrong?**

[Toby Ord and the perils of maximizing the good that you do](#) by 80k Podcast (3-minute read)

❖ Note: Read the article, not including the highlights.

[The case against "EA cause areas"](#) by nadavb (16-minute read)

#### **Misconceptions on EA**

[Misconceptions about effective altruism](#) by 80,000 Hours (10-minute read)

#### **OPTIONAL: FURTHER READINGS**

[Doing good badly? Philosophical issues related to effective altruism](#) by the Happier Lives Institute

# Week 5: Choose Your Topic

## LONGTERMISM & EXISTENTIAL RISKS

### OBJECTIVE & DETAILS

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In our final discussion week, let's learn about Existential Risks, a testament to how the movement's priorities evolve in time with a principles-first approach. Get to know the thought behind this group of cause areas, the latest updates, and key ideas.

### RESOURCES

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#### GENERAL READINGS:

##### **What are Longtermism, X-Risks, and S-Risks?**

[An Introduction to Longtermism](#) by Longtermism.com (15-minute read)

[S-Risks: Fates Worse Than Extinction](#) by Rational Animations (11-minute watch)

[A Case Against Strong Longtermism](#) by Vaden Masrani (13-minute read)

❖ Note: Kindly read sections 3-5 only.

#### CHOOSE YOUR TOPIC:

##### **(1) AI Safety**

[Preventing an AI-related catastrophe - Problem Profile](#) by 80,000 Hours

❖ Note: Kindly read everything before section 1 only.

[An Overview of Catastrophic AI Risks](#) by Center for AI Safety

["80,000 hours is Shifting its strategic approach to focus more on AGI"](#) by 80,000 Hours & Niel Bowerman

Further Readings:

[Comparing EU, Southeast Asia Approaches to AI Regulation](#) by Law360

##### **(2) Biosecurity**

[Preventing catastrophic pandemics - Problem Profile](#) by 80,000 Hours

❖ Note: Kindly read only the Summary section.

[Emerging Biosecurity Landscape in Southeast Asia](#) by Mely Caballero-Anthony, Julius Cesar Imperial Trajano, Jose Ma. Luis Montesclaros and Jeselyn

- ❖ Note: Kindly read the Introduction, Understanding Risks from National Perspectives, 4. National Frameworks, and Approaches and Practices.

Further Readings:

[Southeast Asia Biosecurity \(SEA Bio\) site](#)

### **(3) Great Power War**

[Great Power War - Problem Profile](#) by 80,000 Hours

- ❖ Note: Kindly read only the Summary section.

[The Great Power Competition](#) by Thomas F. Lynch

- ❖ Note: Kindly read the "Introduction" to "India, not Europe: An Evolving Role in Great Power Competition".

### **OPTIONAL: FURTHER READINGS**

[The Precipice Revisited](#) by Toby Ord (45-minute watch)

[The "most important century" blog post series](#) by Holden Karnofsky

[Great Power War Conflict Report](#) by Founder's Pledge

# Week 6: Closing Event

## SYNTHESIS

### OBJECTIVE & DETAILS

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Congratulations on making it to the final week! Take this session as a chance to synthesize your learnings from the program and to set your next steps. Get ready to post-process, sound board, and hopefully come up with a plan of action for impact!

**Date:** June 14, 2025

**Time:** Details to follow

**Location:** Details to follow

*Bring something to take notes on! (ie. notebook & pen, laptop, etc).*