

The magic of micro activism or everyday steps to big change.

Microactivism, also known as "doing small things with a big heart", is about those small gestures that translate into something meaningful. Separately, they may seem like tiny drops in the sea, but when we unite, they create strong waves of change. In the context of the Bulgarian LGBTI+ scene, microactivism is our enchanting wave that spreads awareness, love and equality. In a world that often resembles a lightning storm, it's easy to forget the incredible power that lies in small actions. For us, the LGBTI+ people in Bulgaria, micro-activism is one of the tastiest ingredients in our recipe for life, creating a miracle and shaping a planet focused on inclusion and acceptance.

Why is it important to join these small, yet mighty efforts? And how can our allies who share our values also lend an invaluable shoulder? Let's take a closer look at the fascinating galaxy of micro-activism and get inspired by 15 everyday ideas to effect sustainable change without necessarily being deeply immersed in the sometimes intimidating universe of full-scale activism and keeping our safety in mind.

A call to our allies

To all of you great allies who may not fully know what it's like to walk in rainbow-coloured shoes, you are the VIP stewards in our journey to equality. Your support and joining our initiatives makes our voice stronger and gives us the courage to create a world where everyone is loved and accepted.

Safety first

Before diving in any micro-activism adventure, ensure your safety first. The Bulgarian reality, like that of many other parts of the globe, often brings obstacles for LGBTI+ people. Always be aware of your surroundings, keep an eye out for potential traps from hostile people or groups, and make sure you take care of your safety. If something doesn't feel right, reach out to us or those close to you for support. We are here and we appreciate you!

15 charming ideas for micro activism every day:

1. Support LGBTI+ charities: contribute to organisations working for the rights of LGBTI+ people and support their efforts.
2. Talk and educate: While dialogue is often confused with argument which can be off-putting, talking about the issues that the LGBTI+ community faces with your friends, family and colleagues raises awareness and understanding of the topic. Listen to others' perspectives, be understanding of each other's concerns and doubts, and rely on facts and research to dispel them. Truth is born in the conversation.
3. Attend LGBTI+ events: have fun at Pride and remember that it is a protest with specific demands for legislative change. Be a part of other events to express your belonging or support for the community.
4. Insist on inclusive procedures and policies: encourage your workplace, school, or university to implement inclusive procedures and practices so that no one feels excluded, unwelcome, or discriminated against, whether it is because of sexual orientation, gender identity, or any other characteristic that may be subject to rejection.

5. Give support to LGBTI+ or community-friendly businesses: shop at these places or use their services to promote the economic empowerment of LGBTI+ people. Leave positive reviews and show support online.
6. Volunteer for LGBTI+ organisations: offer your time and skills to local LGBTI+ support groups or organisations - there is always a lot of work to be done!
7. Have an active online presence: share informative LGBTI+ content on your social networks to enrich your contacts and challenge existing stereotypes that do not correspond to reality.
8. Remember that you are learning your whole life: keep improving your knowledge of LGBTI+ history, the challenges the community faces and current events.
9. Make it clear that your space is safe: put a rainbow flag or other welcoming symbols in your home or workplace to give a symbolic warm hug to all LGBTI+ people who feel unsure about whether they will be accepted.
10. Respect everyone's pronouns: try to use everyone's pronouns and encourage others to do the same. Politely correct individuals who make inaccuracies in this regard.
11. Be a stickers hero: put LGBTI+ themed stickers on your laptop, phone or other personal items to give an extra sign of support to the community. Your afternoon work session from a coffee shop can cast a huge ray of hope to a random passerby who sees they're not alone.
12. Be a pillar for LGBTI+ artists: listen to their music, watch films on their original platforms like Netflix and HBO (they keep a watchful eye on their stats and thus know whether to make more content like this), buy LGBTI+ artists' art to multiply their voices and help them keep on creating art.
13. Attend LGBTI+ or allied workshops and seminars: Take an active part in workshops and sessions that aim to spread awareness on the topic.
14. Read media that reports objectively: keep an eye on media, magazines, podcasts and websites that do not spread false information on LGBTI+ issues and stay up to date with LGBTI+ culture, news and queer people's experiences.
15. Share resources: books, articles like this one and documentaries to address LGBTI+ issues with family and friends and give food for thought.

In other words

Microactivism may seem small in scale, but its impact on the LGBTI+ community in Bulgaria is huge. Every act of support, no matter how small it may seem, helps build a more inclusive society. Together, we, the queer crowd and our awesome allies can light the way to a more joyful world, empowering all the diversity that exists around us.