

How To Help

Ukraine

[#StandWithUkraine](#)

[#StandForUkraine](#)

[#SupportUkraine](#)



Media

Use and spread reliable sources of information on the current events in Ukraine in English

The Kyiv Independent



The New Voice of Ukraine



Trusted accounts of journalists and activists with constant updates in Twitter:

Christopher Miller

 [@ChristopherJM](#)

Olga Tokariuk

 [@olgatokariuk](#)

Ukrinform



Ukrainska Pravda



Illia Ponomarenko

 [@IAPonomarenko](#)

Nolan Peterson

 [@nolanwpeterson](#)

BBC Topic: Ukraine



Svidomi

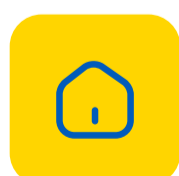


Ostap Yarysh

 [@OstapYarysh](#)

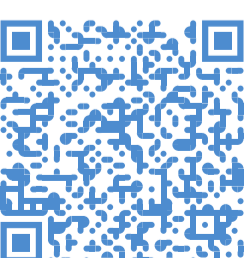
Nika Melkozerova

 [@NikaMelkozerova](#)



Hosting

Become a host for a Ukrainian refugee



Humanitarian Help

Help by donating medicines, food and the goods of the first necessity





Donations

Please consider donating to these Ukrainian and international charitable organisations

Ukrainian Institutions and Organisations:



The National Bank of Ukraine

The NBU has opened a multi-currency account for the Ukrainian Army



Save Life In Ua

The largest Ukrainian NGO supporting army supplies since the outbreak of the war in Donbass in 2014



Voices of Children

A Ukrainian NGO supporting children in the war zone in Donbass



Army SOS

A Ukrainian NGO which manages purchases of necessary ammunition, shields, intercom. facilities, etc. and delivers all goods directly



Hospitallers

Medical Battalion working directly on the frontline

German and International Organisations:



Deutsches Rotes Kreuz

Humanitäre Hilfe in der Ukraine



Diakonie. Katastrophenhilfe

Hilfe für Betroffene der Ukraine-Krise



Ärzte ohne Grenzen

Unsere Hilfe in der Ukraine



Unicef

Ukraine Nothilfe

Caritas International



Malteser International



Actions

Here are some essential steps for you to make a change:

1 Take part or help organise your local demonstrations supporting Ukraine

2 Contact your political representatives and supported parties, demand actions and stricter sanctions on Russia:

- exclusion of Russian bank accounts by Visa, MasterCard and WesternUnion; full exclusion of Russia from SWIFT
- oil and gas embargo
- protection of Ukrainian airspace by NATO air forces
- deployment of necessary weapons to strengthen the defence capability of the Ukrainian army

3 Post about Ukraine on all social media with hashtags:

[#SaveUkraine](#) [#StopRussianAggression](#) [#BanRussiaFromSwift](#) [#CloseTheSky](#) [#SendNatoToUkraine](#)