

JKRAINE FROM SWITZERLAND

el

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It is extrordinairy to see how many people worldwide are willing to help anyway they can.

LEARN HOW TO HELP BEST.



Too much help creates chaos and problems. It can becoming the opposite of helping.

ALSO: EU, UN, RED CROSS ETC are on it. Humanitarian help meeting current needs is on its way.

> HELP REASONABLY. TAKE A BREATH.



It's absolutely understandable that we all feel we're helping more when we give things, tangible objects. This is how brain works. These are emotions.

> HELP REASONABLY. TAKE A BREATH.



REFUGEES FROM UKRAINE WILL ALSO COME TO SWITZERLAND (SOME ARE ALREADY HERE)

KEEP YOUR DONATIONS FOR THEM.



Most of the people from Ukraine (not only Ukrainians) cross the Polish border to escape the war. This file is focused on situation on the Polish-Ukrainian border.

For help needed in Slovakia, Romania, Moldova, Hungary please research before donating.

> THERE ARE MANY WAYS FOR YOU TO BE INVOLVED



The non-profits and NGOs working 24/7 to help the refugees from Ukraine are overwhelmed with donations. You have to understand, these are small towns and villages that are met with tons of donations daily.

There is no proper storage. A massive number of hands is needed to sort these donations. If it starts raining all will be wet. They have enough. They ask to stop bringing more.

Local authorities in all Polish voivodeships are now managing local charity actions. They collect what is needed.



You have things to donate?

- Keep them safe. These refugees will also come to Switerland and will need help.
- Donate to local charities that help people in need in Switzerland and other parts of the world. They also still need your help. You can find <u>some addresses here</u>.

if you still want to donate, check what is needed.

Clothes and food were needed first. Now, it's:

- laptops
- power banks
- batteries
- phone chargers
- thermal blankets
- etc.

We don't know what will be needed tomorrow. Always check if the collectors are in touch with people on-site and know what is needed.



SO, WHAT IS THE BEST WAY TO HELP ???



MONEY DONATIONS AND OTHER TYPES OF ENGAGEMENTS



MONEY DONATIONS

HERE WE START A LIST OF VERIFIED AND SERIOUS PLACE THAT FUNDRAISE RIGHT NOW.

> YOU ARE NOT OBLIGED TO TRUST ME. YOU CAN ALWAYS RESEARCH THESE ORGANIZATIONS YOURSELF.

IT DOES NOT MATTER HOW MUCH YOU DONATE. IF IT'S 1 CHF THAT'S OK. JUST IMAGINE THE AMOUNT OF MONEY IF EVERY EUROPEAN GAVE JUST 1 CHF.

WE ARE STRONG TOGETHER.



MONEY DONATIONS

THESE DONATIONS ARE THE BEST. WHY?

NEEDS CHANGE QUICKLY. MONEY LETS NGOS AND NON PROFITS ADAPT TO THESE NEEDS RAPIDLY.

HELP REASONABLY



FUNDRAISERS IN SWITZERLAND

UNICEF <u>https://www.unicef.ch/</u>

UNHCR The UN Refugee Agency http://www.unrefugees.ch

RED CROSS SWITZERLAND http://www.redcross.ch

CARAVAN WITHOUT BORDERS GENEVA

<u>http://csf-ge.ch</u> UBS / IBAN: CH77 0021 5215 1076 9401R Mention "For refugees in Poland".

ESPACE COLIBRI - MEDS

<u>more about it here.</u>



UKRAINIANS IN SWITZERLAND

Consider helping the Ukrainian association in Switzerland

www.freeukraine.ch

Did you know Christie's Bakery is run by an Ukrainian superwoman? Now, part of her sales will go to support Ukrainians.

www.christiesbakery.ch



FUNDRAISERS FOR UKRAINE

NBU - NATIONAL BANK OF UKRAINE FINANCIAL SUPPORT FOR THE ARMY

https://bank.gov.ua

PAH - POLISH HUMANITARIAN ACTION YEARS OF EXPERIENCE IN WAR ZONES WORLDWIDE

http://www.pah.org.pl



FUNDRAISERS FOR REFUGEES IN POLAND

SIE POMAGA - THE BIGGEST, SOLID FUNDRAISING WEBSITE IN THE COUNTRY

https://www.siepomaga.pl

SALAM LAB - HELPING ALL WITH FOCUS ON PEOPLE OF COLOR

http://salamlab.pl/ukraine

FUNDACJA OCALENIE - MASSIVE EXPERIENCE AT THE BORDER http://crm.ocalenie.org



OTHER WAYS TO HELP

THIS WAR IS FOUGHT ON MANY FRONTS. INFORMATION IS ONE OF THE WEAPONS.

RUSSIAN PROPAGANDA IS ON FULL SPEED.

LET'S COUNTER ATTACK.



INFORMATION IS POWER

THE EASIEST:

SHARE INFORMATION ABOUT THE TRUTH OF THIS WAR ONLINE. ON YOUR IG, FB, TIK TOK, YT.

DON'T BE AFRAID TO ENGAGE IN CONVERSATION AND POLITELY PROVE PEOPLE WRONG.

TAKE PART IN PROTESTS AND DEMONSTRATIONS. SHOW SUPPORT.



MORE SOPHISTICATED

RUSSIANS ARE BEING LIED TO. MANY OF YOU MAY NOT REALIZE HOW RUSSIAN PROPAGANDA WORKS AND HOW POWERFUL IT IS.

HOW TO TELL RUSSIANS THE TRUTH?

GO TO <u>MAPS.GOOGLE.COM</u>, GO TO ANY PLACE IN RUSSIA AND AS A REVIEW LEAVE THE MESSAGE OF TRUTH. BE POLITE, DON'T OFFENSE THEM. ADD PHOTOS FROM UKRAINE.

RUSSIANS ALSO USE YANDEX THE WAY WE USE GOOGLE MAPS. DO THE SAME THERE. <u>YANDEX.COM/MAPS</u>.

USE GOOGLE TRANSLATE TO HAVE YOUR TEXT IN RUSSIAN.



UKRAINIANS IN GENEVA

THERE ARE MANY UKRAINIANS LIVING IN GENEVA. MANY HAVE FAMILIES STUCK IN UKRAINE OR TRYING TO EVACUATE.

OUR UKRAINIAN FRIENDS IN GENEVA MAY NEED SUPPORT. NOT ALL OF THEM BUT SOME YES.

CHECK HOW THEY ARE. OFFER TO BRING A MEAL. OFFER YOUR EAR. HAVE A DRINK WITH THEM. TAKE THEIR KIDS FOR A PLAYDATE. FREE PSYCHOLOGICAL HELP IN RUSSIAN IS AVAILABLE FOR THEM - msg Parentville for details.



HELP REASONABLY

IN CASE OF QUESTIONS IN CASE YOU'D LIKE ME TO ADD STH TO THIS LIST

CONTACT: PARENTVILLEGENEVA@GMAIL.COM