

# Seven steps to help Ukraine abroad



# 1. Come to demonstrations and protests.

- **Public support results in your government providing humanitarian and military aid** which is crucial to helping Ukraine win the war. As Ukrainians bravely resist, they see and appreciate this support all over the world.
- **Urge your governments to impose stricter sanctions on Russia**, a full embargo on Russian gas, oil and trade and isolate Russia diplomatically. Write petitions and talk to local, regional and national decision-makers.
- **Support the EU and NATO membership of Ukraine.** Ukrainians are fighting for the values of freedom, democracy, and human dignity. They deserve full European integration and their military experience will only strengthen European security.

**2. Do not buy Russian products, do not trade with Russia, and do not use Russian oil and gas.**

**Find alternatives!**

- *Taxes and import duties paid to Russia by companies present in the Russian market are converted into missiles targeting Ukrainian children.* Do not fund the war! When buying food, drinks, cosmetics, and clothes, always make sure if the company has withdrawn from the Russian market – <https://dontfundwar.com/directory/>.
- For example, Yves Roche, Vici, Molisana, Nestle, ING Bank, Philips, and Unilever are still operating in Russia, while Heineken and Carlsberg have not completely left the Russian market. Try to find local alternatives.

# 3. Be selective about Russian culture in your country

The head of the Hermitage Museum in Saint Petersburg acknowledged that Russian culture abroad is a form of “special operation”.

- ***Opinion makers in Russia (artists, sportsmen, journalists, writers and politicians) are doing little to nothing to stop the war.*** Many of them have openly supported the war, performing at various state concerts until recently. Some of them are claiming to be liberal and in opposition now or are conveniently silent.
- ***Do not indirectly fund Russian artists who discretely serve Russian propaganda.*** Culture has (Russian imperialistic) borders so always double check their position before buying tickets or boycott them altogether – chances are high Russian artists support the war.

# Signs that help detect the true intentions of Russians in Europe:



**Vague statements for abstract peace and framing the war as one of “brothers killing each other” are tactics of Russian propaganda which aim to whitewash the Russian war crimes.**

Ukraine is an independent state and Russian troops are on the territory of Ukraine killing Ukrainian soldiers and civilians.



**Speaking about Ukrainians and Russians as equal victims of the war and calling to lift sanctions**

·It's a part of a covert Russian informational campaign to blur the lines between victim and aggressor.



**No shame for Russian actions, no clear condemnation of the actions of the Russian government and military means silent support of the war.**

If a person is against killing thousands of people, they should be able to say it clearly and directly.



**No clear stance on Ukrainian Crimea or claiming that the issue is not so clear-cut due to there having been a referendum,**

while, in fact, Russians have occupied the peninsula and are imprisoning and persecuting Ukrainians and Crimean Tatars.



Navalny, supposedly a Russian opposition leader, said a while ago that Crimea was not a sandwich to be passed around, meaning that it should stay with Russia in future.

Seemingly liberal Russian channel Dozhd (TV Rain), received a broadcasting license in the Netherlands after it had been deemed a threat to national security in Latvia. The channel called for financial help for “Russian boys fighting” (i.e. soldiers) and showed a map of Ukraine without

Olga Smirnova, who is currently a prima ballerina at the Dutch National Ballet, received an award from Putin in 2019 when Crimea and Donbas had already been occupied by Russia.

A Russian-Austrian piano player Yelizaveta Leonskaya, who is touring Europe now, is also planning a concert in Moscow, together with Yuri Bashmet, who openly supports the Russian war and is an avid fan of Putin.

Russian theater director Serebrennikov made a play equating Ukrainian and Russian soldiers, playing into the hands of the Russian propaganda narrative of “brotherly nations”.

# 4. Support Ukrainian artists and writers coming to your country and buy Ukrainian products online

- ***For centuries, Ukrainian history and culture were discussed in the orbit of Russia. Now Ukrainian artists have finally gotten their own voice and they have much to say.*** It is extremely difficult to find the strength and courage to create in times of war, but Ukrainians are using art to explain what the country is going through. Many artists, journalists, activists, and dancers have volunteered to defend Ukraine. Sadly, many of them have also died or have been wounded.
- ***If you come across a concert, a theatre performance, a ballet, an exhibition, or a movie made by Ukrainians, please attend it.*** Look for Ukrainian art on Instagram or Etsy – you will be surprised and amazed! In this way, you will help struggling artists financially and you will also get a chance to familiarize yourself with how inspiring little-known Ukrainian culture is.

## 5. Learn more about the context of the war

- *Ukrainian history is complicated and rarely told through a Ukrainian lens. Try to learn more about Ukraine's past and its continuous struggle with the Russian Empire* during which the Ukrainian language and culture were banned, destroyed and appropriated, but still managed to survive. Just like in Soviet times, when Russians killed representatives of Ukraine's cultural and intellectual elite (e.g. Mykola Leontovych, the composer of the famous "Carol of the Bells – Schedryk" and thousands others), Russian occupiers today burn Ukrainian books and torture Ukrainian civilians to death (e.g. Volodymyr Vakulenko, a children's book writer).
- The current war started in 2014 with the annexation of Crimea and the occupation of the eastern regions of Ukraine, but for centuries Russia has been trying to erase Ukrainians as a nation. Try to learn more about the **Holodomor (1932–1933), the occupation of Ukraine under the Soviet Union, the history of the Cossack state in Ukraine, and the history of Kyiv Rus.**



# Sources in English:

- Books and online lectures by a historian Timothy Snyder, professor of History at Yale University;
- Books by Anne Applebaum, a Polish–American journalist and historian, winner of Pulitzer prize;
- Books by Serhii Plokhii, professor of Ukrainian History, Director, Ukrainian Research Institute at Harvard University;
- A series of art documentaries on the sounds of Ukrainian cities in wartime
- Documentary Winter on Fire: Ukraine's Fight for Freedom
- Documentary 'Freedom or Death'

# 6. Help Ukrainians escaping the war.

- Most of them have not come to your country because they want to move or because they were poor and were looking for a better life. In many cases, they had successful jobs and a steady life in Ukraine. Thousands have lost their houses and loved ones and many cannot bear to subject their children to the stress of constant air raid sirens.
- ***They need help with understanding local regulations, traditions and integrating into a new society.*** Most of them are ready to work and return to Ukraine as soon as Ukraine wins.

## 7. Support Ukrainians in Ukraine

- With ongoing Russian attacks, Ukrainians need continuous support – buildings (houses, schools, hospitals, kindergartens) are ruined; energy and road infrastructure need constant repairs; vehicles, military and hospital equipment need continuous replenishment. Over the last year, Ukrainians have been donating non-stop – even more vigorously with each Russian missile attack – to large Ukrainian foundations, to friends who are fighting and need new drones or other equipment, and to various volunteers who are helping to evacuate people or save the wounded.
- ***Try donating to organizations that are on the ground in Ukraine or ask Ukrainians you know*** if they are helping any smaller military units with collecting money for defense equipment.
- Some suggestions for donations are gathered in [this post](#).

## REMEMBER:

Oil and gas prices are high, there is a food crisis, and thousands of people lost their homes and loved ones because of the

~~war/situation/crisis in Ukraine~~

Russia's war against Ukraine.

Ukrainians have no choice but to defend, resist and win the war.

Slava Ukraini!

