



# Practical ways to help Ukraine from Europe

**Boycott companies that support Russian terrorism**



**Boycott Russian oil and gas**



**Demand more military assistance to Ukraine**



**Lobby your representatives to support Ukraine**



**Donate to Ukraine's Armed Forces and Ukrainian refugees**



**Participate in marches for peace in your city**



**Spread credible information about Russian war against Ukraine**



**Help Ukrainian refugees**



#standwithukraine

#stoprussia

#stopwar



*Dear European friends!*

*We thank you for caring about Ukraine. It is the second week of war in our homeland. While our soldiers are defending all of us, the Russian army is much bigger and ruthless. Russians keep on bombing cities, killing civilians, and attacking children. They opened fire against unarmed locals and shot humanitarian corridors when Ukrainians tried to get medicines for occupied cities. Millions of Ukrainians fled their homes. They were welcomed by many Europeans, and we thank you for that. We thank you for your solidarity. And there are things you, as a European citizen, can do right now.*

## **1/ Boycott companies that support Russian terrorism**



**Many European and global companies continue their business as usual in the invading country. Those companies clearly don't care that they are financing murders of innocents. But you can make them care!**

- You can find a list of Western companies and their reaction to the Russian war against Ukraine here - <https://www.thegoodlobby.eu/2022/03/04/ukraine-corporate-index/>
- Share the info about Kremlin supporters on your social media (**#BoycottRussia**) & with your offline networks – friends, families, colleagues
- Stop buying products from these brands. We ask you to look for alternatives.
- Petition your local big buyers, governments, and organizations to stop working with these businesses!

**Hurt their valets and reputations!**

**#standwithukraine #stoprussia #stopwar**

## 2/ Boycott Russian oil and gas



- You probably know that the EU imposed sanctions on Russia – **but they keep buying Russian gas and paying astronomical sums for it!**
- Reduce your energy consumption – the more you spend, the more Kremlin gets!
- Again, spread the word on how the EU finances Russia via gas!
- Petition your government to tackle their gas dependency on Russia – after all, Russian gas is a weapon of war! There are alternative energy sources – gas from Algeria, renewable energy, and more – and they can all be used only if there is political will!

## 3/ Demand more military assistance to Ukraine



**Demand more from your leaders!  
They make it look like the sanctions are a big achievement, but they are not enough. Putin remains as bloodthirsty as ever!**

- Ukrainians are begging to shelter their sky! This means protecting Ukrainians from Russian missiles. NATO refuses to interfere. However, it did interfere before! Ukraine needs urgent protection, especially its nuclear energy plants! Spread the word, demand your decision makers to protect the Ukrainian sky! Closing the sky can be done without direct NATO intervention if political leaders employ will and creativity – and spare us a few military planes and equipment. It is a small price to pay for millions of lives.
- While the Armed Forces of Ukraine are fighting for the whole Europe, governments of many countries are still reluctant to send military help. There is an overwhelming number of volunteers who want to defend Ukraine, but they lack ammunition. We ask for more military assistance for Ukraine.
- More can be done in guaranteeing humanitarian help! Russians keep on shooting on humanitarian corridors and block any humanitarian aid. They use forbidden weapons! They need to be investigated!
- Reach your representatives in the national and European parliaments, text them on social media, participate in the protests and marches in your town and demand help for Ukraine!

## 4/ Lobby your representatives to support Ukraine



#standwithukraine #stoprussia #stopwar

## 5/ Donate to Ukraine's Armed Forces and Ukrainian refugees



**Support Ukraine financially. If you are able, here are some of the trusted charities**

- <https://www.comebackalive.in.ua/>
- <https://bank.gov.ua/en/about/support-the-armed-forces>
- <https://novaukraine.org/donate/>

## 6/ Participate in marches for peace in your city



**Spread honest information about Russian war against Ukraine**

- <https://kyivindependent.com/>
- <https://www.pravda.com.ua/eng/>
- <https://ukraineworld.org/>
- <https://urbanspaceradio.com/archives/series/the-day-that-we-survived>

**Educate others on the realities of the Russian war against Ukraine**

- <https://post-to-stop-war.in.ua/en>

## 7/ Spread credible information about Russian war against Ukraine



**Help Ukrainian refugees in your city/country**

- Offer them housing here  
<https://www.ukrainenow.org/i-can-host>
- Spread the word if you know anyone hiring Ukrainians/giving help

## 8/ Help Ukrainian refugees



*Remember – we, Ukrainian people, can win with your help. Every act of kindness and bravery on your side helps us defeat Putin!*

*Thank you for your support!*  
**#westandwithukraine**

**#standwithukraine #stoprussia #stopwar**