

# UKRAINE

## Resources for Refugees

**! All visa requirements have been temporarily waived for all bordering countries !**

### The links below are for people who need assistance in Ukraine

- [Vostok-SOS](#) +380 66 617 14 58  
Provides evacuation support, humanitarian assistance, legal aid, and psychosocial support
- [Caritas Ukraine](#) +380 32 297 66 36  
Provides humanitarian assistance throughout Ukraine
- [Centre for Civil Liberties](#) +380 50 341 13 77  
A Ukrainian human rights organisation
- [Everybody Can Ukraine](#)  
Provides support and assistance to older people and children with disabilities in Ukraine
- [Red Cross Ukraine](#) +380 800 33 26 56  
Provides humanitarian assistance in Ukraine

### Information on crossing borders

- [Poland](#)  
Hotline of the Polish Foreign Office: +48 47 721 75 75  
[Click Here](#) for Government Information
- [Moldova](#)  
Hotline of the Moldovan Bureau for Migration and Asylum: +373 80 00 15 27  
[Click Here](#) for Government Information
- [Romania](#)  
Asylum Hotline of the National Romanian Council for Refugees (NGO): +40 721 206 926  
[Click Here](#) for Government Information
- [Slovakia](#)  
Slovak Humanitarian Council (NGO): +42 12/ 50 20 05 00  
[Click Here](#) for Government Information
- [Hungary](#)  
Hungarian Helsinki Committee (NGO): +36 13 21 41 41  
[Click Here](#) for Government Information

## Grab Bag List

### Essentials

- Passport, ID card, Driving Licence
- Cash
- Phone + Charger + Power Bank
- Laptop + Charger
- Medication
- First-Aid Kit
- Lighter
- Water bottle
- Physical notebook with important phone numbers
- Toiletries
- Plastic Bags (Space) Blanket
- Weatherproof Clothes

### Documents

- Medical and vaccination booklet
- Birth certificate
- Qualification certificate
- Marriage certificate
- Property certificate

### Personal Security

- Multitool
- Zip Ties
- Flashlight
- Rope
- Compass

## Essential Language Phrases

English	Romanian	Polish	Hungarian	Slovak	Ukrainian (kyrylytsva ta fonetychna)	German
<a href="#">Hello</a>	<a href="#">Salut</a>	<a href="#">Cześć. Siema</a>	<a href="#">Jó napot kívánok. Szervusz</a>	<a href="#">Ahoj</a>	<a href="#">Здравствуйте. Zdravstvuyte</a>	<a href="#">Hallo</a>
<a href="#">I'm from Ukraine</a>	<a href="#">Sunt din Ucraina</a>	<a href="#">Jestem z Ukrainy.</a>	<a href="#">Ukrainából származom.</a>	<a href="#">som z Ukrajiny.</a>	<a href="#">Я з України. Ya z Ukrainy</a>	<a href="#">Ich komme aus der Ukraine.</a>
<a href="#">Where can I get something to eat?</a>	<a href="#">De unde pot lua ceva de mâncare?</a>	<a href="#">Gdzie mogę dostać coś do jedzenia?</a>	<a href="#">Hol tudok enni valamit?</a>	<a href="#">Kde môžem získať niečo na jedenie?</a>	<a href="#">Де я можу взяти щось поїсти? Де ва мозху зваты shchos povisty?</a>	<a href="#">Wo bekomme ich was zu Essen?</a>
<a href="#">What's your name?</a>	<a href="#">Cum vă numii?</a>	<a href="#">Jak sie Pan(i) nazywa? (feminine).</a>	<a href="#">Mi a neve?</a>	<a href="#">Ako sa voláš?</a>	<a href="#">Як вас звати? Yak vas zvaty?</a>	<a href="#">Wie heißen Sie?</a>
<a href="#">My name is...</a>	<a href="#">Mă numesc ...</a>	<a href="#">Mam na imie ...</a>	<a href="#">A nevem ...</a>	<a href="#">Ako sa voláš?</a>	<a href="#">Мене звати... Мене зvaty...</a>	<a href="#">Mein Name ist...</a>
<a href="#">I understand / I see</a>	<a href="#">Am înțeles</a>	<a href="#">Rozumiem</a>	<a href="#">Értem</a>	<a href="#">Chápem / vidím</a>	<a href="#">Я розумію / бачу. Ya rozumiyu / bachu</a>	<a href="#">Ich verstehe</a>
<a href="#">I don't understand</a>	<a href="#">Nu înțeleg</a>	<a href="#">Nie rozumiem</a>	<a href="#">Nem értem</a>	<a href="#">nerozumiem. Prosím</a>	<a href="#">я не розумію. Ya ne rozumiyu</a>	<a href="#">Ich verstehe nicht</a>
<a href="#">Yes</a>	<a href="#">Da</a>	<a href="#">Tak</a>	<a href="#">Igen</a>	<a href="#">Áno</a>	<a href="#">Так. Tak</a>	<a href="#">Ja</a>
<a href="#">No</a>	<a href="#">Nu</a>	<a href="#">Nie</a>	<a href="#">Nem</a>	<a href="#">nie</a>	<a href="#">Ні. Ni</a>	<a href="#">Nein</a>
<a href="#">Do you speak English?</a>	<a href="#">Vorbii engleză?</a>	<a href="#">Czy mówi pan(i) po angielsku? (feminine).</a>	<a href="#">Beszél angolul?</a>	<a href="#">Hovoríš po anglicky?</a>	<a href="#">Ви розмовляєте англійською? Vy rozmovlyavete anhlivskyoyu?</a>	<a href="#">Sprechen Sie Englisch?</a>
<a href="#">Excuse me</a>	<a href="#">Scuzai-mă!</a>	<a href="#">Przepraszam!</a>	<a href="#">Elnézést!</a>	<a href="#">Ospravednte ma</a>	<a href="#">Вибачте. Vybachte</a>	<a href="#">Entschuldigung</a>
<a href="#">Sorry</a>	<a href="#">Pardon!</a>	<a href="#">Przepraszam!</a>	<a href="#">Bocsánat!</a>	<a href="#">Prepáč</a>	<a href="#">Вибачте. Vybachte</a>	<a href="#">Es tut mir Leid</a>
<a href="#">Thank You</a>	<a href="#">Mersi</a>	<a href="#">Dziękuję</a>	<a href="#">Köszí</a>	<a href="#">Ďakujem</a>	<a href="#">Дякую. Dvakuvu</a>	<a href="#">Danke</a>
<a href="#">Please</a>	<a href="#">Vă rog-</a>	<a href="#">Proszę</a>	<a href="#">Kérem</a>	<a href="#">Prosím</a>	<a href="#">Будь ласка. Bud laska</a>	<a href="#">Bitte</a>
<a href="#">You're welcome / No problem!</a>	<a href="#">Cu plăcere</a>	<a href="#">Proszę bardzo</a>	<a href="#">Szívesen</a>	<a href="#">Nemáte za čo / Žiadny problém!</a>	<a href="#">Ласкаво просимо / Немає проблем! Laskavo prosymo / Nemaye problem!</a>	<a href="#">Kein Problem</a>

## Emergency Communication

### In case of Electricity/Telecom/Internet Outage

- [Using Bluetooth \(up to 50 metres\)](#) – Change the name of your device in settings to the message you want to convey and turn your Bluetooth on. Other people near you who have their Bluetooth turned on will be able to see your device displaying the message. Keep in mind: everyone can see this information.
- [Using AirDrop \(up to 50 metres\)](#) – People using an iOS device can use AirDrop in the same way, but also to send notes, files, screenshots of messages, etc. to iOS users alike who are nearby.

### Free and easy-to-use Peer-to-Peer Messaging Apps not Requiring Internet

- [Using Briar App \(only for Android users\)](#) – In case of a Telecom outage, the app will sync via Bluetooth, enabling users to stay informed in case of a crisis situation. In order to start using Briar, an account is required, after which you can add contacts by connecting via Bluetooth and stay in touch, without the use of internet.
- [Bridgefy \(only for iOS users\)](#) – Bridgefy requires Bluetooth to function. There is no sign-up needed, one only has to set a nickname to use the app. This nickname will also allow people in nearby proximity to search for a particular user. Apart from private chat, it also provides a broadcast section. Messages sent to this platform will be read by any Bridgefy user nearby, which could be helpful to connect several people in an area.

## DIY Body Armour Equivalent

### Cardboard & Duct Tape

Duct tape is made of interwoven fibres that imitate real body armour. It is mildly flexible, which allows it to adjust to the shape of the body when put on.

Materials needed: piece of cardboard (± 25x30cm) and 5 to 6 rolls of duct tape.

How to make the body armour:

- 1) Cut the top edges of the cardboard to allow arm mobility. 2) Start wrapping the duct tape around all sides of the piece of cardboard until the finished product is ± 5cm thick.

### Hardcover Books & Duct Tape

Materials needed: 2 hardcover books (size A5/A4) and 3 to 4 rolls of duct tape.

How to make the body armour:

- 1) Place the two books on a flat surface, placing the spines of the books against each other. The thicker the books are, the more protection they will provide. 2) Tape the two books together. Make sure that the created block is big enough to cover your chest and stomach. 3) Wrap the 3 to 4 rolls of duct tape around all sides of the books.

### Ceramic Tiles

Ceramics are known to be some of the hardest materials and are used as inserts in soft ballistic vests. It is hard enough to ensure that a bullet or other weapon is deflected.

Materials needed: ceramic tile, metal mending plates, silicone glue, newspapers/magazines, duct tape.

How to make the body armour:

- 1) Layer the newspapers/magazines on a flat surface. They will be used to hold the armour and fit it to your body.
- 2) Spread one layer of silicone glue on the newspapers/magazines. 3) Place the metal plates on the newspapers/magazines. Allow for a few inches of space between the metal plates and the edges of the newspapers as those edges will be wrapped around the side of your body. 4) Spread another layer of silicone glue over the metal plates.
- 5) Place the ceramic tiles over the metal plates and silicone glue. Allow it to dry completely. 6) Wrap the whole finished product with duct tape.

*In addition to either body armour equivalents, it is urged to wear some sort of head protection as well, such as a bicycle or motorcycle helmet.*

## Ways to Help Ukraine

You can respond to the appeal for support for the Ukrainian people by the following very well-established organizations. The list will be updated in the coming days to reflect developments.

### Organisations in Ukraine

[Red Cross](#)

[Caritas](#)

[People in Need](#)

[NBU Fund](#)

### International Organisations

[Unicef](#)

[Doctors Without Borders](#)

[UN Refugee Agency](#)

[Share The Meal](#)

