

Ukraine invasion: What can we as individuals do to help Ukraine? With a Live Q&A

See actions below & join us on **Monday the 7th of March at 5.30pm GMT** to hear from people on the front line and discuss how we can best contribute; where funding can be best used, how support can be sustained, how can we best identify what's real vs fake news, and why Ukrainians are asking for donations to the army.

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Speakers include leading Ukrainian civil activists and responders currently on the front line:

- **Andrii Borovyk**, Transparency International Ukraine Head;
- **Iryna Shyba**, Deputy Head, EU Anti-Corruption Initiative;
- **Olena Halushka**, international relations lead, AntAC Ukraine;
- **Mykhailo Zhernakov**, Head of DEJURE Foundation;
- **Emily Denezhna**, Head of Advocacy and Comms, Independent Anti-Corruption Commission
- **Dr Manfredas Limantas** who is engaged in EU's emergency support to Ukraine

Lobby

Businesses

To stop providing services (esp. Financial Services) in Russia and stop buying goods from Russia

Cultural, sports organisations

To isolate Russia from all political, financial, cultural and sporting organisations

Governments

Write to your MP, sign a petition, protest for a Trade embargo (incl. oil), harshest sanctions, equipment to Ukraine (incl. air defence)

Donate

To People

Book an Airbnb in Ukraine for today – all \$ will go directly to the host, service charge has been waived

Humanitarian Operations

International Red Cross: [HERE](#)
Suggested organisations by the Ukrainian Cultural Institute: [HERE](#)

Ukrainian Press

Subscribe and support financially independent Ukrainian press, e.g. Kyiv Independent: [HERE](#)

Divest

Your purchases

Check that you do not buy goods and services from Russia, including your energy

Your stocks and shares

Opt out of investments from Russian companies or bonds

Your Pension

Check your pension portfolio investment to see if they include Russian companies

Organise

Your networks

Raise awareness, attend protests, organise support for NGOs, businesses

Refugees

Help organise refugee support
Protests against the new Nationality and Borders Bill

Russians

Encourage Russians to show disapproval of their government's actions
Share news of those imprisoned for doing so