

PARENT  
ville



*Help*  
for **UKRAINE**  
**FROM**  
**SWITZERLAND**

PARENT  
**ville**

It is extraordinary 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 Switzerland 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 [some addresses here](#).

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**

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

## **UNHCR The UN Refugee Agency**

<http://www.unrefugees.ch>

## **RED CROSS SWITZERLAND**

<http://www.redcross.ch>

## **CARAVAN WITHOUT BORDERS GENEVA**

<http://csf-ge.ch>

UBS / IBAN: CH77 0021 5215 1076 9401R

Mention "For refugees in Poland".

## **ESPACE COLIBRI - MEDS**

[more about it here.](#)

# UKRAINIANS IN SWITZERLAND

**Consider helping the Ukrainian association in  
Switzerland**

**[www.freeukraine.ch](http://www.freeukraine.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>

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# 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.**

**FUNDACJA OCALENIE - MASSIVE EXPERIENCE AT THE BORDER**

<http://crm.ocalenie.org>

# 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 [MAPS.GOOGLE.COM](https://maps.google.com), 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. [YANDEX.COM/MAPS](https://yandex.com/maps).**

**USE GOOGLE TRANSLATE TO HAVE YOUR TEXT IN RUSSIAN.**

# HELP REASONABLY

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

**CONTACT:  
PARENTVILLEGENEVA@GMAIL.COM**