

UKRAINIAN
DANISH

YOUTH
HOUSE



#STANDWITHUKRAINE GUIDE

YOU CAN DO SOMETHING
FOR UKRAINE!

TABLE OF CONTENT & KEY INFO

MOBILIZE	P. 3
DONATE	P. 5
ACT	P. 7
LEARN	P. 11



NOTE: We recommend to consult this list:

>>><https://linktr.ee/voiceforukraine>

Feel free to suggest updates for this guide. To do this, please write to support@theyouthhouse.org !

The newest version of the guide is always available at theyouthhouse.org/news/help-ukraine.

1

MOBILIZE

SUPPORT UKRAINE

GET POLITICAL

WHAT THE UKRAINIANS WANT:

REACH OUT TO YOUR REPRESENTATIVES, COMPANIES OR NETWORK TO...

1. BOYCOTT OR PUT PRESSURE ON COMPANIES THAT CONTINUE THEIR OPERATIONS IN RUSSIA.
2. SUPPORT UKRAINE'S ACCESSION TO THE EU
3. BOYCOTT RUSSIAN PRODUCTS AND GAS IMPORTS
4. INFORM ABOUT THE CONSEQUENCES OF THE WAR IN UKRAINE OUTSIDE BUT ALSO (IF POSSIBLE) WITHIN RUSSIA.
5. SEND RUSSIAN DIPLOMATS/CONSULS OUT OF DENMARK.
6. WITHDRAW INVESTMENTS AND CAPITAL FROM RUSSIA
7. SEND MEDICINE AND MILITARY EQUIPMENT TO UKRAINE
8. ASK FOR A NO FLY ZONE IN UKRAINE #CLOSETHESKY



PLEASE NOTE THAT ALL THIS DOES NOT REPRESENT
THE UKRAINIAN DANISH YOUTH HOUSE'S POSITION.

Support Ukraine - MOBILIZE

SUPPORT REFUGEES & BEYOND

SUPPORT REFUGEES WITH YOUR VOICE, YOUR TIME AND IF YOU CAN, YOUR RESSOURCES.



Get information on how to help and support refugees from Ukraine

https://docs.google.com/document/d/1JnGXihuC9kjLORMgC9i8n9iiafq7OiCw_L9YWdwigb8/edit?fbclid=IwAR0HTy59ldS_HME-0eE-rdXe7ZVCfoepjYL-RC9ieBo9Kuq-bqq_3HOMS0g#heading=h.9rav2sjba8hd



Relevant information for Ukrainian citizens who are either in Denmark or who wish to come to Denmark:

<https://www.nyidanmark.dk/da/Ord-og-begreber/F%C3%A6lles/Information-til-ukrainske-statsborgere>



Visit Bevar Ukraine - Support group

<https://www.facebook.com/groups/552964428174386>

NOTE: It is better to give clothes to NGOs like the Danish Red Cross that already have experience and resources to have an impact and help Ukrainians without blocking roads or generating additional logistical issues in Poland for example.



Sign up now (without obligations) to see how to help refugees:

<https://urk.dk/saadan-kan-du-hjaelpe-under-krisen-i-ukraine>



Become a Youth Humanitarian Ambassador and spread knowledge about the rules of war and the Red Cross' special mandate in war zones. You'll get in-depth training:

<https://www.urk.dk/frivillig-job/129648>



Visit <https://supportukraine.dk/>



Consider coordinating action with the Polish authorities:

<https://pomagamukrainie.gov.pl/>

2

DONATE

SUPPORT UKRAINE

DONATE TO TRUSTWORTHY, RELIABLE AND PROFESSIONAL ORGANIZATIONS AND INITIATIVES TO SUPPORT UKRAINE EFFICIENTLY.

SUPPORT FINANCIALLY



Army SOS (support for the Ukrainian army)

<https://armysos.com.ua/en/>
<https://armysos.com.ua/en/help-the-army>



Bevar Ukraine (humanitarian aid, medicine and logistical support)

<https://bevarukraine.dk/da/>



Come Back Alive (by Save Life in UA) - NGO supporting the Ukrainian military and their families

<https://www.comebackalive.in.ua/> - <https://savelife.in.ua/en/donate/>



WOSM (Spejdernes internationale organisation - World Scouts)

<https://donate.scout.org/project/>



Plast (National Scout Organization of Ukraine - support for the army)

<https://en.plast.org.ua/help-ukrainian-army/>



Nova Ukraine (humanitarian aid to the people of Ukraine)

<https://novaukraine.org/> - <https://novaukraine.org/donate/>

Support Ukraine - DONATE



The National Bank of Ukraine (a special account has been created to raise funds for Ukraine's Armed Forces)

<https://bank.gov.ua/en/news/all/natsionalniy-bank-vidkriv-spetsrahunok-dlya-zboru-koshtiv-na-potrebi-armiyi>



CONSIDER DONATING DIRECTLY TO INDEPENDENT UKRAINIAN OR EVEN RUSSIAN NEWSPAPERS TO HELP SPREAD TRUSTWORTHY INFORMATION.



Meduza (independent news outlet in Russian)

<https://support.meduza.io/en>

LISTS OF ORGANIZATIONS TO SUPPORT AND MORE

FIND MORE INFORMATION ABOUT WHERE TO DONATE AND WHERE TO GET KEY INFORMATION BELOW:



**Support Ukraine NOW
(crowdsourced information platform)**

<https://how-to-help-ukraine-now.super.site/>



Ukraine Crisis Media Center:

https://uacrisis.org/en/help-ukraine?fbclid=IwAR1oRWpC1bl2_Zsc18-QlululfhJIX7AlNJkM7luk89xkSbFoPqpW8z0v_k



OPEN SOURCE LIST

[List of organizations to support Ukraine's war relief](#)

3

ACT

SUPPORT UKRAINE

EDUCATE YOURSELF



MAKE SURE TO GET YOUR INFORMATION ABOUT THE WAR IN UKRAINE FROM RELIABLE, FACT-BASED MEDIA/SOURCES OF INFORMATION.



PAY ATTENTION TO THE WORDING OF ARTICLES TO CRITICALLY ASSESS KEY INFORMATION (E.G. KYIV NOT KIEV, "WAR" NOT "A MILITARY OPERATION").



REFRAIN FROM POSTING OR SHARING ON SOCIAL MEDIA CRITICAL INFORMATION OR CONTENT THAT COULD COMPROMISE THE POSITIONS OF THE UKRAINIAN ARMY.



IF YOU TALK TO UKRAINIANS, DO SO IN A SECURE AND RESPONSIBLE WAY BY EXCHANGING ON RELIABLE, ENCRYPTED PLATFORMS (EX: SIGNAL...)

RAISE AWARENESS ABOUT THE WAR



IF YOU HAVE RUSSIAN FRIENDS, ENGAGE WITH THEM IN A CONSTRUCTIVE CONVERSATION TO ALERT THEM TO THE WAR EVEN MORE AND TO OBTAIN THEIR SUPPORT.

Support Ukraine - ACT

GET RELIABLE INFORMATION



Ukrainer (educational, multimedia Ukrainian studies project and platform)
<https://ukrainer.net/>



Ukraine.ua (Ukraine's Official website to know more about the country)
<https://ukraine.ua/>



Suspilne (Ukrainian media)
<https://suspilne.media/211514-russia-invades-ukraine-live-updates-suspilne/>



Radio Free Liberty (Ukrainian media)
<https://www.rferl.org/>



Interfax Ukraine (media)
<https://en.interfax.com.ua/>



Stop fake (anti-misinformation platform)
<https://www.stopfake.org/en/about-us/>
<https://www.instagram.com/stopfakingnews/>



Detector media
<https://detector.media/>



Ukraine Crisis Media Center
<https://www.facebook.com/uacrisis.ua/>
<https://uacrisis.org/en/help-ukraine>



Hybrid Warfare Analytical Group
<https://uacrisis.org/en/section/hwag-en>



The New Voice of Ukraine
Facebook: <https://www.facebook.com/TheNewVoiceUkraine/>



The Kyiv Independent
<https://kyivindependent.com/>
https://www.instagram.com/kyivindependent_official/

Support Ukraine - ACT

USE YOUR SOCIAL MEDIA

USE SOCIAL MEDIA TO SIGNAL SOLIDARITY AND WEAR VISIBLE BLUE/YELLOW RIBBONS/COLORS TO SHOW SUPPORT FOR UKRAINE AND LIFT UKRAINIANS' SPIRITS AS MUCH AS POSSIBLE.



Ukrainer (educational, multimedia Ukrainian studies project and platform)
Instagram [@ukrainer_net](https://www.instagram.com/ukrainer_net)



Ukraine.ua (Ukraine's Official Instagram)
Instagram [@ukraine.ua](https://www.instagram.com/ukraine.ua)



The Ukrainians & Reporters - Photo project (in Ukrainian) on Instagram:
Instagram [@theukrainians](https://www.instagram.com/theukrainians)



Ukrainian Photographer Serhii Korovainyi
Instagram: [@Sergeykorovayny](https://www.instagram.com/Sergeykorovayny)



Anti-corruption activist Daria Kaleniuk (expert)
Facebook [@dkaleniuk](https://www.facebook.com/dkaleniuk)



Minister of Foreign Affairs of Ukraine Dmytro Kuleba
Twitter [@DmytroKuleba](https://twitter.com/DmytroKuleba)



Deputy Prime Minister for European and Euro-Atlantic integration of Ukraine Olga Stefanishyna
Twitter [@StefanishynaO](https://twitter.com/StefanishynaO)



Ambassador of the EU to Ukraine Matti Maasikas
Twitter [@MattiMaasikas](https://twitter.com/MattiMaasikas)



Senior research fellow TaSC project @ShorensteinCtr / freelance reporter Jane Lytvynenko
Twitter [@JaneLytv](https://twitter.com/JaneLytv)



Correspondent at BuzzFeedNews covering national security and extremism Christopher Miller
Twitter [@ChristopherJM](https://twitter.com/ChristopherJM)

Support Ukraine - ACT

TAKE PART IN PROTESTS, MARCHES, ACTIONS, & INITIATIVES

Danmarks Socialdemokratiske Ungdom (DSU)



Organises collection of clothes at Valby:

<https://www.facebook.com/events/1621567104844304?ref=newsfeed>

Danske Skoleelever



Collects donations for Red Cross

https://m.facebook.com/pg/Gymnasieelever/posts/?ref=page_internal

Danske Studerendes Fællesråd



Has together with Aarhus University created a group to coordinate help for Ukrainian students.

<https://www.facebook.com/groups/1745400822334835/>

De Danske Spejdere (DDS)



Offers shelter to Ukrainian refugees

<https://twitter.com/FaaborgMathias/status/1497257097209262080>

KFUM/KFUK



Organizes emergency aid with their partners

<https://kfum-kfuk.dk/aktiviteter/globale-faellesskaber/ukraine/>

Ungdommens Røde Kors (URK)



Offers help to refugees. They have a list where you can sign up and they will contact you when there is a need for help.

<https://urk.dk/bliv-frivillig-og-hjaelp-flygtninge-fra-ukraine>

Support Ukraine - ACT

FOLLOW THESE ORGANISATIONS OR INDIVIDUALS



European Pride Organisers Association and Copenhagen Pride



Silba - Initiative for Dialogue and Democracy



Lesya Ignatyk-Eriksen



**Russian community against Putin: Daria Wagner and
Copenhagen For Navalny**



**Europæisk Ungdom, Danmarks Socialdemokratiske Ungdom
(DSU), Venstres Ungdom, Associations af Ukrainere i Danmark...**

4

LEARN THE CULTURE

SUPPORT UKRAINE

WATCH UKRAINIAN CINEMA, TV-SHOWS, DOCUMENTARY



[Stop-Zemlia,](#)

FILM

By Kateryna Gornostai

with Maria Fedorchenko, Arsenii Markov, Yana Isaienko, Oleksandr Ivanov
2021



[Winter on Fire - Ukraine's Fight for Freedom,](#)

DOCUMENTARY FILM

By Evgeny Afineevsky

2015



[The Guide,](#)

FILM

By Oles Sanin

With Stanislav Boklan, Jeff Burrell, Anton Sviatoslav Greene
2014



[Sluha Narodu / Servant of the People,](#)

TV SHOW

Created by Volodymyr Zelenskyy, Sergey Shefir, Andrey Yakovlev, Aleksey Kiryushchenko

With Volodymyr Zelenskyy, Stanislav Boklan, Olena Kravets
Jury Krapovyn, Mykhailo Fatalov, Oleksandr Pikalov, Eugene Koshovyi
2015-2019



[My Thoughts Are Silent / Moi dumky tykhi,](#)

FILM

By Antonio Lukich

With Irma Vitovskaya, Andriy Lidagovskiy
Sergiy Volosovets, Iryna Verenych-Ostrovska
2019



[Heat Singers,](#)

DOCUMENTARY FILM

By Nadia Parfan

2019

Support Ukraine - LEARN ABOUT CULTURE

WATCH UKRAINIAN CINEMA, TV-SHOWS & MORE



[The Earth Is Blue As An Orange \("Zemlia blakytyna, niby apelsyn"\)](#)

DOCUMENTARY FILM

by Iryna Tsilyk,
2020



[Mr. Jones](#) (NOTE: it is not Ukrainian but refers to Ukraine's history)

FILM (BASED ON TRUE FACTS)

Directed by Agnieszka Holland
With James Norton, Vanessa Kirby, Peter Sarsgaard, Joseph Mawle
2019



[Chernobyl](#) (NOTE: it is not Ukrainian but refers to Ukraine's history)

TV MINI-SERIES

Created by Craig Mazin
With Stellan Skarsgård, [Jared Harris](#), Jessie Buckley, Adam Nagaitis, Emily Watson
2019



[Bitter Harvest](#) (NOTE: it is not Ukrainian but refers to Ukraine's history)

FILM

By George Mendeluk
With Samantha Barks, Tamer Hassan, Terence Stamp, Max Irons
2017



[To Catch the Kaydash](#)

TV SHOW

Created by Nataliia Vorozhbyt
With Viktor Zhdanov, Iryna Mak, Taras Tsymbaliuk, Hryhoriy Baklanov
2020

Support Ukraine - LEARN ABOUT CULTURE

READ UKRAINIAN LITERATURE



Taras Shevchenko

Foremost Ukrainian poet of the 19th century and one of the most prominent figures of the Ukrainian national revival. Some of his most impactful work includes the poems "Testament", "It Makes No Difference To Me", "The Mighty Dnieper".



Lina Kostenko

One of the most renowned Ukrainian poets of the sixties. She was awarded the most prestigious awards and decorations in Ukraine including the Taras Shevchenko National Prize (in 1987 for the novel "Marusya Churai" and the collection of poems "Uniqueness").



Serhiy Zhadan

Renowned post-soviet Ukrainian poet, writer, essayist, and translator. Author of worldwide popular novels such as "Voroshilovgrad" and "Depeche Mode".



Andriy Kurkov

Ukrainian novelist and prolific author of more than 15 novels, including the successful "Death and the Penguin", numerous books for children, but also documentary, fiction or even TV scripts.



Lubko Deresh

Ukrainian literature phenomenon and a representative of postmodern literature. "Kult", "A Little Darkness" or the more recent "Devastation" are excellent examples of his writing style and literary interests.



Yurii Andrukhovich

Popular Ukrainian writer, poet, essayist, public activist and translator. He has published many short stories, poetry collections, essays or novels including "Moscoviad" (1993).



Oleksandr Mykhed

Ukrainian writer, literary critic, and curator of art projects at the PinchukArtCentre (a contemporary art museum in the very heart of Kyiv). A good example of his work is his book "Amnesia" published in 2013. Mykhed went even further with it and created the well-received literary, conceptual and multimedia project called "Amnesia project: an open platform".

Support Ukraine - LEARN ABOUT CULTURE

READ UKRAINIAN LITERATURE



Lesya Ukrainka

One of Ukraine's best-known national poets, also essayist, translator and author of numerous plays. She was an early feminist and politically engaged. Inspiring and impactful, her poetry embraced themes such as loneliness, hope, alienation from society or the love of freedom. Her extensive work includes the collections Na krylakh pisen (1893; "On the Wings of Songs") and Dumy i mriyi (1899; "Thoughts and Dreams") or the historical drama Boyarynya (1914; The Noblewoman).



Serhii Plokhyy

Award-winning historian and writer, professor of Ukrainian history at Harvard University. He also serves there as the director of the Harvard Ukrainian Research Institute. His must-read book "The Gates of Europe: A History of Ukraine" gives a comprehensive, engaging, and solid understanding and overview of Ukraine's history.

SEE EXHIBITIONS, EVENTS, INITIATIVES ABOUT/FOR UKRAINE



[Unfolding Landscapes](#)

From January 29 - May 1, 2022

Landscape and poetics in contemporary Ukrainian art

Location: Kunstcentret Silkeborg Bad in Silkeborg, Denmark



[RUS - Vikinger i Øst](#)

Until September 11, 2022

Moesgaard Museum presents a new special exhibition about the Rus Vikings.

Location: Moesgård Museum, Moesgård Allé 15, 8270 Højbjerg

Support Ukraine - LEARN ABOUT CULTURE

LISTEN TO PODCASTS



[Ukraine World](#)

UkraineWorld is an English-language multimedia project about Ukraine run by Internews Ukraine. Podcasts about Ukraine can be found on the online platform. Learn about Ukraine's history and politics, soft powers, journalism in Ukraine, Crimea and more.



[Det Udenrigspolitiske Selskabs podcast](#)

/ The Danish Foreign Policy Society's podcast - Here you can learn about international relations between Denmark and Eastern Europe (and Ukraine), and better understand what is the place of Ukraine in the world.

LISTEN TO UKRAINIAN MUSIC



KAZKA

This Ukrainian band mixes pop elements with electro-folk music. Created in 2017, vocalist Oleksandra Zaritska, sopilka player Dmytro Mazuriak and multi-instrumentalist Mykyta Budash form now an influential and recognizable Ukrainian group.



ONUKA

Founded in 2013 by Ukrainian musicians Yevhen Filatov and Nata Zhyzhchenko, ONUKA is a popular Ukrainian electro-folk band. The use of Ukrainian folk instruments became a very key part of its musical signature.



Jamala

Ukrainian singer/songwriter and actress who found international success in 2016 after winning the Eurovision Song Contest.



Sergey Babkin

Ukrainian artist, musician, actor, composer, author and performer. Member of the 5'Nizza group founded in 2000. According to him, his focus is on performing in general beyond singing or just playing music.

Support Ukraine - LEARN ABOUT CULTURE



GO_A

Ukrainian band basing its art and music on Ukrainian vocals, modern electronic dance beats, African drums, and strong guitar riffs. They gained great recognition and popularity in Ukraine after the release of the single "Vesnyanka".



MONATIK

Ukrainian artist, composer, performer, sound producer. Monatik listens to and produces music across many genres and styles (soul, funk, electro, pop). Some of his most popular hits include "To, Ot Chego Bez Uma", "Gluboko", "Vitamin D" or "Krujit" ("Spinning").



Kalush Orchestra

Ukrainian band formed by the Ukrainian rap group Kalush (including founder and rapper Oleh Psiuk) and joined by multi-instrumentalists Tymofii Muzychuk and Vitalii Duzhyk. This musical project focuses on rap music while adding a mix of folk notes and Ukrainian traditional music. Kalush Orchestra could represent Ukraine at the Eurovision Song Contest 2022 with the song "Stefania".



The HARDKISS

Ukrainian rock band formed in 2011 by artist and lead singer Julia Sanina and creative producer and guitarist Valeriy Bebko. Their musical universe borrows from rock, pop and electronic music. Their songs "Make-up", "Cranes", "Free Me", "Ships" or "Cobra" are among the best hits of the band and contributed greatly to their overall success within the industry.



Okean Elzy

Famous Ukrainian rock band formed in 1994 whose frontman is Ukrainian musician, vocalist, politician and public activist Svyatoslav Vakarchuk. Powerful lyrics and vocals, strong instrumental and iconic ballads can characterize the group's music style. Notable songs from Okean Elzy include "Not Your War", "Ne ydy" ("Don't Go"), or "Obijmi" ("Hug me").

Learn more about Ukrainian music [here](#).

Read more about the history of Ukrainian music [here](#).

5

CONTEXT & PURPOSE

After years of hybrid warfare with Russia, Ukraine is now under unjustified and massive military attack from Russia. In Ukraine, military units and residential areas are being bombed and casualties among civilians (hundreds have been reported already) are happening across the Ukrainian territory.

Since 2014, the war in Donbass has cost the lives of around 15,000 people, and more than 1.5 million people were forced to flee or leave their homes due to the conflict in the Eastern part of Ukraine between Russian-backed separatists and the Ukrainian army containing the aggression. A substantial part of Luhansk and Donetsk have since been occupied by unofficial authorities where human rights, freedom of speech and rule of law are being violated.

On February 24, 2022, Russia, under Putin's leadership, decided to attack Ukraine from the north (Belarus), the east (the Ukrainian region of Donbas) and the south (sea of Azov and Black sea). The constant threat of an attack for weeks had already been weakening the Ukrainian economy and overall stability but the Russian "military operation" in Ukraine or more precisely the war on Ukraine's sovereign territory is now profoundly damaging Ukrainian infrastructures, Ukrainian economy as well as threatening European overall security.

But most importantly, this Russian aggression and invasion is now threatening the innocent lives of thousands of people, democratic values, human rights, Ukraine's independence and peace in Europe.

IT IS NOW MORE CRUCIAL THAN EVER TO SUPPORT UKRAINE IN DENMARK (AND BEYOND) IN ALL POSSIBLE WAYS (PROACTIVELY, POLITICALLY, FINANCIALLY, BUT ALSO CULTURALLY, LOGISTICALLY... CONCRETELY).

MAIN OBJECTIVES OF THIS CALL TO ACTION:



SHOW TRUE AND UNCONDITIONAL SOLIDARITY WITH/SUPPORT FOR UKRAINE BY LEARNING ABOUT THE UKRAINIAN CULTURE AND UKRAINIAN WORLDVIEW.



DEFEND IN WORDS AND ACTIONS THE SOVEREIGNTY AND INDEPENDENCE OF UKRAINE THROUGH ART, CULTURE, EXCHANGES & DISCUSSIONS, AND MORE.



WORK FOR STABILITY AND PEACE IN EUROPE BY MOBILIZING PEOPLE AND PROVIDING THEM WITH IDEAS ON HOW TO SUPPORT UKRAINE.



DEFEND DEMOCRACY IN EUROPE & PROTECT AND PROMOTE EVEN FURTHER HUMAN RIGHTS IN EASTERN EUROPE THROUGH TALKS OR WORKSHOPS.



FIGHT AGAINST DISINFORMATION AND RUSSIAN PROPAGANDA BY SHARING CONSTRUCTIVE, RELIABLE AND AS TRUSTWORTHY SOURCES OF INFORMATION AS POSSIBLE.



ACT NOW!