

# Guide to get active Part I

## 1 Situation

We are all shocked by what's happening in Ukraine, and as political people and human beings we feel an urge to help. This has resulted in a lot of grassroots activities and initiatives over the last six days. So many, that it is easy to feel overwhelmed and by the sheer amount of possibilities, in the end one ends up being frozen and frustrated.

That's why we are trying to condense the learning from the last days and give organisers as well as volunteers a comprehensive overview of what can be done and what should be avoided.

## 2 Donating Money

At the moment, it seems to be the most useful decision to just donate to existing organisations and operations. There is a lot of coordination, experience, contacts, money and infrastructure involved in getting the right things to the right people. There is of course a big need for donations in the bordering countries of Ukraine, but also inside Ukraine humanitarian aid as well as equipment for the military is desperately needed. Especially the things the Ukrainian military and their territorial defence forces require (helmets, body armour, blood, tourniquets etc.) is not a thing regular people like us can procure.

That's why we chose an easy way for you to be most effective with your donations. The Polish Chapter of the [Effective Altruism Movement](#) is developing an up-to-date summary of which organisations are helping most effectively in and outside Ukraine at the moment. They will check what is needed in real time and will search for the best organisation to donate, so the gap can be filled. Their website is in Polish but the Blogpost in English.

**Here is the blogpost: <https://rb.gy/trzjei>**

Of course, you can donate to a national or regional charity / NGO that you prefer. These are just suggestions.

## 3 Donating Materials

Besides giving money to existing organisations, there is a lot of activity collecting in-kind donations. We recommend you to consult the operations by established organisations that are already happening in your city. They are publishing up-to-date material lists (e.g. clothes are not needed most of the time), and they have the contacts needed to get things where they need to be. So connect to them and see which help they might need. After that, the Volt members of your city can become active collecting.

## 4 Sending Material by ourselves

Europe Cares was a big success, and everyone who participated might recall how satisfying it was to finish up a delivery and send the truck off to its intended destination. We understand that everyone wants to get active and send as many things as possible to people in need. At the moment, though, there is a lot of uncoordinated activity going on. Many small and medium-sized organisations collecting on their own, a lack of coordination at the borders, long traffic jams, a lack of petrol along the route and nothing to say of the danger of crossing the border and getting the goods to people inside Ukraine.

That's why we encourage you to support existing organisations with experience and contacts and only send material by yourself if the following criteria are met:

1. There is a contact at the scene that knows what's needed and can organise the delivery at the scene.
2. You have a concrete, up-to-date list of items required. A lot of times, there are only specific items that are really needed, and other things will only slow down the process or might even prevent useful material from coming through.
3. The quantities are big enough, that sorting things will not create more work than usefulness. Optimal is one item per range.

## 5 Helping refugees in your city

With the war proceeding and hundreds of thousands of people leaving Ukraine, there soon will be a lot of people who require help adjusting in their new city. As with all the points before, it will be best to support efforts already under way in your city / region.

If you have a spare room, or you know people who might have, Elinor, the GLS Bank, Ecosia and betterplace.org created a website that tries to match supply and demand Europe wide. The website is in Ukrainian, Russian, English and German. It's really easy to use and a great way to support people arriving in your country.

**Here is the website:** <https://unterkunft-ukraine.de/>

## 6 Demonstrations

It is very important to show solidarity with the people who are still in Ukraine, people who have to leave their country and the diaspora who have to watch the catastrophe unfolding from another country. There is a great website listing protests going on worldwide: <https://standwithukraine.live/peace-protests/>.

We encourage all the local teams to organise their members to take part in all the different protests and if possible participate in organising the marches. In a lot of cities this has already happened.

But we cannot forget that we are a political party. Our goal is winning votes to influence politics and push meaningful change by reforming the European Union. So talk with your friends and family about the changes that need to happen now, make our positions heard at demonstrations, panels or any other public event.

Here are the positions you can use for that (*we will constantly update with the newest statements*):

1. [Europe must stand with Ukraine](#)
2. [Statement on the Invasion of Ukraine](#)
3. [Why Russia must be excluded from SWIFT](#)