

Ukraine is a vibrant democracy in the heart of Europe.

Its people are being brutally attacked by the armed forces of the Russian Federation simply because they want nothing to do with Putin's regime.

**Citizens of Ukraine deserve peace and our urgent support.
We can help.**

How?

1. Give generously to organisations and initiatives in Ukraine working to fight back and care for those caught in the crossfire. Ukrainian Institute London has a vetted, comprehensive list on the homepage of its website:
UkrainianInstitute.org.uk
2. Contact your MP (search: members.parliament.uk/members/commons) and especially call for:
 - more economic and political sanctions against the Russian Federation, including sanctions on Russian oil and gas;
 - more military-technical support of Ukraine;
 - as in Ireland and other European countries, a lifting of restrictions on visas to Ukrainians fleeing Putin's rockets and invading forces. At the moment, Ukrainians cannot even *apply* for a visa to the UK if they do not have close family in the country.
3. Follow Ukrainian journalists and knowledgeable international journalists on the ground, such as:
 - The Kyiv Independent: @KyivIndependent
 - Nataliya Gumenyuk: @ngumenyuk
 - Olga Tokariuk: @olgotokariuk
 - UkraineWorld: @ukraine_world
 - Christopher Miller: @ChristopherJM
4. Join a demonstration and make your voice heard in London and Cambridge and beyond. Checking out London Euromaidan (@london.maidan) and following the Cambridge University Ukrainian Society is a great start.
5. Take time to learn more about Ukraine and its diverse people and extraordinary culture, read e.g. Serhii Plokyh's *The Gates of Europe*.