



**Goodera stands  
with UKRAINE**

**#SupportUkraine**

*“No outcome of the war is more valuable than the lives that are at stake.”*

The recent debacle in Ukraine has unfolded a humanitarian crisis in the country.

Homes and buildings are getting destroyed, rendering all places unsafe, forcing civilians to flee their homes or take refuge in shelters across the nation.

The time calls for **unity** and **solidarity** as we stand with Ukraine. This war-torn situation reaches for a strong fraternity prepared to offer unbending support through prayers. We need to let them know that they are not alone.

**Goodera** aims to help the non-profits working on the ground in supporting people affected by the humanitarian crisis in Ukraine. Join us as we are doing our bit to **#SupportUkraine**.

**#SupportUkraine**





## Write short letters of support for children and refugee families

### About the activity

Volunteers will write letters of support in Ukrainian for the refugees who have been recently transferred to the border to safeguard them from the Ukraine-Russia war. These letters will provide love and hope to the people as they leave their homes in dismay and pray for their safety.



**Te Aud Romania (I HEAR YOU ROMANIA)** is an NGO established in 2014 to help orphans and disadvantaged children in Romania through improved education, life guidance, sport, and social inclusion. The non-profit is providing support on the ground with partner organizations in Ukraine to transfer people at the border. Their focus is to rehabilitate children and families in refugee centers.



Team- Based



60 Minutes



## Record video messages of love to encourage the people of Ukraine

### About the activity

Volunteers will video-record heartfelt messages of love in Ukrainian for people who have been affected due to the ongoing crisis. These messages will be a way to generate positivity and reassurance among the people as they battle through these difficult times.



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Team- Based



60 Minutes

## Create informative guidebooks to help volunteers during rescue operations

### About the activity

Volunteers will create digital guidebooks in English highlighting the "Do's and Don'ts" to help the on-field volunteers support Ukrainians crossing the border in Romania. These tips about body language and appropriate gestures will facilitate easy implementation and help the refugees.



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Team- Based



60 Minutes



## Raise funds to help transport children and families from shelters to Austria

### About the activity

Volunteers will raise funds to support the relocation of families and kids from children's homes to Austria. These funds will help transport around 80 people to safer homes during this unique time in history.



**Small Hearts** is a nonprofit association that cares for poor, neglected, and orphaned children in Russia, Ukraine, and Cambodia. Its goal is to give the youngest in these countries a better future. It helps by providing targeted direct assistance to ensure basic needs through sponsorships of children and concrete educational projects.

Click [here](#) to donate



Team- Based

# Write support cards with notes of hope and positivity for children in Ukraine

## About the activity

Volunteers will write support cards in English or Ukrainian with messages of hope and encouragement for the children living through a humanitarian crisis. The activity aims to express support and deliver hope through notes of positivity during these tough times.



**The Crab Charitable Foundation for Children with Cancer** supports children with cancer and provides treatment for them in Ukraine. They are currently focusing on taking the children from Ukraine to their clinics at the borders.



Team- Based



60 Minutes

# Record video messages of support for children living through the crisis

## About the activity

Volunteers will record loving videos of support, in Ukrainian or English, for children caught between conflicts to spread positive vibes. These greeting videos will give hope, tenderness, and kindness while they navigate through these crucial times.



**The Crab Charitable Foundation for Children with Cancer** supports children with cancer and provides treatment for them in Ukraine. They are currently focusing on taking the children from Ukraine to their clinics at the borders.



Team- Based



60 Minutes



## Assemble personal care kits to aid women in refugee centers

### About the activity

Volunteers will assemble personal care packages for women, or donate the amount, as they reside temporarily in refugee centers. These kits containing personal hygiene items, including pads and tampons, will be an attempt to make them feel comfortable as they leave everything behind and pray for restoration.



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**Cost: 14.81 USD / kit**



Team- Based



60 Minutes



## Donate personal care packages for refugees from Ukraine

### About the activity

Volunteers will donate personal care kits consisting of a towel, toothbrush, soap, shampoo, wipes, deodorant, and comb to support the refugees taking shelter at the Romanian border. These essentials will help children and families sustain themselves as they pray for normalcy.



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**Cost: 12.80 USD / kit**



Team- Based



60 Minutes



## Pack care kits to support babies in the refugee centers

### About the activity

Volunteers will pack baby care kits consisting of baby bottles, nappies, and wet wipes to support their essential needs. Volunteers can also contribute the amount to make the refuge for babies and mothers as easy as possible during these difficult times.



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**Cost: 6.90 USD / kit**



Team- Based



60 Minutes



## Prepare art kits to engage young children in refugee shelters

### About the activity

Volunteers will prepare art kits or donate the amount towards the kits for children comprising coloring pencils, coloring books, and plush toys. These items will help engross children taking shelter.



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**Cost: 10.80 USD / kit**



Team- Based



60 Minutes



## Highlight the relief efforts of the non-profit for Ukraine

### About the activity

Volunteers will spotlight the relief efforts of the non-profit on social media. The activity aims to raise awareness and encourage support for Ukraine from the masses.



**Project HOPE** is a renowned global health and humanitarian relief organization. Their lifesaving work addresses the world's greatest public health challenges, transforming lives and uplifting communities. They are on the ground responding to the Ukraine crisis and are actively shipping essential medicines and medical supplies to assist Ukrainians, whilst coordinating with local organizations in Ukraine, Poland, Moldova, and Romania.



Team- Based



60 Minutes



## Donate essential kits for children with (dis)abilities in Ukraine

### About the activity

Volunteers will donate essential kits for children with (dis)abilities under the non-profit's support. These essentials will include anti-epileptic medicines, diapers, wet towels, hygiene products, and other essential food items. Your help will support Ukrainians through the challenge in front of them.



**Dzherelo Children's Rehabilitation Centre**, founded in 1993, works with children and youth with disabilities such as cerebral palsy, down syndrome, autism spectrum disorder, attention deficit hyperactivity disorder, and other developmental disabilities. They are looking to help around 250 children (250 kits) who are part of their everyday program in Lviv, Ukraine, and transport kits to different families.

**Cost: 50 USD / kit**



Team- Based



60 Minutes



## Share the stories of the NPO on social media to encourage support

### About the activity

Volunteers will share the social media content of the non-profit to encourage support. These stories will be re-posted from the Instagram handles of the volunteers. This activity will help motivate and stimulate others to come out in support of Ukraine while boosting the cause of the non-profit.



**Bright Kids Charity** works in Kyiv, Ukraine, to financially support kids and their families struggling to overcome health concerns and the costs involved. BKC is currently coordinating efforts for families of children with disabilities to receive urgent essentials such as groceries, high-nutrition food, and hygiene products.



Team- Based



30 Minutes



## Raise funds to embolden the non-profit's efforts towards Ukrainian families

### About the activity

Volunteers will raise funds to aid the non-profit in supporting kids and families with health concerns. These funds will cover the medical costs of children with disabilities and provide them with essentials like hygiene products, groceries, food, and more as they go through these crucial times in Ukraine.



**Bright Kids Charity** works in Kyiv, Ukraine, to financially support kids and their families struggling to overcome health concerns and the costs involved. BKC is currently coordinating efforts for families of children with disabilities to receive urgent essentials such as groceries, high-nutrition food, and hygiene products.

Click [here](#) to donate



Team- Based



## Support the NPO in raising funds to help Ukrainian refugees

### About the activity

Volunteers will help raise funds to support Ukrainian refugees. These funds will cover the basic needs of people relocating to Poland and offer cash assistance, shelter, mental support, and medical help. These funds will go to the Ukrainian refugees as emergency relief to support them during these difficult times.



**The International Rescue Committee (IRC)** is meeting with partners and local civil society organizations in Poland and Ukraine to assess capacity for responding to an increase of refugees and people in need. As Poland prepares to receive as many as 1 million refugees from Ukraine, the IRC is working to scale up the support we provide to the government and local nonprofits to address the crisis and help meet the basic needs of people fleeing the conflict.

Click [here](#) to donate



Team- Based



## Donate to help the non-profit support children in Ukraine

### About the activity

Volunteers will donate to extend support to the non-profit working for the children living through the crisis in Ukraine. The funds will provide safe shelters, psychological support, medical care, clean water, and covering hygiene measures.

**UNICEF** is on-site and constantly helping children in Ukraine. UNICEF will donate the collected funds to provide children with, among others, safe shelters and psychological support, medical care, clean water, and hygiene measures.

Click [here](#) to donate



Team- Based



## Raise funds to help the non-profit supply hygiene kits to families in Ukraine

### About the activity

Volunteers will raise funds to help provide households in Ukraine with essential items. These contributions will help gather hygiene kits, sleeping mats, camp beds, and more. Each of these supplies will go forwards as emergency aid for Ukrainian refugees.



**The German Red Cross** is sending the first major aid transport to Poland. The DRK (German Red Cross) is aiding convoy to Lublin, Poland, which will supply a household of five for a month. An emergency aid expert from the German Red Cross has been supporting the sister company, the Polish Red Cross, in setting up a logistics hub.

Click [here](#) to donate



Team- Based



## Help the NPO finance the accommodation and transport of Ukrainian refugees

### About the activity

Volunteers will donate for the cause of the non-profit. These donations will contribute towards the accommodation and transport of Ukrainian refugees. This activity aims to provide them with a comfortable arrival as much as possible.



**MAGYAR MÁLTAI  
SZERETETSZOLGÁLAT**

**Hungarian Maltese Charity Service** and the volunteers who joined them receive refugees from Ukraine at the Eastern Railway Station. The Maltese are present at the main railway stations in line with the trains arriving from the Ukrainian border and distribute hot tea, water, and food to the visitors and, in cooperation with the Disaster Management and the police, inform them about accommodation and transport options.

Click [here](#) to donate



Team- Based

The background of the image shows a group of people in silhouette, their arms raised holding several Ukrainian tricolor flags (blue and yellow). The scene is set against a bright, hazy sky, likely during a sunset or sunrise, which creates a warm, golden glow. The overall mood is one of solidarity and support.

**Thank You!**

**#SupportUkraine**

