**News Sources**

| | |
|---|---|
| Advice on accessing BBC News | https://www.bbc.co.uk/mediacentre/articles/2022/advice-on-accessing-bbc-news/ |
| BBC shortwave radio | two new shortwave radio frequencies – 15735 kHz and 5875 kHz – will broadcast World Service news in English for four hours a day. These frequencies can be received clearly in Kyiv and parts of Russia, the BBC said. |

**Travel information for those entering Poland**

https://www.gov.pl/web/ua

**Travel Information**

| | |
|---|---|
| Poland | https://www.gov.pl/web/ua |
| Germany | https://www.bamf.de/DE/Themen/AsylFluechtlingsschutz/ResettlementRelocation/InformationenEinreiseUkraine/informationen-einreise-ukraine-node.html |

**These are the emergency contact numbers for refugees from Ukraine fleeing into the neighboring countries**

| Country | Helpline | Languages | Contacts |
|---|---|---|---|
| Czech Republic | +420 800 400 234 | EN | Kruskova Veronika (RBCB/HRL1) \| Veronika.Kruskova@cz.bosch.com<br>Drbohlav Jan (RBCB/HRL1) \| Jan.Drbohlav@cz.bosch.com |
| Hungary | +36 80 18 08 00 | EN, HU (UA) | Szoke ZSOFIA (C/HRR2 HU) \| Zsofia.Szoke@hu.bosch |
| Poland | +48 539 097 556 | EN, UA | Kuczka Janusz (FCM-Wz) \| Janusz.Kuczka@pl.bosch.com |
| Slovakia | +421 907 939 223 | EN, DE, SK (UA) | Krizova Martina (BSH SK/BA) \| Martina.Krizova@bshg.com |
| Romania | +0040722652421 | EN, DE | Corello Cristina (C/HRR RO) \| Cristina.Corello@ro.bosch |

| Wer / Who | Kontak / Contact | Was /What |
|---|---|---|
| | @opa_whoopi Instagram | Kleidung/ Clothes; ErsteHilfeSet/ First Aid Kit; Babynahrung /Baby Food; Medikamente /Medication |

**Spenden (Geld) / Donation (Money)**

| | | |
|---|---|---|
| Plushie Help Network | https://www.justgiving.com/crowdfunding/plushiehelpnetwork | |
| Plushie Aid | https://www.gofundme.com/f/plushieaid-for-peace?qid=47497a6161281db259de7cef6faf3719 | |
| Aktion Deutschland Hilft | https://www.aktion-deutschland-hilft.de/ | via Paypal |
| Rotes Kreuz ( Red Cross) | https://www.drk.de/ | via Paypal |
| Care | https://www.care.de/ | via Paypal |
| Aktion gegen den Hunger | https://www.aktiongegendenhunger.de/ | via Paypal |
| UNO Flüchtlingshilfe | https://www.uno-fluechtlingshilfe.de/ | via Paypal |
| The Conqueror-Virtual Challenges | https://www.theconqueror.events/de/stand-with-ukraine/ | virtual walk-worldwide |