



Ukrainian Guests - Tips

If you are a Ukrainian and are staying with a family in the UK, the information here may be of some help to you

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First of all, please forgive me for any bad or inaccurate translation. I only have Google translate available to me!

1. **Initial Safety** - Make sure you are comfortable with whomever you are getting into a car with. Genuine hosts will have your and your family's best interests at heart and should be willing to provide you with any information you ask such as exactly where you are going - a specific address. Ask them to show you on a map and find out how long the journey will take. Get their phone number and ask to see some identification with the address they have told you on it. If you do not speak English, ask someone close by to assist. You can use [Google Translate](#) to type the words you know and play the translation to them. If possible, let someone in authority know where you are going and who with. Genuine hosts will not mind this at all as they will be as concerned for your safety as you are. **Do not be forced against your will.**
2. **Your Health** - Let your hosts know if you have any medical needs. Your health is a priority and your hosts will be able to get you to healthcare professionals so that you can receive any urgent or ongoing treatment that you need. If you are hungry or thirsty, let your hosts know and they will get you food and drink.

3. **Housing** - Hopefully you have managed to find a family to sponsor you and provide you with a place to live. However, if this does not work out for whatever reason then you can contact the Facebook Group shown at the end of this document and create a post to see if there are any other families willing to re-sponsor you. If they can then you can either apply for a visa through the **UK Government Website** (shown at the end of this document) or they can do it for you. You will have to provide them details which they will ask at the time.
4. **Getting Settled** - Your hosts may never had had to do anything like this before and will be eager to help you as much as possible. They can read my other guide “**Tips for Hosts**” which is posted on this group which may help them. Be upfront and honest with them. If you want to be alone, say that you would like to be alone or that you just need to rest. Ask any questions you may have such as where you can get a drink or some food. Please, on behalf of everyone in the UK... please feel free to have anything! Again - use Google translate if you are all struggling with the language barrier. Google Translate has a video feature as well where you can video the text and it will translate it for you. Contact any friends and family and let them know you are safe. You may want to ask to do this privately which your hosts will understand.



A refugee is someone who survived and who can create the future.

Amela Koluder

Make sure you try and rest.

Your hosts will have made sure you feel safe and secure within your home/apartment/room. If you need a lock on your door or the bathroom please ask your hosts to provide one.

Let your hosts know if you have any allergies and how to spot signs of and what to do if you suffer an allergic reaction.

When and **only** when you feel ready, let your hosts know your situation, or as much as you can manage. It is important they understand about you so they can take these things into consideration.

Let your hosts know if there are any provisions you need

and they will offer to get them for you or take you somewhere to get them.

5. **Money** - If you don't have any money, first of all, don't worry. Your hosts will be able to manage this. They will understand the situation and will either buy the things you need or some may give you money so you can buy things for yourself. Amounts available will vary depending upon the hosts' income.



“Refugees are mothers, fathers, sisters, brothers, children, with the same hopes and ambitions as us—except that a twist of fate has bound their lives to a global refugee crisis on an unprecedented scale.”

Khaled Hosseini

After your visa has been processed you will be given Refugee Status. Once you have this, you can go to a bank and open a bank account. Your hosts will help you if you need them to. You will need proof of identity such as your passport and a letter with your name and the address of where you are staying or a letter from a responsible individual such as a doctor, teacher, social worker or probation officer. Soon after you have been given Refugee Status you will be sent a National Insurance Number. This is an important number and will allow you to get work and medical care through our National Health service.

You may be able to claim benefits. At the time of writing this document there was no clear information available on exactly what benefits are going to be made available for refugees but there are already 3 different types:

Universal Credit - Available if you are on a low wage, too ill to work

Pension Credit - If you are above the working age

Refugee Integration Loan - To help pay for rent deposit, household items and training for work. For more information about these go to the Citizens Advice Website shown on the last pages.

1 British Pound (£) is worth 38 Ukrainian hryvnia

6. **Work** - You may wish to find work whilst you are living here. If you do, there are several ways to do this. You can search for jobs on the internet. Currently there is quite a high demand for labour in the UK.

Search the internet for “Jobs” or “Employment Opportunities” in your area. You may want to ask your hosts to help you prepare a “CV” which is a list of your

qualifications and work history and your interests and hobbies.

If you have qualifications from your own country then contact “**UK NRIC**” (website link is on the last pages). You will need to find their UK equivalent to find a similar job here. This costs at least £55.20 to do this.

Caution: Do not work for free and do not let anyone promise to get your money on your behalf. If you feel as if you are in a situation where you are being forced to work, or where you are told that you have generated debt that must be paid off then speak to someone in authority and try and explain what has happened. If you don't feel you can talk to anyone you trust call:

Crimestoppers on 0800 555 111



“Refugees didn't just escape a place. They had to escape a thousand memories until they'd put enough time and distance between them and their misery to wake to a better day.”

Dina Nayer

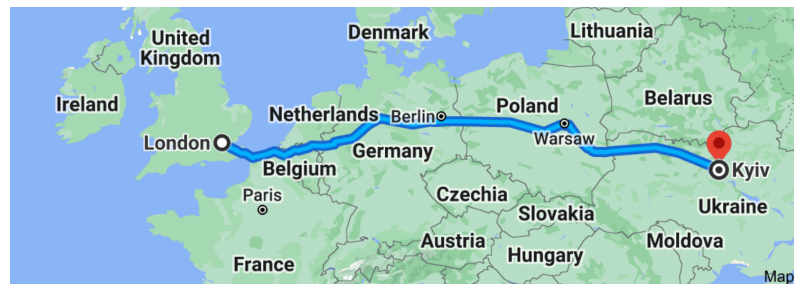
7. **Geography** - I have provided a couple of maps which I hope you will find useful. One is of the UK (United Kingdom) and one shows where the UK is in relation to Ukraine.

The UK is split into 4 countries - England, Scotland, Wales and Northern Ireland. Only Northern Ireland is on a separate land mass across the Irish Sea. It takes about an hour flying to get from the UK to Ireland.

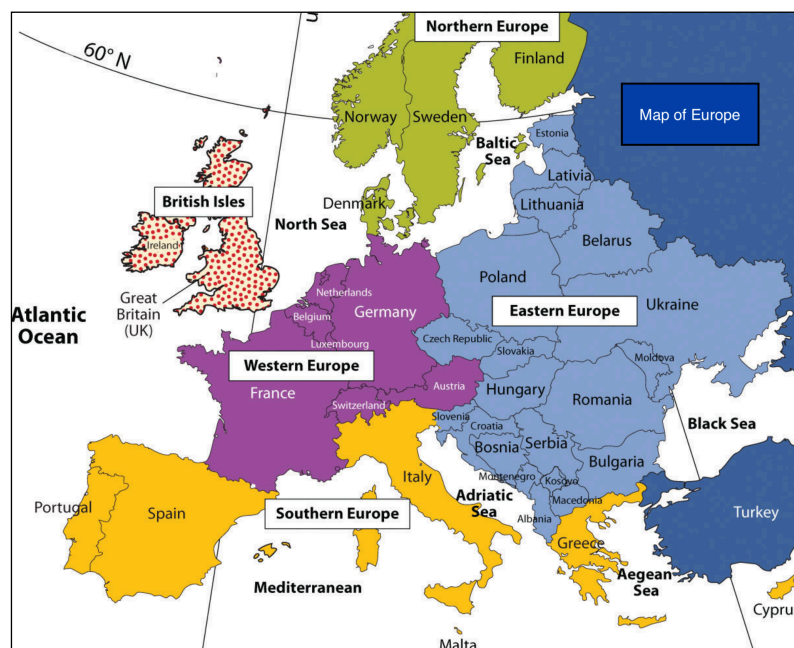
Scotland is the top 3rd of the main landmass of the UK and is well known for its beautiful scenery, many islands and stunning coastline. English is spoken throughout Scotland.

Wales is on the left hand side of the UK landmass - sort of the bump on the left. Here, English is spoken more or less everywhere but there are some pockets in the Northern part of Wales where Welsh is the predominant language.

The UK is approximately 865 miles (1,390 km) from top to bottom.



It takes about 4 hours to fly from Manchester in the UK to Kyiv in Ukraine.



The distance from London to Kyiv is 1500 miles(2,400km).

The UK lies to the western side of Europe as can be seen below on the map of UK and it's geographic location relative to other European countries.



8. **Transport** - Links to all counties are good from the UK and there are many options for travel both within and outside the UK. There are rail services which criss cross the country. You may want to look into getting a railcard. The prices as at 16th March 2022 are shown below.

Type	Price (1-year Railcard)	Price (3-year Railcard)
16-17 Saver	£30	n/a
16-25 Railcard	£30	£70
26-30 Railcard	£30	n/a
Disabled Persons Railcard	£20	£54
Family & Friends Railcard	£30	£70
Network Railcard	£30	n/a
Senior Railcard	£30	£70
Two Together Railcard	£30	n/a
Veterans Railcard	£30	£70



“We have a legal and moral obligation to protect people fleeing bombs, bullets and tyrants, and throughout history those people have enriched our society.”

Juliet Stevenson

There are also many airports from which you can fly from and to. Check the internet for flights. Ask your hosts to help you if you get stuck!

Buses and coaches are a great and very cheap way of travelling in and around the UK. Your local town or city will operate its own bus services which can help you move around your local area. Bus stops are placed at regular intervals. If you are living in a village there may be a reduced number of buses available to you. Bus passes for those of a pensionable age will be available and allow free travel. See links on the last pages.

There are also several National bus and coach companies who operate longer distance journeys all across the UK and to foreign destinations such as National Express, Megabus, Stagecoach.

9. **Religion** - The UK is full of churches. Many are Church of England and Catholic but nearly all faiths are represented. The Orthodox Christian Church is fairly small in the UK (below is a map showing the distribution). If you do need to go to church then ask your hosts to find information about the churches near you.



The UK is a multi-ethnic country with places of worship for every denomination. I have provided a link to a UK directory of places in the links section at the end of this document.

10. **Behaviour** - You will find British people very friendly, warm and welcoming. You will also find that British people say “Sorry” a lot... often for things they don’t need to be sorry about! People will talk about the weather a great deal. It’s usually pretty bad!

Most of the time, people will go out of their way to help you. To attract someone’s attention you would say “Excuse Me?” And then ask your question. Then it is just as it is in your country with politeness by saying please and thank you if you are asking for something.

You may find that total strangers may say “Good Morning” or “Good evening” to you if you are walking past them whilst out for a walk, but usually this is only when there are not crowds of people.



If there is a line for something, always queue and wait your turn.

Do not wave or yell to call over a waiter/waitress. Instead, make eye contact or say “Excuse Me” as they pass by.

It is considered rude to ask personal questions to strangers.

Other than that, just be yourself. You are very welcome here.

11. **Miscellaneous** - Some other miscellaneous information

Tap water is perfectly safe to drink in the UK

If there is an emergency you can call 999 and ask for Fire, Ambulance or Police

Cars drive on the left hand side of the road. Remember when you are crossing a road always look to your right first, then left. Do not step out onto a road until you are sure nothing is coming.

Time Zone - GMT (Greenwich Mean Time)

Capital City - London

Links and Information

I have listed some links you may find useful here:

UK Government Web Site:

<https://www.gov.uk/government/topical-events/russian-invasion-of-ukraine-uk-government-response>

Ukraine - Latest Updates in Ukrainian

<https://www.gov.uk/world/ukraine/news.uk>

Facebook - Accommodation, Help & Shelter for Ukraine

<https://www.facebook.com/groups/699929631375624/>

Guidance - UK visa support for Ukrainian Nationals and their family members

<https://www.gov.uk/guidance/support-for-family-members-of-british-nationals-in-ukraine-and-ukrainian-nationals-in-ukraine-and-the-uk>

Citizens Advice - After you get refugee status

<https://www.citizensadvice.org.uk/immigration/after-you-get-refugee-status>

If you find you are unable to stay where you are placed your local Citizens Advice office (<https://www.citizensadvice.org.uk>) may be able to give you advice.

If you become homeless then you can contact the homeless charity shelter on 0808 800 4444

Citizens Advice - Housing Issues/Homeless Shelter

<https://www.citizensadvice.org.uk>

Telephone: 0808 800 4444

UK NARIC - If you have qualifications from your own country

<https://www.naric.org.uk/naric/individuals/>

Citizens Advice - Opening a Bank Account

<https://www.citizensadvice.org.uk/debt-and-money/banking/getting-a-bank-account/>

Crimestoppers - For reporting Slavery

[https://crimestoppers-uk.org/keeping-safe/community-family/modern-slavery?
gclid=CjwKCAjw8sCRBhA6EiwA6_IF4Ycgt_Zoy7yc4WtjG6E1965
_sm6bR7z_ByOzdaYWMmQJc6EKFm8mQBoCKJ8QAvD_BwE](https://crimestoppers-uk.org/keeping-safe/community-family/modern-slavery?gclid=CjwKCAjw8sCRBhA6EiwA6_IF4Ycgt_Zoy7yc4WtjG6E1965_sm6bR7z_ByOzdaYWMmQJc6EKFm8mQBoCKJ8QAvD_BwE)

Places of Worship

<https://www.ukdirectory.co.uk/personal/places-of-worship/>

