



Regional information Ukrainian refugees

Welcome to the Netherlands. We do everything we can to help you as best we can. Below you'll find the most important phone numbers

	Phone numbers
<p>In case of emergency In case of fire, accident or a crime</p> <p>Police control room</p> <p>In the event of an undesirable or unsafe situation with your host parent/host family, please contact your own contact person from takecarebnb or come to the emergency shelter in the Jaarbeurs</p>	<p>112</p> <p>0900 – 88 44 or +31 900 88 44</p>
<p>Refugee questions Refugee work in general https://forrefugees.vluchtelingenwerk.nl If you scroll down, you'll find the information in the Ukrainian and Russian language.</p> <p>RefugeeHelp Information over your stay in the Netherlands https://www.refugeehelp.com</p> <p>Red Cross information line via WhatsApp Send a (voice) message in Ukrainian, Russian or English via WhatsApp. A volunteer will contact you soon</p> <p>Immigration and Naturalization Service (for example if you need visa extension) https://ind.nl</p>	<p>+31 6 83 09 76 96</p> <p>+ 31 6 48 15 80 53</p>
<p>Ukrainian Embassy Zeestraat 78 2518 AD Den Haag emb_nl@mfa.gov.ua</p>	<p>+31 70 362 60 95</p>
<p>Work Ukrainians are allowed to work in Netherlands. From 1 April, a work permit is no longer required. For more information: https://www.rijksoverheid.nl/onderwerpen/opvang-vluchtelingen-uit-oukrajne/ondersteuning-in-nederland/werk-en-inkomen</p> <p>Refugees from Ukraine can contact <i>Midden Utrecht Werkt Door</i> (www.middenutrechtwerktdoor.nl) for advice and information. The advisors provide information about working in the Netherlands and help with registration in job vacancy sites www.Werk.nl and www.Hallo-werk.nl</p>	<p>work@middenutrechtwerktdoor.nl +31 6 11 14 90 80</p>
<p>Living allowance Please inform about possibilities at the municipality where you stay.</p>	

<p>Registration in municipality Please inform about possibilities at the municipality where you stay.</p>	
<p>Doctor If you need a doctor or medical support, please ask at the reception or look in the information folder of the hotel where you currently stay. Or find a doctor near your place of residence via https://www.zorgkaartnederland.nl/huisarts</p> <p>Costs: Refugees are entitled to basic care based on their Ukraine document. Care provider can declare costs via CAK.</p> <p>Corona Information: Коронавірус - Pharos</p>	
<p>Youth health care GGDru (0 to 18 years)</p> <p>Here you can go to the consultation office, for (free) vaccinations for babies and children, and questions about health and raising children from 0 to 18 years.</p> <p>Youth health care is free</p>	<p>033-460 00 46 (ask for Service Center JGZ) or jeugdgezondheidszorg@ggdru.nl</p>
<p>School Parents with children up to the age of 12 can inquire about this with the municipality where they stay. (Parents with) children in the age from 12 - 18 years can make an appointment for an intake with Ithaka, via www.ithaka-isk.nl/aanmelden-oukraiense-leerlingen-12-18-jaar (in Dutch and English).</p> <p>With questions about studying in Utrecht, please go to www.UAF.nl</p>	
<p>Host families</p> <p>Red Cross helpline For questions, advice and support Monday to Friday from 9:00 am to 9:00 pm</p>	<p>+31 70 44 55 888</p>
<p>Pets Animals entering the Netherlands must be examined and registered by a veterinarian. You can make an appointment for this (free of charge) via</p> <p>Help for animals from Ukraine www.hulpvoordierenuitoekraine.nl (information also in Eng, Ukr, Russ) info@hulpvoordierenuitoekraine.nl</p> <p>Here you can go for vaccinations, pet supplies or temporary shelter for your pet</p> <p>Animal ambulance (in case of emergency) https://www.dierenambulanceutrecht.nl</p>	<p>+31 88 811 33 33</p>

Ukrainians For Dinner

To offer you a moment to meet Dutch people in a homely atmosphere, Foundation Eet Mee is organising Ukrainians For Dinner.

As a refugee from Ukraine, you will be warmly welcomed by locals who are happy to share a meal and a conversation with you in their homely environment. You can also cook together.

More information/sign up: <https://www.eetmee.nl/en/ukrainians-for-dinner>