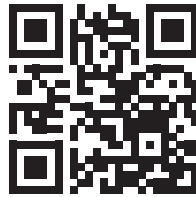


## RECOMMENDED FOR YOUR SAFETY

- ◆ **DO NOT** wear an army uniform or camouflage clothing - it is better to wear clothes with dark colors that do not attract attention, and avoid any symbols, since they may cause an inadequate reaction;
- ◆ **DO NOT** observe the course of hostilities, **DO NOT** stand, **DO NOT** run under fire;
- ◆ **DO NOT** approach windows if you hear shooting;
- ◆ **DO NOT** argue with armed people, **DO NOT** take photos and **DO NOT** record in their presence;
- ◆ **DO NOT** pick up abandoned weapons and munitions;
- ◆ **DO NOT** touch explosive or suspicious items, **DO NOT** try to disassemble them or move them to another place. Immediately report their location to the territorial bodies of the State Emergency Service and the National Police by calling "101" and "102".

## USEFUL LINKS



Office of the  
President of  
Ukraine



Ministry of  
Defence of  
Ukraine



General Staff of the  
Armed Forces of  
Ukraine

## MEMO

### INTERACTION OF CIVIL SOCIETY WITH THE ARMED FORCES OF UKRAINE DURING MARTIAL LAW



The enemy's goal is to split Ukrainian society from within and destroy our faith in our strength. We, Ukrainians, are indeed different, and our views may not coincide, but we have a common cause - to repel the invader. So stay united and support each other.



## ACCORDING TO THE CONSTITUTION

Due to the temporary imposition of martial law in Ukraine, for the duration of the legal regime of martial law, **constitutional rights and freedoms** of a person and citizen, provided for by **Articles 30 – 34, 38, 39, 41 – 44, 53 of the Constitution of Ukraine**, may be restricted; also, temporary restrictions of the rights and legitimate interests of legal entities are envisaged within the limits and in the scope necessary to ensure the possibility of introducing and implementing measures of the legal regime of martial law (*Article of the Decree of the President of Ukraine dated 24/2022, No./2022, «On the Introduction of Martial Law in Ukraine»*).

## RESTRICTED DURING THE LEGAL REGIME OF MARTIAL LAW

- Article 30** guarantees inviolability of housing;
- Article 31** guarantees secrecy of correspondence, telephone conversations, telegraphic and other correspondence;
- Article 32** establishes that no one can be subjected to interference in their personal and family life;
- Article 33** guarantees freedom of movement;
- Article 34** guarantees the right to freedom of thought and speech and to free expression of one's views and beliefs. It is this article that proclaims the right to freely collect, store, use and disseminate information orally, in writing or otherwise;
- Article 38** enshrines the right of citizens to participate in the management of state affairs, in all-Ukrainian and local referendums, to freely elect and be elected to state and local self-governance bodies;
- Article 39** allows citizens to gather peacefully, without weapons, and hold meetings, rallies, marches and demonstrations;
- Article 41** declares the right to own, use and dispose of one's property;
- Article 42** protects the right to entrepreneurship;
- Article 43** grants the right to work. The use of forced labor is prohibited.

## HOW TO SECURE YOURSELF DURING MARTIAL LAW

- ◆ Always carry your ID with you. Keep your money and documents in different places - so you will have more chances to secure them;
- ◆ Keep records of the blood type at hand (your own and that of your close relatives) and information about possible health issues (for example, allergies to medication, chronic diseases, etc.);
- ◆ Be aware of the location of shelters closest to your home, workplace and places you often visit;
- ◆ Avoid crowded places, try to be outside your home and work as little as possible;
- ◆ Do not enter into disputes with strangers - this will help avoid possible provocations;
- ◆ If you receive information through official channels of the state authorities about a possible danger, pass it on to other people - relatives, neighbors, colleagues;
- ◆ At the appearance of armed men, military vehicles, in the case of riots, immediately leave the dangerous area, if possible avoid convoys of vehicles and do not stand near moving military vehicles;
- ◆ Inform law enforcement agencies, local authorities or the military about the persons who commit illegal and provocative actions;
- ◆ If you find yourself in the area of shelling, take refuge in the nearest shelter and do not leave it for some time after the shelling has ended;
- ◆ If a person near you is wounded, do not try to help him/her until the shelling is over. After the shelling has ended, give the wounded the necessary first aid and call an ambulance, representatives of the State Emergency Service, law enforcement agencies or the military.

## PROCEDURE FOR ACCREDITATION OF MEDIA REPRESENTATIVES



## RECOMMENDATIONS TO JOURNALISTS ON THE ORGANIZATION OF WORK DURING MARTIAL LAW



## MEMO

### INTERACTION OF THE MEDIA WITH THE ARMED FORCES OF UKRAINE DURING MARTIAL LAW



The enemy's goal is to split Ukrainian society from within and destroy our faith in our strength. We, Ukrainians, are indeed different, and our views may not coincide, but we have a common cause - to repel the invader. So stay united and support each other.



## TIPS FOR JOURNALISTS WORKING IN MILITARY UNITS



- ◆ Always have a minimum set of documents with you (passport, editorial ID, accreditation card, etc.), as well as other additional documents that allow you to significantly reduce the time to establish your identity.
- ◆ Be calm - this is the main rule: the military are doing their job, and your safety depends on them.
- ◆ Answer any question as calmly as possible, without provoking a conflict.
- ◆ Never argue or fight with a person who has weapons, instead try to enter into a constructive conversation as soon as possible.
- ◆ Clarify the purpose of your visit and what you need to complete the editorial task to the unit commander, not to the first-best service member you meet.
- ◆ If the situation reaches an impasse, it is worth moving away, calling the press center of the relevant Operational Strategic Group of Troops (OSGT) or the Public Relations Department of the Armed Forces of Ukraine.
- ◆ Heed the advice and follow the orders of the military – it can save your health and your life.
- ◆ After publishing material, send the press officer who escorted you an internet link to your publication – this will contribute to continued fruitful cooperation

### RECOMMENDED FOR YOUR SAFETY!

- ◆ DO NOT go to dangerous areas unprepared (have protective equipment marked “ПРЕКА” or “PRESS”, a first-aid kit, and learn first aid and self-help skills in advance);
- ◆ You should NOT work alone – it is safer to team up with two or three journalists;
- ◆ DO NOT remove your protective equipment while in the danger zone;
- ◆ DO NOT wear elements of a military uniform – your clothing should be comfortable but not military style and should not have military elements;
- ◆ DO NOT publish data on shelling or casualties unless it has been reported through official sources, even in the cases where you have the most reliable information;
- ◆ DO NOT disclose positions, roadblocks, locations of airstrikes and shelling that have just taken place or other sensitive information. Take photos and videos with close-up and medium shots, without reference to the area.
- ◆ DO NOT take photos and videos without the permission of law enforcement officers or military personnel, do not take pictures of their faces without their consent.