



Impact report



July 2024

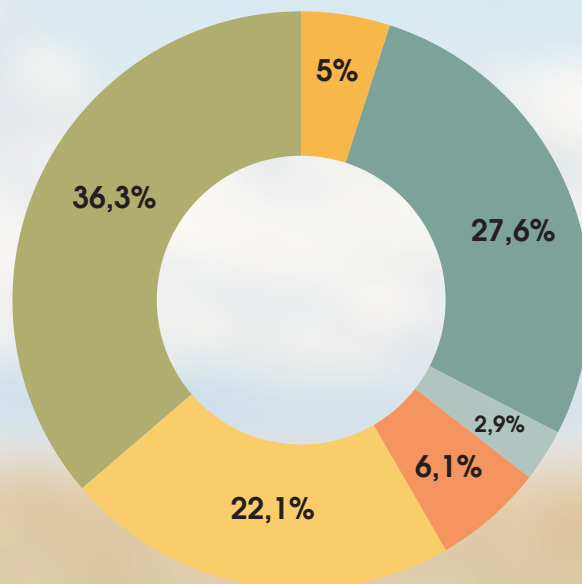
**KIDS OF
UKRAINE**

Data for the month of July

For the period July 1-31, 2024*

Total expenses: **32 621 \$**

 Rent of premises	1 622 \$
 Club's operations	9 003 \$
 Workshops	959 \$
 Psychological support	2 003 \$
 Administrative expenses	7 198 \$
 Summer camps	11 836 \$



20

hours of group work
with a psychologist



49

workshops, excursions,
and walks



17

hours of individual work
with a psychologist



11

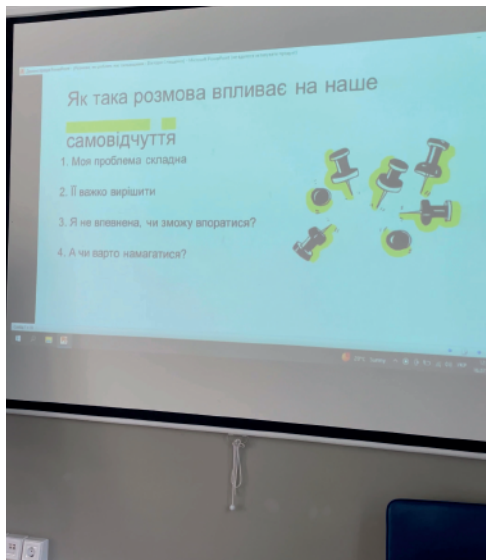
educational trainings
and English lessons

**Data on the activities of the "SviTy" clubs in Lviv, Cherkasy, Khmelnytskyi and Zhytomyr*

July in Lviv

Training "Conversations That Make Us Stronger"

Teenagers participated in an engaging training session focused on the significance of dialogues with oneself. Does our inner "self" support us, empower us to grow stronger, and teach us how to navigate challenging situations? How can we become friends and sources of inspiration for ourselves and those around us? Together, we also role-played various life scenarios, contemplating ways to become better conversationalists with ourselves first and foremost.



Acting Skills workshop

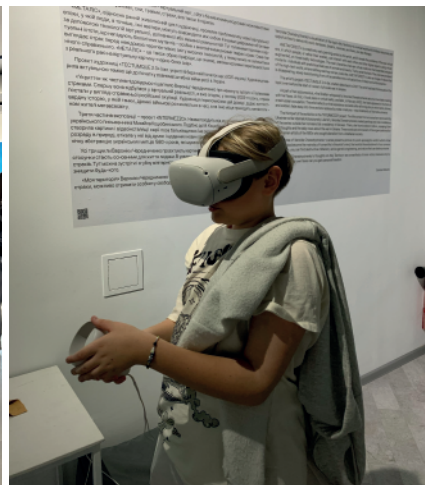
We conducted a masterclass in acting for teenagers – a splendid opportunity to help the youth unveil their talents and creative potential. During the event, participants had the chance to learn the fundamentals of acting, engage in improvisation, and hone their communication and self-expression skills. This masterclass fostered the development of emotional sensitivity, self-confidence, and the ability to collaborate effectively within a team.



July in Lviv

Intellectual Art Center "Mercury"

In July, we delved into the realm of contemporary art and discovered its fascinating and unique nature! We visited the modern Intellectual Art Center "Mercury," which showcases paintings, sculptures, and installations predominantly by Ukrainian artists, each imbued with profound meaning and prompting significant reflections. We had a wonderful opportunity to explore art through an interactive and accessible lens, even experimenting with virtual reality goggles. This visit became not only a cultural event but also a genuine educational experience for the participants.



Glass Painting workshop

The glass painting masterclass for teenagers became a true celebration of creativity and inspiration. Participants were introduced to techniques for working with glass surfaces, exploring color combinations and various painting styles. Each teenager had the opportunity to create their own unique piece, reflecting their individuality and imagination. Glass painting is not merely an art form; it also serves as a means to cultivate attention to detail, patience, and creative thinking.



July in Cherkasy

Excursion to Lehedzyne

The participants from the "SviTy" Cherkasy branch embarked on a journey, not only traversing the landscape but also traveling back in time, landing five thousand years ago in the enigmatic Trypillian culture. They learned about the traditions, customs, and distinctive features of this ancient civilization. It turned out that the Trypillians were the first in the world to construct two-story houses. The participants had the opportunity to visit such a dwelling, exploring its interior and momentarily immersing themselves in the life of the Trypillians, connecting with their daily existence and arrangements. A striking highlight of the excursion was the handprint on stone; touching it felt like bridging generations across the ages. The children returned from the trip elated and fulfilled.



"Felting with Wool" workshop

Typically, paintings are created through traditional methods of drawing or painting, but the team approached the process with a creative twist, opting for the technique of "wool felting." First, they stretched fabric over a wooden circle, securing it firmly, and then embarked on the enchanting process: gently pressing pieces of wool in the desired colors into the fabric with a needle. Before long, the first signs of the artwork emerged: a bright yellow sun, lush green grass, and more.



July in Cherkasy

Camp "SviTy" in the Carpathians, Shift 2

Twenty-four teenagers from the Cherkasy branch embarked on a rejuvenating journey to the "SviTy" camp nestled in the Carpathians. It is difficult to overstate the positive impressions gained from a complete immersion in nature, the realization of the support from those around them, the effectiveness of teamwork, and the sense of security that comes from trusting both the team and the guides. The exhilaration from the positive emotions that enveloped the participants throughout the camp was palpable.



The children engaged in hiking adventures, navigated a thrilling 9-kilometer descent down a mountain river, and collaborated with psychologists and team leaders. Each day was filled with joy, activity, and enlightening experiences shared together.



July in Khmelnytskyi

Body-Oriented Therapy

We conducted an engaging and beneficial session with a psychologist focused on body-oriented therapy for children. This method, aimed at relaxation and reducing anxiety levels, assisted the children in discovering inner peace and harmony. Participants engaged in simple yet effective exercises designed to relax muscles, alleviate tension, and enhance breathing. Techniques such as gentle stretching, deep breathing, and visualization were employed, enabling them to concentrate on their sensations and learn to manage their bodies. The event significantly contributed to improving the emotional well-being of the children and their ability to cope with stressful situations.



Session with a Psychologist: "Blotography"

The participants of "SviTy" experienced a surge of positive emotions through the creative process during an art therapy session with a psychologist. Many teenagers expressed that they were able to convey their feelings through blotography, finding a sense of relief in the process. The participants crafted vibrant, diverse, and unique artworks. This event significantly enhanced the teenagers' self-esteem, fostered their creative abilities, and cultivated their skills in self-expression.



July in Zhytomyr

Training on Sexology: "Your Body – Your Rules"

Discussions about sexuality may seem daunting, yet they are crucial for the healthy development of adolescents. Education on this topic aids in understanding one's body, fosters self-respect and respect for others, and promotes safety. During the training, participants explored various subjects, including the physical changes that occur during maturation, sexual orientation, different types of relationships, sexual health, contraception, safe sex practices, and pregnancy. They also learned the significance of saying "no," how to establish clear boundaries in relationships, the concept of consent for sexual activities, how to recognize danger signals, and where to seek help. Such a training session represents a vital step toward better self-understanding and leading a responsible life.



Excursion to the Ostrich Farm

The teenagers visited an ostrich farm, gaining an intriguing and uplifting experience while interacting with these remarkable birds. They had the opportunity to observe and feed the ostriches, studying their behavior and unique characteristics. This excursion not only broadened their knowledge about these fascinating creatures but also evoked a plethora of positive emotions, wonder, and joy. The visit to the farm also instilled in the children a sense of responsibility towards animals, teaching them proper conduct and an understanding of the needs of other living beings.



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