



Impact report

June-December 2022

KIDS OF
UKRAINE

Data for the year 2022

For the period 1 June – 31 December 2022

Total expenses: **64 602 \$**



225 children

participated in the camp program during the summer of 2022



200 children

joined the ongoing SviTY program from 1 September to 31 December 2022



155+ hours

hours of group and individual sessions with a psychologist



90+

English lessons



95+

educational and creative workshops



40+

excursions, walks, sports, and play activities

June in Lviv

Day Camp, 1st Session, June 1-11

On June 1, 2022, the first SviTY day camp for teenagers affected by the war began. Its mission was to support participants' psychological recovery and to develop their communication skills. For many, it became an opportunity to find support, cope with past stress, and feel part of a new community. The camp is part of the SviTY recovery program, initiated by the Kids of Ukraine charitable foundation.

Participants came from Mariupol, Kharkiv, Kherson, Mykolaiv, Irpin, Bakhmut, Severodonetsk, Kramatorsk, Dnipro, Zaporizhzhia, and other cities and regions, all of whom had to leave their homes due to the war.



These teenagers have lost their familiar lives, beloved places, friends, and carefree childhoods. Many witnessed horrific events that left deep marks on their hearts. They need support, warmth, safety, and the reassurance that they are not alone in this unfamiliar world.

Helping them is the responsibility of adults and of anyone who can extend a hand of support and give these teenagers a chance for the future. Our mission is to provide stability, teach trust, help them form new connections, dream without fear, and believe that ahead lies a life in which they deserve happiness.

June in Lviv

This was the beginning of the SviTY recovery camps, designed to bring warmth and support. The program included psychological support, restorative practices, conversational English, creative workshops, meals and snacks, quests, and interactive activities.



We created a space where teenagers can communicate, share their stories, make friends, and grow. Here, they learn to navigate new realities, express their feelings, discuss what concerns them, adapt to changes, and plan for the future.

This program has been made possible thanks to the support of charitable foundations and caring individuals who help teenagers recover and find new opportunities for growth.



June in Lviv

The SviTY camp lasted 10 days, during which participants attended daily group sessions with a psychologist. These sessions addressed key topics such as emotional resilience, stress management, self-expression, and learning to trust the world. They helped participants better understand themselves, talk about their experiences, and receive support.

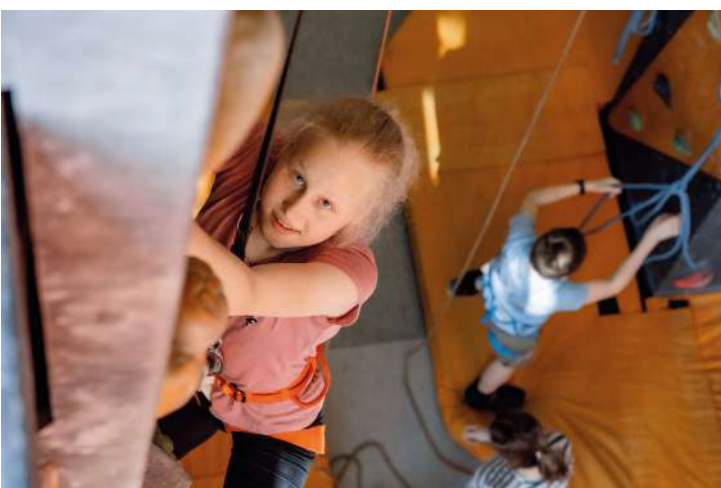
In addition, the SviTY camp program included creative workshops, conversational English lessons, interactive classes, city walks, team games, and activities designed to foster social connections and teamwork. In a safe environment among peers, the teenagers were able to experience moments of joy, make new friends, and take steps toward recovery.



Group session with a psychologist



Workshop: "Painting in the Dark"



Climbing lesson



Workshop: "Motanka Doll"

Phrase of the day: "Today we forgot about the war"

June in Lviv

Day Camp, 2nd Session, June 1-11

The SviTY psychologically restorative day camp is now running its second session. The children have begun to smile, open up, overcome fears, and step out of the state they had been in for a long time. Each day, the team creates a safe space where we address the most difficult and important topics, filling the day with creativity, games, activities, workshops, laughter, care, and love.



Mornings at the camp start with a circle of communication – a moment when everyone can speak and be heard. Participants highlight this format as a reflection of mutual respect. How do we show respect for ourselves? How do we show it to others? One of the topics is values and their meaning.

Daily sessions with a psychologist help preserve and nurture each child's uniqueness and potential, while providing the emotional resources needed to adapt to the challenging conditions of war and change. The varied program allows children to express themselves, showcase their talents and abilities, and acquire new skills. Every child should feel that they are important!



June in Lviv

Day of Care – Walking Shelter Dogs

Learning to interact with animals is an important life skill, as they bring joy, warmth, and unconditional love, while also teaching us responsibility and care. Together, the children visited a home for rescued animals. They were entrusted with walking the dogs, turning the experience into a real adventure! The children happily strolled through the park, interacted with the animals, enjoyed the summer weather, and felt the importance of giving attention to those who need it most.



Trip to Edem Resort Medical & Spa

The teenagers had a unique opportunity to go out of town and try golf therapy, an activity that develops concentration and coordination while also calming the mind, helping participants focus on the present moment, and find inner balance.

The picturesque grounds of the resort impressed everyone with their beauty: manicured green fields, a serene lake, fresh air, and a peaceful atmosphere. The participants enjoyed learning golf, relaxing, socializing, and simply savoring every moment.



July in Lviv

Day Camp, 3rd Session, July 6–15

On July 6, 2022, the third session of the SviTY day camp began. As with previous sessions, the first day started with introductions. Later, the children released balloons with wishes by the fountain — a wonderful idea, especially on such a hot day!



The day continued with a clay modeling workshop, where each creation was unique, reflecting the character and imagination of its maker. This activity helped develop fine motor skills and allowed children to express their creativity. The first day of the third session passed quickly, leaving many warm memories.



July in Lviv

Excursion around Lviv

In the morning, the teenagers went on a guided tour of Lviv. We first visited an old church, where unique ceiling paintings have been preserved. It was cool and quiet inside, with only the guide's voice directing attention to the important details. Afterwards, we walked outside, listening to interesting facts about Lviv's buildings and the Market Square. We also visited a pharmacy museum, learning how pharmacists worked in the past.

During our walk an air raid alert sounded. The history of old Lviv suddenly intersected with the realities of war. The children quickly made their way to the underground shelter, which served as a safe space. We informed parents that everyone was safe. Waiting for the all-clear became easier, as there was much to see: models of historic Lviv, portraits of notable figures, and the guide's fascinating stories. Finally, we returned outdoors and concluded the tour in a cozy café.



After lunch, it was time for psychological activities. The children painted and shared their thoughts, and their drawings decorated the white walls of the office. The atmosphere grew warmer, trust between participants increased, and more smiles appeared on their faces.



July in Lviv

Acting Workshop

For the first time at SviTY, teenagers took part in an acting workshop. A professional theater actor visited and shared secrets of stage performance and audience interaction. The teenagers tried various exercises to build confidence, trust, and improvisation skills. The session was full of laughter, discoveries, and even unexpected talents! The workshop helped participants better understand themselves, manage their emotions, and interact more confidently with others. This experience was not only fun but also an important step toward self-expression and communication skills development.



Day at Shevchenkivskyi Hai: Traditions and Creativity

The camp concluded with an educational and engaging visit to Shevchenkivskyi Hai Park, where the children learned more about the traditions, daily life, and culture of their ancestors. They participated in a workshop on making motanka dolls and ended the day with wreath weaving. Traditionally done by girls for the Ivan Kupala holiday, we modernized the tradition and worked together to create beautiful wreaths.



July in Lviv

Day Camp, 4th Session, July 21–28

Each session of the camp follows a similar program: group sessions with a psychologist, various workshops, activities, and excursions. The fourth session began with an outdoor handball game. During the game, the children got to know each other, had a lot of fun, and experienced the mood-boosting and stress-relieving benefits of sports.



Acting Workshop at the Theater

The campers visited a theater and had an amazing experience with professional actors who conducted an engaging acting workshop. During the session, they shared interesting facts and behind-the-scenes secrets of acting. The teenagers learned what it's like to be an actor, how much daily work goes into achieving success, and the effort needed to hone one's craft. Most importantly, they realized that talent alone isn't enough — love for your craft is key, and with dedication, anything is possible!



August in Lviv

Day Camp, 5th Session, August 11–19

The fifth session began with a special moment, bringing together both new and returning participants. The first day was filled with introductions, creative activities, workshops, fun games, and heartfelt conversations about everything that matters to the children. We met teenagers who had been forced to leave their homes in Irpin, Kharkiv, and Mykolaiv, and heard many stories that require attention and support. These stories need to be addressed and discussed, as the mental health and future well-being of these children are our primary focus.

Every child deserves happiness, which is why we provide maximum support to everyone with us. Our program is built on modern and effective methods that help children find the resources they need for recovery and personal development.



Workshop: Painted Tote Bags

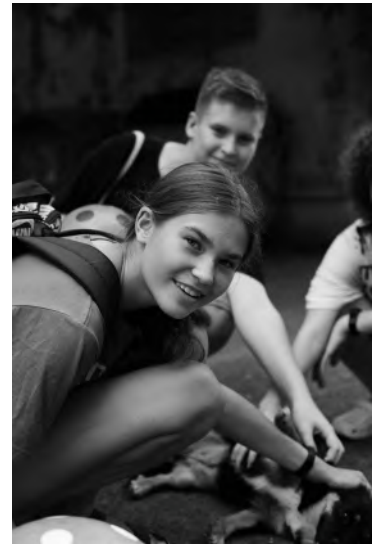
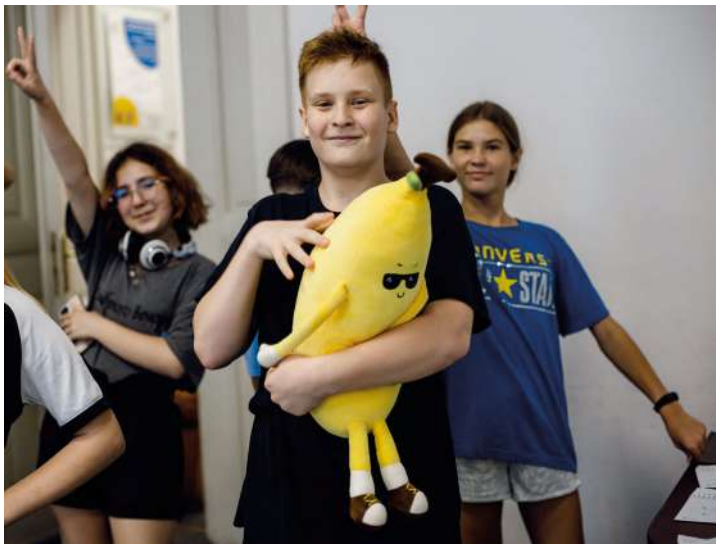
Theater Excursion

August in Lviv

Day Camp, 6th Session, August 22–28

The sixth session of the SviTY camp in Lviv was incredibly rich and engaging! Each day was full of activities and new experiences. As always, we began the day with a meeting with a psychologist, which helped the children prepare for the day, discuss important topics, and work through their emotions.

The camp program included workshops in various forms of creative expression, allowing the children to showcase their talents and skills. In addition, sessions focused on teamwork, trust, and communication were conducted. Creative activities, games, and active exercises all contributed to the children's personal development and offered new opportunities for self-expression.



Trip to the Aquarium

One of the highlights of the sixth session was a visit to the Lviv Aquarium. The children had a chance to explore the underwater world and observe the incredible diversity of marine life firsthand.



August in Ternopil

SviTY Camps in Ternopil – Two Sessions

In August, we held two restorative camps in Ternopil for children who had been forced to leave their homes due to the war. These camps became a true refuge for teenagers, allowing them to recover, make new friends, and temporarily forget the difficulties they face in their daily lives.

The SviTY camp program, specially designed for war-affected teenagers, included psychological sessions, creative workshops, games, sports activities, and other events aimed at building emotional resilience and supporting the children. We created an atmosphere where everyone could feel valued and supported by peers and adults alike.



For many participants, the camps were not only an opportunity to recover but also a chance to feel part of a new, safe community. We are truly happy that we could make this time for them meaningful, enjoyable, and full of hope.



August in Khmelnytskyi

Day Camp in Khmelnytskyi, August 10–12

In August, we organized a three-day camp in Khmelnytskyi, in partnership with local communities and activists. This camp became an important step for children who had experienced difficulties due to the war and had to leave their homes. The camp was not only a recreational event but also a crucial stage in the emotional recovery process for many children. We are grateful to the local communities and activists for their collaboration and for creating an atmosphere of support and trust for each participant.



September in Lviv

“SviTY” space for adolescents

From summer camps to a new format of support for teenagers! Over the course of the summer, we organized fifteen camps attended by 225 children. These were full, exciting days packed with engaging activities, support, and unforgettable moments. Starting in September, we have moved to a new format. With the school year underway, teenagers can now come to the permanent SviTY space after classes. Here, they receive support, develop important skills, and spend their time in a meaningful and enjoyable way.



Every week we prepare a new schedule, prioritizing sessions with a psychologist to build emotional resilience and support personal growth, plenty of conversational English lessons to help participants feel confident about the future, creative workshops to develop artistic and practical skills, and interactive sessions on relevant topics.

We are creating a space where every child can feel safe, make friends, and discover their potential.



September in Lviv

Acrylic Painting Workshop

In our SviTY space, we held a creative acrylic painting workshop. Teenagers had the opportunity to try themselves as artists, learn basic techniques, and bring their own ideas to life on canvas. This workshop not only fostered creativity but also helped participants relax, express their emotions through art, and take a break from everyday worries. It was also a wonderful way to support teenagers in self-expression and strengthen their confidence.



Denim Clothing Painting Workshop

Another activity was the denim clothing painting workshop, which provided a stylish and creative way for teenagers to express themselves. Each participant transformed ordinary clothing into a unique art piece, making it personal and one-of-a-kind. The workshop also encouraged teamwork and gave teenagers the opportunity to experiment freely with their own style.



October in Lviv

Meeting with a Psychologist, Topic: “Willpower”

Teenagers explored the concept of willpower and how to develop it during a psychologist-led session in our SviTY space. Together, they discussed what helps us stay on a chosen path even when we feel like giving up, and how to overcome internal barriers. Through exercises and open conversations, participants realized that willpower is not an innate talent but a skill that can be developed. Most importantly, they learned that the support of loved ones and belief in oneself can work wonders.



Meeting with a Psychologist, Topic: “How to Achieve Goals”

Setting a goal can be easy, but taking the first step is often much harder. This was the focus of another psychologist session. Teenagers learned how to formulate goals realistically and what helps to keep going without giving up halfway. They explored why significant achievements are made up of small steps and how to move forward consistently. For many participants, this session became a catalyst for change, which means that soon we will hear about new accomplishments from our teens.



October in Lviv

Training: “Conflicts and How to Navigate Them”

During the conflict management training, participants explored how conflicts are a natural part of life and why it is important not to avoid them but to learn to handle them effectively. They examined different behavioral styles in conflicts, understood the difference between interests and positions, and why blaming others is unproductive. Instead, they practiced expressing their needs, developed communication skills, and learned to avoid common biases. Valuable knowledge was combined with engaging exercises and activities, making the training both useful and captivating.



Art Therapy: “Autumn Abstractions”

In the art therapy session “Autumn Abstractions,” children created vibrant drawings inspired by real autumn leaves, using them as tools for creativity. Warm fall colors, experiments with textures, and natural shapes helped participants relax, express their emotions, and simply enjoy the process of painting.



October in Lviv

Workshop: “Decorative Panel”

During this workshop, children created unique decorative panels, combining different materials and techniques. The process allowed each participant to explore their imagination, work with colors and forms, and create their own small artistic masterpieces. It was not only engaging but also beneficial, fostering creative thinking, fine motor skills, and a sense of harmony.



Workshop: “Pumpkin Painting”

Autumn is a time of warm colors, coziness, and inspiration. And what could be more autumnal than pumpkins? During the pumpkin painting workshop, children transformed pumpkins into true works of art using paints, brushes, and their imagination. Some chose bright abstract patterns, others created charming autumn motifs or even fairy-tale characters. This activity not only developed creative skills but also brought positive emotions. Pumpkin painting proved to be a wonderful way to experiment with colors, shapes, and textures, while also creating a unique autumn decoration. The atmosphere was warm and relaxed, and every participant left not only with a painted pumpkin but also with a good mood.

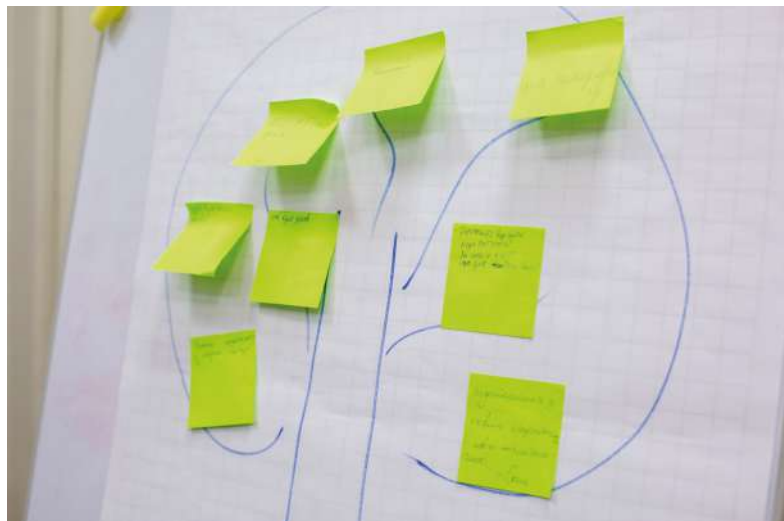


November in Lviv

Career Guidance Training

At the career guidance training, we helped teenagers better understand themselves and their future opportunities. Participants learned about different professions, the skills required for each, and the importance of choosing a path that matches their interests and abilities. During the training, we discussed self-awareness and personal development, as well as how to set goals correctly and take consistent steps toward achieving them.

Special attention was given to identifying personal strengths to help participants choose a profession that will not only be stable but also bring them satisfaction. The teenagers actively participated in exercises, shared their thoughts, and received practical advice to support them in making important decisions about their educational and career paths.



This training provides an opportunity to broaden horizons and prepare teenagers for independent life, helping them make career choices that will bring joy and fulfillment.



November in Lviv

Workshop and Andriyivski Vechornytsi

A warm evening of Ukrainian folk traditions became a true celebration for our participants. First, we held a workshop on painting the image of Saint Nicholas, where children could express their creativity and create their own artworks. This was an excellent opportunity to develop artistic skills and connect with Ukrainian culture.



Next came the unforgettable Andriyivski Vechornytsi. An ethnographic group introduced the participants to traditional rituals, songs, and games. We shared in the fun of breaking the kalita, fortune-telling, tasting varenyky, and immersing ourselves in the spirit of a true Ukrainian holiday.

Each of these gatherings is not only a way to learn about traditions but also an important step toward supporting the psychological well-being of children who have experienced the hardships of war. We strive to ensure that our teenagers feel safe, cared for, and supported, keeping the front of a happy childhood strong.



November in Germany

Camp "SviTY" in Germany, Schwäbisch Gmünd, November 1–5

In November, we organized a camp in Schwäbisch Gmünd, Germany, for Ukrainian teenagers who were forced to leave their homes due to the war. Over the course of the week, participants engaged in group activities, individual consultations with a psychologist, art therapy, and workshops designed to reduce anxiety and tension. These activities helped the children adapt more quickly to the new environment and learn effective communication and healthy team interaction.



Additionally, we arranged yoga sessions, meetings with forest educators, and a visit to a farm, where the children had the opportunity to make pizza by hand and learn about rural life in Germany. These activities allowed the participants not only to relieve stress but also to gain new experiences that contribute to their personal development.



December in Lviv

English Lessons

We regularly work on improving the language skills of our participants. During conversational English lessons, teenagers not only learn grammar and new vocabulary but also actively practice communication. Our classes are designed to build self-confidence and help children speak English without fear of making mistakes. They have the opportunity to discuss engaging topics, overcome language barriers, and expand their vocabulary. Each lesson also includes active movement breaks, which help release negative emotions and prepare participants to absorb new knowledge.



Meeting with a Psychologist

Every meeting with a psychologist is both valuable and inspiring. We explore important topics that help participants better understand themselves and others, learn how to maintain emotional balance, and cope with stress and anxiety. These are not just conversations — they are full-fledged training sessions, where children actively discuss the issues that concern them and receive practical advice on managing their emotions. Such meetings are a crucial part of our work, as we aim to support each child on their path to inner harmony and psychological well-being.



December in Lviv

New Year Holiday Celebration

The New Year holiday celebration was a warm and joyful conclusion to this challenging year for our children. We created an atmosphere where everyone could feel part of a circle of friends and experience moments of happiness. During the workshop on making Christmas tree ornaments, teenagers enthusiastically crafted decorations, putting a piece of their heart into every detail. An ethnographic music group visited us with a wonderful performance, providing unforgettable moments and immersing everyone in Ukrainian traditions and rituals. The musical accompaniment enhanced the festive mood, and the thoughtful gifts for the children made the day even more special.



For us, this celebration was not only a festive gathering but also an opportunity to spend time together, support one another, and look forward to a better future. After all the hardships of the year, we came together to give the children the joy and love they truly deserve.



Thank You!



Ways you can help us:



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Share information about our activities so that more people can learn about our project.



Support Ukraine Day

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Support

Our activities are made possible by the financial support of donors, partners and friends. The cost of the program for one child is 350\$-400\$.

We are grateful for any support.



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