

PROGRAM OF PSYCHOLOGICAL REHABILITATION
OF UKRAINIAN CHILDREN FROM THE EAST OF UKRAINE
WHO SUFFER AGGRESSION OF THE RUSSIAN FEDERATION
AGAINST UKRAINE

PRECONDITIONS OF THE PROGRAM'S CREATION

- MORE THAN **1.5 MILLION CHILDREN** HAVE BECOME REFUGEES.
75% OF THEM SUFFERED PHYSICAL AND PSYCHOLOGICAL TRAUMA
- OBVIOUS PROBLEM WITH SOCIAL LIFE AND WORK FORCE IN UKRAINE IN THE FUTURE

MAIN PROGRAM'S GOALS FOR CHILDREN

■ PSYCHOLOGICAL REHABILITATION

- MAINTAINING AND RESTORING THE PHYSICAL AND MENTAL HEALTH
- PREVENTION OF AGGRESSIVE AND SELF-DESTRUCTIVE BEHAVIOR
- REDUCING THE FREQUENCY AND SEVERITY OF THE CONSEQUENCES OF MENTAL TRAUMA

■ READINESS FOR THE NEW SCHOOL YEAR

- IMPROVING LEARNING EFFECTIVENESS FOR DIFFERENT LEARNING FORMATS (ONLINE/OFFLINE)
- DEVELOPING SKILLS OF PLANNING THE EDUCATIONAL PROCESS AND THE DAY
- IMPROVING SKILLS IN COMMUNICATIONS AND ENGLISH LANGUAGE

OUR TEAM

- INTERNATIONAL BUSINESS COOPERATION CENTER
- ASSOCIATION OF CHILD AND YOUTH TOURISM OF UKRAINE
- CHILD PSYCHOLOGISTS

PARTNERS

- THE MINISTRY OF REINTEGRATION
OF TEMPORARILY OCCUPIED TERRITORIES
- THE COMMITTEE ON EDUCATION, SCIENCE
AND INNOVATIONS OF THE VERKHOVNA RADA OF UKRAINE
- THE REGIONAL CIVIL–MILITARY ADMINISTRATIONS

GENERAL PROGRAM'S DESCRIPTION

■ LOCATION AND CONDITIONS

For the implementation of the Program, we have chosen hotels and child camps, that placed in recreation zones such in Ukraine, Greece and Bulgaria.

For children we created all conditions to be in safety and join to all the Program activities fully.

Children are provided with three meals a day, quality accommodation and recreation conditions, and security services

■ DURATION 14 days (13 nights) – ~50 hours of psychological trainings, individual consultancies, and educational events

■ REHABILITATION GROUPS

Each group is up to 20 children + 1 psychologist + 1 accompanying person

■ KEY ACTIVITIES

Psychological training and individual consultancies

Educational events: time-management, English lessons, social networking, how to prepare to online/offline lessons etc

Sports and cultural activities

Rest

PSYCHOLOGICAL TRAINING AND CONSULTANCIES

■ PSYCHOLOGICAL REHABILITATION

During the Program, child will be able to

- Share their strong feelings (shame, fear, guilt, anger) and get help in overcoming them;
- Get support during remembering or telling a painful experience;
- Get support to restore self-esteem;
- Opportunity to discuss their own safety and plans for the future;
- Identify the symptoms of psychological trauma and get help in overcoming them;
- Restore trust in people and hope for the future.

■ METHODS AND TOPICS

Taking into account the specifics of the target audience of the Program, the following **types of methods** will be implemented: art therapy, method of active imagination, metaphor method, thematic discussions, role-playing games, non-verbal and motor methods

Training topics: feelings and emotions, a path to friendship, overcoming conflicts, fear and strength, I'm changing, steps into the future.

RESULTS

- **RESTORATION OF PSYCHOLOGICAL AND PHYSICAL CONDITIONS**
- **IMPROVING SOCIALIZATION AND COMMUNICATION SKILLS**
- **INCREASING A READINESS FOR NEW SCHOOL YEAR**

IN UKRAINE

LOCATION/ACCOMODATION

The Children's center for physical rehabilitation and education on the basis of a recreational complex Illara are located in Irshava (Zakarpattya region)

The territory occupies 5 hectares, the Complex has two outdoor pools and a indoor pool, a beach area, a lake for kayaking and fishing, a barbecue area, a 60 * 40 football field, a tennis court, a volleyball court, a children's playground with trampolines, slides for descent, a gym with professional exercise equipment, a sauna and an aroma room

Children are provided with four meals a day

The Complex provides rooms for 2-3-4-5-7 people

PERIOD OF STAY 14 days (13 nights)

REHABILITATION GROUPS

Each group is up to **20 children + 1 psychologist + 1 accompanying person.**

The capabilities of the Complex let accommodate up to **370 children at a time**

KEY ACTIVITIES (DAY SCHEDULE ON THE NEXT PAGE)

Psychological training and individual consultancies

Educational events: time-management, English lessons, social networking, how to prepare to online/offline lessons etc

Sports and cultural activities, res

PSYCHOLOGICAL AND EDUCATIONAL TRAININGS

~50 hours / 4-5 lessons per day



IN GREECE

LOCATION/ACCOMODATION

The Children's center for physical rehabilitation and education on the basis of the Cool Camp Olimp is located in a picturesque place at the Aegean Coast between mountain Olympus and the gulf of Thermaikos

The Camp has one of the best private and equipped beach area in the North Greece: sunbeds, canopies, volleyball court, locker rooms, toilets and qualified lifeguards. There is a modern swimming pool with zone for rest in the Camp as well

Children are provided with four meals a day

The Camp has four floor living buildings with two types of rooms: Maisonettes for 4 and 5 people and standard triple rooms

PERIOD OF STAY 14 days (12 nights)

REHABILITATION GROUPS

Each group is up to **20 children + 1 psychologist + 1 accompanying person.**

The capabilities of the Camp let accommodate up to **1000 children at a time**

KEY ACTIVITIES (DAY SCHEDULE ON THE NEXT PAGE)

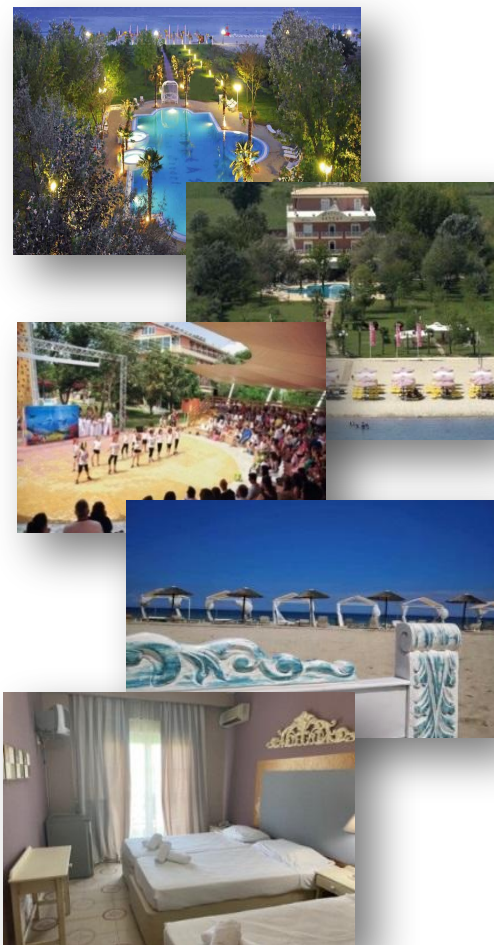
Psychological training and individual consultancies

Educational events: time-management, English lessons, social networking, how to prepare to online/offline lessons etc

Sports and cultural activities, res

PSYCHOLOGICAL AND EDUCATIONAL TRAININGS

~50 hours / 4-5 lessons per day



DRAFT DAY SCHEDULE FOR BOTH LOCATIONS

MORNING

Morning exercises (jogging, meditation, swimming)

Breakfast

Group psychological trainings using different types of therapy

Daytime sleep, calm games // **rest at the sea for the Camp (Greece)**

MID-DAY

Lunch

Daytime sleep, calm games // **rest at the sea for the Camp (Greece)**

Educational events and group classes

Master-classes in various fields (social networking, time management, your future profession, English lessons)

Sports and cultural activities (games with ball, table games, dance and sing lessons etc)

Daytime sleep, calm games // **rest at the sea for the Camp (Greece)**

EVENING

Dinner

Individual consultancies / different psychological and educational events (social networking, time management, your future profession, English lessons)

Evening show or disco

End of the day

