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### **Janusz Korczak: surviving during the war in modern conditions**

Have you ever thought that survival skills developed at the beginning of the twentieth century might have become so urgent and up-to-date at the outset of the next century? Neither have I. However, when the first Russian missiles started bombing Ukrainian infrastructure and killing the civilian population, Janusz Korczak's legacy has never become the point of physical and psychological hygiene.

To begin with, the experience that Ukraine is currently gaining is not unique. Consequently, it is not new for us because it took place during World War II. Janusz Korczak was a Polish doctor, educator, and writer who was known for his work with children. The practical advice and knowledge he gained and how he helped children survive the occupation in the Warsaw Ghetto allowed us to observe techniques that had a big impact on our situation.

He used many different methods such as playing, supporting, and cooperating while children were studying, caring about their physical and mental health by spending a lot of time being busy doing theatrical activities.

Moreover, he launched a children's newspaper that was for children and created by children. Every member of a social group could share his thoughts, ideas, and feelings. As a result, it made children feel significant, loved, and protected despite the cruel conditions in which they lived. His work with children in the Ghetto became an example of heroic education and deserves great respect and recognition.

How is this man related to my activities as a group monitor? Being the monitor of the students' group at university during the outset of the war, I faced some challenges. I found out that I had to be responsible for the whole group more than ever and to stay calm in the face of fear and the threat to not see the sun the next morning was the first challenge.

I did understand that it was an uneasy physical and emotional state to control your feelings and to show them off as it could damage your peers' confidence even more.

Luckily, the challenges happened to be easily overcome by some techniques that helped us to be together and support each other in these hard times.

Firstly, the curator of the group and I created a chat on social media in which we practiced a so-called “check-up list” technique. Every day at 7 pm we checked in with that group to make sure everyone was safe and in case somebody needed our support either some pieces of information, food, or clothes, we were ready to give a helping hand. Moreover, a miracle was performed. The shiest and the least confident turned out to be courageous.

If someone did not show off, I phoned him, asked about the reason, and tried to encourage that person to be strong.

Secondly, our studying process was filled with emotional support. For instance, there was a discussion of daily routine tips on how to prevent stressful situations and stay mentally healthy at the beginning of every online session. We had never been so close to each other and our educators since we started developing our emotional domain.

Thirdly, we created some meetings just to share our feelings and discuss them with someone because experts could help you by giving practical and unobtrusive advice. All the above-mentioned methods, which were used by Janusz Korczak in his orphanage house, were applied to our student’s space and worked out perfectly.

To recapitulate everything said above, we can conclude that despite the management techniques in wartime are still a question of much dispute, some of them are efficient and can be adopted from the previous war conflicts to prevent the post-traumatic stress disorder we are facing now in Ukraine.