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Ukrainian youth in Europe: experience of emigration

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Have you ever left your host country without a hope to return? Have you ever imagined that the building where you have loved since you were born could be destroyed in a second and have no place to go? They are a reality many young Ukrainians faced two years ago. I was not an exception.

Sharing personal reflections of profound and heartrending challenges faced as an emigrant in the 21st century, especially through the lens of recent events in Ukraine, concerning migration, modern war, mental health challenges, and some consideration on long-term solutions are under consideration these days.

Migration is as ancient as humanity itself, influencing Europe and the entire world. Over time, it has created opportunities but also posed countless challenges. Today, mass emigration is more intense and fraught with heartache than ever before.

War. Every Ukrainian remembers February 24, 2022. On this day, our lives changed irrevocably. Russian armed forces invaded our homeland, bringing death, destruction, and indescribable suffering. Since then, we have been fighting relentlessly for our independence and sovereignty. Our victory feels certain, but the cost is beyond measure. Allow me to share my personal experience as an emigrant. I was forced to leave Ukraine after a horrific terrorist attack by the Russian Federation. One of their missiles destroyed a civilian building, killing an entire young family. Their lives ended in an instant, and their dreams were shattered. This is not an isolated incident. Similar tragedies have unfolded in Dnipro, Zaporizhzhya, Kyiv, and countless other cities. Our volunteers are the unsung heroes of this war. They provided crucial psychological and physical support when it was needed most. They never forgot our brave Ukrainian Armed Forces, ensuring they received thermal imagers, first-aid kits, and other vital supplies. Without these volunteers, much of this aid would have been impossible to obtain. Let me tell you about my friend, Mariia Fedchuk. When the war began, she lived in Irpin. In a matter of months, she had to make the heart-wrenching decision to move abroad with her five-year-old son, as the Russian military's terror campaign reduced her home and her city to rubble. Despite her suffering, Mariia became a volunteer, dedicating herself to helping our army and our people. She has since returned to Irpin, where she continues her tireless work.

Mental Health Challenges:

Emigration often brings with it significant mental health challenges for individuals and families. The upheaval of leaving one's homeland, witnessing or experiencing violence, and

adapting to a new culture can all take a toll on mental well-being. The psychological toll of emigration cannot be overstated. Leaving behind familiar surroundings, loved ones, and a sense of belonging can lead to feelings of loneliness, isolation, and homesickness. Moreover, those who have experienced trauma, such as the horrors of war, may suffer from post-traumatic stress disorder (PTSD) or other anxiety disorders.

Long-Term Solutions:

Addressing the mental health needs of emigrants requires long-term, comprehensive solutions aimed at providing support and fostering resilience.

Firstly, there is a crucial need for accessible mental health services tailored to the specific needs of emigrants. This includes culturally sensitive counseling, therapy, and support groups to help individuals cope with the challenges of relocation and trauma. Secondly, fostering community support networks is essential. Emigrants often find solace and strength in connecting with others who share similar experiences. Building community centers, organizing cultural events, and facilitating peer support groups can provide a sense of belonging and companionship.

Secondly, governments and organizations are to prioritize mental health in their policies and programs. This includes allocating funding for mental health services, implementing trauma-informed care practices, and integrating mental health support into broader social welfare initiatives. In conclusion, addressing the mental health challenges of emigrants requires a multi-faceted approach that prioritizes accessibility, education, community support, and policy reform. By investing in these long-term solutions, we can help emigrants rebuild their lives and thrive in their new homes.

Taking all said above into account, I can conclude that modern war has its peculiarities, which are caused by using weaponry with massive deconstruction effects. Still, some steps are to be made to release the horror effect as a part of the modern hybrid war conducted by the Russian Federation.