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SETON HALL UNIVERSITY**

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Section 1

Young Scholars of Seton Hall University Reflections

UDC 378.014:355.01

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Introductory word

The fifth edition of this online journal is being published while the Russian-Ukrainian war of 2014 – 2024 rages on.

American students have chosen not just to write articles, but to provide messages of support as well. We address these comments to all the Ukrainian people, suffering a brutal aggressive unprovoked invasion.

In particular, we share these thoughts with the teachers and students at the Borys Grinchenko Kyiv Metropolitan University.

Our two institutions have been working together since 2008 with support from a Deliberating in a Democracy grant from the United States Department of Education. This grant supported the work of three organizations: The Constitutional Rights Foundations of both Chicago and Los Angeles, along with Street Law. Over three years teachers from New Jersey visited Ukraine and teachers from Ukraine visited New Jersey.

In each country, we visited each other's schools, met and worked with secondary students and teachers, students and faculty of Seton Hall University and Borys Grinchenko Kyiv University, and visited historical and cultural sites. Over coffee, over dinner, and in each other's homes, we shared stories of our two countries and our efforts to build and strengthen democratic civil institutions.

I remember Ihor Sushchenko, a Ukrainian teacher, who shared his experiences during the Orange Revolution at the home of a local teacher in New Jersey. We were impressed by his commitment to democracy. He told how he took his family to the mass democratic demonstrations. They had no choice, he said, it was their country and they needed to act to get out of Russia's imperial grip.

After the end of the grant, Dr. Tarasenko and I agreed that we would continue our work without funding. The benefits to our students were too significant to allow our work to end. We held virtual meetings where we discussed interesting and important topics of Ukrainian and American history and culture.

Five years after that, the Revolution of Dignity, also known as the Maidan Revolution took place in Ukraine. This happened in Ukraine in February 2014 at the end of the Euromaidan protests, which culminated in deadly clashes between protesters and government forces in the capital, Kyiv. Then came the removal of the elected President, the return to the 2004 Constitution of Ukraine, and the beginning of the Russian – Ukrainian War in 2014.

During the Revolution of Dignity – the Maidan Revolution, my students regularly communicated with our Ukrainian partners. My students received near-real-time videos and event updates.

The Russian invasion of Crimea in 2014 brought our two universities together to discuss these issues. Looking back, the “strong words” and the imposition of weak sanctions by the West did not affect the occupation and annexation.

We continued to work together. Our work included winning a small university grant to support research and writing, which led to the creation of an interactive website “Visualizing the Ukrainian Diaspora” over two years. Students from both our universities worked together, virtually and independently, to create the site.

An electronic journal was founded under the leadership of Dr. Tarasenko. This has provided regular opportunities for students from our two universities to share research, ideas, theories, poetry, and photography.

After each issue of the Young Scientists Grinchenko Seton International Journal, there was a virtual session where the authors talked about their work. The fifth edition Young Scholars Grinchenko Seton International Journal, continues this work.

The full-scale Russian invasion of Ukraine on February 24, 2022, did not stop our collaborative work. We held two online meetings to hear the stories of Ukrainian students and teachers from February 2022.

Students from Seton Hall University and high school students from California, Michigan, and New Jersey participated in one of them.

Our last online meeting “Stand with Ukraine! The experience of survival of Ukrainian students during the Russian – Ukrainian War 2014 – 2024” brought an awareness of the realities of the war beyond the limits of our mass media.

Today, for millions of Americans, the heroism of the Ukrainian people is recognized and respected. My students, I, and my colleagues remain impressed by the resilience of the Ukrainian people. Your determination and commitment to democracy inspire us. The strength, the will, and the resistance of the Ukrainian people are an example for all freedom-loving people.

Слава Україні!

UDC 327(477):355.01

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Reflection on Ukraine in the mind of Americans

The War in Ukraine was brought about by a power-hungry pseudo-president in Russia who is eager to reclaim his country's lost glory. The importance of this conflict is not just in its exposure of Putin's irredentist intentions and genocidal rhetoric through blatantly attempting to undermine a democratically elected government of free people, but in the challenges poses for the modern international order.

My understanding is that the war started with the 2014 takeover of Crimea by Russia and the invasion of the Donbas region of Eastern Ukraine by Russian proxies.

That war represented the first sign of cracks in the new international order but was not a full-scale invasion. Rather, this followed the Cold War trend of masking attempts to meddle in foreign affairs through covert operations, supporting illegitimate rebel movements, and sporadic bombing campaigns – all actions the United States is equally guilty of.

But the 2022 invasion has destroyed this veil, first through the action of Russian troops directly marching into Ukraine and launching air assaults on Ukrainian cities, and later through Putin's acknowledgment, as he recently dropped the "special military operation" classification and no longer denies that Russia is at war.

When it comes to the Americans and the United States in general, it is hard to speak about the position on the war in Ukraine because America occupies such a weird place in the international order.

To illustrate this, it is easy for someone in Eastern Europe to empathize with Ukrainians because of their proximity to the conflict and the realization that they could be next.

The difference is that Americans live in the supposed most powerful country on earth, all the way across the Atlantic, and thus lack fear of knowing that they could be next. The effect is that a physical distance between America and conflict zones is also reflected in a certain dissociation from such conflicts in the minds of Americans.

This creates a deciding factor that I believe shapes the minds of Americans and their ability to empathize with the victims of aggression.

To further illustrate this, consider that brutal wars, occupations, and human rights atrocities exist in no shortage across the world, with cases like Ukraine having been going on for years with extensive coverage.

I would argue most Americans are aware of at least one of these conflicts, but it is one thing to hear about the constant bombardments facing Ukraine and decide that the war is bad, and another to witness the testimonies of Ukrainians who have been displaced due to the war and have friends or peers fighting on the front lines, willing to make the ultimate sacrifice for their country.

That is why meeting with Ukrainian students was so important, because of how easy it was for college students' stories to resonate with other college students, who now recognize the privilege of proper education and peaceful existence.

Furthermore, having their words, experiences, stories, and hardships placed before us generated a genuine human feeling of connection and an understanding that by ignoring this conflict America is complicit in the destruction of Ukraine's way of life. It is only unfortunate that the meeting was isolated to a single class, as it is this empathetic understanding that unfortunately, many Americans lack.

The attitudes of Americans should not be misunderstood as a lack of access to information about the war in Ukraine, as there have been no shortages of coverage from various news organizations in America. However, the average American does not actively seek out a proper understanding of these global issues without having a personal or professional motivation, instead receiving updates on politics passively through what their newsfeed presents them.

And I would argue this method of media consumption plays a decisive role in creating the divide between knowing the war and understanding it, especially in the way in which these stories are covered.

To Americans, the war is considered a stalemate as no side is decidedly at risk of losing in the immediate future. In addition, until something does happen, there is no motivation to further intervene in the conflict, as Ukrainians are thought to be doing fine by just holding the line, even though this is done more through determination and resourcefulness rather than preparation and adequate supply.

Footage of Russian bombs demolishing buildings, streets, and cities across Ukraine has become commonplace, to the point active viewers see these atrocities and decide they are nothing new. The informed public is desensitized, something which only seeing footage without being there to witness the screams of those fleeing the attacks, the fear of the survivors, and the stress of having to run for cover at any moment creates.

Moreover, the Ukrainian people are only further dehumanized in the actual coverage of the war when it comes to reporting deaths as numbers on a graph and land as just territory on a map. This method of coverage is simple and easy, it summarizes the whole war and its costs, but taken by itself deprives these numbers of meaning. Unless every death shown on those graphs is

understood as individual human life, every piece on a map understood as once being somebody's home, then this dehumanizing effect will only further make the conflict easy to ignore.

What I have presented paints a grim picture of Americans' outlook on the war in Ukraine, but this should not be taken as a belief that America is becoming pro-Russia. Instead, it is a passive trend desiring non-involvement due to a lack of understanding and a desire to return to American isolationism.

But even with these challenges, recognition of the Ukrainian people's right to sovereignty is still commonplace, seemingly matter-of-fact to most Americans.

Ukrainian flags can still be found displayed proudly in front of American houses, many of which are not Ukrainian themselves but still support the people of Ukraine.

So, while the voices and actions of our voters and policymakers do not always show it, public opinion still believes Ukraine should be a free and independent state.

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Gupta Armaan,
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Global Hands for Ukraine

On April 5, 2022, I stepped off of an airplane and into a warzone. After sitting on the couch with my dad and watching the news about Russia's invasion of Ukraine, my mind got to work. Seeing innocent people suffering severe, life-threatening injuries made my stomach churn. I wanted to find a way to support the people who were suffering in a way other than donating money or diapers to an organization. I wanted to help in a way no one else did or imagined doing. I wanted to help the fleeing refugees myself, applying the skills that I had learned related to the medical field for the benefit of others.

The result: Global Hands for Ukraine. Global Hands for Ukraine is an initiative that I created, which consisted of four medical professionals and me traveling to Ukraine to provide direct medical care to refugees fleeing their homes in Ukraine to safety in Poland.

We started by getting in touch with some friends who were refugees suffering through the war, who provided us with insight into the situation on the ground there and informed us that our efforts would be greatly appreciated by the community. We used those words as motivation and got right to work raising money. In just 1.5 weeks, we raised over \$31,000 to support the initiative and our goals, helping the suffering community as much as possible.

We had initially planned on going there on our own and setting up our tent, but we partnered with Medical Volunteers International, which is a larger organization that already had a medical tent set up to provide humanitarian aid to those in need. Landing in Poland, we got straight to work. The entire team was put on a 24-hour shift the moment we got there, and we could not have been happier to accept the task. The idea of being on the ground and providing medical care to those who needed it most at the time fueled us with motivation like nothing else could.

The roads were dark. No lights in sight, no human life in sight. It was like driving through an abandoned country. We would take a bus in and out of Ukraine every day, whether it be 6 am or 6 pm, according to our shifts. The tent was always lively, with the World Central Kitchen providing free hot meals to refugees suffering in the cold. The patients came in waves as buses arrived from cities all around Ukraine. Sometimes, it would be quiet with 1-2 patients over a few hours, while sometimes, it would be all hands on deck to handle the rush and get patients organized, making sure every patient gets an appropriate amount of medical attention. However, sometimes we did not have a choice.

As one of the buses arrived, a woman collapsed, getting down the stairs of the bus. These refugees were experiencing levels of distress that we may never feel, many suffering from cases

of hypertension (high blood pressure) and hyperthermia (overheating of the body). The doctors on sight were shocked by how significantly high the blood pressure of some of the patients was, putting into perspective how serious the situation was.

Hearing the stories of some of the refugees explained why they were experiencing these medical issues: families were to pack their lives into a single carry-on sized suitcase or a backpack, forced to live off of whatever they were able to grab in the short amount of time that the Ukrainian military allowed them before having to catch a bus into another country. Some families were able to leave the country in their vehicles, making the life transition just a bit easier. However, families would be waiting in lines that stretched for miles and lasted for days just to cross the border into Ukraine. To do anything we could, we assembled a secondary medical team and began walking across the line of cars, offering medical care to anyone who may need it.

Some injuries were minor, but some were life-threatening. The woman who collapsed off of the bus was experiencing a severe heat stroke, eliminating her ability to communicate clearly and think adequately. Had she collapsed just a few hours earlier, it is not certain that she would have made it out of the warzone at all.

The boy in the black leather jacket. A memory I will never forget. It started with a brother in a black leather jacket and a sister in a white dress awaiting the arrival of their mother. The older brother approached me: "Hello sir, do you know anywhere that we can sleep for the night?" After guiding them to one of the tents that was set up for refugees to rest in, I left them to rest and awaited their arrival in the tent for food in the morning. I saw them come to the tent for food, still without their mother, who was due to arrive that morning. Due to traffic delays, she did not arrive until the afternoon, but the family was finally back together. Something was different about this family, however. I saw myself in the older brother's shoes, doing everything he could to ensure that his family was safe. I kept an eye on them, making sure they got everything they needed to cross the border safely.

Instead, what I saw was something I would not have predicted. Tears began flowing down the cheeks of the mother, daughter, and brother. The law put in place by the Ukrainian government was that all men between the ages of 18-60 were forced to stay in the country and fight in the war. The family was splitting apart for what could have been forever, right in front of my eyes. My heart felt heavy, and I knew I needed to help. I gave the mother and daughter \$200 in cash to help them with their transition to the new country; a small action that I would have been eternally grateful for had I been in the brother's position. After saying goodbye to his mother and sister for an indefinite amount of time, the boy came back to me and gave me a big hug, leaving me with a memory I will never forget.

Being in the country and seeing families being torn apart put the severity of the conflict in perspective for me, making me forever grateful for what I have and appreciative that I could play a small role in helping these refugees toward a better and safer future. Today, I still think about the boy in the black leather jacket, serving as a constant reminder that there are people out there who are going through things significantly worse than I am.

Making this medical mission a success came with no ease. There were many hiccups in the planning and execution of the process, but we were able to work together as a team to brainstorm

solutions and push forward. Reflecting on this, it is crucial to recognize the key role that technology played in the success of this mission. The entire idea stemmed from the footage of the rubble in Ukraine that my dad and I watched on TV. Had we not seen the severity of the conflict in the video, it is not certain that things would have progressed the way they did.

Thanks to technology, we were able to communicate with local Ukrainians, who informed us that we would be able to go to the country and provide medical care. Pivotal to our success, we utilized the power of social media as a way to spread awareness of our mission. We created a GoFundMe page, allowing us to collect all of the money raised in one place and showcase how much we had advanced. By sharing this with people on social media, we were able to reach an audience larger than we could have achieved on our own and had genuine community support to ensure that our mission was a success. In addition to raising money, we were also able to provide people with progress updates through social media. From the day we purchased the plane tickets to weeks after we returned, the social media page remained highly active in showcasing what exactly we were doing in Ukraine. This allowed us to show the people who donated that their money was going toward a genuine purpose and that we were following through with what we had promised.

One of the things we did with the money raised was assist a school in providing students with school essentials. These materials included gym clothes, notebooks, laptops, pens, pencils, and more. We also provided many families with life necessities such as toiletries, medications, food, and more. For one family, we were even able to purchase them a car due to their severe need for personal transportation. We continued these efforts even after we left, working closely with the phenomenal people we met while we were there to ensure that families that needed the most help received it.

As this was the first humanitarian aid mission I have led, I received copious amounts of feedback, both positive and negative, from the community, my team, and the people I met in Ukraine. However, this was all important to me in learning what worked well and what did not, helping me make sure that my next mission was even more successful than this one.

Utilizing social media to our advantage significantly supported our success on this mission, helping us not only with sharing our experiences with the world but also sparking the idea and assisting us in raising the money we needed to make the largest impact possible.

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The role of the Ukrainian Diaspora in shaping the future of Ukraine

I believe that Ukraine's defense of its independence against Russian imperialism presents a great opportunity for the nation's growth into a future economic power.

Ukraine has proved that the values of the 21st century can withstand the forces of colonialism in the last throes of the "Russkiy mir".

Unlike the Putin regime, Ukraine has a future of prosperity, freedom, and growth to look forward to with an orientation to the West.

I hope that the Ukrainian diaspora worldwide will assist and travel to the country, so I will be teaching in Lviv this June.

A strong commitment to investing in higher education and research will pay dividends for Ukraine's future and young people – many will need to re-enter schooling and the workforce after serving on the frontlines.

As easy as it is to be upset over the wavering support in America, I do not believe in seething inaction, but that individuals now can lead by example.

My family came to America from Ukraine before World War One from the village of Wydrne in what was known as Galicia under the Habsburg Empire. The village I have learned from researching was ethnically cleansed of Ukrainians by the Soviets after World War Two and is now part of Poland, so it has proved difficult to locate relations over there.

I am told that my great-grandfather John Misura (Mysiura) was patriotic for Ukraine and hoped to see it become independent, which unfortunately did not occur in his lifetime.

Like many Americans, my initial reaction to the outbreak of the war in Ukraine was a deep engagement with the day-to-day developments and donating to causes. However, as time passed and the situation in Ukraine stabilized, my interest drifted away admittedly. There have been three recent factors leading to my re-engagement with Ukraine:

- ✓ In September of 2023, I traveled to Poland and had the chance opportunity to meet refugees in Krakow.

- ✓ The setbacks on both the frontlines and wavering support in the United States for supporting the war effort.

✓ In March of 2024, representatives from Ukrainian Catholic University spoke at Seton Hall University about the current and future state of higher education in Ukraine, including support for veterans.

I had been interested in finding volunteer opportunities related to supply chain management for donated goods but in connecting with Ukrainian Catholic University, I have learned there are opportunities to volunteer in educating students. I will teach English in the Summer of 2024 to students at the Ukrainian Catholic University in Lviv. Visiting Ukraine is something no one in my family has done since arriving in America over one hundred years ago.

This personal reflection is intended to take a positive viewpoint of Ukraine, and not focus on the negatives such as the lack of support in the United States Congress and the potential change in Presidential administration in November. As Ukraine continues to navigate the challenges of war and the aspirations for European Union accession, making a strong commitment to education and academia is an investment that will be dividends many times over for the future.

Even in the face of setbacks and continued struggle, Ukraine has already secured a future for itself of independence, freedom, growth, and peaceful coexistence with like-minded states. That I believe is something worth fighting for and striving towards.

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War in Ukraine: another solution to consider

As a native of the North-East of the Democratic Republic of Congo, I have experienced the horrors and the tragedies of war. I saw innocent people killed, women raped, children orphaned, and infrastructure destroyed.

As a young adult, I went through the hardships of fleeing my country of origin and living in a refugee camp for about three and a half years before emigrating to Canada.

My heart is full of sadness, sorrow, pain, grief, suffering, and misery when I see innocent Ukrainians experiencing the horrors and tragedies of war. The loss of human lives and infrastructure, as well as wounds inflicted by the enemy, will leave a long-lasting trauma on the future Ukrainian generation; an injury that will take decades to heal.

Here in the United States of America, public sentiment around the war in Ukraine is divided.

One group of educated people, scientists, who understand the geopolitical and economic intricacies of the world, wants the enemy to lose the war. This will restore peace in Ukraine, restore world order, protect the sovereignty of Ukraine, and humiliate the enemy on the world stage. Thus, this group continues to advocate for sending military and financial aid to Ukraine.

There is another group that does not understand the geopolitical and global consequences of the Russia-Ukraine war. This group views Ukraine as a distant country that has nothing to offer American interests. One of the arguments put forward by this group is noteworthy: "If the United States cannot take care of its southern border with Mexico to stop the flow of illegal crossing of migrants and drugs, then why spend billions of money protecting the Ukraine's borders?". Unfortunately, many people in this group suffer from emotionality, in which the mind is clouded by media pundits. Hence, this group strongly opposes sending aid to Ukraine.

Then another group feels war-weary. The war has been going on for too long.

Billions of dollars have been spent both in Ukraine and in countries that have opened their borders to accept migrants. Indeed, the enemy must be defeated. However, there is a lack of clarity and, a coherent plan to provide a long-term solution to end the conflict.

If the Ukrainians win the war and the Russians lose, what happens next?

The sentiment that the Russians would shut up, accept defeat, and act civilized after losing the war does not make much sense in many minds here in the United States.

Then, there is a crisis of accountability and a lack of transparency. Many American taxpayers would appreciate it if political leaders ensured transparency and accountability in how the money was spent. Thus, this group advocates ending aid to Ukraine until some legitimate issues are resolved.

Ukrainians lived peacefully until the enemy decided to attack. Therefore, the majority here in the United States believes that the enemy must be defeated, the lives of Ukrainians must be protected, peace must prevail, and Ukraine must return to normal life.

At the same time, after spending billions of dollars, Ukrainian positive progress in the conflict is either too slow or lacking. This slowness and lack of funds scare away many American taxpayers.

It is clear that if the United States and its allies stop funding Ukraine in this conflict, then the enemy will win the war; therefore, the geopolitical and global economic consequences will be even greater in the future.

If the United States and its allies continue to fund Ukraine in this conflict, the proud and selfish enemy will prolong the conflict to the point of exhaustion. As a result, the horrors and tragedies of war will continue.

I still believe in the goodness of humanity. Although “peace through strength” makes sense in the minds of Americans. In the case of Russia and Ukraine, “peace through strength” will lead to resentment and ongoing revenge, where the struggle will continue for generations.

Should United States taxpayers and their allies continue to fund Ukraine in the Russia-Ukraine war? Sitting around a table and arguing for or against sending aid to Ukraine (something Americans love to do) is a healthy, productive conversation; however, as the conversation continues, so do the horrors and tragedies of war in Ukraine.

Humanity has fallen but is not completely corrupted and decayed. There is still goodness in humanity. Maybe “peace through strength” is not the way to follow. Maybe it is time for both Ukraine and Russia to sit at the table to appeal to each other's goodness. Worth trying.

UDC 327(477):355.01

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A Message of Hope

My dear friends in Ukraine,

I am very happy to know you and to have the privilege to communicate with you.

Your presentations about your lived experience of the Russian invasion to my Educational Psychology class last fall left a profound mark on me.

You have given us your sacred story of suffering and resilience throughout a tragic period of violence.

I am happy that we share in our experience as students pursuing learning in higher education.

You have faced many more grave tribulations throughout your studies than I have.

You endure countless difficulties in earning your education and I admire your perseverance.

I am a Roman Catholic man in formation with the Salesians of Don Bosco.

I hope to become a priest at the end of my studies, God willing.

When I reflect on this Lenten experience and the upcoming Passion of Christ, I recognize how you walk with Christ in suffering and injustice.

Jesus overcame death and evil through his suffering, and I believe that your suffering is one with Jesus Christ.

Just as Jesus endured his Passion, death, and Resurrection, so we find hope that through our suffering we will rise to Easter joy and life.

For Jesus Christ is the light and “the light shines in the darkness, and the darkness has not overcome it” (John 1:5).

The blessing I pray for you is for great hope, for with God we have everything.

God loves you very much, and he walks with you each day.

I am praying for you and your families.

God bless you all! Brother John Taylor

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Sierra Rogalsky,
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To Ukrainian Friends,

I hope that you are doing as well as you can be.

There is not much that I know about your situation, nonetheless, I hope that you and your loved ones are safe from harm.

I am a sophomore (second-year) university student. I have received some information about the recent events going on in Ukraine and the concerning conditions, horrible events, and just the tiring conflict that is continuing after these past few years.

There is not much I can say to ease your nerves, but know that this is something that can be overcome and please persevere in your spirit.

I do not even want to call it a conflict – it is a war.

It is truly heartbreaking how innocent people have been affected by the hatred of officials, and please understand that it was out of your control to be involved: you are just a victim of war.

When the war started, I was a senior in high school and I remember how we in the United States were told the news about what was happening in Ukraine.

My high school was working to raise money to send to Ukraine. My dance teacher created a dance piece in honor of Ukraine and the fight against Russia and raised money. There were art classes where works dedicated to Ukraine were created. Overall, we tried to support and spread awareness of the situation.

After two years, I feel that people have stopped “caring about the trend,” when news about Ukraine is not spreading like before.

We did not stop caring. There are people here who pray every day for things to be different.

I can never imagine what it must be like to hear the hardships you had to go through initially, fleeing from your home and your space, and leaving your life behind to survive a war that was out of your control is something I could not imagine going through.

However, living not knowing how each day is going is a concept that scares me. I cannot imagine having to live like this.

However, I hope that I will be able to understand how you handle things more clearly.

Although you may not be religious, I am praying for you.

For your safety, success, and the safety of the loved ones around you.

It will pass, like everything else. When, I am not sure. Nevertheless, everything comes to an end, and I pray that it comes soon.

With warm regards,
Sierra Rogalsky

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Maribel Roman,
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Thoughts on past and future collaborations

Esteemed Ukrainian friends.

As I reflect on my visits to Ukraine and the invaluable time spent with our Ukrainian colleagues, I want to express my deep appreciation for the collaboration and the value it brings to our shared efforts.

During my visits to Ukraine, I was deeply impressed by the commitment of its people to the principles of democracy and freedom.

The Ukrainian's people passion for progress and resilience in the face of challenges have left a deep-rooted mark on me.

Having the honor of working closely with teachers and students in Ukraine, I have seen firsthand their dedication to education and relentless pursuit of knowledge.

I was inspired by the enthusiasm and resourcefulness of Ukrainian teachers and students.

Their eagerness to embrace new ideas and their willingness to collaborate for the common good exemplify the spirit of unity and progress that defines Ukraine's path to a brighter future.

As we continue to work together to strengthen our partnership and support the aspirations of the Ukrainian people, I am confident that our collective efforts will advance democracy, education, and prosperity in Ukraine and beyond.

Together, we can build a better tomorrow for future generations.

Warm regards,
Maribel Roman,

UDC 616.8-085.851:355.01

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Psychological Eco-Facilitation as a Path to Post-Traumatic Growth: Trauma Integration and Personal Development

Abstract This article explores the concept of post-traumatic growth through the lens of psychological eco-facilitation, developing approaches to assist individuals who have experienced trauma. Drawing on his experience working with victims of extreme events, including Chernobyl disaster participants and war veterans, P. Lushyn discusses methods for treating post-traumatic stress disorders, emphasizing the importance of personal growth after trauma. He utilizes eco-facilitation principles to support individuals in restoring their ability to dream and plan for the future, a key aspect of post-traumatic growth. A dialogue with artificial intelligence, simulating an eco-facilitation session, demonstrates the dynamics of change in client perception, aiding in understanding the efficacy of this approach.

Keywords: Post-traumatic growth and development, psychological eco-facilitation, trauma psychotherapy, personal development, extreme events, spontaneous self-organization, tolerance for uncertainty, war veterans, artificial intelligence in psychotherapy.

Problem Statement: This article began when Facebook reminded me of a post I made on March 31, 2014. In it, I discussed an invitation to speak before the Maidan psychological service about methods of assistance in extreme conditions. At that time, the military situation was just developing, and both psychologists and ordinary people were struggling due to a lack of experience in dealing with post-traumatic stress disorders.

By then, I had significant experience working with victims of extreme events, including participants of the Chernobyl disaster and veterans of the Afghan War. I had collaborated with renowned psychotherapists such as Francine Shapiro, the developer of the EMDR method (Shapiro, 2001), and William Yule (Yule, 2001), one of the world's first psychotraumatologists. My research in psychological eco-facilitation was documented in my doctoral thesis (Lushyn, 2003), after which I founded the original School of Eco-Facilitation to train psychologists, including for work with post-traumatic stress disorder.

It was then that I discovered my work and practice in eco-facilitation occupied leading positions in contemporary psychotherapy research, particularly in the area of post-traumatic growth. This phenomenon implies that a person who has experienced trauma can not only stabilize but also significantly enhance their personal potential (Tedeschi & Calhoun, 2004), (Joseph, S., & Linley, P. A., 2005). Simply put, instead of weakening and uncertainty, which was previously

assumed, a person, according to the well-known Nietzschean maxim, can become stronger: "That which does not kill us makes us stronger".

Principles of Working with Trauma: Retrospective Validation. Re-reading my ten-year-old post, I was struck by the relevance and correctness of the trauma treatment principles described therein. In a recent comment from April 2024, I noted: "Who would have thought ten years ago that this was the beginning of a years-long war with Russia, which became full-scale in 2022, and the principles of working with trauma would become more important than ever?" This statement resonated significantly and was supported by my followers. Let me quote it in full:

"Professional block of a psychologist: how to behave when everything is wrong, or can we prepare in advance for the worst?

1. We are taught with the aim of foreseeing the worst in advance and avoiding it in time.
2. A professional is someone who can predict the future and, unlike amateurs, orient themselves in advance.
3. If we consider that the worst in transitional times is post-traumatic stress disorder (PTSD), it is necessary to differentiate its phenomenology or clinical signs and then accordingly actualize a complex of measures for their processing or overcoming.
4. However, a professional is also someone who can encounter an unknown phenomenon, realize that their level of competence is insufficient, and orient themselves to the situation.
5. We assume that what is happening now is not PTSD; it's a transitional period (TP).
6. The essence of TP is that we don't know exactly where we are moving. We only know that there is no going back, and TP has positives that are not given in ready-made form.
7. How to discover them? The first step - it's not only your task!
8. The second - being unprepared in advance to solve the problem is very important!
9. The third - if you don't know what to do, look at what you are already doing: tolerate uncertainty. (C) P. Lushyn".

This text emphasizes that the transitional period in a person's life is unique in that it is impossible to accurately plan and foresee one's future. This period is marked by uncertainty: we realize that life will not be as it was before and that the upcoming changes are linked to both suffering and positive moments. Interestingly, these experiences are not always conscious; they can manifest at the level of unconscious self-organization of the personality, forming peculiar goals or attractors. It is important to learn to trust this process of self-organization and to be open to unpredictable turns of events that can underlie positive changes. This implies paying attention to one's spontaneous actions and tolerance for uncertainty of consciousness, especially when it does not provide clear understandings and goals.

It is noteworthy that these principles of self-organization during the transitional period were reflected in the events of the last ten years in Ukraine. They demonstrate the paradoxical nature of changes, including difficulties in survival and development under the conditions of a full-scale war with the aggressor from February 2024. On one hand, the population of Ukraine faced unprecedented challenges; on the other, it gained a unique experience of self-preservation, independence, and received global support. The paradox of this future perspective is that it is practically impossible to apply it step by step and sequentially. Moreover, even remembering this

in moments of radical changes and dramatic events can be difficult. However, as the post's commentators note: "We have been living in this rhythm for ten years, tolerating uncertainty."

This particular case in the space of Facebook reflects certain patterns of the phenomenon of post-traumatic growth and development and the conditions for providing psychological assistance according to our developed psychological modality called "eco-facilitation". A key feature of this method is the client's realization of their own future recovery, the ability to dream and plan for life. Psychotraumatologists emphasize that one of the main characteristics of post-traumatic disorder arising from encountering severe events such as death of loved ones, serious illness, divorce, emigration, and others, is the shortening of life perspective. The victim loses previously significant life values, there is an absence of new ones, the ability to dream and plan for the future is lost, focusing only on survival.

Our experience of eco-facilitative assistance shows that in overcoming post-traumatic disorder and in transitioning to post-traumatic growth, the first thing to be restored is the ability to dream, plan, and envision one's future for 5, 10, 15 years and beyond. Below, we will model a case of our work using artificial intelligence and demonstrate the validity of the principles mentioned above. It is especially important to pay attention to the dynamics of changes in the personality of the client in terms of building and changing the images of his/her future as an important condition for post-traumatic growth and development (Lushyn P. & Sukhenko Y. 2021).

Eco-Facilitative Practice: An Example of Working with Trauma. Considering the need for confidentiality, a psychological counseling session was simulated using artificial intelligence — ChatGPT 4. In this simulation, the chatbot acted as a client who had experienced a traumatic situation, while the consultant was a psychologist-eco-facilitator with 35 years of experience who is also the author of this article. It's important to note that in this simulation, the chatbot-client behaved excessively attentively towards the consultant and used literary language, which was not specifically set in our chatbot programming settings. Nonetheless, all other aspects, including statements and the psychologist's approach, were as close to reality as possible. Our extensive experience with real clients confirms that this scenario corresponds to the typical character and process of eco-facilitation. Next, I present a transcript of my dialogue with ChatGPT 4. (2023, October 20).

Client: "Hello. I returned from a combat zone and since then feel that I cannot adapt to normal life. I constantly experience tension, nervousness. Sometimes, memories of battles haunt me, causing loss of sleep. I cannot understand how to return to normal life when these terrible images constantly replay in my head. I feel disconnected from everyone, even my own family. It's hard for me to explain what's happening to me, and I don't know what to do."

Psychologist-Eco-Facilitator: "You said you can't return to normal life..."

Client: "Yes, exactly. It seems that the life I knew before has disappeared, and I don't know how to find my way back. Everything around reminds me of what I experienced, and I constantly feel anxiety and alienation."

Psychologist-Eco-Facilitator: "So, you use the term 'normal life' understanding it as a memory from the past..."

Client: "Yes. It seems that the 'normal life' I knew before the war has stayed in the past. Now, the world around me seems completely different, and I feel lost in this new reality. It's hard to reconcile with the idea that what once seemed mundane and familiar now seems alien and distant to me."

Psychologist-Eco-Facilitator: "It turns out that modern life for you is a combination of pre-war memories and how you feel now, as well as the quite recent military experiences on the front..."

Client: "Exactly. I constantly feel a rift between the past and present. Memories of the war and the hard experiences on the front overlap with my notions of pre-war life, creating an internal conflict. I often feel simultaneously here and there, unable to fully adapt to either of these worlds. It's very confusing and hampers my recovery and return to normal life."

Psychologist-Eco-Facilitator: "You talk about normal life... what do you mean when the previous life is behind, the war is not over yet, and the front experience is still with you..."

Client: "By 'normal life,' I mean a sense of stability and safety I had before the war. Returning to simple everyday tasks, communicating with family and friends without constant tension and anxiety. But now, with the war not yet over and the frontline experience continuing in my memories, I can't find that sense of stability. I feel like I'm constantly in a state of readiness, anticipating something bad happening, which prevents me from living a normal life."

Psychologist-Eco-Facilitator: "So, it turns out that you are simultaneously in a calm, stable situation but also intentionally or subconsciously ready for the situation to change for the worse, when your survival and defense skills might come in handy..."

Client: "Yes, that's true. I feel split. On one hand, I am safe in a peaceful environment, but my psyche is constantly on alert, as if I'm still on the frontline. I'm unconsciously preparing for the worst as if a battle could start at any moment, which makes me feel tense and anxious even in normal everyday situations. This feeling of readiness for battle prevents me from relaxing and enjoying the moment, being here and now in a calm setting."

Psychologist-Eco-Facilitator: "Correct me if I'm wrong. It seems that you want to understand that it's still too early to relax fully, and to be on guard, but on the other hand, while the situation outside the combat zone is normal and safe, you would like to feel relaxed and enjoy the moment..."

Client: "Yes. On one hand, I feel the need to remain vigilant because the situation in the country is still unstable, and my military training constantly reminds me of this. But, on the other hand, I really want to learn to relax and enjoy peaceful moments, realizing that I am now safe. It seems I'm stuck between these two states, and it's difficult for me to find a balance between them."

Psychologist-Eco-Facilitator: "You speak of balance. Do I understand correctly that we have now somewhat clarified the goal of our work and you consider that normal under the current conditions would be to find a balance between readiness for defense and the ability to enjoy the moment when it seems possible..."

Client: "Exactly. I understand that I can't completely ignore my military training and instincts, especially in the current situation in the country. But at the same time, I want to be able to recognize and appreciate moments of peace and safety when they occur. Finding this balance, learning to live in the present without losing vigilance but also without constant internal tension and anxiety, would be ideal for me. That's what I'm striving for and where I hope you can help me."

Psychologist-Ecofacilitator: "You just mentioned another self-improvement goal — 'to recognize and appreciate moments of peace and safety'..."

Client: "Yes, and this is indeed important to me. In my current situation, where I constantly feel anxiety and tension, I often forget what it's like to appreciate calm and safe moments. I want to learn not only to feel more relaxed but also to recognize and enjoy these moments of peace when they arise. It seems to me an important step towards recovery and returning to a more balanced life."

Psychologist-Ecofacilitator: "Listen, you've just added that you would like not only to feel relaxed but also to be able to enjoy these moments when they occur. It turns out that you can indeed track moments of relaxation, but you find it difficult to fully enjoy them... This is another advancement in our work, isn't it?"

Client: "Yes, you're right. I indeed sometimes sense moments when I manage to relax, but they are infrequent and I'm not able to fully immerse in and enjoy these moments. This is truly a new realization for me. I understand that I need to work not only on feeling more relaxed but also on learning to appreciate and enjoy these moments when they occur. This could help me return to normal life and recover from the stress I've experienced."

Psychologist-Ecofacilitator: "It seems to me that you've just formulated something like a plan for self-development: to capture moments of relaxation and then learn to enjoy them... Does it follow then, that your current 'normal life' now includes another element, in addition to memories of pre-war life and the hardships experienced during frontline life? In the sense that this is also self-work in terms of identifying relaxation and enjoying it..."

Client: "Yes, that sounds correct. My current 'normal life' actually includes all these aspects: memories of pre-war life, frontline life experience, and now, as you rightly noted, self-work in terms of recognizing and valuing moments of relaxation and tranquility. This adds a new dimension to my recovery and adaptation to life after the war. Working on recognizing these moments and learning to enjoy them seems key to my further personal growth and return to a more fulfilling life."

Psychologist-Ecofacilitator: "You interestingly said 'returning to a full life', although you're speaking about the future..."

Client: "Yes, this expression seems appropriate. For me, 'returning to a full life' means gradually finding ways to integrate my past experiences, including frontline life, into my present and future. This is not just a return to life as it was before the war, but the creation of a new life, taking into account all my experiences and lessons learned. Thus, my full life in the future will include both memories and lessons from the past, and new ways of understanding and enjoying the present moment. This is the direction I want to move in."

Psychologist-Ecofacilitator: "Well, this is quite a life perspective you have there, where everything is considered, nothing is overlooked, and yet, an image of your future is created."

Client: "Indeed, that's how it is. Considering everything I've experienced and looking forward, I'm beginning to see how I can build my future. It's important to acknowledge and respect my past experiences, but also to move forward, not allowing these experiences to fully define me or my future. I realize there's still a lot of self-work to do, but I now have a clearer vision of where I want to go and what I want to achieve. This sense of direction and purpose really gives me strength."

Psychologist-Ecofacilitator: "You sound very decisive and positive, does this mean that we can conclude our session?"

Client: "Yes, I think at this moment we can conclude. I feel that today's conversation has really helped me see things in a clearer light and has given me a direction for further self-work. I'm grateful for this opportunity to talk and sort out my thoughts and feelings. Thank you for your help and support."

Discussion on the Process and Outcomes of Psychological Ecofacilitation. The fundamental principles employed in the provision of psychological aid through the ecofacilitation method can be delineated as follows:

1. Respect and Understanding of the Client's Individual Experience: The process initiates with active listening and acknowledgment of the client's unique experience, encompassing their memories, current experiences, and future perspectives.

2. Focus on Integrating Past Experience: The approach involves integrating the client's past experiences, including their traumas, into their current state, aiding in constructing a new life that accounts for these experiences.

3. Support for Personal Growth and Development: Psychological assistance is aimed not only at recovery from trauma but also at the development of the individual, including their capacity for post-traumatic growth and development.

4. Spontaneous Self-organization and Tolerance for Uncertainty: The principles include the notion that the client is capable of spontaneous, self-organizing behavior and a tolerance for uncertainty and life changes.

5. Constant Identification of New Tasks and Goals: The developmental process in the context of ecofacilitation involves attention to the client's changing developmental contexts and the spontaneous transformation of tasks and goals in self-organization while working with a psychologist. In a sense, it's about supporting the rhythm of self-development and self-help.

6. Creating a Supportive Space: The approach entails the idea that the client can create a supportive environment for themselves, including a support group and an ecofacilitator psychologist (Lushyn, P., & Sukhenko, Y., 2021).

This transcript of working with trauma within the context of post-traumatic growth arose from a reflection on the principles for overcoming stagnation and difficulties in resolving life and professional tasks, particularly when it seems impossible to prepare for the future (see the beginning of the article: Facebook posting). We also consider this situation in the context and terms of the "buffer zone of development," where none of the interaction participants, be it psychologist and client or teacher and student, can offer a model for overcoming obstacles, and no one has a clear idea of the next steps towards the future. In this context, the actions of the ecofacilitator, which contribute to forming new visions of the future for the client, are particularly vividly described. Here, the seventh principle is important: "How to discover this? First, it's not just your task!", emphasizing the joint efforts of all participants, in this case, the psychologist and the client. This does not mean that the ecofacilitator lacks ideas or suggestions for the client. However, it is important to provide and create opportunities for the client to independently develop such perspectives (principle 8). In this context, the ecofacilitator reflects the client's actions, helping them realize what they are already doing by coming to the psychologist, noticing contradictions in their actions, and understanding the nuances and dynamics of their movement in the process of professional assistance.

The psychological assistance process demonstrated in this example shows the value of deep understanding and respect for the client's individual experience. The ecofacilitator-psychologist focused on the importance of recognizing and integrating the client's past experiences, including the harsh experiences at the front and memories of pre-war life, into their current state and future plans.

During the counseling session, the client comes to understand that their "normal life" now includes not only past experiences, but also active self-work aimed at recognizing and enjoying moments of peace and safety. This process allowed the client to form a new life that accounts for all their experiences and learned lessons, providing them with a sense of direction and purpose necessary for recovery after the stress experienced.

Thus, it can be asserted that this psychological assistance contributed to the client's development not only as a survivor but also as a person actively striving for betterment. This

reflects the concept of post-traumatic growth, where difficulties and problems caused by traumatic experience can lead to personal growth and development.

Conclusions. In this article I provided an attempt to demonstrate that post-traumatic growth is a tangible possibility for people who have experienced trauma, and that this growth can be enhanced through the process of psychological ecofacilitation. This process involves respecting and understanding the client's unique experience, integrating past experiences into the current state, and focusing on personal growth and development. Particularly important are spontaneous self-organization and tolerance for uncertainty, enabling clients to adapt to new life circumstances and gain a sense of direction and purpose.

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Section 2

Borys Grinchenko Kyiv Metropolitan University Young Scholars' Oral Testimonies

UDC 378.4:327

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Our international cooperation

International cooperation between Seton Hall University and Borys Grinchenko Kyiv Metropolitan University has been ongoing since 2008. Professor James K. Daly and Associate Professor Olha Tarasenko, together with students of our universities, have been conducting various research projects for 16 years.

One of the research projects between our universities was the online journal Young Scholars Grinchenko – Seton International Journal, founded in 2020 to encourage and support students, and young scholars in researching important issues facing education, science, and the world.

The initiators of the international online journal were Olha Tarasenko, Associate Professor of the History of Ukraine Department of the Faculty of Social Sciences and Humanities at Borys Grinchenko Kyiv Metropolitan University, PhD in History, Associate Professor (Kyiv, Ukraine), and James K. Daly, Professor of the Educational Studies Department of the College of Education and Human Development, Culture and Media at Seton Hall University, Doctor of Education, Professor (New Jersey, USA).

In four issues of the online Young Scholars Grinchenko – Seton International Journal students, and young scholars of our universities shared their research and creativity.

On October 31, 2023, was held the second virtual meeting “Stand with Ukraine! The experience of survival of Ukrainian students during the russian-Ukrainian war (2014 – 2023)” between students and teachers of Seton Hall University and Borys Grinchenko Kyiv Metropolitan University.

At this online meeting, American students shared their thoughts about the current situation in Ukraine, and Ukrainian students shared oral testimonies about their experience of surviving the russian-Ukrainian war (2014 – 2023).

Some oral testimonies about the war in Ukraine by Ukrainian students and teachers, which they gave at the virtual meeting on October 31, 2023, were included in the fifth edition of the online Young Scholars Grinchenko – Seton International Journal.

The oral testimonies of Ukrainian students and teachers are only part of the oral histories that we can now make public for ethical reasons. The publication of these oral histories is part of a larger project “My Story of War”, which is currently underway at the Faculty of Social Sciences and Humanities of the Borys Grinchenko Kyiv Metropolitan University.

The project “My Story of War” consists of oral testimonies about the war in Ukraine from students and employees of Grinchenko University: those who were under occupation, those who are currently fighting, those who were captured, etc.

The project “My Story of War” also includes the project “Oral Histories – Migration Trajectories of Ukrainian Refugees”.

The full-scale russian-Ukrainian war has been going on for three years. During this time, we, Ukrainians, have changed.

However, the support of our American colleagues remains unchanged, for which we are very grateful, and look forward to further productive cooperation.

UDC 378:001

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Ukrainian Authors of the Oral Testimonies

Materials of Section 2 “Ukrainian Young Scholars’ Oral Testimonies” of the fifth issue of the online journal Young Scholars Grinchenko – Seton International Journal is the result of a virtual meeting of Ukrainian and American students and teachers “Stand with Ukraine! The Experience of Survival of Ukrainian students during the russian–Ukrainian War (2014 – 2023)”, which was organized by the History of Ukraine Department of the Faculty of Social Sciences and Humanities at Borys Grinchenko Kyiv Metropolitan University within the framework of international cooperation with Seton Hall University (New Jersey, USA) on October 31, 2023.

The initiators of the international online meeting were Olha Tarasenko, Associate Professor of the History of Ukraine Department of the Faculty of Social Sciences and Humanities at Borys Grinchenko Kyiv Metropolitan University, Ph.D. in History, Associate Professor (Kyiv, Ukraine), James K. Daly, Professor of the Educational Studies Department of the College of Education and Human Development, Culture and Media at Seton Hall University, Doctor of Education, Professor (New Jersey, USA), and Maxim Matusevich, Head of History Department at Seton Hall University, Ph.D. in History, Professor (New Jersey, USA).

The Ukrainian part of the fifth online issue of the journal contains personal oral testimonies of the survival of Ukrainian students and teachers in the context of the russian-Ukrainian war.

The russian-Ukrainian war, which began in 2014, and the full-scale invasion of the russian occupier on February 24, 2022, changed the lives of each of us.

Ukrainian authors of oral testimonies live today in the epicenter of military events, when shelling is heard, when sirens sound, when panic and fear are in their eyes, but despite all this, they all study at schools and universities.

They are at war. They are burying friends. They are waiting for their loved ones and at the same time they are collecting funds for the financial support of the Armed Forces of Ukraine.

They know what it is like to have a missile hit your house and what it is like to break through enemy roadblocks. They are strong, fearless, and courageous.

They do not sit idly by – they are looking for every opportunity to bring the Victory closer, and they speak to the world.

They, like all Ukrainians, believe that the world cannot remain indifferent.

They want to be heard: “We know how to fight for our freedom, because we have our land, our history, and our culture – these are our greatest treasures that we will not give to anyone”.

Stand with Ukraine!

UDC 378.4.09:355.01(477)

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Introductory word

The Ukrainian section of the fifth issue of the online journal “Young Scholars Grinchenko – Seton International Journal” includes a part of the oral online testimonies of Ukrainian students of Borys Grinchenko Kyiv Metropolitan University to American students and teachers of Seton Hall University during the virtual meeting on October 31, 2023 “Stand with Ukraine! The experience of survival of Ukrainian Students during the russian-Ukrainian War (2014 – 2023)”.



In their speeches, Ukrainian students shared with their American peers their experience of surviving the first days, weeks and months of the full-scale invasion of the russian occupier on Ukrainian land on February 24, 2022 during the russian-Ukrainian war of 2014 – 2024 and overcoming its terrible trials, active volunteering activities for the sake of victory of Ukraine, as well as their dreams and visions of the future of Ukraine.

Through presentations and lively dialog, the students talked about our country, its identity, aspirations and values of Ukrainians. They showed the devastating consequences of the russian

invasion for the Ukrainian cities of Kyiv, Bucha, Irpin, Mariupol, Berdiansk, Kakhovka, Nova Kakhovka, Volnovakha, Nikopol, etc.

Ukrainian students introduced their American peers to information about Ukraine, shared their personal testimonies of life during the Russian aggression, and talked about personal and social transformations in Ukraine.

The Ukrainian section of the fifth issue of the online journal Young Scholars Grinchenko – Seton International Journal opens with a welcome speech by *Olena Aleksandrova*, Dean of the Faculty of Social Sciences and Humanities at Borys Grinchenko Kyiv Metropolitan University. She noticed that international cooperation between Seton Hall University and Borys Grinchenko Kyiv Metropolitan University has been going on for 16 years. She thanked American colleagues for their support of Ukraine and expressed hope for further productive cooperation.

Anna Hedo, Head of the History of Ukraine Department at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University, notified that Ukrainian authors of oral testimonies are living in the epicenter of military events today when shelling, sirens, panic, and fear are heard, at the same time, they all study at schools and universities. She emphasized that Ukrainian authors are fighting, burying friends, waiting for their loved ones, and raising funds to support the Armed Forces of Ukraine financially. Anna Hedo reported that the Ukrainian authors of the oral testimonies know what a rocket that hits a house is and what it is like to break through enemy checkpoints. She accentuated that Ukrainians are strong, fearless, and courageous, do not sit idly by, but look for any opportunity to bring Victory closer and talk to the world. Anna Hedo highlighted that Ukrainian authors of oral testimonies, like all Ukrainians, believe that the world cannot remain indifferent, that we want to be heard, and that we know how to fight for our freedom because we have our land, our history, our culture – these are our greatest treasures that we will not give away to anyone.

In the photos, the Ukrainian authors demonstrated the flourishing Ukrainian cities before the war and the terrible destruction caused by the targeted shelling of peaceful Ukrainian cities and people with rockets and bombs, which was deliberately done and continues to be done in the 21st century by the Russian Federation – the aggressor state – terrorist – occupier, and invader.

Dmytro Kolomiets, a first-year postgraduate student at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University, in his note “Kyiv in the first days of full-scale Russian invasion of 2022” spoke about his impressions of what he saw and felt during the first year of the full-scale invasion of Ukrainian land by Russian invaders (from the end of February 2022 to the end of 2022). He wanted to convey that we, Ukrainians, continue to live and fight, that 2022 was the longest year for us, Ukrainians, because on February 24, the usual life of the whole country ended (or rather stopped) due to the full-scale invasion. Dmytro shared six of his photographs taken in Kyiv during the war in the spring and winter of 2022. With his photos, he wants to broaden the understanding of this war through the personal experience of an ordinary Ukrainian. Dmytro Kolomiets emphasizes: “Do not give up on us. We will live and fight. We live in a very difficult time for our country. But we live, study, work, volunteer, and help the Armed Forces of Ukraine”.

Maryna Halushko, a second-year master’s student of the History and Archeology program at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University, said about life on the outskirts of Kyiv in the first months of the full-scale Russian

invasion of 2022. She lives on the outskirts of Kyiv, 15 km from Bucha and Irpin. She noted that February 24, 2022, would remain in her memory for the rest of her life as a huge horror that terrorist Russia brought to our Ukrainian land. She told about the first hours of the full-scale invasion, the first air raids, the first explosions, the screams and tears of people who did not understand what to do next, the chaos. Maryna shared photos of peaceful Bucha and Irpin before the Russian invasion of Ukraine. The Armed Forces of Ukraine resisted the Russian offensive in the western outskirts of Kyiv – Irpin, Bucha, and Hostomel, which were the most dangerous places in the Battle for Kyiv in the Kyiv region.

Maryna recalled that after Ukrainian troops regained control of Bucha, reports of Russian military atrocities shocked the world. She mentioned that today the whole world knows that Russian troops carried out a massacre of civilians in Bucha, known as the Bucha massacre. The Bucha massacre, or Bucha genocide, was a targeted brutal massacre by Russian armed forces in Bucha of Ukrainian civilians and prisoners of war, accompanied by abductions, torture, rape, including of children, and looting. Maryna said that shells exploded twice within 500 meters of her. She recollected that the news from Bucha, Irpin, and Mariupol made her blood run cold, and she realized that this is the reality of every Ukrainian in the 21st century. Marina is confident that Ukraine will win. However, the only thing we will not be able to fix is the lost lives of people whose names will forever remain in the history of our Homeland – Ukraine. Her aspirations are the same as those of all Ukrainians – Ukraine's complete Victory over the terrorist country.

Olha Sarayeva, an Associate Professor of the Department of Philosophical Sciences and History of Ukraine at Pryazovsky State Technical University (moved from Mariupol to Dnipro), Deputy Director of Educational Work at the Scientific Educational Institute of Modern Technologies, and her daughter *Maria Sarayeva*, a 10th-grade student of the Mariupol City Lyceum (moved to Kyiv) spoke about their native Mariupol as the heart of fire and hope in a brutal war.

They described the terrible first days, weeks and months without food, water, heating, gas and electricity, under constant shelling and bombardment by Russian troops. They hid in the basement. They drew a prayer and a cross, and prayed every time the explosions were unbearable.

Andriy Kozhushyna, a second-year student majoring in Social Work at the Faculty of Social Sciences and Humanities and a fourth-year student majoring in Heat Power Engineering at the Scientific and Educational Institute of Modern Technologies of Pryazovsky State Technical University, told about his native Mariupol under Russian occupation. Andriy shared information and photos of his beautiful hometown of Mariupol before the war and the terrible testimony of the complete destruction of Mariupol during the Russian-Ukrainian war of 2014 – 2024.

Andriy summarized that the full-scale invasion of the Russian army, which Mariupol felt first and withstood to the last, brought severe suffering and death to tens of thousands of civilians in Mariupol, the destruction of 90% of the city's infrastructure and other extremely pressing problems that are very much felt now under occupation. He indicated that all the historical and cultural buildings that were a value of Mariupol were destroyed by the Russian occupiers. Andriy emphasizes that Mariupol is Ukraine. He dreams of returning to the liberated Mariupol.

Polina Ishchenko, a second-year master's student majoring in History and Archeology at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv University, spoke about the first days of the full-scale war in the Kherson region, in her hometown of Nova Kakhovka.

She shared photos of the beautiful Nova Kakhovka before the occupation by russian troops and told about her life during several months under occupation. Polina informed about several large rallies at the beginning of the occupation, when almost the entire city came out with flags and slogans “Nova Kakhovka is Ukraine”. The behavior of the residents of Nova Kakhovka unpleasantly surprised the russian military, who dispersed the first such rally with smoke bombs, and several people were injured.

She noted that her hometown had turned into a deserted wasteland. Many people began to leave because of moral pressure from the russians and fear for their lives and the lives of their loved ones. She and her mother decided to leave Nova Kakhovka for Odesa. They chose the route Kherson – Beryslav – Davydiv Brid – Bashtanka – Mykolaiv – Odesa. She mentioned how painful it was for her to leave her hometown. On the way to Kherson, they saw the consequences of the war – destroyed buildings, burnt vehicles, and military checkpoints. It was very painful to see all this. They passed about 40 russian military checkpoints that stopped them for inspection. Polina recollected the time when they reached the first Ukrainian checkpoint and saw the Ukrainian blue and yellow flag. She was crying. She felt a sense of freedom that she had never experienced before. Polina left a piece of her heart in Nova Kakhovka. She will return to free Nova Kakhovka after our Victory, because Nova Kakhovka is Ukraine.

Kateryna Yaniuk, a first-year student majoring in Law at the Faculty of Law and International Relations of Borys Grinchenko Kyiv Metropolitan University, told us how quickly her hometown of Kakhovka, located on the left bank of the Kakhovka Reservoir along the Dnipro River, above the Kakhovka Hydroelectric Power Plant, was occupied. She recalled that the beginning of the occupation was an extremely difficult period, with no food or medicine available. She noted that from March 6 to April 3, three anti-occupation rallies “Kakhovka is Ukraine” were held in Kakhovka.

She stressed that on June 6, 2023, the largest and most terrible environmental disaster of the entire war occurred – an explosion at the Kakhovka dam of the Kakhovka hydroelectric power plant. The Kakhovka HPP was blown up by the russian occupiers on June 6, 2023. It is not subject to restoration. The direct damage from the explosion at the Kakhovka HPP exceeds \$2 billion. Kateryna is waiting for the de-occupation, when the Ukrainian flag will fly all over the Ukrainian land. She is looking forward to the day when she can return to Kakhovka.

Maria Klymenko, a first-year student majoring in Law at the Faculty of Law and International Relations of Borys Grinchenko Kyiv Metropolitan University, spoke about the hard life of Nikopol residents during daily artillery shelling. It is horrifying to realize that this young 18-year-old girl explains so professionally that artillery shelling is one of the most dangerous types of fire during military conflicts, which can cause a large number of accidental casualties among the population (missile launches that reach their targets in a few seconds). According to her, a person can learn about the beginning of shelling by hearing the distant sounds of shots, rumbling, and flares of rockets. If you hear the whistle of a projectile, after 2-3 seconds there will be an explosion, you need to fall to the ground immediately. Her hometown Nikopol is located on the banks of the Kakhovka Reservoir of the Dnipro River, which is almost dry near Nikopol after the russians blew up the Kakhovka hydroelectric power plant dam on June 6, 2023.

Maria informed that Nikopol is located 5 km from the Dnipro coast and Enerhodar, occupied on March 4, 2022, from where russian terrorists conduct massive artillery shelling of

Nikopol and its coastal areas on a daily basis. Nikopol is not occupied. Enerhodar is home to the largest Zaporizhzhia nuclear power plant in Ukraine and Europe. Maria indicated that almost all Nikopol residents can see the plant on the street, as it is located 5-7 km from the city and from there you can always see the enemy preparing artillery and shelling Nikopol. The shelling is quite brutal, indiscriminate, flying over residential areas and any objects. Nikopol is in mortal danger every day. One day Nikopol may become uninhabitable. Nikopol would be the first town that, God forbid, would receive a large layer of nuclear radiation in the event of an explosion at the ZNPP. Maria aspires to become a professional lawyer to defend the laws of the people and help rebuild Ukraine after the war. She urges us to study hard for the sake of our future and the future of Ukraine, which will certainly defeat evil. She will do everything in her power to keep her hometown in the center of people's attention.

Kateryna Vetoshko, a first-year student majoring in Law at the Faculty of Law and International Relations of Borys Grinchenko Kyiv Metropolitan University, told about her hometown of Volnovakha during the russian-Ukrainian war of 2014 – 2024. Volnovakha is located in the south of Donetsk region. It is a railway junction on the Mariupol-Donetsk and Mariupol-Zaporizhzhia lines. Volnovakha, like many other settlements in Ukraine, became a victim of the russian-Ukrainian war, which led to significant changes in the lives of the local population. Volnovakha was located close to the border with the occupied territories and became a strategically important point in the war. On May 22, 2014, the battle near Volnovakha became the bloodiest in the history of the modern Ukrainian army. DPR militants tried to capture the town. Terrorists resorted to provocations, blocked roads, and used small arms, grenade launchers, and machine guns. Kateryna witnessed panic, fear and anxiety among the civilian population. On January 13, 2015, a terrible terrorist attack took place in Volnovakha during the artillery shelling by the occupation forces of the russian federation. The artillery shelling was classified as a terrorist attack due to the gravity of the crime, as the attack was directed against civilians. Following the tragedy, the "I am Volnovakha" campaign was launched on social media, uniting people and triggering peaceful actions across Ukraine. On February 24, 2022, fierce battles for control of Volnovakha began. Kateryna witnessed the beginning of a full-scale military invasion of the enemy and went through severe trials. Volnovakha is almost destroyed (90%). Kateryna described the first terrible five days of being in the epicenter of the fighting in Volnovakha with her family. She loves her hometown of Volnovakha very much. She wants to return home. She dreams of rebuilding Volnovakha after our Victory. She believes that Volnovakha will become an even more beautiful and prosperous town.

Yesenia Gnatenko, a first-year student majoring in Law at the Faculty of Law and International Relations of Borys Grinchenko Kyiv Metropolitan University, spoke about the daily life of Berdiansk residents under russian occupation. Her life under occupation was a lack of food, light, water, gas, communication, and Ukrainian news. It was a time when Berdiansk residents were just surviving. Since February 27, 2022, Berdiansk has been under russian military occupation, the city was taken without a fight. Yesenia recalled how a convoy of military equipment of the russian occupiers passed by her window. The letter "Z" was written everywhere on this military equipment. The occupiers received information about every resident of the city. Persecution of people began. They were especially looking for the military. She said that the occupiers came to the apartments and broke down the doors if they were not allowed in, searched through personal belongings, stole equipment and jewelry, and tortured people. They did not care if you were a woman or a man, a child or an elderly person. For a long time, she was afraid to go

out alone because there had been repeated cases of rape of girls. Together with her family, she participated in anti-russian rallies several times. She is so proud of the Ukrainian people who stood unarmed in front of soldiers with machine guns. The rallies stopped when russian riot police arrived in Berdiansk, as people were beaten right in the center of the city, and the first activists were kidnapped and tortured.

Yesenia honored the memory of teenage heroes Tigran Hovhannisyan and Mykyta Khanganov, who were partisans in occupied Berdiansk. On June 24, 2023, these heroes shot a russian soldier and a police officer. After the shootout, these 16-year-old boys died. The last words of Nikita and Tigran were “Glory to Ukraine!”.

Yesenia spent two months under occupation at her home in Berdiansk. She told that the decision to leave Berdiansk could have cost one’s life. The nearest unoccupied city was Zaporizhzhia. In order to leave Berdiansk for Zaporizhzhia, it was necessary to pass through 14 russian checkpoints. Before the war, the road to Zaporizhzhia took 3-4 hours, but during the war – at least 8 hours, and people had to spend the night in the field for several days. She mentioned that the road from Berdiansk to Zaporizhzhia was in a terrible state, torn up by mines, with burnt tanks on the roadsides, shelled houses, broken fences, looted shops, and black smoke from rocket attacks. Loud explosions accompanied them all the way. Yesenia loves her native Berdiansk very much. She believes in the Armed Forces of Ukraine. She will never allow her Ukrainian Berdiansk to remain in the hands of a terrorist country, an aggressor country, an occupying country, russia. She wants to make this world a fairer place. Yesenia wants our Ukraine to become a global example of a state governed by the rule of law.

Polina Derkach, a first-year master’s student of the History and Archeology program at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University, noted that the war affected everyone. She lives in Novomoskovsk, Dnipro region. She is 22 years old. She focused attention on that she was only 12 years old in 2014, when the russian agresors invaded eastern Ukraine. When russia’s full-scale invasion – the full-scale war in Ukraine – began, she was 19 years old. Thus, 10 years of her life, almost half of her life, she has lived in war. She is well aware that the war has affected everyone, and she feels that she is changing as well. Polina spoke about Nikopol, where her relatives live. She shared photos of Nikopol before the war and the terrible ruins of the town now. 800 residential buildings and more than 5000 private houses in Nikopol were damaged by russian shelling. Polina remarked that the russian occupiers are destroying Nikopol like everything else. They kill people, destroy cities, and rewrite history to destroy the truth. She says the worst thing is when you hear something flying and you cannot do anything but listen. Because in all the cities, towns and villages of Ukraine, we are not safe anywhere.

Polina stressed that living in Ukraine during the war is very-very scary, that every day Ukrainians live in danger, no one knows what the new day will bring and whether the night will be calm, without shelling, that living in this state is very exhausting. Nevertheless, we fight because we know that we live on our native land and have the right to live. She accentuated that throughout their history, Ukrainians have been fighting for their existence and have always proved that they are worth it. But now we want the world to remember us. We want to be understood and supported. Ukrainians want to have their own free and independent state and a peaceful sky above their heads, where civilian airplanes fly instead of missiles. Polina is very grateful that people remember us.

Sometimes it seems that the world is tired of war. She can understand this. Because in Ukraine we are also tired of bad news, but this is our reality. We just need to fight and move on. Polina asked us not to forget that Russia is a terrorist state.

Olena Kazymirenko, who teaches professional disciplines for students majoring in Graphic Design at the Universum College of Borys Grinchenko Kyiv Metropolitan University, shared the reflection of the Russian-Ukrainian war in the projects of students majoring in Graphic Design at the Universum College. She noted that artists and designers leave behind an emotional memory that is preserved in their works, and that young designers are worried about the future, because it is on their shoulders to rebuild the country, its movement towards a better life, and the creation of high-quality social conditions for everyone.

Oleksandr Bon, an Associate Professor of the History of Ukraine Department at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University, told how the war began for his family and how the war affected his family. He emphasized that war has various dimensions, and each of them is different, painful and bitter.

Ruslan Kutsyk, an Associate Professor of the History of Ukraine Department at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University, recalled the first days of Russia's full-scale armed aggression against Ukraine and the tense atmosphere that prevailed in Kyiv. He mentioned how he and his friends left Kyiv for the western regions of Ukraine, where his parents live.

Students at the Faculty of Romance and Germanic Philology of Borys Grinchenko Kyiv Metropolitan University *Pavlo Zhuravsky*, *Kristina Hidzheletska*, *Victoria Kakhanovska*, *Ruslana Temnyk* together with their advisor *Maria Prokopchuk*, an Associate Professor of the Department of English Language and Communication, Deputy Dean, told about the life of the Faculty during the war.

Pavlo Zhuravsky, a first-year student at the Faculty of Romance and Germanic Philology, majoring in English Language and Literature, of Borys Grinchenko Kyiv Metropolitan University, and his advisor *Maria Prokopchuk* shared how the Faculty's Student Government Council overcame the trials of war, created and held various events for students.

Khrystyna Hidzheletska, a third-year student at the Faculty of Romance and Germanic Philology, majoring in English Language and Literature, of Borys Grinchenko Kyiv Metropolitan University, together with her advisor *Maria Prokopchuk*, said how Janusz Korczak's experience can be used to survive the war in modern conditions.

Victoria Kachanovska, a second-year student at the Faculty of Romance and Germanic Philology, majoring in French Language and Literature, of Borys Grinchenko Kyiv Metropolitan University, and her supervisor *Maria Prokopchuk*, spoke about the practical aspect of the coordinator's work during the war.

Ruslana Temnyk, third-year student at the Faculty of Romance and Germanic Philology, majoring in Translation, of Borys Grinchenko Kyiv Metropolitan University, and her supervisor *Maria Prokopchuk*, noted the experience of Ukrainian youth emigration to Europe.

Ukrainian students are our children. Children of war. They all grew up and became adults so quickly. They can professionally explain things that their peers will never know or understand. Ukrainian students are children living in Ukraine and fighting for its independent future.

Honestly, it was hard for me to prepare this fifth issue of the online journal “Young Scholars Grinchenko – Seton International Journal”, because it is dedicated to Ukrainian children in war, their oral testimonies about life in war in the 21st century.

Polina Derkach noted that she is only 22 years old. In 2014, she was only 12 years old when russian aggressors invaded eastern Ukraine. She lived in the war for 10 years of her life – almost half of her life, like her entire generation, unfortunately.

Our students, our children. We want to create the best conditions for them to live and study. However, their Motherland – Ukraine is at war.

Dmytro Kolomiets emphasized: “Do not give up on us. We will live and fight. We live in a very difficult time for our country. But we live, study, work, volunteer, help the Armed Forces of Ukraine”.

We believe in Ukraine! We believe in the Armed Forces of Ukraine! We believe in our Victory! With these sacred prayers, we, Ukrainians, breathe, live, and fight for our future Victory, each in his place. We strive to restore our Motherland after our Victory.

Stand with Ukraine! Stay with Ukraine! Support Ukraine! Help Ukraine! Together we will win! Glory to Ukraine!

UDC 355.01:32(477.411)

*Dmytro Kolomiists,
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Kyiv in the first days of full-scale russian invasion of 2022

I am Dmytro Kolomiists, a first-year PhD student in History at Borys Grinchenko Kyiv Metropolitan University. I will try to describe my impressions of what I saw and felt in the first year of a full-scale invasion of russian aggressors on Ukrainian land (from the end of February 2022 to the end of 2022).

The main thing I want to convey to you today is that we, Ukrainians, continue to live and fight. The year 2022 had been the longest for us, Ukrainians, as the usual life of the whole country ended (or better to say – paused) on February 24th due to the full-scale invasion.

You have all seen the pictures from the news. Destroyed and burning houses, traces of downed missiles in the sky, etc. I would like to show you my photographs taken in Kyiv during the war, mostly between the Spring and Winter of 2022. Through my photographs, I would like to expand your perception of this war through the personal experiences of an ordinary Ukrainian.

In the first two photos, which you can see below the text, I want to show you how I have seen civilian buildings destroyed in one of the districts of Kyiv. These are not the first houses to be hit by missiles, but they are the first ones I have seen with my own eyes and the ones that have made the biggest impression on me. When it happens for the first time, you take it very personally. However, after two year of the full-scale invasion of russian invaders, unfortunately, you get used to the fact that it is around you.

Next, the third photo shows photos of one of the many houses in the suburbs that were destroyed by direct artillery fire. Instead of two floors of the house, only ruins remained. The fourth, fifth, and sixth photos are a reflection of Kyiv in the autumn, of 2022.

Russia constantly attacked Kyiv with drones and missiles. One of Kyiv's skyscrapers, a children's playground, and one of the city's walking streets were damaged.

When you look at these photos, it makes you want to ask: do these things look like military targets? I went to see these hits the next day (after the attacks). I no longer felt the shock that I had at the beginning of the full-scale invasion.

Many people around me were taking pictures, discussing what they had seen as if it were their everyday life. Nevertheless, it was their everyday life. And what is even more horrifying to imagine is that people around me, looking at these ruins, immediately went on to discuss routine, household chores, work issues, etc.

To conclude, I want to say it again. Do not give up on us.

We will continue to live and fight. We are living in a very difficult time for our country.

However, we live, study, work, volunteer, and help the Armed Forces of Ukraine.



A burnt-out residential building in Kyiv after an indirect missile hit. March 15, 2022 (photo taken in April 2022). Photos of wartime Kyiv. Author: Dmytro Kolomiets



**Remains of cars and a residential building damaged by a missile. March 20, 2022 (photo taken in May 2022).
Photos of wartime Kyiv. Author: Dmytro Kolomiets**



A house in Kyiv suburbs destroyed after a direct BM-21 missile hit in the end of March 2022 (photo taken in June 2022). Photos of wartime Kyiv. Author: Dmytro Kolomiets



**Damaged skyscraper. October 10, 2022 (photo taken in October 2022).Photos of wartime Kyiv.
Author: Dmytro Kolomiets**



**A missile crater where a children's playground used to be. October 10, 2022 (photo taken in October 2022).
Photos of wartime Kyiv. Author: Dmytro Kolomiets**



Place of a direct missile hit on one of the slopes of the Dnipro River, downtown Kyiv. October 10, 2022 (photo taken in October 2022). Photos of wartime Kyiv. Author: Dmytro Kolomiets

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Maryna Galushko,
Borys Grinchenko Kyiv Metropolitan University
ORCID ID: 0009-0002-8644-099X

Life on the outskirts of Kyiv in the first months of the full-scale russian invasion of 2022

My name is Maruna Galushko. This is my personal story. I live on the outskirts of Kyiv, 15 km from Bucha and Irpin, which you may have heard of. You can view several photos of peaceful Bucha before russian invasion of Ukraine.



https://uk.wikipedia.org/wiki/Бучанський_міський_парк#/media/Файл:Бучанський_міський_парк_01.jpg

(Revised: 10.07.2024)

City park in Bucha. The photos were created in 2021.



https://uk.wikipedia.org/wiki/Бучанський_міський_парк#/media/Файл:Вхід_до_Бучанського_міського_парку.jpg (Revised: 10.07.2024)



Mosaic on Yaroslav the Wise Street. Bucha. The photo was created in 2021. Photo: Rasal Hague.

[https://uk.wikipedia.org/wiki/Файл:Мозаїка_Буча_\(20210510\).jpg](https://uk.wikipedia.org/wiki/Файл:Мозаїка_Буча_(20210510).jpg) (Revised: 10.07.2024)



Church of the Holy Apostle Andrew the First-Called (Orthodox Church of Ukraine). Bucha. The photo was created in 2017. Photo: Rasal Hague.

[https://uk.wikipedia.org/wiki/Церква_Святого_Апостола_Андрія_Первозваного_\(Буча\)#/media/Файл:Андріївський_храм_\(Буча\)_20170630.jpg](https://uk.wikipedia.org/wiki/Церква_Святого_Апостола_Андрія_Первозваного_(Буча)#/media/Файл:Андріївський_храм_(Буча)_20170630.jpg) (Revised: 10.07.2024)

The battle of Bucha was part of the Kyiv offensive in the Russian invasion of Ukraine for control of the town of Bucha. The combatants in the battle of Bucha were parts of the Armed Forces of Russian Federation and the Ground Forces of Ukraine. The battle lasted from 27 February to 31 March 2022 and ended with the withdrawal of Russian troops. The battle was part of a broader Russian invasion tactic to encircle Kyiv, the capital of Ukraine.



Vokzalna Street of Bucha where a russian military column was destroyed on 27 February 2022. The photo was created on April 4, 2022. Author: Ukrinform TV / Ukrainian Armed Forces

[https://uk.wikipedia.org/wiki/Файл:Bucha_main_street,_2022-04-06_\(0804\).jpg](https://uk.wikipedia.org/wiki/Файл:Bucha_main_street,_2022-04-06_(0804).jpg) (Revised: 10.07.2024)

The Armed Forces of Ukraine resisted the russian offensive in the western suburbs of Kyiv – Irpin, Bucha, and Hostomel, which were the most dangerous places in the Kyiv region.

After russian troops withdrew from Bucha and Ukrainian forces regained control of the town, reports of revealed atrocities by the russian military shocked international attention.

During the russian invasion of Ukraine in February – March 2022, russian troops carried out a mass killing of civilians in Bucha, known as the Buchan Massacre.

The Buchan massacre, or Buchan genocide, was the mass murder of Ukrainian civilians and prisoners of war by the russian Armed Forces in Bucha, which was accompanied by abductions, torture, rape, including children, and looting.

The crimes were committed by the armed forces and other formations of the russian federation, despite repeated statements that russia only attacked military targets. Photo and video evidence of the massacre emerged on 1 April 2022 after russian troops withdrew from the town.

On March 24, 2022, Bucha was awarded the honorary title "Hero City of Ukraine" by the Decree of the President of Ukraine to commemorate the feat, mass heroism, and resilience of citizens, shown in the defense of their cities during the repulsion of the armed aggression of the russian federation against Ukraine.



“Synergia-3” housing estate a few days before the russian invasion. Irpin. The photo was created on February 19, 2022.
Photo: Rasal Hague. [https://uk.wikipedia.org/wiki/Ірпінь#/media/Файл:Синергія_3_\(20220219\).jpg](https://uk.wikipedia.org/wiki/Ірпінь#/media/Файл:Синергія_3_(20220219).jpg) (Revised: 10.07.2024)

Irpin is a Ukrainian town in the suburbs of Kyiv, located on the Irpin River, in the Buchansky district of Kyiv region.

The battle of Irpin was part of the Kyiv offensive operation during the 2022 russian invasion of Ukraine to control Irpin. The combatants were units of the russian Armed Forces and Ground Forces of Ukraine.

The battle lasted from 27 February 2022 to 28 March 2022 and ended with Ukrainian troops recapturing the city. The battle was marked by fierce fights in the town.

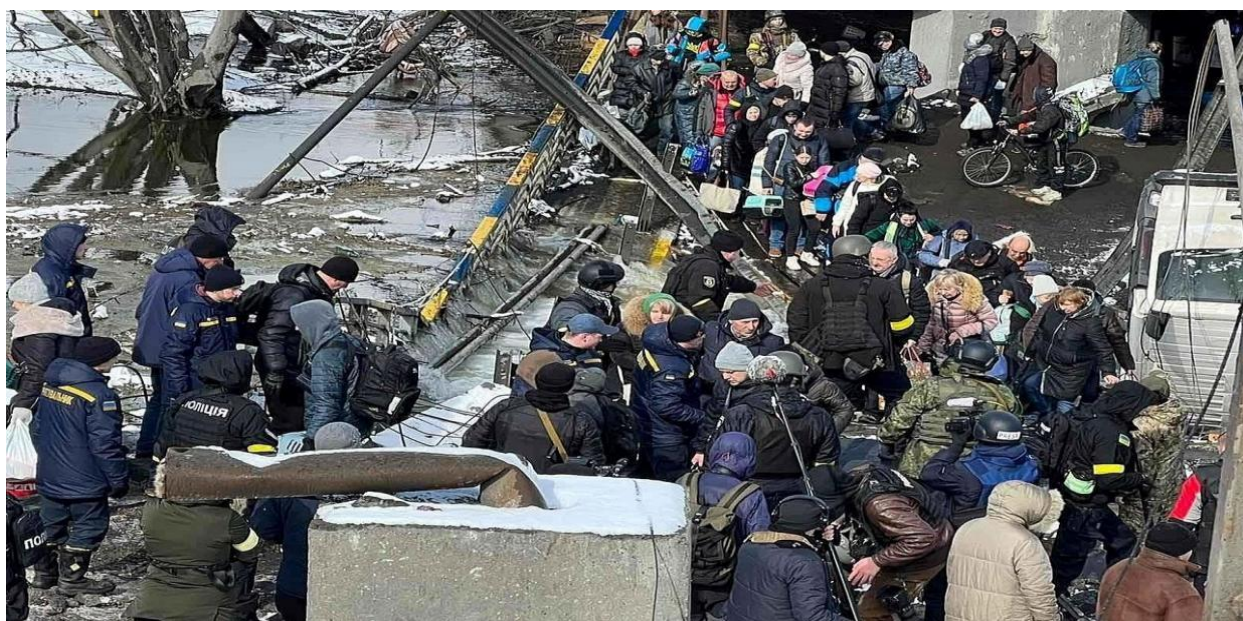
Almost 70% of Irpin was heavily damaged or destroyed as a result.

On March 24, 2022, Irpin was awarded the honorary title “Hero City of Ukraine” by the Decree of the President of Ukraine to commemorate the feat, mass heroism, and resilience of citizens, shown in the defense of their cities during the repulsion of the armed aggression of the russian federation against Ukraine.



A destroyed residential building in Irpin during the russian invasion. Residential complex "Irpinski Lypky". The photo was created on June 16, 2022. Photo: Rasal Hague.

https://uk.wikipedia.org/wiki/Файл:A_damaged_building_Irpin_Lypky.jpg (Revised: 10.07.2024)



Transfer of civilians from Irpin to Kyiv due to russian attacks. The photo was created on March 8, 2022. Author: Ministry of Internal Affairs of Ukraine.

<https://www.facebook.com/photo/?fbid=326165696205753&set=pcb.326165992872390> (Revised: 10.07.2024)



The building was destroyed by the russians. Irpin. The photo was created on March 2, 2022. Author: Serhii Nuzhnenko (RFE/RL Graphics) <https://www.radiosvoboda.org/a/news-irpin-pidrvv-kolii/31737420.html> (Revised: 10.07.2024)

February 24 remained in my memory for the rest of my life only as a huge horror that was brought to my Ukrainian land by terrorist Russia.

The first thing I did. I called all my friends, and acquaintances, woke up those who were sleeping, asked them to prepare documents, and then waited.

The first hours of a full-scale invasion, the first air alarms, the first explosions, the screams and tears of people who did not understand what to do next, chaos. My parents and I decided to live in the basement of our house, as the Russian soldiers were too close.

On the very first day of the full-scale invasion, the Ukrainian territorial defense stopped tanks and armored personnel carriers on our street, which captured Russian inhumans and tried to break through further into the city.

Then the news from Bucha, Irpin, and Mariupol, made the blood freeze in the veins and some ignorance of what is happening now.

The understanding came that this is not a movie, not a post-apocalypse, but the reality of every Ukrainian in the 21st century.

Over the next month, shells exploded twice within a radius of 500 meters from me. The blast wave from them almost broke the windows in our house.

Two months later, the air alarm began, which sounded louder than usual. We ran outside, where rockets were flying over our heads. I have never felt such fear. Then our friends who moved to Belgium four years ago called. They clearly and calmly said only one phrase: "You must leave". We took it as a sign and the next day left for Belgium, where another story began. A story that lasted me almost a year and a half.

I do not know what will happen next, how long the war will last and how many friends will have to be buried, how many tears will be shed for all the foreigners who give their lives for our peaceful existence.

The only thing I am sure of is that Ukraine will win. However, the only thing we will not be able to fix is the lost lives of people whose names will forever be engraved in the history of my Motherland Ukraine.

UDC 930 (477)

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Mariupol: the Heart of Fire and Hope

The war in our native city of Mariupol began very suddenly. On February 25, as usual, I went to school and my Mom to work at the university, not knowing that soon our peaceful life would end. In the morning, on the news on TV, we heard the phrase that turned our lives upside down: “The war has begun”. No one believed that this could happen to us.



Multi-apartment multi-storey buildings of Mariupol after February 24, 2022. Reuters.
<https://www.rferl.org/a/mariupol-evacuation-bus-convoy/31779305.html> (Revised: 10.07.2024)

Firstly, there were huge queues in shops. People bought the last products; there was almost no bread, household chemicals, cereals, and water left. The shelves were emptied; we were in fear and panic because it became known that we were surrounded “in a ring”. After a while, it was impossible to withdraw money or pay by card, and all the shops were empty.

Two days later, we lost electricity and Internet completely. I remember how we tried to find at least some signal on the ninth floor to read the news, but we did not make it. From now on, we were isolated from the rest of the world, and all we had to do was sit and wait.

We did not understand what was happening in the country and the world. The products began to spoil, but at least we could cook them on the stove. After some time, the gas also disappeared. We put the stove right on the street near the entrance. Under the explosions, we tried to heat at least rainwater or cook some cereal. We cut the branches directly from the trees with our hands to keep the fire going, and when they ran out, we took the furniture out of our homes.

After the gas was cut off, they soon stopped taking out garbage. All utilities stopped working, so we were left completely alone, without any help, and could rely only on ourselves. The city plunged into darkness. In the evenings without electricity, it was creepy and scary. We sat in the corridor with a candle, and prayed to the sounds of rockets, that the war would end and we would remain alive.



The cooking stove at the entrance of my house. Mariupol, March 2022. Photo by Maria Saraieva.

Due to hunger and thirst, people took the last products from broken and abandoned pharmacies and shops. My mother went to the rocket-damaged store to find something, but all the products were dismantled and we were desperate.

At the beginning of March, it snowed, but we did not admire it as usual, at the Christmas fair in Mariupol. We collected it in vessels to have at least some water.

It would seem that a whole bowl of water was worth our efforts, but when we melted the snow, there was very little water left at the very bottom. We shared and drank it with our neighbors, even though it was dirty and with tree branches.

Around March 4, our pets died. The fish were the first; they simply did not have enough oxygen. After a while, there was no more food for the parrots, although they were our faithful friends and even entertained small children in the basement. We had to just let them go because we could not watch them starve to death.

My mother and I lived together. My father died in November, so we had no support. We were very afraid, and the explosions were increasing and were even louder, so we moved to the

corridor with a neighbor and her 2-year-old daughter. We put a few chairs there and brought pillows and blankets, and some books. Yes, we sat in the dark with a flashlight. We sat all night, wrapped in blankets from the cold and shivering from the constant explosions because the glass on the windows was long gone. We hardly entered the apartment, because the doors and windows were broken.

On March 8, on Girls' and Women's Day, we had the opportunity to go up to the apartments for at least one day. The men from our porch collected snowdrops and tulips for us, to at least somehow lift our spirits, to feel happy again in this fear and war.



Consequences of shelling by russian troops on a children's hospital and maternity hospital in Mariupol. March 9, 2022. Reuters. <https://www.bbc.com/news/world-europe-61179093> (Revised: 10.07.2024)

However, our joy ended so quickly, because, on the same night, russian troops used aviation for the first time against us. That day we went to the apartment because we were very sick, and even risking our lives, we could not sit in the cold corridor.

Around two o'clock in the morning, we heard a terrible rumble, and our apartment and the whole house began to shake. Suddenly, all the doors in the rooms and the entrance slammed shut, and a burning red glow became visible in the window. Everything around was burning, and people were running out of their houses. We realized that this was exactly what they were: aerial bombs.

We ran to the corridor, trying to somehow hold the door, but another shock wave knocked it down. We tried to go down to the floor below, but as soon as I passed the first flight, another explosion was heard in the empty windows, and we were thrown against the wall. We were bombed until six in the morning. Back then, we thought it would never end. The plane fell silent, but a few minutes later, it returned, and the horror repeated itself.

After the night, people gradually came out of the burnt houses. They tried to wrap the dead in blankets and take them out into the street, while some were burned alive. There was a huge chasm in the house opposite us, where the bomb hit. A whole family with seven children burned there. People just stood and watched as their homes, where they were born and raised, burned to

the ground, along with all their belongings, photos, and memories. Moreover, worst of all, there was nothing we could do or change.



The stairs that collapsed from the aerial bombardment in the corridor of my house. Mariupol. March 2022. Photo by Maria Saraieva.

We got together with our neighbors and decided to live in the basement. The whole house together pulled mattresses, boards, and pillows there so that we could at least somehow survive there. They hung lights from the ceiling, and lit candles so that there was at least some light. It was cold and damp in the basement, rats and cockroaches were running around, and there were many inscriptions left by teenagers. We drew a prayer and a cross, and every time the explosions were unbearable, we prayed.

We spent six days in the basement. We hardly went out to cook; people were killed just under the entrances. We fell ill with purulent tonsillitis, it was almost impossible to talk. There was no medicine, no hot water, and no food either. We just did not know what to do.

Our grandparents moved to us. A rocket hit their apartment on the ninth floor. Everything burned down, there was no ceiling, and they had nowhere to live. Being together, we somehow supported each other.

Later we learned that our great-grandmother, to whom we tried to bring at least some food on foot, had burned alive in her apartment in the city center. This event broke us even more.



A high-rise building in Mariupol came under fire by Russian shells. March, 2022. Author: Alexander Ermochenko. Copyright holder: REUTERS. Copyright: Alexander Ermochenko. <https://www.pictures.reuters.com> (Revised: 10.07.2024)

We tried to tune the old radio to hear that it was okay, that we were not forgotten, and that there would be a “green corridor”, but the radio was silent, and we were losing hope more and more. Even when we tried to sleep, we did not take off our clothes or shoes, because we were afraid that if a rocket came and we fell asleep, we simply would not have time to surface.

We heard from our neighbors that people from other areas tried to leave, but the convoys were shot, so no one even tried to leave, risking their lives. We no longer had any strength or hope. People waited for starvation in the basements. Some simply could not stand it and ended their lives by suicide. We already wanted to walk to the neighboring village, but as soon as we left the basement and saw that bombs and shells were falling, we immediately turned back.

Later, the Ukrainian military entered our quarter. They inspected the basement and apartments. There were loaded tanks on the street. We were told that we had ten minutes before the battle began, and if we did not try now to go at our peril, we would most likely all die.

We did not pack anything. We did not even go home one last time to see our apartment. When we went outside for the first time in a long time, tears welled up in our eyes. There were burnt ruins all around, the native school was destroyed, and a huge tank stood in the middle of the playground.

Thirteen of us left in a shot-up car without windows, propping up with pillows, under the shells, and onto the mined road.



Residents of Mariupol sit on a bench near a residential building destroyed by russian troops. March 30, 2022.
REUTERS/Alexander Ermochenko.

<https://www.reuters.com/news/picture/in-pictures-russias-victory-in-mariupol-idUSRTS7DDTJ/> (Revised: 10.07.2024)



The Azovstal plant during the siege. April 26, 2022. Author: <https://www.armyinform.com.ua>

Source <https://armyinform.com.ua/2022/04/26/ochilnyk-rf-pogodyvsya-na-uchast-on-v-evakuacziyi-czyvilnogo-naseleण्या-z-azovstali-on/> (Revised: 10.07.2024)

We did not recognize our native city: it was simply destroyed, was gone. Missiles, bodies, and debris lay everywhere, everything was crushed. It was as if the end of the world, for us leaving home was just like that.

That evening, having nowhere to go, we stopped in a village near Mariupol. An elderly woman sheltered and fed us. We saw water, light again for the first time, and ate fresh food.

All night long, we shuddered at the explosions that thundered in Mariupol, and thought about what to do next, having nothing.

This is how our new life began, having lost everything, having a residence permit in Mariupol, and no longer having a home there... .

I want to share with you how beautiful my hometown was before this brutal war. In 2012, Mariupol was recognized by the government of Ukraine as one of the most comfortable cities in the country to live in....

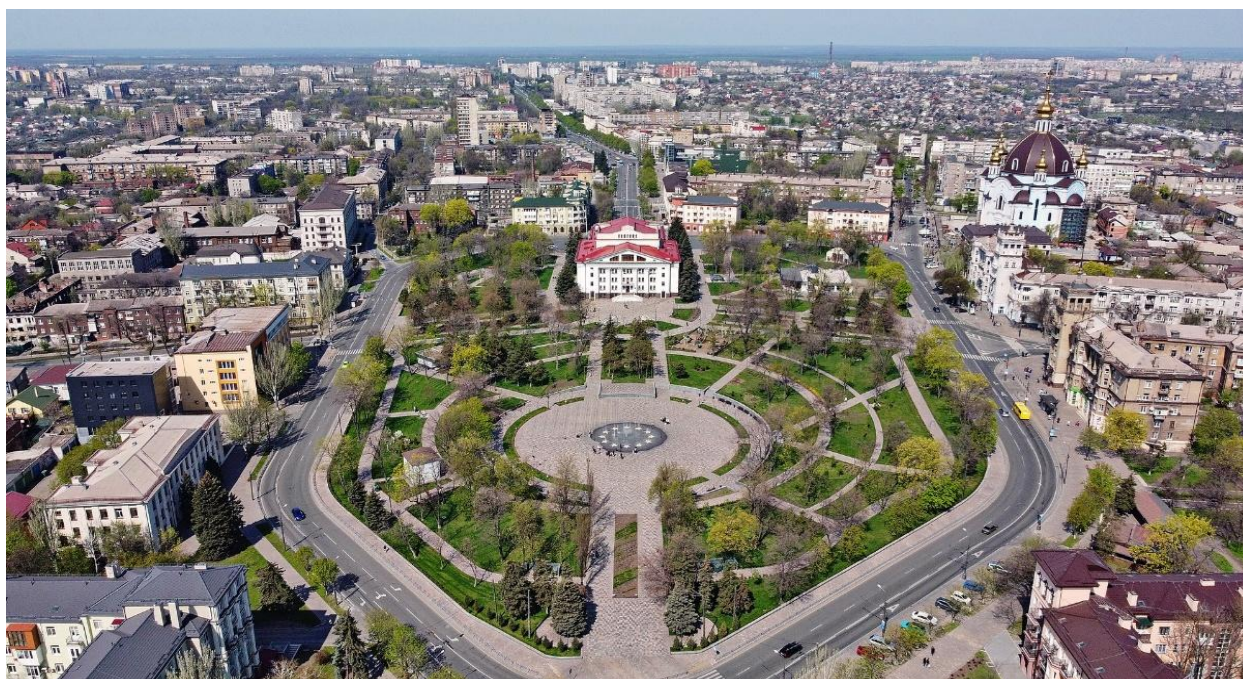


Water tower and New Year's Mariupol. December 19, 2020. Night view of Mariupol in 2020.

<https://www.Mrpl.travel> - Own work. https://en.wikipedia.org/wiki/Mariupol#/media/File:Вежа_взимку.jpg
(Revised: 10.07.2024)



Center of Mariupol before February 24, 2022. [https://www. Mrpl.travel](https://www.Mrpl.travel) - Own work.
<https://ui.org.ua/en/postcard/mariupol/> (Revised: 10.07.2024)



Center of Mariupol and Mariupol regional drama theatre. May 2, 2021. Author: Oleksandr Malyon.
https://commons.wikimedia.org/wiki/File:Донецький_академічний_обласний_драматичний_театр_4.jpg
(Revised: 10.07.2024)



Belosarai spit of the Mariupol district is a place of recreation for the people of Mariupol. 2021. <http://www.urzuf.com>
<https://mistomariupol.com.ua/uk/vidpochynok-pid-mariupolem-aktualna-informacziya-na-lito/> (Revised: 10.07.2024)

UDC 341.324(477.62):355.01

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My native Mariupol is under russian occupation

My name is Andriy Kozhushyna. I am from Mariupol. I will tell you my story of being under russian occupation in my native city.

In 2021, I entered the Pryazovskyi State Technical University in the specialty “Thermal power engineering”, joined the University’s Trade Union Organization, and became a member of the student body. I am a fourth-year student at the Educational and Scientific Institute of Modern Technologies, in the specialty “Thermal power engineering”. I am also a second-year student of the Social and Humanities Faculty, in the specialty “Social work”.

I will share with you some information and photos of my native beautiful Mariupol before and during the russian-Ukrainian war 2014 – 2024.

Mariupol (Greek: Μαριόπολι – City of Mary) is a city in Ukraine in the south of Donetsk Oblast on the shores of the Sea of Azov at the mouth of the Kalmius River.



Mariupol regional drama theatre. May 2, 2021. Author: Oleksandr Malyon.

https://en.wikipedia.org/wiki/Donetsk_Academic_Regional_Drama_Theater#/media/File:Донецький_академічний_обласний_драматичний_театр.jpg (Revised: 10.07.2024)



Pryazovskiy State Technical University in 2021. May 2, 2021. Author: Oleksandr Malyon.

https://en.m.wikipedia.org/wiki/File:Вул._Італійська_%28Анамова%29._115.jpg (Revised: 10.07.2024)

Mariupol was one of the most important centers of Ukrainian metallurgy (two large metallurgical plants operated in the city – Ilyich Mariupol Metallurgical Plant and “Azovstal”), and a major seaport, one of the ten largest cities in Ukraine, and was the most important industrial and large economic center of the country.

It was an area of compact residence of Greeks from the Azov region, a climatic and mud resort. The population of Mariupol as of January 1, 2022, was 425,681 people.

In 2012, Mariupol was recognized by the government of Ukraine as one of the most comfortable cities in Ukraine to live in.

During the Russian invasion of Ukraine, the city was almost destroyed by the Russian troops. It has been under occupation since May 20, 2022, after the Ukrainian defenders were forced to surrender after the fighting at “Azovstal”.

As of June 7, 2022, the city had approximately 100,000 residents. According to Ukrainian legislation, this is a temporarily occupied territory.

On March 6, 2022, Mariupol was awarded the honorary title “Hero City of Ukraine” by the Decree of the President of Ukraine to commemorate the feat, mass heroism, and resilience of citizens, shown in the defense of their cities during the repulsion of the armed aggression of the Russian Federation against Ukraine.

The battle for Mariupol began on February 24, 2022 as a result of a full-scale russian invasion of Ukraine and lasted until May 20, 2023 (86 days).

Because of the russian invasion, the armed forces of the russian federation committed mass murders in Mariupol and carried out several airstrikes and bombings, including an airstrike on a hospital, an airstrike on the Mariupol regional drama theater, a bombing of an art school, etc.

For three months, russian troops razed Mariupol to the ground.

Defense of “Azovstal”, the siege of “Azovstal” (battle for “Azovstal”, the storming of “Azovstal”) – combat operations from March 18 to May 20, 2022, on the territory of the Mariupol metallurgical plant “Azovstal” and its surroundings, took place as part of the battle for Mariupol during russian invasion of Ukraine.



Airstrikes continue on Mariupol, the enemy carries out assaults in the area of the seaport and the “Azovstal” plant. April 20, 2022. Mariupol Azovstal Plant / Open source photo.

https://en.defence-ua.com/news/day_56th_of_war_between_ukraine_and_russian_federation_live_updates-2609.html

(Revised: 10.07.2024)

The Armed Forces of Ukraine fought the battle on one side, and the occupying armed forces of the russian federation on the other side.

The peculiarity of “Azovstal” is that the huge metallurgical plant has a complex system of deep underground shelters and communications. This structure allowed the Ukrainian military to turn the enterprise into a fort.

The Ukrainian metallurgical plant “Azovstal” became the center of resistance of the Ukrainian army in response to Russian aggression against Ukraine.

From the very beginning of the fighting for Mariupol, a large number of people found shelter at the plant. As of April 20, 2022, the number of military personnel was approximately three thousand people, and civilians were at least two hundred.

Since February 24, 2022, Mariupol residents have been living in fear. The crimes committed by the so-called DPR and the Russian Federation have no justification whatsoever.

Until March 2, 2022, the city authorities of Mariupol tried to maintain peaceful life in Mariupol, but during martial law and constant shelling, it was very difficult.



Inside the metallurgical plant “Azovstal” after the end of the defense of “Azovstal”. May, 2022.

By May, after months of battle, the Azovstal Iron and Steel Works was a charred skeleton. Credit...Pavel Klimov/Reuters
<https://www.nytimes.com/2022/07/24/world/europe/ukraine-war-mariupol-azovstal.html> (Revised: 10.07.2024)

Since February 24, 2022, Mariupol residents have been living in fear. The crimes committed by the so-called DPR and the Russian Federation have no justification whatsoever.

Until March 2, 2022, the city authorities of Mariupol tried to maintain peaceful life in Mariupol, but during martial law and constant shelling, it was very difficult.

Due to the blockade, since March 2, 2022, there was no electricity, water, gas, heating, and mobile communication in Mariupol. Due to constant shelling, it was impossible to deliver water, food, medicines, and children's goods to the city.



Mariupol after shelling of russian troops. March 31, 2022. Mariupol has been the scene of some of the war's most intense fighting [Alexander Ermochenko/Reuters]

<https://www.aljazeera.com/news/2022/3/31/timeline-russias-siege-of-ukraines-port-city-of-mariupol> (Revised: 10.07.2024)



Ruined Mariupol. Destroyed by russian troops. May 2022. Osnat Lubrani, the top United Nations representative in Ukraine, described the shock of arriving in Mariupol. "The word 'Dresden' came to my mind," she said. Credit...Pavel Klimov/Reuters

<https://www.nytimes.com/2022/07/24/world/europe/ukraine-war-mariupol-azovstal.html> (Revised: 10.07.2024)



Mariupol's main train station photographed in 2013. Mykola Swarnyk (Creative Commons).
<https://www.rferl.org/a/mariupol-then-now-photos-ukraine-war/31832359.html> (Revised: 10.07.2024)



Mariupol railway station. Destroyed by russian troops. April 2022. Mariupol's railway station in April 2022. The station is situated just one kilometer from the Azovstal factory, where Ukrainian fighters are making their last stand against pro-Russian forces in the city. [Alexander Ermochenko/Reuters].
<https://www.rferl.org/a/mariupol-then-now-photos-ukraine-war/31832359.html> (Revised: 10.07.2024)



Pro-Ukrainian meeting in Mariupol on Feb. 22, 2022. Source: facebook/Evgeny Sosnovsky
https://mipl.org.ua/wp-content/uploads/2023/03/photo_2022-12-23_14-46-03-1024x682-1.jpg (Revised: 10.07.2024)

As of March 21, 2022, more than 100,000 civilians remained in the city from 425,681 people before the beginning of the russian-Ukrainian war 2014 – 2024. Blockaders were forced to collect rainwater for drinking, food was cooked on street fires, and the dead were buried right in the yards in mass graves.

On March 2, 2022, russian artillery shelled the densely populated district of Mariupol for 15 hours. One district on the left bank of Mariupol was almost destroyed.

Satellite photos of Mariupol taken on the morning of March 9, 2022, showed significant damage to high-rise buildings, residential buildings, grocery stores, and other civilian infrastructure. According to estimates, up to 90% of Mariupol's infrastructure was significantly damaged because of the shelling. Almost 30% cannot be repaired.

Since March 2, 2022, people have survived in damp and cold basements.

Children, in the 21st century in the center of Europe, were forced to hide in basements. It is just a nightmare!

More than 600 people died in the Mariupol regional drama theater after an airstrike on the assembly hall by russian terrorists on March 16, 2022.



Mariupol regional drama theater was largely destroyed by russian military airstrikes on March 16, 2022, killing about 600 people. Donetsk regional military administration:

<https://www.facebook.com/photo/?fbid=506832367665989&set=a.464541731895053> (Revised: 10.07.2024)



Mariupol regional drama theater. Destroyed. March 16, 2022.

https://ui.org.ua/wp-content/uploads/2022/06/04870000-0aff-0242-5e4f-08da33f7f844_cx7_cy12_cw90_w1597_n_r1_st_s.jpg
(Revised: 10.07.2024)

The russian occupiers destroyed a house with a clock in the center of the city.

They bombed the railway station. The “Metalurg” DC, the “Iskra” DC, and the “Neptun” swimming pool came under fire. The “Victory” cinema burned to the ground.

During the blockade, the russian terrorists destroyed the largest shopping center “PortSity”, as well as the General Post Office and many other buildings that are so dear to the residents of Mariupol.

The building of the Arkhip Kuindzhi Art Museum was destroyed because of a direct hit by a russian aerial bomb on March 21, 2022, during the Siege of Mariupol. There were no original works by Arkhip Kuindzhi in the museum at the time, but works by other artists were. The fate of paintings by Ivan Aivazovskyi, Mykola Hlushchenko, Tetyana Yablonska, Mykhailo Derehus, Andriy Kotska, Mykola Bendryk, and Leonid Gadiy is still unknown.

Since there was no electricity and gas, people cooked food on fire. For this, they had to search for firewood under fire. The same can be said about water. The wells in some areas were far away, and many people went to them for water under fire. If a person could not reach the well, he/she collected and drank rainwater. That is why you could see horrors on the streets: dead people were lying on the roads with bottles of water and firewood.

The winter of 2022 was frosty for Mariupol residents, as sub-zero temperatures lasted until the end of April. We believe that about 100,000 people died. Most of them were buried in the “Brother Grave” at the Old Crimean cemetery.

Many more people were under the rubble, which the occupiers were in no hurry to dismantle. If they dismantled the ruins, the bodies of dead civilians were taken to the second micro-district of Azovmash, where their remains, together with garbage, were processed into concrete, which was then used to lay or renew damaged sections of roads.

Many children suffered morally. It was difficult for them to see what was happening to the city and people.

Mariupol is now a city of anarchy and chaos, where they do not pay for work, where they disperse the disaffected, where they build housing for “their own russians”, and where no one thinks about Mariupol residents.

About 50% of educational institutions from preschool to higher education are working. The people who work there are collaborators. They teach Ukrainian children according to the russian curriculum. Class teachers and group curators conduct class hours on patriotic topics of russia.

Garbage in Mariupol is not taken out anywhere. The occupiers destroyed almost all-public transport.

Almost all the historical and cultural buildings, which were the value of Mariupol, were destroyed by the russian invaders.

After the beginning of the full-scale invasion of russian aggressors, the Pryazovskyi State Technical University left for the Dnipro, where it resumed its work. I stayed in Mariupol and even during the occupation continued my studies for a whole year, actively demonstrating my pro-Ukrainian position.

The building of my Pryazovskyi State Technical University, where peaceful residents of Mariupol were hiding, was also shelled.



Russian shelling destroyed the fifth building of the Pryazovsky State Technical University. March 10, 2022.

Inna Lapina: https://gdb.rferl.org/02330000-0aff-0242-adbc-08da02a58941_w1597_n_st.jpeg (Revised: 10.07.2024)

The first historical building of the university, the second, the third, the new fifth building, the sixth, and the eleventh were mutilated. Unfortunately, our sports complex also came under fire. Almost all the colleges that were structural units of the Pryazovskyi State Technical University survived. But the Mariupol Polytechnic College was destroyed along with a dormitory, a sports complex, laboratories, and an assembly hall.

Thus, the full-scale invasion of the Russian army, which Mariupol felt first and held on to the last, brought severe suffering and death of tens of thousands of peaceful residents of Mariupol, the destruction of the city's infrastructure by 90%, other extremely vital problems that are very noticeable now in the occupation.

Now I am in Dnipro. I study at the Pryazovskyi State Technical University and miss my native Mariupol.

Mariupol is Ukraine! Everything will be Ukraine!
Glory to Ukraine and the Armed Forces of Ukraine!

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The first days of the full-scale war: Kherson region, Nova Kakhovka



Nova Kakhovka. February 28, 2022. <https://dunrada.com.ua/do-dnia-narodjennia-novoi-kahovki-kahovskie-novosti-za-segodnia/> (Revised: 10.07.2024)

On February 28, 1952, the construction site of the Kakhovka hydroelectric power plant was classified as a city and named Nova Kakhovka. Nova Kakhovka is a city in the south of Ukraine, the administrative center of the Novokakhovka urban community of the Kakhovka district of the Kherson region. Nova Kakhovka is an important port city on the east bank of the Dnieper River, where it meets the downstream end of the Kakhovka Reservoir.

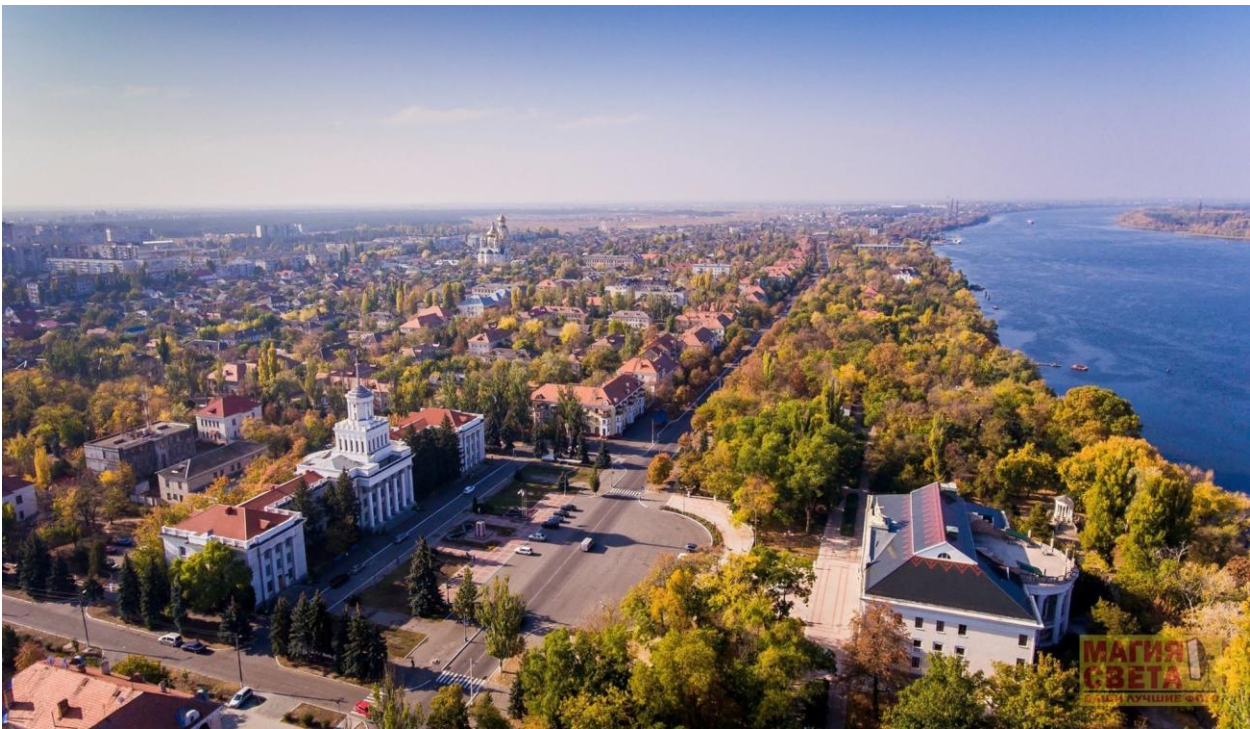
Since February 24, 2022, the city has been under temporary occupation by Russian troops.

Allow me to start my story on February 23, 2022, the last day before the start of the full-scale invasion of Russian occupiers. That day began with breakfast, exercise, and meeting with friends. However, there was a certain fear and a sense of impending disaster. My home city Nova Kakhovka, where I was then, was located 70 kilometers away from the occupied Crimea, which could not but cause concern.



Nova Kakhovka. June, 2020.

https://www.tripadvisor.fr/LocationPhotoDirectLink-g4452620-i460963807-Nova_Kakhovka_Kherson_Oblast.html
(Revised: 10.07.2024)



Nova Kakhovka. 2020. <https://discover.ua/en/destinations/kherson-region-region/nova-kahovka> (Revised: 10.07.2024)

In the evening, my parents and I watched TV, but I found it difficult to listen to the news about the possible full-scale invasion, so I went to bed. My peace did not last long. A loud noise woke me up at 5 a.m. It was February 24, 2022. I did not doubt that the large-scale invasion of Russian invaders had begun.

I left my room. My parents were already up. The explosions continued and the apartment was brightly lit. We went out to the balcony. There a terrible panorama opened before us – a military unit, located about a kilometer from our house, was under enemy fire. Shell explosions lit up the sky, and a fierce fire engulfed the entire perimeter of the military base.

We stood on the balcony for a long time, unable to take our eyes off this horrifying picture of war. I called my family and friends and asked if they saw the same thing. It was like a nightmare, and I did not want to believe that the war had come.

We needed to collect the necessary things and documents, but I did not have a clear plan of where to go or what to do. At 7 a.m., we decided to go to my mother's work – to school, where her colleagues were supposed to gather. "Perhaps together we can find a way out of this situation and make a plan for our next steps", I thought.

As we left the house on our way to school, my attention was focused on other walkers we met along the way. Some were carrying suitcases; others were simply hurrying to work. However, they all had one thing in common – eyes filled with fear. When we reached our destination, teachers who were already there met us. Several people were helping move documents and equipment into storage, and we joined them. While we were doing this, we discussed possible courses of action, but no one knew exactly where to go.

It was 10 a.m. suddenly, in the distance; we heard the heavy sounds of rocket launchers. It was clear that the enemy was already very close. We immediately went to the basement, where people from nearby buildings were gradually gathered.

It was 11:00 a.m. I followed the news on a local Telegram channel and saw a terrible picture – the occupiers' flag had already been raised at the Kakhovka Hydroelectric Power Station. This picture broke my heart. From friends who were nearby, I saw videos from online cameras, where a stream of military equipment had already crossed the borders of our city and was heading towards Kherson.

Looking into the eyes of my comrades, I understood that each of us was on the verge of despair and fear, but together we could do more than we could alone. Therefore, we collected water and supplies, and organized assistance for the people caught in the middle of the conflict. Our school has become a refuge for many. This was our first step in a full-scale war – supporting each other in difficult times.

Therefore, we spent the first five days of the full-scale war, supporting each other. We tried to distract ourselves from the ominous reality, by talking, playing cards, and watching movies. My friend Misha was with his cat. The purring of this little furry creature was a real comfort to everyone. Food was prepared for the children in the school canteen, and we decided to bake pies for those who were in the shelter at the school.

In those days, there were battles for the crossing to the Kakhovka Hydroelectric Power Station. The explosions rang out, it was scary, but every day they became less frequent – the Russian invaders were steadily advancing.

On the fifth day, the explosions had died down, and we decided that there was no point in staying at the school, so we went to our private house in the city, thinking it would be safer there than in the apartment.

After moving, we tried to live at least a normal life, doing housework and visiting friends. In the evenings, the whole family watched movies. In addition, I tried to study and find a job, although it was difficult, especially when all forms of communication began to be completely blocked. It was scary to be without the Internet, because you had no information from reliable sources, only russian radio and TV channels.

The people of our Nova Kakhovka city were very pro-Ukrainian in their thinking and mentality. There were several large rallies at the beginning of the occupation; almost the entire town came out with flags and slogans such as “Nova Kakhovka is Ukraine”. The behavior of residents unpleasantly impressed the russian military. They dispersed the first such rally with smoke grenades, several people were injured.

After that, the security and filtering measures of the city were strengthened. The occupiers were looking for volunteers, activists, officials, and teachers. Cases of abduction of residents by the occupiers and their removal to unspecified places have become more frequent, and many of them have not returned.

A shortage of goods quickly began, and within a month of the war, there was almost nothing left on the store shelves. There were also problems with money due to the inability to use debit cards, and it was difficult to find where to get paper currency.

Every day the city I love with all my heart turned into a deserted wasteland. Many people began to leave due to the moral pressure from the russians and fear for their lives and the lives of their loved ones. My family was also looking for ways to leave our hometown. However, it was difficult for me to make that decision, because my father firmly stated that he would stay in Nova Kakhovka.

Due to the unbearable pain in our hearts, my mother and I finally decided to leave. We chose the route through Kherson – Beryslav – Davidiv Brid – Bashtanka – Mykolaiv – Odesa. Our departure was delayed several times due to various factors, including shelling and military checkpoints.

Nevertheless, on May 3, 2022, my family and I were at the bus station, waiting for the bus from Nova Kakhovka to Kherson. At that moment, I wanted to wait for this bus all my life, because I understood that I did not know how long I would be separated from my father and my beloved city.

On the way to Kherson, my mother and I saw the consequences of the war – destroyed buildings, burnt equipment, and military checkpoints. It was painful because we remembered this route as something completely different. When we got to Kherson, we stayed with friends.

The next day, at six in the morning, right after the end of the curfew, we left for Odesa. On the way out of Kherson, we met our first russian military checkpoint. In total, we passed about 40 russian checkpoints, some of which stopped us for a cursory inspection.

Around 1 p.m., we reached the first Ukrainian checkpoint. When I saw our blue and yellow flag, I could not hold back the tears, and the sense of freedom I felt at that moment was like nothing I had ever felt before.

Our Ukrainian soldiers looked much better than the russian ones. They were in modern uniforms and armed, and they seemed friendly and familiar to us. They were happy to see us, but they were also watching us carefully, and we understood the reasons for their caution.

We arrived in Odesa in the evening, and at first, my mother’s friend Tamara, whom we often visited on vacations before the war, received us. The first month was a blur. I immediately started looking for a job. I had to finish my thesis.

Although there were occasional air raids and sirens in Odesa when we arrived, the atmosphere was much calmer and freer. A large number of goods in stores during the first week seemed unusual, and seeing Ukrainian flags on the streets was heartwarming.

Within a month, I found a job in an IT company in Odesa, and my mother started working for a volunteer fund called “Nova Kakhovka – the City of a Thousand Springs”, where I helped her from time to time. In general, the fund takes care of internally displaced persons from Nova Kakhovka in Odesa and other Ukrainian cities and collects aid for Ukrainian soldiers on the front lines.

However, every day I feel uneasy because my family stays in Nova Kakhovka. Every time reading the news about the shelling of the city, it is a source of great stress. I immediately start calling everyone I know, but sometimes we do not hear from relatives for weeks due to the lack of communication. Uncertainty makes it almost impossible to find peace.

On 6 June 2023, the dam was deliberately destroyed, causing catastrophic drainage of the reservoir. At the time, the dam was under the control of the Russian military, which had seized it in the early days of the Russian invasion of Ukraine.

We received terrible news from relatives who remained in Nova Kakhovka. In the autumn, a rocket hit the house where my friend and her mother were, but they miraculously survived and are still undergoing rehabilitation. In the winter, during the provocative shelling by the Russians, a mortar shell hit the house where my brother lives. He was lucky to be in the opposite part of the house at that moment.

Although life in Odesa is relatively peaceful, the news from my occupied hometown always reminds me that the war is on. These feelings are incomparable to anything else. Therefore, I experience any blackouts or rocket attacks much easier, because I know that there are situations that are much more difficult to survive.

In the winter and spring of 2024, Odesa is constantly bombarded with rockets and Shaheds every day and night. All this is very difficult to endure.

I found people close to me in spirit. I have a job and hobbies in Odesa.

Nevertheless, a part of my heart remains in Nova Kakhovka.

The famous Ukrainian writer Oleksandr Dovzhenko beautifully described my feelings for this city in the 20th century: *“I love Nova Kakhovka. I love the Dnipro – the great river of my people, clean gentle air, clear sky, and breadth in everything. Moreover, restraint in the landscape, and majestic calm. In addition, nowhere would I want to live like here, on a wonderful shore, and I have never been filled with love for people as here. Kakhovka became the Motherland of my heart, the homeland of my dearest feelings”*.



The collapse of Ukraine's Nova Kakhovka dam. June, 6, 2023.

<https://edition.cnn.com/2023/06/07/world/gallery/ukraine-nova-kakhovka-dam-collapse/index.html> (Revised: 10.07.2024)



Palace of Culture in Nova Kakhovka after the explosions at Kakhovka Hydroelectric Power Plant, on June 6, 2023. TASS.

<https://www.radiosvoboda.org/a/pidryv-kakhovska-hes-evakuatsiya-zahroza-zaes/32446581.html> (Revised: 10.07.2024)



The russian army dropped an aerial bomb on the temporarily occupied Nova Kakhovka on the morning of September 15, 2023. <https://www.yahoo.com/news/military-russia-accidentally-drops-aerial-114920836.html> (Revised: 10.07.2024)



The russian army dropped an aerial bomb on the temporarily occupied Nova Kakhovka on the morning of September 15, 2023. Photo: National Resistance Center (NRC). <https://www.yahoo.com/news/explosion-temporarily-occupied-nova-kakhovka-094146438.html> (Revised: 10.07.2024)

On November 14, 2023, the Armed Forces of Ukraine liberated Nova Kakhovka in the Kherson Region. I will definitely return to my free city after our Victory because Nova Kakhovka is Ukraine.

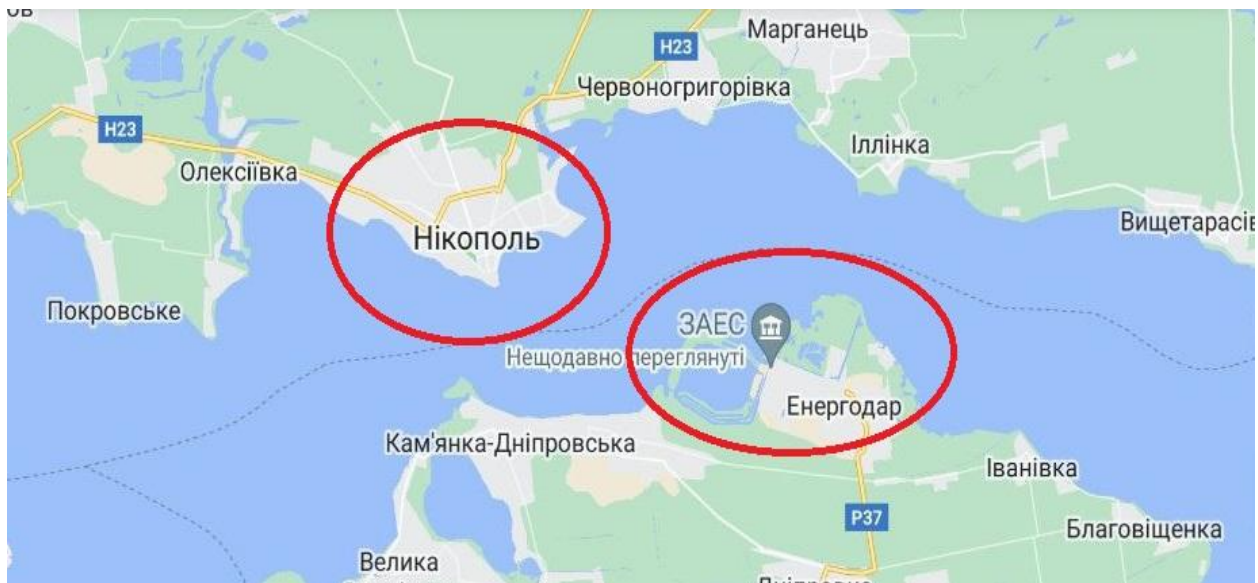
UDC 355.01:32(477.63)

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The life of Nikopol residents during the daily artillery shelling

I am a first-year student at Grinchenko University. I am studying Law. I want to share with you my story of survival during the russian-Ukrainian war 2014 – 2024.

I want to tell you about my town of Nikopol, which is located in the South of the Dnipropetrovsk region, and about the life of its inhabitants under the daily artillery shelling of the russian invaders.



Nikopol and Enerhodar. <https://www.rbc.ua/rus/news/mi-drugiy-mariupol-k-zhive-nikopol-pid-obstrilami-1667310310.html>
(Revised: 10.07.2024)

My Nikopol is a small town, was founded in 1639, its area is 50 square kilometers. Nikopol had 106,000 inhabitants at the beginning of 2022.

I spent my entire childhood there with my grandmother and my brothers, and sisters.

Currently, a full-scale war is ongoing in Ukraine, many cities, towns, and villages are constantly under artillery fire from russian invaders.

Nikopol is not occupied. However, the life of its inhabitants is under the daily artillery shelling of the russian invaders.

What is artillery shelling? Artillery shelling is one of the most dangerous types of fire impression during military conflicts, because of which a large number of accidental victims among the population is possible (the launch of missiles that reach their targets in a few seconds). You can learn about the start of shelling by hearing the distant sounds of gunfire, the roar, and the flashes of rockets. If you hear the whistle of a projectile, there will be an explosion in 2-3 seconds, you must immediately fall to the ground.

Nikopol is located 5 km from the coast of the Dnipro River and Enerhodar, which was occupied on March 4, 2022, from where the russian terrorists conduct massive artillery shelling of Nikopol and its coastal areas every day. Zaporizhzhia Nuclear Power Plant, the largest NPP in Ukraine and Europe, is located in Enerhodar.



Enerhodar residents went to the road leading to the city to stop the russian troops. 2.03.2022. Photo: Dmytro Orlov.
<https://www.ukrinform.ua/rubric-ato/3417816-meskanci-energodara-trimaut-oboronu-mista.html> (Revised: 10.07.2024)

On March 3, the russians finally opened fire on protesters and entered Enerhodar, shelling civilian buildings in the center of Enerhodar along the way. In the evening, they went to the ZNPP.

Almost all residents of Nikopol see ZNPP on the street because it is located 5-7 km from the city and from there you can always watch how the enemy is preparing artillery and shelling Nikopol. Shelling is quite brutal, not selective, and flies over residential areas and any objects.

Nikopol is in mortal danger every day. One day it can become unlivable. Nikopol would be the first city that, God forbid, would receive a large layer of nuclear radiation in the event of an explosion at the ZNPP.

The russian occupiers placed multiple rocket launchers and other weapons on the territory of the ZNPP, using nuclear blackmail. Daily the russian occupiers conduct massive artillery fire

from there on Nikopol and the coastal areas of this city. They mined the ZNPP and installed explosives on the station's cooler: there is a threat of detonation or an accident.

My grandmother, brothers, and sisters were in the city when the first shelling of Nikopol by russians troops took place on July 12, 2022. According to them, it was very scary: they saw “rain” of fire (that is, shelling from hail). On the very first day, the windows in my grandmother's apartment were broken. A pile of broken shells was found in the courtyard of my brother and sister's house. Almost the entire courtyard of the house was damaged.



Zaporizhzhia nuclear power plant in occupied Energodar, seen from Nikopol, April 2022. Image: Ralf1969, Wikimedia Commons. https://www.oecd-neo.org/jcms/pl_66130/ukraine-current-status-of-nuclear-power-installations
(Revised: 10.07.2024)

On the same day, my grandmother and her relatives left for a safe place, but after they left, real hell began in the city: the shelling did not stop for a minute, and there were more and more victims.

Schools, kindergartens, and residential and administrative buildings were under enemy fire. All this continued and continues to this day.

In September 2022, my grandmother and relatives, after consulting with my parents and me, made a difficult decision to return home to Nikopol under daily shelling from Enerhodar. The purpose of returning to the city was that both my grandmother and relatives had work that could not be left.

Then there was a period of blackouts, which Nikopol endured very hard. Imagine that you have no light for 12 hours and at the same time, there is heavy shelling outside your window, you sit, pray and think that these could be the last minutes of your life. This is very scary.



A house destroyed by russian shelling in Nikopol, August 2022. Photo: Konstantyn Liberov (AP).

<https://www.radiosvoboda.org/a/novyny-pryazovya-nikopol-na-liniyi-voyny-intervyu-yevtushenko/32825549.html>

(Revised: 10.07.2024)

Nikopol is located on the banks of the Kakhovka Reservoir of the Dnipro River. The Dnipro River near Nikopol almost dried up after the russians blew up the Kakhovka Hydroelectric Power Plant Dam on June 6, 2023. The water supply disappeared in Nikopol. The occupiers turned off the light and water and blew up the canal, through which Nikopol citizens were deprived of drinking water.

The situation at the ZNPP was greatly aggravated due to the water drought because the reactors work at the expense of this river (it cools them, and they do not overheat to the point of explosion). Otherwise, the station will explode even without any shelling or mines.



Shelling of Nikopol by the russian army, August, 11, 2022. <https://www.ukrinform.ua/rubric-ato/3547944-u-nikopoli-distali-zpid-zavaliv-tilo-se-odnogo-zagiblogo-cerez-vorozij-obstril.html> (Revised: 10.07.2024)

We communicate with my grandmother and my relatives every day. Shelling continues.

Every day there are wounded and dead. Nikopol is the most frequently shelled city in the Dnipropetrovsk region.

During the shelling, my parents and I went to visit our grandmother. There was a lot of destruction and suffering.

The destruction caused by russian shelling in Nikopol is quite significant. About 800 apartment buildings and more than 5000 private residential buildings were damaged.

My relatives are used to shelling, it sounds terrible, but these are the realities of our lives.

I am happy when we call my grandmother and just hear her voice.

I am very proud of my grandmother's courage, she is well done, and for the sake of safety, she tries to come to us more often, to a safe place.

The situation at the ZNPP was greatly aggravated due to the water drought because the reactors work at the expense of this river (it cools them, and they do not overheat to the point of explosion).

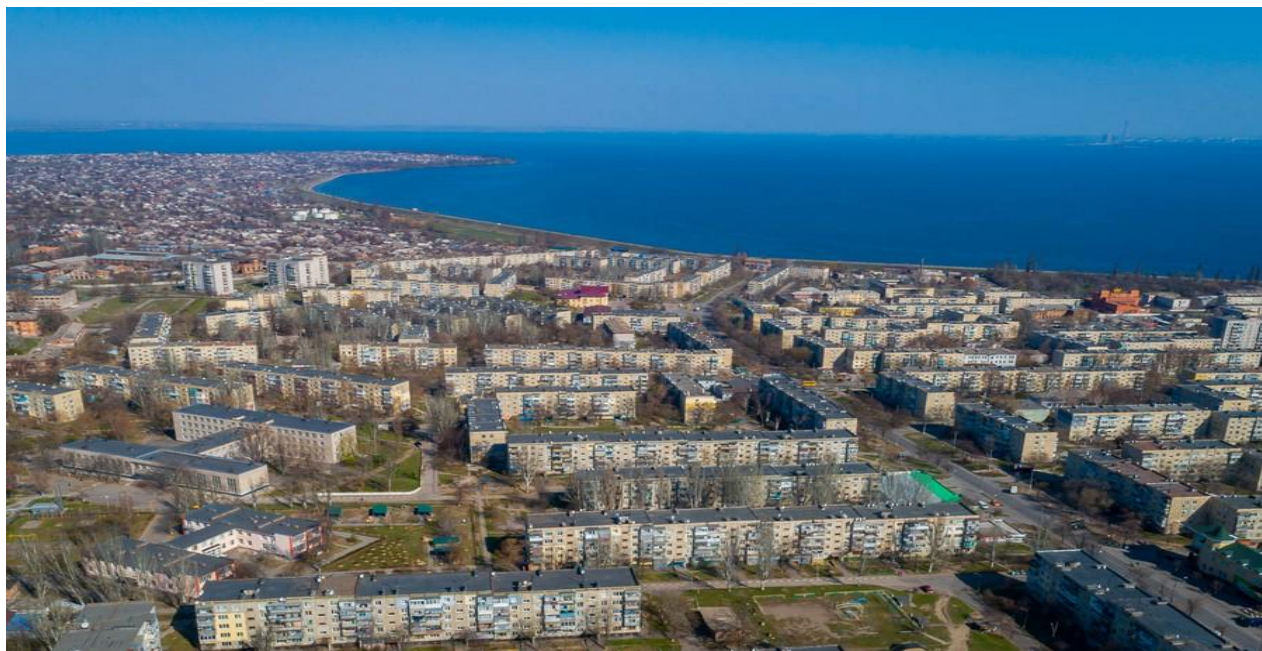
Otherwise, the station will explode even without any shelling or mines.



The dried-up Kakhovka Reservoir from the Nikopol side. Author: Andre Luis Alves (RFE/RL)

<https://www.radiosvoboda.org/a/news-kakhovske-vodoskhovyshche-artefakty/32721119.html> (Revised: 10.07.2024)

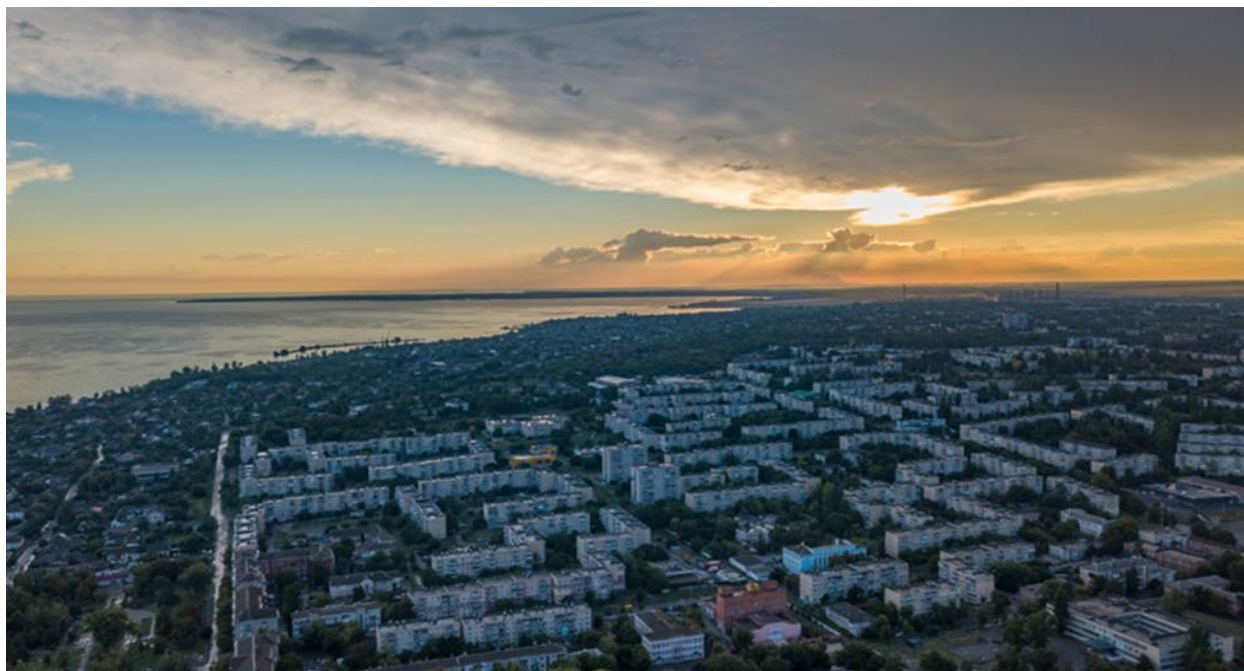
I want to share with you some photos of Nikopol on the shore of a “sea” that no longer exists, what Nikopol looked like before the russian-Ukrainian war.



Nikopol before the russian-Ukrainian war. <https://nikopol.nikopolnews.net/nikopol/do-sliz-meshkanets-nikopolia-prysviatyv-virsh-ridnomu-obstrilianomu-mistu/> (Revised: 10.07.2024)



Nikopol before the russian-Ukrainian war. <https://nikopol.city/articles/102274/10-interesnyh-faktov-iz-istorii-nikopolya>
(Revised: 10.07.2024)



Nikopol before the russian-Ukrainian war. <https://nikopol.city/articles/102274/10-interesnyh-faktov-iz-istorii-nikopolya>
(Revised: 10.07.2024)

I will do everything in my power so that my native town remains in the center of people's attention. Glory to Ukraine!

UDC 355.01:32(477.62)

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Volnovakha in the russian-Ukrainian war 2014-2024

I am a first-year student at Grinchenko University. I am studying Law. I will tell you the history of my hometown Volnovakha in the russian-Ukrainian war of 2014 – 2024.



Renovated school No. 5 in Volnovakha before the Russian invasion, 2020. Photo: Volnovakha.City. Donetsk Regional State Administration. <https://dn.depo.ua/ukr/dn/yakoyu-bula-volnovakha-do-viyini-rosiyska-armiya-znishchila-misto-za-dva-tizhni-202203131433577> (Revised: 10.07.2024)



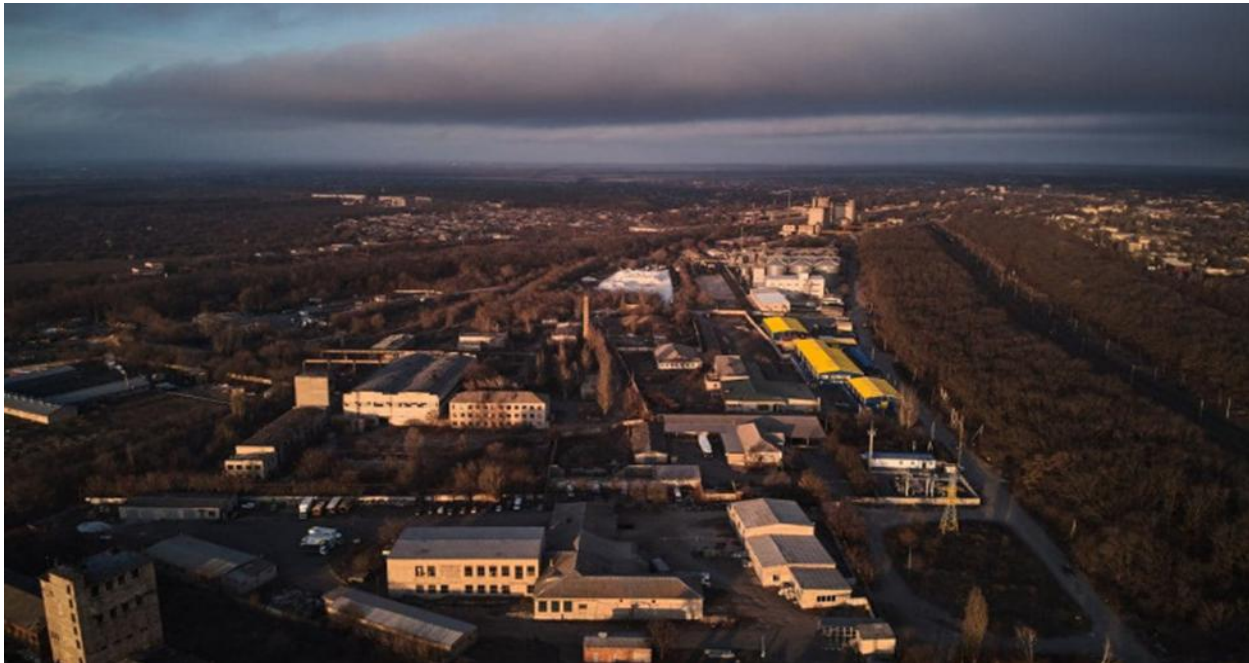
Kindergarten № 8 in Volnovakha before the Russian invasion, 2020. Photo: Volnovakha.City. Donetsk Regional State Administration. <https://dn.depo.ua/ukr/dn/yakoyu-bula-volnovakha-do-viyini-rosiyska-armiya-znishchila-misto-za-dva-tizhni-202203131433577> (Revised: 10.07.2024)



Volnovasky District Center of Culture and Leisure before the russian invasion. 2020.

<https://freeradio.com.ua/perspektivi-vs-vijna-jak-volnovaha-namagaietsja-ne-vtratiti-svij-shans-na-decentralizaciju/>

(Revised: 10.07.2024)



Volnovakha before the war from a bird's eye view. Photo: Facebook/Dmytro Lubinets.

<https://dn.depo.ua/ukr/dn/yakoyu-bula-volnovakha-do-viyni-rosiyska-armiya-znishchila-misto-za-dva-tizhni-202203131433577>

(Revised: 10.07.2024)

Volnovakha is located in the South of the Donetsk region. This is a railway hub on the Mariupol – Donetsk and Mariupol – Zaporizhia lines.

Volnovakha, like many other settlements in Ukraine, became a victim of the russian-Ukrainian war, which led to significant changes in the life of the local population.

Volnovakha was located close to the border with the occupied territories and has become a strategically important point in the war.

However, on May 22, 2014, the battle near Volnovakha became the bloodiest in the history of the modern Ukrainian army. DPR militants tried to capture the city. The terrorists used provocations, blocking roads, and using small arms, grenade launchers, and machine guns.

The powerful explosion caused serious material destruction and forced the townspeople to seek shelter and evacuate due to the threat to their lives. The townspeople lost access to basic services and resources, which greatly complicated the daily life of the residents.

I witnessed the panic, fear, and anxiety among the civilian population. Many residents were evacuated from the town, seeking shelter and safety in other regions and cities not on the front line.

On January 13, 2015, a terrible terrorist attack occurred in Volnovakha during the artillery shelling of the occupying forces of the russian federation. It was aimed at the Ukrainian checkpoint near Volnovakha. During this shelling, the “Zlatoustivka – Donetsk” bus was seriously damaged, resulting in the death of 12 people and the wounding of 18 others. After the tragedy, the “I am Volnovakha” campaign began on social networks, which united people and caused peaceful actions throughout Ukraine. The artillery shelling was classified as a terrorist attack due to the seriousness of the crime, as the attack was directed against civilians.

On February 24, 2022, the fighting began for Volnovakha for control of the town after the start of a full-scale invasion of Ukraine by russian army. I witnessed the beginning of the military conflict and experienced severe trials during the full-scale invasion of the enemy.

On March 6, 2022, Volnovakha was awarded the title “Hero City of Ukraine” by the Decree of the President of Ukraine to commemorate the feat, mass heroism, and resilience of citizens, shown in the defense of their cities during the repulsion of the armed aggression of the russian federation against Ukraine.

Volnovakha has been almost destroyed (90%) because of intense fighting between the Armed Forces of Ukraine and troops of state terrorist russia, since the large-scale invasion of Ukraine by the terrorist aggressor country russia on February 24, 2022.

On March 11, 2022, the town was captured by the aggressor’s troops.

On February 24, 2022, I woke up at 4:00 a.m. to explosions. At 6:00 a.m., my parents informed me that a full-scale war had begun in Ukraine. At that moment, communication and light remained in the town, it was possible to read the news and contact relatives to get more information about this terrible event and understand how to proceed. I could follow the news and events in Ukraine.

On February 24, at 9:30 a.m., my father and I went outside to see the situation in the town. We watched as a large artillery shell flew towards the end of the city.

On February 26, the arrival of enemy shells began to approach our town. We were forced to move into the house because our basement had become uninhabitable due to its poor condition. We moved to another room in the building, where the windows were already barricaded.

On February 26, around 1:00 p.m., a large-scale shelling with hail and artillery began in the town. Lights and communication were turned off, a tank exploded near our house. Feelings of fear and security disappeared completely.



Volnovakha after heavy bombing. February 27, 2022. Author: ADifferentMan.

https://uk.wikipedia.org/wiki/Волноваха#/media/Файл:Volnovakha_shelled.jpg (Revised: 10.07.2024)



Volnovakha after shelling of russian terrorists. March 12, 2022. REUTERS.

<https://www.unian.ua/multimedia/photo/10021963-volnovaha-perestala-sushchestvovat-kak-gorod.html> (Revised: 10.07.2024)



The first city hospital in Volnovakha before russian invasion. 2021. Photo: Volnovakha.City. Donetsk Regional State Administration. <https://dn.depo.ua/ukr/dn/yakoyu-bula-volnovakha-do-viyni-rosiyska-armiya-znishchila-misto-za-dva-tizhni-202203131433577> (Revised: 10.07.2024)



The first city hospital in Volnovakha after shelling by russian terrorists. March 12, 2022. REUTERS. <https://www.unian.ua/multimedia/photo/10021963-volnovaha-perestala-sushchestvovat-kak-gorod.html> (Revised: 10.07.2024)

On February 27, given the impossibility of continuing to live in such conditions, our family decided to evacuate.

On February 28, 2022, at 8:00 a.m. we left the town. Fortunately, we were able to leave before the shelling of civilian targets began.

I would like to note that the local administration and authorities for the entire time since the beginning of the full-scale invasion have not been able to provide citizens with any notification about the start of an air raid, which could warn about the threat and help the civilian population during the conflict.

This lack of information and security systems increased the fear and insecurity of the local population, who were going through difficult times associated with the fighting.

I so love my hometown Volnovakha so much! I want to go back home. After our Victory, we will rebuild Volnovakha. Volnovakha will become an even more beautiful and flourishing town.

Glory to Ukraine!

UCD 341.324(477.72):355.01

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“There was only Kakhovka where we all felt at home, but they took it away”

Kakhovka is a town in the Kherson region. It is located on the left bank of the Kakhovka Reservoir of the Dnipro River, above the Kakhovka Hydroelectric Power Plant.



Memorial sign in honor of Ukrainian Hetman Bohdan Ruzhynskyi.

Author: Taras Demyanenko from Ukrainian Wikipedia. 4.08.2009.

https://uk.wikipedia.org/wiki/Файл:Pamyatnyk_Rujynskomu.jpg (Revised: 10.07.2024)

February 24, 2022, was a turning point in the history of this region. It all started in the morning when a convoy of russian equipment was traveling from Crimea through Nova Kakhovka, which is about 10 km away.

Explosions were heard in the town from nearby Nova Kakhovka, where russian troops were shelling a military unit from the side of the temporarily occupied Crimea. A few hours later, russian troops entered the town and occupied it.

The first clashes, explosions of military equipment, and explosions at military warehouses could be heard, but still somewhat distant. Panic broke out in the town, and the news grew worse every hour.

Around 17:00, the Kherson regional administration began to report that the South of the Kherson region ceased to be under the control of Kyiv.

The beginning of the occupation was an extremely difficult period.

There was a shortage of food in stores, medicine in pharmacies, and various moods of the population, which weighed heavily on people's psyche.

On February 27, the city continued to be under full russian occupation.

Residents, especially government officials, began to leave the town, faced with a choice of staying and potentially risking their lives due to patriotic feelings or leaving due to uncertainty.

Every Sunday from March 6 to April 3, anti-occupation rallies were held in the town.

On March 6, the first rally was held, and several thousand residents of Kakhovka went to the center with Ukrainian flags.



Pro-Ukrainian rally “Kakhovka is Ukraine” in Kakhovka on March 6, 2022.

<https://x.com/consultings82/status/1500479794097668104> (Revised: 10.07.2024)

On March 21, the next day, after the third rally, in Kakhovka, russian troops cut off all communications in the town until the end of the day.

The last rally, which was held on April 3, was disrupted by the russian invaders, who surrounded the meeting place with military equipment, and then fired stun grenades and shots into the air to disperse the crowd of demonstrators, who by that time had already dispersed peacefully.

On April 4, the russian occupiers cut off all communications for the second time by the end of the day. The last rally, which was held on April 3, was disrupted by the russian invaders, who surrounded the meeting place with military equipment, and then fired stun grenades and shots into the air to disperse the crowd of demonstrators, who by that time had already dispersed peacefully.



Pro-Ukrainian rally “Kakhovka is Ukraine” in Kakhovka on March 6, 2022. <http://ukraine-youthdebates.de/wp-content/uploads/2022/09/kahovka-1.jpeg> (Revised: 10.07.2024)

Everyone who expressed support for Ukraine was taken to an unknown place, which the locals call the “basement”. Patriots were held there for an average of 3 to 7 days. After that, they were sent home with glassy eyes full of extreme fear. Some were beaten, and some were threatened with the shooting of their families or the forced deportation of their children to Russia.



Water leakage from the Kakhovka Reservoir due to a destroyed dam. June 6, 2023. Reuters. <https://www.radiosvoboda.org/a/pidryv-kakhovska-hes-evakuatsiya-zahroza-zaes/32446581.html> (Revised: 10.07.2024)

On June 6, 2023, the biggest environmental disaster of the entire war occurred – an explosion at the Kakhovka Dam of Kakhovka Hydroelectric Power Plant.

Kakhovka Hydroelectric Power Plant was blown up by russian occupiers on June 6, 2023 and cannot be restored.

The direct damages caused by the explosion at the Kakhovka Hydroelectric Power Plant may exceed 2 billion dollars.



A view of the breached dam on June 6. Author: Alexey Konovalov/TASS/Reuters

<https://edition.cnn.com/2023/06/07/world/gallery/ukraine-nova-kakhovka-dam-collapse/index.html> (Revised: 10.07.2024):



Consequences of the terrorist attack by the russian invaders at the Kakhovka HPP on June 6, 2023.

<https://www.radiosvoboda.org/a/news-sytuatsia-oleshkvivska-hromada/32889546.html> (Revised: 10.07.2024)



Occupied Oleshky, flooded as a result of the destruction of the Kakhovska HPP, June 23. Source: AP photo
<https://www.radiosvoboda.org/a/news-sytuatsia-oleshkiwska-hromada/32889546.html> (Revised: 10.07.2024)

The tragedy caused significant damage to the residential and communal sectors, and the energy sector, and caused significant indirect damage to agriculture due to the loss of irrigation in the region.

Everyone is waiting for de-occupation, and the Ukrainian flag will soon fly in all Ukrainian cities without exception. I look forward to the day when I can return to my hometown.

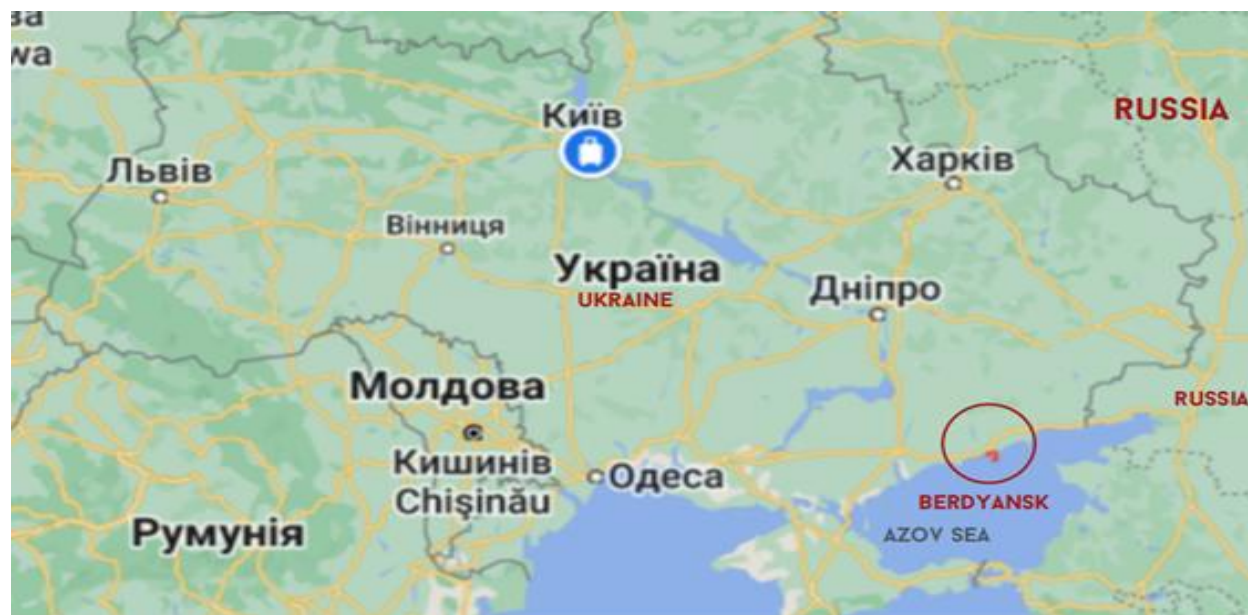
We believe in the Armed Forces of Ukraine! Glory to Ukraine!

UCD 341.324(477.64):355.01

*Yeseniya Hnatenko,
Borys Grinchenko Kyiv Metropolitan University
ORCID ID: 0009-0008-4593-7610*

Everyday life of Berdyansk residents under the conditions of russian occupation

My name is Yeseniya Hnatenko, I am a first-year student at Borys Grinchenko Kyiv Metropolitan University. I study Law. I will share with you the story of my life during the occupation in my native Berdyansk.



https://cultureversus.org/wiki/Бердянськ_у_Лютій_війні#/media/File:Бердянськ_на_мапі_України.jpg (Revised: 10.07.2024)

Berdyansk was founded in 1836 on the site of Cossack and fishing settlements that appeared here in the middle of the 16th century. The first settlers were the Zaporizhia Cossacks, who founded an outpost and settlement of Zaporizhzhia Sich on the site of the future city and engaged in agriculture, fishing, animal husbandry, and beekeeping.

Berdyansk was developed on a seaport in the Bay of Berdyanska Kosa. The surrounding estuaries contain unique healing mud.

Berdyansk is a famous sea, climate, and mud resort. Its population was nearly 106,000 inhabitants in 2022.



Berdyansk is the heart of Azov. The photo was created on July 25, 2013. Author: Insaitman.

https://uk.wikipedia.org/wiki/Бердянськ#/media/Файл:Berdyansk_The_Heart_Of_Azov.jpg (Revised: 10.07.2024)



Berdyansk, April 2022. Author: Andrey Borodulin (AFP). <https://www.radiosvoboda.org/a/novyny-pryazovya-berdyansk-okupatsiya-zsu/32267842.html> (Revised: 10.07.2024)



Berdyansk railway station. The photo was created on June 9, 2019. Author: Voky89.

https://uk.wikipedia.org/wiki/Файл:Вокзал01_0684.jpg (Revised: 10.07.2024)



Berdyansk State Pedagogical University. The photo was created on August 17, 2014. Photo: Nataliya Shestakova.

[https://uk.wikipedia.org/wiki/Бердянськ#/media/Файл:Berdyans'k_Shmida_4_Budynok_Cholovichoyi_Gimnaziyi03_\(YDS_8515\).JPG](https://uk.wikipedia.org/wiki/Бердянськ#/media/Файл:Berdyans'k_Shmida_4_Budynok_Cholovichoyi_Gimnaziyi03_(YDS_8515).JPG)
(Revised: 10.07.2024)



Berdyansk city center, Azov Avenue. The photo was created on August 15, 2014. Author: Nataliya Shestakova.

[https://uk.wikipedia.org/wiki/Проспект_Азовський#/media/Файл:Berdyansk_Lenina_prospekt...vulytsya_01_\(YDS_8167\).JPG](https://uk.wikipedia.org/wiki/Проспект_Азовський#/media/Файл:Berdyansk_Lenina_prospekt...vulytsya_01_(YDS_8167).JPG)

(Revised: 10.07.2024)

Since 27 February 2022, Berdiansk has been under russian military occupation.

My life in the occupation was a lack of food, light, water, gas, communication, and Ukrainian news. It was the time when you no longer lived, but only survived.

On February 27, 2022, my native Berdyansk was taken without a fight. Since then, my life has turned upside down. I well remember how a column of military equipment of the russian occupier passed by my window. The letter “Z” was written everywhere on this military equipment.

After that, the number of russian invaders in my native Berdyansk increased every day. The russian military occupiers have settled where the Ukrainian military base used to be. It was near my house, so when I went outside, I saw russian soldiers all the time with machine guns, as well as their cars and tanks.

The occupiers received information about everyone. Persecution of people began. They were especially diligent in looking for military personnel. My dad is in the military, so we had to bury his ID and uniform in the ground because it was not safe to keep them at home.

The occupiers came to the apartments and broke down the doors if they were not allowed in, rummaged through personal belongings, stole equipment and jewelry, and tortured people. They did not care if you were a woman or a man, a child or an elderly person. I was afraid to go out alone for a long time because there were repeated cases of girls being raped.

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However, sometimes I forgot about the fear. My family and I took part in rallies several times. Because we still hoped for the best. I felt it. I was so proud of the Ukrainian people, who together with us stood unarmed in front of soldiers with machine guns.



Action for the unity of Ukraine in Berdyansk. February 28, 2022. Photo: RadioSvoboda.org (RFE/RL).

<https://www.radiosvoboda.org/a/novyny-pryazovya-berdyansk-okupatsiya-rosiyski-viyskovi/31732103.html> (Revised: 10.07.2024)



Berdiansk, pro-Ukrainian rally on March 6, 2022. <https://war.telegraf.com.ua/ukr/ukraina/2022-03-11/5699055-v-berdianske-gvardeytsy-putina-vyglyadyat-kak-bosyaki-boyatsya-pravogo-sektora-i-mitingov> (Revised: 10.07.2024)



Peaceful rally in Berdiansk, March 13, 2022. Photo from the Facebook page: Berdiansk 24.
<https://suspilne.media/zaporizhzhia/217074-mitingi-za-ukrainu-zalakovanna-okupantami-ta-pitanna-evakuacii-aka-situacia-u-berdiansku/> (Revised: 10.07.2024)



Berdyansk, pro-Ukrainian rally on March 14, 2022. <https://hvylya.net/news/248977-v-berdyanske-okkupanty-pytayutsya-zapugivat-protestuyushchih-mestnyh-zhiteley-foto> (Revised: 10.07.2024)



Residents of Berdyansk carried a large Ukrainian flag through the city on March 16, 2022. Photo: irish_petrish/Instagram. <https://gordonua.com/ukr/news/war/meshkantsi-berdjanska-znovu-vijshli-na-proukrajinskij-miting-zelenskij-nazvav-jih-horobrimi-ljudmi-1600294.html> (Revised: 10.07.2024)

The rallies stopped when russian riot police – special forces arrived in the city, because people were beaten right in the center of the city, and first activists were kidnapped and tortured.

I want to pay tribute to our teenage heroes: Tigran Hovhannesian and Mykyta Khangonov. They were involved in partisanship in occupied Berdyansk. Twenty russian soldiers broke into Tigran's apartment at the end of 2022. They conducted an illegal search, beat his grandmother, and took the boy out of the city, where Tigran was tortured with electric shock for 5 days. Mykyta and his family were detained on October 14, 2022. Since then, the boys have been regularly interrogated. On June 24, 2023, these heroes shot a russian serviceman and a police collaborator. After a shootout, 16-year-old boys were killed. Mykyta and Tigran's last words were “Glory to Ukraine!”

There was a panic among the people in the city, they bought everything. There was a terrible lack of food. In stores, only a few shelves were filled with products, and the rest of the shelves were empty. Many shops were closing. People stood in line for bread for hours, getting one loaf in their hands.

When gas completely disappeared in the city, life became even more difficult. We heated water in a kettle. Periodically, the water also disappeared from the taps. However, the hardest thing was when the connection completely disappeared. You seem to have stepped into the past. You cannot call your relatives to find out about them. You cannot read the news. It is as if you are in a bubble.

Once, near one of the houses, I saw a crowd of people with phones. It turned out that Wi-Fi was still catching at someone's apartment. Then I was able to go online. However, soon the repression started even more and Wi-Fi was almost impossible to find. We went all over the city to find a connection.

Everywhere on big boards, all over the city there were inscriptions “with russia forever” and other propagandistic campaigns of the occupiers. It put a lot of pressure on my mental state.

It was very difficult for me to see people I knew who decided to side with the enemy and cooperate with them. While some teachers refused to work, other teachers went to tell children russian history and sang the national anthem of the russian federation on the first of September.

I was at home and drew, embroidered, and watched old discs with movies, to distract myself from the gray, depressing reality. Every evening we gathered with neighbors and played cards by candlelight. It saved me from endless obsessive thoughts.

I was under occupation for two months at my home in Berdyansk. The decision to leave Berdyansk could cost one's life. The city of Zaporizhzhia was the nearest unoccupied city. Nevertheless, in order to leave Berdyansk for Zaporizhzhia, it was necessary to pass 14 russian checkpoints. Before the war, we could get to Zaporizhzhia in 3-4 hours. However, in wartime, it took at least 8 hours. Usually, people had to spend the night in the field for several days.

Russian soldiers fired at cars with the inscription “Children”, and whole families were killed. The occupiers also took equipment and clothes. The military invaders were watching the chats and photo gallery on the phone. It was extremely dangerous to have patriotic photos or messages.

The road from Berdyansk to Zaporizhzhia was in terrible condition, torn by mines, and burnt tanks stood on the roadsides. If you looked around, all you could see were shelled houses, broken fences, looted shops, and black smoke from rocket fire. Loud explosions accompanied us all the way.

I have not been in my room at home for two years. I do not know when I will go to my native house again, or whether there will be anywhere to go at all.

I so love my hometown Berdyansk. I believe in the Armed Forces of Ukraine, which are heading in the direction of Berdyansk. I know how difficult it all is and how many lives are sacrificed for it. I am ready to wait.

I will never allow my Ukrainian Berdyansk to remain in the hands of a terrorist country, an aggressor country, an occupier country of Russia.

Glory to Ukraine!

UCD 355.01:327(477)

Polina Derkach,
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The War affected everyone

My name is Polina Derkach. I will share with you my story. I study history. I am a first-year master's student at the Faculty of Social and Humanities at Grinchenko University. I am from Novomoskovsk, in the Dnipropetrovsk region, Ukraine. I am 22 years old.

I was only 12 years old in 2014 when the russian occupants invaded the East of Ukraine. When the full-scale russian invasion – the full-scale war of Ukraine began, I was 19 years old. Thus, for 10 years of my life, almost half of my life, I have been living in war. I know very well that the war has affected everyone, and I feel that I am changing too.

For example: I have not felt safe for a long time, even when I go abroad, I hear the sounds of sirens and at night I wake up from the sounds of sirens, thinking that it is rockets flying. Almost all my friends and relatives feel or go through the same thing, so we talk about it, we talk openly, and we know that we hear each other because we are going through it together. Even those who live abroad suffer from the war because their native home is in danger. Many of my friends started going to psychologists.

I am studying in Kyiv, but since the end of the first year when COVID-19 started and until now, we have been studying mainly online. Every time we meet with our teachers, we ask if everyone is fine and how the night with air alarms was. Probably, this is not a relevant question abroad, but it is widespread in Ukraine.

Some of my classmates and friends from Grinchenko University are now serving in the Armed Forces of Ukraine, protecting our Motherland Ukraine, us, and me. They are our dearest defenders. I always wait for news from them, just to know that they are alive.

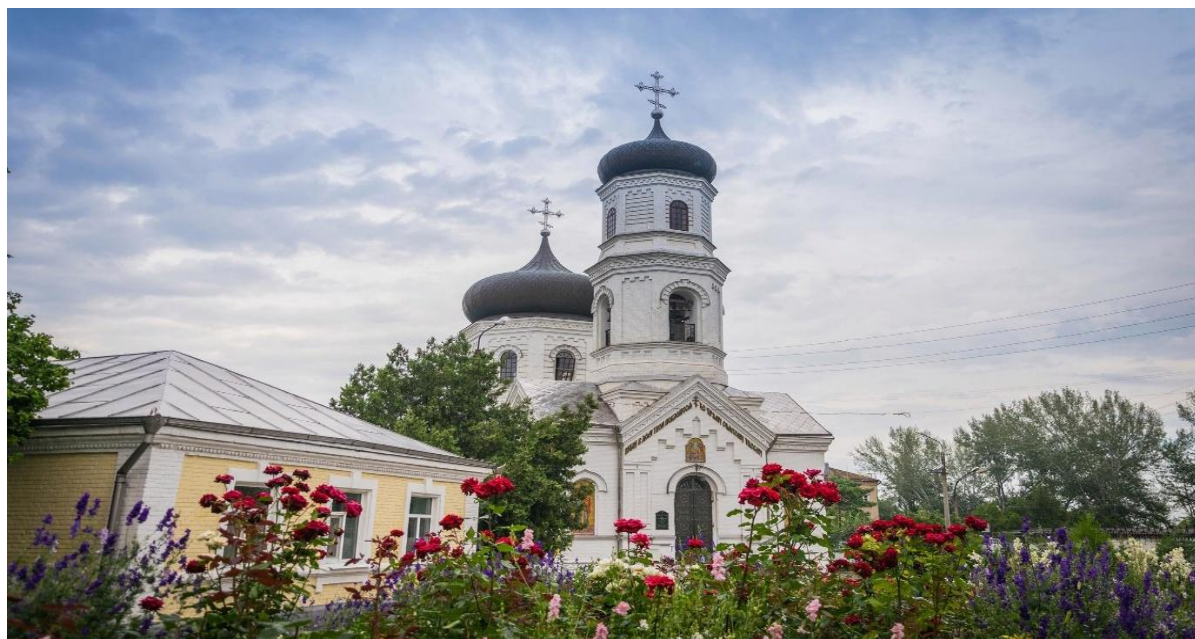
It is quite scary to understand that these are the realities of today when you are not sure of your future or even of tomorrow.

I like to read, it is my hobby. Agree, at least once, when you read the book, you envied the heroes and wanted to live in their universe. Every time I read about wars, I could not believe what people were willing to do instead of living in peace and development. And now I live in war. It was not a book script I would want to live by. But, unfortunately, this is not the first such story with Ukrainians.

Now, when I read books where there is a war or watch movies with such a plot, I perceive it all in a completely different way, because, to my great regret, I do not have to imagine it all, but only to forget it, like a terrible dream.

I live in Dnipropetrovsk region. In this region we have the town of Nikopol, which is on the Ukrainian side, but the other bank of the Dnieper River is already occupied by the russian invaders. It sounds like something extremely scary, and it is.

You can see how beautiful was Nikopol before this war cruel began.



Savior and Transfiguration Church. Nikopol. August 22, 2015. <https://discover.ua/en/locations/spaso-preobrazenskij-sobor>
(Revised: 10.07.2024)



Nikopol Independence Square. August 22, 2015. <https://ukrainetrek.com/nikopol-city> (Revised: 10.07.2024)

My aunt and uncle live in Nikopol, and this city is under russian fire every day. Every day, non-stop. Every night is like horror, and every new morning brings hope. My aunt is a nurse so she needs to be there.

I was in Nikopol before the start of the full-scale invasion, it is a small but cozy town. I remember I loved walking in the park and near my aunt's house and walking with my cousin to the center. But now, according to the stories of my relatives, about 800 apartment buildings and more than 5000 private residential buildings were damaged in Nikopol by russian shelling.

The russian occupiers are destroying and wiping out this town, like everything else. They kill people, destroy cities, rewrite history to destroy the truth.

You can see a real photo of the houses where people lived before the rocket attack. These are not military bases, as the russians say, they are ordinary residential buildings with civilians.

And probably the scariest thing is when you hear something flying and you can not do anything but listen.

I live in Novomoskovsk, a small town near the metropolis – Dnipro. However, as in all cities, towns, and villages of Ukraine, we are not safe anywhere. So, here's a photo, a russian rocket did it. I heard that explosion, it was very scary. It was night, the air alarm began, my parents and I began to gather in the basement, and then there was an explosion, a roar, and a fire. One second.



A house in Dnipro after a rocket attack by russian terrorists on January 21, 2023.

<https://www.nytimes.com/2023/01/21/world/europe/dnipro-ukraine-russia-strike-apartment.html> (Revised: 10.07.2024)

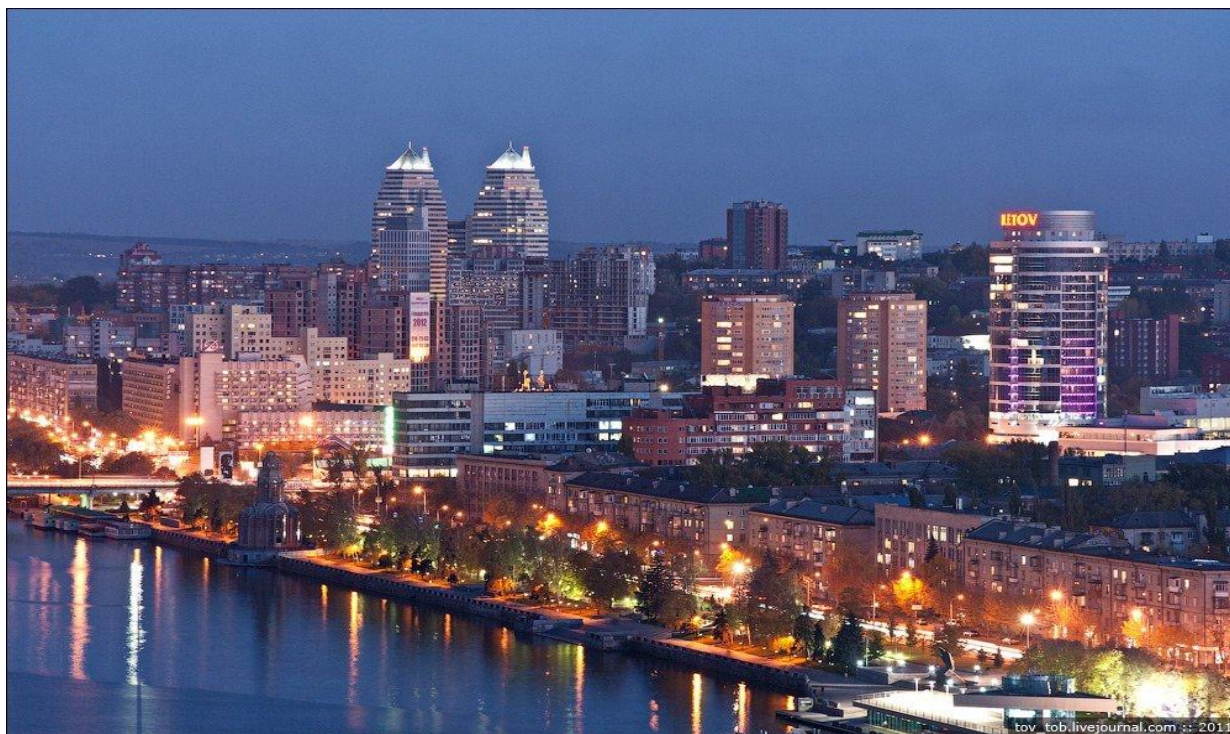
Every day we live in danger. No one knows what the new day will bring. None of the Ukrainians knows whether the night will be peaceful. Living in this state every day is exhausting, it is tiring, but we fight because we know that we live on our native land and have the right to life.

Throughout our history, we fought for our existence and always proved that we were worth it. But now we want the world not to forget about us. We want to be understood and supported.

Ukrainians want to have their free independent state and a peaceful sky above their heads, where civilian planes not missiles, will fly.

I have two cousins, one is seven years old, and the other is one year old, and neither of them has yet lived a peaceful life without war. It breaks my heart every time the air alarm goes off, my cousins get scared and I cannot help them except go to the shelter and wait. Wait until we survive.

This is Dnipro. You can see how wonderful this city is, located on the banks of the Dnipro River. One million people live here. More precisely, they lived here before the war.



Dnipro, 2011. <https://top20.ua/dp/blog/yakiy-zaklad-obrati-dlya-vidpochinku-na-berezi-dnipra-70.html> (Revised: 10.07.2024)

You can see what the russian terrorists did to a house full of civilians. This is a tragedy created by non-humans in the 21st century.

In Dnipro today, as a result of russian shelling, almost 700 buildings have been destroyed, and more than 15,000 buildings have been damaged.

Currently, there is no exact information on how many people left Ukraine and how many returned. How many families were forced to leave their homes and relatives? How many fates were broken?

I mentioned my love for books. Yes, I read books where the main characters lived during the war and you know wars always end, good conquers evil and I believe our story will have a good ending.



A hospital in Dnipro after russian shelling on May 26, 2023. <https://edition.cnn.com/2023/05/26/europe/dnipro-medical-facility-attack-russia-ukraine-intl/index.html> (Revised: 10.07.2024)

I talked a little about life in my country during the war. Scary, very scary. I would never want you to go through what we are going through. Think about it. When you wake up in the morning after the shelling call your relatives and friends to make sure that everyone is alive.

Thank you for your attention and time to read. I am very grateful that we are remembered! Sometimes it feels like the world is tired of war. I can understand it.

In Ukraine, we are also tired of bad news. Unfortunately, this is our reality. We cannot close ourselves and listen or read something else. We must only fight and continue to live.

Please do not forget that Russia is a terrorist state!

UDC 37.091.313:7.012]:008(477)

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Reflection of the russian-Ukrainian War in the projects of Graphic Design Students at the “Universum” College of Borys Grinchenko Kyiv Metropolitan University

The russian-Ukrainian War 2014 – 2024 changes the context of perception of art in Ukraine. The consequences that Ukraine faced in the de-occupied and war-affected territories pervade the students’ projects. Most of the students’ works reflect the environment they encounter every day, their experiences, pain, and desire to convey their feelings to others.

The article presents several student projects completed over the past two years. Historical events, feelings, and stories of individual people are reflected in the works of artists, writers, cinematographers, and designers. Many works of art speak the language of history or contemporary events. Art resonates, finds a response in people’s souls, and touches places, where facts and complex texts are powerless.

Students of “Universum” College of Borys Grinchenko Kyiv Metropolitan University are no exception. No. 4 (2022) of the magazine Grinchenko-Seton presented the works of college students, talking about the first months of the war, and their reflection on what they experienced and saw with their own eyes.

Time passes, circumstances change, many have returned home, and the war has moved to another stage, these are our everyday lives that must be taken into account. New thoughts, ideas, and needs influence the creative thinking of teachers and students, and new projects appear.

Many countries of the world are concerned about environmental problems and the conservation of natural resources. Ukraine is no exception. Third-year Graphic Design students were tasked with creating a series of #Think_green posters. The main goal of the project was to find out how our daily lives affect the ecology of the world.

Among the received projects, it is worth noting the work of students Miroslava Orzhekhovska and Anastasia Maslyuk, who mentioned the de-occupied territories of the Kyiv region. It turned out that not all areas are accessible for living because they need demining. Today in Ukraine, much attention is paid to this problem, introductory lectures are held, animated videos and online courses are created, but this is not the only thing that people face.

The girls decided to investigate how military actions affect the ecology of a private home, what people see when they return home, and what problems they face.

They decided to convey the results of their research in the format of the comic book “Two Views”. The story combines the perspective of a woman returning home and an environmental expert who helps investigate and clean up pollution. Pollution can include chemical spills, clogged wells, and clogged areas around the house, that affect a person’s ability to function in their own home.

In the comic book, a mother returns with her young son, who may get into trouble while walking in the yard, and therefore needs care and more attention to the area around the house.



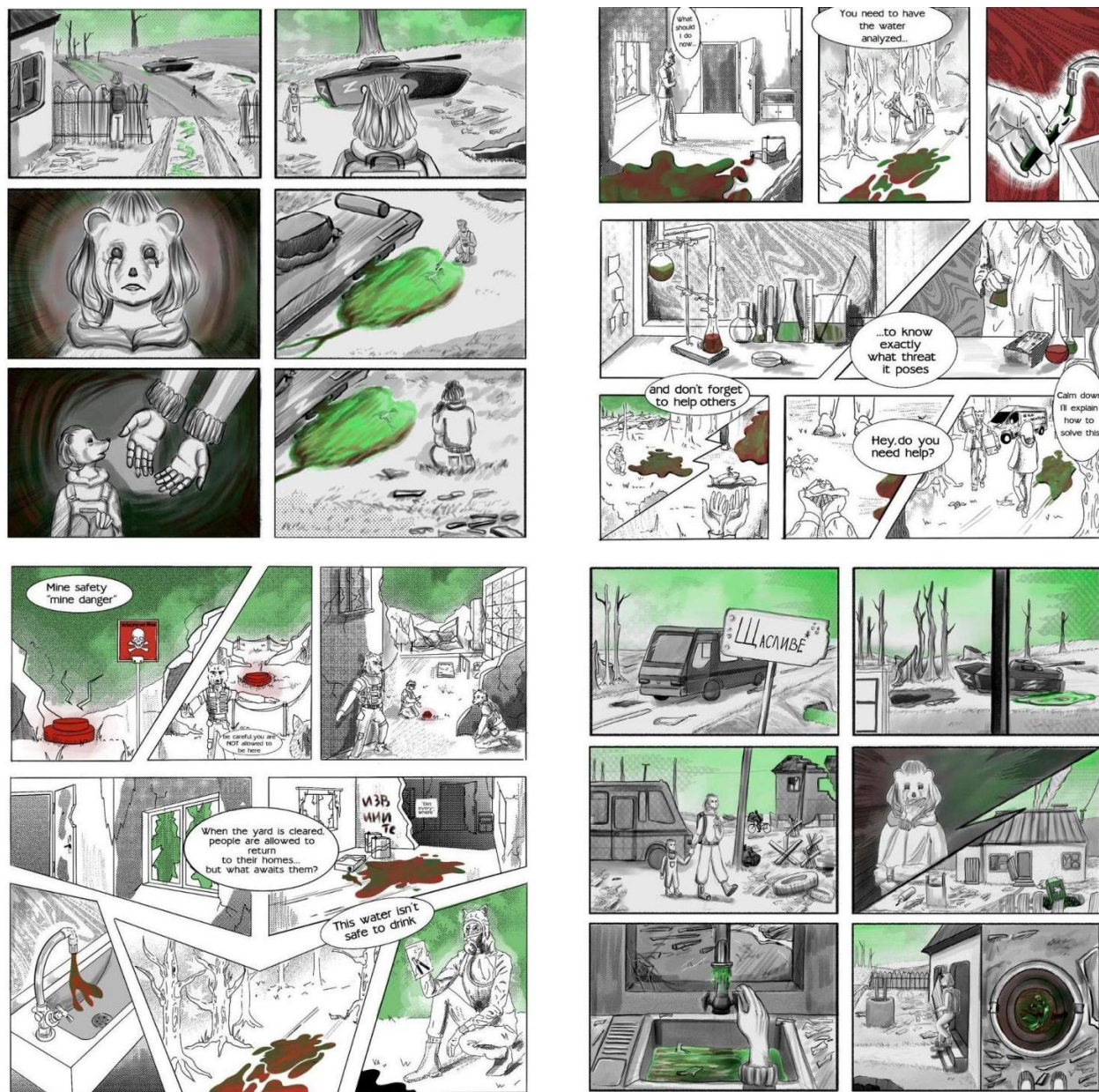
”Two views” by Miroslava Orzhekhovska and Anastasia Maslyuk

The proposed story is, first of all, a work of art, so the heroes are not people, but animals. The owners of the house, a mother and her little son, are hedgehogs, and the professional ecologist trying to help them is a wolf who cares about the environment, takes samples of soil and water to analyze their suitability for use, and helps to understand the causes of pollution of the yard and the environment.

The environmental impact of war and its consequences is very important and relevant, especially when such projects are created during the events themselves, and not reproduced based on historical research. Today, Ukraine has many problems that need to be solved first. However, the environmental problem exists somewhere nearby.

People do not have time to understand how harmful the consequences of this war are. The explosion of the Kakhovka Reservoir vividly showed how military actions could damage not only

the place where such disasters occur, but also affect many other areas, affecting the ecosystem of the Black Sea and its coast.



“Two views” by Miroslava Orzhekhovska and Anastasia Maslyuk

Preparing events for the second year of the full-scale invasion of russian troops on the territory of Ukraine, teachers of the “Universum” College visited the town of Borodyanka, which

is known to the whole world for the shot Taras Shevchenko monument and the destroyed high-rise buildings.

From February 24, 2022, the enemy made his way to the capital of Ukraine, Kyiv, through the central street of Borodyanka.

The aggressor mercilessly attacked peaceful houses, shelling them with tanks, rocket launchers, and artillery.

At that time, peaceful residents who did not have time to leave their homes and did not expect such actions from their “brothers” occupied the apartments.

Two years have passed. Borodyanka continues to live its life. The wounds received in the first days of the invasion are slowly healing. Many of them are no longer possible to cure, as well as to return those who died under the rubble.

When tourists from all over the world come to Ukraine, they must visit the towns of Kyiv region that suffered during the occupation.

Borodyanka is among them. Today, on the streets of Borodyanka, you are used to hearing both the Ukrainian language and the languages of different countries.

Not indifferent to the grief of Ukrainians, people are trying to become part of this city.

Famous graffiti masters Banksy and Christian Gami, known under the pseudonym C215, left their drawings on the walls of houses.

Today, these images create a unique exhibition that attracts new tourists to the town. College teachers visited Borodyanka and brought a series of their own photos.

Second-year students Krasun Anna, Khlebnikova Margarita, and Starynets Daryna, after looking at these photos, tried to recreate their emotions related to the present-day half-destroyed town.

The project “Borodyanka Two Years Later” is a story about what a person sees after visiting a destroyed neighborhood and burnt buildings.

What do the abandoned things, furniture, apartments, and walls tell?

About the amazing feeling when life rages next to mutilated houses.

The ghost quarter, located at the entrance to Borodyanka, tells its own stories, which the girls tried to find and tell in their project.



“With Faith in Victory” by Elena Kazimirenko



“Retur” by Elena Kazimirenko



“Children” by Daryna Starynets



“Lost in Time” by Anna Krasun and Margarita Khlebnikova



“Lost in Time” by Anna Krasun and Margarita Khlebnikova

The main message that Ukrainians are trying to convey today is that today, along with ruined houses and people's souls, in cities where it is normal to see a person in uniform and with a machine gun, life continues. Like many artists in our country, college teachers and students decorate shell casings with their wonderful designs.

Such projects show how military paraphernalia becomes a work of art, begins to speak the language of artists, and expresses the emotions and thoughts of authors.

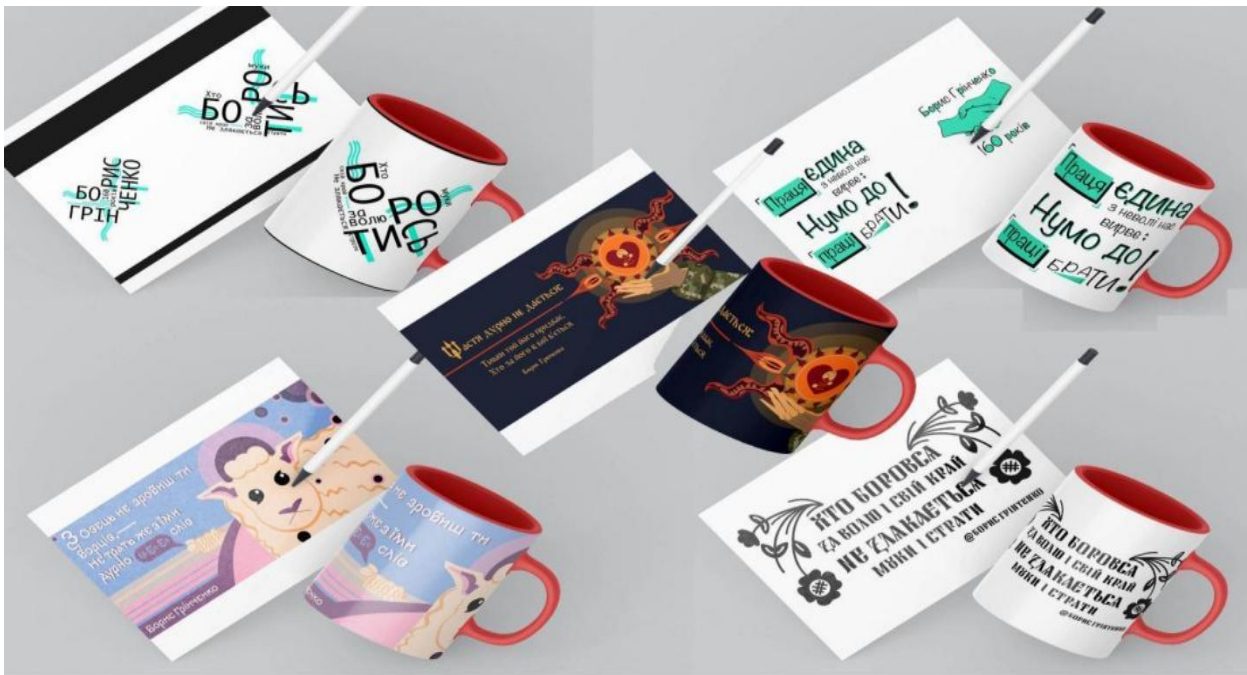
In addition to the creative and emotional component, such exhibits can become excellent decorations for offices, cafes, and other places, they are sold at auctions to transfer the received money to the needs of the military.

Borys Grinchenko, whose name Grinchenko University is honored to bear, in the 20th century called to fight for Ukraine. The relevance of his statements was studied by female students in the process of preparing for the University competition of design projects “Image of Borys Grinchenko”. The task of the competition was to create illustrations for corporate cups of Grinchenko University.

The sayings of Borys Grinchenko were chosen as the main idea of the illustrations: “Only work will free us from slavery: work, brothers!”, “Whoever fought for freedom and his land will not be afraid of torment and execution”, “You cannot make fighters out of sheep - do not waste stupid words on them”, “Happiness is not given for nothing: only the one who fights for it in battle will acquire it”.



Creative projects of painting tubes from shells by teachers and students of the college



Cups "Image of Borys Grinchenko's sayings" from students Tetyana Kulyk and Eleonora Grechyshkina, Miroslava Orzhekhovska, Maria Kovalchuk

Illustrations of the competition winners were printed on cups, which anyone could buy during a charity auction, and the money received was donated to the needs of the military.

The presented projects represent a reflection of the russian-Ukrainian war in a relatively calm and one of the most protected cities in Ukraine. At the same time, Kyiv itself is the central city, the occupiers tried to reach the capital at the beginning of the invasion, and even now, no city in the country can completely protect itself from rocket fire.

Artists and designers of the capital's educational institutions leave an emotional memory that is preserved in their works. Young designers are concerned about the future because it is on their shoulders that the rebuilding of the country, its movement towards a better life, and the creation of high-quality social conditions for every person will fall.

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UDC 355.01(477)

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The beginning of Our War

Our war began two days before the full-scale invasion of russian troops into Ukraine on February 24, 2024. Our war began at the Mykola Amosov National Institute of Cardiovascular Surgery.

It all started unexpectedly with 6.5 hours of open-heart surgery for my wife Natalie with artificial blood circulation and cardiac arrest. Moreover, from my waiting in the car during this whole operation.

A day and a half later, at 5:30 in the morning, a phone call rang out from an employee of Bohdan's son's company about the beginning of a full-scale war. I refused her proposed evacuation.

Kyivians were frightened by the explosions in the city.



A house on Bogatyrskaya Street in Kyiv after Russian shelling. 14.03.2022. Author: State Emergency Service of Ukraine.
Source: <https://www.facebook.com/photo/?fbid=332344232266806&set=pcb.332344378933458> (Revised: 10.07.2024)



A house in Kyiv in Podilsky District after russian shelling. 15.03.2022. Author: State Emergency Service of Ukraine. Source:
<https://www.facebook.com/photo/?fbid=332944558873440&set=pcb.332944848873411> (Revised: 10.07.2024)



Kyiv. Sunday morning, June 26, 2022. Residential areas in Kyiv were hit by russian missiles. Photo: Mykola Tymchenko.
<https://vechirnyy.kyiv.ua/news/68215/> (Revised: 10.07.2024)

In addition, at that time, at the other end of the city, which woke up from the explosions and began to move to the west of the country, my wife was in intensive care. I felt the distance and disunity of the family more deeply than ever.

Just then, my son and his wife were returning home from the powerlifting competition from the west of the country, and their train was delayed due to shelling of the railway.

Then every minute it was difficult to wait for irreversible changes. This feeling grew stronger as I read the news that was getting worse.

This feeling was especially intensified when fragments of a shot-down rocket fell 100 meters away in the yard of the houses opposite. A fire broke out – black smoke rose for a long time. After all, dozens of cars were burned and windows were broken in all the houses of the yard. All in 4-5 buildings with 16 floors each!

I spoke with my wife only when a professor, the surgeon who operated on her, came to see her in the intensive care unit. Her weak voice inspired hope.

Five days after the operation, I took Natalya from the hospital, and we were already listening to the explosions outside the window together.

This is how the first week of the war passed, the most difficult for our family. If only we knew that the most difficult thing was ahead!

The war destroyed not only the usual life of the capital but also the logistics chains in the supply of medicines, and caused the departure of some doctors and laboratory technicians in medical institutions.

Therefore, in ten days it turned out that there was no one to analyze the tumor removed from Natalie's heart. We took it in formalin in a plastic container to Lviv, and then abroad.

At that time, the Russian troops were already on the line of the Irpin River, battles were going on near Moschun, blood was being shed and trouble was spreading throughout Ukraine.

We decided to go to Western Ukraine – this was advised by the head doctor of the National Cancer Institute since treatment in Kyiv was not possible then, for which we are grateful to him.

Departure was difficult, but we did not complain. It was hard for everyone then. We left Kyiv on March 5. At the height of the battles for the capital. I was not worried about myself, but about how Natalya would endure the long journey. It took 4.5 hours to leave the city. Previously, this road took 18-20 minutes. Bridges were partially closed, and roadblocks showed maximum attention to passengers and cars. Then there was a long road to Skvira. In this way, we managed to meet our children, a son, and his wife. In addition, this meeting on the road was an attempt to capture the moment, to keep hope for Natalochka's happy return and recovery.

The first day on the road was difficult. I did not get up from behind the wheel for 17 hours. It was difficult, but I could not even imagine how difficult it was for Natalka. Nevertheless, she, as always courageously, steadfastly endured the difficult road like everything in life.

The unfamiliar road looked especially scary, completely broken by potholes at two o'clock in the morning and in the villages (where road signs were removed or wrapped in black film) where hundreds of cars were parked along the road. They spent the night because of the curfew.

We drove through roadblocks with village uncles with hunting rifles, with military and territorial defense with assault rifles. We drove and prayed that none of them would lose their temper. With wild surprise, they perceived a lonely car on the road at night and under such circumstances. However, after the explanations, everyone understood that we were in a hurry.

"The world is not without good people" – so says the folk saying. Moreover, indeed, at four o'clock in the morning in Lityn, Vinnytsia region, an unknown woman was waiting for us. She waited and prepared food for us.

In addition, even after 17 hours of travel, we could not refuse this dinner (and breakfast, and as it turned out lunch) at half past five in the morning, or maybe already in the morning. In two hours, we woke up and were on the road again. We had time to refuel (the line at the gas station took two hours), and then we drove non-stop for 14 hours to Bolekhov, Ivano-Frankivsk region.

We were going to our friend and colleague, history teacher Lidia Mykhailivna. She accepted us as family and supported us for a month.

We went with the hope to get help from the Lviv Regional Oncology Center. Moreover, indeed, we were accepted. Natalie underwent one chemotherapy.

During air raids, all cancer patients were lowered into an unsuitable, cold basement. A day after the first chemotherapy, the enterprise in hundred meters from the center was hit by a rocket fire.

The war also caught us in Lviv. Therefore, we decided to go to Munich, where our children were already looking for treatment options. We left on April 5 with high hopes and expectations for recovery. However, these dreams were not destined to come true....

War has different dimensions, and each has its own, painful and bitter.

Believe in our Victory! Stay with Ukraine!

UDC 355.422.1:82-94

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Memories of the first days of russia's full-scale armed aggression against Ukraine

The feeling of war had been in the air for several days, especially on the night of 24 February 2022. The first explosions occurred around 4 a.m. However, I woke up not from them, but from the inability to sleep and a premonition of something bad.

I should note that I lived in the town of Vyshhorod, famous for its thousand-year history. But this location itself added even more anxiety because Vyshhorod is a few kilometers from Kyiv. In addition, the Kyiv hydroelectric power station is located nearby.

So, when the first explosions started, my friend and colleague Bohdan, with whom I shared an apartment at that time, and I decided to get ready as quickly as possible and head towards Kyiv to get to the main transport hubs and decide what to do next. We decided to try to get there by public transport, so we got on the first and at the same time the last minibus that connected Vyshhorod with Kyiv.

Unfortunately, getting to the capital by public transport was almost impossible. A long traffic jam stretched between Vyshhorod and Kyiv. A roadblock caused it. The fact that I had Busia, my cat, with me, whom I could not leave behind, added to the complexity of our route.

It was interesting to watch the people on the bus. Some of the passengers were not fully aware of the situation. Some did not react at all and continued to go to work as if nothing had happened. Moreover, one of the passengers even remarked to the minibus driver why he was late. Such a question was quite absurd and illogical, considering the seriousness of the situation. But this fact clearly confirmed that not everyone fully understood what Ukraine was facing.

Realizing we were standing still, Bohdan and I decided to walk to Kyiv with all our belongings and my pet. Surprisingly, a car stopped on the way, and the driver kindly agreed to give us a lift to the Heroiv Dnipro metro station. The first point of our route was completed. With a sigh of relief, we continued to our mutual friend Denys, who lived in the western part of the city, not far from the Zhytomyrska metro station.

As it turned out later, it was in this direction that the russian army planned to break through the defenses and invade the Ukrainian capital. It was also here that we met our friends Maria and Yana. For the next few days, we were all together.



A queue of people in front of the Varus supermarket at 129 Beresteyska Avenue. Kyiv, 24 February 2022. Photo: Ruslan Kutsyk.

The atmosphere in the capital was tense. The feeling of war was felt at every step. Explosions rang out systematically, sirens wailed continuously one after the other. Many people were in panic and fear. Long queues formed near ATMs and grocery stores.

Crowds of people gathered at bus stops, eager to leave the city as quickly as possible. Some people carried large suitcases while others only had small backpacks. It is noteworthy that many people had pets with them, which showed care and responsibility for animals.



A large traffic jam on Beresteysky Avenue on the way out of Kyiv. Kyiv, 24 February 2022. Photo: Chris McGrath/Getty Images. <https://www.dw.com/uk/a-kudy-meni-tikaty-va-u-sebe-vdoma-yak-va-perezhyly-pochatok-viiny/a-60905057>
(Revised: 10.07.2024)

The situation was worst on the main roads in the capital, especially on the road leading to Zhytomyr. The traffic jam stretched for tens of kilometres. Cars were moving at an extremely slow speed, and sometimes it seemed that they had not moved a single millimetre in an hour. This stalemate made it extremely difficult for Ukrainian troops to move. For example, not far from the Zhytomyrska metro station, unable to drive along the road blocked by cars, Ukrainian soldiers in tanks were forced to use pedestrian sidewalks to reach the fiercest battlefield near Kyiv at that time, Gostomel.

What is interesting, then requests for information increased significantly. It felt like the phone was stuck to the hands and could not be removed. In order not to miss anything and to be aware of the latest events, the news feed was viewed every second at extremely high speed.

The battle for Gostomel, where events were changing every second, was of particular interest and attention. The general anxiety and constant sounds of explosions certainly interrupted any desire to sleep. I managed to get only a few hours of sleep at night, and even then I woke up frequently.

The general atmosphere in Kyiv was depressing and at the same time ‘exciting’, which was of course due to the surge of emotions and adrenaline. At 22:00, a curfew was imposed in Kyiv, which lasted all night until 7:00 in the morning. The city seems to have died out. I have never seen Kyiv like this before, where life was always actively raging. At that time, the question sounded in my head more than once: are the Ukrainian people going through the times again, like a hundred years ago in 1917 – 1921?!

There were many historical analogies. It seemed that this was not happening as if in a dream or in a parallel universe. It was difficult to realise the reality and scale of the events around us. But even under these conditions, there was hope that it was all temporary, that in 2-3 days everything would calm down and Russia would stop the offensive.

Realising that the situation was getting worse, we decided to get to the railway station as quickly as possible the next day and then go to our parents in western Ukraine by train. Denys's family also decided to temporarily evacuate to the Ternopil region. Some of them were to come to me, and some to Bohdan. I should note that due to the lack of space in the car, Denys's younger brother Oleksiy joined our walking group.

All large suitcases were left behind to make it easier to get around on foot. We took only backpacks filled with valuable documents and personal belongings. As the route was going to be very long and difficult, I decided to leave my cat Busya with Denys's uncle and aunt, who were not planning to leave Kyiv.

So, on the morning of 25 February, we decided to hit the road. Surprisingly, we managed to get to the railway station very quickly. Even though some of the stations on the red line of the metro were out of service, public transport continued to run almost as usual, except with slight delays. When we got to the Central Railway Station, another alert was issued in Kyiv with the threat of bombing key infrastructure facilities.



Central railway station. Kyiv, February 25, 2022. Photos: BBC
<https://www.bbc.com/ukrainian/live/news-60462319/page/34> (Revised: 10.07.2024)



For safety reasons, we went down to the Vokzalna metro station. But the alarm did not stop, and time was running out. So, at my own risk and fear, I decided to go upstairs to find out the situation with the trains.

As a result, we managed to get tickets for the last train to Fastiv, which was completely crowded. Afterwards, with transfers, we got to Zhmerynka, and then to the village of Zhvanets, located in the south of Khmelnytskyi, near Kamianets-Podilskyi.



Map of our route February 24-27, 2022. Photo: Ruslan Kutsyk.

Here we temporarily stayed with our friend Maria. Two days without sleep and worries had taken their toll, and my body was exhausted and in need of rest.

The next day, 27 February, Oleksiy and I finally reached my home village in Monastyrshchyna. On the same day, Denys also arrived with his family.

We lived through the first days of Russia's full-scale invasion of Ukraine with the belief that it would all end very soon, that the enemy would be forced to withdraw and stop attacking.

However, these hopes were in vain. The hostilities only escalated.

UDC 378.014.553:355.01

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Students' Government Council: challenges in wartime

The Russian aggression has brought several challenges to each domain of our everyday activities. The Students' Government Council (SGC) of the Faculty of Romance and Germanic Philology is no exception. Our Faculty was organized two years ago and some social bonds were lost due to the pandemic. Still, we are trying our best to remedy the situation and make up the premises for developing civil, social and survival skills among our students.

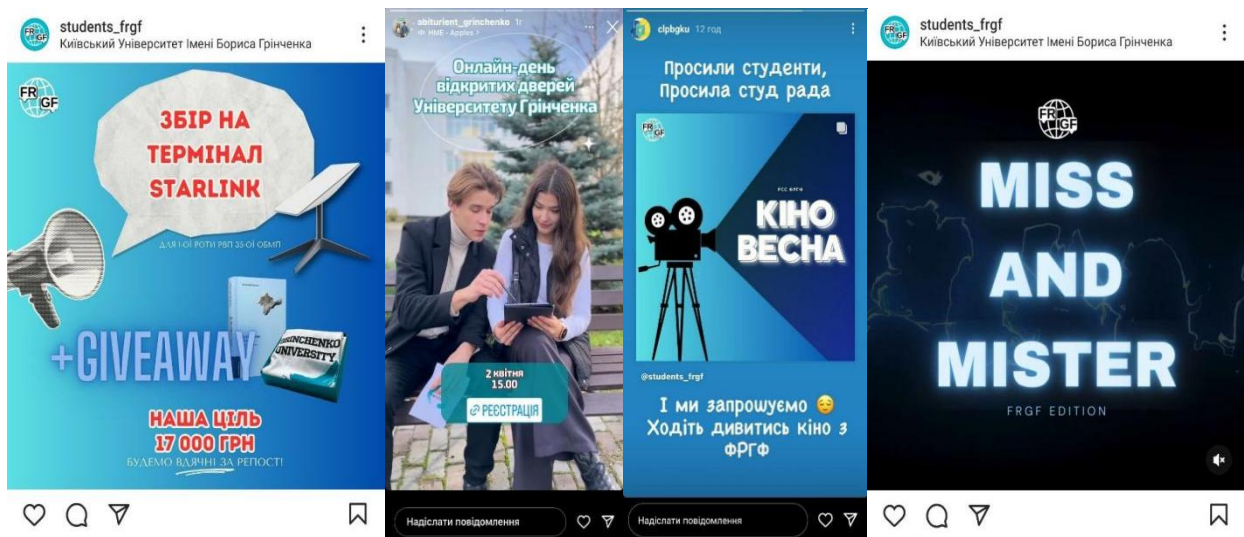
To get the ball rolling, in March of 2024, we finally got together and started building a team. We quickly found common ground and just began to draw up plans on how we could improve the lives of students in our faculty. Of course, constant air-raid alarms made us postpone or cancel many of our meetings back these days, yet we still had online conversations on Google Meet and Zoom platforms. We agreed that social activities were of great importance; therefore, we must focus on them.

The essential thing we arranged was a so-called "Movie night" for all students of our faculty. We knew nobody would be interested in long sessions, so we chose only one movie to show: "20 Days in Mariupol" by Mstislav Chernov. Around 6 people signed up for our Movie night and everything went smoothly. We were extremely glad to receive at least some compliments from those students and knew that the show must go on. The second session, sadly, was canceled due to the possibility of an air-raid alarm and people did not want to put their safety on the line, so we understood that and moved on.

We also run social media accounts, where we make announcements about BGKU activities and help future applicants by answering their questions both personally in direct messages and in Q&A posts. We also used social media to announce and promote fundraising events, such as our fundraising for Starlink terminal and giveaways with prizes for those who participated in this fundraising.



Advertisement of Students' Government Council of Faculty of Romance and Germanic Philology.



Advertisements of Students' Government Council of Faculty of Romance and Germanic Philology.

As for our future goals – we plan to arrange a picnic in the summer, right after the exams to help people relax and get to know them better.

Taking into account our experience, a few key points are revealed while being a part of the Students' Government, which are worth mentioning.

Firstly, passivism and inactivity. Nowadays, students are passive and unwilling to take part in any event. We understand that we are here to fix that and we, as I mentioned before, really try our best.

Secondly, it is safety. It is related to passivism because people of course tend to be afraid of un-expectancy and possible risks of air-raid alarms. This IS a problem that cannot be avoided, that is why we still have to deal with it by just postponing activities for a better experience.

Thirdly, it is enthusiasm. We really appreciate the feedback of students about our work and try to be enthusiastic, even in times of turbulence. I am personally glad our work is not left out and unnoticed – that helps us to grow and develop.

Considering everything, we can conclude that despite the country's going through a rough time; it can be considered a survival hub to give a chance for the youth to get experience to build up a civil society based on the spirit of integrity and common sense.

UDC 355.01:347.151

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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.

UDC 378.8.014:331.105.6

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Peculiarities of the coordinator's work during the war: practical aspect

Every university can be proud of its corporate culture, and understand its mission and motto. Borys Grinchenko Metropolitan University is not an exception as well as the system of newcomers support through coordinator work.

Our university's mission is to serve the individual, the community, and society. Our motto is to strive for excellence and individual, Ukrainian, and European civic identity, community, freedom, trust, spirituality, responsibility, integrity, professionalism, leadership service, diversity, and time.

Being a second-year student of the Faculty of Romance and Germanic Philology, I study French and at the end of the last academic year, I was offered to become a coordinator. I would like to share my experience with you.

Our university has a long tradition of coordinating that has been developing for years. A coordinator at a university is a senior student who takes care of first-year students and is responsible for organizing and managing certain academic or administrative processes. The coordinator may also assist with problem solving and answer questions from students related to their educational activities. That means.

Firstly, to meet the students on the first day when they have their initiation, introduce them to each other, escort them to the assembly hall where the celebrations are taking place, and take them to their first meeting with the supervisor. Also, help by answering their questions about their studies; help them login to their cooperative mail and the university learning platform.

What is more, there are certain traditions at the faculty. We have badges with a cornflower emblem on the yellow background. A badge is given to the first-year students so that they can be easily identified in the huge flow among freshmen.

Then our job is to provide information support to students during the first and, if necessary, the second term.

An annual event called “Here We Are” is held in October where students have an opportunity to present themselves on the stage. My group's performance included jokes and dancing, which helped create a positive atmosphere among the audience.

Another prominent feature of our faculty is participation in social and charity projects. We recommend our students to participate in the projects in their first year as they can not only develop social, and civil skills but also get social experience that is certified with an official paper that is taken into account when they go abroad to study. In addition, when they are selected for an internship, one of the determining factors is participation in these projects as well.

Moreover, it is known that the first year is a survival course. There is a process of separation. Separation is a natural, gradual process of psychological and physical separation of a child from his or her parents. The students in my supervision group are from different parts of Ukraine: Cherkasy, Poltava, Chernihiv, and other regions. We have many students from different places in Ukraine because our university is one of the top ten in Ukraine. We also help them here, as they face everyday challenges, such as living in a dormitory, socializing at university, and communicating with professor staff. Moreover, we share our surviving experience of communication with newcomers, which eases the burden.

Furthermore, at our university, we pay considerable attention to the development of cooperative culture. This includes not only the manner of communication, and respect for students and teachers but also the culture of communication in social groups and chatting rooms. Within the cooperative culture of the university, we have a cooperative culture that is supported by our faculty authorities. This means that we have colors, specifically turquoise color, and a badge that freshmen receive.

Overall, corporative culture, team spirit, mission, motto, and a strong desire to develop a civil society are the premises for surviving in a country that suffers from neighboring state war aggression.

UDC 316.346.35(477)-053.6-054.72

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Ukrainian youth in Europe: experience of emigration

Ukrainian youth in Europe: experience of emigration

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.

Information about the authors

James K. Daly



James K. Daly is a Doctor of Education and Professor in the Department of Educational Studies in the College of Human Development, Culture and Media at Seton Hall University in South Orange, New Jersey, USA.

He is the co-founder and co-director of the Center for Global Education at Seton Hall University. He was one of the directors of the Deliberating in a Democracy project in New Jersey. This international program was designed to teach students how to deliberate controversial public issues. Teachers and students from Seton Hall University and Borys Grinchenko Kyiv Metropolitan University worked together in this project in 2008-2010. The Seton Hall grant created a network of teachers and students from nine New Jersey high schools who collaborate with teachers and students from high schools in Ukraine. Although the grant has ended, he continues to work with teachers and students at Borys Grinchenko Kyiv Metropolitan University.

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Pavlo Lushyn is a Doctor of Psychology, and Professor of the Department of Educational Foundations at Montclair State University, New Jersey, USA.

He is the author of the eco-centered facilitation approach to psychological assistance and the original theory of personality changes. Founder of the School of Eco-Facilitation for practicing psychologists and counselors. A practicing psychologist and psychotherapist with many years of research, counseling, and psychotherapy.

Member of the Expert Council of the Higher Attestation Commission of the Ministry of Education and Science of Ukraine in Psychological Sciences from 2011 to 2022. Author of over 250 scientific publications, including 12 monographs and 35 scientific-popular and educational editions on assisting people in complex life situations.

Maribel Roman



Maribel Roman holds a Ph.D. in Education, Leadership, Management & Policy (ELMP) from Seton Hall University. She is a Co-Founder Center for Global Education at Seton Hall University. She visited Ukraine, Kyiv, and Borys Grinchenko Metropolitan University in 2009 with a group of educators from New Jersey.

She is a Co-Founder & Board of Directors for Xcel Mentoring Network, Florida, USA.

Her academic focus revolves around the globalization of education and strategies for resolving conflicts.

Over the past six years, she has actively advised non-profit organizations on enhancing their organizational structure and efficiency. Additionally, she provides conflict resolution training for small businesses.

Armaan Gupta



Armaan Gupta is an aspiring physician at Seton Hall University studying biology on the pre-med track. He loves community service and giving back to his community, which was the guiding motivation for creating Global Hands for Ukraine, a humanitarian aid initiative focused on providing medical care to fleeing Ukrainian refugees. He has created multiple medical initiatives in the past and hopes to continue down the path of service.

Armaan's journey at Seton Hall is not just about academics. As a member of the Buccino Leadership Institute, he is actively acquiring the skills necessary to emerge as a leader in his society. His past leadership work, combined with his current efforts, demonstrate his relentless drive and ambition to become the best societal role model possible.

Armaan's interests extend beyond his academic and community commitments. He finds joy in playing the guitar, dancing with his competitive dance team, playing golf, and exploring new places through travel. These activities not only contribute to his personal growth but also provide a well-rounded view of his personality.

Armaan eagerly anticipates his future, with a strong desire to continue giving back to his community and supporting others through challenging times.

Bryan A. Scocco



Bryan Scocco is a sophomore at Seton Hall University studying Secondary Education and History. He enjoys studying Eastern European and Middle Eastern history. Bryan hopes to pursue a career in higher education.

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Andrew Misura holds a Master of Business Administration in Supply Chain Management from Seton Hall University. He works for Seton Hall in digital marketing and analytics and serves on the University's Artificial Intelligence (AI) Committee as part of the Teaching, Learning & Technology Roundtable (TLTR).

He will be a volunteer English instructor at Ukrainian Catholic University in Lviv this summer and volunteer with the All Stars Project of New Jersey.

Andrew enjoys traveling, the outdoors, and playing with his Portuguese water dog.

Sierra Rogalsky



Sierra Rogalsky is a Secondary Education and History major and going for a minor in Psychology at Seton Hall University.

Sierra Rogalsky is from Roxbury, New Jersey. She has lived in the United States for her entire life.

She loves to dance and is heavily involved in FLASH, or the Filipino League at Seton Hall.

John Taylor



John Taylor is a Roman Catholic Seminarian studying at Seton Hall University with the Salesians of Don Bosco.

Research and advocacy in human development for refugees and displaced persons are some of his interests.

On a broader level, the welfare of vulnerable persons around the world is of great importance to him.

He has worked as an Employment Specialist at World Relief Fort Worth for four years (2016–2020).

Currently, he is coordinating the English Language Learner program at Our Lady of the Valley in Orange, New Jersey.

Pascal-De-Madeleine M. Mukuye



Pascal-De-Madeleine Mukuye is a monastic brother, a Salesian of Don Bosco. He was born in the Democratic Republic of Congo. However, he is a Canadian by nationality. Pascal-De-Madeleine Mukuye studies at Seton Hall University in Orange, New Jersey, USA. His reading and writing interests include philosophy, theology, and Biblical exegesis. He works very closely with young people (teenagers) helping them in the field of education. Pascal-De-Madeleine Mukuye also animates young people who strive to serve their parish community through different outreach programs. His works are mostly reflective and spiritual.

Olena Aleksandrova



Olena Aleksandrova is the Dean at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University, Doctor of Philosophical Sciences, and Professor.

She graduated from Zaporizhzhia National University: specialty “History”, qualification “Teacher of History and Social Science” (with honors); specialty “Management of foreign economic activity”, qualification “Economist-Manager”; specialty “Psychology”, qualification: “Practical Psychologist”.

PhD thesis “Competition as a Principle of Social Development: Social and Philosophical Analysis”, doctoral dissertation “Genesis of the Middle Class in Modern Ukrainian Society”.

Research interests: the study of the specifics of the formation and development of the middle class in modern Ukrainian society, the history and theory of civil society, the development of a methodology for ensuring social harmony in the conditions of social transformations.

Author of 7 monographs and 154 scientific articles.

Head of the Specialized Academic Council for Defence of Theses for obtaining the degree of Doctor (Candidate) of Philosophical Sciences (Specialties: Social Philosophy and Philosophy of History, Religious Studies).

Chief Editor of journal *Skhid*.

Member (expert) of a National Agency for Quality Assurance in Higher Education (Kyiv, Ukraine).

Member of the Board of directors of the Foundation of Public Management (Kyiv, Ukraine).

Anna Hedo



Anna Hedo is the Head of the History of Ukraine Department at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University, Doctor of Historical Sciences, and Professor.

She graduated from Donetsk National University, where she also defended her PhD thesis and doctoral dissertation “Social Status and Economic Development of Greek Communities in Ukraine in the mid-17th and 19th centuries: Source Studies”, which were devoted to the history and source studies of Greek communities in Ukraine in the mid-17th and early 20th centuries.

Research interests: the study of national communities and the role of foreigners in the history of Ukraine in the mid-17th – early 20th centuries.

She is the author of 6 monographs and more than 120 articles on the subject and problems of historical memory.

She loves reading books, watching movies and growing flowers.

Olha Tarasenko



Olha Tarasenko is an Associate Professor of the History of Ukraine Department at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University, Ph.D. in History, Associate Professor.

Research interests include the study of the history of historical education and historical science of the 19th century in Ukraine, the life paths and multifaceted activities of the participants of the School of Historians at Kyiv St Volodymyr's University in the historiography of the 19th – the first quarter of the 21st century.

Her first passion was Music. She is a music teacher. She loves playing the piano and listening to music. Her second passion is History. Her third passion is English, which helps her explore our unique world, countries, and people.

Oleksandr Bon



Oleksandr Bon is an Associate Professor of the History of Ukraine Department at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University, Ph.D. in History, Associate Professor.

Research interests include the history of the Ukrainian intelligentsia of the first decades of the twentieth century, the history of monument protection in Ukraine, museum studies, art history, and biography.

His hobbies range from fishing to playing the violin.

Ruslan Kutsyk



Ruslan Kutsyk is an Associate Professor of the History of Ukraine Department at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University, Ph.D. in History.

He graduated from Ternopil Volodymyr Hnatiuk National Pedagogical University with master's degree (with honors) and the qualification "historian, history teacher".

PhD thesis "Information Policy of the Russian Imperial Government in the Ukrainian Gubernias of the South-Western Region (1914–1917): Methods and Means of Implementation".

Author of 20 scientific articles. He also studies the everyday life of the population in the conditions of wars, revolutions, and occupations.

He served in the National Guard of Ukraine.

Ruslan has been fond of drawing since childhood. He likes to read scientific literature, science fiction, and post-apocalyptic. He is collecting his own library.

He loves watching feature films. He is a fan of the cult films "The Lord of the Rings", "Star Wars", "The Mummy", "Gladiator", "Harry Potter", "The Hunger Games", "A Quiet Place", "Dune", etc.

Olena Kazimirenko



Olena Kazimirenko teaches professional disciplines for students majoring in Graphic Design at the “Universum” College of Borys Grinchenko Kyiv Metropolitan University.

Olena’s areas of interest: the development of graphic design in Ukraine, and the practical application of design thinking in the formation of the social and cultural environment.

Olena’s hobbies are graphic design, drawing, walks in picturesque places with a camera.

Olga Saraieva



Olga Saraieva is an Associate Professor of the Department of Philosophical Sciences and History of Ukraine at Priazovsky State Technical University (moved from Mariupol to Dnipro), Deputy Director for educational work of Educational and Scientific Institute of Modern Technologies, PhD in History.

Research interests: history of Ukraine, its culture, ethnic traditions, social history; history, cultural values, traditions, problems of intercultural communication of the Greeks of Ukraine; Policy of historical memory, security, and identity; Local self-government in Ukraine: historical traditions and prospects; Use of game practices and mechanisms in the educational process.

Participation: in the Humboldt Forum project (Berlin) (September 2022 – December 2022); and in the research project of the German Historical Institute (Warsaw) (November – January 2022–2023).

Maria Saraieva



Maria Saraieva is a 10th grade student of the Mariupol City Lyceum (moved to Kyiv).

She is passionate about learning Ukrainian and English languages.

Winner of the 2020 Petro Yatsyk National Ukrainian Language Competition.

Maria participated in the city (II place in 2023) and regional (III place in 2023) English Language Olympiads.

She has a Certificate B1 “PET for schools” in English (2021) and a Certificate B1 in German (2024).

Maria was fond of classical choreography (2013–2022, Mariupol).

Dmytro Kolomiets



Dmytro Kolomiets is a first-year PhD student at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University.

Dmytro's research interests include the history of the lands of the Kyiv Voivodeship, as well as their structure and demography, dating from the middle to the end of the 18th century.

Polina Ishchenko



Polina Ishchenko is a second-year master's student in the "History and Archeology" educational program at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University.

Her research interests focus on studying religious diversity in East Asia, particularly the Islamic religious phenomenon in China.

In addition, she studies Ukrainian-Turkish relations and analyzes the state of the Ukrainian diaspora in Turkey.

Maryna Galushko



Maryna Galushko is a second-year master's student in the "History and Archeology" educational program at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University.

Maryna's interests are extremely diverse: from reading books over a cup of coffee to weaving necklaces from beads.

She tries to learn constantly something new.

Dancing, sports, drawing – all this is present in her life.

Currently, her aspirations are the same as those of all Ukrainians – a complete victory for Ukraine over the terrorist country.

Polina Derkach



Polina Derkach is a first-year master's student in the "History and Archeology" educational program at the Faculty of Social Sciences and Humanities of Borys Grinchenko Kyiv Metropolitan University.

She has a keen interest in studying English during her free time and enjoys expanding her knowledge of the language.

She participated in many different programs during her spare time like the EuroSchool program. Polina's hobbies include reading and practicing fly yoga, an activity she finds both relaxing and invigorating.

She also has a passion for traveling and enjoys the opportunity to explore new places and learn about different cultures.

Andriy Kozyshyna



Andriy Kozhushyna is a second-year student of the “Social Work” specialty at the Social Sciences and Humanities Faculty, and a fourth-year student of the “Heat Power Engineering” specialty at the Educational and Scientific Institute of Modern Technologies of Pryazovskyi State Technical University (moved from Mariupol to Dnipro).

Andriy is the Student Director of the Educational and Scientific Institute of Modern Technologies at Pryazovskyi State Technical University.

He was born in Mariupol, the Donetsk region. After finishing the 9th grade, he entered the Mariupol Polytechnic College at Pryazovskyi State Technical University, where he began active social activities.

Andriy was awarded many certificates and diplomas for his active participation in the social life of the college. In 2021, he graduated from college (with honors).

In 2021, he entered the Pryazovskyi State Technical University in the specialty “Heat Power Engineering”, joined the University’s Trade Union Organization, and became a member of the student body.

Andriy stayed in Mariupol and even during the occupation continued to study for a whole year, actively demonstrating his Ukrainian position.

Andriy Kozhushyna plans to enter the Master’s program at Pryazovskyi State Technical University. He dreams of returning to liberated Mariupol.

Kateryna Vetoshko



Kateryna Vetoshko is a first-year student of the specialty “Law” at the Faculty of Law and International Relations of Borys Grinchenko Kyiv Metropolitan University.

The issue of human rights has always fascinated Kateryna, but her passion will always remain in the theater.

Kateryna enjoys playing different roles that help bring out all the opposite sides of human nature. When she plays a role, she tries to understand the character enough to think about his/her feelings and motives. This is the art of reflecting life through the prism of another identity.

Each role becomes a window into another person’s life, allowing the actor and the audience to feel what it is like to be someone else. Through acting, we understand that every story, even a fictional one, is part of the truth about human nature.

It reminds us that we all play roles in the great theater of life, where each of us is an actor, and the audience is our environment, which we choose ourselves.

In addition, acting will help her in the legal future, by understanding the truth about people and their behavior; you can know the outcome in advance.

Kateryna Yaniuk



Kateryna Yaniuk is a first-year student of the specialty “Law” at the Faculty of Law and International Relations of Borys Grinchenko Kyiv Metropolitan University.

She is engaged in active social and political activities.

Kateryna is interested in reforming and rebuilding Ukraine, legislative initiatives, and European integration processes.

Maria Klymenko



Maria Klymenko is a first-year student of the specialty "Law" at the Faculty of Law and International Relations of Borys Grinchenko Kyiv Metropolitan University.

She aspires to become a professional lawyer to protect the laws of the people and help rebuild Ukraine after the war.

She has been a responsible and persistent person all her life, which is probably why she chose her specialty.

Maria is sure that our common duty is to study hard. Education is the basis of any science and any success. She urges us to study hard for the sake of our future and the future of Ukraine, which will surely defeat evil.

Yesenia Hnatenko



Yesenia Hnatenko is a first-year student of the specialty "Law" at the Faculty of Law and International Relations of Borys Grinchenko Kyiv Metropolitan University.

She strives to make this world fairer.

Yesenia wants our Ukraine to become a world example of a state governed by the rule of law.

Maria Prokopchuk



Maria Prokopchuk is an Associate Professor of the Department of English Language and Communication and Deputy Dean at the Faculty of Romance and Germanic Philology of Borys Grinchenko Kyiv Metropolitan University, Ph.D. in Pedagogy, Associate Professor. She is the author of a Holocaust studies curriculum for high school students, and a participant in an international program at Yad Vashem (Israel) and the Florida Holocaust Museum (USA). Research interests include methods of teaching English as a second language and Holocaust studies.

Kristina Hidzhelitska



Khristina Hidzhelitska is a third-year student at the Faculty of Romance and Germanic Philology of Borys Grinchenko Kyiv Metropolitan University. Majoring in English Language and Literature. She chose this major because she wants to be fluent in foreign languages, especially English. She is interested in the process of learning English, its structure and the ability to communicate with other people.

Khristina would like to become a teacher of English and German, continue to improve her skills in this field and travel a lot.

She enjoys reading books, music, dancing, and handicrafts, as she likes to create things with her own hands.

Pavlo Zhuravskyi



Pavlo Zhuravskyi is a first-year student of the Faculty of Romance and Germanic Philology of Borys Grinchenko Kyiv Metropolitan University. Majoring in English Language and Literature. Pavlo perceives English as the language of the world, as a huge cultural layer that he wants to understand and become a native speaker.

He is interested in the sciences, linguistics, history, geography, and culture.

He has friends from the United States and the United Kingdom who are interested in Ukraine, its historical significance and culture, and its politics.

After graduation, he wants to do linguistic work in politics, society, and history, and find his vocation, as the world is a huge space of opportunities that appear in the life of every person as they learn new skills.

Pavlo is a fan of the NHL, supporting the Detroit Red Wings and Arizona Coyotes (Utah Hockey Club).

Pavlo likes to write in English and Ukrainian.

He also likes to draw, and play computer games, and is interested in technology and software.

Ruslana Temnyk



Ruslana Temnyk is a third-year student at the Faculty of Romance and Germanic Philology of Borys Grinchenko Kyiv Metropolitan University. Majoring in Translation.

She chose this specialty because of her strong desire to learn foreign languages, as she dreamed of learning English, German, French, Spanish, and Italian.

After graduation, she wants to travel and work as a translator.

Her interests include reading, movies, sports, and traveling.

Ruslana often travels on the Erasmus+ program, which allows her to learn about different cultures.

Viktoria Kachanovska



Viktoriia Kachanovska is a second-year student at the Faculty of Romance and Germanic Philology of Borys Grinchenko Kyiv Metropolitan University. Majoring in French language and literature.

She has always loved the French language, so she decided to study French philology at the university.

Victoria plans to connect her life with languages after graduation. She realizes how important it is to know several European languages perfectly in our modern life. This opens up many great job opportunities in the future.

Victoria is fond of reading books. She finds peace and tranquility in it.

She likes to visit museums, various events, exhibitions, and modern dance classes. All this helps her to feel happy and inspires her to do something new.