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Project implementation plan

Project name: Children's camp Litokryl Camp

Aim of the project:

There are no people in Ukraine who have not been affected by the war. It continues to destroy the lives of innocent people, including children - the most vulnerable and unprotected category of the population.

No Ukrainian child today feels safe because of the war. Children who have lost their relatives and friends as a result of military aggression are particularly vulnerable and in need of protection. It is difficult for these children to enjoy life, engage in creativity, and travel. Many of them have become internally displaced. They live in single-parent families or with guardians. Children are constantly in psychologically difficult conditions and do not have their place in society.

At the beginning of 2024, 7408 bereaved children were registered with Rescue Now's partner, the Children of Heroes Foundation. This figure is constantly progressing: over the year, the number of children who lost their parents increased by 80%, and every day this figure increases by 10-15 children who need special attention and support from society.

This problem logically leads to the decision to support bereaved children. The free children's camp for children who have lost one or two parents as a result of the war is aimed at improving the psychological and physical condition of children. The camp will provide a range of psychological interventions through group trainings adapted to the specifics of bereaved children based on the certified Children and War program, psychological support and personal growth groups, and individual counseling.

The program is aimed at responding, sharing experiences, expanding social skills, and developing resilience (overcoming stress and difficult periods in a constructive way)

Project goal:

To create a free children's camp for children who have lost one or two parents to war to work through the loss, learn to live and accept their experience.

The main goals include:

- Providing in-depth psychological support to children through group trainings and individual counseling based on an adapted certified program called Children and War.
- physical and mental recovery through participation in specialized programs (art therapy, nature therapy).
- social adaptation of children and formation of a positive perception of their place in the group through attendance at workshops, excursions, sports games and other physical activities (hiking, exercise, swimming pool).

In a larger context, the goal is to create an environment where these children will have the opportunity to receive the necessary support for full development and recovery during their camp stay.

The problem that the project solves:

1) Psychological support and work with loss:

The camp program includes psychological group trainings and individual therapies aimed at helping children accept their experience of loss. It also provides training in self-help and self-healing skills, anxiety and post-traumatic stress. All of this will help children effectively cope with trauma and build a positive attitude towards life.

2) Social integration and overcoming social exclusion:

Children who have lost their parents feel isolated and different from others. The camp creates opportunities for social integration and communication with peers, which helps to increase children's self-esteem and self-respect. Many of these children are internally displaced and live in single-parent families or with guardians. The camp becomes a place where they can feel supported, understood and establish new relationships. These children often face the feeling of not having a place in society. The project develops conditions for their social inclusion and active participation in life.

Project beneficiaries:

Children aged 10-16 from all over Ukraine who lost one or two parents as a result of military aggression.

Project details:

Project details: The camp will be organized in one session and will include a group of **90 children aged 10 to 16 (6 groups of 15 children each)**.

It will take place in the city of Irshava, which is located in the foothills of the Carpathians.

The camp will be implemented according to a unique psychological program developed within the project (an adapted certified program "Children and War" and a specially designed program for dealing with loss), which is aimed at the integrated development and emotional recovery of children who have lost their parents due to war. The main components of this program include group trainings, individual counseling, art therapy and nature therapy. The program lasts for 13 days, which means that children will be involved in psychological work and work through their severe traumatic experiences every day.

Psychological art therapy is a form of psychotherapy that uses art materials and the creative process to promote the emotional, psychological and social well-being of a child (drawing, sculpting, music, dance, etc.). During art therapy, children are better able to express their feelings, thoughts, and emotions that are difficult to put into words. And interaction with the therapist during the creative process helps to establish a therapeutic alliance and trust.

Nature therapy (from simple walks in the woods to specially organized therapeutic sessions in nature), with the help of the forces of nature, its vegetation, landscape, activates and stimulates the processes of rest, recuperation and recovery. The rehabilitative effect of nature therapy is that it has a great resource for restoring relationships with oneself, with other people and the world around us in active conscious communication with nature, and also helps in overcoming stressful conditions.

The psychological program will not only contribute to the children's emotional recovery, but also aims to provide them with skills and resources for further social adaptation and full development. With the help of a methodologist, we will develop a diagnostic of the children's condition based on three main indicators before and after the camp. Psychologists, animators and counselors will work with the children.

The planned hiking trips will provide children with the opportunity to enjoy nature, develop teamwork skills and interact with the natural environment. They will also help build inner strength and self-confidence. Various games and competitions will be held to support team spirit, develop strategic thinking and lift the mood. These activities will also contribute to social adaptation and the formation of a positive perception of one's place in the group.

Much attention is paid to the well-being of this vulnerable population. The project creates conditions for stable physical and emotional development, as well as promotes the formation of healthy social ties.

Results:

Quantitative:

- 90 children aged 10 to 16 attended the camp;
- 15 members of the camp team attended an online conference on dealing with loss (question and answer session);
- 112 hours of group work with a psychologist were held at the camp;
- 180 hours of compulsory individual work with a psychologist were conducted at the camp;
- 12 master classes were held for children in the camp;
- 12 excursions were organized for children in the camp;
- 112 hours of physical activity were organized for children in the camp.

Quality:

- Improvement of children's psychological state, reduction of stress and anxiety, provision of effective emotional management strategies.
- Children's ability to deal effectively with their loss, understanding and acceptance of their own experience.
- Development of a positive attitude towards themselves through participation in exercises aimed at increasing self-awareness and self-acceptance.
- Reducing feelings of social isolation, establishing new connections and creating a supportive environment.

Long-term impact:

The camp, aimed at the psychological and social rehabilitation of children, contributes to the formation of a generation that will improve social adaptation and psychological resilience skills. The skills children learn at the camp will facilitate their further implementation in educational, professional and social contexts, contributing to the creation of a stronger and more resilient community in the long run.

1. Each child participating in the project receives individualized support based on their unique needs and experience of war.
2. Children are selected on the recommendation of our partners. These partners have expertise in organizing children's spaces and implementing psychological programs. During their stay at the camp, children will be accompanied by these partner psychologists and educators. This will involve continuing work with experienced psychologists from both foundations aimed at supporting and developing children. Children will have the opportunity to participate in various socialization projects and educational initiatives, contributing to the full and harmonious development of each individual.

3. The results of the psychological study and data collection will become the basis for scientific publications and further research on the impact of war on children. This will help determine the best approaches and methods of psychological rehabilitation.
4. The success of the project will facilitate cooperation with other charitable and scientific organizations that also help children affected by war.
5. The project aims to raise public awareness of the problems and needs of children affected by the war and promote their recognition in society.
6. The project is of strategic importance for ensuring the future well-being and psychological health of the generations that grew up under the influence of the war in Ukraine.

The camp's uniqueness lies in its powerful psychological program, namely the adapted certified program "Children and War" and a specially designed program for dealing with loss.

Project budget

| № | Budget section | Total, USD | Features |
|----------|---|-------------------|--|
| 1 | Food and accommodation | | |
| | Children (13 days) | 38 845 | Accommodation in a hotel with four meals a day. |
| | Team (13 days) | 6 474 | Accommodation in a hotel with four meals a day. |
| 2 | Logistics | | |
| | Transfer of children in both directions | 5 056 | City of departure-Mukachevo-Irshava Irshava-Mukachevo-City of arrival |
| | Team transfer in both directions | 842 | City of departure-Mukachevo-Irshava Irshava-Mukachevo-City of arrival |
| 3 | Excursions (paid) | | |
| | Khust (deer, buffalo, ostrich farm, Highland Ranch) | 980 | Excursion to the city of Khust with a road trip and a visit to farms with the possibility of feeding animals. |
| | Tour of the castles of Mukachevo: Palanok Castle, | 980 | Excursion to the city of Mukachevo, the most famous castles of the city and the region, with excursions to the facilities. |

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| | Chinadievsky Castle, castle, Karpaty sanatorium | | |
| 4 | Camp program | | |
| | Inventory | 510 | Balls, materials for master classes, sports, games, leisure activities, projector, music equipment, materials for master classes |
| | Delicacies | 574 | Water and sandwiches on the way home, goodies for evenings around the campfire |
| | Prizes, gifts, merchandise | 1 340 | During the camp, children will receive prizes in contests, competitions, and at the final party before the camp closes |
| | Psychological and therapeutic services | 2 043 | Conducting group and individual therapeutic meetings, supporting the social and psychological climate in the camp |
| | TOTAL | 57 664 | |

We believe that through this camp, we can provide children with safety, growth and the opportunity to rebuild their childhood. Join us in our mission to bring light and hope to the lives of these children.