



Voices of Children Charitable Foundation
NGO "Kharkiv Institute of Social Research"

CHILDREN AND WAR IN UKRAINE

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Introduction

243 days of Russia's war against Ukraine. The inability of the Russian troops to fight and hold the temporarily occupied territories leads to even greater terror of the civilian population. The enemy is destroying our civilian and critical infrastructure. Attacks by Russian cruise missiles and Iranian strike drones have already destroyed 40% of the country's energy system. The migration of Ukrainians both inside and outside of Ukraine continues. People are forced to leave due to interruptions in electricity, water supply and heating, due to regular shelling of residential buildings, due to the constant threat of death or injury.

As of October 24, 430 children have already died and more than 820 have received injuries of various degrees of severity¹.

We present the report that briefly describes the key events of the eighth month of the war, related to the situation, problems and needs of children in Ukraine and abroad. Separately, in this report, we analyzed the situation with respect for children's rights in the de-occupied territories of Ukraine.

The methodology is based on the analysis of statistics, data from official sources and media materials. In addition, 11 interviews were conducted with volunteers, medical workers, psychologists, parents in the occupation and in the active combat areas, as well as with families who were forced to move to the western and central regions of Ukraine or abroad.

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The report was prepared in co-authorship and with the financial support of the Voices of Children Charitable Foundation.

¹ <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-430-ditei-zaginulo-vnaslidok-zbroinoyi-agresiyi-ri-v-ukrayini-3>.

Children under the occupation and in the active combat areas

As of October 10, the updated list of territorial communities that are located in the area of military (combat) operations or that are under temporary occupation, encirclement (blockade), includes nine regions: the Donetsk region, the Kharkiv region, the Dnipropetrovsk region, the Luhansk region, the Zaporizhzhya region, the Kherson region, the Mykolayiv region, the Sumy region and the Chernihiv region. In general, the number of communities in the list has remained almost unchanged compared to the previous month — 326².

Russia continues to violate the norms of international humanitarian law in the war with Ukraine, using prohibited types of weapons, shelling civilian and critical infrastructure, killing and terrorizing the civilian population. Below we give examples of war crimes committed by the Russian Federation, in particular against Ukrainian children.

As of October 24, since the beginning of Russia's full-scale invasion of Ukraine, 41,705 war crimes have been documented, most of which are violations of the laws and customs of war³.

According to OHCHR data, from February 24 to October 23, **6,374 civilians died in Ukraine**, including 2,488 men, 1,700 women, **201 boys and 167 girls, the sex of 34 children** and 1,784 adults has not yet been determined. Among the 9,776 wounded, there are **289 boys and 204 girls, and the sex of 242 children** could not be determined yet. Most recorded cases of civilian deaths or injuries were caused by the use of large-area explosive weapons, including heavy artillery and MLRS, as well as missiles and air strikes⁴.

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Usage of illicit means of warfare

The Russian military uses illicit weapons on the territory of Ukraine mostly against the population and civilian infrastructure. Cluster munitions pose a particular danger. Phosphorous and thermobaric ammunition, butterfly mines, etc. are also periodically used. Such weapons lead to a large number of victims, both dead and injured, among the civilian population. People get burns, lose limbs, die as a result of numerous injuries.

On September 27, the occupiers bombarded a village in the Zaporizhzhia region with incendiary munitions 9M22C from multiple rocket launcher systems. A school and several houses burned down⁵.

² <https://minre.gov.ua/news/onovleno-aktualnyy-perelik-gromad-u-rayonah-boyovyh-diy-na-tot-i-tyh-shcho-v-otochenni-1>.

³ <https://armyinform.com.ua/2022/10/24/statystyka-vijny-41-705-voyennyh-zlochyniv-vchyneno-v-period-vtorgnennya-rf-vbyto-430-ditej>.

⁴ <https://www.ohchr.org/en/news/2022/10/ukraine-civilian-casualty-update-24-october-2022>.

⁵ <https://www.facebook.com/110tro/posts/418223443725827>.

On October 5, a cluster missile launched by the Russians was shot down by the Air Defense Forces in Zaporizhzhia⁶.

On October 11, the occupiers attacked Nikopol in the Dnipropetrovsk region, with phosphorus munitions⁷.

On October 21, Russian troops once again shelled the civilian population of Bakhmut in the Donetsk region with cluster munitions from the Grad MLRS. The wounded were evacuated to a medical facility⁸.

On October 21, in the town of Kostyantynivka in the Donetsk region, the occupiers fired a "Smerch" rocket, carrying numerous cluster shells, at peaceful homes. As a result of the explosions, at least 10 houses were damaged, and three people were critically injured⁹.

Attacking, bombing and mining of civilian objects



During the eight months of the full-scale war, **Russia fired approximately 4,500 missiles at Ukraine**¹⁰. Most of them were aimed at civil and critical infrastructure.

Children are playing in a crater from the Russian missile that hit the playground in Kyiv on October 10¹¹

⁶ <https://t.me/kurtievoofficial/6208>.

⁷ <https://t.me/spravdi/18924>.

⁸ <https://www.facebook.com/watch/?v=5872402306137066>.

⁹ https://dn.npu.gov.ua/news/rosiiany-obstrilialy-zaboroneny-my-boieprypasamy-pryvatnyi-sektor-kostiantynivky-politsiia-zadokumentuvala-akt-teroru?fbclid=IwAR0rQz3Wkq3ghHpGijfYqpmBGU4_dfQMSUlk8P7vtpJq2m8NfYqyCa9UkiU.

¹⁰ https://t.me/V_Zelenskiy_official/3760.

¹¹ Фото М. Барчук <https://glavcom.ua/kyiv/news/diti-hrajutsja-u-vorontsi-vid-snarjadu-shokujuche-foto-z-kijeva-882515.html>.

On October 6, more than 50 buildings were destroyed in Zaporizhzhya as a result of missile strikes. Dozens of families were left homeless. 17 people died, including one child. 12 people were hospitalized¹².



Zaporizhzhya after Russian missile strikes on October 6¹³

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On October 9, the occupiers shelled Zaporizhzhya again, having launched 12 missiles. More than 50 high-rise buildings and 20 private houses were damaged¹⁴. 13 people died, including one child. 89 people were injured, including 11 children¹⁵.

On October 10, the most massive shelling of Ukraine since February 24 took place. Russia launched 84 cruise missiles and 24 unmanned aerial vehicles¹⁶. **11 people died, 87 were injured.** About 70 objects were damaged, including 29 critical infrastructure objects, 4 high-rise buildings and 35 private houses, as well as a metropolitan school¹⁷.

As of October 11, 540 objects of cultural heritage, cultural institutions and religious buildings in Ukraine were damaged by Russian strikes¹⁸.

¹² <https://www.ukrinform.ua/rubric-regions/3588681-raketnij-udar-6-zovtna-u-zaporizzi-kilkist-zertv-zrosla-do-17.html>.

¹³ <https://suspilne.media/289028-rosijski-vijskovi-atakuvali-zaporizza-vnaslidok-raketnih-udariv-zujnovani-zitlovi-budinki-vinikli-pozezi>.

¹⁴ <https://t.me/SBUkr/5326>.

¹⁵ https://t.me/tymoshenko_kyrylo/2225.

¹⁶ <https://www.facebook.com/GeneralStaff.ua/posts/pfbid0kHswmUywQUMXMt11Z4nLiELA1BbgjIBaf8U2GgVSrv9ZT6Cmfmnjb1GSgtT8FK77I>.

¹⁷ https://t.me/UA_National_Police/8176.

¹⁸ <https://t.me/verkhovnaradaukrainy/35512>.

As of October 13, since the beginning of the war, 1,091 healthcare facilities have been damaged, of which 144 have been completely destroyed. About half of them are primary care facilities, the rest are general hospitals¹⁹.

As of October 24, as a result of bombing and shelling by the armed forces of the Russian Federation, 2,663 educational institutions were damaged, of which 326 were completely destroyed²⁰.

As a result of shelling of residential buildings, hospitals, schools and parks in Ukraine, the **civilians, in particular children, are killed and injured every day**. Among the 1,250 children who suffered as a result of the full-scale war, the most wounded and dead were in the Donetsk region (419), the Kharkiv region (260), the Kyiv region (116), the Mykolayiv region (77), the Zaporizhzhya region (69), the Chernihiv region (68), the Luhansk region (64), the Kherson region (57), the Dnipropetrovsk region (31)²¹.

On September 30, a 13-year-old boy was injured as a result of shelling in the village of Podoly, the Kupyany district, the Kharkiv region²².

On October 7, as a result of a critical injury, a 16-year-old girl died in the hospital of the town of Kurakhovo, the Donetsk region²³.

A 14-year-old boy was wounded as a result of the shelling of his house on October 8 in Lyman. The teenager had shrapnel wounds to the small and large intestines, complicated by bleeding. Also, the spine, sacrum and nerve roots were damaged, due to which the boy cannot move his legs²⁴.



¹⁹ <https://www.unian.ua/health/milyardi-griven-u-moz-vidzvituvali-pro-neobhidnist-vidnovlennya-medichnih-zakladiv-12010695.html>.

²⁰ <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-430-ditei-zaginulo-vnaslidok-zbroinoyi-agresiyi-rf-v-ukrayini-3>.

²¹ <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-430-ditei-zaginulo-vnaslidok-zbroinoyi-agresiyi-rf-v-ukrayini-3>.

²² <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-412-ditei-zaginulo-vnaslidok-zbroinoyi-agresiyi-rf-v-ukrayini>.

²³ <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-421-ditina-zaginula-vnaslidok-zbroinoyi-agresiyi-rf-v-ukrayini>.

²⁴ <https://city-adm.lviv.ua/news/science-and-health/medicine/293633-medyky-vriatuvaly-14-richnoho-khloptsia-z-lymanu-iakyi-dyvom-vyzhyv-pid-chas-raketnoho-udaru-rosiiian>.

On October 11, a five-year-old girl was critically injured (traumatic leg amputation) as a result of shelling by Russian troops in the town of Nikopol, the Dnipropetrovsk region²⁵.

On October 16, a 16-year-old boy was injured as a result of shelling in the village of Klishchiivka, the Bakhmut district, the Donetsk region²⁶.

On October 17, in Kyiv, after Russian shelling, rescuers have found the bodies of three people, among the dead was a young couple. The woman was six months pregnant²⁷.

On October 18, a two-year-old girl was injured as a result of shelling in the town of Bakhmut, the Donetsk region²⁸.

On October 22, as a result of shelling by the occupiers of the town of Ukranianka, the Donetsk region, two children, aged nine and eleven, were injured²⁹.

Mining of roads and settlements by the occupiers is a special danger for civilians. The Russian military is trying to mine not only strategically important infrastructure facilities, but also ordinary apartments, houses and even burial sites³⁰.

On October 2, in the Okhtyrka district, the Sumy region, a car was blown up by an enemy mine. The car drove onto the side of the road. There were four people in the car, three were brought to the hospital³¹.

As it became known, on October 4, five people, including a 17-year-old boy, died in May, 2022 as a result of the detonation of a mine that was hit by a car with passengers when trying to evacuate from the town of Kupyansk, the Kharkiv region³².

On October 6, two children, five and ten years old, died from their injuries when a mine blew up in the village of Pidhirne, the Vasylivsky District, the Zaporizhzhya Region³³.

²⁵ <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-422-ditini-zaginulo-vnaslidok-zbroinoyi-agresiyi-rf-v-ukrayini-3>.

²⁶ <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-430-ditei-zaginulo-vnaslidok-zbroinoyi-agresiyi-rf-v-ukrayini>.

²⁷ https://t.me/vitaliy_klitschko/1565.

²⁸ <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-428-ditei-zaginulo-vnaslidok-zbroinoyi-agresiyi-rf-v-ukrayini-2>.

²⁹ <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-430-ditei-zaginulo-vnaslidok-zbroinoyi-agresiyi-rf-v-ukrayini-2>.

³⁰ <https://tsn.ua/ato/rosiyani-zaminuvali-mayzhe-usi-miscya-masovih-pohovan-ukrayinciv-monastirskiy-2179537.html>.

³¹ <https://t.me/Zhyvytskyyy/4994>.

³² <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-418-ditei-zaginulo-vnaslidok-zbroinoyi-agresiyi-rf-v-ukrayini>.

³³ https://t.me/pgov_ua/6513.

On October 17, near the village of Dibrova, the Izyum district, the Kharkiv region, a 16-year-old boy stepped on an explosive device and was critically injured³⁴.

Besides, there are numerous evidences of **the occupiers converting civilian objects into military headquarters and/or warehouses of military equipment and ammunition**. They use adults and children as a human shield.

Thus, on October 8, it became known that in Gola Prystan, the Kherson region, the Russians had located military equipment and personnel in schools where the educational process goes on. Pupils who are forced to study according to the Russian program are taken to classes face-to-face³⁵.

On October 10, the General Staff of the Armed Forces of Ukraine informed that the occupiers placed their wounded soldiers next to sick children in a children's hospital in one of the settlements in the Luhansk Region. It was quite frequent, when children were not cured till final recovery but were discharged and sent home in order to free up beds. Besides, it became known that in some educational institutions of the Yasynuvata district of the Donetsk region, simultaneously with the educational process, there is accommodation of Russian military personnel³⁶.

On October 20, the mayor of Melitopol, the Zaporizhzhia region, Ivan Fedorov, said that the occupiers were holding local schoolchildren hostage. In the morning after classes start, they lock educational institutions, preventing parents from entering the building. And at the end of the day, after an additional check, they let the children out into the street³⁷.

Murder, wounding, cruel treatment and sexual assault of children

On October 18, the UN Independent International Commission for the Investigation of Violations in Ukraine confirmed a number of war crimes committed in Ukraine, and documented cases of violation of human rights and international humanitarian law. The commission documented cases of **extrajudicial executions, illegal imprisonment, torture and abuse, rape and other sexual violence** at the end of February and in March 2022 in Kyiv, Chernihiv, Kharkiv and Sumy³⁸. There were also cases of violation of personal integrity of children. A 14-year old boy was found dead with his neighbour. Both had gunshot wounds to the head, which draws to a conclusion that they were executed. The

³⁴ <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-425-ditei-zaginulo-vnaslidok-zbroinoyi-agresiyi-rf-v-ukrayini>.

³⁵ <https://sprotyv.mod.gov.ua/2022/10/08/navchannya-razom-z-soldatamy-rosiyany-rozmistyly-vijskovykh-v-shkolah>.

³⁶ <https://www.facebook.com/GeneralStaff.ua/posts/pfbid0mmPcWAwUKHvEhfiyvBM8naa26hnCt6UjLjNzm4A1VgA1gKEbtdgkvCrjGoak1TUkl>.

³⁷ https://t.me/ivan_fedorov_melitopol/734.

³⁸ https://www.ohchr.org/en/press-releases/2022/10/un-commission-has-found-array-war-crimes-violations-human-rights-and?utm_source=telegram.

Commission also confirmed cases of **sexual assault**. In the Kyiv region in March 2022 two Russian militarymen broke into a private house and raped a 22-year old woman several times, then sexually abused her husband and made the couple have sexual act in front of them. Then one of the military forced their 4-year-old daughter to have oral sex with him. Today the Commission is investigating three other credible reports of women and teenage girls raped by the occupiers in the same village. They also reported a case that happened in March 2022 in the Chernihiv region, when a Russian serviceman broke into a house, threatened its residents with weapons and tried to rape a woman in front of her 3-year old son. The neighbours heard the noise and ran to catch the intruder, having reported him to his officer. The Commission is also investigating two cases of repeated rapes in the Kharkiv region. A Russian soldier allegedly raped a teenage girl for more than three months³⁹.

Investigative actions as to the facts of abuse, torture, and murder of civilians, including children, have also been initiated in the recently de-occupied settlements of the Kharkiv and Donetsk regions.

As of October 20, **572 bodies of dead civilians, including 20 children**, were found in Izium, Kupiansk, Balaklia, Vovchansk, Liptsy, Velikiy Burluk, Barvinkove, Borova, Dvorichna, Shevchenkove of the Kharkiv region. Also, 16 war crimes were documented in the de-occupied territories of the Donetsk region, where 181 bodies of dead civilians were found, including 5 children⁴⁰.

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On October 4–10, law enforcement officers exhumed the bodies of 34 people in Sviatohirsk, some of them with signs of violent death. **About 110 trenches, including children's graves, were discovered** on the territory of the de-occupied Lyman at the "Nova Masliakivka" cemetery. The youngest child was only one year old. She was buried next to her whole family. In total, 44 bodies have already been exhumed during the investigation⁴¹.

During the recording of crimes committed by the occupiers in the Donetsk region, **the body of an 11-year-old boy with signs of violent death was discovered** at the burial place in Novoselivka, Kramatorsk district. **The body of a one-year-old girl with signs of violent death was found** at the burial site in Lyman.⁴²

Kidnapping and forced deportation of children

According to official statistics, **as of October 24, 236 children are considered missing, 8,732 were deported to the territory of the Russian Federation**⁴³. It is impossible to establish the exact number of injured children due to the war

³⁹ <https://www.ohchr.org/sites/default/files/2022-10/A-77-533-AUV-UA.pdf>.

⁴⁰ https://t.me/UA_National_Police/8379.

⁴¹ https://t.me/pgov_ua/6616?single.

⁴² <https://www.gp.gov.ua/ua/posts/yuvenalni-prokurori-425-ditei-zaginulo-vnaslidok-zbroinoyi-agresiyi-rf-v-ukrayini>.

⁴³ <https://childrenofwar.gov.ua>.

action and temporary occupation of part of the territory of Ukraine. According to the data from open sources, cited by Russia, the number of deported children is much higher — 690 thousand⁴⁴.

According to the USA State Department, since the beginning of the full-scale war 260 thousand Ukrainian children were deported to remote areas of the Russian Federation. There are also numerous cases of the intentional separation of children from their parents and of the abduction of children from orphanages in order to give them up for adoption to Russian families⁴⁵.

Ukrainian families are regularly taken from the temporarily occupied territories to Russia under the pretext of evacuation to safer places. There is a practice of "temporary" **deportation of children without their parents under the pretext of vacation and recovery**. At the same time, parents voluntarily agree to this, trying to save children from shellings and the horrors of war.

— *Did you have hesitations before sending the child to a Russian camp?*

— *Yes, it took me a month to consider it but then I decided to do it.*

— *And what became the decisive factor?*

— *A 13-year-old boy developed enuresis... You see, I didn't give him away to Russians, I sent him for treatment⁴⁶.*

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On October 14, the Deputy Prime Minister of the Russian Federation Marat Husnullin stated that "several thousand" children from the Kherson region "are already in other regions of Russia in recreation centers and children's camps"⁴⁷.

On October 15, the mayor of Energodar in the Kherson region, Dmytro Orlov, reported that the occupiers had taken children from the city "on vacation" to the Krasnodar region of the Russian Federation⁴⁸.

On October 19, it became known that the Russians brought 1,939 children aged 6 to 18 from Kherson and Zaporizhzhia to the occupied Crimea without warm clothes and shoes. The children were in Yevpatoria⁴⁹.

Besides, **the deportation of children who are brought up in the institutional care facilities, continues.**

Thus, on October 21, the occupiers took 46 wards of the Kherson regional orphanage to the temporarily occupied Simferopol by ambulances. Presumably, these are children under the age of 5⁵⁰.

⁴⁴ <https://childrenofwar.gov.ua>.

⁴⁵ <https://www.golosameriki.com/a/state-department-russian/6790624.html>.

⁴⁶ <https://www.bbc.com/ukrainian/features-63268564>.

⁴⁷ <https://ukrainian.voanews.com/a/novi-svidchennia-vykradennia-ditej-do-rsiji/6801146.html>.

⁴⁸ <https://t.me/orlovdmytroEn/1170>.

⁴⁹ <https://ctrcenter.org/uk/news/8082-okupanti-privezli-v-krim-majzhe-2-tisyachi-ukrayinskih-ditej>.

⁵⁰ <https://t.me/khersonskaODA/1350>.

On October 22, wards of the Oleshky Children's Boarding Home (the Kherson Region) were taken away. 12 children with disabilities of the I, II and III groups, aged from 8 to 18 years, were forcibly transported to the Clinical Psychiatric Hospital No. 5, located in the village of Strogonivka, Simferopol District, the Crimea⁵¹.

As of October 24, only 96 deported children were returned to Ukraine⁵².



The children from the Kharkiv region returned from deportation to the Russian federation⁵³

Thus, on October 11, 37 children from the Kharkiv region, who were deported by the occupiers to the Russian town of Kabardinka (near Gelendzhik) back in August, returned to their parents. The return process was difficult. To pick up their children, parents covered a long way through several European countries⁵⁴.

Also, on October 13, the Ministry of Reintegration published several stories of the return of children from the temporarily occupied territories and the Russian Federation to Ukraine.

⁵¹ <https://t.me/ermaka2022/1512>.

⁵² <https://childrenofwar.gov.ua>.

⁵³ <https://minre.gov.ua/news/dodomu-povernulys-shche-37-deportovanyh-okupantamy-ditey>.

⁵⁴ <https://t.me/synegubov/4488>.

Yevgen Mezhevyi is a single father of a boy, Matvii, and two daughters, — Sviatoslava and Oleksandra. When trying to leave occupied Mariupol, the family was separated. The father was sent for filtration, and the children were sent to russia. But Yevgen managed to free himself from the occupier's, to find his children and to take them back. Now the family is together and lives in Riga.

Eleven-year-old Sashko and his mother lived in Mariupol. When the shellings of the city began, they hid in the basement. Food was cooked on the open fire, and water was taken from the local factory. When the factory was surrounded, they were imprisoned together with their mother, and then they were separated. The boy was wounded, but he practically did not receive any treatment in the temporarily occupied territories. Immediately after returning to the Motherland, he received all the necessary medical help in the Okhmatdyt hospital. Today, Sashko and his grandmother live in Ichna, Chernihiv region.

Students Ivan Matkovskii and Maksym Boiko managed to return from the temporarily occupied territory of Donetsk. Now the boys live in Khmelnytskii where their educational establishment – Mariupol Construction College – was moved⁵⁵.

Recruitment and participation of children in war and propaganda

Occupiers actively involve children in war and propaganda. Schools and kindergartens are regularly used as venues for Russian propaganda and defame of Ukrainian history. In particular, this month the following attempts have been recorded in the temporarily occupied regions.

In Mariupol, the Donetsk region, the occupiers imposed teenagers the "Russian world" and recruited them to the "Youth Army" (Yunarmiya). Schoolchildren were driven to school No.53, they were demonstrated what kind of discipline "Youth army" has, and given a week to "think" about admission⁵⁶.

In the Luhansk region, high school students opposed the occupation, that h is why their parents were accused of "free thinking", and teachers were forced to impose their own history on them ⁵⁷.

In Melitopol, the Zaporizhzhia region, the occupiers involved children in the shooting of a propaganda series. In the next series "young members of the United Russia party went shopping in the city and checked that food prices were in rubles⁵⁸.

⁵⁵ <https://minre.gov.ua/news/shchastya-buty-vdoma-z-rf-ta-tot-povernuly-vzhe-96-ukrayinskyh-ditey>.

⁵⁶ <https://www.facebook.com/protydiyadezinformatsiyi.cpd/posts/pfbid0nw71KhZyD5pwWFnff7DVvRcJnuGafYWffTeuVNaYyV5kDorhNQAjsab9mXixuJX5L>.

⁵⁷ <https://www.facebook.com/protydiyadezinformatsiyi.cpd/posts/pfbid0nw71KhZyD5pwWFnff7DVvRcJnuGafYWffTeuVNaYyV5kDorhNQAjsab9mXixuJX5L>.

⁵⁸ <https://t.me/CenterCounteringDisinformation/2910>.

Depriving access to humanitarian aid

A **humanitarian crisis is artificially created** in the temporarily occupied territories. The import of humanitarian aid is blocked, the opportunity to leave for the territory controlled by Ukraine is limited. As of October 15, the Russian military allowed only 200 vehicles to enter the territory controlled by Ukraine through the occupants' checkpoint in Vasylivka, the Zaporizhzhia region, for two and a half weeks. The population and, above all, socially vulnerable categories most need food, medicines, and hygiene products. Artificially depreciated hryvnia and inflated food prices force more and more people to receive humanitarian aid from Russia, but it is extremely limited, often with expired products and offered either for work (dismantling damaged houses, demining, etc.) or in exchange for information about themselves or about neighbours and relatives. Thus, recently, in order to receive free bread, residents of the Kalmius district of Mariupol, in particular children and the elderly, had to stand in long queues of hundreds of people⁵⁹.

The onset of frosts complicates the situation. **Persistent shelling has damaged much of the critical infrastructure.** As of October 9, 1,283 settlements remained de-energized, with a total of about 713,200 consumers. In particular, in the Donetsk region — 372,500 thousand, in the Kharkiv region — 133,900 thousand, in the Luhansk region — more than 128,000 thousand consumers. There are 264.8 thousand subscribers without gas supply⁶⁰.

Access to health care is also a problem. Sufficient number of the medical facilities has been looted. The occupiers continue to remove diagnostic and operational equipment from the temporarily occupied territories. Thus, on October 7, the main medical and social institutions, primarily equipment, were removed from Svatovove, the Luhansk region⁶¹. In hospitals, medical care is provided primarily to the Russian military. Instead, civilians can get it only in the most difficult cases or not get it at all.

We don't have enough doctors. If you ask for help, you will be advised by phone at the most. It's almost impossible to get into a hospital. All medicines go to the military. People go to the doctors they know in private. People are examined by a doctor and even put drips at home, and do not go to a polyclinic or hospital.

From an interview with a volunteer

The situation is complicated by **an increasing incidence of COVID-19**. During the week of 17-23 October, 16,908 new confirmed COVID-19 cases were detected in Ukraine.

⁵⁹ <https://t.me/mariupolrada/11370>.

⁶⁰ <https://www.mev.gov.ua/statystychna-informatsiya/robota-enerhosystemy-ukrayiny-na-9-zhovtnya-2022-roku>.

⁶¹ <https://t.me/luhanskaVTSA/6195>.

In particular, 1808 children became ill. 4341 people were hospitalized, 189 deaths were recorded ⁶². At the same time, there are no test systems or vaccines in the temporarily occupied territories and in the active combat areas. There is a threat of a lack of oxygen. The possibilities for hospitalization of patients are extremely limited.

Recommendations

- Maintain regular contact with the occupied territories by all possible means. Local authorities, state institutions and agencies should know their working mode, powers and procedures in different situations. This will help to keep calm and trust of the population in the decisions of the state.
- Inform the residents of the occupied territories about the safety rules, compliance with which will help to prevent abuse and murder by the Russian military, mobilization to the army of the occupier, as well as mine safety rules. Always remind children of the importance of following the rules of safe behavior during air alarms in bomb shelters and at home. Parents should limit as much as possible the stay of children in places where they can get hurt or injured. This also applies to the ban on visiting forest belts, beaches and rivers that can be mined.
- Facilitate the organization of humanitarian corridors and the delivery of humanitarian aid to the occupied territories of Ukraine and to the active combat areas that suffer from a humanitarian disaster, to stockpile food, water and medicines in territories where there is a significant risk of Russian occupation.
- Facilitate the recording of all crimes committed by the Russian military: murders, mutilations, ill-treatment, rape of children. An integral part of this process is the formation of trust and conveying to citizens the need to address law enforcement agencies with statements and evidence of crimes, in particular through the Internet and telephone communication.
- Increase efforts to document crimes of a sexual nature, in particular against children. Most of them remain latent and are very little recorded by law enforcement agencies.
- Maximize the use of international channels to monitor the condition of children who had been deported to Russia, to document the crimes committed against them. Facilitate greater involvement of international organizations and volunteer communities in the process of returning Ukrainian children home.
- Conduct informational and explanatory conversations with children about online security rules and available schemes of recruitment/involvement

⁶² <https://www.kmu.gov.ua/news/informatsiia-shchodo-zakhvoriuvanosti-na-covid-19-ta-kampanii-z-vaktsynatsii-25102022>.

of adolescents in the war (transfer of intelligence data, participation in campaigning, etc.).

- Conduct information campaigns on the prevention of the coronavirus epidemic throughout Ukraine, especially where it is difficult to ensure the necessary level of medical care.

- Promote the provision in Ukraine of a sufficient number of medical devices and medicines (medical masks, oxygen, test systems, vaccines, etc.) necessary for the prevention and control of the coronavirus epidemic.

Displacement of children in Ukraine and abroad

As of October 12, the total number of internally displaced people, based on the international estimates, reached 6,24⁶³ mln, the majority of them are women and children. According to the latest IOM report as of October 3-16, most of the internally displaced people were registered in the Kharkiv (413,793), Dnipropetrovsk (342,228) and Kyiv (329,756) regions. Those are the IDPs from Donetsk, Kharkiv and Luhansk regions. The number of registered IDPs increased the most in the Eastern and Central regions⁶⁴.

With the onset of cold weather, the increase in the number of people displaced both within Ukraine and abroad is expected. This tendency is reinforced by the continual shelling of civil and critical infrastructure, including the energy supply facilities.

Thus, within the period between October 7 and October 18, the Russian federation struck the critical infrastructure objects (energy supply facilities in particular) in 16 regions of Ukraine and Kyiv around 190 times using missiles, loitering munition and artillery. More than 70 people were killed, more than 240 injured. More than 380 buildings were damaged, including 140 private houses and apartment buildings that were hit during the shelling⁶⁵.

Also **the danger of the nuclear terrorism from the Russian side still remains.** The occupiers took control over Enerhodar and the Zaporizhzhia nuclear power plant on March 4, 2022⁶⁶. For the last 8 months in a row, the enemy has been neglecting the nuclear and radiation safety of the European largest nuclear power plant, threatening the world with the radiation catastrophe. As a result of the continual plant-related infrastructure shelling, the nuclear power plant energy supply is repeatedly disrupted⁶⁷.

Moreover, there is a risk of the Kakhovska HPP to be blown by the occupants during their retreat from the west bank of Dnipro. It became known that the plant is mined. In case of the dam explosion, more than 80 towns and villages, including Kherson, will be in the flash flooding area. Hundreds of thousands of people might be affected⁶⁸.

We are under occupation for such a long period and have already adapted to this life. But the talks about hydroelectric power plant mining are really concerning. It is something we cannot adapt to. I don't even know what to do if everything gets flooded. It is cold these days. All the appliances will be damaged, the heater, the fridge. I think it is better to go to the Mykolaiv region at least, bring

⁶³ <https://reliefweb.int/report/ukraine/ukraine-situation-report-12-oct-2022-enuk>.

⁶⁴ <https://dtm.iom.int/node/13721>.

⁶⁵ https://t.me/dsns_telegram/10256.

⁶⁶ https://t.me/energoatom_ua/8698.

⁶⁷ https://t.me/energoatom_ua/10128.

⁶⁸ https://www.youtube.com/watch?time_continue=5&v=fabaUx7vLSk&feature=emb_logo.

the children to my sister's home, and I will come back, I don't want to leave my home.

From the interview with parents

At the same time, leaving the temporarily occupied territories is a grave danger. People are kept in the queues in improper conditions, they are denied to leave. Complicated and unpredictable filtration camp procedure is implemented, and it should be passed by children in particular. Aside from the filtration at the temporarily occupied territories, the Russian Federal Security Service carries out filtration activities on the Estonian border⁶⁹.

The evacuation paths from the temporarily occupied territories are under regular shelling by the Russian troops. A lot of civilian infrastructure objects including roads are mined.

On September 25, the civilian convoy was attacked in the Kupiansk district of the Kharkiv region. 24 people killed, including a pregnant woman and 13 children⁷⁰.

On September 30, 24 people were killed (11 men and 13 women) in a missile strike on a convoy of civilian cars in Zaporizhzhia. 36 people were injured, (24 men, 11 women and 1 child)⁷¹.

People are still fleeing from the dangerous districts of the Donetsk and Luhansk regions and de-occupied districts of the Kharkiv region. Thus, as of October 11, more than 17 thousand people were evacuated from the Kharkiv region districts deliberated in September⁷². **People are slowly coming back home after the deliberation.** Such a relocation poses more risks than advantages, especially for the families with children. There is a **threat of blowing themselves up on mines** and unexploded munitions. As of October 23, the State Emergency Service units were summoned 62, 415 times to eliminate the consequences of the shelling. 12,986 fires were put out⁷³.

⁶⁹ <https://t.me/andriyshTime/3354>.

⁷⁰ <https://t.me/synegubov/4385>.

⁷¹ <https://t.me/kurtievoofficial/6073>.

⁷² <https://www.ukrinform.ua/rubric-regions/3590870-z-deokupovanih-rajoniv-harkivsini-evakuuvalli-ponad-17-tisac-osib.html>.

⁷³ <https://www.kmu.gov.ua/news/uprodovzh-doby-pidrozdily-dsns-likviduvaly-13-pozhezh>.



Evacuation of Kostiantynivka residents by the staff of the main department of the State Emergency Service of Ukraine in the Donetsk region⁷⁴

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The internally displaced people in Ukraine need help in arranging their life routine. **The search for accommodation, job and receiving of social allowances remain the key points.** As of October 20, there were around 5,670 housing units of compact residence for IDPs (dormitories for IDPs on the premises of schools, sanatoriums, recreation centers, university dorms, etc.)⁷⁵. As of now, the state authorities together with international foundations and public organizations work on providing the insulation and renovation of the compact residence units as well as the procurement of heaters, generators and warm blankets for IDPs.

Families that rent apartments or live by their relatives and friends also insulate their homes. According to the latest research held by the Kyiv International Institute of Sociology, 70% of the population claim that their homes are rather ready or completely ready for the possible issues with heating during the winter. Out of them only 24% say that they are completely ready themselves. The rest are rather ready and claim that "there is something else needed to be done to get prepared." 24% of Ukrainians consider themselves not ready and 12% of them are completely not ready⁷⁶.

⁷⁴ <https://dn.gov.ua/news/evakuyuisya-vchasno-meshkanci-kostyantynivki-vivizhdzhayut-do-bilsh-bezpechnih-oblastej>.

⁷⁵ https://t.me/vereshchuk_iryana/1597.

⁷⁶ <https://kiis.com.ua/?lang=ukr&cat=reports&id=1140&page=2>.

We live here now, but the heating has not been turned on yet, it is rather cold! We needed to buy warm pajamas for ourselves and children. Children sleep together in one bed because it is warmer. We need to move constantly during the day to keep warm. I hope the heating will be turned on, because, according to the forecasts, it is going to be very cold soon. I have even thought of going to Poland or elsewhere for the coldest months of the winter.

From the interview with parents

The families with kids partially face the delay in social allowances payment, IDPs aid in particular.

My sister normally receives aid every month, whereas my payment is often delayed for a few months. I keep calling and asking, they say they will pay. But I cannot rely on this money because they are often not paid. I have to borrow. Recently I had to go to the Red Cross and take the winter jacket for my son because there was no money to buy it. The same story goes with UN payments, I filled in the application in May, when I was in the Western Ukraine.

From the interview with parents

One of the main reasons for delays of the monetary aid for IDPs, according to the state officials, are the technical issues and mistakes made during the application process. At the same time, the United Social Information System was launched in October in all the regions of Ukraine to ensure the centralized assignment, accrual and payment for IDPs and speed up the process of receiving the aid. The internally displaced people can also get social services at the place of their actual stay⁷⁷.

As for the job search, **the unemployment rate is expected to increase to 30%** by the end of the year, according to the Ministry of Economy of Ukraine⁷⁸. The main task of the state is to create workplaces both for internally displaced people and for those, who come back to Ukraine from abroad. Thus, the united vacancy portal was launched in September 2022, created by the combined effort of the Ministry of Economy of Ukraine, the State Employment Service and leading job searching websites(Work.ua, robota.ua, novarobota.ua, PidBir, grc.ua, ua.jooble.org)⁷⁹. The new resource provides the information about the vacancies by regions, industries or directions, expected wage. This is one the most necessary decisions of the state, because the frequency of applications to the employment centers remains very low, and it refers to the IDPs in particular. Only 260 thousand unemployed were registered as of the beginning of October in Ukraine⁸⁰.

⁷⁷ <https://dn.gov.ua/news/vnutrishno-peremishcheni-osobi-mozhut-otrimati-socialni-poslugi-za-miscem-faktichnogo-perebuvannya>.

⁷⁸ <https://www.slovoidilo.ua/2022/10/24/novyna/polityka/kabmini-rozpovily-yakyj-riven-bezrobittya-ochikuyut-kincy-roku>.

⁷⁹ <https://dn.gov.ua/news/pracevlashtuvannya-gromadyan-krok-do-peremogi>.

⁸⁰ <https://www.youtube.com/watch?v=CwQl49tDPTk>.



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Employment assistance at the *I Am Mariupol Center*⁸¹

Humanitarian hubs that provide medical, psychological, legal and social assistance, assistance with employment and document recovery, etc. are opened to support the IDPs, who flee from the most damaged towns and regions. Thus, as of October 18, there are 15 centers functioning for IDPs from Mariupol (Donetsk region). *I Am Mariupol Centers* are opened in Zaporizhzhia, Dnipro, Vinnytsia, Kyiv, Kropyvnytskyi, Khmelnytskyi, Ivano-Frankivsk, Kalush, Odesa, Lviv, Kryvyi Rih, Ternopil, Uzhgorod, Cherkasy, Chernivtsi⁸².

Regarding the relocation abroad, the number of Ukrainian refugees, based on the UNCHR estimates, accounted for around 7,7 mln people as of October 24. **4,426,000 refugees from Ukraine registered for Temporary Protection or similar national protection schemes in Europe.** The most Ukrainian refugees with Temporary Protection status registered in Poland — 1,469,000 people. Germany and Czech Republic come next - 815,000 and 453,000 people correspondingly. A lot of Ukrainians got temporary protection in Italy (160,000), Spain (149,000), Bulgaria (143,000), the UK (138,000), France(105,000), Slovakia (98,000), Austria (85,000), the Netherlands (79,000), Lithuania (69,000), Switzerland (67,000), Belgium (58,000). Turkey accommodated 145,000 our citizens but temporary protection is not provided there. More than 2,852,000 Ukrainians crossed the

⁸¹ https://t.me/mariupol_1778/2691.

⁸² <https://dn.gov.ua/news/i-v-uzhgorodi-vidkryvya-centr-yamariupol>.

Russian border. The data about the status of these people is not available⁸³. The United States and Canada also accommodated Ukrainians and developed their own refugee support programs (100,000⁸⁴ and 105,000⁸⁵ people accordingly).

Countries of Europe continue supporting Ukrainian citizens abroad. **The European Commission decided to prolong the rules for accommodation and protection for Ukrainian refugees for one more year**, which ensure their rights to work, have accommodation, education, medical aid in the EU countries until at least March 2024. Moreover, citizens that return to Ukraine won't lose the temporary protection status abroad. It is only important to inform the local authority about their departure to Ukraine⁸⁶.

On October 10, 2022 the European Commission presented a new online-tool to help Ukrainian citizens to find jobs in the EU countries – EU Talent Pool pilot initiative. The project is implemented through the EURES, the cooperation network formed by public employment services, operated by the European Labour Authority. EURES unites the national employment services, private EU employment agencies and provides information on more than 3,000,000 openings and 4,000 employers.

Aside from the job search and permanent residence, parents abroad are **concerned about the school children's workload**. It is the second school year in a row that children should study according to both the Ukrainian program and the program of the country they relocated to. Parents complain about children's fatigue, difficulties in adaptation to the new life conditions, issues with new language learning.

It is difficult for us. Of course, we are trying to combine, but we are struggling with the Ukrainian program. After all, my daughters go to school here in Germany, where a lot of attention should be paid to the learning process and homework should be done. And in a different language! We only do Ukrainian homework when we have some strength left. I don't understand why it is not possible to recognize the schooling abroad after we come back to Ukraine? Everything is brand new for children, and it takes a lot of effort, because the language is different, the culture is different, and friends are far away. We miss our dad, our home. And moreover, we need to learn with the double workload.

From the interview with parents

⁸³ https://data.unhcr.org/en/situations/ukraine#_ga=2.228732760.514168680.1646989952-176134281.1646551413. Дані щодо Туреччини не оновлюються з 19.05.2022.

⁸⁴ <https://thedispatch.com/article/the-ukrainian-surge-to-the-us>.

⁸⁵ <https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/ukraine-measures/key-figures.html>.

⁸⁶ <https://www.oe24.at/welt/ukraine-krieg/eu-kommission-verlaengert-einfachen-schutz-fuer-ukraine-fluechtlinge/532699639>.

Recommendations

- Carry on the awareness raising regarding the evacuation for families with children from the temporarily occupied territories, territories under continual shelling or those under the threat of active combat beginning. It is important to avoid criminal responsibility threatening for the actions, committed under the temporary occupation under duress (for obtaining Russian citizenship in particular).
- Inform and increase the awareness of the residents of the possible ways of leaving the occupied territories, to the territories of the Russian federation and Crimea in particular. It is important to coordinate the efforts with volunteering and public initiatives on these territories as well as with the organizations based on the territories neighboring with Russia in order to help Ukrainians leave for Europe.
- Continue the international coordination to achieve the fastest possible demilitarization of the Zaporizhzhia NPP, withdrawal of the Russian troops from the NPP premises and returning the control of the power plant to Ukraine for the safety of the whole world.
- Constantly update the residents on the necessity of the daily energy efficient measures and accommodation readiness to the possible heating and power cuts.
- Develop state programs to support Ukrainians with children coming back from Europe, which would envisage compensation payments and employment or entrepreneurship perspectives.
- Think over the system of recognizing the schooling passed by children abroad after their comeback to Ukraine.
- Seek for new opportunities to employ the internally displaced people. In order to do that, it is necessary to evaluate the labor market and IDPs qualifications, intensify the retraining programs for citizens, create new workplaces and coordinate with employers in terms of IDPs employment.
- Analyze the needs of IDPs in accommodation and the availability of the municipal housing to extend the state and regional housing programs of IDPs accommodation.

De-occupied territories: problems and needs of the families with children

In September, the second phase of active liberation of Ukrainian territories from Russian invaders began. The most active de-occupation took place in the Kharkiv region. As of October 20, 544 settlements were liberated in the region. 1.8% of the territory of the Kharkiv region, which is 32 settlements, remained under Russian occupation⁸⁷.

Gradual de-occupation is also taking place in the Donetsk, Kherson and Luhansk regions. As of October 21, 43 settlements in three communities were liberated in the Donetsk region. There are almost no people left in seven of these settlements⁸⁸. In the Kherson region, the Defense Forces of Ukraine liberated 88 settlements from the Russian invaders which are the homes to about 12,000 people⁸⁹. As of October 24, seven settlements in the Luhansk region were also de-occupied⁹⁰.

In total, as of October 14, 1,620 settlements in Ukraine were liberated⁹¹.

The state of these territories is very different. Recently de-occupied settlements have only begun to rebuild their housing, energy and civil infrastructure. Demining of the most utilized areas is currently happening: roads, streets, residential areas. The Ministry of Reintegration also involves international and national organizations and foundations in this process. Yes, the HALO Trust, an international charitable foundation for demining, will participate in the demining of the Kharkiv region. Already from the beginning of November, international workers will start cleaning up the liberated territories. Also, The HALO Trust previously handed over 10,000 units of handouts to Balakliya and Izyum communities to make the residents familiar with the rules of safe behavior in the event of a mine threat⁹².

According to the volunteers, **one of the key requests of the affected residents is safety**. People are afraid of regular shelling, another attack by the Russian armed forces, they cannot plan their lives in the long term, and are afraid to unpack their alarm suitcases. Mine danger also limits everyday life.

⁸⁷ <https://kharkivoda.gov.ua/news/117975>.

⁸⁸ <https://dn.gov.ua/news/pavlo-kirilenko-vidnovlennya-deokupovanih-teritorij-v-umovah-bojovih-dij-ta-nablizhennya-zimi-nadzvichajno-skladnij-proces>.

⁸⁹ <https://www.facebook.com/528312067340051/posts/pfbid02undZJqojLE6FaGG3eXWyQhwEsiKi7BtdDv7PX81CmCL4RfXHqiS7UP8uBiEeHPb4I>.

⁹⁰ http://loga.gov.ua/oda/press/news/nadiya_ie_stalo_vidomo_yaki_same_7_naselenih_punktiv_zvilnili_na_luganshchini_zsu.

⁹¹ https://t.me/tymoshenko_kyrylo/2330.

⁹² <https://www.kmu.gov.ua/news/minreintehratsii-mizhnarodni-partnery-dopomozhut-u-rozminuvanni-zvilnenykh-terytorii-kharkivshchyny>.

The main thing for us is that they don't bomb. The worst thing is to sit in basements and not know if you will get out of there or not. You can survive the rest. We have melted the snow, and made bread from gray flour - that's nothing, but these shellings are still in my head. And children, too, as soon as there's a loud sound, they can fall to the floor and twitch. It hurts to look at it.

From an interview with parents

40 km straight to the Belarus border. This is very close. Shortly to say, we are sitting scared, we are afraid that everything will happen again. I am afraid for the child, I am afraid whether I will have time to leave if something happens. We don't go to the forest belt for a walk, anywhere, because they are still demining here. There are blow-ups every week, but they are controlled. We have a lot of explosives technicians walking around the town, because there is still a lot to do.

From an interview with parents

Danger is also felt due to **regular shelling of energy infrastructure**. In winter, it can be very difficult without appropriate repairs of residential buildings, without restoring electricity, heating and without provision of firewood in the de-occupied territories.

As of October 24, in the Kharkiv region, electricity supply was restored for almost 75% for the residents and gas supply for 25% for the residents of the liberated territories of the Kharkiv, Chuhuyiv, Kupyansk and Izyum districts. The situation with heating is more difficult. Due to shelling by the occupiers in some cities, many objects of thermal infrastructure were simply destroyed⁹³. In the Donetsk region, the situation is even more complicated. As of October 21, there is still no water, electricity, or heating supply in the de-occupied territories. Gas supply has been restored in 13 settlements, mobile communication and Internet — in four⁹⁴.

Because of the lack of a sense of security and the fear of freezing in winter **the constant evacuation of the affected residents from the de-occupied territories is still going on**. Many people have nowhere to live in the cold season. Many residential buildings were destroyed or damaged. Families with children also need children's infrastructure: children's hospitals, schools, kindergartens, etc. According to Kharkiv city military administration, from 100 to 1,000 people leave the de-occupied territories every day. In total, at the end of October, almost 23,000 people left, including more than 2,000 children⁹⁵.

⁹³ <https://kharkivoda.gov.ua/news/118028>.

⁹⁴ <https://dn.gov.ua/news/pavlo-kirilenko-vidnovlennya-deokupovanih-teritorij-v-umovah-bojovih-dij-ta-nablizhennya-zimi-nadzvichajno-skladnij-proces>.

⁹⁵ <https://kharkivoda.gov.ua/news/117979>.



A blown-up bridge in the city of Vovchansk, the Kharkiv region ⁹⁶

An important component of the recovery process is the repair of roads, bridges and crossings, so that it will be possible to deliver humanitarian goods and provide medical assistance to the

population. There are few shops in the settlements. Public organizations, international foundations and volunteers bring food, drinking water, and hygiene products. There is a need for warm things, household appliances and building materials to repair houses.

Mobile communications and post services are gradually appearing in the de-occupied territories, local authorities are resuming their work, banks, pharmacies, and small and medium-sized businesses are starting to operate. Taking into account the experience of the previously liberated territories of the Kyiv, Chernihiv and Sumy regions, key services and services should resume their work in a month or a month and a half.

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When Irpin was liberated, there was nothing at all. Volunteers brought food, medicine as well. It was dangerous to walk, we were afraid to step off the asphalt path. But in May or so, people began to return more actively. It was already possible to buy something, receive a package, withdraw money. Our friends with children have returned.

From an interview with parents

Currently, the de-occupied territories receive regular tranches of financial assistance from the reserve fund of the state budget. Funds are directed to the re-establishment of infrastructure. International organizations and charitable foundations are helping to rebuild cities and towns that have suffered from shelling. It can be the repair of a specific building or part of the road, delivery of medical equipment for a hospital or generators for bomb shelters. However, attention and support is distributed unevenly in the de-occupied territories. Public organizations, charitable foundations, and volunteers take food, medicine, and warm things primarily to those settlements that are the most talked about in the media: Bucha, Irpin, Izyum, Kupyansk, etc. At the same time, there are many villages that suffered no less, but they are located in more remote areas, and the assistance gets there much less often.

⁹⁶ <https://rubryka.com/article/deokupovaniy-vovchansk>.

Everyone has now gone to Izyum. Food, drinking water, and hygiene products are distributed. But it is less known about what is happening 20–30 km from Izyum, and there are the same people who need blood pressure pills, the same pensioners who do not have flour and oil, the same children who want at least to draw at something, but there's nothing, and nowhere. You have to go there, and we are the only ones who deliver at least something.

From an interview with a volunteer

International donors also provide financial support to the residents of the de-occupied territories. More than 16,000 residents of 67 settlements in the liberated Kharkiv region have already received 1,200 UAH from the Red Cross Society of Ukraine. Similar assistance was paid out to more than 2,500 residents of 38 towns and villages in the Kherson region. In the Donetsk region, residents of Sviatohirsk, Lyman, Yampil territorial communities received the money. In total, 27 million UAH aid was paid from the Red Cross. Payments of UAH 2,200 additional cash assistance from the International Organization for Migration have also started to be paid out. Almost 1,500 residents of the liberated Donetsk region and Kherson region have already received these funds for a total amount of more than UAH 3.2 million⁹⁷.



Izyum center of the Kharkiv region after de-occupation ⁹⁸

⁹⁷ <https://www.kmu.gov.ua/news/finansova-pidtrymka-meshkantsiv-dot-tryvaie-vzhe-vyplacheno-27-mln-hrn-vid-chkh-ta-32-mln-hrn-vid-mom>.

⁹⁸ <https://www.pravda.com.ua/articles/2022/09/29/7369548>.

Medical services should be re-established among the first ones in the de-occupied territories. Many families stayed in cold basements for several months, and now these people are forced to live in damaged houses without heating and electricity. Besides, in the conditions of the occupation, it was almost impossible to get quality medical care: there were no medicines, diagnostic equipment, and not enough doctors. People treated themselves, at their own discretion or following the advice of relatives and neighbors, which could further worsen the state of health. A significant part of the residents has a serious exacerbation of chronic diseases, problems with the cardiovascular and nervous systems have appeared, and immunity has deteriorated. The de-occupied territories need the re-establishment of medical infrastructure as soon as possible and regular doctor appointments. Currently, NGOs ("Frida", "Doctors Without Borders") are helping with this, which organize trips of medical teams, in particular, to remote areas of the de-occupied regions.

Also, one of the key problems in the liberated territories is **the complicated mental and psycho-emotional state of the residents.** People experienced great stress due to regular shelling, loss of loved ones, cruel treatment, lack of food and the need to hide constantly.

In these territories, people have different traumatic experiences of war. There are children who saw how the Russians shot people, saw the dead on the roads, evidenced the rude and disrespectful attitude of the occupiers when they came to the people in the shelters and their houses. Accordingly, they have problems with sleep. The child may be tense, sensitive to sounds, and regressive behavior may be observed. We work with such children, help them live through this experience and overcome stress.

From an interview with Lyudmila Romanenko, psychologist of the Voices of Children Charitable Foundation

According to psychologists, a traumatic experience cannot always be experienced independently without health consequences. Therefore, it is necessary to understand what signs indicate the need to seek help from a psychologist or psychotherapist. This is especially about children who are unable to recognize the deterioration of their mental state on their own, which can lead to the appearance of depression, post-traumatic stress disorder, phobias and panic attacks. Today, various organizations and volunteers also help with the organization of psychological assistance in the de-occupied territories. Thus, the Voices of Children Charitable Foundation is engaged in psychological education among the affected residents. Meetings with parents and children help to understand what is happening with the psyche, how to respond to these changes and how to help yourself and children get rid of negative thoughts and memories of the past. In addition, the Foundation conducts individual and group psychological classes with children and parents.

To restore life after the occupation, we must be strong and united. Due to emotions and grief, people are often aggressive and have a lot of complaints

against the authorities and volunteers. They are concerned about the satisfaction of basic needs: food, warmth, health. Because of this, we are also witnessing accusations against those who left, and a consumerist attitude towards humanitarian aid. However, all this can be fixed, we can talk to people, provide them with psychological help, share their experiences with them and restore life in Ukraine together.

From an interview with a volunteer

Recommendations

- As soon as possible, create opportunities to provide basic services and meet the urgent needs of the residents in the de-occupied territories, as well as facilitate the evacuation of local residents whose housing is unsuitable for living in winter.
- Promote the re-establishment of electricity, water and gas supply in the de-occupied territories. Provide heating in the cold season, in particular, provide residents of the private sector with alternative fuel for heating their homes.
- Distribute humanitarian aid according to the needs of all de-occupied territories. Conduct assessment of population needs, in particular in remote settlements of liberated regions.
- Provide citizens with clear signals of prohibition or permission to return to de-occupied territories and territories that were subjected to significant shelling. Such statements must be accompanied by information about the security and infrastructure of specific settlements.
- Increase the representation of medical services in the de-occupied territories, allocate funds for the restoration of the medical infrastructure of the affected settlements.
- Special attention should be paid to the psychological support of children affected by the war (assistance in adaptation to new conditions, interaction with parents, assistance in the educational process). To do this, organize psychological assistance in the de-occupied territories of Ukraine.
- Convey information to parents about how important it is to explain to children the rules of behavior in various situations on the street and at school, monitor their emotional state, be able to recognize a problem and, if necessary, contact specialists.

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