



2021 Activity Report

YARMIZ Charitable Organization: "Charitable Foundation "Readaptation and Rehabilitation Centre for ATO/JFO veterans, their family members and volunteers"

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"YARMIZ" is a Ukrainian dialectism meaning "way out" (opportunity, way out of a difficult, threatening situation), "getting through", "escape".

YARMIZ Centre is:

- a place of power in the heart of the capital city;
- more than 1,000 regular attendees;
- 20+ successful projects aimed at physical, psychological, economic, social and mental well-being of the attendees.

YARMIZ Programme Activities include the following:

- Sports Rehabilitation Programs;
- Psychological Help Programme;
- Relationship Development Programme;
- The Power of Law and Community Programme;
- Educational Creative Hub;
- Career Centre, Networking;
- Business School for Creative Professionals; Coworking and Workshop;
- Dialogue of Cultures Centre;
- YARMIZ Production Studio.

Yarmiz in figures (2021):

- About 4,000 gym hours;
- 156 dance hours;
- 312 hours of martial arts;

- 119 hours of yoga and “Happiness”;
- 52 hours of juggling;
- 192 hours of psychological counselling;
- 300+ hours of educational activities, including language courses, business and financial literacy trainings;
- 134 hours of craft classes and family leisure;
- 400 guests at the YARMIZ FLOWER FESTIVAL.

Our Projects:

1. In 2021, Yarmiz launched a psychological counselling project for couples called **“Strong Bonds, Strong Couples”**. This is the first pilot project in Ukraine for combatants and their spouses offering psychological support in overcoming traumatizing consequences of the armed conflict in Eastern Ukraine and returning to a peaceful life. The project implies a package family approach and restoration of harmonious relations. It has taken 2 years to adapt the program source **“Strong Bonds, Strong Couples (SBSC)”**, USA, by Sue Johnson and Kathryn Rheem. In October 2021, YARMIZ did the first practical course with the military couples.
2. **“Leading Family – Values to Pass on To Generations”** – a family entrepreneurship project sponsored by the British Embassy Kyiv for 25 veteran couples and internally displaced persons from different areas of the country. The project implies 188 hours of theory and practice with the best experts and developing a business model of a family business. The project timeline is 4 months with training conducted in an online format. The aim of the project is holistic development of veteran families and IDPs for their effective self-fulfilment in the society, encouragement of their social, psychological and economic integration by overcoming family barriers and building a solid family team and family business.

Project budget: £26,792 (GBP)

3. **“The Role of Veterans in Building a Democratic Society”** Project is being implemented by YARMIZ Centre sponsored by the Friedrich Ebert Stiftung (FES) Ukrainian Office. A survey methodology was used for 6 focus groups in Kyiv, Zaporizhzhia, Kropyvnytskyi, Chernihiv and Lviv. So far, 1,000 personal interviews have been done in all Ukrainian Oblasts with findings being broken down by regions, type of locality, gender quote. In 2022, we are planning to launch civic education, national and patriotic education, gender equality and zero tolerance to violence, protection of human rights and democracy projects.
4. **“Establishment of the Veterans’ Language Centre “Dialogue” as a Culture Presentation Space”** Project. Stage 1 was a crowdfunding campaign

on bigggidea.com. Additional funds were granted by the donors, Delegation of the European Union to Ukraine EU and the International Renaissance Foundation. The educational program meets the needs of 3 out of 6 key competencies to be included in adult educational programs according to EU Parliament and Council recommendations: communication in mother tongue, communication in a foreign language, cultural self-expression. We bring people together around cultural values.

The project activities included the following: 128 hours of English, Ukrainian, signing and rhythmic gymnastics, karaoke chant; 6 lectures on “Key Considerations of Ukrainian Identity”, “The Aspects of German Ethnology”, “The Aspects of French Ethnology”, “Modern State of the Ukrainian Language”, “Vasyl Vyshyvanyi: an Austrian Archduke and Colonel of the Ukrainian Sich Riflemen”, “Global Challenges Facing Humanity: Opportunities for Personal and Collective Transformation for Sustainable Development”. The **YARMIZ FLOWER** Veteran Ethno Festival was established. Its goal is to draw attention to the language and cultural diversity of Europe that is worth supporting by developing language skills throughout the course of life and public demonstration of the importance of the role of the veterans' community on the way to Ukraine's European integration, demonstration of the role of veterans as defenders of European values and ambassadors of Ukraine's national identity.

Project budget: 2398,915.00 (UAH)

5. The **“HEROES WORK HERE” Project**. The project was designed to make the public aware of successful companies for which veterans effectively work. A veteran can mark his/her employer with the “Heroes work here” sticker. This is a special employer award and a guide for veterans signalling they may join the team of a socially responsible business.
In partnership with Zelena Smuha, Veteranius, Razom for Ukraine, Veterans HUB ODESA.
6. **“Extraordinary stories about ordinary heroes” Project**. In order to promote a positive image of the veteran and veterans sports, in 2021 YARMIZ Center partnered with two patriotic marathons: “The Veterans Ten” and “I Honour the Warriors, I Run for the Heroes.” The latest took place on 28 August, before the Day of Remembrance of the Defenders of Ukraine, in the capital of Ukraine on Independence Square and in other cities of Ukraine.
In Kyiv alone, 1,000 participants registered for this year's race. The race established back in 2018 by the father of the deceased hero of the Russian-Ukrainian war, “cyborg” Oleksiy Durmasenko, has become All-Ukrainian this year.

Events of this level best shape the culture of honouring the heroes and defenders and serve as moral support for the families of the fallen ATO/JFO combatants.

Project budget: 29,940.00 (UAH)

7. **“Here’s the Capital Speaking”** Project. This project implies arrangement of an online learning platform.

Project goal: to provide access to distance learning in the regions of Ukraine for the implementation of the principles of lifelong learning and organize a club of “Lifelong Learners” supporters.

Modernization of premises and equipment to record audio and video content, webinars, podcasts, creative, educational, cultural lectures and promotional videos with the lecturers of Kyiv universities, experts, successful people and opinion leaders. YARMIZ Centre events were broadcast remotely. Two HP Gaming 15 computers and supplies were purchased.

During 2021, the premises were equipped and a number of online events were conducted, in particular in October 2021. There was a TV link-up with the Stepan Bandera Liberation Struggle Museum director and historian, Yaroslav Koretyuk (Ivano-Frankivsk – Kyiv). The event was moderated by Nazar Rozlutskyi, an ATO combatant, historian, leading scholar of the Ukrainian Diaspora Museum.

In November began a series of online lectures on financial literacy “Family and Personal Budget”. During the seminar, Oleksiy Volotovskiy, financial consultant of OVB Allfinanz Ukraine, a participant in the anti-terrorist operation (55 OABR), shares his professional experience and tells the participants what financial literacy is and why it is needed.

In the seminar, Oleksiy Volotovskiy, financial consultant with OVB Allfinanz Ukraine and ATO combatant (separate artillery brigade 55), shares his professional experience and tells the attendants what financial literacy is and why it is important.

Project budget: 2190,490 (UAH)

8. **Healthy Lifestyle School** sports rehabilitation project:
- Gym
 - Self-Defence
 - Krav Maga
 - Juggling
 - Yoga

Healthy Lifestyle School is a holistic approach to preserving and restoring the health of ATO/JFO veterans and their families using elements of sports rehabilitation, health culture and ecology.

Healthy Lifestyle School combines sports rehabilitation, physiotherapy, physical education, physical practice, massage sessions, educational classes on healthy eating and getting rid of bad habits.

9. **The Ministry of Peace** project (support group) (**peer-to-peer**).

The support group is a special format of regular open meetings for people united by similar experiences. These are meetings where you can “let off steam”, share your experience and worries with other veterans and receive support from your peers. To ensure the possibility of using the peer-to-peer approach and creating a safe space, the meeting is conducted by a veteran (or a veteran's wife) who has been trained to deal with shock trauma and PTSD prevention. The meetings are aimed at better understanding of yourself, the processes that take place in everyday life, which also leads to improved living standards.

The project “Quality services for the veteran community: improving cooperation between the Ministry of Veterans of Ukraine and veterans organizations, with the participation of local governments and veterans spaces to assess the needs and reintegration of veterans” is supported by Stabilization Support Services Charitable Foundation and funded by the UK Government.

10. **“Future Work Skills and Competencies”** project as part of the **Educational Creative Hub** and the **Career Centre** programs. A series of trainings by Kostiantyn Savchenko designed to provide tools for making informed managerial decisions in various areas of business and life, taking into account important factors that are crucial for making right decisions in the long run.

The program contains several commonly used decision matrices that have proven their effectiveness. Over the course of the training, the attendees worked on their urgent cases that require targeted actions.

11. **“How to learn to make money off a creative idea”** project as part of the **Educational Creative Hub** and the **Career Centre** programs. Trainings within the **How to learn to make money off a creative idea** project are the most effective sales and negotiation techniques; proposition value building skills; total networking and a lot of other useful skills. Coach: Kostiantyn Savchenko, founder of the training provider Training Force.

12. **“Passion as the start of a new profession”** project as part of the **Educational Creative Hub and School of Creative Jobs, Co-Working and Workshop.**

The Passion as the Start of a New Profession project teaches how to become a player in the field of Creative Economy. The primary focus of the School is on the development of creative thinking, the ability to express individuality, and personal growth. It’s a synergy of creativity, ideas, knowledge and technology aimed at education and development.

13. **Painting with Iryna Project.** The Centre hosts classes related to creativity and self-fulfilment by the artist Irene Flore on a weekly basis. Under the guidance of the artist, visitors to the Centre may conduct self-diagnosis, understand current needs and switch to the resource state with the help of visualization and paints.

14. As part of the **Educational Creative Hub** and the **Dialogue of Cultures Centre – Speaking Club with Anomaly Project**, with American veterans in partnership with DAV School and Anomaly. The best English teachers, U.S Army veterans and other American citizens communicate with the Centre attendees in an informal friendly atmosphere of a speaking club.

15. **Learning Languages Through Karaoke Chant Project** as part of the **Dialogue of Cultures Centre** program. This method involves decomposing a song into words and phrases, making transcripts, creating song catalogues with transcriptions for further karaoke signing. Appropriate equipment was purchased for the classes with the support of the Delegation of the European Union to Ukraine and the International Renaissance Foundation. Learning languages by chanting combines both educational goals and recreation with friends.

16. **American Marine’s Conversation Club** – Centre’s project in which the attendees can improve their English and practice it with the native speaker, American marine Mike Wilson.

17. A teacher from Salt Lake City, Larrisa Abramiuk, established one more English Speaking club online – **English Speaking Club with Larrisa Abramiuk** for advanced English speakers with at least Pre-Intermediate (A2) or Intermediate (B1) level.

18. **Dance School Project.** The project implies Argentine tango, Viennese waltz and salsa dance classes for groups. Dancing is one of the most enjoyable ways to be active and healthy. Dancing helps maintain a healthy weight, increases

endurance, helps reduce stress, improves balance and coordination, social skills, helps us work together as a team, and affects our ability to make new friends.

19. **Financial Literacy Project** as part of the **Educational Creative Hub** and the **Career Centre** programs. As part of YARMIZ's Career Centre program and implementation of the Lifelong Learning concept, YARMIZ hosts a series of financial literacy seminars by Oleksiy Volotovskiy, financial advisor with OVB Allfinanz Ukraine and ATO combatant (separate artillery brigade 55), on "A new job – independent financial advisor", "Financial Security for a Family", "Pension Reform in Ukraine. Getting Ready for Retirement", "Family Budget".

20. The **Happiness Course** (a psychological help program). A 4-day course by Human International Association for Human Values and international-level yoga instructor Natalia Tolstova. This course is designed to calm your mind and focus on current tasks through short meditations; master simple yoga stances, which, if implemented systematically, will help support you in a resourceful psycho-emotional and physical state.

21. **Psychological Help. Individual counselling.** In partnership with Stabilization Support Services Charitable Foundation and funded by the UK government.
Psychological support is assistance in overcoming the consequences of the armed conflict in Eastern Ukraine and traumatic events, returning to peaceful life; care and restoration of harmonious relations. The effective work of the team is based on basic principles such as integrated approach, professionalism, family approach, confidentiality. Individual counselling is aimed at personal growth, self-fulfilment, creating a successful, meaningful life by developing appropriate skills and support in overcoming psychological problems.

22. **Legal Advice Project** in partnership with Stabilization Support Services Charitable Foundation and funded by the UK government.
Provision of qualified legal advice to ATO combatants and families of the deceased on a free-of-charge basis.
Legal advice on starting your own business, trademark registration, loans, cash security.
Consultations on solving problems of returning to peaceful life for ATO combatants (list of benefits and rights that ATO combatants can enjoy, obtainment of appropriate documents, health care facilities where ATO participants combatants can be served etc.)

23. **Family Events.** Evenings at the YARMIZ Centre organized by Nina Bellini, a guide of the Ukrainian Association of Guides of Ukraine, and Crazy City of Kyiv & Wow This is My City sightseeing tour agency. During the event, the attendees learned about the whole cycle of Christmas-tide and learned how to call Destiny, tell fortune on balabushkas (small buns), look for St. Varvara's wedding, jump for Kaleta.

24. **Organizational Development of YARMIZ CENTRE for Sustainable Realization of the Mission and Achievement of the Organization's Goals.**

We are getting better, growing, constantly strengthening our organizational capacity. Our mission is to transform ATO veterans and their families, volunteers, internally displaced persons and youth into the driving force of building a healthy, constructive, literate, stable society in Ukraine and Europe by creating a platform to bring together all those who are interested.

In 2020, with the support of the **Ednannia Initiative Centre for the Promotion and Development of Public Initiative (ISAR Ednannia)** provided under the Sectoral Civil Society Initiative funded due to the sincere support of the American people through the United States Agency for International Development (USAID) a **3-day facilitated session was held**, in which the problem tree was analysed, the mission and vision of the YARMIZ Centre were formed, a SWOT analysis of the organization's activities was conducted, a strategic action plan was developed, the importance of the organization's internal documents was updated etc.

In 2021, in accordance with the 2020-2025 strategic development plan, further **organizational capacity development** actions were taken aimed at the following:

- Acquisition and improvement of skills, abilities by the YARMIZ Centre employees for better fulfilment of their functions, the organization's mission, and development;
- Strengthening the organization's ability to establish relations with local communities, local authorities and private sector;
- Strengthening the capacity of the YARMIZ Centre to adapt and respond to the challenges and consequences of the COVID-19 pandemic.

In order to improve the service and better respond to the needs of beneficiaries, charitable contributions were used to purchase a digital database (**CRM**), two Acer Aspire 3 computers and a hard drive to organize the workplace of the Centre's administrators. The Administrators are assessing the needs and requests of our attendees, analyse attendance, conduct attendee

satisfaction surveys, collect feedback, suggestions and comments to improve response to future challenges and develop service delivery standards.

The YARMIZ team completed an online training course on financial sustainability for veterans spaces and organizations initiated by the Place of Opportunities NGO with the support of the International Renaissance Foundation. The training was conducted by the expert Irina Negreeva.

As part of the project, two trainings were held with the support of the Stabilization Support Services Charitable Foundation in Ukraine dedicated to the provision of social services to veterans spaces and fundraising.

The YARMIZ Centre team, together with the coaches Iryna Loiuk and Valeria Poklonska, discussed what social services are, the veterans' space potential in providing these services, how to conduct an audit of the space for compliance with the requirements for social service providers.

Coach Tetiana Honcharenko conducted a training on fundraising, systematic approach to raising funds and working with prospective and existing sponsors, socially responsible companies and crowdfunding platforms, developing a fundraising strategy for the organization and its clear formulation, working with sponsors/CSR/crowdfunding.

The agenda also included the question of adaptation to working online (development of online services and platforms, training activities); raising public awareness and access (including representatives of vulnerable groups) to the services provided by the Centre; skill development of the team; establishment of effective interaction between the spaces (within the framework of the signed coalition between veterans' spaces); development of common standards; implementation of state policies etc.

***Iryna Loiuk:** lawyer, volunteer, advocacy expert with an academic degree, conducted research on conflict issues, author of several acts of law; working with veterans spaces since 2019.*

***Valeria Poklonska:** professional organization manager, reintegration expert. She has been working with veterans spaces since 2020.*

***Tetiana Honcharenko:** Founder of Paragraph Social Consulting company, Co-owner and Development Director of European Profiles S.A. Ukraine, Managing Partner at The Owners and former National President at JCI Ukraine.*

Overall budget: UAH 58,853.