

We Talked to Children Just Like You!

Voices of Ukrainian children in Poland

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What is this paper about?

This paper will show you some of the happy and unhappy things that Ukrainian children told a team of researchers about their lives in Poland.

The children also told the adults their ideas for solving the problems they are facing.



How do Ukrainian children spend their day in Poland?

Children spend most of their day at school and learning online (we only talked to children who are now in Ukrainian schools in Poland).

Outside of school, most children like to do sports, take walks outdoors or spend time with their friends. Many also play video games, draw paintings and visit museums.



What makes Ukrainian children in Poland happy?

"Parks are beautiful here! I like to walk there with my mom." Boy, 8-11 years.

Children said they are most happy when they can be with family and friends, do sports and be in nature or parks.

Most children, and especially girls, we talked to said they feel safe everywhere in Poland. Children feel most safe in places that they know: at home and in school.



What makes Ukrainian children in Poland unhappy?

Children, especially the younger ones, said that they miss their family, friends and pets who are still in Ukraine. They are also worried about them.

Many children are worried about the future and that their family cannot find a good apartment to live in Poland.

Some children also feel lonely in Poland, and some told us that they or their friends were bullied by local children.



Who helps the children?

Children said that they can talk to parents, brothers and sisters or friends when they have a problem.

Especially teenagers said that Polish people were nice and welcoming to them, and that they find it important to have a good relationship with the locals.

Most children were helped by doctors when they were sick, but they said that sometimes it's too expensive or takes too much time to get an appointment. Some children also did not like the quality of the medical treatment.



Save the Children

IMPACT

Shaping practices
Influencing policies
Impacting lives

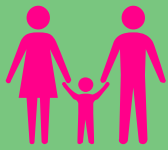


What do children need most?

"I used to do horse riding, but there is no such thing here. I loved it very much." - Girl, 12-14 years.

Most children said that they need more free time and fun activities outside of school. They often would like to do other sports than football and attend arts and dance classes.

Many children also said that they would like to learn Polish, so that life in Poland becomes easier for them.



How can adults support children?



Children said that their families could get more money to pay for things like doctors, food, apartments and activities for children like sports or dance.



Adults could provide more spaces, more options and free access for Ukrainian children to do sports and other fun activities.



Adults could give Ukrainians better information about how they can go to the right doctors and psychologists and how to find the right jobs.



Adults could provide food and other important items to those Ukrainian families that need help.



How can children support others?



Children said that they could share toys with and give food and clothes to children who don't have much.



Children could help other children with difficulties in school with their homework.



Children could organise groups with common interests.



Children could get in contact and do things together with Polish children.

Olha is 11 years old and comes from Kyiv. Now, she lives with her mom and little brother in Warsaw in Poland. Each morning, Olha attends online school with teachers in Ukraine and during the afternoon she goes to the Ukrainian school in Warsaw. She feels safe and welcomed here in Poland. But she also thinks that she needs to learn Polish to find more friends and do more activities here.

Olek is 8 years old and came with his mother from Kharkiv to Krakow. He misses his family, friends and his cat in Ukraine. And he misses playing basketball, as he did in Ukraine. Olek loves the architecture and parks in Krakow. He likes to be outside and often goes on walks with his mom and friends. This makes him calm and joyful.



Images of boy and girl: Flaticon.com

IMPACT Initiatives is an organisation that asks people living in difficult situations all around the world what they need so that other organisations and governments can help them to live better lives.

Save the Children is an organisation that helps children, teenagers and their parents to go to school or to the doctor, to feel safe and protected and to do the things that keep them healthy and happy.

