

EMMAUS CAMP

**UKRAINE, CARPATHIAN
MOUNTAINS,
VOROKHTA**

**31 AUGUST
11 SEPTEMBER 2023**





RESOURCE RECOVERY CAMP

- Resource in creativity
- Resource in walks
- Resource in communication
- Resource in your own body
- Resource in art
- Resource in contemplation of nature
- Resource in psychological support



PARTICIPANTS OF THE CAMP

12 FAMILIES WITH CHILDREN WITH MENTAL DISABILITIES

Importance of the event: Emmaus is now creating a comprehensive programme to support these families. In our communication, we found out that a holiday in a safe place is essential for them, as most of the families lived in Kharkiv during the full-scale invasion. Many of the children have suffered from panic attacks and other stress disorders, which is dangerous for their health.



FACILITIES

HOTEL SKITA IS LOCATED IN THE HEART OF THE CARPATHIANS IN THE VILLAGE OF VOROKHTA.

ACCOMMODATION AT THE HOTEL INCLUDES:

- **THREE MEALS A DAY**
- **SEPARATE ROOMS FOR EACH FAMILY**
- **COMMON SPACE FOR ACTIVITIES INDOORS AND OUTDOORS**





DIARY

Each participant receives a diary on the first day of the camp a diary in which every day they can write down their feelings.

What brought me joy today?

What made me sad today?

What did I learn from today?

Who should I thank today?

CONVERSATIONS

Group and personal conversations with parents about different topics.

A traditional evening conversation.

We work with each child every day.

What did he or she receive today?

What did he/she has noticed, both in himself and in the world around.

CREATIVE LESSONS

Daily creative lessons will help children to notice the beauty around them and discover their own creativity and reflection to discover their inner world

OUR TOOLS



DAY IN THE CAMP



Morning exercise in the form of a game for children. Yoga for parents.



A joint walk or excursion.



Parents talk to a psychologist, art therapy or other experts.
For children, creative activities



Evening conversation
Disco, watching a film or playing board games

THE PROGRAM FOR PARENTS

**YOGA, WALKS, ART THERAPY,
FREE TIME WITHOUT CHILDREN,
EXCURSIONS,
PHOTO SHOOTS,
PSYCHOLOGICAL CONSULTATIONS,
PSYCHOLOGICAL SUPPORT GROUPS.**



THE PROGRAM FOR CHILDREN



WALKS AND EXCURSIONS

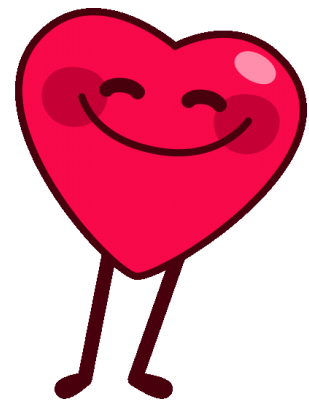


ART THERAPY AND CREATIVE LESSONS

MOVING GAMES

WATCHING CARTOONS

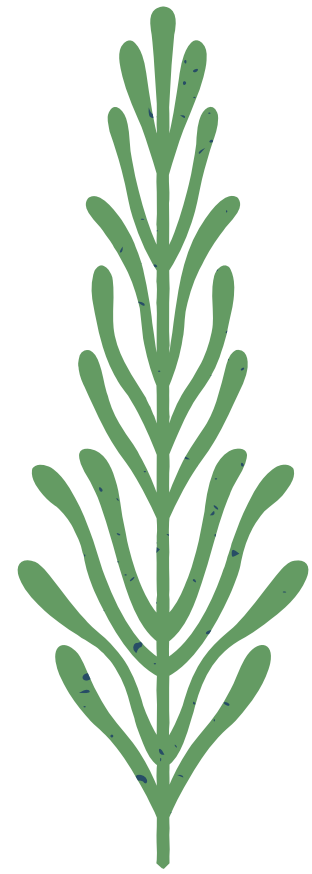
BOARD GAMES



WORK WITH A DEFECTOLOGIST

WORK WITH A PSYCHOLOGIST





Joint walks with tasks: looking for stones, collecting leaves, making a herbarium, choose our favourite tree, make sketching the landscape, and so on. We pay attention to

to the texture of objects, their shape. A stone is cold and hard. The leaves are tender and light.

A new task every day. Important: talk a lot talk with children about all their feelings and reflections.

It is raining. The leaves are rustling. I like this flower. This mountain is the same today as yesterday. Why is that?

In the second half of the lesson, we transfer sketches and collected materials into a larger work



CONTEMPLATION WORLD





**WE LISTEN AND WE CREATE OUR OWN SOUNDS
WE LISTEN TO THE WIND, THE RAIN, THE RIVER FLOWING.
WE TAKE A SET OF INSTRUMENTS WITH US TO THE CAMP.
WE CONDUCT LESSONS WITH
INSTRUMENTS: KALIMBA, GLUCOPHONE,
FLUTE, RAIN, XYLOPHONE.
CHILDREN WHO FIND IT DIFFICULT TO EXPRESS THEMSELVES BY DRAWING OR VISUAL
PRACTICES. THEY TALK ABOUT THEIR FEELINGS WITH THE HELP OF INSTRUMENTS OR
WITH OUR VOICE, WHICH WE CAN RECORD ON A DICTAPHONE OR
VIDEO**



BODY SENSATION

Constantly discussing how
my body feels today?

Did I have a good meal?

Did my legs hurt after walking?

How did my skin feel when the rain fell on it?
when the rain fell on it?

When the sun shone on it?

Morning exercises,
walks, individual lessons,
discos





NATALIA DAVTIAN
PSYCHOTHERAPIST



ELENA MAZZOLA
PRESIDENT OF
EMMAUS



YULIA BOYKO
EXPERT IN WORKING
WITH PARENTS OF
CHILDREN WITH
DISABILITIES

MEET OUR TEAM
SUPERVISORS



KATERYNA MALBIEVA



VIKTORIIA BRONZA



KARINA PENKOVSKA

MEET OUR TEAM
THE EDUCATIONAL
TEAM



SERHIY BOHDANOVSKIY
CHILDREN'S
PSYCHOLOGIST



MAKAROVA OLENA
DEFECTOLOGIST



TETIANA PUKHNAVTCOVA
ARTIST WHO WORKS
WITH CHILDREN

MEET OUR TEAM
INVITED EXPERTS

**WE ARE VERY
GRATEFUL FOR
YOUR HELP!**

