

Help Us Help Children

This Project is dedicated to improving the quality of life for children living in Ukraine's orphanages and residential institutions, as well as those displaced as a result of the ongoing conflict in Ukraine. This project provides immediate aid and ongoing support.

THE CAUSE:

As of 2020, there are an estimated 96,570 children living in orphanages/institutions across Ukraine. This figure does not include those displaced as a result of the current conflict in the East

- Only 7,740 are true orphans, the rest are socially orphaned (meaning that their caregivers are unable to care for them).
- 17,258 (18%) of children have one or more disabilities
- On average, 250 children enter the system each day, significantly more than the number graduating.
- 20% of children graduating the system end up in prison.
- 10% attempt or commit suicide.
- Less than 1% make it to university



PROGRAMS:

- Ruslana's Summer Camp (since 1996)
- Annual Winter Camp (since 2004)
- Anti-Trafficking Initiatives (ATI) - workshops and educational seminars
- AIDS Awareness Programs - AIDS/HIV awareness and prevention workshops
- Humanitarian Aid Delivery

Volunteering at Help Us Help's Summer and Winter Camps

Help Us Help's camp programs invite volunteers to participate in a unique, hands-on opportunity abroad! Volunteers who spend the requisite time* volunteering by raising awareness and funds earn the opportunity to volunteer directly with Ukraine's vulnerable children at summer or winter camps.

Benefits that our **campers** receive by participating in Help Us Help's programs:

- Deepening social skills
- Gaining everyday life skills
- Reaching out of their comfort zones
- Building personal confidence and a better understanding of oneself
- Understanding and appreciating Carpathian Nature
- Developing independence
- Discovering and exploring interests and hobbies

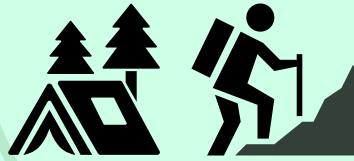
Benefits that **volunteers** receive by participating in Help Us Help's programs:

- Contributing to the improvement of child's life through friendship, support, and education
- The opportunity to travel to Ukraine and experience the country and the culture
- Develop life-long friendships with children and volunteers
- Changes your perspective of the world
- Travelling abroad and volunteering allows you to connect to other volunteers coming from different socioeconomic and cultural backgrounds - this is an incredible growth opportunity that you aren't always afforded when volunteering locally.
- You are connecting vulnerable children in Ukraine to the world: many of the vulnerable children that HUH helps in Ukraine may not know about much outside of the residential institution that they live in.



Help Us Help

Summer Camp



Since 1995 through our interactive program, we aim to empower and teach transferable life skills to better prepare Ukraine's vulnerable children for their futures. Camp offers the children challenges and supportive life experiences that encourage positive self-growth and development through the following activities: Leadership Workshops, Hiking, Computer Workshops, Sewing Workshops, Anti-Human Trafficking seminars, and Health and Wellness Workshops just to name a few.



As a volunteer for summer camp, you can apply to be either a counselor or a workshop leader and choose whether you would prefer to volunteer at an older camp or younger camp. Traditionally, the younger camp is held in a recreational building in Vorokhta, Ukraine where volunteers sleep in dorm-style rooms, while the older camp is held in the mountains of Vorokhta where volunteers sleep in tents.

Counsellor:

As a counsellor at summer camp you will be paired with one or more volunteer counsellors and you will be responsible for a group of 8-15 campers of various ages. You will be tasked with getting your group of campers to the activities outlined in the daily camp program and participate in the evening programming with your group.

Workshop leader:

The groups will rotate through workshops throughout the day, and you will be in charge of setting up your workshop for the number of campers in each group. Groups will arrive at your workshop and you are responsible for the delivery of your workshop, while the counsellors of the groups can help with anything needed.