



ADRA UKRAINE

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ANDRII SEMENIUK
project manager

“When people say that no one can understand them, I reply: I’m an internally displaced person just like you.”

Andrii Semeniuk is a Project Manager at the humanitarian organization [ADRA Ukraine](#) and an internally displaced person from the city of Mariupol of the Donetsk region. In this conversation, he talks about the work of humanitarian programs during the war, from distributing food vouchers across Ukraine to delivering generators from Slovak partners.

— Andrii, please tell us briefly about yourself. How did you join ADRA Ukraine and what projects are you working on?

— I joined ADRA Ukraine in April 2022. I was invited to join the team. Before the beginning of the full-scale war, I worked as a project manager in a large organization. When the war began, I decided to change the direction of my work and agreed to join [ADRA Ukraine](#) for a three-month pilot project.

It was a project of [the UN World Food Programme \(WFP\)](#) that involved distributing cash vouchers with QR codes. The project operated in the Zakarpattia region and was aimed at people who had moved there from other parts of Ukraine because of the war. The assistance amounted to 2,200 UAH per month and was provided for three months.

After this stage ended, I returned to Kyiv. Some time later, I received a call from the HR department of ADRA Ukraine inviting me to join the team at ADRA office in Kyiv. At that time, a large multi-component project supported by [the German Federal Foreign Office \(GFFO\)](#) was beginning.

I joined its implementation and later continued working on other programs. Today I’m responsible for two projects.

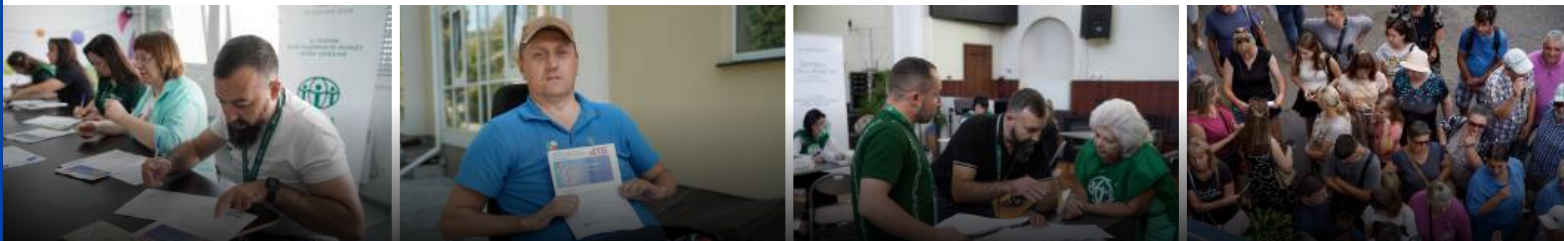


Distribution of winterization kits. The project is supported by the German Federal Foreign Office (GFFO).

The first is a large-scale humanitarian project providing assistance to people across Ukraine: internally displaced persons, people with disabilities, single parents, and families facing difficult life circumstances. It's implemented in partnership with [The Church of Jesus Christ of Latter-day Saints](#), which acts as the donor of the assistance. Within this project, [ADRA Ukraine](#) receives 6,500 vouchers for "ATB" supermarket stores every month with a total value of 3,250,000 UAH and distributes them to people in different regions of the country. The second project is called "Warmth for Ukraine" (Slovak: Teplo pre Ukrajinu). It involves the transfer of generators to Ukraine from Slovakia. In this project, I'm responsible for logistics and communication. It's now in its final stage, generators of various capacities have already been delivered to Chernihiv, Kyiv, and Odesa cities.

— You are an internally displaced person. How does this influence your work? Does it help you understand people better?

— Yes, I'm an internally displaced person from the city of Mariupol. And I will say honestly, it helps a lot in humanitarian work. Very often, when we visit distribution sites, people say: "You don't understand what we have lost." And at that moment I can say: "I'm a displaced person just like you. I live under the same conditions, I rent housing, I don't have a permanent home, and I depend on many external factors just like everyone else." That is why helping displaced people is not simply a job duty for me. It's an understanding of the situation from the inside, because I live through this experience every day.



Registration and distribution of ATB certificates.

— Tell us more about the ATB vouchers project. Who are your partners and how does this system of assistance work?

— The ATB vouchers distribution project is a large nationwide program supporting people who have found themselves in difficult circumstances. These include displaced persons, people with disabilities, elderly people, single parents, and those who have lost their jobs or stable income. The donor is The Church of Jesus Christ of Latter-day Saints.

We also cooperate with representatives of [the Seventh-day Adventist Church](#). In each region there is a church representative who receives a certain number of vouchers every month. Then, with the help of volunteers from local church communities, they distribute these vouchers to people who meet the vulnerability criteria.

In addition, we have been cooperating for many years with humanitarian hubs in the city of Kharkiv. These hubs were created on the basis of support centers for displaced people from the Kupianska, Kurylivska, Dvorichnska, and Kindrashivska communities of the Kharkiv region.

These are people who were forced to leave their homes due to destruction and constant shelling. Now they live in the city of Kharkiv or the surrounding region and come to these hubs where they are registered in order to receive assistance.

Recently we also began cooperation with the Kramatorsk and Pokrovsk cities hubs operating in the city of Dnipro. There displaced people can receive vouchers and use them to purchase essential items. After all, many people simply didn't have the opportunity to take everything they needed with them during evacuation.



Beneficiaries who received ATB certificates.

— How large is this project? Does it cover the real needs of people?

— In terms of scale, during the years of the full-scale war this has been one of the largest projects covering the entire territory of Ukraine. Every month we distribute 6,500 vouchers. That is a significant number, but even this amount is not enough to help everyone.

It's important to understand that this is targeted assistance. One voucher has a value of 500 UAH. Today, considering inflation, this is not a very large amount. However, it allows people to purchase basic food products or other essential items they need for daily life.

So the project is large and very important, but unfortunately people's needs are still much greater.

— What team works on implementing this project?

— If we talk about the ADRA Ukraine staff involved in the project, the team is relatively small. However, the volunteer team is much larger. Distributions take place at around 15 locations, and at each of them at least two or three volunteers are working. Thanks to their support, we are able to organize monthly voucher distributions for people in need.

— Please tell us about the humanitarian assistance related to the delivery of generators from Slovakia.

— In the second half of January of 2026, at the initiative of [the Embassy of Ukraine in the Slovak Republic](#), a large fundraising campaign called “Warmth for Ukraine” was launched in Slovakia. It was carried out in cooperation with the largest Slovak fundraising platform named [“Donio”](#) and several public and charitable organizations, including [ADRA Slovakia](#).

This was a large emergency response project. Thousands of people joined the initiative. By mid-February of 2026, according to official data, about 1,100,000 euros had been raised from more than 19,500 donors. With these funds, generators were purchased for Ukraine, for people who found themselves in difficult conditions without electricity, heating, or power supply. In Ukraine this project is implemented by [ADRA Ukraine](#), ADRA Slovakia, and other Ukrainian NGOs.

— What role does ADRA Ukraine play in this project?

— We assist with logistics, communication, and further monitoring. We check where exactly the generators are installed, whether they have been launched, and whether they are functioning properly.



— Which cities have already received generators?

— The first city was Chernihiv. At that stage [ADRA Ukraine](#) was not involved. The second city was Kyiv, where our team also worked. The third city was Odesa. Currently the Slovak partners are considering one more city. Some funds remain within the campaign, and they are analyzing the budget to determine how many additional generators can be purchased and where it would be most appropriate to deliver them. This decision is coordinated with the Ministry of Foreign Affairs of Slovakia. In all cities, the generators are transferred under official documentation to municipal enterprises responsible for their further distribution.

— What does the actual transfer process look like?

— There are certain conditions. In all the cities — Chernihiv, Kyiv, and others, the Slovak side had a clear vision of the assistance transfer process. When generators are delivered to a city, they are first presented to the local authorities. After that, at least part of the equipment is immediately delivered to specific locations. The idea is that generators should not simply remain in warehouses. They are delivered to places where they are truly needed: schools, hospitals, “Points of Invincibility,” or other infrastructure facilities.



Meeting with the Mayor of Kyiv. Generator handover process.

— **The arrival of the generators in Kyiv, where they were received by Mayor Vitalii Klitschko, was widely covered in the media. How did that meeting take place?**

— When the generators arrived in Kyiv, on the first day there was a meeting with the Mayor of the City. It took place in the inner courtyard of the Kyiv City State Administration. Trucks carrying the generators drove into the courtyard, and the mayor personally came out to meet them. The atmosphere was very friendly. Vitalii Klitschko thanked the Slovak partners for their support and noted that such assistance is extremely important for Ukraine.

After that, documents confirming the transfer of the equipment were signed. Then we delivered the first generators to three locations: one to a lyceum in the Pecherskyi district, the second to a lyceum in the Solomianskyi district, and the third to a lyceum in the Dniproviskyi district.

The remaining generators were sent to a warehouse, from which further distribution took place. In total, 16 generators of various capacities (from 2.4 kW to 180 kW) and two “EcoFlow DELTA Pro 3” systems with reinforced batteries were delivered to Kyiv.

— **Who decides where the generators should be installed?**

— According to the documentation, we transfer the generators to municipal enterprises. They then distribute them according to incoming requests. Requests may come from state institutions, educational institutions, sports facilities, or even residential complexes. In Kyiv such requests are reviewed by the Kyiv City State Administration. Institutions submit official letters, after which a decision is made and the generator is delivered to the appropriate location. It's important to understand that after the equipment is transferred, ADRA Ukraine or ADRA Slovakia can no longer influence these decisions, everything is handled through official government structures.

— **This winter there was active discussion about the energy system, centralization versus decentralization. How do you see this issue?**

— Here I can express my personal opinion because by education I'm an electrical engineering specialist. Almost all of my education is related to electricity.

The problem of centralization does indeed exist. Generators partially help to solve it. But there is also another problem — financial.

For example, in residential complexes residents can often organize a fundraising and collect funds to install and connect a generator, purchase additional equipment, and maintain it. But if we are talking about state institutions like schools, kindergartens, lyceums, it's much more difficult for them.

We provide them with generators, but their installation, additional automation equipment, and maintenance are paid for from local budgets. As the experience of previous projects shows, finding these funds takes a lot of time. It's not a matter of a week or two, because the budget must be approved at extraordinary sessions of local authorities. There are certain bureaucratic aspects which, unfortunately, are difficult to avoid in our country. For example, some generators that we delivered to the Kharkiv region within a previous project began operating only a month after delivery precisely because of budgetary and bureaucratic procedures.



Generators delivered to Odesa.

— What additional assistance is currently most needed within energy projects?

— Generators are certainly needed. But today other types of equipment are also very important. For example, powerful hybrid inverters that can work together with generators and also solar panels. This makes it possible to create autonomous energy systems.

I have seen such examples. For instance, at the “Harmonia” Sanatorium in the city of Novomoskovsk of the Dnipropetrovsk region, which has become a collective center for displaced people from different regions of Ukraine, they are actively transitioning to autonomous solutions. And that is the right direction.

Another huge problem is that in almost all cases humanitarian organizations delivered only generators, without connection cables or additional equipment. Sometimes additional electronics are also required, called “Reverse Automation Systems.” To purchase all this, extraordinary sessions of local authorities must be held to review the budget. Unfortunately, none of the humanitarian funds provide financing for additional equipment.

Therefore, there is a need for a large project that would supply generators with everything required for rapid connection. A generator is an engine that can break down over time and requires maintenance. A project that includes service contracts (for example, for three years) with specialists responsible for maintaining the equipment could solve this problem. Compared to the cost of generators, these are relatively small amounts. Such a project, if supported by donors, could make a very significant positive contribution to Ukraine’s energy sector.

— Do you experience burnout? How do you cope with difficult situations?

— I will say this: I’m a very positive person.

Of course, there are difficult moments, conflicts, and tense situations. But perhaps because I’m a displaced person from Mariupol and lost practically everything I had built by the age of 38, I look at difficulties a little differently.

During the entire war I have never once turned to a psychologist or psychotherapist. My work itself helps me. I truly enjoy humanitarian work. What is especially important for me is that, as a displaced person, I can help other displaced people. When I come to distribution locations, I try above all to bring people positive emotions.



Andrii Semeniuk. Working routine.



— What are your plans for the future?

— I like to working in the humanitarian field.

I don’t plan to leave the country. I want to stay here and help people for as long as it’s needed. For me it’s important to be useful to society.

STATISTICS OF ASSISTANCE PROVIDED

December 2025

Direction of assistance	Number of beneficiaries	Amount of assistance	Region of assistance	Name of Donor
Food Assistance	141 634 beneficiaries	63 686 food kits, 4 626 kits with canned food, 251 244 loaves of bread, 6 500 ATB vouchers, food products for 2 collective centers	Kharkiv, Mykolaiv, Kherson, Odesa, Lviv, Dnipropetrovsk, Kyiv, Chernivtsi, Cherkasy, Vinnytsia, Chernihiv regions	The UN WFP & ADRA Switzerland, ADRA Germany & ADRA Czech Republic & Advent- Wohlfahrtswerk (AWW), The Church of Jesus Christ of Latter- day Saints, ADRA France
Legal Assistance	232 beneficiaries	-	Kharkiv, Mykolaiv, Sumy, Dnipropetrovsk, Lviv, Zaporizhzhia, Kyiv, Zhytomyr regions	ADRA Germany & ADRA Czech Republic & Advent-Wohlfahrtswerk (AWW), Danish International Development Agency (DANIDA)
MHPSS	2 478 beneficiaries: individual sessions - 1 261 people, group sessions - 663 people, trainings - 554 people	-	All Ukraine	ADRA Germany & ADRA Czech Republic & Advent-Wohlfahrtswerk (AWW), the Government of Canada & ADRA Canada, Danish International Development Agency (DANIDA), UNOCHA & Ukrainian Deminers Association, ADRA Japan & Japan Platform
Protection Centers	1 004 beneficiaries	6 protection centers	Chernihiv, Kharkiv, Dnipropetrovsk, Mykolaiv, Sumy regions	The Government of Canada & ADRA Canada
Humanitarian Transportation	2 293 beneficiaries	103 trips	Dnipropetrovsk, Zaporizhzhia, Donetsk, Kherson regions	ADRA Germany & ADRA Czech Republic & Advent- Wohlfahrtswerk (AWW)
MPCA	106 beneficiaries (47 households)	1 144 800 ₴ (18 367 \$)	Zaporizhzhia, Dnipropetrovsk regions	ADRA Japan & Japan Platform
Health	-	50 wheelchairs	Cherkasy, Poltava, Kirovohrad, Sumy regions	Wheelchair Foundation
Winterization: solid fuel	1 666 beneficiaries (25 IDPs collective centers, 205 households)	753 tons of solid fuel	Chernihiv, Kharkiv, Sumy, Dnipropetrovsk, Zaporizhzhia regions	ADRA Japan & Japan Platform, the Government of Canada & ADRA Canada
Winterization: cash for fuel	39 beneficiaries (13 households)	252 200 ₴	Chernihiv region	The Government of Canada & ADRA Canada
Protection: children's gifts	170 children	170 gifts	Kyiv, Kharkiv, Sumy, Dnipropetrovsk regions	ADRA Ukraine (ADRA Kids)

STATISTICS OF ASSISTANCE PROVIDED

January 2026

Direction of assistance	Number of beneficiaries	Amount of assistance	Region of assistance	Name of Donor
Food Assistance	182 762 beneficiaries	82 981 food kits, 2 026 kits with canned food, 363 708 loaves of bread, 6 500 ATB vouchers, cash for 216 people, food products for 2 collective centers	Kharkiv, Mykolaiv, Kherson, Odesa, Lviv, Dnipropetrovsk, Kyiv, Chernivtsi, Cherkasy, Vinnytsia, Chernihiv, Donetsk regions	The UN WFP & ADRA Switzerland, ADRA Germany & ADRA Czech Republic & Advent- Wohlfahrtswerk (AWW), The Church of Jesus Christ of Latter- day Saints, ADRA France
Legal Assistance	495 beneficiaries	-	Kharkiv, Mykolaiv, Dnipropetrovsk, Kyiv, Zhytomyr regions	ADRA Germany & ADRA Czech Republic & Advent-Wohlfahrtswerk (AWW), Danish International Development Agency (DANIDA)
MHPSS	3 020 beneficiaries: individual sessions - 1 594 people, group sessions - 986 people, trainings - 440 people	-	All Ukraine	ADRA Germany & ADRA Czech Republic & Advent-Wohlfahrtswerk (AWW), the Government of Canada & ADRA Canada, Danish International Development Agency (DANIDA), UNOCHA & Ukrainian Deminers Association, ADRA Japan & Japan Platform
Protection Centers	814 beneficiaries	6 protection centers	Chernihiv, Kharkiv, Dnipropetrovsk, Mykolaiv, Sumy regions	The Government of Canada & ADRA Canada
Humanitarian Transportation	1 556 beneficiaries	94 trips	Dnipropetrovsk, Zaporizhzhia, Donetsk, Kherson regions	ADRA Germany & ADRA Czech Republic & Advent- Wohlfahrtswerk (AWW)
MHPSS	66 beneficiaries (27 households)	712 800 ₴ (16 509 \$)	Zaporizhzhia, Dnipropetrovsk, Mykolaiv, Vinnytsia regions	ADRA Japan & Japan Platform
Winterization: solid fuel	39 beneficiaries (1 collective center)	11 tons of solid fuel	Dnipropetrovsk region	ADRA Germany & ADRA Czech Republic & Advent- Wohlfahrtswerk (AWW)
SCLR	17 public organizations	6 226 932 ₴	Mykolaiv region	Danish International Development Agency (DANIDA)
WASH	-	2 boreholes	Dnipropetrovsk region	ADRA Germany & ADRA Czech Republic & Advent- Wohlfahrtswerk (AWW)
Education	235 beneficiaries	Co-financing of studies in 3 educational institutions, creative clubs, career guidance program	Lviv, Chernivtsi, Zakarpattia regions	German School Schulzentrum Marienhöhe & ADRA Germany
Education: MHPSS	236 beneficiaries: individual sessions - 118 people, group sessions - 118 people	-	Kyiv, Vinnytsia, Dnipropetrovsk, Kherson, Lviv regions	ADRA Australia
Protection: children's gifts	3 700 children	3 700 gifts	Chernivtsi, Ivano-Frankivsk, Ternopil, Lviv, Zakarpattia, Volyn, Rivne, Khmelnytskyi, Zhytomyr, Vinnytsia, Poltava, Cherkasy, Kirovohrad, Kyiv, Sumy, Chernihiv regions	ADRA Ukraine (ADRA Kids)

STATISTICS OF ASSISTANCE PROVIDED

February 2026

Direction of assistance	Number of beneficiaries	Amount of assistance	Region of assistance	Name of Donor
Food Assistance	183 351 beneficiaries	83 741 food kits, 3 535 kits with canned food, 344 776 loaves of bread, 6 500 ATB vouchers, cash for 269 people, food products for 2 collective centers	Kharkiv, Mykolaiv, Kherson, Odesa, Lviv, Dnipropetrovsk, Kyiv, Chernivtsi, Cherkasy, Vinnytsia, Chernihiv, Donetsk regions	The UN WFP & ADRA Switzerland, ADRA Germany & ADRA Czech Republic & Advent-Wohlfahrtswerk (AWW), The Church of Jesus Christ of Latter-day Saints, ADRA France
Legal Assistance	122 beneficiaries	-	Chernihiv, Zhytomyr, Kyiv, Dnipropetrovsk regions	ADRA Germany & ADRA Czech Republic & Advent- Wohlfahrtswerk (AWW)
MHPSS	3 047 beneficiaries: individual sessions - 1 625 people, group sessions - 659 people, trainings - 763 people	-	All Ukraine	ADRA Germany & ADRA Czech Republic & Advent-Wohlfahrtswerk (AWW), The Government of Canada & ADRA Canada, Danish International Development Agency (DANIDA), UNOCHA & Ukrainian Deminers Association, ADRA Japan & Japan Platform
Protection Centers	957 beneficiaries	6 protection centers	Chernihiv, Kharkiv, Dnipropetrovsk, Mykolaiv, Sumy regions	The Government of Canada & ADRA Canada
Humanitarian Transportation	1 635 beneficiaries	97 trips	Dnipropetrovsk, Zaporizhzhia, Donetsk, Kherson regions	ADRA Germany & ADRA Czech Republic & Advent- Wohlfahrtswerk (AWW)
MPCA	153 beneficiaries (76 households)	1 652 400 ₴ (38 487 \$)	Kharkiv, Kyiv, Dnipropetrovsk, Ivano- Frankivsk, Kirovohrad, Rivne, Zaporizhzhia regions	ADRA Japan & Japan Platform
Education	235 beneficiaries	Co-financing of studies in 3 educational institutions, creative clubs, career guidance program	Kyiv, Vinnytsia, Dnipropetrovsk, Kherson, Lviv, Chernivtsi, Zakarpattia regions	German School Schulzentrum Marienhöhe & ADRA Germany
Education: MHPSS	334 beneficiaries: individual sessions - 142 people, group sessions - 192 people	-	Kyiv, Vinnytsia, Dnipropetrovsk, Kherson, Lviv regions	Danish International Development Agency (DANIDA)
Generators	-	6 pcs.	Kyiv region	ADRA Slovakia
Livelihoods: cash for livestock feed	176 beneficiaries (77 households)	1 131 900 ₴ (42 768 \$)	Kharkiv region	ADRA Network
Protection: children's gifts	20 children	20 gifts	Donetsk region	ADRA Ukraine (ADRA Kids)



HIGHLIGHT

ADRA LATVIA SUPPORTED THE ADRA KIDS PROJECT: THE CHILDREN OF SLOVIANSK RECEIVED GIFTS

On February 16, ADRA Ukraine, within the framework of [the ADRA Kids project](#), delivered 20 gifts purchased for donations collected by [ADRA Latvia](#) to the children of the front-line city of Sloviansk, Donetsk region. Due to the security situation and the inability to gather children for a joint event, but having a great desire to support this region, the team decided to give gifts to each child at home.

«It was important for us that warmth and care reached each family personally, — is told by representatives of the project team. — The emotions of these meetings are difficult to convey in words. Sincere smiles, hugs, joy in the eyes of children, all this once again reminded how important it is not to leave them alone with the challenges of war. We still get feedback from parents with words of appreciation that inspire to continue this mission».

Supporting children in frontline communities is more than gifts. It's a sense of care, a sign that they're remembered for being important. In difficult conditions, even a small display of attention helps children to keep faith in goodness, feel safe and hopeful.

ADRA Ukraine sincerely thanks everyone who supports the ADRA Kids project: partners (in particular, ADRA Latvia), philanthropists and all people with open hearts. Thanks to your concern, we can be close to children where it is most needed.

You can join the fundraising for the ADRA Kids project [at the link](#).

Published On: 25.02.2026



HIGHLIGHT

SLOVAK SCHOOLCHILDREN SUPPORTED DISPLACED CHILDREN FROM DONETSK REGION

At the Center for Support of Internally Displaced Persons of the Kramatorsk district [«MiRazom»](#) (EN: We are together) in Dnipro, small displaced persons from Donetsk region received gifts from children from Slovakia.

Gift packages were handed over by ADRA Ukraine as part of the «Children for Children» project. They were prepared by students of Slovak schools together with [ADRA Slovakia](#) — each package was collected and packed by the children in person. These packages are not just things, but sincere support and warmth of children's hearts that extend the hand of friendship to Ukrainian peers. In addition, a master-class was organized for the children: they created a panel with the image of a Ukrainian trident with their own hands. The class was conducted by a specialist of [the Donetsk Regional Social Center for Technical Creativity of Children and Youth](#).

This initiative became possible thanks to the cooperation of the Kramatorsk District State Administration, the District Military Administration, ADRA Ukraine and [the Department of Investment and Innovation Development and Foreign Relations of the Donetsk Regional State Administration](#). The combined efforts of government structures and charities have made it possible to support families who have been forced to leave their homes.

Representatives of the local authorities and the «MiRazom» center express their gratitude to the children of Slovakia, as well as ADRA Ukraine and ADRA Slovakia for their constant support to the displaced persons. Such initiatives give children not only gifts, but also a sense of care and faith in goodness that knows no borders.

Published On: 17.02.2026



HIGHLIGHT

A RESOURCE ROOM AND A PHYSICAL THERAPY OFFICE FOR CHILDREN AND PARENTS WERE CREATED IN LYMANY

In the village of Lymany, Halytsynivska community, Mykolaiv region, on the basis of a local school, an inclusive space and a physical therapy room were created for the emotional and physical recovery of students and their parents. In total, the project covers 236 beneficiaries. The necessary furniture and equipment were purchased to arrange the space.

The project was implemented by the NGO [«Trayektoria uspihu»](#) (EN: Trajectory of success) thanks to a grant received within the framework of the program [«Community Initiative Support»](#), which is implemented by ADRA Ukraine with the support of [Danish International Development Agency \(DANIDA\)](#) and [ADRA Denmark](#) in a consortium with [DanChurchAid](#).

In this room, teachers deal with children with special educational needs — both with students with disabilities and with those who are in school but need psychological relief. Classes are conducted by a school psychologist.

Pupils with special educational needs gained access to individual remedial classes and quality support, which contributes to their better adaptation in the educational environment. Thanks to the opening of the physical therapy office, children's physical activity increased, their physiological indicators and general health improved.

It is also important that parents are no longer forced to travel about 20 kilometers one way to the inclusive resource center of the Halytsyniv village council for the rehabilitation of children. Teachers note positive changes in the school environment — reducing the level of conflict and increasing the efficiency of the educational process. Thus, the project brought long-term benefits for the entire community, contributed to inclusion, social cohesion and the formation of a healthier and safer educational space.

Published On: 04.02.2026



HIGHLIGHT

24 AID LOCATIONS: ADRA UKRAINE PROVIDES SLOVIANSK RESIDENTS WITH FOOD FROM THE UN WFP

ADRA Ukraine employees regularly deliver food kits and bread from [the UN World Food Programme](#) to residents of Sloviansk, Donetsk region, with the support of [ADRA Switzerland](#). So, on January 20, at one of the 24 locations of the city, residents received 201 food kits and about a 1000 loaves of bread.

Locations work according to a defined schedule. Kits with food are received by representatives of vulnerable categories, and bread is provided to all residents without any exception.

Published On: 02.02.2026

YULIIA from the city of Lyman, Donetsk region

Just recently, her life was ordinary and young: school, graduation, plans for the future. Yulia is 19 years old. She comes from a small town in the Donetsk region. She had just finished 11th grade when everything around her began to change rapidly.

After the start of the full-scale war, the city has become dangerous for living. Days and nights passed under shelling, and fear became part of everyday reality. Yulia lived through the occupation with all its horrors, uncertainty, and the constant feeling that tomorrow might never come. There was no electricity, no Internet — it felt as if they were completely cut off from the rest of the world.

During this extremely difficult time, her life became even more challenging. ***"I became pregnant, the child's father left me, and I had to leave the city alone in my seventh month of pregnancy,"*** the young woman says. She left her home with anxiety in the heart. The journey was difficult not only physically, but also emotionally it was heartbreaking. Despite everything, Yuliia did not feel completely alone.

"My father is here; he helps me," she shares. But the greatest pain for her is the separation from her mother, who remains where it is still dangerous. Every phone call feels like it could be the last, every word spoken through tears. ***"My mother stayed there. She recently called me and said she doesn't know if we will be able to speak again, because it is very dangerous there,"*** Yuliia says quietly.

Yuliia is still very young. She should be living a carefree life — dreaming, falling in love, making plans for the future. Instead, she is learning how to survive, how to be strong, and how to take responsibility not only for herself but also for the new small life that has recently come into the world.

The charitable organization [ADRA Ukraine](#) did not remain indifferent to her struggles and needs. As part of the [ADRA Kids](#) project, the foundation provided Yuliia with a special support package containing essential items for caring for her baby and supporting the child's development. Yuliia is sincerely grateful for the help, support, and compassion of the people who extended a helping hand to her at such a difficult moment in her life.





LIUDMYLA
from the village of Velykyi Burluk, Kharkiv region

Once, their home was filled with everyday worries and simple joys, but recent events have changed everything. Lyudmyla lives with her mother, who is already of a very advanced age — she is 89 years old. Now most of the daily responsibilities — from cooking to taking care of the household — rest on Lyudmyla's shoulders. Her mother can hardly move on her own, so every day for the woman begins with caring for the person dearest to her.

Life in a frontline region has long become a test of endurance. Constant tension, troubling news, instability, and uncertainty about the future have become part of everyday life. In order to survive, Liudmyla tends to her vegetable garden. During the summer, the land still offers hope. The harvested vegetables help them to survive. She works there from morning until evening, knowing that every potato or tomato she grows means one more day without hunger for her and her mother.

Despite her own difficulties, Liudmyla has not lost her compassion to others. Many of her fellow villagers were forced to leave, abandoning their homes and animals behind. She could not walk past this situation — now she takes care of the animals as well. She says she simply cannot leave living creatures, because she knows well how important it is when there is at least someone nearby who cares.

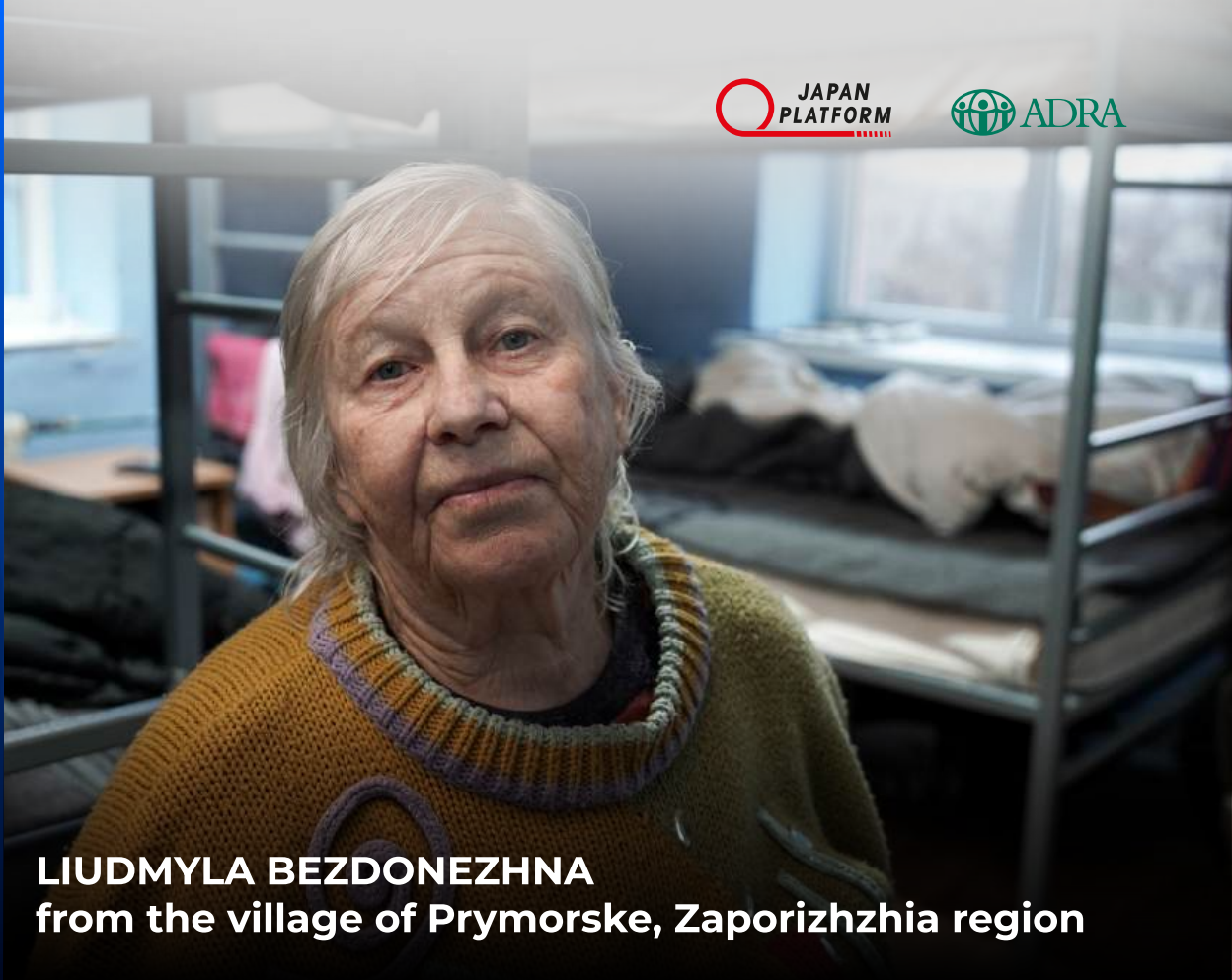
Winter is the hardest time. The garden becomes empty, supplies run out quickly, and most of the money goes toward medicines for her mother and heating the house. There is no stable income, and food prices are becoming increasingly unaffordable. In those months, every trip to the store becomes a difficult choice between what is necessary and what is possible.

That is why the arrival of volunteers means more than just an event for Liudmyla. It is a true ray of light amid anxiety and daily worries.

"The food kits are very much needed... we don't have income," she says quietly, and in her voice one can hear the exhaustion she cannot hide. For the two women, the food kits become a real lifeline. They make it possible to prepare a warm dinner for her mother without constantly worrying that tomorrow there will be nothing left to eat. It means peace of mind for at least a few weeks and the feeling that they are not left alone with their hardships.

Liudmyla has been receiving assistance since the very beginning of the distribution. Food kits from [the UN World Food Programme](#), made possible with the support of [ADRA Switzerland](#) and delivered by the staff of [ADRA Ukraine](#), are brought to the settlement every month. For families living close to the front line, where danger and power outages have become part of daily life, such support is a real miracle.

This assistance is not only about food. It is about care, humanity, and hope. It is a reminder that even in the most difficult times, someone remembers them, comes to support them, and extends a helping hand.



LIUDMYLA BEZDONEZHNA from the village of Prymorske, Zaporizhzhia region

Liudmyla is originally from the village of Prymorske of Zaporizhzhia region. She is a pensioner and has spent her entire life there. She had a cozy home where she lived with her husband and son. She has two grandchildren, and just a few years ago her life was calm and peaceful.

In 2022, everything changed forever. The village came under constant shelling: explosions, the sound of incoming artillery, and fear with every new day.

“Living there was impossible, but I endured it for three and a half years,” Liudmyla recalls.

Her son was always by her side, he is her support and strength. He helped her both physically and financially and was with her during the hardest moments. But two and a half years ago, he passed away. For Liudmyla, it was a devastating blow. At a time when daily shelling caused constant fear, her son was her only comfort. With his loss, her world quite literally collapsed, she was left alone with her pain and anxiety.

The final turning point came when a neighboring house was shelled. A shell hit the house next door, a fire broke out, and flying debris damaged Liudmyla's home as well. *“There was no one to hire (to repair the house), no one would come, everyone was afraid,”* the woman says.

Neighbors with whom Liudmyla had very good relations helped her evacuate to Zaporizhzhia. This is how she ended up in a shelter. It is warm there, shops and essential services are nearby, but most importantly, there is silence and peace. There are no nighttime explosions and no fear of falling asleep.

Later, it became known that Liudmyla's house had burned down completely. Her neighbors did not tell her right away, fearing that she would not withstand another loss after her son's death.

Thanks to the support of [Japan Platform](#), [ADRA Japan](#) and [ADRA Ukraine](#), fuel briquettes were delivered to the shelter. Now, the place where people in need have found refuge will be warm and welcoming this winter.





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