

# 2023

## JUL-AUG

### SUMMER CAMPS FOR UKRAINIAN CHILDREN REPORT

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During the summer *Galileo centras* hosted a transformative 5-week camp experience, comprising 3 weeks of day camp in Vilnius and 2 weeks of an enriching overnight camp in Nida. The camps engaged almost 100 children, with a significant majority of 80% being of Ukrainian descent.



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The camps were thoughtfully designed and executed using Trauma Informed Principles. This approach ensured a safe and nurturing space for campers to share their challenging experiences, some for the first time. Campers shared their stories, leading to a sense of relief and belonging. The camp served as a platform for cultural exchange as well, creating a rich tapestry of diverse experiences and backgrounds and contributed to new friendships.

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## Impact Snapshot



Children from all  
Lithuania ages 8-16



Over 50 hours of  
therapeutic activities



Languages spoken at  
camps: LT-UA-EN-RUS

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## Funding summary

**EUR 1 900**

Donations

**EUR 0**

Government Funding

**EUR 21 340**

Through sales and  
NGOs trust\*

\*20% of this amount was raised through sales, and the rest of it came through the trust of other NGOs working with the Ukrainian refugees, e.g. they bought out certain amount of places at a discount rate (25%, 50% or 70% discount)

# Impact Snapshot



## Therapeutic Activities

All camp attendees were exposed to music therapy. Day campers participated in additional therapeutic activities such as art, dance and eco therapy, while overnight campers, in addition to music therapy, engaged in movement and drama, an endless sand tray experience on the beach.



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## Physical Activity and Play

Throughout the camp, campers averaged an impressive 9 kilometers of walking per day, promoting physical health and an active lifestyle as well as immersed in hours of joyful board games.



# Impact Snapshot



## Sharing Stories and Emotional Healing

One of the impactful aspects of the camp was the safe space it provided for children to share their stories, some of which were deeply traumatic. Many children eagerly shared their experiences. For some, it took time to open up, but the camp created an environment where they felt safe and encouraged to release their stories. As a result, some parents expressed their intent to continue therapy for their children to sustain the progress made during the camp.



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## Community Partnerships

The success of our camp was amplified through collaboration with essential partners. The Food Bank generously supplemented our planned meals, and private companies contributed delightful desserts, including cookies, chocolate candies and ice cream, adding a sweet touch to the campers' experience.



# Empowerment by TIS UK



The camp was significantly empowered by a generous donation from TISUK, allowing us to achieve several crucial milestones:

## Financial Support for Attendees

With the help from TIS UK, five children received partial or full funding to attend the camps: four of them attended the day camps in Vilnius, and one attended the overnight camp at Nida.



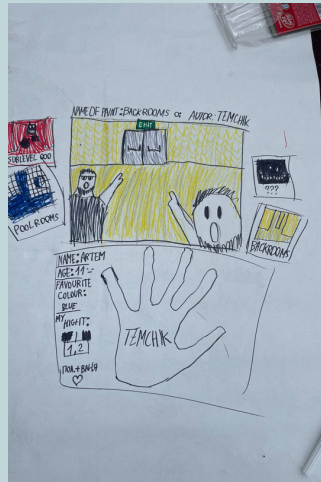
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## Transportation for Camp Leaders and Therapists

TISUK's donation also covered transportation costs for camp leaders and therapists commuting between Vilnius and Nida over the course of two weeks, ensuring a seamless camp experience.



# Empowerment by TIS UK



## Through knowledge

In addition, your organization empowered our camp by sharing invaluable expertise in Trauma Informed Principles. Your guidance helped us shape a safe environment, essential for children to start building trust and open up, equipped us with necessary tools to help children tell their stories (through sand, mini world, story telling, play back theater techniques, enriching emotions vocabulary, Big Empathy Drawings).



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## Principles applied in a nutshell

### PROTECT

We have focused on creating a physically and emotionally safe environment for children and their parents: pre-Camp orientation, meeting & greeting children each day, keeping up to the time-table and being predictable, creating and maintaining boundaries, encouraging to come and talk, created calm spaces, personal attention to each child every day.



# Empowerment by TIS UK



## RELATE



Created an atmosphere in camps where children were met by adults aware of their traumatic experiences and capable to bond and build trust. The emotion of “I hate you” shifted to “It is quite alright to be here”. Steady and repeatedly children saw what another response to their behavior or another way of expressing it felt.



## REGULATE



At camps different intervention methods were used to relieve the levels of stress and frustration: physical movement, art therapy, drama, toy stories (mini world), sand tray and hand paintings. Pictures illustrate the majority of interventions carried out at camps. There were many talks on any of the topics of interest to the children.



# Empowerment by TIS UK



## REFLECT



All staff members were on TIS UK training program, so there was a shared understanding on the importance of active listening. Children were also encouraged to develop their active listening skills through playful activities, to reflect on their emotions at the end of the day with the help of emotional granularity wheel.



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Reflection was further encouraged by daily diary writing, drama practices where children in groups created short plots based on their stories, anonymous Q&A pot (where children put their questions they wanted to anonymously ask and discuss in a group ).







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## Thank you!!!

The summer camps were a true success, fostering personal growth, cultural exchange, and therapeutic healing for the young campers. We extend our heartfelt gratitude to all our partners, especially TISUK, for your invaluable support, enabling us to create a memorable and impactful summer for these children.