«Youth Leadership in Crises»

Research on the current situation and needs of youth in Ukraine

2024

Introduction

The research "Youth Leadership in Crises" aims to understand the challenges and opportunities faced by young leaders in order to support them and strengthen their role in effectively addressing crisis situations. The project is implemented by the NGOs "STAN" and "Girls" in cooperation with and with the financial support of the Czech humanitarian organization "People in Need". This research was co-funded by the Swedish Institute as part of the "Brave Space" project implemented by the NGO "Fryshuset" in cooperation with the NGOs "STAN" and "Armenian Progressive Youth".

The views expressed in this material should not be taken as reflecting the official position of the NGO "People in Need", the NGO "Fryshuset" and the Swedish Institute.

We researched the state and needs of young people and youth workers by conducting in-depth interviews and online surveys. We spoke with young people about their values, identity transformation, mental health, hopes for the future, feelings about European integration, and willingness to be an active part of society. The research is based on detailed answers from people from different social groups. Such an approach makes visible the diverse experiences of the younger generation.

This research is important for organizations working with youth in times of war. Drawing on its results, one can plan activities taking into account the needs and challenges relevant to Ukrainian youth eight now.

➡️ The findings of the research will form the basis of the "Brave Space"* platform, a joint project of the Swedish, Ukrainian, and Armenian organizations working with youth. "Brave space" aims to create a sustainable, long-term partner community for sharing knowledge and resources. The project will contribute to the creation of physical, mental, and cultural spaces and communities that will empower youth in crises and foster peace.

➡️ The research "Youth leadership in crises" will help to plan the work of the partner coalition "Network for Democracy: Building the Future with the European Leaders of Tomorrow"** uniting NGOs around the "Young Diversity Ambassadors" program aimed at youth and youth workers. One of the key ideas of the coalition would be searching for opportunities to strengthen Ukrainian youth. It will promote building an inclusive, peaceful society, and minimization of the conflicts between different population groups.

➡ The results of the research will help to present the needs youth of Ukraine at the Third Conference on the Restoration of Ukraine***, which will take place in Berlin in June 2024. The conference is a continuation of the cycle of annual high-level events, dedicated to quick recovery and long-term reconstruction of Ukraine, which has been carried out since the beginning of the full-scale aggression of Russia against Ukraine. The key goal of this conference is to consolidate sustainable international support for the recovery, reconstruction, reform, and modernization of Ukraine.

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Methodology

The research consists of qualitative and quantitative parts.

Qualitative research

We conducted seven focus-group discussions (online and offline, 3-4 hours each) with young people, including young activists, and one discussion with the youth workers. We created a questionnaire divided into thematic blocks. Each block featured one main question and several optional questions, with facilitators choosing the most relevant for the group.

Thematic blocks:

- values and ideas of peace

- participation in the sociopolitical life of Ukraine

- feelings about European integration

- activism

- crises and conflicts

- mental health

- young people's needs

It was important to represent the experiences of diverse groups of youth, as their experiences are different depending on the region or the social group. To properly represent these experiences, we collaborated with partner organizations mainly working with the target groups of the research. The partners held the events and conducted a preliminary analysis of the results.

The list of focus groups and partner organizations:

- focus group with LGBTQIA+ youth, NGO "Insight"

- focus group with Romani activists, NGO "TENET"

- focus group with activists, including youth with disabilities, NGO "Protection"

- focus group with volunteers from the Kherson region, NGO "MoloDizhka Kherson" and NGO "The Real Ones"

- focus group with young people in difficult circumstances, NGO "STAN"

- focus group with youth interested in activism, NGO "Security of the Rights"

- focus group with young people from the Sumy region, NGO "Public Sumy Circle"

- meeting of the youth workers, NGO "STAN"

108 young people and 17 youth workers have participated in the qualitative stage of the research. These include people with disabilities; internally displaced persons; people granted temporary protection in the EU; LGBTQIA+ people; people in difficult circumstances; young people from rural areas; relatives of soldiers; Romani activists; volunteers working near the frontline; people with experience of life under occupation and people with relatives on temporarily occupied territories.

The main age group of respondents was 16-25 years old.

Quantitative research

At this stage of the research, we created an online survey, reaching 1200 Ukrainian young people aged 16-25 years old. The questionnaire was developed considering the discussion results from the previous, qualitative stage.

Collected data represents the information regarding youth as a whole and according to key sociodemographic characteristics (age, sex, region, type of settlement, etc.).

Method of data collection: quantitative online surveys using Touchpoll® technology.

Sampling: quota sampling, recruiting technique — snowballing via regional field managers.

	Big cities (1 million and more)	Other cities	Settlements and villages	In general by regions	Uniform distribution in the total sample:	
					Women 16-25 years old	Men 16-25 years old
East	100	100	100	300	150	150
West	100	100	100	300	150	150
North-central	100	100	100	300	150	150
South	100	100	100	300	150	150
In general	400	400	400	1200	600	600

About the partners

NGO "STAN"

NGO "STAN" is a non-governmental organization which strengthens local initiatives and active citizens, namely those belonging to vulnerable and marginalized groups, using the methods of informal education. Driven by the core values of freedom, respecting human dignity, mutual help, and diversity of cultures and mindsets, the STAN team builds up a creative civil society in Ukraine.

"People in Need" (PIN)

"People in Need" (PIN) has worked in Ukraine since 2003. It allowed the organization to provide direct humanitarian support right after the beginning of the armed conflict in August 2014. Initially, the PIN focused on providing urgent assistance, but in 2016 they launched new initiatives, namely in the sectors of security and livelihoods. These initiatives are meant to support Ukraine's transition from a state of emergency to quick recovery and development.

NGO "Girls"

NGO "Girls" is a non-profit organization founded in 2019 that supports women and children in Ukraine. The organization has expertise in the field of sexuality education and the prevention of gender-based violence, makes women's leadership visible, and involves women in economic processes through retraining and support for women's entrepreneurship.

"Center for Social Transformations TENET"

"Center for Social Transformations TENET" is a team of young proactive experts and changemakers who feel responsibility for societal challenges and the development of their communities. "TENET" focuses on three key fields of activity: recovering and strengthening the Romani youth movement, working with the topic of memory, and building an information platform.

NGO "Chernivtsi Association "Protection"

NGO "Chernivtsi Association "Protection" works to improve the level of human rights protection in Ukraine and supports vulnerable groups. The organization strives to build an inclusive democratic society via community development.

NGO "Public Sumy Circle"

NGO "Public Sumy Circle" works for positive changes in the lives of the local communities, creating opportunities for the development of people and organizations.

"Insight"

"Insight" is a Ukrainian NGO whose core values are equality, feminism, freedom, inclusivity, and diversity for all social groups. The team is engaged in human rights and educational activities, providing help and support to LGBTQIA+ people.

NGO "Security of the Rights"

NGO "Security of the Rights" works to protect the rights and opportunities of young people living in the Pervomaisk district, Mykolaiv region. Their main fields of activity include counter-trafficking, improving the economic situation of youth, and integrating IDPs into the community.

MoloDizhka Kherson

MoloDizhka Kherson is the first youth space in the city established in 2021-2022 with the support of the "Building Ukraine Together" program. Regardless of the constant shellings and the difficult situation, the team of the space keeps working with Kherson youth.

The charitable foundation "The Real Ones"

The charitable foundation "The Real Ones" has worked in Kherson and the Kherson region since the first days of Russia's aggression in Ukraine. Since March 2022, the volunteers of the charitable foundation have been evacuating Ukrainian citizens from the occupied territories and the war zone, delivering humanitarian supplies across the front line, and providing targeted humanitarian assistance.

Qualitative research

Values

At the focus-group sessions, we asked the participants to work with cards featuring human values from the Treaty of Lisbon[1]. Young people were ranking them from the least to the most important, creating a pyramid of values. They could also add a card with a value that, in their opinion, undeservedly didn't make it to the document.

Different groups came up with these values:

responsibility	high standards of living	safety
self-determination	experience	awareness

Activists added the values, drawing from their lived experience. For instance, LGBTQIA+ people emphasized the role of safety, as they often face discrimination and violence. Activists in difficult circumstances pointed out the importance of high standards of living.

Values of freedom, democracy, and justice ranked first on the lists of all groups.

[1]Treaty of Lisbon is the foundation treaty regarding the operating principles of the European Union. Entered into force on December 1 2009, it defines the objectives and values of European Union.

Although young people from different regions often chose the same main values, their placement in the pyramid was different, and so was the importance the youth attached to them. These differences reflect the regional differences and social context of young people's environment. For the umpteenth time, it proves that the same values may be of different importance for different communities.

It was telling that the volunteers from the Kherson region who work and live near the frontline have placed the value of "peace" at the bottom of their list. On the other hand, the value of "high living standards" has made it to the top. It can mean that for them, "peace" became a basic need. At the same time, values like freedom and democracy have become a higher priority, reflecting people's aspirations to return to normal life and create a safe environment.

Peace

During the value ranking process, young people were assessing the importance of peace differently. Some deemed peace the most integral part of the value pyramid, while some focus groups unanimously put the card "peace" in the lowest position. To figure out this paradox, we asked young people what peace means to them.

It turned out that many of them perceive peace as a complex process requiring a system approach. It is more than the absence of war but is also a result of working on yourself and your relationships with others. The basic principle of achieving peace is mutual respect. Means of arms or diplomacy are not enough to attain real peace. It also requires a profound understanding.

Young people also emphasized the importance of specific steps for achieving peace. Speaking of peace is one thing. It is totally different to work at peace processes daily, gradually blurring the barriers and fostering new relationships. This process requires time, patience, and persistent work.

One of the definitions we heard called peace a complex activity requiring a great deal of work. This work includes identifying the needs and searching for decisions based on respect for human dignity.

After the discussion, the participants of the focus group created a definition together:

Peace is a conscious complex activity (work) of everyone based on mutual respect

Young people treated certain expressions about peace with skepticism. For instance, the quotes about peace being impossible to achieve by force, or about peace being born from the inside, were deemed too abstract or naive. Some participants shared their thoughts stating that sometimes peace requires deterrence, as love alone is not enough to solve the conflicts.

Youth participating in the sociopolitical life of Ukraine and European integration

PARTICIPATION IN THE SOCIOPOLITICAL LIFE AND DEVELOPMENT OF UKRAINE

Compared to the answers of other young people, young activists expressed very different opinions about feeling involved in the sociopolitical life of the country.

Young activists deem themselves rather influential and involved in Ukrainian life. Regarding the post-war recovery, they would like to get involved in rebuilding the damaged houses, reintegrating war veterans (youth from the territories of current or past hostilities attached particular importance to this topic), advocating for Ukraine on an international arena, developing informal education, and combatting the stereotypes.

Meanwhile, other young people rarely said they feel involved in Ukrainian life. **"It feels like it's not enough and it's really tough. The tools are created for you, but when you come to use them, you get these stares... They can even ignore you."** Young people mainly believe they can contribute to the country's recovery by physically rebuilding the infrastructure.

> Political life is an interesting topic, but most young people can't access it.

Many participants spoke about distrust of authority, the corruption running deep in the Ukrainian political system, and the lack of transparency in the decision-making. To influence the political processes at community and state levels, youth require more information on analyzing, controlling, and influencing government actions. **"If your worldview or plans lead to conflicts or misunderstandings with the village or city administration, it limits your chances of getting involved in political life. Many decisions are shrouded in secrecy, though it's obviously made for throwing dust in our eyes."**

Young people see the opportunities for growth in Ukraine. They appreciate mobility programs, projects consolidating youth, and grants for NGOs and small businesses.

Speaking about the factors hindering self-fulfillment, the youth listed ageism, outdated educational system, limited access to resources, employment problems, corruption, and prejudice. To learn more about these and other challenges the youth is facing, see the sections "Activism" and "Crises and conflicts..."

Young people call contemporary Ukraine **"a bulletproof vest for Europe"** and state that we need help, new alliances, and partnerships. The research participants strongly emphasize the security guarantees, seeing them as the only effective measure of maintaining peace after the war.

However, the youth approach the prospects of European integration critically, taking into account both its advantages and disadvantages.

Young people say that they lack knowledge. They don't understand what European integration would imply for Ukraine and Ukrainians and how it would impact their lives. They don't understand how the legal system would change.

"I believe the unknown is always scary. But I know well what it is like in the swamps [in Russia — author]." People from marginalized groups who had lived in European Union countries have a more positive attitude, while young people living in the active battle zone are more skeptical. They state that firstly Ukraine needs to restore the borders and secure its stability, and only then consider the integration to the European Union.

The youth also say that Ukrainian society isn't fully prepared to accept European values. Young Ukrainians believe that religion affecting the decision-making processes will hinder the way of accepting these values. "It is known that the religion condemns the LGBTQIA+ community. It may slow down the processes as the government heeds the opinion of religious leaders."

Among the potential advantages of European integration mentioned by the participants are:

✓ improving the legal system;

✓ improving the quality of education;

✓ economical perspectives;

✓ cross-cultural exchange;

✓ better treatment of marginalized groups.

"European values introduce liberalization of the views on the LGBTQIA+ community, and that's great. It means approving civil partnerships. Potentially it means approving marriage equality and adopting babies. It is antidiscriminatory legislation. It is the Istanbul Convention."
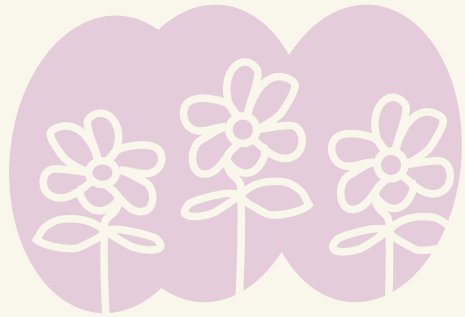
These are potential disadvantages of European integration that young people discussed:

▬ negative impact on the economy (growth in prices for food, services, and fuel);

▬ Ukraine losing autonomy.

Activism

Civil activists feel that they are a valuable part of Ukrainian society. They perceive change-making as an opportunity for self-fulfillment and consolidation. They appreciate their right **to be responsible and to be involved in global transformations.**

However, active young people face challenges that make them doubt if their activism is important:

● **Exhaustion and burnout.**

"When I am really exhausted, I am not sure if what I do is important." For instance, volunteers from the Kherson region emphasized the importance of physical recovery. They also told about their psychological problems caused by seeing the war daily, witnessing explosions, destruction, and trauma. Other activists talked about moral exhaustion from work and daily operational tasks.

● **People misunderstanding activism.**

"They believe that people engaged in activism are selling air, as it is complicated to measure their work." Lots of people in Ukraine deem youth activism a political activity, money laundering, and wasting energy. Activists state that their relatives, partners, and friends are often denouncing their work. Romani women in activism put an extra emphasis on this point, as in their culture it is not accepted for women to actively express their ideas.

● **Lack of positive feedback.**

Young activists feel invalidated when the community ignores or criticizes their initiatives. Young leaders often lack positive feedback from the beneficiaries.

● **Unrealistic expectations and too much responsibility.**

Young volunteers and activists say that sometimes people expect unrealistic changes thus invalidating their work. "They think of volunteers as pf a supermarket providing food delivery services. In the summer, when we did delivered food packages and humanitarian assistance for people on the island, they often asked, "Now, where are the sausages, and where is the cheese?"[1] Leaders also shared the stories when they felt too much responsibility, imposed on young people unbeknown to them.

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[1] VOLUNTEERS FROM THE KHERSON REGION TELL ABOUT DELIVERING THE HUMANITARIAN ASSISTANCE IN THE COMMUNITIES FLOODED AFTER THE KAKHOVKA DAM GOT BLOWN UP.

- **Authority.**

  Changemakers say that authority often hinders their activity. Government officials aren't willing to cooperate with the local youth: they block access to resources, affect the work of advisory institutions, and ignore the activist work in the community.

- **Unreliable partners.**

  Activists are desperate after facing an unfair attitude from fellow activists, volunteers or contractors, the hired employees.

- **Financial troubles.**

  Activists often said that they lack money. They would like to have more opportunities to maintain decent living standards, as civic engagement and volunteering require a great deal of their effort and time.

- **Lack of information.**

  Some young activists lack experience in civic engagement. They don't know how to change themselves for the better, with whom to collaborate, or where to search for opportunities.

It is crucial to understand **the complex situation of activists who keep working despite them or their loved ones being in the temporarily occupied territories.** In order not to harm themselves and their loved ones, these activists need to be extra cautious and practice information hygiene.

They are cautious in their conversations, avoid giving interviews, and never express their position on the open online platforms. **"I would love to express my thoughts freely, but now I can only do it this way, using a voice recorder. Unfortunately, in the public spaces, with all the videofixation and identification systems it would be hard for me to do it, as I understand that I am putting my loved ones in danger."**

Activists realize that now their words are of utmost importance. They do their best to fight the stigma against people staying under occupation. **"My activism is also about being the voice for people**

from the occupied territories... There are plenty of locals who have simply stayed at home, and not many people are thinking of them now. They perceive these people as enemies you need to cut all the ties with, and so on."

Despite all the challenges the activists face, young changemakers are motivated to change the world, seeing the changes they make. They are bravely overcoming the obstacles and keep working to achieve their goals. They say that it is up to them which country we will all live in. They strive to change Ukraine for the better not only for themselves but also for the people around them.

Crises and conflicts relevant to the youth

Young people feel most anxious due to economic problems, political instability, separation from their loved ones, problems in relationships, expectations imposed by society or relatives, the danger of death, and war in general. The participants also spoke about dilemmas regarding their future, unstable emotional state, and identity crisis.

Full-scale Russia's invasion of Ukraine has profoundly changed the young people.

They say that they have become more responsible, conscious, and able to take risks. They stopped delaying life, openly expressing their needs and wishes. Youth often mentioned acquired post-traumatic stress disorder (PTSD) and guilt. Some of them felt guilty because of being safe, others, due to feeling powerless and not being able to help the victims, while others felt guilty due to not having an active pro-Ukrainian position in the past.

The war has also profoundly changed the living conditions of young Ukrainians. Constant shellings, financial insecurity, being displaced (both within Ukraine and internationally), separation from family — all of this and dozens of other challenges have affected the living standards of the youth. Such circumstances lead to feeling uncertain about your own future and the future of the country.

Conflicts with society belong to the strongest challenges that the youth face. The participants spoke about the anxiety caused by not being accepted by the society.

Young people most often face the conflicts due to:

- age;

- nationality;

- disability;

- the language used in private life;

- origin [people from the East and South of Ukraine told that they get in trouble due to their official registration. They are denied renting or employment. Young IDPs often have to hear the comments about them being ostensibly involved in waging

the war. Some of them hide that they lived under occupation or that their relatives stay at the temporarily occupied territories, as the society is prejudiced.];

- gender identity;

- being part of the LGBTQIA+ community;

- self-expression;

- religion.

The nature and point of the conflict highly depend on the context – ethnic communities deal with conflicts due to nationality and gender identity; IDPs face conflicts due to their origin and language; LGBTQIA+ people are not accepted because of their gender, sexuality, or self-expression. Ageism is a relevant problem for all young people, as teachers, relatives, and government officials often deem the opinion of the young generation unworthy. They justify it by the presumed lack of experience and maximalism of the youth.

Young people identified such ways to respond to the conflicts:

- **Avoidance.**

  When the conflict threatens life or health or requires too many psychoemotional resources.

- **Aggression.**

  Sometimes young Ukrainians strongly respond to words regarding their opinions and identities. They may respond emotionally to the comments they deem offensive or stereotypical, particularly if they pertain to sensitive topics.

- **Reasoned answers and education.**

  Youth aspire to state their position, values, and opinions in a non-violent way. They do it both during the conflict and before it, striving to prevent future misunderstandings.

● **Public reactions.**

Currently, it is a common practice among young people to give publicity to conflict situations. It helps not to feel left alone with your problems.

● **Searching for support.**

Young people require support from their environment: like-minded people, colleagues, parents, and friends.

● **Supporting affected people.**

Even when young people don't participate in the conflict directly, they support people who express the opinions they share.

Young Ukrainians were not discussing their potential influence on other world crises or conflicts. They stated that they have no energy to delve into them, as they have found themselves amid the biggest war in 21st-century Europe.

Mental health

Young people said that for them mental health is more than absence of the problems. It is also the ability to handle problems on your own or to be brave enough to ask for help. Many people relate it to the ability to assess one's state and the ability to influence it. Some believe that for mental health it is integral to maintain an internal balance, divide time between work and rest, and analyze one's physical and psychological state.

What affects mental health.

Anxiety and depressive disorders have become widespread among the youth due to the uncertainty of the future, social pressure, and the influence of the informational space (psyops, deliberate spread of pessimistic narratives, etc.).

Romanticizing depression on social media and self-diagnosing mental disorders lead to the stigmatization and misperception of these problems. Posttraumatic stress disorder is widely spread among internally displaced young people, even though it is usually associated with soldiers. Plenty of young people suffer from strong anxiety every day, which leads to serious health issues. The participants also mentioned that their environments lack a self-care culture and that psychological help is not normalized. Often family members of young people don't understand the importance of getting professional help.

One of the main factors affecting the mental health of young people in Ukraine is war. Constant danger, shellings, losing loved ones, risk of occupation, and forced displacement may trigger anxiety, depression, and PTSD. Young people living in the safer territories say that they experienced guilt because of being safe. They also mentioned the permanent "feeling of war" which exacerbates anxiety and affects their lives.

Constant activism, volunteering, work, or study often lead to burnout and emotional exhaustion. Activists and leaders confess that due to civil engagement and study, they struggle to find time for rest, which further exacerbates burnout.

"The last crisis I faced was burnout. It had a profound impact on my mental health. After that long recovery is needed. You need to do nothing for a while, that's the only way to recover."

Volunteers say that their mental health is also affected by financial problems due to unemployment or limited work opportunities. Besides, many young IDPs have trouble finding work due to discrimination and lack of experience.

Participants of the focus groups say that their well-being is also directly affected by the moral state of their parents, friends, and colleagues. Besides, social pressure forces young people to live up to certain expectations which induces stress and anxiety. Activists point out that due to all the expectations and requirements, they find it difficult to balance activism, personal life, and other commitments.

The taboo nature of mental health is also an issue. Young people often avoid speaking about their mental health, constrained by the fear of stigmatization and rejection. They state that psychotherapy remains taboo, and coming to a psychologist or therapist comes

with fear of disapproval and rejection. That's why youth rarely seek psychological care. "Unfortunately, not a lot of young people understand what is psychotherapy. Lots of people, adults and the elderly discredit the influence therapy has on people."

A large number of incompetent "professionals" in mental health care further complicates the situation. That's why it may be difficult to get appropriate help. Because of that the social levels of distrust of psychologists and therapists also grows

How young people care about their mental health:

Seeking professional help.

Young people realize the importance of professional help, which is why they go to psychologists, psychotherapists, or psychiatrists more and more often.

Talking with relatives.

Friends, or a community of like-minded people helps the youth to maintain a stable emotional state.

Physical activity.

Helps ease tension and get distracted from the problems. Many participants of the focus groups do sports.

Education.

Self-awareness and mental health awareness help the youth to deal with stress and to keep their emotional state stable.

Hobbies.

The participants of the focus groups stress the importance of arts as a tool of self-expression and support for mental health. They believe that art helps them express emotions, get distracted from problems, and cope with stress.

✔ **Rest.**

Reading, sports, cleaning, and other leisure activities help young people to relax and get distracted from their problems. Time alone also helps to keep the emotional state stable.

Young people also listed destructive ways to cope with stress:

- ignoring the problem

- self-isolating;

- self-harming;

- neglecting one's basic needs.

Once again it proves the relevance of the problems and challenges young people face and the toll it takes on their mental health.

Young people's needs.

Young people clearly understand what can make them stronger. They want to be heard and are ready to express their wishes and needs openly. The participants stressed that they are ready to engage in change-making in their communities. Still, they require more systematic and significant support from the governmental institutions.

During the in-depth interviews, the youth emphasized such needs:

● **Barrier-free infrastructure.**

Young people, including those with disabilities, require an environment tailored to their needs. It would grant them unhindered access to education and work. It would also make it easier to use public transport and navigate public spaces.

● **Changes in the political system.**

Democracy, transparency in decision-making, and effective anti-corruptive activities are the key demands young people

have for the government. They want the political system to be just and open to public scrutiny. In this system, everyone would have an opportunity to participate in decision-making.

● **Space for dialogue.**

For the sake of the development and social stability of Ukraine, it is important to create safe spaces for dialogue consolidating young people with different experiences. It will help minimize the conflicts caused by misunderstandings or stereotypes.

● **Emotional well-being.**

Mental health is crucial for youth. That's why young people require accessible and professional psychological help.

● **Activism and civic engagement.**

New opportunities for civic engagement and support for youth activism will encourage young people to shape the future of their communities and Ukraine. Youth admit that the community requires new approaches to engaging young people in political processes, civic initiatives, and volunteering. The current methods aren't productive. It is important to support and motivate young people, and not force them to be active, as sometimes happens at schools, universities, and in the city councils.

● **Financial opportunities.**

Many young people mentioned their financial problems. They would like to have more opportunities regarding employment and studying financial literacy. Young people engaged in volunteering or activism also require additional financial support (individual scholarships or grants) as their civic life takes a lot of their time and other resources.

● **Preserving the regions' memory.**

The youth express the need to preserve the cultural and historical heritage of the regions, particularly of those that were or are under occupation. It is about documenting history and

preserving the language, traditions, and cultural monuments. Protecting these values is particularly important for the identity and self-awareness of young people. "Let's take Sumy. We have plenty of things, and I didn't know a lot, even though we need to learn about them. I know a lot about Russian history… but not enough about my own city."

● **Crosscultural exchange.**

Young people in Ukraine appreciate the opportunities for exchanging experiences, fostering a deeper understanding of global contexts and cultures. Study visits and volunteering, collaboration with international organizations, and participation in international projects and festivals expand the worldview of young people, helping them to get the experience crucial for the development of Ukrainian society.

● **Motivation system for youth.**

An environment must be created that would encourage young people to continue their development in Ukraine. That is relevant for both people staying in the country and for those contemplating getting back. A supportive environment for launching businesses, access to quality education, grants, and security guarantees are crucial for the youth.

● **New educational opportunities.**

Speaking English opens the door to international opportunities, education, and career. Young people would like to have more language-learning tools. They also find it important to share their experiences.

● **Inclusivity and mutual respect.**

The conditions in which everyone would feel a valuable part of society is a fundamental need for young people. That's what makes it important to combat discrimination and support diversity in all aspects of social and political life.

Quantitative research

In the third year of the full-scale war, Ukrainian youth face various issues, including social, economic, and psychological challenges. These range from stress due to an uncertain future to depression and low quality of life. **More than half of the Ukrainian youth report a low quality of life (based on the WHO-5 scale), with about 31% feeling unwell and 29% showing symptoms of depression.** Youth aged 18 to 25, those from eastern regions and small towns, and low-income youth are the most affected groups.

The main stress factors for Ukrainian youth include uncertainty about the future, concerns for the safety of loved ones, potential mobilization, economic problems, and separation from family and friends.

Additionally, 43% of respondents do not know where to find professional psychosocial support if needed, indicating a lack of information. The main issue in finding a psychologist is **not knowing how to choose a qualified specialist,** a concern for 40% of youth. About one-third lack sufficient information about mental health or admit their own lack of knowledge on the topic.

Most young people are dissatisfied with the living conditions in the country, 28% of respondents say conditions are generally bad, and 39% say they are generally satisfactory. Only 10% rate the conditions positively. Community-level ratings are slightly better, with 35% somewhat satisfied and 6% fully satisfied. **Among key problems, preventing life satisfaction in communities are employment prospects (50%), job opportunities (39%), corruption (37%), and the quality of the education system (32%).**

Youth believe that achieving a peaceful society requires implementing principles of equality, access to services, and equal participation in public life. **Many young people believe in their ability to create a good life for themselves but doubt their ability to contribute to society. Key barriers for motivated youth include biased attitudes - such as not taking youth initiatives seriously (38%) and fear of criticism (32%). A third of the youth point to a**

lack of knowledge on how to implement their ideas (32%), and less than a quarter cite a lack of leadership examples in the community (21%).

The expectations and hopes of the youth are quite pessimistic. Social optimism among young people is low: most do not see prospects for improving the situation in the country, and only 19% believe things will get better. The most common feelings about Ukraine's future are hope (50%) and anxiety (43%), with few positive expectations supported by other positive markers.

More than half of young Ukrainians (64%) support Ukraine entering the European Union, but a third (31%) are uncertain about this step. Supporters are mostly young men, youth from central and northern regions, and those with higher incomes. Attitudes towards EU integration also correlate with the experience of visiting EU countries. Youth who have not visited EU countries or have visited as tourists or war refugees view EU integration positively. Those who visited relatives or worked seasonally in the EU are more doubtful, and seasonal workers tend to view EU integration negatively.

   The main concerns about EU integration are uncertainty and a feeling of being unwanted in the EU, especially among youth from eastern regions. The main expectations from EU integration are improved living standards (48%), opportunities for self-fulfillment (25%), and a better legal system in Ukraine (23%), along with higher wages (23%) and better education quality (20%).

   Therefore, it is important to work with youth on their psychosocial health, self-fulfillment opportunities, civic engagement, and future prospects in Ukraine. Their problems, needs, and motivations will shape the country's development. Solutions include providing access to education, supporting their civic, career, and personal ambitions, and offering psychological and social support to maintain their physical and mental health. Working with youth contributes to creating a stable, harmonious, and prosperous society and promotes social cohesion.

Socio-demographic profile of the respondents

Below is the profile of participants in the quantitative phase of the study.

A total of 1,244 respondents aged 16-25 were surveyed. The sample was evenly divided by gender: 54% are girls, 45% are boys, and 0.3% chose not to specify. Age groups were also evenly represented and divided into four life stages: high school students (29%), freshmen and sophomores (22%), seniors (26%), and those who have graduated and are working (24%). The regions from the four macro-regions and different settlement types were evenly represented: urban (65%) and rural (34%).

Age

16-17 years old	29%
18-20 years old	22%
21-23 years old	26%
24-26 years old	24%

Gender

- Men 45%
- Women 54%
- Other 0,2%
- Not to say 0,3%

Settlement type

Kyiv	9%
Oblast centre	35%
City	22%
Urban-type settlement	7%
Village	27%
Abroad	1%

Region

East	24%
West	25%
North-Center	27%
South	23%
Abroad	1%

Status

Remained at home (far from the frontlines)	63%
Displaced in Ukraine but returned home	13%
Remained at home (close to contact lines or in occupied areas)	10%
IDPs	8%
Displaced abroad but returned home	6%
Abroad	1%

Among the participants, 8% were internally displaced persons, 13% returnees (were displaced within the country), 6% returnees (were displaced abroad), and 73% stayed home since the full-scale invasion. Among those who stayed home, 10% experienced occupation/military actions at home, and 63% lived far from the front line.

Belonging to

I do not belong to any	87%
LGBTQIA+	3%
Pregnant	2%
Person with a disability (status)	2%
Person with a disability (no status)	1%
Member of Roma or other ethnic community	1%
Don't know / Hard to say	5%
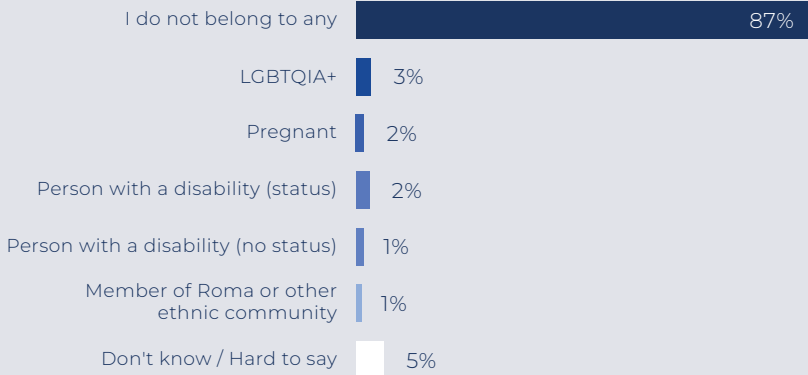
The study included 3% LGBTQIA+ participants, 2% pregnant individuals, 3% people with disabilities, and 1% from Roma or other ethnic communities. The share of respondents representing these groups does not allow us to analyze them separately, so their answers were analyzed together with other respondents.

Income level

Not enough to cover basic needs	11%
Just covering basic needs	33%
Covering more than basic needs	46%
Satisfying financial status	6%
Refusal to answer	4%
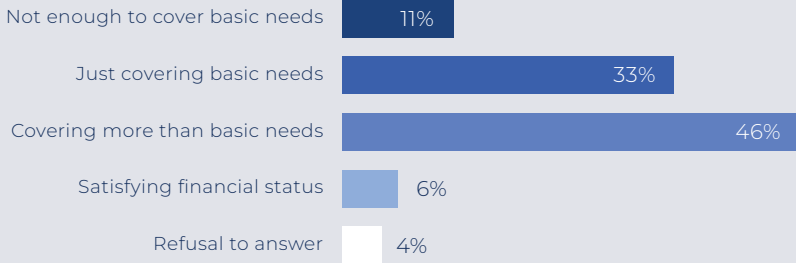
Regarding income levels, nearly half of the respondents have a middle level of income, sufficient for more than basic needs (46%), a third have below-average income (33%), and 11% have insufficient income to meet basic needs.

Marital status (only for 18 years +)

Married and living together	19%
Live together but are not married	17%
Married, but have not been together for a long time (mobilisation, relocation due to war, etc.)	3%
Divorced	3%
Single parent	1%
Widow(er)	1%

Employment

Education	31%
Employment in a private company	26%
Employment in a public/non-profit company	12%
Temporarily unemployed - job loss/redundancy	11%
Freelancer (freelance employment in different companies)	8%
Temporarily unemployed by choice / housewife	7%
Trainee/practitioner	5%
Individual business/private entrepreneur	4%
Maternity leave	3%
Leave to care for a person with a disability	1%

In terms of employment status, a bit more than half of the respondents are not working: 31% are still studying, 11% are temporarily unemployed due to job loss, 7% are temporarily unemployed by choice, 3% are on maternity leave, and 1% are on leave to care for a person with a disability. **Slightly less than half of the respondents are employed.**

Education level

Incomplete secondary, secondary (school)	34%
Secondary specialised (technical school, college)	30%
Incomplete higher education (at least 3 years of university)	17%
Higher / two higher education / academic degree	18%
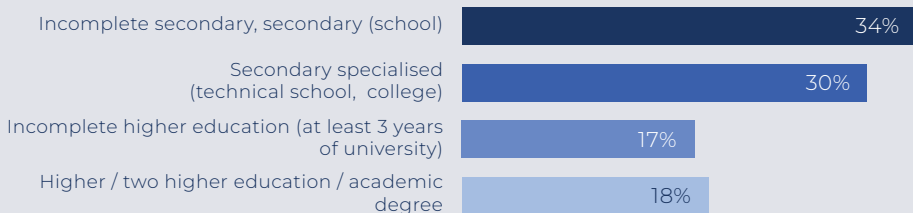
Mental health and psychosocial support (MHPSS)

During the quantitative study, the WHO-5 Well-Being Index was used.

The results show that 31% of young Ukrainians have a low level of well-being and quality of life, indicating possible psychological symptoms, including depression (score = 29 > 50), and 29% experience stress with depressive symptoms (score = 0 > 28). 31% of respondents reported normal or satisfactory quality of life (score = 51 > 75), and only 9% reported their quality of life as the best possible (score = 76 > 100).

WHO-5

- [<28] low
- [29-50] below average
- [51-75] above average
- [51-75] high
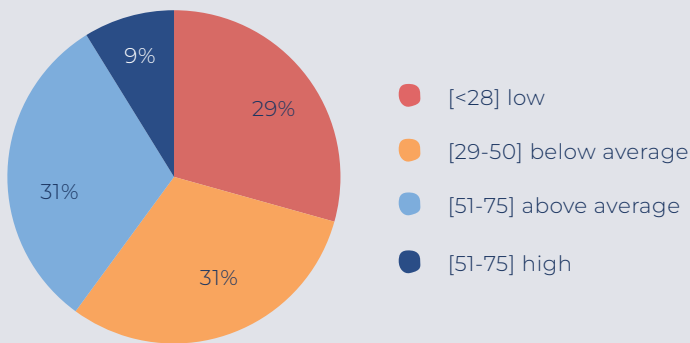
Psychological well-being is influenced by gender, age, region, displacement experience, and financial situation:

- younger respondents (16-17 years) have better well-being scores than those aged 18-25;

- youth from eastern and southern regions and small towns have worse scores than those from other regions and large cities or villages;

- displacement experience does not show a statistically significant difference;

- youth with lower income have worse well-being scores.

	[<28] low	[29-50] below average	[51-75] above average	[>76] high
Men	27%	29%	33%	10%
Women	31%	32%	29%	8%
16-17 years old	22%	31%	36%	12%
18-20 years old	32%	30%	29%	9%
21-23 years old	31%	27%	33%	9%
24-25 years old	35%	35%	24%	5%
East	49%	24%	24%	3%
West	21%	38%	31%	10%
North-Center	19%	31%	34%	15%
South	29%	30%	36%	6%
Large cities	23%	32%	36%	10%
Other cities	44%	31%	19%	6%
Villages	28%	29%	33%	10%
IDPs	39%	29%	28%	5%
Returnees	31%	37%	28%	5%
Non-displaced	28%	30%	32%	10%
Low income	60%	18%	18%	4%
Below average	40%	30%	26%	4%
Average and higher	17%	34%	37%	13%

● [<28] low ● [29-50] below average ● [51-75] above average ● [>76] high

There is a direct correlation between well-being, age, and income: the older the youth and the lower their income, the lower their well-being score.

The biggest source of stress for youth is uncertainty about the future and the difficulty of future planning (50%). This uncertainty is slightly higher for youth from small towns (58%), but it is a key source of stress for everyone, regardless of other socio-demographic factors.

Main sources of anxiety and stress

Source	Percentage
Uncertainty about the future	50%
Safety of family members (civilians)	36%
Safety of family members / relatives / friends who are currently in the Armed Forces	28%
Possible mobilisation of me or family members	27%
Reduction/loss of income/economic difficulties	26%
Separation from loved ones	23%
Exams (final exams, admission campaign)	20%
Lack of "live" communication	16%
Loss of loved ones	13%
Misunderstandings with relatives / friends aathe war	11%
Loss of property / displacement	8%
Lack of access to basic needs	7%
Difficulties with integration in a new place	4%
Difficulty in caring for family members	4%
Other	1%

The second most common stress factor is concern for the safety of family and friends (36%). This concern is more frequent among youth from eastern and southern regions.

Worrying about the safety of loved ones serving in the Armed Forces of Ukraine is noted by 28% of young people, especially those from large cities.

Possible mobilization of respondents or family members is a source of stress for nearly a third of youth (27%). This stress is more common among youth aged 24-265 and those from western regions.

Each age group has its own specific sources of stress. (see Table 1.1: Main sources of anxiety and stress for young people: gender, age, experience of displacement):

- for high school students, it's exams (finals, entrance exams);

- for freshmen and sophomore students, it's economic difficulties and lack of "live" communication;

- for students in their final years of studying, it's finding their first job. They also tend to worry more about financial difficulties;

- displacement experience is also one more source of stress. Internally displaced persons (IDPs) more often cite separation from loved ones, lack of "live" communication, loss of property, lack of access to basic needs, and difficulties with integration.

Nearly half of the respondents (43%) do not know where to find a mental health specialist or psychosocial support if they urgently need help. This is more common among youth from southern regions and those with below-average income.

About 57% of the youth know how to find a specialist. Girls are somewhat better informed than boys (63% vs. 50%), and youth with average or higher income levels are better informed (60%).

Finding a mental health/psychosocial support specialist

43% 57%

● Yes, I know

● No, I don't
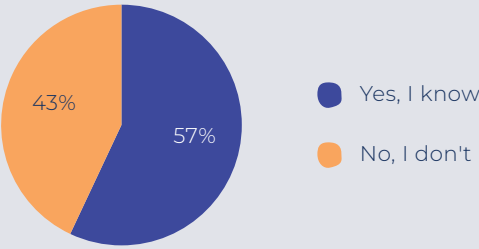
The main problem in finding a specialist is not knowing how to choose a qualified professional, noted by 40% of the youth. A third of the respondents say they lack information on this issue (35%) or admit their own lack of knowledge about mental health in general (28%). One in four complains about the lack of free psychosocial support services, and 11% point to difficulties in accessing these services or lack of mobility.

Difficulties in finding a mental health/psychosocial support specialist

Not understanding how to choose a qualified specialist	40%
Missing information	35%
Lack of knowledge about mental health in general	28%
No free services available	27%
Lack of mobility / Difficulty accessing services	11%
Other	2%
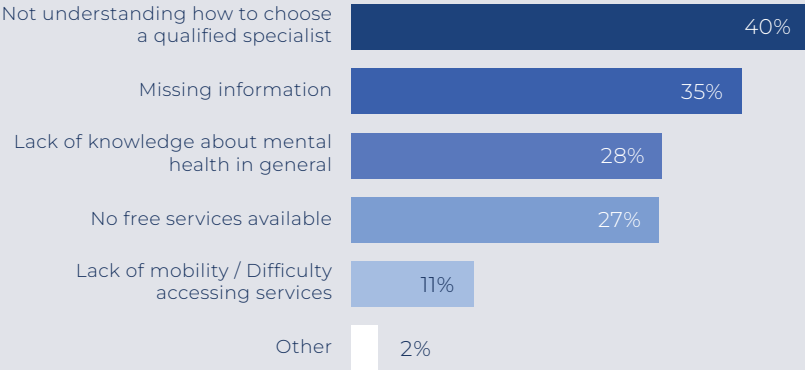
The problem with finding a specialist varies by region and type of settlement structure. (see Table 2: Difficulties in finding a mental health professional / psychosocial support):

● not understanding how to choose a qualified specialist is more common among youth from western regions and large cities;

- youth from southern, northern, and central regions more often cited a lack of information;

- lack of free services is more often noted by youth from southern regions and large cities;

- youth from eastern regions more often mentioned a lack of mobility and difficulties accessing services;

- access difficulties are also more often noted by youth from small towns.

We also asked young people about the stigmatization of those seeking psychological or psychosocial support in their environment. **More than half of young Ukrainians believe that people seeking psychosocial services are perceived neutrally (40%) or positively (22%) by society.**

Only 2% reported negative attitudes and 10% reported prejudiced attitudes. However, almost a quarter of respondents did not answer, suggesting that hidden stereotypes and prejudices may exist among them.

Perception of those seeking psychological and psychosocial support

Category	Percentage
Neutral	40%
Positive	22%
Biased (stereotypical, non-objective)	10%
Negative	2%
Hard to say / don't know	25%
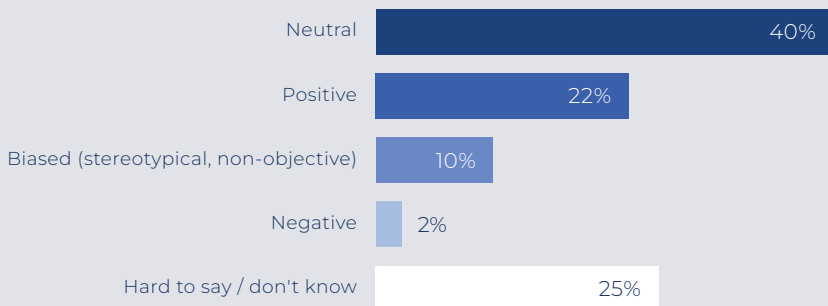
The biased attitude towards those who seek support is somewhat higher in the southern regions. Positive attitudes are more common in the western, northern, and central regions of the country.

	West	West	North-Center	South
Hard to say / don't know	20%	25%	26%	29%
Negative	2%	3%	2%	2%
Biased (stereotypical, non-objective)	11%	8%	7%	16%
Positive	23%	28%	25%	14%
Neutral	45%	36%	40%	39%
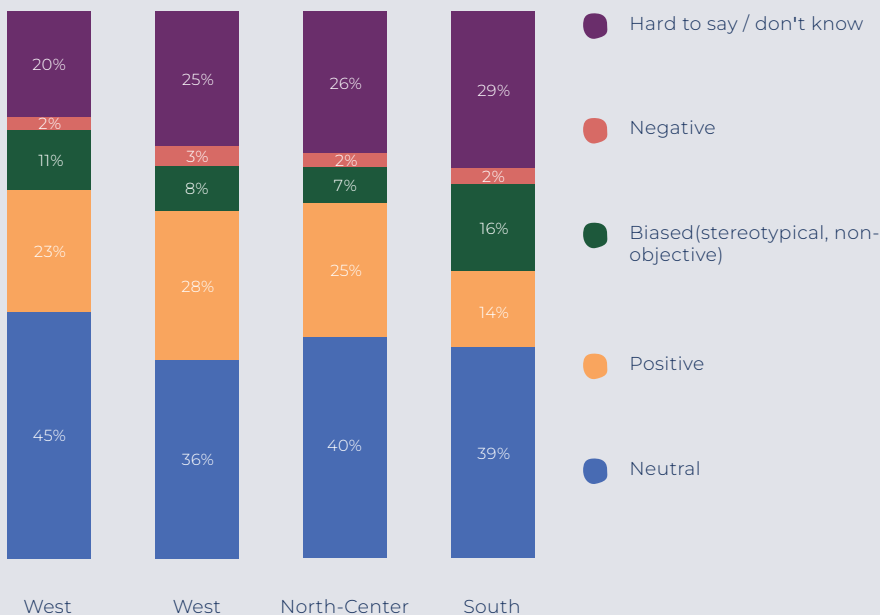
Identity

Identifying with a certain territorial space indicates the priority of that space and influences behavior and efforts directed towards that level. **According to the survey, national identity dominates among the youth, with more than half (66%) considering themselves primarily citizens of Ukraine. However, local identity is also significant: 16% see themselves primarily as residents of a village, district, or city, and 5% as residents of a region.**

For comparison, the annual survey "Ukrainian Society: Monitoring Social Changes" by the Institute of Sociology of the NAS of Ukraine[1] (June 2023, sample size of 1800, representing **the adult population of Ukraine aged 18 and older) found that 79% of respondents chose national identity, and 10% chose local identity.** This difference

[1] https://isnasu.org.ua/assets/files/monitoring/Maket_Ukr_suspilstvo_2023.pdf

between the predominantly adult population and the youth may indicate the formation of different identity vectors among the youth due to various factors related to the large-scale war.

However, youth show a higher level of integration into the global community. Six percent of respondents consider themselves citizens of the world (compared to 3% among the 18-60 age group in the above-mentioned study).

The survey results indicate that regional structure strongly influences national and local identity. Youth from the western, central, and northern regions more often chose national identity, while youth from the eastern and southern regions more often chose local identity

Who do you consider yourself to be?

Citizen of Ukraine	66%
A resident of the village, district or city where you live	16%
Citizen of the world	6%
A resident of the region (oblast or several oblasts) where you live	5%
A representative of your ethnic group or nation	4%
A citizen of Europe	2%
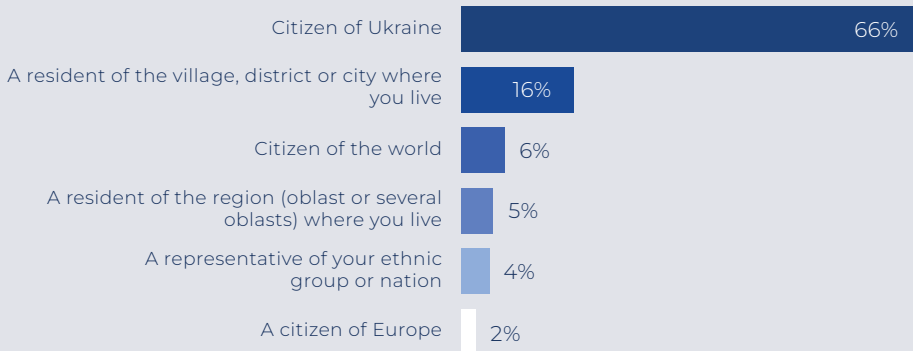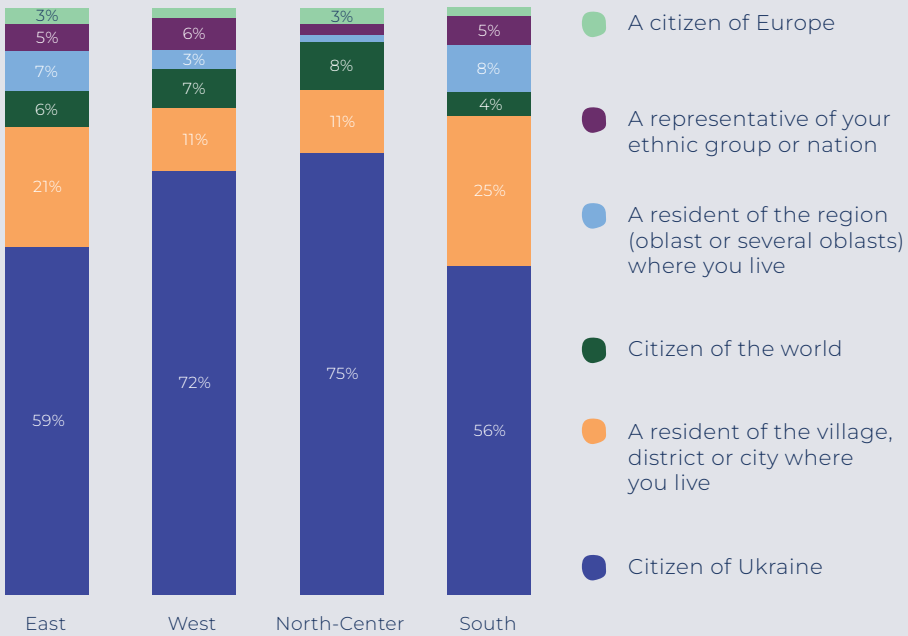
On the other hand, most young people do not see opportunities to participate in the social and political life of the country at various levels, indicating a lack of opportunities for civic engagement or low awareness of such opportunities:

- only 13% of respondents feel somewhat included in the country's political life, and 14% in the community's political life. This is more common among youth from the eastern regions;

- 20% feel somewhat included in the social and community life of the country, and 24% in the community life.

One-third of the youth see opportunities to freely express their opinions, and almost half positively rate opportunities for self-expression in the arts:

- 39% see opportunities to freely express their opinions and 48% positively rate opportunities for self-expression in the arts.

How much do you agree with the following statements?

I can freely express my thoughts in art

| 3% | 5% | 7% | 13% | 10% | 11% | 12% | 9% | 27% |
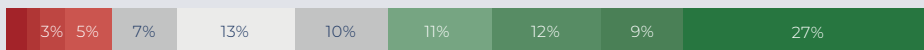
I can freely express my thoughts and wishes in society / social media

| 3% | 3% | 4% | 8% | 14% | 12% | 15% | 12% | 9% | 18% |

I feel included in the social and civic life of my community

| 5% | 3% | 6% | 8% | 9% | 21% | 13% | 12% | 10% | 6% | 8% |
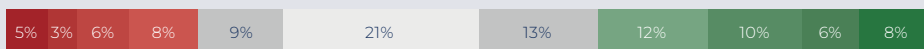
I feel included in the social and civic life of the country

| 6% | 5% | 6% | 11% | 11% | 19% | 13% | 9% | 8% | 6% | 7% |
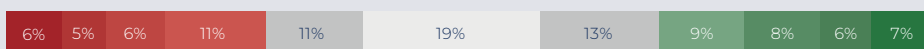
I feel included in the political life of my community

| 12% | 8% | 10% | 11% | 11% | 18% | 9% | 7% | 6% | 3% | 5% |

I feel included in the political life of the country

| 14% | 10% | 9% | 12% | 11% | 15% | 8% | 8% | 5% | 3% | 5% |
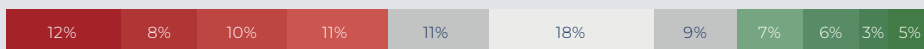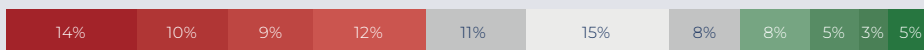
Strongly disagree ● 0 ● 1 ● 2 ● 3 ● 4 ○ 5 ● 6 ● 7 ● 8 ● 9 ● 10 Strongly agree

The social well-being ratings are quite low, similar to the opportunities for participating in the country's social and political life. Only 37% of young people feel accepted as they are, which is the highest-rated indicator in the study. All other indicators are positively rated by less than a third of the youth:

- 27% of young people feel they can manage their mental well-being, personal crises, and challenges;

- 25% do not feel lonely (16% feel lonely).

- 22% report feeling positive well-being and mental state.

- Sence of belonging is challenging for 18% of young people, only 10% have it.

How much do you feel the following?

Feeling accepted for who you are

| 3% | 6% | 8% | 15% | 12% | 15% | 15% | 8% | 14% |

I do not feel alone

| 4% | 4% | 9% | 10% | 12% | 17% | 11% | 10% | 8% | 7% | 10% |
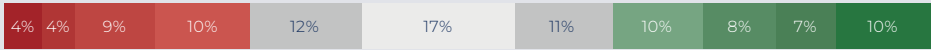
Feeling that I can manage my mental wellbeing, personal crises and challenges

| 3% | 5% | 6% | 10% | 18% | 15% | 15% | 10% | 8% | 9% |
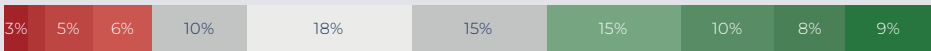
Feeling of positive well-being and mental state

| 3% | 3% | 6% | 8% | 10% | 19% | 16% | 14% | 10% | 6% | 6% |

Feeling included

| 3% | 3% | 5% | 9% | 12% | 24% | 13% | 13% | 9% | 4% | 5% |
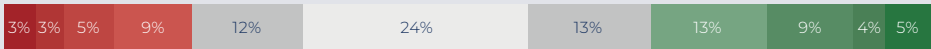
Feeling safe and supported in your country

| 10% | 7% | 11% | 13% | 12% | 19% | 11% | 8% | 5% | 3% |
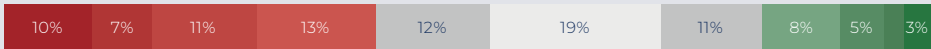
Strongly disagree ● 0 ● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10 Strongly agree

*In the questionnaire, the alternative is phrased as "Feeling of loneliness." For easier perception, the scale for this alternative is reversed and "NOT" is added.

Problems of youth

Most young people are dissatisfied with living conditions in the country: 28% of respondents said the conditions are generally bad, 39% said they are generally satisfactory, and only 10% rate the conditions positively. At the community level, the ratings are slightly better, with 35% somewhat satisfied and 6% fully satisfied. The youth who are dissatisfied with living conditions in the country and their community are often vulnerable and socially unprotected, such as internally displaced persons and those with low income.

Evaluate the living conditions in Ukraine for young people (aged 16-25 years)

- **Overall good**
- **Generally satisfactory**
- **Difficult to answer**
- **Overall poor**
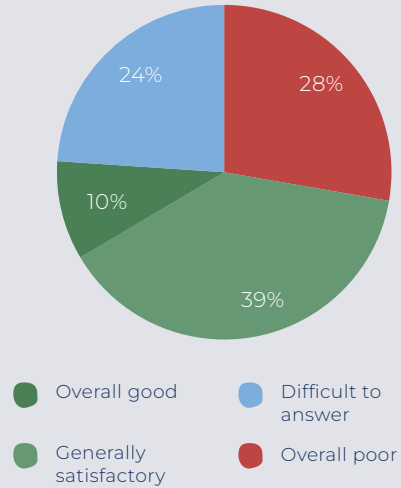
Evaluation of the living conditions in the community
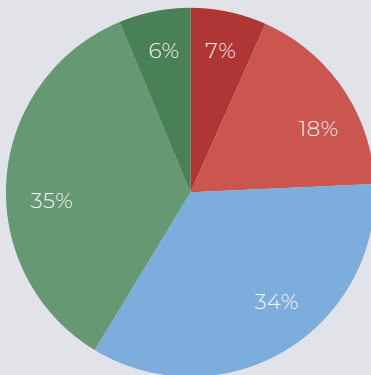
- Not at all satisfied
- Rather dissatisfied
- It is difficult to say whether I am satisfied or not
- Rather satisfied
- Very satisfied

According to young people, the main issues affecting life satisfaction in the community are prospects, particularly employment (50%), job opportunities (39%), as well as corruption (37%), and the quality of the education system (32%).

The relevance of these issues somewhat depends on socio-demographic characteristics (see Table 5: Problems of young people at the community level), therefore:

- for girls, the lack of psychological support, the quality of education, and issues related to sexual education are more relevant than for boys. Girls almost twice as often as boys indicated problems with sexual education (14% and 8% respectively);

- high school students (aged 16-17) more often pointed out problems with the quality of education and discrimination, while graduating students and young adults aged 21-26 more frequently mentioned issues with employment opportunities;

- youth from western regions more frequently highlighted problems with sexual education and discrimination; from eastern regions - infrastructure barriers; from northern and central regions - job opportunities for youth;

- youth from regional centers more often than those from smaller settlements mentioned issues with the quality of the education system and corruption.

Problems of youth on the community level

Problem	Percentage
Employment	50%
Work opportunities for young people	39%
Corruption	37%
Quality of the education system	32%
Low social involvement	22%
Lack of psychological support for young people	18%
Lack of career guidance	18%
Sexuality education	12%
Discrimination	10%
Barrier infrastructure	9%
No problem	6%
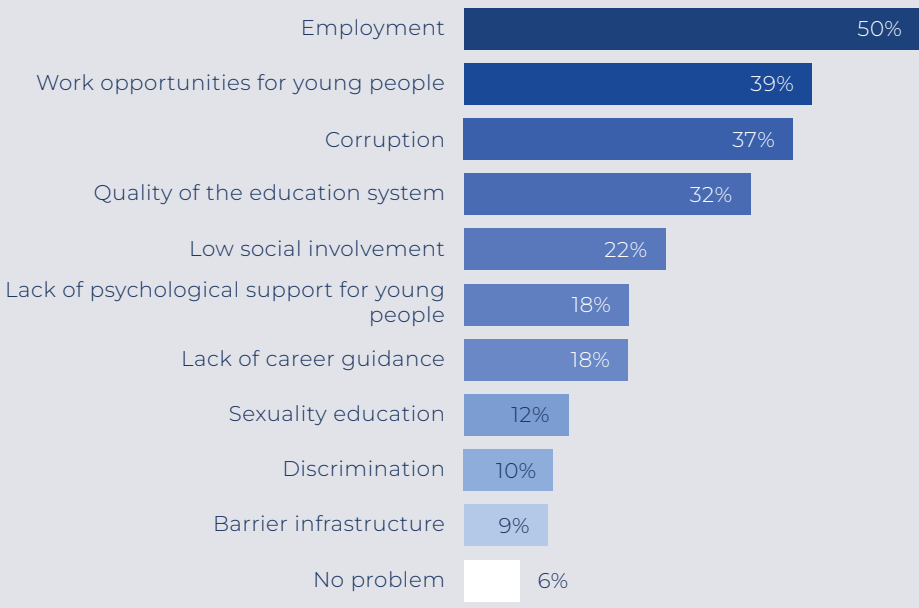
   Almost half of the respondents indicated a lack of motivation **(47%) to participate in community life in any way.** Those who didn't choose this option (53%) can be considered motivated to engage in community activities.

   Among the key barriers for motivated youth, factors like biased attitudes from others stand out - the perception of youth initiatives as not serious by other community members (38%) and fear of criticism (32%). **A third of the youth pointed out a lack of knowledge on how to implement their ideas (32%), while less than a quarter mentioned a lack of leadership role models in the community (21%).** All mentioned barriers are the same for youth from different regions, types of settlements, and ages. There's only a sensitivity to gender: girls are slightly more afraid than boys of criticism for their initiatives (see Table 6: Barriers to youth participation in community life).

Barriers preventing youth participation in community life

Barrier	%
Lack of motivation	47%
Not taking youth initiatives seriously	38%
Fear of judgement / criticism	32%
Lack of awareness of the mechanisms for implementing their ideas	32%
Lack of time	22%
Lack of leadership examples	21%
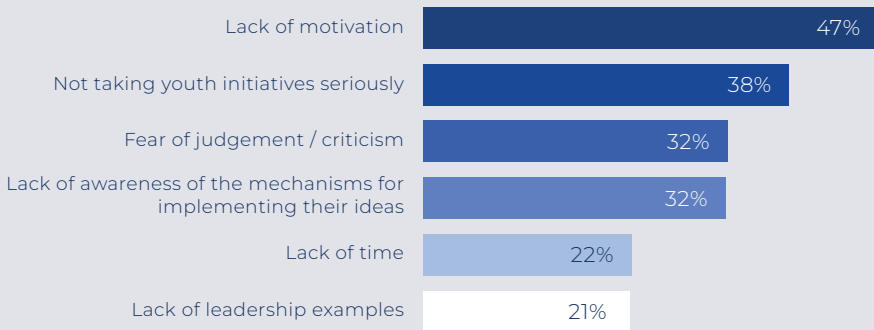
Conflicts

One-third of young people said they had no experience of conflict because of their values and preferences (33%), 67% have such experience at least rarely. Girls, internally displaced people, and young people with low income are more likely to have experienced conflict (see Table 7: Experience of conflicts over values, opinions, preferences). The most common cause of conflict among young people is war (48%). This reason is more pronounced for youth from eastern regions, youth from small towns and villages, and IDPs (see Table 8: Causes of conflict).

For a third of youth, the cause of conflict is language (33%), more often cited by girls, youth from eastern and southern regions. For a quarter of young people, the cause of conflict is corruption (26%), and there is no pronounced socio-demographic specificity. The fourth conflict issue is the mobilisation of men (21%), and boys and IDPs have experienced conflicts for this reason more often.

Less frequent causes of conflict are age discrimination (12%), gender equality (11%), and even less frequently, young people had conflicts over nationality, ethnicity (6%), belonging to the LGBTQIA+ community (6%), women's mobilisation (4%) and disability (3%). The fact that these issues are less likely to be causes of conflict in the experience of young people does not indicate a consensus in society on these issues.

Experience of conflict over values, opinions, preferences

Legend:
- Very often — 4%
- Sometimes — 27%
- Rarely — 36%
- Never — 33%

Causes of conflict

War	48%
Language	33%
Corruption	26%
Mobilisation of men	21%
Age discrimination	12%
Gender inequality	11%
Nationality (e.g. belonging to ethnic groups)	6%
LGBTQ(IA+)	6%
Mobilisation of women	4%
Disability	3%
Other	8%
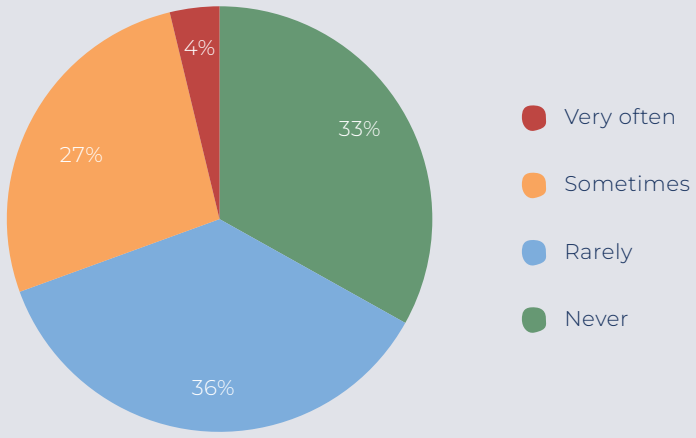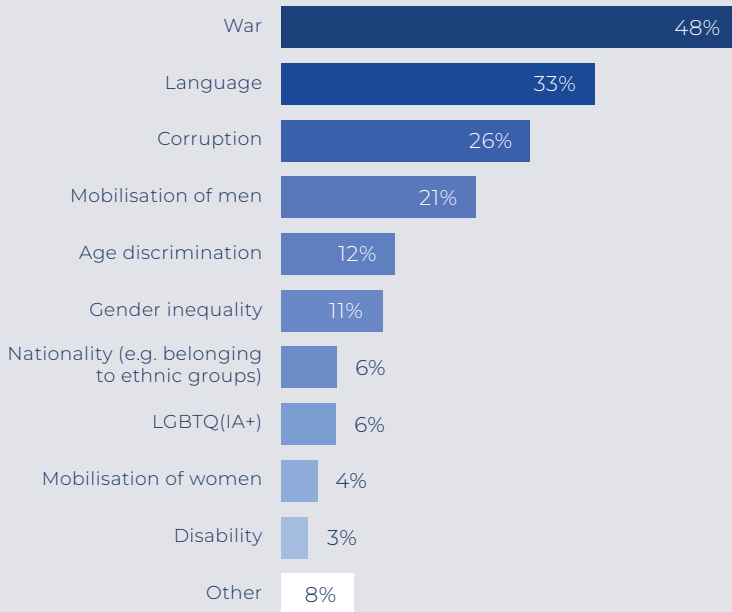
According to young people, in order to ensure a peaceful society, the principle of equality and access to services for all (46%) and the principle of equal participation in the social, political and cultural life of the community (34%) should be implemented first and foremost. Almost half of young people also have an urgent need for freedom of expression (42%). A third of respondents point to the importance of having physical spaces for youth to meet (31%) and a quarter note the importance of cultural assimilation (24%).

Ensuring a peaceful society in your community

Equal opportunities for all services	46%
Freedom of expression	42%
Social, cultural and political inclusion, participation for all	34%
Physical meeting places	31%
Cultural assimilation	24%
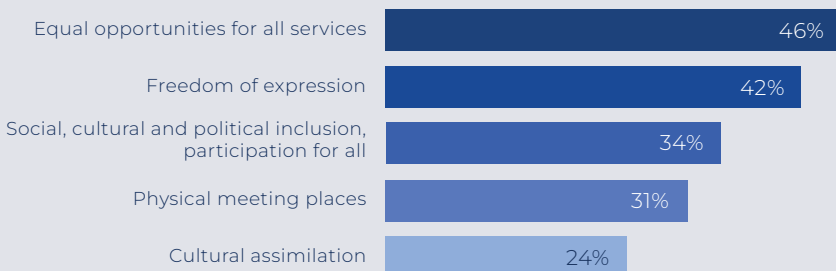
Assessments of the country's prospects/future

The level of social optimism among young people is rather low - half of them see no prospects for improvement:

● almost a third of young people believe that the situation is likely to worsen (27%). These are **more often among young people from the centre, north and south of the country, as well as young people with low income;**

● a quarter believes that the situation will not worsen but is unlikely to improve (24%). Another third of young people find it difficult to say anything about the future of Ukraine.

Only 19% of young people are optimistic about the future of Ukraine, believing that the situation in the country is likely to improve. Young people from the western regions (24%) and young people from small towns (26%) are more likely to be optimistic.

The respondents' assessments of the future are influenced by the region, type of settlement, and income level. No significant differences were found in terms of gender, age, or experience of displacement (see Table 9: What do you think about the future of Ukraine?).

What do you think about the future of Ukraine?

- 27%
- 24%
- 19%
- 30%

● The situation is likely to worsen

● The situation will not deteriorate, but it is unlikely to improve

● The situation is likely to improve

● It is difficult to answer
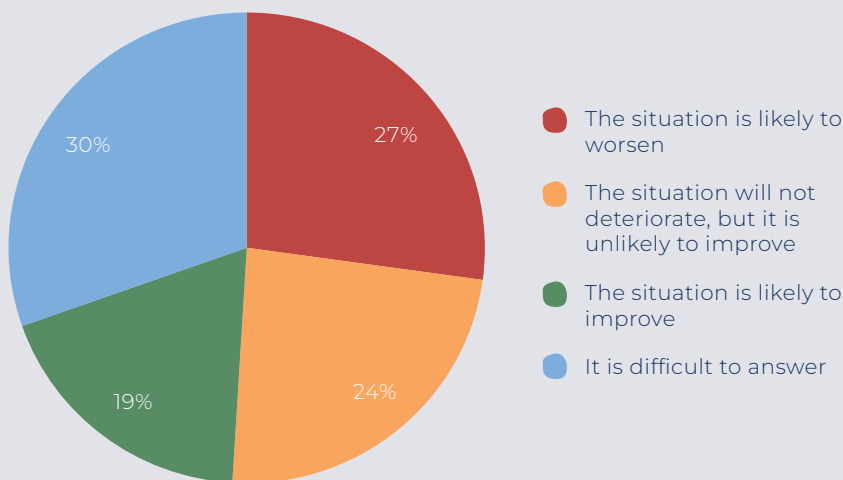
The vast majority of young people do not expect the war to end soon. Almost half of the respondents do not estimate the duration of the war (48%), and more than a third expect the war to last for more than a year (38%).

Estimates of the duration of the war

About a week	0%
A few weeks	0%
A few months	4%
Six months to a year	9%
More than a year	38%
Difficult to answer	48%
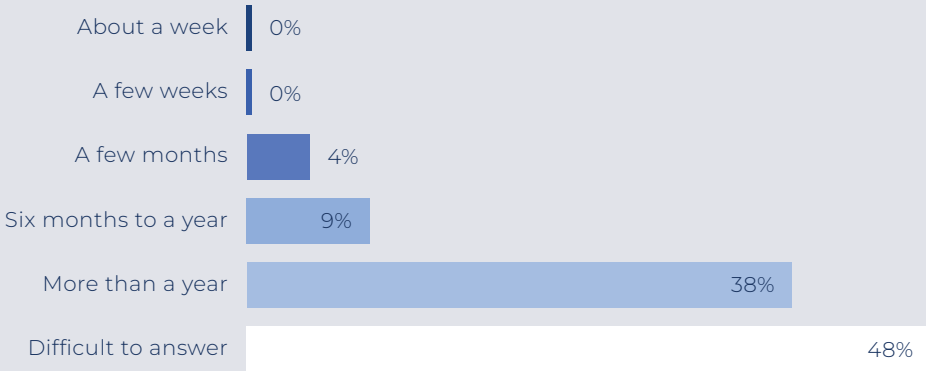
Young people's attitudes towards the country's future are filled with expectations and somewhat negative markers. There is some confusion but without a pronounced sense of hopelessness or pessimism.

Thus, the key feelings for assessing the perception of Ukraine's future among young people are hope (50%) and anxiety (43%). These feelings have the highest and almost equal frequency of choice, and they represent expectations. **These expectations are mixed, with no predominance of positive or negative ones, but positive expectations, represented by hope, are weakly supported by other positive markers.**

After hope and anxiety, the following negative feelings came next - fear (28%) and a sense of confusion (21%), which indicates uncertainty and doubt. The feeling of interest (11%) in the future of Ukraine is relatively low, which indicates proactivity, the need to act and learn.

It is noteworthy that assessments of their own future are somewhat similar to assessments of the future of Ukraine, but there is a slightly greater reinforcement by positive markers - interest (24%), which indicates proactivity, the need to act, to learn, and optimism (22%), which indicates a certain attitude towards positive prospects.

In general, assessments of the future of Ukraine are most influenced by the following factors (see Table 10: Assessments of the Future of Ukraine):

- **regional structure:** young people from the eastern regions of the country have more hopeful expectations;

- **experience of displacement:** IDPs and those who have returned are more likely to report feeling afraid.

Assessments of one's own future are influenced by the following factors (see Table: Assessments of one's future):

- **gender:** women are more likely to feel hopeful and confused;

- **age:** schoolchildren (16-17 years old) and first-year students (18-20 years old) are somewhat more confident and interested in their future while young people aged 21-23 years are more likely to feel anxious;

- **income level:** young people with low income are more likely to feel anxious, fearful, and hopeless while young people with medium and higher income are more likely to feel hopeful, optimistic, and confident about their future.

Assessments of the future

Assessment	YOUR FUTURE	FUTURE of Ukraine
Hope	44%	50%
Anxiety	44%	43%
Confusion	29%	21%
Fear	28%	29%
Interest	24%	11%
Optimism	22%	17%
Confidence	12%	10%
Hopelessness	11%	13%
Pessimism	9%	10%
Satisfaction	5%	3%
Indifference	2%	2%
Difficult to answer	6%	7%

● YOUR FUTURE   ● FUTURE of Ukraine
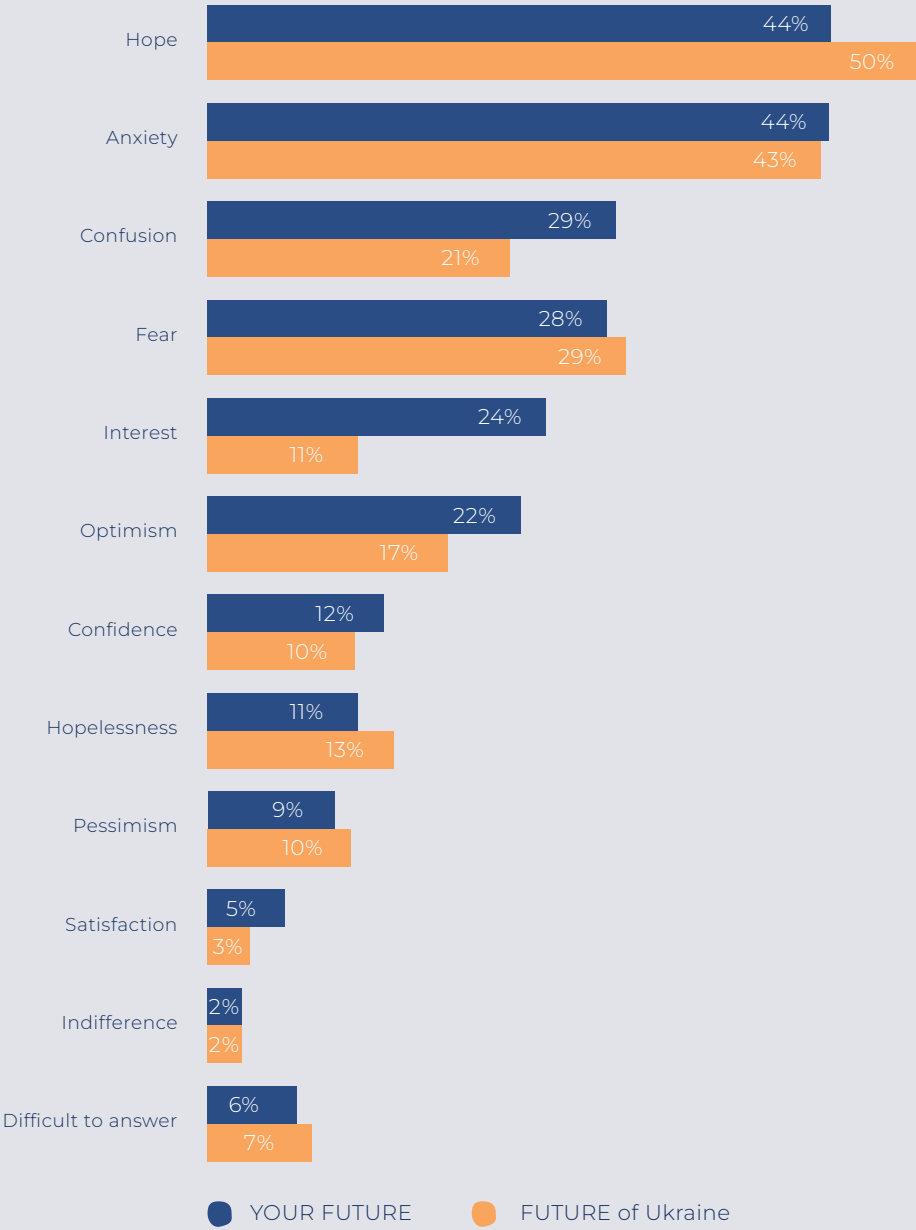
Young people are the most confident in their abilities to create a good life for themselves (50% rather believe / believe), but somewhat doubt that they can contribute to this world (30% believe they can contribute). The level of optimism about a brighter future is rather low - 16% rather believe / believe that the world is getting better.

Young people have the lowest level of trust in political institutions, with more than a third of those who rather do not trust / do not trust the President, the government, and local authorities. The highest level of distrust (58%) is in MPs, those who are elected to represent their interests, with only 6% rather trusting/trusting.

The level of trust in the media is also relatively low, with only 13% of young people rather trusting/trusting the media and journalists, and 16% trusting social media posts.

Level of trust in the institutions of the environment and in oneself

Believe in yourself and your ability to create a good life for yourself

| 3% | 4% | 12% | 12% | 18% | 19% | 12% | 19% |

My ability to be a full-fledged citizen of the country

| 3% | 3% | 3% | 6% | 12% | 11% | 17% | 15% | 12% | 18% |

That you can make your contribution to this world

| 4% | 5% | 9% | 19% | 15% | 16% | 13% | 7% | 10% |
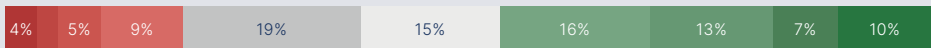
Believe that the world is becoming a better place

| 13% | 6% | 9% | 12% | 21% | 12% | 12% | 8% | 4% | 4% |
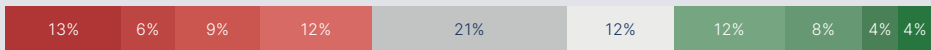
To the Ukrainian society

| 3% | 4% | 5% | 9% | 19% | 17% | 18% | 12% | 7% | 7% |
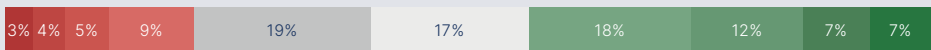
To the people of my community

| 3% | 7% | 10% | 21% | 17% | 17% | 12% | 8% | 5% |

No trust ⬤1 ⬤2 ⬤3 ⬤4 ⬤5 ⬤6 ⬤7 ⬤8 ⬤9 ⬤10 Full trust
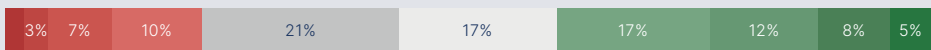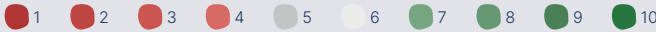
No trust   ● 1   ● 2   ● 3   ● 4   ● 5   ○ 6   ● 7   ● 8   ● 9   ● 10   Full trust

To the president

| 15% | 8% | 9% | 11% | 16% | 11% | 10% | 9% | 6% | 5% |
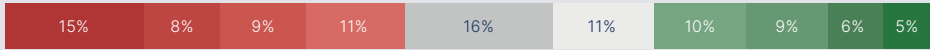
To the government and laws

| 20% | 8% | 12% | 12% | 16% | 11% | 10% | 6% | 3% | 3% |

To local authorities

| 19% | 11% | 13% | 13% | 17% | 10% | 8% | 6% | | |

To the deputies

| 33% | 12% | 12% | 12% | 11% | 9% | 5% | 4% | |
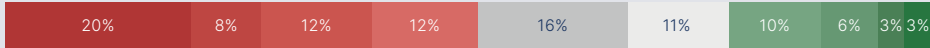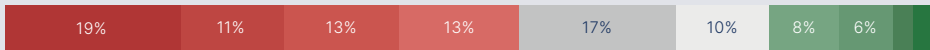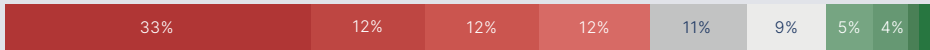
To tik tok, instagram and other social networks

| 13% | 7% | 11% | 11% | 18% | 12% | 12% | 8% | 4% | 4% |
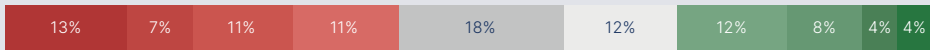
To the media and journalists

| 14% | 8% | 10% | 12% | 21% | 12% | 11% | 8% | 4% |
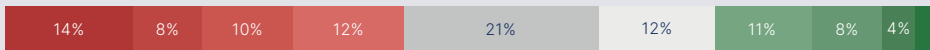
Attitudes towards European integration

More than half of young people support Ukraine's joining the European Union (64%) while one-third are unsure (31%). Among those who support EU membership, boys, young people from the centre and north, young people who have not experienced displacement since the beginning of the full-scale invasion, and young people with middle and higher income levels are more likely to support it. Doubts are more likely to be expressed by girls, young people from small towns and villages, and young people with lower than average income (see Table 12: Ukraine's membership in the European Union).

Attitudes towards European integration also correlate with the experience of visiting/not visiting EU countries. Thus, young people who have not visited EU countries or have visited as tourists or received protection from war are more likely to have a positive

attitude towards European integration. Young people who have visited relatives/acquaintances in EU countries or worked seasonal jobs have doubts about European integration, young people who have worked seasonal jobs are more likely to have a negative perception of European integration.

Ukraine's membership in the European Union

- ● Rather negative
- ● Hard to say
- ● Rather positive

6%
33%
61%
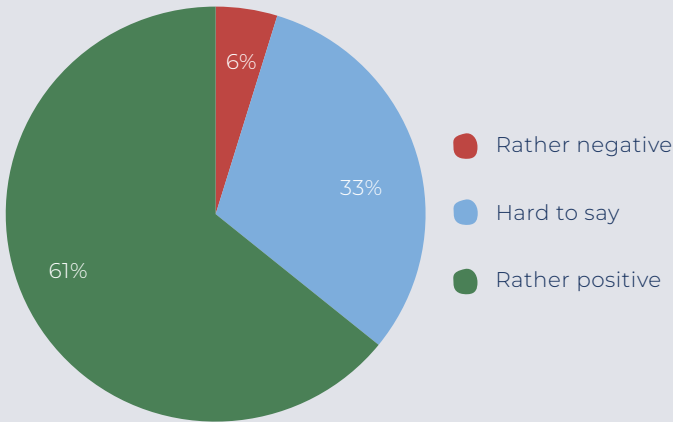
Ukraine's membership in the European Union

	Experience of visiting the European Union countries				
	Tourism, shopping	Visiting (relatives, friends)	Received protection from war	Seasonal work	Did not visit the EU
Rather negative	7%	3%	4%	**12%**	3%
Hard to say	23%	**38%**	26%	**45%**	33%
Rather positive	**70%**	59%	**70%**	44%	**64%**

The key concerns of young people regarding European integration are the unknown (30%) and the feeling that no one needs us in the European Union (22%). The fear of the unknown is somewhat higher for young people from the eastern regions of the country (see Table 13: Key concerns about European integration).

Key feelings about European integration

Uncertainty	30%
"Nobody needs us there"	22%
Loss of Ukraine's independence	14%
Misunderstanding of the essence of European integration and its consequences	13%
Incommensurability of values between Europe and Ukraine, it will be difficult to integrate	12%
Unresolved problems of the European Union (influx of refugees, etc.)	11%
Weakening of the EU (some countries question the benefits of EU membership)	9%
Discrimination in the skilled labour market	8%
Discrimination on the basis of nationality, superior attitude	6%
I have no worries	22%

The attitude and feelings of young people towards European integration may be influenced by the perception of support from the international community. 37% of young people indicated that they feel humanitarian support for Ukraine from the international community, 29% indicated that they feel defence support, and 9% - ideological support. **However, 30% of young people believe that the support is formal while 23% indicated that they do not feel any support.**

Answers to the question of perceived support are specific to certain socio-demographic characteristics, which may indicate different relevance of this issue for different groups, uneven distribution of support or lack of information (see Table 14: Perception of support from the international community)

● IDP youth and young people from the southern regions indicated that they feel humanitarian support somewhat

more often. Defence support was mentioned more often by boys, youth from eastern regions, and youth from large cities;

● **Youth from small towns and villages do not feel any support from the international community.**

Perception of support from the international community

Yes, humanitarian	37%
There is support, but it is formal	30%
Yes, defence	29%
No, I do not feel any support	23%
Yes, ideological	9%
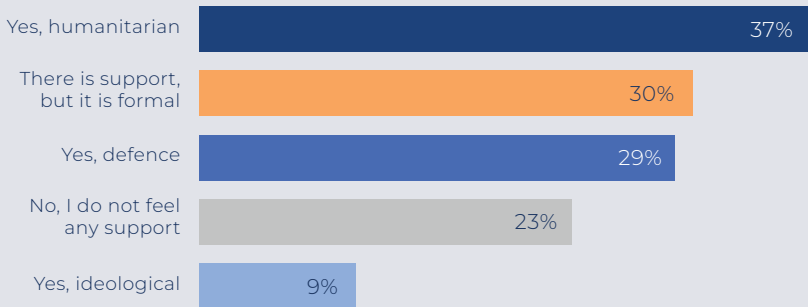
The question about key expectations is also an indicator of youth demands and their priority. **The key expectation of young people from European integration is a higher standard of living than they have now (48%), however, these expectations may be rather abstract and not based on specific markets.**

A quarter of young people expect that after joining the European Union there may be better opportunities for self-realisation (25%), almost a quarter expect control and improvement of the legal system of Ukraine (23%) and the possibility of higher salaries (23%), and for 20%, improvement of the quality of education is important. 14% of young people have no expectations.

Key expectations regarding European integration

Higher living standards	48%
Opportunities for young people to fulfill themselves in Europe	25%
Improvement of the legal system of Ukraine	23%
Possibility of high salaries	23%
High-quality education	20%
Liberalisation of attitudes towards marginalised groups (ethnic groups, LGBTQIA+, people with disabilities, etc.)	5%
I have no expectations	14%

The attitude of young people towards Ukraine's membership in NATO is similar to that of integration into the European Union: more than half are positive (61%) while one-third are unsure (33%). The issue of joining NATO has a more pronounced correlation by regions of the country: among residents of the eastern regions, there are significantly fewer positive respondents and more doubters. Other socio-demographic factors do not have a significant impact on attitudes towards NATO.

Ukraine's membership in NATO

6%

33%

61%

● Rather negative

● Hard to say

● Rather positive

	East	West	North-Center	South
Rather positive	48%	70%	63%	66%
Hard to say	43%	27%	30%	31%
Rather negative	8%	3%	7%	4%
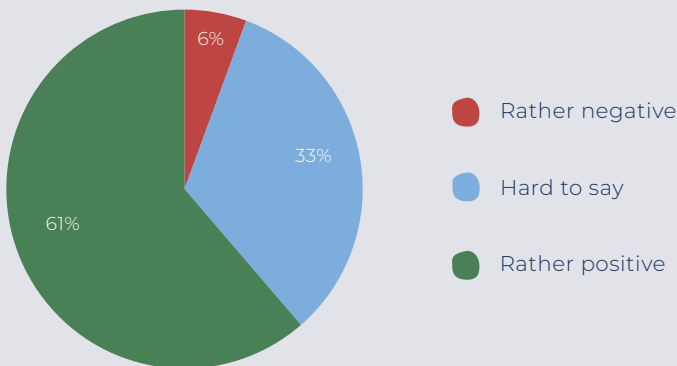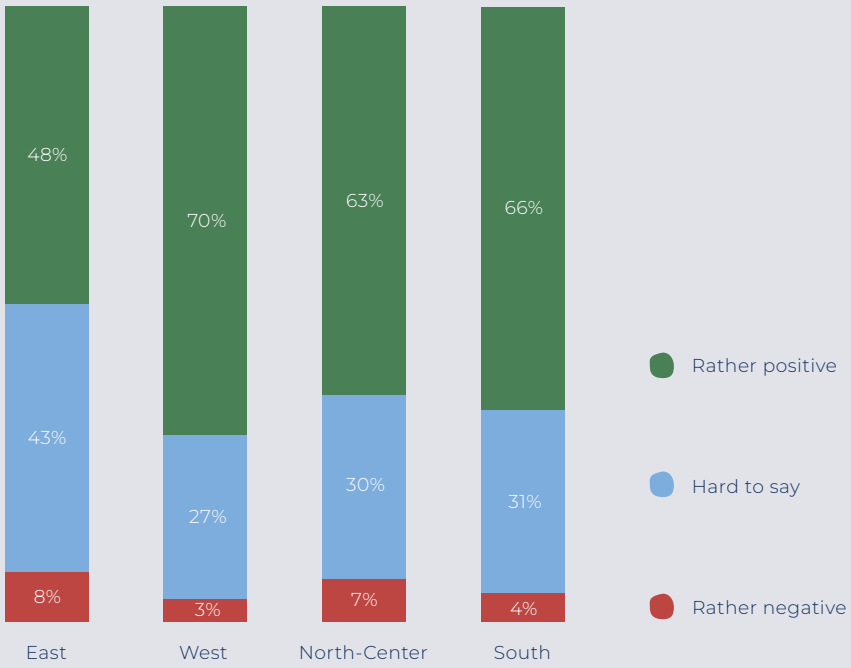
Appendix. Tables

Indicators in colour are statistically significantly higher than in other groups

Table 1.1: Main sources of anxiety and stress for young people: gender, age, experience of displacement

Q. What are the main sources of anxiety and stress for you lately?

	Men	Women	16-17 years old	18-20 years old	21-23 years old	24-25 years old	IDPs	Returners	Didn't leave
Uncertainty about the future	46%	53%	45%	50%	53%	52%	57%	49%	50%
Safety of family members (civilians)	36%	37%	31%	32%	40%	41%	33%	37%	36%
Safety of family members / relatives / friends who are currently in the Armed Forces	25%	31%	23%	27%	31%	32%	23%	32%	28%
Possible mobilisation of me or family members	29%	25%	19%	26%	27%	36%	30%	22%	28%
Reduction/loss of income/economic difficulties	24%	27%	15%	25%	30%	34%	49%	22%	24%
Separation from loved ones	18%	27%	21%	26%	22%	22%	35%	30%	20%
Exams (final exams, admission campaign)	20%	20%	38%	24%	14%	2%	27%	19%	20%
Lack of "live" communication	14%	17%	17%	20%	14%	12%	31%	18%	13%
Loss of loved ones	13%	13%	13%	15%	11%	12%	7%	17%	13%
Misunderstandings with relatives / friends about the war	8%	13%	11%	13%	11%	9%	12%	13%	10%
Loss of property / displacement	10%	6%	7%	7%	8%	9%	27%	10%	5%
Lack of access to basic needs	5%	8%	6%	7%	5%	8%	18%	8%	5%
Difficulties with integration in a new place	4%	5%	3%	5%	4%	5%	25%	7%	2%
Difficulty in caring for family members	3%	5%	3%	4%	4%	6%	8%	4%	4%
Other	2%	1%	2%	2%	1%	1%	4%	0%	1%

Table 1.2: Main sources of anxiety and stress for young people: region, type of settlement

Q. What are the main sources of anxiety and stress for you lately?

	East	West	North-Center	South	Large cities	Other cities	Villages
Uncertainty about the future	47%	49%	50%	52%	58%	44%	42%
Safety of family members (civilians)	48%	26%	28%	44%	43%	34%	29%
Safety of family members / relatives / friends who are currently in the Armed Forces	25%	31%	32%	24%	33%	28%	23%
Possible mobilisation of me or family members	24%	35%	24%	23%	29%	26%	24%
Reduction/loss of income/ economic difficulties	23%	24%	26%	28%	30%	21%	21%
Separation from loved ones	24%	24%	17%	25%	21%	24%	23%
Exams (final exams, admission campaign)	16%	23%	21%	20%	18%	21%	22%
Lack of "live" communication	14%	18%	10%	19%	14%	16%	16%
Loss of loved ones	13%	17%	11%	12%	12%	16%	13%
Misunderstandings with relatives / friends about the war	14%	11%	7%	11%	10%	16%	8%
Loss of property / displacement	15%	5%	5%	6%	8%	5%	9%
Lack of access to basic needs	5%	6%	6%	8%	7%	6%	6%
Difficulties with integration in a new place	7%	3%	2%	3%	4%	1%	5%
Difficulty in caring for family members	5%	5%	2%	6%	5%	5%	3%
Other	1%	1%	2%	2%	2%	1%	1%

Table 2: Difficulties in finding a mental health professional / psychosocial support

Q. What are the difficulties in finding a mental health/psychosocial support professional?

	Men	Women	16-17 years old	18-20 years old	21-23 years old	24-25 years old	East	West	North-Center	South	Large cities	Other cities	Villages
Not understanding how to choose a qualified specialist	34%	45%	38%	39%	46%	39%	34%	45%	39%	44%	51%	35%	30%
Missing information	39%	31%	38%	37%	34%	30%	31%	28%	39%	41%	30%	32%	42%
Lack of knowledge about mental health in general	28%	28%	24%	29%	28%	31%	28%	28%	31%	23%	31%	26%	24%
No free services available	24%	30%	26%	29%	27%	28%	25%	30%	21%	36%	31%	29%	23%
Lack of mobility / Difficulty accessing services	10%	12%	12%	10%	10%	11%	19%	9%	8%	9%	8%	18%	10%
Other	3%	2%	3%	1%	3%	2%	1%	2%	3%	3%	2%	2%	2%

Table 3: Assessments of living conditions in Ukraine for young people (aged 16-25)

Q. What are the living conditions in Ukraine for young people (aged 16-25) in your opinion?

	West	North-Center	South	Large cities	Other cities	Villages	IDPs	Returners	Didn't leave	Low income	Below average income	Average and higher
Overall poor	26%	27%	30%	25%	28%	31%	41%	28%	26%	48%	32%	21%
Generally satisfactory	33%	40%	39%	46%	40%	29%	28%	38%	40%	26%	34%	44%
Overall good	16%	11%	5%	10%	11%	8%	6%	10%	10%	3%	7%	12%
Difficult to answer	25%	22%	26%	19%	21%	32%	26%	24%	24%	24%	27%	22%

Table 4: Assessment of life in the community

Q. To what extent are you satisfied with life in your community?

	East	West	North-Center	South	Large cities	Other cities	Villages	IDPs	Returners	Didn't leave	Low income	Below average income	Average and higher
Not at all satisfied	7%	5%	6%	8%	4%	5%	11%	14%	5%	6%	19%	9%	3%
Rather dissatisfied	23%	11%	18%	19%	15%	20%	20%	17%	22%	17%	20%	26%	12%
It is difficult to say whether I am satisfied or not	35%	33%	33%	35%	32%	41%	33%	41%	37%	33%	37%	41%	30%
Rather satisfied	33%	41%	34%	33%	44%	29%	28%	21%	32%	38%	19%	21%	47%
Very satisfied	3%	9%	8%	5%	6%	4%	8%	8%	4%	7%	4%	4%	8%

Table 5: Problems of young people at the community level

Q. What problems do young people in your community face?

	Men	Women	16-17 years old	18-20 years old	21-23 years old	24-25 years old	East	West	North-Center	South	Large cities	Other cities	Villages
Employment	49%	52%	41%	50%	55%	58%	49%	45%	53%	55%	47%	49%	55%
Work opportunities for young people	36%	41%	32%	40%	45%	37%	34%	34%	46%	39%	39%	37%	39%
Corruption	39%	35%	31%	39%	39%	38%	33%	38%	34%	42%	47%	32%	27%
Quality of the education system	27%	36%	37%	34%	31%	25%	32%	34%	27%	36%	41%	24%	26%
Low social involvement	20%	24%	20%	25%	21%	24%	21%	26%	21%	22%	20%	27%	21%
Lack of psychological support for young people	13%	22%	18%	19%	17%	19%	23%	18%	15%	16%	19%	22%	15%
Lack of career guidance	16%	20%	16%	21%	18%	18%	17%	16%	21%	20%	21%	15%	16%
Sexuality education	8%	14%	13%	13%	11%	9%	8%	17%	10%	11%	14%	12%	8%
Discrimination	9%	10%	13%	12%	7%	7%	5%	14%	9%	10%	10%	11%	8%
Barrier infrastructure	10%	9%	13%	8%	9%	6%	15%	6%	8%	8%	10%	6%	10%
No problem	7%	5%	8%	7%	4%	6%	5%	7%	7%	5%	5%	6%	8%

Table 6: Barriers to youth participation in community life

Q. What are the barriers to youth participation in community life?

	Men	Women	East	West	North-Center	South	Low income	Below average income	Average and higher	Large cities	Other cities	Villages
Lack of motivation	46%	48%	47%	46%	47%	49%	39%	47%	49%	51%	43%	45%
Not taking youth initiatives seriously	37%	39%	34%	38%	39%	40%	32%	36%	41%	40%	34%	38%
Fear of judgement / criticism	28%	**35%**	28%	34%	33%	32%	36%	25%	35%	32%	35%	29%
Lack of awareness of the mechanisms for implementing their ideas	30%	33%	28%	28%	34%	36%	29%	33%	32%	35%	26%	30%
Lack of time	23%	21%	19%	29%	20%	19%	9%	**23%**	**23%**	25%	19%	20%

Table 7: Experience of conflicts over values, opinions, preferences

Q. Have you experienced conflicts because of who you are, your values, opinions, preferences?

	Men	Women	East	West	North-Center	South	Large cities	Other cities	Villages	IDPs	Returners	Didn't leave	Low income	Below average income	Average and higher
Never	37%	30%	26%	33%	42%	32%	36%	27%	34%	20%	28%	36%	18%	34%	36%
Rarely	37%	35%	42%	31%	29%	45%	38%	32%	37%	48%	39%	35%	34%	37%	37%
Sometimes	21%	32%	29%	30%	26%	21%	23%	35%	24%	30%	28%	26%	40%	25%	25%
Very often	5%	3%	3%	6%	3%	3%	2%	5%	5%	3%	6%	3%	8%	4%	3%

Table 8: Causes of conflict

Q. What are the most common issues that cause these conflicts?

	Men	Women	East	West	North-Center	South	Large cities	Other cities	Villages	IDPs	Returners	Didn't leave
War	45%	51%	59%	46%	42%	44%	42%	55%	51%	62%	55%	45%
Language	27%	38%	38%	27%	26%	41%	36%	30%	31%	40%	34%	32%
Corruption	29%	25%	27%	30%	24%	24%	27%	28%	26%	23%	25%	27%
Mobilisation of men	26%	16%	19%	24%	21%	19%	20%	23%	19%	30%	17%	20%
Age discrimination	11%	13%	7%	14%	13%	14%	14%	11%	9%	8%	13%	12%
Gender inequality	6%	15%	7%	14%	11%	9%	12%	10%	10%	7%	15%	10%
Nationality (e.g. belonging to ethnic groups)	6%	6%	4%	7%	5%	6%	6%	7%	5%	6%	6%	6%
LGBTQ(IA+)	5%	5%	3%	7%	4%	9%	7%	4%	5%	6%	6%	6%
Mobilisation of women	3%	5%	4%	4%	4%	4%	4%	3%	4%	1%	5%	4%
Disability	3%	2%	1%	6%	3%	2%	2%	4%	3%	2%	1%	3%
Other	9%	7%	6%	5%	11%	9%	10%	4%	7%	6%	6%	8%

Table 9: What do you think about the future of Ukraine?

Q. What do you think about the future of Ukraine?

	East	West	North-Center	South	Large cities	Other cities	Villages	Low income	Below average income	Average and higher
The situation is likely to worsen	18%	27%	34%	30%	29%	21%	28%	37%	27%	25%
The situation will not deteriorate, but it is unlikely to improve	23%	22%	25%	25%	26%	24%	21%	24%	20%	26%
The situation is likely to improve	21%	24%	16%	14%	17%	26%	17%	19%	15%	21%

Table 10: Assessments of Ukraine's future

Q. What feelings do you have when you think about the FUTURE of Ukraine?

	East	West	North-Center	South	IDPs	Returners	Didn't leave
Optimism	18%	17%	20%	12%	16%	16%	17%
Indifference	1%	2%	3%	2%	3%	2%	2%
Hopelessness	10%	16%	14%	13%	18%	11%	13%
Confidence	8%	14%	10%	9%	10%	9%	11%
Confusion	17%	27%	21%	20%	27%	25%	20%
Satisfaction	3%	6%	3%	1%	1%	3%	3%
Pessimism	7%	12%	8%	13%	14%	9%	10%
Hope	58%	47%	47%	50%	51%	54%	49%
Anxiety	42%	42%	42%	45%	54%	49%	40%
Interest	9%	14%	10%	8%	10%	10%	11%
Fear	26%	33%	28%	31%	37%	33%	28%
Difficult to answer	5%	9%	7%	8%	11%	3%	8%

Table 11: Assessments of one's own future

Q. What feelings do you have when you think about your FUTURE?

	16-17 years old	18-20 years old	21-23 years old	24-25 years old	East	West	North-Center	South	Large cities	Other cities	Villages	Low income	Below average income	Average and higher
Hope	44%	43%	43%	46%	44%	46%	44%	41%	47%	38%	43%	29%	41%	49%
Anxiety	38%	45%	48%	45%	51%	42%	37%	44%	45%	49%	38%	56%	46%	40%
Confusion	26%	27%	29%	33%	28%	34%	28%	23%	32%	31%	22%	35%	30%	27%
Fear	27%	29%	31%	26%	32%	35%	23%	20%	27%	34%	25%	46%	26%	26%
Interest	30%	26%	24%	14%	23%	26%	29%	17%	28%	20%	21%	10%	17%	31%
Optimism	24%	21%	22%	21%	19%	26%	30%	12%	24%	22%	20%	13%	14%	29%
Confidence	15%	14%	12%	8%	9%	16%	15%	9%	12%	10%	14%	9%	7%	17%
Hopelessness	10%	9%	10%	13%	8%	17%	6%	11%	10%	12%	9%	17%	10%	9%
Pessimism	10%	10%	8%	7%	9%	9%	5%	14%	10%	7%	9%	12%	8%	9%
Satisfaction	7%	6%	6%	3%	5%	8%	5%	4%	6%	4%	6%	2%	3%	8%
Indifference	3%	3%	3%	1%	3%	1%	2%	4%	3%	1%	3%	4%	1%	3%
Difficult to answer	6%	6%	6%	6%	2%	9%	4%	9%	4%	7%	8%	3%	8%	6%

Table 12: Ukraine's membership in the European Union

Q. How do you feel about Ukraine's membership in the European Union?

	Men	Women	East	West	North-Center	South	Large cities	Other cities	Villages	IDPs	Returners	Didn't leave	Low income	Below average income	Average and higher
Rather negative	5%	5%	7%	4%	5%	3%	4%	4%	5%	8%	4%	5%	6%	5%	4%
Hard to say	26%	36%	35%	29%	31%	28%	24%	36%	36%	41%	31%	30%	44%	34%	27%
Rather positive	69%	60%	58%	67%	64%	69%	72%	59%	59%	52%	64%	66%	50%	61%	69%

Table 13: Key concerns about European integration

Q. What concerns do you have about European integration?

	East	West	North-Center	South
Uncertainty	37%	29%	31%	25%
«Nobody needs us there»	26%	21%	21%	18%
Loss of Ukraine's independence	15%	17%	16%	9%
Misunderstanding of the essence of European integration and its consequences	12%	12%	15%	15%
Incommensurability of values between Europe and Ukraine, it will be difficult to integrate	10%	11%	13%	13%
Unresolved problems of the European Union (influx of refugees, etc.)	11%	15%	10%	10%
Weakening of the EU (some countries question the benefits of EU membership)	7%	13%	8%	5%
Discrimination in the skilled labour market	10%	11%	5%	8%
Discrimination on the basis of nationality, superior attitude	4%	8%	7%	6%
I have no worries	16%	15%	21%	34%

Table 14: Perception of support from the international community

Q. Do you feel supported by the international community?

	Men	Women	East	West	North-Center	South	Large cities	Other cities	Villages	IDPs	Returners	Didn't leave
Yes, humanitarian	37%	37%	36%	36%	30%	45%	37%	38%	35%	49%	43%	34%
There is support, but it is formal	26%	33%	26%	28%	37%	27%	34%	24%	28%	29%	31%	30%
Yes, defence	32%	26%	36%	27%	25%	27%	34%	27%	24%	32%	26%	29%
No, I do not feel any support	22%	22%	22%	26%	24%	19%	18%	27%	26%	14%	21%	24%
Yes, ideological	11%	8%	11%	9%	8%	9%	11%	7%	9%	24%	9%	8%

Table 15: Key expectations regarding European integration

Q. What expectations do you have regarding European integration?

	16-17 years old	18-20 years old	21-23 years old	24-25 years old	East	West	North-Center	South
Higher living standards	51%	45%	49%	47%	53%	48%	46%	46%
Opportunities for young people to fulfill themselves in Europe	25%	24%	29%	22%	22%	22%	27%	29%
Improvement of the legal system of Ukraine	17%	24%	28%	26%	15%	29%	26%	24%
Possibility of high salaries	19%	26%	22%	25%	24%	22%	24%	21%
High-quality education	31%	20%	15%	12%	18%	24%	15%	22%
Liberalisation of attitudes towards marginalised groups (ethnic groups, LGBTQIA+, people with disabilities, etc.)	6%	7%	5%	4%	4%	6%	4%	7%
I have no expectations	13%	14%	14%	16%	16%	12%	15%	13%

Manifesto

NGO "STAN" and its partners have implemented the **"Young Diversity Ambassadors" (YDA)** program for several years. It encourages people to begin their journey in civic activism. The program offers learning and growth opportunities and provides mentorship and financial support for the implementation of important projects. At the same time, the YDA program has created a community of conscious active people. This environment conceived the idea to create a Manifesto that would convey the crucial problems and needs of the young generation. The Manifesto we'll talk about is the voice of the Ukrainian youth.

Not only activists or participants of the Young Diversity Ambassadors program have contributed to the Manifesto. There were also people from different social groups, from all over Ukraine, including the temporarily occupied territories. "I don't agree with everything stated there, but I immensely respect the fact that these ideas were put together and voiced," explains Ksenia Ukolova, participant of the "Young Diversity Ambassadors" program and the co-author of the Manifesto. "It is a representative cross-section of society. The Manifesto may not resonate with you down to the smallest detail, but it reflects the real state of things. "Often in the media space I see young people going, "We have nothing to do in Ukraine, we've been failed. We need to move abroad," says Valeriya Tkachenko, the project manager of the NGO "STAN" who facilitates the educational events. "But these people don't speak about their problems and needs. Meanwhile, Manifesto focuses on the social needs. Young people may express their ideas and convey them to the wider audience, including those involved in decision-making processes".

The authors of the Manifesto have formulated 12 points explaining how they see relevant problems and ways to solve them. "The main idea of the Manifesto is the role of youth in the post-war development," Tkachenko explains. "We are using the word "development" and not "recovery", because in addition to recovering what was lost, we also aspire to create something new, building something better and utilizing approaches and views of the young people".
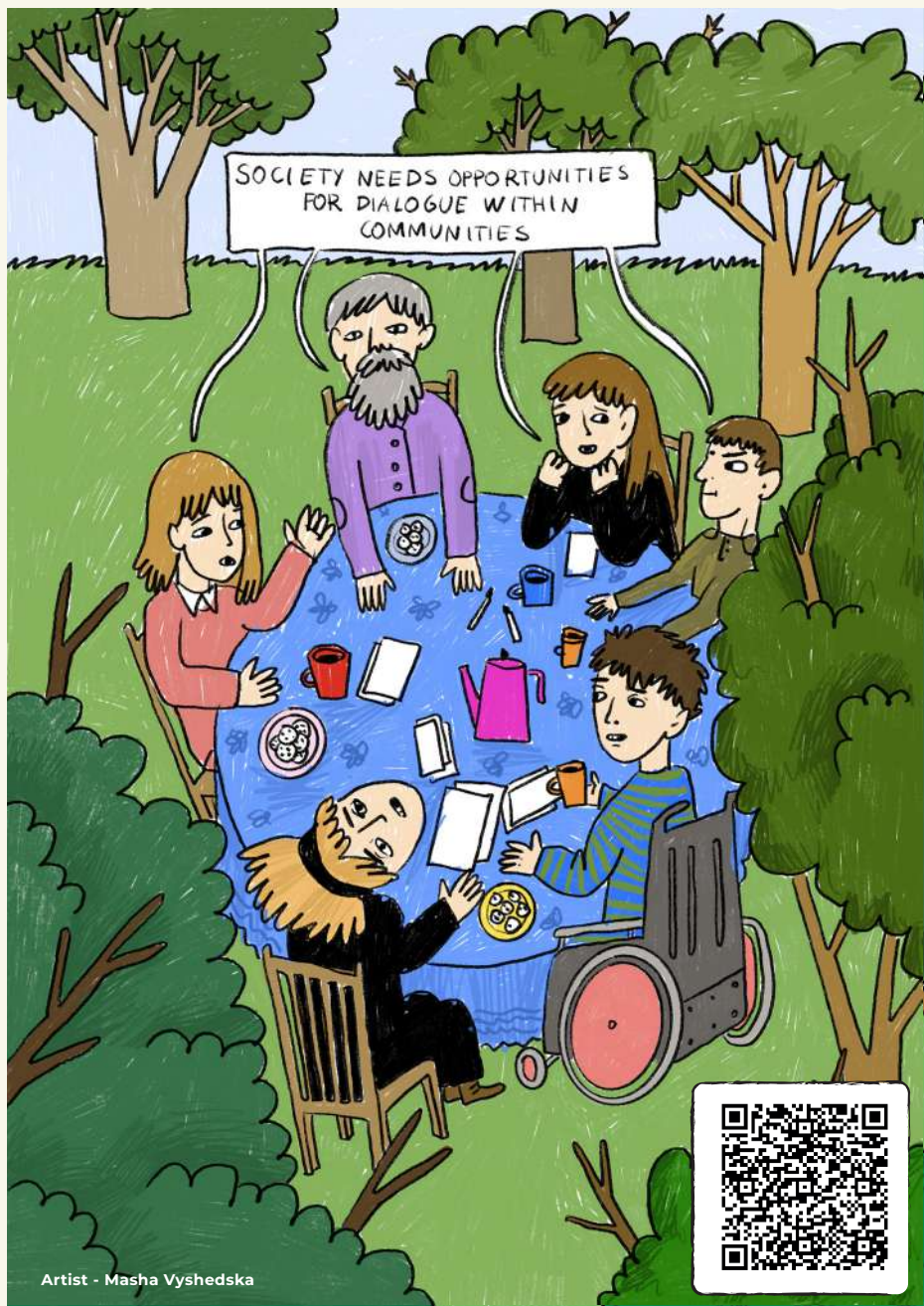
Each point is phrased concisely and formulated like a motto of sorts. Based on these mottos the artist Masha Vyshedska has created a

series of posters illustrating the text. The expanded explanations are available in the videos. The videos can be found by QR code.

Artist - Masha Vyshedska

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SOCIETY NEEDS OPPORTUNITIES FOR DIALOGUE WITHIN COMMUNITIES

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