



1. Psychology of adaptation to new living conditions of refugees from Ukraine

Program of educational discipline

Program budget

Nº	Indicator	Value
1	Approximate student capacity, persons	200-250
2	Total hours	40
3	Lecturers pay per hour, EUR	30
4	Total lecturing cost, EUR	1200
5	Total administrative cost, EUR (15%)	180
6	Total course cost, EUR	1380

The war destroyed the peaceful life of millions of Ukrainians and drove them from their homes. Having moved to a new place, families face psychological problems of adaptation to new social and mental conditions. The course is designed to provide basic knowledge and practical recommendations in the field of psychology of people driven from their homes by the war and their gradual adaptation to new living conditions. All the psychological stages of adaptation to the new conditions that the immigrants go through are considered - from uncertainty to acceptance and full integration into the new social environment. Necessary recommendations are provided for overcoming psychological breakdowns,

manifestations of depression and apathy during all stages of adaptation of displaced persons to new social conditions

Topic 1. How to adapt to a new place?

1.1. The shock of leaving your home and the anxiety of moving to an unknown, safe place for yourself and your children

1.2. Arrival at the place of temporary stay

1.3. The first steps of adaptation to new conditions

Topic 2. Organization of life for yourself and children

2.1. Household organization and provision of basic needs

2.2. Orientation in space (what and where is located, is there hot water, places to sleep, eat, dishes, etc.)

2.3. Psychological state and actions of people at the first stage of resettlement

Topic 3. Tracking and encountering differences ("not like at home")

3.1. Possible irritation, confusion, quick fatigue, apathy in a new place

3.2. The most pressing questions that bother people and give rise to a feeling of helplessness and confusion. What to do next? How long are we here? How about school/kindergarten/work?

Topic 4. The situation of uncertainty

4.1. Aggravation of the feeling of helplessness and confusion, in connection with the situation of uncertainty

4.2. How to overcome the feeling of helplessness and confusion in new conditions?

Topic 5. Planning (short-term and long-term)

5.1. Gradual orientation in space (where is the store, what is needed to visit the doctor, where will the children study, etc.)

5.2. Verification by experience that people are safe (complete or partial absence of threats) - primary adaptation

5.3. Planning (short-term and long-term)

Topic 6. Assimilation of experience (integration)

6.1. Living through psych-traumatic experiences related to hostilities, separation from loved ones and loss of the usual way of life

6.2. Relying on new resources (how was the path of movement passed, what were the difficulties, what supported a person, how can a person help himself and others?)

Topic 7. Acceptance

7.1. The first process of acceptance is living with the events associated with the war

7.2. The second process of acceptance is the acceptance of those changes that have occurred and adaptation to new conditions and the search for resources

Topic 8. Training (retraining), employment, mental adaptation to new social conditions

8.1. Training, retraining - learning the language of the host country, professional retraining in accordance with the demands and conditions of the local labor market

8.2. Getting a job, mentally adapting to the conditions and features of the new social environment