

Project name:

**Together we are strong:
Healing and renewal of life of Ukrainian soldiers**

Partner countries:

Ukraine - Czech Republic

Region/Misto/Place:

Odessa, Ukraine

Teplice, Czech Republic

Applicant / Partner organization:

- Oleksandr Fomichov, Director of the "Returning to Yourself" Benevolent Fund,

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- Oleksandr Holopotelyuk, head of the ruling Community Organization "Veterans HUB ODESA",

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- Ladislav Wagner, manager of the sanatorium Lázně Teplice v Čechách a.s.

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- Project manager Oleksandr Fomichov, +38 093 311 87 80

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The triviality of the implementation has been realized: 12 months

Oriental financial obligation (euros): 150,000 euros

Relevance of the project:

The large-scale war unleashed by the Russian Federation against Ukraine caused an unprecedented increase in the number of veterans, such as require comprehensive support after turning back from the front. A significant part of them may include physical trauma, chronic illness, post-traumatic stress disorder (PTSD), depression and anxiety, as well as difficulty in social adaptation. In the minds of the trivial military insistence on the health protection system and social protection of Ukraine, obvious resources are often over-emphasized and do not provide a permanent commitment to integrated rehabilitation, as if it would simultaneously consume the physical and psychological and social components of renewal.

Current approaches to the rehabilitation of veterans in the countries of the European Union, including the Czech Republic, are based on interdisciplinarity, evidence-based medicine and individualized programs update. Transcordon partnership between the Czech rehabilitation center and Ukrainian community organizations creates the possibility of introducing advanced European practices into the Ukrainian context, improving professional capabilities fakhivtsiv and the formation of a new model of support for veterans.

In addition to the medical aspect, the relevance of the project is determined by the need to renew the social potential of veterans as active members of communities. Successful reintegration is accompanied by a decrease in the level of social isolation, unemployment, family crises and secondary traumatization. Comprehensive rehabilitation allows not only to restore health, but also to promote the quality of life, fruitfulness and the level of social inclusion.

The project responds to the current outcries of the Ukrainian marriage, recognizes the great international solidarity and the formation of a long-term system of supporting veterans in the ambushes of partnership, professionalism and the current development The implementation of such an initiative is timely, vitally significant and strategically important for the military renewal of Ukraine.

The goal of the project: to improve the physical, psychological and social well-being of Ukrainian veterans through the provision of comprehensive physical, psychological and medical rehabilitation within the framework of a cross-border partnership between Czech rehabilitation providers the center and Ukrainian community organizations.

Direct recipients of assistance: veterans, mainly from the city of Odessa and other regions (Day of Ukraine).

Indirect beneficiaries:

- Families of veterans (girlfriends, dads, children) – about 55 people.
- Local Ukrainian doctors (psychologists, social workers, doctors) - about 15 people,

Reap the benefits of learning and sharing knowledge.

- Greater cooperation between veterans - for additional exchange of materials, increased awareness of the enormity and future expansion of programs.
- Czech intelligence, which it accepts, is for the assistance of intercultural dialogue and international spivrobitnistva.

Rehabilitation within the framework of the project:

The rehabilitation is planned to be carried out in the Czech Republic, Teplice metro station, Lázně Beethoven sanatorium. The sanatorium specializes in diseases of the musculoskeletal system, neurological problems and rehabilitation after injuries/surgeries. The main factor is thermal mineral water (sulfate-bicarbonate-sodium with radon, temperature up to 41 ° C), which is ideal for water treatments, baths, underwater massage, pearl baths, hydromassage and exercise therapy in pools.

Comprehensive rehabilitation/health package 14 days (13 nights) with an emphasis on thermal water + procedures (baths, underwater shower massage, classical/lymphatic drainage massage, group/individual water therapy and sushi, physiotherapy):

The project for the comprehensive rehabilitation of Ukrainian veterans, in partnership with the Czech rehabilitation center, includes the implementation of the following activities:

1. Physical rehabilitation (thermal baths, water procedures, massage, exercise therapy in water/on land, physiotherapy) 105,000 €, 70% of the budget, (68 persons × 1540 € = ~105,000 €). Includes: 13 nights' accommodation, full/water boarding, free access to Thermalia swimming pools (Pravřídlo water), 25–30 procedures/week (thermal baths, underwater massage, pearl baths, CO₂ baths, classic/underwater massage 2–4 times).
2. Psychological support (group + individual) 12,000 € ~8% of the budget, 1-2 Ukrainian psychologists (part-time on site + online). Group therapy 3-4 times/cycle + 3-5 individual sessions/person. (~180-200 € / person per cycle).
3. Transport (Ukraine → Prague → Teplice) € 11,500 ~8% of the budget, Bus/train + minibus for a group (Teplice ~1 year from Prague/airport). ~160 -180 € / person. back and forth.
4. Project coordinator + transfer + local admin 9,000 € ~6% of the budget, Coordinator ~2200–2500 €/month. brutto (part/full-time) + Ukrainian transfer/assistant at Teplice.
5. Additional treatments, facials, additional procedures 5,000 € ~3% of the budget, MRI/ultrasound as required, additional massage and physiotherapy.
6. Administrative and legal expenses 4,000 € ~3% of the budget. Registration, audit, insurance of participants, commissions.
7. Reserve / inflation / not transferred 3,500 € ~2% of the budget. Prices for energy/procedures may increase.

At once: €150,000 100%.

Long-term results of the project:

- veterans to restore physical strength and agility, reduce emotional regulation, increase their own depression;
- Participants experienced visible reductions in symptoms of PTSD, anxiety, and depression;
- veterans and their families are better able to understand trauma and the mechanisms of coping with difficulties;
- Ukrainian doctors are introducing advanced methods in mental health care and support for veterans.

Results and performances**Result 1: Improved health and psychosocial well-being of veterans**

- Number of veterans who are planned to complete the next cycle of rehabilitation (meta: 68 individuals)
- Improvement in self-feeling, which is self-reported (test results before and after)
- Psychological assessment results (eg PTSD symptom scale)
- Number of individual and group therapy sessions

Result 2: Valuable cooperation between Czech and Ukrainian organizations

- Number of transcordon meetings/trainings (meta: ≥ 25)
- Number of separate documents or methods (for example, handbook)
- Signing a memorandum of mutual understanding or a continuation plan after completion of the project

Result 3: Increased awareness and resilience among families and leaders

- Number of family members, How to remove indirect encouragement or information (meta: ≥ 30)
- Number of fighters who will undergo training with injured people (meta: ≥ 10)
- Wide range of other materials or digital materials (for example, brochures, reference books)

Strategies for achieving goals:

1. Comprehensive rehabilitation that includes physical therapy, psychotherapy, family support, and social reintegration.
2. Context-oriented approaches, adaptations to the realities of Ukrainian veterans (history of trauma, language, separation from family, etc.)
3. Transcordon exchange of knowledge for the assistance of Czech-Ukrainian professional exchange and mentoring.
4. Monitoring and evaluation to ensure the success of the turnaround, adaptation of approaches and progress.

5. Gender-oriented implementation to ensure that veterans, both men and women, receive individual support.

6. Gaining empathy and telling stories to develop empathy, reduce stigma and

The value of the enormous support.

Partnership to achieve goals

The initiative is a cross-border partnership between the Czech rehabilitation center and the Ukrainian constituents of the community partnership, which promotes international cooperation and knowledge exchange.

Overall, the project is in line with both national renewal strategies and international development frameworks, especially those related to health, human rights, inclusion and world-building. In addition, it is necessary to respond to unique social needs in such a way as to ensure proper management between the EU and Ukraine.

Distribution of roles between partners:

Rehabilitation partner – Czech Republic

Organization: Lazne Teplice v Cechach

Role: Organization and provision of rehabilitation services, provision of medical and psychological examinations, supply of life and minds.

Contact person: Ladislav Wagner, manager of the sanatorium Lázně Teplice v Čechách a.s. project coordinator

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Rehabilitation partner - Ukraine

Organization: Charitable organization “Charitable Fund “Returning to Yourself”.

Role: Identification and coordination of veteran participants, psychosocial support, documentation preparation, communication, logistics. You can get help with further treatment and evaluation after returning from rehabilitation.

Contact person: Oleksandr Fomichev, project manager

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Rehabilitation partner - Ukraine

Organization: Community organization “Veterans HUB ODESA”

Role: Provides institutional foundation and potential support. You can accept information and educational work, recommendations and inclusion of local systems. Protection of interests and increase in awareness of the community; support for the families of military servicemen; support for mental health.

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Steel

This project will fill a critical gap, promoting high-quality rehabilitation from the treatment of traumatic accidents in the Czech rehabilitation center in close cooperation with the Ukrainian community organization. The training reflects best practices recommended by the WHO, ICCH and European mental health providers, especially updating after trauma, early support after violence and planning reintegration. Individual treatment plans, models of mutual support and family learning are the basis of development.

Moreover, this project could serve as a best practice model for cross-border rehabilitation programs for veterans and victims of war-related injuries. It is innovative, based on collaboration, and has an international approach that can be scaled up or replicated in other contexts. By documenting results, sharing tools and methods, and participating in political dialogue, applicants and partners strive to value both local systems and international cooperation.

Evidence of implementation:

One of the key stages of the project was the organization and conduct of a 10-day course of comprehensive rehabilitation for Ukrainian war veterans at the complex Lázně Beethoven (Teplice, Czech Republic).

he program was developed to address the specifics of combat injuries and post-traumatic stress.

Participants completed an intensive course, which included:

- balneotherapy with the unique thermal mineral springs of Teplitsa (water temperature 38–42 °C, rich mineral deposits of fluorine, radon and other elements that provide anti-inflammatory and regenerative effects);
- Individual and group physiotherapy, aimed at improving the laxity of the joints, improving the muscle corset and reducing pain syndrome;
- physical exercise and hydrokinesotherapy in specialized pools;
- elements of art therapy and activities aimed at improving coordination and fine motor skills;
- psychological support and group sessions to reduce anxiety, normalize sleep and reduce emotional stress.

Over a remarkably short 10-day period, veterans reported significant progress: a decrease in chronic pain, an increase in the range of pain, an increase in mental vigor and a marked increase in psychoemotional stress. Oleksiy

Vasilyev, after being injured, began to actively collapse near the water, turn to the right, which had previously been inaccessible, and therefore felt slightly relieved.

The implementation of this stage was possible due to the professionalism of the Czech facyists of Lázně Teplice, their knowledge of the treatment of illnesses of the musculoskeletal system and the nervous system, as well as the warm welcome support the entire team of the resort. This has confirmed the high effectiveness of sanatorium-resort rehabilitation in combination with psychological assistance and has become an important contribution to the process of returning veterans to full-time life.

Video about rehabilitation as requested: https://youtu.be/5a2yzzr3_WE