

# ANNUAL REPORT

# 2023



# Halyna Tytysh

Head of the  
Smart Osvita NGO

*“If we had to choose one word to define 2023 in Smart Osvita, it would be ‘stabilization.’*

*After the intense 2022, it was critically important for us to slow down and streamline processes. A new area of work—student education—emerged within the organization, the team doubled in size, and the number of projects also grew. All of this required new approaches to organizing work.*

*We continued to launch new initiatives but did so more slowly and thoughtfully. Instead of “putting out fires,” we shifted to scaling existing projects, updating them, and launching what we deeply believed in. We were preparing for something new and important.*

*And now, as we summarize our year of stabilization and resilience, flipping through the highlights of 2023, we realize that everything worked out. We share our joys and reasons for pride in each of the 17 projects below.”*

**SMART OSVITA NGO**

**2023**

**in numbers**

01

17 projects across 4 educational areas:

- Communication and advocacy of educational reform
- Student learning and support
- Psychological resilience
- Teacher training and support

05

Together with a team of teachers, created 335 audio lessons, which were listened to over 150,000 times

02

12 million visits to our education media platform



06

Approximately 1,800 users registered on our platform for educators with a focus on psychological resilience



03

Together with 53 teachers, conducted 8,386 lessons for 1,700 Ukrainian students abroad

07

More than 1,100 teachers completed our psychological resilience training

04

1,127 children participated in our program to overcome educational losses

08

Together with Svitlana Royz, created 2 games for children and adults to support psychological resilience



09

The first 15 schools received Shelter Chests

10

Together with a team of developers, created 9 modules of materials for developing writing skills, critical thinking, and reading literacy for basic and high school students, which we placed on a special website

11

Together with contemporary Ukrainian writers and a journalist, created 2 collections of texts for students – one literary and one journalistic – for additional analysis

12

Recorded 8 episodes of the third season of the podcast «Dopamine for Education»

13

Together with BaraBooka, created the third thematic guide for parents and educators called “Living Writers”

# INSTITUTIONAL SUPPORT



## Thanks to institutional support in 2023, we:

- **Developed** the organization's strategic plan for 2023–2025
- Successfully **passed** a financial audit for 2021–2022
- **Created** numerous materials on the NUS website
- **Established** cooperation with 9 regional media outlets
- **Refined** the organization's fundraising strategy (now Smart Osvita raises funds through social entrepreneurship, a crowdfunding platform, and grants)
- **Developed** a brand book and began work on updating the organization's website
- **Implemented** a series of policies

*Institutional support is provided within the framework of the ENGAGE Civic Engagement Program, funded by the United States Agency for International Development (USAID) and implemented by Pact in Ukraine.*

# 01

## COMMUNICATION AND ADVOCACY OF EDUCATIONAL REFORM

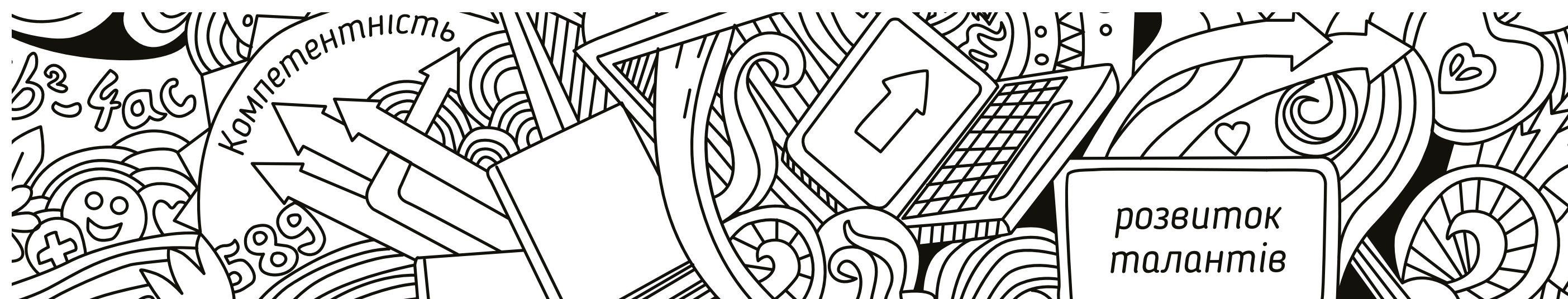
Direction 1

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# EDUCATION MEDIA NEW UKRAINIAN SCHOOL

**nus.org.ua** is one of the largest education media platforms in Ukraine. Created in 2017 to communicate the New Ukrainian School reform, the platform has become an informal space for dialogue between educators, officials, and parents. However, we have long since moved beyond discussions solely about the reform. The NUS media comprehensively covers news on preschool and general secondary education in Ukraine, shares the best case studies from Ukrainian schools, and highlights international practices.

**nus.org.ua** ►

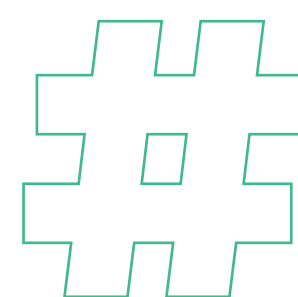
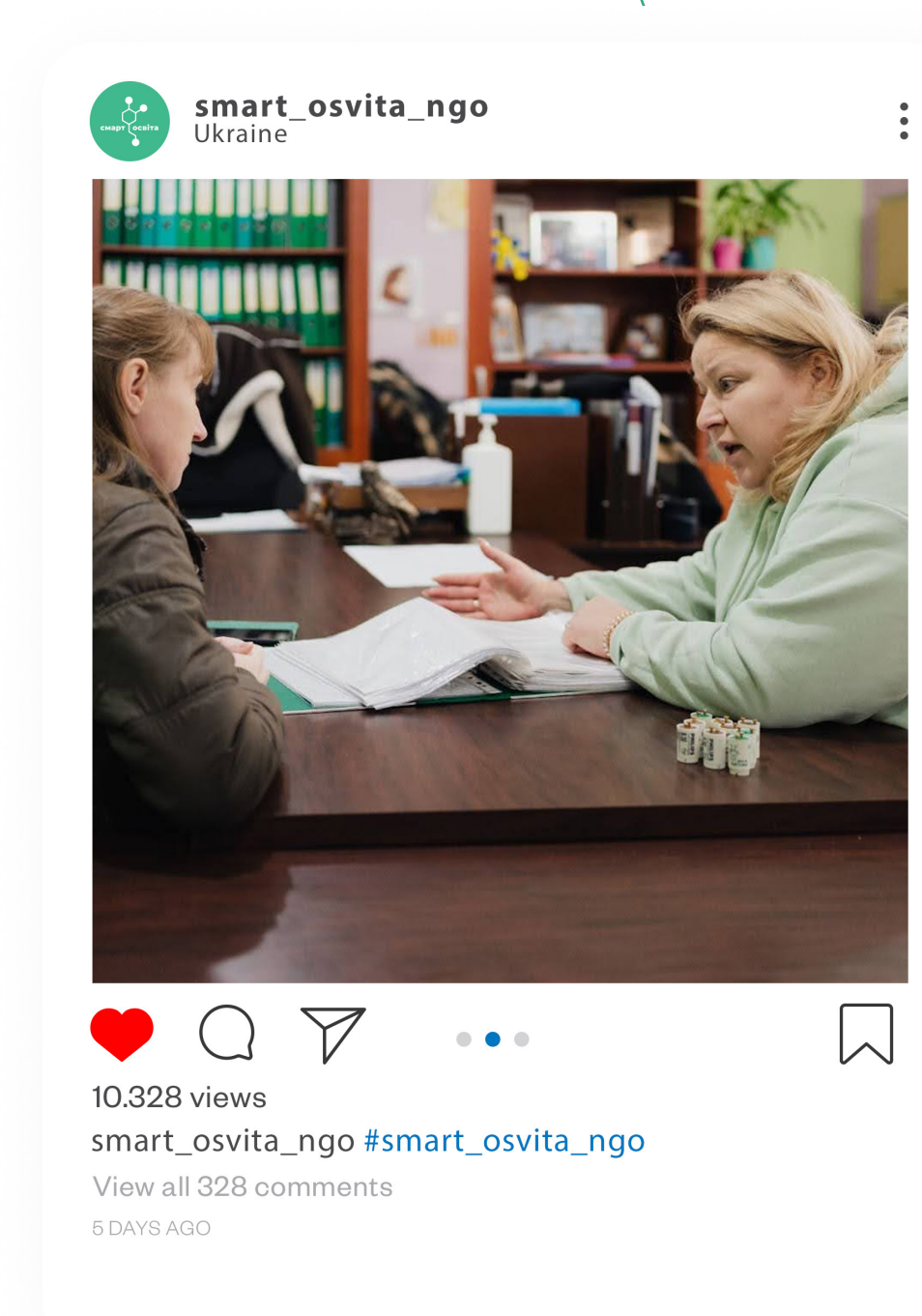
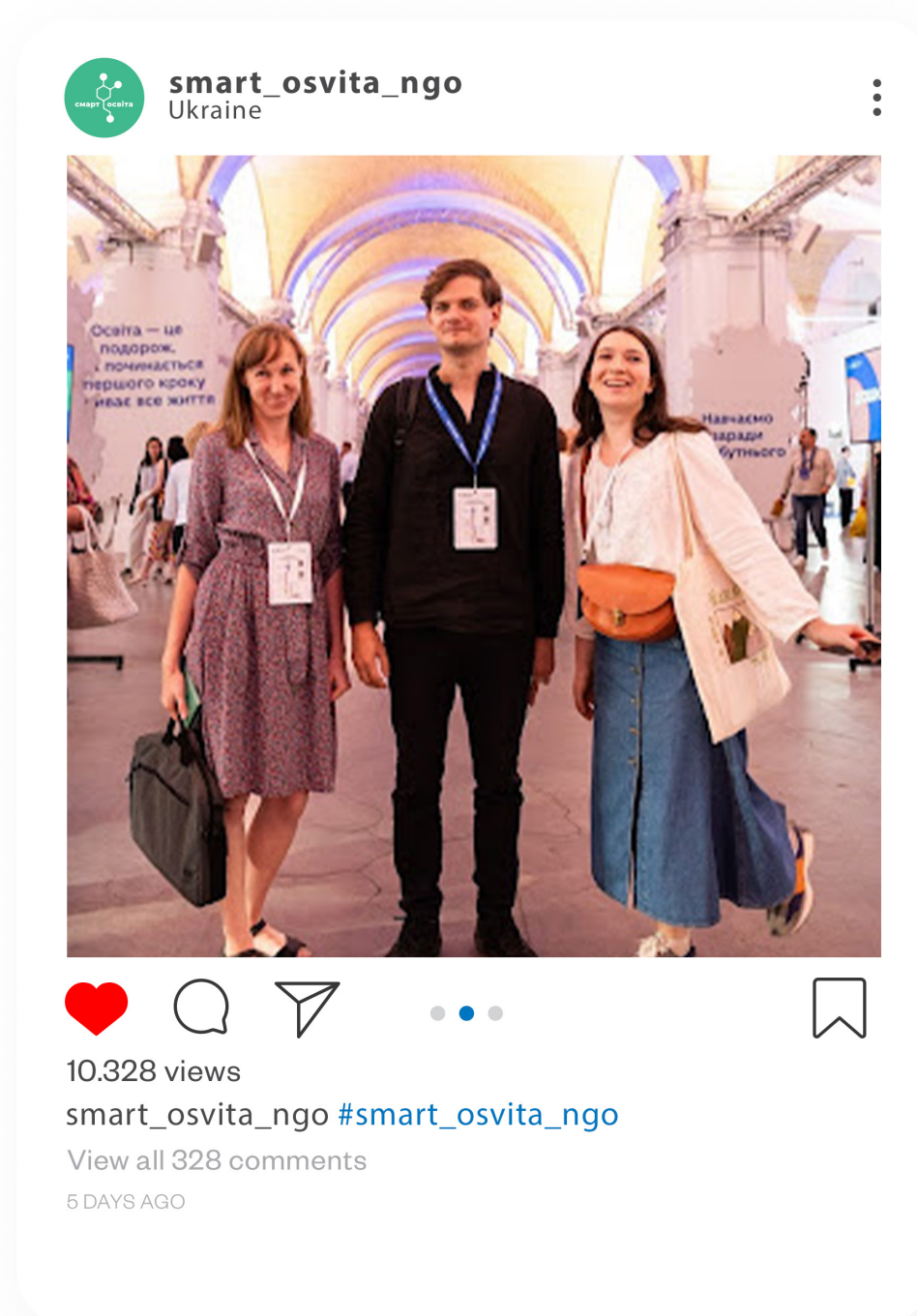


## In 2023, two new sections appeared on the website:

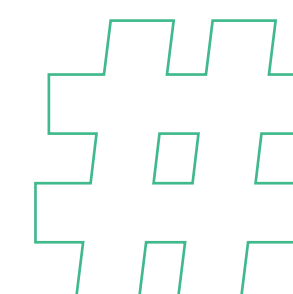
- **"Lesson Materials"**, where teachers can find lesson plans and ideas for various subjects.
- **"Analytics"**, where we examine pressing educational issues from different perspectives and compare Ukrainian experiences with international practices. One of the materials in this section—**"NUS Calendar: What Needs To Be Caught Up And How To Stay On Schedule"**—became the foundation for a major analytical study: "New Ukrainian School in Grades 5–6: Implementation Challenges."

## In 2023, the NUS website achieved:

- **12 million** views
- An average of **588,000** unique users per month
- **8.3 million** reach on Facebook (273% more than in 2022)
- **1.2 million** interactions with content on Facebook



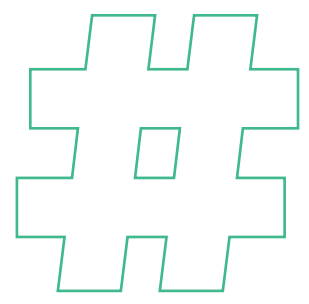
**August conference  
2023**



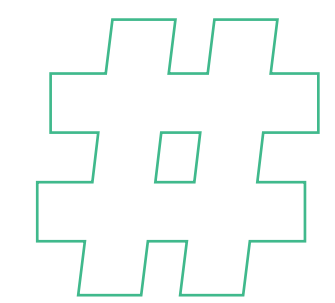
**NUS journalist Inna Lykhovyd  
during an interview with  
Deputy Minister of Education and Science  
of Ukraine Andriy Stashkiv**



## Foresight Research on the Implementation of NUS in Grades 5–6



**(Photo 1) – Analyst Iryna Pasko and Head of the NGO Smart Osvita Halyna Tytysh**  
**(Photo 2) – Methodologist Kateryna Molodyk**  
**(Photo 3) – Author of legal explanations on NUS, Volodymyr Bozhynskyi**



**Freelance journalist of NUS Mariia Buleiko (Markovska) during an interview with the Cities 4 Cities | United 4 Ukraine team**



НОВА  
УКРАЇНЬКА  
ШКОЛА

# PROJECT SUPPORT

- Friedrich Naumann Foundation for Freedom in Ukraine
- Pact/Engage in Ukraine
- The European Wergeland Centre
- All-Ukrainian Foundation "Step by Step"
- Lviv Media Forum (with the support of the National Endowment for Democracy (NED))
- NGO EdCamp Ukraine



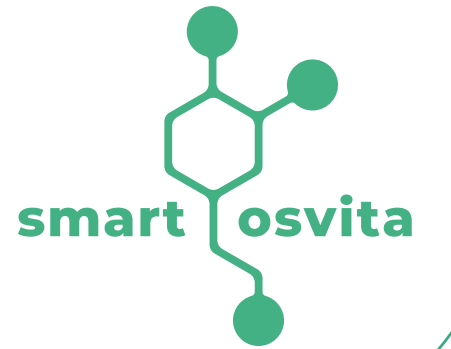
FRIEDRICH NAUMANN  
FOUNDATION For Freedom.



THE EUROPEAN  
WERGELAND  
CENTRE

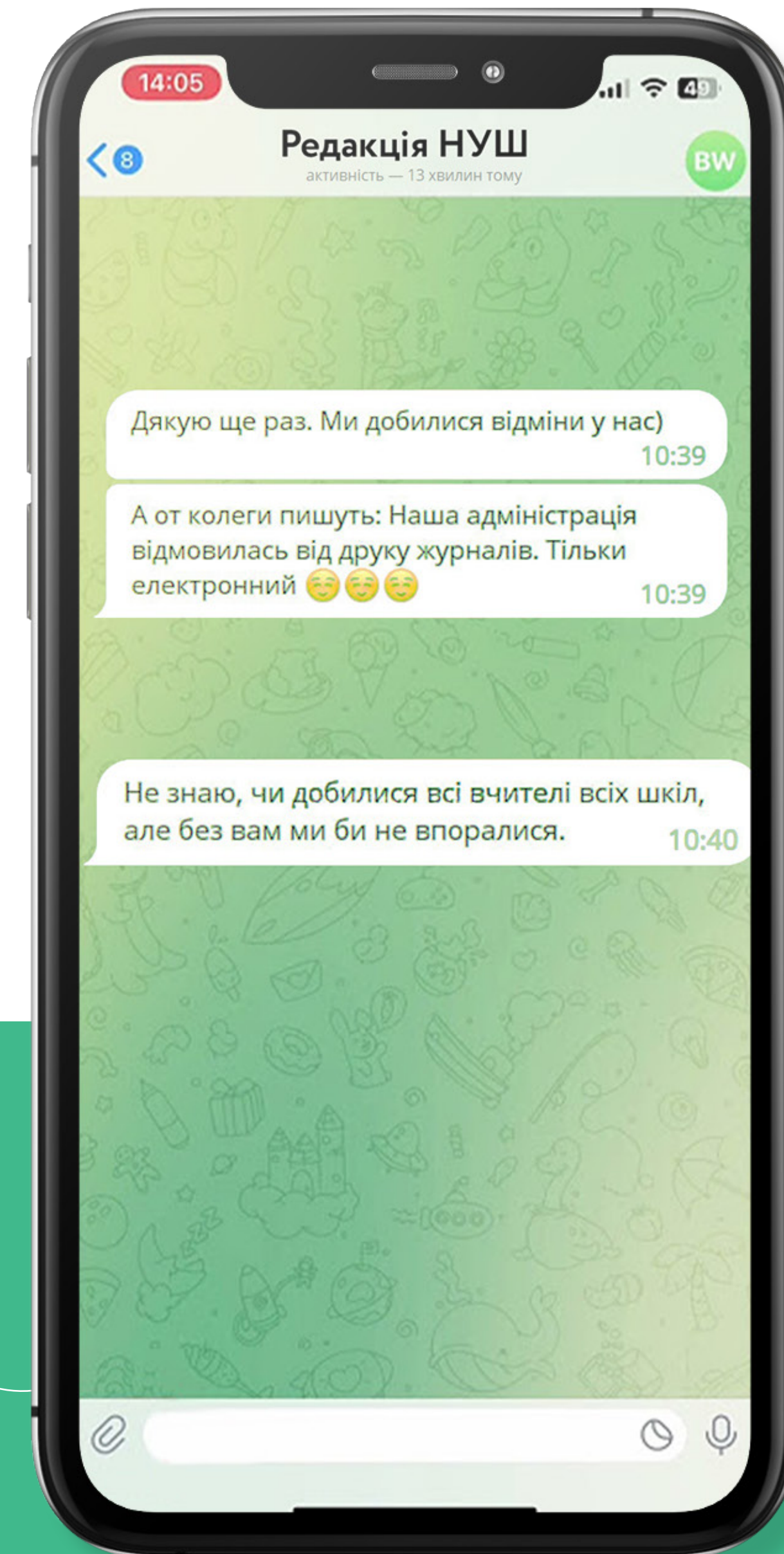


ВСЕУКРАЇНСЬКИЙ ФОНД  
«КРОК ЗА КРОКОМ»



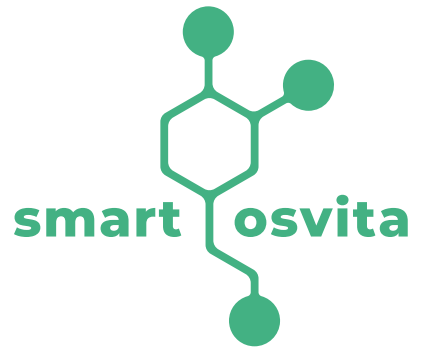
# FEEDBACK

**The greatest joy for the editorial team** is when teachers share that a material from NUS has solved their problem here and now. For example, this summer, educators from Kharkiv reached out to us because their administration was requiring them to duplicate entries in both electronic and paper journals. After the publication of an explanation on NUS, school administrations changed their stance.

[MORE ABOUT THE PROJECT](#)
[VIEW MEDIA](#)


# RESEARCH ON THE IMPLEMENTATION OF NUS IN GRADES 5–6:

*data for restarting the reform in secondary school*



**Thanks to the research, we have determined:**

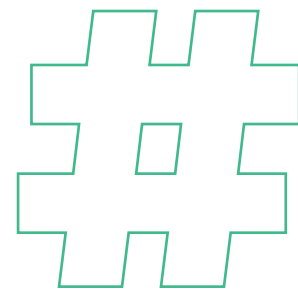
- What is the state of implementation of the "New Ukrainian School" reform in grades 5–6 (the adaptation cycle of basic secondary education);
- What are the key problems and needs of the reform now, and what possible solutions exist.

**Together with our partners, the Ilko Kucheriv Democratic Initiatives Foundation, we managed to:**

- Conduct 30 structured interviews with teachers of grades 5–6
- Survey 600 teachers of grades 5–6 using the face-to-face method

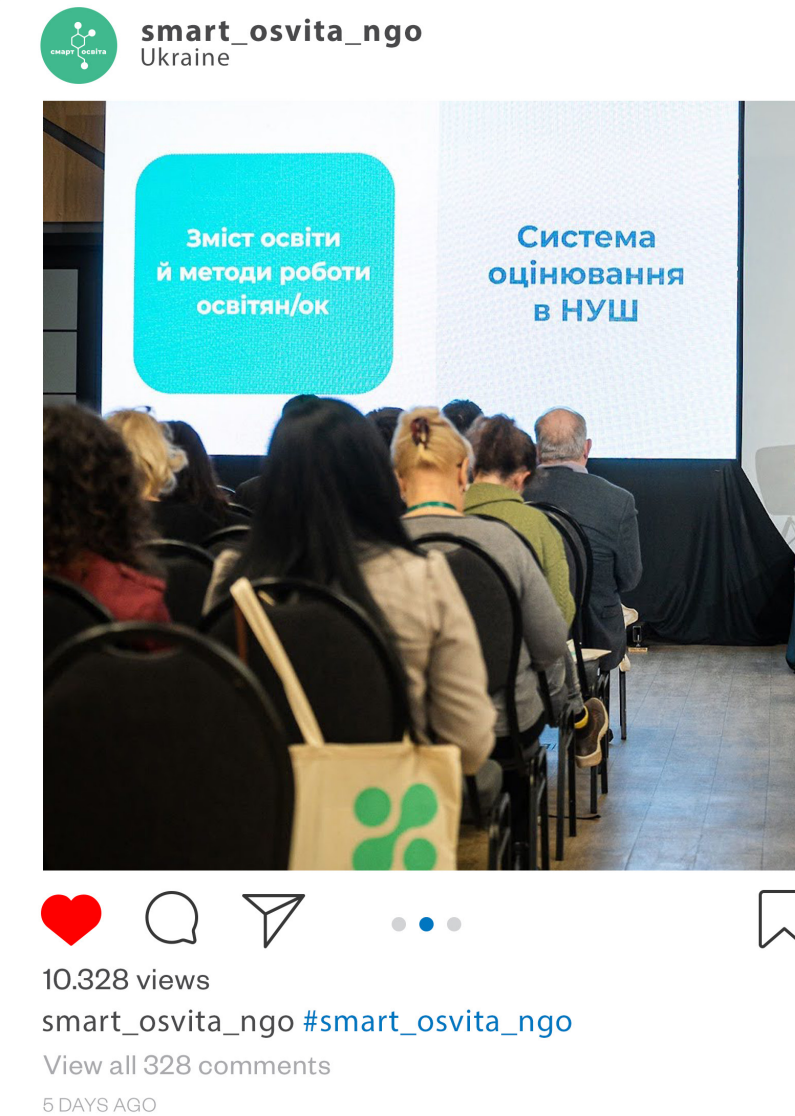
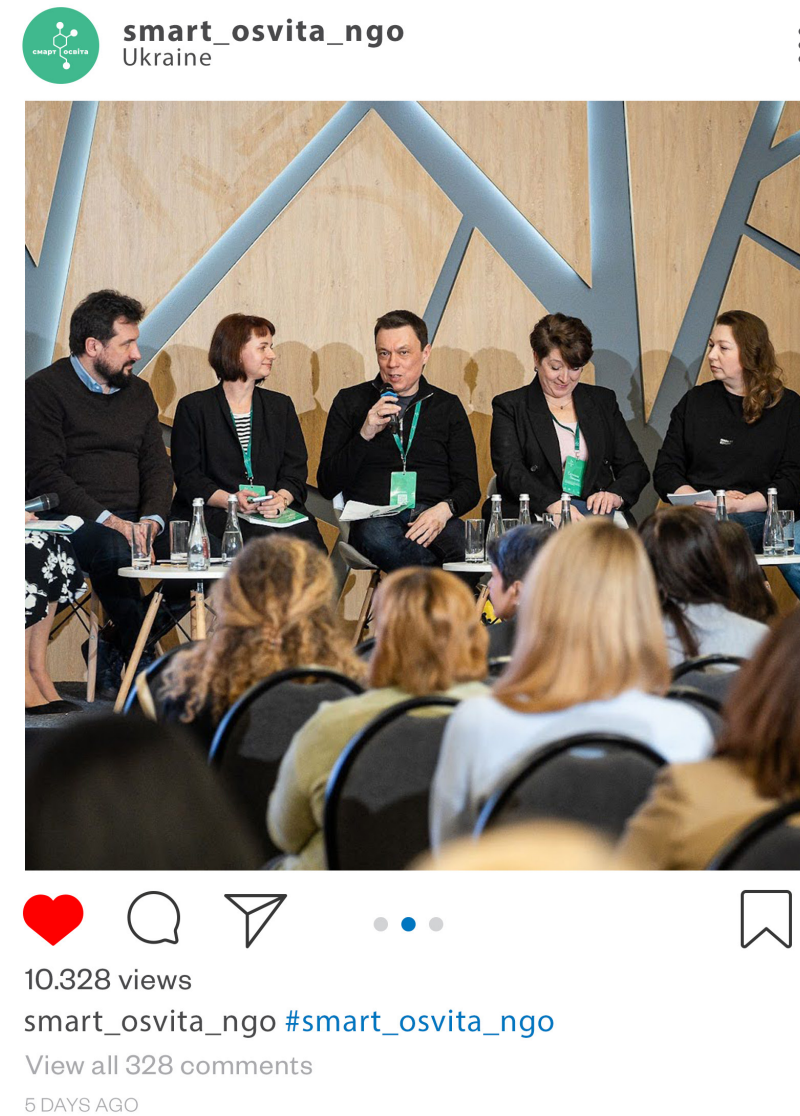
**Following the research, we compiled:**

- An analytical report based on desk research
- An analytical report based on sociological research
- A foresight report with developed recommendations for the Ministry of Education and Science, the Verkhovna Rada of Ukraine, and local authorities
- An analytical report "New Ukrainian School in Grades 5–6: Implementation Challenges" (based on the three previous reports)



## Presentation of the research "New Ukrainian School in Grades 5–6: Implementation Challenges"

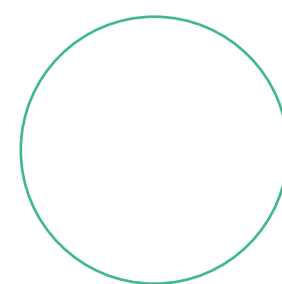
smart osvita



PROJECT  
DONOR:



INTERNATIONAL  
RENAISSANCE  
FOUNDATION

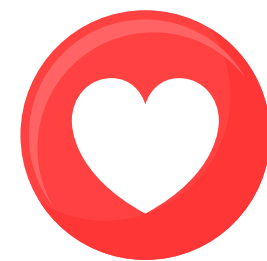


The research was organized and conducted by the NGO Smart Osvita in partnership with the Ilko Kucheriv Democratic Initiatives Foundation, together with the Center for Political Sociology, with the participation of the Institute of Educational Analytics, the "Re:Education" association, and the "OsvitAnalityka" analytical center of Borys Grinchenko Kyiv University.

The research was carried out with the support of the International Renaissance Foundation.

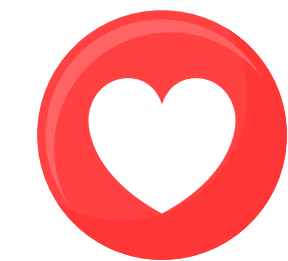
# FEEDBACK

*"I kept forgetting in the past weeks, but I want to pass on my colleagues' gratitude for such a thorough study. We often refer back to it and rely on it)"*



*"Hello! Thank you very much for the materials; the breadth and depth are impressive! Congratulations on completing such fundamental work! It should become a handbook for everyone involved in the reform."*

*Thank you!"*



**MORE ABOUT THE STUDY  
AND THE DATA HERE**

# 02

## STUDENT LEARNING AND SUPPORT

Direction 2 \_\_\_\_\_

# STAYING WITH UKRAINE

This project supports Ukrainian students in grades 5–11 who have temporarily relocated abroad due to Russia's aggression. It provides live online lessons in Ukrainian language, literature, and history throughout the academic year



**ЗАЛИШАЄМОСЬ  
З УКРАЇНОЮ**

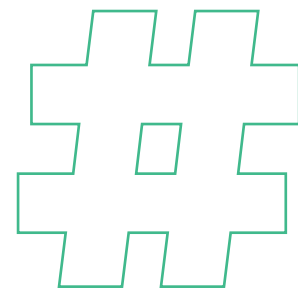


## Second Semester of the 2022–2023 School Year:

- Reached approximately **1,320 students**
- Participants joined from over 20 countries, including Germany, Poland, the UK, the Czech Republic, France, Hungary, the USA, Canada, Slovakia, Romania, Moldova, and Scandinavian countries (Denmark, Norway, Sweden, Finland, Iceland), as well as the Benelux (Belgium, Netherlands, Luxembourg) and Baltic (Lithuania, Latvia, Estonia) regions, Bulgaria, and others
- Conducted **4,563 lessons**
- Formed **74 learning groups**
- Engaged **47 teachers**
- Administered **two rounds** of student assessments


## First Semester of the 2023–2024 School Year:

- Formed 80 groups and reached approximately **1,700 students** from **over 25 countries**.
- Conducted **3,823 lessons**
- Engaged **53 teachers**
- **Involved a dedicated psychologist** who assists teachers and students in navigating complex situations
- Conducted **two rounds of assessments**








Staying  
with Ukraine






smart\_osvita\_ngo  
Ukraine







10.328 views

smart\_osvita\_ngo #smart\_osvita\_ngo

View all 328 comments

5 DAYS AGO



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Ukraine








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Ukraine







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View all 328 comments

5 DAYS AGO

## PROJECT PARTNERS:



WATCH THE VIDEO

# FEEDBACK



*“Every Monday, Wednesday and Friday we were with Ukraine, we ourselves were Ukraine, and we are still Ukraine. According to my observations, this year the children got steadier, they felt the soil under their feet again, felt the strength of their heritage - this greatly improved their motivation, overall performance and health. All of your lessons were of the highest professional level and were held in a friendly atmosphere - thanks to your work, the children mastered the educational material in full and also had the pleasure of communicating with their peers.”*

**LESIA,**  
MOTHER OF SOLOMIIA  
AND BOHDAN



*“At the history lessons of the Staying with Ukraine“ lessons, I feel as if I am at home in my hometown Odesa.”*



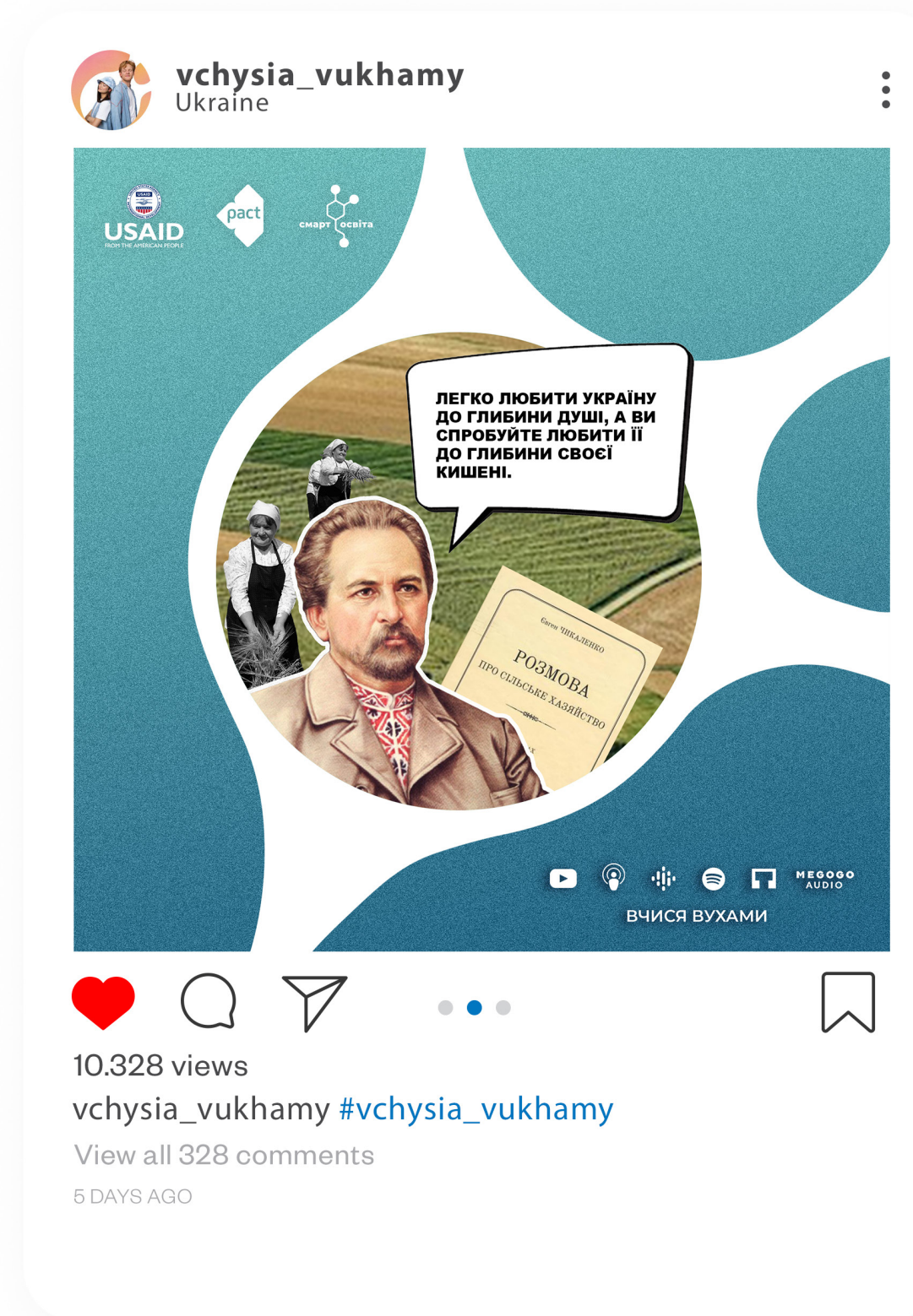
[MORE ABOUT THE PROJECT](#)

# AUDIO LESSONS “LISTEN AND LEARN”

These audio lessons are designed for students in grades 7-11 and can be used not only at a desk or in a classroom. You can study on the train or bus, while walking or lying in bed. You can even do it in a bomb shelter - all you have to do is listen.

In 2023, the project was launched and implemented with the support of the EDUCO Foundation.

**PROJECT  
PARTNER:**



## In 2023, we:

- Developed our methodology
- Gathered a team of about 50 people (authors, fact-checkers, editor, designers, content managers, recording team)



## The result:

- **335 audio lessons** on 5 subjects for grades 7-11 (Ukrainian language and literature, world and Ukrainian history, civic education)
- Lessons correspond to the school curriculum
- More than **150 thousand** listenings
- 10,000 subscribers on Instagram and 5 podcast platforms (Apple Podcasts, Spotify, Google Podcasts, NV and MEGOGO)
- Each lesson has a task (write essays, tests, questions, recommendations)

# FEEDBACK

from students

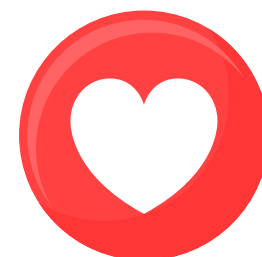
*“This is a new format for us because we always used to watch videos. I really enjoyed doing my homework with the audio lesson. They talk in an interesting and entertaining way, as it should be for teenagers. They provide interesting and useful information. Most of all, I like that the story is told without the needless boring rambling. Many other sources have a lot of information, but it is nowhere near as useful or interesting.”*

**MARIIA KRUPYTSKA,**  
9th grade



*“The Listen and Learn project is very convenient. You can study not only at home, but also while going about your day. It saves you a lot of time. The lessons are also very informative and clear.”*

**HRYHORII YAKUSHENKO,**  
11th grade



# FEEDBACK

from a teacher

*“Meaningful, thorough, interesting lessons from true professional teachers! These are interesting stories about the life and work of Ukrainian artists, materials that help to work on artistic works in an easy and accessible way. It also includes documentary evidence, excerpts from movies and performances based on the works, and the live voices of writers and poets.*

*All this helps the teacher to conduct a high-quality and interesting lesson, and greatly facilitates the process of preparing for the lesson. I thank everyone involved in creating this useful and interesting project.”*

**NATALIIA MISHCHENKO,**  
teacher of Ukrainian language and culture at the “Leader”  
secondary school in Kramatorsk, Donetsk Oblast.



**PROJECT WEBSITE**

# NOW I KNOW

“Now I Know” is a free online course in Ukrainian language and mathematics, designed to help students recover from educational losses and strengthen essential skills. The program was developed in collaboration with educational experts Yurii Chop’iuk and Nataliia Vynnytska. It is based on a competency-based approach, allowing students to grasp key concepts through practical tasks and real-life situations.

In this way, we help students fill in the gaps in their school education that they may have received due to the full-scale war and deepen the knowledge they need in life. The project is child-centered and does not aim to “sprint” through the school program in a short time, but aims to show each child their own success story and motivate them to continue learning.

Тепер  
знаю 



## The “Now I Know” project in 2023 is:

- A small **number** of children (up to 12) in groups
- **Groups formed** by level of knowledge
- **Custom-developed methodologies** with a full package of teaching materials, start and end tests for each class in the Ukrainian language and mathematics
- **Formed competency frameworks** for each educational level
- Input and output tests for each subject **coordinated** with the competency map to track learning progress
- **Teacher training:** onboarding to the project and psychological training
- **Methodological support** for teachers during their work
- **Psychological support** for participants
- **Training through live lessons** with teachers in Zoom and work with educational materials on the Moodle platform

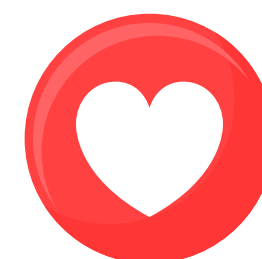
## Key figures of the project in 2023:

- **1127** participating children
- **747** students who have completed 50% or more of the curriculum and received certificates and motivation letters
- **42** teachers
- **58** groups



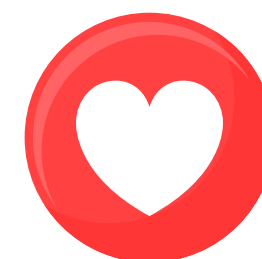
*I could never have imagined that in 5 weeks I would understand so many topics, and with such interesting explanations.”*

Feedback from a project participant



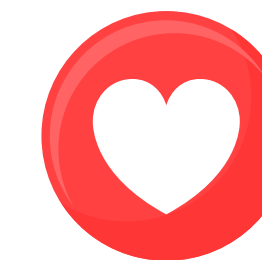
*The project is modern and focused on children and their needs. It is very important for them today, how the teacher explains things: through games, associations. Thank you very much for the opportunity to join the project! I wish to continue the practice of conducting such initiatives.*

Feedback from the mother of a project participant



*“Friendly atmosphere. Good teachers, if something is not clear, they will calmly explain again, they do not put pressure on children, which is also important. The platform is convenient and intuitive, it works stably. I am grateful to the Now I Know project for the additional knowledge and preparation for the school year and EIT/ST.”*

Feedback from a project participant



[MORE ABOUT THE PROJECT](#)

**PROJECT  
PARTNER:**

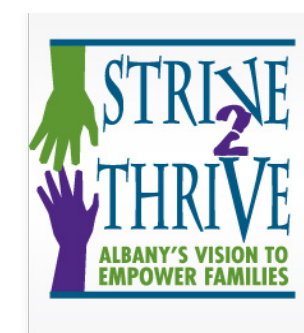


# UKRAINE SPEAKS ENGLISH

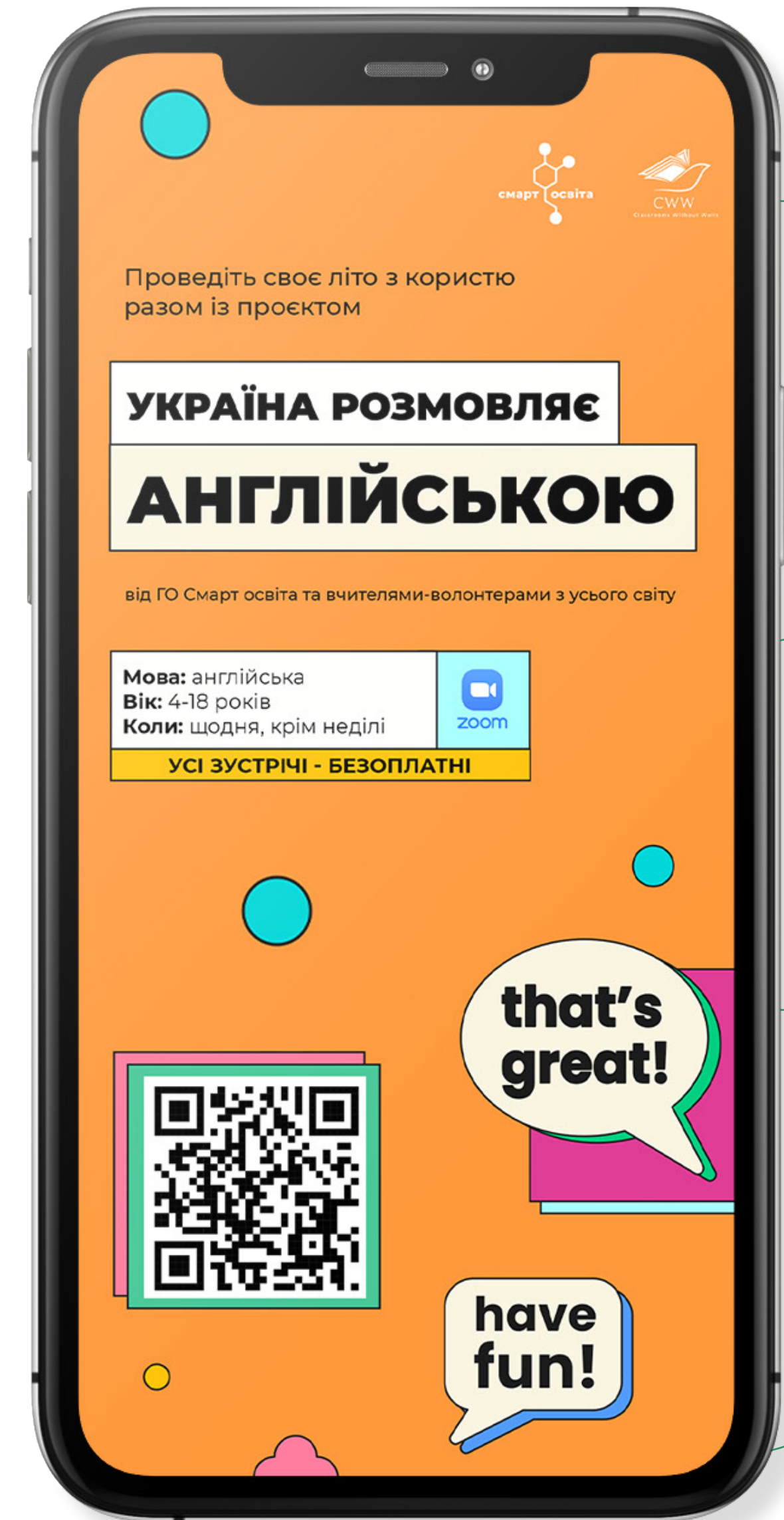
Ukraine Speaks English provides free online English lessons for Ukrainian children from volunteers around the world: Canada, the United States, Australia, Japan, Portugal, Spain, Turkey, and others.

Since the beginning of the project, 150 foreign volunteers have taken part in it.

## PROJECT DONOR:

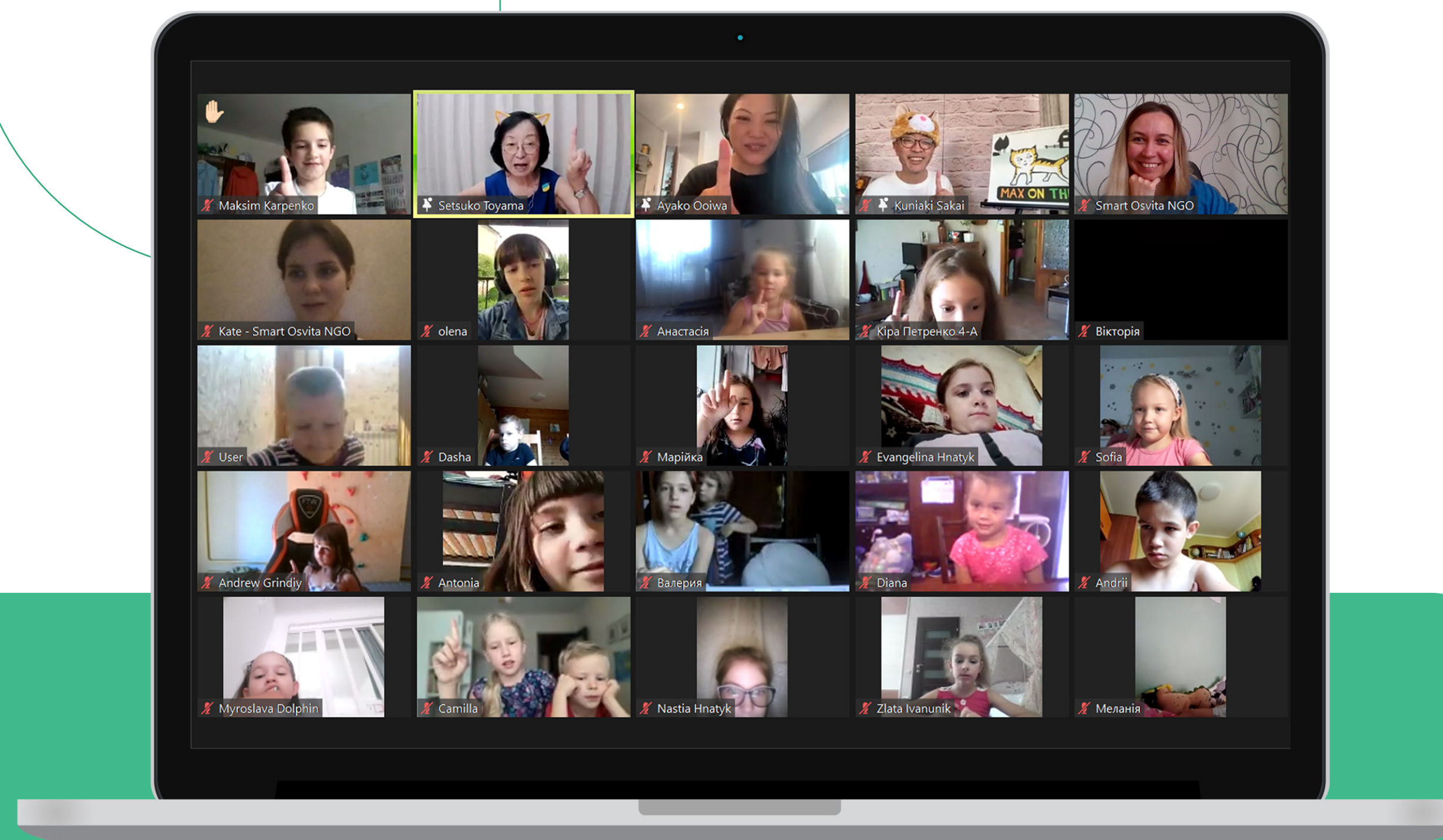


## PROJECT PARTNERS:



## In 2023, we:

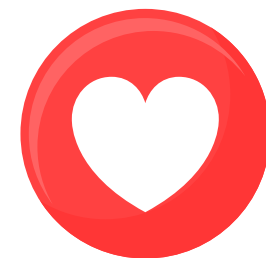
- Organized **930 lessons** together with volunteers from around the world
- Children joined the lessons more than **31 thousand times**
- Organized **20 courses** lasting from 3 to 7 months of spoken English in schools with the help of foreign volunteers



# FEEDBACK

*“I really like the positive atmosphere in the classroom. No one judges anyone for their mistakes. The teachers are happy to teach. I like the fact that this project gives me the opportunity to learn English in a fun and free way. There is a wide range of topics, so anyone can choose something they like. It also cheers you up, you can get away from your problems and spend quality time.”*

**DASHA,**  
13 years old



*“I like that teachers always meet us halfway and are ready to communicate. It is clear that they try to make the lessons interesting and they succeed. Thank you!”*

**OLEKSANDRA,**  
14 years old



PROJECT TELEGRAM

MORE ABOUT THE PROJECT



# LIVING WRITERS:

## how to talk to children about war and peace

Together with the Ukrainian children's book space BaraBooka, we have created the third thematic guide for parents and educators "Living Writers. How to talk to children about war and peace".

In this way, we want to help children and adolescents cope with the experience of war.

## PROJECT PARTNERS:



УКРАЇНСЬКИЙ  
ІНСТИТУТ  
ЛІТЕРАТУРИ



НУШ  
НОВА  
УКРАЇНЬКА  
ШКОЛА

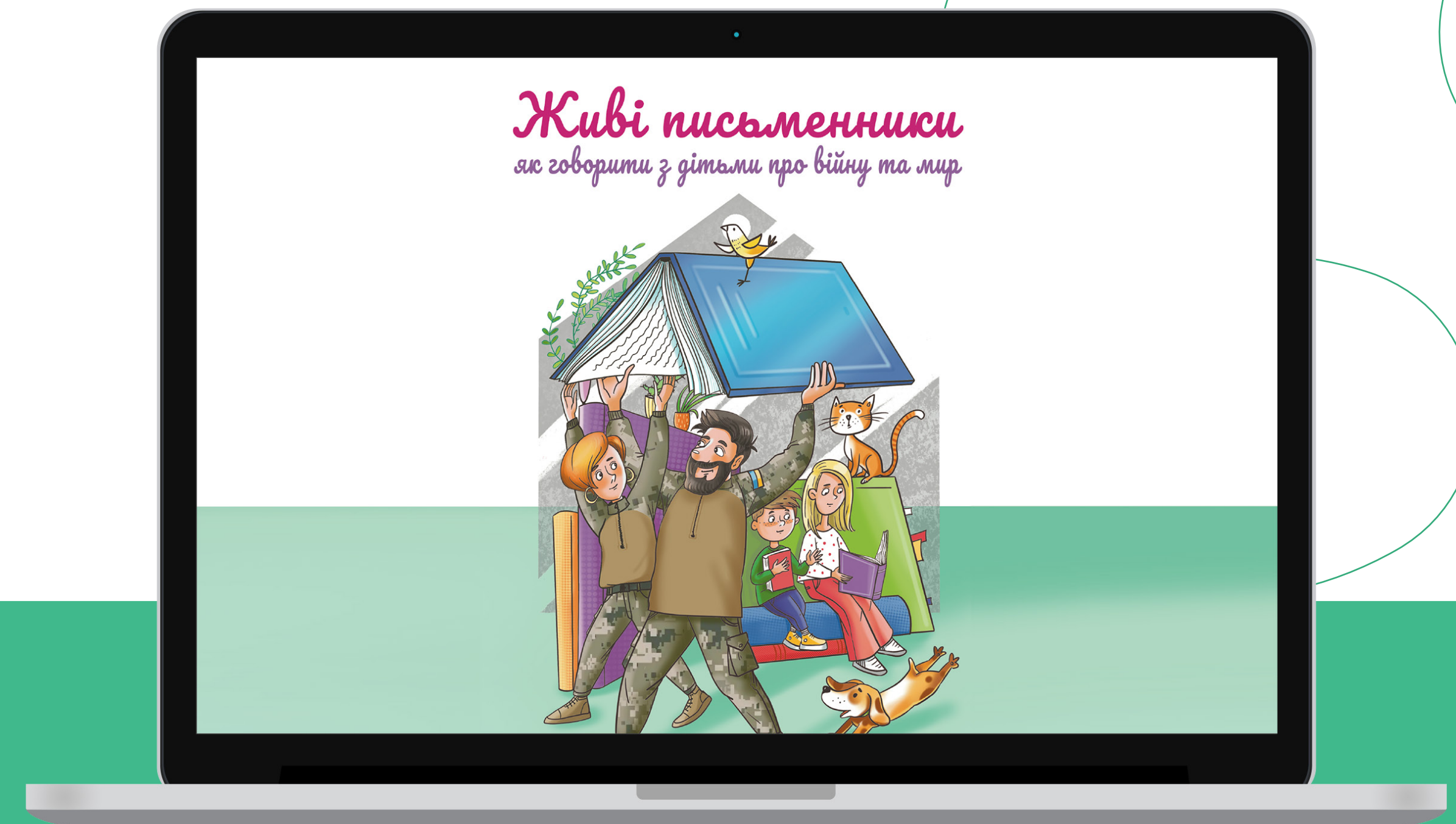


МІЖНАРОДНИЙ  
ЦЕНТР  
УКРАЇНСЬКОЇ  
ЛІТЕРАТУРИ



## Living writers: how to talk to children about war and peace includes:

- **40 children's books** about war and peace
- Annotations to each of the books, as well as a commentary by psychologist Svitlana Royz, so that parents can discuss what they have read with their children
- The guide also contains specific recommendations on how to choose children's and teenage literature on war, how to talk about war from the perspective of world history, and much more.



[MORE ABOUT THE PROJECT](#)

# 03

## PSYCHOLOGICAL RESILIENCE

Direction 3

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According to the World Health Organization, most mental health problems develop before the age of 18, with approximately 1 in 10 students suffering from a mental disorder. Educational institutions can play an important role in supporting the mental health of schoolchildren if school staff is properly trained.

In 2023, we conducted a study and surveyed 1070 teachers through the **NUS.ORG.UA** website.

We gained some understanding of the problems that teachers most often face during a prolonged war. We found that most of them see signs of psychological problems in children and have difficulties with their own mental health. The difficulties included depression, anxiety, stress disorders (depressed mood, severe anxiety, impulsivity and difficulties regulating emotions, aggression, irritability), sleep disturbances, avoidance and switching due to being “glued” to the phone, use of profanity, and difficulty concentrating.

A separate group of signs directly reflects the impact of war on the mental health of children and adults (acute reactions to stress, complicated grief, anxiety related to the presence of a parent in the combat zone, difficulties returning to work and study after staying in a shelter).



*“We realized that even school psychologists do not always know how to properly help a child in difficult psychological conditions. Not to mention the teachers and parents who do not have basic medical and psychological education. That's why we have been searching for an answer to the question: how can we help ourselves and our children maintain mental health, develop resilience and endurance to live our normal lives in these abnormal conditions of a terrible war? We have carefully selected many evidence-based methods, practical exercises, manuals and guides from the best foreign and domestic experts.*

*We have translated and adapted these materials, as well as conducted a number of ready-made trainings and created new ones.”*

**OKSANA MAKARENKO**

project manager, head of psychology and co-founder of Smart Osvita NGO



*“Despite the blackouts, constant stress and the challenges posed by the war, our teachers have proven that their commitment to education is unlimited. They joined the trainings in the most difficult conditions, using every opportunity to improve their skills. Thanks to their resilience, we have even exceeded all of our targets.*

*This proves once again that Ukrainian teachers are the real heroes of education.”*

**KATERYNA CHERNIAVSKA**

coordinator of the training center of the  
Smart Osvita NGO

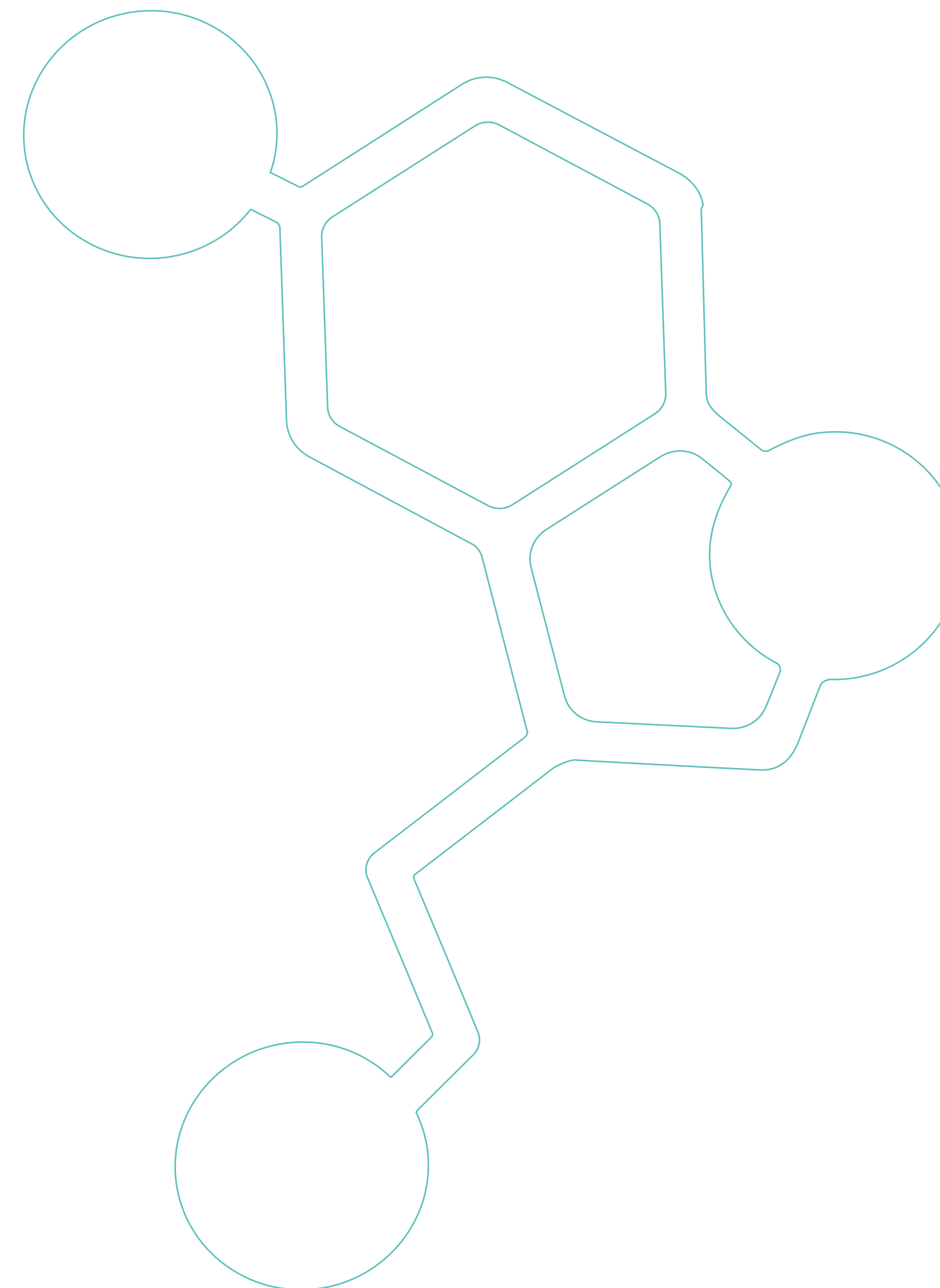


**This summer, we created and presented a new catalog platform**



## MORE ABOUT THE PROJECT

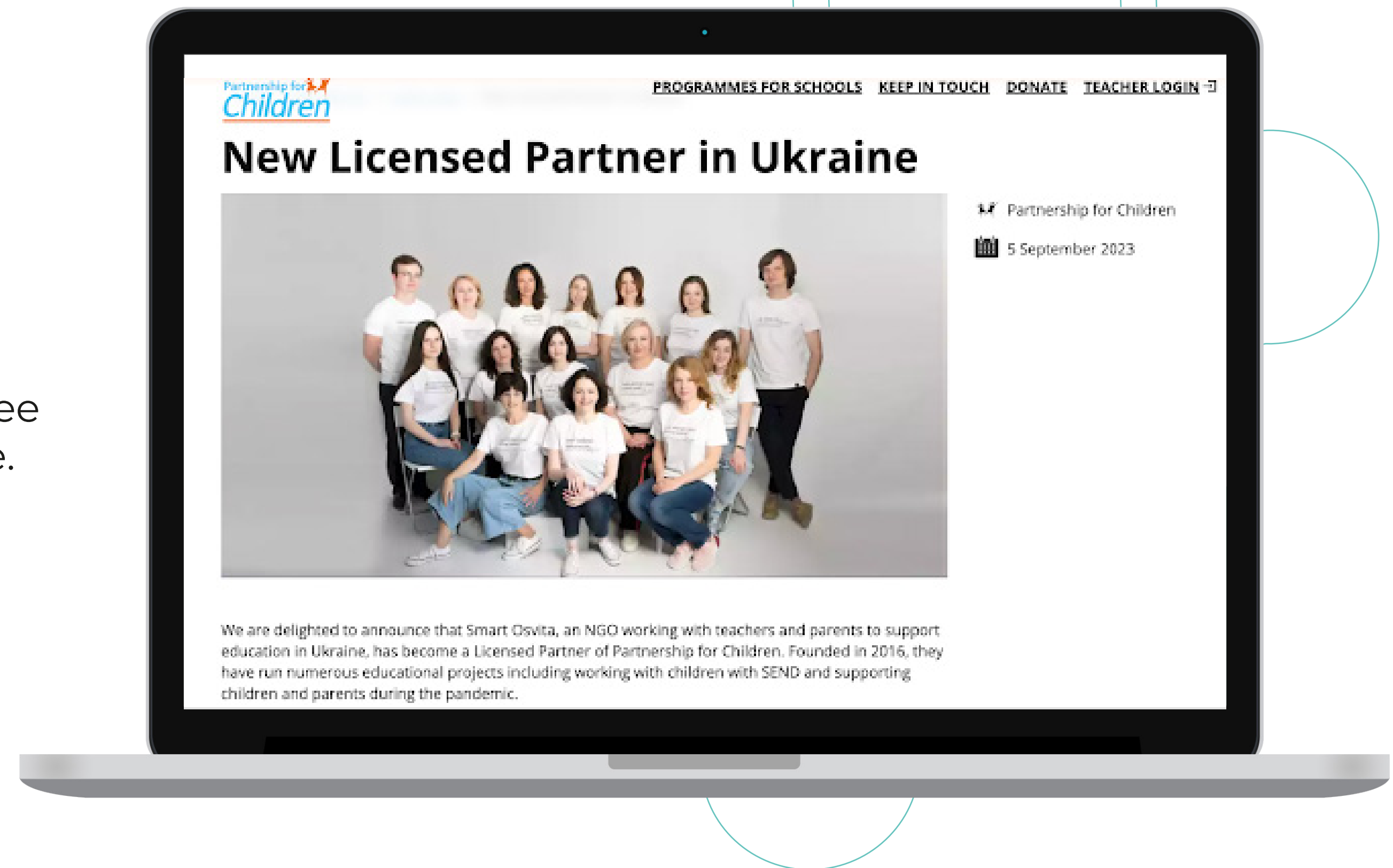
The platform is focused on training and methodological support for teachers, parents and guardians of secondary school students. Recognized experts in the field of mental health have joined the selection and review of materials. In particular, our partners from the **NGO “Association of EMDR in Ukraine - Professional Association for Special Trauma Therapy”**, the head of the **EuroPsy** National Committee, Doctor of Psychology, psychotherapist **Viktoriia Horbunova** (co-author of the concept of a mental health-sensitive school), well-known child **psychologist Svitlana Royz** and others.



We collected a lot of high-quality scientific and evidence-based methods from around the world and obtained permission from the developers to distribute and adapt the materials. In particular, we signed a memorandum of cooperation with the British organization **Partnership for Children** and received a free license to use their **SPARK Resilience** course for Ukraine.

MEMORANDUM

PARTNERSHIP FOR CHILDREN



# WEBSITE TEAM



**TETIANA SHYRIAIEVA**

research consultant, project program coordinator, trainer, maintains communication with partners, translates and adapts programs and materials



**OLHA SAVYCHENKO**

developer of training programs, author of blogs



**KATERYNA CHERNIAVSKA**

Head of the training center of the NGO Smart Osvita



**OLHA SHUNKOVA**

curator of IT solutions development for the Resilience.help platform

The **Resilience.help** platform is an ecosystem around which primarily the educational community is formed, seeking knowledge, skills and abilities to improve the mental health of all participants in the educational process. However, it is also useful for other Ukrainians, as most of the materials are openly available, practically oriented, and can be used by people who do not have specialized psychological education.

In 2023, the platform was visited by **4,800 new users**, **12,000 views of materials**, and **42,000 content interactions** on the platform.

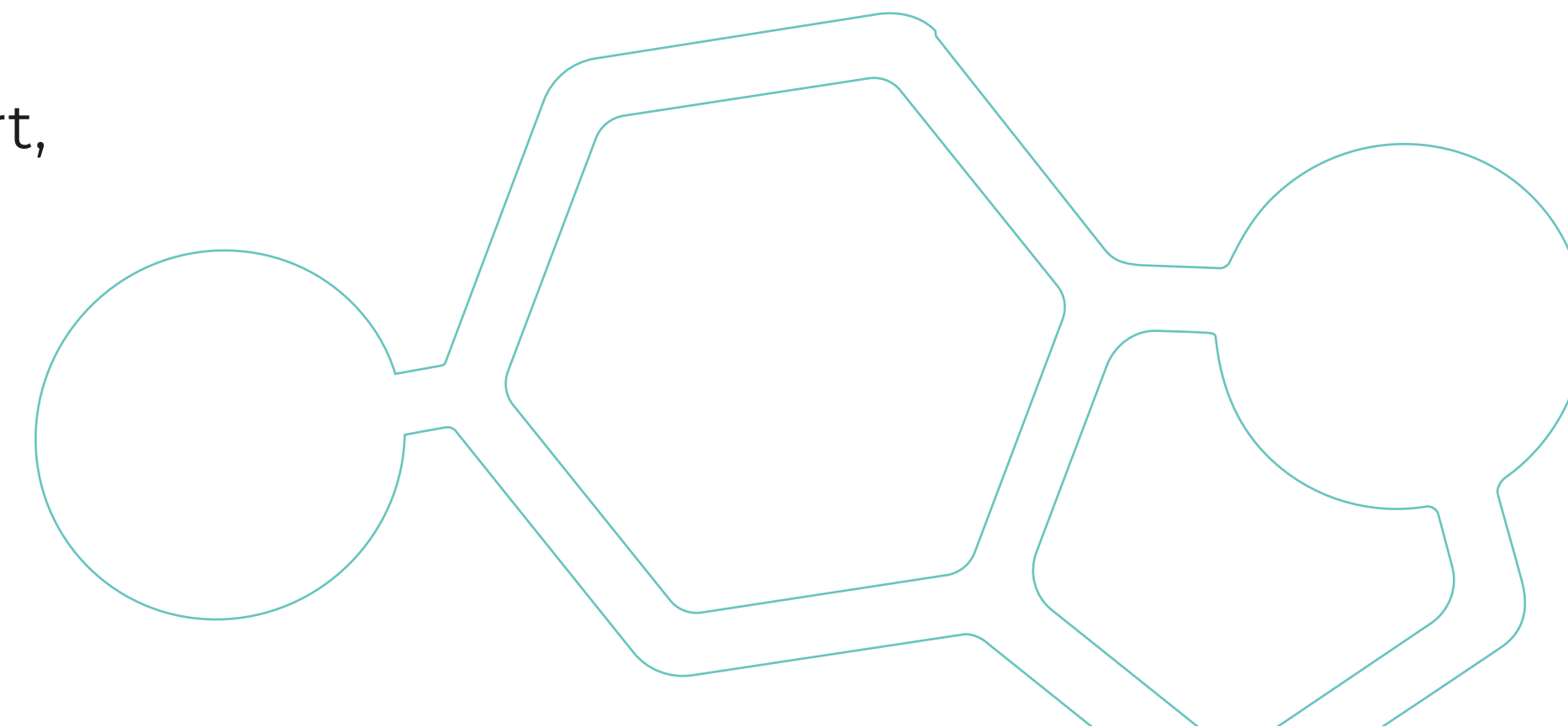


We are supported by various donors and private donors. Thanks to them we continue to develop new training programs and tools and support the sustainable development of the platform. Special thanks to our partners from the **International Renaissance Foundation**, who supported the entire process of creating and filling the platform.

Also in 2023, the Smart Osvita team, in partnership with the NGO **“Association of EMDR in Ukraine - Special Trauma Therapy Professional Association”**, **Zhytomyr Ivan Franko State University**, NGO **“Center for Practical Psychology ‘For Life’** with the support of the **International Renaissance Foundation**, **UNFPA**, **Friedrich Naumann Foundation for Freedom**, **Global Giving**, **Pact**, developed and implemented a number of training programs for teachers and school psychologists. The key feature is that all programs are based on scientific evidence and were conducted online.

We sincerely thank all our donors and partners. Thanks to you, in 2023, 845 educators were trained free of charge and received relief, knowledge, support, and professional development certificates. We continue to raise funds on the **GlobalGiving** platform and on the **Resilience.help** website for future trainings and the development of new ones.

## PROJECT PARTNERS:



# PROGRAM “PSYCHOSOCIAL SUPPORT FOR EDUCATORS”

The Program is based on a 5-step first response model implemented in Ukraine as part of the Universal Mental Health Training (UMHT) and supported by the Ministry of Health of Ukraine:

## 1. Recognize:

notice, see the signs of mental health difficulties

## 2. Validate:

normalize, start a conversation about mental health

## 3. Support:

remove stigma, provide first aid

## 4. Guide:

instill hope, refer for professional help

## 5. Reassure:

cheer, make sure that they receive professional help





The author of the idea and methodology of the CBT, **Viktoriia Horbunova**, head of the National EuroPsy Committee of the National Psychological Association, notes that this adaptation of the CBT for first responders in the educational sector is the best.

We have developed different training programs: for teachers, school psychologists and university students. All of them are practice-oriented.



**Olha Savychenko**, PhD in Psychology, Associate Professor of the Department of Social and Practical Psychology at the Ivan Franko State University of Zhytomyr, psychologist, mental health expert in the project “Development of Universal Mental Health Training (for first-line professionals),” co-founder of the NGO Center for Practical Psychology “For Life”.



**Nataliia Portnytska**, PhD in Psychology, Associate Professor, Head of the Department of Social and Practical Psychology at the Ivan Franko Zhytomyr State University, psychologist, mental health expert in the project “Development of Universal Mental Health Training (for first-line professionals),” Director of the Center for Practical Psychology “For Life”.



**Iryna Tychyna**, PhD in Psychology, Associate Professor, Dean of the Faculty of Social and Psychological Sciences at the Ivan Franko Zhytomyr State University, psychologist, mental health expert in the project “Development of Universal Mental Health Training (for first-line professionals),” co-founder of the NGO “Center for Practical Psychology ‘For Life’.



**Svitlana Royz**, psychologist, children's writer, author and coach for educational projects on child psychology for parents, psychologists, doctors, and teachers, author of resource projects for teachers, head of a psychology studio

*“The program for teachers is based on the requirements of the professional standard for primary school teachers. When building the program for practical psychologists, we implemented the general professional competencies provided by the professional standard of a practical psychologist in education. For the student audience, we also relied on the master's educational standard. On the one hand, it is a program about psychological competence, and on the other hand, it is about forming a willingness to interact and provide support to children and adolescents who have mental health problems or are in crisis.*”



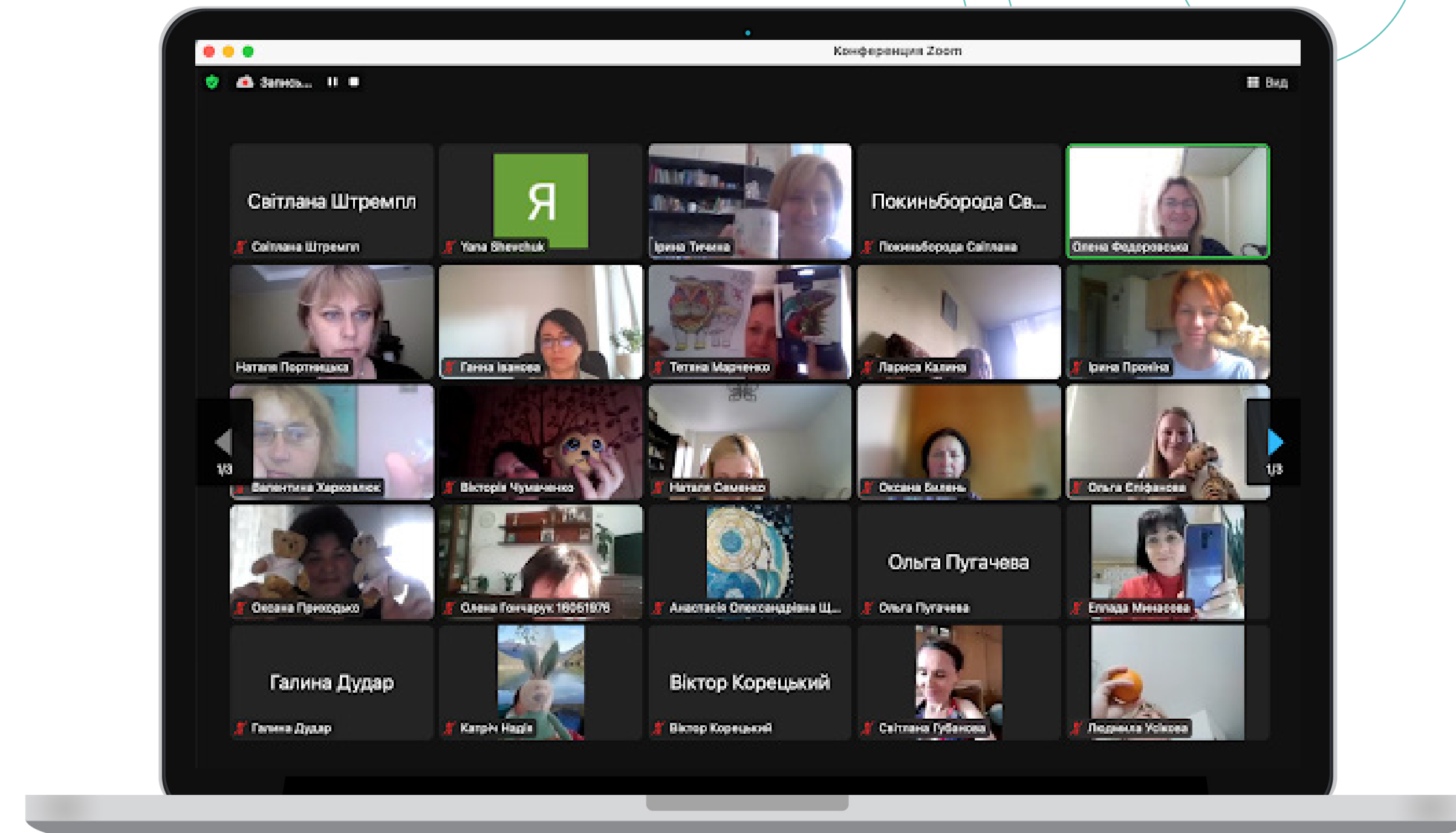
**NATALIIA PORTNYTSKA**

Candidate of Psychological Sciences, Head of the Department of Social and Practical Psychology at the Ivan Franko National University of Kyiv

The program has **7 modules** that cover the issues of teachers' interaction with children and adolescents with mental health difficulties and in stressful situations, interaction with parents, stress resistance in the educational space, and children's mental health.

**Since September 1, 2023**, the Ivan Franko Zhytomyr State University has integrated the Psychosocial Support for Educators study program into the Mental Health of the Individual and Community study program of the Master's degree program in Psychology at the Department of Social and Practical Psychology of the Ivan Franko Zhytomyr State University.

This year, **30 students** were trained. As part of the project, 22 school psychologists who completed the training became trainers of the Psychosocial Support for Educators program. License agreements have been signed with them.



# TRAINING USING EMDR, BLS AND KPT PROVED TO BE HIGHLY EFFECTIVE

A program has been developed to build teachers' knowledge and skills of psychological self-help, which will allow them to cope with the consequences of stressful situations, psychological conditions, and prevent PTSD and professional burnout.

## DEVELOPERS



**TETIANA TYMOSHENKO**

psychologist, trauma therapist,  
EMDR therapist and supervisor



**OLHA URALOVA**

psychologist, trauma therapist,  
member of the board of the  
NGO "EMDR Association in Ukraine"



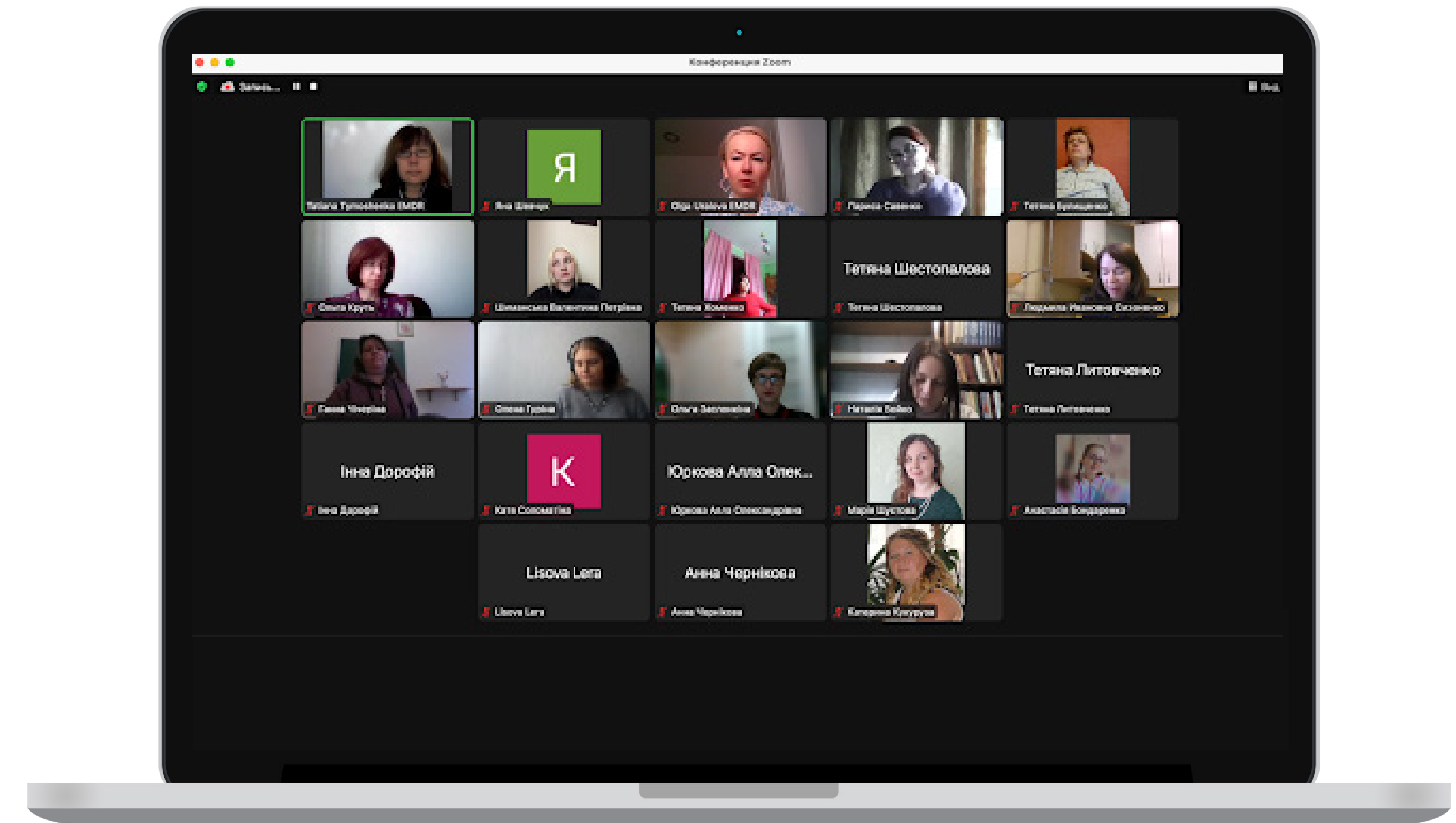
**OKSANA MAKARENKO**

co-founder of the NGO Smart Osvita,  
co-author of the NUS concept

# AREAS OF PROFESSIONAL DEVELOPMENT

Formation of theoretical foundations of trauma psychology in the context of martial law, practical skills of psychological self-help among participants.

Reducing the level of psychological stress, the risk of developing PTSD, and professional burnout using EMDR.



*“Children experience stressful circumstances through the eyes of close adults. The way they react to the circumstances, the efforts they make to normalize everyday life, the words they use to explain to children what is happening - all this lays the foundation for the current and future reaction of the individual to stress factors in later life. We must remember and tell children that any reactions of the body in a stressful situation are normal.*

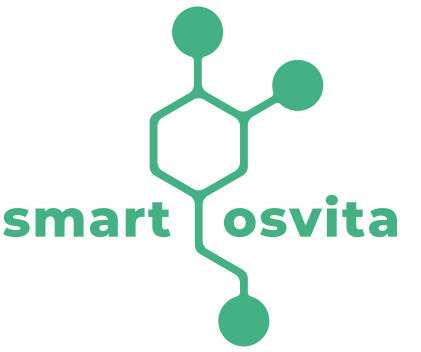
*And when we start to really understand this, we will feel safer. It is normal to be afraid, to shake, to cry. This means that your brain is working and helping you save yourself. And then, with the help of special practices, we help the body to survive everything.”*

**TETIANA TYMOSHENKO**

psychologist, trauma therapist,  
EMDR therapist, and supervisor



# PARTICIPANT FEEDBACK

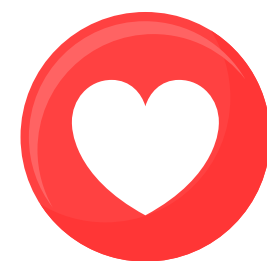


*“I want to share my impressions. I really enjoyed participating. Many thanks to the organizers and trainers who conducted these classes. After the classes, I feel relieved, even light, like a cloud, compared to my initial state. This is already half the battle for me. I will continue to work on the techniques. I have a desire to do something, to be productive, to go to work with a smile, not to be afraid to express my feelings, because it was difficult to do so in the recent events. Thank you all very much))))*

*Keep it up, I wish all of you good mood, inspiration, and only the best))))”*

**OLENA**

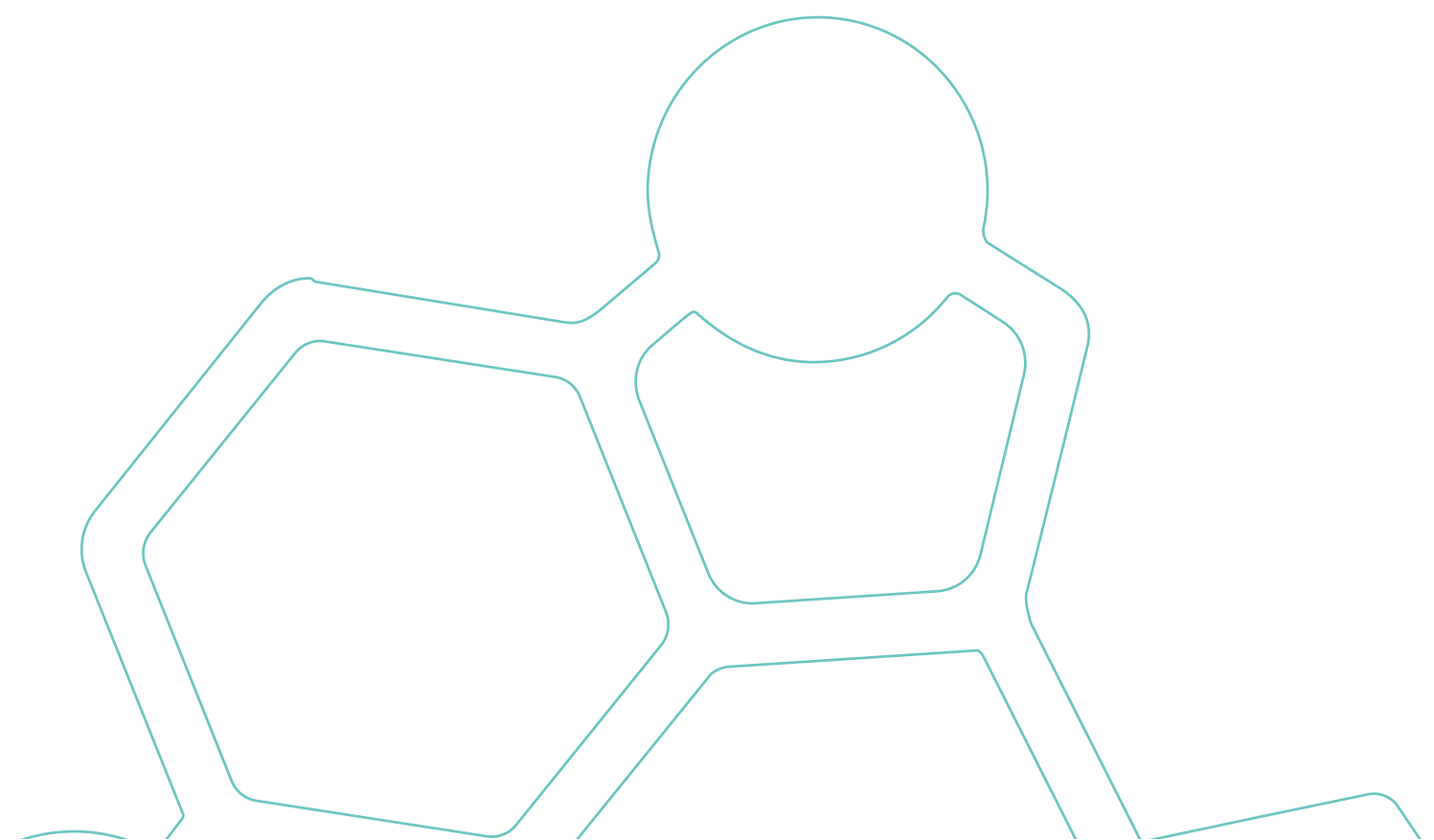
Training participant, teacher



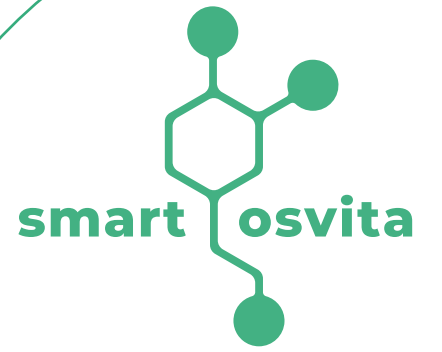
*“Thank you so much for your help! I am glad that I have come to this training now! I am twice as happy and proud that there are such sensitive, generous, and caring people in the world! I will always remember these unforgettable 5 days of training, work on myself, your kindness, and I will be glad to meet you again someday! Thank you very much ♥ Peace to us all”*

**LIUDMYLA**

Training participant, teacher



# CHILDREN OF WAR. ONLINE EMERGENCY PSYCHOLOGICAL ASSISTANCE FOR EDUCATIONAL PROCESS PARTICIPANTS



The program is taught online and adapted for teachers to work with children online.

## Developers:



**Nataliia Podoliak**, family and child psychotherapist (CBT, EMDR, CCT), trainer of the program “Children and War. Healing Techniques” program (for seven years in eastern Ukraine).

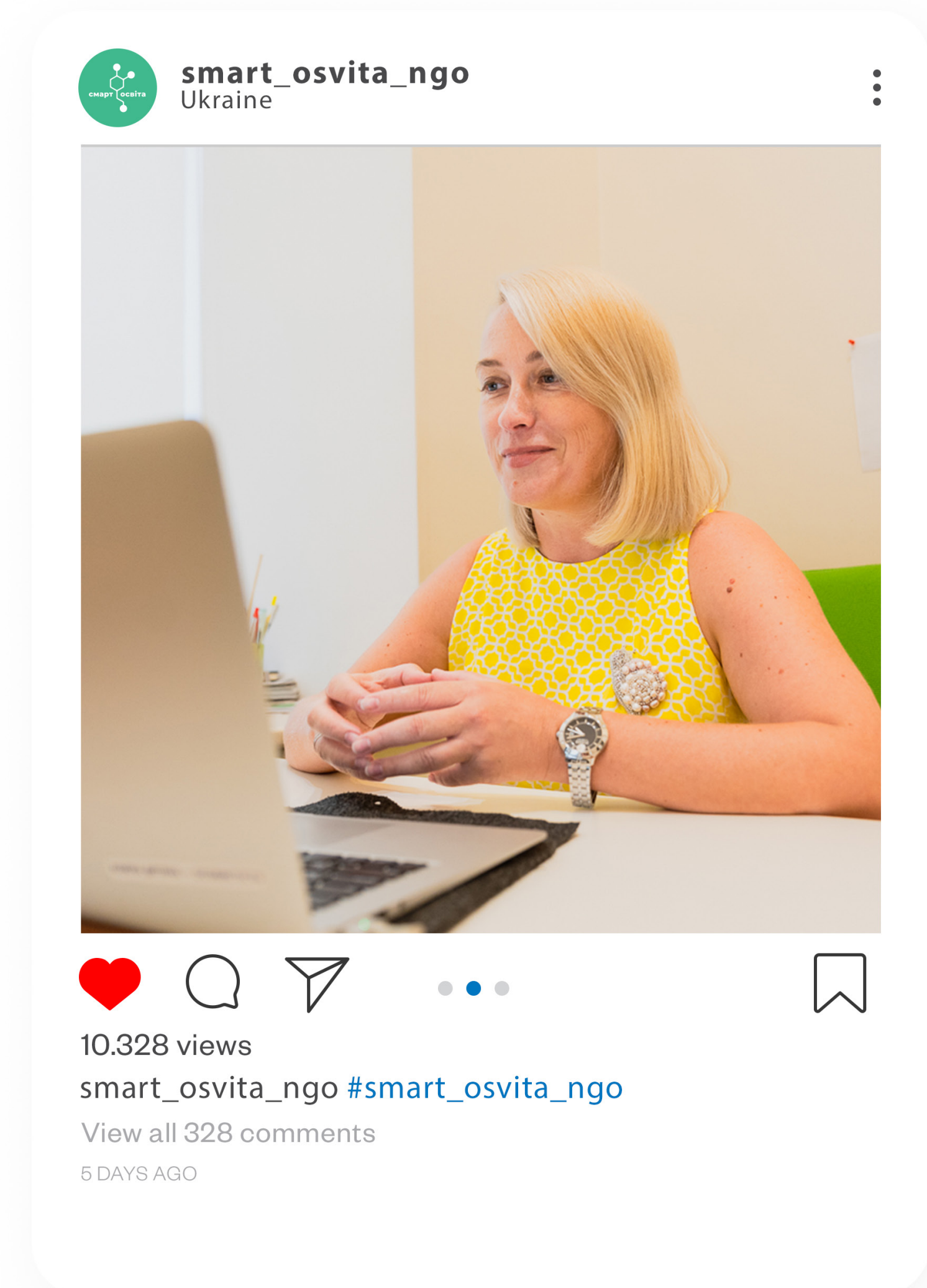


**Oksana Makarenko**, co-founder of the NGO Smart Osvita, co-author of the NUS concept. Areas of professional development.

Formation of theoretical foundations of the psychology of trauma, its manifestations, and symptoms for different age groups of children. Information about the specifics of working with traumatized children in online lessons and familiarization with the topic “Resources”.

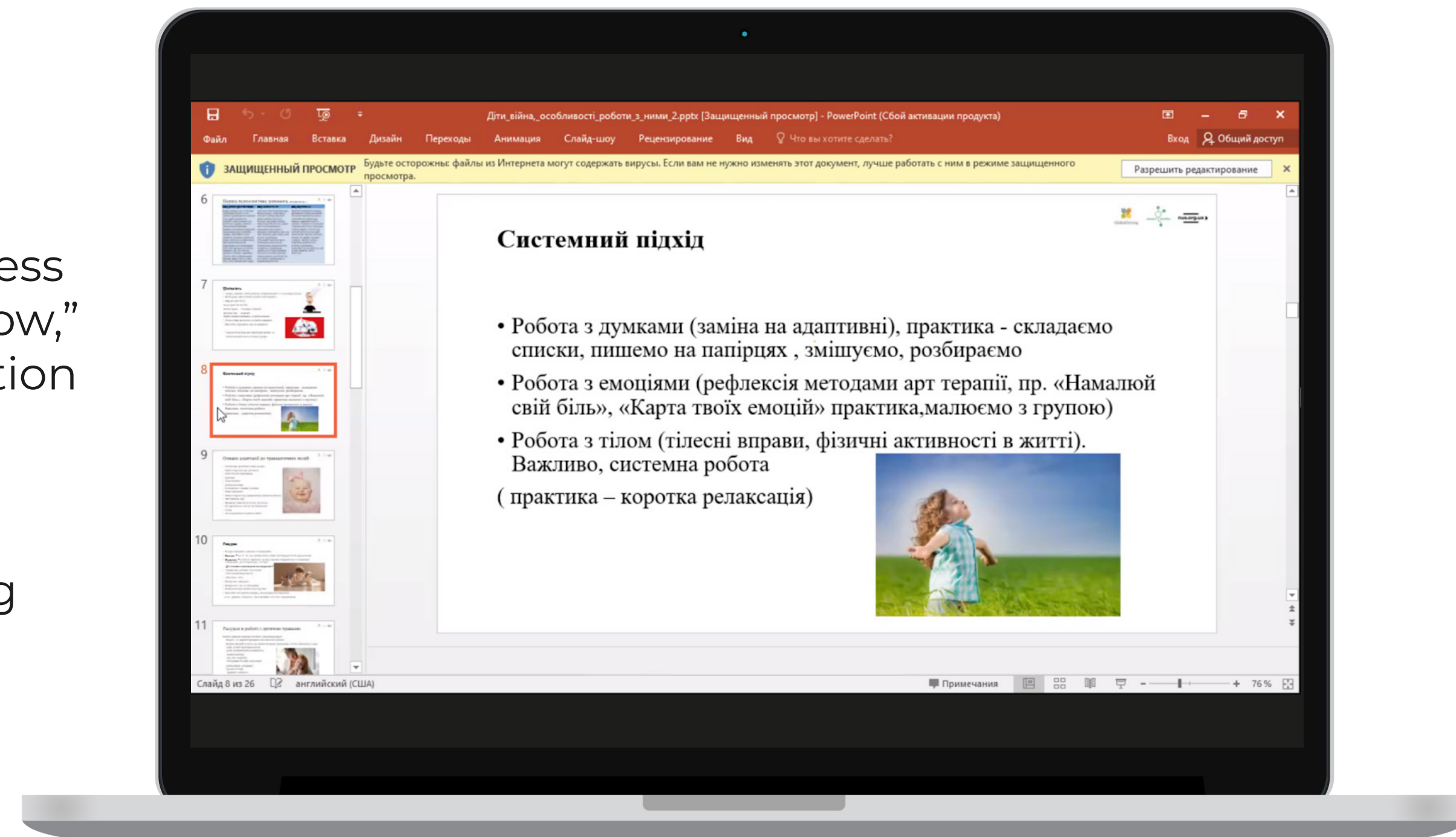
Developing practical skills in providing first aid to students (including various exercises to reduce the degree of emotions that children who have experienced trauma may show), as well as relaxation exercises and psychological games.

Through the program, teachers learn about the bodily manifestations, emotions, thoughts, and behavior of children under 6, 7-11, and 12-16 years old, as children's reactions to traumatic events differ depending on their age. In addition, the trainer helps determine the type of first aid for children in each age category.

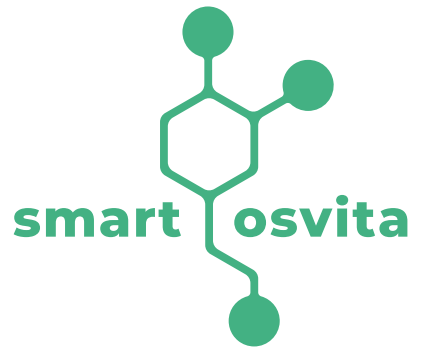


Nataliia emphasizes the importance of mobilizing resources to work with childhood trauma, and advises using a systematic approach and conducting stabilization exercises and art therapy techniques. Participants also learn about the Mindfulness technique, which teaches them to be fully present “here and now,” to notice habitual states of consciousness, and to control attention and behavior.

In addition, educators learn to identify signs of a child's adaptation to traumatic events, discuss the specifics of working in an online format, and receive general recommendations and advice for parents of their students.

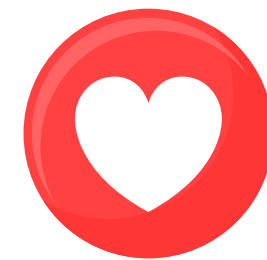


# FEEDBACK



*“Very professional, interesting and exciting! Bravo to Nataliia and her assistant Kateryna :). I plan to use the knowledge gained after the training in my practical work with children and parents, at school with children with special needs and at a gymnasium with normal children living in war conditions. For the first time, I learned about the “cloud diving” technique.”*

**OLHA BORYSENKO**

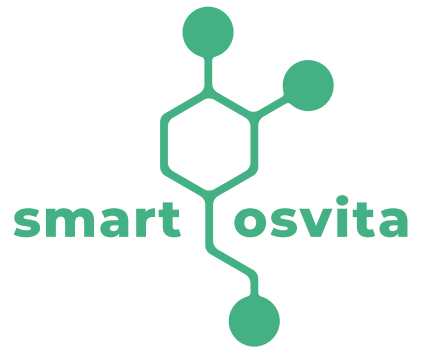


*“I really liked the training. The main thing is that all the information is interesting, accessible, and verified. All the exercises really relieve tension and calm you down. It is very important that everything is used in practice and brings results. I am very grateful for the wonderful meetings and materials that can be used in life and work!”*

**NATALIIA KYLYVNYK**

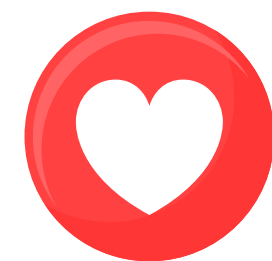


# FEEDBACK



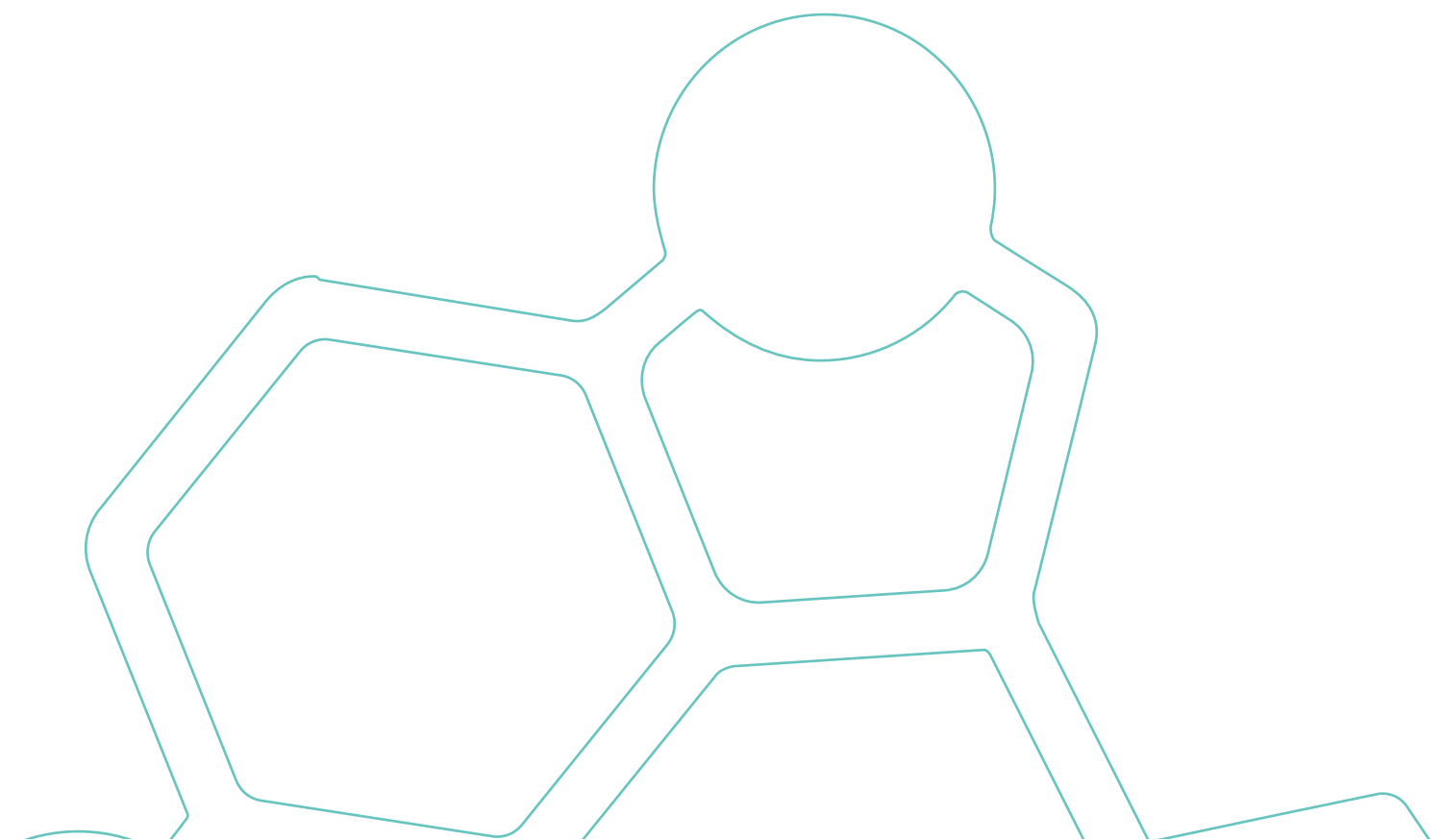
*“I am very grateful to Nataliia Podoliak for the rich, useful, informative, and enlightening information. Both theoretical and practical parts were useful for further work. It was also interesting to listen to the additions of other colleagues.”*

**VERA DOBRIANSKA**



*“The training is useful because it systematizes theoretical knowledge of psychology and practically equips teachers with methods and techniques to stabilize children and adults in conditions of uncertainty, stress, and post-traumatic situations.”*

**OLENA BULYHA**



Projects with a family  
and child psychologist  
**SVITLANA ROYZ**

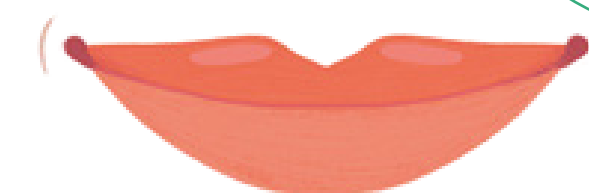


# GAME “THE POWER OF A SMILE”

The game promotes relaxation, closer contact with the body, and emotional healing. It helps adults and children regain the ability to look at themselves or withstand the gaze of others (if you play in pairs or groups), and it also provides an opportunity for contact and intimacy.



- **500 copies of the game** “The Power of a Smile” were **printed and sent to Ukrainian schools** in January 2024. In this way, we provided them with an effective tool for working with schoolchildren in shelters during air raids and stabilizing their psychological state
- Reached more than **25,000 children**
- **66 schools** received printed copies of the game
- **799 educational institutions** registered to receive printed copies of the game



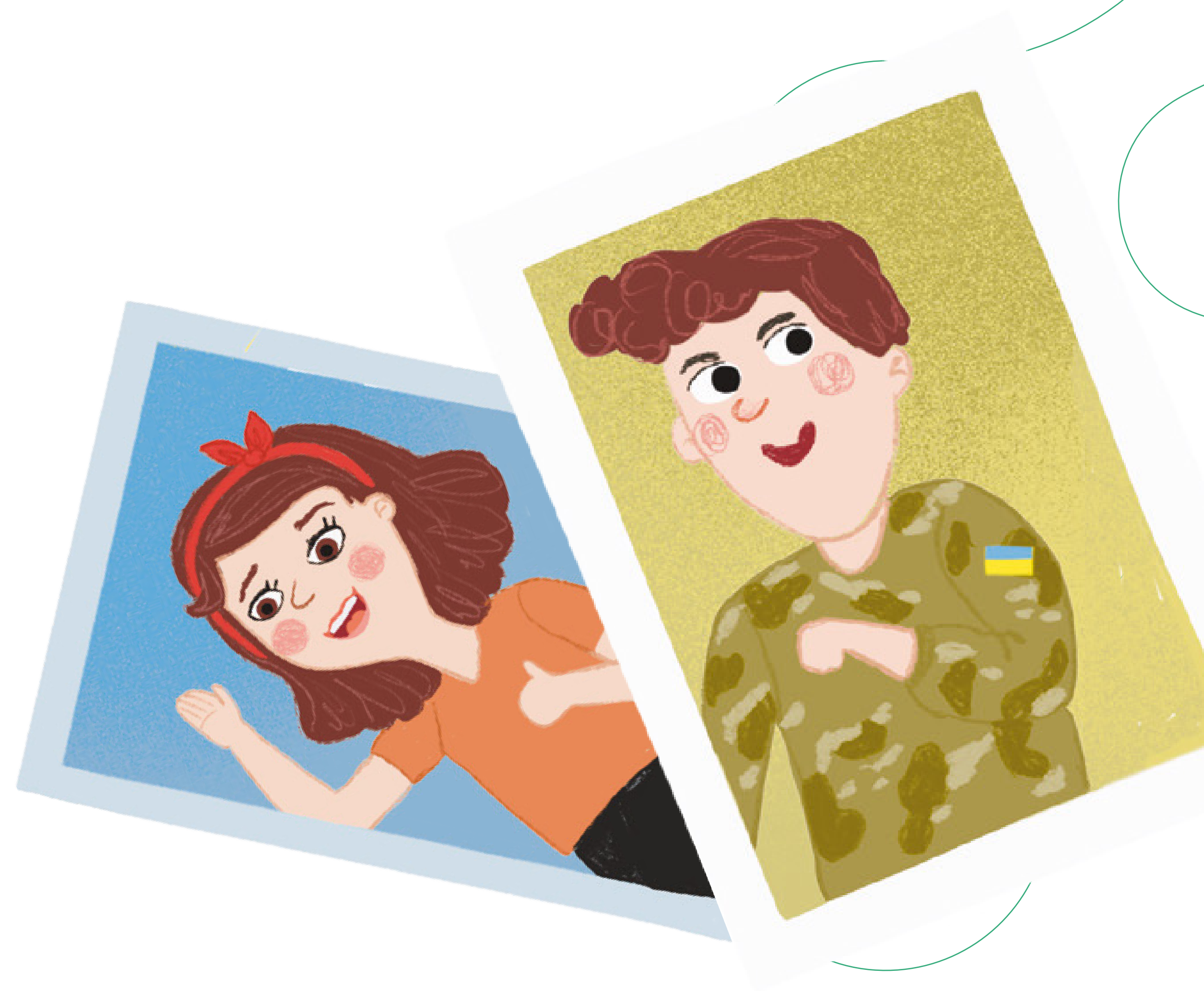
**PROJECT  
PARTNER:**



# FEEDBACK

from a school

*“Thank you so much for the game! It is wonderful! Both children and teachers are delighted. We have already conducted several classes for children of different ages. As a conclusion, I would say that during the game, all the players awakened different emotions in themselves. And the main thing is that the game brought a happy, carefree smile.”*



# GAME “INVISIBLE GIFTS: FIND YOUR STRENGTH”

Another joint development of Smart Osvita and Svitlana Royz. This is a game guide for reflection, self-discovery, and emotional healing for children aged 3-10. It was created to help parents, educators, psychologists, and leaders of children's groups to help children and adults regain contact with their bodies in a playful way.



## The game helps to:

- Reconnect with your body
- Adapt to new things
- Learn to say “no”
- Regain a sense of control
- Feel the boundaries of your body
- Learn how to support and calm yourself

We recommend downloading the game for free (you can then print it out)

[DOWNLOAD THE GAME](#)

[MORE ABOUT THE PROJECTS](#)



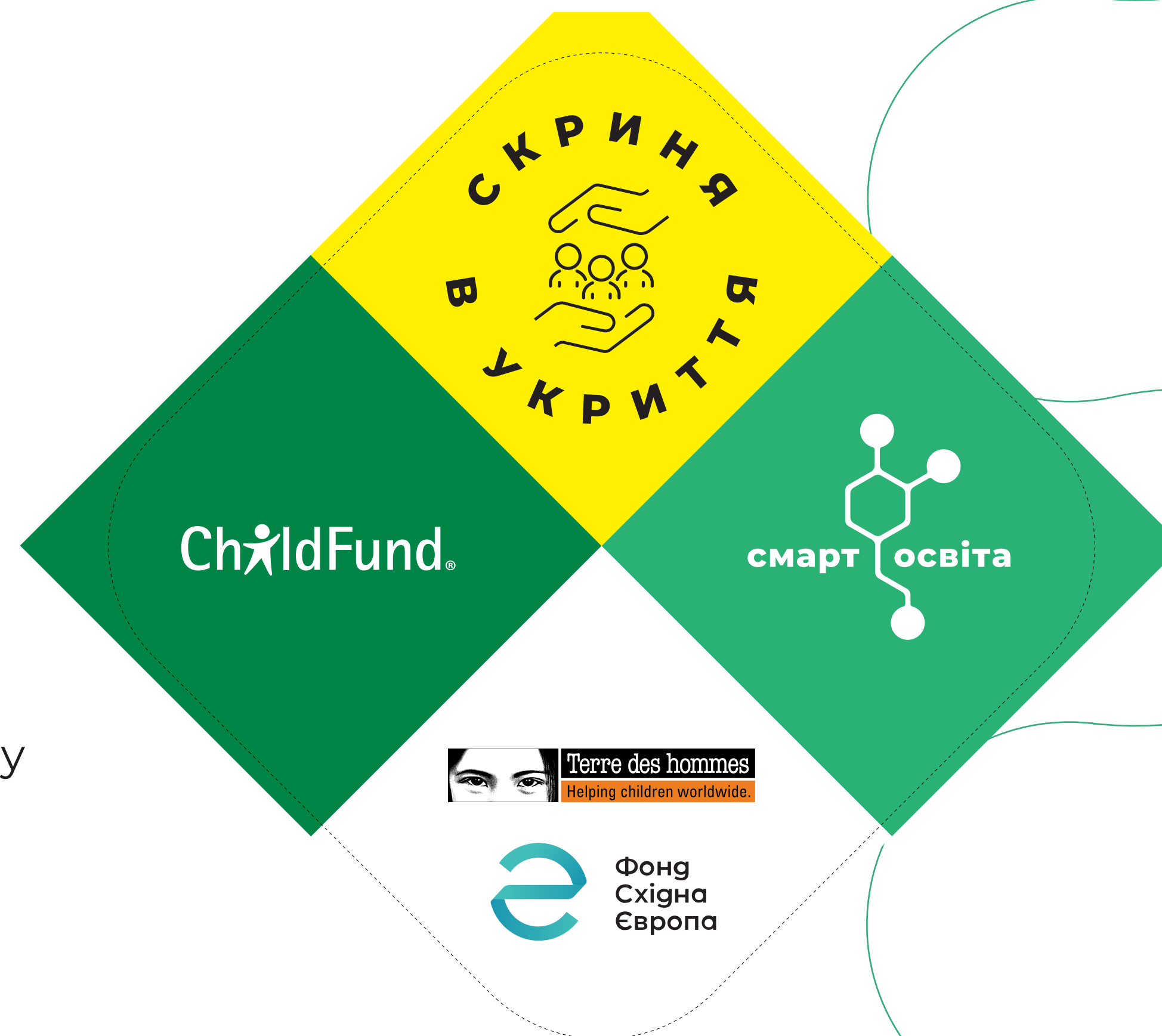
*The game was created as part of the Safe School program implemented by the East Europe Foundation.*

*Financial support is provided by the Eurasia Foundation.*

# A CHEST FOR THE SHELTER

This is the development of the team of the NGO Smart Osvita, psychologist Svitlana Royz, the Ukrainian children's book space BaraBooka, and illustrator Lidiia Holosko.

In the chest, we put things that children of all ages will need during their stay in the shelter: anti-stress toys and games, coloring sheets and books, warm blankets and puzzle beds, flashlights. Each chest is designed to accommodate 100 children at a time. The goal is to help children cope with anxiety and overcome stress, make their stay in the shelter as comfortable as possible, and provide teachers with materials to create more favorable learning and leisure conditions while they are in the shelters with their students.



- In 2023, **15 schools** received the first chests (we are preparing many more)
- The boxes are **designed to meet the needs** of primary, middle, and high school students
- Each box is designed for **100 children** to stay in the shelter at the same time
- The chests **include things that will help children cope with anxiety**: anti-stress toys, jigsaw puzzles, lighting, warm blankets, board games, a selection of books specially created for different ages, coloring sheets on patriotic themes, etc.



## PROJECT PARTNERS:

**ChildFund**  
Deutschland



 Фонд Схіна Європа

[MORE ABOUT THE PROJECT](#)

# 04

## TRAINING AND SUPPORT FOR TEACHERS

Direction 4

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# NATIONAL PROJECT: WRITING ESSAYS

In 2023, we worked with a team of developers to create materials to develop writing, critical thinking, and reading skills for elementary and high school students. All materials are available on the platform. They can be downloaded for free.

Пишемо  
есе 

МИСЛЕННЯ Радість Ідея  
Радість Ідея АРГУМЕНТ

Усвідомлення Творчість Зміст

АРГУМЕНТ Голос Думка

Пошук Зміст Погляд Оцінка

Творчість Усвідомлення

Думка Пошук Аналіз

Голос МИСЛЕННЯ

Аналіз ЛОГІКА Діалог

Рівність Ідея Зміст

Діалог Читання

ЛОГІКА РЕФЛЕКСІЯ

Читання Висловлення

Рівність Сила Зміст

Погляд Оцінка ПІЗНАННЯ

РЕФЛЕКСІЯ Усвідомлення

Сила Творчість

Висловлення ПІЗНАННЯ

Діалог Радість Читання

- The materials contain specially designed **modules and exercises for developing writing skills**
- The materials were developed by the development team based on tools provided by the National Writing Project (NWP), a 50-year-old American organization that brings together school teachers, university professors, researchers, and writers. They have **proven effectiveness** in teaching formal essay writing. They have been used in US schools for more than 10 years
- Each module **contains questions for reflection**, necessary materials and resources for lessons
- **2 collections of texts** with handouts for students have been developed: fiction and journalism
- Texts in the collections **contribute to the development of students' language and critical skills**
- Teachers can use the texts **according to the developed methodological recommendations** or **adapt** them to the peculiarities of the classroom

Пишемо  
есе



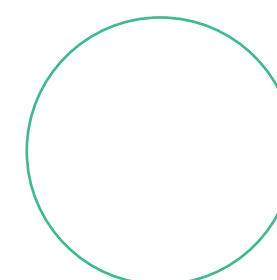


## PROJECT PARTNERS:



[PROJECT WEBSITE](#)

[MORE ABOUT THE PROJECT](#)



*National Project: Writing Essays is implemented by the NGO Smart Osvita with the support of Grammarly, National Writing Project, Theirworld, and the Global Business Coalition For Education.*

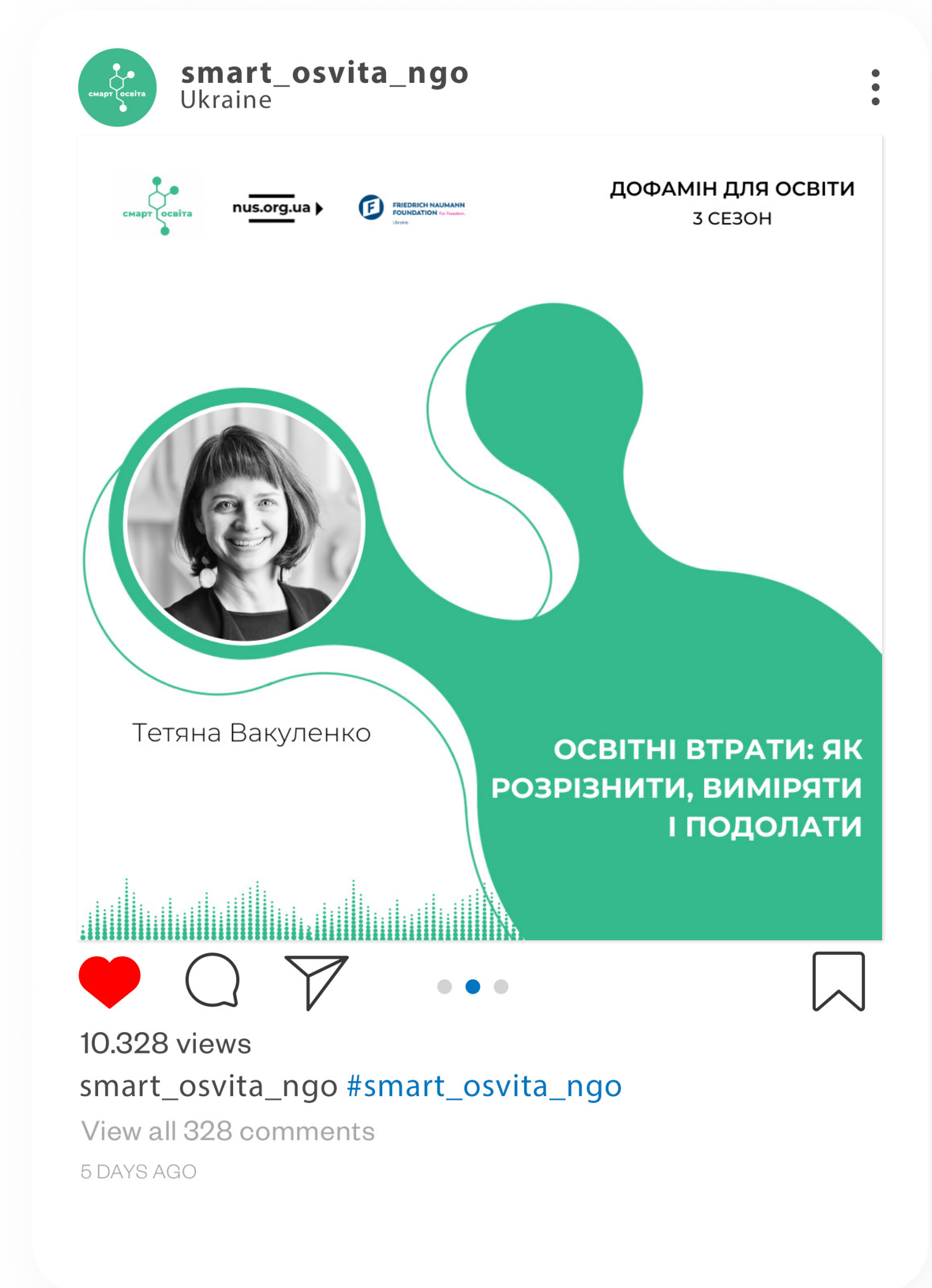
# PODCAST

## “DOPAMINE FOR EDUCATION”

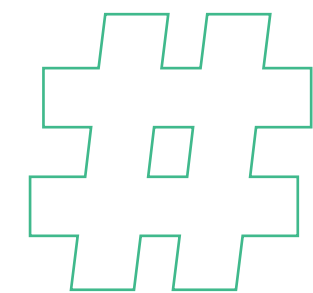
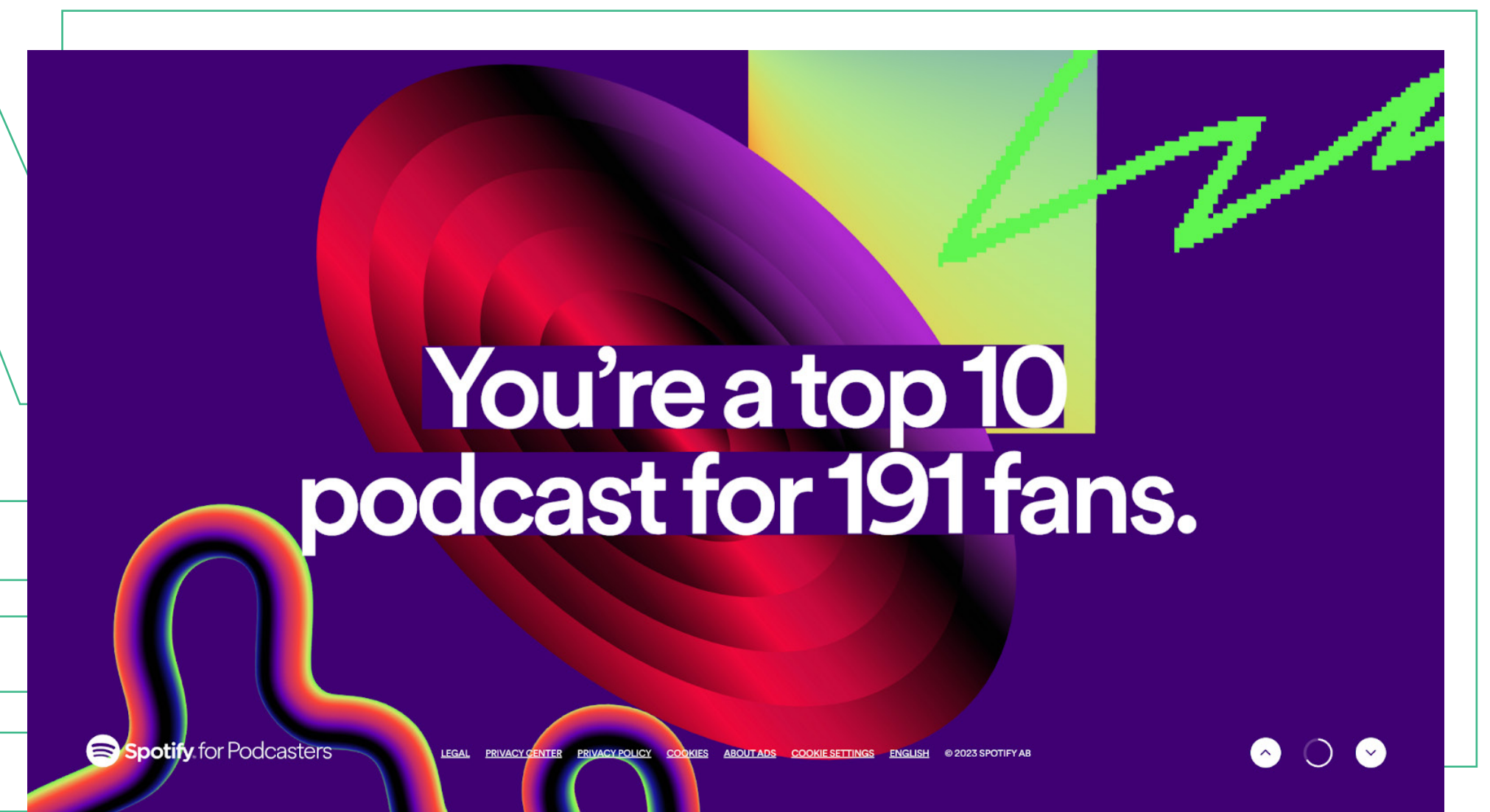
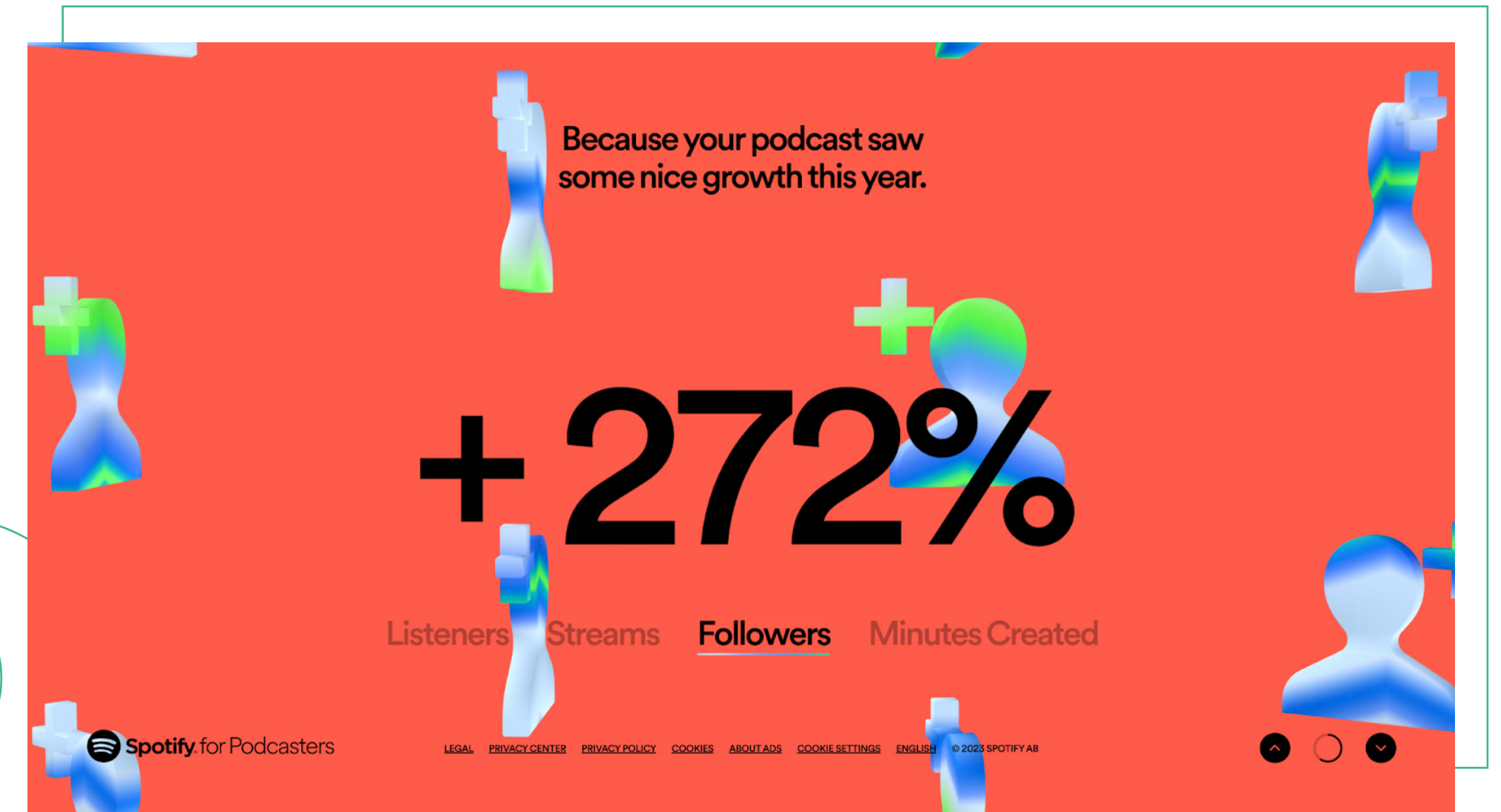
In 2023, we continued to produce the “Dopamine for Education” podcast, creating 8 episodes of the third season. In the episodes, we talk with educational stakeholders (teachers, educational managers, scientists) about trends and changes in Ukrainian education.

Also this season, we talked about the impact of a full-scale war on education and children, educators and parents.

# DOPAMINE



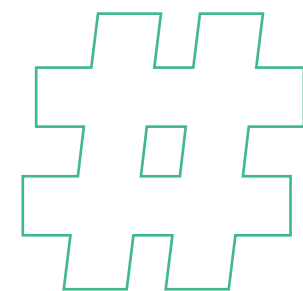
- The number of listenings of all episodes - **18 554**
- In 2023, “Dopamine for Education” received **+98% of listeners and +272% of subscribers** on Spotify
- We are also **in the TOP 10** podcasts for 191 listeners on Spotify



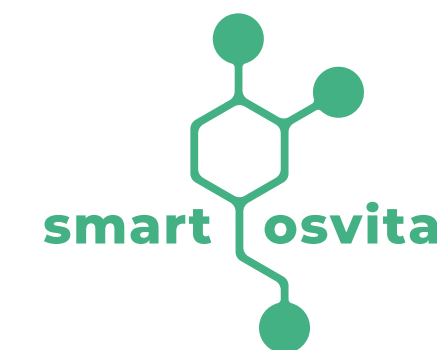
*Screenshots from the  
Spotify for Podcasters  
annual report*



DOPAMINE



*Podcast host, head of the  
Smart Osvita NGO Halyna Tytysh  
during the recording*



## PROJECT PARTNER:



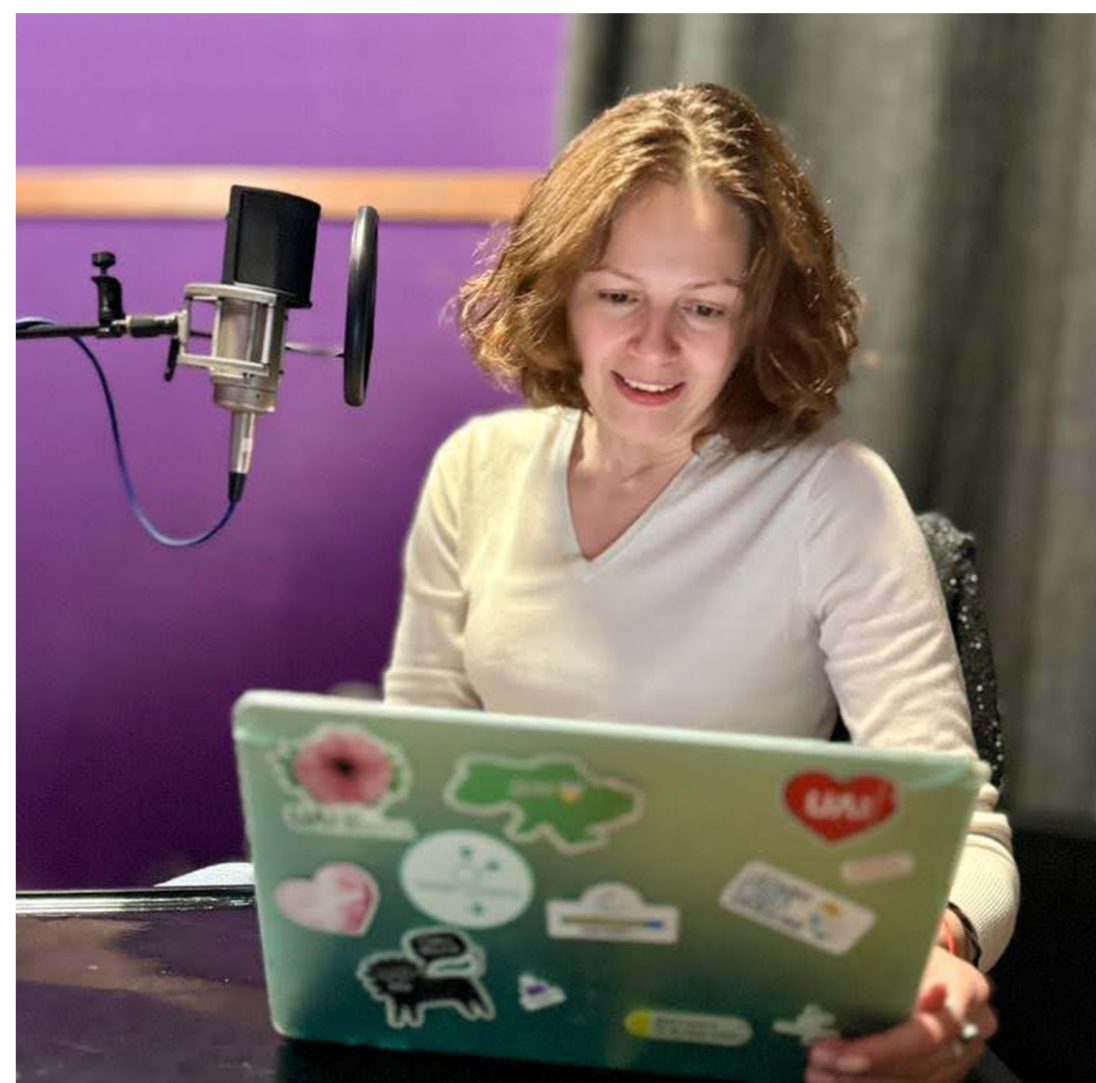
**FRIEDRICH NAUMANN  
FOUNDATION** For Freedom.

PROJECT WEBSITE

MORE ABOUT THE PROJECT



smart\_osvita\_ngo  
Ukraine



10.328 views

smart\_osvita\_ngo #smart\_osvita\_ngo

View all 328 comments

5 DAYS AGO



smart\_osvita\_ngo  
Ukraine



10.328 views

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View all 328 comments

5 DAYS AGO



# EDUCATIONAL NAVIGATOR

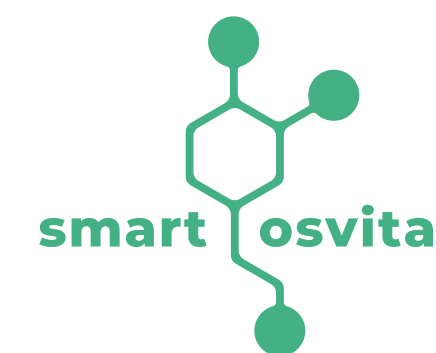
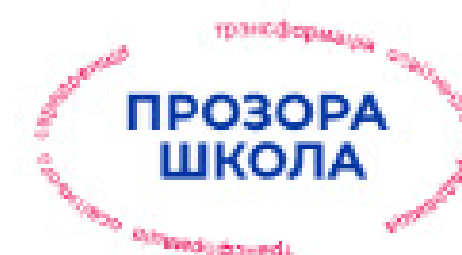
Together with the National Agency on Corruption Prevention, we have developed guidelines and recommendations for school principals. They will help ensure transparency and integrity in school operations.

**The recommendations include the following content blocks:**

- **Educational leadership** (process and employee management)
- **Capable teaching community** (professional development, certification, teacher motivation)
- **Transparent document flow** and free access to information (electronic document flow)
- **Financial management** (fund managers, financial autonomy of schools, additional sources of funding for the institution)
- **Interaction of educational process participants** (communication with students, parental involvement, ecological conflict resolution, etc.)



# PROJECT PARTNERS:



**5 ЗАКЛАДІВ ОСВІТИ  
“ТРИМАЮТЬ КУРС”  
НА ПОБУДОВУ  
ПРОЗОРОЇ ШКОЛИ**

- Комунальний заклад "Ліцей «Вікторія-П» Кропивницької міської ради"
- Запорізький колегіум "Елінт" Запорізької міської ради Запорізької області
- Комунальний заклад "Великобірківський ліцей імені Степана Балея"
- Шкарівський опорний ліцей-гімназія Білоцерківської міської ради Київської області
- Рівненський ліцей № 12 Рівненської міської ради

*This document was prepared by a group of experts in the field of education and the team of the Integrity Office of the National Agency for the Prevention of Corruption with the support of the European Union Anti-Corruption and Anti-Initiative in Ukraine (EUACI). The opinions and views expressed by the experts in this document, do not necessarily reflect the official views of EUACI, the European Union or the Ministry of Foreign Affairs of Denmark.*

# WHAT THE MEDIA WROTE ABOUT US

«A number of European nations including Estonia, Finland, Poland and Romania also set up Ukrainian resources on their digital learning platforms – including a booklet produced by the European Commission to aid communication between Ukrainian refugees and hosts.

It was the **Ukrainian NGO Smart Osvita**, however, that chanced upon Monash – seeking a classroom-focused platform to keep children engaged, occupied and connected to one another while separated from their peers».

## ‘Algebra under air raids’: the children in a Ukraine war zone who attend class in Australia

READ THE ARTICLE

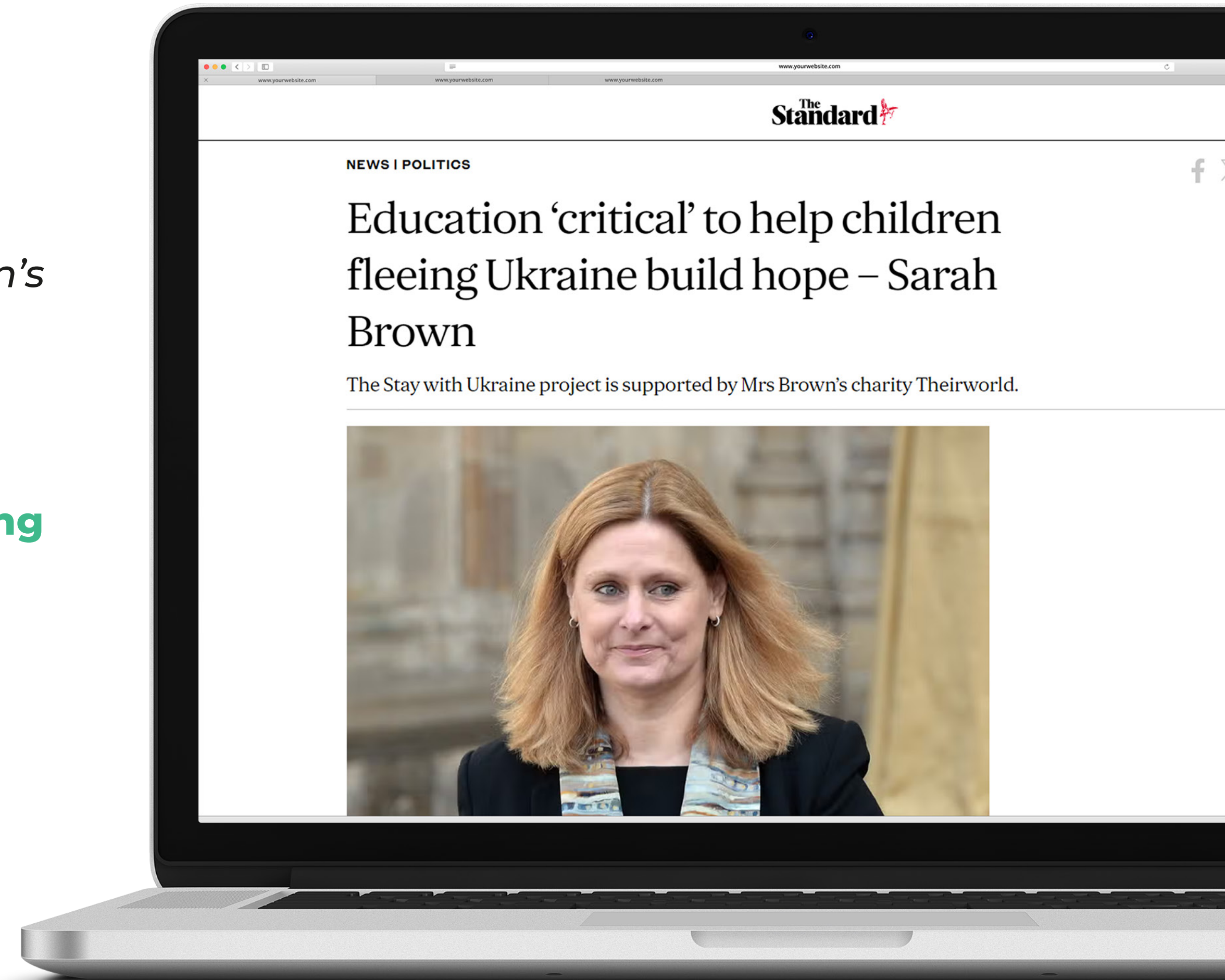


*«I think we all know this war is going on for a lot longer as we hit the first anniversary, but being able to learn in the Ukrainian language, keep learning Ukrainian literature, history and talk to other Ukrainian children is a big boost and a big support at this time for those children», – Mrs Brown's charity Theirworld.*

***The Stay with Ukraine project**, which is supported by Mrs Brown's charity Theirworld, delivers online lessons in the Ukrainian language, literature and history to hundreds of young refugees around the world, including scores in the UK».*

## Education 'critical' to help children fleeing Ukraine build hope – Sarah Brown

READ THE ARTICLE



«Educo ha contactado con Smart Osvita, una ONG ucraniana que ya trabajaba apoyando a profesores y que ahora se ha adaptado a las nuevas necesidades de la guerra. Hablamos con Sofía Arroyo, coordinadora de socios implementadores de World Vision, que trabaja en Dnipro, y Halyna Titish, directora de la **ONG Smart Osvita**.

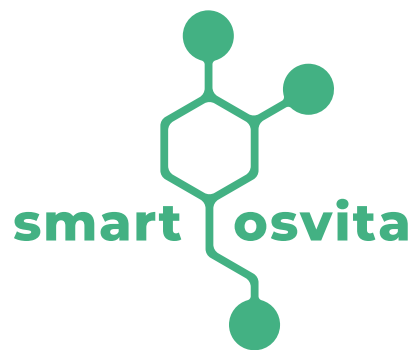
## Podcast 'Diario de Ucrania': Un año de guerra. Así es cómo se ayuda

READ THE ARTICLE



# INSTITUTIONAL SUPPORT

# RECEIPT OF FUNDS



Funding from donors		24 217 383, 86 UAH
PACT INC		7 637 852,31
FUNDACIÓN EDUCACIÓN Y COOPERACIÓN		7 225 890,54
Americares Foundation		1 958 358,60
GLOBAL BUSINESS COALITION		1 571 213,98
THEIRWORLD		2 926 288,89
GLOBALGIVING FOUNDATION		959 643,94
The International Renaissance Foundation (IRF)		1 938 135,00
Charitable assistance		173 397,49
Social entrepreneurship		362 106,85
TOTAL:		24 752 888,20

# PROJECT COSTS

- **Institutional Support** to Smart Osvita
- **Professional Development Program** for Psychosocial Support for School Psychologists
- **Support for Education and Recreation** of IDP School Children
- **National Project:** Writing Essays, **Staying with Ukraine, “Huggers” Card Game**
- **People-Centered Recovery of Ukraine:** Evidence for planning changes in education
- **Emergency online psychological assistance** for participants of the educational process in Ukraine
- **Shelter chests** and emergency humanitarian aid for children and families in Ukraine

**7 115 257, 00**

**179 090, 43**

**10 294 356, 00**

**7 469 906, 26**

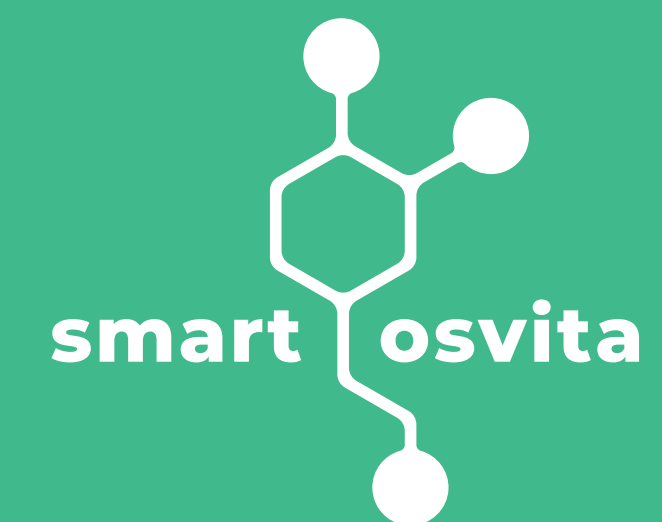
**1 034 213, 00**

**1 475 375, 00**

**333 866, 98**

**TOTAL:**

**27 902 064, 67**



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