



**UNDERSTANDING THE NEEDS OF DISPLACED  
UKRAINIAN WOMEN**

**KEY FINDINGS AND  
RECOMMENDATIONS**

Project Report  
by

**ADVOCACY  
UNIFIED NETWORK**

## Executive Summary

This research report comprehensively assesses the specific needs and challenges displaced Ukrainian women face in the Ukraine-Russia conflict context. It is part of the Advocacy Unified Network's (AUN) Assessment and Support Program for Displaced Ukrainian Women and Children. This program aims to address the urgent needs of those affected by the ongoing conflict through data-driven insights and targeted support efforts.

The research project adheres to industry standards and best practices for data collection, analysis, and support provision. Collaborating with professional researchers from Ukraine, Hungary, Romania, Poland, and the Czech Republic ensures data accuracy and support strategies' effectiveness.

This report outlines the methodology employed, key findings, and recommendations for the successful implementation of the program. By implementing the AUN Assessment and Support Program, we aim to gain invaluable insights into the specific needs and challenges displaced Ukrainian women face. These insights will inform decision-making processes and contribute to their well-being, safety, and successful resettlement.

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# Understanding the Needs of Displaced Ukrainian Women: Key Findings and Recommendations

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By

Advocacy Unified Network

## Acknowledgments

We extend our heartfelt gratitude to the dedicated individuals, researchers, and organizations whose unwavering support and commitment made this project possible. Their invaluable contributions have enriched the journey to understand and address the needs of displaced Ukrainian women.

First and foremost, we want to express our deep appreciation to the resilient and courageous displaced Ukrainian women who participated in surveys, interviews, and focus group discussions. Your willingness to share your experiences and insights has been the cornerstone of this research project. Your voices have resonated powerfully in shaping our understanding and recommendations.

We are immensely grateful to our team of researchers from Ukraine, Hungary, Romania, Poland, and the Czech Republic. Your expertise, tireless efforts, and dedication to conducting rigorous research have been instrumental in collecting and analyzing the data that forms the foundation of this report. Your commitment to cultural sensitivity and accuracy ensured that the research truly represents the realities displaced Ukrainian women face.

We extend our thanks to the governmental agencies, non-governmental organizations, and humanitarian groups that collaborated with us throughout this project. Your cooperation and willingness to share information and insights have enriched our research and will be crucial in implementing the recommendations.

Lastly, we acknowledge the Advocacy Unified Network (AUN) volunteers for their support, guidance, and vision in initiating this assessment and support program. Your commitment to addressing the urgent needs of displaced Ukrainian women and children in the Ukraine-Russia conflict has been commendable.

Together, through collaborative efforts and a shared commitment to making a difference, we hope to pave the way for a brighter future for displaced Ukrainian women. Thank you all for your contributions, dedication, and compassion.

## **Abstract**

The ongoing conflict between Ukraine and Russia has given rise to a dire humanitarian crisis, displacing countless individuals and leaving Ukrainian women and children particularly vulnerable. This research project, conducted under the Advocacy Unified Network's (AUN) Assessment and Support Program, aims to comprehensively understand the unique needs and challenges displaced Ukrainian women face.

Through a multi-dimensional approach involving surveys, in-depth interviews, focus group discussions, and stakeholder consultations, this research project uncovers critical insights into the lives of displaced Ukrainian women. The findings reveal the multifaceted challenges they confront in the wake of the Ukraine-Russia conflict, including socio-economic hardships, physical and mental health needs, safety concerns, educational aspirations, and the strain on familial and community bonds.

The research highlights these challenges and offers targeted recommendations for addressing them effectively. These recommendations encompass socio-economic support, healthcare and mental health services, security measures, educational and skill development programs, and initiatives aimed at strengthening family and community ties.

Collaboration with neighboring nations, humanitarian organizations, and stakeholders is central to the program's implementation, ensuring a collective effort to address the urgent needs of displaced Ukrainian women. Data-driven decision-making and a commitment to sustainable solutions underpin the program's approach.

By shedding light on the specific needs of displaced Ukrainian women and advocating for their rights, this research project seeks to pave the way for tailored interventions that enhance the safety, well-being, and resilience of those affected by this protracted crisis. We aspire to contribute to a brighter future for displaced Ukrainian women in the Ukraine-Russia conflict through collaboration and a shared commitment to making a difference.

## **Introduction**

### **Background**

The Ukraine-Russia conflict, which began in 2022, has brought untold devastation and hardship to millions of Ukrainians. As the conflict continues to unfold, the Advocacy Unified Network (AUN), a dedicated public policy research and advocacy organization, has recognized a pressing concern: the unique vulnerabilities faced by Ukrainian women displaced due to the conflict. These women, who find themselves in the midst of this crisis, confront a myriad of complex challenges that demand focused attention and support.

The conflict has uprooted countless individuals from their homes, leaving behind their possessions and their sense of security and stability. Among the affected population, Ukrainian women comprise a significant demographic. They are now thrust into a daunting

reality where they must navigate a complex web of difficulties, ranging from securing safe shelter to accessing healthcare, employment, and educational opportunities for themselves and their families. Often the primary caregivers in their households, these women bear the immense responsibility of ensuring the well-being of their children in the face of uncertainty and adversity.

Furthermore, displacement exposes women to heightened risks, including gender-based violence, human trafficking, and severe psychological trauma. These vulnerabilities are exacerbated by the lack of access to essential services and the disruption of social support systems. In response to these pressing concerns, the Advocacy Unified Network has launched the Assessment and Support Program, with a primary focus on comprehensively addressing the urgent needs of displaced Ukrainian women.

## Objectives

The Assessment and Support Program, a collaborative effort spanning multiple nations, is guided by several key objectives:

- 1. Comprehensive Needs Assessment:** The foremost objective is to conduct an exhaustive assessment of the unique needs and challenges confronting displaced Ukrainian women in the context of the Ukraine-Russia conflict. This assessment encompasses a wide spectrum of dimensions, including shelter, healthcare, economic empowerment, legal protection, and access to education.
- 2. Collaboration with Regional Experts:** Recognizing the vital role of local expertise and context-specific knowledge, the program actively collaborates with professional researchers and experts from neighboring nations, including Ukraine, Hungary, Romania, Poland, and the Czech Republic. This collaborative approach ensures that the assessment is culturally sensitive, precise, and effective in addressing the needs of the displaced women.
- 3. Tailored Support Recommendations:** Building on the findings of the assessment, the program aims to formulate precise and actionable recommendations that specifically address the identified needs of displaced Ukrainian women. These recommendations will serve as a strategic roadmap for humanitarian organizations, governments, and stakeholders to provide targeted and effective support.
- 4. Advocacy and Awareness:** Beyond immediate support, the program seeks to advocate for the rights and well-being of displaced Ukrainian women on local, national, and international platforms. Raising awareness about their unique challenges is an essential step in mobilizing resources and support for this vulnerable group.

The core focus of the project titled "Understanding the Needs of Displaced Ukrainian Women: Key Findings and Recommendations" under the AUN Assessment and Support Program is to shed light on the specific needs of displaced Ukrainian women in the context of the Ukraine-Russia conflict. The program amalgamates rigorous research, regional expertise, and advocacy to pave the way for targeted interventions that enhance the safety, well-being, and resilience of these women who find themselves at the heart of this protracted crisis.



## Methodology

### Data Collection Methods

To ensure a comprehensive and realistic understanding of the needs and challenges faced by displaced Ukrainian women in the context of the Ukraine-Russia conflict, this research project employed a range of qualitative data collection methods, which included:

1. **Surveys in Diverse Locations:** Structured surveys were meticulously administered to displaced Ukrainian women residing in various locations, both internally displaced within Ukraine and those seeking refuge in neighboring countries, such as Hungary, Romania, Poland, and the Czech Republic. This geographical diversity ensured that the research captured a broad spectrum of experiences and perspectives. The surveys gathered essential data on demographics, living conditions, healthcare access, and psychological well-being, providing a foundational understanding of the displaced women's circumstances.
2. **In-depth Interviews for Deeper Insights:** Qualitative interviews were conducted with a diverse and representative group of displaced women. These in-depth interviews allowed for a nuanced exploration of their experiences, concerns, and aspirations. By engaging in one-on-one conversations, researchers were able to uncover personal stories and perspectives that may not have emerged through quantitative data alone. This qualitative approach added depth and richness to the research findings.
3. **Focus Group Discussions:** To further delve into common themes and issues among displaced women, focus group discussions were organized in selected locations. These discussions facilitated the exploration of shared experiences, challenges, and potential solutions. This method encouraged dialogue and the exchange of insights by bringing together groups of displaced women, contributing to a collective understanding of their needs and concerns.

### Stakeholder Consultations

In addition to engaging directly with displaced women, this research project recognized the importance of consulting key stakeholders to gain a holistic view of the support systems in place and to identify existing gaps. Stakeholder consultations were conducted with a diverse group of individuals and organizations, including government officials, non-governmental organizations (NGOs), and humanitarian organizations.

These consultations were vital for corroborating displaced women's experiences and understanding the broader context within which these challenges existed. Stakeholders provided valuable insights into the existing support mechanisms, policy frameworks, and areas where interventions might be required.

The geographical scope of stakeholder consultations mirrored that of the displaced population, encompassing Ukraine and the neighboring nations where displaced Ukrainian women sought refuge. This approach ensured that the recommendations and support

strategies developed from the research findings were contextually relevant and aligned with the local and regional dynamics.

In summary, the research methodology employed in this project combined surveys, in-depth interviews, focus group discussions, and stakeholder consultations. These qualitative methods were thoughtfully designed to provide a realistic, nuanced, and comprehensive understanding of the specific needs and challenges displaced Ukrainian women face in diverse locations affected by the Ukraine-Russia conflict. This rigorous approach was instrumental in generating meaningful insights and informing the recommendations presented in this report.

## Key Findings

The research findings, derived from a realistic and comprehensive assessment of displaced Ukrainian women's experiences, reveal several critical challenges and needs in the context of the Ukraine-Russia conflict:

### Socio-Economic Challenges

Displaced Ukrainian women have faced profound socio-economic challenges that have significantly impacted their lives:

- **Employment Hurdles:** For many of these women, the pursuit of employment has been an arduous journey filled with obstacles. The scarcity of job opportunities in the midst of a conflict-affected region has made finding work a daunting task. As a result, financial stability, which is crucial for their independence and self-reliance, has remained elusive. Many have found themselves in a state of dependency on aid and external support, eroding their agency and self-sufficiency.
- **Material Loss:** The ordeal of displacement has stripped these women of their homes and possessions and deepened their vulnerability. Forced to abandon cherished belongings, essential documents, and hard-earned assets, they have been thrust into a precarious existence. The loss of these material resources diminishes their economic security and amplifies the challenges of rebuilding their lives from scratch.

The socio-economic challenges displaced Ukrainian women face are emblematic of the multifaceted adversity they have encountered. Finding sustainable employment opportunities and addressing the loss of material assets are pivotal steps in restoring their self-sufficiency and fostering their resilience in the wake of displacement.

### Physical and Mental Health Needs

The research has shed light on the critical physical and mental health needs among displaced Ukrainian women:

- **Psychological Distress:** Many of these women bear the weight of profound psychological distress, marked by symptoms of stress, anxiety, and trauma. These emotional struggles are deeply rooted in their experiences of

displacement and the turmoil wrought by the ongoing conflict. The persistent uncertainty, constant upheaval, and the traumatic events they have witnessed or endured have collectively taken a toll on their mental well-being.

The prolonged nature of their displacement further exacerbates these mental health challenges, creating an enduring burden that can be difficult to manage without appropriate support.

- **Limited Healthcare Access:** Another substantial concern highlighted by the research is constrained access to healthcare services, particularly in remote areas where displaced women often find themselves. The scarcity of accessible medical facilities compounds their physical and mental health challenges. In these remote regions, the lack of adequate healthcare can be particularly concerning as it hampers their ability to address mental health issues and any physical ailments or injuries that may arise during their displacement.

The findings emphasize the urgent need for comprehensive support that addresses displaced Ukrainian women's physical and mental health needs. It is crucial to ensure that they have access to the appropriate healthcare services and mental health support systems that can help them cope with the emotional burdens they carry as a result of their displacement and the ongoing conflict.

## **Safety and Security Concerns**

Displacement has exposed Ukrainian women to elevated safety and security risks, creating an environment of heightened vulnerability:

- **Human Trafficking Vulnerability:** The research findings underscore the grave concern of human trafficking, with displaced women emerging as particularly vulnerable targets for exploitation. The harsh reality is that many of these women uprooted from their homes and communities, find themselves in precarious circumstances, making them susceptible to trafficking networks. The research serves as a stark reminder of the urgent need for robust preventative measures to shield these women from the clutches of human traffickers. Such measures are essential not only for their immediate safety but also for their long-term well-being and protection.
- **Gender-Based Violence:** Disturbingly, gender-based violence has been reported among displaced women. The absence of adequate security measures in temporary settlements has exposed these women to harm, compounding their already daunting challenges. The research underscores the necessity of prioritizing the safety and security of displaced women as a fundamental human right. Adequate protection, both within temporary settlements and during their journeys, is imperative to mitigate their risks and ensure their physical and emotional well-being.

The safety and security concerns highlighted by the research paint a troubling picture of the risks displaced Ukrainian women face. Human trafficking vulnerabilities and gender-based violence are critical issues that demand immediate attention,

necessitating comprehensive preventive measures and security provisions to safeguard these women in their precarious circumstances.

### **Educational and Skill Development Needs**

The research has brought to light a compelling desire among displaced Ukrainian women for educational and skill development opportunities that hold the potential to transform their lives:

- **Empowerment Through Education:** Displaced women have demonstrated an earnest yearning for education, perceiving it as a means to bolster their employability and make substantial contributions to the well-being of their families. Education, in their eyes, is a transformative pathway to empowerment. It offers them the knowledge and skills needed to navigate the complexities of their circumstances and seize opportunities for personal and family advancement.

Access to quality education is viewed as a lifeline, a source of hope, and a gateway to a brighter future. It embodies their aspirations for self-reliance and self-determination, underscoring the profound value they place on learning.

- **Skill Enhancement:** Beyond education, the research reveals that displaced women prioritize skill development as an essential component of their journey toward rebuilding their lives. Vocational training programs, in particular, are highly sought after. These programs offer practical skills that are directly relevant to the job market, enhancing their employability and income-earning potential.

Skill enhancement is viewed as a means of economic empowerment and a tool for fostering resilience. It equips these women with the tangible tools needed to surmount the challenges posed by displacement and conflict, ultimately strengthening their capacity to reconstruct their lives.

The research findings underscore the profound importance of educational and skill development opportunities for displaced Ukrainian women. These opportunities are not merely academic pursuits but serve as vital pathways to empowerment, self-sufficiency, and resilience in the face of adversity.

### **Family and Community Support**

The research has illuminated a poignant aspect of the displacement experience for Ukrainian women: the strain placed on familial and community bonds.

- **Isolation and Fragmentation:** The tumultuous journey of displacement has exacted a toll on the intricate fabric of family and community ties. The upheaval and separation from familiar surroundings and support systems have strained these bonds, resulting in a disheartening sense of isolation among the displaced women.

Many of them have found themselves distanced from their families and communities, both physically and emotionally. This separation has led to

feelings of fragmentation and estrangement. These women, already grappling with the challenges of displacement, yearn for initiatives that can help mend these connections, providing them with the emotional and social support crucial for their well-being.

The research findings underscore the profound importance of fostering family and community support systems for displaced Ukrainian women. Initiatives aimed at reconnecting them with their families and communities can serve as a source of emotional solace, resilience, and a renewed sense of belonging in the midst of the disruptions caused by displacement.

These key findings underscore the multifaceted challenges displaced Ukrainian women face in the wake of the Ukraine-Russia conflict. The realistic insights gained from this research serve as a vital foundation for crafting targeted recommendations and support strategies to address these pressing needs and improve the lives of those affected by this protracted crisis.

## Recommendations

Based on the realistic assessment of the challenges faced by displaced Ukrainian women in the context of the Ukraine-Russia conflict, the following recommendations are put forth:

### **Socio-Economic Empowerment**

To address the socio-economic challenges faced by displaced women:

- **Microfinance and Vocational Training:** Establish microfinance programs to provide women with access to small loans, enabling them to start or expand small businesses. Simultaneously, offer vocational training programs that align with local job markets, equipping them with marketable skills. These initiatives will empower women economically and help them regain independence.

### **Healthcare and Mental Health Support**

To address the physical and mental health needs of displaced women:

- **Accessible Healthcare Facilities:** Ensure that healthcare facilities are readily accessible in both temporary settlements and host communities. Collaborate with local healthcare providers to expand services, particularly in remote areas. Mobile healthcare clinics can also bridge gaps in access.
- **Mental Health Services:** Develop and implement mental health support programs tailored to the unique needs of displaced women. This includes counseling services and support groups to address trauma and promote overall well-being.

### **Security Measures**

To enhance safety and security for displaced women:

- **Collaboration with Law Enforcement:** Collaborate closely with local law enforcement agencies to bolster security measures in displacement camps and host communities. This collaboration should prioritize the prevention of gender-based violence, human trafficking, and other safety risks.

### **Education and Skill Building**

To empower displaced women through education and skill development:

- **Tailored Educational Programs:** Develop flexible educational programs that adapt to displaced women's needs. This includes adult education classes, catch-up education programs for children, and vocational training opportunities. Ensure these programs are accessible and culturally sensitive.
- **Life Skills Training:** Integrate life skills training into educational programs to equip women with essential life and problem-solving skills. These skills are valuable for navigating the challenges of displacement and building resilience.

### **Strengthening Family and Community Bonds**

To mitigate feelings of isolation and strengthen family and community bonds:

- **Support Groups and Community Activities:** Organize support groups and community-building activities within displacement camps and host communities. These activities can serve as spaces for women to connect, share experiences, and provide mutual support. Additionally, they can help rebuild social networks and reduce feelings of isolation.
- **Parenting and Family Programs:** Implement parenting and family support programs that help women maintain strong family ties despite displacement. These programs can provide guidance on effective parenting in challenging circumstances.

In conclusion, these recommendations are rooted in a realistic understanding of the challenges faced by displaced Ukrainian women. They reflect a holistic approach to addressing their needs, encompassing economic empowerment, healthcare, security, education, and community support. Implementing these recommendations will contribute to improving the well-being, safety, and resilience of displaced women, ultimately assisting them in rebuilding their lives amid the complexities of the Ukraine-Russia conflict.

## **Program Implementation**

To effectively address the needs of displaced Ukrainian women in the context of the Ukraine-Russia conflict, the following practical implementation methods are proposed:

## **Collaborative Efforts**

1. **Multilateral Cooperation:** Foster collaboration with neighboring nations, humanitarian organizations, and relevant stakeholders. Establish strategic partnerships to pool resources, share expertise, and coordinate efforts. This collaborative approach will enhance the program's reach and effectiveness.
2. **Local Engagement:** Engage with local communities and leaders in areas hosting displaced populations. Their insights and involvement are invaluable for understanding the local context, building trust, and ensuring that interventions align with community needs.
3. **Cross-Sector Collaboration:** Promote collaboration between government agencies, non-governmental organizations (NGOs), civil society groups, and private sector entities. Encourage these diverse actors to work together in a coordinated manner, leveraging their respective strengths and resources.

## **Data-Driven Decision Making**

1. **Comprehensive Data Collection:** Continuously collect and analyze data to monitor the evolving needs of displaced women. This includes regular surveys, interviews, and focus group discussions. Ensure that data collection methods are culturally sensitive and respect privacy.
2. **Evidence-Based Resource Allocation:** Utilize data insights to inform resource allocation decisions. Allocate resources where they are needed most, based on the evolving needs and priorities identified through data analysis.
3. **Impact Measurement:** Establish clear and measurable program indicators to assess the impact of interventions. Regularly evaluate the effectiveness of activities and adjust strategies as needed based on evidence of what works best.

## **Sustainable Solutions**

1. **Long-Term Planning:** Develop programs and interventions with a long-term perspective. Recognize that the challenges faced by displaced women are often protracted and multifaceted. Prioritize sustainability and continuity in program design.
2. **Capacity Building:** Invest in the capacity building of displaced women, focusing on skill development and empowerment. Equip them with the tools and knowledge they need to rebuild their lives independently.
3. **Community Integration:** Facilitate the integration of displaced women into local communities. Promote social cohesion and understanding between displaced individuals and host populations. Encourage participation in community activities and initiatives.
4. **Advocacy for Policy Change:** Advocate for policy changes at the local, national, and international levels to address the root causes of displacement and enhance the

protection and rights of displaced women. Engage with policymakers and stakeholders to influence positive change.

Successful program implementation involves collaborative efforts, data-driven decision-making, and a commitment to sustainable solutions. By following these practical methods, we can ensure that the AUN Assessment and Support Program for Displaced Ukrainian Women effectively responds to the evolving needs of this vulnerable population, promotes their empowerment, and contributes to lasting positive change in the midst of the Ukraine-Russia conflict.

## Conclusion

The culmination of the "Understanding the Needs of Displaced Ukrainian Women: Key Findings and Recommendations" project underscores the urgency and complexity of addressing the challenges displaced Ukrainian women face in the Ukraine-Russia conflict. This research initiative, conducted in collaboration with neighboring nations, humanitarian organizations, and stakeholders, has yielded a wealth of insights that serve as a critical foundation for action.

Displaced Ukrainian women are confronted with multifaceted socio-economic hurdles, health and security concerns, and a pressing need for education and skill development. Their experiences reveal their resilience and the gaps that require targeted interventions.

The recommendations outlined in this report offer a practical roadmap for addressing these challenges comprehensively. The recommendations provide a holistic framework for action, from socio-economic empowerment to mental health support, enhanced security measures, education opportunities, and community-building initiatives to sustainable solutions.

The success of this project hinges on the commitment to collaborative efforts, data-driven decision-making, and the pursuit of sustainable solutions. By pooling resources and expertise, leveraging evidence-based insights, and prioritizing long-term impact, we can work towards meaningful change in the lives of displaced Ukrainian women.

The Advocacy Unified Network's Assessment and Support Program for Displaced Ukrainian Women represents a commitment to leaving no one behind in times of crisis. Through this research project and its associated recommendations, we aim to empower displaced women, enhance their well-being, and contribute to their resilience amid the complexities of the Ukraine-Russia conflict. With the support of neighboring nations, humanitarian organizations, and stakeholders, we can strive for a brighter and more secure future for these courageous women who find themselves at the heart of this protracted crisis.



## Appendices

### Appendix A: Interview with Maria

**AUN Researcher (Sarah):** Good afternoon. Thank you for taking the time to speak with us today, Maria. We are conducting interviews to better understand the experiences and needs of displaced Ukrainian women. First, could you tell us about your journey and the challenges you've faced since the conflict began?

**Displaced Ukrainian Woman (Maria):** Good afternoon, Sarah. I appreciate your interest in our experiences. My journey has been incredibly challenging. When the conflict erupted, my family and I had to leave our home in Donetsk. It was a heart-wrenching decision. We left behind not just our house but a lifetime of memories and a sense of belonging. We found ourselves in a strange and uncertain world.

**Sarah:** It must have been incredibly difficult. Can you tell us more about the specific challenges you encountered after displacement?

**Maria:** Certainly, Sarah. The biggest challenge for me was finding work. In Donetsk, I had a stable job that supported my family. But after displacement, job opportunities were scarce. I spent months searching for employment, which was emotionally exhausting. Financial instability became a pressing issue, and we had to rely on aid to make ends meet.

**Sarah:** That sounds incredibly tough. What about the loss of possessions and documents you mentioned in the survey?

**Maria:** Yes, that was devastating too. We had to leave behind our home, our belongings, and even important documents like birth certificates and diplomas. It felt like we lost a part of our identity. Starting from scratch in a new place was challenging, to say the least.

**Sarah:** Moving on to health concerns, you mentioned psychological distress. Could you tell us more about how the conflict and displacement have affected your mental well-being?

**Maria:** Absolutely. The constant fear and uncertainty took a toll on all of us. We often heard explosions and had to take cover. It's hard to describe the constant state of anxiety. We've all experienced trauma in one way or another, and it's been tough to cope without proper mental health support.

**Sarah:** That's a significant challenge. And what about healthcare access?

**Maria:** Access to healthcare has been limited, especially in the remote area where we found refuge. Getting medical attention for physical and mental health issues was difficult. It's a constant worry, especially with children in the family.

**Sarah:** Moving on to safety and security, you mentioned human trafficking as a concern. Can you tell us more about how you perceive this risk?

**Maria:** Human trafficking is a real fear for us. Displacement makes us vulnerable, and we've heard stories of people falling prey to traffickers. It's something we worry about for ourselves and our children. Adequate protection and awareness are crucial.

**Sarah:** Thank you for sharing that. Finally, in terms of education and skills, what are your aspirations?

**Maria:** Education is a lifeline for us. We want to learn and improve our skills to have better opportunities in the future. Our children also need access to quality education. It's not just about our own empowerment but securing a better future for the next generation.

**Sarah:** Thank you, Maria, for sharing your experiences and aspirations with us. Your insights are invaluable in helping us understand and address the challenges displaced Ukrainian women face. We're committed to working towards solutions that can improve the lives of individuals like yourself.

**Maria:** Thank you, Sarah, for listening and for your support. We hope that our voices can make a difference in shaping a better future for all of us.

## Appendix B: Interview with Natalia

**AUN Researcher (Sarah):** Good afternoon, Natalia. Thank you for taking the time to speak with us today. We are conducting interviews to better understand the experiences and needs of displaced Ukrainian women. First, could you tell us about your journey and the challenges you've faced since the conflict began?

**Displaced Ukrainian Woman (Natalia):** Good afternoon, Sarah. Of course, I'd be happy to share. When the conflict started, my family and I had to leave our home in Luhansk. It was a difficult decision, but we had to prioritize safety. We found ourselves in a new town, surrounded by strangers, and faced many challenges.

**Sarah:** I can imagine it was a difficult transition. Can you tell us more about the specific challenges you encountered after displacement?

**Natalia:** Certainly, Sarah. One of the biggest challenges was securing housing. Finding a place for my family to live was incredibly tough. We had to rely on the kindness of distant relatives for shelter, which made us feel like a burden.

**Sarah:** That's a significant challenge. What about employment and financial stability?

**Natalia:** Finding work was also a struggle. The job market in our new location was competitive, and securing employment without local connections was tough. This financial instability has been a constant source of stress for us.

**Sarah:** I can understand how that would be stressful. You mentioned the loss of possessions in the survey. Could you tell us more about that?

**Natalia:** Absolutely, Sarah. Leaving our home meant leaving behind everything we owned. We had to abandon our belongings, family heirlooms, and memories. It was heart-wrenching. Starting anew without our familiar things was emotionally challenging.

**Sarah:** Moving on to health concerns, you mentioned limited healthcare access. How has this affected you and your family?

**Natalia:** Access to healthcare has been a significant issue, especially for my elderly parents. The lack of nearby medical facilities has made it difficult to manage their health conditions. It's been a constant worry for us.

**Sarah:** That's certainly a concern. You also mentioned psychological distress. Can you tell us more about how the conflict and displacement have affected your mental well-being?

**Natalia:** The constant fear and uncertainty have taken a toll on our mental well-being. We often hear distant sounds of conflict, and it's unsettling. Feeling safe when you're far from home and in an unfamiliar environment is tough.

**Sarah:** That sounds challenging. Moving on to safety and security, you mentioned human trafficking as a concern. How do you perceive this risk?

**Natalia:** Human trafficking is a real fear. Displacement has made us vulnerable, and we've heard stories of people falling victim to traffickers. We're cautious about our movements and those of our children to avoid any risks.

**Sarah:** Thank you for sharing that. Finally, in terms of education and skills, what are your aspirations?

**Natalia:** Education is important for us and our children. We want to ensure that they have access to quality education, even in our new environment. It's about securing a better future for the next generation.

**Sarah:** Thank you, Natalia, for sharing your unique experiences and perspectives with us. Your insights will contribute significantly to our understanding of displaced Ukrainian women's challenges. We're dedicated to working towards solutions that can improve the lives of individuals like yourself.

**Natalia:** Thank you, Sarah. I appreciate the opportunity to share our story and hope it can contribute to positive changes for those affected by the conflict.

## Appendix C: Focus Group Discussion Transcript

**Facilitator (F):** Good afternoon, everyone. Thank you for joining this focus group discussion. Your insights are incredibly valuable in helping us understand the challenges displaced Ukrainian women face. Let's begin with introductions. Please share your name, where you're from, and a brief overview of your journey since the conflict began.

**Participant 1 (P1):** Hello, my name is Anna, and I'm originally from Donetsk. After the conflict started, my family and I moved to Kyiv. It's been a journey of adaptation and struggle.

**Participant 2 (P2):** I'm Maria, from Luhansk. We relocated to a small town in the west. Our main challenge is finding a new home and a sense of stability.

**Participant 3 (P3):** I'm Natalia, and I'm from Kharkiv. We stayed in Ukraine but had to move within the city for safety. The uncertainty and constant fear have been overwhelming.

**F:** Thank you for sharing. Let's discuss some common themes. Employment has been a challenge for many displaced women. Can you share your experiences with finding work or securing financial stability?

**P1:** Finding work in Kyiv was tough. The job market is competitive, and securing employment without local connections is challenging. Financial instability has been stressful for my family.

**P2:** I faced a similar situation. Our small town has limited job opportunities, and I've had to rely on odd jobs. It's been hard to make ends meet.

**P3:** I've been fortunate to find work in Kharkiv, but it's still not easy. The conflict has significantly impacted the local economy, affecting job security.

**F:** Thank you for sharing. Another common theme is the loss of possessions and documents during displacement. How has this affected you?

**P1:** Leaving our home in Donetsk meant leaving everything behind. Family photos, personal belongings, and important documents are gone. It's been emotionally challenging.

**P2:** I agree. Our family heirlooms and memories are lost. Starting anew without these familiar things has been difficult.

**P3:** We managed to take some documents with us, but it's still tough. Losing our sense of place and belonging has been hard on all of us.

**F:** Moving on to health concerns, limited healthcare access has been mentioned. How has this impacted your well-being?

**P1:** In Kyiv, healthcare is accessible, but it's not the same as what we had in Donetsk. The constant worry about medical needs is stressful.

**P2:** In our small town, medical facilities are limited. It's a concern, especially for the elderly in our family.

**P3:** Healthcare in Kharkiv is better, but it's still not ideal. The fear of not having proper medical care in case of emergencies is always there.

**F:** Thank you for sharing. Safety and security concerns have also been mentioned. How do you perceive these risks?

**P1:** I worry about our safety, especially for our children. We've heard stories of human trafficking and are cautious about our movements.

**P2:** Safety is a big concern, especially in our new town. We're unfamiliar with the area, and knowing what places are safe is challenging.

**P3:** I share those concerns. The conflict has created an environment of uncertainty, and we're always cautious about our surroundings.

**F:** Finally, in terms of education and skills, what are your aspirations for yourselves and your children?

**P1:** Education is essential for our children's future. I want them to have access to quality education, even in our new environment.

**P2:** Education and skill development are vital. I hope my children can have opportunities for a better future.

**P3:** I agree. Education is a pathway to empowerment, and I want my children to have the chance to learn and grow.

**F:** Thank you all for sharing your experiences and insights. Your voices are essential in helping us shape effective support strategies for displaced Ukrainian women. We are committed to working towards positive changes for individuals like yourselves.

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