

Uplift Ukraine



ToUkraineWithLove.org

**2025
7-day Trip**



**TO UKRAINE
WITH LOVE**

Welcome to Ukraine!



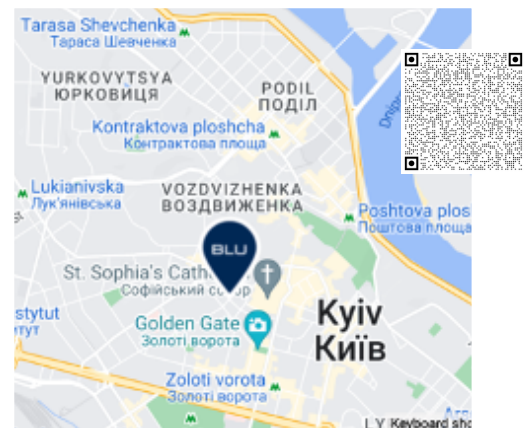
Contact Us

Lana	+1 801-473-1708
Nancy	+1 801-404-7564
Tanya	+380 67 289 60 13
Max	+380 66 124 90 47
Lyda	+380 97 881 52 05



Look for our bus at the airport

Our Home Base Radisson Blue Yaroslaviv Val 22



Signal App

AirAlert iPhone

AirAlert Android

Stay Connected & Informed



Itinerary

The schedule may change according to conditions



Day 1

4pm Meet at Warsaw Airport
4pm Leave for Lviv (private bus)
11pm Overnight train Lviv to Kyiv

Day 2

7am Arrive in Kyiv
8am Bucha, Irpin, Borodyanka (private bus)
12pm Lunch and walking tour
3pm Check-in at the hotel, shower, rest
5pm Dinner and walking tour

Day 3

7:30-8:30am Breakfast at the Hotel
8:30am Depart for Chernihiv
11-1:30pm Hot Meal Center Service
1:30-5pm Volunteer work for the military
5:30pm Pay respects at the cemetery
6pm Leave for Kyiv
8:30pm Dinner and free time

Day 4

8-9 am Breakfast at the hotel
9am Leave for Service at Buzova Village
10-12:30pm Service Project
12:30pm Master Class Pysanky Eggs
4pm Return to Kyiv
4:30-7pm City Tour
7pm Dinner and free time

Day 5

8-9am Breakfast at the hotel
9am Leave for "Our People" Senior Center
10am-1pm Service project at the Senior Center
1pm Borscht and Vareniki Master Class
2pm Lunch (Borscht and Vareniki)
4pm Souvenir shopping and free time
11pm Overnight train to Lviv

Day 6

7am Arrival to Lviv
8am Breakfast
9am Church tour and city tour
11am Souvenir shopping
2pm Leave for Warsaw (private bus)
Border Crossing determines arrival
Sleep at the Warsaw Airport Courtyard Marriott

Day 7

4am Check out
6am Flight Home



Bucha and Irpin

The Battles Begin

On February 24, Russia began its march to take the city of Kyiv. The strategy was to attack from the north west and north east. Russia thought it would be easy to get to the city, but the civilians and military of Ukraine took a stand for their home.



Bucha and Irpin

In Bucha and Irpin, war crimes were committed by Russian forces. Women were raped, people were tortured and 458 bodies were found after liberation. On the Death Highway, civilians were executed in their cars. These cars now sit in the Car Graveyard.



Borodyanka

Borodyanka was bombed at night, when most people were home. Russian bombs struck the centers of buildings and caused them to collapse while the frames remained standing. Many residents were buried alive and lay dying for up to a week. People who tried to help them were shot at by Russian soldiers.



Day 2



Romanyvka Bridge

The Romanyvka bridge was destroyed by Ukrainian forces to slow the Russian advance on Kyiv. People fled on an improvised path under the bridge. Some of the elderly were carried across in blankets and carts.



Drone footage of the destruction in Irpin and Bucha



Bucha was the sight of a horrific mass grave where at least 150 people were buried in a shallow grave at the Church of St. Andrew and Pyervozvannoho. Today, a memorial stands with the names and dates of birth and death. Some are as young as 7 years old.



KYIV

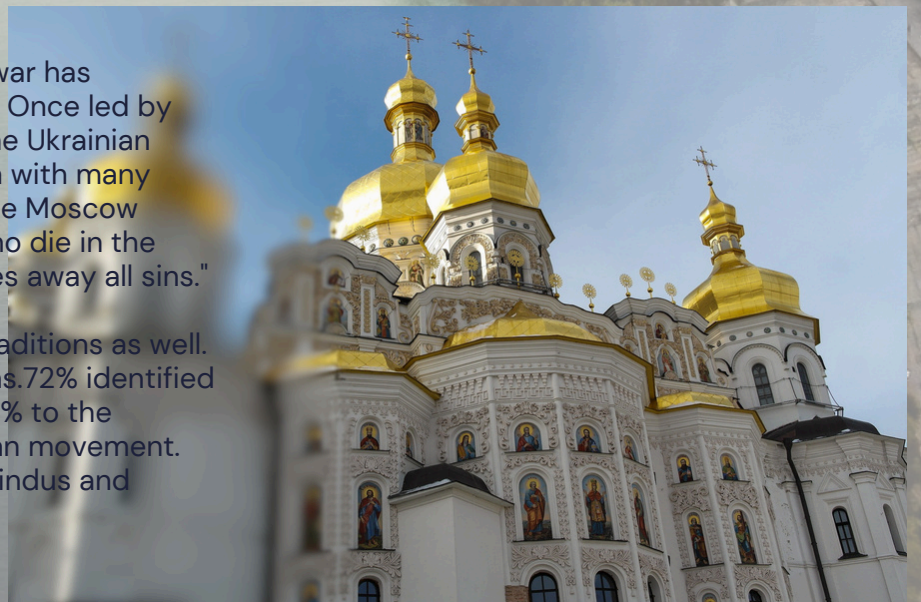
The history of Kyiv, officially begins when it was founded in 482, but the city may date back at least 2,000 years. Archaeologists have dated the oldest known settlement in the area to 25,000 BC. Initially a 6th-century Slavic settlement, it gradually acquired eminence as the center of East Slavic civilization. Times were rough for Kyiv during the 12th-19th centuries as powerful neighbors fought for territory.

It became the capital of Soviet Ukraine in 1934 and Independent Ukraine in 1991. It is the seventh-most populous city in Europe with 3.9M people. With the war, that number has fluctuated. An estimated 700,000 Kyiv residents have not yet returned after evacuation, but less than half of them are abroad. In addition, about 450,000 Kyiv residents are internally displaced persons who came from other regions of Ukraine.

A City of Churches

Kyiv is the city of 800 Churches. But war has adversely affected worship in Ukraine. Once led by Moscow-based Russian Orthodoxy, the Ukrainian Orthodox Church has risen in strength with many parishes switching allegiances after the Moscow Patriarch said that Russian soldiers who die in the conflict will have their "sacrifice washes away all sins."

Ukraine is tolerant of other religious traditions as well. 85% of Ukrainians identify as Christians. 72% identified themselves with Eastern Orthodoxy, 9% to the Catholic Church and 4% other Christian movement. There are also small groups of Jews, Hindus and Buddhists in Ukraine.



Volodymyr The Great Monument



The monument was dedicated to the Grand Prince of Kyiv Volodymyr the Great in 1853. It is located on Volodymyrska Hill, the steep right bank of the Dnipro. It is the oldest sculptural monument, a dominating feature of the Dnipro banks, and one of the city's symbols.



Ukrainian Motherland Monument



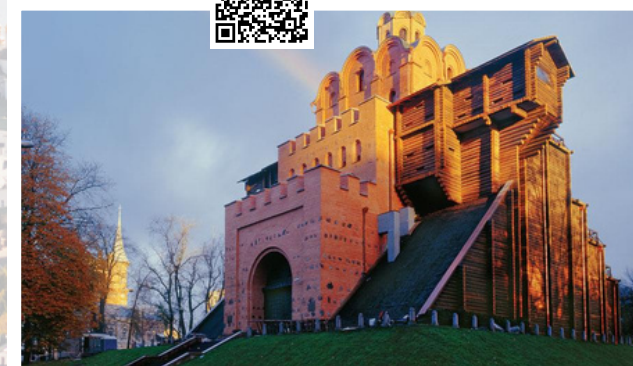
The Ukrainian Motherland Monument faces eastward, symbolizing hope and renewal. It signifies the Ukrainian people's resilience and determination for a brighter future. In 2023, the Soviet emblem on her shield was replaced with the Ukrainian Trident. The motherland looking over the east, as protecting Ukrainian people from Russia.



Golden Gate



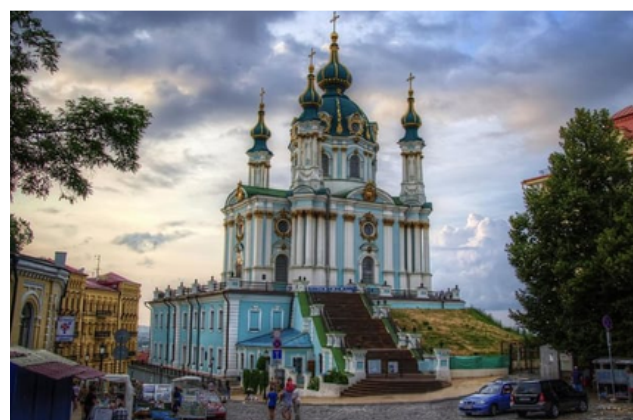
The gates formed one of three entrance gateways to the ancient city of Kiev. It was constructed in the first half of the 11th century by Yaroslav the Wise. It functioned as the main triumphal entrance and as a defensible portal to the fortified section of the city. It was partially destroyed by the Mongols in 1240.



St. Andrew's Church and Andriivskiy Descent



St Andrew's Church is an Orthodox church in Kyiv, constructed between 1747 and 1754. The Church overlooks the city from Andriivskiy Descent. Walking down you can see art galleries, craft shops, and souvenir stalls. It's a hub for artists, musicians, and performers who often showcase their talents along the street.

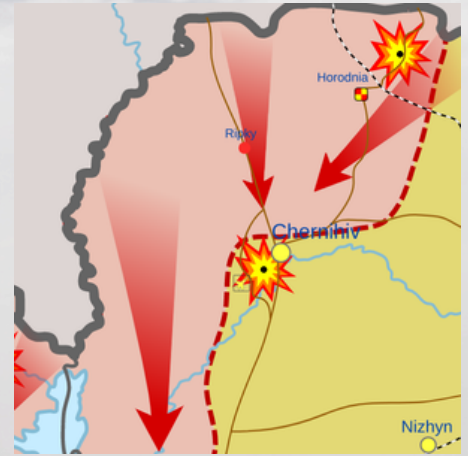
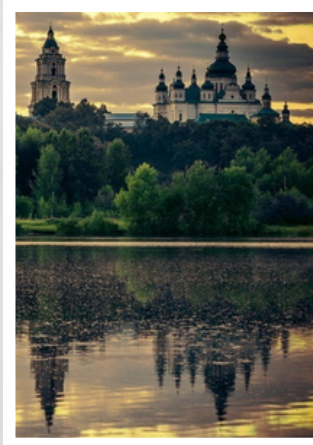


Chernihiv

Six-Week Siege

After the full-scale war broke out, Chernihiv halted the advance of Russian troops headed for Kyiv. The city was besieged for 6 weeks. They repeatedly lost power supply, water supply, and communication. More than 700 civilians died and hundreds more were wounded during the siege. Villages on the outskirts like Novoselivka were reduced to rubble.

On March 6, 2022, President Zelenskyy bestowed the title of Hero City upon Chernihiv for repelling the Russians.



Ancient Past

Chernihiv was first mentioned in 907 but archaeology suggests a 7th Century origin. It was one of the chief towns of Kievan Rus. Its Transfiguration Cathedral dates from 1036. Chernihiv lost importance after the Tatar invasion (1239–40). In modern times, it developed as a railway junction. Industries in the city have manufactured such products as synthetic fibres, pianos, foodstuffs, and consumer goods. It has a population of 283,000 and the Oblast has nearly 1 million residents.



Hot Meal Center

Day 3



Serving Hot Meals

Because of martial law, people take meals home in their own containers to feed the number of vetted and registered recipients at their address. You will fill these containers and interact with the recipients.

Some people wait an hour before opening to ensure they have food. There is enough need that we could double the number of people we serve if funding were available.



See a Hot Meal Center in action



Military Service Project

Day 3

Military Service Project

In gratitude for the Ukrainian Defenders, we will help make candles or camo nets and deliver them to the Defenders. These service projects take place all across Ukraine as an important way to help the military effort.

Candles



Nets



Paying Respects

Thousands have died in the Chernihiv region alone. We will stop to pay our respects and count the cost of this war.



Service Project for Internally Displaced Families



Housing Those Without Homes

Dream Village consists of 49 homes built by To Ukraine With Love to house families displaced from the East.

There are several service projects to be done in the village and in the shelter located near the village. One of the most important things we will do is listen to the stories of the residents. Knowing that someone from the US cares, it is incredibly healing.

Master Class Pisanky: Ukrainian Eggs

Day 4



Service Project Internally Displaced Seniors

◦ Day 5



Our People Рідні Люди

Our People ("Рідні Люди") Senior Living Center provides a safe haven for seniors whose homes were destroyed or occupied. Not only does Our People provide housing, but it is a community of people who have all experienced the same loss. Many will be from the same towns and villages.

Master Class Borscht and Vareniki

Borscht is the world-famous Ukrainian soup made from beets, cabbage, carrots, onions, and tomatoes. Sometimes it has meat as well. It is finished off with dill and a huge dollop of sour cream.

In 2022, UNESCO added the culture of Ukrainian borscht cooking to its List of Intangible Cultural Heritage in Need of Urgent Safeguarding. This designation came in direct response to Russia's invasion of Ukraine.

Vareniki are Ukrainian dumplings made from unleavened dough and a variety of fillings. The name comes from the Ukrainian word varyty, which means "to boil".

Vareniki can be either sweet or savory depending on the filling.



Day 5



Lviv

Western European Town

Lviv is around 70 kilometers from the border with Poland. It is a UNESCO World Heritage Site. Founded in the late Middle Ages, the city was a flourishing administrative, religious and commercial centre for several centuries. The medieval urban topography has been preserved virtually intact. Traces of its Polish and Austro-Hungarian heritage are evident in its architecture, which blends Central and Eastern European styles with those of Italy and Germany.



A Haven for IDPs and the Injured

When the war began, 12 million Ukrainians started to evacuate. It is estimated that about 5 million evacuated through Lviv and about 600,000 initially stayed essentially doubling the population overnight. Today, around 250,000 IDPs live in Lviv.



Today, Lviv has become one of the country's centers for rehabilitation and it looks to be a model for Ukraine after the war.



Depart

◦ Day 7

We are thrilled that we were able to share Ukraine with you. You have been witness to one of the most challenging times of the 21st century—a war in the middle of Europe with the goal to eradicate a country.

We hope you take your knowledge home and share it with others. Please become an advocate for Ukraine and dispel the myths that so often misrepresent this incredible country.



— Thank you for your donation and the service you gave to those in Ukraine who have suffered the most because of the war. You will never know what it means to these people.

Past Trips





Important Phrases

English	Transliteration	Ukrainian
My name is	Mene zvaty	Мене звати
What is your name?	Yak vas zvaty?	Як вас звати?
I'm from America	Ya z Ameryky	Я з Америки
Hi	Pryvit	Привіт
Please / you are welcome	Bud' laska	Будь-ласка
Thank you	Dyakuyu	Дякую
Yes / No	Tak/ Ni	Так / Ні
Good morning	Dobroho ranku	Доброго ранку
Good afternoon	Dobryden'	Добридень
Good evening	Dobryy vechir	Добрий вечір
Welcome	Laskavo prosymo	Ласкаво просимо
Goodbye	Do Pobachennya	До побачення
Bye	Buvay	Бувай
See You	pa-pa	па-па

English	Transliteration	Ukrainian
See You	pa-pa	па-па
Excuse me	Vybachte	Вибачте
How are you?	Yak spravy?	Як справи?
Do you speak English?	Vy rozmovlya-ye-te anhliys'koyu?	Ви розмовляєте англійською?
Help me	Dopomozhit' meni	Допоможіть мені
Where is the restroom?	De tualet?	Де туалет?
Cheers!	Bud'mo!	Будьмо!
Bon Appetit!	Smachnoho!	Смачного!
All the best!	Vs'oho naykrashchoho!	Всього найкращого!



Де Пузата Хата

Need a quick Meal? Show this to anyone and they will tell you where the closest Puzata Hata is located. YUM.

Our Travel Zone

Lviv ←

Hostomel
Borodyanka Bucha
Vorzel
Irpin
Buzova

Kyiv

Chernihiv


Novoselivka



If Not Us, Then Who?

Svetlana Miller, Founder
Jody Nichols, Housing
Nancy Cadjan, Donor Relations

svitlana@ToUkraineWithLove.org
jodi@ToUkraineWithLove.org
nancy@ToUkraineWithLove.org



**TO UKRAINE
WITH LOVE**
ToUkraineWithLove.org

To Ukraine With Love is the public name or "doing business as" name for the 501(c)3 nonprofit organization Stand With Ukraine (EIN 88-0982973, ID file number 4627561). Your donation is fully tax deductible. info@toukrainewithlove.org