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UNDERSTANDING THE OBSTACLES FACED BY UKRAINIAN REFUGEES IN THE UNITED KINGDOM

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Annotation. In the article we try to present and describe the most common difficulties Ukrainian refugees are facing after arriving in the UK under the Government Scheme and the possible ways of solving them.

Keywords: refugees, guests, hosts, problems.

It's been almost a year since Russia launched its full-scale invasion of Ukraine, forcing millions of Ukrainians who, through no fault of their own, were forced to leave their homes with the hope of finding safety and protection all over the world.

Britain's land has welcomed around 158.800 (data is as of 23 January 2023) Ukrainians so far, however there are many more to come. People who wanted to find safety in the UK had to get a permission by applying under one of the two sponsorship schemes offered by the government to those fleeing the war. The schemes allow Ukrainian nationals and their family members to come to the UK for up to three years if they have a named sponsor who can provide suitable accommodation (For these under Homes for Ukraine Scheme). Applicants under the Ukraine Family Scheme only require to prove that they have a UK-based family member with British citizenship or permanent residence. (4)

Ukrainian refugees who come to the UK under these two schemes have been offered a wide range of services and benefits: the right to remain for up to three years with the right to work; access to public services such as schools and healthcare; the ability to receive public funds such as Universal Credit, Pension Credit, Disability and Child Benefits; and other support. (1)

In spite of all of the generosity of the British government, Ukrainians have been facing all sorts of difficulties while trying to rebuild their lives and fully integrate into British life. Their life in the UK starts with them needing to open a bank account (to be able to receive any benefits they need or payments once they work), apply for a school place and fill in the forms to become a patient in a local GP. Lack of knowledge about how things work in a foreign country, the language barrier and the bureaucracy can be quite overwhelming for these new arrivals. And even though British hosts usually try to assist their guests as much they can, it all can still be very challenging for both sides.

Cultural differences also create some tension in between the hosts and guests. For an English person it's impossible to understand how their Ukrainian guests can eat borshch for breakfast as much as Ukrainian refugees are shocked about needing to put on an extra jumper or fill a hot water bottle in order to warm up, rather than simply turning up the heating.

There is lots of anxiety among Ukrainians whose time staying with their hosts has expired or is about to expire after the initial 6 months. As much as the government is trying to encourage the hosts to carry on hosting their Ukrainian guests, it's not always possible even with an increased payments that have been offered by the government to hosts. It's understandable that people might have different plans and changes in their own lives which make it impossible for them to continue hosting for a long period of time. And at the end of the day, everyone loves their privacy; people want to get their homes back. The cultural differences and often the language barrier in between Brits and Ukrainians is playing a huge role in making that decision in favour or against continuing sharing their homes with Ukrainian refugees.

As a result, a large amount of displaced Ukrainians have been forced to choose in between becoming homeless in this country or going back to Ukraine once their sponsorship arrangements come to an end with their hosts or they are unable to afford to rent a place for themselves privately.

Starting from January 2023 British government has set up a new scheme to support Ukrainian guests in finding private rented accommodation through which they will be able to provide financial assistance and support.

There are also a lot of concerns and problems about the impact of childcare costs on Ukrainian women's chances of finding employment. For many mothers who can't access better-paid jobs due to language issues (even if they are highly qualified) it's often impossible to afford afterschool care so they find it difficult to become more independent without the help of their hosts or financial help in the form of benefits. (3)

We should remember that those who came to this country didn't have any intentions to move out of Ukraine before the war started. Ukrainians of different background, age and financial status have had to leave their homes not willingly, but because they were desperate to find a safer place for themselves and their children. Some of them would have lost their home or a well paid job back in Ukraine, a lot – would have left their, parents and partners in Ukraine. No wonder such an experience has had a negative impact on their wellbeing and specifically on their mental health.

Along with the adults suffer the kids. They have been exposed to deeply traumatic events for the past year and have had to adapt to the circumstances that are changing rapidly. Leaving their homes and one of their parents, or maybe even losing both; adapting to different culture and new school; living with new people in a different place; trying to find new friends - this all has a huge affect on childrens' mental wellbeing. Kids of a different ages see their parents dealing with persistently high levels of stress and distress and they react with great sensitivity according to their level of understanding of what is going on. It can have a lasting negative effect on their mental health and their development.

The UK government and us hosts can still take some steps in order to help Ukrainian refugees provide a safe, supportive and comfortable experience in the UK, such as:

- upon arrival, ensuring they get some basic information about some key characteristics of the UK and important services they might need access to (healthcare, welfare benefits, employment, support, education, language tuition etc);
- providing them with basic needs such as: adequate and safe shelter, food and legal status to lower their anxiety;
- setting up different communities and religious clubs or

social gatherings, creating a social support network or opportunities to socialise, share their experience, information and resources with other Ukrainians;

- with the help of the local councils, run cultural and social events and activities to make that transition into British culture smoother;

- supporting refugee parents, who are coping with all of the stress as this could be the best way to begin healing and build resilience in their children;

- providing support or help to find other sponsors to prevent homelessness;

and many more.

Among the challenges that the British government is working on are access to prescription medications, dentistry and vaccination for children and adults, as well as accessing quality mental health services. And in spite of the current national living crisis that many people experience nowadays we should keep doing what we can to help these in need.

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COMPETENT PORTRAIT OF A SPECIALIST IN THE INDUSTRY OF PHYSICAL CULTURE AND SPORTS

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Анотація. У статті розглядається проблема компетентнісного підходу до освітнього процесу фахівців галузі фізична культура