



SIX MONTHS OF ARMED CONFLICT IN UKRAINE



AUGUST 2022

About the Red Cross Red Crescent Movement

The Red Cross Red Crescent Movement is the largest humanitarian movement in the world, with more than 15 million volunteers worldwide. The Movement is made up of the International Committee of the Red Cross (ICRC), the International Federation of Red Cross and Red Crescent Societies (IFRC) and 192 National Red Cross and Red Crescent Societies.

With vast networks of community-based volunteers and staff, the 192 National Societies around the world provide a wide variety of humanitarian assistance. They are the first on the scene when an emergency strikes, and they continue to support impacted communities long after other organizations have left.

During international armed conflicts, National Societies and the ICRC enjoy distinct mandates and roles under the Geneva Conventions, their Additional Protocol I and Resolutions adopted by the International Conference of the Red Cross and Red Crescent, to undertake certain humanitarian activities. Under international humanitarian law (IHL), the staff and volunteers of National Societies and their life-saving work must be respected and protected at all times.

The authorities of all parties to an armed conflict must respect and facilitate the activities undertaken by the local National Red Cross or Red Crescent Societies. In turn, National Societies are committed at all times to upholding the Red Cross Red Crescent Fundamental Principles, including Independence, Impartiality and

Neutrality. This is critical for National Societies to preserve the trust of all sides and to maintain their safe access to affected persons and communities.

The IFRC works to coordinate and support the work of National Societies, acting before, during and after emergencies to meet the needs and improve the lives of people in vulnerable situations.

The ICRC is an independent, neutral and impartial organization ensuring humanitarian protection and assistance for those impacted by armed conflict and other situations of violence. It acts in response to emergencies and promotes respect for IHL, a set of rules protecting people who are not or no longer participating in hostilities and restricting the means and methods of warfare.

We are one Red Cross Red Crescent Movement. Each Movement component brings its own strengths that are complementary to one another and allow the Movement to work together to alleviate suffering of people in the most vulnerable situations around the world. The Movement's value lies in our combination of local and global support; National Societies around the world support their local populations, while a worldwide network provides additional surge relief when needed.

Cover Photo: © Ukrainian Red Cross

After a bridge to Demydiv was damaged in hostilities, Ukrainian Red Cross emergency response team volunteers built a crossing over the river and helped evacuate more than 15,000 people.

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Contents

Foreword.....	6
How the Red Cross Red Crescent Movement is helping.....	11
Our response.....	12
How we have been helping.....	12
Our collective impact*.....	13
The Red Cross in action	14
Neutral and impartial humanitarian response.....	14
Health and care	15
Responding to people's urgent needs through integrated humanitarian assistance	19
Protection	23
The mounting humanitarian needs in Ukraine and neighbouring countries.....	26
Winter is coming	28
Marginalized people are at risk of being left behind.....	29
Health-care systems are buckling under the pressure	30
Mental health needs are growing	31
Support from host communities is strained.....	32
Impact from inflation and shortages of goods.....	32
Looking ahead: scaling up humanitarian response long term.....	34
Looking ahead.....	36
Localizing our response	36
Ensuring humanitarian action that responds to the needs of both the host communities and people impacted by the armed conflict.....	37
Ensure those impacted are safe and warm during the cold weather.....	38
Principled humanitarian action will allow us to support people who need it most.....	39
The life and dignity of protected groups, including POWs, must be respected.....	40
Responding to the growing needs and complexities arising from the armed conflict	40
Giving vulnerable people the most relevant and dignified support they need.....	40

“All we want is to go home”: Six months of armed conflict in Ukraine



Larisa and her two sons are refugees from Odesa, staying at a temporary shelter run by the municipality in Senica, Slovakia and supported by Slovak Red Cross volunteers.
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Foreword

Six months of unimaginable suffering

Six months of armed conflict in Ukraine have left overwhelming suffering, death and destruction.

The human cost continues to mount. People have had to leave everything behind to escape with their lives, thousands of civilians have been killed and injured, and many are experiencing traumatic events and need urgent protection. Schools, health-care facilities, homes and other infrastructure have been damaged or destroyed.

Many people who are displaced are women, children and older people.

They are stuck in limbo, between starting over in a new place or going back to uncertainty and potential danger.

More than 13 million people have fled their homes. Many of the families still living in armed-conflict-affected areas are not prepared or able to leave. The residual effects of the conflict – mental health challenges, wage losses, family separation – impact both those who have fled and those who remain.

Although there has been unimaginable suffering, we have also witnessed the true power of humanity at a time when people need it most. Many countries around the world have welcomed people who have fled with open arms. The international response to this crisis shows the level of support for those fleeing armed conflicts and other crises that is possible, where the political will exists.

Red Cross Red Crescent helping millions alongside communities

In the last six months, the Movement has reached millions of people, providing essential humanitarian aid, healthcare including mental health support, cash and voucher assistance, water and sanitation services, and supporting voluntary evacuations from armed-conflict-affected areas.

The Red Cross has been on the ground in Ukraine for many years. The Ukrainian Red Cross has been working in communities for more than 100 years, and together with the ICRC, has been supporting those impacted by hostilities in Ukraine since 2014. The IFRC and other National Societies in the region have also been assisting people fleeing.

Since February 2022, thousands of Red Cross volunteers and staff have rapidly mobilized in Ukraine, in bordering countries – Belarus, Hungary, Moldova, Poland, Romania, Russia and Slovakia – and in most of Europe and beyond. Using their local presence, knowledge and experience, personnel from the Red Cross in these countries were some of the first to respond. Whether it has been helping families evacuate and providing medical assistance, or giving a warm meal and a listening ear for people to talk about their experiences, the Red Cross has and continues to be there to support the people who need us.

The IFRC has launched one of its largest responses in recent memory, coordinating aid from National Societies all over the world, both in Ukraine and in neighbouring countries. The ICRC has massively scaled up its response, with some 700 staff working in 10 locations across the country. With the IFRC, ICRC and 48 National Societies supporting, the response to the humanitarian crisis brought on by the armed conflict has truly been a global one.

The growing humanitarian needs ahead

This report takes stock of the immense scale at which the Red Cross and Red Crescent has responded to support people impacted by the armed conflict in Ukraine, as well as share the tremendous needs that will only grow in the coming weeks and months.

As the armed conflict continues and winter approaches, more people may be forced to flee, while others may struggle to meet even their most basic needs. And even if the conflict were to end tomorrow, it will take years to recover from its impact on people, communities, cities and the environment.

With such vast needs and no clear end in sight, governments and the humanitarian sector must prepare for a long-term response to this devastating crisis. The situation promises to become more complex in the coming months with colder weather, continued pressure on host communities and escalating mental health and psychosocial needs.



Not all scars are visible. Ukrainian Red Cross and the ICRC worked together to provide psychological support to families in shelters in the Mykolaiv region.
© ICRC

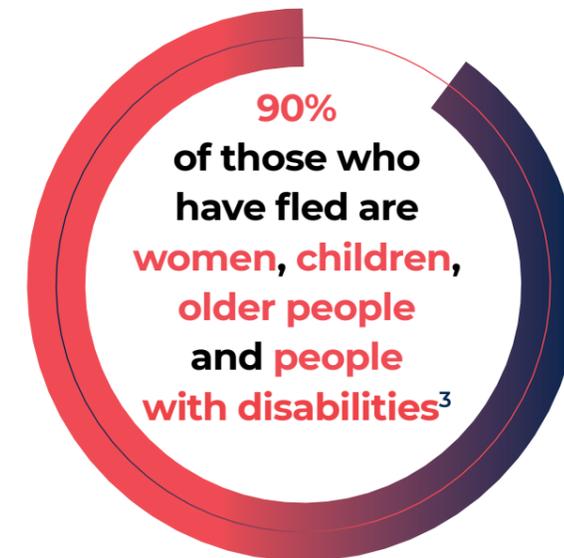
During the armed conflict in Ukraine, Belarus Red Cross staff and volunteers have been assisting people arriving from Ukraine. In the Homiel region, at the border with Ukraine, that support has included first aid, food, accommodation, humanitarian aid and psychosocial support.
© Belarus Red Cross



More than 6.6 million people are internally displaced¹



More than 6.6 million people have registered as refugees in Europe²



More than 17.7 million people are in need of humanitarian support⁴

1. IOM, Ukraine — Internal Displacement Report — General Population Survey Round 7 (23 July 2022)
2. UNHCR, Operational data portal: Ukraine refugee situation (19 August 2022)
3. UNHCR, Unaccompanied and separated children fleeing escalating conflict in Ukraine must be protected (7 March 2022).
4. OCHA, Ukraine: Situation report (19 August 2022)



**PROVIDING
LIFE-SAVING
ASSISTANCE
WHERE IT'S
NEEDED
MOST:
HOW THE RED
CROSS RED
CRESCENT
MOVEMENT
IS HELPING**

*Emilia, a Polish Red Cross volunteer,
hands out tea at the Lublin train
station, where refugees from
Ukraine are arriving by train.
© IFRC*

Our response

48+
National Societies



engaged in
the response

More than
100,000



volunteers
involved

770
rapid deployments



of humanitarian
experts

How we have been helping



Health and care
(including water, sanitation
and hygiene)



**Integrated
assistance**
(including cash and
voucher assistance, shelter,
relief items, etc.)



**Protection
and prevention**

Our collective impact*



5 million
people provided
with **basic
assistance**



8 million
people have
**improved access
to clean water**



718,000
people
reached with
health interventions

“*I’m really grateful. When you have nothing, everything helps.*”

— *Lidiia, who is staying at a Red Cross shelter in northern Poland with her mother and brother. They received cash assistance from the IFRC and Polish Red Cross to buy what the family needs.*

*All Movement numbers included in this report represent data from the IFRC, the ICRC and National Societies reporting from 24 February to 31 July 2022



Red Cross volunteers are giving food and water for people arriving from Ukraine at the border crossing point in Petea, Romania. Romanian Red Cross has deployed volunteers from all branches along the border to distribute food, water, basic aid items and hygiene products to people in need. They're also distributing SIM cards so people can keep in touch with their loved ones.
© Romanian Red Cross

The Red Cross in action

Neutral and impartial humanitarian response

During international armed conflicts, National Societies and the ICRC enjoy distinct mandates and roles under the Geneva Conventions, their Additional Protocol I and Resolutions adopted by the International Conference of the Red Cross and Red Crescent, to

undertake certain humanitarian activities. At the heart of our ability to provide this support is neutral, impartial and independent humanitarian action. These Fundamental Principles are the most important tools we have to provide life-saving assistance.

Impartiality



The Movement makes *no* discrimination as to nationality, race, religious beliefs, class, sexual orientation, gender identity or political opinions.

Neutrality



The Movement *does not* take sides nor support any party to a conflict.

Independence



The Movement is independent. The National Societies, while auxiliaries in the humanitarian services of their governments, *must always* maintain their autonomy.



While the Movement works with public authorities, our work is always independent and driven by the needs of people, not political or other agendas. Neutral, impartial and independent humanitarian action is not an abstract concept; it is a fundamental part of our work that guides everything the Red Cross Red Crescent Movement does. It is a way of working that

allows us to reach, help and, in many cases, save the lives of people affected, no matter what side of the frontline they are on. Our commitment to neutral, impartial and independent humanitarian action is crucial to gain acceptance and access to affected communities, and allows the Movement to work in places others cannot.

Health and care

Responding to growing health concerns

The Red Cross Red Crescent Movement is helping respond to the growing health concerns, as the lack of medical supplies, health-care staff and critical infrastructure grow day by day.



8 million people have improved access to **clean water**



718,000 people reached with **health interventions**



368,000 people reached with **mental health and psychosocial support**



984,000 people benefitted from **hygiene supplies**

How we are helping:

- Delivering and training others in first aid
- Providing medical assistance through mobile health clinics
- Helping offset stresses in existing health facilities with resources and medical supplies
- Promoting healthy habits, and preventing and managing communicable diseases, including COVID-19
- Giving mental health and psychosocial support
- Ensuring access to clean water and sanitation



© Ukrainian Red Cross

Even amid fighting, the Ukrainian Red Cross is supporting people and communities affected by conflict. Volunteers have been providing first aid training to more than 60,000 people, including while they were hiding in bomb shelters and metro stations.



In Ukraine: Red Cross Health Centre in Uzhhorod

In Uzhhorod, Ukraine, a border town with Slovakia, with the help of the IFRC network, the Ukrainian Red Cross is running a health clinic to help support the additional healthcare needs due to an influx of people who are displaced. "People had to leave their homes in a hurry, so they couldn't bring their regular medication with them," says Olesya, a pharmacist at the clinic.

The centre offers consultation, treatment and medication free of charge for people in need. It's open to everyone, local community members and internally displaced people alike.

Oleksandr, who has visited the clinic to have some tests done, says, "The only thing I can say is thank you - I'm grateful to everyone who cares for us."

Helping people manage stress and negative mental health side effects of armed conflict

Many Red Cross and Red Crescent staff and volunteers are trained to provide mental health and psychosocial support, including psychological first aid, which helps them recognize the signs of stress in those impacted by emergencies and disasters, and know how to best support.

To support those impacted, the Ukrainian Red Cross has been operating a national psychological support hotline. This allows people anywhere in the country to access mental health support when they need it. In response to the increasing number of calls, the ICRC established an additional hotline to support people with mental health and psychosocial needs.

Throughout the last six months, both IFRC and ICRC have been helping the Ukraine Red Cross increase their capacity to offer mental health and psychosocial support. ICRC has also led “Help the Helpers” psychological support programs for staff and volunteers. This has been done in Mykolaiv and is being further expanded into the east of the country.

The IFRC is working with National Societies to increase their ability to provide help to those impacted, including a European Union-funded project that will support 300,000 people in Czech Republic, Hungary, Poland, Romania and Slovakia, coordinating with the Danish Red Cross. This will offer mental health support through various platforms, including online and via telephone, in multiple languages to help reach more people.

How we’re supporting mental health needs:

- Sitting down with someone and listening to their story
- Creating awareness, and providing someone with information on the common signs, symptoms and reactions to stress
- Referring those who need more in-depth mental health support
- Organizing social activities, such as a cooking night at a shelter
- Organizing child-friendly spaces and carrying out child-friendly activities, as well as hosting activities that target caregivers
- Hosting sports and recreational activities, which can help promote inclusivity and integration

“It hit me hardest when I took care of many mothers with children. It was heartbreaking. If people are angry or sad, listening to them can sometimes be more helpful than providing food.”

— Maria, a long-time volunteer with the Ukrainian Red Cross in Lviv.



A child plays with an IFRC staff member at a Polish Red Cross child-friendly space. The space is set up in a cash distribution centre, so children can play while their parents register for cash assistance.
© IFRC



© IFRC

In Slovakia: A safe space for children to play

A place to play is a powerful thing. Four-year-old Zlata has recently arrived from Ukraine to the town of Humenne, Slovakia with her mother and older sister. While her mother registers with Slovak authorities next door, Zlata plays at a child-friendly space set up by the Slovak Red Cross.

Child-friendly spaces are often set up at transit points such as train stations, or at places that might involve some waiting such as cash distribution centres or registration centres. They aim to promote psychosocial well-being and provide children with a safe space.

Children are able to socialize and have a chance to play through these safe spaces. They’re also an opportunity to provide education, information, health care and referrals, as well as psychosocial support to children and their caregivers.

In Russia: A haircut and a listening ear

Natalia has been working as a hairdresser at the Russian Red Cross in Belgorod since 2014. Her services are free of charge for displaced people who fled the conflict in Ukraine.

After weeks and even months in basements without water and electricity, people are ready for some self-care, Natalia says.

The haircut not only gives each guest a bit of normalcy, but also provides an opportunity for people to talk to someone and receive psychosocial support.

“It brightens people up – both men and women,” says Natalia.



© IFRC

Providing vital clean water and utilities

Access to clean and safe water is essential, and any interruptions to this access can have devastating consequences.

The ICRC has been working in armed-conflict-affected areas to help repair essential water infrastructure that has been damaged by hostilities, and has provided material support to help public water utilities prepare and repair their networks. This water and sanitation work has also included helping local water boards purchase water-treatment chemicals to prevent water-borne diseases, installing emergency water tanks and collection points, and supporting local emergency services with trucking in water.

The IFRC and Red Cross teams in Ukraine and neighbouring countries have been distributing hygiene items (such as tooth brushes, soap, sanitary napkins, among others), installing hand-washing stations and conducting hygiene promotion.



© ICRC

In Ukraine: Providing water in armed-conflict-affected Mykolaiv

Since the water supply was disrupted in Mykolaiv, a city of around half a million people, residents have been relying on water points set up by Ukrainian Red Cross volunteers across the city.

The ICRC supported the Ukrainian Red Cross with constructing a well to enhance water supply, and provided local authorities with drinkable water, water trucks and infrastructure.

Responding to people's urgent needs through integrated humanitarian assistance



CHF 63.6 million has been given in financial aid



626,000 people received financial assistance



5 million people provided with basic assistance

How we are helping:

Integrated humanitarian assistance aims to meet both the immediate and longer-term needs of those impacted by:

- Providing multipurpose cash and voucher assistance
- Supporting with securing adequate housing
- Providing cash assistance to households hosting displaced people to cover the increased costs associated with hosting
- Providing basic relief items, including food, kitchen sets, hygiene kits and clothing

Empowering people through cash and voucher assistance

From 2017 to 2020, the Red Cross Red Crescent Movement distributed over CHF 3.26 billion in cash assistance to more than 25.9 million people in 162 countries.

The Red Cross Red Crescent Movement is distributing cash and voucher assistance in what is expected to be one of the largest cash distributions in Red Cross and Red Crescent history. With support from the IFRC and/or ICRC, local Red Cross National Societies have launched cash assistance support in Hungary, Poland, Romania, Russia, Slovakia and Ukraine, and it will soon be available in other countries.

In Ukraine, the Ukrainian Red Cross, ICRC, IFRC and partner National Societies have been distributing cash and voucher assistance to people in conditions of high vulnerability in coordination with the Ministry of Social Policy of Ukraine. Other countries in the region are also operating their own domestic cash distributions to support arrivals from Ukraine.

“The Polish people and the Red Cross have been so generous. At least we have a roof over our head and food to eat.”

— Irina, who is staying in Warsaw with her daughter, Anastasia.

Inna is one of the first women to receive cash assistance as part of the IFRC's largest emergency cash programme. The cash response - launched in Poland in April 2022 - aims to reach over two million Ukrainian refugees in the coming months.



© IFRC

Launching and operating such large-scale cash distributions across multiple countries is a complex process. A multi-country program means teams are coordinating among different currencies, languages, laws and governments. It also means the cash and voucher distribution looks a bit different in every country, with some National Societies giving electronic-fund transfers while others are using cash cards or cash vouchers for retailers.

The IFRC is also working with National Societies in the region to integrate cash programming into their own systems. With training and sharing tools, National Societies will be able to institute their own programs for future disasters and emergencies.

In Ukraine, the ICRC is monitoring local markets, particularly where aid items are currently being distributed. As markets start to recover, the ICRC will look for more opportunities to provide cash assistance instead of in-kind support. This allows a greater choice for people and helps to re-stimulate the markets in areas where affected people live.



© ICRC

In Ukraine: Using art to heal

Stepan has enjoyed drawing since childhood. During school breaks, he used to entertain his classmates by sketching cartoons. In 2004, he sold his first painting. Stepan's work became popular beyond his native village of Yavkino, Ukraine and brought in a modest income.

In late March, he came under fire that killed three civilians and wounded about a dozen more. Several fragments also hit Stepan. One of them went right through his leg. Art gives him a mental escape from the challenges of the recent months. But his injury has affected his ability to earn an income.

The ICRC team provided him with financial assistance as part of a program to support the civilian population affected by the hostilities.

Why cash?

Cash and voucher assistance is one of the best ways to support those impacted by humanitarian emergencies. It is a fast, cost-effective and dignified way to provide assistance, enabling people to purchase the items they specifically need. It also supports local economies and gives those impacted an active role in decision making for themselves and their families, which in turn helps with their recovery.

How do people spend the cash?

Cash gives flexibility, particularly for people who have specific needs – for example, those with dietary restrictions can buy the specific food they need.



Rent



Groceries



Clothing



Medicine



Plus many others



© IFRC

In Romania: Receiving vital cash assistance

Mira, originally from Odesa, has settled in Romania with her mother and two daughters after leaving fleeing the conflict in Ukraine. She's one of thousands of people in Romania who is receiving cash support from the Romanian Red Cross and IFRC to help her and her family.

"Registering for the IFRC cash program was easy. I could do it without any problems and received our first cash payment not long after registration."

"My first expense was food," she says. "I love to cook Ukrainian dishes like Vareniki to keep us connected to home".

Since April 2022, more than 48,000 people in Romania have received payments as part of the cash program.



Protection

Through its protection work, the Movement aims to prevent and respond to issues of violence, discrimination and exclusion, while ensuring that people are respected and their rights guaranteed.



66,000
people reached
with **protection,**
gender and
inclusion
programming



13,000
people have been
followed up and
safeguarded by
the Central Tracing
Agency and Family
links network



2,000
people **sought**
by the Central
Tracing Agency
and the Family
Links Network



This work includes:

- Assessing the needs and risks of the affected population
- Providing training for Red Cross Red Crescent personnel on protection, gender and inclusion principles, and the prevention of sexual exploitation and abuse
- Raising awareness of how to get help and how to provide feedback among those impacted
- The ICRC visiting prisoners of war and civilian internees, wherever they are held, to assess their treatment and conditions of detention, and to reassure their families.
- Reuniting families who have been separated, or providing information about missing loved ones
- Clearing mines and unexploded ordnances in Ukraine to make areas safer, and sharing information about mine safety and awareness
- Supporting with voluntary safe passage out of areas with active conflict, as a neutral and impartial intermediary, in agreement with the parties to the conflict and with terms that are strictly humanitarian.

Inquiries from families

Since February, the ICRC has received more than 26,000 calls and emails from people looking for news of their relatives. Many of those callers are families of POWs, who commonly feel frustrated, hopeless and angry as they go for weeks and months without hearing from their loved ones. Here are a two of those inquiries:

"Last time I heard from my son is over a month ago. He has asked me to send him clothes, so since then I have been sewing models he may like. I am so worried for his mental health, what he eats and drinks. I just want him to return alive." — Natalia

"Next time you see my husband, please, tell him that yesterday our baby was born. He is 3400 gm and 54 cm tall. We both feel good and are waiting for you."

Prisoners of war and the ICRC's role

In times of armed conflict, prisoners of war (PoWs) are particularly vulnerable to abuse. The Third Geneva Convention grants the ICRC the right to go wherever POWs are held, with the full liberty to choose the places it wishes to visit. The ICRC has a legal right to speak to POWs repeatedly and in private to understand how they are being treated and to visit all facilities

where they are being interned, to determine whether they meet the standards laid down by IHL. The aim of these interviews and visits is to make sure that the integrity and dignity of POWs are respected, and that their conditions of internment are in line with laws and internationally recognized standards.

Over the past six months, some 6,000 persons deprived of their freedom, including in relation to the armed conflict, received assistance from the ICRC. The ICRC provided facilities holding persons deprived of their freedom with medicines and other supplies to enable them to provide primary-health-care services to detainees, including PoWs. The facilities were also supported with carrying out repairs or upgrades to infrastructure. Hygiene kits, sleeping sets (mattresses, bed sheets, pillows, blankets), other essentials and food supplies in bulk were donated to places holding people deprived of their freedom. Cash was also provided to families of persons deprived of freedom, or of those newly released, to enable them to increase their income.

Bringing people news of their loved ones

Under the Geneva Conventions, the ICRC plays a key role in helping people separated from their loved ones. As one of the ICRC's earliest departments, the Central Tracing Agency has been helping people who have been separated from their loved ones for more than 150 years. To support this work, the ICRC activated a bureau of the Central Tracing Agency (CTA) in March dedicated specifically to the international armed conflict in Ukraine. The CTA Bureau collects, centralizes, and transmits information about the fate and whereabouts of people, both military and civilians deprived of their liberty, who have fallen in the hands of the enemy. Based in Geneva – far from the hostilities – the CTA Bureau also coordinates the efforts of ICRC delegations, the Ukrainian Red Cross, the Russian Red Cross, and 35 other Red Cross Red Crescent National societies to help people separated from their relatives and can help people get emergency travel documents to be reunited with their relatives.

As a neutral intermediary, the ICRC engages in confidential dialogue with authorities in countries involved in the armed conflict who may have information about people deprived of their freedom, those reported missing and those who have died. We support their efforts to help families in Ukraine and Russia learn the whereabouts or fate of their missing relatives, and provide authorities with tools, equipment and technical guidance to support this work.

To date, the ICRC has transmitted information on people's whereabouts more than **8,000** times either through the National Information Bureau or directly to the families. Information has also been given to people outside of Ukraine and Russia who have moved to other countries, thanks to the Restoring Family Links Network. The CTA has collected, followed up and safeguarded information on more than **13,000** people, including military and their families. The CTA Bureau will keep this information for as long as needed to prevent disappearances and to enable the Movement to help separated families now and in the future.

“We are receiving from 15 to 20 thousand phone calls per week. The third [most common] is restoring family links requests. Because of the conflict a lot of people lost connection with relatives. A lot of them.”

— Volodmir and Andriy, coordinator and deputy coordinator of Ukrainian Red Cross Information Centre, Lviv.

Supporting children's education and integration

During times of crisis, education provides critically needed structure and hope for the future. It helps ensure the safety of children and young people, and is an essential part of their cognitive, social and emotional development. The Red Cross Red Crescent Movement

is supporting education by helping repair schools damaged by armed conflict, operating summer school programs and providing school supplies, all of which help give children the opportunity to learn and grow in a safe environment.



In Hungary and Romania: Education for children

In Csermajor, Hungary, the Red Cross runs an educational program for children up to age 16. The aim of the program is to get students ready for attending the Hungarian school system, and spark their interest in learning how to read and write.

Says Lázló, one of the teachers: “Most of them have never been to school, so a lot of playful elements are needed, but overall they are eager to learn.”

A summer school program run by the Romanian Red Cross offers children language classes in Romanian and lessons on how to deal with stress. Both programs also help the children from Ukraine meet local and connect with local children.

In Ukraine: Rebuilding schools

Irina Voloshenko is the Head of Education in the Makariv area. Some of the schools in her area, like this kindergarten, were significantly damaged by fighting earlier this year. The ICRC is working with her to help bring eight educational facilities back into operation.



*Over 10,300 people were evacuated during safe passage operations facilitated by the ICRC out of Sumy and the Mariupol area.
© Ed Ram/Guardian/eyevine/Dukas*

THE MOUNTING HUMANITARIAN NEEDS IN UKRAINE AND NEIGHBOURING COUNTRIES



Nine-year-old Artem and his mother fled from central Ukraine and are getting some rest at the Red Cross tent at Lviv train station, before travelling onward that evening.
© IFRC

Winter is coming: With sub-zero temperatures, the interruptions to vital services will have devastating consequences.

As the end of summer looms, so too does the upcoming winter. While colder temperatures come every year, for people impacted by armed conflict, it can have fatal consequences when not prepared.

It is already becoming increasingly difficult for people to access the food, goods and services they need to survive due to widespread violence and attacks on vital civilian infrastructure in areas affected by the hostilities. Damage to water, power and gas-supply systems have impacted medical facilities, schools and people's daily lives.

Damage to housing is also a major concern, which means many could be left without proper heating in the colder months. It is estimated that at least 44.8 million square metres of housing had been damaged as of early June.⁵ **Even minor damage such as a broken window can have a major impact in cold weather.** In areas where fighting is ongoing, many people seek shelter in basements or buildings turned into shelters for displaced people, which are often without water, heat or electricity.

Many individuals and families who are displaced left with only what they could carry. While winter weather varies in the countries immediately bordering Ukraine, many will need warmer clothing, boots and coats for the season. Utility costs for both those who are displaced and host families will also increase as temperatures drop, making additional support from humanitarian organizations and governments essential, not just in Ukraine but also in countries where refugees have settled.

“I’m concerned about the new apartment we might find and if the heating system is well-functioning. This apartment, for example, was very cold even in May this year; I don’t want to imagine for the entire winter.”

— Mira, who is receiving cash support from the Romanian Red Cross and IFRC



Vitaly, his fiancé Valentyna, her mother Svitlana and their cat Timosha left Chernihiv, in northern Ukraine, a few days ago. They could not stay as Vitaly is in a wheelchair and, without electricity, he could not use the elevator to seek shelter in the basement. The Italian Red Cross is organizing transportation for them to go to Italy, where they'll be able to get the proper help they need.

© IFRC

5. Kyiv School of Economics, [Direct damage caused to Ukraine's infrastructure during the war is \\$103.9 bln due to the last estimates](#) (9 June 2022)

Marginalized people are at risk of being left behind

People in particularly vulnerable situations are at risk of falling through the cracks. It's up to every humanitarian organization and government involved to stop this from happening.

The majority of those who have fled are women, children, older people and people with disabilities. There are also concerning numbers of unaccompanied children, who are at a heightened risk of violence, abuse, exploitation and trafficking. People from the LGBTQ+ community are at particular risk, where they are exposed to discrimination, harassment and abuse.

“In this tough time, we have even less strength than we used to. It is good to have volunteers who can bring something. This is a huge help, not only providing in-kind but also emotional support.”

— Halyna, a senior living in Mykolaiv, Ukraine who received supplies from a Ukrainian Red Cross volunteer.

Women who have fled to neighbouring countries may struggle to obtain employment, as may older people and those with disabilities. Immigrant women are already less likely than women who are citizens and immigrant men to be employed, but they are also more likely to be in lower-paying jobs. This can be further impacted by the fact that many women who have fled Ukraine are the lone caregivers for their children, meaning they often need the flexibility of lower-paying jobs to account for childcare.⁶

Some of the people who have fled to neighbouring countries have not registered for temporary protections.⁷ Temporary protections provide those staying in new countries with access to things like housing, social assistance and healthcare. While there are a variety of reasons individuals and families may not register for these protections, it means they may not have access to many of the vital services they'll need.

The above factors and lack of support all increase the risk of human trafficking and sexual exploitation and abuse.

6. VOXEU, [The labour market disadvantages for immigrant women](#) (30 March 2022).
7. UNHCR, [Lives on hold: Profiles and intentions of refugees from Ukraine](#) (July 2022)



In Poland: Essential items

Yana was a bank manager and confectioner before the shelling started in her region of central Ukraine. “I woke up on 24 February not knowing what was going on. We heard very loud sirens.”

After a long journey, Yana and her children arrived in northern Poland where they received help from the local Red Cross. “Red Cross gave us diapers, baby food, new clothes. It's super important for the children to have more clothes. I left with only two sets of clothing for each of us. The older child is at kindergarten here and he needs more clothes.”

“We survive with savings we made back when we had plans. We had big plans for the future, holidays. Everything has changed, we live one day at a time.”

— Victoria, who lives in Donbas with her husband and two children. She received aid from the ICRC.

Health-care systems are buckling under pressure

Health-care systems around the world were still dealing with the additional strain from the COVID-19 pandemic when the armed conflict began. While this strain has lessened to a certain extent, the COVID-19 pandemic continues, bringing with it many unknowns that could further burden an over-stretched healthcare system.

In the past six months, there have been more than 350 attacks on health-care facilities in Ukraine, making it increasingly difficult for people to access the medical services they need.⁸ Critical medical supplies are becoming increasingly scarce, including medication and oxygen. Limited health-care capacity coupled

with a lack of safe drinking water in some areas of the country increases the risk of outbreaks of serious diseases, including cholera. Due to the high number of displaced people in western Ukraine, health-care facilities there are also under increased strain.

Health systems in immediate neighbouring countries, including Romania, Belarus, Hungary and Moldova are also struggling. While each country is providing health support to an increased number of people, this can divert valuable health resources away from the people who are still recovering from impacts of COVID-19 and those with chronic health concerns.

Mental health needs are growing

In early June, the Ukrainian Ministry of Health estimated that 15 million people might require psychosocial support due to the armed conflict, with three to four million potentially requiring medical treatment.⁹

People impacted continue to endure enormous stress and uncertainty, regardless of whether they are still in their homes and dealing with the unpredictability of conflict, or have fled to neighbouring countries and don't know when they'll be able to return home. The trauma and displacement experienced by millions of people is likely to have long-term impacts on their mental health. We know that untreated mental health can have long-term impacts on individuals, their families and their communities. We also know that conflict can be particularly devastating on children's mental health.

It is essential that those impacted receive early and consistent support. While mental health and psychosocial support has been a key part of the Red Cross Red Crescent Movement response to this crisis, we continue to find more effective ways to support those impacted.

“People have been so nice, they kept telling us ‘Don't worry, it will be alright’. We hope to return to Kyiv once the war has ended.”

— Cousins Svetlana and Maria, who are travelling with their children and received clothes and hygiene supplies from the Hungarian Red Cross at the BOK Stadium.



An ICRC emergency medical team helps to evacuate injured and sick people from areas affected by fighting in Donetsk region. © ICRC



IFRC network team (including Spanish Red Cross) provide health support of an elderly woman in a temporary shelter in Hungary. © IFRC



In Belgorod, Russian Red Cross staff and volunteers provide essential support, including psychosocial support, to people displaced due to the conflict in Ukraine. © Russian Red Cross

8. World Health Organization, [Surveillance system for attacks on health care](#) (10 August 2022)

9. OCHA, Ukraine: [Situation report](#) (9 June 2022)

Support from host communities is strained

There has been an outpouring of support from countries not only neighbouring Ukraine, but also across Europe and Central Asia, and beyond. Communities are hosting and supporting the millions of people who have fled.

Many host communities though are struggling, with families under increased pressure to offer support as millions of people have arrived in Russia, Poland and other neighbouring countries. As welcoming as neighbouring countries have been, large influxes of people can put stress on host communities over time.

This influx of people puts additional strain on housing, health care, jobs and schools, which can increase as the armed conflict continues. Inflation and shortages of essential products such as fuel and food can also affect the ability of host communities to help people who have fled the conflict.

Impact from inflation and shortages of goods

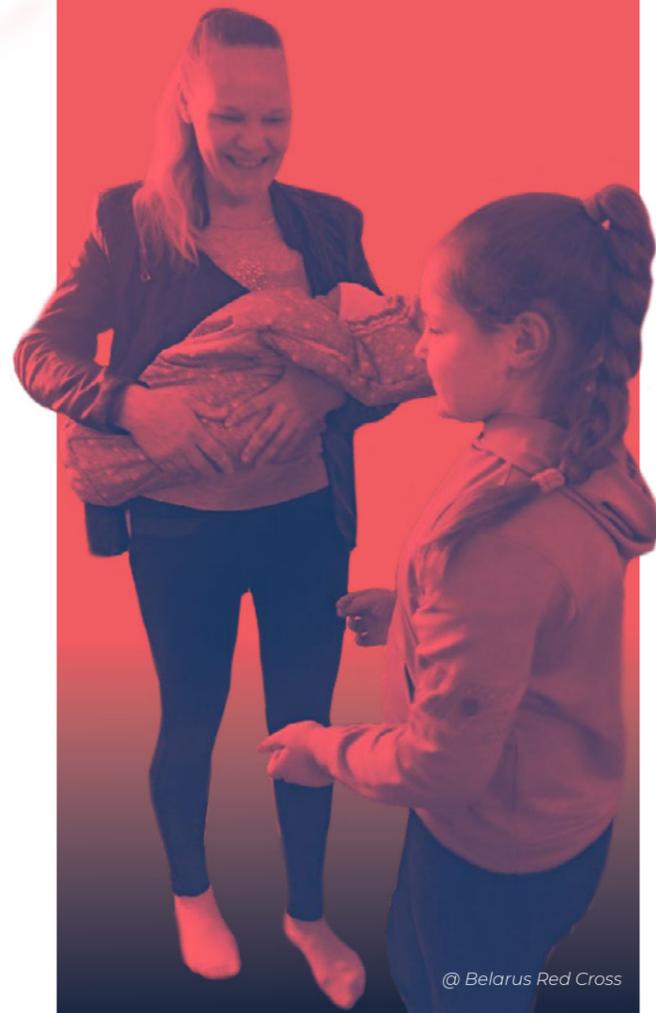
The armed conflict is having far-reaching impacts on the global economy. Worsening food and fuel prices are having devastating consequences, including worsening food crises. This further impacts people's ability to access essential services, food and goods they desperately need.

In Belarus: An apartment and a job for a growing family

Aleksandr, his pregnant wife Anastasia, and their three daughters left Mariupol due to the conflict in Ukraine. Three days after arriving in Brest, Belarus, their son was born. Anastasia and her baby went from the maternity clinic to the Belarus Red Cross crisis centre.

Within a month, the family was provided with an apartment and Belarus Red Cross gathered furniture, domestic appliances and ware to make the home cosier. Aleksandr is one of more than 500 people from Ukraine who were assisted in finding employment by the Red Cross and state partners.

Though critical problems have been solved, the family is uncertain about their future. Anastasia says, "We want to stay in Belarus, but it will depend on the circumstances. We don't know yet."



@ Belarus Red Cross



At a warehouse in Debrecen, Hungary (about an hour from the Ukrainian border), the IFRC has prepositioned relief supplies, many of which were sent into Ukraine to support those impacted.
© IFRC



LOOKING AHEAD:
SCALING UP
HUMANITARIAN
RESPONSE LONG
TERM

Ana Lopez, Spanish Red Cross Health ERU nurse, comforts and speaks with two Ukrainian refugees at a temporary shelter for refugees supported by the Hungarian Red Cross.
© IFRC

Looking ahead

Much about the future of the Ukraine humanitarian crisis remains unknown. We don't know how long the armed conflict will last or what needs will arise in the future. What we do know is that this is a **protracted crisis**, the impacts of which will be felt for years to come.

This requires humanitarian organizations, governments and donors to commit to supporting

Localizing our response

The Ukraine crisis has seen extraordinary responses at the local level, which has sometimes been ignored by the top-down model of traditional humanitarian organizations. This is where the Red Cross Red Crescent Movement and its extensive network of local volunteers have an important role to play. Emergency responses should be as local as possible and only as global as necessary. The local knowledge and experience of branches and volunteers will continue to be an instrumental part of this response.

people affected by the armed conflict in Ukraine, not just in the coming days and months, but for the coming years. As recovery needs become clearer, it will be essential to draw on resources outside of humanitarian budgets. This crisis has stretched the entire humanitarian system and put it under tremendous stress. It will have a lasting impact on the capacity of humanitarian organizations and their donors to respond to emergencies elsewhere.

In Moldova: Supporting host families

"I left because I was scared for his life," says Diana, who left Ukraine months ago. Now living in Chisinău, Moldova, Miroslava is hosting her in her home.

People across the region have opened their doors to family, friends and even strangers. Together with the Moldovan Red Cross, the ICRC has been supporting host families with vouchers and other assistance to help with the added costs.

The ICRC has also been facilitating the safe transport of people with specific vulnerabilities – such as older adults and people with disabilities – from Ukraine to Moldova, working with the Ukrainian Red Cross, the German Red Cross and Magen David Adom. These individuals also receive multi-purpose cash assistance and medical follow-up.



@ ICRC

Ensuring humanitarian action that responds to the needs of both the host communities and people impacted by the armed conflict

Helping those who are displaced feel more welcome in their new community can be life changing for those who have had to leave their lives behind. It can help alleviate some of the isolation they may feel and make them more comfortable asking for help if they need it.

“It’s really hard for [people from Ukraine] to be part of the society here because they can’t speak Hungarian. It’s really difficult to enjoy the social life here without understanding other people around them.”

— *Krisztina, County Director of Csongrad, Hungarian Red Cross*

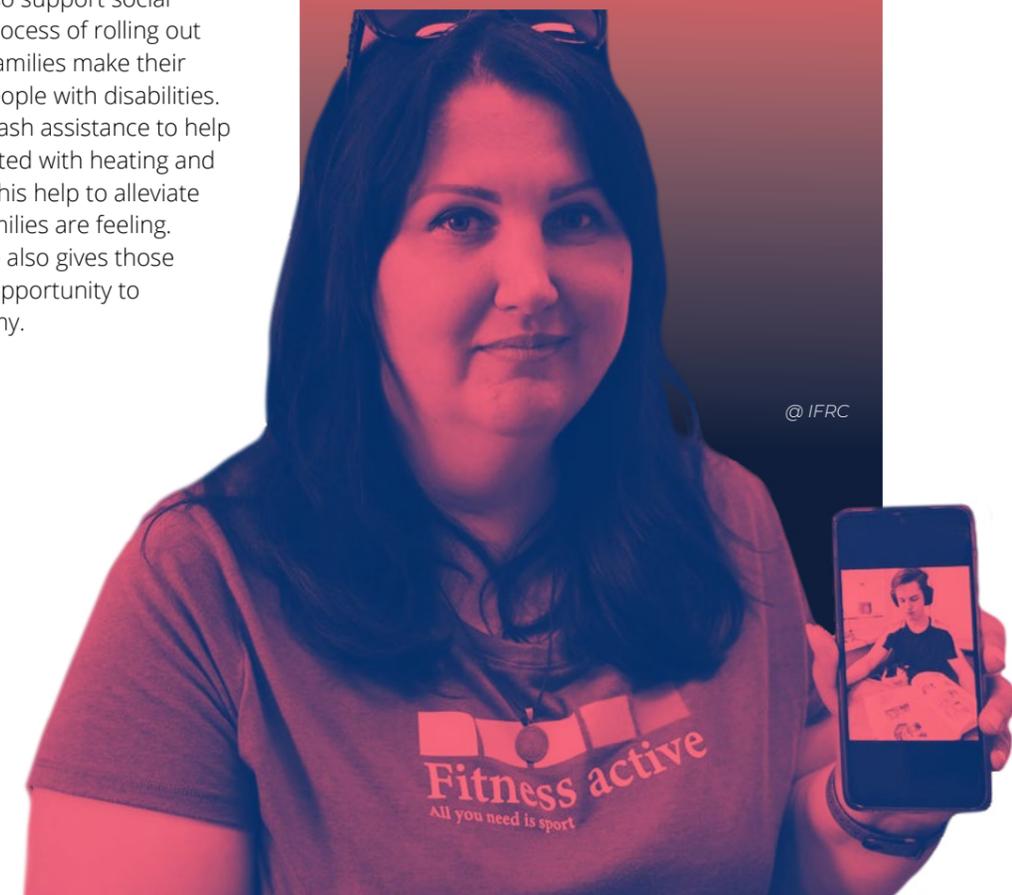
In Poland, the Red Cross is offering language and job training for women from Ukraine to work in long-term-care homes. Programs like this can help those from Ukraine contribute back and become more involved in their new community, while also providing them with a steady source of income.

Cash-based assistance can also support social cohesion. The IFRC is in the process of rolling out cash assistance to help host families make their homes more accessible for people with disabilities. Plans for winter also include cash assistance to help offset additional costs associated with heating and electricity. Programs such as this help to alleviate some of the pressure host families are feeling. Unconditional cash assistance also gives those staying in host countries the opportunity to contribute to the local economy.

In Slovakia: Language courses

Olena and her son Vladislav (17) have been living in Kosice since April, after fleeing from their home in Odesa, Ukraine.

Olena is taking Slovak language courses at the local Red Cross branch in Kosice. She hopes the courses will enable her find work in Slovakia so she can help her husband and parents, who are still in Ukraine.



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Ensure those impacted are safe and warm during the cold weather

During the 2021-2022 winter in Ukraine, the ICRC provided an estimated 35,000 people with solid fuel or cash assistance to help heat their houses and help them repair their damaged homes. By repairing water stations on either side of the line of contact, they also helped provide water to 872,000 people.

Similar preparedness for winter is already taking place among the Red Cross Red Crescent Movement, including cash assistance to help offset additional costs for repairing and heating homes, repairing damaged heating systems in armed-conflict-affected areas, distributing fuel and insulation to keep homes and communal warm, and providing winter clothes, blankets and appliances.



*In the village of Kuhari, the Ukrainian Red Cross is donating materials such as slate, nails and concrete to help repair people's houses that have been damaged in the hostilities.
© Ukrainian Red Cross*

Principled humanitarian action will allow us to support people who need it most

Neutral, impartial and independent humanitarian assistance is the most important tool we have to preserve dignity and save lives. The Red Cross Red Crescent Movement must be permitted to work in all areas where people are impacted by armed conflict and to provide humanitarian assistance based solely on need. This concept is often misunderstood and can be unpopular, but it remains at the core of our ability to reach people in the most vulnerable situations during times of conflict.

As the guardian and protector of IHL, the ICRC monitors respect for IHL and reminds parties to conflicts of their obligations through confidential bilateral conversations. Ultimately, however, it is the obligation of the parties to the

conflict to safeguard the life, dignity and integrity of persons under their power who are protected by IHL.

In order for the Red Cross Red Crescent Movement to effectively carry out our work, there is a collective responsibility to realistically convey what principled humanitarian action can and cannot achieve. Due to our guiding principles of neutrality and impartiality, donors must allow space for independent humanitarian action, which must be protected so that, as humanitarian actors, the Movement can provide support to those who need it most.



*A young boy picks up an aid package from the ICRC in Parutine, Mykolaiv Region
© ICRC*

The life and dignity of protected groups, including PoWs, must be respected

The ICRC facilitated the safe passage of combatants out of the Azovstal plant, in coordination with the parties to the conflict. The ICRC has visited some, but not all, PoWs in relation to the international armed conflict in Ukraine. The ICRC must be allowed to visit and revisit all PoWs, as well as civilians deprived of liberty, without undue delay and be provided

information on the fate and whereabouts of all who have been captured, wounded, or killed in combat so their families can be informed. ICRC's capacity to deliver on its humanitarian mandate is based on the compliance of states with their obligations under IHL and the Third and Fourth Geneva Conventions.

Responding to the growing needs and complexities arising from the armed conflict

A "one-size-fits-all" response will not work for this crisis, nor will a response that cannot be adjusted as the situation or needs change. While long-term planning is important, humanitarian organizations must remain agile, and listen to those impacted to ensure the response is meeting their needs.

major humanitarian implications, including the price of food and fuel. For example, in the Greater Horn of Africa, people are experiencing extreme hunger. Inflation and shortages of essential products will make it more and more difficult for people to access basic necessities to survive.

The Red Cross Red Crescent Movement continues to scale up and expand its operations based on the growing needs. The knock-on effects of this armed conflict regionally and globally are already having

These new realities at a global scale require adaptable and flexible approaches so we can continue to support those who need it most.

Giving vulnerable people the most relevant and dignified support they need

Cash is one of the most powerful ways we can help people impacted by the armed conflict in Ukraine. They know best what they and their families need, whether that's food, clothing, toys, activities or something else entirely.

they can rebuild their home, rent a home or contribute to a household that is hosting them. Cash support contributes to the local economy as well, an important part of supporting host communities.

The Red Cross Red Crescent Movement will continue to scale up humanitarian cash assistance to help meet the needs of those affected by the armed conflict. Cash assistance can also integrate into other sector needs, such as providing cash to a small-business owner or farmer trying to get back on track so they can support their families, or as shelter support so

We continue to ask for increased and flexible funding, which allows the Movement to provide this vital and dignified service, putting the decision-making back in the hands of those who need it the most.

In Zakarpattia, a Ukrainian Red Cross mobile health unit travels to remote villages to provide medical assistance for both displaced and local people. People in these villages struggle to reach a health centre due to lack of transportation or long distances. Donated ambulances from Austrian Red Cross transport the mobile health unit.
© IFRC





YETİŞKİN
HİJYEN
KOLİSİ

*In Moldova, the majority of refugees from Ukraine are staying with host families. The Moldova Red Cross, with the support of IFRC and other Movement partners, is distributing supplies such as hygiene kits and blankets to host families so they can continue supporting refugees. This distribution was supported by the Turkish Red Crescent.
© Turkish Red Crescent*



I want to say a very big thank you to each organization that has helped us because they gave us food, they gave us shelter. I wish all of you the best.”

— Ljudmila, a grandmother who is staying at a Red Cross shelter in Hungary with her two daughters and four grandchildren

On 24 February 2022 when the armed conflict began in Ukraine, local Red Cross volunteers and staff were there to support those impacted – distributing food and supplies to people on the move, greeting people crossing borders and teaching first aid to people in bomb shelters. Six months later, the needs have changed but the Red Cross is still there – teaching language classes, helping people prepare for winter and working to alleviate the suffering of families who remain without news of their loved ones as a result of the conflict.

And we'll continue to be there in the days, months and years to come, ensuring those impacted by this devastating humanitarian crisis have the support they need. Working as a Movement, with the generous support from donors around the world, the Red Cross Red Crescent will be there.



*Ljudmila fled with her two daughters and four grandchildren from Donbas region in Ukraine to Hungary on March 22. They have been living in a shelter provided by the Hungarian Red Cross in Szeged, southeast Hungary. The family has received financial support from the Red Cross and they have used it to buy food such as fruits and dairy products for the children.
© IFRC*

THE FUNDAMENTAL PRINCIPLES OF THE INTERNATIONAL RED CROSS AND RED CRESCENT MOVEMENT

Humanity

The International Red Cross and Red Crescent Movement, born of a desire to bring assistance without discrimination to the wounded on the battlefield, endeavours, in its international and national capacity, to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all peoples.

Impartiality

It makes no discrimination as to nationality, race, religious beliefs, class or political opinions. It endeavours to relieve the suffering of individuals, being guided solely by their needs, and to give priority to the most urgent cases of distress.

Neutrality

In order to enjoy the confidence of all, the Movement may not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature.

Independence

The Movement is independent. The National Societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement.

Voluntary service

It is a voluntary relief movement not prompted in any manner by desire for gain.

Unity

There can be only one Red Cross or Red Crescent Society in any one country. It must be open to all. It must carry on its humanitarian work throughout its territory.

Universality

The International Red Cross and Red Crescent Movement, in which all societies have equal status and share equal responsibilities and duties in helping each other, is worldwide.