



# Momentum Youth Special December 2022

## Centre numbers

Forty more people registered at the Centre in November. Visits have hit 2600 since we opened in April. Thanks to everyone who helped us beat our CHF 800 target and raise CHF 2,130 for Christmas gifts for 160 children.

## Ukraine Christmas Dinner

Kutia is the centre piece of Sviata Vecheeria, the Holy meal served Christmas Eve. It is a sweet wheat berry dish and contains dried fruit, poppy seeds, honey and sugar. Twelve different dishes in total represent the 12 apostles. Dairy is not allowed, respecting the traditional fasting period.

## Saint Nicholas

Saint Nicholas comes on December 19th in Ukraine. He leaves gifts under the children's pillows, unless they have been naughty, then they might only get twigs.



## Curtain Raiser in Geneva

Twelve younger Centre members aged 12 to 18 are busy rehearsing for a series of shows in Geneva organised by our partners Ukraine Reborn. They have three nights in different venues. Their review of songs, games and sketches will also be shown at the children's Christmas party in Ecublens on 21 December.

## Mykyta: ain't no mountain high enough...most of the time



(L to r) Mykyta and Ivan have high hopes for the youth club

I am Mykyta Korotenko, 18 years old, and I volunteer at the Centre and am also responsible for the planned Youth Club here in Lausanne. My experience is not much different to other refugees, I did not want to leave Ukraine. When I arrived, I started adapting, meeting new friends, and volunteering at the Ukraine Day Centre. I have always loved volunteering and it has changed my life, turning it upside down. I think everyone should "go through it." First, we ran a summer camp for children, where my friends and I were counsellors. Then there was the Independence Day march. We handed out flowers, sang, and marched through Lausanne. Now, we are trying to set up a youth club. It was such a logical move because how can you expect young people to sit still? Frankly, we have to make many mistakes to learn how to go about things. For example, on our trip to the mountains (see flyer above), we wanted it to be a kind of team building exercise; everything went wrong! It was far from that. A few of us fell sick, and I had no warm clothes. So, it was cancelled, but we carry on! Being here can be fun, sad, occasionally infuriating, but it is always energetically charged! I will say that the youth centre is far from ready. There are plans for clubs, holidays, and entertainment. There have been discussions, but so far nothing is organised. Everything lies ahead. To be continued.

## Thanks to our guest editors for a Momentum special

As 2022 comes to an end we thought we should hear from some of the younger volunteers upon whom we rely more and more. In this edition of Momentum they tell us about their lives in Switzerland. Biata Lysenko, 16, Daria Bakhmut, 16, and Mykyta Korotenko, 18, are regulars on our reception but do so much more. They switch easily from Ukrainian to English and even French now, which is a massive help to the rest of us.



### Who we are

The Ukraine Day Centre is a not-for-profit association opened on April 28th. It is an ecumenical initiative between Our Lady of Faith, Christ Church and the Scots Kirk. We support those fleeing Ukraine irrespective of language, race, faith or gender. The Centre's services are free.

### Children's picture post

Soldiers in Ukraine could not help but smile when they received the pictures drawn by the Centre's children.



### Dates for your diary

**8th Jan** (Sunday): Centre reopens after the Christmas break.

**21 Dec:** Christmas party for Ukrainian children in Ecublens, organised by Together. All our volunteers welcome from 19h.

**29 Dec:** Christmas party, Scots Kirk, for younger Ukrainian Centre members

**6 Jan:** Father Svyatoslav will take a Ukrainian Orthodox Christmas Service at the Scots Kirk. Our team is warmly invited to celebrate afterwards.

### How can you help ?

We especially welcome volunteers and really appreciate donations of winter clothes, money and food.

## Volunteering: a way to help their fellow Ukrainians



### Biata Lysenko on reception with volunteer Tim

I came to Switzerland 9 months ago. Of course, it was a forced move and everyone knows why. I am from the Ukraine capital Kyiv, with a population of 3 million people, compared with 8 million in Switzerland. Kyiv is bustling, Lausanne is calm. Here, no one is in a hurry and on weekends they spend time with their families. At first, we lived with our relatives, so we could speak our language while learning the language. In Ukraine, only 18% of people speak English well, imagine what this figure is in French. Almost immediately after we arrived, my mother and I came across a volunteer centre to help Ukrainians. We wanted to help those who have fewer opportunities than us, people who need shelter and other things. So my goal was to simplify communication between Ukrainians and the Centre volunteers; the former came to me with their questions, and I translated. To be honest, it was difficult to get used to such drastic changes, but people eventually adapt to their conditions. In a few months, I have found Ukrainian-speaking friends in Lausanne, with whom I now volunteer at the Centre.

### Daria Bakhmut aged 16

I was living in Kyiv before I came to Switzerland 6 months ago with my mother Ludmila. At the beginning it was very difficult to do anything. Now I really want to be here and support my brothers and relatives who stayed in Ukraine. To be honest, when comparing Kyiv and Lausanne, I have completely different thoughts - Lausanne is a quiet and calm city, but Kyiv is a lively and energetic city where everything is in full swing. To be honest, after living in Lausanne for some time, I realised that I was calmer and my life began to slow down. Thanks to our work at the Centre this year, I have found solace and can relax, as well as help my native country and develop our culture in Switzerland.



**З Різдвом Христовим**

**MERRY CHRISTMAS**

### Donate

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### Editorial Team

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