



**ACTIVITIES SINCE JANUARY 2023**

**I**t has been almost a year since the Foundation took care of people who because of war, were forced to look for shelter. During this time, we have had an opportunity to get to know many people and their experiences. Among our beneficiaries, some people had cancer, which made settling in a new country even more difficult. At all costs, we have tried to be open-minded and conscious that the story of the other human being doesn't have to be the easiest one. Our strong belief that empathy is vital if it comes to helping, lets us develop ourselves and thereby spread our activities over more and more refugees. Without hesitation, we have given aid in the form of extension of stays in apartments for those in difficult life circumstances. We have made all the efforts so that our ill beneficiaries receive appropriate health care or pharmaceuticals.

**At the same time, we have rented 55 flats, where 197 people have found shelter, and received 378 food parcels. Thanks to the efforts of our volunteers, and most of all, of our Founder, the comprehensive help has allowed us to reduce the number of flats to fifteen and the number of people to 50, currently.**

**Together we are stronger!**



**We would like to thank wholeheartedly Mr. Sokolov from the USA for his support to the beneficiaries of the R.A. Foundation. Due to received help, we are able to cover the monthly cost of rent and to provide food to the refugee family from the Ukraine, which resides in Białystok since March 2022. It is always a great pleasure to know that, despite thousands of miles between us, those who suffered from war are never forgotten. United we stand!**

## Food delivery

**Our aid never stops! Thanks to the cooperation with the grocery shop chain "Chorten", on February 15th, our beneficiaries received food parcels containing first-need products such as milk, flour, rice, kasha, pasta, sugar, sunflower oil, preserves, marmalades, fruits, and vegetables, but also toilet paper, soap, shower gel or washing powder.**



**Our beneficiaries receive this kind of help regularly within our permanent activity. It is always good to know that in a difficult period like this, one can always be sure of support.**

## **Interview with our beneficiaries**

**Chcielibyśmy Państwu przybliżyć sylwetki pary naszych podopiecznych, którzy przebywają w przez nas wynajmowanych mieszkaniach. Poniżej przedstawiamy wywiad, który udało nam się z nimi przeprowadzić. Zapraszamy do lektury.**

**What city are you from?**

**Both: We're from Kiev, Ukraine.**

**How was your life before the war began? What were you doing?**

**Man: I was a handyman working in a monastery.**

**Woman: Before I became ill, I worked for many years as a cashier in a bank. Around 20 years.**

**What about family? I imagine it wasn't easy to leave them.**

**W: My forty-six-year-old son serves in the army. The younger one currently lives in Żyrardów, and has been a lorry driver for three years.**

**Do you have any form of contact with the one who stayed?**

**M: Every day, almost every day. He's taking care of our affairs, such as the bank or our flat, which he pays.**

**How did you come to Poland?**

**W: By train to Lviv, then to Przemyśl, and finally to Białystok.**

**What was your feeling when you came to Białystok?**

**Both: Peace and quiet.**

**M: No explosions, no sirens... in fact, there were sirens, but just when the police were passing through. (laugh)**

**W: At first, I was afraid I thought it was an air raid.**

**M: During the first month of the war, we were still in the Ukraine. We heard the sirens every day, and we got used to them.**

**Skąd dowiedzieliście się Państwo o Fundacji?**

**K: My brother's daughter lives in Warsaw since two yeras. As she sspeaks Polish fluently, she has contacted Your Foundation.**

**Did the Foundation welcome you?**

**F: We were VERY welcomed. Wholeheartedly.**

**JHow are you doing right now?**

**M: Wonderful! We lead a simple life; what more do you need? By pure serendipity, we're living close to the orthodox church.**

**F: The church gives us a sense of tranquillity. We feel at home there. Everything's the same: the service, the singing, and the decor. We're moving back to our beloved Ukraine when we close our eyes. The sense of God warms our hearts. We've visited Częstochowa and lavra in Supraśl.**



**Polish and Ukrainian languages are similar, but there are differences. Judging by our conversation you've managed to face them. How come?**

**M: We took part in a Polish language course organised by the Robert Adam Foundation. Now we're also taking part in a language course, but online. I think we're doing quite well.**

**Very well, you can hear the difference.**

**F: We are already able to read...**

**M: ...and we write a bit. But grammar is such a...**

**Tricky thing.**

**M: Exactly!**

**F: But when you like something, everything must go well. It just takes time.**



**Do you have any plans for the future?**

**M: We dream of staying here. Forever. My husband has found a job, and I'll be looking for a job soon.**

**It's nice to hear that! Where are you working?**

**M: I've got the same job as in Kiev - I'm a handyman.**

**F: They asked him if he was willing to go back to the Ukraine. After responding negatively, they said: "Okay, you're in". (laugh)**

**M: And that's how I got my job (laugh) I like it very much! I got on well with everybody. In the second week, I was given a guitar.**

**Your passion**

**M: Precisely! I've got something to play on.**

**Thank you so much for this wonderful conversation.**

**Both: No, thank YOU! You saved us!**

**F: May God bless you!**



## Fat Thursday\*

On February 16th, we decided to make a sweet surprise for our beneficiaries, and treat everyone with fresh doughnuts. It was a wonderful opportunity to familiarise the refugees with the sixteenth century Polish tradition. We are always eager to show the Ukrainians living in Białystok our customs, for them to feel a part of our society.



\*during Fat Thursday (*Tłusty czwartek*), people meet their friends and relatives and eat large quantities of *paczki* (Polish doughnuts filled usually with jam, similar to beignets) that not eaten during Lent

## Women's Day with R.A. Foundation

On the 9th of March, a Women's Day organised by our Foundation took place at Vocational School No. 5 in Białystok. Our female beneficiaries had the opportunity to take part in make-up lessons organised by the Marta Gąska Makeup School, as well as to change their hairstyle thanks to the involvement of students, or to meet Miss Polonia, and even to learn good manners, and to get to know how to prepare oneself for a job interview . Thanks to the cooperation with Miraculum S.A., our ladies received cosmetic gifts.



## Judo lessons

Our beneficiaries aged from 5 to 16, had an opportunity to sign up for a complimentary course of judo! We reckon that spending time practising this discipline will allow You not only to develop your physical skills but also to make friends and integrate with other children. Lessons were guided by experienced coaches, who looked after your safety and provided professional care. During the course, our beneficiaries were able to learn the basics of judo and improve their stamina.



## Easter food delivery

Foundation did not forget about the refugees and once again organised a food delivery. For Easter, we have prepared food parcels for the Foundation's beneficiaries. The parcels were equipped with milk, flour, rice, pasta, coffee, tea, various fruits and vegetables, preserves, but also something sweet to make the time by the Easter table even more pleasurable. We do hope that those products will help with the Holiday preparations.



## Easter breakfast

**The Easter breakfast for Ukrainian refugees, in which our beneficiaries participated, took place in the 4th Secondary School in Białystok. The meeting was organised by the City of Białystok with the support of UNICEF. On Sunday, one week after the Catholics is this year's Orthodox Easter. A vast majority of Ukrainians living in Poland is Orthodox. With them in mind, this event was organised.**



## Food delivery

It is our permanent activity, helping our beneficiaries. The parcels contained the first-need products such as milk, flour, kasha, rice, pasta, preserves, coffee, sunflower oil, sugar, sweets, and cleaning supplies.



## Children's Day

R.A. Foundation has organised a marvellous event for Children's Day. Thanks to the support of the City of Białystok, we were able to provide free entrances for the show "Karmelek" in Białostocki Teatr Lalek (Puppet Theatre) and for a Ferris wheel. Our collaboration with the grocery shop chain "Chorten" let us make a sweet surprise for our beneficiaries, who received generously filled souvenirs containing sweets. Moreover, we have managed to fund a meeting with alpacas in a Special School in Białystok, for which we have invited the refugees.



## Words of thanks from our beneficiaries

Every form of thankfulness reassures us that we are doing a great job. Besides kind words, we also receive small gifts such as home-baked goods or paintings. For all those things, we are tremendously thankful!





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