

NEWSLETTER OF "SPRINGBOARD TO EQUALITY" PROJECT

April–June 2023

"Springboard to Equality" – is a collaborative initiative between Sweden and Ukraine. This project strives to break free from gender stereotypes prevalent in education, workplaces, homes and community life. Its primary mission is to foster a supportive environment that advocates for equal rights and opportunities for women and men throughout Ukraine. Find more about the [project](#).

FIGHTING GENDER STEREOTYPES IN EDUCATION

EMPOWERING MINDS AT EDCAMP-VOLIA 2023

In late June, UNFPA and the Edcamp Ukraine team joined forces to host a transformative educational event, [EdCamp-VOLIA 2023](#), centered around Social, Emotional, and Ethical Learning (SEEL). This three-day hybrid event, combining online and of-line components, featured two key components:



- 📌 "SEL as (un)conference": An extensive official presentation showcased the SESS (Social-Emotional Skills Study) program and included a compelling panel discussion on "SEL as an added value of the New Ukrainian School." Among the highlights were discussions on the initial achievements of the [SEEL program's](#) implementation in Ukraine and the introduction of the national online course [#nondiscriminationeducation](#). UNFPA played a crucial role in the successful implementation of these initiatives.
- 📌 "Five Minute Conference": An engaging online event that brought together Ukrainian and foreign experts and speakers to discuss the concept of the New Ukrainian School. Various thought-provoking topics were explored, including safety and civil defense, global openness, future skills, and the role of technology in education.

The event saw a diverse array of speakers sharing their insights and ideas on reimagining the educational system for a brighter future in Ukraine. Key figures from the state education system, including the Minister of Education and Science, the Head of the Parliament Committee on Education, Science, and Innovations, regional coordinators, SESS coordinators, SEEL trainers, and schools actively involved in SEEL implementation, were also invited to participate in the offline segment of EdCamp VOLIA-2023.

Overall, EdCamp-VOLIA 2023 proved to be an empowering platform, igniting discussions and fostering a collective commitment to shape an inclusive and progressive educational landscape for Ukraine's youth.



"#CVIDOMI: TO REBUILD THE COUNTRY" CAMPAIGN: EMPOWERING YOUTH TO CHOOSE PROFESSIONS FREE FROM STEREOTYPES

In June, the UNFPA and the Junior Academy of Sciences of Ukraine successfully concluded the nationwide career guidance campaign, "[#CVIDOMI: to rebuild the country.](#)" The primary objective of this initiative was to empower adolescents aged 13 to 18 with a thoughtful approach to selecting future professions that are in high demand for the country's recovery. The campaign aimed to break free from gender and professional stereotypes, emphasizing equal opportunities for development in vocational and STEM sectors.



Throughout the campaign, various engaging resources were presented to familiarize young people with viable career options. These included a video project showcasing 10 professions crucial for the country's recovery, a podcast titled "Naukovi Tereveni" featuring 10 episodes with female scientists and innovators, articles and tests dispelling myths surrounding STEM and vocational professions, and discussions on gender stereotypes in career guidance. Additionally, information about Ukrainian educational institutions and the achievements of local researchers were shared to inspire and inform the youth.

The campaign culminated with a national hackathon, "[#CVIDOMI: to rebuild the country,](#)" which brought together 70 students united around the shared goal of Ukraine's recovery. Participants presented their innovative ideas in five categories: ecology, healthcare, technology and engineering, education, and agriculture. The "Technology and Engineering" team emerged as the winner with their project proposing a design for a retainer to anchor medical containers for IV lines used in field environments.

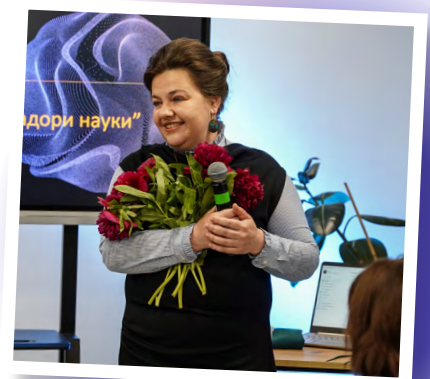


The victorious team will further develop their idea in the Startup School of the "Ukrainian Future" business incubator, with the aim of transforming it into a full-scale startup. Overall, this inspiring campaign successfully reached an audience of 10 million people, leaving a lasting impact on the future of Ukraine by encouraging its youth to pursue professions without the constraints of stereotypes.

GENDER-SENSITIVE PROMOTION OF SCIENCE AMONG EDUCATIONAL COMMUNITY AND YOUTH

In April-June UNFPA and Lviv Open Lab (space for youth promotion of science and STEAM-education) implemented two projects:

"Science Ambassadors" – a project for educators promoting the awareness and understanding of gender-sensitive science popularization and helping the teachers' community to present themselves and their research in an effective way.



Within April, 390 high-schoolers and 14 participants (12 women and 2 men) aged 22-50 held 14 **gender-sensitive sessions**, covering various subjects: chemistry, biology, geography, biotechnology, economy, and math.



On 12 May, **a storytelling evening** “Frankly about Science” was held as a part of the project. During this event, STEM teachers and professors acted as speakers and gave public speeches, sharing their personal stories about ups and downs, professional and life experiences, research, and bios of prominent scholars.

“STEAM-PROMOTION OF INNOVATIVE LEARNING FOR CAREER DEVELOPMENT WITHOUT STEREOTYPES”,

“OL Science Festival” – nationwide science festival combining practical and theoretical components in an edutainment format and demonstrating that science is available and easily understood by anyone.



In April, 225 people took part in two offsite shows in Chernivtsi and Odesa, where they had an opportunity to familiarize with robotechnics, AR- and VR-technology, chemistry and biology, STEAM-learning approach and gender equality in science; also they learned about career opportunities in science and engineering sectors available for everyone regardless of age and sex.

On 13 May **OL Science Festival** was held in Lviv with the motto **#science_wins**. More than 3,000 participants visited three blocks “Think!”, “Create!” and “Impress!” with lectures and panel discussions, workshops and science shows, meetings with popular speakers. After the event 71% of girls considered the opportunity of STEAM careers.

“This festival helped me realize that I have a chance to select a future profession in so many sectors, regardless of whether these are labelled as “male” or “female”. Thanks to interesting presentations and workshops I met so many female scientists and learned more about their work. It changed my perception of their professions and raised my awareness of the diversity of sectors where I could develop my career@”.

– Dariia, 16 y.o.



"CAREER ALARM IS OVER!". SCORM-COURSE TO CHOOSE A PROFESSION WITHOUT GENDER STEREOTYPES

More than 2,000 people completed the course "[Career alarm is over!](#)" aimed at expanding the knowledge of youth regarding the choosing of profession and specificity of building a career in social-humanitarian and STEM areas. This project was focused on choosing a profession without gender stereotypes, social prejudices and "female"/"male" labelling.

This course was designed in SCORM format (Shareable Content Object Reference Model), which enables to expand the users' knowledge and retain their attention with the use of storytelling, gamification, interactive sessions and tests during the lesson.



2,506 people took part in 48 practical trainings "Choose a profession – choose yourself!" in educational establishments of Ternopil and Volyn regions. They became aware of the key trends in career guidance, learned more about STEM-professions, and determined the ratio of soft and hard skills for selected ones.

1,075 high-schoolers completed career guidance [online-tests](#) and got lists of sectors and specific professions matching their personal abilities.

ENGAGING MEN IN THE EQUAL DISTRIBUTION OF HOUSEHOLD RESPONSIBILITIES AND CHILDCARE

TatoHubs' network continues its functioning as a system of IDP families integration centers in host communities and important agents of impact for parents interacting with local authorities, activating the processes of family and social policy changes in the regional environment.

In the second quarter, 1,040 fathers from various locations joined the community.

The following activities were held within the abovementioned period:

- **TatoHub.Poltava** – 45 group and 290 individual psychological consultations, therapy sessions and 11 family leisure events.
- **TatoHub.Zaporizhzhia** – 67 group and 246 individual psychological consultations, therapy sessions and 6 family leisure events.
- **TatoHub.Berdiansk** – 16 group and 36 individual psychological consultations, therapy sessions and 28 family leisure events.
- **TatoHub.Ternopil** – 36 group and 65 individual psychological consultations, therapy sessions and 44 family leisure events.



- **TatoHub.Khmelnyskyi** – 52 group and 65 individual psychological consultations, therapy sessions and 18 family leisure events.
- **TatoHub.Uzhhorod** – 39 group and 60 individual psychological consultations, therapy sessions and 14 family leisure events.

“I’ll be a dad” – club for future fathers from [TatoHub.Zaporizhia](#). In a circle of trust, men ask questions and share experience, support each other. Mostly they share their concerns about participation in the delivery process and care for the newborns. .



“We frequently convene gatherings for future fathers, addressing a diverse range of topics such as childbirth preparation, supporting women, and defining family roles with a child. These meetings attract men at various stages of their journey, some with no prior experience and others with extensive expertise in child upbringing.”,
– **Yuliia Strelchenko-Yankovska, perinatal psychologist, trainer.**

Psychologists from **TatoHub.Poltava** played a crucial role in assisting participants of the training for Internally Displaced Persons (IDPs) titled “Culture of Relationship in the 21st Century War in Ukraine.” The aim of the training was to help individuals affected by displacement to restore and stabilize their emotional well-being. Throughout the training sessions, the psychologists emphasized the importance of adopting effective coping strategies in

stressful situations and conflicts. Participants were guided on the practice of timely pausing during challenging moments, which allows them to gain clarity and perspective. By redirecting their attention towards valuable connections, expressing gratitude, and noticing positive moments, individuals were able to foster resilience and improve their emotional state.

TatoHub.Ternopil and TatoHub.Uzhgorod successfully launched “School for Fathers” in April.



“I came to this school because I wanted to understand my kids better—their emotions and needs. When a child is born, parents are usually attentive to their physical health. However, we often overlook their mental state, except during certain ‘aging crisis’ periods. As a result, in the early years of a child’s life, parents may have limited awareness of important aspects. This project helped me gain insights into my children’s behavior, needs, and desires, allowing me to adapt my responses accordingly. The experience was incredibly interesting and beneficial.”

– **Vitalii, participant of TatoHub.Ternopil.**

Psychologists from **TatoHub.Khmelnyskyi** recently conducted group art-therapy sessions, employing a diverse range of techniques such as pictorial art, mandalas, and collages. These sessions aimed to facilitate the expression of emotions, provide new perspectives on problems and enhance personal resources. The participants of these art-therapy sessions experienced numerous positive changes. They reported feeling significantly better, with a noticeable reduction in stress levels. Moreover, the sessions helped them focus on mindfulness and develop effective coping strategies.

The feedback from the participants was resounding and clear: there is a strong desire for more art-therapy sessions and emotion handling practices. The transformative impact of the sessions has sparked a keen interest in further exploring the benefits of art therapy as a powerful tool for emotional well-being and personal growth.



UNFPA AND STARLIGHT MEDIA CAMPAIGN DEDICATED TO FATHER'S DAY

For several years in a row, UNFPA and Starlight Media have been contributing to the culture of Father's Day (June 18) by emphasizing the importance of fatherhood, explaining the role of fathers and highlighting the problems associated with unequal participation in childcare.

This year's campaign is about fathers' support that overcomes any difficult circumstances Ukrainians face, as it inspires children, shapes their personalities and is the key to true family values.

The campaign included a [video](#) that was broadcast for 15 days on ICTV, STB, and Novy TV channels, as well as articles on fatherhood, social media posts, and an [informational story](#) in a news telethon. In total, the campaign reached more than 13 million users.

