

# Ukraine



# Ukraine Facts



Ukraine is located in eastern Europe, the second largest country on the continent after Russia.

The capital of Ukraine is Kyiv.

The Dnieper River is 2,201 km (1,333 mi) long.

Ukraine has a population of 44 million people (2020)

It is among the poorest countries in Europe. As of 2020 it suffers from low life expectancy and widespread corruption. However, due to its extensive fertile land, Ukraine is one of the largest grain exporters in the world.



## Languages: Ukrainian and Russian

Ukrainian is mainly spoken in western and central Ukraine. In western Ukraine, Ukrainian is also the dominant language in cities (such as Lviv). In central Ukraine, Ukrainian and Russian are both equally used in cities, with Russian being more common in Kyiv, while Ukrainian is the dominant language in rural communities. In eastern and southern Ukraine, Russian is primarily used in cities, and Ukrainian is used in rural areas. Hungarian is spoken in the Zakarpattia Oblast.

## Coat of Arms



The Ukrainian Coat of Arms is officially referred to as the Sign of the Princely State of Vladimir the Great or more commonly called the Trident or Tryzub. It is in the same blue and yellow colours as the Ukrainian national flag. Officially adopted in 1992, it was designed to represent the seal-trident of Volodymyr the Great. Today it appears on Ukrainian passports and the presidential flag.

## Flag



The current Ukrainian flag consists of two horizontal bands of yellow and blue, the colors represent the wide blue skies and the yellow represents the wheat fields that characterize the country. From a psychological point of view, blue symbolizes calm, whilst yellow symbolizes joy.



## The Maidan Revolution (2014)



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The Maidan Revolution took place in Ukraine in February 2014 at the end of the Euromaidan protests, when deadly clashes between protesters and the security forces in the Ukrainian capital Kyiv culminated in the ousting of elected President Viktor Yanukovich and the overthrow of the Ukrainian government.

Protesters opposed what they saw as widespread government corruption and abuse of power, the influence of oligarchs, police brutality, and violation of human rights in Ukraine. Repressive anti-protest laws fuelled further anger. A large, barricaded protest camp occupied Independence Square in central Kyiv throughout the 'Maidan Uprising'.

Protests for and against the revolution escalated, resulting in a Russian military intervention, the annexation of Crimea by Russia, and the creation of the self-proclaimed breakaway states of Donetsk and Luhansk. This sparked the Donbas War.

The new government restored the 2004 amendments to the Ukrainian constitution that had been controversially repealed as unconstitutional in 2010, and initiated a large-scale purge of civil servants associated with the overthrown regime. There was also a widespread decommunization of the country.



## St. Andrew's Church



St. Andrew's Church is an Orthodox church in Kyiv, constructed between 1747 and 1754 to a design by the Italian architect Bartolomeo Rastrelli, a rare example of Elizabethan Baroque in Ukraine. Situated on a steep hill, where Andrew the Apostle is believed to have foretold the great future of the place as the cradle of Christianity in the Slavic lands, the church overlooks the historic Podil neighborhood.

## The Pechersk Lavra Monastery

This monastery complex was founded by two monks of the caves: St. Anthony and St. Theodosius. Constructed over a series of caves excavated by the monks, it is remarkable to think they date to the 11th century.



## Independence Square



Independence Square had its international debut in 2004 as the scene of the Orange Revolution, when the power of the people changed Ukrainian history and the future of the country.

As the central square in the city, many festivals, concerts, and parades take place in the area. The attraction contains six fountains, a waterfall, and a large column representing Ukrainian independence.



## St Michael's Golden Domed Monastery

Originally built in the Middle Ages by the Kievan Rus' ruler Sviatopolk II Izyaslavych. The original cathedral was demolished by the Soviet authorities in the 1930s, but was reconstructed and opened in 1999 following Ukrainian independence in 1991.

## Motherland Monument

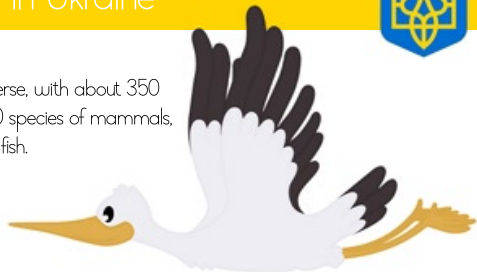
This statue commemorates the Soviet victory over Nazi Germany and is a focal point in Kyiv. This giant titanium statue is taller than the Statue of Liberty.



# Animals in Ukraine



The animal life of Ukraine is diverse, with about 350 species of birds, more than 100 species of mammals, and more than 200 species of fish.



## Storks

According to Ukrainian and other European folk belief the stork possesses magical powers to protect and help humans. A family with a stork's nest on its farm will live in peace, prosperity, and good health. A village with many storks can count on a bountiful harvest. The bird is believed to be capable of predicting the weather: restless behavior indicates the approach of bad weather, standing on one leg, cold weather, and clacking of the beak, a sunny day. In folk tales and legends the stork always plays the role of a helper of humans.

## Dangerous Animals

The most common predators are wolves, foxes, wildcats, and martens

Ukraine is home to only a few venomous snakes and large carnivores.



Common European Viper – While this isn't the most dangerous snake, the common European viper is the most widespread, and so it causes more bites than most other vipers. Symptoms of its venom include pain, swelling, blisters, and tingling. Death will only occur in very rare untreated cases.



Forest Steppe Adder – Native to the forested steppe regions of Ukraine, Nikolsky's Viper (one of its alternative names) can deliver a nasty bite that causes pain and swelling. Death is very rare, but bite victims should always seek medical attention nevertheless.

Brown Bear – While attacks are exceptionally rare (they occur in well under 1% of on-foot encounters), brown bears can be very dangerous if they feel threatened, surprised, or provoked. A mother defending her cubs appears to be the main reason for most bear attacks.

## Ukraine Facts



The official language of Ukraine is \_\_\_\_\_,  
but many people also speak \_\_\_\_\_.

The two colors of the Ukrainian flag are  
\_\_\_\_\_ and \_\_\_\_\_.

The \_\_\_\_\_ Revolution happened  
in \_\_\_\_\_.

Ukraine has over \_\_\_\_\_ species of mammals.

The most common kind of predators are:

\_\_\_\_\_  
\_\_\_\_\_.



# Map of Ukraine



Draw a star where  
the capital city of  
Kyiv is

Label the river  
"Dnieper"

Label the Black Sea



The capital of Ukraine is \_\_\_\_\_.

The Dnieper River is \_\_\_\_\_ long.

Ukraine has a population of \_\_\_\_\_.





## Pray for the Russian – Ukrainian War.

Though the conflict between Russia and Ukraine began in 2014, it has escalated drastically as of February 2022. Pray for Russia to open up to the gospel, to stop the aggression and for free speech to prevail as the government controls all of the news and censors the internet.

## Pray for the broken families.

Because of the war many families have been separated. Millions of women and children have had to flee to surrounding countries in Europe and men are not allowed to leave Ukraine. Many people have family in Russia who do not believe that there is war happening, it is causing many divisions within those families.

## Pray for families and individuals affected by substance abuse.

Even before the war, substance abuse has become an epidemic in Ukraine. Alcoholism and drug abuse is prevalent throughout the country.

## Pray against corruption.

Though there have been recent attempts of reforming the government since the 2014 Maidan Revolution, corruption is still a real problem. Many government officials and police officers still take bribes. When activists speak out about problems, there have been attacks on them personally.

## Pray for the elderly who have been left alone.

The villages in the countryside are filled with many elderly women who have been deserted by their families. Their husbands died in past conflicts and their children struggle with substance abuse, have died, or have simply abandoned them. These "Babushkas" are strong, but suffer from many ailments. Social workers are unskilled, or unsympathetic. There is no running water in villages, sometimes no electricity, no central heating. They have to make their own fires, and cut their own wood in order to stay warm in the winter months.



## Borsch борщ

A common slavic soup made with cabbage or beets or both.

Allrecipes

### Ukrainian Red Borscht Soup

★★★★★

My friend's mother from Ukraine taught me this recipe for the classic beet soup. It's as authentic as it gets. It can be served vegetarian-style by omitting the sausage.

By Pat

Prep: 25 mins

Cook: 40 mins

Total: 1 hr 5 mins

Servings: 10

Yield: 10 servings



#### Ingredients

- 1 (1/2 ounce) package pork sausage
- 3 medium beets, peeled and shredded
- 3 carrots, peeled and shredded
- 3 medium baking potatoes, peeled and cubed
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (5 ounce) can tomato paste
- 1/4 cup water
- 1/2 medium head cabbage, cored and shredded
- 1 (8 ounce) can diced tomatoes, drained
- 3 cloves garlic, minced
- salt and pepper to taste
- 1 teaspoon white sugar, or to taste
- 1/2 cup sour cream, for topping
- 1 tablespoon chopped fresh parsley for garnish

#### Directions

##### Step 1

Crumble the sausage (if using) into a skillet over medium-high heat. Cook and stir until no longer pink. Remove from the heat and set aside.

##### Step 2

Fill a large pot halfway with water (about 2 quarts), and bring to a boil. Add the sausage, and cover the pot. Return to a boil. Add the beets, and cook until they have lost their color. Add the carrots and potatoes, and cook until tender, about 15 minutes. Add the cabbage, and the can of diced tomatoes.

##### Step 3

Heat the oil in a skillet over medium heat. Add the onion, and cook until tender. Stir in the tomato paste and water until well blended. Transfer to the pot. Add the raw garlic to the soup, cover and turn off the heat. Let stand for 5 minutes. Taste, and season with salt, pepper and sugar.

##### Step 4

Ladle into serving bowls, and garnish with sour cream, if desired, and fresh parsley.

#### Nutrition Facts

Per Serving: 257 calories; protein 10.1g; carbohydrates 24.4g; fat 13.9g; cholesterol 31mg; sodium 626.9mg.

## Ukrainian Food



Golubtsi / Holubtsi **Голубцы**

Ukrainian cabbage rolls



Vareniki **вареники**



A boiled half-moon shaped dumpling. Can be filled with potato, cheese, and various sweet fillings like cherry.

Smetana **СМЕТАНА**

A type of sour cream from Eastern Europe. A side staple to every Ukrainian meal.



# Musical Instruments Invented in Ukraine



Cymbaal



Pana



Car Lira



Gusli



Gudok

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Cymbaal

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Gusli

# Kyiv

