

# **Resilient by Choice: Ukrainian Women and the Power of Hope**

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## Ukrainian Women Today and Their Roles

- Today Ukrainian women play an important role in the life of the country during the war.
- Many women serve in the **Armed Forces of Ukraine**, work as medics, and help defend the country.
- Others are involved in **volunteering**, helping the army, wounded soldiers, and displaced people.
- Women support their families, raise children, and maintain the strength of society.
- Modern Ukrainian women are a symbol of **courage, resilience, and hope for the country.**



# The Beginning of the War in 2022 and Ukrainian Women Refugees Around the World

- On **February 24, 2022**, Russia launched a full-scale invasion of Ukraine.
- Many refugees were **women and children**, because many men stayed in Ukraine to defend the country.
- Ukrainian women travelled to countries such as **Poland, Germany, the Czech Republic, United Kingdom and others**.
- In other countries, women tried to **build new lives, find work, and support their families** while waiting to return home.
- Despite the difficulties, many Ukrainian women continue to help Ukraine from abroad through volunteering and humanitarian support.



## Women in the Armed Forces of Ukraine

- As of **2025**, more than **70,000** women serve in the **Armed Forces of Ukraine**.
- About **48,000** of them are **active service members** (soldiers, officers, medics, and others).
- More than **5,500** women **perform combat duties on the front line**.
- Women serve in many roles such as **medics, snipers, drone operators, communication specialists, and unit commanders**.

After the **full-scale invasion in 2022**, the number of women in the military increased significantly, and they became an important part of Ukraine's defence.



## Women in the Armed Forces of Ukraine

- Women work on the **front line as combat medics**.
- They save **wounded soldiers and civilians**.
- Many medics work **under shelling and dangerous conditions**.

Ukraine has suffered many losses, including brave women who defended their country, volunteered to evacuate people and animals, and worked in key industries such as journalism, logistics etc. More than 100 female soldiers have been killed since Russia's full-scale invasion in 2022.



## Ukrainian Woman Volunteers in Ukraine

- Many Ukrainian women work as **military volunteers**.
- They collect **money, equipment, medicine, and drones** for soldiers.
- Volunteers prepare **food, camouflage nets, and humanitarian aid**.
- Some women help **evacuate civilians and animals from dangerous areas**.
- Their work is very important for supporting the **Ukrainian army and civilians during the war**.



## Ukrainian Women Volunteers Abroad

- They organize **charity events and fundraising** to support Ukraine.
- Volunteers collect **humanitarian aid, medicine, clothes, and equipment** for civilians and soldiers.
- Ukrainian communities in countries such as **Poland, Germany, the UK, Italy, Canada** etc actively support Ukraine.
- Through volunteering, women abroad help **keep international attention on the war and support their homeland.**



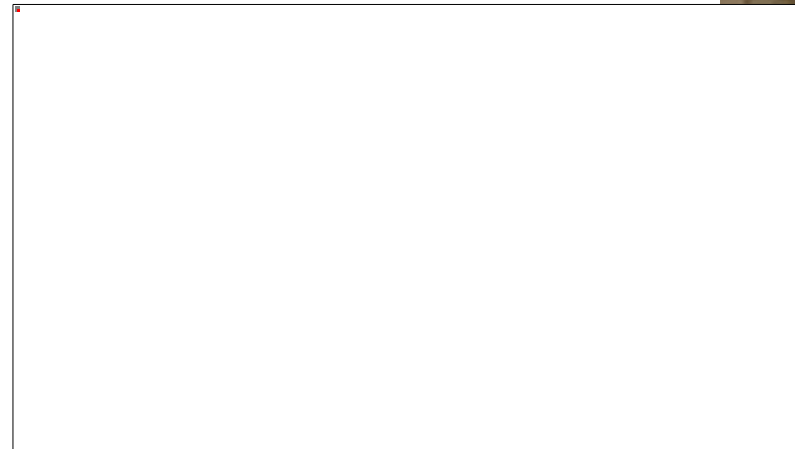
## Ukrainian Women Replaced Traditionally Male Jobs

- During the war, many Ukrainian women **took on jobs traditionally done by men.**
- They work in **factories, agriculture, transport, construction, and logistics.**
- Women help keep **the economy, infrastructure, and essential services** running.
- Their work is very important for **supporting the country during wartime.**



## Strong Women Behind the Front Line

- Many Ukrainian women have become **single mothers while their husbands serve in the army.**
- They take care of **children, home, and work responsibilities alone.**
- Women must stay **strong for their families during difficult times.**
- They support their husbands at the front and **keep family life stable.**
- These women show great **strength, patience, and resilience** during the war.



## Women Supporting Wounded Veterans

- Many Ukrainian soldiers return home **wounded or with disabilities** after the war.
- Their wives often become **caregivers and main emotional support**.
- Women help their husbands with **rehabilitation, daily life, and recovery**.
- Families must adapt to **new challenges and responsibilities**.
- These women show **strength, patience, and deep support for their loved ones**.



## A Mother Waiting for Her Son from the Front

- Many Ukrainian mothers are **waiting for their sons to return from war.**
- They live with **hope, worry, and constant concern for their children.**
- Mothers support their sons with **letters, messages, and prayers.**
- Their love and strength help soldiers **stay strong at the front.**
- These mothers represent **patience, faith, and unconditional love** during the war.



## Women Waiting for Their Husbands from Captivity

- Many Ukrainian women are **waiting for their husbands to return from captivity**.
- They often join **peaceful protests and support campaigns** to remind the world about prisoners of war.
- Wives hold **photos of their husbands and posters calling for their release**.
- They live with **hope and faith that their loved ones will come home**.
- These women show **strength, loyalty, and resilience** during very difficult times.



## Ukrainian Women in Captivity

- Some **Ukrainian women** — **civilians, soldiers, and medics** — were captured by Russian forces during the war.
- Many were taken prisoner during battles, including the defense of Azovstal in Mariupol.
- Women in captivity often face **harsh conditions and psychological pressure**.
- About **301 Ukrainian women** were still in captivity as of December 2024.



## Mothers Searching for Their Abducted Children

- During the war, over 20 000 of Ukrainian children were taken from occupied territories and transferred to Russia or Russian-controlled areas.
- Many mothers are searching for their children and fighting for their return.
- Women organize campaigns, protests, and appeals to international organizations.
- The issue has attracted global attention, including actions by the International Criminal Court.
- These mothers continue to show strength and determination to bring their children home.



## Women Who Lost Children or Children Injured by War

- Many Ukrainian women have **lost their children during bombings of civilian areas.**
- Missiles and air strikes have destroyed **homes, schools, and hospitals.**
- Many women and children have been **seriously injured or permanently disabled** because of the war.
- They must live with **grief, trauma, and long recovery.**
- These tragedies show the **human cost of war for civilians.**



## Mothers of Heroes

- Many Ukrainian mothers have **lost their sons who died defending Ukraine.**
- These soldiers are remembered as **heroes who gave their lives for their country.**
- Mothers honor their sons by **keeping their memory alive.**
- They show **strength, dignity, and deep love despite their loss.**
- Their sons' sacrifice became part of **Ukraine's fight for freedom.**



## Mature Ladies in Wartime

- Many **Mature Ladies women in Ukraine** continue to live through the hardships of war.

The main thing is that there is **NO WAR!** Used to say in the past.

- Some lost their homes and had to **evacuate or live in damaged areas.**
- Many women help by **volunteering, cooking for soldiers, knitting warm socks, and helping neighbors.**
- Despite their age, they show **strength, resilience, and support for their country.**



## Psychological Impact of War on Women

- Many Ukrainian women experience **psychological trauma because of the war.**
- Frequent **air raid sirens and bombings of civilian areas** create constant fear and stress.
- Many women lost loved ones, homes, or were forced to **leave their cities and become refugees.**
- Mothers often worry about **their children and relatives at the front.**
- Psychological support and counselling help women **cope with trauma and rebuild their lives.**



## Women's Organizations and Leadership

- Women's organizations play an important role in **supporting society during the war**.
- They organize **humanitarian aid, fundraising, and support for refugees and soldiers**.
- Many women leaders advocate for **human rights, peace, and international support for Ukraine**.
- Volunteers also help **rescue and care for animals affected by the war**.
- These organizations also help **families of soldiers, prisoners of war, and displaced people**.
- Women's leadership helps **strengthen communities and resilience during wartime**.



## Ukrainian Women and Leadership

- Ukrainian women have shown **strong leadership in many areas of society.**
- They lead **humanitarian organizations, volunteer groups, and social initiatives.**
- Women represent Ukraine in **international diplomacy, media, and public life.**
- Their leadership helps **support communities, protect human rights, and strengthen the country.**
- Ukrainian women leaders inspire **courage, unity, and resilience during difficult times.**



**THANK YOU**