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IsraAID Germany e. V. INFORMS



One Year of War in Ukraine Voices from the affected population and our team

Dear friends of IsraAID Germany e. V., dear readers,

The year 2023 has begun and has already reached a sad anniversary. Exactly one year ago, the already tense situation in Ukraine escalated and a war broke out that has resulted in unbelievable suffering to this day and will continue to do so for a long time to come. At the same time, however, we were able to observe an enormous willingness to help, warm-heartedness and, above all, the determination to stay the course. In our work we have been able to observe countless examples of solidarity and mutual help. Together with our close Ukrainian partners, we will continue to support this effort to help each other this year. Our partners on site as well as our team of field workers have accomplished tremendous things to help people in Ukraine as well as in Romania and Germany. Many of those affected have shared their stories and experiences with us.

In this special newsletter, we would like to reflect on the past year from the perspective of these people in order to give a voice to those who live every day under the consequences of war, as well as to those who are working with dedication to help them.

On the [topic page](#) of our website you will find

- The [personal stories](#) of those affected who contact us daily via the psychological emergency hotline
- A review from our [participation expert in Frankfurt](#)
- A review from our [psychosocial expert Elizaveta from our Ukrainian partner organisation Avalyst](#)
- A [chronological overview of the development of our relief project in Ukraine and Romania](#) can be found on the website of our partner, the Central Welfare Board of Jews in Germany (ZWST)

[Click here to visit our topic page](#)



Psychosocial Stabilisation

The psychosocial team has been on call every day since the outbreak of the war. They provide initial psychological support directly over the hotline, but also on site. In air raid shelters, on the street and in community centres. Wherever it is needed.

We want to give these people a voice and show how much human suffering was caused by the escalation on 24.02.2022. **Warning: The following descriptions may be very upsetting!**

[Here you will find the stories in full length.](#)

April 2022

"And once again history repeated itself. I woke up in the morning and heard loud gunshots, panicked and didn't know what to do."

June 2022

„All of a sudden it was all over, finished. It's worse than death, because you don't die physically; you watch your life being snatched away from you... You just exist.“

October 2022

„In April, a grenade hit our house and my husband died of shrapnel wounds.“

October 2022

„We fetched water from the nearby reservoir and cooked our food on the fire outside“

December 2022

„I have nightmares at night and sometimes when I think of something, my fear overcomes me and I get pains in my chest“



Our Leadership & Participation expert in Frankfurt

"I was shocked, outraged and desperate. These feelings have accompanied me ever since, but my work, initially as a full-time volunteer and then as part of the IsraAID Germany team, has helped me to deal with the situation"

[Read the interview in full on our website.](#)

This year again, however, humanitarian emergencies are again not limited to Ukraine. We are shaken by news of the latest humanitarian disaster in Syria and Turkey, where people have lost everything due to the major earthquakes. In Pakistan, Yemen and many other countries, humanitarian emergencies of varying degrees still prevail. Together with the help of our partners, donors and supporters, we will again be committed to help people in need in a wide range of diverse contexts.

[Support our work with a donation!](#)

You want to make more people aware of the situation in Ukraine and our work? Then feel free to share this email and/or refer people to our newsletter.

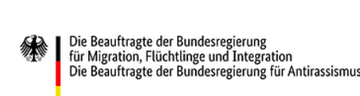
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