

# Ukraine Activity Pack

By



[www.tripabrood.com](http://www.tripabrood.com)



[hello@tripabrood.com](mailto:hello@tripabrood.com)



[instagram.com/tripabrood](https://www.instagram.com/tripabrood)



[facebook.com/tripabrood](https://www.facebook.com/tripabrood)



Dear parents,

First of all, thank you for downloading our **Ukraine activity pack**.

At a time when the world's eyes are on Ukraine, for the most devastating of reasons, we felt it was important for us to show our support in our own small way - by highlighting the beautiful culture and history of Ukraine and the Ukrainian people.

This pack will focus on the rich history and culture of Ukraine, rather than on the current invasion by Russia. We feel that this is important considering the attempts of cultural erasure in Ukraine historically. For example, the bans on Ukrainian language in schools, in literature and in music, as well as bans on having a Ukrainian name that have existed at times over the past few centuries.

If you would like to learn more about how to speak to your children about the war and the history involved, we recommend visiting the Children in Need useful resources page which can be accessed using this QR code.



On a more personal note, I'd like to be transparent and say that although I have an academic background in history, I am not an expert specifically on Ukraine. However, it is somewhere very close to my heart as my grandfather was born in 1922 in what is now modern-day Ukraine. He was also living there when Russia invaded in 1940.

Thank you again for your interest in learning about and teaching your children about Ukrainian culture. It really is important.

*Katie Stepek*

Product Manager at tripAbroad

# Добрий день

Thank you for downloading our Ukraine activity pack - our small way of showing support for the people of Ukraine.



Welcome to our Ukraine activity pack. As the eyes of the world are on Ukraine, we felt it was important for us to do what little we can to show our support for the Ukrainian people. This pack will help you explore Ukrainian history, culture, cuisine, language and more through fun activities.

**This pack is split into 4 parts:**



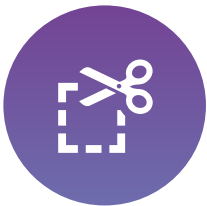
## **History:**

A little introduction to Ukraine, their history and their culture.



## **Taste:**

Try a recipe or two so you can experience the taste of Ukraine



## **Creative:**

Get crafty and learn about Ukraine through a creative activity.



## **Talk:**

Learn a few helpful words and phrases in Ukrainian.



# History

A little introduction to Ukraine, their history and their culture.



## FACTS ABOUT UKRAINE



Ukraine is a country in Eastern Europe and shares its border with 7 countries



The capital city of Ukraine is Kyiv (pronounced Ke-ev)



Ukraine has a population of over 44 million



The official language of Ukraine is Ukrainian



Ukraine's highest point is Mount Hoverla in the Carpathian Mountains



Ukraine is the largest country that is based solely in Europe



Most of Ukraine is flat. This area is called the steppe which is a large area of grassland where there are no trees.



The currency used is the Ukrainian hryvnia



Ukraine was once home to the powerful medieval kingdom of the Kyivan Rus.



Ukraine has been an independent country since 1991





# History

A little introduction to Ukraine, their history and their culture.



## UKRAINE IN THE ANCIENT WORLD



In the Ancient world, modern-day Ukraine was home to many different **peoples** and **tribes**. The Ancient Greeks also founded cities along the coast of the Black Sea. Eventually, the **Antes people**, a Slavic tribe, arrived in Ukraine. Although their Union collapsed around 1300 years ago, these people are considered the ancestors of **Ukrainians**.

## THE RUS, VIKINGS & VARANGIANS



*The Primary Chronicle*, a history book written over 800 years ago, tells a possible story of how **the Rus** arrived in Eastern Europe.

According to the chronicle, the Slavic tribes invited the Rus to rule and maintain order in their country. The Rus were likely Scandinavian **Vikings** who believed in the **Norse gods** such as Odin, Thor and Loki. According to tradition, three brothers accepted the invitation. One of these brothers was called **Rurik** and would go on to found a dynasty that would rule for over 700 years.

These vikings became known as the **Varangians**. Powerful viking warriors, these men controlled important trade routes, won wars against the very powerful Byzantine Empire (also known as the Eastern Roman Empire) and even formed an elite group of soldiers called the **Varangian Guard** that acted as bodyguards for the Emperor in Constantinople (modern-day Istanbul).

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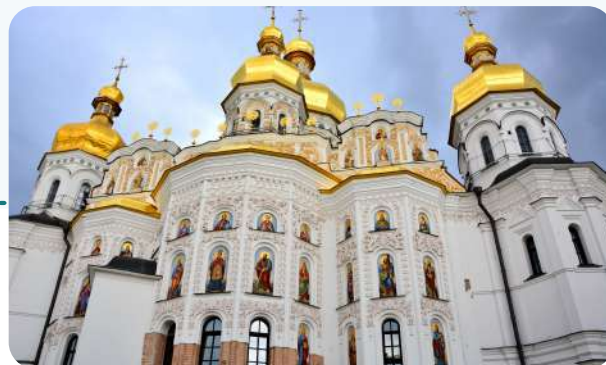


## THE KYIVAN RUS'

The brother named Rurik who accepted the invitation lived during the 9th century - over 1,100 years ago. A prince named **Oleg** became the next ruler of the Rus.

He conquered the nearby city of Kyiv which had been ruled by two men named Askold and Dir. These men were also Varangians and had once been Rurik's men. Oleg then made Kyiv the capital of the Rus'. That is why today we call the state that he and his descendants ruled, **the Kyivan Rus'**.

The rulers of the Kyivan Rus' were usually called Grand Dukes or Grand Princes and their power began to grow until the Kyivan Rus' became the **largest** and the **most powerful** state in Europe.



## WHICH RELIGION?

In 988, the Grand Duke of the Kyivan Rus' was **Vladimir the Great**. He made the decision to change the religion of the Kyivan Rus' away from Norse paganism. He sent his most valued advisors to various **different kingdoms** to learn about their religions.

Vladimir rejected Islam because, among other things, muslims were not allowed to drink **alcohol** and he rejected Roman christianity because he didn't find the ceremonies interesting enough. But upon seeing the beauty of the **Hagia Sophia** in Constantinople, his advisors were so taken that they converted to **Orthodox Christianity** on the spot. They returned home and convinced Vladimir to convert. The Grand Duke then visited the city himself and even married the Byzantine Emperor's sister, **Princess Anna**. Today, there are still Orthodox Christian churches standing that date from the time of Kyivan Rus'.



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## OLGA OF KYIV

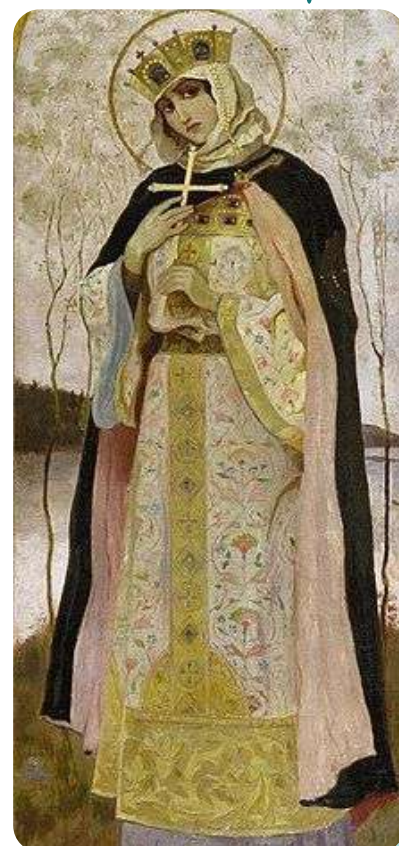
Although Vladimir the Great succeeded in converting the Kyivan Rus' to christianity, he was not the first ruler of the Kyivian Rus' to personally convert to christianity.

**Olga of Kyiv** was Vladimir's grandmother. A Varangian woman, Olga was married to **Prince Igor of Kyiv** when she was likely only a teenager. A few years after giving birth to their first son, Sviatoslav, Igor was killed by the **Drevlian tribe**. Olga took control of the Kyivian Rus and when members from the tribe arrived and told Olga to marry one of their princes, she pretended to agree before taking her **revenge** on the tribe, their prince and their city.

Olga then ruled the Kyivan Rus' for the next 15 years until her son was an adult. She continued to avoid marriage so she could preserve the throne for her son.

During her rule, she also travelled to **Constantinople** where she converted to Christianity by requesting to be baptised by the Byzantine Emperor himself. After her conversion, the emperor asked to marry her but she refused saying that, as he baptised her, that made him her godfather and so, it was now against the laws of the church for them to marry. The Emperor realised he had been **outwitted** and gave Olga gifts of gold, silver and silk. Olga clearly did not intend to give up her independence or risk her son's throne by marrying another.

Olga's son did not convert to christianity despite her urging and when Olga died of illness, all of Kyivan Rus' wept for she was **greatly loved**. Nearly 600 years later, Olga was made **saint of widows and converts**. Her feast day is July 11th, the date of her death over 1,000 years ago.





# History

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## FOREIGN POWERS IN UKRAINE

Despite the strong figures that had ruled, things started to go wrong and, in the 1200s, the invasion by the Mongols destroyed the once powerful Kyivan Rus'.

For the next few centuries, foreign powers including **Lithuania** and **Poland** ruled Ukraine. Under Poland, many Ukrainians were made to work on farms to make the land owners richer. The local people were unhappy and many escaped to join a powerful group called the **Cossacks** who fiercely defended the Orthodox faith of the Ukrainians. In 1648, the Cossacks began to fight against Polish rule. Within a few years, they were struggling and asked the nearby Tsar of Russia for help. In exchange for help, Ukraine would owe loyalty to the Tsar.

The majority of modern-day Ukraine became independent from Poland, but became part of the **Russian Empire**. Over the next hundred years, Russia slowly gained more and more control over Ukraine. At points, they even banned the use of Ukrainian language and Ukrainian names. By 1922, Ukraine was part of the **Soviet Union**. Soviet rule was harsh for Ukraine and millions of people died when the soviets took control of Ukraine's farms. Things did not improve during World War II when Germany invaded Ukraine, however the Soviets did eventually drive the Germans out of Ukraine.

In 1991 the Soviet Union broke apart and Ukraine finally became an **independent country** once again.





# History

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## UKRAINIAN WEDDINGS

Ukrainian weddings are one of the most symbolic celebrations of Ukrainian Culture. Many of the **traditions** are very old and have been practised for centuries. They're also full of colour and a little different than other weddings you might have seen.

To collect his bride, on the morning of the wedding, the groom is expected to answer a series of questions, give gifts and pass tests to prove that he is **worthy** to marry his beautiful bride. For example, he might have to guess which lipstick print on paper was made by his bride.

The clothes worn for the wedding may also differ from the traditional white dresses we see in the UK. Some are very colourful, particularly those worn by the **Hutsuls**, the natives of the Carpathian mountains. The bride's hair is also often braided and decorated with flowers, ribbons and trinkets (traditionally this even included garlic to ward off bad energy!). The mother of the bride will also place a **wreath** or **flower crown** on her daughter's head to bring her good luck for their future.

Parents play an important role in British weddings. In Ukraine, **godparents** also play a very important role and all bless the couple alongside the parents. The friends of the bride and groom also take part in the ceremony by holding crowns above the bride and grooms heads to symbolise the **Crown of the Kingdom of Heaven**.

There are many more unique traditions in Ukrainian culture but these are a selected few we loved!



# Creative

Get crafty and learn all about the country through a creative activity



## PYSANKY EGGS

Many of us have Easter eggs every year, but did you know Ukraine has an Easter tradition involving eggs which go back hundreds of years?

Pysanky are Ukrainian Easter eggs that are decorated using a specific wax-resist method. They're covered in gorgeous detailed designs that are often based on slavic folk art, religion or nature.

Specific tools are used to create these beautiful eggs, we're going to assume you don't have any Kistkas at home so we've got an easier method for you - using crayons!



### You will need:

- White paper
- Eggs (ideally white)
- Pencil
- Basic wax crayons
- Food colourings
- Vinegar
- Newspaper
- Paper towels

### GET INSPIRED BY THESE PYSANKY DESIGNS





# Creative

Get crafty and learn all about the country through a creative activity



**Step 1)** Using your white paper, decide which designs you'd like to make and which colours you will use. There's some examples on the previous page which can inspire you. Simply draw an egg shape and get designing.

**Step 2)** Using a few drops of food colouring and water, create your egg dyes. Add 1-2 tablespoons of vinegar for more vibrant colours.

**Step 3)** Cover your work surface with newspaper (if you haven't already done so) and set up your space with the different dyes, crayons, eggs and your designs.

**Step 4)** If you would like any white on your design (or brown if using brown eggs), draw that part of the design onto the egg with a crayon first. The colour of the crayon does not matter. The wax from the crayon will prevent the dye from colouring that part of the egg.

**Step 5)** Once you have your first design on the egg. Place your egg in the lightest dye you're using for the design of this egg. Leave the egg in the dye for at least 2 minutes (feel free to start your next egg during this time). The longer the egg sits, the more intense the colour will be. **Note: If you find that the wax isn't sticking, or the dye is not taking to it well, you can try washing the eggs.**

**Step 6)** Remove the egg from the dye and pat dry with a paper towel. Repeat this process by adding the crayon design for the part you would like to keep the colour of your newly dyed egg.

**Step 7)** Repeat step 5 by dipping the egg into the next lightest coloured dye. Repeat steps 5-6 until you've added all the colours in your design.

**Step 8)** Once all of your eggs are fully dyed, dry them completely and placed on a lined baking sheet.

**Step 9)** Heat your oven to 80°C and place your eggs in the oven (this will melt the wax from the crayons). After 10 minutes, take an egg out and, carefully, use a paper towel to rub off the hot wax. If it begins to harden, simply add it back to the oven.



# Taste

Try a recipe or two so you can experience the taste of Ukraine



Share your photos with us via Facebook or Instagram - @tripabrood

We might not see as many Ukrainian restaurants around as we do other cuisines but trust us... Ukrainian food is absolutely **delicious**! The dishes often have strong flavours (and a good amount of garlic!) Here are a couple of quick and easy recipes to give you and your family a little taste of Ukraine in your own home!

First we've got **deruny** - potato pancakes! These are perfect for anytime of day from breakfast to dinner and can be eaten alone or with meat, onions and herbs.

And the next, you may have heard of before.. it's **chicken Kyiv**! That's right, it really is named after Ukraine's capital.

## DERUNY

Serves: 6

### Ingredients:

- 700g potatoes
- 1 onion
- 1 egg
- 3 tbsp plain flour
- 1 tbsp sour cream (plus extra for serving)
- 1 tsp salt and pepper
- oil (for frying)



### Method:

1. Peel and grate your potatoes and onion using the small size of the grater where the metal sticks out a little at each hole.
2. Next add the flour, egg, sour cream and seasonings. Mix well. Your batter should be liquid enough to pick up with a ladle.
3. Heat up a pan with 2-3 tbsp of oil over a medium heat.
4. Add one tablespoon of the batter at a time and fry until golden brown on one side (they'll cook quickly). Flip the pancake and repeat until all your pancakes are golden on both sides. Serve warm with sour cream or other toppings.

# Taste

Try a recipe or two so you can experience the taste of Ukraine



Serves: 4

## UKRANIAN CHICKEN KYIV

### Ingredients:

- 4 chicken breasts
- 2 1/2 tbsp butter
- 1 tsp black pepper
- 1 tsp garlic powder
- 2 eggs
- 1/2 tsp dill
- 70g plain flour
- 50g breadcrumbs
- 450ml veg oil (optional)
- 1/2 lemon (sliced)
- 15g chopped parsley



### Method:

1. Cover each chicken breast between two sheets of baking paper and pound using a rolling pin until it is around 1/3cm thick. Wrap each breast in cling film and refrigerate.
2. In a small bowl, combine the butter, 1/2 tsp black pepper and 1/2 tsp of garlic powder and mix well. Spread the mixture onto a 2x4 inch tin foil rectangle and add to the freezer until firm.
3. When the butter is firm, remove the chicken from the fridge. Cut the butter into four equal pieces and place one piece on the middle of each chicken breast.
4. Fold the edges of the chicken in and roll to completely cover the butter. Use toothpicks to hold it in place.
5. In a small bowl, beat the eggs with 2 tbsp of water. In a separate bowl, mix together 1/4 tsp of pepper, 1/4 tsp of garlic powder, 1/2 tsp of dill and 70g of flour. Add your breadcrumbs to a third bowl or plate.

# Taste

Try a recipe or two so you can experience the taste of Ukraine



## Method:

6. Dip each roll of chicken in the flour, then egg mixture then breadcrumbs. Cover and place in the fridge for 30 minutes. If you plan to bake your kyivs, pre-heat your oven to 180°C.
7. To cook traditionally, heat the oil in a large pot (otherwise skip to step 9). Once hot, deep fry the chicken for about 5 minutes on each side. Ensure the meat is white and cooked all the way through.
8. Carefully remove the chicken and drain on paper towels and skip to step
9. To avoid deep frying, heat 4 tbsp oil in a large pan. Fry the rolls for 2 minutes on each side until slightly golden. Remove from the pan and add to a baking dish. Bake uncovered in the oven for 30 minutes or until the chicken is no longer pink.
9. Garnish the chicken Kyiv with lemon slices and parsley and serve with your chosen sides.





# Talk

Learn a few words and phrases



## KEY WORDS AND PHRASES

**Ukrainian** is the official language of Ukraine.  
Around 39 million people speak Ukrainian  
across the world.

Try practising some of these Ukrainian  
words and phrases.



**Добрий день**

Do-bryj den  
Hello



**Дякую**

d'a-ku-ju  
Thank you



**Будь ласка**

bud la-ska  
Please



**Як справи**

jak spra-vyu  
How are you?



**Дуже добре**

du-zhe do-bre  
Very good



**До побачення**

do po-ba-chen-nya  
Nice to meet you



**Па-па**

pa-pa  
Bye!



**Вибачте**

vy-bach-te  
Excuse me



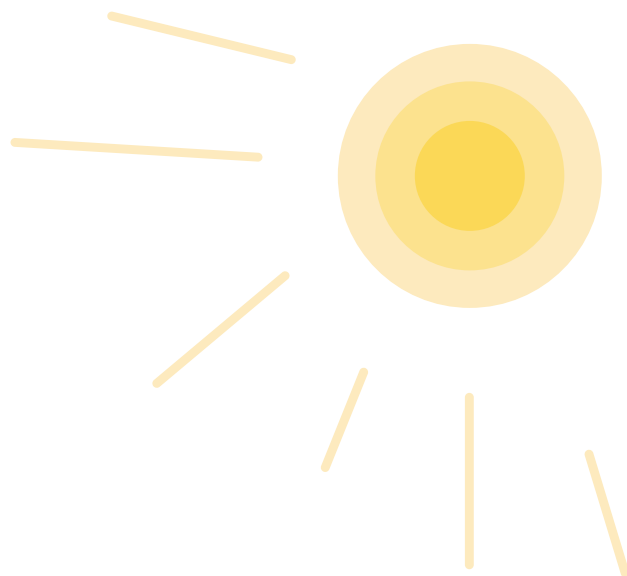
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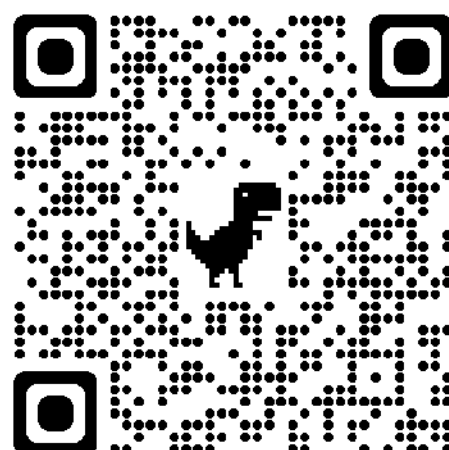
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# Until next time!

Thanks so much for downloading our **Ukraine** pack. We hope you had as much fun using it as we did creating it.

Don't forget to tell us all about your trip and share your creations with us via Facebook or Instagram (@tripabrood). You can visit our Instagram page by scanning this QR code.



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