

Photo-report

(in epistolary-reflexive genre)
of the member of Secretariat of UUAP
Mr. Andrii Molodorych

**about the trip of Ukrainian delegation
of psychotherapists-volunteers in a sphere of psychological help
to the participants of Maydan and ATO (anti-terroristic operation), refugees
from Ukrainian Umbrella Association of Psychotherapy**

to Vienna (Austria)

for the invitation of
European Association for Psychotherapy

with the assistance of:
**L'viv Psychoanalytic Institute of Mental Health
Irish Council for Psychotherapy
Vienna Convention Center
Österreichischer Bundesverband für Psychotherapie (ÖBVP)
VOPP (Austria)
Ukrainian Psychotherapeutic University
Sigmund Freud Privatuniversität Wien
Wiener Stadtssenat
Sigmund Freud Museum**

personally

**Mrs. Renee Oudjuk
Mrs. Eva Elisabeth Ourada**
Prof. Olexandr Filtz
Dr. Traudl Szyszkowitz
Prof. Alfred Pritz
Mr. Jose Castilho
Mr. Enver Cesko
Mrs. Irena Bezic
Mrs. Beatrix Wimmer
Mr. Thomas Weber
Dr. Roman Kechur
Mr. Alexander Rieder
Mrs. Barbara Fitzgerald
Mrs. Sonja Wirgler
Mrs. Claudia Fritz
Mrs. Felicitas Wressnig
Ms. Nataliya Tereschenko
and
Mr. Andrii Sydorenko



Participants:

Sokur Anna (Dnipro)
Shliepakova Yuliya (Dnipro)
Mazan Natalya (Dnipro)
Kit Vilena (Lviv)
Nakoniechna Oksana (Lviv)
Buschak Galuna (Lviv)
Malinowska Maryna (Khmelnyskyi)
Pidkaliuk Nataliya (Khmelnyskyi)
Aniskov Serguiy (Khmelnyskyi)
Liulchenko Yuliya (Odessa)
Kabluchko Rita (Odessa)
Malysh Viktoriya (administrator Odessa)
Konrad Tetiana (Zaporizhyya/Lviv/ Kyiv /Dnipro)
Levchuk Olena (Kyiv)
Molodorych Andrii (administrator Kyiv)
Petrova Larysa (Vinnytsia)
Radionova Liudmyla (Vinnytsia)
Nizdran Olexandra (Ternopil)
Sribna Iryna (Ternopil)
Bozko Kateryna (Poltava)
Demianchuk Olena (Zhytomyr)
Kuzmyk Magdalyna (Uzhgorod)
Tsukanova Tetiana (Mykolayiv)
Kossareva Oksana (Rivne)
Lanko Volodomyr (Kharkiv)
Tanasyuk Olexandr (Kherson)
Mudra Oksana (Chernivtsi)
Gryschuk Maya (Rivne)

Selection of the participants:

The selection was conducted during July-September 2016 by the Boards of branches councils of Ukrainian Union of Psychotherapists (Ukrainian Union (Society) of Psychotherapy (USP) – known name of the organization in Ukraine, further read as UUAP) in regions, on the basis of open social democratic selection of applications, received from candidates within the specified in advance period, through public debate of applications and decision made in the public meeting of the Board of affiliates.

Selection criteria were selected in advance, approved by the Secretariat of USP and published to the public in July 2016.

Selection criteria:

- member of Ukrainian Society of Psychotherapy;
- active member of psychological volunteer movement since the times of Maydan & until now, who burned out, who deserved for the rest;
- does not have a possibility to finance own vacation abroad personally.

Two persons, Molodorych Andrii and Victoria Malysh, have been delegated by the Secretariat of USP to deal with organizational matters of the trip, for what have received the right of participation in the project.

The organizers from the beginning have formed two lists of participants - main and reserve, in case of not obtaining visas, illness or other force majeure that could happen to the participants during the preparation for the trip. A week before the trip, both lists were combined into a single, as the Austrian side agreed with exceeding budget and approved a journey for all 28 members, but not 25, as previously planned.

Later, it turned out that even among those already approved participants were those who do not go. Therefore, 3 days before the trip to USP affiliates were sent a letter asking for another 3 candidates from those who have visas and time to go. These people were quickly found; however, they were not approved by USP in advance and got into list due to force majeure with planned participants.

Whatever it was, after all, in the action participated 28 people (all 28 seats on the bus) from 17 cities of Ukraine.

Departure (November 12, 2016):

On November 12, 2016 as it was planned, we all like one, who came the last by train from Kiev at exactly 22:30, were in our hired bus at the railway station of Lviv. It happened that we were even escorted by USP officials - USP manager of Mr. Andrii Sydorenko, who has helped on this trip with the documents and with the bus in Lviv at place, and the Head of USP Secretariat Mr. Roman Kechur. They wished us a good luck on the road (as in Lviv there was already an abundant snow) and a good and fruitful trip. At 22:50 we started our long way to Vienna, which was interesting and not too exhausting (in comparison to probable possible).



The road (November 13, 2016):

At about 1:40 we reached the border. And in one and a half hours, which is probably a record for the bus at the border (given that we all came out of the bus, unloaded our things and passed through fingerprinting procedure), at 3:15, we went further along the snow swept plains of Poland where highways do not know winter.

The next morning we were in the Czech Republic. This we quickly learned when the police car that we left behind on the sidelines, got ahead of us and with a highlighted advice on its rear window «Edj za mnoy». Next was a good test of common sense and trust of each other (just kidding) for all passengers of our bus, that Czech police checked for the "cigarettes" with a dog breed German Shepherd, that have even got into the bus to welcome us. Everything turned out well, without any incident and even with a selfie with the police.



Next our roads passed through the beauty of Czech in good weather and in good mood. Small one hour break for a visit to the Czech supermarket was very useful to stretch muscles and get the relatives acquainted to a real Czech beer.



Stop in Mikulov & Mykulov Castle:

3 hours after the supermarket stop we came to Mikulov town in Moravia, in fact, on the border with Austria. Ancient castle on a hill that is in this city, visible from the road to everyone who drives to Austria from that side. We had a good chance to make there a lunch stop and a short walk around the town and castle.



Mikulov – this very small Czech town impressed a lot with its small-town flavor and unforgettable beauty. I strongly advise travelers passing by to find an hour to enjoy the cozy beauty of Mykulov.



Most of the participants of the project together were little known. And this stop helped a little to get in contact with each other and get more acquainted. Further we had much more fun on the way on. One and a half hour walk in Mikulov gave us the strength for the final part of the trip to Vienna, where we had in 2 hours safely arrived.



Arrival:

At about 16:40 we were near the hotel. So, at five in the evening, our group finally got the opportunity to dismiss and relax. Our bus was parked at a free hotel parking (as we learned in advance separately), what kept us sufficient sum of money, knowing existing Vienna parking prices.

In general, we have planned the use of the bus and paid for his services very properly. As in Vienna, our bus was always in our full use and we were free for a group travel, both to training and back, go to the reception, to the museum, etc. For excess mileage we paid in total only EUR 177.5 (for 5 days in Vienna), while a weekly ticket for public transport in Vienna, which we were offered to buy by the Austrian side, cost Euro 16,20 for 1 person. So we saved 3 times. However, exceeded the total budget for transportation for 127.5 Euros (instead of 1500 Euro - Euro 1627.5). Since the funding to pay for transportation was provided by Lviv Psychoanalytic Institute of Mental Health and Ukrainian Psychotherapeutic University, I hope that this small overruns will be positively accepted and compensated.

At the reception of the hotel there was a package waiting for us, where we found: a map of Vienna in Russian, tourist guide of Vienna and its major sights and solid souvenir bag, in 30 copies. This were our host sponsors who took care of us - Vienna convention center, EAP and personally Traudl Szyszkowitz. Traudl also appeared at 6 pm at the hotel personally to greet us and make sure that everything was okay with the settlement and nutrition. It was really very nice and impressive.



Hotel:

Hotel Jufa is not located in the center of Vienna, but in 9 metro stops you will be there, if you need. In most cases we did not have to, because we had a bus. But due to quite a distance to the center, the hotel could offer us such price (30 Euro per person per night), that we would never have found in the center. Especially taking into account the living conditions.

Even if the hotel a little, in my opinion, did not got really those claimed 4 stars (and did not contain the promised pool and terraces), but could easily bit most of Vienna 3 stars. Especially taking into account the extremely generous and variadic breakfast buffet. I think no one in the group could stay hungry. The same can be said of the dinner (15 Euro in the same way) that our group relished 4 days of of 6 we were in Vienna. I have no complaints about the hotel and I advise to have it in a mind for future.



All female members of our project stayed 3 person in one room, and 4 males and 2 drivers stayed two per one room. The bill for hotel was fully financed and paid by EAP. Breakfast was included in the price of room in the hotel. The bill for dinner was also paid the EAP.

Further, these funds will be distributed among project donors who have contributed money to a special account opened by the EAP for the project.

There was received: from EAP – 5 000€; from the Irish Council for Psychotherapy – 1 000€; from Vienna Convention Center – 1 000€; from Mrs. Eva Elisabeth Ourada - 110€ and from Mrs. Renee Oudiuk - 50€. Total 7 160€. In this article, we will also have a large cost overruns. However, it was agreed in advance with the EAP, which has agreed to increase funding factually. All the money for the hotel and meals were paid by EAP treasurer Alexander Rieder from the accounts of EAP & did not come into my hands.

Sigmund Freud Privatuniversität Wien (November 14-16, 2016):

The next morning at 9:30 am well rested and after breakfast we departed to our study at the Sigmund Freud University, where during the next three days we expected by our colleagues (whether teachers or professors, or therapists, or supervisors ... hard to say, because they were all at once) from Austria, Croatia and Macedonia, which gave us the professional and personal support through recreational activities in this project.



By its own, the Sigmund Freud University has extremely impressed us by the modernity of its building, democracy of organization of education, high-class service. We had the opportunity to talk with students attending at the same time their studies, learn what, where and who teaches the students, to feel ourselves a student for a while. The rooms for our training at University were provided by SFU free of charge.

We met with the Rector of SFU Prof. Alfred Pritz, who is also the Secretary General of the EAP for 22 years and President of the World Council for Psychotherapy and had the opportunity to talk with him and express our gratitude for supporting this project.



Seminars, supervision, training:

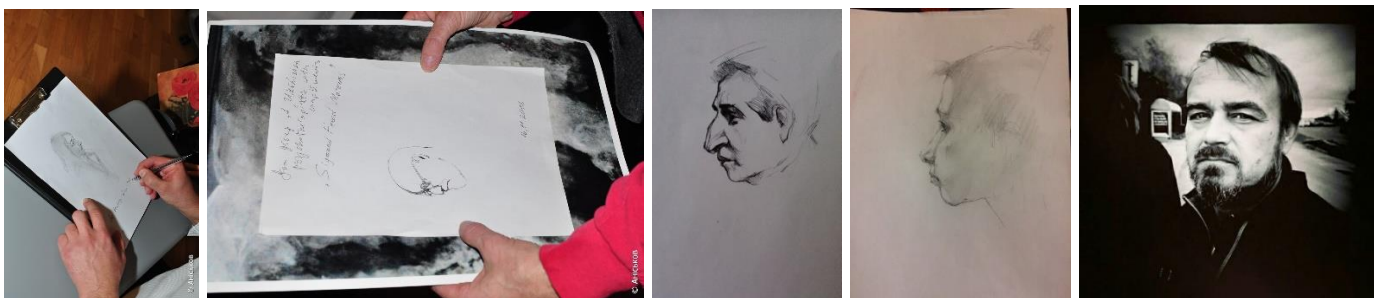
The first day of training/recreation started with the acquaintanceship between us and our trainers from Austria Prof. Alfred Pritz and Mrs. Beatrix Wimmer, who currently is a President of European Association of Gestalt Therapists, Mr. Enver Cesko from Macedonia and Irena Bezic from Croatia.



The first two hours we presented ourselves and informed about our experience as a volunteer from the times of the Maydan. The impression it made was extremely depressing, as on trainers as well as on participants in the group. Many people wept, when touched the traumas of clients they were dealing and problems of colleagues. That background, which created the group at the start of the first day, very clearly confirmed that exactly these people were worthy of this trip and need support.



Among the members of our group was Oleksadr Tanasyuk. The man who in addition to psychotherapy, has a talent for drawing. So, while the group went their processes, Olexandr also was in a process of creating portraits of some members of the group and trainers. Then we had the opportunity to present from Olexandr and group a small pleasant memorable thing.



So, after been thanking Alfred and Beatrix for the support, we continued to work with the remaining two trainers - Enver and Irene in two groups of 14 people. Translation in one group was carried by SFU student Natalia Tereshchenko, who volunteered to spend three days of her life in translating for us at very nominal for Austria amount of money. Translation in another group was carried by me.

I will not write much here about the work in groups, because this issue is quite confidential and subjective. I will not publish also personal photos of participants, their faces, emotions at work, because I do not want step beyond the ethical limits. Let me just say that trainers were very competent enough, have personally survived the war and 20 years of experience with similar traumas and problems that we currently encounter in our work.

Working with Enver and Irene took place during the second half of the first day (November 14), the whole second day (15 November) and the morning of the third day (November 16), which was shortened due to our visit to the museum of Sigmund Freud, which is open only until 6 pm.



Enver Cesko, the President of Association of Psychotherapy of Kosovo - known in Europe positive therapist, appeared to be also a specialist in body therapy. His exercises, despite their simplicity, through the personality who used them, extremely pleased and impressed the group by their resourcefulness and utility to use even with PTSD and severe conditions. Enver showed us virtuous and soft methods to overcome defence and resistance in severe conditions. And his empathy and a manner of leading the group we will probably remember forever.



Irena Bezyc who is the gestalt therapist also showed us techniques of establishing contact and convergence of participants at the start of therapy and shared an invaluable experience of working with different patients under different conditions and circumstances. She also explained us the differences in the treating combat trauma and civil, as well as differences in approaches to assist in these states. It was extremely helpful to hear such information and share from the person who has a vast experience in this field.

Reception by to Austrian colleagues:

After the end of our studies on November 15, we all boarded the bus and went to the hotel to make an evening preparation. Because at 19:30 for us were waiting our Austrian colleagues who invited us for a friendly welcome. And sure it was! Friendly, warm, empathizing, accepting, sympathetic, supportive and inspirational.



We were welcomed by two Austrian national associations of psychotherapy, who for the first time in the history united around our project and spent time together. I think it's extremely important symbolically and politically and humanely when like-minded people together to support different environments and different visions. These two different associations shared the costs of this reception together. One paid for music and space. And another for food and drinks.

There were about 20 our Austrian colleagues and our trainers waiting for us. All were extremely happy to see us and spend time together in an informal environment.



As for food – we were treated to a typical Austrian menu: Viennese schnitzel, ham in 5 versions, jelly, potato salad, pickled and stewed cabbage, etc. ... Topically that, what is typical in Austria. We "ate their table." Generous and thoughtful. Tasty.



The place in which we had a reception was belonging to the category "Heuriger" - typical place for Austria, where residents traditionally spend time together. With a young wine from the owners of Heuriger and, at the times of Freud, reciting poems for the tip, or with live music now. Owner of the establishment impressed us with the information that this basement was over 1000 years old, because it was owned by monks from some 1042. Light white wine which grow now the family of owners, we liked very much.



The musicians at our reception tried to be maximum professional. And we have no real complaints about the music. Just when they sometimes sang or danced with us (which was not their duty tonight), we felt them the same as we were.



- Because they were also psychotherapists. Vienna therapists, who is also the group that plays for hobby at some events. It was really cool - to find "our people" among even musicians!

Complemented the ensemble of musicians the ensemble of Austrian national dresses in which we were welcomed by our colleagues from Vienna, and in particular, the brightest, Traudl. However, our ladies were also extremely steep and beautiful. Many were dressed in embroidered shirts, which in its colorful diversity impressed by its elegance and harmony.



After the first greetings and representations we have been provided by the opportunity to eat and drink a little. And then the time for toasts came quickly. As of the Austrians, and on our part. Some of our speeches were not very funny at the beginning. Since I really had to thank on behalf of all the delegation for supporting the initiative, financing, training and care of us to the Austrian colleagues. And this could not be done without mentioning the reason and purpose of the project - rehabilitation of colleagues who have deeply touched the war, the traumas, the cryzis.



It was impossible not to mention that time (15 February 2014), when during staying of Maydan in Kiev, me been present at EAP Board General meeting, informed the colleagues about what was really happening in Ukraine; and what further have happened then. On the days when this initiative was created in February 2015. And on how much effort has been invested in its implementation. So having overcome a little sadness arized about the past, we slowly returned to the present, to our colleagues to dinner, wine, music, to dance.



Slowly the evening became more happier and better. The main figures of our host parties were heartfully thanked, gifted with souvenirs and hugged. Further on, we contunued with the “concurs for the best song”. In which, our songs by chorus and “a capello”, always was followed by chorus of Austrians with their songs and even yodel, which is extremely difficult in execution. I was not counting how many Ukrainian songs we sang, but I can say that more than few dozens.



These all lasted until we began to fraternize on denominations (or modalities) – search for colleagues, which gradually turned into a dance. I did not even know what I personally can go dancing something there Austrian. It turned out that I can and not just me.



Only at 11 p.m. we started to leave the party to go to the hotel. We collected all best wishes from our colleagues, who even presented to everyone as a souvenir a bottle of nice wine, produced by Heurriger owners. The memory we will keep about this event will stay long and kind.



Completion of the studies (16 November 2016):

On the third day of training we were joined by another therapist from Vienna - Thomas Weber, who demonstrated the latest developments in the field of working with trauma using a new knowledge in the field of neuroscience in the method of breynspoting and painspoting. Unfortunately the time to understand the method fully we have not had, but these developments aroused a keen interest among the participants. Currently, we already have an agreement to organize for volunteerly work of Mr Weber the program of training in this method in Ukraine next year in Khmelnytskyi. The information on this event was already distributed in Ukraine and the group of 40 students was closed due to overloading.

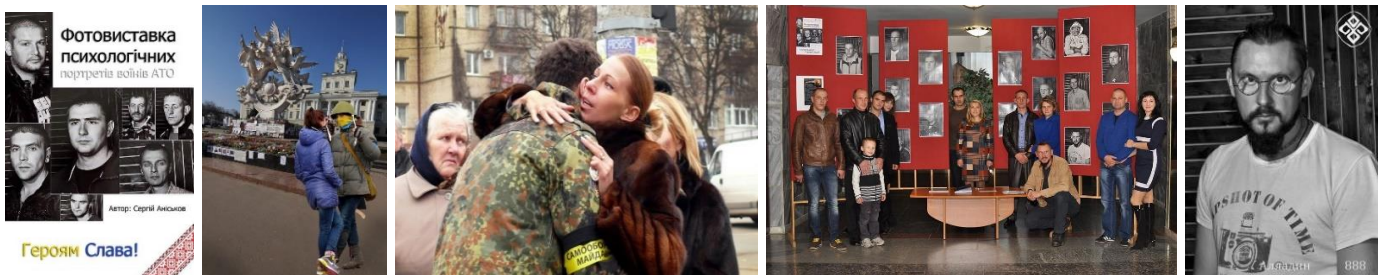


At the end of training on the third day (November 16), we again gathered in a large group and had the opportunity to reflect the experience of the three days and express our gratitude to the trainers and organizers.

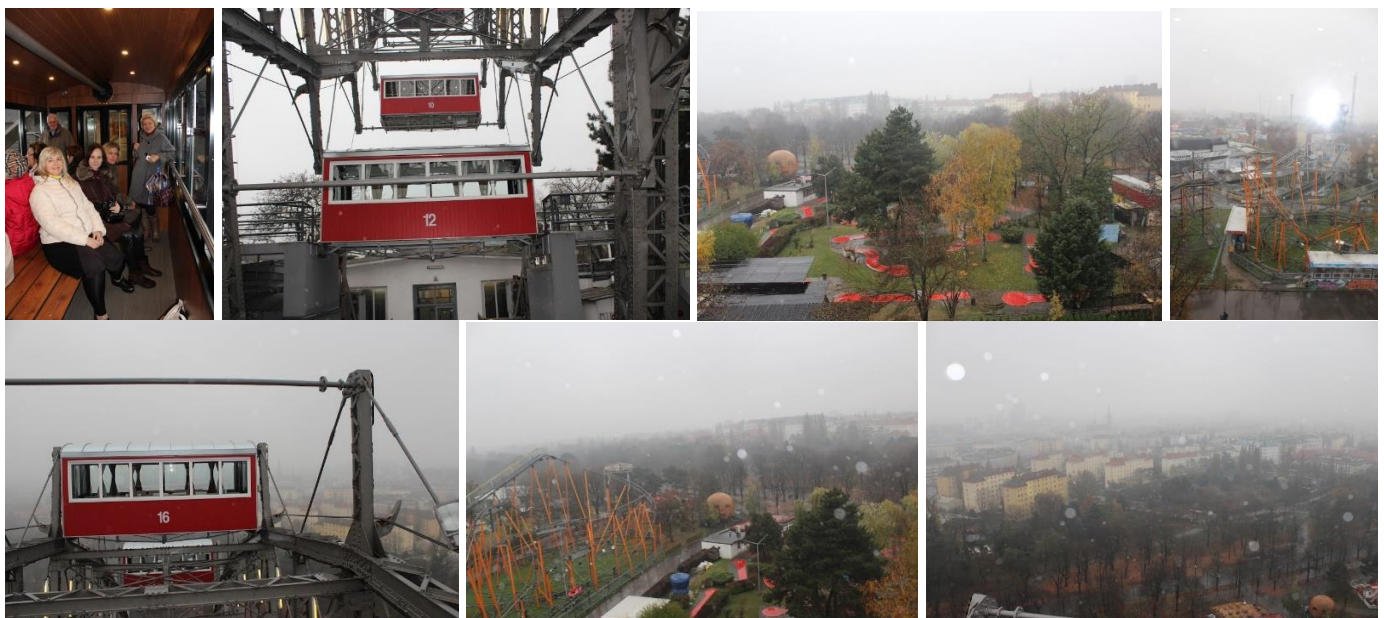


Also on the last day we were again extremely impressed by the care of us by hosts. When before lunch Traudl Szyszkwitz visited us and brought all food remainder of our banquet (on the eve collected in containers) to us for lunch, so we did not spend our own funds. And Sonja Wirgler from EAP have left her her affairs in over a half of Vienna was carrying tableware to us so that we could eat lunch at place. I also wish to express my special gratitude to Sonja Wirgler, Claudia Fritz and the entire secretariat of EAP for those efforts have been spent to prepare the invitations for our trip members and getting EVE for each participant in the police, without which many members of our group could stay without visas.

I would also like to inform that among our members was Sergiy Aniskov that except that there is a therapist, yet professionally engaged in photography. Sergei brought to Vienna his works – photo-portraits of participants of Maydan and ATO. And we have agreed with SFU that in the University hall there will soon be an exhibition of his works organized, where all students will be able to look into the eyes of our fellow citizens and soldiers. In addition, Traudl was interested in using these portraits in therapeutic practice. So, we can expect the continuation of this story.



Then we had some free time for ourselves and we tried to enjoy the pleasures of Prater, the Viennese amusement park, near to which SFU is located. Unfortunately, because of the rain we could not enjoy all the entertainment, which sought. For example, the highest in Europe carousel of 118 meters height was closed. However, little did we tried.



Sigmund Freud museum:

Then we went to the Museum of Sigmund Freud on Berhbase 19. There we awaited by a wonderful tour, which agreed Traudl, accompanied by a guide Mrs. Felicitas Wressnig, who was the President of the World Association of tourist guides. It should be noted that Felicitas conducted a tour for us for free, and for our entrance to the museum, which is private, paid the Vienna City Hall. Although we were a little late to the museum, but until 6 p.m. we had enough time to enjoy both a tour and personal viewing of exhibits.



Then, in the evening, our group has split itself by interests. Most went to Vienna National Opera, cheap tickets to which members of our project purchased in advance via the Internet.





And while two-thirds of our group enjoyed the opera "Manon," which was performed in French, the other had the opportunity to enjoy an evening of Vienna, which already opened Christmas markets and entertainment. Vienna at that time is just unforgettable



Free Day (17 November 2016):

The next day we had planned free a day of rest in Vienna. Half of our group was very smart and found themselves a Russian speaking guide on the internet, which held them wonderful morning tour at the center of Vienna, which all were very satisfied.





The other half spent the day to visit the Albertina Museum, which exhibited the most famous world paintings, and Leopold Museum. Surely it was not possible to avoid also some shopping. It was Maria Hilfershtrasse where almost all our entire group, without agreeing beforehand, met together and continued the journey in Vienna. Everyone in this day found himself a something else, something own, something which was long sought and pleasurable.



Last Day (November 18):

The next day we have had to move out from the hotel and start our way back home. So, after a good and load breakfast, we boarded the bus and went to continue our journey. And there had a little more to do.

Beforehand we stopped at cheap supermarket Hofer, where bought everything necessary to compensate their lack of us to our family members, Christmas gifts, and more.



Next in our program appeared a truly patriotic expropt One of our member was related to the Union of Ukrainian Cossacks. She informed us that in Vienna there is a monument to Ukrainian Cossacks, and proposed to lay there the wreath, which brought with her. Our group responded warmly to this initiative and the last day in Vienna we all visited the Türkenschanzpark.



There we really found the monument to Ukrainian cossak-defender of Vienna built it 2013 with the support of Embassy of Ukraine in Austria and personal support of the mayor of Vienna, (http://www.waymarking.com/waymarks/WM7M9N_Ukrainian_Cossak_Vienna_Austria), Michael Häupl. We layed a wreath at the monument, sang a hymn and made a few pictures.



SFU outpatient clinic:



Also that day, at the invitation of Alfred Pritz we visited the SFU outpatient clinic - clinic, which provides therapy to immigrants in Vienna. Clinic's clients are 120 displaced persons (immigrants, refugees), who under various programs get provided help in 19 languages. The work with clients is done either by licensed psychotherapists or by free interns from SFU student. Who can get needed 630 hours of practice-training in psychotherapy, which are necessary for the diploma, practically only in this clinic, at current stage of psychotherapy development. Customers pay depending on the presence or not, of insurance, and depending on the level of monthly income. Starting from 10 euros, and sometimes even free at all.



The outpatient clinic is managed by a spouse of Alfred Pritz, Dr.Eva. She presented us the work of the clinics and answered all questions arised. Local dog therapist was also happy to see us.



We've been presented with a diagnostic questionnaire of the clinic, and we presented Ukrainian authentic doll. Also there we have finally meat the opportunity to catch the treasurer of EAP Alexander reader who brought there our certificates from EAP and, in general, helped us a lot in establishing and organizing this trip. He also could not stay away of been donated by our souvenirs from Ukraine.



Thermal waters Lukacs and Budapest:

After visiting the SFU clinic at about 3 o'clock we left Vienna towards the direction of home. However, our program contained another two events – visit to Budapest thermal water resort and Budapest night walk with dinner.

Around 9 pm we finally arrived to Budapest and immediately went to the thermal center Lucas, one of five biggest and most famous thermal spa in Budapest. Unfortunately, not all members of our group agreed to that initiative (perhaps because of money, perhaps for other reasons). 17 but the boldest yet agreed and did not sorry for it.

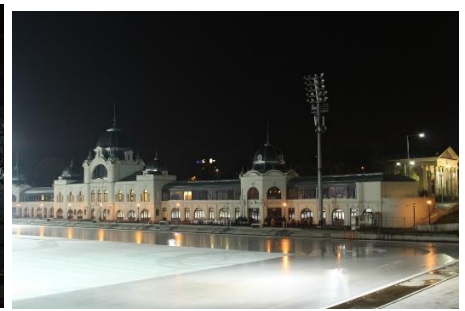


We bought the evening tickets that were half of the price than we expected (10 €). And despite the complete loss of orientation in space of the baths, somewhere in a half an hour we already accustomed and started having fun. And it was just great. Baths, basins, saunas, whirlpool, etc., in all its diversity were at our disposal up to 3 hours, until 22:00, when we agreed to meet with the rest of the group. Those who was there, can confirm that it was a fat point in this whole rehabilitation program. We were really able to relax well, wash out, steam away, massage our muscles under Charcot shower, drink water, soak in a hot water radon, get a bit healthier.



The rest of the group at that time was able to walk at Budapest at night. Unfortunately, it happened so, that we could not find a good restaurant where there was a possibility to feed 30 people at once without pre-order, because most civilized restaurants in Budapest stop taking orders for kitchen at 23:00, and some even at 22:00. Therefore, overcoming our own frustration, we were forced to use the services of semi-bistro/semi-restaurant. After eating almost all food reserves of the institution (they did not have big stock) and spending an hour staying in a queue made of ourselves to the cashier, we could count to be not hungry anymore and ready to go further. This was the only episode where the most of us had a real annoyance! It also became meanwhile that small fly in the ointment, which, however, had to be in any project. Because instead of having a comfortable dinner together on costs of EAP, which has provided me 15€ in cash for each participant of that dinner (if paid for all together in one place on one check), we got a run around looking for restaurants, the absence of the desired food, despite its presence in the menu and a queue. And also we saved a 100€, which I undertake to return to the EAP in February 2017.

This point in the future will be better worked out by me. It was a mistake not to take care of it in advance. However, in order to do it, it was necessary to understand our arrival time there and I did not have that chance for such forecast in advance. Further I will already be able.

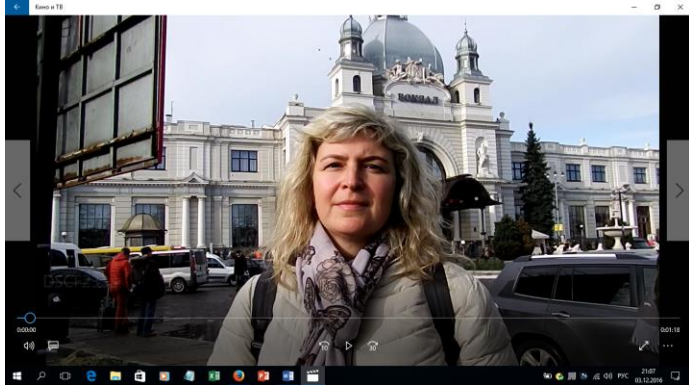
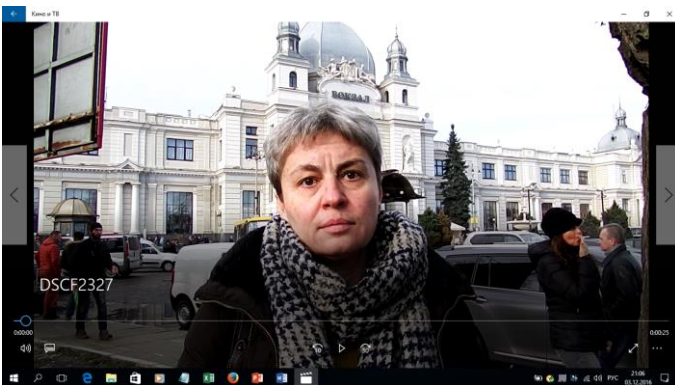
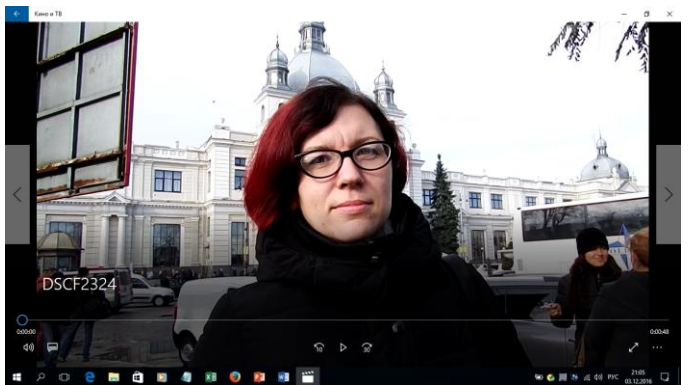
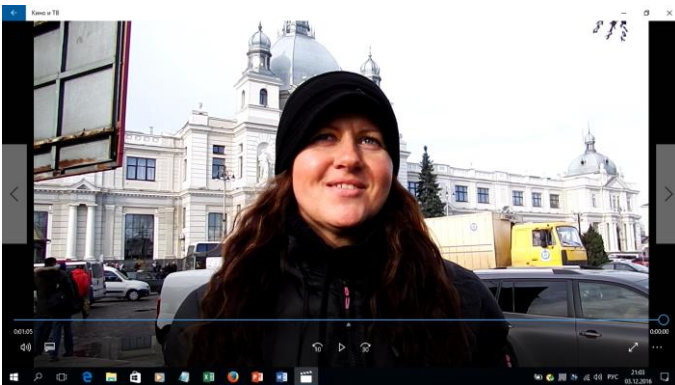


I must also mention that Budapest did not made us such an impression as Vienna. It had constantly reminded us that the home is not far away - people are not that kind, the problems of customers were not grasp, the streets are extremely dirty (this was in the center), around was a bunch of drunken teenagers, a few times we met a live sculptures of pissing boys, and at the end even the homeless people who were having sex in the arch of a building. It was clear that the spirit of our motherland is not far away.

Or rather, just across the mountains, which we have passed and came on boarder at six in the morning. Fast, for hour, and without incident we crossed the border and at 12 o'clock on November 19 safely arrived to Lviv. A little tired from the trip by bus, but extremely fulfilled and enriched by the events that we experienced during that week of warm, sincere and friendly reception in Austria.

Once again I sincerely and heartily thank all those who joined the initiative: donors, sponsors, trainers, colleagues, sympathizers, to everyone who made this trip possible!

Video feed-backs from project participants' in English are available upon request due to their big size.



Budget and costs:

This chapter I still can not finalize fully without the help of Alexander Rieder, who collected all figures from EAP and can approve its correctness or correct. However, since most of the costs have been agreed in advance I can state the following:

- **Bus:** planned - € 1,500; spent - € 1627,5; difference - € 127.5 was preagreed to be covered by UUAP after the Board meeting in February.
- **Hotel:** planned - € 4,500; spent - € 4,540 by Alexander Rieder (EAP).
- **Breakfast:** included into the price.
- **Dinner:** € 2,100 planned. Spent amount was agreed with the EAP. On November 16, the day the group went to Opera and Vienna walking in the evening, dinner at the hotel was (by agreement with project participants and EAP officers) canceled. Instead, each participant received compensation for undone dinner € 10 in cash. Comparing to planned 15€ for dinner at the hotel there is some cost savings here. At the hotel EAP have paid for us 1,350€ (by Alexander Rieder). In cash it was given 300 EUR (28 participants +2 drivers).
- **Lunch:** each participant was paid by Alexander Rieder in cash 10€ for each training day meals in buffets around SFU. It was the initiative of the EAP, as it was cheaper and smarter. As 3 hours after breakfast at the hotel most people were really not hungry. Money were given personally by the treasurer of EAP under the signature of each participant. I also got the same 30€. So instead of 750€ planned, it really turned 840 €. Excess agreed.
- **Admission to Heuriger:** the amount is unclear for me. Alexander's figures state "dinner with OBVP (50%) – 206,40", but I guess this are not all costs related to our Reception there. This figures either need correction or just blind approval from parties, who accepted us there.
- **Dinner in Budapest:** planned - 450€ that were received from the EAP cash in my hands; used – 347,64 €. 102 € rest remained in my hands in cash. The money will be returned to the treasurer of the EAP in February 2017.
- **Translator:** the sum of € 400 was not planned in the budget, but was independently agreed by EAP officers during the preparation phase. In future this money should be budgeted separately. Because for me personally it was also a little hard, and even not justly, to stay simultaneously in three roles - participant, organizer and interpreter. Therefore, we must further either reserve funds for two translators or bring the interpreters with us from those who are volunteers.
- **Accommodation, meals and transport for the trainers:** was paid directly by EAP personally to trainers or to the hotel. The planned amount was not exactly fixed. Details were provided by Alexander Rieder and it was stated that there were 1,011.84€ spent on this article.
- **Honoraries for trainers:** trainers did not get any fees for their services.

That's all. There is nothing more about any money involved in this project, I know. After approving all this information in EAP in Vienna on the ultimate cost, the final calculation will be formed by me to report to donors. No other amounts. No other cash. And no other penny, which could stick to my hands in this project was present. Because they could not. In principle.

Feed-back (extracted from Facebook):

Владимир Ланько:

Andrii, I am grateful to you for this trip, meeting with colleagues from Ukraine and Vienna. Pleasant new impressions, experiences and relaxation - just what I needed to recover my resources.

I wish you and fellow community inspiration and strength to prepare the continuation of the program for other fellow volunteers who need rehabilitation and recreation.

Grateful also to psychotherapists-trainers and everyone who supported this project and implemented it.

Katherina Bozhko:

Feedback about a trip to Vienna for rehabilitation of psychologists-volunteers of USP:

To express a gratitude in this case for me is not enough. Moments of happiness from experiences that I got inspire me to write more than a few words.

In the list of gratitude and excitements on the first place I put the generosity of all the people who thought it is important and determination and courage of Andrii Molodorych, who decided the make a whole process selection be done completely open and transparent. As if nothing extraordinary, but with the old principles of selection that have dominated not only in state agencies, but, unfortunately, in public organizations now, it deserves a special attitude. From myself I will write my trip looked a fairytale for my surroundings. Paying for volunteering by health, money and other preferences which have more pragmatic than me people, get the opportunity to talk with professors at the University of Sigmund Freud, relax and enjoy Vienna – it's fantastic!

How much we were pleased when we were received by the Austrian psychotherapists with care and respect that we in our turn offer to volunteers of Maydan, ATO, military persons, refugees. Mentioning the law of sowing and harvesting and see how it turns back to you. Although, I'm sure none of us, members of the trip, was not expecting any reward for their work. Even more surprising was, for me, the respect to Ukrainian song, to our culture. Up to tears ...

Careful and with concern was provided work to us by our European trainers: Irena and Enver, 's, heat, as we are by war, and thus even more closer to us. So much everything was simple and deep at the same time. Many thanks to them! Professional self-esteem was increased, including thanks to the beautiful expression of S.Freud that can find anyone who visits the museum.

Vienna Vienna ... Itself it is a rehabilitating phenomenon without any additions. I felt the spirit of quiet joy, a perfect combination of practicality and beauty, shine of dignity, peace and goodness around.

My dream came true - I saw, heard, felt the Vienna opera, the sounds of music are still in me. It charmed me.

The only thing which was not enough was time, some particular moderation, which now I associate Vienna. Too quickly it all happened. But it can be said the same about the New Year Eve, so long you wait for it, getting prepared, and the first day of the year flashed in a moment)))

I thank to each of the participants - from almost every corner of Ukraine, funny, positive in communicating, separately for patience to Victoria Malish, for the sad moments of memories that we share who not just unite but cement us and you may hear it when we sing together a hymn of Ukraine.

I wish you all: the organizers, donors, participants a success in all your affairs and get the ability for my colleagues to be present in such trips further. 😊

Olena Levchuk:

I will continue the thoughts of Catherine, nevertheless with my own words of gratitude.

First, Andrii, my thanks to you. They say that the Idea not everyone can bear, actually yes! It was your idea to create such format of rehabilitation brought me a sense of the value of my time spent, of efforts and internal resources on spent on Maidan that were not in vain. I thank to the Austrian team of colleagues who believed us and were able to stay in their own whirlpool of different views on this project.

I thank to my group that was different and thus was interesting, warm and understanding. Thank you to my "new"

and "old" friends for your support and empathy at a time when I needed it.
I thank all colleagues who took part in the moment of selection.

This trip has raised my confidence to the professionals of their art, particularly in the area of psychotherapy. These meetings have inspired a hope for the future and linked to the international community of associates. This was Vienna, opera, Freud University reminded me of my student and creative years of my youthful maximalism - that is what was lost after these events.

I was able to "return back to myself"; could again raise my eyes to look at the sun and into a sad, and sometimes desolate eyes of people from the East, there were those who saw the war and its consequences. So I am again empowered to continue the work of my heart and my soul calling. Being where I can bring my peace, skills and support!

Good luck to you, my Austrian colleagues; psychotherapy gentlemen and my Ukrainian friends!

Вілена Кіт:

VIENNA 11.2016 Still impressed by the business trip to Austria, organized by the European Association of Psychotherapists for the volunteers of Psychological Crisis Service for members of ATO of Ukrainian Union of Psychotherapists. The purpose of the trip was to relax and recharge, recover, breathe a different air. No one really thought there would be something of new and educational can gain there, since there were 7 days there only for everything about everything, including the Thermal-bath in Budepesht.

However, we faced shocked with a surprise - an approach to work with trauma, work to suffering experience, renewal and continuation (even rather a new beginning) of life in a new environment after the conflict, and most importantl - VISION OF STAGE ON WHICH STAYS now UKRAINE THROUGH THE EYES OF EXPERTS from BALKANS (Kosovo, Croatia) .. It was a gift of fate. We can learn and re-learn a hundred times the crisis psychotherapeutic approaches, interventions and rehabilitation techniques, etc. But we do not see (there is no currently own comparative experience) where we are, and what is yet to come. This can be done only by distancing in time or space, and what we experienced dealing with the post-Yugoslav counterparts. Honor them and thanks.

Instead, it is necessary to pay attention - we are relatively well reflect what already passed. Here is where the respect for ourselves was heard)))

Irina Sribna:

Finally I also decided to share my impressions of the trip to Vienna) If saying a single word - it was indeed the rehabilitation. The trainers have very correctly said - to restore you need to get out of the situation - teritorically, mentally, spiritually. So it happened – getting out of the limits brought the ability to look at myself and others like "from aside", feel good own deficits and fill them with something new. And there were many new things – country, new people, first time I was in opera, walking on "non touristic" Vienna places to get a taste of the city and of course Budapest which I dreemed next place after Venice))) thank to everyone who organized, accepted and filled me with new resource! On human resources later)))

This is all, folks.

Thank you!

P.S. This report uses 185 photo pictures. 95% of them - pictures made personally by a members of our group. Thank you, colleagues, for your consent to their use. If use of some of the photos here you do not agree - let me know about it and I will replace it by the another. Special thanks to Sergiy Aniskov for his excellent work as our photo-reporter during the project.

Andrii Molodorych

December 4, 2016, Ukrainka