

Ukraine

Host



Welcome

Pack

"A warm welcome, care and understanding can make the world of difference"



Hosts for Ukraine Brum 

WhatsApp group



Join the group!

rmc
Refugee and Migrant Centre



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Support organisations

Refugee and Migrant Centre (RMC)

RMC is a charity organisation offering free support and advice to the sponsors and Ukrainian nationals who arrived on the Homes for Ukraine Scheme. RMC provides specialist immigration advice and casework, applying for the right benefits (if you have already applied, there may be more you could be entitled to), National Insurance Number, and opening a bank account.

Things we do:

- **Universal Credit** – a payment for those of working age, to help with your living costs if you are on a low income. You could be working (including self-employed or part-time) or be out of work;
- **Child Benefit** - is a universal benefit for parents or guardians that issues monthly payments equating to £21.80 per week for the eldest child and £14.45 per week for each additional child;
- **Bank Account** – we provide a full service in relation to Nationwide Building Society account opening, as well as a proof of address required for that;
- **National Insurance Number (NINo)** - is a form of individual tax identification that enables the taxes taken from an individual to be associated with them to demonstrate their eligibility for certain state benefits;
- **Immigration advice** - we can help you with most things to do with immigration, including helping you to fill in the right forms and apply/make changes to your BRP card.

Drop-in advice sessions for Ukrainian arrivals:

Every Monday, Tuesday, Thursday and Friday between 2pm-4pm

Services offered in English, Ukrainian, Russian languages.

Contact us:



0121 314 5037



ukraineb@rmcentre.org.uk



WhatsApp Group (Scan QR)



The Refugee and Migrant Centre, 2nd floor, Chamberlain Building, 36 Frederick Street, Birmingham, B1 3HN



www.rmcentre.org.uk



Refugee Action



Refugee Action is a charity organisation, which provides support with queries regarding:

- Delayed thank you payments for hosts and guests;
- Housing support and referrals in case of change of circumstances;
- Registering with GP, dentist and pharmacy;
- Referrals to specialised services, such as counselling and mental health support;
- Signing up to ESOL classes;
- Support with school admissions;
- Other related queries.



0121 201 3070



Refugee Action
83 Cobalt Square,
Hagley Road, Birmingham,
B16 8QG



www.refugee-action.org.uk

Spring Housing

Spring Housing Association is a housing charity providing accommodation to those in need, and working to prevent homelessness. There are many housing options: private rented accommodation, council accommodation, housing association, buying your own home, living with family and friends, hostel or supported housing.

Things we do:

- Offer weekly housing sessions on a regular basis to everyone through a presentation with the option to receive 1-2-1 support via a booking system with our Housing Advice Team for more in depth and person-centered advice in relations to housing.
- Offer guidance and support around managing your utility bills, such as, council tax, gas/electricity, water, to be aware of what bills you're responsible for in your own home and how to manage them in the long-term.
- If Housing Benefit or Universal Credit doesn't cover all your rent and you need more money, you could make a claim for a discretionary housing payment (DHP). A DHP is extra money from your local council to help pay your rent. You can get in contact with the local council to receive support with this.



Referral Contact Information:
Fady Ghobrial (Service Manager-
Homes for Ukraine Service)



07864208370 /0121 663 1443



www.springhousing.org.uk
www.linktr.ee/homes4ukraine



Spring Housing, 16 Commercial
Street, Birmingham, B1 1R

Spring Housing
Association

Council Tax Information

A Ukrainian joining a sponsor's home under the Homes for Ukraine scheme will be 'disregarded' when council tax discounts are calculated in England to ensure that sponsors are not financially worse off as a result of taking part in the scheme. As well as there being no impact on a sponsor's discount for their main home, there will be a 50% discount for empty or second homes that are used to house Ukrainians on the scheme. www.gov.uk/government/news/regulations-to-limit-impact-on-council-tax-for-homes-for-ukraine-sponsors

Citizens Advice Bureau



Citizen's Advice Bureau provides careers information, advice and guidance. We can help you to make decisions on learning, training and work at all stages in your career.

Opening Times: Monday to Friday: 9:30 am-4:30 pm; Saturday and Sunday: Closed



03444771010



Citizens Advice, Gazette
Building 168 Corporation
Stret, Birmingham, B4 6TF



www.citizensadvice.org.uk

British Red Cross

The British Red Cross is giving £50 to newly arrived Ukrainians, and a choice of 2 free SIM cards. Both must be applied for within the first 14 days after arrival in the UK. While a Sponsor/Host or other third parties cannot apply for this support on a Ukrainian's behalf, the main applicant can apply on behalf of their whole family group. You will need to call the free British Red Cross Support line on 08081 963 651 and select option 3.

This line is open daily 10 am - 6 pm, and interpreters are available. You will be connected to a support worker from the Red Cross who will ask for your name, dates of birth and date of entry to the UK. They will then email requesting a photo of the photo passport page or ID document and visa/date of entry stamps for each member of the group, plus a selfie of the main applicant holding their passport.

Once this process is complete, you will receive a prepaid card with £50 and/or a SIM card (if requested). Please note that this may be several weeks after the initial phone call.



[www.redcross.org.uk/get-help/
get-help-as-a-refugee/help-for-
refugees-from-ukraine](http://www.redcross.org.uk/get-help/get-help-as-a-refugee/help-for-refugees-from-ukraine)



08081 963 651



White Goods Grant

This article includes a list of organisations that offer a white goods grant, helping those in need with acquisition of essential household appliances.

Please follow the link below to apply:

<https://dontdisappoint.me.uk/resources/finance/how-to-apply-for-a-white-goods-grant/>

Moseley for Ukraine

Moseley for Ukraine is a volunteer led organisation that provides guidance and support to hosts and Ukrainian guests, while also organising events and activities for people to become involved and feel welcome in the community.

There are drop-in sessions in Moseley Hive, that take place every Monday between 1:30pm and 3:00pm and every Wednesday between 10am and 1pm that are open to all Ukrainian guests who came to UK seeking Refuge.



www.moseleyforukraine.org



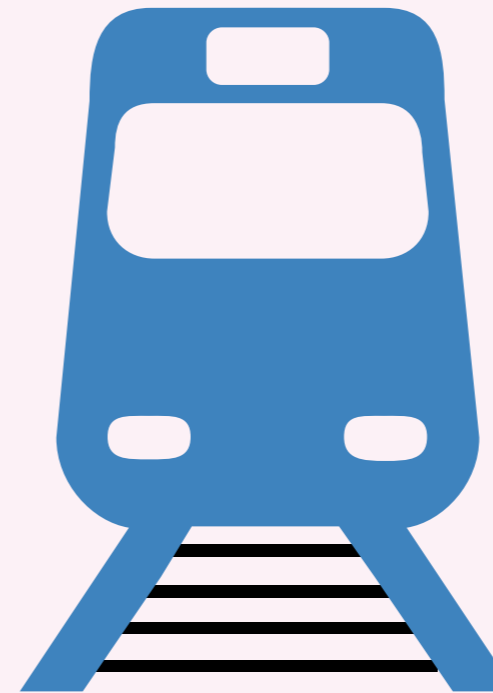
Facebook Group - www.facebook.com/groups/183849838741121/

There are Ukrainian WhatsApp, Telegram, and Viber groups where all the most recent information is shared. You can find information on coming events, ask urgent questions, share experience and knowledge. To join groups, ask for more information at Moseley Hive on coffee meetings.



Transport

Trains



Railcards: Railcards offer value for money if you travel by train, saving you at least 1/3 on most rail fares. Tickets at a discount price with a purchased card.

[UK Digital Railcards](#) | [Up to £23 Off For New Customers Only | Trainline \(thetrainline.com\)](#)

Trainline: An international digital and coach technology platform that sells train tickets / railcards and allows to travel across the UK and rest of Europe by rail and road.



www.thetrainline.com

[IOS App](#) [Android App](#)

Bus

Explore local bus services from National Express West Midlands, for travel throughout Birmingham, Wolverhampton, Coventry and beyond.



[NX Bus West Midlands](#)

[IOS App](#) [Android App](#)

Megabus

Megabus is an intercity bus transportation operator providing low-cost travel services.



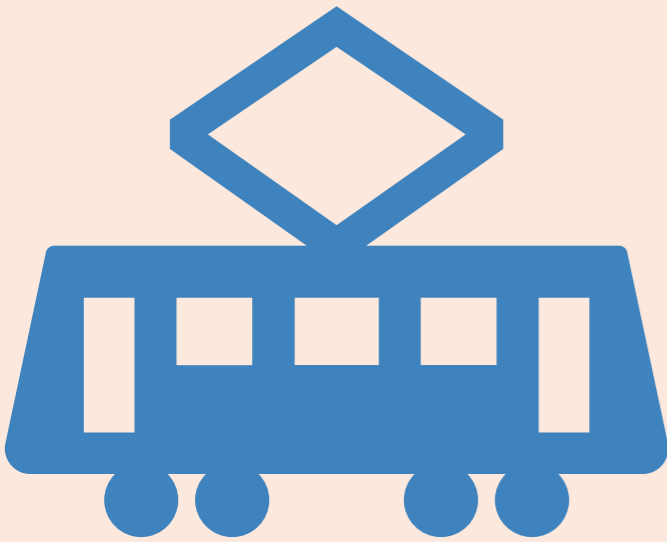
[Megabus](#)



Free bus pass application: Currently only available to those on the Homes for Ukraine scheme who live in Birmingham.

To Apply - Go to [Free Bus Pass Application](#)

- Step 1 - Register for an mTicket Account using the NX Bus mTicket app (use links above)
- Step 2 - Click the 3 lines in the top right and then select My Profile.
- Step 3 - Click New Account and register using a unique email. Only one ticket per email address.



Trams

The tram service is called the West Midlands Metro.

On Monday to Saturday, there are trams:

- Every 15 minutes between 4.45am and 7am
- Every 6 to 8 minutes during the day
- Every 15 minutes between 7pm and 0.45am
- On Sundays there are trams every 15 minutes between 7.30am and 11.45pm.



[West Midlands Metro](#)
[IOS App](#) [Android App](#)

Taxis

Bolt – a reliable taxi service, the convenience of cashless payments, a responsive support service.

How to use? - Select the travel class you want; enter your address and book your ride.



[Bolt](#)

[IOS App](#) [Android App](#)

Uber - a ride-hailing app which provides an alternative to the taxi or mini cab. Users download the app which uses GPS technology to locate available drivers.



[Uber](#)

[IOS App](#) [Android App](#)

TOA Taxis (black cabs) - serving the people of Birmingham for more than 50 years. They have the largest and most modern fleet of GPS satellite-controlled taxis in the city.



0121 427 8888

[IOS App](#) [Android App](#)



Bikes and scooters

West Midlands Cycle Hire:

Beryl makes getting around easier, safer, greener and much more fun. An app-based scheme is simple and secure, with online payment and easy-to-find bikes.

Hire a vehicle in three easy steps:

- Step 1: Download the app to find your nearest vehicle. There are hundreds located across towns and cities
- Step 2: Find your bike and tap to unlock
- Step 3: When you get to where you are going, park up in one of our designated Beryl bays and get on with the rest of your day.

Voi:

Sustainable, socially distant, affordable travel that can take you to some of Birmingham's absolute best spots.

How to use:

To use a Voi e-scooter you need to download the Voi app on your phone and register with your personal and bank details; The app requires proof of a valid driving license, and matches the picture on it with your face before you are allowed to start a ride. The map function on the app shows where e-scooters are available.



[Voi](#)
[IOS App](#) [Android App](#)

In the UK, you must be at least 18 years old and hold a provisional or full driving license to ride our scooters.

Airport

Birmingham Airport is an international airport located 13 km / 8.1 mi southeast of Birmingham city centre.

 Fly to over 150 direct destinations from Birmingham Airport. From European city breaks to incredible long-haul getaways

[Birmingham Airport | Fly local \(airportdirecttravel.co.uk\)](#)

The Bike Project

The Bike Project takes in secondhand bikes, refurbishes them and donates them to refugees and asylum seekers. Bikes for children and adults.

Birmingham is super flat in most areas and has many dedicated bike lanes. Getting round on a bike is a cheap way to see the city and some of the parks and green spaces.

If you would like to register for a bike:

[Click here](#)

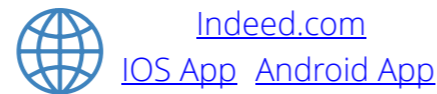


Employment

There are many places you can find work in the UK. Below are some of the most popular job searching platforms.

Indeed

Indeed – it is the UK's most popular job search platform which has a search engine with a clear interface and easy to use systems.



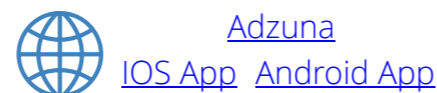
Glassdoor

Glassdoor - Not only can you find jobs, but you can also discover what it is really like to work for the companies you are interested in. Various jobs ranging from entry-level administrative work to HR management and other senior positions.



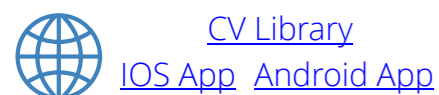
Adzuna

Adzuna - UK-founded global site is one of the top job posting sites in the UK. It's a search engine rather than a job board though.



CV Library

CV-Library - is one of the fastest-growing independent job boards in the UK. Job postings on CV- Library will be shared with hundreds of other sites, including Glassdoor and Adzuna, so as to maximize exposure and attract more candidates.



Courses and Employability skills

Open Learn

There are various websites that would allow your guest to improve their skills in IT, the English Language, Business and Money and others. OpenLearn by The Open University offers a range of the courses and anyone can learn for free. All the guests need to do is sign in with their details, and they can track their progress and achievements. OpenLearn offers Skills for Work, resources to help support personal relationships, health and wellbeing where they gain understanding of physical, mental and emotional health.



Please follow the links below:

- Website: <https://www.open.edu/openlearn/>
- Website: <https://www.open.edu/openlearn/health-wellbeing>
- Website: <https://www.open.edu/openlearn/skills-for-work>
- Website: <https://www.open.edu/openlearn/money-finances>
- Website: <https://www.open.edu/openlearn/family-relationships>

English/Ukrainian Courses

Website: [Language Course Pricing | Language Trainers UK](#) £6 per hour for a group online class (max 10 people, make friends and learn English)

Website: <https://www.ukrainiancourse.com/free-ukrainian-courses/> - courses to learn

Ukrainian

Website: [Events - Homes for Ukraine](#) - webinar for hosts



Work experience opportunities

Do It - Volunteering

"Do it" is a website where you can register for volunteering with various organizations. Volunteering has a lot of benefits: learning skills, makes you more physically active, e, e, and mindful which can improve your mental wellbeing.



Do It.org

NCVO

BVSC

Traineeships



Traineeships website

A skills development programme for 16- to 24-year-olds. It includes unpaid work placements and it's designed to help you to get ready for an apprenticeship.

T-Levels

A T level is a nationally-recognised qualification for 16- to 19-year-olds that takes 2 years to complete. Leading businesses and employers helped design T Levels to give you the knowledge and skills you need. They are equal to 3 A-levels.

Apprenticeships



Apprenticeship website

Apprenticeships are real jobs that allow you to earn while you learn. If the young adult does not want to go to higher education, apprenticeships can be a very good alternative.

UCAS

UCAS is the Universities and Colleges Admissions Service, an independent charity and the UK's shared admissions service for higher education. The student can find various universities, conservatories and apprenticeships



UCAS Website

National Careers Service

The National Career Service provides career information, advice and guidance. They can help you to make decisions on learning, training and work at all stages in your career.

National Careers Service Website

[How to write a CV](#)

[How to write a Cover Letter](#)

[How to create a LinkedIn Profile](#)

[Job Vacancies](#)



Mental Health

Supporting guests emotionally

Is there support for my mental health?

Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions. Anxiety, post-traumatic stress disorder and depression are the most common problems.

In the UK it is quite common for people to seek advice about concerns with mental health. Your doctor ("GP") is trained to give guidance and treatment on emotional and mental health as well as physical health.

MIND

0300 123 3393

86463

<http://www.mind.org.uk/>

Samaritans

116 123

jo@samaritans.org

www.samaritans.org

Barnardo's

0800 148 8586

ukrainiansupport@barnardos.org.uk

[Barnardo's Ukraine Support](#)
Or [complete this online form](#)

Supporting someone with PTSD

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/for-friends-and-family/>

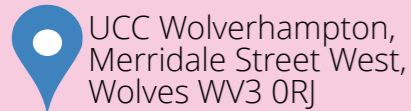
999	Main emergency number	This is the emergency number for police, ambulance, fire brigade, coastguard, cliff rescue, mountain rescue, cave rescue, etc. Calls can be dialed from a locked mobile phone.
112	Alternative emergency number	This operates exactly the same as 999 and directs you to exactly the same emergency call centre.
101	The non-emergency number for the police	Use 101 when you want to contact the police, but it's not an emergency – i.e., an immediate response is not necessary and/or will not serve any purpose.
111	The non-emergency medical number	Use this for illnesses and minor injuries where life isn't threatened, but you would like some advice on what to do next.

Calls are free


Local area

Churches & Social Clubs

UCC Wolverhampton



Correspondence Address:
34 Dawlish Drive, Coventry,
CV3 5NB


 +44 (0)24 7641 3725/
+44 (0)7870 578 883


 Nottingham@ucc-gb.com

UCC Coventry



Correspondence Address:
34 Dawlish Drive, Coventry,
CV3 5NB

 +44 (0)24 7641 3725/
+44 (0)7870 578 883

 Coventry@ucc-gb.com

 [https://www.facebook.com/
groups/UkrainianCC/about/](https://www.facebook.com/groups/UkrainianCC/about/)

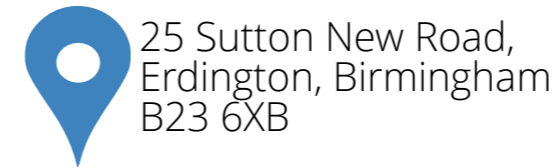
Coventry Ukrainian Social Club:



Eastern European Food Shops

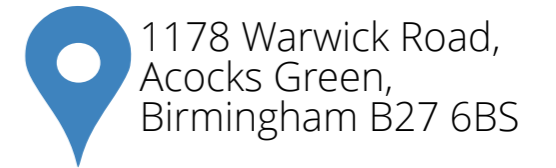


Jamark Polish Shop



Open every day

Krakus Food Plus



Open every day
Closes 4pm Sundays

Casper Stpores Ltd Polish Food Specialists

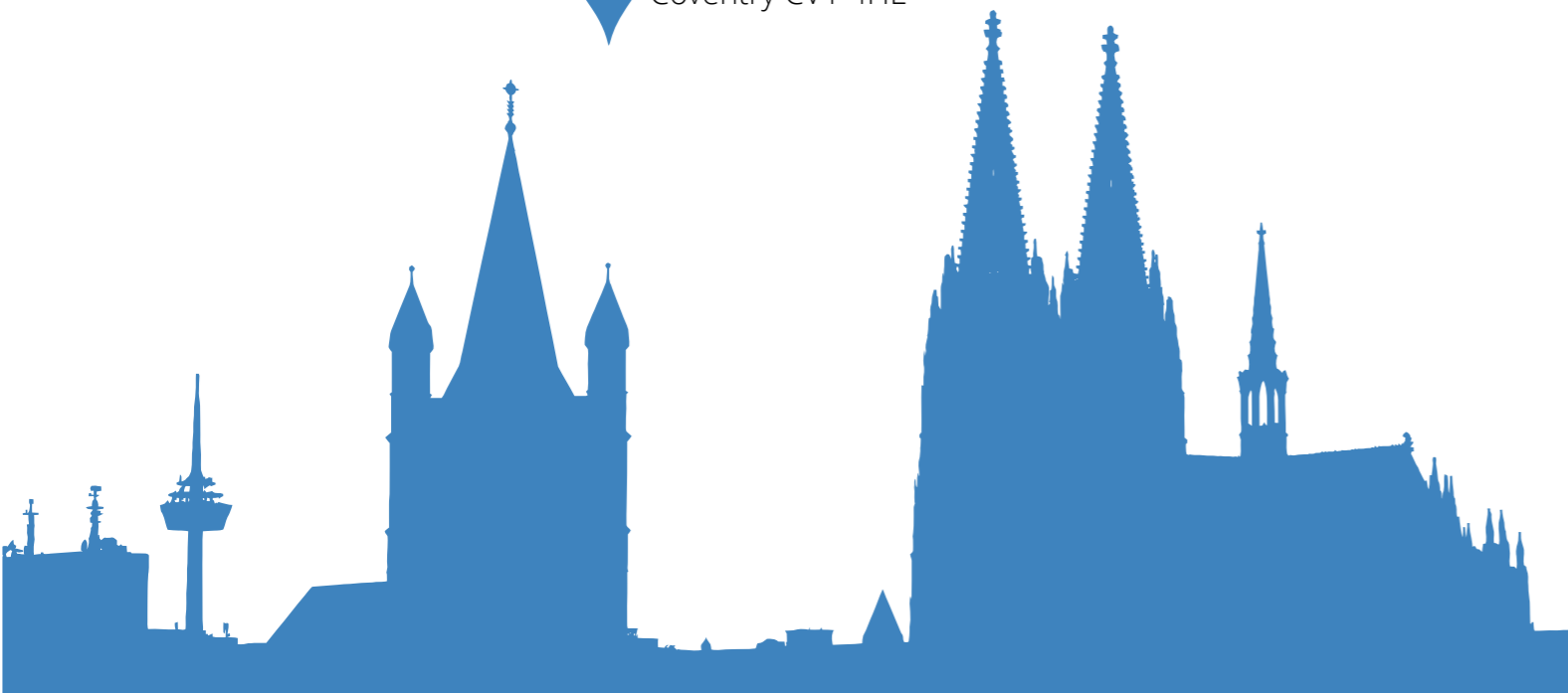


Open every day
10am - 7pm

Home Food Market By Lithuania





Open every day
11am - 6pm on Sundays



Food Banks

Ladywood Foodbank


 Seventh-Day Adventist Church, 13 Guild Cl, Ladywood, Birmingham B16 8RP

 07767 152291

Open Mon-Thurs 10am-2pm

Great Barr Foodbank


 Broome Ave, Birmingham B43 5AL

 0121 357 5399

Open Fridays 12pm-3pm

Birmingham Central Foodbank

 Parade, Birmingham B1 3QQ

 0121 236 2997

Open Tuesdays 9:30 -11:15
and Fridays 10:00-13:15



Things to do

[Things to Do in Birmingham | Official Visitor Guide | Visit Birmingham](#)



Birmingham Wildlife Conservation Park

Birmingham Wildlife Conservation Park is home to a unique collection of animals from across the world, including Red Pandas, lemurs, reptiles, meerkats, otters, birds, wallabies and a large collection of monkeys. It is a great place to study many subjects including science, literacy, numeracy and citizenship skills. It can also provide inspiration for geography, history, art and of course environmental projects.

 [Website](#)



Aston Hall

Aston After Dark: Torchlit Ghost tour in one of Britain's most haunted mansions

Book tickets (£15): [Torchlit Ghost Tours of Aston Hall. | Aston Hall | Birmingham Museums](#)

 [Website](#)



Cadbury World

Cadbury World – a fab chocolate day trip to one of the UK's most popular family attractions. Please follow the link below:

[Cadbury World: Fun Days Out With The Kids | Day Trip Attraction](#)

 [Website](#)



Sea Life Centre

Sea Life Centre – the UK's only 360 degrees Ocean Tunnel where you can marvel at the sharks, rays and hundreds of tropical fish. Please follow the link below:

[Plan a Visit | National SEA LIFE Centre Birmingham Aquarium \(visitsealife.com\)](#)

 [Website](#)

Ukrainian Cultural Events

14th October - Defender's Day

October 14, Ukraine celebrates the feasts of the Protection of the Holy Mother of God, the Day of the Ukrainian Cossacks, and the Day of Defenders of Ukraine.

In July 2021 the Ukrainian parliament officially changed the name of the holiday to Defenders and Defendresses of Ukraine Day (Den zakhysnykiv i zakhysnyts) to honour the female defenders of Ukraine.

In Ukrainian grammar, zakhysnykiv (defender) is a masculine noun.



19th November - St. Nicholas Day

St. Nicholas Day is the main day for gift-giving, though the gifts are also becoming associated with Christmas Day on January 7th.

Gifts, placed by St. Nicholas under the pillow or in boots during the night of December 18, are usually sweets, gingerbread, chocolate, candies, fruit, marshmallows and toys, games, books, a warm scarf or gloves. Adults may also receive a surprise in the morning of the 19th. Children in orphanages are excited as well.

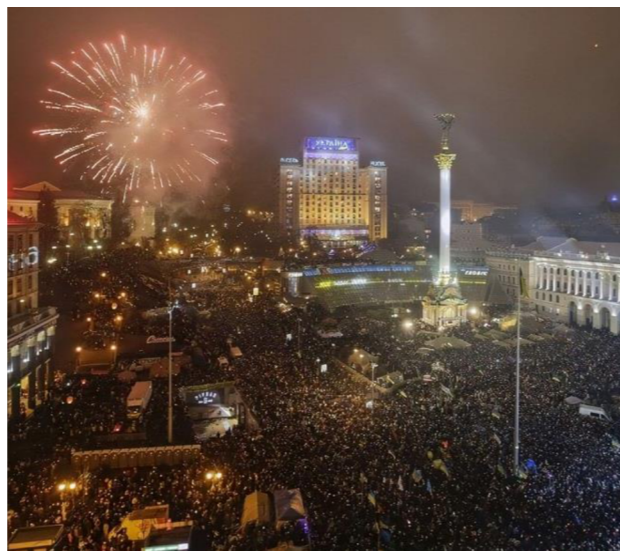
Organizations and churches donate necessary gifts to the children so they are too celebrated and not forgotten. It is a favorite day for many and it gives hope to those that feel abandoned.

31st December - New Years Eve

Despite his Eastern European origin Father Frost is considered to be a typically Slavic hero. His usual garment is a long blue or white coat, felt boots, mittens, and a hat.

Every family member can find something to his taste: fish, meat, vegetables, and poultry dishes are always present in New Year.

During the evening family members put the presents under the New Year tree and try to remain unnoticed to keep the magic of the moment. Kids become a real watch-of-the-fir-tree trying to catch Father Frost. Imagine their amazement when they miss this moment (and they usually do)!



6/7th January - Orthodox Christmas

Since ancient times Ukrainians have followed such rules - you shouldn't eat anything all day, and only late in the afternoon, when the first star appears in the sky, you can start dinner.

The Orthodox Church recognises January 7th as the day that Jesus was born. The Julian calendar now runs 13 days behind, so Orthodox Christmas falls on January 7th—through 2099; in 2100, when the world next omits a leap year, it will move to January 8th.

The Christmas period ends with the feast of the Epiphany on January 19th, which marks the baptism of Jesus Christ.



19th January - Epiphany

It marks the end of Christmas festivities, which take place from 7 to 19 January. In spite of cold weather, the usual custom of swimming in the ice hole is observed every year and you can see a lot of people, willing to have a "cold swim" standing in a queue at the frozen ponds, lakes and rivers.

28th January - National Flag of Ukraine Day

The colours symbolize blue sky above the yellow field of wheat representing Ukraine and the Ukrainians as they are – freedom-loving, independent, brave, and vibrant.

Ukrainian flag with its ancient history holds a significant place in the heart of the Ukrainian people and is a nation's talisman through all times.



20th February - Masnytsya

Masnytsya starts 8th of March and lasts until 14th of March from 15th of March. Masnytsya is the holiday when Ukrainians say good bye to winter. The mlintsi themselves resemble the sun and, as part of the celebrations, an effigy of winter is burned, symbolizing rebirth and the coming spring.

Masnitsya took its present name and place in the calendar when the Kyivan Rus adopted Orthodox Christianity. In the week prior to Lent, Eastern Orthodox Christians don't eat meat.

Mlntsi are vegetarian, and so can be consumed freely during pre-Lent time.

Ukrainians celebrate Masnitsya with enthusiasm enjoying sledding, snowball fights, and copious consumption of mlintsi. Societal norms are more fluid during Masnitsya – wearing masks and clothing designed for other genders is permitted. Horseback riding, live music, and a variety of folk performances enliven the holiday. Mlntsi are found in restaurants everywhere and served by vendors in the streets as well.

9th April - Easter - Velikden

Before Easter, Ukrainians fast for seven weeks. This year, it starts on the 7th of March and until the 23rd April. Holy Week – as it is called– begins with Willow Sunday. In most countries this celebration of Christ's entry into Jerusalem is called Palm Sunday, but a combination of pre-Christian pagan symbolism and a lack of local palm trees led Ukrainians to adopt willow switches as their symbolic branches.

Monday, Tuesday and Wednesday are spent preparing food for Easter: dyeing eggs, baking eastern bread Paska and roasting meat. All of the food has to be prepared by so-called Clean Thursday because on that day we have a different chore – cleaning the house.

Good Friday is also called Mourning Friday because it is the day when Christ had died. People are not supposed to eat anything and spend the day on the service in church. No work is allowed either.

On this holiday, Ukrainians attend holy service. In some parts of Ukraine, some people attend the service at 3 in the morning. After the mass (and sometimes after going back to sleep), families celebrate Easter morning with a feast from their Easter baskets. The paska, meat, cheese, and other “feast” foods are consumed, breaking the Lenten fast.

All kids favorite part of the morning is the game called “egg battles” or “egg knocking”: two people knock their eggs together, and if someone's eggshell breaks, that person is out of the game (or has to give the egg up, or eat it, depending on family tradition).



Pysanka

“Pysanka” is a piece of art and requires good amount of time to create it. That is why most people dye couple dozens of “krashanky”.

Traditionally Ukrainians used natural dyes like onion peel for rich mahogany and beet root for reds and pinks. Nowadays you can find a wide range of food coloring to dye Easter Eggs.



14th May - Mother's Day

Mother's Day is an occasion to buy cards, flowers, chocolates, jewelry and other gifts for mothers or mother-type figures who have been role models in their lives. Some restaurants offer special Mother's Day breakfasts, lunches or dinners.

19th June - Father's Day

Father's Day is celebrated in Ukraine and most countries on the third Sunday of June. On this day, we would like to draw your attention once again to the importance of involving the father in the upbringing and care of his children, as well as in the equal distribution of household responsibilities.



Ukrainian Christmas Eve Food

The Ukrainian Christmas Eve dinner is both symbolic and delicious. You can try to cook one dish from this festive menu, some of them or serve all twelve traditional dishes at your Christmas table!



Kutia

Kutia is a porridge made from unground wheat, rice, barley or oats with the addition of sweet ingredients like honey, jam, dried fruits, etc. Grains symbolize the eternal life and sweet additives - heavenly bliss.



Holubtsi

Holubtsi (cabbage rolls) is a traditional dish usually made of cabbage leaves, rice, and meat. Yet since the festive Christmas table should include lean dishes, Ukrainians use a mixture of potatoes, mushrooms, onions, and carrots instead of meat. Cabbage leaves are filled with vegetable stuffing, fried in a pan with a little vegetable oil, and then stewed in tomato paste.



Mushroom Gravy

Such a light sauce is just perfect for the lean table. It includes dried mushrooms, bulb onions, flour, oil, and spices. This sauce should be very thick, similar to modern cream soups.



Varenky

For Christmas Eve Ukrainians cook savory dumplings stuffed with cabbage. To make them you should knead simple dough using water, flour, and yeast. Then stuff each dumpling with the mixture of stewed cabbage and onions.



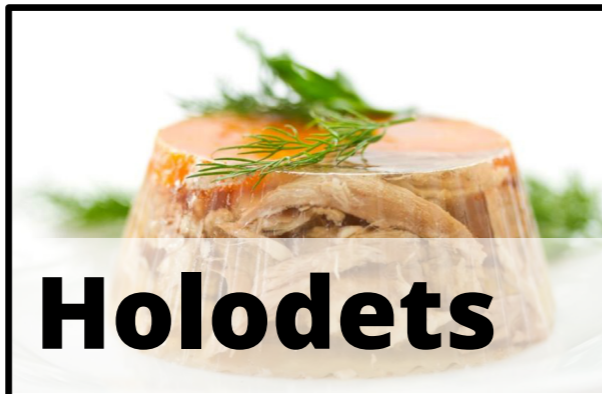
Cured Herring

A very simple but delicious and spectacular snack. To pickle herring, you'll need the fish divided into portions, bulb onion, and a marinade made of water and spices. It is important to prepare the herring in advance, as it should be marinated for at least 24 hours.



Marinated Mushrooms

Mushrooms are great to use not only in soups and as fillings but also as a separate snack. The marinating process is somewhat similar to the one used to pickle the herring: you'll need mushrooms, marinade, and... time) To cook the marinade use water, vinegar, and spices. Before pouring the marinade over preboiled mushrooms, cool it.



Holodets

To cook holodets you'll need pork, bulb onions, carrots, vinegar, gelatin, and spices. This dish has to be refrigerated before serving since jellied meat needs time to set.



Pampushky

An integral addition to Ukrainian borscht. These are small buns made of yeast dough based on wheat flour. For the festive Christmas table, they are prepared in a special way: Ukrainians add the sweet filling, fry buns in oil and sprinkle them with powdered sugar. Such pampushky are very similar in taste to donuts.



Uzvar

It's a light and useful drink made using dried fruits. You can choose fruits to your taste - dried apples, pears, prunes, raisins or a mixture of different ingredients. Boil dried fruits in water and then add honey.



Kolach

Ukraine has been a formidable producer of grains such as wheat, rye, millet, oats, and the staple buckwheat since time immemorial, so it is no wonder that bread is an ancient symbol of Ukrainian hospitality...In Ukraine there is a custom of greeting guests with bread and salt...It was the belief that while a household may (or may not) have lavish foods to offer, the guest was always welcome to share the bread and salt. Charming as it is, this custom is still very much alive throughout Ukraine today.

Kolach is usually made by braiding strains of wheat dough and shaped into a big ring, similar to a Christmas wreath. In fact, the word kalach is a deviation of the Old Slavonic word kolo meaning "circle" or "wheel".

Kolach symbolizes prosperity, luck, and a good bounty for the upcoming year. When setting up the Christmas table, Kolach is usually placed in the middle and decorated with candles in the inner ring of the bread.

The decoration, including Kolach, is left until Christmas Day since Ukrainian tradition requires fasting until midnight on Christmas.

