



ISP Print

GLOBAL NEWS FOR GLOBAL VIEWS

UPDATE ON UKRAINE HELP EFFORTS AT ISP

Student initiatives, coming events, and everything you can do to help

ARE WE HELPING OURSELVES MORE THAN THE REFUGEES?

An interview with
Mr. Crane

ART INSTAGRAM ACCOUNTS

Check out the incredible artwork of our Upper School artists

AND MORE INSIDE...



Ukraine Update

On February 24th, just about a month ago, Russian President Vladimir Putin launched a military invasion of Ukraine. The invasion began in Donbas, but since then, it has progressed farther west into cities such as Mariupol, Kharkiv, Kherson, and Kyiv. This military invasion has had detrimental impacts on Ukrainian citizens; airstrikes and bombings have taken the lives and injured thousands. As of Sunday, 2.6 million people have evacuated to neighboring countries, many even to the Czech Republic. At this moment, we must do our best in aiding Ukrainian refugees, whether through donations, charities, or volunteering.



Although many other countries are aware of what is happening and are able to help, some Russian citizens are unaware of the situation due to Russia's censorship of information. This is a result of the now state-run media that is blocking words such as "war" and "invasion" in relation to Ukraine. Broadcasting and propaganda in Russia is painting the situation as a "special military operation" and is explaining that these actions are necessary and morally right.

Not only this, but Russian citizens are also facing consequences. Many people who attended anti-war protests in Moscow ended up being arrested. As well as this, lots of international companies have pulled out of Russia, some include: Airbus and Boeing, Disney, Ikea, Apple, Mcdonald's, FedEx, Netflix, TikTok etc. This has left Russia and its citizens in a state of isolation.



ISP's Help Efforts

And what you can do to contribute

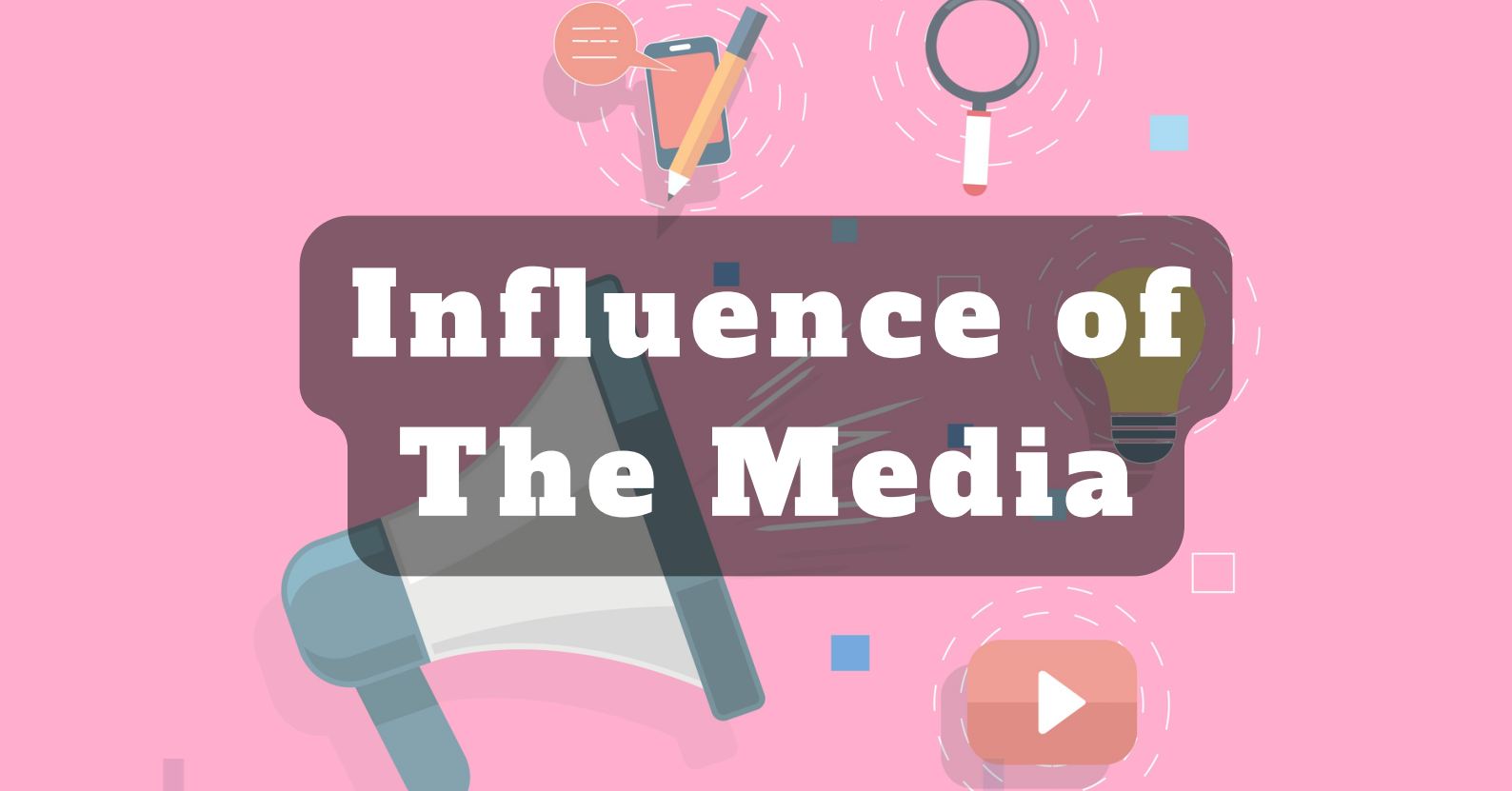
GABRIELLA GUTHRIE

Knowing that the Czech Republic has already donated 1.5 billion CZK to Ukraine, we asked ourselves, how can we make a difference too? As always, ISP will remain a safe place for all people regardless of nationality, and that will never change. And considering this conflict is so prevalent to us, we would like to share initiatives that the school has started if you wish to help:

- A collection for furniture and equipment for apartments is occurring- please see the LIST of things that are needed and in case you have something you can donate from the list please. contact Nelleke Wolters – nelleke.wolters@gmail.com- directly.
- Every day in the reception the sale of Ukrainian badges (200 czk) and friendship bracelets continues.
- The funds gathered by the ISP Gala this year during the silent auction will go to the scholarships given out to local students, but also to Dignity. Contact 101910@isp.cz if you have something you would like to donate to be sold (can be a service or an item).
- #ArtforPeaceinUkraine is an ongoing initiative for students to spread the message of peace, created by Pechersk School International. Students will create their own art piece to reflect what peace means to them. Submit your art to this padlet and contact nikitav@psi.kiev.ua if you have any questions.

Scan this QR code created specially for the ISP Community if you want to donate to the Czech Red Cross. They have these options to buy medical supplies in bigger quantities and they are able to deliver it directly to Ukraine. The first drive will be going on from March 10 till March 17.





Influence of The Media

The influence of the Ukrainian and Russian media was recently measured. The results were quite astounding. Russia published 12,300 posts versus Ukraine's 116,000, this led to over 40 million more engagements online for Ukraine. Both nations are in an additional online media war for support of the western world. It is crucial to recognize that Putin and Russian officials are not the only one's guilty of spreading fake information. Things are not that black and white. Both sides are using the media to spread their own propaganda, so we must fact check everything. Russian news outlets are banned from the EU, therefore we must be careful to not take Ukrainian propaganda as fact. Since Google, Facebook, Twitter, and TikTok removed Russian content from their platforms, the Kremlin is attempting to find other ways to spread disinformation. On Instagram, for example, a swarm of pro-Kremlin accounts posing as polish news-outlets, were attempting to spread claims that Ukrainians were attacking Poles after seeking refuge. Ultimately, I encourage you to read up on the impact that the media has had, as Zelenskyy's clever use of twitter alone has captured the 'imagination of a global audience'.

SOFIE ERCOLINO

(npr)

Please make sure you are accessing reliable sources available. Anything you say, do, or support affects others so please be considerate and sensitive.

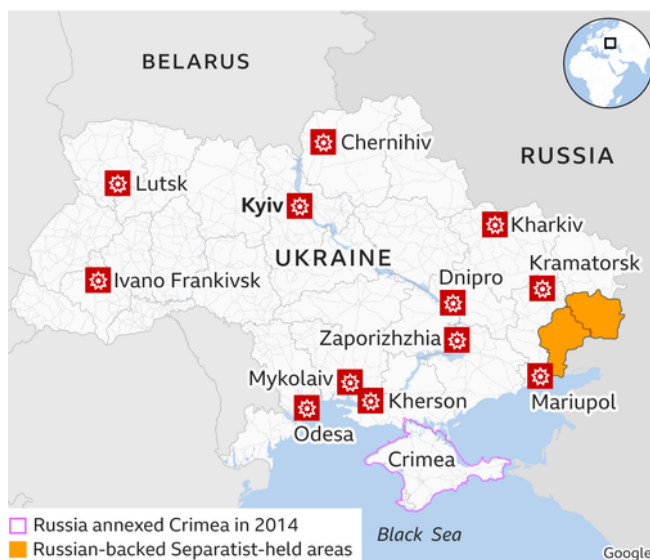
2014 Annexation of Crimea

This conflict between Russia and Ukraine has been ongoing for many years now, with the 2014 annexation of Crimea being directly related to this current war. Therefore, this article will focus on explaining some key points, whilst addressing the connection between the two. In 2014, the Crimean peninsula was annexed, and Russia backed a pro-Russia separatist rebellion in the Donbas region. This occurred as a consequence of mass protests in Ukraine due to the at the time pro-Russian President Viktor Yanukovich's refusal to "sign an EU association agreement", which led him to be ousted from power. Since 2014, there has been ongoing fighting between Ukraine's army and Russian-backed separatists in the eastern regions of Donetsk and Luhansk, with more than 14,000 dead. This is significant as now Putin has recognised the two separatist controlled regions as independent states, thus ordering troops there. This building tension over the past few years has ultimately contributed towards the full scale invasion that started February 24th.

Check out more on this [HERE](#).

ANNA BELCIKOVÁ

Explosions reported near major Ukraine cities



Are we helping ourselves more than the refugees?

This article was written based on a conversation with Mr. Crane. He was kind enough to share some insight about the psychological impact of the Russia-Ukraine war.

So far there have been two known waves of incoming refugees. There is a significant difference between the refugees of the first and second wave. Trauma. Of course, all refugees are experiencing trauma by being forced out of their own country, but some managed to leave before the war began. Unlike the second wave, they haven't seen the destroyed homes, murdered people, and the other brutalities of war, like being shot at whilst trying to escape their home.

The question, I personally, was curious about was: How is this going to change what we do? Having conversations with friends and family opens your eyes about the way they are feeling about it. It is fair to say that we are all very privileged and yet we allow ourselves some self-pity. This is not something we should feel guilty about, although from our position of privilege we should all realize that our privilege gives us the capacity to make a change. There's a huge rise in anxiety and stress and people don't know how to deal with that. People take in refugees, but end up being anxious and depressed. When we are dealing with trauma, psychologists believe that most people need, the so-called problem space, to be able to accept the situation. Problem space is a concept in which there is a foreseeable endpoint to a given problem. Simply said, that we have a time limit to the causation of our stress. This is one of the negative impacts of the war. As we don't know when it will end, our anxiety levels increase and we must find other activities to concentrate on to lower the anxiety.

CONTINUE ON NEXT PAGE...

To touch on refugees living in homes of people who invited them to stay with them, one might encounter that neighbors or others might get angry and disagree with refugees living in their personal space. And this is nothing to do with the fact that they are anaphobic, they are just afraid. Even if we see refugees suffering, a lot of our tears and anxiety come from our own thoughts about our own losses and how we too could lose security, people, and homes, making us more vulnerable. Do we have a better sense of control by not watching the news? On the other hand do others prefer to go out and do something, taking in people to lower their feelings of guilt and stress?

Now there is a difference between our social and individual identity. With our social identity, we are donating supplies, having conversations with friends, to some limit do what is in our abilities to help. On the other hand, due to our individual identity, and perhaps experiencing the past events of 1968 (which was a traumatizing time for the Czechs) can really cause issues when we are making decisions to let refugees into our lives.

Now a lot of refugees and people believe they are in need of therapists. The issue is however, that many therapists have specializations (PTSD, OCD, stress from school, etc.). And because with the war there are so many different problems and it's such a new and sensitive topic, it would be hard to find therapists with the capacity to help.

So what do we do? We find ways to take some control. Acknowledge our choices. Whether we decide to participate or not. By contributing, many have a sense they are actually doing something and getting out of the constant loop of powerlessness. The psychology of refugees still eludes many researchers, as it is unclear why different people react to similar past experiences in drastically different ways, and why some may need more emotional support than others.

**ANNA JANEČKOVÁ
AND JOHN CRANE**

About Us

ISPrint is a student-led newsletter which brings to you the best and latest of school happenings, local news, and world events— all in bitesize reports and easy-to-read segments. With motivated student-journalists and editors from 6 countries, we strive to provide coverage as diverse as the team that puts it together. In doing so, we hope to promote global awareness, intercultural understanding, and engagement in the school community.

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**new issue out every
week!**

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