

Ukrainian refugees' adaptation to and integration with new societies and communities in the context of migration policy management¹

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Abstract. The military intervention by the Russian armed forces in Ukraine in February 2022 precipitated a notable surge in the migration flows of Ukrainian refugees. The aim of the study presented in this article is to assess the conditions of Ukrainian refugees' adaptation to new places of residence and the integration challenges they faced in the first year of the war, especially in the context of their mental health. The additional aim is to formulate recommendations for guiding migration policies in both Ukraine and host countries.

The study used both the direct and indirect methods of evaluation, the former on the basis of data from international organisations, and the latter on the basis of the results of a survey administered by the Jagiellonian University in Kraków and University of Bremen among the forced migrants, which focused on the factors causing most serious problems in the process of their adaptation and integration. The survey, in the form of a Google questionnaire, was placed on several online social platforms, namely Facebook, Instagram, Telegram, and on the sites of humanitarian institutions taking care of Ukrainian refugees – both those who migrated abroad and those who changed their place of residence within Ukraine. The period when the questionnaire was carried out spanned December 2022–March 2023.

The results of the study attest to the need of a holistic approach to migration policy that would recognise the interconnectedness of the financial, social, educational and psychological factors. The recommendations formulated on the basis of these results might contribute to improving the EU migration policy, especially to expediting financial aid programs, educational initiatives and business support.

Keywords: forced migrants, refugees, military invasion of Ukraine, migration policy

JEL: F22, F02

Adaptacja i integracja społeczna ukraińskich uchodźców w nowych miejscach pobytu w kontekście zarządzania polityką migracyjną

Streszczenie. Zbrojna inwazja Rosji na Ukrainę w lutym 2022 r. spowodowała znaczący wzrost przepływów migracyjnych ludności ukraińskiej. Badanie omawiane w niniejszym artykule ma na

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celu ocenę warunków adaptacji ukraińskich uchodźców w nowych miejscach pobytu oraz wyzwań integracyjnych w pierwszym roku wojny, przede wszystkim w kontekście zdrowia psychicznego uchodźców. Dodatkowym celem jest sformułowanie zaleceń dotyczących kierunków polityki migracyjnej zarówno w Ukrainie, jak i w krajach przyjmujących uchodźców.

W badaniu wykorzystano metodę oceny bezpośredniej, na podstawie danych organizacji międzynarodowych, oraz oceny pośredniej, na podstawie wyników ankiety przeprowadzonej przez Uniwersytet Jagielloński w Krakowie i Uniwersytet w Bremie wśród przymusowych migrantów, w której skoncentrowano się na czynnikach wywołujących największe problemy w procesie adaptacji i integracji. Ankietę, w postaci formularza Google, umieszczono na: Facebooku, Instagramie i Telegramie oraz na stronach instytucji humanitarnych udzielających pomocy ukraińskim migrantom zarówno za granicą, jak i w Ukrainie. Badanie trwało od grudnia 2022 r. do marca 2023 r.

Uzyskane wyniki świadczą o potrzebie holistycznego podejścia do polityki migracyjnej, uwzględniającego powiązania czynników finansowych, społecznych, edukacyjnych i psychologicznych. Zalecenia sformułowane na podstawie rezultatów badania mogą przyczynić się do doskonalenia polityki migracyjnej Unii Europejskiej, a w szczególności usprawnienia programów pomocy finansowej, wspierania inicjatyw edukacyjnych oraz wsparcia biznesowego.

Słowa kluczowe: przymusowi migranci, uchodźcy, inwazja zbrojna na Ukrainę, polityka migracyjna

1. Introduction

The onset of the Kremlin's military aggression towards Ukraine dates back to 2014; however, its magnitude and global repercussions were not well-recognised at the time. Subsequently, on 24th February 2022, the Russian Federation initiated a full-scale aggression against Ukraine, marking a significant turning point in the invasion. In the initial weeks of the conflict, millions of Ukrainian citizens, predominantly women and children, abandoned their residence in Ukraine in pursuit of refuge and safety. Europe witnessed the largest migration wave in the last eight decades. Central and Eastern European countries became the preferred destinations for the majority of refugees, with Poland emerging as the primary choice during the first year of the conflict. This preference resulted from geographical proximity, cultural and linguistic affinities, amicable ties between many Ukrainian and Polish families, and Poland's established status as the principal destination for Ukrainian emigrants since 2014 (Dobroczek et al., 2017).

Both scholarly investigations and socio-economic practices underscore the multifaceted social, cultural, and economic effects of rapid migration flows, impacting both the regions of origin and the receiving territories. The aim of this study is to delineate the adaptation conditions experienced by Ukrainian refugees amid a large-scale military invasion and, consequently, to formulate recommendations for guiding migration policies in both Ukraine and the host countries.

The research is guided by three key questions, namely:

1. How advanced is Ukrainian refugees' adaptation to the new places of residence?

2. Which factors serve as the most significant contributors to their adaptation in their new settlement?
3. In which domains of migration policy management can recommendations be proposed to enhance the integration of Ukrainian forced migrants into new environments in the European Union?

Our research involves a comprehensive quantitative and qualitative analysis of the flows of Ukrainian refugees and the conditions governing their adaptation in EU countries and new places of residence within Ukraine. Grounded in a synthesis of the pertinent literature, statistical data from state institutions and information derived from international organisations and entities dedicated to assisting Ukrainian refugees, the research also incorporates insights obtained through a survey of Ukrainian forced migrants. It is important to acknowledge the limitations inherent in this study, chiefly associated with the relatively small number of responses gathered from the survey participants (the sample of 248 respondents is fairly small compared to the general population of over 8 mln forced Ukrainian migrants). While this constraint impacts the comprehensiveness of the data, thus limiting the generalisability of results to the entire population of Ukrainian migrants, the survey effectively captures an array of attitudes, plans, and facets of migrants' integration with new environments.

2. Literature review

The issues surrounding migration flows are a focal point across various domains of scientific inquiry. Academic investigations into migrations span diverse disciplines, including geography, demography, sociology, law, political science and economics, all of them examining the intricacies of international economic relations. Our study refers mostly to legal and social sciences. Research within the field of international public law hinges on the interpretation of normative legal acts that delineate the legal status of migrants in relation to state border crossings. Host countries' legislative acts meticulously regulate the rights and obligations of migrants, asylum procedures, residency rules, the functions of state institutions, and potential labour relations with employers, among other issues.

Within the social science research, especially in sociology, a special focus is placed on understanding the reasons behind and the consequences of migration. This perspective highlights shifts in social structures, family connections and cultural dynamics (Battistella, 2005; Brzezinski, 1992; Fischer et al., 1997; Vietti & Scribner, 2013). In economic studies, the emphasis is placed on examining the economic conditions and repercussions of population movements, along with investigating challenges and risks for both the economies of the country of origin and

the recipient country. In this context, the predominant impetus for migration is driven economically, rooted in individuals' aspirations to enhance their financial circumstances and improve their standard of living. The economic motivation for migration underscores the pursuit of new earning opportunities in foreign countries due to insufficient income at home (Sadova, 2019; Zięba, 2008). Analysing the flows of migrants in peaceful regions since World War II, most authors conclude that what primarily drives migration are economic considerations, stimulated by the search for new opportunities in other countries, to which native regions, especially rural areas, compare badly (Chugaievska & Rusak, 2022; Fiałkowska, 2019; Kupets, 2016).

Scientists have recognised the need for state regulations in the host countries concerning the activities of labour migrants, assigning various functions to social institutions regarding the regulation of their labour relations with employers, etc. (Duszczyk & Matuszczyk, 2018). Such aspects of migrants' labour adaptation become relevant not only in the context of the Ukrainian migration challenges, but also in the light of ongoing migration from Asian and African countries (Szulecka, 2013).

In the context of an armed conflict, two additional forms of migration emerge alongside emigration and immigration typical for peace: refugees (forced migrants) and evacuated people. Refugees are people compelled to leave their homes due to armed conflicts, discrimination or threats. Evacuated people are individuals who were relocated in an organised manner from areas vulnerable to hazardous factors to safer regions, typically orchestrated by state institutions (Becker, 2022; Braithwaite et al., 2019).

In the course of the protracted military conflict in Ukraine, a unique form of migration appeared, namely internal forced migration, comprising internally displaced persons (IDPs). The rights and capabilities of IDPs are regulated by the 2015 Law of Ukraine *On Ensuring the Rights and Freedoms of Internally Displaced Persons*, enacted in response to military operations in the Eastern part of the country and the occupation of Crimea (Verkhovna Rada Ukrayiny, 2024). According to this legislation, an internally displaced person is defined as a citizen of Ukraine, a foreigner, or a stateless person legally residing in Ukraine with the right to permanent residence in the country. They were compelled to leave their place of residence in order to avoid adverse consequences of an armed conflict, temporary occupation, widespread violence, human rights violations, or similar circumstances. This definition highlights the necessity for individuals to relocate due to these severe circumstances, ensuring their safety and protection under the law.

The United Nations High Commissioner for Refugees' (UNHCR) definition of migrants and refugees is accurate. According to this source, migrants are people who decide to leave their country to improve their quality of life by finding a better job, school, or joining family members, while refugees are persons fleeing war or

persecution. Unlike refugees, migrants can always safely return to their permanent place of residence. On the other hand, refugees' ability to return home is often related to the duration of the military conflict and the extent of the destruction caused by military operations (United Nations High Commissioner for Refugees, 2015).

Continuing a comprehensive assessment of the development of migration processes, several scientific papers are devoted to the development of migration policy in different countries (Adams, 2003; Caponio & Jones-Correa, 2017; Carrera et al., 2015; Greenhill, 2010; Reslow, 2012). In EU countries, where the regulation of migration processes takes place at the level of national policy, the European Commission has developed a number of regulatory acts. It is noted that 'the government's efforts are aimed at solving problems, achieving the desired state of affairs in the field of migration through comprehensive and coordinated intervention, anchored in regulation, including the legislative framework, and implemented through activity programs' (Communication from the Commission to the European Parliament and the Council. Towards a Reform of the Common European Asylum System and enhancing legal avenues to Europe; European Commission, 2016). Additionally, a special regulatory document was drafted that pays attention to the Ukrainian forced refugees and the conditions of their adaptation in places of refuge (Communication from the Commission on Operational guidelines for the implementation of Council implementing Decision 2022/382 establishing the existence of a mass influx of displaced persons from Ukraine within the meaning of Article 5 of Directive 2001/55/EC, and having the effect of introducing temporary protection and proposal for a Council implementing decision establishing the existence of a mass influx of displaced persons from Ukraine within the meaning of Article 5 of Council Directive 2001/55/EC of 20 July 2001, and having the effect of introducing temporary protection). That emphasises the importance and relevance of our study in the context of managing the national development strategies of the host countries, which have become a new home for Ukrainian migrants amid ongoing military activity.

In the context of the war in Ukraine, starting with a partial invasion of Eastern Ukraine, the seizure of Crimea in 2014, and a large-scale invasion dating back to 24th February 2022, authors highlight a number of international economic consequences, discussing issues such as financial aid, Ukrainian refugees and migration flows. European Commission et al. (2022) stress the need to strengthen innovation processes for the recovery of the Ukrainian economy and the reconstruction of the infrastructure and businesses destroyed by military attacks. Several authors emphasise new challenges that both the Ukrainian economy and the economies of host countries face due to large-scale migration flows from Ukraine, including increased burden on the host countries' medical, social, and educational

spheres (Górny & Kaczmarczyk, 2023; Kohlenberger et al., 2023). On the other hand, the influx of new labour force into these countries contributes to the reduction of the unemployment rates and creates additional demand for goods and services, which in turn boosts these countries' GDP (Gorodnichenko & Rohner, 2022).

In connection to large-scale migration flows from and within Ukraine caused by the war, scientists emphasise the importance of the adaptation needs of refugees in the receiving countries. Studies show that the adaptation of refugees to new conditions requires a significant effort from public institutions and civil society of host countries. According to Henry et al. (2019), the main challenges for refugees include access to housing, healthcare, education and employment. In the context of a large influx of migrants, it is important to ensure the appropriate level of psychosocial support and create conditions for social integration, in particular through language courses and vocational training (Laban et al., 2008).

According to Koser and Martin (2011), the foundation of successful refugee integration is the implementation of inclusive policies that promote equal access to resources and services. These policies must take into account the needs of vulnerable groups, such as children, the elderly and persons with special needs, who have been particularly affected by a conflict (Phillips, 2017). The involvement of local communities in the integration process also plays an important role. Work by Ager and Strang (2008) asserts that successful integration depends on the willingness of local communities to accept refugees and promote their social inclusion. This requires increasing awareness of the culture and needs of refugees among local residents (Hynie, 2018).

A study by Eurofound (2016) indicates that the effective management of migration processes necessitates an integrated approach that includes coordination of actions between different levels of government, civil society organisations, and international organisations. This ensures proper support for refugees and facilitates their integration into new societies. Drawing on the experience of previous crises, scholars such as Valenta and Bunar (2010) emphasise the importance of long-term refugee support strategies that address both current and future needs. Such strategies should include measures aimed at social integration, economic and financial independence, and the support of mental health for refugees.

Undoubtedly, the appearance of Ukrainian migrants in new places of residence requires increased attention and support from the administrations of the host regions and the improvement of migration policy regarding the possibility of integration of refugees into new societies (Fink & Kader, 2023; Malynovska, 2018). Most of these people need psychological support and a sense of security; some of them have lost their loved ones, their homes or businesses (Yousaf, 2018). Some, especially children and the elderly, need thorough medical examination. The implementation of

recommendations for the adaptation of Ukrainian forced migrants based on the results of our survey provides an opportunity to hear the voice of each person and learn about their real problems and needs.

Scientific work from various fields of research, i.e. management and economics, psychology, law, social sciences, and many more, highlight the need for constant comprehensive monitoring and adaptation of migration policy, which can effectively respond to modern challenges related to the integration of Ukrainian refugees into new societies amid a long war.

3. Data and methodology

The research methodology is based on a multifaceted approach, incorporating statistical and economic methods, such as analysis and synthesis, techniques of descriptive statistics and sociological methodologies for processing questionnaire responses. This study addresses the challenges encountered by Ukrainian forced refugees, focusing mainly on two issues: migration movements and the mechanisms of migration policy governing the integration processes of refugees in new environments. The research draws upon primary data collected in February 2023 from a questionnaire administered among Ukrainian refugees, and secondary data from relevant institutions, i.e. the International Organization for Migration,² the United Nations,³ the State Statistics Service of Ukraine,⁴ and the State Migration Service of Ukraine.⁵ Additionally, the analysis incorporates data from Eurostat (n.d.), the World Bank Group (n.d.), and international organisations assisting Ukrainian migrants (IFW Kiel Institute for the World Economy, n.d.).

The primary data investigation encompasses a comprehensive analysis of public opinion regarding the adaptation of Ukrainian migrants to their new places of residence, an assessment of their mental and psychological wellbeing, and an exploration of their needs and challenges they meet. The above-mentioned questionnaire for Ukrainian forced migrants was comprised of 20 questions in Ukrainian. The sample consisted of 218 respondents residing in 32 countries. The period of survey spanned December 2022 to March 2023.⁶ The survey used a Google form distributed through social networks, refugee settlement locations, and Centres of

² See: <https://www.iom.int/>.

³ See: <https://www.un.org/site-search/?query=Ukraine>.

⁴ See: <https://www.ukrstat.gov.ua/>.

⁵ See: <https://dmsu.gov.ua/>.

⁶ The questionnaire was conducted among Ukrainian migrants in the framework of the implementation of a scientific project at the Jagiellonian University in Kraków, Poland, and University of Bremen, Germany, with a grant number 9C 007 from Volkswagen Foundation, Germany. The scientific project is titled: *New wave of migration on the background of the Russian invasion of Ukraine, social and economic consequences for Ukraine and for Poland 2022: statistical analysis and prospects*.

First Help for Ukrainian Refugees. It started at the conclusion of the first year of extensive military escalation in Ukraine amid ongoing military aggression.

Geographically, the majority of respondents (65%) were external migrants compelled to migrate from Ukraine to other countries, while one-third were internally displaced persons who relocated to the Central and Western regions of Ukraine. Economic and statistical methodologies underpinned the survey's organisation and data processing. The theoretical generalisation of survey results served as the methodological foundation for identifying the most significant factors influencing the adaptation of Ukrainian migrants.

The study formulates a hypothesis to guide its research objectives, which reads: 'the forced migration of Ukrainian refugees compelled to flee their country who arrived in European countries after 24th February 2022 involves a complex process of adaptation and integration into new societal frameworks, necessitating specific amendments to the migration policies of the host countries'.

4. Overview of migration movements and countries of settlement of Ukrainian forced migrants, 2014–2023

Analysing migration patterns in Ukraine since the declaration of independence, three distinct stages of migration can be identified. The initial stage, spanning from 1991 to 2014, was characterised by relatively insignificant migration flows, primarily occurring within the country. Internal migration significantly surpassed external migration, with economic motives predominantly driving these movements. Approximately 700,000 Ukrainian people migrated during this period, and immigrants constituted about 7% of this figure. Notably, certain years within this peaceful period saw positive foreign migration balances indicating a net influx of migrants to Ukraine between 2006 and 2014.

The second migration wave started in 2014 along the Russian invasion of Eastern Ukraine and the resulting annexation of Crimea and a part of Donbas, and lasted until 2022. This phase, like the first one, was predominantly characterised by internal migration. Forced resettlement became prominent due to the ongoing military operations, particularly with families relocating from the eastern occupied territories to the western and central regions. The annual migration flow during this period averaged about 500,000 people, with external migration accounting for approximately 5%.

The third migration wave was triggered by a large-scale invasion of Ukraine by Russians in February 2022. It turned into a global migration crisis, with around eight million Ukrainians seeking temporary shelter abroad, and six million relocating to the safer western and central parts of the country. This marked a shift towards forced

migration, with nearly one-third of Ukrainians becoming forced migrants in the early months of the war.

Since then, migration has predominantly been of a forced nature, driven by the necessity to secure safety for Ukrainian people and their families. As of September 2023, 6.2 mln Ukrainian forced migrants were officially registered abroad, while an additional 3.7 mln found temporary shelter within the country. Although some migrants managed to return home, migration dynamic is still influenced by the ongoing military activity. Table 1 presents 10 largest receivers of Ukrainian refugees as of the end of the second year of the war.

Table 1. The 10 largest receivers of Ukrainian temporary refugees as of 30th October 2023

Country	Registered Ukrainian refugees in thousands	In % of the total number
Germany	1,114.1	17.9
Poland	958.9	15.4
Czechia	366.0	5.9
Great Britain	210.8	3.4
Spain	185.9	3.0
Italy	167.5	2.7
Moldova	113.0	1.8
Slovakia	109.1	1.8
Ireland	97.5	1.6
Netherlands	94.4	1.5

Source: based on UNHCR (2022).

Germany is the largest receiver of Ukrainian forced migrants, Poland is the second-largest and Czechia is the third. As shown in Table 1, European countries have become the primary refuge for Ukrainians fleeing war, with 93.7% of forced Ukrainian migrants (around 5.8 mln people) having found asylum in Europe. 77.4% of them (4.8 mln) have found new homes in EU countries (Euronews, 2020). Various experiences of these migrants in their new environments, as well as their needs and challenges they face were explored through our survey.

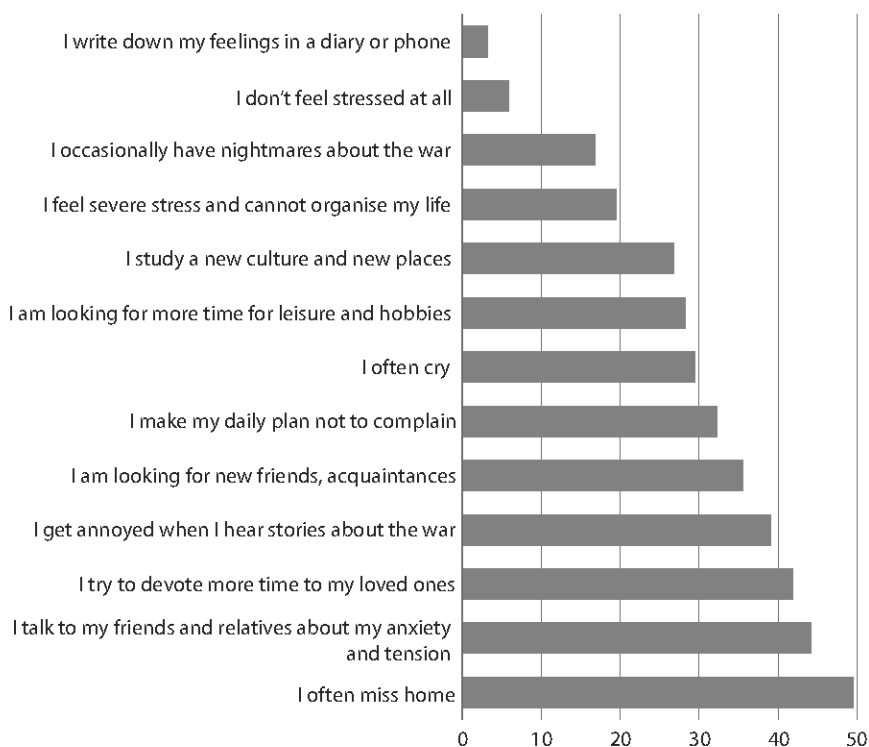
5. Mental and psychological health of Ukrainian forced migrants

The study focused on the mental and psychological wellbeing of Ukrainian forced migrants, assessing the implications of their moving for their lives. Additionally, it examined the opportunities and challenges arising from their displacement, providing recommendations for the integration of Ukrainian refugees with the host communities, based on prevailing migration policies. The study sample consisted in 78% of women. Such gender distribution resulted from the fact that large numbers of men were drafted to the army. As regards the geographical distribution of the sample,

the total of 218 respondents resided in 32 countries when the survey was carried out. 65% of them resided abroad, while 35% were IDPs.

One part of the questionnaire specifically referred to the mental and psychological condition of the respondents in light of their first-hand exposure to the war. Survey results indicated that nearly half of them (49.5%) experienced homesickness. 44.1% reported talking about their emotions and mental states to friends and the loved ones. Another way of coping with challenging circumstances, reported by 41.8% of respondents, was spending more time with relatives who shared their initial displacement (Figure 1).

Figure 1. Characteristics of Ukrainian forced migrants' mental health in % of respondents



Source: results of survey conducted by Jagiellonian University in Kraków and University of Bremen in 2023.

39.1% of the respondents expressed feelings of annoyance and anxiety upon hearing news about the war in the media. 29.5% reported frequently experiencing moments of distress that led them to tears. 19.5% continuously struggled with persistent stress resulting from their past experiences. Sleep of 16.8% was sometimes disrupted by bad dreams relating to the war. On the other hand, about a third of Ukrainian war refugees regarded their situation to be positive to some extent. Those people were gradually

adapting to their new living conditions. They endeavoured to maintain a positive outlook of their conditions, trying to familiarise themselves with new environment, seeking new contacts and friendships (35.5%), and structuring their daily schedules to minimise idle time and emotional turbulence (32.3%). 26.8% of them actively engaged in learning about new places and cultures.

Conducting a comparative analysis of the emerging opportunities and challenges in the context of forced migration shows that migrants as a group face significantly more challenges than opportunities. Figure 2 shows, however, that despite this imbalance, a majority of respondents could see a positive aspect of their experience, namely the fact they achieved safety for themselves, their children and the loved ones (Figure 2). Furthermore, a significant number of respondents declared gaining new experiences and knowledge, and just over a half forming new acquaintances. On average, every third respondent struggled to achieve proficiency in a new language during the migration process, and a similar percentage had to seek new or additional employment. Some respondents reported engaging in remote work for employers based in Ukraine.

Figure 2. Ukrainian forced migrants' new possibilities in the new places of residence in % of respondents

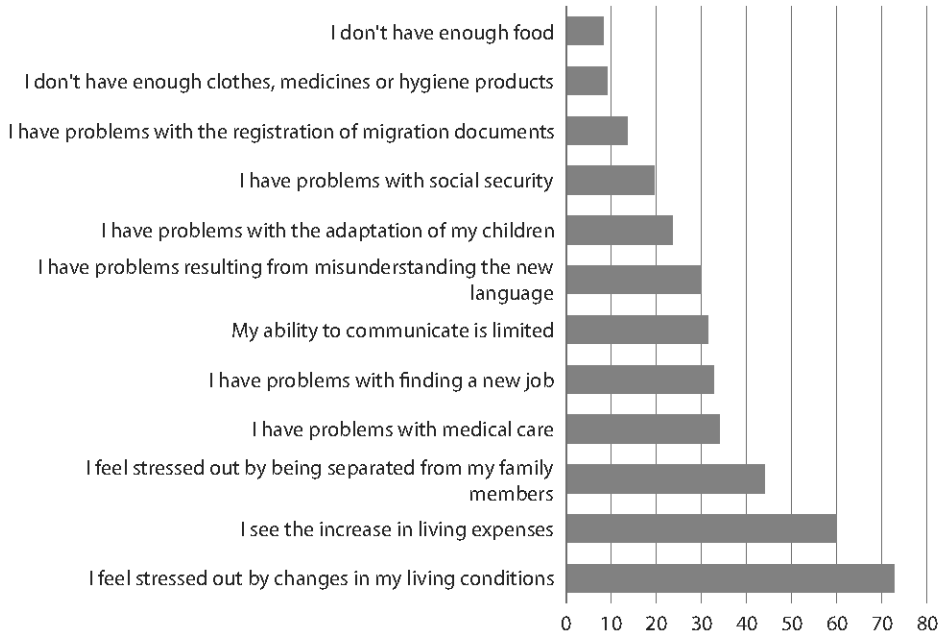


Source: results of survey conducted by Jagiellonian University in Kraków and University of Bremen in 2023.

As mentioned before, changing one's place of residence invariably results in new challenges, particularly when the migrant is compelled to leave by the exigencies of war and the associated turmoil. A significant number of respondents said they had to abandon their homes that were either wholly or partially destroyed, and as a result, health issues among themselves and their family members occurred. Additionally, stress and financial problems were prominent themes among respondents, with almost three quarters of them experiencing difficulties adapting to new living conditions, and about two thirds reporting additional financial burdens required to sustain basic life

needs (Figure 3). Separation from family members induced stress in nearly half of respondents.

Figure 3. Challenges for Ukrainian forced migrants in new places of residence in % of respondents



Source: results of survey conducted by Jagiellonian University in Kraków and University of Bremen in 2023.

Healthcare challenges and problems with employment featured prominently among issues pointed out by respondents. Approximately one third of them indicated the need for supplementary medical examinations, and just slightly less encountered substantial difficulties securing employment in their resettlement destination. Communication obstacles were also frequently mentioned, with almost a third of respondents reporting limited social interactions, and a similar proportion struggling with insufficient proficiency in the new language. Another problem pointed out by forced migrants were educational challenges. Over one fifth of the respondents reported problems with their children's adaptation to school or kindergarten. Nearly one in five respondents encountered difficulties in the process of registering their migration documents. Some articulated the need for document recovery, particularly lost passports and other crucial certificates, necessitated by their hurried departure amidst military attacks and explosions (see Figure 3 for the exact percentages).

6. Regulation mechanisms of Ukrainian refugees' adaptation and integration processes in context of the migration policy activity

In the course of the survey, respondents were tasked with selecting the ten most significant measures addressing their adaptation challenges in the new environment. These measures were subsequently assessed on a 5-point scale, and the five most important elements governing the adaptation processes of Ukrainian refugees were identified (Table 2).

Table 2. Most significant measures for respondents' adaptation in the new environment

Measure	In % of respondents
Having a stable income in the new place	50.8
Solutions to problems with housing	48.6
Possibility to continue education	25.6
Assistance with: healthcare problems	21.1
language and social adaptation problems	20.9

Source: results of survey conducted by Jagiellonian University in Kraków and University of Bremen in 2023.

A priority among these measures was given to the assurance of financial stability and the potential for a consistent income, selected by just over a half of the respondents. This result is not surprising, given the frequent loss of employment, businesses and homes experienced by many refugees. The pressing need for stable financial resources is a critical concern for those navigating the multifaceted challenges of forced migration.

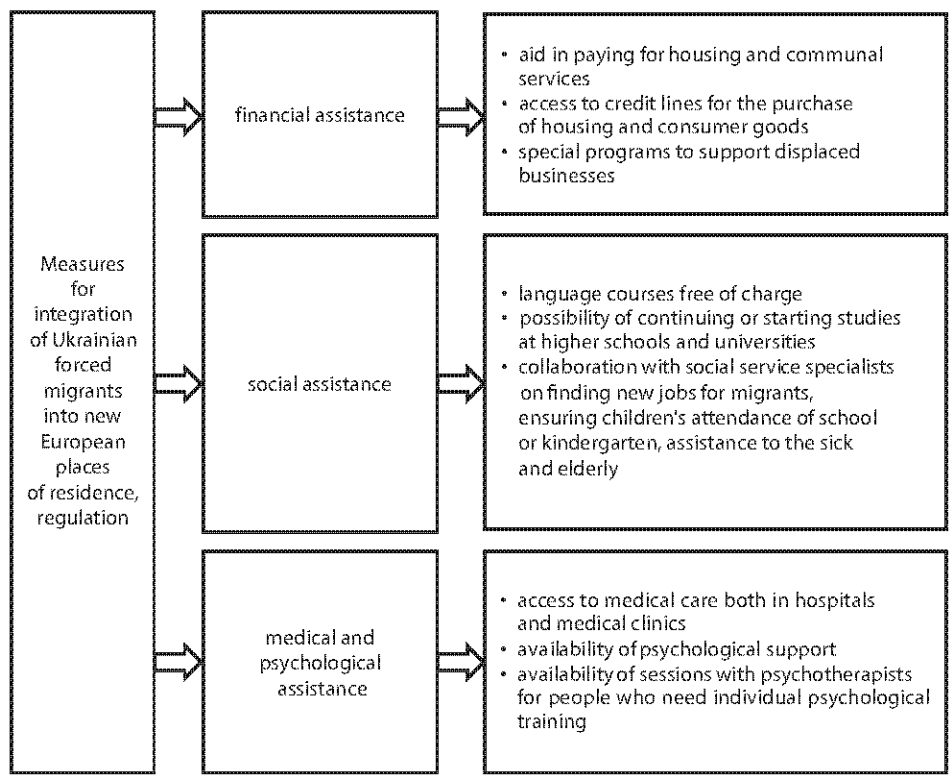
The second highest priority identified by respondents was the solution to housing issues (chosen by slightly less than a half of them). This shows the profound impact of housing stability on the successful adaptation of Ukrainian forced migrants to their unfamiliar surroundings. Another important measure, selected by nearly one in four respondents, was to address challenges related to continuing education. So we can see that Ukrainian forced migrants highly appreciate educational continuity.

The fourth and fifth most important measures were the provision of assistance for additional medical services, and the support for learning a foreign language together with social and psychological consultations. These findings underscore the multifaceted nature of the challenges faced by Ukrainian forced migrants, extending beyond educational needs to encompass healthcare and psychosocial support.

Moreover, respondents were encouraged to provide written suggestions for resolving the adaptation challenges, with the author subsequently elaborating on these recommendations. The amalgamation of these proposals, along with respondents' insights into their needs and the challenges they face, led to the creation of a comprehensive set of policy recommendations. These guidelines, specific to the

integration of Ukrainian forced refugees into new environments, form the basis for the development of mechanisms regulating the migration policy of Ukraine and the host countries (Figure 4).

Figure 4. Regulation mechanisms of Ukrainian refugees' integration processes in the context of migration policy



Source: author's research results.

The system of recommendations for managing forced migration processes in the context of an ongoing military conflict comprises three categories of measures. One is financial assistance for refugees, especially aid covering housing expenses for the most vulnerable families, the provision of loans for the acquisition of housing, and assistance for displaced businesses. The second category involves social assistance for migrants, helping them to learn a new language, ensuring the availability of specialists from the social sector that could provide advice regarding the education of children in schools and kindergartens, as well as opening the opportunities for migrants and their children to pursue tertiary education and attend professional courses to facilitate employment in a new location. The third category of measures enhancing the integration processes

of Ukrainian forced migrants results from the examination of mental health of refugees. It comprises medical and psychological support, where, alongside access to medical services, significant emphasis is placed on access to psychological training sessions and individual sessions with psychotherapists for individuals impacted by the war.

7. Discussion

The results of the conducted survey underscore the multifaceted nature of challenges faced by forced Ukrainian migrants during their integration with new societies and communities. Financial assistance is the essential measure. Our survey shows that it plays a critical role in alleviating housing-related concerns for vulnerable families and supporting displaced businesses. By the same token, the positive impact of social assistance programs on the integration process, particularly those facilitating language acquisition and providing easier access to education, is evident. Educational opportunities at both the primary- and higher-education levels are identified as key facilitators of the successful integration, enabling migrants to contribute meaningfully to their new societies.

The survey findings also emphasise the positive correlation between access to psychological and medical support services and the overall wellbeing of forced Ukrainian migrants, stressing the importance of holistic support systems. Integration challenges persist, with barriers identified in various spheres, including language acquisition, educational access, and the economic empowerment of displaced individuals. Business support initiatives, while significant, face difficulties, and the survey sheds light on the need for tailored strategies to address the specific challenges faced by displaced entrepreneurs. The surveyed population's resilience is evident, as they navigate complex integration processes, often demonstrating a remarkable ability to adapt despite adversities.

Moreover, the interplay of various factors in the integration process underscores the need for comprehensive and targeted migration policy measures to address the nuanced needs of forced Ukrainian migrants and IDPs in Ukraine. While progress has been made, our findings demonstrate that constant evaluation and adaptation of integration policies is necessary to ensure their continuing relevance and effectiveness in an ever-evolving migration landscape.

The ongoing war in Ukraine and the related population displacement crisis require the development of specialised migration policy programs within the framework of the European Union, where the majority of Ukrainian forced migrants have currently found their new homes. These programs should cover not only the immediate needs of Ukrainian refugees, such as housing, financial support, and access to health services, but also focus on long-term integration goals. These include promoting economic

integration by providing employment opportunities, recognition of professional qualifications, and launching specialised business support programs for displaced entrepreneurs. In addition, it is important to strengthen social integration by facilitating access to education, language courses, and activities to foster local communities, which will allow refugees to fully participate in the life of host societies and contribute to their development. Given the complexity and variability of challenges faced by Ukrainian refugees, coordinated and flexible efforts are needed at both national and EU levels to ensure that policies are adaptive, inclusive, and able to respond to the changing circumstances of the conflict. The goal of such integration programs is to create more effective, sustainable, and humane integration paths that will not only satisfy the immediate needs of Ukrainian refugees, but also support their long-term stability and wellbeing, contributing to the social cohesion and economic sustainability of host countries in Europe.

8. Conclusions

The study involved the assessment of the specificity of the integration of Ukrainian refugees into new societies against the background of the continuation of the war in Ukraine. The author examined the process of Ukrainian refugees' integration with new societies. Despite the negative impact of the war on their lives and a widespread feeling of homesickness, most of the respondents appreciated the fact they guaranteed safety for themselves and their children and acquired new life experiences. A significant part of displaced Ukrainians faced the problem of growing expenses burdening household budgets and the necessity to find a new job and housing, to provide medical assistance to adults and children, and to continue children's education in schools.

The identified challenges underscore the importance of a holistic approach to migration policy that would recognise the interconnectedness of financial, social, educational, and psychological factors. Policy implications resulting from our findings emphasise the need for a nuanced and adaptive approach to address the evolving needs of the population of forced migrants. Adjustments to the existing EU migration policies might be necessary, with a focus on enhancing financial assistance programs, bolstering educational initiatives, and tailoring business support to displaced entrepreneurs' needs in order to foster greater economic resilience. Our study moreover emphasises the necessity of a continuous dialogue between policymakers, service providers and the migrant community to ensure responsive and inclusive integration strategies. Recommendations for future research include delving deeper into the long-term outcomes of integration efforts and exploring the impact of cultural adaptation on the overall wellbeing of forced migrants. The surveyed population's

experiences provide a humanised perspective on the challenges encountered and successes achieved during forced migration.

The above-described approach will provide Ukrainian migrants with the opportunity to rebuild their lives in a way that contributes to both their wellbeing and the social cohesion of the host communities. The importance of developing such programs cannot be overestimated, as they are key to building a more inclusive and sustainable European society in the face of ongoing migration challenges.

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