

ON THE ISSUE OF REST AND RECREATION OF CHILDREN DURING THE VACATION PERIOD IN THE COMMUNITY

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INTRODUCTION

In the conditions of war, the fundamental rights and freedoms of citizens, and especially children, are violated. Communities face new challenges and tasks of social protection, pedagogical support and mental health protection. One of the most important tasks is the implementation of the constitutional right of children to rest and recreation. At the same time, there is a consistent trend of deterioration of children's health caused by war conditions. It is the rest and recreation of children and school youth during the summer vacation that will not only contribute to strengthening their health and gaining their strength before the beginning of the new school year, but also contribute to child's development, realization of child's creative abilities, formation of a healthy lifestyle and social and psychological support.

The Law of Ukraine "On Rest and Recreation of Children" stipulates the main principles of state policy in the field of children's health and recreation, powers of executive authorities and local self-government bodies, legal, financial and organizational principles for children's rest and recreation facilities formation and operation, rights, obligations and responsibility of all participants in the process.

Rest is a complex of special social, educational, medical, hygienic, sports activities that ensure organization of children's leisure time, restoration of physical and mental functions of children's body, contribute to the development of children's spirituality and social activity which are carried out in children's rest and recreation facilities during the rest shift.

Recreation is a complex of special social, educational, medical, hygienic, sports activities aimed at improving and strengthening the physical and mental health of children which are carried out in children's rest and recreation facilities during the recreation shift.

Children's rest and recreation facility is a permanently or temporarily operating, specially arranged or adapted facility, intended for rest, recreation and development of children, located in a specific place with material and technical base, personnel support and technologies for providing children's rest and recreation services according to state social standards for rest and recreation services provision.

The regulatory and legal framework in this area is: the Law of Ukraine “On¹ Rest and Recreation of Children” (2008), the State Social Standard for Children’s Rest and Recreation (2009), the Model Regulation on Children’s Rest and Recreation Facilities (2009), the Model Staff Regulation for Children’s Rest and Recreation Facilities (2009), the Concept of State Social Program of Children’s Rest and Recreation up to 2025 (2021), the National Strategy for Barrier-Free Environment in Ukraine up to 2030 (2021), etc.

The following researchers studied the activity of children’s rest and recreation facilities in their works: M. Viazovkina, I. Zinkevych, A. Kapska, I. Kostina, H. Kucher, M. Mishchenko, V. Ovchynnykov, V. Storonina, I. Reznichenko.

1. Regulatory and legal basis of activities of rest and recreation facilities

According to the Law of Ukraine “On Rest and Recreation of Children”, there is the following typology of shifts:

- rest shift – the period when a child stay in a children’s rest and recreation facility at least 14 days;
- recreation shift – the period when a child stay in a children’s rest and recreation facility at least 21 days, during which a child is provided with rest and recreation services;
- profile shift (tourist, sport, additional education: young biologists, mathematicians, ecologists, etc.) – the period when a child stay in a children’s rest and recreation facility, during which a child is provided with a set of services aimed at developing certain abilities and interests in addition to rest and recreation services;
- thematic change – rest or recreation shift during which a child is provided with a set of additional services aimed at developing his/her abilities and interests in the areas of extracurricular education, physical culture and sport, social rehabilitation, social protection, etc. under a special program in addition to rest and recreation services.

According to the Law of Ukraine “On Rest and Recreation of Children”, there are the following principles of state policy in the field of children’s rest and recreation: equality of rights of each child to rest and recreation; creation of conditions for strengthening the physical and mental health of children through proper organization of rest and recreation; providing rest and recreation services to children who need special social attention and support.

According to Article 7 of this Law: “Local authorities of executive power and self-government local bodies, within the limits of their powers, ensure: implementation of state policy in the field of children’s rest and recreation, development and implementation of relevant regional programs; rest and

¹ The Model Regulation on children’s rest and recreation facility: approved by the Resolution of the Cabinet of Ministers of Ukraine dated April 28, 2009 No.422. URL: <http://zakon.rada.gov.ua/cgi-bin/laws/main.cgi?nreg=422-2009-%EF>

recreation of children, primarily children who need special social attention and support, throughout the year, etc”.²

According to Article 9 of the Law of Ukraine “On Rest and Recreation of Children”:

1. State social standards for children’s rest and recreation shall be a component part of state social standards.

2. Component part of state social standards for children’s rest and recreation shall be: standards for material and technical support of children’s rest and recreation facilities with inventory and equipment for providing medical services, organizing the educational process and children’s leisure time, including national and patriotic education; regulations for placing children for rest and recreation on the territory, in houses and premises of children’s rest and recreation facilities; standards for providing children with full nutrition in children’s rest and recreation facilities in accordance with physiological needs and energy expenditure.

According to Article 13 “Children’s rest and recreation facilities”:

“Children’s rest and recreation can be carried out in children’s rest and recreation facilities throughout the year, seasonally, during vacation, 24 hours a day, during the day.

According to its organization and legal forms, children’s rest and recreation facility can be state (based on state ownership), communal (based on communal ownership) or private (based on private ownership) form of ownership.

Children who need special conditions for recreation are provided with recreation in children’s rest and recreation facilities accompanied by parents or other legal representatives, social workers, etc.

Rest and recreation of children who need special conditions for recreation are carried out in specially adapted children’s rest and recreation facilities or in children’s rest and recreation facilities with specially equipped places.

Staying together with children in rest and recreation facilities of the persons specified in the third, fifth and sixth paragraphs of this part is paid at the expense of such persons, charitable assistance, etc.”³

Children’s recreation facilities include:

– sanatorium-type children’s facility – a facility where children stay 24 hours a day and a complex of medical services aimed at improving their health and preventing diseases are provided along with recreation services. Taking into consideration natural and climate conditions, available health care and recreation basis, staff, such facilities may be specialized;

² The Law of Ukraine “On Rest and Recreation of Children”. URL: <https://zakon.rada.gov.ua/laws/show/375-17#Text>

³ Kravchenko O. O., Mishchenko M. S., Reznichenko I. H. and others. Inclusive health summer camp: educational and methodological guide/ MES of Ukraine, Pavlo Tychyna Uman State Pedagogical University. Uman: Vizavi, 2021. 311 p.

– children center – a facility operating throughout the year where children stay 24 hours a day. The center has appropriate personnel support, specially designated territory, material and technical base that meet sanitary and hygienic standards, for organization of children’s rest, recreation and education;

– out-of-town rest and recreation facility – a facility operating throughout the year, seasonally or during vacation where children stay 24 hours a day. The facility must have a specially designated territory located in resort or suburban area, material and technical base that meet sanitary and hygienic standards, personnel support for organization of recreation. The relevant facility may also belong to rest facility.⁴

Children’s rest facilities include:

– daily camp – a camp temporarily established in educational institution, cultural, health care, physical education and sport facility where children are provided with proper care, educational process, full leisure time, development of creative abilities and interests, and where children stay during the day, but not less than 6 hours;

– children’s labour and rest facility – a facility with a daily or 24 hours a day stay, in which labor activities along with rest are organized with the aim of forming labour interests and skills in children;

– tent city – a temporary facility with a daily or 24 hours a day stay, set up on a specially designated territory that meets sanitary and hygienic requirements and standards, in which a set of activities is carried out aimed at forming children’s skills of safe life, self-care and collectivism.

Children’s recreation camp is an extracurricular educational facility created to improve health, organize summer vacation and satisfy the interests and spiritual needs of teenagers; at the same time, the strategic tasks of its activity are:

– healthy lifestyle promotion, culture of health formation;

– ensuring proper conditions for children’s full rest and recreation, development of their creative abilities through physical education, tourism, law enforcement and local history work, socially useful work, as well as on the basis of voluntary choice of activities based on interests, leisure, etc.⁵

In accordance with the “State Social Standard of Children’s Rest and Recreation”, it is necessary to carry out educational activities in children’s rest and recreation facilities:

– organization of activities of interest groups and clubs, children’s studios, creative workshops, etc.;

⁴ The Law of Ukraine “On Rest and Recreation of Children”. URL: <https://zakon.rada.gov.ua/laws/show/375-17#Text>

⁵ Honcharova T. V., Oliinyk N. Ya., Tarakanova A. P. Recreation facility – center for educational work with children in the summer. Extracurricular time. 2004. May. No. 9-10. p. 29-36.

- organization of academic contests, knowledge contests, exhibitions of technical and artistic creativity, meetings with scientists, etc.;
- organization of developmental and intellectual games; organization of local history and environmental work;
- arrangement of discos, dance evenings, amateur artistic concerts;
- arrangement of children’s parties (shift opening and closing, memorable dates, etc.);
- organization of excursions;
- demonstration of art and popular and science films, video films, cartoons that correspond to the age of children and not contradict the norms of public morality;
- organization of theatre performances for young audiences, children’s and other creative theatres;
- organization of performances of music and music and dance groups.⁶

2. Rest and recreation facilities for children and youth in the Uman territorial community

The City Program for Rest and Recreation of children and School Youth for 2021-2025 of the Uman territorial community (hereinafter referred to as “the Program”) was developed in accordance with the Constitution of Ukraine, the Family Code of Ukraine, the Law of Ukraine “On Childhood Protection”, the Law of Ukraine “On Rest and Recreation of Children”, other normative and legal acts, the regional Program for Rest and Recreation of Children and School Youth, the Regulation on the Ministry of Social Policy of Ukraine, the Regulation on the Department of Labour and Social Protection of the Population and with the aim of improving the organization of full recreation and rest of children and school youth in Uman.⁷

“The purpose of the Program is to ensure quality and availability of rest and recreation services, organize the rehabilitation of children with disabilities, prevent children from becoming disabled, preserve, improve and develop network of children’s recreation facilities, create safe conditions for their stay and increase the number of children covered by rest and recreation services. Achieving the set purpose will be carried out by improving the rest and recreation conditions of children and school youth in children’s rest and recreation facilities; implementation of innovative forms into the educational and cultural programs of these facilities; development of effective mechanisms for providing recreation services to the maximum number of

⁶ State social standards for children’s rest and recreation.. URL:<https://zakon.rada.gov.ua/laws/show/z0854-09#Text>

⁷ City program of rest and recreation for children and school youth for 2021-2025 dated April 30, 2021 No. 7-13/8. URL: n-rada.gov.ua/index.php/dokumenty/proiekty-rishen-miskoi-rady/item/17406-pro-vnesennia-zmin-do-rishennia-umanskoj-miskoi-rady-vid-22102020-roku-2384-7-pro-misku-prohramu-ozdo

children and school youth, primarily those who need special social attention and support”.⁸

The main tasks of the Program shall be:

- 1) improving the quality of rest and recreation for children and school youth, increasing the number of children covered by organized forms of rest and recreation, primarily those who need special social attention and support;
- 2) opening of an out-of-town inclusive recreation and rehabilitation center for children and teenagers based on premises in village Dmytrushky-2;
- 3) improving the information, scientific and methodical, material and technical support of activities of children’s rest and recreation facilities and increasing their prestige;
- 4) strengthening and upgrading the personnel potential of children’s rest and recreation facilities;
- 5) development of creative abilities of children and youth, formation of a healthy lifestyle and patriotic education;
- 6) improving the work of Leisure and Rest Center for School-Age Children “Barvohrai”;
- 7) improving the health and physical development of children.

Today, the following summer inclusive rest and recreation facilities are operating in Uman:

- Department of Rehabilitation, Rest and Recreation of the Combined Type “BUH” of the Center for Social Services of Department of Labor and Social Protection of Population of the Uman City Council;
- Sanatorium-Type Summer Recreation Camp “Mriia” of the Center for Complex Rehabilitation for Children with Disabilities “Prolisok”;
- Leisure and Rest Center for School-Age Children “Barvohrai” of Center for Integrated Social Services of Department of Labor and Social Protection of Population of the Uman City Council.

Department of Rehabilitation, Rest and Recreation of the Combined Type “BUH” (hereinafter referred to as “the Department”) is a structural division of the Center for Integrated Social Services of Department of Labor and Social Protection of Population of the Uman City Council.

The main goal of the Department is “to ensure rehabilitation, recreation, meaningful rest, interesting leisure time, formation of a healthy lifestyle, patriotic education of children and youth, creative and spiritual development of families with children, pensioners, disabled people, internally displaced persons, participants of the ATO and their families”.⁹

⁸ City program of rest and recreation for children and school youth for 2021-2025 dated April 30, 2021 No. 7-13/8. URL: n-rada.gov.ua/index.php/dokumenty/proiekty-rishen-miskoi-rady/item/17406-pro-vnesennia-zmin-do-rishennia-umanskoj-miskoi-rady-vid-22102020-roku-2384-7-pro-misku-prohramu-ozdo

⁹ Regulations on the Department of Rehabilitation, Rest and Recreation of the Combined Type “BUH” of the Center for Social Services of Department of Labor and Social Protection of Population of the Uman City Council. Order No. 70 dated 05.05.2021. Uman, 2021. 6 p.

Tasks of the Department's activities:

- provision of recreation procedures and rehabilitation services according to the age and state of health of clients;
- provision of social and psychological services to internally displaced persons from the ATO's areas and occupied territory of the Autonomous Republic of Crimea, family members of servicemen who died in the ATO, servicemen serving in the ATO's areas and families who are in difficult life circumstances and need outside help;
- organization of meaningful leisure and recreation according to the age and interests of clients;
- organization of thematic changes, including patriotic ones;
- promotion of a healthy lifestyle and sport;
- education of the respectful attitude to history, cultural heritage and nature of the native land.

The Sanatorium-Type Inclusive Social and Rehabilitation Recreation Camp "Mriia" (hereinafter referred to as "the Mriia" camp) is an inclusive facility of the Center for Comprehensive Rehabilitation for Children with Disabilities "Prolisok".

The goal of the camp's activities is "implementation of the right of every child to full rest, recreation, provision of meaningful leisure time, satisfaction of interests and spiritual needs, development of abilities, creation of prerequisites for integration into society in accordance with individual needs".¹⁰

The Camp "Mriia" is intended for rehabilitation and recreation of children with disabilities, orphans and children deprived of parental care, children from large and low-income families, children injured as a result of the Chernobyl disaster, children from families of ATO's participants and other categories and is not intended to make a profit.

The Camp "Mriia" is located on the territory and in the premises of the Center which meet barrier-free architecture, sanitary and hygienic requirements, fire safety requirements, safety requirements and have all types of public utilities.

The Camp "Mriia" of the Center for Complex Rehabilitation for Children with Disabilities "Prolisok" is an inclusive sanatorium-type facility which is created for the period of recreation with daily and 24 hours a day stay of children (as needed), with a shift of at least 21 days.

The tasks of the Children Recreation Camp "Mriia" shall be"

- carrying out recreation, educational and rehabilitation work in accordance with the individual capabilities, interests, tendencies and abilities of children, taking into account their age, psychological and physical characteristics, state of health with a help of various forms of work;

¹⁰ Regulations on Sanatorium-Type Summer Recreation Camp "Mriia" of the Center for Complex Rehabilitation for Children with Disabilities "Prolisok". Uman, 2021. 5 p.

- promoting a healthy lifestyle;
- pedagogical, social and medical, psychological rehabilitation of children;
- creation of appropriate conditions for full recreation and rest, development of children’s creative abilities, physical education, expanding horizons;
- voluntary choice of activities and leisure time;
- free expression of views, opinions and beliefs;
- organization of interest groups.

3. Leisure and Rest Center for School-Age Children “Barvohrai”

The organization and implementation of activities for children’s rest and recreation is one of the most important and most relevant areas of the state social policy implementation. The problem of children’s rest and recreation is directly related to the problem of preserving the health of Ukrainian nation.

The Leisure and Rest Center for School-Age Children “Barvohrai” was created to implement the city program of rest and recreation for children and school youth, one of the tasks of which is to develop effective mechanisms for providing recreation services to the maximum number of children and school youth, primarily those who need special social attention and support, in 2015 at the Center of Integrated Social Services of the Department of Labor and Social Protection of Population of the Uman City Council.

“*Barvohrai*” is a joint, unique in the state dimension project of the Department of Labor and Social Protection of Population of the Uman City Council and Pavlo Tychyna Uman State Pedagogical University.¹¹

Tasks of the Center shall be:

- organization of cultural and meaningful leisure time;
- organization of meaningful thematic shifts;
- education of the respectful attitude to history, cultural heritage and nature of the native land;
- promotion of a healthy lifestyle and sport;
- education of respect for work and labor activity.

Areas of work of the Center shall be: – sports and mass;- cultural and recreational activities;- social area;- educational area.

The work of the Center “Barvohrai” is appropriate among children and teenagers to:

- prevent negative manifestations in behavior of children and teenagers occurring in modern society (alcoholism, smoking, drug addiction, prostitution, etc.). Because one of the causes of these phenomena is child neglect, idleness of children and teenagers during vacation;

¹¹ Regulations on Leisure and Rest Center for School-Age Children “Barvohrai” of Center for Integrated Social Services of Department of Labor and Social Protection of Population of the Uman City Council. Order No. 70 dated 05.05.2021. Uman, 2021. 4 p.

- formation of communication culture in children, strengthening of family ties that create conditions for self-realization and self-education of the individual.

Regulations on Leisure and Rest Center for School-Age Children “Barvohrai” and its work schedule have been developed. Every year, the Center’s work schedule is posted on message boards in the city neighborhoods and on the website of the Department of Labor and Social Protection of Population of the Uman City Council.

Students of Pavlo Tychyna Uman State Pedagogical University are the future social pedagogues and practical psychologists who undergo training on the territory of sports and playgrounds, public squares and community parks. 3 camp shifts of 3 hours per day, 5 days per week work during the summer. Students-interns come to the locations according to the Center’s work schedule, get to know the children and their parents and offer an interesting program of meaningful rest: sports competitions, decorative and applied art master classes, needlework, painting, group entertainment, board games for a large company, including Twister. The Department of Labor and Social Protection of Population provides the equipment and materials necessary for entertainment. More than 6,000 children were treated with a rest during the period of the Center’s operation, from 2015 to 2023.

Studying the prospect of making “Barvohrai” not only a summer leisure and rest center for school-age children, but also extending its work during the school vacation throughout the year, since 2019, the Center has organized the work of the Club “Dytiachyi” which provides leisure time for children of privileged categories. The Club operates on the basis of the social cafe for communication “Troiana” of the Department of Labor and Social Protection of Population. Club members meet once a week for interesting and meaningful leisure time, take part in master classes and hold thematic events on the occasion of state and religious holidays.

With the beginning of military actions in the country, the organization of the work of the Center “Barvohrai” became more difficult because of the threat of rocket attacks, therefore, in order to create safe conditions during the organization of children’s leisure time, locations near the shelters are chosen for the work of the Center.

During June-July 2023, about 600 children will have leisure time at the Center “Barvohrai”. Social work specialists and students-interns played with the children, drew, played moving games, went to the cinema, danced, participated in master classes on making toys, handicrafts, amulets, jewelry, went on excursions and visited museums. Special attention is paid to classes on mine safety, rules of behavior during air raids, trainings to improve the psychological and emotional condition of children.

Thus, Uman rest and recreation facilities ensure implementation of the right of every child to full rest, recreation, meaningful leisure time,

satisfaction of interests and spiritual needs, development of abilities and create prerequisites for integration into society in accordance with individual needs.

SUMMARY

The article analyzes the main legislative and regulatory documents regarding the rest and recreation of children and youth. The need to introduce the principle of inclusiveness in the field of children's rest and recreation in order to ensure equal opportunities and non-discrimination in children's access to health and recreation services has been proven. The practical experience of the Leisure and Rest Center for School-Age Children "Barvohrai" of the Uman City Territorial Community is summarized.

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