

# Discover Ukraine!



RealUkraine is a private owned Ukrainian travel agency. It was founded in 2004 and is located in Uman, Ukraine. The company has 10 full time staff and 25 trained staff who work with us on a part time basis.

RealUkraine was created to fulfil the needs of tourist, business, government and academic visitors to Ukraine by designing tours to meet individual requirements of our partners. Our partners include Syngenta, Pottinger, Swedbank, Delaval, FarmJournal, TopProducer, John Deere. In 2009 we managed to organize over 80 tours for 2,000 delegates.

Our main aim is to create programs, which will meet the requirements of all kinds of groups, younger and older tourists. If you need to book a whole package of services or have a single request — do not hesitate to contact us. Our reputation in Ukrainian market has been firmly built on our success in delivering excellent client service and value for money. Our mission is to deliver high impact programs for our clients, that will for sure make long-lasting impressions on the delegates and a return on their investment.

#### Our service in Ukraine:

- Agricultural tours
- Student tours
- Incentive & events services
- Technical visits
- Exhibition visits
- Conference service

Join us and spend an unforgettable time in the heart of central Europe!



# Ukraine!



Ukraine is a country of Central-East Europe. It occupies the territory of Southern West part of East-European Plain, part of the Carpathians and the Crimea Mountains. The territory from North to South is 893 km, from West to East - 1,316 km. Ukraine lies within moderate latitudes and has ports on the Black sea and the Azov sea. Geoposition between Eastern and Western peoples and cultures made a great impact on the history and now-a-day development of Ukraine. Ukraine has inland and marine borders of 7590 km. The inland border passes for 5631 km and consists of 3 areas: Western, Eastern and Northern.

## NATURE AND CLIMATE

The Ukrainian relief is almost plain. Plains occupy 95% of inland territory. Mountains - 5%. Three zones – mixed forests, forest-steppe and steppe, present the plain landscapes.

Two climate zones – moderate latitudes and sub-tropical on Southern coast of Crimea – present climate of Ukraine. Mountainous regions have special climate conditions because of vertical ruggedness, different steepness of slopes, local atmosphere circulations etc. In general, Ukraine belongs to countries with moderate climate of four seasons within a year. Climate conditions influence on economy, tourism development, allow to use the energy of the wind and the Sun.

## ADMINISTRATIVE STRUCTURE

Ukraine consists of the Crimean Autonomous Republic and 24 regions (oblast): Vinnytsya region, Volyn region, Dnipropetrov's'k region, Donets'k region, Zhytomyr region, Zakarpattya region, Zaporizhia region, Ivano-Frankivs'k region, Kyiv region, Kirovohrad region, Luhans'k region, Lviv region, Mykolayiv region, Odesa region, Poltava region, Rivne region, Sumy region, Ternopil region, Kharkiv region, Kherson region, Khmelnytsky region, Cherkasy region, Chernihiv region, Chernivtsi region.

## CULTURE

Since Ukraine is geographically located between Europe and Asia, much of its culture exhibits both Eastern and Western influences. Today, the country is somewhat culturally divided with the western regions bearing a stronger European influence and the eastern regions showing a strong Russian influence.

# Holidays and Cultural Traditions

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Ukrainian culture is richly embedded in ancient traditions. Even today many historical songs such as the dumy and the playing of the kobza – which was popular during the 16th century – is still enjoyed. The culture scene has also seen a resurgence of Cossack songs and song poetry. There are also a number of cultural festivals such as the Tavriya Games which are most popular.

Many people do not know that the tradition of the Easter egg had it's beginnings in the Ukraine. In times gone by (and still sometimes today) these eggs were drawn on with wax to create patterns. Dye was then added to give the eggs their delightful colors – the dye not affecting the wax coated parts of the egg. Once the whole egg was dyed, the wax was removed leaving only the colorful pattern. The tradition is thousands of years old and predates the arrival of Christianity in the country. While Christian interpretations of this practice abound, many Ukrainians still believe that the egg has immense power and releases the earth from the restraints of winter. Even the designs have meaning and the eggs are usually given as gifts or used as decorations.

Ukrainians celebrate a number of holidays, namely Christmas, Easter, New Years and Ivana Kupala (St John's Eve). They also hold a festival every autumn to celebrate the end of the harvest. While some of these festivals are celebrated world wide, Ukrainians have their very own way of observing them. The Ukrainian culture is very interesting and there is so much to say on the matter that it cannot be discussed fully here. The best way to find out more is to visit the country and learn from the locals.





# Useful Ukrainian Words & Phrases

Hello	Pryvit/Vitayu
Goodbye	Do pobachenya
What is your name	Yak vas zvaty?
Nice to meet you	Priemno z vamy poznayomytysya
Thank you	Dyakuyu
Please	Bud'laska
Sorry/Excuse me	Pereproshuyu/Vybachte
Do you speak (English)?	Chy vy govoryte po (angliysky)
I don't understand (you)	Ya (vas) ne rozumiyu
How much is it?	Skilky koshtuye?
I'll buy it	Ya tse kupl'u
I would like to buy	Ya khotiv by kupyty...
Yes/No	Tak/Ni
Where is?	De?
Where is the nearest metro station?	De naiblyzshcha stantsiya metro?
How to get to?	Yak doyikhaty do?
Could you help us?	Dopomozhit' nam bud'laska
Left	Nalivo
Right	Napravo
Straight	Pryamo
Delicious	Duzhe smachno
Do you have a menu in English?	U vas ye menyu na anliis'kyi?
Cheers! (when drinking)	Bud'mo!
Congratulations!	(We) Pozdorovlyaemo/Vitaemo! (I) Pozdorovlyayu/Vitayu!
Thank you very much! We enjoyed our time!	Duzhe dyakuyemo! Nam vse duzhe spodobalos!
Nice to meet you	Pryyemno poznayomytys'
What is your name?	Yak vas zvaty?
My name is	Mene zvaty...
I need	Meni treba
Where is a bathroom (toilet)?	De tut tualet?
Today	Syohodni
Tomorrow	Zavtra
Yesterday	Vchora

# Ukraine!

Ukraine has changed over the last fifteen years. From «Terra Incognita» in Eastern Europe it has turned into a fashionable tourist country. The number of guests visiting it is growing annually.

Today every visitor can find «Ukraine of his/her own», though he or she will have to give up certain stereotypes such as for instance, the legends of its boundless steppe expanses. Over the last century their territory considerably decreased because of the growing number of agricultural holdings. However land remains one of our greatest riches. Ukraine can offer you 11 national natural parks numerous biosphere and natural reserves, dendroparks, examples of landscape architecture and gardening of Ukraine. The most famous of them are the National Natural Park Askaniya-Nova (Kherson oblast, late 19th cent.), Shatsky National Natural Park (Volhynian oblast), dendrological park «Sofiivka» (Cherkasy oblast), and «Alexandria» (Kyiv oblast), Trostianets dendropark (Chernihiv oblast), as well as numerous natural memorials of Ivano-Frankivsk and Lviv regions, Stone Burial Mounds reserves in Donetsk and Zaporizhia oblasts, Great Canyon in Crimea.

A tour around Ukraine is an excellent chance to find islets of authenticity so rare in modern world. Lately the image of Ukraine is often lost beyond neon signs and the rapid pace of life. However let's begin our trip...

In the past Ukraine was traditionally considered an agrarian country, however; established views change in the course of history, and the country, which numbers more than 450 cities in which two thirds of population reside, changed its status long ago.

Kyiv, the capital city of the State, is the first to start a narrative of Ukraine. Lviv and Kharkiv represent the west and the east of the country, Chernihiv and Odesa, respectively, the north and the south. Architecture and the local coloring of eastern, western, northern and southern parts of Ukraine are different to a large extent. Dignified Kyiv, trim Poltava, restrained Chernihiv, somewhat haughty Lviv, business-like Dnipropetrovsk, tidy Chernivtsi, respectable Kharkiv and Donetsk, concerned Zaporizhia, foppish Odesa - every city or town has its own character and identity.





# Ukraine!

Architecture is called music in stone. And it is really so - the impregnable fortress in Kamyanets-Podilsky can be compared with a grandiose symphony, the ensemble of Bukovynian metropolitans' residence, with a refined oratorio, and the well-proportioned bell-tower at Kyiv-Pechersk Lavra, with a dynamic orchestra piece.

The Ukrainians can be proud of a great many architectural pearls created in the course of centuries. Particularly noteworthy are majestic fortresses and castles the construction of which was caused by the peculiarities of the geographical situation of the country located at the intersection of the worlds and civilizations. The best complexes have been preserved to our time, namely: the Old and New fortresses in Kamyanets-Podilsky, Mukacheve castle, Khotyn fortress, Genoese fortress in Sudak, and a few dozens of other structures.

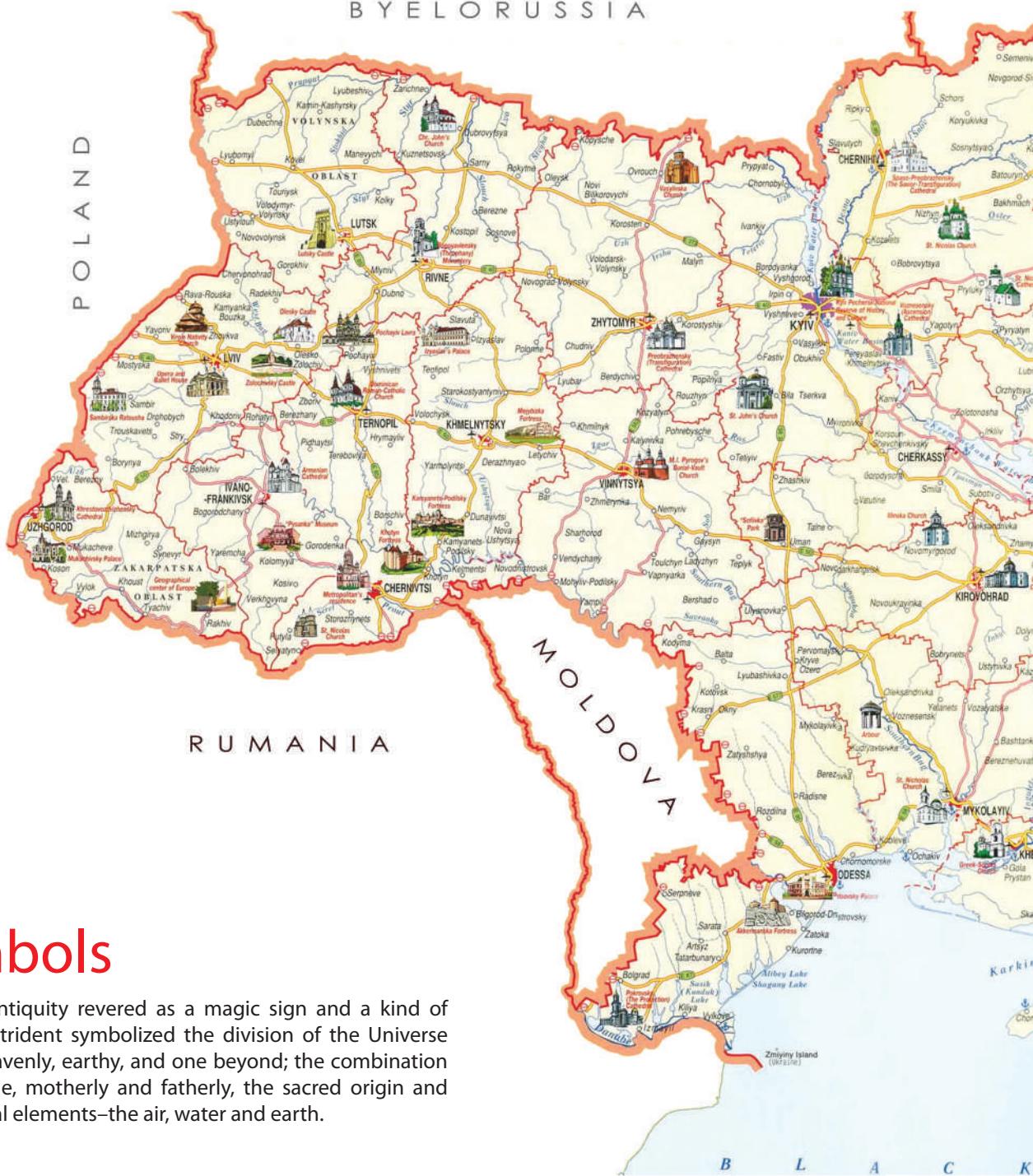
As regards civil architecture, mention should be made of the palace-park complexes in Kachanivka and Sokyrnytsi in Siverschyna region the Crimean pearls in Alupka, Masandra, Livadia, and Bakhchisaray; Kyiv, Lviv and Odesa palaces, parks in Uman and Bila Tserkva, and so on.

The terrains of our country have preserve many examples of unique wooden architecture – temples, dwellings, household premises and production structures transferred to reservations of Kyiv, Lviv, Chernivtsi, Uzhgorod, Pereyaslav-Khmelnytsky, and located in villages and towns of Ukraine.

Ukrainian sacral architecture has very old traditions - it embraces Orthodox cloisters (three of them have the status of Lavra - Kyiv Pechersk in Kyiv, Pochaiv in Ternopil region and Sviatohirsk in Donetsk region); Roman Catholic churches (real architectural masterpieces were built in Lviv, Kyiv, Fastiv, Berdychiv); Moslem mosques in Yevpatoria, Old Crimea, Izmail; Karaite praying houses in Bakhchisaray, Yevpatoria, and Kyiv; synagogues in Odesa, Kyiv, Lviv, Uzhgorod... The diversity of styles and forms reflects a true religious freedom.

## BYELORUSSIA

POLAND



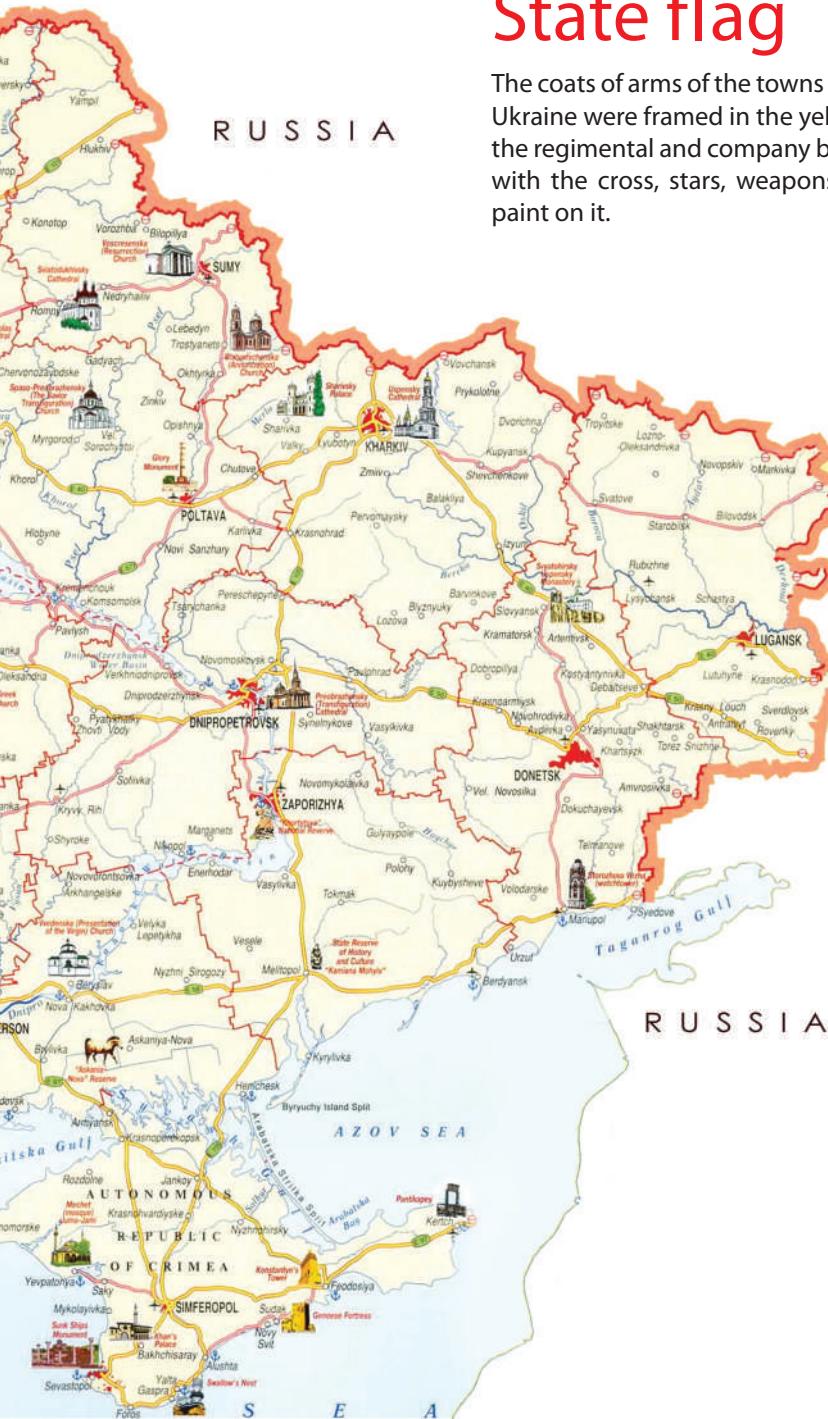
## State symbols



From the antiquity revered as a magic sign and a kind of charm, the trident symbolized the division of the Universe into the heavenly, earthy, and one beyond; the combination of the divine, motherly and fatherly, the sacred origin and three natural elements—the air, water and earth.

# State flag

The coats of arms of the towns in the Kyiv region and generally throughout Ukraine were framed in the yellow-sky blue colors. Since the 17th century, the regimental and company banners of Cossacks were made of blue cloth with the cross, stars, weapons and images of saints drawn with yellow paint on it.



Capital:  
Official languages  
Population 2009  
Government  
Legislature  
Area Total  
Water (%)  
Time zone:  
Currency:  
Calling code:  
Internet TLD  
Drives  
Electricity:

Kyiv  
Ukrainian  
estimate 46,011,300  
Unitary semi-presidential republic  
Verkhovna Rada  
603,628 km<sup>2</sup> (233,090 sq mi)  
7%  
EET (UTC+2)  
Hryvnia (UAH)  
+380  
.ua  
on the right  
220-260 Volts/50 Hz Standard

## KYIV

Situated on the Dnipro River, Kiev (also Kyiv) is the capital city of Ukraine. After a rough and turbulent history, the town has become an interesting array of old and new buildings. The modern city of Kiev is home to roughly five million people. Some of these people are foreign diplomats while others are students from other parts of the world. Thus, Kiev has a somewhat cosmopolitan feel.

There is really so much to see and do in Kiev, you will be kept busy for days. Known as the 'Green City' for its many botanical gardens, parks and beautiful trees, the city is a wonder to behold in summer and spring. The many theatres and opera houses provide indoor entertainment, and craft markets selling an abundance of traditional Ukrainian goods can be found in various city squares. Kiev is a charming and majestic city that should not be missed.

## LVIV

Founded in 1256, Lviv, or Lvov, has long been an important center of commerce in Ukraine. The city is responsible for the manufacture of electronic equipment, cars, agricultural machinery, chemicals, processed food and textiles. Lviv is also one of the Ukraine's leading cultural centers. The first high school in the city was founded by King Jan Kazimierz in 1661 and today the city is the proud home of the Lviv State University. It also boasts a number of theatres and museums. It also happens to be the seat of the Roman Catholic Ukrainian Orthodox and Armenian Orthodox archbishops. Two of its churches date back as early as the 14th century.

Lviv is an inviting and interesting place to visit. The cultural scene is constantly changing while history abounds and relics of the past remind us of what once transpired many hundreds of years ago.

## KHARKIV

The second largest city in Ukraine, Kharkiv (also known as Kharkov) is situated in the northeast of the country and serves as one of the main industrial, cultural and educational centers in the country. The country's industry and research has been focused on arms production and machinery for many years. Kharkiv was founded during the 17th century and has had a university since 1805. From 1917 to 1934 it served as capital of the Ukrainian Soviet Socialist Republic.

Today Kharkiv has many attractions to be enjoyed by tourists. Kharkov's Freedom Square is the largest city square in Europe and is second in the world only to the Tiananmen Square. It is a great place to start your sightseeing. After that you may wish to visit the Gosprom, the Mirror Stream, the Militia Museum, the Memorial Complex, the Shevchenko Monument and the Shevchenko Gardens.





## ODESSA

Odessa is the largest city along the entire Black Sea, the 5th largest city in Ukraine and arguably the most important city of trade. Many years ago, Odessa was once the 3rd leading city in old Russia, after Moscow and St. Petersburg. Odessa looks more like a city located on the Mediterranean, having been heavily influenced by French and Italian styles. Odessa has always had a spirit of freedom, probably gifted to it by the location and by the ability to accept many different people. The city has a wide variety of people including Ukrainian, Russian, Moldavian, Greek, Romanian, Bulgarian, Caucasian, Jewish, Turkish and Vietnamese.

Odessa is one of the major ports and an important centre of industry, science and culture. Its mild climate, warm waters and sunlit beaches attract thousands of tourists year around. Its shady streets, gorgeous buildings and pleasant squares give the city a certain manner of closeness and understanding. Odessa is simply charming with its stunning architecture.

## CHERNIHIV

It is believed that Chernihiv first existed in the ninth century according to archaeological evidence excavated in the area. However, the first formal mention of Chernihiv came in the 907 Rus'-Byzantine Treaty. By the end of the 10th century, Chernihiv was believed to be under its own rulership from the findings made in the 19th century of one of the earliest royal mounds to be excavated in Eastern Europe, referred to as the 'black grave'.

Chernihiv was greatly respected as the second in power and general wealth accumulated in the whole of the southern area of Kievan Rus. During the 11th century it became the seat of the great 'Grand Principality of Chernigov', considered the largest in Kievan Rus due to its influence and support.

By 1623 Chernihiv was granted Magdeburg rights, allowing it to govern itself, and by 1635 it became the seat of the Czernihow Voivodship. Once again Chernihiv grew in power during the seventeenth century whilst the Khmelnytsky uprising was taking place.

It must be noted that through most of the trying periods of Chernihiv's history, it still managed to keep its ecclesiastical importance, being the seat of the archbishopric. To this day, standing on the outskirts of the city are the ancient caves of the Eletsky monasteries, the original residence of the bishop. Its astounding 6 pillar cathedrals were constructed between the periods ranging from the 11th to the 12th century, with traces of some of the most historical murals still seen today.

# 7 wonders of Ukraine

## 1. KYIV PECHERSK LAVRA

Kyiv Pechersk Lavra or the Cava Monastery is a historic Orthodox Christian monastery in Kyiv. Founded as a cave monastery in 11th century, Lavra is listed on the UNESCO list of world heritage sites. It is one of the oldest and most important monasteries in the country and Eastern Europe. Its Great Lavra bell tower is one of the most notable features of the Kyiv skyline and among the main attractions of the Lavra. It was the tallest free-standing bell tower at the time of its construction in 1731-1745. Its total height is 9.5 meters.

## 2. SOPHIVSKY PARK

Located in Uman, Cherkasy region, the park of almost 180 hectares, was founded in 17th century. It is one of the world famous garden-park art creations. There are many scenic areas including waterfalls, fountains, ponds and a stone garden. It is one of the most famous examples of late 17th or early 18th century European landscape garden design that has been preserved to the present time.

## 3. NATIONAL HISTORICAL AND ARCHITECTURAL RESERVE KAMYANETS

According to the medieval chronicles, the fortress in Kamyanets-Podilsky was built in the second half of the 14th century by the Lithuanian prince Koryatovich. Kamyanets-Podilsky is a town that has preserved the spirit of the Middle Ages. Its impressive fortress is a landmark in the history of construction of fortified places and strongholds. The town's scenic beauty is enhanced by the River Smotrych.

## 4. NATIONAL RESERVE KHORTYTSYA

Khortytsya is an island, the biggest one on the Dnipro River — its length is 12.5 kilometers and width is 2.5 kilometers. It qualifies for "a wonder" both as a natural and historic landmark. Human settlements on the island date back to at least 30,000 years BC. There are 63 archeological and historical landmarks on the island protected by the state. Khortytsya is the major tourist attraction, its main attractive feature being its close connection with Zaporizka Sich Cossacks of the 16th, 17th and 18th centuries. At present, a mock-up of a Cossack center, Zaporizka Sich, is under construction.





# 7 wonders of Ukraine

## 5. CHERSONESOS

Chersonesos was an ancient Greek colony founded approximately 2,500 years ago in the southwestern part of Crimea, known then as Taurica. The ancient city is located on the shore of the Black Sea at the outskirts of Sevastopol and has been nicknamed the "Ukrainian Pompeii" and "Russian Troy". Chersonesos' ancient ruins are presently located in one of Sevastopol's suburbs. They are today a popular tourist attraction, protected by the state as an archaeological park. The buildings mix influences of Greek, Roman and Byzantine culture. The defensive wall is hundreds of meters long. Buildings include Roman amphitheatre and a Greek temple.

## 6. SAINT SOPHIA CATHEDRAL

This symbol of Kyiv was founded in 11th century. Saint Sophia Cathedral is an outstanding architectural monument of Kyivan Rus'. Today, it is one of the city's best known landmarks and the first Ukrainian patrimony to be inscribed on the World Heritage List, because of numerous clashes of the representatives of different churches in the past, the complex now remains a museum of Ukraine's Christianity, with most of its visitors being tourists.

## 7. THE KHOTYN FORTRESS

The Khotyn Fortress is a fortification complex located on the shores of the Dniester River in Khotyn in Western Ukraine. The construction of the current fortress was started in 1325. The fortress is a large tourist attraction in the area and Ukraine. Thanks to its preserved historical atmosphere the fortress is often used as a setting for movies. It has represented various French and English castles, historical locations, and fortifications. Most recently, it appeared in a Russian movie Taras Bulba, The Three Musketeers, or the Arrows of Robin Hood.

# Ukrainian cuisine

Ukrainian cuisine is very much a part of the population's culture, life-style and customs. Well-known for its great diversity and amazing flavors, Ukrainian cuisine has had great number of influences including Russian, Polish, German and Turkish. Popular ingredients in the cuisine of Ukraine are meat, mushrooms, vegetables, berries, fruit and herbs. As Ukrainians are extremely hospitable, their meals are served in very generous quantities.

Some of the best Ukrainian cuisine is actually very simple. Many ingredients are used in what many would consider unusual combinations, creating a unique and sumptuous dish. Dishes often contain pickled vegetables when these are not in season and certain dishes can only be made when ingredients are available.

Below we provide you with a list of uniquely Ukrainian cuisine along with a description

## APERITIFS

**Borsch** – beet soup often made with meat

**Ukha** – fish soup typically with carp.

**Hrybivka** – mushroom soup.

**Vinigret** – beetroot salad made with beans, peas and onions.

**Paska** – Easter bread.

**Korovai** – braided bread used at wedding celebrations.

**Pampushky** – fried dough, similar to doughnuts.

## MAIN COURSE

**Varenyky** – boiled dumplings stuffed with fruit, potatoes, cheese and cabbage.

**Holubtsi** – cabbage rolls stuffed with millet or minced meat.

**Mlyntsi** – crepes served with meat, cheese, fruit or caviar.

**Pechenya** – roast pork, lamb, beef or veal.

**Holodets** – jellied meat or fish.

**Deruny** – potato fritters served with sour cream or cottage cheese.

**Shashlyk** – type of barbecue usually with marinated lamb and vegetables.

## BEVERAGES

**Kvas** - made from bread with a sweet-sour taste.

**Compote** - dried or fresh fruit drink.

Strong spirits (horilka, vodka in Russian) – Samohon (moonshine) is also popular, including with infusions of fruit, spices or hot peppers.



# World Known Ukrainians

Ukraine has spawned some of the world's leading sports people, artists and politicians. Meet some of Ukraine's most famous sons and daughters...

## ANDRIY SHEVCHENKO

Star of the Ukrainian and world football. His sport career started in the football team "Dynamo" (Kyiv) under the direction of Valeriy Lobanovsky. Andriy Shevchenko is a Champion of Ukraine (1995-1999), the best player in the 1998-1999 Champions League, holder of the UEFA Champions League Cup (2003).

## MILLA JOVOVICH

Milla was born in 17 December 1975 in Kiev. She started modeling when she was 9. Her screen debut was in Return to the Blue Lagoon (1991). In December 1997 she married director Luc Besson, but was divorced in 1999. Frequently attends big show business events such as celebrity parties, premieres, openings, fashion shows, and awards shows. Is a fixture in magazine paparazzi sections because of this. Has been on the cover of more than 100 magazines worldwide.

## MYKOLA AMOSOV

Mykola was a heart surgeon, inventor, best-selling author, and exercise enthusiast, known for his inventions of several surgical procedures for treating heart defects from Ukraine. He was born in Chernivtsi region, in peasant's family. He wrote «Thoughts on Health», selling millions of copies. He was the recipient of multiple Orders including 2 Orders of Lenin, the Order of the Patriotic war, and 2 Orders of the Red Star.

## YEVHEN PATON

Yevhen Paton is a prominent Ukrainian scientist, author of above 350 works. He created analysis of rational structural schemes of metal baulk constructions, investigated their function conditions, worked out the methods of destroyed bridges reconstruction. He accomplished fundamental researches in the analyses and stability of welding constructions, mechanization of welding processes, scientific bases of electric welding by means of fusion. The automatic velocity welding had been invented under his direction, which played an important role in the technological development.



Ukraine, Cherkasy region, 20300 Uman' city,  
#6 Proletarska street, office #2

Tel./Fax: +380 4744 36 985  
Cell: +380 67 470 1939  
E-mail: [info@realukraine.com.ua](mailto:info@realukraine.com.ua)  
WWW: [www.realukraine.com.ua](http://www.realukraine.com.ua)