



Steph's Quick Budget Fact Sheet

Ukraine - Voroktha / Mount Hoverla

Quick Facts

- ✓ **Capital:** Kyiv
- ✓ **Language:** Ukrainian
- ✓ **Population:** ± 2,9 mln.
- ✓ **Sq km:** ± 4235
- ✓ **Currency:** Hryvnia (₴)
- ✓ **Country code:** +380 (3434)
- ✓ **Visa:** Some countries, [check here](#) - Caution: Not EU nor Schengen!
- ✓ **Emergency phone:** 102 (police), 103 (ambulance), 101 (fire), 104 (gas)
- ✓ **Vaccinations:** Hep-A, Hep-B, Covid-19



History Recap Over 1 Drink

9th century: Founding Kievan Rus (*1st major Eastern Slavonic state*).
 10th century: Rurik dynasty (*Prince Volodymyr*) → Orthodox Christianity. 1237-'40: Mongols (*Tatars*) invade. 1349-1430: Poland annexes chunks. '41: Crimea conquers most of south. 1648-'57: Uprising against Polish rule. '72-'95: Russian Rule. 19th century: Cultural reawakening Ukrainian culture. 1914-'18: WWI. '18: Declares independence. '21: Ukrainian Soviet Socialist Republic established when Russian Red Army conquers 2/3 of Ukraine. '32: Millions die in a man-made famine during (*Stalin: Holodomor*). '39: Western Ukraine annexed by the Soviet Union (*SU*) under Nazi-Soviet Pact. Until '45: WWII. '54: SU leader Khrushchev transfers Crimean Peninsula to Ukraine. '86: Chernobyl disaster. '91: Declares independence again. '90s: ± 250,000 Crimean Tatars return to Crimea after SU collapsed. '96: Democratic constitution: hryvnya. '04: Orange Revolution. '10: Parliament abandons NATO membership aspirations. '13: Maidan Revolution: 10,000s protesters against abandoned EU- agreement plans. Security forces kill 100+ peaceful protesters in Kyiv. '14: Russia annexes Crimea: Pro-Russian forces seize parts of Donetsk and Luhansk regions & shoot down aircraft (*killing all 298*). '17: Association agreement with EU.

Travel Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Spring												
Summer												
Autumn												
Winter												
Budget												

Altitude: 2061m. Climate: Continental climate (Dfb).

Bucket List For Free

- ☺ **Free Sights:** Bridge (Viaduct),
- ☺ **Nature:** Climb Mount Hoverla & discover all other trails at hiking apps such as [Wikiloc](#), [All Trails](#) or [View Ranger](#). Lakes: Nesamovitoye, Brebeneskul.

Worth The Extra \$€¥

- 👉 **In the area:** Winter sports area [Bukovel](#).

Sleep Cheap

- ❖ Accommodation in Ukraine is surprisingly affordable. [Booking.com](#) generally gives the best deals and allows you to organize by price. The nearest town to Mount Hoverla is Voroktha.
- ❖ Go [Couchsurfing](#) / [house-sitting](#)! Check [WorkAway](#).

Budget Bites

- ⌘ **Big supermarkets:** None. There are a few small mini markets in town.
- ⌘ **Local food:** Varenyky (*dumplings*), Borscht (*beet soup*), Salo (*pig fat*), Kasha (*buckwheat*), Chicken Kiev (*breaded stuffed chicken breast*), Deruny (*potato pancakes*), Golubtsi (*stuffed cabbage rolls*), Okroshka (*kefir soup*), Holodest (*meat jelly dish*), Syrniki (*cottage cheese small pancakes*), Sausages, Potato Salad, Pechenya (*roasted meat*), Nalisnyky / Mlyntsi (*stuffed pancakes*), Pyrih (*stuffed pie*), Pampushka (*yeasted buns*), Banosh (*corn porridge*), Koliva (*porridge*), Kutia (*sweet grain pudding*). Drink a Horilka (*spirit*).
- ⌘ **Go veg:** Going veg is rather complicated in Ukraine. “Accidentally” veg Ukrainian dishes are: Kasha, some veg-filled Varenyky, Borscht, Deruny, Syrniki and some Nalisnyky / Mlyntsi (*note that most contains cheese, egg and/or sour cream*). There are no vegetarian restaurants here, and in the supermarket, they probably don’t know what you even mean by that.

Free-Riding?

- Hiking is the main activity here. Everything can be reached on foot.
- Cycling is a great alternative. A mountain bike will be necessary. Bicycle rental services are available at some accommodations and need to be booked ahead.
- Public transport is infrequent. Public buses generally come when they come, and go from village to village. You can pay the driver in exact cash. [Transfer services](#) are available: I recommend having your accommodation staff book that for you, as English is not widely spoken. There is a daily [train service](#), connecting to Lviv.
- Taxis are available, but rather expensive.
- Airport: International Aeroport Ivano-Frankivsk (IFO)
- Hitch-hiking is the best way to get around. Keep in mind that English is not widely spoken. Prepare for awkward silences if you don’t speak Ukrainian or perhaps a bit of Russian.

Mama Said

- ⌘ Ukraine is generally safe, outside of the political unstable regions (*Donetsk / Luhansk / Crimea*). In the mountains you are unlikely to run into any human-formed dangers.
- ⌘ Tap water is drinkable.
- ⌘ When hiking, always inform someone about your whereabouts and estimated return time, especially if you hike solo. Keep an eye on the weather predictions, but prepare for the unpredictability of mountains. Bring more food and especially water you think you need. Carry a hiking kit incl. first aid supplies, fire, rope, emergency blanket, sunscreen, pocket knife, duct tape.
- ⌘ In Ukraine, homosexuality is unfortunately not widely approved. Abortion is legal during the first 12 weeks of pregnancy, but some reli fanatics try to reverse this progress.

Next?

- ➔ Within Ukraine: Bukovel, Yaremche, Ivano-Frankivsk, Chernivtsi, Kamianets-Podilskyi, Lviv.
- ➔ International destinations close by: Moldova,

The Earth Becomes My Throne