8

RECRUITING CENTRE

UKRAINIAN ARMED FORCES LAND FORCES

RECRUIT'S GUIDE

ENGLISH EDITION

Care for service personnel

29 topics

English

8recruiting.army

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CONTENTS

EN / ENGLISH VERSION

Select a topic to jump to it.

01. How to join the Armed Forces of Ukraine in your chosen role 4

02. From a civilian profession to a military specialisation 6

03. How to choose the right military unit 8

04. Contract or mobilisation: conditions, terms and rights 10

05. You have chosen a role: how to secure your choice 12

06. Which documents you need to join the Armed Forces of Ukraine 14

07. Reserve+ and military registration: check before enlistment 16

08. Diplomas, certificates and experience: demonstrating your qualifications 17

09. Medical documents before the MMC: what to prepare 19

10. Family circumstances, deferment and special status 21

11. How to submit documents without errors or wasted time 23

12. Interviewing with a military unit: how to prepare 25

13. The MMC: from referral to decision 27

14. Professional and psychological selection: what is assessed 29

15. Physical readiness and special role requirements 30

16. If you do not pass selection: what next 32

17. Selection is complete: what happens before departure 34

18. A recruit’s pack: what you actually need for BCAT 36

19. The 51 days of BCAT: how basic training is structured 38

20. Prepare your body: a safe two-week start 40

21. What you will learn: modern BCAT without myths 42

22. Your phone during training: digital security and family communication 43

23. Your first BCAT week: daily life, discipline and adaptation 45

24. Arriving at your military unit: the first 72 hours 47

25. Your role in the unit: who is responsible for what 49

26. Uniform, body protection and equipment: checking issue 50

27. Military pay: the first payment and checking calculations 52

28. Army+: reports, learning and digital services 54

29. Your first month of service: rights, health and family 56

ENGLISH / TOPIC 01

01. How to join the Armed Forces of Ukraine in your chosen role

Recruitment is not a separate form of military service. It is a way to choose a role and unit and follow an agreed enlistment process. You can join the Defence Forces under contract or, for categories specified by law, through mobilisation. Conventional staffing primarily follows military needs; recruitment also considers the candidate's skills, preferences and suitability for the vacancy. In March 2026, the Ministry of Defence described choosing a role, an interview, a recommendation letter and enlistment as consecutive stages.

Do not confuse a chosen vacancy, the commander's written consent and a legally formalised appointment. An advertisement is an invitation to selection. A consent or recommendation letter (often called a "vidnoshennia") confirms a unit's interest. Actual enlistment and appointment follow the established procedure, and non-priority units may require additional approvals. A recruiter from the 8th Centre should help you navigate this route but cannot personally issue an appointment order.

How recruitment differs from choosing at random

Recruitment is about more than wanting to serve: a particular person must meet the requirements of a particular role. The military unit assesses the candidate's professional abilities, health, capacity to learn and its own staffing needs. Saying "I want to work with drones" is only the start of the conversation. This field includes operators, technicians, engineers, instructors, information processing specialists and support personnel, with different requirements for each role. A recruiter helps narrow the search to real opportunities, while a unit representative explains the actual work.

It is also worth understanding the limits of promises. An interview, a positive response from a unit and a recommendation letter matter, but they do not replace proper enrolment, a medical assessment or formal orders. Signs of a transparent process include an exact vacancy title, a clear sequence of steps, a responsible contact person and an explanation of which document confirms each agreement. The procedure may differ for a civilian candidate, someone with previous service and a serving member of the military. That is why it is worth involving the 8th Recruitment Centre before handing over documents or agreeing to a final decision.

What you should not expect

Recruitment is not a way to bypass the military medical commission or obtain a guarantee that service conditions will never change. It helps you make an informed choice and document it within the applicable procedure. If a candidate does not meet the requirements for a particular specialisation, another unit or a role requiring similar skills may be more realistic than trying to secure the first vacancy at any cost.

Practical details of enrolment and preparation

Identify three things: what you can do, what work you are prepared to perform and any physical or practical limitations. Shortlist 2–3 vacancies on the 8th Centre website. Record exact role and unit names, not just a general field. Contact a recruiter and state your status: civilian, person liable for military service, reservist, serving member or veteran planning to return.

Attend an interview with a unit representative and agree on actual duties, training and service conditions. Following a positive decision, clarify how to obtain a recommendation letter and whether the unit has priority staffing status. Assemble your documents with the responsible personnel and complete the required medical and other checks.

Before signing, recheck the role title, form of service, contract term where applicable and your next reporting point.

A brief comparison

Route	What it offers	What you must clarify
Conventional staffing through a TCC	Enlistment in accordance with military needs	Grounds for call-up and whether a vacancy preference can be considered
Recruitment through the 8th Centre	Vacancy matching, advice and support	Who conducts selection and who formalises the appointment
Direct contact with a unit	An interview directly with the unit	Whether a consent letter has been issued and how enlistment will take it into account

Details that are often overlooked

Treating a verbal promise as a guarantee; not asking about actual duties; signing a contract without reading its term and conditions; confusing the roles of the recruiter, territorial recruitment centre, military medical commission and commander. Example: an IT specialist may pass selection for communications or a technical role, but the specific unit sets the final requirements, rather than the title of the candidate’s civilian profession.

ENGLISH / TOPIC 02

02. From a civilian profession to a military specialisation

The military needs more than people who already know how to use weapons. Civilian experience in driving, repairs, medicine, logistics, programming, electronics, administration or teaching can be useful. But the same title does not mean the same work: drivers in different units face different conditions, and an IT specialist will not necessarily spend every day at a computer. The Ministry of Defence recommends searching by skills and interviewing with the specific unit.

Start with evidence of your skills: where you worked, what equipment you used, what tasks you completed independently, your results and any valid authorisations or certificates. Do not embellish your experience. If you have only taken an online UAV course, say so; that is better than calling yourself an experienced operator. Complex specialisations may require additional checks, training and authorisations.

What “a good professional match” really means

The military needs the ability to perform defined tasks, rather than just a professional title on a diploma. A mechanic who repaired diesel engines may have a different skill profile from an automotive electronics specialist. A software developer is not necessarily qualified to administer military networks, and experience with consumer quadcopters is not equivalent to readiness for a military specialisation. This is not a failing on the candidate’s part: the necessary skills may be acquired through specialist training if the role provides for it.

The most useful CV describes concrete results rather than ten impressive personal qualities. Instead of “excellent computer skills”, explain which systems you used, which problems you solved and how much practical experience you have. For a driver, licence categories and vehicle types matter; for a medical professional, education, specialisation and current credentials; for an engineer, tools, equipment and the nature of completed work. A military unit may request additional testing, which is a normal part of verification.

Do not choose a profession by its title alone

A “communications specialist” or “driver” may work in very different conditions. Even technical and support roles involve risks. Before agreeing, clarify the nature of the work, physical requirements, specialist training needs and development opportunities. The 8th Recruitment Centre will help match your actual skills to available vacancies rather than advertising promises.

Practical details of enrolment and preparation

Prepare a short CV with three sections: “I can”, “I have done in practice” and “I want to learn”. Note limitations: health, sustained physical workload, readiness for travel and driving licence categories. Consider at least three military fields instead of focusing on one familiar title.

List vacancy requirements and mark each one “I meet this”, “I can learn this” or “Not suitable”. Ask your recruiter which requirements must be met before selection and which are taught after enlistment. Give two concrete examples of professional problems you have solved during the interview.

Agree how your skills will be assessed: documents, a test, an interview or a practical task.

A brief comparison

Experience	Fields worth considering	What to clarify
Driver, mechanic	Transport, maintenance, support	Licence categories, vehicle type, health requirements
IT, electronics	Communications, systems administration, technical systems	Actual tasks, authorisations, specialist training
Engineering, robotics	UAVs, unmanned ground systems, repair and maintenance	Training, practical assessment, specialisation
Doctor, nurse, paramedic	Medical roles	Education, authorisations, specialisation, service conditions
Logistics, accounting	Supply, record-keeping, planning	Accounting systems, role, nature of travel

Details that are often overlooked

Choosing solely by pay; concealing a lack of practical experience; treating a certificate as automatic authorisation; failing to ask who will teach you to use particular equipment. Scenario: a garage mechanic may be a strong candidate for a technical role, but must demonstrate what they repaired rather than simply naming a car brand.

a vehicle workshop technician may be a strong candidate for a technical role but should explain what they repaired, not just name a car brand.

ENGLISH / TOPIC 03

03. How to choose the right military unit

A unit's strong reputation, an interesting video or a familiar insignia is a reason to learn more, not a ready-made decision. One brigade may offer dozens of different roles, and the same job title in different units may involve different duties and conditions. The Ministry of Defence explicitly recommends discussing duties, service location, training, rotations and expectations during the interview.

The 8th Centre website presents units and fields with which the Centre works. Review official pages, but do not try to identify security-sensitive routes, deployment locations or future tasks: these may not be disclosed. It is more important to find out whether a specific vacancy exists, who conducts selection, what training is provided and how enlistment works.

How to compare units realistically

Assess the substance of the vacancy first, and the brigade's public profile or visibility afterwards. A single military formation may employ combat, technical, medical, logistics and administrative specialists. The name of a unit alone therefore tells you nothing about your future duties. At the interview, discuss the established post, required professional skills, training arrangements, equipment training and the decision-making procedure.

Trust official channels first. Promises in comments, anonymous chats or verbal statements without an identified post cannot replace confirmation from an authorised representative. At the same time, do not demand sensitive details about combat missions or locations: withholding these is a matter of security. You can obtain enough information to make a professional decision without access to official secrets.

Signs of a sound selection process

A good unit does not necessarily promise easy service. Its representatives should instead be willing to explain the work, candidate requirements, training and enrolment procedure in concrete terms. The candidate's honesty matters too: if you cannot perform certain physical tasks or lack the necessary experience, say so before arrival. A recruiter at the 8th Centre can help arrange another conversation if important uncertainties remain after the first interview.

Practical details of enrolment and preparation

Define three criteria: specialisation, type of work and readiness to meet the role's requirements. Choose 2–3 units with actual vacancies rather than relying on rumours. Ask each unit to explain duties at a level that can be discussed openly.

Clarify the training pathway: basic combined arms training (BCAT), specialisation, unit integration and mentoring. Ask about the medical, physical, educational or professional requirements for this particular role. Clarify the recommendation letter procedure and priority staffing status.

Record the responsible person's contact, the agreed role title and your next action.

Details that are often overlooked

treating an advertisement as a job description; asking only how impressive the unit is; ignoring professional development; overlooking the legal status of the recommendation letter. If basic answers are evasive, request clarification through an 8th Centre recruiter.

ENGLISH / TOPIC 04

04. Contract or mobilisation: conditions, terms and rights

Your form of service has legal consequences. Recruitment can lead to contract service or mobilisation for categories permitted by law. A new motivational contract model was introduced in June 2026; it did not automatically cancel all earlier agreements. Terms, role requirements, discharge rules and deferments depend on the specific contract and the individual's status.

According to the Ministry of Defence's 2026 explanations, new motivational contracts are divided into infantry-assault, combat and basic contracts. For designated categories and roles, an infantry-assault contract may last 10 months for serving personnel, 14 months for civilians entering the relevant roles for the first time, or from 6 months for certain people returning to service; combat and basic contracts last 24 months. These periods must not be applied to every vacancy: eligibility depends on approved lists, requirements and current rules.

The "Contract 18–24" programme has separate rules. Ministry announcements describe one- or two-year options depending on specialisation, a specific training process and staged incentive payments subject to conditions. Do not treat a large advertised figure as a signing payment. Ask about the conditions for every stage and circumstances in which money must be returned or will not be paid.

The contract term is not the only condition

A contract should be assessed as a legal agreement rather than an advertising offer. The type of service, specific military specialisation, date from which the term is calculated, procedure for changing conditions, grounds for discharge, and amounts and eligibility conditions for payments all matter. The new motivational contracts introduced in 2026 differ for civilian candidates, serving military personnel and those returning to service. For example, the infantry assault contract does not have the same duration for all these categories. These details must be checked against the current regulations and the actual draft contract.

Nor should payment amounts be added together from advertising headlines. Some military pay is regular, while other payments depend on the tasks actually performed, time served, supporting records or the conditions of a special programme. The large sum offered under "Contract 18–24" has its own stages and requirements; it is not an automatic lump-sum payment to everyone who signs a document.

What the 8th Recruitment Centre clarifies

The recruiter's job is to help identify potentially available programmes, suitable roles and the place to apply for formal enrolment. A recruiter does not replace legal scrutiny of the contract and cannot guarantee an individual amount of military pay. If even one important clause is unclear, ask for a written explanation before signing. An article should not present one "average" term or amount as a universal rule.

Practical details of enrolment and preparation

Identify your exact status and age category; disclose previous service and current obligations. Obtain the written name of the proposed service model from your recruiter. Compare the term, role requirements, discharge entitlement, post-service deferment and options for changing the contract.

Ask which units and roles are covered by the specific programme. Clarify the components of monthly pay, which depend on completed tasks and which are conditional. Read the full contract before signing, especially the term, rights, obligations and termination procedure.

If information conflicts, seek official clarification first. Do not decide based on social media posts.

A brief comparison

Criterion	Mobilisation through recruitment	Contract
Legal basis	Call-up under mobilisation	A written contractual agreement
Role choice	May be considered within the recruitment procedure	Depends on selection, consent letter and contract type
Term	Determined by law and service-related decisions	Under the applicable contract type
Payments	According to role and service conditions	According to role and conditions; certain programmes offer incentives
Training	Under the designated programme	Under the designated programme; some contracts impose additional requirements

ENGLISH / TOPIC 05

05. You have chosen a role: how to secure your choice

A recommendation letter, commonly called a “vidnoshennia”, confirms a specific military unit’s interest in a candidate for a particular role. It matters, but it is not an enlistment order, an MMC decision or automatic exemption from all procedures. It has particular significance for priority units; non-priority units may need additional approvals.

Record the exact role title during enlistment: similar titles do not always represent identical established posts. Check whether the specialisation is specified in the letter, who signed it, who receives originals and how onward referral works. Do not rely solely on a photograph sent through a messenger; an authorised representative must confirm validity and how the letter will be considered.

Why a recommendation letter matters, but cannot do everything

In the Ministry of Defence’s public guidance, a recommendation letter is one of the key documents in the recruitment procedure. It confirms a military unit’s interest in a specific candidate and is used during subsequent enrolment. However, it is not an appointment order and does not remove medical and professional selection requirements. Pay particular attention to how the letter is treated for different categories of military units and whether further approvals are needed.

It is equally important that everyone understands the role’s title in the same way. “Driver”, “driver-electrician” and “driver-mechanic” are not identical specialisations; similar titles may have different requirements and training needs. After the interview, it is useful to have written information about the vacancy, the status of the decision and the responsible contact person. If documents move between the unit and the enrolment authority, ask how to track their progress without demanding access to internal document management systems.

If the conditions change

A changed vacancy, medical incompatibility or new circumstances must not be concealed. Before final enrolment, clarify whether renewed approval is required and which procedure applies to another role. The 8th Recruitment Centre can help reopen a substantive discussion with the unit. The worst strategy is to assume that someone will “sort out the job title later”.

Practical details of enrolment and preparation

Complete the interview and obtain a clear decision about your chosen role. Ask whether the unit will issue a recommendation letter and under what procedure. Check your personal details, unit, role and authorised signatory.

Clarify whether the unit has priority status and whether additional approval is needed. Ask who forwards the original and how receipt is confirmed. Agree with the 8th Centre on the next personnel-processing and MMC steps.

Keep lawfully accessible copies and contact information without publishing them. Before departure, reconfirm that the role and unit have not changed in the agreed paperwork.

Details that are often overlooked

a candidate receives a positive interview response but cannot see the exact role in the letter. This is not a reason to argue or edit the document personally. Politely ask the authorised person to check the wording and explain how it will be used in the procedure. We do not promise a 100% outcome in circumstances beyond the Centre’s control.

ENGLISH / TOPIC 06

06. Which documents you need to join the Armed Forces of Ukraine

The biggest mistake is finding one list on social media and assuming it applies equally to mobilisation, an ordinary contract, a motivational contract and a serving member. The full package depends on the basis for entry, education, previous service and the specific procedure. The Ministry's official procedure dated 23 June 2026 for a civilian applying for a motivational contract lists, among other things, passport/ID copies, taxpayer identification number, criminal record certificate, autobiographies, education documents, family and employment information, military registration documents and photographs. This is an example for that route, not a universal requirement to "bring everything to everyone".

For an initial consultation, a recruiter usually needs accurate information about your status, contact details, preferred role, skills, military registration and significant limitations rather than an entire archive. Do not send scans of everything over an unsecured channel. Keep originals under your control except where they are officially accepted under established rules.

The first consultation and the personnel file are different stages

When first contacting a recruiter, there is no need to send your entire family, medical and employment archive. For an initial assessment of suitability, it is usually enough to provide your legal status, education, specialisation, previous experience and contact details. A much larger set of documents is assembled for formal enrolment, when responsible staff receive documents under an established procedure. Informal correspondence and private questionnaires must not replace that process.

Discrepancies in personal information are a common cause of delays. Check the spelling of your surname after a name change, date of birth, registration number, and consistency between paper and digital records. Another common problem is obtaining time-limited certificates so early that they expire before submission. First establish the current list for your type of service, then request documents with limited validity.

How to avoid sharing too much

Original identity and military registration documents are shown in the prescribed circumstances, while copies are given only to authorised people. Store your own scans securely, without access through a public link. Medical diagnoses, family circumstances and financial information require particular confidentiality. When applying for a vacancy, do not independently send more personal information than is officially necessary.

Practical details of enrolment and preparation

Ask the 8th Centre for a list specific to your form of service and current enlistment stage. Check that your identity document is valid and that you have a taxpayer number or a lawful refusal annotation. Review your military registration document and check its details against your identity document.

Collect education documents, relevant permits, driving categories and certificates: only genuine, valid ones. Clarify whether your route requires an autobiography, criminal record certificate, employment information, references or photos. Prepare evidence of relevant family, legal or medical circumstances, without sharing it unnecessarily.

Create separate folders for “Originals”, “Copies to submit” and “My copies”. Give digital files neutral names and do not publish links. Before visiting, ask again which documents are needed now and which can follow later.

Details that are often overlooked

Failing to compare full names across documents; bringing only a photo of an ID when the original is required; obtaining time-limited certificates too early; confusing an initial consultation with the creation of a personnel file. Situation: a complete folder will not speed things up if the register shows a different year of birth—correct the data first.

a complete folder will not help if the register has the wrong birth year: correct the data first.

ENGLISH / TOPIC 07

07. Reserve+ and military registration: check before enlistment

An electronic military registration document in Reserve+ has the legal force of its paper equivalent, and its QR code enables verification. The Oberih register is the source of military registration data; the app is not a separate manually maintained list. If you find an error, do not edit a screenshot to “correct” it. Use official correction services or contact the competent authority.

Check your full name, date of birth, registration status, recorded military occupational specialisation, document details and any deferment in advance. If your status is “Requires clarification”, the electronic document and QR code may not be generated; this does not mean you can ignore the problem. Correction procedures may differ for serving personnel and civilians.

An electronic document is more than a picture on a phone

Military registration information reaches Reserve+ from the Oberih register. The electronic document contains information that can be verified using a QR code; an ordinary screenshot should not be treated as a universal substitute for the document in the application. The service lets you refresh displayed information and request correction of certain errors. However, not every case can be resolved remotely: complex discrepancies may require formal clarification through authorised bodies.

A missing record or incorrect personal details can complicate enrolment even after a successful interview. Checking military registration information is therefore more than a formality. Distinguish between an interface error, an outdated display and an actual inaccuracy in the register. Each requires a different correction procedure, described in the official Reserve+ guide.

The recruiter’s role

The 8th Centre will help you understand how an error affects your selection process and which documents are needed next. A recruiter cannot independently change a state register. Never share login codes, passwords or full access to your account with anyone claiming to “speed up recruitment”.

Practical details of enrolment and preparation

Install or update Reserve+ only from an official source. Sign in and open the complete electronic military registration document, not just the home screen. Compare your name, birth date, taxpayer number, status and registration details with your documents.

Check whether the QR code is generated correctly and whether there are error messages. If details are outdated, first refresh the document so the app retrieves current register data. For an error, find “Correct data online” under “Services” and select the relevant category if available.

Keep your request number and date and monitor its status. Avoid submitting repeated duplicate requests. If the digital service cannot resolve it, establish the official correction procedure through a TCC or another authorised channel.

ENGLISH / TOPIC 08

08. Diplomas, certificates and experience: demonstrating your qualifications

Recruitment values how well skills match duties, not the number of impressive documents. Technical, medical, driving and other specialist posts may require a diploma, qualification certificate, driving category, licence or valid professional certificate. Even the right diploma does not replace interviews, professional selection, medical checks or other requirements.

Prepare a short, evidence-based CV that a military recruiter can review in a minute. Do not write “stress-resistant” without examples; write “led a six-person repair team and managed spare-parts records”. Do not attach third-party or internal employer information without permission.

A diploma alone does not describe professional competence

Selection for technical and specialist roles considers not only formal education but also the ability to perform particular work. An engineering diploma confirms basic training, but does not show which systems a person has worked with over the past five years. A driving licence establishes categories, but does not replace information about practical experience and health. Medical roles may require specialisation documents and compliance with current professional requirements.

Prepare a short account of two or three real projects or situations where your knowledge produced a concrete result. You do not need to disclose a previous employer’s trade secrets: describe the type of task, your role and the outcome. If a diploma has been lost or a qualification was acquired informally, establish in advance which form of evidence the specific military unit will accept.

What you may be asked at the interview

A civilian employer and a military unit representative may assess the same skills differently. Military work requires discipline, team learning, compliance with safety rules and readiness for new equipment and restrictions. Do not embellish certificates or describe unfinished training as a full qualification: professional assessment quickly reveals a mismatch.

Practical details of enrolment and preparation

Record the exact qualification, institution and graduation year. Add valid licences, driving categories, professional certificates and authorisations relevant to the vacancy. List no more than three concrete tasks for each previous job.

Highlight equipment, software or processes you used independently. Distinguish “I have practical experience” from “I know about it” and “I want to learn”. With your recruiter, identify 2–3 roles where your experience will genuinely be useful.

Before providing copies, establish who needs them and for what purpose.

Details that are often overlooked

Submitting twenty certificates without prioritising them; claiming unverified skills; concealing an expired licence; describing experience with a civilian drone as combat training. Question: “Which of my documents are mandatory, and which simply help find a suitable role?”

ENGLISH / TOPIC 09

09. Medical documents before the MMC: what to prepare

A military medical commission determines fitness for service but should not replace ongoing treatment or diagnosis. Preparing medical records is particularly important if you have a chronic condition, injury, surgery, regular medication or activity limitations. In 2026, the Ministry recommended bringing existing medical discharge summaries and examination results; some information may be retrieved from the electronic healthcare system with the patient's consent.

What to tell the doctor even if you feel well

Health is assessed through examination and medical evidence. Having no acute pain on the day of the commission does not make previous operations, regular treatment or episodes of serious illness irrelevant. Gather available discharge summaries, test results and a list of medicines you take regularly. There is no need to arrange dozens of tests yourself without medical indications: authorised medical staff determine which additional investigations are needed.

Access to electronic medical history is a separate issue. Some information may be in the healthcare system, but do not assume that every result is already recorded there. If you have had complex surgery, treatment at different institutions or important specialist findings, check your documents in advance. Provide them directly to medical professionals through the proper channel, rather than in general recruitment chats.

Where responsibilities are divided

The 8th Centre can explain enrolment and referral for a medical assessment. Fitness for service is decided by the military medical commission, rather than a recruiter, commander or website administrator. If you disagree with its findings, review and appeal procedures exist; these are described in a separate article in the next section.

Practical details of enrolment and preparation

List significant diagnoses, operations, injuries, allergies and regular medications with doses. Collect existing hospital summaries, specialist reports and test results. Check documents for your name, date, institution, clinician, findings and stamps or electronic identifiers where required.

If tests are recorded electronically, clarify data availability and the consent procedure. Do not buy expensive new tests "just in case" without a medical referral or procedural instruction. Establish how to obtain an official MMC referral and which documents are required for registration.

Describe current symptoms and history honestly, without exaggeration or omissions. Keep copies of decisions and documents you are officially entitled to receive.

Details that are often overlooked

relying only on spoken explanations; bringing someone else’s documents; forgetting medication; asking a recruiter to guarantee a pass.

A candidate has had knee surgery and now feels better, but still has limitations under physical strain. They bring a discharge summary and test results, describe their condition honestly and leave assessment of medical fitness to the commission’s doctors rather than the recruiter. Common mistakes: relying only on verbal explanations without records; bringing someone else’s documents; failing to mention medication; asking a recruiter to “guarantee a pass”.

ENGLISH / TOPIC 10

10. Family circumstances, deferment and special status

Documents concerning children, guardianship, care, disability, marital status, existing deferment or reservation from mobilisation may be legally significant. However, not every candidate must submit all of these, and a family circumstance does not automatically establish an entitlement without meeting legal conditions. In 2026, some deferments were processed and extended through Reserve+ digital services; other situations used an offline route through Administrative Service Centres (ASCs).

Distinguish: a deferment is an individual entitlement to temporary non-call-up on a lawful basis; reservation from mobilisation is a separate procedure associated with designated institutions and positions. If you plan to volunteer for contract service, consider the implications for an existing deferment or reservation before signing, not afterwards. Special status may affect required documents, but do not disclose unnecessary personal data about relatives.

Family documents matter within the appropriate legal context

Marriage, children, guardianship, actual care for a relative, a family member's disability, an employee's mobilisation reservation and a deferment are different legal circumstances. Having any one of them does not automatically give every candidate the same status. The grounds and supporting documents are defined by law and the applicable procedure. For a deferment, for example, not only family relationships but also a legally established need for care and other conditions may matter.

Understand the difference between a deferment from conscription and an employee's mobilisation reservation. These are different mechanisms; their termination, extension or effect on voluntary enrolment cannot be determined from a social media comment. If you have a valid deferment or reservation document, show it to the responsible person before enrolment starts to avoid contradictions.

Protecting private information

Children's certificates, court decisions, disability certificates and relatives' medical documents contain sensitive information. Share them only where there is a clear legal basis and an identified recipient. A recruiter can help identify the competent service to approach for clarification, but cannot single-handedly establish or cancel entitlement to a deferment.

Practical details of enrolment and preparation

Identify your relevant circumstance: children, care, guardianship, family member status, health, education or another basis. Check the exact legal basis and necessary conditions instead of relying on the phrase "I have a benefit". Check your deferment status in Reserve+ where the relevant service is available to you.

Establish whether state registers already confirm the circumstance and whether an ASC visit is needed. Collect only relevant evidence: certificates, court decisions, care documents, extracts or other proof for the specific basis. Clarify document validity and how to report changed circumstances.

Before signing a contract, request a separate explanation of its effect on your deferment or reservation.

A brief comparison

Situation	What to check	Typical evidence
I have minor children	Number, age, legal basis	Birth certificates, register entries, other evidence required for the basis
I provide care	Relationship, fact of care and care needs	Medical and legal evidence under the current procedure
I have a formal deferment	Term, basis, register status	Electronic military registration document / official service data
My employer has reserved me	Validity and consequences of a status change	Official reservation confirmation
I am a guardian or custodian	Decision and scope of authority	Judicial or administrative decision and other acts

Details that are often overlooked

Assuming an employer's letter replaces a mobilisation reservation; confusing shared residence with legally confirmed care; sending relatives' medical records to unauthorised people; signing a contract without understanding the consequences for the family. Reminder: if your situation is complex, seek specialist legal advice; a recruiter can explain the process but will not decide on a deferment.

ENGLISH / TOPIC 11

11. How to submit documents without errors or wasted time

Well-prepared documents mean more than a full folder: you need a clear sequence of who accepts what, which details are checked, when you attend the MMC, what confirms unit consent and how to keep your copies. A recruiter can help map the route, but the responsible authorities formally accept documents and make personnel decisions.

Pay attention to consistent information. Different surname spellings, an incorrect date, an expired certificate, a missing diploma page or an unreadable scan cause delays. Protect confidentiality: passport and taxpayer-number scans, full medical records and military documents are sensitive. Do not upload them to public folders or publish your military registration QR code.

Why “submitted documents” does not mean “completed enrolment”

Submitting documents is only one administrative step. They may then be checked, compared with register information, added to a personnel file or returned for clarification. A candidate needs to understand exactly who received the documents and what result confirms completion of that stage. Do not expect a single telephone call to change the lawful order of processing or give priority over other candidates.

The most common mistake is sending the same scans to several unknown contacts in an attempt to speed things up. This does not shorten enrolment; it increases the risk of data leaks and conflicting versions. It is better to have one designated responsible contact, legally available confirmation of submission and a list of outstanding documents. Report any change of name, registration location, status or role before enrolment is completed.

When to contact the 8th Centre again

Contacting a recruiter makes sense if you do not understand the next step, have not been told which document is needed or find conflicting job titles. Personnel orders, medical findings and state register decisions are issued by authorised bodies. A useful website should distinguish these roles clearly rather than promise to solve every problem “with one click”.

Practical details of enrolment and preparation

Obtain your personal list, the recipient’s contact and the permitted submission method. Check your name, birth date and main details across all key documents. Ensure copies are complete and legible; colour scans are needed only where required.

Prepare originals for comparison but hand them over only in prescribed circumstances. Record the date, recipient and list of documents. Obtain appropriate acknowledgement where official acceptance provides for it. Separately check receipt and consideration of the recommendation letter and your next processing status.

Clarify who will notify you of the MMC, additional test or departure, and through which channel. Notify the responsible person whenever a document changes so outdated information is not retained.

Details that are often overlooked

giving everything to an unfamiliar contact; keeping no list; travelling between offices without appointments; not reporting a changed phone number.

A candidate has prepared everything but is told that “another certificate” is needed. Do not spend a day guessing: ask for its written or clearly stated name, purpose, issuing body and the stage at which it is required. Common mistakes: giving everything to one unknown contact; keeping no list; travelling between institutions without an appointment; failing to report a changed telephone number.

ENGLISH / TOPIC 12

12. Interviewing with a military unit: how to prepare

An interview is a two-way suitability assessment, not an exam in “correct motivation”. The unit assesses experience, discipline, learning ability and suitability. The candidate should clarify duties, requirements, training and the next legal procedure. In 2026, the Ministry specifically recommended asking about duties, service conditions, rotations and training.

Prepare to speak through examples, not slogans. Instead of “I learn quickly”, describe learning a new tool within limited time; instead of “I work well in a team”, give a concrete shared result. Be honest about physical limitations, missing skills or requirements you cannot meet.

What an interview actually assesses

An interview with a military unit representative is not an examination in every military term. Above all, it helps both sides determine whether the role’s requirements match the candidate’s abilities. Questions may concern education, professional experience, behaviour in difficult situations, teamwork, willingness to learn and health within the permitted scope of discussion. Technical vacancies may involve a practical task or a separate professional interview. Do not conceal significant limitations or invent experience with complex equipment.

Candidates are entitled to ask substantive questions: what the actual duties are, what training will be provided, what physical requirements apply and how a successful selection result is confirmed. Do not demand security-sensitive information such as precise future routes, positions or plans. You do not need it for an initial assessment of professional suitability.

If the conversation did not provide clarity

An interview may reveal that a vacancy is unsuitable, its requirements are broader than the website description or the candidate needs to learn a new skill. This is a normal result of gathering information, rather than an automatic “failure”. The 8th Recruitment Centre can help compare the interview findings with other vacancies. Avoid drawing conclusions from a single phrase; clarify whether the decision is final and what happens next.

Practical details of enrolment and preparation

Find the full vacancy title, unit and published requirements. Prepare three examples: a difficult task, a mistake you corrected and teamwork. Summarise education, experience, certificates and evidenced skills on one page.

Identify experience directly relevant to the role and experience that is only related. Practise a 60–90-second introduction without unnecessary biographical detail. Clarify meeting format, contact details and whether document copies are needed in advance.

Ask your own questions at the end and record when to expect a response. Do not treat verbal approval as completed selection: clarify official confirmation.

Details that are often overlooked

A candidate has worked as a dispatcher and wants a logistics role. A strong answer is not “I am organised”, but “I coordinated 20 routes daily, maintained records and documented incidents”. Mistakes: hiding limitations, exaggerating experience, demanding confidential operational details and asking no questions of your own.

ENGLISH / TOPIC 13

13. The MMC: from referral to decision

A military medical commission determines health-based fitness for military service under the Regulations on Military Medical Examination and current procedures. It does not appoint people to roles or replace treatment. A referral is required, issued by personnel authorised by law. Where eligible, people liable for military service may request an electronic referral through Reserve+.

Read the full wording of the MMC decision rather than relying on an acquaintance's description. If you disagree, administrative and judicial appeal mechanisms exist; an appeal does not automatically suspend the decision. In April 2026, the Ministry explained a general 30-day period for an administrative complaint. Check current deadlines and the competent authority before submitting.

The military medical commission assesses health, not the desire to serve

The military medical commission issues a medical finding under established rules. Strong motivation, a successful interview or a recommendation letter cannot replace a medical assessment. Diagnoses, functional limitations, examination results and supporting documents all matter. Do not conceal illnesses, stop prescribed medication or pursue a particular finding at any cost: this can harm your health and subsequent service.

An electronic referral in Reserve+ simplifies part of the procedure for eligible categories. The referral itself, however, is not the commission's finding. After the assessment, results are transmitted electronically where applicable or recorded under the prescribed procedure. If further examination is needed, clarify who orders it and how to submit its results formally.

If you disagree with the finding

A military medical commission decision may be appealed through the established procedure; the details and deadlines depend on the situation and current rules. In practice, obtain a copy of your finding, gather medical evidence and identify the competent body to approach. A recruiter can point you towards official information resources but cannot change the commission's decision. A website should not promise everyone the same outcome or a specific resolution time without a substantiated basis.

Practical details of enrolment and preparation

Obtain a proper referral: a summons and an MMC referral are different documents. Establish the examination institution, time and basis, and check the referral is correctly completed. Prepare identification, existing medical summaries and treatment and examination results.

Tell doctors about your actual health, symptoms, surgery and medication. Complete required investigations and obtain an additional examination referral if necessary. Read the decision, clarify its complete wording and how to obtain a copy.

For procedural or medical disagreement, gather records, check review by a higher MMC and seek legal help if needed. Submit the decision into the personnel process through the proper official route.

A brief comparison

Situation	Next action
No referral	Clarify who can issue one; check Reserve+ for an available route
Incomplete medical information	Provide existing records and complete prescribed investigations
MMC decision issued	Obtain and check the wording; inform the person handling enlistment
Disagreement with the decision	Collect medical evidence and check review deadlines and authority
Treatment needed	Consult a doctor; do not replace treatment with internet advice

ENGLISH / TOPIC 14

14. Professional and psychological selection: what is assessed

Professional and psychological selection helps assess a candidate against service and specific role requirements. The Ministry explicitly includes this mandatory assessment in the 2026 new-contract procedure. Assessment formats may differ: an interview, standardised questionnaires, attention or reasoning tasks, information-processing exercises and other procedures authorised for the relevant selection. It is not a competition to find a “perfect person”.

Being very anxious before testing does not by itself make a candidate unsuitable. Get adequate sleep, bring documents, arrive on time, read instructions carefully and answer honestly. Do not search for questionnaire answer keys: this distorts the result and may prevent appropriate role matching.

Psychological selection is not a contest against a test

The assessment aims to understand the candidate’s characteristics in relation to military service and a specific specialisation. Different procedures may use tests, interviews, review of experience and observation during tasks. The result is not always a single score. One role may require sustained attention, another the ability to work with information for long periods or communicate within a team under pressure.

Trying to memorise “correct” answers from a random website usually undermines the assessment. It is better to rest properly, read instructions carefully, answer honestly and avoid overstating your abilities. Discuss fatigue, anxiety or a difficult period in your life with the specialist where it affects the procedure. Psychological selection does not replace the military medical commission; medical issues belong with medical professionals.

What to do with the result

Not being recommended for a particular specialisation does not mean a person is “bad” or “unneeded”. Clarify whether other roles are available, whether reassessment is allowed and who is authorised to decide what happens next. A recruiter at the 8th Centre can help avoid spending time on vacancies whose requirements clearly conflict with the assessment results.

Practical details of enrolment and preparation

Clarify the assessment’s purpose, format, approximate duration and required documents. Get normal sleep the day before; avoid exhausting training or a night shift where possible. Arrange water, food and regular medication as prescribed by your doctor.

Read test instructions carefully and clarify procedural questions before starting. Answer according to your actual habits, not an image of an “ideal soldier”. Explain your motivation, difficulties and skills you want to learn during the interview.

Ask how results will be communicated and what may follow.

ENGLISH / TOPIC 15

15. Physical readiness and special role requirements

No single standard applies to all vacancies. Workloads and requirements differ between infantry, driving, communications, medical and technical-system roles. Relevant regulations and the specific selection process determine final requirements. Physical preparation helps you adapt more safely to future training but does not replace an MMC assessment.

Consider your health before exercising. If you have chest pain, dizziness, injury-related limitations or chronic problems, get medical advice first. Do not attempt to reach “combat fitness” in a week: an injury before BCAT will set you back.

Physical requirements depend on actual duties

General readiness for exertion differs from specific standards established for selection or training. A candidate for a technical role and one applying for a physically demanding specialisation may undergo different checks. Nevertheless, even equipment work may involve travel, irregular routines, long periods standing or working in protective equipment. Establish the requirements of your own role rather than relying on videos of other units’ fitness tests.

Physical preparation before selection must be sensible. Someone who has not trained for months is unlikely to improve through a week of exhausting exercise, but risks injury. Gradually increasing walking, basic mobility, sleep and recovery is more useful than abruptly trying to match someone else’s fitness. If you have an illness or are recovering from injury, agree an exercise plan with a doctor.

What to ask about a specific role

Is there a mandatory standard before enrolment? Are assessments included in specialist training? Which physical skills are used daily, and are there medical restrictions? Concrete answers help you assess suitability honestly. An invented “single standard for all Armed Forces candidates” does not make a guide more useful.

Practical details of enrolment and preparation

Ask for the specific vacancy requirements, including specialist tests and medical limitations. Assess your current level: comfortable walking, mobility, recovery and basic strength. Start with a manageable amount and increase only one component at a time.

Alternate activity and rest; choose exercises that do not cause pain. Prepare familiar, broken-in footwear; do not unnecessarily try unfamiliar heavy loads. Practise daily habits: an earlier sleep schedule, regular meals and foot hygiene.

Separately confirm technical qualifications and authorisations for specialist posts. Record progress without competing with other candidates.

Details that are often overlooked

Someone has spent 10 years in a sedentary job. A realistic start is gradual walking, mobility exercises and sleep; a dangerous start is a sudden march with a heavy pack. Mistakes: exercising through acute pain, using dubious stimulants, treating sporting ability as a guarantee of medical fitness and hiding an injury from a doctor.

ENGLISH / TOPIC 16

16. If you do not pass selection: what next

A negative interview outcome is not a blanket prohibition on service. Reasons may include insufficient specialist skills, no vacancy, failure to meet specific physical or qualification requirements, or procedural circumstances. However, MMC decisions, criminal record issues and other legal restrictions cannot be resolved simply by finding “another recruiter”. Distinguish the reason for refusal and the lawful response.

Request appropriate feedback without demanding confidential assessment or decision information. “Not suitable for this role” may support looking for another specialisation or improving a skill. A medical limitation means following the MMC decision and, where necessary, the prescribed review procedure.

Being unsuitable for one role does not always rule out others

Reasons for not passing selection vary greatly. A candidate may lack the required driving licence category, fail to demonstrate knowledge of particular equipment, not pass a specialist test or have a medical restriction affecting specific duties. Each situation has a different next step. Some gaps can be addressed through training or evidence of experience; medical findings follow their own rules; another vacancy may require a new interview.

Do not confuse a formal refusal with there being no opening in that particular unit. Even a well-prepared candidate may not match a unit’s current needs. Establish the reason as far as it can officially be disclosed, rather than concluding that you are unsuitable for every area of military service.

A realistic next option

If you wanted a technical role but lack experience, look for a vacancy that provides training or related work. If health is the issue, the medical finding takes precedence over a recruiter’s optimism. If a decision raises legal questions, use the official review procedure. The 8th Centre’s task is to help you avoid remaining in uncertainty and find a lawful, suitable route.

Practical details of enrolment and preparation

Clarify where selection stopped: interview, qualifications, health, documents or security checks. Ask whether permissible feedback on unmet requirements is available. If experience is lacking, plan training and look for entry-level vacancies.

If there is no opening, ask your recruiter for another current role in the same field. For document problems, correct the specific error and clarify whether resubmission is required. For MMC issues, check official appeal procedures and deadlines; do not bypass decisions informally.

For psychological or other specialist selection, establish only the authorised retesting procedure. Record why the previous route was not completed before starting another.

A brief comparison

Reason	Appropriate action	What not to do
Insufficient skills	Training or an entry-level role	Invent experience
Vacancy closed	Find another current vacancy	Demand appointment to a nonexistent opening
Document errors	Correct information officially	Forge documents or edit scans
MMC issues	Treatment, examinations, lawful review	Seek an informal “desired” ruling

ENGLISH / TOPIC 17

17. Selection is complete: what happens before departure

A positive interview, recommendation letter, completed MMC and finalised documents are different milestones. Before official referral, understand the legal basis of service, who communicates reporting instructions, where basic or specialist training occurs and what you may safely tell relatives. For civilians on the relevant routes, the Ministry describes 51 days of BCAT, specialist training and an adaptation course upon arrival at the unit.

Do not buy expensive equipment based on rumours before receiving the training centre's list. Do not publish departure logistics, group numbers or exact arrival locations. Preparing relatives for temporary communication limits matters as much as packing.

A positive decision still requires formal enrolment before service

Passing selection does not always mean the candidate is already a member of that military unit. Further steps may include document checks, a contract or mobilisation procedure, issuing the necessary documents, referral to a training centre and arranging arrival. For someone without recent military experience, basic combined arms training may be mandatory under the applicable procedure. Some specialisations require further training. "Selection is complete" therefore does not mean "I start my chosen role tomorrow".

It is particularly important to retain contact information. Who will provide the official arrival time and location? Which documents must you carry? When and whom can you ask about enrolment? Answers should come from authorised people through the proper channels. Do not share sensitive routes or information in public groups or rely on rumours from other candidates.

What to check before departure

Check whether the vacancy title has changed, whether you know how the recommendation letter will be taken into account and whether the necessary medical and personnel formalities are complete. Resolve contradictions before arrival rather than assuming "we will sort it out later". The 8th Recruitment Centre remains an information contact about the process, but the appropriate authorities decide on referral and enlistment.

Practical details of enrolment and preparation

Check that all mandatory results have been recorded or transferred correctly. Request final confirmation of the role, military unit and form of service. If signing a contract, read the full text and keep a copy you are lawfully entitled to retain.

Clarify whether BCAT, specialisation or further checks are required. Obtain official reporting time and procedure instructions without disclosing sensitive details. Prepare documents, personal belongings and prescribed medication under the training institution's rules.

Agree an emergency communication channel and backup contact with your family. Establish whom to notify if illness or another genuine obstacle arises before departure.

Details that are often overlooked

confusing interview and enlistment dates; publishing routes on social media; leaving family without agreed contact arrangements.

Someone receives a message saying “you passed”, but does not know where to go or who is responsible. The correct action is not to guess the route, but to confirm the date, documents and procedure for reporting changed circumstances with the official contact person. Common mistakes: confusing the interview date with the enlistment date, posting the route on social media and leaving the family without an agreed way to make contact.

ENGLISH / TOPIC 18

18. A recruit’s pack: what you actually need for BCAT

The most useful packing principle is not to buy duplicates of items the state should provide or burden yourself with prohibited or unnecessary belongings. The Ministry explains that BCAT provision includes, among other things, personal protective equipment, training equipment, a first-aid kit, backpack, sleeping mat and sleeping bag according to the programme and particular sessions. Actual issue procedures and contents depend on the training location.

Before departure, ask your contact about permitted belongings, luggage limits, laundry, shop and communications access, and medication storage. Small personal essentials and a document folder are often more useful than an expensive “tactical” gadget. Do not bring dual-use items or equipment not permitted by the institution.

What you actually need to buy yourself

During BCAT, recruits receive much of their necessary equipment from the state, including clothing, protective equipment and some training equipment. Advice to buy everything from body armour to a sleeping bag may lead to unnecessary spending and items that do not meet the training centre’s requirements. Start with useful personal belongings: hygiene products, spare underwear, seasonal skin care, glasses if needed and a small supply of individually prescribed medicines with appropriate documentation. Confirm the exact list before arrival.

Pack weight matters too. An overloaded bag does not make a candidate better prepared. Organise items by purpose, protect documents from moisture and leave room for issued equipment. Do not bring expensive gadgets, unfamiliar communications devices, privately obtained protective equipment or items prohibited by the centre’s rules without prior approval. Valuable personal belongings create unnecessary risks of loss.

Personal belongings and health

Pay particular attention to footwear comfort and foot health. Blisters, untreated inflammation or unsuitable socks quickly become a problem during daily training. If you need glasses, medicines or assistive items, discuss them in advance with medical staff and the responsible personnel. A guide should help you pack essentials rather than encourage spending thousands of hryvnias on a “tactical kit”.

Practical details of enrolment and preparation

Obtain the receiving institution’s official recommended list. Set aside documents and contacts in a moisture-resistant folder. Prepare small personal hygiene products and individual essentials.

Choose seasonal socks, spare underwear and simple clothing where permitted. Agree prescribed-medication storage and use with medical personnel. Do not buy body armour, a helmet, radio or first-aid kit without a specific need and requirements: these are generally matters of state

provision.

Remove unnecessary sensitive phone data and agree communication arrangements with family. Weigh your luggage and remove unused or prohibited items.

A brief comparison

Must check	Useful if agreed	Do not buy in a rush
Documents, contacts, prescribed medication	Spare socks, underwear, hygiene supplies	Body armour, helmet, expensive tactical kit
Charger, if permitted	Small notebook, pen, foot-care items	Unverified “miracle” medical kits, prohibited devices
Seasonal personal items on the list	Small dry-storage bags	Heavy items “in case they are needed”

Details that are often overlooked

unfamiliar new footwear; excessive luggage; medication without agreed use arrangements; spending tens of thousands before standard equipment is issued.

ENGLISH / TOPIC 19

19. The 51 days of BCAT: how basic training is structured

Basic combined arms training is the first systematic course for personnel acquiring fundamental competencies. From July 2025, the Ministry introduced a 51-day programme: 42 days of instruction, seven rest days and two days for administration. Stages include orientation, individual training, working within a unit and a comprehensive final exercise. In 2026, the Ministry continued to describe this programme as current.

Its structure matters more than internet horror stories. The course includes theory, extensive practice, instructor assessment, safety rules and gradual adaptation to military routine. Depending on specialisation, separate specialist training may follow BCAT, with an adaptation course at the unit. Certain personnel categories and special programmes may have additional stages.

Why BCAT cannot be reduced to a single number

Under the programme described by the Ministry of Defence, standard basic combined arms training in the Land Forces lasts 51 days: 42 training days, 7 days off and 2 administrative days. This does not mean 51 days of uninterrupted activity of one type. The workload increases gradually, from initial familiarisation and basic rules to individual and group tasks. The training centre provides a foundation; additional specialist training may then be needed for a particular role.

The programme includes more than weapons training. First aid, navigation, basic tactical training, safe equipment use, teamwork and responding to modern threats are significant components. Training centres may differ in schedules and organisational details within the programme. The advertising phrase “you will learn everything in 51 days” does not mean that BCAT automatically qualifies someone in a complex engineering or technical specialisation.

What matters to a candidate

During training, promptly tell instructors about unclear tasks, equipment problems or health issues. Consistent repetition of basic skills matters more than trying to impress through risky behaviour. After BCAT, the next steps depend on the enrolment procedure and the role’s profile; for many candidates, this means specialist training or adaptation within a unit.

Practical details of enrolment and preparation

On arrival, clarify organisational rules, responsible contacts and medical assistance procedures. Learn the timetable and safety rules; ask about any unclear training instruction. Use notes for topic names and your questions, not classified or sensitive information.

After practice, record two things you can do and one that needs further explanation. Report injuries, severe pain, worsening health and faulty training equipment. Do not compare your learning speed with the best-prepared people in your group.

Build daily habits gradually: foot care, sleep, nutrition and keeping belongings organised. At completion, obtain clear information about training results and the next route.

A brief comparison

Programme element	Duration	Purpose
Orientation	1 day	Rules and adaptation
Individual training	21 days	Basic knowledge and skills
Working within a unit	17 days	Cooperation and teamwork
An integrated tactical training exercise	3 days	Integration and assessment
Rest days	7 days	Scheduled recovery
Administration	2 days	Arrival and departure processing

ENGLISH / TOPIC 20

20. Prepare your body: a safe two-week start

Most recruits benefit more from gradually improving general endurance, mobility, sleep and everyday activity than from extreme training before departure. The plan below is introductory, rather than a mandatory military standard or medical rehabilitation. If you have injuries, cardiovascular symptoms or other limitations, obtain individual advice from a doctor.

Do not follow “prepare in seven days” videos involving heavy marches, jumps and excessive joint loads. A sudden increase after sedentary work is especially hazardous. Consistency and being able to recover by the next day matter more.

Fitness cannot be built in a few days

Before arriving at a training centre, assess your current level: how easily you walk a normal distance, whether you can perform basic movements without pain and how you recover from exertion. Most problems arise from a sudden increase in activity rather than the absence of sporting records. Someone who has not trained for a long time should not begin with exhausting runs, a heavy pack and daily strength challenges.

The basic principles are gradual progression, consistency, sleep and rest. For many people, ordinary walking, gentle mobility, bodyweight exercises and comfortable aerobic activity are a useful start. Reduce or stop exertion if you experience pain, dizziness, unusual breathlessness or other concerning symptoms. Chronic conditions, injuries or medical restrictions require an individual plan agreed with a doctor.

Habits matter more than a test result

BCAT requires you to follow instructions regularly, care for equipment, manage everyday physical demands and work with a group. Useful preparation therefore also includes a daily routine, regular meals, foot hygiene and the ability to recover. This article does not offer a universal “14-day course with guaranteed readiness”: none exists, and it would be wrong to promise preparation for demanding service within a short period.

Practical details of enrolment and preparation

Assess comfortable walking and any pain; do not begin with a maximum-effort test. Choose a comfortable pace at which you can speak without severe breathlessness. Add gentle joint mobility and only manageable bodyweight exercises.

Follow more active days with recovery days; sleep and water are part of preparation. Check footwear and foot care; do not test new shoes over long distances. Stop for sharp pain, dizziness or unusual symptoms and seek medical help.

Adapt the programme to your capabilities and advice from a doctor or specialist.

Details that are often overlooked

following unverified standards; exercising through pain; insufficient sleep; sharply increasing pack weight.

ENGLISH / TOPIC 21

21. What you will learn: modern BCAT without myths

Modern BCAT covers basic military subjects, safety, first aid, navigation, group cooperation and awareness of contemporary threats. The official 2025–2026 programme emphasises practical sessions and adaptation to current conditions, including unmanned-system threats. This guide does not replace an instructor's lessons and deliberately excludes tactical schemes that could be dangerous without training.

Understand the expected outcome: safe use of issued equipment, working in a structured team, recognising general risks, requesting help correctly and following instructions responsibly. Do not teach yourself weapon use, explosive handling or medical equipment procedures from online text.

Why today's programme differs from older perceptions

Basic training today must reflect an environment using unmanned systems, surveillance equipment and electronics. This affects both the subjects taught and the attention given to personal safety, concealment, information discipline and teamwork. Alongside safe weapons handling, first aid, navigation, following instructions and responding appropriately to threats are important.

BCAT does not turn every recruit into a UAV operator, combat medic or electronic warfare specialist. It provides initial preparation for different military specialisations. More specific skills may be developed during subsequent role-based training. Do not seek precise tactical methods in public articles or try to repeat them without instructors: mistakes can be dangerous.

Useful ways to prepare independently

Before arrival, you can read the Ministry of Defence's public materials about the BCAT programme, personal safety rules and the general principles of first aid. Official Army+ courses and materials may also be useful after service begins. Knowing when to ask an instructor to repeat an exercise and how to report faulty equipment is far more valuable than displaying "confidence" without skills.

Practical details of enrolment and preparation

Before a session, establish its learning objective and safety rules. Note unfamiliar terms and ask the instructor about them. Follow the exercise instructions first, not a video "life hack".

Report mistakes and faults: they must be corrected before real tasks. Express three main lessons in your own words afterwards. Connect subjects: hygiene, health, communication, safety, first aid and discipline are complementary competencies.

Ask for available official training materials and verified explanations.

ENGLISH / TOPIC 22

22. Your phone during training: digital security and family communication

Smartphones help with communication and official services but create risks through geolocation, photo metadata, account access and poor posting decisions. Personal phone rules depend on the training institution, unit and security conditions. Combat areas have particularly strict restrictions described by the Ministry in 2026. Do not apply one location's rules to every other location.

Prepare your family for realistic contact: no message for several hours or longer does not necessarily signal an emergency. Relatives should have an official contact route, not secret locations, schedules or other personnel's information. Do not send an exact map location over unsecured channels.

Why a phone during training is a security issue

A smartphone can hold location data, photo metadata, contacts, messages, banking services and government services. The military environment requires stricter digital discipline than civilian life. Do not publish photographs of the training centre, routes, schedules, military documents, other people's faces without permission or information that may reveal a unit's location or structure. Even an innocent post by relatives can create a risk when combined with other public information.

Update the operating system in advance, enable a strong screen lock and two-factor authentication for important accounts, and check backups. Do not install unknown applications recommended in chats. During BCAT, phone use may be restricted by the centre's rules and permitted times. Warn your family that a delayed reply does not automatically indicate an emergency.

An agreement with your family

Agree on an approved way to communicate, a backup contact where needed and a rule against sharing service-related information. Do not send family chats documents or photographs that reveal personnel, locations or the timing of tasks. Information security is part of caring for yourself and others, rather than a formality.

Practical details of enrolment and preparation

Enable a screen lock with a long password or code; update the operating system and important apps. Enable two-factor authentication where supported and retain recovery methods. Review apps' access to location, photos, microphone and contacts.

Avoid unverified APKs, suspicious "military" apps and files from chats. Ask the training centre about photography, video, communications and device rules. Agree a permitted communication channel and approximate frequency with relatives, without promising exact times.

Never share verification codes, passwords, complete military document photos or other people's data. If your phone is lost or an account compromised, notify responsible personnel promptly and recover access securely.

Details that are often overlooked

A relative asks you to show the training location on a map. Instead of sending coordinates, explain that you cannot disclose the exact location; agree on a safe communication channel and a contact for official questions. Mistakes: public stories filmed on site, group photographs without consent or a check of the rules, and backups of sensitive photographs in publicly accessible cloud storage.

ENGLISH / TOPIC 23

23. Your first BCAT week: daily life, discipline and adaptation

The hardest part for a newcomer may be simultaneous changes in sleep, meals, social contact, privacy and physical workload rather than a single exercise. Adaptation takes time. The first week's aims are understanding rules, identifying responsible personnel, establishing hygiene, seeking help promptly and retaining the ability to learn. In 2026, Army+ launched a dedicated "Recruit Adaptation" course with practical first-weeks materials.

Real discipline includes obeying lawful orders, caring for issued equipment and taking responsibility for your wellbeing. Reporting an injury or serious illness is not weakness. Even a minor foot problem can worsen quickly when ignored.

Adaptation involves more than physical training

The first week at a training centre may bring a new sleep schedule, different discipline requirements, uncomfortable living conditions and the need to cooperate with unfamiliar people. Do not judge your entire future service by one difficult day. The initial period is for understanding the rules, organising your belongings, following the daily routine and safely settling into training.

New recruits are often embarrassed to report uncomfortable footwear, food problems, severe fatigue or an injury. A small problem that could be addressed promptly can become serious if left unreported. Direct health concerns to medical staff, clothing and equipment issues to those responsible for supplies, and training questions to instructors and command through the established procedure.

Supporting yourself and others

Adaptation is easier with realistic expectations and without constantly competing with everyone. Essential skills include listening to instructions, clarifying uncertainty, helping fellow service members within permitted limits and taking safety seriously. Seek professional support for prolonged psychological strain, panic symptoms or a condition that interferes with functioning, rather than concealing the problem.

Practical details of enrolment and preparation

On arrival, identify your immediate commander, duty officer and medical and practical support contacts. Note the main routine, equipment issue, communications and request procedures. Organise belongings so documents and medication are correctly stored and accessible when needed.

Care for your feet, keep clothing dry and report injuries promptly. Establish a simple self-check: sleep, water, food, pain and emotional state. Avoid arguments based on rumours; clarify procedures with designated personnel.

For conflict, threats or violations, use prescribed service or official reporting channels. At week's end, record what is clear and three outstanding questions.

Details that are often overlooked

keeping serious problems silent; discussing sensitive matters in public chats; neglecting rest; treating help-seeking as indiscipline.

ENGLISH / TOPIC 24

24. Arriving at your military unit: the first 72 hours

Training is followed by a new stage: arrival at a specific unit, proper personnel processing, confirmation of appointment and learning the rules. Not every organisational event literally happens within 72 hours: the title means priority checks, not a legal requirement to finish everything in three days. The post-BCAT route may include adaptation at the unit; for certain new contracts, the Ministry described a 14-day adaptation period.

Before arrival, you should have official instructions, a responsible contact and an understanding of which documents to present. Do not publish movement times, routes or geographical details. After arrival, authorised commanders and unit services handle status and provision; the 8th Centre may remain an advisory contact but does not replace them.

What changes after the training centre

Arrival at a military unit begins a new organisational reality. You meet the command, learn service routines and personnel and supply procedures, and receive explanations of your duties and further training. Reception procedures vary between units, so “the first 72 hours” is a guide for the reader rather than a statutory deadline for completing all formalities.

Check that your personal details and appointment are recorded properly, and learn who handles equipment, health and pay issues. Do not expect one person to resolve everything. Personnel, financial and medical matters have different responsible specialists. If the role differs from what was agreed earlier, clarify the situation through official channels.

Avoid unnecessary independent action

Do not independently post information about your new place of service or other service members on social media. If a practical, medical or legal problem arises, first identify the appropriate official channel. The 8th Recruitment Centre can help find a contact concerning the earlier selection procedure, but your military unit now handles day-to-day service administration.

Practical details of enrolment and preparation

Follow official reporting instructions, not rumours from other groups. Confirm the receiving person’s contact and the documentary arrival procedure. Identify your immediate commander, personnel service, medical point and request procedures.

Check how appointment to the role and personal details are formalised. Clarify accommodation, meals, hygiene, medical access and communications rules. Obtain instructions on issued personal equipment and inventory procedures.

Ask about adaptation, mentoring, further training and service routine. If a document or actual role differs from agreed details, request an explanation politely and officially.

Details that are often overlooked

A candidate expected one job title but hears another on arrival. Do not draw conclusions from a verbal conversation or post the circumstances on social media. Check the documents, request an official explanation from personnel staff and the commander, and use the prescribed report procedure if necessary. Mistakes: overlooking personnel clarifications, not establishing how to obtain medical care and signing documents without reading them.

ENGLISH / TOPIC 25

25. Your role in the unit: who is responsible for what

After appointment, you should understand your service status, immediate reporting line, responsibilities, tasking and training procedures. Chains of command differ by unit type and role. Rather than imagining a universal pyramid, ask who your immediate commander is, whom to contact for personnel, equipment and medical issues, and how documents are confirmed.

Recruitment agreements and actual appointments must be legally formalised. Service is governed by legal acts, the established post and lawful orders. If promises differ from reality, first clarify documents and service procedures rather than relying on messages from unknown intermediaries.

A post means specific duties rather than a general label

In civilian employment, a job title may cover a broad range of tasks. In a military unit, an established post has defined functions, reporting relationships and training requirements. Know your immediate superior, whom to approach about training, the boundaries of your responsibilities and how official documents are processed. You do not need to memorise the unit's entire structure on the first day; start with your own subunit and chain of command.

A new service member may need mentoring and additional specialist training. This is especially important where civilian experience partly overlaps with the military specialisation but different systems or safety rules apply. A knowledge gap should lead to organised training rather than risky improvisation.

If expectations do not match the appointment

Distinguish a misunderstanding about a job title from an actual legal or personnel issue. Clarify the appointment order, duties and established procedure for raising concerns. If the problem is substantial, use official reports and personnel channels. Verbal indignation or publishing documents online does not replace a review procedure.

Practical details of enrolment and preparation

Learn the exact role and subunit names in personnel documents. Identify your immediate commander and adaptation contact. Obtain the duties you are permitted to review and an explanation of responsibility.

Ask which skills are required immediately and which will be taught on a specialist course. Establish procedures for equipment, briefings, authorisations and knowledge checks. Clarify where and how to submit a report, request or problem notification.

At the end of week one, clarify expected work and training results. Do not publicly disclose restricted internal organisational information.

ENGLISH / TOPIC 26

26. Uniform, body protection and equipment: checking issue

Clothing and protective equipment provision is an organised service process, not every soldier's private shopping task. The Ministry lists principal BCAT-issued equipment, including body armour, helmets, equipment components and individual first-aid kits. At a unit, quantities and issue timing depend on relevant norms, records and tasks. Not everything is issued simultaneously or becomes personal property.

Check not only presence, but condition, size and clear usage instructions. Ill-fitting protective equipment or damaged items need attention from the responsible service. Do not alter issued protective equipment yourself; designated specialists handle maintenance and replacement.

State-issued equipment does not mean buying everything yourself

Clothing and protective equipment are issued according to supply standards, tasks and staffing needs. A candidate should not assume that every advertised item must be purchased privately. When receiving equipment, its actual condition, completeness, size and proper issue records matter. Some items are personal, while others are assigned to the unit and transferred under the relevant procedure.

Body armour or a helmet should not be selected by guesswork. Address suitability, fit, completeness and use with the responsible specialists. Report damaged, missing or incorrectly sized equipment before using it where safety is affected. Personal modifications and uncertified substitutes can reduce protection.

Records and responsibility

When equipment is issued, ask about its exact name and condition, replacement procedures and storage rules. Do not sign documents you do not understand; request an explanation of what you have actually received. Any discrepancy between the records and the items issued must be resolved through the proper procedure. Do not share photographs of internal inventory records in public chats.

Practical details of enrolment and preparation

Establish what you are entitled to under the applicable norms and at your service stage. At issue, check item names, sizes, condition and completeness. Immediately report unsuitable sizes or condition to issuing personnel.

Clarify care, storage, inventory and worn or faulty item replacement rules. Carefully check the inventory entries you sign. Do not buy expensive replacements before clarifying standard issue.

Report loss or damage through the prescribed service procedure instead of concealing it. Complete safe-use briefings for specialist equipment.

Details that are often overlooked

You are issued footwear that is painfully tight. Do not assume it will “wear in” at the cost of an injury; report the mismatch and request replacement through the established procedure. Mistakes: signing receipt without checking the records, repairing protective equipment without authorisation, publishing inventory documents and buying expensive items based on rumours.

ENGLISH / TOPIC 27

27. Military pay: the first payment and checking calculations

Military remuneration is not one fixed salary for everyone. It comprises post pay, rank pay, allowances, bonuses and additional remuneration under service conditions. Certain combat tasks and areas may attract special payments, but these depend on confirmed eligibility and are not always simply added together. In August and October 2026, the Ministry separately explained payment structure and taxation.

The Ministry stated that remuneration is paid by the 20th of the current month for the previous month, or within the prescribed period after funds reach the unit if received later. A first payment may cover only part of a pay period, so it can differ from an expected “month’s pay”. Ask the finance service about calculations; the recruiter does not prepare the payroll.

Why advertised pay may differ from the actual payment

Military pay comprises several components: position pay, rank pay, allowances, bonuses and, under certain conditions, additional remuneration. Remuneration for combat duties may depend on actual time, documented eligibility and the type of tasks. An advertisement showing the highest possible amount does not mean everyone receives it every month without exception. Treat simple calculations that disregard actual service records with caution.

The Ministry of Defence explains that payments follow an established schedule for the previous period. The first payment after enlistment may be lower because it covers only part of a month; also check the date from which entitlement to a particular component arose. The unit’s finance service calculates actual payments from personnel and service documents.

Protecting your right to correct payments

Know which post and rank are recorded, how additional remuneration is substantiated and where to obtain an explanation of the calculation. If an amount raises questions, first request a specific explanation from the finance service; where necessary, use a formal report and other official means of protecting your rights. Do not send bank details in unofficial chats, even if a message appears to come “from accounting”.

Practical details of enrolment and preparation

Establish the accrual start date and which appointment information reached finance. Clarify bank-transfer details and how to provide them securely. Learn the main components of your remuneration.

For expected additional remuneration, ask about the specific legal basis and supporting documents. Distinguish contract incentives, monthly accruals and assistance payments with separate conditions. Keep a personal calendar of payment periods and receipt dates without publishing financial information.

For discrepancies, request an explanation or accessible calculation records through the prescribed route. If unresolved, use a service report and designated rights-protection channels.

Details that are often overlooked

applying maximum combat pay to an entire month without a basis; confusing “accrued” with “received”; expecting a one-off incentive before meeting conditions; sharing personal bank details in a chat.

ENGLISH / TOPIC 28

28. Army+: reports, learning and digital services

Army+ is the official app for serving personnel, offering electronic reports, training materials, information and other services. It is different from Reserve+: Reserve+ addresses citizens' military registration, while Army+ supports people already serving. At the time of review, Army+ listed reports concerning leave, health, documents, payments, contracts, training and service transfers.

An electronic report is an official submission under an established procedure, not a private messenger message. Routing, supporting documents, review deadlines and categories may vary. Some processes require a supervisor's identifier or a special procedure. Avoid unnecessary duplicate submissions; check the status and reference number first.

Army+ supports daily service rather than replacing the commander

The official Army+ application provides electronic reports, information, learning opportunities and other services for military personnel. Do not confuse it with Reserve+, which primarily concerns military registration. Features change, so check instructions against the application's official portal. A "submit report" button does not mean a request is automatically granted: the document follows the prescribed review procedure.

A report needs proper grounds, a clear request, the correct addressee and the necessary attachments. After submission, monitor its status and do not confuse "awaiting approval" with "completed". Some decisions become final only through an order or another official action. If the service is temporarily unavailable or does not support your type of issue, use the established alternative procedures.

Digital hygiene

Download the application only through official links, never give authorisation codes to others and do not publish screenshots containing personal or service information. Electronic services help track requests, but do not remove the need to know the responsible personnel, finance or medical service within your unit.

Practical details of enrolment and preparation

Verify the official address https://aplus.mod.gov.ua/ and installation instructions. Register or sign in only through lawful means; do not share access. Check available functions and your personal details.

Find "Reports" and the category relevant to your issue. Read the template instructions and supporting document requirements. Before submitting, check the wording, basis, addressee and attachments; save the number and date.

Monitor review status: "submitted" does not mean "approved" or "an order issued". Use official learning materials, including the newcomer adaptation course.

A brief comparison

Issue	Where to start
Leave needed	Relevant Army+ template / established service procedure
Payment question	Finance service plus a report if necessary
Document or certificate	Personnel service / “Documents” template
Health condition	Medical help first; a report through the proper procedure
Training	Commander, training officer, Army+ learning materials
Rights violation	Service procedure and official rights-protection channels

ENGLISH / TOPIC 29

29. Your first month of service: rights, health and family

Starting service means adapting to a new routine, team, responsibilities and workload. Timely medical access, equipment provision, personnel and financial explanations, and official requests are part of normal service life. The Ministry has a 1512 hotline for citizens, service personnel and families; official materials also cover psychological support and rights protection.

Family communication matters, but unit security takes priority. Do not share service routes, positions, other personnel's names, documents, equipment photographs or movement schedules with unknown people, even through familiar accounts. Agree with relatives how to respond to prolonged communication loss through permitted official channels.

The first month is a time to learn how to use the support system

Starting service involves a large amount of new information: the chain of command, living arrangements, pay, healthcare and communication rules. Do not expect every issue to resolve itself. Know the appropriate responsible people, ask specific questions and promptly raise problems that affect health or safety. Asking for help is not a sign of professional weakness.

Psychological wellbeing also needs attention. A changed environment, lack of sleep, anxiety about family or previous traumatic experiences can impede adaptation. If strain persists, sleep deteriorates or everyday tasks become difficult, approach a medical or psychological professional through an available official channel. Support should be timely rather than delayed until a crisis.

What to agree with your loved ones

Your family should know the permitted way to communicate, how to make official enquiries and the basic rules of information security. Do not publish locations, routes, other service members' names, military documents or speculation about the unit's tasks. If communication is temporarily lost, do not share personal information with random users promising to "check". Use agreed and competent channels. A recruiter at the 8th Centre can explain the earlier enrolment history, but everyday service matters are handled through the military unit.

Practical details of enrolment and preparation

Identify responsibility for medical assistance, personnel matters, supplies, payments and psychological support. Keep simple personal notes about documents, requests and deadlines without sensitive service information. Regularly monitor sleep, pain, meals, exhaustion and concerning symptoms.

Notify the appropriate person when help is needed; do not wait until the problem is critical. Agree a permitted family communication method and emergency contact. Ask how electronic and paper reports, medical assistance and rights protection work at the unit.

Check financial calculations through established procedures rather than rumours. For a serious unresolved problem, use official channels, including 1512 and other competent authorities where necessary.

Details that are often overlooked

silently tolerating serious symptoms; discussing internal unit affairs publicly; ignoring documentary request procedures; treating psychological support as weakness.

A service member stops replying at the usual time. Their family does not post speculation about the place of service or give information to random “volunteers”, but uses agreed and official channels. Common mistakes: silently enduring serious symptoms, publicly discussing the unit’s internal affairs, ignoring formal request procedures and treating psychological support as “weakness”.

8recruiting.army

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