

# 'I'm mentally in Ukraine'

Published 3/30/2022 by [Tiffany Hsieh](#)

Anna Kostenko lives near St. Michael's Hospital in Toronto and can often hear the whirling blades of air ambulances overhead. That never used to bother her until Russia invaded Ukraine a few weeks ago.

"Every time I hear a helicopter now, I think I'm under attack," said the Seneca international student. "I'm mentally in Ukraine."

Ms. Kostenko, 19, was born and raised in Ukraine. Kyiv is her home. But her family — parents and five younger siblings — have since fled the capital city and are constantly moving to find safety. For a week, they hid in a bomb shelter and ate expired dairy products.

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