

ITV News - Ukrainians cram onto trains to Poland to seek refuge

- Drag the words from the box to fill in the gaps.

clamber

cling

dash

desperate

fight

fled

freezing

glimpse

huddle

pitiful

It is a _____ way out, a _____ for safety, a _____ for space as thousands _____ for refuge and _____ to help.

This is Lviv train station western Ukraine. Chaotic and fraught.

They are trying to get here to Poland, where children are waking in a foreign land, teenagers unsure where to go next.

The other way in is on foot where relatives wait on one side **to see a _____ of family** on the other.

But to get to the border is hard.

"She fell down, she fell over so many times before anyone helped us cross."

Larissa and her 85-year-old mother Elena fled Kiev days ago and these eyes have seen war before

"This is worse, this is worse," she tells me. "I survived World War II, now I must live through this."

Nearly **200,000 people have _____ Ukraine** for this country in 72 hours

"I've been at the border three days - no food. I drank only water."

Queen was studying in Ukraine until Wednesday. She hasn't had a meal since and didn't even realise she'd got to Poland today.

"I'm going to Poland. I don't know what I'm going there to do. I don't have anybody there, no food to eat, so until we get there ..."

You've arrived. This is safety

"Thank you"

There is confusion and there is the cold. **Overnight temperatures were below _____**. Friends _____ **for warmth**. The elderly search for it.

There are two ways of looking at this _____ **pile of clothes**. One is that people arriving here have virtually nothing, and they need them. And the other of course is the kindness of it. 48 hours ago this was not here. These have all been donated.

And there is gratitude for what they've been given, but from those who thankfully understand so little

Watch the report again and check.