

After leaving behind their lives as florists, jewellers and welders in Ukraine, ordinary men are being trained in the UK for something extraordinary. Deep in the countryside, an intensive five-week course run by the British Army aims to impart skills, such as hand-to-hand combat in trenches, urban warfare and navigating mines to Ukrainian civilians before they fly back equipped with the skills they need to kill,

and not be killed, in the fight against Russia.

Stacey Dooley, with pensive eyebrows and tear-brimmed eyes, speaks to some of the men who are stoic – yet driven – about facing the prospect of dying to defend their country. One man, Pasha, asks the film crew to record a message for his parents in case the worst should happen. It's a poignant moment and a horrendous reality. FRANCES TAYLOR