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**“Unity in Diversity: Russia and the English-Speaking World.
Time for Equal Opportunities”**

Исследовательская работа (эссе)

“Путешествия – не только способ изучения мира, но и, в первую очередь, познание себя. Деятельность Федора Конюхова и Ранульфа Файнса”



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Contents

- 1) What is the journey and what are they attractive for?
- 2) Fedor Konykhov
 - Who is it?
 - His achievements
 - His quote
 - What travelings means for him
- 2) Ranulf Fiennes
 - Who is it?
 - His achievements
 - His quote
 - What travelings means for him
- 4) Conclusion

“Traveling allows you not only a way to explore the world, but also to get to know yourself. Fyodor Konyukhov’s and Ranulf Fiennes’ adventures”

In the modern world, travelling plays a critical role in our lives. A lot of people like travelling for diverse reasons and now it is not difficult, because a huge number of various opportunities are available these days. One needs a wish to explore new places in order to utilise the opportunities. The generally accepted definition of travel is movement through any territory for the purpose of studying it, as well as for general education, sports and other purposes. People often move to a new country because they are in search of a high-paid job or educational provision. As for me, travelling is valuable, vast and immaterial as it broadens my horizons and enriched my knowledges as well. I frequently visit other countries and cities in order to gain useful experience and vivid impressions, see the sights of another country, get acquainted with the culture of other people, and most importantly, get to know myself, because it is during the journey that a person can understand what they appreciate in a new country and its inhabitants, adopt their traditions, habits and worldview. All this creates a new personality.

Numerous people become travellers and devote their whole lives to exploring our planet, they constantly update and supplement our knowledge about the world we belong to. Owing to them, we are capable of finding out what is currently happening in the world, learn about nature, the animals and birds in their natural habitat, and, most importantly, the behaviour of people and the way they communicate.

Being a traveller is not easy, every day they put themselves through hard trials, go through a thousand obstacles to achieve their goal: to learn about the world. People who realised their potential to become travellers are real heroes. I often wonder what motivates them. Now we will try to find the answer and proof according to the life, activities and achievements of two great travelers: Fyodor Konyukhov and Ranulf Fiennes.

Fyodor Konyukhov is a Russian explorer, writer, journalist, artist and soldier. He single-handedly made five circumnavigations of the world, crossed the Atlantic 17 times, he is also the owner of the national award "Crystal Compass", Guinness World Records and many others. One of his quotes made an unforgettable impression on me: "My travels are a desire to know a little more than what I learned on the shore. To know not only the nature of the globe, but also your soul."



Based on his quote, we can conclude that for him travelling is a unique opportunity to enter into a dialogue with his mind and subconscious, to know the true needs of his soul. For people like Fyodor Konyukhov, a warm and cozy house is often replaced by a boat or a balloon, and delicious homemade food is stale

crackers. He does not imagine his life without travel, extreme sports and finding out something new.



Another famous traveller and writer is Ranulph Fiennes. He holds a number of endurance records, and in 1984, the Guinness Book of Records named him as "the greatest living researcher in the world". Such a person is a mystery itself. What made him, despite his severe altitude sickness, conquer the peaks of

the mountains, not to give in to difficulties, extreme temperatures and unpredictable weather conditions? Ranulph himself put it this way: "Rivalry is one of the factors pushing me. While my back was turned, the Norwegians managed to reach the first Arctic crossing in winter. I didn't want the same thing to happen in Antarctica." Thus, travel for Ranulph Fiennes was what filled his life with bright colours, shocks and impressions, what pleased him every single day and continues to please. We can state that Ranulph Fiennes is the very man who has seen everything in his lifetime!

Many people make travel the meaning of life, and Fyodor Konyukhov and Ranulph Fiennes are vivid examples. They showed modern youth an example of how to make their lives exciting, how to help people in an unusual way, set records, giving us an example to follow. Personally, when I read their biography, I was very inspired, I realized how much we miss staying at home, because even the biggest TV is not able to convey all the beauty and diversity of real wildlife. The greatest advantage of travelling is pleasant memories that give us inspiration for a long time, a wonderful way to get to know ourselves, acquire new interests, get a boost of energy, change our views on life and turn it for the better. There happens something magical: you leave the place as one person, and you come back completely different. And again you begin to live in anticipation of another unforgettable journey.