

ИП «Калмынина Нина Сергеевна»

Командный конкурс эссе

**“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.»

«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»

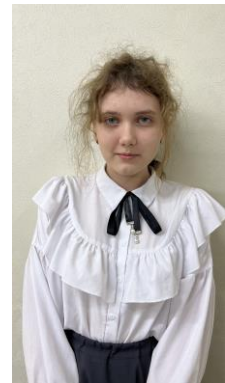
Участники:



Арсений Чернов



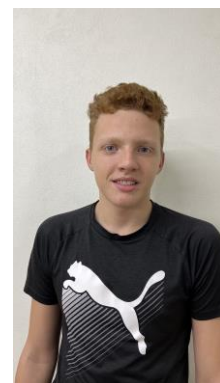
Гарнов Егор



Балышева Екатерина



Новикова Ксения



Иванов Максим

Руководитель группы: Приходько Валерия Романовна

Theses:

1. To travel is to live or how “to buy” happiness.
2. The life and adventures of Fyodor Konyukhov.
3. Ranulf Fiennes – the greatest living explorer.
4. The main lessons that we learnt from these two travelers.

“Everybody needs beauty as well as bread, places to play in where nature may heal and give strength to body and soul alike.” John Muir

According to Moir- nature is important as food to human beings. Being in nature has the power to make us feel better and give us both physical and mental strength.

We live in a society that is obsessed with materialism. When we buy things, it gives us happiness. But this feeling often lasts only for a short time. Experiences, on the other hand, stay with us for a long time after they have finished. Therefore, if we spent more of our money on experiences, we would gain something that can last a lifetime. Here are three more reasons we should spend more time and money on experiences:

1. Travelling helps us to discover our interests. It helps us to discover what we like and what we don't like.
2. It opens your mind and helps us to see different points of view. As you travel, you meet new people with different ideas and opinions to your own.
3. Our experiences can inspire us. It's always good to do something that is new. If we didn't do anything different, we might become lazy. This will make us feel good and give us a sense of achievement. This will then inspire us to try more things in life. So, our attitude to money is to spend it on experiences as much as possible! So, before you buy your next possession, ask yourself: “Is there an experience I can spend my money on instead?” This could be a weekend away or a holiday. Whatever we choose, it will make us rich with memories and life lessons.

But the first thing that needs to be said that one of the main values of travel is the expansion of horizons. When you come to a new country or city, you should strive to get to know the culture. It's so interesting! If we are talking about culture, then it is impossible not to mention the sights: houses, palaces, castles, monuments, museums and each has its own history, as well as various natural landscapes that fascinate the spirit. And two famous travelers Fyodor Konyukhov and Ranulf Fiennes can prove it.

“My travellings – are the desire to explore a bit more than that I learned on the shore. To understand not only the nature of the world but my own soul”.

F.Konyukhov

Fyodor Filippovich Konyukhov is a Soviet and Russian traveler, writer, artist, priest. He was born in the Zaporozhye region in 1951. As a child, he loved to read books about travelers and dreamed of becoming a great traveler himself. At the age of fifteen, he crossed the Sea of Azov on his own by boat.

Every year Fyodor Konyukhov participates in various geographical expeditions, both alone and in a team. He made five trips around the world, became the first person in the world to reach the five poles of the Earth, reached the North and South Poles on skis, crossed the Atlantic Ocean seventeen times, circumnavigated the globe in a balloon, completed the "Seven Peaks" and the "Grand Slam of Adventure" programs. Many of Konyukhov's achievements are listed in the Guinness Book of Records. Konyukhov can control a balloon, dog sleds, a yacht, a glider, a ship and is a well-deserved master of sports.

Fyodor Filippovich is an outstanding and gifted person. He has made more than 50 unique expeditions and ascents. He shares his knowledge for the benefit of humanity, but they are also reflected in his work. He is a member of the Union of Artists of the USSR, the Union of Writers of the Russian Federation, a member of the Russian Geographical Society. In 2010, Fyodor Konyukhov was ordained an archpriest of the Russian Orthodox Church.

During his life, he painted more than 3,000 paintings and more than 20 books. While traveling, Konyukhov does not forget about his family. He has five children and many grandchildren. In addition to the main business of his life - traveling, Fyodor Filippovich writes poetry, music for the organ and works of art.

From this information one can conclude that there is nothing impossible in this world, we still can have family, do our hobbies, create pieces of art and travel.

Ranulf Fiennes is listed in the Guinness Book of Records as "The greatest living Explorer of the World." He was awarded this title in 1984. Ranulph Fiennes

is a British adventurer and novelist that is best known today for his various exploits around the world. He holds several Guinness World Records and as an author, he released over a dozen fiction and non-fiction books, most notably biography of famous explorer Captain Robert Falcon Scott. Sir Ranulph Fiennes, in full Sir Ranulph Twisleton-Wykeham-Fiennes, 3rd Baronet, byname Ran, (born March 7, 1944, Windsor, Berkshire, England), British adventurer, pioneering polar explorer, and writer, who, among his many exploits, in 1979–82 led the first north-south surface circumnavigation of the world (i.e., along a meridian).

He climbed Mount Everest at the age of 65 on his third attempt and became the oldest Briton to conquer the "roof of the world". Perhaps Fiennes' most high-profile project is a round-the-world trip along the zero meridian from Greenwich through two poles - North and South. This expedition lasted three years and cost \$17.5 million. Preparation for it took seven years and took place under the patronage of Crown Prince Charles, who said he would support this venture. Before that, no one had ever tried to circumnavigate the globe along the meridian through both poles. The expedition started on September 2, 1979 in Greenwich, where the zero meridian passes. One of the main conditions for circumnavigation was to travel only by land or water means of transport. Travelers used cars, sea vessels, snowmobiles, skis and snowshoes.

After this expedition, Fiennes was listed in the Book of Records as the greatest explorer in the world. He traveled along the Nile, looking for an ancient city, but he was more attracted to the harsh ice of the Arctic and Antarctic. Fiennes threw a new challenge to the Arctic, going to the North Pole together with the doctor Mike Stroud on full autonomy, without any help from outside. They did not reach the pole, but they set a new record. In 2000, Fiennes ventured into an autonomous journey to the North Pole alone. On the way, his sledge with provisions fell through the ice. And this is at temperatures below minus 60 degrees Celsius. While saving the sled, Fiennes frostbitten his left hand badly.

He was urgently removed from the route by plane and taken to a Canadian hospital. Amputation was required, but it was still necessary to wait five months

for some of the tissues to recover. However, the pain in his arm became so severe that Fiennes could not stand the deadline and cut off his frostbitten fingers himself. It should be noted that Fiennes is driven not only by a passion for extreme travel. Each of his events is accompanied by a fundraiser for charity. He constantly donates money to the Marie Skłodowska-Curie Foundation. By 2017, the total contribution of the noble sir to this fund reached the level of 19 million pounds.

In his own example he showed that nothing can stop you on the path to great goal.

To draw the conclusion one can say that these two great men set us an example of courage, devotion to work, love for people and discoveries. One of the most important lessons you can learn from F. Konyukhov and R. Fiennes that you are more capable than you thought. Travel teaches you confidence, independence and freedom. It boosts your self-awareness and your problem-solving skills. Travel shows you that you can navigate a foreign country, make new friends, and overcome difficult situations. When you realize how powerful you are, your travel journey becomes one of the most transformative experiences of your life. If you want to flourish in life, you must get out of your comfort zone and embrace the unknown. If you always stay in a well-worn routine, you'll never truly expand your horizons. When you travel, you leave behind the familiar and take on a world of new things. You're constantly learning through travel, with new cultures, friends, foods and languages. You may feel excitement or even fear, but usually never boredom... and it will be one of the most rewarding things you ever do. As the great traveler F. Konyukhov said:

“I circled the Earth in 11 days, it's very small, we need to protect it. – We don't have a thought about it, we, people, only fight. The world is so beautiful, explore and discover it.

Bibliography:

1. <https://konyukhov.ru/biography/>
2. https://ru.wikipedia.org/wiki/Конюхов,_Фёдор_Филиппович

3. <https://dzen.ru/media/zazercalie/fedor-koniuhov-puteshestvennik-i-moreplavatel-5d2f171180879d00ac4a706b>
4. <https://www.10adventures.com/money-cant-buy-you-happiness-but-can-travel/>
5. <http://www.famous-explorers.com/famous-english-explorers/ran-fiennes/>
6. Fiennes Ranulf, Mad, Bad & Dangerous to Know: The Autobiography Paperback – August 1, 2008
7. <https://www.britannica.com/biography/Ranulph-Fiennes>
8. <https://www.thecoldestjourney.org/the-expedition/biographies/sir-ranulph-fiennes/>