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## ALL TRUTH ABOUT SURVIVING

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**The purpose and objectives.** Our main objective is learning new methods and types of surviving, get base knowledge about what to do if you need to survive in wild place. Look at stories of people who got strong survive and who tried that for fun.

**Subject of research.** Surviving stories and notes of professional survivors. Personal experience.

**Methods and means of research.** In any day or moment something can go wrong. Your car can broke in forest, your boat can swim out to the sea and etc. So that's why you may know what to do and what things are more important for surviving.

First of all you need understand how you will get back to the civilization. There are two ways home:

First – standing at your crash place and waiting for help. If you chose then first of all you need to find a way to let you know other people that you have problems here. It's could be three close placed bonfires or or note on something. If you make signal fire you mast make that it will have as much smoke as it possible.

Second – try to find exit alone, this way suggests that you wouldn't wait for help. That means that you will need to move on some one distance and at same time you mast understand "Where are you go? And why?".

I'm shure that every body heard about Bear Grylls. That's UK survivor expert and SAS operator in past. His TV show called "Man vs Wild". But how does they make move in real life and picture that we see on TV are not same. Film crew always has a medic, GPS system, and enough provision. I'm not sure that every person who need to survive in danger place has same support group. Of course the presenter shows some techniques that can help you, but most of them are situational. Not everyone will be able to be saturated with moisture from elephant dung or eat raw meat.

The only thing that he gives correctly to understand is that you always need water and sources of proteins of fats and carbohydrates to saturate the body. Of course, we should not forget about the rest, because it is an integral part of

survival. It is worth remembering that for every hour of the journey you need at least five minutes of rest for your muscles.

Survival is first of all mental activity. If you lose control of your mind and start thinking stupid thoughts then I have bad news for you - you are most likely dead. Based on this, you constantly need voice contact, even if you do not hesitate to sleep alone - speak for yourself, trees, animals and other elements of the fauna all the same about your thoughts.

**Conclusion.** Surviving skills are great experience, that you may need in any moment and you wouldn't know when you will need them.

## REFERENCES

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