

ДИАЛОГ КУЛЬТУР

*Материалы XIII межвузовской научно-практической
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Часть II

DIALOGUE OF CULTURES

*Proceedings of the XIIIth Research
and Practice Conference
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2020

Part II

**Санкт-Петербург
2020**

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ
ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ
ВЫСШЕГО ОБРАЗОВАНИЯ

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ВЫСШАЯ ШКОЛА ТЕХНОЛОГИИ И ЭНЕРГЕТИКИ

ДИАЛОГ КУЛЬТУР

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THE FEAR OF PUBLIC SPEAKING AND HOW TO OVERCOME IT

Abstract: The paper is devoted to the problem of the appearance of the fear of public speaking. The author describes reasons and signs of the fear of public speaking, and methods of its overcoming. The actuality of this research comes from the role the fear of public speaking plays in our life.

Key words: fear of public speaking, speaking anxiety, way of overcoming.

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СТРАХ ПУБЛИЧНОГО ВЫСТУПЛЕНИЯ И ПУТИ ЕГО ПРЕОДОЛЕНИЯ

Аннотация: Статья посвящена проблеме возникновения страха публичных выступлений. Описываются причины возникновения страха публичных выступлений, признаки и методы его преодоления. Актуальность исследования страха обусловлена его ролью в нашей жизни.

Ключевые слова: страх публичного выступления, боязнь выступления, пути преодоления.

The fear of public speaking is common among different people. It doesn't matter if they should speak to a big or small group or they do it because their job duty. According to various surveys at least seventy-five percent of people have this fear which is also called glossophobia [1].

Not all people have it in a strong way when they are so anxious that they may lose their voice or faint, but the majority is like a fish out of water when they have to speak to an auditory.

So, how could we overcome this fear to be successful in our public activity such as a presentation or discussion at a seminar? First of all, we should find the reasons. Let's call them "obstacles" because they limit our abilities and disturb from fulfilling our potential.

Many researches have been devoted to this problem. Some scientists think that there are a lot of different factors influencing people. Dr. Theo Tsaousides considers main reasons to be: our physical reactions and personal characteristics, social impact, as well as various situations [2]. They should be obviously taken into account if a person wants to overcome the fear. Farhan Uddin Raja regards a lack of experience and preparation as the most important features of fear, so he states that one of the ways to succeed in dealing with the problem is proper counseling, instruction and coaching [3, p.94].

The focus of this research is to explore public speaking anxiety.

Objectives of the present study were to identify feelings during public speaking and to reveal the way to stop public speech anxiety.

Seventy respondents aged from 18 to 30 years participated in our survey. We asked our participants to complete the survey.

The research questions developed for the study were:

1. Do you like to speak, to give presentations in front of people?
2. Are you afraid of public speaking?
3. What is your level of public speaking anxiety?
4. What are the reasons of public speaking anxiety?
5. What do you feel during public speech?
6. What are the tips for managing public speaking anxiety?

The study shows that there is no unambiguous answer whether the respondents like or dislike public speaking as 42% of them admitted the preference for it and 37 % are not in favour of it (Figure1). From all this we can't conclude that people enjoy performing a public speech.

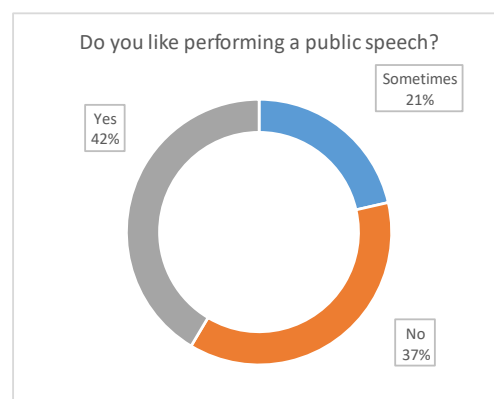


Fig. 1

24% of the respondents believe that the positive attitude to the public presentation depends on the situation. In the survey open-ended questions, the

respondents gave the reasons why they like or dislike speaking to an auditory. We divided the answers into two groups. On the one hand, the preference for the public presentation depends on the theme, on the other hand, on the reaction of the audience. But some respondents consider both factors to be important.

The survey revealed that 77.1% of the respondents experience the fear of public speaking. 8.6% of these fears are related with the theme of the speech and the quality of their preparation for the speech.

The participants were required to select an option on scale ranging from 0 to 5. In this scale 0 means “you have no fear” and 5 means “you experience terrible fear”. A moderate degree of fear occurs more commonly among involved in the survey (Figure 2). The data reveal that the fear doesn’t spoil or influence the successful presentation.

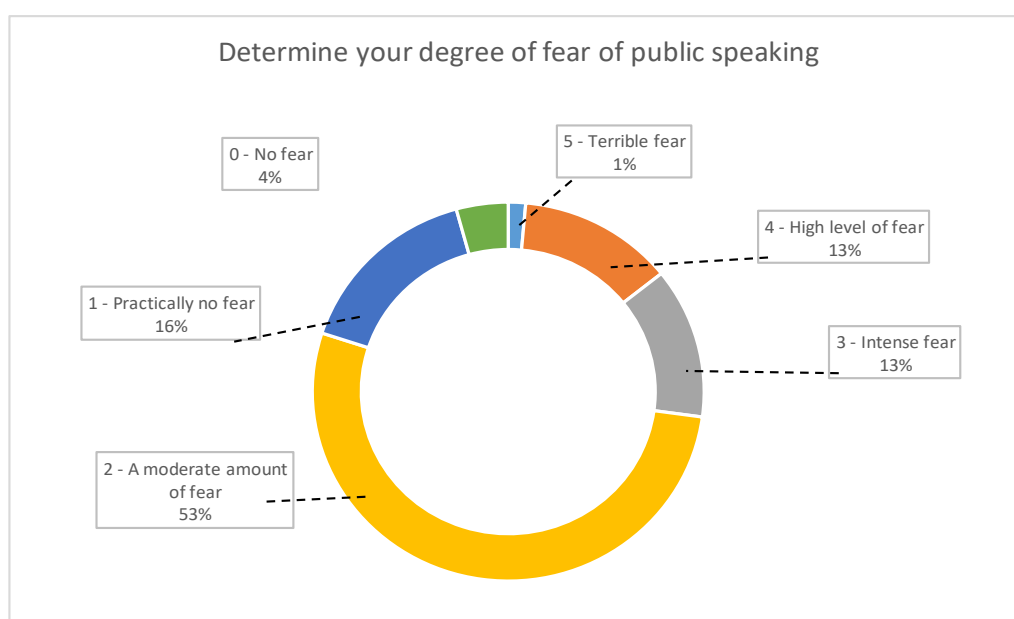


Fig. 2. Anxiety Level prior to Performance

In our study we were also interested in the feelings of our respondents, reasons of their fear. The following causes appear to be the most important:

- “I feel that I’m not prepared enough” (30%);
- “It seems to me that I am not highly competent in this field” (34,3%);
- “I feel uncomfortable speaking to an audience” (27,1%);
- “Performing a public speech, I’m so worried that I forget my words” (31,4%);
- “I don ’t feel confident” (27,1%).

Other reasons mentioned were the fear of being ridiculous or the fear of doing something new, which coincides with the second reason in the list.

Analyzing this data, we could conclude that internal obstacles seem to be factors making people anxious.

The leading elements of physical reaction were “galloping heart rate”, “sweaty hands”, “trembling hands and weak knees” and “feeling of anxiety”. These symptoms are identical to the ones associated with “fight or flight” reactions

during real, physical danger. Our body “wants” us to be ready to deal with dangerous situation, because our mind misunderstands the situation [4, p. 44]. Sometimes people recognize irrationality of these feelings and this fact make them nervous [5, p. 3], but it is normal to be afraid of something.

Understanding the situation allow us to overcome the fear by finding our own way. The last question in the survey was: “What do you do to overcome your fear?” The respondents’ tips are the following: not to think about the fear, to do the best to prepare for the speech, to take a deep breath or calm themselves by various methods. There were people who think that fear can be overcome only through practice.

The research proves the importance of the problem, as well as the way to get over it. Moreover, every person has their own technique to tackle the fear.

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BULLING AS A SOCIAL PSYCHOLOGICAL PROBLEM OF A MODERN SOCIETY

Abstract: The subject of the report is the phenomenon of bullying considered as a serious social-psychological problem of modern society. The author analyses the reasons of its occurrence, forms of its functioning and suggests the ways out of common destructive situations in humans' community.

Key words: bullying, behavior, victim, aggressor, social groups.

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ТРАВЛЯ КАК СОЦИАЛЬНО-ПСИХОЛОГИЧЕСКАЯ ПРОБЛЕМА СОВРЕМЕННОГО ОБЩЕСТВА

Аннотация: Тема доклада – феномен травли, получивший название «буллинг», рассматриваемый в контексте серьезных социально-психологических проблем современного общества. Автор анализирует причины ее возникновения, формы функционирования и предлагает пути выхода из наиболее распространенных деструктивных ситуаций в современном социуме.

Ключевые слова: травля, поведение, жертва, агрессор, социальные группы.

The term “bullying” was first introduced by English journalist Andrew Adams in the early 1990s. Bullying is defined as a regular psychological or physical pressure on the victim, carried out by one person or a group of aggressors, which usually takes place in a closed social group. Bullying is always deliberately negative and is characterized by an unequal distribution of forces between the aggressor and the victim.

This problem was investigated by Alla Barkan, the author of a number of articles about bullying [1]. She distinguishes two types which are the most common – physical and indirect.

But there are some more types of bullying: behavioral, verbal and even cyberbullying. The last one takes place, when a victim receives abusive messages through the Internet or some other electronic devices.

According to the Norwegian psychologist Dan Olweus, the author of an article "Bullying at School: What We Know and What We Can Do" [2], the aggressors are usually children who are confident that through dominating and subordinating it will be much easier to achieve their goals, who do not know how to sympathize with their victims. Many of them are physically strong boys; easily excitable and very impulsive, children with aggressive forms of behavior.

Bullying victims are most often the children who are shy, sensitive and withdrawn. Also, there are those who are anxious, insecure, low self-esteem, unhappy, prone to depression and thinking about suicide more often than their peers, those who have no close friends, who prefer communication with adults to communication with peers, boys who are physically weaker than their peers.

AAP (American Academy of Pediatrics) research has shown that children who incite quarrels are more likely to show criminal behavior: they have a tendency to break the law. Moreover, among teenagers, both victims of bullying and organizers, cases of depression, thoughts about suicide and its attempts take place quite often [3].

A research by Dutch scientists, published on the portal of the Oxford medical journal, showed that very often not all parents know about what is happening to their child [4]. They also conducted a survey among “aggressors”: they asked children how often parents or teachers spoke to them about inappropriate behavior. It turned out that only a third of parents and half of teachers had talked to practicing bullying about what they were doing wrong. According to another AAP survey, only half of parents know about what is happening at school because children do not want to talk about the humiliation they suffer from their classmates [4].

The process of bullying involves roles of a victim, an aggressor, and a witness. Negative consequences of bullying, as psychologists note, occur in all three groups of bullying participants.

The most severe consequences of bullying are manifested in the victim. Most often, bullying causes the victim to lose self-confidence. Also, this

phenomenon can lead to different severity of mental disorders, as well as psychosomatic diseases, can cause suicide or an organized attack on the place where the victim studies. In this case, it is important to explain to the person that he is being bullied and show how to act in this situation. Witnesses suffer from the experience of weakness against the power of a crowd and feel shame for staying passive as they do not dare to support the persecution being afraid to become victims themselves.

The experience of violence is also destructive for the aggressor's personality. This experience leads to coarsening of feelings, cutting off opportunities for subtle and close relationships and ultimately to destructive, asocial personality traits.

I also would like to finish with Irina Alexeeva's view point which is close to my own on this problem [5]. She is a consultant psychologist, the author of many books on child abuse, ways of combating it, its causes and consequences as well as the couch of numerous training programs in the field of crisis psychological assistance to children, adolescents and disadvantaged families. According to her point of view an integrated approach is the most effective one. The help should be directed simultaneously to all participants of this process — to the affected children, to children who are "aggressors", to children who watch the aggression, to teachers and parents. We should remember that the bullying situation is very traumatic for all participants and try to prevent such situations in all social groups.

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THE QUESTION OF THE INTERSLAVIC LANGUAGE

Abstract: The relevance of the Interslavic language is considered in this article, as well as the demand for it and the level of its development. The history of creation, prospects and ways of application of the Interslavic language are also discussed.

Keywords: Interslavic language, Slavic languages, Slavic communication, Slavic language environment.

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МЕЖСЛАВЯНСКИЙ ЯЗЫК

Аннотация: В работе рассматриваются актуальность межславянского языка, его востребованность и уровень его развития, обсуждаются история создания, перспективы и способы применения межславянского языка.

Ключевые слова: межславянский язык, славянские языки, общеславянская коммуникация, славяноязычная среда.

In ancient times, the Slavs were one ethnic unity and spoke to each other in one language. After years, the Slavs divided into many groups, became independent nations with their own independent languages. Now the Slavic-speaking world is huge. Slavic languages are common in a number of countries of Central and Eastern Europe and North Asia. The total number of speakers is more than 400 million people. Despite the significant linguistic proximity, the carriers of Slavic languages do not always manage to understand each other, find a common language, which causes a problem in Slavic communication. The Interslavic language can be a solution to this problem. Or is there no problem?

The Interslavic language is a modern continuation of the Old Slavonic language, oriented to understanding without preliminary study by the carrier of any of the languages of the Slavic group.

In 2011, project groups of Slovianski, Slovioski and Neoslavonic (early language projects that tried to unite Slavic languages) decided to merge these close projects into the Interslavic language. The unification took place by bringing together the available grammars and dictionaries through the discussion. The final merger took place in the summer of 2017. The current version of the Interslavic language has been commenced by Vojtěch Merunka and Jan van Steenberg [1].

The language is built around one basic rule - search for the greatest common denominator in grammar, spelling syntax and vocabulary of more than a dozen Slavic languages. One of the creators of the language, Vojtěch Merunka also emphasizes that the Interslavic is not distorted Slovenian, Russian or any other Slavic language [2].

The wave of popularity of the Interslavic language came after the publication of the Czech-Slovak-Ukrainian adaptation of the book "Painted Bird" by the American writer of Polish-Jewish origin Jerzy Kosiński in September 2019,

in which the use of the Interslavic language plays an important role. The director of the picture did not want the villagers to speak Ukrainian, Polish or Russian, because people in the film are very bad. The director did not want any nation to be associated with what is happening in his film [3].

But where else can the Interslavic language be used, apart from the film "Painted Bird"? The Interslavic language is able to help travellers and business people communicate in person or through the Internet without translating text into several languages, which allows a person to speak and write clearly for the carriers of almost any of the living Slavic languages, as well as to understand the texts in other Slavic languages. The proposed language would also improve the quality of machine translation. And in the Interslavic language it is supposed to write both in Cyrillic and Roman Alphabets [4].

Since January 2019 and into present moment there are many associations of different Slavs who decided to keep mutual communication only in the Interslavic language in the Internet. The project of the Interslavic language is not political and does not imply the replacement of existing Slavic languages. It is an aid in facilitating Interslavic communication.

Many could call Russian the most wide-spread way of Slavic communication, because it is this language that is spoken by the majority of the Slavic-speaking population. However, the most of the Russian-speaking population lives on post-Soviet territory. The Russian language was widely spread in the territory of the USSR: the centralization of government of the country required the choice of a single language, which was to serve as a means of international communication in a multinational country. One unified language was also necessary for the successful development of science and of course for the successful management of the army and navy.

The wide use of the Russian language in such a large territory nowadays is still dictated not by a great interest in studying and learning this language, but by the general political situation. It should be noted that when questioned, big number of slavic speakers do not indicate that Russian is understandable to any other Slavic-speaking person. The Russian language has a specific alphabet, vocabulary, phonetics and spelling. This is true for every other Slavic language: none of the existing slavic languages will be understood well by a slavic speaker of another national identity. If such a language did exist, people would not work on such projects as the Interslavic language [5].

Nevertheless, even without a common language, the carriers of Slavic languages still managed to find a solution to the problem. They did not use either Russian or any other Slavic language, nor did they utilize any projects of the common Slavic language. The Slavic-speaking people, as well as speakers of other languages around the world, use the English language, because English is the most important international language that helps to establish communication not only in the Slavic language environment, but throughout the world.

On the basis of our research, we came to the conclusion that the Interslavic language does not imply its use in full communication and has no chance to supplant both the existing Slavic languages, and the English language, which

remains the most popular way of international communication throughout the world. The Interslavic language can be useful on the Internet, in the development of computer translation, as well as for the study of other Slavic languages. Also, the Interslavic language gave many people excellent hobbies and pleasant pastime for studying such an unusual artificial language.

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ROLE OF HANDWRITING IN CRIME INVESTIGATION

Abstract: During the investigation, the investigator has to deal with the study of business and personal documentation of the suspect. The article considers the possibility of determining the identity of a suspect by studying his handwriting on the basis of documents written by him without the help of technical means.

Key words: police, handwriting, documentation of the suspect, investigation.

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РОЛЬ ПОЧЕРКА В РАССЛЕДОВАНИИ ПРЕСТУПЛЕНИЯ

Аннотация: в ходе расследования следователю приходится заниматься изучением деловой и личной документации подозреваемого. В статье рассматривается возможность установления личности подозреваемого путем изучения его почерка на основании документов, написанных им без помощи технических средств.

Ключевые слова: полиция, почерк, документация подозреваемого, следствие.

Everyone probably knows that handwriting is unique. Even at an early age, when a child is just beginning to hold a pen in his hands, his letters and drawings already have individual distinctiveness. When a person is growing up, the handwriting is becoming more and more stable. Our mood, health, and many other factors can affect the quality of our lettering, but every symbol we write is only one of its kind. There is even a special science that studies the features of handwriting – graphology. Handwriting experts, also called forensic document examiners, are called upon to verify the accuracy of a document or its signature.

Handwriting is a whole system of movements that is typical of each writer. It is based on the motor-writing skills of a person. In the process of investigating a crime, every detail is important. Quite often, experienced criminals do not leave traces when committing a crime [1]. Offenders wear gloves, carefully monitor the situation, have bandages on their faces or put on masks. In such cases, the police have problems identifying the perpetrator. If the crime involves forgery, the investigator must search for hand-written papers. Forgery of the date, signature, or any number, letter, or sign is not rare, so the investigator must search for hand-written papers then. Modern opportunities and facilities significantly reduce the number of handwritten texts. Documents in electronic form or printed are assigned almost 80% of the total document flow in the country. This is obviously convenient, fast and technological, but in case of a crime, it makes it difficult to conduct investigation.

The examination of documents and handwriting in modern criminology is one of the principal and urgent tasks. Taking into account the nature of the offences committed, investigators and operatives often seek to find and verify necessary handwritten documents to establish relevant facts and events. All sorts of notes in handwritten documents can be made with ink, pencil, copy paper, or ballpoint pen [3]. Inscriptions made with chalk, a piece of lime, paint, pointed objects, etc. can be found on various items and materials.

Manuscripts found at the scene of an accident or seized during a search, including a personal search, may be short or lengthy, in original or in a modified handwriting. Changes in handwriting can result from the conditions of writing or the writer's intentions (cursive masking, writing a text in block letters or with the left hand, using an unusual writing tool, etc.).

Handwriting expertise is one of the types of personal identification [2]. It is based on the study of handwriting features displayed in handwritten papers. To carry out handwriting examinations the free, conditional-free and experimental samples of handwriting should be accessible for the examiner.

Free handwriting samples (signatures) are manuscripts (signatures) made by a prosecuted person. They don't deal with the case being examined and had been written before the case was filed. Such samples can include personal and official correspondence, autobiographies, questionnaires, statements, notes, etc.

Conditional-free samples are obtained within the framework of the ongoing inquiry and are often provided in criminal cases. The prosecuted person (suspect, accused) signs a set of protocols, interrogations, without thinking that the investigator will use them for carrying out examination. There two ways of obtaining experimental handwriting samples: by dictation or by offering the suspect to write a document (an autobiography, a statement, etc.). If the examination of papers written with the left hand is required, special handwritten samples made by the suspect's left hand should be obtained.

If an expert examination of documents done in foreign languages is necessary, the investigator or court must determine in which language the manuscript was written, and establish which expert institution has specialists to carry out examination. To solve this issue, the investigator or court should take

into account the advice of a linguistic specialist. Knowledge of the language in which the document under study is made is one of the conditions of the expertise.

When examining manuscripts are made after a large gap in time, the expert must have information about the age, education, profession, writing practice of a particular person, the diseases that can affect the handwriting, in order to properly assess different features of handwriting discovered in the course of the study. Experimental samples, as well as free ones, should be compared in all parameters with the object under study. One of the advantages of experimental samples is the fact that they can be selected in conditions as close to those in which the analyzed text is expected to have been performed.

The success of the examination depends on the qualification of the forensic document examiner, his experience, and on how well the materials for the examination are provided [4]. The conclusion of a handwriting expert can become one of the proofs in a civil or criminal dispute, and if a mistake was made by a specialist at some stage, this will directly affect the final result of the expert opinion.

Thus, it would be safe to say that forensic handwriting expertise makes a great contribution to the strengthening of the rule of law and justice though it is one of the most complex types of forensic research. Undoubtedly, the current level of forensic handwriting expertise development allows us to practically solve a wide range of problems of identification, diagnostic and situational nature. Being indispensable means of effective investigation, forensic handwriting expertise helps significantly in solving crimes.

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STRIVING FOR IDEAL: SEARCHING FOR LOST PERFECTION

Abstract: The main topic of the report is researching the tendency of modern people to follow and confirm the external perfection. The considered problem combines social, psychological and economical aspects. The author analyses the reasons of its occurrence and spreading, identifies the ways of its influence on modern human's mentality, follows its role in forming aesthetic attitudes of a spend happy society. In conclusion the author gives some practical recommendations on changing the psychology of mass culture's victim to gaining internal and external balance and awareness of everyone's uniqueness, harmony and integrity.

Key words: eating disorder, anorexia nervosa, bulimia nervosa, mental disease, teenagers.

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СТРЕМЛЕНИЕ К ИДЕАЛУ: В ПОИСКАХ УТРАЧЕННОГО СОВЕРШЕНСТВА

Аннотация: Тема доклада – исследование тенденции, наметившейся среди молодежи, – утверждение идеала красоты и постоянное стремление к внешнему совершенству. Рассматриваемая проблема включает в себя социальный, психологический и экономический аспекты. Автор анализирует причины ее возникновения и распространения, изучает ее влияние на менталитет современных людей, выявляет ее роль в формировании эстетических установок общества потребления. В заключение автор дает некоторые практические рекомендации к изменению психологии жертв массовой культуры в сторону обретения внутреннего и внешнего баланса, принятия личностной уникальности, цельности и гармонии.

Ключевые слова: пищевое расстройство, нервная анорексия, нервная булимия, психологическое заболевание, подростки.

This research is devoted to consideration of a very serious topic which is constant pursuit to the perfect appearance and its consequences.

It is not a secret that the idea of perfect human body forms perhaps is the most painful topic for any person. Nowadays, when everyone has got a smartphone and access to various social networks, many people face the problem of their own body perception. Models from magazine covers, beautiful girls and guys in movies and advertising, one way or another, dictate the "fashion" of the way we should look like. On the one hand, we believe that media is a safe platform for communication, learning and entertainment. But there is another side of the problem, too.

According to official data, the number of people who use the Internet and various types of media has been growing every year. In 2019 there have been 5.11 billion users worldwide [1]. The Internet influences people's mind and makes the pressure that will be discussed.

This topic is quite well-known and many people are talking about it. So, I think, if you have heard some terms like 'anorexia nervosa', 'bulimia nervosa', 'eating disorder' and etc., you know about it, too.

According to a worldwide source, 'anorexia nervosa' is an eating disorder characterized by a significantly reduced body weight, intentionally caused and / or maintained by the patient himself, in order to lose weight or to prevent weight gaining. Victims are girls usually. In anorexia, a pathological desire to lose weight takes place [2]. In practice, this is an eternal depression, the desire to lose weight more and more, avoiding places with food and dozens of other factors. And the worst thing is a high probability of losing your health forever.

Anorexia affects especially on teenagers, because they are the most susceptible to psychological pressure.

It is important to realize that anorexia is a mental disease. A person's attitude to himself, meals and others is completely changed. This disease cannot be cured with pills or food. The only way to overcome it is to understand that your life is being destroyed. For some, this will be difficult, so you cannot neglect the help of professionals (psychologists or psychotherapists).

The next thing thousands of people have faced is “bulimia nervosa”. If you go back to the global source, bulimia is the flip side of anorexia; about 50 % of anorexia sufferers also suffer from this disease, too [3]. It is characterized by repeated bouts of overeating and excessive concern with controlling body weight, which leads a person to take extreme measures to reduce the impact of what they incorporate on their body weight. A person who has this disease suffers from overeating. After that, he immediately clears his stomach – artificially inducing vomiting, taking laxatives, practicing strict diets and exhausting sports exercises. Such people are constantly worried about how they look like and their body weight [4].

Undoubtedly, this terrible disease, as well as anorexia, has very serious consequences. Here are the main ones: chronic dehydration, metabolic disorders, failures in the digestive system. Patients with bulimia are often dissatisfied, underestimate their qualities, they have common family problems and depression. They are convinced that their troubles are related to excess fat. Although, in contrast to anorexia sufferers, bulimia patients look normal [5].

It's clear that when a person suffers from an eating disorder, it affects a large number of problems and cause diseases at once. Therefore, the diseases mentioned earlier, unfortunately, are not the only ones. Every year we learn about new cases caused by striving for perfection. So, this international problem can be called almost an epidemic.

After analyzing several diseases that come from the outside, I would like to talk about how to protect yourself from such mental disorders.

It is important to realize that all our perception of the world around us, including ourselves, is laid down in our childhood. I would like to encourage all parents to talk to their children. Especially, if this child is a teenager. After all, as it was considered, they are susceptible to these terrible diseases.

Next, I would like to say a few words about how to avoid being influenced by social networks and the media in general. This is a very complex process, because it involves accepting yourself. Many people don 't like themselves so much that they can 't even look at the mirror. Low self-esteem is the key to a terrible attitude. So, if you have such a problem, if you feel that you cannot like yourself, you should talk to someone else. Talk to your mom, dad, friend or see a specialist. Don't let this problem grow into something more terrible.

It is important to thank your body, just for the fact that you have it. For having arms and legs. You can run, jump and fulfill your dreams. Someone does not have such an opportunity. When you thank your body, you involuntarily start loving it.

It is important to realize that you can be happy in any body. The most important thing is the right attitude to yourself. Your body is your personification. You must try to do your best to protect it. Don't let anyone to tell you that you don't fit the standard. Only you can tell yourself what's right and what's wrong. Don't let someone to destroy your health and life. Remember that you bring something very bright and positive to this world. You give joy to people around you. Do you want to ruin this?

Also, it is important to remember that a person is a unique organism. There are no absolutely identical people. We are all different: we have different eye color, different height and weight ratio. Therefore, if a certain weight is normal for someone, it can be fatal for you.

In my opinion, the main thing that can help fight this serious problem is the Internet itself, the source from which all this has come.

In 2020 thanks to bloggers the question of self-love has been highly developed. Many of them show their imperfections, their ordinary life without decorating it. They present their scars, cellulite, say they are alive, they are like us. And in fact, it really helps those who are just shy of their body, and those who have got an eating disorder and need some support and opportunities to share their thoughts. They start various blogs where they talk about their problem and show how they overcome it. They help many people to recover and get rid of their complexes.

To sum up, try to love yourself! It's the best way to your beauty and harmony, mental and physical health.

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THE PROBLEM OF DOMESTIC VIOLENCE. COMPARISON OF BILLS IN THE UNITED STATES AND THE RUSSIAN FEDERATION

Abstract: Domestic violence is a form of violence that occurs in a family relationship. It commonly happens in the context of intimate relationships but also violence over children, parents or siblings may be included. In this report we will compare and review the laws of the United States and the Russian Federation on domestic violence.

Keywords: violence, problem, psychology, bill, society, relationships.

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ПРОБЛЕМА ДОМАШНЕГО НАСИЛИЯ. СРАВНЕНИЕ ЗАКОНОПРОЕКТОВ В СОЕДИНЕННЫХ ШТАТАХ И РОССИЙСКОЙ ФЕДЕРАЦИИ

Аннотация: Домашнее насилие - это форма насилия, возникающая в семейных отношениях. Оно обычно происходит в контексте интимных отношений, но также может затрагивать насилие над детьми, родителями или братьями/сестрами. В этом докладе мы сравним и проанализируем законы Соединенных Штатов и Российской Федерации о домашнем насилии.

Ключевые слова: насилие, проблема, психология, законопроект, общество, отношения

Domestic violence is one of the main problems of modern society in all countries of the world. This type of problem implies abusive attitude *towards the partner* (at this point it is called intimate domestic violence). The presence of forcing in a relationship is not affected by the type of relationship (heterosexual/homosexual). The results of mental research show us that the purpose of domestic violence is to gain *power and control over the victim*. Very often this problem is aimed to *children*, the elderly, and other member of family. Violation of one or more of these factors can lead to maladjustment during the child's development and cause emotional, behavioral, and social problems. People who witness violence in the home are more likely to be victims directly[1,p.319–320][2,p.110-111].

The definition of violent acts is: "*any act committed against the will of another person, aimed at causing pain, with the purpose of frightening or subjugating, is violent*". Domestic violence can take many forms: bodily, mental, verbal, religion, and physical abuse. There are a large number of signs of domestic violence, among them: torn clothing, signs of anxiety, nervous state, lack of sleep, fearfulness of sharp movements and loud sounds. The researchers found that the more women are harassed in the country, the higher the level of domestic violence. In countries that have low levels of gender equality, there is a high level of domestic violence. A very large percentage of victims of this type of violence (men and women) do not go to the police because they are afraid of social stigmas established in society [3, stay 2075 code of 1845].

Until the mid-1800s, most legal systems considered wife-beating as a possible exercise of the husband's power over his wife. The movement of *the first wave of feminism* in the 19th century achieved changes in the laws of countries such as the *United States* and the *United Kingdom*. In *Russia*, in 1845, a separate article appeared concerning violent acts between husband and wife, defined in the "code of criminal and correctional punishments". Modern laws were developed only at the end of the 20th century. Before that, a very small number of countries thought about this problem [5, p. 94].

In practice, there are two ways to combat domestic violence: *restaurant-based* (it is aimed at preserving the family and resolving the conflict) and *punitive* (it is aimed at breaking the cycle of violence). The restorative method involves

cycles of medical and psychological care while the punitive method terminates the relationship between the attacker and the victim's side. Most countries are more likely to resort to the punitive method, which provides for different levels of responsibility for the harm caused.

According to Rheostat, 25.7 thousand women and 10.4 thousand men were subjected to domestic violence *in Russia* in 2017, broken down by gender. Until the summer of 2016, beatings (striking or otherwise causing physical pain that did not cause harm to health) were punishable under article 116 of the Criminal code. In 2016, at the initiative of the Supreme Court of the Russian Federation, a partial decriminalization of article 116 of the criminal code was undertaken. In the initial version, the new law retained criminal liability for beatings against family members and "close persons" while beatings of other persons committed for the first time became an administrative offense. As a result of the introduction of this bill domestic violence has increased, and the number of reports has decreased, and the police have stopped examining and investigating cases of domestic violence. A year after the decriminalization of domestic violence experts noted that this bill is not the right step, since it did not stop the violence, but only made the attitude to it normal. In November 2019, the draft law "*on prevention of family and domestic violence in the Russian Federation*" was published, which is intended to regulate relations arising in the field of prevention of family and domestic violence in the Russian Federation[6,p.218-240].

Opponents of this bill believe that it is not aimed at preventing and reducing cases of violence, but only "creates a mechanism that allows for vague and vague grounds to interfere in the family life of citizens". *Anna Schwabauer*, a candidate of law, presented her criticism of the bill. According to her, the bill is legally untenable, it violates the constitutional rights of citizens, ignores the basics of criminal and administrative law, does not comply with the principles of family law and is corrupt and anti-family. Ultimately, this bill will increase unrest in society and create an unstable attitude in society[7].

Describing the experience of the *United States* the expert emphasizes that in this country there is a law (adopted in 1994) on "*Violence Against Women Act*". In this way, individual States form their own (more stringent) laws. The Ministry of justice provided data on which it can be concluded that the total number of violent domestic crimes decreased in the period 2001-2020. It is also noted that only a hint of a violent attitude is required and the court will issue an act of protective order, thus 72% were issued. There are also a number of problems related to the fact that the police apply a number of repressive measures to the victims too, which does not solve the true causes of domestic violence (alcoholism, poverty, etc.) as well as protective regulations do not allow to restrain the attacker, but only increase his/her aggression [8].

I think that this problem will be discussed further in order to reduce the number of incidents of domestic violence. It is also worth remembering that violence destroys the family, not the ability of victims to get protection.

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WHAT THE CRIMINAL'S TRACES AT THE SCENE OF CRIME CAN SAY

Abstract: The article is devoted to a very important part of crime investigation – finding and studying such evidence as various types of traces left by the offender at the scene of crime. The author says what information the investigator can get by having studied these clues.

Keywords: traces, footprints, fingerprints, the identity of the offender, criminal responsibility.

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ЧТО МОГУТ СКАЗАТЬ СЛЕДЫ ПРЕСТУПНИКА НА МЕСТЕ ПРЕСТУПЛЕНИЯ

Аннотация: Статья посвящена очень важной части расследования преступления – нахождению и изучению таких улик как различные виды следов, оставленные преступником на месте преступления. Автор говорит о том, какую информацию может следователь получить, изучив эти улики.

Ключевые слова: следы, отпечатки ног, отпечатки пальцев, личность преступника, уголовная ответственность.

When committing any crime, a criminal, as a rule, leaves various traces. In criminology the notion of "trace" in its broad meaning means all kinds of changes in the position or appearance of objects that occur as a result of the actions of the criminal. These can be the consequences of an explosion, fire or break-in, the appearance or disappearance of items of furniture, blood stains and human body secretions, signs of smoking, etc.

Traces play a very important role in conducting high-quality and rapid investigation of any crime and revealing the person who committed this illegal act. In addition, the investigation of traces allows you to identify the conditions that contribute to the commission of certain crimes, and to develop technical and organizational protecting measures against criminals [4].

Every criminal act causes changes in the environment. A person at the scene of a crime leaves many traces: footprints (shoe prints), handprints, fingerprints, biological traces (hair, skin particles, nails, saliva, blood, sweat and other biological secretions), traces of teeth and even odors. Traces can be also left by people, animals and other items such as tools and instruments, transport, and so on. The section of criminal science that studies the theoretical foundations of trace science, the patterns of traces, the mechanism of the crime, methods of fixing, removing and analyzing traces in order to establish circumstances essential for the disclosure, investigation and prevention of crimes is called traceology [1].

Each trace can provide very important information to the investigator about the victim of the crime, the identity of the offender, the causes and conditions of the crime committed, as well as about the situation in general.

One of the most important traces in violent crimes are traces of blood and other biological secretions of both the victim and the perpetrator. A special role of blood traces was noted by the forensic scientist S. N. Tregubov who said that blood traces more often than other evidence acquire a very significant value in the case [5]. Traces of blood can be very diverse. Their shape, size, and other features depend on the mechanism of their formation. Finding out the mechanism of blood traces is necessary for establishing the circumstances of the crime. Due to such information about the circumstances of the crime, the following can be obtained:

- localization of the source of bleeding on the human body;
- the nature of the injury, the direction and force of the impact, the degree of bleeding;

- the position of the victim at the time of the beginning of bleeding, whether he moved after the injury;
- whether there was a fight or suicide, etc.;

Pools of blood and the size of splashes, their direction can give grounds to say that the incident really happened at the place being examined. The nature of the elements of the blood track allows us to determine the speed at which the bloodied object (corpse) was moved, and the way of movement. Detecting traces of blood, especially in small amounts, requires attention, perseverance, and time. Such traces are sometimes no easier to find than colorless finger prints, since they can change greatly with time or other circumstances. To avoid mistakes, it is necessary to pay attention not only to obvious traces of blood but to all the spots of dubious property. It is better to examine a few extra spots than to miss at least one spot of blood. Traces of blood can be everywhere: on the body and clothing of the victim and the offender, the instruments of crime, on the floor and the walls of the room, the furniture, etc. The value of blood traces as evidence is determined by the possibility of defining its species, group and gender, as well as mechanisms of formation of these traces. If a violent crime was committed in a room, the blood can remain on the floor, walls, furniture, and even on the ceiling, where it falls when the offender brandishes a bloody weapon of crime.

For criminologists blood spatter analysis has long been a tool for solving crimes. Depending on the size and shape of the drops, experts can often say which weapon caused the spray, determine where the attack occurred, and track the victim's position. Flying drops of blood usually have the shape of a ball, and when they hit, say, a wall, they take the form of an ellipse, with the tail pointing at the direction of movement. Forensic scientists determine the angle of drops impact, and after a series of measurements, they determine the source location by tracking the blood drops back, marking their path with threads. When the threads begin to intersect, they show the approximate area where the attack occurred [2].

The investigator must take measures to detect all traces, including micro particles and objects. Traces of blood can be found not only on the victim and at the crime scene, but also on the suspect and the tools and means of the crime. When it comes to examining a suspect, priority is traditionally given to the nails and what is found under them. A positive result is often expected from parts of clothing that are difficult to clean: seams, pockets and flaps of pockets, button loops, zip on trousers, buttons, cuffs, etc.; seams, rings, buckles and laces on shoes. Attempts to clean clothing traces of blood rarely lead to success. Even after washing, yellow spots that are clearly visible in ultraviolet rays remain on clothes.

Besides biological traces, footprints and handprints of the suspect are of great importance. Human footprints are among the most common at the scene, their study helps to recreate the situation at the time of the crime and the way it was committed. Moreover, the study helps determine the number of persons involved in the crime, get an idea of the anatomical features of the offender (gender, height, weight, approximate age, gait, physical disabilities) and the time of the crime committed; determine the direction, speed and nature of the criminal's

movement (whether he ran or walked, where he stopped, whether he carried a load, etc.) [3].

A person of average height, walking slowly, takes steps of 25-30 centimeters each, while running or walking very fast, traces of 80-100 centimeters or more are formed. When walking, a person leaves complete impressions of the soles, and while running, people leave only traces of deeply pressed socks. Stops in human movement are characterized by a cluster of randomly placed tracks and their breaks.

A painful or tired state is indicated by the heterogeneity of the traces, which is expressed in a significant difference between the length, width or angle of the foot turn and the same elements of another step. For a lame person, it is characteristic that the length and angle of the foot turn of the leg on which he is limping is less than that of the healthy leg. Sometimes the footprint of a sore foot has a sign of dragging. The footprints can also say whether a person was loaded or without a load. A person carrying weight moves slowly, making short steps and spreading their legs wide in order to increase stability; their feet are pressed very deep into the soft ground, and the angle of rotation of the foot decreases. For a stout person or an old man, a slightly increased stride width, a reduced length, and a reduced turn angle of the foot are characteristic. Left-handers have the left step longer than the right, and women have the increased width and angle of the foot turn during the last months of pregnancy [2].

By the angle of the foot turn, it is possible to presumably determine the profession of the person who left the footprints. For example, sailors, longshoremen, climbers, plasterers and carpenters put their feet wide and parallel to each other, this provides them with greater stability. People of these professions also have a very short step as a result of a long habit of moving on narrow decks, beams, rails, etc.

Therefore a careful and complete study of traces at the crime scene can help law enforcement agencies in revealing offenders responsible for having committed a crime, bringing them to criminal responsibility, as well as in preventing them from committing new crimes.

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THE SENSUAL REVOLUTION. CREATIVE THINKING IN THE MODERN SOCIETY

Abstract: This article discusses the application of creative thinking in the modern world and how it may help with understanding one's living problems.

Keywords: creative thinking, iterative methods, society, creativity

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СМЫСЛОВАЯ РЕВОЛЮЦИЯ. ТВОРЧЕСКОЕ МЫШЛЕНИЕ В СОВРЕМЕННОМ МИРЕ

Аннотация: В данной статье рассматривается применение творческого мышления в современном мире и как оно может помочь нам справиться с жизненными трудностями.

Ключевые слова: творческое мышление, креативное мышление, итерационные методы, общество, творчество.

We live in a world of constant movement, the world that wants us to hurry and which may not give us a chance to stop and think a little about the next step. It needs us to keep going, no matter what happens in our lives, which problems bother us and who we really are.

It is sad, because the industry sees the majority of us as a faceless mass eager to have money and ephemeral happiness; the mass working on a pattern with no opportunity to be different and individual. Moreover, this injustice affects all the social groups: you may be a business coach or a low-class burglar – and still feel the same way because in both cases you have to rob people.

I want to tell you about how my life perception changed, and I hope that my story will tell you something useful.

I called my article ‘Sensual Revolution’, and the main point of this paradigm is that you should try to see every situation, every problem you face from an alternative point of view.

I will tell you a story which happened to my friend to illustrate the meaning of this conception. Here is what he told me:

«It happened to me when I was about your age – I was a second-year student of the University of Finances and Fiscal Irresponsibility. The first year passed by easy, I was really into my education and I had been doing nothing but that. However, during the second year I fell in love with classic cinematography – I started to binge watch those black and white flicks and TV-series, I was reading special books about the old-school directing and script-writing principles, so I realized I had finally found my real passion. Anyway, one day I found out that I was expelled from the university. At first, I was frustrated and angry for myself for being so irresponsible and that I had to go to the army now, but then I remembered the post-modern era in the Italian cinematography and the brilliant ways directors were breaking the clichés and stereotypes, so I thought – this is it! I can look at the situation from the positive side: I’ve never been to the army; I’ll have a lot of great stories, and I’ll also get myself into a good shape there; after the service I can focus on something that I really like, because I got expelled not because of my

laziness, but because I am meant to do something else – and here I am, doing what I really like, still watching films; it's not really motivational after all, is it?»

The example is quite interesting but very simple: most of us would be grieving when facing such kind of problems, but my friend just used his imagination and looked at it from a positive point of view. He found some good aspects and made them prevail over the bad ones.

My idea is you should realize one thing: this is your life, forget about what other people say or what they will think, because you are the main character in your story, you are the producer, the director and you can do everything you think is right. It's your show and you shouldn't be afraid that it can be cancelled. It has very positive ratings so far.

Another advantage of this conception is that it lets you look at all the things you face from an unexpected side. For example, about a month ago an acquaintance of mine asked me and my friends: “How do you think: since what time have mothers started to think that semolina porridge is delicious?”

Everyone had a laugh and forgot about it, but not me. I decided that I could try to look at this question from a scientific point of view. So, I did a research, using the iterative methods of math (the bisection method; Newton's method) and drew diagrams that could answer this question:

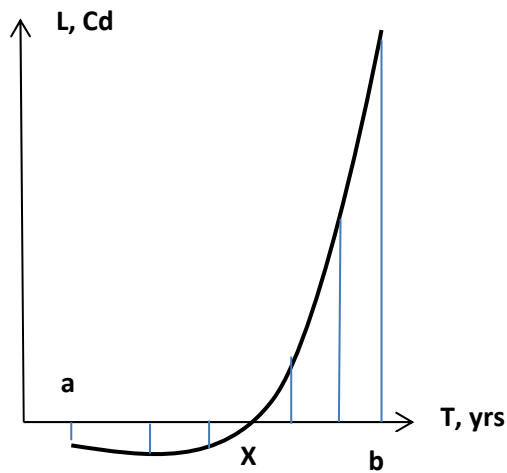


Fig.1 The bisection method

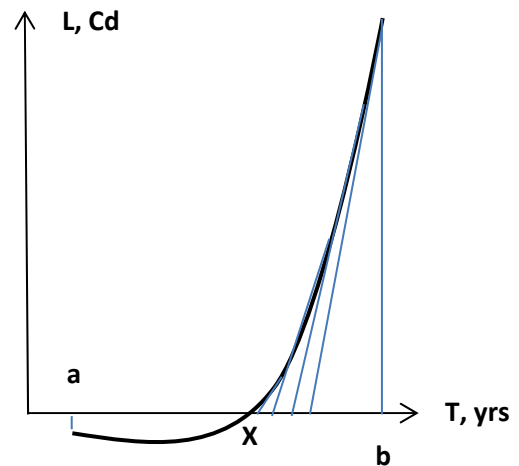


Fig.2 Newton's method

Here **T** is time in years; **L** is love for semolina porridge by mothers in cupids; [**a**, **b**] – are the borders of the interval; **X** is the year when mothers started to think that semolina porridge was delicious.

So, I've found out that the semolina porridge was first mentioned in 1861 and it will be our {**a**}, the start of count down, {**b**} will be 2020. So, after using both methods I've found out that the **x** year is 1923 ± 2 years in the bisection method and $1923 \pm 0,002$ years in Newton's method. This example illustrates that even trivial and humorous problems can be looked at from an unusual, scientific, as in this case, point of view.

I used my university skills to solve this humorous problem. My friends were shocked not only that I gave an answer to this question, but also because I remembered the situation and decided to do the research. Even despite the fact that one half of my friends don't even know about the bisection method. And the other half don't know what «the research» means...

Some can say that it's strange to apply this knowledge that way, because it's meant to be only used for serious scientific purposes. But here's the point: don't think about made-up canons, which told you what you should use, do or know. Be an artist – this is your vision!

Even this article may provoke a lot of questions towards the author, because I didn't use archaic ten-century-old scientific language. Once again, this is my work and I'm convinced that the reader needs to understand what he or she reads. Otherwise, there won't be a realization whether the reading is useful or not. Without the realization there is no sense in reading anything and wasting your time on it at all.

The essential part here is this: if you do something you like, you may, but you don't have to, listen to other people's opinions, whether they are your parents, teachers, presidents and so on.

This is your show, your performance, your vision. This is your life.

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THE GLOBAL SPREAD OF ENGLISH AND ITS INFLUENCE ON THE RUSSIAN LANGUAGE

Abstract: The authors of this article consider the history of the formation of the modern Russian language in the aspect of foreign language borrowings, with the main attention paid to borrowings from the English language, which is generally explained by the rapid growth of the economy, technology and society.

Key words: globalization, the Russian language, borrowings, anglicisms.

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ГЛОБАЛЬНОЕ РАСПРОСТРАНЕНИЕ АНГЛИЙСКОГО И ЕГО ВЛИЯНИЕ НА РУССКИЙ ЯЗЫК

Аннотация: В данной статье авторы рассматривают историю становления современного русского языка в аспекте иноязычных заимствований. При этом основное внимание обращается на заимствования из английского языка, что объясняется бурным ростом экономики, техники и общества в целом.

Ключевые слова: глобализация, русский язык, заимствования, англицизмы.

Every language is a system of phonetic, lexical and grammatical means, which helps us to express our thoughts, senses and will, as well as the most vital means of interactions between people [3]. The Russian language is no exception. It is one of the richest languages in the world. The fifth part of the Earth's population speaks in it.

The modern norms of vocabulary and grammar in the Russian language were formed as a result of the interaction of many East Slavic dialects that were common in Ancient Russia and the Church Slavonic language. Greek culture also had a great influence on the Russian written form. After the Russian language became independent, it was subjected to many changes. One of these changes is the borrowing of foreign words [4].

Borrowing is the copying of words or expressions from one language to another. Borrowing is also called the borrowed word itself. Borrowing in languages is one of the most important factors in their development. For example, active political and social contacts with France in the XVIII-XIX centuries contributed to the penetration of a large amount of French words into the Russian language.

In the late 20s-30s of XX century, due to the industrialization of Russia, the penetration of technical and scientific terms, as well as the names of everyday realities, the terminology of politics, culture and sports began.

The largest influx of foreign-language, mostly English, words occurs in the 60-80s: *scuba gear, jeans, shorts, clips, camping, laser, motel, scooter, nylon, transistor, escalation*, etc [5]. Words are also borrowed without relating to the designation of new objects and concepts. They become synonymous to the Russian words: *show; modern; hobby; stewardess*. Some foreign words replace descriptive names, used, however, mainly in relation to foreign life: “*weekend*” is the end of a week, “*hit*” is a fashion song, etc [5].

Currently the globalization of the English language is relevant. The largest number of borrowings falls on new areas where a system of Russian terms or names has not been formed yet. So about 15% of English borrowings are words that appeared in Russian as a result of meeting the requirements to name a new thing or concept [1].

For example, a wide variety of cosmetics, previously unknown to a Russian-speaking person, led to the borrowing of words from the English language such as: “*concealer*” is a correction pencil; “*peeling cream*” - cream that removes the upper layer of the skin; “*lifting cream*” - cream that tightens the skin; “*vanish cream*” - cream that removes capillary nets.

In connection with the distribution of American films in the Russian language, such borrowings as *blockbuster*, *thriller*, *cyborg* appeared [1].

Due to the advent of new technical means the Russian language was replenished with words from the English language: “*immobilizer*” – a car alarm, “*thermopot*” - thermos and kettle in one, “*memory stick*” - video camera function.

Along with the previously borrowed word “*sandwich*” in the speech of a Russian person there are words that specify the meaning of this word - *hamburger* (inside a beefsteak), *fishburger* (inside a fish), *cheeseburger* (cheese), “*chickenburger*” (chicken) [1].

Another reason for the borrowing of Anglicisms is the tendency to replace the Russian descriptive phrase with one word. For example, “*second-hand*” clothes replaced “*used clothing*”, “*inauguration*” - for the ceremony of assuming the presidency, “*showroom*” - for an exhibition hall for displaying samples of goods, “*teenager*” is a boy or girl from 13 to 18 years old, “*quiz*” is a radio or television game of questions and answers, “*sniper*” is used instead of a “*marksman*”, “*motel*” - instead of a “*hotel for caravans*” [1].

Such a phenomenon should be considered from the point of view of preserving the Russian language. As Krongauz Maxim Anisimovich writes: “The appearance of new words or new meanings in old words means that the world around us has changed. Either something new appeared in it, or something existing has become so important that the language (but in reality we ourselves) creates a name for it” [2].

Of course, one can agree with the opinion that “the danger of the death of the Russian language from the flow of borrowings is greatly exaggerated. It has very powerful defensive resources. And they are not in the rejection of borrowing, but in their speedy development” [2]. Like, for example, “dog” as a name for @, an email icon, appeared in the Russian language itself, because of something similar, was invented as a new metaphor.

However, there are many modern words that have a slang character and their source is English. In the underground you can see an advertising sign where such a word makes a link to a more understandable meaning for everyone. Why use such a word if a link is made for it? This also means that in some cases there is no border between slang and literary language, and it is not quite correct to use a slang word in advertising. A person should understand what is written in a book, in a

sign, in posts on the Internet. The lack of understanding of the meaning means that the Russian language does not always have time to adapt to new words.

In conclusion, we would like to quote I. B. Singer: “Mistakes of one generation become a recognized style and grammar for the next”. Perhaps the considered problem is not so terrible, but it is worth paying attention to it so that the changing of the world, language and humans could be harmonious [2].

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PROBLEM OF WASTE MANAGEMENT IN RUSSIA

Abstract: In this article it's discussed the process of waste management in Russia and a comparison is provided for this type of activity in European countries. It shows progressive ways of waste disposal, particularly the household waste's sorting which is very important for ecology. Besides the article shows the European experience in the sphere of waste recycling.

Key words: ecology, waste, rubbish, automated waste collection system, collection station, waste recycling.

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ПРОБЛЕМА ОБРАЩЕНИЯ С ОТХОДАМИ В РОССИИ

Аннотация: В данной статье рассматривается проблема обращения с отходами в России и приводится ее сравнение такого рода деятельности с европейской. Также представлены прогрессивные пути удаления отходов, в частности домашняя сортировка мусора, которая очень важна для экологии. Кроме того, статья предоставляет информацию о европейском опыте в сфере переработки мусора.

Ключевые слова: экология, отходы, мусор, автоматическая система сбора мусора, накопительная станция, переработка отходов.

My article is dedicated to one of the most topical problem of the ecology in the world - the problem of waste management. There are a lot of free areas in our country, where rubbish from different parts of Russia and this way dumps appear. The dumps spread its stench many kilometers around and pollute air. This process has a bad influence to the health of the people, who live in nearby cities. Consequently, it has a bad influence to the political situation in the region. The most significant case in Russia is strikes in Shies, Archangelsk region. People don't want to see fetid dumps even they aren't situated near their cities, that's why it's essential for our country to create a system of deep recycling.

Firstly, we should promote the idea of waste sorting among all parts of Russian society. It's important firstly to teach children and students. Maybe, we should create new subjects, at school, that will be dedicated to the right waste management. The most exciting example is Sweden, where every child knows how to sort rubbish, because there are even cartoons for children about this problem in Sweden. It's our mission to form a high culture of sorting rubbish in Russian society. High culture means understanding how to separate the bottle and a cap of the bottle, because they are made from different types of plastic. In the countries, where waste sorting is developed, there are a range of multicolored baskets, where different types of rubbish are collected and children from childhood know how to sort it. Some families have more than 10 baskets to improve the quality of sorting. The government set the number of waste groups, that every family must have, but some people buy extra baskets to increase the quality of sorting. This fact shows a high level of citizens self-consciousness.

But it is not the only thing that should be changed. After this step we need to change all system of waste management in Russia. The first thing that is very bad now are trash cans. They are very often located in the yards of our houses. This way is very unsanitary, because it's very dirty around the dumpster and rubbish often leaves containers and flies around the yard. Sometimes containers are located in cages that preserve rubbish from going out a dumpster, but it's a poor way too because it's a good condition for rats and infection spreading. The most horrible are rubbish chutes in the apartment houses because it is a source of nasty smell and infections nearby your flat.

The best solution of this problem is automated waste collection system like in Sweden. It is based on the pneumatic chute, which main advantage is the fact that rubbish is not collected in one place. Instead of it the system transports waste at high speed through underground pneumatic tubes to a collection station where it is compacted and sealed in containers. When a container is full, it is transported away and emptied. It's always clean near the rubbish can. It even may be located on the children playground. For this system we need to have a range of rubbish cans to collect for each one different kinds of rubbish. The process begins with the flow of debris into intake hatches, called portholes, which may be adapted for waste, recycling, or compost. Portholes are located in public areas and on a private

territory which the owner has opted. The waste is then pulled through an underground pipeline by air pressure difference created by large industrial fans, according to the porthole sensors, which indicate when the rubbish needs to be emptied and ensure that only one kind of waste material is traveling through the pipe at a time. The pipelines converge on a central processing facility that uses automated software to direct the waste to the proper container, from there to be trucked to its final location, such as a landfill or composting plant. From collection station rubbish goes to the garbage sorting plant, where it is sorted again to avoid the mistakes of the people, putting it to the wrong rubbish can. In this station the automatic machine is actively used, but the labour of the people, separating wastes, that machines can't sort, is necessary too.

After being sorted repeatedly in garbage sorting plant, different groups of waste are going to the garbage recycling plants, where people can produce new materials from rubbish, which are using in manufacture again. Recyclable waste is formed just about 34 percent of all produced waste in Sweden. This 34% include paper, cardboard and wood products, glass, metals, some types of plastic, rubber and others. About 50 percent are non-recycled waste. This kind of waste may be burnt to obtain energy. This system in Sweden is called "waste to energy". This type of energy is very cheap and it is a real provision of electricity or heat to the city by burning rubbish. It's important to say that incinerators plants are not harmful to the environment under the condition that we will use a system of filters. 15 percent of waste are organic. We can get biogas or fertilizers from it. And only about 1 percent is the dangerous rubbish, electronic for example, that couldn't be burnt or recycled. Only this type must be sent to the scrapyard. It's important to create a protective mechanism, that doesn't allow entering to the soil and to the atmosphere the toxic materials and gases. It's important to do if we want to save ground and water clean and to breath fresh air.

In conclusion I want to say that it's important for us to revise our approach to the policy in the sphere of ecology in Russia. We mustn't invent something new, we should only adopt new technologies, that have been successfully used already in Europe during a long period of time.

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WADA ACTIVITIES REGULATING THE USE OF DOPING IN MODERN SPORT

Abstract: This article deals with the issue of WADA – the World Anti - Doping Agency. It describes the historical aspects of the organization and functioning of WADA, as well as its legal framework that provides a proper level of fight against the use of doping in various sports.

Key words: doping, WADA, doping scandals, sports, history of development and functioning.

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ДЕЯТЕЛЬНОСТЬ ВСЕМИРНОГО АНТИДОПИНГОВОГО АГЕНТСТВА ПО РЕГУЛИРОВАНИЮ ИСПОЛЬЗОВАНИЯ ДОПИНГА В СОВРЕМЕННОМ СПОРТЕ

Аннотация: Данная статья посвящена рассмотрению вопроса деятельности ВАДА - Всемирного Антидопингового агентства. В ней подробно раскрыты исторические аспекты организации и функционирования ВАДА, а также его нормативно-правовая база, обеспечивающая должный уровень борьбы с использованием допинга в различных видах спорта.

Ключевые слова: допинг, ВАДА, допинговые скандалы, спорт, история развития и функционирования.

Throughout the history, athletes have sought to improve their physical performance to achieve high results in various types of sports competitions and effective competition with other athletes. In this regard, they allowed themselves to use of all sorts of artificial ways to improve their physical capabilities: legal and illegal, useful and even ruining their own health. In turn, the reasons for using such methods are diverse: from winning major sports competitions to making a profit from such illegal activities [1].

The earliest records of methods used by athletes to gain an advantage over their rivals date back to the ancient games, dating back to 668, when athletes studied the effect of special diets on the performance of their bodies [2].

Nowadays despite various publications, the news and information concerning different prohibited drugs used by athletes many people do not understand the meaning of the word "doping".

According to the dictionary by Merriam-Webster, doping (English. doping, from dope - to give drugs) is the use of a substance (such as an anabolic steroid or erythropoietin) or technique (such as blood doping) to illegally improve athletic performance [3].

Doping is as old as the sport itself. If we look at the etymology, the word itself comes from the Dutch word "dop"; the name of an alcoholic beverage made from grape skins and used by Zulu warriors to increase their prowess in battle – however, first, the drink used as a stimulant in South African ceremonial dances. The term "doping" itself came into use in the early twentieth century, originally referring to the use of drugs by racehorses [4].

Nowadays, doping is a phenomenon that has a special place in the sport of "high achievements". The use of doping contradicts the basic principles of sport, the ideals and values of the Olympic philosophy [5]. That is why the international Olympic Committee has been fighting this phenomenon for more than half a century and in 1999 initiated the creation of the World Anti-Doping Agency (WADA), a special international organization designed to combat doping. However, the Agency's long-term efforts, along with its constantly growing legal, financial and human resources capabilities, constant improvement and revision of the main legal documents, active advocacy, expansion and tightening of sanctions, have not solved the problem of combating doping, but also made it more acute.

The number of doping scandals and acute conflicts in various sports is increasing every day, and charges and fines are imposed not only on athletes, but also on coaches, doctors, and officials. In the media, doping scandals sometimes overshadow sporting events themselves, linking them to widespread fraud and corruption. Based on this, many people ask the question: “What is the situation with doping in the most popular sports - football, biathlon, boxing, hockey...?” Here, the fight against doping and other negative phenomena has been conducted quite effectively, but without acquiring a global scale. Individual violations and scandalous incidents and punishments have taken place, but their level and number are not comparable to the scale of the sports activity itself and do not have a significant impact on the popularity and authority of the sport. All these sports are popular with viewers and the media, sometimes even surpassing the popularity of the Olympic Games. Based on this, experts, sports fans and modern society itself began to ask a natural question: why is the problem of doping in Olympic sports more acute than in professional sports?

WADA holds the leading position in the fight against doping. After the Ben Johnson case at the 1988 Seoul Games, the international Olympic Committee decided to convene a world conference on doping, bringing together all parties involved in the fight against doping. Ben Johnson, the 100-meter champion who tested positive for the anabolic steroid stanozolol at the 1988 Olympic Games, was stripped of his gold medal. Besides, the fact is that out of the eight runners in this race, five other finalists either were tested positive or were somehow involved in doping scandals at some stage in their careers [2, pp 34, 100-101].

The first world conference on doping in sport, held in Lausanne in 1999, adopted The Lausanne Declaration on doping in sport, which established WADA to promote and coordinate the fight against doping in sport at the international level. The main activities of WADA are: research, education, development of anti-doping potential and monitoring of the world anti-doping code (Codex) - a document that ensures consistency of anti-doping policy in various sports and beyond international borders. The code is based on five international standards aimed at ensuring consistency between anti-doping organizations: testing and research, laboratories, exceptions for therapeutic use, list of prohibited substances and methods, privacy and personal information protection [6].

WADA's vision of modern sport is a great sport where all athletes can compete in a doping-free environment.

Main principles of WADA activity are integrity, impartiality, objectivity, balance, transparency, compliance with ethical standards.

WADA performance has expressed concern about employees' professional improving, developing innovative and practical solutions to help stakeholders implement and comply with the code and evaluation and application of best practice standards in all activities [1].

However, despite the above principles, ways to improve the activity and other positive aspects, there are also controversial points in the activity of WADA. A typical example is the case of the suspension of Russian athletes from participating in the Pyeongchang Olympic Games. The case began in 2016 with

the American media publication of a statement by Grigory Rodchenkov, former head of the Moscow anti-doping laboratory. According to the report, the Russian Ministry of sports actively promoted doping of Russian athletes at the 2014 Olympics in Sochi. In this regard, the IOC decided to suspend 47 Russian athletes from participating in the Olympic Games in Pyeongchang in 2019, and the ban on the use of Russian symbols was also introduced. After the competition, the WADA informant at the trial refused most of the evidence, and the IOC offered to restore the Russian anti-doping Agency's rights. The proceedings of this case are still in action [7].

In conclusion, we can say that the problem of doping is one of the key issues in the history of various competitions. WADA has undoubtedly made a significant contribution to its resolution, but there are still a number of issues that require more careful examination.

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JUVENILE DELINQUENCY: CAUSES AND CONSEQUENCES

Abstract: The keynote of the article is the author's consideration of juvenile delinquency as one of the most vital problem of the society; the future of any country depends on its solution. In order to combat this phenomenon more effectively, it is necessary to know the causes of juvenile delinquency and to be aware of their consequences.

Key words: juvenile delinquency, causes, responsibility, family, consequences.

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ПРЕСТУПНОСТЬ НЕСОВЕРШЕННОЛЕТНИХ: ПРИЧИНЫ И СЛЕДСТВИЯ

Аннотация: Лейтмотивом статьи является рассмотрение автором преступности несовершеннолетних как одной из самых актуальных проблем общества, от решения которой зависит будущее любой страны. Чтобы более эффективно бороться с этим явлением, необходимо знать причины преступности несовершеннолетних и осознавать их последствия.

Ключевые слова: подростковая преступность, причины, ответственность, семья, последствия.

Juvenile delinquency is taking part in committing crimes by minors who fall under a statutory age limit. Today, this dilemma is urgent to a large extent, as it concerns young generation, whom the future of our nation depends on.

The prerequisites and circumstances for juvenile delinquency, as well as crime in general, are socially determined and depend on the specific historical setting of the societal order, on the content and trend of its institutions, on the essence and methods of solving the main contradictions, and other factors.

Juvenile Delinquency has its causes. These are negative socio-psychological determinants that contain elements of economic, political, legal, and domestic psychology at various levels of civic consciousness, generating crime as a consequence [1].

The genesis of adolescent and youth crime is subject to general laws. There are no special or specific reasons for the crime of teenagers, but socio-economic inequality, as well as inequality of opportunities available to people belonging to different groups, is peculiar with regard to adolescents and younger generation [2].

One of the drawbacks of this phenomenon is that a great number of minors suffer from intellectual disability. Mental disorders of children are most likely to be the outcome and legacy of the corresponding behavior and life of parents-alcoholics or drug addicts. Certain combinations of mental disorders and socio-psychological deformation of the character are largely explained by the fact that the prerequisites for the pathological development of the qualities of minors are hidden in the asociality and immorality of parents [3]. Abuse against each other and their offsprings is rampant in such surroundings; and a direct consequence of this is the rapid growth of hazardous vicious crimes committed by teenagers and even children. Cruelty begets cruelty. Thousands of children leave home and boarding schools or orphanages because of the neglect or abuse, and the number of suicides is growing.

Unfortunately, minors become one of the most criminally affected and, at the same time, the least socially protected categories of the population in times of unfavourable changes in the society or other circumstances influencing the living standards of people. Due to the rise in juvenile wrongdoing, the number of convicted minors is also expanding. In recent years, juvenile law-breaking in Russia has been characterized mainly by adverse trends, such as rejuvenation and

feminization. Among the crimes committed by minors, there is a large proportion of grave mercenary and self-serving vicious crimes. They are often characterized by such features as excessive, unmotivated cruelty and linking of juvenile and grown-ups crime. Summing up the above mentioned, it would be right to admit that the main causes of juvenile delinquency nowadays are:

Socio-economic: lack of normal living setting of adolescents (vagrancy, unattended children, etc.); the need to independently search for and obtain means of subsistence, that is the need to earn their living).

Family: a trouble family (alcoholics, drug addicts, etc.) in which there is parental abuse or neglect, no control over teenagers; hostile relations between parents after divorce; families in which parents or relatives commit crimes and somehow encourage or involve children in unlawful activity; well-to-do family families in which a child feels lonely though the family looks happy outwardly. Teenagers from well-off families commit crimes for the sake of entertainment or betting; they possess a sense of permissiveness, a sense of impunity.

Psychological: kleptomania; lack of strong-willed qualities under pressure from outsiders; alienation of minors from society; propensity of minors to commit crimes; psychological pressure or rejection, often from peers.

Lack of organized leisure, uncontrolled leisure activities: teenagers that are not engaged in organized after-school activities, who spend most of time in the street, wandering around, very often in the company of their antisocial peers, are more inclined to commit crimes.

Thus, the causes of juvenile delinquency can be diverse but the common thing is that, in most cases, teenagers commit crimes being without supervision.

Goskomstat states that every fifth Russian child is an orphaned child [4]. After leaving the orphanage, 30% become homeless, 20% – criminals. According to the Ministry of Internal Affairs of the Russian Federation, every year more than 90 thousand young Russians run away from home owing to their parents' mistreatment; 10% commit suicide and every month about a thousand children are missing [6].

One of the negative manifestations of the unfavourable economic situation is the cut of jobs, which has led to a decrease in employment opportunities for youngsters, affecting primarily those who have served their sentences in penitentiary facilities; thus, increasing the number of repeat offenders [5].

Juvenile wrongdoing is influenced by both external and internal factors. The causes of parental neglect towards their children are noted above. Parents, trying to ensure material wellbeing sometimes ignore the process of bringing up their children. Most crime-prone teenagers, knowing that the criminal accountability of minors begins at the age of 16, in extraordinary cases at the age of 14, perpetrate with impunity.

Deputies of the State Duma of the Russian Federation proposed reducing the age for criminal accountability for committing grave and especially grave crimes to the age of 12 years, arguing that the cruelty of minors, who can not be brought to justice under the law, is striking. Some MPs are sure that the fear of sentencing will deter young people from committing crimes [7].

In the history of Russia, the criminal liability of minors at different times used to be imposed at the age of 7, 10 or 12; teenagers were held together with adults, and the same penal measures were applied to them. Nonetheless, these procedures could not deter or reduce juvenile crime. Therefore, cruelty is not the right option [5]. The reduction of the causes and conditions of juvenile delinquency cannot be achieved by using harsh measures, but with the understanding that any crime committed will be punished, awareness of the inevitability of punishment. Teenagers and parents must be aware that a minor has responsibilities and is accountable for their misdeeds and illegal conduct. The purpose of the legislation is not to impose a severe penalty on a juvenile delinquent but to direct youngsters towards the path of correction and decent way of life; and to achieve this goal the legislation must be perfect and uniform for all.

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SUPREMACIST METHOD IN COMPOSITION DESIGN: CREATING ANOTHER REALITY

Abstract: The article is devoted to considering one of the most significant art trends of the 20th century represented in Supremacist method of composition design. The author not only touches upon the history of its development but shares her own experience in creating art objects and paintings.

Key words: supremacism, abstract art, painting, color, line, shape.

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МЕТОД СУПРЕМАТИЗМА В СТРУКТУРЕ КОМПОЗИЦИИ: СОЗДАЕМ ИНУЮ РЕАЛЬНОСТЬ

Аннотация: Статья посвящена рассмотрению одного из наиболее значительных направлений в искусстве XX столетия, получившего воплощение в методе супрематизма в структуре композиции. Автор не только затрагивает историю его формирования и развития, но и делится собственным опытом создания творческих работ и арт-объектов.

Ключевые слова: супрематизм, абстракционизм, искусство, цвет, линия, форма.

Supremacism is one of the most influential trends in abstract art of the 20th century. The universe structure in Supremacism is expressed in simple geometric

forms and shapes: a straight line, a rectangle, a circle, a square on a light background, signifying the infinity of space [1].

History of development

In 1915 Russian painters Ksenia Boguslavskaya, Ivan Klyun, Mikhail Menkov, Ivan Puni and Olga Rozanova together with Kazimir Malevich decided to form a supremacist artist group. Together they presented their new work to the public at the “0.10” Last Futuristic Exhibition of Paintings. Their work contained many geometric shapes suspended over a white or light background. A variety of shapes, sizes and angles creates a sense of depth in these compositions through squares, rectangles and circles making them moving in space. The exhibition included 35 abstract paintings created by the founder of this style, Kazimir Malevich [2].

Being a kind of abstractionism, Supremacism was expressed in combinations of multi-colored planes of simple geometric shapes (in geometric forms of a straight line, a square, a circle and a rectangle). The combination of multi-colored and different-sized geometric shapes forms balanced asymmetric supremacism compositions permeated by internal movement.

The key idea of the term “Supremacism” means dominance, superiority. In context of painting development, it is connected with dominance of color over other properties of painting. According to Malevich, color and paint in Supremacism were first freed from the effects of shape, perspective and other factors. Color is the highest and the most important thing in art of conveying objects in painting. Supremacism freed color and embodied the harmony of nature and human in art [3].

The ideas of Supremacism, which dates back to the famous "Black Square", were embodied in architecture, scenography, printing and industrial design. According to Malevich in the Supremacist mirror "all the phenomena of the world ... converge at one point on the horizon, located above the level of vision" [4], [5].

Studying the discipline of arts and crafts, I not only get acquainted with this art direction, but also try my hand at this kind of art. I would even say in "refraction of art." This method of expressing the structure of the universe helps me to distract from forms, to go beyond the usual reality showing something everyone can imagine in his own way. Balancing asymmetric geometric shapes in space of a picture gives me a sense of flight and a completely different view on everyday things and their value.

Having tried my hand at the very difficult art competition “Supremacist Copy of the Picture” organized by the St. Petersburg Art College named after N. K. Roerich, I got a tremendous experience and became a prize-winner of the 3rd place! Improvement in this direction is very exciting, as the execution technique can be absolutely different using a pencil or an application as well. And the most important thing is that everyone can try doing this as it is quite affordable. Supremacist art technique helps you to develop your abstract thinking, to interpret unusual things as objects of art, to find new forms of integrity and embodiment...

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CONTEMPORARY ART - DEGRADES OR DEVELOPS?

Abstract: Nowadays, society asks a question: on what vector the contemporary art moves - develops or degrades? Or maybe it's just a way of earning greedy capitalists? In this article you will find answers to all these questions.

Keywords: contemporary art, painting, artwork, artist, installation, contemporaries.

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СОВРЕМЕННОЕ ИСКУССТВО – ДЕГРАДИРУЕТ ИЛИ РАЗВИВАЕТСЯ?

Аннотация: Сейчас общество задается вопросом: по какому вектору движется современное искусство- развивается или деградирует? А быть может это просто способ заработка жадных капиталистов? В этой статье можно будет найти ответы на все эти вопросы.

Ключевые слова: современное искусство, живопись, произведение искусства, художник, инсталляция, современники.

Before looking for an answer to our question, it is necessary to understand what contemporary art is, when it started, and its distinctive features. So, as such, there is no exact date for the transition to contemporary art. However, many art historians have defined the periodization of modern art since the end of the 19th century. In my opinion, this version is the most correct among all others, since by the beginning of the 20th century there are a lot of different modern trends in art (impressionism, expressionism, symbolism, surrealism, etc.) [1].

All this happens because artists get complete freedom – there is no longer a need to draw realistic human bodies, nature as it really is, as from that moment cameras began to cope with it, and then the movie continued this trend. The artist got the right to say: "I see it that way." Also, this time refers to such an innovation as a collage. Artists thought not only about how to paint pictures, but also what material is a work of art made of. Scraps of newspapers and magazines were used, and various household items were applied in composition. There was a phenomenon when artists did not paint pictures, did not create installations, but still were their authors, because the mental process of inventing the creation began to play a determining role. And the last important feature of modern art is its abstraction, its lack of plot [2].

When going to museums of modern art you can often hear dissatisfied exclamations and unflattering expressions in the direction of artworks. The issue of beauty and the fabulous cost of artistic works is most often touched upon. Since the "birth" of contemporary art, beauty has really changed its vector and this is explained by the general mood of the world at that time – the horrors of the First World War left a huge mark on the creativity of the 20's. The war was not imprinted, perhaps, only on the works of futurists - they boldly looked to the future seeing in it how machines control people. It should be noted that those dissatisfied with modern art were then, are now and are likely to be in the future. The world is changing very quickly. So, the views of creative people on it are changing, because they reflect the current picture of the world with their creations. Ordinary people, who are far from art, do not have time to feel the fine line of changing moods in the world, hence there is a conflict – some adapt and see the growth of art, while others recognize only the "classic" and are not ready to go beyond their usual thinking. Take for example one of the key figures of the 20th century – Marcel Duchamp. He was one of the representatives of the radical avant-garde, and it was thanks to him that the concepts of "painter" and "artist" ceased to mean the same thing [3].

His most famous work is the "Fountain". Duchamp bought a urinal in a store, turned it over, and wrote "R. Mutt, 1917" using a marker. This installation was sent anonymously to an exhibition in New-York, but the jury refused to exhibit this art object. Then Duchamp photographed his creation in Stieglitz's photo Studio and later the entire public learned about the "Fountain". Opinions were divided into 2 camps: some admired it, others did not consider it art. Someone saw in the installation even the silhouettes of the Madonna or Buddha. The artist commented later, " I threw a urinal in their face, and they admire its aesthetic perfection." [4].

This passage of Duchamp's biography shows the attitude of his contemporaries to "non-standard" creativity. His main contribution to art is the ideality of his works. Marcel Duchamp bought ordinary things from stores and turned them into installations with his vision. Thanks to him, art has received another vector for development. Duchamp began his career as an artist at the beginning of the 20th century, during the time of general industrialization, and since then, many events have occurred throughout the world. These are as follows: a breakthrough in technology, invention of the internet, artificial intelligence,

World War II, fascism, terrorist attacks, political change in countries, crises. All the factors influenced artists and art of that time.

As for the fabulous value of the works, then the answer is quite simple. Artists invest money, time, strength and history in their creations. If the work of art is done for sale, the artist fixes the price himself. But if initially the picture or installation were created not for trading, the cost is set based on the desire of people to purchase this masterpiece, its history and popularity of the author's name [5].

You can also hear the phrase "Is this art? Even my five-years-old child will paint better.". This expression is usually pronounced as a negative criticism of the performance of the author. But should we look at this situation at another angle? If the pictures of the child in five years can compete with the creation of an artist, does this not make the child a genius? I believe it is the reason for thinking. However, in my opinion, the dispute about contemporary art will never be resolved. There was no moment in the history of mankind, when all people had the same point of view on any situation. After all, a hundred satisfied, there will be at least one, who will say no. This makes the main question of this article as unresolved as the questions about the existence of God, the birth of life on Earth, our loneliness in the Universe.

I certainly adhere to the sides of art development. No one else can so thinly show the mood of the present time in the world as creators of art works. Some epochs will change others, people will die, and new generations will come with their views on the beauty, which appeared due to the peculiarities of life in their era. And all that will remain from us is memory, which is frozen in paintings and sculptures, sounding from the audio and impressed in the pages of books. A human does not stand still, he is prone to improve himself and the spheres of his life. However, the question "Why do any people not see the development of art?" remains open.

In this article, I considered the issue of modern art development only by the visual part of it. For consideration of music, literature, architecture, etc. it will take much more time and more than one article.

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AIKIDO – THE WAY OF HARMONIOUS SPIRIT

Abstract. This article studies Japanese martial art – aikido. We analyze philosophy, principles and history of this martial art, and also slightly touch technics and weapons used. One of the main questions: is aikido a martial art – or is it more philosophical doctrine.

Keywords: aikido, martial art, Japan, philosophy, spirit.

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АЙКИДО – ПУТЬ ГАРМОНИЧНОЙ ЭНЕРГИИ

Аннотация. В данной статье рассматривается японское боевое искусство – айкидо. Мы анализируем философию, принципы и историю данного искусства, а также изучаем техники и применяемое оружие. Один из главных вопросов: является ли айкидо боевым искусством – или философским учением.

Ключевые слова: айкидо, боевое искусство, Япония, философия, энергия.

Aikido is a Japanese martial art, quite modern compared to others arts came from Eastern countries. The word «Aikido» can be divided into three parts: «Ai» stands for harmony or balance, «Ki» means energy, spirit, and «Do» can be translated as way or path. United in one word, Aikido means «The way of harmonious spirit». This translation reflects in itself the main idea and philosophy of aikido – usage and connection of energies and spirits of people.

Aikido is firmly linked with its founder – Morihei Ueshiba (1883 – 1969). From his childhood future o-sensei – which means The Greatest Master – started to practice in martial art, took part in Russo-Japanese War 1904 - 1905, but after four years of service he left the army. In 1915 he was introduced to Sokaku Takeda, master of Daito-Ryu Aiki-jujutsu. Ueshiba was fascinated by the teachings of Takeda about peace and harmony, he spent a lot of time in meditations and reflections. Also, he slowly began to make new technics and moves to Daito-Ryu martial Art.

The first milestone in history of aikido can be placed in year 1920. This is the date, when aikido began to divide from Daito-Ryu Aiki-jujutsu. Also, in this year Morihei Ueshiba opened his first dojo and got first students, mostly sailors from nearby bases and ports [1].

Aikido is the least martial of all martial arts, and there are several reasons for that.

The first one is more material – every completed aikido technic will cause traumas and bone fractures, so there aren't any competitions or sparring at all, though all other martial arts are built around sparring.

The second reason is way more important and deeper. Aikido is often called an Art of Peace, and this is the main idea of philosophy of this art. Aikido isn't about harming others – it is about improving yourself. There are no enemies in

aikido – only uke, the synonym for partner. The only purpose of any your partner is to make you know yourself better, to make something better. And so goes with any event in this world – not problems, not obstacles – but ways of improving, and greatest victory is victory upon yourself, upon your own limits [2].

The third reason – every other martial art is built on meeting aggression with aggression, on attacking first and taking your opponent down. In aikido you never feel aggression to no one – you only use the force of your spirit and energy, aggression and emotions of your partner against him, very little of your own energy.

So, the main idea of aikido is the balance – an aikidoka stays in balance all the time, and the aggressor comes back in balance after losing his will to attack with the successful defense.

Important part of any technic is breathing and Ki – it has a lot of meanings, both material and spiritual. Material comes as increasing strength after exhalation and intimidation of opponent. Spiritual means an opening yourself to the world, to your surroundings, to your partner and his spirit. Also, Ki helps to throw energy and to deny emotions – to stay in balance.

Basically, aikido is built on throws and controls afterwards. Usually everything is based on evading opponent's attack – then making your uke to lose his balance, throw – and painful control of the wrist, elbow, shoulder or any other part. And in case of continued resistance – all these parts can be broken, though it never comes this far on trainings in dojo. The most useful and most commonly used throws in aikido named kokyu-nage, which means «throw with the breath power» and shico-nage, which means «four-side throw». There are a lot of variations of these throws, they can be done with different attacks, different defenses and different endings. If we talk about controls – there are a lot of them, some named by numbers, some of them have got unique names. For example, ikkyo, nikkyo and sunkkyo are the first three controls: ikkyo stands for the «first control», nikyo stands for the «second control» and sankyo – for the «third control». They can be done as separate technic – or as ending of another throw [3].

There are two kinds of ranks in aikido. Each beginner starts with kyu. In classic aikido there are six kyu, and all students make their progress from sixth to first. Each kyu is obtained with an exam, also there is a period of time of necessary trainings – and it's getting bigger every time.

Each kyu can be marked with a color belt: white for beginners, yellow for sixth, orange for fifth, green for fourth, blue for third and brown for second and first. After getting first kyu, reaching adulthood and training for about a year student can take an exam on dan, or sho-dan. Dans came from first to tenth, but eighth, ninth and tenth were granted only to students of Morihei Ueshiba himself. So nowadays there are very few owners of 8 dan, not to mention higher ranks. Also, exams for first dan may be conducted only in Japan, with special commission of experts and trainers.

With getting the first dan student gets right to have his own students, to wear a black belt and hakama – special cloth for sensei, a master with his own students.

In addition to throws and controls aikido devotes a lot of time for weapon technics. In classic aikido there are three types of weapons: jo – a wooden staff with lengths around 1.5 meters; boken – a wooden sword, repeating katana in shape and tanto – a wooden knife. As an addition also can be used bo – a long, more than 2 meters wooden staff, repeating glaive in shape.

There are a lot of different technics with jo and boken – and different combinations: jo against empty hands, jo against jo, jo against boken, tanto against empty hands – and different technics are used in all these situations, for example, if one is empty-handed – then his primary objective is to disarm his partner – and there can be again different variations: an aikidoka can use weapon against its owner – or come to hand-to-hand situation.

After all we can say, that aikido combines a lot of material and spiritual aspects: it helps in self-defense, allows to get more control over your body and tempers the muscles – but it also tempers the spirit, teaches one to control emotions, to keep balance in all-life situations and also it helps to understand other people – even if it is expressed in communications of spirits by performing technics on each other.

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FASHION THROUGHTOUT EPOCHS

Abstract: The author analyses changes in fashion and style throughout different epochs. The concept of modern fashion is also discussed. The activity of famous fashion designers and fashion houses is described, together with major trends and different modes of dress.

Keywords: fashion, fashion house, style, clothes design.

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МОДА ЧЕРЕЗ ЭПОХИ

Аннотация: Автор анализирует изменения в моде и стиле в различные эпохи. Также рассматривается понятие современной моды, описывается деятельность известных дизайнеров и их модных домов, представлены основные современные тренды и стили в одежде.

Ключевые слова: мода, стиль, модный дом, дизайн одежды.

The concept of fashion was formed at the beginning of the 12th century in France. Broadly speaking, fashion means following the rules, methods and measures or imitation of certain images and style. The term “fashion” can be used in art, rules of conduct, literature, architecture and even the body types (e.g. fashion for curvy or thin body).

However, even in ancient time people created their outfits and jewelry, so, in Israel beads were found, made of shells with holes, whose age is estimated to be one hundred thousand years. During this period, homo sapiens appeared.

Further Egypt is the initial stage when a person became the way we used to see him. Clothing in Egypt was sewn by women at home, or in the noble workshops from linen. At that time most people preferred practicality over beauty, their outfits were concise and comfortable, the clothes were sewn in such a way as to make them visually slimmer, however, outfits for the nobility or for going to temples were often decorated with gems, epaulets, etc.

The next stage in the development of clothing was Ancient Rome, which adopted the style from Greece. The Romans often wore ordinary tunics or togas (raincoats from a large piece of wool), clothes were made of linen, wool and silk, much attention was paid to the color of clothes, sandals were used as footwear.

After the fall of Rome, a new stage began – the Middle Ages. During this period vibrance was replaced by poverty and impersonality, the clothes were created based on their utility and were basically long shirts for both men and women. For the first time, people have learned to process skin and make relatively high-quality clothes from it, footwear most often included leather slippers, or small boots.

After the Crusades, the stage of the emergence of women's fashion began, when convenience became inferior to beauty, and puffy dresses with long trains, high hats and shoes with long noses appeared. In the 14th century the first clothing manufactures were established in France, which contributed to enormous progress in the development of fashion

The Renaissance brought fashionable wide dresses that reached a diameter of up to seven meters. Large collars appeared, a tendency to layering arose, and perfumes started to be used.

In the time of Napoleon, antiquity came back into fashion, a corset appeared, hats became all the rage with fashion changing thirty times a season, men got a jacket in their wardrobe.

In the 19th century, clothes became simpler, marking the birth of sporty style. Most of the fashion houses were created at this time.

In the 20th century, women got more freedom in clothes, dresses were shortened, jeans and overalls appeared and the unisex style became dominant.

Now fashion is totally free of gender and prejudice. It changes so quickly that it is impossible to keep track of it, everyone wears what is comfortable for him or her. Recently, the style of the 90s has come back into fashion bringing the cult of sneakers, oversized cutout is becoming very popular, clothes are becoming comfortable and beautiful at the same time.

Nowadays, there are a huge number of fashion houses, both old and new, but we would like to focus on the most famous ones.

The first one is Gucci. The Italian Gucci Brand appeared in 1921 thanks to a man named Guccio Gucci. He worked as a waiter in London, and later opened a small production of saddles and suitcases, then switched to bags and clothes, now Gucci's turnover is more than ten billion euros per year. Gucci sews clothes, as well as shoes and bags, the key feature being bright colors and unimaginable combinations, without holding on to any style, which draws attention to itself. Gucci is chaos, Gucci is a mess. Just recently, the brand has abandoned natural fur.

The second fashion house is Louis Vuitton, founded by a Frenchman in 1821

Since the age of sixteen, Louis worked under the apprenticeship of a box-maker and packer, gradually making progress [1]. His fame grew and in 1854 he opened his own trading house. Now Louis Vuitton has about three hundred and fifty stores worldwide, the company has ten thousand employees in more than fifty-three countries with a turnover of more than twenty eight billion euros per year. This brand is mainly focused on suitcases, cases, bags, etc. They are in great demand. Their magnificent bags, crocodile leather handcuff bracelets, patent leather corset belts, uniform caps are unusual and interesting.

The third fashion house which is worth mentioning is Balenciaga. It was founded by Cristobal Balenciaga in 1919. Balenciaga's style is still distinguished by precise work with a linear pattern, volumes and rigid, but plastic forms. Collections line up on new materials and color experiments. They are, as before, addressed to sensual European aristocrat [2] .

Cristobal Balenciaga closed his fashion house in 1968 and passed away in 1972. The house was inactive until 1986. In 1986, Jacques Bogart S.A. acquired the rights to the Balenciaga trademark. Now the house produces many unique models of clothes and shoes, which brought it world fame and recognition.

So, fashion has existed for thousands of years, dictated both by practical aspects and the perception of beauty during different epochs. Modern fashion implies both beauty and convenience, and present-day fashion houses can create trends free of any prejudice.

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MARINE SUPERSTITIONS AND SUPERNATURAL PHENOMENA

Abstract: In this report, we consider maritime traditions and superstitions, as well as legends and myth that sailors believed in. By following these traditions, people were able to avoid dangerous events and understand, when storm would

started. Until now, sailors follow the traditions and this is a great cultural heritage that our ancestors left us.

Keywords: maritime traditions, maritime superstitions, legends, myth, cultural heritage, sailors.

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МОРСКИЕ СУЕВЕРИЯ И НЕОБЪЯСНИМЫЕ ЯВЛЕНИЯ

Аннотация: В работе рассматриваются морские традиции и суеверия, а также легенды и мифы, в которые верили мореплаватели. Следуя этим традициям, они могли предотвратить непоправимую ситуацию и предугадать, когда начнется шторм. До сих пор некоторые мореплаватели следуют этим традициям, они являются огромным культурным наследием, которое нам оставили наши предки.

Ключевые слова: морские традиции, морские суеверия, легенды, мифы, культурное наследие, моряки.

The Maritime traditions are an integral part of the culture of sailors. The word "subordination" is usually translated from the Latin ("traditio") as "transmission". Knowing this interpretation, we can speculate that the traditions have largely helped to organize life on the ship and maintain discipline. An example is an old tradition that still exists nowadays that officers have to take a seat at the table by seniority, according to rank, each of them. The senior officer manages the wardroom and monitors order in the ranks of the officers. In a centuries-old tradition of Navy regulations States: "The first person in the wardroom is the senior assistant to the commander of the ship, and in his absence, the eldest of those present in it. In cases where the commander of the ship or his direct superiors are in the wardroom, the first position passes to them" [1]. Compliance with traditions taught sailors not only order, but also the ability to honor senior people, as well as their teammates. So, for example, the ship always gave superiority to the right side of the ship over the left. (Except the Portuguese fleet). This is due to the fact that Cape Gorn and Magellanov were first circumvented from east to west, that is, on the starboard side. In Portugal, the honorary side is recognized as the left. This is because their famous navigator Vasco de Gama first circled the Cape of Good Hope, going from west to east, that is, on the port side.

In addition to traditions on the ship have always existed in various superstitions. Many believe that the cause of them is that sailors have long watched for a variety of phenomena, many of which do not respond then the scientific substantiation. For example, in the sea there was always the opportunity to meet such mysterious natural phenomena as the lights of St. Elmo, hurricane winds, storms and so on. Therefore, there were different stories, who were able to interpret these phenomena. These stories, passed from mouth to mouth, each time took on new details and facts when a storyteller added his own novelty to them. And in the end, the stories transformed into some "sea tales", where it was difficult to distinguish the truth from the fiction. Most of these superstitions have already been lost, but there are still those that people believe in [2]. For example, in the UK there are people who still believe that going out on the high seas on Friday, especially the thirteenth, is unimaginable, and the exit must be postponed [3]. The reason for this is that it was on this day of the week that Jesus Christ was crucified. At the end of the eighteenth century, this sign was so widespread that the British government decided to prove its absurdity. It was decided to build a ship called "Friday", which was built and set sail, on that day of the week. But by coincidence, the ship together with the crew disappeared without a trace. But not in all countries this day of the week is attributed to an unlucky day. So, in Portugal and Spain, this day is considered the most prosperous for sailing. All this is due to the fact that on this day Christopher Columbus went on his first voyage, during which they discovered America. As for Russia, an unfavorable day for launching the vessel was considered - Monday, although the 13th day was also not held in high esteem.

Legends and myths are rightfully considered the most unusual part of marine culture. In the sea, as on land, there are deities worshiped by sailors. They can act as harbingers of the storm, personify the souls of deceased sailors, and help lost sailors. They always felt a spiritual connection with these deities, and therefore, even after death, the sailors betrayed the souls of the dead sailors to the gods. All this was accompanied by a certain ritual: to the sounds of the horn, symbolizing the transfer of the soul to Neptune, the god of the seas and oceans, the sailors were buried in the sea. Everyone was buried the same way, regardless of rank, and if someone from the dead were left on the ship, this would mean causing trouble on him. In the Russian fleet, they covered the dead sailors with the Andreevsky flag, were sewn into a sail and carried to the shkans. Then the priest buried the soul of the deceased and then either he or the captain lowered the body into the sea. Before this, three blank shots were fired into the air, it was believed that this protects the soul of a sailor. In addition to the fact that seafarers worshiped the dominant gods, they still honored the spirits living on the ship itself. An example is a spirit like Klabauterman. It is believed that he lived in the bow figures of sailing ships. In front of people, he appears in the form of a dog, squirrel, cat, and sometimes can even take on a human form. He tries to push the crew, teasing and making fun of people. Klabauterman knows everything that happens on the ship, he does not tolerate rebels, those who steal their food. He also knows how to foresee the future. Most often, he appears on the ship in a moment of danger - before a storm or disaster. It is believed that while he is on the ship, he and the crew are safe. In

addition to the spirits on the ship itself, in marine mythology you can meet those who live in the sea [4]. It is said that during a storm you can hear the roar of thousands of souls of the *stranvaskar*. *Strandvascare* - ghosts, restless souls of sailors who died during a shipwreck, whose bodies were never found. In addition to various gods and spirits, in marine mythology you can find mention of monsters [5]. An example is the well-known Kraken. The first mention of this monster dates back to 1752, it belongs to Eric Pontoppidan, who collected a huge number of legends about this monster. Outwardly, the kraken looks like a mixture of squid and octopus, often the sailors confused it with the island, so its size was impressive. He is credited with the ability to destroy powerful military vessels, as well as create powerful whirlpools when immersed. It is he who is blamed for the many accidents. In marine mythology - he personifies a powerful evil. It is believed that the Kraken guards the treasure that he collects from sunken ships.

However, should mariners further unconditionally follow traditions? Without a doubt, many traditions have long gone from the everyday life of sailors, but there are still those to which they submit. It will not be possible to completely abandon the traditions that have developed over the centuries, as many of them have entered the rules and even the charter of marine everyday life. As for superstitions, legends and myths, of course, most people do not believe in them, because now every year science is developing more and more, and what people could not find a rationale for then, scientists are finding answers now. But still, we must not forget them, because this is a great cultural heritage that our ancestors left for us. This is what they have believed for many centuries.

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CHINESE ARCHITECTURAL'S PEARLS OF THE 18TH CENTURY IN TSARSKOYE SELO

Abstract: Chinoiserie is a stylistic trend, which received its development as a branch of the Rococo style with the use of motifs and stylistic techniques of medieval Chinese craftsmanship in various European art spheres of the XVIII century. The Chinese-style penetration and spread from Europe to Russia occurred in the reign of Peter I, when during his stay in England and Holland he admired delightful Chinese curiosities there. The article discusses the features of the Chinese architecture in Tsarskoye Selo of the XVIII century.

Key words: Chinoiserie, Chinese style, Tsarskoye Selo, architecture, XVIII century.

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ЦАРСКОСЕЛЬСКИЕ ЖЕМЧУЖИНЫ КИТАЙСКОГО ЗОДЧЕСТВА XVIII ВЕКА

Аннотация: Шинуазри является стилевым направлением, получившем своё развитие как ветвь стиля рококо с использованием мотивов и стилистических приёмов средневекового китайского мастерства в различных сферах европейского искусства XVIII века. Проникновение и

распространение китайского стиля в Россию из Европы произошло при Петре I, когда во время пребывания в Англии и Голландии он был восхищен завезенными туда китайскими диковинками. В статье рассматриваются особенности «китайских» Царскосельских архитектурных построек второй половины XVIII века.

Ключевые слова: Шинуазри, китайский стиль, Царское Село, архитектура, XVIII век.

Introduction

The enthusiasm for art of the East, which captured European countries in the 17 – 70s, had a significant impact on the park art of Tsarskoye Selo [1, p. 34]. There is a whole complex of buildings in the Chinese style situated on the border of the Catherine and the Alexander parks. They are located on the way from Saint-Petersburg to Tsarskoye Selo and thus frame the entrance to the summer residence of the Emperor [2].

The complex of Chinese buildings includes: The Large and Small Caprices, Chinese Village, Chinese Pavilion Creaking Gazebo, Krestovy (Cross) Bridge, Chinese Bridges, Dragon Bridge, The Grand Chinese Bridge [2].

The Large and Small Caprices

The entrance to Tsarskoye Selo is decorated with two arches – The Large and Small Caprices [3]. There are two legends about the origin of their names – "Caprice". One says that when Catherine the Great was presented with the huge estimates for the work, she exclaimed: «Let it be my caprice» [4, p. 207]. According to another version, Catherine II, leaving Tsarskoye Selo, at this point told the coachman which road to take – to the Catherine Palace or to St. Petersburg, saying: "My caprice" [4, p. 207].

The caprices were built in 1770-1773 according to the drawings of the architect V. I. Neelov [4, p. 205-206].

Chinese Village

The Chinese Village is located behind "The Large Caprice" in the New garden of the Alexander Park. It was built by the architect Cameron on an extensive plan, which was never completed [4, p. 207-208]. Originally, there were 18 houses in the Chinese Village. The Central building resembled a Chinese temple. It is an octagonal hall with a dome, like Chinese pagodas. Each house was decorated in an Oriental style, and there were diminutive gardens nearby. In 1817, the architect V. P. Stasov rebuilt the village, the houses were connected, as a result of which their number was reduced to 6.

The Chinese Village was intended for the residence of courtiers and honorable guests. Here lived G. R. Derzhavin, N. M. Karamzin and others. During the Great Patriotic War, the buildings of the Chinese Village were seriously damaged and then were remained in a desperate condition for a long time. Now it is renovated [2]. Today, elegantly decorated these buildings are used as guest and residential apartments [1, p. 34].

Chinese Pavilion Creaking Gazebo

Opposite the Chinese Village, on the Bank of the Upper Ponds in the Catherine Park, there is Chinese Pavilion Creaking Gazebo, built in 1778-1786 by the architect Felten. Creaking vane from breath of wind on the roof of the gazebo gave the name to the entire structure [5, p. 30].

The gazebo consists of a central oval domed hall, which is linked from the West and the East by two almost square rooms with two entrances. The walls of the central hall are furnished with imitation marble. The entrances are decorated with gilded low reliefs of dragons. The Doors are decorated with murals and ornamental carvings. The roof is decorated with figures of dragons and a vane.

Chinese Pavilion Creaking Gazebo was damaged during the war and was renovated recently.

Krestovy (Cross) Bridge

Behind the gate to the Alexander Park, at the compound of two perpendicular lines of the Cross Canal flow, there is the Chinese Krestovy (Cross) Bridge [4, p. 211]. The Bridge was built by the order of Catherine the Great: "to Build in Tsarskoye Selo, in the New garden across the channel and to the Caprice, a stone Chinese gazebo on the arches, on four shoots." The construction lasted from 1776 to 1779. The architect V. I. Neelov and his son, I. V. Neelov were in charge of the project [2].

Chinese Bridges

There are two Chinese bridges that lead to the Chinese Village in the Alexander Park. They were built in 1781 according to the Cameron's project and originally were wooden, decorated "to the Chinese taste". In 1786, they were replaced with metal ones, designed by the architect K. Shpeklye [2].

Dragon Bridge

The Dragon Bridge was created in 1785 by Cameron. The Bridge is decorated with four figures of dragons – "monstrous figures", as they were called in Catherine's time. The current dragons were moulded from crude iron in the 1860s. [2].

The Grand Chinese Bridge

The Grand Chinese Bridge is situated at the Central gates of the Alexander Park, opposite the parade ground of the Catherine Palace. The architect was Cameron. The bridge is decorated with vases, between which iron branches of red corals are fixed. There are four Chinese figures with lanterns on the plinths. In the 1860s, the ramshackle figures, destroyed during the great Patriotic War, were replaced. Currently, the bridge is fully renovated [4, p. 212].

Conclusion

Architects who worked in Russia on buildings in the Chinese style in Tsarskoye Selo have been successful in creating a unique work that masterfully embodied the vision of the carriers of the European tradition, enriched by the influence of images and aesthetics of Chinese art. Various structures in the Chinese spirit add the Catherine and the Alexander parks a mysterious charm.

Walks in the parks of Tsarskoye Selo are unforgettable all year round, and each turn of the alley opens up a new landscape or architectural and artistic emphasis.

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SECRET OF MANUFACTURE OF AN INDIAN AMULET "DREAMER OF DREAMS"

Abstract: the work considers the manufacturing process, the meaning of the Native American amulet "Dreamcatcher".

Keywords: dreamcatcher, Indians, Siberia, amulet, manufacturing, handmade.

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ТАЙНА ИЗГОТОВЛЕНИЯ ИНДЕЙСКОГО АМУЛЕТА «ЛОВЕЦ СНОВ»

Аннотация: в работе рассматривается процесс изготовления, смысл индейского амулета «Ловец снов».

Ключевые слова: ловец снов, индейцы, Сибирь, амулет, изготовление, ручная работа.

The legend says: "Once, one of the leaders of the Dakota clan sat on a high hill. He meditated and thought alone. And suddenly a patron spirit of his tribe appeared in the form of a big spider. The spirit talked with the leader for a long time about birth, rebirth, death, secrets life and the meaning of life. Then the spirit took the willow branch and wove it in the shape of a circle, filling it inside with patterns of cobwebs so that the good that was seen by a person at night in a dream easily penetrated his life, and the evil one became tangled and burned into the dawn light of the sun ever since. The is began to make charms that helped them avoid the influence of bad dreams and see only good dreams at night "[1]

It turns out that not only the Indians used such a talisman, but also the tribes of Siberia. An ocean lies between them and the Americans, and it is unlikely that they have ever shared experiences on the creation and use of magic items.[2]

The issue of "mixing cultures" we will not raise. The line between the "mixture of cultures", "the borrowing of cultures" and the admiration and delight of this thing is thin. My goal is to popularize this topic, dispel doubts and teach the art of creating Dream Catchers.

Before embarking on the "magical" meaning of this amulet, we should first understand, and what does it consist of, what materials are used in its creation?

The whole process consists of four stages:

- 1) Winding base;
- 2) Weaving a "spider web";

- 3) Joining ribbons and feathers;
- 4) Decorative decoration for the Dream Catcher.

First you need to wrap the base itself with a thread or ribbon (the inside of the hoop acts as the base). Creating a web is more complicated than all the other steps. "Spider Web" can be knitted from yarn, or can be weaved from thread. If you knit, then for the pattern of "spider webs" the knitting pattern of napkins is quite suitable, the main thing is to take into account the diameter. But if weaving... The basic principle of weaving is looping to the previous row.

Attaching ribbons and feathers is much easier than creating a spider web. Tapes are attached with a grip through the base, and feathers - on threads with accessories.

Important is the harmonious combination of colors of yarn, ribbons, feathers and decoration with beads, lace. It looks much nicer, you just try it yourself!

I told you from what and how the Dreamcatcher is made in modern times, but how did he create in antiquity? I learned about this from an Internet source, namely: "According to the beliefs of the Ojibwe Indians, magic can only be stored in that catcher, which is made according to the canons of Spider woman. The basis of such a catcher should be about the diameter of a female palm. The web has 8 bases, catching it on the basis of the number of legs of the spider. The whole catcher is woven from one thread or core. In the middle of the catcher, where the cobweb forms a hole, one bead should hang, which symbolizes the spider. There is no exact information about the number of feathers, but it is advisable to do from one to three, not more. The base of the magic catcher must be thin, made of one branch, the interweaving of two branches is allowed if they are very thin. "[3]

Now few people believe in the above legend, but for the Indians of that time it was an important amulet. Nowadays, the "Dreamcatcher" is just a beautiful bit of interior. The product does not make any sense, unfortunately.

Do you know what a placebo is? Many doctors prescribed pseudo-aids for patients. Naturally, patients did not know that the pills did not really affect anything. What is the problem then?

Self-hypnosis ... Even at present there are a lot of such cases in the practice of doctors. I believe that a lot depends on the mood of a person. If a person does not believe in his recovery and is dull, then he will not recover. Also with Dream Catchers ... If you do not want to believe in it, then dreams "spider web" will not delay your terrible days. Dear reader, do you not believe or do not want to believe in their strength?

It seems to me that the "inner strength" of the Dream Catcher increases if you do it yourself. With the support of the vocational education institution of our university, I managed to train ten people in this skill. The main thing is to think about the good, making it!

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THE REST ZONES INSIDE MY UNIVERSITY

Abstract: It is necessary to have rest zones in each educational institution. Though, little attention is paid to space design at our university. Such problem is discussed in this article and possible solutions are found.

Keywords: university, student, rest zone, education, design.

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ЗОНЫ ОТДЫХА В МОЁМ УНИВЕРСИТЕТЕ

Аннотация: Зона отдыха нужна в каждом образовательном учреждении. В нашем университете зоне отдыха выделено мало места. В статье обсуждается поднятая проблема и предложены возможные пути решения данной ситуации.

Ключевые слова: университет, студент, зона отдыха, образование, дизайн.

Every student spends most of the day at the university: attends lectures and seminars, conducts laboratory experiments, visits university library, joins different societies, etc. It is important for a student to learn how to learn at the university, so that he/she could fulfil his/her duties as well as learn to relax and keep working then. It seems simple, though the task is not quite trivial.

To help freshers in adapting to university life a little by little, each educational institution should have a fixed area or areas, where students could spend their free time between classes. Such areas are called Rest Zones or Free Time Zones. It could be one large space for the whole university that combines several functions or there could be several zones like: lounge area, self-study area, and conference area which occupy more than one floor of the university [1, p.8],[2], [3].

In many educational institutions of Russia there are no such spaces or they are in a poor condition and don't meet their true purpose. On contrary, developed economies are focusing on students' comfort and they are trying to provide the best possible routine care. It is one of the majors of western universities. They want students to spend as much time as it is possible at the university spaces: in those cozy, well-equipped ones for students to be as productive as it is possible. That's why the emphasis is on a hospitable and safe environment, including facilities for students with disabilities [1, p.8].

In Russia the situation is a bit different. It is worth noting that after the revolution of 1917, the country actively fought against the illiteracy of the population. At this time, the number of educational institutions, including universities increased significantly (in the RSFSR in 1927 there were 90 universities, in 1940 the number increased to 481 universities). People of the whole Soviet Union got the opportunity to obtain a university degree with no tuition fees. Many institutions were built in short period of time, though all the necessary sanitary regulations and standards were carefully taken into account. However, there were no rest zones in the modern sense of the term. First of all, because in the post-war period people restored the country from ruins and worked for the benefit of their country. It was students' care as well and their studies was often followed by work for public good. And even in later soviet period, rest zones in most universities did not appear, because higher educational institution has always been associated with a place of culture, science and study only [4], [5].

Now in some universities such as St. Petersburg Mining University, the Russian Presidential Academy of National Economy and Public Administration under the President of the Russian Federation (Barnaul branch), Elabuga Institute

of Kazan Federal University there are a variety of rest zones from comfortable pieces of furniture to design projects. These universities should be guided as good examples. And there is a long list of universities (e.g. Altai State Technical University building of Institute of Architecture and Design, Tomsk State University, Saint-Petersburg State University of Industrial Technology and Design Higher School of Technology and Energy etc.), where even seating capacity is not enough saying nothing of special free time zones [3].

It is really important for a modern student to feel comfortable and safe while studying, to use new progressive technologies, to be with lecturers on the same wavelength and have an opportunity to meet with them and discuss different questions, and to be in a pleasant atmosphere. If there was a rest zone, all the values mentioned above would be appreciated. Free Time zones unite everyone, make education more accessible and interesting and involve students into work and creativity [1, p.8].

In order to implement such projects in the universities of our country, it is necessary to take a number of specific measures. Some of them should be borrowed from leading universities of the world. First, the initiator of such actions should be the government of the country or a large organization ready to provide financial support to the university. Secondly, it is necessary to understand that interior design of university spaces influences its rating and the quality of education. Thirdly, students of creative specialties can design rest zones or use real projects and make the ideas happen. It could be organized as a part of diploma work or as practical training. Such projects will be attractive to both students and university authorities. University shouldn't employ designers and extra service men as all those design, repair and construction work can be done by students of construction colleges. Costs will be cut to bone. Such measures are easy and sounds like a challenge to students: they can actually try their hand in real work and be proud of it. So, future specialists will learn something new: develop their skills, take a responsible approach to work and do it in a high-quality manner. As students work for the benefit of students, they will do their best to help each other. No one likes to learn bare facts only. It is more impressionable to test your knowledge in practice.

I believe that such projects will positively affect students, help them being motivated and learn better as well as improve life in our educational institutions. So, we can say that design makes the world better anytime and everywhere [1, p.7].

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RIGHT BRAIN, LEFT BRAIN?

Abstract: This article discusses the work of the left and right hemispheres of the brain, as well as stereotypes about this. The result is that we use both parts of our brain all the time.

Keywords: brain, Roger Sperry, Google, the University of Utah, neuroscientists.

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ПРАВЫЙ МОЗГ, ЛЕВЫЙ МОЗГ?

Аннотация: В данной статье рассматриваются работы левого и правого полушарий головного мозга, а также стереотипы по этому поводу. В результате мы постоянно используем обе части нашего мозга.

Ключевые слова: мозг, Роджер Сперри, Google, Университет Юты, нейробиологи.

'Is your desk organized?' 'Do you turn your head to the right when asked a question?' 'Are you good at word puzzles?' These questions are designed to help you work out whether you are right-brained or left-brained - in other words, whether you are creative and thoughtful (right) or logical and analytical (left). Google 'right brain, left brain', and hundreds of online quizzes containing this kind of question will pop up. It's a shame, then, that it's all a load of nonsense. Recent research carried out at the University of Utah shows no evidence that one side of the brain dominates the other, that is that a person can be left-brained or right-brained. In fact, neuroscientists never accepted this idea in the first place [3].

So why is this theory so common? It all started in the 1960s when Nobel Prize winner Roger Sperry discovered that different halves of the brain controlled different activities. However, the media and popular psychologists decided to take Sperry's findings a step further. They came up with the idea that some people use the right side of their brain more while others use the left side more. This resulted in numerous self-help books, management training courses and apps promising to help convert people from left-brained to right-brained thinkers [1].

Here's the truth: you use both parts of your brain all the time. Take language skills, for instance. While the left side deals with linguistic processes, such as understanding the meaning of words and sentences, the right side understands intonation and recognizes different voices. Likewise, with mathematical ability, your left side helps you count whereas the right side enables you to estimate numbers. Despite all the evidence against it, the belief that one part of the brain is dominant survived for years. This is probably due to the fact that human beings love labels and categories. We have a need to simplify the truth. For this reason, the right-brained/left-brained theory is unlikely to go away any time soon [2].

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GRAFFITI ART: THE POSSIBLE WAY OF SELF-EXPRESSION

Abstract: The main topic is the graffiti art considered by the author as a possible and nowadays widespread way of personal self-expression. The report reflects social, psychological, cultural, ethic and legal aspects of this phenomenon.

Key words: graffiti, pictures, self-expression, art, streets.

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ИСКУССТВО ГРАФФИТИ КАК ВОЗМОЖНЫЙ СПОСОБ САМОВЫРАЖЕНИЯ

Аннотация: Статья посвящена искусству граффити, которое автор рассматривает как возможный способ самовыражения, обретающий все большее распространение в наши дни. Работа отражает социальные, психологические, культурные, этические и правовые аспекты данного явления.

Ключевые слова: граффити, рисунки, самовыражение, искусство, улицы.

Nowadays each city has its own features made by people living on the planet. Each person has his/her own opinion and thoughts, which sometimes need to be presented to the world. Besides dancing or singing people use paintings to draw attention to themselves. Sometimes artists' inspiration turns into enormous paintings on city streets and building walls. Those paintings are known as graffiti. There are different points of view on such a phenomenon. Some people claim that graffiti is a blatant vandalism, which can't be considered as art in any way [1]. Others are confident about graffiti as a possible way of self-expression which is widely spread nowadays.

My point is that a professionally made graffiti should be considered as a work of art and protected by the city government.

Firstly, nowadays most graffiti pictures are made by young people under their thoughts and illustrate some important things about our life, culture, people and mentality of our country. Graffiti, which you can see on the streets, are much more sincere and meaningful. Young artists can feel and understand everything in different ways, which should be noticed by the government in order to improve or to change the complicated situation on the planet [2].

Secondly, sometimes we try to express our feelings and emotions through different means of art. Once people will understand that they need much more space for their self-expression. That's the possible way to make some abandoned houses, fences and brick walls look bright and colorful. Old, dirty and broken buildings can become the best features of the city because of graffiti artists who only need some place for their creativity.

As for me, the best example is British artist named Banksy. No one has ever seen his face but everyone knows his street-art works, which definitely make cities unique and bright. Works of the street artist Banksy do not have one common idea. His style is a classic embodiment of rebellious human's nature – it shows us important public issues, which people mostly ignore [3].

On the other side, in every city on many streets we can see some rude inscriptions or pointless pictures, which are mostly negative and definitely do not inspire. Moreover, some of them can be placed on historical monuments or cultural

objects [4]. Exactly because of such acts of vandalism, we use to claim graffiti as something unethical, and therefore strictly forbidden. Many talented graffiti artists are considered to be criminals, which is wrong. It is important to show the world all the power of these people, to let them spread their feelings and thoughts.

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THE IMPORTANCE OF MODERN BALL CULTURE. BALL AS A SOCIO-CULTURAL SPHERE

Abstract: This article describes the features of modern paired social dance, Russian ball culture and its influence on young people. Ball is observed as a social and cultural platform.

Keywords: dance, ball, ballroom dancing, modern ballroom culture, St. Petersburg.

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ЗНАЧЕНИЕ СОВРЕМЕННОЙ БАЛЬНОЙ КУЛЬТУРЫ. БАЛ КАК СОЦИО-КУЛЬТУРНАЯ СФЕРА

Аннотация: В данной статье описываются особенности современного парного светского танца, российская бальная культура и её влияние на молодёжь. Бал рассматривается, как социально-культурная площадка.

Ключевые слова: танец, бал, бальные танцы, современная бальная культура, Санкт-Петербург.

What does "dance" mean? An ancient ritual? Body language? Response to music? A way of self-expression? It is impossible to determine the period when dance became a part of human culture, but it is still essential and important part of life. Dance is the top of the body's coordination abilities. When studying the reaction of our body to rhythm and sounds, one can understand a lot about organism's basic functions and possibilities.

In conventional communication, up to 60% of information is transmitted by gestures which are mostly unconscious. Despite the difference in cultures and languages, we can read the interlocutor's emotions even without understanding what is being said. [1] No matter how primitive the movements to the sound of music may seem, there are complex neurohormonal mechanisms behind these processes that allow you to feel your partner on a different level.

Dance therapies are used in special research centers, clinics and even prisons. They let people rehabilitate, heal and socialize. [2]

There is no doubt that you need to have a rich baggage of knowledge, skills and a well-developed body in order to be a professional dancer. But first of all, dance is the body's natural movement response to music, which is available to everyone.

Nowadays ballroom dancing is as widespread as academic and contemporary choreography. "Ballroom dancing" is a general term that includes three styles of dance: *social* (non-competitive), *competitive* (sports ballroom dancing) and *exhibition* (Broadway shows, musicals). They differ in their intended audience, style and performance standards. [3]

Couple social dances originated in medieval Europe.[4] Russian dance culture has been developing for many centuries, but Russian ballroom dancing is quite young (it began to develop only in the late 19th - early 20th century). [5] In the 21st century Russian ball culture experienced a kind of rebirth. An example for that are balls in St. Petersburg. Annually the cultural capital holds thematic, student and international balls, balls reconstructions and balls of the Noble Assembly of St. Petersburg, etc.

Participation criteria, dress code and age limits are set for each ball. Each event is unique since it connects people who have something in common. The atmosphere of student balls is unique: from the beginning of rehearsals to the end of the evening, participants acquire various types of knowledge. Young people learn the classical dance program, learn the rules of etiquette, which are also useful in everyday life. During the night, ladies and gentlemen interact with different partners, learning how to feel a person, how to treat him respectfully and sensitively, even if it is not your regular partner. While participating in dances with a change of partner, the dancer is able to feel who is more comfortable dancing with. Subsequently, the same person may become an interesting and enjoyable interlocutor.

These events help with promotion of family values, love for the motherland, building up of an intelligent society and teaching young men how to preserve the culture of communication. Such important processes take place in human minds during the preparation for the ball. At the event, almost no mobile phones are used (only for taking photos).

In dance circles, one feels increasing feeling of trust, a sense of security and openness. And, finally, communication takes place, which is the main purpose of the ball. Thus, a modern ball is a great variety of opportunities, acquaintances and a wonderful socio-cultural platform, which is worth a visit for everyone!

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MANGA: A COMIC BOOK OR A SEPARATE PHENOMENON?

Abstract: Comics appeared in the United States. However, this phenomenon has its manifestation in every country. A comic book manifests itself most vividly in Asia. Japanese manga comics are the most prominent example of Asian comics as Korean and Chinese comics are similar to American ones.

Key words: manga, history of manga, Ukiyo-e print, anime, Kitazawa Rakuten.

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МАНГА: КОМИКСЫ ИЛИ САМОСТОЯТЕЛЬНОЕ ЯВЛЕНИЕ?

Аннотация: Комиксы появились в США. Однако это явление имеет свое проявление в каждой стране. Комиксы в Азии уже наиболее ярко проявляют себя. Японские комиксы манга являются наиболее ярким примером азиатских комиксов, так как корейские и китайские комиксы похожи на американские.

Ключевые слова: манга, история манги, гравюры Уки-ё, аниме, Китадзава Ракутэн.

The first definition to manga was given by Kitazawa Rakuten (1876-1995). He was a Japanese manga artist, who defined manga as a humorous story, the plot of which is revealed with the help of drawings.[1] However, today manga is different. That is why we give a new definition: manga is a Japanese comic book with features. It has a special way to read: manga is read from right to left; manga is mostly black and white sometimes with some colorful pages.

In the modern way of understanding manga historically grew out of the fusion of traditional printmaking and American comics. The predecessor of manga was an old Japanese traditional print named Ukiyo-e print. It is an image with a single story.[2] Manga appeared in its present form in the beginning of twentieth century. It is known that one of the mysteries of the traditional culture of Japan lies in the amazing ease with which the most diverse innovations are implemented into it. The ability to assimilate other cultural images while maintaining their own traditional ones is considered to be one of the unique features of Japanese culture, which provides it with possibility of progressive development.[3] So the first artist, who can be called the first manga artist, was Kitazawa Yasuji better known by the pseudonym Kitazawa Rakuten. He studied western painting, the technique of engraving Ukiyo-e and western styles of cartoons. In 1901 he created his first manga "Tagosaku to Mokuba no Tokyo" ("Tagosaku and Mokube exploring Tokyo") and magazine "Tokyo pakku" made entirely in color began publishing the first Japanese manga in 1905. [4]

Manga went through a rapid stream of development in next ninety years. In 1945, during the occupation of Japan, American government had forbidden any military theme in society. So manga turned to everyday life. Anime also appeared at this time (from English word “animation”). The main thing about manga is that it has great variety of genre for every age. By the end of twentieth century manga was divided to several genres depending on the age group. There is manga for children, teens and adults. Topics vary greatly. So there is nothing strange that manga was animated.

In 1997 in America, a TV show named Toonami appeared. It consists mostly of anime. It draws attention to Japanese culture as America dominates in cultural way in the world. So in the beginning of 21st century people all around the world get interested in manga.

Today we have some prominent manga. They are “Berserk”, “Naruto”, “Dragon ball”, “Sailor moon”. So, “Naruto”, “Bleach” and “Dragon ball” are typical shounen manga (Manga for boys from 12 years old). All of them are stories of a boy, who gets friends and follows his dream. It begins as simple adventures story and ends like an epic one. However, “Berserk” was an epic story at the beginning. Guts, who is the main character, is a mercenary. He met the man, who changes his life significantly. We can call this manga a masterpiece as it has one of the most beautiful images. [5] This manga is created by Kentaro Miura. “Sailor moon” is better known of its anime adaptation. It is a simple story of a girl, who finds out that she is a super hero. Major part of this manga comics were published in Shonen Jump magazine. So it became one of the well known magazines in the world among manga fans.

All in all, manga is a developing new phenomenon, which mixes up traditional cultural prints and American comic books. Manga inspires not only children. Mangas are read by people of all ages as they find genre for their taste. Today globalization has discovered manga for people via Internet. People all over the world enjoy manga, discuss it and get new experience that manga gives. With the help of fans it finds new way for self-development and new readers. So, nowadays manga is still a local phenomenon made in Japan, which finds their lovers all over the world.

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LIFE AS A PHOTO: A HOBBY THAT CAN CHANGE YOUR WORLDVIEW

Abstract: The main subject of the text is the art of taking pictures. It can be considered not only as an enthralling hobby but as a unique kind of art which is able to change your worldview completely. The author shares the most interesting experiences of her practice.

Key words: photography, camera, film photography, hobby, pictures.

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ЖИЗНЬ КАК ФОТОГРАФИЯ: ХОББИ, КОТОРОЕ СПОСОБНО ИЗМЕНИТЬ ВЗГЛЯД НА МИР

Аннотация: Статья посвящена искусству фотографии, которое рассматривается автором не только как увлекательное хобби, но как уникальный взгляд на мир, способный абсолютно изменить взгляд на мир. Автор также делится собственным опытом создания арт-объектов и фоторабот.

Ключевые слова: фотография, камера, операторская работа, хобби, фотоснимки.

All people live their lives in searching of something new, something of their own. Hobbies and interests help them in their knowledge. Hobbies can be absolutely different, there are no any restrictions. My hobby, which I want to tell you about, allows me to remember life in all details and moments which create my reality and life, inspires me to move forward and enjoy every moment of my life. I want to tell you about my hobby that is film photography.

The life around us is an inexhaustible source for photographic creativity. Just imagine how many interesting phenomena are passing us being unnoticed... And all of them could become a material for fascinating pictures. Comic scenes from people's lives, an unusual state of nature, the peculiar behavior of animals, birds or insects – all this, if you have some observation, can be turned into photos and take the viewer's attention, becomes interesting because of a well-chosen moment of shooting, expands the idea of life, teaches us something.

The main feature of a gifted person is that he/she is able to notice life details which others simply do not pay their attention [1].

I'm fond of film photography most of all. And I want to tell you some interesting facts about it.

The first person who managed to take a "photographic" picture was named Joseph Niepce. The very first photo in history is considered to be the frame "view from the window" created in 1826. It took him 8 hours to make an image.

The first photos in Russia appeared thanks to the physicist Yu. F. Fritzsche, who obtained photograms of leaves using the Talbot method.

The first colorful photo in Russia was published in the "Notes of the Russian Technical Society". It was a portrait of Leo Tolstoy [2].

The development in film making started in the 1850's. In 1885 the Eastman Kodak Company introduced the first flexible film – basically a photographic emulsion coated onto a thick paper, rapidly followed in 1889 by the first “plastic” film. In 1908 Kodak introduced the first cellulose based film called the “safety film”.

Color came to film photography in 1861. This was a highly cumbersome and time-consuming process available only to the wealthiest practitioners as it was a highly expensive profession. Only in 1936 color photography became matured for the general public [3].

I didn't come to film photography at once, initially I was just creating some regular digital images, and I also enjoy making a design of such pictures. As for me, taking digital pictures is a bit easier, because you can make a lot of attempts to create a single frame, you immediately understand how everything should look like. In film photography it is more difficult to guess the final result and that is why it is more interesting.

Nowadays the popularity of film photography among young people has been growing again. Digital photography is no longer possible to catch up with, but this, in my opinion, is not necessary, since film photography is a more mysterious and fascinating process.

If you think that film cameras are the last century, you are right! However, it does not prevent them from winning people's hearts and luring them into their secret world!

Nowadays film cameras can be easily purchased – even in a country where photographic opportunities are usually limited. And if you don't find anything on the spot, you can always resort to the great wonders of online shopping [4]. But if it turns out that even in online stores you cannot find anything except "instax mini", do not despair – pay your attention at some abandoned box in your grandmother's house – maybe there you will find a heavy, unnecessary camera and it will turn out it is an analog camera!

When I tried such a hobby as photography, I immediately realized that it was for me specially. At that moment I didn't care if I was good at it or not, I just wanted to try and try over and over. Of course, I didn't come to film photography at once, initially I was just creating some regular digital images. Although even today I'm still at the beginning of my journey, I want to hope that this hobby will pass with me for a long period of time and will preserve all the most important and valuable moments and feelings. Taking photo for the first time, I didn't realized

how settings should be looked like, I didn't know anything about the shutter speed and aperture, that is why my first photos were not turned out. After getting the results of my first film, when out of 36 frames I made only 10, I thought I shouldn't keep doing that as I wouldn't get anything worthwhile. So, if I'm telling my story now, it means that I have not given up and could believe in my abilities once again.

When I had started taking photos regularly, I stopped seeing the world with the same eyes as before. I notice the details everywhere and all the time, presenting them as a photo. I would like human eyes being able to take pictures, because at the right moment the camera cannot be around at the same time and the opportunity to capture everything is not more than just a dream. Each person has his own way. I'm hardly good enough at my photography skills at the moment, but I'll keep doing it and hopefully I can achieve something in a time. The world of photography is infinitely great and interesting, I want to know it as well as possible, and in turn, it is always opened to talents and those who want to know it better. But be careful, it can change your life completely!

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DESIGN OF STUDY PLACES FOR STUDENTS

Abstract: A properly organized workspace is necessary for every student. Unfortunately, many people do not understand the importance of the working space organization. But the right design of the working space project can increase efficiency and even improve student health. These and some other questions will be discussed in my project.

Keywords: study space, ergonomics, development, storage.

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ДИЗАЙН РАБОЧЕГО МЕСТА СТУДЕНТА

Аннотация: Правильно организованное рабочее пространство необходимо каждому студенту. К сожалению, многие люди не понимают важность организации рабочего пространства. Однако правильный дизайн проект рабочего пространства может повысить эффективность и даже улучшить здоровье студентов. Эти и некоторые другие вопросы будут обсуждаться в моем проекте.

Ключевые слова: учебное пространство, эргономика, разработка, хранение.

What is your typical study place? How does it look like? If the answer is “lying in bed with my laptop propped on my knees while eating deep-fried Cheetos,” then you might want to change your study space [1].

Before we figure out the most suitable piece of furniture, let's talk about the history of place to work and study. The invention of the first complete reception offices was the achievement of Italian Renaissance money-lenders. Then, at the beginning of the 20th century, after the industrial revolution, complete office rooms appeared. In the middle of the 20th century, “G” - shaped tables began to come into fashion. Such type of a study place consists of the main desk and a side desk. In the 70-80s of the twentieth century, with the development of computer technologies the design of study places has been changed completely. Desks were equipped with special boxes for wires - wire box organizers and the drawer - sliding shelves for the keyboard.

Nowadays the majority of workspaces are designed based on scientific discipline called ergonomics. The ergonomics appeared in 2010, and it studies a person or a group of people in certain work conditions. The basic key points of ergonomics are: layout of workspace, the right equipment of the working environment and the proper lighting facilities [2]. When designing the study places for students, it is necessary to take into account the following parameters: the height of the chair and the desk, height adjustment feature, as well as the right dimensional specifications of the storage.

With the development of technologies students have begun to use modern gadgets actively. I decided to study the needs of students and conducted a survey of the target audience. Based on the results received, I came to the conclusion that a person needs appliances, such as a laptop or a powerful computer, tablets and so on. Moreover, a person needs a place to store all the necessary materials for study.

I have studied a lot of examples of the study places, but all of them did not comply with the standards of ergonomics. All of them had such faults as: a lot of mess on the desk and walls, non-compliance with the standards of ergonomics, etc. [3, p.30-33].

My project shows a well-organized design project of a study place for a student (Fig. 1).

Firstly, only the necessary items for work are located on the desk. For convenience, there is an adjustable lamp that illuminates the whole desk. Only useful information is placed on a special board above the desk. No useless things.

Secondly, the undoubted advantage of the project is the convenient organization of the storage:

- the upper shelves are provided for training materials, as well as documentation, which a person does not use every day.

- The lower drawers are provided for items that are needed for daily use, and the box under the printer is specially designed for storing paper.

Thirdly, due to the right location of the computer, the legroom remains free. Also, at the bottom left of the table there is a rubbish bin, so no need to be distracted from your study to clean the workplace [4], [3, p. 34-40].

In conclusion, I want to emphasize that my project is very important for students, since the proper organization of the place for study contributes to productive learning.



Figure 1. Design project of study place for students

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