

PRESENTATION BY ULYANOVA POLINA

2ND YEAR STUDENT

DEPARTMENT OF RUSSIAN PHILOLOGY



UNFORTUNATELY, I CANNOT CALL MYSELF AN EXPERT IN ANY FIELD. BUT I REALLY LIKE HORSES, EQUESTRIAN SPORT AND EVERYTHING CONNECTED WITH IT.

THERE ARE DIFFERENT TYPES OF EQUESTRIAN SPORTS. THE MOST POPULAR OF THEM ARE SHOW JUMPING AND DRESSAGE. IN DRESSAGE, THE MOST ELEGANT FORM OF EQUESTRIAN SPORT, RIDER AND HORSE RIDE A PREDETERMINED PATTERN AND PERFORM VARIOUS ELEMENTS. DRESSAGE IS THE ART OF CONTROLLING A HORSE, RESULTING IN A COMPLETE UNDERSTANDING BETWEEN THE RIDER AND THE ANIMAL.

JUMPING IS A DISCIPLINE OF OVERCOMING OBSTACLES. THIS TYPE OF EQUESTRIAN SPORT IS POPULAR, SPECTACULAR AND REALLY EXTREME. IF YOU PRACTICE WITH A PROFESSIONAL, BE IN SPECIAL SHOES AND A PROTECTIVE HELMET, FOLLOW ALL SAFETY RULES, HORSEBACK RIDING WILL BE NO MORE DANGEROUS THAN EXERCISING IN THE GYM. AND PLEASURE FOR THE SOUL AND BODY, YOU WILL GET MUCH MORE.



EQUESTRIAN SPORT IS ONE OF THE MOST COSTLY AND ELITE SPORTS. THE COST OF ONE HORSE RIDING LESSON FOR AMATEURS IS 400 - 800 HRYVNIA IN KYIV, DEPENDING ON THE CLUB.

FROM EQUIPMENT FOR REGULAR CLASSES YOU WILL NEED:

- HELMET;
- BOOTS OR BOOTS WITH LEGGINGS;
- BREECHES.

THE TOTAL COST OF EQUIPMENT FROM WELL-KNOWN BRANDS WILL COST YOU FROM \$1,000. YOU CAN COME TO THE FIRST LESSON IN SNEAKERS OR BOOTS WITHOUT ZIPPERS AND DECOR.





THIS SPORT HOLDS ME TIGHT AND DOESN'T LET GO. FIRSTLY, HORSE RIDING (NO MATTER HOW TRITE IT MAY SOUND) GIVES GOOD PHYSICAL FITNESS AND HAS A POSITIVE EFFECT ON HEALTH. SUDDENLY COMES THE REALIZATION THAT YOU ARE NOT JUST A BAG OF BONES, BUT THAT IN YOUR BODY THERE ARE RESOURCES THAT YOU DID NOT SUSPECT UNTIL THIS DAY.

BUT THE SECOND AND MOST IMPORTANT ASPECT IS THAT RIDING GAVE ME A NEW "ME" MENTALLY AND FORCED ME TO START WORKING ON MYSELF. YOU SIT ON A HORSE, STRAIGHTEN YOUR SHOULDERS, TAKE A DEEP BREATH, LOOK UP, AND SUDDENLY THE WORLD APPEARS BEFORE YOU IN A COMPLETELY DIFFERENT WAY ... IT CANNOT BE EXPRESSED IN WORDS, IT CAN ONLY BE FELT.

A close-up photograph of a brown horse with a white mane eating green grass. A small foal is resting its head on the horse's back. The background is a clear blue sky.

THANK YOU FOR YOUR
ATTENTION!