



Sunniva Sorby, Norway

Because being so isolated as we are here in the Arctic at Bamsebu *heightens* our connection to all things. It elevates our ability to feel, listen and to understand our place in this world. Our energy is channelled into aligning our unique and powerful role in this web of life and answering the question: what can I do to give back?”

Sunniva Sorby, polar explorer

**Heighten (verb):** If a feeling heightens, it becomes stronger.

The short model uses really tall heels to heighten herself for the runway.



Natalia Nikitina, Russia

Because everything around me – the river, the cathedrals, the beautiful views –

**breathes** history. Kolomna, Russia, has learned to live with its heritage; this gives us

our love and our passion for what we do.”

Natalia Nikitina, entrepreneur

**Breathe (verb):** to be full of particular quality.

Her performance breathes wit and calm.



Dr Vandana Shiva, India

Because of Covid, I was [locked down] in my childhood home in Dehradun where I was born. Coming home made me once again fall in love with the Earth, the Himalayas, my beautiful Doon Valley."

Dr Vandana Shiva, environmental activist and food advocate

Wong Wing-pong, Hong Kong

42



Because I feel honoured to still be fit and healthy enough to look after the many gods here in Hong Kong's Waterfall Bay Park and receive their blessings, *day in, day out*. There is no place more magical for me and I feel *privileged* to worship here.”

Wong Wing-pong, statue caretaker

*Day in, day out (IDM): every day for a long period of time.*

*Privilege (noun): sth that you are proud and lucky to have the opportunity to do it.*





Manu San Félix, Spain

Because when I am diving among the Posidonia meadows, I feel the power of life through a plant that has the capacity to transform the [Mediterranean's] seawater and the seashore"

Manu San Félix, marine biologist and underwater explorer





Anibal Jose Criollo, Colombia

40

Because there is a lovely moment [in Nariño, Colombia] when the potato or the arracacha is ready to be harvested and you go past in the morning or at night, and you have the smell of the flowers, and they are special because when they don't have pesticides this aroma leaves you wanting to stay there."

Anibal Jose Criollo, chef and environmentalist



Ana Roš, Slovenia



Because I got to visit the tiny stone villages of Slovenia's magical Kras region, which I wouldn't have considered going to if I hadn't needed to stay in my country. I'm grateful that I had a chance to see the region's beautiful colours – oranges, violets and greens – and unique landscape, which feels kind of Mediterranean but looks out to the Alps.”

Ana Roš, chef



Soča Valley, Slovenia

Will Hammerquist, USA





Because I saw grizzly bears in the wild as a child, it made me realise that we have to share this landscape [in Montana's remote wilderness] not just with each other, but with all of the animals, too."

Will Hammerquist, Mercantile owner

Polebridge, Montana



Frances Mayes,  
USA (ITALY)



Because I had the unexpected joy of two days in Rome in December. Instead of **jammed sidewalks, careening cars and buses erupting with tourists**, the city was shining, quiet, **utterly** clean. I had many streets and piazzas to myself. I could smell the sea air. I simply walked all over, taking in the essential city. Imagine – I stood alone at the Trevi fountain, listening to the water splash. Among many travel highs in my life, I’ve never felt as astonished and lucky.” – Frances Mayes, author

**Careen (verb):** (of a person or vehicle) to move forward very quickly especially in a way that is dangerous or uncontrolled.

**Utterly (adv.):** completely



Trevi fountain, Italy