



Inclusive tourism as an innovative method of rehabilitation and restoration of human well-being

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Abstract: The article deals with the issues of the conceptual apparatus of inclusive tourism, the features of its organization in Uzbekistan, taking into account foreign experience; highlights the problems of inclusive tourism that have an impact on human well-being. Based on the conducted sociological survey examines attitudes towards inclusive tourism as a way to influence the subjective sense of well-being in people with disabilities and in people without functional impairments. It is concluded that positive shifts of respondents towards the implementation of the idea of inclusive tourism. It is emphasized that a wide survey, discussion of issues of inclusive tours is already influencing the formation of a new the level of consciousness of all participants in the tourism market, and even at this stage creates new opportunities to improve the quality of human life.

Key words: inclusion, inclusive tourism, quality of human life, universal design, accessible environment.

Accessible tourism is an actual direction of tourism development, is associated with a barrier-free environment and is based on such international documents as the Convention on the Rights Persons with Disabilities, Standard Rules for the Equalization opportunities for persons with disabilities, adopted by the resolution General Assembly in 1993. In a broad sense a barrier-free (accessible) environment is a safe, comfortable space for most people. Term barrier-free tourism not only to the disabled, but also to people with functional health restrictions, which may be temporary, albeit long-term character, was first introduced in 1991 by resolution UNWTO General Assembly "Creating tourism opportunities for people with disabilities in the nineties" ("Creating tourism opportunities for handicapped peoples in the nineties"). Thus, in the terminology of tourism was introduced concept of "tourism for all". And in the modern world, the concept of "barrier-free", "accessible" now interpreted as the absence of any barriers not only for people with disabilities, but also for the elderly, people with small children and people with functional impairments.).

Materials and methods of research

The formulated hypothesis determined the nature and methods of research: analysis of statistical data on the number of trips made people with disabilities and disabilities, Internet survey method, comparison method. At the first stage, sampling were members of the task forces involved in inclusive tourism in Uzbekistan, students and teachers of the Institute of Defectology Education and Rehabilitation and the

Institute of Economics and Management FGBOU VO RGPU them. A. I. Herzen, tourists with disabilities who took part in the testing tourist routes in St. Petersburg and the Leningrad region. Pilot Study Sample amounted to 60 people, of which 30 respondents have a disability of various nosologies (according to vision - 10, according to hearing - 10, musculoskeletal system (ODA) - 10), 28 respondents do not have disabilities and disabilities, 2 respondents have temporary functional health disorders associated with the musculoskeletal system. Questionnaires were developed for respondents with disability (questionnaire type 1, 6 questions) and without functional impairment (questionnaire type 2, 4 questions). This number of questions is defined after consultations with defectologists and tour operator companies that sell tourist routes for invatourists.

Inclusive tourism as a space equal opportunity Considering the methodological approaches to technologies and organization of inclusive tourism that exist today in domestic practice, we note that the essence of this process is considered through organization of tourism for people with disabilities and disabilities and puts an equal sign between such definitions as "disabled tourism (invaturism)", "paratourism", "social tourism", "rehabilitation tourism". According to the authors of the article, such an approach to defining the essence of inclusive tourism is methodologically incorrect, since it does not take into account the most important the function of inclusion is the inclusion of a tourist, a traveler in society, in a microgroup. It's obvious that in such a formulation of the question, it is necessary to deal with socio-pedagogical issues of the organization inclusive tourism, and here we fall into the field of pedagogical science and must consider exclusive tourism technologies not only from the point of view of view of the general methods of designing tours, but also the content of excursions, information about display objects, norms and ethics of interaction between participants of inclusive tours. From our point of view, really an inclusive tour that we truly see as a space of equal opportunity with all the ensuing consequences, be designed not only by specialists of the tourist industry, but with the obligatory participation of teachers, teachers-defectologists, culturologists and social entrepreneurs who have volunteer experience activities (inclusive volunteers). Also we We understand that different groups of tourists have opposing views on the need development and implementation of inclusive tours, which reduces the rehabilitation potential of tourism and human well-being. Partially overcomes it's a contradiction of the universal design principle, which is used in the hotel business, transport accessibility and escort organization invatourists. However, to form an inclusive tour (fr. Inclusif - including, lat. Include - I conclude, include) special pay attention to the content of tourist information, the features of the route, taking into account all participants trips. Obviously, such a task is more difficult than developing tours for groups of tourists with disabilities of the same nosology. Due with the identified problem, we believe that in order to develop inclusive routes, you need to use those competencies that are available in the field of inclusive education and, accordingly, training for sphere of inclusive tourism should be carried out in the interdisciplinary field "tourism-special pedagogy".

It seems that strengthening the issues of special pedagogical training of personnel for the sphere of inclusive tourism will allow more effectively address issues of "inclusion" of people with disabilities and disabilities in the development of socio-cultural space. This is an auxiliary hypothesis that we formulated for research. The main hypothesis of the study, in our view, the following: inclusive tourism, as a phenomenon, will increase the subjective assessment of the level of well-being not only tourists with disabilities and limited health opportunities, but also tourists who do not have HIA and disability. This hypothesis was put forward taking into account identified problem in the course of the analysis of the literature, the opinions of participants in the market of tourist services in Uzbekistan about what in the first place to the implementation of inclusive tours tourists who do not have functional health disorders are not ready. The need for this study is due to the fact that, according to the estimates of the World Organization health care more than 1 billion (approximately 15% of the world's population) people have some form disability; between 110 million (2.2%) and 190 million (3.8%) of people aged 15 and over experience functional difficulties. It is important to note, that according to WHO estimates, disability rates will

increase, as there is a problem of aging and deterioration in the health of the world's population [13]. Due With this, it becomes clear that there is a need to create inclusive tours already at the current stage of development society, since this type of tourism provides equal opportunities, corresponds to the three goals of human life: it ensures health, well-being and sustainable development, proclaimed by the UN, eliminates discrimination. The authors of the article draw attention to the fact that today the contribution of tourism to world GDP is estimated at 8.9 trillion. US dollars, which is 10.3% of world GDP [8]. Also in Uzbekistan, tourism has an economic potential¹, according to calculations, the demand for domestic tourism services in our country can increase by 24% [15], and thanks to the state program to stimulate domestic tourist trips (tourist cashback) during the pandemic crisis, the total sales of tours amounted to 6.5 billion rubles, which is 40% more than similar period of 2019 [16]. It is also assumed that inclusive tourism can reach 20% of the tourist flow, and is especially popular among inclusive tourists enjoy and will continue to enjoy inclusive educational tours and excursions routes.

Thus, once again confirms the thesis that travel is an important part of human well-being, since it is they provide opportunities to acquire intangible goods in the form of new impressions and experience, but for this the hospitality sector must be fully prepared and equipped with all necessary services and equipment², and in such a way that all participants in inclusive tourism did not feel no discrimination, but felt comfort and care³. Under favorable economic conditions, tourist travel is growing exponentially. progressions, perform life support functions, socialization, communication, recreation and development countries.

Conclusion

Thus, we can note the partial readiness of all respondents to implement the idea of inclusive tourism in the understanding of the concept of Extrability. In general, we found in the course of theoretical and empirical research that currently under inclusive tourism and people with disabilities, and people with disabilities and people without functional disabilities understand tourism for people with disabilities for similar groups of diseases.

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