

LOCAL TOURISM RECREATION MECHANISM IN UZBEKISTAN

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Abstract: Tourism entered the world economy in the 21st century as a socio economic field with a great positive impact. According to the information of the

World Tourism Organization, 10% of the production and service turnover in the world is accounted for by tourism. The development of international tourism in the next 20 years is notable for the strong export of goods and services

in the world market This article provides some information regarding the Republic of Uzbekistan's sanatorium placement chain. Uzbekistan's environment and gorgeous nature set it apart from other nations. There are several recreational amenities for health resorts, recuperation, and leisure for the local populace. As a result, these recreational activities are tailored for medical facilities and illness treatment.

Key words: international and local tourism, nature resource, travelling, recreation resources, mineral water, recreation object, ecotourism, different diseases, health resorts and sanatoriums.

There are a variety of distinctive characteristics of recreational tourism. Firstly, the stay at the resort should be long, at least three weeks, regardless of the latter type and the disease. Only in this case does it have the desired healing effect. Secondly, healthcare is costly at resorts. While relatively cheap tour have recently begun to be established, this form of tourism is primarily designed for affluent clients who are increasingly oriented not towards a traditional range of medical services but towards an individual treatment program. Another aspect is that people in an older age group go to resorts when chronic conditions worsen or a deteriorating body is unable to cope with everyday stress at work and at home. Accordingly, these visitors switch between resorts specializing in the treatment of a particular disease and mixed-type resorts, which have a restorative impact on the body and help regain energy.

A lot of effort is put into developing the nation's leisure and recreation infrastructure. Firm consumer services sectors that meet worldwide standards, as well as the construction of new hotels and vacation rentals, trade, restaurants, and other items, provide favorable conditions to increase the potential for leisure and tourism. To construct such items, the procurement system must be used more frequently and recreational resources must be evaluated. These days, there are many different types of building rehabilitation items in different areas. Numerous sunny days, high oxygen

levels, fresh air, and healthy mineral water and mud necessitate the construction of balneologic, climatic spas to restore human health. Ultimately, the effective recreational use of resources .

These days, there are many different types of building rehabilitation items in different areas. Numerous sunny days, high oxygen levels, fresh air, and healthy mineral water and mud necessitate the construction of balneologic, climatic spas to restore human health. Ultimately, the economic and social growth of some zones will be determined by the efficient recreational use of resources in such places. Uzbekistan is where all of the rest and treatment facilities are recorded. Sanatoriums that treat a range of illnesses will be built, and their locations in these recreational areas will be expanded. The use of mineral water and the beauty of the natural landscape are therefore the main issues.

Efforts done by the government :

President Shavkat Mirziyoyev has signed a groundbreaking decree establishing the “Okhalik - Okbuyro - Mironkul” tourist and recreational zone in the Samarkand region with a service life of 30 years. This strategic initiative aims to unlock the region’s immense potential, attract visitors, and bolster economic growth.

The government panel hopes to get a thorough master plan and specific design suggestions for the zone by May 2025. In order to ensure a harmonious fusion of adventure, conservation, and economic growth, this blueprint will direct sustainable development.

The "Okhalik - Okbuyro - Mironkul" zone is a monument to Uzbekistan's dedication to conserving its natural heritage while beckoning tourists to experience its wild beauty as the country markets itself as a major international vacation destination.

Earlier, it was reported that the Samarkand Tourism Forum 2024 (STF’24), a major event aimed at developing tourism services and finding new solutions, is set to take place on February 9-10 in the historic city of Samarkand.

The Uzbekistan Trade Union Federation resorts management system includes sixteen sanatoriums. Approximately 3,000 citizens are accepted based on therapy. In order to create a more pleasant modern atmosphere, three or four rooms were destroyed, and one or two rooms were furnished. Additionally, cottages and "lux" family rooms that meet worldwide standards were built.

Including there have been created a short time courses for the comfort of population, day attendance treatment rooms. Above 68–70 000 hardworking people relax and restore their health in sanatoriums every year in our republic (Internet information,2010). For example, in order to strengthen the hardworking people’s health who live in ecologically bad conditions along the Aral seathere have been built “Gulparchin”75 placed and “Aydoskala”35 placed in Karakalpakstan Republic, 110

placed “Khonka” sanatoriums in Khorezm region. “Umid Gulshani” sanatorium was built and put into operation in Tashkent region. Particular culture palace and canteen complex have been built in “Diagnosis and Medical Centre” which was formed in two storeyed modern architecture style, bedrooms was completely reconstructed in “Kashkadarya coast” sanatorium

Table:

Breathing disease

Heart, gynecology, the nervous system, vein diseases

Diabetes, stomach-gut, skin diseases

1. Aktash

2. Zomin 1. Abu Ali Ibn Sina

2. Botanika

3. Buston

4. Kosonsoy

5. Turon

6. UmidGulshani

7. Chimyon

8. Khonka 1. Sitorai mokhi

Khosa

2. Mersian

3. Chinobad

4. Chotkol

5. Chortok

Balneologic and climatic health resorts include Chortok, Kashkadarya coast, Khonka, Kosonsoy, Zomin, and Botanika. Chinabad and Buston sanatoriums, which stand out from the rest due to their fresh air and dark green timber setting, employ the loam dirt (mud) approach. People are drawn to the Tashkent region's western Tyan-Shan because of its unique natural scenery. The three regions that make up this zone—Bustonlik, Parkent, and Ohangaron—form the mountain range. With its widespread use for leisure, relaxation, sports, medical care, training, and keeping busy with preferred projects and other activities, it is one of the most comfortable areas for Tashkent city's residents. Mother Nature's breathtaking scenery, clean water and air, and unique and diverse natural mementos (stones, waterfalls,

Every day, tourists and nature enthusiasts are drawn to Mother Nature's magnificent landscapes, clean air and water, and rare and diverse nature souvenirs (stones, waterfalls, relief vistas, the universe of planets, and animals). From early spring till winter, both locals and foreign visitors can enjoy the natural scenery in mountainous areas.

There are Jayronkhona, Omonkhona, Khudjaipak, Kukaydi, Zangiota, Obishifo, Moybulok and etc. sulphur and hydrogen healing springs in Surkhandarya region. People have consecrated these healing springs, and they have been healing their disease for a long time. It should be noted that the healing springs have been recognized as a rare gift of nature and reorganized into treatment centers in many places of Surkhandarya region. For instance, the medical institution in Jayronkhona, Omonkhona recreation area, Uchkizil sanatoriums, and others. In addition, salt mines and sand dams are also used for treatment [4, 1–131]. The number of increasing people of the country, the acceleration of the urbanization process, industrial development and the improvement of the population living standards will increase the demand for recreation. That is why to construct the recreational facilities and resorts which satisfy the requirements of the guests and the tourists, paying a special attention to the available nature resources, lifting the economy as a source of recreation resources have been a demand for all types of development time [3, 1–207]. Based on the above, we can say, the recreational use of resources, as well as the rest of the population, taking into account the needs in different regions of the country, the infrastructure resorts and sanatoriums infrastructure should be preformed. In addition, taking into account the availability of the necessary conditions we can improve population's physical and spiritual health, financial and social status by establishing all types of recreational resources.

In conclusion, it can be noted that in order to develop tourism, scientific study of its natural geography will be of great importance in the future. For this, it is necessary to pay attention to their ecological characteristics in tourist use

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