

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
ОДЕСЬКИЙ НАЦІОНАЛЬНИЙ ТЕХНОЛОГІЧНИЙ УНІВЕРСИТЕТ**

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## **TOURISM AS A METHOD OF RECOVERY AND DEVELOPMENT OF UKRAINIAN YOUTH**

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In this scientific work, I intend to reveal the topic of the positive impact of tourism on the mental and physical health of young people, to show the importance of this type of activity in connection with recent events in the world. In 2020, with the aggravation of COVID-19, Ukrainians went into quarantine for the first time. Schoolchildren and students switched to distance learning. The disadvantage of this type of education is the lack of live communication. In connection with quarantine, and today in connection with the war, we found ourselves in a closed space, which in turn adversely affects mental health, especially for young people. Another problem is a sedentary lifestyle, for schoolchildren and students this is especially important, because of this, the general state of health worsens, chronic diseases worsen.

As you know, the best medicine is rest, and tourism can provide it to us. Any tourism performs health-improving, educational and developmental functions, and this is exactly what Ukrainian youth have been lacking in the past few years. Youth tourism is exactly the topic that I would like to touch on. As a rule, the main types of tourism for young people are: entertaining, educational, active and cognitive. For young people, certain discounts and bonuses are often made, which they use with great pleasure. For example, in Ukraine, you can apply for an international ISIC card (International Student Identity Card) - the only international certificate confirming the status of a student from the age of 12 and a student [1]. This card provides a huge number of discounts in various areas of service, and also gives privileges for additional education.

Traveling abroad from Ukraine has become more difficult than usual, but still possible. For example, in 2022, the “Anex Tour” travel agency provides the opportunity to travel to the most popular tourist countries in the world [2]. For example, Egypt and Turkey are great for beach holidays and diving. Exotic countries: Dominican Republic, Maldives, UAE and Thailand are a good choice for recreational tourism. Exoticism is very attractive to young people. In Greece, you can try all types of recreation: from the standard beach to the alternative. Tours to Europe are also available. A wonderful way to expand your horizons and get to know Old Europe. Spa-tours to Egypt, Turkey or the UAE will help you relax and improve your health. Relax procedures in these countries are considered to be among the best in the world.

Unfortunately, today we do not have the opportunity to travel throughout Ukraine, some locations are temporarily unavailable, but despite

the limited choice, there are some options. Western Ukraine is ready to receive tourists. Transcarpathia and Lviv are very popular and are known for their ski resorts. For lovers of extreme sports, rafting tours are organized in the Carpathians. You can improve your health at the thermal resorts of Beregovo, Solotvyno, Kosino in the Transcarpathian region, also there are sanatoriums of Truskavets, Morshyn, Mirgorod. Odessa, the sea capital of Ukraine, this year cannot please Ukrainians with a beach holiday, but rural tourism is especially developed in the southern region of this region. Therefore, various rural estates, hotels, national villages and farms are open to the visit. Among the popular locations are the national village "Frumushika-Nova", the farm "Nyu-Vasyuki", the town of Vilkovo.

As for educational tourism, young Ukrainians have a lot of opportunities to gain knowledge and experience abroad. The Ukrainian travel company "Business visit" provides an opportunity to attend language courses in Canada and the Czech Republic, as well as receive higher education in such countries as the Czech Republic, Estonia, Lithuania, Latvia, Switzerland, Norway, Slovakia and Canada [3]. In addition, there are various student exchange programs. Among them is Global UGRAD for 1st-2nd year undergraduate students with an additional component "STEM and Entrepreneurship" [4]. This program is fully paid, the finalists of the competition get the opportunity to study at US universities in any specialty for one semester.

In this way, we have considered the currently available recreation options for Ukrainian youth. Rest is important and necessary. Resting does not mean being lazy, it can be done with benefit. Traveling and studying both abroad and within Ukraine will help our young generation to reach their full potential, renew strength and gain the necessary experience. For Ukraine, this is vital, because the future of our country is in the hands of the younger generation.

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