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INCLUSIVE TOURISM FOR CHILDREN WITH DISABILITIES

The system of social and psychological rehabilitation of children and and youth with special educational needs by means of inclusive rehabilitation and social tourism is an interdisciplinary subject research that involves the synthesis of individual scientific disciplines: inclusion, tourism, social work, youth work, pedagogy, social pedagogy, psychology, local history, rehabilitation geography, medical rehabilitation, etc. The peculiarity of inclusive tourism is its ability to integrate the following types of social and psychological rehabilitation: elementary, domestic, social and pedagogical, educational, family, recreational, and psychological.

Key words: children, young people, inclusive tourism, travel, rehabilitation, education.

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ІНКЛЮЗИВНИЙ ТУРИЗМ ДЛЯ ДІТЕЙ З ІНВАЛІДНІСТЮ

Система соціально-психологічної реабілітації дітей та молоді з особливими освітніми потребами засобами інклюзивної реабілітації та соціального туризму є міждисциплінарним предметним дослідженням, що передбачає синтез окремих наукових дисциплін: інклюзія, туризм, соціальна робота, робота з молоддю, педагогіка, соціальної педагогіки, психології, краєзнавства, реабілітаційної географії, медичної реабілітації тощо. Визначено, що соціально-психологічна реабілітація дітей та молоді з особливими освітніми потребами є комплексною, багаторівневою та динамічною системою заходів, спрямованих на відновлення, розвивати і зміцнювати соціальний статус особистості, її психологічні функції, якості; захист психічного здоров'я та соціального благополуччя; соціальне та соціальне благополуччя; соціальне включення в повноцінну життєдіяльність і дієздатність, включення в соціальні відносини на основі усунення обмежень і створення доступного середовища. Інклюзивна освіта реалізується через інклюзивні освітні практики, які охоплюють низку технологій, методів, прийомів і способів. До практики інклюзивної освіти доцільно включити інклюзивний туризм, який має високий реабілітаційний потенціал і є інноваційною освітньою практикою. Особливістю інклюзивного туризму є його здатність інтегрувати такі види соціально-психологічної реабілітації: початкову, побутову, соціально-педагогічну, освітню, сімейну, рекреаційну, психологічну.

Ключові слова: діти, молодь, інклюзивний туризм, подорожі, реабілітація, освіта.

At the current stage of development of Ukrainian society, rehabilitation measures for children and youth with special educational needs in inclusive education are becoming increasingly important, as they contribute to the full inclusion of children in social reality, when their disability does not interfere with educational and compensatory activities.

Rehabilitation activities include a set of measures that help to achieve and maintain an optimal level of participation in social communications, positive changes in lifestyle and the fullest possible integration into society, and a sufficient level of independence in all areas of life. At the same time, current trends in the development of inclusive education are shifting the emphasis in characterizing children with disabilities from deficiencies, disorders, and deviations from the norm to recognizing their needs for special conditions and means of education, upbringing, and rehabilitation.

The significance of this problem is greatly enhanced by the identified contradictions between:

- the growing number of children and young people with disabilities and the obvious need for a wide range of comprehensive rehabilitation technologies to be available to them;
- the need to develop innovative rehabilitation technologies as a condition for successful socialization and integration in the unity of efforts of social institutions, families, educational institutions, recreational-historical, and cultural facilities;
- the need for training and retraining of specialists who demonstrate innovative rehabilitation technologies and are ready to use the achievements of modern science and practice;
- the need of children with disabilities and their families for integrative forms of rehabilitation and the closed nature of most institutions, which is a prerequisite for isolation and disintegration;
- limited use of opportunities and resources of natural, tourist and recreational facilities that contribute to the formation and realization of the needs of active life of children and the youth.

Among the foreign researchers-founders of inclusive tourism are S.Rine, the author of the books «Accessible Tourism: Concepts and Issues (Aspects of Tourism)» and «Best practice in accessible tourism: Inclusion, Disability, Ageing Population and Tourism» by D.Bukhalis.

The development of inclusive tourism in Ukraine and beyond was covered by N.Belousova, H.Kucher, V.Lepskyi, M.Mishchenko, I.Zherebko, L.Naumenko, K.Chupina, and others.

According to Ukrainian researchers Y.Petrenko and Y.Barabas, the formation of a system of rehabilitation for people with disabilities is a quite complicated process that requires scientifically based systems, forms, methods and means of influencing a person with a disability in order to determine their self-determination based on their own capabilities, provide psychological support and further integration into society.

In this context, social and psychological rehabilitation is a dynamic system of interrelated psychological and social components focused not only on restoring and maintaining health, but also on the possible fuller restoration (preservation) of the personality and social status of a child with special educational needs (SEN). Such a system is to provide a range of measures – from establishing disability to predicting the course of the disease, determining rehabilitation methods, etc.

The article aim: to develop and implement a system of social and psychological rehabilitation of children and youth with disabilities through inclusive tourism on the basis of theoretical and methodological substantiation of the scientific problem.

The method of inter-sectoral cooperation in the organization of inclusive education at the community level is substantiated: educational institutions (providing psychological support and socio-pedagogical patronage); inclusive resource centers (providing psychological, pedagogical, correctional and developmental services); social institutions (providing social services); rehabilitation institutions (providing rehabilitation services); health care institutions (providing medical care based on ICF-DP); public organizations (an initiative to implement inclusive projects at the community level).

The method of integrated unity of medical, psychological and social components in the rehabilitation of children and youth with SEN is characterized. Since psychophysiological disorders lead to social maladjustment, the main task of socio-psychological rehabilitation is to ensure psychophysiological and social well-being of a person with disabilities. Rehabilitation measures aimed at compensating for impaired functions are a complex set of medical (physiological), psychological and social influences.

Rehabilitation and health promotion are components of disease prevention and treatment for people with disabilities. Rehabilitation helps children, adults, and the elderly to be as independent as possible in everyday life and enables them to get an education, work, rest, and perform other important life functions. Today, people's rehabilitation needs are not fully met. In some low- and middle-income countries, more than 50% of people do not receive the rehabilitation services they need. The functioning of rehabilitation centers in 60-70% of countries has been disrupted by the COVID-19 pandemic.

Rehabilitation is of the following types:

- medical a system of medical measures aimed at restoring impaired or lost functions of the person's body; identifying and activating the compensatory capabilities of the body in order to ensure conditions for the person to return to normal life; prevention of complications and relapses of the disease;
- psychological and pedagogical a system of psychological and pedagogical measures aimed at developing ways to acquire knowledge, skills and abilities, providing psychological assistance, in particular in the formation of self-assertion and proper self-esteem of a person's capabilities, learning the rules of social behavior during systematic educational work;
- professional a system of measures aimed at preparing an individual for professional activity, restoring or gaining professional ability to work through adaptation, re-adaptation, training, retraining or retraining with possible further employment and the necessary social support, taking into account the person's personal abilities and desires;
- labor a system of measures designed to take into account a person's aptitudes, physical, mental and psychological capabilities and aimed at mastering labor skills and adaptation to production conditions, in particular through the creation of special or specially adapted workplaces:
- physical culture and sports a system of measures developed with the use of physical exercises to restore a person's health and aimed at restoring and compensating for the functional capabilities of his or her body through physical culture and sports to improve physical and psychological condition;
- physical a system of measures aimed at developing and applying physical exercise complexes at various stages of treatment and rehabilitation that ensure functional recovery of an individual, identify and develop reserve and compensatory capabilities of the body by developing new movements, compensatory skills, using technical and other rehabilitation equipment, medical devices;
- social a system of measures aimed at creating and ensuring conditions for an individual to return to active participation in life, restoring their social status and ability to engage in independent social, family and household activities through social and environmental orientation and social adaptation, meeting the need for technical and other means of rehabilitation;
- psychological a system of measures aimed at restoring and correcting psychological functions, qualities, and properties of an individual, creating favorable conditions for the development and affirmation of an individual.

Modern social and psychological rehabilitation practices include a wide range of varieties: art therapy, nature therapy, and isotherapy. The choice of particular practice is individual and depends on the characteristics of each individual.

The rehabilitative effect of inclusive tourism is in line with international and Ukrainian regulations, modern approaches and practices of rehabilitation technologies to improve the quality of life of people with disabilities and their families. Accordingly, rehabilitation in the context of inclusive tourism is to be based on an objective assessment of the situation, potential and needs of people with disabilities; ensure equal access and social participation; apply innovative rehabilitation technologies; organize activities for optimal physical and mental health; promote the provision of quality services; develop programs and resources to satisfy the needs of people with disabilities.

Inclusive tourism is necessary for the full social functioning of individuals and improving the quality of their lives. Rehabilitation is based on the principles of medicine, social protection, and psychological peculiarities of a child's development, which is to be reflected in an individual rehabilitation program.

An individual rehabilitation program for an individual with a disability is a set of optimal types, forms, volumes, and terms of rehabilitation measures with the determination of the procedure and place of their implementation, aimed at restoring and compensating for impaired or lost body functions and abilities of a person with a disability.

A full range of rehabilitation measures can be implemented only with the active involvement of an individual with disabilities in the rehabilitation process. Inclusive tourism involves rehabilitation measures with the active participation of children and youth with disabilities, which are aimed at compensating for impaired functions and represent a complex set of physiological, psychological, and social influences. The ultimate goal of rehabilitation is to achieve the optimal physical, intellectual, mental, and social level of life of this category of children and youth.

An important condition for the effectiveness of rehabilitation measures is an early stage of rehabilitation, typically from preschool age, since during this period the compensatory capabilities of the brain have not yet formed a pathological stereotype, where the process of rehabilitation activity is focused on the child and his or her parents.

The optimal way is to restore or fully compensate for the defect in the form of treatment. However, this is not always possible and effective. Practice shows that it is advisable to organize the patient's life in such a way as to exclude the influence of the existing anatomical and physiological defect on it, that is, to pay more attention to medical, social and psychological rehabilitation. If the previous activity is impossible or has a negative impact on the health condition, it is necessary to involve a person with SEN in the types of social activity that will most contribute to the satisfaction of all needs. Inclusive tourism is one such activity.

The 1989 UN Convention on the Rights of the Child (Article 23) declares: «A mentally or physically disabled child has the right to lead a fulfilling life in conditions that ensure his or her dignity, promote self-confidence and enable his or her active participation in society». The same article of the Convention defines that children with various types of disabilities have the right to special care and assistance provided by employees of special services in accordance with the child's health status. The assistance must be provided free of charge and is intended to ensure effective access to education, training, health care and rehabilitation services in order to promote the child's social integration and individual development.

At the state level, this task involves specialists from various fields, including education, healthcare, and social protection. Each of these areas has its own specialized ministries, agencies and departments in accordance with the management vertical. Addressing the issue of rehabilitation of a child with SEN requires combining the efforts of these areas, developing a

unified algorithm of actions, eliminating isolation, and solving problems through complementarity and interaction.

Inclusive rehabilitation and social tourism is becoming an innovative service of an inclusive educational institution, which requires scientific substantiation of the principles of implementing of such a service in an inclusive educational environment.

It is reasonably expedient to identify the scientific potential of tourism, whose role in the social life of society grows. The international declarations on tourism (The Hague, Manila, Osaka, Seoul) emphasize that tourism is important in people's lives, directly affects the social, cultural, educational, political, economic spheres, international relations of states, and ensures peace and international understanding.

The study of tourism allows us to study the integral concept of tourism, and especially to find out its functions – cultural, ideological, educational, rehabilitation, which requires further study within the subject of research. In addition, it is advisable to supplement the typology of tourism on the basis of focus on the needs of a tourist trip – inclusive rehabilitation, social, sports, medical, religious, educational, etc. tourism.

Inclusive rehabilitation and social tourism is an innovative social service for people with disabilities that actualizes scientific reflections in the field of social work. The Law of Ukraine «On Social Services» defines social services as a set of measures to provide assistance to individuals and certain social groups who are in difficult life circumstances and cannot overcome them on their own, in order to solve their life problems. Complicated life circumstances are circumstances caused by disability, age, health, social status, life habits and lifestyle, as a result of which a person partially or completely lacks (has not acquired or lost) the ability or opportunity to take care of personal (family) life and participate in public life on their own.

The social service of inclusive rehabilitation and social tourism is a social service aimed at improving the level of social functioning of individuals and contributing to the satisfaction of needs, mitigating social risks and difficult life circumstances through the provision of social services. In this context, the organizational and substantive foundations for the provision of such a social service need to be scientifically substantiated and the forms, methods and approaches to the problem of providing professional assistance to people with disabilities of various nosologies need to be highlighted.

This inclusive rehabilitation and social tourism is an effective technology of comprehensive rehabilitation, which involves the creation of a multidisciplinary rehabilitation team consisting of professionals from different fields: teachers, psychologists, social educators and social workers, doctors, rehabilitation therapists, tourism instructors, local historians, etc. This practice should take place in close cooperation with parents of children with disabilities, which is most realistic in the context of inclusive tourism.

Therefore, a general theoretical understanding of the key issues of social and psychological rehabilitation of children and youth with disabilities through inclusive tourism is possible only if an interdisciplinary approach is used, which provides a fundamental analysis, interpretation and integration of knowledge, the use of various methods of cognition, thus ensuring the transition to a new stage of its development, adequate to the current dynamics of social relations.

Nowadays, there are different interpretations of this concept: «tourism for all», «adaptive tourism», «accessible tourism», «universal tourism», «inclusive rehabilitation and social tourism», «barrier-free tourism», etc. Let us consider the content of these concepts.

S. Ryan, one of the founders of inclusive tourism, characterizes it as tourism that is accessible to everyone, regardless of permanent or temporary disabilities, and is primarily about social integration.

From an economic point of view, L. Matviychuk and L. Chepurda define inclusive tourism as a specific (safe) type of tourism, the main purpose of which is barrier-free access to all tourist

resources, a positive psychological climate, equality of opportunities for all tourists, full informing of people with special needs about the possibilities of a tourist facility, and also provides for the quick ability of tourism entities to adapt to the needs of people with special needs.

Researchers of the Open International University «Ukraine» N. Barna and V. Korotieieva define inclusive tourism as a form of tourism that includes a process of cooperation between different participants in the field of tourism and provides for the provision of accessibility to people with disabilities, including mobile, visual, auditory and cognitive accessibility components, gives the right to function independently, on equal terms with a sense of dignity through the provision of universal tourism products, services and environment.

According to the socio-economic position, S. Khlebik defines social rehabilitation tourism as a modern type of tourism, travel subsidized by extra-budgetary funding and funds allocated from the state budget for social needs, which allows for the inclusion of any person, regardless of their physical and financial capabilities, in tourism activities, taking into account the peculiarities of their physical and psychological state and ensuring access to tourist infrastructure, cultural, sports and social activities.

Ukrainian researcher A. Liuta, on the basis of analysis of regulatory documents, argues that social tourism, unlike commercial tourism, is aimed at meeting the needs of socially vulnerable categories of population, such as large families, orphans, students and working youth, pensioners, people with special needs, people with disabilities, and low-income citizens. Based on the regulatory documents and the results of scientific research, social tourism is understood as a special type of tourism activity aimed at meeting the recreational, cultural, educational, health and wellness, etc. needs of various social categories of the population (socially vulnerable groups of the population, including those financed from funds allocated for social needs by the state, non-governmental funds, sponsors, tourism enterprises and individuals).

The founders of inclusive rehabilitation and social tourism in Ukraine, V. Lepsky and S. Makarenko, define it as a system of measures aimed at providing people with disabilities with the opportunity to restore and develop their physical, social, spiritual, creative and intellectual level in order to facilitate further integration into society. Inclusive tourism structurally includes various types of rehabilitation, such as medical, psychological, psycho-pedagogical, professional, labor, physical culture and sports, physical, social and other social and household activities. Inclusive tourism is an effective micro-model of an integrated society (people with disabilities and their relatives; professionals; healthy people) in real conditions, which creates optimal conditions for effective socialization of maladaptive people and their integration into society.

The analysis of the categories and results of research conducted abroad and in Ukraine has made it possible to establish specific features of inclusive tourism:

- tourism provides physical activity, the restriction of which reduces life opportunities, causes sadness, stress, despair, and uncertainty. Through the organization of physical activity, tourism provides therapy and prevention of psychosomatic diseases and maintains physical health;
- allows children and people of all ages and health conditions to have a full-fledged rest, restore mental and physical health reserves in the natural environment to recover their strength to perform production processes and household duties;
- tourism creates a fulfilling environment for communication, establishes independent and diverse social contacts, and forms different social roles. Tourism destroys the feeling of inferiority by integrating people with disabilities into society and helps to form a confident and effective life position;
- -contributes to increasing life potential, gaining new life experience, acquiring new knowledge, skills and life competencies, creating optimal conditions for the child's

socialization, expanding the circle of communication, improving the quality of life, and changing the social situation of development;

- has an active character, including various activities that allow you to escape from the monotony of everyday life, change the environment, social circle, and social roles;
- tourism increases a child's scientific and cognitive activities, helps to learn about the environment with its various manifestations and customs (appropriate climate, nature, proximity to water resources, availability of natural monuments, monuments of material culture), learn about previously unknown natural phenomena, learn new natural conditions, acquire skills in aromatherapy and communication with animals;
- provides a change in the degree of negative impact of a disease or defect on the level of life opportunities, and draws public attention to the problems of people with disabilities.

The main functions of inclusive tourism are as follows:

- social restorative, aimed at recuperation, active learning of natural phenomena, traditions, establishing new social contacts, friendships and business ties;
- psychological providing a change of environment, habitual lifestyle, an active form of recreation that promotes physical recovery and psychological relaxation;
- communicative facilitating the establishment of new social contacts;
- developing is realized through the enrichment of the worldview, active knowledge of natural phenomena, physical, emotional and moral development of the individual;
- educational and cognitive promotes knowledge of surrounding social, cultural (art, life, traditions), historical (history, historical sites, prominent figures of the region) and natural (geographical features of the area: relief, climate, flora and fauna) environment of the region, country and other countries;
- personality-oriented has a positive impact on personality development, has a restorative function and has a meaningful humanitarian potential;
- compensatory provides the special needs of people with disabilities, promotes the realization of personal potential that is not in demand in everyday, social, work and family life:
- hedonistic contributes to the formation of a positive psycho-emotional state, increasing psychological security; rehabilitation helps to restore human resources, promotes the prevention of psychosomatic diseases, and maintains physical fitness and health;
- adaptational is based on the fact that tourism is a comprehensive means of adaptation by overcoming social unnecessariness, activating personal potential and maintaining a positive attitude to life;
- recreational has a high potential for maintaining health and active life;
- socialization during their travels, children and young people get more opportunities to learn about the world and themselves, accumulate this knowledge and make certain generalizations for personal growth.

Inclusive tourism for children with disabilities is an important type of tourism that is gaining in popularity around the world. Inclusive tourism is an effective mechanism for integrating children with disabilities into society and improving their quality of life. Ukraine is not an exception and has the potential to develop inclusive tourism. However, in order to succeed in this area, it is necessary to create favorable conditions for infrastructure development, ensure accessibility of tourist facilities and services, and conduct awareness-raising among the population about the importance of inclusive tourism.

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