

CONCEPT OF ACTIVE (ACTIVE) AND PASSIVE (INACTIVE) TOURISM

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Abstract. *Active and passive tourism are not mutually exclusive, and many travelers often combine elements of both during their travels. For example, one might indulge in adventure activities such as hiking or water sports during the day, followed by a spa treatment or cultural sightseeing in the evening. The choice between active and passive tourism ultimately depends on individual preferences, the destination itself, and the desired experience and goals of the traveler.*

Keywords: *active, passive, non-active, tourism, individual preferences.*

Tourism plays an important role in global travel and recreation and caters to a wide range of preferences and interests. The two main categories of the tourism industry are active tourism and passive tourism. While both offer unique experiences, they differ in their goals, level of physical engagement, and desired outcomes for travelers. In this article, we will consider the concepts of active and passive tourism, study their characteristics, advantages, and factors that influence the traveler's choice between them.

Defining active and passive tourism:

Active tourism refers to a travel experience that includes physical activity and hands-on activities. It emphasizes active participation and direct contact with the environment and local culture. Activities can be hiking, biking, skiing, water sports, adventure activities or cultural immersion programs. Active travelers seek adventure, physical challenge, and a sense of personal growth, and value experiences that promote well-being, learning, and discovery[4].

On the other hand, passive tourism focuses on relaxation, leisure and indulgence. This includes activities that require minimal physical effort from the tourist, such as relaxing on beaches, spas, sightseeing tours, or luxury accommodations. Passive tourists often choose destinations that offer tranquility, comfort, and opportunities for rejuvenation and stress relief[5].

Characteristics and advantages of active tourism: Active tourism develops on the basis of immersive experiences. Travelers seeking active tourism engage in physically demanding activities that allow them to explore different terrains, improve their fitness levels, and challenge personal limitations. Activities such as hiking, kayaking, or climbing introduce them to the wonders of nature, foster a deep respect for the environment, and promote sustainable tourism practices[6].

The main reason why tourism is divided by such names is determined by determining the types of movement and speed of a person in the process of tourism. The active (active) types of tourism, which require a lot of physical strength and are suitable for all types of tourists, include recreation and leisure travel, sports. What stands out even more in this sense is the type of extreme tourism. The passive (inactive) type of tourism includes a tourism program or a quieter and less strenuous type of tourism that is not characterized by physical exertion. They are educational tourism designed for people who are used to leisure, and do not require physical strength and strain from tourists. This is a healing tourism in the sea, mountain, water [3]. For example, spas can be

included among these. This type of tourism is suitable for families with children, senior tourists and pensioners. In passive tourism, tourists learn to sew hats, weave baskets, and also to do household chores, cooking, and gardening. Canal boating tourism is common in Great Britain. In tourism on similar lakes, tourists not only row themselves, but also drag boats and set up tents. This requires physical effort. In the existing British tourism, boats are pulled by horses along the river, and tourists spend the night in comfortable and cozy country hotels [7].

Active tourism can include various types of adventure tourism:

- Adventure tourism means going to exotic places, volcanoes, islands, waterfalls and similar places. Usually this is non-standardized tourism involving unconventional means of transport to exotic and ecologically clean natural reserves. In some cases, this type of tourism is associated with serious physical stress, requires knowledge and bravery from a person. For example, recreational boating in the flood rivers of Colorado, dog sled winter tourism in winter, recreation in mountain - ski resorts, etc. [8] To participate in them, the participants must have certain skills and physical fitness. This type of tourism is close to sports tourism, in which the roads are well prepared, the danger is reduced to a minimum level with the help of a guide, and tourists should be provided with special equipment. Active (active) tourism: includes places where disasters have occurred - earthquakes, floods, volcanic eruptions, man-made disasters (for example, watching the Chernobyl nuclear power plant from a helicopter) and extreme events (for example, watching the death penalty, etc.) Some people in Europe like to go into the cells of people in prisons and spend 1-3 days imagining the experiences of criminals. It costs tourists 120 dollars per day. Adventure tourism insurance can be expensive [9].

Adventure tourism also includes nature safaris, hunting, fishing, snowmobiling in winter, or jeep trips to hard-to-reach places. In the West, those who are interested are offered mystery toig - mysterious adventure tourism, in which all the pre-prepared programs and things thought by the organizers will be a surprise gift to the participants [10].

Depending on the types of activities, tourism can be divided into the following types:

- Hiking or hiking tourism. Routes with animals - elephants, camels, donkeys, horses, donkeys, dogs. Usually, the length of the route can be 2-6 km or even 20-50 km. Horse tourism route is very popular. Participants can go to places of interest of nature that are difficult to reach with technical means using these means [2].

- Railway route tourism. During the trip, tourists will get to know many places and regions, live in very comfortable compartments of wagons, eat in traveling restaurants. The main part of the movement is carried out at night, and during the day they visit the main attractions, museums and other objects provided in the tourism program. The duration of some types of tourism extends to 14 or more days. Walking on old historical trains through the beautiful parks of the USA, Canada, South Africa, Argentina, railway tourism route through big cities in Russia is common (St. Petersburg - Novgorod - Pskov - Moscow or St. Petersburg - Omsk - Irkutsk). In addition to sleeping cars, the tourist train includes a restaurant car, a club car, and a shower car. This type of tourism has also been established in Uzbekistan (Tashkent - Samarkand - Bukhara - Khiva - Tashkent) [11].

- Bus routes. Tourists cross the country by moving from one point to another along highways. In general, tourists sleep very little on buses, mostly in inexpensive hotels or motels, but there are also special sleeper buses.

There is also a group of tourists who travel in private or rental cars without leaving their car. They get a number of transit visas and cross a number of countries along complicated routes, sometimes they drag mobile homes behind their cars, in which they cook, eat and spend the night. For such tourists, special car campings and parking places for caravans will be established. Complex tourist itineraries and competitions are organized in sports-oriented tourism. For example, tgorhu is the heaviest tourism in cars. A bright example is Samel Trophu safari. Self-drive tour - tourism, in which a tourist can rent a car or drive in his own car according to the agreed route. Tourist agencies arrange camping sites, hotels, food, supply maps, offer a number of convenient and interesting travel routes, issue transport insurance[12].

- Water tourism route. This includes swimming in various types of boats, yachts or others.
- Transportation by air. A large part of the transport is air transport, and they focus on long-distance transport. It also includes intercontinental and ocean transportation. With the creation of high-speed and safe passenger airliners, the intercontinental travel of tourists suddenly increased. Along with regular routes, charter routes are used to transport tourists. Domestic aviation also has a big role in the transportation system, it provides for the transportation of tourists by airplanes on many routes within the country and in long-distance areas. Thus, the main part of South African tourism involves air transportation [1]. The USA is the leader in the field of air communication. 599 mln. in 1997 by US airlines. passengers were transported. By 2007, this figure was 900 million. reaches the passenger. Small aviation also actively participates in the transportation of tourists, especially when it comes to transporting tourists to places that are difficult to reach by technical means. Therefore, many tourism trips involve the use of various means of transport. Air transport is often used to transport tourists over long distances. Tourists try to minimize time when going to long-distance vacation spots, and the plane serves as an operative means of movement in this regard. In some cases, travel options include combined types. Brits who can't leave their cars during the holidays continue to travel around Europe, but the traffic in European countries is right-hand drive, but in the UK it is left-hand drive, so it is difficult to change the driving habit, there are many road accidents and misunderstandings. in order to escape, the method of transporting cars on railway platforms is used. First, the tourist car is transported from the English Channel to the sea, then it is loaded on the railway platforms and delivered to the designated destination. Tourists themselves sit in sleeping compartments of this train. Car rental is also common on the spot. There are such tourist packages of the service that include transportation by plane and car rental at the airport itself, car rental is common in many developed countries. There are also car rental companies in Russia, but they only provide to foreign tourists. Unfortunately, in our republic, such things are not as expected. The economy of the subject and purpose of tourism trips will decide which means of transport of tourists is the most convenient. In general, time is important for tourists, and transportation of tourists in tourism is an auxiliary element of tourism. In this place, it is convenient to transport by air for distances of more than 1000 km, in addition, the use of air ways is convenient for crossing large water bodies. At distances from 300 km to 1000 km, railways, mainly high-speed lines, are actively used. It is convenient to use car transport for short distances. In some cases, river and sea transports are used. There are also special routes, in which the method of movement is the basis of the tourism route. For example, cruise routes, bus and railway tourism are examples [13].

Active and passive tourism refer to two different approaches to traveling and experiencing destinations. Understanding the difference between these two forms of tourism can help people make informed choices about their travel preferences and plan their trips accordingly.

Active tourism:

Active tourism involves engaging in physical activity and immersive experiences while exploring a destination. It focuses on active participation, adventure and physical exertion. Travelers who prefer active tourism are looking for outdoor activities, sports and recreation. Active tourism activities include hiking, biking, skiing, surfing, rock climbing, kayaking, wildlife safaris, and other adrenaline-pumping adventures. Active tourists often value the thrill of experiencing new environments, pushing their limits, and connecting with nature or cultural heritage through active participation [14].

Passive tourism:

Passive tourism, on the other hand, emphasizes a more relaxed approach to recreation, leisure and travel. It involves activities that are more sedentary and require less physical effort. Passive tourism usually revolves around quieter experiences such as sightseeing, sunbathing on the beach, visiting museums, enjoying spa treatments, exploring historic sites, or taking a leisurely boat ride. Passive tourists typically prioritize relaxation, rejuvenation, and cultural enrichment, often seeking opportunities for reflection, enjoyment, and leisurely exploration.

It should be noted that the classification of tourism activities as active or passive is not absolute and there may be overlaps and combinations of both forms. Some travelers may choose a mix of active and passive experiences during their trip based on personal preferences, destination characteristics, and unique activities available.

The difference between active and passive tourism is subjective and depends on personal perspective and desired travel outcomes. It is important that travelers consider their interests, physical capabilities, and desired level of participation when planning their trip. Whether one prefers an adrenaline-filled adventure or a more relaxed and contemplative trip, understanding the concepts of active and passive tourism can help travelers choose destinations, accommodations, and activities that match their preferences and expectations [15].

CONCLUSION

In conclusion, gaining an understanding of active and passive tourism can provide travelers with valuable insights when choosing and planning their trips. Active tourism provides exciting and physically engaging experiences that allow people to connect with nature, challenge themselves and seek adventure. Passive tourism, on the other hand, emphasizes recreation, leisure, and cultural richness, providing opportunities for reflection, rejuvenation, and immersion in local heritage. By recognizing the difference between active and passive tourism, travelers can match their preferences and desired outcomes with the activities and experiences available in their chosen destinations. Some people may prefer the adrenaline rush of active tourism, seeking outdoor adventure and physical exertion, while others may prefer the calm and leisurely pace of passive tourism, focusing on sightseeing, cultural exploration and relaxation. It should be noted that active and passive tourism are not mutually exclusive, and many travelers choose a combination of the two during their trip. This allows for a balanced and personalized travel experience that caters to different interests and preferences. The flexibility to engage in a variety of activities ensures that people can create a trip that suits their level of physical activity, cultural immersion and relaxation.

Ultimately, the choice between active and passive tourism is subjective and depends on individual preferences, physical capabilities, and desired travel outcomes. By understanding the features and benefits of each approach, travelers can make informed decisions, maximize their enjoyment, and create memorable experiences that match their unique travel aspirations.

In summary, active and passive tourism offer distinct paths for travel and discovery. Whether for adventure, adrenaline, relaxation or cultural immersion, both forms of tourism allow people to discover and engage in destinations that suit their interests and desires. Understanding these concepts empowers travelers to choose experiences that fulfill their travel goals and create lasting memories.

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