



## TOURISTIC ROUTES ORGANIZED BY STUDENTS DURING STUDY FIELD PRACTICES

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Article history:	Abstract:
<b>Received:</b> 13 <sup>th</sup> October 2022	The article highlights recommendations, instructions and its features that must be carried out in high-mountainous regions when conducting expeditions organized by students along routes organized at the end of the first academic year for natural science and pedagogical areas of higher educational institutions.
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### INTRODUCTION

According to the decision of the President of the Republic of Uzbekistan No. PQ-60 of December 24, 2021, approving and organizing the practice procedure for students in higher, secondary special and professional educational institutions is under the authority of higher educational institution and taking into account this model regulation, develop and approve the internal regulations of the higher education institution and ensure that student practice is organized in the prescribed manner.

Educational field practices are a mandatory part of the main educational program, ensuring the continuity of the educational process at the undergraduate level of higher education. Field practice sessions are characterized by their direct orientation to the professional training of 1st-2nd year students. Depending on the location of the hilly, back-hilly, foothill, high mountain regions, the participants of the route, i.e. the students, are on foot, on horseback, using different types of equipment. According to the traffic safety rules and their types, explanatory work is carried out [1].

### MATERIALS AND METHODS

The analysis of a number of scientific studies shows that, among others, B. I. Ogorodnikov, V. M. Alenin, N. Kaletkin, S. Alekseev, R. Rubel, discussed in their works the role of tourism in the GTO complex and the procedures for the implementation of GTO norms in the processes of hiking tourism.

The development of tourism in the country, its future, and the organization of tourism in the theoretical and practical works of specialists such as advanced forms and methods, tourism work experiences in many enterprises are reflected. In the manuals of authors such as M. S. Yunonev (1974), D. Armand (1965), and Yu. A. Shtyrmer (1974), the issues of tourism and nature protection are widely covered.

Good things have been done in the way of using the means of tourism in the education of young people. The work of Belarusian scientists is particularly noteworthy here. Yu.S. Bilchik (1966) "Tourism is an important tool in educating young students in the spirit of patriotism", S.T. Shudrenko (1973) "Training for work in the process of travel", S.A. Golub's (1971) "Education of students in a military-patriotic spirit with tourism", A.A. Young people loved to read such literature as "Tourists' Bonfire" by Lezhnin (1973).

Also, in the opinion of scientists such as I.I.Pirozhnik, R.S.Davidov, A.V. Drozdov, S.R.Erdavletov [2], for the development of tourist routes at the state level, it is necessary to study and evaluate their possibilities within certain administrative or natural units, scientific literature, brochures, training manuals, monographs and dissertations related to the scientific research work of the last years were studied in order to reveal the possibilities of the routes for further development.

Scientific-theoretical analysis, historical-comparative analysis and generalization methods were used during the research.

### RESULTS

In the meaningful organization of the duration of training field practices, it is recommended to carry out on the routes organized in the cross-section of high altitude regions based on the characteristics of a somewhat favorable relief and uncomplicated climatic conditions.

In particular, since the tours organized in the hilly region continue along long distances, like the tourist routes typical of the desert region, the tourist may get bored and tired before reaching such distances. That is why, during the development of tourist routes that organize such types of tours in a complex way, organizing excursions to them, paying attention to all the tourist resources encountered along the way leading to the resource at the last point of interest to

tourists, will make the tours interesting. Routes organized in the Hillregion are undoubtedly unique in nature. Therefore, it is possible to achieve the meaningfulness of the future species with activities such as recreation, organizing tours, even organizing fishing in the warmest spots. Single-theme ecotourist itineraries are sometimes transformed into multi-theme tourist itineraries.

27 routes can be organized across the Hillregion. In order to achieve their significance, it is desirable to develop the species along the ancient roads that crossed the hilly region. Routes organized throughout the Hillregion pass through the Western Tien-Shan, Turkestan mountain range, Northern and Southern Nurota, Zarafshan - Hisar range. Especially since the Hisar ridge is very rich in tourist resources, the maximum number of 8 routes have been developed. Although the duration of tours in the Hillregion is somewhat shorter than in the desert region, it is characterized by the convenience of climatic conditions. Because even in the summer, the temperature does not get too hot like in the desert region, on the contrary, moderate air temperature prevails. As a result, favorable conditions were formed for organizing tours throughout the Hillregion [3].

**Organized routes in the mountain region** - the complex relief structure typical for the mountain region causes the sorted movement of equipment along the organized routes. Because on mountain roads, it is recommended to use "Jeep", "UAZ", "Niva" cars equipped with special devices or horse-drawn vehicles (horse, donkey, mule, etc.). Depending on the complexity of the routes, the speed of movement of the routes is slow. In most cases, the situation that occurs leads to the situation of staying overnight on the road.

The mountain region is very rich in natural tourist resources, they are diverse, and in this respect they differ from the desert and hilly regions. Mountainous regions are strongly fragmented under the influence of relief, tectonic movements, temporary and permanent water flow, resulting in interesting and at the same time difficult conditions for movement. The unique freshness of mountain landscapes attracts the attention of tourists. Due to the fact that it is pleasant to relax on the shores of rivers, streams, springs, lakes, thresholds, waterfalls, they are manifested in the form of entertaining, charming corners, distinguished by their exotic features. In particular, the meadows growing wheat, kavark, millet, isfarak, gulkhairi, tulip, anjabor, groundnut, violet and mint turn into natural flower beds in spring and summer. Picking and eating the roots of nodular plants such as chuchmoma and tuyatavon in the spring gives tourists a unique and irreplaceable pleasure in field conditions. Ravoch, deer, mountain mint, immortelle stalks attract the attention of all tourists with their spicy aroma.

It is not always possible to meet wild animals in mountain conditions. Animals such as bears, lynxes, leopards, deers, wolves, and foxes are especially cautious and are rarely seen. But observing them in nature will remain in the memory for a long time as an interesting moment for everyone. Organizing fishing in mountain rivers and creeks can be a reason for leisure and entertainment. There are opportunities to create interesting routes through the mountain region and effectively use the tourist resources unique to the region.

**Organized tourist routes to the Baland Mountain region** - the Baland Mountain region is a very small part of the territory of our republic. Therefore, it is possible to describe the direction of 11 species in this area.

It becomes very difficult to move through the high mountain region. Because the terrain of the area is very complex, it is possible to use only horse-drawn carriage or air (helicopter) types of transport. The air temperature is low, the snow cover is kept for a long time, there are perennial snow piles and mountain glaciers. It is very interesting for tourists to see piles of snow in summer. Glaciers and various landforms formed due to them, karas, troughs, moraines, moraine lakes are natural tourist resources that attract attention. The organization of tours in the high mountain region can be developed for a short period of time in the summer season (mid-June, early August), depending on the climatic conditions. The climate in the high mountain region is extremely variable, and this feature is also clearly visible in its diurnal period. At an altitude of 3000 m, the daily air temperature is 27-30 °C during the day, and this indicator drops to -4-5 °C at night [4].

## DISCUSSION

In the educational field practice organized at the end of the academic year, students are recommended to conduct explanatory work on safety issues on organized routes to high altitude regions.

In addition, students will have to prepare separately for the night on each route. Such things include getting a tent, sleeping bag, more food than usual, special clothes and shoes. Because climbing a mountain requires more effort than usual, consumption of fresh air and clean water causes food to be digested quickly and more energy to be spent.

Based on the results of this scientific-theoretical research, we offer a number of recommendations: When organizing a trip to high-altitude regions, students should have special sports training. Highly qualified medical personnel are also required to participate in the organized group, and there is a high probability of occurrence of accidental events and changes in mountain air and atmospheric pressure affecting students in different ways.

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