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THE BEST PLACES FOR DOMESTIC TOURISM DURING THE WAR

The aim of this study was to investigate and explore best places in Ukraine for domestic tourism during the war in order to please a recreational desire of people who wish to travel but are not able due to a raging conflict within our borders. On the basis of this research, a list of the most fascinating and available touristic attractions in Ukraine was made.

First, we need to look at domestic tourism before the war begun. Ukrainians were always keen on the sea tourism, and the beaches of Azov and the Black Sea were always filled with visitors. Unfortunately now the situation is different. The entirety Sea of Azov is occupied and is unreachable. The majority of Ukrainian Black Sea is under our government's control, but it is completely mined and thus not swimmable. A question arises: "what can people filled with a desire to enjoy sea tourism do?". The answer is not that difficult due to the fact that besides the two great seas, Ukraine has other waters that are more than fit for the purpose of recreational swimming. Some of them a vast amount of people have never even heard about.

Resorts and sanatoriums of Transcarpathia are considered to be a successful combination of budget recreation with European service. Also, in the summer, you can conquer the mountains here, get healthy in salt lakes and thermal pools, taste Transcarpathian Beaujolais and local craft cheeses. Here, almost every settlement has its own tourist attraction. So, considering many factors like cost of living, quality of service and quality of overall entertainment, one of the best options will be Solotvyno. It is a small town located in Zakarpattia Region, which makes it one of the safest places to go to during the war. Even though it is but a small town, it offers a huge variety of different resorts, hotels and rental houses for all tastes. The waters there are both man made and natural, more specifically the town is full of shallow salt lakes that make it very similar to the Sea of Azov, and people who enjoy peaceful and relaxing swims will definitely be satisfied. It is physically impossible to drown due to the vast amounts of natural salts in the water that make bodies literary float on top of the surface of the water, thus making it a perfect place for learning how to swim. The town is modernized, has its own markets and an amusement park for kids, also it is located relatively high in the mountains, so the air there is very fresh. Also a vast amount of recreational bases located there like massage courses, salt and mud baths will ensure that spending time there will benefit your overall health.

Food is not a problem at all. There is a big variety of restaurants in the town that offer local food. It will be especially interesting for the people from the south and east of the country due to a big difference in local cuisines. One of the most important aspects in tourism is the price of living. But do not to worry even though some hotels are really expensive there, the ones that are the kinds of reasonable and low prices (with fewer privileges of course) are still present and are very popular. In Solotvyno, hotel accommodation starts from UAH 500. You can rent a room from the local population for 100 UAH. Despite the fact that this town is built on or near salt waters it still has fresh water pools, so people who dislike being covered in salt after swimming will still

be able to enjoy more traditional swimming that would be more comparable to the sea or the river. In addition to swimming in healing lakes in Transcarpathia and walking under age-old spruce trees, here you can visit wine cellars, medieval castles and ancient wooden churches: the Museum of Architecture and Life in Uzhgorod, the Uzhgorod Castle, the Palanok Mukachevo Castle. You can also visit the Kolochava museum village, climb the Synevyr lake, the Shipit waterfall and the romantic lavender mountain. Just in July, in the city of Perechyn, on ten hectares of mountain slopes, fragrant lavender grows and charms the eyes. So overall Solotvyno is a great place for traveling during or even before the war, beautiful mountainous sites fresh and salt water, health-improving resorts and activities, great food and top-notch safety in a country will definitely make the time of tourists there worth it.[1]

Shatsk lakes in Volyn are a famous for tourist magnet of Polissia, where thousands of Ukrainians come to rest every year. Transparent forest reservoirs could become a unique alternative to sea resorts this year. If it weren't for one problem - the proximity of the region to the border with another insidious neighbour - Belarus. In view of the recent events in Ukraine, there is an increased threat to the safety of travelers in this territory. Although the region is calm at the moment, few Ukrainians want to try their luck. It is worth noting that in 1983 the Shatsk National Natural Park was created here to protect rare natural complexes with an area of 32 thousand hectares. In total, the group of water bodies includes 30 lakes, of which the most famous for swimming and recreation is Svitiaz. Many sanatoriums, recreation centers and children's camps have been built around the lakes. Hotels that have shelters are present as well as rental houses of locals who offer that for a reasonable price. As for entertainment, Svitiaz offers swimming, sunbathing, bike rides, fishing, kayaking and paddleboarding. The water is incredibly clear and the bottom of the lakes is clearly visible. Since there is a ban on visiting the forest in certain regions of Volyn, it will not be possible to enjoy the beauty of the Polish forests this year. However, you can watch an incredible sunset lying on the beach in a hammock, catch a fish from a boat and just read your favorite book by the lake. And finally, you can take a beautiful photo to commemorate your vacation in the picturesque Ukrainian Polissia. It is a great place for a short 2 to 7 day visit with family and kids that will not cost a lot of money and will definitely satisfy recreational needs of tourists.[2]

And lastly, the so-called "Crimea of Podillia" - Bakota. It disappeared from the map in 1981, when the village was flooded to expand the Novodnistrovsk HPP. People were evicted to neighboring settlements, and the territory itself became the Ukrainian Atlantis. Now, the territory of the Bakota Bay is a part of the National Nature Park "Podilsk Tovtry", which resembles Yalta's landscapes with a unique microclimate. The picturesque, wooded and Rocky Mountains of Medobory, the warm waters of the Dniester, lush vegetation and healing springs make the Bakota Bay, closed from all winds, a magical place and attract more and more tourists and travelers. Among the entertainments on Bakota: swimming in clear waters of Dniester, sunbathing, fishing, riding boats and catamarans and viewing the breathtaking scenery of "Podilsk Tovtry". The good thing about Bakota is that it's great for all kinds of swimmers. The water there is both deep and shallow, so both learners and experienced swimmers will find the water to be pleasant. The shores of the Bakota Bay are an ideal place for rest, mostly romantic and wild. There are no modern resort attractions here yet, but housing is available in a form of a few resorts, wooden hotels and of course private sectors that

are offered for renting by locals. The pricing here is not as cheap as in some other places but it is still worth it. Bakota is not a widely known place as of now, so there are not many people there, but that's one of the things that makes it special - a quiet calming atmosphere where people can relax alone or with their significant others.[3]

To sum up, even during the war there are still many places in Ukraine where people can relax, improve health, forget about problems and have a good time with being safe at the same time. These are by far not all of those places but in my opinion Bakota, Solotvyno and Shatsk lakes are one of the best combinations of variety of fun and recreation available in our hard times.

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