



ECONOMIC FOUNDATIONS OF SUSTAINABLE TOURISM AND WAYS TO DEVELOP IT

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Abstract: this article details the concept of Sustainable Tourism, its theoretical foundations, basic principles, types of infrastructure and its impact on local communities. Sustainable tourism is inextricably linked with economic, social and environmental factors, as well as analyzed in Uzbekistan on the example of directions for the development of this area, legislative foundations and strategic goals. The importance of transport, hotel, entertainment, information and personnel infrastructure is also shown. The article emphasizes the need for an integrated approach to the implementation of sustainable tourism.

Keywords: sustainable tourism, infrastructure, economic growth, social equality, environmental protection, Uzbekistan, tourism, Tourism legislation, cultural heritage, principles of tourism, local communities.

The Introduction. Currently, against the background of globalization processes and economic changes, the tourism industry is rapidly developing. Tourism is not only a source of economic income, but also has a direct impact on the social, cultural and environmental development of the country. In this regard, the issue of sustainable tourism development is



considered as one of the pressing problems of today. In particular, maintaining environmental balance, taking into account the interests of local residents and preserving cultural heritage are becoming one of the priorities of Tourism Policy.

Sustainable tourism is a concept that encompasses the entire tourism experience, with a focus on economic, social and environmental issues, improving the tourist experience and taking into account the needs of the local population.¹

Sustainable tourism should include environmental protection, social equality, quality of life, cultural diversity and a sustainable economy that provides jobs and well-being for all.²

This definition clearly expresses the main essence of sustainable tourism, making it possible to understand it not only as an area based on economic interests, but as a large-scale socio-economic and environmental system. The article will talk about the economic foundations of sustainable tourism and ways to develop it.

Theoretical foundations of the concept of sustainable tourism. The idea of sustainable tourism is intended not only to organize tourist activities, but also to maintain a balance between society, the economy and the environmental environment through it. This approach is based on the consideration of Tourism not only as a source of income, but also as a harmony between human life, nature and culture. For this reason, the concept of sustainable tourism has its own theoretical basis, the foundations of which are reflected in international documents, scientific research and political strategies.

The concept of sustainable tourism is characterized by its peculiarities. The idea of sustainability was officially defined in the 1987 report “our common future” of the world Commission on Environment and development under the UN. It commented that sustainable development is “a development that meets the needs of the present generation

¹ Sustainable development | UNWTO. – URL: <https://www.unwto.org/sustainable-development>

² Zeng, L. Economic Development and Mountain Tourism Research from 2010 to 2020: Bibliometric Analysis and Science Mapping Approach. Sustainability 2022, 14, 562. <https://doi.org/10.3390/su14010562>



without harming the possibility of future generations”. This principle forms the theoretical basis of sustainable tourism.³

From this definition, the current tourist activity in sustainable tourism should be aimed not only at earning, but also at preserving natural and cultural resources for future generations. Also, through this approach, long-term strategic approaches in tourism are developed and the participation of all segments of society in their implementation is ensured.

Regulation of sustainable tourism and practical approaches. The presence of legislative framework plays an important role in the development of sustainable tourism. In order for the tourism sector to operate consistently and efficiently, it is necessary to regulate it legally. An important step in this regard was taken in Uzbekistan, on July 18, 2019, the law “on tourism” was passed. This document defines the basic principles of tourism activities, subjects and their relationship.

Sustainable tourism is the creation of a tourist-friendly environment, efficient use of service facilities and optimal setting of recreational loading. The sector was regulated by the Tourism Act of July 18, 2019.⁴

The introduction of sustainable tourism in practice requires a targeted approach even in times of global crises, particularly pandemics or economic instability. In particular, the following strategic areas are of priority:

- Target marketing accordingly by calculating the destination load;
- Identify sources of growth and establish measures to make them work;
- It is necessary to increase competitiveness based on strategic planning.

³ Sodikov Z.R. Barqaror turizmning vujudga kelishi va asosiy mohiyati // New Journal. – URL: <https://newjournal.org/01/article/view/15656>

⁴ Amonboyev M., Xalilov S. Barqaror turizm rivojlanishi: o‘quv qo‘llanma. – Toshkent: Innovatsion rivojlanish nashriyot-matbaa uyi, 2021. – 96 b. – ISBN 978-9943-7661-7-4. – URL: https://renessans-edu.uz/files/books/2023-11-15-04-10-00_cf808831729f9fabda14cebbc39f63ae.pdfv



These measures ensure the long-term development of sustainable tourism and serve to make the industry more resilient in the face of global problems. Thus, the balance between environmental, economic and social sustainability is maintained in the tourism sector.

Environmental and social significance of sustainable tourism. Sustainable tourism takes the field as an important tool that serves to maintain harmony between the environment and society. Through this approach, tourism activities are considered not only as a source of income, but also as a factor that maintains ecological balance, ensuring social stability. Caution in the use of resources, harmony of tourist activities with the interests of local residents, measures aimed at preserving cultural heritage are important aspects of sustainable tourism.

Sustainable tourism ensures the management of resources in accordance with economic, social and aesthetic needs. It helps to maintain cultural integrity, support important environmental processes and biodiversity, as well as ensure the sustainability of vital systems. Sustainable tourism products, on the other hand, work harmoniously with the local environment, society and culture and bring long-term benefits.⁵

This type of Tourism also aims to maintain environmental sustainability while relying on local resources, achieving economic development by attracting Indigenous people, and preserving natural and cultural resources for future generations. Therefore, sustainable tourism is a strategic direction that serves the prosperous life of not only the current generation, but also the future generation.

Strategic approach to the development of sustainable tourism in Uzbekistan. Public Policy and strategic planning are important in the development of sustainable tourism. The tourism sector plays an important role not only in ensuring economic, but also environmental and social stability. Therefore, the reforms and adopted programs

⁵ Murodova Y., Mirboboyeva P. Barqaror turizm va ekoturizm tasnifi tahlili // Herald Kokand Uni. – www.kokanduni.uz. – URL: https://herald.kokanduni.uz/index.php/public_html/article/download/438/227/670



implemented in the field of tourism in Uzbekistan are based on the principles of sustainability.

“The Uzbekistan-2030” strategy aims to improve environmental conditions based on sustainable economic growth, expand the green space project, bring the number of foreign tourists to 15 million, domestic tourists to 25 million, and pilgrimage tourism to 3 million.⁶

Through these strategic goals, the tourism sector in Uzbekistan is developing not only as a source of economic income, but also as a system that provides environmental and social stability. Through the green space project, the environmental environment in the country is improving, creating favorable conditions for tourists. This, in turn, sets the stage for the sustainable development of Tourism. Strategic approaches also cover improving the quality of tourism services, improving infrastructure and preserving cultural heritage.

The role of infrastructure development in sustainable tourism. The presence of modern and comprehensive infrastructure is very important for the successful organization of sustainable tourism. Tourism infrastructure not only meets the needs of tourists, but also has a significant impact on the local economy. The following types of infrastructure are seen as key factors in the formation of sustainable tourism:

.	Transport infrastructure	Being a major part of tourism, the efficient transportation system provides tourist comfort. The development of “Uzbekistan Airways” and “Uzbekistan Railways” will increase the potential of domestic and foreign tourism. The development of airports, railway stations, bus and passenger transport networks serves sustainable tourism.
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⁶ Isadjanov A.A. Barqaror turizm rivojlanishining zamonaviy tendensiyalari va ustuvorliklari // CyberLeninka. – DOI: 10.5281/zenodo.12738164. – URL: <https://cyberleninka.ru/article/n/barqaror-turizm-rivojlanishining-zamonaviy-tendensiyalari-va-ustuvorliklari>



.	Hotel Infrastructure	The presence of hotels, hostels and hostels of different levels increases the flow of tourists. The construction of new hotels and the introduction of international networks will serve to fully satisfy the need for tourists. This increases the quality of Service and competition.
.	Entertainment and cultural infrastructure:	Rich cultural heritage and modern entertainment masks in historical cities such as Bukhara, Samarkand, Khiva increase the tourist attraction of Uzbekistan. Theaters, museums, festivals, shopping centers and parks enrich the tourist experience. ⁷
.	Information and communication infrastructure	Modern technologies play a large role in sustainable tourism, especially the internet, mobile applications, electronic maps, online booking systems and digital services. This not only provides a tourist facility, but also allows you to get complete and quick information about tourist facilities.
.	Environmental infrastructure	Sustainable tourism should not harm the environment. Therefore, waste recycling systems, ecological transport, green energy sources, Natural Area Conservation Infrastructure (eco-parks, biosphere areas, etc.) are significant. Ecological infrastructure also serves to shape ecological culture in the minds of tourists.

In general, infrastructure development is one of the backbone of sustainable tourism. It defines the long-term perspective of tourism by providing a balance for tourist accessibility, benefits for the community, and the environment.

The impact of sustainable tourism on the development of local communities.

Sustainable tourism not only brings economic or environmental benefits, but also occupies

⁷ Ismoilova F.K. O'zbekistonda turizm infratuzilmasi va uning tasnifi // Central Asian Journal of Multidisciplinary Research and Management Studies. – DOI: 10.5281/zenodo.13756302. – URL: <https://cyberleninka.ru/article/n/o-zbekistonda-turizm-infratuzilmasi-va-uning-tasnifi>



an important place in the socio-economic development of local communities. Through tourism, the local population acquires a source of income, the level of employment increases, and cultural values begin to be valued. This situation creates positive changes in society.

Sustainable tourism promotes local development in the following ways:

- **Creates employment:** in the regions where tourist routes are developed, new jobs are created in such areas as hotels, restaurants, guides, transport, Crafts.
- **The demand for local products increases:** for tourists, items, food and services prepared by local craftsmen are purchased, which develops small businesses.
- **It helps to preserve cultural heritage:** through tourism, historical monuments, traditions and traditions are appreciated, funds are allocated for their preservation.
- **Increases the potential of the local population:** by training in tourism-related professions, the qualification of the population increases, a culture of language learning and service is developed.

In this way, sustainable tourism engages local communities in the process as an active participant. This, in turn, also provides stability for tourism itself, since the support and participation of local residents is a decisive factor in the long-term success of Tourism.

Conclusion. Sustainable tourism today is of great importance both globally and locally. It not only serves economic development, but also ensures social justice, environmental balance and preservation of cultural heritage. As noted in the article, important steps are being taken in the development of sustainable tourism in Uzbekistan: modern infrastructures are being built, legislation is being improved, environmental projects are being established. Therefore, it is necessary that every participant in the tourism industry – government agencies, the private sector, local residents and tourists – adhere to the principles of sustainable development. Only then will it be possible to achieve long-term benefits and well-being through sustainable tourism



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