

TOURISM AND OUTDOOR PHYSICAL ACTIVITIES IN THE LIFESTYLE OF THE YOUNG GENERATION IN SLOVAKIA

II. PART

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Abstract: Organized activities performed outdoor, in the natural conditions, belonged among the popular ones and regularly practiced leisure activities in the past (Hrčka – Kvapilík, 1977; Zajac – Žišký, 1987 and Hrčka – Drdácka, 1992). Their main asset is the significant social, health, cognitive and professional and technical character. Currently, their proclaimed all-society importance has even increased, but on the other hand in the leisure time activities of our youth generation they lose their foremost position. Our effort is to contribute to the deepening of knowledge not only about tourism itself, but also about physical activities performed outdoor, help in their organizing and attract the attention of the youth in order to increase their performance.

Key words: Tourism. Outdoor physical activity. Slovakia. Legislative regulations. Marketing.

LEGISLATIVE REGULATION OF TOURISM AND PHYSICAL ACTIVITIES IN THE NATURE

Carrying out physical activities in the nature is regulated by the Act No. 543/2002 Coll. According to this act, there are 5 grades of protection of the country. Localities, in which are situated biotopes of European as well as national importance can be declared as Protected areas:

- protected landscape,
- national park,
- protected area,
- natural reserve,
- natural monument,
- protected landscape element,
- protected birds territory.

Significant natural territories (www.lifeenv.gov.sk):

• National parks cover 317,821 ha, which is 12 % of the total area of Slovakia (Tab. 8)

Logo	Name	Area (ha)	Area of the protected area (ha)
	Tatra National Park	73 731	36 954
	National Park Pieniny	3 750	22 444
	National Park Low Tatras	72 842	110 162
	National Park Poloniny	29 805	10 973
	National Park Slovak Paradise	19 763	13 011
	National Park Muránska Plain	20 318	21 696
	National Park Low Fatra	22 630	23 262
	National Park Slovak Carst	34 611	11 742
	National Park High Fatra	40 371	26 133

Tab. 8 National parks in the Slovak Republic

• Protected landscape territories cover 525,547 ha (10,5 % of the area of SR (Tab. 9).

Logo	Name	Area (ha)
	Protected landscape territory (CHKO) Záhorie	27 522
	CHKO East Carpathians	25 307
	CHKO Low Carpathians	64 610
	CHKO Vihorlat	17 485
	CHKO White Carpathians	43 519
	CHKO Dunajské luhy	12 284
	CHKO Latorica River Valley	15 620
	CHKO Cerova Hills	16 771
	CHKO Polana	20 560
	CHKO Slávnica Hills	77 630
	CHKO Nitra River Valley	37 665
	CHKO Kysuce	65 462
	CHKO Upper Orava	70 333
	CHKO Strážovské Hills	30 979

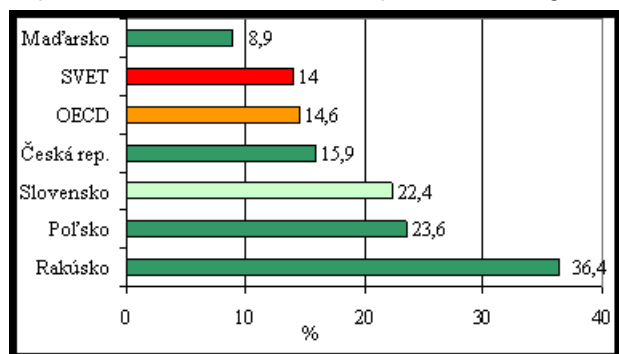
Tab. 9 Protected landscape territories in the Slovak Republic

•Other protected areas in the Slovak Republic (Tab. 10):

Protected areas	181	5 202	2 419	0,16
Natural reserves	381	12 400	233	0,26
Private natural reserves	2	51,7	0	0,00
National natural reserves	219	83 712	2 810	1,76
Natural monuments	230	1 546	207,7	0,04
National natural monuments	60	58,9	42,5	0,00
Total – 1073	108,684 ha	102,970	5712	2.22

Tab. 10 Protected areas in Slovakia (www.sop.sk)

Total acreage of specially protected natural areas (2nd to 5th degree of protection) in the SR is 1,135,190.5251 ha, which represents 23.15 % of the whole territory of Slovakia. Comparison with other countries is presented in Fig 1.



Explanations: Maďarsko=Hungary; SVET=world; Česká rep.=Czech Republic; Slovensko=Slovakia; Poľsko=Poland; Rakúsko=Austria.

Fig. 1 Acreage of protected territories – international comparison (2003) (www.lifeenv.gov.sk)

Every visitor and organizer of a sport event, who carries out activity in the territory of the National park should get acquainted with the rules of visitor to the NP and consult, in case of need, the issues with the Administration of the particular NP (Tab. 11).



Tab. 11 Examples of icons of the Administration of the National park

INSTITUTIONAL MANAGEMENT OF ACTIVITIES IN THE NATURE

Currently, in Slovakia are a lot of organizations the subject of which is to organize, regenerate and relax, educate and train using activities in the nature. Their operation is given by their focus, statutes and size. Regarding the territory of their

operation they have local, regional, or national character. The most important organizations in Slovakia focusing on sport and tourism activities are listed in Tab. 12.

Slovak Tourists Club (KST) is one of the largest civil organizations dealing with the area of sport, tourism and leisure. It is active in various kinds of tourism, camping and nature protection. It is a member of:

- European Federation of Hiking (EWW),
 - International Federation of Folk Sport (IVV),
 - Slovak Federation of Nature Friends (NFI),
 - By means of the Federation of Camping and Caravaning SR (FCC SR) it is also a member of the International Federation of Camping and Caravaning (FICC).
- The organization originated in 1990 and followed the activity of tourism organizations founded in the previous periods. It unites over 20,000 members, in 550 local branches and clubs. KST consists of the following sections: hiking, skiing, cycling, water tourism, mountaineering section.

	Slovak Tourist Club (KST) (www.kst.sk)
	Slovak Mountaineering Society - JAMES (www.james.sk)
	National Association of Mountain Guides (www.nahver.sk)
	Slovak Mountain Tourists Society (SVTS) (www.svts.sk)
	Slovak Skimountaineering Association (www.skimountaineering.sk)
	SOKOLIN SLOVAKIA (www.istend.sk)
	Slovak Cycling Club
	Union of water sports and rafting (www.rafting.sk)

Tab. 12 Most important organizations and societies operating in the natural environment in Slovakia (www.minedu.sk)

Other organizations dealing with tourism and sports in the nature:

- Slovak Alpine Club: (www.alpenverein.sk).
- Slovak Speleology and Mountaineering Society (www.sshrt.host.sk).
- Slovak Union of Rural Tourism and Agrotourism: (www.agroturist.sk).
- Slovak Society of Guides Tourist Guides: (www.touristguides.sk).

Possibilities of spending leisure time in Slovakia in the form of tourism activities in the nature can be searched on the web (such as: www.skonline.sk, www.turistikaonline.sk, www.sacr.sk, www.discoverslovakia.sk, www.hory.sk, www.hiking.sk, www.kanoistika.sk, www.mototuristika.sk, www.gemer.sk, etc.).

Slovak society, however, mainly the intelligence, knows very well the meaning of active recreation for healthy development of not only children, but also adolescents, adults, seniors so that also seniors were able to live their lives actively up to their old ages, to stay self-sufficient, self-sustaining, and were able to take care of themselves.

People are of sufficient sources of information on healthy lifestyle, on physical activities for health, on nutrition and causes of „modern“ diseases, on fitness, but on the other hand, so far the majority of them are not willing to actively go in for recreation sports and remain on the position of proclamation of their importance for health. Many citizens understand under the term „recreation“ the so-called „passive rest“, mostly travelling by modern means of transport (car, bus, coach, plane, boat, ship, etc.) and the stay by the sea spent by passive leisure – sunbathing by sea, bathing, sitting in cafés and restaurants, or visiting some sights using slow walking. People thus prefer passive leisure spending to active way of strengths regeneration. In spite of this fact, we have recorded an increasing trend in the number of citizens, who devote their leisure time after work, or at weekends, or during holidays, to active rest: there prevail activities such as cycling, swimming in lakes or sea, hiking, water sports, regular attendance in fitness centres: strengthening, bodystyling, aerobic, zumba, Pilates, spinning, jogging (running for health), alpine skiing and cross-country skiing, inline skating, sport games: soccer, beach and indoor volleyball, squash, badminton, tennis, floorball, and others. More and more people, who start to feel certain health problems attend exercises for health. A great boom in Slovakia has been recorded in zumba and also latin-american dances (salsa, ...), but there is also a revival of social dances, mainly in seniors. Preferences of Slovak adolescents will be described in a separate article.

Research results of observation of school age young people (Page, et al., 2007; Soos, et al., 2012; Šimonek, a kol., 2009) have shown that preferences depend also on the sex of individual people:

Boys at elementary schools: soccer, hockeyball, floorball, jogging, bodybuilding, cycling, in-line skating, snowboarding and surprisingly also boxing.

Boys at secondary schools: soccer, hockeyball, floorball, ice-hockey, bodybuilding, jogging, swimming, cycling tourism, snowboarding, boxing, kick-box.

Girls at elementary schools: zumba, aerobic, „modern“ dances (breakdance, reggae, etc.), swimming, badminton, in-line skating, end-ball, volleyball.

Girls at secondary schools: zumba, aerobic, in-line skating, swimming, volleyball, jogging, latin-american and „modern“ dances.

University students: Among individual sports: skating, cycling, swimming and badminton; among team sports: traditional university sports: basketball, volleyball and soccer; among martial arts: karate, aikido, kick-box; among rhythmical and dancing activities: latin-american and „modern“ dances; among sports in the nature: in-line skating, horse riding, cycling, cross-country skiing, but also the so-called adrenaline sports“ such as bungee-jumping and mountaineering (artificial wall climbing). It is not surprising that university students prefer individual sports and non-organized physical activities in the nature, including adrenaline ones.

CONCLUSION

The contribution was elaborated based on a wide analysis of the issues and complemented with new information and methodical materials, which are necessary for organizing and applying the contents of tourism and forms of physical activities in the nature. Our objective was to introduce a wide scope of active spending of leisure by people in Slovakia, in the form of various kinds of tourism and physical activities in the nature. The contribution deals with the analysis of the problem of physical activities and stays in the nature with the focus on tourism and its kinds, as the most accessible and popular forms of activities mainly in the youth.

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