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Tourism for all: challenge for persons with disability

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TOURISM FOR ALL: CHALLENGE FOR PERSONS WITH DISABILITY

INTRODUCTION

The idea “future of tourism – tourism in future” became strong inspiration due to author’s background: tourism for all, accessible nature and countryside for all including persons with disability. Those trends are visible both in Czech Republic and in Poland. The research findings are presented by Polish authors. E.g. Kaganek (2009) analyses assessment of 334 persons with disability from various aspects. Important cohesive survey of foreign and Polish publications with only relation “tourism–disability” creates very important introductory part (Kaganek, 2009, pp. 17–80). Oleśniewicz (2012) is oriented on school tourism in general with mini-information about disability. Very proper historical survey is described by Oleśniewicz and Widawski (2013, pp. 12–25). In the Czech Republic projects oriented on “accessible mountains, museums, sight-seeings” are in strong attention (Bernard & Fabre, 2003; Hodaň & Dohnal, 2005; Korhelíková & Kudláček, 2012; Zdařilová, 2011). Publication presenting evidence based research are missing except some articles in *Journal of outdoor activities* (editor: university of J.E. Purkyne in Usti nad Labem).

The issue “tourism” is historically old however – just technologies are totally different which means both advantage (accessibility, information, services) and disadvantage (environment pollution, indolent and lazy people). As the combination of the topics “tourism–disability” is too broad we decided to describe it in two studies:

- (current) oriented on explanation of principles;
- (next) real evidence based examples and arguments in context of Czech Republic.

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ASPECTS OF TOURISM: IMPACT FOR PERSONS WITH DISABILITY

Impact of PAS on prevention, benefit and well-being of general population is investigated in many projects including research studies oriented on persons with disability. The topic “impact of tourism” is on the edge of attention except English speaking countries (Kaganek, 2010). Those studies are mostly oriented on persons with physical, mobility problems, partially on persons with visual and/or hearing problems. Population with mental disability is not attractive for research teams. Aspects of impact on the “tourism–disability” crossing are as follow:

- **biological:** tourism is associated with physical movement and motor skills like walking, cycling, climbing, skiing, etc. and with different vehicles and instruments manipulation. Movement and motor activities, particularly in nature and countryside, influence on somatic and physiological parameters of individuals;
- **historical:** as we mentioned very proper historical survey (Oleśniewicz & Widawski, 2013) we would like to stress only the renaissance philosophers and educators: e.g. F. Rabelaise (1483–1533), T. Campanella (1568–1939), J.A. Comenius (1632–1704), J.J. Rousseau (1712–1778) they proclaimed stay in nature as the mean of positive influence on personality. Since that time there is the slogan “the nature – the best gym”. Stay in countryside has been recommended for individuals of all ages and limits. Pilgrimage and travelling were respected activities for trade and business as so as for knowledge and keeping know-how. A lot of mountain chains (Tatras, Beskydy, Jeseniky mountains) has been discovered in cooperation of Czech and Polish mountaineers and tourists;
- **psycho-social:** outdoor activities, mountaineering, travelling, tourism are realized in social contact predominantly: social contacts in transport, services, group or couples participation. Participation is realized in social contact predominantly: social contacts in transport, services, group or couples participation. Participation only alone in nature can be considered as special psycho-social contact, too. Cognitive knowledge of different domains, emotional experience, positive self-awareness (“I mastered it”) as so as coping with stress (weather, physical loading), the leadership skills (dominance) and opposite skills to be lead (submission) – all of those phenomena are considered as the crucial conditions of personal development since childhood (Demetrović et al., 1988, 262).

The basic principles of travelling and tourism are similar in different historical periods (knowledge, business, trade, religion or economy migration). Due to new technologies of mobility (information, transport means, outdoor wear, instruments and nutrition, infra-structure services) recent tourism is expanded to all corners of over

the world even in different type or purpose (Oleśniewicz, 2012, 21–27). Tourism for all means – for persons with different age, abilities, interests, limits including people with disability. There is relevant question: even if the outdoor activities, hiking or tourism is common activity for us – are those activities common for people with disability? Is tourism accessible really for all?

LEGISLATION REGARDING THE INVOLVEMENT OF PEOPLE WITH DISABILITIES IN PHYSICAL ACTIVITIES

Charter of Human Rights of UNO (1948) can be considered as the first official modern document where rights, freedom and obligation of “different people” had been defined regarding political, social and economic domains. Next important UNO initiative was the Decade of People with Disability (1981–1991), in former Czechoslovakia respected as only The Year of Invalid Persons (1981). Beside inclusion in basic life domains (*health care, social care, advising – consulting, education, job/employment*) access to **leisure time sphere** had been formulated. National constitutions and legislation followed has to respect basic rights in education, too (e.g.: Education for All Handicapped Children Act, USA, 1975; School Law with paragraph of inclusive education, CR, 1993, 2004; etc.). Policy of non-discrimination and accessibility has been one of the important aspects of our countries (Czech Republic and Poland, 2003) into European Union Member States. Attention to physical activities and sports (PAS) of persons with disability was stressed in European Charter of Sports for All: handicapped people (CDDS, 1987). Outdoor activities and tourism have been specifically described in part: “there is necessary to adjust all adaptations or modifications of outdoor activities for accessibility of individuals with disability” (Charter of Human Rights of UNO, 1948, p. 49). Recommendation are oriented on path-ways for walking and wheelchair users, cycling, camping, water tourism, but even for gardening, fishing/angling, skiing, etc. Recent policy is policy of inclusion and mutual acceptance (both able-bodied persons and persons with disability) and policy of “independent living” (empowerment). Independent living means

life status we are alive and we have all social, political, economy and cultural possibilities equal as possibilities of able-bodies (Potměšil, 2007, 51).

The markers of achievement “independent living,” it means coping him/her-selves, are as follows (Válková, 2012b; according to Sherrill, 1998):

- he/she is able to make decision;
- he/she is able to regulate and check-on him/herself;
- he/she has imagine of future and perspective;
- he/she is able to perceive his/her own responsibility and responsibility for others and their environment;

- he/she perceives satisfaction of taking pains and coping difficulties.

Individual intrinsic conditions (disability limits and abilities, intrinsic motivation) are met with external conditions (mutual social acceptance, information technologies, technique parameters of accessibility). In conclusion – independent living approach is linked with personal wellbeing. And outdoor activities can support wellbeing.

Independent living (empowerment) approach is oriented on principle the persons with disability are citizens like other persons: it means they have the same rights to participate in all types and levels of *physical (exercise) activities* (see later). Specifically, the right to participate in exercise and sport is proclaimed in the United Nations Convention on the Rights of People with Disabilities, Article 30 (UNO, 2007, Appendix 1). The Convention emphasizes wide context of activities as important for healthy life-style and wellbeing of persons with disability including recreation through culture, different movement and PAS.

WHAT DO WE MEAN BY EXERCISE AND SPORT?

Physical activity is used as an umbrella term to describe all movement activities that are linked with physical loading, using energy through movement. It can be: cooking, walking with dog, ground digging, car repairing, shopping, etc. **Physical (exercise) activities** are a sub-part – linked only with exercising: basic activities like walking-running, crawling, throwing, walking for purpose to walk or hiking, swimming, cycling, stretching, dancing, games playing.

Tourism is specific part of **physical (exercise) activities** which can be divided in 3 basic domains although, these domains are not mutually exclusive and can be mixed:

1. Sport (means top competitive sport) – individual selection: characteristics – predominant purpose is:
 - to achieve absolute maximal performance;
 - regular systematic and highly organized training (*sports clubs*);
 - then spectators participation, emotionality;
 - performance, results recording. *Aspect of tourism*: different types of orienteering, O-Trail, dua/tria-thlons, iron-man, cross-cycling, cross-skiing, etc.
2. Physical education – compulsory: characteristics – predominant purpose is:
 - education from different aspects (safety in countryside, environmental education, using means of transport, geography/ biology/zoology knowledge), etc.;
 - skills, hygiene, health habits, social-team behavior, etc.;

- regularly organized related to curricula (schools, centers, army-police education, accredited agencies);
- comparison (evaluation) related to defined standards in curricula.

Aspect of tourism: physical education can be realized related to governmental, local curricula in special, parallel or inclusive education system. **Tourism** is included regarding the age and type of education. In Czech Republic the topics in context of tourism are involved in school curricula traditionally.

3. Recreation activities – individual selection: characteristics – predominant purpose is:

- individual (relative) achievements;
- relax, fun, socialization, physical and psychical well-being, improvement;
- no performance recording, no competition – or on relative level, plays competition;
- possible mixing with arts, crafts, music – etc. activities;
- organized or not organized:
 - fully organized: by “centers,” municipalities, civic organizations, YMCA – Sokol – Scout organizations, leisure time clubs, etc. Organization offers program, regular schedule, facilities-venues, leaders (usually certificate specialists), regular participation of interested persons;
 - partially organized: (like before) – any organization or civic organizations – foundations, parents groups, etc. – can provide the programs for all, usually short time like one day, weekend. Occasional activity – not regular, for all. Everybody can come and participate on his/her own risk. Examples – run activities (Terry Fox Run, Run for Health...), Children Day, Multicultural day, Celebration Days related to some anniversary, family-teams tournaments, etc.;
 - non-organized: self-decision to exercise, to do something in his/her own time. Usually just families – school mates – friendly or working groups decide and do whatever: (holiday, week-ends as so as working days in leisure time).

Even the recreational level is organized mostly with parents and civic organizations, humanitarian foundations *tourism in CZ* is historically strong and popular part of national-cultural part of “physical culture”. The area of recreation activities, specially the “technocratic” part, is presented in politic proclamations and in a lot of commercial schemes (including services for people with disability). In spite of this fact – in reality – there is lack of regular groups, clubs with trained leaders. This is the reason why this area is developed with a great volunteers’ enthusiasms, low pro-

fessional level and the lack of financial and material support.

Related to UNO declaration as so as national legislation all types and forms of **physical (exercise) activities** mentioned above is possible to realize in environments:

- segregate: special – groups, clubs, schools only with special population and specific modified program. Tourism – a trip of the wheelchair group, deaf group with sign language interpreter;
- parallel: game of two or more children groups [able-bodied – disabled] on the same playground or gym, but separate adapted program; or: sport competition is organized for general sportsmen, use the similar arrangement, but extra awarding process for parallel categories. *Tourism – a trip* by one transport, e.g. bus, program for able-bodies, parts of mobility program adapted for wheelchair users, parts of cognitive program adapted for persons with intellectual disability; the camp in one location, some of activities together, some of activities separate;
- inclusive: the game with all children/ individuals together in one team. *Tourism – tandem* cycling trip for visually impaired participants together with other cyclists; inclusive rafting, hiking, car tourism.

The most common form is parallel as there is the chance to adapt physical loading, transport requests, individual interests even all persons can spend day, weekend or longer activity together with friends, partners, family members.

TOURISM AS THE CHALLENGE FOR PERSONS WITH DISABILITY: PRINCIPLES OF ACCESSIBILITY

Tourism and accessibility of persons with disability should be accepted as the recent and future trends which includes x) humanitarian aspect: tourism for all; xi) commercial and economy aspect: employment all persons in services, empowerment for employment of persons with disability; xii) psycho-social aspect: prevention, relaxation, personal/team challenge, knowledge and skills, social contacts. Accessibility of tourism and participation in this are based on understanding of three issues:

- understanding the background of the levels: competitive top sport activities – physical education – recreation (see explanation above);
- understanding the spectrum of tourism: the types of tourism can be distinguished according a) the length of time; b) the year season; c) the mean of mobility or transport; d) the goals, purpose and motivation; e) the type of location and grounds (Demetrovič, 1988, p. 262; Neumann, 2010, 19–27; Oleśniewicz, 2012, 21–27; Sekot, 2006);
- understanding the phenomenon “the different”, resp. “disability”: even we understand the basic categorical differences among individuals with physi-

cal, visual, hearing and mental disability, there is necessary to respect non-categorical approach: every individual in each category is unique in age, experience, diagnoses (abilities and limits), interests and motivation. Besides common categories above there is wide spectrum of other problems: cardiovascular, breathing and allergy, diabetes, obesity, nutrition demands, etc.

As a framework of wide spectrum of external conditions (a) and b)) and individual internal factors (c) determine accessibility of tourism for active participation of persons with disability there is not easy to develop conditions of accessibility. Principles of adaptation can help us to manipulate with items and prepare cohesive system of accessibility (Table 1).

Table 1. Principles of adaptation items used in Adapted Physical Activity

Item/domain		MD	HD	VD	PD	PD	PD
					W	AM	CP
Communication style		X	X	X			
Teaching, motor learning methods		0	0	0	0	0	0
Content of activities				X	X	X	0
Sports rules				X	X		0
Condition	access			X	X	0	0
	venue/room			0	0	0	0
	adapted tools			X	X	X	0

Legend: MD – mental disability; HD – hearing disability; VD – visual disability; PD – physical disability; W – wheelchair users; AM – amputees; CP – cerebral palsy; X – priority of adaptation; 0 – adaptation should be considered as well but not crucial.

Source: study of author.

Even all items can be modified according the sphere of understanding (a) and (b) some of them are crucial in relation of individual internal factors (c). It can be way for future tourism development. From “tourism development” aspect we need to underline environmental approach mentioned above: internal and as so as external determinants. Internal adaptations are only in the hands of individuals, external are in hands of governmental policy, local representatives, civic organizations (mostly with European grants and sponsors) and enthusiastic volunteers. Then adaptations concern to:

- *individual with the “phenomenon the other”*: he/she has to accept individual limits, be active in searching for information and chances, to provide compensative tools – wear, to cultivate interest and present interest including social contacts, to respect appropriate safety behavior regarding to selected activity;
- *environment*: field reconstruction, ways reconstruction, sight-seeing accessibility relevant and realistic to information system;

- *communication and transfer of information and knowledge*: written and electronic materials, traffic and tourists marks, public transport accessible for disabled, parking, accessible path-ways and sight-seeing, services of board and accommodation, including supportive communication for persons with perception problems, mutual positive attitudes;
- *compensative and adaptive tools and instruments*: types of wheelchairs, hand-bikes, tandems, mono-skies, accessibility for assisted dogs, tolerance to individual assisted tools (prostheses, hearing aids, visual compensative aids).

In spite of the predominant attention is paid to external factors of accessibility real participation depends on intrinsic motivation, too, even if background of individual's intrinsic motivation is influenced with historically determined and developed environment. Every human being is influenced, formed and socialized with environment he/she has been living since early childhood up to terminal life period. The equal principle is naturally functioning during life-span of all persons including persons with disability, of course. Individual is determined with biological pre-positions (e.g. somatotype, physiology capacity, quality of perception, cognitive level, etc.). In summary individual capacity is cohesive composition of abilities and limits developed first of all in microsystem (the basic family unit). Even the family context (either biological or foster family) is crucial for participation in leisure physical activities, sports and tourism due to generation transmission, family interests and attitudes, broader environment systems influence the family micro-unit. Related to circular model of environment (Bronfenbrenner, 2001, in Bugatko, Daehler, 2001, p. 8) participation in physical activities are connected with legislation, governmental and municipality policy, economy status and transport system, sport facility, counselling, education policy and a lot of other components (see Figure 1). Even the family (and individual) is responsible there is necessary to develop and/or improve the components in all circles in environmental system (Válková, 2010).

According external factors of accessibility individuals can select appropriate activities in wide spectrum of chances: from tourism for all, for fun to education, knowledge, skills, or to competitive outdoor activities and personal challenges. Real examples of the projects oriented on accessibility of countryside and mountains, travel agencies, travelling and camping volunteers inclusive groups as well wheelchair iron-man competitions, top mountains climbing or extreme crosses are prepared for next publishing (Czech environment). It would be good to compare experience from both countries: Czech Republic and Poland.

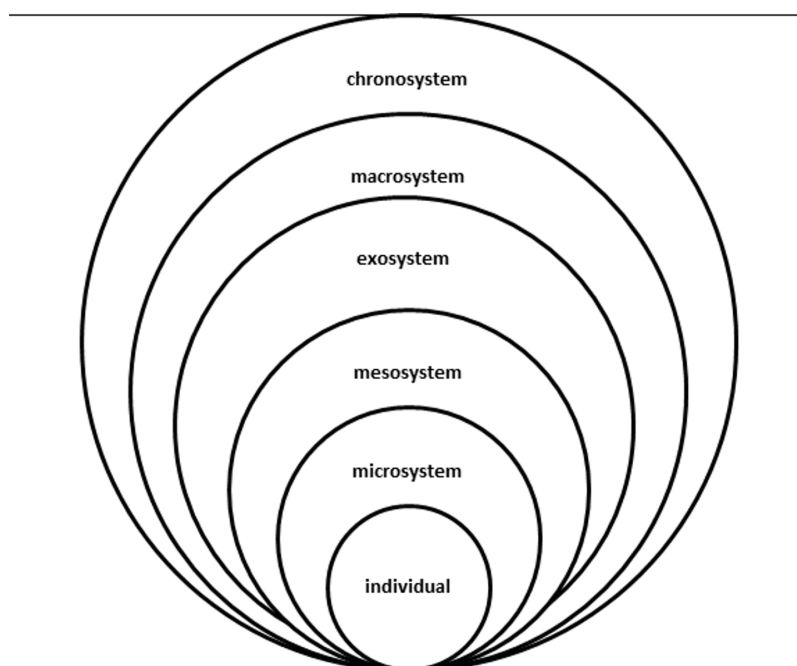


Figure 1. Circular model of environment influence

Source: Válková, 2010 according to: Bugatko & Daehler, 2001, p. 8.

CONCLUSION

Recent and future trends of tourism development seems to be – accessibility for all including persons with phenomenon “the other.” Rights for participation in active leisure time are confirmed in European and National Legislation as physical activities, sports and tourism are considered as important part of life-span and wellbeing of every individual. Tourism concludes biological, historical and psycho-social aspects. The main intention of participation is “independent living” approach. Tourism can be realized – according accessibility and individual’s selection – in 3 basic domains: top competitive level, school/education level and recreation level, formally in segregated, parallel or inclusive setting. Adaptations of communication, attitudes, methods, content of programs and technique conditions are important and those adaptations need to respect the limits and abilities of participants. Real adaptation of external determinants (field environment; communication and transfer of information, knowledge and attitudes; compensative and adaptive tools and instruments) are strongly important and can influence on internal (personal) determinants. But – personal determinants, like acceptance of abilities and limits, motivation and effort to master it are crucial. Internal adaptations are only in the hands of individuals,

external ones has to be improved by governmental inclusive policy, local representatives, civic organizations (mostly with European grants and sponsors) and enthusiastic volunteers.

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TOURISM FOR ALL: CHALLENGE FOR PERSONS WITH DISABILITY

Keywords: tourism for all, persons with disabilities, legislation, adaptation, personal determinants

Abstract: The trends of tourism for all, including persons with disabilities, are visible both in the Czech Republic and in Poland, being reflected in the literature. However, publications presenting evidence-based research are still missing. In the paper, the authors refer to the issue, focusing on the explanation of principles, planning to deepen the focus in the forthcoming research. The United Nations Charter of Human Rights, issued in 1948, is mentioned as the first official modern document in which rights, freedom and obligations of 'different people' were defined with regard to political, social, and economic domains. The next important initiative was the Decade of People with Disabilities (1981–1991). The issue of physical activity and sport of persons with disabilities was stressed in the European Charter of Sports for All: Handicapped People (1987). All types and forms of physical activities are possible to be realized in the separate, parallel, and inclusive environments. Tourism and its accessibility for persons with disabilities should be accepted as the recent and future trend. Adaptation of communication, attitudes, methods, content of programs and technique conditions is important and has to respect the limits and abilities of the participants, but personal determinants are crucial.

TURYSTYKA DLA WSZYSTKICH WYZWANIEM DLA OSÓB NIEPEŁNOSPRAWNYCH

Słowa kluczowe: turystyka dla wszystkich, osoba niepełnosprawna, prawo, adaptacja, warunki osobowościowe

Abstract: Trendy w zakresie turystyki dla wszystkich, tj. dotyczącej również osób niepełnosprawnych, są dostrzegalne zarówno w Republice Czeskiej, jak i w Polsce. Można je znaleźć w literaturze przedmiotu, lecz nadal brakuje stosownych badań empirycznych. Autorka analizuje zasady turystyki dla wszystkich na podstawie Powszechnej Deklaracji Praw Człowieka ONZ z 1948 roku. Równie ważne w tym zakresie było ustanowienie Dekady Ludzi Niepełnosprawnych (1981–1991). Problem aktywności fizycznej osób niepełnosprawnych został podkreślony także w Europejskiej Karcie Sportu dla Wszystkich z 1987, w dziale „Ludzie upośledzeni”. Autorka zakłada iż wszystkie formy aktywności są możliwe do zrealizowania w przypadku osób niepełnosprawnych, stąd dostępność turystyki dla osób niepełnosprawnych jest współczesną, jak i przyszłą tendencją. W tym zakresie ważne są: postawy, metody, programy i warunki, lecz najważniejsze są osobiste czynniki warunkujące aktywność tej grupy ludzi.