



E O C
EUROASIAN
ONLINE
CONFERENCES

SPAIN CONFERENCE

**INTERNATIONAL CONFERENCE ON
SUPPORT OF MODERN SCIENCE AND
INNOVATION**



Google Scholar

zenodo

OpenAIRE

digital object
identifier

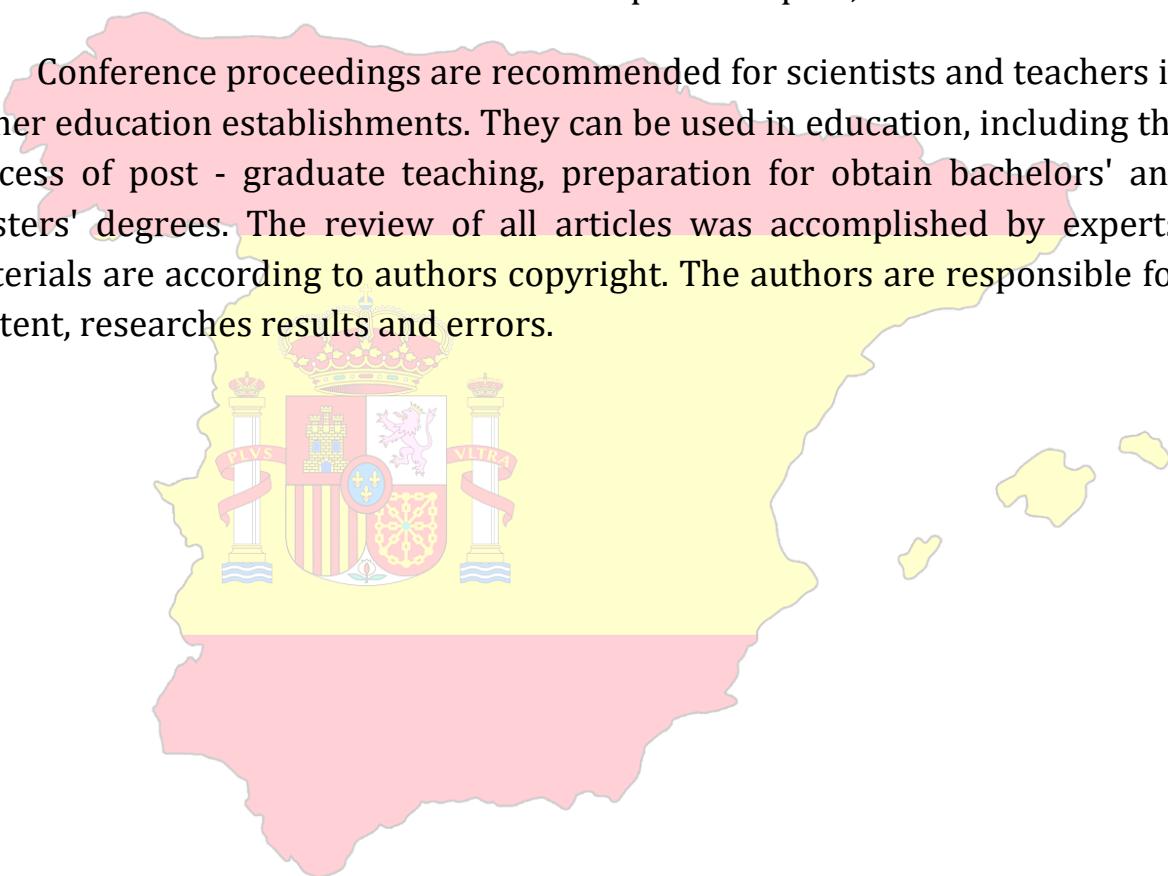


INTERNATIONAL CONFERENCE ON SUPPORT OF MODERN SCIENCE AND INNOVATION: a collection scientific works of the International scientific conference – Madrid, Spain, 2025, Issue 4.

Languages of publication: Uzbek, English, Russian, German, Italian, Spanish,

The collection consists of scientific research of scientists, graduate students and students who took part in the International Scientific online conference **«INTERNATIONAL CONFERENCE ON SUPPORT OF MODERN SCIENCE AND INNOVATION»**. Which took place in Spain, 2025.

Conference proceedings are recommended for scientists and teachers in higher education establishments. They can be used in education, including the process of post - graduate teaching, preparation for obtain bachelors' and masters' degrees. The review of all articles was accomplished by experts, materials are according to authors copyright. The authors are responsible for content, researches results and errors.





TRAVELING

Ismoilova Inobatkhan Azizbek kizi

Student of Andijan branch of Kokand university

Kuchkarova Gavkhar Abdullayevna

Teacher of Andijan branch of Kokand university, PhD

ORCID: 0009-0008-8421-0780

Abstract

This article explores the multifaceted nature of traveling as one of the oldest and most meaningful human activities. It highlights the various purposes of travel—ranging from leisure and cultural exploration to personal development and education. The text discusses different means of transportation, including air travel, railways, ships, cars, and hiking, emphasizing their unique advantages for travelers. The article also examines the personal and psychological benefits of travel, such as stress reduction, increased creativity, communication skills, and broader worldviews. Additionally, it outlines key aspects of travel preparation, including health, safety, documentation, and medication requirements. Traveling is presented not only as a physical movement but also as a transformative experience that promotes open-mindedness, appreciation of cultural diversity, and self-discovery. Overall, the article concludes that travel enriches individuals by expanding their knowledge, strengthening interpersonal relationships, and helping them better understand both the world and themselves.

Keywords: traveling, people, seccess, see, more, improve

The world is a book, and those who do not travel read only one page.”

— Saint Augustine

“Traveling – it leaves you speechless, then turns you into a storyteller.”

— Ibn Battuta

“The journey of a thousand miles begins with a single step.”

— Lao Tzu

“Travel is fatal to prejudice, bigotry, and narrow-mindedness.”

— Mark Twain

Travel is the movement of people between distant geographical locations. Almost all people are fond of travelling. It is very interesting to see new places, another towns and countries. People may travel either for pleasure or on business.

There are various means of travelling. Firstly there is nothing like travel by air; it is more comfortable, more convenient and, of course, far quicker than any other means. There is none of the dust and dirt of a railway or car journey, none of the trouble of changing from train to steamer and then to another train. With a train you have speed, comfort and pleasure combined. From the comfortable seat of a railway carriage you have a splendid view of the whole countryside. If you are hungry, you can have a meal in the dining-



car; and if a journey is a long one you can have a wonderful bed in a sleeper. Travelling by ship is also very popular now. It is very pleasant to feel the deck of the ship under the feet, to see the rise and fall of the waves, to feel the fresh sea wind blowing in the face and hear the cry of the seagulls. Many people like to travel by car. It is interesting too, because you can see many sights in a short time, you can stop when and where you like, you do not have to buy tickets or carry your suitcases. A very popular means of travelling is hiking. It is travelling on foot. Walking tours are very interesting. Hitch-hiking is a very popular method of travelling among young people. But it is not as popular in our country as abroad. Travel can also include relatively short stays between successive movements, as in the case of tourism

Traveling is one of the oldest and most enjoyable human activities. People travel for many reasons — to explore new cultures, to relax, to meet new people, or to gain new experiences. It can be domestic (within one's own country) or international (to other countries). It helps people understand the world better and become more open-minded. By traveling, we can see how people live in different parts of the world, try new food, learn new languages, and visit famous landmarks.

Moreover, traveling improves personal skills such as communication, adaptability, and problem-solving. It can also boost creativity and self-confidence. Modern technology and transportation — such as airplanes, trains, and the internet — have made traveling easier and faster than ever before. However, traveling also has challenges. It can be expensive and sometimes tiring. Despite this, most people agree that the experiences and memories gained from traveling are worth every effort. Key information includes planning for your health, understanding travel risks, and the benefits of travel, such as stress reduction, broadened horizons, and personal growth. Planning and preparation for tours are different. The most important factors are include health, medication, documents and safety. Health: See a doctor for a check-up and get recommended vaccinations, especially 8 weeks before your trip. Medication: Carry enough medication for your entire trip, along with a doctor's letter and copies of your prescription. Check if your medication is legal in your destination. Documents: Keep important health documents, like insurance certificates, with you. Safety: Be mindful of road, food, and water safety, as well as protection from extreme weather.

Benefits of travel are personal growth, stress reduction, broader perspective and real-life education. Personal growth: Travel can boost confidence, enhance creativity, and help you understand yourself better. Stress reduction: It can reduce stress and increase happiness. Broader perspective: It exposes you to new cultures, ideas, and perspectives, making you more open-minded. Real-life education: Travel provides a form of hands-on education outside of the classroom.



When we talk about traveling has always been one of the most fascinating experiences in human life. It is not only a way to relax and escape from daily routines, but also a great opportunity to discover the world and learn about its diversity. When people travel, they explore new countries, meet people from different backgrounds, and gain knowledge that cannot be found in books. Every journey gives us a chance to see how beautiful and unique our planet is. Traveling also broadens our minds and helps us understand the value of other cultures and traditions. Nowadays, traveling has become easier and more comfortable thanks to modern transport and technology, which allow people to visit even the most distant places. For students and young people, traveling is especially important because it develops curiosity, independence, and communication skills. Each trip, no matter how short or long, teaches us something new and helps us grow as individuals. In this way, traveling becomes not just a physical movement from one place to another, but a meaningful journey of learning and self-discovery.

Traveling also helps people build strong relationships and connections with others. When we travel with family or friends, we share memories that bring us closer together. When we travel alone, we often meet new people and form friendships that can last a lifetime. In many cases, travelers find kindness and hospitality from strangers in foreign lands, which reminds us that despite our differences, humanity shares the same values of respect and compassion. Another significant aspect of traveling is how it changes our perception of life. Seeing people live with different traditions, customs, and levels of comfort makes us appreciate what we have and teaches us gratitude. It also encourages us to think critically about global issues such as the environment, poverty, and cultural preservation. By witnessing the beauty and challenges of the world firsthand, travelers often become more responsible and conscious citizens.

Furthermore, traveling can inspire career choices and life goals. For example, some people decide to study languages, international relations, or environmental science after being inspired by their trips. Others discover their passion for photography, writing, or volunteering while exploring new destinations. In this way, travel can shape not only our experiences but also our future. Lastly, traveling reminds us that learning never ends. Every destination, no matter how near or far, has something to teach us — whether it is patience while waiting at airports, flexibility when plans change, or empathy when communicating with people from other cultures. The more we travel, the more we understand that the world is full of lessons waiting to be discovered. Therefore, traveling is not just a physical journey, but a continuous process of learning, personal growth, and appreciation of life itself.

In conclusion, when people go to other places, they improve their knowledge, experience and worldview. The most importantly a person



realizes how valuable their homeland and family are. Even if it involves domestic travel.

References

1. Augustine, S. (n.d.). *The world is a book, and those who do not travel read only one page* [Quote].
2. Battuta, I. (n.d.). *Traveling – it leaves you speechless, then turns you into a storyteller* [Quote].
3. Lao Tzu. (n.d.). *The journey of a thousand miles begins with a single step* [Quote].
4. Twain, M. (1869). *The Innocents Abroad*. American Publishing Company.
5. World Tourism Organization (UNWTO). (2023). *Travel and Tourism Overview*. UNWTO Publications.
6. Smith, V., & Robinson, M. (2006). *Cultural Tourism in a Changing World: Politics, Participation and (Re)presentation*. Channel View Publications.
7. Hall, C. M., & Page, S. J. (2014). *The Geography of Tourism and Recreation*. Routledge.
8. Reisinger, Y. (2009). *International Tourism: Cultures and Behavior*. Butterworth-Heinemann.

