

Tip 8: Leave it and come back tomorrow

You need to rest, but your brain continues thinking about the problem. You go to sleep, and your brain still thinks about it. Sometimes, it finds where the problem is, and you even don't realize it. And when you go back to work, suddenly you find the solution.

### 3. Following Rapid Changes in Technology

Since we're working inside the tech and development sector, everything changes rapidly.

So what you can do is:

Sign up for a couple of newsletters from blogs that follow what's new in tech

Follow social-media accounts and trends over on Twitter, Facebook, and other platforms

Listen to podcasts (which is really time-saving)

Remember, we can't know everything. We can't follow every new thing, so just invest your time in what's really needed/important based on your work and project.

### Conclusion

So these are the three common difficulties of programming. Every profession has upsides and downsides, and none of them are easy. Personal interest plays a huge role in success in our careers. There are a lot of things to learn for everybody who only begin his/her career and the professional way. Remember- endeavors and attempts will prevail all failures.

### References:

1. <https://betterprogramming.pub/how-to-deal-with-the-difficulties-of-programming-4258887922f9>

## **STATE, PROBLEMS AND PROSPECTS FOR THE DEVELOPMENT OF SPORTS AND HEALTH TOURISM IN UKRAINE**

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Sports and health tourism is a type of active recreational and tourist activity carried out in an untouched or slightly altered environment, the essence of which is the passage of tourist routes with overcoming various obstacles of the natural environment by various means of transportation using special techniques and equipment. Sports and health tourism is a specific territorial system in which three main agents interact – tourists-sportsmen, the resource base of sports tourism and the system of sports tourism institutions.

In the geospatial dimension, sports and health tourism is becoming an increasingly significant segment of the global tourism industry, confidently occupying the third place after various types of recreation and entertainment, as well as educational tourism. By some estimates, it accounts for more than 10% of the world tourism market, and the growth rate of tourist travel with active vehicles exceeds the average growth rate of tourism in general. People of different ages with different marital and social status are involved in this direction of tourism.

Sports tourism is located at the intersection of the tourism industry and the national system of physical culture and sports. It performs sports, health, recreational, cognitive, educational, economic and other functions. The healthy and active lifestyle of Ukrainians is becoming more and more entrenched. This is evidenced, for example, by the rapid growth in the number of fitness centers in all major cities. That is why it can be assumed that soon even more Ukrainians with their families will think about the opportunity to spend a week or two in a combined hike, where you can combine hiking and water tourism, mountain biking and speleology elements. In addition, you should pay attention to the fact that when foreign guests, arriving at resorts, stay in expensive hotels, however, they are looking for opportunities to spend their free time actively, interestingly and with health benefits.

The main feature of sports and health tourism is that it develops in the natural environment and the investment is not too great. That is why tourism has great sports and fitness development prospects during the economic crisis. It carries out a variety of sports, wellness, recreational, cognitive, educational, economic and other functions, but due to a number of factors, the level of their implementation today does not correspond to the potential opportunities of the tourist and sports movement in Ukraine. Today, despite the potentially large opportunities, social and economic significance, sport tourism in Ukraine is underdeveloped. The difficulties that sports and health tourism faces in its development are primarily associated with the economic problems of the development of society, as well as with the almost complete absence of state and public support.

Thus, numerous accumulated problems complicate the functioning and development of the domestic tourism industry, and on the other hand, they make it possible to single out the most priority ones for improving the mechanisms of state regulation, which will reduce the negative impact of the existing problems in this area.

Analysis of the state of sports and health tourism in Ukraine shows that in order to stabilize the situation and further its development, an urgent need is to consolidate the efforts of the country's tourist community in creating a powerful public organization as the vanguard of the tourist and sports movement. It is necessary to create such an organization that would have a strong, organized, ramified structure in the regions that could receive funding for its activities both from sponsors - commercial structures, on the one hand, and from the state,

through budgetary financing of mass sports tourism events through the Department of Physical Culture and Sports of various levels, and through other bodies of state authorities, including the management of tourism. The state should allocate funds for its development. The Federation of Sports Tourism of Ukraine should be guided by the principles of consensus and use the contractual system in joint development work of sports and recreation tourism.

#### **References:**

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2. Gaba M. I. Factor injected into the development and activity of the sphere of green tourism in the Carpathians. Intellect XXI, 2014. No 5. – P. 87–94.
3. Kolotukha O. V. Geosystem paradigm of sports tourism. Naukovi Notes of the Volodymyr Hnatyuk Ternopil National Pedagogical University. (Series "Geography"), 2013. No 2. – P. 123–132.
4. Melnichenko O. A., Shvedun V. O. Features of the development of the tourism industry in Ukraine: monograph. Kharkiv, 2014. – 155 s.

## **OBJECTIVES AND MISSIONS OF MANAGEMENT**

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The goal changes when we receive new information, when we look at the world and evaluate the situation- we change, our worldview.

The company's target is the main management tool! Goal setting is very important in the modern world. To get the result will be difficult without goal production. Moreover, it slows down the effectiveness of the end result. Determining the future state of the company and developing ways of organizing the transition to the future. Nowadays, management is essential to the progress and prosperity of a business enterprise. The scientists to have been studying the topic are as follows: Peter Ferdinand Drucker, Henri Fayol, Adam Smith. But the issue is still being considered. The goal of the current research is to analyze and generalize the points of view to further study.

Thus, targets have to be specific and preferable measurable, achievable, consistent and time-based.[1]

Efficient operation of the enterprise is the main management objective. It is also necessary to take care of the business profit, when performing management functions. Another important goal is to draw up a long – term plan. No one leadership should be content with today's work, it is important to take care of the future of the enterprise and improve the work of production on a daily basis. All the results will depend on exactly you do today and what the