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The Leading Importance of Architectural Conservation Areas for the Establishment of a Modern System of Interactive Recreation in Historical Cities

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Abstract---The relevance of the study is conditioned by the fact that an architectural conservation area, as a rule, is part of the central territory of the city, which is subject to a special regime of protection of historical and cultural heritage and the status of the land of historical and cultural designation. Nowadays, in the structure of historical cities, there are a number of architectural conservation areas of both national and local significance, for which a special role is played by the unity and complexity of measures to preserve the historical planning structure and architectural substance. Preserving and increasing the historical and cultural values of the nature reserves environment is crucial for creating attractive interactive recreation areas. At the same time, it is of particular importance to determine the trends of interactive recreation in the conservation areas in the entire historical process to further develop the recreational opportunities of public urban spaces. The purpose of the study is to determine the attractions and recreational capacity, richness and diversity of elements of architectural and urban heritage in the territories of the conservation areas, which together constitute the potential for optimal development of the interactive recreation system.

Keywords---architectural conservation area, historical and cultural heritage, historical cities, interactive recreation, monument, revalorisation, urbanism.

Introduction

A retrospective analysis of historical trends in the use of public urban spaces is necessary for a reasoned forecast of the interactive recreation system in the historical environment of cities. Since ancient times, there has been a certain versatility of these spaces in the central areas of historical cities, which consisted in providing commercial and representative functions, city meetings near leading structures in the interiors of streets and squares. Trade in the squares and streets of historical cities has long turned them into places for intensive human communication. This function was also enhanced by the location of the main cathedral squares with accent religious buildings, public spaces near which became components of city-wide centres, especially during seasonal fairs and folk festivals. The establishment of a system of interactive recreation in the central parts of historical cities is integral to the practice of revalorisation, which means giving urban education more importance in the process of rethinking its cultural and historical value in modern conditions, considering the changing requirements of society ([Wolfensohn, 2000](#)).

Revalorisation is closely related to urban syncretism, which means the return to life of existing fragments of the urban structure, which over time have lost their urban planning purpose, functional saturation and practically disappeared from the structural palette of the historical core of the city. After all, cities are key centres of spatial change, becoming epicentres of expanding cultural innovations, modern technologies and strategies for modernising urban historical and architectural protected areas. The characteristic features of previous eras are revealed in the process of interaction between the city and historical heritage, which, according to their specific aura and colour, are perceived mainly through well-established stereotypes and associative images. Urban syncretism is a cultural phenomenon that does not lose its relevance in urban spaces ([Graham et al., 2016](#)). It deals with various aspects of transformation in the structure of architectural conservation areas, defining ways to further form a modern interactive recreation system ([Alsharif, 2020](#); [Nyandra et al., 2018](#)).

The specifics of the experience of planning programmes for the development of urban education confirm the importance and value of historical and cultural objects. Restoration of destroyed elements of historical and cultural substance is an important act of the modern system of interactive recreation in the historical environment of the city. Special attention should be paid to the organisation of new housing construction in historically formed urban structures to improve the comfort of urban population. Optimal implementation of this process becomes an important factor in the architectural and aesthetic attractiveness of the city centre for both residents and tourists ([Ashworth, 2013](#); [Towner, 1996](#)). The increased functional fragmentation of the city structure and its historically formed centre increases the need to adapt historical monuments to new functions. However, in the search for financial profitability, investment and satisfaction of new needs of users, the cost of a historical and cultural work, which is the basis of spiritual heritage, is often ignored ([Faria et al., 2008](#); [Cristofari et al., 2015](#)).

In the process of investment modifications, the cultural value of an object is often dramatically transformed and even destroyed for temporary gain ([Mullins, 2018](#)).

As a result, not only priceless objects are lost, but also the possibility of passing them on to future generations, because the destruction of authenticity means the destruction of communication with the past. Therefore, careful and minimal interference with the historical substance should be the basis for adapting the architectural heritage to modern economic and security functions, and is one of the main reasons for the structural development of the city (Munt, 1998). The purpose of the study is to determine the attractions and recreational capacity, richness and diversity of elements of architectural and urban heritage in the territories of the conservation areas, which together constitute the potential for optimal development of the interactive recreation system (Jansen-Verbeke, 1998; Balsa-Barreiro & Fritsch, 2018).

Materials and Methods

The methodological basis of the study consists of a conceptual approach, current regulatory documents, planning and programme materials of state authorities, and research monographs. The conceptual approach helped in the analysis of historical and architectural complexes in Ukraine and programme adaptation. This complex of processes consists of several different objects for which new functions were selected based on the developed methodology. An important criterion for its choice was the wide variety of existing forms of its individual objects. It included a large diversification of the provision of units to adapt to specific types of buildings. Legal and functional requirements were defined for about a dozen functions, most often located in the centres of historical cities, which were the results of the location of the analysed complexes. An approximate specification of legal requirements is quite time-consuming and does not present much difficulty. Checking the actual features of objects can be difficult, without the ability to make a detailed analysis with fewer questions. This method helps to determine the boundaries of land plots for historical and cultural purposes, clarify the legal regime for their use and protection, and regulate the use of land plots for historical and architectural purposes (Fong et al., 2003; Ferretti et al., 2014).

Regulatory documents on historical and cultural monuments, architectural conservation areas, open-air museums and cultural heritage protection play a significant role in the creation and operation of architectural conservation areas. In 1995, the Verkhovna Rada of Ukraine adopted the law "On Museums and Museum Affairs", which defined the legal basis for the activities of conservation areas designed to preserve the national cultural heritage as a defining element of the cultural identity of the people. The meaning of the concepts of cultural heritage and its protection, cultural objects, monuments, zones of their protection, historically populated place, historical area, conventional nature of the environment, conservation, rehabilitation, restoration and museumification are defined in the laws of Ukraine "On the Protection of Cultural Heritage" (2000) and on amendments to the law of Ukraine "On the Protection of Cultural Heritage". The Ukrainian Research Institute of Monument Protection Research has contributed to the use of scientific, methodological and organisational methods of determining for practical activities in the field of cultural heritage protection to ensure the rational use and implementation of the protection of historical and cultural lands assigned to the central executive authority in the field of cultural

heritage protection, which is the Ministry of Culture of Ukraine (Ismagilova et al., 2015; Miller et al., 2008).

The city, as a historically formed urban phenomenon, began to be explored in the middle of the 19th century. The monograph "Historical and cultural reserves. Territorial organisation plan" Vechersky (2014), revealed the topic of organising the territories of state historical and cultural reserves. It considered the issues of functional use of historically formed architectural and urban planning substance in the process of reconstruction of the central parts of cities to optimally preserve historical heritage based on the dominance of cultural potential, artistic and aesthetic advantages, and at the same time optimal inclusion in the functional system of a citywide centre. The problems of preserving the system of historically formed urban spaces and the cultural landscape of the city as carriers of its identity, cultural memory, and the key to the sustainable development of historical cities are considered (Wirakusumah et al., 2021; Griffen et al., 2021).

Results and Discussion

Intensive and global changes taking place in the modern world have a significant impact on the protection of historical and architectural heritage, the subject of protection, its forms and method of implementation are changing. The concept of cultural heritage faces a growing need for transformation and modernisation. As a result, classical conservation principles involve preserving the historical form, but their elements are becoming increasingly difficult to implement. Increasing difficulties in complying with conventional conservation rules should not lead to voluntarism in the protection of monuments. Support tools should be up-to-date and case-specific. The need to complement classical conservation theory is widely recognised in the international community. Until recently, the technology of addition was based on technological progress, and the cultural and economic level of society allowed bearing significant costs for the protection of monuments, as a result, outdated artefacts were replaced with new ones, which led to the destruction of a significant part of the cultural heritage forever. Nowadays, there is still time and an urgent need to save other cultural and historical sites with special values. Concern for the value of cultural and social heritage is an important component of collective memory and the preservation of its identity (Long & Nuckolls, 1992).

The issue of reliability of historical research and conservation is based on international documents. They show that this feature is a leading cultural and architectural value, and all measures taken should serve to preserve it. Understanding the property attributed to inheritance depends on how reliable and truthful the sources of information can be considered. Carriers of authenticity in general are: form and design; materials and works; functioning and use; location and environment; language and other non-material forms; nature and appearance of the object; other internal and external factors. An example of neglect of this concept is the utilisation of historical buildings for services that do not correspond to the postulates of values, except for making a profit, which actually deprives the monument of cultural significance. The carrier of authenticity is not only its material essence, but also stratification, which illustrates the transformation of an object over time and connects its fragments of being with

changes in the environment, historical events, technological progress and the development of civilization. Especially important is the message about the purpose of its creation and existence to better illustrate the functionality or reconstruct the image, which guarantees the integrity of the monument and allows fully restoring the history of the past. The integrity of authentic contrasts with its transformed form, structure, or multimedia and virtual reconstructions (Dasih et al., 2019; Al-Sofi et al., 2020).

Strategic goals in the field of historical and architectural culture for the coming years include: promoting cultural diversity and intercultural dialogue; promoting culture as a catalyst for creativity, innovation and competitiveness; promoting culture as an important element of international relations. Tourism development should consider the principles of sustainable and good environmental practices. An example of a biased attitude is industrial architecture, which ignores the essence of historical buildings, so revalorisation of immovable monuments should be carried out in accordance with the principles of sustainable development and the canons of sustainable construction (Hobson & Goldwyn, 2019). The stereotype of perception of attractiveness alone leads to a gradual decrease in the cultural values of the entire complex, negatively affecting the establishment of the latest interactive recreation system. From the standpoint of architecture, cultural value is determined by artistic, scientific, or historical values for heritage, due to the complete rejection of the value category in favour of the category of antiquity and uniqueness. This process extends not only to large complexes, but also to modest objects that will eventually acquire cultural significance. The final administrative effect of recognising the special nature of a building is to add it to the register of monuments, which creates the need to subordinate all related activities to the conservation and protection procedure.

Historical and cultural heritage needs specialised diagnostics, support and protection, so that there is no economic decline and loss of individual characteristics of the object. Diagnostics should be an important point in the process of protecting monuments. In the modern legal system, the real form of protecting the heritage of cities is, first of all, the preparation of local spatial development plans. Their provisions become the basis for investment activities and the starting point for the implementation of architectural programmes. The plan should contain specific instructions for the protection of cultural heritage, listing all objects that are under legal preservation, considering all the consequences of actions. In addition, the protection of cultural heritage is possible through detailed provisions on guidelines for shaping the development of individual areas of local architectural and construction attractions. The procedure for such preparation contributes to the predominance of economic interest over the needs of preserving and protecting cultural heritage; in this context, the concept of preparing spatial analysis should be considered as an important tool for preparing a plan for the development of urban education and an argument in the discussion between local authorities and possible investors.

A modern interactive recreation system in historical cities requires optimal recognition of the priority of cultural heritage, which plays an important role in the urban landscape, while maintaining an original way of developing the topography of transport and pedestrian connections and landscaping to take

them in a complex to enhance the artistic and aesthetic values of the environment. The recreational structure plays a significant role for the spatial organisation of the city as a carrier of the identity of cultural components that unite the urban society, emphasising its common value roots, determining the way space is perceived and defined. A person brought up among specific historical examples forms a creative unit and the corresponding space. Therefore, at the stage of spatial planning, it is necessary to take care of the development of urban spaces in such a way as to provide organic connections between architectural and historical heritage and its modern users. The presence of integration elements in the urban system determines whether a person belongs to the factors that contribute to the adoption of changes and the assimilation of a certain historical and social structure (Chorley, 2019; Downs & Meyer, 2018).

Destructive processes and any reconstructions of historical and architectural buildings show that discussion of the principles of environmental procedures has become particularly necessary today. The criteria that determine the severity and extent of permissible interference with historical substances should be based on a generally comprehensible system for assessing cultural content. There are growing discrepancies between theory and practice, which are manifested in the fundamental conditions of the form of construction. Such deviations took place from the very beginning of the establishment of principles recognised at a certain time, but the current situation requires to be particularly reflexive. The source of contradictions in complex processes is a change in the concept of the monument, which turns from a single building into a complete environment with a possible landscape. The resource of cultural heritage is gradually growing, diversifying its features and values. Applying universal principles of protection, systemic changes expand the capabilities of local self-government bodies and contribute to local voluntarism in transforming architectural achievements and exacerbating negative phenomena. The effect of quantitative and structural transformations of architectural resources and related quality distributions is a tendency to selectively protect and formulate rules of trust between the features of mutual expectations and the principles of interference in their structure (Pearce, 2019).

Architectural conservation areas are material evidence of history, in a broad sense, they convey knowledge about the time of creation, about the culture of that time, achievements in art, science and economics. It is a memory of everyday life that is necessary for the development of personality and aesthetic sensitivity. This definition implies that a monument is historically or culturally related to a period or epoch that has ended. Architectural conservation areas can relate to both specific details, an individual object, and an urban complex that includes many interconnected buildings. An object or complete complex always functions in a certain space, so it is important to outline the interaction of the monument and its surroundings. This influence is not limited only to the architectural and urban levels, it is also a carrier of the identity of the place, which demonstrates operational properties and can have an impact on the socio-economic plane. The historic building is part of an existing spatial structure, which in terms of displaying architectural features requires a dominant location and proper exposure. The need to adapt the exhibition method is analysed by its role in the original historical planning. Therefore, the cultural attraction in the form of a nature reserve acts as an urban concept and shows architectural, spatial, social,

or economic features, and the tourist participates in an educational act, generating mental images about people and past affairs.

The introduction of functional fragments of interactive recreation is an optimal means of restoring and simultaneously preserving the historical authenticity of the whole substance (Allen, 1989). An example of such a syncretic element of the historical urban environment is the development of the ancient city of Lviv in close proximity to the medieval centre, built a century later, according to the code of canons of Magdeburg law. In fact, the main means of proper socialisation and use of local space can be considered the creation of a well-thought-out comfortable interactive recreation in its environment, necessary for the optimal transformation of some transport contacts into pedestrian ones and orientation to the historical and cultural potential of the development itself. Thus, the object becomes an informative and significant component for recreation of residents and tourists at the green foot of the High Castle (Figure 1).



Figure 1. Panorama of the centre of Lviv, Ukraine

As a rule, in the structures of the centres of historical cities, there are zones with special attractions in the cultural aspect of the architectural urban planning essence. For example, urban complexes of ancient Market, Cathedral and Representative squares of the Middle Ages, building ensembles of the 18th-19th centuries, and some fragments that have lost their attractiveness and a significant part of the architectural heritage over time. The return of these elements to the proper sound in the historical and cultural palette of urban centres is largely feasible due to the active introduction of expressive methods of forming interactive recreation into their structure, with a special emphasis on the proper exposition of valuable historical buildings with an emphasis on its architectural and cultural values (Brakus et al., 2009; Cooper & Hall, 2007).

The economic level of functioning of a historic building in its spatial structure is also important. Depending on the value and condition of the object, it can generate less or more tourist traffic, which determines the commercial perception of the spatial planning stage. In this case, two planes can be distinguished that need to be considered: economic phenomena generated by a historical object, and phenomena associated with a neighbouring space. In the first case, historical, and architectural charm becomes the subject of economic processes generated by the very fact of their existence, the scale of which depends on the cost and degree of possible interference in the urban system. In the second case, economic phenomena generated by cultural heritage directly affect the adjacent areas with the existing or absent commercial infrastructure, which creates the building of the image of the place for marketing purposes. In other words, the memo

promotes the city, and the city advertises it, co-existing in the financial relationship between the state of preservation of the object and the service provided. Historical and cultural heritage as an urban concept is interconnected with various actions and relationships that occur both inside the object or complex, and in close proximity. Therefore, it is important to popularise the improvement of the spatial quality of adjacent territories by means of a detailed analysis of diverse aspects at the stage of diagnosing needs, opportunities and existing problems.

In architectural reserves, the following are distinguished: buildings with a preserved form, historical and spatial structure, partially preserved with certain losses of elements and fragments of the spatial structure, preserved in the form of historical ruins (Porter, 1998). Modernisation of all these structures and their adaptation to modern needs are necessary. New features allow the further use of buildings and areas near nature reserves, protect them, and update historical content. In historical and cultural ensembles, it is particularly difficult to set acceptable limits for intervention, so appropriate adaptation and modernisation are a prerequisite for an effective process. Structural and spatial features of objects limit the possibility of their adaptation to modern municipal standards. This proves that the use of historical heritage requires more flexibility in setting acceptable limits for intervention than in other immovable monuments, which are interdependent on the types and forms of transformation.

The reflection mechanism, which is often referred to in the framework of the cultural heritage of a historical city, should consider the full range of effective activities due to the inviolability of the historical substance and the negative consequences of negligence. In addition, do not rush to deny industry transformations that indirectly contribute to the consolidation of values in the future. New buildings, unfortunately, cannot replace the originals and reveal the entire sequence of historical urban transformations associated with the planned liquidation or reconstruction. The growing demand for such a support tool requires clear and technical forecasting and differentiation of authentic items located in the theoretical and legal zone of monument protection from reconstructed items that should be located outside this territory. The specifics of combining commercial, recreational, and educational functions justify this type of solution. The main reason for this reluctance is the lack of acceptance by public authorities of additions that go beyond the preservation of a modern interactive recreational system. This is determined by the mentioned connections of utilitarian functions with the effectiveness of protection and compliance with all subsequent historical layers of the complex (Sessa, 1988; Hall, 2008).

The revival and modernisation of the historical and architectural construction fabric and the transformation of historical sites today is the main occupation and trend of the recreation system of historical cities. The proposed extensions to historical buildings and complexes are evaluated by the criteria and limits of conservation and restoration of necessary monuments. The size of the resource, the variety of conservation degrees, and the typing of new fortifications lead to the conclusion that it is impossible to protect the entire documented resource using unified rules. Political changes in the country and the gradual socialisation of monuments leads to the need for priority of cost, which becomes a condition for

their effective development and protection. However, this can lead to negative selection and differentiation of modern principles that correspond to different historical values of the resource. Resource criteria should consider the specifics and hierarchy of values for the purpose of comparative analysis against the background of a typologically separate element. In architectural terms, this representativeness refers to specific stages in the evolution of the origin of structures, technical and construction solutions, and the degree of preservation and maintenance of cultural heritage. In each case, individual assessments and a coordinated concept are necessary to create an optimal form of development of the integration structure.

In the structure of the central part of the capital of Ukraine, Kyiv, two historical conservation areas are of leading importance: "Saint Sophia Cathedral" (Figure 2) and the National Kyiv-Pechersk Sanctuary (Figure 3), which are included in the UNESCO list and are compositional and meaningful centres of the upper city. These two conservation areas lead the hierarchy of outstanding monuments of architecture and urban planning in the developed structure of the central part of the city, which was formed over the centuries (Mathieson & Wall, 2018). Thus, these achievements play a dominant role in the entire urban planning policy of possible transformations of the urban spaces of historical Kyiv into an extensive and interconnected system of interactive recreation in the entire developed structure of the central part of the Ukrainian capital. Features of architectural complexes characteristic of these areas have been developed over the centuries, so they can be considered full-fledged urban memorials. This is a vivid example of functional logic, an example of the successful use of open spaces in planning and forming a large-scale urban environment. Large squares, street widths, and residential buildings contrast with the historical nature of the city's development.



Figure 2. National Sanctuary "Sophia of Kyiv", Ukraine



Figure 3. National Kyiv-Pechersk Sanctuary, Ukraine

Historical urban centres are among the most important elements of cultural heritage. These are places that attract many visitors due to their attractiveness, but their territorial growth can pose a threat to the preservation of value. The historical urban landscape includes not only material and immaterial components, but also the natural substrate formed by each generation of citizens. It includes a holistic approach based on the integration of morphological, socio-economic, and cultural factors. Due to the development of the modern recreational structure of the historical city, it is possible to objectively assess the materials and methods of using the mechanisms of architectural conservation areas, provided that the potential is effectively transferred to practice, and ignorance and incompetence are eliminated. Examples of aesthetic degradation of the environment threaten to destroy the value of historical monuments. In the conditions of historical and cultural reserves, deterioration of physical, social and symbolic characteristics, in general, is unacceptable (Pedersen, 2002). The process of urbanisation is used to explain changes in urban forms and functions originating from the historical part of the city, which is particularly important for the development of tourism.

Integral characteristics of the historical and architectural environment relate to changes in all cultural components. A special transformation has been observed in recent decades and concerns attractions located mainly in the city centre, in areas that are subject to dynamic urbanisation, and in areas that are attractive to tourists. Land reserves and historical values run out there, and buildings become an additional advantage in commercial investment. Adapting objects to new features is common today. Some buildings built in the past have irretrievably lost their original functions. A small number of historical objects can be used without any adaptive transformations. The most conservative buildings of religious worship in this regard. The inability of historic buildings to meet functional needs increases with age, so functional requirements are constantly changing, and monuments retain their original, authentic form and essence. Adapting to new features requires more serious modernisation intervention if the architectural property is of greater historical value. The question raised requires determining the ratio of intangible assets to the place of significance for culture, to its material values, and this, in turn, makes it necessary to determine what was the spatial physiology of the place when it acquired a memorable jewel, becoming a

significant factor in the development of a modern system of interactive recreation (Byron & Neuts, 2008; Skoryk, 2018).

Conclusions

Thus, the use of historical and cultural potential is a priority for the establishment of special zones of attractions and interactive recreation in the centres of historical cities to organically continue and improve the time-tested features for the development of interactive recreation in the central parts of cities. An important aspect of the sustainable development of the city is the historical component, since it is the established traditions that become the basis for the further development of the architectural and urban planning substance. Historical buildings and surrounding areas serve as a backdrop for the new one. There is a kind of dialogue between modern architecture and the conventional historical environment. The value context, as an important aspect of urban sustainable development, provides ample opportunities for an optimal combination of culturally established and new architecture. The case study opens up interesting areas of work and reflects cultural values related to the UNESCO heritage category, which shape the current state of the interactive structure.

Cities with outstanding monumental attractive resources are associated with the quality of the urban area, concern for public space, and the beauty of residential and non-residential buildings, which make up the intangible aspects and convey the character of the urban environment. The integrative nature of this concept characterises the sustainability of historical urban landscapes and requires addressing the conditioned consequences of social processes and changes. Differentiation between tourism consumption and leisure models involves the development of adequate formulas for managing historical and architectural complexes in general. The maintenance and development of cultural heritage can only be sustainable if the historical part of the city is protected. At the formal level, there are problems that can be solved from a technical standpoint. The scope of changes caused by the interactive system can turn this space into a territory of tourist monoculture. This process threatens the flexibility of the historical urban landscape and the loss of its multi-functional significance. Tourism is a factor in adapting local culture, customs and traditions to satisfy consumers. In this aspect, a harmonious combination of tourist orientation and comfort of life and activities of permanent residents of cities is of particular importance.

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