

day and attracting more and more young talents so as to improve and upgrade service which is offered. It's actual not only to real estate sphere, but to many commercial directions that want to be on trend, to make a profit and be heavy demanded.

Research results: close relationship between real estate and world trade. Advantages of Commercial real estate management: universal ways of generating incomes, for example, a unique activity which is directed on obtaining maximum profit by the real estate owner with the rational property use of. Disadvantages: there are many restraining factors in the face of the law, people, who don't know enough about this area may face risks and losses and even be deceived.

*1-е место по итогам заседания секции*

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## **BELARUS INFRASTRUCTURE AS A BARRIER TO INCLUSIVE PRODUCT DEVELOPMENT**

Inclusive tourism is a dynamically developing type of tourism, the demand for which is growing every year all over the world, and the Republic of Belarus has not become an exception. In general, the potential demand for inclusive tourism in Belarus is about 26 % of the population, which makes accessible tourism a popular and promising direction.

The infrastructure of the tourist location in the context of the formation of a barrier-free environment is an integral part of the successful development of inclusive tourism. However, the restructuring of Belarus does not allow to fully enjoy the services provided, because it does not meet the requirements and needs of inclusive tourists, starting with transport and ending with the infrastructure of tourist destinations. For example, such important elements of the transport system of Belarus as railway stations are partially or completely not equipped with elements of a barrier-free environment. In particular, the services provided by Minsk-Passazhyrsky station to people with disabilities are mainly focused on people with impaired mobility. Among these services are: meeting and accompaniment; assistance in processing travel documents; provision of a wheelchair; availability of a call button in an accessible location. The station building itself has ramps and handrails; equipped sanitary cabins; marking of steps; electronic displays; pictograms.

Speaking about tourist destinations themselves, for instance, ecological tourism is very popular in the republic, and for people with disabilities it is an essential part of the tourist experience, as it encourages health promotion, direct live communication with nature, enjoyment

of natural attractions, etc. Nonetheless, in 2018, the first inclusive ecological trail “Belokorets” in Belarus was opened in Volozhin district of Minsk region, which includes a fairly wide pavement of crushed granite chips, information stands with Braille, audio guides, thereby allowing people with special needs to walk freely in the Nalibokskaya Pushcha.

In conclusion, it should be mentioned that inclusive members of society constitute a significant part of the population, and there is a demand for accessible tourism in the Republic of Belarus. There are obstacles to the formation of a barrier-free environment in the country, but measures are being taken to remove them. Volunteers, student associations, the inclusive community, the government organize seminars, forums and conferences on inclusive tourism, as well as implement a number of programs aimed at creating an accessible infrastructure of the country. These measures will allow people with disabilities to feel like full members of society and enjoy the consumption of tourist services without any barriers.

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## **SICILIAN BREAKFAST AS AN ALTERNATIVE TO BELARUSSIAN ONE**

Breakfast is the first meal of the day, usually in the period from dawn to noon. Numerous studies show that breakfast is important in maintaining a normal weight and has a positive effect on health. People who had breakfast every day were three times less likely to be obese, compared with those who skipped the morning meal. They were twice as likely to have problems with an increase in blood sugar and cholesterol, which, in turn, increases the risk of diabetes and diseases of the cardiovascular system. Studies show that eating in the morning helps to stabilize blood sugar levels and regulates appetite. By eating in the morning, you can avoid overeating during the day [1].

In the Republic of Belarus in 2020 diseases of the circulatory system were in the first place among the causes of death. Dietary recommendations for the prevention of cardiovascular diseases, published by the World Health Organization, are largely related to the “Mediterranean diet”, which is considered one of the most balanced in the world. The aim of the research was to study the features of the traditional Sicilian breakfast as a means of organizing a rational diet.

Traditional breakfast in Italy starts at 7:00–7:30 and ends around 10:00. A classic Sicilian breakfast includes the following elements: cornet, or brioche, or croissant and a cup of cappuccino or espresso. Brioche