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**12TH INTERNATIONAL  
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RESEARCH CONGRESS  
ON LIFE,  
ENGINEERING, AND  
APPLIED SCIENCES  
PROCEEDINGS BOOK**

ISBN: 978-975-00544-0-2



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REPUBLIC OF NORTHERN CYPRUS, SUDAN.

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*JANUARY 21-23, 2023*  
(ONLINE & FACE TO FACE PARTICIPATION)  
ISBN: 978-975-00544-0-2

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ZOOM & İSTANBUL, TURKIYE**

**CONGRESS PROCEEDINGS  
BOOK**

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**Publishing Date: 30.01.2023**

**ISBN: 978-975-00544-0-2**

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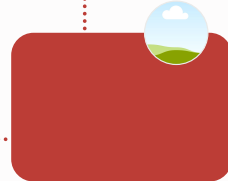
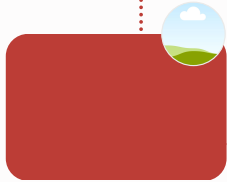
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January 21-23, 2023  
Istanbul, TURKEY

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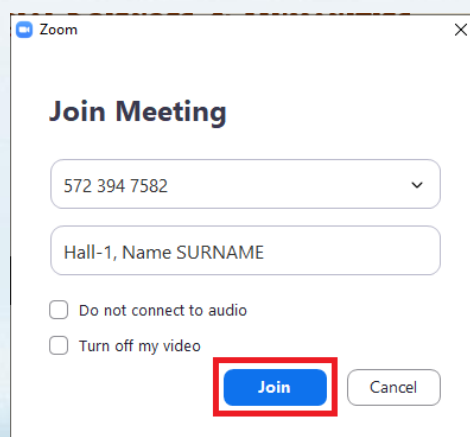
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14 <sup>00</sup> -14 <sup>15</sup>	Ahmet AKDAĞ Canan Kop BOZBAY	<i>Ondokuz Mayıs University, Türkiye Eskişehir Osmangazi University, Türkiye</i>	GROWTH PERFORMANCE AND MEAT QUALITY OF BROILERS FED DIETS CONTAINING SALVIA OFFICINALIS L ESSENTIAL OIL
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14 <sup>45</sup> -15 <sup>00</sup>	Selin YARDIMCI DOĞAN Sezen COSKUN Mehmet BEYHAN	<i>Isparta Suleyman Demirel University, Türkiye</i>	RISK ANALYSIS AND MEASURES FOR RECREATION AREAS
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15 <sup>15</sup> -15 <sup>30</sup>	Bilgin TAŞKIN	<i>Van Yüzüncü Yıl University, Türkiye</i>	EFFECT OF PEG INDUCED DROUGHT STRESS ON SOME ENDOPHYTE BACTERIAL ISOLATES
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15 <sup>45</sup> -16 <sup>00</sup>	Semiha EREN İdil ÖZCAN Doğan DEREN	<i>Bursa Uludağ University, Türkiye RB Karesi Textile Industry Trade. Inc. R&amp;D Center, Türkiye</i>	POLYESTER BASED ELASTIC FIBERS PBT PTT FIBERS
16 <sup>00</sup> -16 <sup>15</sup>	Ömer Fırat TURŞUCULAR Yusuf ULCAY	<i>Uludağ University, Türkiye</i>	EXPERIMENTAL INVESTIGATION OF SURFACE MORPHOLOGIES FOR BIO-CHEMICAL FINISHING OF CHITOSAN IN-VITRO CONDITION OF ARTIFICIAL ACL LIGAMENT AS BIO MATERIAL
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## SUSTAINABLE WASTE MANAGEMENT IN RECREATIONAL AREAS

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### ABSTRACT

Natural areas have a high value in terms of tourism, which is associated with the presence of various natural resources and are highly valued for sustainable development. Recreation activities can be carried out in natural areas, so that people's psychological, physical, social, and cultural lives can be maintained in a healthier way. However, people are constantly interacting with the natural environment and the destruction and pollution of natural recreation areas must be prevented due to unconscious consumption, waste, vandalism (intentionally and willingly, damaging a person, product, or public object). Waste management is not only a behavior aimed at protecting the environment. However, waste management is a global need that can contribute significantly to sustainable development. Waste management in national parks around the world has become a priority for nature conservation. In this study, waste management of recreational areas was examined in six categories for solid waste: (1) Waste prevention, (2) recycling, (3) using recycling bins, (4) residual food, (5) ensuring the shipment of waste to licensed companies, and (6) employee and visitor information. Measures that can be taken as a result; (1) Avoiding the use of disposable cups and plates, (2) composting and recycling of organic wastes, (3) collecting waste in designated recycling bins, (4) donating leftover food to animal shelters, (5) providing necessary information to employees and visitors. In addition, to reduce the amount of waste, solutions such as suggestions to increase environmental awareness and planning solutions suitable for sustainable development should be implemented.

**Keywords:** Recreation areas, nature conservation, waste management, sustainable development.

### INTRODUCTION

The ever-increasing demands for recreational areas are causing widespread ecological environmental damage in many parts of the world. Recreation areas: extensive forests, parks and gardens are essential spaces that can provide numerous benefits for both physical and mental health (Yu Liu vd., 2021). However, if recreational and touristic activities (such as walking, camping, horse riding) are not managed well, they can adversely affect natural and semi-natural resources (Mckercher, 1996; Ngoc ve Schnitzer,

2009). Soil loss/compression, increase in fire frequency, litter and water pollution due to camping, damage to vegetation and spread of soil pathogen are potential adverse activities (Sun ve Walsh, 1998).

Waste generated in recreational areas generally changes seasonally and harms natural resources. These wastes are a mixture of various materials that can have significant environmental impacts, including organic and hazardous materials with similar properties to mixed household waste (European Commission, 2017). When tourists come to visit national parks, they bring with them or generate on-site millions of tons of waste, most of which is recyclable or compostable. In addition, the waste left behind by many special events such as festivals, shows and picnics exceeds the current waste management and recycling capacity of protected areas and parks (EPA, 2010). Despite increasing pressure on protected areas (national parks and recreation areas etc.), often caused by anthropogenic impact on the environment, it is important to sustain sustainable development by ensuring that natural resources remain unharmed (Przydatek, 2019).

In ABD Green Guide for prepared Waste Management and Recycling During Special Events at National Capital Region Parks, disposable plates, cups, etc., as a recommendation for waste prevention it is suggested to avoid its use (EPA, 2010). It may be possible to significantly reduce the waste mass for landfill by composting from household waste and recycling packaging waste (Atik, 2010). Oner et al. (2019) stated that it is important to inform the employees and visitors in the recreation areas and that the waste management in sensitive areas can be achieved at the desired level by ensuring the persistence of the information.

This study has been prepared in order to limit the increasing pressure on the environment by reviewing the issues related to the management of wastes generated in recreational areas, which are seen as a deficiency. The cleaning of protected areas is usually done by personnel employed in this area. Most of the time, forest areas and picnic areas cannot be cleaned sufficiently and remain dirty. In order to increase social awareness and realize a sustainable waste management, the problems and precautions to be taken in this regard should be discussed more on different platforms.

## POSSIBLE WASTES IN RECREATIONAL AREAS

According to where the wastes are generated; industrial, domestic and hazardous wastes are divided into different types. Waste sources in recreation areas can be listed as follows:

- Food waste
- Hazardous wastes (aluminum foil, battery)
- Glass bottles, including plastic bags, plastic plates, cutlery and papers, are left on mountain roads and camps.
- Beverage cups.
- Souvenirs
- Special event brochures
- Lamps containing mercury, glass, metal used for lighting (fluorescent lamp may be classified as hazardous waste)
- Worn out exercise equipment (contains steel, plastic, mercury, lead, gold, etc.)
- Combustible materials (liquid ignition gel, matches, etc.)

## WASTE MANAGEMENT IN RECREATIONAL AREAS

The waste problem causes many important economic, environmental and social problems that need to be solved in recreation and tourism regions. These problems can result in significant damage in practice



as well. Therefore, waste management is an important component of the sustainable development of leisure and tourism regions (Khumarova and Krivenceva, 2022). Solid waste management, on the other hand, includes waste collection, transfer, resource recovery, recycling, treatment, and disposal (Shekdar, 2009). Reprocessing of used materials is the recycling process. In recycling, the material is broken down into its main components and new products are obtained. Recycling is widely used in metal, plastic, glass and electronic waste, where production from pure raw materials is more costly (Erdur, 2019). The 3R rule (waste reduction, reuse, recycling), which forms the basis of the waste management system, is among the great ways to protect our environment (Ulaşlı, 2018). Many sociocultural, economic, environmental, technical and political issues are important in successful waste management. The benefits of recycling in the production processes, especially in material and energy costs, have been effective in the economic development of institutions (Vatan, 2002). Advantageous situations provided both economically, environmentally and socially are the basis of sustainable development. For this reason, recycling of waste materials contributes to the sustainability and corporate sustainable development of industrial processes (Aka, 2022).

Waste generation in recreation areas was evaluated by EPA (Environmental Protection Agency) (1971). The wastes generated in the recreation areas are related to the use of the visitors. With the development of campsites, waste may change. It is stated that the activities of Forest Service Region officials regarding the collection of wastes in recreation areas should be given importance.

The success of environmental protection approaches in coastal recreation areas of Antalya/Turkey was examined by Atik (2010). The main management components of study areas were defined. Results were evaluated in six main categories: (1) Protection of environmental, (2) Infrastructure facilities, (3) Water saving, (4) Energy saving, (5) Management of waste and (6) Protection of the nature with an emphasis on environmental protection. Wastes are generated during various recreational activities on the beach, the most common being swimming and picnic (Atik, 2010).

There is a research conducted on the management of waste from the cultural and entertainment area in the United States (EPA, 2010). Wastes were separated and evaluated as pre-event activities, during and post-event activities. Pre-event activities; waste prevention, recycling plan, contract with recycling company, coordination between vendors and participants, recycling bins, training for personnel, signage, compost production and shipping of leftover food. Activities during the event; It consists of recycling and composting boxes, signs, recycling area, waste disposal, separation and cleaning parts. The post-event activities are; data collection and sharing.

Yildirim (2012) calculated the environmental pressures in intensive use areas such as public and private beaches and the physical carrying capacity of the recreation area by using the LAC model, which is the "Acceptable Limits of Change Model". As a result, continuity of cleanliness should be ensured along the coast, wastewater should be treatment and effective use of the areas should be ensured.

Öner et al. (2019), depending on the tourism activities in the region, the waste management systematic in Bodrum Municipality was examined. The increase in waste in summer months in parks and gardens due to the absence of a landfill facility is a major environmental problem in the touristic area. Bodrum Municipality signed a storage facility establishment contract to bring a solution to the issue and accelerated its construction. Training has been planned for the employees.

## CONCLUSION

Recreation activities improve people's psychological and physical well-being and contribute to their health as well as the social and cultural dimensions of life. There are many approaches to the management of recreation and tourism in parks and protected areas. Various approaches are recognized as essential tools for the conservation and sustainable use of resources to minimize environmental impacts. It is pointed out that in terms of sustainability, attention should be paid to the relationship of

tourism with recreation areas and the environment and that this should be corrected in the future. In waste management in recreation areas, which are examined in six categories for solid wastes; 1) waste prevention, (2) recycling, (3) use of recycling bins, (4) leftover food, (5) ensuring that waste is sent to licensed companies, and (6) employee and visitor information items must be present. Leftover food can also be sent to animal shelters.

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