

5-7 DECEMBER 2023 – AUCKLAND, NEW ZEALAND

ANZALS 30TH ANNIVERSARY CONFERENCE

‘LEISURE FOR LIFE’



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‘LEISURE FOR LIFE’

Proceedings of the Australian and New Zealand Association for Leisure Studies (ANZALS) 30th Anniversary Conference

5-7 December 2023

Proceedings of the Australian and New Zealand Association for Leisure Studies (ANZALS) 30th Anniversary Conference
Leisure for Life.

This publication contains double-blind peer-reviewed abstracts from the 2023 ANZALS Conference held in Auckland, New Zealand, 5-7 December.

Edited by Brielle Gillovic, Richard Wright, Pola Wang, and Heike Schänzel.

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CONFERENCE CO-CHAIRS’ WELCOME

On behalf of the School of Hospitality and Tourism and the School of Sport and Recreation, welcome to the 30th Anniversary ANZALS Conference, hosted for the first time at the Auckland University of Technology (AUT) City Campus in the heart of Tāmaki Makaurau / Auckland. The ANZALS@AUT team are excited by the fascinating array of presentations that fall under the umbrella theme of *“Leisure for Life.”* Tāmaki Makaurau / Auckland is widely known as the ‘City of Sails’ because of the vast number of yachts that sail in the Waitematā Harbour and the adjoining Hauraki Gulf daily, and our successful capture and ongoing defence of the America’s Cup. This is also where you will find me, Heike, most weekends over summer, sailing the waters and racing for the Devonport Yacht Club (DYC). Sailing can be epitomised as both leisure for life and active ageing, and I could not think of a better place for us to conclude our celebrations than down on the water’s edge at my local club. Bring your cameras and your dancing shoes!

My co-chair, Rich, also belonged to a couple of sailing clubs as a child, one of which was situated on a manmade reservoir located over 65 miles/100 kms from the North Sea. Unlike the rest of his family, and much to his parent’s dismay, Rich always preferred staying warm and dry in the club house, where he learned how to play pool, darts, and a range of card games, including rummy, poker, and blackjack. Rich’s first ANZALS Conference was hosted in Dunedin by the University of Otago in 2011, where he won a special prize for his efforts on the rowing machine as part of the Trans-Tasman Challenge. In 2017, in Hobart, Rich was elected to the ANZALS Board, and he has proudly served as the association’s Events Officer for the past six years.

One of our goals from the outset, was to offer a programme that would interest and appeal to those working for and/or within, the local leisure sector, especially those who were born around the same time as when ANZALS hosted its first conference, 30 years ago. Together, we also wanted to put on an event that would showcase and celebrate the diversity of leisure studies. The abstracts contained in the conference proceedings capture contributions from around the world, spanning topics from shopping and camping to loss and death. The 72 presentations tackle issues of leisure and indigenous communities, inclusion, youth, women, education, events, tourism, nature, and life. They speak of the richness of leisure topics despite an increasing marginalisation of leisure studies. Leisure for life is more important than ever for populations in a post-pandemic environment, and while facing increasing health and social problems due to inactivity and isolation. Our conference, then, provides an opportunity for a coming together of kindred spirits continuing the leisure studies legacies and expanding our leisure horizons.



MEMBERS OF ANZALS@AUT ORGANISING COMMITTEE



DEVONPORT YACHT CLUB

We would like to use the opportunity to thank a range of people for their support in organising the conference. First, we would like to thank the ANZALS Board for placing their trust in us and for the guidance received over the course of the last two years. The COVID-19 pandemic enforced cancellation of the 2021 Gold Coast Conference, and the postponement of the 2022 World Leisure Congress (WLC), which created a multitude of headaches and heartaches that were simply unimaginable at the 2019 Queenstown Conference. Our decision to position the 30th Anniversary Conference the week prior to the rescheduled 17th edition of the WLC, and the week after the 7 Experiences Summit (also being hosted at AUT), was certainly not without risk, given the post-pandemic reduction in academic research funding and increased cost of living crisis facing our members, both past and present.

We would also like to thank Annals of Leisure Research, Channel View Publications, Edward Elgar Publishing, Taylor and Francis Group, AUT’s Centre for Active Ageing, Hungerball, Rock-it Boards, SpinPoi, and Tātaki Auckland Unlimited for their sponsorship of this event, all of which has helped us to keep the economic and socio-environmental costs of hosting this event as low as possible. Thank you to AUT Events and EventFinda for your input and operational support, and special thanks to Alvin, Jason, Michel, Portia, and Kate for helping us make this a truly interactive and immersive experience.

Thank you to our respective Heads of Schools, Warren Goodsir and Erica Hinckson, for not only sharing our vision to bring leisure studies to life at AUT, but also allowing us to offer a discounted rate to help ensure that our colleagues could join us (many of whom will be attending their first ANZALS Conference). This conference would have never happened, however, without the efforts and enthusiasm shown by our wonderful team of abstract reviewers, and the five legends who answered our calls and emails back in March 2022. At some point during the week, we urge you to find the time to thank the following members of the ANZALS@AUT ‘Dream Team,’ Sophie Hayden, Brielle Gillovic, Richard Ajiee, Pola Wang, and Mike Brown. Although it has been a bit of a bumpy ride, our scouting meetings at various locations around the city have also made it an experience that we will never forget.

Finally, a conference is only as good as its delegates. A thousand thanks to the authors of the 95 abstracts that were sent out for double-blind peer review over a six-month period. The withdrawal emails may have been hard for us to read, but we appreciate that for some of those who dearly wanted to join us, they would have been even harder to write. To the 80 people who were able to find the funds needed to join us, we extend a big heartfelt welcome to you all and hope you enjoy both the academic and social side of ANZALS 2023.

He aha te mea nui o te ao

What is the most important thing in the world?

He tangata, he tangata, he tangata

It is the people, it is the people, it is the people

Māori proverb

Tēnā koutou, tēnā koutou katoa,

Professor Heike Schänzel & Dr Richard Wright



ANZALS PRESIDENT’S WELCOME

I am pleased to warmly welcome you to the 15th Biennial ANZALS Conference. We are excited to host you in Tāmaki Makaurau / Auckland, the ‘City of Sails.’ This year’s conference holds special significance as we celebrate the 30th Anniversary Conference.

After the four-year hiatus, we eagerly anticipate savouring the delights of Auckland. It is indeed the warm and lively exchange of conversations and shared moments among leisure scholars, researchers, colleagues in leisure service delivery, and industry partners that truly distinguishes an ANZALS Conference.

The conference’s overarching theme, *“Leisure for Life,”* has successfully elicited a broad spectrum of papers and engagement from researchers, students, and industry professionals. At this conference, we welcome over 80 attendees, and 72 research presentations, distributed among 18 sessions. We are particularly thrilled about the three captivating and interactive gatherings – hui – a new format of plenary sessions. During these sessions, all participants will have the opportunity to come together and engage in discussions and debates about challenging issues affecting the leisure sector and leisure studies within a safe and inclusive environment.

The 15th Biennial Conference presents an opportunity for us to extend a warm welcome to our colleagues from kindred associations in New Zealand, Australia, and across the globe. This year, we renewed our Memoranda of Understanding with CAUTHE and SMAANZ. We continue to maintain formal partnerships with organisations in Africa, North America, the United Kingdom, and Europe. These relationships offer ANZALS a valuable platform to exchange information and embrace fresh ideas from our international peers.

I am delighted to extend a warm welcome to our Higher Degree by Research (HDR) students. The conference serves as a platform for building new networks and lasting friendships that will accompany you throughout your career. We take pride in our support for HDR students, offering five ANZALS HDR Student Research Scholarships and a pre-conference workshop organised by Board Member Dr Katie McDonald and Associate Board Member Sophie Hayden. We hope that our HDR students find the workshop to be a valuable experience.

This conference also welcomes a sizeable number of first-time attendees. A reminder that those registering for the full conference will receive a two-year ANZALS membership as part of the conference fee. I extend a warm welcome to you for joining the ANZALS community!

As the President of ANZALS, I would like to express my sincere gratitude to Professor Heike Schänzel, Dr Richard Wright, and the entire Auckland University of Technology team for their dedicated efforts. We deeply appreciate your dedication and hard work, and eagerly anticipate participating in all the experiences that the conference has in store.

Enjoy the conference!

Oscar Vorobjovas-Pinta (University of Tasmania)



THANK YOU!

Thank you to the following colleagues, who kindly gave their time and expertise in the blind review of conference abstracts:

- Alison McIntosh, Auckland University of Technology
- Anna Carr, University of Otago
- Arianne Reis, Western Sydney University
- Brielle Gillovic, Auckland University of Technology
- Chloe Kim, Auckland University of Technology
- Claire Liu, Auckland University of Technology
- Cory Kulczycki, University of Regina
- Courtney Mason, Thompson Rivers University
- David Williamson, Auckland University of Technology
- Dion Enari, Auckland University of Technology
- Elisa Zentveld, Federation University Australia
- Erica Hinckson, Auckland University of Technology
- Evald Bundgaard Iversen, Griffith University
- Hamish Bremner, Auckland University of Technology
- Heike Schänzel, Auckland University of Technology
- Greg Ramshaw, Clemson University
- John Tower, Victoria University
- Joey Gawrysiak, Syracuse University
- Kath Godber, Auckland University of Technology
- Kirsten Spencer, Auckland University of Technology
- Laura Upson, Auckland University of Technology
- Luigi Bercades, Auckland University of Technology
- Matt Lamont, Griffith University
- Melody Johnston, Auckland University of Technology
- Mike Brown, Auckland University of Technology
- Najmeh Hassanli, University of Technology Sydney
- Oscar Vorobjovas-Pinta, University of Tasmania
- Pauline Marie, Auckland University of Technology
- Pola Wang, Auckland University of Technology
- Regina Scheyvens, Massey University
- Rerekura Teaurere, Auckland University of Technology
- Richard Ajjee, Auckland University of Technology
- Richard Shipway, Bournemouth University
- Richard Wright, Auckland University of Technology
- Ruth Sibson, Edith Cowan University
- Sandro Carnicelli, University of the West of Scotland
- Shelagh Mooney, Auckland University of Technology
- Simon Darcy, University of Technology Sydney
- Sophie Hayden, Auckland University of Technology
- Sunny Dong, Auckland University of Technology
- Taylor Marston, Auckland University of Technology
- Tomas Pernecky, Auckland University of Technology
- Tracy Harkison, Auckland University of Technology
- Trudie Walters, University of Otago
- Warren Goodsir, Auckland University of Technology

Thank you to Katie McDonald (ANZALS Board Member – Student Liaison) and Sophie Hayden (ANZALS Associate Board Member – Student Engagement), who organised and will facilitate the ANZALS Student Hui and Hackathon. In addition, they acknowledge the following ANZALS Board Members, who will offer their insight and guidance as Hackathon group-work mentors:

- Henry Bowen, Military and Emergency Services Health Australia
- Najmeh Hassanli, University of Technology Sydney
- Richard McGrath, University of South Australia
- Ruth Sibson, Edith Cowan University
- Oscar Vorobjovas-Pinta, University of Tasmania
- Richard Wright, Auckland University of Technology

Thank you to ANZALS for offering five scholarships to postgraduate research students. The scholarship covers the cost of the Student Hui and Hackathon, conference registration fee, and also includes a two-year ANZALS membership. We are delighted to extend our congratulations to the following recipients:

- Sarah Crossman, Flinders University
- Natalie Looyer, Victoria University of Wellington
- Nick Noghan, University of South Australia
- Akari Ota, Chukyo University
- Emalee Vandermale, Thompson Rivers University

CONFERENCE PROGRAMME AT A GLANCE

N.B. This is subject to change. The full conference programme can be found [here](#).

MONDAY 4TH DECEMBER – DAY ONE

9:30 am – 2:00 pm	ANZALS BOARD MEETING
1:00 pm – 5:00 pm	ANZALS STUDENT HUI AND HACKATHON
5:00 pm – 8:00 pm	CASUAL CATCH UP – THE GLASS GOOSE

TUESDAY 5TH DECEMBER – DAY TWO

8:30 am – 9:30 am	REGISTRATION		
9:30 am – 10:30 am	MIHI WHAKATAU / WELCOME		
10:30 am – 12:00 pm	HUI #1		
12:00 pm – 1:00 pm	LUNCH		
1:00 pm – 2:40 pm	SESSION A1	SESSION A2	SESSION A3
2:40 pm – 3:10 pm	AFTERNOON TEA		
3:10 pm – 4:40 pm	SESSION B1	SESSION B2	SESSION B3
5:00 pm – 6:30 pm	LEISURE AND HEALTH SIG		
5:00 pm onwards	FREE EVENING		

WEDNESDAY 6TH DECEMBER – DAY THREE

8:30 am – 9:30 am	REGISTRATION		
9:30 am – 11:00 am	HUI #2		
11:00 am – 11:30 am	MORNING TEA		
11:30 am – 1:10 pm	SESSION C1	SESSION C2	SESSION C3
1:10 pm – 2:10 pm	LUNCH		
2:10 pm – 3:50 pm	SESSION D1	SESSION D2	SESSION D3
3:50 pm – 4:15 pm	AFTERNOON TEA		
4:00 pm – 5:00 pm	ANZALS AGM		
5:00 pm – 7:00 pm	TRANS-TASMAN CHALLENGE AND KIWI BACKYARD BBQ - PIKO CAFÉ (OPTIONAL)		

THURSDAY 7TH DECEMBER – DAY FOUR

8:30 am – 9:30 am	REGISTRATION		
9:30 am – 11:10 am	SESSION E1	SESSION E2	SESSION E3
11:10 am – 11:40 am	MORNING TEA		
11:40 am – 1:20 pm	SESSION F1	SESSION F2	SESSION F3
1:20 pm – 2:30 pm	LUNCH / SPORT FOR DEVELOPMENT SIG		
2:30 pm – 4:00 pm	HUI #3		
4:00 pm – 6:00 pm	FREE TIME (FERRIES TO DEVENPORT DEPART DOWNTOWN FERRY TERMINAL EVERY HALF HOUR – TICKET INCLUDED)		
6:00 pm – 11:00 pm	ANZALS AWARDS DINNER – DEVONPORT YACHT CLUB		

HUI

In addition to the 72 research presentations, spread across 18 sessions, the ANZALS@AUT Organising Committee have organised four engaging and interactive hui in which all attendees will be able to come together to discuss/debate some wicked problems impacting the leisure sector and leisure studies in a safe and inclusive space.

ANZALS STUDENT HUI AND HACKATHON

Katie McDonald (Victoria University) & Sophie Hayden (Auckland University of Technology)

The Student Hui and Hackathon centres on the question “What do you see as the future of leisure?” The session begins with networking and connecting with peers from around the world and will be followed by a hackathon. In groups, and with an ANZALS Board Member supporting, students will choose to focus on topics within the main question including leisure for different stages of life, research vs. industry, innovative solutions to current challenges in leisure, and the stakeholders that may be involved and how they can work together. Each group will present their findings to the session attendees and the winning team will be announced at the conference dinner.

We are delighted to extend our congratulations to the following members of the winning team:

Students

- Jonathan Joseph, University of Technology Sydney
- Natalie Looyer, Victoria University of Wellington
- Akari Ota, Chukyo University

Mentors

- Henry Bowen, Military and Emergency Services Health Australia
- Katie McDonald, Victoria University
- Richard Wright, Auckland University of Technology

HUI #1 – BACK TO THE FUTURE: LEISURE TIME IN AN ERA OF WICKED PROBLEMS

Alvin Cheung (Harbour Sport), Portia Foley (Toitū), Michal Garvey (Foodprint) & Jason Husband (Community Leisure Management)

Kia whakatōmuri te haere whakamua

‘I walk backwards into the future with my eyes fixed on my past’

(Rameka, 2017)

The whakatuakī ‘proverb’ that inspires this hui speaks to Māori perspectives of time, where the past, the present, and the future are viewed as intertwined, and life as a continuous cosmic process. According to Rameka (2017), “the strength of carrying one’s past into the future is that ancestors are ever present, existing both within the spiritual realm and in the physical, alongside the living as well as within the living” (p. 387). It has been 50 years since design theorists Horst Rittel and Melvin Webber published their seminal paper, in which they introduced the concept and characteristics of a wicked problem (WP). We open the 30th Anniversary Conference by asking five planners under the age of 40 to forecast what our leisure time could look like in the future, given the wicked problems that we expect to face in tomorrow’s world. Looking further ahead to ANZALS2025, what will be the theme of those 50th anniversary conversations and celebrations? The audience will also be asked to share their thoughts on how leisure can solve some of these problems. WP are subject to real-world constraints that prevent multiple and risk-free attempts at solving, although there remains a lack of consensus on their theoretical underpinnings or utility for research (Lönngren & van Poeck, 2021). According to Rittel and Webber (1973), unlike the ‘tame’ problems found in the natural sciences, WP share ten important characteristics: they do not have a definitive formulation; they do not have a “stopping rule,” (they lack an inherent logic that signals when they are solved); their solutions are neither true nor false, only good or bad; there is no way to solution test; they cannot be studied through trial and error; their solutions are irreversible; there is no end to the number of solutions or approaches; they are essentially unique; they can always be described as the symptom of other problems; the way they’re described determines possible solutions; and finally, those who present solutions to these problems (planners), have no right to be wrong.

Keywords: *future; leisure; planning; wicked problems*

Hui #1 is brought to you by **Hungerball**, an award-winning concept developed in New Zealand that captures the energy, imagination, and inclusive values inherent in street games.

HUI #2 – LEISURE ACROSS THE LIFESPAN: THE POWER OF INTERGENERATIONAL PLAYTIME!

Richard Wright & Dion Enari (Auckland University of Technology)

“We wanna be older when we’re younger, we wanna be younger when we’re older
It’s just confusion until it’s over... That’s all she wrote”
(Walters et al., 2021 – aka Six60)

As touched upon within the first ANZALS2023 hui, we are all living on an actively ageing planet, with an actively ageing population. In 2022, 35% of Aotearoa New Zealand’s population was aged 50 and over, and the number aged over 65 is predicted to hit a million by 2028. Life expectancy is increasing across the globe, but so are obesity levels and cases of mental illness and loneliness amongst people of all ages and ethnicities. As we all get older, maintaining healthy connections with our friends, whanau (family), and our local community becomes harder, which can often lead to feelings of social disconnection, and, if not treated, depression. The words, which feature in a hit song from New Zealand artists, Six60, capture the confusion and complexity of ageing. Canadian author James (J. R.) Rim also proposed that “When we are young, we want to be old and for things to change. When we are old, we want to be young and for things to go back to the way they were.” The AUT Centre for Active Ageing (ACAA) is committed to working with older adults, regardless of their physical or mental capacities or their culture. Within this thought-provoking and fully immersive hui, Dr Richard Wright, ACAA Co-Director and Chair of the Sporting Memories Foundation Aotearoa New Zealand, will be joined by colleague Dr Lefaoali’l Dion Enari (AUT N20 Research Cluster), and collaborator Dr Kate Riegle van West (SpinPoi), to argue the importance of ageing well in the moment, regardless of when or where you were born. The transdisciplinary session will also explore the boundaries between cultural appreciation and cultural appropriation, and the impact of family playtime. The audience will be asked to join the debate, sharing their experiences of engaging in research that enables and empowers ageing communities to participate in life within liveable ‘age-friendly’ spaces and places.

Keywords: *active ageing; cultural intelligence; intergenerational*

Hui #2 is brought to you by the [AUT Centre for Active Ageing](#) and [SpinPoi](#), the global leader in working with poi to improve wellbeing.

HUI #3 – PUBLISH OR PERISH

Needham Yancey Gulley (Western California University), Corey W. Johnson (North Carolina State University) & Belinda Wheaton (University of Waikato).

“There are few more familiar aphorisms in the academic community than ‘publish or perish’”

(De Rond & Miller, 2005, p. 321)

Rossouw Von Solms and Basie Von Solms traced the term ‘publish or perish’ back to the early 1940s. In 2016, they cited that; “publishing research outputs is currently still one of the premier outlets to demonstrate academic success, both to the researchers and sponsoring institutions involved. Thus, it is non-debatable that modern academics are still pressurised to regularly publish their research outputs- otherwise their careers might suffer as a result” (2016, p. 44). A decade earlier, Mark de Rond and Alan Miller published an essay in the *Journal of Management Inquiry* entitled ‘Publish or Perish: Bane or Boon of Academic Life’. Having defined the principle, the introduction of their paper described “a race against time” that starts with the offer of employment and concludes when the employee seeks a new contract or promotion (2005, p. 321). In this session we will cover some of the fundamental considerations associated with academic publishing and other forms of knowledge translation. We address common questions and delve into various avenues for sharing what we know with others both inside and outside of the traditional academy. The politics of publishing will also be discussed. The following questions guide the session: What form of knowledge translation best serves your work? How does one choose a publication venue? What are the common aspects of journal articles and book proposals? How do I handle editorial feedback? What do I do with rejection? What are creative ways to share what I know? Expertise from both New Zealand / Australian contexts and the United States are provided by leading scholars who have published in a variety of ways and who have served as journal editors and book reviewers. A facilitated Q&A will round out our time together.

Keywords: *book chapters; journal articles; knowledge translation; publishing*

Hui #3 is brought to you by the [Annals of Leisure Research](#), the official journal of ANZALS.

ABSTRACTS

N.B. Organised alphabetically in order of the surnames of first authors.
We apologise for any inadvertent errors or omissions.

Street Child O’ Mine: An exploration into the social impact of Pakistan’s participation at the 2022 Street Child Football World Cup

Hafsa Ali (Auckland University of Technology), Richard Wright (Auckland University of Technology) & Geoff Dickson (La Trobe University)

Nelson Mandela opened the 1995 Rugby World Cup by proclaiming that Sport “speaks to youth in a language they understand”, creating hope, offering inspiration, and uniting people “in a way that little else does”. Whether packaged as a sport for leisure, social inclusion, and social change or for development (and peace), the world is awash with heart-warming case studies that capture the transformational power of sporting contests created/hosted by charitable organisations. To date, however, many of these explorations have focused on assessing the aspirational aims and/or strategic objectives of the hosts, as opposed to social outcomes experienced/encountered by the guests. Street Children United (SCU), exists to shine a spotlight on the many adversities faced, and the fundamental human rights lacking, by children forced to live on the streets. In October 2022, SCU and the Qatar Foundation co-hosted an international football tournament, a festival of arts, and an educational congress, attended by 290 children from 25 countries. The 4th edition of the sporting fixture, known as the Street Child World Cup, featured 15 boys’ and 13 girls’ teams. Within this presentation, we shall focus specifically on the experiences and expectations of the Muslim Hands Football Club, a charity organization responsible for the creation of the Pakistan boys’ team (beaten finalists in 2018 and 2022). An in-depth key stakeholder interview, conducted as a part of a wider study into sport in Pakistan, revealed the risks and rewards attached to developing social inclusion programmes at a domestic level, and the impact that such initiatives can have at both an individual and an international level. We acknowledge the importance of using leisure and recreation as tools for change in such charitable sports initiatives to empower marginalized individuals and communities. The findings and recommendations focus on the importance of finding sustainable sources of funding from both the public and private sectors.

Keywords: *Pakistan; sport for development; sport for social inclusion; Street Child Football*

Therapeutic sailing, as blue space leisure, for individuals with physical disabilities: Virtual reality to reality

Cari E. Autry & Stephen C. Anderson (East Carolina University)

Water has been associated with healing for centuries and blue space leisure has been shown to contribute to health and wellbeing. Specifically, sailing immerses people in the natural elements and offers a therapeutic experience. However, people with disabilities typically do not choose sailing as a leisure activity due to constraints such as access to adapted sailboats and the perception that sailing is dangerous. Virtual reality sailing simulation (VRSS) has the potential to decrease constraints and bridge the gap between learning how to sail on land and water. Moreover, learning how to sail through virtual reality sailing simulation can increase the quality of life. The purpose of this program is to teach individuals with physical disabilities how to sail through VRSS and continue their sailing experience on the water via an Adaptive Sailing Program (ASP). The purpose was also to explore the quality of life through therapeutic sailing. Sailing Standards Instruments were used to measure sailing competence where knowledge and skills of sailing were scored among 10 items each. Pre-study sailing competence for the VRSS program was determined by the requirement of “Never have sailed before.” A combined (knowledge and skills) score of $\geq 70\%$ was determined as passing the VRSS Learn to Sail program overall; however, a score of $\geq 80\%$ was required for participation in the ASP where a higher score of knowledge and skills of sailing competence was required to move to on the water participation. The World Health Organization Quality of Life questionnaire was used to measure the quality of life. Participants successfully completed the VRSS program and continued to the ASP. Qualitative data showed the perceptions the VRSS and ASP had on the participants regarding the quality of life, access, inclusion, and disability representation in sailing, as blue space leisure, for individuals with physical disabilities. The evidence-based research programs demonstrated that VRSS is an effective method for teaching sailing and increasing access and inclusion to sailing for individuals with physical disabilities. Other benefits to sailing on water, as a blue space leisure activity, and how it contributes to quality of life through access, inclusion, and community engagement will be discussed.

Keywords: *blue space leisure; disabilities; sailing; therapeutic; virtual reality*

Leveraging professional sport franchise home games to advance national sport participation objectives

Rachel J. Batty (Massey University) & Andrew Grainger (Western Sydney University)

New Zealand National Sport Organisations (NSOs) place specific focus on supporting and growing their sport and assisting their members to do the same. Comparatively, sport franchise teams, who belong to professional competitive leagues, more readily glorify/popularise their associated sport through attracting sponsors, negotiating broadcast deals, creating event experiences, and establishing an engaged fan base (Heffernan & O'Brien, 2010; Kunkel, Hill & Funk, 2013; Lee, Kim & Parrish, 2012). Our study complements existing research exploring the inspirational effects of professional sports on sport participation. More specifically, it reflects upon the potential for some NSOs to achieve their participation goals more efficiently by leveraging off associated professional national representative (PNR) sport franchises and their home-game events. Using a qualitative exploratory analysis, our study explores fan perceptions of leveraging opportunities between Baseball New Zealand (an NSO) and the PNR sport franchise, the Auckland Tuatara. As an NSO tasked with overseeing a lesser-known sport, Baseball New Zealand has struggled to promote baseball and increase participation numbers. To add to this predicament, there is currently no professional baseball league within New Zealand, that can effectively align the Tuatara PNR franchise with the objectives and goals of Baseball New Zealand. In alignment with leveraging and trickledown considerations, our research is framed by the Transtheoretical Model (TTM)- a valuable lens through which to determine and plan for inspirational growth in sport participation. Our findings suggest that sport event attendance holds the potential to inspire further engagement with that sport, beyond the event. We also take the debate on event attendance trickle-down effects a step further, by assessing how such motivational change can occur. Additionally, we posit an extended TTM that factors in drivers of movement across the existing five stages of change.

Keywords: *event leveraging; sport participation; transtheoretical model; trickle-down effect*

What’s leisure got to do with it? Defining leisure within trauma and health-related intervention research

Henry Bowen (Military and Emergency Services Health Australia)

This round table workshop invites individuals with an interest in the intersection between post-traumatic stress disorder (PTSD) research, practice, and policy and leisure to explore how leisure is discussed and defined within the trauma field, and vice versa. It will open the floor to have transparent and frank conversations around how the conceptual understanding of what is leisure, and what is trauma, may flux and change, impacting both the comprehension and value of these fields to each other. Across our lifespan, human beings are always seeking community connection to form our identity and our purpose. When we consider health, especially mental health, traditional leisure activities such as recreation, art, and sport, are inherently tied to community connections that are often developed as part of expressions of cultural groups, and can be established in natural, non-prescriptive ways. Beyond being a key protective factor for preventing negative health outcomes when someone is already well, it is also key to forming a foundational piece of recovery when someone becomes unwell. The intersection between health and leisure has been well established, with governments around the world acknowledging leisure-based activities as being good for the health and wellbeing of both an individual and society. As the understanding of what makes up good health shifts and changes, the understanding of how leisure-based activities interact with health across the lifespan in the spaces of prevention, intervention, and postvention has also shifted. Focus is now being applied to support the recovery from specific health conditions, such as physical and mental health concerns. One such condition is PTSD. Interestingly, while the use of leisure-based activities is beginning to grow in trauma research and treatment, this interest is in leisure-based activities as a potential intervention – and those in the field of trauma research would hesitate to call these activities ‘leisure.’ The aim of this round table is to produce a starting discourse around the intersection of these two fields, with the hopes of producing a conceptual white paper out of this discussion to guide future conversations and collaborations.

Keywords: *discourse; health; leisure; trauma*

Preliminary insights from a case study exploring a sport-for-development programme to support youth-at-risk

Tristan Brotherton, Kirsten Spencer, Simon Walters & Patricia Lucas (Auckland University of Technology)

The topic of youth-at-risk, particularly youth crime, has become widely publicised and politicised in New Zealand. Youth-at-risk are identified from government statistics as the 15% of 15–19-year-olds most susceptible to poor long-term life outcomes such as criminal offending, poor mental health, unemployment, and welfare dependence. The term sport-for-development describes any programme utilising sport for social change. This study explores an ongoing sport-for-development programme delivered by Counties Manukau Sport (CMS). It examines youth-at-risk issues more deeply and the potential role sport may play in addressing these issues. The CMS programme is part of a wider government scheme utilising community partners to mitigate the high societal and financial costs associated with youth-at-risk. A principal aim of the government scheme is to engage youth-at-risk in education or employment, and CMS has been very successful in achieving this outcome. Their programme prioritises building relationships with youth participants, removing barriers to education or employment, and utilising the community connections of CMS to provide opportunities. This study aims to understand the experiences of the youth-at-risk participants enrolled in the programme and the adult mentors employed to support them. It uses a reflexive approach to qualitative case study that acknowledges the active role of the researcher in knowledge production. Data were collected from semi-structured interviews with participants and field notes from observations of the programme. Reflexive thematic analysis is now being used to identify patterns in the data in light of a broad range of relevant literature. This is a theory-forming inductive analysis approach; no specific theoretical framework is used from the outset, and deeper exploration of data during analysis reveals which theories are relevant to the findings. Preliminary findings suggest that youth participants develop trust in their mentors as supportive and reliable adults. This relationship encourages them to develop future plans and consider opportunities that may otherwise be disregarded. These findings will continue to be developed through further analysis.

Keywords: *juvenile delinquency; sport-for-development; youth-at-risk; youth crime*

Utilitarian transport or urban leisure experience? eMicromobility experiences for tourists and residents

Richard J. Buning & Wendy Pham (University of Queensland)

Led by dockless shared eScooter schemes and now increasingly popular personally owned devices from eBikes to eSkateboards, micromobility is disrupting urban transportation networks globally. Copious research from transport scholars has followed demonstrating numerous benefits are provided to communities from micromobility including improved physical activity, well-being, accessibility to underserved neighborhoods, along with reduction in trip times, car trips, and carbon emissions (Abduljabbar et al., 2021). However, existing research on micromobility has mainly focused on its utility for transportation, while overlooking its use for urban leisure and tourism experiences. Emerging work has shown that roughly 1/3 of all shared micromobility users are tourists, leading to improved visitor experiences, activated places, and heightened destination satisfaction (Buning & Lulla, 2021; Lin & Chen, 2018; Yang et al., 2021). Much is yet to be known about how these new devices also serve leisure and tourism demand in addition to utilitarian transport. Thus, the purpose of this study is to assess the perceptions and experiences of micromobility for both tourists and residents who use the devices for leisure purposes. Conducted in Brisbane, Australia, a sequential mixed-methods study design combining an intercept survey (n = 924) and semi-structured interviews (n = 29) was employed. We targeted four distinct groups of users and nonusers of eMicromobility: visitor-user, visitor-nonuser, resident-user, and resident-nonuser. Preliminary results from the survey indicated that visitors gravitated more towards the view of micromobility devices as a leisure experience compared to residents. Interestingly, visitor-users and resident-users were more likely to agree that micromobility enhanced their tourist experience, compared to non-users. Insights from the interviews also showed that many users were motivated by leisure motivations of enjoyment and novelty. These findings suggest the high potential of micromobility as a novel urban tourism experience, which opens opportunities for future destination development.

Keywords: *eBike; eScooter; micromobility; tourism development; transportation*

The Global South and the leisure research publishing system

Sandro Carnicelli (University of the West of Scotland)

In 2023 the Leisure Studies journal published a Special Issue on Leisure, Inequalities, and the Global South. The papers focused on different types of inequalities present in the Global South. In the editorial piece, Ricardo Uvinha and I exposed issues related to the inequalities in the leisure research publishing system. Evidence from the membership of editorial boards and from the authorship of papers demonstrates that some colonial practices still need to be dismantled if we want leisure knowledge to have a more comprehensive and plural approach. The evident language barrier of an Anglophonic system is one of the problems but not the only one. Limited engagement with indigenous knowledge, as well as financial barriers, and limited opportunities to participate in editorial decisions, are also contributing to the current status quo. In this presentation, I present the data collected using open-ended questions with two sets of participants: 10 Editors and former editors of leisure research journals; as well as 25 researchers from and based in the Global South. From the responses gathered from editors of journals, there are clear concerns regarding the limits of the current publishing system, including predatory publishers and practices; the dominance of English-speaking publishing contexts; costs of open access publications; as well as epistemological biases from reviewers. The researchers from the Global South presented similar perspectives pointing out to language barriers, but there are also issues with fees for open access; the costs of accessing literature behind paywalls; and the general lack of interest in the issues of the Global South unless it follows methodologies and epistemologies from the North. Taking into consideration the data collected, this presentation will debate potential solutions to be implemented by the leisure publishing system to include epistemologies of the South and improve the engagement with Global South researchers.

Keywords: *epistemologies of the South; Global South; leisure research; publishing*

Transitioning from sex tourism to sports event tourism: A case study of Thailand's image repositioning efforts

Punnawit Chai-Udom, Richard Ajiee & Richard Wright (Auckland University of Technology)

Sports event tourism, a rapidly growing sector in the tourism industry, gained remarkable prominence prior to the COVID-19 outbreak due to its substantial impact on local tourism sectors through both direct and indirect revenue generated from hosting sports events. However, Thailand, a world-class tourism destination, grappled with a detrimental image as a sex tourism hub, challenging its reputation within the broader tourism industry. Recognising the pivotal role of tourism, Thailand's government integrated sports event tourism into its National Economic and Social Development Plan, aiming to reshape the nation's global image. This ongoing study focuses on Thailand's transition from a sex tourism destination to an international sports events hub. The study aims to address the knowledge gap regarding how countries with a sex tourism reputation can leverage sports events to change their image. The research explores Thailand's current image, stakeholder perceptions, challenges, opportunities, and strategies for enhancing its image as a sports tourism destination. Moreover, the study investigates the expected socio-economic impacts, potential changes in tourist behaviour, and initiatives facilitating Thailand's image transition. Using an exploratory sequential mixed-methods design, the research comprises three interconnected studies employing qualitative interviews and quantitative questionnaires. The first study will evaluate Thailand's international reputation, particularly its reputation in sex tourism. The second study will investigate internal strategies employed to mitigate the sex tourism image and promote a captivating sports tourism brand. The third study will explore the external actions required for Thailand's successful transition to a sports event tourism destination. The findings of this research are expected to provide valuable insights for regions facing similar image-related challenges, extending its applicability beyond Thailand. By understanding Thailand's efforts and experiences, other destinations can learn from its approach to reposition their image and promote sports event tourism as a pathway for economic development and growth. This research will eventually contribute to the broader discussion on sustainable tourism development.

Keywords: *sex tourism reputation; sports event tourism; sustainable tourism; Thailand transition; tourism image*

Women's perspectives on multigenerational family leisure travel experiences: Chinese cultural context

Jing Chen, Heike Schänzel, Tracy Harkison & Claire Liu (Auckland University of Technology)

As an essential leisure activity in urban family life, tourism enhances emotional or relational connection among family members and promotes family harmony. Women's involvement in family leisure travel is driven by the aim of family construction, including improving family relationships, social connections, human-nature interactions, and self-identity. With advancing social and economic status, women's influence in family tourism grows. Western scholars highlight gender-based distinctions in travel experiences, revealing diverse perceptions of tourism among family members. However, women's experiences in family leisure travel are not always positive. In China's family leisure tourism context, Confucian ideology limits women's involvement in family travel, hindering them from being authentic leisure actors. Research on women's genuine experiences in family tourism is scarce, particularly within China's social reality. Voices of women, as primary decision-makers in family tourism (e.g., mothers, wives, and daughters-in-law), deserve attention. This study centers on adult single or married women in multi-generational Chinese families travelling with their parents/parents-in-law. This study will use grounded theory methodology and semi-structured online interviews to collect data from adult females participating in multigenerational leisure family travel, ensuring a more authentic and comprehensive understanding of their perspectives. This study is trying to understand the internal contradictions and challenges women may face in family leisure travel, which could be influenced by societal roles and cultural norms. Unravelling cultural constraints' inner contradictions in women's multigenerational family tourism experiences help to better understand the predicaments they face. This research aims to enrich the knowledge system of family leisure travel, address the limitations of women's perspectives in China's cultural context, and emphasise the importance of caring for women and individuals. Preliminary findings will be presented to support this.

Keywords: *Confucian ideology; multigenerational family leisure travel; travel experience; women's perspective*

Factors of users' intention to use food delivery applications

Jack Cheong Hou Man & Andy Chen-Feng Kuo (MGM Cotai – MGM China Holdings Limited)

Food delivery apps (FDAs) have become a ubiquitous part of daily life, particularly in the post-pandemic era. The global sales of online food delivery services have grown from USD 157 billion in 2019 to USD 293 billion in 2021. FDAs have effectively saved customers' leisure time as well. For instance, Uber Eats in the UK freed up a total of 51 million hours of leisure time in 2020. With the rise of FDA providers, it is crucial to recognize and analyze user behavior patterns regarding the intended use of FDAs. The current study combined self-determination theory and standard learning hierarchy from the Affective-Behavioral-Cognitive model (ABC model) to examine the factors of hedonic motivation, utilitarian motivation, technical adequacy, users' attitude, and intention to use FDAs. In addition, each factor was measured using either a formative or reflective measurement scale. The self-administrated survey was distributed via an online platform. With a total of 216 valid participants, the reliability and validity of the data have been guaranteed since the research model has achieved the requirements of the statistical criteria. The hypotheses in this study were tested by the Partial Least Squares (PLS-SEM) path modeling. The results indicated that hedonic motivation, utilitarian motivation, and technical adequacy significantly derived users' attitudes, which also significantly affected users' intention to use FDA services. Unlike the conventional TAM (technical acceptance model), the current study's findings connected three antecedent factors (i.e., hedonic motivation, utilitarian motivation, and technical adequacy) of the users' attitude to the use of FDA services, which has given researchers another direction to study users' behavior in FDAs. This study also offered several recommendations for FDA operators to utilize the application and to strengthen customers' intention usage of FDAs, such as fewer sales limitations on region, looser minimum purchase requirements, and the increase of FDA's hedonic value (e.g., discounts, coupons, etc.).

Keywords: *hedonic motivation; intention to use; technical adequacy; utilitarian motivation*

Dancing ourselves whole (again): The lived experiences of maturing women who participate in adult recreational ballet

Stephanie Clout, Jennifer Nikolai, Sue McNaughton & Sally Rae (Auckland University of Technology)

Over the last twenty years, a thriving international adult ballet movement has emerged sparking an increase in provision of and participation in recreational classes. This trend is reflected in New Zealand where dedicated adult ballet schools have sprung up in the three largest cities. Despite this growth in provision and participation, research into recreational ballet as adult leisure is largely absent in the academic and grey literature. This study sought to contribute to knowledge about the adult ballet movement, maturing adult participation in recreational dance, and the meanings women attribute to their experiences of this phenomenon. Six women aged between 30 and 80 years old were recruited from dance schools in the North Island of New Zealand. In-depth, qualitative, audio-recorded interviews were conducted. Open-ended questions were used to elicit women's reflections on their relationship with ballet and the professional dance world. Five themes emerged from their stories: (a) being and identity, (b) ideals and realities, (c) social connection and relationships, (d) joy and freedom, and (e) dancing futures. The seminal works of Goffman, de Beauvoir, and Merleau-Ponty were used to illuminate the meanings underpinning participants' reflections. The findings of this study revealed that the construction and embodiment of ballet identities were far more complex and meaningful than has been previously reported in the literature. This study highlights the importance of creating communities of practice where ageing is normalised, and diversity is embraced. At the heart of this phenomenon is the collective use of creativity and dance as tools for resistance, resilience, and existential freedom.

Keywords: *adult ballet; identity, health, and wellbeing; maturing adults; recreational dance; social connection; women*

How to win friends and influence people by utilising the soft power of Pride Events

Willem J. L. Coetzee (Western Sydney University)

Soft power refers to the capacity to achieve desired outcomes through attraction rather than coercion or payments. It draws upon resources such as culture, political values and norms, economic, social, and foreign policies. It is well documented how sport events have become political tools for countries and governments to promote themselves, leverage political, and economic goals, regenerate, expose local products, local businesses, and local culture, promote tourism, and thus improve their international image. However, the contribution of LGBTQIA+ events towards a country's soft power is not clear. This paper adopts an autoethnographic approach, reflecting on my two decades of participation in Pride events. My observations indicate that Pride events contribute to soft power in the following ways: (a) to showcase a country's commitment to cultural expression, human rights and social progress; (b) to promote the country's values and commitment to social justice; (c) to generate significant positive media coverage, drawing global attention to a country's social issues to enhance soft power by shaping public opinion and perceptions (d) to increase in the number of LGBTQIA+ tourists help to facilitate human connections and contribute to positive international relations; (e) by promoting cultural industries during Pride that could lead to increased cultural exports and (f) by participating in Pride can provide opportunities for diplomatic engagement and networking with other countries and international organisations. The effectiveness of Pride events in enhancing soft power depends on various factors, such as image, authenticity, and international relations, and Pride events are just one aspect of a broader soft power strategy.

Keywords: *event management; LGBTQIA+; soft power*

Dancing with myself: Multifaceted narratives of community cultural heritage festival

Alba Colombo (Universitat Oberta de Catalunya)

In the heart of Barcelona lies the Barceloneta neighbourhood, once a traditional fishing enclave, now seamlessly integrated into the city's bustling centre. Its transformation began with the 1992 Olympic Games, where extensive investments rejuvenated the seafront areas. Barcelona, in turn, transformed into a premier international tourist destination, but this came at the cost of gentrification and rampant tourism in the city centre. Consequently, Barceloneta has seen a surge in anti-tourism protests, with defiant banners adorning the narrow streets that characterize this charming locale. This paper centres around Barceloneta's long-standing Cors Muts festival (Silent Choirs) and examines the social tensions arising from shifting social demographics and the use of public spaces during this community festival, seen as a cultural heritage of the neighbourhood. Employing an ethnographic approach, the research relies on in-depth interviews and participant observations. The study presents findings from eight preselected interviews, some conducted on-site, while others included neighbourhood walks with participants highlighting key spaces and sharing festival anecdotes. In addition, an extensive analysis of secondary sources, such as Choirs' social networks and neighbourhood and city archives, contributes to the study's depth. This research, part of the broader FestSpace project, explores the socio-cultural potential of events in public spaces across European cities through a social anthropology lens. The study uncovers the escalating conflicts between old and new public space users in Barceloneta, attributing them to the processes of touristification and gentrification.

Keywords: *cultural heritage; event legacy; experience; festivals; tensions*

Visualizing the growth of emotional solidarity research in leisure and tourism using CiteSpace

Wei Cong & Eiji Ito (Chukyo University)

The application of Emotional Solidarity (ES) theory in the fields of leisure and tourism has been steadily increasing (Hwang et al., 2023). ES focuses on the interactive attitudes of both tourists and residents; therefore, comprehending their interactions with tourists can enhance residents' overall support for tourism (Munanura et al., 2021). A systematic review of ES related articles was conducted with the visualization tool CiteSpace software. For this study, we collected a total of 908 ES-related English language articles published before July 18, 2023, from the Web of Science core database. Utilizing CiteSpace software (Ver. 5.7 R5), we constructed an overview visualization of the ES literature. Our findings revealed intriguing insights into the development of ES research. Initially, ES research gained attention in 1992 and exhibited a gradual increase over time. Keywords such as family and intergenerational relations were prominent in articles before 2010, with the American Journal of Sociology being the most frequently published journal during this period. Subsequently, from 2016 to the present, keywords like social exchange and residents' attitudes gained popularity, leading to a significant growth in the number of articles. The Journal of Travel Research emerged as the most published journal during this phase. In terms of international collaborations, America took the lead with 296 published articles. Notably, influential authors were predominantly affiliated with universities in America: for example, Woosnam (University of Georgia) and Erul (Texas A&M University). By presenting a CiteSpace-based visual overview of research hotspots, trends, and cross-country disparities, our findings empower researchers and practitioners to understand the interactions between tourists and residents for the advancement of sustainable tourism. Notably, limited research exists beyond America. Hence, drawing insights from studies conducted in America will hold significance in advancing the ES theory in leisure and tourism studies.

Keywords: *CiteSpace; emotional solidarity; knowledge map; visualized analysis*

Factors influencing adults' sport participation across the life course

Sarah Crossman (Flinders University)

The health, social, and cultural benefits of sports participation are well documented. Despite this, Australian adults' involvement in sports is increasing at a much slower rate than participation in other types of physical activities and declines as age increases. This suggests that adults are interested and motivated to be physically active. However, current sports offerings do not meet participants' needs, particularly in later years. Studies have shown that sport provides benefits beyond those obtained through other forms of physical activity, such as enhanced physical functioning and social connectedness. As such, increasing adults' engagement and continued involvement with sports is likely to enhance their future health and social outcomes. The aim of this presentation is to identify the multi-level factors (individual, interpersonal, structural, and policy) that influence adults' decisions to participate in sports throughout their lives. Adults aged 25-64 years are currently being recruited through a large-scale Australia-wide online, cross-sectional survey. It includes a range of measures assessing current sports participation (sport-active and sport-inactive), factors encouraging, limiting, or inhibiting sports involvement, and psychological constructs (e.g., motivation). Participant recruitment commenced in May 2023 and data will be available by November 2023. This presentation will identify and discuss the most influential factors that support and limit sport engagement and comparisons between sport-active and sport-inactive participants will be examined and presented. Findings will be critical to guiding the development of future initiatives designed to encourage, maximise, and sustain adults' sport participation.

Keywords: *adult sport participation; constraints; facilitators; life course; social-ecological model*

Chinese children's voices in leisure studies in RV driving family tourism

Ye Dong, Heike Schänzel & Claire Liu (Auckland University of Technology)

Recreational Vehicle (RV) travel is gaining popularity among Chinese families, as this mode of travel offers a way to combine leisure and freedom journeys. RV travel in this study is limited to motorhomes. The scarcity of research on Chinese family travel within RV driving tourism necessitates an interdisciplinary study employing qualitative research methodologies that include the voices of children, parents, and grandparents. Little attention has been paid to Chinese family motorhomes for travel in developed countries such as New Zealand and Australia. The constructivist grounded theory approach is used in this study to employ family interviews and social media travel posts. This study aims to offer insights into family dynamics from the perspectives of all family members including children, parents, and grandparents. This involves a child-centred approach that gives children a voice and social agency. This study investigates Chinese family holiday experiences taking a multi-generational perspective focused on children. The investigation focuses on family quality holiday time together, their personal time, and other aspects of time from gender and generational perspectives. Data were collected using a combination of photo-elicitation interviews, and semi-structured family group interviews with an anticipated six to eight family cases including all family members. The methodological implications aim to empower children to articulate their views, experiences, and emotions and have the potential for wider applications in tourism research. The results obtained from the whole-family interviews with Chinese families are anticipated to provide theoretical and practical implications. Preliminary findings from the interviews with the children will be presented and are expected to enrich scholarship on Chinese family motorhome travel experiences and to trace multilevel impact factors behind the formation of leisure studies in RV tourism.

Keywords: *children; Chinese family; family leisure travel; RV tourism*

Engaging with Indigenous youth within an afterschool wellness program: Becoming attentive to meaningful pathways

Michael Dubnewick (University of Regina)

This research is a community-based narrative inquiry (Clandinin & Connelly, 2000) that engaged with 10 Indigenous youth as they co-facilitated the Growing Young Movers (GYM) afterschool wellness program for children in a lower socioeconomic urban neighborhood in Regina, Canada. When beginning this research, it was not uncommon to be confronted with dominant stories of wellness-based programming for Indigenous youth that were justified within predetermined neoliberal outcome-based measurements. Numerous researchers working with Indigenous youth in Canada identified how these predetermined interventionist logics reproduced colonial relations and limited an understanding towards how youth composed meaning in wellness programs (Gartner-Manzon & Giles, 2018; Norman et al., 2018; Schaefer et al., 2017). Drawing on this prior work, this research was framed with an attentiveness towards inquiring into how youth composed stories of meaning within an afterschool program. To do this, a team of researchers and I engaged in over 40 research conversations (interviews) with 10 Indigenous youth and participated as participant-observers on a weekly basis in GYM afterschool programming over three years. From this research, we created narrative accounts for each of the youth. Narrative accounts provide thick descriptions of experience by drawing on a range of field texts to show the unfolding of a life. In this presentation, I will discuss three resonant threads that became visible as we listened across the youths' lives. These threads are framed as pathways that the youth asked us to consider in *terms of reimagining afterschool programs as places of unfolding kinship, reimagining afterschool programs beyond notions of becoming responsible adults, and reimagining in-between spaces as landscapes that matter*. This research works towards the ongoing calls of researchers (Forsyth, 2013; Fox, 2006; McGuire-Adams, 2021) in the broad areas of leisure and wellness to resist reproductions of colonial power through how we frame and engage in our scholarship-practice.

Keywords: *afterschool wellness programming; community-based research; Indigenous youth; narrative inquiry*

Polyfest: A space for pacific youth to participate and compete as themselves

Dion Enari (Auckland University of Technology), Pita Alatini (Cause Collective), Fila Fuamatu (Sport New Zealand) & Tita Leaupepe (Sport New Zealand)

Polyfest is a Secondary School cultural dance festival in Auckland, New Zealand that enables young people the opportunity to engage with their cultural identity, values, and practices. A key objective of this study was to explore the lived experiences of Pacific youth participants in Polyfest to better support their modes of movement and development. A secondary objective was to explore whether cultural dance is viewed as a physical activity and/or sport. Kakala and Talanoa were used to weave together the young Pacific voices and lived experiences. This framework acknowledged the collectivism and Pacific cultural nuances that evolved from the talanoa (conversations). Talanoa were engaged in with young people through various mechanisms (i.e., interviews, kava bowl) at each Polyfest site across NZ. The research showed participating in Polyfest has nothing to do with the value or benefits of physical activity. Young Pacific people will not engage in activities that are not community, culturally, or collective-oriented. Meaningful participation is dependent on the value that is placed on culture and identity and Young Pacific people believe that cultural dance should also be included as physical activity and movement. Overall, these findings underscore the need to prioritize cultural inclusivity, community orientation, and the provision of opportunities like Polyfest for young Pacific individuals to express themselves authentically. By recognising and embracing cultural heritage, practitioners, policymakers, and sports organisations can foster an environment that not only values their identity but also promotes holistic well-being.

Keywords: *community physical activity; Indigenous dance; Pacific youth; youth movement*

The case for observational studies in defining active recreation infrastructure users

Dan Ferguson (Swinburne University of Technology), Adam Karg (Swinburne University of Technology), Amanda Benson (Swinburne University of Technology) & Emma Sherry (Royal Melbourne Institute of Technology)

Australia has long been a global leader in sports and much of our leisure time is centred around it – playing, watching, and volunteering (Hajkowicz, 2013). However, over the past decade we have seen participation in organised sport remain static or decline, while participation in non-organised physical activity (PA) (e.g., walking, cycling, running, and fitness activities) have experienced sharp increases (ASC, 2023). Much of the increase has been through informal settings such as freely accessible infrastructure in public open space (Cameron, 2022) which are designed for social and non-competitive use (i.e., outdoor exercise equipment) and typically provided by local government authorities (LGAs). The impact of the built environment, and particularly public open space, on PA is well documented (Costigan, 2017; Giles-Corti, 2005, Van Hecke, 2018; Veitch, 2017). Systematic reviews (Hunter, 2015; Jansson, 2019; Joseph, 2016) indicate that modifying parks increase park visitation and PA levels, however, the type of park modification studied is variable and most studies identified were conducted in North America. Generally, it remains unclear how interventions can increase PA of different ages (Hunter, 2015), a result of limited focus on environmental factors that lead to change (Stankov et al., 2017), or insights into who users are, or what type of infrastructure achieves greatest utility. In response, this presentation will present a scoping review examining the limited research that identifies user demographics of active recreation infrastructure in Australia. It will identify gaps to be addressed in two future studies to be delivered by the research team: (1) an observational study in parks and, (2) a natural experiment pre and post infrastructure installation to assess changes in usage. It is proposed that synthesizing findings from these studies can be used by LGAs to identify those features of parks and build infrastructure that are cost-effective and have the greatest impact on increasing PA (Sugiyama, 2018).

Keywords: *active recreation; infrastructure; local government; physical activity*

The transformative power of a major event to volunteers at the 36th America’s Cup

Sandra Goh (Auckland University of Technology), Massimo Morellato (Free University of Bozen-Bolzano), Willem Cotzee (Western Sydney University) & Abrar Faisal (Auckland University of Technology)

America’s Cup is the most analysed hallmark event to date, but previous studies for this major event had not experienced anything like the 36th America’s Cup (AC36). The AC36 was held in New Zealand during the COVID pandemic in March 2021 possibly being the world’s first major event after coming out of a lockdown period. Hallmark events are essential for the tourism industry and the host community. These events serve the specific purpose of achieving a set of goals that benefit both tourists and residents. The event is synonymous with the host city. They aim to attract tourists, create a positive image of the destination/community, and deliver multiple benefits to residents. It is not uncommon to secure full community ownership for a sailing event. This study examines the social impact of a serious group of volunteers’ post-event during this extraordinary period. The concept of serious leisure and volunteering may not be new; however, this is the first study conducted on the volunteers at AC36. This study examines the wellbeing and transformative impacts of the volunteers at the America’s Cup. Leisure, quality of life, and wellbeing are interrelated. Campbell’s want-based approach to quality of life was adapted for this study. The factors included a sense of achievement in one’s work/leisure, an appreciation of the sport, a feeling of identification with one’s community/social world, and a sense of fulfilment of one’s potential. Interviews were conducted with 22 on-water volunteers and surveys were conducted with 252 on-land volunteers. The findings reveal the transformative impacts of this hallmark event on the wellbeing of the volunteers after a long lockdown.

Keywords: *America’s Cup; hallmark event; major event; sailing; transformative; volunteers; wellbeing*

The joy of shopping: Hedonic shopper preferences for the ‘ideal’ retail place

Louise Grimmer (University of Tasmania)

The ongoing impact of COVID-19, combined with a challenging economic climate across Australia, continues to impact consumer confidence, discretionary spending, and household budgets. The retail sector is especially vulnerable to this ‘perfect storm’ of factors, particularly in local shopping areas featuring small and independent businesses. These businesses rely on local patronage to survive and provide choice and variety for consumers as well as local employment. This research examines what attracts recreational hedonic shoppers to retail areas, which is important for improving main street shopping areas in local communities. Hedonic shoppers are those who enjoy the recreational aspect of shopping. They often experience a physiological reaction, as well as euphoria and joy, when undertaking shopping. Hedonic shoppers engage with retail stores and retail places as a leisure activity, and this is the only known study to examine the preferences of hedonic shoppers for different elements/characteristics, stores, and services for an ‘ideal’ retail place. We surveyed shoppers from around Australia (n=615), representative of the population in terms of gender, age, and location (urban versus regional; state/territory), about their preferences for local shopping. We additionally measured participants’ levels of hedonic and utilitarian shopping orientation. Participants were asked about the importance of 21 different key characteristics/elements of retail places, as well as which shops and services they want (and don’t want) in their local shopping area. The results indicate different preferences for characteristics/elements and the types of stores considered to make retail places ‘ideal,’ with clear distinctions between shoppers scoring higher on the hedonic scale versus the utilitarian scale. The findings are important for those working in the planning, development, revitalisation, and marketing of local shopping areas such as local governments, chambers of commerce, trader associations, individual retailers, and place marketers.

Keywords: *hedonic shoppers; recreation; retail places; shopping*

More than plain and purl: Knitting

Tracy Harkison (Auckland University of Technology)

The aim of this research is to explore and explain why people knit for leisure and how for some this can become a lifelong pursuit. For centuries knitting was all about making useful and sensible garments but now it is a leisure activity that can be done almost anywhere. Being a knitter for some can be a way of life, for some it is just part of their life, and for others it enhances their life. Research has shown that knitting helped a vast amount of people with mental health issues while they were in lockdown during the COVID-19 pandemic. But this is only one recent reason why people knit and to date there has been very little research conducted on why people knit for leisure. Data was gathered and collated from focus groups using semi-structured open-ended questions from two different knitting groups. The initial findings suggest that knitting gives people a sense of connection, this can be to the person who taught them to knit or to their family as they can knit for them, a feeling of being part of a wider community, being able to contribute to society by knitting for charity, it's fun and a way to make friends. The full impact of knitting for leisure has not been fully realised, researched, or previously studied.

Keywords: *creations; knitters; knitting; needles; yarn*

Co-creating knowledge through a scoping review to support the provision of leisure programs for refugees

Najmeh Hassanli (University of Technology Sydney) & Janine Williamson (Independent Researcher)

Governments worldwide offer diverse levels and forms of support to refugees during their settlement period. However, the consistent inclusion of leisure services in national refugee settlement strategies remains a challenge. This trend is mirrored in Australian government policies and support services, where leisure is not prioritised as a key aspect of refugee settlement. As a result, refugees often encounter limited access to recreational activities. Therefore, recommendations have been made to governments globally, urging them to consider the role of leisure as a facilitator for successful integration. Recognising this gap, a scoping review of 78 studies was conducted to assess the existing knowledge on leisure provision for refugees and identify future research directions. Three distinct themes were identified in the review of studies: 1- Benefits of leisure participation; 2- Barriers to achieving leisure benefits; and 3- Strategies to maximize leisure benefits. Recognising the significant role of stakeholders in scoping reviews, two stages of stakeholder consultation were employed. Initially, 12 semi-structured interviews with not-for-profit staff responsible for delivering leisure programs to refugee communities were undertaken which highlighted gaps between 'theory' and 'practice' in three areas of Program Design, Program Evaluation, and Program Sustainability. Next, a stakeholder roundtable was used to further disseminate results to stakeholders, discuss the theory-practice gaps, and identify recommendations to bridge these gaps. By expanding previous applications of scoping reviews, the study presents a Co-creation Scoping Review Framework (CSRf) to promote the co-creation of knowledge by stakeholders. By applying this framework to the realm of leisure provision, the paper presents fresh insights and highlights future research directions. The findings of the study hold relevance for academics, practitioners, government authorities, and policymakers in the fields of leisure and refugee settlement. Additionally, the paper offers guidance on conducting scoping reviews that actively engage multiple stakeholders.

Keywords: *knowledge co-creation; leisure; refugee settlement; scoping review; stakeholders*

Justice as inclusion: A critical conversation about inclusion and belonging

Dan Henhawk & Fenton Litwiller (University of Manitoba)

When inclusion and belonging are only understood to involve being a warm and welcoming person, less attention may be paid to how policy, procedures, and the relational nuances and norms of culture are shaped by the histories and currency of colonialism. For example, inclusion is often enacted as a token gesture by an organization without making the structural changes necessary to ensure true belonging. Much like current rhetoric around decolonization, inclusion can become a metaphor that maintains notions of settler futurity in ways that perpetuate the violence of white supremacy and heteropatriarchy. Using Kovach's (2010) conversational method three leisure scholars used conversation and storytelling as methods to explore our questions and concerns about how inclusion and belonging are taken up within the leisure field – and why exclusion persists. In this paper, we attempted to work together by finding a methodological home in what St. Pierre (2018) refers to as ‘unofficial data’; revealing provocations housed in our bodies and memories. As such, our epistemological assumptions (knowing through embodiment, lived experience, and scholarship), our lived experiences, and identities are integral to this conversation: Dan is an Indigenous, cisgender, able-bodied, man; Fenton is a white, genderqueer, able-bodied settler living on Treaty 1 territory; Stephanie is a white, cisgender, able-bodied, settler woman. We have chosen to spotlight three lines of conversation related to inclusion and belonging: 1) the trouble with decolonizing inclusion; 2) Indigeneity, displacement, and belonging, and 3) who gets to define what is human and who belongs? Reframing inclusion to ‘justice as inclusion’ insists that practitioners and scholars de-program essentialist and capitalist notions of Indigeneity, name systems of oppression and privilege, and centre Indigenous notions of relationality, including making connections over what it means to be human and re-establishing a connection to the non-human world.

Keywords: *belonging; decolonization; displacement; inclusion; justice; leisure*

Understanding the role of trust in Australian music festivals: Implications for leiscapescape

Megan Hibbins, Carmel Foley & Deborah Edwards (University of Technology Sydney)

Music festivals as part of the leiscapescape are temporary, ritualistic, and culturally expressive (and excessive) spaces. Attending festivals is based on a significant level of trust across the stakeholder spectrum. For an attendee, it is difficult to gauge what is being offered, and exactly how things will work before you arrive. Co-producers such as festival organisers, suppliers, and government regulators, are tasked with the process of building a safe, large-scale mini village in an urban, rural, or regional area. These stakeholders rely heavily on an ecosystem of expertise for the execution of tasks, often undertaken in a remote way without teams meeting in person until they work together on the physical festival site. While trust has been studied extensively in management and psychology, with some extension to leisure, very little is known about trust in the festival context. This research draws on theories of trust to understand the role trust plays in Australian music festivals. Data were collected via in-depth, semi-structured interviews with festival organisers, government venue teams, festival suppliers, and attendees and analysed using NVivo12. Key highlights from the findings are that interpersonal and interorganisational trust allow festival co-producers to have working relationships that encourage communication, respect, and reciprocity. Social and institutional trust promote a festival environment where attendees like to be and want to return to. While the atmosphere of heightened excitement at music festivals means that festival organisers and their suppliers do not have trust in the actions of and choices made by attendees. These and other highlights from the findings will be discussed along with a framework that can be used for understanding trust in music festivals and the implications for theory and practice.

Keywords: *co-producer; festival ecosystem; music festival; trust*

“What’s your flex?”: Co-producing leisure research alongside equity seeking youth

Tristan Hopper (University of Regina), Keetyn Maxwell (University of Regina), Michael Dubnewick (University of Regina), Tara-Leigh McHugh (University of Alberta) & Sean Lessard (University of Alberta)

Over the past decade, there has been an increase in the number of published participatory studies (e.g., Hayhurst, 2017; Smith et al., 2021; Spaaj et al., 2018). However, resources detailing the co-production of research in the broad field of leisure studies are lacking (Smith et al., 2022), particularly alongside equity-seeking youth. Therefore, the purpose of this presentation is to provide a detailed description based on the early learnings from an on-going youth-led, co-production project with youth mentors. The overall project is focused on how living relationally in afterschool programs can enhance youths’ experiences in central Canada. This presentation will focus on our ongoing community-based work, which is guided by the key principles of Youth-led Participatory Action Research (YPAR; Ozer, 2016). YPAR incorporates a youth-centered engagement approach to ensure mutual respect, co-learning, relationship-building, power-sharing, empowerment, capacity-building, and collective commitment to social change. This research came together through a partnership with researchers, youth mentors / co-researchers, and Growing Young Movers (GYM), an afterschool wellness program located in central Canada. As mentors within GYM, the youth support afterschool programming for neighboring elementary students. Our research team has recently begun utilizing digital methods, specifically podcasts, as an accessible way to identify the collective issues of community members in a respectful manner that allows the youth co-researchers to be active in the storytelling and story-sharing (Smith et al., 2021). During our presentation, we will share early learnings from the co-production of this research project which are represented by four themes: (a) connecting over meaning, (b) capturing everyday experiences, (c) grounding in directed topics, and (d) sustained engagement. This work highlights important considerations of working alongside equity-seeking youth in co-produced research, advances the current understanding of co-production processes in leisure research, and the use of digital methods. This presentation contributes to the leisure studies literature by providing a detailed description of the co-production research process utilizing a YPAR a unique and timely approach within a Canadian context.

Keywords: *after-school programming co-production; digital methods; equity-seeking youth leisure*

Paws and leisure: Exploring physical activity habits of Danish dog owners

Jens Høyer-Kruse (University of Southern Denmark), Adrian Bauman (Sydney University) & Christina Bjørk Petersen (University of Southern Denmark)

Approximately 20 percent of Danish households are dog owners, accounting for approximately 810,000 dogs. Research indicates a correlation between dog ownership and enhanced mental and physical well-being, including reduced anxiety, lower blood pressure, and decreased mortality rates. However, other studies reveal that individuals who engage in dog walking tend to be younger, often with families and children, and possess higher levels of education or socio-economic status. These factors are predictors of good health, irrespective of dog ownership. This study aims to outline the sociodemographic and physical activity characteristics of dog owners, with a specific focus on ascertaining whether they are already physically active through means other than dog walking. Should dog walkers already maintain a level of physical activity, walking their dogs might contribute supplementary exercise, albeit with only marginal advancements in health-related benefits? Our database is a survey of more than 163,000 adult Danes' (15+ years) movement habits conducted during the fall of 2020. The survey questionnaire includes questions about the respondents' access to dogs and whether they walk their dogs. Employing regression analyses, we intend to discern disparities between individuals who walk dogs and those who do not. At the upcoming ANZALS conference, we will present our findings and discuss whether dog walkers potentially obtain their physical activity from other sources, including leisure activities and sports, when compared to non-dog walkers. This analysis holds implications for understanding the supplementary impact of dog walking on leisure-based physical activity levels and subsequent health outcomes.

Keywords: *dog owners; dog walkers; physical activity; SES; sport*

Unveiling the impact of kataribe guides on awe experiences along Kumano Kodo

Eiji Ito (Chukyo University), Shintaro Kono (University of Alberta), Kei Tanisho (Kansai University) & Tsukasa Kawanishi (Chubu Gakuin University)

Kumano Kodo, an extensive network of ancient pilgrimage routes located in Japan's Kii Peninsula, holds immense cultural and spiritual value as a UNESCO World Heritage site. Notably, walking along Kumano Kodo has been found to elicit not only positive emotions but also awe experiences among tourists. Awe, defined as an emotional response to novel, vast, complex stimuli that surpass one's existing worldview, has been explored in various tourism contexts, including nature-based and pilgrimage tourism. Of particular interest to this study is the notion that the presence of a kataribe, a local tour guide possessing historical insights, knowledge of conservation efforts, and skills to interpret local culture and nature, may enhance awe experiences during walks on Kumano Kodo. This current research aims to examine this possibility through an onsite study in September 2023 with undergraduate students from Wakayama University. The study will involve participants walking on Kumano Kodo for approximately 150 minutes and completing five questionnaires that measure their awe experiences during the trip. Participants will be randomly assigned to either the treatment or control group, wherein those in the treatment group will visit the Kumano Kodo information centre with a kataribe and then walk on Kumano Kodo with a kataribe. Conversely, participants in the control group will walk on Kumano Kodo without a kataribe and will not visit the information centre. Data analysis will involve conducting a mixed ANOVA. The findings will be discussed in connection with experience designing at a cultural and natural destination and the significance of local interpreters, contributing to our understanding of how knowledgeable guides influence the tourism experience.

Keywords: awe experiences; kataribe guide; Kumano Kodo; pilgrimage; tourism

Civil Society's contribution in rural areas: Evidence from Denmark

Evald Bundgaard Iversen (University of Southern Denmark)

In this study, we define Civil Society as the formal and informal organisation for social, political, and cultural activities taking place in the public sphere (Boje, 2017). Civil Society plays a significant role in delivering key community services in rural areas in response to the closing of welfare institutions such as schools and kindergartens. Further, shops and industries are to a lesser extent available in rural areas, compared to urban centres. These broad trends are present in Denmark as well as in other national contexts. Despite these developments, the perceived quality of life (QoL) is higher in rural areas than in the city. Participation in Civil Society is also higher in rural areas and since participation in Civil Society is known to contribute to QoL, this might be part of the reason for this difference. Research by McCrea (2014) has shown that a sense of subjective wellbeing in rural communities is primarily driven by the social aspects of the community and the level of services and facilities. With this project, we aim to better understand which roles Civil Society is willing and able to play in relation to promoting social aspects of the community and provision of essential services and facilities to support rural areas. The study consisted of surveys of associations and individuals in four Danish municipalities and case studies of 8 rural areas in these municipalities, including 40 interviews with local stakeholders. The results indicate Civil Society supports the subjective wellbeing of individuals in rural areas by facilitating social events and by contributing to local development via collaborating across different associations, as well as with the municipality. But the results also indicate that the extent to which Civil Society can change the path of rural development towards an ageing population has its limits.

Keywords: *Civil Society; local development; subjective wellbeing in communities; volunteering*

Public vs economic value in Community Recreation Centres

Evald Bundgaard Iversen (University of Southern Denmark) & John Tower (Victoria University)

Community Recreation Centre (CRC) management is important because it may influence the extent to which the operation of the centres focuses on either economic or public value. Unfortunately, little is known about how municipal council leisure officers (MCLOs) and the CRC managers balance the alignment between economic and public value. There is an expectation, that facilities are to be operated efficiently. But public value theory suggests CRCs should also make a contribution to society. Our research investigated the role of public and financial value considerations for MCLOs and CRCs in Australia. The exploratory research was based on interviews with CRC managers and MCLOs. A convenience sampling approach was used to gain input from ten respondents in three municipal settings in Victoria, Australia. The interviews of the CRC managers and MCLOs focused on how they conducted their daily operations in order to assess the role of public and financial outcomes in their daily routines. The interviews were conducted by the two authors and lasted between 40 and 90 minutes. Our findings suggest that both the MCLOs and CRC managers acknowledge the importance of economic and public value for both levels of management. However, the results indicate MCLOs tend to have greater expectations of public value outcomes than CRC managers. CRC respondents acknowledged the importance of public value but indicated achieving the financial outcomes tended to guide most of their management decisions. There is scope for conversations between MCLOs and CRC managers to strike a better balance between the financial and public value outcomes. The good news is that they share a vision of focusing on economic and public value outcomes. The downside is the discrepancies between how they perceive the current balance, with the CRC managers suggesting, that too much time is spent with financially oriented outcomes.

Keywords: *Community Recreation Centre; financial value; management of recreation centres; public value*

Enhancing leisure education with a transdisciplinary focus on human-centred design thinking

Greg Joachim, Lewis Whales & Stephen Frawley (University of Technology Sydney)

Design thinking is a human-centred approach to practice that allows non-design practitioners (such as leisure managers) to access and employ the mindsets, practices, and techniques of expert designers to generate enhanced value for human users (Carlgren et al., 2016). Research on the use of design thinking in the leisure-adjacent field of sport management foregrounds that human-centred approaches are assuming increased importance and utility as sports organisations continually evolve to serve different users (Joachim, 2021). Consequently, university students (being the leisure/sport managers of the future) potentially stand to benefit from being immersed in the design thinking process. The authors will share their experiences using design thinking in two undergraduate subjects in different faculties at a large (30,000+ undergraduates) university of technology in Australia. The five-stage Stanford d.school model of design thinking – empathise, define, ideate, prototype, test (Joachim, 2021) – is used as the structure for both ‘Innovation Lab’ [IL] and ‘Design Thinking for Social Innovation’ [DTSI]. While these subjects share the same structure, they employ meaningfully different assessments and delivery modes. Ultimately, each subject can learn from the other to move toward an ‘ideal’ use of design thinking in leisure/sport management pedagogy. Considering ‘diversity of perspectives’ is a key theme of design thinking practice in management (Carlgren et al., 2016), blending the IL and DTSI cohorts has the potential to improve classroom outcomes for both cohorts. This might be best achieved through the creation of a transdisciplinary design thinking subject offered as an elective to students in all faculties. In line with broader transdisciplinary approaches to leisure studies (e.g., Veal, 2019), the authors will outline how such a transdisciplinary approach – including revised assessments and approaches to subject delivery – might enhance outcomes for leisure and sport management students at all levels.

Keywords: *design; design thinking; human-centred design; innovation; pedagogy*

Interactions and travel companionship: Constructing the *lived* hiking experience in a natural setting

Jonathan Joseph, Simone Faulkner, Najmeh Hassanli & Stephen Wearing (University of Technology Sydney)

Hiking in various natural settings is recognised as a highly desirable and popular leisure experience. Known to facilitate connections between people, hiking often involves elements of socialisation, companionship, and camaraderie. Despite the prevalence of these social themes in leisure studies and outdoor recreation literature, the topic of shared hiking experiences as a lived experience has undergone limited empirical research. Phenomenologically informed, participant-driven video diaries and a pre-trip research probe were used to explore the subjective experiences of nine pairs of multi-day hikers walking the Kepler Track Great Walk in Aotearoa/New Zealand. The study focused on how the experience of hiking with a familiar companion in a natural setting shaped the participant's hiking experience. The study employed reflexive thematic analysis to make sense of the experiences of the individual cases. The findings suggest the importance of soft and gentle interactions between the hiker and the companion, which complemented the more obvious and tangible interactions. Combined, these moments together provided the hikers with joy, pleasure, and excitement, but also much needed reassurances in the form of comfort, support, and encouragement. This sense of togetherness was important for the participants in navigating the embodied-nature of the walking-experience, and the way in which they went about conquering the physical and mental ebbs and flows of the multi-day adventure together with their companion. The findings also confirmed that the parameters of the natural setting, as well as the socio-historical background of the participants, played a central role in shaping the shared hiking experience. The study contributes to leisure studies and outdoor recreation research by theoretically developing the social and contextual constructs that shape hiking experiences in a natural setting. Practically, the research will produce context-specific insights around visitor experiences on the Kepler Track, and potentially for other natural settings alike.

Keywords: *companionship; hiking; interactions; natural setting; outdoor experience*

Continuation of lifelong identity for aged care residents includes support for leisure activities

Shannon Kay & Stephen Neville (Auckland University of Technology)

Aged Residential Care (ARC) offers support for health and social needs of older New Zealanders who are unable to live independently. However, many ARC residents have limited opportunities to participate in activities that have real meaning for them. One ARC provider in New Zealand has developed a village inspired by de Hogeweyk in the Netherlands, where residents’ lifelong identities are maintained by participation in activities they value. The research aimed to explain the transition from a traditional ARC facility to a clustered domestic model of care, where residents live in small houses with like-minded others. The vision guiding the transition was one of “residents living normal lives.” A critical realist theoretical perspective informed the case study research. Government officials, facility staff, residents, and their families participated in interviews for the study. Additional data comprised records of observations of daily life for residents, photographs, organisational documents, and the study journal. We found that the vision of “residents living normal lives” was achieved by changing the culture of the workplace and changing the physical environment. Residents now live in small homes with five or six peers within a village environment. The home-like physical environment provides cues for normal living. Workplace culture change has supported the delivery of person-centred care by staff who know residents well. These two factors enable staff to identify residents’ preferred activities and support them to engage in them. Residents are now able to participate in the running of their houses, as well as undertake leisure activities that enable the continuation of lifelong identities and connections to culture and ancestors. Residents’ holistic well-being is maintained by leisure activities such as attending Māori cultural groups, gardening, exercising, and craft, within groups or individually. We have identified the need to have a dedicated staff role organising resident leisure activities.

Keywords: *leisure; nursing home culture change; older adults; wellbeing*

Hungarian Active Lifestyle (HEPA) Strategy 2033

Gyöngyvér Lacza (Hungarian University of Sport Sciences)

The issue of inactivity and obesity has become increasingly severe in Hungary over the past decade. Recent studies from Eurobarometer (2022) indicate that 59% of the population does not meet the minimum physical activity recommendations set by the World Health Organization. Furthermore, research reveals that nearly 60% of Hungarian adults and one in five children are overweight or obese. In response to these challenges, the State Secretary for Active Hungary commissioned a research group in 2023 to develop the first-ever Hungarian Active Lifestyle (HEPA) Strategy. To begin, the team of experts created a sectoral map and conducted surveys to identify potential partners for action. They then conducted a comprehensive review of relevant literature, international guidelines, and best practices. Based on the findings, the research group selected the OECD/WHO 'Policy Options to Increase PA Intervention (2023)' model as the theoretical framework for future interventions. From January to June, a minimum of three workshops were organized for each sector, involving approximately 200 stakeholders. These workshops resulted in the formulation of over 100 interventions, including initiatives targeting active schools, higher education institutions, workplaces, and seniors. Additionally, a system for activity prescriptions and personal consultations will be introduced in the health and sports sectors, with specialized training provided to practitioners from both fields. Several proposals also focus on place-making and creating active cities. The importance of aligning the needs of the active leisure sector with environmental administration has also been emphasized. Governmental approval of the Strategy is expected by the autumn term, with implementation scheduled to begin in 2024 and continue until 2033. To monitor the effectiveness of the Strategy, a representative study will be conducted every two years, focusing on physical activity rates and other health and well-being benefits.

Keywords: *active lifestyle; physical activity; policymaking; strategy*

Getting high at the gym: The urbanising of rock climbing in Aotearoa, 1989-2020

Natalie Looyer (Victoria University of Wellington)

Aotearoa New Zealand's first rock climbing competitions in 1989 and 1990 were catalysts for a whole new direction that rock climbing subsequently took in Aotearoa. Following international trends in rock climbing, the 1990s saw indoor climbing gyms and competitions transform the rock climbing scene in Aotearoa. My PhD research is a historical study into the growth of rock climbing in Aotearoa from 1960 to 2020; however, this presentation will focus on the impact of the developments taking place throughout the 1990s. This period saw rock climbing step beyond its autonomous roots and take on a more structured status as an organised, competitive sport. Using archival material and oral history interviews conducted for my research, I will discuss how the dual developments of competition and indoor climbing gyms rapidly transformed rock climbing in Aotearoa. Club journals, newsletters, and published guidebooks in the 1980s and 1990s captured updates, news, and reviews of events at the time. Some of my interviewees offered critical reflections on how the advent of competitions and indoor gyms have ultimately influenced their personal climbing experiences, while others gave insight into their personal contributions as commercial climbing gym builders and competition organisers throughout the 1990s. This array of sources provides diverse historical material for analysing the past events and developments that have shaped how we perceive rock climbing as a sport today, and how the sport and activity is practised in society. With reference to international scholarship on rock climbing studies, I will discuss the cultural, demographic, and environmental shifts that have occurred in rock climbing due to participants beginning to climb from earlier ages, practising climbing in urban settings, and partaking in competition up to elite levels. I will explore how these shifts owe much of their change to the rapid developments that occurred in tandem throughout the 1990s.

Keywords: *adventure sport; competition; sport history; urbanising*

The celebration of World Physical Activity Day and the dialogue with leisure at UFPR

Cinthia Lopes da Silva (Federal University of Paraná), Maria Gisele dos Santos (Federal University of Paraná), Victor Keihan Rodrigues Matsudo (Centro de Estudos do Laboratório de Aptidão Física de São Caetano do Sul) & Mariana de Paula (Federal University of Paraná)

April 6th is known as the commemorative date of World Physical Activity Day, officially recognized by the World Health Organization (WHO). The day aims to encourage physical activity for the sake of health and to raise awareness among the world population about the health problems resulting from a lack of regular physical activity. The Federal University of Paraná (UFPR), a public institution of higher education in southern Brazil, organized a program with leisure-related physical activities on April 6th, 2023, as a strategy to mobilise students, professors, and the local community. This work aimed to analyse the program of activities and the participation of the students at UFPR. The work is an experience description. Approximately 80 students participated in the program at UFPR, and two professors organised it. The activities were planned and developed, drawing upon dialogue based on studies of physical activity, health, and leisure. As a result, the practices carried out at UFPR, beyond simply encouraging people to engage in physical activities or raising awareness, served as a path for building values and learning experiences. Activities involving rhythm, such as dance and choreography, allowed students to create and learn about choreography, using their imagination and body language. In the case of slackline, there was an interesting encounter among the students. During the activity period, around 25 students were assisted in slacklining, some were already proficient in the practice while others were beginners. This was a moment of sharing not only the learning of slacklining but also the exchanges made among the students, fostering sociability among them. In conclusion, we find that engaging in physical activities is not only beneficial from a biological standpoint but also promotes social exchanges.

Keywords: culture; health; leisure; physical activity

School and university: A community engagement experience from leisure in Southern Brazil

Cinthia Lopes da Silva (Federal University of Paraná), Rosecler Vendruscolo (Federal University of Paraná), Vera Luiza Moro (Federal University of Paraná), Letícia Godoy (Federal University of Paraná) & Michaela Camargo (Municipality of Curitiba, Paraná)

Leisure is a social right in Brazil, and from childhood, people have the right to access experiences and knowledge related to this social phenomenon. The objective of this study was to analyse a community engagement experience carried out at the Federal University of Paraná/Brazil with leisure activities (playing games, dancing, toy building, practicing slackline, practicing cycling), through a collaborative project between professors from the Department of Physical Education and a public school in Curitiba, state of Paraná/Brazil. This objective is related to two United Nations Sustainable Development Goals- quality education and poverty eradication. This work consists of an experience description and dialogue with the literature based on authors such as Joffre Dumazedier and Nelson Carvalho Marcellino. In one of the activities (dancing), the experience involved two groups of elderly individuals (more than 60 years old) and 56 children (9-10 years old), showing us how it is possible to practice activities between different generations. The intergenerational interaction, as well as the children's access to social, and physical sports, and manual leisure content through leisure-based education, were the outcomes of the experience. We evaluated that a proactive and favourable action towards poverty eradication and quality education, which are United Nations' goals we sought to achieve, was accomplished through the positive response of elderly individuals and children, both actively participated in the proposed activities, demonstrating a body learning and values in favour of the collective, facilitated by the collaboration between school and university.

Keywords: *community engagement; culture; education; leisure*

Fitness professionals’ perspectives on working with older adults in New Zealand

Patricia Lucas, Luigi T. Bercades, Kay Hammond & Nicola Power (Auckland University of Technology)

As the global median age of populations rise, the call to engage in measures that fight disease and provide health benefits has become increasingly important. Physical activity is a protective factor against many noncommunicable diseases and exercise within gym facilities is a common way for older adults to engage in it. Older exercisers consider the quality of Fitness Professionals (FPs) an essential factor in their motivation to participate in physical activity. However, past research found unintentional ageist preconceptions among FPs. The perspectives of FPs working with older adults may provide insights to improve the implementation of exercise programmes to ultimately increase the positive outcomes from exercise among older adults. There is limited research on this topic and to our knowledge, this is the first exploration of the views of FPs from Aotearoa New Zealand (NZ). This session presents the FPs’ expectations, learning, insights, and recommendations from their experiences of working with older adults. Participants were six gym instructors working at a gym facility in Auckland, NZ, who interact and supervise older adults in exercise classes and on the use of gym equipment. They participated in semi-structured interviews. The authors utilised a qualitative descriptive approach to the research and examined the data using inductive thematic analysis. Several broad themes were identified from this analysis including client characteristics, preconceptions, emotions, professional competence, and professional development. The insights gained from the FPs suggest there are opportunities for developing training courses or modules as part of ongoing FP professional development. These courses may assist with understanding the needs and expectations of older adult engagement in a gym environment. We recommend further examination of FPs’ experiences with a culturally diverse clientele.

Keywords: *exercise; fitness professionals; older adults; perspectives; relationships*

E-biking: From leisure to tourism opportunity. Exploring this phenomenon in the rural context of the Italian Alps

Karin Malacarne (Auckland University of Technology) & Massimo Morellato (Free University of Bozen-Bolzano)

This study explores the e-bike trend that is happening in Pustertal (Italy), a rural area of in the North-western Italian Alps, from a rural tourism perspective. As part of a wider research project 15 rural entrepreneurs and tourism providers were interviewed. Findings show an increasing trend for e-bikes and the needs for rural destinations to rapidly adapt, sometime with challenging upgrades at infrastructural level. For example, some entrepreneurs have established specific parking lots for e-bikes and for stations to recharge batteries. It is generally considered a positive event with consequences such as incentivising the outdoor activity and the fact that visitors bike to the entrepreneur's business instead of using cars, slowing down the process of visiting a place and reducing traffic congestion and carbon emission. However, little has been investigated on the fast-growing number of e-bike tourism in the rural context. Some issues are arising on the e-bikes availability and changes on safety regulations. Incurring accidents seem to happen with higher frequency, at higher speed, and in more remote routes. Suggestions on improving this leisure trend has been found through the setting up of speed limit signs and the monitoring of devices on trials. This project follows the evolving scenario of increasing demand for e-bikes in rural areas and presents initiatives and experimentations that a destination is organising, from the establishment of new facilities, new services for e-bikers, new routes, innovation in transportation, and the policy to provide the tourists with a leisure card for free transportation. In conclusion, the e-bike leisure trend is a growing phenomenon in rural destinations that needs to be carefully considered by the entire network of leisure travel providers and all the rural actors. The ways into which a destination is managing this latest trend can allow a boost in popularity and attractiveness.

Keywords: *destination management; e-bikes; leisure trend; rural context*

Exploring media constructions of female cricketers in the Islamic Republic of Pakistan

Hazel Maxwell (Western Sydney University), Michelle O’Shea (Western Sydney University), Aila Khan (Western Sydney University) & Simon Darcy (University of Technology Sydney)

Our work examines the media construction of female Pakistani cricketers in a masculine dominated sport. Prior scholarship has suggested that cricket has been adopted by men in the Indian subcontinent for two yet contradictory reasons. For some, cricket provides a space through which they emulate their British colonizers. In contrast, sport has also become a vehicle through which British hegemony can be dislodged. Despite the emergence of some critique, there is a paucity of empirically grounded research specifically concerned with interrogating the adoption of masculine colonial sports and how this take-up has and continues to shape women’s sport participation in this region. The research is informed by intersectional and feminist theory which help to locate and untangle the complex intersections between sport, colonisation, religion, and gender in Pakistan. Our interest in this research is in part informed by Aayush Puthran’s writing and her naming the essence of Pakistani women’s cricket-Jazbaa, meaning “spirit, feeling, passion, desire, sentiment, emotion.” Though women’s sport participation is often enveloped by outcomes such as increased self-esteem, self-confidence, and enhanced academic achievement, girls and women in Pakistan are frequently unable to participate. In a society, where sport participation is generally perceived as incompatible with religious requirements of modest dressing and gender segregation, there is however some support found within the patriarchy that is increasingly albeit slowly making space for and advancing possibilities for female cricketers’ involvement in the upper echelons of the game. Through examining the sport’s historical development and current media discourse we explore the contemporary media constructions of Pakistani women’s involvement in administration, governance, coaching, team management, and media liaison in the Islamic Republic of Pakistan. In so doing we contribute to understanding the support provided to Pakistani female cricketers through social networks and how in multifaceted ways these networks are challenging established social norms.

Keywords: *cricketers; female; Pakistani; sport participation; support network*

Intersectionality, inclusion, and sporting role models: Labour and hope

Hazel Maxwell (Western Sydney University), Michelle O’Shea (Western Sydney University), Megan Stronach (University of Technology Sydney) & Kristen Stevens (University of South Australia)

It is commonly agreed that sporting role models can inspire leisure behaviour and contribute to improvements in sports participation and physical activity. Our work builds on a previous study of Australian media which examined Indigenous sportswomen’s role model status. The sport careers of footballer Lydia Williams, cricketer Ashleigh Gardner and netballer Jemma MiMi underpinned the research. These women were selected following discussions with Indigenous female scholars. The strategy adopted involved an internet search using the following criteria: name; date range 2017 – 2021; Aboriginal or Torres Strait Islander (Indigenous Australian) sportswoman; social media: Facebook, YouTube, Twitter, Instagram, podcasts, and print media as well as mainstream media: *Age*, *Australian Guardian*, *Herald*, *The Advertiser*, *Daily Telegraph*, *Australian Broadcasting Commission* sport. Through analysing media constructions of these three athletes, the multifaceted and complex construction of female Aboriginal and/or Torres Strait Islander athletes and their role model status was illuminated. Ten functions of sporting role models (participation, leadership, advocacy, challenging gender stereotypes, inspiration, ethics, safeguarding and prevention, media, and corporates, giving back and cultural maintenance) were identified indicating the important voice of female Indigenous athletes and the potential of wider societal influence. Each of the three sportswomen discusses the influence of their predecessors, these included the Olympic athletics champion Cathy Freeman for Lydia Williams, Faith Thomas, the first Indigenous women to play cricket for Australia, for Ashleigh Gardener and Marcia Ella-Duncan, the outstanding Australian netballer, for Jemma MiMi. The women focused on the inspiration they received from these sportswomen and asserted that they also looked to inspire and advocate for other Indigenous people and their communities through encouraging greater opportunities for sporting participation, education, and improved health. This in-depth understanding of the unique platform provided by sport can serve to strengthen the voices and influence of these Indigenous women. However, we also acknowledge the extra labour of these women and the pressure exerted on them through the increasing media spotlight.

Keywords: *Indigenous women; intersectionality; mentoring; sporting role models*

The influence of New Public Management Theory on aquatic and recreation centre planning and decision-making processes

Katie McDonald, Clare Hanlon & John Tower (Victoria University)

New Public Management (NPM) is a public sector management theory that strives to ensure local governments are more flexible, competitive, and less bureaucratic. Founded on the principles of financial efficiency, this theory is responsible for changing many local governments' management practices worldwide. Researchers have raised concerns that the introduction of NPM in local government settings, especially in community leisure delivery, will lead to an overemphasis on business management values. Consequently, economic criteria would become the sole standard by which local government services are measured, which may fail to meet community needs. To explore this concern, a multiple-case study was applied to understand how NPM components influence local government aquatic and recreation centre (ARCs) development planning and decision-making. The study used a qualitative research approach. Data were drawn from two cases from ARCs in Melbourne, Australia, using document review (n=264) and semi-structured interviews of key people, including councillors, council staff, consultants, and community members (n=19). This allowed the researchers to understand the real-life experiences of people involved in the ARC planning and decision-making processes. A within-case analysis was applied with thematic maps to illustrate how these ARCs were planned. The two cases were analysed through triangulation and pattern-matching to identify the global, organising, and basic themes. Findings revealed that financial outputs primarily drove ARC planners. The deductive analysis identified four of the seven NPM components active in the ARC planning and decision-making process. These include management skills; output controls; creating competition; and resource efficiency. From a theoretical perspective, our findings suggest that resource efficiency decisions were prioritised in the ARC decision-making process. Practically, local governments need to consider their motivations towards achieving financial efficiencies and determine how this approach impacts their abilities to encompass the council's holistic planning objectives. NPM principles, e.g., financial efficiency, may diminish local governments' capacity to address social planning objectives.

Keywords: *aquatic and recreation centres; decision-making; leisure planning; New Public Management Theory*

Understanding why circus works. Listening to the voices of children and youth

Richard McGrath (University of South Australia), Emma Milanese (University of South Australia) & Samantha McGrath (Charles Sturt University)

The circus-arts are an area of study that has attracted more attention in recent years across a number of fields including leisure studies. The majority of these studies have focused on children and youth; however, they have tended to adopt ‘adult centric’ positions by viewing circus-arts as an intervention or health promotion tool. Adopting a ‘childism’ research approach acknowledges children have agency and develop their understandings of their ‘life worlds’ from their own experiences. As such, children need to be provided opportunities to be active rather than passive research participants. An aim of this study was to provide a voice for children/youth in relation to their views and perceptions concerning their participation in circus training programs. In particular, the study focused on children’s views regarding why they participated in circus training and the benefits they perceived they attained from participating. Children aged 8-17 years (n=174) were involved with providing open-ended written responses as part of a health and wellbeing survey. Thematic analysis was conducted on the children’s written text responses. The analysis identified six overlapping key themes, these being *To be creative*, *To learn new skills*, *To make/be with friends*, *To have fun*, *To exercise*, and *To be challenged*. Written responses indicated these key themes could be both independent and inter-relational, for example being with friends was fun as was being creative, however circus, as an activity was fun overall as well. Findings from this study indicate children and youth, when provided the opportunity to voice their own views and perceptions, can provide a deeper understanding of activities they participate in for leisure. Being aware of why circus works from the perspective of participants can assist with further developing this non-competitive activity as a lifelong leisure pursuit.

Keywords: arts; children; circus; leisure; participation; youth

A critical study exploring the experiences of elite female running athletes concerning pregnancy and motherhood

Brooke McGregor, Richard McGrath, Janette Young & Carmel Nottle (University of South Australia)

More women are successfully combining their elite athletic careers with motherhood, however for many, pregnancy and motherhood are often one of the main reasons they end their sporting careers. This research aims to contribute to understanding how female athletes transition to motherhood. The insights gained from these studies can inform coaches, managers, health practitioners, sponsors, and governing bodies to better understand and support athletes during this transitional process. The research team has conducted two studies. The first study involved a comprehensive scoping review, providing a foundation of knowledge by exploring the experiences of elite female athletes concerning pregnancy and motherhood. In the scoping review, the authors reviewed 40 studies exploring motherhood and elite sport. Overall, the studies analysed for this scoping review provide a mixed picture of the biomedical and social aspects related to female elite athletes and pregnancy. The bio-medically focused studies tended to adopt a quantitative perspective with a predominant focus on physical changes and injuries, whilst reviewed qualitative studies focused on a variety of social factors that can impact a female athlete's return to elite sport including childcare and access to maternity leave. The second study utilized a qualitative phenomenological research approach, involving interviewing current elite female runners to understand their contemporary leisure experiences. Notably, the author interviewed athletes from thirteen different countries including those that have been previously underrepresented in research and media discussions such as Colombia, Kenya, Latvia, Lithuania, Mexico, South Africa, Germany, and Sweden. This study explored various topics such as the athlete's experience of motherhood and pregnancy, as well as the barriers they face in relation to continuing corporate sponsorship and government financial support and childcare. Collectively, the two studies shed light on the experience faced by elite female athletes, as they navigate the transition to motherhood.

Keywords: elite athletes; experiences; motherhood; pregnancy; sports

Utilizing esports to understand healthy gaming habits for lifelong leisure

Zander Merle-Smith (Shenandoah University) & Joey Gawrysiak (Syracuse University)

This presentation on conceptual work explores how participating in esports, and gaming more broadly can be used as a means for lifelong leisure activity. Video game use is higher today than ever before amongst children and young adults, while organized esports participation is increasing in high schools and institutions of higher education worldwide. These increased opportunities may lead to long term recreational use in gaming and esports with benefits including mental acuity, problem solving, and social engagement; aspects often attributed to more traditional forms of recreation and leisure. Not only are there more institutions than ever before offering competitive esports and gaming but there are increased opportunities to study the esports and gaming landscape academically. These academic programs touch on traditional areas of study, especially management, media production, and health & wellness. Esports participants can now understand healthy gaming habits to increase their understanding of how to engage in esports and gaming for more lifelong leisure. These healthy gaming habits include nutrition, soft skills, physical training, and mental well-being. This project also includes an examination of esports opportunities in higher education around the world in order to provide context to the extent of programs that offer organized competition and/or academic offerings. A small, liberal arts institution in the United States will be reviewed as a case study to provide an understanding of how esports can lead to leisure gaming activity. This institution has been offering esports as a competitive and academic undertaking for over 4 years, making it a viable example to be reviewed to draw theoretical conclusions. Authors, for this work, have been involved with the example program from multiple perspectives over the last several years. Further, an example of a focused academic program of esports wellness and performance will be discussed to illustrate how healthy gaming habits can be taught to learners to ensure a lifelong opportunity for leisurely gaming. Implications are drawn from this example of esports and gaming in higher education and how it can be utilized further to provide a new avenue for leisure activity, including ideas such as intellectual, social, emotional, and physical wellness. Future lines of research will also be recommended in this presentation.

Keywords: *esports; gaming; lifelong leisure; technology; wellness*

Parental perspectives on the impact of a multi-million-dollar government investment, in reactivating a sporting hub in a low SES community

Emma Milanese, Murray Drummond, Sam Elliott, Ivanka Prichard & Claire Drummond (Flinders University)

Within socially and economically disadvantaged communities, youth can participate in risky leisurely behaviours out of boredom, which is often exacerbated by a lack of appealing community programs. Free sports programs offered in the community, can have the potential to re-engage youth and improve social behaviours and civic responsibility. A recent million-dollar investment, in reactivating a sporting hub in a low socioeconomic (SES) region of South Australia has provided an opportunity to promote and offer free sports programs emanating from the 'sporting hub.' This presentation emerges from a larger study, that seeks to understand the perceived impact of the multi-million-dollar investment in reactivating the sporting hub, on youth sports behaviours and attitudes. Qualitative data in the form of semi-structured interviews (N=15) were conducted with parents of low SES youth involved in free sports programs, delivered at the reactivated sporting hub, to explore the barriers and facilitators, as well as youth sports behaviours and attitudes, of this innovative community initiative. Using thematic analysis, preliminary analyses suggest that parents perceive the youth engaging in sports programs at the sports hub were more social and having made new friends. Additionally, the parents indicated that the youth had learned new skills and/or had built on their current skills, and finally, their overall physical, mental, and social well-being improved. However, parents reported the safety of participants during non-sport program hours remains an issue, which invites the question as to whether the reactivated sports hub is having an overarching positive impact on the community for which it was developed. These issues will be explored using the data as evidence.

Keywords: *community; disadvantaged; low SES; sport; youth*

“My employer really cares about me”: Worker wellbeing in the hospitality and tourism sector in Aotearoa

Shelagh Mooney & Roy Smollen (Auckland University of Technology)

Our presentation focuses on the workforce in Aotearoa that ensures the enjoyment and wellbeing of leisure seekers. It is based on a qualitative study involving 19 semi-structured interviews, which examined how the organisational culture in hospitality and tourism organisations influences the performance and wellbeing of employees. Recent reports on the precarious nature of employment in the sector (Horn, 2021) and very poor working conditions (Williamson & Rasmussen, 2023) do not paint a positive picture. Turnover is very high, and historically in New Zealand, the sector is not viewed as one that provides an aspirational or stable career (Mooney et al., 2017). Structural features of the industry, including seasonality and vulnerability to external threats (Mooney et al., 2022), poignantly illustrated by the pandemic effects, underscore the unpredictability of employment options. However, few, if any, studies have explored how the organisational cultures of individual businesses shape employee wellbeing in Aotearoa. Our interview participants came from a variety of locations across both islands and worked for various types of enterprises ranging from regional tourism organisations to hotels and cafes. Interviewees were diverse in age, ethnicity, and position, holding entry level service to CEO roles. Our interim findings indicate that a complex tapestry of passion and concern for people and place pervades the organisational culture of hospitality and tourism business in the sector. Workplace values of diversity, respect, and guardianship of the natural environment were principal themes that emerged from the interviews. In contrast to the findings of previous studies and negative media reports (Cropp, 2021; Radio New Zealand, 2018; Robinson et al., 2022; Stringer, 2016), most employees believed that their wellbeing was important to their employer. However, tensions between the high commitment demanded by the 24/7 nature of the industry, customer needs, and expectations, financial insecurity, and the effects of severe staff shortages had a measurable effect on the wellbeing of some employees.

Keywords: *Aotearoa New Zealand; employee performance; employee wellbeing; hospitality and tourism workplaces; organisational culture*

Leisure in the wake of Black Lives Matter and Black liberation

Rasul A. Mowatt (North Carolina State University)

Leisure studies has a history of being silent during mass socio-political movements. The Summer 2020 was a reckoning of the coronavirus pandemic with disparities in socio-economic access to adequate and quality health care; reckoning of economic collapses through forms of financial precarity for workers and the eviction-produced unhoused; and lastly, the reckoning of selective state sanctioned violence that pre-disposes Black populations, at least in the United States, to high rates of injury, trauma, carcerality, and ultimately death. This last reckoning came to us in the form of the 8 minute and 46 second recorded of the death of George Floyd by Officer Derek Chauvin of the Minneapolis Police Department. The death was seen repeatedly through various forms of media. Cultural studies informed the usage of photo-essay in its analysis of State power through popular culture and media. A photo essay method of an analysis of this power was based on the MB4L six-point platform to elicit discussion of a Black Lives-informed research agenda in leisure studies (one photo representing the platform point, one photo representing the leisure-related State causal agent/institution/system – existence of park police, park/trail-based gentrification, stop/frisk of Black tourists). The photos may present another way to generate interest/debate that has yet to be achieved through text in articles within academic journals and verbally through traditional paper presentations at past conferences (Alderman & Inwood, 2023). Little has been presented in academic leisure journals regarding the politics of Black Lives Matter, its hashtag, chapters, organizations, networks, and umbrella alliances (inclusive of Black Lives Matter Canada, BLM UK, #EndSARS of Nigeria, Sydney BLM). The aim of this photo-essay-led discussion is to set a new agenda for leisure research by re-thinking research on racialized populations, the impact of state-sanctioned violence in leisure spaces, and structural origins of health disparities of those racialized populations.

Keywords: *carcerality; Black Lives Matter; Movement 4 Black Lives; socio-political movements; state-sanctioned violence*

AI-enhanced tourism: Empowering people with vision impairment and blindness

Nick Noghan, Mat Ghazi & Peter O'Connor (University of South Australia)

Tourism traditionally adopts a vision-focused perspective, ignoring other senses. To oversimplify, tourists travel to ‘see’ places. Consequently, there is limited understanding of how people with vision impairment or blindness (PwVIB) experience tourism, with their needs often going underserved. Drawing on an ongoing PhD project, this study investigates the potential of advancements in Artificial Intelligence (AI) to address this issue and facilitate independent, interactive, and engaging tourism experiences for PwVIB with equity and dignity. Blindness is an information disability. Thus, providing higher quality and better information to PwVIB can help reduce barriers. PwVIB gain access to information in different ways, ranging from human and guide dog assistance, tactile models, graphics/writing systems, audio descriptions, to assistive devices, applications, and technologies. With significant recent advances in AI, it is timely to explore other ways this technology can assist PwVIB within this context. Using Design Science Research methodology, this study examines the potential of AI-based tools to empower PwVIB, enabling them to gain independence in experiencing travel. The proposed AI tool will scan tourism environments (e.g., art galleries) and interpret them for PwVIB. AI has the potential to facilitate interactions between users and their surroundings, answering questions about objects, delivering descriptions including colour, size, position, and emotional ambiance, providing insights into composition, delving into artistic nuances, and offering historical information about an art piece and its creator. The effectiveness of this solution will be assessed using Construal Level Theory (CLT), which explores how people mentally understand phenomena based on their level of distance from them. Based on CLT, PwVIB can enjoy a more tangible and memorable experience by reducing the psychological, temporal, and experiential distances, which results in active exploration of the environment. Moving beyond traditional accessibility practices, this study has important theoretical and practical implications, applying CLT in the context of AI and tourism, and opening up the potential to serve the additional, hitherto underserved, markets of PwVIB.

Keywords: *Artificial intelligence; blindness and vision impairment; Construal Level Theory; tourist experience*

My blue life: Exploring the importance of ocean-based recreation as a lifestyle

Mark Orams (Auckland University of Technology)

The sea has long been associated with exploration, adventure, and recreation. In more recent times an explicit focus on the effects of ocean-based sports and lifestyles has emerged. This focus has resulted in a number of claims that recreational engagement with the sea has positive impacts on individual's physical and mental health and wellbeing. There is, however, a need for more empirical evidence to assess these claims and to consider the context of specific sports and recreational activities and different locations, life stages and experiences. The deeply personal nature of mental and physical well-being is best explored through face-to-face sharing and reflexive storytelling. This paper reports on exploratory, qualitative research where participants were encouraged to reflect on their personal lived experiences and to share them in semi-structured interviews. Results showed that for the interviewees the ocean is more than a venue or "playing field" – it is an emotionally important place where recreation participants find opportunities for connecting with one's "true-self", a place for therapy, for social connection, for personal growth and development – where one defines a sense of self that is critical for psychological, spiritual, and mental wellbeing. These experiences reveal the strong pull that the ocean has for leisure and helps to explain why many make deliberate choices to shape their lives around ocean-based lifestyles.

Keywords: *lifestyles; ocean; recreation; sea; well-being*

Investigating spectator motivation in women’s football: A comparative analysis of integrated and independent clubs in the WE League

Akari Ota & Eiji Ito (Chukyo University)

The popularity and development of women’s sports have surged in recent years, with increasing efforts to establish them as professional sports (Thomson et al., 2023). Women’s football, in particular, has experienced remarkable growth, exemplified by the transformation of the women’s football league in Japan into the professional soccer league, WE League. In this context, clubs in women’s football leagues are categorized into integrated clubs, consisting of both men’s and women’s teams and independent clubs, comprising solely women’s teams. The impact of club organizational type on spectator behaviour has been studied in various women’s football leagues (Valenti et al., 2019; Meier et al., 2015). However, empirical research on women’s football spectators in Japan remains limited, and the influence of club organizational type on their behaviour has not been thoroughly investigated. Therefore, this current study aims to investigate similarities and differences between the two club organizational types concerning (a) spectator motivations and (b) the relationships between motivations and repurchase intention. A questionnaire survey will be conducted during the 2023-24 WE League Cup, encompassing four games in September 2023. Two teams from each club organizational type will be selected, and the survey will include motivations (e.g., Funk et al., 2002) and repurchase intention (Muneda & Yamashita, 2022) as the main variables. To address the purposes, Hotelling’s T2 test will be employed, with motivations as dependent variables and club organizational type as an independent variable. Similarly, multiple regression analyses will be conducted separately for each club organizational type with motivations as independent variables and repurchase intention as an independent variable. The findings will be discussed with regard to theoretical implications, providing a deeper understanding of spectator behaviour in women’s football within the Japanese context. Additionally, practical implications for club management, marketing strategies, and the overall development of women’s football in Japan will be discussed.

Keywords: *Japan; organizational type; repurchase intention; spectator motivations; women’s football club*

Exploring the significance of beach access as a leisure activity for the locals in Unawatuna, Sri Lanka

Madura T. Pathirana (Edith Cowan University), Noel Scott (University of Sunshine Coast), Sarah Gardiner (Griffith University) & Herath M. R. P. Herath (Kelaniya University)

This research focuses on exploring the meaning of beach access as a leisure activity for the local community in the context of over-tourism in Unawatuna, Sri Lanka. Unawatuna is a popular beach destination that has experienced a surge in tourism, leading to over-tourism and impacting the local community's ability to enjoy and benefit from the beach. The primary research question addressed in this study was: "What does beach access as a leisure activity mean for the locals in Unawatuna?" To answer this question, in-depth interviews were conducted with a sample of randomly selected stakeholders from the local community. The data collected from these interviews were analysed using coding and thematic analysis techniques. By exploring the local community's perspectives and experiences, this research aimed to shed light on the significance and value of beach access as a leisure activity for the locals. It examined how over-tourism and the influx of tourists have affected the local community's ability to engage in beach-related leisure activities and enjoy the benefits of their own coastal resources. The results of this study offer insights into the numerous social, cultural, economic, and environmental elements of beach access as a leisure activity for the residents. Understanding these factors is essential for creating plans and regulations that manage tourism operations and mitigate the detrimental effects of over-tourism while prioritizing the interests and well-being of the local population. This study adds to our understanding of the difficulties associated with beach access as a leisure activity in Unawatuna by emphasizing the local viewpoint and including their voices in the discussion. Despite the growing demand from tourism, the local community may still enjoy and benefit from its beach resources by using the findings to drive decision-making processes and implement sustainable tourism practices. It is important to note that this research is limited to the specific context of Unawatuna and its local community. Further research can expand upon this study to explore the perspectives and experiences of local communities in other beach destinations impacted by over-tourism, allowing for a broader understanding of the implications and meaning of beach access as a leisure activity for locals in various contexts.

Keywords: *leisure activities; local community; Sri Lanka tourism*

Experiences of leisure and retirement among selected South African retirees

T. R. Phadziri & J. T. Weilbach (North-West University)

A significant number of people are approaching or are already in retirement (Haas & Serow, 2002) and may experience retirement differently than previous generations because of better education, health, and finances (Bass, 2000; McGuire et al., 2009). Although changes in leisure may occur due to changes in the resources available to retirees, leisure may provide an important constant (Earl et al., 2015). Because retirement and leisure research from a South African perspective is limited, the study investigated the leisure and retirement experiences of selected South African retirees. Twenty-four retirees (60-75 years old), retired for at least three years from formal employment, with access to private pension funds, took part in semi-structured one-on-one interviews that were transcribed and analysed thematically. Leisure consisted mainly of exercise, home-based projects, social and family interaction, or volunteer work. Three themes emerged: retirement transition, retirement experiences, and leisure experiences. Planning, social networks, leisure interests, and religion helped to transition to retirement, while a lack of routine, finances, and health hindered the process. Retirement was valued because of having more time, interaction with family and friends, and the ability to live meaningful lives. Stereotypes, poor health, and lack of belonging were negative retirement experiences. Leisure played a central role in retirees' lives, contributing to their overall wellness. Intrapersonal, interpersonal, and structural constraints, especially finances, negatively affected leisure. Interestingly, the leisure and retirement experiences of blue- and white-collar workers were mostly similar, but the experiences of retirees without pension funds may differ significantly. The results highlight that retirement does not constitute an endpoint, but rather starts an ongoing series of transitions (Fadila, 2016; Scroppo, 2020). Having established leisure interests and planning for leisure before retirement is recommended. Leisure programmes for retirees must be meaningful and include social interaction and a sense of generativity while considering retiree's leisure constraints.

Keywords: *constraints; late adulthood; leisure experiences; retirement*

Leisure 4 loss and death

Tomas Pernecky (Auckland University of Technology) & Anne Hardy (University of Tasmania)

The theme of this year's ANZALS 30th Anniversary Conference, 'Leisure 4 Life,' serves as a reminder of the important and life-affirming role that leisure plays in our lives. The benefits of leisure are manifold, including its contribution to human well-being, improvements in mental health and stress reduction, the fostering of social interactions and a sense of connectedness with both humans and nonhumans, as well as the promotion of a sense of fulfilment when aligned with individuals' interests, passions, and time spent with family and friends. However, leisure is also deeply intertwined with other existential states that are part of the human condition, such as loss and death. Loss, understood here as a broad phenomenological category, can manifest in diverse ways. It extends to the death of loved ones, the loss of pets, job loss, loss of identity, loss of purpose, and grief over what may be lost amid the impacts of climate change. Leisure intersects with these different varieties of loss both directly and indirectly. The aim of this presentation is to conceptually unpack the notion of loss, explore its implications for research, and examine the evolving attitudes towards loss and death. The talk will emphasise the importance of loss as a valuable thematic area in leisure and tourism studies.

Keywords: *death; existential; grief; loss*

Utilising an African approach to data collection among immigrant groups

Victor Mueke Robinson, Heike Schänzel & Richard Ajjee (Auckland University of Technology)

Previously undervalued sectors of the global community are gaining greater visibility and legitimacy. Within scholarship, there is a greater 'assault' on Eurocentric approaches to research, leading to legitimising indigenous or minority groups' approaches and methodologies. An emancipatory and transformation agenda in research with African participants has ensured the popularity of African methodologies and approaches in participatory action research. However, there is a dearth of literature utilising African research methodologies in leisure and travel. The study upon which this presentation is premised addresses the imbalance by utilising methods rooted in African culture to explore experiences in the leisure travel of Africans in New Zealand. The increasing cultural diversity in New Zealand requires greater cultural awareness of the various groups within the society, especially those of minority groups. To gain a context-relevant understanding of the experiences in domestic leisure travel and activities of African immigrants living in New Zealand, this research employed a culturally relevant data collection method, the *Baraza*. Four *mabaraza* (plural for *baraza*) were held with 30 immigrant participants from East and Horn of Africa living in New Zealand. The baraza conversations were recorded and then transcribed. A critical analysis ensued. Preliminary findings highlight the need for flexibility when adopting unique research approaches rooted in culture. The findings give credence to African methods and support the notion that there is much to be learned in the quest for the democratisation of research methodologies. The research is a further contribution to decolonial theory. It is a widening of the conversation on and adoption of creative tourism research methodologies.

Keywords: *Africans; decolonising; emancipatory; immigrants; leisure travel*

Self-expansion during couples vacations linked to sexual intimacy and passion post-vacation

Moji Shahvali (Breda University of Applied Sciences), John Coffey (Arizona State University), Ondrej Mitas (Breda University of Applied Sciences) & Macel Bastiaansen (Breda University of Applied Sciences)

Research shows that core family leisure, rituals, and frequent connection moments during our day-to-day lives are necessary for a well-functioning romantic relationship, but so are challenging and novel experiences away from the routine. Based on the self-expansion model, novel and self-expanding activities would help maintain a relationship and keep the spark alive. This can especially be the case if the novel joint experiences are stretched over a longer period, like in a vacation setting. There is not much empirical evidence supporting this hypothesis, and self-expansion has been mostly documented during very short lab-based experiences such as a 10-minute novel conversation. Using two datasets, we examined the link between extended vacation experiences of romantic partners and different markers of their relationship quality. More specifically, we measured the amount of novelty, growth, and self-expansion experienced by partners, individually, during their joint or shared vacations over the past year. We developed and tested 2 scales for this matter. We expected that such experiences of partners would be linked to different aspects of their relationship quality. Over two hundred American cohabiting couples were recruited via MTurk and were asked to take one survey per partner. These were couples who were living with each other for some time with no kids in the house, ranging from 1 to 50 years. We found compelling support for our hypothesis. Higher self-expansion experienced during joint vacations - and surprisingly not individual vacations - was significantly linked to higher physical intimacy at the end of the year, as one important domain of romantic passion. That meant more sex, touching, and more affection between partners at the time of data collection following those vacations. As romantic relationships age, novel tourism experiences as a part of the leisure portfolio of couples can help keep the love and passion alive. We propose certain leisure activities as a methodological extension of self-expansion that extends beyond lab studies or singular self-expanding activities.

Keywords: *couple vacations; couples; joint leisure; romantic passion; self-expansion*

Art as counternarratives: A/r/tographic understandings of Black youth’s conceptualizations of ~~nature~~

Alayna Schmidt (Clemson University), Callie Schultz (Western Carolina University), Jeremy Schultz (Western Carolina University) & Andrew J. Bobilya (Western Carolina University)

“Nature”—and particularly nature in urban environments—tends to refer to greenways, city parks, and other publicly accessed green spaces or excursions out of urban environments into more “natural” areas of “wilderness.” Dominant ideas of nature in the U.S. are often centered around whiteness (shaped by colonialist narratives or Romanticist influences) and white preferences are normalized. Like race, “nature” is socially constructed with meanings and conceptualizations that shift with time, context, and power. Centering dominant white ideas of nature in conservation, recreation and leisure, urban design, etc. at the exclusion of all others (i.e., Black people) only reinforces normalization of the dominant group’s preferences. Despite historic racist policies, experiences, and (lack of positive) representation in the outdoors, Black people do access and enjoy nature on their own terms in ways that may or may not necessarily assimilate into white cultural norms. To make these “invisible” white preferences opaque, I use ~~nature~~ to indicate placing the concept under erasure creating openings for alternative meanings. This research made a case to begin examining racially equitable access to nature for Black youth in Asheville, NC by first asking, “What does ‘nature’ *mean* to youth in these communities?” Using a/r/tography, Black Feminist Theory, and Critical Race Theory, I asked Black youth in Asheville, NC, USA to create and share their artful counter stories of nature in our city. In my role of researcher-as-curator, I gathered and organized youth’s art into a public art zine which challenges viewers to consider how racial identities can influence the ways we each conceptualize nature. In this presentation I share both the study details and the results in the form of an art zine for audience interaction.

Keywords: *Black Feminist Theory; counter stories; Critical Race Theory; defining nature*

Why “just make it free” isn’t the only answer: The role of simulations in recreation students’ understanding about the complexity of poverty

Callie Schultz (Western Carolina University), Jeremy Schultz (Western Carolina University), Andrew J. Bobilya (Western Carolina University) & Alayna Schmidt (Clemson University)

As tertiary educators, we struggle to get students to understand the complexity of poverty and the systems (economic, social, political) keeping the rich rich and the poor poor. Often, when brainstorming how to design recreation programs to be more accessible for low-income individuals, students respond with an uncritical, “just make it free.” One way to teach about poverty is an experiential education simulation, the Missouri Community Action Network (MCAN) Poverty Simulation. The three-hour simulation enables 50-88 participants to experience the real-life struggles of navigating life in poverty. As tertiary educators located in a high region of poverty, we wanted to know how well the MCAN poverty simulation worked to increase student empathy for those living in poverty. Therefore, the purpose of our research was to identify the efficacy of the simulation for increasing empathy in student participants. The simulation was implemented eight times for over 500 students. We used a mix-methods retrospective pre-questionnaire and guided group interviews during the simulation debrief sessions. In this presentation we present the qualitative results from the group interviews. Over 200 students participated in the group interviews; the focus of the questions was to 1) debrief the simulation and 2) link lessons learned to “real-life” work and leisure settings. Results indicated that students gained a more complex understanding of the systems of oppression that make it difficult for people to get out of poverty. We discuss six themes from the data including complex understandings of time constraints, financial vulnerability, unique struggles for children/elderly, transportation barriers, knowledge and information constraints, and the cyclical nature of poverty. While poverty simulations have certainly been critiqued, we provide some insight from our data to suggest a key impact of this simulation: the creation of a more complex, holistic understanding of the systems that keep people living in poverty.

Keywords: *experiential education; poverty simulation; social justice; student empathy*

Esports as a form of active ageing: An examination of longevity in Starcraft 2's top rankings

Indeesha Udani Senarath & Minh Huynh (La Trobe University)

Esports has rapidly emerged as a dominant form of entertainment and competitive play in the digital era. While the realm of esports is often associated with younger players, a rising trend of older participants has prompted intriguing questions regarding age, performance, and longevity in competitive gaming. This study sets out to explore the relationship between age and sustained success in one of the most iconic and skill-intensive esports titles, Starcraft 2. Specifically, we investigate whether players who ascend to the top 10 rankings at an older age exhibit a different trajectory in terms of their tenure within the elite echelons compared to their younger counterparts. Data for this study was sourced from the online repository <http://aligulac.com/>, a comprehensive user-submitted database, documenting match statistics for Starcraft 2 professional matches. For our study, we looked at approximately 20,000 players over 940,000 matches. Our preliminary analysis suggests a potential trend: players who enter the top 10 at a younger age may, on average, enjoy a more extended presence within these prestigious ranks than those who achieve this feat later in life. In our sample, the age of players entering the top 10 varies from 15 to 30. If substantiated, these findings could offer valuable insights into the dynamics of ageing within the esports domain. They underscore the concept that esports, far from being a young person's pursuit exclusively, offers avenues for active ageing where older individuals can engage, compete, and achieve at high levels. Nonetheless, the interplay between age, neuroplasticity, reflexes, and gaming strategies remains a multifaceted tapestry that warrants further exploration. While our focus is Starcraft 2, the potential applicability of these findings to other games and platforms, including consoles, PCs, and mobile devices, is an avenue ripe for exploration. This paper contributes to the burgeoning literature on esports and active ageing, spotlighting the nuanced ways in which age may influence career longevity in competitive gaming. As the esports industry continues to mature, understanding these dynamics becomes pivotal for players, coaches, and stakeholders aiming to foster inclusive and diverse gaming communities.

Keywords: *active ageing; esports; longevity; Starcraft 2; top rankings*

Educating for sustainable development: Infusing Aboriginal and Torres Strait Islander knowledges and perspectives into the sport, recreation, and event management curriculum at an Australian university

Ruth Sibson, Ashlee Morgan, Anthony Kerr, Robert Somerville AM & Sonja Coetzee (Edith Cowan University)

This paper presents the findings of a research project which sought to infuse Aboriginal and Torres Strait Islander content, knowledges and perspectives into the sport, recreation, and event management curriculum at an Australian university. The project is guided by our ongoing vision to develop tertiary students' Aboriginal and Torres Strait Islander cultural competence; and our commitment as educators to the United Nation's Sustainable Development Goals (SDGs) of 'reducing inequalities' (SDG10) and 'ensuring inclusive and equitable quality education and promoting lifelong learning opportunities for all' (SDG4). Analysis of government and industry reports, academic literature, and in-depth interviews (n = 8) with Aboriginal and Torres Strait Islander community representatives informed the development of a cultural competence framework guided by a set of key pedagogical principles. This paper provides an overview of the project and framework and presents some case study teaching examples developed as a consequence of the project, to assist and inspire others to consider whether these aspects are being adequately addressed in their curriculum. In educating for sustainable development, we need to empower and promote the social, economic, and political inclusion of Aboriginal and Torres Strait Islander peoples in Australia by drawing on their knowledges and perspectives. Moreover, because the role of our university graduates is to manage sport, recreation, and event experiences that ultimately impact upon, and seek to improve, the health and well-being of all citizens across their lifespan, we need to ensure that all learners acquire the knowledge and skills to reduce the inequalities that exist for Aboriginal and Torres Strait Islander peoples in Australia.

Keywords: *Aboriginal and Torres Strait Islander cultural competence; Australia; curriculum; educating for sustainable development*

Serious leisure, satisfaction, and motivation among elite masters athletes

Kirsten Spencer (Auckland University of Technology)

The purpose of this study was to investigate the impact of age-group on perceived levels of life satisfaction (social, educational, aesthetic, relaxation, and physical domain), motivation, and serious leisure of elite masters hockey players. Elite masters hockey players (N = 85), across six age-group categories (35-60 years) participated in this study. Masters hockey players are non-professional athletes and labelled as amateurs. They are there because they want to and align with the primary goals of serious leisure which are to train and perform. The participants reflect the six characteristics of serious leisure (i.e., unique ethos, leisure career, durable benefits, personal effort, perseverance, identification), and the hockey activity is a central aspect of their life that requires a significant amount of personal investment (Elkington, & Stebbins, 2014). The Leisure Motivation Scale has been utilized in a variety of settings to understand leisure motivation participation. Serious leisure is defined by Stebbins (2007) as the systematic pursuit of an amateur, hobbyist, or volunteer core activity that is highly substantial, interesting, and fulfilling and where through long-term participation those involved acquire and express special skills knowledge, and experience. Leisure satisfaction refers to the degree of satisfaction in the social, educational, aesthetic, relaxation, and physical domains the individuals acquire from participation in leisure activities. Interestingly differences were found between age-groups. Results suggested age-group differences exist in elite masters hockey players for self-confidence, accomplishment, relationships, stress relief, emotional wellbeing, and developing fitness ($p < 0.05$), for Satisfaction factors (perseverance and effort) ($p < 0.05$) and in their perception of competency and mastery ($p < 0.05$). The study highlighted the importance of incorporating age-group as a mediating factor on the perception of leisure, motivation, and satisfaction constructs in elite masters field hockey.

Keywords: *age group; masters athletes; motivation; satisfaction; serious leisure; wellbeing*

Mental well-being amongst adolescents in Sabaragamuwa province in Sri Lanka: The importance of being active

Sriharan Sriranganathan, Kath Godber, Denise Atkins & Richard Wright (Auckland University of Technology)

Physical Activity (PA) and mental well-being are intricately linked and shape many aspects of our lives. However, further investigation is needed to understand the influences contributing to the issue of increasing youth mental ill-health and decreasing PA levels. The World Health Organization found that individuals who participate regularly in moderate-to-vigorous exercise exhibit resilience, positive decision-making, and good self-esteem. This trend has been attributed to multiple factors, including physical and psychological maturation, changing social roles, and a move away from childhood towards greater independence and responsibility. Mental well-being has been a cause for concern in Sri Lanka for some time. The country has one of the highest suicide rates in the world, with an average of 6000 deaths and close to 100,000 attempts each year. Contributing factors include political unrest and instability, economic crises, environmental disasters, cultural and sociological influences, and the COVID-19 global pandemic. One of the biggest limitations in understanding the status of mental well-being in Sri Lanka is the lack of information, particularly in rural areas and in the northeast, where much of the war took place. Research within urban and rural populations has not been done yet, especially in the post-war years. This presentation shares findings from a pilot study looking at adolescent mental well-being in Sabaragamuwa province, Sri Lanka. The research design incorporated a socio-ecological approach based on Bronfenbrenner's (1974) ecological systems theory. Data was collected from 60 secondary school students, aged 16-18. A questionnaire was designed to investigate the factors and influences of adolescent physical activity levels on mental well-being. The pilot study established a research network in Sabaragamuwa province in Sri Lanka, allowing the team to analyse a small data set to inform a larger study.

Keywords: *adolescents; mental well-being; physical activity; Sri Lanka*

Camping tourism in Germany: Experienced camper's expectations for camping sites in the future

Nico Stengel (Kempten University of Applied Sciences), Sven Groß (Harz University of Applied Sciences) & Christian Mayer (Kempten University of Applied Sciences)

Camping, defined as a way of travel where one stays at least one night in a caravan, motorhome, camper van or tent (Brooker & Joppe 2013), has again become a more important form of travel in Germany in the last ten years. The share of camping trips by German travellers has risen by almost 50%. In particular, the sub-market of motor caravanning (motorhomes and camper vans) has grown by almost 100% (FUR 2023). In addition, interest in this form of travel remains high and further growth is to be expected. (FUR 2023, ADAC 2023, CVID 2023, KBA 2023). This way of travelling is not only attracting new campers – who started camping in 2020 or later due to the Covid-19 pandemic and the associated travel restrictions – but is also generating growth from older resp. more experienced campers who already camped regularly before 2020 (FUR 2023, DITF 2022, GfK 2019). The presentation examines these experienced campers and will present preliminary research outcomes. Reference is made to their expectations regarding campsites in the future, e.g., in the areas of general and technical infrastructure, service on the campsite, nutrition and health, as well as regionality and sustainability. The research is based on an online survey of camping tourists, living in Germany, from January 2023 with a relevant sample size of $n > 900$. With the help of hypothesis tests and/or binary logistic regression models, significant differences in the expectations of the group of "more experienced campers" can be determined. In order to identify statistically significant characteristics of the assessed survey participants a binary probit approach is applied. This approach is described as a regression approach, which is applicable if the dependent variable is binary, i.e., motorhome and caravan campers. Hence, the presentation will provide a better understanding of German consumers in camping tourism.

Keywords: *binary regression analysis; camping; caravanning; motorhomes; travellers' expectations*

Contextualising welfare, policy, and leisure: A qualitative exploration of income management shaping leisure and social outcomes in South Australia

Kristen Stevens & Richard McGrath (University of South Australia)

The intersection between how Australia's cashless debit card welfare policy shapes social outcomes and opportunities for leisure has been infrequently addressed. The cashless debit card, a version of an income management approach to social policy, aimed to change the economic and social behaviours of targeted welfare recipients. The approach framed targeted welfare recipients as largely deviant and in need of paternal governance, quarantining 80% of welfare payments to a restricted financial account that excluded purchasing alcohol and gambling products. Payment quarantining also limited access to cash, namely, to limit the consumption of illicit substances. Through qualitative longitudinal contextual enquiry spanning 12 months, 19 cases shared their experiences via repeat, open-ended conversational interviews, and participatory observations. Findings indicate that the policy created additional problems by further constraining already economically constrained people. For example, the policy approach changed how people were able to interact, shifted the nature of relationships, and subsequently influenced the opportunities people had for participation in leisure and other activities such as paid work, impacting their well-being. These changing opportunities for leisure also negatively reinforced broader social problems existing in other parts of people's lives. These included preventing beneficial social relationships from developing or continuing through leisure activities. Deteriorations in relationships created conditions that threatened social cohesion, escalated social conflict and in some cases, violence. Addressing the mechanisms of how and why income management works to shape interactions and relationships, is shown to incorporate opportunities for leisure as influencing social outcomes including health and wellbeing. The findings and research approach have ramifications for improving policymaking in Australia going forward.

Keywords: *cashless debit card; cohesion; conflict; leisure; income management; social policy*

Developing future First Nations leaders: Assessing impacts of sport and recreation programs for remote Indigenous Australian youth and their communities

Madeline Stewart (Central Queensland University)

Sport and recreation programs are often used as a tool for community development for Indigenous Australians living in remote areas. However, there is limited research about the impact of sports programs in remote Indigenous communities and the ensuing opportunities that arise for young people's leadership and future pathways development. This paper focuses on research undertaken by CQUniversity that aimed to gauge community perceptions of a sport and recreation youth program in a remote Indigenous community and evaluate the program's impacts on youth. Applying a community-led, research methodology and mixed-methods design, the project generated new insights into the development of youth pathways and leadership through sport. A community-led, research methodology ensured meaningful engagement throughout the project. Community consultation was established with key community members and organisations involved from the project's inception. Through the mixed-methods design, data was collected via qualitative interviews and quantitative audience response technology workshops with participating youth, community members, and local organisations. Interviews with Indigenous community members revealed that young people gained confidence after attending the program. One participant stated that even though the program focused on sport, the "[youth] were becoming role models and leaders, learning discipline, gaining confidence, and doing the 'right thing'". Over time, attendees social and emotional wellbeing improved, and participants noticed a reduction in juvenile crime around the community. An audience response technology workshop with youth program attendees revealed that 93% would attend the program for support, with almost three-quarters of all attendees indicating that the greatest benefit from the program was the support provided. Findings indicated that while sport and recreation were the main drawcards for youth attending the programs, the provision of support, education pathways, development of leadership and role model skills, improved wellbeing, increased happiness, learning rules, and respect, feeling safe, increased self-confidence, and staying out of trouble, were the valuable 'side-effects' of attending.

Keywords: *impact; Indigenous youth; remote First Nations' communities; sport and recreation; wellbeing; youth leadership development; youth programs*

A precarious future for the Commonwealth Games?

Damion Sturm (Massey University)

With the unexpected announcement that Victoria would no longer be hosting the 2026 Commonwealth Games, further scrutiny has been placed on the continued viability, sustainability, and 'relevance' of these Games. Of course, another location may fill the hosting void prior to this December ANZALS presentation, while the New Zealand Government continues to toy with bidding to host a nation-wide 'Aotearoa' Games in 2034. Hence, proclaiming the 'death of' the Commonwealth Games may be premature at this point. Nevertheless, for many, the Commonwealth Games is perceived to be in decline, irrelevant, and potentially in its final throes. Some critics point to its imperialist and colonial history, literally operating as the Empire Games from 1930 to 1950 (and similar themed names prior to 1978), seemingly under the auspices of British colonial power across its dominion, while alleging unifying its 'subjects' through sport. Indeed, the residual, symbolic yoke of colonial power persists for many, notably via accusations of the 'Stolenwealth Games' by Aboriginal protest groups for Australian events in 1982 and 2018. Moreover, only three non-Western locations have hosted the Commonwealth Games (Jamaica, Kuala Lumpur, and Delhi). Collectively, with its diminished significance as a global sporting event, the decline of British global power, and an uncertain future for both the British Monarchy and any long-term cohesiveness for Commonwealth nations, a precarious future seems to be shrouding the games. Questions and challenges also persist for the sustainability of the Games. Whether this is framed as deleterious environmental impacts, the escalating costs that allegedly led both Durban and Victoria to withdraw as hosts, or via broader societal and cultural issues, any future nation-building aspirations around hosting the Commonwealth Games will remain a contentious political football. With the increased scrutiny focused upon most global sports mega-events, are we witnessing the demise of the Commonwealth Games?

Keywords: *host nations; impacts and legacies; media spectacles; mega events; nation-building*

Indigenous-led conservation in northern Canada: Sustainable tourism economies and resilient communities

Emalee A. Vandermale (Thompson Rivers University)

Indigenous peoples internationally continue to address colonial legacies of displacement from conservation and tourism development in protected areas in novel ways, including resisting some policies and asserting leadership in protected areas. With increasing immediacy for international climate change mitigation and ongoing Indigenous practices, Canadian governments have shifted policies to better support Indigenous-led conservation and related leisure economies. Many rural Indigenous communities in Canada have sustained stewardship practices and established tourism operations for decades but are now turning to Indigenous Protected and Conserved Areas (IPCAs) that partner with Crown governments to bolster these actions. With IPCAs, Indigenous peoples lead protected area creation, management, and stewardship, guided by localized knowledge and practices. This creates unique opportunities to build new Indigenous and ecotourism economies. In Canada, most IPCAs are in northern regions with high natural resource value and where Indigenous communities experience barriers to accessing their lands, resulting in great cultural and socio-economic challenges. Protecting these areas through Indigenous-led conservation ensures Indigenous communities can manage their lands and economies according to local perspectives. Already, many northern Indigenous communities are using IPCAs to support Indigenous and ecotourism operations with socio-economic, cultural, and environmental benefits that extend to international levels. This presentation is based on research guided by Indigenous methodologies and collaborative approaches with the Dehcho Dene and Métis community, Fort Providence, located adjacent to Canada's first official IPCA, Edézhíé. It is grounded in analyses of legal documents, international and Canadian conservation and Indigenous rights policies, and interviews with 21 northern residents. Through Edézhíé, the Dehcho have strengthened stewardship practices and hope to build new tourism economies that support leisure for life. From this research, I argue that Indigenous-led conservation helps build sustainable and resilient rural Indigenous communities through conservation and tourism economies that strengthen land-based livelihoods, cultural resurgence and intergenerational learning, and healthy environments.

Keywords: *Indigenous-led conservation; Indigenous tourism; parks and protected areas; sustainable livelihoods*

Perceptions of destination image building through Eurovision Song Contest: The Baltic perspective

Oscar Vorobjovas-Pinta (University of Tasmania)

Literature has widely explored how hosting events might affect a destination image (Duarte, Folgado-Fernández, & Hernández-Mogollón, 2018; Lai, 2018). Indeed, many destinations put effort into attracting festivals and events to their cities and countries in order to build and promote their brand's image (Ashton, 2014; Jago et al., 2003). Similarly, scholars have explored the effects of event hosting on community- and nation-building (Ismayilov, 2018; Mair & Duffy, 2020). For example, Ismayilov (2018, p. 844) explored how Azerbaijan's participation in the Eurovision Song Contest (ESC) rendered the 'evolving dynamics within the country's cultural realm and the very process of its post-colonial identity formation'. Similarly, a study by Ariely and Zahavi (2022) in an Israeli context unveiled noteworthy distinctions between individuals who were exposed to the contest and those who were not. Indeed, the contest had contradictory effects on the public, leading to both increased cultural patriotism and chauvinism on one side and some cosmopolitan influences on the other. Yet, there is limited knowledge of how destination image is being built and represented through participation in international events such as ESC. This study aims to explore the perceptions of destination image building through participation in ESC. Specifically, this study will focus on three Baltic States – Lithuania, Latvia, and Estonia – to uncover how the citizens of these countries perceive their country image and what role participation in ESC play in affecting these perceptions. To answer these questions, a holistic qualitative framework has been used. The study is based on 22 interviews with ESC fans from the three Baltic States. The study is currently undergoing an in-depth analysis of the interviews. Early findings shed light on the intricate relationship between the ESC and destination image building for the Baltic States. By unravelling the perceptions of Lithuanians, Latvians, and Estonians towards their respective countries and evaluating the impact of participation in ESC, this study provides valuable insights into the potential benefits and challenges of utilising international events for country branding and image promotion. Furthermore, this study contributes to the broader understanding of how cultural exchange and artistic expression can impact global perceptions of a nation.

Keywords: *destination image; Estonia; Eurovision Song Contest; Latvia; Lithuania*

Exploring GAI's role in personalising leisure services in tourism

Pola Q. Wang (Auckland University of Technology)

The potential integration of General Artificial Intelligence (GAI) into the hospitality and tourism industry has garnered significant attention, notably since the launch of ChatGPT in November 2022. In an era where personalised experiences are paramount, GAI emerges as a potential game-changer with the ability to reshape leisure activities within this sector. GAI is a form of artificial intelligence that aims to replicate the breadth and depth of human cognition (Marcus & Davis, 2019). Unlike specialised AI, GAI is designed to learn, reason, and adapt across a variety of tasks, maintaining a level of flexibility and ethical alignment with human values (Russell, 2019). GAI aims to significantly expand the capabilities of AI, making it more adaptable and versatile. With its ability to handle data in real time, GAI enables businesses to offer choices that suit each person's likes and interests, from local places to visit to food options. The potential of GAI lies in its adaptability and capability for personalised solutions, which can substantially improve the inclusivity of leisure activities in tourism. GAI can enhance mobility by guiding tourists with physical disabilities through the most accessible routes in real-time or serve as a multilingual communication aid, thus assisting tourists with hearing or speech impairments. For individuals with cognitive disabilities, GAI can provide simplified and tailored information, making it easier to understand and enjoy attractions. These applications will not only enhance user experience but also potentially expand the market for accessible tourism. This study adopts a qualitative method to explore potential applications of GAI, especially in the leisure activity operations in the tourism industry. The findings will significantly benefit both academic literature and industry practitioners by filling a notable gap in understanding the role of GAI in personalised customer service for tourists with disabilities. The findings offer practical, actionable insights to improve service quality and inclusivity, thereby making leisure activities more accessible and enjoyable for a broader range of people.

Keywords: *General Artificial Intelligence (GAI); hospitality; leisure activities; tourism*

Eat your words! Food writing and the experience of ‘taste’

David Williamson (Auckland University of Technology)

Despite three years of Covid disruption, consuming food and beverage in restaurants is still a popular experience in Aotearoa/New Zealand. Restaurant sales grew 9.8% in 2023, driving total sales for the sector to \$3.7 billion (2023 Q2 Hospitality Sales Snapshot, 2023). Yet this almost ubiquitous experience remains an underdeveloped area of research. Indeed, as identified by Wood (1996), the sociological study of public food and eating is a minority interest, with most research being done in the domestic and nutritional arenas. This presentation will argue that the choices we make about eating out and the language and behaviours we engage in when consuming food in public settings are significantly ‘framed’ by food writing. From traditional restaurant reviews to online blogs and review sites, a ‘deluge of discourse’ provides information for the ‘modern anxiety ridden consumer’ (Blank, 2004). Drawing on Bourdieu’s *Distinction* (1984), Blank (2004) argues that hierarchy and status are central to food writing, whose function is to provide a map to access ‘desirable things’ and knowledge of what is the ‘right’ restaurant/food/drink to choose, i.e., ‘good taste’. It should be noted that the ‘right’ choice, not only brings the individual the appropriate product, but more importantly confirms their good taste and social position (Bourdieu, 1984). Drawing on empirical research into magazine, newspaper and online food writing, this presentation will explore the way food discourse constructs knowledge and social relations and will particularly focus on Bourdieu’s (1984) ideas of ‘symbolic struggles’ for ‘cultural capital’. We will argue that food writing significantly influences the constructs of chefs, staff, ‘foodies,’ customers, and many aspects of ‘taste’ in the dining experience itself. Indeed, food writing may influence our beliefs of what tastes good and what’s good taste more than we realise.

Keywords: *Bourdieu; dining experience; food writing*

Poiesis or perish: Killing time, navigating serious leisure guilt syndrome whilst making sporting memories.

Richard Wright (Auckland University of Technology)

Poiesis (the Greek notion of making or creating) is central to the creation of all forms of poetry. Poetry is an embodied form of expressive and emotive writing that can transform, translate, and traverse the lived experiences of both self and society. Tom Barone argues 'the power of art to challenge and disrupt prevailing regimes of truth by raising new questions without obvious answers... [Poems] 'proffer a vision that is an alternative to the conventional, at odds with the commonplace, the usual lens through which we view the world' (2010, p. 331). Poets are empathic storytellers who do more than just show and tell. Within the seven couplets of 'Leisure,' first published in 1911, William Henry Davies uses personification, irony, alliteration, metaphor, repetition, and regular rhyme scheme to capture the imagination of the reader and to present his vision around the importance of simplicity, spirituality and living life surrounded by nature. Poetry creates a memory (a moment in time) shared by both the creator and the consumer. Poetic expression has unsurprisingly established itself as a valued and valuable method of academic inquiry and means of sharing new knowledge in health care, social work, and education. Arts-based research can also offer an alternative way of (re)presenting knowledge gathered from the everyday creation and consumption of serious leisure. Within my presentation, I wish to showcase and celebrate the power of poiesis within both the active ageing arena and the ongoing evolution of something that I refer to as serious leisure guilt syndrome. More so, through sharing four recently crafted works of art, I seek to inspire others interested in joining this subjective exploration into the value, validity, and viability of de/re-constructing contemporary notions of leisure time. I will offer you a piece of my creative articulation of knowledgeable ethnography (CAKE).

Keywords: *arts-based research; poiesis/poetry; serious leisure; sporting memories*

Leisure research using temporal survey dissemination

Carleigh Yeomans & Adam Karg (Swinburne University of Technology)

Prominently, studies exploring the antecedents, experiences, and outcomes of leisure engagement are undertaken via survey research. However, these are dominated by retrospective and cross-sectional approaches. Further, survey timing can limit data quality, given greater temporal distance (separation between event and response) can lead to abstract depictions (Yoon et al., 2022), and produce negative attitudes (Lian et al., 2019). Methodological advances present opportunities to improve processes. Specifically, techniques like temporal targeting can reduce temporal distance. Temporal targeting involves delivering calls to action based on dynamic or situational needs, helping to capture assessment closer to, or in, real time, and improving data accuracy and quality. Such techniques are not uncommon within broader marketing disciplines, with evidence of advertisements being disseminated temporally (e.g., Yoon et al., 2022). However, with the exception of sampling procedures, temporal distance is seldom considered within survey-based leisure studies. Exemplifying this, best practice guides elucidate respondent and measurement as the core considerations of survey design (Hulland et al., 2018), without mention of temporal distance. Leveraging an innovative research design, this presentation has two aims; substantiate the value of addressing temporal distance and evaluate its efficacy. Our research design adopts a modern microservices software architecture paradigm, which links data from multiple services to administer signal-contingent protocols. Specifically, wearable devices are integrated with a survey platform to collect temporal data following exercise experiences, and measure changes in subjective wellbeing (SWB), eliminating anecdotal approaches (e.g., Kim & James, 2019). Theoretically, examination helps understand the mechanisms through which exercise positively impacts SWB. Methodologically, bridging the temporal gap between exercise and survey distribution enhances data representation (Yoon et al., 2022) and positive survey attitudes (Lian et al., 2019). Data will originate from Australian leisure facility users. Insights presented will underscore the significance of temporal distance and prospects for broader consideration in leisure research.

Keywords: *leisure; microservices; survey; temporal distance*

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