

UNDERSTANDING YOUTH TRAVEL AND BACKPACKING

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ABSTRACT :

This research is about young travellers who like to explore new places while spending less money, often by staying in hostels. We want to understand where this type of travel comes from and what it means today. Backpackers prefer affordable places to stay, enjoy meeting new people, plan their trips freely, stay longer, and engage in interactive activities. We collected data from surveys and studies to show that these travellers are unique and important for Australia's tourism industry.

There are 145 respondents, 60 were female and 84 male respondents were motivated through self-discovery and personal growth.

The reason behind the respondent choosing a tour destination is activities at the destination and choosing a tour destination for the duration of the trip.

Another study focuses on what makes backpackers happy when staying in hostels in Lisbon. This helps hostel managers attract more backpackers. We use interviews and surveys to find out what different types of backpackers like. Ultimately, we want to understand what makes hostel backpackers enjoy their stay in Lisbon.

Key Words :

Backpacking, Youth travel, self-discovery, off-bit destination

INTRODUCTION:

Richards, G., & King, B. (2003) Explore young budget travellers who engage in the "backpacker" phenomenon in Australia. It investigates where this type of travel came from and suggests a modern definition of backpackers. The key elements of this definition include a preference for affordable places to stay, a focus on meeting new people, the ability to plan their trips independently and with flexibility, opting for longer vacations rather than short ones, and an interest in informal and interactive holiday activities.

To support this definition, the paper uses data from two sources. One is the Australia International Visitor Survey, which gathers information about tourists in the country. The other is a specific study focused on backpackers, which involved 690 participants. Both sets of data show that these young budget travellers have unique characteristics that set them apart from other visitors, and they contribute significantly to Australia's tourism industry.

This research is about understanding backpackers who stay in hostels while travelling. Hostel backpacking has become popular worldwide due to factors like easy international travel, low-cost airlines, and more hostels. Backpackers tend to stay longer, visit many places, and support local businesses, making them an important market.

The main goal of this study is to figure out what makes backpackers happy when they stay in hostels. Hostel managers want to know this because it helps them make better decisions to attract more backpackers. The study also wants to find out if different types of backpackers have different preferences.

To do this, the study focuses on Lisbon as a popular destination known for its hostels. The research starts by looking at existing information about hostel backpacking. Then, it explains the methods used, which include both interviews and surveys. After collecting and analysing data, the study will conclude.

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In essence, this research aims to understand what makes hostel backpackers enjoy their stay, especially in Lisbon, using a mix of interviews and surveys.

YOUTH TRAVEL AND BACKPACKING: AN ADVENTURE BEYOND BOUNDARIES:

Youth travel and backpacking represent a unique and transformative form of exploration that has captured the hearts and imaginations of young adventurers for decades. It's an experience that defies traditional tourism, providing a chance to break free from the constraints of daily life and embark on a journey filled with self-discovery, cultural immersion, and thrilling adventures. In this essay, we will delve into the world of youth travel and backpacking, exploring its origins, motivations, and the profound impact it has on individuals and the world.

ORIGINS OF YOUTH TRAVEL AND BACKPACKING:

The roots of youth travel and backpacking can be traced back to the 1960s and 1970s, a period marked by significant social and cultural change. The countercultural movement, hippie revolution, and anti-establishment sentiment of that era inspired many young people to seek alternative ways of living and experiencing the world. These intrepid travellers chose to venture far from home with little more than a backpack, driven by a desire to escape the conventions of society and engage in a more authentic and meaningful form of exploration.

The rise of budget airlines and the spread of the youth hostel network in Europe during the same period facilitated the growth of this travel trend. Backpackers, often on tight budgets, embraced the idea of "roughing it" and adopted a nomadic lifestyle, hopping from one destination to another with no fixed itinerary. This spontaneous and adventurous approach to travel became a defining characteristic of youth travel and backpacking.

MOTIVATIONS FOR YOUTH TRAVEL AND BACKPACKING:

Youth travel and backpacking appeal to diverse individuals, each motivated by their unique desires and aspirations. Some common motivations include:

1. **Self-Discovery:** Many young travellers embark on this journey to discover themselves, their passions, and their purpose in life. The challenges and experiences encountered on the road often lead to personal growth and self-awareness.
2. **Cultural Immersion:** Backpackers have the opportunity to immerse themselves in the cultures of the places they visit. This firsthand experience fosters a deep appreciation for diversity and a broader perspective on the world.
3. **Adventure and Exploration:** The thrill of the unknown, adrenaline-pumping activities, and the excitement of discovering hidden gems in remote corners of the world are powerful motivators for adventurous spirits.
4. **Escape from Routine:** Youth travel provides an escape from the monotony of daily life, offering a chance to break free from the constraints of work or study and explore the world without boundaries.
5. **Interpersonal Connections:** Backpacking encourages social interaction, enabling travellers to form bonds with people from different backgrounds and forge lifelong friendships.

IMPACT OF YOUTH TRAVEL AND BACKPACKING:

The impact of youth travel and backpacking extends far beyond individual experiences. It has profound effects on both travellers and the destinations they visit. **Personal Growth:** Travelers return from their journeys with a broader perspective, increased self-confidence, adaptability, and enhanced problem-solving skills. These attributes benefit them in all aspects of life.

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Cultural Exchange: Backpackers often engage in meaningful cultural exchange with locals, breaking down stereotypes and fostering a sense of global interconnectedness.

Economic Benefits: Youth travel contributes significantly to the economies of host countries. It supports local businesses, creates jobs, and stimulates growth in tourism-related industries.

Environmental Awareness: Backpackers tend to be more environmentally conscious, advocating for sustainable travel practices and conservation efforts in their destinations.

CHALLENGES OF YOUTH TRAVEL AND BACKPACKING:

While youth travel and backpacking offer numerous benefits, they also come with challenges:

1. **Financial Constraints:** Many young travellers face budget limitations, requiring them to be resourceful and frugal during their journeys.
2. **Safety Concerns:** Traveling to unfamiliar places can pose safety risks, necessitating careful planning and vigilance.
3. **Cultural Sensitivity:** Interacting with diverse cultures requires travellers to be culturally sensitive and respectful.
4. **Environmental Impact:** Over-tourism and unsustainable travel practices can harm the environment and local communities.

LITERATURE REVIEW:

According to Richards G., King, (2003), This paper provides a comprehensive review of recent developments in the youth tourism and backpacking markets. The authors explore various aspects of the youth traveller experience, including traveller profiles, popular destinations, trip characteristics, motivations, and activities, as well as expenditures and economic contributions.

Youth Traveller Profiles: The authors likely discuss the typical characteristics and demographics of young travellers, shedding light on the age groups, interests, and preferences that define this market segment.

Destinations: This section likely explores popular destinations favoured by youth travellers and backpackers, providing insights into the global appeal of specific regions or countries.

Trip Characteristics: The authors may examine the nature of youth travel experiences, including the duration of trips, types of accommodation, transportation choices, and overall travel itineraries.

Motivations and Activities: This section likely delves into the motivations that drive young travellers to embark on these journeys, as well as the activities they typically engage in during their trips, such as adventure sports, cultural immersion, volunteering, etc.

Expenditures and Economic Contribution: The authors may analyse the economic impact of the youth tourism and backpacking markets, considering the financial contributions they make to local economies, businesses, and industries.

According to Richards, G., & King, B. (2003), It's interesting to see how the article highlights the growing interest in student travel and the efforts to understand the behaviours and motivations of student travellers. The global independent travel survey conducted by the International Student Travel Confederation (ISTC) and the Association for Tourism and Leisure Education (ATLAS) provides valuable insights into the preferences and behaviours of student travellers.

Frequent travel consumer: - the survey establishes that students are active consumers of travel services, indicating that they are interested in exploring various destinations.

Previous Travel Experience: - Many students have engaged in relatively long trips outside of their home region, suggesting that they have prior experience with travel. **Travel Styles:** The survey identifies two

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dominant travel styles among student travellers: "traveller" and "backpacking." This shows that students have varying approaches to their travel experiences.

Motivations: The research indicates that the motivations of student travellers are often centred on seeking experiences, particularly in terms of exploring new cultures. This aligns with the idea that students are looking to gain personal growth and learning through their travel experiences.

Differentiation in Motivations: The motivations for travel tend to differ based on the destination region and the preferred travel style. This suggests that students' motivations are influenced by factors such as the culture of the destination and the type of travel experience, they seek.

Activities Engaged In: Despite differences in motivations, the study finds that the actual activities engaged in by student travellers and other young travellers show little differentiation. Common activities include visiting historical sites, walking, sitting in cafés and restaurants, and shopping. This indicates that certain activities are universally appealing to young travellers regardless of their motivations.

Gap between Motivation and Practice: The article argues that there is a gap between the ideals and motivations that drive students to travel and the actual activities they engage in during their trips. This could imply that while students have certain aspirations when they embark on their journeys, the practicalities of travel often shape their activities differently.

Overall, the article provides a comprehensive overview of the attitudes, behaviours, and motivations of student travellers. It highlights the complexities and nuances of the travel experience among this demographic, showing that while motivations may vary, certain activities are common among student travellers. The study also raises interesting questions about the relationship between motivation and practice in the context of travel.

According to Richards (2015), The growing trend of youth travel has resulted in the categorisation of young travellers as 'nomads'. This paper investigates the concept of youth nomadism in the context of tourism literature and examines recent empirical evidence. The review of existing literature on youth nomadism reveals two major themes: an analysis of the expansion and evolution of youth travel niches, including backpacking, volunteer tourism, and educational exchange, and a broader examination of the mobilities paradigm. A large-scale global survey of youth travel, encompassing 34,000 respondents, identifies three main travel styles associated with various forms of 'nomadism': the backpacker, the flash packer, and the global nomad.

The traditional backpacker can be seen as a contemporary form of a 'neo-tribe', forming self-sufficient enclaves during their journeys. In contrast, the flashpacker, also known as the 'digital nomad', leverages existing digital and logistic infrastructure to maintain a fluid, individualized lifestyle while travelling. The global nomad, or 'location-independent traveller', seeks to integrate with local communities while striving to avoid conventional societal norms and constraints.

RESEARCH METHODOLOGY:

NEEDS of the study

- To understand what young backpackers and travellers need and want, you should talk to them, study their travel habits, and learn about their budget, where they go, where they stay, and what they like to do.

OBJECTIVE:

- To study the awareness of youth travel and backpacking.
- To study the reason of motivation for youth travel and backpacking
- To determine the reason behind choosing a destination while backpacking

DATA COLLECTION

The research uses both analytical and descriptive methods.

The sampling was done through a simple random sampling method.

Sample size -145 responded.

- Female respondents – 60
- Male respondent - 84

Primary sources: Primary data was collected through a structured questionnaire. A structured questionnaire consisting of demographics, Likert scale and multiple-choice questions. Questionnaires were developed to fulfil the objectives of the study.

Secondary sources: Data was gathered from literature previously written through research papers, news articles, books, journals blogs etc

DATA ANALYSIS :

- As per the data out of 145 respondents, the gender Male is 57.9%, and the respondent of the female gender is 41.4 %.
- From the data it has been observed that out of 145 respondents, the age group between 9 years to 15 years are 9 Percent. The respondents between ages 16 years to 20 years are 22.2 Percent and respondents between Age 21 years to 24 years are 68.8 Percent
- As per the data “the Category of ‘secondary’ comprise 11.8% of the total, the Category of ‘higher secondary’” at 9.7%, the Category of ‘graduate’ at 36.8%, Category 'others' at 3.5% provides a clear visual representation of participant choices."
- According to the data out of 145 respondents, preferences, with Category 15k-20k comprising 13.8% of the total, Category 20k-25k comprising 8.3%, category 25k-30k comprising 8.3%, category 30k-35k comprising 14.5% and 40k &above comprising 55.2% providing a clear visual representation of participant choices."
- According to the respondent out of 145 respondents, Category ‘Yes’ comprises 64.1% of the total, Category ‘No’ at 21.4 %, and Category ‘Not Sure’ comprises 14.5% providing a clear visual representation of participant choices."
- It has been observed from the data distribution of 145 respondents' preferences, with Category ‘Hotel’ comprising 24.8% of the total, Category ‘Guest House’ Comprising 28.3%, Category ‘Homestay/Air BnB’ comprising 26.9%, Category ‘Hostel’ at 13.8%’Category ‘luxury accommodation’ comprises at 6.2% and Category providing a clear visual representation of participant choices."
- In the data it has been observed that out of the 145 respondents, 129 respondents ranked Self-discovery and personal growth as the 1st motivation for backpacking. 127 respondents ranked Like to visit off-bit destination 2nd. Visiting new places and destinations was ranked 3rd place with 126 respondents. 4th rank was selected by 126 respondents being Explore Natural and Traditional. Experiencing local cuisine and food was the motivation factor to backpacking at 5th place by 131 respondents., 130 respondents ranked Meeting new people and making friends as the number 6th motivation to backpacking. 130 respondents ranked Get Away from Busy Work Schedule at number 7th. Disconnecting from technology was ranked at 8th place with 131 respondents. 9th rank was selected by 131 respondents being Connect with a fellow traveller. Share your own experiences on social media platforms. was selected as the least motivation factor for backpacking at 10th place by 133 respondents.
- Data explain that out of 145 respondents, 123 respondents ranked Social Media Influence as the most important. 124 respondents ranked Destination Popularity as the 2nd number. Ease of

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transportation is selected as the 3rd by 125 respondents. the budget was ranked in 4th place with 124 responses, 5th the preference was given to Activities at the destination by 127 respondents. 128 respondents ranked the Duration of the Trip as the 6th. 127 respondents ranked Travel Companions as the 7th number. Transformative Experience was selected as the 8th by 126 respondents Destination Safety was ranked at 9th place with 125 responses, least preference was given to Re-experience the destination by 127 respondents.

- The above-mentioned question was asked. It shows that the challenge faced by backpacking tours on the list is the budget with 40% popularity (58 responses out of 145). The second most is connectivity with 36.6% which has (53 votes out of which 145) the third most is the limited resources with 35.2% (51 votes out of which 145) comfort and convenience by 50 respondents out of 145 (34.5%) language barrier by 42 respondents out of 145 (29%) all of the above by 41 respondents out of 145 (28.3%)
- As per the data 145 respondents' preferences the Category 'Yes' comprises 92.4% of the total, Category 'No' at 7.6 % and the category follows backpacking to fellow youth travellers.

FINDING :

- Gender Distribution -: The data indicates that out of 145 respondents, the majority identified as male, comprising 57.9% of the total, while females constituted 41.4%
- Age Distribution -: The age analysis reveals that 9% of respondents were between 9 to 15 years old, 22.2% were aged 16 to 20 years, and a significant 68.8% fell within the 21 to 24 years age group, highlighting youth as a predominant demographic in this sample.
- Educational Background -: In terms of educational qualifications, 11.8% of respondents fell under the 'secondary' category, 9.7% under 'higher secondary', and 36.8% were graduates. Additionally, a minor 3.5% categorized themselves as 'others'
- Income Preferences -: Preferences regarding income brackets show that 13.8% of respondents prefer the range of 15k-20k, with 8.3% in both the 20k-25k and 25k-30k categories. A notable 14.5% prefer the 30k-35k range while the largest portion, 55.2%, indicated a preference for earning 40k and above, suggesting a skew towards higher income preferences.
- Willingness to Backpack -: When asked about their willingness to backpack, 64.1% of respondents affirmed positively ('Yes'), while 21.4% responded negatively ('No'), and 14.5% were 'Not Sure', indicating strong interest in backpacking among the participants
- Accommodation Preferences -: Regarding accommodation choices, 24.8% opted for hotels, while 28.3% preferred guest houses and 26.9% chose homestays or Airbnb's. Hostels were selected by 13.8% and luxury accommodations by 6.2%, reflecting a varied preference for budget-friendly versus luxurious options.
- Motivations for Backpacking -: From the motivations for backpacking, self-discovery and personal growth emerged as the foremost reason, ranked first by 129 respondents. Subsequent motivations included visiting off-the-beaten-path destinations (127 respondents) and exploring natural and traditional sites (126 respondents). Other motivations ranked lower included disconnecting from technology and social media sharing, with the latter being the least significant factor for 133 respondents
- Challenges Faced by Backpackers -: Identifying challenges in backpacking, the primary concern was budget constraints (40% of responses), followed by issues of connectivity (36.6%) and limited resources (35.2%). Comfort and convenience, as well as language barriers, were additional hurdles faced by respondents.

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- Preference for Backpacking Among Youth -: Lastly, when inquired about preferences following backpacking experiences with fellow youth travelers, an overwhelming 92.4% responded positively ('Yes'), while only 7.6% indicated 'No', reinforcing the trend of youth engagement in backpacking activities.

In summary, the data collected from the analysis provides a comprehensive view of the demographics, preferences, motivations, and challenges faced by individuals interested in backpacking, with significant relevance's linked to age, income, and social influences.

Hypothesis 1: Motivation for Youth Travel and Backpacking

H₀: There is no significant difference in motivation for youth travel and backpacking based on gender.

H₁: There is a significant difference in motivation for youth travel and backpacking based on gender.

Hypothesis 2: Reason for Choosing a Destination While Backpacking

H₀: There is no significant association between age groups and the choice of destination while backpacking.

H₂: There is a significant association between age groups and the choice of destination while backpacking.

Data Analysis Method

To test these hypotheses, we can apply the Chi-Squared Test of Independence, which will allow us to determine whether there is a significant relationship between categorical variables.

1. Chi-Squared Test for Hypothesis 1 (Motivation vs. Gender)

- Data Required: Categorical data on the motivation for travel (e.g., self-discovery, exploring destinations) split by gender.
- Analysis Steps:
 - Construct a contingency table with motives for travel in rows and gender in columns.
 - Conduct the Chi-Squared test to see if there is a statistically significant association between gender and motivation for travel.

2. Chi-Squared Test for Hypothesis 2 (Destination Choice vs. Age Group)

- Data Required: Categorical data on the preferred destination based on age groups (e.g., 9-15, 16-20, 21-24).
- Analysis Steps:
 - Construct a contingency table with destination choices in rows and age groups in columns.
 - Conduct the Chi-Squared test on this data to evaluate if age groups and destination choices are independent of each other.

1. Motivation Data Example for Chi-Squared Test

- Rows: Motivations (e.g., self-discovery, visiting new places)
- Columns: Gender (Male, Female)

Motivation	Male	Female	Total
Self-Discovery	75	54	129

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Motivation	Male	Female	Total
New Destinations	65	62	127
Other	20	13	33

2. Age Group Data for Destination Choice Example

- Rows: Age Groups (9-15, 16-20, 21-24)
- Columns: Destination Choices (Cultural, Adventure, Relaxation)

Age Group	Cultural	Adventure	Relaxation	Total
9-15	2	3	4	9
16-20	10	14	8	32
21-24	20	45	22	87

By applying the Chi-Squared Test of Independence to the constructed contingency tables, we can determine the p-values for each hypothesis. If the p-value is less than a chosen significance level (commonly 0.05), we will reject the null hypothesis and accept the alternative hypothesis, indicating a significant association between the tested variables. Once the analysis is performed, the results will provide insights into whether gender affects motivations for youth travel and if age influences destination choices across the backpacking demographic. This will enhance our understanding of the motivations and preferences of young travelers based on the data collected.

CONCLUSION

Global travelers, especially among youth love to travel on international tours and have a desire to explore different cultures and experiences on an international level in today's world, more and more young people like to travel and explore different places. They can do this because it's easier to travel, learn about new things, and meet new people. Technology, better ways to get around, and talking to people far away make the world feel smaller.

Teenagers enjoy travelling and seeing new things. They think it's a great way to learn about other cultures and have exciting adventures. You can see this when they take a year off from college to travel, go study in other countries, or even help in places far away. These experiences help them learn and grow.

Youth prefer homestay accommodation when they are going on backpacking tours and some parameters that motivate them for backpacking tours are Self-discovery and personal growth, visiting off-bit destinations, Visiting new places and destinations etc. And they face challenges when they are looking for backpacking tours. First on the list is the budget and limited resources.

Travelling and experiencing new things has many benefits. It helps you understand the world better and teaches you to be open-minded and accepting of others. It also makes you a stronger and more adaptable

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person. But there can be some tough parts too. Sometimes, it's hard to understand and fit in with different cultures, languages, and customs. Staying close to your friends and family when they're far away can be tricky, but it also teaches you how to communicate and keep relationships strong. Finally, it's not always easy to feel stable and at home when everything around you is always changing.

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