

Welcome everyone. I am Mrs. Ishani Roy, from Govt. College, Pernem. Welcome to my session on tourism geography. Today's topic is the **'Concept of leisure, recreation, tourism and their relationship'**. The course name is **Fundamentals of tourism Geography**.

The outline of the course is

- concept of leisure
- concept of recreation.
- concept of tourism
- interrelationship between leisure, recreation and tourism.

Now what will be the learning outcome? It should be

- understanding the key concept of leisure and tourism.
- able to relate the concept to the real life and
- Able to explain the link between leisure, tourism and recreation.

Now let's start with leisure. What is leisure? Leisure is actually a free time, so it is often defined as the time which is free from demands of work of duty and during that time one can enjoy any hobbies, like sports, pursue the studies and any others. So it is also a time when a person is not actually working but relaxing and doing things what he likes. So leisure is synonymous with spare time, relaxed holiday and etc.

Now let's come to the point which is recreation. Recreation is an activity that people usually do to enjoy themselves, so it is a way of enjoying yourself while not working. It is an activity for pleasure or to relax. It is an act of refreshment and amusement. It is actually an activity of leisure. Therefore, leisure and recreation are totally linked together and it is inseparable because the recreation is done during the leisure time only. No one does recreation during their work time.

So will come to the topic. Leisure, recreation, tourism and what is their relation between. Tourism is actually a travel activity, but the purpose of the travel is recreation, and tourism is also done during the leisure time. Therefore, tourism is one of the most important recreation activities and also it has become a global leisure activity today. Today there is a big segment of tourism which is called leisure tourism and it has been developed from the historical time. It continues to grow so leisure, recreation, tourism is closely linked to each other and they belong to the same string.. I will present 2 images which are showing the person is enjoying on a cruise ship, and another one is enjoying her time within nature. Obviously these two activities are not done within the Office Hour or within the office. It is an outdoor activity. Therefore, it is recreation as well as doing during leisure time out of their own space of origin, so can be called tourism.

So leisure today is the predominant purpose of tourism. Therefore, leisure tourism occupied the important segment of the tourism sector. Now tourism involves many recreational activities. It can be an adventure, it can be sports, it can be cultural events. Even shopping can be considered as a recreation and there is tourism which is based on shopping. Also it is one of the most important motivations for travel today to relax and go somewhere and pursue your own hobbies which is not possible during the work time.

So seeking relaxation and refreshment is becoming the most prominent motivation today to all the people of the world while seeking tourism. Even if we go back to history, the early tourism, which was started by the Romans and Greeks, was based on relaxation and recreation, entertainment and usually they used to go to the seaside mountains, hot springs, etc to pursue mainly relaxation. Here one photo of Roman period is used to show how Roman soldiers used to spend off time. So recreational activities like sports, trekking, camping, fishing, shopping, different types of entertainment facilities, all are today considered as tourism resources and tourism sector can be developed based on developing all these outdoor activities, recreational activities., Even if there are not many natural beauties, shopping can be projected as a tourism resource.

So at the end, in conclusion we can see that, from the historical time relaxation and recreation is becoming the most common and motivating force behind tourism, and this is continuing at present today also. So the significant number of people over the world prefer to travel to various places where they want to spend their leisure time and do different type of recreational activities. So it can be easily said that leisure, recreation and tourism is so closely linked and it belongs to only one concept only. So it is not possible to take the leisure and relaxation or recreation from the tourism sector.

I have used some references for preparing this session, so these references are there for you to check. You can check and go for further studies. Thank you all for listening to the session.