

# Apr.'18

## **WL NEWS**

Issue 9. Leisure and Well-being:  
join the Special Interest Group!



**ANNIVERSARY**

**WORLD  
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ORGANIZATION**



Dear members, dear colleagues,

This issue focuses on Leisure and Well-being, the topic of one of the WLO Special Interest Groups (SIGs). A piece describing the SIG, its themes and objectives is included, as well as a presentation of the SIG's facilitator, Dr. Teresa Freire, from the Universidade do Minho (Portugal), and a specific proposal for a global, joint project to be developed in the framework of this SIG. In the Publications section, we provide some useful references to get deeper into the issue of Leisure and Well-being, including some works by Dr. Teresa Freire and a selection of *World Leisure Journal* articles on the topic. We want to sincerely thank Dr. Teresa Freire for her effort and inputs, without which this issue would not have been possible.

On a separate issue, we announce the opening of the registration for the [2018 World Leisure Study Tour to São Paulo](#) (Brazil, 24-26 August, 2018), and we tell you about the work being done by WLO Board of Directors' member Mr. Ling Ping for the promotion of the WLO in China.

Finally, the Opportunities section provides a wide range of interesting offers: WL Center of Excellence (WLCE) Vancouver Island University's (VIU) call for *Innovative Leisure Practices* publication, WLCE NHTV Breda's call for their Visiting Scholars Program, and a call for abstracts for a *Leisure Sciences* special issue on sex in leisure research, among others!

Please remember that WLO Members are invited to contribute to *WL News* by sending us your contents to [media@worldleisure.org](mailto:media@worldleisure.org) Not a member yet? [Become a member](#) today and benefit from this and multiple other opportunities!

Yours truly,

Dr. Cristina Ortega Nuere  
WLO Chief Operating Officer



# WLO Highlights



## Register now for the 2018 World Leisure Study Tour to São Paulo (Brazil)!

The 3-day program (24-26 August, 2018) of the 2018 WLO Study Tour in the city of São Paulo presents a unique opportunity for first-hand site visit learning experiences for professionals, scholars, public/private sector professionals and anybody related to the field of leisure studies. The Study Tour to São Paulo is organized as a side, complementary activity to the [15<sup>th</sup> WL Congress](#) (August 28-September 1) in the Brazilian city. The program includes visits to sport, cultural and leisure venues, and is an excellent opportunity to gain first-hand knowledge and grow your international network! If you are not a WLO member yet, [join us now](#) and get a special price for the Study Tour!

### *Introduction*

The 3-day (24-26 August, 2018) intense interactive program has been designed according and connected to the 15th WL Congress' main theme "Leisure Beyond Constraints", and aims to foster international exchanges while visiting some of the most professional and interesting institutions of the city of São Paulo. Keep in mind that the Study Tour has very limited places, so don't be late and book your seat now! Book your seats [here](#).

### *Who is this Study Tour for?*

The WLO Study Tour in the city of São Paulo has been organized and designed for academics, researchers, professionals and the wider public interested in gaining knowledge and unique access to leisure related institutions in the city of São Paulo. Thanks to this activity, participants will also expand their international relations, establish partnerships, learn from leading experts, and grow their international network!

### *Benefits for you*

- Explore and get inspired in a vibrant city and culture – by gaining special access to major leisure related organizations
- Receive first-hand knowledge – learn from leading experts
- Expand your professional contacts – network and share your experiences with other like-minded colleagues from the leisure field



### Benefits for your organization

- Raise the profile of your organization – present your institution to an international audience
- Develop collaborations and find new partners – meet with representatives from universities, art organizations, and cultural companies
- Professionalize your staff – bring back best practices and case studies to be shared with your peers

See full program visits and details [here](#).

And REGISTER NOW [HERE](#)

If you have any further questions regarding the Study Tour, please connect directly with WLO Scientific and Technical Secretariat at: [secretariat@worldleisure.org](mailto:secretariat@worldleisure.org)



## The Special Interest Group (SIG) on Leisure and Well-Being is calling for a world joint project on leisure and middle adolescents

Following SIGs' objective to connect, work together and contribute to common projects within an international relevant leisure community of academics, professionals and decision makers at global level, the [Special Interest Group \(SIG\)](#) on Leisure and Well-being is calling for your participation in a challenging joint project. The SIG's facilitator, Dr. Teresa Freire, further explains this proposal, whose main aim is to scale a validated intervention group program about leisure for middle adolescents up to the international level. This issue of *WL News* also includes, in the WLO Network section, further information about this SIG and how to join.

### By Teresa Freire, Facilitator of the SIG "Leisure and Well-being"

Under the research team I lead in my University (the Research Team on Positive Development and Optimal Functioning), we have an intervention group program about leisure for middle adolescents, titled: "Growing-up with leisure". This is a validated intervention program to promote adolescents' positive attitudes toward leisure and a healthy use and proactive involvement in leisure activities and contexts, and consequently to facilitate positive leisure experiences. From a conceptual point of view, the program is based in several models and perspectives, mainly conceptual issues related to positive youth development and identity development (personal, social and place identity).

In terms of its structure, it integrates 12 sessions, 90 minutes per session, being implemented in a weekly and group basis. It can be implemented in different kinds of contexts, such as schools, community centres, and others, where groups of adolescents can be used as the basis for the intervention.



At this moment, and once its efficacy is well-supported, we would like to make it valuable at an international level, making it the focus of a joint project within the SIG "Leisure and Well-being".

What we are proposing:

- To adapt and validate the program with adolescents from different countries;
- To work on a shorter version of the program (reduce from 12 sessions to 8 sessions);
- To work on materials (sheets with written activities, used in the sessions) and to create a new design style;
- To achieve a cross-country/cultural version of the program, making it available to be used worldwide;
- To prepare implementers of the program (psychologists or professionals from other areas);
- To give formation on intervention group design: preparation, implementation, procedures and evaluation of efficacy;
- To work on a multidisciplinary team basis.

As a first step we ask for participation and collaboration in order to define the team that will be working on this, inside the SIG (other activities and tasks will be being done besides this one). According to participants and their backgrounds (we encourage the participation of members from different areas, and also the collaboration of members from other SIGs), the team and the plan for action will be defined: aims, steps, tasks related to each one, expertise, schedule (time frame), procedures, among other aspects. Outcomes will be defined, along the timeline, which will include publications and reports, and other kinds of dissemination of results.



# WLO Insights

## New Board member Ling Ping promotes the WLO in China

WLO Board of Directors members are fully committed with the promotion of the organization in their countries and regions. In the past few months, Ling Ping met representatives of the China Leisure Standardization Technical Committee and the Chinese *Leisure Magazine* to explore collaboration between these bodies and the WLO, such as the promotion of the WL Communities of Excellence program among Chinese cities, counties and recreational communities, among others.

Mr. Ling Ping joined the WLO Board of Directors after the election process of new Board members launched in October 2017. Since then, Ling Ping has been actively engaged in the promotion of the WLO among different Chinese institutional bodies and organizations.

In February, Ling Ping attended the annual meeting of the China Leisure Standardization Technical Committee (NTCL). Created in 2009, the NTCL is a technical organization engaged in the national standardization work in the field of leisure. It is also the first leisure standardization technology organization in the world. NTCL consists of experts from enterprises, research institutes, universities, government organizations, industrial associations and other relevant fields. At present, there are more than 20 national standards validated by the NTCL, including leisure city, leisure community, camping and greenway, among others.

On the occasion of the NTCL annual meeting, Ling Ping met Wei Xiaolan and Fu Lei, respectively Director and Secretary General of the NTCL. They agreed on some collaboration forms between the WLO and the NTCL, among which: the co-operation for the identification of the most excellent leisure communities in China, potential candidates to join the [WL Communities of Excellence](#) network; the promotion of other WLO programs and events in China, such as the WL Games and the WL Festival, and a particular engagement of the NTCL for the promotion of the [2020 WL Congress in Pinggu](#).

Ling Ping also met the director of the *Leisure Magazine*, Ying Yi Hua, in March in Hangzhou. Several collaboration opportunities were discussed in that meeting. Firstly, *Leisure Magazine* expressed its interest in working together with the WLO to generate and release relevant reports on leisure trends and leisure indexes. Secondly, WLO Chairman and Chief Operating Officer, Roger Coles and Cristina Ortega, will be engaged in the *Leisure Magazine* in the role of



honorary consultants. Thirdly, *Leisure Magazine* will offer coverage of WLO events in China and beyond in upcoming issues. Finally, *Leisure Magazine* offered to cooperate with the WLO in the organization of events and activities such as academic events, forums, and training activities on leisure, culture and the economy.

Finally, Ling Ping has translated the documentation of some WLO programs – such as the WL Communities of Excellence program or the WL Festival – into Chinese.

Ling Ping will be presenting his communication on “Research on the historical opportunity, contemporary perplexity and strategy choice of China e-sports industry development” at the [15th WL Congress “Leisure Beyond Constraints”](#) in São Paulo, Brazil (August 28-September 1, 2018).

The WLO Board and team want to take this opportunity to thank Ling Ping for his commitment with the expansion of the network and the opportunities for our members in the Asian country.



# WLO Network



## Working in the field of “Leisure and Well-being”? Join WLO Special Interest Group (SIG) on the topic!

Focusing on the key role of leisure in generating individual and social well-being, this WLO [Special Interest Group](#) (SIG) is facilitated by Dr. Teresa Freire, from the Universidade do Minho (Portugal). Academics, professionals and students are invited to join this SIG, which aims to become an arena to improve evidence-based knowledge on human thriving, and thus contributing to the field of leisure research, education, knowledge transfer, and advocacy. Keep reading for more information on this SIG and how to join.

The WLO [Special Interest Group](#) (SIG) on Leisure and Well-being aims at looking into the diverse fields and dimensions of well-being within leisure contexts and related human experiences, anchored in the psychological perspective of optimal human functioning.

In this new century, well-being is considered a major topic for individuals and societies. Its relevance to improving worthy lives is recognized worldwide by academics and practitioners. On its turn, studies in the leisure field have been showing the key role of leisure in generating individual and social well-being. By bridging leisure and well-being, we aim to make this SIG an arena to improve evidence-based knowledge on human thriving, and thus contributing to the field of leisure research, education, knowledge transfer, and advocacy. In order to achieve our SIG's goals, we sustain our work on an interdisciplinary and cross-field approach. For this we invite all interested in this topic to join us in this project, making possible to exchange topics, theories, perspectives and methodologies, in order to perform innovation and good practices in human development through leisure contexts, activities, or experiences. We focus on a leisure life-span perspective, looking to all kind of populations and contexts, and human experiences.

The WLO SIG on Leisure and Well-Being will therefore work towards developing this area of interest with the collaboration of all interested members in reflections, projects and publications. The WLO structure and its available resources will be the permanent reference for continuous connections between SIG members, besides all WLO events that make possible group meetings. Any other meeting points can be suggested along the way.





Within this context, the SIG “Leisure and Well-being” aims at contributing to a better understanding of topics related, but not limited, to the following:

1. Leisure and well-being
2. Leisure and positive development
3. Leisure and optimal experience/flow
4. Leisure, health, and quality of life
5. Leisure and happiness
6. Lifestyle, life trajectories, and leisure
7. Optimal functioning and leisure
8. New methodological developments in leisure studies
9. New educational leisure policies and practices
10. Future trends and challenges in leisure

Please be welcome and share this invitation in your networks as this group is open to academics, professionals and students with a particular interest in Leisure and Well-being. For any additional information, please contact the WLO secretariat [secretariat@worldleisure.org](mailto:secretariat@worldleisure.org) or the group facilitator, Dr. Teresa Freire, [tfreire@psi.uminho.pt](mailto:tfreire@psi.uminho.pt)



## Meet Dr. Teresa Freire, facilitator of the Special Interest Group (SIG) on Leisure and Well-being

Dr. Teresa Freire is the facilitator of the [Special Interest Group \(SIG\)](#) “Leisure and Well-being”. Actually she is Assistant Professor in the School of Psychology, at the University of Minho (UMinho), in the city of Braga (Portugal). She belongs to the Department of Applied Psychology, teaching several applied topics in psychology, and is member of the Psychology Research Center, being the coordinator of the Research Team on Positive Development and Optimal Functioning, where she supervises several PhD and Master thesis. Along her academic trajectory she has always been interested in leisure studies. Her PhD in psychology, in 2000, was under the topic of leisure, and since then she has led research and intervention projects in the field of leisure in relation to several psychological dimensions. She authored several national and international publications, as articles in peer-reviewed journals, books and book chapters. Recently, she integrated the special issue of the *Journal of Positive Psychology* on “Leisure and positive Psychology: Complementary Science for Health and Well-being” (2018), and in 2013 she edited the book *Positive Leisure Science: from subjective experience to social contexts*, where she advocates a new approach for leisure science.



## News from Quebec WL Chapter: the Quebec Leisure Council presents the 5th edition of the *Journée nationale des Techniciens d'intervention en loisir*

The Quebec Leisure Council (CQL, *Conseil Québécois du Loisir*), is one more year an official partner of the *Journée nationale des Techniciens d'intervention en loisir* (JNTIL, National Day of the Technicians of Intervention in Leisure). The 5th edition of the JNTIL was celebrated on the 10 April 2018 across Quebec. This event aims at gathering together and representing the technicians of intervention in leisure, as well as at raising awareness among Quebecers about the positive impacts of the profession on the well-being of communities at all levels: associative, municipal, institutional and school.

[READ MORE...](#) (in French)



## UNWTO joins Tourism Ministers in calling upon G20 Leaders to prioritize tourism

"The World Tourism Organization (UNWTO) joined the Ministers of Tourism of the G20 economies meeting in Buenos Aires in calling upon the G20 leaders to consider including tourism in their Agenda for its capacity to create more and better jobs. In this meeting with the President of Argentina, Mauricio Macri, and current G20 Chair, UNWTO Secretary-General, Zurab Pololikashvili, stressed the capacity of tourism to create jobs and the need to advance the adaptation of the sector to the digital transformation".

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# Members' Voice



## **Erin Wilkins (Canada): "I am constantly involved with the promotion and development of leisure studies through advocacy, education, and recognition"**

Erin Wilkins is the Department Chair and Instructor in the Recreation Studies Department at [Langara College](#) in Vancouver (Canada). She recently joined the WLO and we want to take this opportunity to welcome and introduce her to the leisure family through this short interview.

We are very happy to welcome a new WLO member: Erin Wilkins, Department Chair and Instructor in the Recreation Studies Department at [Langara College](#) in Vancouver (Canada). We asked her about the work she does for the promotion of leisure, as well as about her expectations with regard to the WLO.

### **In one sentence: What does leisure mean to you?**

Leisure is the quality time we spend doing things that we enjoy which enrich our lives.

### **What leisure projects, research and/or activities are you involved in?**

I am involved in a number of Leisure, Recreation, and Sport related projects which educate and engage individuals to participate and become educated and employed in recreation, sport and Leisure. I currently sit on the Board of Directors for Canada Snowboard, BC Snowboard, and ProMotion Plus (a provincial organization responsible for advocacy, providing opportunity and recognizing women and girls in sport and physical activity). In my leisure time I am involved in a number of sporting activities and leagues, I love spending time in nature, I love the beach, gardening, cooking, traveling and spending time with friends, family and my dog!

### **How do you promote the development of leisure and leisure studies?**

As the Department Chair and Instructor in the Recreation Studies Department at Langara College in Vancouver (Canada) and with my leadership roles in the organizations listed above, I am constantly involved with the promotion and development of leisure studies through advocacy, education, and recognition, for leisure and its participants.

### **How did you hear about WLO?**

From a colleague.

### **Why did you decide to become a member of WLO?**

To find out more about the organization, its mission, values, programs, resources and events and how I can become more engaged on an international level.



### **What kind of synergies would you like to develop through your WLO membership?**

Networking on an international level with likeminded individuals and organizations, create partnerships and opportunities for Langara Recreation Students and Faculty, and build community.

## **Trudie Walters (New Zealand): “I research community events and how they impact and benefit marginalized individuals and groups”**

Trudie Walters, from the [University of Otago](#) (New Zealand), was recently appointed as a new member of the WLO Board of Directors. In this short interview, she told us about her leisure personal and professional projects and activities. Thank you Trudie for the nice talk!

We love to talk to our members. They always provide us new ways of understanding leisure and that makes us grow as an organization. On this occasion, we talked to Trudie Walters ([University of Otago](#), New Zealand), who was recently elected as a member of the WLO Board of Directors.

### **In one sentence: What does leisure mean to you?**

The ability to choose how, where and with whom I spend my time outside of work (whether paid or voluntary).

### **What leisure projects, research and/or activities are you involved in?**

I research community events and how they impact and benefit marginalized individuals and groups, and second homes (holiday homes) that are used for leisure purposes. In my own leisure time, I enjoy photography, cooking, spending time with friends, reading, gardening, walking – and of course relaxing with my cat!

### **How do you promote the development of leisure and leisure studies?**

I try to incorporate it into my tourism and event management courses, and I am interested in speaking with my local government about incorporating leisure as the focus of development activities – and highlighting the WL Communities of Excellence concept to them!

### **How did you hear about WLO?**

Through a current Board of Directors member who also serves on the Board of a regional leisure studies association with me.

### **Why did you decide to become a member of WLO?**

I saw it as a wonderful opportunity to become more involved with the promotion of leisure on a larger scale, and to be able to make a genuine contribution to the field.

### **What kind of synergies would you like to develop through your WLO membership?**

Become a member and look out for any opportunities to network and build relationships with others who share the same passions!



# Publications



## A new issue of *World Leisure Journal* is now online!

Volume 60 Issue 2 of the *World Leisure Journal* is now online! As explained by editor-in-chief Dr. Atara Sivan in the issue's [Editorial](#), "The second issue of the journal for 2018 contains five contributions from three different countries covering topic areas related to leisure satisfaction and happiness, music consumption, use of new media and sports management". WLO members will get their printed copies. Do you want to get yours? [Become a member](#) now!

[READ MORE...](#)



## Check these reference works on Leisure and Well-being by SIG's facilitator Dr. Teresa Freire

In order to provide the reader with further insights on the topic of Leisure and Well-being, to which we are devoting this issue of *WL News*, we include here a reference list of works by Dr. Teresa Freire, the facilitator of the [Special Interest Group](#) (SIG) on this topic:

- Freire, T. (2018). "Leisure and positive psychology: contributions to optimal human functioning". *The Journal of Positive Psychology*.
- Teresa Freire leads, with the collaboration of Núria Codina (Spain), H el ene Carbonneau (Canada) and Linda Caldwell (USA), the Research Topic in *Frontiers Journal*, titled "Leisure, positive development, and optimal functioning: improving growing and aging" (2018).
- Freire, T., Tavares, D., Silva, E., Teixeira, A. (2016). "Flow, Leisure and Positive Youth Development". In Harmat, L., Orsted, F., Ull en, F., Sadlo, G., and Wright, J. (Eds). *Flow Experience: Empirical Research and Applications* (163-178). Dordrecht: Springer.
- Freire, T. (2013). "Leisure experience and positive identity development in adolescents". In T. Freire (Ed.). *Positive leisure science: from subjective experience to social contexts* (pp.61-79). Dordrecht: Springer.

We invite you to check these works and contact Dr. Teresa Freire at [tfreire@psi.uminho.pt](mailto:tfreire@psi.uminho.pt) in case you need further information.



## **(Free access) WLJ ARTICLES on Leisure and Well-being**

For this special issue, we have selected some articles on Leisure and Well-being published in the *World Leisure Journal*. These articles, which are just a sample of the wide range of sub-topics included under this theme, are “Association of dual-earner parents’ perceptions of time-stress with leisure participation: an analysis of gender and social context”, by Steven E. Mock & Margo Hilbrecht (2013), “Toward A Quality Leisure Experience: The Practice of Mindfulness”, by JeongMyung Gim (2009), and “Modelling activity novelty and adolescent females’ subjective well-being during a winter holiday”, by David Drewery, Kai Jiang, Margo Hilbrecht, Ondrej Mitas & Anna Jakubowitz (2016). The articles will be available with free access until the end of May, and for that we sincerely thank the publisher Taylor & Francis.

[READ MORE...](#)



## **JUST RELEASED! VIU's Innovative Leisure Practices vol. 3 (2018)**

The third volume of the *Innovative Leisure Practices. Cases as Conduits between Theory and Practice* is now available as a free, downloadable resource for faculty, students and practitioners. Edited by Dr. Tom Delamere, Ph.D., Professor of Recreation and Tourism Management at Vancouver Island University (VIU, Canada), and published by the [World Leisure Center of Excellence](#) in Sustainability and Innovation at VIU, this new volume includes seven case studies showcasing examples where research and practice connect in innovative ways to offer solutions for common issues and opportunities in leisure. A new call for submissions is now open for volume four of this publication, check the Opportunities section below for more! Please feel free to share this valuable research and teaching resource!

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# Opportunities



## **OPEN CALL FOR APPLICATIONS: Visiting Scholars Program – WL Center of Excellence NHTV Breda**

NHTV is seeking applications for their "World Leisure Center of Excellence Visiting Scholars Program". Visiting Scholars are an integral component of the [World Leisure Center of Excellence Breda](#) (the Netherlands). The Visiting Scholar Program is designed to bring local and international leaders to NHTV to engage with students, the academy, and the Noord-Brabant region. The purpose of this engagement is to enrich the student experience, to share research and professional experiences, and to explore possibilities for future collaborations (such as research projects, student and scholar exchanges, study tours, etc.). NHTV will fund up to €5,000 for travel and living expenses for maximum four visiting scholars per year, maximum stay per scholar is 6 months. Deadline to apply: 31 May 2018.

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## **CALL for CASE STUDIES SUBMISSIONS: Innovative Leisure Practices vol. 4 (2019)**

The [World Leisure Center of Excellence](#) in Sustainability and Innovation at [Vancouver Island University](#) (Canada) is inviting case study proposals to be included in the fourth annual volume of *Innovative Leisure Practices*. The intent of the volume is to provide a forum for the exchange of innovative practices in leisure. Innovative practices are defined as any unique, modern or promising approaches, strategies or techniques that have been used to address current issues, opportunities or trends in leisure. These can be practices conducted at a societal, community, or organizational level in either the field of practice or in leisure research. Deadline for submissions: 15 September 2018. Check the call to learn more about this publication and the submission guidelines.

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## **Leisure Sciences CALL FOR PAPERS: Innovation and Impact of Sex in Leisure Research and Practice**

This special issue of *Leisure Sciences* on sex in leisure research invites contributions from different disciplinary and theoretical perspectives and methodological approaches. The issue will focus on the links between sex and leisure and their impacts on health and well-being. Authors should direct questions about the special issue to Liza Berdychevsky ([lizabk@illinois.edu](mailto:lizabk@illinois.edu)) and Neil Carr ([neil.carr@otago.ac.nz](mailto:neil.carr@otago.ac.nz)). Deadline for abstracts submission is 1 July 2018.

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## **JOB OFFERS in leisure management, by Leisure Media**

From becoming the next Operations Manager at Sport Aberdeen to work for the best training provider in the health and fitness industry: these are these month's opportunities selected for you by our partner [Leisure Media](#):

- Sport Aberdeen – [Group Operations Manager](#). Closing date: 14 May 2018.
- University College School (Hampstead, London) – [Operations Manager](#). Closing date: 10 May 2018.
- Future Fit Training – [Regional Course Tutors and Assessors](#). Closing date: 18 May 2018.

None of these matches your profile? Search for more opportunities!

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# Upcoming Events



## 4th UNWTO World Forum on Gastronomy Tourism

Following the success of previous editions, the Government of Thailand and the World Tourism Organization (UNWTO), in collaboration with the Basque Culinary Center, are organizing the 4th UNWTO World Forum on Gastronomy Tourism, to take place from 30 May to 1 June 2018 in Bangkok, Thailand. This 4th edition of the World Forum on Gastronomy Tourism will specifically focus on harnessing the power of technology as a driver for sustainable growth.

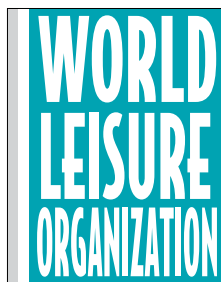
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## European Commission's Natura 2000 Award Ceremony

The Natura 2000 Network works to ensure the long-term survival of Europe's most valuable and threatened species and habitats, and is the centrepiece of the EU's nature and biodiversity policy. The Natura 2000 Award is designed to reward excellence in the management of Natura 2000 sites and showcase the added value of the network for local economies. It pays tribute to all those who are working tirelessly on making Natura 2000 an operational success whilst drawing public attention to its substantial achievements. Register for the Award ceremony, which will take place on the 17 May 2018 at Berlaymont Building in Brussels (Belgium).

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## WORLD LEISURE ORGANIZATION (WLO)

World Leisure Organization is a non-profit organization registered in the State of New York in Special Consultative Status with the UN Economic and Social Council since 1990.

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