

Annotated Bibliography: Backpacking in Germany

Thuy Ngan Hoang (Sam)

TRMN502

Dr. Geoffrey Bird & Ann-Kathrin Mclean

Royal Roads University

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Introduction

This paper will discuss about my future research on backpacking in Munich, which will be conducted on the coming field trip to Europe. Backpacking is not just a different type of travelling – it is a lifestyle (Introduction to backpacking, 2015). According to Introduction to backpacking (2015):

Backpacking is catching a glimpse of something strange and exotic, something you know you'd never see at home. It's seeing something weird and wonderful and not understanding it – but realizing that not everything has to be understood to be appreciated. (para. 10)

In a more simple way, Pearce (as cited in Dayour, Kimbu & Park, 2017) backpacking can be understood as:

a group of predominantly young travellers who are more likely to stay in budget accommodation, have an emphasis on meeting other travellers, are independent and have a flexible travel schedule, stay for a longer rather than a brief holiday, and focus on informal and participatory holiday activities. (para. 3)

Apart of all the definition, what makes backpacking a real lifestyle is how a backpacker sees travelling as an adventure and discovers the world through an 'off the beaten path' to observe life in their own unique way. Backpacking sharpens your independence and teaches you to be tough (Introduction to backpacking, 2015), and there is only one common simple principal: "frontiers are there to be crossed, wildernesses to be discovered" (para. 3).

With all the amazing and interesting concepts around backpacking, and the fact that this type of travelling does not require a whole lot of money to be able to travel, it is proven that with backpacking, a round-the-world trip is not just a dream. However, not everyone wants to be a

backpacker, and not everyone wants to travel the world as a backpacker. Therefore, the purpose of this research is to identify the differences between a tourist and a backpacker, what it takes to become a backpacker and most importantly, how it is like to experience Munich, Germany like a backpacker. An annotated bibliography is a great start for the research as it looks into current studies about backpacking and backpackers and focuses on how to use these valuable sources to support my future research.

Chen, G., & Huang, S. S. (2017). Toward a theory of backpacker personal development: Cross-cultural validation of the BPD scale. *Tourism Management*, 59, 630-639. Retrieved from <https://doi.org/10.1016/j.tourman.2016.09.017>

Key findings

Basing on a previous study on backpacker personal development scale (BPDS) on Chinese backpackers, this study by Chen & Huang (2017) applies the scale on Western backpackers which includes five dimensions: capability, emotion, skill, worldview, and self-consciousness. It is proven from the results that these five dimensions are also accurate and reliable in cross-cultural research, given that Westerners tend to experience greater change in personal development than Chinese when it comes to backpacking (Chen & Huang, 2017). Chen & Huang (2017) suggest that BPDS can be used as a tool to assess the benefit of backpacking to backpackers in terms of personal experience, as well as to develop the tourism market, specifically in the backpacker segment.

Relevance to Paper

The research proves that backpacking is not just a different type of travelling; it has certain impacts on one's personal development. The BPDS is accurate in multiple cultures, and evaluating personal growth through low-budget and independent travelling is a great way to reflect oneself in all aspects: capability, emotion, skill, worldview, and self-consciousness. Moreover, understanding the differences between travellers from different cultural backgrounds in order to drive the tourism market is the key for economic development.

This study is valuable for researching about backpacking in Germany not only in identifying the value of travelling as a backpacker in general, but also in evaluating German tourism market for backpackers, especially in Munich.

Cohen, E. (2003). Backpacking: Diversity and change. *Journal of Tourism and Cultural Change*, 1(2), 95-110. Retrieved from <http://dx.doi.org.ezproxy.royalroads.ca/10.1080/14766820308668162>

Key Findings

This article by Cohen (2003) discusses the backpacking phenomenon and the controversy around this unique type of travelling. Cohen (2003) explains the concept of backpacking through its historical context and development through time: “From Tramp to Drifter, from Drifter to Backpacker” (para. 4). Cohen (2003) also points out the differences between backpackers from different cultures (i.e. Westerners and Israeli) to stress the diverse motivation amongst backpackers, and gives proposal for future research to focus on age, gender, origins, and sub-cultures; relationships between different aspects such as class, ethnic, national and cultural background of backpackers, etc.

Relevance to Paper

The document is such a valuable source which provides deep knowledge about backpacking via historical and cultural contexts. By explaining the transformation from tramp to drifter, and from drifter to backpacker, the author did a great job in providing an insight to the intense formation of the backpacking travel style, and to how the diversity in motivation of backpackers from different culture is form.

This article will help my research paper to be clear about the history of backpacking as well as how history and culture form a person as backpacker. Furthermore, the author provided suggestions for future research, which is helpful for my research focus on certain aspects of backpacking that needs to be revealed.

Dayour, F., Kimbu, A. N., & Park, S. (2017). Backpackers: The need for reconceptualisation.

Annals of Tourism Research, 66, 191-193. Retrieved from

<https://doi.org/10.1016/j.annals.2017.06.004>

Key Findings

In this article, Dayour, Kimbu & Park (2017) indicate the history of the concept of backpacker, which was developed from travelling for career development and education since the 17th and 18th Centuries. Pearce (as cited in Dayour et al., 2017) defines backpackers as young people who travel independently on lower budget with flexible schedule and seek to meet other travellers. Dayour et al. (2017) also summarize some criteria and existing research that form the concept of backpacking, which include socio-demographic, motivation for travel, travel characteristics, virtual communities, etc. These criteria, according to Dayour et al. (2017), play an important part in redefining the term backpacker and different categories of backpacking.

Relevance to Paper

The paper provides valuable information in how the concept of backpacking was developed through times, and how backpackers are identified basing on certain criteria that demonstrate their behaviours. Furthermore, the summary of existing definition of backpackers in different criteria gives reader a closer look to the backpack lifestyle from multiple angles, thereby providing readers with different perspectives around backpacking.

This document could be a good source to start and build a solid foundation for my research paper with definition and related concepts around backpacking. Learning the diverse criteria in terms of backpacking might benefit in deeper understanding the behaviour of this segment of tourists in order to approach, adapt and perform research by observation.

Iaquinto, B. L. (2012). Backpacking in the internet age: Contextualizing the use of Lonely Planet guidebooks. *Tourism Recreation Research*, 37(2), 145-155. Retrieved from <http://dx.doi.org.ezproxy.royalroads.ca/10.1080/02508281.2012.11081699>

Key Findings

In this research, Iaquinto (2012) reveals how Lonely Planet (LP) guidebooks influence backpackers' decision in the internet age. Iaquinto (2012) indicates that backpackers consider word of mouth information from backpacker community as the most important resource; the following sources are word of mouth information comes from locals, LP guidebooks, then the Internet. The guidebook industry is developing due to the increasing number of travelling internet users, and LP is one of the successful one as it focused on building a backpacker identity (Iaquinto, 2012). The study of Iaquinto (2012) suggests different opinions on the use of LP guidebooks from different respondents. Some people think they are helpful at the beginning of each new travel; some others prefer word of mouth or rely only on the Internet. In the end, Iaquinto (2012) concludes that LP guidebooks are less influential than word of mouth, and they are preferred to be used to support other sources.

Relevance to Paper

This research helps to reveal backpackers' preferable method of searching for information when it comes to travelling. Guidebooks, specifically in the case of LP guidebooks, are often a good source to turn to when backpackers need to do research on their new destinations. However, as it is becoming extremely easier and cheaper to access and communicate through the Internet, this study shows that nowadays, guidebooks are frequently not the first research option.

The result of this study provides a very important piece of my research paper: since backpackers are freestyle travellers, they do not go through travel agencies or tour guides; instead, they do their own research and plan their own unique itineraries. Therefore, the first step of starting the research is extremely important, and understanding the preferable research method of backpackers is the foundation of my research paper.

Iaquinto, B. L. (2016). Strengths and weaknesses of using mixed methods to detect the sustainable practices of backpackers: a reflexive account. *Journal of Cleaner Production*, 111(B), 479-486. Retrieved from <https://doi.org/10.1016/j.jclepro.2015.02.013>

Key Findings

In this research, Iaquinto (2016) uses a mix of four research methods: interviews, participant observation, questionnaires and content analysis to detect sustainable practices in backpackers. The author provides detailed information on strengths and weaknesses of each method, how they are applied in research and how the result from each method supports each other when they are mixed. According to Iaquinto (2016), most backpackers do not response well with the word ‘sustainable’; however, they do perform sustainable practices unconsciously. Although each method provides different result, they are all useful in for certain purposes of the research.

Relevance to paper

As tourism nowadays is growing rapidly, sustainability and responsible travel have become the main concern of the industry. This research reveals that the majority of backpackers do not aware of their own sustainable acts. Although interviews and questionnaires could not provide accurate results, the research raised the awareness of the definition of ‘sustainable’ and how it is applied in real practices. Other methods (participant observation and content analysis) help Iaquinto in observing real backpacker experience and the sustainable practices that happen in real context. By doing the mixed method in researching, it is proven that the outcome of the research is much more accurate than using any one method alone. .

This paper is very helpful for my research in Munich in understanding which method would be more suitable for each situation basing on strengths and weaknesses of each one.

Although interviewing will not be used, other methods suggest different ways of approaching the research and how to experience real backpacker life as in the sustainable context.

Paris, C. M., & Teye, V. (2010). Backpacker motivations: A travel career approach. *Journal of Hospitality Marketing & Management*, 19(3), 244-259. Retrieved from <http://dx.doi.org.ezproxy.royalroads.ca/10.1080/19368621003591350>

Key Findings

The study of Paris & Teye (2010) discovers backpackers' motivation in relation to the travel career pattern (TCP). By examining how backpackers' motivations and previous travel experience impact each other through six underlying dimensions of motivation: personal/social growth, experiential, budget travel, independence, cultural knowledge and relaxation. The result from Paris & Teye (2010) brings in the conclusion that cultural knowledge and relaxation are the two core motivational factors: cultural knowledge means exploring other cultures, improving self-knowledge and interacting with locals; relaxation means getting away from the ordinary life to enjoy freedom and relax not only physically but also mentally.

Relevance to Paper

This study is a great resource for understanding the relationship between previous travel experience of backpackers and their motivations, how they support each other to form backpackers' travel career patterns. It provides deeper understanding of the core motivation for travelling as a backpacker, why they prefer backpacking and value learning over the normal touristic style in which travelling is mostly for entertainment.

The study of Paris and Teye (2010) is absolutely an asset to my research paper as it provides the proof of important elements that form backpackers' motivations and their travel career. To understand their motivations is to differentiate backpackers with other tourists, to have a deep insight of how and why they are different not only from their look, but also from their purpose of travel.

Pearce, P. L. (2015). Backpacking and backpackers – a fresh look. *Tourism Recreation Research*, 31(3), 5-10. Retrieved from <http://dx.doi.org.ezproxy.royalroads.ca/10.1080/02508281.2006.11081501>

Key Findings

Backpacking and backpackers are not a new topic and there are already tremendous studies on this segment of tourism; however, Pearce (2015) suggests that sometimes it is a good idea to review and reflect all the previous work, thereby conducting new research with a fresh look at backpacking and backpackers in the areas that have never been touched before. Pearce (2015) also mentions about the Rigour and Relevance Dimensions by Anderson et al., suggested that new research should follow the high-relevance and high-rigour quadrant. In the end, Pearce (2015) gives some suggestions on new potential topic research, both on developing previous topics and brand new concerns on backpacking and backpacker.

Relevance to Paper

This article is one of the most valuable resources on ideas and suggestions for new research in this area. While backpacking has become an academic topic and this type of travelling has existed for decades, the world is always changing and there is always room for new research on an old topic. However, since backpacking now is definitely different from 20 years ago, at times, it is necessary to review and put away the concepts that might be outdated or no longer accurate, and adapt with new situations that might create new issues and problems.

The article suggests a list of topics to choose from, which I can definitely use for my own research on backpacking in Germany. Using the Rigour and Relevance Dimensions would help me to identify which issues need to be researched about most; from there, I could make my research plan clearer and more detailed.

Richards, G. (2015). The new global nomads: Youth travel in a globalizing world. *Tourism Recreation Research*, 40(3), 340-352. Retrieved from <http://dx.doi.org.ezproxy.royalroads.ca/10.1080/02508281.2015.1075724>

Key Findings

Youth travel, which is also known as nomadism, involves three different forms of travel: backpacker, flashpacker and global nomad (Pearce, 2015). Pearce (2015) points out the differences between these forms of travel: backpackers tend to meet friends while travelling; digital nomad or flashpacker are more likely to work remotely through social media and travel for leisure at the same time; global nomad often look for chances to get connected with the local. Pearce (2015) also mentions that young people are much less interested in settling down to an ordinary life when they come back; they want to back on the road to continue their journey.

Relevance to Paper

There are many forms of free style travelling, especially when it comes to youth travellers. This paper demonstrates different types of nomadism, and by differentiating backpackers, flashpackers and global nomads, readers could be able to focus more on the type of their interest, and get to know the main focus and purpose of each type of travellers, what they really look for and hope to get out of their travels.

In applying to the research paper on backpacking in Munich, this document is helpful in determining the main practices of backpackers, not flashpackers or global nomads. The nomad community is bigger than ever, and because you travel with your big backpack does not necessarily mean that you are a backpacker. Depending on how you organise and spend your travel time, you may actually fall into the other two categories. Since the research will be focusing on backpackers alone, it is necessary to clarify the main practices and behaviour of

backpackers, not the other two types of travellers in order to have more in-depth research and result.

Analysis and Synthesis

Backpacking, as introduced, is an interesting form of travelling that only fits certain types of traveller. Having said that, it is a great opportunity for a non-backpacker like myself to be able to do research in Munich and experience backpacking style, and the mentioned peer-reviewed sources about backpacking are a helpful tool in learning the theory of backpacking and being a backpacker.

Although backpacking is a very informal type of travelling, it should be presented formally in my academic research paper from definition to the history of how it was formed, and how it was adapted and developed to become so popular and diverse nowadays. These will be followed by analysing the reconceptualization of backpacking and backpackers.

The next important point that the sources provides is backpacker's motivation. Motivations of each traveller can be formed differently through cultural background and personal experience, and can change through time as a person gain more experience and knowledge from travelling. The six dimensions that provided by Paris & Teye (2010) are a great scale to measure backpacker's motivation to understand what they look for and what is important the most when they travel. Motivations form behaviours and future travel career. On the other hand, basing on travellers' behaviour, they can be put in different traveller type, which can either be backpacker, flashpacker or global nomad. Another interesting point is to understand how backpackers prefer to do their research on new destination in the internet age in order to evaluate the importance of each source including word of mouth, the internet and guidebooks.

In order to conduct the real research in Munich, it is crucial to have an idea of the research methods that are used on backpackers before and how they work individually versus being mixed. The four methods are listed along with their strengths and weaknesses, and are

found to be useful in one way or another. From the result of this research and the main purpose of the field trip, participant observation seems to be the most appropriate research method for my own study. The BPD scale is another the useful and interesting tools for reflecting backpackers' self-learning process and outcomes using five dimensions which reflect all aspects of personal growth.

Last but not least, despite of many research on backpacking that are done by other researchers, it is crucial to have a fresh look at this type of travel in order to have a more updated and accurate research result. Using the list of proposed future research also helps to identify current and future issues of backpacking, as well as to narrow down research area for the research to be more specific.

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