

## Family tourism: the importance of tourism for low-income families

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### Goal and objectives of the dissertation

#### Goal

This thesis aims to extend the knowledge about the effects of family tourism, in general, and to low-income families, in particular. It should also contribute to find more effective and innovative ways of combating poverty and social exclusion, namely by highlighting the role of tourism as social innovation action.

#### Objectives

The thesis addresses the following research questions:

- What are the determinants of leisure and tourism expenditure among families with different income levels? Do low-income families have different leisure and tourism expenditure patterns compared to other families?
- What are the constraints to family tourism, and how important are financial constraints for family tourism?
- What are the effects of family tourism?
  - Which are the determinants of these effects?

- Do low-income families have different effects from other families?
- Can tourism tackle social exclusion of low-income families? How?
- What guidelines should be considered by social tourism programs that can be both, appealing for the families and maximize the benefits for low-income families?

### Methodology

Considering the central purpose of the research and the methodologies adopted by previous studies, a mixed methodology was adopted. This methodology integrated quantitative and qualitative analyses, based on secondary and primary data. The empirical study focused upon Portugal.

The study was structured into three parts. In the first part, the leisure and tourism expenditure patterns of the Portuguese families were analysed, comparing low-income households with their counterparts, using secondary data. Micro-data were used from the Portuguese Household Budget Survey (PHBS). Bivariate techniques were