



DEGROWTH TOURISM DOWN UNDER

DEGROWTH: A MOVEMENT WITH A FOCUS ON QUALITY OF LIFE OVER ECONOMIC GROWTH BY INTENTIONALLY DOWNSCALING PRODUCTION AND CONSUMPTION, IN ORDER TO INCREASE OVERALL ECOLOGICAL AND SOCIAL WELLBEING.

DEGROWTH TOURISM: A LOW-CARBON, ANTI-CAPITALIST AND AUTHENTIC FORM OF TRAVEL THAT CHALLENGES POPULAR CULTURAL PRACTICES OF CONSUMERISM AND INDIVIDUALISM, AND IDEALLY IN ONE WAY OR ANOTHER, SPEAKS TO THE NEED FOR SYSTEMIC CHANGE.

1 NATURE-BASED TOURISM

What to say? Australia is the country with (by far) the most national parks in the world and millions of tourists visit every year to experience the continent's natural abundance. Whether it's hiking, animal tracking, camping or simply unwinding and reading a good book on the beach; at the end of the day, nothing beats nature!

2 COMMUNITY-OWNED TOURISM

Here, the tourist is not a faceless consumer, but a guest who enters into relationships and actively contributes to a number of community-defined goals. An example is [Gunya Tourism](#) who offer cultural tourism experiences in Victoria, operated and owned by the local Aboriginal community. You could also participate in [Transition Towns](#) movements or the [Global Ecovillage Network](#).

3 EDUCATION

Learning can be fun and rejuvenating. Think about incorporating learning a skill as part of your next holiday, like multi-day Permaculture Design Courses found all over the country, in-person sessions on compassionate communication run by [NVC Australia](#), or local community colleges such as [Byron Community College](#) which have a diverse set of courses on offer.

4 STAYCATIONS

Stay in your hometown and experience it from the perspective of a foreign tourist. Historically, the idea became popular in 2009, when the drastic increase in fuel prices and an economy in recession dissuaded many city dwellers from taking long-haul flights. Since then, it has become a trendy movement that has given thousands of people an outlet to have novel experiences and satisfy their needs for a meaningful vacation.

5 SLOW TOURISM

Why rush to the grave? Additionally, in the realm of tourism, 'fast' usually means resource-intensive. So avoid 'fast leisure' and allow yourself to breathe and savour your trip. Immerse yourself in your journey and each local distinctiveness. For inspiration, find out about the [couple](#) travelling from Germany to Australia only using public transport.

6 NOT FOR-PROFITS OR TOURISM COOPERATIVES

Spending a holiday without engaging with for-profit companies is pretty degrowth. Examples include the [Tourism Industry Council Tasmania](#) or [Fairbnb](#). Farmer's markets are also a good option since Woolworths, Coles and Aldi are privately owned companies that are making record profits, while [30% of Australians](#) are reported to be living with food insecurity. Plus, how much better/more of a holiday does it feel to be strolling in a farmer's market rather than a supermarket aisle?



7 PET & HOUSE SITTING

If between 8 and 15 million rooms are empty every night in Australia (and they are), then why exactly do we have a housing crisis again? If you're an animal lover and looking for free accommodation for your next holiday, check out websites like [Aussie House Sitters](#) or [Mindahome](#) to get in touch with homeowners seeking trustworthy sitters to care for their furry friends and/or house while they are away. This option is especially promising for couples, retirees and families.

8 SHARING RESOURCES

If we were sharing what we already have more fairly, we wouldn't have to continue plundering the earth (and could all work less). Don't let your fear of reaching out get in the way of something great. Does your mate have camping or travel gear you can borrow for your next trip? Sharing doesn't just save resources but also builds connection, character and community resilience.

9 TRANSPORT

Can you meet your need to have a meaningful holiday that you feel excited about without flying? Have you thought about covering (at least some of) your trip using public transport? Within Victoria, you travel around the state for under \$10 a trip using your Myki public transport card. Queensland too offers 50 cent public transport fares. Could you share a ride to get to your destination? Finally, don't forget about our old friend: the bicycle - cheap, eco and fun for kids and adults alike to explore a new area.

10 VFR TOURISM

Visiting friends and relatives.

"Hey, isn't your auntie living up in Alice?" Why not take a friend and go visit her for a week or so?

11 VIPASSANA

The not-for-profit '[Dhamma](#)' offers free meditation courses (including accommodation) all over Australia and the world.

12 VOLUNTEERING

[WWOOF](#), [Workaway](#), [HelpX](#). Volunteer through these platforms to upskill and receive free accommodation in exchange for your help. There is a huge variety of opportunities, from supporting yoga retreat centres to getting involved in eco restorations. Not everything might be for you, though some of it might be exactly what your heart has been yearning for. But be smart. Read the bios and reviews carefully and use your intuition. Instead of using these platforms, you can also message communities and organisations directly that are interesting to you, since they often have a volunteer page or at least contact info. An example would be [Arcoora](#), an arts and ecology training ground in NSW. The potential in this category is truly limitless. If you are willing to walk the path of reciprocity, countless doors are open to you.

Sidenotes:

- To learn more about degrowth in general, find a PDF of Jason Hickel's [Less Is More](#).
- Easy and informative read on [degrowth tourism](#)
- Inspiring [article](#) by academic Sarah Renkert on community-owned tourism in a Latin American context.

The 'culture' (influenced by corporate propaganda) will tell you that you need to partake in high-levels of consumption to feel fulfilled. But in reality, this notion has been disconnecting us from ourselves, each other and the living world. **So what can we do to restore connection?** There are many ways, but for one, your next holiday could be a great opportunity to do so - no significant material consumption needed.

This list is not comprehensive. Any thoughts? Feel free to message us 😊

