

THIS EDITION: VACATIONS – WOODS OR WATER?

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WANDER to WONDER

by MARTINA NICOLLS



The world will never starve for wonder, but only for want of wonder. G.K. Chesterson



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editor's note

Welcome to the fourth edition of WANDER to WONDER

This fourth edition of Wander to Wonder focuses on end-of-year vacations, and asks the question: Woods or Water? Do you prefer vacations in woodlands, forests and mountains or do you prefer vacations near water, rivers and beaches?

This issue also looks at the health issues of vacations – for positive mental health – but also the issues of weight loss and weight gain. And there's a lot of photographs I've taken on my vacations and work assignments across the globe.

Until next edition, with another theme,

Martina

MARTINA NICOLLS



May your trails be crooked, winding, lonesome, dangerous, leading to the most amazing view. May your mountains rise into and above the clouds. Edward Abbey

woods



water



woods or water?

Look at the two photographs above: the first one – woods – is a green forest, whereas the second one – water – is a beach.

Would you choose the woods or water – the forest or mountains or the beach – for a vacation? Psychologists believe the choice reveals your personality.

Past research has shown that extroverts need 'affiliation' and 'exhibition' - i.e. being with and talking to people, and getting attention from and entertaining people. Introverts need less affiliation and exhibition. Extroverts like people bustling around. Introverts function better with fewer visual and audio distractions.

Most of the previous research focused on social situations rather than physical surroundings. Psychologists at the University of Virginia said that no study had looked at extroversion and introversion in connection with natural environments. Hence they conducted a series of five experiments in 2015.

One of the experiments involved researchers showing participants pictures of wide-open spaces and beaches, as well as woods, forests and mountains. The researchers asked the respondents to choose which setting they preferred for a vacation. The majority of people choose a photograph of the beach.

The university psychologists found that extroverts and introverts preferred different landscapes for their vacations. Extroverts preferred wide-open spaces and water, including the beach, while introverts preferred the woods, forests, and mountains.

Researchers think that woods and mountains are great places for solitude and selfreflection, which suits introverts, and beaches offer interactions with more people, which suits extroverts. But, of course, what if the beach is remote with no-one for miles?

In another experiment, the University of Virginia researchers analyzed a database of 613,000 people across America to see whether extroversion and introversion were associated with different American states. Researchers found that residents in mountainous states in America were more introverted than residents in flat states or states with tourist beaches.

Now, if people with different personalities choose different vacation settings, what about the converse? Does the setting influence the personality?

Does living in the mountains make people more introverted or do introverts gravitate towards mountainous regions? Researchers did another experiment. They sent groups of students into flat open areas or forested secluded areas on the University campus and analyzed their feelings of extroversion or introversion. Researchers found that the terrain resulted in different levels of happiness for extroverts and introverts. Introverts were more stressed in open spaces than when they were surrounded by trees.

However, overall, geography does not change personality. The last experiment was a short study, therefore the researchers would like to conduct more research on the effects of geography on extroverts and introverts. Naturally, people may choose the beach one year and the mountains another time for another vacation, depending on what they are looking for during their holiday – and whether the whole family is involved in decision making. Also, there are borderline introverts and borderline extroverts – and there are ambiverts (people who don't exhibit extremes of the personality scale – they have both introvert and extrovert qualities). Just as personality is complex, so too are vacation choices.

Nevertheless it's an interesting question. Woods or water?

http://www.washingtonpost.com/news/wonkblog/wp/2015/08/06/what-your-vacation-choices-say-about-your-personality/



the beach – the positive

One of my earliest memories is of seeing my mother in her beach chair, reading a book under an umbrella by the water's edge while my sisters and I played beside her. Of all the life lessons she taught me, that is one of my favorites: to take time at a place I love, restore my spirit with books and the beach. Luanne Rice

A beach is not only a sweep of sand, but shells of sea creatures, the sea glass, the seaweed, the incongruous objects washed up by the ocean. Henry Grunwald

The sea does not reward those who are too anxious, too greedy, or too impatient. One should lie empty, open, choiceless at a beach - waiting for a gift from the sea. Anne Morrow Lindbergh

The beach is definitely where I feel most at home. It's my oxygen. I forget how much I need it sometimes when I'm away working. Behati Prinsloo

My mum's from Broome, so I'm a saltwater person - Aboriginal people are either freshwater, saltwater or desert mob. So I always feel much more comfortable in close proximity to the beach, even if I'm not necessarily in the water. Shari Sebbens

I'm a Cancer; I'm music-passionate. I like long walks on the beach. Will Ferrell

There were times over the years when life was not easy, but if you're working a few hours a day and you've got a good book to read, and you can go outside to the beach and dig for clams, you're okay. Mary Oliver





the beach



the beach – not so much

I love out-of-the-way, rugged places. For me, holidays are about the experiences, and the people, and the memories, rather than sitting on a nice beach getting tanned. I try to plant myself where I am and embrace what is there in front of me. Evelyn Glennie

Holiday? Is like, what? I'm a hyperactive girl, so it may be boring for me to be on the beach doing nothing. I just need to find a place for three weeks and work but sleep in the morning, maybe write a little bit, have a glass of red wine. That's my perfect holiday. Melanie Laurent

I am definitely a Type A personality, always rushing around, trying to do too much, not good at just lying on the beach. Amy Chua

That whole thing: the paparazzi, a gazillion magazines. You can't lie on a beach. God forbid your bikini rides up too far or you've eaten too many doughnuts and they catch you wiping your mouth. That must be exhausting, that lack of privacy. Megan Follows

Views are overrated; it's light that counts. I have an apartment in Miami's South Beach, and I get tired of looking at the ocean. Even that view gets old after a while. Sunlight streaming into a room - it never gets old. Michael Graves





the beach



the beach



the beach



the beach



into the woods

I'm obsessed with the countryside: woods, forests, fields, lakes, mountains. Ellie Goulding

The great outdoors is a theme with me; a walking holiday in Scotland is perfect - Culloden and the forests of Aviemore are both favourites. Erin O'Connor

I grew up in the small town of Greenfield Center, New York, which is in the foothills of the Adirondacks not far from the city of Saratoga Springs. It is a place I love, close to the forests and the mountains. Joseph Bruchac

What drew me to Kazakhstan was a curiosity to learn about life in this 'middle earth' of steppe between the endless forests of Russia in the north and the world's greatest mountain chains to the south. Tim Cope

The woods are lovely, dark and deep. But I have promises to keep, and miles to go before I sleep. Robert Frost

Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean. John Muir

There is nothing like being left alone again, to walk peacefully with oneself in the woods. To boil one's coffee and fill one's pipe, and to think idly and slowly as one does it. Knut Hamsun

I think probably one of the important things that happened to me was growing up in Idaho in the mountains, in the woods, and having a very strong presence of the wilderness around me. That never felt like emptiness. It always felt like presence. Marilynne Robinson





the woods



the woods



the woods



5 december: world soil day

The International Union of Soil Science (IUSS) made a resolution in 2002 to declare each 5 December a special day to celebrate the importance of soil as a critical component of the natural world. The United Nations Food and Agriculture Organization (FAO) conference in June 2013 endorsed World Soil Day, and in December 2013 the United Nations General Assembly formally declared 5 December to be World Soil Day commencing in 2014. The date was chosen because it was the official birthday of H.M. Bhumibol Adulyadej, the King of Thailand, who sanctioned the event. The year 2015 was the International Year of Soils to highlight the significance of soil for food security. In 2016 the theme for World Soil Day is 'Soils and pulses, a symbiosis for life.'

http://www.fao.org/global-soil-partnership/world-soil-day/



Globally there are about 60,000 soil scientists who definitely celebrate World Soil Day. People can celebrate World Soil Day in a number of ways – plant a tree to mitigate soil erosion, plant seedlings and flowers, work or walk in a garden, walk along beach sand, attend an agricultural seminar, talk about soil with a farmer, play 'spot-the-groundcover' during a walk in the forest, make a mud cake, eat bean pie, enjoy lentil soup, and appreciate the wonder of soil.

Here are some other ideas for activities for World Soil Day and afterwards:

- 1. Increase organic matter in soil through increasing groundcover and vegetation, applying mulch and composts
- 2. Encourage biodiversity above and below the soil
- 3. Support and protect soil microbial ecologies, including fungis
- 4. Use biological-based fertilisers
- 5. Use vegetation wisely within managed landscapes to protect soils from the affects of wind and salinity
- 6. Aim to have 100% groundcover 100% of the time in your garden
- 7. Practice minimal tillage and retain crop stubble
- 8. Use time-controlled planned rotational grazing
- 9. Reduce dependence on increasingly expensive fossil fuels and non-organic fertilisers and biocides.



world soil day







mud mask



11 december: international mountain day

The United Nations International Year of Mountains was held in 2002 at a time when I was in the Himalaya Mountain region in Pakistan-administered Kashmir. As 2002 concluded, the United Nations General Assembly proclaimed an annual International Mountain Day to draw attention to the important roles that mountainous regions play in water and food supply. The day was 11 December each year.



Covering around 22% of the earth's land surface, mountains play a critical role in sustainable economic growth. They not only provide sustenance and wellbeing to 915 million mountain people around the world, representing 13% of the global population, but they also indirectly benefit billions of people living downstream. In particular, mountains provide freshwater, energy, and food. However, mountains also have a high incidence of communities affected by poverty – one out of every three mountain people in developing countries is vulnerable to food insecurity and faces poverty and isolation.

Each year International Mountain Day has a particular theme. The 2016 them for International Mountain Day is 'Mountain Cultures: celebrating diversity and strengthening identity.'

The concept of traditional heritage, culture and spirituality is intrinsically linked with people's livelihoods in the mountains. For mountain people, the land, water and forests are not simply natural resources. They follow in the footsteps of their ancestors. Their traditional knowledge is key to managing and enhancing the resilience of fragile mountain ecosystems. Mountains are also places of tourism and cultural trails, from skiing to climbing.

The Daily Times newspaper in Islamabad highlights the importance of Pakistan's mountains. Pakistan has one of the most fragile mountain systems in the world. The Karakorum, Himalaya, and Hindu Kush mountain ranges meet at a junction in northern Pakistan. Animals living in these mountain ranges include the snow leopard, screw horned marhkor, Himalayan ibex, urial, blue sheep, Marco Polo sheep, brown bear, and Tibetan wolf. These mountains have natural forests of alpine, coniferous, and subtropical pine trees. The spread of indigenous mountain forests is mostly in Gilgit-Baltistan, Azad Kashmir, Kohistan, Chitral, Swat, Dir, Muree, Hazara, and Ziarat. The article states that Ziarat is the third largest juniper forest in the world, with some trees dating 4,000 years old. Northern Areas, Khyber Pakhtunkhwa, and Azad Kashmir account for nearly 52% of Pakistan's forest reserves.

On July 15, 2009, Pakistan set a Guinness World Record for tree planting - planting 541,176 trees in 24 hours. The young mangrove saplings were planted by 300 volunteers, without using any mechanical equipment, in the vast wetlands of the Indus River Delta in Thatta District. The tree planting, which is part of Pakistan's pledge to plant 120 million trees for the United Nations Environment Programme's (UNEP) Billion Tree Campaign, took place about 150 kilometres southeast of Karachi in a biodiversity sanctuary that was designated in 2002 by the government as the Wetland of International Importance. The Billion Tree Campaign was launched in 2006. The record-breaking event was organized by Pakistan's Ministry of the Environment. Pakistan has been particularly active in increasing the national forest coverage and has set a target of one million hectares of new forests by 2015. To make this happen five mega-forestry projects have been launched.

All of the world's famous mountains taller than 7,000 metres are in Asia and all 14 peaks above 8,000 metres are in the Greater Himalaya range. The State of Jammu and Kashmir comprises three geographical regions: (1) The Lesser Himalayas, also called Jehlum Valley (Kashmir); (2) The Inner Himalayas or the Indus Valley (Ladakh and frontier areas) which is also known as Trans Himalayas; and (3) The Outer Himalayas, also called Southern Mountain Range (Jammu). The Valley of Kashmir is a longitudinal depression in the north-western Himalayan range carved tectonically, and situated at an altitude of 1,590 metres. The length of this oval-shaped valley has a parallel axis to the general direction of the mountains bordering it, which include: the middle mountains, the Pir Panjal, the Himalayas, the Zanaskar, the Ladakh, the Karakoram, and the Shivaliks. Uniquely, the valley of Kashmir is covered with majestic mountain ranges which possess a source of most of Earth's fresh water, repositories of biological diversity, popular destinations for tourism and recreation, and areas of important cultural diversity, knowledge and heritage. It also has volcanic mountains. The Soyamji peak erupted volcanic lava in 1934 for about 13 months.

Mountaineering and trekking in some of the surrounding mountain ranges of Kashmir Valley, such as Karakoram and the twin peaks of Nun and Kun, have remained a mountaineer's dream. English mountaineer, Eric Shipton, described the Karakoram prior to his pioneering 1930s expeditions of the mountain range, located west of the Himalayas, as "blank on the map." At that time the range virtually formed an unexplored boundary between cultures, nations and religions, with China to the east, India to the south, Afghanistan to the north, and Pakistan to the west. The range has the highest concentration of glaciers, some of which are the longest outside the Polar Regions and the longest concentration of tall peaks in the world, with more than sixty peaks over 7,000 metres. Among these is K2 (8,611m), the second highest mountain in the world.





the mountains



the mountains



why vacations are good for your health

Haven't had a vacation in a year, or more? It could be bad for your mental and physical health. The Quartz journal selected several studies that show that it's time to take a break.

A 1991 longitudinal study, commenced in 1948, called the Farmingham study, showed that non-working women who took a vacation only once every six years or longer had nearly twice the risk of developing a fatal heart disease and heart attacks than women who took vacations at least twice a year. The Swedish Uppsala University conducted a study in 2013 on the impact of vacations on mental health. They used data on the sale of anti-depressants. They found a small but 'practically significant' relationship between more people taking vacations and fewer anti-depressant drugs sold.

It was also found that the short-term benefits of vacations disappear quickly – as quickly as a week or less after the holiday. People's stress levels rose within a week after a holiday. Research from the University of Tampere in Finland confirmed the short-term effects of holidays, but added that the collective or cumulative effect of holidays over time was vital to good health.



Vacations taken annually seem to be good for people's health, but taking regular weekend breaks from work are also good for health – and so too is not working too many hours per day continuously without a rest break. The Institute of Occupational Health in Finland showed in 2008 that people who worked a 55-hour work week had lower cognitive function, including poor vocabulary and reasoning, than people who worked a 40-hour work week. A 2012 study published in the *American Journal of Epidemiology* assessed 50 years of research and found that a 10-hour or more workday increased the risk of coronary heart risk by 80% for both men and women.

In a 2012 study by the Centre of Expertise for Work Organizations at the Institute of Occupational Health in Finland, using the Whitehall II database of British public servants, mental health issues were examined. Researchers found that people who worked more than 11 hours a day were more than twice as likely to have a major depressive episode than people who worked 7-8 hours a day. This was likely even in people who had no prior mental health issues.

A 2012 University of California study gave two groups of participants the same problem. One group was given a short break during the task, while the other group was required to work until the task was completed. Researchers found that participants that had a short break showed an increase in creative solutions to the problem.

http://qz.com/485226/this-is-what-365-days-without-a-vacation-does-to-your-health/





Laughter is an instant vacation. Milton Berle

If your work requires you to travel, you will understand that there's no vacation destination like home. Park Chan-wook

My idea of a vacation is staying home and doing short day hikes, floating the river and things like that. Tim Cahill

I want to be a writer you can always depend on for a good read during your vacation, during your flight, during a time in your life when you want to forget the world around you. Jeff Abbott

Every time you work on a project, it's a little vacation from the project you're working on the other 23 hours. That's the thing - it replenishes you to do something else. Joss Whedon

I can't picture going to a beach, or anywhere on vacation, without a couple of books as companions. Rosecrans Baldwin

When I go on vacation, I take very few clothes and a whole lot of books. It's the most soothing thing in the world. Reading 'Moby-Dick' is like being in a time machine. I almost feel as excited as the first time I read it and I always find something new. Nile Rodgers

My life is scattered and busy. I think of my home as a resort. When I step through the door, I feel relaxed. I almost feel like I've taken a vacation. Chip Conley

Since traveling is such a big part of my life when I am working, I like to vacation relatively close to home. Florida is a great place for me to go and relax. It's so close, which is perfect because it's the minimal travel time. Hilary Rhoda



on vacation



on vacation



holiday weight gain & loss

British travel company *Fly Thomas Cook* conducted a survey in 2012 to determine the countries where travellers gain the most weight during their vacation. While the survey questioned only 350 Britons, it is interesting to note the results.

The top ten countries where Brits on holiday gained weight included: (1) Cyprus, (2) Turkey, (3) Portugal, (4) America, (5) Greece, (6) The Netherlands, (7) France, (8) Australia, (9) Italy, and (10) Belgium. Weight gain averaged 0.3-1.5 kilograms increased in body mass over an average 10-day holiday. The reasons for gaining weight included: eating in restaurants more than usual, consuming more alcohol, cooking less, and exercising less. Other reasons included unlimited buffet breakfasts and all-inclusive holidays (where meals were pre-paid).

Not everyone gained weight on holiday - 46% indicated weight gain, with men 12% more likely to gain weight (averaging 2.5 kilograms of weight gain, which was 75% more than their average female counterpart). Interestingly, 40% of men blamed alcohol, while 75% of women blamed alcohol for the weight gain.

Wearing swimming attire at the beach (especially in Italy and in America) encouraged 20% of men and 15% of women to lose weight. The UK study said that this caused tension: people wanted to "let their hair down" on holiday and drink more, yet they still wanted to look good and not put on weight. Oh, what to do???

The countries where Brits on holiday lost weight included: Germany, Canada, and Ireland. Twenty per cent (20%) of survey respondents said that they lost an average of 3 kilograms. The reasons were that they had more active holidays, where they participated in sports such as cycling and hiking. The advice was that you shouldn't choose holiday destinations according to where you might lose or gain weight, but instead the advice is to visit countries where you enjoy the people, culture, cuisine, and activities.

My top ten places for weight loss include: (1) France (wine and walking), (2) Ethiopia (vegetables and lean meat), (3) West Africa - Liberia and Sierra Leone (seafood), (4) Bangladesh (spices and coriander fish), (5) Pakistan (ginger tea, mangoes and hiking) (6) India (tandoori fish and meditation), (7) Australia (seafood, wine and exercise), (8) Kenya (exercise and adventure safaris), (9) Croatia (wine, walking and gym), and (10) Spain/Portugal (wine and seafood).

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\underline{http://www.canberratimes.com.au/lifestyle/diet-and-fitness/top-diet-disaster-destinations-20120720-22eg7.html\#ixzz21DNoGeKl
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vacation food



top vacation destinations

The travel magazine, *Conde Nast Traveler*, suggested in December 2015 that the best travel destinations for 2016 and 2017 (<u>http://www.cntraveler.com/</u>) were:

1. AUSTRALIA

At this moment, on all fronts, Australia is simply—as the kids say—crushing it. And there will always be its natural beauts—The Great Barrier Reef, the Outback, the winelands of Victoria—while Tasmania and Perth call us to explore the country's farther reaches. Do yourself a favor and get down here as soon as you can; we're officially calling 2016 the Year of Australia. —Peter J. Lindberg

2. SRI LANKA

Long overshadowed by its Indian and Maldivian neighbors, this tropical island remains affordable, uncrowded, and relatively unexplored. Colombo, the country's seaside capital, is undergoing a cosmopolitan upgrade, while the island's timeless ruins and endless stretches of surf beckon. —Katherine LaGrave

3. MOZAMBIQUE

Is Mozambique's Bazaruto Archipelago the unexpected honeymoon destination of 2016? "I have several friends headed that way," says contributing editor Mark Ellwood, aiming for the main city of Vilankulo and the cluster of six islands—known for their snorkeling, swimming, and wildlife spotting—in the Indian Ocean.

4. MYANMAR

Tourism to the country is already on a meteoric rise. Beyond the essentials—Bagan, Inle Lake, the Shwedagon Pagoda—the little-visited Mergui Archipelago should catch travelers' attention this year. While the untrammeled nature of the region is among its top draws, don't expect it to stay that way for long as travelers realize it's just a short hop from uber-popular Phuket, Thailand. —Paul Brady

5. BRAZIL

With the Olympics headed to Rio in August 2016, Brazil is about to play host to citizens of the world for the second time in three years—it's a global phenomenon you won't want to miss. —CNT Editors

6. ECUADOR AND THE AMAZON

If you're headed to Brazil, you might as well extend your stay with a stopover in Ecuador, where Quito's Old Town is both a UNESCO World Heritage site and a bit of Florence, Italy, with spectacularly gilded churches and cobbled streets. Spend a weekend before flying to Coxa to start your Amazon adventure. Brazil may claim more than half of the world's largest rainforest, but Ecuador's stretch is equally accessible—and impressive. — Laura Dannen Redman

7. AMERICA'S NATIONAL PARKS

On 25 August 2016, the National Park Service will celebrate its centennial. Whether you've always wanted to see the Grand Canyon (and you absolutely should—the hype is

well-placed) or want to re-enact Star Wars without leaving the country (hello, Great Sand Dunes National Park), now is the time to get out there and experience America's unrivaled great outdoors. —Jayna Maleri

8. SPAIN

You could drive two hours in any direction from Madrid and come upon an enchanting medieval village—and while we love Toledo and Salamanca, we're headed next to Pedraza, north of the capital city, in the autonomous community of Castile and León. Here, you'll find fortresses and buildings dating back to the 1500s, centuries-old cobblestone streets that are awash in candlelight during summer nights, and epic roast lamb lunches that have made the town famous. —Maura Kutner Walters

9. ICELAND

Due to its relative accessibility, growing culinary scene, and those photo-worthy moments, Iceland has risen to the top of everyone's travel list. Seriously, everyone: Half a dozen people in our office went there last year alone. You're running out of time to visit Iceland before it becomes Tulum North—but it's still possible to drive out into the middle of nowhere and feel spectacularly alone beneath the Northern Lights. —Jayna Maleri

10. TANZANIA

"If tourism revenue continues to decline, conservation efforts will be cash-strapped. And should this happen, many believe that the future of wildlife—including elephants, rhinos, and lions—will be severely threatened as foreign interests with an eye on ivory, horn, and hide buy up protected land and encourage poaching. This is what bumped Africa to the top of my list this year," wrote editor in chief Pilar Guzman in February. So consider Arusha, Lake Manyara, Ngorongoro Crater, and Serengeti National Park.

11. COLOMBIA

Medellín, Colombia's second-largest city, used to be known for its drug trade and astronomical murder rate. No more. Now one of the most livable cities in South America, this city of three million might be the greatest urban comeback story of our generation. — Chaney Kwak

12. AMERICA

As we say in our office, Miami is having "a moment." There's been explosive growth in its hotel scene. The Wynwood Art District feels like a daily celebration of Art Basel, and the Design District is a new high-end retail haven for all your Hermès-and-Tom-Ford needs. We're all going to Miami next year—so should you. —CNT Editors

13. JAPAN

Okinawa and its islands aren't "just a scattered, reggae-sweetened necklace of islands closer to Taiwan than to Tokyo, but one that actively seeks to turn Japanese congestion, industry, and formality on their heads," Pico Iyer wrote in Traveler's December issue. They're also blissfully free of crowds, known mostly to locals. The Yaeyama Islands of Okinawa are "sun-splashed, laid-back, and a bit rough around the edges," while Tokashiki Island, sitting at approximately 26 degrees latitude north, shares the same temperate, Caribbean climate as the Bahamas.—K.L.

australia



sri lanka



spain



america



4% increase in international tourism in 2016

The World Tourism Barometer, the United Nations World Tourism Organization (UNWTO), said that already from January to September 2016, there have been 956 million international tourists, which is a 4% increase from 2015 of 34 million people. After a strong start, the pace slowed somewhat in the middle of the year.

UNWTO secretary-general, Taleb Rifai, said 'Tourism is one of the most resilient and fastest-growing economic sectors, but it is also very sensitive to risks, both actual and perceived.'

Asia and the Pacific led growth across the regions, with international tourist arrivals (overnight visitors) up 9% to September 2016. The growth countries were Vietnam (up by 36%), the Republic of Korea (up by 34%), Japan (up by 24%), and Sri Lanka (up by 15%). However, all four sub-regions within Asia and Pacific experienced growth in the international tourism sector.

In Europe, international arrivals increased by 2%, with double-digit growth in Spain, Hungary, Portugal and Ireland, while France, Belgium and Turkey declined. The subregions of Northern Europe grew by 6% and Central and Eastern Europe grew by 5%. Western Europe declined by 1% and Southern Mediterranean Europe was stable at 0%.

International tourist arrivals in the Americas grew by 4% to September 2016. South America grew by 7%, Central America grew by 6%, with the Caribbean and North America growing by 4% each.

In Africa the international tourist arrivals grew by 8% with sub-Saharan destinations rebounding strongly throughout the year, while North Africa increased in the third quarter of 2016.

The international tourist arrivals to the Middle East declined by 6%.



The demand (source) by international tourists comes from China (a growth of 19%), the United Kingdom (up by 10%), the United States of America (up by 9%), Germany (up by 5%), and France (up by 3%). Tourism spending increased by Australians (up by 9%), Koreans (up by 9%) and Italians (up by 3%). Tourism expenditure decreased by Russians (down by 37%) and Canadians (down by 2%).





the author: Martina Nicolls

I am an author and humanitarian aid consultant with over 30 years' experience in the management, implementation, and evaluation of international aid development projects, particularly in post-conflict environments and countries with transitional governments, such as Somalia, South Sudan, Sudan and Darfur, Afghanistan, Kashmir, Pakistan, Iraq, Liberia, Sierra Leone, Georgia, Kosovo, Rwanda, and Sri Lanka, and also Mauritius, Mongolia, Papua New Guinea, Thailand, Vietnam, Cambodia – and others. I provide technical advice on areas such as peace-building and conflict mitigation, education, poverty reduction, human rights, child labour, data quality and financing models.

But mostly I am a wanderer. Wherever I am and wherever I go I take photographs and I write. My books include:

A Mongolian Lament (2015) The Komodo Verses (2012) Liberia's Deadest Ends (2012) Bardot's Comet (2011) Kashmir on a Knife-Edge (2010) The Sudan Curse (2009)

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