

## LEISURE TIME MANAGEMENT: POLAND'S INVOLVEMENT IN TOURISM

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### **Abstract**

*The results of studies on the management of leisure time by participating in tourism indicate that for the majority of Poles aged 15 and over participation in tourism creates opportunities for gaining new knowledge (exploring) related to the chosen destination apart from rest and entertainment. For a certain part of Polish society tourism is becoming a permanent component of their lifestyle. On the other hand, there are groups whose consumption model does not include travel needs.*

**Keywords:** *leisure, tourism, travel*

### **1. Introduction**

Tourism is occupying an increasingly important position in the modern world, being one of the fastest growing areas of life. It has been calculated that in the whole world each year about 650 million people travel. By 2020 the number traveling in world tourism will have increased three fold and revenues connected with travel will have nearly quadrupled (Różycki, 2006, p. 120). Worldwide trade coming from services related to various forms of travel make tourism one of the leading economic sectors in the world. At the same time services for tourism are increasing their position in the hierarchy of the needs of consumers who are traveling with growing frequency.

The topic of choice for this paper deserves considerable attention due to the continuous development of tourism. Tourism is evolving and the main driving force behind this evolution are the requirements and needs of tourists. Tourism has become a vital part of the global market, ranking second in the world economy, after the computers and the electronics industry. The tourist industry takes, therefore, a very important position in the economy of most countries.

This article attempts to answer the question of how the involvement of Poles in the tourist trade is shaped and what the most commonly practiced forms of tourism and motives for participation in tourism are.

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The specific objectives include: finding out how leisure time is spent, an assessment of the participation of Poles in tourist trips, estimating the level of expenditure allocated for this purpose, as well as an attempt to explain the reasons for not participating in tourism.

The general working hypothesis is that the management of leisure time activities is related to the level of disposable income in the household. With the improvement of the financial status of households, the level of expenditures on leisure increases simultaneously. There is also an increase in the importance of tourism in the hierarchy of consumer needs.

The analysis was based on secondary sources, represented by the literature and published studies from different research centers such as: World Tourism Organization (UNWTO), Institute of Tourism in Warsaw, Central Statistical Office (GUS), and The Public Opinion Research Center (CBOS).

## **2. The concept and meaning of leisure**

Leisure has been defined by a team of UNESCO experts in an international study as including “the range of all activities in which an individual can be engaged in willingly or for leisure, entertainment, the development of their knowledge or self-training, voluntary social participation, and freedom from professional, family and community obligations.” This definition is derived from Dumazedier’s concept of leisure (Czajka, 1974, p. 39). As E. Wnuk-Lipiński (1972, p. 10-11) states, leisure time is “the time remaining at the personal disposal of an individual having fulfilled their professional, family, and school duties, and having met the biological needs of the organism”.

The definition of leisure proposed by A. Zawadzka (1983, p. 22) is noteworthy. According to her, leisure time is the time utilized for optional activities, undertaken on a voluntary basis, for rest, entertainment, comprehensive development and participation in social life.

On the basis of those definitions of leisure, it should be noted that it is primarily the time preferably managed subject to the freedom of the individual’s choice. Its characteristic feature is the personal feeling of the freedom of choice and a sense of autonomy during the activities in its duration. It is also a sphere of life not occupied by work and other responsibilities. Leisure time is, therefore, opposed to working time. It is based, however, on taking up activities manifested in relaxation and recuperation of the human individual’s strength (Woźniak, 2010, p. 237).

The time at the disposal of an individual, after completion of professional, family and social duties can be utilized passively or actively (Table 1). The passive forms not only impoverish the mental sphere of the individual, but also have destructive impact on their physical condition. Reasonably utilized leisure

time should therefore involve active leisure, which enables the realization of its creative function for the human being (Niemczyk, 2008, p. 40).

**Table 1.** Types of leisure activities

Passive recreation		Active recreation	
At home	Out of home	At home	Out of home
-	clubbing organized trips spa	self-study creativity crafts gardening hobby	education tourism culture other

Source: Cieloch G., Kuczyński J., Rogoziński K., *Czas wolny – czasem konsumpcji?* PWE, Warszawa, 1992, p. 52.

A person can spend their free time at home, or outside the home. The choice of space and forms of leisure time activities depends on many factors, including the amount of time the individual can utilize. Due to the duration of leisure time, the following are distinguished (Bywalec and Rudnicki, 2002, p. 72):

- leisure time during the day, i.e. short-term leisure,
- leisure time during the weekend, i.e. mid-term leisure,
- leisure time during the year (holidays, vacation), i.e. long-term leisure.

Each of the identified types of leisure time is characterized by a different structure its utilization. In the case of short periods, the dominant forms are home-based, and as the duration of leisure time increases, so does the spatial mobility of the individual (Niemczyk, 2008, p. 41).

W. Siwiński (2000, p. 23, 40) stresses that this time should be rationally used for: rest (mental recuperation), pleasurable entertainment, social activities on a voluntary and disinterested basis, development of individual interests and talents by learning or practicing amateur activities, such as art, science or sports. The same author mentions the functions of leisure, such as rest, entertainment, self-motivated education, and social participation.

The duration of leisure time and the activity of the consumer manifested at that time is an individual matter. This does not mean, however, that any consumer can use their time in a completely arbitrary manner (Kolny, 2004, p. 303). The activity is dependent on a number of objective and subjective factors, and religious determinants (Kieźel, 2005, p. 90).

### 3. Tourism as a form of leisure time management

One form of leisure time activities is tourism, defined as “the phenomenon of spatial mobility of people, which is related to a voluntary change of residence,

the environment and the rhythm of life”, as well as the environment, and the entry into personal contact with the environment visited (cultural, natural, social) (Przeclawski, 1996, p. 30).

The World Tourism Organization (UNWTO) defines tourism as a whole activity of people who travel and stay for leisure, business or other for no longer than a year without a break outside of their everyday surroundings, with the exception of trips in which the main goal is rewarded gainful activity (Gołembski, 2002, p. 23).

There are many reasons for the rapid development of tourism and its increasing importance for the economy and meeting the needs of consumers. The most important include the peaceful development of international relations, improvements in transport and communication systems, increasing well-being, elimination or reduction of barriers to cross borders, globalization, economic and political relations, an increase in the level of education, employment changes (an increase in the amount of leisure time), moving to the next level in meeting non-material needs, and others. All these phenomena and their causes are also present in Poland (Górecka, 2011, p. 2).

#### **4. Participation of Poles in tourism in the light of empirical studies<sup>2</sup>**

##### **The activity of Poles in tourism**

Participation<sup>3</sup> of Poles in tourism was estimated on the basis of surveys conducted by the Institute of Tourism among Polish citizens aged 15 years or more. The study used a division into tourist trips into domestic and foreign ones, as well as short-term (2-4 days) and long-term (five or more days) ones.

Research of the Institute of Tourism and the Ministry of Economy (Department of Tourism) shows that tourist activity of Poles is characterized by high fluctuations. It is accompanied by permanent changes in the structure of mobility, i.e., the popularity of tourist trips abroad is steadily growing.

In 2012, the level of participation of Polish residents in foreign tourism was higher than in 2006. A rising tendency can be observed. In 2010 and 2011, we observed a decrease in participation in domestic long-term trips and domestic short-term trips. A year later, there was a noticeable increase in this type of trips. The growth rate reached 1.07 for long-term domestic trips and 1.32 for short-term domestic trips, respectively. A similar level of participation can be seen in short-term tourism in 2010 and 2011, as well as in the short-term domestic travels in 2006 and 2007 (Table 2).

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<sup>2</sup> It has been estimated by the Department of Tourism of the Ministry of Sport and Tourism (DT MSIT) based on data from the Institute of Tourism collected on behalf of DT MSIT.

<sup>3</sup> Participation in tourism mobility (traveling) refers to the people who had at least once taken part in a given type of trip (travel); some of the people had been involved in more than one type of travel.

**Table 2.** Participation of Poles in tourism (number of participants aged 15 and over, expressed in millions) in 2006-2011

Tourism	Participants (in millions)							Dynamics indicator (2006=1)					
	2006	2007	2008	2009	2010	2011	2012	07/06	08/06	09/06	10/06	11/06	12/06
<b>Domestic, long-term</b>	8.9	9.1	9.5	9.6	8.5	7.7	9.5	1.02	1.06	1.08	0.95	0.86	1.07
<b>Domestic, short-term</b>	7.5	7.5	6.6	6.8	7.2	6.7	9.9	1	0.88	0.91	0.96	0.89	1.32
<b>Domestic (total)</b>	13.1	13.3	13.1	13.4	12.5	11.9	13.9	1.01	1	1.02	0.95	0.91	1.06
<b>Abroad, long-term</b>	3.6	4.2	4.6	4.5	4.0	3.4	4.3	1.16	1.27	1.25	1.11	0.94	1.19
<b>Abroad, short-term</b>	1.2	1.0	1.2	1.1	0.8	0.8	1.3	0.83	1	0.92	0.66	0.66	1.08
<b>Abroad (total)</b>	4.5	4.9	5.5	5.3	4.6	4.1	5.2	1.08	1.22	1.17	1.02	0.91	1.15
<b>Domestic and abroad (total)</b>	15.1	15.3	15.5	15.7	14.7	13.9	16.8	1.01	1.03	1.04	0.97	0.92	1.11

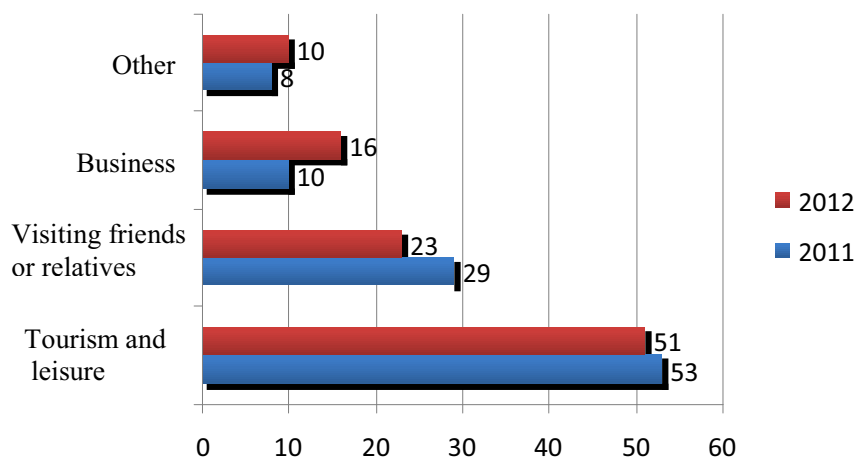
Source: Own, based on Łaciak, J. (2012). Krajowe i zagraniczne wyjazdy Polaków w latach 2008- 2012 roku, Warszawa: Instytut Turystyki. Retrieved from [http://www.intur.com.pl/inne/wyjazdy\\_polakow2008.pdf](http://www.intur.com.pl/inne/wyjazdy_polakow2008.pdf), <http://www.intur.com.pl/inne/wyjpol10.pdf>, Wyj Pol 2012.pdf (Accessed May 2013).

It gradually became more and more likely Poles would participate in foreign tourism. In 2011 5,926,900 people left the Schengen zone. These departures were usually registered as air border crossings estimated at 3,294,600 people (in 2010 – 3,375,300), making up for 55.6% of all trips made by Poles (Central Statistical Office, 2012, p. 56).

In conclusion, it is worth noting that the forecasts relating to Polish participation in tourism both domestic and foreign are optimistic (this is fostered by the appreciation of the Polish currency in world markets) (Grabowska, 2006, p. 198).

## 5. Motivation for participating in tourism

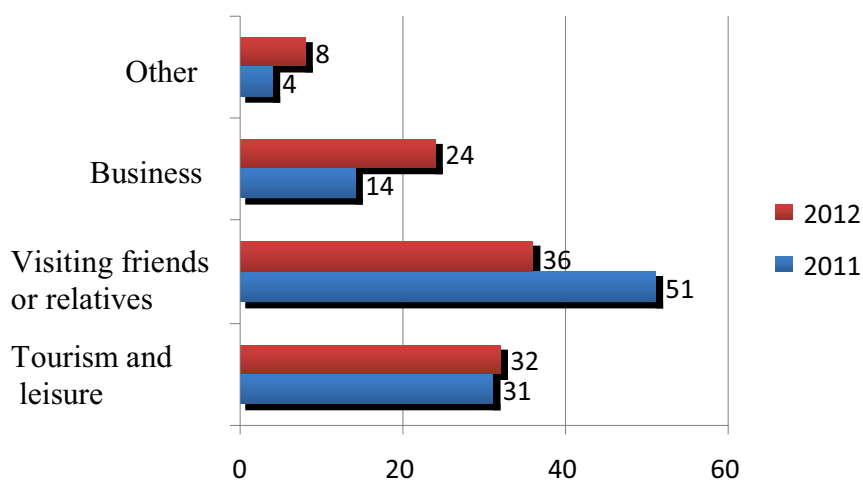
Taking into account the motives for tourism, one should note that in the case of long-term domestic travel, most Poles indicate sightseeing and recreation – 51% of respondents (Figure 1).



**Figure 1.** Domestic destinations chosen by the Poles for long-term trips in 2011 and 2012 (expressed in %)

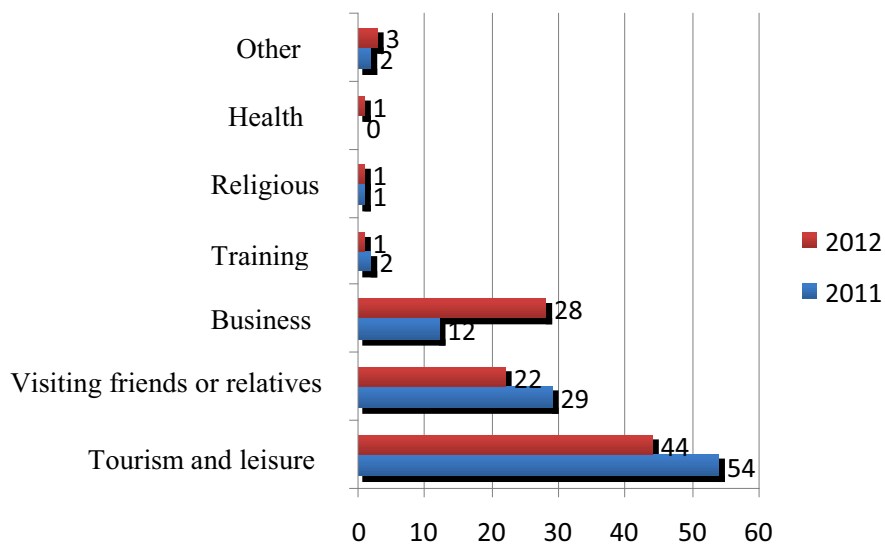
Source: Own, based on Łaciak, J. (2012). *Krajowe i zagraniczne wyjazdy Polaków w 2012 roku*, Warszawa: Instytut Turystyki. Retrieved from *Wyj Pol 2012.pdf*, p. 11 (Accessed May 2013).

An analysis of the motives for participation in short-term domestic tourism (Fig. 2) indicate that the hierarchy of destinations was opposite the one previously discussed one. The main objective of domestic short-term trips was visiting relatives or friends (36% of responses).



**Figure 2.** Domestic destinations chosen by the Poles for short-term trips in 2011 and 2012 (expressed in %)

Source: Own, based on Łaciak, J. (2012). *Krajowe i zagraniczne wyjazdy Polaków w 2012 roku*, Warszawa: Instytut Turystyki. Retrieved from *Wyj Pol 2012.pdf*, p. 11 (Accessed May 2013).



**Figure 3.** Foreign destinations chosen by Poles in 2011 and 2012 (expressed in %) Source: Own, based on Łaciak, J. (2012). *Krajowe i zagraniczne wyjazdy Polaków w 2012 roku*, Warszawa: Instytut Turystyki. Retrieved from *Wyj Pol 2012*.pdf, p. 11 (Accessed May 2013).

In comparison to domestic tourism, trips abroad are characterized by a more diversified structure of objectives (Figure 3). In addition to rest and relaxation (44%), as well as visiting relatives or friends (22%), business (28%), training, health, etc., were cited as reasons for travel.

## 6. Expenditures on tourism

Leisure time management by participating in tourism is shaped by many factors, including: economic, social, demographic, geographic, natural, political and others.

The scope and quality of participation in tourism are determined by the financial situation of the consumer-tourist and directly affects the size of the expenditure incurred on travel needs.

Household spending on tourism includes hotel services, transport, catering and services or products purchased in connection with domestic and foreign travel.

An analysis presented in Table 3 shows that the level of spending on tourist trips in 2012, compared to previous years, increased. Significantly larger amounts were spent both before and during the duration of the trip.

Another regularity is noticed: in the case of short-term domestic travel, the share of expenses incurred prior to the trip was higher than in the case of long-term travel, and close to the proportion of these expenses in traveling abroad. In turn, the part of expenses incurred during the trip was greater in the case of short-term domestic and short-term foreign travel.

The percentage of expenses incurred during the trip was much greater in the case of long-term domestic travel. This phenomenon may be related to the nature of the destination. The relatively high proportion of the expenses incurred by Poles prior to traveling abroad stems from the fact that the majority of trips are organized (e.g., through a travel agent or employer), including the full package of services. However, the relatively low percentage of expenditures on long-term domestic travel is justified by the character of such traveling, which tends to be independent and unorganized. It also usually requires the use of tourist accommodation at the place of destination to a much greater extent than in the case of short-term domestic travel (Niemczyk, 2008, p. 51).

The Institute of Tourism studies shows that in 2010, 32% of expenses (in 2009 – 31%, and in 2008 – 33%) related to long-term domestic travels were incurred by Poles prior to departure at their place of residence. In the case of short-term domestic trips – 43% (2009 – 41%, and 2008 – 42%), and in the case of trips abroad – 56% (57% in 2009, and 51% in 2008), respectively. In 2010, average daily expenditures of Poles for long-term domestic travel were 7% lower than in 2009, while on short-term domestic trips – about 3% lower and on trips abroad – about 15% higher. Over the period of an entire domestic trip lasting five or more days in 2010 Polish residents would spend about 1% more than in 2009 (the average length of the trip increased), and a domestic trip of 2-4 days – about 3% less. A trip abroad – 23% more (the average length of trips increased). In 2012 Poles spent the most on traveling.

**Table 3.** Average expenditure on domestic and foreign travel by Poles in 2008-2012 (expressed in Polish zlotys)

Specification	Expenses									
	travel expenses	per day	travel expenses	per day	travel expenses	per day	travel expenses	per day	travel expenses	per day
	2008		2009		2010		2011		2012	
Domestic, long-term										
Prior to the trip	306	30	276	28	292	27	326	33	335	36
During the trip	635	63	625	62	614	57	655	66	746	79
(total)	941	93	901	90	906	84	981	99	1.081	115



Domestic, short-term										
Prior to the trip	146	50	136	47	139	48	130	45	202	70
During the trip	198	67	195	68	181	63	195	67	330	114
(total)	344	117	331	115	320	111	325	112	532	184
Trips abroad										
Prior to the trip	1.215	80	1.210	115	1.454	129	1.070	96	1.304	121
During the trip	1.172	78	896	85	1.127	100	805	72	1.486	138
(total)	2.387	158	2.106	200	2.581	229	1.875	168	2.790	259

\* For the calculation of the average spending per day of stay in the destination the average length of stay of 2.9 days was adopted (while the average number of overnight stays increased by 1). In 2011, the same period of 2.9 days was adopted.

Source: Own, based on Łaciak, J. (2012). *Krajowe i zagraniczne wyjazdy Polaków w latach 2008- 2012 roku*, Warszawa: Instytut Turystyki. Retrieved from [http://www.intur.com.pl/inne/wyjazdy\\_polakow2008.pdf](http://www.intur.com.pl/inne/wyjazdy_polakow2008.pdf), <http://www.intur.com.pl/inne/wyjpol10.pdf>, *Wyj Pol 2012.pdf* (Accessed May 2013).

## 7. The influence of household income on tourism

Our analysis of the level of expenditures on organized tourism (Table 5) allows for the identification of certain regularities. The first of these is the fact that spending on organized tourism tends to increase with rising incomes (the highest was noted in groups that achieve relatively the highest income). This confirms the correctness of the basic economic law, that is, the extended Engel's law, explaining that expenditures on goods of higher order (organized trips can be classified as this sort of goods in Poland) increases simultaneously with increasing income. The rule that only at the higher discretion of funds one can expect a greater willingness to engage in organized tourism (Berbeka, Makówka, and Niemczyk, 2008, p. 81) has been confirmed. It should be noted that in the budgets of the richest households (self-employed) spending on organized tourism was dominant.

**Table 4.** Average monthly income per capita in households (expressed in Polish zlotys) in 2006-2011

Household	2006		2007		2008		2009		2010		2011	
	AI	DI	AI	DI	AI	DI	AI	DI	AI	DI	AI	DI
(total)	834	802	928	894	1.045	1.006	1.114	1.071	1.192	1.147	1.227	1.184
Employees	829	802	915	886	1.049	1.016	1.123	1.087	1.199	1.159	1.244	1.206
Farmers	689	669	846	820	887	856	884	856	1.024	989	984	957
Individual contract or self-employed workers	1.102	1.058	1.251	1.208	1.338	1.288	1.396	1.340	1.468	1.416	1.497	1.445

Pensioners (total)	872	825	937	887	1.031	978	1.116	1.054	1.180	1.116	1.233	1.171
Old age pensioners	943	890	999	943	1.096	1.037	1.180	1.114	1.244	1.175	1.298	1.231
Other pensioners	684	654	754	521	802	767	870	825	925	879	969	927

\* *AI* – household's available income, *DI* – disposable income

Source: own, based on Oleński, J. (2012). Mały rocznik statystyczny Polski 2006-2012. Warszawa: Główny Urząd Statystyczny. Retrieved from [http://www.stat.gov.pl/gus/roczniki\\_PLK\\_HTML.html](http://www.stat.gov.pl/gus/roczniki_PLK_HTML.html), p. 309, 192, 190, 187, 194, 194, 197 (Accessed May 2013).

**Table 5.** The average monthly spending on organized tourism per capita in Polish households during the period of 2006-2011 (expressed in zlotys) by socioeconomic group

Household		Organized tourism					
		2006	2007	2008	2009	2010	2011
(total)		8.56	10.39	13.32	14.48	14.76	15.13
Blue collar workers		3.93	4.81	6.49	7.08	5.51	6.55
	White collar workers	17.25	20.48	27.65	29.33	31.56	31.53
Farmers		2.31	2.56	2.77	3.39	3.63	3.65
Individual contract or self-employed workers		23.04	30.74	31.57	31.34	33.50	29.23
Pensioners (total)		5.48	5.16	6.55	8.17	7.21	8.17
Old age pensioners		6.23	5.97	7.47	9.02	8.18	9.44
Other pensioners		3.49	2.71	3.28	4.91	3.32	2.99

Source: own, based on Budżet gospodarstw domowych 2006-2011 roku. Warszawa: Główny Urząd Statystyczny. Retrieved from [http://www.stat.gov.pl/gus/5840\\_4824\\_PLK\\_HTML.htm](http://www.stat.gov.pl/gus/5840_4824_PLK_HTML.htm), p. 74, 90, 108, 104, 123, 119 (Accessed May 2013).

The level of spending on organized tourism is differentiated by the socio-economic type of the household (Table 4). Based on the data from household budget surveys conducted by GUS one can observe that the highest levels of tourism needs in the case of organized tourism were satisfied for households with a good economic situation. This group included employed individuals in white-collar positions and self-employed individuals. The first would spend 31.53 zlotys on tourism in 2011, while the second – 29.23 zlotys. In turn, the smallest expenditures on organized tours were a strain on the budgets of pensioners and households involved in agriculture. They accounted for only 2.99 zlotys in the case of pensioners, and 3.65 zlotys in the case of farmers.

As a result, it can be concluded that the level of participation in tourism is shaped largely by membership in social and professional groups, educational level and financial situation.

## 8. Ways of utilizing leisure time in tourism

When traveling over the long term, Poles tend to choose passive ways of spending their time: a quiet holiday, socializing and entertainment, as well as spending time in natural environments preferably away from others. On the one hand, peace and quiet are appreciated by Poles, but on the other hand – fun and entertainment are valued as well. The behavior of Polish citizens when traveling long-term (for 5 or more days) is of a largely fixed nature. A list prepared based on data from 2010 was similar to the results obtained in previous years.

In 2010, there was an increase in the percentage of people interested in activities aimed at improving physical fitness. However, there was a loss of interest in visiting museums and monuments, qualified tourism, visiting national parks and landscapes. The percentage of skiers remained on the same level as a year earlier. At least one of the five outdoor activities in 2010 was attended by 40% of the respondents (2009 – 46% 2008 – 42% 2007 – 46% 2006 – 42%, 2005 – 43%, 2004 – 46%).

Table 6 illustrates how leisure time was spent by Poles on tourist trips.

During short-term travel and similar to long-term travel, Poles seem to prefer passive leisure activities. In 2010 the most frequent activities in the case of 2-4 days' trips, included short walks, social life, peace and quiet away from others, and time spent in cafes or restaurants.

In 2010 we observe a four-point decline in the percentage of those willing to improve physical fitness, a one-point decrease in the percentage of people engaged in qualified tourism and skiing, and a two-point increase in the percentage of those interested in visiting museums and monuments. Another form of active leisure was visiting national parks or nature reserves, which gained a similar percentage as before. In at least five of the mentioned forms of physical activity, in 2010 24% of the respondents leaving for 2-4 days participated in such forms of leisure (2009 – 26%, 2008 – 25%, 2007 – 23%, 2006 – 22%, 2005 – 25%, and 2004 – 26%).

Individuals leaving for typically tourist short-time visits are more physically active than those leaving for other purposes: e.g., 9% of the participants focus on physical fitness (significant decrease), 14% visit museums (no change), national parks are visited by 11% (decrease), 7% practices qualified tourism 7% (decrease), and 3% travels for skiing (no change). We can see a significant drop in participation in active forms of recreation in individuals traveling for tourism. In at least one of the five forms of previously mentioned activities 37% of the respondents participated (2009 – 46%, 2008 – 44%). On the other hand, social life and entertainment achieved a 35% result (no change), while the time spent in cafes – 14% (increase), and in front of the TV – 3% (decrease).

**Table 6.** Ways Poles spent their leisure time in domestic tourism in 2004-2010 (expressed in %)

Specification	Tourism													
	long-term							short-term						
	2004	2005	2006	2007	2008	2009	2010	2004	2005	2006	2007	2008	2009	2010
Relaxation, short walks	67	67	67	70	69	71	74	47	49	52	53	53	59	58
Socializing and entertainment	43	35	40	31	34	32	27	47	39	43	39	37	35	36
Spending time in nature, away from the crowd	23	20	20	21	24	23	23	14	13	15	17	16	14	14
Improving physical fitness: gymnastics, fitness classes, treks and strolls, swimming, games	21	19	19	20	17	18	20	8	9	11	9	11	10	6
Visiting cafes and restaurants	15	15	15	13	15	15	15	9	8	9	11	10	9	10
Sightseeing (museums, historical sites)	13	13	15	15	14	15	11	10	9	8	9	10	8	10
Visiting national parks and nature reserves	12	13	13	12	12	12	10	13	9	8	7	9	6	6
Adventure tourism (e.g. sailing, canoeing, climbing, horse riding)	15	10	12	9	11	11	9	8	6	8	7	7	5	4
Favorite pastimes (fishing, photography, mushroom hunting)	6	5	9	8	10	8	8	8	8	7	7	6	7	9
Listening to the radio, watching TV	9	8	9	7	8	10	6	6	5	5	6	6	10	6
Medical treatment, spa, climate therapy	9	7	7	6	7	7	6	5	4	5	5	5	1	1
Reading	3	4	6	5	5	6	5	5	7	4	6	4	4	2
Visits to sites of religious worship	7	7	3	5	4	4	4	3	3	3	3	2	6	6
Skiing	2	4	3	3	4	3	3	2	3	2	3	1	2	1
Acquiring knowledge and skills	7	6	3	4	3	3	2	1	1	1	2	1	6	5
Specialized therapeutic procedures related to disabilities	3	2	2	3	3	2	2	2	3	1	1	1	-	1
Participation in theatrical shows, concerts, film presentations	3	2	2	3	1	2	2	1	1	-	-	-	2	4
Other activities	19	20	18	21	16	19	15	23	26	23	29	20	24	23

Source: Own work, based on Łaciak J., *Uczestnictwo Polaków w wyjazdach turystycznych w latach 2004-2010*. Retrieved from <http://www.intur.com.pl>, p. 44, 61 (Accessed May 2013)

## 8. Conclusions

The conducted analysis leads to the assertion that tourism occupies an important place among the ways of spending leisure time for Poles. The data collected lead to the conclusion that, for part of Polish society, tourism is becoming a permanent component of their lifestyle. For many years traveling used to be placed among a group of higher needs. Currently tourism is sometimes included in groups of basic needs (Gołembski, 2006, p. 40). This is due to the socio-economic development of countries, and the increase in the level and quality of life.

From the point of view of the subject matter of this article the question of ways of spending leisure time during tourist trips is of great interest. On the basis of empirical data one can draw the conclusion that less active ways of spending leisure time by Poles during tourist trips, both short- and long-term, are preferred. They include: a quiet holiday, short walks, socializing, entertainment, enjoying the peace and quiet away from others.

Rather passive leisure activities are characteristic of short-term trips. A more active way of spending leisure time is seen in the case of long-term domestic travel. Poles have tried to improve their physical fitness through long walks, treks, participating in sporting activities, swimming, gymnastics and fitness classes. Another important way of spending leisure time was going out to restaurants or cafes. Moreover, activities designed for cognitive, educational purposes, such as visits to museums, heritage parks, historical sites, national parks and nature reserves should be mentioned. It should be noted that these tourists more often declared the practice of adventure tourism (such as sailing, canoeing, mountain climbing, or horseback riding).

An observed phenomenon suggests that in the case of participation in tourism, the mid- to long term is more likely to be considered.

Leisure time management by participating in tourism is shaped by many factors, including: economic, social, demographic, geographic, natural, political and others. According to estimates by the Institute of Tourism, the significantly higher level of participation in tourism in total was declared by Poles having a good financial standing. This is also confirmed by the results of research conducted by CBOS.

The analysis of the level of spending on tourism makes one notice certain regularities, the first being the fact that spending on organized tourism increases as income rises. In groups including individuals who earn relatively the highest income.

The level and structure of expenditure on organized tourism was differentiated by the socio-economic type of household. Data from household budget surveys conducted regularly by the GUS allow one to observe that

the best indicators of tourist needs in the case of organized tourism were characteristic of households that enjoyed a good economic situation (Berbeka et al., 2008, p. 81).

The observed phenomena support the previously stated working hypothesis that management of leisure time activities is related to the level of disposable income in the household. With an improvement in the financial status of households, the level of expenditures on leisure will increase.

An interesting issue seems to be the reasons for a lack of tourist activity. The most common barrier to tourism is financial problems followed by the lack of free time. Other factors play a smaller role and limit participation in tourism to a lesser degree.

The overall aim should be to implement the results and insights obtained in practice, so that organizations and institutions responsible for the tourist relations become more effective in dealing with the public, thus allowing growing sections of the population to benefit from leisure services.

In conclusion, it is worth adding that forecasts relating to Polish participation in tourism, both domestic and international, are optimistic.

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