**Chapter 4:**

**Wellness Tourism Regions and Destinations**

**Test Questions**

*Multiple Choice*

1. Over the past five years, …. is the number one growth sector in both wellness tourism trips and revenues, where trips grew 33 percent in two years, to 258 million annually.” [[1]](#endnote-1)
   1. Asia
   2. Europe
   3. Africa
   4. North America
2. When it comes to outbound travelers, …. currently lead the world with the highest number of wellness trips (291.8 million in 2017),
   1. North Americans
   2. Europeans
   3. Africa
   4. North America
3. When it comes to outbound wellness tourism, …. lead with the highest expenditures in wellness spending ($241.7 billion in 2017).
   1. travelers from North America
   2. travelers from Europe
   3. travelers from Africa
   4. travelers from Asia
4. Medical spas/baths, surgery trips, and rehabilitation retreats are all examples of which type of tourism:
   1. Physical healing Europeans
   2. Spiritual
   3. Psychological
   4. Leisure/entertainment
5. Meditation retreats, yoga centers, and pilgrimages are all examples of which type of tourism:
   1. Physical healing
   2. Spiritual
   3. Psychological
   4. Leisure/entertainment
6. Thalassotherapy has strict requirements to maximize its health benefits; these include all of the following *except*:
   1. Sea water must be drawn from a certain depth and distance offshore
   2. The water must be heated to around 96/98 degrees F (34-35 degrees C) to keep the microorganisms alive
   3. The water must be used within 48 hours of collection to ensure those microorganisms retain their healing powers
   4. The only way to use this type of healing water is by soaking in it
7. Which of the following focuses primarily on the relaxation/rest aspect of wellness?
   1. Occupational wellness workshops
   2. Spa resorts with “fun waters”
   3. Pampering spas/baths
   4. Rehabilitation retreats
8. Primarily recreational thermal/mineral springs are used for all of the following *except:*
   1. Swimming pool facilities
   2. Waterparks
   3. Health resorts that use the water for treatment
   4. Thermal or hot springs resorts
9. Spiritual tourists are most to be attracted to all of the following places *except*:
   1. A garden or forest
   2. A rock music festival
   3. The city of Jerusalem
   4. An ancient Catholic church
10. \_\_\_\_\_\_\_\_\_\_\_ encompasses treatments or activities that encourage self-transformation through balancing the mind, body, and spirit.
    1. Holistic tourism
    2. Medical tourism
    3. Spiritual tourism
    4. Occupational wellness
11. The biomedical health paradigm includes all of the following features *except*:
    1. Viewing health as the absence of disease
    2. Short-term focus on curing or alleviating disease symptoms
    3. Consultation is participatory, empowering, and empathic
    4. Health and disease are objective, observable phenomena
12. The wellness health paradigm includes all of the following features *except*:
    1. Intervention focuses on invasive procedures
    2. Viewing health as a balance between internal and external forces
    3. Long-term focus on health prevention
    4. Patient must assume self-responsibility
13. \_\_\_\_\_\_\_\_\_\_\_ are a type of facility combining surgical and therapeutic treatments.
    1. Yoga retreat centers
    2. Thalasso spas
    3. Medical spas
    4. Thermal/mineral water bathing facilities

*True/False*

1. The historic English town of Bath is synonymous with sports and games.

F

1. When it comes to inbound wellness travel; the United States ranks highest with 176.5 million trips and $226.0 billion in expenditures, followed by Germany (66.1 million trips, $65.7 billion in expenditures) and China (70.2 million trips, $31.7 billion in expenditures) (all 2017 numbers).

T

1. Workplace wellness programs have not been shown to have positive results for both employees and organizations.

F

1. An individual with a healthy work-life balance is obsessed with their work and tries to gain approval and public recognition of their success.

F

*Short Answer*

1. Define wellness destination:

A **wellness destination** is a country, state, region, city, town, or event that tourists and local residents visit to improve their holistic health.

1. Discuss 2-3 ways that secular spiritual tourism differs from religious spiritual tourism, and how the two can overlap.

**Secular drivers:** Wellness and Healing, Personal Development, Personal Quest, Socialization, Journeying, Recreation/Leisure. Focus on self.

**Religious drivers:** Religious Observance, Ritualized Practice, Special Occasion, Socialization, Identity, Cultural Practice. Focus on institution.

1. Define the concept of workplace wellness and give a few examples of the purpose of this type of program.

The concept of **workplace wellness** “includes expenditures on programs, services, activities and equipment by employers aimed at improving their employees’ health and wellness. These expenditures aim to raise awareness, provide education, and offer incentives that address specific health risk factors and behaviors (e.g., lack of exercise, poor eating habits, stress, obesity, smoking) and encourage employees to adopt healthier lifestyles.”

1. Global Wellness Summit. 2018 Global Wellness Economy Monitor. Retrieved November 28, 2019, from <https://globalwellnessinstitute.org/industry-research/2018-global-wellness-economy-monitor/> [↑](#endnote-ref-1)