

# DSOTT

DIVERSITY & SUSTAINABILITY:  
OPPORTUNITIES AND THREATS ON TOURISM | 2025

POWERED BY ITSA

4TH - 6TH JUNE 2025  
Coimbra, Portugal

# BOOK OF ABSTRACTS

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## WELCOME

The motto of DSOTT'2025 is to combine Science, Industry, and Governance and enhance the work produced by outstanding researchers and professionals around the world in Tourism. DSOTT '2025 is more than a scientific event, it is an event that combines the perspective of academia and the experience of tourism professionals. It will be a congress that unites Science – through the excellent research carried out in academia, and Industry – bringing together the best professionals from the various areas of the tourism market. The union between Science and Industry has never made so much sense.

DSOTT '2025 is more than a scientific event, it is an event that combines the perspective of academia and the experience of tourism professionals in one single place. It will be a congress that unites Science – through the excellent research carried out in academia, and Industry – bringing together the best professionals from the various areas of the tourism market. The union between Science and Industry has never made so much sense. The current challenges on the industry have shown that the two are inseparable. This congress will include: i) four roundtables where keynotes from Academia and Industry will be challenged to debate the most current challenges of Tourism industry, ii) sessions of industry where professionals will bring examples of good practices in tourism sustainability and iii) sessions with editors of the most prestigious journals in tourism.

CLÁUDIA SEABRA

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Executive Organizing Committee

## **OC-143 - (422) - EXPLORING THE ALGARVE AS A HEALTH TOURISM DESTINATION: INSIGHTS FROM STAKEHOLDERS**

Nasim Hekmat<sup>1</sup>; [Joana A. Quintela](#)<sup>2</sup>; Jorge Marques<sup>3</sup>

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### **Proposal and Originality**

Health tourism has emerged as a valuable market due to its economic contribution to travel destinations (Ferreira & Castro, 2020; Fetscherin & Stephano, 2016). The aim of this study is to assess the potential of health tourism in Algarve from the perspective of stakeholders, highlighting the main constraints and opportunities for development. The growth of this niche market lies in its potential to stimulate investment in associated sectors of health infrastructure and tourist facilities, increasing the flow of medical tourists (Barreira & Cesário, 2018; Fisher & Sood, 2014).

### **Methodology**

A qualitative methodology was based on 17 semi-structured interviews, collected among local stakeholders of the H&W sector as marketing executives, travel agents, hospitality and spa personnel.

Content analysis technique was used for data treatment. The data relate to both the use of the SWOT technique as a research method and an evaluation concerning the tourism potential of the Algarve region of Portugal.

### **Results and Implications**

By exploring both the internal resources of the Algarve and the external factors affecting the region, the study identifies the strengths, weaknesses, opportunities, and threats (SWOT) related to the development of health tourism. These insights are critical for supporting strategic decision-making processes and enhancing destination planning in Algarve region. The findings also offer contributions for policymakers to understand the factors influencing the success of the health tourism sector in the region, providing a framework for health tourism planning and development.

### **Research Limitations**

Research limitations are related to sample size, so the focus on regional stakeholders may limit the findings generalization to other national or international destinations.

### **References Version APA 6th or 7th Edition**

Barreira, A.P., & Cesário, M. (2018). *Factors influencing the choice of the Algarve region as a tourist destination: Does season matter?* *International Journal of Tourism Research*, 20, 578-587. 10.1002/jtr.2207

Ferreira, F., & Castro, C. (2020). Medical Tourism in Portugal – A Potential Niche Market. *Smart Innovation, Systems and Technologies*, 615–625. 10.1007/978-981-15-2024-2\_53

Fetscherin, M., & Stephano, R. M. (2016). The medical tourism index: Scale development and validation. *Tourism Management*, 52, 539–556. 10.1016/j.tourman.2015.08.010

Fisher, C., & Sood, K. (2014). What is driving the growth in medical tourism? *Health Marketing Quarterly*, 31(3), 246-262. 10.1080/07359683.2014.936293

06<sup>th</sup> June 2025

08:30 am

Challenges for tourism in coastal areas: sustainability, climate change and spatial planning (ENG/PT) (Room 2)

## **OC-146 - (353) - SMALL COAST DESTINATIONS: A PORTFOLIO OF TOURISM BEST PRACTICES FOR SUSTAINABLE DEVELOPMENT GOALS**

Rui Costa<sup>1</sup>; [André Pedrosa](#)<sup>1</sup>; Adriana Chim-Miki<sup>1</sup>; Filipa Brandão<sup>1</sup>

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### **Proposal and Originality**

International organisations have created guidelines to monitor tourism's impact that support tourism associations and DMOs (Scuttari et al., 2023). Monitoring tourism has a positive effect by engaging stakeholders, sharing information, and promoting best practices. Many destinations have implemented successful tools and ways to help tourism destinations achieve sustainable development goals (SGDs). This study focuses on gathering a portfolio of best practices implemented by destinations that are helpful to small coastal destinations.

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### **Methodology**

We adopted a qualitative methodology in two phases. Firstly, a benchmarking study (Bhutta & Huq, 1999) was conducted to identify the best success cases and practices indicated by UNWTO. Additionally, we analysed the outstanding INSTO observatories. Second, a thematic content analysis classified the selected best practices.

### **Results and Implications**

Most of the best practices are toward promoting sustainable tourism consumer behaviour to reduce the environmental footprint, create fair tourism, and improve social inclusion in the tourism chain. Technology tools support a new generation of best practices, and some demand low resources; thus, they are suitable for small coastal destinations. Our results provided theoretical and practical implications. The findings offer a Thematic Relevance and SGDs Development Matrix of best practices on tourism monitoring toward SGDs, which decision-makers can adapt to their destination.

### **Research Limitations**

Our benchmarking focused only on secondary information published by tourism organizations. Thus, we recommend further research using primary data collection.

### **References Version APA 6th or 7th Edition**

Bhutta, K.S. and Huq, F. (1999), "Benchmarking – best practices: an integrated approach", *Benchmarking: An International Journal*, Vol. 6 No. 3, pp. 254-268. <https://doi.org/10.1108/14635779910289261>

Scuttari, A., Windegger, F., Wallnöfer, V., & Pechlaner, H. (2023). Bridging the science-policy gap in sustainable tourism: evidence from a multiple case study analysis of UNWTO INSTO sustainable tourism observatories. *Journal of Sustainable Tourism*, 1–25. <https://doi.org/10.1080/09669582.2023.227902>

World Tourism Organization (2004). *Indicators of Sustainable Development for Tourism Destinations: A Guidebook*. UNWTO: Madrid

World Tourism Organization (2016). *Rules for the Operation and Management of the UNWTO: International Network of Sustainable Tourism Observatories (INSTO)*. UNWTO: Madrid