

STUDY GUIDE

Regenerative Tourism ***26-27 S1***

Organised by

**Polytechnic Institute of Viseu
and University of Cantabria**

1. IDENTIFYING DATA		
· Course Name	Regenerative Tourism 26-27 S1	
· Coordinating University	Polytechnic Institute of Viseu	
· Partner Universities Involved	University of Cantabria	
· Course Field(s)	Tourism; Sustainability	
· Related Study Programme	Not applicable	
· ISCED Code	ISCED 6: Bachelor's degree or equivalent level ISCED 7: Master's or equivalent level 1015 - Tourism	
· SDG	SDG 4 – Quality education; SDG 5 – Gender equality; SDG 8 – Decent work and economic growth; SDG 10 – Reduced inequalities; SDG 11 – Sustainable cities and communities; SDG 12 – Responsible consumption and production; SDG 17 – Partnerships for the goals	
· Study Level	This course is open to both undergraduate (Bachelor's degree) and postgraduate (Master's level) students.	
· EUNICE Key Competencies	<ul style="list-style-type: none"> • Green – strongly • Orange- moderately • Red – partially • Blank cell - not at all 	
	Problem solving	
	Teamworking	
	Communication	
	Self-management	
	Cognitive flexibility	
	Digital competence	
	Technical competence	
	Global intercultural competence	

· Number of ECTS credits allocated	3
· Mode of Delivery	Online live
· Language of Instruction	English
· Course Dates	From 07.10.2026 to 09.12.2026 Live sessions on Wednesdays, from 18:00 to 20:30 (CET).
· Precise Schedule of the Lectures	There will be synchronous sessions totaling 25 hours. Ten sessions of 2.5 hours each are planned. The course is scheduled to start on October 7, 2026, with classes held on Wednesdays from 6:00 p.m. to 8:30 p.m. (CET). The expected end date is December 9, 2026.
· Key Words	Tourism; Regenerative Tourism; Sustainable Development; Tourism Impacts
· Catchy Phrase	See how tourism can shape a brighter future! Go beyond sustainability, foster community well-being, and embrace responsible travel!

· Prerequisites and co-requisites	<p>Admission Requirements: Candidates must be enrolled in or have completed a bachelor's degree in any field or its equivalent as a prerequisite. While no prior coursework is required, preference may be given to candidates with academic or professional backgrounds in tourism, sustainability, technology, or similar disciplines.</p> <p>Level of Study: This course is open to both undergraduate (Bachelor's degree) and postgraduate (Master's level) students. The advanced content of the course is designed to be engaging and challenging for participants at both levels, ensuring an enriching experience for all.</p> <p>Language Proficiency: Because the course is taught in English, candidates must be proficient in the language to interact with academic content, take part in discussions, and finish written tasks.</p>
· Number of EUNICE students that can attend the Course	Max. 25 students
· Course inscription procedure(s)	Eunice Application Portal

2. CONTACT DETAILS

• Department	Management Department – School of Technology and Management of Viseu (ESTGV)
• Name of Lecturer	Ana Sofia Duque
• E-mail	ascduque@estgv.ipv.pt
• Other Lecturers	Carla Silva (carlasilva@estgv.ipv.pt), Cristina Barroco (cbarroco@estgv.ipv.pt) and María Fernanda Bernal (mariafernanda.bernal@uncan.es)

3. COURSE CONTENT

This course explores the concept of regenerative tourism, which goes beyond sustainability and contributes to creating positive impacts on tourist destinations, local communities and ecosystems. Through a multidisciplinary approach, students will look at the main theories, concepts, policies and best practices that promote tourism as a force for environmental and social regeneration. Contents include circular economy principles, biodiversity conservation, community involvement, cultural preservation and innovative business models that promote long-term resilience. Through a combination of theoretical frameworks, practical applications, and real-world case studies, students will gain the knowledge and skills needed to lead transformative tourism initiatives that benefit communities and territories.

4. LEARNING OUTCOMES

At the end of the course, students should be able to:

1. Understanding of the concepts and principles related to regenerative tourism
2. Analyzing trends and best practices regarding regenerative tourism;
3. Developing critical thinking skills to identify challenges and opportunities in tourism;
4. Promoting problem-solving skills, by proposing innovative solutions that contribute to the regeneration of tourist destinations.

5. OBJECTIVES

- Understand the concept and principles of regenerative tourism and how they differ from traditional sustainability approaches.
- Analyze global trends and best practices about regenerative tourism, that promote positive impacts on tourist destinations.
- Develop critical thinking and problem-solving skills by assessing challenges and opportunities in tourism and proposing solutions that contribute to ecological, sociocultural and economic regeneration.

- Apply regenerative tourism strategies that align with regenerative principles and ensure long-term sustainability.

6. COURSE ORGANISATION

TOPICS

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| 1. | Regenerative tourism: an introduction |
| 2. | Environmental restoration and conservation |
| 3. | Sociocultural engagement and empowerment |
| 4. | Economical resilience and development |
| 5. | Technology's role in regenerative tourism |
| 6. | Regenerative marketing |
| 7. | Case studies and best practices |
| 8. | Reflection on the importance of tourism in today's world |

LEARNING RESOURCES AND TOOLS

- E-learning platforms (e.g. Moodle)
- Books and scientific articles
- Communication platforms (e.g. Microsoft Teams)
- Multimedia resources that serve as examples (videos, documentaries, podcasts, websites, social networks, etc.)

PLANNED LEARNING ACTIVITIES AND TEACHING METHODS

- Lectures: to present the concepts and principles of regenerative tourism.
- Group work: discussion and collaborative analysis of case studies and best practices.
- Hands-on activities: practical exercises simulating challenges and opportunities associated with the tourism sector.
- Tutoring sessions: individual or small group guidance to clarify doubts and deepen knowledge.
- Self-study: research and reading pertinent books and articles.

7. ASSESSMENT METHODS, CRITERIA AND PERIOD

The course assessment is graded (from 0 to 20) and includes the following criteria:

- Participation in class (40%);
- Individual or group assignments set by lecturers during the course (60%).

Class participation includes active participation in debates and discussions in the classroom, particularly during the presentations of case studies and in the search for solutions to the problems presented.

The assignments will be set during lessons by the different lecturers. The objectives and assessment criteria for each assignment will be presented and outlined in classes.

8. BIBLIOGRAPHY AND TEACHING MATERIALS

- Alhitmi, H.K., Rahman, E.Z. and Bayram, G.E. (2024), Regenerative Tourism – The Concept of Moving Beyond Responsible and Sustainable Tourism. Alnoor, A., Bayram, G.E., XinYing, C. and Shah, S.H.A. (Ed.) *The Role of Artificial Intelligence in Regenerative Tourism and Green Destinations (New Perspectives in Tourism and Hospitality Management)*, Emerald Publishing Limited, Leeds, pp. 33-50. <https://doi.org/10.1108/978-1-83753-746-420241003>
- Bellato, L., Frantzeskaki, N., & Nygaard, C. A. (2023). Regenerative tourism: A conceptual framework leveraging theory and practice. *Tourism Geographies*, 25(4), 1026-1046. <https://doi.org/10.1080/14616688.2022.2044376>
- Bellato, L., & Pollock, A. (2023). Regenerative tourism: A state-of-the-art review. *Tourism Geographies*, 1-10. <https://doi.org/10.1080/14616688.2023.2294366>
- Dredge, D. (2022), Regenerative tourism: transforming mindsets, systems and practices, *Journal of Tourism Futures*, Vol. 8 No. 3, pp. 269-281. <https://doi.org/10.1108/JTF-01-2022-0015>
- Paddison, B., & Hall, J. (2024). Regenerative tourism development as a response to crisis: harnessing practise-led approaches. *Tourism Geographies*, 1-18. <https://doi.org/10.1080/14616688.2024.2381071>
- Suárez-Rojas, C., Hernández, M. M. G., & León, C. J. (2023). Sustainability in whale-watching: A literature review and future research directions based on regenerative tourism. *Tourism Management Perspectives*, 47, 101120. <https://doi.org/10.1016/j.tmp.2023.101120>
- Tham, A., & Sharma, B. (2023). Regenerative tourism: Opportunities and challenges. *Journal of Responsible Tourism Management*, 3(1), 15-23. <https://doi.org/10.47263/JRTM.03-01-02>