



Ministry of Tourism,  
Creative Industry and  
Performing Arts Sarawak

**REBORN**  
RESPONSIBLE BORNEO



INTERNATIONAL CONFERENCE ON  
RESPONSIBLE TOURISM AND HOSPITALITY  
(ICRTH) 2024

# ICRTH2024 PROCEEDINGS

*Tourism and Peace: Promote  
Peaceful and Inclusive  
Societies for Sustainable  
Development*



Prepared By  
**ICRTH SECRETARIAT**

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## **International Conference on Responsible Tourism and Hospitality (ICRTH) 2024**

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## Table of Content

Table of Content	ii
PREFACE	viii
ICRTH2024 Committee	ix
ICRTH2024 Partners	xi
1. Regenerative Creative Tourism and Community Revitalization	1
2. Maintaining Saint Lucia's Cultural Roots: Agrotourism as a Path to Heritage Preservation	2
3. The Role Played by Hotels in Zamboanga City, Philippines in relation to Human Trafficking	6
4. Promoting Reconciliation through Peace Tourism: Transformational Experience of American Visitors in Vietnam	13
5. Community-based Regenerative Tourism: Building Back Better at Huai Kha Khaeng Wildlife Sanctuary, Thailand	19
6. An Investigation into Community Satisfaction on Quality of Life and Community Factors to Support in Ecotourism Towards Fostering Community Engagement	24
7. Destination Branding Development Towards Sufficiency Economy and Sustainable Tourism Development Goal (SDG): A Case Study of Khao Kram Community, Krabi, Thailand	39
8. Muslim-Friendly Spa Wellness: Examining the Entrepreneur Needs and Motivation Through Maslow Theory	44
9. Mini Review of Tourism and Peace in Southeast Asia	48
10. An Extended 6M Gender-Aware Framework for Sustainable Womenpreneurs: Evidence from Rural Community-Based Tourism Homestays	54
11. Rinjani Geopark Tourism Marketing Strategy, East Lombok District	60
12. Exploring the Cultural Heritage Significance of Traditional Alcoholic Beverages of CALABARZON Region	61
13. A Framework for Sustainable and Responsible Cultural Tourism Destination	86
14. The Effects of Travel Short Video on Destination Visit Intention	90
15. Balancing Heritage Conservation and Tourism Development In Polonnaruwa: A Qualitative Analysis of Stakeholder Perspectives	99
16. Optimizing Guidelines for Flashlight Usage in Camping: Enhancing Safety, Environmental Responsibility, and Outdoor Experience	107
17. Unveiling The Narratives of Dark Tourism Development from Local Communities' Perspectives In Penang, Malaysia	114

## PREFACE

It is our great honour to present to you the International Conference on Responsible Tourism and Hospitality (ICRTH) 2024 conference proceedings. This is the fourth edition of an annual conference that brings together academics, students, industry experts, and practitioners, as well as policymakers that advocate for responsible tourism and hospitality in the Southeast Asia region, and beyond. For this year's conference, ICRTH has expanded its reach and depth to attract more than 300 participants from 30 countries. The Sarawak Research Society and Responsible Borneo hosted the ICRTH edition this year in Kuching, Indonesia, from August 7-11, 2024, with the theme "Tourism and Peace: Promote Peaceful and Inclusive Societies for Sustainable Development". ICRTH 2024 paid close attention to the notion of peace as highlighted by UN Tourism in earmarking 2024 as the theme of tourism and peace. Peace is an important tenet for sustainable development and responsible tourism because it advocates for mutual respect with communities and harmony with nature. ICRTH 2024 was also the platform in the launch of the International Centre for Responsible Tourism, and the presentation of the Responsible Tourism Southeast Asia Awards. The success of the conference would not have been realised in the absence of a range of supporting roles, resources, and networks of local authorities, governments, professional agencies, and academic institutions. Sincere thanks and gratitude go towards the Ministry of Tourism, Creative Industry and Performing Arts (MTCP) Sarawak, Tourism Malaysia, Sarawak Tourism Board, and other key sponsors for their invaluable endorsement and assistance throughout the conference. The conference featured for the first time an Impact Stories session, allowing presenters to showcase responsible tourism and hospitality snippets to generate wider impacts to their respective communities. Delegates also had the opportunity to visit Bau, as well as the primary school where each conference bag was individually designed by a young student there. The post-conference fieldwork trip to Empurau Farm Resort and the local ethnic village provided further interactions and engagements of responsible tourism and hospitality in action. This conference proceeding is organised based on the order of abstracts/full papers as they are received for the conference. Once again, we would like to thank everyone who has made ICRTH 2024 a success. Let us remain committed to responsible tourism and peace even as the world around us continues in a delicate and yet unpredictable geopolitical landscape.

Best Regards,  
 Prof. Dr. Hiram Ting  
 Assoc. Prof. Lenny Yusrini  
 Dr Aaron Tham  
*Co-Conference Chairs of ICRTH 2024*



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## 16. Optimizing Guidelines for Flashlight Usage in Camping: Enhancing Safety, Environmental Responsibility, and Outdoor Experience

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**Keywords:** Enhancing Safety, Environmental Responsibility, Flashlight Usage, Guidelines, Outdoor Experience.

### EXTENDED ABSTRACT

Camping has become a rising trend in the post-COVID era, with the global market value expected to grow from 62 billion dollars in 2021 to 68.9 billion dollars in 2022, and further projected to reach 100 billion dollars by 2026, resulting in an increasing number of tourism operators entering this market (Bangkokbanksme, 2022). The "camping" fever phenomenon is not only booming in Thailand but also gaining momentum worldwide (Technavio, 2021). This aligns with the concept of "Next Normal" tourism, which reduces large group gatherings and promotes proximity to nature (Tourism Authority of Thailand, 2021). Fundamentally, camping involves overnight stays and temporary accommodations such as tents. Therefore, lighting is an essential factor for overnight stays, as it facilitates various activities and enhances the safety of campers, such as flashlights (Department of National Parks, Wildlife and Plant Conservation, 2021). Flashlights, including lantern, are an essential piece of equipment for campers, providing illumination for navigation, tasks, and safety in low-light conditions. Several studies have investigated the importance of proper flashlight selection and use in outdoor settings. A survey by Silva et al. (2019) found that 68% of campers considered a reliable flashlight to be one of the most critical items to pack for a camping trip. Factors such as light output, beam distance and type, color temperature, reflector, runtime, size, weight, function and durability need to be considered when choosing an appropriate flashlight for camping needs (REI, 2023).

However, studies on the impact of lighting from camping have found that excessive nighttime lighting can disrupt the life cycles and foraging behaviours of certain wildlife species, such as bats, birds, and insects (Longcore & Rich, 2004). It also attracts insects and other animals to the campsite, which can lead to annoyance and increase the risk of insect bites (Witherington & Martin, 2000). Light pollution from numerous campsites in the same area can affect the surrounding ecosystem by reducing natural darkness and impacting the living organisms in the vicinity (Gaston et al., 2013). Further study indicates that insufficient light can lead to eye strain, weariness, and headaches in human. Excessive bright light may cause eye irritation, pain, headaches, and accidents (Watchraon, 2021). Hence, these effects can be mitigated if campers use lighting only when necessary, limit the illuminated areas, and choose appropriate light sources.



Currently, international studies have shown that the phenomenon of camping tourism is garnering attention worldwide, such as in North America, Australia, New Zealand, Denmark and Germany (Rogerson & Rogerson, 2020). Nonetheless, in Thailand, there is limited study on camping tourism, with few studies investigating the optimum use of lighting methods. This research aims to explore and develop effective guidelines for flashlight usage in camping and evaluate the effectiveness of different flashlight techniques in various camping scenarios.

## LITERATURE REVIEW

**Camping management standards** are crucial for ensuring visitor safety, minimizing environmental impacts, and promoting sustainable outdoor recreation. Department of Tourism (2020) emphasizes the importance of establishing guidelines for responsible camping practices, while Cole (2018) discusses the role of Leave No Trace principles in promoting responsible camping behaviour.

**Customer experience** encompasses all interactions and touchpoints between a customer and a company, including pre-purchase, purchase, and post-purchase stages (Lemon & Verhoef, 2016). It involves the cognitive, affective, and behavioural responses of customers to a company's offerings (Gentile et al., 2007). Kranzbühler et al. (2018) emphasize that customer experience is shaped by both direct and indirect interactions, as well as the overall context in which these interactions occur.

**Flashlights** come in various types, each with distinct features and applications. Rechargeable flashlights have gained popularity due to their eco-friendliness and cost-effectiveness (Ishida et al., 2012). Tactical flashlights, designed for military and law enforcement use, offer high brightness and durability (Capinera, 2008). Headlamps provide hands-free lighting and are ideal for outdoor activities (Glavinović et al., 2017). Understanding the different types of flashlights is crucial for selecting the most appropriate one for specific needs and environments.

**Light-emitting diode (LED)** technology has revolutionized the lighting industry due to its energy efficiency, long lifespan, and versatility. LED lighting has emerged as a promising alternative to traditional lighting sources due to its energy efficiency, long lifespan, and versatility (Pimputkar et al., 2009). The development of high-brightness LEDs has expanded their use from indicator lamps to general illumination, displays, and beyond (Schubert & Kim, 2005).

**Color temperature** is a crucial aspect of lighting that affects visual perception and mood. Juslén et al. (2016) found that higher color temperatures (cooler light) can improve alertness and performance in office settings. Oi (2017) explored the impact of color temperature on the ambiance of retail spaces, suggesting that warmer light creates a more inviting atmosphere. Lee et al. (2019) investigated the effects of color temperature on sleep quality, indicating that warmer light before bedtime can enhance sleep. Furthermore, a study by Thompson et al. (2021) compared three color temperature ranges: warm white (2700-3500K), neutral white (3500-5000K), and cool white (5000-6500K).

## RESEARCH METHOD

The research used a multi-method approach, which included semi-structured interviews and field tests. The interviews were conducted with a sample population of 18 camping operators and 20 tourists in camping areas located in southern Thailand to gain qualitative insights into their experiences, challenges, and suggestions for improvement. Additionally, researchers visited these camping areas to observe and assess the facilities, amenities, and services provided.

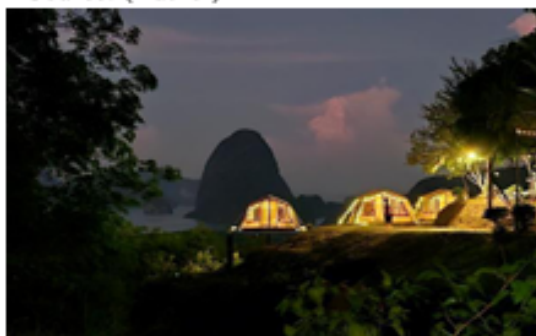
## RESULTS

The research found two primary types of camping tourism management prevalent in southern Thailand: (1) fully-equipped campsite, which provides comprehensive facilities and services to campers. These campsites offer a complete package, including pre-setup tents and a wide range of amenities such as lighting, bathrooms, cooking areas, and recreational facilities. This type of camping management caters primarily to novice campers who may not have the necessary equipment or expertise to set up their own campsites. (2) semi-serviced campsite, which focus on providing a designated tent area along with a limited number of essential facilities. Typically, they provide basic amenities such as toilets and water supply, but campers are expected to bring their own tents, lighting, and other camping equipment. This type of camping management is more suitable for experienced campers who possess the necessary gear and are comfortable with a more self-sufficient camping experience.

Notably, this research also revealed two distinct types of campers: novice and experienced campers. This categorization was based on the level of expertise and familiarity the campers had with the camping experience. Novice campers were characterized as individuals who had limited prior exposure to camping and may have lacked the necessary skills and knowledge to engage in camping activities independently. On the other hand, experienced campers were those who had a significant amount of prior camping experience and possessed the requisite skills and knowledge to undertake camping trips with minimal external support.

**Figure 1:** Fully-equipped campsite

Source: (Author)



**Figure 2:** Semi-serviced campsite





## DISCUSSIONS

This study explored the guidelines for flashlight usage in camping. The study's findings reveal two distinct approaches to campsite management practices in southern Thailand, which have significant implications for lighting usage: (1) fully-equipped campsites, operated by knowledgeable and experienced staff, exhibit quite well-managed lighting systems and clearly defined guest guidelines. These sites demonstrate adaptability to evolving tourist trends by regularly updating their equipment and service offerings. Notably, campsites with an extended operational period exhibit a deeper understanding of shifting tourist preferences and proactively update their facilities and equipment accordingly to meet changing demands. In contrast, (2) semi-serviced campsites often lacked systematic management practices and demonstrated limited awareness of the impacts of various factors, including lighting (flashlights, oil/gas lanterns, or campfires), noise disturbance, and guest guidelines. These places tend to grant guests more flexibility in their activities, with minimal oversight. Furthermore, some of these campsites provide only basic facilities, such as only solar-powered lighting around the area, requiring guests to bring their own flashlights or lanterns. However, due to the lack of clear guidance, camper may inadvertently bring inappropriate or insufficient lighting for overnight use, potentially leading to suboptimal experiences or negative environmental impacts.

**Figure 3:** Well-managed campsite

Source: (Author)



**Figure 4:** Lack of management campsite



According to camper findings, while most campers have a basic understanding of flashlight operation, they often lack clear guidelines for proper usage, which can result in unintended consequences such as excessive brightness, disturbing others' vision, or negatively impacting wildlife and the environment. The study highlights the need for effective communication and education strategies to promote responsible flashlight usage among campers. Moreover, the findings underscore the differences in camping experience among novice and experienced campers, with variations in learning, equipment usage, and adaptability. This emphasizes the importance of developing and disseminating clear, and user-friendly guidelines to promote responsible flashlight usage among all campers.

**Figure 5:** Excessive brightness campsite

Source: (Author)

**Figure 6:** Insufficient lighting campsite

The following recommendations for flashlight (including lantern) usage are suggested:

1. When identifying the key performance factors of flashlights for common camping scenarios, it is crucial to consider factors such as light output (e.g., lumen/ candela rating), beam distance (50-100 meters), runtime (e.g., rechargeable batteries 18650:3500 mAh. or 21700:5000 mAh: Lithium-ion (Li-ion) provide longer runtimes), and durability (material e.g., aluminum). These factors collectively contribute to the overall effectiveness and reliability of the flashlight in meeting the diverse needs of campers.

2. When investigating the advantages and limitations of different flashlight specifications and features in field conditions, it is essential to consider factors such as bulb type (e.g., LED vs LEP), color temperature (e.g., recommend 5000-6500k for flashlight, 2400-4000k for lantern), color rendering (CRI>90), reflector (e.g., orange peel: OP, smooth reflector: SMR, total internal reflection lens: TIR), safety function (proximity sensor), and multiple brightness modes (e.g., eco, low, mid, high, strobe, beacon and SOS). By understanding the advantages and limitations of each feature, users can make informed decisions when selecting a flashlight that best meets their needs in field conditions.

3. The evidence-based guidelines for campers to select and use flashlights should focus on considering the intended use and environment such as prioritizing reliability and durability (e.g., IP(X) 4 rating or higher), selecting appropriate light output (e.g., flashlight 500-2000 lumens/ lantern 100-300 lumens: white, red and UV light), beam type (e.g., flood light: wide 160°-180° beam angle or spot light), learning the flashlight's features (e.g., multi-user interface: UI), and ensuring proper maintenance (e.g. O-rings, lubrication, and battery). By following these guidelines, campers can make informed decisions when choosing and using flashlights, enhancing their overall camping experience and safety.



**Figure 7:** recommend flashlights, lanterns

Source: (Author)

**Figure 8:** reflectors OP, SMO TIR lens

## MANAGERIAL IMPLICATIONS

Implementing the optimized flashlight usage guidelines may help campsite operators enhance visitor safety, promote environmental stewardship, and improve overall camping experiences. In turn, flashlight users can fully utilize and properly use it.

## FUTURE RESEARCH DIRECTIONS

Future studies should investigate the long-term effects of implementing optimized flashlight usage guidelines on camper behaviour and the camping industry.

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