

## **Abstract**

This thesis is an attempt to detect and interpret the elements of environmental frugality in the lifestyle of young Tramps, mainly in connection with activities related to their everyday lives. Based on a qualitative approach in the form of semi-structured interviews, I am trying to ascertain the point of view of the informants in several areas. These areas are mainly represented by the concept of tramping itself and its related forms of leisure activities, attitudes and preferences in selected areas of lifestyle (housing, food and waste, travel, transport and leisure, everyday objects, clothing), relating to nature, to the environment, nature protection and reflection of the current problems in this field, including the reflection of their own attitude (concept of responsibility, risk, etc.). I interpret the observed data on the basis of selected theoretical concepts, especially using Jan Krajhanzl's eco-psychological model of relationship to nature and its components, with emphasis on environmental awareness as one of its parts. Furthermore, I confront the results of my research with selected concepts related to the topic of an environmentally frugal life (voluntary and intentional modesty, ecological luxury etc.).

**Key words:** Tramping, (alternative) lifestyle, leisure, everyday life, subcultural ideology, relationship to nature, environmental awareness, environmental frugality, modesty