



**INNSBRUCK MEETING**

**March, 25-27, 2026**

**Moving forward: Universities and Cities Shaping  
Health and Social Cohesion through Sport**

**PROGRAMME DRAFT**

as of 29.01.2026

## DESCRIPTION

The conference in Innsbruck places sport in a strategic context with society – particularly focusing on health & well-being as a central challenge and opportunity for European cities. Sport is much more than physical activity: it shapes community, quality of life, social integration, and sustainable urban development.

Innsbruck provides a unique setting for this – as a traditional sports city with two Olympic Games and an upcoming anniversary in 2026, as well as a university location with internationally visible sports science that researches and shapes questions of prevention, inclusion, mental health, and innovative movement spaces.

The conference connects urban, university, and societal perspectives: How can universities, together with their cities, use sport as a driver for healthy, equitable, and sustainable living? How do we promote social cohesion, resilience, and quality of life through sport – especially in urban contexts?

The meeting directly addresses the United Nations' Sustainable Development Goal 3: "Ensure healthy lives and promote well-being for all at all ages." Through the lens of sport and physical activity, we explore how city-university partnerships can create healthier communities and enhance quality of life for all citizens.

### Key questions:

- What roles do universities and cities play in promoting sports, physical activity and mental health?
- How can sport contribute to social inclusion and equal opportunities?
- What best practices exist for health-promoting urban development with a sports focus?

The meeting will be organized as a [Green event](#).

## PARTICULAR TARGET GROUPS

- Academics and experts within the topical clusters
- Political representatives interested in the topical clusters
- Representatives from municipal companies

## Wednesday, MARCH 25<sup>th</sup>, 2026

TIME	ACTIVITY	LOCATION	SPEAKERS
15:00-16:00	Registration and welcome coffee	<a href="#">Claudiasaal</a>	
16:00-16:05 16:05-16:15 16:15-16:30 16:30-17:00	Welcome from the City and University	<a href="#">Claudiasaal</a>	Anmoderation Welcome City of Innsbruck – Mayor Johannes Anzengruber Welcome Universität Innsbruck - “Focus on City – University Collaboration” – Deputy Mayor Georg Willi
17:00-17:30	Keynote	<a href="#">Claudiasaal</a>	Keynote: Sabrina Scheiber Sports development as a collaborative process between city and university – the example of Innsbruck  Sports Development as a Cooperative Process between City and University – The Innsbruck Example <ul style="list-style-type: none"> <li>• Sports development conceived for the future – as a social, economic, spatial, and health-related cross-cutting issue</li> <li>• Strategy and process approaches in sports development</li> <li>• Good practices and learnings from the Innsbruck Sports Development Plan – From planning through implementation to evaluation</li> </ul>
17:30-18:30	Panel Discussion “Moving forward: Universities and Cities Shaping Health and Social Cohesion through Sports”		Participants for Panel Discussion: Deputy Mayor, Elisabeth Mayr Univ.Prof. Martin Schnitzer, PhD Tassilo Berghamer, MSc  Chair:
18:30	Standing Dinner		

## Thursday, MARCH 26<sup>th</sup>, 2026

TIME	ACTIVITY	LOCATION	SPEAKERS
08:00 – 08:30	Coffee	USI	
08:30 – 10:30	<b>Workshop 1:</b> <b>Active&amp;Mobile –</b> <b>Actively shaping</b> <b>everyday routes</b>	USI	Department of Sport Science Universität Innsbruck: <ul style="list-style-type: none"> <li>Active mobility and health</li> <li>Active mobility in tourism/leisure contexts; insights into research project on climate-friendly local mobility</li> <li>Active mobility in urban contexts example of Stadtrad Innsbruck: political, environmental, social, technological and economic influences</li> </ul>
10:30-10:45	Coffee break	Foyer	
10:45-12:00	<b>Workshop 2a:</b> <b>Healthy development</b> <b>through physical activity</b> <b>– Active Afternoon Care</b>  <b>Workshop 2b:</b> <b>Downsides of top-level</b> <b>sport:</b> <b>TALE – what about us</b>	USI	Sport Department City of Innsbruck, Sports psychology? <ul style="list-style-type: none"> <li>Pilot Project "Active Afternoon Care" – Implementation of the Sports Development Plan</li> <li>Diverse Sports Offerings During School Hours</li> <li>Collaborative Development and Quality Assurance</li> <li>Scientific Evaluation and Sustainable Investment</li> </ul> <b>In Abklärung!</b> Department of Sport Science Universität Innsbruck <ul style="list-style-type: none"> <li>Underrepresented Athletes in Focus</li> <li>Complexity of Doping Behavior</li> <li>Systemic Vulnerability in Sports</li> <li>From Punishment to Reintegration</li> </ul>
12:00-13:00	Lunch	Foyer	
13:00-13:30	Energising Workout		
13:30-14:30	<b>Workshop 3a:</b> <b>Popular sports –</b> <b>sustainable use of</b> <b>natural spaces</b>  <b>Workshop 3b:</b>		Department Forest and Nature City of Innsbruck – University? <ul style="list-style-type: none"> <li>Creating Awareness and Responsibility</li> <li>Accessible Information and Guidance</li> <li>Fostering Networks and Dialogue</li> <li>Strategic Management and Regulation</li> </ul> Contribution Network
14:30-15:00	<b>Wrap-up</b>		
15:00-15:30	Coffee break		
15:30-16:30	<b>Market Place</b>		
16:30 - 18:30	<b>Site visits</b> <ul style="list-style-type: none"> <li>Haus der Physik</li> <li>Studio 3</li> <li>Student housing Green INN</li> <li>Innsbruck Tour mit Stadtrad</li> <li>Petrus Canisius - Bouldern</li> </ul>		

18:30 – 19:30	Free time		
19:30	Dinner		

## Friday, March 27<sup>th</sup>, 2026

TIME	ACTIVITY	ROOM	SPEAKERS
07:30 – 08:30	Morning run	Registration required	
08:15 - 09:15	Coordinators Meeting	City Hall	
09:00 – 09:30	Coffee	<a href="#">City Hall</a>	
09:30 – 11:00	<b>Diversity and inclusion – how sport can contribute to social integration and equal opportunities</b>	City Hall	<b>Panel Discussion</b> <ul style="list-style-type: none"> <li>• How can sports clubs and municipal facilities design their infrastructure and programs to ensure equal participation for people with physical, cognitive, or sensory disabilities?</li> <li>• What measures are needed to better integrate people with migration backgrounds and from diverse cultural contexts into organized sports while fostering intercultural exchange?</li> <li>• How can needs-based offerings for women, seniors, people with disabilities, and people with migration backgrounds be expanded and effectively communicated to these target groups?</li> </ul>
11:00 – 11:15	Coffee Break	City Hall	
11:15-12:30	<b>Cookbook - “How Universities and Cities Shaping Health and Social Cohesion through Sport”</b>	City Hall	
12:30-13:00	<b>Closing words</b>	<a href="#">Plenarsaal, City Hall</a>	
13:00-14:30	Lunch	<a href="#">City Hall</a>	