



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 25th, 2026

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

Thursday, MARCH 26th, 2026

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

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

Friday, March 27th, 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	<u>City Hall</u>	
09:30 – 11:00	Diversity and inclusion – how sport can contribute to social integration and equal opportunities	City Hall	Panel Discussion <ul style="list-style-type: none"> • How can sports clubs and municipal facilities design their infrastructure and programs to ensure equal participation for people with physical, cognitive, or sensory disabilities? • What measures are needed to better integrate people with migration backgrounds and from diverse cultural contexts into organized sports while fostering intercultural exchange? • 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?
11:00 – 11:15	Coffee Break	City Hall	
11:15-12:30	Cookbook - “How Universities and Cities Shaping Health and Social Cohesion through Sport”	City Hall	
12:30-13:00	Closing words	<u>Plenarsaal, City Hall</u>	
13:00-14:30	Lunch	<u>City Hall</u>	