



INNSBRUCK MEETING

March, 25-27, 2026

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

[EUnivercities Network – Universität Innsbruck](#)

PROGRAMME DRAFT

as of 04.02.2026

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:

- How can universities and cities collaborate in promoting sport, physical activity, and mental health?
- What opportunities does sport provide for promoting 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	Welcome City of Innsbruck – Mayor Johannes Anzengruber Welcome Universität Innsbruck - tbc “Focus on City – University Collaboration” – Deputy Mayor Georg Willi
17:00-17:30	Keynote	Claudiasaal	Keynote: Sabrina Scheiber, Tassilo Berghamer 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 Experience <ul style="list-style-type: none"> • Sports development at the intersection of urban planning, social cohesion, health, education and digitalization • From vision to governance: strategies and processes in collaborative 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”		Participants for Panel Discussion: Deputy Mayor, Elisabeth Mayr Univ.Prof. Martin Schnitzer, PhD Tassilo Berghamer, MSc Chair: tbc
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 routines	USI	Department of Sport Science Universität Innsbruck <ul style="list-style-type: none"> • Active mobility & health: Everyday walking and cycling as a simple lever for health, well-being, and environmental benefits. • Active mobility in urban contexts, example of Stadtrad Innsbruck. • Leisure & tourism: Research insights on how digital tools and communication can motivate climate-friendly mobility. • Applied redesign: Group work redesigning real journeys to enable active mobility and identify key supports.
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 <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		Department of Sport Science Universität Innsbruck <ul style="list-style-type: none"> • Athletes sanctioned for Anti-Doping Rule Violations in Focus • Complexity of Doping Behavior • Systemic Vulnerability in Sports • From Punishment to Reintegration • Planting a symbolic and iconic tree that tells a story of resilience, transformation, or protection — echoing the emotional and social journey of 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
	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: 1. Studio3 2. Student housing Green INN 3. Tour with Citybike		<ol style="list-style-type: none"> 1. The studio3 operates as a research and teaching unit within the University of Innsbruck's Faculty of Architecture, focusing on the intersection of experimental architecture, contemporary art, and culture while exploring the relationship between architectural design and artistic creative processes.

			<ol style="list-style-type: none"> The new GreenINN student residence in Innsbruck combines affordable housing with climate protection. Built using hybrid wood-concrete construction and Passivhaus-Plus standards, it features 173 modern units, photovoltaic systems, and green spaces, exemplifying sustainable urban development. Guided bicycle tour with the Innsbruck “Stadtrad” through the city with stops at various urban development and university building sites.
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	City Hall	
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 can Universities and Cities Shape Health and Social Cohesion through Sport?	City Hall	<ul style="list-style-type: none"> How can universities and cities collaborate in promoting sport, physical activity, and mental health? What opportunities does sport provide for promoting social inclusion and equal opportunities? What best practices exist for health-promoting urban development with a sports focus?
12:30-13:00	Closing words	Plenarsaal, City Hall	
13:00-14:30	Lunch	City Hall	