



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 18.03.2026

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	FURTHER INFORMATION
15:00-16:00	Registration and welcome coffee	Claudiasaal	Herzog-Friedrich-Straße 3, 6020 Innsbruck
16:00-16:05	Group picture		
16:00-16:03 16:05-16:15 16:15-16:45	Welcome from the City and University	Claudiasaal	Innsbruck Movie Welcome University of Innsbruck – Vice Rector Janette Walde “Focus on City – University Collaboration” – Deputy Mayor Georg Willi
16:45-17:15	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
17:15-18:15	Panel Discussion “Moving forward: Universities and Cities Shaping Health and Social Cohesion through Sports”		Participants Panel Discussion: Deputy Mayor, Mag. Elisabeth Mayr Univ.Prof. Martin Schnitzer, PhD Tassilo Berghamer, MSc Chair: Dipl.-Geoökol. Lorenzo Rieg, PhD
18:15-18:25 18:25-18:30			Welcome EUniverCities Secretary – Sophie Schrötter Program overview and practical information - Organising team
18:30-20:00	Standing Dinner	Claudiasaal	

Thursday, MARCH 26th, 2026

TIME	ACTIVITY	LOCATION	FURTHER INFORMATION
07:45	Meeting Point	Annasäule	Maria-Theresien-Straße 18
08:00 – 08:30	Coffee	University Sports Institute Innsbruck	Fürstenweg 185, 6020 Innsbruck
08:30 – 10:30	Workshop 1: Active&Mobile – Actively shaping everyday routines	University Sports Institute Innsbruck Mehrzweckraum	Prof. Ursula Scholl-Grisseemann - Department of Sport Science University of Innsbruck Charlotte Eggert, MSc – Department of Sport Science Michael Polzinger – Innsbruck Transport Services <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	Mehrzweckraum	
10:45-12:00	Workshop 2a: Healthy development through physical activity – Active Afternoon Care Workshop 2b: Downsides of top-level sport: TALE – what about us	University Sports Institute Innsbruck Mehrzweckraum Tyrolean Gebäude Seminar room 3	Tassilo Berghamer, MSc – Head of 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 Fürstenweg 176 Priv.-Doz. Dr. Cornelia Blank - Department of Sport Science University of Innsbruck Lisa Bilharz – Department of Sport Science University of 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	Mehrzweckraum	
13:00-13:30	Energising Workout		Lisa-Maria Pfeleiderer, MSc - University Sports Institute: Beat the midday slump: 30 minutes to perk up without breaking a sweat – through playful coordination challenges and creative movement exercises, we'll get both body and mind moving in a fun way.
13:30-14:30	Workshop 3a: Popular sports – sustainable use of natural spaces	University Sports Institute Innsbruck Mehrzweckraum	David Messner, BSc - Department Forest and Nature City of Innsbruck <ul style="list-style-type: none"> • Creating Awareness and Responsibility • Accessible Information and Guidance • Fostering Networks and Dialogue

	Workshop 3b: Building champions: Sports Culture and Community in universities	Tyrolean Gebäude Seminar room 3	Denisa Ungurean - West University of Timișoara <ul style="list-style-type: none"> Universities as drivers of sport ecosystems and community engagement Participants collaborate to design strategies that strengthen the relationship between universities and cities through sport.
14:30-15:00	Wrap-up		
15:00-15:30	Coffee break		
15:30-16:30	Market Place	University Sports Institute Innsbruck	
16:30 - 18:00	Site visits: <ol style="list-style-type: none"> Studio3 Student housing Green INN Tour with Citybike 		<ol style="list-style-type: none"> 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. 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.
18:00–19:00	Free time		
19:00-21:00	Dinner at Pippilotta	Restaurant Pippilotta	HEILIGGEISTSTRASSE 7-9

Friday, March 27th, 2026

TIME	ACTIVITY	ROOM	FURTHER INFORMATION
07:30–08:30	Morning run	Registration required	Meeting point: Landestheater Innsbruck, Rennweg 2 Morning Run through Innsbruck: At a relaxed pace, we'll explore some of Innsbruck's most beautiful spots over a distance of around 6 kilometres. We'll start the day together, moving in unison and enjoying the fresh air.
08:10	Meeting point Coordinators Meeting	City Hall, Plenary Hall	Maria-Theresien-Straße 18, 6 th Floor
08:15 - 09:15	Coordinators Meeting	City Hall Bauamts-sitzungszimmer	
09:00 – 09:30	Coffee	City Hall	Maria-Theresien-Straße 18, 6 th Floor
09:30 – 11:00	Diversity and inclusion – how sport can contribute to social integration and equal opportunities	City Hall, Plenary Hall	<p>Panel Discussion:</p> <p>Participants Panel Discussion:</p> <p>Linda Rausch, Department of Sport Science University of Innsbruck Eva Körber-Pichler, Department Women, Gender Equality and Queer, City of Innsbruck Julia Golser, chairwoman of the disability advisory board Innsbruck Mario Graus Daniela Iraschko-Stolz (tbc)</p> <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? <p>Chair: Dipl.-Geoökol. Lorenzo Rieg, PhD</p>
11:00 – 11:15	Coffee Break	City Hall, Plenary Hall	
11:15-12:30	“Cookbook” - How can Universities and Cities Shape Health and Social Cohesion through Sport?	City Hall, Plenary Hall	<ul style="list-style-type: none"> • Capture standout moments, innovative ideas, or specific best practices • Focus on tangible next steps. • Identify the hurdles in using sport for social inclusion, equal opportunities, and health-promoting urban development • End on a high note by identifying the greatest potential for sport to foster <p>Chair: Mag. Dr. Thomas Baumgartner, MBA (UCL)</p>
12:30-13:00	Closing words	City Hall, Plenary Hall	
13:00-14:30	Lunch	City Hall, Plenary Hall	