

VERSION 2.0

RHINE-RUHR 2025

FISU WORLD CONFERENCE

ENGLISH



**WORLD
CONFERENCE**

RHINE-RUHR 2025

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INTRODUCTION

The Organising Committee and the following key figures would like to offer a warm welcome to the Rhine-Ruhr 2025 FISU World Conference, to be held on 17-19 July 2025 at the Jahrhunderthalle in Bochum, during the Rhine-Ruhr 2025 FISU World University Games.



LEONZ EDER
FISU President

Dear Member Associations and esteemed guests,
Dear Friends,

Welcome to the 2025 FISU World Conference, where the global community of sports will meet the future of education and innovation. We are delighted to invite you to this global event, dedicated to exploring the dynamic intersections between sports, academia, and society.

This year's conference theme, 'Competing for change: Exploring sustainability and (mental) health through sports', reflects FISU's continuous commitment to sustainable events and practices, as well as to an environment that ensures the best conditions for the high performance and well-being of student-athletes worldwide.

Over the next few months, we will engage in fruitful discussions and share challenging ideas that highlight the critical role of both ecological and social sustainability in sports. Together, we can forge a path towards a brighter, more inclusive future where sports serve as a catalyst for personal growth, social cohesion, and global understanding.

We are looking forward to seeing you all at this inspiring highlight of the FISU World University Games.



DR. VERENA BURK
FISU Vice-President &
Education Committee Chair

Dear participants in the FISU World Conference,

It is with great pleasure that we invite you to join the 2025 FISU World Conference, a distinguished gathering advocating for the holistic development of student-athletes, emphasising not only their achievements on the field but also their academic pursuits and intellectual growth.

As we celebrate the excellence in mind and body, we are reminded that the essence of this event extends far beyond the sporting arena. The FISU World Conference recognises the pivotal role that education plays in shaping well-rounded individuals.

In this unique confluence of sport and study, the FISU World Conference is a major opportunity to equip participants, student-athletes and their entourage, to navigate the complexities of life with a balanced perspective.

Throughout the various plenaries, workshops, and panels on topical issues in today's changing world, we will explore groundbreaking research, best practices, and strategies. These sessions will celebrate sustainable behaviours and policies designed to enhance the remarkable interplay between athletic success and well-being.



JÖRG FÖRSTER

**Chair of the Shareholder Committee
of the Rhine-Ruhr 2025
FISU World University Games**

Welcome to the 2025 FISU World Conference!

It will be with great pleasure and pride that we host this prestigious event, a cornerstone of the Rhine-Ruhr 2025 FISU World University Games and its legacy. This conference marks a significant milestone not only for the German University Sports Federation (adh) and its member universities, but also for the entire academic sports science community in Germany.

The 2025 FISU World Conference offers an unparalleled platform for higher education institutions in Germany to engage in the vibrant exchange of knowledge with global peers. This event underlines the importance of fostering international collaboration, which is pivotal for the development of scientific excellence within our institutions. By bringing together scholars, researchers and students from diverse backgrounds, we create opportunities for groundbreaking research and innovative solutions that address global challenges.

For the Rhine-Ruhr region, the significance of hosting the FISU World Conference cannot be any bigger. This region, known for its rich academic and cultural heritage, stands to benefit immensely from the influx of international visitors and ideas. Our students, in particular, will have the chance to interact with leading minds from around the world, broadening their horizons and inspiring their academic pursuits. Additionally, the conference highlights the importance of University Sport in fostering a sense of community, resilience, and holistic development among students and university staff members.

We are confident that the 2025 FISU World Conference will leave a lasting legacy, enriching our universities and contributing to the vibrant academic fabric of the Rhine-Ruhr region. On behalf of the adh, I extend my heartfelt welcome to all participants in my hometown region.

Let us together embark on a journey of learning, collaboration, and innovation.



UNIVERSITY ALLIANCE RUHR

Academic Partner

from left to right: Prof. Dr. Dr. h. c. Martin Paul (Ruhr University Bochum); Prof. Dr. Barbara Albert (University Duisburg-Essen); Prof. Dr. Manfred Bayer (TU Dortmund)



It will be a great honour and pleasure for us to welcome you to the 2025 FISU World Conference and FISU World University Games in the Ruhr region!

As partners of FISU in hosting this important conference and major sporting event, the universities of the University Alliance Ruhr (UA Ruhr) – Ruhr-University Bochum, TU Dortmund University, and University of Duisburg-Essen – are proud to welcome researchers and student-athletes from all over the world. At UA Ruhr, our mission is clear: to drive sustainable, positive change and to boldly shape the Ruhr region's transformative identity through cutting-edge academic initiatives. We will make the Ruhr region and NRW more visible and attractive as a location for international top-level research, excellent teaching, student innovations, and talent retention.

As the academic partners of the 2025 FISU World Conference, our sport science institutions look forward to discussing some of the most important issues of our time: sustainability and (mental) health through sport.

University sport plays an important role. It strengthens the sense of community and togetherness on campus and contributes to providing a holistic educational experience. It also teaches important skills such as teamwork, discipline, and perseverance, which are of great importance in both academic and professional life. For the UA Ruhr, the FISU World University Games and FISU World Conference are a great opportunity to highlight significant topics such as sustainability, (mental) health, and physical well-being.

The Ruhr region is renowned for its thriving higher education sector and its passion for sport. This unparalleled combination creates the perfect setting for exhilarating competitions and intense international exchange.

Let us have some amazing, unforgettable days together, filled with sports, science and culture!



rhineruhr2025.com

FISU WORLD UNIVERSITY GAMES

16 – 27 JULY 2025



FISU
WORLD
UNIVERSITY
GAMES
SUMMER

FISU WORLD UNIVERSITY GAMES

The World University Games first took place in 1923 in Paris, France, and were held in Europe every two years until 1939. The Games were revived in 1947 – two years before the founding of FISU – and returned as the ‘Universiade’ in Turin, Italy, in 1959. As part of the relaunch, the ‘U’ shape of the FISU flag and the song ‘Gaudeamus Igitur’, which is played at the award ceremonies instead of the national anthem, were introduced. Since then, the multi-sport event has been held every two years (in odd-numbered years), with both summer and winter editions.

In 2020, the Games were renamed the ‘FISU World University Games’, and they are the most important competition in international university sport. The FISU Games are open to students 17–25 years old who have been nominated by their national university sports federations. Participants include both up-and-coming student-athletes and established top athletes.

The summer edition of the FISU World University Games comprises 15 compulsory sports: archery, artistic gymnastics, athletics, badminton, basketball, diving, fencing, judo, rhythmic gymnastics, swimming, taekwondo, tennis, table tennis, volleyball, and water polo. The optional sports 3x3 basketball, 3x3 wheelchair basketball, beach volleyball and rowing complete the programme of the Rhine-Ruhr 2025 FISU World University Games.

Competitions will take place over 12 days in the cities of Bochum, Duisburg, Essen, and Mülheim an der Ruhr, plus Hagen and Berlin. Tickets will be available in three categories: as a Ground Pass, giving access to all venues on all days in all cities, but without guaranteed seating; as a City Day Pass, giving access to all venues in a city without guaranteed seating; and as a Sport Pass, giving access to all venues in a city, with a guaranteed seat in a sport. More details will follow soon on the [homepage](#).

INTERNATIONAL UNIVERSITY SPORTS FEDERATION (FISU)

Since FISU's founding in 1949, the federation has been the key driver to expand the role and reach of university sport worldwide. FISU is focused on organising world-class sports events, held in the university spirit, which promote the pursuit of excellence in mind and body. The FISU sports programme comprises Summer and Winter World University Games, World University Championships, and University World Cups.

FISU educational events (e.g., FISU World Forum, FISU Springboard programme, Dual Career programme) offer opportunities for individual development, networking, dialogue, exchange of ideas and collaborative learning. These events cover a diversity of themes and draw upon a group of highly skilled people, including a large expert pool from FISU and its 165 Member Associations. Proposed and developed by FISU, the FISU Healthy Campus programme aims to enhance all aspects of well-being for students and the campus community at large.

More details about FISU can be found on the homepage: www.fisu.net



FISU WORLD CONFERENCE

With its origin dating back to the early 1950s and the first regular edition held in 1960, the FISU World Conference has been a core element and the academic highlight of the FISU World University Games. Within a three-day programme, the FISU World Conference creates a platform for interdisciplinary scientific exchange and stimulates research and creativity beyond the scope of academia. In 2025, the FISU World Conference will not only include outstanding keynotes and panellists, but also provide a platform for innovative formats and engaging opportunities open to the public.



RHINE-RUHR 2025

FISU WORLD CONFERENCE

17-19 JULY 2025
JAHRHUNDERTHALLE
BOCHUM

**COMPETING FOR CHANGE:
EXPLORING SUSTAINABILITY
AND (MENTAL) HEALTH
THROUGH SPORTS**



WORLD
CONFERENCE

RHINE-RUHR 2025

DATES

17-19 July 2025

LOCATION

Jahrhunderthalle, An der Jahrhunderthalle 1, D-44793 Bochum,
North-Rhine Westphalia, Germany

THEME

The 2025 FISU World Conference is themed, ›**Competing for change: exploring sustainability and (mental) health through sports**‹. The conference will spotlight critical issues at the nexus of (mental) health, environmental sustainability and physical performance.

SUBTHEMES

There are four subthemes for the 2025 FISU World Conference:

- 01 Mental health and performance under pressure among athletes**
- 02 Balancing acts: work-life balance and resilience among high-performance coaches, referees and the entourage**
- 03 Ecological sustainability on campus**
- 04 Health and well-being in sports and physical activity**

In today's rapidly evolving world, addressing these topics is crucial, as they reflect broader societal concerns about (mental) health resilience, sustainable development, and the overall well-being of individuals in high-stakes environments.

By prioritising research in these areas, we can develop comprehensive strategies that not only enhance athletic performance and career longevity, but also foster sustainable practices and support systems across the globe, ultimately leading to healthier, more balanced communities.

For this, students will be a key focus group, as they navigate the pressures of academic and athletic performance while grappling with (mental) health and sustainability issues.

SUBTHEME 01 MENTAL HEALTH & PERFORMANCE UNDER PRESSURE AMONG ATHLETES

Athletes face immense mental and physical demands, which can lead to significant mental health challenges. This sub-theme aims to open discussions on the mental health issues prevalent among athletes, such as the highs and lows of their careers, including the peak moments and the 'post-Olympic blues'.

Moreover, it analyses performance decrements during crucial stages of competitions, such as so-called 'choking' (under psychological pressure). The sub-theme will explore strategies for performing best under pressure and emphasise the possibilities of integrating psychotherapy and psychological treatment into training regimes. Additionally, the dual career aspect of athletes will be examined, highlighting the pressures and perspectives they encounter. By addressing these elements, this sub-theme can foster a deeper understanding of, and develop better support for, the mental health and performances of athletes.



SUBTHEME 02 BALANCING ACTS: WORK-LIFE BALANCE AND RESILIENCE AMONG HIGH-PERFORMANCE COACHES, REFEREES AND THE ENTOURAGE

Coaches, referees, and the entourage play a crucial role in the success of athletes, yet their own challenges often go unnoticed. This sub-theme focuses on the work-life balance and mental resilience of these important figures in sports. It will address the unique difficulties they face, such as maintaining their mental health, and structural inequalities.

The importance of federational support systems will be highlighted to increase engagement and support for those stakeholders. Special attention will be given to women, who navigate these roles in a predominantly male-dominated environment. Through this focus, we aim to enhance the well-being and career sustainability of these vital contributors to sports.



SUBTHEME 03

ECOLOGICAL SUSTAINABILITY ON CAMPUS

As environmental crises such as global warming and the loss of biodiversity intensify, transforming university campuses into ecologically sustainable communities is crucial. This sub-theme challenges universities to adopt and integrate sustainability policies and programmes, incorporating initiatives like the FISU Healthy Campus Programme. It will promote circularity on campuses and address the psychological impacts of environmental issues, such as eco-grief and eco-anxiety. By focusing on these elements, the conference aims to cultivate a more resilient and environmentally conscious student body, fostering sustainable practices and mindsets that extend beyond university life.



SUBTHEME 04

HEALTH AND WELL-BEING IN SPORTS AND PHYSICAL ACTIVITY

The relationship between sport, physical activity, health and well-being is of central interest to athletes and coaches. In this regard, one key topic of interest will be the sustainable acquisition of skills and their implications for motor learning and physical training. Another main topic will focus on how the menstrual cycle of female athletes can be used as a 'Cycle of Power' to ensure the long-term health and performance of women in sport. In addition, injury prevention as a crucial factor for sustainable sport will be addressed. Finally, the issue of sustainability in team sports will be tackled; that is, demonstrating how performance can be sustainably developed and health can be maintained in the long-term.



WHAT IS SO SPECIAL ABOUT THE 2025 FISU WORLD CONFERENCE?

Several features will set the 2025 FISU World Conference apart from many of those which have gone before.

AN ICONIC AND SYMBOLIC VENUE

Designed for a Düsseldorf trade fair at the beginning of the last century, rebuilt in Bochum as a steam power station, and now repurposed as a cultural and commercial events space, there can barely be a more appropriate venue for the FISU World Conference than the magnificent Jahrhunderthalle. The focal point of Westpark on the edge of Bochum, the old water tower and much of the exposed steel interior of the 66-metre-long main hall has been retained, and a modern steel and glass foyer added, giving this venue an edgy, yet modern, feel. A multiple-use facility, it says it all that the Jahrhunderthalle can be both an anchor point of the Route of Industrial Heritage and a former host of the European Film Awards. Hosting the conference in this setting makes it possible to experience the transformation of urban landscapes in post-industrial regions, and creates an exceptional ambience for the conference on sustainability issues for long-lasting impulses.



INTERACTIVE AGENDA

Aligned with the urban transformation experience at the Jahrhunderthalle, the 2025 FISU World Conference will assemble a unique array of international speakers, host interactive workshops on practical conference topics, and provide opportunities for engagement through poster sessions or parallel sessions on subthemes. These core elements of a scientific conference will be enriched with cultural programmes designed to bridge the gap between the scientific community and the general public: every afternoon, the conference sessions will be thrown open to anyone interested in joining.

AN INCLUSIVE CONFERENCE

The FISU World Conference will be as inclusive as possible. Wheelchair access and simultaneous sign language translation will be available for all core elements. Additionally, participants can register for free childcare services before the event, to ensure that everyone who wants to is able to attend. More details on accessibility will be provided on our website.

»EDUTAINMENT«

Surrounding the Jahrhunderthalle, »edutainment« opportunities, live experiments, try-out sports, and a highlight concert will be offered — but enhanced with unique engaging activities. This setup allows conference participants to experience world-class science while also enjoying cultural and sports entertainment.



SPORTS DIRECTLY ALONGSIDE SCIENCE

The Jahrhunderthalle will also be a competition venue for the Rhine-Ruhr 2025 FISU World University Games, simultaneously hosting 3x3 basketball and 3x3 wheelchair basketball, the fastest growing urban sports in the world. In addition, and in a unique collaboration, the 2025 edition of the Ruhr Games will be held alongside at the same venue.

SUSTAINABILITY & LEGACY APPROACH

To set a new benchmark for the more sustainable hosting of major sports events, a conceptual framework and strategy has been created for the Rhine-Ruhr 2025 FISU World University Games and the 2025 FISU World Conference. Detailed in a public [Pre-Games Paper 2.0](#), the strategy has been continuously optimised, with a particular focus on strengthening strategic human rights work. The Sustainability Team of the Organising Committee is always happy to receive suggestions or discuss topics as the approach continues to evolve.

GET INVOLVED!

ABSTRACT SUBMISSION

All proposals for abstract submission to be presented during the 2025 FISU World Conference have been submitted between 1 October 2024 and 15 January 2025.

Please note the following process:

- 01 On the form, clearly indicate the subtheme addressed by the proposal and the desired format (poster/presentation in a parallel session).
- 02 Following the closing date for submission (**15 January 2025**), each abstract will be reviewed in a double-blind process by international experts of the field.
- 03 The author(s) of abstracts submission accepted onto the 2025 FISU World Conference agenda will be notified at the latest by **31 March 2025**.

Further notes:

- A Registration and Submission must be done by the first author. In case of a shared-first authorship, each person may submit the abstract.
- B Each first author can submit a maximum of two abstracts. Any first author with two abstract submissions can also be listed in another abstract as a co-author.
- C The author shall ensure the authenticity and objectivity of the content of the abstract, and is held responsible for the content of the abstract.
- D The abstract should not have been published before.
- E The abstract must be written in British English and submitted as a pdf. No brand names are permitted within the submitted abstract.
- F The title of the abstract is limited to 15 words.
- G The text of the abstract should not exceed 300 words (not including title, subheadings, author block and references) and should NOT include photos, illustrations, graphs, tables, or charts within the text.
- H The names, institutional affiliations, and email addresses of all authors should be uploaded in a separate pdf document. Do not list degrees.

PROJECT SUBMISSION

As a continental or a national university sports federation, you are invited to submit a description of an existing project that tackles one of the sub-themes of the conference and that you would like to be shown as best-practice examples during the conference. More details on the project submission process will be shared on **3 February 2025** on the [homepage](#).

REGISTRATION

If you want to join the conference as a participant, registration started on **1 December 2024** and is accessible via the [homepage](#) until 31 March 2025. Places for participation are limited –**so be quick, because it's first come, first serve.**



CONFERENCE FEES AND PACKAGES

FULL TICKET (all three days, including conference dinner)

239€ FOR REGULAR PARTICIPANTS
159€ FOR STUDENTS

Includes access to the **conference**, access to **all programme elements of the Jahrhunderthalle** (3x3 basketball, 3x3 wheelchair basketball, concerts), **Ground Pass access** (The ALL-IN-ONE TICKET for **all days, all cities, all events**, except for the Opening and Closing Ceremony and selected concerts) to **all sport events, on all days of the Rhine-Ruhr 2025 FISU Games, public transport ticket** for the entire duration of the Rhine-Ruhr 2025 FISU Games, **food package** (lunch on all three conference days, coffee & water included throughout the days), **conference dinner** (wide selection of food and drinks, networking & inspiring conversations), participation certificate and **cultural activities**.

SMALL TICKET (all three days, not including conference dinner)

199€ FOR REGULAR PARTICIPANTS
119€ FOR STUDENTS

Includes access to the **conference**, access to **all programme elements of the Jahrhunderthalle** (3x3 basketball, 3x3 wheelchair basketball, concerts). **Ground Pass access** (The ALL-IN-ONE TICKET for **all days, all cities, all events**, except for the Opening and Closing Ceremony and selected concerts) to **all sport events, on all days of the Rhine-Ruhr 2025 FISU Games, public transport ticket** for the entire duration of the Rhine-Ruhr 2025 FISU Games, **food package** (lunch on all three conference days, coffee & water included throughout the days), participation certificate and **cultural activities**.

STUDENT TICKET

39€ (STUDENTS ONLY)

Includes access to the **conference** and access to **all programme elements at the Jahrhunderthalle** (3x3 basketball, 3x3 wheelchair basketball, concerts) and participation certificate.

Please note that for all ticket types, accommodation and travel expenses are NOT included.

The FISU World Conference is open to all people aged 18 and older.

ACCOMMODATION

For all conference participants attending the event on site, there are various accommodation options available in the immediate vicinity of the Jahrhunderthalle and in Bochum. Hotels are within walking distance of both the Jahrhunderthalle and the city centre. At the same time, there are excellent public transport connections from the central station in Bochum to all locations relevant to the FISU World Conference. The city also has numerous restaurants catering for all tastes and budgets. There are other hotels in the city with good public transport connections.

HOTELS IN THE SURROUNDING AREA

Holiday Inn Express Bochum

Viktoriastraße 14B, 44787 Bochum

B&B Hotel Bochum City

Alleestraße 30-32, 44793 Bochum

Mercure Hotel Bochum City

Massenbergstraße 19 21, 44787 Bochum

**Please note that you should book your accommodation directly with the chosen hotel.
 The Organising Committee will not facilitate hotel bookings.**

VENUE & TRANSPORTATION

The Jahrhunderthalle is easily reachable by public transportation from the centre of Bochum, and Bochum itself is well connected by rail and by bus to all major transport hubs in the region. Since every participant and attendee at the 2025 FISU World Conference will receive a complimentary public transport pass valid for the duration of the Rhine-Ruhr FISU World University Games, the organisers are encouraging people to select eco-friendly travel options.

ADDRESS

Jahrhunderthalle
An der Jahrhunderthalle 1
D-44793 Bochum

BY PUBLIC TRANSPORT

From Bochum main train station, take **tram 302** (direction Gelsenkirchen-Buer) or **tram 310** (direction Bochum-Höntrop) to **Bochumer Verein / Jahrhunderthalle**. Alighting here, the venue is a two-minute walk.

BY BICYCLE

Bicycle parking spaces are available at the Jahrhunderthalle, and you can find information about Bike sharing at www.metropolradruhr.de/en. More information on cycling paths will be highlighted in the event app of the Rhine-Ruhr 2025 FISU World University Games.

BY CAR / E-PARKING

Leaving the autobahn A40, follow the signs to Jahrhunderthalle Bochum. Limited parking is available in the parking garage Westpark/Jahrhunderthalle. Several type 2 AC charging stations for e-cars are available next to the venue. Please note that parking & charging payments can only be done by card and not in cash.

BY OTHER MEANS

If you are travelling by air, Düsseldorf (DUS) airport is the closest and the recommended port of entry. The airport is connected by public transport to the city of Bochum and the Jahrhunderthalle.

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german
university sports federation



With funding from the



by decision of
the German Bundestag

Die Landesregierung
Nordrhein-Westfalen

