



INTERNATIONAL SOCIETY OF FOREST THERAPY



University of
Applied Sciences
Krems | Austria

8th International ISFT® Congress

Questions & Answers

13–15
October
2026

IMC Krems, Austria
Alauntalstraße 96
3500 Krems

www.isft-congress.imc.ac.at



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PROGRAMME & REGISTRATION

When and where does the congress take place?

13–15 October 2026 at IMC Krems, Campus Krems, Alauntalstraße 96, 3500 Krems an der Donau (wing G1). The full programme and the Book of Abstracts are available on the congress website: <https://isft-congress.imc.ac.at/>

What is the congress language?

The congress language is English. All presentations, discussions and the social programme will be held in English.

When is the ISFT General Assembly?

The ISFT General Assembly has been moved from 13 October to 14 October 2026, 8:00–9:00 a.m., room G1.1.24. Please note that only ISFT members who have paid their membership fee are entitled to attend the General Assembly.

What about the parallel workshop?

The workshop "Certifications in Forest Therapy" with Claus Simandi (14 October, 1:00–2:30 p.m.) runs in parallel to the thematic block in a separate seminar room. It will be held in a hybrid format: the presenter will join online, while participants attend on site. Please indicate in the form whether you would like to take part so that we can plan the room and technical set-up accordingly.

Where and when is registration?

Registration and welcome coffee open on 14 October at 8:30 a.m. at the information point in wing G1. For participants of the General Assembly, the registration desk will already open at 7:45 a.m. Participants attending the Kunstmeile event on 13 October can already pick up their badge there.

What is included in the registration fee?

Your registration fee covers participation in all sessions as well as full catering on campus on 14 and 15 October: a light breakfast to start the day, coffee, tea, juices, water and fresh fruit available throughout the day, coffee breaks and lunch. The complete social programme – the Kunstmeile event with flying buffet, the Social Dinner at Göttweig Abbey and the excursion to the Healing Forest including the Heurigenjause – is also included, with food and drinks.

Please note, however, that separate registration is required for each social programme event. We plan catering, shuttles and guided tours only for those who have registered, so please confirm your participation via the form by 30 September at the latest.

When will I receive my certificate of attendance?

Certificates of attendance can be downloaded directly from ConfTool from 15 October 2026.

GETTING TO IMC KREMS

How do I get to the campus?

- **By train from Vienna:** Regional express trains run hourly from Wien Franz-Josefs-Bahnhof (also stopping at Wien Spittelau, U4/U6, and Wien Heiligenstadt, U4) to Krems an der Donau, journey time approx. 80 minutes. Connections via Wien Meidling or Wien Hauptbahnhof (change in St. Pölten) take around 90 minutes.
- **From Krems railway station to the campus:** several buses run directly from the station forecourt to Campus Krems (approx. 5 minutes) – StadtBUS Krems line 1 (stop Undstraße/IMC), the Campus Shuttle line 717 and bus line 701. Alternatively, it is a pleasant 20-minute walk.
- **From Vienna Airport:** by train via Vienna (approx. 2–2.5 hours in total) or by car via the A4/A22/S5 (approx. 100 km).
- **By car:** take the S5 or S33 to Krems, then follow the B3 towards Melk/Spitz/Wachau and the green signs "campus krems". Navigation address: Alauntalstraße 96, 3500 Krems.
A detailed directions sheet with a campus map is available here: https://www.imc.ac.at/fileadmin-imckrems/user_upload/Downloads/DE/Allgemein/anfahrtsplan-imc-campus-krems.pdf

Where can I park?

We recommend the multi-storey car park "Parkhaus Campus West", directly opposite the main entrance of Campus Krems (navigation address: Dr.-Karl-Dorrek-Straße 23, 3500 Krems; approx. 3 minutes' walk to wing G1). Rates: EUR 2 per hour, max. EUR 20 per day (6 a.m.–10 p.m.), max. EUR 24 per 24 hours. Please note that the streets around the campus are a paid short-term parking zone ("green zone"). Accessible parking spaces are available on campus (Alauntalstraße 96) – please contact congress@imc.ac.at if you need an accessible parking space.

If you are staying at a hotel, please check its website for parking information.

Are taxis available in Krems?

Yes, several taxi companies operate in Krems. For 24-hour taxi service, we particularly recommend the following providers.

Keyif Taxi Krems: +43 676 5555334
<https://keyiftaxikrems.at/>

KALI TAXI KREMS: +43 676 6227640
<https://www.kalitaxikrems.at>

TAXI4YOU – KREMS: +43 676 4343431
<https://taxi4you-krems.at/>

We recommend booking your taxi in advance whenever possible, especially for early-morning or late-night journeys.

Other taxi companies in Krems include:

MyTaxi Krems: +43 676 3637419

WEISS TAXI Krems: +43 2732 81600

BRANI TAXI KREMS: +43 2732 77800

SHÄGY TAXI KREMS: +43 2732 83083

Easy Taxi Krems Wachau: +43 2732 77100

TAXIZENTRALE | KREMS: +43 664 9331233

Is the venue accessible?

Yes. The entire wing G1, where the congress takes place, is barrier-free. An accessible toilet and an all-gender toilet are available, and accessible parking spaces are located on campus (see "Where can I park?"). The Stiftsrestaurant Göttweig and the Kunstmeile Krems are also fully accessible.

If you would like to join the excursion to the Healing Forest but cannot manage the forest walk, please let us know and we will arrange a car to take you directly to the Healing Forest. Please note, however, that the programme in the forest itself also involves walking on forest trails that are not barrier-free.

We will do our best to accommodate your needs – please contact us as early as possible at congress@imc.ac.at or indicate your requirements in the form.

Is there a luggage room?

Yes, a luggage room will be available on all congress days. You can also store a change of shoes and a jacket for the forest excursion there (see section 5). Please note that IMC Krems cannot accept any liability for lost luggage.

Is there Wi-Fi?

Yes. Eduroam is available throughout the campus. In addition, guests can access the IMC Wi-Fi network independently of eduroam. Login details for guest access will be provided at the registration desk.

INFORMATION FOR PRESENTERS

How long is my presentation slot?

10 minutes for the presentation plus 5 minutes for questions. The schedule is very tight, so please keep strictly to your time – the session chairs will enforce it.

Are there any design requirements?

No, you are free to design your presentation as you wish. (Recommended: PowerPoint or PDF.)

How and when do I submit my presentation?

Please send your presentation to congress@imc.ac.at by 8 October 2026 at the latest. This allows us to load all presentations onto the presentation computer in advance and keep changeover times to a minimum.

Will there be conference proceedings?

Yes. If you would like your contribution to be published in the conference proceedings, please send your full paper to congress@imc.ac.at by 30 November 2026 at the latest.

Format requirements: English; 3,000–5,000 words including references; Word file (.docx); abstract of max. 250 words and 3–5 keywords; APA 7th edition referencing; figures and tables embedded in the text with captions.

The proceedings will be published on the ISFT website.

SOCIAL PROGRAMME

Kunstmeile Krems – Art & Flying Dinner – Tuesday, 13 October, from 5:00 p.m.

We start with registration and an aperitif, followed by guided tours in small groups and a flying buffet. Address: Museumsplatz 5, 3500 Krems an der Donau. The Kunstmeile is within easy walking distance of Campus Krems (approx. 10 minutes).

If you are arriving by car, you can use the "Kunstmeile Krems" parking garage, which is open 24/7 and offers 92 spaces, including accessible and family spaces and charging stations for electric vehicles. The entrance is via Welterbeplatz into Yachthafenstraße. Parking fees: EUR 1.50 per hour (day and night) or EUR 20 for 24 hours. Alternatively, paid on-street parking is available in the surrounding area; please note that this is a short-term parking zone until 6:00 p.m. and a valid parking ticket is required. A ticket machine is located directly in front of the Karikaturmuseum Krems; tickets are also available at tobacconists ("Trafiken") and petrol stations.

Social Dinner at the Stiftsrestaurant Göttweig – Wednesday, 14 October, shuttle departs 6:15 p.m.

Two shuttle buses will take all registered participants from IMC Krems to the Stiftsrestaurant at Göttweig Abbey (journey time approx. 20 minutes; departure at 6:15 p.m. from the entrance of wing G1). If you would still like to join, please register via the form by 30 September – and please also let us know if you will not be attending, so that we can plan as accurately as possible.

At the restaurant we begin with a relaxed arrival with an aperitif and music, followed by the official handover ceremony for the ISFT Congress 2027 and a seated dinner. Two shuttle buses will bring you back to Campus Krems at 10:00 p.m. and 10:40 p.m. If you would like to leave earlier or later, we will be happy to provide details of local taxi companies.

Excursion to the Heiwald Göttweig – Thursday, 15 October, 12:00–5:00 p.m.

After the last programme item on campus, a shuttle departs from IMC Krems at 12:00 p.m. for the Healing Forest. Please note that the bus cannot drive all the way to the forest: it will stop at the car park in Paudorf, and the remaining distance is covered on foot along a forest path (approx. 20 minutes via the steeper direct route). Please wear sturdy shoes and weather-appropriate clothing (see section 5).

If you have limited mobility, please let us know as early as possible (via the form or by e-mail). In that case we will arrange for you to be taken to the Healing Forest by car (see "Is the venue accessible?" in section 2).

Up in the forest we start with a "Heurigenjause" – a typical Austrian cold meal from a local Heuriger (wine tavern). This is followed by guided tours of the Healing Forest, including elements of forest bathing. The programme in the forest is planned and led by Susanne Bauer, project lead of the Heilwald Göttweig. The shuttle will then bring us back to Campus Krems, with arrival planned for 5:00 p.m.

What happens if the weather is bad?

In case of bad weather, the excursion will not take place. Instead, Susanne Bauer will come to the campus and present the Healing Forest and its possible uses in a presentation. Lunch will then be served on campus. We will inform you by the evening of 14 October at the latest whether the excursion will take place as planned.

WEATHER & CLOTHING

What weather can I expect in Krems in mid-October?

Mid-October is a beautiful time of year in the UNESCO-recognised Wachau Valley, marked by the stunning colours of the "Golden Autumn". Daytime highs typically range from 12°C to 15°C (54°F–59°F) – perfect for walking, but it feels cool when sitting still. Early mornings and evenings are noticeably chilly, with temperatures dropping to around 4°C to 7°C (39°F–45°F).

The Danube region is prone to morning fog, which usually clears by midday and gives way to beautiful autumn sunshine, though overcast skies or light showers are always possible.

What should I wear for the congress sessions?

The key to autumn in Austria is wearing layers. We recommend a smart-casual blazer or sweater for the indoor sessions, combined with a windproof and water-resistant jacket for the way to and from the campus and the evening events.

What should I wear for the excursion?

The forest paths can be damp, covered in autumn leaves or slightly muddy. Please pack sturdy, closed-toe walking shoes or sneakers with good grip – classic business shoes are not suitable. A windproof and water-resistant jacket is essential.

Important: The shuttle to the Healing Forest departs directly after the programme on 15 October, so there will not be enough time to return to your hotel to change. Please bring suitable footwear and a weather-appropriate jacket with you in the morning; you can store them in the luggage room during the day (see section 2).

Which accessories are useful?

A light scarf, a beanie for the cooler morning and evening hours and a compact travel umbrella are recommended.

PRACTICAL INFORMATION & CONTACT

Practical tips for your stay in Austria

Austria is in the Central European Time zone. Summer time (CEST, UTC+2) applies until 25 October. The currency is the euro; cards are widely accepted, but small cash amounts are useful. Power sockets are type F (230 V, 50 Hz), so please bring an adapter if needed. Tap water is safe to drink.

Will photos be taken during the congress?

Photos and video recordings will be taken during the congress for documentation and communication purposes (website, press, social media). If you do not wish to appear in any pictures, please let us know at the registration desk.

Which emergency numbers apply in Austria?

In an emergency, please dial the following numbers (free of charge from any phone, no area code required):

- 112 – European emergency number
- 144 – Ambulance / medical emergency
- 133 – Police
- 122 – Fire brigade

Who can I contact with questions?

For all questions regarding the congress: Victoria Englmaier, congress@imc.ac.at, +43 2732 802 238. You are also welcome to call this number in urgent situations during the congress days (e.g. if you get lost, miss a shuttle or need assistance on site). In a genuine emergency requiring an ambulance, the police or the fire brigade, however, please dial the emergency numbers listed above directly and do not lose time by calling us first.

We look forward to three inspiring days with you in Krems!

Kind regards
Victoria Englmaier

Organising Team, 8th International ISFT Congress
IMC Krems – University of Applied Sciences