



Pädagogische Hochschule Tirol
Zukunft mit Bildung

INTERNATIONAL STAFF WEEK

University College of Teacher Education Tyrol
Pädagogische Hochschule Tirol (PH Tirol)

23 – 27 November 2026
Innsbruck, Austria

"Embracing Diversity"

Practical Information for Participants



Introduction

Welcome to Innsbruck and to the International Staff Week at the University College of Teacher Education Tyrol (Pädagogische Hochschule Tirol – PH Tirol)!

This booklet provides participants with practical information to help you prepare for and enjoy your stay in Innsbruck.

The International Staff Week takes place from 23 to 27 November 2026 under the theme "Embrace Diversity", held in cooperation with the Competence Centre of Gender, Diversity and Inclusion at PH Tirol.

During the week, you will have the opportunity to ...

- Exchange expertise with colleagues from PH Tirol and partner institutions
- Visit affiliated schools
- Give guest lectures (4–8 teaching hours as per Erasmus+ regulations)
- Enjoy a guided city walk
- Explore Innsbruck – a city full of history and culture in the heart of the Alps

Contents

Contact & Institutional Information	3
Accommodation	4
Getting to Innsbruck	5
Campus Plan – PH Tirol.....	6
Guest Cards.....	7
Practical Information.....	8
Sights & Culture in Innsbruck.....	10
Cafés & Restaurants	11
Sustainable Participation.....	12
About PH Tirol	12



Contact & Institutional Information

Erasmus+ Staff Mobility Coordinator

For questions about the Staff Week programme, registration and participation:

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Role	Head of the Competence Centre of Internationalisation
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Name	Daniel Riedl
Role	Erasmus Staff Coordinator
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Website	www.ph-tirol.ac.at

Receiving Institution Details (for Mobility Agreement)

Please use the following information when completing the Receiving Institution section of your Erasmus+ Staff Mobility Agreement:

Name	Pädagogische Hochschule Tirol
Faculty / Department	International Office
Erasmus Code	A INNSBRU03
Address	Pastorstraße 7, 6010 Innsbruck
Country / Country Code	Austria / A
Contact Person	Mag. Silvia Baldassari, ERASMUS+ Institutional Co-ordinator
E-mail	silvia.baldassari@ph-tirol.ac.at
Phone	+43 512 599 23-4205



Accommodation

The following hotels are partner hotels of Pädagogische Hochschule Tirol and offer discounted rates for lecturers from partner universities and participants of the International Staff Week. Please book directly with the hotel – bookings via booking.com or other third-party platforms do not qualify for the discounted rate.

Hotel Motel One Innsbruck

Address	Südbahnstrasse 1, 6020 Innsbruck
Location	2-minute walk from Hauptbahnhof (main railway station)
Website	www.motel-one.com/innsbruck

NALA individuellhotel

Address	Müllerstraße 15, 6020 Innsbruck
Location	Boutique design hotel, 2-minute walk from Maria-Theresien-Strasse
Website	www.nala-hotel.at

Hotel Café Central

Address	Gilmstrasse 5, 6020 Innsbruck
Location	4-star hotel with Viennese coffeehouse, city centre
Website	www.hotel-cafe-central.at

Hotel Zach

Address	Wilhelm-Greil-Strasse 11, 6020 Innsbruck
Location	3-star boutique hotel between Hauptbahnhof and Old Town
Website	www.hotel-zach.at

Please book directly with the hotel

All hotels listed above are official PH Tirol Business Partners and offer discounted rates for participants of the International Staff Week. Please contact the hotel directly and mention that you are a participant of the PH Tirol International Staff Week. Bookings via Booking.com, Expedia, or any other third-party platform do not qualify for the discounted rate.



Getting to Innsbruck

By Air

- Innsbruck Airport (INN) – The most convenient option; only 4 km from the city centre. Regular connections to major European hubs.
- Munich Airport (MUC) – The nearest major international hub (~2 hours by train or bus to Innsbruck).
- Vienna International Airport (VIE) – Regular direct trains to Innsbruck (~4 hours by rail).

By Train

Innsbruck Hauptbahnhof (Main Railway Station) is centrally located and well-served by ÖBB (Austrian Federal Railways) and EuroCity connections from Germany, Italy, Switzerland and beyond.

Tickets and timetables: www.oebb.at

From Innsbruck Airport to PH Tirol / City Centre

- Bus line F (Flughafenbus) runs directly into the city centre. Journey time: approx. 20 minutes.
- Taxi: approx. 10–15 minutes, EUR 15–20.

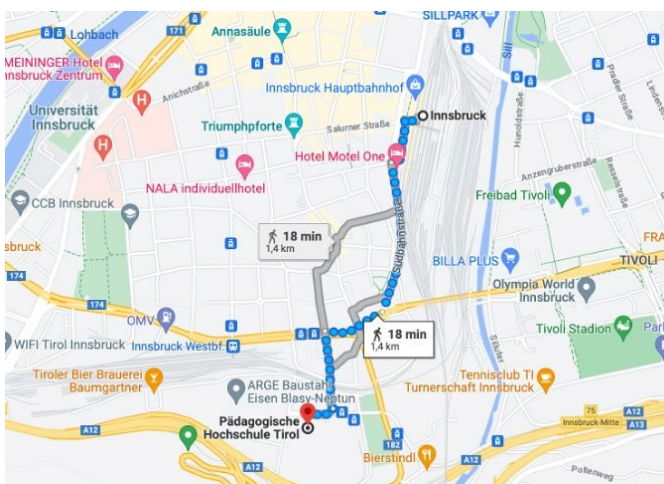
Getting to PH Tirol

PH Tirol is located in the Wilten district of Innsbruck, easily reachable by public transport from the city centre.

From the City Centre: Take Tram I, exit at Stubaitalbahnhof, then walk to PH Tirol.

From the Main Railway Station: Take Stubaitalbus 590a or 590b (bus stop directly in front of the station). Exit at Wilten Basilica, then walk right into Pastorstrasse. The bus runs every 30 minutes: 07:05, 07:35, 08:05 ...

Tip: The Wilten Basilica – considered the most beautiful Rococo church in Austria – is right next to PH Tirol and serves as an easy landmark.



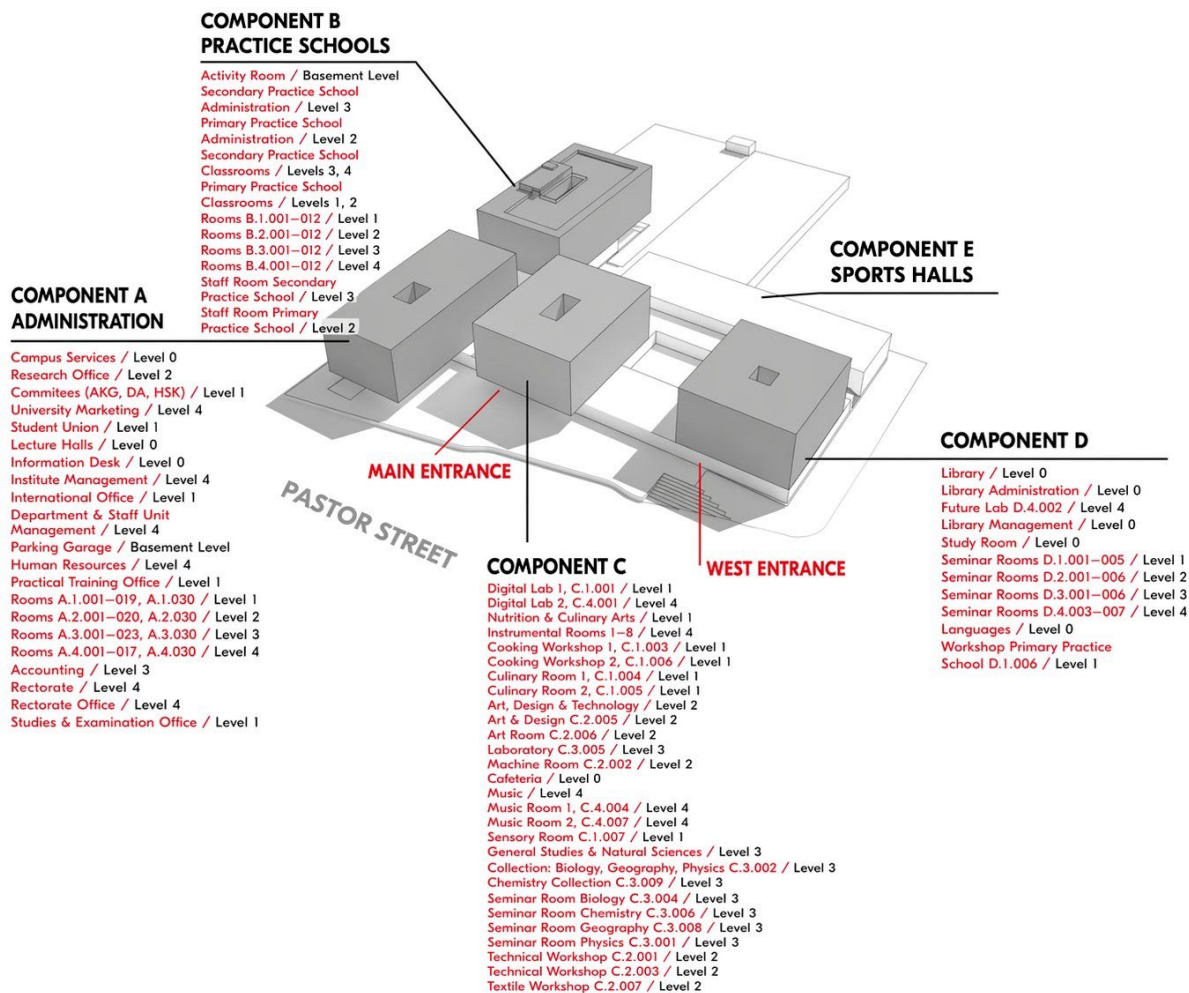


Public Transport in Innsbruck

Innsbruck is compact and many places can be reached on foot. For longer journeys, the IVB public transport network is excellent. Tickets: tickets.ivb.at or at the IVB Customer Centre, Stainergasse.

Single Ticket Innsbruck	EUR 3.20
24h Ticket Innsbruck	EUR 7.00
8-Trip Ticket Innsbruck	EUR 18.40
Weekly Ticket Innsbruck	EUR 26.80

Campus Plan – PH Tirolo





Guest Cards

Innsbruck offers two guest cards worth knowing about.

Both include free use of public transport.

Welcome Card – Free for Hotel Guests (from 2 nights)

Issued free of charge by participating hotels. Includes free, unlimited public transport (buses, trams and regional trains) throughout Innsbruck and the surrounding region – no separate ticket needed during your stay. Also includes guided summer hikes, city bike rental and discounts on leisure activities.



More information:

www.innsbruck.info/en/destinations/accommodation/welcome-card/welcome-card-summer.html

Innsbruck Card – Paid Sightseeing Pass (24 h / 48 h / 72 h)

A purchasable card for intensive sightseeing: free entry to 22+ museums and attractions, 1 return ride on selected cable cars (incl. Nordkette – Top of Innsbruck), unlimited public transport and the hop-on-hop-off Sightseer bus. Prices from EUR 69 (24 h) to EUR 89 (72 h), children 50 % discount.



More information:

www.innsbruck.info/en/sightseeing/innsbruck-card.html



Practical Information

Participation Requirements

- Attendance according to the programme
- Contribution of 4-8 hours of teaching (according to Erasmus+ regulations)

Dress Code & Technology

The dress code for the week is smart-casual.

Please bring your own laptop for workshop sessions and presentations.

Meals and Dietary Requirements

Conference meals are provided as per the programme. If you have specific dietary requirements, please inform the organisers at the earliest opportunity.

WiFi at PH Tirol

Network (SSID)	PHT-HotSpot_optout
Password	6010phtiro
Note	No registration required. Available in all rooms and lecture halls.

Scan to connect directly:



Currency

Austria uses the Euro (EUR). ATMs are widely available throughout Innsbruck. Major credit cards are accepted in most hotels, restaurants and shops.

Weather in November

November in Innsbruck is cold and often cloudy, with early snowfall possible in the surrounding mountains. Expect daytime temperatures of 2-8 °C, dropping near or below freezing at night. Warm layers and a waterproof jacket are recommended, along with sturdy, water-resistant shoes. The city centre is very walkable, so comfortable footwear is strongly advised – and don't forget a hat and gloves for chilly mornings.



Time Zone

Central European Time (CET): UTC/GMT +1:00 in November.

Electrical Sockets

Austria uses Type F sockets (Schuko), the standard European plug type. Electricity supply: 230V / 50Hz. Travellers from outside Europe (UK, USA, Asia, Australia) will need a plug adapter.



Emergency Numbers

Police	133
Fire Department	122
Ambulance	144
European Emergency	112

Travel Insurance

Participants are responsible for securing their own travel and health insurance. We strongly recommend obtaining adequate coverage before departure.

Language

The official working language of the Staff Week is English. German is the local language in Innsbruck, most service staff in the city centre speak English.



Sights & Culture in Innsbruck

Innsbruck offers a stunning historic city centre set against an Alpine backdrop. Make the most of your free time!

Close to PH Tirol

- Wilten Basilica – The most beautiful Rococo church in Austria, right next to PH Tirol.
- Tirol Panorama – Giant panoramic painting of the Tyrolean freedom struggle of 1809. Open Wed–Mon, 09:00–17:00.

Historic City Centre

- Golden Roof (Goldenes Dachl) – Built by Emperor Maximilian I in 1500; Innsbruck's most iconic landmark.
- Triumphal Arch (Triumphforde) – Commissioned by Empress Maria Theresia in 1765.
- Cathedral of St. James (Dom zu St. Jakob) – Baroque church (1717–1724), home to the famous 'Maria Hilf' painting by Lucas Cranach the Elder.
- Imperial Palace (Hofburg) – Rebuilt by Maria Theresia in the mid-18th century; Rococo apartments of Empress Elisabeth ('Sisi').
- Court Church (Hofkirche) – One of the most important German imperial tombs, featuring 28 monumental bronze statues. Open daily 09:00–17:00.
- Tiroler Volkskundemuseum, Universitätsstrasse 2 – Tyrolean folk art. Open daily 09:00–17:00.

Shopping

- **Swarovski Innsbruck Kristallwelten Store**
Herzog-Friedrich-Strasse 39 – Next to the Golden Roof
- **Kaufhaus Tyrol**
Maria-Theresien-Straße – Named one of Europe's most beautiful shopping malls in 2011
- **RathausGalerien**
Maria-Theresien-Straße – Glass-covered shopping arcades



Cafés & Restaurants

(€ = budget-friendly | €€ = mid-range)

Coffee & Afternoon Tea

- Café Central (€€) – Viennese coffeehouse culture since 1877. Gilmstrasse 5.
- Café Katzung (€€) – Classic Austrian dishes, coffee and desserts. Herzog-Friedrich-Strasse 16.
- Café Munding (€€) – Tyrol's oldest patisserie since 1803. Kiebachgasse 16.
- Haepinest Café (€) – Specialty coffees, homemade cakes, midday snacks. Innstrasse 2.
- La Cantina (€) – Best Italian coffee in town. Sparkassenplatz 2.

Lunch & Dinner

- Stiftskeller (€€) – Traditional restaurant and beer hall at Franziskanerplatz in the Old Town, Tyrolean specialities and Augustiner beer. Stiftgasse 1. www.stiftskeller.eu
- Riese Haymon (€€) – Traditional inn near Stift Wilten with regional home cooking and a large chestnut-shaded beer garden. Haymongasse 4. www.riese-haymon.com
- Bierstindl (€€) – Historic inn (1681) at the foot of Bergisel near Stift Wilten. Austrian cuisine and Augustiner beer. Kloostergasse 6. www.bierstindl.eu
- Fischerhaeusl (€€) – Historic restaurant built in 1753, serving Tyrolean delicacies. Herrengasse 18.
- Pizzeria FARINA (€€) – Best pizza in town, right next to the Golden Roof. Herzog-Friedrich-Strasse 13.
- Olive (€–€€) – Vegetarian and vegan specialities in a modern ambience. Wiltener Platzl.
- Ludwig (€€) – Homemade burgers with vegetarian and vegan options. Museumstrasse 3.
- Uni-Cafe and Bistro (€) – Daily lunch specials (burgers, wraps, pizza), good value. Innrain 55.

Student-Friendly Spots

- Machete Burrito Kartell (€) – Living-room bar with first-class drinks and burritos. Anichstrasse 29.
- Café Bar Moustache (€) – Cool drinks, wide range of beers and snacks. The locals' first choice! Herzog-Otto-Strasse 8.
- Zappa Music Bar (€) – Known for delicious cocktails. Rechengasse 5, near the university.
- The Galway Irish Pub (€€) – Craft beer and Innsbruck's best Guinness. Kaiserjägerstrasse 4.



Sustainable Participation

PH Tirol and our partner network encourage all participants to minimise their negative impact on the local community, economy and environment – and where possible to leave a positive mark. We would be delighted if you could travel green!

Tips for Sustainable Travel

- Carry a reusable water bottle and cotton bag/backpack.
- Avoid disposable plastics and unnecessary waste.
- Explore Innsbruck on foot, by bicycle or by public transport whenever possible.
- Bring your own note-taking materials/electronic devices.
- Use electronic copies of documents rather than printing unnecessarily.
- Consider travelling by train rather than by plane where possible – Innsbruck is excellently connected by rail.

About PH Tirol

The University College of Teacher Education Tyrol (Pädagogische Hochschule Tirol – PH Tirol) is Austria's leading institution for initial and continuing teacher education in Tyrol. Dedicated to educational research and professional development, PH Tirol is an active Erasmus+ partner and a strong advocate for international cooperation in education.

Address	Pastorstrasse 7, 6010 Innsbruck, Austria
Website	www.ph-tirol.ac.at
Organiser	Competence Centre of Internationalisation
Co-organiser	Competence Centre of Gender, Diversity and Inclusion
Funded by	Erasmus+ / European Union

We look forward to welcoming you to Innsbruck!