



The 4th European Stress Conference

formerly „The Munich Winter Conference on Stress“
by the Max Planck Institute of Psychiatry

March 16-18, 2025 | Innsbruck, Austria | <https://www.psych.mpg.de/4th-esc>

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Information on the conference

The conference will start on March 15, 2025 in the evening and ends on March 19, 2025 in the morning.

Registration fees

The registration fee includes accommodation for four nights (March 15-19, 2025) in your selected conference hotel, breakfast and dinner (exclusive drinks). Furthermore, it covers scientific sessions, conference materials as well as the welcome reception.

Registration

Main registration will be open on March 15, 2025, from 3:00 p.m. to 7:00 p.m. . On-site registration will be available on all conference days.

Scientific sessions

From the morning of Sunday, March 16, concluding in the evening of Tuesday, March 18 (see program: <https://www.psych.mpg.de/4th-esc>)

- Invited speakers: 20min talks plus 10min discussion
- Selected short talks: 10min talk plus 5min discussion

We kindly ask the speakers to provide their presentations on a stick in the evening before the morning session or right after the morning session when your talk is scheduled in the afternoon

- Posters: Please create your poster in A0 portrait format. You will be allocated to one of the three dedicated poster sessions. Information on presenting days will be available short before the conference.

Hotels

Hotel “dasMEI” is a charming and peaceful retreat located in Mutters, just a short distance from Innsbruck. The Dependence “Muttererhof” is directly connected to the main building, dasMEI. Hotel “Seppi” is located right next door and can be reached within a few steps. The hotels offer a serene atmosphere with easy access to the surrounding mountain landscapes, including Muttereralp ski resort and numerous hiking/walking trails.

Please find more ideas how you can spend your leisure time at the end of this folder

Please find on the next page information on how to get to the hotel from Innsbruck and Munich.



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Travel Information to Hotel dasMEI, Mutters (near Innsbruck)

From Innsbruck Main Train Station

Upon arrival at Innsbruck Hauptbahnhof (Main Train Station), you have several options to reach the hotel:

- **By Tram:** Take the **Stubaital Tram (STB)**, which runs every 30 minutes directly from the station. The scenery journey takes **25 minutes** to *Mutters Bahnhof* in the village center, from where the hotel is a **2-minute walk**.
- **By Taxi:** A taxi ride takes approximately **12 minutes** (price approx. 25€).
- **Hotel Pick-up Service:** The hotel offers a **pre-booked shuttle service**. For further information and reservations, please contact info@dasmei.at.

From Innsbruck Airport (INN)

The hotel is located **14 km** from Innsbruck Airport. We recommend following two options to reach the hotel:

- A **taxi ride** takes around **25 minutes** (price approx. 40€).
- **Hotel Pick-up Service** is available upon prior booking (contact info@dasmei.at).

From Munich Airport (MUC)

- **By Shuttle Service:** We recommend booking a **FourSeasonsTravel** airport shuttle <https://www.tirol-taxi.at/>, which provides direct transfers to Innsbruck and surrounding areas.
- **By Train:** Take a train from Munich Airport to Innsbruck Main Train Station, then follow the above directions.

By Car

- Take the **Inntal Autobahn A12** (toll sticker required) towards Innsbruck.
- Switch to the **Brenner Autobahn A13**, exiting at **Innsbruck-Süd (Exit 3)**.
- Continue towards the **Shell gas station**, then follow the **B182 federal road** until you reach the roundabout with the exit for **Mutters**.
- Before the **second tram crossing**, turn right towards **Natters**, and after **200 meters**, you will arrive at the hotel.

For additional travel assistance, feel free to contact info@dasmei.at. Safe travels!



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What to do during the scientific breaks? Here are some ideas!

In March, Innsbruck offers a perfect mix of winter sports, cultural experiences, and scenic exploration. Whether you're into skiing, sightseeing, or simply enjoying the Alpine atmosphere, there's plenty to do! Up-to-date weather forecasts and snow reports ensure you can plan your activities accordingly, whether hitting the slopes or exploring the city.

Weather forecasts: <https://www.bergfex.at/sommer/mutters-muttereralm/wetter/#:~:text=Mit%20auflebendem%20S%C3%BCdf%C3%B6hn%20%C3%BCber%20dem,H%C3%B6chstwerte%3A%20%20bis%208%20Grad.>

Snow reports: <https://www.innsbruck.info/en/skiing/service/snow-report.html>, we still hope for more snow.

Outdoor & Winter Activities

The hotel provides easy access to the surrounding outdoor activities

Skiing & Snowboarding

equipment can be usually rented at the valley stations of the ski resorts or pre-book using this link https://www.alpinresorts.com/en/ski-rental/austria/tyrol/mutters?aw_account=2421678181&aw_campaign=143879058&aw_adgroup=8875744458&aw_creative=725117443895&aw_dev=c&aw_target=kwd-64843943418&aw_network=g&aw_asset=&aw_type=search&aw_keyword=mutters%20skiverleih&aw_matchtype=p&gad_source=1&gclid=CjwKCAiA5Ka9BhB5EiwA1ZVtvKI7hJIPZUOUnyk4Zgli-brFi2eExgy_U5GZLC-uf1Nqz1xt5tIDRoCpscQAvD_BwE

- **Muttereralm:** just a few minutes from our hotel. Please check homepage for further information including webcam <https://www.muttereralm.at/en/home/index/1-0.html>
- **Axamer Lizum:** Great resort for all levels, about 45min by bus from the hotel. Please check homepage for further information including webcam <https://www.axamer-lizum.at/en/>
- **Nordkette:** Just a cable car ride from the city, great for advanced (brave) skiers with stunning views. <https://nordkette.com/en/>



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Winter/Spring walking 🧑🏻‍🦶

- **Muttereralm:** just a few minutes from our hotel. Scenic trails with breathtaking mountain views and cozy mountain huts to enjoy local food. <https://www.muttereralm.at/en/home/index/1-0.html>
- **Natterer Boden:** In March, when the snow begins to melt but winter hiking is still possible, Natterer Boden offers a variety of winter and spring hiking trails with scenic vistas of the Stubai Alps and the Innsbruck valley.
- **Nordkette:** Just a cable car ride from the city, stunning views, my favourite spot in summer and in winter times. <https://nordkette.com/en/>

Tobogganing (Rodeln) 🛷

- **Muttereralm:** just a few minutes from our hotel

Swarovski Crystal Worlds (Wattens) ✨

- A short trip from Innsbruck, this magical art and crystal experience is worth visiting. <https://kristallwelten.swarovski.com/Content.Node/wattens/index.en.html>

Cultural & City Experiences

Old Town (Altstadt) 🏰

- Visit the **Golden Roof**, **Hofburg Palace**, and **Hofkirche (Imperial Church)**.
- Wander through medieval streets with charming cafés and shops.

Bergisel Ski Jump & Museum 🧑🏻‍🦶

- Designed by Zaha Hadid, offering panoramic views and a history of ski jumping. You may combine it with a short walk to the “Drachenfelsen observation deck” <https://www.innsbruck.info/en/sightseeing/sightseeing/modern-architecture/detail/infrastruktur/bergisel-ski-jump-innsbruck.html>

Tyrolean Folk Art Museum & State Museum 🏛️

- Learn about the region’s traditions, culture, and history <https://www.tiroler-landesmuseen.at/en/tyrolean-state-museums/>

Innsbruck Alpenzoo 🦌

- Europe’s highest-altitude zoo, home to Alpine wildlife like lynxes, wolves, and ibexes <https://www.alpenzoo.at/en/>