

Call for congress papers

The XVIII International Sauna Congress will take place from October 24 to 27, 2022, as part of the world's largest sauna trade fair, interbad, in Stuttgart. The event is held every four years by the Helsinki-based International Sauna Association, which has commissioned the Deutscher Sauna-Bund to organize the event.

— The Sauna Congress provides an opportunity for scientists, sauna professionals and those interested in sauna to share their research or thematic contributions with the sauna community. This can be done through a presentation or a poster contribution. Both options are welcome.

1. Lectures/poster presentations

Congress language is English. All presentations can be submitted and given in German or English. An interpreting service will be provided at the congress. The speaking time must not exceed 20 minutes; a discussion time of 10 minutes is added. The presentation must be accompanied by a written manuscript (max. 15 pages) in English or German.

The rights to use the manuscript are assigned to the Deutscher Sauna-Bund. A documentation of the lectures is planned.

Speakers participate in the congress free of charge. Travel expenses may be reimbursed after prior consultation with the organizers.

In addition to the lectures, the congress organizers offer the possibility of a poster presentation on the topics. The posters can be in English or German. It is possible that poster contributions will be included in the congress documentation. For this, the rights must be assigned to the organizer.

2. Topics for presentations and posters

Topic papers can be based on original works, surveys or reports. They should represent recent research results.

The following topics are offered:

Theme 1: Sauna and health

Effects of sauna on physiological and biochemical effects /Sauna and prevention /Sauna and epidemiology /Sauna effects on physiological defense processes /Sauna in certain phases of life /Sauna and sports

Theme 2: Ecological and technical challenges for sauna construction and operation

Sustainability in sauna construction and operation / Energy-saving heating and construction options / Climate-neutral concepts for public sauna facilities / Emissions in sauna construction.

Theme 3: Quo vadis, Sauna?

Market representations of public sauna baths / Studies on visitor behavior in public sauna baths / Investigations on bathing and service offers of public sauna baths / Studies on future orientation of the market of public sauna baths / Outstanding architectural or interior design of public sauna baths.

3. Registration of contributions until March 15, 2022

Contributions (lectures/posters) can be registered with the Deutscher Sauna-Bund at mail@isc-2022.com by March 15, 2022. Please submit an abstract of max. 2 pages.

4. Abstract

The abstract should include:

- Title of the article
- Content of the contribution
- Assignment to the thematic focus/topic area
- If applicable, indication of previous publications on the topic
- Name and contact details of authors/co-authors
- Short vita (max. 5 lines)
- Indication of the language of presentation
- Indication of use: lecture/poster

5. Selection of the contributions

The program committee of the organizer reviews the submitted contributions promptly after the submission deadline. It compiles an interesting, up-to-date congress program from the submitted contributions. At the beginning of April, those interested in presentations/posters will be notified.

If you have any questions, please contact:

Erik Abermit (member of the organizing team): mail@isc-2022.com