



Checklist for poster session speakers:

Obligatory elements:

- logo or a speaker photo (400 x 400 px, png or jpeg format) - circle
- speaker's photo (1000 x 1000 px, png or jpeg format) - square or circle (in case of co-presenters: multiple pictures)
- bio of the speaker/speakers (350 characters with spaces)
- name and surname of the speaker/speakers and their email address
- poster:
 - **size: 3840 x 2160 px** in the png or jpeg format (you can use the free tool: <https://www.canva.com/> to design the poster) **and a smaller version in 1192 x 670 px size**
 - you can use the abstract format:
 - in the form of research submission: INTRODUCTION - METHODS - RESULTS - DISCUSSION
 - in the form of practice or personal account: WHY IS THIS IMPORTANT? - WHAT DID YOU DO OR EXPERIENCE? - WHAT HAVE BEEN THE CHALLENGES? - WHAT HAVE BEEN THE BENEFITS? - WHAT DOES THE FUTURE HOLD?

Additional elements for the online platform:

- presentations in the PowerPoint format (you can use the Congress template: <https://docs.google.com/presentation/d/1vkn38HocL7nfOI8n4FF6EyPbvQHIVwYM/edit?usp=sharing&oid=112753355354714885868&rtpof=true&sd=true>). Please note you cannot edit the file, you would need to download the template.
- link to a video with your presentation or your speech on YouTube or Vimeo (it should be uploaded before to YouTube or Vimeo), which is **no longer than 3 minutes**.

Please note, you can also provide a second, longer video, **up to 10 minutes, if you are not presenting your poster onsite**

- other documents to download- up to 5 files already uploaded to another site (e.g. google drive)

You can use the poster templates in the Congress colours:

- NORMAL SIZE:
https://www.canva.com/design/DAFKbj2Gv14/eMPN8DUAzzjrrPovvkO1lw/view?utm_content=DAFKbj2Gv14&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview
- SMALL SIZE: https://www.canva.com/design/DAFKboLLq8E/7wEI0P-9DwelzvRXZvDk8Q/view?utm_content=DAFKboLLq8E&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview
- NORMAL SIZE: https://www.canva.com/design/DAFKbrhTLec/zAeUZ5k-W97VXXgaygwrBQ/view?utm_content=DAFKbrhTLec&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview
- SMALL SIZE:
https://www.canva.com/design/DAFKbsAzleI/INOnPWQ5avbQDJ62tWjpiQ/view?utm_content=DAFKbsAzleI&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview