

## e-Poster Guidelines:

- You may use PowerPoint that can be converted to PDF.
- e-Posters should be in these formats: PowerPoint, PDF or JPG.
- The e-Poster consists of one page only.
- In the submission process, you will be asked to list the logical reading sequence (or sections) of your poster (Title, Introduction, Aim, Methods, Results, Conclusion, Acknowledgements, etc.)
- We will transform your poster to a high resolution image 4000 pixel wide.

## Information specific to e poster

Once your poster is uploaded and processed by us, you will receive a notification by email within 1 week in order to review your ePoster before the Congress.

### Poster format:

Landscape format is highly recommended.

### Poster template files:

The image shows a poster template layout with the following sections and tips:

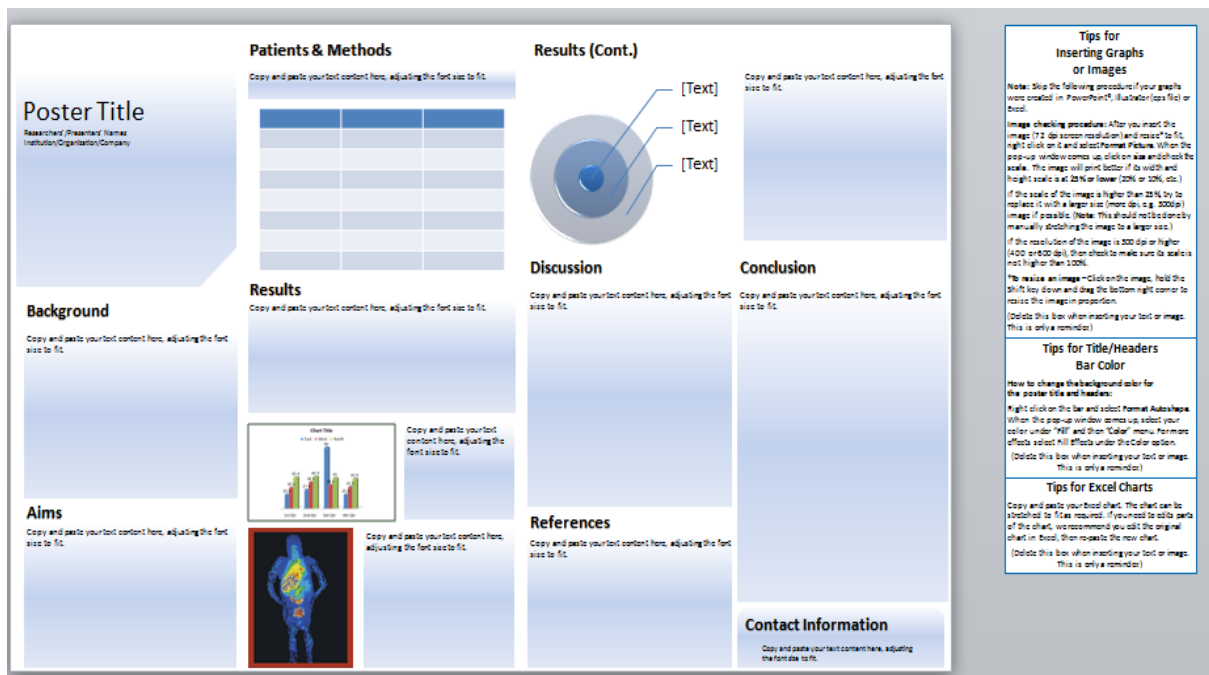
**Header:** Includes "Insert Congress Logo here", "Poster Title", and "Insert your Logos". Below the title is a line for "Researcher's /Presenter's Name" and "Institution/Organization/Company".

**Main Content Sections:**

- BACKGROUND:** A large text box with the instruction "Copy and paste your text content here, adjusting the font size to fit."
- OBJECTIVES:** A text box with the instruction "Copy and paste your text content here, adjusting the font size to fit."
- MATERIALS & METHODS:** A text box with the instruction "Copy and paste your text content here, adjusting the font size to fit."
- RESULTS:** Contains a "Table 1" placeholder, a bar chart titled "Chart Title" with data points (45, 55, 65, 75, 85, 95), and an anatomical diagram of a human torso. Each has a "Copy and paste your text content here, adjusting the font size to fit" instruction.
- SUMMARY:** A text box with the instruction "Copy and paste your text content here, adjusting the font size to fit."
- CONCLUSIONS:** A text box with the instruction "Copy and paste your text content here, adjusting the font size to fit."
- REFERENCES:** A text box with the instruction "Copy and paste your text content here, adjusting the font size to fit."

**Right Side Tips:**

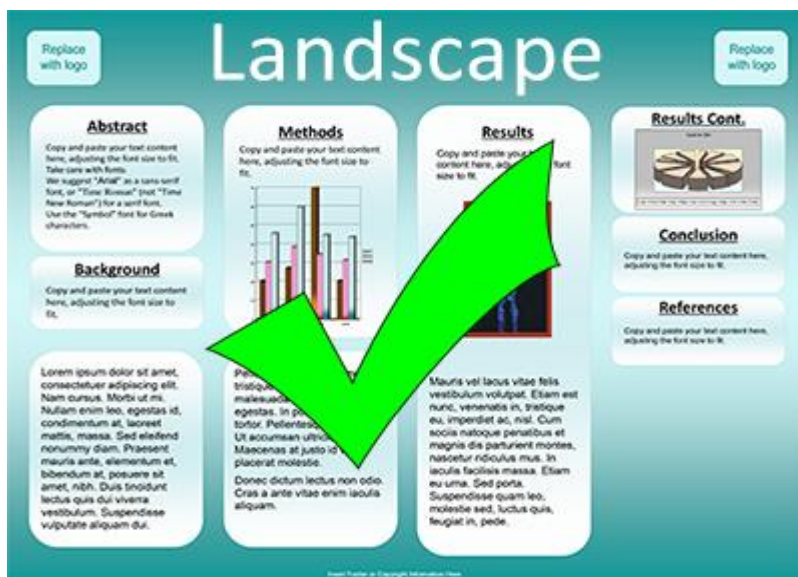
- Tips for Inserting Graphs or Images:**
  - Note: Skip the following procedure if your graphs were created in PowerPoint®, Illustrator (eps file) or Word.
  - Image checking procedure: After you insert the image (72 dpi screen resolution) and sized to fit, right click on it and select Format Picture. When the pop-up window comes up, click on size and check the scale. The image will print better if its width and height scale is at 100% or lower (20% or 50%, etc.)
  - If the scale of the image is higher than 25%, try to replace it with a larger size (more dpi) e.g. 300dpi image if possible. (Note: This should not be done by manually stretching the image to a larger size.)
  - If the resolution of the image is 300 dpi or higher (600 or 900 dpi), then check to make sure its scale is not higher than 100%.
  - To resize an image - Click on the image, hold the Shift key down and drag the bottom right corner to resize the image in proportion.
  - (Delete this box when inserting your text or image. This is only a reminder.)
- Tips for Title/Headers Bar Color:**
  - How to change the background color for the poster title and headers.
  - Right click on the bar and select Format AutoShape. When the pop-up window comes up, select your color under "Fill" and then "Color" menu. For more effects select Fill Effects under the Color option.
  - (Delete this box when inserting your text or image. This is only a reminder.)
- Tips for Excel Charts:**
  - Copy and paste your Excel chart. The chart can be stretched to fit as required. If you need to edit parts of the chart, we recommend you edit the original chart in Excel, then re-paste the new chart.
  - (Delete this box when inserting your text or image. This is only a reminder.)

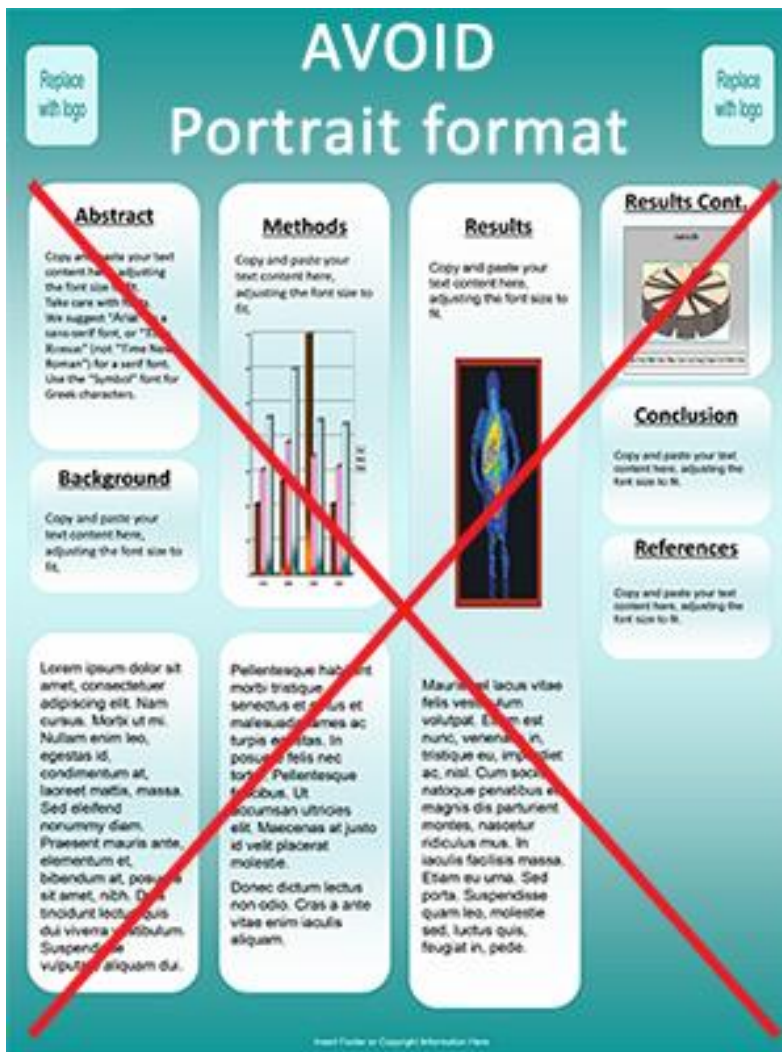


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## ePoster Format (For best viewing experience)





Make sure your poster file is in full Landscape format.

It is **strongly recommended** to use a size of 122 cm wide x 91 cm high, with a simple and clear typeface (Arial, Arial black, Calibri...) and regular text size not less than 28 for the body of the different sections (depending on the amount of data you will be adding and, of course, the design you are using).

Images/pictures or graphs, the suggested resolution is 300 dpi. To check that they appear correctly on the final/printed version, zoom in at 100% and check the images, pictures and graphs. It is better to use high quality images/graphs when creating the poster and then convert it to PDF (as PDF files can be compressed).

Provide clear labels or headings for each section of your presentation to avoid confusion.

## Color:

On light backgrounds (white, yellow, light blue) use dark fonts (black, navy blue, dark green).

On dark backgrounds (blue, purple) use light fonts (white, yellow, cyan etc.).

## Try to avoid:

Having a total file size that exceeds 10 MB (although our system will still accept it).

The use of red or green in fonts or backgrounds as they are colours that are difficult to read.

Full width section, it will be very difficult to read it when divided as a section, even zoomed in.

Don't stretch the images manually or it will lose quality once zoomed in.

**Try to be clear and concise with design and content.**

**Less is more**