

## **Create your e-poster with Microsoft PowerPoint or any other software and transfer to PDF or JPG**

These instructions are written for PowerPoint, but are applicable to any other software you may wish to use. Use PowerPoint 2003 or newer, and set the dimensions of your poster to: 71 cm width x 123 cm height, in vertical orientation.

- Number of pages (slides): one
- E-poster file size is a max of 10 MB
- Make sure your text and background have a large contrast
- Minimum suggested font size: 20 (16 for references)
- For embedded images .jpeg or .png file formats in a resolution of 72 or 96 dpi are preferred
- Do not use animated effects, animations or videos
- E-poster will be presented using Full HD resolution display in portrait orientation (1080 x 1920 pixels)

### **Moderated e-Poster**

The e-Posters can be accessed during the moderated poster session, using widescreen or multimedia board located in the general e-poster area. The poster presentation time will be 3 minutes and 2 minutes of discussion.

### **e-Poster**

The e-Posters can be accessed at any time during the 12<sup>th</sup> EFSMA Congress of Sports Medicine with no formal presentation time, and no formalised discussion time. The e-Posters (not moderated) will be made available at [www.efsm2023.com](http://www.efsm2023.com).

### **Important note**

The presenting or the first author must be registered and must pay the congress registration fees by **30<sup>th</sup> September 2023** to guarantee publication of their abstract in the Abstract Supplement of the 12<sup>th</sup> EFSMA Congress of Sports Medicine. The accepted e-Poster should be saved as a PDF or JPG file and should be submitted via [www.efsm2023.com](http://www.efsm2023.com) by **5<sup>th</sup> October 2023** using **Uploaded Files** button.