Tips for Creating Poster and Oral Presentation to the - 7th International Iberian Biophysics Congress

Even if you've done plenty of research/academic poster sessions before, some components will be quite different in the new online format. Here are a few tips for creating your poster in a way that's best suited for online presentation.

Recommended Software

Most people will be most comfortable with **Microsoft PowerPoint** or **Google Slides** for creating posters.

Basic Page Settings

Virtual Poster Session has no page size requirement, but we do have some suggested values. Whatever software you use, you should set the page size to a landscape orientation, with a recommended size of 90 cm high x 120 cm wide.

Legibility and Layout

To keep your text easy to read, try to maintain approximately 11 words per line on average. To control this, make columns narrower and use a larger text size. Make sure there is sufficient contrast between the text and background colors, and avoid the use of low-resolution screenshots and photos when higher-quality images or PDFs are available.

Some general guidelines based on the poster sizes we suggest above:

- The poster title should be readable "from 3m away" or in this case in the thumbnail.

- Use 32 pt font for all body text, and 48 pt for the section titles. These sizes should give you two columns on the suggested 90cm wide poster.

PDF Export to prepare for Upload

When you are done creating your poster, export it to PDF to ensure that all your content will be accessible to visitors even if they don't have the same software you used.

What to do if your Poster PDF file is too big?

It has a ~20Mb limit on uploaded posters. If your PDF is larger than that, it will not be accepted. The most common culprit of oversize files is the inclusion of full-resolution photos or other high-resolution images in your poster. Because the full image is embedded in the PDF despite your cropping and shrinking, many images can add up fast. Often a compressed image will do just fine.

Tips for preparing the 2-minute presentation of your poster

We recommend that you include your picture in the video.

You can use a cell phone (placed horizontally) or a video camera (Please, do not hold the camera in your hand, place it on a fixed placed such as a tripod)

Some more tips on how to prepare a video from power point may be found at the links below:

https://www.youtube.com/watch?v=D8JV3w4TOVw
https://www.youtube.com/playlist?list=PLXPr7gfUMmKw9OHjIS_KT79X9pZT6Obls
https://www.youtube.com/watch?v=V5v66rr5pmQ
https://www.youtube.com/watch?v=Dsy1LeQXMMg

Please, take into consideration that older versions of power point may work differently. For example, it is not possible to include your image in versions older than 2016. If that is the case, you may consider recording your presentation in zoom.

Note that the maximum duration of the presentation is 2:00 minutes. Longer presentations will be cut, please save us the work and save you the inconvenience. Thank you.

Do not try to explain all your work in only 2 minutes as you probably will not succeed. The objective of this presentation is to leave a flavor and motivate the participants to have a close look at your poster (which will be available to the participants during the congress) and to go to the dedicated zoom session where your poster will be discussed.

Tips for the poster discussion session

The posters will be organized in small groups and they will be discussed in dedicated zoom sessions during the posters allocated time in the congress program. During this time, you should be prepared to answer some questions that may be posed by other participants.

Thank you!