



5-8 September 2026

# Berlin ESPEN Congress

on Clinical Nutrition & Metabolism



## NUTRITION is the MISSION

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## GUIDELINES FOR SPEAKERS AND PRESENTERS OF THE MAIN CONGRESS PROGRAMME (Not applicable to the pre-congress LLL Courses)

### INSTRUCTIONS FOR SPEAKERS:

#### WHEN YOU ARRIVE AT THE CONGRESS CENTRE:

- Collect your registration material at the registration desk within the registration area
- Please upload your presentation to the Speakers' Preview Room a day before your presentation and **at the latest 2 hours before** the start of your presentation's session
- We encourage you to visit the Speakers' Preview Room as early as possible to receive further instructions and to avoid any last-minute challenges
- A technician will be available at the Speakers' Preview Room and in the main session rooms to help when needed
- If you have any questions, please contact a staff member at the Speakers' Preview Room

#### AT THE TIME OF YOUR PRESENTATION:

- Please be certain that the length of your presentation remains within the allocated time and leaves enough time for questions from the audience. Session moderators are instructed to stop presentations, which exceed their allocated time
- Please be available at your room door at least **10 minutes before the start of your session**
- Staff will be available in the room to provide assistance as needed

### SPEAKERS PREVIEW ROOM OPENING HOURS

The speakers preview room is located in Room III on the ground floor and is open during the following times:

Saturday, 05 September 2026	10:00 - 19:30
Sunday, 06 September 2026	07:30 - 19:00
Monday, 07 September 2026	07:30 - 17:30
Tuesday, 08 September 2026	08:00 - 11:30

*\*Hours are subject to change*

### AUDIOVISUAL EQUIPMENT

The session room is equipped with:

- Data projector for PowerPoint™ presentations (only single projection available)
- Laptop (no Macintosh™) equipped with MS PowerPoint
- Microphones

### POWERPOINT

- Use Microsoft PowerPoint™
- Video files must be embedded in your PowerPoint™ presentation. External/unembedded video files must be named with the presenter's name and slide number
- It is recommended that the embedded video is .mp4 encoded in h264 and does not exceed 1920x1080 pixels and 60 frames per second

- Please use **screen resolution 16:9 in landscape format** otherwise we will not be able to display your presentation (you will find instructions at the end of the document on how to prepare your presentation in 16:9 landscape format)
- Do not forget to add a slide with your Conflict of Interest(s) at the beginning. Clearly state “No conflicts to declare” if you have none
- Please bring a USB stick with your presentation (Microsoft PowerPoint™) to the technician at the Speakers Preview Room **at least 2 hours before the start of the session (in the evening for sessions of the following day in the morning)** during which you will give your presentation
- When you use PowerPoint™ always use the option: ‘Font TrueType’.
- If you use a Mac/Macintosh™, computer, save your presentation on a PC format
- **Keynote presentations (Mac/Macintosh™ hardware) are not compatible** and cannot be used!
- Presenter view is available upon request

## GENERAL GUIDELINES AND RECOMMENDATIONS

### PREPARATION RECOMMENDATIONS:

- Plan your presentation carefully
- Co-ordinate each phase of your lecture with your PowerPoint™ slides
- Number the notes sheets at the bottom of the page, and have them in the correct order and position
- Avoid unfamiliar abbreviations or expressions
- Avoid italics, underlining, or all-capital text
- Optimise the visual simplicity of your slides – use less words and avoid full sentences
- Use dyslexia-friendly fonts (Arial, Lexend, or Verdana) in at least 12pt size
- Ensure slides are visually simple—no more than 6 lines of text per slide
- Use high-contrast colour schemes (e.g., dark blue text on pale cream backgrounds) for clarity
- Leave out any text that you do not plan to discuss
- Use several slides to cover a detailed topic that cannot be logically included on only one slide
- If you must refer to one slide on several occasions during your presentation, use duplicates instead of trying to return to the original
- To coin a phrase, graphs and visuals often speak louder than words

### THREE EFFECTIVE PRESENTATION RULES:

1. Introduce your topic and inform your audience what you intend to present
2. Deliver your talk, including the methods, results, and conclusions
3. Summarise for your audience the most important points of your lecture

**Note:** *The sessions will not have any simultaneous interpretation. Please be aware that some participants may not speak your language as their mother tongue. For that reason, please remember to speak slowly and clearly.*

### DELIVERY TIPS:

- Bring a text prepared specifically for the oral presentation
- Find time before sessions begin to familiarise yourself with the operation of the podium and location of the equipment Conference staff will be available to assist you
- Give the technician any special instructions you may have before, not during the talk
- Be careful to speak in accordance with your slide sequence, please discuss the material as written on the slide
- Use a laser pointer to guide the audience. Do not wave the pointer around the slide
- Remember to speak slowly and clearly
- Please stay within the time limit allocated for your presentation

**Note:** *Sessions are programmed for 60 - 90 minutes, divided by the number of presenters, and allowing time for discussion. We strongly urge you to allow time for questions and comments*

## HOW TO PREPARE YOUR PRESENTATION

You will need to prepare your presentation on the **ESPEN 2026 Congress Official PowerPoint Template** (16:9 format). You may download this PowerPoint template [here](#).