

Collaborate, Adapt, and Innovate  
Collaborer, s'adapter et innover

June 24 – 27 juin 2021

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21

**COS ANNUAL MEETING AND EXHIBITION**  
**CONGRÈS ANNUEL ET EXPOSITION DE LA SCO**



## EPOSTER AND SURGICAL VIDEO GUIDELINES 2021 COS ANNUAL MEETING

The deadline to upload your ePoster or Surgical Video for the 2021 COS Annual Meeting is:  
**Monday, June 21, 2021**

### DESIGN AND UPLOAD INFORMATION

All first authors of accepted ePosters and Surgical Videos have received a unique upload link by email from Yourconference.Live. If you have not received these details by **April 9**, please contact the COS at [presentations@yourconference.live](mailto:presentations@yourconference.live)

#### EPOSTERS

All accepted posters will be presented as electronic poster presentations (ePosters). We request that you please submit your poster electronically in a single PowerPoint slide format to [www.yourconference.live/COS/uploads](http://www.yourconference.live/COS/uploads). The upload site will be open as of April 2, 2021 and all submissions must be completed by **Monday, June 21**.

#### SURGICAL VIDEOS

All surgical videos must be submitted digitally in advance of the meeting to our hosting site, [www.yourconference.live/COS/uploads](http://www.yourconference.live/COS/uploads). Video content cannot be modified from the version submitted during abstract submissions. **Prior to uploading your video, please add an introductory screen to your file. This can be a cover image or a play button.**

#### UPLOAD SPECS

	Digital poster <u>without</u> a video	Digital poster <u>including</u> a video and surgical videos
File format	PowerPoint (.pptx)	.mp4, .mpg, .mov, .avi
Orientation	Landscape format	Landscape format
Dimensions in pixels	1920 width x 1080 height	1920 width x 1080 height
Dimensions in cm	54,2 width x 38,1 height	54,2 width x 38,1 height
Recommended font size	Minimum 16 points	Minimum 16 points
Sound	No sound supported	Sound supported
Maximum file size	40 MB	100 MB
Number of videos	–	1 video

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### POSTER DESIGN

Strong posters focus on communicability, scientific communication and scientific merit/value. Keep the following items in mind when designing your poster:

- Title and author names are easily identifiable
- Research question, background, methods, results, discussion and conclusion are relevant, logical and linked to one another
- Innovative research, rigorous methods and conclusions supported by results
- Engaging, clear and eye-catching poster design
- Formatting is appropriate and logical; graph and tables are clear and easily visible
- Clear information that can be read in 3-4 minutes