



REGISTRATION/PARTICIPATION RULES FOR STRESS CONGRESS 2026

- hybrid edition -

1. **A participant in the Stress Congress is defined as** a professional who has purchased a participation ticket in accordance with their professional category — Specialist Doctor/Resident/Retired, Student/Other Categories, Medical Assistant, Psychologist, etc.
2. **RULES FOR IN-PERSON ATTENDANCE AND WATCHING THE ONLINE BROADCAST OF STRESS CONGRESS 2026**

To watch the online broadcast of the Stress Congress, participants will be informed via email of the login details for the platform one day before the event.

Please note! In order to receive the certificate with EMC credits, it is necessary and mandatory for each participant to be logged in every day, for each session, throughout the duration of the congress, in accordance with the credit requirements of the professional organisations to which each healthcare professional belongs—C.M.R./O.A.M.G.M.A.M.R. For participants attending in person, they must be present in the event hall for the entire duration of the congress.

EMC credit certificates cannot be issued to participants who have not completed the fields required by the professional organisations for credit purposes during registration (e.g. CUIM, certificate number, etc.).

Tickets are non-transferable. The event can be viewed online on a single device;

However, you may transfer your ticket to another person, provided you notify us of all the necessary details required at the time of registration, so that the person in question can be validated for the issue of EMC certificates, before 1 October this year;

Following the event, based on participants' logins and the time spent watching the Congress, the streaming platform generates attendance reports which will be submitted to the professional associations; EMC certificates will be issued on the basis of these reports. Payment for a participation ticket does not guarantee receipt of an EMC certificate! Should the specific requirements set by the professional organisations for the event to be accredited, we will not be able to issue EMC certificates!

Please note!

EMC certificates are not awarded to students, pharmacists or psychologists.

Retired doctors and/or residents wishing to receive an EMC certificate must complete the CUIM form upon registration; otherwise, the EMC certificate cannot be issued.

3. The participation fee includes:

- Pre- and post-event newsletters;
- Access to scientific sessions throughout the Stress Congress 2026 (7–8 October);
- Credits awarded in accordance with the decision of each professional association, namely: the Romanian College of Physicians, the Order of General Medical Assistants, Midwives and Medical Assistants of Romania/O.A.M.G.M.A.M.R – Bucharest Branch;
- A certificate of attendance, in the case of students and participants from other professions for which professional credits are not awarded, other than doctors and nurses;
- Certificate of attendance with electronic certification of the relevant credits, for event participants belonging to professional categories for which credits are awarded in accordance with the regulations in force of the professional associations (doctor, nurse);
- Post-event access to recordings from the congress on the website www.stresscongress.org;
- For participants opting to attend the Stress Congress 2026 online, the event will be streamed live — Each participant will receive a link, which will remain active until 9 October 2026;
- Participants who have opted for in-person attendance will be granted access to the event venue and will have access to the coffee breaks and lunches scheduled in the programme.

Stress Congress 2026, the 9th edition, is a national event with international participation, aimed at doctors from various specialities, residents, students, psychologists and nursing staff. The congress takes an interdisciplinary approach to stress-related pathology, cerebral and cardiovascular longevity, and personalised preventive medicine.

This year's edition will take place at the Constanța Casino from 7 to 8 October 2026, in a hybrid format (in-person and online), under the auspices of the “Carol Davila” University of Medicine and Pharmacy Bucharest, and is organised by the “Ana Aslan International” Foundation, in collaboration with “Ovidius” University in Constanta and the Geneva College of Longevity Science (GCLS).