

Poster Presentation Instructions

Prepare a visually engaging and informative poster for conferences and scholarly dissemination



Essential checklist for a clear and professional research poster presentation.

To create and present an effective research poster, design a visually engaging summary that highlights your key findings, with visual elements guiding viewers and leaving space for oral explanation during the session; avoid simply enlarging your manuscript, as this is the least impactful format.

Essential Poster Components

- **Header:** Place the paper title and all author names/affiliations prominently at the top.
- **Sections*** (detailed instructions below): Organize with a clear sequence—brief introduction, goals, experimental details, conclusions, and references.
- **Visuals:** Explain each graph, image, and table with concise captions or notes to ensure clarity.

*Sections

Each section of a research poster plays a specific role in ensuring that information is logically presented and easily understood by viewers.

Introduction

- Clearly state the research topic, context, and rationale.
- Briefly explain the background and why the project is important.

Goals

- Outline the main objectives and what the research intends to achieve (why it is needed and what makes it novel).
- Present specific questions or hypotheses guiding the study.

Experimental Details

- Summarize the methods or procedures used to conduct the research.
- Include flowcharts or figures to illustrate the approach where possible.
- Describe materials, techniques, and key variables succinctly.

Conclusions

- Highlight the major findings and their significance.
- Discuss broader implications and possible future directions.
- Keep the summary concise, avoiding unnecessary detail.

References

- Cite essential sources supporting the methodology, findings, or concepts.
- Use a small, readable reference list at the bottom of the poster.

Each section **should be visually distinct**, organized in columns or logical blocks, and accompanied by charts, images, or tables with clear explanations and legends for clarity.

Digital Preparation (e-poster)

Stress Congress 2026 uses a digital e-poster format only. Prepare your poster in widescreen (16:9) format for display on the large screens at Cazino Constanța, and bring it on a USB stick. The table below outlines the key design points to follow.

Poster Design Guidelines: Large Screen (e-poster)

Feature	Large Screen Poster
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Size / Format	16:9 aspect ratio (landscape); Full HD (1920×1080 px) minimum, 4K (3840×2160 px) ideal
Font Sizes	Title 80–100 pt; Authors 50–70 pt; Body ≥ 32 pt
Font Style	Bold, sans-serif; avoid thin or decorative fonts; readable at 3–10 m
Color & Contrast	High-contrast colours; avoid subtle gradients and red-green pairings
Readability	Use bullet points and short text; large, central visuals (figures, charts, images)
Additional Features	QR codes strongly recommended for full paper/data; animations allowed if supported
File Format	Widescreen PDF, PNG, JPEG, or PowerPoint (kiosk/loop mode if animation is used)
Viewing Distance	Designed for 3–10 m distance (audience viewing from afar)