

ESPN Congress 2024 Valencia - Guidance for 3-minute pitch (3MP) presentations

Building on the success of the ESPN Congress 2023, we will continue to offer authors the opportunity to present 3MP in 2024 to highlight their research. The goal of these presentations is to engage the audience by emphasizing the key findings of well-conducted studies and to provide more individuals with the chance to present on stage. You can find below the exact timing of your presentation:

Please find [here](#) the link to the full program.

The 3MP presentations will be organised as follows:

- 3MP will be integrated into the general conference program (e.g. as part of symposia with invited speaker or during Free Communication sessions) to ensure good attendance and interaction between junior and senior ESPN members.
- Presenters will have 3 minutes to present their work and will be limited to a maximum of 4 slides including the title slide.
- There will be 2-min time for questions after each presentation.
- Strict adherence to time limitations and schedule will be mandatory. The session Chairs will be stopping people who run over time.
- All the 3MPs in a session will be compiled into one folder to save time in transitioning between speakers.
- Please be present in the front of the meeting room 5 min before your presentation for not losing time when your talk is announced.

Tips for designing and delivering a successful 3MP presentation:

- Focus on engaging the audience and making the presentation clear, concise, and relevant.
- Don't put too much information on the slides, it makes it very difficult to read and interpret them and the audience may dis-engage.
- Consider using graphical results, pictures, or diagrams with a focus on the primary finding using relevant graphs/figures.
- Balance the parts of your presentation (introduction, methods, results, and conclusion):
- Clearly introduce the aim of your research
- Focus on presenting key results
- Present a clear conclusion
- Where appropriate, mention the clinical utility of your lab study
- Where appropriate, mention the future directions (or next steps) of the project
- Carefully review each piece of information in your presentation. If you can remove it without changing your primary message – consider removing.
- Practice your presentation with strict timings.
- Don't spend time thanking all your colleagues and collaborators at the end, focus on delivering your scientific and clinical message

We look forward to welcoming you and hearing your presentations at ESPN 2024 in Valencia!

On Behalf of the ESPN 2024 Organising Committee



Elena Levchenko

Scientific Chair



Gema Ariceta

Chair of the local organizing
committee



Dieter Haffner

ESPN President