

Dear Conference Participant,

We are very excited to open the 6th International Congress of Exercise and Sport Sciences next week!

The Congress will be accessible via the **Congress Application**. To access the application, please login to your personal account in the above link.

(It is recommended to use Chrome or Explorer browsers. Safari is not recommended for this application).

When you enter the app, you will find the following buttons:



Participants can always return to the buttons by clicking on the icon of the home at the top right hand corner of the screen:



If at any time a problem with the broadcasting arises, you can click on the personal profile icon at the top right hand corner of the screen and then click on Reload App:

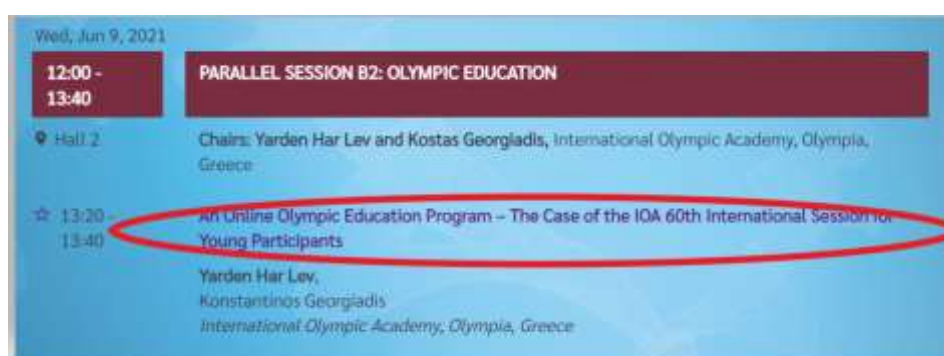


Program – click on this button to see the full conference program. In the program you will see the sessions offered, times and virtual halls in which they take place.

Click on the Wed/Thurs/Fri at the top of the screen to choose the agenda of that day. Enter keywords (name, lecture, word) and enter to find it in the program.



Click on the title of a lecture to open the abstract.



Halls – Click on the Halls button and you will be able to enter the hall of your choice. Click the hall number where the session you want to view is taking place.

Halls 1-5: Scientific sessions take place in Halls 1-5. Check the program to find out which hall the session you are interested in viewing is taking place

Hall 1: All keynote lectures take place in Hall 1

Viewers can ask the speakers questions or post comments throughout the session. We encourage viewers' active communication and dialogue in this format.

Speakers will not see or hear viewers, but will see their questions and comments and will be able to respond to them.



You may watch a session in full-screen mode by clicking at the square in the bottom right-hand corner:



Activity Break Hall: In between scientific sessions, active breaks will be guided by the Academic College at Wingate staff. **We invite you to participate!** When you enter the Activity Break Hall, click on the camera at the top right corner.



E-Poster – Click on the E-Poster button to view the posters. During the live E-Poster Sessions (Wed. and Thurs at 17:30-18:30), you can click on a poster and enter the 'poster room' to communicate with the presenter. You may write questions to the presenter. The presenter can read the questions and answer them live on camera. (That is, participants can see and hear the presenter. The presenter will not be able to see viewers, but can respond to their questions).

Speakers – Click on this button to view information on the speakers who will present at the conference.

Participants – Click on this button to view information about the participants in the conference.

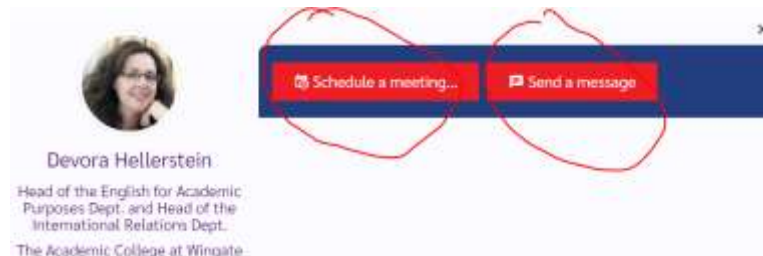
You can search for a specific participant by entering his/her name and clicking on Find at the top of the page.



You can invite a participant to meet with you for a conversation, or send him/her a message.

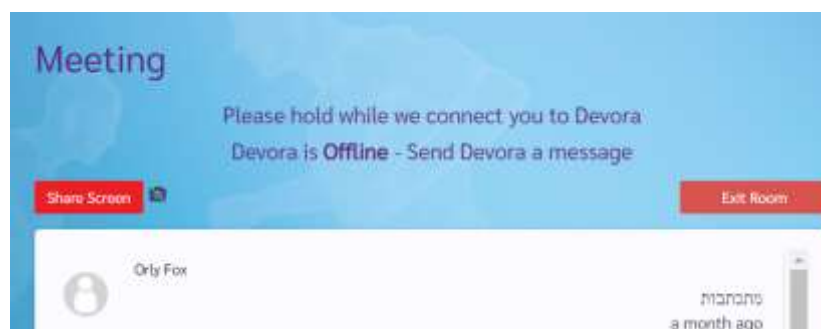
Click on the name of the participant.

Then click on Schedule a Meeting or Send a Message



After clicking on Schedule a Meeting, click on 'Meet Now' to invite the participant to a conversation. Your computer will check that your camera and microphone are working and will then allow you and the participant to see each other and speak to one another.

Notice, at the top, you can share a screen, turn off your camera, or exit the room. You can also type a message and send it.



Messages – If a message has been sent to you, you will find in the Messages button.

My Profile – Click on this button to add a photo, Bio note, and social links so that other participants can learn about you

Wall – Click on this button to share your ideas, thoughts, documents or photos. We request that all messages are appropriate. (Any inappropriate materials will be removed and the person posting inappropriate posts will be blocked.)



Type your message and click on Send to post it.

Click on the icon of the camera to choose a document or picture to share from your computer.

Bird's Eye View – the program from a Bird's Eye View can be accessed here.

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