

**The International 23<sup>rd</sup> Puijo Symposium**  
**“PHYSICAL EXERCISE FOR HEALTH PROMOTION AND MEDICAL CARE –**  
**TRANSLATION OF RESEARCH EVIDENCE TO EVERYDAY PRACTISE”**

**INSTRUCTIONS FOR THE POSTERS:**

**RALPH S. PAFFENBARGER JR. POSTER COMPETITION**

Participants of The Puijo Symposium are invited to compete for The Ralph S. Paffenbarger Jr. Poster Award. Each poster presentation will be eligible.

Posters are running as a non-stop presentation on screen size 42" (aspect ratio 16:9). *Please notice, that layouts in landscape orientation work best on screen!* Posters should be sent to [puijo.symposium@kultu.fi](mailto:puijo.symposium@kultu.fi) as a good quality JPG file no later than February 28, 2022. The organizers will enlarge on your abstract (A4 size), which will be placed on the tables next to the screen. Posters will be also published on our website [www.puijosymposium.org](http://www.puijosymposium.org).

**Poster session at Old Harbour**

The poster will be presented orally on Tuesday June 28<sup>th</sup> at Old Harbour Restaurant. Each presentation has total of 4 minutes presentation time. The running order can be seen at congress venue on Tuesday morning.

Three finalists will have also an 15 minutes oral presentation at the symposium on Wednesday June 29<sup>th</sup>. They will be informed of the outcome of the review process by May 31<sup>st</sup>, 2022.

**MARTTI J. KARVONEN YOUNG INVESTIGATOR AWARD**

Young scientists are encouraged to compete for the 10th Martti J. Karvonen Young Investigator Award. Investigators aged 40 years or less, and who hold an academic (or comparable) rank below associate professor are eligible.

Applicants need to send to The Puijo Symposium Secretariat:

- \* a curriculum vitae
- \* an abstract
- \* a short manuscript, (max. 1500 words including tables, figures and references) in electronic format

The applications (CV and a short manuscript) for the Award has to be submitted by February 28<sup>th</sup>, 2022 in electronically to [puijo.symposium@kultu.fi](mailto:puijo.symposium@kultu.fi)

Three finalists will be informed of the outcome of the review process by May 31<sup>st</sup>, 2022. Please note, these three presentations selected for the final will not be eligible to The Ralph S. Paffenbarger Jr. Poster Award. Finalists will have an oral presentation on Wednesday June 29<sup>th</sup>.

**There won't be traditional poster exhibition on Symposium – paper posters will be not needed.**