

How to make the most out of EHPS

all you need to know before, during and after the conference



EHPS 101

The European Health Psychology Society

- **Goal:** Promote empirical and theoretical research in and applications of health psychology within Europe & exchange of information throughout the world

Activities of EHPS

- Annual Conference
- Grants
- Special Interest Groups
- Subdivisions: CREATE & Synergy
- Collaborations
- Mentoring Program
- Awards & Fellowships
- Journals

Special Interest Groups (SIGs)

Existing Groups

- Equity, Global Health and Sustainability
- Women's Health
- Open Science
- Digital Health and Computer-Tailoring
- Habit: Theory and Application

Activities

- Webinars / Workshops
- Symposia / Roundtables
- Collaboration
- Collecting resources
- Awards (e.g. Open Science SIG)

Subdivisions

CREATE

- Early Career Researchers

Synergy

- Mid-to-late Career Researchers

Networking & Collaboration

Pre-conference workshop / meeting

Grants

Meet The Experts

Webinars

Synergy Winter
Meeting

Conference-related information

Conference Program - Timeline

- Differs between years
- CREATE workshop and synergy meeting usually two days before scientific sessions begin
- Other workshops one day before conference begins

Conference Program –kinds of sessions

- Poster Sessions (90min)
- Oral Presentations (10min)
- Give me 5 minutes (5min)
- ECR Spotlight Talks (5min)
- Symposia (60 or 90min)
- Roundtable and discussions (60min)
- Lab Series (60 min)
- State-of-the-art presentation (45min)
- Keynotes (60min)
- SIG sessions (60min)

Conference Program – what to attend

- Go to sessions that either
 - Match your research well
 - Match research you would like to do well
 - Genuinely interests you
- Do not plan to go to a session in every time slot of any given day!

Networking at EHPS

- EHPS is a great place to meet people and network

Find out about people by...

- Being familiar with their work
- Checking the conference program
- Talks you attend
- Via social media

Get in touch via...

- Email
- Social media
- Approach them during the conference

Meet...

- At the conference
- Or later online
- Some meetings can be emails
😊

Follow-up via...

- Social media / Email
- Follow-up meetings, ...

- Tip: Do not only approach senior researchers!

Informal socializing at EHPS

- Active socializing in the evenings
 - Official events: Welcome Reception and Conference Dinner
 - Local organizing team usually provides recommendations on the conference website
 - WhatsApp groups for Nightlife and Daylife talk open shortly before conference start: <https://hpss.one/whatsapp-and-signal.html> (or invite other members to invite you)
 - Do not be worried about joining / starting meetings!



Good to know: Dress code

- EHPS is a very casual conference – jeans, tshirts & sneakers are ok! Wear what you feel most comfortable in!
- If you are feeling unsure, check last years photos and videos: <https://2023.ehps.net/photos-and-videos/>



Good to know: Food

- Food/drinks are provided during two coffee breaks and lunch break
- Food is provided at the conference dinner (you need to pay separately for this!)
- Availability of / clarity about foods without specific allergens differs according to venue



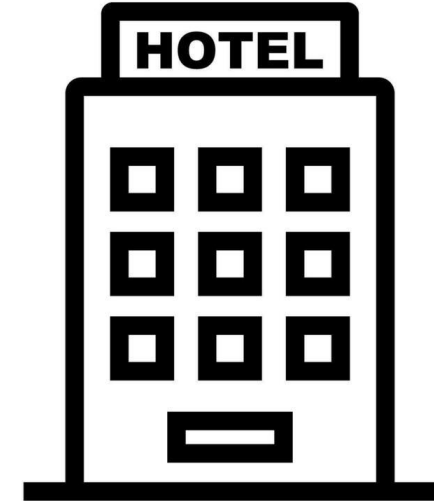
Good to know: What else do I need?

- Bring something to take some notes (a phone can suffice for this, but you do you)
- A reusable water bottle is always a good idea!
- What do I **not** need:
 - Laptop not needed at conference venue
 - Conference program available online – not necessary to bring a physical version
 - Business cards are not common at EHPS



Good to know: Booking accomodation and travel

- Good idea to book sufficiently in advance
- Recommendations from conference can be found on the website
 - AirBnB or hotel rooms can often be booked for a lot cheaper
 - Think about whether you want to be close to the venue or close to the city centre
- Travel is often available at a reduced fee
 - <https://2024.ehps.net/travel-info/>



How to stay in touch?

- <https://ehps.net/create/>
- **Twitter:** @EHPSCreators
- **Mailing list:** <https://bit.ly/creators>
- **Bluesky:** @ehpscreators.bsky.social
- **WhatsApp group:** sign up [here](#)
- **LinkedIn:** [EHPSCreators](#)