

EFP 2026 Participant Guide

1. General Information and Code of Conduct

Welcome and Essential Logistics

Welcome to EFP 2026 at the Maison des Sciences de l'Homme de Montpellier (MSH-M).

Item	Detail
Locations	<p>MSH-M Sud: Site Saint Charles 2 - 1er étage 71 rue du Professeur Henri Serre 34090 Montpellier For conferences (Auditorium, Panathénées room, Kouros room)</p> <p>Institut de Botanique de Montpellier 163 rue Auguste Broussonnet 34090 Montpellier For registration, coffee breaks and lunch breaks (Botany lecture hall, Ideon room)</p> <p>EDI evenings: Broc café 2 Boulevard Henri IV, 34000 Montpellier 10 min walk from the conference venue, or 7 min by public transport (bus 6 direction Euromedecine, stop at “Peyrou-Arc de Triomphe”)</p> <p>Gala dinner: Restaurant Faune 13 Rue de la République 34000 Montpellier 20min walk from the conference location, or 12 min by public transport (tram 1, direction Gare Sud France, stop at “Gare St Roch République”)</p>
Wi-Fi	A unique ID will be provided to you upon desk registration. Eduroam is also available.
Emergencies	European emergency phone number: 112
Attire	Generally, casual or smart casual. Always carry a warmer layer (light jacket or scarf), as conference venues can be very cold due to air conditioning. Make sure your shoes are comfortable.

Code of Conduct and Safety

The Code of Conduct (<https://www.alphavisa.com/efp/2026/conduct.php>) applies to all participants of the conference, including registered attendees, staff, guests, volunteers, and trainers. It is designed to foster a safe and welcoming environment for all.

- **Expected Standards:** Participants are expected to engage in respectful and constructive dialogue and refrain from any form of discrimination, harassment, microaggression, or inappropriate behavior. You must respect the cultural norms and legal regulations of France and Montpellier.
- **Prohibited Behaviors:** Prohibited behaviors include any form of harassment (physical, verbal, or online, such as unwanted sexual attention or stalking) and discrimination against individuals for any reason.
- **Enforcement:** The organizing committee reserves the right to take appropriate action against individuals who violate this Code of Conduct. This may include removal from the conference without refund, notification of the individual's home institution, or reporting to local authorities.
- **Support & Reporting:** EDI-group members will be available throughout the conference to address any concerns related to participant welfare. These members will be identified by distinct items (these will be presented during the welcome introduction). They will ensure a safe and confidential space to meet with you. Concerns can also be filled on this anonymous reporting form: https://docs.google.com/forms/d/e/1FAIpQLSckkP2mVX_60SvVCNKWZiRoAyEFBrqwFL0D-ywzIPVO7r2S9g/viewform
- The support team can offer follow-up actions and, if necessary, pursue further steps; however, any such action will only be taken at the request of the person who experienced the unwanted behavior.

2. EDI Commitments (Equity, Diversity, and Inclusion)

Family Support and Parenthood

To ensure equitable participation, we provide resources specifically designed to support parents and caregivers.

- **Professional Childcare Service (Supervised Daycare):** Childcare is available for parents who have registered for this service.
- **Nursing and Changing Room:** A private room (Caryatide room, MSH Sud) will be available throughout the event for nursing, feeding, and nappy changing. It will have a screen live-streaming the sessions taking place in the main lecture theatre (all plenaries and lightning talks, and one of four parallel sessions). Please note that all children will still need to be accompanied by a caregiver in this room.
- **Live-Stream Session Room:** This room, located at the Institut de Botanique, will live-stream plenary and flash talk sessions from the Auditorium.

Accessibility and Linguistic Inclusion

- Accommodations: Reserved seats (closer to the stage) are available for attendees with vision or hearing disabilities, or who have another reason to need to be at the front.
- Hidden Disabilities: The hidden disabilities sunflower lanyard is an increasingly recognized symbol for conveying a non-visible disability.
- Presentation Support: If you are struggling with language barriers, reach out to the EDI committee (contact: edi4efp@gmail.com) ahead of time to get advice or help with slide translations (see also <https://www.alphavisa.com/efp/2026/language-accessibility.php>).

Human Linguistic and Cultural Support

Members of our EDI team are available to offer logistical, cultural, or emergency support in your native language. They will be identified with specific items (these will be presented during the welcome introduction on Tuesday)

Inclusive Community and Networking

- Official Digital Forum (Discord): Join our official Discord server to connect with fellow attendees, speakers, and organizers before, during, and after the conference.
 - Join Now: <https://discord.gg/W7UK5hcQCE>
 - Coordination Channels: Channels are available to organize lunches, tours, and share transportation or accommodation.
 - Code of Conduct: All participants are expected to communicate respectfully and inclusively. Harassment, discrimination, hate speech, or offensive language of any kind will not be tolerated. Please be mindful of tone, avoid personal attacks, and respect differing viewpoints. The use of inclusive and professional language is expected at all times. Any concerns can be reported to the EDI support team.
- Neurodiversity and Wellness: Participants needing a break from the conference can enjoy the CROUS cafeteria at MSH-SUD, as well as the lovely outdoor space “Cour des Incurables” at MSH-Sud.

3. Tips for First-timers and Academic Practice

Before You Arrive: Planning and Goals

Having a good conference experience starts before you arrive. Read the conference schedule carefully and plan where and when you want to be.

- Financing and Documents: Remember that conferences are expensive once you add up registration, accommodation, and travel. Check if you need visas or vaccinations. Actively look for scholarships and additional funding.

- **Define Your Goal:** Ask yourself what you want out of the conference. Are you looking to increase your knowledge or skills in a particular topic? If so, focus on sessions with the most direct association with that subject area. Are you looking for new connections, potential supervisors, or collaborators? If so, spend time in networking areas (e.g., coffee break and lunch areas)
- **Health and Sustenance:** Get enough food and sleep. Do not skip meals and assume you will function on endless coffee. Carry snacks and reusable water bottles. Mental health is often overlooked at conferences but is increasingly a topic of discussion.
- **Dietary Needs:** Lunch is included in the registration and will be vegetarian. Most diet requirements should be catered for; you should be able to note your preferences when registering. If you do not drink alcohol, there should always be alternatives on offer.
- **Avoid Burnout:** Do not feel you need to attend everything, including the evening networking. This will leave you physically and mentally exhausted.
- **Travelling Alone?** If you are travelling alone or in a small group, do not yet have accommodation, and would like to share costs, please use the designated coordination channel on Discord to connect with other attendees in a similar situation and arrange shared accommodation.
- **What to Wear:** Always carry a warmer layer (light jacket or scarf), as some conference venues can be very cold due to the air conditioning. Dress with respect, considering the societal norms of the country and the weather. Make sure you are comfortable, especially your shoes.

During the Conference: Action and Well-being

While you have prepared for your health needs, remember to manage your well-being during the event:

- **Breaks and Quiet Spaces:** Take breaks whenever you need to. The Efp conference offers quiet rooms for a bit of downtime and parent rooms. Ask one of the organizers for help if you need to use these spaces. Otherwise, simply stepping outside of the venue can help you get some fresh air.
- **Evening Events:** The Gala Dinner is not black tie, although getting dressed up can be fun. Remember you may reach the venue early and leave late, without a chance to return to your accommodation to change.

Networking and Q&A (In-The-Room Actions)

- **Prioritize Casual Events:** The Welcome/Ice-breaker event on Monday is an easy place to start networking. These events are casual, and if there are games or structured activities, you can use them as conversation starters. Note that the EDI committee is also organizing two networking events: one on Tuesday evening for Early-Career Researchers (ECRs) aiming to find conference buddies, one on Wednesday evening for official networking.

- Low-Pressure Strategy (Observing): If you are shy or overwhelmed, look for people who seem to be alone. They will probably really appreciate you saying hello. If they already have connections in the room, they will be able to introduce you.
- The Common Ground: Remember that everyone has the topic of the conference in common. Use this as a simple, no-pressure conversation starter (e.g., "What did you think of the last talk?").
- Networking Alternatives: If the crowded setting is overwhelming, remember that some people simply do not enjoy the networking setting. You can make your connections differently: online (via Discord) or in one-to-one, quieter meetings.
- Use the Lines: Use the queue for coffee or lunch as an opportunity for spontaneous conversations.
- Set Targets: Set yourself an achievable target, such as speaking to three people on the first day. You do not have to stay for the entire networking session if you do not want to.
- Secure the Connection: If a conversation is promising, ensure you exchange contact details immediately to facilitate post-conference follow-up.
- Appointments: If someone you need to speak to is busy, ask to make an appointment for a later time. Remember that some people may leave early, so do not wait until it is too late to talk with them.
- Exit Lines: Have your exit lines ready. If you find yourself trapped with someone, gently say, "It's been great talking to you, but I have to leave for a meeting/coffee/meet up with someone. See you again."
- Q&A Language Support: If you are not comfortable asking/answering questions in English, feel free to ask the audience for help; someone can translate or rephrase your question/answers. You are welcome to ask speakers to slow down or repeat phrases if needed.

Presentations and Posters

- Practice: Try to make sure your presentation is ready well before you travel, so you can practice plenty of times.
- Time Management: Stick strictly to the allocated time (e.g., 12 mins presentation / 3 mins questions). Sticking to time means we can have time for good questions.
- Slide Language: If you are struggling with language barriers, reach out to the EDI committee well ahead of time to get advice or help with slide translations.
- Poster Format: Check the size and orientation of the poster before preparing it. You could also add your preferred languages (and ones you are comfortable with speaking) to your poster.
- Poster Strategy: Be ready for different types of engagement:
 - Overview: Have a 60-second summary ready.
 - The Story: Have a five-to-ten-minute story of the why, what, how, who and so what of your research ready.
 - Resources: You can print A4 copies of your poster to hand out or use a QR code on your poster that leads to a downloadable PDF file and more information.

After the Conference: Follow-up

- **Take Notes:** Keep a note of who you have spoken to, their contact details, and what the follow-up actions are.
- **Send the Materials:** If you promised to send papers, slides, or any other materials during the conversation, prioritize sending those materials in your initial follow-up email. This validates the connection and proves you took notes.
- **Be Patient:** Do not expect an immediate reply one day after the conference ends.
- **Follow-Up Timeline:** Leave things around 1 week before following up with new contacts.