



2020 virtual **Space Health Symposium** – October 5-6, 2020

Notes for Participants

Dear fellow space enthusiasts,

Thank you for registering for the 2020 virtual [Space Health Symposium](#) “*How to thrive, not just survive*”, which will take place on Monday 5 October and Tuesday 6 October 2020. We have an exciting couple of days planned, with 55 guest speakers and session chairs from all around the world.

The Symposium will run from 08:45 AEDT to 21:00 AEDT on Day 1, and 08:45 to 21:15 AEDT on Day 2. A time conversion table appears below:

AEDT / A... Australian Ea...	8:30a - 9:30p Mon, Oct 5 Mon, Oct 5	MON OCT 5 1 am 2 am 3 am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 10 pm 11 pm
-15 EDT / EST Eastern Dayli...	5:30p - 6:30a Sun, Oct 4 Mon, Oct 5	9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm OCT 5 1 am 2 am 3 am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 10 pm 11 pm
-9 CEST / C... Central Europe...	11:30p - 12:30p Sun, Oct 4 Mon, Oct 5	3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm OCT 5 1 am 2 am 3 am 4 am 5 am 6 am 7 am 8 am 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 9 am 10 am 11 am 12 pm 1 pm 2 pm 3 pm 4 pm 5 pm 6 pm 7 pm 8 pm 10 pm 11 pm
-5.5 IST India Standar...	3:00a - 4:00p Mon, Oct 5 Mon, Oct 5	MON 6:30 pm 7:30 pm 8:30 pm 9:30 pm 10:30 pm 11:30 pm OCT 5 1:30 am 2:30 am 3:30 am 4:30 am 5:30 am 6:30 am 7:30 am 8:30 am 9:30 am 10:30 am 11:30 am 12:30 pm 1:30 pm 2:30 pm 3:30 pm 4:30 pm 5:30 pm 6:30 pm 7:30 pm 8:30 pm 9:30 pm 10:30 pm 11:30 pm 12:30 pm 1:30 pm 2:30 pm 3:30 pm 4:30 pm 5:30 pm

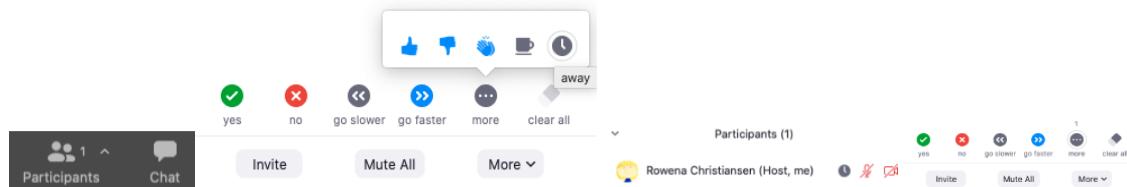
Zoom Links

The Zoom links for each day can be found in the email sent with this document.

Attendance

As there is only one Zoom link for each day, you are welcome to come and go as suits your schedule. Just leave the meeting when you need to and then use the same Zoom link to come back again.

If you need to step away from your computer, it is possible to set your status to “away” through the “Participants” panel. Click on “Participants” in your toolbar to open the panel. At the bottom of the panel there is an option “more”. Click on this to select the clockface (“away”). This will then show up next to your name and will also be indicated through the number above “more” at the bottom of the panel.



Take care to select the correct Zoom link for each day. The Symposium should be accessible via either the Zoom app or the web browser version, and it is also possible to call in via telephone.

Meeting Etiquette

- Please keep your microphone muted unless you are nominated to ask a question or are participating in a workshop.
- Please turn your camera off unless you are asking a question or participating in a workshop.
- Please be respectful of all the speakers and other participants.
- Most of the sessions will be recorded for later posting to YouTube, except where a speaker has declined. If you do not wish your image to be inadvertently recorded as part of a session, please leave your camera off at all times.

Asking Questions and using the Chat Window

- All questions from Symposium participants will be taken via the Chat window during the meeting. No questions will be taken verbally unless invited to do so by the session chair.
- Session chairs (and the organising team) will be monitoring the Chat window and gathering the questions for the speakers.
- Please try to save your questions until towards the end of the guest speaker's presentation or the start of panel discussion segments. This will ensure your questions do not get lost.

- If you want to ask a question, please highlight this by typing “*Question:*” or “*I have a question for (name of speaker)*” in front of your question, and use several question marks, e.g. “?????” at the end. This will help the session chairs and the organising team to find your questions.
- Please limit lengthy discussions in the “Everyone” Chat, to a reasonable degree, especially if it is unrelated to the topic at hand. Too many messages in the Chat window will make it difficult for our moderators to locate the questions, and it is also distracting for other participants.

Workshops

- The breakout rooms for workshops will be allocated randomly, and as far as possible, we will provide a facilitator for each breakout room.
- Groups within each room are encouraged to appoint a spokesperson to report back to the plenary group at the end of the breakout session.
- Please be respectful of other participants and give everyone in the group an opportunity to participate.
- If you do not wish to participate you can log out and come back later, or just set your status to “away” and wait for the next session.

Program Details

The outline program and a full program booklet including the speaker bios and abstracts will be available on the [Symposium website](#).

Social Media

You can find our page on twitter: @adastravita, and our conference is using the hashtag #adastravita. We are also on Facebook and LinkedIn. If you would like to tag us, you are encouraged to do so on twitter and Facebook. We also encourage you to follow us on twitter, Facebook and LinkedIn. We are happy to follow you back on social media.

Code of Conduct

We endorse the [AGU Meetings Code of Conduct](#). All Symposium attendees are requested to abide by this Code of Conduct. If you have any concerns please reach out to the organising team via private messaging on Zoom or email.

Need help?

Email us back or reach out over direct message on Zoom to ask a question or express any concerns. Our organising team will clearly state who they are on their name (e.g., Convenor, Co-host) and are available to answer questions and provide support.

Afterwards

- We will send you a follow-up survey unless you ask us not to. We would be most grateful if you could please complete this as it will provide useful feedback and planning information for similar events in the future.
- If you have requested information about the *ad astra vita* project [Compendium](#), this will be sent out after the Symposium.
- Where speakers have consented, we will make session recordings available (most likely on YouTube) via links on the [Symposium website](#) program page. We will also link PDFs of speaker presentations where these are made available.
- Keep in touch with news about the Symposium via the [website](#) and our [blog](#).

Thank you for your support of this exciting event, and we hope that you enjoy the Symposium.

Best wishes from the organising team!