

## YOUR BITESIZE GUIDE TO OSSD 2019

With only days to go before OSSD 2019...

...take a few minutes to read our top tips to help prepare you for your trip to Washington, DC.

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### ***before you depart***

- If you need to change or cancel your room, do so as soon as possible.
- If you still need to find a roommate to share expenses, please [e-mail the OSSD Central Office](#) for the room sharing forum.
- If you are sharing a room, please immediately make sure your name is on the reservation. This will ensure a smoother check-in process and will come in handy if there is an emergency, or if you get locked out of the room.
- [View or print the program here](#) or on our Whova meeting app before you set off. Printed programs will not be provided. The program is online and on the app.
- Online check-in for your flight 24 hours prior to your departure
- National ID (driver's license), passport, and business cards
- Chargers and/or US adapters

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## *useful info*

### Sunday, May 5

Welcome Reception ([Cinco de Mayo](#) theme) in Metropolitan Foyer, 6:00 PM - 8:30 PM

Poster Session I in Dupont Ballroom & West End, 6:30 PM - 8:30 PM

### Monday, May 6

Poster Session II in Dupont Ballroom, 6:30 PM - 8:30 PM

Trainee Social Event, 8:00 PM

#### **If you're a poster presenter...**

- Please plan to display your poster (Maximum size: 8 feet Wide x 4 feet Tall, with push pins) during the lunch break or afternoon break on the day of your session.
- ALL posters should be displayed no later than 3:15 pm.
- **Please check your presentation date and poster number on the final program.**
- You are *required* to be present in front of your poster during the entire poster session.
- Please promptly remove your poster at 8:30 pm. Posters left behind will be discarded.

#### **If you're an oral presenter...**

- During the lunch break, please submit your presentation on a thumb drive (e.g. jump drive, flash drive, USB stick) to the Chairperson of your session, in the room where your presentation takes place. It will be pre-loaded to the conference laptop, at which time you can review your slides.
- **Oral presentations should be presented by PC and projector only.** For Mac users, please be sure your presentation is compatible with a PC prior to your arrival.
- Please arrive at least 20 minutes prior to your presentation. To keep our full schedule on time, it is the duty of the Chairperson to stop any speaker who is going over his/her time limit.

### Tuesday, May 7

Awards Reception in Metropolitan Ballroom, 7:00 PM - 9:00 PM

Everyone, including guests, is required to wear your name badge during educational and social events.

### Conference Hotel & Location

Washington Marriott

1221 22nd St. NW

Washington, DC 20037

Tel: +1 202 872 1500

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## *stay connected*

### OSSD Annual Meeting App – Whova

[Download Whova here](#) to stay updated at all times! You **MUST** sign-up on *Whova* with the same e-mail address you used when registering for the meeting.

- Navigate the agenda
- View attendee and speaker lists
- Exchange business cards
- Share photos: Upload photos to Whova app to enter the **Photo Contest**. The photo (or photos) with the most likes will win a small prize!
- Post messages to invite others for a morning run, dinner, or even to split a cab!
- Touch base with the meeting organizers

### Wi-Fi

Wi-Fi access is free of charge in meeting rooms.

Network Name: **Marriott\_Conference**

Password: **OSSD2019**

Complimentary basic Wi-Fi is available in guest rooms for Marriott Rewards members. Non-members may sign up at check-in to receive this benefit immediately.

### Contact Us

You will be able to find Marianne and Eve at the registration desk as well as all the meeting events. But in case you need to call, here's our number: +01 830-796-9393

### #OSSD #OSSD2019 #SexDifferences

Share your videos, photos and stories on [Twitter](#) and [Facebook](#)...and get social with OSSD 2019!

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## *explore*

### Floorplan

Be friendly to your feet! [View the floorplan](#) to get acquainted with the meeting spaces. An interactive floormap is also available in the app.

### Nearby ATM

Need some cash? Head next to the lobby on the main floor.

### Nearby Restaurants

Local Restaurants and Private Dining options can be found in the Whova app!

### Fitness Center

With your key card, you can workout in the Fitness Center – open 24 hours!

### National Women's Half Marathon and 8K | Road Race

RUN WITH HEART! The 2<sup>nd</sup> annual National Women's Half Marathon and 8K (4.97 miles) road race -- on Sunday, May 5 at 7:00 am -- will be starting and finishing at West Potomac Park in the heart of the excitement that is Washington DC! [Entry fees start at just \\$1 >>](#)

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## *keep warm, stay cool*

### Morning

Sunrise around 6:00 am with mild temperatures early morning.

### Daytime

DC weather in May is typically mid 70's F (23.8°C).

### Inside

Pack for cool and comfort, but business appropriate for all educational sessions. The hotel and conference rooms will be comfortable with air-conditioning, so wear layers or bring a sweater or light wrap in case you get chilly.

### Night

Sunset around 8:00 pm with cooler temperatures in the mid 50's F (10°C).

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