



European 5 a day Symposium

23 September 2021

Zoom technology briefing

Please use the **Zoom event link** you received by email to take part in the European 5 a day Symposium.

We recommend the following for your participation via the Zoom platform:

- A **reliable Internet connection**: cable connection (LAN) if at all possible; otherwise, wireless (Wi-Fi)
- Stop any download, update, file sharing or streaming processes running in the background.
- Use of the **Zoom desktop client** (<https://zoom.us/download>). Please note: administrator permissions are required for installation. Simply contact the administrator at your organisation early on, so that they can install the client. Alternatively, the webinar can be accessed via an updated browser. We recommend Firefox (Version 91.X.X or higher) or Google Chrome (Version 92.X or higher).
- Do not open any programs that are not necessary for your presentation. Close any programs that work with sound alerts or pop-up windows such as Outlook.

