

---

# Tips and Advice

---

## Preparing Your Performance:

- Think about the structure – introduction, body, and conclusion.
- Tell a story.
- Prepare a so-called take-home message – one piece of information you want the audience to remember.
- What you say should connect to people's everyday lives.
- Provide context.
- Use humor only when appropriate.
- Create an interesting introduction – it sets the tone for your entire performance.
- Spark curiosity in your audience.
- Avoid scientific jargon and being overly technical – find simpler synonyms.
- Don't overload your talk – people can absorb only a limited amount of new information.
- Try your performance out on someone outside the scientific field (friends or family).
- Make sure you stay within the time limit (3 minutes).
- Practice, practice, practice – a mirror or a classmate can be very helpful.

## During the Performance:

- Don't rush when stepping onto the stage.
- Don't start speaking immediately after entering – take a short pause.
- Avoid stiffness – adopt a natural posture.
- Don't pace back and forth without reason – it distracts the audience.
- Gestures should be more expressive on stage.
- Avoid monotony (e.g., in your tone of voice).
- Maintain eye contact with the entire audience – don't just look in one direction.

## Props

Props DO NOT constitute the performance. They are tools that SUPPORT it.

### Props SHOULD:

- Make sense.
- Be visible to the entire audience.
- Strengthen your key message.
- Illustrate hard-to-understand ideas.

### Props SHOULD NOT:

- Distract from what you are saying.
- Be confusing or overly complicated.
- Be illegible – for example, labels on diagrams, etc.

## What captures the audience's attention:

- New and interesting information.
- Your passion for the subject.
- Humor (jokes, funny anecdotes, etc.).
- Tension, surprise, controversy.
- Connection to everyday life.
- Props.