Select the type of contribution you want to submit. You will be given the choice between:

- **Presentation:** A proposal that is intended to later become a presentation during one of the sessions at the congress. The presentation should ideally fit into one of the congress themes and subthemes. If selected, the congress team will combine the presentation with other presentations on a similar theme into one session. The session will be convened by a facilitator and presenters will speak for a set period of time (typically 10-15 minutes) and then answer questions from the audience.
- **Panel:** Designed to examine emerging, innovative or controversial issues, as well as to foster debate and interaction with the audience. These should not be conceived as a series of individual presentations, but more as a discussion steered by some "guiding questions" posed by the facilitator. For a panel proposal, you will be requested to submit the names of possible speakers and a facilitator, as well as a methodology and some guiding questions. Duration of panel sessions: 90 minutes.
- **Workshop:** These are sessions designed to engage speakers and attendees in a productive interaction in order to produce specific outcomes. Workshops enable attendees to see and/or put into practice a particular concept, approach or tool. Methodology and expected outcomes are required to be submitted. Duration of workshops: 90 minutes.
- **Reality Check Workshop:** Local Government city representatives can submit a proposal for a Reality Check Workshop. These are sessions that focus on the adaptation actions of one city in particular (or cities of the same region, faced with similar challenges), where a number of city representatives and experts provide an in-depth look at a specific case. Methodology and expected outcomes are required to be submitted. Reality Check Workshops are allotted an extended time of 90 minutes in the congress program.
- **Facilitated discussion:** These are interactive sessions, designed to enable discussion among speakers and/or among speakers and attendees. In the past, engaging our expert attendees in this interactive format has produced tangible results serving as valuable input for the organizers in their real-life projects. Duration of facilitated discussions: 90 minutes. Examples of such interactive formats could be:
  - Roundtable discussions (Facilitator gives a short presentation and discussion on a specific topic follows among participants);
  - World Café/Knowledge Café (designed to mimic a cafe environment to enable a better flow of conversation between participants);
- **Poster session:** The poster submissions will be presented at the exhibition space. Presenters will be given the opportunity to interact with the audience and present their work at two specific times during the congress, while also providing full three-day exposure of their project through the exhibition, which takes place during the entire three days of the congress. This format provides enhanced feedback and networking opportunities with one-on-one discussions on specific projects and approaches.