



“Catch the Moment” Photo Contest. Competition Rules

Eligibility:

The competition is open to all registered attendees of the 41st ESRA Annual Congress. Participants must have a public social media account on either Instagram, X, or Facebook.

How to participate:

1. Take a photo during the 41st ESRA Annual Congress.
2. Upload the photo to Instagram, X, or Facebook with the hashtag #ESRAPHotoContest and tag the ESRA official account.
3. Follow the ESRA official account on the platform where the photo is posted.
4. More posts - more chances to win! Post as much as you wish, every post multiplies your chances to win!

Submission Period:

The competition begins on 04 September and ends on 6 September at 20.00 CET

Winner Selection:

3 winners will be selected randomly from all eligible entries. The selection will take place on 7 September at 10.00 CET

Winners will be announced on the ESRA official account posts and notified via direct message from the ESRA official account on the social media platform where they post their entries.

Prizes:

Prizes will be awarded to 3 winners. The prizes include 3 ESRA annual memberships for 2025.

General Rules:

- By the act of participation, participants agree to have their photo used by the European Society of Regional Anaesthesia and Pain Therapy (ESRA) for promotional purposes.
- Any inappropriate or offensive content will be disqualified.
- This competition is not endorsed or sponsored by Instagram, X, or Facebook.
- The photos must be an original work and should not infringe copyright