

FESSH 2025 - HELSINKI, FINLAND

SOCIAL MEDIA SHARING KIT

To help you spread the excitement and showcase your involvement in the upcoming 30th FESSH Congress – whether as a speaker or participant – we've created a social media toolkit to make sharing your journey easier and more impactful.

If you have any questions, feel free to reach out to us at: office@fessh.com

GRAPHICS FOR SOCIAL MEDIA

You can download and use the official Congress visuals across your personal and professional social media channels.

Cover Images

Facebook Cover



LinkedIn Banner



X (Twitter) Header



Post Graphics

Square (1:1) images for Facebook and LinkedIn



Vertical (4:5) visuals for Instagram



Landscape images optimized for X (Twitter)





Story formats for Facebook and Instagram



QUICK TIPS FOR POSTING

Use our hashtags!

Make your content easy to find and amplify the community spirit with these official hashtags:

#FESSH2025 | #FESSH | #FESSH_Europe

Tag Us!

Facebook:  FESSH

Instagram:  Instagram (@fessh_europe)

LinkedIn: <https://www.linkedin.com/company/fessh/>

X:  FESSH (@FESSHEurope) on X

SAMPLE POST TEMPLATES

Here are some ready-to-use post samples to help get you started. Feel free to personalize them to reflect your own feelings and experience!

Attending posts

1.

Just registered for #FESSH2025!

Can't wait to be part of the 30th FESSH Congress in Helsinki — learning, connecting, and growing together in the heart of Finland!

👉 <https://fessh2025.com/registration>

#FESSH2025 #FESSH #FESSH_Europe

2.

Thrilled to be attending the #FESSH Congress this June! 🇫🇮

Looking forward to great science, expert discussions, and the magic of Nordic summer nights. Join us at 👉 <https://fessh2025.com/registration>

#FESSH2025 #FESSH #FESSH_Europe

Presenting posts

3.

Honoured to be presenting at #FESSH2025!

Excited to share my latest work and exchange ideas with the amazing international hand surgery community. See you there! 🇪🇺

#FESSH2025 #FESSH #FESSH_Europe

4.

Proud to be part of the scientific programme at the 30th FESSH Congress!

Let's discuss innovation, research, and the future of hand surgery in Helsinki this June. Are you coming?

👉 <https://fessh2025.com/registration>

#FESSH2025 #FESSH #FESSH_Europe

Basic

5.

Counting down the days to the 30th FESSH Congress! Looking forward to exchanging ideas, gaining fresh insights, and engaging with the global hand surgery community. A fantastic opportunity for learning and collaboration.

👉 <https://fessh2025.com/registration>

#FESSH2025 #FESSH #FESSH_Europe

6.

Eagerly anticipating the start of #FESSH2025, a key event for exploring the innovations shaping hand surgery today. Proud to be part of a community that values excellence, research, and continuous learning.

👉 <https://fessh2025.com/registration>

#FESSH2025 #FESSH #FESSH_Europe

