



# THE EUROPEAN SOCIETY FOR CLINICAL NUTRITION AND METABOLISM



*Better Nutrition for Better Life*

*Dear User,*

You cannot start your training on LLL programme without registration.

**Registration to LLL programme is free of charge.**

*In case you are already an ESPEN member, please use your ESPEN username and password to access the LLL programme.*

If you have already an account in the LLL, there is no need to register to LLL again before you attend a **new Live Course**.

If you are not an ESPEN member, and you have never been registered to LLL before, you need to make an individual account for LLL.

## **Registration procedure:**

1. Go to LLL WEB PORTAL: <http://lllnutrition.com/>
2. Click on “Register to LLL Programme”
3. **You will arrive to the ESPEN webpage**
4. On the right side of the menu click on “Register” On the page “**Register New User**”:

**You have to fill in ALL THE INFORMATION REQUIRED!!!**

5. After you complete the registration, you will receive **two emails from [info@espen.org](mailto:info@espen.org)**, one **informational** and another one for **verification**, providing a link asking you to activate your personal account. Click on the link and finalise your subscription by completing all your personal details.

***Note:** Most verification emails are received immediately, however, during peak times, it can take LLL WEB-portal longer to send them out. **Please check your spam folder to be sure that verification email is not being detected as spam** (especially if you have a Hotmail or Yahoo email account).*

*Accounts that are not activated or with incomplete personal details will be deleted by the LLL administration after 20 days.*

***Some advices:** Registration in LLL portal has to be done with a personal computer or a notebook (not through other devices as smartphone or tablet). We recommend using Chrome or Internet Explorer browsers with cookies and pop-ups enabled at least temporarily.*

## **Important!!!**

If you want to attend a Live LLL course, you have to register first. Otherwise, you may not take part in the Course.

Participants must register by themselves.

Neither ESPEN nor LLL staff provide registration for the participants!!!

## **Problems in registration**

Should you encounter problems in creating your account, please retry following above mentioned process.

If you continue to have technical difficulties in registration please contact the local LLL organizer, if you are participating in live LLL course as well.

Please contact LLL administration team on the following email.

LLL ([lllhelpdesk@espen.org](mailto:lllhelpdesk@espen.org)).

LLL administration team will handle your request on a first come first served basis, during European working days and hours in English language only.

No support is provided at night or during weekends (Saturday and Sunday).

All the best and thank you again!

LLL Directorate:

Prof. Alessandro Laviano

Prof. Remy Meier

Prof. Regina Komsa-Penkova

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