



## **GUIDANCE FOR POSTER PREPARATION**

A well-designed poster allows the inclusion of more detail than is possible in the abstract and makes effective use of tables, figures and illustrations to enhance your message. The following criteria are used to score Posters for prizes.

- **Sensible** poster layout that allows flow of argument with appropriate title
- **Plan** of study design with hypothesis/rationale and appropriate methods
- **Accurate** presentation of results with appropriate use of figures and statistics
- **Conclusions** clearly presented and are justifiable from the results presented
- **Excellence** in the art of display that enhances and does not distract from findings

Posters should include the same headings as the abstracts as described above depending on the type of work being presented.

It is also useful to prepare a short (< 60 seconds) oral guide through your poster to be offered to those that prefer your words before reading for themselves.

### **Poster Layout**

- Making a good poster is an art. Packages such as "Powerpoint" make the task much easier and allow you to experiment. However avoid simply copying and pasting your abstract.
- The VAS poster board surface area is usually 2 m high and 1 m wide.
- Posters should be prepared A0 (841mm X 1189mm) in portrait size.
- **Don't overload your poster.** Remember, you are not writing an article.
- Seek simplicity, keep text to a minimum, avoid redundancies.
- Use 500 to 1'000 words (including title, figure legends and tables), definitely not more.
- The figures and tables should cover approximately 50% of the poster area.
- Prepare a 20 cm high title strip that runs the full width of the poster. Use a black and bold typeface, not smaller than 30 mm in height for the title and at least 20 mm for authors names and affiliations (the height refers to capital and tall letters), Capital letters are usually more difficult to read than small letters.

- The average reader spends 1-2 minutes on your poster. **Highlight your main finding.** Most of us start by reading the Discussion or Conclusions, so don't hide them in small text in the right lower corner.
- The poster is supposed to be **readable from a distance of 1.5-2 m.** The text should definitely be no less than 5 mm for capitals and tall letters, and preferably larger. Use a constant font throughout the poster.
- If possible, avoid abbreviations and acronyms, especially in the Conclusions.
- Feel free to provide one or more key references (in the right lower corner).
- Handouts of your poster on A4 paper (with your addresses) to your interested readers may facilitate future research communication.