

# OUT STANDING!

RMLA CONFERENCE 2016  
22 - 24 SEPTEMBER, RUTHERFORD HOTEL NELSON

## Poster guidelines

### Poster Requirements

Posters will be displayed in the Conference catering area at the Rutherford Hotel.

Posters will be displayed on 50inch plasma screens (aspect ratio 16.9 wide screen) set up portrait style. Posters should be set up in a jpg format with a resolution of 1920 high x 1080 wide pixels.

### Good poster principles

Your poster should be an advertisement for your ideas, findings or techniques; so good posters apply the techniques of salesmanship to seize and hold viewers' attention:

- Titles and sub-headings should be short and to the point.
- The content should be concise and logical.
- The design should look good, using attractive colour, graphics and typography.

### Tips for making a successful poster

- Rewrite your abstract into poster format. Simplify everything and avoid large amounts of data.
- Use bold characters to stress a point. Use them sparingly and in preference to underlining or writing phrases or sentences in capitals.
- Avoid over-crowding your poster. Leave "breathing space" around the text to make it more readable. Aim for 20% text, 40% graphics and 40% empty space.
- Stick to the same size and style of type for all body type. Illustration captions can use a different type, size and style, but keep this consistent throughout all captions in the poster.
- Keep body text left aligned and all columns should be of equal width.
- Use photographs or coloured graphs where possible to add visual interest.
- Convert complex numerical tables to graphs or charts. Avoid long numerical tables.

### Text

- Use plain, familiar fonts such as arial, helvetica or times new roman.
- Headings should be in capitals and lower case, not all capitals.
- Bullet points are easier to read (use phrases rather than full sentences)
- Avoid italics other than in scientific names.
- Use active voice, short sentences, and simple words.

## **Graphics**

A poster is a visual representation of your work.

- Graphics should make up a large portion of your poster.
- Graphics should be visible from two metres away.
- Tables are preferable to figures for small data sets.
- Stick to simple 2-D line graphs, bar charts, and pie charts.
- Use clearly distinguishable colours for line graphs and histograms to identify data sets. Avoid elaborate shading and cross-hatching.
- Photos should have at least 300 dpi resolution in order to reproduce well.
- Do not use pictures from websites. Apart from copyright problems that may arise, the resolution of web illustrations is usually too low to print clearly.

Should you have any questions or queries please contact:

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