

## Poster presentation instructions

### **General**

On Sunday afternoon (August 24 15:00-18:00) and on Monday morning (August 25 08:00-10:00) Umeå Folkets Hus will be open for registration and poster installation. All posters will be installed in the appropriate place at Umeå Folkets Hus before the conference opening. Directions will be given upon arrival. The posters will be arranged in groups belonging to the same conference sessions.

The conference schedule provides one formal poster session per day. During each one of these formal poster sessions, authors of posters associated to technical sessions presented on that day will be expected to be available to present their poster to conference participants. Poster authors should consult the technical session schedule to determine on which day they are expected to present their poster to participants. An informal poster session between 16:00 and 17:00 on Monday afternoon will provide additional interaction time.

### **Poster format and arrangement**

The recommended standard poster format is ISO A0 (841 x 1189 mm). Maximum poster size is 120 cm x 85 cm (width x height). Upon arrival at the conference venue, poster owners will receive directions to boards marked with their individual poster ID number. Drawing pins (thumb-tacks) will be provided and will be the only accepted type of fastener on these boards. Poster owners will be personally responsible for attaching their poster before the conference opening and removing them upon departure.

### **Helpful hints about poster production**

The key objective of a poster is to provide a brief and clear overview of your work so that people who are really interested can ask you for more information. Loading your poster with too much information is counter-productive. Use clear, large fonts, simple graphics and large pictures when available and necessary.

A very useful collection of poster tips is found at the following websites

<http://edu.medsci.uu.se/occmed/poster/default.htm>

<http://edu.medsci.uu.se/occmed/poster/brochures/readPosterENG.pdf>

# How to make a good scientific poster

## General:

Make your poster brief, simple, and visually attractive!

## More specifically:

The **text** should strengthen the graphics in your poster. The most important text is the **title** – make it very obvious and conspicuous!

Please organize the text flow by using sub-titles like

- Aim
- Introduction
- Methods
- Results
- Conclusions

Three good pieces of advice:

1. Don't use more than 1000 words
2. Reduce the number of acronyms
3. Don't describe methods in too much detail

**The most common mistake in poster presentations is to use too small letters and figures - Please let this table guide you for good readability of your poster:**

<u>Content</u>	<u>Text size (mm)</u>		<u>Text type</u>
Title	30-50	Bold	Reading distance: 5 – 7 m
Authors	25	Bold	Reading distance: 5 – 7 m
Sub-titles	10 (36 p)	Bold	Reading distance: 2 – 3 m
Other text	5 (24 p)	Normal	Reading distance: 1 m

Use simple fonts preferably sans serif (without feet) for both titles and text. Examples of useful fonts are: Arial, Trebuchet, Tahoma, Verdana - don't use many different fonts. See examples of minimum text size for title, author names, headings, and other text on the next page

## Graphics:

- It is highly recommendable to use a photo to show equipment, or the technology you have used.
- Tables should not be too extensive and detailed!

**Colours** should attire the poster, but too much colour will distract the reader. You may well use colour to expose the title and headings.

## The layout:

- should present a logical flow of information to the reader,
- and focus on the most important things!

Use columns to increase the readability of the text.

**REMEMBER: It should be possible to read – and understand! – your poster in less than five (5) minutes!! 😊**

**Title: Make a  
good scientific  
poster (72 p)**

**Author(s): Poster B.  
Good & Axel L. Lent  
(48 p)**

**Sub-titles: Introduction,  
Methods, Results, etc. (36  
p)**

Other text: This study was ... (24 p)