



## GUIDELINES FOR POSTER PRESENTERS

### CONFERENCE DETAILS

**WHEN:** Saturday 18<sup>th</sup> March

**VENUE:** University of Wollongong

George Evans Rd, West Nowra NSW 2541

**Website:** <https://www.uow.edu.au/events/2023/2023-inaugural-shoalhaven-rural-health-research-conference.php>

**ONSITE CONTACT:** Leanne Betts ph: 0412319148

### INTRODUCTION

The Conference Committee would like to thank you for presenting at the upcoming at the Rural Health Research Conference University of Wollongong. These guidelines aim to provide you with some assistance in planning for your poster presentation.

### TIMELINE

Details	By When
Arrive at Conference Collect Allocated Poster Number	When you arrive at the conference, you will be able to make your way to the hanging area with your number provided.
Hang Poster	All posters must be put up between 8:00am and 9:30am.
Poster Discussions	Poster discussions will be in the <b>exhibition area adjoining the dining area</b> Please make yourself available by your poster at these times to answer any questions.
Remove Poster	All posters are to be removed between 4:00 and 5:00 on Saturday 18 <sup>th</sup> March.

### REGISTRATION

All poster presenters must register to attend the conference. Registration is free.

<https://www.uow.edu.au/events/2023/2023-inaugural-shoalhaven-rural-health-research-conference.php>

## STANDARD POSTER SPECIFICATIONS

All posters should be a visual presentation of your submitted abstract.

Posters must meet the following criteria:

- **Dimensions: no larger than A0 size (841mm x 1189mm)**
- **Orientation of your poster MUST be in portrait style**
- **Printed (please DO NOT print on paper thicker than 250 GSM)**

## SET UP

All poster presenters will need to visit the registration desk when you first arrive at the conference to collect your name badge. You will have been emailed your poster number and can bring that with you on the day.

It is your responsibility to attach your poster to the display board, marked with your poster number, **do not place your poster in an alternate location.**

*Please refer to timeline for set up and removal times for posters*

## POSTER DISCUSSIONS

There are three times (see program) that will be advertised for poster discussions. This is an opportunity for conference delegates to learn more about your research project and ask you questions. You will need to be close to the exhibition area at these times.

## POSTER PROGRAM

The poster program will be made available on the website. Please review and ensure all details are correct including name and presentation title.

## TIPS FOR PREPARING YOUR POSTER

### Recommended design programs

- PowerPoint
- Corel Draw
- Adobe Photoshop

### Other Recommendations

- Professional designers deem more than 950 words of text is too much for a poster
- Do not use large blocks of text
- Poster should be professional and visually appealing
- Posters should rely on images (photos, drawings, graphs), although do not insert too many images without a clear linked explanation

### Recommended fonts

- Tahoma
- Arial
- Comic sans

### Recommended font size

- Title 85 - 210 point

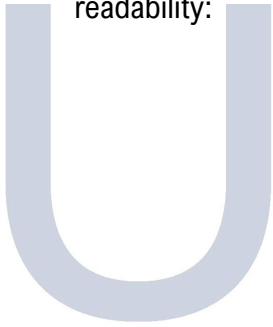
- Author names: 56 point
- Headings: 36 point
- Paragraphs: 24 point
- Captions: 18 point

NOTE: The poster should easily be read from at least 1 to 2 metres away.

### Colour Recommendations

Avoid using contrasting colours that are opposite on the colour wheel (i.e. orange and purple or green and red) because these combinations contrast too much and are difficult to read.

The following examples are colour tones that provide adequate visual contrast to enhance readability:



Blue background and yellow or white text
Black background and white text
Dark green background and white text
Yellow background and black text
White, muted or pastel backgrounds and black text



### Spacing and Images

Use a minimum of 2cm margins around the edge of the poster and ensure that there is at least 8-10 cm space between columns.

### FURTHER INFORMATION

If you require any further information, please contact [isprn-enquiries@uow.edu.au](mailto:isprn-enquiries@uow.edu.au)

