**Instructions for posters**

**What you need to know about presenting your poster at STI 2025:**

A poster gives you the opportunity to present your research visually and a chance to engage with other conference attendees about your work. The following gives some tips for how to present your poster effectively, as well as organisational details for the poster sessions.

**Designing your poster**

The poster should be designed in a way that the content can be understood without an oral explanation as your poster may be viewed when you are not present. All materials should be legible from a distance. Your poster should be visually engaging as you want it to attract the attention of distracted researchers walking through a crowded, noisy room.

Consider including some or all of the following points on your poster:

* Short title or question
* Your name, affiliation and how to contact you
* An introduction to your research question or project
* An overview of your methods
* Your results in graphical form
* Discussion or open questions related to your results
* Particularly relevant references
* Acknowledgement of collaborators, assistance, or financial support

*Key questions to consider when developing your poster:*

1. What do you want the viewer to remember? Do important points stand out? The key to a good poster is clarity and simplicity. Don’t overload the poster with too much information.
2. Is there a balance between words and illustrations? Use figures, tables, graphs and photographs when appropriate and keep text brief.
3. Is the pathway through the poster clear? Make it obvious to the viewer how to progress through the poster. Numbering individual panels or connecting them with arrows helps to guide the viewer through your poster.
4. Is the poster understandable without oral explanation? You may not always be there when people come to look at it.

The poster should have the following dimensions: height: 118.9cm X width: 84.1cm (A0 format). Any width over 90 cm will not fit on the board. Do not use heavy cardboard as it may get too heavy and fall off the poster boards.

*Text*Text has to be readable from a distance of 1.5 metres. Use a minimum font size of 24 points for standard text and at least 70-point for the title. A good overall word count is 500-800 words. Less is better! Use of bullets and numbering lists makes the content easier to read.

*Visuals*Make sure that all visuals are self-explanatory (i e., graph axes are properly labelled, maps have north arrows and distance scales, symbols are explained, etc.). Ensure that you have the necessary resolution and the necessary copyright for images. Use colour sparingly to highlight and emphasise your points, do not overload your poster. Contrast increases readability.