



POSTER RECOMMENDATIONS

Layout:

- Format: A1 (59,4cm x 84,1cm)
- Orientation: Portrait

Font sizes:

- **Section headings:** 40–60 pt
- **Body text:** 26–32 pt
- **Figure captions:** at least 22–24 pt

Layout:

- Use bullet points, not long paragraphs
- Limit the colour palette to 2–3 colours
- Allow sufficient white space between sections
- Ensure the poster is readable from 1–2 meters away

The poster should include:

- **Title:** Placed on the top, centred, font size 90-110 pt
- **Authors & affiliations:** Centred, font size 40-50 pt
- **Introduction:** 3-5 bullet points
- **Methods**
- **Results:**
Main section of the poster
Figures, graphs, and tables with short captions
Minimal text—focus on key findings
- **Conclusions:** 3-5 key take-home messages