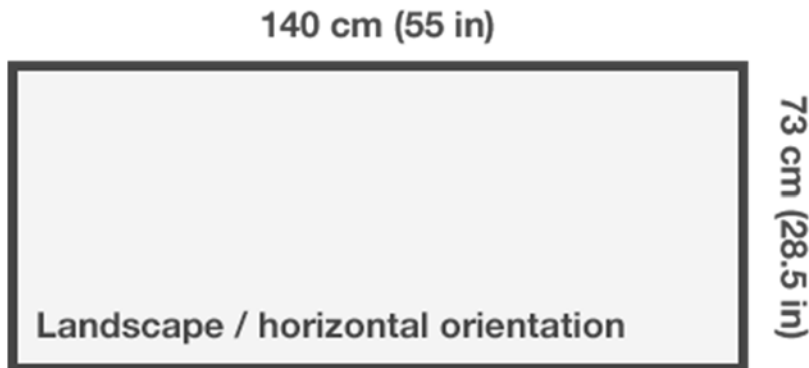


Creation of your e-poster

- We encourage you to view this YouTube video, [How to create a better research poster in less time](#), which includes a lot of helpful tips for creating an effective poster. Please note, the video is 19 minutes in length, but for this purpose it will start at the 10:45 mark.
- These instructions are written for PowerPoint, but are applicable to *any* other software you may wish to use. Use PowerPoint 2007 or newer, and set the dimensions of your poster to **140 cm (55 in) width x 73 cm (28.5 in) height, in landscape orientation, with an aspect ratio of 16:9 (widescreen)**.



- You are limited to using **one (1) slide**.
- Make sure your text and background have a **large contrast** (dark lettering on a light background or the reverse).
- The e-poster kiosks are high definition monitors and therefore the letters on-screen look nice and smooth. It's generally advised though, that for electronic posters to be read on-screen, a minimum 24-28 point size (or bigger) for body text fonts is used, to ensure optimal legibility from the usual distance of 3-5 ft. A little larger text (e.g.: of up to 32 pt size) might also be a good idea as it will provide comfortable reading from an even larger distance, such as up to 8 ft.
- Recommended fonts: Times New Roman, Calibri or Arial. Other fonts may have cross-operating system display issues.
- Make sure you follow these guidelines for font size. Even if a small font looks good on a monitor, it may not on a bigger screen. A larger font ensures that the text will be smooth and easily readable.
- For embedded images use .jpeg or .png file formats in a resolution of 72 or 96 dpi.
- Do **not** use animated effects, "animations" or videos.
- **IMPORTANT:** Due to difference in operating system standards, formulas created on a Mac do not always translate correctly to a PC, so it's highly recommended that you save formulas as images from a Mac.
- Before submitting, save your poster as a **PDF file**. All recent versions of PowerPoint and most other software applications allow you to save your poster as a PDF file from the "File > Save as" menu or through the "File > Print > as .PDF" option.