**Instructions Posters**

Posters should be attractive and self-sufficient. They should allow the audience to fully appreciate your presentation and understand the message you want to convey

Size. Use A0 format (height 119 cm x width 84 cm). Although horizontal posters (i.e. at eye level) are normally recommended.

Photo of the person presenting the poster. Place this photo at the top of the poster. It will help interested people to recognise you.

The rules for presenting a poster are not the same as for a scientific article. The classic plan (introduction, materials and methods, results, etc.) is not compulsory. Headings presented as questions (e.g. Why? How?), summarising the main result or highlighting the message to be retained are a good idea.

The rules of scientific writing : In particular, make sure that the units used are in accordance with the International System of Units (SI). No customary units (nautical miles, knots, etc.). Beware of misuse, e.g. Km or Kg instead of km and kg, 13:00 instead of 13:00 (instantaneous time), H (henry) for h (hour-duration), etc. Note that the authority of species is governed by precise rules. Etc.

**The take-home message : The poster should be built around a message, the one you want the reader to remember ('take-home message'). The fact that the reader recognises this message and then remembers it is an essential criterion of the quality of a poster.**

Put what is important at the top of the poster, especially when it is vertical: the reader will not kneel down to read what is at the bottom! So, the abstract, take-home message, etc. should be towards the top. The bibliography, methods (if the subject of the work is not methodological), some figures, etc. will be placed at the bottom.

Look for a harmonious balance between text, figures and empty spaces. Avoid long blocks of text: use return margins.

No background images! Such images obscure the message and make it more difficult to read the text. The background colour should be very light (with very dark text), or very dark (with very light text).

Font size. Headings should be legible at least at 1.5m. The rest (including text and captions of tables and figures) should be legible at 1 m. Use this proxy to check that the font is large enough: on an A4 printout, your poster should be easy to read (without a magnifying glass!). The poster should take about 2 minutes to read. You should be present next to the poster to provide details and explanations.

Typography: use arial, calibri, comic or verdana. Avoid fonts with solid and decisive strokes, such as Times: they reduce the distance and comfort of reading. Do not use more than two fonts. You can, however, use bold and italics, and vary the font size.

No justification of text. Justification (aligning the ends of lines to the right) can create unsightly effects when columns of text are narrow and can make reading uncomfortable.

No long lines of text, extending from the left to the right margin of the poster: they interfere with reading comfort. The width of the text blocks should not exceed one third or one half of the width of the poster.

Copy the poster for self-service. Prepare copies of your poster in A4 format, and place them in a plastic sleeve next to your poster : this will allow the interested reader to read it again at leisure. Don't forget to include the name, place and dates of the symposium on the copy.

**Best Poster Award (for PhD students and post-docs)**

Un prix sera attribué au meilleur poster. Le jury attribuera trois notes (de poids similaire) :

1. Technical quality: the poster must meet the standards set out above, as well as the rules of scientific writing.
2. Efficiency : Is it visually appealing? Does it deliver a short and clear message? (the 'take-home message').
3. Scientific quality and the relevance of the question being asked.

At the congress, one of the authors is asked to be present in front of their poster for discussion in the planned sessions.