

## Advertising guidelines and submission guidelines:

### ADVERTS

Please send adverts at A4 size if unsure about print resolution, otherwise please send using advert dimensions and at a resolution of 300 dpi. Acceptable formats are PDF, PNG, JPEG, MS Word, EPS. If using MS Word please also send the image separately. All images should aim to be no less than 1000 KB or 1 MB. If you are using your phone please explore the images at the largest size possible. This can either be adjusted in the phone settings, or on an iPhone it asks you what size you want to email photos at.

Full page bleed (edge to edge, no white frame, such as the back cover),

portrait W=210mm, H=297mm and with 3mm of bleed.

Full page inside frame, portrait W=190mm, H=258mm

Half page inside frame, landscape W=190mm, H=127mm

Quarter page inside frame, portrait W=93mm, H=127mm

Eighth page inside frame, landscape W=93mm, H=61mm

### SUBMISSIONS

Please send images separately as well as with in your document. Remember to include picture caption text in your article. All images should aim to be no less than 1000 KB or 1 MB.

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