






**DOUBLE PAGE SPREAD TEMPLATE**  
**(420mm x 297mm) width x height +3mm bleed**

 **Type Area (380mm wide x 273mm high):** Please try to keep all text and important images within this blue line, but be aware of elements being lost in the spine.

 **Trim Line:** This is where your advert will be trimmed to.

 **Bleed Line:** Please make sure any background colours or images come up to this line.

 **Spine:** Please be aware of the type area indicated to avoid important text or elements going into the spine.  


Please save your advert as a 300dpi  
hi-resolution PDF.

**WE DO NOT ACCEPT WORD, POWERPOINT,  
OR QUARK DOCUMENTS**