# A title for a well-formatted abstract (Lucida Sans 13)

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Start typing the text of the abstract here. Set out your paper on A4 size the same as this, with the following margins:

Top: 3 cm

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Text: Lucida Sans, 9pt, single spaced. Do not indent paragraphs.

Put only scientific names in italics (e.g. *Sparus aurata*)

Do not use tabs in text; do not use footnotes

Separate sentences by a full stop followed by one space only

Acronyms are written as ICES, FAO, etc. (without dots)

Use only the metric system; abbreviations of units: kg, g, mg, µg, m, cm, mm, µm, 1 (litre), ml, d (day), h (hour), s (sec), °C, kcal, cal, Hz. Use also m², m³, cm², cm³, etc.

Use the superscript and –1 notation, not the slash, e.g. m.s –1 and not m/s

Do not leave a space between numbers and units, e.g. 1kg, 1g, 1ppt, 1%, 1min, exception made for litre, e.g. 1 l

Distinguish numerals from letters, e.g. zero (0) from O; one (1) from l

Do not use commas to separate decimal fractions but use a point, e.g. 5.1; use a comma as digit grouping character, e.g. 2,856,653

References (Lucida Sans 10, Bold)

Sorbe J.C. 1983. Description d'un traîneau destiné à l'échantillonage quantitif étagé de la faune suprabenthique néritique. Annales de l'Institut Océanographique 59:117-126.

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