

### FULL PAGE

**Trim** (Page size)  
213mm (W) x 282mm (H)

**Bleed** (+3mm all around)  
219mm (W) x 288mm (H)

**Non bleed ad**  
189 (W) x 258mm (H)



### QUARTER PAGE

**Non bleed ad**  
92mm (W) x 129mm (H)

*Bleed ad not available*



### 1/2 PAGE ISLAND

**Non bleed ad**  
140mm (W) x 195mm (H)

*Bleed ad not available*

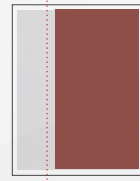


### QUARTER PAGE STRIP

**Trim**  
55mm (W) x 282mm (H)

**Bleed** (+3mm all around)  
61mm (W) x 288mm (H)

**Non bleed ad**  
42mm (W) x 258mm (H)



### 2/3 PAGE VERTICAL

**Trim**  
136mm (W) x 282mm (H)

**Bleed** (+3mm all around)  
142mm (W) x 288mm (H)

**Non bleed ad**  
124mm (W) x 258mm (H)



### 1/3 PAGE VERTICAL

**Trim**  
71mm (W) x 282mm (H)

**Bleed** (+3mm all around)  
74mm (W) x 288mm (H)

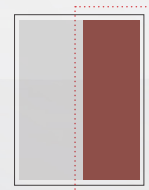
**Non bleed ad**  
59mm (W) x 258mm (H)



### 1/3 PAGE SQUARE

**Non bleed ad**  
125mm (W) x 125mm (H)

*Bleed ad not available*

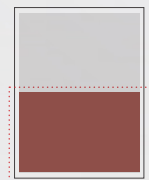


### HALF PAGE VERTICAL

**Trim**  
104mm (W) x 282mm (H)

**Bleed** (+3mm all around)  
110mm (W) x 288mm (H)

**Non bleed ad**  
92 (W) x 258mm (H)

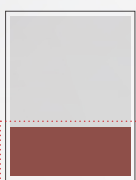


### HALF PAGE HORIZONTAL

**Trim**  
213mm (W) x 141mm (H)

**Bleed** (+3mm all around)  
219mm (W) x 147mm (H)

**Non bleed ad**  
189 (W) x 129mm (H)



### 1/3 PAGE HORIZONTAL

**Trim**  
213 (W) x 94mm (H)

**Bleed** (+3mm all around)  
219mm (W) x 100mm (H)

**Non bleed ad**  
189mm (W) x 85mm

### Trim

These dimensions are where the page will be cut if you would like your advert to run right to the edge of the page, and represents the final dimensions of the printed magazine.

### Bleed

In printing, bleed is printing that goes beyond the edge of where the sheet will be trimmed. In other words, the bleed is the area to be trimmed off.

### Non bleed ad

This is the size to create your ad if you wish the advert to have white space all around it on the page, and not run to the edge of the page.

### Digital file requirements

PDF-X1a, PDF, EPS, TIFF files are all accepted. All high-resolution images and fonts must be embedded in files. Images must be 300dpi/cmyk

A complete list of deadline dates can be found on page 7 of these specifications. Please make a note of these when planning your submissions.

### Recommendation

If you are supplying a bleed ad we recommend that any text or important information is placed at least 10mm from the edge of the advert, to allow for any discrepancies when the magazine is trimmed at the printers.