

Paper title in 16 pt, initial capital for the first word, centred

1 line space

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Abstract

The abstract should be 75-200 words long, summarizing the work and placing it in an appropriate context. The text should be fully justified, and the Abstract should be surrounded by horizontal rules. **Use 10 point Times roman type throughout the abstract**

Keywords: First keyword, 2nd keyword, 3rd keyword

2 lines space

1. Introduction (Main heading in bold, initial capital¹)

Very important note: When you start to write in WORD you must check and correct your PAGE SETUP as following: File/Page Setup: Paper = A4; Margins: Top=2,5 cm; Botom=2,3 cm; Left:2,3; Right=2,2; Gutter=0, Position=Left; Portrait; Normal; Whole document; Layout: Header=2.1; Footer=2. The frame of the manuscript has the size: width - 16,5 cm and height – 25,5 cm, including the header and the page number. Each page should be full from beginning to end and should be numbered – alignment center.

The first paragraph after each new heading should be indented. Text should be left and right justified, providing a straight vertical margin on both sides. **Use 11 point Times roman type throughout; Line spacing single.**

All headings in the main text should be numbered throughout, following the scheme shown here. Leave a blank line after main and secondary headings.

The first word of every paragraph should be indented, as here. There should be no space between paragraphs, but do leave a one-line space before each new main, secondary or tertiary heading.

Final page numbers and running headlines will be added by the publisher. Header material (title, authors and affiliations, abstract) should be correctly positioned as shown above. All subsequent pages (except the last) should occupy the full type area.

1.1. Secondary headings

Use italic type for secondary headings (subheadings), with an initial capital for the first word. If necessary, a tertiary heading level may also be used.

1.1.1. Tertiary headings

Use italic type for tertiary headings (sub-sub-headings), with an initial capital for the first word only. Do not leave a blank line after the heading.

¹ Your introduction is well written.



Fig. 1. An example of a figure.

2. Methods (Illustrations, tables and equations)

2.1. Illustrations

All illustrations (line drawings, photographs, etc) are to be referred to as ‘Figures’ and numbered in sequence. They should be inserted appropriately in the text and centred, with the figure number and caption below. For the file formats of the figures please take the following into account:

- line art should be have a minimum resolution of 600 dpi, save as EPS or TIFF
- greyscale (incl photos) should have a minimum resolution of 300 dpi (no lettering), or 500 dpi (when there is lettering); save as tiff. Photographs are only acceptable if they have good contrast and intensity.

SI units should be used, i.e., the units based on the metre, kilogramme, second, etc. Ensure that all lettering is fully legible and not too small. All illustrations must be cited in the text (see Fig. 1). r two columns, depending on their size and complexity.

2.2. Tables

Table 1
Deflection data for beams under vertical loading^a

Material	Deflection x (mm)	Deflection y (mm)
Concrete	0.123	0.524
Steel	0.145	0.246
Composite	0.133	0.415

^aTables should be centred and set in 10 pt. Footnotes should be placed directly below the closing rule.

Table headings appear above the table, which should be centred on the column or the page as size dictates. Vertical rules should be avoided, and authors should try to ensure that tables are clearly and consistently presented (see Table 1).

2.3. Equations

Leave a blank line above and below each equation. Equations should be centred, and the equation numbers should be left justified. Equation numbers should be sequential throughout. All equations should be typed (see Eq. 1).

$$(1) \quad x = 2b^2 + 4 \sin \alpha$$

$$(2.1.3) \quad \frac{d\tau}{dt} = \frac{1}{G} \frac{d\tau}{dt} + \eta_0 \exp\left(\frac{\tau}{m_G^0}\right)$$

All variables must be defined. Use *italic* for variable names (e.g. x) and roman for operators and functions

(e.g. cos). Authors may include a nomenclature section.

3. Results (Citations to references)

Use the numerical system. References should be numbered sequentially throughout the text, as shown in the following examples: Hurley and Grant [1] have shown that..., in a previous paper [2] the species was identified as... All numbered references must be listed at the end of the paper in numerical order, according to the formats in the References section, for journals [1], books [2] and reports [3] respectively. Where a particular reference is cited more than once, use the same number on each occasion. Ensure that every reference is cited in the text, and that all citations are matched by references in the list. Multiple references should be indicated thus: [1,2,3].

4. Discussion

Acknowledgements

Place any acknowledgements here, after the main text and before the references.

The headings for Acknowledgements, Appendix and References should be treated as main headings, except that they should *not* be numbered.

Appendix A.

Appendix B.

Place any appendices after the Acknowledgements and before the references. If you have more than one appendix, number them A, B, C, etc. Subheadings may be added in the appendices as shown here.

References (Use 10 point Times roman type throughout. The titles in the References written in Cyrillic should be transliterated in Latin characters)

For Journals:

[1] Belardinelli, E. Cavalcanti, S., 1991. A new non-linear two-dimensional model of blood motion in tapered and elastic vessels. *Computers in Biology and Medicine* 21, 1-3.

For Books:

[2] van Soest, A. J., van den Bogert, A. J., 1991. Criteria for the comparison of direct dynamics software systems in the field of biomechanics. In *Proceedings of the 3rd International Symposium on Computer Simulation in Biomechanics*. University of Western Australia, Perth.

For Theses:

[3] van Werff, K., 1977. Kinematic and dynamic analysis of mechanisms. A finite element approach. PhD. thesis, Delft University Press, Delft.

D. For Proceedings:

[4] Weiner, S., Traub, W., 1991. Organization of crystals in bone. In: Suga, S., Nakahara, H. (Eds.), *Mechanisms and Phylogeny of Mineralisations in Biological Systems*. Springer, Tokyo, 247-253.