



## Virtual ISRHML Research Workshop 2020: Trainee Infographic Competition

While the in-person ISRHML conference has been postponed to 2021, ISRHML is holding a Virtual Research Workshop in August (17th-20th), which coincides with the International Breastfeeding Month. The ISRHML TIG is celebrating both by organizing a virtual Trainee Infographic Competition, where trainees can showcase their science. Here is why and how to take part in it.

### Why you should participate:

- Learning to project and design infographics is a fantastic skill to have under your belt
- This is an opportunity to share your science in a fun, easy to understand way and build a reputation among experts who might be interested in your work (especially if you are looking for your next position or for general networking)
- It is also a great opportunity to spread awareness around the importance of breastfeeding and research in breastfeeding, human milk and lactation
- Cash prize will be available for the top voted infographics and these will be showcased on the ISRHML social media platforms, increasing your visibility as a scientist to the general audience.

### How to create your infographic:

- Select one of your recent publications, unpublished data, or general information about your research field. **You and your advisor/supervisor need to be comfortable sharing the content of your infographic publically.**
- Start to map out the infographic design in a way that is aesthetically pleasing, eye-catching, and contains as few words as possible. Find some examples [here](#) and tips/tools [here](#).

- If you are not creating your own images, make sure the images you use are properly cited and can be used for this purpose (*must be [creative commons](#) or [public domain](#)*).
- Have your final work reviewed by colleagues and family/friends outside of your field of research. This will allow you to collect feedback from different lay audiences and to improve message clarity.

#### Selection criteria:

- Current ISRHML trainee member
- Each participant can submit a **maximum of two** infographics
- Infographics should strike a balance between academic content, visualisation of research, and appeal to a lay audience (**6<sup>th</sup> grade reading level**).
- The design of the infographic must be original and based on the trainees' own work or general research field, and it **must be static** (i.e. no animations or videos will be allowed).
- Your infographic **must include a title, your name, and your affiliation(s)**. The infographic will not be included in the competition if any of these details are missing.

#### How to submit:

- The **deadline** for submitting your infographic is **7<sup>th</sup> August 2020 at midnight CET (Central European Time zone)**. Submit a PDF of your infographic to [tiggovcommittee@gmail.com](mailto:tiggovcommittee@gmail.com)

**Please note that by emailing your infographic to [tiggovcommittee@gmail.com](mailto:tiggovcommittee@gmail.com) you are giving permission for ISRHML to share it publicly on social media.**

- A committee will conduct an initial review to ensure your infographic adheres to the **selection criteria** specified above. You will be notified by 16<sup>th</sup> August, 2020 if your infographic was selected for the competition.
- Successful entries will be organized in a voting list that will be sent out to all ISRHML members for voting on 17<sup>th</sup> August, 2020.
- ISRHML members will be able to vote until **midnight CET on 20<sup>th</sup> August 2020.**
- Winners will be selected based on the number of votes received and will be announced on **21<sup>st</sup> August 2020.**

- The **top infographics** will be showcased on **ISRHML social media**.

### **Interested in getting involved further?**

#### We're looking for volunteers to help with:

- Screening submitted infographics against the selection criteria
- Notifying authors of successful entries
- Organizing infographics for voting
- Contacting and communicating with the winner(s)

**Note: You are not excluded from submitting an infographic if you would also like to volunteer.**