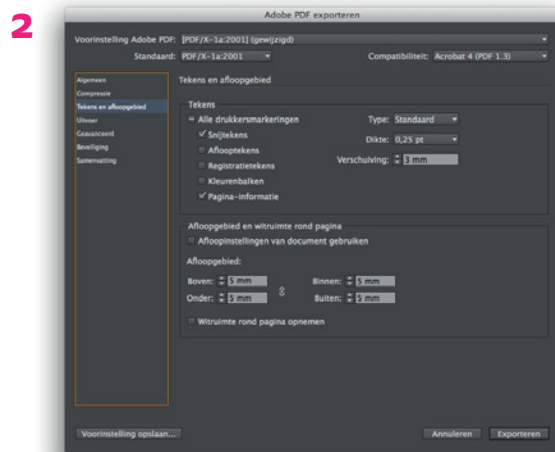
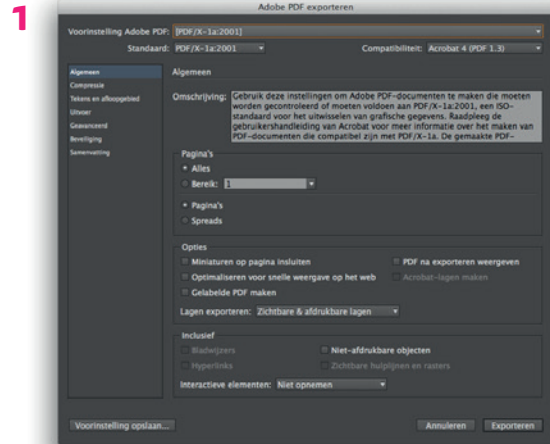
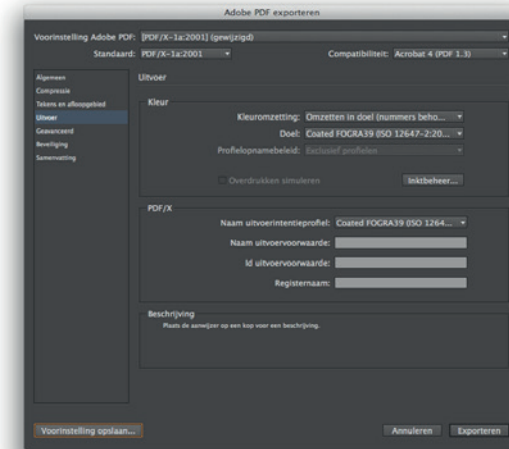


Creating a PDF File Using Adobe InDesign

InDesign is a professional layout programme for creating works such as books, magazines and brochures. All our layout packages are created using this software. In case you have this software, the instructions for exporting to a proper PDF file are given below.



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Go to File > Export and select "Adobe PDF (Print)".

1. Under the "General" tab:

- Under "Adobe PDF presets", select "PDF/X-1a:2001" as a basis.
- Make sure the "Spreads" option is not selected.

2. Go to the "Marks and Bleeds" tab:

- Only tick "Crop Marks" and "Page Information".
- Set "Offset" to 3 mm.
- Under "Bleed", set all fields to 5 mm.

3. Go to the "Export" tab:

- Under "Convert Colours", select "Convert to Destination (Preserve Numbers)".
- Under "Destination", select "Coated FOGRA 39".
- Under "Profile Inclusion Policy", select "Don't Include Profiles".

After following these steps, select "Save Presets". This allows you to name the settings. You can then select this preset the next time round.

Submitting InDesign files

If you want to submit Adobe InDesign files, you can create a "package". Go to **File > Package**. Thereby you will create a folder with the InDesign file, fonts and links to any images. You can then zip this folder and send it to us.