

**poster  
competition**



**blow us  
away!**

# *the vibes*

- minimum A4 scale
- any medium
- friendly cartoon characters
- includes the Anti Burnout Logo somewhere

# *the rules*

free to enter :)

send your entry as a PDF to  
[antiburnout@aup.ac.uk](mailto:antiburnout@aup.ac.uk) with  
the subject: ABOI poster  
competition and give us a link  
to your socials/website

closes June 1st

# *prizes*

**1st place: £20 Book Tokens**

**2nd place: @befmakesart  
bundle**

**top three posters will be shared  
on our website, socials and  
across the Arts University  
Plymouth campus!**