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This paragraph should consist of your abstract. The abstract is written in simple line spacing; italics; 11-point Calibri Light. The guidelines in this template are instructions to help you format the article according to the guidelines of FormAkademisk. Please do not include references in the abstract. If the article is published in Norwegian, Danish or Swedish, you should also write an English-language version of the title and abstract. The English version will be readable online. This abstract consists of 92 words. An abstract in the journal should be between 100 and 130 words.

*Keywords:*Template, research, maximum, five, keywords.

INTRODUCTION

We recommend that authors, in addition to reading this template, view already published articles that follow the new template (from issue 4, 2020) to see examples of how the articles should be formatted.

Correct formatting and ideal style

An important aspect of the work of a scientific journal is to ensure good technical quality in the published manuscripts. Therefore, the authors are encouraged to follow these guidelines conscientiously. We remind you that it is a style ideal in scientific publications that it is the content that should be empha-sized and not the packaging.

The first paragraph after a heading should not be indented. The manuscript file should be as complete as possible. This means that figures, tables, possible endnotes and the reference list must all be mounted and formatted correctly. All paragraphs that do not have a new heading are separated by a line break and indentation of 1.27 cm.

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The format for referencing and the reference list in this journal is the APA style, 7th edition, which is described in the latest version of the *American Psychological Associations Publication Manual.* The style is also described, explained and examples of use are shown on the website https://apastyle.apa.org/ (American Psychological Association, 2020). See also examples of how different types of references should be formatted in the reference list under *References* at the end of this document. References are placed in parentheses (Author, 2000) in the running text, in the same format as the surrounding text. Endnotes should be avoided and never used for referencing[[1]](#endnote-1). The use of footnotes is not allowed. When citing an entire website, it is sufficient to give the address of the site in the text only. Example: FormAkademisk (www.formakademisk.org) is an open access journal.

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All figures and tables must be referenced to in the text as shown here with the figure below (Figure 1). Please ensure that images are not placed with text surrounding the image, but between paragraphs, and that no figures are anchored or locked in position. Figures can also be placed side by side where desired. Use the entire column width if possible and try to keep the figures the same height if possible (Figures 2 and 3). If the figures are next to each other, they should have one common caption. See examples of this use in Figures 2 and 3. Figures, tables, or quotes should not appear immediately after headings as a form of introduction, but should be part of the academic text, as is common for scientific articles.



**FIGURE 1.** To the left the correct use of figure placement. Incorrect use on the right. Captions in Calibri Light 9 point. Distance from caption to figure is 6 points. There is a 22 points distance above the figure.

 

**FIGURE 2 AND 3.** Square on beige background (figure 2). Circle on beige background (figure 3). Captions should be placed below the figure. There is a 22 points distance below the caption.

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The use of tables is encouraged. The tables in FormAkademisk articles should be style formatted as similar as possible. Use the table below (Table 1) as a template. It is desirable that the table cells are grayscale and with white dividing lines. Use uppercase or italics to separate table text elements /values. Font size in table text is 9 points.

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| --- | --- | --- | --- |
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| *Faktor 1* | Verdi 1 | Verdi 1 | Verdi 1 |
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| *Faktor 3* | Verdi 3 | Verdi 3 | Verdi 3 |
| *Faktor 4* | Verdi 4 | Verdi 4 | Verdi 4 |
| *Faktor 5* | Verdi 5 | Verdi 5 | Verdi 5 |

CONCLUSION

By using this template, you ensure correct formatting of your article. The reference list should start at the next page.

ACKNOWLEDGEMENTS If you would like to thank anyone for their contribution to the article, please use this formatting here. 10 pt Calibri light. The paragraph has an indentation of 6. 44 pt distance above to the final paragraph of the article text.

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