



The Title is Written in English Using the Cambria Font, Size 16

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ARTICLE INFO

Received: 05/01/2021
Revision: 04/04/2021
Accepted: 19/05/2021
Available online: 29/05/2021

ABSTRACT

The paper is to be written in English, using the Cambria font at size 9 with a line spacing of 1.0. It should be formatted on A4 paper and must not exceed 10 pages. The contents of the paper will include an abstract, an introduction and background section, a literature review, methods, results, a brief conclusion, and a list of references. Figures and equations may be included. The margins for the upper, lower, and left/right sides should each be set to 1.54 cm. The abstract should consist of no more than 250 words and must contain a brief background, research objectives, research methods, and main conclusions. Additionally, it should include up to 5 keywords that describe the article's content for indexing purposes. When writing the article, provide explanations for any uncommon abbreviations upon first mention; thereafter, you may use the abbreviation alone.

Keywords: *paper, Cambria, conclusion, references*

1. INTRODUCTION

The article you write must adhere to the format specified in this template, or you may copy your writing into this template. Any submissions that do not conform to the prescribed format will be returned to the author for revision.

The Introduction should provide a brief background, a review of the literature, and outline the issues to be discussed. At the conclusion of the Introduction, please include the research objectives intended to be achieved through the study.

References must be cited in the text using square brackets [1]. If citing two or more references, place them within a single pair of brackets [3,4]. References should be numbered in the order that they are cited in the text. It is highly recommended to use "Mendeley" or a similar tool to compile references [5].

The total number of referenced articles should be at least 15, with an emphasis on citing relevant articles from the Flywheel Journal. It is also advisable to use the most current references, ideally published within the last 10 years. If you use

tables or figures from other publications, you must obtain permission from the original author to utilize their data.

2. METHODOLOGY

The title section of the paper, including the introduction, methods, results and discussion, conclusions, acknowledgments, and references, should be written in bold using the Cambria font at size 11. Subtitles should begin with capital letters and be italicized. Please do not include page numbers in the manuscript, as they will be assigned automatically by the editorial team.

2.1 Table format

The table should be included and referenced within the main text of the paper. The title of the table must be centered and followed by a caption sentence in Cambria font, size 10 pt.

The table should be typed, not presented as a screenshot. An example of how to create a table is provided in the accompanying example.

Table 1. Composition of acoustic board

Sample	Bagasse (%)	Epoxy resin (%)	OPEFB (%)	PVAc adhesive (%)
S-1	67	0	3	30
S-2	60	4	3	26
Etc.				

2.2 Image format

Images must be displayed and referenced as part of the text, positioned centrally. Provide sufficient space to ensure that the image title is easily distinguishable from the accompanying text. The image title should be placed below the image and formatted in Cambria font at a size of 10 pt.

Ensure that the image remains clearly visible when printed in black and white. The images included must be of good quality, with a resolution of at least 300 dpi, and owned by the author. If you intend to use images from other sources, you must obtain permission from the original author in advance. Avoid using colour in the images; instead, utilize different line patterns or symbol shapes to enhance readability [6].

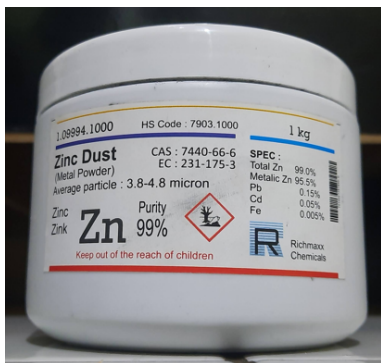


Figure 1. Zinc powder

2.3 Equations

Equations must be referenced and should have an indentation of 5 mm from the left margin. They should be numbered consecutively with Arabic numerals enclosed in brackets on the right. For example:

$$a = \frac{1}{y} \sum_{i=1}^n |b| \quad (1)$$

2.4 Special symbol

Special symbols, such as α , γ , μ , and Ω , must always be formatted in Times New Roman font.

2.5 Language

All text, figures, and tables must be written in English. Manuscripts submitted in a language other than English will be returned to the author for translation before they can be resubmitted.

2.5 References

References should be formatted in Cambria font, size 9 pt. and listed sequentially according to their citations in the manuscript.

3. RESULTS AND DISCUSSION

The research findings are organized logically, drawing on data analysis to provide a clear and coherent explanation.

In the discussion section, tables and images can be included as necessary to support the data or to review the research results. However, avoid using tables or images excessively within the same manuscript. To enhance clarity, consider using subheadings for better organization [7].

4. CONCLUSION

Summarize the main findings of the research. The conclusion should be in paragraph form and clearly and concisely present the key results, along with recommendations for future research. Avoid including overly detailed explanations.

ACKNOWLEDGMENTS

In this section, we express our gratitude to those third parties, other than the authors, who played a significant role in preparing the paper. Additionally, we acknowledge the sources of research funding in this section.

REFERENCES

Modality of Journal Papers' Quote:

- Nowak WJ. Control of kinetics of plasma assisted nitriding process of Ni-base alloys by substrate roughness. *Advances in Manufacturing Science and Technology*. 2020; 0(0):99-108, doi: <https://doi.org/10.2478/amst-2019-0019>.
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