

High contrast, light and dark modes

You can quickly enable/disable high contrast mode by using the keyboard combination:

[LEFT ALT] [LEFT SHIFT] [PRINT SCREEN]

Windows

OPTION 1: HIGH CONTRAST

Using pre-sets

Windows 11

1. Click the **Start** button (bottom-left corner)
2. Click on the **Settings** (cog) icon
(see All Apps if not available)
3. On the left panel, click the **Accessibility** tab
4. Click on **Contrast themes**
(you may need to scroll)
5. Select your desired theme from the **Contrast themes** dropdown menu

NOTE: Select **None** from the dropdown menu if you don't wish to select a theme

NOTE: If none meet your requirements, choose the theme that most closely meets your needs (you can customise it per steps 5-7)

6. Click on the **Apply** button

NOTE: Your screen may flicker and flash

NOTE: You may need to restart/refresh some applications for the changes to take effect

Custom high contrast themes

7. After selecting a theme (steps 1-4), click on the **Edit** button
8. Modify the colours of the theme as desired
9. Click on the **Apply** button

NOTE: Your screen may flicker and flash

NOTE: You may need to restart/refresh some applications for the changes to take effect

Windows 10

1. Click the **Start** button (bottom-left corner)
2. Click on the **Settings** (cog) icon (left panel)
3. Select **Ease of Access**
(click Home in top-left if not visible)
4. On the left panel, click on the **High contrast** tab
5. Use the toggle button under **Turn on high contrast** to enable/disable high contrast mode

NOTE: Your screen may flicker and flash

6. Select the theme that works best for you from the **Choose a theme** dropdown menu
- NOTE:** If none meet your requirements, select the theme that most closely meets your needs (you can customise it per steps 5-6)

NOTE: Your screen may flicker and flash

NOTE: You may need to restart/refresh some applications for the changes to take effect

7. After selecting a theme (steps 1-4), modify the coloured rectangles under the **Choose a theme** dropdown menu as desired
8. Click on the **Apply** button

NOTE: Your screen may flicker and flash

NOTE: You may need to restart/refresh some applications for the changes to take effect

Windows

OPTION 2: LIGHT AND DARK MODES

Windows 11

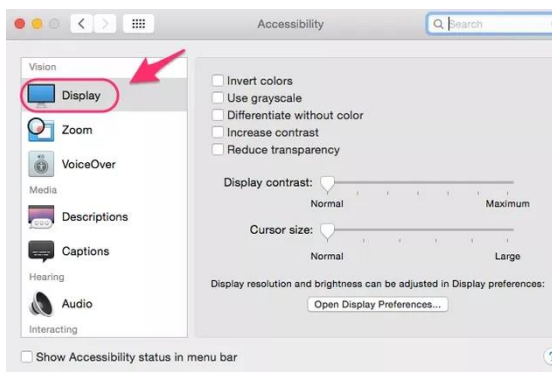
1. Click the **Start** button (bottom-left corner)
2. Click on the **Settings** (cog) icon (see All Apps if not available)
3. On the left, click the **Personalisation** tab
4. Click on **Colours** (you may need to scroll)
5. Select your desired mode from the **Choose your mode** dropdown menu.
6. **(OPTIONAL)** Use the toggle button under **Transparency effects** to enable/disable whether Windows effects are transparent or opaque
7. **(OPTIONAL)** Expand the **Accent colour** section to specify a primary colour for Windows elements

NOTE: If you select **Automatic**, Windows will automatically pick an accent colour depending on the theme

Mac

High contrast

1. Go to **System Preferences** and then select **Accessibility**
2. Select **Display** under the **Vision** section
3. **(OPTIONAL)** Adjust the checkboxes as desired
4. **(OPTIONAL)** Adjust the sliders for **Display contrast** and **cursor size** as desired



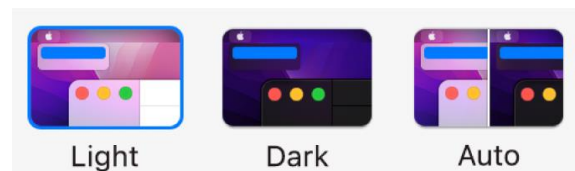
Windows 10

1. Click the **Start** button (bottom-left corner)
2. Click on the **Settings** (cog) icon (left panel)
3. Select **Personalisation** (click Home in top-left if not visible)
4. On the left panel, click on the **Colours** tab
5. Select your desired mode from the **Choose your colour** dropdown menu
6. **(OPTIONAL) EITHER** select an accent colour **OR** select **Custom colour** to specify a primary colour for Windows elements

NOTE: If you select the **Automatically pick an accent colour from my background box** option, Windows will automatically pick an accent colour depending on the theme

Light and dark modes

1. Go to **System Preferences** and then select **General**
2. Select **Light, Dark** or **Auto**



NOTE: Auto gradually adjusts the mode from light to dark throughout the day

3. **(OPTIONAL)** Specify an accent colour for pop-up menus and Mac elements