



# Tips for taking photos



## FIRST THINGS FIRST, LIGHTING

- Whether you are taking that selfie indoors or outside, stay away from harsh lighting, avoid direct sunlight or ceiling lights, as they will give you harsh and ugly shadows.
- Look for **natural indirect light**, like a window, and make sure you are facing the light, this little tip will make you look great.
- If you are taking the shot outdoors, choose the time of the day wisely; we suggest around **sunrise** or perhaps **sunset**.

## SMILE

We want to see that sweet and natural smile from you. This can be tricky as we tend to feel uncomfortable in front of a camera. Take a few selfies and practice until you find your most natural, photogenic smile.

## TAKE CARE OF YOUR BACKGROUND

Are you taking a selfie in your accommodation? The school? A classroom? Or maybe a lovely destination... wherever you pick, your background should be tidy and interesting too.

## SHAPE MATTERS

Make sure you are taking a portrait photo.

## STRIKE A POSE

Posing can be challenging for some, so we would like to give you a few ideas.



Look back at the camera



Have some fun



Side angle



Invite your friends /  
Host family/ EC teacher



Use a prop like a cup of  
coffee, books...



Embrace the culture in  
your location - go for tea If  
you are in England.



Natural pose / in action



Your background tells  
a story too

**Don't be afraid of showing us your good side,**  
take your pictures with confidence and smile for us!

