

CHANGE STEP

Support for military
veterans in Wales



How to take great pictures on your smartphone

There's no reason why pictures you take on your smartphone wouldn't be good enough for you to submit to the media or use online. Here are a few helpful hints to help you make sure you get the best snaps you can!

Wipe the lens!

Your phone goes everywhere with you and can very easily pick up dirt and grime. Before you take a picture make sure you wipe the camera lens on the back of the handset. Take it out of the case if you need to. Use your sleeve, or a tissue, or whatever you've got to hand. If you do, the image will be sharper and is more likely to be useful!

Get the lighting right

Never set up an image where the light is behind the subject. If you want to get a clear, crisp picture make sure the light source (the sun, a window, or an electrical lamp) is always behind the photographer. Natural light is almost always better than artificial light. Whatever you do, make sure you take your picture in a well-lit environment – this will mean you don't have to use your flash.

Frame the picture right

If you can, take both landscape and portrait photographs! We know your Instagram account encourages you take square images, but landscape pictures are most useful for media and for us. If you frame your picture in the best way then we should be able to crop it to the size and shape we need. Some smartphone cameras can impose a rule of thirds grid onto the screen – you may find this helpful when you come to frame your picture. [Click here for more information on the rule of thirds.](#)

Zoom with your feet

One of the things smartphones are poor at is zoom. You might be able to pinch the screen, but this will often make the subject fuzzy when we're looking for clear, sharp images. The best thing to do is move closer to or further away from your subject. Don't get too close, though – remember every image needs to include the top of people's heads and their chins, with a wee bit of space around the edges!

Selfies don't really work

However hard you try the angle will be all wrong and you'll have one massive arm at the edge of the shot. Ask a friend or family member to take a shot for you. They'll take another if you don't like the way you look!

Change Step offers
support, activities,
comradeship
and camaraderie
for veterans
throughout Wales



0300 777 2259



www.changestepwales.co.uk



ask@change-step.co.uk



ChangeStepWales



ChangeStepWales



Change Step is led by CAIS, and delivered throughout Wales by the DACW network.

CAIS Ltd is a limited company registered in England and Wales. Registered Office: 12 Trinity Square, Llandudno, LL30 2RA. Registered Number: 2751104. Charity Number: 1039386.

CHANGE STEP



Support for military
veterans in Wales

Look at the background

No one wants a lamppost growing out of their head, so make sure you've checked the background to your images. Try to take your snaps against a nice clear backdrop, without mess, if you can. Greenery always works well, if you can.

Let the picture tell the story

What story do you want the image to tell? If your picture is intended to illustrate a running challenge then have a picture taken in your running gear. If your picture is intended to illustrate a fundraising cake baking contest, why not consider a picture with mixing bowl and flour – or tucking into a big slice of Victoria sponge? The most interesting images are always a little bit different, and a good picture could be the difference between getting good coverage and getting no coverage at all! Pictures of a group of people standing in a row aren't very inspiring and are very easy to ignore – so be imaginative!

Smile!

No one wants a picture of people looking glum, so flash your teeth and smile! The person behind the camera may have to use persuasion and a bit of charm – but we really need to see everyone's smiling faces.

Settings and sending

Always take your photograph at the highest quality you can. Send it in its original file format without any stickers, emojis or filters applied. Don't try to edit it, put it into Word, or stretch it out in any way. For the best results, just attach the image to an email and send it.

Change Step offers
support, activities,
comradeship
and camaraderie
for veterans
throughout Wales



0300 777 2259



www.changestepwales.co.uk



ask@change-step.co.uk



ChangeStepWales



ChangeStepWales



Change Step is led by CAIS, and delivered throughout Wales by the DACW network.

CAIS Ltd is a limited company registered in England and Wales. Registered Office: 12 Trinity Square, Llandudno, LL30 2RA. Registered Number: 2751104. Charity Number: 1039386.