

A Guide to Taking a Good Selfie



Stand in Front of a Dark Background

You can stand in front of a dark or patterned background, such as a wooden door. It's not a passport photo so don't worry about a white, plain background!

Use Natural Lighting

Natural lighting is best. Try to avoid bright sunlight or glare.



Avoid Bright Lights from Above or Behind You

Lighting needs to be consistent and you should avoid a 'spotlight' effect.



Take the Selfie 'Straight on'

Make sure you are facing the camera and not turned to the side.



Take the Selfie at Eye Level

Make sure your whole face is in the image with a good 'border' around you. Don't be too close or too far away.



Remove Anything that Covers Your Face

Remove peak caps or hats or anything that obscures your face.

