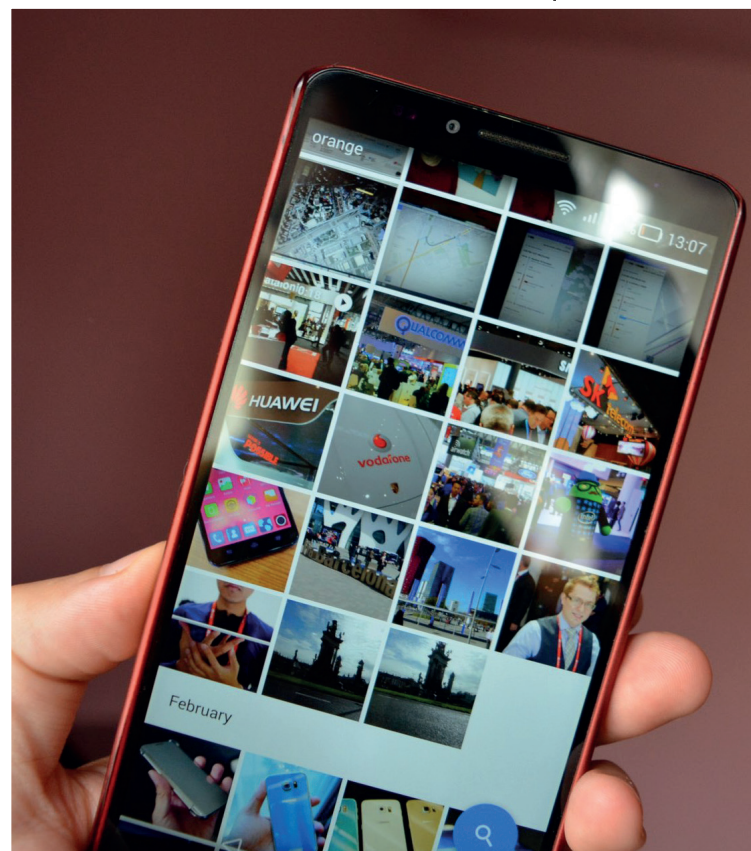


Taking and sharing
photos and video
from your
smartphone



Use gridlines to balance your shot or video

One of the easiest and best ways to improve your mobile photos is to turn on the camera's gridlines. That superimposes a series of lines on the screen of your smartphone's camera that are based on the "rule of thirds" -- a photographic composition principle that says an image should be broken down into thirds, both horizontally and vertically, so you have nine parts in total.

According to this theory, if you place points of interest in these intersections or along the lines, the shot will be more balanced, level, and allow viewers to interact with it more naturally.



To switch the grid on ...

iPhone: Go to "Settings," choose "Photos & Camera," and switch "Grid" on.

Android: Launch the camera app, go to "Settings," scroll down and switch the "grid lines" option to "on."

Set your camera's focus.

Today's phone cameras automatically focus on the foreground of your frame, but not every picture you take on your phone has an obvious subject. To adjust where you want your camera lens to focus, open your camera app and tap the screen where you want to sharpen the view.

If you're taking a photo of something in motion, for example, it can be difficult for your camera to follow this subject and refocus as needed.



To set your camera's focus

Tap the screen to correct your phone camera's focus just before snapping the picture to ensure the moving subject has as much focus as possible. A square or circular icon should then appear on your camera screen, shifting the focus of your shot to all of the content inside that icon.

Avoid Zooming in

When you take a photo from a distance, it's tempting to zoom in on something specific you're trying to capture. But it's actually better not to zoom in -- doing so can make the photo or video appear grainy, blurry, or pixelated.

Instead, try to get closer to your subject -- unless it's a wild animal, in which case we would advise keeping your distance -- or take the photo from a default distance, and crop it later on. That way, you won't compromise quality, and it's easier to play around or optimize a larger image.



Use natural light

It's hard to find a great smartphone photo that was taken with a flash. Take advantage of the sources of natural light you can find, even after dark. Stand with the sun or light behind you so the it lights up the scene in front of you. It's a good idea to stand near windows if you're trying to take a photo or video inside.

Avoid using the flash setting if you can inside or out but if you do need to brighten a scene then use it only in daytime.



Use a tripod if you can

If you are able to, then use a phone tripod to capture your images or video footage. We don't all have steady hands and using a tripod can ensure that your photo or video won't be blurry or shaky.

If you don't have a phone tripod then you can use your other arm to steady your camera arm or improvise with stacks of books on a table.

Without a tripod make sure to hold the phone **with both hands** when taking a photo or recording image.



Without a tripod you could try...



STEP 1. Make 4 symmetrical cuts and push the flaps inside.



STEP 2. Mount your phone and start taking photos.

Sharing your photos via Email

- Apple iPhone

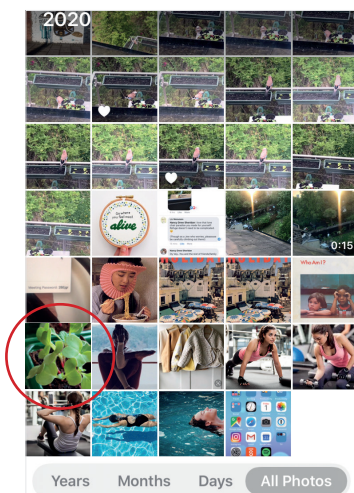
We'd like you to send us your images and videos in the highest possible quality.

Some email providers have limits on the size of media you can send - make sure to send at the highest quality you can.

Go to your photo gallery



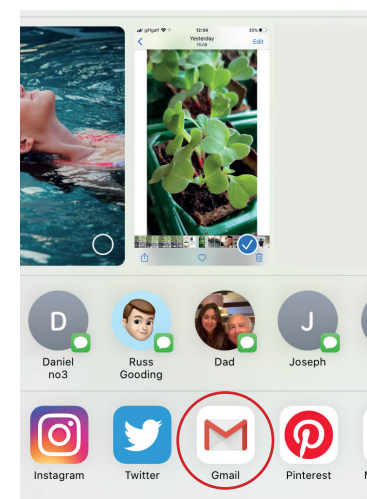
Select the image/s or video/s you'd like to send.



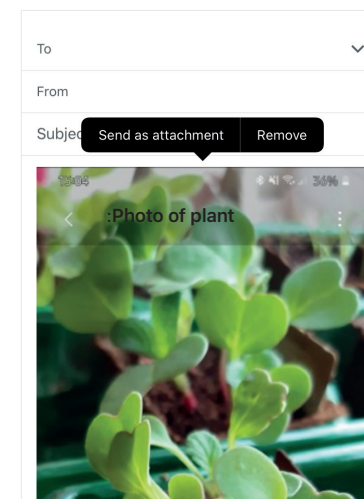
Select the share option
(The icon usually looks like the icon below)



Select your email app
(This could be 'Mail', 'Outlook', 'Gmail' etc)



Select send as attachment and press send



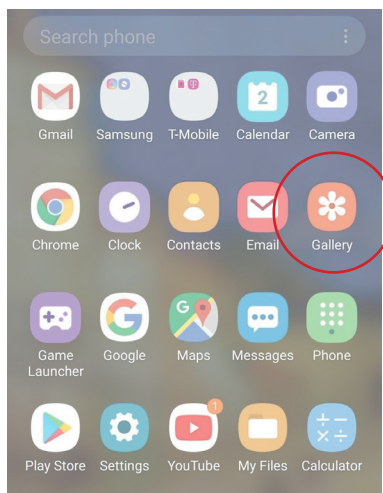
Sharing your photos via Email

- Android

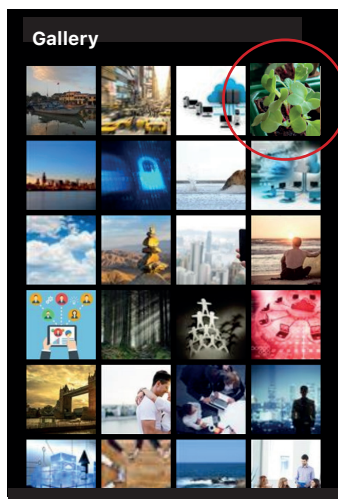
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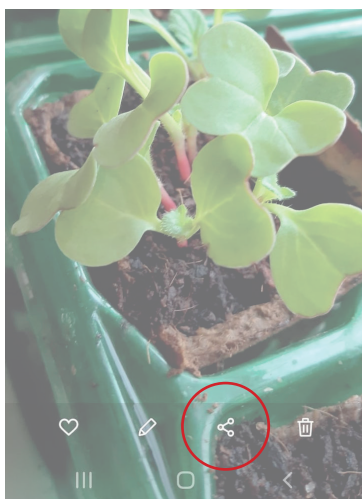
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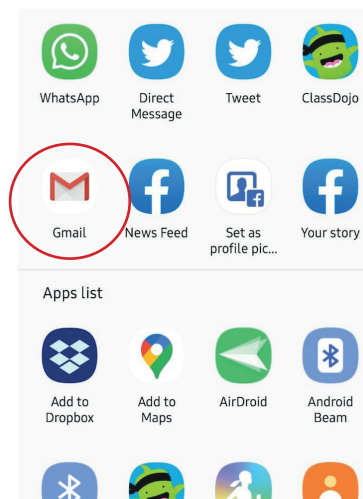
Select the image/s or video/s you'd like to send.



Select the share option
(The icon usually looks like the icon below)



Select your email app
(This could be 'Mail', 'Outlook', 'Gmail' etc)



Your photo will now be attached and ready to send

