



PORTRAIT GUIDELINES

Each interview is accompanied by a photograph to help connect our audience to the storyteller. The points below are tips to consider when capturing the best portrait (head-and-shoulders shot) you can in any given environment.

For participants who do not wish to be photographed, please photograph a relevant detail such as the subject's hands or a significant object or place. Childhood photos are also a great substitute.

In some instances it may be desirable to photograph the storyteller together with the interviewer, if both people contribute to the story (for example, a mother talking about raising her daughter, who is the interviewer). If the interviewer is not relevant to the story, he/she should not be included in the photo.

Elements of the Portrait

The Background

Distracting backgrounds (clutter, bright lights, telephone poles, etc.) take away from your subject. Blur the background by using a shallow depth of field, or place your subject against a neutral background.

Lighting

Look for pleasing portrait lighting: window light, reflected light, or open shade. Try to avoid camera flash, harsh, high-contrast light, and unpleasant shadows.

Posing

Observe your subject. How do they sit or hold their hands naturally? Photograph them in a position that looks comfortable. Usually angles in the shoulders, or just a slight tilt of the head, actually look more natural than a body slammed up against the wall staring right at you.

Orientation

Please submit a horizontal (landscape format) image, cropped in on the subject's head and shoulders.

Digital Specifications

Please submit your photos with the following color profile, dimension, file format and naming convention:

File Format: JPG

File Name: Last_First.jpg (example: Vargas_Marcario.jpg). Do not use special characters (#*!)

Color Profile: RGB

Size: 476 pixels wide x 392 pixels high

Resolution: 300 dpi