Phone Photography tips

An Arukah Network Resource

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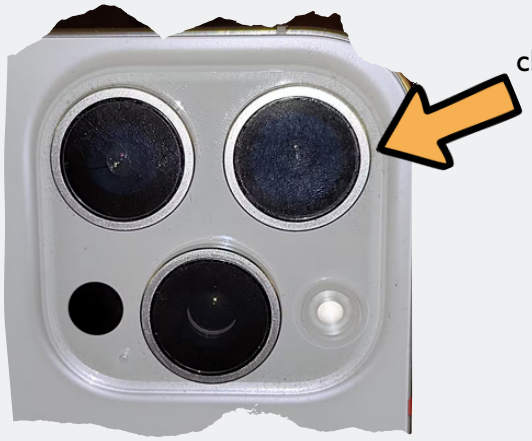
FOR GLOBAL COMMUNITY HEALTH

INTRODUCTION

You have probably heard the saying, “A picture is worth a thousand words.” Which is why taking photos of your work is essential.
The good news is that you don't need an expensive camera to take good pictures - sometimes all you need is a mobile phone... and this guide!

1. CLEAN THE LENS

Dirt and oils can easily build up on your camera lens, which will reduce the quality of your photographs.
Before you take pictures, wipe the lens with a piece of your clothing or a tissue.



❌ Facing the light

✅ Away from the light

2. USE NATURAL LIGHT

Daylight looks much better than indoor light. If you're taking pictures of people, consider whether you can take the pictures outside.
If you are taking photos inside, the phone camera should NOT face the window. And if you are outside, the camera should NOT face the sun.

3. DON'T ZOOM

On most camera phones you can zoom in on the subject. Don't do this! If the subject is too far away, move closer (if safe to do so).

4. KEEP STILL

Keeping your camera still is especially important at night or in low light - it will help stop photos from being blurry. To make sure that the subject of your picture is in focus, on most camera phones you can simply touch the screen where your subject is. A box should appear on your screen.

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5. TAKE A VARIETY OF PHOTOS

Below are some examples.

Wide shots

Close-ups

Objects

Activities

Individuals

Group photos

Man made scenes

Natural scenes

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