

How to take photos

1 Ask a friend to take a photo of you.

2 Keep the device at 90° angle at the waistline.



→ Stand 3-4 steps away

✓ → Put your hair up

✓ → Make sure you wear tight clothes: tank top and leggings will do just fine

✓ → Don't wear high heels

Front Photo

Requirements

3

- ✓ → Head looking straight ahead
- ✓ → Keep the posture straight
- ✓ → Straight arms are 6 inches (15 cm) apart
- ✓ → Legs are 7 inches (18 cm) apart

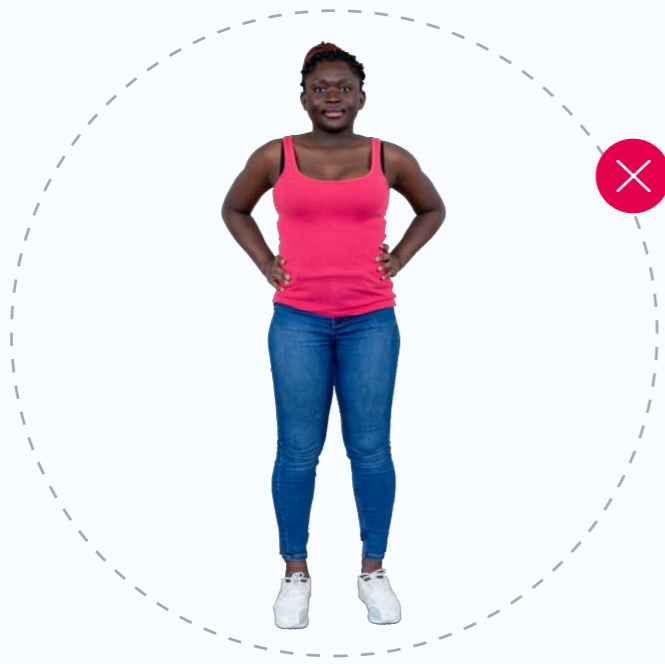
Side Photo

Requirements

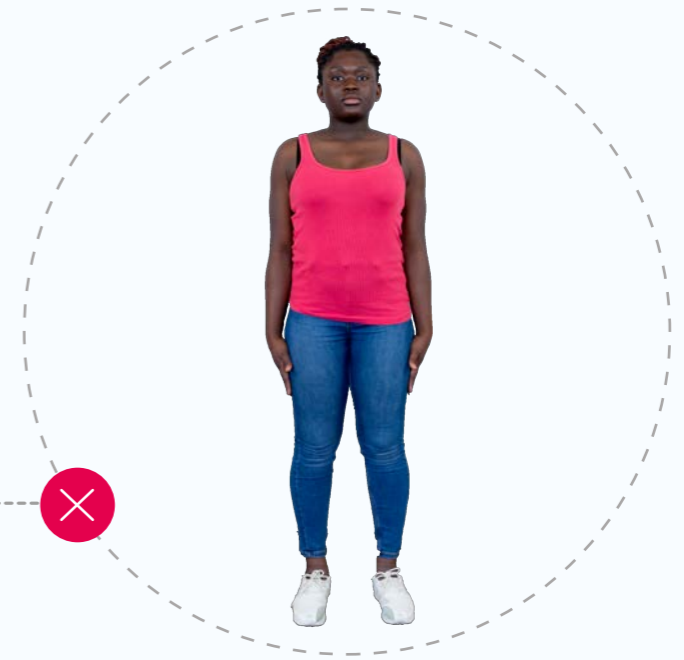
4

- ✓ → Head looking straight ahead
- ✓ → Keep the posture straight
- ✓ → Arms are rested on the sides of the thighs
- ✓ → Legs and feet are standing together

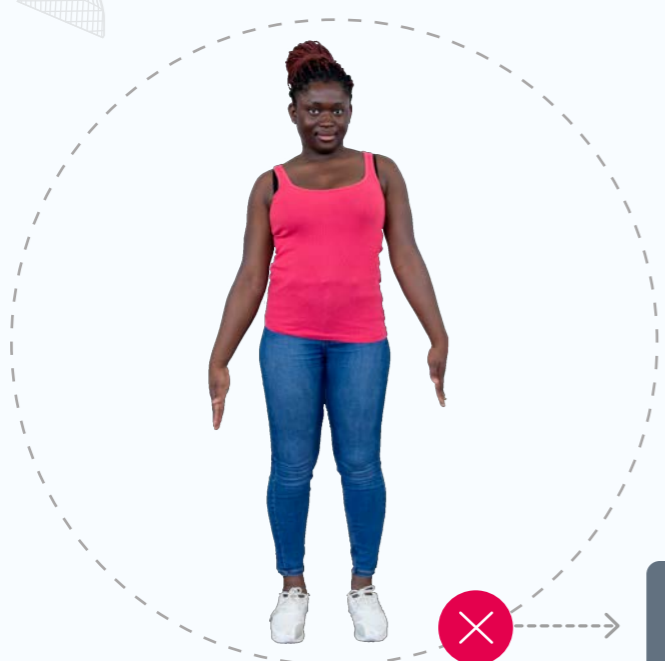
How **NOT** to take photos



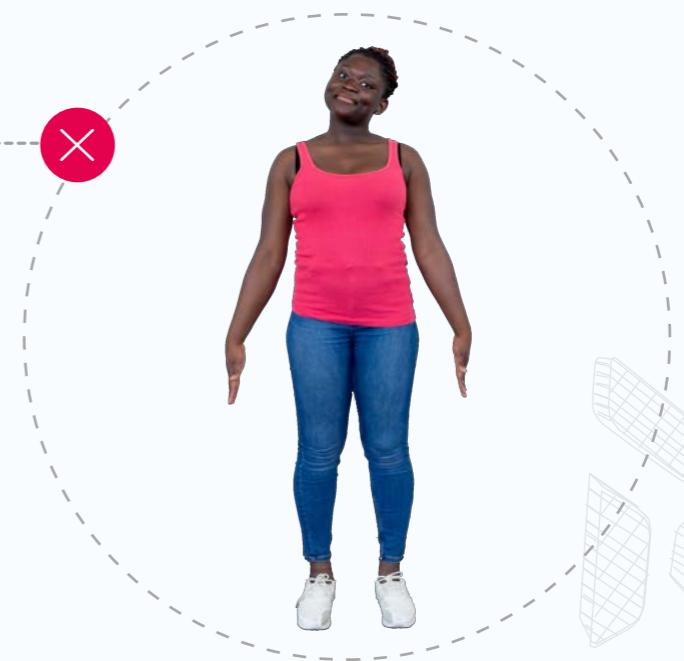
Arms should not be put on the hips, crossed behind the back, or over the head



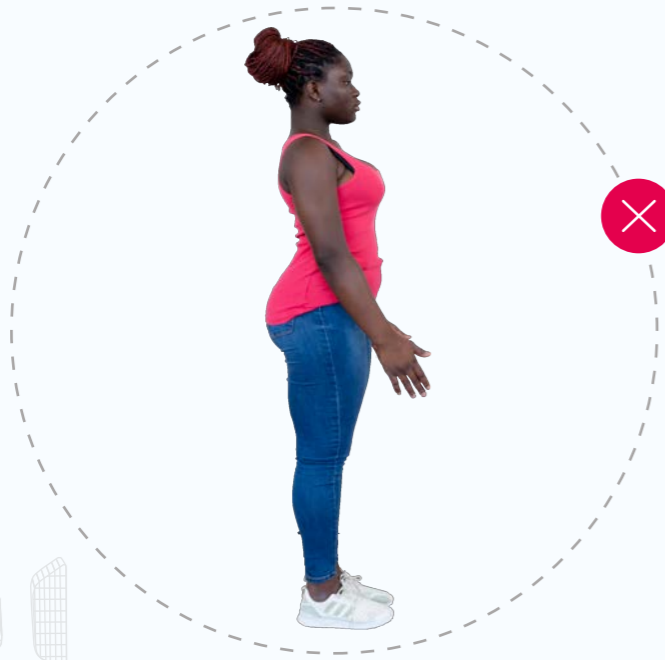
Legs and arms should not be together



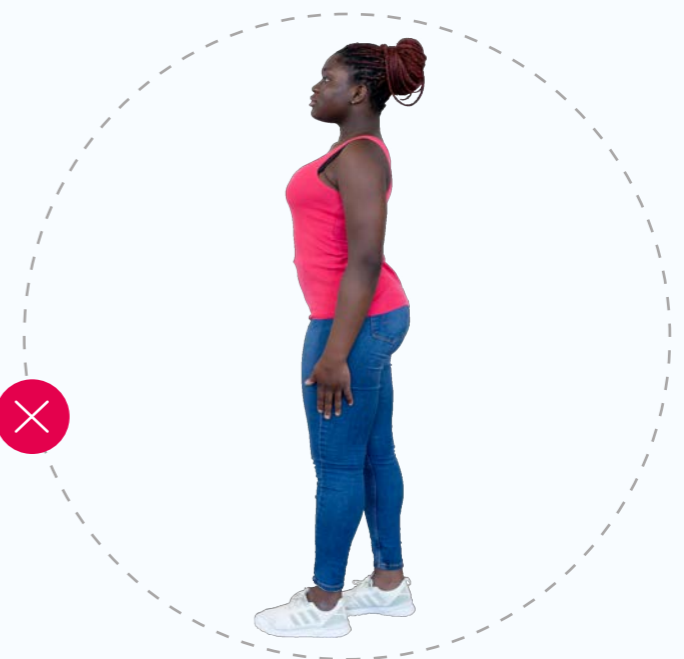
Don't tilt the head



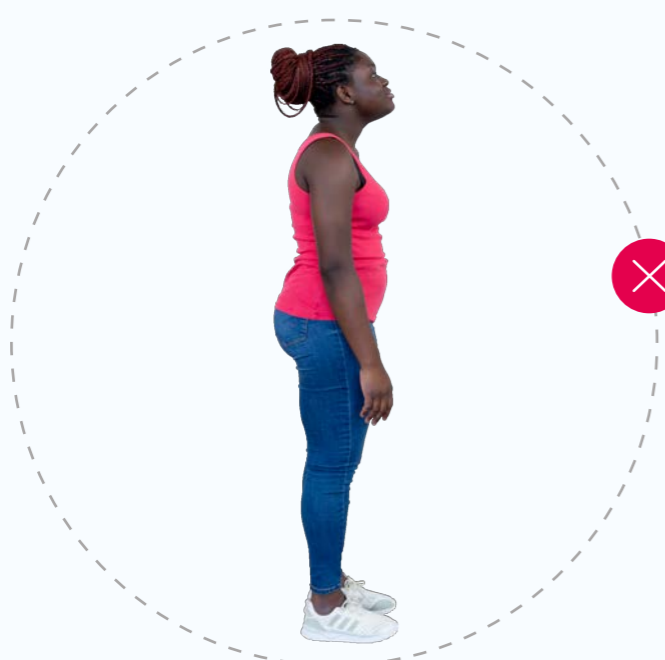
Don't lean over



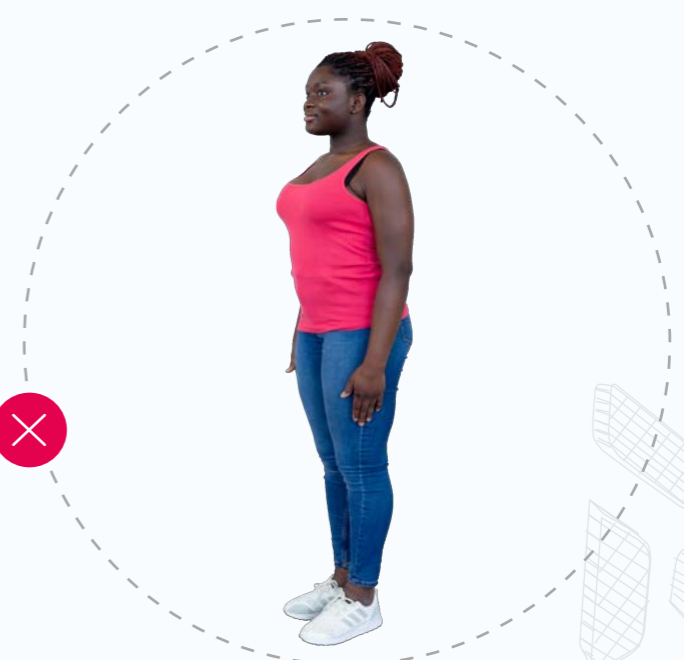
Arms should be placed with the line on the pants



Legs and feet should be together



Don't slouch



Don't stand in half-turn