



# Breakthrough T1D 2025 Children's Congress

## Submitting Photos for Breakthrough T1D Children's Congress

### Helpful Hints:

- Headshot photography isn't about a white background or fancy lighting. It's about the person's expression. If they're sharing a genuine smile, that's a good photo.
- Keep the camera at eye level. That's the most honest, genuine way to photograph headshots.
- Use close-up shots rather than wide-open shots with multiple people.
- Keep clothing simple. Mid-tone colors work best. Avoid all-white, which can tend to wash out. Avoid busy patterns that can distract from the face.
- Your photo must be a clear image of you (not blurry, grainy, or fuzzy) against a plain, light-colored background.
- The photo must be a head and shoulders shot of you – and only you.
- You must use a portrait, not landscape, photo that is correctly oriented.
- You must be facing the camera.
- You cannot wear dark glasses.
- Do not submit a photo of a photo; just take a photo of yourself.

### Technical Requirements:

- Photographs must be in digital format.
- On digital cameras, ISO settings control how sensitive an image is to light. The higher the ISO, the less light you need to capture a photo.
- You can upload a .jpg, .bmp, .tif, .png, .gif, or .pdf.
- Minimum file size is 5MB and max is 24MB.
- If you scan your photo, the resulting file must print as a 2" x 2" image of larger.
- The photo must be at least 640 x 480 pixels.