

How to make a portrait photo for PURE/the research website

Your portrait photo is your visual calling card for your personal page in the PURE-portal and on the research website Amsterdam UMC. If you take it with a mobile phone, it is important that it looks as professional as possible. Therefore, note the following tips:

- Don't use a selfie! Have someone else take the picture or use a self-timer.
- Use the camera on the back of the phone, not the 'selfie' camera.
- If possible, use the latest version/edition of a mobile phone. The newer the phone, the better the picture. Newer phones often have a camera with a special portrait mode.
- Always shoot during the day with natural daylight.
- Use a calm, smooth background, no objects. Unless the background is out of focus.
- If you wear a lab coat or a doctor's coat: pay attention to the hygiene regulations of Amsterdam UMC. For example, no large earrings, put your hair up, etc. Moreover, the logo on the coat should be the Amsterdam UMC logo (not AMC or Vumc).
- Always take a vertical photo, because the portraits will be shown vertically on the website and portal.
- Frame the person well, leaving some space at the sides and at the top.

A smile? Yes please!