

# Wellbeing Photo Challenge

## Top Tips

Top tips from [Nikon](#) ambassador and photography judge, [Esther Bunning](#).

### Have fun!

The most important thing to remember when taking part in a photo competition is to enjoy the process and have fun! It's about exploring what you love and what makes you who you are as a person. In other words, don't place too much pressure on yourself – just explore and create. I'm a big believer in experimenting and not being too rigid with rules surrounding photography or what makes a 'good' photograph.

### Get inspired

Study images popping up in your social media feeds and consider what you like about them. How do these photographers create their look and style? Be inspired, but don't imitate. You can always put your own story connection into an image you create.

### Angles

Use the daily themes as an opportunity to try something different. You could try different camera positions, rather than standing at usual height. Experiment with taking photographs from down low and looking up, from a high point and looking down, or a bird's eye view.

### Light

Contrary to popular belief, grey days aren't necessarily the best conditions for taking photographs. In fact, sunny days bring their own magic. You can work with shadows, dramatic colour shifts and interesting light casts. You could even shoot straight into the sun/light source and play with lens flare for drama. Sunrise and sunset can be magic times for photography, and more forgiving for photographs of people and the light on their faces.

### Photographing people

When photographing people, consider how you can get them to relax and be themselves. They might feel more comfortable moving – for example: running, jumping or dancing. Most people can relax if they're involved in an activity they enjoy.

### Equipment

It doesn't matter if you're using the latest mirrorless, a DSLR or your mobile, the best camera is the one you have with you at the time! Moments can present themselves when you least expect it, and often your phone can be the closest and fastest to capture them.

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## Daily Theme Tips

### Daily theme tips

#### Whenua

Look around you and consider your own personal environment. It doesn't matter if it's urban or rural – it's about your connection to the spaces you move through on a daily basis. Consider how you play, interact and move through the land around you. This theme lends itself to exploring at ground level, from different heights and could include close-ups of ground and nature, travel and story.

#### Hinengaro

This theme provides a great opportunity to explore more abstract themes – texture, blur, movement and shadows. Consider breaking the rules of photography and experimenting with different styles and concepts. In other words, an image for this theme doesn't necessarily have to show the literal or the real. You could try shooting through abstractions of glass, shadows, plastic, paper or fabrics – there are many items around the kitchen and the home that you can photograph through for different effects.

#### Tinana

Think about how you personally move your body throughout the day. Think about what gives you strength – this could include anything from food to physical movement, or even stillness.

#### Whānau

This is the people around you. It's the smiles, the interactions and the story of the ones you share your life with at work or home, on your commute or in your daily activities. What do these people mean to you and how can you show this in a photograph?

#### Wairua

Don't be intimidated by this! Consider your heritage, personal story and history. How can you weave in your ancestry or your personal beliefs? Where are the places you go that reflect these values and who are the people that came before you or who will come after you?