



***Hold Still*, National Photographic Portrait Competition**

Spearheaded by The Duchess of Cambridge, Patron of the National Portrait Gallery, *Hold Still*, a portrait of our nation in 2020, is an ambitious community project to create a unique photographic portrait which captures the spirit, mood, hopes, fears and feelings of the nation as we continue to deal with the Coronavirus outbreak.

Whilst many people's lives are on hold to help protect our helpers and heroes, there are some that are working harder than ever, and others that are enduring the upheaval of hardship and loss. *Hold Still* will capture a snapshot of the people of the UK at this time, creating a collective portrait of our nation which will reflect resilience and bravery, humour and sadness, creativity and kindness, human tragedy and hope as we hold still for the good of others, and celebrate those who have continued so we can stay safe.

The Duchess and the National Portrait Gallery invite you to submit your own photographic portrait, taken during these extraordinary times, which responds to one of the following themes:

- Helpers and Heroes
- Your New Normal
- Acts of Kindness

One hundred shortlisted portraits will feature in a virtual exhibition on the Gallery's website and a selection of images will also be shown across the UK later in the year.

The project is completely free and open to all ages and abilities. Images must involve people, and can be captured on phones or cameras. Each image will be assessed on the emotion and experience it conveys rather than its photographic quality or technical expertise. The closing date for submissions is **18 June 2020**.

Don't forget to share your images with us on social media #HoldStill2020

National Portrait Gallery

<https://www.npg.org.uk/hold-still/>

HOLD

STILL

A PORTRAIT OF OUR
NATION IN 2020



COMPETITION

This competition is an opportunity for you to reflect on your personal experience of lockdown and the Covid-19 outbreak. What story will you tell and what emotions and experiences will you show?

Your photograph must involve / show people, and can be captured on phones or cameras. Visit this website for some top tips on making portraits in lockdown: <https://www.bbc.co.uk/bitesize/articles/z43s2v4>

THEMES

1. **Helpers and Heroes** – are members of your household key workers or helping in the local community? Create a portrait which records their role and how you feel about them.
2. **Your New Normal** – think about how life has changed for you during lockdown. Make portraits showing how you live, play, learn or exercise and explore how you feel about the situation and your circumstances.
3. **Acts of Kindness** – Have you experienced kindness through actions or communication? Capture gestures or moments of kindness in your everyday.



In addition to your photo, you should also write a short paragraph to explain the experiences and emotions of the people shown in your photograph.

The closing date for uploading your photos to the National Portrait Gallery website is 18th June 2020.

The National Portrait Gallery holds the most extensive collection of portraits in the world! Every year it holds a Portrait Award, Follow the website link, explore the exhibition and vote on your own favourite. Let's see if it is the same as mine.

<https://www.npg.org.uk/whatson/bp-portrait-award-2020/virtual-exhibition>