If a picture is worth 1000 words, then surely a photo is the best way to share your travels, club events and member accomplishments with Toastmasters around the world.

Submit your club and member photos for publication in the *Toastmaster* magazine or on the Toastmasters website. The publications team is always on the lookout for:

- Action images of members, club meetings, contests and club events. Photos should be exciting and full of life. Typically, posed group photos in your meeting space will not be published.
- Images of you striking a pose with or without your *Toastmaster* magazine while you are traveling to exciting new places.

**Photo Submission Guidelines**

- Email photo submissions to photos@toastmasters.org.
- Photo submissions must be in .jpg format.
- Submitted photos must be at least one megabyte (1 MB) in size to be used.
- Keep images simple and original.
- Make sure images are in focus, not blurry.
- Include a brief description of each submitted photo:
  - Member(s) and club name(s).
  - Location the image was taken.
  - Fun stories associated with the image.
  - Your contact information.
- You authorize Toastmasters International to publish any or all photos you submit in the printed *Toastmaster* magazine, electronically in the digital magazine, and/or on the Toastmasters website.

Every month, 20 to 30 photo submissions are sent to the photos mailbox. The Publications team at World Headquarters reviews each submission in the order it is received, but due to publication needs, less than 15 images are published each month. Thank you for your patience.