



# Alumni Instagram Takeover

Want to share your creative work or ocean adventures with Bow Seat’s global community? Sign up for a “takeover” of Bow Seat’s Instagram!

## HOW TO SIGN UP

Email [alysa@bowseat.org](mailto:alysa@bowseat.org) with the subject line: Alumni IG Takeover. Include your full name, age, hometown, and Instagram handle (if applicable). We’ll follow up to schedule a week for your takeover!

## CONTENT

Our followers are nature and ocean-lovers; and artists young and old, emerging and professional. Here are some ideas you may consider sharing – feel free to mix it up!

- **Visual Art:** This may include photos of you in action in the studio, projects you’re working on, or your favorite pieces from your portfolio.
- **Writing:** Choose a quote or line from your writing project and overlay it on an image. [Canva](#) is a great free tool for that!
- **Activism:** Are you part of an environmental club at your school? Is there an environmental event or rally coming up in your community? Show us what activities you’re involved in!
- **Ocean or Environment:** Connect us to the natural world where you live, or show us your favorite watery spot! This may be scenic or beautiful imagery, or maybe you want to show us how your community is impacted by marine debris or other pollution.

## REQUIREMENTS

- You must be a Bow Seat alumnus/alumna—i.e., you must have participated in a Bow Seat Ocean Awareness Contest or Marine Debris Creative Advocacy Competition.
- **After receiving approval from the Bow Seat team**, prepare 5-7 photos and captions to be shared during your takeover week.
- Send your content to [alysa@bowseat.org](mailto:alysa@bowseat.org) at least three days before your scheduled week:
  - Include the captions in the body of your email or as a document.
  - Send your images as attachments. Your images should be less than 5 MB each.
  - *Make sure it is clear which image goes with which caption!*