

課程提要 拍攝好作品的竅門 |  
Curriculum highlights  
tips for better pictures

認識你的相機 「憧憬世界」選用了500萬像素Olympus C500相機。它可拍攝高質素的影像，而且備有自動或手動拍攝功能。在兩天的攝影工作坊中，導師們教導了學員攝影的技巧以及有效運用相機的方法。

KNOW YOUR CAMERA The camera used for *Through our Eyes* was a 5 megapixel Olympus C500, which proved to be of very high quality and suitable for both manual and automatic use. Instructors provided two workshops for all students in the techniques of photography and effective camera use.

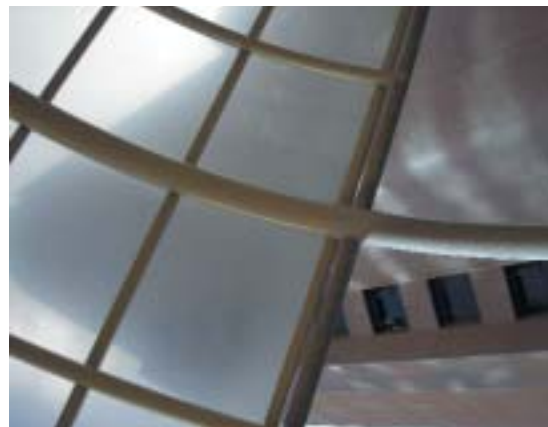


郭永翠 Kwok Wing Chui

背景的考量 小心觀察影像的前景及背景。嘗試排除一些對前景或後景構成干擾的元素，保持背景簡潔——拍風景照片或長距拍攝時，嘗試在前景保留一些有趣的元素。

CONSIDER THE BACKGROUND Look carefully at both the foreground and background. Try to avoid distracting elements behind or in front of the subject. Keep your backgrounds simple — for landscape or long shots, try to include something interesting in the foreground.

周子樂 Chow Tsz Lok



張珮儀 Cheung Pui Yee

影像的畫面框 注意你拍照時的畫面框，好好利用相機的邊緣作出新嘗試。嘗試不同距離的拍攝，把主體放置於正中以外的地方。此外，還要避免一個初學者常犯的通病——「中央主義」，意即把攝影的重點不加思索地置於相片的中間，而未有考慮其他的部份或留空。拍攝時要善用整幅畫面，包括相的邊緣作為構圖的一部份，還要確認在構圖中的所有東西都是有用的。

拍攝是需要找一個最切合需要的視點，嘗試多種不同創意的角度。

THE FRAME Pay attention to the frame of your pictures. Use the edges actively, try new things — get close, go far. Place the subject off-centre. Avoid the disease common to the beginning photographer known as centeritis, where the subject is placed dead-centre and the rest of the frame is empty. Use the entire frame, use the edges as part of the composition, and make certain that everything in the frame contributes to your picture.

Find a point of view that “fits” the subject and your concept. Experiment with unique and innovative points of view.

捕捉一刻 注意特別的時刻，抓住「決定性的一刻」，即最能活現拍攝主體的一刹那。臉部表情往往十分重要，要捕捉最能流露出人物個性的一刻。

任何活動都有其刺激及有活力的一面，要等待及捕捉那一刻。通常那一刻都發生於人際之間的互動，以及人和環境產生交流的時候。到底那一刻才最能表述你的主體？你又如何感受那一刻的來臨？

多留意及觀察身邊的事物——這是拍攝好照片的最基本條件。

CAPTURE THE MOMENT Watch for those special moments. Look for the “decisive moment” — where the subject comes alive. Facial expressions are very important. Find the moment when someone’s personality is revealed.

Every activity reveals moments that are exciting and vital. They often happen in moments of interaction between people or between people and their environment. What is the moment that best describes your subject, or how you think or feel about it?

Pay close attention and observe — it is the primary key to good photographs.



鄭浩彤 Cheng Ho Tung



陳穎賢 Chan Wing Yin

放鬆一點：順其自然 預先想想你想拍下的影像，這樣能幫助你分辨那個是最佳拍攝的時機。

當你拍攝的時候，不用細想，直接去感受及對主體作出反應。看見有趣的事物就立即按下快門拍下來。因為只要你稍一猶豫，主體或當時情景便會一瞬即逝。拍一堆照片開心一下吧！要懷著愉快的心情，透過相機及眼睛看世界。

STAY LOOSE; BE SPONTANEOUS Think in advance what you want to take pictures of. Your mind will help identify opportunities for pictures.

When you are actually photographing, don’t think. Feel and react to your subject. Click the shutter as soon as you see something interesting. If you stop to think about it, your subject will “get away” from your camera.

Take lots of pictures and have fun. Be playful and enjoy seeing the world through your eyes and the camera.



王敬華 Wong Man Wa

實驗再實驗：嘗試再嘗試 拍攝影像需要嘗試不同的事物。同一主體，可配以不同的背景多拍數幅，持之以恆，不要輕言放棄。專業的攝影師均明白要多嘗試新拍攝方法，才能拍出精采的照片。通常首幾張照片都只是令你熟悉主體的「熱身」運動。最好的照片往往在較後時間拍攝得來。想像是無窮的，發揮你的創意吧！

EXPERIMENT: TRY AND TRY AGAIN Try different things. Take several pictures of the same thing and experiment with different background and points of view. Keep trying. Don’t give up. Don’t get discouraged. Professional photographers know they must experiment and try new approaches for successful pictures. The best pictures are often made after you “warm-up” to the subject, and after you have made several exposures. Your imagination is endless. Be creative.



汪家希 Wong Ka Hei

**審視光源** 光的變化無窮，而且會經常改變，因此要選擇最適合主體的光。在不同的時間，不同的光源下拍攝同一主體，你會發現某一種光會令主體生動起來。日出及日落左右的時份，常常被攝影師們稱為「奇妙的一刻」，是因為那時候的光度十分柔和而且漂亮。嘗試在天黑之前去拍照，將這種光的魔力表達出來吧！

猛烈的陽光通常造成過強的對比。假如拍人像時背光的話，請打開相機的閃光燈，稱為「補光」閃燈。不要害怕在陰天、柔光下、黑暗中甚至雨天時拍攝。

光源轉變，顏色也會有所變化。留意色彩，在構圖中運用色彩。

**WATCH THE LIGHT** Light can be very different and is always changing. Consider the best light for your subject. You'll find that certain types of lighting will bring a subject to life. Go back to the same subject at different times, in different kinds of light. Twilight, dusk is often considered a "magic" time by photographers due to the beautiful light and soft colours. Try to photograph just before dark and convey something of this magic.

Bright sunlight is often very harsh and contrasty. For portraits in deep shadow, turn your flash on. It will help "open" and soften the shadows. This is called "fill-in" flash. Don't hesitate to photograph in cloudy or soft light, or dark scenes, or even rainy days.

Colour changes as light changes. Be aware of colour. Use colour in your compositions.

**關鍵：警覺性** 多留意身邊的事物，觀察人們的動靜、表情、姿勢及活動。同時也要多注意自己對世界的反應、感受及想法。這次攝影計劃是關於你如何看香港和香港人，有甚麼有趣或能夠觸動你的東西？你看見周遭環境時會想到什麼？請用相片告訴我們。

其實好照片到處都有，而你要做的，就是察看世界。不用太刻意營造所謂「靚相」。最好的照片是誠實的，它能反映你的真正感受。

**AWARENESS IS THE KEY** Be aware of your surroundings. Watch the action and observe people, their expressions, postures, and activities. Try to be aware of yourself. What are your reactions, feelings, and thoughts about what you see in the world? This project is about how you see Hong Kong and its people. What do you see that is interesting or that moves you? What is on your mind as you look at your surroundings. Show us.

There are good pictures everywhere; all you need to do is look at the world. Don't worry about taking "good" pictures. The best pictures are honest and reflect your real feelings.



李雁齊 Lee Ngan Chai



韋賢瀚 Wai Yin Hon

**心眼** 學習以相機為「眼」，在屏幕上審視你拍下的影像。有時候你心目中看見的影像，跟相機拍出來的大不一樣。這時，請運用你的想像力及直覺，嘗試透過相機表達你的所見所感。有時候，稍為改動一下角度、背景或捕捉另一個時刻，便能達到想表達的意境。試驗不同的相機移動及模糊拍攝效果，不斷作出新嘗試。要有創意，我們鼓勵有創意及自信的表現。

**YOUR MIND'S EYE** Learn to see as the camera sees by viewing your images on the screen after you make them. Sometimes what you see in your mind is not what the camera sees. Use your imagination and intuition. Try to learn from what the camera sees, and try to convey what you see and feel through the camera. Sometimes a slight change in perspective, a different moment, or a different background will convey what you see and feel. Experiment with motion and blur, and try new things. Be creative. We want to encourage your creativity and your confidence.



陳曉君 Chan Hiu Kwan

**拍出自我** 攝影可以表達你的感受。你關心甚麼？你在想甚麼？你的喜惡為何？如果有機會，你會怎樣改變環境、世界或香港？有什麼令你覺得有趣、好玩、或者令你覺得悲傷或困難？什麼事令你快樂？你想別人看到什麼？你希望展示什麼？你的眼光是獨一無二的，我們想知道你怎樣看香港和身邊的環境。

**SPEAK OF YOUR LIFE, YOURSELF** Express your feelings. What do you care about? What do you think about? What do you love, or hate? What would you change of your environment, the world, or of Hong Kong if you had the chance? What do you find interesting or cool, or sad and difficult? What brings you happiness in the world? What do you want other people to see? What do you want to show others? Your vision is unique. We want to see how you see Hong Kong and how you see your own environment.



廖天瑜 Liu Tin Yu

「憧憬世界」的目標 我們想知道香港的環境有什麼令你留下深刻印象？香港在你眼中又有何獨到之處？我們希望你能夠發自內心、別具創意，融合你的思想和感覺，把你所思所感用照相機忠實地展示出來。拍好照片是沒有特定法則的，世界在你眼中是什麼模樣？

請緊記以下拍攝的三項原則：  
觀察  
試驗  
表達你的所思所感

最後，好好享受拍攝，放懷表達自己吧！

所有小孩子都是藝術家。問題是當他們長大後  
怎樣去保持他們的藝術天份  
Every child is an artist. The problem is  
how to remain an artist once he grows up

畢卡索 Pablo Picasso

**THROUGH OUR EYES' GOALS** What strikes you about the Hong Kong environment? What is unique about Hong Kong in your eyes? We want you to be creative, to show us your world, and above all to be honest in conveying your thoughts and feelings through a camera. There are no rules for making a good picture. What does the world look like through your eyes?

Remember these three principles:  
Observe  
Experiment  
Express your thoughts and feelings

And, above all, have fun. Take joy in making pictures and expressing yourself.