LIGHTING

3 Point Lighting
• **Key light** provides the most illumination
• **Fill light** is a soft light that fills in the shadows
• **Back or dress light** separates the interview subject from the background.

Different Light Sources are Different Colours
• Blue - outdoor light
• Orange - indoor light
• Pink or Green - flourescent
Don’t mix light sources, it will look very bad

Using Available Light
• You can use window light to illuminate your interview subject, acting as key light.
• A large piece of white paper or styrofoam can be used to bounce the window light onto the other side of your subject, acting as a fill light.
• Because outdoor light is blue and indoor light is orange you should not use them together.

When lighting with available light, follow these steps:
1. Identify the brightest light source available and use it as your key light.
2. Eliminate light sources that are different colours from you key light.
3. Seat the interview subject so that the key light is off to one side and slightly above the subject.
4. Look at your subject’s face. If there are and hard or unflattering shadows try using a bounce card to soften the shadows.

Think before you shoot
• Give your subject more light than anything else in the frame.
• Look for evenly lit areas to shoot in.
• Do not pit extremes against each other in your composition, i.e., bright white vs. dark black instead work with shades of grey or better yet, lots of colour.

Tips
• Don’t mix indoor and outdoor light
• Focussing on a white piece of paper first with your camera lets your camera adjust to the light.
• Establish your main light source (key light) then eliminate all other light sources.
• It’s good to shoot on an overcast day to alleviate hard shadows.
• Use a white board to eliminate hard shadows
• Use texture in the background to create separation from your subject.
• Keep lights 60% and darks 40%
• No white, black or striped clothes.
• Move people with dull colours against brighter backgrounds.
• Outdoor shots are tricky when filming people moving between light and shadow - reduce extremes.
LIGHTING QUESTIONS

1. Ideally you will want your light to come from where the camera is set up - this will prevent shadows on objects or people's faces. True or False?

2. Try to avoid shooting directly into any light because you may damage the camera. True or False?

3. You do want the source of light to come from behind your subject. If a light source is behind an object, it will seem dark and you may not be able to see what is going on, or the details of the object. True or False?

4. It's important to have lighting that fits with your purpose. True or False?

5. What are spot lights?

6. Describe flood lights?

7. Describe soft lights.

8. Soft lights are usually easier to use than spot lights because they blend nicely. True or False?

9. Use a smooth reflector for illuminating someone's face. True or False?