



Beccles U3A

Digital Photography Group

Video Meeting Wednesday 3rd June 2020

Tom & Jerry funny clip

<https://www.youtube.com/watch?v=HiTMpcRsH1g>



Digital Photography Group news

We reviewed some of the U pictures in the last Zoom meeting.

They can still be viewed on the gallery pages...

<https://u3asites.org.uk/beccles/page/80610>

Photo Theme for June = “V”

Start sending in your “V” pictures to Graham !

Photography Magazine Roundup

Photography Magazine Roundup - news

Digital Photographer is giving away a “Fine Art Photography” e-book.

You have to provide an email address to download.

https://future-publishing.msgfocus.com/k/Future-Publishing/digital_photographer_ebooks_may

They are also running a “Garden Wildlife” Photo competition.

Winner gets a copy of Affinity Photo Editor, worth £50. One for you, Esme !

<https://www.photocrowd.com/digitalphotographer/>

Alternatively, you could try the Potato POTY competition !

Winner gets £1000 worth of kit.

<https://www.photocrowd.com/photo-competitions/photography-awards/potatopoty-2020/>

Photography Magazine Roundup - news

Nphoto are offering a free e-book on how to make money from your camera. You have to provide an email address to download.

https://future-publishing.msgfocus.com/k/Future-Publishing/n_photo_ebooks

Canon PhotoPlus Magazine are offering a free e-book on Studio Photography :

http://mos.futureplc.com/Teach_Yourself_Studio_Photography.pdf

Photography Magazine Roundup - news

German Nature Photography competition winner announced.

<https://www.gdtfoto.de/seiten/gdt-naturfotograf-des-jahres-results-2020.html?lang=English>

Olympus are offering online tech talks, guru sessions and ideas for shoots :

<https://www.olympus-imagespace.co.uk/whats-on/>

Fujifilm are doing the same for their X series of cameras :

<https://fujifilm-x.com/global/stories/>

Photography and Mental Health

Amateur Photographer had an interesting article on how Photography can improve your mental health. So I thought it would be good to share this with the group

Background :

According to the Charity MIND, approx. 1 in 4 Brits will experience a mental health issue this year and 1 in 6 people in England report anxiety/depression issues in any given week.

The Covid-19 epidemic and the lockdown has increased the burden on those suffering with mental health issues and the likelihood of more people developing these conditions



Photography and Mental Health

Photography can help in several ways

1) Mindfulness

Being more aware of your surroundings, particularly if this is outside

Thinking about the light and shade, what angles you want, the composition, admiring the bird/wildlife etc....

By focussing on taking a good photograph, other issues are moved out of the forefront of your mind.



Photography and Mental Health

Photography can help in several ways

2) Expressing emotion through the image

Sometimes it is difficult to put into words how you are feeling. Taking photos can be a way to express yourself through images

For example, a black and white image; an empty beach; bleak, grey skies and so on



Photography and Mental Health

Photography can help in several ways

3) Macro photography

This works in a similar way to Mindfulness, by focussing in completely on small objects, we push other thoughts and feelings away.

Also, we are viewing a very small world, where our issues don't exist and where we are in control.



Photography and Mental Health

The advice is talking about taking photos to improve mental health,

But also looking at old photos can also cheer us up....

Helping us remembering good times

Triggering memories



Photography and Mental Health

Be aware that Photography can also **harm** your mental health....

- Depressed that your photos aren't good enough
- Frustration with the technology / jargon
- Stress from competitions / critical feedback

Photography should be fun.

Hopefully our Group is a friendly place !



Mental Health Video...

<https://www.youtube.com/watch?v=HibabJjE06U&t=2s>

Portrait Photography – Facial View & Angles

Facial view is the portion or angle of the face that is showing towards the camera.

How the subject's face is turned, or angled, relative to the lens/camera.

Your **camera angle** is where you place your camera, in relation to the subject.

The height and distance from the subject and the angle to the subject's face.

Portrait Photography – Facial View & Angles

There are 4 basic facial views

Full face is where your subject's nose is pointing directly towards the lens. You see equal amounts of both sides of their face.



Portrait Photography – Facial View & Angles

There are 4 basic facial views

3/4 view is where your subject turns their face just slightly in one direction until you cannot see the far ear any more.



Portrait Photography – Facial View & Angles

There are 4 basic facial views

2/3 view is where the subject has continued to turn their head until the line of the nose is almost touching the outline of their cheek on the far side.

Be careful not to turn them past that point so the nose breaks the line of the cheek. This is not nearly as flattering a look !



Portrait Photography – Facial View & Angles

There are 4 basic facial views

Profile is where the subject's face is turned almost exactly 90 degrees from front, basically their nose is pointing sideways.

You should only be able to see one side of their face and not the eye on the far side, in a true profile.



Portrait Photography – Facial View & Angles

There are lots of different camera angles, but essentially 3 types

Camera is at Eye Level



Camera is above Eye Level



Camera is below Eye Level



Portrait Photography – Facial View & Angles

Eye Level

Placing the camera at the subject's eye level results in an image that is balanced and proportionate between head and body.

It also allows the subject to look directly into the lens, which creates an emotional connection between the viewer and the portrait.

This is a flattering camera angle for most people.



Portrait Photography – Facial View & Angles

High Camera Angle – Above Eye Level

With this angle, the focus is on the face rather than the body and can be a very slimming angle for adults. It also emphasizes childlike qualities (makes the subject look vulnerable).

Parents tend to really enjoy photographs of their children taken from a high camera angle because they see their children like this in their day-to-day life, so it feels very natural.

Shooting from this angle makes it really easy to achieve good catch lights in the eyes and it can also help to camouflage a less than desirable background.



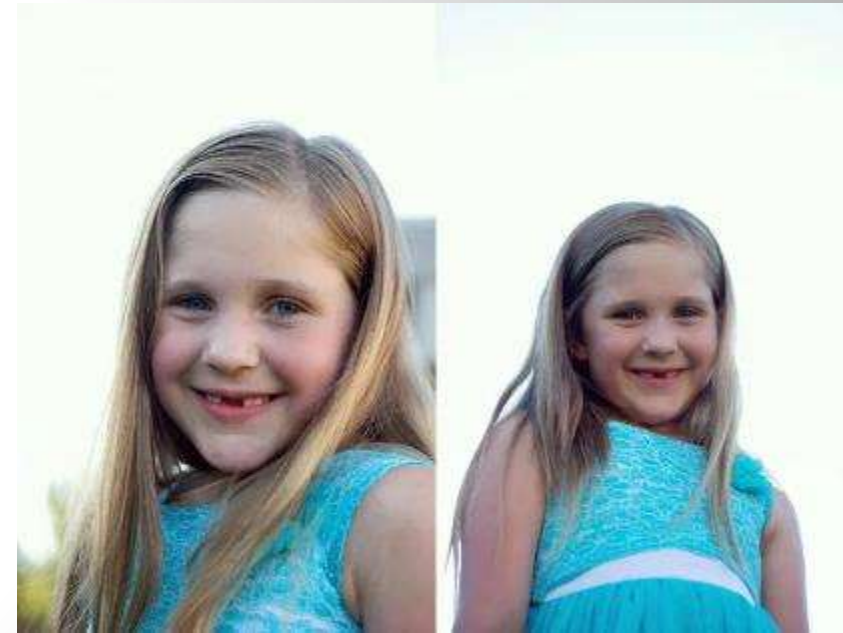
Portrait Photography – Facial View & Angles

Low Camera Angle – Below Eye Level

Shooting from a low camera angle can make people seem tall and authoritative, but it can also make people look larger than they really are, which is not very flattering for most people.

You must be careful not to use a camera angle that is too low. It can result in a prominent nose or the chin being overly-emphasized, and the subject will not be able to open his or her eyes widely when looking down at the camera.

This is usually not the most flattering angle for portraits.



Portrait Video - 10 tips for Outdoor Portraits

<https://www.youtube.com/watch?v=xdFQzYpq8nE&t=72s>

And finally.....

<https://www.youtube.com/watch?v=mFHKECOsz7E>

Thank You for Coming !

The next video meeting will be held....

on Weds 17th June at 3pm.

Hope to see you there !