

JESSICA OKONSKI'S

PHOTOGRAPHY GUIDE

This guide is meant to provide a guideline to participants interested in submitting a photograph to "Weathered", which is raising awareness for overdose death on Overdose Awareness Day (August 31st, 2020) and funds for Street Health's Overdose Prevention Site. We understand that everyone has varying levels of technical and photography skills, and hope that this guide will help you create memorialized photographs of your loved ones that you will proud to share.



SUBJECT

OBJECTS

Objects can tell an entire story, and how you put them together can give the viewer a sense of who and what your loved one was like.

Please include shoes as the primary imagery (if at all possible). You can also consider including: Photographs, mementos, favorite items, jewellery, trinkets, anything that brings up a memory can be added to the image.

BACKGROUND

Plain backgrounds work well with this photography style because they let the objects take center stage. White or black boards, a clean tiled or wooden floor, outside on a balcony or driveway.



LIGHTING



figure 1

SHOOTING INSIDE

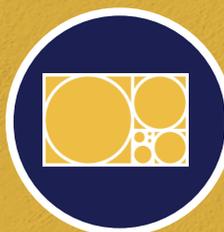
Turn off all the lights. Natural light (figure 1) will give you the best results, so use windows and turn off any and all ambient lighting in the room as it will add background noise. You can set a chair near a window or find a patch of light on the floor.



figure 2

SHOOTING OUTSIDE

If you are able to shoot outside (figure 2), shoot early in the morning or later in the afternoon when the sun is no longer right overhead. This will soften the light and ensure a sharp image with minimal contrast.



COMPOSITION

RULE OF THIRDS

Whether using a camera or a smart phone, go to camera > settings > and turn on grid. This will help you compose your image according to the rule of thirds (figure 3). In a nutshell, this rule states that dividing your picture using a 3x3 grid, and placing objects along the intersections will create more visual interest.



figure 3

BIRDS EYE VIEW

How you compose your image can change its overall impact. I suggest shooting in a bird's eye view/ lay-flat style (figure 4). Meaning arranging all your items on the ground and shooting your items straight overhead. This will allow you to see as many objects as possible.



figure 4



OTHER TIPS

GET CREATIVE

Move items around and try a few different versions. Either neatly organized or layed around your main memento.

INCLUDE YOURSELF

If you are working with only one item/momento, consider photographing from an overhead angle while someone is holding the shoes. Hands in the frame can bring your object to life.

QUALITY

Save the image as a jpeg at the largest file setting. On an Android, go to camera > settings > front picture size > choose largest possible option. On an iPhone, go to settings > camera > formats > choose most compatible.