🎥 8-Week Cinematography Training Note

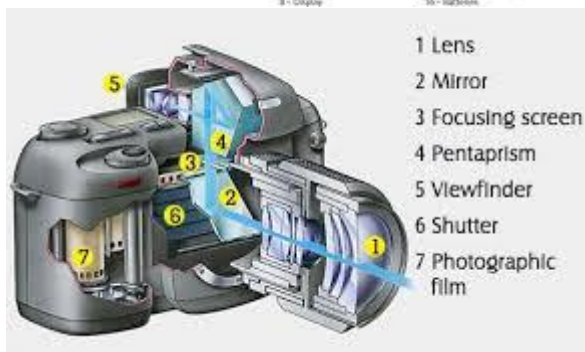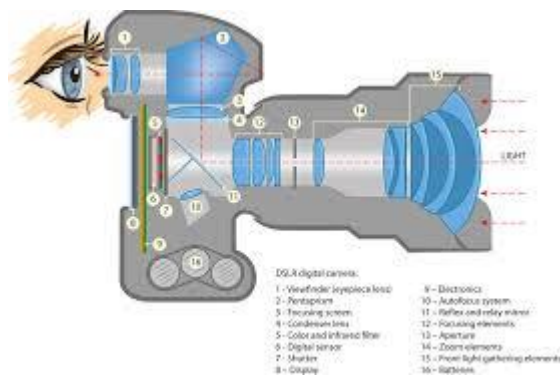## ☑️ Week 1: Introduction to Cinematography

📚 Theory:

- What is Cinematography? – The art of motion picture photography.
- Roles of a Cinematographer (Director of Photography – DOP).
- Basic film crew structure: DOP, Camera Operator, Gaffer, Grip, Director.
- Understanding the Camera: types (DSLR, Mirrorless, Cinema Cameras).
- How a camera works: lens, sensor, exposure.

📝 Practical:

- Identify parts of your camera.
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- Practice basic hand-held and tripod shots.
- Take photos using auto and manual modes.

📷 Visuals:

- Diagram of camera parts.

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- Photo of a basic film crew setup.

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- Image showing sensor sizes.

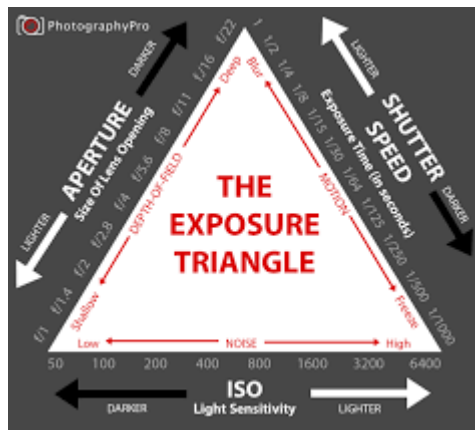✅ **Week 2: Camera Settings & Exposure**

🗄 **Theory:**

- The Exposure Triangle: ISO, Shutter Speed, Aperture.

- White Balance – getting natural colors.

- Frame Rates (24fps, 30fps, 60fps): cinematic look vs slow motion.

- Resolution: 1080p vs 4K.

📝 **Practical:**

- Adjust ISO, aperture, and shutter speed to take correctly exposed shots.

- Shoot the same scene in different frame rates.

- Practice setting white balance in different lighting.

📷 **Visuals:**

- Exposure Triangle diagram.

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- Before and after: correct vs incorrect white balance.

✅ **Week 3: Composition & Framing**

📚 **Theory:**

- Rule of Thirds, Leading Lines, Headroom, Nose Room.

- Different shot types: Wide Shot, Medium Shot, Close Up, Over-the-Shoulder.

- Camera Angles: High, Low, Eye-Level, Dutch Tilt.

📝 **Practical:**

- Frame a subject using Rule of Thirds.

- Shoot a simple conversation using over-the-shoulder shots.

- Take creative angles of the same subject.

📷 **Visuals:**

- Rule of Thirds grid example.

- Shot type examples.

- Different camera angles on same subject.

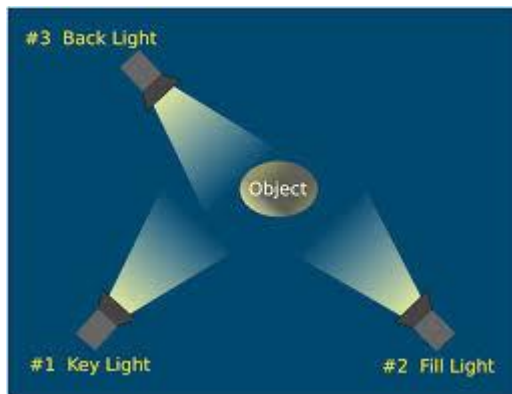☑ **Week 4: Lighting Fundamentals**

📚 **Theory:**

- Importance of lighting in cinematography.

- Natural vs Artificial lighting.

- 3-Point Lighting Setup: Key Light, Fill Light, Back Light.

- Hard vs Soft light.

📝 **Practical:**

- Set up a simple 3-point lighting.

- Experiment with natural light: morning vs evening vs harsh midday sun.

- Use reflectors or DIY bounce boards.

📷 **Visuals:**

- 3-point lighting diagram.

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- Before and after shots: with and without fill light.

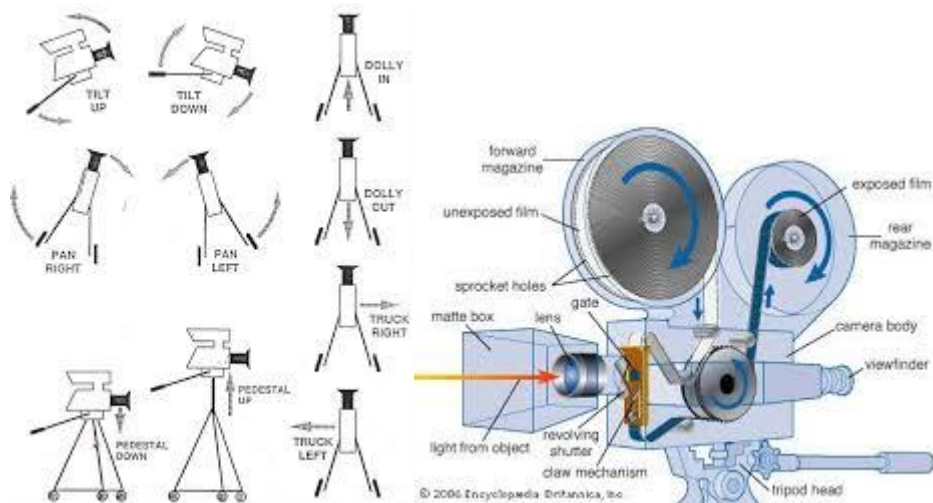---

☑ **Week 5: Movement & Stabilization**

🗐 **Theory:**

- Static vs Moving shots.

- Types of camera movements: Pan, Tilt, Dolly, Truck, Pedestal, Handheld.

- Tools: Tripod, Gimbal, Slider.

📝 **Practical:**

- Practice smooth pan and tilt shots.

- Try handheld vs gimbal shot.

- Shoot a walking sequence with tracking.

📷 **Visuals:**

- Diagram of camera movements.

- Tools photo: tripod, slider, gimbal.

☑ **Week 6: Color Theory & Mood**

▤ **Theory:**

- Color temperature: warm vs cool.

- Using color to create mood.

- Basic color grading vs color correction.

📝 **Practical:**

- Shoot the same scene with different white balance settings.

- Use colored gels or practical lights to create different moods.

- Try basic color correction in editing software.

📷 **Visuals:**

- Color wheel.

- Examples: same shot with different color moods.

📚 **Theory:**

- Importance of sound: ambient, dialogue, foley.

- Basic mics: shotgun, lapel, boom mic.

- Recording clean sound on set.

- Set etiquette: communication, safety, respecting roles.
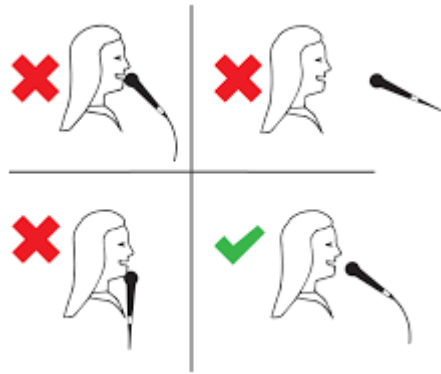
📝 **Practical:**

- Record a short interview with external mic.

- Practice syncing sound with video.

- Do a quick on-set role play.

📸 **Visuals:**

- Boom mic setup photo.

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- Diagram: mic placement.

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✅ **Week 8: Final Project & Editing Basics**

📚 **Theory:**

- Planning your shoot: script, shot list, storyboard.

- Basic intro to video editing (Adobe Premiere, DaVinci Resolve).

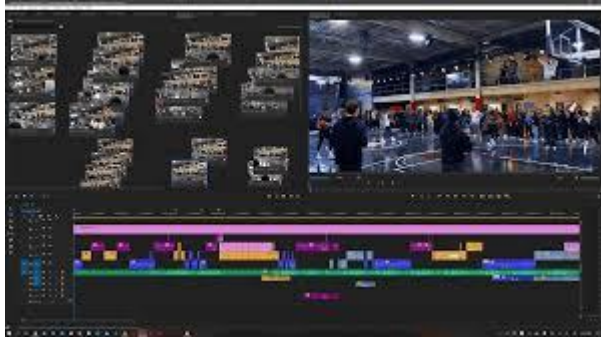- Delivering a short film.

📝 **Practical:**

- Students plan and shoot a 2–3 minute short film.

- Edit: cut scenes, add music, color correct.

- Showcase projects and give feedback.

📸 **Visuals:**

- Example storyboard.

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- Screenshots of editing timeline.

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🎬 **Extra Tips:**

☑ Encourage students to build a portfolio reel.
☑ Take behind-the-scenes photos to share on social media.
☑ Recommend free editing software for beginners.
☑ Always back up footage!