

Intermediate iPhone Photography
中级 iPhone 摄影

Take Better Photos with iPhone 16 and Newer

用 iPhone 16 及更新机型拍出更好的照片

8 Lessons · Self-Paced · Bilingual

8 课 · 自定进度 · 双语

全球银龄学院 / Global Academy of Lifelong Learning

An intermediate course. If you are brand new to phone photography, start with "Photography: See the Light" first.

本课程为中级课程。如果您刚刚开始学手机摄影，建议先学习《摄影：看见光影》。

Welcome / 欢迎

Welcome to Intermediate iPhone Photography! You already know how to take a pleasant photo with your phone. This course takes the next step: it teaches you the features that iPhone 16, iPhone 16 Plus, iPhone 16 Pro and iPhone 16 Pro Max (and newer models) put in your hands — the Camera Control button, the new Photographic Styles, the 48-megapixel (48MP) cameras, macro photography, the 5x telephoto lens on Pro models, a stronger Night mode, Visual Intelligence, and the Clean Up tool in Photos.

欢迎来到《中级 iPhone 摄影》！您已经会用手机拍出不错的照片了。这门课再进一步：教您用好 iPhone 16、iPhone 16 Plus、iPhone 16 Pro 和 iPhone 16 Pro Max（及更新机型）的新功能——相机控制按钮、新的摄影风格、4800 万像素摄像头、微距摄影、Pro 机型的 5 倍长焦镜头、更强的夜景模式、视觉智能，以及“照片”应用里的清除工具。

What you need / 您需要的设备： An iPhone 16 or newer. A few features exist only on the Pro models; wherever that is the case, this course says so plainly, in both languages. Everything else works on every iPhone 16 model. You will never be asked to buy anything else for this course.

您需要的设备：一部 iPhone 16 或更新机型。少数功能只有 Pro 机型才有；凡是这种情况，本课程都会在中英文里明确说明。其余功能在所有 iPhone 16 机型上都能使用。本课程绝不会要求您再购买任何东西。

How to use this course / 如何使用本课程： Work through the lessons in order, at your own pace. Each lesson takes about 60 minutes, including a practice assignment ("Try this") with your phone in hand. At the end of every lesson you will find a short self-graded quiz ("Check yourself"); the answer key is at the back of the book, so you can check your own progress. There are no exams and no grades from anyone else.

如何使用本课程：请按顺序学习，按自己的节奏进行。每节课大约 60 分钟，包括拿着手机动手的练习作业（“试一试”）。每节课结束时都有一个简短的自测小测

验（“自我检查”），答案在书后，您可以自己检查学习进度。没有考试，也没有别人给您打分。

A note on privacy and safety / 关于隐私与安全的说明： Always ask permission before photographing people, especially children. Be careful about sharing photos of grandchildren online, and never share location details publicly together with photos. When you go out photographing, watch your step, stay off wet rocks and muddy banks, and keep one hand free on uneven ground.

关于隐私与安全的说明：拍摄他人之前请务必征得同意，尤其是儿童。分享孙辈照片时要格外小心，切勿在公开场合把照片和位置信息一同发布。外出拍照时请留意脚下，远离湿滑的石头和泥泞的河岸，在不平的地面上留一只手空着保持平衡。

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Answer Key and Final Checklist / 答案与最后清单 — at the back of the book / 在书后。

Lesson 1: Camera Control and the 48MP Fusion Camera
第一课：相机控制按钮与 4800 万像素融合式摄像头

Goal: Open the camera instantly, adjust exposure, zoom, depth and styles with one finger, and set your main camera to full 48MP quality. / 目标：瞬间打开相机，用一根手指调整曝光、变焦、景深和风格，并把主摄像头设为完整的 4800 万像素画质。



Camera Control puts the most-used settings under one finger. / 相机控制按钮把最常用的设置放在一根手指下。

The Button on the Side / 侧面的按钮

Every iPhone 16 model has a new button on the right side, below the power button: **Camera Control**. It looks like a small, smooth panel set into the frame. It does three different things depending on how you touch it, and learning the three touches is the heart of this lesson.

每一部 iPhone 16 机型的右侧、电源键下方，都有一个新按钮：**相机控制**。它看起来像嵌在边框里的一小块光滑面板。根据触摸方式不同，它有三种用法，学会这三种触摸是本课的核心。

Touch / 触摸	What it does / 作用
Full click / 完全按下	Opens the Camera app; click again to take the photo. / 打开相机应用；再按一次拍照。
Light press / 轻按	Opens the adjustment strip: exposure, depth, zoom, cameras, Photographic Styles. / 打开调节条：曝光、景深、变焦、摄像头、摄影风格。
Slide / 滑动	After a light press, slide your finger along the button to change the value. / 轻按之后，沿按钮滑动手指即可改变数值。

Practice the light press. It is a half-press, like focusing an old film camera. Press too hard and you take a photo instead — everyone does this at first. Rest your index finger on the button, press gently until you feel a small click and see the settings strip appear, then slide. If you light-press twice quickly, the camera locks focus and exposure on your subject, which is useful when the light keeps changing.

练习轻按。轻按是按下一半，就像老式胶片相机对焦一样。按得太用力就会直接拍下照片——每个人一开始都会这样。把食指放在按钮上，轻轻按到感觉到一下小小的咔哒、看到设置条出现，然后滑动。如果快速轻按两次，相机就会把对焦和曝光锁定在拍摄对象上，光线不断变化时很有用。

Exposure: The Setting You Will Use Most / 曝光：您最常用的设置

Exposure means how bright the photo is. Light-press, choose the exposure control, and slide: one way makes the photo darker and richer, the other makes it brighter and softer. Use it whenever the camera guesses wrong — a face in shadow, a white tablecloth in sun, a flower against a bright sky. You can still tap the screen and slide the small sun icon, as you may already know; Camera Control simply keeps your eye on the scene instead of the screen.

曝光就是照片的明暗。轻按后选择曝光控制，然后滑动：一边让照片更暗、更浓郁，另一边让照片更亮、更柔和。每当相机判断不准时就用它——阴影里的脸、阳光下的白桌布、明亮天空前的花。您也可以像以前一样点按屏幕、滑动小太阳图标；相机控制按钮的好处是让您的眼睛留在景物上，而不是屏幕上。

Set the Main Camera to 48MP / 把主摄像头设为 4800 万像素

The main camera on iPhone 16 is a 48MP "Fusion" camera. By default it saves 24MP photos, which look excellent and take less space. For a special photo you plan to print large or crop later, switch to full resolution: Settings, then Camera, then Formats, then turn on Resolution Control and choose 48MP (HEIF Max or ProRAW Max on Pro models). In the Camera app, a small "48" badge then lets you switch per photo. Remember: 48MP files are much bigger, so use them for keepers, not for every snapshot.

iPhone 16 的主摄像头是一颗 4800 万像素的“融合式”摄像头。默认保存的是 2400 万像素照片，效果已经很好，也更省空间。对于打算放大打印或日后裁剪的重要照片，可以切换到完整分辨率：打开“设置”—“相机”—“格式”，开启“分辨率控制”，选择 4800 万像素（Pro 机型可选 HEIF Max 或 ProRAW Max）。之后在相机应用里会有一个小小的“48”标记，可以逐张切换。请记住：4800 万像素的文件大得多，请留给值得保留的照片，不要每张快照都用。

> **Try this (about 25 minutes) / 试一试（约 25 分钟）：**
>
> 1. With the phone locked, click Camera Control ten times during the day whenever you see something interesting. Speed is the skill. / 锁屏状态下，白天每当看到有趣的景物，就按一次相机控制按钮，一共十次。练的就是速度。
> 2. Photograph the same window scene three times: normal, exposure slid darker, exposure slid brighter. Compare them side by side. / 同一个窗边场景拍三张：一张正常，一张把曝光滑暗，一张滑亮。并排比较。
> 3. Turn on 48MP and take one careful photo of a detailed subject — tree bark, a woven basket, a page of print. Zoom in afterwards and enjoy

the detail. / 开启 4800 万像素，认真拍一张细节丰富的对象——树皮、编织篮、一页印刷字。拍完放大看细节。

Check yourself / 自我检查

1. What does a light press on Camera Control do? / 轻按相机控制按钮有什么作用?
2. How do you open the Camera app fastest when the phone is locked? / 手机锁定时，怎样最快打开相机?
3. What is the default photo resolution on iPhone 16, and when is 48MP worth using? / iPhone 16 默认的照片分辨率是多少？什么时候值得用 4800 万像素?
4. What happens when you light-press twice quickly? / 快速轻按两次会发生什么?

Answers are in the Answer Key at the back. / 答案见书后答案部分。

Lesson 2: Composition Beyond the Basics
第二课：构图进阶

Goal: Place subjects with intent using the grid, leading lines, layers and negative space — and know when to break the rules. / 目标：有意识地运用网格、引导线、层次和留白安排画面——并知道什么时候可以打破规则。



A fallen log, a path, a shoreline: the landscape is full of leading lines. / 倒木、小路、湖岸线：风景里到处都是引导线。

The Grid Is a Suggestion, Not a Cage / 网格是建议，不是笼子

You probably already use the grid (Settings, Camera, Grid). At the intermediate level, use it with intent. Place the horizon on a grid line, never through the middle, unless the reflection in still water is the real subject. Place a person's eyes near the top line. Place a single flower on an intersection, with the stem leading down out of the frame. Then, once in a while, break the rule on purpose: a perfectly centered tree reflected in a calm lake can be calm and powerful precisely because it is centered.

您可能已经在用网格了（“设置”—“相机”—“网格”）。到了中级阶段，要有意识地使用它。把地平线放在一条网格线上，不要放在正中间，除非平静水面上的倒影才是真正的主角。把人物的眼睛放在上方网格线附近。把一朵花放在交叉点上，让花茎从画面下方延伸出去。偶尔也要有意打破规则：一棵居中的树倒映在平静的湖面上，正因为居中，反而显得宁静而有力量。

Leading Lines / 引导线

A leading line is anything that carries the viewer's eye into the picture: a sandy path through a forest, a fallen log lying toward the water, a shoreline, a row of cypress trunks, even the edge of a shadow. Before you shoot, walk a few steps left and right and watch how the lines move. The best position is the one where the line starts near a bottom corner and points at your subject. In a lakeside scene, a bleached fallen log in the foreground can pull the whole picture together — but only if it points toward the trees or the water, not out of the frame.

引导线是任何能把观者的目光带入画面的东西：穿过树林的沙土小路、伸向水面的倒木、湖岸线、一排落羽杉的树干，甚至一道影子的边缘。拍照前，左右走几步，观察这些线条如何变化。最好的位置，是让线条从画面下方的角落开始，指向您的拍摄对象。在湖边场景里，前景中一根漂白的倒木可以把整个画面串起来——前提是它要指向树木或水面，而不是指出画面之外。

Layers: Foreground, Middle, Background / 层次：前景、中景、背景

Flat photos usually show only one layer. Interesting photos show three. Look for something near — grass, a branch, a small yellow flower by a tree trunk — something in the middle, and something far — the lake, the far shore, the sky. A flower in sharp focus against a blurred trunk and a distant lake tells a much richer story than the flower alone. Move your feet until all three layers appear; the iPhone cannot do this part for you.

平淡的照片通常只有一个层次。耐看的照片有三个层次。找一找近处的东西——草、一根树枝、树干旁的一朵小黄花——再找中景，再找远处的东西——湖面、对

岸、天空。一朵对焦清晰的花，配上虚化的树干和远处的湖面，讲出的故事比单独一朵花丰富得多。挪动脚步，直到三个层次都出现；这一步 iPhone 替您做不了。

Negative Space and Edges / 留白与边缘

Negative space is the quiet area around your subject: open sky, calm water, an empty stretch of sand. It gives the eye rest and makes a small subject feel important. A single tall cypress against a big blue sky is a strong photo because of everything that is not in it. Finally, scan the four edges before you press the button: cut-off feet, a stranger's elbow, a bright sign behind someone's head. Two seconds of edge-checking saves twenty minutes of editing later.

留白是主体周围安静的区域：开阔的天空、平静的水面、一片空沙地。它让眼睛得到休息，也让小小的主体显得重要。一棵高大的落羽杉配上大片蓝天之所以有力，正是因为画面里没有放进太多东西。最后，按下快门前扫一遍四个边缘：被切掉的脚、陌生人的手肘、某人头顶后面明亮的招牌。花两秒钟检查边缘，能省下日后二十分钟的修图时间。

> **Try this (about 30 minutes) / 试一试（约 30 分钟）：**
>
> 1. On a walk, find one scene and photograph it four ways: horizon high, horizon low, subject centered, subject on an intersection. Choose your favorite and say why, out loud. / 散步时找一个场景，用四种方式拍：地平线放高、放低、主体居中、主体放在交叉点。选出最喜欢的一张，并大声说出理由。
> 2. Find a leading line — a path, a railing, a log — and take three photos while moving two steps between each. Watch the line change. / 找一条引导线——小路、栏杆、倒木——每移动两步拍一张，一共三张。观察线条如何变化。
> 3. Take one photo with all three layers: something within arm's reach, something in the middle, something far away. / 拍一张包含三个层次的照片：一臂之内的东西、中景、远处的东西。

Check yourself / 自我检查

1. When is it fine to put the horizon through the middle of the frame? / 什么时候可以把地平线放在画面正中间?
2. What makes a line a "leading" line? / 一条线要具备什么才算“引导线”?
3. Name the three layers of a photo with depth. / 说出有纵深感照片的三个层次。
4. What should you check in the last two seconds before pressing the button? / 按下快门前最后两秒应该检查什么?

Answers are in the Answer Key at the back. / 答案见书后答案部分。

Lesson 3: Working with Light, Backlight and Photographic Styles
第三课：用光、逆光与摄影风格

Goal: Make backlight work for you instead of against you, and set a Photographic Style that matches your taste — in the camera, and after the fact. / 目标：让逆光为您所用，而不是与您作对；并设置符合您口味的摄影风格——拍照时可以，拍完之后也可以。



Backlight makes petals glow like stained glass. / 逆光让花瓣像彩色玻璃一样透亮。

Backlight: The Flower Photographer's Friend / 逆光：花卉摄影者的朋友

When the sun is behind your subject, petals turn translucent and glow — think of a pink hibiscus held up to the morning sun, its veins lit from inside, or canna lilies shining against a dark hedge. The camera's first instinct is to make everything too dark or too bright, so help it: tap the flower itself to focus and

expose for the petals, then slide exposure down slightly if the petal edges burn white. Keep the sun just outside the frame, or hidden behind the flower, to avoid a big white flare washing out the colors. A little flare at the edge can be beautiful; a flare across the flower is not.

当太阳在拍摄对象身后时，花瓣会变得半透明、发光——想象一朵粉红色的木槿花迎着晨光，花脉仿佛从内部被点亮；或者美人蕉在深色树篱前闪闪发亮。相机的第一反应往往是把画面拍得太暗或太亮，所以要帮它一把：点按花朵本身来对焦、按花瓣曝光；如果花瓣边缘亮得发白，就把曝光稍微滑低一点。让太阳留在画面之外，或藏在花朵后面，避免大片白色眩光把颜色冲淡。边缘有一点眩光可以很美；眩光压在花朵上就不行了。

The Three Directions of Light / 光的三个方向

Front light (sun behind you) is safe and even — good for faces and records of places. **Side light** (morning and late afternoon) carves texture: tree bark, woven fabric, the lines of a face full of character. **Backlight** gives glow and silhouettes. The intermediate skill is not finding "good light" but choosing the direction on purpose: walk around your subject in a full circle once, and watch it change. The best angle is rarely the first one you stopped at.

顺光（太阳在您身后）安全、均匀，适合拍人脸和记录地点。**侧光**（清晨和傍晚）能刻画质感：树皮、编织物、一张有故事的脸的纹路。**逆光**带来透亮和剪影。中级的本事不是寻找“好光”，而是有意识地选择方向：绕着拍摄对象慢慢走一圈，看它如何变化。最好的角度很少是您最初停下的那个。

Photographic Styles: Your Taste, Built In / 摄影风格：把您的口味内置进相机

iPhone 16 introduced a new kind of Photographic Style. Older phones had fixed filters; these styles are different. A style adjusts **tone** (how light and shadow are rendered) and **color** (how rich the colors are) while keeping skin tones natural. Open the Camera, light-press Camera Control, choose Styles, and slide to move around the style pad — up and down changes tone, left and right changes color strength. Try the calm "Understated" look for portraits, a

richer setting for flowers and food, and a cooler one for blue lakes and skies. Your last style stays selected until you change it.

iPhone 16 引入了新一代摄影风格。老款手机的滤镜是固定的；这些风格不同。摄影风格调整的是**色调**（光影的呈现方式）和**色彩**（颜色的浓郁程度），同时保持肤色自然。打开相机，轻按相机控制按钮，选择“风格”，滑动即可在风格面板上移动——上下改变色调，左右改变色彩强度。人像可以试试平静的“低调”效果；花卉和食物可以用浓郁一些的设置；蓝色的湖水和天空可以试试偏冷的设置。您上一次选的风格会一直保留，直到您更改它。

> **The best part:** on iPhone 16, a Photographic Style is not baked into the photo. You can change it afterwards in Photos — even days later — or remove it completely. Lesson 7 shows you how. / **最好的地方：**在 iPhone 16 上，摄影风格不会“烙”进照片里。您可以在“照片”应用里事后更改它——哪怕过了几天——也可以完全去掉。第七课会教您怎么做。

> **Try this (about 30 minutes) / 试一试（约 30 分钟）：**
>
> 1. Find a flower in morning or late-afternoon sun. Photograph it with front light, side light, and backlight. Compare the three. / 找一朵清晨或傍晚阳光下的花。用顺光、侧光、逆光各拍一张。比较三张。
> 2. For the backlit shot, tap the flower, then slide exposure down until the petal color is rich but the veins still show. / 逆光那张，点按花朵，然后把曝光滑低，直到花瓣颜色浓郁、花脉仍然可见。
> 3. Photograph the same scene with three different Photographic Styles. Note which one feels like "you." / 同一个场景用三种不同的摄影风格各拍一张。记下哪一种最像“您的风格”。

Check yourself / 自我检查

1. In a backlit flower photo, what should you tap, and why? / 拍逆光花朵时，应该点按哪里？为什么？
2. Which direction of light shows texture best? / 哪个方向的光最能表现质感？
3. What two things does a Photographic Style adjust? / 摄影风格调整哪两个方面？
4. True or false: once you shoot with a Photographic Style on iPhone 16, it can never be changed. / 判断对错：在 iPhone 16 上用了摄影风格拍照之后，就再也不能改了。

Answers are in the Answer Key at the back. / 答案见书后答案部分。

Lesson 4: Portraits of People
第四课：人像摄影

Goal: Take portraits that flatter real people — with Portrait mode depth under your control, light on the face, and the hat-brim problem solved before you shoot. / 目标：拍出讨人喜欢的真实人像——人像模式的景深由您掌控、光落在脸上、帽檐阴影的问题在拍摄前就解决。



A walking portrait, with the subject in the light and the forest behind, feels alive. / 行走中的人像——人物在光里、树林在身后——画面就有了生命。

Portrait Mode and the Depth Slider / 人像模式与景深滑块

Portrait mode blurs the background so the person stands out. On iPhone 16 you control how much: light-press Camera Control, choose Depth, and slide — a strong blur for a busy background, a gentle one when the place matters too, such as a friend among cypress trees on an outing. Stand about 1.5 to 2.5 meters (5 to 8 feet) from your subject, tap their face to focus, and check that

the yellow frame finds the eyes. If Portrait mode will not engage, you are probably too close or the light is too low; step back half a step.

人像模式会虚化背景，让人物突出出来。在 iPhone 16 上，虚化程度由您控制：轻按相机控制按钮，选择“景深”，然后滑动——背景杂乱时用强虚化；当环境也很重要，比如采风时朋友站在落羽杉林中，就用轻一点的虚化。站在离拍摄对象约 1.5 到 2.5 米（5 到 8 英尺）的地方，点按对方的脸对焦，确认黄色框对准眼睛。如果人像模式启动不了，通常是距离太近或光线太暗，退后半步即可。

Light on the Face Comes First / 先让光落在脸上

More portraits are ruined by light than by any camera setting. The classic problem on a sunny outing: a wide-brimmed hat shades the whole face while the dress and the path blaze in sunshine. The camera exposes for the bright scene, and the face goes dark and the eyes disappear. Three fixes, in order:

毁掉人像的，更多是光线，而不是任何相机设置。晴天出游时最经典的问题是：宽檐帽把整张脸罩在阴影里，而裙子和路面却在阳光下发亮。相机按明亮的场景曝光，脸就变暗，眼睛也看不见了。三个解决办法，按顺序试：

1. **Turn the face toward the light.** Ask your subject to turn slowly until light falls across the face — even a quarter turn changes everything. / **让脸转向光线。**请对方慢慢转身，直到光落在脸上——哪怕只转四分之一圈，效果也完全不同。
2. **Tilt the brim up**, or ask them to lift their chin slightly. Sunglasses off for one shot, if they are willing — eyes carry the portrait. / **把帽檐往上抬一点**，或请对方微微抬起下巴。如果对方愿意，摘下墨镜拍一张——眼睛是人像的灵魂。
3. **Tap the face and slide exposure up a little.** The background may go brighter, but the face is the photo. / **点按脸部，把曝光稍微滑高一点。**背景可能会更亮，但脸才是照片的主角。

Posed, Walking, and Caught in the Moment / 摆拍、行走与抓拍

A person standing stiffly, told to "say cheese," rarely looks like themselves. Instead, give them something to do: walk slowly toward the camera along the

path, look at the view and then back at you, hold their hat against the breeze, laugh at something real. Hold the shutter for a short burst as they walk, then choose the frame where the step and the smile land together. And photograph each other: on a group outing, the portraits friends take of each other, mid-laugh, are usually the ones everyone keeps.

一个人僵硬地站着、被要求“笑一个”，拍出来往往不像他自己。换个办法，给对方一件事情做：沿着小路慢慢朝镜头走来；先看风景，再回头看您；用手扶住被风吹的帽子；为一件真实的事情笑出来。对方走动时按住快门连拍一小段，然后挑出步伐和笑容同时到位的那一张。还要互相拍：集体采风时，朋友之间抓拍的大笑瞬间，往往是大家最后都保存下来的照片。

> **Permission, always:** ask before photographing people, and show them the photo afterwards. Deleting a photo someone dislikes costs nothing and buys trust for the next one. / **务必先征得同意：**拍摄他人之前先询问，拍完后把照片给对方看。删掉一张对方不喜欢的照片毫不费事，却能换来下一次拍摄的信任。

> **Try this (about 30 minutes) / 试一试（约 30 分钟）：**
>
> 1. With a willing friend or family member, take three portraits: full shade, face turned to the light, and Portrait mode with gentle depth. Compare the eyes in each. / 请一位愿意的朋友或家人，拍三张人像：完全在阴影里、脸转向光线、人像模式轻景深。比较每张里的眼睛。
> 2. Practice the walking portrait: your subject walks the path, you burst-shoot, then pick the best frame together. / 练习行走人像：对方沿小路走来，您连拍，然后一起挑出最好的一张。
> 3. If a hat is involved, solve the brim shadow with the three fixes above and check the result before moving on. / 如果戴了帽子，用上面的三个办法解决帽檐阴影，确认效果后再继续。

Check yourself / 自我检查

1. How far should you stand from your subject in Portrait mode? / 用人像模式时，应该站在离拍摄对象多远的地方?
2. A hat brim shades your friend's face. Name two fixes that do not involve editing later. / 帽檐把朋友的脸罩在阴影里。说出两个不用靠后期修图的解决办法。
3. Why do walking portraits often look better than posed ones? / 为什么行走中的人像往往比摆拍更好看?
4. What does the Depth setting in Camera Control change? / 相机控制中的“景深”设置改变的是什么?

Answers are in the Answer Key at the back. / 答案见书后答案部分。

Lesson 5: The 48MP Ultra-Wide and Macro — Small Worlds, Wide Views
第五课：4800 万像素超广角与微距——小世界，大视野

Goal: Use the 0.5x ultra-wide lens for sweeping scenes without distortion at the edges, and switch to macro for the small world of flowers, insects and textures. / 目标：用 0.5 倍超广角镜头拍开阔的场景而不让边缘变形；并切换到微距，拍花朵、昆虫和质感的小世界。



Macro turns a wayside weed into a portrait subject. / 微距能把路边的小野花变成人像主角。

The Ultra-Wide: More Scene, More Responsibility / 超广角：画面更多，责任也更大

Tap 0.5 in the Camera app and the world opens up: whole cypress groves, wide lakes, tall trees without cutting off their tops. On iPhone 16 the ultra-wide camera is 48MP, so these wide shots hold far more detail than older phones — you can crop them later and still have a good photo. But the ultra-

wide has two traps. First, anything near the corners stretches: keep people's faces away from the edges, toward the middle. Second, a wide lens makes distant subjects tiny, so move closer and put something interesting in the foreground — a flower by a trunk, a log, your own shadow at sunrise — to give the wide scene a starting point.

在相机应用里点 0.5，世界豁然开朗：整片落羽杉林、宽阔的湖面、高大的树木不用切掉树梢。iPhone 16 的超广角摄像头是 4800 万像素，这样的广角照片细节比老款手机多得多——日后裁剪仍然能得到一张好照片。但超广角有两个陷阱。第一，靠近画面角落的东西会被拉长：让人的脸远离边缘，放在中间区域。第二，广角会让远处的主体显得很小，所以要走近一点，在前景放一件有趣的东西——树干旁的一朵花、一根倒木、清晨您自己的影子——给开阔的场景一个起点。

Macro: The Flower Is a Landscape / 微距：花朵就是风景

Bring the phone close to a small subject — within a few centimeters of a flower, a leaf, a butterfly — and the ultra-wide camera switches to macro automatically; a small flower icon appears, and you can tap it to switch macro off if you prefer. Up close, a world opens: the stamens of a small yellow wildflower against a tree trunk, dew on a petal, the weave of a leaf. Three habits make macro work:

把手机靠近小对象——离一朵花、一片叶子、一只蝴蝶只有几厘米——超广角摄像头会自动切换到微距；屏幕上会出现一个小花图标，点按它可以关闭微距（如果您更愿意的话）。靠近之后，一个世界打开了：树干旁小黄花的花蕊、花瓣上的露珠、叶子的脉络。三个习惯让微距拍得好：

1. **Brace yourself.** At macro distance, a trembling hand blurs everything. Rest your elbows on your knees, or the phone hand against a steady knee or bag. / **稳住自己。**微距距离下，手一抖全都糊。把手肘撑在膝盖上，或把拿手机的手靠在稳固的膝盖或包上。
2. **Watch your own shadow.** Leaning in, it is easy to shade your own subject. Approach from the side so the light still reaches the flower. / **留意自己的影子。**凑近时很容易把拍摄对象罩进自己的影子里。从侧面靠近，让光仍然能照到花上。

3. **Tap the exact point** — the center of the flower, the insect's eye — and take three shots. Wind moves flowers; one of the three will be sharp. / **点按确切的位置**——花心、昆虫的眼睛——然后拍三张。风会吹动花朵，三张里总有一张是清晰的。

Getting Low / 蹲下来，低角度

Both wide and macro photos improve when the camera goes low: kneel (carefully, and only where the ground is kind), or hold the phone down at flower height and tap the screen to focus. A flower photographed from its own height, with the lake blurred behind it, looks like a portrait. A flower photographed from standing height looks like a record of where you were standing. Your knees will tell you your limits — listen to them, use a garden kneeler or a companion's arm, and never trade safety for a photo.

广角和微距照片都会因为相机放低而变好：蹲下来（小心，只在地面友好的地方），或把手机放到花的高度，点按屏幕对焦。从花的高度拍花、让湖面在后面虚化，看起来就像一幅人像。从站立的高度拍花，看起来只像一份“我站在哪里”的记录。您的膝盖会告诉您极限在哪里——听它的，用园艺护膝垫或同伴的手臂，绝不要为了照片牺牲安全。

> **Try this (about 30 minutes) / 试一试（约 30 分钟）：**
>
> 1. Photograph one wide scene at 1x and at 0.5x from the same spot. Compare what the wide shot gains and what it makes small. / 在同一个位置，用 1 倍和 0.5 倍各拍一张开阔场景。比较广角多得到了什么、又让什么变小了。
> 2. Find the smallest flower you can and make its macro portrait: braced, side-lit, three shots, flower tapped for focus. / 找一朵您能找到的最小的花，给它拍微距肖像：撑稳、侧光、拍三张、点按花朵对焦。
> 3. Photograph tree bark, a woven hat, or a pine cone in macro until the texture fills the frame. / 用微距拍树皮、编织帽或松果，直到质感填满画面。

Check yourself / 自我检查

1. Why should faces stay away from the corners in an ultra-wide photo? / 为什么超广角照片里人脸要远离画面角落?
2. Which camera handles macro on iPhone 16, and how do you know macro is on? / iPhone 16 上由哪个摄像头负责微距？怎么知道微距已经开启?
3. Name two habits that keep macro photos sharp. / 说出两个让微距照片清晰的习惯。
4. What does a low angle do for a flower photo? / 低角度对花朵照片有什么作用?

Answers are in the Answer Key at the back. / 答案见书后答案部分。

Lesson 6: Telephoto, Zoom and Night Mode
第六课：长焦、变焦与夜景模式

Goal: Bring distant subjects close with real optical zoom, know where quality zoom ends, and take calm, sharp photos after dark without flash. / 目标：用真正的光学变焦把远处的主体拉近，知道高质量变焦到哪里为止；并在天黑后不用闪光灯拍出安静、清晰的照片。



Night mode rewards patience: brace, hold still, let the phone gather light. / 夜景模式奖励耐心：撑稳、保持不动、让手机慢慢收集光线。

The Zoom Ladder / 变焦的阶梯

On iPhone 16 and 16 Plus, your quality zoom steps are 0.5x (ultra-wide), 1x (main) and 2x (a high-quality crop of the main camera). On iPhone 16 Pro and Pro Max, you also get a true **5x telephoto lens** — real glass bringing distant subjects five times closer: a bird on a far branch, a grandchild across the stage, a cypress knee across the water. This 5x lens is **Pro models only**; this course will always say so.

在 iPhone 16 和 16 Plus 上，高质量变焦的档位是 0.5 倍（超广角）、1 倍（主摄）和 2 倍（主摄的高质量裁剪）。在 iPhone 16 Pro 和 Pro Max 上，还多了一颗真正的 **5 倍长焦镜头**——用真实的光学镜片把远处主体拉近五倍：远处树枝上的鸟、舞台另一端的孙辈、水对岸的落羽杉树根。这颗 5 倍镜头**只有 Pro 机型才有**；本课程会一直明确说明这一点。

Between and beyond the marked steps, the phone zooms digitally, which softens detail bit by bit. The intermediate habit: use the marked steps (light-press Camera Control, choose Zoom, and slide to the stops), prefer 5x over a deep pinch-zoom, and crop later from a 48MP photo instead of zooming to the maximum in the moment. And when you can, "zoom with your feet" — walk closer. Feet are the sharpest zoom ever made.

在标示档位之间或之外，手机用的是数码变焦，细节会一点点变软。中级的习惯是：使用标示档位（轻按相机控制按钮，选择“变焦”，滑到档位处），优先用 5 倍而不是深度捏合放大；宁可在事后从 4800 万像素照片里裁剪，也不要当场拉到最大。还有，能走近时就“用脚变焦”——走近一点。双脚是有史以来最清晰的变焦。

Night Mode: Stillness Is the Technique / 夜景模式：静止就是技术

When light falls, Night mode appears automatically — a small moon icon, with a number of seconds. The phone is gathering light over that time, which means everything depends on stillness. Brace your elbows, lean the phone against a railing or a tree, hold your breath gently, and keep holding after you tap the shutter until the capture finishes. Your subject must also cooperate: people should hold still and smile softly; moving children and pets will ghost. Street lamps, shop windows, a lit porch, blue dusk over a lake — these are Night mode's favorite subjects. Turn the flash off for scenes; flash flattens faces and kills the mood, and it only reaches a few meters anyway. Tap a bright area and slide exposure down a little to keep lamp halos under control.

光线变暗时，夜景模式会自动出现——一个小月亮图标，旁边有秒数。手机会在那段时间里收集光线，这意味着一切都取决于静止。撑住手肘，把手机靠在栏杆或树上，轻轻屏住呼吸，按下快门后继续保持不动，直到拍摄完成。拍摄对象也要配

合：人物要保持静止、微微含笑；动来动去的孩子和宠物会出现重影。路灯、商店橱窗、亮灯的门廊、湖面上蓝色的暮色——这些都是夜景模式最喜欢的对象。拍场景时请关掉闪光灯；闪光灯会把脸拍平、破坏气氛，而且它的有效距离只有几米。点按明亮区域，把曝光稍微滑低一点，控制灯光的晕圈。

> **Pro note / Pro 机型提示：** On Pro models, Night mode also works in Portrait mode, for gentle evening portraits with blurred lights behind. / 在 Pro 机型上，夜景模式也可以在人像模式下使用，拍出背景灯光虚化的温柔夜景人像。

> **Try this (about 30 minutes) / 试一试（约 30 分钟）：**
>
> 1. Find a distant subject — a bird, a sign, a far shore. Photograph it at 1x, 2x, and (if you have a Pro) 5x. Zoom into each and compare detail. / 找一个远处的主体——一只鸟、一块招牌、对岸。用 1 倍、2 倍和（如有 Pro 机型）5 倍各拍一张。放大比较细节。
> 2. At dusk, photograph the same street or porch three ways: handheld, braced against something solid, and with flash. Compare sharpness and mood. / 黄昏时，同一个街道或门廊拍三张：手持、靠着稳固物体支撑、用闪光灯。比较清晰度和气氛。
> 3. Take one "blue hour" photo in the twenty minutes after sunset, when the sky is deep blue and windows glow. / 在日落后二十分钟内拍一张“蓝调时刻”照片，那时天空深蓝、窗户发光。

Check yourself / 自我检查

1. Which iPhone 16 models have the 5x telephoto lens? / 哪些 iPhone 16 机型有 5 倍长焦镜头?
2. Why is cropping a 48MP photo often better than maximum pinch-zoom? / 为什么从 4800 万像素照片里裁剪往往比捏合放大到极限更好?
3. What is the single most important technique in Night mode? / 夜景模式最重要的技术是什么?
4. Why turn flash off for an evening street scene? / 拍夜晚街道场景时为什么要关掉闪光灯?

Answers are in the Answer Key at the back. / 答案见书后答案部分。

Lesson 7: Editing in Photos — Adjust, Restyle and Clean Up
第七课：在“照片”中修图——调整、重选风格与清除

Goal: Rescue and polish almost any good photo with a short, repeatable editing routine — crop, four sliders, a possible new Photographic Style, and Clean Up for distractions. / 目标：用一套简短、可重复的修图流程拯救和打磨几乎每一张好照片——裁剪、四个滑块、必要时重选摄影风格、用清除工具去掉干扰物。



Edit at home, calmly, with tea. Small moves, checked at full size. / 在家慢慢修图，喝杯茶。小步调整，放大检查。

The Editing Order Matters / 修图顺序很重要

Open a photo in Photos and tap Edit. Work in this order, because each step changes what the next one needs:

在“照片”中打开一张照片，点“编辑”。请按这个顺序来，因为每一步都会改变下一步的需要：

1. **Crop and straighten first.** Fix a tilted horizon, cut the muddy strip at the bottom, remove the dead space above heads. Most "almost" photos are one crop away from good. / **先裁剪和校正。**修正倾斜的地平线，裁掉底部泥泞的一条，去掉头顶多余的空间。大多数“差一点”的照片，裁一下就变好了。
2. **Exposure and Brilliance** for overall lightness. / **曝光和鲜明度**，调整整体明暗。
3. **Highlights down** when sun flare or a bright sky has washed things out. / **高光调低**，当阳光眩光或明亮的天空把画面冲淡时。
4. **Shadows up** to rescue a face under a hat brim or a flower's dark center — this one slider fixes the most common problem in outdoor photos. / **阴影调高**，拯救帽檐下的脸或花朵暗暗的中心——这一个滑块能修好户外照片最常见的问题。
5. **Saturation or Vibrance up a little** for flowers; a little, not a lot. If the grass looks neon, you have gone too far. / **饱和度或自然饱和度稍微调高**，对花朵有用；一点点就好，不要太多。如果草地看起来像霓虹灯，就是调过头了。

A house rule for this course: adjust in small moves, then tap the photo to see the original, then look again. If you cannot tell which is better, the smaller edit wins. And remember, every edit in Photos is reversible — tap Edit again and choose Revert at any time, even months later.

本课程的一条家规：小步调整，然后点按照片看原图，再看一遍。如果分不出哪个更好，就选改动更小的那一版。请记住，“照片”里的所有编辑都是可逆的——随时再次点“编辑”选择“复原”即可，哪怕过了几个月。

Change the Photographic Style Afterwards / 事后更改摄影风格

Because iPhone 16 styles are not baked in, an old photo can get a new mood. Open it, tap Edit, open the Styles section, and move the pad — tone one way, color the other — or pick a different preset entirely. A portrait shot too warm can cool down; a gray-day lake can gain a little life. This only works on photos

taken with iPhone 16 or newer; older photos simply will not show the option, and that is normal.

因为 iPhone 16 的摄影风格不会烙进照片，旧照片也能换上新气氛。打开照片，点“编辑”，进入“风格”部分，移动面板——一边调色调，一边调色彩——或者干脆换一个预设。拍得太暖的人像可以降降温；阴天灰灰的湖面可以添一点生气。这只适用于 iPhone 16 或更新机型拍的照片；旧照片不会显示这个选项，这是正常的。

Clean Up: Remove the Distraction / 清除：去掉干扰物

The Clean Up tool removes things that do not belong: a stranger's elbow at the edge, a trash bin behind your friend, a stray wire across the sky. In Edit, tap Clean Up, then brush, circle, or tap the object, and the phone fills in the space with what should be there. Use it for small, honest tidying — removing clutter — not for changing what really happened. Check the cleaned area zoomed in; busy backgrounds like fences and crowds sometimes fool it, and a second careful pass usually fixes it.

清除工具可以去掉不属于画面的东西：边缘处陌生人的手肘、朋友身后的垃圾桶、横过天空的一根杂线。在“编辑”里点“清除”，然后涂抹、圈画或点按那个物体，手机会用本应存在的内容把空间填上。请把它用于小而诚实的整理——去除杂物——而不是改变真实发生过的事情。放大检查清除过的区域；栅栏、人群这类复杂的背景有时会骗过它，再仔细处理一次通常就能修好。

> **Try this (about 30 minutes) / 试一试（约 30 分钟）：**
>
> 1. Take a backlit flower photo from Lesson 3 and edit it with the five steps in order: crop, exposure, highlights down, shadows up, a touch of vibrance. Save a copy and compare. / 拿第三课的一张逆光花朵照片，按顺序用五个步骤修图：裁剪、曝光、高光调低、阴影调高、一点自然饱和度。保存一份副本并比较。
> 2. Find a shaded portrait with a dark face and rescue it with Shadows alone. Notice how far one slider goes. / 找一张脸部发暗的阴影人像，只用“阴影”一个滑块把它救回来。体会一个滑块能走多远。

3. Choose one photo with a small distraction and remove it with Clean Up. Zoom in and judge your own work honestly. / 选一张有小干扰物的照片，用清除工具去掉它。放大检查，诚实地评判自己的成果。
4. Restyle one photo from last month with a different Photographic Style, then revert it, just to prove you can. / 给上个月的一张照片换一个摄影风格，然后再复原，只为证明自己能做到。

Check yourself / 自我检查

1. Why does cropping come before the sliders? / 为什么裁剪要在滑块调整之前?
2. Which slider rescues a face in hat-brim shadow? / 哪个滑块能拯救帽檐阴影下的脸?
3. Can you change a Photographic Style a month after taking the photo? On which phones? / 拍照一个月后还能改摄影风格吗？在哪些手机上可以?
4. What is Clean Up for, and what is it not for? / 清除工具是用来做什么的？不应该用来做什么?

Answers are in the Answer Key at the back. / 答案见书后答案部分。

Lesson 8: Visual Intelligence, Sharing and Your Photo Outing
第八课：视觉智能、分享与您的采风项目

Goal: Use Visual Intelligence to learn what you photographed, share your work well and safely, and finish the course with a complete photo outing of your own. / 目标：用视觉智能了解自己拍到了什么；把作品分享得既好又安全；并以一次完整的摄影采风为课程收尾。



An outing with fellow photographers is this course's final exam — the enjoyable kind. / 和摄影朋友一起采风，是本课程的期末考试——愉快的那种。

Visual Intelligence: Ask Your Photo Questions / 视觉智能：向照片提问

Point your iPhone 16 at something — a flower you cannot name, a tree, a restaurant, a poster with a date — then press and hold Camera Control. **Visual Intelligence** studies the scene and offers answers: identifying a plant or animal, showing a business's hours, or reading the date on an event poster

and offering to add it to your calendar. On an outing, this turns every walk into a small field course: photograph the canna lily, then learn its name; photograph the cypress, then read about it. Treat its answers the way you would a helpful stranger's — usually right, worth a second thought on anything important, such as whether a plant is safe to touch or eat.

把 iPhone 16 对准某个东西——一朵叫不出名字的花、一棵树、一家餐馆、一张写有日期的海报——然后长按相机控制按钮。**视觉智能**会研究画面并给出答案：识别植物或动物、显示商家的营业时间、读取活动海报上的日期并建议加入日历。采风时，这让每一次散步都变成一堂小型野外课：拍下美人蕉，然后知道它的名字；拍下落羽杉，然后读一读它的介绍。对待它的答案，要像对待一位热心陌生人的话——通常是对的，但重要的事情要多想一想，比如某种植物能不能摸、能不能吃。

Sharing Well — and Safely / 分享得好，也要分享得安全

You have worked hard on these photos; share them like it. Send the edited version, not the dark original. In Messages or WeChat, send one strong photo rather than nine similar ones; in Moments （朋友圈）, a short set tells a better story — the wide scene, the portrait, the small macro detail, in that order. Pair a photo with one honest line about the day rather than a long explanation. And keep the standing safety rules: ask permission before posting photos of other people, be extra careful with grandchildren's photos, turn off location sharing for public posts, and never post "we are away from home" photos while you are still away.

这些照片凝聚了您的心血，分享时也值得用心。发修好的版本，不要发发暗的原图。在信息或微信里，发一张有力的照片，而不是九张相似的照片；在朋友圈里，一小组照片能讲出更好的故事——开阔的场景、人像、微距小细节，按这个顺序。配上一句关于这一天的真心话，比长篇说明更好。还要守住一贯的安全规则：发布他人的照片前先征得同意；孙辈的照片格外小心；公开帖子关闭位置分享；还在外旅行时，不要发“家里没人”的照片。

Your Final Project: One Complete Outing / 结课项目：一次完整的采风

Plan one outing — a lake shore, a botanical garden, a market street, your own neighborhood in good light — alone or, better, with fellow photographers, the way photography associations run their outings. Give the outing a shape before you go:

计划一次采风——湖畔、植物园、市场街道，或光线正好时的自家社区——一个人去也可以，更好的是和摄影朋友一起，就像摄影协会组织的那种活动。出发前先给这次采风定一个框架：

1. **One theme:** light, water, hands, red things, reflections — a theme turns wandering into hunting. / **一个主题：**光、水、手、红色的东西、倒影——主题能把漫步变成寻宝。
2. **Every focal length:** return with at least one ultra-wide, one 1x, one 2x or 5x, one macro, and one portrait of a companion who agreed to it. / **每个焦段都用上：**回来时至少带一张超广角、一张 1 倍、一张 2 倍或 5 倍、一张微距，以及一张经同意拍摄的同伴人像。
3. **One backlit photo and one three-layer photo**, using Lessons 2 and 3 on purpose. / **一张逆光照片和一张三层照片**，有意识地运用第二课和第三课。
4. **Edit three** with the Lesson 7 routine, and **share a set** with one line of honest text. / **修三张图**，用第七课的流程；**分享一组照片**，配一句真心话。
5. **Thank the people who organized it** — every good outing has someone who chose the place and the hour. / **感谢组织者**——每一次好的采风，都有人选了地点和时间。

> **Try this (your final assignment) / 试一试（结课作业）：** Complete the outing above within the next two weeks. Afterwards, sit down with your results and grade your own course: which lesson changed your photos the most? Keep that lesson's habit. The others will wait for you in this book. / 在未来两周内完成上面这次采风。之后坐下来看看成果，给自己的课

程打分：哪一课最改变了您的照片？把那一课的习惯保持下去。其余的，会在这本书里等着您。

Check yourself / 自我检查

1. How do you start Visual Intelligence, and name two things it can do. / 怎样启动视觉智能？说出它能做的两件事。
2. In what order does a good shared set usually run? / 一组分享得好的照片通常按什么顺序排列？
3. Name two safety rules for posting photos publicly. / 说出两条公开发布照片的安全规则。
4. What five kinds of photo should your outing bring home? / 您的采风应该带回哪五种照片？

Answers are in the Answer Key at the back. / 答案见书后答案部分。

Answer Key / 答案

Lesson 1 / 第一课： 1) It opens the adjustment strip — exposure, depth, zoom, cameras and Photographic Styles — so you can slide to change the selected value. / 它会打开调节条——曝光、景深、变焦、摄像头和摄影风格——滑动即可改变所选数值。 2) Click Camera Control once; it opens the Camera app directly, even from the lock screen. / 按一下相机控制按钮；即使在锁屏状态下也能直接打开相机应用。 3) 24MP by default. 48MP is worth it for photos you plan to print large or crop later. / 默认是 2400 万像素。打算放大打印或日后裁剪的照片值得用 4800 万像素。 4) It locks focus and exposure on your subject. / 它会把对焦和曝光锁定在拍摄对象上。

Lesson 2 / 第二课： 1) When a reflection in still water is the real subject, so sky and reflection balance. / 当平静水面的倒影才是真正的主角、天空与倒影需要平衡时。 2) It starts in the foreground and points the viewer's eye toward the subject. / 它从前景开始，把观者的目光引向拍摄对象。 3) Foreground, middle ground, background. / 前景、中景、背景。 4) The four edges — for cut-off feet, stray elbows, bright signs and other intrusions. / 四个边缘——检查被切掉的脚、多余的手肘、明亮的招牌等闯入物。

Lesson 3 / 第三课： 1) Tap the flower itself, so the camera focuses and exposes for the petals instead of the bright sky. / 点按花朵本身，让相机按花瓣对焦和曝光，而不是按明亮的天空。 2) Side light — morning and late afternoon. / 侧光——清晨和傍晚。 3) Tone and color. / 色调和色彩。 4) False. Styles on iPhone 16 can be changed or removed afterwards in Photos. / 错。iPhone 16 上的摄影风格可以在“照片”中事后更改或去掉。

Lesson 4 / 第四课： 1) About 1.5 to 2.5 meters (5 to 8 feet). / 约 1.5 到 2.5 米（5 到 8 英尺）。 2) Turn the face toward the light; tilt the brim up or lift the chin; tap the face and slide exposure up. (Any two.) / 让脸转向光线；把帽檐抬起或微微抬下巴；点按脸部把曝光滑高。（任答两点。） 3) Because the person has something natural to do, their expression and posture relax and look like themselves. / 因为对方有自然的事情可做，表情和姿态放松，看起来像他自己。

4) How strongly the background is blurred behind the subject. / 主体身后背景的虚化强度。

Lesson 5 / 第五课： 1) Because the ultra-wide stretches anything near the corners, which distorts faces. / 因为超广角会拉长靠近角落的东西，让人脸变形。 2) The ultra-wide camera; a small flower icon appears on screen. / 超广角摄像头；屏幕上会出现一个小花图标。 3) Brace your elbows or hand against something steady, and take three shots so one is sharp (also: keep your own shadow off the subject). / 把手肘或手撑在稳固的东西上；拍三张以便有一张清晰（也包括：不要让自己的影子罩住拍摄对象）。 4) It makes the flower a portrait subject at its own height, with the background falling soft behind it. / 它让花成为处于自身高度的人像主角，背景在后面柔和虚化。

Lesson 6 / 第六课： 1) iPhone 16 Pro and iPhone 16 Pro Max only. / 只有 iPhone 16 Pro 和 iPhone 16 Pro Max。 2) Because digital pinch-zoom softens detail as it enlarges, while a 48MP file has real detail to spare for cropping. / 因为数码捏合放大在放大的同时会让细节变软，而 4800 万像素文件有真实的细节余量可供裁剪。 3) Stillness — brace the phone and hold still until the capture finishes; subjects must hold still too. / 静止——撑稳手机、保持不动直到拍摄完成；拍摄对象也要保持静止。 4) Flash flattens the scene, kills the evening mood, and only reaches a few meters. / 闪光灯会把场景拍平、破坏夜晚气氛，而且有效距离只有几米。

Lesson 7 / 第七课： 1) Because cropping decides what is in the photo; the sliders should serve the final frame, not the parts you are about to cut away. / 因为裁剪决定了照片里留下什么；滑块应该服务于最终画面，而不是即将被裁掉的部分。 2) Shadows — raise it. / “阴影”——把它调高。 3) Yes — styles are not baked in. Only on photos taken with iPhone 16 or newer. / 可以——风格不会烙进照片。只适用于 iPhone 16 或更新机型拍的照片。 4) For honestly removing small distractions and clutter; not for changing what really happened. / 用于诚实地去掉小的干扰物和杂物；不应该用来改变真实发生过的事情。

Lesson 8 / 第八课： 1) Press and hold Camera Control while pointing at a scene. It can identify plants and animals, show a business's hours, and read dates from posters for your calendar. (Any two.) / 对准画面长按相机控制按钮。

它可以识别动植物、显示商家营业时间、读取海报日期并加入日历。（任答两点。） 2) Wide scene, portrait, small macro detail. / 开阔的场景、人像、微距小细节。 3) Ask permission before posting people; be extra careful with grandchildren's photos; keep location off public posts; do not post "away from home" photos while still away. (Any two.) / 发布他人照片前先征得同意；孙辈照片格外小心；公开帖子不带位置；还在外旅行时不发“家里没人”的照片。（任答两点。） 4) One ultra-wide, one 1x, one 2x or 5x, one macro, and one portrait taken with permission. / 一张超广角、一张 1 倍、一张 2 倍或 5 倍、一张微距、一张经同意的人像。

Final Checklist and Next Steps / 最后清单与下一步

Tape this page inside your camera bag — or save a photo of it in your Favorites album. / 把这一页贴在相机包里——或者拍下来，存进“个人收藏”相簿。

- Clean the lens. Click Camera Control. / 擦干净镜头。按下相机控制按钮。
- Decide the light direction before the subject. / 先定光的方向，再定主体。
- Grid on; horizon on a line; check the four edges. / 网格开着；地平线放在线上；检查四个边缘。
- Face in the light — mind the hat brim. / 让脸在光里——留意帽檐。
- Use the marked zoom steps only; 48MP for keepers. / 只用标示的变焦档位；值得保留的照片用 4800 万像素。
- Macro: brace, side light, three shots. / 微距：撑稳、侧光、拍三张。
- Night: brace, hold still, flash off. / 夜景：撑稳、保持不动、关闪光灯。
- Edit in order: crop, exposure, highlights, shadows, a touch of color. / 按顺序修图：裁剪、曝光、高光、阴影、一点色彩。
- Ask permission. Share the best one, not all nine. / 先征得同意。分享最好的一张，而不是全部九张。

Next steps / 下一步： Repeat the Lesson 8 outing once a month with a new theme, and your photos will keep growing with you. Learners who complete all eight lessons and the final outing may receive the academy's Certificate of Completion — ask your teacher how to claim yours. / 每月带着一个新主题重复第八课的采风，您的照片会和您一起成长。完成全部八课和结课采风的学员，可以领取本校的结业证书——请向您的老师询问领取方式。