Photography: See the Light

摄影：看见光影

A Self-Study Course for Lifelong Learners

为终身学习者准备的自学课程

8 Lessons · Self-Paced · Bilingual

8 课 · 自定进度 · 双语

全球银龄学院 / Global Academy of Lifelong Learning

Welcome / 欢迎

Welcome to Photography: See the Light! You do not need an expensive camera, and you do not need any previous photography experience. Your phone camera is fully enough for this whole course. What you need most is something you already have: your eyes, your curiosity, and your memories.

欢迎来到《摄影：看见光影》！您不需要昂贵的相机，也不需要任何摄影经验。您的手机相机完全可以胜任整门课程。您最需要的是您已经拥有的东西：您的眼睛、您的好奇心和您的回忆。

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. At the end of every lesson you will find a short self-graded quiz ("Check yourself") and an answer key at the back of the book, so you can check your own progress. There are no exams and no grades from anyone else — this course is for your own enjoyment.

如何使用本课程：请按顺序学习，您可以按自己的节奏进行。每节课大约需要 60 分钟。每节课结束时都有一个简短的自测小测验（“自我检查”），书后附有答案，您可以自己检查学习进度。没有考试，也没有别人给您打分——这门课是为了您自己的乐趣。

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. The best photographs are made with kindness and respect.

关于隐私与安全的说明：在拍摄他人之前，请务必征得对方同意，尤其是拍摄儿童时。分享孙辈的照片时要格外小心，切勿在公开场合将照片与位置信息一同发布。最美的照片来自善意与尊重。

One more promise / 还有一个承诺： You will never be asked to buy anything for this course. Every activity can be done with the phone or camera you already own.

还有一个承诺：本课程绝不会要求您购买任何东西。所有练习都可以用您已有的手机或相机完成。

Lesson 1: Seeing Like a Photographer — Light, Shadow, and the Everyday World

第一课：像摄影师一样看世界——光、影与日常生活

Goal: Learn to notice light and shadow before you ever press the button. / 目标：学会在按下快门之前先留意光与影。

Photography Means "Drawing with Light" / 摄影就是“用光作画”

The word photography comes from two old Greek words meaning "drawing with light." That is the whole secret: a photograph is not really a picture of a thing — it is a picture of light falling on a thing. The same chair, the same face, the same garden can look completely different in morning light, in evening light, and under a kitchen lamp.

“摄影”一词来自两个古希腊词，意思是“用光作画”。这就是全部的秘密：照片其实不是物体的画像，而是光落在物体上的画像。同一把椅子、同一张脸、同一个花园，在晨光、暮光和厨房灯光下看起来会完全不同。

Photographers train themselves to notice light first and subjects second. Before you take a picture, pause and ask three questions: Where is the light coming from? Is it soft or harsh? What shadows is it making? When you start asking these questions, your pictures will

improve immediately — without buying anything or learning any buttons.

摄影师训练自己先注意光，再注意拍摄对象。拍照之前，请停下来问自己三个问题：光从哪里来？光线柔和还是强烈？它形成了什么样的影子？当您开始问这些问题时，您的照片会立刻变好——不需要购买任何东西，也不需要学习任何按钮。

Try This: A Day of Noticing Light / 试一试：留意光线的一天

1. In the morning, stand by a window and look at how sunlight falls on a table or a plant. Notice the long shadows. / 早晨，站在窗边，观察阳光如何落在桌子或植物上。留意长长的影子。
2. At midday, step outside and notice how the light is brighter and the shadows shorter and darker. / 中午，走到户外，注意光线更明亮，影子更短更深。
3. In the evening, watch the warm, golden light just before sunset. Notice how it makes faces and walls glow. / 傍晚，观察日落前温暖的金色光线。注意它如何让面孔和墙壁发光。
4. At night, turn on one lamp in a dark room and see how a single light creates drama. / 夜晚，在黑暗的房间里打开一盏灯，看看单一光源如何营造戏剧感。
5. Write down in a notebook which light you liked best, and why. /

在笔记本里写下您最喜欢哪种光线，以及为什么。

Try this / 试一试

Take the same photograph three times during one day — morning, midday, and evening — of the same simple subject, like a cup on a windowsill. Compare the three pictures. You will see, with your own eyes, that light is the real subject of every photograph.

在一天中的三个时刻——早晨、中午和傍晚——拍摄同一件简单的东西，比如窗台上的一个杯子。比较这三张照片。您会亲眼看到，光线才是每张照片真正的主题。

Check yourself / 自我检查

1. What does the word "photography" literally mean? / “摄影”一词的字面意思是什么?
2. Name the three questions to ask about light before taking a picture. / 说出拍照前关于光线的三个问题。
3. True or false: The same garden looks the same in morning light and under a kitchen lamp. / 判断正误：同一个花园在晨光和厨房灯光下看起来是一样的。

4. Why are evening shadows longer than midday shadows? / 为什么傍晚的影子比中午的影子长?

5. What simple subject is suggested for the three-times-a-day exercise? / 一天拍三次的练习建议拍摄什么简单的东西?

Lesson 2: Your Camera, Your Phone — Knowing What You Already Have

第二课：您的相机，您的手机——了解您已有的设备

Goal: Learn the basic parts and buttons of your phone camera or camera, so it stops feeling mysterious. / 目标：了解手机相机或相机的基本部件和按钮，让它不再神秘。

The Only Buttons You Really Need / 您真正需要的几个按钮

Modern cameras and phones have dozens of settings, but beginners need only a few. Here they are, in plain words. **Shutter button / 快门键** is the button that takes the picture — on a phone, it is usually a big white circle on the screen. **Zoom / 变焦** makes things look closer or farther away; on a phone you pinch the screen with two fingers or slide a small control. **Focus / 对焦** means choosing what part of the picture is sharp; on a phone, you tap the screen on the thing you want sharp. **Flash / 闪光灯** is a small bright light for dark places — often better left off, as you will learn in Lesson 3.

现代相机和手机有几十种设置，但初学者只需要几个。下面用通俗的语言介绍它们。**快门键**是拍照的按钮——在手机上，通常是屏幕上一个大大的白色圆圈。**变焦**让景物看起来更近或更远；在手机上，您用两根手指捏合屏幕或滑动小控件来调节。**对焦**是选择画面中哪一部分清晰；在手机上，您点一下屏幕上想要

清晰的东西即可。**闪光灯**是黑暗处使用的小亮光——通常最好关掉，原因您将在第三课学到。

Two more words are worth knowing. **Portrait mode / 人像模式** on many phones softly blurs the background behind a person, which makes the person stand out. **Panorama / 全景模式** lets you sweep the camera slowly across a wide view — a beach, a mountain range, a big family table — and stitches it into one long picture.

还有两个词值得了解。许多手机上的**人像模式**可以柔和地虚化人物身后的背景，让人物更突出。**全景模式**让您可以缓慢地横扫相机，拍摄宽阔的景色——海滩、群山、一张大家庭餐桌——并拼成一张长照片。

Try This: Meet Your Camera / 试一试：认识您的相机

1. Open your camera app and find the shutter button. Take one picture of anything nearby. / 打开相机应用，找到快门键，随手拍一张附近的东西。
2. Tap the screen on a near object, then on a far object, and watch how the focus changes. / 先点一下屏幕上的近处物体，再点一下远处物体，观察焦点如何变化。
3. Try pinching the screen to zoom in and out. Notice how the picture changes. / 试着用两指捏合屏幕进行变焦。注意画面如何变化。

4. Find portrait mode if your phone has it, and take a portrait of a willing friend or a plant. / 如果您的手机有人像模式，找一位愿意的朋友或一盆植物拍一张人像。
5. Delete any test pictures you do not want — learning includes tidying up! / 删除您不想要的测试照片——学习也包括整理！

Try this / 试一试

Take five pictures of the same flower or object: one normal, one zoomed in close, one with the background blurred (portrait mode), one from very low down, and one from above. Five pictures, one subject, five different feelings. That is the beginning of photographic skill.

用同一朵花或同一件东西拍五张照片：一张正常、一张近距离变焦、一张背景虚化（人像模式）、一张从很低的角度、一张从上方俯拍。五张照片、一个主题、五种不同的感觉。这就是摄影技巧的开始。

Check yourself / 自我检查

1. What is the shutter button, and what does it look like on a phone? / 什么是快门键？在手机上它是什么样子？

2. How do you choose what part of a phone picture is sharp? / 如何选择手机照片中哪一部分清晰?

3. What does portrait mode do to the background? / 人像模式对背景有什么作用?

4. What is panorama mode for? / 全景模式是用来做什么的?

5. True or false: Beginners need to learn every setting on their camera before taking good pictures. / 判断正误：初学者在拍出好照片之前必须学会相机上的所有设置。

Lesson 3: Light First — Golden Hour, Window Light, and Harsh Noon Sun

第三课：光线第一——黄金时刻、窗光与正午烈日

Goal: Learn the three most useful kinds of light and when to use each one. / 目标：学习三种最实用的光线，以及何时使用每一种。

Golden Hour: Nature's Gift / 黄金时刻：大自然的馈赠

Golden hour / 黄金时刻 is the hour just after sunrise and the hour just before sunset, when the sun is low and its light turns warm and golden. Shadows are long and soft, faces look gentle, and everything seems to glow. Professional photographers plan their whole day around golden hour. You can too — it costs nothing, and it makes almost every photograph beautiful.

黄金时刻是日出后的一小时和日落前的一小时，此时太阳位置很低，光线变得温暖金黄。影子又长又柔和，面孔看起来温柔，万物仿佛都在发光。专业摄影师会围绕黄金时刻安排一整天。您也可以这样做——它不花一分钱，却能让几乎每张照片都美丽。

Window Light: Your Free Studio / 窗光：您的免费影棚

Window light / 窗光 is soft, free, and available in every home. Stand a

person near a window, facing slightly toward it, and the light will gently shape their face. Cloudy days are a bonus: clouds act like a giant soft cloth over the sun, making light even and kind. This is why portraits taken on cloudy days often look better than ones taken in bright sun.

窗光柔和、免费，每个家庭都有。让人物站在窗边，脸稍微朝向窗户，光线就会温柔地勾勒出他们的面孔。阴天更是意外的礼物：云层像一块巨大的柔光布罩在太阳上，让光线更加均匀温和。这就是为什么阴天拍摄的人像常常比烈日下拍摄的更好看。

Harsh Noon Sun: Handle with Care / 正午烈日：小心应对

At midday, the sun is directly overhead. Light is bright and hard, shadows are dark and short, and people squint. If you must photograph at noon, move into open shade — under a tree, a porch roof, or a building overhang — where the light is softer. Or photograph with the sun behind your subject and let their face be lit by the bright sky instead. And about flash: in a dark room, a phone flash often makes faces look flat and washed out. Try moving near a window or turning on a lamp first — natural light almost always looks kinder.

中午时分，太阳直射头顶。光线明亮而强烈，影子又黑又短，人们会眯起眼睛。如果必须在中午拍照，请移到开阔的阴凉处——树下、门廊屋檐下或建筑物的遮篷下，那里的光线更柔和。或者让阳光在拍摄对象身后，用明亮的天空照亮他们的脸。再说说闪光灯：在黑暗的房间里，手机闪光灯常常让面孔显得扁平苍白。请先试着靠近窗户或打开一盏灯——自然光几乎总是更温柔。

Try This: Three Lights, Three Pictures / 试一试：三种光线，三张照片

1. Photograph a friend or a flower in golden hour light, near sunset. / 在日落前后的黄金时刻拍摄一位朋友或一朵花。
2. Photograph the same subject near a window indoors. / 在室内窗边拍摄同一个对象。
3. Photograph the same subject outdoors at midday, first in direct sun, then in open shade. Compare all four pictures. / 在中午于户外拍摄同一个对象，先在直射阳光下，再在开阔阴凉处。比较这四张照片。
4. Write down which light you liked best for faces, and which for flowers or objects. / 写下您最喜欢哪种光线拍人像，哪种拍花卉或物品。
5. Try one indoor picture with flash and one without, and compare. / 在室内分别用闪光灯和不用闪光灯各拍一张，并比较。

Try this / 试一试

For one week, take one photograph every evening during golden hour — anything at all: a street, a tree, a grandchild's smile, a cup of tea. At the end of the week, look at the seven pictures together. You will have made a small golden-hour collection, and you will never look at sunset light the same way again.

连续一周，每天傍晚黄金时刻拍一张照片——任何东西都可以：一条街道、一棵树、孙辈的笑脸、一杯茶。一周结束时，把七张照片放在一起看。您将拥有一组小小的黄金时刻作品集，而且您再也不会以同样的方式看待日落的光线了。

Check yourself / 自我检查

1. When is golden hour, and why is its light special? / 黄金时刻是什么时候？它的光线为什么特别？
2. Why is window light good for portraits? / 为什么窗光适合拍人像？
3. Why do cloudy days often make good portrait light? / 为什么阴天常常是很好的人像光线？
4. What is "open shade," and when should you use it? / 什么是“开阔阴凉处”？何时应该使用它？

5. True or false: Phone flash always makes indoor portraits look better. / 判断正误：手机闪光灯总是让室内人像更好看。

Lesson 4: Composing the Picture — Framing, Backgrounds, and Simple Rules

第四课：构图——取景、背景与简单规则

Goal: Learn simple ways to arrange a picture so it feels balanced and clear. / 目标：学习简单的方法来安排画面，让照片感觉平衡清晰。

The Rule of Thirds / 三分法

The rule of thirds / 三分法 is the simplest composition idea in photography. Imagine two lines across your picture and two lines down, dividing it into nine equal boxes — like a tic-tac-toe grid. Many phones can show this grid on screen (look for "Grid" in your camera settings). Instead of putting your subject dead in the centre, try placing it where the lines cross, or along one of the lines. The picture instantly feels more natural and interesting.

三分法是摄影中最简单的构图方法。想象两条横线和两条竖线把画面分成九个相等的格子——就像井字棋盘。许多手机可以在屏幕上显示这个网格（在相机设置里找“网格”）。不要把拍摄对象放在正中央，试着把它放在线条交叉处或某条线上。照片会立刻显得更自然、更有趣。

Check the Background / 检查背景

Before you press the button, look behind your subject, not just at it. Is a tree branch growing out of someone's head? Is there a rubbish bin, a bright sign, or a cluttered shelf distracting the eye? Moving two steps to the left or right, or asking your subject to step forward, often fixes the background completely. A clean background is the difference between a snapshot and a photograph you are proud of.

按下快门之前，先看看拍摄对象的身后，而不只是看对象本身。是不是有树枝从某人头顶“长”出来？是不是有垃圾桶、明亮的招牌或杂乱的架子分散注意力？向左或向右移动两步，或者请拍摄对象向前走一步，常常就能完全解决背景问题。干净的背景就是随手快照和值得骄傲的照片之间的区别。

Fill the Frame, and Leave Room to Breathe / 填满画面，也要留白呼吸

Two more simple ideas. **Fill the frame / 填满画面：** step closer so your subject fills most of the picture, instead of standing far away and leaving a tiny person in a big empty scene. **Leave room to breathe / 留白：** if your subject is looking or walking toward one side, leave a little extra space on that side, so the eye can follow where they are going. These two ideas pull in opposite directions, and balancing them is the

quiet art of composition.

还有两个简单的想法。**填满画面：**走近一点，让拍摄对象占据画面的大部分，而不是远远站着，留下一个小小的人和大片空白。**留白呼吸：**如果拍摄对象正看向或走向某一侧，就在那一侧多留一点空间，让视线可以跟随他们前进的方向。这两个想法方向相反，而平衡它们就是构图的静谧艺术。

Try This: Five Compositions, One Subject / 试一试：一个主题，五种构图

1. Turn on the grid in your camera settings. / 在相机设置里打开网格。

2. Photograph a chair, a tree, or a friend: first with the subject in the centre. / 拍摄一把椅子、一棵树或一位朋友：先把对象放在中央。
3. Photograph the same subject using the rule of thirds. / 用三分法拍摄同一个对象。
4. Photograph it very close, filling the frame. / 靠得很近拍摄，填满画面。
5. Photograph it with plenty of space on one side. Compare all five and choose your favourite — and notice why you like it. / 在一侧留出大量空间拍摄。比较这五张照片，选出您最喜欢的一张，并想想为什么喜欢它。

Try this / 试一试

Look through old photographs in your phone — your own or family pictures — and find one where the background distracts from the subject. Imagine how two steps to the side would have fixed it. This kind of looking back is how photographers learn fastest.

翻看手机里的旧照片——您自己的或家人的照片——找一张背景分散了主体注意力的照片。想象一下，向旁边走两步会如何改善它。这种回望正是摄影师学习最快的方式。

Check yourself / 自我检查

1. What is the rule of thirds? / 什么是三分法?
2. Where should you place your subject instead of the dead centre? / 应该把拍摄对象放在哪里，而不是正中央?
3. Name two background problems to watch out for. / 说出两种需要注意的背景问题。
4. What does "fill the frame" mean? / “填满画面”是什么意思?
5. True or false: If your subject is looking to the right, you should leave extra space on the left. / 判断正误：如果拍摄对象看向右边，

您应该在左边多留空间。

Lesson 5: People and Portraits — Natural, Relaxed, and Kind

第五课：人像——自然、放松与善意

Goal: Take portraits people actually like, by making them comfortable first. / 目标：先让人感到舒适，拍出人们真正喜欢的人像。

Comfort Comes Before the Camera / 舒适先于相机

The best portraits are rarely about the camera. They are about the few minutes before the picture, when the person relaxes. Talk first. Ask about their day. Let them laugh. When someone is stiff and nervous, the picture shows it; when someone is at ease, the picture shows that too. As the photographer, your first job is to be a good host, and your second job is to press the button.

最好的人像很少与相机有关，而与拍照前几分钟有关——那时人物放松下来。先聊聊天，问问他们今天过得怎么样，让他们笑出来。一个人紧张僵硬时，照片会表现出来；一个人轻松自在时，照片同样会表现出来。作为摄影师，您的首要工作是做一位好主人，其次才是按下快门。

A few gentle techniques help. Photograph people doing something — cooking, gardening, reading, playing — instead of always asking them

to stand and pose. Take pictures at their eye level, not from high above (which can feel unkind) or far below. And take many pictures, not just one: the first few are warm-ups, and the best one is often the fifth or tenth, when the person has forgotten the camera is there.

几个温和的技巧很有帮助：拍摄人们正在做的事情——做饭、园艺、读书、玩耍——而不是总是让他们站好摆姿势。在与他们视线平齐的高度拍摄，而不是从高处俯拍（那会显得不友善）或从低处仰拍。多拍几张，而不只一张：最初几张只是热身，最好的那张常常是第五张或第十张，那时人物已经忘记了相机的存在。

Kindness Rules / 善意的规则

Always ask before photographing someone, and always show them the picture afterwards. If they do not like it, delete it cheerfully — no argument, no keeping it "just in case." Never photograph children without their parent's permission, and never share a picture of someone else publicly without asking them first. These rules are not just polite; they are what make people happy to be photographed by you again.

拍摄他人之前务必征得同意，拍完之后务必给他们看照片。如果他们不喜欢，请愉快地删掉——不要争论，不要“以防万一”留着。未经父母许可，绝不要

拍摄儿童；未经对方同意，绝不要公开分享他人的照片。这些规则不仅是礼貌，更是让人们愿意再次被您拍摄的原因。

Try This: A Relaxed Portrait Session / 试一试：一次轻松的人像拍摄

1. Ask a family member or friend if you may practise portraits with them. / 请一位家人或朋友，问问是否可以和他们一起练习人像。
2. Spend five minutes chatting before you lift the camera. / 拿起相机之前，先聊五分钟天。
3. Photograph them doing something ordinary they enjoy. / 拍摄他们做一件平时喜欢做的普通事情。
4. Take at least ten pictures, at eye level, in window light or golden hour light. / 在视线平齐的高度，用窗光或黄金时刻的光线，至少拍十张。
5. Show them the pictures, let them choose their favourite, and delete the rest if they wish. / 给他们看照片，让他们选出最喜欢的一张，如果他们愿意，其余的可以删掉。

Try this / 试一试

Photograph the hands of someone you love — gardening hands, cooking hands, hands holding a book. Hands tell a life story, and people are often less shy about a photograph of their hands than of

their face. It is a beautiful way to begin portrait photography.

拍摄一位您爱的人的双手——园艺的手、做饭的手、捧着书的手。双手诉说着一生的故事，而且人们对拍摄双手的照片往往比拍摄面部更不害羞。这是开始人像摄影的美好方式。

Check yourself / 自我检查

1. Why should you talk with a person before photographing them? / 为什么拍摄之前应该先和对方聊聊天?
2. At what height should you usually hold the camera for a portrait? / 拍摄人像时通常应该把相机举到什么高度?
3. Why take many pictures instead of just one? / 为什么要多拍几张，而不只拍一张?
4. What should you do if the person does not like their picture? / 如果对方不喜欢自己的照片，您应该怎么做?
5. True or false: It is fine to photograph children without asking their parents. / 判断正误：未经父母同意拍摄儿童是可以的。

Lesson 6: Travel, Nature, and Family Moments Worth Keeping

第六课：旅行、自然与值得珍藏的家庭时刻

Goal: Learn to capture places and occasions so the feeling comes back when you look again. / 目标：学会记录地点和时刻，让回看时感觉重现。

Tell the Story in Three Pictures / 用三张照片讲一个故事

A single famous landmark picture is nice, but a story is better. When you visit a place or attend a family occasion, try to take three kinds of pictures. First, a **wide picture / 全景** that shows the whole scene — the beach, the restaurant, the garden party. Second, a **middle picture / 中景** that shows people doing something — walking, eating, laughing together. Third, a **close picture / 特写** that shows one small detail — a plate of food, a flower, a grandchild's shoe. Together, the three pictures tell a story that one picture cannot.

一张著名的地标照片固然不错，但一个故事更好。参观一个地方或参加家庭聚会时，试着拍三种照片。第一张是**全景**，展示整个场景——海滩、餐馆、花园聚会。第二张是**中景**，展示人们正在做的事情——散步、吃饭、一起欢笑。第三张是**特写**，展示一个小细节——一盘食物、一朵花、孙辈的一只鞋。三张照片合在一起，讲述了一个单张照片无法讲述的故事。

Nature Rewards Patience / 自然奖赏耐心

Nature photography is mostly waiting, quietly. Birds, clouds, and light change minute by minute. Sit still for ten minutes in a garden or park, watch, and take pictures only when something catches your eye. Early morning is the best time: the light is golden, the air is cool, and birds and animals are most active. And remember the lesson of Lesson 1 — in nature, light is everything. The same tree at dawn and at noon is two different photographs.

自然摄影大多是安静的等待。鸟儿、云彩和光线每分钟都在变化。在花园或公园里静静地坐上十分钟，观察，只在有东西吸引您目光时才按下快门。清晨是最好的时间：光线金黄、空气清凉、鸟兽最为活跃。还要记住第一课的道理——在大自然中，光线就是一切。同一棵树在黎明和正午是两张完全不同的照片。

Family Moments: Be Present First / 家庭时刻：首先要在场

At birthdays and holidays, it is tempting to photograph everything and experience nothing. Choose your moments instead: take pictures during the first few minutes of a gathering, and during one or two special moments — blowing out candles, opening a gift, a group hug — then put the camera down and simply enjoy being there. Your family will remember your presence more than your pictures, and the

pictures you do take will be better because you were truly part of the moment.

在生日和节假日，人们很容易拍个不停，却什么都没真正体验。请有选择地拍摄：在聚会开始的几分钟，以及一两个特别时刻——吹蜡烛、拆礼物、集体拥抱——拍下照片，然后放下相机，单纯享受在场的时光。家人记住您的陪伴远胜于记住您的照片，而您拍下的照片也会因为您真正融入了那一刻而更好。

Try This: A Three-Picture Story / 试一试：三张照片的故事

1. Choose a place or occasion this week — a park visit, a meal, a family call. / 本周选择一个地点或场合——一次公园游玩、一顿饭、一次家庭通话。
2. Take one wide picture, one middle picture, and one close detail picture. / 拍一张全景、一张中景和一张特写细节。
3. Put the three pictures side by side and ask: does the story come across? / 把三张照片并排放在一起，问问自己：故事表达出来了吗?
4. Show the three pictures to a family member and ask what story they see. / 把三张照片给一位家人看，问问他们看到了什么故事。
5. Try the same exercise in nature: one wide landscape, one middle view, one close detail. / 在大自然中做同样的练习：一张开阔风景、一张中景、一张特写细节。

Try this / 试一试

Take a photograph of your own street or neighbourhood as if you were a visitor seeing it for the first time. Tourists notice beauty that residents walk past every day. Seeing your familiar world with fresh eyes is one of photography's greatest gifts.

把您自己的街道或社区当作第一次来访的游客那样拍一张照片。游客会注意到居民每天走过却视而不见的美。用全新的眼睛看待熟悉的世界，是摄影最伟大的馈赠之一。

Check yourself / 自我检查

1. What are the three kinds of pictures in a photo story? / 照片故事中的三种照片是什么?
2. Give one example of a close detail picture at a family meal. / 举一个家庭聚餐时特写细节照片的例子。
3. Why is early morning a good time for nature photography? / 为什么清晨是自然摄影的好时间?
4. Why is it wise to put the camera down during most of a family gathering? / 为什么在家庭聚会的大部分时间里放下相机是明智的?

5. True or false: One landmark picture tells a travel story better than three pictures together. / 判断正误：一张地标照片比三张照片合在一起更能讲述旅行故事。

Lesson 7: Organizing and Sharing Your Photos Safely

第七课：安全地整理与分享照片

Goal: Learn to find your pictures again, back them up, and share them without worry. / 目标：学会找回照片、备份照片，并无忧分享。

Albums: Give Your Pictures a Home / 相册：给照片一个家

Most phones hold thousands of pictures, and finding one can feel like searching a drawer full of loose papers. The fix is simple: make albums. **Album / 相册** is just a named folder for pictures — "Grandchildren 2026," "Garden," "Trip to the Lake," "Family Birthdays." On most phones, you open the photos app, choose pictures, and tap "Add to album" or "New album." Spend ten minutes a week sorting new pictures into albums, and you will always be able to find the one you want.

大多数手机里存着成千上万张照片，找一张照片就像在一抽屉散乱的纸张中翻找。解决办法很简单：建立相册。**相册**就是给照片起个名字的分类夹——“孙辈 2026”“花园”“湖畔之旅”“家庭生日”。在大多数手机上，您打开照片应用，选择照片，点“添加到相册”或“新建相册”。每周花十分钟把新照片分类到相册里，您就总能找到想要的那一张。

Backups: Keep Two Copies / 备份：保留两份

Phones get lost, broken, or replaced. **Backup / 备份** means keeping a second copy of your pictures somewhere else, so losing the phone does not mean losing the memories. The easiest backup is the cloud service built into your phone — iCloud on iPhones, Google Photos on Android phones — which copies pictures automatically when you are on Wi-Fi. Ask a family member to help turn it on once, and then it takes care of itself. A second, extra-safe option is to copy favourite pictures onto a computer or a USB memory stick once in a while.

手机会丢失、损坏或更换。**备份**就是把照片的第二份副本保存在别处，这样即使手机丢了，回忆也不会丢失。最简单的备份是手机自带的云服务——iPhone 的 iCloud、安卓手机的 Google Photos——在连接 Wi-Fi 时会自动复制照片。请一位家人帮忙一次性开启它，之后它就会自己照料一切。另一个更保险的办法是，时不时把最喜欢的照片复制到电脑或 U 盘上。

Sharing Safely / 安全分享

Sharing pictures with family is one of photography's greatest joys — and it deserves care. Share directly with people you know, through messages or a family group, rather than posting publicly where strangers can see. Never post pictures of grandchildren publicly without their parents' permission. And never share a picture together

with your home address, travel dates, or other personal details — a photo of your house with the words "away for two weeks" is an invitation to trouble. When in doubt, share privately, not publicly.

与家人分享照片是摄影最大的乐趣之一——也值得用心对待。通过信息或家庭群组直接分享给您认识的人，而不是公开发布到陌生人也能看到的地方。未经父母许可，绝不要公开分享孙辈的照片。也不要把照片与家庭住址、旅行日期或其他个人信息一同发布——一张自家房子的照片配上“外出两周”的文字，就是在招惹麻烦。拿不准时，请私下分享，而不是公开分享。

Try This: Tidy and Back Up / 试一试：整理与备份

1. Make three albums on your phone: one for family, one for nature or travel, one for anything else you love. / 在手机上建立三个相册：一个家庭、一个自然或旅行、一个其他您喜欢的主题。
2. Sort your twenty most recent pictures into these albums. / 把最近的二十张照片分类到这些相册里。
3. Check whether your phone's cloud backup is turned on; ask a family member for help if you are unsure. / 检查手机的云备份是否已开启；如果不确定，请一位家人帮忙。
4. Choose five favourite pictures and send them privately to a family member. / 选出五张最喜欢的照片，私下发给一位家人。
5. Delete ten pictures you no longer want — a tidy library is a happy

library. / 删除十张不再想要的照片——整洁的图库就是快乐的图库。

Try this / 试一试

Pick your ten favourite photographs of all time and make a "My Ten Favourites" album. Show it to someone you love and tell them why you chose each one. You will discover that the stories behind your pictures are as precious as the pictures themselves.

选出您有史以来最喜欢的十张照片，建立一个“我最喜欢的十张”相册。把它展示给您爱的人，并告诉他们您选择每一张的原因。您会发现，照片背后的故事与照片本身同样珍贵。

Check yourself / 自我检查

1. What is an album on a phone, and why is it useful? / 手机上的相册是什么？为什么有用？
2. What does "backup" mean, and why does it matter? / “备份”是什么意思？为什么重要？
3. Name one cloud backup service for iPhones and one for Android phones. / 说出一种 iPhone 的云备份服务和一种安卓手机的云备份服务。

4. Why should you not post a picture of your house together with your travel dates? / 为什么不应该把自家房子的照片和旅行日期一同发布?

5. True or false: Sharing pictures privately with family is safer than posting them publicly. / 判断正误：私下与家人分享照片比公开发布更安全。

Lesson 8: My Photo Project — A Small Collection to Be Proud Of

第八课：我的摄影作品——值得骄傲的小小作品集

Goal: Bring everything together in one small project you can share with pride. / 目标：把所学的一切汇聚成一个可以自豪分享的小作品。

Choose Your Project / 选择您的作品主题

Now it is time to make something of your own. A photo project is simply a small set of pictures on one theme, made with care. Here are some ideas — choose one, or invent your own. **"My Street in Four Seasons" / “我街道的四季”：** one picture of the same view in spring, summer, autumn, and winter. **"Hands I Love" / “我爱的手”：** photographs of the hands of people dear to you, doing what they love. **"A Day in My Life" / “我的一天”：** ten pictures from morning to night that show an ordinary, beautiful day. **"My Garden's Story" / “我花园的故事”：** a garden through the year, from first sprout to last flower.

现在是时候创作属于您自己的作品了。摄影作品就是一组围绕一个主题、用心拍摄的照片。下面是一些想法——选一个，或者自己发明一个。**“我街道的四季”：**同一景色在春、夏、秋、冬各拍一张。**“我爱的手”：**拍摄亲爱的人的

双手，做着他们喜欢的事情。**“我的一天”：**从早晨到夜晚的十张照片，展现平凡而美好的一天。**“我花园的故事”：**一座花园的一年，从第一株嫩芽到最后一朵花。

Make It, Share It, Keep Going / 完成它、分享它、继续前行

Take your time — a good project may take weeks or months, and that is part of the joy. Use what you learned: golden hour light, clean backgrounds, the rule of thirds, relaxed portraits, safe sharing. When your collection is ready, share it privately with family or friends, and ask them which picture they love most and why. Their answers will teach you something new about your own work. Then start another project. Photographers never really finish learning — they just keep seeing more.

慢慢来——一个好的作品可能需要几周或几个月，而这正是乐趣的一部分。运用您学到的知识：黄金时刻的光线、干净的背景、三分法、轻松的人像、安全的分享。作品完成后，私下分享给家人或朋友，问问他们最喜欢哪一张以及为什么。他们的回答会让您对自己的作品有新的认识。然后开始下一个作品。摄影师永远不会真正学完——他们只是看得越来越多。

Try This: Begin Today / 试一试：从今天开始

1. Choose your project theme and write it at the top of a notebook

page. / 选择您的作品主题，写在笔记本一页的顶部。

2. Take the first three pictures for your project this week. / 本周为您的作品拍摄最初的三张照片。
3. Make an album on your phone for the project and put the three pictures in it. / 在手机上为这个作品建立一个相册，把三张照片放进去。
4. Show the three pictures to a family member and ask what they think. / 把三张照片给一位家人看，问问他们的想法。
5. Write down one thing you want to improve in your next pictures. / 写下一件您希望在接下来的照片中改进的事情。

Try this / 试一试

Write a short caption — one or two sentences — for each picture in your project. A caption turns a picture into a memory: where you were, who was there, why it mattered. Years from now, those sentences will be worth as much as the photographs.

为作品中的每张照片写一句简短的说明——一两句话。说明把照片变成了回忆：您在哪里、谁在场、为什么重要。若干年后，这些句子将和照片一样珍贵。

Check yourself / 自我检查

1. Name two photo project ideas from this lesson. / 说出本课中的

两个摄影作品想法。

2. Which skills from earlier lessons should you use in your project? Name at least three. / 您应该在作品中运用前面课程中的哪些技巧？至少说出三项。

3. Why is it good to share your finished project privately with family first? / 为什么先把完成的作品私下分享给家人是好的?

4. What is a caption, and why is it valuable years later? / 什么是照片说明？为什么多年后它很有价值?

5. True or false: A good photo project must be finished in one day. / 判断正误：一个好的摄影作品必须在一天内完成。

Progress Checklist / 进度检查表

Tick off each lesson as you finish it. / 每完成一课，就打勾。

- ☐ Lesson 1: Seeing Like a Photographer / 第一课：像摄影师一样看世界
- ☐ Lesson 2: Your Camera, Your Phone / 第二课：您的相机，您的手机
- ☐ Lesson 3: Light First / 第三课：光线第一
- ☐ Lesson 4: Composing the Picture / 第四课：构图
- ☐ Lesson 5: People and Portraits / 第五课：人像
- ☐ Lesson 6: Travel, Nature, and Family Moments / 第六课：旅行、自然与家庭时刻
- ☐ Lesson 7: Organizing and Sharing Your Photos Safely / 第七课：安全地整理与分享照片
- ☐ Lesson 8: My Photo Project / 第八课：我的摄影作品
- ☐ My photo project is complete and shared with family / 我的摄影作品已完成并与家人分享

Congratulations on learning to see the light! Keep your camera close, your eyes open, and your heart ready for the next beautiful moment. / 祝贺您学会了看见光影！请让相机常伴左右，眼睛保持敞开，心灵随时准备迎

接下一个美好的瞬间。

Answer Key / 答案

Check your quiz answers here. / 在此核对您的测验答案。

Lesson 1 / 第一课

1. "Drawing with light." / “用光作画”。
2. Where is the light coming from? Is it soft or harsh? What shadows is it making? / 光从哪里来？光线柔和还是强烈？它形成了什么样的影子？
3. False — the same scene looks completely different in different light. / 错误——同一景色在不同光线下看起来完全不同。
4. Because the sun is low in the evening, so light travels at a shallow angle and shadows stretch long. / 因为傍晚太阳位置低，光线以浅角度照射，影子被拉得很长。
5. A cup on a windowsill. / 窗台上的一个杯子。

Lesson 2 / 第二课

1. The button that takes the picture; on a phone, usually a big white circle on the screen. / 拍照的按钮；在手机上通常是屏幕上一个大大的白色圆圈。
2. Tap the screen on the thing you want sharp. / 点一下屏幕上想要清

晰的东西。

3. It softly blurs the background behind the person. / 它柔和地虚化人物身后的背景。
4. Sweeping slowly across a wide view to make one long picture. / 缓慢横扫宽阔的景色，拼成一张长照片。
5. False — beginners need only a few buttons to start taking good pictures. / 错误——初学者只需要几个按钮就可以开始拍好照片。

Lesson 3 / 第三课

1. The hour after sunrise and before sunset; its light is low, warm, and golden, with long soft shadows. / 日出后和日落前的一小时；光线低、温暖金黄，影子又长又柔和。
2. It is soft and gentle, and it shapes the face kindly. / 它柔和温柔，能温柔地勾勒面孔。
3. Clouds act like a giant soft cloth over the sun, making light even and kind. / 云层像一块巨大的柔光布罩在太阳上，让光线均匀温和。
4. Shaded but open areas, like under a tree or porch roof, where light is softer; use it at midday instead of direct sun. / 有遮挡但开阔的地方，如树下或门廊屋檐下，光线更柔和；中午应使用它而非直射阳光。
5. False — flash often makes indoor faces look flat and washed out;

natural light is usually kinder. / 错误——闪光灯常常让室内面孔显得扁平苍白；自然光通常更温柔。

Lesson 4 / 第四课

1. Dividing the picture into nine equal boxes with two lines across and two down, and placing the subject on a line or crossing instead of the centre. / 用两横两竖把画面分成九个相等的格子，把拍摄对象放在线上或交叉处而非中央。
2. On a grid line or where lines cross. / 网格线上或线条交叉处。
3. Any two of: a branch appearing to grow from someone's head, a rubbish bin, a bright sign, a cluttered shelf. / 以下任意两项：树枝从某人头顶“长”出来、垃圾桶、明亮的招牌、杂乱的架子。
4. Stepping closer so the subject fills most of the picture. / 走近一点，让拍摄对象占据画面的大部分。
5. False — leave extra space on the side the subject is looking toward (the right). / 错误——应该在拍摄对象看向的一侧（右边）多留空间。

Lesson 5 / 第五课

1. So the person relaxes; a relaxed person makes a better portrait. / 让对方放松；放松的人拍出来的人像更好。

2. At the subject's eye level. / 与拍摄对象视线平齐的高度。
3. The first pictures are warm-ups; the best one often comes later, when the person forgets the camera. / 最初几张只是热身；最好的那张常常出现在后来，那时人物已经忘记了相机。
4. Delete it cheerfully, with no argument. / 愉快地删掉，不要争论。
5. False — never photograph children without their parent's permission. / 错误——未经父母许可，绝不要拍摄儿童。

Lesson 6 / 第六课

1. A wide picture, a middle picture, and a close detail picture. / 全景、中景和特写细节。
2. Any one detail, for example a plate of food, a flower, or a grandchild's shoe. / 任意一个细节，例如一盘食物、一朵花或孙辈的一只鞋。
3. The light is golden, the air is cool, and birds and animals are most active. / 光线金黄、空气清凉、鸟兽最为活跃。
4. So you truly enjoy being there; your family remembers your presence more than your pictures. / 这样才能真正享受在场的时光；家人记住您的陪伴远胜于记住您的照片。
5. False — three pictures together tell a story better than one landmark picture. / 错误——三张照片合在一起比一张地标照片更能讲

述故事。

Lesson 7 / 第七课

1. A named folder for pictures; it lets you find pictures again quickly. / 给照片起个名字的分类夹；它让您能快速找回照片。
2. Keeping a second copy of pictures somewhere else, so losing the phone does not mean losing the memories. / 把照片的第二份副本保存在别处，这样即使手机丢了，回忆也不会丢失。
3. iCloud for iPhones, Google Photos for Android phones. / iPhone 用 iCloud，安卓手机用 Google Photos。
4. Because it tells strangers you are away from home — an invitation to trouble. / 因为它告诉陌生人您不在家——是在招惹麻烦。

5. True. / 正确。

Lesson 8 / 第八课

1. Any two of: "My Street in Four Seasons," "Hands I Love," "A Day in My Life," "My Garden's Story." / 以下任意两项：“我街道的四季”“我爱的手”“我的一天”“我花园的故事”。
2. Any three of: golden hour light, clean backgrounds, the rule of thirds, relaxed portraits, safe sharing, window light, filling the

frame. / 以下任意三项：黄金时刻的光线、干净的背景、三分法、轻松的人像、安全的分享、窗光、填满画面。

3. So family can enjoy it and tell you which picture they love most, teaching you about your own work. / 让家人欣赏它，并告诉您他们最喜欢哪一张，让您对自己的作品有新的认识。
4. One or two sentences saying where you were, who was there, and why it mattered; years later the sentences preserve the memory behind the picture. / 一两句话，说明您在哪里、谁在场、为什么重要；多年后这些句子保存了照片背后的回忆。
5. False — a good project may take weeks or months. / 错误——一个好的作品可能需要几周或几个月。