“Golden Hour” is figurative…it refers to the period just after sunrise or just before sunset, and its length depends on where you are, what time of year it is, and the weather conditions.

- The light is soft, warm and diffused.
WHY USE LIGHTING?

- Lighting can also influence the mood and meaning of a shot.

- Video as a medium flattens subjects and backgrounds into monotony, lighting separates the background from the subject in many different ways, as seen above.
The light your eye sees is very different from the light a camera will capture.
The white balance has to be correctly set on the camera to capture the correct lighting situation.
TWO PRESETS ARE TUNGSTEN AND DAYLIGHT
**Light Properties**

- **Soft versus Hard lighting**
  - There are many places light can come from. Some lights are soft and some are hard. Being able to shape your light, whether it’s soft or hard, will make you more versatile when you’re lighting a scene.
Light Properties and Color Temperatures

- **Tungsten (Color Temperature 3200K)**
  - The tungsten light bulb naturally produces an warm orange hue. Tungsten lights get their name from the tungsten filament inside the bulb, which glows bright orange.

- **Fluorescent Light (3800K)**
  - Indoor commercial lighting, but not great for shooting video.

- **Daylight (Color Temperature 5600K)**
  - Contrary to what one might think, daylight does not produce a yellow light like the sun, but rather a cool bluish hue. Scattering of sunlight by Earth's atmosphere causes the blue color of the sky, which tends to scatter blue light more than red light.

- **Cloudy (Color Temperature 6500K)**
  - Sunlight obscured by clouds.

<table>
<thead>
<tr>
<th>WB Settings</th>
<th>Color Temperature</th>
<th>Light Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>☁️ ☀️</td>
<td>10000 - 15000 K</td>
<td>Clear Blue Sky</td>
</tr>
<tr>
<td>☁️ ☀️</td>
<td>6500 - 8000 K</td>
<td>Cloudy Sky / Shade</td>
</tr>
<tr>
<td>☀️</td>
<td>6000 - 7000 K</td>
<td>Noon Sunlight</td>
</tr>
<tr>
<td>☀️</td>
<td>5500 - 6500 K</td>
<td>Average Daylight</td>
</tr>
<tr>
<td>☀️</td>
<td>5000 - 5500 K</td>
<td>Electronic Flash</td>
</tr>
<tr>
<td>☀️</td>
<td>4000 - 5000 K</td>
<td>Fluorescent Light</td>
</tr>
<tr>
<td>☀️</td>
<td>3000 - 4000 K</td>
<td>Early AM / Late PM</td>
</tr>
<tr>
<td>☀️</td>
<td>2500 - 3000 K</td>
<td>Domestic Lightning</td>
</tr>
<tr>
<td>☀️</td>
<td>1000 - 2000 K</td>
<td>Candle Flame</td>
</tr>
</tbody>
</table>
3-Point Lighting

- By using three separate positions, the photographer can illuminate the shot's subject (such as a person) however desired, while also controlling (or eliminating entirely) the shading and shadows produced by direct lighting.
The Key Light creates the subject's main illumination, and defines the most visible lighting and shadows. Your Key Light represents the dominant light source, such as the sun, a window, or ceiling light - although the Key does not have to be positioned exactly at this source.
Fill Light

The fill light also shines on the subject, but from a side angle relative to the key and is often placed at a lower position than the key (about at the level of the subject’s face). It balances the key by illuminating shaded surfaces, and lessening or eliminating chiaroscuro effects, such as the shadow cast by a person’s nose upon the rest of the face. It is usually softer and less bright than the key light (up to half).
Back Light

Shines on the subject from behind, often (but not necessarily) to one side or the other. It gives the subject a rim of light, serving to separate the subject from the background and highlighting contours.
Light Kit Options

• LED Light Panel (Bi-color)
  • Set 5600k daylight or 3200k tungsten color temperatures.
  • The soft LED dimmable light is pleasant to subjects without the heat of hot lights, and these can be also be battery powered.
Other Available Lighting Options

- Small LED lights
  - Small and easy to use, attaches to the top of the camera and offers soft, directional lighting

- Flashlight
  - Flashlights from a Home-Depot-type store, can be ideal when you don’t have a power source (for example outside at night)
  - They can be used as a dramatic spot-light.
Don’t Have a Lighting Kit? No Problem!

Here are some ways to use natural light, or lighting sources you may have without even knowing:

- Reflectors
  - Reflectors are used in video and photography to bounce light so it can light up the shadow side of an object or actor
  - We offer gold/white or silver/white reflectors in the production center
  - You could also use a car dashboard protector if you’re in a pickle and forgot to check out a reflector

- Bounce-board
  - A bounce board is a board that is used to reflect light on a subject that is being filmed - light can be bounced from either a natural light source (sun etc.) or reflected off a studio light to soften and diffuse the glare
Lighting a scene solely with practicals

A practical light is an actual working light that appears in a scene. This can be a household lamp, a TV, candles, Christmas lights, or any number of other light sources.

This approach is perfect if you’re in a pinch and can’t access your lighting setup or if you are part of a project improvising scenes as you go.
www.videomaker.com
Videomaker's mission is to help others achieve their pursuits by using video as a common communications medium. We picture a world where people use video as regularly as they use photos, illustrations, and text to communicate thoughts, ideas and concepts. We that freedom of expression is essential for human progress, and that free societies are better off when more people can effectively express themselves with video.

https://www.videomaker.com/how-to/lighting/three-point-lighting/

Lighting 101: Understanding Light Quality
https://www.youtube.com/watch?v=znCaNIg713g&t=32s

White Balancing
https://www.youtube.com/watch?v=Ve2j2GW_Cgo

www.nofilmschool.com
No Film School is the leading worldwide community of filmmakers, video producers, and independent creatives. No Film School is where filmmakers learn from each other — “no film school” required.