

SHORT COURSE DETAILS

SWE08254 SLOW PHOTOGRAPHY – A CONTEMPLATIVE APPROACH TO IMAGE-MAKING

Tutor: TRACY HALLETT

Dates: WEEKEND FRIDAY 12 OCTOBER – SUNDAY 14 OCTOBER

ABOUT YOUR COURSE:

Experience the creative potential of a clear, quiet mind with a slow approach to image-making. Through a series of photographic exercises we will explore the world around us with new eyes, leading to unique, purposeful pictures. This course is the ideal antidote to photographer's block.

Some of the words we use to describe photography can be quite forceful: we 'take' a picture, 'fire' the shutter or 'shoot' a frame – but when we learn to appreciate the act of making a picture as much as the end result the by-product is often greater perception, improved focus, and a general sense of fulfilment. With the mind calm and clear, unique, purposeful pictures are created.

Through a series of short photographic exercises we will adopt a mindful approach to photography, looking at themes such as positive and negative space, boredom, breaking the rules of composition, adopting a beginner's mind, interconnectedness, and the subtleties of light. Our approach will be slow and deliberate, with plenty of time for discussion.

When we become mindful we create a gap in the thinking process, allowing flashes of perception to rise to the surface. We will learn how to recognise and extend these gaps, resulting in a deeper appreciation of the present moment, and more satisfying photographs.

To succeed on this course:

Students need to have a basic understanding of camera controls, and should be able to sit for short periods (10 minutes or so) outside, so please bring appropriate clothing. Seating will be provided (by the tutor).

LEVEL: INTERMEDIATE/ADVANCED

For those who have taken a related course or have some existing skills, and for more experienced practitioners who want to expand skills. The focus is on working towards independent practice.

ABOUT YOUR TUTOR

Tracy Hallett (now Tracy Calder) is a former editor of *Outdoor Photography* magazine, and currently works as Features Editor at *Amateur Photographer magazine*. She has written various photography books, including one on close-up and macro photography (her specialist subject). She has been practising mindfulness for a number of years, and combining it with her photography for the last four.

TIMETABLE:

Arrival day: Friday 12 October

From 4.00pm	Arrival for residential students
5.30pm	Workshops available for dropping off equipment and materials
6.45pm	Non-residential students please arrive by 6.45pm for welcome chat and dinner
7.00pm	Dinner
8.00pm–9.00pm	First teaching session – attendance is an essential part of the course. Short introduction to mindfulness, plus 10-minute meditation on light, followed by practical exercise.

Other days: Saturday 13 October

9.15am	Morning classes start
10.30am	Coffee
11.00am	Morning classes continue
12.45pm	Lunch
2.00pm	Afternoon classes
3.30pm	Tea
4.00pm	Afternoon classes continue
5.00pm	Classes finish
From 6.30pm	Dinner
8.00pm	Evening working: workshops are available up to 10pm for those wishing to work on providing this has been discussed with the tutor. These sessions are untutored.

Departure day: Sunday 14 October

(Residential students to vacate rooms by 10am)

9.15am	Morning classes start
10.30am	Coffee
11.00am	Morning classes continue
12.45pm	Lunch
2.00pm	Afternoon classes
3.00pm	Classes finish, please vacate workshop by 3.30pm
3.30pm	Tea then departure

REQUIRED PREPARATION:

You are required to bring a digital camera and lens (any focal length), charged battery (and preferably a spare), plenty of clear memory cards, suitable clothing for outdoor sessions (preferably warm, waterproof trousers).

You need to be familiar with using a computer as while instruction will be given on getting to grips with imaging software, the course will not teach basic computer skills.

MATERIALS FOR YOUR COURSE:

We have a generously stocked craft shop, which opens daily from 8.30am–2pm.

For any materials you need to purchase from the shop, we suggest you do so during the first morning of your course, after having discussed with your tutor.

Available from the Shop:

USB memory sticks

Please bring any of the above, if you have them, and in addition:

Fully working digital camera or camera phone and lenses (where appropriate) with fully charged batteries (and charger if possible)

Camera/phone-to-computer cables, camera instruction manual (if available)

Tripod (if available)

Any accessories you commonly use for photography

Pen and paper

Waterproof trousers (if possible), clothing suitable for sitting outdoors for short periods, walking boots or waterproof shoes

USB stick, plenty of empty memory cards

HEALTH AND SAFETY:

The tutor instructs students in health and safety issues relevant to this course. There are no health and safety restrictions on access to this studio/teaching space in the absence of the tutor. All Personal Protection Equipment, apart from footwear, is provided by the College.