



**10 tips for  
Time lapse  
Photography**

## 10 Tips for Time Lapse Photography

So many people enjoy beautiful time-lapse photography, but they aren't confident that they have the ability (or the tools) to create the fascinating work. Here's a simple guide of time-lapse photography

The technique used for this photographic style captures images at a rate much slower than the speed used for viewing. When images are played at the regular speed, they give the appearance of rapid time movement and present a time lapse of moves. The clouds float, leaves flutter to the ground, flowers open, and the sun rises and sets. Time-lapse photography provides a window into the activity of nature, a city, or wildlife, which we don't normally see. It gives us a time-altered perspective on the things we may look at every day. With a little effort and minimal equipment, you can soon be creating amazing visuals unable to be seen by the human eye.

Time-lapse photography is used to capture change or movement that occurs over a long period time. In order to capture how a plant grows or a glacier moves, a photographer sets up a camera in a fixed location and takes a single picture at regular time intervals. When the individual photos are played back in rapid sequential order, viewers are able to see growth or movement of the object or process that was photographed.

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### **Step 1 Plan & Test**

create a work flow sheet and include what you plan to accomplish with your time-lapse, including the speed of the action, how many photographs you expect to take, the time it will take, and how many seconds between images. Clouds on a windy day are good images for practice, because you get a lot of action in a short amount of time. Research is part of the planning process to really hone in on what it is you are trying to produce.

### **Step 2 Quality Tripod**

while capturing the movement of your images, it is critical that your camera does not move. A sturdy tripod can be anchored with sand bags if the terrain is uneven and when there is a breeze. You can also use a beanbag to secure your camera if you are capturing flowers opening. The bag can be shaped to hold the camera and capture the desired angle of your object. Beanbags are also convenient for shooting upwards at objects low to the ground.

### **Step 3 Camera**

You need a camera that is capable of shooting in full manual to take time-lapse images.

- Mount your camera on the tripod and place it in manual mode.
- Set your exposure for the subject as it appears when you start the process.
- Do not change your adjustments even if your lighting becomes darker.
- Set your ISO to a specific value. If you allow your camera to self-adjust, you will wind up with a flickering appearance in your time-lapse.
- Shoot in a constant white balance and a constant focus. Auto, P, AV, and TV modes will make changes and cause your finished product to have an unusual appearance.
- If you want to adjust your white balance in processing, shoot in RAW mode.

#### **Step 4 Remote Timer**

If your camera does not have a built-in interval meter, you can purchase a remote timer for your specific camera

- Once you have your timer plugged in, you must determine how many pictures you want to take and how much time you want between them.
- For a practice run, you might choose to take 250 pictures with five seconds between each one. This will take approximately 21 minutes to complete the trial.
- If you are photographing a flower as it opens in the morning, ten second intervals usually work well.
- Research the amount of time it takes for the specific flower to open so you can properly set your time.

#### **Step 5 Neutral Density Filters (ND)**

It is important to reduce the amount of light that enters your camera, but you do not want the color altered.

ND filters work well with slow shutter speeds. These filters have been referred to as camera sunglasses

Follow these steps and you'll be ready for your first time-lapse experiment! Like any skill – practice makes perfect! Don't be afraid to practice and play around in no time you'll be capturing stunning time-lapse photos you'll want to share with the world!

#### **Step 6 Aperture and ISO**

Start with aperture. shoot time-lapses between f/7.1 and f/13 to get sharp and crisp images. Then, select the lowest ISO possible 100 for day time-lapse. select ISO 200 or 400 for a night time-lapse,. Always select the lowest ISO possible in your scenario.

#### **Step 7 Shutter speed**

Day or night, having a slow shutter speed will help you to create a smoother time-lapse and reduce the flicker. If you are shooting during the day, use a ND filter. It is not recommended shooting a day to nighttime-lapse with a ND filter as it gets dark after sunset.

## **Step 8 Choosing the interval**

The interval describes the amount of time between each picture that your camera is taking during the time-lapse.

An interval too long will give you a time-lapse that appears too fast, and conversely an interval too short will give you too many pictures and a slow time-lapse that you probably need to speed up in post-production.

Think about how long you are going to shoot for and how fast your elements are going. Are you shooting clouds? Are you shooting cars in the city? Are you shooting the light changing? What is your main subject?

## **Step 9 common intervals**

Clouds: 3 to 4 seconds

Cars and people: 1 to 2 seconds

Day to night transitions: 5 to 7 seconds

Sunrise/moonrise: 3 to 5 seconds

## **Step 10 Two types of time-lapses:**

- one to get a fixed number of photos in order to create a few seconds of video,
- and one to shoot a period of time where the number of photos does not matter
- it's important to know how many photos you want, along with the correct interval,
- Shoot a minimum of 250 to 300 photos per time-lapse in order to produce 10 second video
- You can shoot more during a day to night transition
- it's always better to have more content than not enough.

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## Bio

My name is David Wright.

I have many years experience writing procedures on how to test high tech electronic equipment. Re wrote technical manuals so that the average person could understand them.

Set up numerous training programs to train Junior techs.

My documenting skills are excellent paying attention to details satisfying the toughest ISO auditors.

I have enhanced my writing skills by successfully completing a course in Writing for Children's literature.

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