

# Chasing Candice

## FUNDAMENTALS OF PHOTOGRAPHY COMPOSITION



Photography doesn't need to be complicated, but knowing a few key principles can take your images from good to great. In this chapter, we'll cover the basics you need to know to start capturing travel moments with clarity and purpose.



# Intro to Chasing Candice

## Meet the Author

Hi! I'm Candice—a photographer, videographer, writer, and passionate advocate for intentional travel and sustainable living. With a background rooted in photojournalism and life on the road in my van or backpacking worldwide, I've had the privilege of capturing stories across diverse cultures and breathtaking landscapes.

My goal is to inspire others to explore the world mindfully, creating experiences that are respectful, enriching, and aligned with their values. Through my work, I help fellow travelers deepen their connection to the places they visit, making a positive impact along the way. I'm thrilled to share this guide with you and can't wait to see the stories you capture on your own journey!

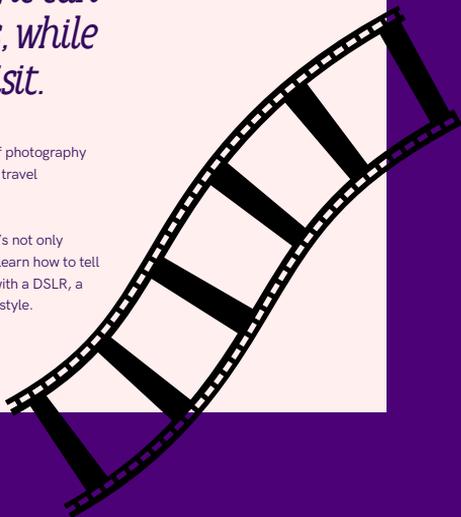


Candice Kalb  
Chasing Candice

*Photography is such a powerful tool, and when done thoughtfully, it can truly enhance our experiences, while giving back to the places we visit.*

This guide is designed to help you not only master the fundamentals of photography but to inspire you to approach photography as a way of enriching your travel experiences and making a positive impact on the places you explore.

Let's dive into how to capture the essence of your travels in a way that's not only beautiful but respectful. We'll go beyond just 'getting the shot'—we'll learn how to tell stories that give back to the places we visit. Whether you're shooting with a DSLR, a smartphone, or a drone, I'm here to empower you to find your unique style.

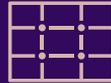


# Framing: The Power of Composition



While the technical aspects of photography, like aperture and shutter speed, are crucial for capturing a well-exposed shot, it's composition that turns a good photo into a truly compelling one. The way you frame your subject not only guides your viewer's eye but also conveys the story you want to tell. Thoughtful composition is the art of arranging elements within your frame to create balance, harmony, and focus, allowing your photographs to resonate with emotion and meaning. In this chapter, we explore the power of framing and the techniques you can use to elevate your travel photography.

# Lines + Spaces



## Rule of Thirds

This is a foundational principle in photography composition that divides an image into nine equal parts by using two vertical and two horizontal lines. By placing key elements along these lines or at their intersections, you create balance and naturally draw the viewer's eye to the focal points of the image, making for a more dynamic and engaging composition.



## Golden Spiral

Inspired by nature's Fibonacci sequence, the golden spiral is a compositional technique where elements are arranged to follow a natural spiral pattern that narrows in on a focal point. This pattern subtly guides the viewer's eye through the image toward the subject, creating a sense of flow and harmony that's visually appealing.

## Leading Lines



Leading lines are visual elements like roads, rivers, or paths that naturally guide the viewer's eye toward the main subject of the photo. These lines can be straight, curved, or diagonal, and they help add depth to an image, drawing attention to key focal points and creating a sense of journey or direction within the frame.

## Going Beyond the Rule of Thirds

While the rule of thirds is an essential principle in photography, don't be afraid to break it.

Learn how to experiment with different framing techniques—central compositions, negative space, and symmetry—to create striking images that stand out.



The Key here is **Balance**. Balance in photography is about arranging elements so that no part of the frame overpowers the others, creating a pleasing sense of harmony. This can be achieved with symmetry (formal balance) or by carefully positioning contrasting elements in a way that feels visually stable, drawing the viewer's eye smoothly across the image.

## Negative Space



Negative space is the empty or less busy area surrounding the main subject of an image. By embracing negative space, you give the subject room to breathe, helping to highlight it and evoke a sense of simplicity, focus, or even calmness, depending on the scene.

# Uniting Elements



## Using Shadows and Highlights

Incorporating shadows and highlights can transform your photos. Learn how to play with these elements to add depth, contrast, and drama to your travel shots.

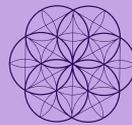
## Mindful Exercise

Before taking your shot, take a moment to scan the scene for elements you can layer into the frame. Think about how you can guide the viewer's journey through your photograph by placing different elements at varying distances.

## Creating Depth



To create a sense of depth in your photos, think about layering elements within your frame. Including distinct foreground, middle ground, and background elements adds dimensionality and helps draw viewers into your image. This technique is particularly effective for landscape photography, where capturing a sense of scale and space can transform your photos into immersive experiences.



## Finding Harmony

Composition is about balance, and understanding how to use symmetry and asymmetry can make your images more visually engaging. Symmetry, where elements are mirrored on either side, creates a sense of stability and harmony, while asymmetry adds dynamic tension and interest.



## Enhancing Depth and Focus

Natural frames are elements within your scene—like doorways, windows, arches, or overhanging tree branches—that can be used to frame your subject. This technique not only draws attention to your focal point but also adds depth, making your images feel more immersive. Framing your shot this way can create a sense of place, highlighting the context of your travels.

# Composing with Intention



Mastering composition is about more than just following rules—it's about understanding how to use those principles to express your vision. By thoughtfully framing your shots, you can guide the viewer's eye, evoke emotions, and tell deeper, more impactful stories through your photography. As you travel, let the environment inspire you, and practice using these techniques to enhance your compositions.

Next time you're out with your camera, take a moment to pause before you press the shutter. Ask yourself: What story do I want to tell? What do I want the viewer to feel? Let your framing choices bring those answers to life, creating images that capture not just the sights of your journey but the emotions and stories behind them.

**Mindful Practice:** Before raising your camera to your eye, take a moment to simply observe your surroundings. Stand still, breathe deeply, and let your gaze wander across the scene. Notice the lines, shapes, and patterns that naturally guide your eyes. Ask yourself: What element draws me in? What story do I want to tell here? Once you're clear on your intention, frame your shot thoughtfully, using the natural elements around you to guide your composition. Practicing this mindful pause allows you to compose with intention rather than rushing to capture the first image that catches your eye. Let the scene unfold before you, and then capture the essence of what truly resonates.

# Next Steps: Take Your Photography Journey Further



Now that you've explored the principles of mindful travel photography and honed your storytelling skills, it's time to put what you've learned into practice. To help you continue growing as a photographer, here are a few resources and next steps to guide you on your journey.

## Join My Email List

Be the first to receive updates on new resources, workshops, and exclusive content! Join my email list to get photography tips delivered straight to your inbox, along with insights on how to enhance your travel storytelling.

- Sign up here: [ChasingCandice.com/newsletter](https://ChasingCandice.com/newsletter)

## 1:1 Photography Consultation

Want personalized guidance to take your photography to the next level? Book a 1:1 consultation with me to dive deeper into your travel photography goals. We can discuss your style, review your portfolio, and refine your creative approach together. Whether you're just starting out or looking to elevate your existing skills, I'm here to help you thrive.

- Book a session: [ChasingCandice.com/consultations](https://ChasingCandice.com/consultations)

## Downloadable Photography Cheat Sheet

Keep essential photography techniques at your fingertips with this downloadable cheat sheet covering the exposure triangle, composition tips, and quick camera settings guides. Perfect for when you're out in the field and need a quick refresher.

- Download it here: [ChasingCandice.com/cheatsheet](https://ChasingCandice.com/cheatsheet)

## Follow Me on Social Media

Stay connected for more tips, inspiration, and behind-the-scenes looks at my travel photography adventures! I regularly share tutorials, travel stories, and photography insights to keep you inspired.

- Instagram: [@Chasing\\_Candice](https://www.instagram.com/Chasing_Candice)
- Facebook: [@Chasing\\_Candice](https://www.facebook.com/Chasing_Candice)
- YouTube: [@Chasing\\_Candice](https://www.youtube.com/Chasing_Candice)

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