

# Techniques used in *Run Lola Run*

<b>Aerial shot</b>	A shot taken from above the scene, usually an exterior. Aerial shots represent the space through which Lola is running.
<b>Alternative narratives (or multi-form plot)</b>	The repetition of the sequence in which Lola has twenty minutes to raise 100 000 marks and save Manni. There are three 'runs' in the film, each of which is altered by a combination of the choices characters make and chance.

<b>Close-up shot</b>	A shot where the camera, and therefore the audience, is close to the subject. Often used to show a character's emotional response to a situation.
<b>Costuming &amp; make-up</b>	The selection of clothes, accessories and make-up to represent characters in particular ways that reflect their backgrounds, personalities and attitudes.
<b>Dolly shot</b>	The use of a mobile camera (often mounted on a track or in a vehicle) to shoot a moving subject. Used in the running scenes.

**Flashbacks**

A sequence or scene that has occurred in the past. Used to communicate details about characters, events and/or themes that are of importance to the narrative. Shot in black and white in this film.

**Flash forward**

A rapid sequence of still images that show us what happens next in the lives of the minor characters in the film. Preceded by the words “AND THEN”.

<b>Jump cuts</b>	An abrupt but deliberate transition between shots. Used for dramatic effect to indicate movement forward in time.
<b>Long shot</b>	A shot, usually of a subject in an exterior location, taken from a long distance.
<b>Motifs/ symbolism</b>	Images, objects or events that represent something else and have meaning beyond the literal.
<b>Multi- visual media</b>	The use of multiple forms of visual media to create a system of visual cues or signposts that orient the audience (that is, help them follow the alternative

	narratives).
<b>Point of view shot</b>	A shot that shows the viewer what the character in the film sees.
<b>Opening sequence</b>	Establishes the main themes and the premise for the action that follows.
<b>Red scenes (lighting)</b>	The use of red lighting to visually represent the love and passion between Lola and Manni.
<b>Slow motion</b>	A shot in which time is distorted by slowing down the action in a scene. Used to alter the audiences' perception of space and

	time.
<b>Split screen</b>	An editing technique used to show the progress of two scenes at the same time.
<b>Video</b>	Video can record action in lower definition that makes a sequence or scene appear washed out, slightly blurred and less real than scenes shot in 35mm film.
<b>35mm film</b>	Used in shots which include Lola and Manni. This type of film produces high definition images that make the visuals richer, more vivid and intense.