

# Adrian He

## Compositor

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12295 57A Ave, Surrey, BC

### Software

Foundry Nuke  
Boris FX Mocha Pro  
Adobe After Effects  
Adobe Photoshop  
Adobe Premiere Pro  
Adobe InDesign  
Adobe Lightroom  
Davinci Resolve  
Figma

### Technical

#### Compositing

2D & 3D Compositing  
Rotoscoping  
Keying  
BG Prep  
Tracking  
Paintout  
Digital Makeup  
FX Integration  
Colour Correction  
Relighting

#### Design

UI/UX Design  
Visual Design  
Interaction Design  
Product Design  
Wireframes & Mockups  
Prototyping

### Interests

Scenic Hikes  
Recreational Camping  
Backcountry Camping  
Salmon Fishing  
Gardening  
Cooking & Baking

### Experience

#### Sobeys Inc. / [Reach Truck Operator](#)

Sept 2025 - Present | SURREY

Responsible for safely operating specialized, narrow-aisle forklifts to move and retrieve products from high-density racking systems. Key duties include moving goods to support shipping and receiving operations, replenishing pick slots for selectors, performing daily equipment inspections and using RF scanners for inventory.

#### Freelance Compositor

May 2025 - Present | VANCOUVER

Completed shots quickly and on time for clients under tight deadlines. Addressed notes immediately and communicated with clients frequently. Type of shots: screen comps, FX integration, and look dev.

#### Stem Japanese Eatery / [Cook](#)

Sept 2018 - Sept 2024 | BURNABY | Part Time & Full Time

Produced various cold and hot dishes, tempura, desserts and prepared various ingredients for service in a fast-paced kitchen environment. Strong teamwork and communication skills with attention to detail in food presentation and quality. Duties also included dishwashing, after-service cleaning, inventory, organizing, bussing and preparing staff family meals.

### Education

#### Alpha Chromatica Education / [Cert.](#)

May 2024 - Dec 2024 | VANCOUVER

Learned the fundamentals of photorealistic visual compositing with Nuke to complete shots by developing skills in rotoscoping, keying, paintout, tracking, BG prep, digital makeup, colour grading, and CG integration.

#### Simon Fraser University / [B.A](#)

Sept 2017 - May 2025 | BURNABY

Majored in Interactive Arts and Technology and Minored in Print and Digital Publishing. Projects spanned a range of disciplines including graphic design, interface design, information design, materials in design, spatial design, speculative design, sound design, film & cinematography, photography, and physical & digital publication design

### References

#### Andrew Zeller / [Compositing Instructor](#)

azel@alphachromatica.com

#### Elmoatasem Ragab / [Compositor @ Sony Pictures Imageworks](#)

elmovfx@gmail.com

#### Tananuch (New) Phosri / [Compositor @ Scanline VFX](#)

newpark30@gmail.com

Additional references upon request