

f 16	f 64	f 137
1/4000 Secs	1/250 Secs	1/60 Secs
1/2000 Secs	1/125 Secs	1/30 Secs
1/1000 Secs	1/60 Secs	1/15 Secs
1/500 Secs	1/30 Secs	1/8 Secs
1/250 Secs	1/15 Secs	1/4 Secs
1/125 Secs	1/8 Secs	1/2 Secs
1/60 Secs	1/4 Secs	1 Secs
1/30 Secs	1/2 Secs	2 Secs
1/15 Secs	1 Secs	5 Secs
1/8 Secs	2 Secs	9 Secs
1/4 Secs	4 Secs	19 Secs
1/2 Secs	8 Secs	37 Secs
1 Secs	16 Secs	1 Mins 14 Secs
2 Secs	33 Secs	2 Mins 29 Secs
4 Secs	1 Mins 5 Secs	5 Mins 59 Secs
8 Secs	2 Mins 10 Secs	10 Mins 58 Secs
16 Secs	4 Mins 21 Secs	20 Mins 57 Secs
33 Secs	9 Mins 42 Secs	40 Mins 54 Secs
1 Mins 5 Secs	17 Mins 24 Secs	1 Hrs 20 Mins
2 Mins 10 Secs	35 Mins 49 Secs	3 Hrs 40 Mins
4 Mins 21 Secs	1 Hrs 10 Mins	5 Hrs 19 Mins
9 Mins 42 Secs	2 Hrs 19 Mins	11 Hrs 38 Mins
17 Mins 24 Secs	5 Hrs 39 Mins	21 Hrs 17 Mins
35 Mins 49 Secs	9 Hrs 17 Mins	43 Hrs 34 Mins
1 Hrs 10 Mins	19 Hrs 35 Mins	85 Hrs 7 Mins

1. Measure the light of the scene
2. Convert the measured time with the camera equivalent using this table
3. Adjust the time considering the reciprocity failure
4. Get the shot

Suggestions:

- You can use your cell phone to do the light metering and adjust the timing for the reciprocity failure (different for every film). Some app you can use for this are: Light Meter (Lumu app), Lighttime, Pinhole Meter, Reciprocity Timer.
- It is a good habit to adjust the timing for excess in order to obtain a shot slightly over exposed.
- Unless you want a specific look for the photo, it is recommended the use of a tripod or anyway a good place where the camera is stable.
- Try to see the exposures longer than 1 sec.
- To reduce at the bear minimum the camera shaking, this technique can be used:
 - Cover the pinhole with a finger
 - Open the shutter
 - Uncover the pinhole removing the finger in front of it
 - Register the image
 - Cover the pinhole with a finger
 - Shut the shutter
- If you are using a filter, remember to adjust the exposure timing for the filter used.

In case you want to shoot 35mm film with the MIA 6x6, you need the 120 to 35mm adapters and remember to take the back red window.

In order to not waste film and have a better spacing between the frames, turn the knobs as following:

- First 8 images 1.5 turns
- Next 10 images 1¼ turns
- Next images 1 turn