

Balanced Fill Flash

The use of an add-on flash with an SLR to balance the exposure between a bright background and shaded subject is referred to as fill flash or balanced fill flash. Follow this simple procedure and you will get a good exposure balance between your subject and the background in strongly backlit situations.

1. Turn off your flash
2. Set your camera to manual exposure (set shutter speed to $1/60 - 1/250$ of a second and then meter the brightest part of the background by adjusting the f stop)
3. Turn the flash back on (you may want to try setting the exposure compensation on the flash to $-1 \frac{1}{3}$ stops)
4. Focus and take the picture

Make sure you leave enough space between your subject and any background to give soft out of focus look to the background.