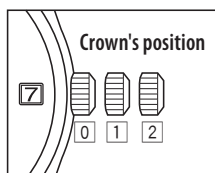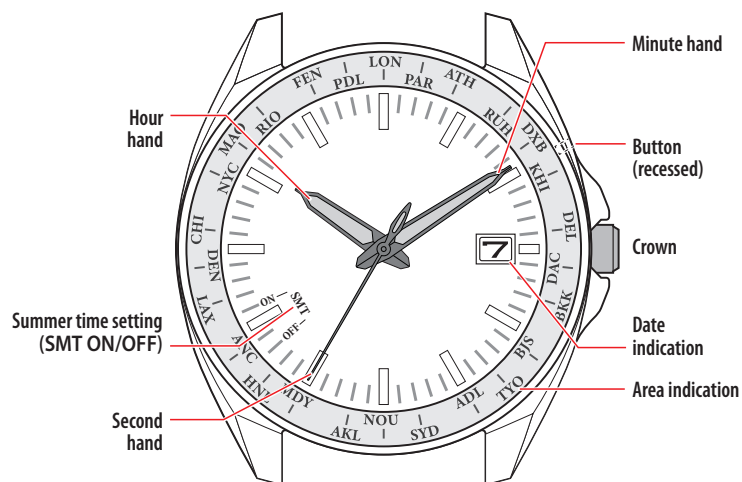• This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
• To see details of charging time, specifications and operations, refer to the instruction manual: 📄 E784 instruction manual

Component identification

Minute hand

Hour hand

Button (recessed)

Crown

Summer time setting (SMT ON/OFF)

Date indication

Area indication

Second hand

Crown's position

• Actual appearance may differ from the illustration.
• The crown has two positions when pulling it out.

Setting the world time

This watch can indicate the time around the world according to which of 26 time zones (offsets from UTC — Coordinated Universal Time) is chosen.

1. **Pull the crown out to position 1.**
   The second hand points the time zone currently set.

2. **Rotate the crown clockwise to select an area.**
   The hour and minute hands start moving as you finished to select an area.
   • Date indication also moves synchronously.

3. **When the hands and indication stop, Push the crown in to position 0 to finish the procedure.**

Table of time zones and representative places

• Countries or regions may change time zones for various reasons.
• When using the watch in an area not listed in the table, select an area name in the same time zone.

Time zone	Second hand	Area name	Representative area
0	0	**LON**	London
+1	2	**PAR**	Paris
+2	4	**ATH**	Athens
+3	7	**RUH**	Riyadh
+4	9	**DXB**	Dubai
+5	11	**KHI**	Karachi
+5.5	14	**DEL**	Delhi
+6	16	**DAC**	Dhaka
+7	18	**BKK**	Bangkok
+8	21	**BJS**	Beijing /Hong Kong
+9	23	**TYO**	Tokyo
+9.5	25	**ADL**	Adelaide
+10	28	**SYD**	Sydney
+11	30	**NOU**	Noumea
+12	32	**AKL**	Auckland
-11	35	**MDY**	Midway
-10	37	**HNL**	Honolulu
-9	39	**ANC**	Anchorage
-8	42	**LAX**	Los Angeles
-7	44	**DEN**	Denver
-6	46	**CHI**	Chicago
-5	49	**NYC**	New York
-4	51	**MAO**	Manaus
-3	53	**RIO**	Rio de Janeiro
-2	56	**FEN**	Fernando de Noronha
-1	58	**PDL**	Azores

• The offsets in the table are based on the standard time.

Setting summer time

- The summer time setting (**SMT ON/OFF**) you set is applied to all the time zones of the world time.
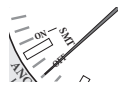
1. Push the crown in to position 0.

2. Press and release the button.
The second hand indicates the current summer time setting.
- The watch returns to normal indication in 10 seconds without any operation during the steps below.

3. Rotate the crown to switch the summer time setting (SMT ON/OFF).

SMT ON		Summer time is indicated.
SMT OFF		The standard time is indicated.

- Each time you rotate the crown clockwise, the setting changes alternately.

4. Press the button to finish the procedure.

Setting the time and calendar

- Before adjusting time and calendar, check the time zone of the time and calendar to set and its summer time status and adjust the setting of world time and that of summer time (**SMT ON/OFF**) correctly.

Setting the time

1. Pull the crown out to position 2.
The second hand points to 0 seconds and stops.
- Adjust the reference position before time and calendar adjustment if the second hand does not point 0 seconds following the steps of "Correcting the reference position".

2. Rotate the crown to set hour and minute.
- When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
- Date indication also moves synchronously. Change of date indication shows it just became AM.
- Date indication does not change while moving the hands counterclockwise.

3. Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.

Setting the calendar

1. Push the crown in to position 0.

2. Press and release the button.
The second hand indicates the current summer time setting.
- Execute the next step within 10 seconds.

3. Press and hold the button for 2 seconds or more while the second hand indicates the summer time setting.
The second hand turns fully around and indicates the current year and month setting.
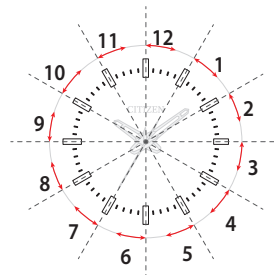- Release the button when the second hand starts moving.
- The watch returns to normal indication in 30 seconds without any operation during the steps below.

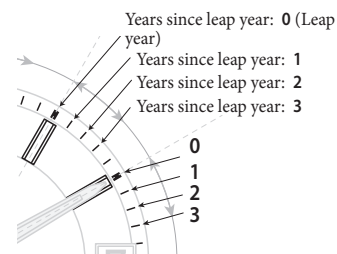**4. Rotate the crown clockwise to adjust the year and month setting.**
- If you rotate the crown quickly a few times, the hand will move continuously. To stop the rapid movement, rotate the crown clockwise.

"Month" corresponds to one of the 12 zones shown in the figure below.
Each number means month.

The year corresponds to the years since leap year and is indicated with the position of the second hand.

Years since leap year: **0** (Leap year)
Years since leap year: **1**
Years since leap year: **2**
Years since leap year: **3**

5. Rotate the crown counterclockwise to set the date indication.
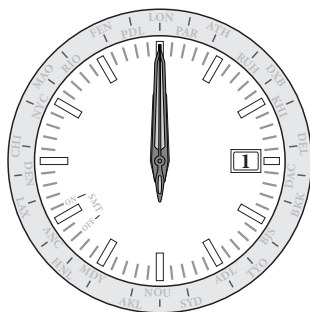
6. Press the button to finish the procedure.

Correcting the reference position

Adjust the reference position when the second hand does not point 0 seconds while the crown is in position ②.

Correct reference positions:
- **Hour, minute and second hands: 0 hour 00 minute 0 second**
- **Date indication: "1"**

- Do not adjust the reference position when the watch indicates 11:50 PM - 12:10 AM. Otherwise, the date indication may change incorrectly.

1. Pull the crown out to position ②.

2. Press and release the button.
All Reset is executed.

The setting values after All Reset	
Time	0:00:00AM
Calendar	January 1 of leap year
World time	**LON**
Summer time	**SMT OFF**

3. Rotate the crown to set the hour and minute hands to 0 hours 00 minutes.
- If you rotate the crown quickly a few times, the hand will move continuously. To stop the rapid movement, rotate the crown in either direction.

4. Push the crown in to position ①.

5. Rotate the crown clockwise to set the second hand to 0 second.
- If you rotate the crown quickly a few times, the hand will move continuously. To stop the rapid movement, rotate the crown clockwise.

6. Rotate the crown counterclockwise to set the date indication to "1".
- When you rotate the crown quickly a few times, the indication will move continuously. To stop the rapid movement, rotate the crown counterclockwise.
- Rotate the crown while pressing and holding the button to adjust the position finely.

7. Push the crown in to position ⓪ to finish the procedure.
The reference position is updated and the second hand starts moving.
- Adjust the time and calendar after that.