CITIZEN.

INSTRUCTION MANUAL



Thank you for purchasing a CITIZEN watch. To ensure correct use, please read these instructions carefully. Please confirm that the CITIZEN International Guarantee Card is included for your possible claim.

Vielen Dank für den Kauf dieser CITIZEN Uhr. Bitte lesen Sie diese Anleitung durch, um mit den Funktionen dieser Uhr vertraut zu werden. Überprüfen Sie bitte in Ihrem eigenen Interesse, ob der Uhr die internationale CITIZEN Garantiekarte beigelegt ist.

Nous vous remercions d'avoir porté votre choix sur une montre CITIZEN. Pour assurer une utilisation correcte, veuillez lire ces instructions attentivement. Veuillez vous assurer que la carte de garantie internationale CITIZEN est fournie pour toute réclamation éventuelle.

Muchas gracias por la compra de este reloi CITIZEN. Para asegurar un uso correcto, lea detenidamente estas instrucciones. Verifique de que la tarjeta de Garantía Internacional de CITIZEN le sea suministrada con el reloj en el momento de la compra, de esta manera, podrá reclamar servicios de acuerdo con los términos de la garantía.

Grazie per aver scelto un orologio CITIZEN. Per la sicurezza di un uso corretto, si prega di leggere attentamente le istruzioni. Inoltre abbiate la cortesia di assicurarvi che la carta di garanzia internazionale CITIZEN sia inclusa in caso di un eventuale reclamo.

Muito obrigado por adquirir um relógio CITIZEN. Para garantir uma utilização correta, por favor leia estas instruções atentamente. Confirme também se o Cartão Internacional de Garantia da CITIZEN acompanha o relógio. Ele será necessário no caso de uma possível reclamação.

承蒙購買CITIZEN錶。為確保正確的使用,敬請仔細閱讀此使用指南。請確認同附的

CITIZEN國際保證卡,以享受免費修理之權利。

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1. Features

This watch is a solar-powered watch that contains a solar cell in its face that drives the watch by converting light energy into electrical energy. It is equipped with features including a 24 hour display and chronograph function that allows measurement of time in 1 second units up to 60 minutes.

2. Before Using

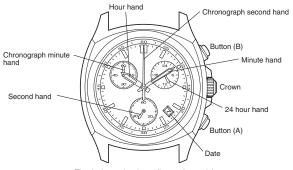
This watch is a solar-powered watch. Please fully charge the watch before using by exposing it to light.

A rechargeable cell is used in this watch to store electrical energy. This rechargeable cell is a clean energy battery that does not contain mercury or other toxic substances. Once fully charged, the watch will continue to run for about five months without additional charging.

<Proper Use of this Watch>

To use this watch comfortably, make sure to recharge it before it stops running completely. Since there is no risk of overcharging (Overcharging Prevention Feature), it is recommended that the watch be recharged everyday.

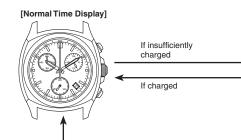
3. Displays and Buttons

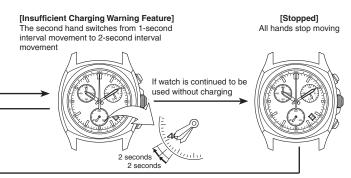


The design varies depending on the model.

4. Functions Unique to Eco-Drive Watches

When the watch becomes insufficiently charged, the following warning features will be activated to inform the wearer that the watch is insufficiently charged.

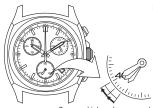




The watch hands resume 2-second interval movement when the watch is charged by exposing to light. However, the time is incorrect as a result of the watch having stopped due to being insufficiently charged. Sufficiently charge the watch until it resumes 1-second interval movement and reset the time before use.

[Insufficient Charging Warning Feature]

When the capacity of the rechargeable cell decreases as a result of light not shining on the solar cell, the second hand switches from 1-second interval movement to 2-second interval movement (insufficient charging warning feature). Although the watch continues to keep time accurately at this time, the watch stops after about 5 days have elapsed after the second hand has switched to 2-second interval movement. When this happens, charge the watch by exposing it to light until the second hand returns to 1-second interval movement.



2-second interval movement

- Notes: During chronograph measurement, measurement stops and the chronograph second hand is reset to the 0 seconds position.
 - The chronograph minute hand stops at any arbitrary position. Return it to the 0 minutes position by pressing button (A).

[Quick Start Feature]

If the watch has stopped as a result of being insufficiently charged, the second hand will begin 2-second interval movement and the watch will begin to run about 10 seconds after the watch is exposed to light (approx. 500 lx). (The time until the hands begin to move varies depending on the model.) Please note, however, that the watch will stop again if the watch is blocked from the light and is not sufficiently charged.

[When the Watch has Stopped due to Insufficient Charging]

When the capacity of the rechargeable cell decreases as a result of the solar cell not being exposed to light, the watch will stop due to being insufficiently charged. The Quick Start Feature will be activated and the hands will begin to move if the solar cell is exposed to light. Sufficiently charge the watch by exposing to light so that it returns to the normal time display (1-second interval movement).

Note: • The time is incorrect when the watch has stopped as a result of being insufficiently charged even if the watch starts to run. Reset the watch to the correct time before using.

[Overcharging Prevention Feature]

The overcharging prevention feature is activated when the rechargeable cell is fully charged so that it is not charged further.

5. General Reference for Charging Times

Below are the approximate times required for charging when exposing the watch dial to light continuously. This table is for general reference only and does not represent exact charging times.

Environment	Illuminance (lx)	Charging time (approx.)		
		To work for one day	To start working normally when the cell is discharged	To become fully charged when the cell is discharged
Outdoors (sunny)	100,000	3 minutes	16 minutes	11 hours
Outdoors (cloudy)	10,000	9 minutes	2 hours	25 hours
20 cm (7-7/8 inches) from a fluorescent lamp (30W)	3,000	30 minutes	5 hours	80 hours
Interior lighting	500	3 hours	30 hours	

6. Handling Precautions

<Try to Keep the Watch Charged at All Times>

Please note that if you wear long sleeves, the watch can easily become insufficiently charged as a result of the watch being covered and not being exposed to light. The watch will continue to run properly if it is placed in as bright a location as possible even when not being worn.

Charging Precautions

- Allowing the watch to reach high temperatures during recharging can damage the watch. Avoid recharging in locations that can reach high temperatures (about 60°C /140°F or higher).
 - Examples: Charging by placing the watch in close proximity to a light source that easily becomes hot such as an incandescent lamp or halogen lamp.
 - Charging the watch in a location that can easily become hot such as on an automobile dashboard.

 When charging using the light from an incandescent lamp, charge while being careful that the watch does not become excessively hot by placing at a distance of at least 50 cm (20in) from the lamp.

Handling of Rechargeable cell

- Please do not attempt to remove the rechargeable cell from the watch.
- If the rechargeable cell has been unavoidably removed, store it in a location out of the reach of small children to prevent accidental swallowing.
- If the rechargeable cell should happen to be swallowed, please consult a physician and seek medical attention immediately.

Only Use the Specified Rechargeable cell

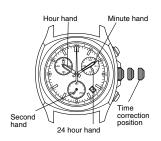
- Never use a rechargeable cell other than the rechargeable cell used in this
 watch. Although the watch is designed not to operate if another type of
 rechargeable cell is installed, since this may result in overcharging that can
 cause the rechargeable cell to rupture, there is the risk of both damage to the
 watch and injury to the wearer.
- Only use the specified rechargeable cell when replacing the rechargeable cell.

7. Replacing the Rechargeable cell

Unlike ordinary silver-based batteries, the rechargeable cell used in this watch does not have to be periodically replaced since it is able to be charged and discharged repeatedly.

8. Setting the Time and Date

In the case the crown is of the screw-lock type, loosen the screw by turning the crown to the left before operating the crown, and after having returned the crown to the normal position following operation, turn it to the right while pushing it in to securely retighten it.



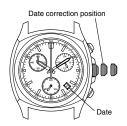
[Setting the Time]

- Pull the crown out to the time correction position when the second hand has reached the 0 seconds position.
- 2. Turn the crown to set the time.
 - The 24 hour hand moves in conjunction with the hour hand. Pay attention to AM and PM when setting the time
- 3. Securely return the crown to the normal position in synchronization with a telephone or other time service.

[Hint for Accurately Setting the Time]

After stopping the second hand at the 0 seconds position, turn the minute hand 4-5 minutes past the correct time and then turn it back to the correct time. The time on the watch can then be set to the correct time by pushing in the crown in synchronization with a time service tone.

[Setting the Date]

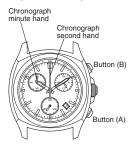


- Pull the crown out to the date correction position.
- 2. Turn the crown to the right to set the date.
 - The crown turns freely and the date does not change if the crown is turned to the left.
 - If the date is set while the time on the watch is between the hours of about 9:00 PM and 1:00 AM, the date may not change on the following day. If this happens, set the date after temporarily moving the hands to a time other than between the above times.

- The date is based on a 31-day calendar. The date must be changed from the last day of the month to the first day of the following month for those months not having 31 days (months having 30 days and February).
- The date changes at around 12:00 AM.
- Once the date has finished being set, return the crown to the normal position.

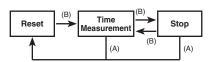
9. Using the Chronograph

The chronograph second hand is normally placed at 12 o'clock position. Once the measurement starts, it can measure up to 60 minutes in units of 1 seconds. After 60 minutes have elapsed, each of the chronograph hands automatically stop at the 12:00 position.



[Chronograph Timing]

- 1. Start timing by pressing button (B).
 - The chronograph is repeatedly started and stopped by pressing button (B).
- 2. Pressing button (A) resets the chronograph to 0 seconds



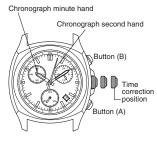
Note: • Do not subject the chronograph to strong impacts while chronograph timing is in progress. Subjecting the watch to a strong impact during chronograph timing or when the chronograph has stopped automatically after 60 minutes have elapsed can cause the chronograph minute hand to shift out of position. If this happens, press button (A) to reset to the 12:00 position before using the chronograph again.

10. Zero Positioning of Chronograph Second Hand

When resetting the chronograph, if the chronograph second hand does not return to the 0 seconds position or if the chronograph second had has shifted out of position due to strong impact, perform zero positioning of the chronograph second hand according to the procedure described below.

- In the case the crown is of the screw-lock type, loosen the screw before operating the crown.
- The zero positioning procedure cannot be performed while the insufficient charging warning feature is activated (while the second hand is moving at 2-second interval movement due to the watch being insufficiently charged).
 Sufficiently charge the watch and check that the second hand is moving at 1-second interval movement before performing the zero positioning procedure.

[Chronograph Second Hand Zero Positioning]



- 1. Pull the crown out to the time correction position.
- 2. 1) Press button (B) for 3 seconds or more and release it, the watch enters the chronograph second 0 position correction mode.
 - 2) Press button (B) to position the chronograph second hand at the 0 position (12 o'clock position).
 - The chronograph second hand can be advanced one second at a time (in the clockwise direction) each time button (B) is pressed.
- The chronograph second hand can be advanced rapidly by depressing button (B) continuously.
- 3. Once the chronograph second has been positioned at the 0 position, reset the time and return the crown to the normal position.
- Press button (A) to check that the chronograph minute hand has been reset to the 0 position.

11. Precautions

CAUTION: Water-resistance performance

There are several types of water-resistant watches, as shown in the following table.

The unit "bar" is roughly equal to 1 atmosphere.

* WATER RESIST(ANT) xx bar may also be indicated as W.R. xx bar.

as W.n. XX Dai.				
Ind	ication			
Dial	Case (case back)	Specifications	Minor exposure to water (washing face, rain, etc.)	
WATER RESIST or no indication	WATER RESIST(ANT)	Water-resistant to 3 atmospheres	ОК	
WR 50 or WATER RESIST 50	WATER RESIST(ANT) 5 bar or WATER RESIST(ANT)	Water-resistant to 5 atmospheres	OK	
WR 100/200 or WATER RESIST 100/200	WATER RESIST(ANT) 10bar/20 bar or WATER RESIST(ANT)	Water-resistant to 10/20 atmospheres	ОК	



For correct use within the design limits of the watch, confirm the level of waterresistance of your watch, as indicated on the dial and case, and consult the table.

Examples of use							
	Moderate exposure to water (washing, kitchen	Marine sports (skin diving)	Scuba diving (with air tank)	Operation of the crown or button with moisture visible			
	work, swimming, etc.)	, 0,	, ,	with moisture visible			
	NO	NO	NO	NO			
	OK	NO	NO	NO			
	OK	OK	NO	NO			

- Water-resistance for daily use (to 3 atmospheres): This type of watch is waterresistant to minor exposure to water. For example, you may wear the watch while washing your face; however, it is not designed for use underwater.
- Upgraded water-resistance for daily use (to 5 atmospheres): This type of watch is water-resistant to moderate exposure to water. You may wear the watch while swimming; however, it is not designed for use while skin diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres): This type of watch
 may be used for skin diving; however, it is not designed for scuba or saturated diving
 using helium gas.

CAUTION

- Be sure to use the watch with the crown pressed in (normal position). If your watch has a screw-lock type crown, be sure to tighten the crown completely.
- Do NOT operate the crown or button with wet fingers or when the watch is wet.
 Water may enter the watch and compromise water-resistance.
- If the watch is used in seawater, rinse with fresh water afterward and wipe with a dry cloth
- If moisture has entered the watch, or if the inside of the crystal is fogged up and does not become clear within a day, immediately take the watch to your dealer or Citizen Service Center for repair. Leaving the watch in such a state will allow corrosion to form inside.

 If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, buttons, etc.) may come off.

CAUTION: Keep your watch clean.

- Leaving dust and dirt deposited between the case and crown may result in difficulty in pulling the crown out. Rotate the crown while in its normal position, from time to time, to loosen dust and dirt and then brush it off.
- Dust and dirt tend to be deposited in gaps in the back of the case or band.
 Deposited dust and dirt may cause corrosion and soil your clothing. Clean the watch occasionally.

Cleaning the Watch

- Use a soft cloth to wipe off dirt, perspiration and water from the case and crystal .
- Use a soft, dry cloth to wipe off perspiration and dirt from the leather band.
- To clean a metal, plastic, or rubber watchband, wash away dirt with mild soap and water. Use a soft brush to remove dust and dirt jammed in the gaps in the metal band. If your watch is not water-resistant, take it to your dealer.

NOTE: Avoid using solvents (thinner, benzine, etc.), as they may mar the finish.

CAUTION: Operating environment

- Use the watch within the operating-temperature range specified in the instruction manual.
 - Using the watch where temperatures are outside the specified range, may result in deterioration of functions or even stoppage of the watch.
- Do NOT use the watch in places where it is exposed to high temperature, such as in a sauna.
- Doing so may result in a skin burn.
- Do NOT leave the watch in a place where it is exposed to high temperature, such as the glove compartment or dash-board of a car.
 - Doing so may result in deterioration of the watch, such as deformation of plastic parts.
- Do NOT place the watch close to a magnet.
 - Timekeeping will become inaccurate if you place the watch close to magnetic health equipment such as a magnetic necklace or a magnetic latch of a refrigerator door or handbag clasp or the earphone of a mobile phone. If this has occurred, move the watch away from the magnet and reset the time.
- Do NOT place the watch close to household appliances that generate static electricity.
 - Timekeeping may become inaccurate if the watch is exposed to strong static electricity, such as is emitted from a TV screen.

- Do NOT subject the watch to a strong shock such as dropping it onto a hard floor.
- Avoid using the watch in an environment where it may be exposed to chemicals or corrosive gases.

If solvents, such as thinner and benzine, or substances containing such solvents come in contact with the watch, discoloration, melting, cracking, etc. may result. If the watch comes in contact with mercury used in thermometers, the case, band or other parts may become discolored.

Periodical inspections

Your watch needs inspection once in every two or three years for safety and long use. To keep your watch water-resistant, the packing needs to be replaced regularly. Other parts need to be inspected and replaced if necessary. Ask for Citizen geuine parts upon replacement.

12. Specifications

1. Caliber No.: H50*

2. Type: Analog solar-powered watch

3. Timekeeping accuracy: Within ±15 seconds per month on average (when worn at normal temperatures of +5°C to

+35°C/41°F to 95°F)

4. Crystal oscillator: 32.768 Hz

5. Operating temperature range: -10°C to +60°C/14°F to 140°F

6. Display functions

• Time: 24 hours, hours, minutes, seconds

• Calendar: Date (with rapid correction feature) 7. Additional functions:

Solar power function

• Chronograph (display and measurement of elapsed time up to 59 minutes, 59 seconds in 1 second units)

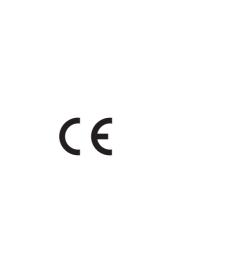
· Insufficient charging warning feature

Overcharge prevention feature

Quick start feature

8. Continuous running times:

- Fully charged to stopped without charging: About 5 months (continuous running time differ depending on which frequency at which the chronograph is used and so forth)
- 2-second interval movement to stopped: About 5 days
- 9. Battery: Rechargeable cell
 - * Specifications are subject to change without notice.



Model No.AT0 * · AT2 * · FA2*·FB1* Cal.H50* CTZ-B8076¹³