

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 reloj 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.

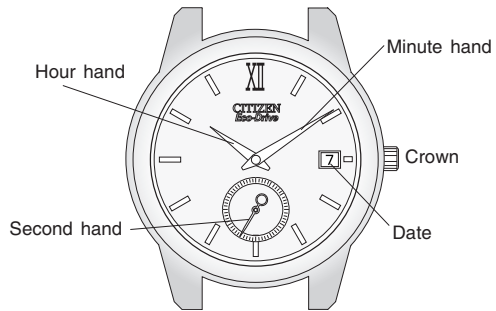
承蒙購買CITIZEN錶。為確保正確的使用，敬請仔細閱讀此使用指南。請確認同附的CITIZEN國際保證卡，以享受免費修理之權利。

承蒙惠購CITIZEN表，謹致謝意。為確保正確使用，敬請仔細閱讀此使用指南。請確認隨附的CITIZEN國際保證卡，以享受免費修理的權利。

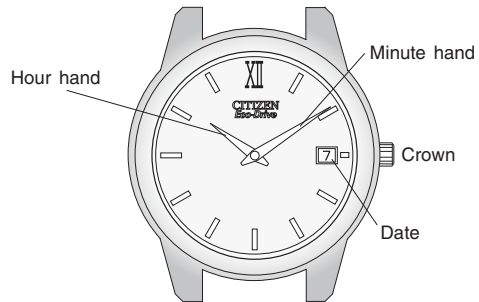
■ Part Names ■

Depending on the watch, some models have a second hand and some do not.

<Model with a second hand>



<Model without a second hand>



* The illustrations shown in this manual may differ from the actual watch you have purchased. The description that follows will refer to the figure of the model with a second hand.

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Your Watch

1. Features

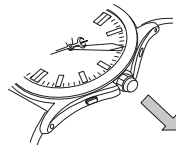
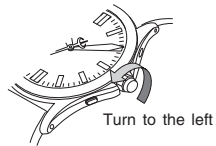
◎Eco-Drive function

This solar powered Eco-Drive watch is powered by photo energy converted into electrical energy.

2. Operating the Crown

There are two models available for the crown: normal and screw lock. In the case of normal crown watch, the crown has simply to be pulled out.

<Operating the screw lock crown>



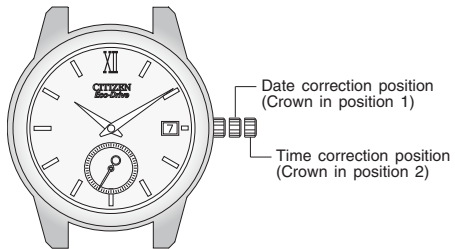
1. Turn the crown to the left.
2. When the screw lock is released, the crown pops out a little and stops in the normal position.
3. After using the crown, push it in gently while turning it to the right to lock it.

Time and Date Correction

3. Setting the Time and Date

The date and time can be corrected by changing the position of the crown. Correct by turning the crown while in the given mode.

* Nothing happens if you turn the crown when it is in the normal position.



<Correcting the time>

1. Pull out the crown to position 2.
(The second hand stops at this time for models with a second hand.)
2. Turn the crown to set the time.
* When the date changes, it is 0:00 a.m. (midnight). Take care to observe whether it is a.m. or p.m.
3. Return the crown to the normal position to complete the correction.
(The second hand starts moving at this time for models with a second hand.)
* For models with a second hand, refer to a time report to adjust the seconds.

<Correcting the date>

1. Pull out the crown to position 1.
(The second hand continues moving at this time for models with a second hand.)
2. Turn the crown to the left to change the date.
* Nothing happens if the crown is turned to the right.
3. Return the crown to the normal position to complete the correction.

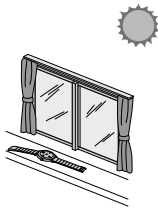
4. Solar Power Function

This watch uses a secondary battery to store electrical energy. When the watch is fully charged, it will maintain its accuracy for about 9 months.

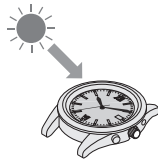
<Ensuring best operation of the watch>

To receive the greatest pleasure from your watch, always store it in a sunlit location.

- ◆ Placing the watch near a window where its face can receive sunlight or near another source of light when you are not wearing it will ensure that the watch is regularly charged, allowing it to maintain its accuracy.

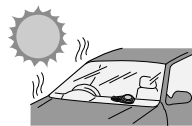


- ◆ Wearing clothes with long sleeves makes it difficult for the watch to get the necessary light, resulting in insufficient charging. It is recommended to charge your watch by exposing to direct sunlight for a long time once a month.



[NOTE]

Do not charge on surfaces that can easily become hot, such as a car dashboard.



5. Characteristics of the Solar Powered Watch

When the watch is insufficiently charged, the indication will be changed as follows:

[Normal indication]



The watch has been insufficiently charged because the watch face has not received sufficient light.

[Insufficient charge warning] (Models with a second hand only)

The second hand starts moving at 2-second intervals.

The watch has been insufficiently charged because the watch face has not received sufficient light.

[Operation stops]

The watch will stop due to an insufficient charging.

The insufficient charge warning (a 2-second interval movement) continues for more than 7 days.

<When the watch stopped due to an insufficient charging>

Charge the watch sufficiently, as indicated in “Guide to Charging Time”.

At this time, be sure to charge the watch with sunlight rather than under fluorescent light.

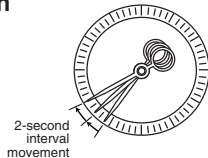
A. Overcharging Prevention Function

No matter how much the watch is charged, it will not affect the secondary battery, timekeeping, functions or performance of the watch. When the secondary battery becomes fully charged by exposing the watch face to light, the overcharging prevention function is automatically activated to prevent the battery from being charged further.

B. Insufficient Charge Warning Function (models with a second hand only)

The second hand's movement changes from 1-second intervals to 2-second intervals to show that the watch is insufficiently charged.

The watch will stop due to insufficient charging about 7 days after starting the 2-second interval movement if kept in a place with no light.



C. Quick Start (models with a second hand only)

If the watch stops due to insufficient charge, the second hand will start moving at 2-second intervals if the watch face is exposed to light (approx. 500 lx) for approx. 10 seconds. (The time required for the hand to begin moving varies depending on the model.) Note, however, that the battery is not yet fully charged.

D. Guide to Charging Time

The charging time varies according to the model (including the color of the watch face). The following data should only be used as a guideline.

* The charging time is based on continuous exposure.

For a 1-day movement charging time.....

The charging time to run the watch for one day with normal movement.

Time for full charging.....

The time for full charging after the watch has stopped due to an insufficient charging.

<Model with a second hand>

Illuminance (lx)	Environment	Charging time (approximate)		
		For a 1-day movement charging time	Time from stopping to resuming the 1-second interval movement	Time for full charging
3,000	20 cm (8 in.) beneath a 30 W florescent light	40 minutes	35 hours	—
10,000	Cloudy sky	12 minutes	9.5 hours	70 hours
100,000	Under direct midsummer sunlight	2 minutes	1 hour	10 hours

<Model without a second hand>

Illuminance (lx)	Environment	Charging time (approximate)		
		For a 1-day movement charging time	Time from stopping to resuming the 1-second interval movement	Time for full charging
3,000	20 cm (8 in.) beneath a 30 W fiorescent light	40 minutes	14 hours	—
10,000	Cloudy sky	12 minutes	4.5 hours	60 hours
100,000	Under direct midsummer sunlight	2 minutes	25 minutes	11 hours

[NOTE]

A fully charged battery will run the watch for about 9 months without further charging.

If the watch stops due to insufficient charge, take care to charge it daily.

Furthermore, it is recommended to charge your watch by exposing to direct sunlight for a long time once a month.

E. Handling Your Watch

WARNING Handling the secondary battery

- ◆ Do not remove the secondary battery from the watch yourself, unless unavoidable.
If you must remove the battery, store it out of reach of children to avoid accidental ingestion. If the secondary battery is ingested, consult a doctor immediately.
- ◆ Do not throw away with regular trash.
Doing so could cause a fire or environmental damage. Follow the collection procedures as specified by your local authority.

WARNING Do not use anything other than the specified secondary battery

- ◆ The watch will not operate if incorrect battery types are inserted.
Never use a regular silver battery. The battery could overcharge during the charging process and burst, causing damage to the watch or injuries to the wearer.

CAUTION Charging precautions

- ◆ Do not charge the watch in a high-temperature environment (about 60°C/140°F or more).
Overheating while charging can cause the watch exterior to become discolored, the watch to deform or the movement to be damaged.
Example:
 - Charging close to incandescent lighting, halogen lamps, or other lighting sources that easily become hot.
 - Charging on surfaces that can easily become hot, such as a car dashboard.
- ◆ When charging with incandescent lighting, halogen lamps, or other lighting sources that easily become hot, place the watch at least 50 cm (20 in.) away from the source to avoid overheating.

Precautions

WARNING: 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.

Indication		Specifications
Dial	Case (case back)	
WATER RESIST or no indication	WATER RESIST(ANT)	Water-resistant to 3 atmospheres
WR 50 or WATER RESIST 50	WATER RESIST(ANT) 5 bar or WATER RESIST(ANT)	Water-resistant to 5 atmospheres
WR 100/200 or WATER RESIST 100/200	WATER RESIST(ANT) 10bar/20 bar or WATER RESIST(ANT)	Water-resistant to 10/20 atmospheres

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

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

WARNING: Water-resistance performance

- Water-resistance for daily use (to 3 atmospheres): This type of watch is water-resistant 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 damage 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 genuine parts upon replacement.

6. Specifications

1. Cal. No.: B69*/J01*/J16*
2. Type: Analogue solar powered watch
3. Time accuracy: Average monthly deviation: ± 15 seconds (when used in normal temperature of $+5^{\circ}\text{C}$ to $+35^{\circ}\text{C}/41^{\circ}\text{F}$ to 95°F)
4. Acceptable temperature range: -10°C to $+60^{\circ}\text{C}$ (14°F to 140°F)
5. Display functions: Date, hour, minute, and second (second hand included with B69* only)
6. Additional functions:
 - Solar power function
 - Overcharging prevention function
 - Insufficient charge warning function (B69* only)
 - Quick start function (B69* only)
7. Operation time:
 - Time from a full charge until the watch stops without charging:
 - : About 9 months
 - : Approx. 3 years (with the crown pulled)
 - Time from insufficient charge warning to watch stopping:
 - Approx. 7 days (B69* only)
8. Battery: Secondary battery 1

* Specifications may change without notice.