Nokia 7020 User Guide

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Safety

Read these simple guidelines. Not following them may be dangerous or illegal. Read the complete user guide for further information.

SWITCH ON SAFELY



Do not switch the device on when wireless phone use is prohibited or when it may cause interference or danger.

ROAD SAFETY COMES FIRST



Obey all local laws. Always keep your hands free to operate the vehicle while driving. Your first consideration while driving should be road safety.

INTERFERENCE



All wireless devices may be susceptible to interference, which could affect performance.

SWITCH OFF IN RESTRICTED AREAS



Follow any restrictions. Switch the device off in aircraft, near medical equipment, fuel, chemicals, or blasting areas.

QUALIFIED SERVICE



Only qualified personnel may install or repair this product.

ACCESSORIES AND BATTERIES



Use only approved accessories and batteries. Do not connect incompatible products.

WATER-RESISTANCE



Your device is not water-resistant. Keep it dry.

General information

About your device

The wireless device described in this guide is approved for use on the GSM 850, 900, 1800, 1900 MHz networks. Contact your service provider for more information about networks.

Your device may have preinstalled bookmarks and links for third-party internet sites and may allow you to access third-party sites. These are not affiliated with Nokia, and Nokia does not endorse or assume liability for them. If you access such sites, take precautions for security or content.

Warning:

To use any features in this device, other than the alarm clock, the device must be switched on. Do not switch the device on when wireless device use may cause interference or danger.

When using this device, obey all laws and respect local customs, privacy and legitimate rights of others, including copyrights. Copyright protection may prevent some images, music, and other content from being copied, modified, or transferred.

Make back-up copies or keep a written record of all important information stored in your device.

When connecting to any other device, read its user guide for detailed safety instructions. Do not connect incompatible products.

The images in this guide may differ from your device display.

Refer to the user guide for other important information about your device.

Network services

To use the device you must have service from a wireless service provider. Some features are not available on all networks; other features may require that you make specific arrangements with your service provider to use them. Network services involve transmission of data. Check with your service provider for details about fees in your home network and when roaming on other networks. Your service provider can explain what charges will apply. Some networks may have limitations that affect how you can use some features of this device requiring network support such as support for specific technologies like WAP 2.0 protocols (HTTP and SSL) that run on TCP/IP protocols and language-dependent characters.

Your service provider may have requested that certain features be disabled or not activated in your device. If so, these features will not appear on your device menu. Your device may also have customized items such as menu names, menu order, and icons.

Shared memory

The following features in this device may share memory: multimedia messaging (MMS), e-mail application, instant messaging, remote. Use of one or more of these features may reduce the memory available for the remaining features. If your device displays a message that the memory is full, delete some of the information stored in the shared memory.

Access codes

The security code helps to protect your phone against unauthorised use. You can create and change the code, and set the phone to request the code. Keep the code secret and in a safe place separate from your phone. If you forget the code and your phone is locked, your phone will require service and additional charges may apply. For more information, contact a Nokia Care point or your phone dealer.

The PIN code supplied with the SIM card protects the card against unauthorized use. The PIN2 code supplied with some SIM cards is required to access certain services. If you

enter the PIN or PIN2 code incorrectly three times in succession, you are asked for the PUK or PUK2 code. If you do not have them, contact your service provider.

The module PIN is required to access the information in the security module of your SIM card. The signing PIN may be required for the digital signature. The barring password is required when using the call barring service.

To set how your phone uses the access codes and security settings, select **Menu** > **Settings** > **Security**.

Support

When you want to learn more about how to use your product or you are unsure how your device should function, see the user guide or see the support pages at www.nokia.com/support or your local Nokia website, or with a mobile device, www.nokia.mobi/support.

If this does not resolve your issue, do one of the following:

- Restart the device: switch off the device, and remove the battery. After about a minute, replace the battery, and switch on the device.
- Restore the original factory settings as explained in the user guide.

 Update your device software regularly for optimum performance and possible new features, as explained in the user guide.

If your issue remains unsolved, contact Nokia for repair options. See www.nokia.com/repair. Before sending your device for repair, always back up the data in your device.

Software updates over the air

If software updates over the air are supported by your network, you may also be able to request updates through the device.

Downloading software updates may involve the transmission of large amounts of data (network service).

Make sure that the device battery has enough power, or connect the charger before starting the update.

Get started

Insert SIM card and battery

Always switch the device off and disconnect the charger before removing the battery.

The SIM card and its contacts can be easily damaged by scratches or bending, so be careful when handling, inserting, or removing the card.



- 1 With the back of the device facing you, lift and remove the back cover (1).
- 2 Remove the battery if inserted (2).
- 3 Slide the SIM card holder to unlock it (3), and swing it open (4).
- 4 Insert the SIM card into the holder with the contact surface facing down (5), and close it (6).
- 5 Slide the card holder back to lock it (7).
- 6 Insert the battery (8), and replace the back cover (9).

Charge the battery

Your battery has been partially charged at the factory. If the device indicates a low charge, do the following:



- Connect the charger to a wall outlet.
- 2 Connect the charger to the device.
- 3 When the device indicates a full charge, disconnect the charger from the device, then from the wall outlet.

You do not need to charge the battery for a specific length of time, and you can use the device while it is charging. If the battery is completely discharged, it may take several minutes before the charging indicator appears on the display or before any calls can be made.

Antenna



14 Get started

Your device may have internal and external antennas. Avoid touching the antenna area unnecessarily while the antenna is transmitting or receiving. Contact with antennas affects the communication quality and may cause a higher power level during operation and may reduce the battery life.

The figure shows the antenna area marked in grey.

Headset

Warning:

When you use the headset, your ability to hear outside sounds may be affected. Do not use the headset where it can endanger your safety.

When connecting any external device or any headset, other than those approved by Nokia for use with this device, to the Nokia AV Connector, pay special attention to volume levels.

Do not connect products that create an output signal as this may cause damage to the device. Do not connect any voltage source to the Nokia AV Connector.

Magnets and magnetic fields

Keep your device away from magnets or magnetic fields.

Keys and parts



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12	Secondary display	-11 -11 12
13	Wrist strap eyelet	
14	Camera	-13
15	Headset connector	

Switch the phone on and off

To switch the phone on or off, press and hold the power key.

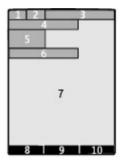
Tapping

The tapping function allows you to quickly see notifications, and to display a clock just by tapping twice the secondary display with the fold closed.

Select Menu > Settings > Phone > Sensor settings to activate or deactivate the tapping function and vibration feedback.

If you have missed calls or received new messages, you must view them before you can see the clock.

Display



- 1 Signal strength of the cellular network
- 2 Battery charge status
- 3 Indicators
- 4 Name of the network or the operator logo
- 5 Clock

- 6 Date (only if the enhanced home screen is deactivated)
- 7 Display
- 8 Function of the left selection key
- 9 Function of the scroll key
- 10 Function of the right selection key

You can change the function of the left and right selection key. See "Shortcuts", p. 33.

Functions without a SIM card

Some functions of your phone may be used without inserting a SIM card, such as Organiser functions and games. Some functions appear dimmed in the menus and cannot be used.

Applications running in background

Leaving applications running in the background increases the demand on battery power and reduces the battery life.

Calls

Make and answer a call

To make a call, enter the phone number, including the country code and area code if necessary. Press the call key to call the number. Scroll up to increase or down to

decrease the volume of the earpiece or headset during the phone call.

To answer an incoming call, press the call key. To reject the call without answering, press the end key.

Loudspeaker

If available, you may select **Loudsp.** or **Handset** to use the loudspeaker or the earpiece of the phone during a call.

Dialling shortcuts

To assign a phone number to one of the number keys, 2 to 9, select Menu > Contacts > Speed dials, scroll to a desired number, and select Assign. Enter the desired phone number, or select Search and a saved contact.

To switch the speed dialling function on, select Menu > Settings > Call > Speed dialling > On.

To make a call using speed dialling, in the standby mode, press and hold the desired number key.

Text modes

To enter text (for example, when writing messages) you can use traditional or predictive text input.

When you write text, press and hold **Options** to switch between traditional text input, indicated by , and predictive text input, indicated by , Not all languages are supported by predictive text input.

The character cases are indicated by Abc, abc, and ABC.

To change the character case, press #. To change from the letter to number mode, indicated by 123, press and hold #, and select **Number mode**. To change from the number to the letter mode, press and hold #.

To set the writing language, select **Options** > **Writing** language.

Traditional text input

Press a number key, 2-9, repeatedly until the desired character appears. The available characters depend on the selected writing language.

If the next letter you want is located on the same key as the present one, wait until the cursor appears, and enter the letter.

To access the most common punctuation marks and special characters, press 1 repeatedly. To access the list of special characters, press *.

Predictive text input

Predictive text input is based on a built-in dictionary to which you can also add new words.

- Start writing a word, using the keys 2 to 9. Press each key only once for one letter.
- 2 To confirm a word, scroll right or add a space.
 - If the word is not correct, press * repeatedly, and select the word from the list.
 - If the? character is displayed after the word, the word you intended to write is not in the dictionary.
 To add the word to the dictionary, select Spell.
 Enter the word using traditional text input, and select Save.
 - To write compound words, enter the first part of the word, and scroll right to confirm it. Write the last part of the word, and confirm the word.
- 3 Start writing the next word.

Navigate the menus

The phone functions are grouped into menus. Not all menu functions or option items are described here.

In the standby mode, select Menu and the desired menu and submenu. Select Exit or Back to exit the current level of menu. Press the end key to return to the standby mode directly. To change the menu view, select Menu > Options > Main menu view.

Messaging

Create and receive messages, such as text and multimedia, with your device. The messaging services can only be used if your network or service provider supports them.

Text and multimedia messages

You can create a message and optionally attach, for example, a picture. Your device automatically changes a text message to a multimedia message when a file is attached.

Text messages

Your device supports text messages beyond the limit for a single message. Longer messages are sent as two or more messages. Your service provider may charge accordingly.

Characters with accents, other marks, or some language options take more space, and limit the number of characters that can be sent in a single message.

The total number of characters left and the number of messages needed for sending are displayed.

To send messages, the correct message centre number must be stored in your device. Normally, this number is set by default through your SIM card.

- 1 To set the number manually, select Menu > Messaging and More > Message settings > Text messages > Message centre.
- 2 Enter the name and the number supplied by the service provider.

Multimedia messages

A multimedia message can contain text, pictures, and sound or video clips.

Only devices that have compatible features can receive and display multimedia messages. The appearance of a message may vary depending on the receiving device.

The wireless network may limit the size of MMS messages. If the inserted picture exceeds this limit, the device may make it smaller so that it can be sent by MMS.

Important: Exercise caution when opening messages. Messages may contain malicious software or otherwise be harmful to your device or PC.

For availability and subscription to the multimedia messaging service (MMS), contact your service provider.

Create a message

- Select Menu > Messaging and Create message. 1
- 2 Write your message.
 - To insert a special character or a smiley, select Options > Insert symbol.
 - To attach an object to the message, select **Options** > Insert object. The message type changes automatically to multimedia message.
- 3 To add recipients, select **Send to** and a recipient. To enter a phone number or mail address manually, select Number or e-mail. Enter a phone number, or select F-mail and enter a mail address
- 4 Select Send.

Multimedia messages are indicated with an icon at the top of the display.

Service providers may charge differently depending on the message type. For details, contact your service provider.

Read a message and reply

Important: Exercise caution when opening messages. Messages may contain malicious software or otherwise be harmful to your device or PC.

Read a received message

Select View.

Reply to a message

Select Reply.

Read several received messages

Select Menu > Messaging and Inbox, and the desired message.

Send and organise messages

To send a message, select Send.

Note: The message sent icon or text on your device screen does not indicate that the message is received at the intended destination.

If message sending is interrupted, the device tries to resend the message a few times. If these attempts fail, the message is marked as failed in the Sent items folder.

The device saves received messages in the Inbox folder. Organise your messages in the Saved items folder.

To add, rename, or delete a folder, select Menu > Messaging and More > Archive > Options.

Nokia Xpress audio messages

Create and send audio messages using MMS in a convenient wav.

Select Menu > Messaging.

- 1 Select More > Other messages > Audio message. The voice recorder opens.
- 2 To record your message, select .
- 3 To stop recording, select .
- 4 Select Send to and a contact

Nokia Mail

Access your mail account with your device to read, write. and send mail. This mail application is different from the SMS mail function.

Before you can use mail, you must have an mail account from an mail service provider. For availability and the correct settings, contact your mail service provider. You

may receive the mail configuration settings as a configuration message.

Mail setup wizard

The mail setup wizard opens automatically if no mail settings are defined in the device. To open the setup wizard, to add an additional mail account, select Menu > Messaging and the existing mail account. Select Options > Add mailbox. Follow the instructions.

Write and send a mail

You may write your mail before connecting to the mail service.

- Select Menu > Messaging and Create message > Email message.
- 2 Enter the recipient's mail address, the subject, and the mail message. To attach a file, select **Options** > **Insert**.
- 3 If more than one mail account is defined, select the account from which you want to send the mail.
- 4 Select Send.

Read a mail and reply

Important: Exercise caution when opening messages. Messages may contain malicious software or otherwise be harmful to your device or PC.

Select Menu > Messaging.

Download mail headers

Select your mail account.

Download a mail and its attachments

Select a mail and Open or Retrieve.

Reply to or forward a mail

Select Options > Reply or Forward.

Disconnect from your mail account

Select **Options** > **Disconnect**. The connection to the mail account automatically ends after some time without activity.

New mail notifications

Your device can automatically check your mail account at set intervals, and issue a notification when new mail is received.

Select Menu > Messaging.

- 1 Select Msg. settings > E-mail settings > Edit mailboxes.
- 2 Select your mail account, **Downloading sett.**, and the following options:
 - **Update interval** Set how often your device checks your mail account for new mail.
 - **Automatic retrieval** Retrieve new mail automatically from your mail account.
- 3 To enable new mail notification, select Msg. settings > E-mail settings > New e-mail notif..

Voice messages

The voice mailbox is a network service to which you may need to subscribe. For more information, contact your service provider.

Call your voice mailbox

Press and hold 1.

Edit your voice mailbox number

Select Menu > Messaging > More > Voice messages and Voice mailbox no..

Message settings

Select Menu > Messaging and Msg. settings.

Select from the following:

General settings — Save copies of sent messages in your device, overwrite old messages if the message memory becomes full, switch between the Conversations and Inbox views, and set up other preferences related to messages.

Text messages — Allow delivery reports, set up message centres for SMS and SMS mail, select the type of character support, and set up other preferences related to text messages.

Multimedia msgs. — Allow delivery reports, set up the appearance of multimedia messages, allow the reception of multimedia messages and advertisements, and set up other preferences related to multimedia messages.

E-mail messages — Allow mail reception, set the image size in mail, and set up other preferences related to mail.

Service messages — Activate service messages, and set up preferences related to service messages.

Contacts

Select Menu > Contacts.

You can save names and phone numbers in the device memory or on the SIM card. In the device memory, you can save contacts with numbers and text items. Names and numbers saved on the SIM card are indicated with

Add a contact

Select Menu > Contacts and Add new

Add details to a contact

Ensure that the memory in use is either Phone or Phone and SIM. Select Names, scroll to the name, and select Details > Options > Add detail.

Search for a contact

Select Names, and scroll through the list of contacts or enter the first letters of the name.

Copy a contact to another memory

Select Names, scroll to the contact, and select Options > Copy contact. On the SIM card, you can save only one phone number for each name.

Select where to save contacts, how contacts are displayed, and the memory consumption of contacts Select Settings.

Send a business card

Select Names, search for the contact whose information you want to send, and select Details > Options > Send business card. You can send and receive a person's contact information as a business card from a compatible device that supports the vCard standard.

Call log

To view the information on your calls, messages, data, and synchronisation, select **Menu** > Log and the desired item.

Note: The actual invoice for calls and services from your service provider may vary, depending on network features, rounding off for billing, taxes, and so forth.

Settings

Profiles

Your phone has various setting groups called profiles, which you can customise with ringing tones for different events and environments.

Select **Menu** > **Settings** > **Profiles**, the desired profile, and from the following options:

Activate — to activate the selected profile

Personalise — to change the profile settings

Timed — to set the profile to be active for a certain time. When the time set for the profile expires, the previous profile that was not timed becomes active.

Tones

You can change the tone settings of the selected active profile.

Select Menu > Settings > Tones. You can find the same settings in the Profiles menu.

Display

To view or adjust the wallpaper, font size, or other features related to the phone display, select Menu > Settings > Display.

Date and time

Select Menu > Settings > Date and time.

To set the date and time, select Date & time settings.

To set the formats for date and time, select Date & time format.

To set the phone to update the time and date automatically according to the current time zone, select **Auto-update of time** (network service).

Shortcuts

With personal shortcuts, you can get quick access to frequently used phone functions.

Select Menu > Settings > My shortcuts.

Assign phone functions to the selection keys

Select Right selection key or Left selection key and a function from the list.

Select shortcut functions for the scroll key

Select Navigation key. Scroll to the desired direction, and select Change or Assign and a function from the list.

Synchronisation and backup

Select **Menu** > **Settings** > **Sync & backup** and from the following:

Phone switch — Synchronise or copy selected data between your phone and another phone using Bluetooth technology.

Data transfer — Synchronise or copy selected data between your phone and another device, PC, or network server (network service).

Connectivity

Your phone has several features that allow you to connect to other devices to transmit and receive data.

Bluetooth wireless technology

Bluetooth technology allows you to connect your phone, using radio waves, to a compatible Bluetooth device within 10 metres (32 feet).

This device is compliant with Bluetooth Specification 2.1 + EDR supporting the following profiles: Dial-up Networking Profile (DUN) FileTransfer Profile (FTP) General Access Profile (GAP) Generic Object Exchange Profile (GOEP) Handsfree Profile (HFP) Headset Profile (HSP) Object Push Profile (OPP) Phonebook Access Profile (PBAP) Serial Port Profile (SPP) Service Discovery Application Profile (SDAP) SIM Access Profile (SAP). To ensure interoperability between other devices supporting Bluetooth technology, use Nokia approved accessories for this model. Check with the manufacturers of other devices to determine their compatibility with this device.

Features using Bluetooth technology increase the demand on battery power and reduce the battery life.

Set up a Bluetooth connection

Select Menu > Settings > Connectivity > Bluetooth and take the following steps:

 Select My phone's name and enter a name for your phone.

- 2 To activate Bluetooth connectivity select Bluetooth > On. ★ indicates that Bluetooth is active.
- 3 To connect your phone with an audio enhancement, select Conn. to audio acc. and the device that you want to connect to.
- 4 To pair your phone with any Bluetooth device in range, select **Paired devices** > **Add new device**.

Scroll to a found device, and select **Add**.

Enter a passcode (up to 16 characters) on your phone and allow the connection on the other Bluetooth device

If you are concerned about security, turn off the Bluetooth function, or set **Phone visibility** to **Hidden**. Accept Bluetooth communication only from those you trust.

Packet data

General packet radio service (GPRS) is a network service that allows mobile phones to send and receive data over an internet protocol (IP)-based network.

To define how to use the service, select Menu > Settings > Connectivity > Packet data > Packet data conn. and from the following options:

When needed — to establish the packet data connection when an application needs it. The connection is closed when the application is terminated.

Always online — to automatically connect to a packet data network when you switch the phone on

You can use your phone as a modem by connecting it to a compatible PC using Bluetooth technology. For details, see the Nokia PC Suite documentation.

Calls and phone

Select Menu > Settings > Call.

To divert your incoming calls, select **Call divert** (network service). For details, contact your service provider.

To make ten attempts to connect the call after an unsuccessful attempt, select Automatic redial > On.

To have the network notify you of an incoming call while you are in a call, select Call waiting > Activate (network service).

To set whether to show your number to the person you are calling, select **Send my caller ID** (network service).

To set the display language of your phone, select Menu > Settings > Phone > Language settings > Phone language.

Accessories

This menu and its various options are shown only if the phone is or has been connected to a compatible mobile accessory.

Select Menu > Settings > Accessories. Select an accessory, and an option depending on the accessory.

Configuration

You can configure your phone with settings that are required for certain services. Your service provider may also send you these settings.

Select Menu > Settings > Configuration and from the following options:

Default config. sett. — to view the service providers saved in the phone and set a default service provider

Act. def. in all apps. — to activate the default configuration settings for supported applications

Preferred access pt. — to view the saved access points

Connect to support — to download the configuration settings from your service provider

Device mgr. settings — to allow or prevent the phone from receiving software updates. This option may not be available, depending on your phone.

Personal settings — to manually add new personal accounts for various services and to activate or delete them. To add a new personal account, select **Add** or **Options** > **Add new**. Select the service type, and enter the required parameters. To activate a personal account, scroll to it, and select **Options** > **Activate**.

Restore factory settings

To restore the phone back to factory conditions, select **Menu** > **Settings** > **Rest. fact. sett.** and from the following options:

Settings only — to reset all preference settings without deleting any personal data

All — to reset all preference settings and delete all personal data, such as contacts, messages, media files and activation keys

Gallery

Digital rights management (DRM) protected content comes with an associated activation key that defines your rights to use the content.

If your device has OMA DRM-protected content, to back up both the activation keys and the content, use the backup feature of Nokia Ovi Suite.

Your phone supports a digital rights management (DRM) system to protect acquired content. Always check the delivery terms of any content and activation key before acquiring them, as they may be subject to a fee.

To view the folders, select **Menu** > **Gallery**.

Media

Camera and video

Your device supports an image capture resolution of 1600x1200 pixels .

Capture an image

- Select Menu > Applications > Camera, or if the video function is active, scroll left or right.
- Compose your image. To zoom in or out, scroll up or down.
- 3 Select Capture.

Activate night mode or the self-timer, or take images in a fast sequence

Select Options and the desired option.

Set the preview mode and length of time Select Options > Settings > Photo preview time.

Record a video clip

- 1 Select Menu > Applications and Video camera.
- 2 To start recording the video clip, select Record.

Set the length of the video clip you can record Select Menu > Media > Camera > Options > Settings > Video clip length.

FM radio

The FM radio depends on an antenna other than the wireless device antenna. A compatible headset or accessory needs to be attached to the device for the FM radio to function properly.

Warning:

Continuous exposure to high volume may damage your hearing. Listen to music at a moderate level, and do not hold the device near your ear when the loudspeaker is in use.

Select Menu > Applications > Radio, or, in the home screen, press and hold *.

Search for a neighbouring station

Press and hold the scroll key to the left or right.

Save a station

Tune to the desired station, and select **Options** > **Save station**.

Switch between saved stations

Scroll left or right to switch between stations, or press the corresponding number key of the memory location of a desired station.

Adjust the volume

Scroll up or down.

Leave the radio playing in the background

Press the end key.

Close the radio

Press and hold the end key.

Voice recorder

Select Menu > Applications > Voice recorder.

Start recording

Select the record icon.

Listen to the latest recording

Select Options > Play last recorded.

Send the last recording in a multimedia message Select Options > Send last recorded.

Music player

Your device includes a music player for listening to songs or other MP3 or AAC sound files.

Warning:

Continuous exposure to high volume may damage your hearing. Listen to music at a moderate level, and do not hold the device near your ear when the loudspeaker is in use.

Select Menu > Applications > Media player.

Maps

With Maps, you can browse maps for different cities and countries, search for addresses and different points of interest, plan routes from one location to another, see your current location on the map if you have a GPS connection, and save locations and send them to compatible devices. You can also purchase a licence for a navigation service with voice guidance. This service is not available for all countries or regions.

About Maps

If there are maps available in your device or on an inserted memory card, you can browse them without an internet connection. When you browse to an area which is not covered by the maps already downloaded in your device, a map for the area is automatically downloaded through the internet. You may be prompted to select an access point to use with the internet connection.

Downloading maps may involve the transmission of large amounts of data through your service provider's network. Contact your service provider for information about data transmission charges.

You can also use the Nokia Map Loader PC software to download maps to your device. To install Nokia Map Loader on a compatible PC, see www.nokia.com/maps.

Select Menu > Applications > Maps and from the following:

Last map — Open the map that was displayed last.

Find address — Search for a specific address.

Saved locations — Find a location you have saved on your device.

Rec. locations — View the locations you have browsed. **Current position** — View your current location, if a GPS connection is available.

Plan route — Plan a route.

Extra services — Purchase a license for navigation.

Settings — Define the settings.

Almost all digital cartography is inaccurate and incomplete to some extent. Never rely solely on the cartography that you download for use in this device.

Nokia Map Loader

With the Nokia Map Loader application for PC, you can download maps and voice guidance files from the internet. A memory card with sufficient space must be inserted in your device. You must use the Maps application and browse maps at least once before using Nokia Map Loader, as Nokia Map Loader uses the Maps history information to check which version of the maps to download.

To install Nokia Map loader, visit www.nokia.com/maps, and follow the instructions.

Download maps with Nokia Map Loader

- Connect your device to the computer with a compatible USB data cable or Bluetooth connection. If you use a data cable, select PC Suite as the USB connection method.
- 2 Open Nokia Map Loader on the computer.
- 3 Select a continent and a country or region.

4 Select the maps or services, and download and install them to your device.

On the Service tab of Nokia Map Loader, you can purchase navigation and traffic information licences, travel guides, and download maps.

About GPS

GPS receiver

Your device does not have an internal GPS receiver. To use applications that require a GPS connection, use a compatible external GPS receiver (accessory sold separately).

Use an external GPS receiver

- Fully charge your compatible GPS receiver, and switch it on.
- 2 Set up a Bluetooth connection between your device and the GPS receiver.
- Place the GPS receiver in a position with an unobstructed view to the sky.
- 4 Open the Maps application, and select the external GPS receiver.

After pairing your device with an external GPS receiver, it may take several minutes for the device to display the current location.

You can also use Maps without a GPS receiver to browse maps, search for addresses and locations, and plan routes.

Navigate to your destination



You can upgrade Maps to a full navigation system to be used by car and by foot. You need a regional licence for the full navigation system, and a compatible GPS receiver. The car navigation is fully voice-guided with two and three-dimensional map views. Pedestrian navigation is limited to a speed of 30 km/h (18.6 miles/h) and provides no voice guidance. The navigation service is not available for all countries and regions. For details, see your local Nokia website.

Purchase a licence for navigation

Select Extra services. The licence is region-specific and can be used only in the selected area.

Navigate to the destination

- 1 Select Plan route, and create a route.
- 2 Select Options > Show route > Options > Start navigation.
- 3 Accept the displayed disclaimer.
- 4 Select the language for voice guidance, if prompted.

If you deviate from the set route, the device automatically plans a new route.

Repeat the voice guidance

Select Repeat.

Silence the voice guidance

Select Options > Mute audio.

Stop navigating

Select **Stop**.

Navigate on foot

Select Settings > Routing settings > Route selection > On foot. This optimises the routes you create for navigation on foot.

Applications

Your phone software may include some games and Java applications specially designed for this Nokia phone.

Select Menu > Applications.

To launch a game or application, select Games or Collection. Scroll to a game or application, and select Open.

To view the amount of memory available for game and application installations, select **Options** > **Memory** status.

To download a game or application, select **Options** > **Downloads** > **Game downloads** or **App. downloads**. Your phone supports J2ME™ Java applications. Ensure that the application is compatible with your phone before downloading it.

50 Organiser

Important: Only install and use applications and other software from trusted sources, such as applications that are Symbian Signed or have passed the Java Verified™ testing.

Downloaded applications may be saved in Gallery instead of Applications.

Organiser

Alarm clock

Select Menu > Applications > Alarm clock.

Activate or deactivate an alarm

Select Alarm:

Set the time for the alarm

Select Alarm time:

Set the device to alert you on selected days of the week

Select Repeat:.

Personalise the alarm tone

Select Alarm tone:.

Set the time-out period for the snooze alert

Select Snooze time-out:.

Stop the alarm

Select Stop.

If you let the device continue to sound the alarm for a minute, or select **Snooze**, the alarm stops for the snooze time-out period, then resumes.

Calendar and to-do list

Select Menu > Calendar. The current day is framed. If there are any notes set for the day, the day is in bold.

Add a calendar note

Scroll to the date, and select Options > Make a note.

View the details of a note

Scroll to a note, and select View.

Delete all notes from the calendar

Select Options > Delete notes > All notes.

View the to-do list

Select Menu > Applications > To-do list.

The to-do list is displayed and sorted by priority. To add, delete, or send a note, to mark the note as done, or to sort the to-do list by deadline, select **Options**.

Web or Internet

You can access various internet services with your phone browser. The appearance of the web pages may vary due to screen size. You may not be able to see all the details on the web pages.

Depending on your phone, the web browsing function may be displayed as Web or Internet in the menu, hereafter referred to as Web.

Important: Use only services that you trust and that offer adequate security and protection against harmful software.

For the availability of these services, pricing, and instructions, contact your service provider.

You may receive the configuration settings required for browsing as a configuration message from your service provider.

Connect to a web service

To make a connection to the service, select Menu > Internet > Home; or in the standby mode, press and hold 0.

After you make a connection to the service, you can start browsing its pages. The function of the phone keys may vary in different services. Follow the text guides on the phone display. For more information, contact your service provider.

SIM services

Your SIM card may provide additional services. You can access this menu only if it is supported by your SIM card. The name and contents of the menu depend on the available services.

Green tips



54 Green tips

Here are tips on how you can contribute to protecting the environment.

Save energy

When you have fully charged the battery and disconnected the charger from the device, unplug the charger from the wall outlet.

You do not need to charge your battery so often if you do the following:

- Close and disable applications, services, and connections when not in use.
- Decrease the brightness of the screen.
- Set the device to enter the power saver mode after the minimum period of inactivity, if available in your device.
- Disable unnecessary sounds, such as keypad and ringing tones.

Recycle

Most of the materials in a Nokia phone are recyclable. Check how to recycle your Nokia products at www.nokia.com/werecycle, or with a mobile device, www.nokia.mobi/werecycle.

Recycle packaging and user guides at your local recycling scheme.

Learn more

For more information on the environmental attributes of your device, see www.nokia.com/ecodeclaration.

Accessories

Warning:

Use only batteries, chargers, and accessories approved by Nokia for use with this particular model. The use of any other types may invalidate any approval or warranty, and may be dangerous. In particular, use of unapproved chargers or batteries may present a risk of fire, explosion, leakage, or other hazard.

For availability of approved accessories, please check with your dealer. When you disconnect the power cord of any accessory, grasp and pull the plug, not the cord

Battery Battery and charger information

Your device is powered by a rechargeable battery. The battery intended for use with this device is BL-4S. Nokia may make additional battery models available for this device. This device is intended for use when supplied with power from the following chargers: AC-3. The exact charger model number may vary depending on the type of plug. The plug variant is identified by one of the following: E, EB, X, AR, U, A, C, or UB.

The battery can be charged and discharged hundreds of times, but it will eventually wear out. When the talk and standby times are noticeably shorter than normal, replace the battery. Use only Nokia approved batteries, and recharge your battery only with Nokia approved chargers designated for this device. Use of an unapproved battery or charger may present a risk of fire, explosion, leakage, or other hazard.

If a battery is being used for the first time or if the battery has not been used for a prolonged period, it may be necessary to connect the charger, then disconnect and reconnect it to begin charging the battery. If the battery is completely discharged, it may take several minutes before the charging indicator appears on the display or before any calls can be made.

Always switch the device off and disconnect the charger before removing the battery.

Unplug the charger from the electrical plug and the device when not in use. Do not leave a fully charged battery connected to a charger, since overcharging may shorten its lifetime. If left unused, a fully charged battery will lose its charge over time.

Always try to keep the battery between 15°C and 25°C (59°F and 77°F). Extreme temperatures reduce the capacity and lifetime of the battery. A device with a hot or cold battery may not work temporarily. Battery performance is particularly limited in temperatures well below freezing.

Do not short-circuit the battery. Accidental short-circuiting can occur when a metallic object such as a coin, clip, or pen causes direct connection of the positive (+) and negative (-) terminals of the battery. (These look like metal strips on the battery.) This might happen, for example, when you carry a spare battery in your pocket or purse. Short-circuiting the terminals may damage the battery or the connecting object.

Do not dispose of batteries in a fire as they may explode. Batteries may also explode if damaged. Dispose of batteries according to local regulations. Please recycle when possible. Do not dispose as household waste.

Do not dismantle, cut, open, crush, bend, deform, puncture, or shred cells or batteries. In the event of a battery leak, do not allow the liquid to come in contact with the skin or eyes. In the event of such a leak, flush your skin or

eyes immediately with water, or seek medical help.

Do not modify, remanufacture, attempt to insert foreign objects into the battery, or immerse or expose it to water or other liquids.

Improper battery use may result in a fire, explosion, or other hazard. If the device or battery is dropped, especially on a hard surface, and you believe the battery has been damaged, take it to a service centre for inspection before continuing to use it.

Use the battery only for its intended purpose. Never use any charger or battery that is damaged. Keep your battery out of the reach of small children

Nokia battery authentication guidelines

Always use original Nokia batteries for your safety. To check that you are getting an original Nokia battery, purchase it from a Nokia authorised service centre or dealer, and inspect the hologram label using the following steps:

Successful completion of the steps is not a total assurance of the authenticity of the battery. If you have any reason to

believe that your battery is not an authentic, original Nokia battery, you should refrain from using it, and take it to the nearest Nokia authorised service centre or dealer for assistance. If authenticity cannot be verified, return the battery to the place of purchase.

Authenticate hologram

1 When you look at the hologram on the label, you should see the Nokia connecting hands symbol from one angle and the Nokia Original Enhancements logo when looking from another angle.



When you angle the hologram left, right, down and up, you should see 1, 2, 3 and 4 dots on each side respectively.



What if your battery is not authentic?

If you cannot confirm that your Nokia battery with the hologram on the label is an authentic Nokia battery, please do not use the battery. Take it to the nearest Nokia authorised service centre or dealer for assistance. The use of a battery that is not approved by Nokia may be dangerous and may result in poor performance and damage to your device and its accessories. It may also invalidate any approval or warranty applying to the device.

To find out more about original Nokia batteries, see www.nokia.com/battery.

Care and maintenance

Your device is a product of superior design and craftsmanship and should be treated with care. The following suggestions will help you protect your warranty coverage.

- Keep the device dry. Precipitation, humidity, and all types of liquids or moisture can contain minerals that will corrode electronic circuits. If your device does get wet, remove the battery, and allow the device to dry completely before replacing it.
- Do not use or store the device in dusty, dirty areas. Its moving parts and electronic components can be damaged.
- Do not store the device in hot areas. High temperatures can shorten the life of electronic devices, damage batteries, and warp or melt certain plastics.
- Do not store the device in cold areas. When the device returns to its normal temperature, moisture can form inside the device and damage electronic circuit boards.
- Do not attempt to open the device other than as instructed in this guide.

- Do not drop, knock, or shake the device. Rough handling can break internal circuit boards and fine mechanics.
- Do not use harsh chemicals, cleaning solvents, or strong detergents to clean the device.
- Do not paint the device. Paint can clog the moving parts and prevent proper operation.
- Use only the supplied or an approved replacement antenna. Unauthorised antennas, modifications, or attachments could damage the device and may violate regulations governing radio devices.
- Use chargers indoors.
- Always create a backup of data you want to keep, such as contacts and calendar notes.
- To reset the device from time to time for optimum performance, power off the device and remove the battery.

These suggestions apply equally to your device, battery, charger, or any accessory. If any device is not working properly, take it to the nearest authorised service facility for service.

Recycle

Always return your used electronic products, batteries, and packaging materials to a dedicated collection point. This way you help prevent uncontrolled waste disposal and promote the recycling of materials. More detailed information is available from the product retailer, local waste authorities, national producer responsibility organisations, or your local Nokia representative. Check how to recycle your Nokia products at www.nokia.com/werecycle, or if browsing on a mobile device, www.nokia.mobil/werecycle



The crossed-out wheeled-bin symbol on your product, battery, literature, or packaging reminds you that all electrical and electronic products, batteries, and accumulators must be taken to separate collection at the end of their working life. This requirement applies in the European Union. Do not dispose of these products as unsorted municipal waste. For more environmental information, see the product Eco-Declarations at www.nokia.com/environment.

Additional safety information

The surface of this device is nickel-free

Small children

Your device and its accessories may contain small parts. Keep them out of the reach of small children

Operating environment

This device meets RF exposure guidelines when used either in the normal use position against the ear or when positioned at least 1.5 centimetres (5/8 inch) away from the body. When a carry case, belt clip, or holder is used for body-worn operation, it should not contain metal and should position the device the above-stated distance from your body.

To transmit data files or messages, this device requires a quality connection to the network. In some cases, transmission of data files or messages may be delayed until such a connection is available. Ensure the above separation distance instructions are followed until the transmission is completed.

Parts of the device are magnetic. Metallic materials may be attracted to the device. Do not place credit cards or other magnetic storage media near the device, because information stored on them may be erased.

Medical devices

Operation of any radio transmitting equipment, including wireless phones, may interfere with the functionality of inadequately protected medical devices. Consult a physician or the manufacturer of the medical device to determine if they are adequately shielded from external RF energy or if you have any questions. Switch off your device in health care facilities when any regulations posted in these areas instruct you to do so. Hospitals or health care facilities may be using equipment that could be sensitive to external RF energy.

Implanted medical devices

Manufacturers of medical devices recommend that a minimum separation of 15.3 centimetres (6 inches) should be maintained between a wireless device and an implanted medical device, such as a pacemaker or implanted cardioverter defibrillator, to avoid potential interference with the medical device. Persons who have such devices should:

 Always keep the wireless device more than 15.3 centimetres (6 inches) from the medical device when the wireless device is turned on

- Not carry the wireless device in a breast nocket.
- Hold the wireless device to the ear opposite the medical device to minimise the potential for interference.
 - Turn the wireless device off immediately if there is any reason to suspect that interference is taking place.
- Read and follow the directions from the manufacturer of their implanted medical device.

If you have any questions about using your wireless device with an implanted medical device, consult your health care provider.

Hearing aids

Some digital wireless devices may interfere with some hearing aids. If interference occurs, consult your service provider.

Vehicles

RF signals may affect improperly installed or inadequately shielded electronic systems in motor vehicles such as electronic fuel injection systems, electronic antiskid (antilock) braking systems, electronic speed control systems, and air bag systems. For more information, check with the manufacturer, or its representative, of your vehicle or any equipment that has heen added

Only qualified personnel should service

the device or install the device in a vehicle. Faulty installation or service may be dangerous and may invalidate any warranty that may apply to the device. Check regularly that all wireless device equipment in your vehicle is mounted and operating properly. Do not store or carry flammable liquids. gases, or explosive materials in the same compartment as the device, its parts, or accessories. For vehicles equipped with an air bag, remember that air bags inflate with great force. Do not place objects, including installed or portable wireless equipment in the area over the air bag or in the air bag deployment area. If in-vehicle wireless equipment is improperly installed and the air bag inflates, serious injury could result

Using your device while flying in aircraft is prohibited. Switch off your device before boarding an aircraft. The use of wireless teledevices in an aircraft may be dangerous to the operation of the aircraft, disrupt the wireless telephone network, and may be illegal.

Potentially explosive environments

Switch off your device when in any area with a potentially explosive atmosphere, and obey all signs and instructions. Potentially explosive atmospheres include areas where you would normally be advised to turn off your vehicle engine. Sparks in such areas could cause an explosion or fire resulting in bodily injury or even death. Switch off the device at refuelling points such as near gas numps at service stations. Observe restrictions on the use of radio equipment in fuel depots. storage, and distribution areas: chemical plants: or where blasting operations are in progress. Areas with a potentially explosive atmosphere are often, but not always, clearly marked. They include below deck on boats. chemical transfer or storage facilities and areas where the air contains chemicals or particles such as grain. dust, or metal powders. You should check with the manufacturers of vehicles using liquefied petroleum gas (such as propage or butage) to determine if this device can be safely used in their vicinity.

Emergency calls

Important: This device operates using radio signals, wireless networks, landline networks, and userprogrammed functions. If your device

supports voice calls over the internet (internet calls), activate both the internet calls and the cellular phone. The device will attempt to make emergency calls over both the cellular networks and through your internet call provider if both are activated. Connections in all conditions cannot be guaranteed. You should never rely solely on any wireless device for essential communications like medical emergencies.

To make an emergency call:

- If the device is not on, switch it on. Check for adequate signal strength. Depending on your device, you may also need to complete the following:
 - Insert a SIM card if your device uses one.
 - Remove certain call restrictions you have activated in your device.
 - Change your profile from offline or flight profile mode to an active profile.
- 2 Press the end key as many times as needed to clear the display and ready the device for calls.
- 3 Enter the official emergency number for your present location.

Emergency numbers vary by location.

4 Press the call key.

When making an emergency call, give all the necessary information as accurately as possible. Your wireless device may be the only means of communication at the scene of an accident. Do not end the call until diven permission to do so.

Certification information (SAR) This mobile device meets guidelines for exposure to radio waves.

Your mobile device is a radio transmitter and receiver. It is designed not to exceed the limits for exposure to radio waves recommended by international guidelines. These guidelines were developed by the independent scientific organisation ICNIRP and include safety margins designed to assure the protection of all persons, regardless of age and health.

The exposure guidelines for mobile devices employ a unit of measurement known as the Specific Absorption Rate or SAR. The SAR limit stated in the ICNIRP guidelines is 2.0 watts/kilogram (W/kg) averaged over 10 grams of tissue. Tests for SAR are conducted using standard operating positions with the device transmitting at its highest certified

64 Additional safety information

power level in all tested frequency bands. The actual SAR level of an operating device can be below the maximum value because the device is designed to use only the power required to reach the network. That amount changes depending on a number of factors such as how close you are to a network base station.

The highest SAR value under the ICNIRP guidelines for use of the device at the ear is 0.59 W/kg.

Use of device accessories may result in different SAR values. SAR values may vary depending on national reporting and testing requirements and the network band. Additional SAR information may be provided under product information at www.nokia.com.

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DECLARATION OF CONFORMITY

C€0434

Hereby, NOKIA CORPORATION declares that this RM-497 product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. A copy of the Declaration of Conformity can be found at http://www.nokia.com/phones/declaration_of_conformity/.

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FCC/INDUSTRY CANADA NOTICE

Your device may cause TV or radio interference (for example, when using a telephone in close proximity to receiving equipment). The FCC or Industry Canada can require you to stop using your telephone if such interference cannot be eliminated. If you require assistance, contact your

local service facility. This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Any changes or modifications not expressly approved by Nokia could void the user's authority to operate this equipment.

/Issue 1 EN