

SPECIFICATION	
Case diameter	39 mm
Case thickness	7.85 mm
Movement	Sellita SW300-1
Watch case material	Titanium
Glass material	Sapphire glass
Water resistance	5 ATM
Strap	Minimalistic, unisex and easy to remove Desserto® strap made of sustainable, cruelty free material. <ul style="list-style-type: none"> <li>• Strap width: 20 mm</li> <li>• Buckle material: titanium</li> <li>• Spring telescopic bars</li> </ul>
Documentation	<ul style="list-style-type: none"> <li>• User manual and guarantee</li> <li>• Certificate of Origin</li> </ul>

## PRECAUTIONS AND USAGE LIMITATIONS

### ⚠️ CAUTION To avoid injury

- Be particularly careful when engaged in work or exercises, to avoid injury to yourself or others.
- Be particularly careful when wearing your watch while holding a small child to avoid injury.
- Do not wear your watch in locations where the watch may become excessively hot, since there is a risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails.
- Take off your watch before going to bed.

## WARRANTY

Your Mudita Element is covered by a warranty that is valid for a period of 24 months from the date of purchase. Any manufacturing defects discovered during this period will be repaired free of charge. The customer is responsible for covering the shipping costs of the watch to the specified address. To ensure safe delivery of the Mudita Element watch to the company's address, the watch should be packaged in a way that prevents damage during transportation. In the event that the defect cannot be removed or repaired, the customer has the right to exchange the watch for a new one or receive a full refund of the watch's value. Faulty watches should be sent to the specified address after prior email contact. To request repairs and receive support, please email the following address: [support@mudita.com](mailto:support@mudita.com). If possible, try to attach photos or videos to demonstrate the issue you encountered.

The warranty is valid only with a proof of purchase containing the date of purchase.

The warranty does not cover: watch strap (including buckles), telescopic bars, watch crystal, clasp, and watch case plating. Moreover, the warranty does not cover: damages resulting from random events occurring after the completion of the sale, damages arising from loss, theft, accident, fire, improper use, attempted repairs by non-authorized persons, negligence or normal wear and tear, damages arising from causes other than defects in materials and/or workmanship, claims relating to damage resulting from any type of use of this timepiece.

### Let's stay in touch!

Share your feedback about the product on our Forum by adding your review in the product section.

Sign up for our newsletter to be the first to know about new products and receive benefits of our newsletter program.

And don't forget to follow us on social media. We hope you enjoy using your Mudita Element.

Mudita Team  
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For more information, please scan QR code or visit: <http://mudita.com/element-1/quick-start>



## MUDITA ELEMENT

### THANK YOU FOR YOUR PURCHASE AT MUDITA.

Thank you for your trust in Mudita Element – our unique, limited edition minimalist automatic watch, designed by Mudita and manufactured by a Swiss manufacturer with over 60 years of tradition in masterful watchmaking.

Celebrate a more meaningful lifestyle every day with Mudita Element, which will be your tool and reminder to slow down, reconnect and use time in a more conscious way. We hope you'll really love the experience.

Mudita automatic watches derive their energy from the movement of the pendulum, driven by the natural movements of the wrist. Automatic watches do not require batteries.

## HOW TO USE



### Automatic movement

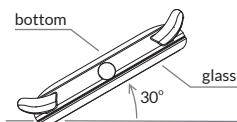
The watch is equipped with a Swiss Sellita SW300-1 automatic mechanism, which is wound by the movement of a rotor while the watch is worn. A fully wound movement movement of the watch has a power reserve of up to 56 hours. Just a few minutes of wearing the watch is enough to power the mechanism.

### Setting the time

To set the time, pull the crown out to the position **1** and turn it in either direction until the desired time is displayed. After setting the desired time, press the crown to the position **0** to start the mechanism.

### Winding the mainspring manually

We recommend winding your watch regularly. Leaving the watch unmoved for a long period of time may cause inaccuracies. Mudita Element winds automatically when worn. When not being worn, you can wind the watch by hand. To do so, please place the watch as shown in the picture below, set the crown to position **0** and turn it between 30 and 60 turns per minute.



## WATER RESISTANCE

Mudita Element watch is designed to withstand a pressure of up to 5 ATM (pressure of 5 bar or a water column of 50 meters/ 165 ft). This means it is resistant to contact with water during everyday activities like occasional splashes of water or rain. However, we do not recommend that you shower, bathe or swim wearing it. If the watch gets wet, dry it with a soft cloth and let it dry. Do not set the time if your hands are wet or if the watch has not been properly dried.

The water resistance cannot be guaranteed permanently. Everyday wear, aging of seals or accidental shocks adversely affect the water-resistance of the watch. We recommend that you have your watch's water resistance checked once a year by a qualified watchmaker.

## CARE AND MAINTENANCE

**Temperature.** Do not expose the watch to rapid temperature changes or extreme temperatures (over 60°C (140°F) or below 0°C (32°F)).

**Magnetic fields.** Do not expose the watch to strong magnetic fields generated, for example, by speakers, cell phones, computers, refrigerators or other electrical appliances.

**Shocks.** Avoid thermal or mechanical shocks – they may cause damage to the watch.

**Harmful products.** Do not expose to reactive or corrosive chemicals and gasses as this may cause discoloration of the watch case, crown, or watch straps. The watch may also corrode, which can affect its water resistance.

**Cleaning.** Clean the watch regularly (except for the leather strap) using a soft cloth and lukewarm soapy water. If your watch comes into contact with salt water, gently rinse with fresh water and leave it until completely dry.

To maintain accuracy and prolong the lifespan of your watch we recommend regular maintenance by a qualified

watchmaker every 2-3 years. We recommend that your watch be serviced only by qualified local watchmakers.

## WATCH STRAP

**Desserto® Watch Strap.** This strap is 100% vegan and plant-based. The resources and energy used to grow cacti are limited to a minimum. Moreover, the roots of the plant are left intact and regularly regrow leaves for production, contributing to oxygen production and carbon dioxide absorption. Using Desserto® straps helps limit your carbon footprint.

The strap is equipped with a titanium buckle and the quick-spring bar mechanism that allows for easy strap change with a simple one-click swap – no tools required. This enables you to switch straps whenever needed to match any mood and outfit.

This strap is 100% vegan and cruelty-free. Thank you for making a conscious choice.

### How to take care of your Desserto® Watch Strap.

Our Desserto® straps are water-resistant to splashes which may happen when the watch is worn everyday. However, we do not recommend wearing the watch while showering, bathing or swimming. To clean the strap, use a clean cloth dampened in cold water without detergents. The straps are not machine washable. When the time comes to replace your straps, recycle metal parts and dispose of the straps in a mixed-waste bin. We recommend replacing your strap every six months for hygienic reasons.

### How to change your strap.

All official Mudita straps come with a quick release pin on a telescopic bar attaching the strap to the watch. Make sure you use a strap that is compatible with Mudita Element Element as they are designed for easy access to the pin.

- Place your watch face down on a clean smooth surface such as a microfiber cloth or mat.
- Use a finger to pull and hold back the quick release pin, releasing the side of the telescopic bar closest to the pin.
- Gently slide the strap out from the watch starting with the side closest to the pin.
- To fit the new strap, use a finger to pull and hold back the quick release pin on the new strap.
- Slide the side of the telescopic bar furthest from the pin into the watch first, making sure it fits snugly into the indentation.
- Line up the side closest to the pin with the remaining indentation and release the pin.
- Make sure the strap is fitted correctly before wearing the watch.

If you are not able to slide the strap in or out, let go of the pin and try pulling it back again. Never force the strap into place.

## TECHNICAL SPECIFICATION

### Power reserve

The mechanism of the watch includes an oscillating rotor that winds the mainspring via the motion of your wrist. If necessary, the watch may be rewound manually.

A fully wound movement of the watch has a power reserve of up to 56 hours.

### Accuracy

All automatic watches lose seconds due to the environment. To help maintain accuracy we recommend you avoid:

- Keeping the watch in direct sunlight.
- Very high or very low temperatures.
- Strong magnetic fields.
- Large changes in altitude.
- Physical or thermal impacts to your watch which can potentially damage it.
- Leaving the watch unmoved for a long period of time may cause inaccuracies. We recommend winding your watch regularly.