To set the time and date:

- Enter setup mode by pressing the SET button for three seconds

- Press DOWN once to reach the time settings

- Press SET briefly to start adjusting the current hour (which should start flashing). Press UP and DOWN to modify the value.

- Press SET briefly once more to start adjusting the current minutes (which should start flashing). Press UP and DOWN to modify the value.

- Repeat this pattern for day, month and year.

- Press SET a final time to finalize the settings (flashing ought to stop) and R to close the setup mode.