

## Data Roaming Guide

Checking emails and browsing the Internet while you're overseas is handy but we know it can get expensive quickly. That's why we've put together a guide to help you minimise your data usage.

Full instructions on how to complete each step can be found by clicking on the type of device you will be using.

### [If you're using a USB modem or data card:](#)

1. Turn off Windows and software automatic updates
2. Optimise your email client settings
3. Avoid visiting data intensive sites and activities
4. Turn on your Internet browser's pop-up blocker
5. Remember to disconnect your data session

### [If you're using a smartphone or mobile phone:](#)

1. Optimise your email settings
2. Visit mobile WAP sites instead
3. Avoid using data intensive applications
4. Track your data roaming usage

### [If you're using a BlackBerry device:](#)

1. Switch from 3G to 2G – do not select 2G/3G

## If you're using a USB modem or data card

For example:



Sierra Wireless 885U




Telecom MF636

### 1. Turn off Windows and software automatic updates

By default, Windows and anti-virus software will automatically check for updates and install them. We recommend you turn off automatic updates before you leave to avoid unexpected data charges.

Turn off Windows automatic updates:

1. Open Windows Update by clicking the **Start** button  and in the **Start Search** box, type in **Windows Update**.
2. In the left pane, click **Change Settings**.
3. Choose the **Check for updates but let me choose whether to download and install them** option and then click OK.

To turn off automatic updates for your anti-virus software, refer to the software's support documentation or contact the software vendor's technical support.

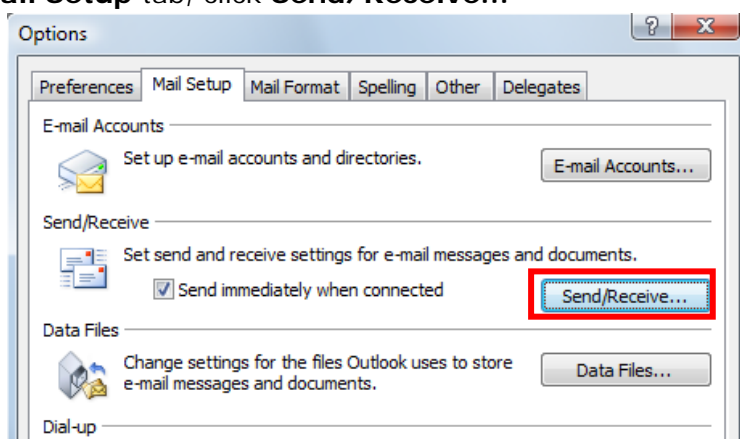
### 2. Optimise your email client settings

If you are using email while overseas, you can reduce your data usage by turning off automatic send/receive, sending emails in plain text, and only downloading email headers.

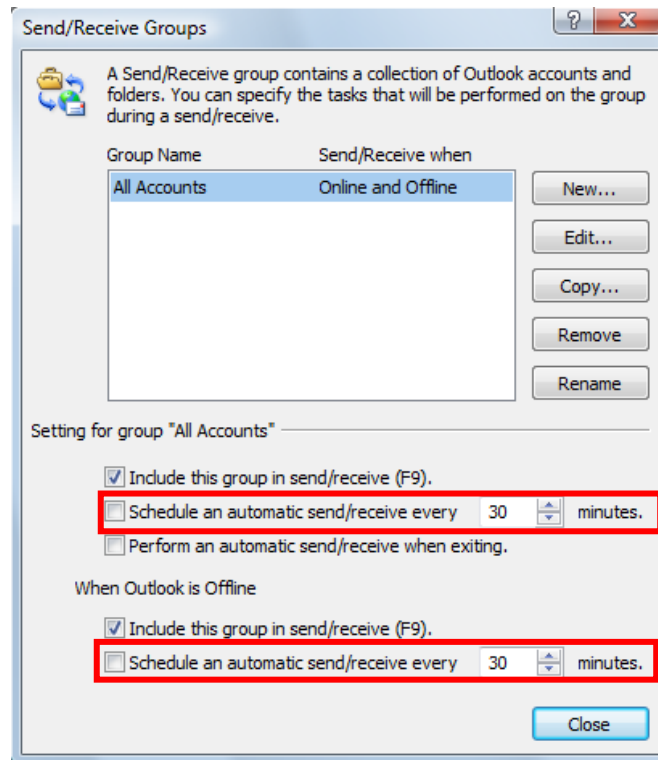
The following instructions are for Outlook 2007. If you have another email client or version of Outlook, refer to the support documentation or contact the software vendor's technical support.

Turn off automatic send/receive:

1. Open Outlook 2007, select the **Tools** menu and then click **Options**.
2. In the **Mail Setup** tab, click **Send/Receive...**

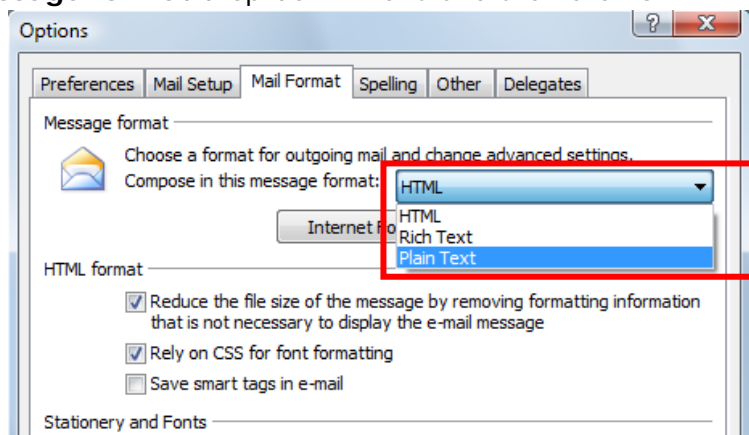


3. Uncheck the boxes next to **Schedule an automatic send/receive every...minutes**



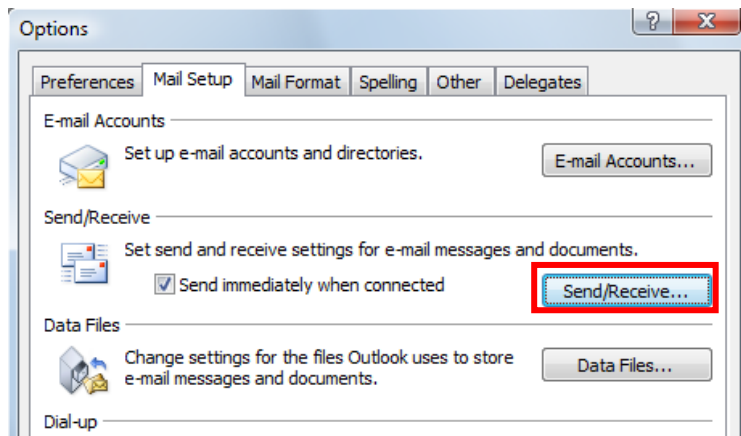
Change settings to send emails in plain text only:

1. Open Outlook 2007, select the **Tools** menu and then click **Options**.
2. In the **Mail Format** tab, choose the **Plain Text** option from the **Compose in this message format** drop-down menu and then click OK.

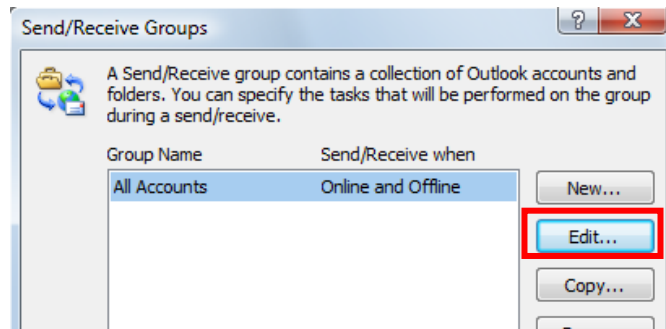


Change settings to download email headers only:

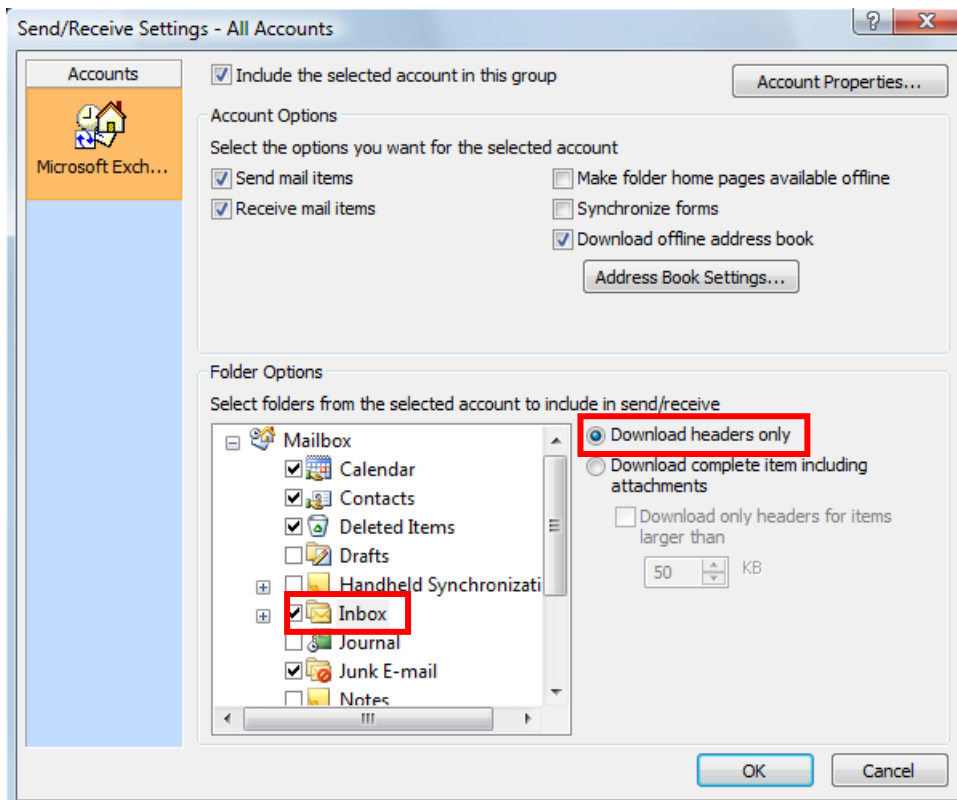
1. Open Outlook 2007, select the **Tools** menu and then click **Options**.
2. In the **Mail Setup** tab, click on **Send/Receive...**



3. Click **Edit**



4. Select the **Inbox** folder, choose the **Download headers only** option and then click OK.



### 3. Avoid visiting data intensive sites and activities

Some websites like [youtube.com](https://www.youtube.com) and [tvnz.co.nz](https://www.tvnz.co.nz) are data intensive because they use a lot more data than other sites. In general, it's a good idea to avoid sites with video

content, audio content, or high resolution pictures. And of course, do not download music or movies, stream TV episodes, or share peer-to-peer files while roaming.

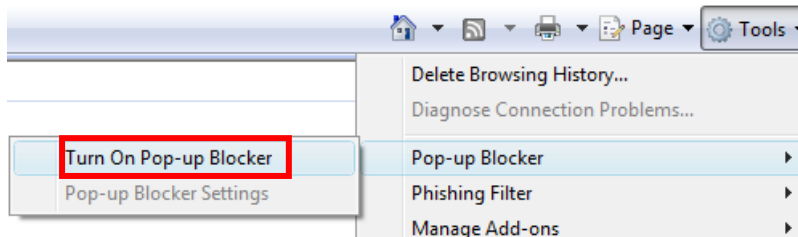
#### 4. Turn on your Internet browser's pop-up blocker

If you are browsing the Internet while overseas, you can reduce your data usage by blocking unwanted pop-ups windows.

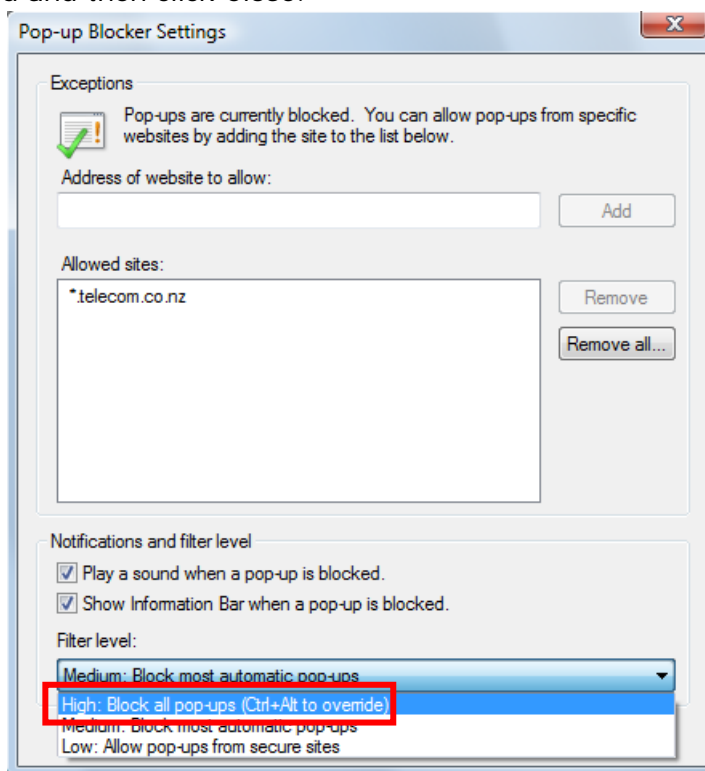
The following instructions are for Internet Explorer 7. If you have another Internet browser, refer to the support documentation or contact the software vendor's technical support.

Turn on pop-up blocker in Internet Explorer 7:

1. Open Internet Explorer 7, select the **Tools** menu, select **Pop-up Blocker** and click **Turn On Pop-up Blocker**.



2. Select the **Tools** menu, select **Pop-up Blocker** and click on **Pop-up Blocker Settings**.
3. Select the **High: Block all pop-ups** option from the **Filter Level** drop-down menu and then click Close.



#### 5. Remember to disconnect your data session

We recommend you disconnect your data session to avoid other software using data in the background. Click the Disconnect button in the Watcher application after you've finished using the Internet.

## If you're using a Smartphone or mobile phone

For example:



Telecom R6



Sony Ericsson C510



Samsung F480



Nokia E71

### 1. Optimise your email settings

Some smartphones and mobile devices are designed to automatically sync with your email and/or calendar. You can change your settings to sync manually, instead of having the data "pushed" to your device automatically, to control the data being used by your device.

Another way to reduce your data usage is to change your email settings so that only the header information or the first part of the message is retrieved. Then you can choose whether or not to download the full email from the sender, subject and size information.

Refer to your [mobile user guide](#) for instructions on how to change the settings on your device. Remember to change your settings back when you return to New Zealand.

### 2. Visit mobile WAP sites instead

Many popular websites have developed mobile sites that use significantly less data, for example Trademe ([m.trademe.co.nz](http://m.trademe.co.nz)), NZ Herald ([m.nzherald.co.nz](http://m.nzherald.co.nz)), and Stuff ([m.stuff.co.nz](http://m.stuff.co.nz)).

Most devices will automatically redirect you to the mobile site if available. You can bookmark mobile sites that you commonly visit so that you go directly to these sites while roaming.

Refer to your [mobile user guide](#) for instructions on how to bookmark a website.

### 3. Avoid using data intensive applications

Recent smartphones have data intensive applications built-in like Google Maps and YouTube that use a large amount of data. In general, it's a good idea to avoid using these applications while roaming unless you need to.

### 4. Track your data roaming usage

You can keep an eye on your data roaming usage with Your Telecom on mobile.

Simply log in to [TWorld](#) from the WAP menu of your device. The usage meters are not real time and will be updated approximately every hour. Remember TWorld and Your Telecom services are charged at the data rate for the zone you're in while overseas.

## If you're using a BlackBerry device

For example:



BlackBerry Bold

### 1. Switch from 3G to 2G – do not select 2G/3G

BlackBerry devices are ideal for controlling your data usage because they are designed to send and receive emails efficiently. To get the most out of your BlackBerry while roaming, switch the setting from 3G to 2G to improve service access and battery life.

To switch the from 3G to 2G

1. Select BlackBerry key.
2. Select Manage Connections.
3. Select Mobile Network Options.
4. Select Network Mode.
5. Select 2G. For the best result make sure the device is set to 2G only. When you are connected on the 2G setting you will see 'GPRS' or 'Edge' at the top right of the screen.
6. If you don't automatically connect to 2G, power the device off and on.

**Important:** When you return to New Zealand you must switch back to 3G for your BlackBerry to work correctly.