
Care & Purchase Guide for Automatic Watches

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forumveda analoge Uhren



Introduction

Welcome to the world of watchmaking

An automatic watch is more than a timepiece. It is a heartbeat of steel and glass, a small work of art that accompanies you day after day. Every movement of your wrist brings its movement to life – no electricity, no battery, just pure mechanics, carried by decades of tradition in watchmaking.

At forumveda, we believe a watch is not simply bought – it is chosen. For many years, sometimes for generations. Our philosophy combines precise watchmaking with the aspiration of bringing a piece of character to the wrist. Every one of our watches is deliberately composed: from the choice of case material to the movement that beats inside it.

In this guide, you will learn how to properly care for your automatic watch, what to look for when buying, and why we at forumveda rely on the proven Seiko NH35. Our goal is not only to give you knowledge but also enthusiasm for a piece of watchmaking art that will become your daily companion.

Chapter 1 – Care for Generations

Your automatic watch is a piece of living mechanics – finely tuned gears, springs, and shafts that together form a heart of steel. For this heart to beat reliably for many years, it needs attention and the right care. At forumveda, we see every watch as a companion for life – and that's exactly how it should be treated.

1. Daily Handling

- **Automatic winding:** Wear your watch regularly – about 8 to 10 hours a day. The movement of your wrist ensures that the movement winds itself automatically.
- **Manual winding:** If your watch has stopped, give it new momentum by turning the crown 20–30 times clockwise in the starting position. This fills the power reserve, and the automatic mechanism takes over by itself afterwards.
- **Setting time & date:** Be careful not to adjust the date between 9:00 PM and 3:00 AM. During this time, the movement is already working on the date change – intervention could damage the mechanism.

2. Protection & Storage

- **Magnetism:** Keep your watch away from loudspeakers, refrigerator doors, or strong magnetic clasps – magnetization is one of the most common causes of inaccurate timekeeping.
- **Temperature:** Extreme heat (e.g., sauna) or strong cold stresses oils and gaskets. Store your watch in a stable environment.
- **Shocks:** Mechanical movements are robust, but not invulnerable. For heavy work (chopping wood, sports involving impacts), your watch is better off in a safe place.
- **Storage:** If you don't wear your watch for a long time, place it in a watch box or – if desired – in a watch winder, which keeps the movement in gentle motion.

3. Cleaning & Care

- **Metal cases & bracelets:** A soft cloth and lukewarm soapy water are sufficient. A particularly soft brush is recommended for small gaps. Afterwards, rinse thoroughly and immediately dry with a microfiber cloth.
- **Leather straps:** Leather loves dry environments. Avoid moisture and sweat, and gently wipe the strap regularly with a dry cloth.

4. Maintenance & Service ✂

Like an automobile, an automatic watch also needs regular care. We recommend having the water resistance checked every 3–5 years. A movement overhaul is necessary at even longer intervals – the Seiko NH35 is known for its enormous longevity. With fresh oil and expert adjustment, however, your timepiece remains as precise as on the first day for decades.

Do's & Don'ts (Quick Overview) ✂

Do's:

- Wear the watch regularly
- Clean gently
- Have the gaskets checked every few years

Don'ts:

- Adjust the date at night
- Place the watch in a sauna or extreme heat
- Expose it to strong magnetic fields

Chapter 2 – Purchase Criteria: What really matters in a watch

A watch is more than an instrument for measuring time. It is an expression of personality, style, and attitude. Especially with an automatic watch, a conscious decision is crucial – because it will accompany you for years, if not decades. Below you will find the most important criteria that make the difference between a random watch and a true companion for life.

1. Materials & Craftsmanship

- **Stainless Steel:** High-quality 316L stainless steel is corrosion-resistant, durable, and remains beautiful even after many years. It gives the watch weight, value, and robustness.
- **Crystal:** Sapphire crystal is considered the king among watch glasses – scratch-resistant and clear. Mineral glass is cheaper, but more sensitive. forumveda relies on carefully selected materials that combine function and elegance.
- **Straps:** Leather conveys warmth and elegance, metal bracelets robustness and suitability for everyday use. The crucial thing is that the strap matches the wearer and their lifestyle.

2. The Movement, The Heart of the Watch

The movement is the soul of an automatic watch. It determines precision, reliability, and character.

- **Automatic instead of Quartz:** Unlike quartz watches with a battery, an automatic watch thrives on pure mechanics – your arm provides its energy, not electricity.
- **Seiko NH35:** forumveda deliberately opts for the legendary Seiko NH35. It is known worldwide for its longevity, stability, and ease of maintenance – a movement that watchmakers around the globe appreciate. With it, you get precision that lasts for decades.

3. Size & Wearing Comfort

The right size is what makes a watch a harmonious part of your personality.

- **Diameter:** Classic men's watches usually range between 40 and 42 mm. They should be present on the wrist without dominating.
- **Height & Weight:** A balanced case height ensures that the watch can be worn comfortably even under shirt cuffs.
- **Design:** Whether sporty, elegant, or minimalist – choose a dial that matches your character. forumveda deliberately relies on clear, timeless design that never goes out of style.

4. Value for Money & Sustainability

A good watch doesn't necessarily have to cost several thousand euros. It is important that materials, movement, and craftsmanship are in the right balance.

- forumveda pursues an approach that offers high-quality components – stainless steel, automatic movement, careful assembly – at a fairly calculated price.
- Due to its repair and serviceability, an automatic watch is also sustainable: it is not disposed of when the battery is empty but continues to live through care and maintenance.

Conclusion

When buying a watch, it pays to look closely. A watch is not just a fashion accessory – it is a piece of mechanics with a soul. Those who value materials, movement, and design make a decision for permanence and character. This is exactly where forumveda comes in: with clear values, honest quality, and the aspiration to build timepieces that accompany you for a lifetime.

Chapter 3 – forumveda: Time for Values

Time is the most valuable thing we possess. It cannot be multiplied, nor brought back – it constantly moves forward. An automatic watch is a symbol of this flow of time: it lives as long as it is worn, it beats as long as we move. At forumveda, this symbolism is the core of our work.

Our Philosophy 🕒

forumveda stands for conscious deceleration. In a world full of displays, push notifications, and disposable products, we want to create a counterpoint: timepieces that are honest, robust, and permanent.

- **Mechanics instead of Electronics:** Every watch lives from the wearer's movement, completely without a battery, completely without dependence on electricity.
- **Materials with Substance:** Stainless steel, sapphire crystal, and proven automatic movements – no short-lived trends, but lasting quality.
- **Watchmaking with Conviction:** Every forumveda is manufactured with the aspiration to be not only functional but also to embody a value.

Values that Last 🌱

We believe that a watch is not just an accessory, but expresses an attitude. Those who wear a forumveda consciously choose:

- **Sustainability:** An automatic watch can be cared for, maintained, and passed down – a contrast to the throwaway mentality.
- **Honesty:** No artificially inflated brand, but clear communication and transparent materials.
- **Timelessness:** Designs that still look harmonious in 20 years – no short-lived fashion, but lasting elegance.

forumveda & You 🤝

A forumveda is not just a product. It becomes part of your personal history. It accompanies you in moments that count – in everyday life, during successes, while travelling, during encounters. Every small movement keeps it alive, every hour that passes becomes visible in its rhythm.

Our Promise ✨

When we build a watch, we always do so with the aspiration:

- **honest in origin,**
- **robust in manufacturing,**
- and **clear in design.**

forumveda stands for watches that can accompany you for a lifetime. Time for values – that is not just a guiding principle, but our daily motivation.

Closing Remark – Time that Remain

Thank you for taking the time to read this guide. We hope that it has not only given you practical tips but also a sense of what makes forumveda special: the passion for enduring values, honest watch craftsmanship, and the love for detail.

A forumveda is more than a timepiece. It is a statement against fast-paced living, for permanence – and for the moments that truly matter.

👉 If you would like to find out more, visit us on our website or discover our current models.

Be inspired, compare, and find exactly the timepiece that suits you.

forumveda – Time for Values.

