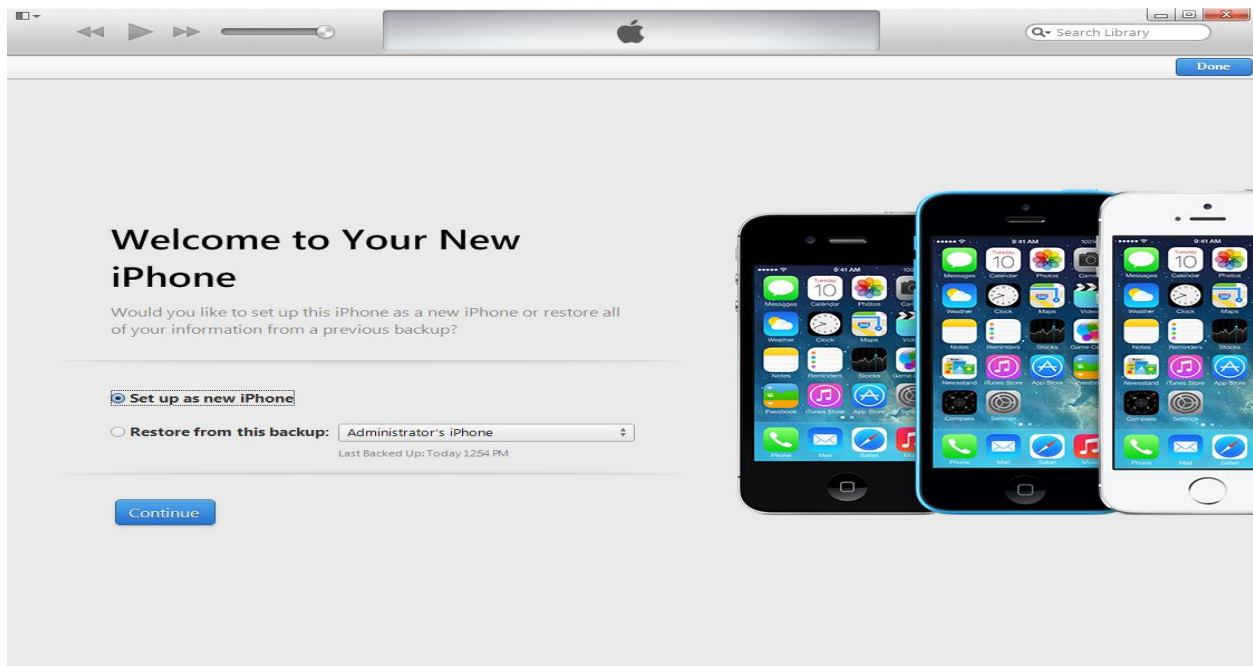# How to transfer photos/videos/contacts from your computer to your iPhone:

1. Install iTunes software from http://www.apple.com/ca/itunes/download/
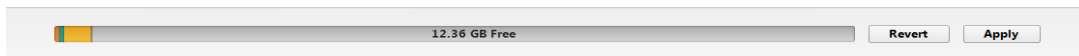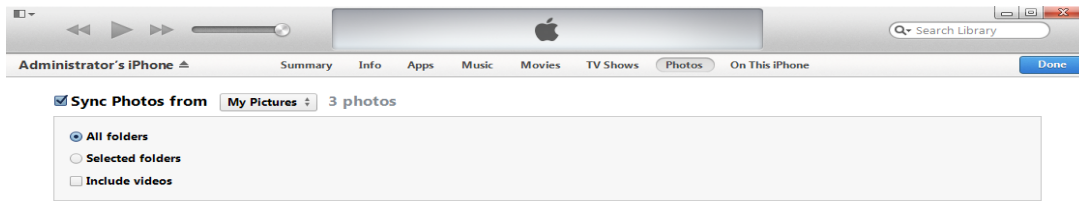2. Open iTunes and follow the prompts.

3. You will end up at the screen below.
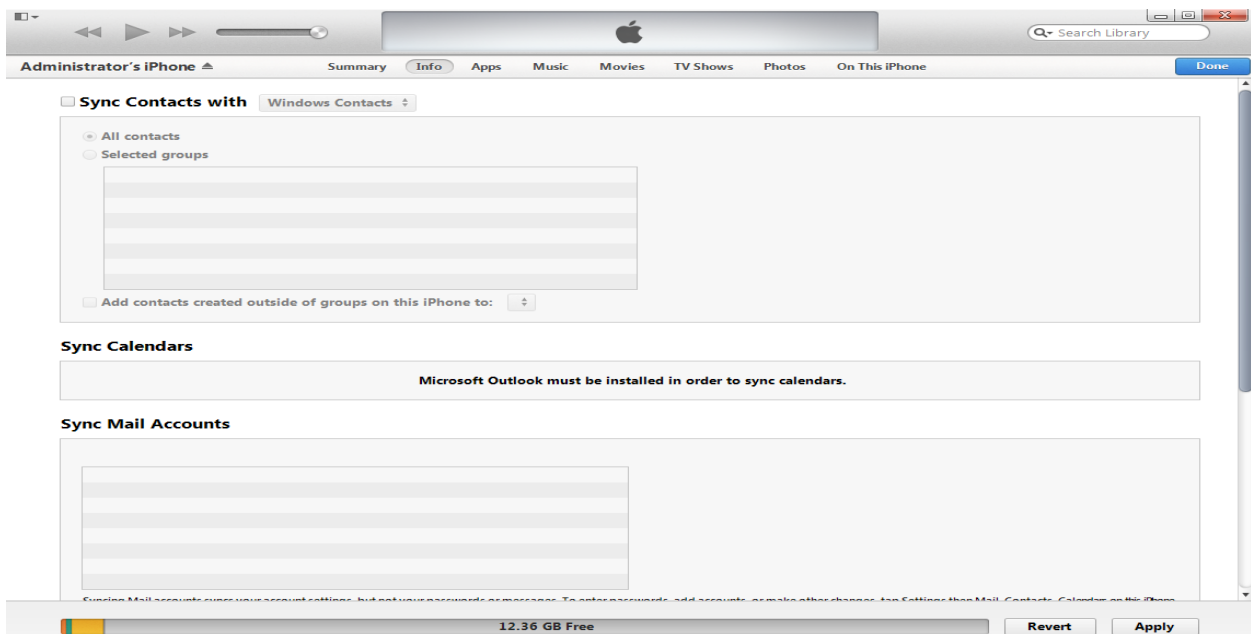
How to transfer photos/videos:

1. To transfer photos from your computer to your iPhone, click on Photos (under the apple icon).

2. Put a checkmark in the "Sync Photos from….". Click the drop down menu to choose the folder location of the pictures.

3. To sync videos, click the checkbox "Include videos" on the same screen. Click "Apply" (bottom right hand side of the screen).

How to transfer Contacts:

1. Click "Info" on the top of the screen.

2. Place a checkmark in the "Sync Contacts with Windows Contacts" and click "Apply" at the bottom right hand corner of the screen.