Android

To configure the 'Email' app on an Android device for access to Google mail, just follow the steps below:

1. Go to **Settings>Forwarding and POP/IMAP** and enable IMAP in your Gmail settings.
2. On your phone, press **< Home >**, then open the **Email** application.
3. On the 'Your accounts' page, select **Next** to get started with setup.
4. Enter your full Gmail address and password, then select **Next**.
5. On the next screen, you can give the account a nickname and choose the name to display on your outgoing messages. Tap **Done**.

And you're done. You can verify your settings from the Inbox view by tapping **< Menu > > Account settings**.

Incoming settings
IMAP server: imap.googlemail.com
Port: 993
Security type: SSL (always)

Outgoing settings
SMTP server: smtp.googlemail.com
Port: 465
Security type: SSL (always)

Google Email Uploader

The Google Email Uploader is an open source desktop utility for Microsoft Windows. It uploads email and contacts from desktop email programs (like Microsoft Outlook®) into your Google Apps mailbox. It preserves information such as sent dates and sender/recipient data, as well as the folder structure used by email programs.

http://mail.google.com/mail/help/email_uploader.html