

The Tenerife Property & Business Guide

March 2024
Issue 233

Tel: 0034 609 714 276 • george.thetpg@gmail.com • thetenerifepropertyguide.com

PARQUE SANTIAGO 1

- Largest Penthouse
- 5 beds, 5 baths
- 2 large terraces with sea views

TRADE-IN ACCEPTED

0034 665 567 982
(WhatsApp only PLEASE)

WE CAN SELL OR RENT YOUR PROPERTY..

WE HAVE WAITING CLIENTS

www.tenerifeislandrentals.com   

+34 922 797 438  +34 673 778 700

ESTABLISHED OVER 20 YEARS



SALES - RENTALS
PROPERTY MANAGEMENT

REAL ESTATE
dp donpiso
TENERIFE SOUTH

C. Grande, 57 | 38670 Adeje | Santa Cruz de Tenerife

➤ OVER 35 YEARS OF EXPERIENCE

➤ NUMBER 1 IN SPAIN

➤ 3000+ PROPERTIES SOLD EACH YEAR

➤ RELIABLE & PROFESSIONAL



www.tenerifedonpiso.com

☎ 822 692 413 📞 722 544 609



OROTEANDA BAJA, LUXURY 5 BED VILLA

See Page 15 for more information/contact details to arrange a viewing!

€940,000

REF: S-05 1380

FOR SALE - PROPERTY MANAGEMENT Co.
offices on prime location in South of Tenerife
management of holiday lets under contract
existing future reservations included
no experience required - turnover € 800.000+
accounts available - enquire - info@mami2009.com

LUGGAGE STORAGE - SHOWER FACILITY

LATE FLIGHT HOME AND ALREADY
CHECKED OUT? USE OUR FACILITIES ON
PARQUE SANTIAGO 2
CASE € 2,50 / SHOWER € 5,00

 +34 648 408 822

www.mami2009.com - info@mami2009.com



SAFE CLEAN

PART OF G.D.A. GROUP S.L.U. Est 1987

PEST CONTROL

For private villas, apartments, complexes,
providing sanidad

certificates for Bars & Restaurants

CONTROL DE PLAGAS

Desinsectación, desratización y certificados

www.safecleantenerife.net

  609 066 973

  627 114 090

CLEANING

Professional upholstery
& carpet cleaning, sofas, beds

LIMPIEZA

Limpieza de sofás,
alfombras, tapizados etc.

e-mail: info@safecleantenerife.net





Opportunity!
ADEJE CASCO

€345,000

PENTHOUSE FOR SALE EN ADEJE VILLAGE



3 bedrooms and 2 bathrooms apartment in Adeje Casco. Spacious terrace 106 m2. Parking included. Total 226 m2.

code (279212)



€199,000

APARTMENT FOR SALE IN LOS ABRIGOS

Bright 2 bedrooms apartment in the center of Los Abrigos. Great location near the coast. Parking place is included.

code (282123)



2 beds



2 baths



75 m²



solarium



€1.555,000

VILLA FOR SALE IN PLAYA PARAISO.

Luxury 5 bedrooms villa with private pool near the sea. Private garage for 3 cars. In front of the Rosa Center shopping center.

code (279315)



5 bed



5 bath



259 m²



terrace



GRANADILLA DE ABONA



LOS CRISTIANOS

€358,000

APARTMENT IN LOS CRISTIANOS FOR SALE

Large 4 bedrooms apartment in the center of Los Cristianos. Great location in a quiet area, near to one of the most beautiful beaches in the south as well as restaurants, parks and shops.

code (279313)



4 beds



2 bath



100 m²



terrace



€345,000

CHARMING DETACHED HOUSE IN GRANADILLA DE ABONA WITH A LARGE GARDEN AND COZY STYLE

code (280817)



3 bed



2 bath



612 m²



terrace and garden



ADEJE CASCO

€367,000

LOVELY SPACIOUS 3-BEDROOM APARTMENT FOR SALE

Great location in the center of Adeje Casco. Apartment has a large terrace. In the complex you will find beautiful garden areas and a community pool.

code (280897)



3 beds



2 baths



84 m²



terrace



€236,000

APARTMENT FOR SALE IN THE CENTER OF GUIA DE ISORA, WITH BEAUTIFUL SEA VIEWS AND PARKING SPACE

code (281217)



2 beds



1 bath



72 m²



terrace



NEW CONSTRUCTION IN GUIA DE ISORA



SAN EUGENIO

€250,000

BRIGHT 1 BEDROOM APARTMENT IN SAN EUGENIO FOR SALE

Code (280146)



49 m²



1 bath



1 beds



terrace



€275,000
APARTMENT FOR SALE IN LOS CRISTIANOS
 Renovated 2 bedrooms apartment in the center of Los Cristianos. 2 double bedrooms. Perfect location. Frontal sea view. Close to beach Las Vistas and port.
 Code (276306)

  92 m²  2 beds
 1 bath  terrace

€650,000
DETACHED HOUSE FOR SALE IN LA SABINITA
 Large 5 bedrooms house in the quiet zone near Los Cristianos. Wooded garden, private pool, garage for 5 vehicles. Plot of 3,500 m².
 Code (278655)

  5 beds  3 baths
 427 m²  Terrace



€499,000
BRIGHT 3 BEDROOM DETACHED HOUSE IN A PRIVILEGED AREA OF CHAYOFA.
 Perfect location in quite residential Callos de Los Cristianos. Great opportunity!
 code (278482)

  397 m²  3 beds
 2 bath  terrace

Founder and CEO Juan Casanova

REAL ESTATE donpiso

TENERIFE SOUTH

office: (+34) 822 692 413 | Juan Casanova: (+34) 618 615 645 24/7
 mobile: (+34) 722 544 609 | email: adeje@donpiso.com
 www.tenerifedonpiso.com

Free Valuation! 

C. Grande, 57 | 38670 Adeje | Santa Cruz de Tenerife

TENERIFE PROPERTY SHOP S.L.

G.I.P.E. NO. 3722

Service

Security



LAUFEN



BEST REAL ESTATE AGENCY
SINGLE OFFICE
CANARY ISLANDS

Tenerife Property Shop S.L.

2023-2024



LAUFEN

AWARD WINNER

REAL ESTATE AGENCY
WEBSITE
CANARY ISLANDS

tenerifepropertyshop.com
by Tenerife Property Shop S.L.

2023-2024

STUDIO - PLAYA DE LAS AMERICAS



An enviable address in the heart of Las Americas, located next to the beach, and surrounded by designer shops and restaurants offering all types of cuisine. This complex has everything for the holiday maker - 24 hr reception, community pool and is a highly sought after. Located on the second floor and kept in good condition, with some refurbishment in recent years. A terrace to sit and watch the world go by whilst enjoying a cool refreshment.

Ref: LA01957

Price: €355,000 (approx. £308,500)

1 BED APARTMENT - SAN EUGENIO BAJO



This property will certainly tick nearly all your boxes. A fantastic one bedroom apartment on one of the most sought after frontline complexes. With Puerto Colon Marina, the beach & promenade all just metres away. The complex has a lovely heated pool and garden areas, and working reception area. The property has a good quality kitchen and bathroom and spacious living area. Be quick, properties on this complex do not stay on the market for long!

Ref: LA01956

Price: €375,000 (approx. £326,000)

3 BEDROOM PENTHOUSE - GOLF DEL SUR



A wonderful opportunity to become the proud owner of this fully refurbished, 3 bedroom, 3 bathroom, penthouse apartment, that occupies a top floor, corner position and a stunning South facing terrace that is awash with all day sun and is the perfect location to enjoy the Tenerife climate. The apartment is to be sold complete with underground parking space and store room. The property is ready and waiting!

Ref: GOLF01793

Price: €425,000 (approx. £369,500)

2 BEDROOM APARTMENT - GOLF DEL SUR



This luxurious apartment is located on the prestigious development of El Nautico Suites situated on Golf del Sur. The apartment boasts a large balcony with stunning views of the sea. Decorated in a modern design, includes a fully fitted kitchen, lounge, two bedrooms, two bathrooms, satellite T.V and Bang & Olufsen Home Entertainment System. All rooms are fully air conditioned throughout. If you enjoy quality, this must be seen!

Ref: GOLF01792

Price: €670,000 (approx. £582,500)

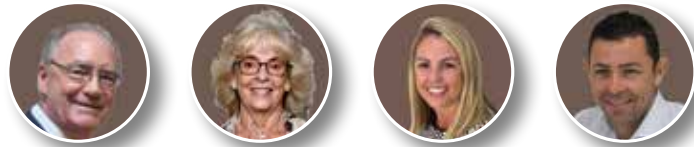
Buyers contact us EVERYDAY... Call 922 714 700
Register your property For Sale NOW! 681 331 355

0034 922 714 700
From UK: 0845 862 1634



www.tenerifepropertyshop.com
info@tenerifepropertyshop.com

- ✓ Reliability
- ✓ Professionalism
- ✓ Security
- ✓ Service
- ✓ The BEST Portfolio



Two generations of a Family Business · Over 35 Years of Experience
 Service & Security in your purchase · Professional Indemnity Insurance
 20 Year Insured Title Deed Guarantee

OUR OFFICE LOCATIONS:

- CC San Blas - Golf del Sur
- Las Adelfas I - Golf del Sur

CC Puerto Colon - Playa de Las Américas

**1 BEDROOM APARTMENT
 - GOLF DEL SUR**

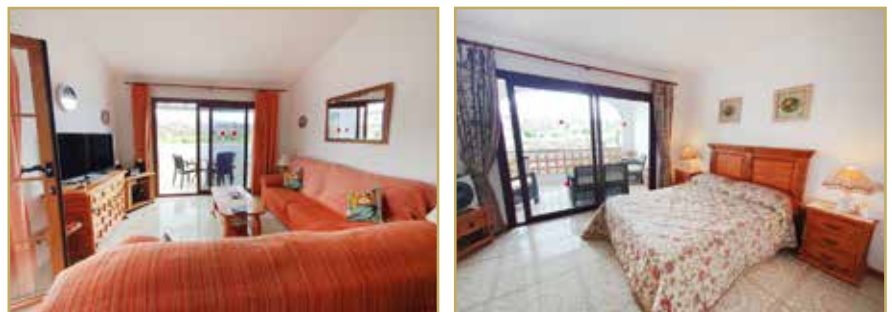


If you are in the market for a sunny terrace, but are not prepared to compromise on square metres, then this 1 bedroom, 2 bathroom, South facing apartment could be ideal. The property is situated on a very secure, well-maintained development, that features, heated communal pool and good access. The property is to be sold furnished and is ready to move into. Also included in this price is a private underground parking space.

Ref: GOLF01798

Price: **€205,000** (approx. £178,000)

**2 BEDROOM DUPLEX
 - AMARILLA GOLF**



A unique duplex apartment, where the layout is more akin to that of a house than a traditional apartment, and the blend of internal and external square metres leads to a spacious and calm existence. The property is set on a secure, gated complex, which boasts, heated communal pool, trickling water fountain, pool bar/restaurant and a vibrant atmosphere. They say good things come in 3s ... 3 bedrooms, 3 bathrooms and 3 terraces!

Ref: AMG00620

Price: **€285,000** (approx. £248,000)


★★★ **2024 CALENDARS NOW IN STOCK** ★★★



BACK BY POPULAR DEMAND!
 Contact us to reserve your
free 2024 Desk Calendar



We don't make promises. We give GUARANTEES!

Find us on     





ClearBlueSkies



CHOOSE CLEAR BLUE!

At Clear Blue Skies, we're here for you whether you're buying, selling, already a Tenerife resident or planning to spend time on our beautiful island. With our extensive portfolio of around 200 listings and top-notch marketing, we'll help you achieve your objectives. Count on our professional service and friendly team to guide you every step of the way. Let's make your Tenerife dreams a reality!

This month we have featured a small selection of some of our newest properties available for sale, which we hope you find inspiring. However, to explore our complete range of listings, please visit our website at clearbluetenerife.com.

For real-time updates on our latest properties, we recommend following us on Facebook (see QR code to right).



Please contact us if you're considering selling your property in Tenerife, we would be delighted to have a friendly and obligation-free chat with you. Feel free to call, email, send us a message or drop by our office in Playa Fañabé. We look forward to assisting you!



OUTSTANDING 1ST FLOOR ONE BED APARTMENT, OASIS LA CALETA, LA CALETA

Seize the opportunity to own a fabulous apartment with sea views on one of the finest and most in-demand residential developments in Tenerife, it won't be available for long! An utterly wonderful property.

REF 8564 385.000€



SPECTACULAR 3 BED GROUND FLOOR APARTMENT, LAS TERRAZAS DE ABAMA, ABAMA GOLF RESORT

Simply stunning! This ultra-luxurious garden apartment enjoys a huge terrace with jacuzzi, overlooking the incredible Abama golf course. It boasts far too many amazing features to squeeze into this text so visit our website for the full listing!

REF 8565 1.395.000€



SUPERB TWO BED APARTMENT, BRISAS DEL MAR, EL MADROÑAL DE FAÑABÉ AREA

Located on the 1st floor of this attractive gated community, this apartment offers a spacious 91m² internal space and a huge 30m² terrace. Fabulous location with garden, mountain, and sea views. Not to be missed!

REF 8563 €290.000€



LOVELY GROUND FLOOR ONE BED APARTMENT, PORT ROYALE, LOS CRISTIANOS

Offering 52m² internally, with a 12m² terrace, this property enjoys a private position in one of Los Cristianos' most loved complexes, Port Royale. Heated pool, amenities on the doorstep and a pleasant 20-minute walk to the beach and town.

REF 8571 220.000€



CONTACT US

Call: 00 34 922 717 779

info@clearbluetenerife.com

www.clearbluetenerife.com

C.C. Fañabé Plaza 129, Playa Fañabé, Costa Adeje 38660



Get in touch to discuss buying or selling a Tenerife property with us



ULTRA STYLISH 3 BED VILLA WITH POOL, BELLEVUE VILLAS, ABAMA RESORT

An idyllic position overlooking the lush fairways of Abama Golf Resort, bathed in sunshine all day long and offering the most delightful sea views, it really is a dream property. Beautiful interiors and so many fantastic features!

REF 8542 2.300.000€



**AGENTE INMOBILIARIO
INSCRITO EN EL RAIC
REAL ESTATE AGENT
REGISTERED IN RAIC**



Gobierno de Canarias
Consejería de Obras Públicas,
Transportes y Vivienda

Nº RAIC00000111A

Válido hasta 22/12/2028



www.tenerifehome.com

tenerifehome
Sales & Rentals

Est. 2007



Palm Mar, Bahia de Los Menceyes

EXCLUSIVE!



Luxurious, fully furnished, 2 bed, 2 bath (both en suite), plus guest toilet ground floor apartment in sea front complex with pool. There is beautiful lounge/diner with terrace off, fitted kitchen, and laundry AND an outdoor living room and kitchen!

€579,000 Ref: 232-0923

Costa del Silencio, Balcon del Mar



Fully furnished 1 bed, 1 bath apartment on popular sea front complex with lovely pool area. The property has a lounge/dining area and an 8sqm west-facing terrace with partial sea view. Comm. Fees: €87/month.

€210,000 Ref: 222-0723

Costa del Silencio, Tamaide



Charming, fully furnished 3 bed, 3 bath home (2 properties merged into 1) on a plot of 173sqm in a quiet area. The house has a large lounge/dining area, American-style fitted kitchen with small terrace off leading to two terraces. Many 'authentic' features.

Ref: 209-0323 €365,000

Costa del Silencio

LOCAL FOR SALE!



Nicely renovated local (103sqm) in busy location part of the lovely Parque Don Jose complex. The property has a main reception area with kitchen, 2 separate rooms, and 2 toilets. Use of the front terrace is possible via negotiation with municipality. Community Fees: €44.47/mth.

€175,000 Ref: 246-0224

Costa del Silencio, Maravilla



This 77m² penthouse is located in the MARAVILLA complex in Costa del Silencio. The terrace is 15m² and faces South-East with a beautiful open view of the gardens and the sea in the distance (on the right).

€265,000 Ref: 245-0224

Costa del Silencio, El Trebol



3 bed, 2 bath house in quiet neighbourhood with several terraces and a beautiful small private pool. Large and bright living/dining room, separate kitchen plus small room used as an office. Garage included.

€379,000 Ref: 240-1123





C.C. El Trebol, Local 37,
Avda. J. A. Tavio,
COSTA DEL SILENCIO,
38630, Tenerife.

+34 690 363 653
+34 922 783 066
info@tenerifehome.com

FOR SALE PENTHOUSE
WAS ~~€ 739.000~~ NOW € 665.000
WWW.TENERIFEPROJECTS.COM
EI PASO RESIDENCIAL - LAS VISTAS BEACH
4 BEDROOMS - 2 BATHROOMS - 2 BALCONIES
HIGH QUALITY RENOVATION - HIGH END
FURNITURE INCLUDED IN SALE PRICE
STUNNING VIEWS- 3RD FLOOR - NO LIFT (YET)!
FOR A VIEWING:
CALL +34 648 408 822 (WHATSAPP)





PALM MAR SALES & RENTALS

ALL ASPECTS OF PROPERTY MANAGEMENT SALES & LONG TERM RENTALS

Tel: 0034 677 623 713 / 0034 671 129 558 • email: info@palmmarsalesandrentals.com • www.palmmarsalesandrentals.com

Palm Mar, Los Balandros

NEW ON THE MARKET



Bright and spacious 1 bedroom, 1 bathroom 2nd floor apartment overlooking the swimming pool. The property is sold part-furnished and the price includes secure underground parking and a storeroom.

Price: €215,000

WE ARE ALWAYS LOOKING FOR NEW PROPERTIES FOR SALE AND LONG TERM RENTAL

Palm Mar, Laderas del Palm Mar



Bright and Spacious 1 bedroom apartment situated on the second floor overlooking the pool. Sold fully furnished, price includes a very large enclosed garage.

€275,000

Palm Mar, Los Balandros



Spacious one bedroom apartment with a sunny aspect on the second floor of the complex facing the pool. The property is sold fully furnished and the price includes secure underground parking and a storeroom.

€215,000

Palm Mar, Los Balandros



Spacious 2 bedroom, 2 bathroom apartment on the first floor of the complex with sunny aspect. The price includes a secure parking space and storeroom. Sold unfurnished

€259,500

Palm Mar, Cape Salema



Bright and spacious duplex apartment with fantastic views over Palm Mar and out to sea. The property has two bedrooms and two bathrooms and three terraces to enjoy. The property is sold fully furnished.

€315,000



23 Years of Experience in Tenerife South



SILVANA STRACCIA
Owner



LIAM O'REILLY
Sales Executive



GIAN FRANCO RODRIGUEZ STRACCIA
Web Management



LINDA O'REILLY ANDERSON
Sales Executive



MILADY ORTIZ DE LA ROSA
Executive Secretary



JAKUB WOZNIAK
Sales Executive

<p>Ocean View (San Eugenio)</p>  <p>EXCLUSIVE Permitted V.V</p> <p>Ref: 5RA71517 Price: 122.000€ 1 Bedroom, 1 Bathroom Interior: 41 Mts, NO BALCONY</p>	<p>Benimar (Bahía del Duque)</p>  <p>EXCLUSIVE Permitted V.V</p> <p>Ref: 5RB1039 Price: 355.000€ 2 Bedrooms, 2 Bathrooms Garage - Interior: 75 Mts, Terrace: 29 Mts</p>	<p>Windsor Park (San Eugenio)</p>  <p>Ref: 5RB9245 Price: 390.000€ 2 Bedrooms, 2 Bathrooms Interior: 62,82 Mts, Terrace: 23 Mts</p>	<p>Club Paraíso (Playa Paraíso)</p>  <p>Permitted V.V</p> <p>Ref: 5RA7165 Price: 220.000€ 1 Bedroom, 1 Bathroom Interior: 50 Mts, Balcony: 5 Mts</p>
<p>Las Mimosas (Torviscas)</p>  <p>Ref: 5RA0008 Price: 245.000€ 1 Bedroom, 1 Bathroom Interior: 39 Mts, Terrace: 11 Mts</p>	<p>Villas de Fañabe (Fañabe)</p>  <p>EXCLUSIVE</p> <p>Ref: 5RA8989 Price: 259.000€ 1 Bedroom, 1 Bathroom Interior: 37,50 Mts, Terrace: 11,40 Mts</p>	<p>El Flamboyán (El Madroñal)</p>  <p>Reduced Price</p> <p>Ref: 3RC3043 Price: 680.000€ 4 Bedrooms, 3 Bathrooms Garage, Interior: 200 Mts, Terraces : 90 Mts</p>	<p>Club Atlantis (Pto Colón)</p>  <p>EXCLUSIVE Permitted V.V</p> <p>Ref: 5RA7160 Price: 399.000€ 1 Bedrooms, 2 Bathrooms Interior: 75 Mts, Terrace: 25 Mts</p>
<p>Villa (Madroñal de Fañabe)</p>  <p>Permitted V.V</p> <p>Ref: 3V8233 Price: 2.500.000€ 8 Bedrooms, 8 Bathrooms Interior: 1.070 Mts, Terrace: 550 Mts</p>	<p>Villa (Costa Silencio)</p>  <p>Permitted V.V</p> <p>Ref: 5RC3040 Price: 1.246.000€ 3 Bedrooms, 7 Bathrooms Interior: 688 Mts, Terrace: 300 Mts</p>	<p>Villa (Madroñal Fañabe)</p>  <p>Permitted V.V</p> <p>Ref: 5V9099 Price: 1.700.000€ 4 Bedrooms, 4 Bathrooms Interior: 300 Mts Exterior: 360 Mts</p>	<p>Villa (San Eugenio)</p>  <p>Permitted V.V</p> <p>Ref: 25V8234 Price: 2.700.000€ 5 Bedrooms, 5 Bathrooms Plot size 557 Mts, Terrace:</p>

web@wadyproperties.com (+34) 626950338

C.C.Aguamarina Local 24, Puerto Colón, Costa Adeje, 38660, Santa Cruz de Tenerife



Established
1979

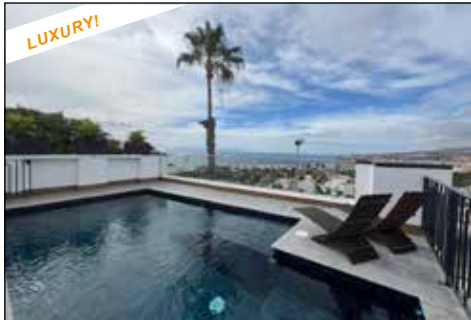
Tenerife Properties



The Original British Estate Agency Established in 1979

ENGLISH / ESPAÑOL / FRANÇAIS / ITALIANO - 608 573 443

Detached Villa, San Eugenio Alto



Luxurious 5 bedroom, 6 1/2 bathroom Villa with separate 1 bedroom apartment and studio! This beautifully refurbished property has a modern style and lavish finishes. It's immense in size with well-presented outside areas and a stunning private pool. A bright living room that's attractive and charming, opening onto the terrace. The kitchen is fitted and stylish. All 6 bedrooms are of good size, well-presented and each has an en-suite. One of this villa's highlights is its outdoor spaces! A fantastic private pool, immense roof terrace and two outdoor dining spaces, perfect for Al Fresco living.

€1,995,000

Ref: I1473

Florida Park, San Eugenio Alto



Lovely studio apartment of good size with an immense terrace and communal pool.

€189,000

Ref: A484

Club Atlantis, San Eugenio



Well Presented 1 bed apartment in a great location and sea views from terrace.

€325,000

Ref: N1582

Santa Maria, Torviscas Bajo



Stunning 1 bed apartment, beautifully presented with views to the pool and sea.

€265,000

Ref: N1581

Los Geranios, San Eugenio



Lovely 1 bed apartment in a central location in front of the pool with sunny terrace.

€260,000

Ref: N1587

Malibu Park, San Eugenio Alto



Fantastic 1 bedroom, 1 bathroom apartment, with spacious and bright living room with open kitchen that opens to the terraces. The bedroom is a good size with natural light flooding in and access to one of the terraces. Bathroom with a fitted bathtub. This property has 3 separate terraces, one double terrace that looks out towards the mountains and two others of good size which look to the pool! Well-kept complex with a reception, pool, pool bar, kids park and more.

€195,000

Ref: N1589

Ocean Park, San Eugenio



Spacious and bright 1 bed apartment with terrace overlooking the communal pool.

€219,000

Ref: N1405

Windsor Park, Torviscas Alto



Luxury 2 bed penthouse apartment with immense terrace and sea views.

€390,000

Ref: T1297

Corner Townhouse, Roque del Conde



Lovely 4 bedroom, 3 bathroom corner linked villa. This stunning property is situated on a plot of 488m2 and is set out over 3 floors! The living room is large, inviting, and bright. A separate, fitted kitchen with modern, white doors and plenty of storage/counterspace. There is also a separate dining room. All bedrooms are of good size and have fitted wardrobes. A large outdoor kitchen/barbecue area with chill-out zone is ideal for al fresco dining, entertaining, or simply lounging and relaxing. There is a large private pool, heated with solar panels with plenty of sunbathing space and for those cooler winter evenings, a top-of-the-range jacuzzi. The house also has a 2-car garage plus an extra room which is currently being used as a private gym.

€895,000

Ref: I1457

Palo Blanco, San Eugenio



Beautiful 2 bed duplex with two spacious terraces and communal pool.

€475,000

Ref: T1284

Bungalow, Los Cristianos



Brilliant 3 bed bungalow refurbished to a high standard and in a great location.

€429,000

Ref: I1472

El Torreón, Adeje



Great 3 bed apartment with large terrace in a friendly complex. A perfect family home and communal pool.

€367,000

Ref: I1471

Bellevue, Abama



Luxurious 3 bedroom villa with modern finishes, private pool and views over the Abama Golf.

€2,695,000

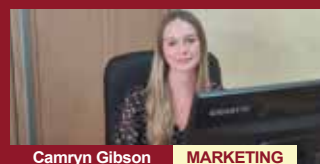
Ref: I1470



Translators available for any other languages.



Tel: 922 724 110
Sales: Lynne: 699 250 870
Rachel: 608 573 443
www.tenerifeproperties.net
lynne@tenerifeproperties.net



Local 3, C.C. Palo Blanco, San Eugenio, Adeje 38660, Playa de las Americas



Tel: 922 703 725
Mobile: 619 180 888

**C/ Luciano Bello Alfonso No. 5,
 1st Floor, Office C,
 LAS CHAFIRAS
 38639 Santa Cruz de Tenerife**



Teneguia II - Parque de la Reina 285.000€



Rare opportunity. This penthouse apartment is very well located, it is large and spacious and have a very large, very sunny roof terrace with uninterrupted views to Teide and to the sea. Ample space with separate kitchen with utility, large lounge, three bedrooms, two bathrooms, and additional small open room the top of the stairs. Comes with private parking and store room.

Sury Sol - Los Cristianos 235.000€



Excellent offer, for use as holiday home or for a holiday let. This apartment is in an excellent location, very central, and in a very flat accessible area of Los Cristianos, close to the coast. On the first, and top floor, this furnished and equipped apartment offers one large bedroom, bathroom, open plan fitted and equipped kitchen and small private sunny terrace. Don't delay...there are not many properties available in this area! Priced to sell.

Miraverde - El Madronal 599.950€



An amazing, rare opportunity to purchase this 2 bedroom, 2 bathroom spacious private bungalow, ideally situated in this quiet private residential area, close to all amenities. This spacious property has sea views, ample outside space and presents a blank canvas of opportunities. Viewing is essential to see what's on offer here.

Private Villa, La Caleta 1.595.000€



A truly unbeatable location. This stunning villa is located in the perfect spot, right in the heart of La Caleta, with the ocean front walkway just on your door step. This spacious property offers four double bedrooms, the master en-suite. Bathroom, independent kitchen, utility room, dining room, large lounge leading to a private outside dining area with sea views. Amazing roof terrace with panoramic sea and mountain views. Front and back garden and direct access to the beautiful community swimming pool.

Tel: 922 719 643
 Fax: 922 781523
 Mobile: 607 933 052
 Mobile: 625 950 517











Calle Tagara,
 Jardin Botanico
 Local 8
 ADEJE

OPPORTUNITIES OF THE MONTH!

PLAYA SAN JUAN	ADEJE	CHIMICHE	ARONA
			
Completely renovated 2-bed (both en suite) villa with living/dining area and modern, open plan, fully fitted kitchen and expansive gardens and terraces on a plot of 6,000sqm. Included in the sale is a duplex, 'guest' apartment with a double bedroom, living area, a terrace with sea views.	Charming 2 bed, 1 bath apartment in the heart of Adeje with spectacular sea views! The property has a lounge/dining area, open fitted kitchen, balcony with sea views, additional spare room and a coveted parking space.	Spectacular sea views from every window, located at 300 metres above sea level with dreamy sunsets and sunrises. Own orchard. Covered garage. Extras include solar panels.	Beautiful 3 bed villa with pool, jacuzzi and garage AND a VV Licence and extraordinary views. Great investment opportunity. The whisper of fruit trees and panoramic views of the sea and the mountains are a constant reminder of the natural beauty that surrounds this villa.
Ref: 1166 €662,000	Ref: 1316 €189,000	Ref: 1312 €140,000	Ref: 1300 €645,000

We specialise in farms (fincas) and rural houses/properties.
 Wouldn't you like your own piece of land with space to enjoy!

PROPERTIES WANTED FOR RENT
CLIENTS WAITING!

			
Beautiful 2 bed Canarian house with separate self-contained apartment on 80,750sqm plot. Garden with fruit trees. Pool. Fantastic views!	3 bed, 2 bath townhouse with lovely terrace, separate kitchen, games room and 2-car garage with integral access. Community playgrounds and sports areas nearby and a shopping centre only steps away.	75sqm house with 2 bedrooms, living room, kitchen, and a terrace with sea/mountain views. Plot 400sqm. Suitable for renovation.	Finca with 4 independent houses with total living space of 380sqm. Panoramic Views: Wake up to views that will take your breath away. The estate, spanning 16,000sqm offers stunning panoramas of the sea and majestic mountains.
Ref: 1174 €337,000	Ref: 1315 €485,000	Ref: 1262 €165,000	Ref: 1307 €750,000
			
Exquisite 1 bed apartment with private terrace in exclusive complex with pool, located close to El Duque beach. Potential for lucrative holiday rentals!	Country house to renovate on plot of 400sqm and a construction to renovate of 96 square meters, with garden, It has very nice sea views.	Suitable for reform - charming Canarian property with extensive land surrounding the home with gardens and entertaining areas in the middle of nature.	A unique property with lots of potential! With 13,000sqm of land featuring olive groves and orchards and a 120sqm main house and a quaint 30sqm cottage, positioned less than 300 meters above sea level and enjoying panoramic views with lots of space.
Ref: 1309 €577,000	Ref: 1266 €88,000	Ref: 1267 €130,000	Ref: 1310 €546,000

T: (0034) 922 732862
 M:(0034) 683 190 977
 info@rdpropietiestenerife.com



Calle Luis Alvarez Cruz,
 nº6, Edf Bahia Azul, Local 8C
 Las Galletas - Next to post office

LAS ROSAS



Beautiful part-furnished apartment on 3 levels located on the second floor of a building in this popular village. The property has an independent kitchen, living room with large windows and a toilet on the ground floor. On the first floor there are two bedrooms and a full bathroom, from here you access the third floor where you can find the utility room and terrace with the possibility of converting it into a third bedroom.

€212,000

Ref: LR991-C1212

LAS GALLETAS



Fantastic modern 1st floor apartment (no lift), close to all amenities. Upon entering we find a full bathroom with a walk-in shower, a renovated American-style kitchen with all appliances, living room with balcony off which enjoys beautiful views of the mountain and its surroundings, two complete bedrooms, and one with access to an interior patio with a laundry area. Fully furnished and ready to move into.

€199,000

Ref: LG002-AP212

PALM MAR



A contemporary style ground floor apartment in El Mocan with all amenities to hand. A very spacious and open style dwelling with 2 bedrooms, 1 bath, 1 toilet and a separate kitchen, comes furnished as seen in the pictures. Not only does the property come with a storage area and an underground parking space but features a BIG terrace which is a suntrap in summer and winter months.

€398,000

Ref: PM583-CJ398

COSTA DEL SILENCIO



Spacious 1 bed, 1 bath ground floor apartment in the Coral Mar complex. This apartment offers an open plan kitchen and a sunny terrace overlooking the community swimming pool. Holiday lettings are accepted on the complex. With a bit of a facelift, this could be a beautiful property as a second home and nice income earner. Being sold furnished. Walking distance to the famous Yellow Mountain.

€156,000

Ref: CDS541-CM156

COSTA DEL SILENCIO



A lovely ground floor 1 bed, 1 bath apartment in the sought after complex of La Hacienda. The property has a cozy, yet spacious interior, nice open plan fully fitted kitchen with a breakfast bar and a very bright living room that leads out to a nice sunny terrace. The apartment itself is southwest facing which means it has the sun on it all day, the terrace being a sun trap.

€219,000

Ref: CDS512-LH229

LAS ROSAS



A spectacular semi-independent, part-furnished villa boasting 2 living rooms, 3 bedrooms in total which can be converted into a five bedroom property. Built to accommodate two separate dwellings, a downstairs and an upstairs space with separate entrances, neither of the floors lack outside areas. Ideal as a family home, or perhaps even as a part rental income, this villa has loads to offer.

€369,000

Ref: LR053-CB369

Tel: 922 703 725
Mobile: 619 180 888

C/ Luciano Bello Alfonso No. 5,
1st Floor, Office C,
LAS CHAFIRAS
38639 Santa Cruz de Tenerife



REDUCED!

Ref: S-05 1380

€940,000

Oroteanda Baja, Luxury 5 Bedroom Villa



Stunning, fully furnished and equipped, 5 bed, 3 bath (master en suite) detached villa with heated pool on 2,000sqm plot. This spacious property has a huge terrace to the front which can accommodate up to 8 cars, and a private garden/terrace with lovely sea views to the rear with BBQ area, jacuzzi, orchard and various seating areas.

There is a large lounge/dining area, an open plan, fully equipped fitted kitchen and garage for 4 cars with direct access. One of the bedrooms is situated in such a way that it could easily be converted into a separate studio, or gran-

ny flat. Extras include air-con and central heating throughout, and solar panel heating for hot water and the pool.

This large Villa is very well situated in a small, very central village, located between the airport and the southern resorts of los Cristianos and Playa de las Américas. With nearby property very popular as exclusive holiday let's this property has fantastic potential as a letting investment. Its rare to find such a large property on a very large plot with sea views in such an excellent location. Call now, come see for yourself!



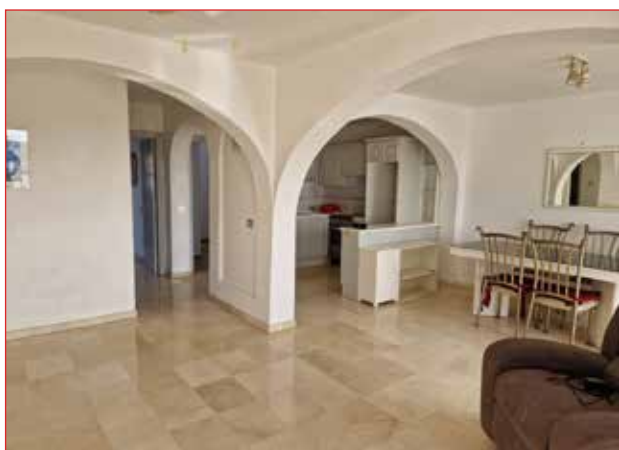


C.C. N°1 Urb. Sueño Azul
38677 Adeje

office@tenerifebusinessservices.com
www.callaosalvajeproperty.com

+34 615 396 556
+34 634 300 303
+34 822 716 079

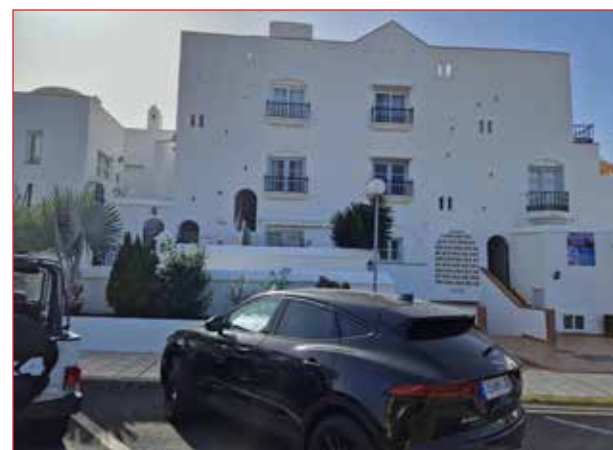
Viewing Highly Recommended!



CALLAO SALVAJE, OASIS TROPICAL

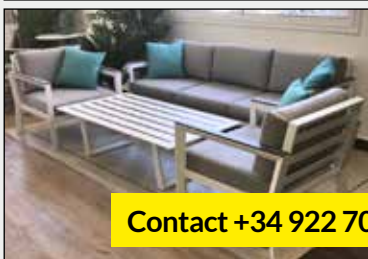
Spacious (80sqm) 3 bedroom, 2 bathroom apartment with 22sqm terrace on well-maintained complex. offering superb sea views. The property, while requiring some modernisation, offers great potential!

€265,000



WELL-ESTABLISHED EXTERIOR FURNITURE AND SUNSHADE BUSINESS IN LOS ABRIGOS

TENERIFE
PRIME PROPERTY



Contact +34 922 703 725 for more information

This is a fantastic opportunity to purchase a well-established business. On offer is the leasehold on this Exterior Furniture and Sunshade shop, situated in the popular village of Los Abrigos, including stock on the Showroom floor, supplier contacts and client database.

The Business, established 7 years ago, if marketed more aggressively, could be extremely successful. It would have the advantage of being fed clients from the Studio4Decor Interior Design and Furniture shop,

situated across the road which has been established on the Island for 20 years with an excellent customer service record.

There is little competition in the vicinity and these premises are in the perfect position - close to Golf del Sur and Amarilla Golf - with their large concentration of residents, not to mention that within 10 to 15 minutes lie Palm Mar, Los Cristianos and Las Americas with their huge numbers of international residents. There are literally 1,000's of potential clients

nearby and the Studio4Decor team are on hand to give all the help and guidance any new owner could need.

Accounts are available for inspection to any serious buyer. The Business is profitable and the only reason for sale is that it is too much for one person to run both and there are plans in place to grow the Interior Design & Furniture part. With the right person the Exterior Furniture & Sunshade Shop can be taken to the next level with fabulous earning potential.

This Business is unique for 3 reasons:

- There is nothing else for sale like this on the Island and it is situated in a very popular area, with ample parking.
- The Studio4Decor team is close by and on hand to give support and guidance during a transition period.
- The Business has an extensive and attractive product range with excellent suppliers from Mainland Spain, with transport logistics already in place.

€85,000



TENERIFE PROPERTY SHOP S.L.

G.I.P.E. NO. 3722

Service



Security

EXCLUSIVE

2 BEDROOM APARTMENT - GOLF DEL SUR



SEA VIEWS

Location, location, location ... This stunning apartment is much larger than a normal two bedroom property having a constructed area of 122m² plus a large terrace. A very spacious master bedroom with en-suite bathroom, a second large double bedroom with fitted wardrobes, plus a family bathroom and a separate shower room with sink and WC, which can be very convenient. An exceptional opportunity to buy a rare apartment.

Ref: GOLF01797

Price: €385,000 (approx. £335,000)

info@tenerifepropertyshop.com



(0034) 922 714 700 / From UK: 0845 862 1634

3 Bed duplex in San Eugenio



Duplex with three bedrooms and three complete bathrooms, NEW with impressive views of the coast and the sea/La Gomera, high-quality materials. Kitchen with pantry, living/dining room, and three terraces (all with views) of 24, 48 and 42m² respectively, fitted wardrobes.

Ref.: D1301

Price: 820,000€

2 Bed in Torviscas Bajo



This 2-bedroom apartment is the perfect opportunity to live in one of the most desirable areas of Tenerife. The total area is 62m² with 2 modern bedrooms and a well-appointed bathroom. The living-room is connected with the kitchen. Moreover, is a lovely private balcony with partial sea view.

Ref.: D1306

Price: 310,000€

3 Bedroom Townhouse



Townhouse in very good condition in Piedra Hincada, 3 bedrooms, 3 bathrooms, Master bedroom with sea views. Large kitchen, living room, interior patio, terrace, garage and solar panels. South facing, 128m² in total. 5 minutes from the beach and the highway, a very quiet area.

Ref.: D1296

Price: 250,000€

House outside Santiago del Teide



Land of 1128m² with a house of 50m² that can be expanded. Located in Retamar that is a neighborhood that belongs to the municipality of Santiago del Teide, it is located about 3 kilometers from the Town Hall, and at an altitude of 800 from sea level.

Ref.: D1304

Price: 126,000€

Sea view 2 Bed in Los Cristianos



Exceptional property centrally in Los Cristianos, just 500 meters from the sea that offers breathtaking views of the sparkling ocean from every window. Newly renovated with generously-sized bathroom, American-style kitchen with open living room, sea views and 2 bedrooms. A must-see!

Ref.: D1300

Price: 275,000€

House in Santiago del Teide



Rustic house for sale in the center of the town of Tamaimo, Urban estate of 472m² with 116m² built. The house has two bedrooms, a bathroom, kitchen, large living room, adjoining porch. Outside, it has a patio with a barbecue and an orchard with fruit trees.

Ref.: D1287

Price: 231,000€

2 Bed in Santiago del Teide



For sale in Los Gigantes, municipality of Santiago del Teide is this apartment with 2 bedrooms complete bathroom, large terrace with stunning views of the sea and the port of Los Gigantes. 79m² in total (16m² terrace). Located on the second floor.

Ref.: D1298

Price: 275,000€

Plot for sale in Roque Vento



Rustic/Agrarian plot of land for sale in the area of La Florida, Valle San Lorenzo, Arona, total M² of the plot 3,237, with views of the coast/sea, easy access from the main road to Valle San Lorenzo. 10/15 minutes from Los Cristianos and Playa de las Americas.

Ref.: D1303

Price: 45,000€

frina@tenerife-property.com

+34 683 479 245

+34 922 085 191

www.tenerife-property.com

CC Puerto Colón, 1st Floor, local 213, 38660 Adeje

FRINA Tenerife
Business & Property Agency

2 BEDROOM DUPLEX WITH POOL VIEWS IN AMARILLA GOLF

This 2 bedroom apartment is situated on two floors, on the ground floor you'll find an open planned kitchen, living area which leads to the sun kissed garden. As you go upstairs, you will discover a very large bedroom, the family bathroom, plus the master bedroom with en-suite leading to its own private terrace again overlooking the complex's impressive pool area.

€234,950

REF: DOFC3

3 BEDROOM DUPLEX WITH GOLF VIEWS IN AMARILLA GOLF

This three-bedroom duplex apartment has a great finish with the attention to detail second to none but don't take our word for it as the pictures speak for themselves, a true diamond in the heart of Amarilla Golf.

€279,990

REF: DOFC418

2 BEDROOM DUPLEX WITH SEA VIEWS IN AMARILLA GOLF

A wonderful opportunity to acquire a fantastic duplex apartment. This property boasts three elevated terraces, two facing East and one West, therefore enjoying the best of the sunshine from early morning to sunset.

€289,000

REF: DOAQ

1 BEDROOM APARTMENT IN AMARILLA GOLF

A fantastic opportunity to purchase a well presented first floor spacious one-bedroom apartment with a large bathroom, a balcony leading from the main living area with beautiful views of the complex in all its glory and overlooking the heated pool, plus the orientation of this property is perfect for the afternoon sunshine on the private terrace, the position of this property is in a more peaceful setting but with the benefits of pool views, situated within a very well-maintained complex.

€179,000

REF: DOFC127

2 BEDROOM APARTMENT IN LAS AMERICAS

That amazing experience of walking through the doors of this magnificent hotel and feeling like you're at home can now become a reality!

Located in the heart of Playa de las Américas and with direct access to the sea-front promenade, the H10 Las Palmeras is surrounded by spacious subtropical gardens and this is your chance to become the proud owner of a two bedroom apartment on the sixth floor where the views are simply out of this world, along with the sound of the waves lulling you to sleep, makes this apartment your very own slice of heaven.

From the beautifully manicured gardens, there is direct

access onto the beach and promenade, so take a pleasant, evening stroll along the coastline before finding a local bar to enjoy a refreshing drink whilst watching the sun set over the horizon.

This apartment is located in the best possible location in the southern part of the town of Playa de las Américas in front of a wide and long promenade. Troya beach is approximately half a kilometre away and in walking distance to the Golden Mile with the Hard rock Café and the famous Safari centre with the dancing fountains just to name a couple, the list of nearby bars and restaurants is really endless.

€528,950

REF: DOH10

SELLING?

*WE SELL SOONER, RATHER
THAN LATER!*

*IF YOU'RE THINKING OF
SELLING, GET IN TOUCH WITH
ISLAND PRIME PROPERTY!*



adam@islandprimeproperty.com

(0034) 645 142 144

www.islandprimeproperty.com/sell-my-property

DO YOU RECOGNIZE THIS LOGO?



SYMBOL OF:
SECURITY AND TRUST

"Supporting associated real estate companies since 2015 in Tenerife south"

**FIND IT AT ESTABLISHED REAL ESTATE AGENCIES, IF YOU ARE LOOKING TO
BUY OR SELL A PROPERTY!**

OUR REAL ESTATE AGENCIES OFFER YOU:

LEGAL REAL ESTATE AGENTS

THE MULTILINGUAL STAFF

PERSONALIZED ATTENTION

LIABILITY INSURANCE

ADVICE FROM LAWYERS

ADVICE OF ARCHITECTS

KNOWLEDGE OF THE CURRENT LEGAL REGULATIONS

YEARS OF EXPERIENCE IN PROPERTY SALE IN THE SOUTH OF TENERIFE

SIGNATURE OF A MANDATORY COMPLIANCE OF CODE OF ETHICS

(CODE OF CONDUCT)

THE LARGEST NETWORK OF PROPERTY OFFERINGS IN SOUTHERN TENERIFE

MUNICIPALLY AUTHORIZED OFFICES OPEN TO THE PUBLIC

REMEMBER... SECURITY AND TRUST!!

TENERIFE SOUTH REAL ESTATE ASSOCIATION



Inmobiliaria
Estate Agent
Immobilien

Where do
you
Want to
live®



PARQUE SANTIAGO II - PLAYA DE LAS AMÉRICAS

- Ground floor: Dining/living room, kitchen, utility room, bathroom and garden/terrace 28 m2.
- First floor: 2 bedrooms, bathroom and terrace (13m2)
- Stunning views of the Atlantic
- Sun all day
- Quiet surroundings
- Renovated
- Very high potential return on investment
- Construction: 93 m2

REF. 84-418



TERRACED HOUSE

€650.000,=

VIEWING BY APPOINTMENT ONLY

SALES OFFICE

C.C. Parque Cristobal, local 1, Avda. Rafael Puig Lluvina 15
Playa de Las Américas, E-38660, Arona, S/C de Tenerife, Islas Canarias

CORSTIAAN JOHN BOS: +34 649 957 267



ERIKA CENKIENE: +34 639 135 818



'A wonderful opportunity': The adventure of raising bilingual children

By Isabelle Gerretsen, BBC Future



Isabelle Gerretsen, who grew up speaking Dutch and English, investigates the latest science on helping children become fluent in two or more languages – including advice for parents who speak one language but would like their children to be multilingual.

When I was seven years old, I went away to a school camp for the first time. While there, we were all encouraged to write letters back home. I wrote a detailed letter in English to my mum, telling her about all the activities we'd been doing. I then translated the letter word-for-word into Dutch for my dad, a native Dutch speaker. This story still makes my dad, who is fluent in both Dutch and English, laugh.

My parents raised my sisters and I bilingually from birth. They sought advice and were told to only speak their respective languages to us. They stuck to this so strictly that for an embarrassingly long time we did not realise that they both spoke Dutch and English fluently. Nowadays, we speak a Dutch-English blend at home, of-

ten switching between languages mid-sentence. However, there is still a common idea that the model my parents followed is the best guarantee of raising truly bilingual children: start at birth, with each parent strictly sticking to their native language. Among language experts, it's known as the OPOL strategy, short for "one parent, one language" is that really the only way of achieving bilingualism? And do you need to already have two languages in your life when you start the process, or can you raise a bilingual child even if you and others around you only speak one language?

There are actually many different ways to expose your child to two languages and no single approach has been found to be the best one, says Viorica Marian, author of the *Power of Language* and professor of communication sciences and disorders at Northwestern University in Illinois, in the US.

The approach my parents took – of only ever speaking to us in their respective languages – can work well for parents who speak different languages, Marian says. Other parents may choose to speak just one language at home, often a minority language, as they know their child will be exposed to the other lan-

guage at school. ("Minority" in this context just means it's less widely spoken or officially entrenched than the other language, in any given society or education system: in the US and UK, for example, Spanish would be a minority language, and English, the majority language.) Over time, families may need to make a special effort to keep the minority language in use: it is generally more at risk of fading away in children's lives as their interactions outside the home increase, and the majority language becomes more dominant.

"A different strategy could be to speak to your child in a different language each day of the week," says Marian. This is sometimes referred to as the "time and place" strategy among researchers and bilingual families, with each language associated with a specific time or location – the whole family might be speaking one language on weekends, or over shared

meals, for example, and another language during the week, or when out and about.

The most effective strategies are those that can be incorporated consistently and long-term. "Ultimately, the strategy that will be successful is the one that works for your particular family and makes the experience enjoyable and not a chore," she says.

The successful strategy is the one that makes the experience enjoyable and not a chore – Viorica Marian

Krupa Padhy, a radio presenter for the BBC World Service, is raising her two children, aged seven and nine, bilingually. Padhy was raised in a Gujarati-speaking household in the UK, while her husband speaks Hindi. They have decided to speak English and Hindi at home. "Hindi is more useful for them as it's understood by the entire Asian subcontinent," she says.

"We've got no coherent strategy," says Padhy. Her main goal is to teach her children conversational Hindi so that they can introduce themselves, tell people how old they are and how many siblings they have. Learning sentence structures off by heart and repetition have really helped, says Padhy.

The family visits India every 18 months and Padhy says it is "so empowering for my kids to access that culture authentically".

"It's really nice that they are able to engage and understand what's happening around them," she adds.

Learning Hindi is also allowing the family to enjoy Indian culture at home. "Every Saturday night is Hindi movie night," says Padhy. "The kids love watching Hindi movies. It's

really helping."

A perfect window?

Research suggests that it's a good idea to introduce the second language as early as possible, as children learn the sound and rhythm of their birth language, known as its phonology, at a very young age. According to a 2013 study, babies start learning language before they are even born. The study found that in the final 10 weeks of pregnancy fetuses are listening to their mothers talk and that they can demonstrate what they've heard once born.

Forty American and Swedish infants, about 30 hours old, were exposed to vowel sounds in their mother tongue and foreign language. Their response was measured by how long they sucked on a pacifier connected to a computer. Both the American and Swedish babies sucked longer for the foreign language than they did for their mother tongue. Longer sucking for unfamiliar sounds was evidence of learning and shows that babies are able to differentiate between languages at birth, the researchers said.

That doesn't mean it's never too late to add a second language: older children and even adults can still learn other languages, and there can be other benefits such as the joy of connecting with one's heritage. But younger children may find it easier to pick up a native-like accent, experts say. "The earlier you start, the better," says Sirada Rochanavibhata, assistant professor in the department of child and adolescent development at San Francisco State University, California. "An advantage of learning a language early is that it is easier to achieve native-like proficiency."

"During the first six months, infants can discriminate between speech sounds of all languages," says Rochanavibhata. After this, children lose the ability to tell apart sounds that are not used in their native language or languages they are exposed to.

Choosing a bilingual babysitter or participating in exchange programmes can help advance language learning

"In English, the 'r' and 'l' sounds are distinct and can change the meaning of a word (for example, 'read' and 'lead'), whereas in Jap-

anese, the 'r' and 'l' sounds are combined into a single category (Japanese 'r'). Japanese speakers learning English may find the English r-l distinction difficult," explains Rochanavibhata. This process is known as perceptual narrowing.

The age at which a child acquires a second language can therefore impact their ability to hear and produce speech sounds of that language, she says.

However, if you or your family have missed that window, there are still other opportunities, Rochanavibhata and other researchers stress. "Adults can still become fluent in additional languages, but the process may require more effort and different approaches," adds Rochanavibhata.

Motivating older children

There can also be practical advantages to setting a solid bilingual foundation in the early years, researchers say. Starting at a young age allows children to "be fully immersed" in both languages, says Antonella Sorace, professor of developmental linguistics and founder of the Bilingualism Matters programme, a research and information centre at the University of Edinburgh, in the UK, that promotes bilingualism and language learning. Young children don't have other commitments, such as school and an independent social life, she says.

It's not just starting early that can make a positive difference, however. The other challenge is to keep the second language going, especially once children become more independent.

To achieve this, it's important that children are motivated and encouraged to speak multiple languages, says Sorace. "This is not always easy because children don't like feeling different. We hear from many migrant children that they don't want to speak their home language anymore, because that's what marks them out as different."

One way of encouraging children is by creating a "mini community" where they can regularly interact with peers who speak their language, she says. "This can be incredibly motivating."

It is important that children hear both their lan-



Research shows that babies start learning language before they are even born

The Prestige Group

Agustin Millares 20, Armeñime, Adeje 38678

Interior & Exterior Sun Blinds

Tenerife's leading specialist in the manufacture, repair and installation of all types of awnings, canopies, interior and exterior blinds - manual or electric.



Bioclimatic Pergolas

Available in a choice of colours, these made to measure aluminium pergolas have a fully watertight louvred slat roof, which can be oriented between 0° and 135°. Additional options include lighting, heating, speakers and side panels.



Showroom open
Monday to Friday:

9.00am - 4.00pm

Situated opposite the Repsol petrol station in Armeñime

Tel: 922-740888
www.theprestigegroup.es
info@theprestigegroup.es

Outdoor Furniture



We offer a large range of exclusive garden and terrace furniture in a wide variety of styles, designs, fabrics and colours. We also have parasols and accessories.



Roller Shutters, Grilles & Garage Doors

Specialists in the manufacture, repair and installation of industrial and domestic shutters, security grilles and garage doors – electric or manual.



Continued from page 22

languages frequently and spoken by a variety of native speakers, says Marian. "Having regular interactions with many different speakers of the two languages can help boost bilingual proficiency, as children are exposed to more diversity," she says.

One way of encouraging children's bilingualism is by creating a "mini community" with peers who speak their language – Antonella Sorace

Environment plays an important role and constant exposure to both languages is key, agrees Elisabet García González, research fellow at the Center for Multilingualism in Society Across the Lifespan at the University of Oslo in Norway. If a child born into a bilingual family stops us-

ing one of their languages when they are eight, that is going to have a significant impact on their bilingualism, she says. "Language is something that changes across the lifespan."

Monolingual parents, bilingual children?

Even if parents aren't fully multilingual themselves, they can still invite a mix of languages into the home, says Sorace. For example, a parent could start learning a second language and then occasionally use that language with their child, she says. This exposes the child to words or phrases in another language and has benefits even if the speaker is not perfectly proficient. "Perfection doesn't exist in languages," says Sorace.

In Sorace's view, parents' confidence to speak a mix of languages at home is more important than their linguistic ability. "If they are confident, the child will hear enough of that language and learn it," she says. Discovering and using new languages then becomes a family project, with every-

one getting the benefits, including the parents: "We tell parents to seize this wonderful opportunity [of enjoying another language with their child]," she says. "The aim is not for you to become perfect in the language, but to learn more and to be able to communicate with your child."

Padhy says her Hindi has improved since she started speaking it to her children. "I'm learning loads," says Padhy. "I'm speaking better Hindi than I ever have before because I'm teaching them."

There may also be other opportunities for monolingual parents to encourage bilingualism in the family, the researchers say. Marian suggests a range of options, for example, choosing a bilingual babysitter or nursery or signing their children up for language lessons at a community centre or after-school club where they hear multiple languages.

"As the child grows older, having them participate in exchange programmes and study abroad pro-

grammes, take foreign language courses, and travel to countries where the other language is spoken will further support and advance language learning," she says.

Are bilingual brains different?

For those who do make the effort to acquire a second language – whether as children, or later on as adults and parents – the process can yield brain-boosting benefits, regardless of the level of fluency achieved.

Learning multiple languages leads to increased grey matter volume in the prefrontal cortex, the front part of the brain which is important for high-level thinking, such as decision-making and problem-solving, says Ashley Chung-Fat-Yim, research assistant professor in bilingualism and psycholinguistics at Illinois' Northwestern University. "We also see improvements in white matter in the same brain regions."

While grey matter is where important informa-

tion processing happens, white matter carries messages between brain regions, explains Chung-Fat-Yim. "Think of grey matter as subway stations and white matter as subway tunnels connecting different subway stations to each other. Multilingualism helps to keep the structure of the 'subway tunnels' intact for faster and more efficient signal transmission. In other words, communication between brain regions can happen more optimally," says Chung-Fat-Yim.

Speaking more than one language, and the mental exercise this involves, may also build the brain's resilience and help delay the onset of symptoms of Alzheimer's disease, research suggests. According to a 2020 review of more than 20 existing studies, being bilingual can delay Alzheimer's symptoms by as much as five years. Bilingualism does not prevent the occurrence of Alzheimer's but rather helps ward off symptoms for longer, the researchers concluded. They described bilingual-

ism as a form of cognitive reserve that strengthens and reorganises the brain's circuits.

"Just like exercising strengthens your muscles, multilingualism strengthens your brain to maintain cognitive functioning," says Chung-Fat-Yim. There are also cognitive benefits to be gained earlier in life, research suggests. According to one study, bilingual children may, for example be better at switching between tasks than monolingual speakers. More than 100 children were asked to sort images of either colours or animals on a computer. The children who spoke a second language (French, Spanish or Chinese) were better at switching between the two categories, which indicates their multitasking ability, the researchers concluded.

"Learning another language is always a good thing," says Sorace. "It enriches your world from a cultural point of view and benefits the brain."

What Are the Causes of Climate Change?

By Jeff Turrentine, With thanks to NRDC (The Natural Resources Defense Council is a United States-based 501 non-profit international environmental advocacy group)



Low water levels at Shasta Lake, California, following a historic drought in October 2021

We can't fight climate change without understanding what drives it.

At the root of climate change is the phenomenon known as the greenhouse effect, the term scientists use to describe the way that certain atmospheric gases "trap" heat that would otherwise radiate up-

ward, from the planet's surface, into outer space. On the one hand, we have the greenhouse effect to thank for the presence of life on earth; without it, our planet would be cold and unlivable.

But beginning in the mid-to late-19th century, human activity began pushing the greenhouse effect to new levels. The result? A plan-

et that's warmer right now than at any other point in human history, and getting ever warmer. This global warming has, in turn, dramatically altered natural cycles and weather patterns, with impacts that include extreme heat, protracted drought, increased flooding, more intense storms, and rising sea levels. Taken together, these misera-

ble and sometimes deadly effects are what have come to be known as climate change.

Detailing and discussing the human causes of climate change isn't about shaming people, or trying to make them feel guilty for their choices. It's about defining the problem so that we can arrive at effective solutions. And we must honestly address its origins—even though it can sometimes be difficult, or even uncomfortable, to do so. Human civilization has made extraordinary productivity leaps, some of which have led to our currently overheated planet. But by harnessing that same ability to innovate and attaching it to a renewed sense of shared responsibility, we can find ways to cool the planet down, fight climate change, and chart a course toward a more just, equitable, and sustainable future.

Here's a rough breakdown of the factors that are driving climate change:

- Natural Causes of Climate Change
- Human-Driven Causes of

Climate Change

- Transportation
- Electricity generation
- Industry & Manufacturing
- Agriculture
- Oil & Gas Development
- Buildings
- Deforestation
- Our Lifestyle Choices

Natural Causes of Climate Change

Some amount of climate change can be attributed to natural phenomena. Over the course of Earth's existence, volcanic eruptions, fluctuations in solar radiation, tectonic shifts, and even small changes in our orbit have all had observable effects on planetary warming and cooling patterns.

But climate records are able to show that today's global warming—particularly what has occurred since the start of the industrial revolution—is happening much, much faster than ever before. According to NASA, "[t]hese natural causes are still in play today, but their influence is too small or they occur too slowly to explain the rapid warming seen in recent decades." And the records refute the misinformation that natural causes are the main culprits behind climate change, as some in the fos-

sil fuel industry and conservative think tanks would like us to believe.

Human-Driven Causes of Climate Change

Scientists agree that human activity is the primary driver of what we're seeing now worldwide. (This type of climate change is sometimes referred to as anthropogenic, which is just a way of saying "caused by human beings.") The unchecked burning of fossil fuels over the past 150 years has drastically increased the presence of atmospheric greenhouse gases, most notably carbon dioxide. At the same time, logging and development have led to the widespread destruction of forests, wetlands, and other carbon sinks—natural resources that store carbon dioxide and prevent it from being released into the atmosphere.

Right now, atmospheric concentrations of greenhouse gases like carbon dioxide, methane, and nitrous oxide are the highest they've been in the last 800,000 years. Some greenhouse gases, like hydrochlorofluorocarbons (HFCs), do not even exist in nature. By continu-

Continued on page 26

Studio 4 Decor



Studio4Decor in Los Abrigos offers affordable interior design solutions to make your property stand out from the crowd. From simple, effective room re-vamps to entire property transformations, we specialise in curtains, voiles, blinds, bespoke headboards, sofas, furniture, amazing artwork and soft furnishings.

Our helpful team is on hand to help you achieve the look you are aiming for and to work within your budget. Please call Michael or Gill on (0034) 922 749 793 or email us at info@studio4decor.net.



0034 711 048 315

studio4decor.com

LAS CHAFIRAS BOOK SHOP

Find us at Calle Luciano Bello Alfonso No 5 in Las Chafiras (behind Pit Team Sur)

609 714 276

10K+ books available.
Buy 2 books, get one FREE!



Pound rocked by uneven data



Staying on top of the latest currency news can help you time your transfers more effectively, so find out what you should be looking out for over the next couple of weeks...

Latest currency news

Mixed economic releases and central bank speculation infused notable volatility into the currency market through the second half of February. During this

period, we've seen GBP/EUR trade between €1.16 and a multi-month high of €1.17, while EUR/GBP has held at £0.85. At the same time, GBP/USD slipped to \$1.25 before rebounding to \$1.26, while EUR/USD climbed from \$1.07, to \$1.08.

What's been happening?

The pound has traded in a wide range over the past couple of weeks. Volatility in Sterling was primarily driven by weaker-than-expected inflation

figures and confirmation the UK fell into recession at the end of 2023. The US dollar soared in mid-February in response to a hotter-than-expected US inflation print. Before giving ground amid bullish market sentiment and a pricing in of a more aggressive pace of interest rate cuts from the Federal Reserve. Meanwhile, the euro has struggled to attract support in recent weeks amid growing speculation that the European Central Bank (ECB) will begin cutting interest rates in the Spring.

What do you need to look out for?

Looking ahead, the immediate focus will be on the publication of the Eurozone's consumer price index on 1 March. An expected cooling of inflation could trigger a slump in the euro if it stokes ECB rate cut bets.

Meanwhile the latest US payroll figures could bolster USD exchange rates if they signal the US labour market continues to tighten. Finally, GBP investors will look to speeches by Bank of England (BoE) policymakers for fresh impetus over the next couple of weeks. Will a broadly hawkish consensus help to bolster the pound?

At Currencies Direct, we're here to talk currency whenever you need us, so get in touch if you want to know more about the latest news or how it could impact your currency transfers. Since 1996, we've helped more than 430,000 customers with their currency transfers, just pop into your local Currencies Direct branch or give us a call to find out more.

+34 922 971 781

canaries@currenciesdirect.com
www.currenciesdirect.com

Continued from page 24

ously pumping these gases into the air, we helped raise the earth's average temperature by about 1.9 degrees Fahrenheit during the 20th century—which has brought us to our current era of deadly, and increasingly routine, weather extremes. And it's important to note that while climate change affects everyone in some way, it doesn't do so equally: All over the world, people of color and those living in economically disadvantaged or politically marginalized communities



Chemical manufacturing plants emit fumes along Onondaga Lake in Solway, New York, in the late-19th century. Over time, industrial development severely polluted the local area.

bear a much larger burden, despite the fact that these communities play a much smaller role in warming the planet.

Our ways of generating power for electricity, heat, and transportation, our built environment and industries, our ways of interacting with the land, and our consumption habits together serve as the primary drivers of climate change. While the percentages of greenhouse gases stemming from each source may fluctuate, the sources themselves remain relatively consistent.

Transportation

The cars, trucks, ships, and planes that we use to transport ourselves and our goods are a major source of global greenhouse gas emissions. (In the United States, they actually



Traffic on Interstate 25 in Denver

constitute the single-largest source.) Burning petroleum-based fuel in combustion engines releases massive amounts of carbon dioxide into the atmosphere. Passenger cars account for 41 percent of those emissions, with the typical passenger vehicle emitting about 4.6 metric tons of carbon dioxide per year. And trucks are by far the worst polluters on the road. They run almost constantly and largely burn diesel fuel, which is why, despite accounting for just 4 percent of U.S. vehicles,

trucks emit 23 percent of all greenhouse gas emissions from transportation.

We can get these numbers down, but we need large-scale investments to get more zero-emission vehicles on the road and increase access to reliable public transit.

Electricity generation

As of 2021, nearly 60 percent of the electricity used in the United States comes from the burning of coal, natural gas, and other fossil fuels. Because of the electricity sector's historical investment in these dirty energy sources, it accounts for roughly a quarter of U.S. greenhouse gas emissions, including carbon dioxide, methane, and nitrous oxide.

That history is undergoing a major change, how-

TOTAL U.S. GREENHOUSE GAS EMISSIONS BY ECONOMIC SECTOR (2020):



ever: As renewable energy sources like wind and solar become cheaper and easier to develop, utilities are turning to them more frequently. The percentage of clean, renewable energy is growing every year—and with that growth comes a corresponding decrease in pollutants.

But while things are moving in the right direction, they're not moving fast enough. If we're to keep the earth's average temperature from rising more than 1.5 degrees Celsius, which scientists say we must do in order to avoid the very worst impacts of climate change, we

have to take every available opportunity to speed up the shift from fossil fuels to renewables in the electricity sector.

Industry & Manufacturing
The factories and facilities that produce our goods are significant sources of greenhouse gases; in 2020, they were responsible for fully 24 percent of U.S. emissions. Most industrial emissions come from the production of a small set of carbon-intensive products, including basic chemicals, iron and steel, cement and concrete, aluminum, glass, and paper. To manufacture the building blocks of our infrastructure and the vast array of products demanded by consumers, producers must burn through massive amounts of energy. In addition, older facilities in need of efficiency upgrades frequently leak these gases, along with other harmful forms of air pollution.

One way to reduce the industrial sector's carbon footprint is to increase efficiency through improved technology and stronger enforcement of pollution regulations. Another way is to rethink our attitudes toward consumption (particularly when it comes to plastics), recycling, and reuse—so that we don't need to be producing so many things in the first place. And, since major infrastruc-

ture projects rely heavily on industries like cement manufacturing (responsible for 7 percent of annual global greenhouse gas), policy mandates must leverage the government's purchasing power to grow markets for cleaner alternatives, and ensure that state and federal agencies procure more sustainably produced materials for these projects. Hastening the switch from fossil fuels to renewables will also go a long way toward cleaning up this energy-intensive sector.

Agriculture

The advent of modern, industrialized agriculture has significantly altered the vital but delicate relationship between soil and the climate—so much so that agriculture accounted for 11 percent of U.S. greenhouse gas emissions in 2020. This sector is especially notorious for giving off large amounts of nitrous oxide and methane, powerful gases that are highly effective at trapping heat. The widespread adoption of chemical fertilizers, combined with certain crop-management practices that prioritize high yields over soil health, means that agriculture accounts for nearly three-quarters of the nitrous oxide found in our atmosphere. Meanwhile, large-scale industrialized livestock production continues to be a significant source of atmospheric methane, which is emitted as a function of the diges-

tive processes of cattle and other ruminants.

But farmers and ranchers—especially Indigenous farmers, who have been tending the land according to sustainable principles—are reminding us that there's more than one way to feed the world. By adopting the philosophies and methods associated with regenerative agriculture, we can slash emissions from this sector while boosting our soil's capacity for sequestering carbon from the atmosphere, and producing healthier foods.

Oil & Gas Development

Oil and gas lead to emissions at every stage of their production and consumption—not only when they're burned as fuel, but just as



A decades-old, plugged and abandoned oil well at a cattle ranch in Crane County, Texas, in June 2021, when it was found to be leaking brine water

soon as we drill a hole in the ground to begin extracting them. Fossil fuel development is a major source of methane, which invariably leaks from oil and gas operations: drilling, fracking, transporting, and refining. And while methane isn't as prevalent a greenhouse gas as carbon dioxide, it's many times more potent at trapping heat during the first 20 years of its release into the atmosphere. Even abandoned and inoperative wells—sometimes known as "orphaned" wells—leak methane. More than 3 million of these old, defunct wells are spread across



Stephen McComber holds a squash harvested from the community garden in Kahnawà:ke Mohawk Territory, a First Nations reserve of the Mohawks of Kahnawà:ke, in Quebec.

the country and were responsible for emitting more than 280,000 metric tons of methane in 2018.

Buildings

Unsurprisingly, given how much time we spend inside of them, our buildings—both residential and commercial—emit a lot of greenhouse gases. Heating, cooling, cooking, running appliances, and maintaining other building-wide systems accounted for 13 percent of U.S. emissions overall in 2020. And even worse, some 30 percent of the energy used in U.S. buildings goes to waste, on average.

Every day, great strides are being made in energy efficiency, allowing us to achieve the same (or even

better) results with less energy expended. By requiring all new buildings to employ the highest efficiency standards—and by retrofitting existing buildings with the most up-to-date technologies—we'll reduce emissions in this sector while simultaneously making it easier and cheaper for people in all communities to heat, cool, and power their homes: a top goal of the environmental justice movement.

Deforestation

Another way we're injecting more greenhouse gas into the atmosphere is through the clearcutting of the world's forests and the degradation of its wetlands. Vegetation and soil store carbon by keeping it at ground level or underground. Through logging and other forms of development, we're cutting down or digging up vegetative biomass and releasing all of its stored carbon into the air. In Canada's boreal forest alone, clearcutting is responsible for releasing more than 25 million met-

Continued on page 28



Bank of Spain
registration No. 6716

Sending money to or from Spain?

We're fully authorised as an e-money firm to operate in Spain and guarantee no receiving charges in any Spanish bank - giving you peace of mind and making your money go further.

Trust us with your transfers and benefit from great exchange rates, award-winning service and 24/7 payments.

NO RECEIVING CHARGES
in any Spanish bank!



Let's talk currency

Tenerife

Calle Oregon 5, Residencial los Seres,
Local 6, Los Cristianos,
Arona, Tenerife, 38650

canaries@currenciesdirect.com
+34 922 971 781

Find out more at currenciesdirect.com

© Currencies Direct Ltd, One Canada Square, Canary Wharf, London E14 5AA, United Kingdom. Registered in England & Wales, No.: 03041197. Currencies Direct Ltd is authorised by the Financial Conduct Authority as an Electronic Money Institution under the Electronic Money Regulations 2011. Our FCA Firm Reference number is 900669.

Our EU services are provided by Currencies Direct Spain.

© Currencies Direct Spain, E.D.E., S.L., Avenida del Mediterráneo, 341, 04638 Mojácar, Almería, Spain. Registered in the Commercial Registry of Almería under the Spanish tax ID number B04897930. Currencies Direct Spain, E.D.E., S.L. is authorised by the Bank of Spain as an Electronic Money Institution under Law 21/2011 of 26 July and Royal Decree 778/2012 of 4 May. Our registration number with the Bank of Spain is 6716.



Continued from page 26

tronic tons of carbon dioxide into the atmosphere each year—the emissions equivalent of 5.5 million vehicles.

Government policies that emphasize sustainable practices, combined with shifts in consumer behaviour, are needed to offset this dynamic and restore the planet's carbon sinks.

Our Lifestyle Choices

The decisions we make every day as individuals—which products we purchase, how much electricity we consume, how we get around, what we eat (and what we don't—food waste

makes up 4 percent of total U.S. greenhouse gas emissions)—add up to our single, unique carbon footprints. Put all of them together and you end up with humanity's collective carbon footprint. The first step in reducing it is for us to acknowledge the uneven distribution of climate change's causes and effects, and for those who bear the greatest responsibility for global



An aerial view of clearcut sections of boreal forest near Dryden in Northwestern Ontario, Canada, in June 2019

greenhouse gas emissions to slash them without bringing further harm to those who are least responsible.

The big, climate-affecting decisions made by utilities, industries, and governments are shaped, in the end, by us: our needs, our demands, our priorities. Winning the fight against climate change will require us to rethink those needs, ramp up those demands, and reset those priorities. Short-term thinking of the sort that enriches corporations must give way to long-term planning that strengthens communities and secures the health and safety of all people. And our

definition of climate advocacy must go beyond slogans and move, swiftly, into the realm of collective action—fueled by righteous anger, perhaps, but guided by faith in science and

in our ability to change the world for the better.

If our activity has brought us to this dangerous point in human history, breaking old patterns can help us find a way out.



The Yellow Line Metro train crossing over the Potomac River from Washington, DC, to Virginia on June 24, 2022

Why do some people feel tired all the time?

By Sandy Ong, BBC Future



For some people, no matter how much sleep they get, they still feel tired and low in energy. Why?

On most days, I'm a stickler for routine, especially when it comes to sleep.

I get ready for bed well before I begin to feel tired: changing into my pyjamas, cleaning my teeth, and doing an overly elaborate skin care routine. I leave my phone in the dining room where it stays overnight, then retire to my bedroom — one that's quiet, dimly-lit, and of perfect Goldilocks temperature — to scribble briefly in my gratitude journal. A half-hour of fiction reading follows, before turning the lights out at roughly 11pm.

Eight-and-a-half hours later, my alarm rings and

I wake up feeling...tired. I am early mid-life, exercise regularly, and am, as far as I know, healthy (knock on wood). Why, then, does being bright-eyed and bushy-tailed elude me most mornings, despite sufficient sleep?

It turns out I'm far from alone. According to a 2023 meta-analysis that examined 91 studies across three continents, one in every five adults worldwide experienced general fatigue lasting up to six months, despite having no underlying medical conditions. In the US, 44% of the more than 1,000 adults surveyed by the National Sleep Foundation in 2019 said they felt sleepy between two to four days every week. While a 2022 YouGov poll of near-

ly 1,700 people found that one in eight UK adults were tired "all the time", with another quarter knackered "most of the time". Women were more likely to be fatigued than men, regardless of whether they had children or not — a finding that was echoed across multiple studies.

A fuzzy concept

Tiredness is "a very, very common" complaint among the patients, says Rosalind Adam, a family physician who has been practising in Aberdeen, Scotland, for more than a decade. The condition is so frequent that the National Health Service even has its own acronym for it: TATT (Tired All The Time). But for all this ubiquity, scientists' under-

standing of fatigue — what causes it, how it changes our bodies and brains, as well as how best to treat it — is incredibly limited. Even pinning down a definition has been tricky. Tiredness is different from sleepiness, which is "more a propensity to fall asleep", explains Adam. "The two are interrelated, of course, but fatigue is much more multidimensional," she says.

"It's sort of a catch-all concept of feeling tired," says Christopher Barnes, professor of organisational behaviour and management at the University of Washington in Seattle, who studies how sleep deprivation affects the workplace. "And there's lots of ways that we can feel tired." There's physical fatigue, for instance, the kind you might feel after a long hike or a particularly strenuous session in the gym. "That's normal physiological fatigue," explains Vicky Whittemore, a program director at the National Institutes of Health in Bethesda, Maryland, who studies the biology of fatigue. "It's easy to understand and people have been studying muscle fatigue for a long time."

But fatigue can also encompass a cognitive and emotional aspect — which explains why when we're tired, we might experience

brain fog, find it a slog to get things done, or snap at those around us. It's only in the past decade that scientists have been able to dig deeper into these other facets of fatigue, thanks to advances in imaging technology and biochemical assays that allow us to study real-time changes in the brain, says Whittemore. "We're really just beginning to understand the neurobiology now and what parts of the brain are perceiving fatigue."

Another challenge is that fatigue is incredibly subjective, and it can arise for myriad reasons. It's a symptom of many diseases and chronic conditions, including cancer, multiple sclerosis, long Covid, depression, and myalgic encephalomyelitis. However, it can also have much less serious causes. "It's absolutely important to distinguish between illness and non-illness-related tiredness," says Adam, who also teaches at the University of Aberdeen, where she is leading an ongoing study examining how fatigue impacts individuals with myeloma, heart failure, and long Covid. "I think if we can unpick different types of fatigue, we might be able to treat them differently and offer more tailored solu-

tions," says Adam.

Quality over quantity

The benefits of getting sufficient sleep — the amount that adults need varies, but most people need seven or more hours a night, and experts recommend getting between seven and nine hours — have been extolled upon us time and again. Without this downtime, our bodies wouldn't be able to repair muscles, boost immunity, regulate emotions, consolidate memories and new information, among other critical functions. People who are fatigued for prolonged periods have a higher risk of death than the general population, as well as a higher risk of anxiety and depression. On a daily basis, getting inadequate rest can result in headaches and other bodily pains, as well as cause feelings of irritability, low mood, and an unfocused mental state. These effects often spill over to our relationships. "We know from the literature on sleep and marital satisfaction that when one person in a marriage is sleep deprived, there's more conflict in that couple," says Barnes.

Could this drink really help you sleep?

Fatigue can also adversely affect the workplace, with repercussions on both performance and leadership. Barnes was the first to examine how sleep-deprived bosses are more likely to mistreat their employees through hostile verbal and non-verbal behaviour: "They go into work with less self-control and



Poor quality sleep can contribute to feelings of fatigue

Continued on page 30



Tenerife Insurance Services SL

Cars, Houses, Life, Health, Dental, Funerals, Travel, Boats, Business Premises, Communities, Bars & Restaurants, Savings & Investments and more.....

Tel: 922-735-672

Do you have a CAR or HOUSE policy

due JUNE – DECEMBER 2024?

Let us give you a **FREE QUOTE**

3 months before it is due

And **GET 50€ OFF**

No minimum premium required!



Terms & Conditions apply

[https:// www.tenerifeinsurance.biz](https://www.tenerifeinsurance.biz)

e-mail: info@tenerifeinsurance.biz

Calle Clara Toledo Gómez, Local A, LAS CHAFIRAS, 38639, San Miguel de Abona

Continued from page 28

they're more likely to engage in what we call 'abusive supervision'," he says.

Worse still, fatigue can have devastating outcomes — in the UK, tiredness is the root cause of 20% of all accidents on major roads. Human error linked to fatigue or sleep loss has also been implicated, along with other factors, in numerous man-made disasters, including the Challenger Space Shuttle accident and the Exxon Valdez oil spill. "Fatigue in oil and gas [extraction], both onshore and offshore, has resulted in significant catastrophes, the loss of lives, economic issues, and environmental issues that we still suffer from," says Ranjana Mehta, a professor of industrial and systems engineering at the University of Wisconsin-Madison, Madison, who studies occupational fatigue.

But getting sufficient shut-eye is only one part of the equation. Quality matters too, if not more. "Getting fewer hours of solid sleep is better than more hours of sleep, but interrupted sleep," says Whittemore. "You feel much less refreshed if you have interrupted sleep."

That's partly because when we sleep, our brains power down extraneous processes. The resting neurons create space for cerebrospinal fluid, which usually surrounds the brain, to flood in and clear out accumulated debris, such as the sticky beta-amyloid plaques that are usual-



Interrupted sleep is not as restful

ly associated with Alzheimer's disease. It's a sort of waste-clearance system scientists call the glymphatic system. "If you have disrupted or dysfunctional sleep, it disrupts that whole balance," says Whittemore. "So there aren't as many toxins being cleared from your brain."

Interestingly, our glymphatic systems work best at the same time every day, says Daniel Jin Blum, a sleep psychologist and research assistant professor at New York University Shanghai. "So if you get the same amount of deep sleep at your regular time versus shifted eight hours later, the ability to flush out toxins is significantly compromised."

This means that when we get our shut-eye is important. Syncing sleep with our natural circadian rhythms — the brain's 24-hour internal clock that regulates the cycle of alertness and sleepiness — gives rise to the best-quality rest. This explains why shift work is often associated with poor health outcomes, ranging from heartburn to diabetes. "Among other things, if you get that same eight hours of sleep, but not dur-

ing the regular circadian period, you get almost no REM sleep and you're not really reaping the benefits," says Blum, referring to the fourth and final stage of our sleep cycle that's characterised by rapid eye movements, where we typically dream, strengthen neural connections, and process emotions from the day. Too little or dysregulated REM sleep has been linked with depression, dementia, Parkinson's disease, and other cognitive issues.

Myriad reasons

Given the pervasive effects of poor-quality sleep on our health, relationships, and work, it's important to try and unearth the root of all this misery. When patients complain of persistent fatigue, the first thing Adam does is rule out any medical causes. Blood tests can sometimes be useful in pinpointing thyroid disorders or an imbalance of oestrogen and other hormones — conditions that are frequently linked with feelings of fatigue, especially in women. Tests can also reveal if you're lacking certain nutrients like vitamin B12, folate, and D; or

minerals such as iron and magnesium. "Nutrient deficiency plays a substantial role in contributing to fatigue," says Geir Bjørklund, who founded the Norwegian nonprofit Council for Nutritional and Environmental Medicine. "Essential nutrients, including vitamins, minerals, and dietary components, are crucial for various physiological processes, including energy metabolism," he says.

But blood tests only go so far. "They show up normal in 90% of the cases we see in primary care," says Adam, "which is why taking a comprehensive clinical history is key". "In healthy individuals, we look at contributing roles of things like exercise, sleep, diet, mental health. It's really about looking at that individual and the factors that might be important to them," says Adam. For instance, a person may have young children, which may make uninterrupted sleep a far-off luxury.

Stress, in particular, is a big contributor to fatigue. Tellingly, a 2022 study of more than 16,200 government employees in China found that those who experienced negative stressful life events at baseline were twice as likely to report feeling fatigued at follow-up. When we're stressed, our bodies produce a hormone called cortisol, which in turn raises our body temperature and heart rate to gear us up to face a threat. Cortisol levels fluctuate naturally throughout the day, but when they remain elevated, it's harder to fall asleep and

stay asleep. It's that "tired but wired" feeling, says Whittemore.

Another really common cause of fatigue in otherwise healthy people is sleep disorders or breathing issues, says Blum. This includes snoring, which occurs when one's airway is partially or fully blocked. "All snoring is abnormal, and may be a sign of sleep apnoea," he says, referring to the disorder that causes some sleepers to stop and start breathing repeatedly throughout the night. All this can disrupt natural sleep patterns and make deep sleep elusive, says Blum. "So people get that seven to nine hours of sleep, but it's insufficient quality."

Dehydration is another major cause of fatigue. Other typical culprits include caffeine and alcohol. "I think most people underestimate how much they impact the quality of their sleep," he says. "Caffeine, for instance, has a half-life of roughly five hours, which means even when you have a cup of coffee at noon, a quarter of that caffeine will remain at midnight."

Alcohol, especially close

to bedtime, can also negatively affect sleep quality in many ways: aggravating breathing problems, disrupting the circadian cycle, and blocking REM sleep. "Oftentimes you will fall asleep maybe a little faster during that first sleep cycle and get a little more deep-sleep," explains Blum. "But after that, it just kind of bounces us around our lightest stage of sleep, causing more awakening and additional cortisol spikes overnight."

At the end of the day, Bjørklund explains that the tips for boosting energy are mostly what our rational minds already know: "Embrace a balanced diet, address nutrient deficiencies, maintain good sleep hygiene, manage stress through techniques like mindfulness, engage in regular physical activity, ensure proper hydration, consider therapeutic interventions like cognitive behaviour therapy, and build a support network." Implementing those techniques, of course, is another matter entirely. It looks like a rework of my routine is in order.



Sleep is more effective if you go to bed at the same time each day

What is the Muslim Holy Period of Ramadan



Ramadan is considered one of the holiest months of the year for Muslims.

In Ramadan, Muslims commemorate the revelation of the Qur'an, and fast from food and drink during the sunlit hours as a means of drawing closer to God and cultivating self-control, gratitude, and compassion for those less fortunate. Ramadan is a

month of intense spiritual rejuvenation with a heightened focus on devotion, during which Muslims spend extra time reading the Qur'an and performing special prayers. Those unable to fast, such as pregnant or nursing women, the sick, or elderly people & children, are exempt from fasting.

When does Ramadan take place?

Ramadan is the 9th month of the Islamic calendar, which is based on a 12-month lunar year of approximately 354 days. Because the lunar year is 11 days shorter than the solar year, each lunar month moves 11 days earlier each year. It takes 33 solar years for the lunar months to complete a full cycle and return to the same sea-

son. The month traditionally begins and ends based on the sighting of the new moon. In recent years, however, many Muslims follow a pre-determined date based on astronomical calculations.

The Length and Purpose of Fasting

Muslims fast from pre-dawn to sunset, a fast of between 11-16 hours depending on the time of year for a period of 29-30 days. Ramadan entails forgoing food and drink, and if married, abstaining from sex during sunlit hours. For Muslims, Ramadan is a time to train themselves both physically and spiritually by avoiding any negative acts such as gossiping, backbiting, lying, or arguing. Muslims welcome Ramadan as an opportu-

nity for self-reflection and spiritual improvement, and as a means to grow in moral excellence. Ramadan is also a highly social time as Muslims invite each other to breakfast together and meet for prayers at the mosque.

The ultimate goal of fasting is gaining greater God-consciousness, known in Arabic as taqwa, signifying a state of constant awareness of God. From this awareness, a person should gain discipline, self-restraint, and a greater incentive to do good and avoid wrong. In commemoration of the revelation the Qur'an, which began in the month of Ramadan, Muslims attempt to read the entire book during Ramadan. The entire Qur'an is also recited dur-

Continued on page 32



Tenerife Insurance Services SL



FUNERAL PLANS



Cremation/Burial

It often comes as a welcome relief to all, to have a plan. A plan provides peace of mind for you and family members, they know your wishes are being respected and they can focus on having a meaningful celebration of your life. You choose, a burial or cremation, a large open ceremony or a close and more personal event.

A pre-paid plan lets you pay for your funeral in advance, saving your family stress and expense when you die. In Spain the funeral is done in a few days, unlike in the UK and other countries where the service can take many weeks to organise. These plans can be paid over a period of time or in full when the policy is taken out. Alternatively, when under 70 years of age you can pay for a plan that increases each year as you get older. This way you don't need to find a lump sum to pay for the policy.

Other advantages of having a plan – With everything paid for, there is no language barrier, the funeral service is paid for directly by the company, once they are made aware of your passing, plus these plans pay out much quicker than if you are waiting for an advance from a Life Policy.

Give us a call to discuss your requirement and the options available – we are here to help.

Payment Plan Options :-

- Pre-paid Single Premium policy – for 70+ year olds
- Annual Premium that increases with age, until 70
- Premium that changes every 5 years, until 70

Standard & Optional Covers

- Funeral Planning Service
- Repatriation
- Advice on drafting a will
- Erasure of digital signature
Social media, e-mails etc.
- Worldwide travel Assistance – Accident & Dental cover



QUIERO CUIDARME MÁS – APP: offers a wide variety of services

[https:// www.tenerifeinsurance.biz](https://www.tenerifeinsurance.biz)

Tel: 922-735-672

e-mail: info@tenerifeinsurance.biz

ACT

+34 922 736 728

APP for mobile
and laptop
NOW AVAILABLE!

...looking after your Digital World!

- Great OFFERS on Fast Internet connection (English and Spanish +)
- Great Mobile Phone deals (agents of Lobster Mobile)
- Top quality TV programmes/series from around the world
- Excellent local support (English and Spanish +)

Call us on
922 736 728
quoting: TPG

WATCH LIVE UK TV NOW

W: act-tenerife.com Mon/Fri: 9AM - 5PM

Continued from page 30
ing special nightly prayers.

Who Fasts

All Muslims who have reached puberty are obligated to fast. However, people for whom fasting would be a hardship are exempted from fasting. This includes anyone who is sick or traveling; women who are pregnant, nursing, or on their menses; or older people who are too weak or ill to fast. They should make up the fast later, except for those who cannot fast due to age or chronic illness. Instead, they can feed a poor person for every day of fasting which they miss.

Children

While children are not required to fast until they reach puberty, it is customary for children beginning around seven years of age to perform limited or symbolic fasting such as fast-

ing half days or on weekends. This trains them gradually and helps to engender a sense of inclusion during the month-long observance. Mosques often give special recognition to children who are fasting their first full day or first Ramadan.

Family Routines

A Muslim family usually rises before dawn and eats a modest, breakfast-like meal called suhur. After the meal, the family performs the morning prayer, and depending on the circumstances, goes back to bed or begins the day. Particularly during the long summer months, people often take a nap in the late afternoon after work or school. At sunset, family members break the fast with a few dates and water, and depending on the culture, other light foods such as soup, appetizers or fruit. This is referred to as iftar which means "breaking the fast."

After performing the sunset prayers, the family eats dinner. Inviting guests to break the fast or going to someone else's house for iftar is very common in Ramadan. Many families then go to the mosque for the night prayer and a special Ramadan prayer called Taraweeh. After completing their prayers, families return home often quite late in the evening depending on the time of year. All of these times vary depending on the time of year, with shorter days in the winter and longer days in the summer.

Special Activities

Many mosques host daily community dinners where Muslims can break their fast together. This is a great service for students, the poor, and anyone who desires a break from cooking. Many mosques also host a community dinner on the weekends.

Special Ramadan prayers

called Taraweeh are held in most mosques after the night prayer. During Taraweeh, the prayer leader recites at least one thirtieth of the Qur'an so that by the end of the month the entire Qur'an will have been recited.

Since Ramadan is a time for Muslims to be especially charitable and fasting helps Muslims feel compassion for the hungry and less fortunate, many mosques hold food drives or fundraisers for charity during Ramadan. Many mosques also host open houses for their friends and neighbors of other faiths to join them for their fast-breaking dinner or iftar at the end of the fast-

The Night of Power known as Lailat al-Qadr, is believed to fall on one of the odd nights during the last ten days of Ramadan, but is most widely observed on the 27th night of Ramadan. It is considered

the most blessed night in Ramadan because it is believed to be the night in which the Qur'an was first revealed. Mosques are open all night as Muslims hold vigils in prayer, Qur'anic recitation, and contemplation.

Special Foods

Breaking the fast with dates or water is the only strictly traditional culinary custom associated with Ramadan. It is interesting to note the suitability of dates for this purpose as they are a concentrated source of energy and easily digestible. Different Muslim-populated countries have a variety of special dishes and desserts for Ramadan.

Benefits of Fasting

Doctors agree that fasting is extremely beneficial for lowering cholesterol levels and for other health benefits. Fasting is

a means of purifying the body as well as the spirit, as it gives the body a rest from the continuous task of digesting food.

Eid ul-Fitr

At the end of Ramadan, Muslims celebrate one of their major holidays called Eid ul-Fitr or the "Festival of the Breaking of the Fast." Children traditionally receive new clothes, money, or gifts from parents, relatives, and friends. A special prayer and sermon are held on the morning of Eid day, followed by a community celebration usually in a park or large hall. Food, games, and presents for children are important parts of the festivities, as friends and family spend the day socializing, eating, and reuniting with old acquaintances. The greeting Eid Mubarak means "blessed holiday!"

DNA profiling is a great British success story

By Matt Ridley, *The Spectator* and author of *How Innovation Works: And Why It Flourishes in Freedom* (2020), and co-author of *Viral: The Search for the Origin of Covid-19* (2021)



Hardly a week goes by without a mention of DNA's contribution to criminal justice.

Last week Sandip Patel was convicted of killing a prostitute near Baker Street 30 years ago: DNA belatedly proved that his hairs were caught in her ring. A few days before, a double murderer, Col-

in Pitchfork, was controversially granted a parole hearing 36 years after being the defendant in 'the first case of its kind in Britain to use DNA profiling', as the Times put it.

Only that's wrong. Colin Pitchfork was not the first person in Britain to be convicted with DNA; he was the first person in the world. The story of how DNA profiling was invented and then applied to

solving crimes is a truly remarkable, entirely British success story. We seem to have forgotten this, perhaps because of the modesty of the inventor, Sir Alec Jeffreys.

Pitchfork was not the first person in Britain to be convicted with DNA: he was the first person in the world

Without Jeffreys's insight, it might not have happened until years later. What's more, almost nothing but good has come from it. DNA is even better at exonerating the innocent than convicting the guilty. In tracing lost relatives and sorting out paternity it usually – not always – brings joy as well as justice.

I first met Jeffreys at a British Association meeting in Brighton in 1983, in my very first week as a science reporter for the *Economist*. As a young geneticist he electrified the audience with a magical

talk about the emerging glimpses of the structure of genes. He described a world of coded messages, repetitive deserts of so-called 'junk DNA' and 'rusting hulks' of disused pseudogenes. Over the next year I called him regularly as a source for new stories. Then one day he very politely brushed me off: 'I'm too busy to talk.' I later found out why.

At 9.05 a.m. on 10 September 1984, Jeffreys had a genuine eureka moment in his laboratory at Leicester University. He fished an X-ray film out of the developing tank in his dark room, turned on the light and saw something striking. His technician's DNA had a pattern of repeats of a particular sequence that was similar to both her parents' patterns but not the same. Suddenly he realised that every individual must have a unique profile in the repetitive DNA sequences between the genes.

Over the next two days he cut himself on purpose to leave spots of blood around the laboratory, returning to them later to see if the DNA was intact enough to be tested. Nobody expected that DNA could be used to identify people even decades after being deposited in tiny amounts. It's remarkably

fortunate: an organic molecule that in the dry, crystalline state resists decomposition. I also still find it baffling that in a sample replete with lots of copies of a book 800 times as long as the Bible (i.e., the full genome that is in every cell), you can pull out a handful of particular sentences with speed and certainty. But you can.

Jeffreys first applied the technique to help a Ghanaian immigrant prove to the Home Office that her son was her son. The mother's delight fired him on. Then out of the blue in 1986 he had a call from the local police. They were investigating the rape and murder of Dawn Ashworth near the Leicestershire village of Narborough. They had their man: Richard Buckland, who had learning difficulties, had confessed to the crime under interrogation. But a very similar rape and murder, of Lynnda Mann, had happened nearby three years before and Buckland denied committing that crime. Since sperm samples were available from both victims, could Jeffreys prove the two schoolgirls were raped by the same man?

He agreed to try, while being privately unsure that his technique would work for such samples. To his surprise, he got a clear re-

sult: the same man had committed both crimes. But it was not Buckland. The police unleashed some Anglo-Saxon down the phone and sought a second opinion from another lab, which agreed with Jeffreys. Reluctantly, they dropped the case against Buckland. Thus DNA exonerated an innocent man before it ever convicted a guilty one.

The police then asked more than 5,000 men aged between 17 and 34 in the surrounding area to give blood for Jeffreys to test. None matched the samples on the victims. A dead end. Then one day somebody told the police they had overheard a man in a pub saying he had been persuaded to give blood in the place of a work colleague, because the colleague did not trust the police. They tracked down Colin Pitchfork, tested his DNA and found a perfect match. He confessed to both crimes.

Without DNA, Buckland would have gone to jail and Pitchfork would have been free to kill again, leaving more families destroyed by grief. In the years that followed, DNA profiling solved many new cases as well as old and cold ones. Hundreds of

Continued on page 34

If you are selling your property in Spain and moving overseas, you could save money through our repatriation service.

We understand that navigating the currency markets can be difficult, especially when you are busy making preparations to move to a different country. That's why our expert team are on hand to provide you with as smooth an experience as possible for your cross-border international payments. We offer great rates and you could also save money on typical Spanish bank charges through our local draft deposit service.

We've been dealing in foreign exchange since 1979 and know what we are doing. So we could help to look after your currency, whilst you focus on other practicalities.

Speak to your local moneycorp representative to discuss how you may benefit from our tailored service.

To open your free international payments account, call the team today on **+34 952587657**. Please quote **The Tenerife Property Guide**. Alternatively, for more information, please email **costadelsoloffice@moneycorp.com**

Moneycorp Technologies Limited (company number 612120) is registered in Ireland. Moneycorp is a trading name of Moneycorp Technologies Limited which is authorised by the Central Bank of Ireland under the European Communities (Electronic Money) Regulations 2011 for the provision of Electronic Money and Payment services and with the Central Bank of Ireland for the provision of designated investment business under European Union (Markets in Financial Instruments) Regulations 2017 (firm reference number C184118).



www.moneycorp.com

The One Stop Problem Shop

Differences between NIE, CIF, and TIE.

Most people living in Tenerife will be familiar with the above abbreviations, but for those who don't, the following might be useful:

NIE

A NIE number (short for NUMERO DE IDENTIFICACION EXTRANJERA, or a foreign person's identifica-

tion number). This number, once assigned, remains with the person for life regardless of whether or not they apply for Residencia. It is something that you could be asked for by your Bank, the Tax office, Social Security office, Town Hall etc. This number along with your passport or ID card

is Spain's way of identifying a person. Even if you change your name through marriage or divorce, the number remains with you.

CIF

A CIF number is short for CERTIFICADO DE IDENTIFICACION FISCAL. This is the equivalent of a NIE, but

for a Company and is allocated when a person opens an SL, SLU or SA company (similar to a Limited company in the UK but each of the three abbreviations refer to different levels of a company.

TIE

TIE stands for TARJETA DE IDENTIFICACION

EXTRANJERA. This is a card that is obtained by Third Country Nationals when they apply for Residencia. The format of this card for non-UK Third country nationals is slightly different, but the abbreviation is the same.

Located in Motorworld Tenerife, C/Victoriano Toledo Rodriguez 5, LAS CHAFIRAS 38639. Tel: 0659 719 695034



Find us at Calle Luciano Bello Alfonso No 5 in Las Chafiras (behind Pit Team Sur)

LAS CHAFIRAS BOOK SHOP

10K+ books available. Buy 2 books, get one FREE!

Spanish and English Lawyers

Conveyancing · Inheritance & Wills
Family Law · Criminal Law
Civil Litigation & Personal Injury
Timeshare · Tax & Commercial law

De Cotta Law

T: 922 719 520

E: tenerife@decottalaw.net

C. C. Terranova, Av. de España s/n, Locales 312 y 313

38660 San Eugenio Costa Adeje . Tenerife

www.decottalaw.com

Continued from page 32
people lived because murderers were convicted by DNA evidence before they could kill again. Used properly, DNA profiling became highly reliable, rendering

the mythical Holmes-Poirot genius less necessary.

Better still, the technique allowed the Innocence Project in the US to exonerate 202 innocent people (and counting) who were

on death row or serving long prison sentences for crimes they did not commit. Many are black. It was started by O.J. Simpson's lawyer, Barry Scheck, who had successfully cast

doubt on the accuracy of DNA profiling in that case, but then championed it.

To everybody's surprise, therefore, the biggest use of the new knowledge of the coded messages in

DNA was not in medicine but in forensic science – thanks to Alec Jeffreys. DNA became famous for the first time. As James Watson, the co-discoverer of the structure of DNA,

joked to me at the turn of the century, the two people who truly made DNA a household name were not himself and Francis Crick, but O.J. Simpson and Monica Lewinsky.

Whale song mystery solved by scientists

By Helen Briggs and Victoria Gill, Science correspondents, BBC News



Humpback whale breaching near Bering Island, Kamchatka, Russia

Scientists have worked out how some of the largest whales in the ocean produce their haunting and complex songs.

Humpbacks and other baleen whales have evolved a specialised "voice box" that enables them to sing underwater. The discovery, published in the journal Nature, has also revealed why the noise we make in the ocean is so disruptive for

these ocean giants. Whale song is restricted to a narrow frequency that overlaps with the noise produced by ships.

"Sound is absolutely crucial for their survival, because it's the only way they can find each other to mate in the ocean," explained Prof Coen Elemans, of the University of Southern Denmark, who led the study. "[These are some] of the most enigmatic animals that ever lived on the planet," he told BBC News. "They are amongst the biggest animals, they're smart

and they're highly social."

Baleen whales are a group of 14 species, including the blue, humpback, right, minke and gray whale. Instead of teeth, the animals have plates of what is called baleen, through which they sieve huge mouthfuls of tiny creatures from the water. Exactly how they produce complex, often haunting songs has been a mystery until now. Prof Elemans said it was "super-exciting" to have figured it out.

He and his colleagues carried out experiments using larynxes, or "voice boxes", that had been carefully removed from three carcasses of stranded whales – a minke, a humpback and a sei whale. They then blew air through the massive structures to produce the sound. In humans, our voices come from vibrations when air passes over structures called vo-

cal folds in our throat. Baleen whales, instead, have a large U-shaped structure with a cushion of fat at the top of the larynx. This vocal anatomy allows the animals to sing by recycling air, and it prevents water from being inhaled.

The researchers produced computer models of the sounds and showed that baleen whale song is restricted to a narrow frequency which overlaps with noise produced by shipping vessels. "They cannot simply choose to, for example, sing higher to avoid the noise we make in the ocean," explained Prof Elemans.

His study demonstrated how our ocean noise could prevent whales from communicating over long distances. That knowledge could be vital for the conservation of humpbacks, blue whales and other endangered giants of the sea. It also provides insight into questions that researchers have been asking for decades about these eerie songs, which some sailors used to attribute to ghosts or mythical sea creatures.

Whale communication expert Dr Kate Stafford,



A diver descends between three juvenile humpback whales the size of buses

from Oregon State University, called the study "groundbreaking". "The production and reception of sound is the most important sense for marine mammals, so any studies that elucidate how they make sounds has the potential to move the field forward," she told BBC News.

The research also paints an evolutionary picture of how the ancestors of whales returned to the oceans from the land, and the adaptations that made it possible to communicate underwater. The way so-called toothed whales produce sound is better understood, because the animals are easier to study. These marine mammals, which include dolphins, orcas, sperm whales and porpoises, blow air through a special structure in their

nasal passages.

Dr Ellen Garland, from the Sea Mammal Research Unit at the University of St Andrews, said: "I've always wondered exactly how baleen whales – especially humpbacks, which my research is focused on – actually produce the variety of sounds they do. "Studying large whales is extremely challenging at the best of times, but trying to uncover how they produce sound when you may not even be able to see them underwater while vocalising is an added level of difficulty, so these researchers have been very creative."

Dr Stafford added that the mammals' ability to make such complex vocal signals was "remarkable" and highlighted "how special these animals are".



Artwork indicating the cartilages of the larynx in a humpback whale



Researchers say evidence of the harm ocean noise pollution can do has been building for decades

Hot Spring Spas
Titanium Heat Pumps
Pool Covers and Rollers
Saunas



Designed by BMW Group
Design Works USA.



Aqualux Pools and Spas
Calle Daniel Feo Feo, Nave 5, Las Chafiras, Tenerife
Tel: 922 736 944 / Mob: 619 781 924
www.aqualuxspas.eu
Email: aqualuxtenerife@gmail.com

MOTORWORLD

Road Rules for Bikes, Motorbikes and other two wheeled devices

With thanks to Emma Swain, Motorworld, Las Chafiras

We have been specifically asked to write on this subject and we are happy to do so.

Spain categorises segways, electric unicycles and hoverboards as well as electric scooters as VMPs (Personal Mobility Vehicles) - which have increasingly become a problem, with users speeding through pedestrianised areas, taking over pavements with no thought of others, not wearing a helmet or wearing headphones, so that it is impossible for them to hear other traffic.

Bikes/Cyclists

There are more and more cyclists using our main roads and whilst most adhere to the laws of the road some don't, and, in these

cases can cause problems for other road users and indeed pedestrians.

Firstly, **NO CYCLIST** should be cycling on a pavement (unless of course the cyclist is a small child). A cyclist should use the road, just the same as any other road user and should show courtesy to other road users as drivers of motor vehicles are obliged to do. They should not be cycling more than two abreast, unless of course there are designated Cyclist lanes marked out. Common sense should prevail for **all** road users and if a cyclist causes an accident and rides off, one has no recourse as they are not registered nor must pay Insurance in order to use the road.

Cyclists should not weave in and out of moving cars, as not only is this dangerous but is against the

law. Overtaking any vehicle should always be done on the **outside** not the **inside** of the traffic. Motorbike riders and scooters are also often guilty of this, and can and do cause accidents or incidents which are unnecessary if all parties simply adhere to the road rules.

If a cyclist wishes to use a Zebra crossing, **they must dismount and walk across with their bike**, or they are not classed as a pedestrian and whilst one would never run a pedestrian over when on a bicycle, you cannot be deemed to be a pedestrian.

Motorbikes and Scooters

Motorbikes and scooters are increasing in numbers especially in the South of Tenerife where traffic jams are becoming worse on what seems like a daily basis. Clearly these modes



of transport must have insurance and adhere to the traffic laws in place and of course all road markings. Motorbikes are of course allowed on the Motorway as are moped scooters **provided** they have a **white number plate** (ie NOT a yellow or red type).

Again, regarding overtaking, this should always be done on the outside of the vehicles being overtaken – NOT on the inside (commonly known as un-

dertaking). Again, weaving in and out of moving cars is not only dangerous and stupid, but **illegal**.

Cars, when passing cyclists must allow space of 1.5metres (although occasionally this is not possible when the roads are narrow or have road markings that do not permit the driver from going onto the other side of the road, without breaking the law).

Two wheeled electric

Scooters

The other two wheeled devices that are causing problems for main road users and pedestrians alike, are two wheeled electric scooters. These can reach quite high speeds (some as high as 60kph!) and many riders use pavements, **which is illegal**. Electric scooters should only be used on roads, with riders wearing a helmet and observing road laws, rules and regulations.

This is just a brief overview of some of the points readers may not be aware of. If there is a particular subject anyone would like us to cover, please contact The TPG direct and they will pass your request onto us.

Happy and SAFE travelling!

Motorworld, Las Chafiras

'I'm a health expert - this breakfast will slash your cholesterol levels'

By Fiona Callingham, Health Reporter, Daily Express



Two experts recommended oats for breakfast to slash cholesterol levels

Making changes to your breakfast routine could help to significantly lower your risk for heart attacks and strokes.

If a person is suffering from high cholesterol it means they have too much of a fatty substance known

as cholesterol in their blood. While not initially dangerous, over time this can build up in the blood vessels causing blockages. This can prevent blood flowing properly through the arteries. For this reason having high cholesterol is a major risk factor for medical emergencies such as strokes and heart attacks.

There are several fac-

tors that can contribute to high cholesterol, with diet being one of them. Specifically, eating too much saturated fat can raise your cholesterol levels.

Luckily, making certain changes to your diet can also have the opposite effect. If you are therefore at high risk for high cholesterol or looking to lower your levels, you should recon-

sider what you are eating.

Dr Deborah Lee from the Dr Fox Online Pharmacy and nutritionist Carrie Ruxton revealed the two food and drink combinations best for lowering cholesterol. Dr Lee recommended starting the day with oats and a cup of green tea. "One of the best ways to lower cholesterol with diet is to regularly eat oats," she explained. "It doesn't matter which type - rolled, steel-cut, or instant - the effects are very similar." Oats are whole grains that contain a thick, viscous soluble fibre called beta-glucan.

Dr Lee continued: "Beta-glucan is sticky, and it binds to bile which contains cholesterol, in the small intestine, preventing it from being reabsorbed into the bloodstream. "Instead, the bile and cholesterol pass on through the intestines and are excreted in the stool. "The liver has no choice but to make more bile, for which it uses cholesterol from the bloodstream." According to Dr Lee, green tea has an "exceptionally" high polyphenol content. Polyphenols are "powerful" antioxidants that have specific health benefits for humans. She said: "Green tea has almost twice the antioxidant content of black tea.

"Those who drink two or more cups of green tea per day have lower to-



A doctor recommended drinking green tea for the health benefits

tal cholesterol levels and a 22 to 33 percent reduction in cardiovascular disease." Nutritionist Carrie also recommended starting the day with whole grains, which could include oats. However, she recommended combining it with orange juice. "The best breakfast to combat high cholesterol is a whole grain cereal, such as porridge served with a glass of orange juice," she said. "While porridge contains a soluble fibre, which lowers 'bad' low-density lipo-

protein cholesterol, orange juice is rich in polyphenols which have a similar lowering effect on 'bad' cholesterol in some clinical studies." "Shop-bought orange juice actually contains more hesperidin than home squeezed because the juicers we use in our homes are not powerful enough to get most of the hesperidin out of the oranges," Carrie said.

If you are concerned about your cholesterol levels you should speak to your doctor.



One expert recommended drinking orange juice to lower cholesterol



Find thousands more properties on
thetenerifepropertyguide.com



Expatriate Financial Advice

Investments
Estate planning
Pensions
Retirement planning
Tax planning

BOOK YOUR FREE CONSULTATION NOW

adele.thomas@chasebuchanan.com

+34 642 839 957



Adele Thomas Dip PFS

Chase Buchanan Ltd is licensed by the Cyprus Securities and Exchange Commission with Licence No: 287/15

Chase Buchanan

PRIVATE WEALTH MANAGEMENT

Every investor, client, business and family requires tailored support, depending on their financial requirements, expectations, risk exposure and circumstances.

There is no one product, investment vehicle or tax structure that suits every global expatriate, hence our focus on personalised, jargon-free and relatable advice.

Chase Buchanan is committed to delivering exceptional client services and getting to know your priorities, aspirations and interests before we discuss the opportunities best suited to align with your needs.

From strategic tax efficiencies, low-risk retirement investments, planning for education fees and safeguarding assets for future generations, our full-service advisory team can help with every aspect of financial planning, management and investment.

Adele Thomas is our Canary Islands based ad-

viser and ensures that expats in the Canary Islands, including Tenerife, Lanzarote, Fuerteventura and Gran Canaria, receive the right advice and can make informed choices with a full understanding of laws related to taxes, estates, investment returns and income sources.

All Chase Buchanan services comply with every relevant local or international regulation, and our advisers carry a range of respected accreditations and operate in accordance with the highest global professional standards.

We are delighted to work with clients for the long-term, cultivating relationships to help us provide targeted advice as your investments and wealth grow. Our advice is always designed to deliver clarity, including fee transparency and detailed annual reports to ensure you are always in control and up to speed.

Get in touch with Adele Thomas for more information about any element of our financial advisory and wealth management services.



KENDEL DEVELOPMENTS S.L.

Providers of Guaranteed* Damp Solutions throughout the Canary Islands since 1985



'Kendel receive further MAJOR Order from Arehucas Rum factory on Gran Canaria.'

Following the successful treatment of 230 linear meters of rising damp in the walls of their factory (restored in 2013), Kendel Developments S.L. were delighted to receive an additional order from Arehucas Rum to treat a further 250 linear meters of walls on another section of the firm's old buildings due to

be restored shortly.

Damp in properties has long been a scourge of the construction industry in the Canary Islands – due in no small part to constructors' poor building practices. When the Savills came to Tenerife in 1985, they weren't sure what to focus on, but Derek Savill quickly decided to use his many years in construction in the

UK to specialise in Damp Proofing, Stair Lifts, Wheelchair Lifts and Small Home lifts where experienced firms were noticeably hard to find.

Damp Proofing

After several years of carrying out tests with various products from the UK Derek (Dell) discovered that the only guaranteed

solution to Rising Damp in Canarian Type Constructions was the Electro Osmotic System coupled with the use of quality bonding and rendering mortars (all products produced by the Wykamol Group in the U.K.). Kendel have been sole importers and installers of Wykamol Products since 1995 throughout the Archipelago.

DAMP PROOFING

Rising damp occurs when unprotected, porous materials (blocks, bricks, stone, wood etc) are in contact with damp earth:

- The result is unsightly and causes damage to decoration, manifesting itself in large patches of white, snowy flakes (see picture), which need constant removal, re-painting and eventual re-patching
- It can be a health hazard due to the increase in fungi and mould growth spores
- It often leads to timber decay or discoloration, particularly with unprotected timbers
- It causes damage to plaster and rendering
- It affects ALL unprotected walls, whether internal or external



So, what can be done to cure the problem (as the insertion of a Damp Proof Course is virtually impossible in a typical Canarian construction)? Contact us NOW to discuss your options, without obligation. All our work carries a 20 year Guarantee!



LIFTS AND STAIR LIFTS (INDOOR OR OUTDOOR)

We have a solution for all mobility problems!

- Chairs and platforms for all types of stairs!
- Savills are the only Company providing stair lifts prepared for outdoors on curved stairs
- Ours are the best prices on the market!
- Call us NOW for more information, or to arrange a FREE consultation



Telephone: 922 815 054 ● Mobiles: 630 330 251 / 647 955 163
www.salvaescaleraskendel.com ● kendelcanarias@hotmail.com

auditen
CENTROS AUDITIVOS

At Auditen we want to help you hear better
You will find us in Santa Cruz, San Isidro and Playa de las Americas.

Tfno.: 922151424
Whatsap : 633883894
www.auditen.es

**LAS CHAFIRAS
BOOK SHOP**

10K+ books available.
Buy 2 books, get one FREE!

609 714 276

Find us at Calle Luciano Bello Alfonso No 5 in Las Chafiras (behind Pit Team Sur)

SAFECLEAN
PART OF G.D.A. GROUP S.L.U. Est 1987

PEST CONTROL
For private villas, apartments, complexes, providing sanidad
certificates for Bars & Restaurants
CONTROL DE PLAGAS
Desinsectación, desratización y certificados
www.safecleantenerife.net

CLEANING
Professional upholstery & carpet cleaning, sofas, beds
LIMPIEZA
Limpieza de sofás, alfombras, tapizados etc.
e-mail: info@safecleantenerife.net

609 066 973
627 114 090

What's the difference between a Physiotherapist, a Chiropractor and an Osteopath?

To the average person, an osteopath, a physiotherapist, and a chiropractor may seem like more or less the same job. All deal with musculoskeletal pain, require a university degree, and certification from an accredited course.

While they may seem similar at a glance, the three professions take very different approaches to health, so it is important to understand what sets each one apart from the others before deciding which of these professionals is best for you.

Physiotherapist

Probably the most well-known of the three job titles, it is worth starting off by drawing a distinction between a physiotherapist and the similar-but-distinct title

of physical therapist. While both can be legitimate careers, it is important to know that only physiotherapists require a university degree, while physical therapists receive a narrower range of training over a shorter period of time.

In comparison to osteopaths and chiropractors, one of the primary distinctions of physiotherapy is its use of an all-encompassing approach that looks beyond the purely physical elements of an issue, also taking both psychological and social factors into account when treating patients. This means that if a patient were to present themselves to a physiotherapist complaining of back pain, rather than simply identifying the problem area and treating the

symptoms, a physiotherapist will attempt to identify why the problem manifested in the first place, and prevent it from recurring in the future. This means looking at the physical side of things, such as posture and movement patterns, as well as psychological aspects such as stress or anxiety, and social factors such as work habits and hobbies.

Chiropractor

Of the three job titles, chiropractors are definitely the most commonly associated with back problems, although some claim it can help with issues such as asthma or sexual dysfunction. But at the same time, chiropractors are also among the most controversial in medical circles.

The main feature of chiropractic treatment that sets it apart from physiotherapy and osteopathy is its focus on manipulation, which is when joints are pushed and pulled to their farthest possible range of motion. The belief is that physical pain can be resolved by getting a chiropractor to manually put everything "back in the right place".

Chiropractors are somewhat controversial for a number of reasons. Firstly, their techniques are seen

been shown to actually exist, meaning their attempts to treat it for both back pain and organ problems is viewed by many as not only ineffective, but meaningless and irresponsible.

Osteopath

Osteopaths are quite similar to chiropractors in that they also place a lot of importance on manual manipulation, although they tend to be a lot more gentle. The prevailing theory of osteopathy is that the body is at its

er medical treatment. However, some studies have shown osteopathy to be ineffective in achieving its claims, while others show evidence to support it. The general consensus is that while osteopathy may have science to back up some of its claims, other claims are simply not true, and further research is needed to separate fact from fiction.

Although these jobs may seem similar, and usually have similar goals, it is clear to see that there is a distinct difference between physiotherapists, chiropractors, and osteopaths. To the average person, these titles may appear interchangeable, but many people will make a different choice when presented with the facts.

While there is a clear frontrunner from a scientific perspective, the key takeaway here should not be to learn the technical difference between these roles, but to realise the importance of researching medical professionals before seeing them. Only then can you make a truly informed decision.

MBS Physiotherapy Tel: 638 918 684

- ✓ Therapeutic Massage
- ✓ General Physiotherapy
- ✓ Cervical Pain
- ✓ Neurological Physiotherapy
- ✓ Bobath Method
- ✓ Perfetti Method
- ✓ Kinesiotaping
- ✓ Neoromuscular Bandage
- ✓ Dry Needling
- ✓ Neurodynamic Techniques
- ✓ Functional Recovery
- ✓ Electrotherapy

Ma Milagros Sancho Martin, Col. No: 117
Carretera General Guaza, No 9, GUAZA Monday - Friday
9am - 1pm, 3pm - 6pm

as unnecessarily risky, with chiropractors having some of the highest instances of adverse patient reactions. They are also looked down upon from a scientific perspective, with one of their main theories having no evidence to even support its existence. "Chiropractic subluxation" is claimed to cause organ problems by disrupting the nerves along the spine, but this has never

best when all of its tissues are moving how they are supposed to. Osteopaths therefore assess a patient's health by feeling their tissues, and attempting to stimulate movement where they believe it is lacking.

As osteopathic manipulation is so much more gentle than chiropractic manipulation. Many see it as harmless, or even beneficial when combined with oth-

OFFICIAL REGISTRATION OF ALTERATIONS OR EXTENSIONS TO PROPERTIES



I am often asked by property owners if it is possible to get official Town Hall recognition for works carried out some time ago without appropriate Building Licenses. ie Works which have enlarged a property or even created a wholly new property. They are usually very concerned that they could at some stage in the future be fined or even be faced with tearing down that

which has been created or altered.

In many cases the answer is yes, you can have the works officially recognized, providing a number of conditions are met:

The works carried out must not occupy a protected "green" zone, a public space, a public highway or walkway or a protected site of natural beauty. Enquiries in your local Town Hall should con-

firm this point one way or the other.

At least four years must have passed from when the works were completely finished.

That no-one has lodged an official complaint (Denuncia) against the works, which has then been ignored and left unresolved.

That your property does not form part of a community where the limit of development has been reached

In Spanish what needs to be applied for is a "Certificado de prescripción de infracción urbanística" or Certificate of recognition of a planning infraction.

The paperwork needed to apply for this is normally put together by a Technical Architect or Architect. This is because aerial photographs,

plans, a description and detailed measurements of the property both in its original and altered state are required, together with the normal accompanying documents such as copy of title deed (escritura), NIE and IBI receipts. Also, within the submission, the same professional must sign a declaration to the effect that the works to the property were completed more that 4 years ago and that the property complies with minimum habitation standards and is structurally stable.

Depending on the Town Hall applied to and complications of consultations to affected parties this process can take from 3 to 6 months. In certain cases, such as where a property is adjacent to the sea, the Spanish Coastal Department will need to be consulted to ensure that there has not been an encroachment into the protected coastal zone. If this is the case it is highly likely that the application will be refused.

Once the application to the Town Hall has been approved, their administration charges paid and the Certificado de prescripción de infracción urbanística has been obtained, this can then be used to draft a complementary property deed. This deed differs from the original property deed as it declares that i) new works have been carried out to the property, ii) describes what has altered and perhaps most importantly iii) defines the new revised built area that the property occupies. Once this deed has been signed before a Notary, taxes can be paid to the Hacienda and then it can then be presented to the Registro de la Propiedad (Spanish Land Registry) where the notarized deed can be registered.

The importance of registering any such improvements is that when the property comes to be sold or passed to heirs, and when the customary searches are requested, the one to the Land Registry will show and

describe the distribution and floor area of your property as it actually is. This will make things much clearer and less complicated at a time when delays in rectifying such matters could be costly, time consuming and which could possibly jeopardize a sale.

Also, if you or a potential purchaser is having the property valued to raise a mortgage, the person valuing will discover that part of the property is unregistered and will likely recommend that this be rectified. It could result in the mortgage offered being less than you or a potential purchaser had hoped for.

If you or the previous owner of a property you now own has extended that property and you would like to know if you can progress in the manner described above please do not hesitate to contact me, Philip Wright, Spanish Technical Architect and Chartered Building Surveyor to discuss further. My mobile number is 667 757 323.

DOG OF THE MONTH



Timbal

The dog we would love to find a home for this month is Timbal, who is now 9 months old and, even though he arrived at the Centre as a puppy, he unfortunately is still there.

Timbal was one of a number of puppies were rescued from the streets of Candelaria in a terrible condition. They were all

super-scared but Timbal has come on in leaps and bounds and is now much more confident and trusting of people thanks to the work of the great at the Centre. However we really don't want to see him growing older there as this is when dogs like him become invisible to any potential adopters.

Timbal is a medium size,

happy dog, sociable and playful, and has the look of a German Shepherd about him. If you would like to meet Timbal, please get in touch with the Centre.

The Tierra Blanca Refuge is located near the Fasnía turn off from the TF1, just above the motorway.

Contact Rachel on 629 031 273 or cpa.tierrablanca@tragsa.es for more information

Find, compare, and book your rental car in Tenerife



South and North Tenerife airports

ADCRent

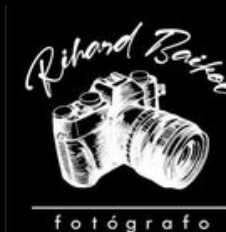
Search now



Find us at Calle Luciano Bello Alfonso No 5 in Las Chafiras (behind Pit Team Sur)

LAS CHAFIRAS BOOK SHOP

10K+ books available. Buy 2 books, get one FREE!



PROFESSIONAL PHOTOGRAPHER IN TENERIFE

"Freezing the moments, capturing your memories."

Maternity

Weddings

Parties



rickyzuk@icloud.com
+34 642 943 343

@rickyzuk





Sebastian & St. James

International Financial Advisers Limited

Speak to us about:

Investments · Pensions · Savings · QROPs

info@ss-ifa.com

+34 711 001 011 (Local Consultant)

+34 711 002 135 (Local Consultant)

+353 (1) 2343171 (International Head Office, Dublin)

+44 (0) 1446 704420 (UK Office)

www.ss-ifa.com

Advice based on integrity, trust & experience.

Sebastian & St. James

International Financial Advisers Limited

Speak to us about:

Investments • Pensions
Savings • QROPs

Advice based on
integrity, trust & experience.

info@ss-ifa.com

+34 711 001 011 (Local Consultant)

+34 711 002 135 (Local Consultant)

+353 (1) 2343171 (International Head Office, Dublin)

+44 (0) 1446 704420 (UK Office)

www.ss-ifa.com

Registered with the FCA no. 582504

Sebastian & St James International Financial Advisers Limited is regulated by the Central Bank of Ireland

LOOKING FOR A RELIABLE DENTAL CLINIC IN TENERIFE? MAKE YOUR FIRST CHOICE MEDICAL IMPLANT!

WITH MEDICAL DENTAL, WE OFFER THE MOST MODERN TREATMENT METHODS

TAC Computer Axial Tomography

TAC technology provides a 3D image which our team can use to plan the placement of the implants and dentures you need. This high-tech procedure is very effective in facilitating diagnosis and treatment in a speedy and painless manner.

Computer-Guided Implant Surgery

Thanks to a virtual computerized reproduction, we can show our patients a 3D simulation of their proposed treatment. All treatments are carried out after receiving data and follow a detailed analysis of

GET TO KNOW US BETTER! - CHANGE YOUR LIFE IN JUST 48 HOURS...
WITH 'ALL ON FOUR' / ALL ON SIX' FIXED PROSTHESES

ZIRCONIUM CROWNS



High-performance material ensuring both an excellent quality for prosthetic medicine and for the high degree of bio-compatibility with the human body.



Dental Clinic



Medical Implant®

S W I S S C L I N I C

BERN | DUBAI | TENERIFE



ALL ON 4/6 PROSTHESIS



WE CHANGE YOUR SMILE
We change your life.
Quality and expertise.
Swiss guarantee.

+34 922 749 742
+34 682 851 304

Mon-Fri 8:00 - 20:00h
Sat 9:00 - 13:00h

Av. Los Abrigos 21 - 38618
Los Abrigos / Tenerife / Spain

info@dentalturismo.es
www.medicalimplant.es



www.medicalimplant.es

Business Section

OVER €350,000

Las Chafiras, Commercial Property

€750,000

FRINA Tenerife is offering this Large commercial property for sale in Las Chafiras, in one of the island's biggest commercial areas. Las Chafiras is centrally located close to the Tenerife southern airport, and the tourist areas. The property is empty at the moment, but it has before been used as a successful retail store. The premises of this ... For full information see website or contact:

Ref: 2524 | FRINA Tenerife SL - Business Sales | 922 085 191

Palm Mar, Bar/Restaurant

€700,000

Clear Blue Skies Group SL is delighted to offer for sale these wonderful front line business premises, in the desirable coastal town of Palm-Mar in the south of Tenerife. Palm-Mar is a popular town in a bay adjacent to Los Cristianos, but separated by not only by rock but also by culture. Compared to the more robust neighbouring resorts of Los Cristianos... For full information see website or contact:

Ref: 8302 | Clear Blue Skies SL | 922 714 772

San Eugenio Bajo, Commercial Property

€625,000

FRINA Tenerife offers a commercial Investment property for sale in Tenerife in San Eugenio. Today the property is rented out to a popular restaurant which owners pay a monthly rent of 5,000€. The premises was built in 1985 and measures 76m2 inside and with a terrace of 40m2. For more details on this investment do not hesitate to contact FRINA Ten... For full information see website or contact:

Ref: 2491 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Empty Local

€500,000

FRINA Tenerife now offers this rare chance to buy a truly prime location investment freehold. This investment freehold is on a busy street in the El Camison area of Los Cristianos. The freehold is rented out with good tenants as a restaurant and is truly a prime location. The premises, which were completely refurbished in 2010, measure 79 m2 and are s... For full information see website or contact:

Ref: 2530 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Rosas, Restaurant

€495,000

6 bed · A reluctant sale due to the current owners retirement and 'down-sizing'. An extensive (150m2) fully fitted and equipped freehold restaurant with professional stainless steel kitchen with extraction, stage area, bar and toilets. Situated on the lower level of a spacious townhouse which offers flexible living accommodation with potential for a number of pro... For full information see website or contact:

Ref: 6090 | Tenerife Royale Estate Agents SL | 922 788305

El Medano, Commercial Property

€475,000

Clear Blue Skies Group SL is very pleased to offer for sale this spacious commercial premises situated in an incredible central

location in the vibrant town of El Médano. El Médano is located a few kilometres north of the Tenerife South airport and is recognised as Tenerife's water sports epicentre, as it is the perfect spot for kite boarding and surf... For full information see website or contact:

Ref: 8379 | Clear Blue Skies SL | 922 714 772

Playa de la Arena, Empty Local

€395,000

FRINA Tenerife is now offering this Empty freehold local, on the first line in Playa La Arena. The local is empty but has been used as a bar. So, it has disabled toilets, men, and women's toilets. The local needs a full refurb before its ready to open. This local would be perfect if you are looking to build your own bar & café, or a restaurant, The pro... For full information see website or contact:

Ref: 2528 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Manufacturing business

€390,000

FRINA Tenerife offers here a unique opportunity to take over this Jewellery Manufacturer & Supplier business that designs, produces and sells high-quality jewellery to both B2B and B2C customers. Under one SL company are different brands of jewellery and you will find designs for both men and women. All collections are made of carefully selected m... For full information see website or contact:

Ref: 2410 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Pizzeria

€380,000

FRINA Tenerife brings to the market this Italian Restaurant Pizzeria in Los Cristianos. It is a well known business located in El Camison, a central area close to the beach full of both residents and tourists. The Restaurant Pizzeria has an high and demonstrable monthly turnover, it has a very rich menu with traditional Italian dishes and a good choice o... For full information see website or contact:

Ref: 2576 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Sports Bar

€350,000

FRINA Tenerife offers for sale this Freehold Sports Bar in Puerto Colon. It is in a famous commercial centre visited by a lot of tourists and many locals. It's live Entertainment and great atmosphere attract people of different nationalities and ages to come and enjoy a fun night of Karaoke, live music, Sports and tasty food. This place always has some... For full information see website or contact:

Ref: 2591 | FRINA Tenerife SL - Business Sales | 922 085 191

€349,999 - €250,000

Golf del Sur, Investment Property

€329,175

1 bed · air conditioning, modern.

Ref: VS5424D | Vym Canarias | 922 787 210

San Eugenio Bajo, Bar/Cafe

€325,000

FRINA Tenerife is happy to offer a Modern and Stunning Cafeteria-Bar for Sale in San Eugenio Bajo. If you are looking for picture-perfect premises in a busy location, you cannot miss this stunning

opportunity! The premises are 150m2 with an open kitchen and a terrace of 30m2. Altogether are tables for 90 guests. The premises were fully renovated in 20... For full information see website or contact:

Ref: 2489 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Freehold Pub

€320,000

FRINA Tenerife is happy to offer this long-established and very popular Freehold Pub for Sale in Los Cristianos. This business had the same owner for many years and is known for its lovely atmosphere and food, so no doubt you will have guests from day 1. Note the owners wish to keep the sale very discreet, hence we can only provide limited details here... For full information see website or contact:

Ref: 2422 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Olivos, Empty Local

€280,000

2 bed · 2 bed, 5 bath commercial, local for sale.

Ref: IPPDOAL01 | Island Prime Property | +34 922 09 69 75

Playa San Juan, Restaurant

€250,000

This modern Restaurant for Sale in Playa San Juan is located centrally on the main street. It is known for its international menu offering brunch, burgers, and Spanish specialties. This business has fast become one of the most visited restaurants in the area and the guests just keep coming back to enjoy the menu, lovely style, and amazing atmosphere. ... For full information see website or contact:

Ref: 2504 | FRINA Tenerife SL - Business Sales | 922 085 191

San Eugenio Bajo, Bar/Cafe

€250,000

FRINA Tenerife offers this famous Tenerife café for sale. The café is in San Eugenio and is known for its international menu and live music. It has been open for years and has a good reputation among residents, tourists, and on social media. And whether you are looking for an investment or a well-established business to run yourself, you cannot miss th... For full information see website or contact:

Ref: 2505 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Excursion Business

€250,000

FRINA Tenerife is excited to offer this Unique Diving Business for Sale in Puerto Colon. If you dream about a great water sport business on the island of external spring, you cannot miss this! It has been established for many years and has no direct competition. The diving experience is offered on underwater scooters making it possible for everyone to par... For full information see website or contact:

Ref: 2409 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Restaurant

€250,000

FRINA Tenerife offers for sale this Large Front-Line Restaurant in Las Americas facing the beach promenade which is always busy and offers a lovely view. Moreover, the restaurant is located on a corner, so you have even more people passing and a large terrace! If you are looking for that amazing location to open a large restaurant or lounge bar you... For full information see website or contact:

Ref: 2459 | FRINA Tenerife SL - Business Sales | 922 085 191

€249,999 - €150,000

Costa del Silencio, Bar/Cafe

€230,000

FRINA Tenerife is now offering this Belgian Bar/cafe for sale. Located in the Tenbel commercial centre. Tenbel is a well-known centre and attracts both tourists and residents. This bar is well-known with the Belgian residents on the island. also, this bar offers a wide range of Belgian beers. The premises are 100m2 of interior space with a 15m2 kitc... For full information see website or contact:

Ref: 2538 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Commercial Property

€220,000

FRINA Tenerife is now offering this investment property for sale, in Golf del Sur. This property has an established business and good tenants. The premises of this freehold is a 66m2 interior and a terrace of 40 m2. If you wish to know more about this commercial property investment contact FRINA Tenerife. Para información en español llámenos: +34 ... For full information see website or contact:

Ref: 2523 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Gigantes, Freehold Property

€219,000

Clear Blue Skies Group SL are delighted to offer this freehold business premises to the open market, located in Los Gigantes on the sunny west coast of Tenerife. Los Gigantes is the biggest resort town on the west coast of Tenerife, situated just along the coast from the delightful towns of Puerto Santiago and Playa de la Arena. Los Gigantes is named aft... For full information see website or contact:

Ref: 8344 | Clear Blue Skies SL | 922 714 772

Torviscas Bajo, Bar/Cafe

€210,000

FRINA Tenerife this Busy Cocktail Bar For Sale in Torviscas Bajo, which is known as one of the best cocktail bars in the area and has excellent reviews on TripAdvisor, Facebook and other social media. It has been established for years and you will take over a genuinely successful business. Moreover, the owner only works limited hours hence, this is a g... For full information see website or contact:

Ref: 2567 | FRINA Tenerife SL - Business Sales | 922 085 191

La Caleta, Italian Restaurant

€190,000

A new business for sale is this Italian Food & Wine Restaurant in La Caleta. The business is known for a delicious Italian menu with pizzas, fresh shellfish, homemade desserts, and quality wines. This cozy restaurant is a must-see if you are looking for a wine-bar and restaurant with an ambitious menu. The premises are spacious 150 m2 with a large a... For full information see website or contact:

Ref: 2403 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Restaurant

€190,000

FRINA Tenerife now offers this Famous and Successful Asian Restaurant for Sale. This restaurant is located centrally in Los Cristianos and is very busy. An amazing reputation secures many guests every day and evening both new and returning. If you are looking for a successful business with a good and steady income you cannot miss this! The premises ... For full information see website or contact:

Ref: 2542 | FRINA Tenerife SL - Business Sales | 922 085 191

San Eugenio Alto, Pool Bar

€175,000

FRINA Tenerife presents this new Freehold opportunity Poolbar in San Eugenio Alto. A perfect located Freehold Poolbar inside a complex which is approximately a twenty minutes driving from Reina Sofia airport in the south. Almost opposite the resort there is Aqualand, a water park more suited to younger family members. The Freehold Poolbar is nearby at... For full information see website or contact:

Ref: 2603 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

€170,000

FRINA Tenerife now offers this Sea View Bar for sale in Los Cristianos, it is a unique and perfect option for the demanding buyer! You find this Sea View Bar in San Telmo which is busy all year and both days and nights. The current owner has designed the Sea View Bar and decorated it to perfection. Furthermore, the bar overlooks the large a busy Playa ... For full information see website or contact:

Ref: 2584 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

€169,000

FRINA Tenerife now offers this Well-Known British bar Los Cristianos. It is known for its high-quality food and entertainment. The bar is located in a busy area that

attracts many tourists and residents.

This bar has been for almost 10 years and has a great reputation and a high income. So if you are looking for a bar in Los Cristianos you can't miss this... For full information see website or contact:

Ref: 2550 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Cafe

€150,000

FRINA Tenerife now offers this Famous traspaso café in Las Americas. And, it is a wonderful opportunity, to buy one of the most reputable British cafes in Playa Las Americas. The owner opened this bar over 10 years ago. And has grown to be one of the most recognized and popular cafes in the area. It has a great reputation for quality food, delicious cakes... For full information see website or contact:

Ref: 2533 | FRINA Tenerife SL - Business Sales | 922 085 191

San Eugenio Alto, Pool Bar

€150,000

FRINA Tenerife presents this rare opportunity to buy a Freehold Pool Bar for Sale. This pool bar is in a busy complex in Torviscas. It is an apart-hotel complex where you will have both residents, expats, and tourists as guests. A pool bar is always a sure success and whether you wish to work less and only sell drinks and ice cream during the day or al... For full information see website or contact:

Ref: 2555 | FRINA Tenerife SL - Business Sales | 922 085 191

Fanabe, Pub

€150,000

FRINA Tenerife offers for sale this Entertainment Pub & Restaurant for Sale located on the first line in Fanabe. It is known to be one of the busiest entertainment pubs in the area offering live music every day. And in the evenings, you must book to be sure to get a table. Moreover, the place offers a full British menu. Nevertheless, you find both British... For full information see website or contact:

Ref: 2503 | FRINA Tenerife SL - Business Sales | 922 085 191

€149,999 - €100,000

Puerto Colon, Charter Yacht

€149,000

FRINA Tenerife now has the pleasure to offer this beautiful charter boat for sale in Puerto's colon. Puerto Colon is one of the busiest tourist harbours on the island and which contributes to this boat's popularity. This sunseeker boat includes an attached



Find, compare,
and book your
rental car
in Tenerife

South and North
Tenerife airports

ADC Rent

Search now

navigation 8 seats and 2 Volvo Kad 300 engines from 2021.

Ref: 2545 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

€149,000

FRINA Tenerife now offers this Prime Location Bar in Los Cristianos, in front of Playa Las Vistas. It is a rare chance to buy in a truly prime location in front of the famous Las Vistas beach. The Bar in Los Cristianos has a great client base and is frequented by a lot of tourists, it has breakfast and lunch menu that satisfied all kind of clients. ... For full information see website or contact:

Ref: 2602 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Empty Local

€140,000

FRINA Tenerife offers this Freehold Office for Sale in Puerto Colon Commercial Center. A very central and busy location that enjoys lots of footfall year-round thanks to the many excursions business and bars in the area. Also, you are close to parking. The office is bright and spacious 92 m2. It was refurbished in 2019 with new electrical installations... For full information see website or contact:

Ref: 2477 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Pizzeria

€140,000

Now FRINA Tenerife offers this Business for Sale in Los Cristianos. The business is known for great pizzas and being located on a very busy street close to the beach and with a lot of footfall. Normally this is a very busy pizzeria that generates a high turnover year-round. Contact FRINA Tenerife for more details on this. The premises offer a large ... For full information see website or contact:

Ref: 2417 | FRINA Tenerife SL -

Business Sales | 922 085 191

Torviscas Bajo, Irish Bar

€139,000

FRINA Tenerife is happy to put on the market a Busy Irish Bar for Sale Traspaso. This lovely bar is in Torviscas Bajo where it is visited by tourists of all nationalities. Irish bars are always popular and so is this, securing the owner and high monthly income. Moreover, this place has a great reputation, and you will earn money from day 1! If you are ... For full information see website or contact:

Ref: 2518 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Cafe

€132,000

FRINA Tenerife now offers this Long-Established Bar in Las Americas in the famous Avenida Las Americas. It is a rare chance to buy in a truly prime location in this area full of big hotels and tourists. The Bar in Las Americas has a great resident and tourist client base thanks to 22 years of activity with the same owner, it serves mostly drinks and so... For full information see website or contact:

Ref: 2605 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Sports Bar

€125,000

FRINA Tenerife offers for sale this Entertainment Sports Bar in Puerto Colon. It is in a famous commercial centre visited by a lot of tourists and many locals. It's live Entertainment and great atmosphere attract people of different nationalities and ages to come and enjoy a fun night of Karaoke, live music, Sports and tasty food. This place always has... For full information see website or contact:

Ref: 2590 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Restaurant

€120,000

FRINA Tenerife is happy to offer this popular and successful Las Americas restaurant for sale. This business has been established for more than 8 years and is known to serve great food for a fair price. The menu is a wide range of ever-popular meals for the whole family like pasta, steaks, roast chicken, pizzas, and more. And moreover, the restaurant h... For full information see website or contact:

Ref: 2387 | FRINA Tenerife SL - Business Sales | 922 085 191

El Madronal, Babywear Shop

€86,500

FRINA Tenerife brings to the market this Baby SPA Wellness in Costa Adeje, a one-of-a-kind business in the island. The Baby SPA has a very good reputation thanks to the beautiful online reviews. It comes with all furniture included. The Baby SPA Wellness has a full SPA licence and you are allowed to offer therapeutic massages too. It is in El Madroñal ... For full information see website or contact:

Ref: 2581 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Pool Bar

€85,000

FRINA Tenerife just took on this large pool bar in Torviscas Bajo. It is very well established and placed in a large and popular holiday resort that has hundreds of tourists every month year round. The pool bar has a large terrace overlooking the pool and with tables for 50 guests. The inside premises are fully equipped with a large bar and an industri... For full information see website or contact:

Ref: 2385 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Alto, Empty Local

€85,000

Large local of 128m2 for sale in Puerto Colon.

Ref: VS3416D | Vym Canarias | 922 787 210

Tenerife South, Retail Business

€100,000

FRINA Tenerife offers for sale this retail business that sell car and vehicle parts. The business is located in Los Realejos, where it serves many locals in the area and some British people. The business has a solid reputation and had a healthy income, but is now closed. Included in the retail business. The owner wishes to sell the business... For full information see website or contact:

Ref: 2343 | FRINA Tenerife SL - Business Sales | 922 085 191

€99,999 - €50,000

Fanabe, Bar/Cafe

€99,500

This well-known British Café for Sale in Fanabe is one of the best known in the area and has been established for many years. It is known for classic English breakfasts, cakes, Sunday Roasts, and much more. Furthermore, the café has great reviews among residents, tourists, and on social media, and no doubt you will guests from day one with this business... For full information see website or contact:

Ref: 2397 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Galletas, Ice Cream Bar

€89,000

FRINA Tenerife is happy to offer this amazing Crepe & Ice Cream Café for Sale in Las Galletas. The café is located centrally in the city and facing a busy area that enjoys plenty of footfall and attracts many residents and especially families. The café is known for ice cream, crepes, good coffee, and shakes. The premises are in good condition and you d... For full information see website or contact:

Ref: 2438 | FRINA Tenerife SL - Business Sales | 922 085 191

Tenerife South, Pest control business

€89,000

FRINA Tenerife offers a genuine successful Pest Control and Cleaning Company for sale. This company has been established for years and has hundreds of clients in the south of Tenerife. The main job is pest control of businesses and private houses, nevertheless, they also earn decent money on cleaning jobs. Since all work is done on location, the own... For full information see website or contact:

Ref: 2573 | FRINA Tenerife SL - Business Sales | 922 085 191

El Madronal, Babywear Shop

€86,500

FRINA Tenerife brings to the market this Baby SPA Wellness in Costa Adeje, a one-of-a-kind business in the island. The Baby SPA has a very good reputation thanks to the beautiful online reviews. It comes with all furniture included. The Baby SPA Wellness has a full SPA licence and you are allowed to offer therapeutic massages too. It is in El Madroñal ... For full information see website or contact:

Ref: 2581 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Pool Bar

€85,000

FRINA Tenerife just took on this large pool bar in Torviscas Bajo. It is very well established and placed in a large and popular holiday resort that has hundreds of tourists every month year round. The pool bar has a large terrace overlooking the pool and with tables for 50 guests. The inside premises are fully equipped with a large bar and an industri... For full information see website or contact:

Ref: 2385 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Alto, Empty Local

€85,000

Large local of 128m2 for sale in Puerto Colon.

Ref: VS3416D | Vym Canarias | 922 787 210

Vilaflor, Bar/Restaurant

€80,000

FRINA Tenerife is happy to offer this beautiful Restaurant for Sale placed in the caves of a large finca in Tenerife. Today the place is known for its beautiful location and surroundings with wines and fruits trees and offers a modern Canarian menu made from local and homegrown products. This is a successful business with an amazing reputation but ther... For full information see website or contact:

Ref: 2549 | FRINA Tenerife SL - Business Sales | 922 085 191

Costa del Silencio, Restaurant

€79,000

FRINA Tenerife offers for sale in Costa del Silencio this restaurant that is known for delicious fish and tapas. It has been established for almost 2 years and has earned itself a good reputation and has very high reviews on Google, TripAdvisor, and Facebook. The premises are spacious 300m2 and moreover, have a terrace of 40 m2. Inside are tables for 1... For full information see website or contact:

Ref: 2515 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Beauty Salon

€76,000

FRINA Tenerife offers Traspaso Nail and Beauty Salon for Sale. It has a prime position in Las Americas facing the busy promenade and offering a stunning sea view. The business offers a variety of treatments among others manicure, pedicure, waxing, massages, tinting of lashes and eyebrows, facials and more. The premises are amazing and refurbished to hi... For full information see website or contact:

Ref: 2564 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Excursion Business

€75,000

This Boat Hire Excursion for Sale offers zodiac boats to hire and go for private trips. The brilliant thing about zodiacs is you do not need a license to sail it so both residents and tourists come to rent and enjoy a private trip on the sea. This is an easy excursion business to run for one person since you only need to meet clients for the instructio... For full information see website or contact:

Ref: 2426 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Alto, Bar/Cafe

€65,000

Now we offer this Reputable Bar for Sale in Torviscas Alto. If you are looking for a well-established business with many loyal customers, you should have a look at this café that is a popular place to meet friends for a drink. The current owner had the business for 3 years and only look to sell since he also has other businesses. The premises of the... For full information see website or contact:

Ref: 2444 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Bar/Cafe

€65,000

FRINA Tenerife offers this Bar-Restaurant for sale in San Eugenio Bajo. It is a well-known business and enjoys many regulars and new guests due to its location in a large complex that enjoys residents and tourists year-round. The business is known for its great price/quality and live entertainment several nights a week. The premises are well-maintai... For full information see website or contact:

Ref: 2463 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Bar/Cafe

€65,000

Fantastic opportunity to purchase a bar located in a popular commercial centre. The bar has been fully refurbished, had new bathrooms installed, fully rewired, new air-conditioning, and new glass washer. Included are 10 televisions which can show 3 different matches, and 2 WiFi routers (one for the TVs, one for customers).

Ref: B-122 | Tenerife Prime

Property | 922 703 725

Adeje Town, Pizzeria

€60,000

FRINA Tenerife is now offering this well know pizza restaurant traspaso in Adeje. The restaurant is centrally located, in the centre of the old Adeje town. Where it is in a residential complex. This is a restaurant that is popular among the residents and families in the area. The premises are a spacious 92 m2 restaurant that has a large, covered terrac... For full information see website or contact:

Ref: 2525 | FRINA Tenerife SL - Business Sales | 922 085 191

Adeje Town, Pizzeria

€55,000

Now FRINA Tenerife offers this Adeje Pizzeria for Sale that has been established for several years and is known for delicious pizzas. If you wish to keep running this business as a pizzeria, this location is perfect to establish yourself as a takeaway and delivery business for all the surrounding complexes. This is the area for you that gives loyal cus... For full information see website or contact:

Ref: 2416 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Minimarket

€51,000

FRINA Tenerife offers this unique opportunity to buy a Traspaso Minimarket and Fast Food Shop in Los Cristianos. This business sales both fast food like kebab, fries and burgers. Moreover, is the store installed with shelves and fridges to sell everyday goods like alcohol, chips, sweets, ice cream, sun cream etc. The premises are 60 m2 inside and has a... For full information see website or contact:

Ref: 2431 | FRINA Tenerife SL - Business Sales | 922 085 191

UNDER €50,000

Los Cristianos, Bar/Cafe

€49,500

FRINA Tenerife now offers this amazing French Café in Los Cristianos. 2 Years ago the owners refurbished this Cafe. Where they also installed a wine boutique. This café serves French healthy food and it does tapas and wine tasting. And has done so for more than 8 years, and has a good reputation. furthermore, with the addition of the boutique, the new own... For full information see website or contact:

Ref: 2539 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Bar/Cafe

€45,000

FRINA Tenerife offers for sale this Juice Bar & Café in Las Americas that has been established for several years and has many fixed clients. The menu is juices, smoothies, breakfast, salads, sandwiches, and typical Spanish lunches. The guests are a mix of local Spanish and tourists. The premises were refurbished in 2018 and therefore in good condition... For full information see website or contact:

Ref: 2440 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Galletas, Bar/Cafe

€35,000

FRINA Tenerife is happy to offer this modern Bar-Café for Sale in Las Galletas that is known for its lovely tapas. The bar is in a cozy and busy street and has a lovely terrace. The menu is breakfasts, cakes, snacks, and classic Spanish tapas with meat and fresh fish from the locals. The premises are recently refurbished and in great condition, so the ... For full information see website or contact:

Ref: 2442 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Pub

€35,000



FRINA Tenerife offers this Pub for Sale in Torviscas that is very popular among especially the British residents and tourists. The pub has a well-equipped kitchen for snacks, nevertheless, most sales are beverages. It is a smaller and easy to run business for another British couple who wishes to work together without the responsibility for many employees... For full information see website or contact:
Ref: 2404 | FRINA Tenerife SL - Business Sales | 922 085 191

Adeje Town, Pizzeria €35,000
 New on the market is this large Pizzeria & Restaurant for sale in Adeje that opened in 2007. The many years with the same owner made this a genuinely successful business. However, today the place is closed, hence the low price. The restaurant was known for delicious pizzas, local fish, great wines, and Italian homemade desserts. It is located centrally... For full information see website or contact:
Ref: 2448 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Excursion shop €33,000
 FRINA Tenerife offers this smaller

excursion shop for sale, which has been established for 3 years. This shop sells all kinds of Tenerife excursions like boat trips and trips to Teide, and tickets for animal and water parks. The shop is in Las Americas which has many tourists year-round and is the busiest tourist area of Tenerife South. The place has a... For full information see website or contact:
Ref: 2470 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Pool Bar €32,500
 FRINA Tenerife presents this new opportunity Poolbar in Las Americas. A perfect located poolbar inside a complex of 200 apartments, easy to run for a couple. The most profitable hours for this Poolbar in Las Americas are during daytime especially at breakfast. The customers are mostly tourists and there are some residents too. Premises The Poolba... For full information see website or contact:
Ref: 2571 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Bar/Cafe €29,000
 FRINA Tenerife brings to the market this amazing opportunity; a

traspaso bar & café with amazing views. The terrace faces the harbour of Puerto Colon and you will be hard pushed to find a better view than here. Today it is a tapas restaurant specialising in local Spanish tapas but you could change the concept as you like. The premises are in perfect... For full information see website or contact:
Ref: 2566 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Beauty Salon €18,000
 FRINA Tenerife offers for sale in Las Americas this bargain beauty salon that offers pedicures, manicures, massages, make-up, esthetic comitology, and more. The clients are both men and women. It is located centrally in Las Americas facing a busy walking path next to the ocean and among shops, hotels, and restaurants. The premises are 70 m2 with nai... For full information see website or contact:
Ref: 2429 | FRINA Tenerife SL - Business Sales | 922 085 191

FOR SALE



DUE TO RETIREMENT A LONGSTANDING ESTATE AGENCY OFFICE IS NOW AVAILABLE FOR SALE.

ESTABLISHED IN 1994, THE BUSINESS OFFERS GREAT POTENTIAL TO INCREASE REVENUE FROM PROPERTY SALES, RENTALS, CAR HIRE ETC.

BEAUTIFUL SEA VIEW FROM OFFICE

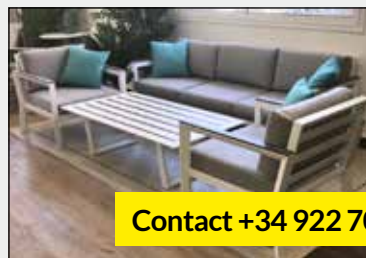
PRICE INCLUDES THE FREEHOLD OF THE OFFICE (56SQM).

Enquiries (in strictest confidence) to – (0034) 634 300 303



WELL-ESTABLISHED EXTERIOR FURNITURE AND SUNSHADE BUSINESS IN LOS ABRIGOS

TENERIFE
 PRIME PROPERTY



Contact +34 922 703 725 for more information

This is a fantastic opportunity to purchase a well-established business. On offer is the leasehold on this Exterior Furniture and Sunshade shop, situated in the popular village of Los Abrigos, including stock on the Showroom floor, supplier contacts and client database.

The Business, established 7 years ago, if marketed more aggressively, could be extremely successful. It would have the advantage of being fed clients from the Studio4Decor Interior Design and Furniture shop,

situated across the road which has been established on the Island for 20 years with an excellent customer service record.

There is little competition in the vicinity and these premises are in the perfect position - close to Golf del Sur and Amarilla Golf - with their large concentration of residents, not to mention that within 10 to 15 minutes lie Palm Mar, Los Cristianos and Las Americas with their huge numbers of international residents. There are literally 1,000's of potential clients

nearby and the Studio4Decor team are on hand to give all the help and guidance any new owner could need.

Accounts are available for inspection to any serious buyer. The Business is profitable and the only reason for sale is that it is too much for one person to run both and there are plans in place to grow the Interior Design & Furniture part. With the right person the Exterior Furniture & Sunshade Shop can be taken to the next level with fabulous earning potential.

This Business is unique for 3 reasons:

- There is nothing else for sale like this on the Island and it is situated in a very popular area, with ample parking.
- The Studio4Decor team is close by and on hand to give support and guidance during a transition period.
- The Business has an extensive and attractive product range with excellent suppliers from Mainland Spain, with transport logistics already in place.

€85,000

FRINA Tenerife

tenerifebusinessforsale.com

Local for Rent in Torviscas

NEW



If you are looking for a bright and large local for a minimarket, office, or salon you cannot miss this local in Torviscas Alto. The premises are used as an office now and can be entered without paying a traspaso. The monthly rent is: 2,400€

Ref.: 2782

Price: 2,400€

Large Music & Sports Bar



This Entertainment and Sports Bar can seat up to 36 people inside and up to 50 seated people on the large terrace with sea view. It has the restaurant license and offer an international menu. The monthly rent is: 2,400€

Ref.: 2768

Price: 120,000€

Bistro & Ice Cream Cafe



Looking for a small but busy café then you cannot miss this fully refurbished and well-equipped café in Puerto Colon. Offering Ice Cream, pastry, breakfast, and lunch. Tables for 36 guests and the monthly rent is only 300€!!!

Ref.: 2777

Price: 80,000€

Sea Front Bar & Restaurant

Reduced



This bar in Costa del Silencio is 200 m2 with a large terrace of 80m2 that offers a stunning sea view which attracts tourists year-round. It is fully equipped and known for delicious tapas and drinks. Monthly rent: 2,000€

Ref.: 2740

Price: 40,000€

Cozy Pool Bar in Los Cristianos

Reduced



This pool bar is 70m2 and is in a lovely and busy complex. The bar was recently renovated and has a fully equipped kitchen and a bar open to the terrace. And the license allows you to stay open after the pool closes. Monthly rent: 1,100€

Ref.: 2770

Price: 48,000€

Tapas Bar & Restaurant

Reduced



This bar & restaurant is in Los Cristianos. It is 80m2 and has a terrace of 30m2. It is closed today but it is fully equipped and had a smaller refurbishment recently so it is ready for a new owner. The monthly rent is: 1,600€

Ref.: 2675

Price: 35,000€

Winery & Tapas Bar



This cozy and modern bar is 80m2 inside and has a terrace of 20m2 with a sea view and faces a busy street in Los Cristianos. It is busy and has amazing reviews online. The monthly rent is: 2,140€

Ref.: 2765

Price: 109,000€

Excursion Shop & Mini Market



This local is licensed as a minimarket and an excursion shop. A great business with a lot of potential whether you wish to work reduced hours or have more employees. The local is 45 m2 and was recently refurbished. Monthly rent: 545€

Ref.: 2769

Price: 29,000€

B2B Ice Cream Production



This business produces and sells to other businesses in the South of Tenerife, nevertheless, there is rich potential to expand this business, since the kitchen is in a local that can open as a café too. Monthly rent: 440€

Ref.: 2774

Price: 46,000€

Music & Cocktail Bar



This bar is 200m2, established for more than 10 years and known for lovely cocktails and live music, there is a small kitchen too. It is Torviscas Bajo and enjoys tourist and residents all year. The monthly rent is: 3,800€

Ref.: 2756

Price: 200,000€

British Cafe with Stunning Views

NEW



You will be hard pushed to find a bar with a better view of the port, ocean and La Gomera than this. The large terrace has tables for 40 guests but you could put more. Today it is open in the afternoon and evenings. The monthly rent is: 1,320€

Ref.: 2784

Price: 60,000€

Cleaning and Maintenance

NEW



This cleaning and maintenance business offer regular service to more than 50 holiday rentals in the South. Most properties are based in Los Cristianos where the storage of the business is as well. The monthly rent is only 25€.

Ref.: 2785

Price: 45,000€

Restaurant in Los Cristianos

Reduced



This restaurant has been established for 14 years and is always busy. It is in the center of Los Cristianos, close to the beach. It is 100m2 with seats for 30 people and a sea view terrace with seats for 15 people. Monthly rent: 2,350€

Ref.: 2746

Price: 69,000€

Freehold Local in Puerto Colon



This freehold office is 92m2 and offers a large open office area, a meeting room, a directors office, a toilet, a storage and a kitchen. It was fully refurbished in 2019 and is perfect as office, shop or a beauty salon.

Ref.: 2477

Price: 145,000€

Diving Boat for Sale

NEW



This boat is a Zurita 750 Pro that comes fully licensed and authorized for diving operations, including the capability to navigate at night, providing flexibility and versatility diving experiences. It is moored in Marina del Sur today.

Ref.: 2772

Price: 55,000€

Laundry Business for Sale



You find this business in an easily accessible location Playa Paraiso. It is 70m2 and fully equipped, offering both self-service machines and dedicated washing services. The monthly rent is 675€.

Ref.: 2760

Price: 79,000€

Bargain Freehold Pool Bar



Do not miss this chance to get a pool bar sold as freehold. It is 67m2 and in a complex in San Eugenio Bajo with both tourists and residents. It is the perfect place for a first-time buyer or a couple who wishes to work together.

Ref.: 2773

Price: 150,000€

Freehold Pool Bar in Golf del Sur

NEW



This freehold pool bar of 129m2 was recently renovated. It is in a busy complex in Golf del Sur where you have both residents and tourists. Today the bar is closed and just waiting to reopen and serve all the daily guests enjoying the pool.

Ref.: 2786

Price: 190,000€

Sailing Charter for Sale



This charter boat and business is in Los Gigantes and includes a 45-foot Bavaria with the Blue Flag and a van for driving with customers. Both are fully licensed for client transportation. The monthly rent is 2,500€

Ref.: 2748

Price: 490,000€

Quad Excursion Company

NEW



This company has been operational for 6 years and is currently focused on off-road Quad Excursions, but also holds a Jetski license for potential expansion. The large garage is in Guaguacho and the monthly rent is: 750€

Ref.: 2752

Price: 145,000€

+34 670 63 60 04

+34 922 08 51 91

frina@tenerife-business.com

tenerifebusinessforsale.com

we are here too

Calle Colón, 1st Floor, local 213, Puerto Colón, 38660 Adeje

English, Spanish, Italian, Dutch, German, French, Danish

