

# The Tenerife Property & Business Guide



FREE / GRATIS | February 2021  
Every Month | Issue 196

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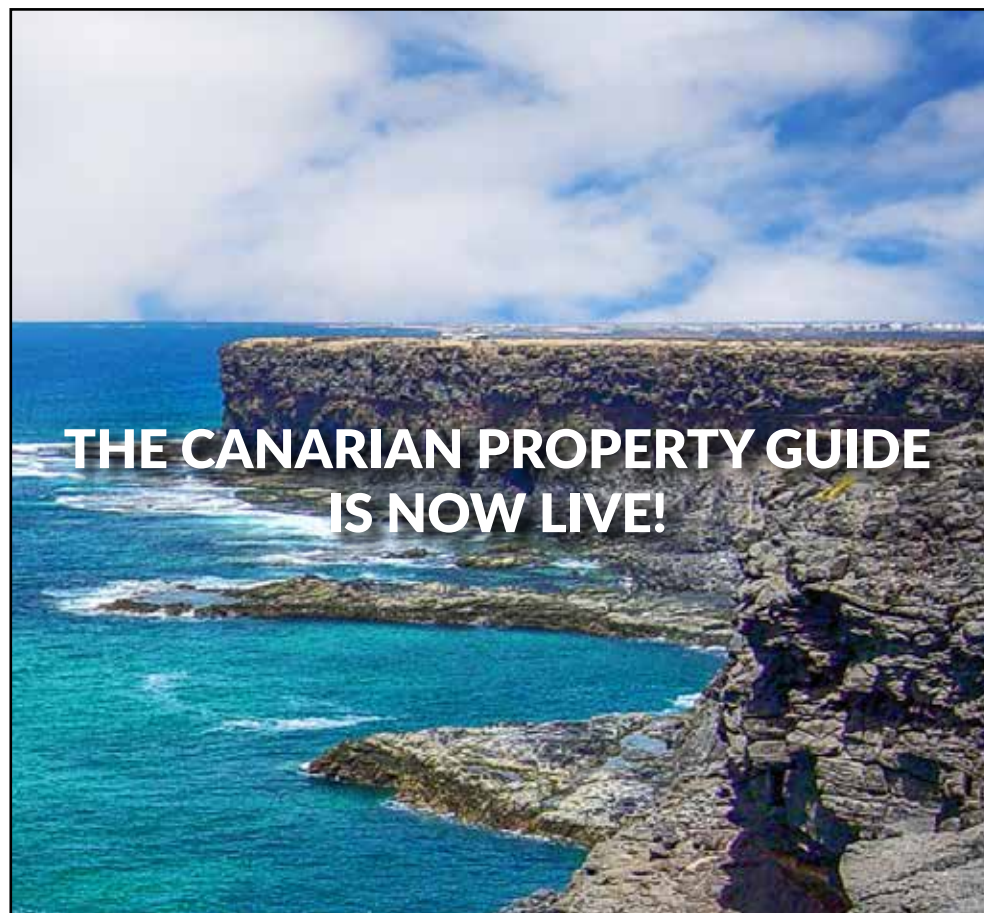
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# KENDEL DEVELOPMENTS S.L.

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'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!**



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EXCLUSIVE

## 1 BED APARTMENT - AMARILLA GOLF

## BLANK CANVAS!

New on the market, this ground floor, one bedroom apartment offers a blank canvas for anyone looking to purchase an apartment in a great location with an abundance of outdoor space. The property has been refurbished with a new modern kitchen and bathroom and redecorated throughout. Located in a peaceful corner position with west and east facing terraces, offering sunshine all day.

Ref: AMG00535

Price: €125,000 (approx. £113,500)



NEW!

## 2 BED APARTMENT - ADEJE

## EXCELLENT OPPORTUNITY!

This bright and modern two bedroom apartment is located in the heart of Adeje town centre and is ideal as a starter property for a young family, a winter base for those who prefer to be in a more traditional Canarian town or as a long term rental investment! There is an underground parking space and storeroom as well as access to the communal roof terrace with a private laundry room. A little gem of a property at a great price.

Ref: OUT01154

Price: €130,500 (approx. £118,500)



NEW! EXCLUSIVE

## 1 BED APARTMENT - GOLF DEL SUR

## SPACIOUS TERRACES!

A wonderful opportunity for you to own a large one bedroom apartment with unsurpassable views. Sit and relax on your spacious terrace and just lose yourself in the glistening ocean that is laid out in front of you.... the terrace is awash with sun from morning until late afternoon, and is perfect for al fresco dining. The apartment was cleverly extended and what was previously a part of the terrace is now an additional room.

Ref: GOLF01642

Price: €165,000 (approx. £150,000)



REDUCED!!!

## 1 BED APARTMENT - LOS CRISTIANOS

## FRONTLINE LOCATION!

This beautiful and bright one bedroom apartment has amazing frontline views to the coast and ocean! Based on the popular holiday complex of Paloma Beach in Los Cristianos, this is a perfect property as a holiday home or rental investment. Tastefully renovated and furnished throughout. The complex has a lovely pool area and gardens and is ideally located for all local amenities. *Previously €235,000*

Ref: LC00591

Price: €199,950 (approx. £181,500)



REDUCED!!!

## 3 BED TOWNHOUSE - CALLAO SALVAJE

## LIGHT AND BRIGHT!

This very pleasant townhouse property is located on an attractive residential development in the heart of Callao Salvaje, only a few minutes away from all local amenities including the beach! Ideal as a family home or a holiday home in the sun for a large family to enjoy. The property is light, bright, well presented and includes an underground parking space. Practicality and space...Perfect! *Previously €279,500*

Ref: CS00164

Price: €266,500 (approx. £242,000)



REDUCED!!!

## 2 BED TOWNHOUSE - PALM MAR

## IMMACULATE PROPERTY!

If having a spectacular view is high on your list of requirements, then this property will not disappoint. This townhouse has four terraces! On entering the property you will find two good sized bedrooms with fitted wardrobes, air conditioning and electric shutters. Both have access out onto the lower garden terrace. This is an immaculate property that will tick most if not all your boxes. *Previously €359,000*

Ref: PM00109

Price: €347,000 (approx. £315,500)



NEW!

## 4 BED VILLA - SAN EUGENIO ALTO

## RECENTLY REFURBISHED!

This recently refurbished, spacious, semi-detached villa is located on a small exclusive urbanisation of four semi-detached villas in Costa Adeje, just a short walk from unlimited facilities. The villa offers four spacious bedrooms and three bathrooms, a stylish modern kitchen, open plan lounge/dining room, and spacious terrace leading down to the communal swimming pool. Sold fully furnished to a good standard.

Ref: LA01884

Price: €595,000 (approx. £541,000)



## 4 BED VILLA - SAN EUGENIO ALTO

## BESPOKE FURNITURE!

Everything about this fabulous detached villa exudes quality. Bespoke Teak furniture designed by the current owner of the property and imported directly from Thailand is a theme throughout the whole property. Comfortable living areas are found both inside and outside. A private pool and sun terrace with panoramic views of Costa Adeje with remarkable sunsets to enjoy all year round..

Ref: LA01860

Price: €840,000 (approx. £763,500)

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STUDIO APARTMENT - GOLF DEL SUR



This well presented studio apartment is located on a popular complex in the Golf del Sur area with all the amenities you would need within walking distance including the local bus route. With plenty of bars and restaurants in the area, this is an ideal opportunity to have a base in sunny Tenerife to enjoy for short holidays, or longer indulgences.

Ref: GOLF01641

Price: €79,000 (approx. £72,000)

2 BEDROOM APARTMENT - AMARILLA GOLF



Looking for a property that is ready to move in to? Then look no further than this immaculate, top floor two bedroom, two bathroom apartment. Refurbished throughout, new kitchen with marble worktops, new floors, new double glazed windows and doors. Tastefully furnished. The apartment has comfortable living areas and plenty of outdoor space offering 360° views. Close to all amenities.

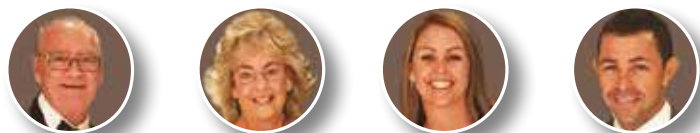
**Reduced from €229,000**

Ref: AMG00521

Price: €189,000 (approx. £172,000)



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# Tenerife Prime Property

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## LOS CRISTIANOS, CRISTIMAR



Spacious (86sqm), fully furnished, 3 bed, 2 bath 2nd floor apartment on popular complex with lifts to all floors, a community pool and located near the sea front and all amenities. The property has a lounge/dining area, separate kitchen, utility room, sunny 10sqm terrace with lateral sea and mountain views, and a parking space in the underground car park. Community Fees: €85 per month.

**Ref: S-03 1438**

**€260,000**

## CHAYOFA, CHAYOFA COUNTRY CLUB



Selection of stunning, fully furnished, 3 bed, 3 bath villas with large garden, terrace, private pool and spectacular views down to the sea! These villas would make fabulous family homes and are priced to sell very quickly. Must be seen!

**Ref: S-03 1439**

**€350,000**

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### Costa del Silencio, Costasol



Fantastic two-bedroom apartment for sale in a sought-after complex. Upon entering the property, you are greeted with the American kitchen and spacious living/dining area which leads out to an L-shaped terrace where you have a fantastic view of the community pool. Costasol is a secure, clean and well-kept complex located right next to the sea, yellow mountain and in walking distance to all amenities. Good rental potential.

€158,000

Ref: CDS851-CS165

### La Tejita



Enjoy the beauty of a calm complex situated only 5 minutes away from La Tejita beach and El Médano. The property consists of 3 floors; starting with a basement with a 2-car private garage allowing direct access to the property, a storage room and with approval in place from the community to close a section off in order to build a studio apartment on the same floor with its own bathroom. Incredible opportunity to own the family home of your dreams.

€275,000

Ref: LA662-S275

### Costa del Silencio, Chaparral



Fully furnished, bright and spacious, 1 bed, 1 bath apartment which has been extremely well looked after, has a modern American kitchen, and a living/dining area which leads out to the very spacious terrace with pool views. Situated in a fantastic complex with common areas, gardens, swimming pools, a solarium, community parking and in an ideal location close to all amenities.

€109,000

Ref: CDS001-EL109

### San Isidro, Montaña de Yaco



Fully furnished apartment with stunning and uninterrupted views of the pool and the Red Mountain. The property has two large bedrooms (both en suite) and a large kitchen which is integrated into the spacious living room with sliding doors which shows off the spectacular views and leads you onto the terrace. The community is quiet, clean and very tidy. San Isidro is one of the most dynamic places in Granadilla de Abona and it has the highest population.

€129,000

Ref: SI041-CT169

# RESIDENTIAL PROPERTY SALES

## Adeje

OVER €350,000

### El Duque, Villa

€3,900,000

**6 bed** · An Exceptional luxury detached property located in the most prestigious area. A private driveway sweeps past the tropical landscaped gardens and private pool area. An architecturally stunning and modern villa welcomes you with spacious living areas, bespoke kitchens, multiple bedrooms and bathrooms, all decorated in a neutral scheme, flexible guest accomm... For full information see website or contact: **Ref: LA01883 | Tenerife Property Shop | 922 714700 / UK: 0871 871 6131**

### Golf Costa Adeje, Villa

€2,300,000

**5 bed** · Located in one of the prime locations in the south of Tenerife, this five bedroom villa is a fantastic property to own. Situated on the Adeje Golf course and just a ten minute walk to La Caleta, this property offers something for every member of the family. Whether you decide to read a book in the reading gallery, play a game of cards at the card table, w... For full information see website or contact: **Ref: LUX0254 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

### La Caleta, Penthouse

€995,000

**2 bed** · This fantastic penthouse of 104m<sup>2</sup> is located in OASIS LA CALETA. It offers a very spacious terrace (267m<sup>2</sup>) with an amazing, panoramic ocean view! This beautiful property counts with 2 well-sized bedrooms, 2 bathrooms (one is en suite), a fully equipped semi-separate kitchen and a large, luminous living/dining room. From the whole apartment you can enjoy t... For full information see website or contact: **Ref: 76-1120 | Tenerifehome.com | 922 783066**

### La Caleta, Apartment

€875,000

**3 bed** · Immaculate 3 bedroom apartment for sale in La Caleta, with modern design and close to the ocean. Distributed on 2 levels with a large outdoor entrance, corridor that leads to the office (or 3rd bedroom), guest toilet and living area with a luxury open plan kitchen, which has access to a patio on one side and a terrace on the other side. The living area is... For full information see website or contact: **Ref: RC3021 | 2nd Home Tenerife |**

### El Duque, Villa

€860,000

**3 bed** · Sybaris seafront contemporary style and light 55 Premium Villas. All the thrills of light and space stretching out onto the endless blue horizon that only the open sea can offer. Enjoy style and luxury every day, in every detail. - Large plot; - 3 bedrooms and 3 bathrooms; - Private pool; - Private garage; - Fully equipped kitchen; - Air conditioner. The ... For full information see website or contact: **Ref: VS7981KN | Vym Canarias | 922 787 210**

**Golf Costa Adeje, Linked House**  
€755,000

**3 bed** · This spacious property is located in the desirable Adeje Golf area. The house is distributed over 2 floors and boasts its own private pool, on the ground floor you will find an independent fitted and equipped kitchen, utility terrace, storage cupboard, double bedroom and guest bathroom plus a split level dining area with internal patio feature and a loung... For full information see website or contact: **Ref: 7853 | Clear Blue Skies SL | 922 714 772**

### El Duque, Apartment

€679,000

**2 bed** · Two bedroom apartment

## Tenerife Prime Property

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with modern design, high quality and the best location, in the very center of El Duque for sale. This apartment has two bedrooms, two bathrooms, one guest toilet, a patio, an open plan kitchen and a large terrace with pool offering splendid views to Costa Adeje and the ocean. The perfect holiday home and investment opportunity! Baobab... For full information see website or contact: **Ref: RD2081 Sharon | 2nd Home Tenerife |**

### Golf Costa Adeje, Bungalow

€650,000

**2 bed** · This delightful bungalow forms part of Sunset Golf Villas in the sought after Adeje Golf area. The property offers a bright and spacious living area all on one level and comprising of an entrance hall with internal patio feature, a separate fitted and equipped kitchen, large utility area, two double bedrooms, one of which with en-suite bathroom and a gues... For full information see website or contact: **Ref: 7854 | Clear Blue Skies SL | 922 714 772**

### La Caleta, Villa

€640,000

**2 bed** · A magnificent complex of 28 luxury Sunset Golf Villas located next to the famous Golf Costa Adeje. Just 3-5 minutes by car from here is the famous and very popular

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fishing village La Caleta with its restaurants, cafes and a pleasant promenade. The complex has a swimming pool, beautiful garden. And an underground garage with parking spaces for 2 cars for e... For full information see website or contact: **Ref: VS7337D | Vym**

### Canarias | 922 787 210

#### La Caleta, Villa

€620,000

**2 bed** · Sunset Golf Villas is located on the most famous golf course in Costa Adeje Golf. This is one of the most prestigious areas in the south of Tenerife. Adeje's municipal center is a 5-minute drive away and the fishing village of La Caleta is just 3 minutes away. The complex consists of 28 luxury villas, a swimming pool and beautiful gardens with a variety o... For full information see website or contact: **Ref: VS7336D | Vym Canarias | 922 787 210**

### Golf Costa Adeje, Bungalow

€620,000

**2 bed** · Enjoying a corner position this sizable bungalow is the perfect holiday home for golfers, ideally located close to the Colonial style Adeje Golf Club house and championship golf course. The property consists of an independent galley style fitted and equipped kitchen, utility area, split level lounge and dining area. Two double bedrooms both with fitted wa... For full information see website or contact: **Ref: 7855 | Clear Blue Skies SL | 922 714 772**

### El Duque, Apartment

€450,000

**1 bed** · One bedroom apartment for sale at Baobab. Situated on the top floor, modern apartment with large terrace and views to the ocean and also the skyline of Costa Adeje. The price includes high quality and modern furniture. In this apartment you will find state of the art materials and a very practical layout with an equipped kitchen with island, a bathroom w... For full information see website or contact: **Ref: RD1057 Sharon | 2nd Home Tenerife |**

### Armenime, Townhouse

€430,000

**2 bed** · REDUCED IN PRICE BY 30,000 EUROS We have been

full information see website or contact:

**Ref: 6003S | Tenerife Royale Estate Agents SL | 922 788305**

### El Galeon, Apartment

€415,000

**3 bed** · One bedroom apartment for sale at Baobab. Situated on the top floor, modern apartment with large terrace and views to the ocean and also the skyline of Costa Adeje. The price includes high quality and modern furniture. In this apartment you will find state of the art materials and a very practical layout with an equipped kitchen with island, a bathroom w... For full information see website or contact: **Ref: ROA3197 Sharon | 2nd Home Tenerife |**

### Playa Fanabe, Townhouse

€399,000

**4 bed** · A great opportunity to purchase a large townhouse in a desirable area. Oasis de Fanabe is a residential complex of houses in the El Madronal de Fanabe area. This spacious family home consists of 4 bedrooms, 3 bathrooms, guest toilet, independent kitchen with utility room, large dining area and lounge that has terrace access front and back. There is a priv... For full information see website or contact: **Ref: 7493 | Clear Blue Skies SL | 922 714 772**

€349,999 - €250,000

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### Playa Fanabe, Townhouse

€345,000

**4 bed** · Location: Close to town, Exclusive development, Gated community, Residential area, Central, Close to amenities. Views: Sea, Pool. Additional: Viewing recommended. Rooms: Office, Family bathroom, W. c., Fitted wardrobes, Additional store rooms, Hall/entrance, Basement, Independent kitchen, Bathroom, Lounge and dining area, Ensuite. Quality: Modern,... For full information see website or contact: **Ref: 595-TH4 | Island Estates | 922 790 767**

### El Madronal, Apartment

€345,000

**4 bed** · This top floor apartment is situated in the desirable El Madronal area, close to the park, shops and restaurants as well as the popular Costa Adeje private school. An ideal family home on a secure and well maintained complex with communal pool and lift to all floors. Furnished and comprising of a large living space all on one floor with fitted kitchen, u... For full information see website or contact: **Ref: 7839 | Clear Blue Skies SL | 922 714 772**

### El Madronal, Duplex

€299,999

**2 bed** · Spacious, fully furnished, 2 bed, 2 bath duplex apartment on

sought after, sea front complex with pool. The property, in good condition throughout, has a lounge/dining area, independent kitchen, utility room, and double patio doors leading onto a large South-facing sunny terrace with pool and partial sea views. The lower level (45sqm) was a double garage ... For full information see website or contact: **Ref: 1043 | Tenerife Prime Property | 922 703 725**

### La Caleta, Apartment

€299,000

**1 bed** · A lovely one bedroom apartment for sale on the sought after residential complex of Oasis la Caleta in La Caleta. The apartment comes has been totally refurbished and has a fully fitted kitchen, spacious lounge, bathroom, terrace and enclosed garage space. The views from the terrace are superb offering beautiful sea views. The complex has a stunning heated... For full information see website or contact: **Ref: 7847C | Clear Blue Skies SL | 922 714 772**

### Playa Fanabe, Apartment

€280,000

**1 bed** · 1 bedroom, 1 bathroom apartment in Yucca Park. **Ref: N1421 | Tenerife Properties | 630 372702**

### Playa Fanabe, Apartment

€278,000

**2 bed** · Spacious and very centrally situated 2 bedroom, 2 bathroom

The complex offers a swimming pool, sauna and gym.

**Ref: S1157 | FRINA Tenerife SL - Property Sales | 922 085 191**

### El Madronal, Bungalow

€262,500

**3 bed** · Lovely detached bungalow situated in the tranquil urbanization of Miraverde, only 5 minutes from the Costa Adeje. This property has a lovely little terrace at the front of the house and at the entrance there's a wintergarden. The kitchen is independent and has a utility room with washing facilities and a shower. The living room is very spacious and light an... For full information see website or contact: **Ref: 39670 | Crown Property Services | 922 176 883**

### Playa Fanabe, Apartment

€260,000

**3 bed** · Spacious 3 bedroom apartment situated on the popular residential complex "Oasis del Fanabe" Sold fully furnished with quality items and there is also a private garage included in the price COMPETITIVELY PRICED FOR QUICK SALE 260,000 EUROS. **Ref: 41555 | Crown Property Services | 922 176 883**

### Los Olivios, Townhouse

€255,000

**4 bed** · Location: Close to transport, Gated community, Central, Residential area, Close to amenities, Close to schools, Close to town. Views: Pool, Garden, Mountain. Additional: Viewing recommended. Rooms: Independent kitchen, Lounge and dining area, Additional store rooms, Bathroom, Family bathroom, Hall/entrance. Quality: Tastefully decorated, Well presented, B... For full information see website or contact: **Ref: 565-TH4 | Island Estates | 922 790 767**

### La Caleta, Apartment

€250,000

**1 bed** · This property is situated in one of the most desired places in Tenerife, namely "La Caleta" Close to the exclusive Adeje Golf course. Located on the Oasis La Caleta complex and surrounded by lush tropical gardens this one bedroom apartment is a great place to unwind and relax. With marble floors throughout, double bedroom with fitted wardrobes, bathroom f... For full information see website or contact: **Ref: 7846C | Clear Blue Skies SL | 922 714 772**

€249,999 - €150,000

### El Galeon, Apartment

€230,000

**2 bed** · Top floor apartment in the El Galeon area of Adeje. The property comprises of two double bedrooms, the master with ensuite bathroom, further bathroom, separate fitted kitchen with laundry room and a large living/dining room with patio doors to the balcony area with views over the park and towards the sea. On the complex there is a community swimming pool ... For full information see website or contact: **Ref: AP0450 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

### El Madronal, Apartment

€225,000

**2 bed** · Well positioned in a front-line seafront location, this apartment





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**Torviscas Alto, Balcón del Atlántico**

Fully furnished 2 bed, 1 bath corner apartment on quiet residential complex with two pools and panoramic sea views. The property is bright and spacious with a fully equipped American kitchen, living/dining room, terrace, and private garage.

Ref: 91-0121 €250,000



**Costa del Silencio**

Fully furnished 2 bed, 1 bath apartment located on the sea front with a large private terrace which enjoys views to Montaña Roja. The property is in very good condition on complex with pool and parking. The community fees are +/- 85€/month.

Ref: 80-1220 €169,000



**Costa del Silencio, Parque don Jose**

Fully furnished and comfortable 1 bed, 1 bath apartment on complex with large pool. The property has been completely renovated and has a 10sqm terrace. Community fees are 96€/month.

Ref: 77-1120 €155,500



**Garañaña, Los Dragos**

Lovely, fully furnished 1 bed, 1 bath ground floor apartment on complex with pool. The property has an east-facing balcony with a view of the park and the left of Mt Teide, open-plan kitchen and bathroom with walk-in shower. Com. fees: 45 €/month.

Ref: 88-0121 €119,900



**Palm Mar**

2 bed, 1 bath bungalow split across 3 plots with private terrace with sea views, large garden, and a garage and sauna/shower. The house has loads of potential with lots of space to enjoy the sun or the shade.

Ref: 59-0620 €569,000



**Costa del Silencio, San Miguel**

A beautiful villa with garage (165m<sup>2</sup> built), on 1426 m<sup>2</sup> of private land located in the San Miguel residential complex in Costa del Silencio. Access to the house is via a private path to the separate garage belonging to the house.

Ref: 52-0320 €595,000



**Costa del Silencio, Tamaide**

Beautiful 2 bed, 1 bath semi-detached house located in quiet area with spacious, part-covered terrace. The property is in excellent condition, spans two floors, has a fully equipped kitchen, and has a private garage with electric door. No community fees.

Ref: 86-1220 €295,000



**Costa del Silencio, Parque Don Jose**

Cosy studio located on complex with beautiful pool and fully equipped, open kitchen, a bathroom with walk-in shower and a spacious living room. The south-facing terrace is approx. 9sqm.

Ref: 1399-0618 €105,000



**Costa del Silencio, Costa Sol**

Fantastic, fully furnished 2 bed ground floor apartment, just 2 steps from the sea! The complex offers a large pool + children's pool. Without doubt the strongest point of this house is the very spacious and south-facing terrace (117m<sup>2</sup>)!

Ref: 19-1019 €210,000



**Costa del Silencio, Atlantic View**

Perfectly maintained 1 bed, 1 bath sea-front apartment. The property has a fully equipped kitchen, refurbished bathroom, and 12sqm closed terrace. The complex enjoys 3 pools (1 heated) and internal internet. Community costs: €217 quarterly (water included).

Ref: 85-1220 €125,000

**Freehold for Night Club or Restaurant**



- San Eugenio
- Built: 1,498 m<sup>2</sup>
- Garden: 250 m<sup>2</sup>
- Ref: D1254
- Price: 875,000€

These premises are perfect for a large restaurant or even a large nightclub. The 1,498 m<sup>2</sup> are divided into 2 levels. The ground level is 573 m<sup>2</sup> and the lower level is 925 m<sup>2</sup>. The locals are empty and need a full refurbishment before an opening. Also is a garden of 250 m<sup>2</sup>. It is a must see.

**Sea View Plot with Project in La Caleta**



- Plot: 2.500 m<sup>2</sup>
- Building license
- No building obligation
- Ref: D1253
- Price: 1,500,000€

This land in La Caleta is 2.500m<sup>2</sup> and has a building project of a villa of 375m<sup>2</sup> with a basement of 185m<sup>2</sup>. Nevertheless, the basement can be extended to up to 1.000m<sup>2</sup>. The current project is a modern villa however, there is no building obligation on the plot.

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**FRINA Tenerife S.L.**  
Business & Property Agency





# TENERIFE PROPERTIES



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## February offers!

### Borinquen, San Eugenio



Studio apartment with sea views.

€152,000

Ref: A433

### Las Flores, San Eugenio



Studio apartment with sea views.

€165,900

Ref: A451

### Ocean Park II, San Eugenio



1 bedroom, 1 bathroom apartment.

€228,000

Ref: N1426

### Los Geranios, San Eugenio



1 bedroom, 1 bathroom apartment.

€199,000

Ref: N1400

### Florida Park, San Eugenio Alto



Various 1 bedroom apartments with sea views.

From €160,000

Ref: N1423

### Club Atlantis, San Eugenio



1 bedroom, 1 bathroom apartment situated in the front line, 4\* aparthotel of Club Atlantis. This light and airy apartment has been fully refurbished throughout in a modern style. It has the added benefit of air-conditioning and 2 terraces from which you can enjoy the morning sun and mountain views. Internally the apartment has a lounge, integrated kitchen with dishwasher, bathroom with walk-in shower and bedroom with fitted wardrobes. The complex of Club Atlantis is situated next to the marina of Puerto Colon. It has 3 swimming pools, 2 of which are heated in the winter months, a reception, parking and a pool bar.

€269,000

Ref: N1428

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### Detached Villa, Playa Paraiso



This luxury, detached villa is set on plot of 1.152m<sup>2</sup>. It is set in lush gardens with lawns and shady areas, plus a private, heated swimming pool and sun terrace. This villa is unique in design as it is constructed around a central patio area. Internally, on the ground floor the villa has a kitchen, lounge, 2 bedrooms and 2 bathrooms and a central staircase leading up to the first floor. The upper floor has 2 bedrooms, each with their own ensuite bathrooms and the master bedroom with dressing room. There is also a very large terrace from which you can enjoy lovely views out over the coast and to the island of La Gomera. The villa also has a garage.

€1,200,000

Ref: I1331

### Green Garden Golf Resort, Las Americas Golf



Selection of 1 bedroom, 1 bathroom luxury apartments each with garage space.

€270,000

Ref: N1427

### Windsor Park, Torviscas Alto



2 bedroom, 2 bathroom apartment.

€229,000

Ref: T1207

### Paradero I, Playa de Las Americas



2 bedroom, 1 bathroom bungalow with garden.

€275,000

Ref: T1195

### Sun Villas, San Eugenio Alto



3 bedroom, 2 bathroom duplex with sea views.

€315,000

Ref: I1316

### Santa Monica, Torviscas Alto



4 bedroom, 4 bathroom villa with pool.

€890,000

Ref: I1314



**Translators available for any other languages.**



Tel: 922 724 110 • Sales: Lynne: 699 250 870 Rachel: 608 573 443  
Local 3, C.C. Palo Blanco, San Eugenio, Adeje 38660, Playa de las Americas  
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La Reina.  
**Ref: 30823 | Crown Property Services | 922 176 883**

**Palm Mar, Townhouse €260,000**  
**2 bed** · We offer for sale a bright and spacious townhouse with ocean views in the complex "Paraiso del Palm Mar", Palm Mar. The apartment has two bedrooms with fitted wardrobes and access to a terrace of 31 m2; American-style kitchen with living room and 13 m2 balcony, guest toilet and full bathroom with spa bath. There is also a parking space in the underground ... For full information see website or contact:  
**Ref: VS7286K | Vym Canarias | 922 787 210**

**Costa del Silencio, Townhouse €260,000**  
**3 bed** · Townhouse located in Costa Del Silencio in the complex La Barraca. It's distributed in 3 levels and comprising 3 bedrooms with fitted wardrobes and the master bedroom has a private terrace, 3 bathroom, private ground floor terrace with the parking space, garden, lounge, independant kitchen. La Barraca complex is well maintained with garden areas and comm... For full information see website or contact:  
**Ref: VSVS7245D | Vym Canarias | 922 787 210**

**€249,999 - €150,000**

**Palm Mar, Apartment €245,000**  
**2 bed** · Lovely 2 bedroom apartment on this attractive and well run complex in Palm Mar. The terrace is protected from any wind by a wall which and overlooks the nature reserve and has an electrically operated sunblind. The bathroom was refurbished recently. Fast internet connection is installed. The property is sold unfinished apart from that in the guest bedroom... For full information see website or contact:  
**Ref: PMSR0085 | Palm Mar Sales and Rentals | 677-623713 | 671-129558**

**Palm Mar, Apartment €220,000**  
**2 bed** · Comfortable apartment with a large terrace. Direct ocean view The building is located on the street that ends with a descent to the promenade and the beach. Heated rooftop pool overlooking the Atlantic. In the building, on the ground floor, a gym and restaurant. Vis a vis a small shopping arcade and coffee shops. In the immediate vicinity of apartment but... For full information see website or contact:  
**Ref: ZA6215A | Agata's Real Estate |**

**Costa del Silencio, Apartment €218,400**  
**2 bed** · Costa del Silencio (Coast of Silence). The name reflects the atmosphere of the place wonderfully. Calmness and harmony. The ocean at your fingertips. Apartment complex on the first line from the ocean. Private exit to the seaside promenade. Residential buildings - no hotels and mass tourists in the whole area. All apartments in the vicinity merge into a u... For full information see website or contact:  
**Ref: ZA6218A | Agata's Real Estate |**

**Palm Mar, Penthouse €199,000**  
**1 bed** · A modern well-presented top floor one-bedroom apartment perfectly located, near the coastline of sunny Palm-Mar, in the South of Tenerife. Situated in this gated residential community featuring a large swimming pool, children's pool and paddle courts all for the exclusive use of the owners of the community. The apartment is well presented and features... For full

information see website or contact:  
**Ref: 6021 | Tenerife Royale Estate Agents SL | 922 788305**

**Palm Mar, Apartment €185,000**  
**1 bed** · Spacious one bedroom, one bathroom overlooking the pool on this well run complex in Palm Mar. Just a short stroll to the sea front and all of the amenities that this lovely coastal village has to offer. There is the advantage that the owners have secured a Vivienda Vacacional licence so the property is ready for seasonal lettings. Sold fully furnish... For full information see website or contact:  
**Ref: PMSR0078 | Palm Mar Sales and Rentals | 677-623713 / 671-129558**

**Las Rosas, Apartment €178,000**  
**3 bed** · We offer for sale this apartment of 102m2 on the second

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 Web: www.tenerifeprimeproperty.com

floor in the complex Las Rosas, Las Rosas/Arona. The apartment consists of three bedrooms, two bathrooms (one en-suite), living room, a separate kitchen and two balconies of total 6m2. It is sold fully furnished. There is a closed garage included of 12m2. The community fee is 57€ per month.  
**Ref: D1209 | FRINA Tenerife SL - Property Sales | 922 085 191**

**Palm Mar, Duplex €176,000**  
**1 bed** · We offer for sale an excellent penthouse apartment with a large solarium in the "Paraiso del Palm Mar" complex. The apartment has a double bedroom with fitted wardrobe, a bathroom, an open plan kitchen with a living room and a terrace from which a staircase leads to a roof solarium of 50.7 m2. A beautiful view of the ocean opens up from here. Very well ma... For full information see website or contact:  
**Ref: VS7328D | Vym Canarias | 922 787 210**

**Costa del Silencio, Apartment €169,000**  
**2 bed** · Lovely ground floor apartment in Garanana. This apartment has been recently renovated and comprises of two double bedrooms with fitted wardrobes, bathroom, open plan fully fitted kitchen, living room with dining area and two large terraces and a storage area. Easy access to the property, ideal for those with mobility issues. Located close to

BAY, 1st sea line! The total private exterior area is 32m<sup>2</sup> and the apartment has a built surface of 57,60m<sup>2</sup>. In very good condition; facing East. The main bedroom is comfortable and with fitted wardrobes. The second bedroom is smaller and situated in the back part of the pr... For full information see website or contact:  
**Ref: 80-1220 | Tenerifehome.com | 922 783066**

**Las Rosas, Apartment €155,000**  
**2 bed** · RD Property presents a 2 bedroom apartment for sale in Las Rosas. This property comprises of two bright bedrooms, one bathroom complete with bath, an independent kitchen, living-dining room and terrace. Included in the price there is a parking space and storage room. Situated in a very calm building with low community fees and very close to supermarkets, ...

For full information see website or contact:  
**Ref: LR741-AN155 | RD Properties | 922 732 862**

**Parque de la Reina, Apartment €152,000**  
**2 bed** · Two bedroom apartment located on the first floor with garden views. Large living dining room with enclosed balcony for an additional sitting area, independent fitted kitchen and washing room, two double bedrooms the master with ensuite and further family bathroom, both bedrooms have fitted wardrobes. The property also comes with a parking space and large ... For full information see website or contact:  
**Ref: AP0521 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

**€149,999 - €100,000**

**Palm Mar, Apartment €149,995**  
**1 bed** · Spacious 1 Bedroom apartment with views over Palm Mar and the complex swimming pool. The property is immaculate and furnished to a good standard. There is the additional benefit of a private storeroom. The complex is situated in the heart of Palm Mar, close to all of the amenities on offer and just a short stroll to the seafont.  
**Ref: PMSR0075 | Palm Mar Sales and Rentals | 677-623713 / 671-129558**

family bathroom. Palm Mar is a 10 minute drive to Los Cristianos and has a good selection of bars, restaurants and supermarkets in the ... For full information see website or contact:  
**Ref: AP0552 | Tenerife Island Rentals and Buy Tenerife | 922 797 438**

**Costa del Silencio, Apartment €142,000**  
**1 bed** · We offer for sale this apartment of 52m2 in the Balcon del Mar complex, Costa del Silencio. The apartment is distributed in one bedroom, one bathroom, an American kitchen, a living room and a terrace. There are views of the community swimming pool. The community fees are 72€ per month.  
**Ref: S1176 | FRINA Tenerife SL - Property Sales | 922 085 191**

**Garanana, Apartment €140,000**  
**2 bed** · This two bedroom apartment, which is sold fully furnished, has one bathroom, open plan kitchen, living room and terrace with a pleasant outlook of mountain and the local park. Residencial Perlas del Caribe is a nice small complex with childrens playground and sports area within walking distance. It is ideal either for residents or perhaps someone looking t... For full information see website or contact:  
**Ref: 7480 | Clear Blue Skies SL | 922 714 772**

**Costa del Silencio, Apartment €139,500**  
**1 bed** · A very nicely presented 1-bedroom apartment, situated in a vibrant development with great views over the lagoon like swimming pool. The complex boasts, lush tropical gardens, cascading waterfall, pool bar/ restaurant, satellite TV, heated

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pool, a children's park and is secure. The apartment occupies a 2nd floor position and is South facing and therefore of... For full information see website or contact:  
**Ref: GOLFO1638 | Tenerife Property Shop | 922 714700 / UK: 0871 871 6131**

**Costa del Silencio, Apartment €139,000**  
**1 bed** · Apartment in Costa del Silencio, on the seafont, in the Rocas del Mar residence. If you want to live in the south of Tenerife, near the beach and the airport, this is the apartment you are looking for. Comfortable, cozy and central, this one bedroom apartment is ideal for holidays or for living. It consists of a bedroom, a kitchen, a living room, a bathr... For full information see website or contact:  
**Ref: CDS031-RDM139 | RD Properties | 922 732 862**

**Costa del Silencio, Apartment €135,000**  
**2 bed** · Pleasant and perfectly maintained apartment located in the small-scale complex Guayota 1 in Garañaña, just opposite the new park and near the tennis club. View of the gardens from the 18m<sup>2</sup> large east facing terrace. The apartment has been refreshed and is sold furnished. It has 2 bedrooms and a bathroom with shower. Communal pool. The community fees are 1... For full information see website or

contact:  
**Ref: 82-1220 | Tenerifehome.com | 922 783066**

**Costa del Silencio, Apartment €119,950**  
 Belfin Property offers for sale this charming little apartment in Costa del Silencio. The apartment has been refurbished to have two sleeping areas, with the terrace been also closed in. Sold fully furnished and equipped. Lovely little holiday apartment! Centrally located closed to all amenities.  
**Ref: ST103-BP | Tenerife Belfin Properties | 692 146808**

**€99,999 - €50,000**

**Costa del Silencio, Studio €95,000**  
**1 bed** · A well presented one bedroom apartment ready for living or perhaps a rental investment within a Residential Community convenient for all amenities including shopping, cafes, restaurants and the sea front. Comprising: lounge area, fitted kitchen and bathroom. The community features two communal swimming pool and communal gardens. Costa del Silencio was... For full information see website or contact:  
**Ref: 5550 | Tenerife Royale Estate Agents SL | 922 788305**

**Costa del Silencio, Apartment €95,000**  
**1 bed** · Apartment in the Palia don Pedro complex, Costa del Silencio. It consists of a bedroom, kitchen, living room, bathroom and terrace overlooking the garden. The apartment is on the first floor and the complex is well maintained and has a pool.  
**Ref: S988 | FRINA Tenerife SL - Property Sales | 922 085 191**

**El Fraile, Apartment**

floor of a well-maintained and calm building. The property consists of a lounge and American kitchen which is very bright due to the light streaming in from the terrace, there is a bathroom complete with a bath and a large bedroom featuring a double bed, a wardrobe and bedsid... For full information see website or contact:  
**Ref: EF25-CT68 | RD Properties | 922 732 862**

**Golf del Sur**

**OVER €350,000**

**Los Abrigos, Villa €520,000**  
**3 bed** · The brand new development of San Blas Ocean View is located in an enviable position just few meters away from the ocean, close to the golf courses of Golf del Sur and Amarilla Golf, and within walking distance both of the commercial and tourist amenities of Golf del Sur and of the traditional Canarian fishing town of Los Abrigos which is famed for its gre... For full information see website or contact:  
**Ref: 7837 | Clear Blue Skies SL | 922 714 772**

**Los Abrigos, Townhouse €520,000**  
 SAN BLAS Ocean View- is a new development of 13 semi-detached houses with excellent finishes and a modern and neat aesthetic. SAN BLAS Ocean View is surrounded by nature such as the Montaña Roja Nature Reserve and the Environmental Reserve San Blas. Besides, all the necessary services for daily life are close by, such as parks, commercial, entertainment, ... For full information see website or contact:  
**Ref: 79-1120 | Tenerifehome.com | 922 783066**

**Amarilla Golf, Villa €460,000**  
**4 bed** · Green South Villas 9 exclusive detached villas in Amarilla Golf on sale! Green South Villas residential project, comprising 9 exclusive detached villas in Amarilla Golf course in south Tenerife, is one of the most beautiful settings for playing golf on the shores of the Atlantic Ocean while enjoying breathtaking views of the Teide mountains. Situated just... For full information see website or contact:  
**Ref: C6395V | Agata's Real Estate |**

**Amarilla Golf, Villa €450,000**  
**4 bed** · Green South Villas 9 exclusive detached villas in Amarilla Golf on sale! Green South Villas residential project, comprising 9 exclusive detached villas in Amarilla Golf course in south Tenerife, is one of the most beautiful settings for playing golf on the shores of the Atlantic Ocean while enjoying breathtaking views of the Teide mountains. Situated just... For full information see website or contact:  
**Ref: C6405V | Agata's Real Estate |**

**Amarilla Golf, Villa €430,000**  
**4 bed** · For sale this spectacular, independent villa of 490m2 in Amarilla Golf. The plot built is 350m2 and divided into four bedrooms, one with en suite bathroom and dressing room, plus three bathrooms. There is an open kitchen, a dining room and a spacious living room. The villa has balconies with sea view and a large terrace with swimming pool and private gard... For full information see website or contact:

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Costa del Sil... For full information see website or contact:  
**Ref: 6898 | Clear Blue Skies SL | 922 714 772**

**Costa del Silencio, Apartment €169,000**  
**2 bed** · TOP LOCATION! This property is located on the ground floor in the complex AMARILLA

**Palm Mar, Apartment €145,000**  
**1 bed** · Fantastic one bedroom apartment in the area of El Palm Mar. This apartment consists of a spacious living room with American style kitchen and patio doors to the balcony. Good sized double bedroom with fitted wardrobes and

**€79,900**  
**2 bed** · Fabulous bright and spacious one-bedroom apartment located in the municipality of Arona, specifically in the town of El Fraile, with easy access to the main road, with all the services nearby, and very close to the beach of Las Galletas and El Palmar. The apartment consists of 55m2, distributed in a living room, a fully equipped kitchen, a bathroom with ... For full information see website or contact:  
**Ref: EF57-CE79 | RD Properties | 922 732 862**

**El Fraile, Apartment €69,000**  
**1 bed** · Completely renovated studio and fully furnished with a modern touch, this is a fantastic apartment measuring 32sqm, with plenty of natural light giving you the sensation of a much larger space. The apartment consists of a living room, kitchen, one bedroom and a bathroom. It is strategically positioned on the second floor overlooking the sea, in the El Fra... For full information see website or contact:  
**Ref: EF07-CO75 | RD Properties | 922 732 862**

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**GREEN PARK, Golf del Sur**

**BARGAIN!**



Ref: 429-A1

2 bed apartment on the top floor of this holiday community with 3 pools. Large double bedroom and additional bedroom area, lounge and kitchenette, bathroom and private terrace with pool views.

**2 bed, 1 bath 112.000€**

**PARAISO DEL SUR, Playa Paraiso**

**NEW LISTING!**



Ref: 580-S

Furnished and refurbished top floor studio with terrace and stunning sea views. This is a really amazing opportunity to own a coast property in Tenerife. The property is well located in a resort with swimming pool. Great local amenities. An ideal bolt hole in the sun. Viewing highly recommended.

**0 bed, 1 bath 115.000€**

**LOS DIAMANTES, LOS CRISTIANOS**

**NEW LISTING**



Ref: 549-A1

Well presented, fully furnished 1 bed, 1 bath ground floor apartment with pool views. The property has a double bedroom, refurbished bathroom, new kitchen and lounge, sunny terrace and heated community with pool. Viewing highly recommended.

**1 bed, 1 bath 137.000€**

**LAS FLORITAS, Las Americas**

**NEW LISTING!**



Ref: 562-A2

Fully furnished, 1 bed, 1 bath part-refurbished apartment with sunny terraces, and pool views. Well located, close to amenities and the coast. Fitted and equipped kitchen, fitted wardrobes. Excellent community with pools, and gardens.

**1 bed, 1 bath 175.000€**

**FAIRWAYS CLUB, Amarilla Golf**

**EXCLUSIVE PROMOTION!**



Ref: 429-A1

Available now, and priced to sell, a selection of spacious 1- and 2-bedroom properties available for sale in this popular and well-run community bordering Amarilla Golf course. All properties have great outside space and enjoy beautiful tropical gardens round the recently-renovated heated pool. Each property has an exceptional outlook with garden, golf or mountain views. Contact us today for a viewing. info@islandestates.es, (0034) 922 790 767 or (0034) 677 030 033.

**FROM JUST 112.000€**

**SAND CLUB, GOLF DEL SUR**

**NEW LISTING**



Ref: 583-A1

Fully refurbished one bedroom apartment well located in Sand Club, close to the San Blas area of Golf del Sur. Modern, and brand new throughout this spacious property offers double bedroom, American style kitchen, bathroom, and terrace / garden. Viewing recommended.

**1 bed, 1 bath 136.000€**

**BELLAMAR, Bahia del Duque**

**NEW LISTING!**



Ref: 574-A2

Amazing offer: 2 bed, 2 bath apartment with large lounge, independent fitted kitchen and front and back terraces totalling 65sqm. Car port and communal facilities including pool and gardens. Viewing recommended.

**2 bed, 2 bath 280.000€**

**SAN RAFAEL, Playa de las Americas**

**BARGAIN!**



Ref: 455-TH3

Investment opportunity. 3 bed, 2 bath double unit well located in this central resort close to the beach. With many other properties undergoing upgrades as well as in the community, the time is right for this great opportunity. Viewing recommended.

**3 bed, 3 bath 180.000€**

**PALM GARDENS, Amarilla Golf**

**NEW LISTING!**



Ref: 578-A2

Large 2 bed, 2 bath penthouse apartment with sea, mountain and golf views. Offered unfurnished and comprising semi-independent fitted and equipped kitchen, lounge with terrace and large private roof terrace. Garage space. Community with pool.

**2 bed, 2 bath 295.000€**

**PIEDRA HINCADA, Guia de Isora**

**NEW LISTING!**



Ref: 579-TH3

Very well presented 3 bed, 2 bath townhouse in an excellent location in popular village close to Abama Golf Resort in the south of Tenerife. This large property has a kitchen/diner and lounge, and basement with garage. Viewing is highly recommended. Price negotiable.

**3 bed, 2 bath 265.000€**

**EUCALYPTUS, Los Cristianos**

**SPACIOUS!**



Ref: 560-A2

Recently refurbished 2 bed, 1 bath apartment with stunning views over the village to the sea. Offering 2 double bedrooms, bathroom, American style kitchen and lounge dining room. Large private sunny terrace.

**2 bed, 1 bath 239.400€**

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Ref: CS00167

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[www.thepropertygallery.com](http://www.thepropertygallery.com)



**ACOJEJA**

Country house on 740 m2 plot, with 5 bedrooms, 3 bathrooms. Built over 3 floors and many options as to use.

Ref: D2000 €326,000

**EL BERIL, COSTA ADEJE**

**REDUCED!**

Townhouse by the seafont & beach. 2 bedrooms, 2 bathrooms, sunny terrace. Sold furnished. Communal pool.

Ref: C2047 €550,000

**MIRADOR DEL SUR, SAN EUGENIO ALTO**

**REDUCED!**

Lovely semi-detached 4 bed villa with private pool, terraces, garden, double garage, lovely coastal, sea and mountain views.

Ref: D1970 €410,000

**NEW DEVELOPMENT!**

**INSIGNE, ROKABELLA**  
\*\*\* LUXURY VILLA \*\*\*

**LAS AMERICAS, LAS PALMERAS**

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EXCLUSIVE!

Corner townhouse with 3 bedrooms, 3 bathrooms, large living room and open-plan kitchen. Pool, terraces, solarium with beautiful views. Garage of 62m2.

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Ref: VS7336D

### Las Americas, Paraiso del Sol



EXCLUSIVE!

Bungalow with 2 bedrooms 2 bathrooms, a large living room with open kitchen. There is a large terrace with the garden. Completely reformed. Pool in the complex

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Ref: VS7203DN

### Club Paraiso, Playa Paraiso



Bright and spacious 1 bedroom apartment with a terrace with ocean and mountains views. Pool in the complex.

€138,000

Ref: VS7319D

### La Caleta, Oasis La Caleta



Completely reformed apartment consists of 1 bedroom with built-in wardrobes and a bathroom, an open kitchen with a living room and a terrace that offers stunning views of the mountains and the ocean.

€299,000

Ref: VS7385D

### Las Americas, Bungamerica



The apartment is located on the first floor. It consists of a large bedroom, separate kitchen, bathroom, bright living room with an access to a cozy terrace. Pool in the complex.

€195,000

Ref: VS7382DN

### Torviscas Bajo, Mareverde



Reformed apartment with mountain views consists of one double bedroom, a bathroom, an American-style kitchen with a living room and a terrace. Complex with swimming pool.

€157,000

Ref: VS7370D

### Esmeralda, Callao Salvaje



Spacious and renovated apartment located next to the sea. 1 Bedroom, 1 bathroom, kitchen and large living room, large terrace with sea views. The complex has parking.

€150,000

Ref: VS7285DE

### Valdisole, Callao Salvaje



Corner townhouse with the garden in a very quiet area. There are 2 bedrooms, 2 bathrooms, private garden and solarium with panoramic view. Garage.

€220,000

Ref: VS7236D

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**PLAYA SAN JUAN**



**BEAUTIFUL HOUSE!**

Fantastic 300sqm house on 500sqm plot with amazing sea views. The property has 3 bedrooms, 3 bathrooms, private pool, lots of outdoor space, incl. terraces and a BBQ area. Views include La Gomera, mountains, and, from the terrace, you can even see Mount Teide.

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€385,000

**EL ROQUE DE SAN MIGUEL**



**REDUCED - BEAUTIFUL HOUSE!**

Lovely 86sqm independent house on 213sqm plot. This spacious and bright property is tastefully decorated and has 2 bedrooms, 1 large bathroom, fully equipped open kitchen, garden, terrace, parking, and a roof terrace with good views. There is enough room to extend, whether a second floor, or additional rooms, pool etc. Quiet area near all services.

Ref: 1127

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**GUIA DE ISORA**



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€545,000

**PLAYA PARAISO**



Wonderful 2 bed, 2 bath (1 en suite) duplex in exclusive complex with pools, park, and other amenities. The property is in a very good condition and has terrace with beautiful sea views.

Ref: 1139

€325,000

**LAS AMERICAS**



Beautiful fully furnished and equipped bungalow in the sought-after complex of Las Flores, with several pools. This property has lovely sea views and has its own parking space.

Ref: 1137

€380,000

**GUIA DE ISORA**



Ideal farm for cultivation. 25,000sqm with greenhouses, a large water tank, 120sqm warehouse, and small habitable space (40sqm). Fantastic views.

Ref: 1156

€370,000

**SOUTH TENERIFE**



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Ref: xx

From €370,000

**ADEJE**



**REDUCED!**

Fully furnished and equipped 2 bed, 1 bath duplex apartment in Adeje on 2 floors with living room, kitchen, balcony and garage. Great location close to schools, supermarkets and leisure areas.

Ref: 1094

€158,000

**ADEJE**



**REDUCED!**

Lovely 1 bed apartment with large terrace and nice views in very central complex (Jardin Botanico) with community pool.

Ref: 1122

€138,000

**TAUCHO**



Beautiful 3 bed, 3 bath (+WC) country house with pretty décor. The property has an isn interior patio and enjoys awesome sea views.

Ref: 317

€255,000

**GUIA DE ISORA**



Finca with 2 houses. Avocado trees in production. Lots of potential. 5,000sqm plot. Quiet area surrounded by fruit trees.

Ref: 1147

€270,000

**GRANADILLA, EL DESIERTO**



Beautiful, fully furnished detached country house (70sqm) on plot of 440sqm. The house comes with a special water filter providing drinking water as well as solar panels providing all electricity required. It is surrounded by gardens and has beautiful views.

Ref: 1152

€245,000

**ARICO**



**REDUCED!**

Finca with house to reform. Fruit trees. Lovely views. 9,000sqm plot.

Ref: 1005

€98,000





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**PALM MAR, PARAISO DEL PALM MAR**



Lovely, recently refurbished and tastefully decorated, 2 bed, 1 bath + WC duplex apartment in sought after community with lovely pool area. The property has a spacious and bright living/dining room, open plan fitted kitchen, two sunny terraces (one is 45sqm and has lovely sea views!), plus a 42sqm roof terrace with lovely views and a garage space (with direct access). Ideal for holiday or permanent home.

**€PRICE ON REQUEST TH204-AG**

**TORVISCAS BAJO, PARQUE ROYALE**



Spacious fully furnished and equipped studio apartment in popular complex with lifts throughout and communal pool. The property has a lounge/dining area, open plan kitchen and large sunny terrace. Great rental potential. Close to beach.

**€149,000 ST105-HP**

**PALM MAR, 3 BED VILLA**



Lovely, spacious (120sqm on 260sqm plot), fully furnished 3 bed, 2 bath bungalow-style property in quiet residential location. The property has a lounge/dining area, open plan kitchen, gardens, sunny terrace plus roof terrace.

**€550,000 V413-BP**

**LAGOS DE FAÑABE**



Lovely, fully furnished 2 bed, 1 bath corner penthouse apartment in this popular resort with very nice pool area situated right on the beachfront. The apartment has a lounge/diner, American-style fitted kitchen and a large sunny terrace.

**€365,000 AP107-HP**

**SAN MIGUEL VILLAGE, BUILDING PLOT**



**REDUCED!**

Great opportunity to build your dream home in the lovely village of San Miguel, only 10 minutes' drive from the TF1 motorway. Excellent views to the coast! Contact us for more information.

**€69,000 L101-BP**

**FANABE, SOL SUN BEACH**



Fully furnished and equipped studio apartment with sunny terrace and pool views in lovely beach-front complex with great community pool and sunbathing terraces. Top location! On-site cafeteria. Touristic complex.

**€179,000 ST113-HP**

**SAN EUGENIO BAJO, LOS GERANIOS**



Very nice, fully furnished, 1 bed, 1 bath apartment in great location on popular sea front complex with pool. The property has a lounge/dining area, open plan kitchen and a sunny terrace with sea views. Close to beach and all amenities.

**€240,000 AP102-HP**

**GOLF DEL SUR, GREEN PARK**



Lovely, spacious, refurbished and fully furnished studio apartment with nice sunny terrace and lovely views in popular complex with 3 pools and pool bar. Great for a holiday apartment or long term rentals. Close to all amenities.

**€95,000 ST111108-BP**

**LOS CRISTIANOS, MESETAS DEL MAR**



Large, unfurnished, 3 bed, 2 bath family home in sought after residential area. The property is constructed over 3 floors and has a large lounge/dining area, independent fitted kitchen, sunny terrace and garden with space for a pool. Close to amenities.

**€525,000 V419-BP**

**ADEJE, JARDIN BOTANICO**



Beautiful, spacious (130sqm + 30sqm garage and 10sqm terrace), recently renovated, semi-detached 3 bed, 2 bath townhouse in sought-after residential complex with two beautiful pools. Unfurnished.

**€294,000 TH304-HP**

**ROQUE DEL CONDE, 2 BED TOWNHOUSE**



**REDUCED!**

Lovely, fully furnished, spacious, 2 bed, 2 bath (1 en suite) townhouse in residential complex with pool. The property has a lounge/dining area, open plan kitchen, two sunny terraces and a private closed garage. Sea views.

**€235,000 TH205-HP**

**LA MARETA (NEAR EL MEDANO), MARETASOL**



**REDUCED!**

Luxurious, fully furnished 2 bed, 2 bath townhouse in small, sea front complex with pool (originally a 3 bed property, the 3rd bedroom has been converted into a walk-in wardrobe). The house enjoys sea views from both floors, and has a lounge-dining area, fully fitted kitchen, sunny terrace, jacuzzi and many extras!

**€299,000 TH305-AG**

# Tenerife Prime Property

## Golf del Sur, Las Adelfas I



Large, fully refurbished, unfurnished, 2 bed, 2 bath (master en suite) bungalow-style property on touristic complex with heated pool and restaurant. Huge rear garden and roof terrace with sea views.

S-02 1382

€255,000

### PROPERTIES IN ALL AREAS REQUIRED FOR LONG TERM RENTAL - CLIENTS WAITING!

#### Amarilla Golf, Pinehurst 1 bed



Fully refurbished 1 bed, 1 bath apartment on 2nd floor with golf and sea views. There is a community pool and bar/restaurant.

S-01 1400

€132,000

#### Amarilla Golf, Fairways Club

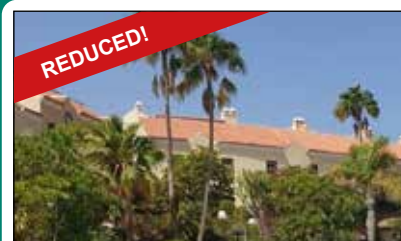


Lovely, fully renovated, furnished and equipped 1 bed, 1 bath apartment on popular, sought after holiday complex with beautiful pool and pool bar area.

S-01 1405

€125,000

#### Golf del Sur, Pueblo Primavera



Fully furnished 2 bed, 2 bath end-of-terrace duplex apartment with lovely sea and mountain views. The property has a lounge/dining area, American-style fitted kitchen and two sunny terraces. Great rental potential.

S-02 1416

€199,000

#### Amarilla Golf, Augusta Park

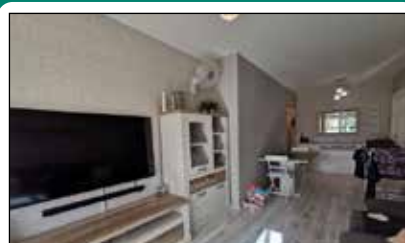


Beautiful, fully refurbished and furnished 1 bed, 1 bath, ground floor apartment on popular complex with pool. Extras include air con and electric shutters.

S-01 1354

€145,000

#### Llano del Camello, La Concepcion



Fully furnished 2 bed, 2 bath (1 en suite) 1st floor apartment with separate kitchen and sunny terrace overlooking the community pool. Easy off-street parking.

S-02 1430

€159,995

#### Los Cristianos, Parque Tropical II

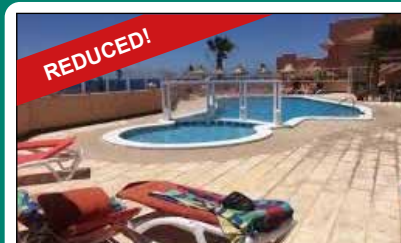


2 bed, 2 bath duplex apartment in need of refurbishment on sought after complex with pool near Los Cristianos sea front. Small front garden, 2 terraces.

S-02 1150

€250,000

#### Golf del Sur, Terrazas de Paz

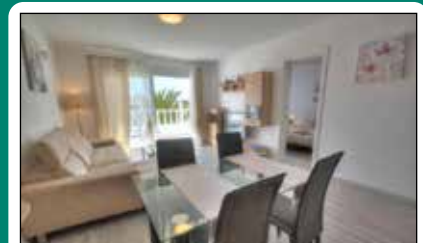


Fully refurbished ground floor 1 bed, 1 bath apartment with good sized terrace on sought after complex with pool. Close to all amenities.

S-01 1413

€109,000

#### Golf del Sur, Sand Club



Beautifully presented, fully furnished and refurbished, 2 bed, 1 bath apartment on complex with community pool. Close to amenities.

S-02 1421

€185,000

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# Tenerife Prime Property

## Amarilla Golf, Augusta Park

**€120,000  
NEGOTIABLE**



Part-furnished 1 bed, 1 bath ground floor apartment on sought after complex with lovely pool area. The property has a lounge/diner, American-style fitted kitchen, interior patio and sunny front terrace with views to the pool.

**REF: S-01 1426**

**PROPERTIES IN ALL AREAS REQUIRED FOR LONG TERM RENTAL - CLIENTS WAITING!**

### Las Chafiras, Edf. Fabio



Spacious, fully refurbished and furnished 2 bed, 1 bath apartment. New floors throughout and new American-style kitchen. Includes garage and storeroom.

S-02 1422

€125,950

### Amarilla Golf, Mirador del Golf



Large, unfurnished 3 bed, 3 bath (1 en suite) townhouse with private pool, garden and car port. Large lounge/dining area and separate kitchen.

S-03 1410

€275,000

### Valle San Lorenzo, 3 bed apt



Lovely, brand new, fully furnished 3 bed, 2 bath (1 en suite) apartment with separate laundry and storeroom.

S-03 1420

€130,000

### Amarilla Golf, Sun Bay Villas



Beautiful, fully furnished, 3 bed, 3 bath (1 en suite) linked villa in a great location close to the sea front. There is a large terrace and private plunge pool at the rear enjoying all day sun.

S-03 1434

€350,000

### Sotavento, Las Terrazas de Sotavento

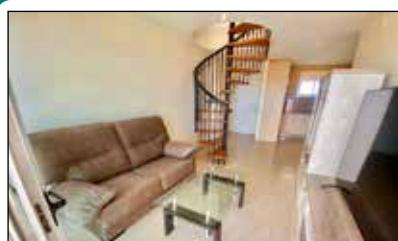


Brand new, spacious, part-furnished, 2 bed, 2 bath apartment in sought after complex with pool. Close to all amenities and the sea front.

S-02 1431

€219,000

### Golf del Sur, Edf. Cañadas



A selection of brand new, unfurnished 1 bed, 1 bath apartments in complex with pool and parking.

S-01 1417

PRICES FROM €125,000

### Tenbel, Primavera



Ground floor 1 bed, 1 bath apartment in popular complex with pool. Extras include security grilles.

S-01 1414

€90,000

### Parque de la Reina, Olivina II



Large, fully furnished 3 bed, 3 bath (1 en suite) apartment on complex with pool. The property is nicely decorated, has a spacious lounge/diner, separate kitchen, a large roof terrace with views to Mt Teide, and a garage space.

S-03 1435

€195,000

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# How self-control can actually unleash your dark side

By David Robson, BBC Worklife

A few years ago, 80 Parisians were given the chance to take part in the pilot of a new gameshow, called La Zone Xtrême. The producer greeted each participant at the studio and told them that they would appear in pairs – one as a “questioner”, and one as the “contestant”.

It was only once the participants arrived on stage, and the host explained the rules, that things got decidedly dark. The questioner was told to punish the contestant for any wrong answers with a sharp electric shock. They would have to increase the intensity each time, up to a total of 460 volts – more than twice the voltage of a European power outlet. If the pair made it through 27 rounds, they would win the show. The contestant was then taken into a chamber and strapped into a chair, while the questioner sat centre stage, and the game commenced.

Since it was simply a pilot show, the participants were told there was no monetary prize for winning the game – yet the vast majority of the questioners continued to administer the shocks, even after they could hear

the screams of pain emanating from the chamber.

Thankfully, these cries for help were just an act – there was no electric shock. The questioners were unknowingly participating in elaborate experiment that allowed scientists to explore the way various personality traits could influence moral behaviour. You might expect the worst offenders to have been impulsive and antisocial – or, at the very least, with no strength of character. Yet the French scientists found the exact opposite. It was the participants who scored highest on conscientiousness – a trait normally associated with careful, disciplined and moral behaviour – who were willing to administer the greatest shocks.

“The people who are accustomed to being agreeable and organised, and whose social integration is good, find it more difficult to disobey,” explains Laurent Bègue, a behavioural scientist at the University of Grenoble-Alpes who analysed the participants’ behaviour. And in this case, that personality profile meant they were willing to torture another human being.

ing.

These findings join a spate of new studies showing that people with high self-control and discipline have a surprising dark side. This research can help us understand why model citizens sometimes turn toxic, with important implications for our understanding of unethical behaviour in the workplace and beyond.

## Overcoming impulses

For decades, self-control had been seen as an unalloyed advantage. It can be assessed in various ways – from the questionnaires studying conscientiousness (which considers someone’s preference for self-discipline and organisation) to experimental measures of willpower (such as the famous “Marshmallow Test”).

In each case, people with high self-control were seen to perform better at school and work and to adopt healthier lifestyles; they

are less likely to overeat or take drugs, and more likely to exercise. Their ability to overcome their baser urges meant that people with higher self-control were also less likely to act aggressively or violently, and were less likely to have a criminal record. For these reasons, self-control was believed to contribute to the strength of someone’s “character”; some scientists even went as far as to argue that it comprises a kind of “moral

muscle” determining our capacity to act ethically.

In the mid-2010s, however, Liad Uziel at Israel’s Bar-Ilan University began to investigate whether context might play an important role in determining the consequences of our self-control. He speculated that the trait was just a useful tool that allows people to achieve any goal – both good and bad. In many situations, our social norms reward people cooperating with others, and so people with high self-control happily toe the line. And if we change those social norms, then people with high self-control might turn out to be less than scrupulous in their treatment of others.

To test the idea, Uziel turned to a standard psychological experiment called the “dictator game” in which one participant is given a sum of money, and offered the chance to share it with a partner. Thanks to our social norms to be co-

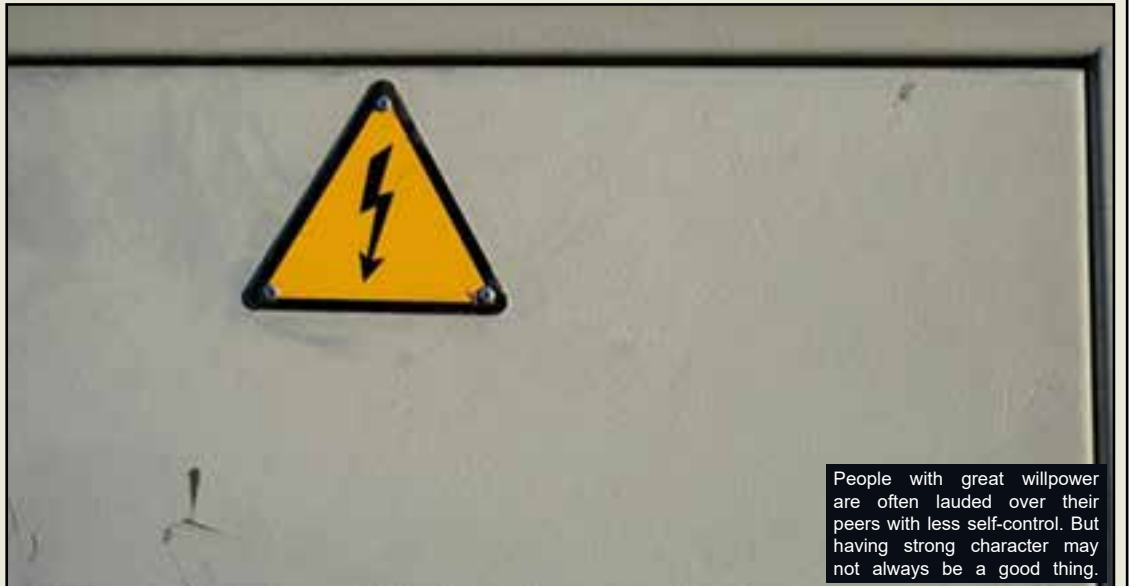
and avoid getting caught. David Lane and colleagues at Western Illinois University in the US recently questioned people about certain dubious behaviours and whether they had suffered the consequences of their actions. Sure enough, they found that people with high self-control were more likely to avoid punishment for dangerous driving and cheating on tests, compared to people with poorer self-control. Once again, they seem to be carefully judging the social norms of what is acceptable behaviour, and adhering to them when the misdeed is more likely to affect their reputation.

## Extermination machines

These are dubious moral acts, but if the social norms allow it, strong willpower can contribute to acts of cruelty. In one macabre study, psychologist Thom-

who were particularly concerned about the ethical consequences of their actions, increased self-control made little difference to the outcome. They killed a moderate number of bugs, but their greater self-control didn’t seem to make it any easier to obey the orders. For the rest of the participants, however, greater self-control significantly increased the number of bugs they were willing to crush. They seemed keener to carry out the scientists’ request, and they were better able to override any feelings of aversion to the task – turning them into more efficient killers.

The “players” of La Zone Xtrême showed a very similar pattern of behaviours – only on a much larger scale. The experiment was inspired by Stanley Milgram’s controversial experiments in the 1960s, which had tested whether participants would be willing to torture another per-



People with great willpower are often lauded over their peers with less self-control. But having strong character may not always be a good thing.



In the ‘La Zone Xtrême’ study, participants who scored highest on conscientiousness were willing to administer the greatest electric shocks to their partners.

operative, people are often quite generous. “Rationally, there is no reason to give the second player any sum,” explains Uziel, “but people often give about a third of the endowment to others.” The researchers found that the people with high self-control were generous if they feared that they would be judged for their stingy behaviour. If their actions were private, however, without the fear of judgement from others, then they were much more selfish than people with low self-control – choosing to further their own self-interests rather than help others. In these circumstances, they kept almost all the sum to themselves.

People high in self-control also appear to be more careful about when they commit an anti-social act

as Denson at the University of New South Wales in Australia invited participants into the lab with an unusual task – to feed bugs into a coffee grinder. Unbeknown to the participants, the “extermination machine” was rigged to allow the bugs to escape before they were killed – but the grinder still made an unnerving crunching sound as the insects worked their way through machine. The aim of the experiment, the participants were told, was to better understand certain “human-animal interactions” – a justification for the task that should have rendered the act more socially acceptable to the participants.

The effects of self-control, it turned out, depended on people’s sense of moral responsibility. For people

son with electric shocks in the name of science. Milgram’s experiment was taken to show people’s unflinching obedience to authority – but the French researchers wanted to know which kinds of personalities were most susceptible. They found that the participants with higher self-control (as measured through a test of conscientiousness) were willing to dish out around 100 volts more to their partner in the game – to the point that their partner fell silent, feigning unconsciousness or death.

Interestingly, high agreeableness – the desire to please others – was the only other personality trait to increase this callous behaviour. “They tended to electrocute the victim

Cont. on Page 26



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Cont. from Page 24

more, probably to avoid an unpleasant conflict with the TV presenter," says Bègue. "They wished to be reliable people and to keep their



Increased willpower and self-control, such as within the famous "Marshmallow Test" have traditionally been lauded and rewarded as desirable traits

commitment."

In their paper, Bègue's team contrast the discov-

eries with 20th Century philosopher Hannah Arendt's assessment of high-ranking Nazi Adolf Eichmann. Arendt famously coined the phrase "the banality of evil" to describe how mundane people, like Eichmann, can

commit acts of great cruelty. According to Bègue's research, the traits that lead

people to act immorally may not just be mundane – but actually desirable – in other situations. People with high conscientious and agreeableness are the people we would normally choose to be our employees or our spouses.

#### Toxic workplace

Bègue emphasises that this research needs to be replicated before we can draw general conclusions about human nature, but it is interesting to speculate whether traits like high self-control could predict someone's involvement in many everyday acts of immorality – large and small.

It would all depend on the strength of the social norms, says Lane. "I do think these results could generalise to other behaviours if people could convince themselves they were victimless crimes that others already do," says Lane. There is some evidence, for instance, that tax

avoidance increases with conscientiousness – which would fit these findings. In the workplace, meanwhile, the model employees may also be the people who steal from the company "under the perception 'they won't even miss that money'," says Lane.

Uziel, meanwhile, suspects that someone with

high self-control is more likely to act ruthlessly when group cohesion starts to fall apart, including times when their own sense of power or authority is threatened, or when they feel in competition with others. They could proverbially stab you in the back to gain a new promotion, for instance – or kowtow to a boss while dis-

regarding how their behaviour will affect others.

If so, we might start to appreciate the people around us who are a little bit less disciplined and agreeable than the rest. They may frustrate us with their unreliability, but in La Zone Xtrême, at least, they are the ones you would want to decide your fate.



People with lower self-control are less likely to adopt healthy lifestyles – but one study showed that those with higher self-control were much more selfish

## Mobile Phone 'Data' – What is 'Data' and how much do you need in your phone package?

If you have a smartphone and want to use it for anything that requires an internet connection then you will need to use data from your network operator unless you are connected into Wi-Fi.

Data is the name given to any information transferred over an internet connection and includes:

- Checking email
- Browsing the internet
- Watching TV or movies
- Looking at YouTube
- Playing online games

We measure data in bytes. One byte is just one tiny bit of data. 1 kB (one kilobyte) is one thousand bytes, 1 MB is one million bytes and 1GB is one thousand million bytes.

#### People generally fall into one of three groups for their data usage:

• **Low user** - You use it every so often, to keep up with friends and interesting news. You like to look at web pages, or check your email online through a provider such as Hotmail or Yahoo!. You check your Facebook or Twitter online reasonably often. You rarely

play games on your phone or download music directly on the phone. You rarely use your mobile for chatting online or watching any video clips. You are unlikely to use your internet for more than an hour a day, and if you do you are often at home so connected into your home wi-fi for internet access. You would not watch TV on your phone.

• **Medium user** - You need it for email and browsing the internet while travelling to work. You have set up an email account on your phone so your emails download directly into your phone. You spend quite a bit of time browsing the internet, and download a few games or applications a month. You like to watch video on online streaming sites such as iPlayer every so often and perhaps download a few songs now and then too.

• **Heavy user** - You rely on your phone for both entertainment and work. You send and receive quite a few emails daily, often with attachments. You watch videos online several times a week and are likely to download a lot of applica-

tions and games as well as music for your phone. You like to watch live TV daily.

Mobile network operators in the UK tend to offer data allowance packages in set



bundles. Common quantities are: 100MB, 200MB, 500MB, 750MB, 1GB and unlimited. Remember that if this is a monthly contract this amount of data needs to last you the entire month or you will incur excess data

charges.

#### Phone data guide, 500Mb of data will let you:

- Look at 5000 basic webpages (mainly text) or
  - Look at 1500 rich webpages (ie with pictures eg. BBC) or
  - Read 500,000 basic emails or
  - Read 1000 rich emails (ie. with attachment eg. a photo) or
  - Download / Stream 100 music songs or
  - Download / Stream video for 1 hour or
  - Listen to online radio for 8 hours or
  - Have a Skype video call for 2 hours or
  - Download / update 80 apps
- 1GB of data will let you:
- Look at 10,000 basic webpages (mainly text) or
  - Look at 3000 rich webpages (ie with pictures eg. BBC) or
  - Read 1,000,000 basic emails or
  - Read 2000 rich emails (ie. with attachment eg. a photo) or
  - Download / Stream 200 music songs or
  - Download / Stream video for 2 hours or
  - Listen to online radio for 16 hours or
  - Have a Skype video call for 4 hours or
  - Download / update 160 apps
- It is important to remem-

ber that your smartphone will use some data every day even if you are not looking at anything. Some applications on the phone will update themselves like weather widgets and your emails will also download into your phone periodically.

A typical smartphone user in the UK will consume around 10MB of data per day. This is equivalent to about 300MB per month. For this reason, a 500MB plan should be suitable for most consumers and will give you an adequate buffer against additional data consumption.

On a 500MB plan, it is recommended to connect your smartphone to your home wi-fi network when possible. This will significantly reduce your data consumption and keep it below 500MB. This is especially important when you want to update your apps or download new ones, it is much better to use your home wi-fi than an expensive mobile data plan.

Low users might get away with a 100MB plan if they are very careful and try to only use the internet when connected into wi-fi, heavy users will need a minimum of 1GB and possibly much more.

How much does it cost if you go over your mobile phone internet limit?

How much it is likely to cost you for going over your

allotted mobile phone internet limit is variable, depending on which tariff you have chosen, and which network you are with.

However, in most cases you may find it is very expensive to exceed your mobile data limit. So it is important to find a tariff that matches your data needs. Some mobile networks can charge £5 for an extra 500MB of internet allowance; whilst others can charge £2 - £3 per MB you go over. We strongly advise that you confirm your network beforehand to ensure you choose the right data package to avoid a bill shock at the end of the month.

#### What is a fair use policy?

Some mobiles will simply limit your internet usage rather than charge extra - called a 'fair use' policy.

This means that you will not incur an extra charge when you use up your monthly allowance, but you may be penalised if you go over what the network decides is 'fair' - often around 500MB.

Depending on your network provider, this may only mean that your internet speed will be considerably reduced, so you will not be able to stream long videos or download large applications.

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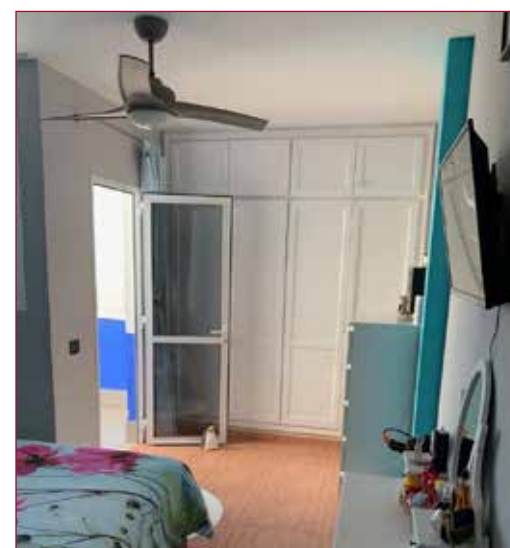
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## Pound comes out on top amidst UK's aggressive vaccinations programme

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

Over the past couple of weeks, we have seen the pound make some convincing gains, supported by the UK's success in its vaccination programme. During this period, we've seen GBP/EUR climb from €1.10 to €1.12, whilst EUR/GBP slipped back to £0.88. Meanwhile, GBP/USD briefly broke through to an eight-month high of \$1.37 before settling at \$1.36, while EUR/USD slipped

from \$1.22 to \$1.21.

### What's been happening?

The pound has made convincing gains over the past couple of weeks as GBP investors welcome the UK's impressive progress in vaccinating the most vulnerable of its population. Also boosting Sterling were comments from Bank of England (BoE) Governor Andrew Bailey, who downplayed speculation the bank could slash interest rates below zero.

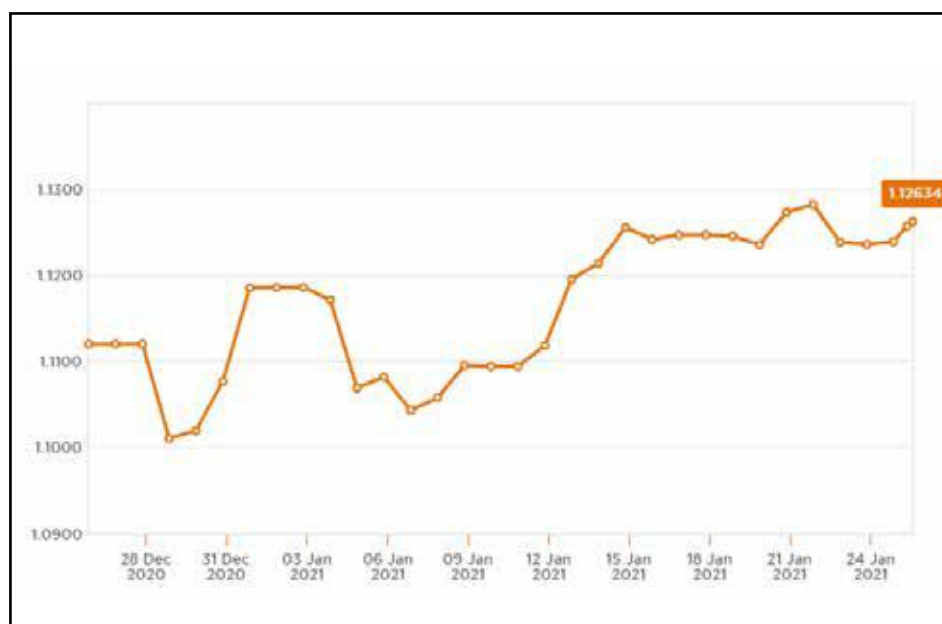
The euro, meanwhile, has suffered in response to Europe's slow rollout of vaccines, some political uncertainty in Italy, and the European Central Bank's (ECB) concerns over the strength of EUR exchange rates.

At the same time, the US dollar has fluctuated, gaining support in mid-January due to renewed coronavirus concerns, before retreating as Biden optimism swept through markets.

### What do you need to look out for?

Looking ahead, GBP investors will be looking for some payoff for the UK's vaccination programme, with the pound potentially facing some headwinds if the government remains resolute in keeping the lockdown in place past mid-February.

The euro is also likely



to remain sensitive to vaccination efforts in Europe, where further delays could put additional pressure on the single currency.

Meanwhile, the direction of the US dollar rests upon Joe Biden's ability to push through the massive stimulus package,

with any setbacks likely to sour market sentiment and boost the US dollar.

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## How Does Cryptocurrency Work? (for Beginners)

### Cryptocurrency (Like Bitcoin) Explained Simply

We explain “how cryptocurrency works.” The goal of this guide is to teach beginners about blockchain and digital currencies (like Bitcoin).

Below we simplify things to make a somewhat complex system easier to understand. Do a site search, Google search, or see the links below to learn more about specific concepts.

What a new user needs to know: Cryptocurrency is roughly the equivalent of using PayPal or a Debit Card, except the numbers on the screen represent cryptocurrency instead of dollars. All a new user needs to do is set up a Coinbase account or download the Cash App to get started. With Coinbase users can buy, sell, send, receive, and store Bitcoin, Bitcoin Cash, Ether, and Litecoin (Coinbase provides an all-in-one wallet, broker, and exchange service making them a one-stop-shop for new users). With Cash App users can buy, sell, send, receive, and store Bitcoin.

The basic concepts are: To use cryptocurrency, you don't need to understand it (any more than you need to understand the monetary system to use a debit card). However, if you want to understand cryptocurrency you need to understand the

concept of digital currency, the concept of blockchain (both as a public ledger of transactions and a technology), and the concept of cryptography. After-all, cryptocurrency is a digital currency, where transactions are recorded on a public digital ledger called a blockchain, and every process along the way is secured by cryptography. The goal of this page will be to help you understand these things and how they connect.

Cryptocurrency works a lot like bank credit on a debit card. In both cases, a complex system that issues currency and records transactions and balances works behind the scenes to allow people to send and receive currency electronically. Likewise, just like with banking, online platforms can be used to manage accounts and move balances. The main difference between cryptocurrency and bank credit is that instead of banks and governments issuing the currency and keeping ledgers, an algorithm does.

### What is cryptocurrency?

Cryptocurrency is best thought of as digital currency (it only exists on computers). It is transferred between peers (there is no middleman like a bank). Transactions are recorded on a digital public ledger

(called a “blockchain”). Transaction data and the ledger are encrypted using cryptography (which is why it is called “crypto” “currency”). It is decentralized, meaning it is controlled by users and computer algorithms and not a central government. It is distributed, meaning the blockchain is hosted on many computers across the globe. Meanwhile, cryptocurrencies are traded on online cryptocurrency exchanges, like stock exchanges. Bitcoin (commonly traded under the symbol BTC) is one of many cryptocurrencies; other cryptocurrencies have names like “Ether (ETH),” “Ripple (XRP),” and “Litecoin (LTC).” Alternatives to Bitcoin are called “altcoins.”

### How does cryptocurrency work?

Transactions are sent between peers using software called “cryptocurrency wallets.” The person creating the transaction uses the wallet software to transfer balances from one account (AKA a public address) to another. To transfer funds, knowledge of a password (AKA a private key) associated with the account is needed. Transactions made between peers are encrypted and then broadcast to the cryptocurrency's network and queued up to be added to the public ledger. Transactions are then recorded on the public ledger via a process called “mining” (explained below). All users of a given cryptocurrency have access to the ledger if they choose to access it, for example by

downloading and running a copy of the software called a “full node” wallet (as opposed to holding their coins in a third party wallet like Coinbase). The transaction amounts are public, but who sent the transaction is encrypted (transactions are pseudo-anonymous). Each transaction leads back to a unique set of keys. Whoever owns a set of keys, owns the amount of cryptocurrency associated with those keys (just like whoever owns a bank account owns the money in it). Many transactions are added to a ledger at once. These “blocks” of transactions are added sequentially by miners. That is why the ledger and the technology behind it are called “block” “chain.” It is a “chain” of “blocks” of transactions.

TIP: I've just described how Bitcoin works and how many other coins work too. However, some altcoins use unique mechanics. For example some coins offer fully private transactions and some don't use blockchain at all.

### How does blockchain work?

The blockchain is like a decentralized bank ledger, in both cases the ledger is a record of transactions and balances. When a cryptocurrency transaction is made, that transaction is sent out to all users hosting a copy of the blockchain. Specific types of users called miners then try to solve a cryptographic puzzle (using software) which lets them add a “block” of transactions to the ledger. Whoever solves the puzzle

first gets a few “newly mined” coins as a reward (they also get transaction fees paid by those who created the transactions). Sometimes miners pool computing power and share the new coins. The algorithm relies on consensus. If the majority of users try to solve the puzzle all submit the same transaction data, then it confirms that the transactions are correct. Further, the security of the blockchain relies cryptography. Each block is connected to the data in the last block via one-way cryptographic codes called hashes which are designed to make tampering with the blockchain very difficult. Offering new coins as rewards, the difficulty of cracking the cryptographic puzzles, and the amount of effort it would take to add incorrect data to the blockchain by faking consensus or tampering with the blockchain, helps to ensure against bad actors.

### What is cryptocurrency mining?

People who are running software and hardware aimed at confirming transactions to the digital ledger are cryptocurrency miners. Solving cryptographic puzzles (via software) to add transactions to the ledger (the blockchain) in the hope of getting coins as a reward is cryptocurrency mining.

### How does cryptography work with cryptocurrency?

The keys that move balances around the blockchain utilize a type of one-way cryptography called public-key cryptography. The “hashes” (the one-way cryptographic codes that tie together blocks on the blockchain) use a similar type of cryptography. Meanwhile, transaction data sent and stored on the blockchain is tokenized (tokenization is a type of one-way cryptography that points to data but doesn't contain all the original data). The key to understanding these layers of encryption which ensure a system like Bitcoin's (some coins work a little differently) is found in one-way cryptographic functions (cryptographic hash functions, cryptographic to-kens, and public-key cryptography are all names for specific, but related, types of one-way cryptographic

functions). The main idea is that cryptocurrency uses a type of cryptography that is easy to compute one way, but hard to compute the other way without a “key.” Very loosely you can think of it like this, it is easy to create a strong password if you are in your online bank account, but very hard for others to guess a strong password after it has been created.

### How does one obtain or trade cryptocurrency?

Cryptocurrency can be obtained most of the same ways other types of currencies can. You can exchange goods and services for cryptocurrency, you can trade dollars for cryptocurrencies, or you can trade cryptocurrencies for other cryptocurrencies. Trading is generally done via brokers and exchanges. Brokers are third parties that buy/sell cryptocurrency, exchanges are like online stock exchanges for cryptocurrency. One can also trade cryptocurrencies directly between peers. Peer-to-peer exchanges can be mediated by a third party, or not. Please be aware that cryptocurrency prices tend to be volatile. One should ease into cryptocurrency investing and trading and be ready to lose everything they put in (especially if they invest in or trade alternative coins with lower market caps). See cryptocurrency investing tips.

TIP: Like anything else in life, there are tax implications to trading or using cryptocurrency. Make sure you understand the tax implications. In short, you'll owe money on profits (capital gains) and may owe sales tax or other taxes when applicable. Learn more about cryptocurrency and taxes.

### To summarize the above:

- Cryptocurrency can be thought of as a digital currency like PayPal or bank credit (what you use with your credit or debit card).
- Cryptocurrency transactions and balances are recorded on a public digital ledger called a blockchain.
- Cryptocurrencies can be accessed through software called wallets (transactions are broadcast to the network to be added

Cont. on Page 32

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Cont. from Page 30

to the blockchain via transactions created in wallets). This can be equated to online banking (where you have account numbers and passwords and move funds between accounts).

- Cryptocurrencies can be

bought through a broker or traded on online cryptocurrency exchanges (like a stock exchange).

- There are many other cryptocurrencies beyond Bitcoin (some of which are better defined as digital assets).

- Unlike bank credit, which represents a centrally con-

trolled and issued fiat currency (like the US dollar), cryptocurrency is decentralized and thus not centrally controlled.

- Instead of a central power controlling cryptocurrency, an algorithm and users themselves control cryptocurrency. The algorithm dictates how transactions

work and how new coins are created. Users create peer-to-peer transactions using software called wallets. Transactions are recorded on a public digital ledger.

- Those who confirm transactions by breaking cryptographic codes are called miners. Mining is a process

that creates new coins.

Of course, you don't need to know any of that. All you need to do is set up a Coinbase account and use that to buy and sell Bitcoin, Bitcoin Cash, Ether, or Litecoin and to send and receive cryptocurrency. Just remember to pay your

taxes.

TIP: If you find yourself interested in cryptocurrency, check out an exchange like Coinbase Pro and learn how to trade one cryptocurrency for another. Coinbase Pro is a Coinbase product.

## BY HOW MUCH WILL THE UK GAIN BY CHOOSING OUR OWN VACCINATION PROGRAMME, NOT THE EU'S? LET'S START AT £100 BILLION

By Jethro Elsdon, Data Analyst and Researcher, Centre for Policy Studies, UK

The most important thing about the success of the UK's vaccination rollout is that it will save lives. Not only will the vaccines cut the numbers dying of this horrible disease, but they will mean that – as the pandemic eases – the NHS can go back to dealing with other health issues properly, and be more than just a National Coronavirus Service.

path back to normality will bring a substantial economic boon. As we move gradually out of lockdown, more and more economic activity will become possible again. If tiers are maintained, even moving from lockdown and Tier Four into Tier Three would provide a significant stimulus, as non-essential shops are allowed to open again.

So the faster our return

cent of its population, across the EU the same figure is just three per cent. And this gap will likely grow, since the UK rollout is still accelerating: over one per cent of UK adults were vaccinated on Saturday alone, a figure most countries in the EU would struggle to achieve in a week.

If the Government had opted in to the EU vaccine scheme, we would now be stuck in the slow lane. This would undoubtedly have meant many more lives lost in the coming months.

But it would also have meant paying a substantial economic cost. With the more transmissible variant of the virus widespread, it would surely have meant a longer lockdown, and continued heavy suppression of the virus for much of 2021. Normality would probably not have been possible until near the end of the year, perhaps later.

So how much better off economically might the UK end up being, compared with the counterfactual in which we moved at the speed of the EU? Putting an exact number on it is not an easy task. There are too many moving parts and far too much uncertainty. We don't know exactly how good the vaccines will be in stopping transmission, or if a new mutant strain will dash our hopes. Perhaps the supply of vaccines will improve to such an extent in a few months that the EU can rapidly catch up.

But having said that, we can come up with a rough estimate – not least by looking in the Office for Budget Responsibility's economic and fiscal outlook, published late last year. It offered multiple scenarios for

economic growth, depending on the course of the pandemic and results of the Brexit talks.

On the pandemic, the upside scenario assumed that the second wave would be relatively easily contained; that vaccines would arrive in the spring and be rapidly rolled out; and that economic activity returned to its pre-virus level by the end of 2021.

The central forecast assumed a slower rollout and restrictions in place until the spring, with the economy not recovering until late 2022.

The downside scenario assumed the vaccines wouldn't fully control the virus, the rollout would be slow and restrictions would remain in place for much of the year, with the economy only recovering to pre-crisis levels in late 2024.

While the second wave was much more severe than was predicted, cases are now falling remarkably rapidly, and hospitalisations and deaths are starting to follow. There are signs that the vaccine may already be eating into the virus' ability to spread.

So while it is likely that we ended 2020 doing worse than the OBR's central forecast for growth, the faster vaccine rollout means that, by late spring or summer, we should have moved from the downside scenario closer to the upside scenario. Vaccinating at the pace of the EU could have kept us trapped in the OBR's most pessimistic forecast, perhaps for the entirety of 2021. Using the OBR forecasts for quarterly nominal GDP shows us the significance of this kind of shift. Assuming the faster

vaccine rollout shifted the economy from the downside to the upside scenario for the whole of 2021 would mean nominal GDP was about £235 billion bigger by the end of the year – in other words, roughly ten per cent bigger. It's more than our cumulative real-terms contributions to the EU during our entire membership, and more than the most pessimistic assumptions about the economic damage of Brexit.

It is probably more realistic, however, to assume that the economy doesn't suddenly spring back into shape. But even if you assume that we will be closer to the central forecast for the first half of the year, and then transition into the upside scenario in the second half as all restrictions

larger.

The point of this exercise isn't to find an exact figure for the economic benefits of our vaccination programme: as I said, there are far too many imponderables for that. But they certainly show the order of magnitude involved. Even if our vaccination programme brings forward the return to normality by matter of weeks or months, compared to the EU situation, going it alone will have been worth it – and, in fact, one of the best economic bargains in decades.

Most Government decisions that get remembered stick in the mind because of how disastrous they end up being: returning the pound to the Gold Standard after the First World War, the Suez Canal conflict, or in



But it will also bring enormous economic benefits. If all goes well, we can go back to normal, or at least something fairly close to it, by the summer if not before. This will not only make all of our lives a great deal more pleasant, but enable the economy to launch its longed-for recovery.

I've been looking at the Office for Budget Responsibility's data, and comparing the vaccination trajectories of the UK and EU. And it is possible that our decision to go it alone will be one of the most economically beneficial decisions any government has ever made – with the £12 billion the UK is reportedly spending on vaccines delivering a potential return by the end of 2021 in the hundreds of billions of pounds.

As we saw last year, with the post-lockdown recovery, each stage along the

to normality, the greater the dividend – not just in terms of relaxed restrictions, but the increased confidence that will come as fear of the virus fades and businesses can reopen and refocus on meeting consumer demands. Not to mention the wider benefits, such as getting children back into the classroom, easing the toll on people's mental health, and so on.

Speeding up the vaccine rollout is, as one commentator put it, "the world's easiest cost-benefit test", with costs in the billions and an upside in the trillions. And yet while the UK, USA, and especially Israel are passing this test, the EU – which prioritised trying to get superficially better prices and terms from pharmaceutical companies – has manifestly failed.

While the UK will soon have vaccinated 15 per



are lifted, you still end up with an estimate for nominal GDP that's about £170 billion higher than if slower vaccine rollout kept us trapped with low growth for the rest of the year.

Even if we're less optimistic and assume the current lockdown weighs heavily on the economy, and we only shift up to the central scenario from the summer, it still leaves nominal GDP over £100 billion

more recent times the invasion of Iraq.

The grim death toll from the pandemic, alongside the economic costs, certainly made the last year a bad one for Britain. But the vaccine rollout is as effective as we hope, opting out of the EU vaccine scheme will deserve to linger in the memory as one of the best policy decisions a British Government has ever made.





# MOTORWORLD TENERIFE

## ITV and your Insurance Obligations

With thanks to from Emma from Motorworld

In past years, you could go to the ITV station with your car and car papers, go through the ITV test and leave (if your car passed) with your new sticker and

ing the validity of the ITV . As technology has moved on, and fraudsters are at work in all aspects of our lives, ITV Stations have been, for some time

insurance cover (third party is sufficient). ITV Stations are now linked, not only to the DGT (Trafico) but to the Central Register of Insurances - to which all In-

policies in force and with any changes (eg change of vehicle ownership, etc).

Recent changes mean that all ITV stations now require that vehicle owners demonstrate that their vehicle is insured. Stations do not always ask for this to be shown, but if either system is down or not functioning correctly you will need to produce a valid Insurance Policy – by showing that the premium has been paid and that your policy is valid at the time of the Test.

The Central Register is normally sufficient for this to be checked but in a small number of cases (at time of writing, 3%) there are anomalies and you may be asked the following.

**information):**

1. The name of the Insurance Company (not the agent or broker)
2. The correct matriculation information (number plate) of the car (sometimes numbers are incorrect due to human error and not noticed by the insured party (we have noticed quite a few examples of this over recent months!)).
3. The period of validity (make sure you have the current receipt).
4. The Insurance Policy (which must be a minimum of third party). The Station will take a copy of this at the time. If this is requested and not produced, or there are errors, the vehicle may be permitted to pass through the test itself but, will not receive a 'Favourable' until such time as the correct documentation

is presented (and until that time you will not be able to drive as you have no valid Insurance!).

Please remember that a car with no valid Insurance is not legally permitted to be used on public highways, so you could find yourself in a very difficult situation where technically the vehicle would either have to remain in the ITV car park or be taken by grua to your home or wherever you were planning to go after your Test.

It really is best to check all your documentation before going to the ITV station or, if a garage is taking the car for you, be sure to tell them where the documents are and check their validity (this is the Owner's responsibility, not the garage's).

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By Marian McGuinness, BBC Travel

**In Western Australia, 3.5bn-year-old stromatolites built up the oxygen content of the Earth's atmosphere to about 20%, giving the kiss of life to all that was to evolve.**

The sun roof was open and the tinted windows were wound down. It was the closest I could get to soaking in the surrounds of desert and sea under the cloud-sailing sky. I was on Indian Ocean Drive heading a couple of hours north of Perth to Lake Thetis, on Western Australia's wild-card Coral Coast. Like an M C Escher drawing, the landscape morphs from market gardens to limestone-spot-

their days as roadkill.

Going on a road trip along the coast of the oldest continent on Earth was bound to be steeped in mysteries. As I passed green and yellow road signs warning to keep a look out for kangaroos, emus and echidnas, there was another rare life form I was seeking an audience with – one that traces its ancestry to the beginning of time.

Stromatolites are living fossils and the oldest living lifeforms on our planet. The name derives from the Greek, stroma, meaning "mattress", and lithos, meaning "rock". Stromatolite literally means "layered rock". The existence

teria grew over it, binding the sedimentary particles and building layer upon millimetre layer until the layers became mounds. Their empire-building brought with it their most important role in Earth's history. They breathed. Using the sun to harness energy, they produced and built up the oxygen content of the Earth's atmosphere to about 20%, giving the kiss of life to all that was to evolve.

### We can witness how the world looked at the dawn of time

Living stromatolites are found in only a few salty lagoons or bays on Earth.



There is much to see near Lake Thetis and Lake Clifton, including Nambung National Park

ted scrub, sound-tracked with clattering windmills drawing water from the Yarragadee Aquifer formed during the Jurassic era. There were white-trunked eucalypts and punk-haired grass trees sprouting in their thousands, flocks of black cockatoos in raucous flight and, sadly, dozens of kangaroos that had ended

of these ancient rocks extends three-quarters of the way back to the origins of the Solar System.

With a citizen scientist's understanding, stromatolites are stony structures built by colonies of microscopic photosynthesising organisms called cyanobacteria. As sediment layered in shallow water, bac-

Western Australia is internationally significant for its variety of stromatolite sites, both living and fossilised. Fossils of the earliest known stromatolites, about 3.5 billion years old, are found about 1,000km north, near Marble Bar in the Pilbara region. With Earth an estimated 4.5 billion years old, it's staggering to realise we can wit-

ness how the world looked at the dawn of time when the continents were forming. Before plants. Before dinosaurs. Before humans.

The Indian Ocean Drive beat along. Every now and then through the scrub I caught glimpses of the blowy, white-capped turquoise water. Then snatches of the stark white, rippling sand dunes of the town of Lancelin. This is a coastline of shipwrecks and lobster shacks, of the scouring Roaring Forties, the wild westerly storm-bearing winds whipping the latitudes 40 and 50 degrees south, and the

red-beaded sapphire. Every now and then, the local kangaroos popped their heads up to check us out.

And then I saw them. There were thousands of pumice-hued stromatolites quasi-camouflaged beneath the ripples, submerged like migrations of ancient turtles holding their breaths under the slightly opaque water. I was awestruck. Blocking out the peripheral surrounds and imagining the sky methane orange from volcanic activity, this is what life looked like at the beginning of time.

Lake Thetis is just more

lessly walking on them.

But there's another side of the stromatolite family that is present on this stretch of coast. Evolutionary progress around a billion years ago started a slow segue that saw the layered stromatolites disappear as another variation emerged. They were their younger cousins: the thrombolites.

About an hour's drive south of Perth, I took the Old Coast Road into the Yalgorup National Park to Lake Clifton, home to the largest lake-dwelling thrombolites in the Southern Hemisphere.



Stromatolites are living fossils and the oldest living life forms on our planet

summer-soothing winds of the Fremantle Doctor, colloquially named for the relief it brings on a searing summer's afternoon. This is a wild, weathered coast of enchantment.

I was almost at Cervantes, the rock lobster capital of the coast on the northern edge of Nambung National Park. A couple of kilometres down a dirt road, I reached Lake Thetis, the home of the stromatolites.

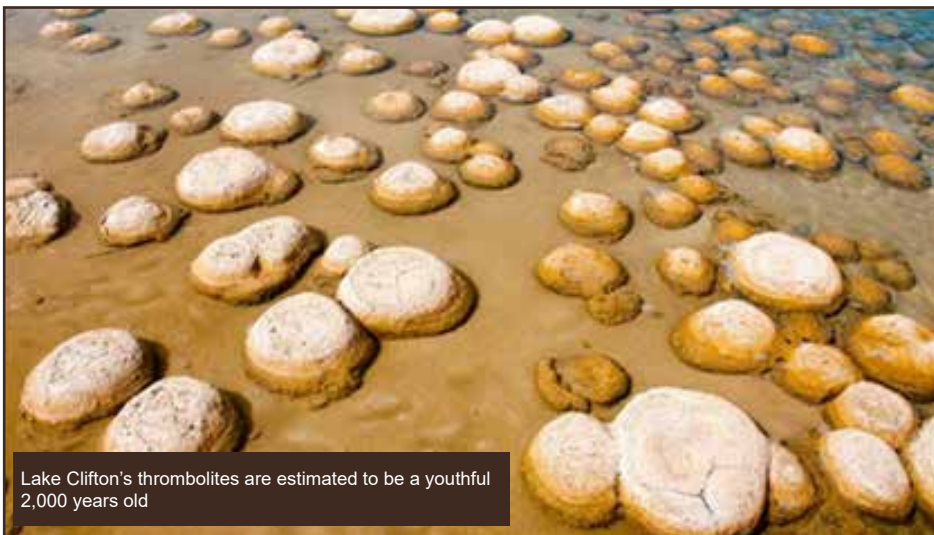
Lake Thetis was small, shallow and triangular. The bush track wound through thick-leaved, blue-pet-

than 2m deep and double the salinity of the sea. The lake became isolated about 4,800 years ago when the sea level fell during the last major glacial epoch. Shorelines receded and coastal dunes trapped the water inland, creating the lake. These stony oxygen givers are estimated to have been growing for about 3,500 years.

A metal walkway braces out over the lake so you can see the stromatolites beneath. On the 1.5km walk that circumnavigates the lake, it's look, but don't touch, as many of these

When the charismatic science presenter and University of Manchester's rock star of particle physics, Professor Brian Cox, visited the thrombolites for his documentary series, Wonders of the Universe, his awe for the "weird, rocky blobs in the shallows" inspired many travellers to seek out Lake Clifton, to see "the first life on Earth".

Thrombolite derives from the same root as thrombosis, which means "clot". Thrombolites are clotted in appearance, whereas stromatolites are layered. According to the late Dr



Lake Clifton's thrombolites are estimated to be a youthful 2,000 years old

alled fanflower, seed-headed rushes and rashes of

ancient relics have been damaged by people care-

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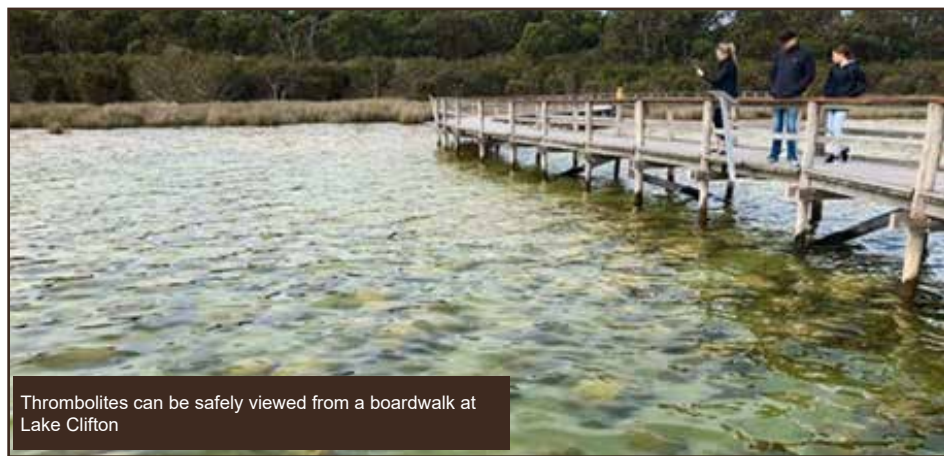
Linda Moore from the University of Western Australia, stromatolites went into decline at a time where there was an explosion of more advanced marine life. Their ecosystem became challenged as the predator amoeba and other single-celled organisms called foraminifera used their finger-like extensions to engulf stromatolites,

that restricted other competing sea life, whereas thrombolites adapted. They survived and prospered in an environment less salty than the sea, their clotted texture providing a home where tiny fauna could coexist. With an impressive ancient lineal ancestry, Lake Clifton's thrombolites are estimated to be a youthful 2,000 years old.

Here, too, a boardwalk ventures through the reeds and over the brackish lake,

rising to the water's surface. They are breathing.

To the Noongar people of this region, their Dreamtime story tells the origin of the thrombolites. With the land dry, the Noongars prayed to the sea for the water to become fresh. Their creator left the sea in the form of the serpent, Woggaal Maadjit. She pushed through the sand dunes, creating an inlet. She laid her eggs (the thrombolites) and curled her body to protect



Thrombolites can be safely viewed from a boardwalk at Lake Clifton



Thrombolites can survive in an environment less salty than the sea

turning their fine, layered structures into clumps. To survive, stromatolites needed highly saline water

where beneath, the thrombolites can be viewed. With careful watching, you can see tiny strings of oxygen

them (the sand dunes protecting the lake). The baby serpents from the eggs that hatched carved out rivers,

then when dying, they tunneled underground forming subterranean springs on their way back to the Dreamtime.

These springs provided fresh water for the Noongar people. From a scientific point of view, the microbial thrombolites use sunlight to photosynthesise for energy and to precipitate calcium carbonate (limestone) from the freshwater springs that bubble from the underlying aquifer. Groundwater flow that is low in salinity and nutrients and high in alkalinity is integral to their growth and survival; any alteration challenges their existence.

Lake Clifton is a fragile environment. In 2009,

the thrombolites were listed as critically endangered and are now protected under the Ramsar Convention on Wetlands of International Importance, placing this area in the same category as the Ramsar-listed, World Heritage Kakadu National Park, Australia's largest national park that preserves the greatest variety of ecosystems on the continent. Conservation actions for Lake Clifton now include the construction of the boardwalk to prevent crushing the thrombolites, monitoring water quality and levels, protecting the buffer of native vegetation that helps filter nutrients and pollutants, monitoring the health of the thrombo-

lite community and liaising with urban and agricultural landholders to manage and protect water quality.

These stepping stones of life are in need of protection. The change in climate is affecting the lake's salinity. Encroaching urbanisation has increased the inflow of nutrients, causing algal bloom that blocks sunlight and smothers the thrombolites. In just more than 100 years of human-induced stressors on the lake, survival of these ancient organisms is tenuous. Like the Dreamtime serpent, Woggaal Maadjit, it is up to us to protect them.

## WHY BEING KIND TO OTHERS IS GOOD FOR YOUR HEALTH

By Marta Zaraska, author - Growing Young: How Friendship, Optimism and Kindness Can Help You Live to 100.

Why being kind to others is good for your health

By Marta Zaraska, author - Growing Young: How Friendship, Optimism and Kindness Can Help You Live to 100.

Newspapers started writing about Betty Lowe when she was 96 years old. Despite being long past retirement age, she was still volunteering at a cafe at Salford Royal Hospital in Greater Manchester, UK, serving coffee, washing dishes and chatting to patients. Then Lowe turned 100. "Still volunteers at hospital", the headlines ran. Then she reached

102 and the headlines declared: "Still volunteering". The same again when she turned 104. Even at 106, Lowe would work at the cafe once a week, despite her failing eyesight.

Lowe told the reporters who interviewed her that the reason she kept working at the cafe long after most people would have chosen to put their feet up was because she believed volunteering kept her healthy. And she was probably right. Science reveals that altruistic behaviours, from formal volunteering and monetary donations to random acts of everyday

kindness, promote wellbeing and longevity.

Studies show, for instance, that volunteering correlates with a 24% lower risk of early death – about the same as eating six or more servings of fruits and vegetables each day, according to some studies. What's more, volunteers have a lower risk of high blood glucose, and a lower risk of the inflammation levels connected to heart disease. They also spend 38% fewer nights in hospitals than people who shy from involvement in charities.

And these health-boosting impacts of volunteering appear to be found in all corners of the world, from Spain and Egypt to Uganda and Jamaica, according to one study based on the data from the Gallup World Poll.

Of course, it could be that people who are in better health to begin with are simply more likely to be in a position to pick up volunteering. If you are suffering from severe arthritis, for example, the chances are you won't be keen to sign up to work at a soup kitchen.

"There is research sug-

During the pandemic, many people have volunteered to help those who have been worst hit by lockdowns



gesting that people who are in better health are more likely to volunteer, but because scientists are very well aware of that, in our studies we statistically control for that," says Sara Konrath, a psychologist and philanthropy researcher at Indiana University.

Even when scientists remove the effects of pre-existing health, the impacts of volunteering on wellbeing still remain strong. What's more, several randomised lab experiments shed light on the biological mechanisms through which helping others can boost our health.

In one such experiment, high school students in Canada were either assigned to tutor elementa-

ry school children for two months, or put on a waitlist. Four months later, after the tutoring was well over, the differences between the two groups of teenagers were clearly visible in their blood. Compared to those on the waitlist, high-schoolers who were actively tutoring the younger children had lower levels of cholesterol, as well as lower inflammatory markers such as interleukin 6 in their blood – which apart of being a powerful predictor of cardiovascular health, also plays an important role in viral infections.

Participants assigned to conduct simple acts of kindness, such as buying coffee for a stranger, had lower activity of leukocyte

genes that are related to inflammation

Of course, in pandemic times, volunteering may be more of a challenge. However, Konrath believes that doing so online could also bring health benefits, if our motivation is to really help other people. She also recommends virtual volunteering with friends, since research shows that the social component of volunteering is important for wellbeing.

But it's not just the effects of formal volunteering that show up in the blood either – random acts of kindness do as well. In one study in California, participants who were assigned to conduct simple acts of kindness, such as buying coffee for a stranger, had lower activity of leukocyte genes that are related to inflammation. That's a good thing, since chronic inflammation has been linked to conditions such as rheumatoid arthritis, cancer, heart disease, and diabetes.

And if you put people into a functional magnetic resonance imaging (fMRI)



While we might all enjoy the warm glow of helping out others or giving up a little of our time for charity, it could be doing us some physical good too.

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# ENERGY PERFORMANCE CERTIFICATES IN SPAIN

## FEBRUARY 2021 UPDATE

Pushing into 2021 and a full 7 years and 8 months since EPC's became mandatory, the Canarian Government's official register shows that 251,250 certificates have now been registered. Thus, 1,734 more residential and commercial properties have been inspected and issued their certificate in the month of January. This figure is almost identical to the average monthly total throughout 2020 and almost exactly the same as the total for last month. Of course, these figures hide the fact that some properties being sold or rented again already have a valid certificate. Let's see how 2021 continues!

For those of you who are not aware of Energy Performance Certificates (EPCs), they were introduced in Spain and its dependencies by Royal Decree on 5th April 2013. This Law requires that, from 1st June 2013, an EPC must be obtained by the owner whenever a domestic or commercial property is Built, Sold or Rented.

### Selling your property

From 1st July 2013 property owners are required by law to present an Energy

Performance Certificate when a property is placed on the market and prior to any advertising. When the property is sold, the Notary will need to see the EPC, termed the Certificado de Eficiencia Energética in Spain.

### Renting your property

Either you or your agent, must obtain an EPC. An agent will not be legally allowed to offer or advertise your property for long term letting without one. Where a property has already been let prior to 1st July 2013, no EPC is required until one tenant leaves and the property is offered for long term rental again. If your property was built after 2007 you should already have an EPC provided by the seller. If you only rent your property out on a short term basis, for less than 4 months of each year, you may not



need to have an EPC. If you are the tenant your landlord or the letting agent should be able to show you the EPC for your property.

### The EPC contains:

Information about a property's energy use and typical energy costs, and recommendations as to how you may be able to reduce energy use and save money.

An EPC allocates an Energy Efficiency Rating, ranging from 'A' (most efficient) to 'G' (least efficient). The Certificate, registered with the Canarian Government is valid for

10 years.

### How to arrange an EPC:

If you are selling or renting out property, you will need to engage an Accredited Assessor, who will visit your property to inspect and then produce and register your properties Energy Performance Certificate.

*If you have any questions, or wish to arrange for me, Philip Wright, to carry out your energy Performance Certificate please call me on 667 757 323.*

## DOG OF THE MONTH



**TABU**

Tabu is a young (around 3 years old), active, super-friendly dog, who walks well on a lead. He is very patient and loving and loves to play, be brushed and basically just be around humans. He would be perfect for a family or a

person on their own and gets on well with other dogs. TABU really has a lot of love to give!

The Centro de Proteccion Animal de Tierra Blanca is located off Junction 15 of the TF-1 by the restaurant Los

Chasneros, just 200 metres above the TF-1. They don't ask for adoption fees, only a donation of food and some photos to let them know how your new pet is getting on in his/her new home.

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scanner, and tell them to act altruistically, you may see changes in how their brains react to pain. In one recent experiment, volunteers had to make various decisions, including whether to donate money, while their hands were subjected to mild electric shocks. The results were clear – the brains of those who made a donation lit up less in response to pain. And the more they considered their actions as helpful, the more pain-resistant they became. Similarly, donating blood appears to hurt less than having your blood drawn for a test, even though in the first scenario the needle may be twice as thick.

There are countless oth-



Random acts of kindness can do a lot more than simply bring a smile to someone's face

er examples of the positive health effects of both kindness and monetary donations. For instance, grandparents who regularly babysit their grandchildren have a mortality risk that is up to 37% lower than those who don't provide such childcare. That's a larger effect than may be achieved from regular exercise, according one meta-analysis of studies. This assumes the grandparents are not stepping into the parents' shoes completely (although, admittedly,

caring for grandkids often does involve a lot of physical activity, especially when we are talking about toddlers).

On the other hand, spending money on others rather than for your own pleasure can lead to better hearing, improved sleep and lower blood pressure, with the effects as large as those of starting new hypertension medication.

Meanwhile, writing a cheque for a charity can be a good strategy for boosting your muscle power. In one experiment that tested handgrip strength, participants who made a donation to Unicef could squeeze a hand exerciser for 20 seconds longer than those who had not given away their money. So, the next time you want to try yourself at arm wrestling,

for example, reach for your chequebook first.

**Humans are extremely social, we have better health when we are interconnected, and part of being interconnected is giving – Tristen Inagaki**

For Tristen Inagaki, neuroscientist at San Diego State University, there is nothing surprising in the fact that kindness and altruism should impact our physical wellbeing. "Hu-

mans are extremely social, we have better health when we are interconnected, and part of being interconnected is giving," she says.

Inagaki studies our caregiving system – a network of brain regions tied to both helping behaviours and health. This system likely evolved to facilitate parenting of our infants, unusually helpless by mammalian standards, and later probably got co-opted to helping other people, too. Part of the system is made up from the reward regions of the brain, such as the septal area and ventral striatum – the very same ones that light up when you get three cherries in a row on a slot machine. By wiring parenting to the reward system, nature has tried to assure we don't run away from our screaming, needy babies. Neuro-imaging studies by Inagaki and her colleagues show that these brain areas also light up when we give support to other loved ones.

Besides making caregiving rewarding, evolution also linked it with reduced stress. When we act kindly, or even simply reflect on our past kindness, the activity of our brain's fear centre, the amygdala, goes down. Again this could be linked to raising children.

It may seem counterintuitive that childcare might be stress-reducing – ask any new parent and they'll likely tell you that caring for babies isn't exactly a trip to the spa. But research shows that when animals hear the whimpers of infants of the same species, the activity of their amygdalae tempers down, and the same thing happens to parents when they are shown the photo of their own child.

Inagaki explains that the activity of the brain's fear centre has to go down if we are to be truly useful to others. "If you were completely overwhelmed by their stress, you probably couldn't even approach them to help them in the first place," she says.

All this has direct consequences for health. The caregiving system – the amygdala and the reward areas – are networked with our sympathetic nervous system, which is involved in regulating our blood pressure and inflammatory responding, Inagaki explains. This is why turning your caregiving on can improve your cardiovascular health, and help you live longer.

Adolescents who volunteer their time have been found to have lower levels of two markers of inflammation – interleukin 6 and C-reactive protein. Both of these have also been implicated in severe outcomes in patients infected with Covid-19. It raises the tantalising prospect that during the pandemic, helping others in need could be particularly powerful, not simply as a way of lifting our moods through lockdown gloom. Research actually testing whether volunteering could have a protective effect against Covid-19 has yet to be conducted, and anything that increases your contact with others who might carry the virus would potentially increase your risk.

What if, however, giving doesn't come naturally to you?

Empathy, a quality that is strongly linked to volunteering and giving behaviours, is highly heritable – about a third of how

empathetic we are is down to our genes. Yet, Konrath says it does not mean people born with low empathy are doomed.

"We are also born with different athletic potential, it's easier for some of us to build muscles than for others, but all of us have muscles, and all of us if we do some exercises we will build our muscles," she says. "No matter where we start, and research shows this, all of us can improve

months of 2020, Britons donated £800m (\$1.05bn) more to charity than for the same period in 2019, and similar stats pour in from other countries. Almost half of Americans have recently checked on their elderly or sick neighbours. In Germany, the coronavirus crisis has pulled people closer together – while in February 2020 as many as 41% said that people did not care about others,



In the US and Australia many people put stuffed toys in their windows to give children a fun activity during the pandemic

in empathy."

**The research suggests such kindness not only warms our hearts, it can help them stay healthy for longer**

Some interventions take no more than a few seconds at a time. For example, you can try looking at the world from another person's perspective, really getting under their skin, for a moment or two each day. Or you can practice mindfulness and loving-kindness meditation. Taking care of pets and reading emotionally-charged books, a perfect lockdown past-time, also works well to boost empathy.

During the first six

this figure was down to just 19% by early summer. And then, there are the stories of pandemic kindness – Americans and Australians leaving teddy bears in their windows to cheer up children. A French florist, Murielle Marcenac, placed 400 bouquets on cars of hospital staff in Perpignan.

The research suggests such kindness not only warms our hearts, it can help them stay healthy for longer, too. "There is really something about just focusing on others sometimes that's really good for you," Inagaki says.

With that in mind, surely we could all spare a little time for a moment's kindness in the months ahead?

The hidden upsides of "maverick" workwear



## HOW BREAKING DRESS CODES PAYS OFF

By Seb Murray

We all want to fit in. Never more so than at work which means most of us sink sig-

nificant time and money into trying to get our heads around all the hidden dress

codes and etiquette.

This dutiful compliance with office norms signals we are knowledgeable, resourceful and that we belong, says Rick Harbaugh, an associate professor of business economics at Indiana University's Kelley School of Business.

But would a more off-the-wall approach be a better investment?

**Standing out from the crowd**

Standing out, rather than fitting in, could in fact be the smarter route to success. A phrase coined in a study published in the Journal of Consumer Research in 2014, the "red sneaker

effect", revealed we confer higher status and competence on mavericks versus conformists.

So we often perceive someone wearing clothing that deviates from the norm in professional settings as having higher ability, rank and respect than colleagues who conform to dress codes.

**Nonconformity must appear intentional for people to think more of us**

This is because diverging from the norm signals you have autonomy and can bear the cost of nonconformity – even if it costs you

your job.

"We often think that divergence from cultural norms has a 'social cost', or a negative rather than positive consequence," says Silvia Bellezza, an associate professor at Columbia Business School in New York and one of the study's authors, who argues this is sometimes not the case.

But "risk-taking signals that you have enough social capital to maintain your status even if the nonconformity backfires," she says.

That's why junior employees often try to blend in, adds Bellezza, since the stakes are higher. "Many successful businesspeople have flouted convention,

like Apple's Steve Jobs" who ditched his suit for a black turtleneck.

Nonconformity must appear intentional for people to think more of us though, she says. "If you wear sneakers [trainers] in a professional setting for example, people may think it's because you can't afford shoes. That's not the hallmark of a successful person!"

**Rulebreakers**

Some of the better-known examples of rebellion, such as Facebook's Mark Zuckerberg (with his trademark

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# The Captain's Table

## F E B R U A R Y 2 0 2 1



To my many past readers and fans, it is wonderful to write my Captain's Table restaurant review again. I feel, after many requests, and in these very difficult times, we should

try to appreciate and support the many restaurants and bars that have opened under the most severe restrictions. Of course, many of you might ask: Where is open?

Or, Do we have to go to Mars? Now, every month, you will just need to read this column in The TPG through which we can once again read about (and visit!) the many great

eateries of our Island of Eternal Spring! If you are a restaurant owner in the South (or the North) and are open for business in these difficult times, I would be

pleased to hear from you and pay you a visit to perhaps share a bottle of wine while I tell my hundreds of readers what they are missing! If you would care to

contact me, I will organize myself to renew or discover your fine establishment. I hope to read about you one day soon in my monthly Captain's Table!

# The Thirsty Turtle, San Eugenio Bajo

A saying that is often used (especially by my auntie Flossie), is that 'small is beautiful'. I think it was to apply more to my uncle Herbert, but recently I discovered the most lovely, chic coffee/bar/restaurant which serves, quite possibly, one of the best breakfast menus in the south of Tenerife.

The Thirsty Turtle restaurant is easy to find: go to the San Eugenio Commercial Centre and, instead of 'going down' to Puerto Colon, head West for a few minutes, past Harley's Restaurant, bringing you to this super restaurant, run by two very nice people, Alex and his wonderful wife Linda. Both of these charming and professional people have previously been as-

sociated with some of the Island's famous eateries - reflected in the charm and professional way their restaurant is run. You can choose from the Breakfast Bowl section, a delightful range of sandwiches, salads, delicious homemade burgers or their terrific choice of traditional breakfasts (scrambled egg with diced bacon, an English or

Scottish breakfast, veggie breakfast or the 'double up' that will fill the most satisfied the most hungry among us!), not forgetting their superb 'posh crumpets'. This is, to me, the ideal way to run a coffee and bar: family-run with delightful staff, parking is a little difficult, but if you have come via your private plane or chauffeur-driven limousine it shouldn't be problem. Please give The Thirsty Turtle a visit, you won't be disappointed! The Captain



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Cont. from Page 38

hoodie and grey t-shirt) or TV anchor Jon Snow of the UK's Channel 4 (with his funky socks and lurid ties), tend to be white men.

Even in industries with relaxed dress codes such as tech, many of the highest profile women like Sheryl Sandberg of Facebook still sport more conventional, formal attire.

This may simply reflect the fact that there are far more white men in senior positions than women and minorities. Therefore, there are also more opportunities for white men to break the established rules, points out Astrid Homan, a professor of organisational psychology at the University

of Amsterdam, who has researched the consequences of norm-violating behaviour.

But Katherine Phillips, a professor at Columbia Business School who studies diversity and inclusion, points out that women and ethnic minorities working in fields traditionally dominated by white men can face a lot more pressure to conform because they already don't fit the standard mould.

She says that you need to be comfortable in a position of privilege to opt for the red sneakers strategy. "Many women and people of colour feel they need to be established, to feel enough security to bring their full self to the table, which is something that they find harder to do because they worry

about whether they will be accepted," says Phillips.

In banking or government, for instance, deviating from the norm could offer the richest rewards

Of course, men are criticised for informality too. Broadcaster Robert Peston, a former BBC economics editor, was slated for slouching and revealing chest hair beneath his tieless collar in an interview with George Osborne, the former UK chancellor of the exchequer.

The backlash was consistent with research by Namrata Goyal, an associate research scholar at Columbia Business School, who found that nonconforming behaviour backfires when people violate "injunctive" norms, i.e. unwritten

rules which are respected: for example, wearing a tie to meet a client, which conveys reverence.

Flouting "sacred" norms can seriously backfire; for instance, dress codes that are time-honoured or rooted in religion, says Goyal. "Violating injunctive norms will be viewed as anti-social behaviour and violating sacred norms would be to insult your colleagues."

In Peston's case, the British political establishment is still snared in formality – until recently, centuries of tradition dictated that male MPs had to wear ties to address parliament.

**So last year**

Does this mean the red sneakers effect is most powerful in more 'casual'

or 'new' industries such as technology?

Bellezza argues that the opposite is true. She says that in banking or government, for instance, deviating from the norm could offer the richest rewards – because the behaviour will still be perceived as non-conforming.

Whereas "the problem with Silicon Valley is precisely that these behaviours have become the uniform," she says. "Wearing a t-shirt and sneakers in that context is mainstream."

One important factor to consider is the culture in which we transgress. Homan analysed how non-conformity is viewed by different cultures. The study found norm violators were seen as more powerful than

conformists and evoked less outrage in individualistic cultures, such as much of the western world.

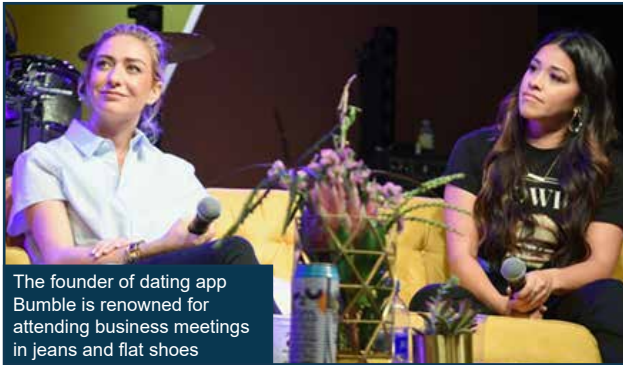
But she found that in collective cultures, such as East Asia and Latin America, people prefer norm followers as leaders, because they may prioritise organisational goals over their own.

Since different people view different behaviour differently in different contexts, the red sneakers effect is highly individualised, says Goyal.

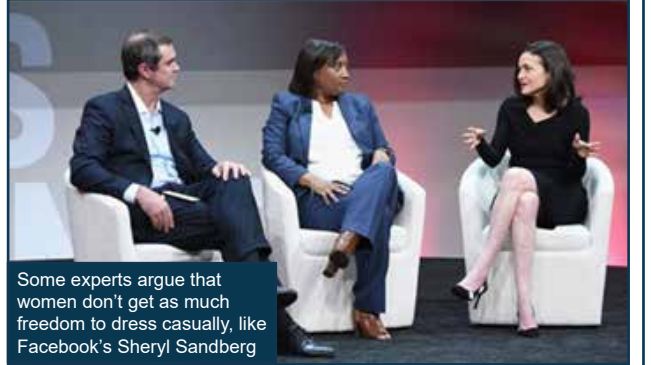
She believes that research is essential to using it to good effect. "Understanding who observes the non-conforming behaviour and where it's done is the key to making it work for you."



The Facebook CEO is known to dress-down in grey t-shirts and hoodies



The founder of dating app Bumble is renowned for attending business meetings in jeans and flat shoes



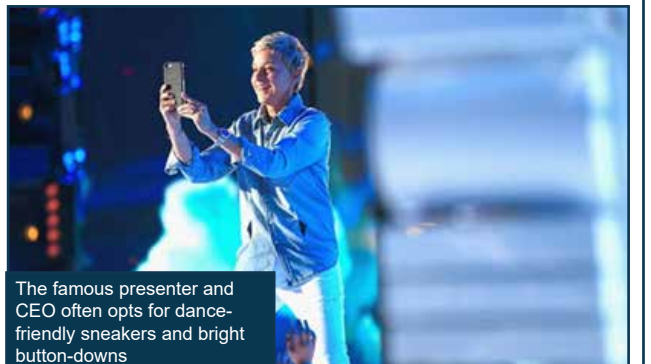
Some experts argue that women don't get as much freedom to dress casually, like Facebook's Sheryl Sandberg



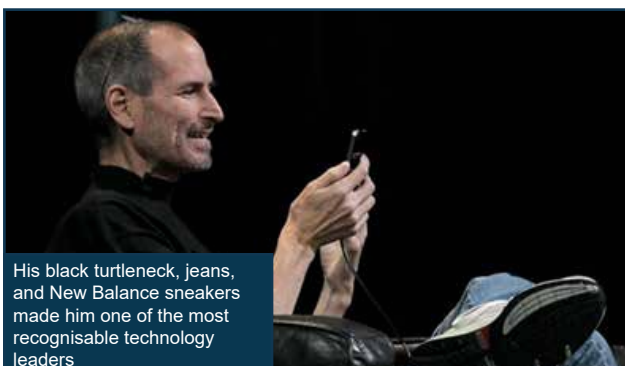
The British billionaire famously ditched a suit and tie in the 1990s for an open-neck shirt and pair of Levi's jeans



The actor is renowned for an out-of-the-ordinary look, for example unique blazers and trilby hats



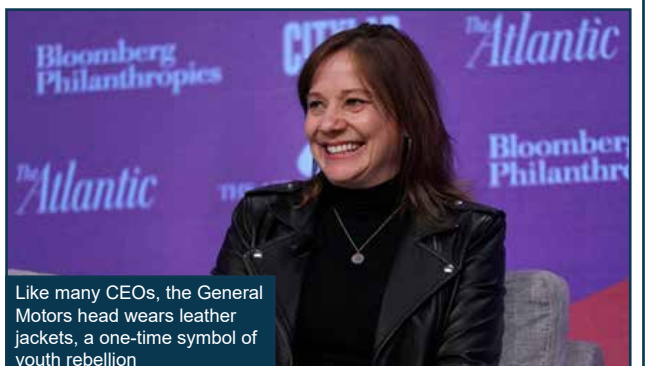
The famous presenter and CEO often opts for dance-friendly sneakers and bright button-downs



His black turtleneck, jeans, and New Balance sneakers made him one of the most recognisable technology leaders



While casual dress codes have come to dominate Silicon Valley, experts say smartly nonconforming to other industries' dress codes can benefit you



Like many CEOs, the General Motors head wears leather jackets, a one-time symbol of youth rebellion



By Helen Briggs, BBC Science correspondent

# SCIENTISTS ADDRESS MYTHS OVER LARGE-SCALE TREE PLANTING

Scientists have proposed 10 golden rules for tree-planting, which they say must be a top priority for all nations this decade.

Tree planting is a brilliant solution to tackle climate change and protect biodiversity, but the wrong tree in the wrong place can

do more harm than good, say experts at the Royal Botanic Gardens, Kew. The rules include protecting existing forests first and involving locals. Forests are essential to life on Earth. They provide a home to three-quarters of the world's plants and ani-

mals, soak up carbon dioxide, and provide food, fuels and medicines.

But they're fast disappearing; an area about the size of Denmark of pristine tropical forest is lost every year. "Planting the right trees in the right place must be a top priority for all

nations as we face a crucial decade for ensuring the future of our planet," said Dr Paul Smith, a researcher on the study and secretary general of conservation charity, Botanic Gardens

Cont. on Page 42





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Conservation International, in Kew.

A raft of ambitious tree-planting projects are underway around the world to replace the forests being lost. Boris Johnson has said he is aiming to plant 30,000 hectares (300 sq km) of new forest a year across the UK by the end of this parliament. An African-led movement to plant a 5,000-mile (8,048km) forest wall to fight the climate crisis is set to become the largest living structure on Earth, three times the size

universal easy solution. "If you plant the wrong trees in the wrong place you could be doing more harm than good," said lead researcher Dr Kate Hardwick of RBG Kew.

All too often natural forests teeming with plants, animals and fungi are replaced by commercial plantations with row upon row of timber trees, which will be harvested after a few decades, she told BBC News.

"What we're trying to do is to encourage people, wherever possible, to try and recreate forests which are similar to the natural

ture as well as capturing carbon."

The review of research, published in the journal *Global Change Biology*, found that in some cases, planned tree planting does not increase carbon capture and can have negative effects.

#### The 10 golden rules are:

##### Protect existing forests first

Keeping forests in their original state is always preferable; undamaged old forests soak up carbon better and are more resilient to fire, storm and droughts. "Whenever there's a



It takes at least a century to restore damaged forests

must be a priority," said Prof Alexandre Antonelli, director of science at RBG Kew.

##### Put local people at the heart of tree-planting projects

Studies show that getting local communities on board is key to the success of tree-planting projects. It is often local people who have most to gain from looking after the forest in the future.

##### Maximise biodiversity recovery to meet multiple goals

Reforestation should be about several goals, including guarding against climate change, improving conservation and providing economic and cultural benefits.

##### Select the right area for

##### reforestation

Plant trees in areas that were historically forested but have become degraded, rather than using other natural habitats such as grasslands or wetlands.

##### Use natural forest regrowth wherever possible

Letting trees grow back naturally can be cheaper and more efficient than planting trees.

##### Select the right tree species that can maximise biodiversity

Where tree planting is needed, picking the right trees is crucial. Scientists advise a mixture of tree species naturally found in the local area, including some rare species and trees of economic importance, but avoiding trees

that might become invasive.

##### Make sure the trees are resilient to adapt to a changing climate

Use tree seeds that are suitable for the local climate and how that might change in the future.

##### Plan ahead

Plan how to source seeds or trees, working with local people.

##### Learn by doing

Combine scientific knowledge with local knowledge. Ideally, small-scale trials should take place before planting large numbers of trees.

##### Make it pay

The sustainability of tree re-planting rests on a source of income for all stakeholders, including the poorest.



Undamaged old-growth forests are major long-term carbon sinks

of the Great Barrier Reef. However, planting trees is highly complex, with no

forests and which provide multiple benefits to people, the environment and to na-

choice, we stress that halting deforestation and protecting remaining forests

## THE UNEXPECTED INGREDIENTS THAT IMPROVE SOLAR CELLS

A number of kitchen-cupboard ingredients have found unlikely employment in making solar panels more efficient. Solar cell scientist Jon Major explains why.



By Jon Major, Future Planet - The Conversation

From fizzy drinks to moreish crisps, many inventions are famed for their unusual and often closely guarded ingredients – but solar panels aren't usually found at the top of that list. However, several food ingredients have proved to be unexpectedly useful when added to solar cells.

Depending on what you like to eat, there's a good

chance you can find at least one of them at home. Capsaicin, the chemical that gives chilli peppers their spicy sting, has been found to improve perovskite solar cells – the devices that make up solar panels.

Adding capsaicin expands the grains which make up the active material of the solar cell, allowing it to more effectively

transport electricity. More importantly, the material goes from having a deficit of electrons to having an excess, which changes how the cell operates and allows more sunlight to be converted to electricity. In essence, adding capsaicin adds electrons (which may or may not be the same effect you experience on your tongue after a particu-

larly spicy biryani).

Why would you think to add chilli peppers to a solar panel in the first place?

The capsaicin-laced cells are among the most efficient that have been reported. Rather than a gimmick to grab headlines, adding this chemical from chilli peppers may actually be a route to improving the performance of solar cells.

But why would you think to add chilli peppers to a solar panel in the first place? Unfortunately, the researchers didn't share their thought process. But I happen to have form in this area too.

In 2014, I published a paper demonstrating how a compound called magnesium chloride could dramatically reduce the cost of solar energy, albeit in a different type of solar cell. Haven't heard of magnesium chloride? Well if you're ve-

gan, you've probably consumed it at one time or another.

It's a salt not too dissimilar to table salt (sodium chloride) and it can be recovered from sea water. It has many uses, but one of its most popular is in Japanese cooking, where it's known as nigari and used as the coagulant for thickening tofu. My findings led to some media coverage of "tofu solar", which was fun, and me getting called "tofu boy" at academic conferences (less fun).

Does this mean food chemicals transfer particularly well to solar cell research? Not really. The coincidence has more to do with the overlap between food and chemistry and the "what if" approach that guides a lot of materials scientists.

Think of solar cells like cake. To find out what will

happen when you add a novel ingredient, it's far more reliable to bake it and then sample the final concoction

You might think that most solar cell research is done by physicists. This is partly true – I'm one myself – but the research approach has little in common with work done by particle physicists at the large hadron collider, or cosmological research. Those fields generally revolve around heavy computation and theory work. In other words, a lot of time staring at blackboards.

Solar cell research is really a matter of materials science, which sits somewhere between physics and chemistry. The development of new solar cell technologies or processes is very labour-intensive, and the typical approach is to spend a great deal of time testing the performance of a large number of comparable but slightly altered cell designs. Solar cells are comprised of stacked layers of different

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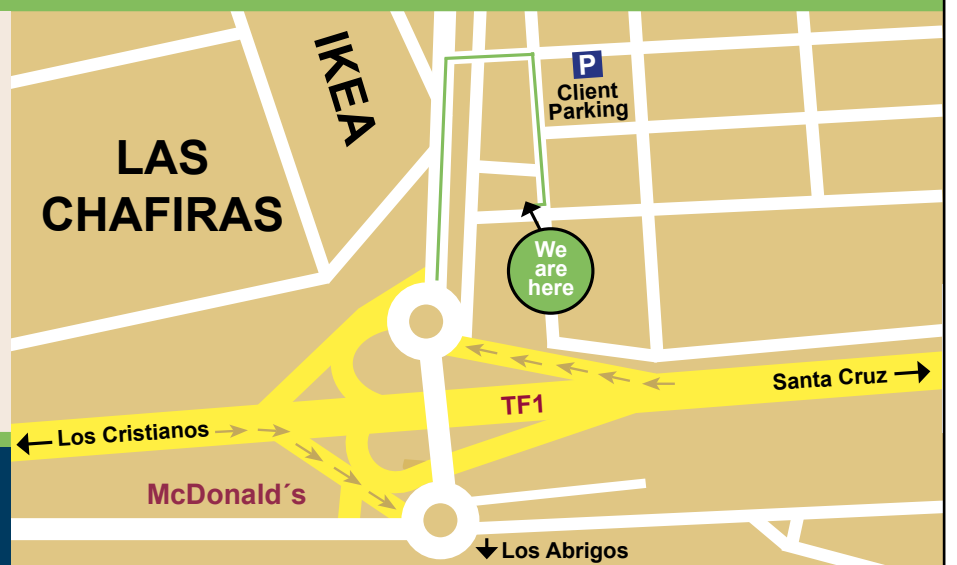


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materials, and it's hard to predict what will happen to the performance of the entire structure by changing

one component.

If I add something to layer A and it changes, then layers B, C and D on top of it will probably change as well. Similarly, if I change layer C, will I need to change how I made A or B?



A popular ingredient in Japanese cooking, nigari, has also shown promise in making solar cells work better – and it tastes good too

And what will then happen to D? You can probably get a sense of how hard this would be to predict, and this feeds the curiosity behind much of the innovation in this field.

Think of solar cells like cake. To find out what will happen when you add a novel ingredient, it's far more reliable to bake it and then sample the final concoction than to try to predict what it will look and taste like before you bake it.

In the end, the food we eat, just like solar cells, is a mix of compounds. While we know capsaicin from chilli, it's really just an or-

ganic compound, which, coincidentally, has particular properties that make it suitable for solar cell processing – as well as for spicing up a fajita.

For my own part, I had developed the process of using magnesium chloride and only later found out when I came to write the paper that it was used in tofu. I wasn't inspired in the vegan food aisle, sadly. So, these approaches are not as weird and wacky as they sound when you first read about them. There is usually some initial logic that's based on the inherent chemistry of these com-

pounds, and these flights of scientific fancy are often what leads to interesting breakthroughs.

So, if in the near future you read an article about solar cells improved im-

measurably by adding nutmeg or something, trust that it's been done as a result of informed curiosity of the likely effect, rather than boredom and a looming best-before date.



We shouldn't be surprised if more compounds found in food make their way into solar cells in future, as they are often organic compounds with useful properties

By Flora Carmichael and Jack Goodman, BBC Reality Checks



## Microchips, 'altered DNA' and more

The BBC Reality Check team has looked into some of the most widely shared

ing the one now approved in the UK developed by Pfizer/BioNTech, use a fragment

video spreading the theory back in May. Posts have noted that messenger RNA (mRNA) vaccine technology "has never been tested or approved before". It is true that no mRNA vaccine has been approved before now, but multiple studies of mRNA vaccines in humans have taken place over the last few years. And, since the pandemic started, the virus has been tested on tens of thousands of people around the world and has gone through a rigorous safety approval process.

Like all new vaccines, it has to undergo rigorous safety checks before it can be recommended for widespread use.

### What are the safety checks for vaccines?

In Phase 1 and Phase 2 clinical trials, vaccines are tested in small numbers of volunteers to check they are safe and to determine the right dose. In Phase 3 trials they are tested in thousands of people to see how effective they are. The group who received the vaccine and a control group who have received a placebo are closely monitored for any adverse reactions - side-effects. Safety monitoring continues after a vaccine has been approved for

use.

### Bill Gates and microchip claims

Next, a conspiracy theory that has spanned the globe. It claims that the coronavirus pandemic is a cover for a plan to implant trackable microchips and that the Microsoft co-founder Bill Gates is behind it. There is no vaccine "microchip" and there is no evidence to support claims that Bill Gates is planning for this in the future. The Bill and Melinda Gates Foundation told the BBC the claim was "false".

Rumours took hold in March when Mr Gates said in an interview that eventually "we will have some digital certificates" which would be used to show who'd recovered, been tested and ultimately who received a vaccine. He made no mention of microchips. This led to one widely shared article headlined: "Bill Gates will use microchip implants to fight coronavirus." The article makes reference to a study, funded by The Gates Foundation, into a technology that could store someone's vaccine records in a special ink administered at the same time as an injection.

However, the technology is not a microchip and is more like an invisible tattoo. It has not been rolled out yet, would not allow people to be tracked and personal information would not be entered into a database, says Ana Jaklenec, a scientist involved in the study.

The billionaire founder of Microsoft has been the subject of many false rumours during the pandemic. He's been targeted because of his philanthropic work in public health and vaccine development. Despite the

lack of evidence, in May a YouGov poll of 1,640 people suggested 28% of Americans believed Mr Gates wanted to use vaccines to implant microchips in people - with the figure rising to 44% among Republicans.

### Fetus tissue claims

We've seen claims that vaccines contain the lung

oped in the 1960s, and no fetuses were aborted for the purposes of this research.

Many vaccines are made in this way, explains Dr David Matthews, from Bristol University, adding that any traces of the cells are comprehensively removed from the vaccine "to exceptionally high standards".

The developers of the vaccine at Oxford University



Claims that Bill Gates plans to use a vaccine to "manipulate" or "alter" human DNA have been widely shared

false vaccine claims - everything from alleged plots to putting microchips into people, to the supposed re-engineering of our genetic code.

### 'Altered DNA' claims

The fear that a vaccine will somehow change your DNA is one we've seen aired regularly on social media. The BBC asked three independent scientists about this. They said that the coronavirus vaccine would not alter human DNA. Some of the newly created vaccines, includ-

of the virus's genetic material - or messenger RNA, "Injecting RNA into a person doesn't do anything to the DNA of a human cell," says Prof Jeffrey Almond of Oxford University. It works by giving the body instructions to produce a protein which is present on the surface of the coronavirus. The immune system then learns to recognise and produce antibodies against the protein.

This isn't the first time we've looked into claims that a coronavirus vaccine will supposedly alter DNA. We investigated a popular



tissue of a an aborted fetus. This is false. "There are no fetal cells used in any vaccine production process," says Dr Michael Head, of the University of Southampton.

One particular video that was posted on one of the biggest anti-vaccine Facebook pages refers to a study in which the narrator claims is evidence of what goes into the vaccine developed by AstraZeneca and Oxford University. But the narrator's interpretation is wrong - the study in question explored how the vaccine reacted when introduced to human cells in a lab.

Confusion may have arisen because there is a step in the process of developing a vaccine that uses cells grown in a lab, which are the descendants of embryonic cells that would otherwise have been destroyed. The technique was devel-

say they worked with cloned cells, but these cells "are not themselves the cells of aborted babies". The cells work like a factory to manufacture a greatly weakened form of the virus that has been adapted to function as a vaccine. But even though the weakened virus is created using these cloned cells, this cellular material is removed when the virus is purified and not used in the vaccine.

### Recovery rate claims

We've seen arguments against a Covid-19 vaccine shared across social media asking why we need one at all if the chances of dying from the virus are so slim. A meme shared by people who oppose vaccination put the recovery rate from the disease at 99.97% and sug-

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One TikTok user created a video about being "microchipped" and called a vaccine the "mark of the beast"



gested getting Covid-19 is a safer option than taking a vaccine.

To begin with, the figure

referred to in the meme as the "recovery rate" - implying these are people who

caught the virus and survived - is not correct. About 99.0% of people who catch

Covid survive it, says Jason Oke, Senior Statistician at the University of Oxford. So around 100 in 10,000 will die - far higher than three in 10,000, as suggested in the meme. However, Mr Oke adds that "in all cases the risks very much depend on age and do not take into account short and long-term morbidity from Covid-19".

It's not just about survival. For every person who dies, there are others who live through it but undergo intensive medical care, and those who suffer long-lasting health effects.

This can contribute to a health service overburdened with Covid patients, competing with a hospital's limited resources to treat patients with other illnesses

and injuries.

Concentrating on the overall death rate, or breaking down the taking of a vaccine to an individual act, misses the point of vaccinations, says Prof Liam Smeeth of the London School of Hygiene and Tropical Medicine. It should be seen as an effort by society to protect others, he says. "In the UK, the worst part of the pandemic, the reason for lockdown, is because the health service would be overwhelmed. Vulnerable groups like the old and sick in care homes have a much higher chance of getting severely ill if they catch the virus".

Additional reporting by Kris Bramwell, Olga Robinson and Marianna Spring



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**Los Cristianos, Apartment**

**€1,000**

**3 bed** · Duplex apartment in the complex Nirvana, Los Cristianos. It consists of 3 bedrooms, 1 bathroom, 1 toilet, american kitchen with living room and dining room, 2 terraces. Surface 84m2. Apartment is renovated and fully furnished. The complex is located in the center of Los Cristianos close to shops, bars, restaurants, cultural center.

**Ref: VR5165D | Vym Canarias | 922 787 210**  
**€999 - €650 p/m**

**Playa Paraiso, Apartment**

**€950**

**2 bed** · Beautiful apartment in the newly built Ocean Garden building. The complex has communal

swimming pools and green areas.

The 80m2 apartment is distributed in 2 bedrooms, 2 bathrooms, living room, kitchen, terrace. With views of La Gomera. The apartment is fully furnished and equipped with everything necessary for a comfortable stay. Installed Internet. € 12... For full information see website or contact:

**Ref: VR5322D | Vym Canarias | 922 787 210**

**Amarilla Golf, Apartment**

**€875**

**2 bed** · Spacious furnished, two bed, two bath (one en-suite) penthouse apartment with south facing terrace and large roof terrace.

**Ref: 2130 | Homes & Away | 922 737 044**

**Los Abrigos, Apartment**

**€850**

**2 bed** · Spacious empty commercial premises available for long term rental in Los Abrigos. Premises contains 2 rooms (1 large with seaviews, another one smaller). Also 2 toilets and small kitchenette. Both have electric and water counters.

**Ref: LAPR1059 | Los Abrigos Properties | 922 170021**

**Golf del Sur, House**

**€850**

**2 bed** · \*Available from 21st of August\* Two bed, two bath apartment with front terrace, rear

garden and upstairs terrace on popular complex. Price includes water and electricity bills.

**Ref: 1631 | Homes & Away | 922 737 044**

**El Medano, Townhouse**

**€800**

**2 bed** · Nice 2 bed 2 bath townhouse, corner position, in complex with pool, within walking distance to the sea, and 5 minute drive to El Medano centre, shopping area and schools. 2 double bedrooms, 2 bathrooms, kitchen, living, terrace and garage underground with large storage. Bills extra.

**Ref: KV0238 | Tenerife Alizes Properties | 922 738653 / 626 274040**

**Callao Salvaje, Apartment**

**€800**

**2 bed** · Duplex for rent with two bedrooms in Callao Salvaje. It is a furnished duplex and has 103 m2 including 2 terraces. The ground floor has independent kitchen, living room, toilet and large terrace with surface 16m2. The first floor has two bedrooms (one bedroom with sea view) and the bathroom. The third floor has terrace with surface 12m2 with sea view. T... For full information see website or contact:

**Ref: ONR6800A | Agata's Real Estate |**

**Callao Salvaje, Townhouse**

## Tenerife Prime Property

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Web: [www.tenerifeproperty.com](http://www.tenerifeproperty.com)

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**€800**  
**2 bed** · For rent bright townhouse in Callao Salvaje. It is distributed on two floors. On the ground floor there is a kitchen, living room, large terrace and toilet. On the first floor there are two large bedrooms and a bathroom. There is a terrace on the roof. Quiet residential complex with community pool. Do not hesitate to contact for more information.  
**Ref: VR7138D | Vym Canarias | 922 787 210**

**Callao Salvaje, Apartment**  
**€800**  
**2 bed** · Apartment with 2 bedrooms and 2 bathrooms situated in the complex Sueño Azul, a quiet residential area in 10 minutes walk from the beach and the shops. Pets are not admitted.  
**Ref: VR6514D | Vym Canarias | 922 787 210**

**Las Americas, Apartment**  
**€750**  
**1 bed** · Nice 1 bedroom apartment in the touristic complex Las Floritas situated on the first floor with the terrace overlooking the swimming pool. Centric area close to all touristic services and the beach. Good option for rent or for personal use for holidays.  
**Ref: VR7002D | Vym Canarias | 922 787 210**

**Costa del Silencio, Apartment**  
**€750**  
**1 bed** · \*Available for March/April/May\*One bed, one bath apartment on a popular complex. Close to all amenities. Weekly clean, linen and towels change included.  
**Ref: 1775 | Homes & Away | 922 737 044**

**Callao Salvaje, Duplex**  
**€700**  
**2 bed** · We offer for long term rent this cozy duplex in the complex "El Jable", Callao Salvaje. The house has a separate kitchen, living room, guest toilet, two double bedrooms, a bathroom and two terraces: one on the ground floor and one on the third level of the duplex. The complex has a swimming pool.  
**Ref: VR7373D | Vym Canarias | 922 787 210**

**Golf del Sur, Apartment**  
**€700**  
 Lovely, modern and bright one bed apartment, in residential complex with heated pool, lift and Wifi access. Situated on the 6th floor, the apartment has a large terrace with side views to the sea. 1 double bedroom with built-in wardrobe, one bathroom, living room with American kitchen, fully equipped and furnished. No pets. Bills extra. Available Sept to ... For full information see website or contact:  
**Ref: KV0176 | Tenerife Alizes Properties | 922 738653 / 626 274040**

**Puerto de Santiago, Apartment**  
**€700**  
**1 bed** · We offer an apartment for long term rent in the "Playa de la Arena" complex, Puerto de Santiago. Very well maintained with a spacious terrace with partial views of the ocean and La Gomera island. The apartment has a corridor with a fitted wardrobe, a full bathroom, an open plan kitchen with a living room and a double bedroom with a fitted wardrobe. Also i... For full information see website or contact:  
**Ref: VR7100D | Vym Canarias | 922 787 210**

**Playa Paraiso, Apartment**  
**€700**  
**2 bed** · Long term rental. Bright fully equipped apartment in the complex "Sol Paraiso", Playa Paraiso. With two bedrooms with built-in wardrobes, complete bathroom, open-plan kitchen with living room and terrace. Apartment is on the fifth floor and has beautiful panoramic views. A garage space is also included in the price, the costs

of water and electricity are ... For full information see website or contact:

**Ref: VR7170D | Vym Canarias | 922 787 210**  
**Playa Paraiso, Apartment**

**€700**  
**1 bed** · Long term rental. Bright apartment with a large terrace in the complex "Vista Nautica", Playa Paraiso. The apartment is rented unfurnished, but the kitchen is furnished and equipped with the necessary electrical equipment, there is also an air conditioner and a washing machine. The apartment consists of one bedroom with built-in wardrobe and access to the... For full information see website or contact:

**Ref: VR7210D | Vym Canarias | 922 787 210**

**Playa Paraiso, Apartment**  
**€700**  
**2 bed** · Long term rental. Fully furnished two-bedroom apartment in the residential complex "Paraiso del Sur", Playa Paraiso. The apartment has an entrance hall, an American-style kitchen with a living room, two bedrooms with fitted wardrobes, a bathroom with shower and a terrace with open views of the surroundings and the mountains. The complex has an elevator, s... For full information see website or contact:

**Ref: VR6182D | Vym Canarias | 922 787 210**

**Puerto de La Cruz, Apartment**  
**€700**  
 We offer a 50 m2 studio for long term rental in Casa Ikarus, in the area of La Paz. The studio is furnished and equipped, has a large terrace overlooking the Atlantic and the city. The building has an elevator, a room with a coin-operated washer and dryer, and an acclimatized pool with solarium area. The costs of water, electricity and WiFi are include... For full information see website or contact:  
**Ref: IR700S | Agata's Real Estate |**

**Golf del Sur, Apartment**  
**€700**  
**1 bed** · \*Available from 25th November\*Nicely presented, one bed apartment on popular complex with heated swimming-pool. Wi-Fi included. Water and electricity on top.  
**Ref: 1961 | Homes & Away | 922 737 044**

**Taicho, Finca**  
**€700**  
**2 bed** · For rent nice 2 bedroom rustic house in Taicho village. The house additional has summer kitchen with the barbecue. Nice and quiet area. Only 10 minutes drive to the motorway or Adeje.  
**Ref: VR7325 | Vym Canarias | 922 787 210**

**Golf del Sur, Apartment**  
**€695**  
**1 bed** · \*Available from April\*Well-present, one bed, one bath apartment with fabulous views over the golf course, out to sea and over to Montaña Roja. Wi-Fi included.  
**Ref: 2084 | Homes & Away | 922 737 044**

**Amarilla Golf, Apartment**  
**€695**  
**1 bed** · Fully refurbished, one bed apartment on popular complex with Golf course and Teide views. Wi-Fi

included.  
**Ref: 2040 | Homes & Away | 922 737 044**

**Callao Salvaje, Studio**  
**€680**  
 Studio on the seafront in Sueño Azul complex. Renovated and equipped. Price 680 eur per month with all expenses included (including wi-fi).  
**Ref: VR7243D | Vym Canarias | 922 787 210**

**Costa del Silencio, Apartment**  
**€675**  
**1 bed** · \*Available from 6th September 2017 for 6 months\*Spacious, south facing, well furnished one bed apartment with large terrace on popular complex. Close to all amenities.  
**Ref: 1785 | Homes & Away | 922 737 044**

**Amarilla Golf, Apartment**  
**€675**  
**1 bed** · Nicely presented, top floor apartment with sunny terrace on popular complex.  
**Ref: 2065 | Homes & Away | 922 737 044**

**Amarilla Golf, Apartment**  
**€675**  
**1 bed** · Spacious, ground floor, one bed apartment on popular complex with communal pool. Water and electricity bills included up to 40€ per month.  
**Ref: 2026 | Homes & Away | 922 737 044**

**San Isidro, Apartment**  
**€670**  
**1 bed** · Cosy 1 bed 2nd floor apt with a ocean views, open kitchen. Private roof terrace of 5m2 with lockup washroom. Lift. Close to shops and transport, just a 5 min drive to the sunny El Medano beach, and only a 5 min drive to the south airport. Bills excluded  
**Ref: LAPR1081 | Los Abrigos Properties | 922 170021**

**Costa del Silencio, Apartment**  
**€650**  
**2 bed** · Lovely two bed, one bath apartment on well-maintained complex.  
**Ref: 1744 | Homes & Away | 922 737 044**

**Playa Paraiso, Apartment**  
**€650**  
**1 bed** · Long term rental apartment on the first line of the ocean in the residential complex "Mirador del Sur", Playa Paraiso. Nice fully furnished apartment with a double bedroom with built-in wardrobe, a full bathroom, a fully equipped kitchenette with a living room and a terrace overlooking the ocean. Living area of 45 m2. 8 m2 terrace. Well maintained complex... For full information see website or contact:  
**Ref: VR0025 | Vym Canarias | 922 787 210**

**Playa Paraiso, Apartment**  
**€650**  
**1 bed** · One bedroom apartment for rent on the 2d floor in the complex Paraiso del Sur. Completely fitted and equipped. Balcony overlooking the ocean and La Gomera. Complex is situated on the first line and has community pool, close to all the amenities.  
**Ref: VR7087D | Vym Canarias | 922 787 210**

**Playa Paraiso, Apartment**  
**€650**  
**1 bed** · Ideal for your second

residence, situated in few minutes walk from the beach and the sea, in the complex with big swimming pool. The apartment has 1 bedroom, 1 bathroom, a spacious living room with open kitchen, a terrace overlooking the sea and the resort. There is a new commercial center just in front of the complex. Excellent opportunity to buy an apar... For full information see website or contact:

**Ref: VR5020D | Vym Canarias | 922 787 210**

**Playa Paraiso, Apartment**  
**€650**

**2 bed** · Long term rent. Bright fully equipped apartment in the complex "Sol Paraiso", Playa Paraiso. With two double bedrooms with fitted wardrobes, full bathroom, American style kitchen with living room and terrace. Also included in the price is a garage space and monthly expenses. The complex with a lift and swimming pools is located near restaurants, a superma... For full information see website or contact:

**Ref: VR7064D | Vym Canarias | 922 787 210**

**Palm Mar, Apartment**  
**€650**  
**1 bed** · Ground floor 1 bed, 1 bath apartment with lounge and fully fitted American style kitchen. There is a good size terrace and a community swimming pool.  
**Ref: 01 886 | Tenerife Prime Property | 922 703 725**

**Callao Salvaje, Apartment**  
**€650**  
**2 bed** · 2 bedroom apartment situated in the complex Sunvien View in Callao Salvaje, close to the promenade. Parking space in the garage is included.  
**Ref: VR7199D | Vym Canarias | 922 787 210**

**Callao Salvaje, Apartment**  
**€650**  
**1 bed** · For rent nice one bedroom

apartment in Callao Salvaje in Atlantic Palace complex. Very quiet complex with community pool. Apartment is furnished and has a terrace overlooking the pool. Feel free to contact us for more information.

**Ref: VR7366D | Vym Canarias | 922 787 210**  
**UNDER €650 p/m**  
**Los Abrigos, Apartment**

**€600**  
**3 bed** · Cosy ground floor 3 bed, 1 bath apartment for rent. Close to restaurants, bank, shops, public transport etc in the heart of Los Abrigos. Separate kitchen. Part views to the beach. Public parking next to the building. Beach 1 min. by walk. Well maintained communal areas, bills excluded. No pets.  
**Ref: LAPR1061 | Los Abrigos Properties | 922 170021**

**Los Abrigos, Apartment**  
**€600**  
**2 bed** · Lovely 2 bed 1 bath, stunning sea views, refurbished 1st Floor apartment in the heart of Los Abrigos, 15 mins South Airport, 5 mins beach, close to shops transport and school, Bills not included, No animals or small children  
**Ref: LAPR1106 | Los Abrigos Properties | 922 170021**

**Los Abrigos, Apartment**  
**€600**  
**2 bed** · Modern 2 bed 1 bath Apartment in Los Abrigos. American kitchen, Balcony, close to shops transport school and beach, Airport south 15 min. No pets or Children  
**Ref: LAPR1084 | Los Abrigos Properties | 922 170021**

**Torviscas Alto, Studio**  
**€600**  
 Beautiful studio in the Island Village Heights complex in San Eugenio. Fully equipped Bills included up to 50€ per month Very well

located Available from June 1.  
**Ref: VR5973D | Vym Canarias | 922 787 210**

**Torviscas Alto, Studio**  
**€600**  
 Long term rent (from 6 months). Studio apartment with ocean view in the tourist complex "Laguna Park II", San Eugenio Alto. The bright apartment consists of a bathroom, a room with a kitchen and a terrace overlooking the ocean. Nice complex with lifts, playground, reception, swimming pools, solarium, mini market and parking. Nearby there is a supermarket... For full information see website or contact:

**Ref: VR7266D | Vym Canarias | 922 787 210**

**Playa Paraiso, Studio**  
**€550**  
 Bright studio for rent on the seventh floor of the Paraiso del Sur complex. Fully furnished and equipped. Balcony overlooking the ocean and La Gomera. Complex with communal pool, located close to all services.

**Ref: VR7089D | Vym Canarias | 922 787 210**

**Los Abrigos, Apartment**  
**€550**  
**2 bed** · 2 bed apartment for rent, in the centre of Los Abrigos, unfurnished, living with american fitted kitchen, bathroom. First floor w/balcony, private roof terrace and garage. Bills extra. Available 22/01.  
**Ref: LAPR1020 | Los Abrigos Properties | 922 170021**

**Los Abrigos, Apartment**  
**€550**  
**2 bed** · Lovely 2 bed 1 bath, American Kitchen, on 2 ND floor, lift in building, sea views from 2 balconies, close to shops transport schools, beach 5 mins and Airport south 15 mins available end Jan 20  
**Ref: LAPR1020 | Los Abrigos Properties | 922 170021**



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Boat Details And Premises The sales ... For full information see website or contact:

Ref: 1926 | FRINA Tenerife SL - Business Sales | 922 085 191

Costa del Silencio, Bar/Cafe

€89,000

You find this freehold bar for sale in Costa del Silencio, where it has been open for 15 years. The bar is especially popular among British guests, has many regular clients and is especially known for a lovely Sunday Roast and Saturday Night Special. This bar will be a perfect option for a British couple who wishes to run their own business in Tenerife. P... For full information see website or contact:

Ref: 2162 | 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

Los Cristianos, Commercial Property

€85,000

Commercial premises in the center of Las Americas. The total area is 60m. The office is located on the first floor of a commercial center City Center. The premise has a lot of natural light, it's ideal for the office, beauty center, dentist. Just 5 minutes walk to the beach and big commercial area.

Ref: VS5855DE | Vym Canarias | 922 787 210

El Duque, Fully Equipped Local

€80,000

1 bed · New commercial premises with a license "take away" on one of the central streets of the city Adeje. The inner area is 36 m2 and 36 m2 - external. Contact us for more information.

Ref: VS6407DN | Vym Canarias | 922 787 210

Puerto Colon, Pub

€75,000

This traspaso pub for sale with FRINA Tenerife is long-established and offers a lovely sea view from the terrace. The current owner had the business for 9 years and it is known for the good terrace and cozy evenings with live music and karaoke. Location & Premises of the Traspaso pub for Sale The business is located in San Eugenio Bajo and the pub measure... For full information see website or contact:

Ref: 2267 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Empty Local

€75,000

This freehold commercial property is new on the market and located centrally in Las Americas among hotels, complexes and other commercial properties. Whether you are looking to make a bar or an office this local is a good option for a fair price. The premises were recently refurbished with new toilets, floors, paint etc. but are otherwise empty and ... For full information see website or contact:

Ref: 2394 | FRINA Tenerife SL - Business Sales | 922 085 191

Adeje Town, Bar/Cafe

€69,000

FRINA Tenerife offers for sale this Spanish Traspaso Cafeteria located centrally in the old city center of Adeje. And it is the preferred place for breakfast and lunch for both locals and those who work in the area. The cafeteria has been established for 18 years, has many regular clients and is financially healthy. The cafeteria measures 75 m2 and ... For full information see website or contact:

Ref: 2390 | FRINA Tenerife SL - Business Sales | 922 085 191

Fanabe, Bar/Cafe

€68,500

FRINA Tenerife is happy to offer this Sandwich Café in Fanabe, which is part of a popular and well-known franchise. Hence, it is a great success already and easy to run. Also, this particular café of the franchise has very good reviews on Tripadvisor and Google. Since 2015 the café has been in this amazing location next to the beach, so it is well-established... For full information see website or contact:

Ref: 2280 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Abrigos, Bar/Cafe

€68,000

This traspaso for sale in Los Abrigos is a very popular bar-café in an excellent location. The business has been established for years and has many regular clients. And it has been open for 6 years and is a well-established business in a good area, which keeps expanding. Premises of the Traspaso for Sale The bar-café is spacious 130 m2 with a good size ki... For full information see website or contact:

Ref: 2266 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Pizzeria

€65,000

FRINA Tenerife offers for sale this well-established leasehold pizzeria which is located in Golf del Sur and runs very well since the direct competition in this area is very low.

It is a take away and delivery pizzeria which offers pasta dishes as well, but there is a proper extractor in the kitchen so you can expand the menu with other snacks like burger... For full information see website or contact:

Ref: 2273 | FRINA Tenerife SL - Business Sales | 922 085 191

Golf del Sur, Commercial Property

€53,000

Freehold commercial premises for sale as an investment in Golf del Sur in the south of Tenerife. This investment brings a fantastic gross return of over 9% annually! The premises are situated on the territory of a luxury time-share and private resort with 184 villas, located just in the middle of a championship golf course. This freehold locale is rented ... For full information see website or contact:

Ref: 1724 | FRINA Tenerife SL - Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

€50,000

FRINA Tenerife is happy to offer this lovely Café & Coffee Bar for sale. It is located in the old city center of Los Cristianos and enjoys plenty of footfall both days and evenings. The café has great reviews on social media and is known for its cozy atmosphere, great service, and quality coffees. It has been established since 2017 and comes with sever... For full information see website or contact:

Ref: 2368 | FRINA Tenerife SL - Business Sales | 922 085 191

Las Americas, Empty Local

€50,000

Commercial premises in the center of Las Americas. The total area is 33m. The place is located on the first floor of the City Center shopping center. Completely renovated, ideal for office, beauty center, hairdresser. Only 5 minutes walk from the "Golden Mile". Expenses not included.

Ref: VS2531 | Vym Canarias | 922 787 210

Las Americas, Bar/Restaurant

€47,000

New Commercial Property in Las Americas for sale with FRINA Tenerife. This is a very cozy bar-restaurant located among many large hotels and resident complexes centrally in Las Americas. It is a great location to get many loyal customers. Premises of the Commercial Property The restaurant is 50m2

**UNDER €50,000**

LAS CHAFIRAS

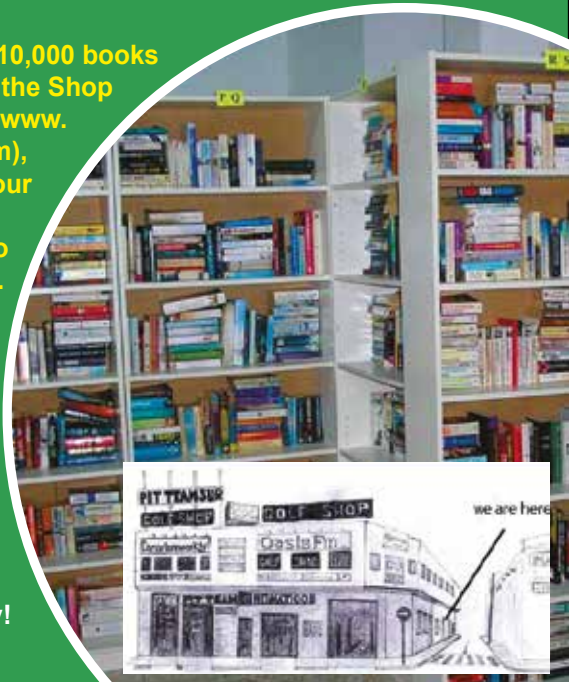
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inside and has a large covered terrace of 75m2 with s... For full information see website or contact:

Ref: 2393 | FRINA Tenerife SL - Business Sales | 922 085 191

Roque del Conde, Supermarket

€35,000

Business for sale. Supermarket in Roque del Conde. Fully equipped reformed commercial premises with three air conditioners and video surveillance. With a license and all necessary documents. Monthly fee - 1800 euros with taxes. Good location in a residential area. It is also possible to buy this commercial premises. The total area of 133 m2.

Ref: VS6750D | Vym Canarias | 922 787 210

Los Cristianos, Restaurant

€30,000

You cannot miss this Los Cristianos restaurant if you are looking for a modern and well-established catering business. The restaurant opened almost 5 years ago and thanks to the delicious homemade food and great service the owner has many returning guests. Premises of the Los Cristianos Restaurant The premises of the restaurant are spacious, modern and re... For full information see website or contact:

Ref: 2291 | FRINA Tenerife SL - Business Sales | 922 085 191

Business Sales | 922 085 191

Las Americas, Bike/scooter Rental Business

€30,000

FRINA Tenerife offers this bike & scooter rental for sale, which has been established for 3 years and is located in a super busy area of Las Americas. This shop offers rentals of bikes, e-bikes, mobility scooters and, wheelchairs. The clients are both pedestrians passing by and clients who find the offers online. Included in the business for Sale Th... For full information see website or contact:

Ref: 2185 | FRINA Tenerife SL - Business Sales | 922 085 191



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## Cocktail Bar And Cafe

**NEW**

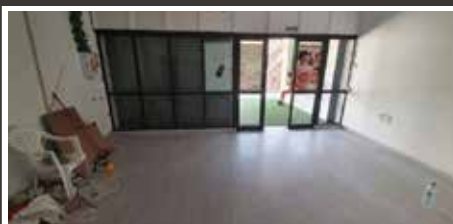


This Cocktail Bar & Café is located centrally in Las Americas and is known for a large cocktail menu and delicious homemade pizzas. The inside is 40 m2 while the outside has 2 spacious terraces measuring more than 110 m2.

Ref.: 2402

Price: 65,000€

## Las Americas Freehold



This freehold is located centrally in Las Americas and whether you are looking to start a bar & cafe or an office this is a great spacious option. It has a terrace and is in great condition with new floors, paint, and toilets.

Ref.: 2394

Price: 75,000€

## Restaurant in Playa Paraiso

**NEW**



This is a spacious and charming restaurant-bar with a beautiful terrace that offers both mountain views and views to the neighboring island La Gomera. The inside is spacious too with a large kitchen and tables for 72 guests.

Ref.: 2406

Price: 49,000€

## Successful Restaurant-Bar



This large and modern restaurant is located centrally in Los Cristianos and is very spacious with a lovely terrace. It has been established for more than 5 years and was fully refurbished before the reopening. It is perfect for all chef.

Ref.: 2333

Price: 99,000€

## Licensed Animal Farm



This black pig farm is located in Adeje. This is a rare opportunity to get a fully renovated and licensed farm made in a collaboration agreement for the conservation of the Canary Islands black species. Rent only 300€ monthly!

Ref.: 2361

Price: 35,000€

## Cozy Las Americas Bar & Cafe



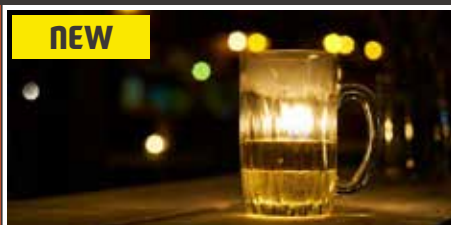
This bar & cafe is located in Las Americas among hotels and resident complexes, not far from the beach. It was recently refurbished and has a lovely big terrace with an outdoor bar and a cozy inside with booths and a small kitchen.

Ref.: 2393

Price: 47,000€

## Pub for Sale in Torviscas

**NEW**



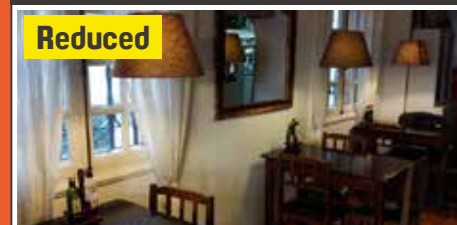
This pub is especially popular among the British residents and tourists. It has a well-equipped kitchen for snacks, nevertheless, most sales are beverages. It is a smaller and easy to run business that is perfect for another British couple.

Ref.: 2404

Price: 35,000€

## Italian Cafe in Torviscas

**Reduced**



This place has been established for more than 8 years and has many regular clients. This is not just another pizza & pasta restaurant and clients keep coming back. It has a spacious terrace of 60 m2 and the inside is 50 m2.

Ref.: 2400

Price: 34,000€

## Italian Food & Wine Restaurant

**NEW**



This Italian Food & Wine Restaurant is located in La Caleta and known for a delicious Italian menu with pizzas, shellfish, desserts, and quality wines. This is a must-see if you are looking for a wine restaurant with an ambitious menu.

Ref.: 2403

Price: 190,000€

## Large Modern Restaurant



**REDUCED TO SELL!** This large and well-established restaurant in Los Cristianos has been open for several years and has many fixed clients. It was built to high standards, has a large kitchen and is perfect for professional chef.

Ref.: 2291

Price: 30,000€

## Music Pub in Puerto Colon



This music pub is long-established and offers a lovely sea view from the terrace. The current owner had the business for 10 years and it is known for the good terrace and cozy evenings with live music and karaoke.

Ref.: 2267

Price: 75,000€

## Popular Cabaret Bar

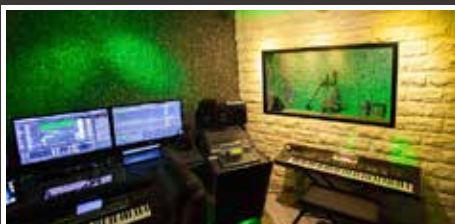


This popular cabaret bar has been established for many years. It is well visited among new and returning tourists and is known for amazing drag shows, singers, and bands. It has tables for 72 guests and the terrace is facing a busy street.

Ref.: 2382

Price: 80,000€

## Modern Music Studio



This modern music studio is located in Torviscas. It is 80 m2 and is fully equipped for recording and producing. It was built in 2017 and in excellent condition. Note if you wish to buy it unfurnished for a lower price this is an option too.

Ref.: 2383

Price: 43,000€

## Advanced Beauty Clinic

**New**



This clinic offers a wide range of advanced treatments like laser treatments for hair removal, wrinkles, and so much more. Also offered are full-body treatments like body wraps and infrared sauna. All equipment is included.

Ref.: 2407

Price: 38,000€

## Successful British Cafe



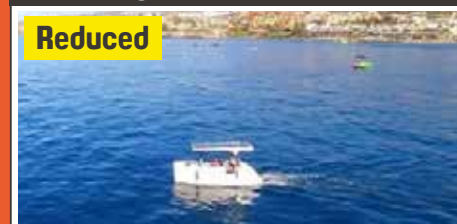
This large cafe is located in Fanabe where it has been one of the most popular British cafes for more than 18 years. It is known for lovely breakfast, cakes, Sunday Roasts and much more. It has many regulars and great reviews online.

Ref.: 2397

Price: 99,500€

## Bargain Excursion Boat

**Reduced**



This solar driven excursion boat is indeed a bargain! 20,000€ is less than the value of the boat! The monthly rent is only 350€ and you do not have maintenance or gasoline costs. The owner wants a fast sale so do not hesitate!

Ref.: 2251

Price: 20,000€

## Dry Clean & Laundry Business



This business offers dry clean, laundry and house cleaning services in Tenerife South. It has been established for 7 years and the clients counts both private persons and larger complexes and hotels.

Ref.: 2351

Price: 35,000€

## Sports Pub in Las Americas

**New**



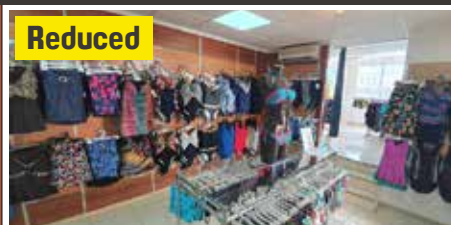
This British pub has been established for almost 10 years, is very popular, and known as a great sports bar with pool/billiard, music, and classic British food. It has tables for about 50 guests where most are inside the bar.

Ref.: 2401

Price: 85,000€

## Outlet Swimwear Store

**Reduced**



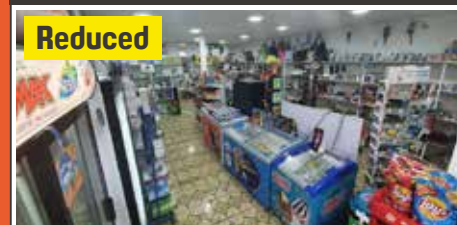
This outlet store in Los Cristianos sells popular swimwear brands with up to 70% discounts due to good connections and agreements with the suppliers. The store is 60 m2 with showroom, a dressing room and a toilet for the staff.

Ref.: 2377

Price: 14,000€

## Minimarket & Souvenir Shop

**Reduced**



This bargain minimarket & souvenir shop is located in a commercial area in Las Americas. It has been running for 3 years and sells a variety of everyday goods, beverages, and souvenirs. Note, the stock is included in the bargain price!

Ref.: 2381

Price: 16,500€

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