The Tenerife Property & Business Guide May 2023

Issue 223

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€517,000

CHALET FOR SALE IN LA FLORIDA

Wonderful Villa located in the quiet and excellent area of La Florida, between the towns of La Camella and Valle San Lorenzo





560 m²



terrace + pool



€800,000

APARTMENT FOR SALE IN CHAYOFA

A ground floor apartment for sale in the quiet residential area of Chayofa. Located just 10 minutes by car from the center of Los Cristianos









1,225 m² garden + pool







€275,000

SEMI-DETACHED HOUSE FOR SALE A spacious and bright house in Aldea Blanca with easy access to the tf-1

highway





2 baths









€455,000

DETACHED HOUSE FOR SALE

House has wide open spaces such as sunny roof terrace, pool area and solarium







3 baths











URBAN PLOT FOR SALE **Amarilla Golf**

Perfect location in the heart of Golf Del Sur, easy access, passable. Close to the main tourist areas

code (271693)



€5,000.000











€256,000

APARTMENT FOR SALE **IN AMARILLA GOLF**

Very spacious ground floor apartment with 2 large terraces, Perfectly located in the center of Amarilla Golf

code (272177)



3 beds



計





2 BEDROOM APARTMENT IN Roque del Conde

2 bedroom apartment with large terrace, communal pool, sea views and located near cc X- Sur (Gran Sur). spacious living room with an American kitchen and picturesque views of the sea.

code (272485)



€230,000



2 beds

FT4

terrace & poo

dp donpiso **TENERIFE SUR**

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ΔUFEN

TENERIFE PROPERTY SHOP S.L.









This two bedroom, one bathroom apartment is located in the small town of Cabo Blanco, just a 10 minute drive from the TF-1 motorway, and the popular tourist areas of Los Cristianos & Las Americas. On the second floor of a small block, this corner property has two good sized bedrooms, an open plan living room & kitchen, utility room and a balcony. Included is a rooftop storeroom & underground parking space.

1 BED APARTMENT - LOS CRISTIANOS



If you are looking for a rental investment, then look no further than this one bedroom apartment on the 2nd floor, with a west facing sunny terrace overlooking the heated pool. The apartment is in excellent condition, well furnished & based on a very popular complex, with an option to rent through the onsite management company. With a pool bar and restaurant on site, this is a perfect investment on the doorstep of Los Cristianos.

2 BED APARTMENT - GOLF DEL SUR



We love the apartment but would like a bit more outside space, is not the phrase you will hear from prospective purchasers, who are lucky enough to view this wonderful two bedroom, two bathroom apartment, situated within an immaculate development, that features, a heated communal pool, on-site bar/bistro, all year round bowling green and offers a great location for accessing all the local amenities.

2 BED APARMENT - GOLF DEL SUR



Some homes speak volumes about their owners. The luxurious surroundings of this incredible apartment: 140m² of designer living space, two gorgeous bedrooms, beautiful furniture & the sea lapping at your feet, can say only one thing: success. The El Nautico development is in a safe area which, apart from being a golfer's paradise, also offers local facilities that make it very suitable for families of all ages.



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OUR OFFICE LOCATIONS: CC San Blas - Golf del Sur Las Adelfas I - Golf del Sur CC Puerto Colon - Playa de Las Américas

2 BED APARTMENT - TORVISCAS ALTO









Two bedroom, one bathroom apartment with a terrace which enjoys great pool and ocean views. Located in a very popular holiday complex with everything you need, so the facilities and maintenance are excellent, including two pools, restaurant, bar and reception. A short walk from the complex there is a good selection of various bars and restaurants, a little further you will find the XSur shopping center with all that it has to offer.

Ref: LA01944 Price: €290,000 (approx. £213,500)

3 BED LINKED HOUSE - ROQUE DEL CONDE









We are delighted to be able to offer this corner positioned, linked house, on a substantial plot of 441m². The front door is via a stylish courtyard entrance which leads in to a spacious, open plan living area. The property, owned by one family from new, has been well loved and looked after and has many extras such as two solar panel systems, security roller blind shutters, air conditioning throughout, electric sun blinds and good WiFi.

Ref: LA01946 Price: €650,000 (approx. £575,000)

We don't make promises. We give GUARANTEES!











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SELL YOUR PROPERTY WITH CLEAR BLUE SKIES!

After four months in 2023, it's evident that the property market in Tenerife is very much alive and kicking. In Clear Blue Skies Group SL, the value of completed sales is up 66% on the same period last year, with sales to clients from every corner of Europe and beyond. Our clients in this month alone came from the newer markets of Slovakia and Hungary to the more traditional markets of Britain, Germany, Italy and Holland.

The property market remains very strong and, while it's undeniably an excellent time to sell your property in Tenerife, it is always a great time to buy. The property market in Tenerife has been rigorously tested in recent years and has proven to be incredibly robust, giving both our buyers and sellers great confidence in their property investments.

So, if you are considering selling your property in Tenerife, why not give us a call, or drop into our offices, no appointment required.

















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





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FOR SALE IN THE VILLAGE OF SAN MIGUEL

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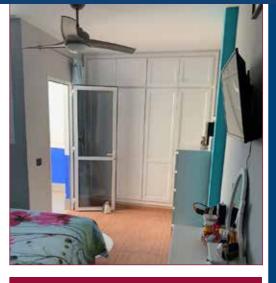


Part-furnished, fully renovated to a high standard, 2 bed (both double), 1 bath (with modern 'walk-in' shower), 2nd floor apartment in popular Canarian village. The property has a spacious lounge/dining area with newly glazed patio door, an American-style fully fitted kitchen, a small front balcony plus a rear balcony with stunning views of the coastline.

The village offers an excellent range of amenities - Doctors, chemists, schools and shops and is only a short drive to the TF-1 motorway, the coast and excellent shopping centres of Las Chafiras and Granadilla.







For more information, or to arrange a viewing, please call: 629 048 529





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RESIDENTIAL APARTMENT - EL FRAILE

Beautifully presented private one bedroom third floor apartment, located in a quiet residential area close to the coast. With 5m² private terrace, and communal roof terrace, this 43m² apartment offers large bedroom, bathroom and lounge with open plan kitchen. Low community fees.

1 bed, 1 bath 84.000€



Two-bedroom penthouse apartment for sale. Large 62m² apartment has been part refurbished including new windows and doors, and further offers lounge/dining room, American kitchen and over 30m² of additional outside terrace.

2 bed, 1 bath 265.000€



Iconic bar available for lease hold, located in the popular community Garden City in San Eugenio Bajo. This bar has been fully refurbished to a high standard and comes fully compliant with all regulations. This bar offers high earning for the new owners, as it is very well established business, that preforms very well. Ideal for a dynamic couple of partnership. Contact us for more information.

50.000€ 0 bed, 1 bath



Very well presented penthouse apartment with pool and sea views available on this well maintained holiday community. Spacious, with ample terrace and large private roof terrace. Fantastic community facilities. Viewing recommended.

1 bed, 1 bath 214,950€



Well presented, part refurbished first floor apartment on this popular, quality community. Spacious and offering 2 bedrooms and 2 bathrooms, and large private terrace. Great letting potential. Heated community pool.

2 bed. 2 bath 225.000€

VISTA HERMOSA - LOS CRISTIANOS



Luxury, three-bedroom penthouse apartment available now. Refurbished to a very high standard, modern, three bedroom, two bathroom, with lounge and seperate kitchen. Communal facilities include swimming pool, tennis courts and gardens

330.000€ 3 beds, 2 bath

THE PALMS - GOLF DE SUR

Two bedroom dúplex apartment, well presented, offered furnished, and well located on this

popular community, with variuos swimming pools Two double bedroom, and two large terraces – viewing recomended.

2 bed, 1 bath

LA QUINTA – AMARILLA GOLF

Desirable private bungalow, well located on the popular "La Quinta" golf development in Amarila Golf. Open plan living área, with large lounge, dining área and modern fitted kitchen. Three double bedrooms and two bathrooms. Space to build a priavte pool, and lots of out side space. Private and Street parking. Loads of possibilites. Call to arrange a viewing.

3 beds, 2 bath 495.000€





Excellent and unique oportunity to own this charming guesthouse, located closet o Los Gigantes, a very profitable business with long proven track record, with a genuine reason for sale. Intrested? Don't miss out, call us today.

8 beds. 7 bath

RES. LOS CRISTIANOS – LOS CRISTIANOS

450.000€





Top floor apartment in this very popular, and central, residential community with pool. Very spacious accomodation, refurbished and offered furnished. Rare oportunity to buy a quality cental family sized apartment. Viewing recommended!

3 beds. 2 bath 329.950€

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230.000€

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Palm Mar, Laderas del Palm Mar









Spacious 3 bed, 2 bath apartment on the second floor of this attractive and well run complex within easy reach of all amenities. The price includes a secure parking space and a private storeroom. The property is sold partly furnished

Price: €365,000

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

Palm Mar, Laderas del Palm Mar



Spacious duplex penthouse with 2 bedrooms, 2 bathrooms and a guest toilet on the lower floor, plus kitchen and large lounge leading to a good sized terrace overlooking the pool area and with partial sea view.

€375,000

Palm Mar, Cape Salema



1 bed, 1 bath apartment with terrace overlooking the village and with stunning views out to sea and across the nature reserve. The apartment benefits from a sunny aspect throughout the day and is furnished to a high standard.

€195,000

Palm Mar, Los Balandros



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

€259,500

Palm Mar, Jardines de Los Menceyes



Beautiful new 2 bed, 3 bath (2 en suite) apartment on this prestigious complex. The property is extremely well presented with modern, quality furnishings and fixtures, and the price includes a secure underground parking space and storeroom.

€540,000



Establshed

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Los Girasoles, El Madronal





facebook.com/TheTenerifePropertyGuide

Stunning 3-bedroom, 2 1/2-bathroom town-house for sale in the established Los Girasoles. The living room is large, bright and welcoming with views to the terrace, pool and sea! All bedrooms are spacious and well-present-ed. Two have direct access to the upstairs sun terrace and the master has a large ensuite. The terrace has lovely sea views, is extremely sunny and is lined with beautiful fl owers. The private pool is pristine and electric blinds are fitted to create shade when wanted.

€725,000 Ref: I1455

Club Atlantis, San Eugenio Bajo





Lovely 1 bedroom, 1 bathroom apartment is in the well established and popular Club Atlantis! The lounge is bright and large with direct access onto the terrace. The kitchen is fitted, has lots of counter space, is fully equipped and has a breakfast bar! There is also a booth in the hallway, which is perfect for dining, relaxing and more, is to be sold fully furnished! The bathroom is renovated and well presented with timeless tiles. Nice bedroom of good size with fitted vardrobes. The terrace is sunny with views of the pool and sea. Complex with pool bar, communal pool and reception!

€349,000

Island Village Heights, San Eugenio Alto





Fantastic one bedroom, one bathroom apartment! This property is well presented, bright and is to be sold partially furnished. The living room is spacious and inviting. The kitchen is fitted and open - allowing the room to feel bigger. The bedroom is of good size. The sunny terrace is large with mountain and part sea views. When the towns lit up at night the view is simply breath-taking! Island Village Heights is a very well established and well-kept complex with green gardens, a large communal pool, a lift and is in a great location! Ideal investment property/VV allowed on this complex

Ref: N1540 €220,000

Large studio with spacious terrace and com

Ref: A480

Oasis, San Eugenio Alto

Beautiful 1 bed, 1 bath penthouse apartment with sea views and communal pool.

Ref: N1527





€245,000

Great, spacious 2 bed, 1 bath apartment with sea and pool views. Walking distance to town centre.

vith stunning finishes, sea views and more. Ref: I1454

Fantastic studio with garden and communal

Laguna Park I, San Eugenio Bajo



Lovely 1 bed, 1 bath apartment in prime loca-

€260.000 Ref: N1537



Spacious 2 bed, 1 bath apartment with pool views and close to the famous Siam Park.



Fantastic 3 bed, 2 bath apartment with large terrace.



vate pool, sea views and much more!

€1,200,000





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



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







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



0 0 +34 690 363 653 6 +34 922 783 066 info@tenerifehome.com



Beautiful 2 bed, 2 bath (1 en suite) villa (87.46sqm + 18.54sqm garage, plot 300sqm) in quiet location dose to sea front. Space for pool. Huge potential. Large sunny terrace and huge roof terrace. Beautiful views. Solar water heating. €485.000 Ref: 136-0921



Beautiful, spacious (73sqm + 20sqm terrace) 2nd floor apartment in 2 storey sea front complex with pool. Lounge-dining area, open kitchen, laundry room and sunny part-covered terrace with partial sea and Mount Teide views.

€330.000 Ref: 212-0423



Very nice 3 bed (2 double), 2 bath, fully furnished bungalow with several terraces on plot of 173.02m². Located in a quiet area, the house has large living/dining

room which opens out onto a pleasant veranda.

Fully furnished, 1 bed, 1 bath apartment in this sea front complex with lovely pool and restaurant. Several rentals booked in coming months. 2 terraces, 1 facing South-West, the other with superb sea and mountain views. €210.000 Ref: 214-0523



Superb 2 bed, 2 bath ground floor apt in sought-after seafront complex with beautiful pool. Lounge/diner, open kitchen, large ternace. Great sea views. 2sqm storeroom incl. Holiday rentals permitted (and bookings which can be taken over). €449.500 Ref: 207-0223



3 storey townhouse in sea front complex with large living/dining room, open kitchen and 30sqm terrace. 1st floor: large bedroom with dressing room and bathroom. Level below: other large room, cellar and laundry. €169,000 Ref: 1125-1115



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CALLAO SALVAJE, SUEÑO AZUL







An Impressive penthouse apartment, upgraded to the highest of standards, set just a few metres from the water's edge. The views from both floors are fantastic, from the back looking straight up to Mount Teide, and the front having uninterrupted views across to the island of La Gomera. This fully reformed property covers two floors, and has three bedrooms and three bathrooms, with the master bedroom en suite.

€490,000





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Calle Tagara, Jardin Botanico Local 8 **ADEJE**



OPPORTUNITIES OF THE MONTH!

GRANADILLA



Beautiful 3 bed, 2 bath country house with own pool, lounge, fully equipped kitchen, several terraces, additional useful room, garden with fruit trees, plus parking space - AND fantastic views. Plot 750sqm.

GRANADILLA

facebook.com/TheTenerifePropertyGuide



3 bedroom house in quiet area of this popula Canarian town. The property has a lovely aspect, spectacular interior, incredible pool, and gardens full of tropical trees and flowers.

GUIA DE ISORA



Spacious (144sqm), part-furnished, 4 bed, bath independent villa with pool on plot of 1,085sqm. The property has a lounge/dining area, kitchen, study, lovely gardens, garage and terrace with beautiful sea and mountain

PLAYA SAN JUAN



Completely renovated to a high standard, fully furnished 2 bed, 2 bath (both en suite) villa (120sqm built on 6,000sqm plot) with semi-detached, 1 bed, 1 bath, fully furnished duplex guest apartment. The property enjoys great sea views from several terraces and garden.

Ref: 1174

€345,000

Ref: 401

Ref: 1266

€235,000

€599,000

Ref: 1273

€455,000

€790,000

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PROPERTIES WANTED FOR RENT

CLIENTS WAITING!

ARICO



Spectacular 3,000sqm farm with housing, caves, orchard, vineyard (with crop of 4,500kg grapes), fruit trees, water tank, wood oven, independent asphalt access to farm, fully fenced, electricity supply, water, sea and mountain views.

Ref: 1275

GUIA DE ISORA



Country house (96sqm) with garden, suitable fo reform, on plot of 400sqm. Very nice sea views

€90,000

LOS GIGANTES



Hostel (6 bed, 6 bath) plus separate 2 bed, semi-detached house with garden. The hostel is perfectly maintained vell decorated with jacuzzi and terrace with good views All permits and licences so great investment opportunity.

Ref: 756 €450,000

GRANADILLA



Great rural hotel completely renovated in rustic Canarian style, divided into 3 houses (you can rent each of them individually, or all together) capacity for 9 persons. The hotel has a licence and could be expanded. Pool, BBQ area.

Ref: 793 €460,000

CHIMICHE (GRANADILLA)



Detached house suitable for reform. Potential for 5 bedrooms. In quiet area. Lots of potential

Ref: 794 €86,000

GUÍA DE ISORA



House of 150 m2 to reform, includes project on urban land located in Guía de Isora

Ref: 1272 €142,000

GRANADILLA DE ABONA



Finca with two buildings (plot 6,497sqm) metered for electricity and drinking water. 2 new gates recently installed at main entrance of the farm. Very nice views of the Red Mountain to Las Galletas.

€1,100,000

GUIA DE ISORA



Country house to renovate. Plot 1,000sgm. The house is 85sqm with 2 bedrooms, terraces garden. Lots of potential. Very good sea and

Ref: 1267

€147,000

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El Madroňal, Townhouse



Beautiful, fully furnished and equipped family home in a gated complex in Costa Adeje. Spaciously distributed on two levels: the lower level has a bright living room, big terrace, and a semi-open plan kitchen which leads to a back garden. The top floor has 3 bedrooms and 2 full bathrooms (1 en suite) with a good-sized terrace off both. Extras including electric shutters, air-con units on both levels, private parking space.

€469,000 Ref: A454-RG469

Costa del Silencio, 1 bed apt



Nice 1 bed, 1 bath 2nd floor apartment in this closed complex with lifts. The property has a living room and kitchen with access to the balcony with views over the community pool and garden areas. Free community parking. Located close to all amenities such as supermarkets, pharmacy, bars and restaurants and the famous Montaña Amarilla beach.

€137,000 CDS031-EH137

Parque de la Reina, 2 bed apt



Ideal 2 bed, 1 bath apartment in popular area close to all amenities. This 2nd floor has an independent kitchen, laundry, bright living room and a balcony with sea and mountain views. Parking space and a storeroom are included. The community has lovely garden areas, a pool and Community Fees are just €52/month. Nearby you will find bars and restaurants, a pharmacy, schools and much more, a perfect place for a family!

€179,000 Ref: PR071-CC179

Costa del Silencio, 1 bed apt



Very nice 1 bed ground floor duplex on popular gated complex with 4 pools. On the ground floor, the property has a living room, open plan kitchen, a full size bedroom and bathroom, plus a quirky interior patio with stairs leading to a rooftop sun terrace with a small BBQ area. The complex is centrally located, with a bus stop right outside, a large hardware across the road and a wide selection of bars and restaurants nearby.

€136,000 Ref: CDS521-C136

Costa del Silencio, 2 bed apt



Beautiful apartment with easy access located on the ground floor in the Parque Don Luis complex. It has a sunny terrace upon entering the property and is distributed as a living room with an American kitchen, 2 bedrooms and 1 bathroom. The complex is quiet and has a community pool. Situated close to all amenities and to the famous Yellow Mountain.

€158,000 Ref: CDS941-PDL158

Valle San Lorenzo, 4 bed apt



Spacious, fully furnished 4 bed, 3 bath (master en suite) apartment popular Canarian village. This property is located on the ground floor in a centrally-located block in the village. There is a separate big kitchen with enough space for a 6 seater dining table plus an interior patio with lift access to the underground parking area. All local amenities are on hand, including a big Hiperdino supermarket, shops, cafes, bus stops etc. Community Fees are €60/month.

€189,000 Ref: VSL081-CG189



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LAS ROSAS, ARONA



SPACIOUS TOWNHOUSE WITH COMMERCIAL PREMISES

A reluctant sale due to the current owners' retirement and 'down-sizing'. With spacious and flexible living accommodation, this townhouse offers potential for a number of prospective purchasers. Whether you are seeking a large private home or perhaps an investment opportunity or even a commercial business with living accommodation, this property is unique.

Constructed over four floors and connected by a central private staircase, the current living accommodation is on level three and comprises two independent apartments, one of which is a spacious three bedroom apartment with beautiful lounge / diner, independent fully fitted kitchen, three double bedrooms and a family bathroom. The second apartment has a lounge, two double bedrooms and a bathroom.

The 145m2 basement compris-

es an ample garage, workshop, office, toilet and storage space.

Level 4 offers an extensive roof terrace with utility area, fitted 'chimney-style' barbeque, ample 'al fresco' dining areas and a free-standing, raised plunge pool. Excellent views can be enjoyed from this point - over the surrounding area to the sea and coastline.

The Business

On the ground floor level is a lovely (150m2) fully fitted and equipped restaurant with professional, stainless-steel kitchen with extraction, a stage area, bar and toilets. Full accounting information can be made available to interested parties (this area could be converted into further living accommodation if required - or perhaps rented out to provide a useful income?











Centro Comercial Parque Santiago III, Local 91 (Lower Level), Avenida Las Americas 2, PLAYA DE LAS AMERICAS 38660 Arona, Tenerife, Canary Islands, Spain. Tel: 0034 922 788 305

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Oroteanda Baja, Detached villa with pool





Stunning, fully furnished and equipped, 5 bed, 3 bath (master en suite) detached villa with heated pool on 2,000sqm plot. This spacious property has a huge terrace to the front which can accommodate up to 8 cars, a private garden/terrace with lovely sea views to the rear with BBQ area, jacuzzi, orchard and various seating areas. Large lounge/dining area, open plan fully equipped fitted kitchen and garage for 4 cars with direct access. Many extras, incl. solar panel heating for the pool and hot water. This property really must be viewed to fully appreciate all that it has to offer.



PROPERTIES REQUIRED FOR LONG TERM RENTAL IN ALL AREAS



Fully furnished and refurbished 2 bed, 1 bath apartment (converted from 1 bed) on popular complex with community pool. The property has a nice lounge which leads onto a large sunny terrace, and an American-style kitchen.



Fully furnished 1 bed. 1 bath ground floor apartment on complex with lovely pool area. The property has a bright lounge/diner, American-style kitchen, a 37sqm sunny terrace and a private garden. Enclosed garage is available if required.



2 bed, 2 bath duplex apartment being sold fully furnished. There is a good size lounge, fully equipped kitchen and terrace with pool views There is also a 2nd terrace on the ground floor. Great rental potential and priced to sell



Ground floor 2 bed, 1 bath apartment, being sold fully furnished. This is a well sought after complex close to all local amenities. There is a community swimming pool.



Granadilla, Holiday Rental Business

Lovely property currently operated as a successful family holiday rental business with 4 unique self-contained 1 bed, 1 bath apartments, each with its own kitchen and VV Licence. The main property enjoys the classification "Casa Emblematica", with "Casa Rural" registration. Close to airport and all amenities



Recently renovated and furnished 2 bed, 2 bath

townhouses in great location with community pool. Each property has a lounge, sep. dining room, an open plan fitted kitchen and large sun ny terrace. The project allows owners to stay in their property for 6 months of the year.



Spacious 3 bed, 3 bath fully furnished townhouse in exclusive sea front urbanisation with pool. One of only sixteen houses on phase 1 it enjoys both sea and mountain views. Lounge/dining area, sep.kitchen, 3 sunny terraces, garage with store-



Luxurious 6 bed, 7 bath villa with outstanding sea and golf course views and private heated pool. The property has a lounge, sep. kitchen, dining area window-front to the pool and golf course. Extras incl: sauna, aircon/central heating, large roof terrace with jacuzzi, alarm, 3 car-garage.

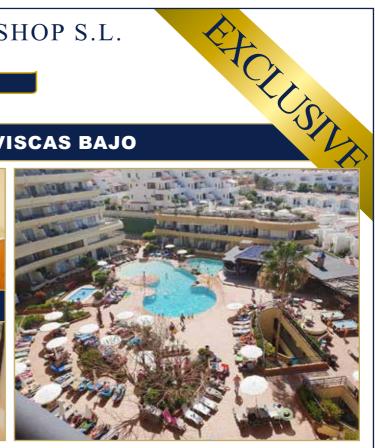
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Price: 231,000€ | Ref.: D1270 Ref.: D1287

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This townhouse is just 150 meters from the shopping center and with all the services nearby. It has 3 bedrooms, 1 bathroom, 1 toilet, independent kitchen, balcony and a private terrace. The plot is 100 m2 and the building size is 84m2 and it is in good condition.

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Ref: PUE0709 Price: €399,995

VISTA HERMOSA, LOS CRISTIANOS

This large apartment is in the popular Vista Hermosa IV complex in Los Cristianos and has a nice community swimming pool with sun terraces and gardens. The apartment has two double bedrooms with fitted wardrobes, the master having ensuite bathroom. There is a further family bathroom, large living dining room and separate fitted kitchen. The apartment has a good-sized balcony that enjoys sun for most of the day. There is an underground car parking space however there is also plenty of on street parking. Properties are rarely available for sale on this complex so call today to arrange a viewing.









Ref: : AP0719 Price: €299,000

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MONACO VILLAS, CHAYOFA

This fantastic house in Monaco Villas. Chayofa has some of the most fantastic views from the front terraces and forms part of a gated complex. This property is built over three floors and on entering the property there is a large room which could be converted to a separate studio apartment. On the main floor there is a good-sized living dining room with double aspect windows, a WC and up a small flight of stairs there is a good sized kitchen with doors leading to the rear, secluded terrace. On the upper floor of the house there are two very large bedrooms, the master with stunning sea views and balcony and a further double bedroom, there is a large family bathroom. The terrace has a lovely seating area and hot tub and there is also a community pool. This is a very large property located in a great location in Chayofa just a five-minute drive to the TF1 motorway.









Ref: PUE0728 Price: €385,000

INDEPENDENT VILLA, ROQUE DEL CONDE



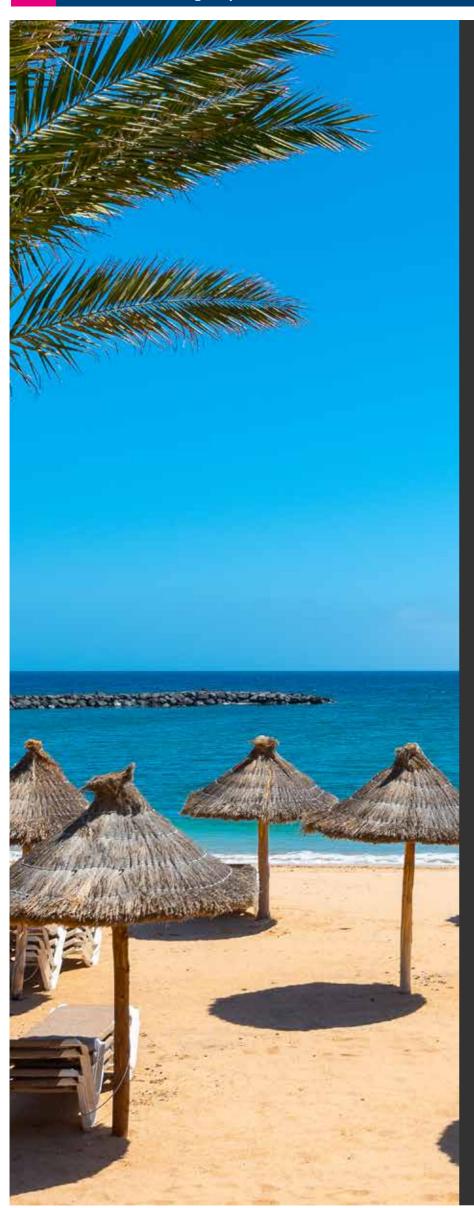






This detached villa sits in an elevated position with views to the south coast of the island. Built over four floors this large home has a large living room, dining room and kitchen on the main floor with terrace doors leading to the top sun terrace in the property with a shaded wrap around garden and fantastic views. In the basement of the house there is a WC, wine cellar and indoor bar. A small set of stairs leads you to two large double bedrooms one of which has a small balcony with stairs leading to the roof terrace. On this level, these bathrooms share a good sized bathroom with jacuzzi style bathtub. On the upper level there are another two double bedrooms, both have ensuite bathroom and the master has dressing area with mirrored wardrobes and double aspect patio doors leading to a wraparound terrace. On the lower terrace of the house is a private swimming pool and double barbecue area. The villa has lots of outdoor garden areas which are very private and quiet. The villa also has a double car garage.

Ref: LUX0729 Price: €1,200,000



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HOW DO WE MARKET YOUR PROPERTY?

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main living accommodation, with a large lounge, separate spacious dining room, 2 large double bedrooms with doors leading out to a metre-wide, covered terrace around the entire periphery of the house, (which also enables all doors and windows to be easily cleaned), and a small, single bedroom - currently used as a home office complete with ample electrical sockets and fibre optic internet connection. The large dining room could also be used as a further double bedroom with a view out to the garden, as the current owners use the large kitchen/diner as a breakfast dining room (recently enlarged

by a small aluminium extension. The lounge leads out through terrace doors to a well-stocked, completely private landscaped garden with fish pools. The property also enjoys undercover parking for 4/5 cars.

Extras include underfloor heating with thermostatic wall controls to the bathrooms, lounge, kitchen, dining room and office. All rooms are served by a spacious hall from a double width front door.

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Currency markets rocked by banking sector crisis

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

A crisis in the banking sector infused considerable volatility into the currency market over the past couple of weeks. Over this period GBP/EUR climbed from 1.13 to 1.14, while EUR/GBP slid from 0.88 to 0.87. At the same time, GBP/USD traded between 1.18 and 1.22, and EUR/USD 1.07 fluctuated between 1.05 and 1.07.

What's been happening?

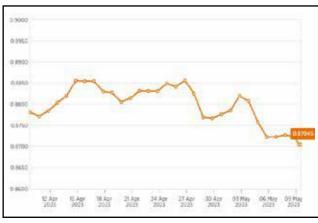
The recent malaise in the banking sector was initially triggered by the collapse of Silicon Valley

Bank (SVB). The bank's failure weighted on the US dollar in the past couple of weeks as it prompted USD investors to rein in their Federal Reserve interest rate expectations. The euro then came under considerable pressure as a subsequent plunge in shares in Credit Suisse triggered a wider European bank selloff. This also resulted in the European Central Bank (ECB) adopting a more cautious tone following its latest interest rate hike.

Meanwhile, the weakness of its rivals has helped to prop up the pound over the past fortnight. However, Sterling's gains have been tempered by domestic headwinds, including speculation that the end of the Bank of England's (BoE) rate hike cycle is imminent.

What do you need to look out for?

mid ongoing



uncertainty regarding the banking sector, the currency market may remain highly volatile in the coming weeks. This may see the resulting market jitters disproportionately benefit the safe-haven US dollar and pile more pressure on the euro. On top of this we have the latest interest rate decisions from the Fed and BoE. If either central bank opts to leave interest rates on hold, their respective currency could plummet.

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How limitless green energy would change the world

By Adrienne Bernhard, BBC Future Planet



Limitless renewable energy would offer tantalising benefits: emissions-free heating, greener fertiliser and electric transport. But overcoming the obstacles will not be easy.

What would we do with an abundant, cheap, inexhaustible supply of renewables?

Perhaps the desalination of seawater, suddenly cost-efficient, would relieve Earth's water shortages. Rubbish might be recycled on a massive scale. allowing for the extraction of precious trace elements such as rare earth metals, while carbon dioxide (CO2) could be vacuumed out of the atmosphere to slow climate change. People could live comfortably in Earth's polar regions or travel far and wide in battery-powered vehicles. Goods and services that require electricity might become cheaper, even free. Our emissions footprint could soon be undetectable.

While exciting to contemplate, this sustainable world would be incredibly costly. It would also hinge on a wide range of political, economic and technological factors to ever make it a reality.

Green energy may be limitless, but certainly not limitless without cost – Vic-

tor B Flatt

Green energy's success depends on people's willingness to adopt the technology in the first place renewable alternatives would have to promise more convenience, speed. savings and security than the oil, coal and gas on which we've grown so reliant. Lawmakers would also need to combat legislative gridlock to ensure that sustainable energy policies could be implemented. The facilities that combust this green energy - be it solar, wind, geothermal, biomass, or even nuclear fusion or some undiscovered technology would need to be built and maintained as the planet continued to warm and resources dwindle.

And assuming these obstacles could be overcome, how could limitless green energy change our own consumption, innovation, our economy, public policy and the environment? And what factors might make this hypothetical planet temporarily worse off?

According to the International Energy Agency (IEA), electricity demand is set to grow by 40-60% in some regions in the next 10 years. Researchers predict that mounting prosperity in both the developed and the developing world will continue to drive increased consumer demand for key resources up to at least 2040. At the same time, constraints in energy, water and oth-

er natural resources will bring about new and difficult-to-manage instabilities.

Current electricity generation - primarily by fossil fuels - is the single biggest contributor to climate change, responsible for 30% of all greenhouse gas emissions. Green energy could thus represent a radical deviation from business-as-usual, promising a path towards zero-carbon emissions and international energy independence. Without the concerted efforts of policymakers, investors and citizens, however, limitless green energy could also lead to a world of increased waste and shortages.

"Green energy may be limitless, but certainly not limitless without cost," savs Victor B Flatt, professor of environmental law and head of the Environment, Energy and Natural Resources Legal Center at the University of Houston. From the enormous capital outlay required to build renewable power plants - or convert existing ones - to the marketing investments needed to incentivise its use to the emissions-emitting extraction processes needed for new infrastructure, free green energy comes at a high price.

There are no perfect answers. What will be required in the years ahead is a diverse and flexible mix of energy solutions – what Bill Gates calls a "Swiss army knife of energy solutions".

gy tools."

Carbon-free energy certainly promises tantalising benefits: total electrification of transport, emissions-free heating and cooling systems to power our homes and businesses, greener fertiliser for our farmlands. If we can manage to produce it, we might also need to use supplementary sources of fusion power. Developing efficient and sustainable methods of burning biomass, and converting methane from crops and sewage, would help to increase our green fuel supply, but we would also need to reduce our total energy and explore wavs to turn climate policy into concrete, enforceable action.

As parts of the world begin to wean off fossil fuels. our current fuel supply would become cheaper and cheaper, says Flatt. Oil-rich countries, eager to sell their last barrels to developing nations, would drive the price down further, slowly eliminating liquid-fuel economies. "If green energy is more competitive than fossil fuels, people will move in that direction," says Flatt. "But real-world constraints will start to take over."

Traditional power plants will play a smaller role as decarbonisation objectives and national mandates require their reduced use. Simultaneously, a robust infrastructure of variable renewables plants will become absolutely crucial. These plants will need to be built over a large geographical area in order to ensure minimal power interruption - if it's a grey, windless day in Dublin, electricity might need to be channelled from as far away as Oslo, for example. This boom in manufacturing will likely lead to stable, long-term job creation a net positive – but could also mean temporary job losses in other sectors, such as coal.

Another formidable constraint is that green energy is notoriously unreliable. Hydropower requires enough rain to propel a constant supply of flowing water and can wreak havoc on native aquatic species and their ecosystems. Solar photovoltaic panels need clear skies and sunshine to harness photons of light required to generate electricity.

Variable renewables are

power generators that depend on the availability of intermittent resources; they therefore require complementary technologies to ensure that the balance between supply and demand is maintained at all times - even during seasonal changes or worst-case scenarios. Limitless green energy would almost certainly give rise to innovative methods to use and store energy cheaply and efficiently, but creating a permanent surplus of power may not be economical at scale.

"There will be times when we will have more energy than we actually

plains Green, "or it's a payas-you go model." Uber's surge pricing might look comparatively generous. "The price would have to go through the roof part of the year, whenever there is a shortage of wind or sunlight."

The question of green energy demand won't be limited to households, of course, but would extend to businesses and corporations, particularly tech companies – some of the biggest consumers of electricity. Data centres at leading tech giants such as Amazon, Google, Facebook and Microsoft already require dozens of terawatt



Limitless green energy comes at a high price and requires a huge policy push from governments

need in particular places," says Richard Green, professor of sustainable energy business at Imperial College Business School in London. "Finding ways to use that extra energy at those times is a great idea, but not predictable enough for people to plan their lives around." As such, traditional modes of power could still be needed in limited supply, so that if we are short of green electricity there's a stopgap meas-

Increasing shares of variable renewable energy mean that power systems

hours (a unit equal to one billion kilo-watt hours of electricity) a year to keep their servers cool. As the rise of artificial intelligence and machine learning exacts more computing power, that figure will only increase. Private investments could further accelerate new technologies and change the economics for large companies to deploy them.

If corporations make the switch to carbon-neutral energy, however, they will also put indirect pressure on land already scarce from competing uses, ur-



Green energy can be unreliable; hydropower, for example, requires enough rain to propel a constant supply of flowing water

will likely become more flexible. Of course, demand needs to be flexible as well. "Either people are paying a subscription – a bit like a phone plan where you get free energy up to a certain amount," ex-

banisation and industrial development, because more renewables plants will need to be built to satisfy demand. This, in turn, will put added stress on the

Continued on page 28

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Continued from page 26

planet: many renewable energy forms or their manufacturing processes emit greenhouse gases such as CO2 or methane into the air, because they rely on minerals (cobalt, lithium, and other rare-earth metals) that an currently only be extracted or built with the aid of fossil fuels. Extraction also has significant potential to irreparably destroy native animal and plant life habitats.

In other words, limitless green energy could actually be harmful to the environment in the short-term. Yet renewables ultimately have the power to reduce or reverse our carbon output and eliminate millions of deaths caused by pollution each year, making the decision to switch one of the most pressing issues of our time.

Fusion power, which generates electricity by using heat from nuclear fusion reactions, is one green technology with incredible promise. This energy format would enable power sources we could turn on and off at will,



Limitless green energy offers tantalising benefits, including the total electrification of transport and emissions-free heating

and eliminate the spent fuel and proliferation concerns of nuclear fission. "Fusion is one pathway to clean forms of energy," says Joshua D Rhodes, a systems-level energy engineer at the University of Texas at Austin. "But thus far. no one has been able to create a fusion reaction that is self-sustaining" (one that produces an energy reaction which generates more energy than it consumes).

If cost is no longer a factor, unlimited green energy in the form of fusion might radically transform different sectors, including transportation, aviation, and manufacturing. The switch would also go

a long way towards reducing carbon emissions and overall particulate matter. If we clean up supply chains, we might be able to move away from or eliminate energy sources that emit pollutants into the atmosphere.

Clean energy is necessary, but not sufficient, to meet the 1.5C goal – Joshua D Rhodes

"There are always going to be industries that will need a fossil-fuel like substance," says Rhodes, "but we don't have to dig them

out of the ground: we can make a synthetic fuel." For operations that require a lot of energy in a confined space, liquid fuels with carbon in their makeup can be useful, because they keep systems stable. Long-haul flights, for example, currently need a fossil-fuel like substance. Rather than iet fuel, however, aircraft could run on methane derived from hydrogen and CO2, or ammonia made from hydrogen and atmospheric nitrogen, both of which could be created using green electricity. Given the sector's climate contribution - aviation is responsible for 2.5% of annual CO2 emissions - this change alone would be momentous.

Other green technologies such as carbon capture and storage will likely be necessary to achieve overall net zero emissions. According to the Intergovernmental Panel on Climate Change "Electrification, hydrogen, bio-based feedstocks and substitution, and, in several cases, carbon dioxide capture, utilisation and storage (CCUS), would lead to the deep emissions reductions required in energy-intensive industries to limit warming to 1.5C."

But the IPCC also notes that those options are limited by institutional, economic and technical constraints - meaning a huge fiscal policy push from government would becrucial. "To keep the global temperature rise to below 1.5C, the world needs to get to net-zero carbon emissions between 2050 and 2070," says Rhodes. "Clean energy is necessary, but not sufficient, to meet that goal."

Nations like Costa Rica and Norway have already met many of their ambitious climate targets; other countries lag far behind the 2050 net zero goals needed to keep global warming below the critical 1.5C threshold, set out in the 2015 Paris Agreement. Even in a world of limitless renewables, stabilising the global energy sector will remain out of reach unless individual countries can agree on comprehensive climate change legislation - and do so quickly. Tax credits for the purchase of low-emission cars and appliances, support for the construction of renewable fuel stations and other infrastructure and financial penalties for fossil fuel use could all accelerate the switch.

"The biggest barrier to green energy is not money or even technology; it's government policy," says Flatt. Energy policies can vary even within one nation's jurisdictions, meaning that progress is often slow. Consider that localities must agree to offshore and onshore renewables power sites before green energy demand increases. "Europe has already agreed to derive 20% of its power from offshore wind"

wise, limitless green energy could lead to similarly poor design choices that would spur waste or even shortages during times of scarcity, even as parts of the world continue to do without. "Humans finding ways of dealing with shortages is what has typically driven progress," says Green.

The issue is less about overconsumption, which tends to describe exhaustion of a resource, than growth of consumption



Renewable energy would have to promise more convenience, speed, savings and security than fossil fuels

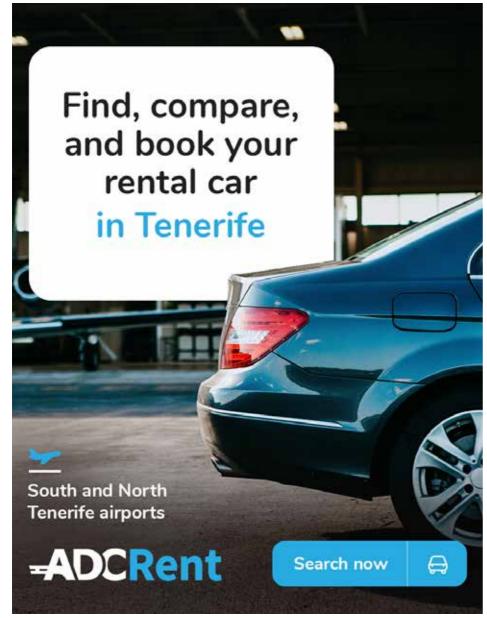
says Flatt. "In the United States, however, with its multiple jurisdictions, any state can veto a power line. Getting lawmakers to agree on where power supplies – hydro dams and windmill farms – will be built is essential if we're to fully embrace a green economy."

Not everyone would have immediate access to green energy even if it were suddenly abundant, while those who do might waste it

Finally, a never-ending supply of renewables would not necessarily solve the world's equity problems in the short term. In some places, the ready availability of lighting, heating, refrigeration and transport is a luxury few can afford. Not everyone would have immediate access to green energy even if it were suddenly abundant, while those who do have access might waste it.

"When any commodity gets cheaper, there's a tendency for people to use more," says Green. Likebecause the resource is abundant in the first place. There would be enough of the resource available overall, but this abundance may lead to new problems. This phenomenon has historically characterised other resource cost decreases: when we made food cheap and abundant by learning how to process and manufacture it at scale, we developed an obesity crisis. When we devised ways to produce cheap plastic, the oceans were suddenly choked with our single-use bags and bottles. Could a similar pattern emerge if we make green energy abundantly

Switching to renewable power worldwide could alleviate our climate change crisis, bringing about new forms of innovation and commerce in the process. That might free up time and labour to devote to leisure and other pursuits. But we need to remain realistic. "This solves some problems," says Flatt, "but it's not a Nirvana."

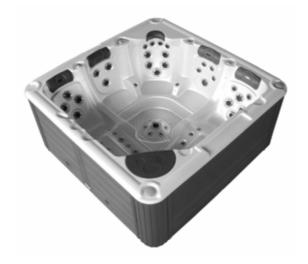




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The Shakespeare tragedy that truly speaks to us now

By Sally Bayley, BBC Culture



Drunken knight John Falstaff is no-one's idea of a tragic hero. But in our pandemic age of increasing inequality, the sadness of his story hits harder than ever, writes Sally Bayley.

Shakespeare characters who are more celebrated, or whose tragedies are grander, but perhaps none is as easy to empathise with as John Falstaff, the portly knight of Henry IV and The Merry Wives of Windsor.

John Falstaff, that charismatic drunk, who lodges at the Boar's Head Tavern and keeps company with Prince Henry, aka Hal, soon to be Henry V; the chaotic old man who distracts the young prince from his more serious business of becoming king.

We feel a certain sympathy for Falstaff because he is a dependent: in need of company, food and fellowship, of social acceptance. He reminds us how in need we all are. As US critic Harold Bloom put it about his own very intimate relationship with Falstaff as a boy of 12: "I turned to him out of need because I was lonely." Falstaff reminds us we are all children at heart wanting love and attention, family and community. Reiection and isolation are never far away for any of us. We relate to the disreputable Falstaff as a wayward form of kin, a relative in need of reforming, a character in whom we see

There may be | aspects of our own dented personalities: the character who tells lies and improvises his story when under pressure; who speaks wittily through his drink. You might say he speaks wittily because of his drink and not much else, because Falstaff is not a man of action. He fails to carry out the Gadshill robbery plot planned in the first part of Henry IV, and instead, runs away from his assailants. Despite this, he is ready with a tall tale to impress his audience. But what else does Falstaff have to rely on but his capacity for consumption of dry white wine or 'sack', and his gift of the gab?

In 2021, as we approach Shakespeare's putative birthday tomorrow, there are more profound reasons why his character is pertinent. During this difficult year of lockdowns and isolation, Falstaff has emerged in my mind as a potent symbol of dispossession and social misfortune. His status is painfully precarious, depending upon the good grace and favour - as well as the good humour - of his friend and associate. the future King of England. It is the two Henry IV plays that most firmly announce his character: his capacity for banter and word play, his role as the butt of jokes and sharp repartee, which often go too far. In the end, though, Falstaff most endures in the imagination because of that unforgettable denunciation at the end of the second part of Henry IV by his former friend, who is now King Henry V: "I know thee not old man, fall to thy prayers." We feel for Falstaff because of his sudden loss of royal favour, his rapidly sinking patronage, as he is publicly rebuked and cast out from the social order.

Falstaff is the man of the current moment in a world asking us to reconsider who we are both publicly and privately. Lockdown has forced us all to come to terms with sudden reversals in our mode of living and working; to face our shifting public and private reputations, our social standing. History seems to have been radically interrupted as we rush into rapid and jerry-rigged arrangements. Those of us fortunate enough to do so are now working from home, compressed into the narrow space of our laptop screen.

Aged 14, I adopted Falstaff as my outsider friend during a time when I was looking for a way out of my dysfunctional childhood home

But the pandemic has exposed the harsh differences between those who can live through a computer and those whose lives do not afford even the most basic necessities. By the end of June 2020, research from UK homeless charity Shelter showed that 98,300 homeless households were living in temporary accommodation, a rise of 7% in just three months and 14% in a year. Meanwhile a report this month in Time looked at how, in West Virginia in the US, the spread of Covid meant that the essential work of homeless charities was ended; soon after, the homeless population began to die in increased numbers: not from the virus, but from lack of basic food and shelter. "There was not one indoor place to go from March until fall of 2020" said one regional charity worker. Globally, Covid has dramatically exacerbated all the harsh inequalities we already knew were there. How. I wonder, would the

impoverished Falstaff have fared during this extended period of lockdown? As a literary character, he experiences a dramatic reversal of fortune from the man in history to the character we meet in Shakespeare's plays. The Falstaff of history is based on the character of Sir John Oldcastle, a Protestant martyr who stood by his beliefs in the face of Catholic oppression. Oldcastle was also a courageous knight who served under Henry IV in France and Wales, famous for his show of military courage. Shakespeare's fictional knight is quite the reverse: he is a coward who runs away from the Battle of Shrewsbury on July 1403; he is the old man who leads Prince Henry, and the future King of England, into disrepute: to drinking and carousing at the Boar's Head Tavern. But there is a deeper sadness to Falstaff's trajectory, and one that resonates more intimately with our contemporary situation. Falstaff spends most of his time "fast asleep behind the arras" - the arras being that tapestry or wall hanging that stands in for a separate room. His sleeping arrangements, like his days, are chaotic and out of time, dependent upon pleading yet another favour with the hostess of the tavern, Mistress Quickly, to whom he is indebted.

A personal resonance

Falstaff's story has a particular personal resonance with me. As such, he is the central character of my recent book, No Boys Play Here, the second part of semi-autobiographical coming-of-age story. Aged 14, I adopted Falstaff as my outsider friend during a time when I was looking for a way out of my dysfunctional childhood home. In 1986, I was reading about Falstaff and his friend, Prince Hal, on top of Highdown Hill in West Sussex. As the 1970s turned staff had come to live with us and was snoring down in the cellar where I read my Shakespeare borrowed from the local library.

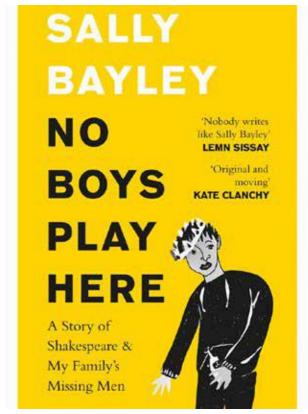
I grew up in an eccentric household that housed its own version of a monarch: this was my Aunt Di, who governed my childhood home with the same severity of Hal's father, old King Henry IV, whose authoritarian rule is in tension with the chaotic lifestyle of his son and his son's dissolute friend. As a teen I read both of old King Henry IV's shame over his son's unseemly behaviour, and of Hal's dismissal of his old friend Falstaff, and



Falstaff (seen here in an illustration by George Cruickshank) is known for his carousing, but there is a deeper poignancy to the characte

into the 1980s, my seaside town of Littlehampton was becoming increasingly deprived, while the remnants of the middle class moved out. In some sense.

I knew that soon someone would be out on their ear and it might be me. I had to act quick before someone else did, and so I signed myself into the care



No Boys Play Here is the second part of author Sally Bayley's semiautobiographical coming-of-age story

my hometown was being banished from the national imagination, as Falstaff is from Hal's imagination, relegated to the side lines of history. I imagined Falof local authorities and became a child of the state. Looking back now it was a rather extreme thing for a 14-year-old child to do,

Continued on page 32

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The One Stop Problem Shop LIVING IN, OR RETIRING TO, TENERIFE

Many readers will be browsing the paper looking at, perhaps, buying or renting a property for your retirement or maybe as a holiday home for

yourself and family.

When you own a property in a foreign country, as well as the obvious advantages (i.e. the sun!) there are always costs involved too.

For example, here in Tenerife, if you buy a property as a holiday home, you are immediately obliged to submit an Annual Non-Res-

ident's Tax Return. This does not mean that you must become a 'Resident', just that Spain wants some tax from you (apart from the money you spend eating out, shopping etc!) while you are here.

At The One Stop Problem Shop we can help you with this, as well as a host of other things that you may encounter.

If you are considering living in Spain as an early retiree or when you attain pensionable age, (whatever that might be these days!) then as a UK passport holder your only real option to achieve this is to apply for

a Visa in the UK before you come to Spain. There are various Visa options, the main one being:

Golden Visa: To apply for this Visa you must invest (or have done so in the previous 2 years) €500,000 in property in Spain (per person!). The underlying investment does not have to be a single property but can be several, totalling at least €500,000. In addition, the investment property must be debt-free. As an example, you purchase a property for €750,000 and pay €510,000 in cash - the balance can be via a mortgage. For a couple, the €500,000 criterion applies to each party.

For the Golden Visa each party is required to prove an annual net income from pensions, investments, property rentals etc of around €28,000. One of the main criteria is that your income can NOT derive from employment

When an application is made for a Golden Visa, the Consulate will ask you to provide a P45 (UK) or the equivalent from your home country. A letter of resignation, or 'Cessation' of self employment are also sometimes acceptable.

At The One Stop Problem Shop we aim to solve prob-

lems for our clients in the most efficient manner possible, which sometimes takes time but we do pride ourselves on being thorough and when required persistent

If you are considering a permanent move to Spain and need further information on Visas please pop in and see us at our offices in Las Chafiras. You can also WhatsApp us on 0034 659 719 695, phone on 0034 922 783 828, or drop us an email on: info@theonestopproblemshop.com

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but it was an emergency measure and the only thing then I could think to do to extract myself from a form of controlled chaos. I dismissed myself before I was dismissed.

No Boys Play Here take Falstaff as a figure for those who have failed to find a foothold on the social ladder – specifically, men without salaries and homes

At the heart of Falstaff's own cruel dismissal is the way he is shamed for his size, his bulk, the amount of space he takes up. "Make less thy body hence, and more thy grace," says King Henry to his friend. But there is something more at stake here than just Falstaff's wide girth. At an early age I understood Falstaff functioned as a symbol for



The story of Falstaff resonates intensely in an era when chronic lack of food and shelter have become dire emergencies

those parts of our society that people would rather ignore.

The men in my family all met with ignominious endings: they were thrown out onto the streets, or to the local squat house. No Boys Play Here takes Falstaff as a figure for those left behind; those who have failed to find a foothold on the social ladder: specifically, men without

salaries and homes; discarded men turning back into children. These are men ill-equipped to meet the demands of a society run through software updates and slick technologies.

As a child, growing up in a home without men, I often wondered where men, in particular, slept. On the seafront, it seemed, when I went looking, clutching a can of lager for warmth and good cheer. Men, as I understood them, were homeless and dispossessed because they had no means of growing up; no reliable forms of work, or social and cultural infrastructure to hold them in place.

In my reading of him, Falstaff is both rejected father figure and rejected child; in his relationship to others, he fluctuates between infant and old man and fails to find a foothold in any era; nor does he find a stable home.

I see Falstaff still living with us today. "Make less thy body hence," takes on a particular significance in an era of international austerity when chronic lack of food and shelter have become dire emergencies. Take one startling statistic from the UK: last year,

during the first six months of the pandemic, leading food aid charity the Trussell Trust reported a 47% increase in the number of emergency food parcels needed, and also found that almost half the families regularly using a foodbank in the initial lockdown period had never used one before. In place of reliable state welfare, we seem to have returned to an era of charitable handouts: a culture of patrons, benefactors and donors, of volun-

Similarly, Falstaff is also reliant on the capricious support of others. Shake-speare never allows us to forget that he is in debt; he has next to no money in his purse. His status and reputation at the local tavern rely entirely on his association with Prince Hal and Hal's credit: Hal's purse.

By the time we get to part two of Henry IV, the money and any chance of credit has run out. My book follows Falstaff through the back alleys of a forgotten seaside town as he goes looking for places to sleep and take shelter. His only real currency is his capacity for words, for inventive wordplay, and for play of all sorts. But in the end, play is only a way of putting off the inevitable: Falstaff is out on his ear again: homeless, stateless, friendless, asking us to take pity on him. As a teenager, I did. I recognised something in his need that resonated with my own need for unquestioning care. In an age of acute social divisions and increasing deprivation, Falstaff begs the question: how much do we and can we care?

Protein powders: Are they bad for your health?

By Claudia Hammond, BBC Future



Many people consume protein powder supplements, especially in older age or to bulk up muscles. Are they a good thing to be taking?

When I go into my local health food store, there's one corner that's always been a bit of a mystery to me - the shelves packed with dozens of white plastic tubs filled with powdered protein supplements. In the changing room at the gym, however, there are plenty who sing their praises, explaining that they simply add a scoop of powder to milk or to a smoothie. work out and then build extra muscle.

With their popularity reaching way beyond

bodybuilders and professional athletes, now seems like a good time to look at the evidence around protein powders.

Some people use a protein drink as a snack between meals or even use it instead of a meal if they've not got time to eat. People eating a vegan diet sometimes use the supplements to up their protein intake if they feel they're not getting enough. And there are hundreds of new food products in supermarkets - from cereal bars to ice cream and chocolate - which signal their protein-containing credentials in bold letters.

There's a range of strengths available, with the highest doses aimed at bodybuilders. The powder might come from an animal source such as eggs or milk, or from plants. For example, protein from peas, potatoes, rice and soybeans can all be extracted and powdered, sometimes with added flavourings to make them taste good.

Protein is big business. But how many of us really need any extra?

There's no doubt that protein is an essential part of the diet. We need it to build and repair muscles, to help our bones stav strong, to maintain the immune system and to keep our brains, hearts and skin doing what we need them do. Foods such as eggs, milk, yoghurt, fish, lentils, meat, soya, nuts and seeds are all rich in protein and the majority of adults in high-income countries do get at least the daily amount of protein recommended by health authorities.

In a meta-analysis of 49 studies, the average protein intake from people's diets at the start of the research was more than 75% greater than the US and Canadian recommendations, for example. There are some scientists in the field such as Stuart Phillips from McMaster University in Canada who argue that the recommended levels might

not be high enough for everyone.

One of the difficulties is knowing how much you as an individual might need. The answer depends on your age, health and exercise routine, so the standard recommendation may not apply to you. Some older people, for example, find they don't have much appetite which can lead them to eat so little that they don't get enough protein from their diet. And if you're a professional endurance athlete you more need more protein than the average adult.

Since we know that protein from diet builds muscle, keeps bones strong and protects your immune system, is it a case of the more the better? Could all of us benefit from a little more? Or are there risks in adding extra protein in this way?

Luckily there have been some trials that can guide us. For the most part they tend to show that protein powders can indeed help to build muscle, as many claim. But the catch is that this only works if you also do some form of resistance exercise, such as using weight machines. If the muscles aren't exercised, the extra protein won't do anything.

In one meta-analysis from 2014, researchers combined the data from 14 randomised controlled trials where, for example, half the people consumed powdered whey protein,



Consuming protein powder won't actually build muscle unless you combine it with resistance exercise, studies show

which is made from the liquid left over when milk is made into cheese, and half had a placebo drink. They found that as long as people also did resistance exercise, then consuming protein powders did increase their lean body mass, but if they simply drank the drinks without exercise there was no statistically significant increase.

One of the difficulties in trying to compare studies is that some are conducted with people who are obese, others with older people, and still others with younger gym-goers, which makes it hard to generalise.

Someone consuming extra protein and exercising two or three times a week will see a minimal benefit while those working out four or five times a week might see a small benefit

A more recent paper bringing together the best studies, published in 2022, focuses on trials done with healthy adults who were not overweight. Once again protein powder did make a difference, with gains in both lean body mass and in lower body strength, provided people were also doing resistance exercise. There was also a slight effect on people's ability to do bench presses, but it didn't make a difference in other tests of strength, such as handgrip. So it's not some magic powder which will suddenly make you strong. You have to put the work in.

Even after examining all these studies, the authors say the optimal amount of protein still isn't clear, although it was interesting to see that people over the age of 65 didn't need to consume quite as much powder to make a difference.

One of the authors of this review, Stuart Phillips, has spent two decades studying the impact of our diets on our muscles. Speaking on the BBC's Food Pro-

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MOTORWORLD

ACCIDENTS, AND HOW TO DEAL WITH THEM

With thanks to Emma Swain, Motorworld, Las Chafiras

No one wants an accident and most of us go to great lengths to avoid them, but they still happen!

As always, our advice is - if you have an accident - stay calm and ensure that everything is carried out correctly. Staying calm is often the most difficult thing to do, especially if the accident is not your fault, as we all (it's only human nature) tend to get a little angry. So, let's see what we should do.

i) Get out of the car and make sure that you and your passengers are all OK. If anyone is injured call the ambulance straight away.

ii) Try to remain level headed and talk to the other driver. Make sure that an Accident Claim Form is filled out and that you personally fill out your side (do NOT let the other

party do this - especially if they are not your nationality, as they may put something down that you do not understand or agree with). DO NOT ACCEPT a simple exchange of details (something that Spanish drivers seem to find quite acceptable and normal). We have noted recently quite a few occasions where details have been given only to turn out to be wrong or where registration numbers are missing or reversed!

iii) Always (where possible) take pictures of both/all cars before moving them, unless you are on the motorway or in a potentially dangerous position. If you have a phone with a camera use that (although they are not always acceptable in a legal battle, an Insurance company can sometimes use them in any negotiations). Also take pictures of any road signs or road markings that

could help your case. The latter can be very important if there is dispute as to whose fault the accident ACTUALLY was.

iv) Look around and see if there were any potential witnesses and get their names, addresses, telephone numbers/e-mail addresses - anything that will help contact them, even if they are only holidaymakers. Any witness can sometimes make a huge difference in a disputed claim.

v) If any person appears to be in shock, make sure they are taken to hospital as soon as possible and try to get a medical report. Occasionally, problems occur some time afterwards, rather than immediately. If they don't wish to go to an emergency department then they need to at least visit their GP just to be checked over.

vi) If you feel that your car is not drivable, call for a recovery truck (Grua) to take your car to your designated garage or to their pound overnight if the garage is shut. It is always better to be safe than sorry.

vii) Once you get home it is also advisable to write down exactly what you remember about the accident as it can help when you need to explain the event at a later date to the po-



lice or your insurance company.

viii) If the police are called make sure that you understand what they are asking you to sign and ensure you get a copy (or at the very least an incident number of the 'ATESTADO'. Remember to contact your broker/agent or insur-

ance company as soon as possible.

ix) What seems to happen a lot more frequently these days is that an agent/ broker is contacted about an 'accident' that the insurer has absolutely no knowledge of. This is sometimes a person who is trying to make a claim to repair previous damage . If your car was stationary and someone bumped into it, then drove off - try to at least get the registration number, make and model in case that party later makes a claim against you!

x) As soon as is possible, inform your agent or insurance company of the incident and submit your completed Claim Form.

With thanks, as usual, to Gemma at Motorworld.

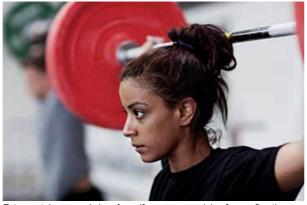


Continued from page 32

gramme last year, he summed it up like this: someone consuming extra protein and exercising two or three times a week will see a minimal benefit while those working out four or five times a week might see a small benefit. So unless you're very dedicated, a professional athlete perhaps, it's unlikely to make that much difference.

For those who still want to go down the supplement route even for a very small benefit, there's often talk of when it's best to take it - before you head to the gym, or afterwards while your muscles are recovering. There's also debate on which kind to take. Some swear by whey protein, other by plant sources. In the 2018 meta-analysis I mentioned above featuring 49 studies, the overall conclusion was that neither the timing nor the type of protein really mattered.

Of course if you do want to consume protein powders you also need to be sure they aren't doing you any harm. The ingredients vary between different products. As well as protein some powders contain added sugars, flavouring and vitamins.



Extra protein may only be of use if you are exercising four or five times a

High amounts of sugar could lead to spikes in blood sugar and also, of course, weight gain.

We don't know what the longterm impact might be of adding large quantities of protein powders to your diet on a daily basis

Even more concerning are the stories online about fit young people having heart attacks at the gym and talk of whether protein powders might have contributed. With individual cases like these it's difficult to know what underlying heart problems the people af-

fected might have had. So we need to turn to research once again.

Alas, research on this is sparse. In fact, you have to look to mice studies to find out much at all, and even then there's very little. But there was a study conducted in mice in 2020 published in the journal Nature Metabolism from researchers at Washington University School of Medicine in St Louis in the US. The researchers fed mice a high-fat diet to deliberately induce the build-up of plaque in their arteries. But half of the mice were also fed three times as much protein as the other half were given. The high-fat, high-protein group did not gain as much weight, but worryingly they had 30% more plaque in their arteries.

The problem is that it's

hard to generalise from mice on a high-fat diet taking in large amount of protein to young human gym-goers adding a scoop of powder to a drink. So it's early days for this kind of research. But it is true, of course, that we don't know what long-term impact might be for the heart or the kidneys or any other part of the body of adding large quantities of protein powders to your diet on a daily basis.

Some argue it could bring health benefits quite separate from the muscle gain. A meta- analysis of nine randomised controlled trials found the people given protein pow-

lesterol levels. But the people in this study were overweight or obese, so we don't know if the same beneficial impacts would be seen in those of a healthier weight.

Dieticians are often keen to emphasise that ideally we look to our food to get everything we need before turning to supplements

At Reading University, Agnes Fekete found – in an admittedly small study with just 27 people – that

while, a new paper combining the results of 31 trials found that if people took whey or soy powder there was a reduction in two markers of inflammation in the body. This is interesting because there are high levels of inflammation in people whose muscles become particularly weak in old age, which raises the question of whether there might be some way of trying to prevent this using protein powders.

tein could lower it. Mean-

But to really know whether there are health benefits beyond the small effect on muscle mass provided it's accompanied by exercise, we need more trials conducted over longer timespans.

Time will tell, but eventually we'll discover whether it's the fit gym-goers or the older people with small appetites who stand to gain from consuming protein powders. Dieticians are often keen to emphasise that ideally we look to our food to get everything we need before turning to supplements. Intact food seems to be the best for us, and yet we still don't know exactly why.



Older people don't need to eat as much protein as was previously thought, recent studies suggest

ders lost more weight and saw an improvement in blood pressure and choif their blood pressure was just a little on the high side, then extra whey pro-

The ultimate stargazing road trip

By John Silcox, Freelance writer and BBC Travel correspondent



Along twisting road leads up
Portugal's highest mountain, and here, unlike many other

European summits, visitors can drive right to the top.

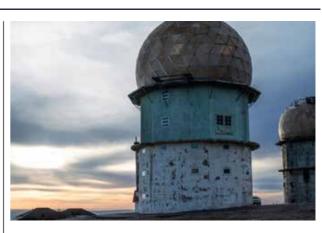
The peak rises 1,993m above sea level, and although its actual name is Torre (tower), most peo-

ple just call it by the same designation as the range it lofts over: Serra da Estrela or "mountain of the stars".

By day, the drive offers wonderful views across the undulant landscape of this narrow country – from the

red hills of Spain in the east to the blue Atlantic Ocean in the west. However, the real spectacle comes as the sun starts to drop. Not only is this mountain a popular spot to watch golden sunsets, but for those who stay later, it offers a glimmering night-time fresco that covers the heavens, made up of millions of white pinpricks scattered in glorious imperfection.

Over the past decade, Portugal has gained recognition for being one of the top places in the world for travellers to observe the night sky, thanks to the creation of the 3,000 sq km Dark Sky Alqueva reserve, in Portugal's central Alentejo region. In 2011, the reserve was certified as the world's first Starlight Tourism Destination by the Starlight Foundation, a Unesco-supported international organisation that promotes science and tourism. This status celebrates the region's ideal viewing conditions (low levels of light pollution and an average of



Home to Portugal's "mountain of stars" and some of Europe's least light-polluted skies, the Alentejo region is best seen at night.

286 cloudless nights per year, which result in some of Portugal's darkest skies), but also the wider tourism infrastructure it has inspired, which is set up to cater specifically to stargazers

Dark Sky Alqueva is also the starting point for a stunning three-hour road trip that takes you through some of the least light-polluted parts of Europe, winding along the area's Dark Sky Route (a curated collection of activities and accommodations), and ris-

ing all the way to Portugal's highest peak, fittingly called the Serra da Estrela, or "mountain of stars".

My friend and I began our intergalactic journey 300km south of Serra da Estrela on a particularly dark night in the village of Cumeada, where a school has been transformed into Dark Sky Alqueva's observatory, which hosts stargazing sessions and astrophotography exhibitions. Here we met Miguel Claro, a guide and Continued on page 36

Do you still have bank accounts, National Savings products, and investments, in the UK?

Tt can be comforting Lto retain the financial assets you have always had as they are familiar in a way that you understand.

This is a natural feeling especially as many people are adapting to the Spanish way of life.

However, the questions to ask are, is this wise, is this the best strategy to avoid overpaying tax and could you be sacrificing potentially better opportunities just to feel safe?

We now live in different times. The financial services landscape for UK nationals living in EU countries has been re-written following Brexit.

While British expatriates will open a local bank account in their country of residence, many will also retain their UK bank accounts and often also keep UK investments such as National Savings & Investments products and ISAs. This is partly for convenience but also because they are familiar and feel secure.

One major consequence has been that many UKbased banks have had to close UK accounts held by EU-resident clients, leaving expatriates without the bank account they may have used for many years.

Following Brexit many British expatriates received letters from their UK bank asking them to close their accounts. The situation is evolving, and you should question whether your bank accounts in the UK are fit for purpose now.

National Savings & Investments (NS&I)

The situation with NS&I accounts is a little different, but linked, with the same outcome.

National Savings & Investments have always been a UK savings provider, backed by HM Treasurv. and it does have some customers who live abroad. However, they still need a UK bank or building society account in their name.

Premium Bond prizes for example are tax free in the UK however if you are a Spanish tax resident (live in Spain for more than 183 days), these prizes would be added to your taxable income in Spain for the year in question. Similarly, any income from other NS&I savings products would need to be included in your Spanish tax return.

ISA's

Again, these are tax free in the UK, but any interest and gains made from them are fully taxable in Spain if you are resident here. Savings income tax rates are 19%, 21%, 23% and 26% depending on how much savings income you have.

UK investments

When the UK left the EU in 2020, its financial advisory services industry lost EU passporting rights. This means that UK-based financial advisers are no longer automatically authorised to give advice to EU residents unless they have the necessary regulatory permissions in each jurisdiction their clients live in. At Blacktower Financial Management we hold the necessary licences in each jurisdiction we operate in to advise you as an expatriate living in Spain.

Ideally you should review

all your investments, such as bonds and stocks and shares, as, besides income tax, you could also face capital gains tax in Spain.

There are more tax efficient options available which we lead into now.

The alternative options in Spain as an expatriate.

Your investments should be structured around vour individual needs and objectives taking into consideration your time horizon and risk tolerance.

There are highly tax efficient opportunities available to all residents of Spain. One of the more favoured alternatives is a Spanish tax-compliant life assurance contract which acts as an investment wrapper. With this structure, tax is not payable on income from the underlying asset until a withdrawal is made. and even then, only the gain is subject to tax.

You should regularly review ALL your savings and investments to make certain they are tax efficient and meet your objectives

and life in Spain. Breaking old habits can help us grow as individuals but also your financial picture can be enhanced greatly if you take specialist advice.

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Continued from page 34 Dark Sky Alqueva's official photographer.

"Portugal is waking up to this immensely unique and valuable natural resource that has long been underappreciated," Claro said. "Dark Sky Alqueva is the astronomical equivalent of the giant wave 'discovered' by surfers in Nazaré – something that had been hiding in plain sight, waiting for people with the right sensitivity to take a closer look."

Claro is a deep-space specialist, and when he is not taking groups on night-time stargazing expeditions, he spends his time photographing far-away objects like nebulae, galaxies and star clusters. These are things that can look faint and underwhelming to the naked eye or even through an eyepiece of a telescope but explode with colour and detail when photographed.

"We have excellent weather, very little cloud cover and a lack of light pollution..., which makes it perfect to shoot the sky," said Miguel Claro

"To get good images you need very specific conditions," he said. "Luckily here we have excellent weather, very little cloud cover and a lack of light pollution or heavy air traffic which makes it perfect to shoot the sky. Unlike the coastal areas that have long been developed, the Portuguese backcountry remains scarcely populated and undisturbed, which makes it much easier to pick up light sources from outer space without interference.'

The Cumeada Observatory is open every night from Tuesday to Saturday year-round, and travellers can come to observe



Despite predating Stonehenge by at least 1,000 years, Almendres Cromlech was only brought to the attention of the scientific community in

the Moon, the stars and the Sun using binoculars and telescopes. Claro expertly guided us on a heavenly tour of constellations and planets, as well as the Milky Way and the Orion Nebula.

The next morning we travelled through time rather than space, arriving iust before sunrise at the 7,500-year-old stone circle of Almendres Cromlech, another landmark on the Dark Sky Route, located near the Unesco World Heritage city of Evora. The biggest prehistoric monument on the Iberian Peninsula isn't gated and can be visited by day or by night - it looks especially awe-inspiring under the pale glow of the moon.

Despite predating Stonehenge by at least 1,000 years, Almendres Cromlech was only brought to the attention of the scientific community in 1964 and doesn't get anywhere near the same footfall or levels of protection. Still for Mario Carvalho, a local guide and experimental archaeologist, it could teach us more about early humans' in-depth understanding of their world, by day as well as at night.

"This stone circle is organised in a very complex way," he explained, as he showed us around the site. According to Carvalho, the stones follow a much more complicated equinoctial orientation than the one Stonehenge uses, which is based on the winter solstice. To find the equinox, the builders would have spent years observing



Dark Sky Alqueva boasts an average of 286 cloudless nights per year

the rising and setting of the Moon and the Sun, which suggests that the population was sedentary rather than nomadic, reflecting a monumental shift in human activity at that period.

"It basically shows us the beginning of farming," said Carvalho. "And sites like this show that from the earliest times we have looked towards the sky for answers. Then during the Age of Discovery, Portuguese navigators used the stars to guide them to the New World and beyond. It's interesting that today we seem to have renewed interest in outer space with the dark sky movement."

through Driving sleepy countryside of the Alentejo, it was surprising to see how little things have been affected by modern development. Large swaths of land are still farmed in the same way they would have been hundreds, if not thousands, of years ago, with small herds of animals grazing under the cork oaks and olive groves. The whitewashed villages also tell a story of their own: street names echo new lands across the sea, and ancient churches boast frescos of navigation and adventure.

Above it all hangs the area's star-filled canopy. It's a draw by itself, but Apolónia Rodrigues, the founder of Dark Sky Alqueva, has been working to bring more to the table in terms of tourism offerings. "The Alqueva Dark Sky Route is a network of local accommodation owners who support stargazing," she explained. "Many now stay open outside of peak season, offer late check-in times and receive guests all though the night, off the back of nocturnal excursions. They also have more flexible catering options and packed meals to take out into the field."

She has also worked with partners to develop memorable activities, such as moonlight wine tasting,

night canoeing and weekend-long festivals called "star parties". And then there are all the other daytime experiences than can be added to the region, such as visits to historical sites and cultural centres, as well as fantastic local cuisine and wine.

Rodrigues sees stargazing as an essential part of Portugal's sustainable tourism future. Mass tourism is not the aim, but rather maintaining a healthy balance between local development and environmental preservation. She is using lessons learned at Dark Sky Alqueva to help found additional dark sky reserves further north in the country that also provide favourable star-viewing conditions.

During the final stretch of our journey, a succession of tight hairpins overlooking steep drops required us to keep our wits about us as we made our way to our last stop: the Serra da Estrela mountain range. Near the summit, we met Natalina Correia, a Portuguese national on a road trip with her boyfriend; they are visiting the mountain for the first time.

"My boyfriend enjoys driving on more challenging



Near the summit, we met Natalina Correia, a Portuguese national on a road trip with her boyfriend: they are visiting the mountain for the first time

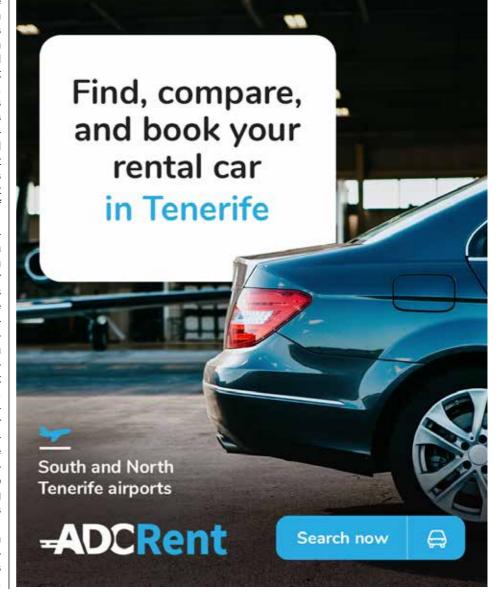
roads, and here the main roads are absolutely fantastic," she said, gesturing at the snaking grey tarmac that cut through the bold landscape ahead. "From here you can see all the way from Spain to the sea – it's incredible. The Portuguese coast is unrivalled for sunsets as it faces due west, but up here it's even more impressive."

The pair settled on a spot near an abandoned old observatory and Portugal's highest police station. It made for a pretty picture, the geometric architecture contrasting against the natural rock formations and the pink-red sky.

The summit was indeed a glorious location to see off the end of the day and

made for a good opportunity to reflect on everything we had learnt on the road. Then true to its name, the mountain of stars began to reveal its full treasures as the night set in. Thanks to our time in the observatory, we could now name some of the constellations, planets and nebulae that slowly came into view.

However, the most poignant lesson of all was perhaps about the value of properly observing our surroundings. The stars are – like many of the most beautiful things in life – slightly hidden from direct sight, but simply spellbinding once we take a proper look.





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The 'right' way to eat sushi: Tips from the experts on sushi rules to follow

By Paul Feinstein, BBC World's Table



With the recent spate of sushi pranks that have rocked Japanese society, we set the record straight on the "right way" to eat one of the world's greatest food delights.

In February 2023, a video surfaced online showing a man licking a communal soy sauce bottle as it rolled by on a sushi conveyor belt. The man went on to tamper with other sushi dishes as well, to the dismay of restaurant onlookers. That should've been the end of the story, but like most viral trends (emphasis on virus), sushi-ruining copycats sprang up, showing videos of people licking chopsticks, rubbing saliva on sushi and putting wasabi on other people's orders.

Three of the perpetrators have been arrested by the Japanese police, hopefully putting a stop to the sushi-destroying shenanigans, but it still shocked a nation that's known for its rules, regulations, cleanliness and etiquette, especially with food. Additionally, sushi restaurants in Japan have begun to disable their conveyor belts or install sensors and cameras to catch the "sushi terrorists" red-handed (or red-tongued as it were), possibly putting an end to one of the world's great sushi eating experiences.

Obviously, the offense of licking conveyor-belt sushi, known as kaiten restaurants, is limited to extremists, but there are still a bevy of sushi rules to follow if you want to avoid any fishy faux pas.

On the fine-dining end of sushi consumption, there's Sukiyabashi Jiro, the impossible-to-get-into restaurant made famous from the documentary, Jiro Dreams of Sushi. On their website, they have a list of 12 rules that range from how to use your chopsticks and cleanse your palate to timing on when to eat the fish that's splayed out in front of you. This writer has eaten there and has been admonished for taking too much time between bites.

According to Kazunori Nozawa, the co-founder of the famed SUGARFISH sushi restaurants and ver-Sushi Shokunin itable (Master), there are a handful of dos and don'ts in the world of sushi. First, Nozawa says, "Don't rub your chopsticks together after you split them apart, that is seen as inconsiderate." He continues with a surprising note that, "eating with your chopsticks is preferred, but eating with your hands is also acceptable. If you need a fork, it's ok, just ask for one."

Additional etiquette rules from Nozawa include:

"Eat your sushi when it arrives, it's best right away. This is especially true so the nori does not lose its texture for hand rolls or gunkan style (gunkan means "battleship" in English and is similar to a handroll that's shaped more like a boat and usually topped with roe)."

"Eat nigiri in one bite."

"If you are adding wasabi, it's okay to add it to your soy sauce, but you should have another soy sauce that does not have wasabi. Not all dishes are best with wasabi."

"Don't add ginger on top of your sushi. It's meant as palate cleanser between dishes."

"If sushi is sauced, don't dip it in soy sauce. When dipping nigiri in soy sauce, I believe you should lightly dip the rice side, not the fish side, although many others believe differently.

Try it and you will taste

"Not an etiquette rule, but when eating a hand roll, take a bite, flip the hand roll, and take a bite from the other side. This helps keep the hand roll intact."

Nozawa and Jiro would probably have a very long conversation about whether to dip the rice in soy sauce or not, as it's number six on Jiro's "don't" list.

But continuing in the world of super fine-dining sushi, unspoken rules Fazabound. Andrea zari, the James Beard Award-winning photographer and author of Sushi Shokunin as well as an upcoming book on Japanese culture, says, "when dining at a fine sushiya (sushi restaurant), it is essential to respect the sushi master, the ingredients and everything about where you are. If you are dining with someone else, conversation should be muted and hushed; the sushi master and what you are eating should be the focus.'

Conversation should be muted and hushed; the sushi master and what you are eating should be the focus

She also explains that you "do not ask for extra anything: shoyu (soy sauce), wasabi, ginger. You will not be given a small saucer for extra shoyu in which to submerge your nigiri. The nigiri are already perfect as they are, prepared the way the master intends."

With all this said, the experience of eating sushi in Japan shouldn't be daunting. Sushi chefs want you to enjoy your experience as much as you do, but the rules and language barrier can be a hindrance. That's where Sushi University comes in. To solve these problems, Sushi University partners you up with a translator who accompanies you on your sushi-eating journey so you can get the most out of the experience. They help you chat with the chefs, explain the history of the dishes and, of course, get you comfortable with the rules.

While Sushi University has a long list of sushi rules, Tetsuya Hanada, its founder and managing di-

rector, adds a few etiquette nuggets to consider, like "mak[ing] sure to only use a small amount of soy sauce on the topping only. Sushi rice (shari) absorbs soy sauce very quickly, so dipping the rice side of the sushi will make the piece fall apart. Also, do not use too much soy sauce so as not to inhibit the delicate tastes of the fish."

Another quirk to the saucing rice debate.

Hanada also explains that, "Aojiso (green perilla), used a lot as tsuma (garnish), leaves a strong flavour in your mouth once you eat. This makes you lose the sense of the flavour of sushi, and therefore it is better to avoid it

you should do is remove your watch and place your smartphone on top of a handkerchief. And if you do accidentally spill some soy sauce, don't clean it up yourself, but call over a staff member to wipe it up."

To get back to where we started, there are also unspoken rules for conveyor belt sushi restaurants. For starters, hygiene is critical and you should always sanitise your hands. Hoarding plates is a no-no; just grab a plate, eat that piece then grab another. Once you've taken a plate, you keep the plate, never put it back on the belt. Nev-



Following a series of pranks by "sushi terrorists", some sushi restaurants in Japan have disabled their conveyor belts

unless it is already prepared inside nigiri sushi or sushi rolls. The ginger is there to refresh your palate after eating a fatty topping. If you eat too much of it, it will affect the flavour of the sushi.

He adds: "Also, there is no specific order to eat the dishes in. Eat in the order you like. However, because their sweet tastes will affect your palate, it is better to leave anago (eel) and tamagoyaki (Japanese rolled omelette) to the end."

One of Hanada's more unique pieces of advice is about the sushi counter itself. "The counter scratches easily so please do not place your phone, watch or other items on it. A cypress counter can cost several hundreds of thousands of dollars. What

er ever touch the conveyor belt or place anything on it. And finally, when it's time to pay, stack your plates in an orderly fashion; they're colour-coded to indicate what you ate and how much each piece costs.

Look, it wasn't cool when Ariana Grande licked those doughnuts, and it was equally uncool when the sushi pranksters licked the fish on the conveyor belt. So, if you follow the basic rules, be considerate of others and the chefs and keep your tongue to yourself, you'll be eating well and enjoying every sushi moment in the way it was intended – whether you dip your rice in soy sauce or not.



Dipping the rice in soy sauce is controversial, as is the use of chopsticks

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British space-based power station will provide clean energy for entire Earth -COMMENT

By Sam Adlen and Martin Soltau, Daily Express

HIGHLY innovative satel- | be fed into the national grid. lite technology which beams solar power directly from space to earth is being pioneered by a group of British organisations which hopes to offer safe, clean unlimited en-

The system uses a solar array in orbit around the planet and beams energy as radio waves to a terrestrial base station where it is converted into electricity which can A single array will generate as much power as a nuclear power station and developers hope ultimately excess power could be sold on to neighbouring countries like France and Germany. Space Based Solar Power was first proposed in the 1960s but even a decade ago, it was considered unaffordable. The concept has now been validated as both technically and economically feasible through an

The major cost is in launching the hardware into orbit but with the incredible advances in reusable rockets from SpaceX. Blue Origin and others, the expected cost of power from space is now lower than other renewable continuous baseload technologies such as nucle-

independent study by Frazer-Nash Consultancy.

ar and comparable with inter-

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mittent technologies like wind and solar.

Recently, alongside the new National Space Strategy, the Government signalled support for initial studies to establish how this concept might be progressed. The challenge of Net Zero is growing by the day and we do not yet have an answer to our future energy needs, even in the UK. Yet there is 100 times more solar energy available from a narrow strip about 36,000km away from the earth, than the forecast global energy demands of humanity in 2050.

Space Based Solar Power is safe, secure, and sustainable and can enable the UK to produce our own continuous clean energy, and even to export it to other countries. We have all witnessed in recent weeks, the importance of having our own baseload power, with shortages of gas, reduced output from wind on late summer days, and issues with a major power interconnector to France.

Intermittent technologies such as wind and terrestrial solar need to be backed up with baseload energy. Space Based Solar Power has the potential to form an important part of the future energy mix, delivering clean energy, day and night through all seasons and weather. It has very good environmental characteristics, a low carbon payback period, and low land usage.

The concept of Space Based Solar Power is simple although the engineering is on a large scale. A very large, kilometer scale, array of solar panels is located in space such that it is high enough above the earth to see the sun nearly all of the

Mirrors concentrate the sun onto the panels which produce electricity, and this is converted into high frequency radio waves. These are beamed to earth where they are converted back to electricity by a large receiving antenna located on the ground or at sea. It is a similar technology used in radar systems but on a much bigger scale. The antenna on the ground would be only occupy one third of the area of an equivalent terrestrial solar farm, and it is many times smaller than a wind farm producing the same energy output. It may be possible to co-locate the antenna with an offshore wind farm and take advantage of the existing grid connections.

A single system in space could provide 2GW of baseload power to the grid, comparable with a nuclear power station. The ability to easily switch between locations gives a lot of flexibility in terms of how the future grid is designed and could allow the UK to export easily to other countries. Locating the site at sea could also allow development of green hydrogen which is another important part of the future UK mix.

The UK has a strong research and industrial baseline and can develop real strengths in some of the key technologies for Space Based Solar Power. Combined with companies like Reaction Engines for future space launch, the UK could be well positioned to be a leader in this new area.

However, we need to invest now to secure the manufacturing jobs in the UK which we have not done in other areas like off-shore wind. We need to follow government's announcement with strong support and use the platform available through COP26, to realise the Net Zero, security, and economic benefits that can be delivered. Sam Adlen is Co-Chair of the Space Energy Initiative and Chief Strategy Officer, Satellite Applications Cata-

Martin Soltau is Space Business Partner, Frazer-Nash Consultancy, and Co-Chair Space Energy Ini-

The Tenerife Property and Business Guide Editor and Publisher

Ali JS Gray NIE: X-5323899-C trading as Spanish Property Guides C/ Luciano Bello Alfonso No 5, LAS CHAFIRAS, San Miguel de Abona, 38639

Tel: 922-703725 info@thetenerifepropertyguide.com thetenerifepropertyguide.com

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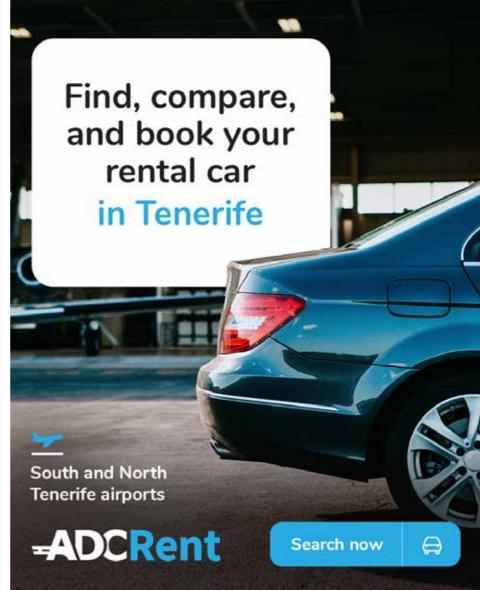
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Playa San Juan, Restaurant €250.000

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

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

Puerto Colon, Excursion Business €250.000

FRINA Tenerife is excited to offer this Unique Diving Business for Sale in Puerto Colon. If you dream about a great water sport business on the island of external spring, you cannot miss this! It has been established for many years and has no direct competition. The diving experience is offered on underwater

scooters making it possible for everyone to par... For full information see website or contact: Ref: 2409 | FRINA Tenerife SL -Business Sales | 922 085 191

€249,999 - €150,000

Costa del Silencio, Bar/Cafe

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

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

La Caleta, Bar/Cafe

€225,000

FRINA Tenerife now offers for sale this amazing lounge bar in Costa Adeje. This lounge bar just had a full refurbishment, and everything is made to the highest quality. This bar serves mostly drinks but also has burgers. The bar offers high quality at affordable prices. The premises are a 50m2 newly refurbished interior along with a large terrace that ... For full information see website or contact:

Ref: 2551 | FRINA Tenerife SL Business Sales | 922 085 191

Golf del Sur, Commercial Property

€220,000

FRINA Tenerife is now offering this investment property for sale, in Golf del Sur. This property has an established business and good tenants The premises of this freehold is a 66m2 interior and a terrace of 40 m2. If you wish to know more about this commercial property investment contact FRINA Tenerife. Para información en español llámenos: +34 ... For full information see website or contact: Ref: 2523 | FRINA Tenerife SL - Business Sales | 922 085 191

San Isidro, Gymnasium

€220,00

FRINA is happy to offer this Large and Modern Gym for Sale in Tenerife South. This gym has been established for more than 4 years and offers 2 fully equipped floors, an advanced booking system, more than 600 clients and professional employees. The premises are over 500 m2 distributed on 2 floors that are fully equipped with dumbbells, machines, gym roo... For full information see website or contact: Ref: 2472 | FRINA Tenerife SL - Business Sales | 922 085 191

Torviscas Bajo, Bar/Cafe €210

FRINA Tenerife this Busy Cocktail Bar For Sale in Torviscas Bajo, which is known as one of the best cocktail bars in the area and has excellent reviews on TripAdvisor, Facebook and other social media. It has been established for years and you will take over a genuinely successful business. Moreover, the owner only works limited hours hence, this is a g... For full information see website or contact: Ref: 2567 | FRINA Tenerife SL - Business Sales | 922 085 191

Adeje Town, Bar/Cafe

FRINA Tenerife is happy to offer this rare opportunity a Cafeteria and

Lottery for Sale. This is a unique business that sells lottery tickets, sandwiches, cakes, coffee, drinks, and also minimarket products. You get 3 businesses in 1 which secures you a high income every day. The premises are very spacious and in good condition! All materials and machi... For full information see website or contact:

Ref: 2502 | FRINA Tenerife SL Business Sales | 922 085 191

La Caleta, Italian Restaurant

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

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

Los Cristianos, Bar/Restaurant

€190,000
FRINA Tenerife now offers this Famous and Successful Asian Restaurant for Sale. This restaurant is located centrally in Los Cristianos and is very busy. An amazing reputation secures many gusts every day and evening both new and returning. If you are looking for a successful business with a good and steady income you cannot miss this! The premises ... For full information see website or contact: Ref: 2542 | FRINA Tenerife SL -

Business Sales | 922 085 191 San Eugenio Alto, Pool Bar €175.000

FRINA Tenerife presents this new Freehold opportunity Poolbar in San Eugenio Alto. A perfect located Freehold Poolbar inside a complex which is approximately a twenty minutes driving from Reina Sofia airport in the south. Almost opposite the resort there is Aqualand, a water park more suited to younger family members. The Freehold Poolbar is nearby att... For full information see website or contact: Ref: 2603 | FRINA Tenerife SL -

Business Sales | 922 085 191 Los Cristianos, Bar/Cafe

€170,000

FRINA Tenerife now offers this Sea View Bar for sale in Los Cristianos, it is a unique and perfect option for the demanding buyer! You find this Sea View Bar in San Telmo which is busy all year and both days and nights. The current owner has designed the Sea View Bar and decorated it to perfection. Furthermore, the bar overlooks the large a busy Playa ... For full information see website or contact: Ref: 2584 | FRINA Tenerife SL

Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

FRINA Tenerife now offers this Well-Known British bar Los Cristianos. It Is known for its high-quality food and entertainment. The bar is located in a busy area that attracts many tourists and residents. This bar has been for almost 10 years and has a great reputation and a high income. So if you are looking for a bar in Los Cristianos you can't miss this... For full information see website or contact: Ref: 2550 | FRINA Tenerife SL - Business Sales | 922 085 191

Puerto Colon, Freehold Property

€159.900

FRINA Tenerife Offers this empty freehold local in Puerto Colon for sale. It is located in the commercial centre of Puerto Colon and is a very central and busy location, with a lot of tourists all year round. Thanks to the beaches, excursions businesses, and bars in the area. This local is bright and spacious 76m2 freehold local is on the 1st floor and... For full information see

Ref: 2521 | FRINA Tenerife SL -Business Sales | 922 085 191

San Eugenio Alto, Pool Bar

€150,000
FRINA Tenerife presents this rare opportunity to buy a Freehold Pool Bar for Sale. This pool bar is in a busy complex in Torviscas. It is an apart-hotel complex where you will have both residents, expats, and tourists as guests. A pool bar is always a sure success and whether you wish to work less and only sell drinks and ice cream during the day or al... For full information see

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

Fanabe, Pub

€150,000

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

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

Las Americas, Bar/Cafe

1/Cale €150.0

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

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

€149,999 - €100,000

Los Cristianos, Bar/Cafe

€149,000

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

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

Puerto Colon, Charter Yacht €149.000

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

includes an attached

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navigation 8 seats and 2 Volvo Kad Ref: 2545 | FRINA Tenerife SL -Business Sales | 922 085 191

Puerto Colon, Empty Local

€140.000

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

see website or contact:

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

Los Cristianos, Pizzeria €140.000

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

Ref: 2417 | FRINA Tenerife SL -Business Sales | 922 085 191

Las Americas, Bar/Cafe €139.000

If you are looking for a Las Americas bar you cannot miss this successful business, which is famous for its amazing atmosphere, showing sports events and popular live entertainment several times a week. This bar has been open for more than 40 years and the current owner has only made this already

success! Moreover, t... For full Ref: 2197 | FRINA Tenerife SL -Business Sales | 922 085 191

Torviscas Bajo, Irish Bar €139.000

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

website or contact:

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

Las Americas, Bar/Cafe €132.000

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

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

Los Cristianos, Bar/Cafe

€129.000 FRINA Tenerife now offers this Amazing View Bar for sale in Los Cristianos, it is a unique opportunity in a prime location. You find this bar in Commercial Centre San Telmo which is full of tourists and locals all year and both days and nights. The owner has renovated the bar and has made it modern and cozy.

Furthermore, the bar overlooks the website or contact:

Ref: 2594 | FRINA Tenerife SL -Business Sales | 922 085 191

Arona, Property Management €125,000

FRINA Tenerife now offers this Rustic Finca Management in Arona

in a quiet area with mountain and sea view. The business consists of renting and maintaining the villa and the land with the possibility of living inside this beautiful Rustic Finca. Important to notice that the owner will give the management with the same rental conditions and for the fir... For full information see website or contact

Ref: 2582 | FRINA Tenerife SL -Business Sales | 922 085 191

Puerto Colon, Sports Bar €125.000

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

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

Fanabe, Bar/Cafe

€120.000

New on the market is this classic English Tea room, which is known for its delicious homemade cakes and a classic British tea table. And residents and tourists. It is a smaller café which is perfect for a couple and it is great even if you have kids since it is only open during the daytime. Premises of the Tea Roo.. For full information see website or

Ref: 2292 | FRINA Tenerife SL Business Sales | 922 085 191

Las Americas, Bar/Restaurant €120,000

FRINA Tenerife is happy to offer this popular and successful Las Americas restaurant for sale. This business has been established for more than 8 years and is known to serve great food for a fair price. The menu is a wide range of everpopular meals for the whole family ike pasta, steaks, roast chicken, pizzas, and more, And moreover, the restaurant h... For full information see website or contact: Ref: 2387 | FRINA Tenerife SL -Business Sales | 922 085 191

Costa del Silencio, Commercial

1 bed · This 1 bedroom apartment is located on the 1st floor in Palia

don Pedro, an aparthotel with reception, swimming pool (heated in the winter!), animation etc. The apartment has an american style kitchen and is very lunimous with direct aceess to the terrace from the living room. Parking space in the communal parking is included Community fess: 197€ month, ... For full information see website or

Ref: 08-0819 | Tenerifehome com | 922 783066

Las Americas, Lap Dance Bar €109.000

For sale in Tenerife is this newly refurbished bar & club which has the license to run both as a Cabaret Bar (lap dance) and Bar Sexual (sex club). You can choose to buy the business as a traspaso (leasehold) or buy it with the full SL company. Premises of the Lap Dance Bar & Club The club is newly built, and you get 300 m3 which are fully furnished... For full information see website or contact:

Ref: 2254 | FRINA Tenerife SL -Business Sales | 922 085 191

Puerto de Santiago, Pizzeria

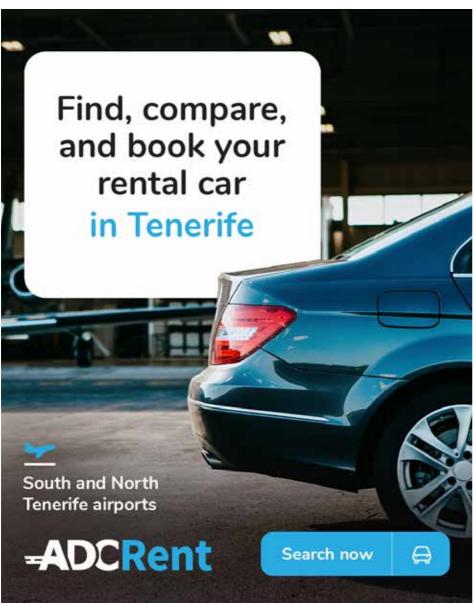
€109.000 FRINA Tenerife brings to the Market this Pizzeria - Seafood Restaurant in Puerto Santiago, located in the touristic area of Santiago del Teide and with a stunning view on the Ocean. The two locals have the same owner and the same employees, they work mostly with Tourists, but it is also very well-known between the residents of the town. The Rent of the... For full Ref: 2609 | FRINA Tenerife SL -

Business Sales | 922 085 191 Puerto Colon, Restauran €106.000

FRINA Tenerife presents this Modern Restaurant in Puerto Colon for Sale in San Eugenio Bajo located on a busy street and overlooking the sea. This Modern Restaurant is fully renovated and



The Business Section



has a unique decor, it faces stunning sunsets and enjoy an excellent flow of people, both tourists and locals. Premises of the Restaurant for Sale The premises. For full information see website or

Ref: 2593 | FRINA Tenerife SL -Business Sales | 922 085 191

Tenerife South, Retail Business €100,000

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

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

Fanabe, Bar/Cafe

€99,500

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

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

Puerto Colon, Excursion **Business** €95,000

FRINA Tenerife is happy to offer this unique Excursion Business for Sale in Tenerife. This business offers both Flyboard excursions and Crazy UFO excursions. The business has been open for more than 6 years and runs all year round thanks to the great climate and warm sea waters here. The business includes all the equipment which are 2 fly boards, 1 ... For full information see website or contact: Ref: 2427 | FRINA Tenerife SL -

El Madronal, Babywear Shop €86,500

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

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

Torviscas Bajo, Pool Bar

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

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

Vilaflor, Bar/Restaurant €80 000

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

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

Costa del Silencio, Restaurant

FRINA Tenerife offers for sale in Costa del Silencio this restaurant that is known for delicious fish and tapas. It has been established for almost 2 years and has earned itself a good reputation and has very high reviews on Google, TripAdvisor, and Facebook, The premises are spacious 300m2 and moreover, have a terrace of 40 m2. Inside are tables for 1... For full information see website or contact: Ref: 2515 | FRINA Tenerife SL -Business Sales | 922 085 191

Las Americas, Beauty Salon €76.000

FRINA Tenerife offers Traspaso Nail and Beauty Salon for Sale. It has a prime position in Las Americas facing the busy promenade and offering a stunning sea view. The business offers a variety of treatments among others manicure, pedicure, waxing, massages, tinting of lashes and eyebrows, facials and more. The premises are amazing and refurbished to hi... For full information see website or contact: Ref: 2564 | FRINA Tenerife SL Business Sales | 922 085 191

Torviscas Bajo, Sports Bar

€75,000 FRINA Tenerife is happy to offer this Music & Sports Bar for Sale. The business is in Torviscas Bajo 5 minutes far from the famous Torvisca Beach and known for sports events and music entertainment. The Music & Sports Bar has a pool table used frequently in the evening by professional team and organise Karaoke and Bingo events for his clients. Wheth... For full information see website or

Ref: 2588 | FRINA Tenerife SL -Business Sales | 922 085 191

Torviscas Bajo, Bar/Cafe

€60.000

FRINA Tenerife offers this British Bar & Café in Torviscas Bajo in a full of tourists area. The Bar has a good reputation and great client base, it operative and ready for work This British Bar is easy to run and perfect for a couple, it has been recently renovated and the owner will support the buyer during the first month of activity. Premises... For full information see website or

Ref: 2579 | FRINA Tenerife SL -

Adeje Town, Pizzeria

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

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

Playa Paraiso, Bar/Restaurant €59.000

FRINA Tenerife offer for sale in Plava Paraiso this restaurant-café. It is known for quality meals inspired by the Italian kitchen and especially their fish and pizzas are delicious and popular. This location has few direct competitors and attracts both regulars and tourists. The premises are spacious 70 m2 and newly refurbished with an open kitchen.. For full information see website or

Ref: 2474 | FRINA Tenerife SL Business Sales | 922 085 191

Adeje Town, Bar/Restaurant €59.000

FRINA Tenerife is now offering this Long-Established Bar Restaurant in Adeje. The Restaurant is centrally located, in a busy main street of Adeje town. This is Bar Restaurant is very popular among the residents and families in the area and it has a loval client base. Premises The premises are a spacious 58m2 inside where you can host up to 30 For full information see website or contact

Ref: 2595 | FRINA Tenerife SL -Business Sales | 922 085 191

Adeje Town, Pizzeria €55,000

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

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

San Eugenio Alto, Bar/Cafe

€53.000 FRINA Tenerife brings to the market this Traspaso Cafe for sale in San Eugenio. This café is known for homemade Italian food and has been established for years hence, it has a good reputation and many regulars. It is a perfect size for a couple who wishes to work together and as a first-time buy. Today the owner does not offer delivery, but website or contact:

Ref: 2565 | FRINA Tenerife SL -Business Sales | 922 085 191

Los Cristianos, Bar/Cafe

FRINA Tenerife offers this Bar & Café Traspaso in Los Cristianos in a long-term tourists and residents' area. The Bar has a good reputation and great client base, it is operative and ready for work. This Bar Traspaso is easy to run and perfect for a couple, the Menu is rich and diversified and the waitress can support the new owner in the first month. ... For full information see website or contact:

Ref: 2577 | FRINA Tenerife SL -

Business Sales | 922 085 191

Los Cristianos, Minimarket

€52 000

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

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

Torviscas Bajo, Fast food restaurant

€50.000

FRINA Tenerife offers this Fast-Food Restaurant in Torviscas Bajo in a full of tourists area. It is only 5 minutes far on foot from the famous Torviscas Beach. This Fast-Food Restaurant is easy to run and perfect for a couple, it has a good reputation and great client base, it has a lot of 5 Star reviews on TripAdvisor. Premises The Fast-Food R... For full information see

website or contact:

Ref: 2586 | FRINA Tenerife SL -Business Sales | 922 085 191

UNDER €50.000

Los Cristianos, Bar/Cafe €49.500

FRINA Tenerife now offers this amazing French Café in Los Cristianos. 2 Years ago the owners

refurbished this Cafe. Where they also installed a wine boutique. This café serves French healthy food and it does tapas and wine tasting. And has done so for more than 8 years, and has a good reputation. furthermore, with the addition of the boutique, the new own... For full information see website or contact. Ref: 2539 | FRINA Tenerife SL -Business Sales | 922 085 191

Las Galletas, Bar/Cafe

FRINA Tenerife is now offering this café in Las Galletas for sale. It is newly refurbished. With a fully equipped kitchen. The café is in a residential. This is perfect if you are looking for a bar/café in the south. And prefer a less touristic area. The café has been closed but is ready to open. This location would be great as a pizzeria, take away re... For full information see website or contact. Ref: 2532 | FRINA Tenerife SL -Business Sales | 922 085 191

Las Americas, Bar/Cafe

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

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

Amarilla Golf, Bistro

€45.000

For sale traspaso is this well established bistro-café in Golf del Sur, situated at the entrance of a resort in the best-known golf area of Tenerife. The reputation of the business is great both locally by word-of-mouth and high TripAdvisor score. Note, the cafe is located in 2 combined locals where 1 of the locals are for sale freehold, hence vou can ... For full information see website or contact:

Ref: 2569 | FRINA Tenerife SL -

Business Sales | 922 085 191

Playa Fanabe, Bar/Cafe

FRINA Tenerife offers this Modern Cocktail Bar in Playa Fañabé, close to the Bus Station and at 5 minutes from the beach on foot. The Bar has a good reputation and great client base, it is operative and ready for work. This Modern Cocktail Bar is easy to run and perfect for a couple or for a group of friends, it has been recently renovated and the owne For full information see website or

Ref: 2600 | FRINA Tenerife SL -Business Sales | 922 085 191

Tenerife South, Bar/Cafe

FRINA Tenerife offers this traspaso Bar & Café for sale in Abades a cozy little village in Tenerife South. The business has been established for 3 years and is next to the beach and the Leprosería sight that attracts many tourists year-round. Furthermore, this is a popular area for hikers and divers. The premises are 60 m2 with a bar, storage, and . For full information website or contact:

Ref: 2506 | FRINA Tenerife SL -Business Sales | 922 085 191

Adeie Town, Pizzeria

New on the market is this large Pizzeria & Restaurant for sale Adeie that opened in 2007. The many years with the same owner made this a genuinely successful business. However, today the place is closed, hence the low price. The restaurant was known for delicious pizzas, local fish, great wines, and Italian homemade desserts. It is located centra... For full information see website or contact:

Ref: 2448 | FRINA Tenerife SL -Business Sales | 922 085 191





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WELL-ESTABLISHED EXTERIOR FURNITURE AND **SUNSHADE BUSINESS IN LOS ABRIGOS**









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

The Business, established 7 years ago, if marketed more aggressively, could be extremely successful. It would have the advantage of being fed clients from the Studio4Decor Interior Design and Furniture shop, situated across the road which has been established on the Island for 20 years with an excellent customer service record.

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



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

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





This Business is unique for 3 reasons:

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

€85,000

- Tenerife

tenerifebusinessforsale.com

Sports Bar in Las Americas



This sports bar is in the heart of Las Americas and it is known for pool tables, live sports and karaoke nights. It is 90m2, has a large terrace, fully equipped kitchen and was recently refurbished. The monthly rent is 1,144€.

Price: 120,000€ Ref.: 2673

Tapas Bar in Los Cristianos



This tapas-bar has the restaurant license and is also known for today's menu and live music. The guests are both tourists and locals. It inside is 80m2 and has a are both tourists and locals. It inside is 80m2 and terrace of 30 m2. The monthly rent is only: 1,600€

Ref.: 2675 Price: 85,000€

Bar & Cafeteria Freehold



This freehold is 80 m2 inside and newly renovated. The terrace is elevated and holds tables for 10 people. It is located centrally in Cho where it is known and well-visited by the locals and only open during daytime

Price: 220,000€ Ref.: 2668

Bargain Bar in Callao Salvaje



This is a great opportunity to purchase a well-established bar serving drinks for a fair price. The premises are 75m2 including the terrace. The monthly rent is only 600€. Also, you can buy the freehold if you wish for 130,000€.

Ref.: 2646 Price: 30,000€

CHEAP SEA FRONT LOCAL



If you are looking to open a bar, cafe, salon or shop in a prominent location, you will be hard pushed to find a better offer! Located perfectly at the sea front of Las Americas. The local is 86 m2. The monthly rent is 4,000€.

Price: 5,000€ Ref.: 2665

Los Cristianos Pool Bar



This pool bar is in a complex of 175 apartments with residents and tourists. It has a good reputation and offers an international menu with many British favourites. it has space for more than 100 guests. The monthly rent is: 2,050€.

Price: 69,000€ Ref.: 2628

Bar & Cafe in Los Cristianos



This bar-café is especially popular among British residents and tourists, known for sandwich, burgers, Sunday Roast, live sport, karaoke and live music. It is 50m2 inside and has a terrace of 50m2. The monthly rent is: 2,000€.

Price: 37,500€ Ref.: 2678

Excursion Boat in Puerto Colon



This Excursion Boat is a Cruiser with 2 Volvo engines It can host 10 guests plus the captain and it is long 8 meters. It offers 3 hours excursions every day. The berth rent per month is 1,000€.

Price: 69,000€ Ref.: 2380

Popular Fish & Chips Shop



This shop in Los Cristianos sells proper English fish & chips but offers other classic fast-food dishes too. They offer to dine in the shop, take-away and delivery. It is in perfect condition and fully equipped. The Monthly rent is: 800€

Ref.: 2671

Price: 180,000€

Tapas Bar in Los Cristianos



This bar is located centrally in Los Cristianos and serves

Ref.: 2647 Price: 53.000€

Long-established Dive Center



This dive center is for sale traspaso and located in Abades that attracts many divers year-round. It has been estballhed for years. The premises are located just at the sea front and are 2 spacious locals. The monthly rent is: 600€.

Ref.: 2667 Price: 270,000€

Leasehold Farm & Restaurant



very special opportunity to rent a Farm & Restaurant in Tenerife South, which has many opportunities. Included in the rent are 6.000m2 of land and a 288m2 restaurant which is not open today. The monthly rent is: 4,000€

Ref.: 2687 Price: 5.000€

Freehold Pool Bar



This freehold pool bar is in a large complex in Sar Eugenio Alto and is spacious with a bar both inside and outside on the terrace. This is a great opportunity whether you are looking for an investment or bar to run yourself.

NEW PRICE: 150,000€ Ref.: 2603

Restaurant in Golf del Sur



Large restaurant of 200m2 known for Seafood with Italian specialities. Through 7 years the owners have built a strong name for themselves and a profitable business. It has a large terrace and the monthly rent is: 1,300€.

Price: 129,000€ Ref.: 2666

Freehold Office For Sale



This office is spacious 63m2 including a main area and a seperate office, the place also has its own toilet. Outside there is a bright 20m2 terrace. It is in a commercial center in San Eugenio and perfect for laywer, real estate or a salon.

Ref.: 2654 Price: 194.000€

Sailing Boat in Puerto Colon



For sale is this Jeanneau Sailing Boat licensed for 11 people and with berth in Puerto Colon. This is a great opportunity to start an Excursion Business in the most popular harbour of Tenerife. The berth is 1,400€ monthly.

Price: 109,000€ Ref.: 2660

Successful Restaurant in Fanabe



If you are looking for a solid business showing a healthy income you cannot miss this well-established restaurant The premises are modern and offer besides from the

Price: 129,000€ Ref.: 2560

Street Food Bar For Sale



This used to be a street food bar and has big potential thanks to its space - the bar is newly refurbished and more than 100m2, including a large kitchen. It is in busy area of Los Cristianos. The monthly rent is 3,000€

Price: 79,000€ Ref.: 2659

Busy Snack Bar in Puerto Colon



This snack bar is very popular and is known to serve breakfast, lunch and take away for the many people who work and visit the area daily. It is perfect if you wish to have days and evenings off. The monthly rent: 1,000€.

Price: 49,000€

Large Entertainment Pub



This pub in Playa Paraiso is long-established but was fully refurbished, it has a large terrace with 60 seats, and it is spacious 140m2 inside. It has professional pool tables and show all sports events. The monthly rent is 5,000€

Ref.: 2674 Price: 150,000€







1 +34 670 63 60 04 +34 922 08 51 91 frina@tenerife-business.com w tenerifebusinessforsale.com











