

# "USER MANUAL" DEAR GUESTS -> WELCOME :-)

(updated 12.12.2012:)

Welcome. We hope you enjoy your stay. Please do not smoke inside and keep the apartment clean to avoid bugs and here is some more practical info, important info when you [leave](#) on the end of this document + [garbitch](#) info and [house rules](#), a little info in norwegian in this [online document](#):

## - CONTACT INFORMATION (regarding the rent):

You may call us (Simen Myrberget and Svanhild Løberg) in Norway at +4721697201 or cell phone +4799698707

Free communication: Email to Simen is [soro@kreateam.no](mailto:soro@kreateam.no), and Skype: "simenmyrberget"

Svanhild Skype: «svana1978» (Svanhild) and email to svanhild is: [svana.wilhelmine@gmail.com](mailto:svana.wilhelmine@gmail.com) and Svanhilds cell phone +47 90930735

- Local Contact (almost a neighbour) is Monica Nedrejord:

Skype «monica.nedrejord» and cell phone: +34652290066, she does not use email

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## - INTERNET:

Internet and broadband. You can choose for your self if you want wireless (might not be optimal healthwise and it is especially a good idea to turn it off in the night) or wired connection (so therefore I have put a ethernet-cable for you to use if you would like it). The upper box on the wall in the wall is the wireless option.



You might have to plug in the socket from the power supply (A) as it might be hooked up to the lower broadband router and even change the cables from the «broadband feeding» cable (B) to the upper box if the cabled version of internet was used previously.

### **- PASSWORD:**

Password: 0928560191 or 0928560192

Name of network: We never use it, but think it is "homesweethome" or something like that

Internet provider (Computer Service S.C.P):

Tlf:+34 828 244 377 / 928 151 476 Tlf:+47 33 80 87 84 (last number is a norwegian number)

### **FIRST THINGS TO DO:**

1.) If you do not have electricity (then this is normal to save energy), then switch on the fuses (found in the entrance hall). You would have to lift the white lid up first.



The picture shows the correct settings (all fuses are in the «up» position)

2.) If you do not have any water (that is good, it is suppose to be off when you come), you can locate the handle for switching the water ON just left of your entrance door, left of the stairs (marked with a sunflower symbol):



## - TV:

1.) Switch on the little black box with the grey little remote control (Canal Digital box) first and then wait 30 sec. (Important to wait!)

2.) Switch on the TV.

The TV should automatically switch to the little Canal Digital box and start showing programs. Otherwise you might want to select «HDMI 1» manually ("Source" button on the tv remote. You should avoid this by doing 1.) and waiting 30 sec. first.





The tv image is hd and the tv panel of good quality. We have a few channels which is watcable:

154 History Ch. HD

153 Discovery HD

158 BBC

156 Nat Geo Wild

155 Nat Geo HD

179 Nyheter

410 Nr1

Please do not change the tv- setup! Please do not start a search for channels or change anything. Please do call us or contact us first if there are technical problems.

### **- WATER:**

**The water in the tap is not for drinking! You may use it to brush your teeth and rinse vegetables / fruits and some people boil the water for tee or coffee (not recommended)**

We really recommend buying water in glass bottles. This taste much better and is more healthy (plastic contains properties similar to female hormon and might effect your ability to reproduce / fertility)!



The glass water bottles can be delivered on your door by appiontment on every monday between 12:30 and 13:15 (approx): 2 Adult persons use 3-4 cases a week of glass water (24 liter pr. case). Costs pr. case is pr. june 2012 €3.50.- and you can even arrange for the money to be enclosed within a envelope so you do not have to wait for the delivery. One place for this might be on top of the the fire secuirty device (placed on the left of the water lever in the hall):

You may call the driver and delivery person of the water and her name is Elisabeth on phone: +34 669 33 49 59. She speaks english quite well.



(The Picture above is Elisabeth, the «water lady» on phone +34 669 33 49 59)!

### **HAVING FRIENDS COMING OVER?**

We are sorry, but we are not allowed more than 2 adults and a 2 children at the same time in the apartment (staying). You may want to have your friends on one of the hotels at Playa Cura (which is near by, just 10 min. walking on the right of Tauro beach):

<http://www.booking.com/hotel/es/riviera-beach-spa.no.html>

<http://www.booking.com/hotel/es/riviera-marina.no.html?label=gog235jc;sid=7129c522c261bbe6fdaa5245e014a963>

Sometimes the neighbour apartments are available for rent too:

Topacio 37

Contact person: Riny Viele,  
tlf. +34 928 561341

Topacio 33:

Contact person: Jan Daaland  
tlf. +47 900 22 980

Jostein Dragnes, president of the area of this apartment is the contact person for keys etcetera (coordinator). +34 928 560 025 (he speaks norwegian, english and spanish)

### **WASHING CLOTHES:**

When drying the clothes you can use the line system outside the entrance just outside your door (nr. 35):



### **WHAT TO WATCH OUT FOR:**

The Medusas (norsk maneter). And then especially in the north (Las Palmas) on the Canteras beach. We have never encountered any here in the south, but meeting one close up is not recommended



Senaste perioden har varit ombytlig. Ganska kraftiga vindar, därtill kyliga och den behagliga kvälls- och morgontemperaturen har ännu inte infunnit sig. Vissa spridda regnskurar har också förekommit. En dag kom emellertid en Kalima. Hela himlen var disig av sandstoft, men den så karaktäristiska hettan uteblev.

På grund av starka vindar och högt tidvatten i kombination med varmare vatten i havsströmmarna drabbades Gran Canaria av en manetinvasion. Värst var det i Las Palmas och Las Canteras. 10-tals ton maneter har tagits bort från stränderna. Maneten kallas lysmanet och har fått sitt namn efter dess förmåga att utsända ett blinkande ljus. Den blir som regel 5-6 cm stor, men det finns exemplar på upp till det dubbla. Dess åtta tentakler med brännande



nässelceller kan ge upphov till kraftiga brännskador på människor, varför myndigheterna uppmanar turisterna att vara observanta och avråder från att bada när det finns maneter i havet.

## SHOPPING:

You may shop in the Local «Spar» on the little shopping center near Playa Cura. They do even have a mini bank machine for cash withdrawal do also have national newspapers like «VG» (for norwegians) and some of our local favoiries like:

Our favorite Pistachio:





The chocolate above is locally produced by Tirma in Las Palmas. Taste great and is even without gluten and added sugar.



The taste is excellent also for this dark chocolate (above)

## BIG SHOPPING?

If you have a rental car or car the place to go for the best variety is the shopping center in Vecendario called «Atlantioco». About 25 minutes by car going on the motor way north towards Las Palmas, taking off to the right on the highway by the sign «Veceandario» + symbol for shopping centre. They have electronics, cameras, fashion, restaurants:

<http://translate.google.com/translate?hl=en&sl=es&tl=en&u=http://www.ccatlantico.com/castellano/horarios.html>

The only place we know for Cruncy Tacos are Carre Four (in Vecendario) also without palm oil! And if you need some sour cream (in norwegian «rømme») you may try creme fraiche! Spar will have it. Carre Four does also have gluten free beer (type «Sol») from Mexico and frozen strawberries. They do also carry organic butter (their own brand) + a delicious pineapple juice (not from concentrate). There is also a herbalario (norwegian = helsekost) at Atlantico where you can buy supplements (Vitamins and Minerals) and almond oil (good for your skin as after sun).

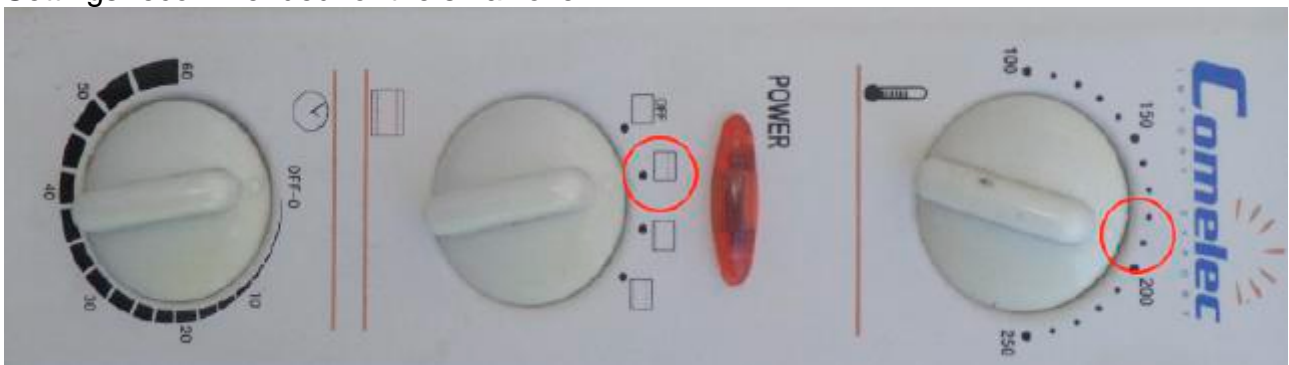




You will find tacos at Carre Four. If you are going to heat the tacos, use the small oven and take out each taco tray separately and lay in onto the grid (you might want to take the oven out on the veranda) at these settings (photo). Otherwise the fuse might go down / auto shut:



Settings recommended for the small oven:



### **ORGANIC VEGETABLES AND FRUITS (Økologisk in norwegian):**

You have the option on every thursday (as of june 2012) to have cases of organic fruits and vegetables delivered to your door. Recommended. For more info:

<http://www.ecolevering.com/english.html>



You can pick your own mango from about the 17th of june until middle of september just around the corner (5 min. walk or less). Ask some locals :-) Highly recommended

### **SWIMMING POOL:**

The key to the pool is on the wall in the hall and marked «nøkkel basseng» and the pool is located about 50 meters down the road away from the main entrance to El Topacio:





## **CAR RENTAL:**

Car: You can rent a car from €20 - per day (down to €16 pr. day for a Citroen C4 with 1.6 engine for example). The «normal» routine is that you will be greeted at the airport by a representative of the rental car company (holding a poster with your name on it). You can then choose to prepay by cash or credit card. Cash can really pay off since f.example they would not be able to charge you in your local currency and are forced to accept euro . This is the link to the car rental company:

<http://www.autosmancebo.es/index.php?idioma=eng>

Put the keys to the rental car here (at the airport) when dropping off (make an agreement how to do it, but this is the most common way):





### **TAXI:**

You may call +34 928154777 to order a taxi. Expect €4-5 euros daytime from Tauro Platero (your location here) to Puerto Rico. From here to Arguineguin would be perhaps about 6 euros and 50 euro to the airport (as of june 2012)

### **BEACHES:**

The water quality in Amadores inner beach / main beach is not so nice especially when crowded. The best thing about Amadores might be [Beach Club](#), but the staff is not of the warmest and friendliest perhaps. Another good thing about Amadores is the sacred cave behind the beach (facing Tauro beach). This is worth while seeing and swimming in.

The better option is the nearby Tauro beach about 10 minutes walking down behind the Guantanamo restaurant. It is a laid back and relaxed style beach mostly where locals go and on every sunday there is a live concert (free) on the Pio Pio restaurant. Music style: Rock, Pink Floyd and blues.

«[Anfi Del mar](#)» is definately worth while a visit. Nice white sand and a green oasis with shopping center, restaurants and a sense of a clean and nice athmosphere. Expect about 6 euros for a taxi ride one way to Anfi Del Mar.

## RESTAURANTS:

Our favorite is [Taj Palace in Puerto Rico](#). They can even make indian food at gourmet quality without gluten and milk if you desire! It is situated in the new harbour of Puerto Rico, for more hints to good restaurants (text in Norwegian), [click here](#).

Another not so advanced option would be our favourite «near by / laid back» restaurant which has a simple / plain menu. They are always very nice and ready to cooperate so we end up often making our own choices like the «low carb entrecote» below:



The Picture further below is Julian and Sandra the owners of "Vista Del Mar" Restaurant (on Tauro Beach).

You can order your food and then go for a swim and when you return the food is ready to eat. This restaurant is practically on the beach



## **DOLPHINS AND WHALES:**

The «whale season» is usually in may. You do often see dolphins and if you do not you will have a free ride next time. We highly reccomed «[Spirit of the sea](#)». They are in my opinion the best. Price pr. person is about €25. Bring a hat and put on some sunscreen! They leave from Puerto Rico, not far away from Taj Palace (a great indian restaurant), please do also check out [Simens dolphinpage](#).

## **ANIMALS AND RECREATION PARKS:**

A visit to [Palmitos Park](#) is something to make a priority of. Lots of exotic animals and of course the dolphin show + spectacular bird of prey show.

## **WHEN LEAVING THE APARTMENT:**

1.) In order to avoid bugs, please remember to plug all the sinks like this and close the lid on the toilet:



2.) In order to save the environment and also the elecitrcty bill please switch off the main switch (fuse):





If you are unsecure about which is the main switch, just swiths them all off (pull them down). You will find the fuse closet in the entrance hall by pulling up a white lid of tree

3.)



Please clean the small oven if you have used it (inside) and do also empty the toast machine (to avoid an ant invasion)

4.) Shut off the gas by slightly pulling out the knob and turning at the same time:



This is the Shut down position.  
When you leave, leave it like this.  
Remember to gently pull out the knob (red) when turning. «Abierto» means open. «Cerrado» means closed and «tirar» = pull.



If you use a lot of gas and empty the container, please do replace it on a gasolin station.

5.) Please turn off the water (to avoid leaks and water spillage), the lever should be turned to this position (down) for more information look at the start of this document (where to find this handle etcetera):



- 6.) Cover the tv and radio with some white cloth (sheets from bed or something usable)
- 7.) **Pull out** the electric cords of the tv + satellite tuner (marked Canal Digital) and radio / iphone player. Important + take out the electric extension cord to the broadband router (internet)
- 8.) Turn of the fridge, pull out the electric cord of the fridge and leave the door open on the fridge. Leave a clean towel over the fridge door in order to keep the fridge door open.
- 9.) Put the furniture on the veranda inside (only the wood furniture), the plastic can stay outside. The wood table may stay outside if placed close to the wall (protected from rain)
- 10.) Close all of the windows.
- 11.) Leave the door to the bathroom and sleeping room open when you leave
- 12.) Wash the apartment and leave it like you found it + return the key to either Monica Nedrejord (make an appiontment) or call us to make an other way of delivering the key.

Turn the lock twice in order to lock the door properly.

#### **- WASHING THE APARTMENT:**

You are expected to wash out the apartment after you have rented it. If you need someone to wash you may call Antonia or Monica may also do ut. Antonia speaks mostly spanish, but can understand a little english. She is very efficient and nice. Expect 1-2 hours at least for a normal floor wash with stove and the dishes etcetera. Expect 4-5 hours when she is "washing out" the whole apartment, including washing the bed sheets and putting the bed sheets on again + washing the white cover sheets on the sofas must be washed and put on again.

The price is pr. december 2012: €10 pr. hour.



Monica might call on your behalf and book a wash for you. Monicas phone is: +34 652 290 066

The phone number for Antonia is : +34 646 268 375

You may find it useful to use this (Google Translate) even as you talk to her. Google translate is not perfect, but might solve some communication issues:

<http://translate.google.no/#en|es>

A good idea would be to use a spanish calendar when booking dates like this:

<http://www.timeanddate.com/calendar/?year=2012&country=16>

You may want to click on the month and enlarge so you can see the name of the days (like this):

<http://www.timeanddate.com/calendar/monthly.html?year=2012&month=6&country=16>

This is the name of the days (weekdays):

| English   | German     | French   | Italian   | Spanish   |
|-----------|------------|----------|-----------|-----------|
| Sunday    | Sonntag    | dimanche | domenica  | domingo   |
| Monday    | Montag     | lundi    | lunedì    | lunes     |
| Tuesday   | Dienstag   | mardi    | martedì   | martes    |
| Wednesday | Mittwoch   | mercredi | mercoledì | miércoles |
| Thursday  | Donnerstag | jeudi    | giovedì   | jueves    |
| Friday    | Freitag    | vendredi | venerdì   | viernes   |
| Saturday  | Samstag    | samedi   | sabato    | sábado    |

### **GARBITCH AND BUGS:**

It is really important to keep the kitchen area and floor clean and not leave crumbs of bread and other spills from food on the floor or in the waste basket too long. And do remember to switch off the lights especially on the toilet and balcony in the evening as this will attract insects.

There is also recycle options / bins next to the garbitch area and also down by Guantanamo restaurant (even for paper waste).

### **WHERE TO PUT THE GARBITCH?**

You may walk up the stairs just outside of your door and then about 60 meters to the right to this place:



### **HOUSE RULES:**

We ask you kindly to respect not to smoke inside as one of us are allergic to smoke and preferably not on the balcony either. It is expected to be quiet between 07:00 and 23:00 (eleven in the evening). It is usually a quiet neighbourhood :-)

And important. It is not allowed to leave garbitch outside your door or in the hall. It attracts insects!