**Insulians have numerous choices with regards to their Insula Tokens:**

1. Provide liquidity to the ISLA Uniswap market and receive interests.

2. Sell ISLA against high, and buy low against 100+ other cryptocurrencies.

3. Sell their ISLA against ETH and invest it into Insula Decentralized Funds.

4. Hold ISLA as a long term, volatile investment.

**1.Extended version: Provide liquidity to the ISLA Uniswap market and receive interests.**

To begin your experience as a liquidity provider and to begin earning liquidity provider interests, we suggest the creation of a Uniswap ROI account.

This will allow you to monitor conveniently your investment in Insula Liquidity Pool on Uniswap.

All you need is the Ethereum address you have used for the Insula Token interaction with Uniswap Decentralised Exchange.

Uniswap ROI example:

<https://www.uniswaproi.com/app/4a4216ffad184ee0a2bc7046cc4692dc/address/0x89422a8d16d258b3d6e71ad96a3f76220c72d07a&pool=0x3203d789bfdB222bfdd629B8de7C5Dc38e8241eC>

1-Understanding Uniswap Liquidity Returns:

<https://medium.com/@pintail/understanding-uniswap-returns-cc593f3499ef>

2-Learn how to invest in the ISLA pool:

<https://settle.finance/blog/uniswap-adding-liquidity/>

3-Visualize your Uniswap ROI:

<https://www.uniswaproi.com/#>.

**2.Extended version: Sell ISLA against high and buy low against 100+ other cryptocurrencies.**

Simply head to<https://uniswap.info/home> & swap against the token of your choice.

If you intend to reinvest on ISLA over the Invest long-term in a Dollar Cost Averaged way with DCA.land:

<https://www.dca.land/#>

**3.Extended version-Sell their ISLA against ETH and invest it into Insula Decentralized Funds. (Disclaimer- Cotrader funds are closed to USA citizen or residents, according to their own policy).**

Simply head to<https://uniswap.info/home> & swap against ETH. Then, watch this video to learn how to invest your ETH in the fund :<https://www.youtube.com/watch?v=a-RTS1QvVX0&t=29s>

**4.Extended version: Hold ISLA as a long term, volatile investment.**

You do not need to do anything. If you do not intend to trade your assets on a regular basis, it is a well-known best custody practice to keep them on a Ledger Key. You can order one on Amazon:<https://www.ledger.com/>