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New roaring trade for farmers



A pilot project in the Algarve has identified the growth and sale of dragon fruit as a new profitable solution for farmers. P24 (Photo: Lusa / Filipe Farinha)

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Portugal in the olive oil 'premier league'



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Portugal is 'in the premier league' of olive oil production and could soon reach the "top three" thanks to the growth in its production capacity.



“There are projects in all countries, currently, to improve their production capacity”, but, with “the growth rate it has had” and the existing forecasts, Portugal “is clearly in the premier league” of olive oil producing countries,

said the executive director of the International Olive Council (IOC), Jaime Lillo.

Jaime Lillo told Lusa that he was confident that Portugal would soon be “on the podium of the three production champions”. An IOC delegation has been

visiting Portugal to gain first-hand knowledge of the reality of olive oil mills and olive oil production in the country, particularly in the Alentejo region.

Hosted by OLIVUM - the Portuguese Association of Olive Growers and Olive Oil Mills, the programme kicked off with a meeting in Beja, which was also attended by the Portuguese Farmers' Confederation (CAP), CONFAGRI - the National Confederation of Agricultural Cooperatives and Agricultural Credit of Portugal and Casa do Azeite.

Visits to olive groves, olive oil mills and the Alqueva Development and Infrastructure Company (EDIA), as well as presentations of research and educational projects,

are the highlights of this two-day technical visit.

Jaime Lillo, who is completing his first year as executive director of the IOC, explained to Lusa that he had “a particular interest in visiting Portugal”, which produces “excellent quality” olive oils, and, in particular, the Alentejo. This is because, in world terms, the Alentejo “is one of the regions, if not the most innovative, most competitive region and where a real revolution has taken place in the cultivation” of olive groves, he stressed. “What is happening in the Alentejo is an international reference for modern olive growing, competitive, precision olive growing and, in addition, sustainable and high-quality olive growing”, he praised.



Weekly Weather

Weekend weather

Lisbon

It will be feeling hotter again in the capital over the weekend with hazy high cloud and temperatures peaking at 33 degrees on Sunday and Monday. The weather will change on Tuesday to prolonged sunny spells and highs of 32 degrees on Tuesday. Temperatures are to fall as the week progresses.

The north

Intermittent sunshine and cloud is forecast for the weekend with highs of 29 degrees on Saturday and 31 degrees on Sunday. On Monday clear skies are expected with highs of 34 degrees and lows of 14 degrees. It is to remain warm the following week with average daily highs of 31 degrees.

The centre

Hazy high cloud is forecast for Saturday when temperatures are to peak at 30 degrees. On Sunday prolonged sunny periods are expected with highs of 33 degrees. Monday is set to be feeling very hot with highs of 35 degrees. From Tuesday temperatures are to begin to drop down to highs of 30 degrees.

The south

Highs of 29 degrees and lows of 21 degrees are predicted over the weekend in the south. On Monday clear skies and highs of 30 degrees are expected, with lows of 21 degrees. The weather is to remain stable for the week ahead with average highs of 28 degrees and nightly lows of 20 degrees.

Temperatures are on the rise again

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Tourism needs immigrant workforce



The president of the Portuguese Tourism Confederation has highlighted the need for a foreign workforce and considered that, even if immigrants were replaced by beneficiaries of the Social Integration Income (RSI), “it would not be enough”.

Francisco Calheiros was one of the speakers at Chega’s parliamentary sessions, in a panel on the theme “Boosting the Portuguese economy”.

“The lack of workforce is a reality. It has been overcome by immigration, and I think there is no other way to do it”, he argued.

The president of the Portuguese Tourism Confederation considered it necessary “to create conditions for them to come, so that there are no endless queues for services, so that they have housing, employment contracts and so that they can have all the conditions to be integrated, as the Portuguese want them to be”.

In the same panel, Chega MP Filipe Melo did not agree with this position.

“We do not need immigrants to end the lack of labour, what we need is to end the RSI, to put those who are receiving [this subsidy] to work, and thus not need immigrants”, he stated, arguing that “this is the prerequisite for the economy to function”.

In a second intervention, the president of the Portuguese Tourism Confederation refuted: “we can put all the people who receive the RSI [in jobs now occupied by immigrants], but it is not enough”.

New immigrant centre processing 240 people per day

The Minister of the Presidency has said that the first immigrant service centre of the AIMA Mission Structure should serve around 240 people per day, which represents an additional 25 percent of response capacity.



António Leitão Amaro visited the facilities of the first service centre of the Mission Structure of the Agency for Integration, Migration and Asylum (AIMA), which began operating on 9 September at the Hindu Centre in Lisbon, and which is a first step towards regularising the cases of around 400,000 immigrants by June 2025.

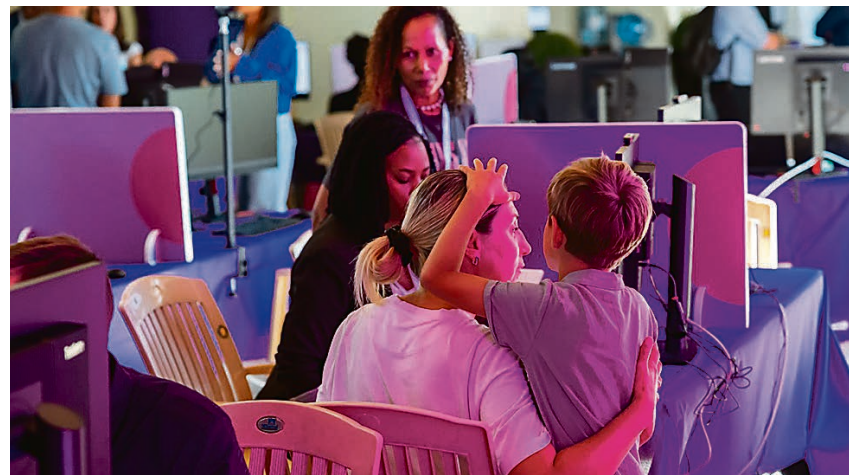
According to the minister, the estimated number of people served is 240 people per day during this first week.

“This means, on top of the 1,000 [services] normally provided by AIMA across its network,” the minister stressed.

According to Leitão Amaro, this represents a 25 percent increase in the organisation’s response capacity.

“We expect to increase significantly each week over the next few weeks,” he said, explaining that the expectation is to serve “almost twice as many people” by the end of September and during the month of October.

The Minister of the Presidency stressed that the only people who are unable to complete their service process are those who do not present all the necessary documentation. He added that those who do not present their passport cannot even begin the process, while in the event of any other missing documentation, the immigrant will have the right to reschedule the appointment.



“Waiting”

Leitão Amaro stressed that the service centre was created to serve “foreign citizens who have been waiting and despairing, in some cases for several years, for the Portuguese State to respond to a request in accordance with the law.”

“This is the first service centre that will resolve a very heavy legacy, but above all a serious failure by the Portuguese State towards 400,000 foreign citizens”, he pointed out.

He took the opportunity to clarify that this service centre verifies that “the requirements of Portuguese law are met” and, through this, ensures that “those who comply with Portuguese rules and

laws” live in Portugal.

“Criminal records are checked, employment relationships are checked, and the legal requirements for working legally in Portugal are checked”, he stated, stressing that this is a “very complex operation”, involving around 120 people, including AIMA employees and volunteers from various civil society organisations.

Regarding the upcoming service centres, which will open in various parts of the country, Leitão Amaro said that “they are in an advanced stage of finalisation and regulation”, some of them in partnership with local authorities, and that they should start operating throughout the month.



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UK border rules announced



Portuguese citizens who wish to visit the United Kingdom will need an Electronic Travel Authorisation, a document that will become mandatory for Europeans from April 2025.



According to the British Government, the system

involves registering personal and biometric data in advance digitally, through an application,

and paying a fee of £10 (€12). The authorisation may take up to three days

and will be valid for two years, during which time multiple visits to the United Kingdom of up to six months in length may be made.

After an experimental phase with some Arab countries that began in 2023, the system will be extended to all visitors who do not require a prior visa for short stays.

Visitors from non-European countries such as the United States, Brazil, Macau or Argentina will be able to apply from 27 November and will need to have an Electronic Travel Authorisation (ETA) from 8 January.

European tourists, includ-

ing those from Portugal, will be able to apply from 5 March, and it will be mandatory for anyone who is visiting the UK from 2 April 2025.

British nationals living abroad, as well as foreign nationals living in the Republic of Ireland, are exempt as they are part of a common travel area with the UK.

The ETA may be rejected on the grounds of a criminal record or risk, for example, of terrorism. The British Home Office said that this measure is part of the aim to digitalise the UK's border and immigration system.

"Digitalisation enables a

smooth experience for the millions of people who cross the border every year," said Home Secretary Seema Malhotra.

This system does not apply to holders of residence permits, such as those registered in the EU Settlement Scheme (EUSS) opened after Brexit, workers with visas or students.

The UK system is similar to those used by countries such as the US, Canada, Australia and New Zealand and to the European Travel Information and Authorisation System (ETIAS) which the EU aims to have in place by the first half of 2025.

Flu and Covid-19 vaccination campaign

The autumn-winter 2024-2025 seasonal vaccination campaign will begin on 20 September in the National Health Service (SNS) health units and in pharmacies.

The most common reasons behind vaccine resistance are beliefs in lack of efficacy, fear of side effects and the need for more information.

In a statement, the DGS says it has published the rules for the seasonal vaccination campaign against flu and Covid-19, which define the eligible groups, the vaccines to be used, the vaccination schedules and the technical procedures associated with vaccination.

The entity reveals that, in the

SNS health units, vaccination is recommended and free of charge for people aged 60 or over, professionals and users/residents of residential structures for the elderly (ERPI), and the National Network of Integrated Continuing Care (RNCCI) and people with risk pathologies.

Vaccination in SNS units is also recommended for pregnant women and professionals in health services (public and private) and other health

care services, students on clinical placements, firefighters involved in transporting patients, caregivers of dependent people and pharmaceutical distribution professionals, homeless people and prisons.

In community pharmacies, vaccination is recommended for users between 60 and 84 years of age and health professionals in pharmacies.

"Booster vaccination with a new dose of the flu and COVID-19

vaccine each autumn-winter season (when the circulation of respiratory viruses is most intense) is essential to prevent infections by these viruses that result in serious illness, hospitalisation and death, significantly reducing the burden on health services", highlights the DGS.

For the 2024-2025 campaign, the DGS stresses that "sufficient flu and Covid-19 vaccines have been purchased for all eligible individuals who show an interest in

being vaccinated".

This year, the booster dose of the flu vaccination will be extended to people aged 85 or over, in addition to people living in ERPI, similar institutions and the national network of integrated continuing care (RNCCI).

The Government will spend €7.6 million on vaccination against Covid-19 and flu in pharmacies and wants to have more people vaccinated by the end of November.

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Immigrant students up by 160 percent



The number of immigrant students in Portuguese schools has increased by 160 percent over the last five years.



“Between 2018/19 and 2023/24, we have seen an increase of more than 160 percent in immigrants in primary and secondary education”, revealed the Minister of Education, Science and Innovation (MECI), Fernando Alexandre, during the presentation of the OECD report “Education at a Glance 2024”.

In 2019, there were around 53,000 foreign students in Portuguese schools, representing 5.3 percent of the total number of students enrolled. Last year, there were already 140,000, representing 13.9 percent of the total number

of students, according to data from the OECD report.

“This is one of the major challenges in Education,” announced the minister, highlighting that the downward trend in the number of students in Portuguese schools was interrupted with the arrival of these foreign children and young people.

In the last two years alone, more than 70,000 new students were enrolled: 39,500 in 2022/2023 and 33,500 last year.

“More than 30,000 foreign students enter our education system every year, and they are all

over the country. This poses immense challenges for us,” acknowledged the minister, who said that “very soon” measures will be announced to ensure that schools have the tools to deal with this new reality.

Currently, 14 percent of primary and secondary school students are foreigners and behind this national average there are local realities, such as in Lisbon or the Algarve, where “the average is much higher”, he said.

Among the main challenges for teachers is the fact that around 25 to 30 percent of these new students do not speak Portuguese, acknowledged the minister, who argued that the arrival of these students should be seen as “a good problem”.

“It would be tragic and depressing to continue closing classrooms and schools”, he said, stressing that Portugal has no future without immigration.

“The integration of immigrants is essential for the functioning of our economy, but above all for our society to remain cohesive. The integration of these people depends on education and begins with the children of these immigrants.

If we fail in education, we will fail in our migration policy”, concluded the minister, during the presentation of the OECD annual report.

Algarve occupancy up in August

Algarve hotels recorded a 1.0 percent increase in room occupancy in August, compared to last year, to 89.3 percent.

According to provisional data released by the Algarve Hotels and Tourist Resorts Association (AHETA), the occupancy rate of Algarve accommodation units in August was 0.9 percentage points (pp) higher than a year earlier, having risen from 88.4 percent in 2023 to 89.3 percent this year.

According to the monthly summary of hotel developments prepared by this association, the markets that recorded the highest year-on-year growth were Germany (+1.2pp), North America (+0.5pp), and The Netherlands (+0.4pp).

The biggest drops compared to August 2023 were recorded in the national market (-3.6pp) and in the French market (-0.5pp).

The average stay was 4.8 nights, a decrease of 0.2 compared to the same month of the previous year.

The longest average stays were in the Dutch market (7 nights) and the Irish market (6).

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21% more time lost in traffic



The president of the Institute for Mobility and Transport (IMT) believes that the capacity of public transport in Portugal “is well below its potential”, due to “a lack of qualifications in the sector” and public and private investment.



“There is no way to make the technological and energy transition in the transport sector until we have qualified professionals in public entities”, stated João Jesus Caetano, quoted in a note from the organisation, considering that this shortage, being widespread, “is particularly relevant in intermunicipal communities”.

The average speed of public transport is decreasing in Portugal, especially in the metropolitan areas of Lisbon and Porto, with Lisbon being one of the most congested European cities, accord-

ing to data from IMT. In the statement, the organisation that manages public road transport also adds that the city of Lisbon has “the eighth worst speed in Europe: 18 km/hour in the last section”. The speed limit is measured in the last stretch (variably defined) of the route entering a city (in English this extension is referred to as the ‘last mile’, although it is not a mile).

In 2023, the number of hours lost in traffic by Portuguese people per year, according to the institute, “increased by 21 percent compared to the figures for 2019, the pre-pandemic year”.

To meet the need for more skilled professionals, IMT and ISCTE - Instituto Universitário de Lisboa, in partnership with the universities of Porto and Minho, will launch the Mobilidade do Futuro postgraduate course at the end of September. “The active involvement of IMT in this training aims to provide an update of skills to professionals in the public sector who perform mobility planning and management functions, as well as to professionals in the private sector who are central to mobility transitions and their sustainability”, stated João Jesus Caetano.

Lisbon Metro returns homes to residents

Lisbon Metro has completed the reinforcement works on the houses in Travessa do Pasteleiro, subject to interventions as part of the construction of the new Santos station.

In a statement, Metropolitano de Lisboa revealed that it has begun to deliver back to residents the units located in Travessa do Pasteleiro, which were occupied for 16 months for structural reinforcement works.

According to the railway transport company, the works took place in a group of units at Travessa do Pasteleiro n.º 26 to 34 and n.º 38 to 44, as well as the public area accessible from Av. D. Carlos I, n.º 85, to carry out structural reinforcement works on that building, with the costs of these

interventions being borne by Metropolitano de Lisboa, in accordance with the Expropriations Code.

According to Metro, the majority of these buildings “had precarious or non-existent structures and foundations”, and the works created “new structural elements in the buildings, improving the safety of people and goods, giving greater stability to the slope where those properties are located”.

During the process, the company reports having compensated landlords, residents and owners in accordance with what is stipulated by law, based on the value determined by an independent evaluator from the Ministry of Justice list, with the consent of interested

parties, with the compensation totalling the value of €1.8 million.

The new Santos station was built as part of the expansion of the Yellow Line, part of the future Circular Metro Line.

Scheduled to open in the second half of 2025, the Circular line will connect the Rato station to Cais do Sodré, in an extension of another two kilometres of network and two new stations (Estrela and Santos), joining the current Yellow and Green lines into a new ring circular in the centre of Lisbon.

The metro operates daily with four lines: Yellow (Rato-Odivelas), Green (Telheiras-Cais do Sodré), Blue (Reboleira-Santa Apolónia) and Red (Airport-São Sebastião).

Lisbon Metro 7th best in Europe

The Lisbon Metro is the seventh best in Europe according to analysis by Bounce.

The analysis by Bounce, analysed several parameters, including the number of stations, Google reviews, and the number of passengers to evaluate the metro systems in several European capitals.

“Metro systems in European capitals are essential for navigating these historic cities, but the quality and accessibility of the facilities vary,” reads a statement released by Bounce, which gives the example of the Paris metro in France, which is criticised for not having adequate facilities for people with reduced mobility.

In Bounce’s assessment, the Lisbon Metro was ranked seventh, with an overall rating of 5.97 points, the same rating achieved by the

metro systems of Copenhagen, Denmark, and Bucharest, Romania.

The Lisbon Metro, which has a total of 56 stations, recorded 15 percent positive ratings but 22 percent negative ratings, and is the one with the highest score in this parameter within the Top 10, while Google’s rating is 4.09 points.

The ranking presented by Bounce is led by the Oslo metro in Norway, which obtained an overall rating of 8.06 points, followed by the Sofia metro in Bulgaria, with a rating of 7.64 points. The Top 3 is completed by the Athens metro, with a rating of 7.29 points.

Also in the Top 10 of this ranking are the metros of Madrid (6.74 points), Warsaw (6.60 points), and London (6.04), with the Prague metro closing the list, with a rating of 5.83 points.

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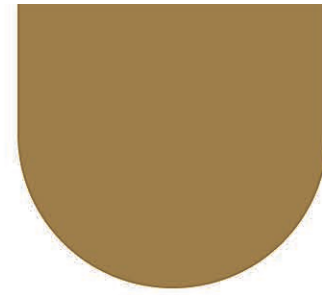
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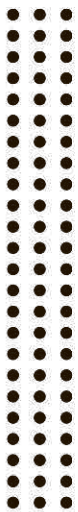
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Portuguese universities in top 300

There are 6 Portuguese universities among the 1,000 best in the world.



The ranking of the 1,000 best universities in the world in 2024 has been released. In first place is, once again, Harvard University, in the USA, followed by two other North American higher education institutions. This ranking also includes six Portuguese

universities, with the highest ranked being the University of Lisbon. At the top of the table that brings together the 1,000 best universities in the world is Harvard University, in the USA, being the highest ranked of all, as it was last year. Next in line are Stanford University and the

Massachusetts Institute of Technology, both also in the USA, according to the 2024 Academic Ranking of World Universities. The top 10 of this ranking is dominated by North American universities, with two exceptions located in the United Kingdom: the University of Cambridge

and the University of Oxford, which are ranked 4th and 6th, respectively. There are also six universities in Portugal considered in this ranking. The highest ranked is the University of Lisbon, followed by the University of Porto, the University of Aveiro, the University of Coimbra and the University of Minho, which are ranked between 201 and 300. The NOVA University of Lisbon is the lowest ranked, ranked between 701 and 800.

It should be recalled that the Academic Ranking of World Universities (ARWU) was first published in June 2003 by the Centre for World-Class Universities (CWCU), Graduate School of Education (formerly Institute of Higher Education) of Shanghai Jiao Tong University, China, and is updated annually.

Portuguese families lead in preschool spending

Portuguese families pay 33 percent of preschool education costs, which is higher than the financial effort made by families in the 38 OECD countries, despite the fact that this level of education is “free”.

Portugal stands out in the educational landscape of the Organisation for Economic Co-operation and Development (OECD) with several peculiarities, revealing significant progress, but also persistent challenges, according to the latest report “Education at a Glance 2024” published by the OECD and presented this at the Thalia Theatre in Lisbon in the presence of the Minister of Education, Science and Innovation, Fernando Alexandre.

According to a report by ECO, one of the negative points highlighted by the report is related to the high weight that education costs have on family budgets. According to OECD experts, Portuguese families are the ones that contribute the most to bearing the costs of preschool education among the 38 OECD countries.

Despite this level of education being nominally free, Portuguese families continue to bear around a third of the total expenditure on this level of education, a figure surprisingly higher than their contribution to higher education (27 percent).

“In Portugal, despite pre-primary education being free, families continue to contribute 33 percent of the expenditure on this level, the highest among OECD countries, and more than their contribution to higher education (27 percent)”, states the report.

This situation is mainly due to the costs associated with additional services such as meals, transport and extracurricular activities, which are not fully covered by public funding.

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Real time public transport schedules



Carris Metropolitana has launched an application that provides passengers with real-time information about the schedules and occupancy of the company's buses.



The Carris Metropolitana 'App' was presented to journalists by those responsible for the application and the directors of Transportes Metropolitanos de Lisboa (TML), Faustino Gomes and Rui Lopo. The chairman of the board of directors of TML, Faustino Gomes, explained that the 'App' "is not a journey planner", but a

site where information is provided to passengers in order to "give them confidence to use Carris Metropolitana". Rui Lopo, a member of the board of directors of TML, explained that the 'App' will allow passengers to see, in real time, whether a Carris Metropolitana bus "is late and how full it is", putting "more pressure on operators to meet schedules". The application will also allow a search by stop and

by line (bus number), and personalised alerts and warnings can be set. For now, it will not be 100 percent available for blind users, and those responsible acknowledge the need to work on some details. Rui Lopo recalled that the company operates in 15 of the 18 municipalities in the Lisbon Metropolitan Area (except Lisbon, Cascais and Barreiro) and that the service "already reaches Vendas Novas".

"1,700 buses circulate per day, driven by 3,000 drivers and transporting 620,000 passengers/day normally, having reached 650,000 at peak times", said Rui Lopo, referring to passengers with valid tickets, acknowledging that there will be "many more" circulating on the 730 lines with 12,500 stops. The official added that by the end of the year, "demand is expected to be 20 percent higher than in 2019", adding that, currently, the numbers, after the peak with the introduction of the Navegante pass, mean that the operation is "above" the figures from that time. "It is expected to reach 165 million passengers transported by December of this year", he said, recalling that in 2023, 141 million passengers were transported and that, between January and July, there were municipalities that saw growth "above 30 percent". Faustino Gomes said that the goal is to include all operators [train, boats] in the application, which could happen "within two or three years", given that there is a working group and there has already been a joint application for a project.

Lisbon tuk tuk rules

Lisbon Municipal Assembly (AML) has approved a recommendation from PCP for the council to present, "as a matter of urgency", regulations on the circulation of tuk tuks, with rules for licensing and operation of this activity.

In a plenary meeting, the PCP recommendation was made possible with votes against from Chega and the non-registered deputy Margarida Penedo (who left CDS-PP) and votes in favour from the others, asking the council to provide the AML with "all the information it has on the licensing of this activity and the specific rules it intends to adopt regarding the operation of tuk tuk vehicles, as well as the deadlines foreseen for the application of these measures".

On 31 July, the Lisbon City Council (CML) announced its intention to limit the number of parking spaces for tuk tuks and the number of licenses to be issued for this type of vehicle, in order to regulate the activity in the city.

PCP's proposal recommends that CML inform the assembly about the result of the public consultation held on the draft regulation, approved by the council in December 2016, and present the current status of the municipal regulation on the circulation of vehicles used for tourist entertainment activities, including the timetable for its approval.



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1. Lisbon Heritage Prize

The Gulbenkian Heritage Prize - Maria Tereza e Vasco Vilalva, which is valued at 50 thousand euros, was given to the inventory and restoration project of the Brotéria Library in Lisbon. This year, there were 20 applications for the prize, which recognises interventions in movable and immovable culturally significant assets that encourage the protection and recovery of heritage.

2. Coimbra Community Garden

The University of Coimbra's Faculty of Psychology department will establish a community garden on the terrace of its main building with the goal of including the entire academic community in the process, the head of the department has shared. The project, which aims to involve students, staff, teachers, and researchers, is being carried out in partnership with a private company that has experience in creating community gardens.

3. Faro Research Grants

The European Research Council (ERC) has awarded two new grants to the University of Algarve's (Ualg) Archaeology Centre, reaching a value of 9.5 million euros over the past two years. The ERC has awarded 494 'starting grants' to young scientists and academics from all around Europe, whose projects are related with innovative research in a range of scientific areas and humanities

4. Moura, Beja School Centre

The municipal council has declared that the newly constructed Moura Volunteer Firefighters' School Centre, located in Beja's district, will open on 13 September following an expenditure of more than 3.7 million euros. The centre which focuses on pre-schooling and primary schooling will have a library, a laboratory, multipurpose rooms, covered and uncovered spaces, a teaching garden, among other features.

5. Salvaterra de Magos Municipal Museum

The 'Municipal Museum' housed in the Cais da Vala Real building which include nine parts detailing seven centuries of the municipality's history, has opened in Salvaterra de Magos, Santarém's district. The museum was established with the intention of producing a "simple and appealing" timeline of the municipality's development over the last 700 years, according to the mayor Hélder Esménio.

6. Almada, Setúbal School Refurbishment

With the opening of five new classrooms, the Maria Rosa Colaço Basic School in Almada, whose renovations have been officially inaugurated, will be able to accommodate 125 additional pre-school and first-cycle students. Improvements to the remaining spaces, including the kitchen, cafeteria, library, multipurpose activity room, outdoor area, recreation equipment and a new teachers' room were also part of the rehabilitation project.

7. Guarda Novel Research

The Instituto Politécnico da Guarda (IPG) has announced the creation of a new research unit that aims to encapsulate pharmaceuticals, specifically anti-inflammatory, anti-cancer, or anxiolytic medicinal compounds, using a byproduct of the paper industry. The Biotek SA company from Vila Velha de Ródão located in Castelo Branco's district, is collaborating with the Polytechnic team on the project named Bio-Ligne.

8. V. N. Cerveira, V. do Castelo Housing Investment

The Recovery and Resilience Plan (RRP) will fully fund the construction of six dwellings in Vila Nova de Cerveira at controlled costs, with an investment of around 700 thousand euros, the city council has stated. With a projected completion date of June 2026, the six affordable dwellings consist of two one-bedroom flats and four two-bedroom units.

9. Ponta Delgada, Azores Youth Initiative

According to its president, the Azores parliament will launch the youth route 'Azores with Future - Young people inspiring' this month in an effort to encourage younger people to stay in the archipelago. According to Luís Garcia, the initiative which will take place in the nine Azorian islands, begins on 23 September at Flores island's Basic and Secondary School.



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Portuguese compliant investment bonds: a path to lower taxes?

In an increasingly complex financial landscape, Portuguese tax residents are constantly on the lookout for investment strategies that offer both flexibility and tax efficiency.

One of the most tax certain options for investors looking to reduce their tax burden is the Portuguese Compliant Investment Bonds (PCIB).

What is a PCIB?

PCIBs are a tax efficient form of investment that work particularly well for residents of Portugal. They also offer enhanced tax advantages for those who may return to the UK in the future.

Despite the somewhat misleading name, these “bonds” are not traditional loans to corporations or governments. Instead, a PCIB operates as a tax-efficient “wrapper,” akin to the UK’s Individual Savings Accounts (ISAs), offering investors a protective layer against immediate tax obligations.

How they function

The actual performance and growth of the PCIB is driven by what you put into the wrapper and in this respect, it is very flexible. The PCIB allows you to invest in a wide choice of investments without the tax drag of ongoing capital gains or income tax – this is referred to as “gross roll up”. This means that within the PCIB, investments can accumulate wealth more rapidly than if they were subject to annual taxation outside of this structure.

A Strategic Move for Homeowners

One of the standout features of PCIBs is their potential to reduce or eliminate capital gains tax when selling property in Portugal. Unlike in the UK,

where selling a primary residence often incurs no tax, Portugal applies capital gains tax to all property sales. Historically, the only means to avoid this tax was to reinvest in another EU property - a strategy rendered moot for UK properties post-Brexit. However, in 2019, the Portuguese government introduced a concession allowing individuals to bypass this tax by investing the proceeds from a property sale into an approved investment or pension structure, such as a PCIB. There are however certain qualifying conditions, the main ones being age 65+ or retired, the property being sold must be your main residence, and it has to be held by you personally (not through a company).

Other benefits

PCIBs offer a range of benefits beyond property-related tax relief:

1. Lower Effective Tax Rates: When funds are withdrawn, only the growth portion is subject to tax. Additional tax reductions apply after five and eight years.

2. Post-NHR Flexibility: The favourable tax treatment of PCIBs is available to both Non-Habitual Residents (NHR) and regular Portuguese taxpayers, making them a versatile tool for long-term financial planning.

3. Control Over Tax Timing: PCIB holders can choose when to withdraw funds, enabling them to synchronise taxable events with periods of lower income.

4. Avoid the 53%+ capital gains tax trap – investments held for less than 12 months typically attract income tax rates of up to 53%. However, within a PCIB, buying and selling can occur without triggering immediate tax liabilities.

5. Investment flexibility and diversification – PCIBs accommodate a variety of currencies, asset classes, and investment strategies, offering a broad scope for portfolio diversification.

6. Simplified Tax Reporting: Tax and reporting obligations are only triggered when a withdrawal is made therefore simplifying the reporting process for bond holders.

7. International Portability: Recognised in many jurisdictions, PCIBs offer flexibility for those who may relocate, potentially eliminating the need to liquidate investments to start planning again. They are particularly tax efficient for UK residents allowing investors to potentially washout gains made whilst overseas.

8. Succession planning – investment bonds allow flexible and certain transfer of wealth to beneficiaries. This may not be possible with other investment types and the default “forced heirship” provisions under Portuguese law.

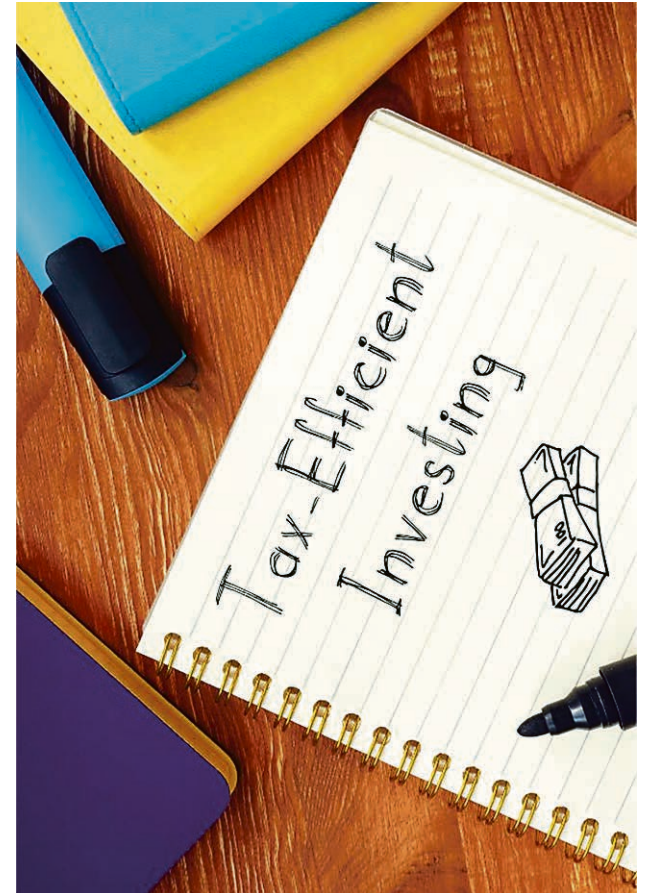
9. Inheritance tax savings – with the correct planning, holding wealth in an investment bond could mitigate UK inheritance for British domiciles and

strengthen a non-UK domicile claim.

10. Estate administration – In the event of the bondholder’s death, the distribution of assets to beneficiaries can occur without the need for a lengthy probate process.

The Importance of Professional Guidance

Given the intricacies involved in setting up a PCIB, it is essential to seek expert advice. Properly structuring the investment to align with individual and family needs is crucial to maximising its benefits and ensuring compliance with applicable laws.



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UK



Improving Wellbeing

A £5.7 million scheme in England has contributed to significant improvements in wellbeing among some 8,400 people who were prescribed nature-based activities. The green social schemes prescribed activities such as nature walks, community gardening and tree planting to participants that reported happiness, anxiety and life satisfaction levels below the national averages.

USA



AARO Director

Dr. Jon T. Kosloski has been appointed to director of the All-domain Anomaly Resolution Office (AARO), sparking excitement in the discussion of UFOs and their authenticity. The community expects Kosloski to bring a new perspective to the organisation, considering his background as a scientist at the National Security Agency (NSA).

Canada



Meteor Sighted

A meteor strike was recorded near Calgary on the doorbell camera of 84-year-old Carol Farkas, a resident of the town of Ogden. The video was shared by her granddaughter Krystal Markiewicz to CTV News Calgary and shows the meteor speeding across the sky. The footage was backed up by another recording, captured on the dashcam of Bill Makowichuk, another resident.

France



New PM

Veteran French conservative Michael Barnier has been appointed as the new Prime Minister, almost two months after France's snap elections ended in political stalemate. His immediate task will be to form a government that can survive a National Assembly divided into three big political blocs, with none able to form a clear majority.

Italy



Fountain Fee

Rome is considering launching a ticketing system to enter one of its most iconic sites, in a bid to curb overtourism. Authorities in the Italian capital announced they want to start the scheme at the 18th-century Trevi Fountain, a famous bucket list destination, as part of ongoing plans to both reduce crowds and promote "sustainable tourism".

The Netherlands



Female Executives

The annual Female Board Index has revealed that women accounted for nearly one third of new appointments to management boards at the Netherlands 82 listed companies last year. Since 2022, a third of a company's supervisory board must consist of women, but there is no such law for management positions.

Norway



Forest Surge

According to a new report, Norwegian forests have tripled in size over the last century. In just 40 years, they doubled in size, due to higher levels CO₂ and warmer temperatures than in previous decades. Of the 47 million metric tons of CO₂ that Norway released into the atmosphere last year, 18 million were taken up by the forests.

Denmark



Recycled Plastic

LEGO has announced that it will invest to increase the amount of recycled plastic in its bricks to 50 percent by 2026. The company's CEO has stated its bottom line will suffer under the increased production costs of around 70 percent but hopes that their research will allow other companies using plastic to save in the long run with their innovations.

Poland



Chocolate Museum

Housed in the building shaped like a colossal chocolate bar, the new Wedel Chocolate Factory Museum in Warsaw promises to sweeten the city cultural landscape and take visitors on a sensory tour of Poland's oldest chocolate company. This €200 million investment, the biggest in the more than 170-year history of the company, allows visitors to taste and smell the array of confectionary.

Japan



Battery Subsidies

Japan has announced it will provide more subsidies for electric-vehicle battery production, pledging \$2.4 billion in support of projects by Toyota and other major companies, as it seeks to strengthen its battery supply chain. The government will support 12 projects for storage batteries and those for their parts, materials and production equipment by up to ¥350 billion.

Vietnam



Informatics Olympiad

Vietnam's national team, comprised of four students, has achieved a remarkable result at the 2024 International Olympiad in Informatics, ranking among the top four countries and territories in the overall medal standings, following the United States, Japan, and Poland. The team of students, all of whom secured medals, won two gold, one silver and one bronze.

Philippines



Solar Project

Actis, a London based investment house, has formalised its plans to fund \$600 million in the Philippines for the development of the country's largest single-site solar power project. The Terra Solar is a 3,500-megawatt solar power project with a 4,500-megawatt hour battery energy storage system that has been awarded by the Board of Investments.



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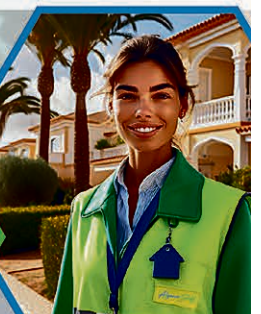
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Ryanair warns TAP will be “smaller” if bought by Lufthansa

Ryanair CEO Eddie Wilson has argued that “every airline that Lufthansa buys will be smaller in a few years’ time”, predicting that the same will happen with TAP if it is acquired by the German group.

One of the things that the Germans are really good at is “extracting the maximum price from people”, which is why they bought Brussels Airlines, Austrian Airlines and Swiss and never expanded, Wilson stressed, in statements to the Efe news agency. For the Ryanair leader, the Portuguese company has a good market in South America, especially in Brazil, and “Lufthansa can retain some of that”. “They would be stupid not to do it, but the company will not grow and will be smaller”, he warned. Regarding the future of the Italian company ITA Airways after its integration

into the German group, Eddie Wilson considered that they will initially establish more routes to Milan and Rome and then place them back in Lufthansa’s hubs in Frankfurt and Munich. It is “a very simple business model”: buy the airline for half of nothing, restrict capacity, increase prices, not compete on short-haul flights and operate all long-haul traffic through Germany. “So, unfortunately, the Italians will eat more sausages in Munich and Frankfurt,” he said ironically. On the other hand, for Wilson, the International Airlines Group (IAG) has

done “a good job”, as when it bought Aer Lingus in Ireland, it made it a success, although it made it grow more as a long-haul airline than a short-haul airline. Just like what happened with British Airways, which became a long-haul carrier, it is therefore a group “focused on growth”, he stressed. IAG owns several airlines, including Iberia and Vueling, and is the third largest operator in Spain. In addition to Lufthansa, IAG and Air France-KLM are also interested in privatising the Portuguese airline. As for the possibility of Ryanair carrying out some kind of corporate operation in the future, the CEO of



the Irish low-cost airline refused to rule out this scenario. Wilson explained, however, that he would prefer to add 50 Boeing aircraft to Ryanair’s fleet rather than

buy an airline with 50 aircraft. “My preference is organic growth, but if there are opportunities, you always have to look for them,” he added.

Ryanair believes that consolidation in the sector is a good thing and supports it because having fewer airlines “is more stable and is better for consumers in the long term,” he assured.

Lisbon cruises announced

Next summer, Lisbon will once again be highlighted in the MSC Cruises schedule, which will offer 19 departures and arrivals to the Portuguese capital, between the end of April and November 2025.

According to MSC Cruises, 18 10-night cruises are planned on the MSC Musica, including stops in Genoa (Italy), Marseille (France), Malaga (Spain), Cádiz (Spain), Alicante, Mahón (Spain) and Olbia (Italy). In addition to the 18 10-night cruises, MSC Cruises also offers a 12-night itinerary, embarking and disembarking in Lisbon, starting on 28 October and stopping in Alicante, Mahon, Olbia, Genoa, Marseille, Barcelona, Malaga and Gibraltar, as well as two mini-cruises, one embarking in Lisbon and disembarking in Genoa and the other embarking in Genoa and disembarking in Lisbon. MSC Cruises indicates that, on these cruises, the special Cruise and Flights package is available, which includes



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Lisbon best MICE destination

Lisbon has won the award for Best MICE Destination in Europe at the 5th edition of the World MICE Awards.



The Portuguese capital beat the cities of Athens, Berlin, Istanbul, London, Madrid, Milan, Paris, and Vienna, which were also competing. The MICE (Meetings, Incentives, Conferences and Exhibitions) segment contributes significantly to tourism revenue and the consequent development of the city. The strategic location, modern and

versatile infrastructure, excellent access and diverse cultural offerings have consolidated Lisbon as one of the main European destinations for organising events.

The executive director of the Lisbon Tourism Association, Paula Oliveira, argues that winning this award “is recognition of the collective work to position Lisbon as a global reference destination, which contributes

significantly to the creation of revenue and jobs, as well as to the rehabilitation of heritage.”

In a press release, ATL reveals that, in 2023, 151 associative events were counted in the ICCA (International Congress and Convention Association) ranking, an organisation that monitors the holding of events worldwide. From 2019 to 2022, Lisbon has been ranked second in

the European and world rankings. In 2023, and with a difference of just one congress compared to the city that occupied second place worldwide (Singapore), Lisbon is the second European city with the most events, after Paris. The World MICE Awards recognise excellence in the MICE industry and reward destinations, airlines, hotels, organisers and infrastructures that stand out in this sector.



New private hospital opening

CUF will invest €45 million in a hospital in Braga, which will be ready in 2027 and will create more than 300 jobs.

According to the CUF executive committee, the new hospital, which will be located in the space next to the Braga Parque shopping centre, will have 12,000 square metres and will have three operating theatres and 40 inpatient beds.

It will also have an Oncology Day Hospital, Intermediate Care Unit, Permanent Care, Imaging “with state-of-the-art medical equipment” and a “comprehensive range of medical-surgical and technical specialties”.

“This hospital unit will be linked to the CUF network of hospitals and clinics, in order to ensure a comprehensive, integrated and adapted response to all the health needs of the population, with the capacity to serve more than 100,000 people per year”, according to a statement from CUF.

It adds that, with the aim of promoting medical training and research,

and thus contributing to the clinical excellence of the hospital, CUF and the University of Minho signed a memorandum of understanding today that foresees the promotion of doctoral programmes for doctors from Minho and cooperation in the area of medical education and clinical research, through the School of Medicine of that academy. CUF emphasises that the new hospital represents its return to the Minho region, five years after the end of the public-private partnership with Hospital de Braga. “We are back with the same approach that we used for 10 years at Hospital de Braga: with a distinctive project and clinical quality, with strong integration into the community and close collaboration with the university”, said the president of the CUF Executive Committee.

For Rui Diniz, the new hospital in Braga represents an “important” step in the expansion and consolidation strategy of the CUF network.

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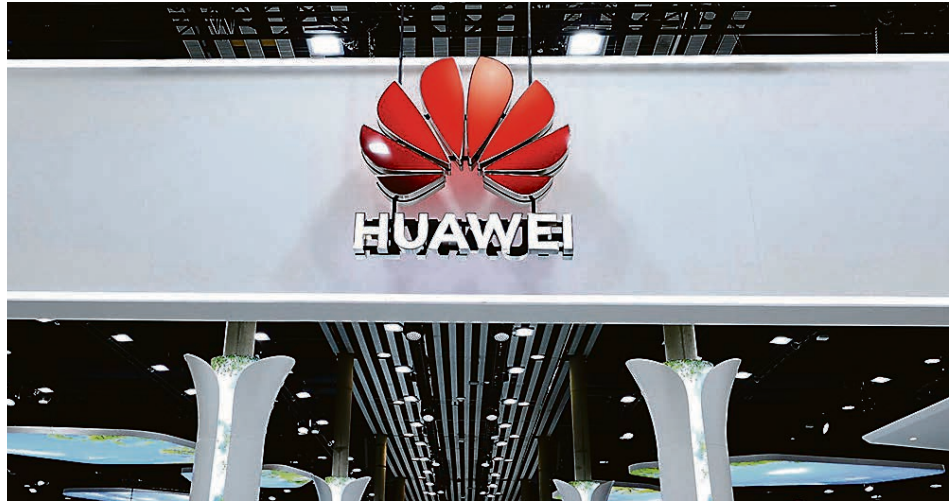
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Exclusion of Huawei could cost Portugal €1 billion



Huawei's exclusion from 5G networks in Portugal could cost the Portuguese economy more than €1 billion, according to a study carried out by the consultancy firm EY at the request of the Chinese technology company.



According to EY's analysis, Huawei's exclusion from 5G networks in Portugal could cost €1.052 billion, including "€339 million in replacement

investments and €193 million in future investments", which could lead to "an estimated 7 percent increase in average tariffs". To account for the impact of €1.052 billion, the

consultancy also considers €282 million associated with productivity losses, warning in this context of delays in the "full implementation of the 5G network in the country", which could prevent

"citizens and companies from taking full advantage of the advantages of the technology". It also takes into account €156 million in depreciation, €58 million in opportunity costs, and €24 million in energy consumption, according to the study.

In September last year, Huawei Portugal filed an administrative action against the Security Assessment Commission (CAS)'s decision on 5G equipment, with the aim of safeguarding its legal rights.

CAS, within the scope of the Cyberspace Security Higher Council, had warned about the security of 5G networks and services when using equipment from suppliers that, among other criteria, are from outside the EU, NATO

or OECD and that "the legal system of the country in which it is domiciled" or connected "allows the Government to exercise control, interference or pressure over its activities operating in third countries". The decision does not mention the names of companies or countries, but the fact is that the Huawei case comes to mind, particularly because the Chinese technology company was banned from 5G networks in other European countries.

In this study, the consultancy also refers to the impact of Huawei Portugal on the Portuguese economy, stating that it "contributes €718 million per year to the national economy, of which €197 million corresponds to Gross

Value Added (GVA)". "The multiplier effect of the Huawei ecosystem is 2x [twice] in national production", the statement indicates.

In terms of employment, according to the study, "the multiplier effect is more significant, reaching 7x", supporting 651 direct jobs and more than four thousand indirect jobs.

"The conclusions of the technical and factual study that we developed show that the economic impact of the operational activities of the Huawei Portugal ecosystem corresponds to approximately 0.3 percent of the national GDP", highlights Hermanno Rodrigues, principal at EY-Parthenon and coordinator of the study, quoted in the same note.



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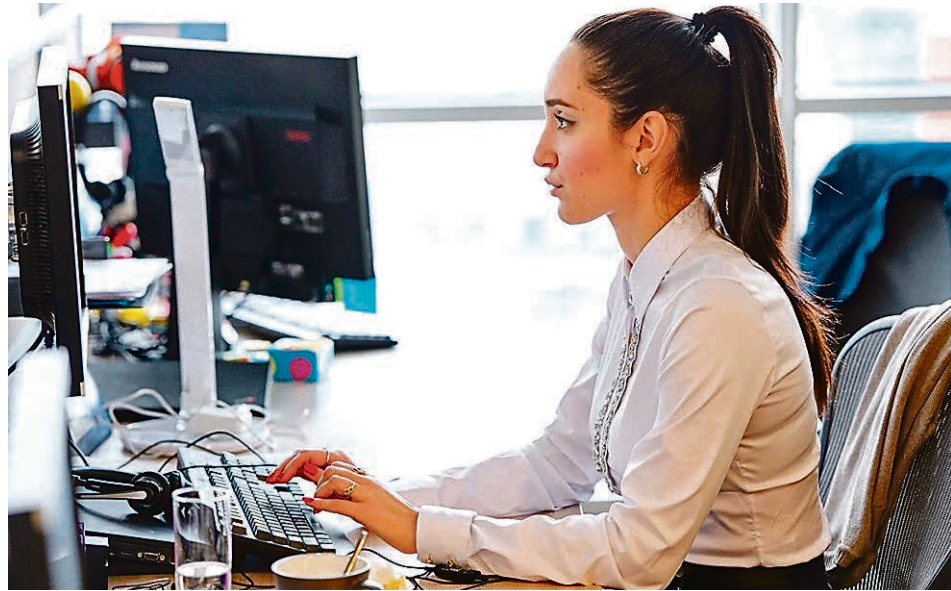
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Aim to raise minimum wage to €860

The income agreement foresees a minimum wage of €855 euros in 2025, but the Government believes that there are conditions in place for an increase of around 4.9 percent, to €860.



According to a report by ECO, the Government will propose an increase in the Guaranteed Minimum Monthly Wage (RMMG) to €860 next year. The increase in the

minimum wage of around 4.9 percent - above the Government's forecast for nominal economic growth, around 4.5 percent - will be discussed with the employers' confederations and trade unions.

The income agreement signed by António Costa's government with the employers' confederations and the UGT in 2022 provided that the minimum wage to be applied in 2025 would be €855. However,

the current government believes that there is room to go further, and is therefore proposing an increase of €40 (from the current €820 to €860), instead of the already agreed increase of €35. For now, among the workers' representatives, the CGTP has already made it clear that it demands that the minimum wage reach €1,000 next year, to cope with the "sharp increase in the cost of living", while the UGT indicated that there is room to reach €890, in an interview with *Jornal de Negócios* and *Antena 1*. The promise of a minimum wage of one thousand euros was made by Luís Montenegro during the election campaign and would later be included in the Government's own programme, as one of the

measures aimed at creating a country that "values work". It also follows on from the successive increases that have been made in recent years. After being frozen for several years, the Guaranteed Minimum Monthly Wage rose to €505 in October 2015 and, since then, it has not stopped growing (not even during the years of the pandemic).

Growth

For example, in 2020, it went from €600 to €635. In 2021, from €635 to €705. And in 2022, from €705 to €760. As for 2023, an increase €50 to €810 was planned, but António Costa's government decided to go further and introduced the "largest ever increase in the minimum wage": of €60 to the current €820, that is, an increase

of 7.9 percent. It should be noted, however, that workers who receive the minimum wage have to pay 11 percent of the Single Social Tax (TSU), that is, in 2024, this corresponds to a net salary of €729.80 per month. Despite these successive increases, a recent analysis by the European Foundation for the Improvement of Living and Working Conditions showed that those who receive the guaranteed minimum wage continue to have serious difficulties in paying the bills at the end of the month. Almost three in ten of these Portuguese people admit that it is challenging to balance the family budget, a situation that has been worsened by the high inflation of recent years.

Minimum wage has one of lowest purchasing powers

Differences between minimum wages are smaller when adjusted for the price levels of the countries, says Eurostat.

The minimum wage in Portugal has been rising in recent years, having been set at €820 in 2024. However, it remains in the middle of the table of minimum wages in the European Union (EU) countries, having even been overtaken by Poland this year. And, Portugal is at the bottom of the EU when it comes to purchasing power parity between those who receive the national minimum wage.

The adjustment of the various minimum wages of the EU countries to the differences in consumer prices in each Member State results in purchasing power parities (PPP). "The disparities in minimum wages are considerably smaller after adjusting for differences in price levels", concludes Eurostat in a statistical note.

Among the EU countries with a national minimum wage, only Bulgaria, Latvia, Estonia, Slovakia, the Czech Republic, Hungary and Malta have a lower purchasing power parity than Portugal.

Portugal is the 8th EU country with the lowest purchasing power parity, despite being in the group of minimum

wages between PPP €1,000 and €1,250, which also includes Cyprus, Croatia, Greece, Lithuania and Romania.

With the highest purchasing power parities for workers (above €1,250) are Luxembourg, Germany, the Netherlands, Belgium, France, Ireland, Poland and Spain.

Considering the countries with a minimum wage in the EU, in July, the highest was recorded in Luxembourg (€2,571), being 5.4 times higher than the lowest recorded in Bulgaria (€477). But when compared in terms of purchasing power parity, Luxembourg's minimum wage is only 2.4 times higher than Bulgaria's, Eurostat finds.





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SMART LIVING IN NATURE

Algarve farmers eyeing up dragon fruit



Dragon fruit is increasingly attracting the attention of Algarve farmers, who are always looking for products that are economically viable and with growing consumer demand.



“Dragon fruit is a plant from the cactus family. It is a plant that saves water, that knows how to save water well, which is important in the Algarve,

and that has existed in the Algarve and in Portugal for many years, but it is a recent crop for fruit production”, said Amílcar Duarte, a professor at the University of

Algarve, to Lusa agency. This fruit is native to regions of Central America and Mexico, but in recent years it has been increasingly cultivated in other

continents, with particular importance in countries such as Israel, Brazil, and China. Amílcar Duarte, who is also a researcher at the Mediterranean Institute for Agriculture, Environment and Development (MED), is leading a project funded by the European Union that has set up an experimental field to study the fruit on the outskirts of Vila Nova de Cacela, in the municipality of Vila Real de Santo António. “The conclusions we reached within the scope of the project were that it is a viable crop [in the Algarve], it is viable both in greenhouses and outdoors [...] as long as there is no frost”, explained the professor. The production of the experimental field, with around 800 plants, set up in

2019, is already sold at the weekly producers' market in Olhão and has managed to face the competition from dragon fruit imported from large international producers. “It is a fruit that is sweet, it is pleasant. And it is a fruit that is very good for your health. It is a nutraceutical, [...], a nutritious food and, therefore, it is of interest for that reason. It fetches high prices and, therefore, it is viable to produce it in the Algarve, selling at these high prices”, stated Amílcar Duarte. Pitaya is a fruit typical of tropical and subtropical areas and is part of the cactus family, and is harvested in the summer and early autumn. Its external appearance leads to it also being known as the “dragon fruit”, with its fleshy

interior, consisting of black seeds, which can be white or red in colour. Its flavour is sweet and refreshing, and some people compare it to that of watermelon. Amílcar Duarte highlighted the importance of this plant for the many small farms in the Algarve, providing small farmers with a high yield per unit. “This crop has aroused great interest, because it is an exotic fruit, with a different appearance from what we are used to and a plant that saves water”, said the university professor. Amílcar Duarte stressed that interest in buying dragon fruit has increased among consumers and also among producers, who are seeking to “diversify” their production.



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September - A dream lifestyle, but are expats prepared and protected for the long term?

Portugal has long been a magnet for affluent expats, but could many soon be victims of a sting in the tail of the very financial benefits which first attracted them through lack of planning?

In recent years, the Non-Habitual Residency (NHR) tax regime has proved a significant enticement, offering significant tax benefits for the first decade of an applicants' new life in Portugal.

Things are about to change though. With the original scheme winding down by the end of this year to new applicants, 2025 will see the expected introduction of what is known as 'NHR 2.0' tax regime.

The Portuguese government's focus will see the new NHR shift towards tax incentives for international professionals, academics and entrepreneurs. It will not be so friendly to retirees with pensions.

All of which should act as a timely reminder to those already enjoying its benefits of the existing NHR tax status to keep one eye on their future financial position as they need to plan early for when it ends.

A recent survey revealed just 27% of wealthy expats with NHR tax status in Portugal have sought professional advice on planning their affairs early enough to mitigate progressive tax rates (of between 28-48%) kicking in once those first 10 years conclude.

As the old saying goes, failure to plan is planning to fail. So time spent on protecting your tax position as early as possible, can prove invaluable.

Consulting one of Portugal Pathways' cross-border tax and wealth management professionals – or any other professional advisor – can provide security and peace of mind. Not to mention ensuring your dream lifestyle in Portugal continues to pay dividends.

For further information, please visit: www.portugalpathways.io or email info@portugalpathways.io

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Getting old

The memory I keep losing

 Marilyn Sheridan

I sat at my computer today to write. Something had happened earlier, and The Husband said: ‘that would be a good thing for you to write about’, but do you think we can remember what it was? We sat there and both tried to remember our conversations through the day, but the elusive memory slipped past us both.

Memory is a funny thing

I remember to write a shopping list, then forget to take it with me. I thought, aha! I can fix this, and started putting my list on an app on my phone, which is great, until I forget to put the phone in my bag. I call them memory leaks – they are there one minute, and gone the next, drowned in the flotsam and jetsam of my brain until they bubble to the surface, usually too late. Often I talk of someone that I know really well, and when recalling the conversation with them to someone else, find their name has become a memory leak, gone into my brain where all sort of useless things get stored, reminiscent of mismatched socks, or odd quotes my mother used to say that nobody else has ever heard of. ‘You could ride to London on that and not cut yourself’, in reference to a blunt knife. Oh yes, I can remember that alright.

When to worry about forgetfulness

After age 50, it’s quite common to have trouble remembering the names of people, places and things quickly, as like other bits of your body, the brain starts to wear out too.

There’s a test to see how you are doing, where a person is given five words to remember and then asked to recall them after a short break. It’s often used by doctors to help identify memory issues like dementia, Alzheimer’s disease or mild cognitive impairment. (Hmm, sounds like me trying to remember my shopping list).

We’ve all been there. You know what you want to say, but can’t remember the word. You forget the name of a favourite movie. You’re about to leave for an appointment, but you can’t find your car keys or phone.

Distraction or Forgetfulness

Frequent forgetfulness or memory lapses often leave people worrying about dementia or other progressive conditions. But that’s not always the case. To me, forgetting why you walked into a room is easily dismissed, as I would probably have been distracted. Went to get a can of beans for instance, then got distracted by picking up a fallen tea towel and then deciding it needed to go in



the wash, taking it into the bathroom to put in the linen basket, and distracted again by remembering the soap dispenser needed topping up, something I forgot to do when I noticed it earlier and so it goes on.

I have previous for losing things

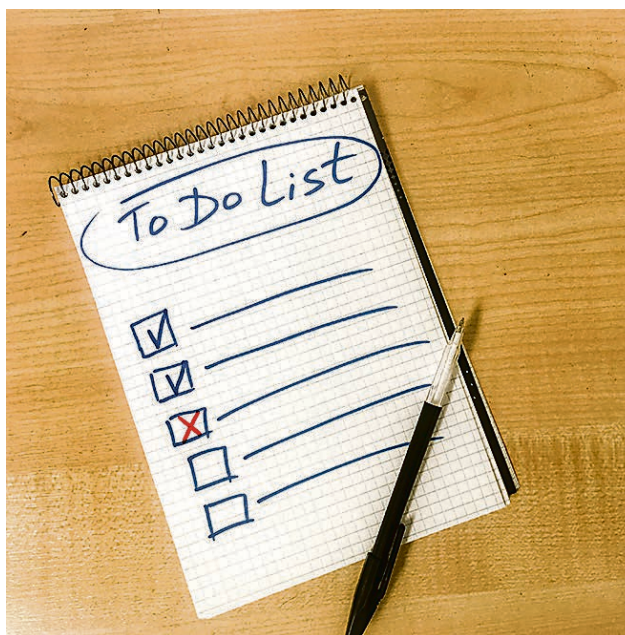
I obviously have history for losing things. I remember years ago helping out at an old people’s home, and volunteered to take four old ladies out one morning for a little shopping trip. I thought it would be nice to leave them in town for an hour or so, and arranged to meet them for coffee before we returned. Only two of them turned up - and I was faced with the dilemma of going to look for the missing ones, and risking that the ones that had shown up wandering off, or being embarrassed at returning with half my charges missing, sparking an all-out search party. Thankfully the absentees turned up, and I wasn’t barred from the home for carelessness.

Having difficulty recalling the name of someone you just met or having a word on the tip of your tongue that later comes to you is typically not concerning

so they say but, if memory loss starts to affect daily functioning – for example, missing appointments or forgetting to take

medications – further evaluation might be recommended. I am actually look forward to losing the memory for

good. It won’t matter then if I can’t remember where I was going, or if I go out in odd shoes - so long as they both fit on the right feet.




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“The views expressed on this page are those of the author and not of The Portugal News”

Lisbon among most profitable capitals

Lisbon is the 6th European capital where it is most profitable to buy a house to put on the rental market.



Looking at 32 European countries, Global Property Guide concludes that Lisbon is the 6th European capital where it is most profitable to invest in a house to put on the rental market. According to the calculations of the international real estate consultancy, the gross profitability of housing rentals in Lisbon stood at 5.65 percent at the end of June this year.

There are five European capitals where it is more profitable to rent a house than in Lisbon. In first place is Dublin (Ireland), with an average gross profitability of 7.33 percent, followed by Rome (6.82 percent), Riga (6.46 percent), Bucharest (6.3 percent) and Podgorica (5.7 percent).

The European capitals where it

is least profitable to buy a house to rent are Oslo, in Norway (2.46 percent) and Luxembourg (2.58 percent), according to the same data. In addition to the European capitals, the real estate consultancy also analysed the average profitability of other Portuguese cities. And it concluded that in Setúbal, investing in a house to rent has an average profitability of 6.51 percent, higher than that of Lisbon. Porto, Faro, Aveiro and Braga had average profitability above 5 percent, but below that of the Portuguese capital, writes Público. It should also be noted that the profitability rate calculated takes into account the tax burden of each country. In Portugal, income from housing has been subject to an autonomous rate of 25 percent

(previously it was 28 percent) for short-term rental contracts since last October, with the entry into force of the Mais Habitação programme. And this rate can be reduced further if the rental contract is for a period of more than 3 years.

The comparison of the tax burden on housing rentals between European countries is not straightforward, as some markets have a single rate and others have progressive rates. However, according to the same newspaper, it is possible to see from the data that Portugal is in the middle of the table with regard to the tax burden on property income, in line with other countries. And, therefore, the rental values charged in our country make it possible to offset the tax burden.

Algarve affordable for millionaires

The Algarve is the most affordable prime market in Europe for millionaires, followed by Bordeaux and Tuscany.



However, according to Knight Frank's European Lifestyle Report, it was one of the regions whose residential property prices increased the most in percentage terms after the pandemic. Conversely, London is the most expensive destination, even for millionaires.

"Europe is at the top of the world rankings in terms of countries with the greatest diversity of property owners in terms of nationality, with Portugal in seventh place out of 10 destinations", states the press release from the real estate agency, a partner in Portugal of Quintela + Penalva since 2022.

France comes in first place, followed by Spain (in 2nd), Italy, the United Kingdom, Greece and Switzerland (respectively). Croatia is in 8th, Ireland in 9th and Germany in 10th place.

"Portugal is among the countries that offer the most tax benefits to new residents, whether on passive income and capital gains, or on pensions and/or income from work, along with countries such as France, Austria and Spain", it reads.

For Kate Everett-Allen, Head of Europe Residential Research at Knight Frank, "changes in market conditions, tax incentives, visa options and lifestyle improvements can also influence the decisions of the wealthiest to move to another country".

"The pandemic, new hybrid work models and the increase in early retirement or semi-retirement among people in their fifties have contributed to this trend of increased mobility", she highlights.

The international study also reveals that millionaires prioritise security and privacy "over tax benefits when it comes to moving or buying a second home, due to geopolitical concerns".

Paris, Berlin, Barcelona, Vienna and Madrid are among the European cities most desired by the wealthiest who are thinking of moving to Western Europe. Lisbon is in the top 5 choices of cities to live in for its quality of life, and is chosen in fourth place for environmental quality.

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Tartan Army Sunshine Appeal donates £5,000 for disadvantaged youth in Lisbon

8 September 2024 – With the support of the British Embassy in Lisbon, the Tartan Army Sunshine Appeal donates £5,000 to the National Street Football Association (Associação Nacional de Futebol de Rua).

This contribution marks the Appeal's 102nd donation, continuing its tradition of supporting children's charities wherever the Scotland national football team plays overseas. A presentation ceremony was held on the afternoon of the 8th of September, ahead of the Portugal vs Scotland UEFA Nations League football match. Deputy Head of Mission Nigel Boud joined members of both organisations for football activities with the children in an event marked with traditional Scottish flair, kilts, and bagpipes.

The National Street Football Association provides underprivileged children with opportunities to engage in sports, fostering social

inclusion and human development. The £5,000 donation from the Tartan Army Sunshine Appeal will enable the Association to run various social sports activities related to street football and include study support sessions for the children.

Nigel Boud, Deputy Head of Mission at British Embassy Lisbon said "This £5,000 donation from the Tartan Army Sunshine Appeal will have a big impact on the lives of many young people here in Lisbon. By supporting the National Street Football Association, the Sunshine Appeal is helping provide vital opportunities for underprivileged children to grow, learn, and thrive through sport. It's heartening to see how our countries can unite not just on the football field, but also in our support for those in need."

About Tartan Army Sunshine Appeal

The Tartan Army Sunshine



Appeal is a Scottish charity that donates money to children's causes in locations where the Scottish National Football team play overseas matches.

It has made donations around the world, totalling over £300,000 to help many worthy causes including refuge shelters for children in Peru and Mexico, help refurbish a nursery in Budapest, build a playground in a children's hospital in Moldova, provide incubators for a hospital in Croatia, as well as various charities who use football as a medium to engage with the children.

About Associação Nacional de Futebol de Rua

ANFR - Associação Nacional de Futebol de Rua is a private non-profit social solidarity association (IPSS), recognised as a legal person of public utility. The ANFR uses sport, particularly street football, as a strategy for social innovation, through socio-educational and cultural intervention, with the aim of promoting social change, human development, and the social inclusion of citizens.

About British Embassy Lisbon

The British Embassy in Portu-

gal is responsible for developing and maintaining bilateral relations between the UK and Portugal. Its mission is to promote the objectives and policies of the British Government in Portugal, supporting British companies doing business in Portugal, encouraging foreign investment in the UK, and providing consular assistance to British residents and visitors to Portugal as necessary. The two countries have been close allies for over six hundred and fifty years, making it the oldest diplomatic alliance in the world still in force.

Catholic Mass in English



A Catholic Mass in English will be held this Sunday 15 September at 4pm, at the Chapel of Our Lady of the Incarnation - Ermida da "Nossa Senhora da Encarnação" on the cliffs above Carvoeiro.

The whole Mass will be in English: the readings, the hymns as well as the Order of Mass.

The celebrant will be Padre Nuno Coelho, the parish priest. Everyone is most welcome even if you do not normally attend this church. Padre is keen to welcome Catholics from every country, of whatever language.

We have a retiring collection for the Lagoa Food Bank, who have over 100 families in need at this time. Please give generously.

There will be refreshments after Mass. All are welcome.

This Sunday mass is in addition to the regular Saturday evening Portuguese Mass in Carvoeiro at 5.30pm.

For more information, please contact Madeleine Where: +351 964 933 823; carvoeirocatholics@gmail.com

AHA Autumn Programme

Algarve History Association begins its autumn programme with a concert and a presentation.

On Sunday 29 September at 5pm, AHA hosts its first concert of the new season. This particular concert is called *Virtuosismo e Emoção: Uma Viagem Musical do Romantismo à Paixão Latino-Americana*. Our soloists will include our old friend Vasco Dantas, who has opened our last three concert seasons.

More information and directions to Quintinha da Música may be had from

Peter (peterbooker1347@gmail.com). Also available from Peter are reservations at €25 per person, covering the cost of the concert and interval snacks and drinks.

On Tuesday 24 September at 6pm in Lagoa Municipal Library and on Friday 27 at 11am in Tavira Municipal Library, Peter Booker will discuss the reign D João II, whose soubriquet in Portugal is *The Perfect Prince*.

This monarch spent a summer in Tavira; he sadly died in the Algarve at the early age of 40; and alone among Portu-

guese monarchs, during the dictatorship as a part of the national celebrations concerning the discoveries, he featured on a series of Portuguese banknotes.

Yet for most people, if not completely unknown, he remains shrouded in mystery.

Peter explains the crucial contribution of this king to the history of Portugal, and his continuing influence on the shape of world politics. Attendance is subject only to a voluntary contribution.

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CHARITIES

ALZHEIMER PORTUGAL - Dementia Support Local Offices - Portimão and Lagoa. Information, advice, training and activities for People with Dementia and carers/relatives. geral.algarve@alzheimerportugal.org or +351 965 276 690

APAA CHARITY SHOPS - Browse Dunas do Alvor: Mon-Sat 10.30am-2pm Rua Elias Garcia 20, Silves: Mon-Fri 10am-2pm (Sat 1pm). House or garden. Gifts. Jewellery, clothing, ornaments, crockery. Bring and Buy good quality items. Volunteers always welcome info. apaaportugal@gmail.com

SUPPORT FOR FAMILIES in the Algarve receives items for families in need, Guia and surrounding areas. To donate or discuss concerns about a needy family contact Su Davis: 932 307 548, su.davis@sapo.pt Facebook: support for families in the Algarve.

A.A.G. CHARITY SHOP Guia. Situated in the Main Street, opposite the Football Club Snack bar. Opening hours Mon - Fri, 10am to 5.45pm, Sat 10am to 2pm. Closed Sun. Animal charity feeding street animals.

THE GOODWILL CHARITY. R. Direita 5, Ed. Portus Magnus, Portimão. 968 740 693, 10am to 2pm. Clothes, bric a brac and furniture in saleable cond., large items collected.

CAN YOU PLAY THE PIANO? The Anglican Church of St Vincent's Chaplaincy at Praia da Luz is looking for someone, who could play occasionally for congregational hymns at Sunday morning services on a voluntary basis, by arrangement. For more details, please contact Sheila on 914 285 640.

PORTIMÃO SOUP KITCHEN Soup kitchen serving times are 1 to 1.30pm on Sundays, and 6 to 6.30pm on Tuesdays and Thursdays. Volunteers needed one hour before for food preparation. Volunteers can contact Joy for more info Joy 91 735 8098.

THE DONKEY SANCTUARY Refugio dos Burros charity shops opening hours in Lagoa and Carvoeiro are Monday to Friday from 10am to 5pm and Saturday's 10am until 1pm. Ferragudo: Monday to Friday from 10am until 2pm and on Saturday's from 10am until 1pm. We are always very happy to receive any donations and if you have any time to spare, volunteers are always needed. For more information, please call Chris on 966 033 127.

CARVOEIRO CAT CHARITY ASSOCIAÇÃO. Located in Porches and run entirely by volunteers. We are looking for some more volunteers to help in our shelter of 250 cats as well as some foster families for our cats. Email ccc.carvoeirocharity@gmail.com or call 918 552 788.

ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, N° 53. Portimão.

MADRUGADA ASSOCIAÇÃO. VOLUNTEERS needed for our Lagos Homestore, Luz Encore, Lagoa Homestore and Ferreiras shops. Hours are 11am to 3pm M-F, and 10am to 1pm on Sat. All proceeds go to "hospice-at-home" care in the Algarve. Thank you for your support! Tel: 282761375; www.madrugada-portugal.com.

CADELA CARLOTA SHOP in Lagos open Mon to Fri, 10am to 1pm/3pm to 5pm. Almadena: Mon to Fri, 10am to 4pm, Sat, 10am to 1pm. We always need extra hands in our shops.

ASSOCIAÇÃO DE CARIDADE MÃOS de Ajuda. Helping Hands Charity Shop, 13A Avenida Dr. Eduardo Mansinho, Tavira. 100 metres from Porta Nova Post Office. Open Wednesday and Saturday from 10am to 1pm. Help us to Help others in the Tavira Area. 963558138

FRENCH LANGUAGE WE are looking for Volunteers to teach French in Albufeira or Olhos de Água to children and adults. No experience or qualifications necessary, just fluency in French and a passion to meet and help others learn this beautiful language. Please contact 961 636 201 or Angelica fash.co@gmail.com

THE NANDI CHARITY SHOP. Summer clothing now in store. Furniture can be collected within 30km of Lagos. Tlm: 912741857.

TINY SHELTER ALBUFEIRA. To donate please visit Algarve Social Club, 436A, EN125 Vale Judeu, 8100-284. For opening hours please call 918 721 948. For more information, please email info@algarve-social-club.com. Visit https://www.algarve-social-club.com/donate-item-for-sale-in-silent-auction.

WOOFF CHARITY SHOPS. This high quality second-hand shop now has 3 shops with all profits going to Animal Rescue Algarve, Almancil close to the road that leads to QDL Loulé. Opposite Lidl,

underneath the 24hr Vet Troto.. Opening Hours Mon-Fri 10am - 3pm Sat 10am-1pm. For more information contact: Almancil - 289 356 355, Loulé - 289 416 061 or Troto - 289 150 101 or alternatively, please email; info@wooffcharityshop.com.

MUSIC

ALJEZUR INTERNATIONAL CHOIR. Thursdays 2pm to 3.30pm at the Aljezur Bombeiros building. They are a local choral group that welcomes members of all nationalities and sings in multiple languages. Organised concerts throughout the year and tother community events. Contact 914285640 or 912547198 or via email leni.eves@yahoo.com for more information.

BELLA ACAPELLA BARBERSHOP Chorus. Wednesdays 7.30pm to 9.30pm at the Re-Criativa, rua da Republica 14 in Olhão. They are an international mixed group that sings Barbershop in English and organises concerts regularly. For more information contact 962 181 405 or 912 057 305 or visit http://www.bellaacapella.pt/.

CORO DOS AMIGOS. Rehearsal every Thursday from 6.30pm to 8.30pm at the Museu de Traje in São Brás de Alportel. They are an international group of people that sing classical and or sacred music in various languages. If you are interested in joining, please check out their Facebook page 'Coro dos Amigos' or contact Daniela Droogleever at daniellemichelle_8@hotmail.com.

EAST ALGARVE INTERNATIONAL Choir. Thursdays at 4pm in the hall of the freguesia in Santa Luzia, Tavira. We are looking for singers, men and women, with or without experience and experienced musicians. For more information, please email eastalgarvechoir@gmail.com or call Rineke Hofman +351 926 684 061. Please visit https://www.eaisc.eu.

SOCIAL

MEETUP ALGARVE WALKING. Social walking events of 2.5 and 3.5 hours listed every week. Discover so much more of what the Algarve offers. Coastal and inland, including Monchique. For full details please visit meetup.com/Algarve-walking.

EMBARK2. A UK based group that supports widows and widowers in the UK, offering holidays and events on a non-profit basis. The group holidays in the Algarve every year and would like to connect with any local widow and widower groups in the Algarve who would like to join them on their excursions. For more information and to get in touch please visit https://www.embark2.co.uk/ or alternatively email enquiries@embark2.co.uk.

C.A.S.A. - THE Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. info@casasocial.club or please call 282 332 251. www.casasocial.club.

COFFEE & CONVERSATION for expats. Meet other newcomers in the Algarve almost every week at different venues. www.expatcentrepportugal.com/events

ROYAL BRITISH LEGION (Portugal branch): for information contact: rblportugalsecretary@gmail.com or telephone 935 744 824.

BRIDGE

BRIDGE PLAYERS ARE welcome at the Vilamoura Bridge Club, every Tuesday 1.45pm at Velamar Hotel in Olhos de Água. No registration required, just show up with your partner. Details on our website www.vilamourabridgeclub.com, or contact Digna Bak on 00351 960 297 401.

AMIGOS DO MUSEU Bridge. Friday's at 2pm duplicate bridge at Museu do Trajo at São Brás de Alportel. For preregistration call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

BRIDGE LESSONS. COURSE of 10 lessons for beginners and of 10 lessons for more advanced. Also, private lesson possible. Please call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

THE BOAVISTA BRIDGE Club. Monday afternoons and Thursday afternoons with registration from 1pm to 1.30pm. Visitors, in pairs, are most welcome. For more information, please contact Vernon Beamish at vkbeamish@gmail.com. Please visit https://www.bridgewebs.com/bvbc/.

LAGOS MARINA BRIDGE Group. Single players and pairs of all nationalities are welcome to play duplicate bridge in a relaxed and friendly environment. Sessions from 1.15 p.m each Tuesday and Friday. Please call Tim on 964487263, or email lagosmarinabridge@gmail.com

FADBC BRIDGE CLUB. The FADBC bridge club has moved from the Cristal hotel to the Algarve 2000 cafe/bar, Vale Centianes, 8400-525, Carvoeiro. Bridge on Mondays at 1.45pm. All levels and nationalities welcome. For more information ring 282357953 or 962585622.

FRANK'S BRIDGE. THURSDAYS at 2.30pm duplicate bridge at Hotel Quinta Jacintina at Vale do Lobo. For preregistration call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

LAGOA/VAL DEL REI Duplicate Bridge Club. The Lagoa/Vale del Rei duplicate bridge club has moved from the Cristal hotel to Algarve 2000, Vale Centianes, 8400-525, Carvoeiro. Every Thursday afternoon. Play begins at 1.45 pm. For further information contact Iggy on 914266155.

SPORT

ODIÁXERE WALKING FOOTBALL. Every Tuesday & Friday - Walking Football 50+ at Clube Desportivo de Odiaxere (just off N125 at Odiaxere). 9.30am to midday. Just turn up or for more details contact Bill Harper email: bill.harper1953@icloud.com or phone: 960 234 641.

CROWN GREEN. AT Alvor bowling Club Tuesday 2pm. Peter or Janette 966169747 or 965700536

LAWN BOWLS AT Valverde Bowls club Almancil (rear of Tribulum restaurant) - roll up Mon Wed and Friday at 10am. mandpwlson@talktalk.net 07840112361 or 913741251. www.valverdebc.co.uk

CENTRAL ALGARVE WALKING Netball. Weekly on Thursdays at 10am at Browns Sports Resort, Vilamoura. Come along to our friendly netball club, all skill levels welcome. For full details join the Central Algarve Walking Netball Club Facebook Group or call 964 790 031.

AFPOP BADMINTON. ON Mondays at 7.30pm to 9.30pm at the pavilion of the school E. B 2,3 DR. Garcia Domingues in Silves. All levels of play. Badminton players will need to bring their own racquets and pay a small fee to cover costs. For more information, please contact Sue on 910108730 or email susharman9@gmail.com.

EASTERN ALGARVE PICKLEBALL Club meets four days each week at the Sports Complex in Vila Real de Santo Antonio. Times and sign-ups are available on playtimescheduler.com or Facebook. We provide instruction and equipment to new players. For more information contact Nancy at 926 762 299 or ncwhiteman@gmail.com

ALBUFEIRA ALL-STARS NETBALL Clube. Meet Friday mornings 10am to noon at Pavilhão de Olhos de Água. Beginners and all abilities welcome - a great way to keep fit and meet new friends. Contact Ruth on 0044 7891 563353 or join our Facebook group for more info: Albufeira Netball Clube. Please check the Facebook info each week in case of alterations!

TOUCH RUGBY. JOIN our Social Touch Rugby group in Lagoa! All ages and experience levels welcome. Training on Tuesdays 5.30pm to 7.30pm/8pm and Thursdays 5.30pm to 7pm (kids training) and 7pm to 8pm (adult Touch Rugby) at Alagoas all-weather training pitch at the Fatacil. Contact Dave Alger on 96 231 5256 for Kids Rugby and contact Darragh at darraghjones95@gmail.com or +353 871178887 to join adult Touch Rugby.

WALKING FOOTBALL WESTERN Algarve. Every Friday from 6pm at Burgau Sports Centre with social events afterwards. For more information, please contact Jerry Dowd on 0044 7925 325 363 or search Lagos Strollers on Facebook.

WALKING FOOTBALL. TUESDAYS and Thursdays 9.30am -11am. Free at Vilamoura. info@browns-club.com or 289322740.

WORKSHOPS & COURSES

FIGS ON THE Funcho. Ongoing painting courses and workshops. If you are interested in joining, please contact Cheryl on 912 595 539 or email her at cheryl@figsonthefuncho.com

PAINTING FOR PLEASURE Classes. These friendly classes welcome anyone from beginners onwards. Classes are on Wed mornings 10.30am to 12.30pm & 2.30pm to 4.30pm in the afternoon at Mesquita, São Brás. Tel: Terry 289845561.

If you or someone you love is having trouble with alcohol, there is a SOLUTION Alcoholics Anonymous

English speaking meetings - <https://aaunityportugal.org/>
Monday and Fridays at 7.30PM R. dos Salgueiros 18
8500-831 PORTIMAO and
Wednesdays at 7.30PM
R. Das Juntas de Freguesia 12
8600-723 LAGOS
Coffee and tea available



Lisbon Croquet Event

Please mark your calendar for Saturday, 12 October for a Croquet afternoon from 2.30pm - 6 pm and reception at Sports Club of Lisbon, at Casal da Carregueira - Belas 2605-213 Belas.

The lawn above, is golf green quality, and there will be a visiting Algarve Croquet expert coach, along with many players who have attended our recent 3 events. We will also be showing the potential long term croquet lawn grounds.

You are invited along with any like-minded friend to a quality afternoon of Croquet on Saturday 12

October anytime between 2.30pm and 6pm. Please save the day. The afternoon is hosted by Andrew Heaton & the Sports Club of Lisbon on the green immediately below the club house. The club is close to the A16 & a directions map will be provided. The afternoon will include:

- Welcome tea/coffee/pastries, along with an introduction/demonstration by a croquet expert
- Opportunity to have a trial play competitive matches coached by experts
- Followed by wine/cheese

reception with opportunity for sign-up for the club launch

Since the location is catered and on a private club, we will need RSVP acceptances by 5 October. Enough have already signed up that we have enough for a team to have a later interclub game with the Algarve Croquet Club – and we are most desirous to expand our team:

If you are interested and would like to bring other interested players, please contact: Walheaton@gmail.com or heather.shiell@gmail.com to let us know?

If you cannot come at all, please let me know as soon as you know, to help us with planning

Croquet mallets, balls, & hoops will be provided and there's no specific dress code.

We plan regular croquet afternoons later in the year. The newer Golf Croquet is much more social than before and the competitive spirit has raised interest by visiting teams to come to the area.

Directions: Coming down A16 from Sintra to Lisbon turn off at exit 11;

• Turn off the roundabout onto M544 toward Estrada do Telhal: go 2.2km

• At the next roundabout turn right on Av Gen Ferreira N117: go 2.5km.

• Turn right toward the Sports Club entrance

If any of you have friends who might be interested, please feel free to bring them along (or encourage them to write). We are interested in anyone who would like to try the game out.

For questions, call: Andrew Heaton: Tel 967 482 684.

Victoria's Fundraiser reigned Victorious



Algarve based bands The Buzz and Rockhopper came together in full style once again for Victoria's second year anniversary, where they decided to host a charity day in aid of Associação Alerta de incendio florestal (Forest Fire Alert) and Tiny Shelter Albufeira on Sunday 1 September.

The fundraiser took place at Victoria's in Poço Barreto in Silves and it was a massive success thanks to entertainment from two wonderful bands, affectionately known as The BuzzHopper, which is forged of The Buzz which consists of Zoe Page, Gary Collins, Rob Lane, Alan Little & Gary Bristow and Rockhopper which consists of Dave Currah, Tim Jackman, Roy West and "Stick".

The support from the community was fantastic, where by everyone came together

and raised a total of €2,500 which was evenly split between Alerta and Tiny Shelter who were thrilled as the fundraiser beat last year's total by €1,000.

Rockhopper bass player, Roy West, told The Portugal News "The musicians and their helpers as well as volunteers put in a great shift. A special shoutout to the Clark Family, Anna, Naomie, Paul & Jamie and all the staff at Victoria's. It was a very long hard day for them preparing, running and clearing up after the event. They were the stars of the show really."

"The place was packed, every seat taken and some people who just came for a drink and to contribute had to stand. We started with music from Rockhopper, then had a raffle of around half of the 40 prizes. This

was followed by music from The Buzz and then the remainder of the raffle prizes and a small Auction that included cakes, tickets and a Bass Guitar. All of which sold for very good prices."

Roy concluded, "The event closed with a short set of songs performed by a collaboration of both bands, culminating in a mass rendition of Queen's We Are The Champions dedicated to everyone that was there on the day."

For those who missed the gig, don't worry there is plenty more from both bands and so you don't miss out again please visit rockhopper.pt or search 'Rockhopper Band' on Facebook. Similarly to keep up with The Buzz please visit thebuzzalgarve.pt or search 'The Buzz' on Facebook.

70s Jukebox

Rock, Glam, Pop, Soul and Punk

The event will take place on Saturday 14 September from 6pm until 10pm at Restauração do Mercado Municipal de Loulé.

The event is sponsored by Vinyl Boutique Records and the Food Court Loulé Mercado.

Food hall, 4 great tapas bars so plenty of delicious food options. The event will have fantastic music from the UK DJ Brian Rockindad who will be playing vintage vinyl 45s.

For more information, please visit www.facebook.com/vinylboutiquerecords

Integrating Porcelain in Contemporary Art

Local Artist Belinha Silva invites you to her exhibition "Integração de Porcelana na Arte Contemporânea" which is running from the 5 to 30 September 2024. The exhibition is currently taking place at Galeria de Arte Pintor Samora Barros in Baixa de Albufeira. Belinha Silva would be delighted for you to

attend the exhibition on the 14 September at 2pm at Galeria de Arte Pintor Samora Barros to share a drink and discover her exhibition.

For more information about the artist, please visit <https://www.instagram.com/belinhacreations/?hl=en> <https://www.belinhacreations.net/>

7th Pink Ladies Day a Smashing Success at Silves Golf

Lovingly referred to as "The Ladies from the Hills", these 120 golfers sporting pink outfits played their hearts out on 5 September and raised more than €9,500 to benefit breast cancer research.

Pink was the order of the day from the top to the bottom, Pink Flags, Pink Tee box markers, Pink score cards. And the Pink Ladies did not disappoint! All dressed in Pink, even down to their shoes. With pink fizz, Italian sandwiches, Indian nibbles, and meat patties, served with a smile by our fabulous SDM dream boys, the day went down in a blaze of Pink.

After the game, all the Ladies had tea and cakes, which preceded the live auction, raffle prize draw and finally the golf prize giving. 1st place, with 50 points, Debbie Newton &

Sue Adams won the Pink Ladies Cup. Several Ladies won Nearest the Pins, and prizes were awarded down to 12th place.

Due to the generosity of all involved including the many sponsors of the event, Pestana, Brasserie Rosal, Blevins Franks, La Bella Vita, Indigo restaurant, EverYou Hair and Makeup, amongst several others made sure that we had a great selection of prizes.

The icing on the cake was, the Algarve Oncology Association (AOA.pt) in Faro, the beneficiary of the event, will receive in excess of €9,500 from the day. The festivities were capped with a drone group photo on the 18th green.

A huge thank you to all involved in a fantastic day. We are already looking forward to the next one!

Wendy Emrich



Garden Party Exhibition

The OtherWorlds Collective, a diverse vibrant group of painters, potters, weavers and felters and more living in Portugal are holding a Garden Party exhibition on 28 September at Lugar da Pedra Alta, Melo Village in Gouveia.

The nine artists include: Andy Manson, Steffi Kohne, Camille Rosso, Fiona Whyte,

Debbie Manson, Deborah Osberg, Erin Neelands, Linda Herrygers, Nikola Orpen, Suma Starkie, Jan Hannah, Carinan Blidjenstein, Willem Wood Art and Nina Wieland.

For more information, please visit <https://otherworldscollective.weebly.com/> or find them on Instagram @other.worlds.artistscollective

Lisbon Tattoo Rock Fest 2024



The great national summit dedicated to counterculture and the passion for tattooing returns to LAV - Lisboa ao Vivo, between 4 and 6 October, with around 200 tattooists from all four corners of the world to showcase the art.

Lisbon Tattoo Rock Fest is the largest international tattoo convention in Portugal and represents a global meeting of professionals and lovers of body art, with the purpose of exchanging ideas and getting in touch with new trends and products in the industry. As has become tradition, the quality of the work done on site by the tattoo artists present is awarded in several categories. Among them, the best tattoo of each day and the best tattoo of the event in general,

across all days of the convention, are highlighted, and an award is to be given on the last day. Emerging with a pioneering concept that combines rock music culture and the world of tattooing, the Lisbon Tattoo Rock Fest will feature renowned names in national and international music such as Onslaught, Sam the Kid, MADBALL, and so much more. For more information about the Lisbon Tattoo Rock Fest, keep an eye on the event's social media channels. Ticket cost €10-€69,

and are now available through the Clockwork Store online store. 3-day passes and daily tickets give access to all concerts and the International Tattoo Convention area. Single tickets for the International Tattoo Convention area do not provide access to the concerts. Tickets are personal and non-transferable and may not be transferred to other people. Single tickets for access to the tattoo convention only, without access to the concerts, are also available.

Rota Vicentina Bike Tour

The Rota Vicentina Bike Tour is a guided adventure that will take place from 21 to 24 November, packed full of contrasting scenery, mixed terrain and challenging daily profiles.

Dipping in and out the Vicentina Natural Park on a mountain bike is an excellent way to get to know this enchanting and rural Southwestern corner of Portugal. The weekend cross-country MTB tour offers an activity for experienced riders who are looking for a sporty holiday, with a daily average of 54 kilometres of cycling, across farms, through forests, over hills, across rivers, along cliff tops and via sandy paths to perfect beaches.

Over three nights and four days, participants will stay in the most authentic

and rural towns and villages in the region, while exploring the established Rota Vicentina Historical Trail, which consists of 230 kilometres of tracks and is classified as a long-distance route, Grand Randonnee (GR11, or E9).

This annual event is becoming ever more popular with Mountain Bikers looking for a new challenge, so make sure you book early as we expect places to fill fast. Places are available on a first come first served basis and there is a €100 deposit to secure a place and the



balance by the end of October.

For more information, please visit: <https://www.algarvebikeholidays.com/tours/rota-vicentina-mtb-tour-nov-2024/>

If you would like to book or if you have any questions, please contact: paul@algarvebikeholidays.com or call: (+351) 913 226 954.

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Unleash your brand

Unleash Your Brand: Storytelling Masterclass is an exclusive workshop offering the rare opportunity to learn the art of brand storytelling from an award-winning director, that will take place on 28 September, from 2pm to 6pm, at the Audax Business Hub in Setúbal.

António Aleixo has collaborated with major brands such as Delta Q, Volkswagen, PT Casino, Gold Energy, Worten, El Corte Inglés, and Remax, and is one of the most celebrated storytellers in the advertising industry.

This masterclass is designed to help professionals and businesses elevate

their online brand presence through powerful storytelling techniques. Participants will gain insights from Aleixo's extensive experience in creating engaging narratives that resonate with audiences across various media.

The programme offers an afternoon of high-impact teaching aimed at improving storytelling skills,

enabling participants to connect better with their audience and differentiate their brand in a competitive market.

To join The Arrábida Club, visit <https://arrabida-club.com>, or to purchase your ticket go to <https://lu.ma/t6i3ei2f>. Tickets cost €25, but free of charge for members of The Arrábida Club.

Discover a refreshed and revived Sharm-el-Sheikh

The Red Sea resort has bounced back as a reliable winter sun destination.

Dazzled by the neon lights and heaving bazaars of Naama Bay, it's hard to imagine this patch on land on the southern tip of Egypt's Sinai Peninsula was once a small fishing village. Over the decades, sleepy beach fronts have been transformed with all-inclusive resorts and dive schools, making Sharm-el-Sheikh a top winter sun destination.

But the last few years haven't been easy. Over tourism and poor behaviour threatened to destroy the fragile coral reefs which have made this Red Sea outpost a top diving destination. Security concerns have also been raised. In 2015, a Russian plane was bombed shortly after take-off from the airport, causing a rapid decline in tourist numbers. Rumblyings in the Middle East and the war in Gaza have also resulted in a loss of confidence in the region.

Not high risk

But according to the FCDO (Foreign, Commonwealth and Development Office), the Gulf of Aqaba coastal region, at the northern

tip of the Red Sea, is not deemed high-risk. In fact, despite a few shaky years, Sharm is bouncing back. New environmental regulations have improved the underwater experience for divers and snorkellers (not to mention the wildlife), and new investment has allowed resorts to up their game. One of those properties is the Iberotel Redsinia in Nabq Bay, which reopened with a new name following a transformation earlier this year. Surrounded by golden sands and gardens of lofty palms and bulbous cacti nurtured for 20 years, the 521-room property has a dive centre, spa and multiple restaurants.

Competitive prices, a mid-haul flight time of five hours, no jet lag (GMT+3), and balmy temperatures (24C in December) make it a very appealing winter sun destination.

Here are three more reasons to go to Sharm...

Idyllic beaches

The sun shines (almost) every day of the year, making it possible to enjoy a good selection of beaches. Lined with cafes and restaurants, crescent-shaped Naama Bay is the

area's glittering tourist hub. The calm, clear waters make it perfect for swimming, snorkelling and watersports, while the bars play music into the night.

The more secluded shores of Sharks Bay appeal to those seeking peace and relaxation, while Terrazzina Beach has a laid-back, bohemian feel which sets it apart from more commercial resort areas. The shallow waters and soft sands are ideal for families. For divers, Ras Um Sid is a favourite. Famous for its lighthouse and cliffside views, it provides easy access to coral gardens and a gorgonian forest teeming with marine biodiversity.

Exceptional diving

An underwater wonderland of coral reefs, the Red Sea is regarded as one of the world's top diving destinations. Ras Mohammed National Park, a short boat ride away, is decorated with vibrant reefs and dramatic drop-offs. Brightly coloured fish dart through coral gardens, while larger residents like manta rays and reef sharks can be found in the depths.

For those who prefer to stay closer to the surface, snorkelling in clear waters



is equally impressive. There's also the option to try an assisted 'Discovery Dive', where instructors will help you descend in scuba gear for a taste of what it's like to explore underwater. All round, the experience has improved. The Egyptian government has established protected marine areas and implemented regulations that limit boat access to certain fragile sites. Boats are now required to anchor at designated mooring points to prevent damage to coral reefs, and there are fines for littering and other harmful activities.

A rich history

While Sharm El Sheikh's coastal charms are hard to resist, the desert landscapes of the Sinai Peninsula are equally captivating. Find silence and solitude in the wind-sculpted mountains, which feel as if they haven't changed for centuries. At the foot of Mount Sinai, where Moses is said to have received the Ten Commandments, lies St. Catherine's Monastery – founded in the 6th century, it's one of the oldest Christian monasteries in the world.

Many pilgrims visit the

UNESCO World Heritage site to study the Byzantine architecture, admire sacred relics and make a wish at the burning bush where Moses spoke to God, according to the Book of Exodus. One of the most magical ways to visit is with a sunrise hike along the 6.5 mile Mount Sinai trail. Tour companies collect guests from their resorts in Sharm to begin the hike at 1am, stopping at makeshift Bedouin tea stops along the way. Watching the sun blink above a horizon of endless peaks is soul-stirring.

PA/TPN

The **Azores** are now linked to the **Algarve** all year round.

Os **Açores** estão agora ligados ao **Algarve** todo o ano.

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Stretching your summer

With the high cost of gas and the airlines cancelling flights right and left, I've come to the realization I won't be taking a vacation this year. I even told my luggage that, as I sadly put them in storage. Now I'm dealing with a lot of emotional baggage.



Ribeira de Meimoa



Serta River Beach

I can't take credit for that unattributed comment I found online, but I can certainly relate to it. Having said that, it seems that plenty of people were - and are even now - away on férias. It's been a challenge these past weeks to have our car repaired, get a doctor appointment, or arrange to see an advertised rental property. If you haven't yet indulged in your own getaway, or if you have and would like another shot at the season, you might like this article, "Beach Accommodation for the Last Summer Dip" that I came across, recommending places in Spain. If you prefer to remain in Portugal, naturally there are endless options right here at home. Here are some suggestions.

North

There are no bars or restaurants (although there's a kiosk selling cold beer), but a visit to Praia de Paço is well worth your time. Located an hour north of Porto, this intimate beach is a half-mile stretch of sandy coves with shallow

inlets that are perfect for children. Free parking and restrooms are available. Explore the nearby 18th century fort when you tire of sand and sea, and when you've worked up an appetite, head 15 minutes south to the city of Viana do Castelo.

Central Region

There's an extensive network of praias fluviais, river beaches, in the center of Portugal. There you'll find calmer, cleaner, warmer waters, on grassy and sandy banks, often with outdoor cafés shaded by brightly colored umbrellas. One excellent choice is Praia de Palheiros do Zorro, which translates to Beach of the Fox's Haystacks. It also translates to a welcoming river beach near the bustling university town of Coimbra. Leave your car in the parking lot and head to the bar for a drink and snack and then take a dip in water so shallow it gives the impression of a large pool. Stretch out on the ample sandy expanse or under a shaded tree. The recreation area also offers a volleyball court on site. My favorite (so far) is the

zona balnear or "bathing zone" of Meimão, not to be confused with Meimoa, although that river beach is lovely, and ranked number 1 of 11 things to do in Penamacor.

Sertã is an interesting river beach in the Castelo Branco district in that it runs through town, so when you're done with swimming, there are shops and restaurants right nearby.

Lisbon Coast

Near the city of Setúbal, Serra de Arrábida Natural Park is considered a Portuguese paradise. It's home to rare animal species, fascinating caves and a 16th century abbey. But the sparkling jewel is the stretch of the area's magnificent beaches, Portinho de Arrábida. There are actually four principal beaches here, with crystal clear, turquoise waters: Praia da Figuerinha, Praia do Creiro, Praia da Galápos, and Praia de Galapinhos.

The first two are the most easily accessible, with several parking lots available to visitors. Or you can take a bus from the Alegro Shopping Center in Setúbal directly to the

beaches. If you don't want to go all the way back to Setúbal to dine, grab a burger, fries, and cold drink at O Zeca beach bar and restaurant on Estrada do Portinho do Arrábida.

Alentejo

Vicentine Coast Natural Park, termed the last wild coast in Europe, has a hidden gem in Praia da Amália, near the village of Azenho do Mar in Odemira. This small beach - it virtually disappears at high tide - was named for the legendary fadista Amália Rodrigues, who both learned to swim and kept a vacation home here. Access requires a fair hike down to the water, so it's really not for children. But if you are looking for unspoiled and private, this is it.

Algarve

Meia Praia is the largest beach in Lagos, and many say it's the best in the Western Algarve, where sandstone cliffs give way to grassy banks bordering languorous stretches of golden sand. There's a lot to support that designation, because of the

beach's bars, restaurants, and marina. But if you're looking for stunning scenery, my suggestion is Praia de Benagil in Lagoa. Carved over millennia by rainwater and the crashing Atlantic surf, the coastal area near Benagil features a string of labyrinthine caves. Some are minus-

cule, some underwater, some darkened for lack of sun. But the most well-known, Benagil Sea Cave, is large and airy, with ethereal sunlight streaming through a photogenic circular skylight, eroded by the elements over time. The official end of summer is 22 September. What are you waiting for?



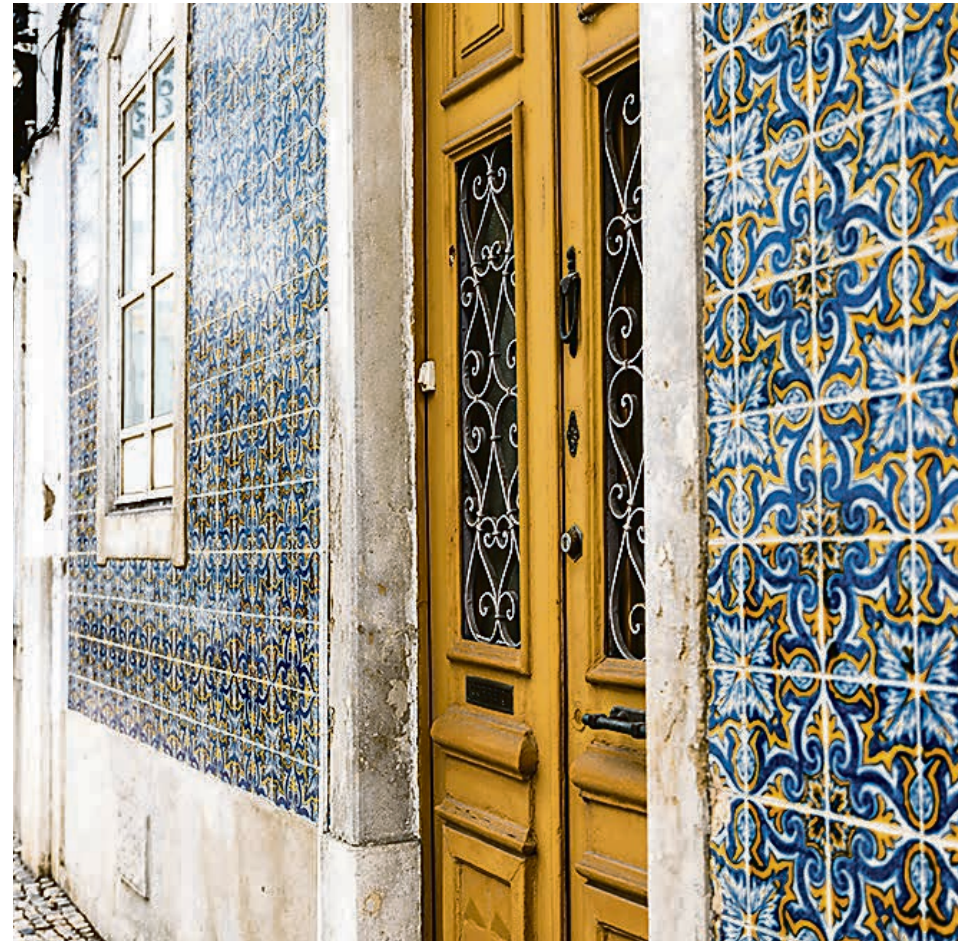
About Tricia Pimental

Native New Yorker Tricia Pimental left the US in 2012, later becoming International Living's first Portugal Correspondent. The award-winning author and her husband, now Portuguese citizens, currently live in Coimbra.

Who were the Moors...

N Marilyn Sheridan

...And what were they doing in Portugal?



You are probably aware that Portugal has a Moorish influence. The word 'Moor', comes from the Latin 'Maurus', first used by the Romans to denote someone from the Roman province of Mauretania, which was made up of the western part of present-day Algeria and the north-eastern part of what is now Morocco. It doesn't refer to a particular ethnicity, but rather to a mix of North African and Arabian Muslims who colonised Spain during the 8th century. The region that would become Spain was called Iberia, and research has suggested that by the 10th century, half the population of the Iberian Peninsula was Muslim.

Invaded and Conquered

The Moorish Invasion of Portugal took place in the year 711 when a Muslim army led by Tariq ibn Ziyad crossed the Strait of Gibraltar, and for centuries the Moors

ruled over Portugal, leaving an enduring mark on the country's landscape. Their presence lasted for over four centuries, revolutionising Portugal's agriculture, along with intellectual and artistic achievements. They introduced new crops such as rice, citrus fruits, pomegranate and even sugarcane. They established themselves in various areas, including Lisbon (which they called 'Lashbuna'), Santarém, and Mértola. The Moors may have started as conquerors, but soon became skilled architects, scientists, and musicians.

What they gave us

They gave us irrigation systems, and, of course, the splendid 'azulejo's (ceramic tiles) that are everywhere here, both inside and out. Their architecture of intricate geometric patterns and ornate decorations, flat roofs (did you know these are actually better at keeping out the heat?), and the famous 'Hand of Fatima' door knocker, can still be

seen in Portugal today.

Notable Moorish Sites in Portugal

There are several significant Moorish towns still scattered across Portugal, and these are a few of a pretty long list. The Castle of the Moors (Castelo dos Mouros) in Sintra, is one of the most iconic Moorish sites in Portugal, and the Castle of Silves (Castelo de Silves) is a classic example of Moorish presence in the Algarve region and is a magnificent Moorish fortification. Although São Jorge Castle (Castelo de São Jorge) in Lisbon has undergone several modifications over the years, the origins of this castle date back to the Moors. Even Albufeira's Old Town – nowadays a hotspot for tourists – is a region in the Algarve that has a distinct Moorish character, with narrow winding streets and white-washed houses. In Mértola in the Alentejo region, there is a well-preserved Moorish mosque, that was converted into a church. Significant is Évora, a

UNESCO World Heritage site, that has a rich history dating back to the Moors, including the city walls and architectural details in the old town.

The Decline of the Moors

The Moors' presence in Portugal gradually declined. The 'Reconquista' was a series of Christian military campaigns aimed at reclaiming the Iberian Peninsula from Muslim rule, and in 1139, after a victorious battle, Afonso declared himself King Afonso I of Portugal, and thus began the slow process of driving the Moors out of Portugal. Although battles were fought by Christian rulers against Muslim ones, it didn't mean an end to the Muslim presence in Portugal. Vasco da Gama was celebrated as a national hero for opening the sea route to India that gave Portugal access to the spice trade, which had been controlled by the Arabs until then, and apparently was also

accused of carrying out a campaign of terror against Muslims in the struggle for control of the sea trade. In retaliation for attacks against the Portuguese, he is said to have captured a ship with 200 Muslim pilgrims on board returning from Mecca and set it alight, killing many.

Arab Influence in the Portuguese Language

Among the words that the Arabs bequeathed are a good few place-

names with the prefix 'AL,' which meant 'the west', and others are those beginning with AZ or AS, (corresponding to the Arabic definite article) or OD, (meaning river). So when you find yourself wandering the streets of Portugal's towns, remember the Moors and their impact on the beauty, culture, and history of Portugal, even food – Cataplana is a popular dish we have inherited from them.



A Portuguese Love Affair spreading rainbows in London

N Bruno G Santos

Dina Martins and Olga Cruchinho are two Portuguese women who opened a space in England, A Portuguese Love Affair, known for having the best Pastel de Nata in England.



Both women told **The Portugal News** that they want to improve the space by creating the Love Affair Basement (L.A.B.), to spread love, and create a space where everybody can feel secure, happy and, above all, loved. Dina and Olga are also asking for people to help them raise the money to finish the work for a project that will bring a new life to Hackney Road in London

The Portugal News (TPN): When and how did you decide to create *A Portuguese Love Affair*?
Olga Cruchinho (OC): Portuguese Love Affair was created 11 years ago, under various circumstances. We had a business in Portugal, then we came to London aiming to work for ourselves, in this case. Then, we raised money and wanted to go back to Portugal, but London ended up 'swallowing' us a little bit and we decided to open a business in London. It started with a little store on Columbia Road, then there was an expansion and now we are in the third phase of the business, which is a more playful and fun part.

TPN: Do you want to explain further about this new phase?

Dina Martins (DN): The new project is also something that we've been thinking about for some time, but sometimes you don't have the energy. And the world is kind of confusing, making it feel like it's more difficult to believe that things can happen. Despite that, we realised that we had a fantastic group of people around us. From artists to lawyers, to people who do workshops, to people with some skills. Many queer people! And with many places, especially here in East London, which made us think that it was maybe a good opportunity now. Since we had a group of people. In other words, our idea is to have the space to have two moments. During the day, we're thinking about a place for workshops or conferences, and maybe some company lunches. And then, at night our idea is to have a very diversified programme. Trying to support as many people as possible. The main idea is to bring, for example, a movie night, a theatre night, stand-up

comedy, live music and even some cabaret nights. All aiming to create a community place of sharing, knowledge, while supporting people. For example, we found therapists who agreed to do group therapy sessions for transsexual kids, for example, promoting inclusion and safety for minorities who need a little more support.

TPN: By creating a space where it can be safer for these people to be, does it mean that there is not so much security for these minorities to express themselves freely in that area?

OC: Yes, but in the world in general. We are in a moment in which we were a little better than we are now. In the world in general, just look at the case of the United States, even here in England and Portugal as well. A setback one definitely felt around the globe, and no one can deny it. Here, it is still a very open area, but the truth is that many venues aimed at queers have been closing. And some other sites that we know of are no longer as inclusive, as we would

like to think they should be. And we have noticed that. **DN:** In this place, we will try to include as many people as possible. Not only queer people, but also for disabled people, for example. One of the things we want to do is to create a distance list, from the nearest bus stop, giving people more accessibility information.

TPN: What are the expectations for this new project?

DN: The feedback has been very positive, and people seem very excited about the project. People want to do things, and several people have already come forward. And I think we are confident, as it is a new project however it is part of an 11-year-old business.

TPN: What about the crowdfunding you created? Is there something you would like to share with the TPN readers?

OC: People can simply make a donation. But there is also a way that may appeal to more people. We only ask people, for those who do not want to donate to buy things, just for us to have the money to be able to assemble everything.

Most of the people want to have their name on the wall. They know us and like us and want to be part of the project. So, they ask to include their name on the wall, just like sponsors. That has been what has been sold the most. Even though it is not the cheapest purchase people may contribute at A Portuguese Love Affair.

DN: What we are trying to say is that the person who only buys a beer is already helping us as we need that money now to be able to pay for the works. We are now spending money on

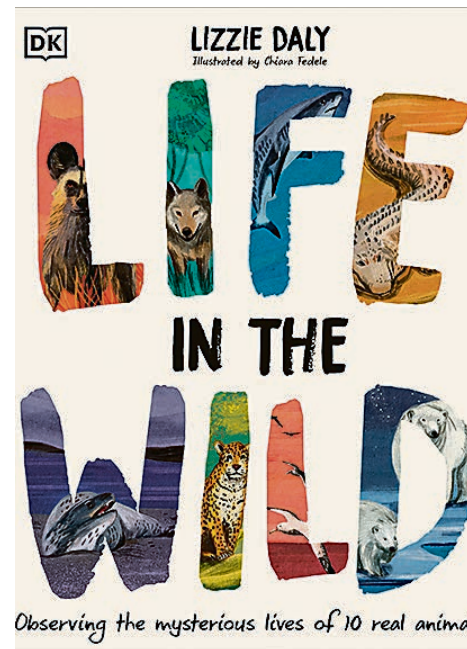
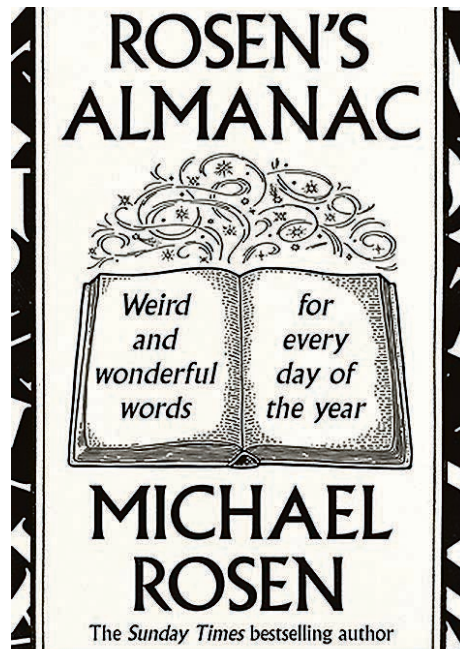
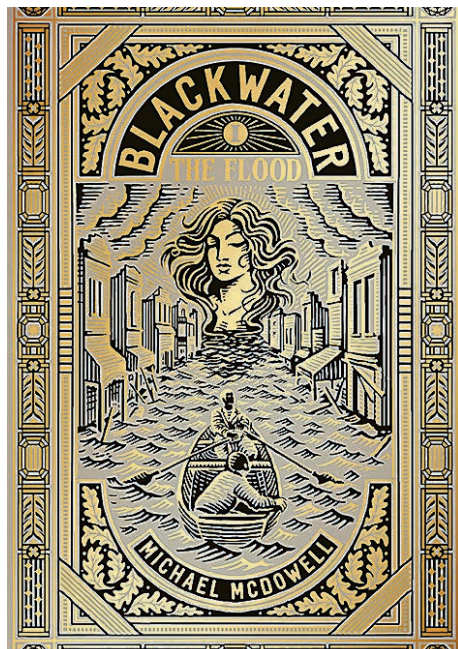
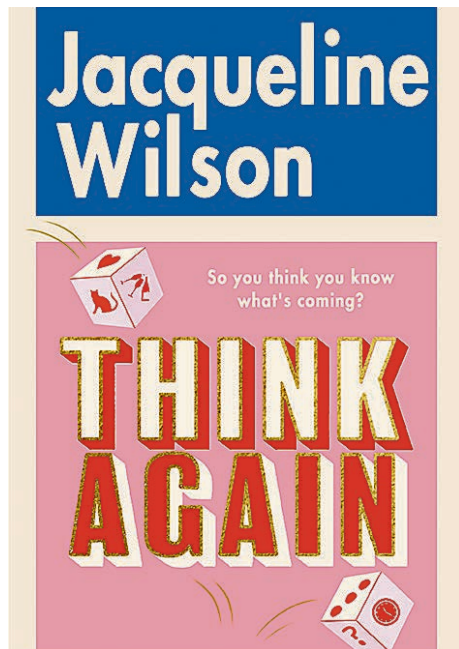
works without making any money, at the moment. The works are aimed to be finished in two or three weeks, and the crowdfunding will be open until 13 September, with the possibility of being extended for more time. At this point, Olga and Dina need, as seen on their crowdfunding, £60,000 to pay for everything they need to do.

People may help through: <https://www.crowdfunder.co.uk/p/crowdfunding-for-love-affair-basement>.



New books to read this week

This week's bookcase includes reviews of *Think Again* by Jacqueline Wilson and *What A Way To Go* by Bella Mackie.



Jacqueline Wilson returns with her first adult's novel since the 1970s...

Fiction

1. Think Again by Jacqueline Wilson is published in hardback by Bantam

A comforting, engaging, nostalgic, and heartwarming read – the iconic Jacqueline Wilson is back with her latest adult novel called *Think Again*, a sequel to the *Girls* franchise. Following Ellie Allard's life into adulthood, the novel starts on her 40th birthday, where she finds life is not looking exactly how she had imagined – but there is so much for her to learn and discover, she just doesn't know it yet. Themes of motherhood, friendships, relationships, school, sex, body image, health, and employment are covered in the most relatable way, making you smile and laugh and ask questions to yourself along the way. You never feel alone reading one of Wilson's books and her writing is brilliant and honest. This is a must-read for any Jacqueline Wilson fan – you won't be disappointed.

2. What A Way To Go by Bella Mackie is published in hardback by The Borough Press

After the roaring success of her debut, *How To Kill Your Family* – soon to

become a Netflix series starring Anya Taylor-Joy – Bella Mackie is back with another murder mystery. *What A Way To Go* begins with the suspicious death of ultra-wealthy Anthony Wistern, a businessman who gets gruesomely impaled at his 60th birthday party. The book is subsequently told from multiple perspectives – from Anthony, looking at proceedings from a kind of purgatory; his odious family members, scrabbling for the inheritance and discovering that their father was no angel; and an amateur sleuth, who's convinced the death is foul play. Mackie's latest offering is fast-paced, funny and will have you guessing until the end – it will no doubt be another bestseller.

3. Blackwater by Michael McDowell is published in paperback by Penguin

Originally published in 1983, *Blackwater I: The Flood* is the first in the six-book *Blackwater* series set in the small community of Perdido, Alabama in the early 20th century. It begins with a catastrophic flood that brings destruction – and something more sinister – to the town. As the waters recede, the focus turns to the efforts of the respectable yet dysfunctional Caskey family, to come to terms with the mysterious newcomer in their midst. While the dialogue is at times somewhat leaden, the horror-inflected southern

setting drips with enough atmosphere and charm to keep you engaged.

Non-fiction

4. Rosen's Almanac by Michael Rosen is published in hardback by Ebury Press

Have you ever wondered what happened to certain words you used to hear all the time? Perhaps they were words your grandma often said when she lost something, or a phrase your grandad picked up from the war that has died out with their generation. In this book, author, poet and broadcaster Michael Rosen delves into our use of words and some of the reasons we choose to change our language over time, as English continues to evolve. This is a brilliant collection of weird and wonderful words and phrases from all over the UK – and some theories behind their meaning, with a different one selected for each day of the year. It's an enjoyable and light-hearted read which may get you wondering why we no longer use some vocabulary that was once in everyday use.

Children's book of the week

5. Life In The Wild: Observing The Mysterious Lives Of 10 Real Animals by Lizzie Daly, illustrated by Chiara Fedele, is published in hardback by DK Children

This is a stunning book with delightful colour illustrations

that will thrill every wildlife loving child and adult. It takes you through 10 different informative stories, starting with a polar bear and her cub on their journey for sea ice – which will let them hunt for food.

Global warming has made this journey longer, with catastrophic results. Other stories include jaguars having to ferociously defend their territories, as well as tales about leopard seals, sharks, crocodiles and

more – highlighting their struggles to survive. It is very thought-provoking, highlighting how delicate our planet can be, and why we need to properly care for it.

PA/TPN

ALL Saints Lagoa
ANGELICAN CHURCH

Justified - Do you know what that means?
Justified means; 'just-as-if-I'd' never sinned.

What a promise, accepting Christ into your life brings gifts and blessings beyond anything you can imagine.
Shouldn't you find out more?
Come and join us one Sunday.
You will get a warm welcome, and perhaps some answers to your questions
Visitors are welcome, come and join us Sunday 11:00

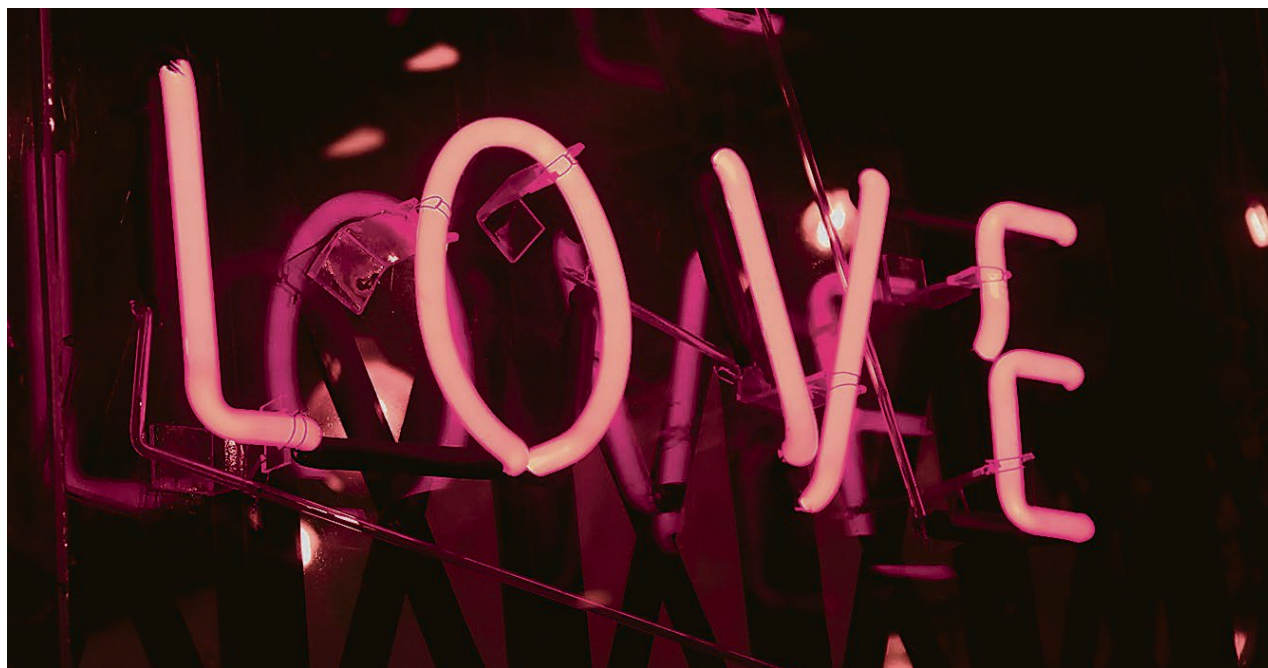
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The gift of love

I read online recently, that nine women who were grandmothers in America used to meet in secret for many years, and anonymously paid bills and bought clothes for people in need.



Each package came with a homemade cake and a note which read, 'Somebody loves you'. This story has really stayed with me. This beautiful act of compassion will have made a massive difference in those people's lives. It reminds me of when I was a child and it was the

the people, the individuals who share this world with us, not the anonymous, big, greedy corporations. So then I think about the acts of kindness I witness all around me the neighbour who collects baby equipment for the local women's rescue, the lady in Lidl who paid for a mum's shopping when her card was declined, an amazing woman I know who fights to get people cleared of unfair repossession orders, the list goes on. When you are open to it, you see it all the time! When I was driving yesterday, I got caught in traffic and the little girl in the passenger seat in the car next door waved, so I waved back and this was repeated until her line

of traffic moved ahead. A joyful moment in a long car journey! These seeds of compassion that we sow will grow into a beautiful garden of love and happiness, and the more people who do it, the further the happiness will spread and our lives can be woven with strands of kindness and love holding it together. If we focus on what's going right with the world, rather than the opposite, it's amazing how positive we begin to feel. Life's a gift and we can choose how we want to pay this gift forward, so that everyone has a chance of experiencing a life in which they feel loved. Letting you know that you are all loved,

Sally Hinchliffe

St. Cajetan, Confessor

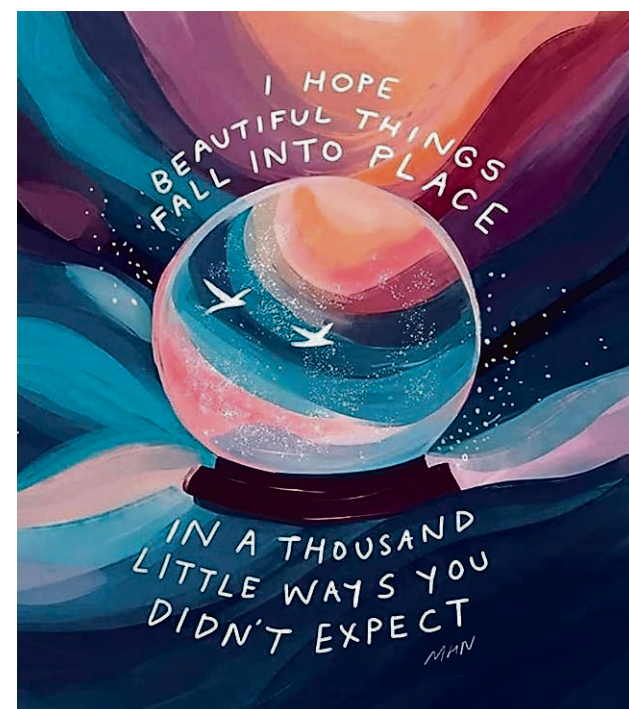
St. Cajetan was born on 1 October, 1480, in Vicenza, Italy, to a noble family. His birth name was Gaetano Thiene. His father, a prominent lawyer, and his mother provided him with a solid foundation in both worldly and spiritual matters. Cajetan was educated at the University of Padua, where he studied law. St. Cajetan's life was marked by a profound commitment to reforming the Church and serving the poor. After obtaining his degree in law, he chose to devote himself to religious life rather than a legal career. In 1524, he co-founded the Theatines with several companions, an order dedicated to the reform of the clergy and the care of the poor. Their mission was to live a life of poverty and to preach the Gospel. St. Cajetan was known for his deep piety, his rigorous adherence to prayer and fasting, and his unwavering commitment to the poor and the reform of the Church. Despite facing significant opposition and numerous challenges, his dedication to the spiritual renewal of the Church

remained steadfast. His work and his life of holiness continue to inspire those seeking to live out their faith with fervor and dedication.



By Teresa Mulgrew

week before Christmas; we were in hard times and one day we woke up to find that The St Vincent De Paul Society had placed a Christmas food hamper on our doorstep! My mother later told my sister and I that she had been desperately praying for help and it came! Mahatma Gandhi once said that, "the true measure of any society can be found in how it treats its most vulnerable members". When I hear this phrase, my thoughts often then turn to how the big companies are making more and more money and everyday people are really struggling. But big companies aren't the total sum of what makes up our society. Society is about



About Sally Hinchliffe

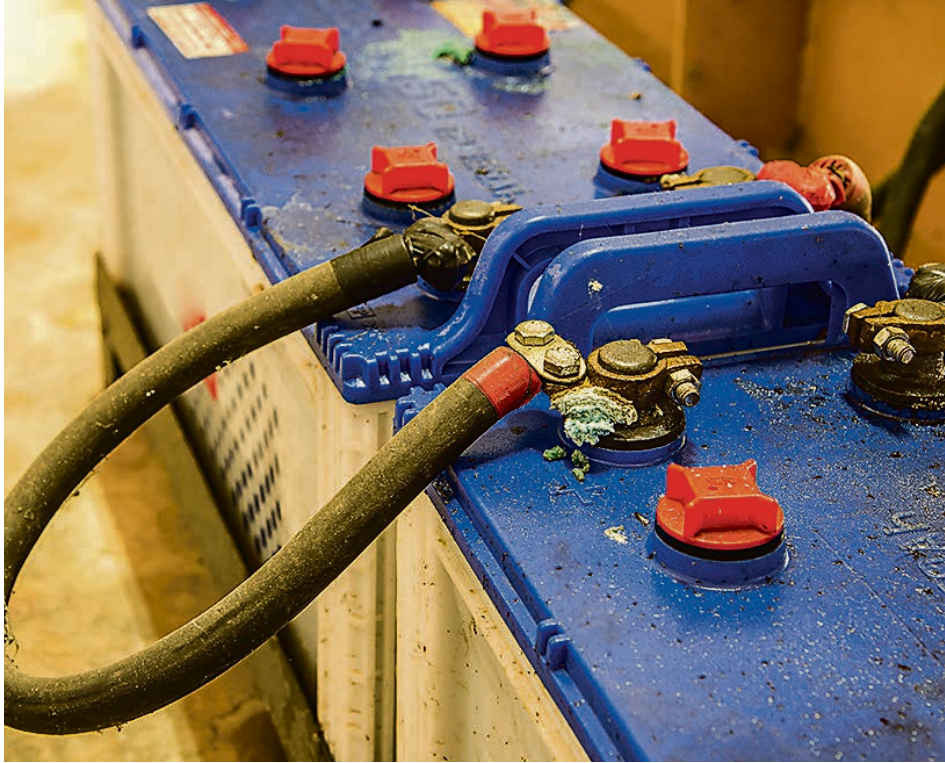
Sally saw Angels as a child and could occasionally see and feel people who had passed over. This ability grew as she got older and she now gives readings, as well as channelling Ascended Masters. She often works with Mary Magdalene and channels information from Lord Kuthumi. She is available for readings and spiritual development sessions both online and in person. Heaven2heart



What do we know about batteries?

Nothing is worse than a dead one!

N Marilyn Sheridan



Why were they even called batteries I wondered, and discovered that from the mid-18th century experimenters used 'Leyden jars' to store electrical charge, but their stored charge would be released all at once. Experimenters took to hooking several Leyden jars together to create a stronger charge, and one of them called his grouping an 'electrical battery', a play on the military term for weapons functioning

together. Batteries are said to have been originally invented by Alessandro Volta in 1800, who stacked discs of copper and zinc separated by cloth soaked in salt water, and the 'volt' - a way to measure the strength of an electric current - was named in his honour in 1881. In 1780 Luigi Galvani gruesomely announced that he had made the leg muscles of a skinned frog twitch by using contact with two different metals, and Volta began exploring various

metals - experimenting on his own tongue!

Ancient Battery

Apparently, way back before Volta's time, between 250 BCE to CE 250, came the 'Baghdad Battery', a clay jar with a stopper made of asphalt, and poking through the asphalt was an iron rod surrounded by a copper cylinder. When filled with vinegar - or any other electrolytic solution - the jar produced around 1.1 volts. There is no record as to the precise function of the jar, but best guess is that it was a primitive type of battery, maybe used for electroplating, although no records exist to suggest electroplating was around then. Sadly, due to military conflicts, Iraq has lost many of its rare archaeological treasures, including this artefact, which to this day remains a phenomenon for which scientists have found no satisfactory explanation. An engineer of the GE Company in the US tested a model of the Baghdad Battery recreated from an illustration, and using copper sulphate was able to generate electricity of 0.5 volts. In 1970, a similar experiment was conducted by a scientist using fresh grape juice instead of vinegar, and managed to generate 0.87 volts - said to be enough electrical power to electroplate a silver statue with gold.

Several suggestions have been made in an effort to solve the mystery of the Baghdad Battery, and one of them was that it was something to do with acupuncture, as needles were found discovered close by. Another idea suggested that it was made specially for the practice of ritual magic, and that priests may have hidden the 'battery' inside their idols and statues of the Gods, creating warmth within the object to convince people of their magical strength.

Lead Acid Batteries

In 1859, came the first rechargeables - lead acid batteries - which subsequently provided enough charge to start a car. Since the electrolyte is a corrosive acid, the external casing had to be tough to protect against harm, and lead-acid batteries are still chunky and heavy today.

Modern Alkaline Batteries

In 1924, a group of people mainly from the battery industry, made a standard system of battery sizes, using the letters of the alphabet - and 'A', 'B', 'C', 'D', 'E', etc. were used. Over time, some of the types of batteries simply died out (no pun intended), because they were no longer used in any products, although some may still be made for a very limited range of products.

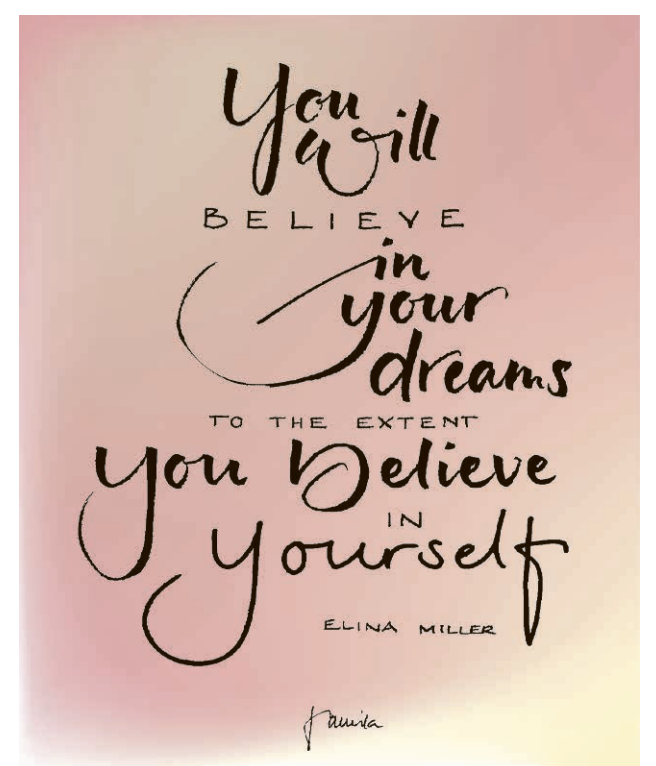
The cell sizes today are AAAA, AAA, AA, C and D, with various other button or coin-shaped batteries now available for anything from hearing aids to weighing scales.

Lithium Batteries

A controversial hot topic! The extraction and production processes for lithium are said to be worse for the climate than fossil fuels, but the lithium-ion battery has transformed technology, from smartphones to

electric vehicles. Apart from environment concerns, the main issue with them is a phenomenon known as 'thermal runaway' - the chemical reaction to make them work can create excessive heat, causing fires in extreme cases.

Graphene could be the next big thing in the battery world, with some prototypes apparently charging 60 times faster and holding a charge up to 5 times longer - without the safety issues of lithium-ion batteries.



The new Hyundai Santa Fe

Available with seven seats as standard and efficient hybrid powertrains, is Hyundai's flagship SUV the one to beat? Cameron Richards finds out.



What is it?

The Santa Fe has become one of the most recognisable models in Hyundai's range. It was the first premium SUV for the brand and in the last two decades, it has improved its driving dynamics, equipment levels and drivetrains. But, does this latest fifth-generation car set a new benchmark? Let's find out.

What's new?

This new Santa Fe not only debuts a wild and wacky exterior but has also been given some healthy increases in space to help deliver more interior room than before. Its cabin materials have improved and there is the option of a six-seater variant to help out when you've got

more people to take along for the ride.

Also, while a lot of car manufacturers are pushing for EVs in this sector of the market, Hyundai has decided to go the other direction and offer this big family bus with either plug-in or hybrid powertrains only.

What's under the bonnet?

There's a choice of two engines, a standard hybrid or a plug-in hybrid. We are driving the former which comes fitted with a 1.6-litre turbocharged four-cylinder petrol engine mated to an electric motor that produces 158bhp, 265Nm of torque and can enable 0-60mph in 9.5 seconds.

The latter is fitted with the same engine, but there is an added benefit of a 13.8kWh battery pack which boosts power up to 250bhp and reduces the Santa Fe's 0-60mph time to 9.1 seconds. It also can do a claimed 33.6 miles on electric power alone which should help reduce emissions and fuel costs even further.

What's it like to drive?

Make no mistake, the Santa Fe is a big car, but to drive, it's all surprisingly intuitive. Around the bends, it handles really well with sufficient amounts of grip and a decent level of steering feel – there is also not as much body roll as you'd think for such a tall and boxy vehicle, either. The ride is smooth,

with the car only being shaken by the biggest of bumps, but overall, the ride and handling are impressive. There is plenty of visibility, thanks to a lot of glass area and the view out the back is aided even further on our top-spec model as it's fitted with a rear-view mirror that can be switched to a camera. The only downsides to its driving experience are the petrol engine sounds a little strangled under hard acceleration and the steering wheel itself is fairly large which doesn't feel natural to the touch.

How does it look?

The styling of the Santa Fe is bold, to say the least with lots of angular and flat design cues. The front end features a honeycomb-style front grille as well as 'H' shaped front headlights that integrate LED daytime running lights.

What's it like inside?

The cabin has an upmarket feel, with a lot of high-end materials used throughout and our test car even has Alcantara A, B and C pillar panels. The dashboard itself features two 12.3-inch screens for the infotainment and instrument cluster which make the design look decluttered and modern with

confusing form over function. Storage is plentiful with a large cut-out in the centre console, big enough to fit an umbrella in. There are large door pockets and you'll find an additional storage area under the front armrest, too. The glovebox is of average size, but there is an added benefit of a longer and narrower compartment that sits above and fits flush in the dashboard. Interior space is impressive with loads of room in the second row, with tonnes of head, knee and legroom as well as a completely flat floor. In the third row, although space will be acceptable for short journeys, the high floor means that taller passengers will find their knees are almost around their elbows – however they do get their own air-conditioning controls, USB-C ports and 12v sockets.

What's the spec like?

The Santa Fe spec levels are generous no matter what version you go for. There are three trim levels to choose from including Premium, Ultimate and Calligraphy. The Premium and features a 12.3-inch touchscreen, heated front seats and an electric tailgate. All plug-in hybrid models come with four-wheel-drive

as standard, while hybrid cars have the choice of a two-wheel-drive option as well.

Verdict

Hyundai has taken a risk with the new Santa Fe and it has certainly paid off. Its looks will not be to everyone's liking but, scratch behind its marmite exterior and what lies beneath is a car that is excellent to drive, has a very well-thought-out cabin and is incredibly versatile and flexible in its seating arrangements. Added to that is an efficient array of hybrid powertrains and you've got a car that will suit your family's needs without breaking the bank to run. The new Santa Fe is a tough act to follow and other car manufacturers should be worried as Hyundai has just upped the game even further.

Facts at a glance

Model as tested: Hyundai Santa Fe 1.6T Hybrid Calligraphy
 Engine: 1.6-litre turbocharged petrol hybrid
 Power: 158bhp
 Torque: 265Nm
 0-60mph: 9.6 seconds
 Top speed: 112mph
 MPG: 46.3mpg
 CO2 emissions: 167g/km

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Essential post-summer care tips for dogs

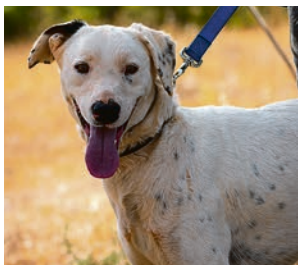
Veterinarians and canine care specialists explain the main factors that can put our animals' health at risk when we return from vacation.

Now we are at the end of summer, families and their pets are gradually

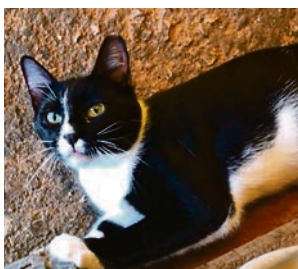
PETS FOR ADOPTION



OLIVIA (7-years-old) is a lively and energetic dog. She loves to get noticed and is always ready to go for a walk. Please email info@cadela-carlota.com to meet Olivia (Lagos).



PETE (4 y/o) is a wonderful dog with some special needs: he is deaf and one of his hind legs is stiff (didn't heal well from a surgery to a broken leg when a puppy). He is an energetic dog, loves to walk and attention. Medium sized dog. Contact info@cadela-carlota.com



SPOT is a very friendly and playful girl, just over 2 years old. She is vaccinated, sterilised and microchipped and is good with other cats, dogs and children so an ideal family pet.

If you can provide SPOT with a happy home, please call Corinna on +351 918 552 788 or send an email to ccc.carvoeirocatcharity@gmail.com.

returning to their routine. This is the ideal time to check the health and well-being of our four-legged best friends, which is especially the case for dogs who, due to their outdoor activities, may show greater signs of wear and tear. In this context, experts from Kivet, Kiwoko's network of veterinary clinics, and Mundo Belleza, the grooming centres of the same brand, offer some advice on what to do.

Grooming

"It's crucial to check your dog's fur for knots, dirt and possible parasites after a holiday," says Kiwoko's grooming expert. "Regular brushing helps keep the fur clean and tangle-free. It's also important to use dog-specific shampoos that won't irritate the skin, especially if they've been to the beach, to remove any salt residue."

Skin health

"Applying moisturising products to the skin is essential to prevent dryness and possible irritation caused by the sun and salt water," explains Raquel Muro, Veterinarian at Kivet. "It's also essential to inspect the skin for redness, lumps or sores and consult your vet if you find any abnormalities."

Taking care of the paws

"The pads, one of the animal's most delicate areas, can be damaged by exposure to hot asphalt and sand," stresses the veterinary expert. "It is advisable to apply specific moisturising creams to prevent cracks and burns and to regularly check for cuts, thorns or small stones embedded in the paws".

Clean ears

"It is essential to clean the ears with specific products to avoid infections and prevent the development of inflammation, especially if the dog has taken the opportunity to swim during the holidays", says the grooming specialist. "Observing signs such as redness, intense odour or secretion may indicate a pathology, which should be examined by the veterinarian as soon as possible".

Proper hydration and balanced nutrition

"After intense physical activity, it is essential to ensure that the dog always has access to fresh water to avoid dehydration", stresses Raquel Muro. "In addition, it is important to adjust the diet, if there have



been changes in routine during the summer, to avoid digestive problems and ensure balanced nutrition. Controlling the dog's weight is crucial to avoid excess or excessive weight loss", she explains.

Parasite prevention

"After going out to the countryside or the beach, rigorous control of your dog's parasites and the use of deworming products are essential," emphasise both professionals. "It is also important to keep your dog's internal and external

deworming schedule up to date."

Control of behavioural changes

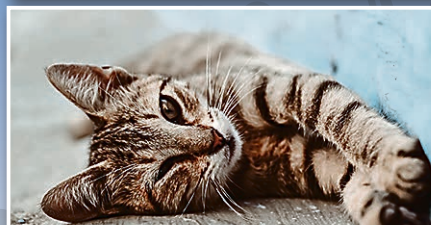
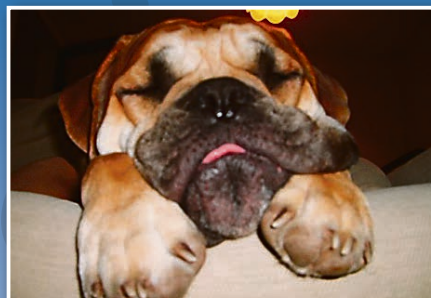
"Maintaining a consistent daily routine helps your dog adapt to the home after the holidays. Providing toys and games to keep your pet mentally stimulated reduces stress," explains the veterinarian. "It is crucial to be aware of any changes in your dog's behaviour that may indicate discomfort or health problems. Do not hesitate to consult your

veterinarian if you notice significant changes in your pet's behaviour or physical condition."

Veterinary visit

"Finally, scheduling a visit to the veterinarian for a general check-up ensures that your dog is in good health," suggests the Kivet specialist. "Checking that all of its vaccinations are up to date and administering the necessary ones are essential for a dog's well-being, as is consulting your veterinarian if any changes are detected."

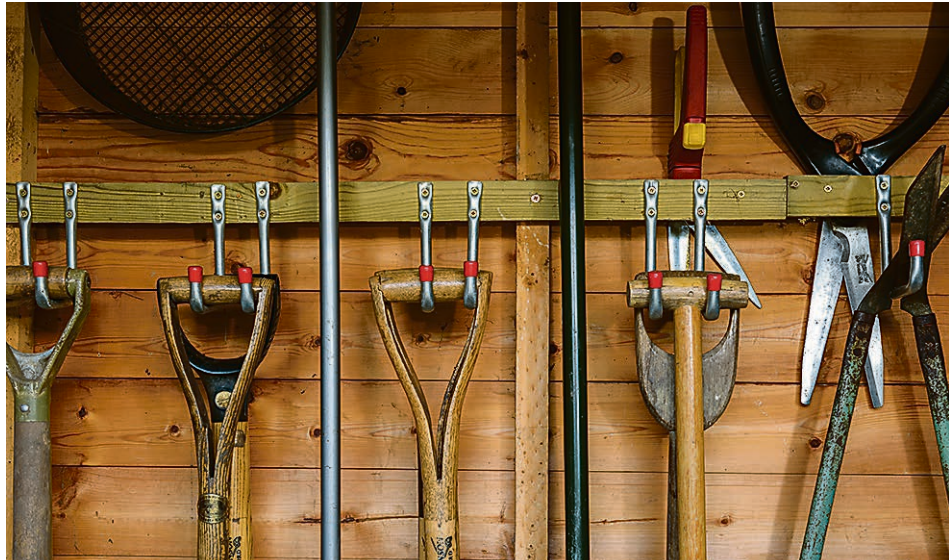
PA/TPN



Please send your pets for adoption to linda@theportugalnews.com for free

Declutter your outside space

Tidy up your garden by organising homes for wellies, tools and cushions.



Late summer and early autumn are always good times to de-clutter your outside space, whether sorting through old, unwanted tools, or thinking about where you're going to house your furniture cushions.

Of course, if you have a garden shed, you can erect shelving, tool holders and other space-saving accessories to allow you to retain maximum floor space, encourage you to compartmentalise things and make it easier to locate what you need.

So, what are the options if you have limited space?

Smaller garden sheds

If space is tight, sheds are available which will house tools, garden shoes and wellies.

They often come with shelves for housing smaller hand tools, balls of string and other smaller gardening knick-knacks.

Multi-functional space savers

"We love to use multi-functional storage items that don't only add to the overall look and feel of a room but help to keep the space looking its best," says Gemma Lilly and Charlotte Reddington, founders of Style Sisters, specialising in home and wardrobe detoxes. "A bench with hidden storage is the ideal place to store an array of items, from outdoor cushions to children's toys," they suggest. Small garden caddies are ideal for housing capsule

essentials like small tools which you use often, they add.

Storing pots

There are novelty ways of storing pots, suggests Bex Lund, co-founder of YardArt UK, which produces creative artwork for outdoor spaces.

"Wall-mounted plant holders are typically installed on exterior garden walls or fences but could also be placed on the side of a shed to display and store smaller pots with flowers or herbs, freeing up ground space. "This will both declutter your garden floor and add some nice vertical interest to your outdoor space. These holders come in different styles – from simple metal brackets to more elaborate wooden or ceramic designs, so you can choose something that properly complements your garden's aesthetic."

Garden cushion solutions

If you have a big garden set and don't want to put your cushions in the loft in winter, a waterproof storage box is probably the only

solution. But make sure it's as invisible as it can be, by placing it around the sides of your house or underneath a window, where it won't immediately be seen.

"Dedicated cushion storage bags and boxes are designed with the sole purpose to protect your cushions while not in use, preserving their quality and enhancing your garden's aesthetic by blending functionality with style," says Mairi Devlin, head of outdoor at B&Q. "Some garden furniture sets offer integrated storage compartments, providing convenient and secure protection for your cushions that are just as effective as dedicated bags and boxes," she continues. "Before you even begin to find a location for them, you may want to invest in some vacuum-sealed bags," advises Vlatka Lake, storage expert at self-storage operator Space Station.

"Not only will these protect your furnishings against moisture, dust and pests, but they will also help you save valuable storage space, keeping clutter and bulky

eyesores to a minimum.

"Once you have done that, find a dry, cool, and dark area, such as a shed, garage, or indoor storage room, and place your sealed items on shelves or pallets off the ground. This helps protect them from any potential water damage or animals."

Garden furniture

Garden furniture has come a long way, with garden benches, seats and tables which are designed to house cushions and other soft furnishings. More weather-resistant materials are also widely available, but to tidy things up, invest in a good cover that fits your furniture and can easily be secured for the winter. Stackable chairs which can be covered also make a space-saving option.

Hiding toys

Lund says: "For storing garden toys, low-profile wooden benches with hidden compartments work wonders. They not only provide extra seating but also keep things tidy." "When it comes to stashing away garden toys, one handy solution is a deck box," suggests Lake.

"These durable containers can hold a surprising amount of clutter and are typically made of plastic or resin that makes them waterproof, perfect for hiding items away, whether that's a tricycle or a pair of tennis rackets.

"Their short stature also makes them a great choice for those of you trying to

teach your little ones to tidy up, as children can place them straight back in the box once they've done playing."

Organising the shed

"Typically, garden sheds are amongst the most cluttered spaces in any home, quickly becoming over-crowded with tools, garden appliances, and miscellaneous items. "To keep clutter off the floor, it's important to consider what storage solutions can be applied to your shed. Installing hooks or magnetic tool holders on the walls of your shed frees up much-needed floor space," says Devlin.

"Similarly, depending on the size of your shed, you can also utilise free-standing shelving units to help keep the area neat and tidy. Essentially, by maximising vertical space it becomes easier to maintain a tidy shed and make way for floor-based storage bins – another great storage solution that can be used to compartmentalise smaller items."

Store frequently used items like gloves and twine at eye level for easy access, suggests Darren Craven, furniture buyer for British Garden Centres.

For heavier items like fertilisers or lawn seed, opt for floor-level storage, and place seasonal tools on higher shelves. Glass jars are perfect for organising small hardware, seeds or bird food, he adds.

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How and when to clean your bedding

From sheets to duvet and pillows, a healthy sleeping environment signals a good night's Zs.

Whether your bedroom scheme is calm and contemporary with clean lines or frilly and flouncy, when it comes down to the bare bones, it's all about your bed – and best possible night's slumber.

Moreover, with a switch in season after the warm, sticky nights of summer, open windows with dust and pollen settling on sills, drapes and bedding, a deep clean is a no-brainer.

And with the The Sleep Charity's annual awareness campaign, Sleepember, reminding us of the benefits of sleep for your health and wellbeing, it's time to give your bed a refresh...

Wash sheets and pillowcases weekly

"Your sheets and pillowcases bear the brunt of nightly wear, collecting sweat, skin cells, and dust," highlights Deyan Dimitrov, laundry expert at Laundryheap.

"Regular cleaning is crucial to keeping them clean and fresh."

"Aim to wash your sheets weekly," adds Dimitrov. "If you sweat heavily or suffer from allergies, consider washing them more frequently."

"In colder months, when you might sweat less and the

sheets take longer to dry, you could extend this to every 10 days to two weeks." When washing, he says to use a gentle detergent and opt for cool or warm water to prevent fading and damage to the fibres.

"Hot water can weaken the fabric over time. Ironing sheets isn't necessary with modern wrinkle-resistant fabrics, but if you prefer the crisp feel of ironed sheets, use a low-heat setting to avoid damaging the fibres," he adds. For an added touch of luxury, Dimitrov suggests adding a few drops of essential oil, such as lavender or eucalyptus, to the rinse cycle.

"This will leave your sheets smelling lovely and promote better sleep."

Wash duvet covers fortnightly

Duvet covers don't require washing as often as sheets, but it's still important to clean them regularly, underlines Dimitrov. "A fortnightly wash is recommended, especially in warmer months when dust and allergens can build up more quickly."

He says to wash duvet covers in cool or warm water using a mild detergent, and always check the care label for any specific instructions.

"Dry the cover thoroughly

before using it again to prevent mustiness or mildew," warns Dimitrov. "If your duvet cover has delicate detailing or made from a special fabric, make sure to follow the care instructions closely to avoid any damage."

Wash duvet and pillows every three months

Duvets and pillows don't need frequent washing, but a seasonal clean is important to remove dust mites, allergens, and bacteria, notes Dimitrov. And with autumn round the corner, he says it's a good idea to give them a thorough clean at the beginning of each season.

Most synthetic duvets and pillows can be machine-washed on a gentle cycle with warm water and mild detergent, says Dimitrov, and here's a hot tip...

"To prevent the filling from clumping, make sure they're dried thoroughly, adding a few clean tennis balls or dryer balls to the dryer can help keep the filling evenly distributed."

For down or feather duvets, he says it's essential to follow the manufacturer's care instructions, as these materials may require specific washing techniques or professional cleaning.

"If washing at home, use a



detergent specifically designed for down and ensure the duvet is completely dry before use to prevent mould growth.

"If your duvet or pillows aren't machine-washable, airing them outside on a sunny day is a great alternative," suggests Dimitrov.

"The UV rays naturally disinfect and deodorise, refreshing the items without the need for washing."

Seasonal care and mattress maintenance

Regular maintenance is crucial for a clean and healthy bed...

Aim to vacuum your mattress once a month to remove

dust, dirt, and allergens that accumulate on the surface and in the fabric, advises Dimitrov. "For a deeper clean, sprinkle baking soda over the mattress and let it sit for a few hours before vacuuming it off."

"Baking soda neutralises odours and absorbs moisture that may have seeped into the mattress over time."

For stubborn stains, he says to mix a mild detergent with a little water to spot-clean the affected areas.

"Be careful not to get the mattress too wet, and allow it to air dry completely before remaking the bed."

Dimitrov continues: "Flipping or rotating your mattress

seasonally helps to ensure even wear, which prolongs its lifespan. However, check the manufacturer's recommendations, as not all mattresses are designed to be flipped."

The cleaning expert says by following these guidelines, you'll not only get to enjoy the fresh feeling of clean sheets, but also extend the life of your bedding and mattress.

"As you move through the seasons, mark your calendar with reminders for these essential cleaning tasks. Your future self – and your sleep – will thank you," concludes Dimitrov.

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Nights Out at Home

The MasterChef judge and long-standing food critic talks about negative reviews and cooking his favourite restaurant dishes at home.



In his 25 years as a revered restaurant critic – and even after his most brutal takedowns – Jay Rayner says he never feels guilty. “I don’t, because I don’t do it lightly, and I don’t think you should ever do it lightly, you should pick your targets very carefully,” says the 57-year-old Observer newspaper critic. “I live by a single rule: punch up, not down. There’s no point in kicking 10 tonnes of crap out of a small, family-run restaurant that’s failing – they’re going

to fail all by themselves. His latest offering, Nights Out At Home, brings together the food that Rayner has created at home, each inspired by specific dishes he’s tucked into in top restaurants, as well as a few high-street favourites. You’ll find a version of McDonald’s deep-fried apple pie, Nando’s peri peri chicken livers and the “cultural treasure”, a Greggs’ steak bake. He doesn’t think all critics have to cook but, “I do think you need an appetite.

One of the reasons I’ve been able to do this job for 25 years is because – the polite word is a highly developed appetite – or just pure greed. I like my dinner, and it follows from that, eventually you will start cooking.

Ultimate cheese toastie

Ingredients:

160g Raclette cheese (substitute with Emmental, Appenzeller, Fontina or Gruyère)
80g Montgomery Cheddar (it does not have to be Montgomery, unless you are keen to match the Wigmore kitchen product for product; use any strong mature Cheddar)
80g Oglesfield cheese (substitute with Taleggio or Fontina)
20g finely chopped red onion
30g finely chopped cornichon
Dijon mustard
4 slices of sourdough bread
Salted butter (the Wigmore uses clarified butter, but I rather like the caramelisation you get from the dairy solids; you could always use vegetable oil)

Method:

1. Grate the cheese, and mix thoroughly in a bowl with the finely chopped red onion and cornichon.
2. Spread a thin layer of Dijon mustard on one

internal side of each sandwich.

3. Layer generously with the grated cheese mix, and press down with the second slice of bread. hilariously, I now appear to be explaining how to use two pieces of bread to make a sandwich..

4. Heat a non-stick or, better still, a well-seasoned cast iron frying pan over a medium heat and add a good knob of the butter. As it melts swirl it around to cover the base of the frying pan. Add the first sandwich and cook over a medium heat for about 4 minutes.
5. Press it down forcefully into the butter with a spatula every now and then. (The Wigmore uses a sandwich press.)

6. After 4 minutes, carefully turn it over on to the other side. The cheese will have started to melt, bonding it all together. Add another knob of butter, and lift the toastie it has now become so you can swirl the newly molten butter in underneath. Cook for another 4 minutes, again pressing it down occasionally.
7. Put on a plate or board and leave to cool for a couple of minutes, as you start to cook the second. At the Wigmore they cut it into 4cm wide slices, which does make it easier to eat.

Crispy duck salad

Ingredients:

(Serves 4 as a starter)

2 confit duck legs
4tbsp hoi sin sauce
For the salad:
1tbsp sesame seeds
100g watercress or rocket, stalks trimmed (you can also add fresh coriander if you fancy)
6 large radishes, sliced
4 spring onions, trimmed and sliced into batons
For the salad dressing:
2tbsp olive oil
1½tbsp sherry vinegar (white wine vinegar is a good alternative)
1tsp sesame oil
Sea salt

Method:

1. Gently toast the sesame seeds in a dry cast iron frying pan, over a medium heat. Keep watch. They burn easily. When most of them are lightly golden brown, remove to a bowl, add a pinch of table salt, and set aside. Wipe down the pan to remove any stray sesame seeds that are hanging about. They don’t taste at all nice when burnt.
2. Separate out the duck legs and place them skin side down in the frying pan over the lowest heat. Do not add any oil. They’ll produce more than enough fat of their own. Turn every 5 minutes or so, as they start to colour.
3. After about 10 or 15 minutes, take the pan off the heat. Using a fork and a sharp knife you should be able to pull the meat away from the bone. Break it up

into smaller pieces, with the skin down. Put back on to the heat. Use a spatula to continue breaking up the meat into smaller pieces. Attend to any pieces of skin that come away from the meat. They may look a bit fatty, but gently increase the heat and they will crisp up, though do keep an eye on it all so it doesn’t burn.

4. Once crisped, remove the leg bones and keep them as a chef’s perk. Stand by the stove, chewing off the last bits of meat while no one else is watching. You’ve earned it. When the duck is broken up and crisped take the pan off the heat.

5. Put the ingredients for the salad dressing into the bottom of a bowl, including a good pinch of sea salt. Pile the leaves and sliced radishes on top, then toss and turn to coat in the dressing using your hands or, if you’re a little uptight, salad servers. Portion out on to four plates or flat bowls.
6. Put the hoi sin sauce in the bottom of a mixing bowl. Add the duck and mix to coat every piece completely. Top each portion of the salad with a quarter of the duck. Sprinkle on the toasted sesame seeds and decorate with the batons of spring onion.

Nights Out At Home by Jay Rayner is published in hardback by Penguin

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Cancer vaccines: what they are and how they work

Typically, vaccines help protect us from diseases. But cancer vaccines are different. These are potential therapies to treat people who already have cancer. These treatments have been in development for years, and failures have been frequent, but they are now starting to show promise.

Over the past decade, technological innovations such as genome sequencing have allowed scientists to take a closer look at tumour cells and their genetic abnormalities. This is helping them aim vaccines at much more specific targets. Cancer vaccine research is still in its early phases; however, early results from clinical trials that tested dozens of vaccines against a variety of cancers appear encouraging. The goal is to create vaccines that destroy cancer cells, but some scientists are also testing vaccines that could one day prevent a high-risk individual from developing cancer. The goal of all vaccines is to “educate” the immune system and give it a preview

of a target that needs to be identified and destroyed to keep the body safe. Similarly, a cancer vaccine “teaches” immune cells what a tumour cell “looks like,” allowing them to seek out and destroy those cancer cells. A cancer vaccine's ability to teach the immune system is what distinguishes it from other immunotherapies that use therapeutic agents such as protein cytokines and antibodies and include strategies such as genetically modifying a patient's immune cells to fight cancer. Experts say cancer vaccines can potentially destroy cancer cells that might have survived other treatments, stop the tumour from growing or spreading, or prevent the cancer from returning. Some therapeutic cancer vaccines are based on

removing immune cells called dendritic cells. These cells are collected from a patient's blood sample and exposed, in the laboratory, to the main proteins extracted from the individual's cancer cells. Once taught, these cells are returned to the patient, with the hope of stimulating and training other immune cells, such as T cells, to detect and destroy the cancer. All vaccines that treat cancer are based on proteins called tumour antigens – a molecule that triggers an immune response when it exists in greater quantity on the surface of cancer cells compared to healthy cells, or when it takes on an abnormal form or has undergone a mutation. When T cells “see” these antigens, they recognise the cells as cancerous and kill



them. Scientists are testing dozens of cancer vaccines, often in conjunction with other immunotherapies. They target different types of cancer, including skin, breast, bladder, prostate, and pancreas. An important next step for

scientists is to figure out why some people respond better to vaccines than others and how long they will be protected. Until then, the hope is that more vaccine candidates will advance to randomised clinical trials so that their safety and effectiveness can be

evaluated in a larger number of patients. Cancer vaccines are still in the early stages of testing and refinement; there is much work to be done, both on the preventative front and on the therapeutic vaccine front, but hope has made progress in this area.



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Are Sunday lie-ins good for you?



If consistent sleep isn't possible, a weekend lie-in may be a good idea.

People who enjoy a weekend lie-in could be onto something, as a

new study found those who 'catch up' on lost sleep at weekends may potentially lower their risk

of heart disease by up to 20 percent. Researchers examined data from more than 90,000 people in the UK, which suggested compensating for lack of sleep during the week with some extra time in bed at weekends could help mitigate the negative effects of sleep deprivation. The study, from the National Centre for Cardiovascular Disease at Fuwai Hospital, Beijing, found that sleep-deprived people with the most 'catch-up' sleep at weekends saw their risk of heart disease fall by a fifth, compared to those who had no extra shut-eye or slept even less at weekends.

But, we are often told that sticking to regular bedtime and waking routine is key when it comes to optimal sleep. So, is catching up on lost sleep at the weekend good for us after all?

What are the positives and negatives of lie-ins?

Having an extra few hours of slumber at the weekend after a tiring week might help improve your mood. "Although lie-ins are no substitute for good sleep hygiene, an extra hour or so will do you no harm, and may improve your mood," says Theresa Schnorbach, psychologist and sleep scientist working with Emma – The Sleep Company.

Sleep is also vital for repairing our minds and bodies. "Sleep helps to refresh your body and recover from the day's physical activity," explains Schnorbach. "Sleep also impacts brain function. The early stages of sleep are restorative; this is the stage of sleep that helps improve your memory, learning, reaction time and logistical reasoning," she adds. "Sleep deprivation has been found to reduce the sensitivity of receptors and communication between brain regions, ultimately changing the makeup of the brain." People living with chronic health issues may also benefit from getting more sleep when they can – especially during periods of heightened fatigue or stress. The same may be true for new parents, for example, making the most of any opportunity to top up on lost

sleep elsewhere in the week. "Different chronic health issues can impact your rest in different ways," explains Schnorbach. "If you're frequently finding mornings very difficult, are regularly tired during the day, or have any other concerns around your sleep, I would recommend speaking with your doctor."

Oversleeping can have a negative impact too

However, generally speaking, oversleeping regularly could have negative consequences on our health and wellbeing in the long run too, says Schnorbach. "Although lie-ins can be beneficial, it's important to watch exactly how much sleep you are getting," she advises. "If you are sleeping more than nine hours per night, this could be detrimental, as oversleeping is associated with many health problems and can affect concentration and mood." Irregular sleeping patterns can disturb your body's natural sleep wake cycle. "If you sleep in late, this disrupts your natural sleep cycle and is likely to mean you will have trouble falling asleep if you go to bed at the same time, as usual, that night," explains Dr Deborah Lee, sleep expert working

with Get Laid Beds. "Sleeping in can throw off your body's internal clock, leading to difficulties falling asleep at night. "Erratic sleep patterns can also wreak havoc on overall health, contributing to anxiety and other health issues."

Why is consistency important for sleep?

Catching up on lost sleep at the weekend may help you feel rejuvenated in the short term – and as the new heart disease study suggests, could benefit your long-term health when you are sleep deprived during the week. But ideally, if possible, many sleep experts believe sticking to a regular sleep routine is helpful overall. "One of the best things you can do for your sleep is keep a regular sleep schedule – even on the weekends," recommends Schnorbach. "By sticking to a routine, your body will learn when sleep is due and prepare itself accordingly by producing the hormones that aid your sleep." Lee adds: "Ideally, we should all be trying to sleep well and get seven hours of good quality sleep every night. It's far better to work on your everyday sleep regime, than to ignore the need for sleep during the week, and only face up to it on the weekends."

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When innovation meets safety – a novel approach to facelifts

N Sara J. Duraes

Innovative facelifts conducted at Up Clinic, through less invasive techniques, have safety, naturalness and quality of the result as their primary priorities.

Plastic surgery is a rapidly growing field of medicine. Still, people's top priority remains on safety, so they look for procedures that are as least invasive as possible. As Dr. Tiago Baptista Fernandes, Clinical Director and Plastic Surgeon at Up Clinic shares "I always advise my patients to prioritise safety above everything else, then follows naturalness and finally the aesthetic result". Mainly, younger age groups are extremely careful to make sure they have the fewest visible scars possible, consequently, there has been an urge for plastic surgery to innovate and create mini-invasive procedures, such as endoscopic facelift, that are performed at the facial level with a very low impact of scarring. The endoscopic facelift is distinguished by minimally invasive techniques that hide the procedures' tiny scars on the scalp. "At Up Clinic, when we conduct an endoscopic facelift we use cameras to liberate the tissues so that we can

reposition them using different fixation techniques, but we don't stretch the skin as these are outdated techniques," the doctor explained. With endoscopic facelift surgery, you can undergo what is known as outpatient surgery, where you can be discharged on the same day. The patient is either put under general anaesthesia or local anaesthesia along with sedation and remains asleep the entire time. As Dr. Tiago added, "The recuperation period for this kind of surgery is typically one to two weeks, though each patient is unique". As the doctor, who underwent his academic journey at the Hospital St. Maria in Lisbon conducting several placements abroad, mainly in the USA, emphasise, "People are always very cautious about scars when it comes to facial surgery, so it makes sense that there is a range of surgical procedures available, from the least invasive to the most invasive, appropriated for different age gaps, being the endoscopic facelift, one of the less invasive

options". According to Dr. Tiago Baptista Fernandes, "One of the most important areas, especially among the younger population is the periorcular region – the area around the eye - as it is the first human contact people have". Therefore, the primary indication for endoscopic facelifts is to fight the ageing of the upper region and the treatment of the eyebrows and upper eyelids. Facial surgical procedures are the third most performed aesthetic treatment worldwide according to ISAPS, with a 19.6 per cent increase in the last year. As Dr. Tiago, the third generation of a family of plastic surgeons' shares, "We want to make people see themselves the same way that they feel about themselves", adding, "As time goes by, and average life expectancy is becoming increasingly higher, people realise that their tissues are ageing while inside they still feel young, and that's when endoscopic facelift becomes a major help". Up Clinic has clinical activity in Lisbon, Algarve and the islands.



Dr. Tiago Baptista Fernandes

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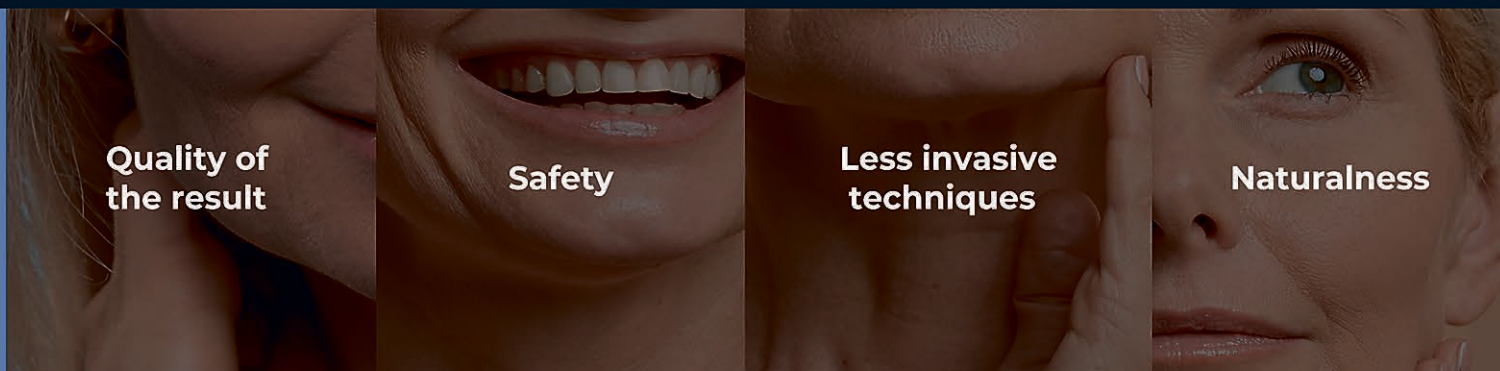
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What is cholesterol and how can we lower it?

By being proactive, you can avoid complications like heart disease or strokes later in life.



Young people may have to start being more mindful about their cholesterol levels after a new study found that exposure to high or fluctuating cholesterol early in life might heighten the risk of atherosclerosis.

Atherosclerosis is the narrowing of the arteries due to a build-up of fatty deposits and can lead to heart disease

and strokes.

The study – led by scientists from the University of Cambridge and published in Nature – involved feeding two groups of mice a cholesterol-rich diet, either intermittently or continuously.

Ziad Mallat, a British Heart Foundation (BHF) professor of cardiovascular medicine at the University of Cambridge, said: “We found

that an intermittent high-fat diet starting while the mice were still young – one week on, a few weeks off, another week on, and so on – was the worst option in terms of atherosclerosis risk.”

In addition, other researchers analysed data of 2,000 people from the Cardiovascular Risk in Young Finns Study and found that those who had been exposed to high cholesterol

levels as children were more likely to have the biggest build-up of plaque in the arteries. But what is cholesterol exactly, and what lifestyle changes can we make to lower it?

What is cholesterol?

“Cholesterol is a fatty substance found in your blood that is essential for building cells and producing certain hormones,” explains Dr Oliver Guttman, a consultant cardiologist at The Wellington Hospital part of HCA Healthcare UK.

The two main types of cholesterol are low-density lipoprotein (LDL) and high-density lipoprotein (HDL). “LDL is often called ‘bad’ cholesterol because high levels can lead to plaque build-up in arteries, increasing the risk of heart disease,” explains Guttman. “HDL, on the other hand, is known as ‘good’ cholesterol because it helps remove LDL from the bloodstream.”

Cholesterol levels in the UK are measured in millimoles per litre (mmol/L).

“For most people, a total cholesterol level of 5 or below is considered healthy,” says Dr Chun Tang, GP and medical director at Pall Mall Medical. “LDL cholesterol should ideally be less than 4, while HDL should be 1 or above. “Levels above these ranges might be too high and could

put you at risk for health issues, so it’s good to keep an eye on them and get further medical tests if you suspect your levels may be too high,” adds Tang.

What are the dangers of high cholesterol?

“High cholesterol, especially too much LDL, can lead to fatty deposits in your arteries,” explains Tang. “Over time, this build-up can narrow your arteries, making it harder for blood to flow.

“This increases your risk of heart disease, stroke, and other serious health problems,” adds Tang. “It’s like a traffic jam in your bloodstream, things just can’t move along as they should be doing.”

Certain demographics are more prone to high cholesterol. “Older adults often experience higher cholesterol levels due to ageing and changes in metabolism,” says Guttman. “Genetic factors also play a significant role; conditions like familial hypercholesterolemia cause high cholesterol from a young age.

“Additionally, people with obesity, poor dietary habits, and sedentary lifestyles are more likely to develop high cholesterol.”

Why is it important to be mindful of it earlier in life?

“Being mindful of cholesterol levels from an early age is

crucial because it allows for early intervention and lifestyle adjustments that can prevent long-term health issues,” highlights Guttman.

Tang agrees and adds: “High cholesterol doesn’t usually have symptoms, so it’s easy to ignore. By being proactive, you can avoid complications like heart disease or stroke later in life.”

So, how can we lower it?

Look at your diet

“Focus on eating more fruits, vegetables, whole grains, and lean proteins,” advises Guttman. “Reduce intake of saturated and trans fats, found in fatty meats, fried foods, and processed snacks. Opt for healthy fats like those in avocados, nuts, and olive oil.”

Exercise regularly

“Aim for at least 150 minutes of moderate aerobic activity, such as brisk walking or cycling, each week,” recommends Guttman. “Regular exercise helps raise HDL cholesterol and lowers LDL cholesterol and triglycerides.”

Quit smoking

“Smoking lowers HDL cholesterol and damages blood vessels, so quitting can improve your cholesterol levels and overall heart health,” explains Guttman.

PA/TPN



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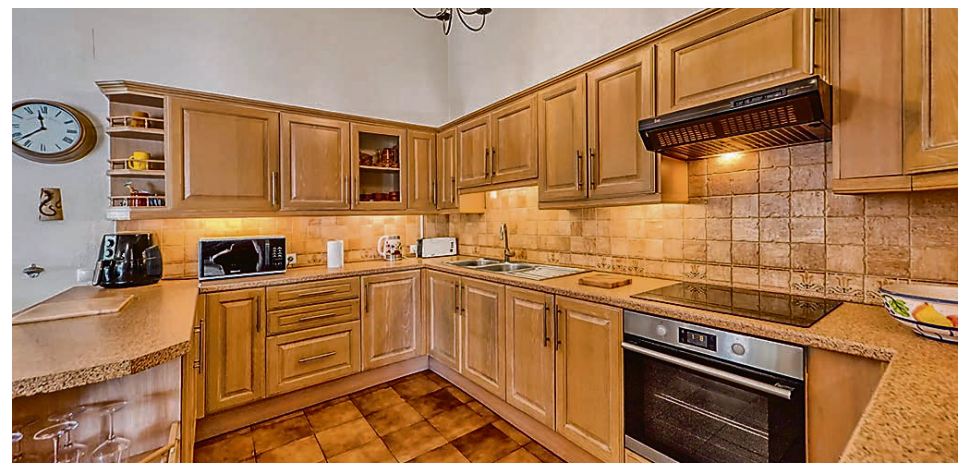
be converted into a 4th bedroom. Outside, there are several leisure and dining areas where you can relax and enjoy the tranquility and surrounding privacy that this lovely property has to offer. There is a swimming pool (7 sqm x 3 sqm), an outdoor shower, a pump room, garage, annex that can be converted into a studio for family or guests, a low maintenance garden with irrigation system, several fruit trees such as Almonds, Carrobs, Tangerine, Pears, Apples, Quince, Grapes, Loquats,

Oranges. This beautiful "Quinta Style" property has a 2790 sqm fenced plot with an entrance gate, a water tank, water from the Arade Dam, mains water, septic tank, double-glazing windows with aluminium shutters throughout the house. Located only 2 minutes walking distance from a family local café, 6 minutes from Silves City, 20 minutes from the Algarve's golden beaches, 10 minutes from several renowned golf courses and 45 minutes from Faro International Airport, Algarve.

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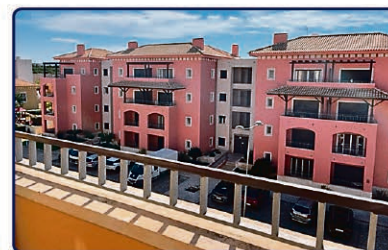
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SATURDAY 14/09/24

BBC One

- 06.00 Breakfast.
10.00 Saturday Kitchen.
11.30 Marcus Wareing's Tales from a Kitchen Garden.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Bargain Hunt.
14.00 Live Women's International Rugby Union.
16.30 Final Score.
17.30 Made in Korea: The K-Pop Experience.
18.15 BBC News.
18.25 BBC Regional News; Weather; Weather.
18.35 The Hit List.
19.20 **Strictly Come Dancing.**
21.00 Last Night of the Proms.
22.10 BBC News; Weather.
22.30 Match of the Day.
00.00 Man in the Arena: Tom Brady.
00.50 Man in the Arena: Tom Brady.
01.35 Weather for the Week Ahead.
01.40 BBC News.

BBC Two England

- 06.25 Hey Duggee.
06.30 Go Jetters.
06.45 Grizzly and the Lemmings.
06.50 Boy Girl Dog Cat Mouse Cheese.
07.05 Monster Loving Maniacs.
07.15 Pokemon Horizons.
07.35 Game on Grandparents.
08.00 One Zoo Three.
08.20 Blue Peter.
08.50 Newsround.
09.00 Gardeners' World.
10.00 City in the Sky.
11.00 Waterhole: Africa's Animal Oasis.
12.00 A Cook Abroad: Rick Stein's Australia.
13.00 Lorraine's Fast, Fresh and Easy Food.
13.30 **FILM: Operation Crossbow (1965).**
15.25 Amazing Hotels: Life Beyond the Lobby.
16.25 Flog It!
17.00 Super League Live.
19.05 Last Night of the Proms.
21.00 Songs of Survival at the BBC.
23.30 Cher at the BBC.
00.30 Golf: Solheim Cup Highlights.
01.30 Sign Zone: Sherwood.
02.30 This Is BBC Two.

ITV1 London

- 06.00 Simply Raymond Blanc.
06.25 Love Your Garden.
07.30 Love Your Weekend with Alan Titchmarsh.
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.40 Jason Atherton's Dubai Dishes.
12.40 James Martin's French Adventure.
13.10 ITV News and Weather; Weather.
13.30 ITV Racing: Live from Doncaster.
16.30 In for a Penny.
17.05 **FILM: Night at the Museum (2006).**
19.00 ITV News and Weather.
19.15 ITV News London; Weather.
19.30 Celebrity Catchphrase.
20.30 The Voice UK.
22.10 Password.
22.45 ITV News and Weather; Weather.
23.10 The Killing Kind.
00.10 English Football League Highlights.
01.25 Shop on TV.
03.00 The National Television Awards 2024.
05.15 Unwind with ITV.

Channel 4

- 06.25 Cheers.
06.55 Cheers.
07.20 Everybody Loves Raymond.
08.15 Frasier.
10.45 The Simpsons.
11.45 **FILM: The Mask of Zorro (1998).**
14.20 Four in a Bed.
14.55 Four in a Bed.
17.00 Channel 4 News.
17.30 The National Lottery's Paralympics GB Homecoming.
19.30 Formula 1: Azerbaijan Grand Prix Qualifying Highlights.
21.00 **FILM: The Northman (2022).**
23.45 **FILM: Terminator Salvation (2009).**
01.50 Ramsay's Hotel Hell.
02.40 Come Dine with Me.
03.35 Trump: Should We Be Scared?
04.30 Britain's Most Expensive Houses.
04.55 Hollyoaks Omnibus.

BBC Four

- 19.00 Raiders of the Lost Past with Janina Ramirez.
20.00 Voyages of Discovery.
21.00 Sambre: Anatomy of a Crime.
22.05 Sambre: Anatomy of a Crime.
23.10 Parkinson with Lauren Bacall, Kenneth Allsop, Tom Paxton, and Danny Thompson.
00.10 Porridge.
00.40 Porridge.
01.10 Voyages of Discovery.
02.10 Raiders of the Lost Past with Janina Ramirez.
03.10 Close.

SUNDAY 15/09/24

BBC One

- 06.00 Breakfast.
07.30 Match of the Day.
09.00 Sunday with Laura Kuennsberg.
10.00 Politics England.
10.30 Sunday Morning Live.
11.30 Scotland's Sacred Islands with Ben Fogle.
12.30 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Lifeline.
14.00 Live International T20 Cricket.
18.30 BBC News.
18.50 BBC Regional News; Weather; Weather.
19.00 Countryfile.
20.00 Antiques Roadshow.
21.00 **Nightsleeper.**
22.00 BBC News; Weather.
22.25 BBC Regional News; Weather.
22.30 Match of the Day 2.
23.30 **FILM: Mrs Brown's Boys D'Movie (2014).**
01.00 Weather for the Week Ahead.
01.05 BBC News.

BBC Two England

- 06.30 Countryfile.
07.30 Breakfast.
09.00 Beechgrove Garden.
09.30 Weatherman Walking: The Welsh Coast.
10.00 Saturday Kitchen Best Bites.
11.30 Lorraine's Fast, Fresh and Easy Food.
12.00 **FILM: Goodbye, Mr Chips (1969).**
14.20 **FILM: The Wedding Planner (2001).**
16.00 The Wonder of Animals.
16.30 Big Cats 24/7.
17.30 Celebrity Race Across the World.
18.30 Flog It!
19.00 Incredible Journeys with Simon Reeve.
20.00 Big Cats 24/7.
21.00 The Misadventures of Romesh Ranganathan.
22.00 **FILM: The Best Man (1999).**
23.55 Golf: Solheim Cup Highlights.
00.55 **FILM: Blank (2022).**
02.25 Sign Zone: We Might Regret This.
02.50 Sign Zone: Sherwood.
03.50 This Is BBC Two.

ITV1 London

- 06.00 Jason Atherton's Dubai Dishes.
07.00 **FILM: The Living Daylights (1987).**
09.25 ITV News.
09.30 Love Your Weekend with Alan Titchmarsh.
11.30 The Voice UK.
13.05 ITV News and Weather; Weather.
13.20 ITV Racing: Live from Doncaster.
16.30 **FILM: Dad's Army (2016).**
18.30 ITV News and Weather.
18.45 ITV News London; Weather.
19.00 Tipping Point: Lucky Stars.
20.00 Grace.
22.00 ITV News and Weather; Weather.
22.20 Israel & Gaza: Into the Abyss.
00.00 Shop on TV.
03.00 Motorsport UK.
03.50 Unwind with ITV.
05.00 Jason Atherton's Dubai Dishes.

Channel 4

- 06.05 Cheers.
06.30 Cheers.
07.00 Frasier.
07.25 Frasier.
07.50 Frasier.
08.15 Frasier.
08.45 Superhero Tri 2024.
09.30 Sunday Brunch.
12.30 The Simpsons.
12.55 The Simpsons.
13.20 The Simpsons.
13.50 The Simpsons.
14.20 **FILM: Madagascar: Escape 2 Africa (2008).**
16.00 Channel 4 News.
16.30 Formula 1: Azerbaijan Grand Prix Highlights.
19.00 The Great Celebrity Bake Off for Stand Up to Cancer.
20.00 The Dog House.
21.00 Britain's Atomic Bomb Scandal.
22.00 Gogglebox.
22.55 Gogglebox.
23.55 **FILM: Peterloo (2018).**
02.35 Ramsay's Hotel Hell.
03.20 Grand Designs New Zealand.
04.15 Kirstie's Fill Your House for Free.
04.30 Frasier.
05.45 Countdown.

BBC Four

- 19.00 The Complete Victor Borge - Show of the Week.
19.30 BBC Young Musician 2024: Auditions 1.
21.00 Golf: Solheim Cup Highlights.
22.00 Peter Kosminsky Remembers - The Project.
22.20 The Project.
00.05 The Project.
01.55 Buddha: Genius of the Ancient World.
02.55 The Complete Victor Borge - Show of the Week.
03.25 Close.

MONDAY 16/09/24

BBC One

- 06.00 Breakfast.
09.30 Morning Live.
10.45 SAS: Catching the Criminals.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
14.00 Doctors.
14.30 Robson Green's Weekend Escapes.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 The Answer Run.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 HS2: The Railway That Blew Billions - Panorama.
21.00 Nightsleeper.
22.00 BBC News at Ten; Weather.
22.40 In My Own Words: Hanif Kureishi.
23.25 Have I Got News for You.
23.55 Our Lives: The Dinohunters.
00.25 Weather for the Week Ahead.
00.30 BBC News.

BBC Two England

- 06.30 Bargain Hunt.
07.15 Antiques Road Trip.
08.00 Sign Zone: The Repair Shop.
09.00 BBC News.
12.15 Politics Live.
13.00 Bridge of Lies.
13.45 Unbeatable.
14.30 My Unique B&B.
15.00 MasterChef: The Professionals.
16.00 Home Away from Home.
16.45 More Creatures Great and Small.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great British Railway Journeys.
19.00 The Big Cases.
19.30 Mastermind.
20.00 Only Connect.
20.30 University Challenge.
21.00 Mozart: Rise of a Genius.
22.00 We Might Regret This.
22.25 Laugh Lessons.
22.30 Newsnight.
23.00 Weather.
23.05 The Zelensky Story.
00.05 Sign Zone: Countryfile.

ITV1 London

- 06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Lingo.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.30 Emmerdale.
20.00 Coronation Street.
21.00 **My Mum, Your Dad.**
22.00 ITV News at Ten; Weather.
22.45 Goodwood Revival.
23.40 My Mum, Your Dad.
00.35 Shop on TV.
03.00 My Mum, Your Dad.

Channel 4

- 06.25 Cheers.
07.45 The King of Queens.
09.05 Frasier.
11.05 Come Dine with Me: The Professionals.
12.05 Channel 4 News Summary.
12.10 Narrow Escapes.
13.10 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 Chateau DIY.
16.00 A Place in the Sun.
17.00 Help! We Bought a Village.
18.00 A Place in the Sun.
18.30 The Simpsons.
19.00 Channel 4 News.
20.00 Jamie: What to Eat This Week: Autumn.
21.00 24 Hours in Police Custody.
22.40 In the Footsteps of Killers.
23.40 The Prison Confessions of Gypsy Rose Blanchard.
00.35 Walter Presents: 1985.
01.30 **FILM: 47 Metres Down (2017).**

BBC Four

- 19.00 Great American Railroad Journeys.
20.00 Meet the Ancestors.
20.30 Meet the Ancestors.
21.00 Call My Bluff.
21.30 Going for a Song.
22.00 Joy of Mozart.
23.00 Socrates: Genius of the Ancient World.
00.00 Parkinson with Lauren Bacall, Kenneth Allsop, Tom Paxton, and Danny Thompson.
01.05 Lauren Bacall: Talking Pictures.
01.40 Great American Railroad Journeys.
02.40 Meet the Ancestors.

TUESDAY 17/09/24

BBC One

- 06.00 Breakfast.
09.30 Morning Live.
10.45 SAS: Catching the Criminals.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
14.00 Doctors.
14.30 Robson Green's Weekend Escapes.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 The Answer Run.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Celebrity MasterChef.
21.00 Waterloo Road.
22.00 BBC News; Weather.
22.40 Who Do You Think You Are?
23.40 The Repair Shop.
00.40 Weather for the Week Ahead.
00.45 BBC News.

BBC Two England

- 06.30 Bargain Hunt.
07.15 Garden Rescue.
08.00 Sign Zone: Big Cats 24/7.
09.00 BBC News.
12.15 Politics Live.
13.00 Bridge of Lies.
13.45 Unbeatable.
14.15 Politics Live Conference 2024.
15.45 Hairy Bikers: Pies & Pasties.
16.00 Home Away from Home.
16.45 More Creatures Great and Small.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great British Railway Journeys.
19.00 Designing the Hebrides.
19.30 Nadiya's Cook Once, Eat Twice.
20.00 Digging for Britain.
21.00 Saving Lives in Cardiff.
22.00 Colin from Accounts.
22.30 Newsnight.
23.00 Weather.
23.05 **FILM: On the Basis of Sex (2018).**
00.55 Sign Zone: Celebrity MasterChef.

ITV1 London

- 06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Dickinson's Real Deal.
15.00 Lingo.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.30 Emmerdale.
20.00 M&S: Dress the Nation.
21.00 My Mum, Your Dad.
22.00 ITV News at Ten; Weather.
22.45 Sorry, I Didn't Know.
23.10 My Mum, Your Dad.
00.05 Shop on TV.
03.00 My Mum, Your Dad.

Channel 4

- 06.25 Cheers.
07.45 The King of Queens.
09.05 Frasier.
11.05 Come Dine with Me: The Professionals.
12.05 Channel 4 News Summary.
12.10 Narrow Escapes.
13.10 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 Chateau DIY.
16.00 A Place in the Sun.
17.00 Help! We Bought a Village.
18.00 A Place in the Sun.
18.30 The Simpsons.
19.00 Channel 4 News.
20.00 Emergency Helicopter Medics.
21.00 **Trump's Heist: The President Who Wouldn't Lose.**
22.05 Night Coppers.
23.10 24 Hours in A&E.
00.10 Taskmaster.
01.10 Ramsay's Hotel Hell.
02.00 The National Lottery's Paralympics GB Homecoming.

BBC Four

- 19.00 Great American Railroad Journeys.
20.00 Porridge.
20.30 Yes, Prime Minister.
21.00 The Bridge: Fifty Years Across the Forth.
22.00 Corridors of Power: Should America Police the World?
23.00 Inside Culture: When Mary Met Hillary Clinton.
23.30 Andy Warhol's America.
00.30 Great American Railroad Journeys.
01.30 Corridors of Power: Should America Police the World?
02.30 The Bridge: Fifty Years Across the Forth.

WEDNESDAY 18/09/24

BBC One	
06.00	Breakfast.
09.30	Morning Live.
10.45	SAS: Catching the Criminals.
11.15	Homes Under the Hammer.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
14.00	Doctors.
14.30	Robson Green's Weekend Escapes.
15.00	Escape to the Country.
15.45	Garden Rescue.
16.30	The Answer Run.
17.15	Pointless.
18.00	BBC News at Six; Weather.
18.55	Party Political Broadcast.
19.00	The One Show.
19.30	EastEnders.
20.00	The Repair Shop.
21.00	Celebrity Race Across the World.
22.00	BBC News at Ten.
22.40	UEFA Champions League MOTD.
00.00	Mbappe.
01.00	Weather for the Week Ahead.
01.05	BBC News.
BBC Two England	
06.30	Escape to the Country.
07.15	Garden Rescue.
08.00	Sign Zone: Amazing Hotels: Life Beyond the Lobby.
09.00	BBC News.
12.15	Politics Live.
13.00	Bridge of Lies.
13.45	Unbeatable.
14.30	My Unique B&B.
15.00	MasterChef: The Professionals.
16.00	Home Away from Home.
16.45	More Creatures Great and Small.
17.15	Flog It!
18.00	Richard Osman's House of Games.
18.30	Great British Railway Journeys.
19.00	Amol Rajan Interviews: John Major.
19.45	Grand Tours of Scotland's Lochs.
20.00	Earth.
21.00	The Zelensky Story.
22.00	Colin from Accounts.
22.30	Newsnight.
23.00	Weather.
23.05	Couples Therapy.
00.00	Saving Lives in Cardiff.
01.00	Sign Zone: Who Do You Think You Are?
ITV1 London	
06.00	Good Morning Britain.
09.00	Lorraine.
10.00	This Morning.
12.30	Loose Women.
13.30	ITV Lunchtime News; Weather.
14.00	Dickinson's Real Deal.
15.00	Lingo.
15.59	ITV London Weather.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News London; Weather.
18.20	Party Political Broadcast.
18.30	ITV Evening News; Weather.
19.30	Emmerdale.
20.00	Coronation Street.
21.00	My Mum, Your Dad.
22.00	ITV News at Ten; Weather.
22.45	Unbelievable Moments Caught on Camera.
23.40	My Mum, Your Dad.
00.25	Shop on TV.
03.00	The Summer Riots: Burning Britain - Tonight.
Channel 4	
06.25	Cheers.
07.45	The King of Queens.
09.05	Frasier.
11.05	Come Dine with Me: The Professionals.
12.05	Channel 4 News Summary.
12.10	Narrow Escapes.
13.10	Find It, Fix It, Flog It.
14.10	Countdown.
15.00	Chateau DIY.
16.00	A Place in the Sun.
17.00	Help! We Bought a Village.
18.00	A Place in the Sun.
18.30	The Simpsons.
19.00	Channel 4 News.
20.00	999: On the Front Line.
21.00	Trump's Heist: The President Who Wouldn't Lose.
22.05	Extraordinary Extensions.
23.10	First Dates.
00.10	Ramsay's Hotel Hell.
01.00	Come Dine with Me.
01.50	FILM: The World Is Family (2023).
BBC Four	
19.00	Around the World in 80 Gardens.
20.00	Wild Weather with Richard Hammond.
21.00	Bent Coppers: Crossing the Line of Duty.
22.00	Alison O'Donnell Remembers - Shetland.
22.20	Shetland.
23.20	Scotland's Sacred Islands with Ben Fogle.
00.20	Around the World in 80 Gardens.
01.20	Wild Weather with Richard Hammond.
02.15	Bent Coppers: Crossing the Line of Duty.

THURSDAY 19/09/24

BBC One	
06.00	Breakfast.
09.30	Morning Live.
10.45	SAS: Catching the Criminals.
11.15	Homes Under the Hammer.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
14.00	Doctors.
14.30	Robson Green's Weekend Escapes.
15.00	Escape to the Country.
15.45	Garden Rescue.
16.30	The Answer Run.
17.15	Pointless.
18.00	BBC News at Six; Weather.
19.00	The One Show.
19.30	EastEnders.
20.00	Celebrity MasterChef.
21.00	Who Do You Think You Are?
22.00	BBC News; Weather.
22.30	BBC Regional News and Weather.
22.40	Question Time.
23.40	Newscast.
00.10	In My Own Words: Hanif Kureishi.
00.55	Weather for the Week Ahead.
01.00	BBC News.
BBC Two England	
06.30	Bargain Hunt.
07.15	Garden Rescue.
08.00	Sign Zone: Gardeners' World.
09.00	BBC News.
12.15	Politics Live.
13.00	Bridge of Lies.
13.45	Unbeatable.
14.30	My Unique B&B.
15.00	MasterChef: The Professionals.
16.00	Home Away from Home.
16.45	More Creatures Great and Small.
17.15	Flog It!
18.00	Richard Osman's House of Games.
18.30	Great British Railway Journeys.
19.00	Celebrity Antiques Road Trip.
20.00	Amazing Hotels: Life Beyond the Lobby.
21.00	Dead Calm: Killing in the Med?
22.30	Newsnight.
23.00	Weather.
23.05	UEFA Champions League MOTD.
00.25	ODI Cricket Highlights.
01.25	Sign Zone: Celebrity MasterChef.
01.55	Sign Zone: Saving Lives in Cardiff.
02.55	Sign Zone: The Travelling Auctioneers.
03.40	Sign Zone: Bridge of Lies.
ITV1 London	
06.00	Good Morning Britain.
09.00	Lorraine.
10.00	This Morning.
12.30	Loose Women.
13.30	ITV Lunchtime News; Weather.
14.00	Dickinson's Real Deal.
15.00	Lingo.
15.59	ITV London Weather.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News London; Weather.
19.30	Emmerdale.
20.30	Trump v Harris: The Battle for America - Tonight.
21.00	My Mum, Your Dad.
22.00	ITV News at Ten; Weather.
22.30	ITV News London; Weather.
22.45	Emergency Nurses: A&E Stories.
23.40	My Mum, Your Dad.
00.30	Shop on TV.
03.00	My Mum, Your Dad.
Channel 4	
06.25	Cheers.
07.45	The King of Queens.
09.05	Frasier.
11.05	Come Dine with Me: The Professionals.
12.05	Channel 4 News Summary.
12.10	Narrow Escapes.
13.10	Find It, Fix It, Flog It.
14.10	Countdown.
15.00	Chateau DIY.
16.00	A Place in the Sun.
17.00	Help! We Bought a Village.
18.00	A Place in the Sun.
18.30	The Simpsons.
19.00	Channel 4 News.
20.00	George Clarke's Old House, New Home.
21.00	Taskmaster.
22.00	Ramsay's Kitchen Nightmares USA.
22.55	Gogglebox.
00.00	Dangerous Diet Drugs - Exposed: Untold.
00.30	Ramsay's Hotel Hell.
01.20	Come Dine with Me.
02.10	FILM: Something Like an Autobiography (2023).
03.35	Britain's Atomic Bomb Scandal.
BBC Four	
19.00	Around the World in 80 Gardens.
20.00	Princess Margaret: The Rebel Royal.
21.00	FILM: Operation Crossbow (1965).
22.50	Sophia Loren: Talking Pictures.
23.25	FILM: El Cid (1961).
02.15	Around the World in 80 Gardens.

FRIDAY 20/09/24

BBC One	
06.00	Breakfast.
09.30	Morning Live.
10.45	SAS: Catching the Criminals.
11.15	Homes Under the Hammer.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
14.00	Sister Boniface Mysteries.
14.45	Robson Green's Weekend Escapes.
15.15	Celebrity Escape to the Country.
15.45	Garden Rescue.
16.30	The Answer Run.
17.15	Pointless.
18.00	BBC News at Six; Weather.
19.00	The One Show.
19.30	Our Lives: Our Yorkshire Stately Home.
20.00	Would I Lie to You?
20.30	Ghosts.
21.00	Celebrity MasterChef.
21.30	Daddy Issues.
22.00	BBC News at Ten.
22.40	FILM: The Outfit (2022).
00.20	The Hit List.
01.05	Weather for the Week Ahead.
01.10	BBC News.
BBC Two England	
06.45	Beechgrove Garden.
07.15	Garden Rescue.
08.00	Sign Zone: Dr Xand's Con or Cure.
09.00	BBC News.
12.50	Lifeline.
13.00	Bridge of Lies.
13.45	Unbeatable.
14.30	My Unique B&B.
15.00	MasterChef: The Professionals.
16.00	Home Away from Home.
16.45	More Creatures Great and Small.
17.15	Flog It!
17.45	Great British Railway Journeys.
18.15	Richard Osman's House of Games.
18.45	MOTD Live: Women's Super League.
21.00	Gardeners' World.
22.00	QI.
22.30	Newsnight.
23.00	Weather.
23.05	FILM: The Best Man Holiday (2013).
01.00	Sign Zone: HS2: The Railway That Blew Billions - Panorama.
02.00	Sign Zone: Celebrity Antiques Road Trip.
ITV1 London	
06.00	Good Morning Britain.
09.00	Lorraine.
10.00	This Morning.
12.30	Loose Women.
13.30	ITV Lunchtime News; Weather.
14.00	Dickinson's Real Deal.
15.00	Lingo.
15.59	ITV London Weather.
16.00	Tipping Point.
17.00	The Chase.
18.00	ITV News London; Weather.
19.30	Emmerdale.
20.00	Coronation Street.
21.00	My Mum, Your Dad.
22.00	ITV News at Ten; Weather.
22.45	Password.
23.25	My Mum, Your Dad.
00.10	Shop on TV.
03.00	My Mum, Your Dad.
Channel 4	
06.25	Cheers.
07.45	The King of Queens.
09.05	Frasier.
11.05	Come Dine with Me: The Professionals.
12.05	Channel 4 News Summary.
12.10	Narrow Escapes.
13.10	Find It, Fix It, Flog It.
14.10	Countdown.
15.00	Chateau DIY.
16.00	A Place in the Sun.
17.00	Help! We Bought a Village.
18.00	A Place in the Sun.
18.30	The Simpsons.
19.00	Channel 4 News.
20.00	PopMaster TV.
21.00	Gogglebox.
22.00	First Dates.
23.05	Married at First Sight UK.
00.45	FILM: GI Joe: The Rise of Cobra (2009).
02.45	Ramsay's Hotel Hell.
BBC Four	
19.00	TOTP: 1996.
19.30	TOTP: 1996.
20.00	TOTP: 1978.
20.30	TOTP: 1982.
21.00	Peter, Paul and Mary: Rhythm On Two.
22.00	Judy Collins: Folk America at the Barbican.
23.00	Martin Carthy and Friends: BBC Four Sessions.
00.00	Kate Rusby Live at Hyde Park.
00.30	Peter, Paul and Mary: Rhythm On Two.
01.30	TOTP: 1996.
02.00	TOTP: 1996.
02.30	TOTP: 1978.
03.05	TOTP: 1982.

Pick of the Week

Saturday 14 Sep

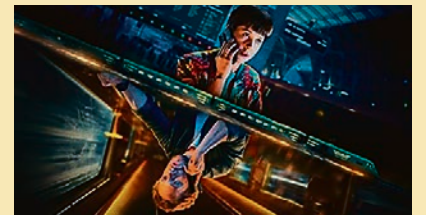
Strictly Come Dancing (BBC1, 7.20pm)



Tess Daly and Claudia Winkleman welcome 15 new celebrities to the Strictly ballroom to pair them with their professional partners, while judges Shirley Ballas, Craig Revel Horwood, Motsi Mabuse and Anton Du Beke give their first thoughts on the couples. The celebrities are Chris McCausland, JB Gill, Wynne Evans, Toyah Willcox, Punam Krishan, Tasha Ghouri, Pete Wicks, Shayne Ward, Sarah Hadland, Jamie Borthwick, Tom Dean, Montell Douglas, Nick Knowles, Paul Merson and Sam Quek.

Sunday 15 Sep

Nightsleeper (BBC1, 9pm)



A train is taken over by cyber terrorists on a night-time journey from Glasgow to London, leaving an off-duty cop on board to team up with the acting technical director at the National Cyber Security Centre in a bid to beat the bad guys. But with no idea of who they are fighting and a few other passengers who may not be as innocent as they look, it seems they are in for a long night. Real-time thriller, starring Joe Cole, Alexandra Roach, David Threlfall and Sharon Small.

Monday 16 Sep

My Mum, Your Dad (ITV1, 9pm)



Davina McCall hosts the return of the relationship show where eight single parents are nominated by their grown-up children to spend two weeks in a countryside retreat giving love a second chance. To get things started, the children decide who their parents will have their first date with - and while promising connections are made, there are embarrassing moments for those watching revealing conversations about past relationships.

Tuesday 17 Sep

Trump's Heist (CH4, 9pm)



Part one of two. Examining the ways in which former President Donald Trump tried to steal the 2020 election, with input from former Trump supporters including his Attorney General, Vice President Mike Pence's Chief of Staff and the White House Head of Communications

Top Film of the week

Land of Bad

Stars: Liam Hemsworth, Russel Crowe, Luke Hemsworth

Genre: Action

Director: William Eubank

Rating: M18

Plot: A US Army Delta Air Force team is targeted by an armed local militia, the Abu Sayyaf, while on a mission to rescue a CIA asset in the Philippines who has been gathering intel on a Russian operative.

After shots ring out between the Delta team and the rebels, Sergeant JJ Kinney is seemingly the sole crew member left alive. His only hope of survival lies with Captain Eddie Grimm "Reaper", a veteran drone pilot attempting to remotely guide Kinney to the extraction point. Over the course of 48 hours, Kinney traverses hostile territory on his way to safety as Reaper and his counterpart, Staff Sergeant Nia Branson, struggle to keep him - and anyone else who may still be alive - out of harm's way.



Cinema Listings

NOS Forum Algarve - Faro

Speak No Evil; Beetlejuice Beetlejuice; Alien: Romulus; It Ends With Us; Deadpool & Wolverine; 10 Lives; Inside Out 2.

NOS Tavira

Joker: Folie à Deux; Fast Charlie; Speak No Evil; Land of Bad; Beetlejuice Beetlejuice; It Ends With Us; Deadpool & Wolverine; Transformers: One; 100% Wolf; 10 Lives; Inside Out 2.

NOS Mar Shopping - Loulé

Speak No Evil; Jungkook: I AM STILL; Land of Bad; Beetlejuice Beetlejuice; It Ends With Us; Deadpool & Wolverine; Transformers: One; 100% Wolf; Inside Out 2; Despicable Me 4.

Algarcine - Portimão

Land of Bad; Beetlejuice Beetlejuice; Hellboy: The Crooked Man; Duchess; It Ends With Us; Deadpool & Wolverine; 10 Lives; Inside Out 2; Despicable Me 4.

Algarcine - Lagos

Beetlejuice Beetlejuice; The Crow; Alien: Romulus; It Ends with Us; Deadpool & Wolverine; 10 Lives; Inside Out 2.

Cineplace Algarve Shopping - Guia

Beetlejuice Beetlejuice; Land of Bad; Daddio; Hellboy: The Crooked Man; Duchess; The Crow; Blink Twice; Alien: Romulus; It Ends With Us; Deadpool & Wolverine; 10 Lives; Inside Out 2; Despicable Me 4.

Estação Viana Shopping - Viana do Castelo

Beetlejuice Beetlejuice; Land of Bad; Hellboy: The Crooked Man; Bullets and Cupcakes: Just one more thing; It Ends With Us; Deadpool & Wolverine; 10 Lives; Inside Out 2.

Cineplace Loures Shopping

Beetlejuice Beetlejuice; Land of Bad; Daddio; Hellboy: The Crooked Man; Alien: Romulus; It Ends With Us; Deadpool & Wolverine; 10 Lives; Inside Out 2; Despicable Me 4.

Cineplace Leiria Shopping

Beetlejuice Beetlejuice; Land of Bad; Daddio; Hellboy: The Crooked Man; Duchess; Blink Twice; Alien: Romulus; It Ends With Us; Deadpool & Wolverine; 10 Lives; Inside Out 2; Despicable Me 4.

(PV) - Portuguese version
(OV) - Original version.

Cinema Contacts

Cinemas NOS

www.cinemas.nos.pt
· Tavira, Faro & Loulé

Cinemas Algarcine

· Portimão: 282 411 888
· Olhão: 289 703 332
· Lagos: 282 799 138
· Sines: 269 633 510

Cinemas Cineplace

www.cineplace.pt
· Guia: 289 561 073
· Portimão: 282 070 101
· Leiria: 244 826 516
· Loures: 210 110 677
· Riosul: 210 114 352
· Viana do Castelo: 258 100 260

Music

70's Jukebox. 14 September, from 6pm to 10pm, at Restauração do Mercado Municipal de Loulé. An evening which presents various genres such as Rock, Glam, Pop, Soul and Punk! From the UK DJ Brian RockinDad, Old School Vintage Vinyl. For more information, please visit: <https://www.facebook.com/vinylboutiquerecords/>

Shadowmare & Dragons Kiss. 14 September, at 9pm, at the Parque Infantil, Estômbar. The programme Culture in the Streets presents two open air concerts to showcase local talent. Free entry. For more information, please visit: www.cm-lagoa.pt

Eurico Martins. 20 September, at 9pm, at the Largo Rainha Dona Leonor, Ferragudo. A concert in celebration of a local artist, highlighting the culture of Lagoa! Free entry. For more information, please visit: www.cm-lagoa.pt

US 2 & Jonny's Band. 21 September, at 9pm, at Praia do Carvoeiro. Two open air concerts featuring the local talent of Lagoa. For more information, please visit: www.cm-lagoa.pt

Inês Machado Trio. 22 September, from 5pm to 7pm, at Museu do Traje, São Brás de Alportel. Inês P. Machado, accompanied by Ernesto Richioso and Milton Batera, will present a series of "Standard reviews" of songs. Tickets cost €12, pay at the door. Please reserve a seat by 20 September via email admin@amigosdomuseu.com or +351 966 329 073.

Arvad Sunset Sessions. Every Thursday until the end of September, from 6pm to 9pm, between the Arvad vineyards and the Arade River. A late afternoon with good music, regional snacks, and great wine. Registration costs €20, including two glasses of wine. For more information, please visit: <https://arvad.pt/>



Chiaroscuro. 6 October, from 5pm to 6pm, at the Museu do Traje, São Brás de Alportel. A programme featuring a selection of lieder by Schubert and Schumann composed in the mid-19th century, revealing the literary life of Germany during this period. Please register by October 4, at 4pm, by contacting admin@amigosdomuseu.com or +351 966 329 073. Tickets cost €12, pay at the door. For more information, please visit: <https://amigosdomuseu.com/en/events/>

Jazz & Swing Concert. 20 October, from 5pm to 7pm, at Museu do Traje, São Brás de Alportel. The Enese Muchi Trio reignites the lost spirit of the 40s era swing and cool music. Please register by October 18 at 4pm, by contacting admin@amigosdomuseu.com or +351 966 329 073. Tickets cost €12. For more information, please visit: <https://amigosdomuseu.com/en/events/>



Porto Style Rock. 25 and 26 October, at 7.30pm, at the Super Bock Arena. Reflecting the pride in the northern accent and the handful of rock band stories that have stood the test of time and still beat in the hearts of an entire country. Tickets cost €25-€49. For more information, please visit: <https://iporto.amp.pt/en/eventos/rock-a-moda-do-porto-porto-style-rock/>

Jazz Nights. Every Monday until November, at 8.30pm, at Hotel Tivoli, Lagos. Jazz and "easy-listening" tunes by the Tivoli Quintet. Free entry.

André Rieu & Johann Strauss Orchestra. 1 November (3.30pm) and 2 November (8.30pm) at Altice Arena in Lisbon. Tickets can be purchased at www.blueticket.meo.pt.

Jacob Collier - DJESSE UK & Europe Tour 2024. 2 November at 9pm at Sala Tejo, Altice Arena. Tickets can be purchased at www.blueticket.meo.pt.

Tindersticks. 11 November at 9.30pm at Casa da Música. Tickets cost €35, for more information please contact: promocao@locomotivaazul.pt

Theatre

We Will Rock You. 21 September at 9.30pm, at the Sagres Campo Pequeno, Lisbon. "We Will Rock You" is a show based on Queen's songs and written by English author and comedian Ben Elton, in partnership with Brian May and Roger Taylor, members of the band. Tickets cost €15-€80. For more information, please visit: <https://bilbeteira.fnac.pt/Evento-538028/WE-WILL-ROCK-YOU->

"The Phantom of the Opera" by Andrew Lloyd Webber. 15 October to 27 October at Sagres Campo Pequeno. "The Phantom of the Opera" is Andrew Lloyd Webber's most critically acclaimed musical, having won more than 70 major theatre awards, including 4 Olivier and 7 Tonys. Tickets cost €55. For more information, please visit: <https://everythingisnew.pt/the-phantom-of-the-opera-lisboa-2024/>

Fawltly Towers - The Dinning Experience. 9 November at The Fortaleza in Praia da Luz, near Lagos, at 6.30pm. An immersive show which features three main characters from Faulty Towers, the UK cult comedy series. The cost will be €85, including a 70s style meal, half a bottle of wine and water. Please reserve your ticket by contacting faultytowersalgarve@gmail.com

Festivals

MOTELX - Lisbon International Horror Film Festival. 10 to 16 September, at the Cinema São Jorge. The 18th edition of MOTELX will host the best international films and world premieres of emerging Portuguese horror cinema. The festival also includes retrospectives, documentaries and a series of activities such as workshops, masterclasses, concerts and much more! Tickets available soon. For more information, please visit: <https://www.motelx.org/>

Dance Dance Dance Festival. 11 to 25 September, at the Teatro das Figuras, Faro. An event that will be showcasing the talents of Portugal, with four shows, including "Carcaça", by dancer and choreographer Marco da Silva Ferreira. Tickets cost €7.50 - €10. For more information, please visit: <https://www.facebook.com/festivaldancedancedance/>

Porto Pride Festival. 13 to 15 September, throughout the city centre. An event celebrating pride with music, a conference dedicated to human rights and a fundraising campaign to give a voice to queer artists. For more information, please visit: <https://portopride.com/>

Action Packed Festival. 20 and 21 September, at the Oficina Municipal do Teatro. A programme focused on rockabilly music, with several concerts by national and international bands. For more information, please visit: <https://www.facebook.com/actionpackedportugal/>

11th Lagoa International Guitar Festival. 20 to 22 September, 27 to 29 September and 1 October. A programme that features exhibitions, concerts and animations, as well as two major and interesting initiatives as unique novelties: The "Músicas a Ver" Exhibition dedicated to the theme "Lates of the World" and World Music Day, showcasing the performance "Irish Celtic Night". For more information, please visit: <https://aguitarraalgarve.pt/festival-internacional-de-guitarra-de-lagoa/>



NOTE: Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing. Please send your events to cristina@theportugalnews.com by midday on the Friday before the following publication.

Central Jazz Festival. 21 September to 5 October, throughout the city of Coimbra. Over three weeks, a dozen venues in city will host 15 concerts with various formats, from solo to large ensemble to showcase the plurality and richness of the musical genre. Tickets cost €5-€8. For more information, please visit:

https://www.facebook.com/FestivalJazzaoCentro/?locale=pt_PT

Piano City Festival. 27 to 29 September, at the Biblioteca Palácio Galveias, Jardim dos Coruchéus and Museu da Cidade – Palácio Pimenta, Lisbon. A transversal and inclusive festival that features a diverse programme of concerts for the whole family, from Classical music and international jazz to flamenco jazz and electronic music! Free entry. For more information, please visit:

<https://www.instagram.com/pianocitylisboa/>

Walk & Art Fest. 1 to 3 November, in the village of Barão São João, Lagos. A festival that combines hiking with art, featuring programme with dozens of activities for everyone: geology, botany and bird watching, as well as workshops for children, mountain biking and wellness initiatives that invite you to relax and enjoy nature. For more information, please visit:

<https://www.walkartfest.pt/en/>

Other Events

"Seafaring & Watersports"

26 July to 26 September, between 10am and 5pm, at the Museu do Traje, São Brás de Alportel. An exhibition by the Algarve Photography Group. Free entry. For more information, please visit:

<https://museu-sbras.com/>

"Ferragudo Collection" Art Exhibition by U. Fitz Art.

12 August to 21 September at the Papelaria Arco Íris, Sudoeste Retail Park, Alcantarilha. Unique paintings of Ferragudo by Ursula Meehan. Free entry.

Lisbon Under the Stars.

22 August to 31 October, screenings Mon-Wed at 9pm, Thurs-Sat at 9pm and 10pm, at the Carmo Ruins. The multi award-winning multimedia immersive show will take viewers on a multi-sensory journey through some of the most remarkable moments in more than 600 years of Lisbon and Portugal's history. Tickets cost €15-€20. For more information, please visit:

www.portugalagenda.com

With Life. 5 to 30 September, from 9.30am-12pm to 2.30pm-5pm, at the Escola de Artes Mestre Fernando Rodrigues, Lagoa. A collective exhibition of works whose themes are the beauty of the natural world, the curiosities of biodiversity and the culture of Portugal. Free entry.

Portraits by Carolina Viola. 9 to 27 September, from 9am to 6pm, at the Biblioteca de Lagoa. A fascinating collection of Visual Arts dedicated to portraiture by an artist from California, based in the Algarve, Portugal. Free entry.

Exquisite Art Exhibition.

14 September to 29 October, from 5pm to 6.30pm, at Museu do Traje, São Brás do Alportel. Exquisite art by Bina Cline, Gill Jones, Laura Parsons, Jackie Mccan, Magda Marien and Marjolein Gysels. Opening day will feature entertainment with Steve Bland on the saxophone, accompanied by wine and nibbles. Free entry.

Open House Archaeology.

14 and 15 September, from 10am to 8pm, at the Lisbon Museum - Roman Theatre. Over 40 sites ranging from Iron Age structures to the old Milling Factory of the Military Maintenance will be made available to visit on free guided tours. Mandatory registration. For more information, please visit:

<https://museudelisboa.pt/pt/acontece/open-house-arqueologia>

Celebrating CCILSA'S Anniversary and Heritage Day!

18 September, at 7pm, at the Restaurant Bar Palacete – Rua Almeida Garret 42, 8200-272 Albufeira. Join us to celebrate our 44th Anniversary and Heritage day with South African Food and a very special key speaker, who will share with us his inspirational story. Tickets cost €30-€35. Please register by September 15 through

<https://www.ccilsa.org/event-details-registration/celebrating-ccilsa-s-anniversary-and-heritage-day>

Algarve Environment and Vegan Fair.

20 to 22 September, at the Parque Municipal de Loulé. In addition to 100 exhibitors and traders, from food, clothing, cosmetics, construction, urban mobility, renewable energy, among others, there will also be 50 free shows and activities for all tastes and ages. Free entry. For more information, please visit:

<https://www.fava.pt/>

Sweet Potato Run.

September 22, at 9.30am, at Largo da Praia da Gaivota, Quarteira. An initiative comprised of two routes: one of 5 kilometres and the other of 10 kilometres, which will begin with a warm-up at 9am. At the end, and as is tradition, there will be a gathering, where roasted sweet potatoes will be distributed to all participants. Registration is mandatory, but free, and can be done in person, at the Quarteira Parish Council.

APAA Stall. 27 September, from 11am to 4pm, at the Convent'Bio Lagoa. Bargains. Household items. Pet stuff. Goodies galore. Jams, chutneys, cookies and more! All in aid of SNI.P. 'bio cafeteria open. For more information, please contact: events.apaaportugal@gmail.com

Small Business Market.

27 September, from 11am to 4pm, at Convent'Bio, Lagoa. Arts & Crafts, Clothes, Jewellery and Beauty products. Local Charity and interest Stalls, Bio snacks, drinks and lunches available. For more information or book a space call 914 538 888 or 961 571 984. If there is rain event will be cancelled as it is held outside.

Teias Local Art. Open Mon-Sat, from 10.30am to 7pm, at Rua António Crisógo dos Santos 31, Lagos. Exhibition of high quality arts & crafts, created by local Algarvian artisans. Workshops available. For more information, please contact 914 008 976 or visit: www.teiaslagos.pt

"Colagem de Colagens" Exhibition.

Open Tues-Sun from 10am to 1pm at Artesis Galeria, 15 Travessa Zacharias Guerreiro, Tavira. info@artesisgaleria.pt.

Local Arts & Crafts Exhibition.

Open daily, from 10am to 5pm at Artes@Spa, Caldas de Monchique, situated in the main square. Glass, Jewellery, Textiles, Ceramics, Wooden puzzles, Natural skin care products, Greeting cards for all occasions, original art and Prints. For more information contact Gillian Goode on 961 571 984.

Workshop & Other Events

IV Lagoa YogaFest. 13 to 15 September, at the Carvoeiro Clube de Ténis and Convent'Bio, Lagoa. An initiative that provides a space and activities for practitioners of various levels, promoting the practice of yoga and related themes. Please register by filling out the following form: Lagoa | YogaFest - Form.

InnoWomen Hackathon - Empowering Women in Tech.

13 to 15 September, at LACS, Lisbon. A groundbreaking event aimed at empowering women to break into the tech industry, bringing together ambitious participants from diverse backgrounds to solve real-world business challenges using beginner-friendly AI and no-code tools. For more information, please visit:

<https://www.eventbrite.pt/e/innowomen-challenge-registration-944017992227>

Memory Walk. 21 September, at 9am, from Antiga Lota to the Portimão Marina. To commemorate World Alzheimer's Day, there will be a 5km solidarity walk throughout the city of Portimão. Registration is €5 and includes a t-shirt and water, and can be done at one of the offices (by appointment) on the day of the event or via the following link: <https://forms.gle/b3cxwg9mkAxJU4ti9>. Entries are valid upon proof of bank transference that can be sent to: geral.algarve@alzheimerportugal.org OR 965 276 690

Unleash Your Brand - Storytelling Masterclass with Award-Winning Director António Aleixo.

28 September, from 2pm to 6pm, at the Audax Business Hub, Setúbal. The programme offers an afternoon of high-impact teaching aimed at improving storytelling skills, enabling participants to connect better with their audience and differentiate their brand in a competitive market. Tickets cost €25. For more information, please visit: <https://lu.ma/t6i3ei2f>

Certified Weaving Course.

16 October to 2 November, at the Palácio Gama Lobo, Loulé. A certified weaving course with 50 hours of modular training for level 4 practitioners, aimed at individuals between 18 and 65 years of age. Open Weds-Fri from 6.30pm to 10.30pm and Sat from 10am to 6pm. Please register at <https://www.cearte.pt/sessions/login.personal>



Algarve Markets

Silves

Silves - 3rd Monday of the month at Sítio do Encalhe from 8am to 1pm

Loulé

Loulé - Every Saturday of the month in front of the Convent of Santo António from 7am to 1pm

Almancil - Every Thursday of the month next to ASCA from 7am to 1pm

Quarteira - Every Wednesday of the month at Fonte Santa from 7am to 1pm

Almancil Flea Market - 3rd Sunday of the month at Parque das Cidades from 8am to 1pm

Alte - 3rd Thursday of the month from 7am to 1pm

Cortelha - 2nd Saturday of the month at the village entrance from 7am to 1pm

Lagos

Lagos Levante - Every Saturday of the month from 7am to 2pm

ViVO Market - Every Wednesday from 4pm to 8pm

Albufeira

Guia - 3rd Friday of the month at the Fair Square from 8am to 1pm

Albufeira - 3rd Tuesday of the month next to the Marina from 8am to 1pm

Albufeira Flea Market Calijos - 2nd Saturday of the month next to the municipal market from 8am to 1pm

Vila Real de Santo António

Vila Real de Santo António Flea Market - 2nd Saturday of the month at Avenida da República from 9am to 5pm

Cacela Market - 3rd Sunday of the month at Vila Nova de Cacela from 8am to 2pm

Portimão

Portimão Flea Market - 3rd Sunday of the month at Fair and Exhibition Park from 8:30am to 12:30pm.

Castro Marim

Castro Marim Market - 2nd Saturday of the month from 8am to 1pm and Market at Velho Cavalinho Taberna e Loja Medieval from 9am to 4pm.

Castro Marim Flea Market - 2nd Saturday of the month from 9am to 1pm by the Municipal Library

Faro

Agrícola de Faro Market - Every Sunday morning from 8am to 1pm at Largo da Igreja do Carmo

Faro Flea Market - 3rd Sunday of the month in Estoi

São Brás de Alportel

São Brás de Alportel Market - Every Saturday of the month at Roberto Nobre Park from 7am to 2pm

São Brás de Alportel Flea Market - 3rd Sunday of the month at Roberto Nobre Park from 8am to 2pm

Aljezur

Producers Market - Every Saturday at the Espaço Multiusos from 8am to 1pm

DISCLAIMER: The Portugal News has no say with regard to any changes in the programming, cancellations or date changes of events organised by other entities. Any information should therefore be requested from the respective event organisers.

Announcements

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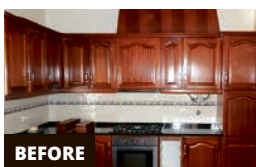
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Help to support our future champions.

EDITOR, By winning 18 medals from 18 dances at the European Dance tournament, the dancers from Associação de Dança de Lagos have qualified for the World Championship in Orlando, USA.

It costs €3000 to enter as well as flights, passports, visas, food and accommodation so not all of the gold medal winners can afford to go.

To raise funds to help, there will be a concert in Almadena Village Hall on Sunday 22nd September at 7pm comprising of the Western Algarve Community Choir, The Cantus Nortada Choir and the Dancers performing some of their best routines.

Come and enjoy an evening of song and dance and help support the efforts to make Lagos the home of World Champion Dancers. Tickets are €10 from lagos@afpop.com or can you offer a raffle prize? Any donations you can give will be used to help them on their way and should be sent to: Patricia Allen Fundo IBAN (PT50) 0045 7191 4018 8770 5586 1 (Charity fund account). Pat can be contacted on 282697548 for any further details.

The young dancers have put in a supreme effort to become European Champions - now let us help to show they can be the Best in the World. Your support is needed.

PAT ALLEN, By email

Faro Airport

EDITOR, I have followed the correspondence re the waiting times at Faro Airport and Steve Smith's contribution that completely missed the valid points previously made. If all the booths were to be manned at peak time, with consideration and consultation around flight scheduling, the problems would be eased if not eradicated. Tourism matters a lot to Portugal generally and the Algarve particularly so it is incumbent on the authorities to make it as easy for their customers as possible. Currently they are not.

COLIN BLACK, By email

EDITOR, As well as the queues issue which will hopefully be solved when residents will be allowed to go through EU gates as we are not subject to EES process it seems there is a problem with flight path.

Others may have noticed that there are an increasing number of flights that "cut the corner" inland including early in the morning and late at night. As take offs seem to be westwards virtually all day irrespective of wind direction lets hope the controllers can monitor miscreants and advise them not to do this. Some do this and then turn back north west!

TERRY MONEY, By email

AIMA

EDITOR, I'm wondering if you're interested in writing about the pending problem with AIMA and their



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failure to issue residents with new resident cards as they expire.

You'll be aware that the AIMA system is failing and that the government extended the validity of all visas to 30 June 2024. This was shortly followed by an extension until 30 June 2025. The problem for expired residency card holders is that these extensions are only understood by Portuguese authorities.

Residents can not leave Portugal as when returning, the foreign customs will deem that they've overstayed their Schengen visa and have no legal right to return to Portugal. By extending the date until 30 June 2025, the Portuguese government has effectively stopped all expired resident card holders from travelling.

I have friends currently stuck in Ireland as it's outside of the Schengen zone and they can't return. I've heard of travellers being denied travel from Dubai to Portugal as their residency card has expired and the foreign authorities don't recognise the AIMA extension statement.

I think this problem is not yet fully understood and is going to become significant. I'd be interested to see the response to an article on this issue.

SHAREN, By email

EDITOR, These days everyone is talking about Lisbon AIMA that it is taking biometrics for people and expediting the process.

However a lot of people don't have their appointments scheduled at Lisbon AIMA but in Santarem, beja, porto, portimao and other centers. But no one is talking about those people whether they will be able to go on their scheduled date and do the biometrics in case they don't receive documents upload email from AIMA.

People are being refused to give biometrics on their scheduled appointment date in AIMA centers other than Lisbon AIMA even though they have not received any prior appointment cancellation email and documents upload email from AIMA.

Now These people don't know what to do, if they go to AIMA other than Lisbon on their scheduled appointment date, the AIMA people will not take their biometrics and will tell them that they will receive new email.

Please help immigrants in this situation and please get the clarification.

BHARAT SINGH, By email

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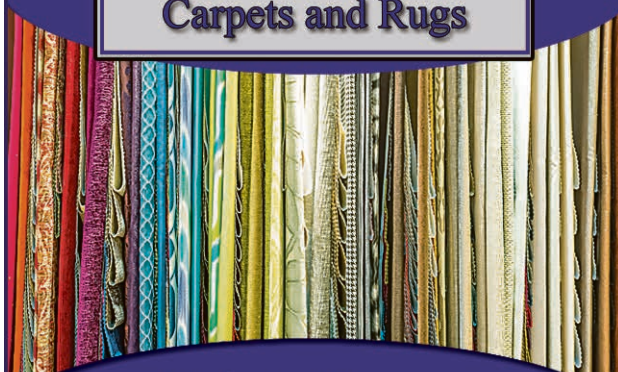
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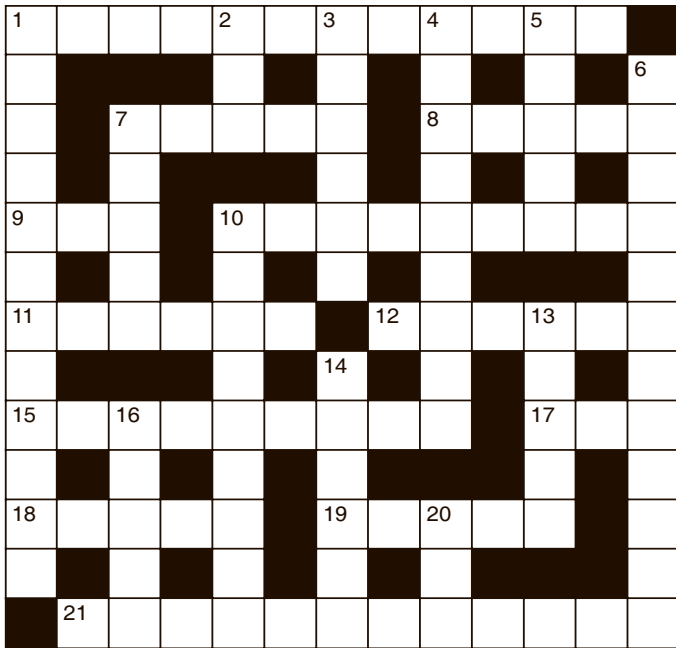
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Last week's cryptic crossword solution
Across: 6 Lebanon; 7 Broom; 9 Did; 10 Aftermath; 12 Low standard; 15 Flying start; 17 Potential; 19 Mix; 21 Degas; 22 Clearly.
Down: 1 Sepia; 2 Can; 3 Golf; 4 Dromedary; 5 Lottery; 8 Repeat; 11 Policeman; 13 Sights; 14 Flyover; 16 Field; 18 Axle; 20 Mad.

CRYPTIC CROSSWORD

- ACROSS**
- Gambler getting improved prospects? (3,3,6)
 - Beat indicator to continue at the crease? (5)
 - It puts a stopper on (5)
 - Row turning power to powder (3)
 - Finish with the ones over there improving (2,3,4)
 - Hesitate to make fathead change (6)
 - Males about to help girl (6)
 - Score with single, yet now ten out (6-3)
 - It is said to be wise in narrow literary circles (3)
 - Put off initially, due entirely to extraordinary reception (5)
 - I storm when angry (5)
 - The fascination of a lottery is to get return on investment? (4,8)

- DOWN**
- Where one could learn agriculture, for example? (5,2,5)
 - Beat the record (3)
 - Tunny in boot (6)
 - Wear a belt for assembling crockery for meals (9)
 - Dodge back indeed, a very silly thing to do (5)
 - The way shouldn't be dark for those who follow him! (7,5)
 - A commonplace to prohibit a learner (5)
 - Having too big a fling spells downfall (9)
 - Used vehicle to transport herd (5)
 - As movement, it is reversed in the moon (6)
 - Record the dissenter's end (5)
 - You and I have a superior feeling of reverence (3)

QUICK CROSSWORD

- ACROSS**
- Immediately (12)
 - Madness (5)
 - Form of oxygen (5)
 - Manage (3)
 - Complex (9)
 - Afloat (6)
 - Small (6)
 - Remark (9)
 - Beverage (3)
 - Once more (5)
 - Speechify (5)
 - Pause (12)
- DOWN**
- Miraculous (12)
 - Tavern (3)
 - Well-being (6)
 - Australian native (9)
 - Fragrance (5)
 - Deterioration (12)
 - Collier (5)
 - Deduction (9)
 - Name (5)
 - Tell (6)
 - Retinue (5)
 - Donkey (3)

Last week's quick crossword solutions
Across: 6 Mention; 7 Court; 9 Cry; 10 Foreigner; 12 Requisition; 15 Experienced; 17 Flattered; 19 Act; 21 Pilot; 22 Astound.
Down: 1 Merry; 2 Arc; 3 Solo; 4 Forgotten; 5 Freedom; 8 Reason; 11 Selection; 13 United; 14 Explain; 16 Scent; 18 Ease; 20 Rot.

CODEWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
			T									
14	15	16	17	18	19	20	21	22	23	24	25	26
								A			B	

	25	23	4	13	4	7	25			6	11	1	17	23	9
A	6		13		24		6	7	19	21		21			11
B	21	5	7	24	20		7			3		19			9
C	23		9		4	24	8	4		1	23	9	25	6	21
D	4	23	25	11	11		4	23	12	21	8		11		8
E		22		20	21	23		15			1		18		4
F	4	21	10	4		10	12	24	20		10	23	9	25	23
G	13		23		23	20	21		23	19	4		23		19
H	19	21	8	21	18		1	7	19	7		21	8	16	14
I	21		3		23			1		25	23	19		24	
J	21		23		10	22	23	6	3		25	23	6	9	14
K	2	24	6	4	13	14		14	23	19	3		23		24
L	11			11		22			26		7	8	4	24	21
M	6			19		6	24	2	21		22		22		6
	3	21	6	21	4	21			3	24	4	22	13	21	3

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

			2	1				
				1			9	
4			8	2			5	
	5		6			1		
7	1					4	2	
	8		3			5		
9	7	3					6	
8			9					
		2	7					

		5			3	6		
			7	2		5		
			1			7	4	
	7			1			6	
	4						2	
3		2				8		
9	5			4				
		1		8	6			
		4	1			3		

Last week's Codeword Solution

L	G	S	I	N	G	S	F	E	M	U	R		
I	N	E	R	T	U	S	E	A	E				
Q	N	R	G	A	B	E	J	A					
U	N	I	T	I	N	G	M	E	L	L	O	W	S
I	A	N	E	V	E	R	E	R	S				
D	E	L	I	G	H	T	R	R	A	I	S	E	
W			I	E	G	O	T	R					
B	E	G	G	I	N	G	E	N	C	R	Y	P	T
E	Y		T	A	X	T	A						
H	U	M	P	S	R	S	O	M	E	O	N	E	
A	K	I	M	A	T	A	P	V					
V	E	H	I	C	L	E	O	R	I	G	A	M	I
I	A	K	N	E	W	D	R	C					
N	N	L	O	T	E	R	E	R	U	P	T		
G	L	A	Z	E	S	E	D	A	N	E	S		

Last week's Solutions

Medium

7	6	3	5	1	2	8	4	9
2	5	8	9	4	6	7	1	3
4	9	1	7	3	8	5	2	6
5	2	7	3	9	1	6	8	4
3	1	9	8	6	4	2	7	5
8	4	6	2	7	5	9	3	1
1	7	4	6	8	9	3	5	2
6	3	2	1	5	7	4	9	8
9	8	5	4	2	3	1	6	7

Hard

3	6	4	2	8	7	5	9	1
1	2	7	4	5	9	6	3	8
5	9	8	1	6	3	4	2	7
2	3	9	5	7	4	8	1	6
7	5	6	9	1	8	2	4	3
8	4	1	3	2	6	7	5	9
9	7	2	6	3	5	1	8	4
6	1	3	8	4	2	9	7	5
4	8	5	7	9	1	3	6	2

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Rasmus Neergaard-Petersen earns automatic promotion



The Dane was nine shots off the lead when heading into the weekend at Wittelsbacher Golfclub but he carded a flawless 67 on Moving Day to give himself an outside chance, which he duly took. He rolled in nine birdies and a solitary bogey in his 64 to set the clubhouse target of 15 under par, with only third-round co-leader Daniel Young on course who could deny the 25-year-old victory. Young was at the summit alongside Neergaard-Petersen heading down the last, however, a dropped shot saw the Dane earn

automatic promotion to the DP World Tour after his third European Challenge Tour title of the campaign. He becomes the first player since Aaron Rai in 2017 to secure three triumphs in a single campaign.

"Awesome"

"It has been awesome," Neergaard-Petersen said after success in Bavaria. "Before the year I had a goal to see if I could win out here, obviously I had a goal to finish in the top 20, but I could never imagine the way it did. It's been awesome."

Rasmus Neergaard-Petersen produced a stunning final round of 64 to earn automatic promotion to the DP World Tour after winning the Big Green Egg German Challenge powered by VcG.

"I think it's been a great stepping ground to learn how to be a professional, I've only been a professional for 14-15 months now so it's still quite new to me but I felt like it's going to help me also looking ahead into the future. "I'm so excited. I've known for a while that I would be playing on the DP World Tour next year, but obviously to see how many events I can get to play before the end of the year. It's just going to be awesome and enjoying myself."

Neergaard-Petersen spent five years at Oklahoma State University during which he finished as runner-up in the 2020 Western Amateur, losing 3&2 to Pierceson Coody who now plys his trade on the PGA TOUR. He helped the International Team win the

2022 Arnold Cup alongside Brazil's Fred Biondi and Swiss Chiara Tamburlini before turning professional in 2023. His maiden success on the European Challenge Tour came at the Kolkata Challenge, where he held his nerve to fend off the challenge of home favourite Rahil Gangjee to win by two strokes in March. The Dane did not wait long for his next win, making it two in three events at the UAE Challenge in April when he came from three shots adrift to claim a one-shot victory ahead of overnight leader Wilco Nienaber. His latest triumph came from even further back as he now embarks on his next adventure on the DP World Tour.

DP World Tour



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Rory Mc Ginn

Sporting reveal Champions League squad

UEFA has released Sporting's 23-man squad for the Champions League. The list drawn up by Ruben Amorim's coaching team includes the reinforcements Kovacevic, Debast, Maxi Araújo and Conrad Harder. It should be emphasised that players from List B, or those born on or after 1 January, 2003, who fulfil specific qualifications, may be included. The lions haven't added any players to this group, anyway. There is no time restriction on how many times these gamers can register.

It's important to note that Quenda, who is anticipated to be on List B, is now absent.

Goalkeepers: Israel and Kovacevic.

Defenders: Matheus Reis, St. Juste, Debast, Fresneda, Gonçalo Inácio, Diomande, Esgaio and Eduardo Quaresma.

Midfielders: Morita, Pote, Braganca, Maxi Araújo, Geny Catamo, Hjulmand and Kauã Oliveira.

Forwards: Gyökeres, Marcus Edwards, Trincao, Nuno Santos, Conrad Harder and Mauro Couto.

Sporting's Champions League campaign

will begin on 17 September at 8pm. at home against Lille. On 1 October and 22 October, the team will travel to PSV and Sturm Graz, respectively.

The national champions will play Manchester City on 5 November. Arsenal will visit Alvalade on the 26th of the month.

Sporting will go to Brugge, Belgium, on December (10). The Lions' sole afternoon encounter of the new year, scheduled at 5:45 p.m., will take place in Leipzig on 22 January.

Lastly, Sporting will host Bologna on 29 January.



Francisco Moura voted best defender

Francisco Moura, the former defender for Famalicão who joined FC Porto, was voted best defender in August with a vote of 24.6 percent by the coaches.

The defender, who is currently at FC Porto, participated in all four of Famalicão's league games. He even

wore the captain's armband throughout the 2-0, 3-0, and 1-0 victories against Benfica and Boavista, as well as the 2-1 loss against V. Guimarães.

Francisco Moura defeated Ousmane Diomande (Sporting), who garnered 21.4 percent of the votes,

and Ricardo Mangas (V. Guimarães), who earned 20.6 percent of the choices, with 24.6 percent of the votes from the coaches and players in the League.

Bruno Varela received recognition on Monday for being August's top keeper also.

Borges reaches Top 30

Nuno Borges achieved his career high this week when the ATP rankings were updated, rising to 30th place.

The tennis player became the second Portuguese to break into the top 30 after João Sousa, who was ranked 28th in 2016, after losing to Medvedev in the US Open last 16. Nuno Borges was rated 34th prior to the Grand Slam.

The US Open champion Janik Sinner is

still top of the rankings, followed by Alexander Zverev of Germany and Alcaraz. It was Novak Djokovic's lowest position since January 2023 when he fell to fourth.

After placing second in the US major, Taylor Fritz is currently ranked seventh.

Aryna Sabalenka of Belarus won the US Open, however she is still ranked below Iga Swiatek in the women's division. The losing finalist, Jason Pegula, is currently in third place.



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