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Direct Algarve to USA flights



Faro and Funchal will have direct connections with the North American airport of Newark, in New York, next summer, according to Turismo de Portugal. P3 (Photo: Unsplash / Calin Stan)

24H
URGENT CARE

GRUPO HPASAUDE

Tourism
Algarve leads tourist accommodation revenues. P10

Tolls
End of tolls to cost €180 million. P12

Tips
Trend for leaving tips growing in Portugal. P20

Delays
Lisbon airport delays reduced. P28

30 Articles
published **everyday** on
www.theportugalnews.com

Wine
Portugal best destination for wine lovers. P2

Transport
Step closer to linking Portugal and Spain by rail. P4

Water
Tender launched for new Algarve dam. P6

Event
Hot air balloon festival to return to the Alentejo. P8

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Portugal ranked best for wine lovers



THE PORTUGAL
News

Following the success of the UN Tourism Global Conference on Wine Tourism, experts have ranked the best destinations for wine enthusiasts, with Portugal taking the top spot.



The 8th edition of the conference gathered leading stakeholders in wine tourism to explore innovative strategies for

promoting sustainable, inclusive, and resilient tourism models that highlight wine culture and heritage. Bounce, a travel and luggage company,

analysed official data to identify the countries that produce and export the most wine, offer the best wine-tasting experiences, and have expansive

vineyards, revealing the top destinations for wine lovers to discover.

Top 10 best destinations for wine connoisseurs:

Portugal
Italy
France
Spain
Moldova
Chile
Hungary
Georgia
New Zealand
Australia
Greece
South Africa

Portugal ranked as the best destination for wine lovers, scoring 8.96/10, due to

its rich wine heritage and affordability, with average wine prices around €4.67 per bottle.

Followed by Italy with a score of 8.68/10, renowned for its extensive vineyard coverage and a wealth of wine-tasting tours, alongside being the largest wine exporter at 21.366 million hectolitres. France and Spain share third place with a score of 7.92/10. France has slightly higher wine prices at around €7 per bottle and significant consumption (35.8 litres per person), while Spain excels in distribution, exporting over 20 million hectolitres in the last year alone.



Weekly Weather

Weekend Weather

Will it be wet this weekend?

Lisbon

It is to be mainly dry over the weekend in the capital with intermittent heavy cloud and sunny periods, and temperatures peaking at highs of 22 degrees. From Tuesday the cloud cover is to clear slightly and the chance of rain is to decrease. Temperatures are to average daily highs of 22 degrees.

The north

Rain is forecast for Saturday however there will be a chance of some sunny spells with highs of 21 degrees and lows of 14 degrees. On Sunday rain is expected throughout the day with highs of 21 degrees. On Monday the rain is to ease slightly and from Tuesday it is to be mainly dry again.

The centre

There will be a chance of rain over the weekend however it is set to be mainly dry with intermittent sunshine and highs of 21 degrees on Sunday. From Monday prolonged sunny periods are forecast with temperatures averaging highs of 22 degrees and nightly average lows of 11 degrees.

The south

A dry weekend is expected in the south with heavier cloud cover forecast for Saturday when temperatures are to peak at 20 degrees. On Sunday the cloud is to clear further and by Monday thermometers are to hit highs of 23 degrees. It is to remain mild and dry for the rest of the week.

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CONTACTS / CONTACTOS

Postal Address / Caixa Postal:
Apt 13 • 8401-901 • Lagoa

Geral / General: +351 282 341 100 - Chamada para a rede fixa nacional
Email: info@theportugalnews.com
Web: www.theportugalnews.com

Head Office / Sede da redação e sede do editor:
Rua Município de S. Domingo
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Ryanair to end printed boarding passes

The airline wants to eliminate check-in counters at airports from May 2025.

Ryanair has announced that it intends to eliminate check-in counters at airports and end the issuance of printed boarding passes. The goal is to become 100 percent digital from May next year, according to NiT.

The new measure will affect all airports served by the Irish airline. From that moment on, passengers will only be able to check in online, something that is already done by 60 percent of customers, revealed Ryanair's executive director during an event held in Dublin.

They believe that, in a short time, this number will easily reach 80 percent. Currently, passengers who check in at the airport gates a few hours before their flight are required to pay an additional fee (sometimes as much as €40), but this is something that will also cease to exist.

"Our goal is to eliminate check-in counters at the airport, just as we did with baggage counters. Everything will be done through the app, making the process completely digital and eliminating paper," said O'Leary. This push towards a 100 percent digital system aligns with Ryanair's strategy to optimise operations and reduce costs associated with traditional paper-based services.



Direct Algarve to New York flights launched

Faro and Funchal will have direct connections with the North American airport of Newark, in New York, next summer, according to Turismo de Portugal.



The new routes will be operated by the North American airline United Airlines, with the three flights per week between Newark and Funchal taking place between 7 June and 24 September, 2025, on Wednesdays, Fridays and Sundays, and the four between Faro and New York airport flying from 16 May to 22 September, on Mondays, Tuesdays, Thursdays and Saturdays, Turismo de Portugal specified in a statement. Turismo de Portugal highlighted that "with this new route, all national airports now have direct connections with the United States" and the country now has a flight "strategic for Portuguese tourism". "This result is the result of an intense collaboration between Turismo de Portugal, ANA Aeroportos, the Madeira Promotion Association, the Algarve Tourism Association and United Airlines. It is especially relevant due to the positive impact it will have on promoting international



tourism in Portugal and strengthening air connectivity with a highly relevant and rapidly growing market".

Milestone

The president of Turismo de Portugal, Carlos Abade, stated that "these new routes represent a milestone in air connectivity and in the strengthening of relations between Portugal and the United States". "From now on, all national

airports will be served by direct routes from the United States, a strategic market with great potential, where Turismo de Portugal is committed to exploring and maximising opportunities," said Carlos Abade, quoted in the agency's statement. The president of Turismo de Portugal highlighted that the North American market has had "remarkable growth" and makes a "positive contribution to the national

tourism sector". United Airlines also announced the start of operation of two new direct routes between the international airport of Faro and Funchal and Newark, in New York, through a "seasonal non-stop service", stating that it becomes the North American airline that makes "more flights between Portugal and the United States" and that serves "more destinations in Portugal", added the company.



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Porto Metro urged "not to lie" about delays



The Mayor of Porto, Rui Moreira, has defended the need for Metro do Porto to "not lie" to citizens regarding delays on construction sites, saying that the public company "has a responsibility".



“We cannot contribute to the degradation of Metro's image, but we cannot sit around waiting. We have to seek a fair measure, and the fair measure is to say 'Don't lie to the people of Porto'”, said Rui Moreira. The mayor, who in his pres-

entation included various news about the different subway works underway in the city, denounced the “successive delays” on all subway work fronts. “Nobody believes that the Pink line will be finished in July next year”, he highlighted. The conclusion of the con-

struction contract for the Rosa Line, which will connect São Bento to Casa da Música, is scheduled for July 2025 and the line should enter into operation this summer, according to Metro do Porto. Regarding the Rosa Line, Rui Moreira said that the munic-

ipality was faced with a new request from the metro “to open Cardosas again”, which implies redirecting traffic through Largo dos Loios. “They need another piece of work that they estimate will take three or four weeks,” he said, saying he had asked the company whether the project was related to the implementation of the tram line. “They say no, that next year they will intervene again,” he said, adding that the tram service is “experiencing an extraordinary drop in revenue.” Rui Moreira also said that Metro do Porto intends to “carry out a new intervention in Rotunda da Boavista, using the same method that led to the condemnation of some trees”.

Intolerable

“I believe that the population has been repeatedly deceived and that is what we cannot tolerate,” he said. PSDB councillor Mariana Ferreira Macedo criticised Metro's actions, which she accused of promoting “false communication”. Social-democratic councillor Alberto Machado also considered that delays on work fronts increase citizens “disbelief” in the Metro. “Metro has to tell the truth to the people of Porto Alegre and has to say what is happening. The soil in Porto is not easy, but 20 years ago it wasn't either. It needs order,” said Alberto Machado, condemning the attitude of the current administration.

Councillor Ilda Figueiredo, from the CDU, criticised Metro's lack of planning, with which councillor Sérgio Aires, from BE, agreed, arguing that “no political force can do anything” other than condemn Metro's actions. In mid-July, Metro do Porto stated, in a letter sent to the Municipal Assembly working group, that it would do everything possible to ensure that Praça da Liberdade was free from work on the Rosa Line by the end of the year. With a total cost of €304 million, the Rosa Line will connect to the current Casa da Música and São Bento metro stations and will have intermediate stations at Hospital de Santo António and Praça da Galiza.

Step closer to linking Portugal and Spain by rail

The Minister of Infrastructure and Housing, Miguel Pinto Luz, has announced that the government has authorised the expenditure so that CP – Comboios de Portugal can be certified to operate in Spain, as part of an internationalisation strategy.

“We have already authorised the expenditure so that CP can be certified to operate

in Spain,” stated Miguel Pinto Luz in the Assembly of the Republic, adding that the government has “been encouraging studies to be carried out for the operation in A Coruña from now on.”

“For us, there is something that is obvious: if Renfe is preparing to operate in Portugal, CP must also prepare to operate in Spain.

This is how it is in an open market, this is how it is in a CP with ambition,” argued the minister.

Miguel Pinto Luz explained that the government believes that the rail carrier, in addition to an international operation, will operate the public service and high-speed rail.

In the field of High Speed, the government

official pointed out that CP will be provided with the necessary conditions “to acquire the rolling stock that it considers necessary to operate High Speed”.

Miguel Pinto Luz was called to parliament to question Livre, within the scope of the National Rail Pass and investment in railways in Portugal.



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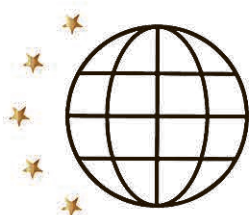


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Tender launched for new Algarve dam

The protection of the city of Tavira against floods and hydro-agricultural use are the objectives of the construction of new a small multi-purpose dam.



The president of the Association of Beneficiaries of the Sotavento do Algarve Irrigation Plan (ABPRSA), Macário Correia, explained to Lusa that the structure, on the Alportel River, which rises in Barranco do Velho (Loulé) and flows into Tavira, in the district of Faro, will have multiple

purposes: “agriculture, urban consumption and combating floods”. In a statement, the association said it had signed “a few weeks ago” with the Portuguese Environment Agency a protocol, with the support of the Environmental Fund, to “retake the flood control solution”, but also integrate, “in the current context of wa-

ter scarcity, the use of water to reinforce the Odeleite-Beliche system, for irrigation and public supply”. “The works not only protect the city of Tavira from floods, guaranteeing the ecological flow from Soalheira do Pereiro to S. Domingos (tidal waters), but also allows the use of water for human consumption and some re-

inforcement of the irrigation system, without an increase in areas, but to stabilise reserves in times of drought”, says the associative structure. Macário Correia explained that “the dam is close to the Santo Estêvão Reservoir [a parish in the municipality of Tavira], which is the central reservoir that serves for Águas do Algarve” and is

used “for human consumption”, but “it also serves for the irrigators association”.

“The water that is used from this river will prevent it from reaching Tavira and causing devastation to the city. And by placing it there, it will serve, depending on need, for urban consumption or for agriculture”, added the president of ABPRSA, who foresees “a storage of around 10 cubic hectometres in an average year in a scenario of reduction of precipitation”. The association stressed that “with the competition now launched”, it is estimated that the “project and environmental impact study will be updated during the second half of 2025”, and then, “depending on the conditions studied”, the execution project will be carried out.

Long history

In the note, ABPRSA recalled that “in the 1930s, work began on what would be the first dam in the Algarve after Roman times”, next to “the Alportel riverbed, seven kilometres from Tavira”, but the “difficulties in a cofferdam and the eco-

nomical crisis generated by the Spanish Civil War interrupted work”.

“At the beginning of this century, due to the floods of 1989 and 2000, the Tavira Chamber and INAG (Water Institute) promoted a preliminary study of the dam and environmental impact published in 2009”, highlighted the association. The association recalled that the “devastation” caused by floods, in 1969 and 1989, in downtown Tavira, caused damage to the Roman bridge and are considered to be expected again due to the “rise in sea levels in the context of ongoing climate change” which could facilitate the “conditions that worsen the risk” of flooding.

Therefore, last June, the Resolution of the Council of Ministers for the effects of the drought “addressed this work” with the “multiple” objectives of “storing water, creating an ecological flow and defending the city”, an objective that, together with the hydro-agricultural development, led the association to approve the bid.

Regional water transfers “shouldn’t be considered”

The environmental non-governmental organisation (ONGA) Corema has defended that the transfer of water between river basins for national water management “should not even be considered”, warning that it would simply be “transferring the problem [drought] to the North”.

“We believe that transfers should not even be considered. Each region has its own particularities and problems in terms of water and there must be a policy to respond to these problems, particularly in terms of agriculture that is practiced”, said Gualdino Correia, from the association based in Caminha, district of Viana do Castelo.

“There has to be a water management policy, otherwise, the problem is being transferred to the North” and “the problem in the South is possibly not being resolved”, in addition to “such processes always involves relocating species and this has its own impacts.”

Gualdino Correia was speaking about the regional consultation sessions on ‘Water that Unites’, the name given to the working group created by the Government in July to develop a new national strategy for water management.

“Last resort”

The order published in the Official Gazette in July states that the plans must address, “as a last resort, the transfer of water between river basins”, in addition to “new sources of water, notably the reuse, desalination of sea water, optimisation of the operation of existing reservoirs and aquifers, construction of new storage infrastructure or alteration of existing ones”.

“This ends up meaning that water will not be managed as it should be in the South, leaving us dependent on water that can be sent from the North, which is not positive”, he observed.

Gualdino Correia warns that “in the Alentejo and the Algarve, crops

lacking water are being implemented which increase the problem of scarcity, as is the case with red fruits”.

“These are inappropriate crops, in a situation where it is necessary to invest in more resilient crops that cost less in terms of water”, he maintained.

Cutting waste

For the environmentalist, water management is essentially related to “waste”, resulting from losses in pipes in systems that, in some cases, “are decrepit”, notably in Alto Minho.

“We need to reduce losses, which are huge – over 20 percent. We are talking about a system that is already very damaged, not to say inoperative. It’s time for councils to optimise these systems, replacing them,” he said.

On the other hand, “the problem with water is not just quantity, but also quality”.

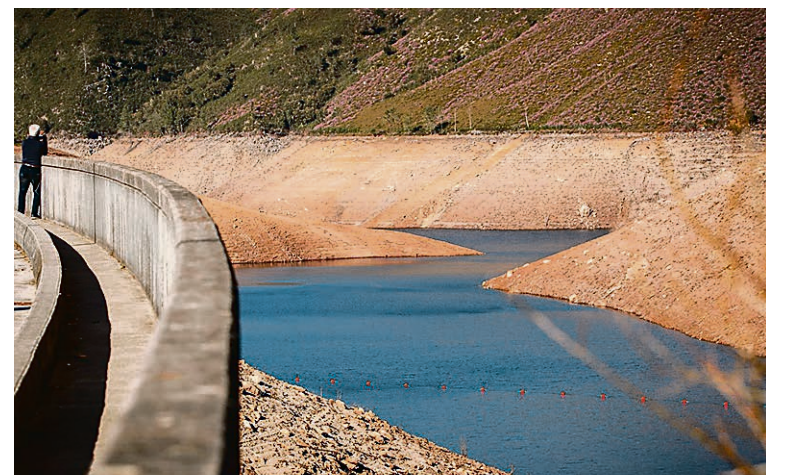
“I’m talking about diffuse contamination, notably the use of

agrochemicals in agriculture. The Government should intervene”, he maintained.

Furthermore, “the management of river basins should receive the attention of the authorities” and, at least in the case of the Minho River Basin Council, a consultative body of the Portuguese Environment Agency, there have been no meetings “for several

years”, he warned.

“We participated in the meetings, but I think the Council has been at a standstill for several years. This is a necessary management, although there was a need to change the way it works, because the structure was made up of more than 60 entities”, he observed, defending a “lighter structure, for a faster response to situations”.





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Hot air balloon festival returns

Hot air balloons will return to the skies of Alentejo, from 7 to 13 November, during an international festival that brings together 30 teams, from five European countries.



The International Hot Air Balloon Festival (FIBAQ), which returns for the 27th consecutive year to Alto Alentejo, is organised by

Publibalão, in collaboration with the ballooning club Alentejo sem Fronteiras. This edition will take place in the municipalities of Alter do Chão, Avis, Fronteira, Mon-

forte and Ponte de Sor, in the district of Portalegre. The event features the participation of 30 teams from Portugal, Spain, France, the Netherlands and Belgium. Quoted in the statement, Aníbal Soares, from the organisation, pointed out that the FIBAQ aims to “promote the practice of ballooning in Portugal, reinforcing the commitment to the impact of the festival in participating locations, and increasing media return for all parties”. “It is an honour to return with this festival to Alentejo, which has been taking place for 27 years, and bring the magic of flying to everyone who wants to have a flying experience”, he added.

Unforgettable

According to the promoters, those interested can “enjoy the unforgettable experience

of flying” in a hot air balloon, and must purchase solidarity bracelets, the proceeds of which go towards volunteer firefighters in the localities that participate in the event. FIBAQ passes through Monforte on 7 November, followed by Fronteira (the 8th), Ponte de Sor (the 9th and 10th), Alter do Chão (the 12th) and the Abreu Callado Foundation, in Benavila, in the municipality of Avis (the 13th). On 9 November, at 7:45pm, in Ponte de Sor, a night show of light, colour and sound “Night Glow” is planned, in which the “flames from the hot air balloon burners are released to the rhythm of the music”. Hot air balloon flights will almost always take place twice a day, at 7:00am or 7:30am and at 2pm or 2:30pm, whenever weather conditions allow.



PJ arrests CEO of cryptocurrency company

The Judiciary Police have arrested a foreign citizen suspected of running a criminal organisation that was dedicated to “widespread manipulation” in cryptocurrency markets, at the request of the FBI.

As part of an international cooperation operation, the PJ located and detained one of the executive directors of a cryptocurrency (digital currency) financial services company in Cascais, and two other arrests were carried out simultaneously, one in the United States and the other in the United Kingdom.

“In the police operation led by the FBI, more than 25 million dollars (€22.9 million) in cryptocurrencies were seized” and “several trading ‘bots’ [computer programme that performs automatic tasks over the Internet] were deactivated, responsible for millions of dollars in money laundering transactions”, says the PJ in a statement.

According to the Portuguese police, “the ‘modus operandi’ used involved the creation of companies with false statements about cryptocurrencies (‘tokens’) and the execution of false negotiations to create the appearance that they would be good investments”, which attracts investors and buyers and led to an increase in the price of the currency.

“The suspects are also accused of having sold ‘tokens’ at artificially inflated prices, a fraud commonly known as ‘pump and dump’.”

According to a statement from the United States Attorney’s Office for the State of Massachusetts, 18 individuals and entities have been charged with widespread fraud and manipulation in the cryptocurrency markets.



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Algarve leads tourist accommodation revenues



Income from tourist accommodation recorded historic highs in August, with total income increasing by 7.8 percent and income from accommodation by 7.7 percent year-on-year, to €948 and €765 million, respectively.



According to tourism activity statistics released by the National Statistics Institute (INE), "income values reached historical monthly maximums in August, with total income interrupting the deceleration trajectory with an increase of 7.8 percent (+7.5 percent in

July), reaching €948.1 million". Accommodation revenue increased by 7.7 percent (+8.1 percent in July), totalling €765.5 million. The Algarve was the region that contributed most to total revenue (36.6 percent of total revenue and 36.4 percent of room revenue), followed by Greater Lisbon (20.2 percent

and 20.9 percent, respectively) and of the North (14.4 percent and 14.5 percent, in the same order). According to INE, all regions recorded growth in income, with the biggest increases occurring in the Autonomous Region of the Azores (+23.4 percent in total income and +24.7 percent

in accommodation) and in Alentejo (+12.6 percent and +13.3 percent, respectively). In August, the average income per available room (RevPAR) was €113.8 (+5.0 percent) and the average income per occupied room (ADR) reached €153.3 (+4.1 percent), reaching historic highs, although the West and Tagus Valley and Greater Lisbon recorded decreases. ADR reached the highest values in the Algarve (€205.70) and Alentejo (€162.50).

Non-residents

According to IBGE, this increase was mainly due to overnight stays by non-residents, which grew by 5.2 percent, while overnight stays by residents recorded lower growth (+1.5 percent). In August, revenue growth was transversal to the

three accommodation segments: in hotels, total and accommodation revenue (weights of 84.7 percent and 83.1 percent in total tourist accommodation, respectively) increased by 7.0 percent and 6.8 percent, while in local accommodation establishments, there were increases of 11.7 percent in total revenue and 11.8 percent in room revenue (shares of 10.1 percent and 11.5 percent, respectively). In tourism in rural areas and housing (representing 5.2 percent of total income and 5.4 percent of income from accommodation), the increases were 14.1 percent and 13.8 percent, respectively. In the month under analysis, the municipality of Lisbon accounted for 15.0 percent of total overnight stays (5.4 percent of total night stays for residents and 20.0 percent

for non-residents), registering an increase of 5.2 percent (+4.5 percent in residents and +5.3 percent in non-residents). Albufeira was the second municipality in which the most overnight stays were recorded (1.2 million overnight stays, a weight of 11.4 percent) and recorded a decrease of 0.3 percent (+0.2 percent in July). Resident overnight stays increased by 9.6 percent and non-resident overnight stays decreased by 4.5 percent, with this municipality accounting for 10.8 percent of total resident overnight stays and 11.8 percent of total non-resident overnight stays. In all 10 municipalities with the highest number of overnight stays in August, overnight stays by non-residents exceeded those by residents.



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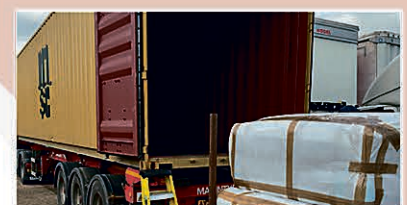
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End of tolls to cost €180 million



The end of tolls on several motorways from 1 January, 2025 will mean a loss of revenue of €180 million, indicates the State Budget (OE) report for 2025.



In the chapter on revenues relating to the road sector, the Government highlights the discrepancy between the estimate in the OE 2024 report (also prepared by António Costa's executive) and the one it now presents. The reason is the end of toll collection on some highways (mainly ex-SCUT) from 1 January, 2025, a measure approved in Parliament by the opposition and enacted in Law 37/2024. If the OE 2024 report predicted an inflow of €545 million, now there are only €390

million, “essentially a consequence” of the decision regarding the ex-SCUT, indicates the OE2025 report. With the elimination of toll fees “on sections and sub-sections of certain highways in the interior and where there are no alternative routes that allow quality and safe use”, explains the OE report, the impact on toll revenue reaches €180 million, currently raised by the public sector in the concessions of Algarve, Norte Litoral, Beiras Litoral and Alta and Interior Norte and in the

sub-concessions of Pinhal Interior and Transmontana.

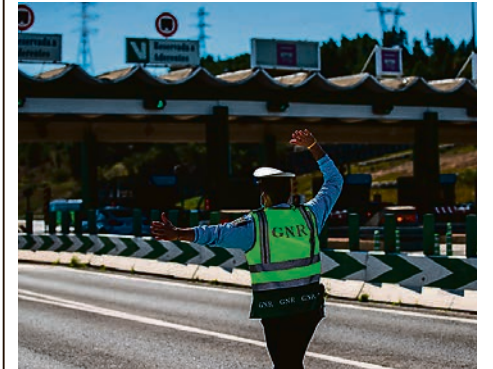
On the other hand, without quantifying, the report also mentions “reduction in costs with the toll collection service, essentially a consequence of the exclusion of values relating to sections and sub-sections covered by Law No. 37/2024, of 7 August”. Thus, from the €180 million in lost revenue, the reduction in costs associated with the current toll collection process on these roads will have to be deducted, an amount not quantified.

When discussing the bill that led to the toll exemption, the two parties supporting the Government had come forward with a loss of €180 million in revenue for the State, while the PS assured that the budgetary impact would be €157 million.

This bill was presented by the PS bench and was approved with the votes of socialist deputies and the benches of Chega, Bloco de Esquerda, PCP, Livre and PAN. The Liberal Initiative abstained and voted against the PSD and CDS-PP.

From 1 January, toll collection will end on the A4 – Transmontana and Túnel do Marão, A13 and A13-1, A22, A23, A24, A25 and on the sections of the A28 between Esposende and Antas and between Neiva and Darque.

Highway code review proposed



The Government wants to review the Highway Code next year and change the rules for driving under the influence of psychotropic substances, according to the proposed State Budget for 2025 (OE2025).

“Within the scope of road safety, the Government will promote legislative changes on driving under the influence of psychotropic substances and will begin reviewing the Traffic Code”, says the proposal.

The document also states that it is the executive's intention to “increase the interoperability of traffic violation management systems, strengthen automation mechanisms and continue with the dematerialisation of administrative procedures, thus improving their efficiency and effectiveness”.

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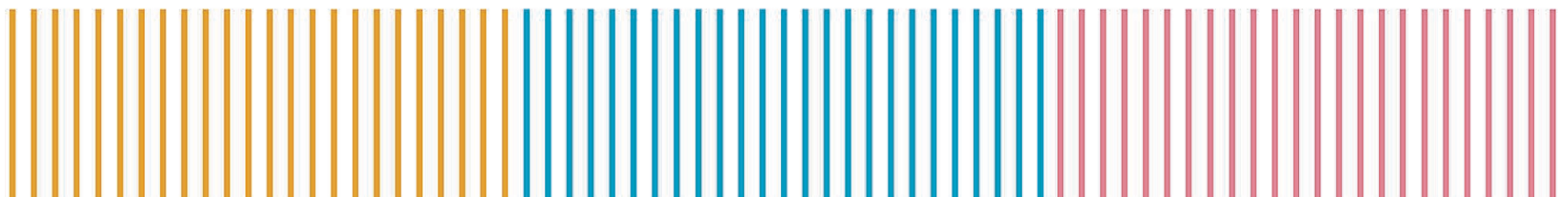
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1. Aveiro Bone Treatments

According to an academic source, a group of researchers at the University of Aveiro (UA) has created a bioceramic magnetic paste for 3D printing that may be applied to bone treatments. According to a note from UA, the new paste contains natural bone elements such as calcium, phosphorus, and iron that aid in the bone healing process.

2. Vila Verde, Braga River's Intervention

600 thousand euros will be made available to the municipalities of Vila Verde, Terras de Bouro, and Amares for interventions in the Cávado, Homem, and Neiva rivers, specifically in dams impacted by the 2023 floods and inundations. The protocols were signed in the 'Zona Fluvial da Ponta Nova', between the Portuguese Environment Agency (APA) and the three local authorities of the municipalities in question.

3. Viseu Urban Ruins

After the delineation of urban pressure zones was adopted by the Viseu City Council at the beginning of the year more than 300 abandoned or damaged buildings have already been found in these defined zones, making them eligible for an increase in the Municipal Property Tax (IMI). According to Viseu's mayor, Fernando Ruas, besides the increase of the IMI, the municipality also acquires the right of preference in the property's sale.

4. Alcochete, Setúbal Affordable Residences

Within the framework of the Recovery and Resilience Programme (PRR), the executive of the Alcochete Municipal Council unanimously authorised the project to build 14 residences at controlled costs. The municipality of Alcochete states that the estimated cost of building the 14 houses, which will be located on Rua Capitão Salgueiro Maia, is over 2 million euros (2,489,449.84 euros + VAT), with an 18-month completion period.

5. Ourém, Santarém Magistrates' Houses

According to Ourém's mayor Luís Albuquerque, the Ourém City Council, located in Santarém's district, will renovate the former magistrates' homes at the municipality's headquarters in order to establish municipal services. As the mayor shared, "The project we presented is that we want the City Council's social and education services to be located there" as the current space allocated to social services is insufficient.

6. Ponte de Sor, Portalegre Aircraft Maintenance

By the end of the year, the Municipal Aerodrome of Ponte de Sor in the district of Portalegre is projected to see the start of large aircraft maintenance by the company Aeromec, which will be a pioneer in this field. According to the project's promoters, 25 qualified employees will be hired to help at the start of this project with this number expected to increase in the coming years.

7. Guarda Student Residence

The Polytechnic Institute of Guarda has been informed that the Recovery and Resilience Plan (RRP) would fund its Student Residence Project for the 'Guarda campus', which will require an expenditure of 3.7 million euros. To proceed with the construction of the 151-bed building, the Instituto Politécnico da Guarda (IPG) must now validate and sign the program contract.

8. Ponta Delgada, Azores Mainland Flights

The PSD/CDS-PP/PPM coalition parties, who now govern the Azores, said that they will be presenting an initiative to the parliament to lower the current 134 euros that locals must pay for flights to the mainland. As the coalition argued, "Resident passengers should only pay when purchasing the trip, the amount corresponding to the portion of the trip that they are responsible for paying".

9. Funchal, Madeira Mental Health

The chief executive, Miguel Albuquerque, disclosed that the Government of Madeira (PSD) provides approximately 7 million euros annually to organisations that work in the field of mental health, hinting that funding will be increased. Miguel Albuquerque shared that throughout the previous five years, the executive directed a total of 65.7 million euros in support towards the field of mental health.

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UK



Road Safety

London has reached a milestone in its cycling network, with more than 400 kilometres of bike lanes now available. This represents a fourfold increase since 2016, highlighting the capital's commitment to supporting cycling. Additionally, the rise in bike journeys, up 20 percent since 2019, suggests that more people are opting to cycle.

Scotland



Property Revival

Many empty homes in Scotland are not abandoned out of neglect but rather due to unforeseen circumstances that hinder their owners from completing renovations. However, through the Scottish Empty Homes Partnership, which provides financial support and resources, owners are motivated to bring their property back to life, improving the housing availability across the region.

USA



Planetary Spacecraft

NASA has achieved significant progress in robotic space exploration over the last two decades, and now its largest planetary spacecraft, the Europa Clipper, is set for launch. The mission will take nearly six years to reach Jupiter's Moon, Europa, which, while dwarfed by the Jovian Moons Io and Ganymede, holds great scientific importance for planetary research.

Peru



Archaeological Discovery

In Peru, excavations at a pre-Inca site have uncovered a throne room where a woman once presided over court. The Moche Culture, often overshadowed by the Inca Empire, is already recognised by its impressive architecture and artistry, however, these findings have shed light on their societal structure, revealing the significant role women may have played in leadership.

Bolivia



Lake Pollution

Volunteers and local leaders in Oruro, a city in Bolivia's highlands, gathered last weekend to clean up the polluted shores of Lake Uru Uru, which serves as a crucial stop for migratory birds. The lake has been contaminated with mineral waste and rubbish, but since 2021, annual clean-up efforts have restored around 19 hectares of land that had been buried under debris.

Italy



Painting Recognition

A painting that had been overlooked for years in an Italian basement, despite bearing Picasso's signature, has now been authenticated and placed into a cheap frame, it hung in a family home and later a restaurant. Its value is already estimated at \$6 million, but if officially recognised by the Pablo Picasso Foundation, it could be worth much more.

Germany



Inflation Rate

Germany's inflation rate in September dropped to its lowest level in over three years, primarily due to a decrease in energy prices. According to initial estimates from Germany's Federal Statistical Office, Destatis, consumer prices only rose by 1.6 percent compared to the previous year. These figures show the lowest inflation has been since February 2021, when it stood at 1.5 percent.

Norway



Renewable Energy

In Norway, the Ullevaal Stadium has embraced a cutting-edge approach to solar energy by utilising vertical bifacial panels, which are designed to capture sunlight from both sides. By installing the world's largest vertical solar panel system, the stadium not only enhances its sustainability efforts but also sets a new standard for renewable energy solutions in northern climates.

Sweden



Rewilding Europe

The Atlantic sturgeon, which went extinct in Sweden in the early 20th century, has been reintroduced into the River Göta. After years of efforts to improve water quality and habitat, along with financial backing from various organisations, the "Return of the Sturgeon" initiative led by the Swedish Anglers Association succeeded in releasing 100 juvenile sturgeons bred in captivity into the river.

China



Vehicle Debut

Lynk & Co, a Chinese-Swedish brand, unveiled its new battery-electric 02 vehicle in Europe last week, aiming to expand into new markets and increase sales. The 02 model will be priced at €35,495, and despite the high tariffs that have prompted other automakers to modify their manufacturing and distribution strategies, the company assured there are no plans to increase prices.

Singapore



New Skyscraper

The Pacific Orchard hotel in Singapore has been named the world's best new skyscraper by The Council on Tall Buildings and Urban Habitat (CTBUH). The 23-storey, 140-metre-tall building, which opened in June in Singapore's shopping district, has quickly gained international acclaim. The hotel's design is inspired by four natural elements – forest, beach, garden and cloud.

Malaysia



Income Status

Malaysia could achieve high-income nation status by 2028, amid better-than-expected economic growth and a strengthening currency, according to a leading World Bank economist. The country is on course to reach this goal after the World Bank increased its 2024 growth projection for Malaysia from 4.3 percent to 4.9 percent last week.



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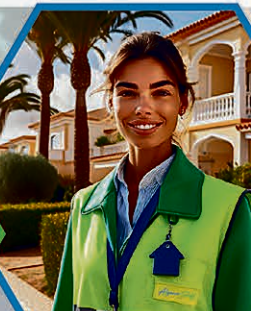
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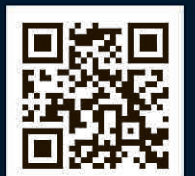
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Portugal promises Brussels speedy solutions



The Government has promised the European Commission, a Recovery and Resilience Plan with “increased execution speed” and sustainable finances, despite the “special challenge” of reformed economic governance.



“The new economic governance framework of the EU [European Union] will have decisive consequences for the definition of policies at the national level. Given the need to ensure effective integration and

coordination of policies at the most diverse levels, it is necessary to maximise the economic and social impact of public funds, whether European or national and, as such, the Recovery and Resilience Plan [PRR] will continue with an increased

speed of execution”, assures the Executive in the document. At stake is the first medium-term budgetary plan with objectives for expenses, investments and reforms now sent by Lisbon to Brussels, under the new

EU budgetary rules, which guarantees alignment “with the macroeconomic strategy and budgetary policy outlined in the Government program, with the objective of increasing productivity and competitiveness, while simultaneously guaranteeing the sustainability of public finances”.

“The budgetary measures underlying the plan aim to increase the country’s attractiveness in areas of high added value, in order to reinforce its economic growth trajectory”, it adds. Among the priorities highlighted in the plan are innovation, efficiency and environmental sustainability, taking into account specific recommendations from the community executive to Portugal, which includes, for example, measures such as increasing the national minimum wage to €1,020 in 2028, defining a national strategic plan for birth rates and longevity and guarantee universal and free access to daycare and pre-school education.

Portugal 22nd in world pension index



Portugal occupies the 22nd position in the Mercer and CFA Institute World Pensions Index, having the seventh lowest classification in the sustainability draw.

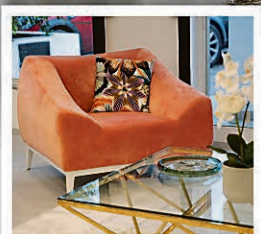
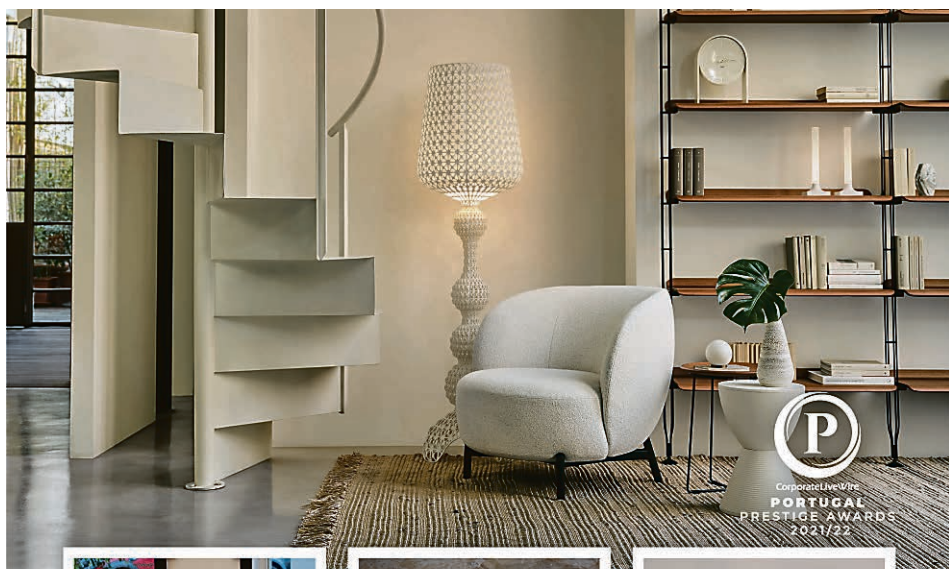
Despite this, the analysis awards the Portuguese pension system a grade of ‘B’ thanks to “a solid structure with several positive characteristics, but with areas that stand out for improvement.”

The index in question comparatively evaluates 48 pension systems around the world, giving the Netherlands the best rating, followed by Iceland and Denmark. Portugal occupies 22nd place, with a global score of 66.9 points.

The main improvements include “the need, on the one hand, for an increase in the value of pensions relating to private systems, implying an increase in the level of contributions and the amounts of assets allocated to these systems”, as well as a “a gradual reduction in public debt levels and public pension spending.”

“Faced with the decrease in birth rates and the increase in average life expectancy, social security systems are at the centre of attention”, highlights Cristina Duarte, head of Mercer, cited in a statement.

In this sense, it is argued that it is necessary to “guarantee a strong alignment between public and private pension schemes, increase employee coverage and promote greater workforce participation for those who wish to work at older ages”.



Primark opens new Portugal store - with plans for more

Primark has opened a new space in Montijo, representing an investment that exceeded €6 million, revealed the Irish multinational.

The opening of this space, with 2,460 square metres (m²), “starts the brand’s expansion plan and

investment of €40 million” in the Portuguese market, which also foresees the opening of three more

stores, this being the 11th.

The opening of the Primark Montijo store allowed more than 70 new jobs to be created in the local community.

This store is the first of four new stores announced in June by the group for Portugal, following those in Guimarães, Viseu and Covilhã, with Primark Portugal – having 14 stores in the country – seeing its commercial space increase by more than 30 percent and creating over 500 new jobs.

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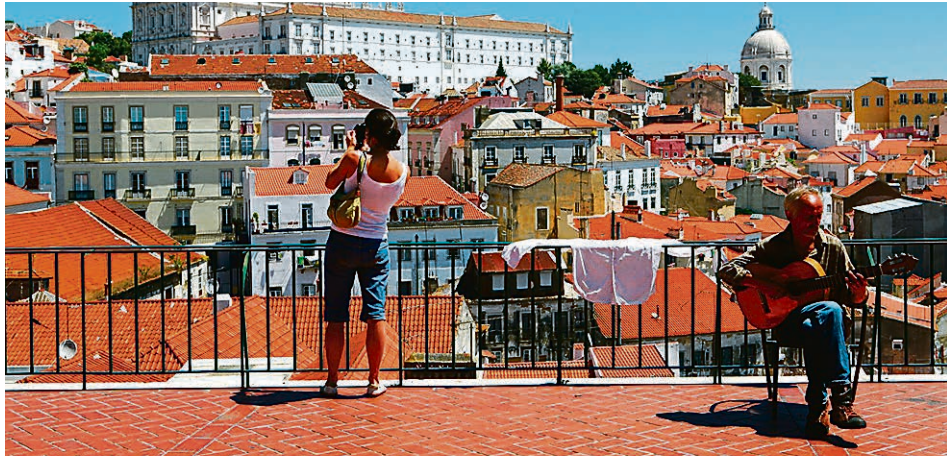
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Hotels and restaurants feeling decline in business



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Two studies presented at the congress of the Portuguese Hotel, Restaurant and Similar Association (AHRESP) point to “the perception that the restaurant business has declined, that consumption is falling and that lack of motivation affects workers.” During the congress, which took place in Aracaju, Ana Paula Barbosa, director of retail services at Nielsen IQ, revealed the first numbers of the Restaurant and Similar Barometer, carried out in partnership with AHRESP. According to the study, difficulties in recruitment and business contraction are concerns, with 1 in 3 respondents responding that they realize that their business decreased in the first two quarters of 2024, the association highlighted in a statement.

“Around 36 percent say they have felt a drop in consumption over this period of time, which may justify the percentage of 42 percent of respondents who say they

are not confident about the next 6 months. More than half (52 percent) realise that the sector's revenue is decreasing”.

The main reason given as a potential reason for drops in consumption is lower purchasing power (80 percent).

Lack of training or experience (66 percent) is the main difficulty experienced in recruiting people to work in the sector, followed by the necessary bureaucracy (24 percent), communication problems (Portuguese language) and little supply or lack of interested people.

More than half (59 percent) have foreign workers, with Brazilian nationality being the predominant one (79 percent), while the topic of taxes and taxation (48 percent) is what concerns respondents most in the next 6 months.

Mental health

The “Health and Inclusion” session was dedicated, on the second day of the congress, to the discussion about mental

health at work.

Antónia Correia, president of KIPT, said that the risk of ‘quiet quitting’ is greater among single workers (25 percent), and those between 25 and 34 years old (28 percent), according to the note from AHRESP press. “Portuguese people are at greater risk of adopting the practice (23 percent) than foreigners (18 percent), as are employees with professional and higher education (57 percent), followed by those with less than basic education (50 percent). The propensity to give up is greater among those who earn more than 3 thousand euros (35 percent), followed by those who earn up to 999 euros (24 percent)”. Among the conclusions found in the study carried out by the KIPT laboratory in partnership with AHRESP, it appears that, to optimize talent retention, it is necessary to have effective management, that is, adapted to the needs of different types of workers – younger, immigrants, and professionals with higher education.

Trend to leave a tip growing in Portugal



Leaving a tip is not universal in Portugal, unlike in the USA, however the trend for leaving a tip has been growing in the country.

According to a report by Público, based on data requested from the Tax and Customs Authority (AT), in 2023, the income obtained by workers through tips was €121.6 million, a value much higher than that seen, for example, in 2015 (€59.6 million). The numbers also show that in one year, from 2022 to 2023, tips increased by 16 percent, from €105 million to the €121.6 million mentioned.

As the publication reminds us, tips are classified under tax legislation as “gratifi-

cations” and are considered income from salaried work (like a salary), and must be declared to the State by workers when submitting their annual Income Tax declaration. However, unlike salaries, to which the progressive rates of income brackets are applied, they are taxed at an autonomous rate of 10 percent, writes Público.

The reality is, however, different, as explained by lawyers Joana Lobato Heitor and Bárbara Miragaia, from the tax department of MFA Legal: “Despite the declaratory obligation that arises from the letter of the law for this type of worker, there is a widespread awareness that, in most situations, these values are not declared to the Tax Authorities”.

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Dukes Education's commitment to quality



Bruno G. Santos

Aatif Hassan is a man with a mission – to give children and young people the foundations to lead extraordinary lives.



Aatif Hassan

The Founder and Chairman of Dukes Education talks to **The Portugal News** about how his own background and life experiences have shaped his passion for the transformative power of education. “Blessed with dyslexia and ADHD, I found the UK’s state school system was not necessarily suited to my needs,” he explains. During this period, he felt frustrated as if “written off by teachers” later becoming something of a “naughty young boy.” His behaviour led the school to ask him to leave and his father then made a “huge financial sacrifice” to enrol him in a small independent school. At his new school, Aatif Hassan “found passionate teachers, a bespoke learning environment” and an education that nurtured him “in a holistic manner.” He was able to channel his energies into rugby and army cadets, “I wasn’t good enough to become

a professional rugby player, but it did enable me to later go on to become a commissioned British Army Officer.” In the army, he learned “the importance of personal discipline, a hard work ethic and a great deal about leadership.” But when Aatif Hassan was 35 years old, a series of tragic personal events occurred at the same time that he was the sole survivor of a very serious car accident. In the wake of these circumstances, Aatif realised that he wanted to spend the rest of his life doing something meaningful: “empowering and inspiring the lives of young people.”

Investment

Dukes Education was founded 10 years ago and now serves more than 20,000 students in eight different countries, including Portugal. Creating partnerships “with high-quality schools with leadership and staff teams who believe in the power of education to transform

children’s lives”, keeps Aatif’s vision absolutely central. “These partnerships are supported by a significant investment in staff learning and development. We offer more than 400 training programmes that inspire and create great teachers,” he explains.

Visiting the three Dukes Education schools in Portugal, located in Lisbon and Porto, allows Aatif to “see at first hand the care and individual attention our teachers provide, the fantastic facilities, and the wonderful school communities that welcome families from so many countries.”

Talking about the plans for Dukes in Portugal, Aatif explains how Dukes continues to invest in the schools, for example, United Lisbon International School (ULIS) “has just opened a new teaching block of 24 classrooms and will have a new theatre, drama studio and sports hall open later this year.”

Strength

Asked how success is measured within Dukes, Aatif says, “success can be measured by the strength of our organisation and the outcomes for our students.” Currently, “Dukes is the fastest growing education group in Europe” and students’ results, “continue to improve. One Dukes school, Cardiff Sixth Form College, is now the top performing school for A-levels over 13 years and students from Dukes schools go on to study at the top universities worldwide.” “I will never get tired of seeing the power of education to transform children’s lives and to lift them up to become happy and successful young people,” Aatif says. Among the many highlights of his work, “taking academic lessons, playing football and rugby and giving talks to the pupils are what keep me going. It’s the best job in the world!”

Dukes Plus from cradle to career

Dukes Education not only supports students through school but goes beyond the classroom, supporting students’ journeys in parallel to their schooling through the two broad categories of its Dukes Plus organisation: education consultancy and experience providers. Ricardo Tavares, Director of Dukes Plus is clear about its purpose, “we empower young people to create happy and successful lives.” Dukes Plus

is described by Ricardo as “the only organisation which has the educational programmes, all under one roof, to cover these two vitally important life ingredients, for students from age 4 to 18.” Through becoming a parent to two young children, the Dukes Plus director has become fascinated by the process of learning “how to unlock children’s true potential and provide opportunities for them to thrive in all aspects of life.” Ricardo explains how his varied career path has led him to this point. “After attending medical school at Oxford University, I worked as a doctor in the National Health Service in the UK – a background that highlighted to me the need for a holistic approach to health. The same holistic approach can be applied to education, especially during a child’s early, formative years.

“I spent a short period in investment banking and saw at first hand the importance of fundamental personal skills, such as stress management, the ability to prioritise, and emotional intelligence, and how these skills can be applied across different industries. Switching to an entrepreneurial career path, I launched an ed-tech start up, The Career Portal (TCP) that supports aspiring medics, and latterly lawyers, gain places in leading global universities. TCP joined the Dukes Education family in 2021 and forms part of





Dukes Plus, which I now have the privilege of leading.” Just like Aatif Hassan, sport has played a large part in Ricardo’s life. “Whilst growing up, I was passionate about playing football and progressed to play elite level football in my teens and while I was at university. I remain incredibly proud and honoured to have been awarded an Oxford Blue for representing the university in football. Playing a team sport at a high level highlighted to me the importance of extracurricular activities and the key skills they can teach young people which have long-term benefits throughout professional life.

University

Dukes Plus Consultancy has different ways to support students with university applications; Oxbridge Applications, established in

1999, is used by 20% of all Oxbridge applicants; A-List Education supports students’ applications to American universities; The Career Portal is used by around 70% of the top 100 UK Independent Schools. Dukes Tutoring is a service that unlocks academic potential by providing bespoke private tutoring to children over five years old. Dukes Plus Experience Providers deliver “world-class immersive career experiences” for students through InvestIN; Summer Boarding Courses delivers cross-cultural courses for students from across the world and is the United Kingdom’s number one multi-campus summer school for children from 8 to 18, and Ultimate Activity Camps provides outstanding holiday childcare for 14-year-olds giving them access to sports, arts, coding, cooking



and even AI. Dukes Plus and Dukes Schools work in close collaboration, providing world class careers support and experiences to students. Ricardo highlights the launch of Dukes Career School, “We took 1,000 Dukes Education students through an annual programme centred on upskilling them for the future of work that was similar to a graduate recruitment style assessment day, where every student was challenged and assessed across multiple competencies.” Dukes Plus also supports teachers with the help of an expert university counselling organisations and helps students to be prepared to attend the greatest universities worldwide.

Unique

Ricardo explains to **The Portugal News** what makes Dukes Plus unique, “What sets us apart is quality: an absolute commitment that everything we provide to students is of the highest possible quality. For example, our world class work experience provider, InvestIN is UCAS accredited, and we work with hundreds of leading schools globally. In addition, we have in-depth knowledge of the education industry through being part of Dukes Education, who own and operate schools internationally.” The director of Dukes Plus believes that the world will be very different for future generations. Ricardo explains, “The future for young people is evolving at incredible speed. The World Economic Forum (WEF) states there will be 97 million new jobs by 2030 focused on the interface between humans, machines and algorithms. WEF have outlined the key skills set required for professional success, centred around digital literacy, critical soft skills such as emotional intelligence, the ability for cross cultural competence, and lifelong learning. In addition, we have the expectation of greater longevity and the concept of the 100-year life, whereby a far greater number of centenarians will be alive in 2100 compared with today (a x33 multiple in the UK alone). The outdated idea of a ‘job for life’ will be replaced by an individual’s ability to pivot professionally through a portfolio of careers. Having a firm academic grounding, alongside resilience, adaptability and self-management will be the bedrock of achieving this successfully.” “Dukes Plus addresses these challenges by offering support



Ricardo Tavares

and experiences over and above traditional classroom learning. From cradle to career, we cover key milestones in a cohesive way with world leading brands under one roof.” Ricardo is passionate about “unlocking children’s potential and equipping them for success in a rapidly changing world.” His professional and personal experience showed him that “success and happiness require a multi-disciplinary approach” and he is passionate about being able to pass that knowledge to all the students and teachers he works with, while “helping them to

embrace the unknown elements of the future with passion and excitement motivates me every day.” Dukes Plus services are open to all students, not only those in Dukes Education schools. The individual brands “welcome several million users each year from 50+ countries.” *To learn more about Dukes Plus, visit the official website, www.dukeplus.com, and take a “free Career Pathway tool quiz and get a personalised report.” Or contact Dukes Plus directly at info@dukeplus.com or by calling on +44 20 3848 4700.*



Navigating the Uncertainty: NHR 2.0 and the 2025 State Budget

The Government presented the State Budget for 2025 on October 10th, yet brought no updates on the regulations delaying the implementation of NHR 2.0.



This new version of the NHR was introduced by the 2024 State Budget and, theoretically, is already in effect. However, with eligibility requirements still awaiting regulation and no platform available for applications, the

regime remains clouded by uncertainty. This delay is causing hesitation among individuals considering relocating to Portugal to benefit from the new system. Unlike its predecessor, which offered significant tax exemptions on foreign-source pensions and attracted many

retirees, NHR 2.0 takes a different approach. It no longer provides tax relief for foreign-source pensions but instead offers tax exemptions on foreign-source capital gains. This marks a shift in focus from retirees to business owners, entrepreneurs, and investors with unrealised

stock market gains. While the old NHR appealed primarily to those seeking to enjoy their retirement in Portugal, NHR 2.0 is designed to attract individuals who remain professionally active, positioning Portugal as an appealing destination for those looking to grow their wealth and bring their expertise to the country. Given that the eligibility criteria are still awaiting clarification, anyone considering relocating to Portugal should carefully evaluate the potential tax implications. Those relocating in 2024 may still qualify for the old NHR under the grandfathering provision, but could also meet the

requirements of NHR 2.0. They should stay informed of any forthcoming regulations to apply when the process becomes available. Since NHR 2.0 has technically been part of the tax code since January 1st, 2024, anyone who has relocated since that date should be eligible to apply, provided they meet the requirements once clarified. As for the changes introduced by the 2025 Budget, apart from minor tax law adjustments, the key proposal is a tax relief for those entering the job market. This relief would last for 10 years, offering tax reductions of 100% in the first year, 75% from the second to the fourth year, 50% from the

fifth to the seventh year, and 25% between the eighth and tenth years. Income caps and additional requirements will apply. While potentially beneficial, this proposal is still subject to parliamentary debate and could undergo changes before the Budget is finalized. Until then, and while awaiting the final regulations for NHR 2.0, it is essential to recognize that navigating international tax matters is as complex as navigating the waters off the Algarve coast. Caution is crucial to ensure a safe journey.

*Bernardo Masteling Pereira,
Associate Partner of Forvis
Mazars in Portugal,
bpereira@mazars.pt*

Beating the weather, beating a power cut

BLiP Expo 2024 – a Resounding Success

afpop, organisers of the Better Living in Portugal Exhibition (BLiP Expo) say that, in spite of gloomy and rainy weather forecasts and an hour long power cut at the height of the event on the Saturday, participating exhibitors and scores of visitors were extremely positive about their experience and the value of attending the event over last weekend.

“Great variety of exhibitors” “Best ever BLiP” “Fantastic Layout” “Wonderful Organisation” “Exceeded expectations” “Lovely atmosphere” – these are just a few of the comments made to afpop during the event.

A large number among well over 100 exhibitors have already expressed their intentions to be at BLiP Expo 2025, some requesting bigger stands to more fully expose their offerings. “We are going to have to do some clever juggling with stand layout next year to accommodate exhibitors’ requirements if the immediate feedback comes to fruition, but we are confident that we can create another highly successful event for its 25th anniversary” says an afpop spokesperson.

Subject to confirmation, the dates for next year’s BLiP Expo are 11-12 October and the venue will again be the Portimão Arena.



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30th October 10am Boavista Golf & Spa Resort, Lagos

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7th November 10am Wyndham Grand, Quinta do Lago

Pension planning & income generation workshop

27th November 10am Wyndham Grand, Quinta do Lago



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House prices accelerate worldwide – Portugal in the top 20



The cost of housing for sale in Portugal is accelerating at a faster rate than in the world, according to data from Knight Frank.



The latest data from Knight Frank reveals that the prices of homes for sale in the 56 countries analysed have accelerated again, having risen by 3.3 percent in the last 12 months to June. Portugal was the 16th country where houses became more expensive.

The vast majority of the 56 countries that make up Knight Frank's Global House Price Index recorded increases in house prices in the last year ending in the second quarter of 2024. And homes for sale have become 1.9 percent more expensive in just the last three months. "This fact points to the global strengthening of the sector, with 74 percent of markets registering price increases in the last three months, the highest in two years", reads a statement sent to newsrooms. "Lower interest rates are supporting rising house prices around the

world," concludes Liam Bailey, global director of research at Knight Frank. Still, "the pace of this growth will be limited by the pace of central bank activity, but also by government intervention, which, as can be seen in China, Hong Kong and Poland, is becoming a much more active policy area," he adds, noting that "regulators are trying to improve access to markets and increase the volume of home construction."

Data from Knight Frank's Global House Price Index shows that it is in Turkey where housing prices have grown the most in the last year (+46.4 percent). But as the Turkish economy is experiencing "a second round of high inflation, prices are falling by around 14 percent per year in real terms, adjusted for inflation", they further analyse. Completing the top 5 of the biggest house price rises worldwide is Poland (+18 percent), followed by Bulgaria

(+15.1 percent), Taiwan (+11.9 percent) and North Macedonia (+11.5 percent). In the case of Poland and Bulgaria, the consultancy admits that the significant growth in housing costs "reflects the demographic increase in these two countries and the demand for houses".

Portugal is in the top 20 of countries where house prices rise the most, occupying 16th place, ahead of countries such as Singapore, Brazil, Spain, Japan or the USA. In Portugal, the price of houses for sale grew, on average, 6.6 percent in one year, 5.3 percent in six months and 2.4 percent in the last three months. "This price growth in Portugal shows that the national market remains attractive for foreign investments and that our economic stability gives positive signs about the market", said Francisco Quintela, founding partner of Quintela + Penalva, Knight Frank's partner in Portugal.

Government clarifies it will not unfreeze old rents



The Government has clarified that it will not unfreeze old rents, from contracts prior to 1990, and that it does not intend to change the current regime.

In written statements to Lusa, the Secretary of State for Housing says that what is foreseen in the proposed State Budget for 2025 (OE2025), delivered on Thursday to the Assembly of the Republic, "is to guarantee fair treatment for both tenants and for landlords."

According to Patrícia Gonçalves Costa, this guarantee is made "by ensuring the effectiveness of the compensation mechanism for landlords".

The Government also adds that it intends to "guarantee fair treatment for both parties – tenants and landlords –, creating conditions so that properties remain in good condition and provide a better quality of life for tenants".

In the OE2025 report, the Government assumes the intention of making "adjustment" proposals to the legislation relating to leasing, namely to "correct the distortions created in recent years".

Specifically, it commits to taking "the necessary measures to complete the transition processes of pre-1990 residential leases in order to restore justice."

The lease contracts in question have been frozen for more than a decade, and the previous socialist government decided to suspend its transition to the New Urban Lease Regime (NRAU), the law that regulates the rental sector and which came into force in 2012.

Currently, this transition is suspended as long as tenants meet one of three requirements: being 65 years of age or older; have proven disability equal to or greater than 60 percent; or have an adjusted gross annual income of less than five times the national minimum wage (€820), which in 2024 corresponds to a total of €57,400.

Several information bodies and homeowners associations read in the OE2025 proposal report the intention to unfreeze old rents, which forced the government to clarify that this will not happen.

The government delivered the State Budget proposal for 2025 to parliament, which predicts that the economy will grow 1.8 percent in 2024 and 2.1 percent in 2025 and a surplus of 0.4 percent of Domestic Product Gross (GDP) this year and 0.3 percent next year.

The feasibility in general, for which the vote will take place on 31 October, is not assured. If the proposal is made viable, with the abstention of the PS or, alternatively, the favourable votes of Chega, it will then be assessed in the specialty, between 22 and 29 November, with the final global vote scheduled for 29 November.



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Lisbon airport delays reduced

The president of NAV Portugal – Navegação Aérea, Pedro Ângelo, has revealed that “significant improvements” were recorded in the reduction of delays in air traffic at Lisbon airport, in July, August, and September.



The chairman of the company's Board of Directors said that this improvement “which had a lot of impact

and was very significant” is due to the implementation at Humberto Delgado Airport, in Lisbon, of the 'Point Merge System' system.

In practice, he indicated, this system allows “to eliminate circular waiting in the Lisbon terminal area and proceed with waiting in an arc in a linear way, in which

there is greater predictability for those flying the aircraft”. The data, which “is monitored by Eurocontrol, an independent reputable entity”, shows that over the “three summer months”, there were “significant improvements”, thanks to “this new approach technique” to the airport. “In the month of July, compared to the same month the previous year, we have 27 percent fewer minutes of delay”, while, “in the month of August, [there are] 58 percent fewer minutes of delay and, in the month of September, 49 percent fewer minutes of delay” in accessing the Lisbon airport terminal, he specified.

According to a table presented by the president of NAV, in July this year there were 39,340 minutes of delays accumulated in the month, while, in July 2023, this value reached 53,642 minutes (a reduction of 27%). The 'Point Merge System' is a technique that “had been worked on within the company for some years and was identified as a significant improvement for the operation”, explained the head of NAV.



Increase in Lisbon airport taxes



ANA – Aeroportos de Portugal intends to increase taxes only at Lisbon airport.

The proposal for 2025 is an increase of 2.85 percent, equivalent to €0.45 per passenger, according to Negócios. Airports in the Azores and Madeira will not be included.

The proposal to update regulated taxes for 2025 was presented to airlines and now needs to be approved by the National Civil Aviation Authority.

The concessionaire explains that in 2025 the Maximum Average Regulated Revenue (MMRR) that it is authorised to charge for the airports in the Lisbon group, which includes Humberto Delgado and the islands, is €14.63 per passenger, but its proposal is “not to increase the regulated fees at the airports in Madeira and the Azores and only to update the fees at Lisbon airport so that the MMRR is reached, which results in an increase of €0.18 (plus 1.18 percent) per passenger”. However, considering the impact of recovering from the 2023 estimate error, the increase in regulated fees at Lisbon airport will be 2.85 percent or an additional €0.45 per passenger.

For Porto and Faro, the proposal is to reduce the fees by 0.9 percent and 0.4 percent, respectively. The equivalent of minus 8 cents and 4 cents per passenger.

ANA estimates that it will reach 69.5 million passengers at national airports in 2025, an increase of 17.8 percent compared to the figure recorded in 2019, but only 2.1 percent compared to the 68 million it has forecast for 2024. The signs of a slowdown in growth are most visible in Lisbon.



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TAP sale to be decided by June



The Government wants to finalise the details of the TAP privatisation model this year, in order to move forward with the process in the first half of 2025.

The details about the sale of the company were given by the Secretary of State for Infrastructure, Hugo Espírito Santo, to the Galician newspaper Faro de Vigo.

“I would very much like to complete the process in the first half of 2025 – and that means reaching the end and being able to decide. We have a decision and then we can close the process. It is a process that takes time and we have to do it in a very transparent and solid way, that is our point of view”, summarised Hugo Espírito Santo.

In addition to the European companies Air France-KLM, IAG and Lufthansa, the sale of TAP is also attracting the interest of other companies outside Europe. Without providing further details, the Secretary of

State for Infrastructure indicated that the process “will be developed simultaneously with conversations with entities such as IAG, Lufthansa, Air France or others that are willing to make a bet and enter this race”, he said.



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Celebrating the Anglo-Portuguese News Legacy

N Cristina da Costa Brookes

Dating back to 1937, The Anglo-Portuguese News was the main English language newspaper in Portugal, published throughout most of the twentieth century.



Photos by St. Julian's School

The newspaper was founded by Major C.E. Wakeham with Luiz Marques as editor. Luiz Marques purchased the paper in 1954

with his wife Susan Lowndes Marques who avidly wrote for the paper, later assuming the role of editor once her husband passed away. Some years later The Anglo-Portuguese News

(APN) was sold to British journalist Nigel Batley in 1980, until its somewhat mysterious closure in 2004, as there was no mention of this in the last newspaper published.

The APN served as a record for the British and other foreign communities in Portugal and is an invaluable resource for researchers and anyone writing about the British community and institutions in Portugal. According to the paper's Wikipedia page which was written by a member of The British Historical Society of Portugal, contributors included Anglo-French historian, Elaine Sanceau, diplomat Marcus Cheke, who was attached to the British embassy in World War Two and Rose Macaulay, who wrote the book *They Went to Portugal*.

This now brings us to the present day, where Luiz Marques and Susan Lowndes Marques's grandson, Filipe Lowndes Marques, in collaboration with The British Historical Society of Portugal, has recently decided to digitise the complete APN Archive. Filipe Lowndes Marques started by kindly sharing, "My grandparents ran The APN from 1937 to 1980 and in recent years I realised that online there were very few mentions of the newspaper and it was all very isolated and certainly no way to access the newspaper unless you personally went to the British Library."

"Knowing that The British Historical Society of Portugal had complete copies of the newspaper for its full existence, we had the idea with the Society that it could be interesting to digitise it and then make it available online. The British Historical Society has one of the best libraries of publications relating to Anglo-Portuguese links and at the moment it is housed next to the library of St. Julian's School in Carcavelos. Also, one of the good side effects was to memorialise my grandparents."

The Social Media of its Time

Filipe explained that The APN Archive serves for serious research on Anglo-Portuguese relations in the 20th century

but also more fun things such as announcements. "Any family with British links who would have been around Portugal in the second half of the twentieth century in all likelihood will find references to themselves. If you look in the announcements you would see things like Mr and Mrs so and so are going to visit their daughter in Canada for 2 weeks and will be coming back to their house in Monte Estoril on this date as well as special events."

For a period of time, The APN had pages in Portuguese, which Filipe shared was because of the restrictions on foreign ownership in the newspaper with one of the requirements being that it had some content in Portuguese, particularly during the war. Filipe recalled that there is a section which is in half Portuguese and half English with the intention of teaching Portuguese to the British community called "Portuguese Back Chat" that ran from 1943 to 1957, that in some cases come across almost as comedy sketches.

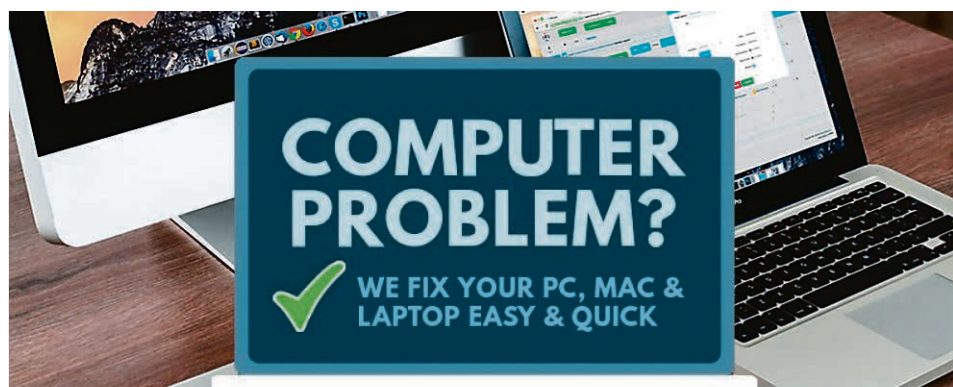
APN's significance during World War Two

Filipe told *The Portugal News*, "Well, during that period The APN received some support from the British government during the war. The APN's claim to fame is that it was the only English language newspaper published continuously throughout the whole of the Second World War on the European continent and that it was mentioned in one of Goebbels' propaganda newspapers as

Churchill's mouthpiece in Lisbon."

Launch of the APN Digital Archive

On 26 September, the launch of The APN Digital Archive event was held at St. Julian's School, with participation from the British Ambassador to Portugal and Camara Municipal de Cascais. The event was held in the hope of giving the newspaper some projection and to thank the sponsors personally for their support. "The digitalisation and then setting up the website did have a cost and our sponsors were kind enough to help support this whole project, which includes: The British Historical Society of Portugal, St. Julian's School, Câmara Municipal de Cascais, the Garland Group, James Rawes Navegação, Lda, Symington Family Estates, WRVS, BP, The Royal British Club and the Anglican Church of St George and St Paul, Lisbon." Filipe concluded, "The sponsors can be divided into two blocks, with one being longstanding British Portuguese institutions whose development and progress can be followed through The APN and their history is very much linked to the history of the newspaper. Then we have corporate sponsors who are all Anglo-Portuguese companies that have historically always advertised in the newspaper and have always been very supportive of the Anglo-Portuguese link." To see the whole archive please visit <https://www.angloportuguesenews.pt/>.



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APAA CHARITY SHOPS - Why not Pop-In? Browse Dunas do Alvor: Mon-Sat 10.30am-2pm Rua Elias Garcia 20, Silves: Mon-Fri 10am-2pm (Sat 1pm). Something special for the house or garden. Gifts. Jewellery, clothing, ornaments, crockery, Stuff for Humans and Stuff for Pets. 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 and close to Crédito Agrícola Bank. 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. (Close to Theatre). 968 740 693, 10am to 2pm. Clothes, bric a brac and furniture in saleable cond., large items collected. We would like to thank you all for your donations and for shopping, that has enabled us to help the local community.

CAN YOU PLAY THE PIANO? The Anglican Church of St Vincent's Chaplaincy at Praia da Luz is looking for someone, not necessarily a churchgoer, 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. Masks, gloves and hand sanitizer gel provided. 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 opening hours are 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.carvoirocatcharity@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 (Behind Bombeiros).

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: 282-761375; website: 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

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>.

Help the homeless in the Algarve



2024 Winter Fundraiser - €35 donation = 1 sleep pod / €25 donation = 1 sleeping bag

The days may be filled with sunshine, but nights are now starting to draw in and overnight temperatures dropping. Please spare a thought for the rough sleeping men and women who spend their nights on the streets and in abandoned buildings. Last year's campaign was an amazing success with

794 sleeping bags delivered to frontline Associations (MAPS Algarve, Red Cross, Somos Esperança, C.A.S.A Albufeira and Portimão soup kitchen) to distribute throughout the Algarve.

This year's fundraising has 2 goals.

Goal 1) Provide 100 Sleep Pods which are a one-person shelter that can offer meaningful protection from the elements. The Pods are:

- **Insulated** - tests in a controlled

environment suggested that when it is - 16°C outside, in a short time a person's own body heat can raise the temperature inside the Pod to +5°C with an average "next to body" temperature of +22°C.

- **Rain resistant**
- **Wind resistant**
- **Quick and easy to use**
- **Lightweight**, easy to pack and carry (approx. 2 kg)
- **Cost effective** to make (at only €35 per Pod)

Arrangements have been made with the UK charity Sleep Pod (<https://sleeppod.org.uk>) to bring 100 sleep pods over to the Algarve. To enable this to happen €3600 needs to be raised to cover the cost of materials for the Pods and delivery to Algarve Removal's UK depot. A massive thank you to Algarve Removals the international relocation company who have kindly offered their services for free to bring them to the Algarve.

Goal 2) Provide warm sleeping bags. Despite our delivery last winter there is an urgent need to replace bags and provide for those recently made homeless.

To find out how YOU can help - contact Eve - please email eacalgarve@gmail.com

"The mountains are calling, and I must go." - John Muir

Spend time in the Serra de Monchique among the trees with Forest Bathing Algarve wellbeing walks and experiences this autumn/winter

Forest bathing walks to awaken the senses, connect to nature and enhance your wellbeing inspired by the Japanese practice of Shinrin-Yoku.

Sunday 20 October: Forest Bathing walk

Sunday 17 November: Forest Bathing walk

Sunday 1 December: Forest Bathing walk

For more information and to book please contact Suzanne at info@forestbathingalgarve.com or Call/WhatsApp: +351 927 719 010.

If you would like to know more about forest bathing or any of the experiences, please visit <https://www.thenaturepod.com/> alternatively, you can find them on social media, Facebook: [@algarveforestbathing](https://www.facebook.com/algarveforestbathing) and Insta: [@forestbathingalgarve](https://www.instagram.com/forestbathingalgarve).

THE NANDI CHARITY SHOP. The Nandi Charity raises funds for sick and abandoned animals in the Western Algarve. Our two shops in Lagos selling clothes, furniture, homeware and books are open six days a week. Please come and see or join us as volunteers. Tlm: 912 741 857

WOOFF CHARITY SHOPS. A Worn only once Fashion & Furniture charity shop. 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 -N125 towards Faro. (Old Iceland shop). 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.

WRVS LISBON LABELS4LESS Shop. Located in Espaço Seniors, Rua Eça de Queiroz 378, 2750-662 Cascais. Open 1st Saturday of the month 10am-1pm & every Wednesday 2-4pm. 100% of proceeds go to Portuguese Charities. Email: wrvslisbon@gmail.com, Facebook: wrvslisbon, Instagram: wrvs-labels4less

Start of a new season



After the success of the international triples tournament 1 October saw the start of the domestic season with the annual Ladies v Gents triples competition.

We had a good turn-out of both players and supporters, and this year the gents turned the tables on the ladies with a dominant win to reclaim the trophy. It was good to see everyone coming together and enjoying the competition and then socialising over lunch

and drinks afterwards. The Club is currently hosting a number of touring clubs from the UK before the Bowls Algarve Winter League starts later in October.

Alvor Bowls Club welcomes visitors and new members playing both flat green and crown green bowls, and full details can be found on our website (www.alvor-bowlsclub.com). Tuition and equipment can be provided for new bowlers.

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



Obituary

Sally Christina Henshaw
27 March 1958 – 6 October 2024



With great sadness and disbelief, we need to inform you that after a short period of sickness, Sally Christina Henshaw, Wife, Mother and Grandmother has passed away.

"Your Body is away from us, but there is a window open from our hearts to yours"

Sally's Memorial Service and Celebration of her Life, will take place on Friday 18 October at 11am

Crematório de Faro Estrada da Penha, N° 214 –A Faro

Followed by a reception (1pm – 5pm) at Izzy's Beach Restaurant, Vale do Garrão

Netball Team profile in international TV Show

The new netball season gets off to a safer start for a team in Central Portugal thanks to some summer fund raising efforts which may also help them make their international television debut!

The Silver Coast Sirens, who play in Óbidos, were in desperate need of new, safer goal posts and transformed their usual end of season gathering to a games afternoon at a local bar, which happened to be featuring heavily in the British TV Show A New Life in the Sun.

Blessed with a glorious warm afternoon, the team set up various games, including some with a distinct netball influence, in the garden of the Prohibition Bar in Óbidos. Continuing the theme was one of the star raffle prizes, a coaching ses-

sion with the England Roses Netball Team Captain Fran Williams. The New Life in the Sun film crew had been following the journey of the Prohibition Bar and were back for an update on the day of the Sirens fundraiser.

Sirens Social and Fundraising Officer Lesley Stansbury says "with a bit of hard work, we not only had a great end of season send off, but showed our local community our great team spirit, as well as raising much needed funds to refresh our kit for the new season.

We really hope that we make it to the final cut of the tv show too to show the world how netball can bring people together in a really fun way".

More info on the Silver Coast Sirens can be found at www.silvercoastnetball.com

Beccy Haywood

Lovitall Evening Vibes

After an inspiring day of wellness, recharge and immerse yourself in an unforgettable night of music, rhythm, and deep connection. The Lovitall EVENING VIBES promises a unique fusion of vibrant entertainment, spiritual awakening, and celebration!

Night Event Highlights:

6.30pm- Salsa Workshop: Step into the world of Latin dance with our Salsa workshop. Whether you're a seasoned dancer or just starting out, this fun and interactive session will have you swaying to the music in no time.

7pm- Cacao Ceremony: Experience a profound journey of the heart with a sacred cacao ceremony. Set your intentions, connect with others, and open your heart through this ancient tradition. The ceremonial cacao will nourish your spirit and help you tap into deeper emotions, fostering love, unity, and a powerful sense of well-being.

7.30pm- Sexual Chocolate: We didn't make this up but apart from the Cacao ceremony we also have...

Sexual Chocolate! This Dutch sensation is known for delivering high-energy performances that mix soulful vibes with funky grooves. With their electrifying tunes and irresistible

rhythm, they'll have you dancing from the first beat to the last.

8pm- Shamanic Drum Session: Feel the pulse of the earth beneath your feet as you join a shamanic drum session. The hypnotic beat of the drums will guide you into a meditative state, promoting healing and inner balance. This spiritual practice is designed to ground you, release emotional blockages, and awaken your inner power through sound and rhythm. It's an experience like no other, perfect for those seeking deeper emotional and spiritual healing.

9pm Nicole Silver Live Performance with DJ: Prepare to be captivated by the Algarve's beloved star, Nicole Silver. Known for her soulful voice and dynamic stage presence, Nicole will light up the night with an electrifying performance that combines energy, emotion, and powerful vocals. Let her music transport you, as she brings the perfect blend of passion and joy to the evening.

All night long Silent Disco

For a unique twist, dive into the silent disco, where you choose your vibe from three music channels. Pick your favorite tunes, slip on your headphones, and dance to your own rhythm. It's a surreal and joyful



experience where everyone can enjoy their own personal soundtrack while dancing together.

Night Ticket Prices:

- Evening Pass: €10
- Combination Day & Evening Ticket: €15
- Kids (12 and under): Free

Book your evening ticket NOW and get ready for an enchanting night that will leave you inspired, energized, and deeply connected. <https://lovitall.pt/evenement/dont-miss-the-lovitall-evening-vibes-experience-october-26-2024/>

Women's U19 International tournament

The tournament will take place at Vila Real de Santo António sports complex.

England vs The Netherlands: 25 October at 1pm

Germany vs Norway: 25 October at 4pm

Norway vs England: 28 October at 1pm

The Netherlands vs Germany: 29 October at 1pm

Catholic Mass in English

A Catholic Mass in English will be held this Sunday 20 October 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 5.30 pm.

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

Breast Cancer Awareness Event

The event in aid of Associação Oncológica do Algarve will take place on Tuesday 29 October from 10am to 12pm at Tribulum Restaurant in Almancil.

Let's get together for Coffee, Tea and some Tasty Treats to support this important cause!

Dress code: Touch of Pink or Blue because men get it too!
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Confirm your attendance at +351 289 397 784 or email info@tribulumalgarve.com

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Introducing the World of John Gaulton

N Kate Screenarong

John Gaulton is a semi-retired author of three diverse books that take readers on a journey through his creative world of writing.



“My motivation is creativity. I just like to be able to get the stories out there and for people to enjoy them”, he told **The Portugal News**. “I didn’t think I could do it. I suppose like everything, you then find that you can.” “The stories write themselves in my head,

the outline is there, then you embellish it, and build it”, John elaborated on his writing process. “When you have an idea of a start, ending, and what’s going to happen along the way, it just flows.”

For Indoor and Outdoor Use Only
His first novel, “For Indoor

and Outdoor Use Only”, which he wrote under the pen name John Beverley, is a humorous romantic tale based upon a cruise around South America. “I had a couple of ideas in my head for a long time, but the trip was the motivating factor for my career as an author”, he shared.

The book was written in the style of a travelogue and features a significant love affair between a couple throughout different destinations – an irreverent and informative glimpse of mature living and reflections on life.

“During the cruise, I wrote as I went, the travelogue part and locations are as they happened, but I wanted to add something to it, so I created a story around it”, John recalled. “For Indoor and Outdoor Use Only” presents perceptive and sometimes thought-provoking insights of a mature male on a journey around South America, observing the minutiae of life on board ship as well as the wider world beyond. The protagonist, Marc, makes genuine connections with his fellow travellers while relishing the opportunity of reflecting on experiences,

relationships and events which have shaped his life so far. However, when he least expects it, he meets someone who will change his life forever...

“What was elaborated on is some of the characters in there, which were linked to the exotic locations”, he explained. “It was a truly fascinating and wonderful experience.”

The Pondlife Stories

Welcome to the fascinating world of small creatures living in and around a garden pond as they enjoy their far-from-ordinary lives.

“The Pondlife Stories” is John Gaulton’s second novel, aimed at children between the ages of three and six, a change of style from his first book. “I wrote this one based on my own children, locations and events. The dog and cat were real, but I personalised them alongside other animals in the book.”

These stories introduce readers to charming animal and insect characters who will entertain children with their experiences. All of them contemplate something of life’s big mysteries from a remarkably human

perspective.

“I did a lot of research on the animals, environment, and biology. I wanted it to be educational and informative”, he continued. “I wrote it so that they could enjoy a story and learn a few things along the way.”

Saturnalian

John Gaulton’s third novel, “Saturnalian”, presents a sci-fi theme that questions eternal life as a gift or a curse, following the story of an unusual boy who is observed, unseen, by forces seeking to discover the truth – to exploit or to bury it?

An apparently chance meeting leads to life-changing events for young couple Philippa and Justin. But is the meeting as random as it appears? And is their life-changing event even more far-reaching; perhaps even posing challenges for the future of humanity? Ultimately, are there justifiable or ethical reasons why the truth should not be told?

“Saturnalian was pure fabrication, it’s about adventure and the exploration of the universe”, he described. “I often wonder what’s out there, I don’t think we’re alone. I look to the sky in fascination.”

“There’s a lot of references as well, such as music and culture, things I thought

would captivate people”, John added. “I’m not in any way informed about the planets, I just find it remarkable to watch shooting stars, sunsets and sunrises.”

Inspiration

“I’ve run myself into a corner a couple of times, just written something tricky that’s just come to mind, and I think how do I get out of this? But it just pops up, I had probably already in my subconscious solved it, but in my conscious mind started to panic a bit”, he mentioned.

“You hear things about some people having a muse, it sounds very profound but it’s something which you tap into”, John stated. “I think it’s probably there, creative things in humans as a whole, we probably all are able to do far more things than we know we’re able to do.” “I believe there’s great potential in humans”, he concluded. The world of John Gaulton is filled with imagination and content for various tastes, encouraging readers to branch out within differing genres.

If you would like to purchase a copy of any of John Gaulton’s fascinating books, they are available online from <https://www.waterstones.com/>, <https://www.amazon.com/>, <https://www.worten.pt/> and <https://www.worldofbooks.com/en-ie?cfabt=1>.

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Deep Purple's Ian Gillan collaborates with UROCK on upcoming single

Music legend, Ian Gillan from Deep Purple has recently worked with a self-produced band called UROCK in Portugal to create a heavily anticipated single called THE LINE.

American-Italian lead singer, Umberto Urock, from the band UROCK, started by telling **The Portugal News**, "When I started my career as a musician, I would have never imagined I could have recorded a song with one of the greatest rock legends of all time, a personal hero of mine. I am talking about Ian Gillan, the legendary voice of Deep Purple. Ian has recorded and co-written, with my band, UROCK a new single called THE LINE."

Umberto Urock went on to share more about his band's upcoming release, "The Line is the system, the structure that forbids normal people to find their own way in life but gives them an established road to follow since their birth. People's destiny is already written by the system before they are even born. They are put in "IN LINE", to follow the same rules, ideas, tastes, behaviours that the system has decided for them to follow. They are trapped, they are in a cage. Mass mediocrity comes out of this system, with all the tragic consequences we see in today's society. THE LINE is the refusal to do what the system and the establishment wants you to do, and instead follow your own self and your own path."

When asked why he accepted the invitation to work with a self-produced indie band like UROCK, Ian Gillan told **The Portugal News**, "It was not immediate. It was because all the elements were good. I mean, good band, good song. And I knew Umberto, which helped because you had to get over that initial question, "well, who are these guys?", I knew who they were. I remember that Karma is a big thing in my life. The point is you go somewhere and they give you something special, they embrace you. And you feel warm spiritually. And it's not something you need to analyse or work out. It's

not complicated. It's just a normal human feeling. And that little moment in Rome at Radio Rock with Umberto was one of those things. So, when I think of Rome and UROCK, I just thought, yeah, that's nice and those barriers were overcome."

Umberto Urock affirmed that Ian Gillan's artistic contributions to their new single IN LINE was absolutely fantastic, with Ian responding by saying "It's a good song I like it. It has construction, verses and chorus. Great solo. A great band, and great sound. So, what do you do? I think the dynamics of a song need a very important texture. It just needs a little moment that just lifts it. Harmonies are always really important to reinforce something and this song was crying out for a harmony."

Speaking about THE LINE'S music video, in which he participated, Ian Gillan shared that "It is fantastic. Every part of it is great. I thought the editing was really good. The pictures are good. The research, the background and the catalogue stuff was great. Really good. Well, put together. Nice storyline. I'm really happy that it all worked out well."

He concluded by sharing "I would say to all the rock fans out there, you just got to get yourself tangled up with THE LINE and with UROCK. It's fantastic. I wouldn't have got involved in this had it not been a great tune, had they not been a great band and I'm very proud to be on the video and on the recording, so get out there and get involved."

Umberto Urock commented that Ian put a lot of effort into the music video, jokingly adding, you always remembered to bring the same t-shirt without us needing to tell you anything. Ian replied to this by saying "I think it's very funny because when we were kids we had no money. Roger (Glover)

and I had one set of clothes between us. Not for the stage but to go out if you wanted to go out to a party or something like that. You want to look good but we couldn't go out at the same time because we only had one set of clothes between us. One shirt and one pair of trousers. For each. Can I have the trousers tonight? No belt. We had a piece of string. But that was cool. The rest of the guys, it was fashionable to wear dark clothes. And I always wore white. And they go, you just want to because you're the front guy, right? I said, it's more than that. In a publicity shot or anything like that mine is the only signature that can be read. Because the rest of them are signing with sharpies on black t-shirts."

Ian Gillan was asked if he has any suggestions to give to new generations of musicians out there having come out in the golden age of rock bands. Ian Gillan told **The Portugal News**, "If I was starting off today, I would look around and say there's nothing here for me. In terms of a commercial career. I wouldn't want to think that way. Because if you think commercially, which is what you're talking about, becoming successful, earning money, being popular, a huge amount of that is to do with manipulation by the business itself. Marketing forces and such like. If I was young now, and I had the advantage of learning the lessons that I did fairly quickly in those days, I would avoid fashion at all costs. What you should be looking at, if you were starting off now, is your own expression as an artist. What you're aiming for is something unique.

Adding, "That will be, number one, a good friend to you for the rest of your life. So, there will always be demand for that. And number two, when you do become successful, it'll be something that is going to start a new trend, a new fashion or whatever, and it'll



be all yours. So even though it may be a small section or whatever, you'll always find an audience, if you're good. You need the business. You need good connections, good friends, and people who believe in you. But you have to put in the mileage first and get your own identity. And I would not fall into the traps of chasing success or commercial things. Stick to quality at all times. Wear your

own clothes, and sing your own songs."

Ian Gillan was also asked what his mindset is when collaborating outside of Deep Purple in which he shared, "There's no formula. And I don't really ever once think about those things, who's famous, who's not. I like things to be organic. And if you feel comfortable, you just do it and I'm not overwhelmed by big projects."

To keep up to date with UROCK, please find them on social media where they will announce the release date of their new single:

<https://www.instagram.com/urockbandofficial/>
<https://www.facebook.com/UROCKBAND.official>
<https://www.youtube.com/@UROCKOFFICIAL>
 For Deep Purple updates, please visit <https://deeppurple.com/>.

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Santuário de Fátima



Stonehenge

Some are religious retreats, places of natural energy, or must-see places if you are a religious pilgrim, a history buff,

or simply looking for somewhere peaceful. These places are often spiritual destinations, natural temples or places of mystical importance.

Secrets of Fatima
Here in Portugal, Fatima is one of the most esteemed Catholic locations in the whole world. Every year, it welcomes about 6 million

people - pilgrims, tourists and the curious - and is located in the centre region of Portugal. Many people choose to visit in search of comfort and hope. Fatima and the areas that surround it kept beautiful secrets. Briefly, on 13 May, 1917, a vision of the Virgin Mary appeared to three shepherd children named Lucia, Jacinta and Francisco in a place called Cova da Iria, and entrusted three secrets to the children, which, according to various Catholic interpretations, involved Hell, World Wars I and II, and 20th-century persecutions of Christians. This is a most important destination for the Christian faith, and a pilgrimage location full of spirituality and a meeting point for believers.

colossal rock changes colour through the day, turning a stunning bright red at sunset and sunrise, and being a sacred place for the Anangu people, it's now not possible for people to spoil it by climbing on it. The location isn't easy to reach, but the hundreds who visit this important spiritual site can see some of the remarkable caves and rock art, and it's said that a trip to Uluru is good for the soul, as well as the mind.

between 3000 BC and 2000 BC. However, who built it and why remains a great mystery. However, spiritual seekers believe Stonehenge contains sacred energy, and as a result, the site has been used for ceremonial purposes for hundreds of years, most notably on the summer solstice, when the stones align with the rising sun.

St. Thecla, Virgin and Martyr

St. Thecla was born into a wealthy family in Iconium around AD 30 and became a contemporary of St. Paul. After hearing Paul preach about the Christian faith, Thecla chose to dedicate her life to virginity, defying expectations set by her family and society. Her story is primarily known through the apocryphal text, the Acts of Paul and Thecla, which recounts her miraculous survival of various execution attempts, including being burned at the stake and thrown to wild beasts.

Thecla's commitment to the Christian faith led her to become a missionary, spreading the Gospel and encouraging women to adopt a life of chastity. Her resilience against persecution earned her the title of "protomartyr among women," highlighting her significance in early Christianity.



By Teresa Mulgrew

Ayers Rock
Now called Uluru, this is a spiritual destination in the centre of Australia. Being 450km from the nearest large town, Alice Springs, it's remote and is an enormous 348m high sandstone monolith and a natural phenomenon that is said to have formed underwater 60 million years ago. It is a significant and respected Aboriginal site, believed to be the resting place for the past ancient spirits of the region, and remains protected by the Aboriginals (Australia's original inhabitants). The

Knock Shrine
In the little village of Knock in Ireland in 1879, the local priest's housekeeper claimed she saw 3 life-sized figures on the gable end of the church, and witnesses claimed it was an apparition of Mary, Saints Joseph and John. A strange globe of light was seen above the church from several miles away. For believing Catholics, the apparitions held an important significance, and following the apparition, miraculous cures were reported. Even today, Knock is a location for catholic pilgrims to go to in search of healing, reconciliation and peace, or to pray for a cure.

Stonehenge
Located in southwest England, this is known as the most architecturally advanced prehistoric stone circle ever, believed to have been constructed sometime

Enchanted Rock
Near Fredericksburg, Texas, is an enormous geological phenomenon known as a 'batholith', created 1.1 billion years ago when molten magma cooled and crystallised into a granite slab. The rock has been called 'enchanted' since the 1800s based on various legends, likely stemming from the granite's tendency to creak and groan as it naturally heats up and cools down, but legends and folklore of local Tonkawa, Apache and Comanche tribes ascribe magical and spiritual powers to the rock (hence the name Enchanted Rock). I have climbed this rock, and the miracle to me was getting to the top without collapsing! Voltaire, back in the 1700's once said: 'Faith consists in believing when it is beyond the power of reason to believe.' And across the world, too many to mention here, there are many more places that also inspire spiritual mystery, awe and fascination.

Over the yellow mountains



Sometimes those shortcuts appear to be much further than the road that goes the long way round.

I've got quite a good sense of direction and rarely need the help of GPS, the exceptions being busy urban centres I am unfamiliar with, or the occasional wild and woolly rural location.

Braga falls into the former category for, even though I think I know the city, unless I follow the exact same route each time then I end up hot, sweaty and perplexed – and not be where I want to be.

Into the latter category falls the Serra Amarela in the Peneda-Gerês National Park, for although there are only a few roads to even contemplate driving on, there are numerous little dead end diversions that are heavily disguised as the road you want. These little dead ends are so cunningly camouflaged that even the satnav in the car gets in a muddle and it, too, gets quite hot, sweaty and perplexed.

You get to recognise the scenario when the only other car you have seen in an hour passes in the opposite direction with a hot, sweaty and perplexed driver at the wheel. You soon find out why. The road you were driving on – as, presumably the other driver was some ten minutes earlier – a road which you were certain was heading to Entre-Ambos-Os-Rios, leads in fact to a muddy track outside a tumbledown byre.

You execute a flawless twenty four point turn on the narrow track – a feat which is technically impossible because the width of the road is less than the wheelbase of the car – but somehow you do it without 1) scraping against the stone walls or 2) plunging over the cliff. The two farmers working near the road in their field don't even bother to look up.

Maps

Professor Google obviously sends drivers along this way many times in one day. The missus is busy in the passenger seat, brushing up

her map reading skills with the help of a ten year old map book, but the road we are on – ancient as it is – does not seem to be marked. A group of motorcyclists clatter out of a hidden lane in front of us, causing our brakes to be tested somewhat brusquely. Instead of cursing the motards, we thank them, for having come to a halt at that precise location we now see that the hidden lane they emerged from also has a hidden sign. It points to where we want to go. Presumably the road we were on, which looked passably main-roadish (for these parts) led to another muddy track, abandoned byre and disinterested workers.

Traffic jam

We soon came to a traffic jam, though we were the only traffic in it. The rest consisted of a dozen long horned Cachena cattle and they were undecided about where to go, though they did at least seem to be in agreement that they didn't want to be on the road. They hummed and they hawed and looked to the rocky fields on each side of the road but wouldn't go there for reasons we mere humans were unable to comprehend, even though access looked to be simple for sure footed bovines like these fine beasts. No, the point of access they wanted was, naturally, behind us. One of them looked straight in through the windscreen and gave a mighty bellow. Clearly, it was asking us to back up. I shook my head. I was not going to reverse on this road. Going forward had been hard enough. There was a battle of wills. Have



you ever tried to outstare a cow? A huge Cachena beast with gigantic horns at that? I don't recommend it. In the end, I was saved from an ignominious defeat by the sudden decision of a less confrontational ox to squeeze past the car, its huge horns barely clearing the roof. Eventually, the one with which I was engaged in a staring match slipped away to follow the rest of the herd, though I am convinced that was the one which nudged the car sharply as it went past. All this had taken far longer than we had anticipated and we were now feeling rather peckish, having missed lunch in all the excitement, so when we finally got to a cafe on the edge of Ambos-os-Rios, we stopped to see if they had any snacks. The only person in the place was an elderly woman occupying one of the tables – and I mean occupying it: she seemed to flow all over it. She bellowed a name through an open door. Perhaps she had learned this

voice skill from the herd up the road. An echoing voice answered from some distant realm and some time later a rather hot and bothered looking woman arrived. We had obviously interrupted whatever mysterious task she

had been doing lower down the hill. She shook her head sadly. All they had to offer were some rather forlorn looking cakes. We shook our heads sadly in turn, more in sorrow at having disturbed her than at the sorry state

of the confectionery. There's a restaurant just down the road and my brother will be glad to feed you, she told us. She flashed a bright sudden smile, the kind of smile that brings sunshine into a dark room.

About Fitch O'Connell

Fitch is a retired teacher trainer and academic writer who has lived in northern Portugal for over 30 years. Author of 'Rice & Chips', irreverent glimpses into Portugal, and other books.



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Matthew 7:7

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First Drive: Ferrari's new 12Cilindri

Ferrari's famous V12 engine continues to live on in the new 12Cilindri. James Baggott has been finding out what it's like.



What is it?

In an age when every other new car arrival heralds the birth of yet another electric or hybrid model, Ferrari's glorious new V12 is a welcome breath of fresh air for petrol heads.

The Italian car maker claims to be the last one producing a naturally aspirated, V12 engine – and this is the firm's breath-taking 830bhp new addition: The 12Cilindri. You'll need to brush up on your Italian to say it properly, though. It's pronounced: 'Doe-dee-chi Chill-endree'.

What's new?

Ferrari says everything has been refreshed when compared to the 812 Superfast that this model replaces. Some four years in the making, the 12Cilindri is slightly heavier than the 812 – around 35kg to be exact – but that's down to a lack of carbon seats, bigger 21-inch wheels and tyres, active aerodynamics and a powered rear boot (among other things). Previously, the V12 of the Ferrari range was designed to be the pinnacle, but that crown now resides with the SF90, so designers were

given the opportunity to dial down some of the outright madness. That doesn't mean this is anything less than furious to drive, but it does mean it can still behave as a comfortable GT car too.

What's under the bonnet?

The spectacular 6.5-litre V12 is as tuneful as you'd hope. Ferrari calls it a 'hallmark howl' and as the revs rise to a heady 9,250rpm, it's a symphonic cacophony that makes the hairs on the back of your neck stand on end. With 830bhp to play with, the 12Cilindri can hit 60mph

in around 2.7 seconds and will go on to a top speed of 211mph. It's brutally quick and drivers can dial in and out the anger with different settings, accessed by a dial on the steering wheel. In 'Race' mode with the suspension set to comfort, it's close to perfect.

What's it like to drive?

This car has breadth of character. When you want it to be a sedate, cruising companion it's comfortable and easy to drive. Around town, the visibility is surprisingly good and while it looks huge on the outside, when you're in the cockpit it feels manageable and is easy to place on the road.

But it's the car's dark side that's really intoxicating. Select the manual option for paddle shifts, bury your foot to the floor and the 12Cilindri picks up like the thoroughbred Ferrari it is. The V12 soundtrack is heavy metal addictive and it is incredibly rapid. It never feels heavy or overweight, either, with perfect balance and delicately weighted steering.

How does it look?

The 12Cilindri looks positively space age – and that's no mistake. The designers took cues from 1970s wedge-like supercar designs and combined them

with a homage to models like the Ferrari 365 GTB4. If you're not familiar with the latter, it's worth a Google, as the family resemblance is clear.

The new model has a long, imposing nose with a clamshell bonnet that wraps around the front-mounted V12. The cabin sits back, nearer the rear wheels and is dominated by an arrow-shaped, body-coloured sash across the roof. Bold rear haunches and a dramatic rear diffuser give the GT car real drama while dynamic aero flaps on the rear quarters flick up under braking.

What's it like inside?

Ferrari has designed the cabin with two distinct sides that wrap around both the driver and the passenger. Three screens dominate the cabin with the driver dials and information behind the steering wheel, a second screen centrally mounted for heating controls and Apple CarPlay/Android Auto, and a third (optional) screen in front of the passenger.

What's the spec like?

Standard specification is understandably generous and includes full matrix LED headlights, 21-inch alloy wheels, rain and light sensors, climate control, rear parking camera, car cover,

battery maintainer, wireless smartphone charger and lots more.

Verdict

New V12 Ferraris don't come along very often, so when they do you expect them to be very special indeed. And the 12Cilindri does not disappoint.

Enzo Ferrari said the V12 could summon up a 'harmony no conductor could ever create' and he wasn't wrong. While the savagery of the engine and speed of the gearbox are impressive, it's the howl from that iconic powerplant that really makes this car an occasion.

Some might think a V12 engine is a bit of a dinosaur in an age dominated by EVs but, for car lovers, the continuation of a legend like this is vital if the world is still to be filled with pure, unadulterated automotive joy. The 12Cilindri is available to order now with first deliveries arriving early in 2025.

Facts at a glance:

Model: Ferrari 12Cilindri
Engine: 6.5-litre V12
Power: 830bhp
Torque: 678Nm
Max speed: 211mph
0-60mph: 2.7 seconds
MPG: TBC
Emissions: TBCg/km

PA/TPN

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News

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Stay high in these Portuguese towers

N Bruno G. Santos

Portugal is home to marvellous towers for military, religious, and even academic purposes. These towers reflect the history of the country and are influenced by various architectural styles.

Focusing on towers above Lisbon, there are plenty of monuments worth exploring, namely Torre de Belém, Torre dos Clérigos, Torre da Universidade de Coimbra, Torre de Centocelas and Torre da Lapela.

Torre de Belém

One of the most famous Portuguese postcards is Torre de Belém, located by the Tagus River, in Lisbon. The monument was built between 1514 and 1520, during King Manuel I's reign, designed by the architect Francisco Arruda.

The tower was built for military purposes, part of Lisbon's defence system, and was designed under the Manueline style, with sea motifs, shells and spheres, commonly used in Portuguese architecture during the Discoveries Age. The tower was placed in an important location, as the Portuguese boats would depart from there to explore the Ocean, and eventually find new territories. The 35-metre height tower was declared a UNESCO World Heritage Site in 1983, and it is one of the most sought-after tourist destinations in Lisbon.

Torre dos Clérigos

Nestled in the centre of Porto, Torre dos Clérigos is one of

the most important buildings in the city. It is possible to see this tower, throughout the city. The construction of the tower finished in 1763 and complimented the Clérigos Church.

The 75-metre tall tower was designed by Nicolau Nasoni, who followed the Baroque style, bringing drama and movement to the verticality of the tower. It has a spiralling staircase that leads people to the sixth floor, after climbing more than 200 steps. The bell in the tower will ring every hour, and it is still a reference to the population to be aware of the time.

This symbol of Porto was also considered a UNESCO World Heritage Site and may be visited by everyone who would like to appreciate Porto's landscapes.

Torre da Universidade de Coimbra

Located in one of the oldest European universities, the Torre da Universidade de Coimbra is an important symbol of the city's academic story. Known by students, it is what lets teachers and students know when the classes start and end. With a bell that rings every 15 minutes, the bell rings for the first time by 7am, waking up everyone that lives around the Faculty of Law, where the tower is placed.

Often called "Cabra" (goat), the sound of the bell is mentioned in various traditional songs that recall the academic life of a university built in 1290. It is possible to reach the top of the tower, after climbing 180 steps, which is not advisable for people who suffer from claustrophobia or any heart condition. While climbing the staircase it will gradually become narrower, and the path may feel tiring, but once arriving at the top the 360° view of the Mondego River and Coimbra will amaze everyone.

Torre de Centocelas

In the district of Castelo Branco, namely in Belmonte municipality, is located one of the most mysterious towers of Portugal. It was built during the Roman Empire, around the 4th century, and it is one of the most well-preserved remaining of that time in Portugal.

The purpose of the building has not yet been discovered, while some believe it was a prison, others affirm that it could be a military camp during the Roman Empire. Some recent excavations made experts believe that it could be part of a villa as well. The 12-metre tower has been a national monument since 1927 and was constructed with granite, not usual for



Torre de Belém

European constructions during the 4th century.

Torre de Lapela

In front of the Minho River, Torre da Lapela is located in Monção, in Viana do Castelo district. It is very well preserved, and built by demand of Afonso Henriques, the first king of Portugal. Built during the 12th century, the tower is 10 metres high with rock walls with 3 metres of thickness,

and served military purposes, being close to the border with Spain, helping to anticipate possible Spanish attacks.

The tower was part of the Castle of Lapela, but it is now the only remains of the building. The old castle rocks were reutilised to construct the Praça de Monção, in the 17th century, after Portugal regained independence after the Spanish occupation of the national territory.

Staying high

All the towers may be visited by those who are not afraid to be in the highest places and enjoy the Portuguese natural beauty. Academic, defence or even religious reasons led to the construction of the mentioned towers, which are now monuments reflecting the traces of Portuguese history. Each tower has legends, stories and moments to tell everyone who steps on them, having the opportunity to be part of the history as well.

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Ways to screen your garden from nosy neighbours

Hedging, decorative fencing, pergolas and living walls can all play their part.



Just as you settle down to enjoy a glass of wine on your patio at the end of the day, you feel eyes on you from nosy neighbours and passers-by. So what can you do about it? Privacy can be a big issue with householders who don't want to feel like they're being overlooked by neighbours from either upstairs windows or side fences. But there are many screening solutions, from

effective planting to decorative fencing, living walls, movable pots and pergolas.

Hedging

If you want to go down the natural route, hedging is the obvious choice. Nigel Lawton, plant buyer for Dobbies Garden Centres, says: "If you're looking for a sturdy evergreen, holly's beautiful foliage will provide year-round privacy with very little upkeep, and its

hardiness means it can cope with heavy winds and even snowfall. To avoid the prickly leaves when pruning, make sure to wear gardening gloves.

Container planting

If you don't have much space, you could put great screening plants in containers, such as a row of bamboo, or a small tree in a pot which will also give you privacy from above.

Patty Willems, from sustainable plant pot company elho, says: "By creating barriers of tall plants, you can take a boring and dull small space and turn it into a private and lively green oasis." Elho offers pots that come on wheels to easily reposition or move around as needed. "Filling them with

different types of tall palms, climbers and wavy grasses will create a tropical vibe that will make you feel like you're on your own tropical island and away from prying eyes," says Willems. Wheel-based planters with supportive trellis are also available from other companies such as Charles & Ivy, which you can grow climbers or other plants in to dodge prying eyes and move them around as you need to.

Decorative fencing

If you want decorative fencing that looks prettier than a regular wooden fence, consider composite fencing and trims to go on the top to give them a more aesthetic feel. Alternatively, go for more natural – and cheaper – willow or hazel fencing, which is easy to erect

and will help keep the neighbours at bay.

Living walls

If you're going to put a structure up to deter prying eyes, you could make it a living wall. This could be as simple as training a plant to grow up and through, say, a wire fence which you can secure the plant to and, once matured, it will fill up all the gaps.

There are grow-bag-style living-wall systems, featuring planting bags you add to your wall depending on space and budget. Alternatively, you could invest in more

engineered products that incorporate planting boxes and irrigation systems, which may need to be professionally installed.

Pergolas

If you want to cocoon yourself inside an oasis of green, grow some climbers such as roses or evergreen honeysuckle and jasmine up a pergola on your patio, which will protect you from being overlooked from the bedrooms of neighbouring properties when you want some privacy in your outdoor space.

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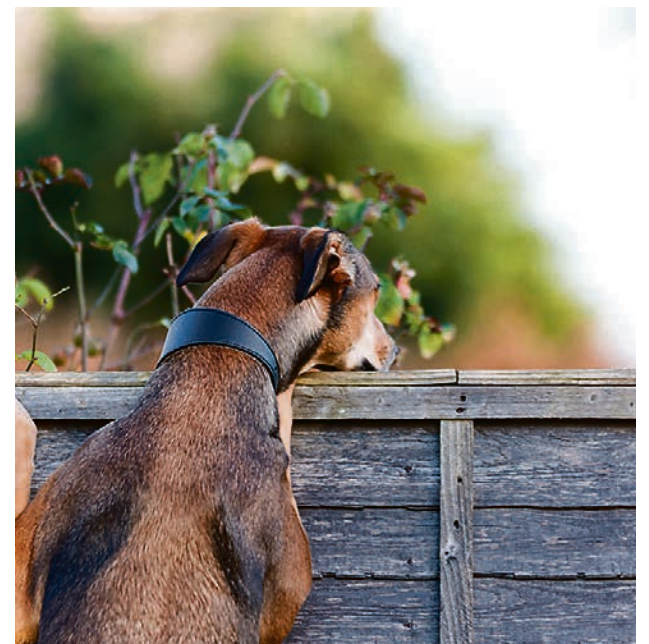
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From wall hangings to wallpaper

Tapestries were for warming up those big cold castles.

N Marilyn Sheridan

If you have ever been on a tour around a famous old castle or stately home, you can bet somewhere there are wall hangings or tapestries on the walls that would act like blankets keeping those huge rooms warm, and were beautiful pieces of hand-crafted art. Castles and large stone buildings were drafty cold places that were hard to keep warm, and in those days, insulation was unheard of, so tapestries were hung up to help keep the warm in. The importance of tapestries was that they could be rolled up easily for transporting from one location to another for display (and warmth) and their ease of transport gained them greater acceptance over large paintings, as these were more difficult to move from one place to another. Large tapestries added some colour to a room too, and provided both entertainment and food for thought through their dramatic depiction of stories from the Bible, mythology and the classics, or their revealing portrayal of fashionable life. A large tapestry, 4.5m high by around 7.5m wide, woven in wool alone, would have taken five weavers around

eight months to weave, and if finer materials were used, it would have taken much longer. Obviously not something you could knock up in a few days. The most famous tapestry in the world is the Bayeux Tapestry, a unique artefact created in the 11th century, and shows the story of the conquest of England by William, Duke of Normandy in 1066, told in a 70 metres long embroidery.

Wallpaper forerunners

I suppose the first wall designs were those painted directly onto stone caves for early man in Stone Age times years ago. We don't know why they started painting wildebeest or whatever, but scientists think it was not aesthetically driven and the reasons were more ritualistic. In the Middle Ages, people would hang gilded leather on the wall. This was called Cuir de Cordoue (meaning 'from Córdoba'). It's purpose wasn't just to decorate the room but to provide insulation in the same way as tapestries did. Paper wallcovering was actually a cheaper substitute for fancy tapestries and Cuir de

Cordoue were reserved for the wealthy upper class.

Painted wallpaper

Wallpapers were not printed in the beginning, but were painted by hand, and featured scenes similar to those depicted on tapestries. Large sheets of paper were sometimes hung loosely on the walls, in the style of tapestries, sometimes pasted to walls instead of being framed and hung, and the largest of prints, which came in several sheets, were probably mainly intended to be pasted to walls. The era of printing brought advances in block-printing technology, and heralded the widespread use of wallpaper. Images taken from tapestries and other expensive fabrics were copied onto blocks of paper for poorer households, and the Chinese have the honour of inventing wallpaper; they are said to have pasted rice papers onto walls as far back as the Qin dynasty. Smoother linen fibres later replaced rice, so that painting and printing on paper became easier.

French Connection

The first guild for 'dominotiers' – makers of wallpaper – was created

in France in 1599. With the invention of the first machine for printing wallpaper in 1785, the French came to dominate the industry, and often featured flowers, swans, birds, beasts or cornucopia overflowing with fruits, and were often hung in panels framed by gilt edges.

But such a luxury did not escape notice in the UK, and in 1712 a tax on wallpaper had been introduced under Queen Anne and remained in force for 124 years. Forging wallpaper stamps (or anything else) was by 1806 among the long list of offences punishable by death.

However, a killer was lurking among the swans, birds, beasts and fruit – a company called Morris & Co used large quantities of arsenic in their dyes – particularly for the greens in wallpaper, and in the



1860s when a number of child deaths were attributed to wallpaper, William Morris refused to accept they had been

poisoned, but eventually, he bowed to public pressure and began to produce wallpaper that was advertised as 'arsenic-free'.

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Homemade dog food recipe: Apple pie

Treat your pup to a paw-some apple pie treat.



We know apple pie is an autumn favourite, so why not treat your four-legged friend to a special dog-friendly version? This paws-ively delicious recipe is perfect for treating your pup during those cosy autumn and winter months. This tasty and easy-to-make homemade dog food recipe from the PDSA is sure to be a hit with your furry friend – so go on, give it a go!

Ingredients

To create eight apple pies,

you'll need:
 125g of wholewheat flour
 125g of rye flour
 200ml of unsweetened coconut milk (with no added sugar, flavouring or sweeteners)
 150ml of melted coconut oil
 122g of unsweetened applesauce (with no added sugar, flavouring or sweeteners)
 One tsp of cinnamon
 One to two chopped apples (with core and pips removed)
 This recipe may not be suitable for all dogs. If your beloved companion has a sensitive stomach

or is intolerant to any of these ingredients, we suggest skipping this recipe.

Step 1: Prepare the dough for the pie cases

Begin by preheating the oven to 180°C for standard ovens or 160°C for fan ovens. While your oven is preheating, whisk together the two flours (wholewheat and rye), coconut milk, and coconut oil in a bowl until a dough forms. You may need to melt the coconut oil, so we suggest putting it in the microwave

(in a safe container) for 30 seconds. Add more flour or oil to the mix where necessary to make sure that the dough is not too sticky.

Step 2: Roll out the dough

Lightly dust a clean, flat surface with flour to prevent the dough from sticking. Then, roll out the dough with a rolling pin or something heavy until the dough is about 0.4cm thick. Add more flour as needed to prevent the dough from sticking, but be careful not to overdo it, as too much flour can make the dough tough.

Step 3: Make the pie cases

Once you've rolled out your dough, use a glass or something circular to cut out circles in the dough. Then, place the cut-out dough circles into a well-greased muffin tin or pie tin. You may need to do some fiddling around to get the dough into the little cases. Be sure that you reserve some leftover dough for decorating your pie crust.

Step 4: Prepare the filling

Make the filling by mixing the chopped apples (small enough to fit in the pie cases), applesauce, and

cinnamon. Then, pour the filling into each prepared pie crust. Use the leftover dough to create shapes like bones or lattices for a decorative touch.

Step 5: Bake the pies

Place your pies in the preheated oven and bake for 25-35 minutes, or until they turn golden brown. Once cooked, wait until cooled to serve to your dog. Now you'll have woof-worthy apple pies for your furry friend. These treats are even tasty enough for you to eat as well!

Keep in mind that treats should only be given occasionally as a small part of your dog's diet, making up no more than 10% of their daily food intake. To balance this out, you'll need to slightly reduce the amount of their regular food.

The PDSA recommends feeding:

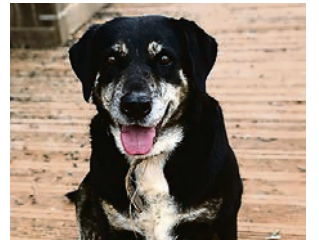
A small dog a quarter of the pie.

A medium dog half of the pie.

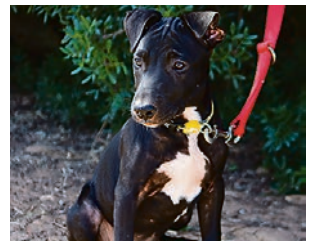
A large dog a full pie.

You can store the rest of the pies for your furry friend in an air-tight box for up to a week. If you want the pies to last longer, you can store them in the freezer for two to three weeks.

PETS FOR ADOPTION



ZARA is a 8-year-old, medium-large sized female, who is very affectionate. She loves to eat and will do anything for a good snack. Email info@cadela-carlota.com to meet Zara (Lagos).

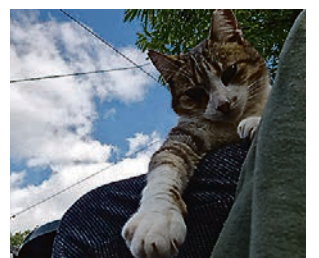


ELLEN (4-months-old) is an active and energetic puppy girl. She is curious, cheerful, and loves to play. Please email info@cadela-carlota.com to meet Eden (Lagos).




ARLO is a well balanced 5 1/2 years old boy, vaccinated, sterilised and microchipped and is good with other cats but has not been tested with children or dogs. He is one of our blood bank donors and has already saved another cat's life.

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Artificial intelligence in Oncology

Artificial intelligence (AI) is the area of computer science dedicated to the development of systems capable of performing tasks normally associated with human intelligence, such as learning, reasoning, problem-solving, perception, understanding, and interaction with the environment.

It is therefore irrefutable that AI is not only upending our everyday lives but has also transformed medicine and offers equally promising advances in the field of oncology. This technological revolution brings us great expectations, especially with regard to screening/early detection, diagnosis, and personalised cancer treatment programmes.

Early detection and diagnosis

Detecting cancer early is crucial to increasing individuals' survival rates. AI, through deep learning algorithms, is capable of analysing medical images with unprecedented speed and sensitivity. In this way, through in-depth analysis, it is capable of identifying anomalies in histological or imaging exams, with greater precision than that

of more experienced specialists, increasing diagnostic accuracy and allowing for more targeted treatment.

Precision Oncology

Precision oncology consists of an approach that considers individual genetic variability, the environment, and lifestyle of each individual, in the personalised diagnosis and treatment of cancer patients. Using a massive amount of data and pattern analysis, based on genetic and clinical information, AI can help identify specific mutations that can be targeted by personalised therapies as well as select, among available treatments, those that may be most effective for a particular patient.

Development of new drugs

The development of new medicines is, as we know,

a long and expensive process. AI can speed up this journey, particularly helping in the statistical processing of the immense amount of data normally involved in pre-clinical studies and in the initial phases of implementation, facilitating the identification of genetic changes and potential promising drugs; which promotes not only cost reduction but also the development of new therapies more quickly.

Assistance in daily clinical practice

AI-based systems can assist oncologists in making complex decisions by integrating, for example, data from multiple sources simultaneously - clinical histories, recent publications, international guidelines. Another use of AI in oncology is the possibility

of using virtual assistants to support patients. AI-based virtual assistants can provide information, monitor symptoms, and offer emotional support to patients. These systems can answer common questions, schedule appointments and reinforce treatment adherence. Radiation oncology is another area in which AI has been used to help optimise radiotherapy plans, ensuring that the radiation dose is delivered accurately and safely to the tumour, minimising exposure to healthy tissue. AI is a reality that is revolutionising our daily lives. Just like in medicine, it is also a promising tool in oncology, especially in early detection, diagnosis, and treatment of cancer. Although it still presents some challenges, measures are being implemented to ensure respect for human rights and



guarantee social well-being. Continuous collaboration between governments, health professionals, scientists, and computer engineers are necessary, along with the ethical development of technology. These partnerships encourage the exchange of knowledge and

resources to ensure that advances can benefit all patients in an equitable and safe manner, allowing the personalisation of treatments to continue evolving to offer.

This text is written by Dr. Magda Cordeiro, Medical Oncologist at HPA – Alvor & Gambelas

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Do you need to top up your vitamin D levels this winter?

Pale skin, loss of appetite and getting sick more easily are all signs of a vitamin D deficiency.



As winter rapidly approaches, the days will become shorter and darker, which has a

significant impact on our vitamin D levels. A lack of vitamin D has been associated with a wide range of negative

health effects. Many health professionals recommend taking vitamin D supplements this time of year, but why do we need them?

Why does our levels of vitamin D drop at this time of year?

“Sunshine is the main source of vitamin D – as our body creates vitamin D from direct sunlight on our skin,” explains Dr Angela Rai, GP at The London General Practice. “It is produced in the body when ultraviolet rays from sunlight pass through the skin and trigger vitamin D synthesis.”

However, the sun’s rays are less intense this time of year, so our levels drop.

Why is vitamin D important for our health?

“Vitamin D helps the body to absorb calcium and use phosphorus, which are essential for strong bones and teeth,” says Aslam. “Vitamin D is also important for the health and growth of our muscles. “Plus, vitamin D is important for blood clotting and the immune system.”

Vitamin D has also been linked to protection against respiratory tract infections including Covid-19.

“A 2024 study undertaken by a team of Italian clinicians reported that vitamin D supplementation reduced the risk of Covid infections by 60%,” says Aslam. “Vitamin D in doses of 10-25 micrograms for 12 months has been associated with reduced risk of acute respiratory tract infection overall.” Other research suggests

that vitamin D could also help with dementia. “Taking vitamin D supplements may help ward off dementia,” adds Aslam. “Researchers who worked on a 2023 study found that taking vitamin D was associated with living dementia-free for longer, and they also found 40% fewer dementia diagnoses in the group who took supplements.”

What are the signs you might have a vitamin D deficiency?

“Most people with a vitamin D deficiency don’t have any symptoms, or only have vague ones like tiredness or aches,” says Dr Elise Dallas, GP at The London General Practice.

“But some signs of vitamin D deficiency include bone pain, muscle weakness (especially in the upper arms or thighs), depression or feelings of sadness, fatigue, sleeping issues and hair loss.

“Pale skin, loss of appetite and getting sick more easily can also be symptoms of vitamin D deficiency.”

However, these symptoms can be subtle and are easily attributed to other causes. “They can also indicate various health issues, not just vitamin D deficiency,” says Dr Matthew Calcasola, GP and chief medical officer at Get A Drip. “If you’re experiencing these symptoms persistently, especially during winter months or if you have

limited sun exposure, it’s advisable to consult with a healthcare professional. “A simple blood test can accurately determine your vitamin D levels.”

What age demographics are more likely to have a vitamin D deficiency?

“Older people aged 65 and over, and young children under five are more likely to have a vitamin D deficiency,” says Calcasola. “For older adults, your skin doesn’t make vitamin D when exposed to sunlight as efficiently as when you’re younger.

“Children are more susceptible as their bodies are still developing, and they are exposed less to sunlight for safety reasons”.

How else can you top up your levels?

The NHS recommends that everyone (including pregnant and breastfeeding women) should consider taking a daily supplement containing 10 micrograms of vitamin D during the autumn and winter.

“Vitamin D is in very few foods (e.g. oily fish, egg yolks, fortified margarine) and few people can top up levels adequately with diet,” explains Aslam. “As it takes time and effort to get our diets back on track, I suggest that people top up with a daily multivitamin and multi-mineral supplement containing vitamin D.”

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Aesthetic Medicine for men

Aesthetic medicine has long been associated with women, but this perception has shifted significantly in recent years.

More men are seeking treatments to enhance their appearance and boost their confidence, recognising that well-being and self-image are essential to both physical and psychological health. This growing demand is reflected in global data showing a substantial rise in men turning to aesthetic procedures. The belief that aesthetic medicine is exclusively for women is outdated. Men now understand that their appearance can have a direct impact on personal and professional life. Taking care of one's appearance is no longer seen as a feminine concern but as an important aspect of self-care for everyone. It's not about seeking perfection, but about ageing well and maintaining self-confidence. The most sought-after treatments by men are minimally invasive procedures, which deliver natural results with quick recovery times. Key treatments include:

1. Botulinum toxin (commonly known as Botox): This is the most popular treatment for men, used primarily to smooth expression lines on the forehead, between the

brows, and around the eyes. Men prefer botulinum toxin because it offers a more youthful appearance without looking "overdone," and the procedure is quick and effective.

2. Dermal fillers with hyaluronic acid (HA): Increasingly popular among men, HA is used to restore facial volume lost with age, contributing to a natural, youthful look. It is also commonly employed for chin and jawline enhancement, helping to achieve a more defined, masculine facial structure.

3. Skin revitalisation and skin quality treatments: Healthy, vibrant skin is a key goal for many men. Treatments such as chemical peels, microneedling, and fractional lasers stimulate skin regeneration, resulting in smoother, firmer skin. These procedures help reduce signs of ageing, like fine lines, hyperpigmentation, and enlarged pores, and are becoming increasingly popular among male patients.

4. Hair treatments: Androgenetic alopecia (male pattern baldness) is a major concern for men. In addition to surgical options like hair transplants, aimed to restore density, noninvasive

treatments such as PRP (Platelet-Rich Plasma) and hair mesotherapy serve as effective complements to pharmacological therapies, stimulating hair growth and slowing the progression of hair loss.

5. Body contouring and fat reduction: Many men seek treatments to refine their body shape. Lipolytic mesotherapy is popular for targeting localised fat, while cryolipolysis, which uses cold to destroy fat cells, provides a non-invasive solution for fat reduction. Advanced technologies such as HIFU (High-Intensity Focused Ultrasound) and microneedling radiofrequency are also effective for skin tightening and body reshaping, stimulating collagen production for firmer, toned skin.

These procedures are safe, scientifically supported, and increasingly accessible. Ultimately, aesthetic medicine is not limited by gender. It is a rapidly evolving field with growing male demand, driven by the desire to age confidently and maintain a polished, well-groomed appearance.

Dr. Luca da Silva Costa, Aesthetic Medicine MD in Up Clinic



Dr. Luca da Silva Costa

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Dealing with blood related pathologies

 Sara J. Durães

Every five years, medical knowledge doubles, making it crucial to keep up to date with technological advances both in terms of diagnosis and treatment of different pathologies - Clinical Haematology is no exception.



Dr Ana Montalvão

Clinical Haematology is the medical speciality dedicated to the diagnosis and treatment of blood diseases, bone marrow and lymphoid organ pathologies. As shared by Dr Ana Montalvão, Clinic Haematologist at the HPA Alvor and HPA Gambelas, citing her university professor's words "Haematology is the science that studies blood and the organs it bathes". The Haematology speciality addresses blood pathologies which can be arranged into two distinct areas. As Dr Ana explained, "Benign Haematology is the field which deals with red blood cell pathology as anaemia, polycythaemia, and platelet pathologies, whilst the other field is the Haemato-oncology, which deals with malignant haematology, mainly involving white blood cells such as lymphomas and leukaemias". In other words, Haematology comprises two specialities integrated into one, that intersect to some extent, but which take a broad approach to what blood-related pathologies are. According to the doctor, benign pathologies are more prevalent and, depending on their complexity, may even

be identified and handled by other specialists. However, when it comes to the number of patients undergoing consultations, HPA's doctors deal with an equal number of both pathologies since malignant disorders need ongoing monitoring and some patients can never be released, which drives up the number of consultations. Chronic leukaemia is among the most prevalent pathologies diagnosed by HPA's Haematologist Clinic specialists, which can be partially justified by Portugal's ageing population.


Constant Innovation
Research is moving towards eradicating diseases in a very specific way. "We have always seen great technological advances in Haematology, but lately these advances have strongly amplified", Dr Ana emphasised. In certain areas medical innovation is constant, and besides helping in the understanding of different diseases, it also contributes to making treatments increasingly precise and less invasive. As the doctor further shared, "One of the major developments is that treatments are more targeted, more effective and less toxic, especially when it comes to Haemato-oncological

pathologies". As medical knowledge is developing more and more CAR-T cells are now being used in the treatment of carcinogenesis, the process by which normal cells are transformed into cancer cells. As Dr Ana Montalvão explains, "This is a completely new and exciting area - the idea of manufacturing a treatment after removing cells from the patient, taking these cells and transforming them outside the body, so that they are active in treating the disease as agents of attack/remission - is exceptional". This process is a paradigm shift in terms of toxicity management, and although it is not something that is yet being prescribed in the first line, it is undoubtedly the future for a large part of Haematology pathologies.

Medical Background
Dr Ana Montalvão's first contact with the Haematology speciality was when a Medical Pathologist took her to the hospital laboratory and she saw blood under a microscope for the first time. "I thought and still think that blood is the most beautiful thing. And besides being very beautiful it is also the closest thing we have in regards to seeing what it is to be alive and I guess I can call

it a passion". Dr Ana undertook her undergraduate medicine course at Universidade Nova de Lisboa back in 1998, followed by a general internship (before entering the speciality) at the Hospital of Beja. "After graduating, I discovered that I liked working in a clinic, as working in a laboratory would have been very reducing in terms of communication, so it ended up being a natural choice, which I had been making since I studied Haematology in the 4th year of university". Thereafter, she ended up undertaking the speciality of Clinic Haematology at the Centro Hospitalar de Lisboa Ocidental in 2007.

Positive Prospectus
Medical knowledge doubles every five years in an exponential way. As the doctor asserted, "In order to provide our patients with the best diagnosis and treatment possible, we must constantly stay up to date with technological advancements in our field because innovation happens so quickly". Hematologic pathologies can be treated in most Portuguese hospitals, however as Dr Ana has stated, "What positively distinguishes HPA, in my opinion, is the solemnity and ease with which a doctor can diagnose a patient, make the patient aware of the situation, and carry out treatment and evaluation". Working for 16 years at the Hospital of Beja where she funded the Hematology department, she moved to the Algarve in 2024 to work full time at the HPA clinics. Like everything else, the implementation of specific treatments, such as the use of bone marrow transplants in the treatment of blood malignancies, involves cost management, which according to Dr. Ana means that "a unit like HPA does not yet have the possibility of carrying out this treatment", but as she further alleged, "I hope to see this possibility in the future, and I'm optimistic I will".



Dr. Med. ALEN SULZBACHER, PhD
OPHTHALMOLOGIST

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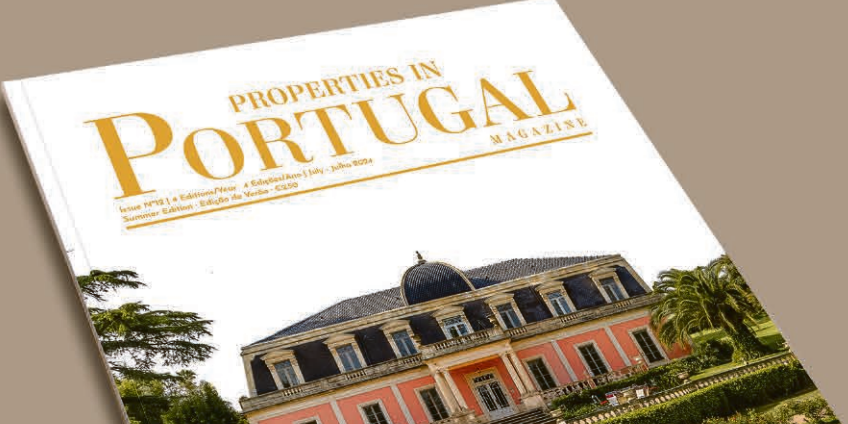


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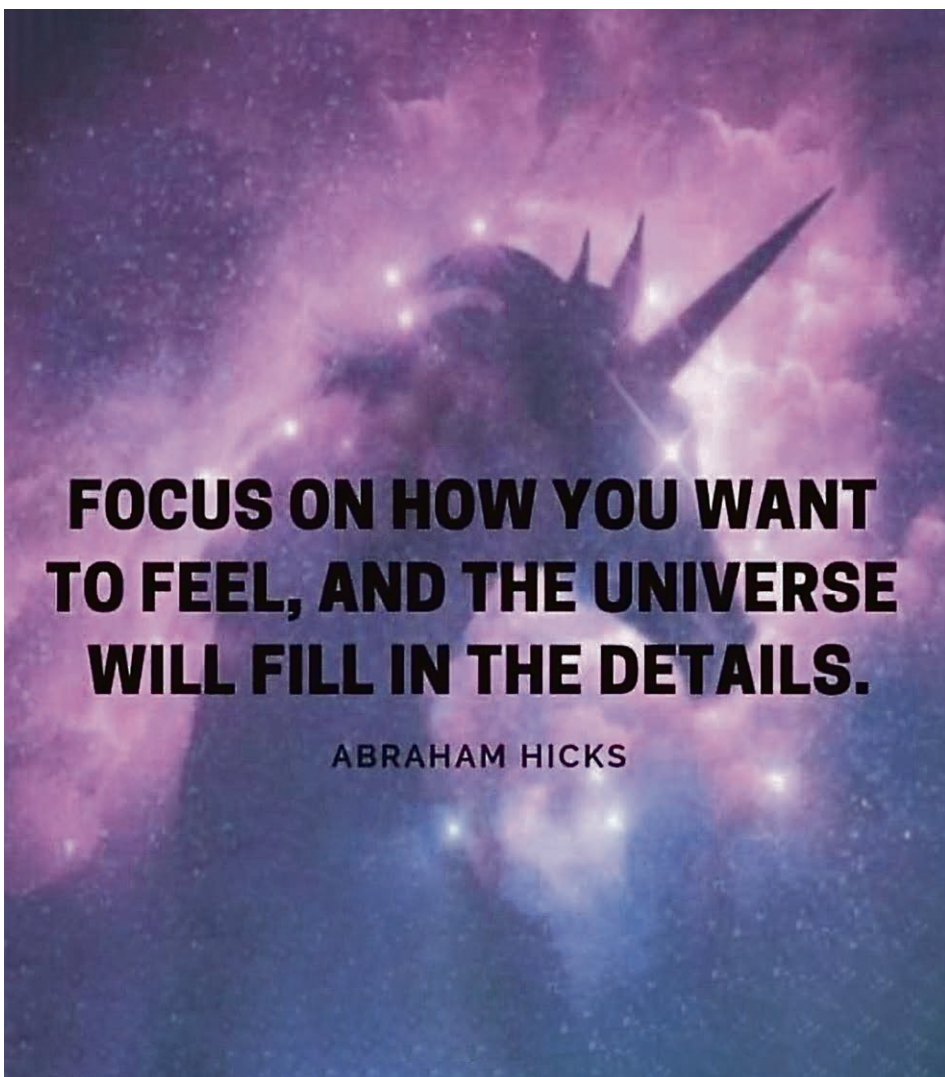
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SATURDAY 19/10/24

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Nadiya's Cook Once, Eat Twice.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Bargain Hunt.
14.00 Money for Nothing.
15.00 Escape to the Country.
16.00 Garden Rescue.
16.30 Final Score.
17.20 BBC News; Weather.
17.40 Alan Carr's Picture Slam.
18.25 Strictly Come Dancing.
20.20 Michael McIntyre's The Wheel.
21.20 Apples Never Fall.
22.05 BBC News; Weather.
22.25 Match of the Day.
23.50 **FILM:** The Blair Witch Project (1999).
01.10 Weather for the Week Ahead.
01.15 BBC News.

BBC Two England

06.00 Hey Duggee.
06.10 Go Jetters.
06.20 Grizzly and the Lemmings.
06.30 Boy Girl Dog Cat Mouse Cheese.
06.40 Monster Loving Maniacs.
06.55 Pokemon Horizons.
07.15 Game on Grandparents.
07.35 One Zoo Three.
08.00 Blue Peter: Cody Rhodes & World's Most Flexible Girl.
08.30 Newsround.
08.40 Gardeners' World.
09.40 **FILM:** In Which We Serve (1942).
11.30 Elephant Diaries.
12.00 Rick Stein's Food Stories.
13.00 Bette Davis: Talking Pictures.
13.30 **FILM:** Dark Victory (1939).
15.10 **FILM:** All About Eve (1950).
17.25 Cycling: Track World Championships.
19.20 Solar System.
20.20 Florence + the Machine at the Proms.
21.50 Later... with Jools Holland.
22.35 Alicia Keys at the BBC.
23.35 Mary J Blige at the BBC.
00.35 **FILM:** Do the Right Thing (1989).
02.25 Sign Zone: Showtrial.
03.25 Sign Zone: Mr Loverman.
03.55 Sign Zone: Mr Loverman.
04.25 Sign Zone: Alma's Not Normal.
04.55 This Is BBC Two.

ITV1 London

06.00 For the Love of Britain.
06.30 Love Your Garden.
07.30 Love Your Weekend with Alan Titchmarsh.
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.40 John and Lisa's Weekend Kitchen.
12.45 ITV News and Weather; Weather.
13.00 ITV Racing: Live from Ascot.
17.00 Ninja Warrior UK.
18.00 ITV News and Weather.
18.20 The Chase Celebrity Special.
19.15 Celebrity Catchphrase.
20.20 The Voice UK.
22.20 ITV News and Weather; Weather.
22.40 The Killing Kind.
23.35 English Football League Highlights.
00.50 Shop on TV.
03.00 Endeavour.

Channel 4

06.00 Cheers.
07.15 Frasier.
09.35 Formula 1: United States Grand Prix Sprint Qualifying Highlights.
10.05 The Simpsons.
13.00 Couples Come Dine with Me.
14.00 Four in a Bed.
16.40 Channel 4 News.
17.10 **FILM:** Men in Black: International (2019).
19.15 Abandoned Railways from Above.
20.20 Churchill: Britain's Secret Apartheid.
21.20 **FILM:** Smile (2022).
23.35 **FILM:** Man on Fire (2004).
02.05 Ramsay's Kitchen Nightmares USA.
02.55 Everyone Else Burns.
03.50 Frasier.
04.45 Hollyoaks Omnibus.

BBC Four

19.00 The Wonder of Animals.
19.30 The Cult of - All Creatures Great and Small.
20.00 Christopher Timothy and Peter Davison Remember - All Creatures Great and Small.
20.20 All Creatures Great and Small.
21.10 All Creatures Great and Small.
22.00 **FILM:** The Beasts (2022).
00.10 The Lively Arts: James Herriot - The Vet Who Writes Books.
01.00 The Cult of - All Creatures Great and Small.
01.30 Porridge.
02.00 Hancock's Half Hour: The Alpine Holiday.
02.30 The Wonder of Animals.
03.00 Nature and Us: A History Through Art.

SUNDAY 20/10/24

BBC One

06.00 Breakfast.
07.35 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 Points of View.
14.05 Money for Nothing.
14.50 Escape to the Country.
15.35 **FILM:** The Secret Life of Pets 2 (2019).
16.55 Spy in the Ocean.
17.55 BBC News; Weather.
18.20 Countryfile.
19.20 Strictly Come Dancing: The Results.
20.00 Antiques Roadshow.
21.00 Showtrial.
22.00 BBC News; Weather.
22.30 Match of the Day 2.
23.35 The Women's Football Show.
00.20 The Graham Norton Show.
01.10 Weather for the Week Ahead.
01.15 BBC News.

BBC Two England

06.35 Countryfile.
07.35 Breakfast.
09.00 Landward.
09.30 Weatherman Walking.
10.00 Saturday Kitchen Best Bites.
11.30 Indian Food Made Easy.
12.00 MOTD Live: Women's Super League.
14.25 Cycling: Track World Championships.
17.00 Flog It!
17.30 Amazing Hotels: Life Beyond the Lobby.
18.30 BBC Young Musician 2024.
20.00 Scotland: The New Wild.
21.00 Mortimer & Whitehouse: Gone Fishing.
21.30 Charlie Cooper's Myth Country.
22.00 Hauntings.
23.35 **FILM:** Housebound (2014).
01.20 Sign Zone: Question Time.
02.20 Sign Zone: Life and Death in Gaza.
03.50 Sign Zone: Industry.

ITV1 London

06.00 John and Lisa's Weekend Kitchen.
07.00 M&S: Dress the Nation.
08.00 Ainsley's Good Mood Food.
08.25 Ainsley's Taste of Malta.
09.25 ITV News.
09.30 Love Your Weekend with Alan Titchmarsh.
11.40 ITV News and Weather; Weather.
11.55 The Voice UK.
14.00 NFL Live.
18.00 For the Love of Dogs with Alison Hammond.
18.30 ITV News and Weather.
19.00 Tipping Point: Lucky Stars.
20.00 Who Wants to Be a Millionaire?
21.00 **DI Ray.**
22.00 ITV News and Weather; Weather.
22.15 **FILM:** The Tomorrow War (2021).
01.00 Shop on TV.

Channel 4

06.20 Frasier.
06.45 The Simpsons.
08.00 Formula 1 United States Grand Prix Qualifying Highlights.
09.30 Sunday Brunch.
12.30 The Simpsons.
14.30 **FILM:** Hotel Transylvania 3: A Monster Vacation (2018).
16.20 Channel 4 News.
16.50 Kirstie and Phil's Love It or List It: Brilliant Builds.
17.50 The Great British Bake Off.
19.00 Dispatches Special.
20.00 The Dog House.
21.00 Love Cheats.
22.00 Gogglebox.
00.00 Ramsay's Kitchen Nightmares USA.
00.50 Formula 1 United States Grand Prix Highlights.
02.05 Iris Prize Best British Shorts.

BBC Four

19.00 The Complete Victor Borge - Show of the Week.
19.30 Concerto at the BBC Proms.
20.30 Joan Bakewell Remembers - Nelson Mandela in Heart of the Matter.
20.40 Nelson Mandela in His Own Words - Heart of the Matter.
21.20 Joan Bakewell Remembers - Marcel Duchamp in Late Night Line-Up.
21.30 Marcel Duchamp - Late Night Line-Up.
21.55 Joan Bakewell: Flowering in Autumn.
22.25 The Accidental Hero: Oskar Schindler - Heart of the Matter.
23.00 BBC Young Musician 2024: Grand Final Full Concert.
01.30 The Complete Victor Borge - Show of the Week.
02.00 Face the Music.
02.35 Nelson Mandela in His Own Words - Heart of the Matter.
03.15 The Accidental Hero: Oskar Schindler - Heart of the Matter.

MONDAY 21/10/24

BBC One

06.00 Breakfast.
09.30 Morning Live.
10.45 Crimewatch Caught.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
14.00 Doctors.
14.30 Money for Nothing.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 The Bidding Room.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Lucy Letby: Unanswered Questions - Panorama.
20.30 Michael Mosley - Just One Thing.
21.00 Mr Loverman.
22.00 BBC News at Ten; Weather.
22.40 Have I Got a Bit More News for You.
23.25 Bump.
00.35 Michael McIntyre's The Wheel.
01.35 Weather for the Week Ahead.
01.40 BBC News.

BBC Two England

06.15 Homes Under the Hammer.
07.15 The Bidding Room.
08.00 Sign Zone: The Repair Shop.
09.00 BBC News.
12.15 Politics Live.
13.00 Impossible.
13.45 Unbeatable.
14.30 The Boss.
15.15 Tigers About the House.
16.15 The Great British Countryside.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Yulia Navalnaya: The Interview.
19.30 Mastermind.
20.00 Only Connect.
20.30 University Challenge.
21.00 Solar System.
22.00 Alma's Not Normal.
22.30 Newsnight.
23.00 Weather.
23.05 **FILM:** Harriet (2019).
01.00 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 Family Fortunes.
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 DI Ray.
22.00 ITV News at Ten; Weather.
22.45 The Great Erection Deception: The Stiff Nights Story.
00.00 Shop on TV.

Channel 4

06.25 Cheers.
07.45 The King of Queens.
08.40 Frasier.
09.35 Formula 1 United States Grand Prix Highlights.
11.05 Come Dine with Me: The Professionals.
12.05 Channel 4 News Summary.
12.10 Renovation Nation.
13.10 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: What Happened Next?
16.00 The Great House Giveaway.
17.00 Four in a Bed.
17.30 Help! We Bought a Village.
18.30 The Simpsons.
19.00 Channel 4 News.
19.55 Kaiden's Story: Stand Up to Cancer.
20.00 Jamie: Fast and Simple.
21.00 Love Cheats.
22.00 Undercover: Exposing the Far Right.
00.00 The Great British Bake Off: An Extra Slice.
00.55 Ramsay's Kitchen Nightmares USA.
01.40 The Simpsons.
02.25 **FILM:** The Gravedigger's Wife (2021).

BBC Four

19.00 Frozen Planet.
20.00 Landscape and Memory.
20.40 City Scapes.
21.00 Call My Bluff.
21.25 Face the Music.
22.00 The Wildest Weather in the Universe: Horizon.
23.00 Earth from Space.
23.55 Nature and Us: A History Through Art.
00.55 Frozen Planet.
01.55 The Wildest Weather in the Universe: Horizon.
02.55 Earth from Space.

TUESDAY 22/10/24

BBC One

06.00 Breakfast.
09.30 Morning Live.
10.45 Crimewatch Caught.
11.15 Homes Under the Hammer.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
14.00 Doctors.
14.30 Money for Nothing.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 The Bidding Room.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Sort Your Life Out with Stacey Solomon.
21.00 Waterloo Road.
22.00 BBC News; Weather.
22.40 Industry.
00.55 Weather for the Week Ahead.
01.00 BBC News.

BBC Two England

06.30 Bargain Hunt.
07.15 The Bidding Room.
08.00 Sign Zone: Solar System.
09.00 BBC News.
12.15 Politics Live.
13.00 Impossible.
13.45 Unbeatable.
14.30 The Boss.
15.15 Tigers About the House: What Happened Next.
16.15 The Great British Countryside.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Designing the Hebrides.
19.30 Nadiya's Cook Once, Eat Twice.
20.00 Digging for Britain.
21.00 QI XL.
21.45 Mel Giedroyc: Unforgivable.
22.30 Newsnight.
23.00 Weather.
23.05 Have I Got News for You US.
23.40 Parole.
00.40 Sign Zone: Paddy and Chris: Road Tripping.
01.40 Sign Zone: Ludwig.

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 Family Fortunes.
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 DI Ray.
22.00 ITV News at Ten; Weather.
22.45 Ash Holme: What Not to Do with Dad.
23.15 Dogs of Grime.
23.40 Junk and Disorderly.
00.25 Shop on TV.
03.00 Ninja Warrior UK.

Channel 4

06.25 Cheers.
07.45 The King of Queens.
09.10 Frasier.
11.05 Come Dine with Me: The Professionals.
12.05 Channel 4 News Summary.
12.10 Renovation Nation.
13.10 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: What Happened Next?
16.00 The Great House Giveaway.
17.00 Four in a Bed.
17.30 Help! We Bought a Village.
18.30 The Simpsons.
19.00 Channel 4 News.
19.55 Glenn's Story: Stand Up to Cancer.
20.00 The Great British Bake Off.
21.15 Into the Jungle with Ed Stafford.
22.15 Celebrity Gogglebox.
23.20 First Dates.
00.20 Taskmaster.
01.15 Ramsay's Kitchen Nightmares USA.
02.05 **FILM:** Logan (2017).

BBC Four

19.00 Frozen Planet.
20.00 Porridge.
20.30 Hancock's Half Hour: The Photographer.
21.00 **She-Wolves: England's Early Queens.**
22.00 Storyville: Dogs of War.
23.30 Britain's Outlaws: Highwaymen, Pirates and Rogues.
00.30 Frozen Planet.
01.30 She-Wolves: England's Early Queens.
02.30 Britain's Outlaws: Highwaymen, Pirates and Rogues.
03.30 Close.

WEDNESDAY 23/10/24

- BBC One**
 06.00 Breakfast.
 09.30 Morning Live.
 10.45 Crimewatch Caught.
 11.15 Homes Under the Hammer.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 14.00 Doctors.
 14.30 Money for Nothing.
 15.00 Escape to the Country.
 15.45 Garden Rescue.
 16.30 The Bidding Room.
 17.15 Pointless.
 18.00 BBC News at Six; Weather.
 19.00 The One Show.
 19.30 EastEnders.
 20.00 The Repair Shop.
 21.00 Ludwig.
 22.00 BBC News at Ten; Weather.
 22.40 UEFA Champions League MOTD.
 00.00 Ambulance.
 01.00 Weather for the Week Ahead.
 01.05 BBC News.
- BBC Two England**
 06.30 Escape to the Country.
 07.15 The Bidding Room.
 08.00 Sign Zone: Amazing Hotels: Life Beyond the Lobby.
 09.00 BBC News.
 11.15 Politics Live.
 13.00 Impossible.
 13.45 Unbeatable.
 14.30 The Boss.
 15.15 Tigers About the House: What Happened Next.
 16.15 This Farming Life.
 17.15 Flog It!
 18.00 Richard Osman's House of Games.
 18.30 Strictly: It Takes Two.
 19.00 The Secret Genius of Modern Life.
 20.00 The Warship: Tour of Duty.
 21.00 **Trump: The Criminal Conspiracy Case.**
 22.30 Newsnight.
 23.00 Weather.
 23.05 Unspun World with John Simpson.
 23.30 A House Through Time: Two Cities at War.
 00.30 Sign Zone: The Man Who Definitely Didn't Steal Hollywood.
- 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 Family Fortunes.
 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 DNA Journey with Ancestry.
 22.00 ITV News at Ten; Weather.
 22.45 Peston.
 23.40 Gallagher Premiership Unleashed.
 00.05 Shop on TV.
 03.00 Smartphones: Time to Live Without Them? Tonight.
 03.25 I Cut Off His Penis: The Truth Behind the Headlines.
- Channel 4**
 06.25 Cheers.
 07.45 The King of Queens.
 09.10 Frasier.
 11.05 Come Dine with Me: The Professionals.
 12.05 Channel 4 News Summary.
 12.10 Renovation Nation.
 13.10 Find It, Fix It, Flog It.
 14.10 Countdown.
 15.00 A Place in the Sun: What Happened Next?
 16.00 The Great House Giveaway.
 17.00 Four in a Bed.
 17.30 Help! We Bought a Village.
 18.30 The Simpsons.
 19.00 Channel 4 News.
 19.55 Matthew's Story: Stand Up to Cancer.
 20.00 Location, Location, Location.
 21.00 Grand Designs.
 22.00 New Zealand's Best Homes with Phil Spencer.
 23.05 24 Hours in A&E.
 00.05 The Great British Bake Off.
 01.15 Love in the Limelight: Untold.
 02.10 **FILM: Bad Hair (2020).**
 03.45 Matthew's Story: Stand Up to Cancer.
- BBC Four**
 19.00 Frozen Planet.
 20.00 From Ice to Fire: The Incredible Science of Temperature.
 21.00 Brian Cox's Jute Journey.
 22.00 Peter McDougall Remembers - The Elephants' Graveyard.
 22.10 The Elephants' Graveyard: Play for Today.
 23.00 Just a Boys' Game: Play for Today.
 00.10 Face to Face with Billy Connolly.
 00.50 Billy Connolly: Portrait of a Lifetime.
 01.50 Frozen Planet.

THURSDAY 24/10/24

- BBC One**
 06.00 Breakfast.
 09.30 Morning Live.
 10.45 Crimewatch Caught.
 11.15 Homes Under the Hammer.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 14.00 Doctors.
 14.30 Money for Nothing.
 15.00 Escape to the Country.
 15.45 Garden Rescue.
 16.30 The Bidding Room.
 17.15 Pointless.
 18.00 BBC News at Six; Weather.
 19.00 The One Show.
 19.30 EastEnders.
 20.00 Fake or Fortune?
 21.00 Ambulance.
 22.00 BBC News; Weather.
 22.40 Question Time.
 23.40 Newscast.
 00.10 Our Lives: The Lakes: Our Life on the Edge.
 00.40 Weather for the Week Ahead.
 00.45 BBC News.
- BBC Two England**
 06.30 Escape to the Country.
 07.15 The Bidding Room.
 08.00 Sign Zone: Gardeners' World.
 09.00 BBC News.
 12.15 Politics Live.
 13.00 Impossible.
 13.45 Unbeatable.
 14.30 The Boss.
 15.15 Operation Gold Rush with Dan Snow.
 16.15 This Farming Life.
 17.15 Flog It!
 18.00 Richard Osman's House of Games.
 18.30 Strictly: It Takes Two.
 19.00 Rick Stein's Food Stories.
 20.00 Amazing Hotels: Life Beyond the Lobby.
 21.00 A House Through Time: Two Cities at War.
 22.00 Red Dwarf.
 22.30 Newsnight.
 23.00 Weather.
 23.05 **FILM: All Is True (2018).**
 00.40 Sign Zone: Parole.
 01.40 Sign Zone: The Cleaner.
 02.10 Sign Zone: Celebrity Antiques Road Trip.
 03.10 Sign Zone: Nadiya's Cook Once, Eat Twice.
- 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 Family Fortunes.
 15.00 Lingo.
 15.59 ITV London Weather.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.
 19.00 Emmerdale.
 20.00 Pride of Britain Awards 2024.
 22.00 ITV News at Ten; Weather.
 22.45 **FILM: The Tomorrow War (2021).**
 01.15 Shop on TV.
 03.00 Fresh Cuts.
- Channel 4**
 06.25 Cheers.
 07.45 The King of Queens.
 09.10 Frasier.
 11.05 Come Dine with Me: The Professionals.
 12.05 Channel 4 News Summary.
 12.10 Renovation Nation.
 13.10 Find It, Fix It, Flog It.
 14.10 Countdown.
 15.00 A Place in the Sun: What Happened Next?
 16.00 The Great House Giveaway.
 17.00 Four in a Bed.
 17.30 Help! We Bought a Village.
 18.30 The Simpsons.
 19.00 Channel 4 News.
 19.55 Hughie's Story: Stand Up to Cancer.
 20.00 The Great British Bake Off: An Extra Slice.
 21.00 Taskmaster.
 22.00 Everyone Else Burns.
 22.30 Gogglebox.
 23.35 Ramsay's Kitchen Nightmares USA.
 00.25 **FILM: C'mon C'mon (2021).**
 02.15 Secret Amazon: Into the Wild.
 03.10 Secret Amazon: Into the Wild.
 04.00 Hughie's Story: Stand Up to Cancer.
- BBC Four**
 19.00 Frozen Planet.
 20.00 Joan Bakewell Remembers - Bette Davis at the NFT.
 20.10 Bette Davis at the NFT.
 20.55 **FILM: All About Eve (1950).**
 23.10 Bette Davis: Talking Pictures.
 23.55 The Lively Arts: James Herriot - The Vet Who Writes Books.
 00.45 Thailand: Earth's Tropical Paradise.
 01.45 Frozen Planet.
 02.40 Brian Cox's Jute Journey.

FRIDAY 25/10/24

- BBC One**
 06.00 Breakfast.
 09.30 Morning Live.
 10.45 Crimewatch Caught.
 11.15 Homes Under the Hammer.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 14.00 Sister Boniface Mysteries.
 14.45 Escape to the Country.
 15.45 Garden Rescue.
 16.30 The Bidding Room.
 17.15 Pointless.
 18.00 BBC News at Six; Weather.
 19.00 The One Show.
 19.30 Our Lives: Pets Saving Lives.
 20.00 Would I Lie to You?
 20.30 Ghosts.
 21.00 Have I Got News for You.
 21.30 The Cleaner.
 22.00 BBC News at Ten; Weather.
 22.40 The Graham Norton Show.
 23.30 RuPaul's Drag Race UK.
 00.40 Alan Carr's Picture Slam.
 01.25 Weather for the Week Ahead.
 01.30 BBC News.
- BBC Two England**
 06.30 Bargain Hunt.
 07.15 The Bidding Room.
 08.00 Sign Zone: Dr Xand's Con or Cure.
 08.30 Sign Zone: Mortimer & Whitehouse: Gone Fishing.
 09.00 BBC News.
 13.00 Impossible.
 13.45 Unbeatable.
 14.30 The Boss.
 15.15 Operation Gold Rush with Dan Snow.
 16.15 This Farming Life.
 17.15 Flog It!
 18.00 Richard Osman's House of Games.
 18.30 Strictly: It Takes Two.
 19.00 Celebrity Antiques Road Trip.
 20.00 Gardeners' World.
 21.00 Al Pacino: Once Upon a Time in Hollywood.
 22.00 Live at the Apollo.
 22.30 Newsnight.
 23.00 Weather.
 23.05 **FILM: House of Gucci (2021).**
 Sign Zone: Lucy Letby: Unanswered Questions - Panorama.
 02.05 Sign Zone: Michael Mosley - Just One Thing.
 02.35 Sign Zone: Designing the Hebrides.
- ITV1 London**
 06.00 Good Morning Britain.
 09.00 Lorraine.
 10.00 This Morning.
 12.30 Loose Women.
 13.00 ITV Lunchtime News; Weather.
 13.30 ITV Racing: Live from Cheltenham.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.
 19.00 Live Women's International Football.
 22.00 ITV News at Ten; Weather.
 22.45 Who Wants to Be a Millionaire?
 23.45 Heathrow: Britain's Busiest Airport.
 00.15 Shop on TV.
- Channel 4**
 06.25 Cheers.
 07.45 The King of Queens.
 09.10 Frasier.
 11.05 Come Dine with Me: The Professionals.
 12.05 Channel 4 News Summary.
 12.10 Renovation Nation.
 13.10 Find It, Fix It, Flog It.
 14.10 Countdown.
 15.00 A Place in the Sun: What Happened Next?
 16.00 The Great House Giveaway.
 17.00 Four in a Bed.
 17.30 Help! We Bought a Village.
 18.30 The Simpsons.
 19.00 Channel 4 News.
 19.55 Tiffany's Story: Stand Up to Cancer.
 20.00 Yorkshire by the Sea.
 21.00 Celebrity Gogglebox for Stand Up to Cancer.
 22.00 The Last Leg.
 23.05 Rhod Gilbert: A Pain in the Neck for SU2C.
 00.10 Ramsay's Kitchen Nightmares USA.
 01.00 **FILM: Zola (2021).**
 02.25 The Simpsons.
 02.50 Tiffany's Story: Stand Up to Cancer.
 02.55 Come Dine with Me.
- BBC Four**
 19.00 TOTP: 1996.
 19.35 TOTP: 1996.
 20.10 TOTP: 1979.
 20.40 TOTP: 1986.
 21.10 Beyonce: Live at the BBC.
 21.40 Diana Ross: Live at the Royal Albert Hall 1973.
 22.40 Dusty Springfield at the Royal Albert Hall.
 23.40 Pink Live in the Piano Room.
 00.25 Raye at the Royal Albert Hall.
 01.45 TOTP: 1996.
 02.20 TOTP: 1996.
 02.55 TOTP: 1979.

Pick of the Week

Saturday 19 Oct

Smile (CH4, 9.20pm)



Horror starring Sosie Bacon. Therapist Rose Cotter has a traumatising ordeal when one of her patients, who claims to be stalked by an ominous supernatural force, suddenly takes her own life during a session. Rose comes to believe that the patient's suicide has passed on a deadly curse - but is Rose really in danger, or is it all in her head?

Sunday 20 Oct

D I Ray (ITV1, 9pm)



Two months after her suspension, DI Rachita Ray is thrust back into homicide after a fatal drive-by shooting outside a Birmingham hospital kills young nurse Megan Parks and Frank Chapman, the head of a local crime syndicate. The detective faces a race against time to uncover the truth before the Chapmans act out their revenge and an all-out gang war erupts onto the streets. Return of the crime drama, starring Parminder Nagra.

Tuesday 22 Oct

She-Wolves: England's Early Queens (BBC4, 9pm)



Helen Castor explores the role of queens in medieval and Tudor England, analysing how they evolved from being the wives of kings to powerful figures in their own right - but faced great struggles to impose their authority in a male-dominated society. She begins by recalling the life of Matilda, the daughter of Henry I, who waged war against her cousin Stephen in the mid-12th-century in a bid to be recognised as her father's rightful successor. The historian also charts the turbulent life of Eleanor of Aquitaine, the wife of Henry II, who played a major role in governing England during the latter half of the 12th century.

Wednesday 23 Oct

Trump: The Criminal Conspiracy Case (BBC2, 9pm)



A documentary exploring Donald Trump's increasingly audacious attempts to allegedly overturn the result of the 2020 US Election and how they led to his arrest and impending criminal trial. Featuring a look at the weeks before the former American president was due to vacate the White House, when an unlikely cast of characters assembled, hoping to find a way of keeping Trump in power.

Top Film of the week

Megalopolis

Stars: Adam Driver, Giancarlo Esposito, Aubrey Plaza

Genre: Drama

Director: Francis Ford Coppola

Rating: M14

Plot: An epic story in the style of classical Rome, set in an imaginary contemporary America. The city of New Rome must change, which opens a conflict between Cesar Catilina, a genius artist who tries to achieve an idealistic and utopian future, and his opponent, Mayor Franklyn Cicero, who remains committed to a reactionary status quo, perpetuating greed, corruption and partisan warfare. Torn between these two sides is Julia Cicero, the mayor's daughter, whose love for Cesar has made her loyalties waver, forcing her to discover what she believes humanity truly deserves.



Cinema Listings

NOS Forum Algarve – Faro

Megalopolis; Maison de Retraite 2; Irena's Vow; We Live in Time; Reagan; Lee; Devara: Part 1; Joker: Folie à Deux; The Wild Robot.

NOS Tavira

The Best of All Worlds; Maison de Retraite; Smile 2; Joker: Folie à Deux; Beetlejuice Beetlejuice; It Ends With Us; The Wild Robot.

NOS Mar Shopping - Loulé

The Apprentice; Smile 2; Joker: Folie à Deux; Never Let Go; Beetlejuice Beetlejuice; My Hero Academia: You're Next; The Wild Robot.

Algarcine – Portimão

Megalopolis; The Apprentice; Smile 2; We Live in Time; Joker: Folie à Deux; The Wild Robot.

Cineplace Algarve Shopping - Guia

We Live in Time; The Best of All Worlds; Joker: Folie à Deux; My Hero Academia: You're Next; The Wild Robot.

Estação Viana Shopping - Viana do Castelo

Megalopolis; The Apprentice; Smile 2; We Live in Time; Joker: Folie à Deux; The Wild Robot.

Cineplace Loures Shopping

We Live in Time; The Best of All Worlds; Joker: Folie à Deux; Buffalo Kids; My Hero Academia: You're Next; The Wild Robot.

Cineplace Leiria Shopping

Megalopolis; Reagan; Smile 2; We Live in Time; My Hero Academia; You're Next; The Wild Robot.

Cineplace Riosul - Seixal

We Live in Time; The Apprentice; Smile 2; Joker: Folie à Deux; Transformers: One; The Wild Robot.

Forum Viseu

Megalopolis; Venom: The Last Dance; The Apprentice; Irena's Vow; We Live in Time; Lee; Joker: Folie à Deux; Deadpool & Wolverine; The Wild Robot.

Forum Coimbra

Venom: The Last Dance; Smile 2; Joker: Folie à Deux; Beetlejuice Beetlejuice; Bullets and Cupcakes: Just one more thing; It Ends With Us; Deadpool & Wolverine; The Wild Robot; Inside Out 2.

(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

Silves Urban Music. 18 and 19 October, at the Zona Ribeirinha de Silves. An event that promises to transform the city's riverside area into a true epicentre of music and fun. The lineup will feature Piruka, Screwed Up David, Dj Jijoe and so much more! Free entry.

The Barnes Choir and Teddington Choral Society.

19 and 20 (4.30pm) October, at 6pm, at Sé Lisboa and Basílica da Estrela, respectively. Concerts directed by Julian Collings, featuring Cantique de Jean Racine (Fauré), Geistliches Lied (Brahms), Requiem (Fauré) and How lovely are thy dwellings (Brahms). Free entry. For more information, please visit: <http://www.musica-europa.com/>

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/>

A Shared Passion: Voice and Guitar.

20 October, at 6pm, at Igreja de Ferragudo. A performance that will take the audience on a journey from the Iberian Peninsula to the Americas. Tickets cost €5. For more information, please visit: https://artisxxi.bol.pt/Comprar/Bilhetes/144769-paixao_compartilhada_voz_e_guitarra-igreja_de_ferragudo/

Arthur Lionel Trump Recital (1893-1974).

26 October, from 4pm to 5pm, at Museu José Malhoa, Parque Dom Carlos 1, Caldas da Rainha, Leiria. Produced by Duncan Fox, the recital will have Inês Andrade on Piano, Soprano Angela Silva and Hilary Alper on Cello. For more information, please visit: <https://www.culturacentro.gov.pt/museu-jose-malhoa/agenda/>

Bella Acapella. 27 October, at 4pm, at the Re-Creativa Association, Faro. Bella Acapella is an international, mixed gender chorus with people who love to sing and have fun. All songs are sung without sheet music and with the eyes on the MD! Tickets cost €10. For more information, please visit: <https://www.bellaacapella.pt/>

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.

Concert by Gregório Gomes.

3 November, at 6pm, at Igreja Matriz de Lagoa. A concert by organist Gregório Gomes, as part of the 17th Algarve International Organ Festival, to showcase talent and the instrument. Free entry. For more information, please visit: www.acmusicaxxi.pt

Portuguese Guitar Recital.

9 November, from 5pm to 7pm, at Museu do Traje, São Brás de Alportel. Ricardo J. Martins is currently one of the leading stars with his accomplishments playing the Portuguese Guitar. Although mostly dedicated to Fado, he sees in the Portuguese Guitar an enormous capacity to be a solo instrument. Tickets cost €10. <https://amigosdomuseu.com/en/>

Theatre

Vertigo: A Double Bill. 23 to 27 October, between 6pm and 8pm, at Teatro do Bairro. The show is a sequence of two plays: Nightfall and Death & The Maiden. Performance in English subtitled in Portuguese. Tickets €13. For more information, please visit: https://www.bol.pt/Comprar/Bilhetes/145355-vertigo_a_double_bill-teatro_do_bairro/

A Taste of: Faulty Towers The Dining Experience. Enjoy two hours of brilliant fun next 11 November, alongside our delicious dinner menu and selection of wines and cocktails. This performance is in aid of the Algarve Emporium Charity. Tickets cost 85€ pp, include a 3-course dinner, ½ bottle of wine, and 2-hours interactive show. Booking essential & Prepayment necessary to guarantee your place! Email us: info@tribulomalgarve.com or call: (+351) 289 397 784

Sister Act. 14 to 16 November, at 7.30pm, and 17 November, at 2.30pm, Auditório Carlos do Carmo, Lagoa. Based on the blockbuster film starring Whoopi Goldberg, the story follows Deloris van Cartier, a woman forced to hide out in a convent. Tickets cost €15. For more information, please visit: <https://www.bol.pt/Comprar/Pesquisa?q=Sister+act>

Stage version of "Bluey".

30 November, at 11am (3pm or 7pm), at MEO Arena. For the first time, Portuguese families will have the opportunity to see Bluey, Bingo, their mother and father in a theatrical show, with impressive puppets, iconic sets, live actors and completely new music. Tickets cost €39. For more information, please visit: <https://www.bluey.tv/blueys-big-play/>

Festivals

Amália Rodrigues Festival - Celebrating Fado.

18 to 20 October, throughout the city of Fundão. Featuring a wide-ranging line-up of 40 musicians, including the 10th edition of the Amália Rodrigues Competition, with the aim of decentralising fado and pay tribute to a daughter of the land. Tickets cost €5-€15. For more information, please visit: <https://www.fadocale.pt/>

Carvoeiro Pickleball Festival.

19 October from 10am to 5pm at Rocha Brava Racquet Club Urb. Rocha Brava, 8400-568 in Carvoeiro. We will have exclusive use of 8 Pickleball Courts. The cost of playing at the festival is €35 per person. The festival is open to players of all levels, especially club players who want to practice their 'match play' in an informal, fun environment, playing with, and against, people from different clubs. Lunch is included for all participants. Non-Players may pre-order up till 11.00am on Wednesday 16th October at a cost of €15. We look forward to seeing you there! In the meantime, if you have any queries, please email info@pickleball-people.co.uk or club@rochabravarac.com. Book your spot on the festival <https://buy.stripe.com/28ofZ92g-5f3p8BG000> and for the After-party here <https://buy.stripe.com/9AQ14f1c11cz6tydQR>

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/>

Festival Lisboa Barroca. 26 and 27 October, throughout the city. An event that features the baroque spirit at the heart of a musical project whose roots are deeply connected to the typical neighbourhood of Graça in Lisbon. Tickets cost €7-€10. For more information, please visit: <https://festival-lisboa.pt/>

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/>



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.

Space Festival. 1 to 10 November, at Paredes de Coura and Caminha, Viana do Castelo. An event dedicated to experimental and improvised music, passing through six different areas, with concerts, workshops, residencies, cinema sessions and other activities! For more information, please visit: <https://www.spacefestival.pt/>

Other Events

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



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. Free entry.

"Convergences" Exhibition.

21 September to 9 November, Open Mon-Fri from 9.30am to 12.30pm and from 2.30pm to 5.30pm, at Centro Cultural Convento São José, Lagoa. Collective exhibition, variety of media, from artists from around the world. Free entry.

"Musicography" by Márcia

Estima. 1 October to 9 November, Open Mon-Fri from 9am to 12.30p and from 2pm to 5.30pm, at Auditório Carlos do Carmo. An exhibition that represents a visual celebration of music and its performers in the Algarve. Free entry.

Art by Les Causton.

7 October to 27 November, at Papelaria Arco Iris, Sudoeste Retail Park, Alcantarilha. A vibrant exhibition of paintings and photographs by Les Causton. For more information, please contact: lescaustonjames@yahoo.co.uk or +44 78 31 314 495.

"Improbable" by Evelyn Kahn.

10 October to 9 November, Open Mon-Sat, from 10am to 5pm, at the Medeiros e Almeida Museum, Lisbon. A solo photography exhibition by Evelyn Kahn, curated by Rita Lougares, consisting of 41 photographs that establish unlikely connections between different worlds, creating a magical and powerful tapestry. Free entry. For more information, please visit: <http://www.evelynkahn.com>

10th edition of the Birthday Tribute to Álvaro de Campos.

15 October to 30 November, throughout Tavira. Featuring seven weeks of tributes to the modern poet with activities that involve the local community and all admirers of Pessoa's work. For more information, please visit: <https://festadosanosdealvarodecampos.wordpress.com/page/2/>

Santa Iria Fair.

17 to 27 October, at Largo de São Francisco, Faro. The fair celebrates the patron saint of Santa Iria de Nabância, becoming one of the economic drivers of regional products, with more than 100 exhibitors, including crafts, restaurants, commerce and industry. Free entry.

"Views" Exhibition. 18 October, from 6pm to 9pm, at In The Pink. An exhibition featuring photography by Jacob Gils, focusing on the Views of Portugal. The series combines a strong aesthetic point of view with meticulous attention to technical detail. For more information, please visit: <https://www.in-the-pink.com/exhibitions/22-vistas-jacob-gils-teresa-freitas-vasco-celio-nuno-cera/>

WRVS Handmade Craft Fair. 19 October, from 10.30am to 4pm, at the senior centre at Barrio do Rosário, R. Paulo da Gama 114, 2750-183 Cascais. Calling all artisans! Women's Voluntary Service (WRVS) would like to invite crafters and makers to exhibit and sell their handmade artisan crafts at the inaugural WRVS Handmade Craft Fair. If you would like any further information, please send your queries to wrvslisbon@gmail.com

Wines & Flavours. 19 to 21 October, at Pavilion 1 of Fil, in Parque das Nações, Lisbon. The major reference event in the sector, where the largest interface is an added value for consumers, professionals, and fans of Portuguese wines and flavours. For more information, please visit: <https://grandesescolbas.com/vinhosesabores/>

Happy 8th Birthday Mãos de Ajuda. 24 October, from 6pm to 8.30pm, at Av. Dr. Eduardo Mansinha, Tavira. In celebration of 8 years of the charity's opening, we invite you to enjoy a glass of wine and piece of birthday cake as you peruse the vast amount of excellent clothing for men, women and children, plus a variety of bric-a-brac. Free admission. For more information, please visit: https://www.facebook.com/maosdeajuda/?locale=pt_PT

Artists and Fleas. 26 October, from 11am to 7pm, at Fábrica da Cerveja, Faro. Art, Handicraft, Vintage, Tattoos, Prints, Jewellery, Cosmetics, Food Cocktails, Music, Fun and so much more! Free Entry. For more information, please visit: <https://www.moces.pt/market>

Penina Charity Golf Event 2024.

26 October at Penina Hotel & Golf Resort. This edition aims to raise funds to support two institutions in the Portimão Municipality: ADRA Portimão and Lar Bom Samaritano of Portimão. Set to start at 8am with the golf tournament followed by the Charity Dinner & Auction, starting at 7.30pm. For any inquiries or reservations, please contact our Reception/Reservations Department by calling +351 282 420 200 or email: penina-onlinebookings@jjwhotels.com.

Peanut Party. 26 and 27 October, at 11am, in Rogil. During the two days, visitors will be able to taste a wide range of peanut-based food products and explore other local products such as honey, sausages and liqueurs. For the young ones, there will be painting and inflatable workshops, with musical entertainment included. Free entry.

Haunted Night. 31 October, at 8pm, between Largo Eng.º Duarte Pacheco and Rua 5 de Outubro. The Halloween programme in Albufeira will feature street entertainment, music, dancing, face painting and parades of ghostly characters. Free entry.

Paintings by Liz Allen. Open Mon-Fri from 10am to 4pm, at Ochalá Casa da Chá, Rua Dr. Samora Gil, no. 12, Monchique, 8550-461. Unframed prints and greeting cards also available. For more information, please contact lizallenart.com or +351 962 446 606.

Teias Local Art. Open Mon-Sat, from 10.30am to 7pm, at Rua António Crisògo 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

Workshop & Other Events

Dancing in Lagoa. 11 to 25 October, throughout the city of Lagoa. The aim of this event is to provide the local community (and beyond) with dance performances, workshops (for various levels), open rehearsals, awareness raising sessions, training sessions and so much more! Free – Mandatory registration via <https://www.ideiasdolevante.info/reservas/>

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>

Yoga for Menopause followed by Sound & Sensory Healing.

19 October from 3.30pm until 6.30pm at Espaço Vital in Lagoa. An introductory session of yoga focused on self-care during the phases of menopause. The yoga session will be followed by a separate 1-hour sound & sensory healing with Soul Retreats. Sessions in English and Portuguese. Price for yoga session: €25, Sound & Sensory session is €20 and €40 for both. To book, please contact Henrica on Tel: (+351) 926 828 497 or by visiting <https://henricayogaalgarve.com>

Portuguese Conversation Meetings.

Tuesdays: 4-5.30pm for Advanced, 6-7.30pm for Beginner and 8-9.30pm for Intermediate at Barbaleta – Your space to grow in Lagos. For more information and to book please call +351 937 771 948 or email Barbara@barbaleta.com. Visit: www.facebook.com/BarbaletaGrow.



Algarve Markets

Silves

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

Silves Flea Market – 3rd Saturday of the month at Praça Al-Muthamid 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

Lagos

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

ViVO Market – Every Wednesday from 4pm to 8pm

Albufeira

Ferreiras – 4th Tuesday of the month at Sítio do Tominhãl from 8am to 1pm

Albufeira Flea Market Calços – 3rd 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 1pm

Portimão

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

Lagoa

Lagoa – 2nd Sunday of the month, area in front of Fatacil

Ferragudo – 2nd Sunday of the month

Faro

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

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

Tavira

Tavira – 3rd Saturday of the month on Street Almirante Cândido dos Reis, in front of the football field from 9am to 1pm

Tavira Flea Market – 3rd Sunday of the month next to the municipal market from 9am to 1pm

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.

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News



Re: Trend to leave a tip growing in Portugal

EDITOR, Tipping in North America has become ridiculous concerning both the percentage, as high sometimes as 18%, and the demand. People/ servers forget that a tip is given at the disgression of the customer, depending on the service.

M. WARNERS, Via: www.theportugalnews.com

EDITOR, Maybe more tips because more tourists. I moved from the busy tourist town Lagos in the Algarve to a place with very little tourists Leiria. The tips are utterly horrendous... never seen such pathetic tipping in all my 20 years in hospitality

BRADLEY HARDAKER, Lisbon Via: www.theportugalnews.com

EDITOR, What people and especially the tax authorities and the law makers seems to conveniently forget, is that the people doing the tipping, already paid income taxes on. Why tipping is supposed to be taxed, even at 10%, is theft by the tax authorities!

NN, Beiras, Via: www.theportugalnews.com

EDITOR, I am a Portuguese citizen, I was extremely dissatisfied during my last visit August 2024 to Porto and Lisbon. It's obvious to me they don't want visitors any more, we were forced to pay more than the locals even after I presented my citizen card. The attitude was you are Canadian, you have to pay more. We were a group of and will now never return!!! It's disgusting the gouging that is going on. Very bad experience for me and my guests. By the way I'm also very fluent in Portuguese.

TONY MOTA, Via: www.theportugalnews.com

EDITOR, So you have a problem, with showing your satisfaction with a tip?

If I find the service was good and the server was helpful, I leave a tip.

It is optional.

The tipping in the states is getting out of hand. I am here now and I see on bills suggested tip 23 to 25%.

Ridiculous, why not have the server sit at the table and I will buy a meal.

J, Algarve Via: www.theportugalnews.com

Re: Ryanair to end printed boarding passes

EDITOR, Right - how about people who don't have a smart phone? And what do you do with a

check in bag? They are going to lose a significant percentage of people just to be able to sack a few hundred workers.

ALEXANDER LEWIS,UK, Via: www.theportugalnews.com

EDITOR, That's great until my

Battery runs out

DAVE SADLER, Algarve Via: www.theportugalnews.com

EDITOR, Why don't they just get us to fly the planes as well?

TIM HALL, Algarve Via: www.theportugalnews.com

Re: Police clamping down on mobile phones while driving

EDITOR, It would be helpful if drivers in Portugal could be taught how to use indicators. It seems their hands/fingers don't quite stretch to the task....

BILLY BISSETT, Porto, Via: www.theportugalnews.com

EDITOR, Thank goodness, it's about time they clamped down hard on this. EVERYONE around here uses their phone while driving, texting too!

ISHBEL, Beiras, Via: www.theportugalnews.com

Re: End of tolls to cost €180 million

EDITOR, Lisbon and the Algarve are always treated so much better than us in the north.

ADAM, Porto Via: www.theportugalnews.com

EDITOR, The trucks will use the motorway instead of small roads not built or intended for such use, saving repair costs plus the lives of the local population will be massively improved.

Non of these effects can be measured.

STEPHEN, Beiras, Via: www.theportugalnews.com



The opinions expressed here are those of our readers and not necessarily of The Portugal News. The Editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address and should preferably be under 300 words, to: The Portugal News, Apartado 13, 8401-901 Lagoa, or Email: letters@theportugalnews.com

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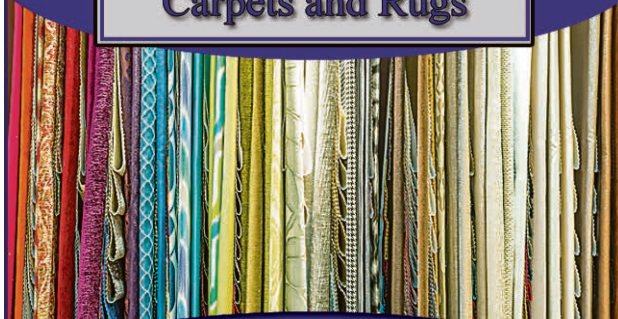
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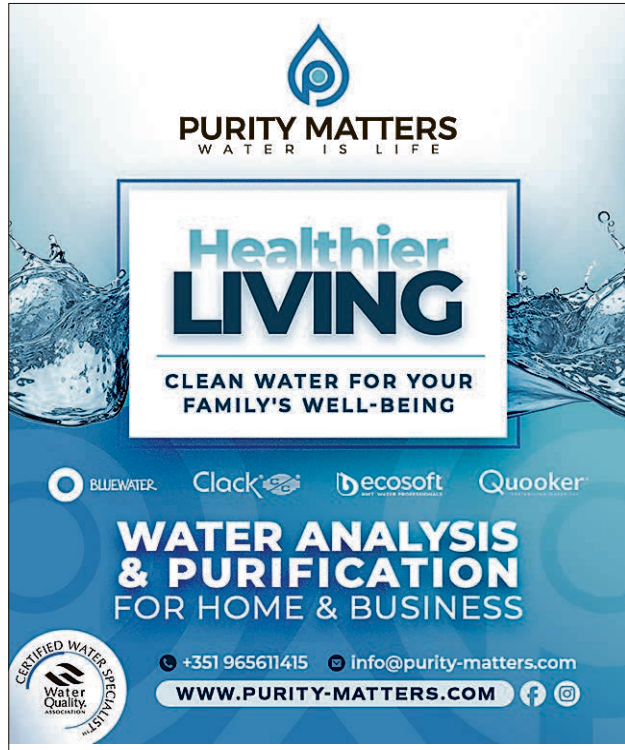
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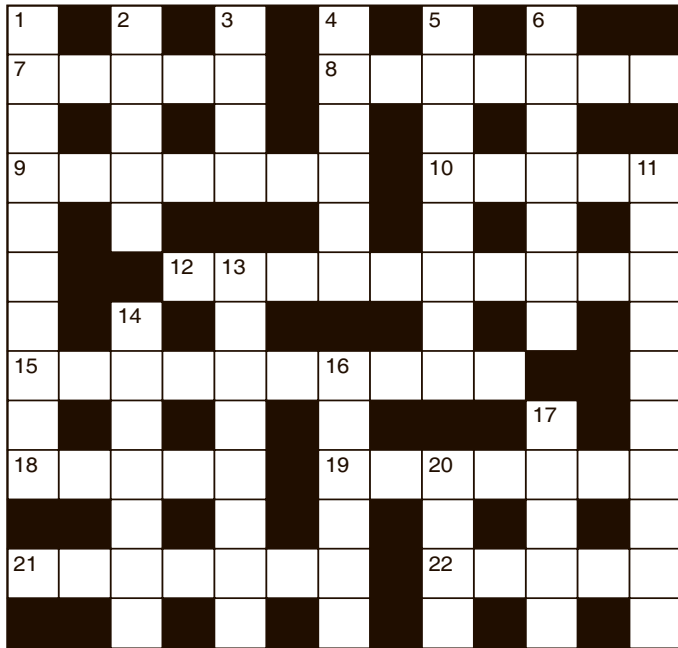
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Last week's cryptic crossword solution
Across: 7 Occult; 8 Turn to; 10 Scuttle; 11 Lathe; 12 Nora; 13 Stone; 17 Wring; 18 Open; 22 Orate; 23 Latvian; 24 Cathay; 25 Repeat.
Down: 1 Cousins; 2 Acquire; 3 Sloth; 4 Outline; 5 Unite; 6 Romeo; 9 Sentinels; 14 Arsenal; 15 Sprites; 16 Inanely; 19 Force; 20 Parts; 21 Steep.

CRYPTIC CROSSWORD

ACROSS

- Hidden treasure for the multitude, we hear (5)
- Places where those in the swim are exposed to public gaze (7)
- Real spy negotiates crookedly (7)
- Stone-fruit, soft and well-rounded (5)
- Perform capriciously (3,3,4)
- Vegetable dish obtained from garden sale (5,5)
- Enquire in back-street for assignments (5)
- Tightly pressed for an agreement (7)
- They display sprinklers (7)
- It's a sign X gets around all right (5)

DOWN

- One who builds the vessel properly, we hear (10)
- Stay to give a description of the pitch (5)
- The verge of irritability (4)
- Deep singer and French horn required (6)
- Court writ issued when the bean soup is off... (8)
- ...no court will be misled by what goes in it! (7)
- Gas-holder (6,4)
- Where tea is stored in crates, maybe (8)
- What one receives after working for a boarding-house (7)
- In complex case, copper is to make a charge (6)
- Those who write for kicks! (5)
- A companion for tea (4)

QUICK CROSSWORD

ACROSS

- Enraged (5)
- Wise (7)
- Voter (7)
- Enchant (5)
- Plebiscite (10)
- All-powerful (10)
- Killed (5)
- Chorus (7)
- Pretended (7)
- Goodbye (5)

DOWN

- Lewd (10)
- Keen (5)
- Thrash (4)
- Scant (6)
- Meal (8)
- Porch (7)
- Note (10)
- Advocate (8)
- Dwell (7)
- Harangue (6)
- Cogent (5)
- Spume (4)

Last week's quick crossword solutions
Across: 7 Avenue; 8 Canter; 10 Torment; 11 Radio; 12 Rock; 13 Leant; 17 Delay; 18 Toil; 22 Amass; 23 Crowded; 24 Benign; 25 Fringe.
Down: 1 Pasture; 2 Terrace; 3 Outer; 4 Vagrant; 5 Study; 6 Brood; 9 Utterance; 14 Message; 15 Mordant; 16 Pledged; 19 Maybe; 20 Taint; 21 Hoard.

CODEWORD

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



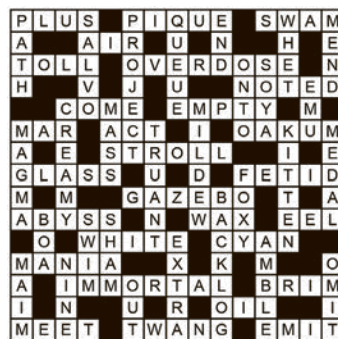
SUDOKU

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

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

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

Last week's Codeword Solution



Last week's Solutions

Medium

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

Hard

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

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Bradbury wins FedEx Open de France

Dan Bradbury won the 2024 FedEx Open de France after a tense final day at Le Golf National.



With well over a dozen players in contention throughout most of the fourth round, Bradbury finally emerged from the pack with three straight birdies on the back nine and held on to win at 16 under par. Playing in the penultimate group, Bradbury shot a bogey-free 66 on Sunday.

Celebration

He celebrated his par putt at the last with a fist-pump and then watched from the scorers' hut as Thorbjørn Olesen and Sam Bairstow also parred the hole to finish one behind, where they were tied with Jeff Winther and Yannik Paul. Victory secured Bradbury's place in the season-ending Abu Dhabi HSBC

Championship and DP World Tour Championship in neighbouring Dubai, and he quipped: "I guess I'll be looking at flights to Dubai then!"

Final round

Jesper Svensson went into the final round with a one-stroke lead over playing partners Olesen and Bairstow. Olesen

struck first with an opening birdie, while up ahead Bradbury had done likewise to move one off the lead. Svensson dropped back with a three-putt but responded with birdie at the difficult second after a stunning tee-shot inside five feet. Olesen's par putt stayed up as the pair traded places once more, but he too bounced back with an immediate birdie.

A series of pars for that group allowed others to move into contention and Brandon Stone, who had teed off over two hours before them, made a significant move with a round of 64.

The South African moved into a share of the lead with a ninth birdie of the day at the 14th. His bogey at the 17th, and Olesen's at the ninth, meant there was briefly an 11-way tie for the lead on 12 under until Bairstow holed his birdie putt.

The latter then holed from 46 feet at the 11th, making him the first player to reach 14 under. He was joined by Winther after a good up-and-down from a bunker at the 14th.

Bairstow birdied the 12th but bogeyed the 13th, allowing Winther to take the lead after a superb tee-shot set up a birdie at the par-three 16th. Fabrizio Zanotti holed excellent birdie putts at the

14th and 16th to move within one and Olesen's brilliant bunker shot at the 14th took him alongside compatriot Winther.

Bradbury joined them after he narrowly avoided the water at the 15th and held the green before holing from 15 feet.

"Lucky"

He admitted afterwards that was the moment he felt it was his day, saying: "Obviously got lucky off the tee, then just straight up pushed it – luckily it stayed on, and I hit a horrendous putt that went in!"

"Sometimes you just need that. Once I'd done that it felt like, 'there's definitely something going for me'." Bairstow followed with a birdie at the same hole but a third straight birdie for Bradbury took him ahead at 16 under.

Winther set the clubhouse target at 15 under and was joined by Paul, whose birdie putt at the last shaved the hole.

Bradbury seemed relaxed going down the 18th, taking off his cap and joking that he should have had a haircut for the television cameras, and held his nerve to two-putt from distance.

Olesen and Bairstow still had the chance to catch him with a birdie but when their putts

stayed up, Bradbury could celebrate.

Second win

It is Bradbury's second win on the DP World Tour, following last season's Joburg Open. He was third at that same event this term but had only one top-10 finish since, at the Italian Open presented by Regione Emilia-Romagna.

"It hasn't sunk in at all," he said. "The goal this week was to make the cut so I didn't have to go to Korea (needing to) keep my card."

"I remember looking at one point, playing with Gunner (Wiebe) and Joe (Dean), they were both two shots behind me and I was second and they were, like, 14th. Part of me was just thinking, 'well, don't drop a few!'."

"It was just, stay in it – we all know the finish round here, anything can happen, and it almost did."

Behind the tie for second, Matthew Jordan and Francesco Laporta shared sixth on 14 under with Johannes Veerman – who made the cut on the line after completing round two on Saturday morning, before finishing 63-67 – alongside Wiebe on 13 under. Stone and Simon Forsström shared 10th.

DP World Tour

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World Junior Sailing Championships coming to Vilamoura

The World Junior Sailing Championships will be held in Vilamoura (Algarve) from 8 to 20 December 2025, with 600 sailors from 70 countries and 150 coaches expected to take part.

In a statement, Vilamoura Sailing explains that this competition “is considered a true mini Olympic Games of Sailing”, as it prepares “hundreds of children and young people” for the current Olympic classes.

The organisers emphasise that the sailors and companions will remain in the Algarve for more than eight days, which makes this world championship “a powerful tool to combat seasonality”.

Peniche to welcome world surfing elite



Supertubos Beach, in Peniche, will host the third stage of the main circuit of the World Surf League (WSL), between 15 and 25 March, 2025.

“Since 2009, Peniche has welcomed the best surfers in the world and thousands of surfers in the world to its waves, currently becoming the only place in Europe where the World Tour will take place”, highlighted the organisation in a statement. Peniche will host the world surfing elite for the 16th time, except for the interruption

caused by Covid-19 in 2020 and 2021, after championships have already been held in three other locations, namely Figueira da Foz, Sintra and Ericeira.

“More than 150,000 people passed through the Supertubos beach during the several days of the event, which proves that thousands of people have already fallen in love with the quality waves of this beach, its gastronomy and the hospitality of the people of this town”, added the organisation.

“This is one of the best waves



in the world, it has a brutal consistency, there is always a good wave, that’s what makes this region so fantastic”,

highlighted Francisco Spinola, general director of the WSL for Europe, Africa and the Middle East.

Bournemouth owners negotiate purchase of Portuguese club



The Black Knight Football Club investor group has been evaluating the option of buying a Portuguese club. After failing in negotiations with Casa Pia, attention has turned

to Moreirense.

Bill Foley, owner of Bournemouth, is in negotiations to buy Moreirense. The possibility of moving towards the purchase of the Moreira de

Cónegos football club, in the municipality of Guimarães, comes after negotiations for the purchase of Lisbon club Casa Pia did not reach a successful conclusion.

No formal offer has yet been made, but talks have been held with a view to concluding an agreement, according to The New York Times.

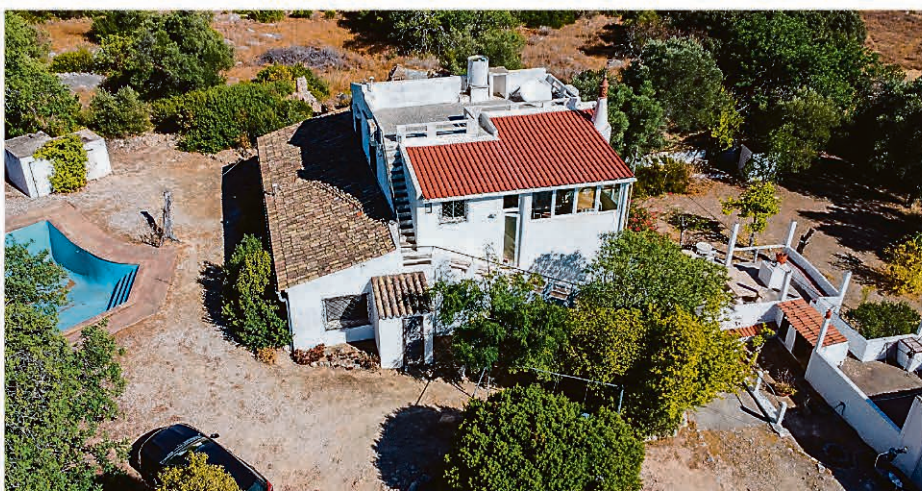
Bill Foley is the manag-

ing partner of Black Knight Football Club, the group of investors who purchased Bournemouth in December 2022. A month later, the group acquired a 30 percent stake

in French club Lorient. He later also bought a minority stake in Scottish Premiership team Hibernian and owns 100 percent of Auckland (New Zealand).

4 Bedroom Property with Panoramic Views

Renovation Project in Santa Bárbara de Nexe



Discover the rustic charm of Santa Bárbara de Nexe with this tranquil 4 bedroom retreat offering panoramic views of the serene countryside and distant Atlantic Ocean. In need of renovation, this property presents a blank canvas for those with a vision to restore its former allure. Nestled within walking distance of the village center, it promises a peaceful escape amidst the

untouched beauty of rural Algarve.

Untouched Tranquility: This property, in need of some renovation, offers a rare opportunity to breathe new life into a piece of Algarve’s history, preserving its rustic charm.

Renovation Project: With no updates for some years, this property is a

renovation project waiting to be embraced. From the ground floor’s apartment with spacious living room and three bedrooms to the self-contained first-floor apartment, every corner of this home offers the potential for transformation, allowing you to create a space that reflects your unique style and preferences.

Pool Renovation

Opportunity: Although the pool currently sits empty, it presents an exciting opportunity to create your own oasis in the Algarve sun. With a complete renovation, including a new pool installation, you can design the perfect outdoor retreat for cooling off on warm summer days and enjoying leisurely afternoons with loved ones.

Endless Potential: While the property may require some renovations, its idyllic setting offer endless potential for those willing to invest the time and effort. With some comforts such as air conditioning, fire palce and a separate garage, along with mains water and sewage access, the foundation is in place for a truly remarkable transformation.

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