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Waste not wanted



Portugal imports more hazardous waste into the country than the amount that it exports to other countries according to a new report, although plans are in place to reduce this. (Photo: Lusa / António José) Full story P2.



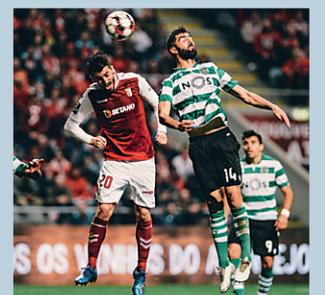
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Portugal's National Newspaper in English

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Portugal looking to reduce hazardous waste imports

Portugal imports more hazardous waste into the country than the amount that it exports to other countries according to a new report, although plans are in place to reduce this.



KIM
SCHIFFMANN

Portugal received in 2018 about 331,000 tonnes of hazardous waste, of which 220,000 were for recovery and 111,000 for disposal, with Italy and Malta being the countries that sent most waste for treatment. The entry of waste in Portugal requires a written notification and approval from the national authorities, since it is mixtures that have at least one form of hazardous waste, whether from soil decontamination, sludge with dangerous substances, waste with hydrocarbons or other distillation residues and reaction residues, among others. In response to Lusa, a Portuguese Environment Agency (APA) source explained that hazardous waste enters the country both by land borders, by road, and by sea borders, and in 2018 it entered mainly via ship and, later, train and / or truck to the treatment facilities. According to the same source, the port of Sines is the main port of entry, receiving 64 percent, followed by the port of Setúbal, with 20 percent, and the port of Figueira da Foz (15 percent). At the beginning of the year, the Minister for the Environment and Climate Action, João Matos Fernandes, stated that Portugal would apply the principle of systematic objection to limit the import of waste from European countries to landfill, as of 6 January.

Matos Fernandes justified that the order resulted from the "great" growth in the import of waste to landfills in the last three years.

The minister explained that the community rules for the circulation of waste within the European Union (EU) indicate that member countries "must minimise distances and must seek to be self-sufficient". "Until now, what was done was, fulfilling the technical conditions for both transport and deposition, operations were authorised. From now on, we will start by objecting to these operations. There will never be licensing based on the conditions techniques, but only after the verification of a set of conditions that guarantee, namely, that we are not endangering the capacity of landfills in Portugal and that the option of other countries, especially Italy, is not a lazy option, but that it results from an objective need that this country may have", he said. In Portugal, 11 treatment operators can receive hazardous waste from other countries for disposal in landfills, provided that the types of waste and the respective treatment operation are provided for in the respective licenses, according to APA. Matos Fernandes reaffirmed that requests from other countries for depositing waste in landfills (for disposal) are being assessed with "much more criteria",

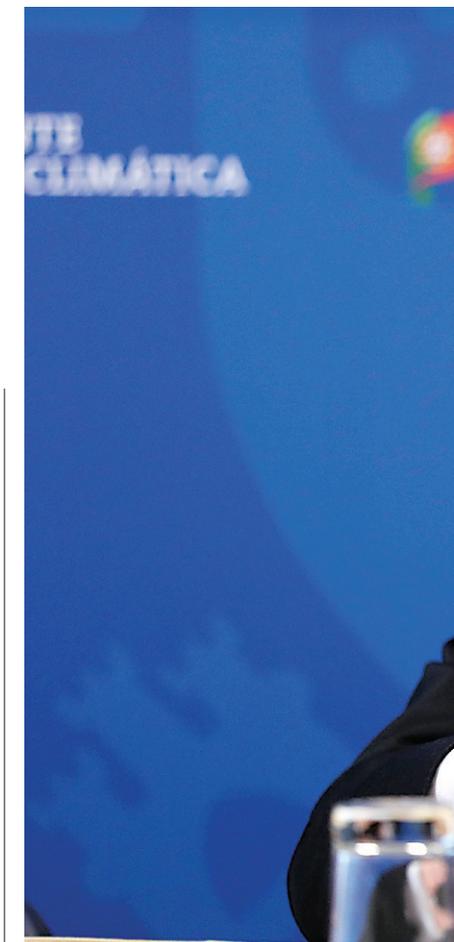
specifying that the volume went from around 60,000 tonnes in 2017 to 250,000 tonnes in 2019. While the country continues to receive large amounts of waste for disposal, Portugal also is guilty of exporting waste to other countries.

Portugal sent around 58,000 tonnes of hazardous waste abroad in 2018 for recovery and disposal, in a total of 50 processes, a number that has fallen for five consecutive years since 2013, when they registered 96 cases.

"In 2018, the total amount of waste sent from Portugal was 57,740 tonnes and the total amount of waste received in Portugal was 330,915 tonnes", states the 2018 Transboundary Waste Movement report, in the chapter dedicated to the "Orange List", on hazardous waste.

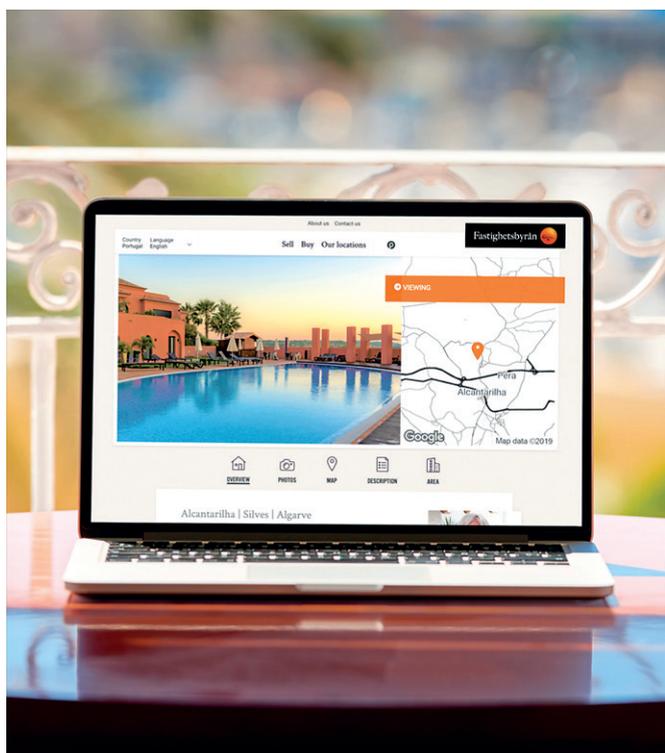
According to the most recent report by the APA, which is validating data for 2019, 96 notification processes were registered in 2013, corresponding to 67,259 tonnes; in 2014 there were 74 processes (57,079 tonnes); in 2015 there were 72 (55,524 tonnes), in 2016 another 60 (53,422) and 2017 a total of 57 (57,328 tonnes).

The total waste output for disposal, for incineration on land, was headed mainly for Germany where pharmaceutical waste was being disposed of.



Minister for the Environment and Climate Action, João Matos Fernandes, speaking at a press conference about the import of waste from European countries.

According to the report, solid waste from gas treatment containing dangerous substances represented 52 percent (29,349 tonnes) of the total waste that left the country for recovery in 2018, destined for Spain. For Morocco, 12,289 tonnes were treated, representing 22 percent of the lead accumulating waste. In 2018, and for the first time, waste left for Norway, namely engine oils, transmissions and lubrication, for treatment to be used as fuel or other means of energy production.



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Minister of Internal Administration, João Matos Fernandes, stated that Portugal would apply the principle of systematic objection to limit migrant routes to landfill. (Photo: Lusa/João Relvas)

N News in Brief

Car access to Central Lisbon banned

Traffic access to the downtown Baixa-Chiado area of central Lisbon, will be exclusively for residents, drivers with car signs and authorized vehicles, between 6:30am and 12am, from the summer, announced the city hall. From July/August a car sign/sticker will be necessary to access central Lisbon and, in the case of residents, to park on the road. The access will be controlled every day between 6:30am and 12am

Faro burglar caught twice in 48 hours

A burglar in Faro was caught twice in as many days. The 33-year-old man was first arrested on 29 January for stealing from a car, and was detained but released. 48 hours later he was caught again, this time robbing a shop in Faro. The latest arrest took place on January 31, around 7am, by an off-duty officer. He will now be remanded in custody pending trial.

1st Algarve Gastronomy fortnight is being staged in Faro

The 1st Algarve Gastronomy fortnight is being staged in Faro from 16 to the 30 of March, in restaurants throughout the city. Organized by the Faro Parish Union the initiative aims to promote "Algarve gastronomy and local Faro gastronomy, as well as mitigating seasonality in the sector and adding value to it". Each participating restaurant must create a complete typically regional menu with a wine suggestion for a set price per person.

Minister of Internal Administration says talk of new migrant route to Portugal "still premature"

The Minister of Internal Administration, Eduardo Cabrita, has said that the 11 illegal migrants intercepted on a boat near Olhão have been questioned, but it is still premature to talk about a new migration route to Portugal. The Minister said he is "in dialogue with Spanish and Moroccan authorities", and "plans to establish, in the coming weeks, a direct meeting" with his Moroccan counterpart on various topics, "including this one".

Lisbon half-marathon with 16,500 entries

The Lisbon half-marathon, to be held on 22 March, already has a full complement of entries, about two months before the race, revealed the Marathon Club of Portugal. The race, which celebrates this year its 30th anniversary, has more than 16,500 people registered, thus exhausting, "in record time", all registrations available for the distance of 21 kilometres. The record number of registrations from foreign participants was also broken, with more than 7,400 registered, "about 20 percent above the 2019 edition".

WEATHER

Best of the weather in the south

This weekend the warmest weather will be in the south of the country while in the north it is to be wet for much of the weekend and the remainder of the week.

Lisbon: There will be a chance of rain on Saturday in the capital but this is to reduce as the week progresses and sunshine returns. Temperatures are to average highs of 17 degrees and nightly lows of 10 degrees although this will feel cooler thanks to northerly winds for the entire week.

The south: It is to be warm and mild in the south over the weekend with average daily highs of 19 degrees and nightly lows of 10 degrees. From Monday the wind direction is to change to northerly which will make it feel cooler, while there will be a slight chance of rain from Wednesday.

The north: Rain on Saturday is to increase in intensity on Sunday and Monday before easing off on Tuesday for the rest of the week. Average temperatures are to reach highs of 16 degrees and lows of 10. The best of the weather is expected at the end of the week when sunshine is to return.



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VAT cut on electricity would cost €774M and is “illegal”

Portugal's secretary of state for parliamentary affairs said that if the PSD's proposal to reduce VAT on electricity from 23 percent to 6 percent is approved, it will cost €774 million a year.



Portugal's finance minister has warned that the proposal to reduce VAT on electricity is illegal, in violation of Portuguese and European legislation

This estimate was put forward by Duarte Cordeiro in his speech at the PS Parliamentary Days in Setúbal, where he also reinforced the thesis that this proposal by the social democrats is illegal and

suggested that the Communists could reject the measures to compensate for the reduction in VAT on electricity proposed by the PSD. “Since it is not possible to discriminate against

domestic consumption - we seriously believe that it will not be possible - this PSD proposal represents an impact as of 1 July of around €334 million. In a full year, it would represent around €774 million,” he said. According to Cordeiro,

although the reduction of VAT on electricity is not included in the government's programme, it has been seeking a “balanced solution” from Brussels for the implementation of this measure to reduce VAT on electricity.

“But the PSD's proposal not only ignores that path and that commitment but seeks a VAT reduction with enormous budgetary impact. Besides being illegal, since it applies different rates to different types of consumption (domestic and non-domestic), it is based on the assumption that it will be compensated by cuts for which we do not believe there is a majority for its approval,” he said, here in a notice to the Left Bloc and PCP.

Cordeiro then challenged the PSD to clarify “what it will do if the compensation it proposes” to reduce VAT on electricity “is not approved.

“Otherwise, this proposal

does not have the balance and its approval represents (in the PSD's own words) an irresponsibility”, considered the member of the government.

For the phase of budget discussion, according to data from the secretary of state for parliamentary affairs, about 130 proposals for amendments to the proposal of the government have already been approved in general.

“It is clear that we must be selective in what we can accept at the risk of disfiguring the budget, calling into question the government's programme and the sustainability of the country's budget balance,” he added.

Meanwhile, Portugal's finance minister has warned that the proposal to reduce VAT on electricity is illegal, in violation of Portuguese and European legislation.

“The VAT proposal is illegal because it does not comply with national and community legislation,”

Centeno said in a reference to the fact that the Social Democrats' proposal to amend the 2020 budget establishes a differentiation between the VAT on electricity for domestic consumption and VAT on electricity for industrial consumption.

In his speech, he also said that the PSD proposal was incompatible with budgetary balance and, in this context, suggested that the social democrats may want a cut in spending in the National Health Service (SNS).

To finance the reduction of VAT on electricity, the PSD said it presents compensation measures, but those measures are not credible, said Mário Centeno.

According to him, “if the PSD's proposals were to be taken seriously, for example, the issue of cuts in intermediate consumption, it would inevitably mean a cut in the funds that are in the budget for the country's Health Service.

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Drug trafficking speedboat factory detected

Three speedboats being produced in an abandoned factory in Faro have been seized by police who believe the boats were intended for use with drug trafficking.



Police believe the boats seized were intended for use in drug trafficking. (Photo: Lusa/Luís Forra)

The 12 metres long boats were found in an old plastics factory in the city near to the docks in Faro and authorities stated that they believed the boats were to be transported in trucks to be launched outside Portugal. According to the commander of the Olhão detachment of the Coastal Control Unit (UCC) of the GNR, who also collaborated in the investigation, Nuno Marinho, "there could be an attempt to place such a vessel in the water", but, if those involved in the operation attempted to, they would be detected by the authorities. According to António Madureira, the

investigation, which culminated in the dismantling of the unit and in the identification of four Spanish citizens, had been going on "for a few weeks", with possible "preparatory acts" for a crime of drug trafficking, tax fraud and money laundering. "We found people working here, but what will happen will depend on the development of the investigation, which is still at an early stage," said António Madureira, stressing that the possible criminal liability of the people involved in the construction of the vessels will still be assessed. According to the commander of the Southern Maritime Zone, Fernando Rocha Pacheco, these types of boats reach

high speeds - reaching 60 knots, which is equivalent to more than 100 kilometres per hour - which would make a trip from Morocco to the Algarve take "between six and seven hours". If the bales of drugs, were to be used for drug trafficking, they would have to be transported over the deck, since there is no internal compartment to accommodate the drugs, he added. The three police authorities worked together in the operation that led to the dismantling of the unit, located at the doors of Ria Formosa, and the seizure of three rigid vessels, two in the final construction process and one in a modular format.

Seizure of drugs in the Algarve is a "heavy blow" to drug trafficking



KIM SCHIFFMANN

The director of the Judicial Police (PJ) of Faro on 4 February considered that the seizure of two tonnes of hashish and the arrest of 10 people on a beach in Portimão constitutes "another hard blow" to organised drug trafficking.

"Today's operation has culminated a phase, but the investigation will continue. We are going to gather other pieces and try to investigate the extent of the criminal activity, namely to identify other possible participants in this activity", António Madureira told journalists.

The head of the PJ was speaking to journalists in the substation of the Coastal Control Unit (UCC) of GNR, in Portimão, where the bales of hashish and

one of the vehicles seized in the operation that took place since 8.30pm on 3 February were exposed, at Alemão beach, in the municipality of Portimão.

According to António Madureira, the seizure of 59 bales of hashish and the arrest of 10 people of various nationalities, in flagrante delicto, when they unloaded the drug, "is the culmination of an investigation that has been on going for about a year and a half".

In the opinion of the officer, the

narcotic product could not be destined for Portugal, with the Portuguese territory being "just a crossing point" for the drugs.

"As a rule, and in this type of traffic, Portugal is just a crossing point", underlined the person in charge of the Southern Judiciary Police.

For his part, the commander of the Coastal Control Detachment of Olhão of GNR, Nuno Marinho, referred that the interception of the rigid vessel that carried the drug resulted from the

surveillance carried out with the support of the PJ.

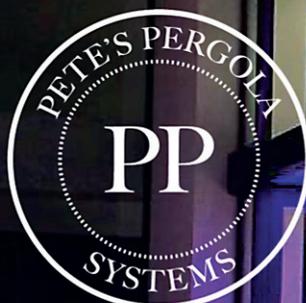
"The vessel was detected off Portimão and when we realised that it was sailing towards the beach, maritime and terrestrial means were used to intercept it and approach the individuals who were on the beach," he said.

According to Nuno Marinho, the detainees were "on the beach and in its surroundings using vehicles, including two light off-road vehicles, which

were already loaded with hash bales".

"There was no resistance, but there was an attempt to escape, and warning shots were fired, for the safety of the individuals who were on the beach," he said.

The soldier added that one of the detained men "was slightly injured, with bruises on one leg, resulting from a fall on one of the rocks on the beach," and was taken to the hospital for assistance.



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Motion to suspend tourism project in Portimão fails

The Municipal Assembly of Portimão failed a motion that recommended to the Chamber the suspension of an urbanisation plan that foresees the construction of three five-star hotels in the coastal area known as Ponta João d'Arens .



The reformulated project foresees a smaller construction area, with three hotels, fewer rooms and further away from the cliffs.

A source told Lusa news agency that the motion subscribed by the PPD / PSD and Movimento Servir Portimão was defeated, by majority, in the Extraordinary Municipal Assembly, on Monday, 3 February, with 12 votes

against of the PS municipal deputies, 10 in favour: PSD (3), Servir Portimão (3), Bloco de Esquerda (3) and one of the independent deputy, and two abstentions from the CDU. The document, to which Lusa had access, was based on a petition that

brought together almost 1,000 signatures promoted by a group of citizens who intend to have the licensing of the hotel complex revoked, whose promoter is the entrepreneur Miguel Pais do Amaral. In the motion, the PPD /

PSD and Movimento Servir Portimão claim that the suspension of the subdivision, in addition to not affecting the rights of the owners, will make it possible to "rethink" the solutions for the occupation of the area covered, in order to understand whether the planned urban regime "should or should not be reviewed". Municipal deputies justify their position with the fact that the allotment project for the construction of 600 tourist beds received an unfavourable opinion from the Environmental Impact Statement (DIA), issued by the Algarve Regional Coordination and Development Commission (CCDR). The project was disapproved in May 2019, after an unfavourable opinion from the Evaluation Committee responsible for the technical analysis of the



KIM SCHIFFMANN

Environmental Impact Study. The deputies recall that the lead "took into account the risks and potential damages that its approval and execution could cause to the flora and cliffs in the area". According to the opinion of the Evaluation Committee, "the project does not have the conditions to be viable, namely due to factors such as biodiversity and the landscape". The commission considered that the construction put at risk the destruction of almost three hectares of one of the most representative nuclei of 'Linaria algarviana', a highly pressured plant species, exclusive to the western

Algarve and with a protection status under the Natura 2000 regime. "In addition, irreversible impacts on the structure and scenic quality of the landscape are likely to compromise the identity of one of the areas that preserves the original features of the regional coastal landscape", he said. In November 2019, the three promoters of the project - the Top Building groups, the Spanish Astronow and Areia Feliz in partnership with Estoril Investe - presented a new environmental impact study for three five-star hotels, for the UP3 subdivision, located at the tip of João d'Arens, next to the beaches of Vau and Alemão. The reformulated project foresees a smaller construction area, with three hotels, fewer rooms and further away from the cliffs.

S. Marcos da Serra Motorhome service area inaugurated

The Municipality of Silves inaugurated the S. Marcos da Serra Motorhome Service Area on 31 January.

The ceremony was attended by the Mayor of Silves, Rosa Palma, the Permanent Council, the President of the Parish Council of S. Marcos da Serra, Luís Cabrita, the local population and a large number of motorhomes who filled the space, having read an intervention on behalf of the Portal CampingCar Portugal that considered the new structure as one of the best created in Portugal and in neighbouring countries.

The motorhome service area of S. Marcos da Serra represents an investment of €137,000, having benefited from community financing, and has

the capacity to host 22 motorhomes in an area of over 2,000 m².

The development perfectly framed in the mountainous environment and of a remarkable beauty, includes parking spaces, concierge, service area, plantations, drinking water supply points, place for dumping water and chemical toilets, lighting and electric power points.

It should be noted that the project constitutes a significant socioeconomic development for the village of S. Marcos da Serra by creating objective conditions for attracting tourists.

Results of 2019 tourist year positive for Algarve

In 2019, the average occupancy rate for hotels and tourist developments in the Algarve reached 63.8 percent, 0.9 percent more than in the previous year, while turnover rose 3.9 percent in the same period.

In 2019, the Algarve recorded 20.695 million overnight stays in officially classified accommodation, for a total of around 4.459 million guests, of which 3.251 million were foreigners and 1.208 million nationals.

The tourists who contributed most to the total overnight stays in the Algarve were: the British 30.5 percent, the Portuguese 20.5 percent, the German 10.2 percent and the Dutch 6.5 percent.

The Algarve also received 1.3 million foreign tourists who resorted to their own homes, family and / or friends for their stay

in the Algarve during the year.

RevPar (income per available room) rose 3.3 percent, reaching €54.40 per day.

The officially registered accommodation generated total room revenue of €907 million, while the total billing amounted to more than €1,225 million.

Also noteworthy are the falls in the German market of 11.7 percent and the Dutch market of 8.4 percent, to name only the most important. The average stay also dropped by 0.1 days, now standing at 4.6 days, a trend that needs to be reversed.

Tourist golf followed the

evolution of regional hotel occupancy, rising 1.4 percent, with golf courses in the Algarve being traded, 1.368 million rounds, that is, 19.5 thousand more than in the previous year, an average of 36,003 rounds per field, the best record since 2006.

For 2020, the prospects are for a slight increase in occupations (+ 1 percent), with prices rising 1.7 percent, on average, which will contribute to a slight improvement in the financial situation of companies, as well as to the growth of the turnover (+2 percent) and, therefore, normal net results.

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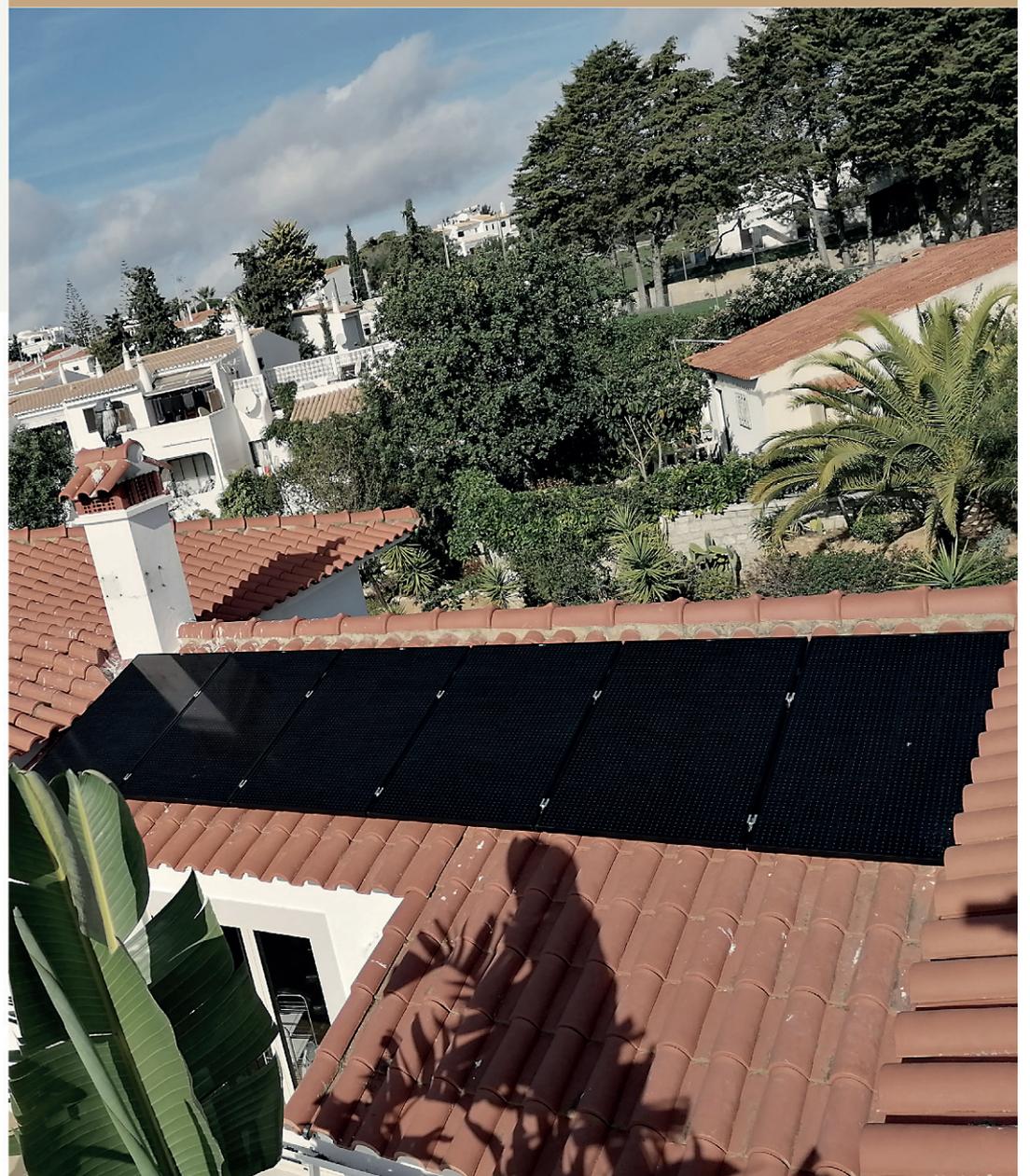
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Iberdrola to invest €200M in wind farms

The chairman and CEO of Iberdrola, Ignacio Galán, has announced plans to invest €200 million in “new wind projects” in the Alto Tâmega region, in Portugal’s Vila Real district, to generate clean energy for 800,000 customers.



Prime minister António Costa with the CEO of Iberdrola, Ignacio Galán during a visit to the Daivões dam and Gouvães sub-station in Ribeira de Pena. (Photo: Lusa/Pedro Sarmento Costa)

“We are undertaking other new wind projects in this same area that will mean an investment of €200 million,” Galán said during a visit to

the Daivões dam and Gouvães sub-station in Ribeira de Pena, part of the Tâmega Electricity System (SET) that is one of the largest such projects in Europe of the past 25 years, comprising ultimate total investment of €1.5 billion.

Portugal’s prime minister, António Costa, and the minister of environment and climate action, João Matos Fernandes, also took part in the visit.

“Iberdrola wishes to continue to grow in Portugal and there was no better place to express this commitment than in this SET”, said Galán, adding that the company intends to “continue to promote the energy transition” in Portugal, as well as the “creation of wealth and well-being for all Portuguese.”

Recalling that the use of clean energy is central to Iberdrola’s business model, Galán stressed that the SET is set to make a “very major” contribution to Portugal’s plans to reduce carbon emissions.

According to data released by Iberdrola,

the Gouvães dam is currently 75 percent completed, while Daivões is at 68 percent and Alto Tâmega at 42 percent. As a whole the SET system - which is overseen by Iberdrola - is expected to be completed in 2023.

The hydroelectric project was officially presented in 2009. The following year one of the four dams initially planned was struck from the project by imposition of the Environmental Impact Declaration (DIA) for the project; work on the three remaining dams started in 2014.

Over the course of this decade, the venture has been the target of opposition from environmental associations and residents of affected municipalities. The creation of the Daivões and Alto Tâmega reservoirs will affect 52 homes.

At present the project is employing about 1,800 people, of whom almost 370 are from local municipalities.

When finished, it is to have an installed capacity of 1,158 megawatts (MW). Ultimate annual production is to be 1,760 gigawatts hours (GWh), equivalent to 6 percent of Portugal’s electricity consumption.

Renewables supply 51% of electricity in 2019

The production of electricity from renewable sources supplied 51 percent of national consumption in 2019, with wind power representing 27 percent, the highest share ever.

Photovoltaic solar energy was, according to REN, the source that grew the most last year, having exceeded for the first time the value of a terawatt-hour (TWh) of annual production.

The hydroelectric production index stood at 0.81 (below the average of 1) in 2019, with the last two months of the year improving dam production. In December, the production index reached 1.77.

In turn, the wind production index registered 1.05 in 2019, and 1.13 in December.

“The combination of these factors allowed

a period of 131 consecutive hours, the longest ever, with renewable production exceeding consumption,” said REN.

Thus, in December 2019, all renewable production supplied 76 percent of national consumption (including export balance) and non-renewable production the remaining 24 percent.

The balance of trade with foreign countries relating to renewables was exporting (more was sold to Spain than was bought) and “was particularly high” in the last month of the year, equivalent to 19 percent of national consumption.

Retirement age to rise

The legal retirement age rises one month to 66 years and six months from 2021, according to a diploma published in the Diário da República (DRE).

The normal age of access to old age pension varies according to average life expectancy at 65, an indicator that the Statistics Portugal (INE) updated in November to 19.61 years.

“Thus, considering that the average life expectancy indicator at 65 years of age in the three-year period 1998-2000 was 16.63 years and in the three-year period 2017-2019 it was

19.61 years, the sustainability factor applicable to old-age pensions started in 2020 is 0.8480,” the gazette wrote.

According to the rules in force, those who retire before the age that should be set for 2021, will have a cut in the value of their pension through the sustainability factor (a mechanism that adjusts the retirement age to average life expectancy)

and a monthly penalty of 0.5 percent for each month brought forward in relation to the legal retirement age or in relation to the personal retirement age.

There are currently rules in place for access to early retirement that allow people with longer contributory careers to retire without cuts in pensions or only with a monthly penalty of 0.5 percent.



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“Pioneering” University Health Centre in Loulé

The Regional Health Administration (ARS) of the Algarve has received authorisation to finance the new University Health Centre of Loulé, an “innovative” project focused on the investigation and training of primary health care professionals, said its president.



The new health project in Loulé is aimed at improving care for the local population.

The building of the new centre will be financed with an amount of €1.3 million from ARS / Algarve (35 percent of the total), authorised by a government

decree dated 28 January, and another of €2.4 million (65 percent) from the municipality of Loulé, already budgeted for 2020. Speaking to Lusa, the president of ARS / Algarve, Paulo Morgado

said he believed that the project would contribute “to the difficult establishment of clinicians in the Algarve, who thus have an opportunity in the region to be able to differentiate themselves

in the academic field, which otherwise they wouldn’t have”. The building, which is “designed from scratch to have a teaching and research component” and “is a pioneer”, will provide “better conditions for this teaching and research in primary health care”, he argued.

The training and research component of the University Health Centre of Loulé (CSUL) will be tutored by the Academic Centre for Research and Biomedical Training of the Algarve - Algarve Biomedical Centre (ABC).

The President of ABC, Nuno Marques, highlighted to Lusa the importance of expanding this offer - until now very centered on the Hospital and University Centre of the Algarve (CHUA) and the University of the Algarve - to health centres in the region, already in 2020, to innovate and improve care for the population. That official stated that this feature will “strengthen the training and research capacity of health centres” and that the

Academic Centre will “guarantee the offer” on the training component, “especially for postgraduate studies”.

Defending that “doctors in health centres need continuous training to be always up to date and provide the best care”, Nuno Marques said that ABC will also provide “all the necessary support” to the research projects that may be developed.

This year, there will be 100 doctors covered by these training actions, belonging to the health centres of Loulé and the other municipalities of the Central Algarve: Faro, São Brás de Alportel, Olhão and Albufeira. The University Health Centre of Loulé will be in the new health complex in the Algarve city, which will also include the Family Health Unit (USF) Lauroé and a Community Care Unit, the Mayor of Loulé told Lusa.

Vitor Aleixo said that he hopes to have the specialty projects completed “by June” in order to launch a contest and, “if all goes well, start the work in a year”.

Researchers identify earthquake vulnerability

Researchers from the Faculty of Engineering of the University of Porto (FEUP) have developed a platform capable of identifying the vulnerability of infrastructures in case of an earthquake.

In statements to Lusa, António Viana da Fonseca, professor at the Department of Civil Engineering of FEUP, said that it was to find optimised solutions to mitigate the effects caused by the liquefaction of soils (collapse comparable to that of

quicksand) induced by earthquakes that the ‘LIQUEFACT’ project emerged.

Started in May 2016 and financed in €5 million, the project took as its starting point the risks associated with this phenomenon, both for infrastructures and buildings already built and

for the population.

For more than three years, the team of specialists from six European countries - Portugal, Slovenia, England, Italy, Norway and Turkey - meticulously analysed several regions of Europe and identified macro zones and

microzones where there were historical records of the phenomenon or soil characteristics that could indicate the emergence of liquefaction.

“The first objective was: let us look at Europe as a whole and identify regions where historically these phenomena have occurred

or where soil characteristics show that they may exist,” he said.

And he added, “the mapping is detailed, but looking at the detail, we did not see our cities, infrastructures like hospitals, schools, fire stations or police, so we decided to make a more detailed map.”

As it was impossible to micro-zone the whole territory, the experts opted for four pilot regions where there were historical records of the great consequences of liquefaction: the region of Emilia-Romagna (Italy), the Marmara Sea area (Turkey), Slovenia and the left bank of the Tagus River in the municipalities of

Benavente and Vila Franca de Xira.

“We concentrated our attention on all the data concerning the 1909 earthquake that destroyed Benavente and from our analysis and study we concluded that in the area of the left bank of the Tagus River there are quite a few risks of liquefaction,” he said.

According to António Vinhas da Fonseca, it was based on this detailed analysis of the four pilot regions that, in parallel, the digital platform emerged, which aims to mitigate the effects of this phenomenon, by pointing out advanced engineering solutions with an optimized cost-benefit.

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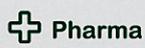
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The orange capital festival

Silves will be focusing on the orange during the upcoming festival celebrating the city as the capital of oranges.

The IV Mostra Silves Capital da Laranja will take place in 2020, on 14, 15 and 16 February, with performances by Rita Guerra (14), Ana Moura (15) and De Moda Em Moda (16).

The event will have its official opening at 10am. Present will be several dozens of exhibitors related to citrus, wines, agriculture, regional products, sweets, crafts and gastronomy, as well as some associations and local and regional entities.

Also taking place during this most recent edition of this show

that promotes the Silves Capital da Laranja brand, will be another cycle of conferences, in which national and international specialists will debate central themes for citrus production and producers.

Cocktails will also return, with the "Orange Cocktail Festival 2020". Also noteworthy is the well-known and usual Valentine's march, a sports activity that is part of the Algarve's march-race calendar and will be part of the event's programme.



Last year President Marcelo Rebelo de Sousa attended the event in Silves dedicated to the orange

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Navalrocha shipyard delivers multi-million-euro project

Portugal's Navalrocha shipyard has completed a multi-million-euro repair and refit project for Dubai-based marine geophysical company Polarcus.



Navalrocha Commercial Director Sergio Rodrigues said the sensitive project involved wide-ranging work.

The drydock project which completed in January 2020 involved a broad package of work to the ultra-modern 14 streamer 3D/4D seismic vessel - Polarcus Naila.

The vessel is amongst the most environmentally advanced seismic vessels in the world with diesel-electric propulsion, high specification catalytic convertors, a double hull and advanced bilge water cleaning system.

Navalrocha Commercial Director Sergio Rodrigues said the sensitive project involved wide-ranging work.

The Polarcus Naila visited Navalrocha shipyard for a total of 33-days running through the Christmas period," he said.

"The project involved five principal partners which operate at the Navalrocha shipyard base and a series of other specialist maritime firms, delivering a variety of mechanical, hydraulic, piping, steel work, blasting and painting as well as oil, fuel and ballast tank cleaning, carpentry and welding.

"Around 350 engineers were involved in the project which

required careful management of high-value survey equipment. Four mobile cranes, three yards cranes and six forklift trucks were used to manoeuvre on-board infrastructure. Engineers repaired four winches, replaced a further two and installed two new winches to boost operations. A new partnership with Cyprus-based Deme Marine also saw the delivery of robotic hydro-blasting. This service helped reduce time and manpower while ensuring zero dust contamination or damage to seismic equipment, which can occur using more traditional slurry blasting techniques."

The news comes shortly after Navalrocha delivered its first ever BWTS project for the Paxoi bunker tanker capping off an active 12 months notching up more than 30 drydock, wet basin and pier-side projects. Recent work has involved livestock carriers, polar expedition vessels, car-ferries, tugboats, cargo-carriers, cruise ships and sailing vessels. The yard is also driving further expansion in the LPG and product carrier markets.

Trattoria Oliveira reopens

Trattoria Oliveira in Quinta do Paraíso in Carvoeiro is reopening for the season on 7 February.

The Italian restaurant offers a wide range of menu choices by Chef Vitor Bernardo and the team are offering guests a free welcome drink on the house

during the re-opening weekend on 7, 8 and 9 February.

The restaurant also hosts a number of events and special promotion during the year including the upcoming Valentine's Day special menu which is available on 14 February.



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IRS 2019 - Procedures 1-7



Nº2 Non-Residents

Non-Residents are taxable on income and gains arising in Portugal. When the paying entities are resident or assets located within or services performed in Portugal, then the following examples of income would need to be declared:

- Local rental income;
- Holiday lets (Local Lodging);
- Capital gains on sale of investments;
- Capital gains from property sales;
- Fees from scientific, artistic or specialised services;
- Administrator/director's fees from resident companies;
- Domestically-sourced pensions;
- Lottery winnings.

Employers should deduct income tax at source on earnings. This withholding is final, unless governed by specific treatment under a Double Taxation Treaty. On all sources of income, proof of tax paid is required when transferring the proceeds outside of Portugal.

Question: I am only a visitor to Portugal (less than 6 months per year) but rent out my flat to holiday makers when I'm away. Do I need to declare this rental income in Portugal, even though I report it back home?

Finesco: Yes. Your first obligation is to settle up with the tax authority in the country where the income is generated. As such, non-residents are taxable on letting income arising in Portugal. If you conduct a *local lodging* business (short-term furnished lets to holidaymakers), your income is reported in Category B (Self Employment). As a Portuguese-based business activity, it may not need to be declared in your home jurisdiction as per the prevailing double tax treaty. You should consult with the applicable double tax treaty.

If you practice long-term rentals, this assessment should be eligible for an international credit in your home jurisdiction, once income has been declared and tax paid in Portugal.

Non-residents and Fiscal Representation

Non-Residents sometimes wonder why they need Fiscal Representation. First and foremost, for non-EU citizens, it is a legal requirement. Any non-EU citizen owning property or with income arising in Portugal must designate a resident entity to serve as *Fiscal Representative* to assure fulfilment of all tax obligations. For European Union and European Economic Community citizens, Fiscal Representation became optional in 2012.

Question: Should I maintain my Fiscal Representation with euroFINESCO now that it became optional?

Finesco: Our mission is to take charge of your compliance needs, keep you informed and back you up in a foreign land where you can easily be vulnerable. With our knowledge, experience and know-how working for you, we can give you the support that you need to make the most of your life in Portugal while helping you to pay the legal minimum.

Fiscal Representation is automatically included at no extra cost for some *non-residents* through several of our assistance packages. For others, it will be an important option, chosen with specific purposes in mind. Whatever your situation today, we are confident that you will continue to welcome our support to find cost-effective solutions to your ongoing needs in Portugal.

Next: *Non-Habitual Residents*

Dennis Swing Greene is Chairman and International Fiscal Consultant for euroFINESCO s.a. www.eurofinesco.com

Portugal's rating on the up?

According to Fitch analyst Michele Napolitano, the positive outlook considers an agency estimate that the Portuguese GDP will grow by 1.7 percent this year (after the estimated growth of 1.9 percent in 2019) due to the moderation of private consumption. Fitch currently evaluates Portugal's public debt at "BBB", the second investment-grade level, with a positive outlook and the next rating action for Portugal is scheduled for May. On the positive side, Fitch highlighted the commitment to the budget surplus assumed by the government, a "very positive" aspect for the assessment of the country's rating according to Michele Napolitano. Among the risks to be considered, the analyst pointed out that the slowdown of the external economy may penalise the country and, consequently, the public accounts. The pressure on the financial sector is still a risk, with Fitch

attentive to any situation that could cause instability in the sector and penalise the country's rating. In November, in a reaction to Fitch's maintenance of Portugal's rating with a positive outlook, the Ministry of Finance highlighted that the decision anticipates future rating increases.

Finance minister Mário Centeno said that the Fitch agency highlights the maintenance of political and institutional stability, and the higher level of per capita income as strengths of the Portuguese economy, compared with other economies with the same rating, also reiterating confidence in the government's economic and fiscal policy options.

In the document, the Finance Department also stressed that, regarding the orientation of public finances, Fitch monitors the government's prospects for the budget balance, for the sustained reduction of the public debt ratio and a prudent debt management strategy, which involves extending

the average maturity of debt securities, diversifying the investor base and maintaining an adequate liquidity cushion.

The ministry pointed out, at the time, that Fitch highlighted the robustness of the banking system, where there were significant advances in reducing the bad debt ratio, identifying limited risks to financial stability.

Earlier, on 4 October, Mário Centeno told Lusa that Portugal's rating could soon rise to higher levels.

On that date, DBRS upgraded Portugal's sovereign debt rating from BBB to BBB high, with a stable outlook.

On 13 September, Standard & Poor's (S&P) revised its outlook on Portugal's sovereign debt from stable to positive, keeping the rating of Portuguese debt at BBB.

On 9 August, Moody's had raised the outlook for Portuguese public debt from stable to positive, keeping the rating at Baa3, one level above garbage. *TPN/Lusa*

The Fitch agency may improve Portugal's rating this year following the advances made by the country in public finances and in the expectation that public debt reduction will be maintained over the medium term.



Finance minister Mário Centeno said that the Fitch agency highlights the maintenance of political and institutional stability.

Lisbon home to Europe's first sustainable innovation summit

Over 10,000 people are expected to turn out for first ever Planetiers World Gathering 2020.

The dates for Europe's first sustainable innovation summit, the Planetiers World Gathering, have been announced. The sustainable innovation summit will take place from the 23 to 25 of April at the Altice Arena, Lisbon, Portugal.

Planetiers World Gathering 2020 will focus on uncovering long-term sustainable solutions to help the global environment. It will bring together over 10,000 key sustainability and innovation stakeholders, 100 speakers, over 200 projects and start-ups, 500 exhibitors and 100 investors from over 50 countries.

With the high patronage of the president of the

Portuguese Republic, it aims to raise further awareness of the sustainability challenges the world is currently facing, such as pollution, loss of biodiversity and food waste among others. It will also highlight the need for longer term solutions to counteract these issues.

The summit will focus on connecting and empowering creative minds and entrepreneurial spirit to promote real change.

Planetiers World Gathering will discuss themes such as ecology, climate change, poverty, education and hunger, with the aim of educating individuals to change their consumption behaviour, encouraging them to

become more conscious and responsible overall.

Key speakers at the event include: Daymond John, Investor & Star of ABC's Shark Tank,

Mike Berners-Lee, Author of the bestselling book 'There is No Planet B', Prof. Mohan Munasinghe, winner of the Nobel Peace Prize Laureate, Gina McCarthy, Former Administration of EPA, David Orban, Investor & Advisor of Singularity University

Gustavo Carona, a Doctors Without Borders Associate.

Initiatives taking place at Planetiers World Gathering, include: mentoring and acceleration, sessions for startups and businesses, educational Initiatives for kids, keynote speakers and panels and a wide range of networking sessions.

Speaking about Planetiers World Gathering, Founder and CEO of Planetiers Sérgio Ribeiro said: "Planetiers World Gathering is about making

a difference globally in a sustainable way. The first ever summit of its kind, we aim to connect creative, empowering minds and entrepreneurial spirit to

help make real change. The aim of the summit is to develop innovative ideas and sustainable projects which last beyond the event itself".

Business cocktail evening

The British-Portuguese Chamber of Commerce will be holding a cocktail evening on 20 February at EDGE International Lawyers in Almancil.

This cocktail will take place at EDGE's office in Almancil, on Thursday, 20 February, and serves also as the official inauguration of this new office to which they've now relocated.

These events are short after-work events between 6pm and 8.30pm, which allow new and existing members to get together and network with other members as well as with the Chamber Directors.

The event is open to members who can also bring along potential members to the event.

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For further information about the event, please email a.silva@bpcc.pt



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The Trump-Netanyahu Peace Deal

The peculiar thing about the 'peace deal' between Israelis and Palestinians that was announced in Washington was obvious at a single glance.



President Donald J. Trump (L) and Prime Minister of Israel Benjamin Netanyahu (R) entering the East Room of the White House for the unveiling of Trump's Middle East peace plan. (Photo: EPA/Michael Reynolds)

GWYNNE DYER

the Oslo deal, was assassinated by a Jewish right-wing extremist in 1995. His successor, 'Bibi' Netanyahu, had strangled the deal in its cradle before his first term as prime minister ended in 1999. The Oslo Accords died because Palestinian nationalists didn't want to accept a state that included only one-sixth of former Palestine, and Israeli nationalists didn't see why the Palestinian Arabs should have even that much land. Indeed, since the whole area was controlled by the Israeli military, Jewish settlers were already building towns throughout the occupied zone.

Yet even two decades later almost nobody admits publicly that the two-state solution is long dead, because to say that commits you to a discussion of the remaining alternatives - and none of them are good. That's why even this bizarre sham 'deal', cooked up by Trump and Netanyahu without any Palestinian participation, still talks about two states. At every turn of the wheel, the size of the imaginary state on offer to the Palestinians dwindles. With Israel on the brink of formally annexing all the Jewish settlements in the occupied West Bank, it's down to about 10% of former Palestine, and it will never actually happen. Yet the fictional destination of a Palestinian state must still be maintained. Why?

When people saw the 'concept' of a Palestinian state unveiled by Trump's son-in-law Jared Kushner, consisting of several dozen little enclaves linked by overpasses and tunnels, many were irresistibly reminded of the 'bantustans' of South Africa. The bantustans were created by the apartheid regime to give the illusion of freedom and self-determination for South Africa's oppressed black populations. They never fooled anybody, but they allowed the regime to claim that it did respect the democratic rights of black people. They just couldn't vote in South Africa, which was a country for white people. Kushner's map is trying to do the same trick. A real two-state solution is politically unsaleable in

Israel, partly because of the Jewish majority's security concerns but mainly because the Jewish settlers want too much of the territory such a Palestinian state would be built on. But the Palestinians are not going to go away, and there are around five million of them. They have already lived under Israeli military rule for more than fifty years. Can you really defend leaving them under military occupation for another fifty?

If not, then the remaining alternatives are a two-state solution or a 'one-state solution' in which Israel annexes all the occupied territories. But if Israel annex them then those five million Palestinian Arabs will be able to vote in Israeli elections - and Israel ceases to be a 'Jewish state', although it remains a democratic one.

Or else you don't let them vote, in which case Israel becomes an apartheid state. This is why the zombie two-state solution keeps rising from its grave. Israel doesn't actually have to get the Palestinians to agree, but it must keep talking about some sort of Palestinian state or else resign itself to being simply an ethnic tyranny.

Is this a sustainable long-term policy? It may well be. Israel is the regional military superpower, unbeatable by any imaginable combination of Arab states, and in any case the rest of the Arab world has largely lost interest in the plight of the Palestinians.

That's why there was no need to have any Palestinians at the great unveiling of the Trump-Netanyahu 'peace deal' this week. Palestinian consent is not necessary, and when they reject it they can be vilified for rejecting 'peace'. Netanyahu understands this perfectly. Whether Trump understands it doesn't even matter.



Gwynne Dyer is an independent journalist whose articles are published in 45 countries.

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There was President Donald Trump and his good buddy Benjamin Netanyahu, the Israeli prime minister, together at the podium, and an audience of US and Israeli officials who clapped at every opportunity. They were talking about a 'two-state solution', and one of those states would have to be Palestinian - but there wasn't a single Palestinian in the room.

The after-life of the 'two-state' principle has already been much longer than its real life. It was born in the Oslo Accords of 1993, which were based on the belief that although Israel had conquered all of historic Palestine by 1967, it could not go on ruling over millions of Arabs forever.

Peace and prosperity could only come, therefore, if the Palestinians had their own state too. So the Oslo principle was that there should be two equal and democratic states living side by side, one Israeli and one Palestinian: the 'two-state solution'. But that solution didn't even survive the 20th century. Yitzhak Rabin, the Israeli prime minister who signed

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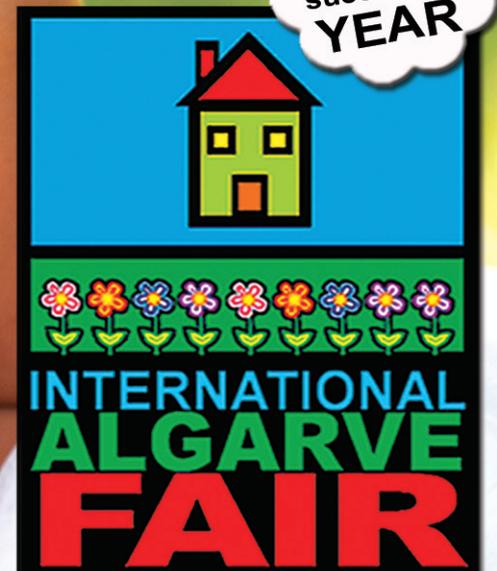
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CHARITIES

APAA CHARITY SHOPS - Dunas do Alvor: Tues to Sat 10.30am - 2pm. Rua Elias Garcia 20, Silves, Mon - Sat 10am - 2pm. 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. Patron Bonnie Tyler.

PIANIST WANTED on a volunteer basis for occasional Sunday services at the Anglican Church of St Vincent's Chaplaincy, Praia da Luz. Email pet.alex@sapo.pt

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.

SECOND CHANCE charity shop at Largo Das Ferreiras (on roundabout), Ferreiras, Albufeira. Open Mon to Fri, 10am to 4pm. Sat 10am to 1pm. Supporting people in need, also Bombeiros, Soup kitchens, Riding for the disabled, AHSA day care centre for the elderly and more. Contact Maggie Cook 917 707 808.

PORTIMÃO SOUP KITCHEN Beco São José, Rua São José, under old bridge in Portimão. Come and help us make sandwiches & serve food to hungry but appreciative people. For more info call Joy 917 358 098.

THE DONKEY SANCTUARY needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa. Larger items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 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. Call 918 552 788 or email ccc.carvoeirocatcharity@gmail.com

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, Nº 53. Portimão (Behind Bombeiros).

MADRUGADA ASSOCIAÇÃO provides home-based, end of life, palliative care to patients and their loved ones free of

charge. Your donations would be very welcome. Volunteers are also required. If you can help call us on 282 761 375 or visit our shops in Lagoa and Praia da Luz.

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 Monday, Wednesday, Saturday 10am to 1pm. Help us to Help others in the Tavira Area. 963558138

WORN AGAIN charity shop (formerly Tavira Treasure) Rua Almirante Cândido dos Reis, 134 Tavira 8800-357. Open every Monday and Saturday, 10am - 1pm. We also receive donations of clothing, books, household goods, small furniture. Contact Sara 967 159 010

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

THE NANDI CHARITY SHOP. Winter clothing now in store. Furniture can be collected within 30km Lagos. Tel 912741857

MUSIC

Aljezur International Choir. Thursdays 2pm to 3.30pm. 914285640 or wattyts100@hotmail.com, .

The East Algarve International choir. Rehearsals in new location in Livramento, between Luz de Tavira and Fuzeta. All welcome. Call Rineke Hofman 926684061. eastalgarvechoir@gmail.com

Coro dos Amigos do Museu. Thursdays from 6.30pm. Call call Liesbeth 281971909 liesbethnoordijk@gmail.com

Barbershop Chorus. Tuesdays 7.30pm. Moncarapacho. www.bellaacappella.net

SOCIAL

Royal British Legion Portugal (Algarve) the Central Area. Lunches on the 3rd Wednesday of each month at various venues. Non-members welcome. Tel: 926908089 or colinhearn998@gmail.com.

Royal British Legion Portugal (Algarve) the Eastern Area. Lunches on the 1st Sunday of each month at various venues. Non members welcome. rblportugalsecretary@gmail.com

Chess Club. Eastern Algarve. chessalgarve@mail.com

Drawing the Nude. Olhão Thursday mornings. jill.stott@gmail.com

Painting for Pleasure Classes. water colours, oils or

acrylics. Wednesdays Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Terry Reed 289845561.

C.A.S.A. - the Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. info@casasocial.club, 282495475. www.casasocial.club

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BRIDGE

DUPLICATE BRIDGE. Tuesday & Friday 1.15pm at Café Snack Bar Paris Lagos. Please contact 964 611 003 / 966 111 248.

Marina Club Suite Hotel Lagos. Tuesdays & Fridays 1.15pm. 963977642

Vilamoura Bridge Club. Tuesdays 1.45pm 919 833 122 or 910 448 170. www.vilamourabridgeclub.com

Lagoa. Thursdays 1.45pm. 282352022 / 969174130.

Vale d'el Rei. Beginners and Improvers 968457888.

Carvoeiro. Mondays & Thursdays 1.45pm for 2pm. 282357953 or 282357657.

Frank's Bridge. Thursday's 2.30pm duplicate bridge, Hotel Quinta Jacintina, Vale do Lobo. Frank Spelbos 937802110, spelbos@sapo.pt

Amigos do Museu Bridge. Friday's 2pm duplicate bridge, Museu do Trajo at São Brás de Alportel. Frank Spelbos 937802110, spelbos@sapo.pt

Quinta Jacintina. Mondays 2.30pm, Hotel Quinta Jacintina, Vale do Lobo. Contact Sally Roberts, sally@blanchworth.co.uk

SPORT

Ride with the Pack - Mountain Biking. Every Saturday, 9.30am, different hills each week. ridewiththepack@pm.me

Walking Football Mondays, 50+, Tavira. Tuesdays 60+ ONLY, Olhão Thursdays, Olhão from 9.30am to 11.30am, €3. www.walkingfootballalgarve.com, christopher.wright@hotmail.co.uk

Walking Football. Wednesdays, 10am - midday, Clube Desportivo de Odiáxere. 50+, just turn up. 960234641 or Billandyvonne.harper@btinternet.com

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Catarina, Fonte Bispo, Tavira. Roll-ups Mon, Wed & Fri. Joe Scott 963997582, joe.scott121@btinternet.com

Crown Green at Alvor bowling Club Tuesday 2pm. Peter or Janette 966169747 or 965700536.

Balaia Bowls Club, Tuesdays and Fridays 9.45am, Olhos de Água, Albufeira. Jill 935701155.

Touch Rugby. Lagoa, Mondays and Wednesdays 8pm - 10pm. Men and women, all ages welcome. Simon Wilkinson wilks89@hotmail.com, 282912280 / 924220173.

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. 910108730 or susharman9@gmail.com,

Alvor Bowls Club, Every Wednesday and Sunday, 10am. 282490280 www.alvorlawnbowls.com

Walking Football Wednesdays, 9.30am - 11.30am. Lagos. 50+. jerrydowd@hotmail.co.uk

Walking football Tuesdays and Thursdays 9.30am. Vilamoura. info@browns-club.com or 289322740.

Valverde Lawn Bowls Club - Mon., Wed, and Friday from 10am, Almacil. Jen 282332628 or 937264287.

Algarve Hash House Harriers meet weekly. 289413854 or 918806044. www.algarvehhh.org

WORKSHOPS & COURSES

Scottish Country Dancing. Every Monday, 7.30pm - 9.30pm, Nobel International School on the EN125 between Lagoa and Porches. Mardie Cunningham, 282356029 / 964278432 or rosevale45@gmail.com.

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor. Tuesday 7pm - 9pm Carvoeiro. Caroline 961916821, strictlydancing carvoeiro@hotmail.com

Art Classes: Botanical Art in Watercolours for beginners. Weekly from 12 March. Vale D'el Rei every Tuesday 1.45pm - 4.15pm €15 per class. Tel: 933669503 email: tonidade@yahoo.co.uk

afpop February events

afpop Lagos Putting Garden and Chinese Meal on Monday 10 and Friday 14 February. €26.50 for members, €7.50 for Golf only and €19 for the meal; guests €29.50 (€9.50 & €20). This includes: bottle wine or beer, soft drink, water with your meal, tips and a small prize for the winner. Pat Allen, **afpop** Lagos Area Event Organiser. Tel: 282697548, email: lagos@afpop.com

afpop Portimão/Monchique Lunch at Pestana Alvor on 18 February at 12.30pm. Meet in the ground floor dining room at 12.30pm for a 1pm start. €21 per member or €22 for non-members. Anita Nott-Bower **afpop** Portimão/Monchique Area Event Organiser Email: portimao@afpop.com

afpop Silves/Carvoeiro lunch at Frango Dourado on 21 Feb. at 12.30pm. Price €17 Members, €18 non-members. Heather and Les, **afpop** Silves/Carvoeiro Area Event Organisers, Tel: 966 677 295 or email silves@afpop.com

afpop Cascais Lunch at Hotel Baia on Saturday 22 Feb. at 1pm. This is for €25 pp. Drinks are not included but for an extra €4 pp you can enjoy, Water. Red/White wine. Coffee and Tea. Hotel Baia need at least 20 people to attend for this to go ahead, so if you and your friends would like to come



please contact me for a place. Kelly, **afpop** Area Event Organiser Cascais Email: cascais@afpop.com

afpop East Algarve monthly Coffee and Chat Morning at Pedras da Rainha, just outside Tavira on 26 February from 10.30am to 12.30pm. Always the last Wednesday each month and organised by **afpop** EA members. If you are interested contact: Sherry: 916 913612 or email: slosantaclara@gmail.com.

afpop Loulé Lunch at Restaurant L'Auberge on 27 February at 12.15pm for 1pm. Bert Shubbrook. Email: bertshubbrook@gmail.com

afpop Lagos Lunch at Rest. Carvi on 28 February at 12.30pm for 1pm. Members price is €22.50 and €25 for guests which includes the tip for the waiters. Pat Allen, **afpop** Lagos Area Event Organiser, Email lagos@afpop.com Tel: 282697548 or 969814789

Bowls Algarve

Tuesday, 28 January was our second Australian Pairs match, and we all met up again at Floresta Bowling Club for both morning and afternoon games, with lunch provided by Lynne and Paula. Tavira won two points from Pedras who won eight; Valverde lost all the points to Floresta who won all ten; and Alvor won six points from Albufeira who won for points.

Floresta are at the top slot in this Table with eighteen points, Pedras are second with fourteen points, and Alvor and Albufeira are third with ten points each.

Thursday, 30 January was Super 10's day. Valverde shared the points with Albufeira each taking four points; Pedras took all eight points from Balaia; whilst, Alvor won seven points from Floresta who won one point. Tavira were the resting team this week.

Floresta are in the top position with fifty-three points, with Pedras chasing closely behind on fifty points, Valverde are third with thirty-eight points.

Saturday 1st February, our Winter League matches took place. Floresta Foresters took all

eight points from Alvor Amigos; Albufeira Cats took all eight points from Pedras Panthers; Alvor Rooks took all eight points from Balaia Pods; and Valverde Vikings won two points from Tavira Tigers who won six points.

The Table for League A has Albufeira Cats at the top with seventy-six points, Floresta Foresters in second place with sixty-eight points and Pedras Panthers in third on fifty points.

League B matches had Floresta Huntsman taking all eight points from Alvor Scorpions; while teammates Floresta Rangers took all eight points from Alvor Greens; and Valverde Vipers won six points from Balaia Whalers who won two points. Valverde Vulcans were the resting team this week.

Valverde Vulcans are at the top of League B with fifty-five points, Floresta Huntsman and Valverde Vipers are in second place with fifty points each, Floresta Rangers are in fourth place on thirty-six points.

Three more weeks to the end of the preliminary rounds, to decide which teams are in the Semi-Finals. *Miriam Hare*

Portugal Walks

Tuesday 11 February Let's Walk from Marreiros: Walking through the low hills east of Messines, giving wonderful 360 views to enjoy. Returning along the valley of the Rib do Gavião and surrounding quiet rural farmlands, about 2.5 hours. (There is a river crossing on stepping stones). 10.30am start - meet at the café/restaurant Marreiros. Drive up the IC1 and exit for Messines, take the first exit right at the roundabout and after 500m at the next roundabout take the 3rd

exit direction Messines. After 500m take the turning right for Fonte João Luis and follow the road for almost 5km, café on the left. Chris 913 011 537

Friday 14 February - Let's Walk North of Silves: 10.30 am start. Meet at the café Terinho. Drive into Silves over the bridge and go right. At the next roundabout take the 2nd exit towards the 'Castelo' and after passing the cemetery on the right take the next road right (passes alongside the cemetery) then the road bears

round to the right and you follow it for about 5km - the café is on the left. PLEASE do NOT park directly in front of the cafe. Chris 913 011 537

All are welcome, there is no need to book. Please wear shoes suitable for country walking (remember you walk at your own risk) and bring a sense of humour. There is a nominal charge of 5 euro p.p. This includes a donation to charity. Full details plus driving directions can be found at www.portugalwalks.com

Keeping track of the Coronavirus-2019

Although Portugal to date has been spared from the new Coronavirus, it is important to keep up to date with the development of the new coronavirus with accurate information from official sources. This is especially so for those planning to travel.

There are unfortunately many myths and misinformation around, so it is essential to focus on what is accurate, rather than that which is not.

David Thomas, President of Safe Communities Portugal said Safe Communities has been closely monitoring the outbreak for some time. He explained "As a police officer in Hong Kong at the time of the SARS outbreak in 2002, it was vital that accurate information was available to the population. At that time this was more difficult as social media, such as Facebook was not available".

He added "That has changed, but whereas social media can be a force for good, it can also be a means by which misleading information can be spread worldwide in literally seconds, which can have grave consequences".

Thankfully there are many sources of information now

available, which can be gained from many different sites.

In order to help Safe Communities has therefore "pulled together" information and advice only from official sources, such as the WHO, SNS Portugal, Centres for disease control etc, into a major incident section on its website, which is being updated at least twice daily.

The section comprising seven pages provides: Situation reports - Portugal and overseas; symptoms of the virus; preventive measures; risk assessments; Information from Director General of Health Portugal, Virus Global Spread map, links to official websites and contact points. The aim is to help spread awareness and preventive advice both to residents in Portugal as well as those travelling from here to overseas.

David added, "I wish to stress that this is only from official sources tailored to local need, and presented in a way that provides an easy to access and navigate overview, with links to official sources where more detailed information can be found. It can be found at www.safecommunitiesportugal.com/majorincidentreport

Algarve Bike Rides

Here are the details of this week's rides:

Saturday 8 February - Please contact Diana via email: ridewiththepack@pm.me

Sunday 9 February - Bike Ride starting in Salir: We meet by the car park in the centre of the village (<https://goo.gl/maps/k9FbeHNEcUYwG4v9>) at 9.15am ready for a 9.30am start. This will be a typical Sunday ride of 35 to 40km with a café stop somewhere along the way.



For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikeholidays.com, Visit: www.algarvebikeholidays.com, or Facebook: [AlgarveBikeHolidays](https://www.facebook.com/AlgarveBikeHolidays).

Walk before you can run!

This old adage is very true where the East Algarve Football Club has evolved from East Algarve Walking Football.

Some senior walking footballers found it difficult, and still do so, to maintain a sedate stroll and would break into, what could best be called a canter! So a Wednesday session for the 'runners' started and has proved an unbridled success. It is open to anyone who wants to play 'normal' football in a competitive but friendly environment. Sessions take place on the Astroturf pitch adjoining the Tavira Sports Hall every Wednesday morning.

EAFC can now field veteran teams of all ages, ranging from Over 35 right through to over 70's. In late March vets. teams from the USA and Spain will be the visitors and their numbers will include players who have been involved with Benfica, Sporting, Aston Villa, Birmingham City and New York Cosmos; although there will also be players who have played purely at amateur level.

Recently a small group from Brighton (East Sussex) enjoyed a few days playing



Brighton 'youngster' (centre) with walking footballers

soccer and also being introduced to walking football. East Algarve Walking Football will be holding their Spring Dinner, to coincide with the third visit of Mature Millers WF (Rotherham), on 4 March at O Franguinho Restaurante, Olhão. Further details on the EAWF website.

Olhão: José Arcanjo Stadium (behind McDonalds on the EN125)

Tuesdays: Over 60's walking football
Thursdays: Over 50's walking football

Tavira: Astro-turf pitch adjoining Municipal Sports Hall, Avenida Zeca Alfonso
Mondays: Over 50's walking football
Wednesdays: East Algarve FC - normal football - all ages

All sessions 9.30am to 11.30am
There are also groups in Lagos, Odiáxere and Vilamoura
For further information: www.walkingfootballalgarve.com and www.eastalgarvefc.com

Burns Supper in Silves

The Saint Andrew's Society of the Algarve duly held their Burns Supper at the Ponte Romana restaurant in Silves on Saturday, 25 January. The Supper was a resounding success with over 140 participants.

As usual bagpiper Malcolm MacGillivray got the evening off to a scintillating start by welcoming guests outside the restaurant. Guests enjoyed a glass or two of excellent bubbly arranged by Dr. Povoas of

Kompassus and Joaquim Tinoco of Catuna & Silva. The restaurant has been used for this event for many years and is now well practised in preparing and serving the traditional MacSweens haggis, tatties and neeps (warm thanks to Iceland for their help in getting them!). I addressed the haggis after it had been piped in and a dram offered to the piper and accompanying "kilties".

After the main speech - an excellent Immortal Memory by



Ian Wilson - the light-hearted and teasing Toast to the Lassies was made by Gavin Scott and the more than adequate response on behalf of the lassies was made by Sue McAdam - this very well received by the ladies! The assembled company then enjoyed lively and enthusiastic Scottish dancing - which included an Eightsome Reel piped heartily by Malcolm MacGillivray - and the proceedings were brought to a close just after midnight with 'Auld Lang Syne'. The amber mead - or whisky - for the evening was kindly provided by Blevins Franks and was very much appreciated.

Our next event will be the Saint Andrew's Ball on 28 November at the Hotel Penina Anyone interested in knowing more about the Society is welcome to ring me on 935 577362 or Kathy Prentice on 919 635246. Our Society is small and comprises many nationalities so no need to be Scots! And if you would like to give Scottish dancing a try why not speak to Mardie Cunningham, who runs the dancing at the Nobel International School in Porches on Monday evenings from 7.30pm - 9.30pm. Her number is 282 356029.

Doug McAdam,
Chieftain

First ASB ride of the year



The first ride of 2020 for the motorcyclists of the Algarve senior bikers group took place on Tuesday, 28 January from Paderne.

The two groups were led on this occasion by Steve Wills and David Shirley.

Taking a route through the hills around Alte through Santa Margarida to Messines before heading north on the IC1 to São Marcos de Serra. There taking a break just outside the village for a coffee before riding the curves all the way to Monchique. Then back over the hills on some challenging roads offering

some super views to the coast and down past the Odelouca dam to Silves.

The day usually finishes with a group lunch but on this occasion riders made their own arrangements as a suitable restaurant could not be located due to many being closed for the annual holidays.

Next event - 26 February: Ride from São Marcos de Serra ending in Vila Nova de Milfontes organised by Philippe Payen, Eric Desurvire, Andrew Chilton, Erwin Oortman.

Details on website when finalised.

Elane's Farewell

After 23 years of working in the Mirtilo Gift Shop in Praia da Luz, (13 of which have been working with Philip & I). Elane has decided it's time to take things a little easier and begin a new chapter.

We would like to invite all our customers, that have got to know Elane over the years to come and join us on 10 February from 1pm onwards, at the Shop for a glass of Prosecco and a few nibbles (no mince pies)!! to wish Elane all the very best for the future.

We hope you can make the date and we look forward to seeing you there.

For more information Tel: 918580333.

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Re: Appalling healthcare in the Algarve

SIR, I was delighted to see John Clare's letter "Appalling healthcare in the Algarve" which mirrored precisely my responses to the government minister's hypocritical and deeply self-serving comments.

I'm even more delighted that Mr Clare has resumed his role as the premier purveyor of deflationary responses to the blind and ignorant BS propagated by those who can't see (or don't want to) that as in other counties Portugal, besides it's obvious attractions, also has severe drawbacks which should not be ignored vide the aforementioned health service and the laughable contention that everything is very inexpensive.

If I could prevail upon you to communicate my comments to Mr Clare and say that I would be delighted to be able to continue this dialogue directly as would greatly value his greater in depth experience of living in Portugal.

NORMAN HALL, Lagos

Re: Appalling healthcare in the Algarve 2

SIR, I read the letter from John Clare regarding the health care in Portugal and I cannot believe he actually states how bad it is. He obviously has opinions and that is all they are and he should say they are only opinions as they certainly aren't fact.

Two years ago I walked into Portimão hospital feeling unwell. In the next four hours I had blood tests, x rays, scans and samples taken from me. I was then put into a bed and went into a coma. The consultant telling my neighbours I had only 48 hours to live.

My liver had failed, but with the most amazing care and professional treatment you could get and 6 weeks in

hospital they saved my life.

Since then I have tests and scans every 6 months and see my consultant too. If this care is what J Clare calls 'worse than appalling' then I don't know what he expects..... Oh and also all this is done on the Portuguese health system, not private care.

I thank you Portimão hospital, its fantastic staff and the SNS for being a truly amazing service for saving my life

DAVE SELLERS, Portimão

Re: Appalling healthcare in the Algarve 3

SIR, John Clare's letter Appalling Health Care made me very sad because I remember the W.H.O's ranking table of the year 2000 when we were listed N° 12.

JimG, Faro

Re: Appalling healthcare in the Algarve 4

SIR, A short time ago you published an extremely critical letter regarding the Faro Hospital. I freely admit that in the past I have also have had criticism's of this hospital. However, I think it's past time that people put the blame firmly where it belongs and that is to the politicians and bureaucrats whose puffed up sense of their own self importance means they can't see past their own noses. If they could lay aside their overweening pride for a moment, they might just get together long enough to finally agree to start the building of the Algarve Hospital that was promised as far back as 2002.

I've just spent a few days in Faro hospital and I cannot praise the treatment I received highly enough. The staff are almost totally overwhelmed trying to work in this hospital that for years now has been too small, understaffed, and under resourced to cater for the entire Algarve. Without

exception all the staff were kind, helpful and went out of their way to help me, especially with my limited Portuguese language. They kept cheerful and caring even though they are clearly overworked and as I said before under resourced. I can honestly say I couldn't have received better treatment from staff anywhere. How they cope week in week out is a mystery to me, they were so busy all the time it was like watching perpetual motion, they just never got the chance to stop for a moment and draw breath. They all put in very long hours constantly on the move, particularly the nurses they just never stopped, but even so they always came to me with a smile and a kind word and dealt with me quickly and efficiently, the same for all the patients on the ward.

I would dare those sitting up there in their comfy management offices to go down into the hospital and spend a week or two trying to fill the shoes of the staff they obviously look down their long noses at. After spending a few days cleaning up, looking after and trying to deal with such an overload of patients, maybe, just maybe they'll get off their backsides long enough to actually do something. You have to also remember not only are the staff trying to look after patients they also have to take the anger and abuse thrown at them by patients stretched to the limits with waiting and delays sometimes for hours, something that is totally understandable, but unfortunately directed at the wrong people. That is the unfortunate members of staff who just happen to be in the way when patients finally snap, a particular problem in the Emergency dept.

Anyway, I just want to finish with a very big thank you to all the staff who looked after me so well in the cirugia ward, you have my total respect and for your sakes as well as the unfortunate patients I pray that common sense finally prevails and you get the help and the new hospital so desperately needed

WENDY HALL (Mrs),
By email

Leaving the EU

SIR, In reply to Mr anonymous **The Portugal News**, 25 January edition, he very conveniently omits to point out the massive financial payments that the UK has made to the EU over the course of many years. When at last we do finally leave, the EU is going to increase its levy to the remaining countries to avoid the whole system going bankrupt and that will be sooner rather than later.

The 2016 referendum was definite vote to leave the EU, to selectively pick to pieces the voting statistics to prove whatever suits ones agenda has been excellently demonstrated by this person to suit his own argument, the fact remains that it was a vote to leave. At the time several eastern European countries

were also watching as there was a strong feeling at the time amongst their populace that they would also like to depart from this authoritarian and grossly over inflated dictatorial organisation.

It is wonderful to think that in a few days time we will commence our departure from an organisation that we should have had nothing to do with in the first place.

I notice that Mr Anon does not supply a name, I wonder why this is, so perhaps it is to avoid any repercussions caused by his inaccurate and biased article. If he is an example of a remainer then thank goodness we are leaving, the EU is welcome to him. Perhaps when he has to dip into his pocket to find a few more Euros to maintain this bloated organisation he may remember what the UK has contributed to Europe over the last 40 years or so and have the courage to admit that it was to Europe's big advantage to have us as a member filling its coffers with our hard earned money.

STEPHEN PARSONS,
By email

Re: Safety and security of tourists of paramount importance

SIR, This I just read in your 25 January issue.

When "Safe Communities" was launched we immediately contacted them. We live a bit off the beaten track in the countryside. Very nice officials from the GNR visited us and registered our house for this program, noted the exact location, coordinates, access and all details. They named a phone number in case of emergency.

And what is the practice? Recently, there was the third burglary at our property. We called the number given to us. The GNR went on their way, but they couldn't find our house, 500m off the EN125. We had to pick them up on the main road. Imagine this with a couple of robbers with guns in front of you.

As for "one of the lowest crime rates in Europe": After three burglaries we have the experience that the GNR is obviously not interested finding the perpetrators - as one of the officers said: "We have nothing else to do but paperwork."

When I reported a burglary all I had was trouble, cost and inconvenience. At some point an officer comes along and explains that I have to report to the GNR at a given date: "if you don't comply it will be a crime"!!

A Portuguese friend told me: "If you catch a burglar and take him to the police, he will be out faster than you".

The consequence is that many criminal acts are not reported at all, unless you need the documentation for the insurance. Hence the low crime rate in the statistics.

I described to Safe Communities the way a robbery takes place and what the real



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. Email: letters@theportugalnews.com

needs are in such a case. What could be improved I also have described in writing many years ago. The presently taken measures are, insufficient, little practicable and largely ineffective. With a lot of publicity little is achieved.

This is an online translation. It may contain linguistic errors.
ALBRECHT BRUGGER.
By email

How PT could increase foreign investment

SIR, Your latest lead article explores how and why the Government needs to increase direct inward investment, so that it has the funds to upgrade its public services and to pay higher salaries so that it can retain more of its graduates. As your article reports, His Excellency Minister Pedro Siza Vieira is alert to the need, and the direction of the draft state budget reflects this. He is to be commended for the increasing alignment of OE2020 policies on real estate, Non Habitual Residents and boosting economic growth. But he deserves our help. Specifically, readers of this paper who have strong foreign contacts, such as recent retirees moving from UK, can introduce their contacts to Portugal's innovation agencies, and thereby stimulate sustainable growth in the economy and in the opportunities to create high-quality jobs in new sectors. For context, I am one of those retirees, a multi-country serial entrepreneur and innovator in emerging and high-tech sectors in UK, Ireland, USA, KSA, PRC. I am impressed by the quality of the Portuguese scientists, engineers and managers whom I collaborate with on EU-funded 'Horizon-2020' projects. But inward investment is much lower than it could so easily be. At no cost to Portugal, the Minister could encourage key

groups to collaborate, to create knowledge-intensive jobs in new industries, exploiting their 'know-how' and UK-retirees' 'know-who'. The NHR scheme could be revitalised to set job-creation targets and wealth creation would feed into all parts of the economy including health, welfare and real estate. Everyone could win.

PAUL LEFRERE, Alvor

Re: Cost of living in Portugal

SIR, Cost of living in Portugal? (**The Portugal News**, 25 January). Yes, very cheap if you are selective about what you compare. Wine and vegetables are much cheaper than in Northern Europe. But what about the rest? Buying your house costs considerably more both in terms of agency fees and solicitors' charges. I have found it cheaper to buy swimming pool equipment in the UK. Gas, electricity, internet and petrol costs more than most EU countries, the gas is twice as expensive as in Spain. If it comes to that houses cost nearly twice what they do in Spain.

If you require tablets for any illness, that is going to set you back. A friend of mine has to fly to the UK every two months in order to prevent herself being bankrupted with the cost of essential pills. And if you need medical treatment here without hassle, then you need to pay for it, and home medical care is only available if you go private. There is NO state assistance.

When I first came here the usual catch-phrase was "If you want to have a small fortune here, be sure to bring a large one". That still holds good.

If you are dependent upon a state pension and you need medical care and tablets, dont even think of moving to Portugal.

JOHN CLARE, Arão

Re. Wryneck

SIR, Maureen Borrowdale's Wryneck sighting (**The Portugal News**, 25 January) would indeed have been a 'magical moment' regardless of the bird's status in the Algarve. It is a beautiful, cryptically-plumaged species more often heard than seen, so any good view is an experience to treasure. The call is a slow 'piping', rather like a Kestrel with a silencer!

The Wryneck used to be mainly a summer visitor to the Algarve, with others passing through in spring and autumn, but the accidental introduction of the Argentine Fire-Ant, which is active throughout the winter, has provided a reliable food source at this season. I have encountered it regularly in both the east and west, usually in river valleys. Birds regularly spend the winter in the Budens area, where I live, and occasionally visit my garden too, where I took this photograph.

ALAN VITTERY, By email





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First drive of the Honda E

This concept car for the road is full of cutting-edge tech and an all-electric powertrain. Darren Cassey gives it a go.

What is it?

This is the highly anticipated Honda e - an all-electric city car that looks more like a concept than something you'd normally see on the roads. That's because it sort of is - Honda built a concept car in 2017 called the Urban EV, with cutesy, retro-futuristic styling that hinted at what the firm's all-electric future technology could look like. People loved it so much, they decided to build it as a halo model for its electrified future.

It's one of those cars you really want to love, because it looks great and is genuinely interesting in an industry of rampant parts sharing. However, some of the numbers could make it a tough sell - with a range of just 137 miles, similarly priced competitors appear to offer more bang for your buck (or charge for your change, perhaps). So, does it have enough substance to compete on more than just style?

What's new?

Pretty much everything is new, built from the ground up to be an electric vehicle, rather than converting an existing model for EV life. Being the firm's first full EV, all of the important internals such as the motor and battery are new, as are all of the body panels. It also gets cameras in place of wing mirrors as standard.

Most of the more interesting newness is in the cabin, though. There's the dashboard-wide screens, the all-new user interface, an artificial intelligence system, and an ambience that feels more like a Scandinavian's lounge than a Japanese city car.

What's under the bonnet?

Power comes from a single electric motor that feeds only the rear wheels and is fed by a 35.5kWh battery. Power figures are measured at 152bhp and 315Nm of torque for the motor, resulting in an entirely

respectable 0-60mph time of 8.3 seconds. The battery range is up to 137 miles, with recharging to 80 percent from zero taking 30 minutes at a fast charger.

While performance is punchy and the motor is serenely smooth when you need it to be, that range figure will be a sticking point for many. While Honda argues that most people just don't drive enough to need more and will charge at home most nights anyway, there's no hiding from the fact rivals offer considerably more.

For example, the slightly more expensive Peugeot e-208 isn't quite as powerful, but promises up to 217 miles of range. For peace of mind, some will find that hard to ignore.

What's it like to drive?

As with most electric cars, the Honda e feels supremely responsive to inputs, scooting briskly off the line and darting between traffic with a nimble enthusiasm you just can't find in a combustion-engined car. Its performance can overwhelm the rear wheels, too, so if you stamp on the accelerator in the wet you're often greeted by spinning tyres. It does the cool, calm and collected thing too, though.

Electric cars are ultra-relaxing to drive, making the Honda e the perfect antidote to a stressful inner-city commute, amplified by the minimalist interior. Perhaps what impressed most though was how the car performed in the awful weather conditions on our route. Most city cars would have struggled here, but the Honda e carved a path unflustered, even maintaining composure on the motorway in high winds - its abilities here further highlighting its frustrating lack of range.

How does it look?

Anyone who saw the Urban EV concept and fell in love will be delighted to see that it has made



it to production with fewer changes than most probably expected. Its diminutive proportions work fantastically with the genuinely unique styling, looking hilarious mingling with more mundane machinery in traffic. For some, the fact it stands out so much might be a turn off, but there's no denying it turns heads, with locals stopping to get a closer look at every opportunity.

What's it like inside?

If the exterior turns heads the interior really is a show-stopper. The most prominent feature is the wrap-around screens that dominate the dashboard. There's an 8.8-inch screen ahead of the driver, with two 12.3-inch touchscreens in the centre and ahead of the passenger. The user interface is excellent, which is all the more impressive given Honda's existing infotainment systems are generally poor. It's quick to respond to inputs and is easily configurable, with plenty of useful

functions and an excellent sat nav. It even has HDMI inputs, so you can watch high quality video through it.

The material qualities are largely brilliant. The wood dashboard is a premium touch, and the steering wheel and few buttons present inside feel solidly put together, while the general ambience is that of a high-end Ikea lounge.

Another win for the Honda is cabin space. Its Peugeot rival, for example, feels cramped inside, but the Honda e is light and airy, even for taller drivers - though you'll be constantly knocking the heated seats on with your knee.

What's the spec like?

All models get the wood trim, sweeping screens and cameras for wing mirrors as standard. The base model also gets 16-inch alloy wheels, heated front seats, a panoramic glass roof and adaptive cruise control. It's also a little less powerful. However, Honda is pushing the Advance model at launch, with

the vast majority of early orders expected to have this trim. Extra kit includes the addition of a central camera mirror, automatic parking, heated steering wheel, heated front windscreen and a premium audio system. An important note, though, is that there are optional 17-inch alloys on Advance models, which drop the range from 136 miles to 127.

Verdict

The Honda e is an utterly fantastic car. It looks brilliant, has a light and airy cabin with fantastic technology, and it's great to drive. Buyers who love the way it looks will no doubt also be delighted with how it drives. However, the range is a sticking point. If you fit the bill of one of Honda's ideal users, with a short commute and access to charging you'll be fine, but it's the 'what if' scenarios that often play on EV buyers' minds. Buying one could therefore be something of a leap of faith, but those that take it - and fit the use case - will not be disappointed. PA/TPN



Save time in the garden

You can save hours later on in the year by making a few changes now to give you that time back when you most need it.



Plant containers with evergreens, shrubs or perennials that will come back year after year, (Photo: iStock/PA)

Here are ideas to give you a head start on maintaining your garden when others will be digging, mowing, watering and weeding every chance they get...

Use permanent plantings in containers

Plant containers with evergreens, shrubs or perennials that will come back year after year, to save time having to replant annuals with

every change of season. Lavender is a good stalwart, or you could also choose patio roses, which make a good low-maintenance alternative to summer bedding, with a long flowering season. Plant them in

a big enough container and they can stay there for several years.

Consider automatic irrigation

Installing an automatic watering system in your garden will save you hours in the summer months. You can introduce seep hoses into borders and subtle irrigation systems to take care of patio plants.

It may involve some effort initially to get to grips with the timers and securing the hoses where you want them, but it will be worth the effort. Some systems have sensors that are placed in the soil, which can assess how dry it is and adjust watering accordingly.

Stop weeds before they start

You can save hours of weeding by spreading a thick mulch over your beds and borders, which not only suppresses weeds but will also help retain moisture. Loose mulches such as cocoa shells and compost will provide

nutrients to the soil, while bark chippings and gravel will be long-lasting.

Mulches should really be applied annually and should be at least 5cm (2in) thick to be effective. If you're a busy gardener, a thicker mulch of 7.5cm (3in) of good quality bark chippings should last up to three years, and can be applied at any time.

Create no-dig vegetable beds

Save time in the long-run by making a no-dig raised bed with room to walk in-between. The soil won't become compacted because no-one will be walking on it and will negate the need to dig. Make each bed between 1-1.5m (3-5ft) wide, so you can reach to the centre from the path. The depth of the raised bed depends on which crops you are growing, so if it's root vegetables you will need to make it deeper, while shallow-rooted crops such as lettuces will thrive in shallower beds.

TPN/PA

Top trends for your home Glamour, fun and feathers all feature in this year's hottest looks - but first and foremost, individual style rules.

If you want your interiors to look fashionable and Instagrammable, then you need to know what's hot for the home this year.

There's full-on colour, as well as more pared-back looks with natural materials (rattan's ruling currently), alongside some key must-haves - love seats, dressing tables, and glamorous headboards. In other words, plenty of trends and stylish items to choose from.

But what's emerging most strongly is that this decade, there's no need to follow the crowd.

Trends should be followed selectively rather than religiously. A successful home is where your taste rules (we're all becoming much more informed and confident about expressing it, thanks to inspiration-filled sites like Instagram and Pinterest).

We've chosen brilliant looks to help you create your own perfect, personally-tailored space....

Feel the love

We're embracing curves and cushioning in seating, as we hanker after homes which cosset and comfort us, and the love seat has become a must-have.

"Love seats are the ultimate giant armchair for those who love to stretch out and get comfy, or if you're feeling romantic you can snuggle up together," says Claire Wilks, from the Sofa.com design team.

"They're also a great space-saving size for those who are tight on room. Velvet, so practical now with protective finishes, are one of the most popular upholstery choices and they ramp up the luxe effect."

Turn to table-scaping

Table-scaping is the new on-trend description for creatively decorating tables. So stand down your boring workaday china and go all out with fancy cutlery, table linen and snazzy plates. It's all about dressing to impress. For inspiration, try searching #tabledecor and #tablesetting on Instagram.

Rule with ribbing

Grooved, ribbed textures are riding high this year, and the effect can be seen in upholstery, wood, and glass. We love this stripe-effect, ribbed cabinet.

Explore wild style

If you're over that hot, steamy jungle look - all palm prints and tropical colours - the latest, more pared-back desert look could be just for you.

Bold tribal prints, an earthy palette, natural materials and vibrant animal prints can be combined. But beware: it could inspire some serious summer wanderlust...

Wing it

Birds are having a moment - and zingy pink flamingos are now competing for attention with that most regal bird, the peacock, whose brilliant blue plumage is so in tune with 2020's trend for blue hues (Pantone's Colour of the Year is Classic Blue).

Pamper and pose

Special stand-out pieces make a room. Think cocktail cabinets which add glamour as well as holding all those drinks and glasses. Dressing tables are now vying for attention too - there's a brilliant array of slim, handsome examples suitable for compact rooms. And by clearing all that cosmetic clutter,

you'll be well on your way to a peaceful space.

Let your heart rule your head

"Just as fashion trends have shifted to celebrate individuality and personal style, so have interiors," says Lucy St George, co-founder of uber cool interiors destination, Rockett St George.

"I'm always a fan of throwing away the rule book - taste is often overrated - and I believe if you love it and it makes you smile, then it deserves to be celebrated in your room." Take inspiration from trends and the world around you, she says, but always make your home a reflection of you and what you like. "Go to town with all your favourite things and curate displays around your home that express your individuality - so that 'you do you!'"

Go green or go home

The colour - and its association with eco-friendly living - has been strong for a while and shows no sign of waning. A wall painted in a deep shade of green will ground a space, and other vibrant colours for furniture and accessories will 'pop'.

Go for gold

How to instantly add character to a room? A couple of stand-out pieces featuring that winning metallic shimmer should do the trick.

Bring Eastern drama to the boudoir

Staying home is the new going out, and JOMO (the 'joy of missing out') is a buzzword - which means spaces need spoiling with luxury touches and details.



Take inspiration from trends and the world around you, she says, but always make your home a reflection of you and what you like. (Photo: John Lewis/PA)

"We're predicting a rise in Eastern influences across interiors this year," says Jane Rockett. "Inspired by increased global travel and our adventures around the world, trends are set to celebrate unique pieces collected or inspired by past

travels, that bring back memories and create a unique and personal interior." The style-aware should look out for decadent dark wood, woven cane textures, oriental prints and structure furniture, adds Rockett. **PA/TPN**



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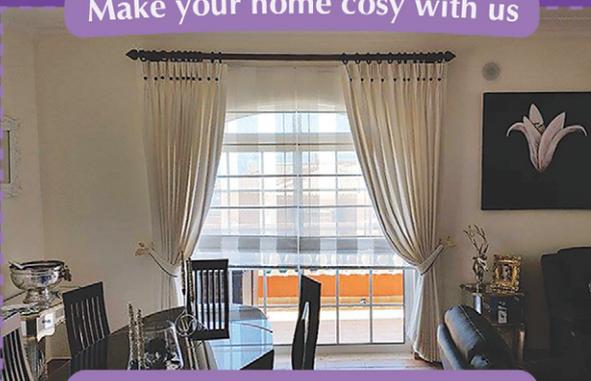
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Every little helps

Wherever you stand on the plastic straw debate, food writer Melissa Hemsley is right: "You don't get two in your mojito on a Friday night now!"

Parsnip Dahl. (Photo: Ebury Press/Philippa Langley/PA)



the table without feeling like quite such dreadful, energy-sapping humans. Self-taught chef Hemsley encourages batch-cooking, cooking from scratch, avoiding plastic (wherever possible), not overusing the same ingredients (poor beloved avocados and chickpeas), eating seasonally, making a judgement on eating certain items past their sell-by-date, and being flexible ("My mum basically taught me: be flexible, use what you've got"). She also hopes to help override that feeling we all get upon opening the fridge, that there's nothing to eat. That dinner can't be rustled up. "There is always something," says Hemsley. "So why waste your energy trekking out in the rain and the cold to the shops, to just go and spend more money?"

It's simpler if you have well-stocked cupboards and a chest-freezer of buried, edible treasure, of course. But Hemsley is clear - she just wants her recipes to be helpful and useful: "I don't want to tell anyone how to live their lives."

"What I do know is that every single one of us can play a part," she says, adamant. "With no judgement or guilt tripping, what can you, I, do, that feels sustainable in terms of, can we repeat it every day? And if so, let's do it, and let's keep on doing it."

Parsnip Dahl

"This is ideal to make at the end of the weekend with any leftover root veg that didn't make it into the Sunday roast," says food writer Melissa Hemsley. "It will set you up nicely for Monday's dinner - just reheat and top with the onions and yoghurt, and either freeze the rest or enjoy later in the week with dosa-style pancakes, buckwheat sesame wraps or with fresh leaves and a crispy fried egg on top."

(Serves 6)
 4tbsp ghee or oil
 5 large parsnips (about 900g)
 1tbsp maple syrup
 2 large onions, thinly sliced
 4 garlic cloves, finely chopped
 1 thumb of ginger, finely grated
 400g split red lentils, rinsed
 2 large handfuls of fresh coriander, leaves and stems finely chopped separately
 3tbsp tomato puree
 1 x 400ml tin of full-fat coconut milk
 200g leafy greens, like chard, leaves and stems finely chopped
 Yoghurt, to serve (optional)
 For the spice mix:



Noodle Soup. (Photo: Ebury Press/Philippa Langley/PA)

1.5tsp ground turmeric
 2tbsp ground cumin or 1.5tbsp cumin seeds, roughly ground
 2tbsp ground coriander or 1.5tbsp coriander seeds
 2tbsp black mustard seeds, roughly ground
 A pinch of chilli flakes or chilli powder
 A big pinch of sea salt and black pepper
 For the pink pickled onions:
 2 large red onions, thinly sliced
 Juice of 2 limes or 4tbsp vinegar
 A big pinch of sea salt
 2tsp maple syrup (optional)

1. Preheat the oven to fan 220°C/Gas mark 9 and melt two tablespoons of the ghee or oil on a large baking tray in the oven.

2. Meanwhile, mix the spice mix in a small bowl and slice up three of the parsnips into about 18 wedges, say 5cm x 1.5cm, then toss the parsnip wedges in the oil on the tray with half of the spice mix. Pop in the oven for about 30-35 minutes, tossing halfway through with the maple syrup, until golden and going crispy at the edges.
 3. In a large pan, fry the onion in the remaining two tablespoons of ghee over a medium heat for 10 minutes, stirring occasionally, while you get on with everything else.
 4. Add the remaining half of the spice mix, plus the garlic and ginger and fry for three minutes.
 5. Add the diced parsnips

Things are undoubtedly changing. Call it the Blue Planet II effect, or simply an inevitable waking up to the demands we put on the planet, but more than ever before, the choices we make daily - and especially

at dinnertime - come with a side of: is this environmentally justifiable? It's an idea that threads its way through Hemsley's lively new cookbook, Eat Green. Veg-heavy (but not fully vegetarian), it focuses on all the little ways we can cut waste and get dinner on

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and lentils, the chopped coriander stems and the tomato puree and let fry. After a minute, add the coconut milk, then fill up the tin four times with hot water (1.6 litres) and pour in, stirring well. Pop the lid on, bring to the boil and immediately turn down to a medium heat and let simmer for 20 minutes. Stir a few times throughout to make sure the lentils don't stick. Add more liquid if you think it needs it or if you like your dahl soupier, like I do. 6. Meanwhile, scrunch and massage the red onion in a bowl with the lime juice, salt and maple syrup, if using, for 30 seconds, then leave to bathe in the salty lime juice. 7. Once the lentils and parsnips in the pan are cooked, add the chopped greens, pop the lid on so they steam for three to five minutes until just tender, then taste for seasoning. Serve up each bowl, topped with the roasted parsnips, coriander leaves, pink pickled onions and their juices and a dollop of yoghurt, if you like.

Noodle soup

"There's nothing quite like a warming bowl of homemade soup to make you feel a thousand times better," says food writer Melissa Hemsley. "If I've had a Sunday roast chicken, I make this on a Monday to get a great boost of vegetables in. "It's based on store cupboard and freezer ingredients like frozen peas, onion, garlic and carrots, though you could swap in anything that needs using up. You can up the amount of vegetables or noodles here, so adjust to your liking. Post-Christmas and other celebrations, this is a fantastic way to use up leftover turkey or any other leftover meats."

(Serves 4)
1tbsp ghee or butter
1 large leek or onion, diced
3 garlic cloves, finely chopped
1.2 litres vegetable stock or bone broth
1 big handful of a mix of fresh herbs, like parsley and dill, leaves and stems chopped
1tbsp fresh thyme leaves or 1tsp dried
1 bay leaf, dried or fresh
2 celery sticks, diced
2 carrots, thinly sliced
2 handfuls of 2cm chunks

of root veg like sweet potato, squash, pumpkin, potato or (in the summer) courgette
400g noodles or spaghetti, any type
1tsp olive oil
300g mix of cabbage, rainbow chard and/or chard, stems finely chopped and leaves shredded
300g leftover shredded chicken
Juice of 1/4 lemon or 1tsp apple cider vinegar
2 big handfuls of frozen peas or sweetcorn
Sea salt and black pepper

1. In a large wide saucepan, heat the ghee or butter and fry the leek or onion over a medium heat for eight minutes while you prep everything else. Add the garlic and fry for another minute.
2. Add the stock or broth, chopped parsley or dill stems, thyme, bay leaf, celery, carrot, root veg and some salt and pepper, pop the lid on and cook for 15 minutes until the carrot is almost tender.
3. Meanwhile, cook the noodles in a separate pan until almost tender (check

the label for suggested timings), then drain and rinse under cold water to stop them cooking further. Toss with the olive oil to stop them clumping and set aside. 4. Back to your soup pan: add the chopped cabbage and chard stems, shredded chicken, lemon juice or vinegar and cook for a few more minutes. 5. Add the chard leaves, frozen peas or sweetcorn and cooked noodles for a final two minutes so that the chard wilts, the peas cook and the noodles heat through. Season to taste and serve up straight away, topped with the fresh herb leaves.

Tahini cookies

"The vegan version of these are just as delicious, none of us can decide which we love the most," says food writer Melissa Hemsley. "Store these cakey cookies in an airtight container for five days. You could warm them briefly in the oven to give them a little crispening boost. "The dough freezes well, so double up and save half for a rainy day. Just defrost,

then slice into portions before putting in the oven."

(Makes 16)
2 eggs
2 tsp baking powder
4 tbsp maple syrup
2 tsp vanilla extract
150g light tahini
110g smooth nut butter
100g good-quality dark chocolate, broken up into squares, or chips
30g black and/or white sesame seeds
A pinch of sea salt

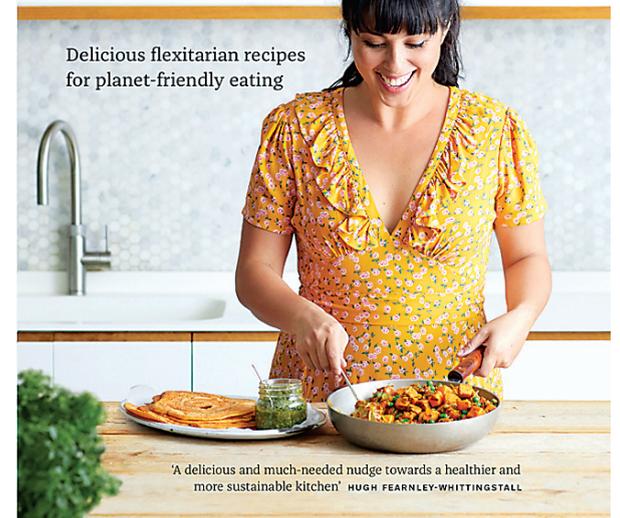
1. Preheat the oven to fan 170°C/gas mark 5. Line a large baking tray with reusable baking paper.
 2. In a large mixing bowl, whisk the eggs then mix in the baking powder, maple syrup and vanilla extract. Add the tahini and nut butter and mix together until very well combined.
 3. Roughly chop the chocolate (if not using chips) and fold through the batter along with the sesame seeds.
 4. Measure out 16 balls of the cookie batter, roughly one tablespoon each, and bake for 10-15 minutes on the lined baking tray (making sure to leave a little room between each one) until the cookies are just set. Remove from the oven, sprinkle with a little sea salt and allow to cool on a wire rack before serving.
- For vegans, replace the two eggs with one large mashed ripe banana. You can also swap the nut butter for the same amount of a seed butter or tahini for a nut-free alternative.

PA/TPN



Tahini Cookies. (Photo: Ebury Press/Philippa Langley/PA)

MELISSA HEMSLEY EAT GREEN



Eat Green by Melissa Hemsley is published by Ebury Press. (Photo: Ebury Press/Philippa Langley/PA)



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Natural born thrillers

Northern Norway is one of the best places to snorkel with orcas. Sarah Marshall finds out what's involved.



PA Photo/Lofoten Opplevelser

Some call them sea wolves, others prefer the term killer. Claiming the broadest prey base of any animal, orcas have rightfully earned their reputation for being skilled ocean hunters. Yet respect for the apex predators has always been counter-balanced by fear: ancient mariners labelled them monsters.

But despite a degree of mistrust, both fishermen and their foes have one thing in common; the same prize lures them to the cold, rough waters of the Norwegian sea. Every year, millions of herring overwinter along the northern Norwegian coast having spawned further south. This protein-rich magnet attracts a procession of Orcas, Humpbacks, Pelagic birds and - more recently - tourists. Right now, slamming through waves on a RIB boat, I'm one of them. For years, I've been fascinated by the species - their intelligence, tactical hunting strategies and complex social interactions which we still don't fully understand. Observing from the surface is one thing, but so much more goes on down below.

If even for a moment, I want to be part of their world.

Swimming with killers

Norwegian entrepreneur Rolf Malnes began offering orca snorkelling safaris in 1996, in the Lofoten Islands where herring returned for two decades to the same fjords. At that time, whale watching was a novel activity; getting in the water with these 'sea monsters' was - in many quarters - considered a death wish.

"I remember hearing a story about one fisherman who saw a pod of orcas approaching and pulled in his nets immediately, he was so afraid," chuckles Rolf, who admits he has no official background in marine biology, but has learned along the way.

His scientific back-up comes from cetacean expert Tiu Simila, who's studied Norwegian whale populations since the 1980's. Sharing similar tales of ingrained local prejudice and fear, she recalls using newspaper reports warning fishermen killer whales were in the area to locate their whereabouts and conduct her own research. Beyond simple superstitions,

there was an economic driver for these beliefs: Herring stocks were depleting, and Orcas were being blamed. Between 1979 and 1981, Tiu says 171 animals were killed in hunts partially subsidised by the government, until light bulbs illuminated and overfishing was understood to be the real culprit.

A moveable feast

Where Herring go, Orcas follow - forcing whale watching tours to shift operations accordingly. After several winter seasons in Tromsø, the fish have moved north to fjords around the municipality of Skjervøy. Between November and January, Rolf has chosen to base his company Lofoten Opplevelser out of the cosy Reisafjord hotel in Sorkjosen.

In December, when sun-starved days stretch into one long polar night, mountains loom like hulking spectres above the tiny, waterside village, which - conveniently - has its own airport. Flights from Tromsø take less than 30 minutes, but run infrequently, generally requiring an overnight stay one way. Otherwise, it's a three-and-a-half-hour journey by road. My biggest fear? The cold. A latitude of 70 degrees north should plunge these fjords into a deep freeze, although the warming effects of the Gulf Stream keep channels ice-free. But science had done little to ease my anxieties earlier that morning, as I squeezed into padded under-armor and a bulky dry suit. Clumsy gloves and a neoprene balaclava - which made me look like some sort of aquatic crusader - had prepared me for the worst. In truth, the water is a 'mild' 6°C - hard to imagine from the discomfort of our sea spray-soaked 12-passenger RIB boat.

Fine splinters of half-light groan from far below our jagged horizon, and waves blacker than a moonless sky swirl with the viscosity of oil. As blasts of hail pelt my skin like a rain-shower of steel nails, I begin to ask myself: why am I here?

That question dangles far longer than I'd like, as we search for a pod willing to accept our company. Rolf believes a successful whale watching encounter hinges on respect for the animals.

Two times lucky

Orca safaris depart once per day, lasting around three to four hours - equivalent to the amount of twilight at this time of year. To maximise my chances, I've booked two excursions; no trip, says Rolf, is ever the same. Multiple calves are born in winter, so it's not uncommon to see babies porpoising alongside mothers or playfully flicking their flukes in the air. Being so low to the water, we're at eye level with their dorsal fins as they slice through waves like butter. But it's my second outing the following day that really delivers the goods. Predictions of gale force winds keep most boats in the harbour, but any storm clouds have lost their puff overnight. During the commercial fishing season, smart whales follow trawlers, but with quotas met by mid-December (they commence again in January), the marine mammals find food for themselves. In low light and darkness, herring rise to the surface, and a flock of squawking gulls diving and circling indicate a feeding frenzy is about to take place. Picking up pace, we fly alongside orcas as they surf over whitecaps, firing faster than bullets. Four colossal humpbacks soon join

the party, waving their angel-white pectoral fins with glee. Amidst the chaos, with revellers happily distracted, Rolf tells us its time to get in.

In their world

Sharp and unexpected, the cold is breath-snatching - so too is the spectacle ahead. Flecks of shiny fish scales sparkle like stardust in an underwater universe, where orcas twist and turn with a mesmerising combination of athletic power and balletic grace. Above the surface, fins slap and feathers flap chaotically, illuminated by a pillar box of orange light bleeding through the dark sky. Down here, it's slow and calm, allowing me to tune into the whales' communicative clicks, squeals and groans. Metres away, a humpback the size of a bus blinks at me; given excellent visibility, the ventral grooves beneath its chin are remarkably clear. We lock eyes for less than a second, but it feels like forever - and I know this is one of those moments I'll never forget.

What happens next?

Although there are no guarantees, Rolf predicts herring will return to this area next season. A lucrative fishing industry also justifies detailed studies into their movements. Wherever they go, an increasing number of tourist boats will tag along - a topic of constant debate amongst veterans who've been offering these tours for some time. Remarkably, there are no official whale watching regulations enforced in Norway, making it even more imperative to choose an operator who understands and respects wildlife. Because, as is so often the case, it's humans who pose the real dangers.

PA/TPN

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Embrace slow living

It's easy to pine for spring, but late winter was made for slow living - and it might be just what we need.



Slow living is about dialling down a gear and being more present. (Photo: iStock/PA)

We have entered the dreags of winter - a time of year that doesn't tend to get much love. November and December are 'party season', but January through to mid-March, well that's just a drag we'd happily do without. But could we be missing a trick? Think back over the past couple of years or so. How many times did you find yourself thinking: if only I had some time to myself; wasn't so busy; could just slow down?

Well, maybe here's your chance. With a bit of rebranding, late winter - in all its empty-diary, tightened-purse-strings glory - might be exactly what we've been wishing for.

Life in the slow lane
Slow living - which is basically about dialling down a gear and being more present - was made for this time of year. You might be doing it already, or maybe you're desperate for it but aren't quite 'there', but the concept is a simple one.

It's about reframing our approach to time and shifting focus. Savouring rather than rushing. Knowing that sometimes having no plan is the plan. Rejoicing in the joy of a ploddy morning pottering around in your robe, exploring a new Spotify playlist and watching the birds through the window as the good coffee brews, rather than berating yourself for 'wasting time'.

It sounds so basic - and it is - but 'modern life' has made us masters at doing the exact opposite. We're often so used to running on stress and being constantly distracted and 'productive', even when we do get the chance to slow down, we're not sure what to do with it. "By slowing down, we start living every moment fully. That means taking more pleasure from everything we do. We become more creative and efficient. We eat better, boost our energy and reinvigorate our health. We build stronger relationships. Slowing down also brings an inner calm and gives us the time and space to reflect deeply," says Carl Honore, author of 2004's global bestseller *In Praise Of Slow*, and 2012's *The Slow Fix*. "That means we can start seeing that everything and everyone is

connected. A slow world would be kinder, more humane and more sustainable."

You make the rules

One of the biggest beauties of slow living is it's something you can just get on with on your own terms, as and when it suits. There is a Slow Living Movement, and of course you can seek inspiration from all sorts of sources, but this isn't about following a rigid formula, or abandoning all commitments and disengaging. Quite the opposite.

Even Honore says he's "not an extremist of slowness. I love speed. Faster is often better - we all know that. But not always better. And that's the key here. Being slow means doing everything at the correct speed: quickly, slowly or whatever pace works best. "Slow means being present, living each moment fully, putting quality before quantity in everything from work and sex to food and parenting. Ultimately, it's about living your life rather than rushing through it," adds the writer.

Go easy

It certainly shouldn't add to any sense of pressure either. When

we're overwhelmed and overstretched, it's so easy for even self-care to feel like a pressure, another thing we 'should' be doing but are failing at. Honore agrees that this is a common trap, but we can step away from it.

"Part of what drives our roadrunner, always-on world is the toxic culture of perfectionism. The last thing we want to do is turn slowing down into another item on our to-do list, or a stick to beat ourselves with, or a performance to burnish on social media," he says.

"Life is messy and human beings are fallible, which means you're never going to live every moment at the perfect tempo. And that's OK. The secret lies in trying to find the right tempo for each moment, while accepting you won't always hit the sweet spot.

"Embracing slow is a lifelong adventure, where you're always learning, experimenting and pivoting. It's not a thing that you 'get done' and then move on with the rest of your life. It's a way to reinvent your life so you live it to the full."

So rather than wishing the dreags of winter away, how about embracing the chance to live a little slower? **PA/TPN**

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Common myths about false lashes



A woman with a false eyelash on one eye. (Photo: PA Photo/iStock)

If you've never tried them, false eyelashes might seem like they're not worth the hassle.

lashes, and will look more subtle. "If you find black false lashes too dramatic for day wear, they also come in a dark brown, which is great for those with lighter hair colours."

They're difficult to apply

"It is often the sticking the lash on to the eyelid that most people find difficult. "The trick is to look down at a mirror, not straight on, like you would when applying make-up.

"Looking down means that the eyelid is smooth - if you close one eye at a time, your lid puckers and that means parts of the false lash may not stick on properly, causing it to lift.

"Also, sometimes false lashes need to be trimmed to fit properly. Hold the false lash along your natural lash line to measure when it needs to be trimmed, and always cut from the outside corner to allow the false lashes to keep their shape and flair.

"Next apply a line of glue on the top of the lash band and add an extra small ball on either end, as this is often where the lash starts to lift.

"Pop the lashes down and wait 30 seconds - don't waft them, just let them rest - before using tweezers to place them on your eyelid and gently pushing them into place.

"Finally, when in doubt, use eyeliner. Apply eyeliner before the lashes, and again after, to cover any mistakes."

You have to use glue

Can't get to grips with glue? The most recent industry innovation is magnetic lashes.

"The new Eylure ProMagnetic Liner & Lash System is revolutionary," Sordillo says.

"The lashes come with magnetic points hidden on the lash band and their special magnetic eyeliner.

"After three coats (apply each one after the previous coat has dried) the

ProMagnetic false lashes will attract on using the magnetic properties. "Magnetic lashes are great for first-time lash users, as you don't need to worry about sticking the lash on wrong, because it will only adhere to the eyeliner.

"When applying the eyeliner, don't worry about mistakes and smudges - you can use a cotton bud dipped in micellar water and neaten the line up. This won't affect the magnetic properties."

False lashes won't stay put

"Often the problem is ill-fitting lashes," Sordillo says. "Eyes are unique and the shape and size varies. Make sure you have measured the lashes to your own eyes and trimmed them.

"You don't want them pressing into the inner corner, as this can lift with blinking. You want them to start where the white of your eye starts.

"Also, new lashes are stiff, which can cause lifting. Give the band a little wiggle to make it more malleable, which will allow the lashes to hug the curve of your lid."

You can only use them once

"If you look after glue-on lashes, you can use them about seven times, even more if you're good at keeping them clean.

"Just gently peel off the glue after use - you can soften it with a cotton bud and micellar water.. Do the same on the lashes to remove mascara.

"With magnetic eyelashes, there is no end to how many times you can use them, just clean the eyeliner off the magnets after every use, using a cotton bud and micellar water.

"Finally, to keep false eyelashes looking fresh, always put them back in the tray, so next time you come to wear them, they will look good as new."

PA/TPN

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Or maybe you've seen someone sporting thick, moth-like lashes balanced precariously atop their lids and thought, 'Yikes, that's not a good look'. But if you find the right falsies, no one will be able to tell they're not real, and once you've got the hang of applying them, you'll be hooked. Here, Eylure make-up artist Sara Sordillo busts five common myths, and offers her expert advice for how to master the false lash look...

False lashes always look fake

"We are used to seeing the big and exaggerated lashes of drag queens, but false lashes now come in more shapes, sizes and colours than ever before.

"When picking natural-looking false lashes, you want to go for more fluttery and wispy styles, that don't look like uniform lashes.

"Styles that have a W shape with dips and raises in the lengths help to seamlessly blend with your own

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Why medicine expiry dates are important

Can expired pills and medicines be dangerous, and will old drugs still work? We talked to a pharmacist.

Out-of-date medicines and pills can probably be found lingering at the backs of cabinets and drawers in many households. But can medication that's passed its expiry date be harmful? And will expired medicine still work? Whenever you get a prescription or buy over-the-counter medicines or ointments from a reputable shop or pharmacy, there should always be an expiry/use-by date on the packaging. Phil Day, superintendent pharmacist at Pharmacy2U, explains why paying attention to medication expiry dates is important...

"I'm sure we all have a few packs of medicines stored in the house somewhere, maybe in the bathroom cabinet or the cupboard under the sink. But when was the last time you checked them? What we perhaps don't realise is that storing them incorrectly, or keeping them past their expiry date, could cause problems when we need to use them. "Temperature can be important. Some medicines have very specific storage

requirements. For example, some eye drops, creams, and antibiotic liquids need to be kept in the fridge while they're in use, to keep them fresh. Insulin should be stored in a fridge, but some types can be kept at room temperature when they're in use. Most other medicines are fine when stored at room temperature (up to 25°C) but shouldn't be stored in direct sunlight or in very warm or cold environments (so don't store your medicines in the shed!). The patient information leaflet for each medicine will tell you how it should be stored. "If medicines are kept in the wrong environment, it could make them degrade more quickly, and therefore make them less effective. It's also possible that you would be more likely to experience side-effects if the medicine is no longer stable. "Expiry dates are another thing to watch out for. There are several ways they can be written on medicine packaging. 'Expiry date' means that you should not use the medicine after the stated date, or after the last day of the month specified. If there is a 'use-by' date,

this means you should not use the medicine after the end of the previous month. So, an expiry date of August 2020 means you should not use the medicine after August 31, 2020, but a use-by date of August 2020 means you should not use it after July 31, 2020.

"Obviously, a medicine with an expiry date of July 2020 doesn't suddenly change overnight and become totally ineffective or dangerous on August 1. But I wouldn't recommend using a medicine outside of its intended date range without medical advice. The manufacturer has conducted many stability tests and determined the best time frame for its safe use.

"For medicines that were dispensed for you by a pharmacy, you should also look at the dispensing label (containing your name, and the name of the pharmacy) for any further storage or expiry date instructions. For example, some medicines may have a long expiry date on the product packaging, but on the dispensing label, it could say 'discard 28 days after opening' (common for eye drops), or 'get a new supply eight weeks after opening' (this

applies to GTN tablets, for the relief of angina). Antibiotic liquids and some specially-made medicines usually have a short expiry date, maybe just one or two weeks, depending on the product. "It's always helpful to keep some essential medicines in the home - but you should check your stocks occasionally to see if any of them have expired, or been stored outside of their recommended environment. Seasonal medicines, like antihistamines or cold remedies, might be sitting in your cabinet for a long time before they're next needed - and when that next virus comes around, you'll thank yourself for replacing that out-of-date cough linctus in advance. "I would also recommend keeping your medicines in their original packaging to keep them protected from sunlight, along with the original leaflet. Also, always remember to store medicines in a safe place, out of the reach of children and pets, and ask your pharmacist if you have any questions about how to use or store them. They will also be able to safely destroy any out-of-date medicines you have." PA/TPN



Do you have expired medicines in your cabinet? (Photo: iStock/PA)



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Brexit and Fiscal Representation



After three years of uncertainty the UK has now left the EU! UK residents with Portuguese assets will now have to appoint a fiscal representative to comply with the law.

EU residents can opt to have their tax department correspondence (including their property tax bill) sent to their EU address but non-EU residents, without a fiscal representative, have their correspondence retained by the Lisbon tax office.

Non receipt of the property tax bills can lead to non payment, the incurrance of fines and penalty charges and eventually the property being seized by the tax department to be sold for debt recovery.

Equally any notifications from the tax office generally require a prompt reply within 10-15 days. Non receipt of the correspondence may lead to fiscal problems for the individual. The onus is on tax payers to be aware of and to comply with the law so non receipt of the

correspondence is no excuse!

A fiscal representative must be appointed to receive correspondence and be responsible for the individual's fiscal matters in Portugal.

Sovereign is therefore offering a special deal to new UK customers by reducing the fiscal representation registration costs by 50% for those registering with them before the end of March 2020. Registration should be completed before the property tax bills are issued in April.

Since 1999 **Sovereign - Consultoria Lda** personnel have built a very close relationship with local tax departments and other institutions which enables them to keep up to date with the ever-changing fiscal demands placed on their resident and non-resident clients.

With offices worldwide, the **Sovereign Group** can assist clients with all their fiscal queries, aiming to maximize clients' tax benefits and minimise liabilities.

Interior and exterior carpentry across the Algarve



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Bensons Woodliving, is a close knit team of designers, carpenters and handy men, led by Nico Marosan who has 25 years of experience in the industry.

Since opening their doors in 2010 they have been building bespoke wooden structures all over the Algarve and more recently have expanded into building made to measure kitchens and wardrobes.

The team is passionate about providing a top class service from start to finish and

pride themselves on providing professional and personalised quotes, along with accompanying drawings for clients, with free quotes provided.

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For further information about the services offered, or for a free quote and design, please contact Bensons Woodliving.

Cerro Novo 39th Birthday

This year, we're celebrating our 39th birthday. We can hardly believe how the local property market has changed; especially over the last few months, where both new listings and sales have performed well ahead of previous years.

Last year, we focused on developing one of the broadest portfolios of properties across the Algarve. From superb, unique villas to beautiful bolthole apartments, our range of properties will suit most budgets and all requirements. In addition, our Property Locator service provides a further opportunity to find you a truly one of a kind home, development or commercial opportunity - anywhere in Portugal.

New sellers have been attracted by our eye-catching branding and up-weighted marketing launched in Spring 2019. With high profile advertising across digital and traditional media and a major presence at leading overseas property exhibitions in the UK and Europe, Cerro Novo are now seen more often and in more places that are convenient to our international clients.

As we look ahead, we consider the Algarve property market to be in very good shape, with annual market appreciation

at around 7% since 2014. With Portugal's economy being one of the most dynamic in the Eurozone and with the Algarve seen as one of the best places in the world to retire, relocate or invest, we're receiving enquiries from buyers from the USA, Canada as well as from across Europe.

New direct flights to Lisbon from six US cities and an increase in summer connections to Italy, France and Germany from Faro Airport means that the Algarve is more accessible than ever. With Brexit now underway, our local airport's handling over nine million passenger movements in 2019 and improving rail connections to Lisbon and beyond - the Algarve is a great, connected place to call home.

Whether you're thinking of selling, upgrading, downsizing or relocating, now is the time to talk to one of our team. Our widely recommended service promises to provide the best attention from initial enquiry through to sale or purchase - and beyond. Our sister companies also offer a complete Property Management and Rentals service to provide complete peace of mind for you or your guests.

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This fabulous 2 bedroom apartment is located in a private condominium with a communal rooftop pool and the Meia Praia beach at the doorstep!

The apartment offers a bright lounge with sliding doors onto the large south facing terrace overlooking the ocean and where you can enjoy the Algarvian sunshine and Al Fresco dining.

The open plan kitchen comes fully equipped and has a breakfast bar and a walk-in pantry.

There are 2 double bedrooms also with sliding doors onto the balcony which also enjoy the outstanding sea views. Both bedrooms have fully fitted wardrobes and the master bedroom has an ensuite bathroom. The separate family bathroom completes the picture.

There is air conditioning throughout and the

additional features of pre-installed sound system and a central vacuum system.

A parking space in the underground garage, accessed by electric gates is included.

The asking price for this property (Ref: AA-718SDJ) is €445,000.

For further information or to arrange a viewing, please contact our helpful team at Abacoz Algarve Properties, we speak your language! Tel: (+351) 282 044 886 or email: info@abacoz-properties.com. Visit us online at www.abacoz-properties.com or drop in to our office in the beautiful Lagos Marina, shop 18/19.



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Ref. LHV-1400

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Ref. LHV-1401

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Ref. LHA-1489

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The house has air conditioning, aluminium doors and windows with double glazing, alarm system. Located only 15 minutes from the amazing Algarvean beaches, 5 minutes from the golf course and 45 minutes from Faro International Airport - Algarve.

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Bedrooms: 3
Price: €430,000

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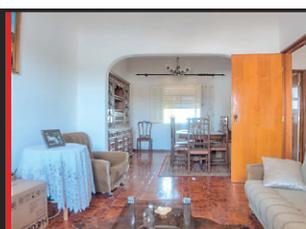
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Property Highlight

another big bathroom with Jacuzzi bath. Upstairs you find 2 en-suite bedrooms and the master bedroom gives access to the rooftop with sea view. All bedrooms have built in wardrobes and electric shutters.

Outside the villa there is a beautiful terrace with BBQ where you can enjoy a nice meal on the warm summer nights in the Algarve or take a dive in the big swimming pool of 10 x 5 meters. The plot is completely fenced and has mature plants and

trees and an automatic irrigation system. The last extra feature of this amazing villa is the basement which has the size of the whole ground floor. It is possible to enter the basement from the outside by car.

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11.30 Lose Weight and Get Fit with Tom Kerridge.
12.00 Football Focus.
12.30 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Best Home Cook.
14.10 **FILM:** Maleficent (2014).
15.40 BBC News.
16.00 Live Six Nations Rugby Union.
19.10 The Greatest Dancer.
20.55 Casually.
21.45 Mrs Brown's Boys.
22.15 BBC News; Weather.
22.25 National Lottery Update.
22.30 Match of the Day.
23.05 **FILM:** Free State of Jones (2016).
01.20 Weather for the Week Ahead.
01.25 BBC News.

BBC Two

06.45 Wild & Weird.
07.00 Top Class.
07.30 The Dog Ate My Homework.
08.00 Blue Peter: Harry Potter Cupcakes & Favourite Films. Deadly 60.
08.30 How Earth Made Us.
10.00 Robot Wars.
11.00 Our Coast.
12.00 Rick Stein: From Venice to Istanbul.
13.00 Return of the Giant Killers: Africa's Lion Kings.
13.40 Hollywood's Great Directors: Talking Pictures.
14.20 **FILM:** Three Coins in the Fountain (1954).
16.00 Trust Me, I'm a Doctor.
16.30 Final Score.
17.10 Flog It!
17.30 10 Puppies and Us.
18.30 Cities: Nature's New Wild.
19.30 Dad's Army.
20.00 Great American Railroad Journeys.
21.00 QI XL.
21.45 Live at the Apollo.
22.30 Snowfall.
23.55 **FILM:** While We're Young (2014).
01.25 This Is BBC Two.

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06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: Mr Magoo.
07.50 Scrambled!: Mr Bean: The Animated Series.
08.10 Scrambled!: Ben 10.
08.30 Scrambled!: Kung Fu Panda: The Paws of Destiny.
09.05 Scrambled!: Craig of the Creek.
09.25 ITV News.
09.30 Ainsley's Caribbean Kitchen.
10.30 Living on the Veg.
11.30 The Greek Islands with Julia Bradbury.
12.00 ITV Lunchtime News; Weather.
12.05 The Voice UK.
13.35 The Masked Singer.
15.05 **FILM:** The Secret Life of Pets.
16.40 ITV News and Weather.
17.00 The Chase Celebrity Special.
18.00 Dancing on Ice.
20.00 Endeavour.
22.00 ITV News and Weather.
22.15 The Food and Drink Awards in Association with Staysure and thefoodawards.com.
23.10 Bradley Walsh & Son: Breaking Dad.
23.40 Six Nations Highlights.

Channel 4

06.00 Mike & Molly.
06.45 Cheers.
07.40 Frasier.
08.35 The Big Bang Theory.
09.30 The Simpsons.
FILM: Snoopy and Charlie Brown: The Peanuts Movie (2015).
14.10 Four in a Bed.
16.50 A Place in the Sun.
17.35 Location, Location, Location.
18.30 Channel 4 News.
19.00 The Windsors: Secrets of the Royal Tours.
20.00 The Queen's Lost Family.
21.00 **FILM:** Whitney (2018).
23.20 **FILM:** Hitman: Agent 47 (2015).
01.10 The Last Leg.
02.05 The Big Narstie Show.

BBC Four

19.00 Rick Stein's Long Weekends.
20.00 Meerkats: Secrets of an Animal Superstar.
21.00 Inspector Montalbano.
22.55 Clive James: Postcard from Rome.
23.40 **FILM:** The Other Side of Hope (2017).
01.15 Top of the Pops: 1989.
02.15 Score: Cinema's Greatest Soundtracks.

SUNDAY 09

BBC One

06.00 Breakfast.
08.25 Match of the Day.
09.00 The Andrew Marr Show.
10.00 Politics England.
10.30 The Big Questions.
11.30 Wanted Down Under.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Escape to the Country.
14.30 Live Six Nations Rugby Union.
17.15 Garden Rescue.
17.45 BBC News.
18.10 Countryfile.
19.10 Doctor Who.
20.00 Call the Midwife.
21.00 The Pale Horse.
22.00 BBC News; Weather.
22.30 Match of the Day 2.
23.15 The Women's Football Show.
23.45 Women's Six Nations Highlights.
00.15 Weather for the Week Ahead.
00.20 BBC News.

BBC Two

06.45 The Instant Gardener.
07.30 The Edible Garden.
08.00 Celebrity Antiques Road Trip.
09.00 Countryfile.
10.00 Saturday Kitchen Best Bites.
11.00 The Haiky Bikers' Comfort Food.
12.15 Forest Elephants: Natural World.
13.00 Back in Time for the Factory.
14.00 The World's Most Extraordinary Homes.
15.00 Hitchcock's Leading Actors: Talking Pictures.
15.30 **FILM:** To Catch a Thief.
17.15 Flog It!
18.00 Undiscovered Worlds with Steve Backshall.
19.00 Ski Sunday.
20.00 Top Gear.
21.00 Win the Wilderness: Alaska.
22.00 The Ranganation.
22.45 Frankie Boyle's Tour of Scotland.
23.15 **FILM:** Nightcrawler (2014).
01.10 **FILM:** The Unknown Girl.

ITV London

06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: Mr Magoo.
07.50 Scrambled!: Mr Bean: The Animated Series.
08.10 Scrambled!: Ben 10.
08.30 Scrambled!: Kung Fu Panda: The Paws of Destiny.
09.05 Scrambled!: Craig of the Creek.
09.25 ITV News.
09.30 Ainsley's Caribbean Kitchen.
10.30 Living on the Veg.
11.30 The Greek Islands with Julia Bradbury.
12.00 ITV Lunchtime News; Weather.
12.05 The Voice UK.
13.35 The Masked Singer.
15.05 **FILM:** The Secret Life of Pets.
16.40 ITV News and Weather.
17.00 The Chase Celebrity Special.
18.00 Dancing on Ice.
20.00 Endeavour.
22.00 ITV News and Weather.
22.15 The Food and Drink Awards in Association with Staysure and thefoodawards.com.
23.10 Bradley Walsh & Son: Breaking Dad.
23.40 Six Nations Highlights.

Channel 4

06.00 The King of Queens.
06.50 Everybody Loves Raymond.
07.40 The Big Bang Theory.
08.25 Jamie and Jimmy's Friday Night Feast.
09.30 Sunday Brunch.
12.30 The Simpsons.
14.25 **FILM:** Diary of a Wimpy Kid: The Long Haul (2017).
16.10 A Place in the Sun.
16.55 **FILM:** Men in Black II (2002).
18.30 Channel 4 News.
19.00 The Great Pottery Throw Down.
20.00 My Family and the Galapagos.
21.00 SAS: Who Dares Wins.
22.00 **FILM:** Spy (2015).
22.00 **FILM:** Southpaw (2015).

BBC Four

19.00 The Women's Football Show.
19.30 lolo's Snowdonia.
20.00 Attenborough: 60 Years in the Wild.
21.00 Art on the BBC: The Many Faces of Picasso.
22.00 Picasso's Last Stand.
23.00 It's True, It's True, It's True: Artemisia on Trial.
00.00 Jane Austen: Behind Closed Doors.
01.00 Raiders of the Lost Past with Janina Ramirez.

MONDAY 10

BBC One

06.00 Breakfast.
09.15 Fraud Squad NHS.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Defenders UK.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Inside Out.
20.00 EastEnders.
20.30 Failed by the NHS: Callie's Story - Panorama.
21.00 Rio and Kate: Becoming a Stepfamily.
22.00 BBC News at Ten; Weather.
22.35 Ladhood.
23.00 A Question of Sport.
23.30 The Graham Norton Show.

BBC Two

06.00 Wanted Down Under.
06.45 Antiques Road Trip.
07.30 Sign Zone: MasterChef: The Professionals.
08.30 The Week in Parliament.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 The Super League Show.
13.50 Coast.
14.15 The TV That Made Me.
15.00 Red Rock.
15.45 Patagonia: Earth's Secret Paradise.
16.45 Wild UK.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great Asian Railway Journeys.
19.00 Top Gear.
20.00 Cornwall: This Fishing Life.
21.00 Universal Credit: Inside the Welfare State.
22.00 Better Things.
22.30 Newsnight.
23.10 Weather.
23.15 The Flu That Killed 50 Million.

ITV 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 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 The Metro: A Rail Life Story.
20.00 The BRITs at 40.
22.00 ITV News at Ten; Weather.
22.45 Inside the Crown: Secrets of the Royals.
23.40 White House Farm.
00.35 Tenable.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Find It, Fix It, Flog It.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 A Place in the Sun.
15.00 A New Life in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Crazy Delicious.
21.00 24 Hours in A&E.
22.00 Losing It: Our Mental Health Emergency.
23.00 The Truth Will Out: Walter Presents.
23.55 Barrymore: The Body in the Pool.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Francesco's Mediterranean Voyage.
20.00 A Very British Romance with Lucy Worsley.
21.00 The 80s with Dominic Sandbrook.
22.00 Advocate: A Lawyer Without Borders - Storyville.
23.35 Art of Germany.

TUESDAY 11

BBC One

06.00 Breakfast.
09.15 Fraud Squad NHS.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Defenders UK.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Holby City.
21.00 The Split.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Plastic Surgery Undressed.
23.30 Hindus: Do We Have a Caste Problem?
00.10 Weather for the Week Ahead.
00.15 BBC News.

BBC Two

06.30 Wanted Down Under.
07.15 Escape to the Country.
08.00 Sign Zone: Great British Railway Journeys.
08.30 Sign Zone: Yorkshire Walks.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 The Super League Show.
13.50 Coast.
14.15 The TV That Made Me.
15.00 Red Rock.
15.45 Patagonia: Earth's Secret Paradise.
16.45 Wild UK.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great Asian Railway Journeys.
19.00 The Andrew Neil Show.
19.30 Yorkshire Walks.
20.00 Lose Weight and Get Fit with Tom Kerridge.
20.30 Trust Me, I'm a Doctor.
21.00 Good Omens.
21.55 Romesh: Talking to Comedians.
22.00 Live at the Apollo.
22.30 Newsnight.
23.10 Weather.

ITV 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 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 The Metro: A Rail Life Story.
20.00 The BRITs at 40.
22.00 ITV News at Ten; Weather.
22.45 Inside the Crown: Secrets of the Royals.
23.40 White House Farm.
00.35 Tenable.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Find It, Fix It, Flog It.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 A Place in the Sun.
15.00 A New Life in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Crazy Delicious.
21.00 24 Hours in A&E.
22.00 Losing It: Our Mental Health Emergency.
23.00 The Truth Will Out: Walter Presents.
23.55 Barrymore: The Body in the Pool.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 The Beauty of Anatomy.
20.00 London: A Tale of Two Cities with Dan Cruickshank.
21.00 The Greatest Tomb on Earth: Secrets of Ancient China.
22.00 Contagion: The BBC Four Pandemic.
23.15 Reporting History: Mandela and a New South Africa.

WEDNESDAY 12

BBC One

06.00 Breakfast.
09.15 Fraud Squad NHS.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Defenders UK.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.55 Party Political Broadcast.
19.00 The One Show.
20.00 Easy Ways to Live Well.
21.00 Spy in the Wild.
22.00 BBC News at Ten; Weather.
22.30 National Lottery Update.
22.35 Eating with My Ex.
23.05 My Mate's a Bad Date.
23.30 Rio and Kate: Becoming a Stepfamily.

BBC Two

06.30 Wanted Down Under.
07.15 Escape to the Country.
08.00 Sign Zone: Great British Railway Journeys.
08.30 Sign Zone: Yorkshire Walks.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.15 Politics Live.
13.00 Walks of Life.
14.00 Greece with Simon Reeve.
15.00 Red Rock.
15.45 Patagonia: Earth's Secret Paradise.
16.45 Wild UK.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great Asian Railway Journeys.
19.00 The Andrew Neil Show.
19.30 Yorkshire Walks.
20.00 Lose Weight and Get Fit with Tom Kerridge.
20.30 Trust Me, I'm a Doctor.
21.00 Good Omens.
21.55 Romesh: Talking to Comedians.
22.00 Live at the Apollo.
22.30 Newsnight.
23.10 Weather.

ITV 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 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.25 Party Political Broadcast.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Bradley Walsh & Son: Breaking Dad.
20.30 Coronation Street.
21.00 White House Farm.
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.45 Tenable.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Find It, Fix It, Flog It.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 A Place in the Sun.
15.00 A New Life in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Crazy Delicious.
21.00 24 Hours in A&E.
22.00 Losing It: Our Mental Health Emergency.
23.00 The Truth Will Out: Walter Presents.
23.55 Barrymore: The Body in the Pool.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 The Beauty of Anatomy.
20.00 London: A Tale of Two Cities with Dan Cruickshank.
21.00 The Greatest Tomb on Earth: Secrets of Ancient China.
22.00 Contagion: The BBC Four Pandemic.
23.15 Reporting History: Mandela and a New South Africa.

THURSDAY 13

BBC One

06.00 Breakfast.
09.15 Fraud Squad NHS.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Defenders UK.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.55 Party Political Broadcast.
19.00 The One Show.
20.00 Best Home Cook.
21.00 Death in Paradise.
22.00 BBC News at Ten; Weather.
22.35 Question Time.
23.35 Newscast; Weather.
00.10 BBC News.

BBC Two

06.30 Wanted Down Under.
07.15 Flog It!
08.00 Sign Zone: Great British Railway Journeys.
08.30 Sign Zone: Lose Weight and Get Fit with Tom Kerridge.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Walks of Life.
14.00 Greece with Simon Reeve.
15.00 Red Rock.
15.45 Wild Brazil.
16.45 Wild UK.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great Asian Railway Journeys.
19.00 Celebrity Antiques Road Trip.
20.00 Secrets of the Museum.
21.00 Hospital.
22.00 Mum.
22.30 Newsnight.
23.10 Win the Wilderness: Alaska.
23.15 Weather.

ITV 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 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.25 Party Political Broadcast.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Airbn: The True Cost? Tonight.
20.00 Emmerdale.
20.30 Save Money: Lose Weight.
21.00 Tyson Fury: The Gypsy King.
22.00 ITV News at Ten; Weather.
22.45 Grantchester.
23.45 Tenable.
00.35 Ideal World.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Find It, Fix It, Flog It.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 A Place in the Sun.
15.00 A New Life in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Secret Life of the Zoo.
21.00 Hunted.
22.00 First Dates: Valentine's Special.
23.05 Naked Attraction.
00.10 Sex Tape.
01.05 Ramsay's Kitchen Nightmares USA.
The Supervet.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 The Pennine Way.
20.00 Walt Disney.
21.00 Sam Taylor-Johnson: Life Cinematic.
22.00 Inside Cinema: Meet the Family.
23.00 Wonders of the Universe.
00.00 How We Built Britain.
01.00 The Silk Road.

FRIDAY 14

BBC One

06.00 Breakfast.
09.15 Fraud Squad NHS.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Defenders UK.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.55 Party Political Broadcast.
19.00 The One Show.
19.30 Garden Rescue.
20.00 EastEnders.
20.30 A Question of Sport.
21.00 Would I Lie to You?
21.30 King Gary.
22.00 BBC News at Ten; Weather.
22.30 National Lottery Update.
22.35 The Graham Norton Show.
23.25 RuPaul's Drag Race UK.

BBC Two

06.30 Wanted Down Under.
07.15 Escape to the Country.
08.00 Sign Zone: Winterwatch.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.40 Puttin' on the Ritz: The Genius of Fred Astaire.
14.00 Walks of Life.
15.00 Red Rock.
15.45 Wild Brazil.
16.45 Wild UK.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great Asian Railway Journeys.
19.00 Saving Lives at Sea.
19.30 Celebrity Antiques Road Trip.
20.30 Our Coast.
21.30 QI.
22.00 Frankie Boyle's Tour of Scotland.
22.30 Newsnight.
23.00 Weather.
23.05 Front Row Late.
23.45 **FILM:** End of Watch (2012).

ITV 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 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.25 Party Political Broadcast.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Airbn: The True Cost? Tonight.
20.00 Emmerdale.
20.30 Save Money: Lose Weight.
21.00 Tyson Fury: The Gypsy King.
22.00 ITV News at Ten; Weather.
22.45 Grantchester.
23.45 Tenable.
00.35 Ideal World.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Find It, Fix It, Flog It.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 A Place in the Sun.
15.00 A New Life in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Jamie and Jimmy's Friday Night Feast.
21.00 8 Out of 10 Cats Does Countdown.
22.00 The Last Leg.
23.05 The Big Narstie Show.

BBC Four

19.00 World News Today; Weather.
19.30 Top of the Pops: 1989.
20.00 Love Songs at the BBC: A Valentine's Day Special.
21.00 Top of the Pops: 1989.
21.30 Classic Albums: Tears for Fears - Songs from the Big Chair.
22.30 Roy Orbison: Love Hurts.
23.30 Sounds of the 70s 2: Guilty Pleasures - Love Will Keep Us Together.

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Cinema

NEW THIS WEEK

Birds of Prey - Stars: Margot Robbie, Mary Elizabeth Winstead, Ewan McGregor. **Genre:** Action, Adventure, Crime. **Director:** Cathy Yan. **Rating:** PG13. **Plot:** It's open season on Harley Quinn when her explosive breakup with the Joker puts a big fat target on her back. Unprotected and on the run, Quinn faces the wrath of narcissistic crime boss Black Mask, his right-hand man, Victor Zsasz, and every other thug in the city.



Lying and Stealing - Stars: Theo James, Emily Ratajkowski, Fred Melamed. **Genre:** Crime, Drama. **Director:** Matt Aselton. **Rating:** PG13. **Plot:** Hoping to leave his criminal lifestyle behind him, a successful art thief teams up with a sexy con woman to pull off the ultimate heist and set himself free.



Cinema Listings

NOS Forum Algarve - Faro
Birds of Prey; Snow; An Officer and a Spy; Bombshell; A Shaun the Sheep Movie; Little Woman; Frozen II (PV); Bad Boys for Life; 1917 ATMOS.

NOS Mar Shopping - Loulé
Lying and Stealing; Frozen II (PV); Birds of Prey; Bad Boys for Life; 1917 ATMOS; Spies in Disguise (PV); Jojo Rabbit; The Turning.

Gran-Plaza NOS - Tavira
Birds of Prey; Frozen II (PV); 1917 ATMOS; Little Woman; Bombshell; Bad Boys for Life; Spies in Disguise (PV).

Algarcine - Portimão
1917 ATMOS; Mosley (PV); Bad Boys for Life; Spies in Disguise (PV); Frozen II (PV); Bruno Aleixo Movie; Bombshell; Jumanji; Just Mercy; Dolittle; Little Woman.

Algarcine - Lagos
1917 ATMOS; Dolittle; Bombshell; Mosley (PV).

Algarcine Ria Shopping - Olhão
1917 ATMOS; Dolittle; Bombshell; An Officer and a Spy; Mosley (PV).

Cineplace Algarve Shopping - Guia
Birds of Prey; Snow; Corpus Christi; Lying and Stealing; Thriller; Little Woman; Jojo Rabbit (2D); The Turning; Spies in Disguise (PV); Mosley (PV); Frozen II (PV); 1917 ATMOS; Bombshell; Dolittle; Bad Boys for Life; Jumanji; Star Wars.

Cineplace - Portimão
Birds of Prey; Snow; Corpus Christi; Lying and Stealing; Little Woman; 1917 ATMOS; Mosley (PV); Dolittle; Bombshell; Bad Boys for Life; Spies in Disguise (PV).

Estação Viana Shopping - Viana do Castelo
Birds of Prey; Snow; Mosley (PV); Bombshell; 1917 ATMOS; Dolittle; Bad Boys for Life; Spies in Disguise (PV).

Cineplace Loures Shopping
Birds of Prey; Snow; Corpus Christi; Lying and Stealing; Thriller; Little Woman; Jojo Rabbit (2D); The Turning; Mosley (PV); 1917 ATMOS; Bombshell; Dolittle; Bad Boys for Life; A Shaun the Sheep Movie; Spies in Disguise (PV); Frozen II (PV).

Cineplace Leiria Shopping
Birds of Prey; Snow; Corpus Christi; Lying and Stealing; Thriller; Little Woman; Jojo Rabbit (2D); The Turning; Mosley (PV); Bombshell; 1917 ATMOS; Dolittle; Bad Boys for Life; Bombshell; Spies in Disguise (PV); Jumanji.

Cineplace Riosul - Seixal
Birds of Prey; Snow; Corpus Christi; Lying and Stealing; Little Woman; Jojo Rabbit (2D); The Turning; Mosley (PV); Bombshell; 1917 ATMOS; Dolittle; Bad Boys for Life; Spies in Disguise (PV); Frozen II (PV).

Cinemas NOS - Tavira, Faro & Loulé
cinemas.nos.pt

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



Cineplace Guia: 289 561 073 / Portimão: 282 070 101 / Leiria: 244 826 516 / Loures: 210 110 677 / Riosul: 210 114 352 / Parque Atlântico: 296 629 514 / Covilhã: 275 334 731 / Viana do Castelo: 258 100 260
www.cineplaceportugal.pt

North & Centre

EXHIBITIONS

Elisa Costa 25 January 2020 - 15 February 2020, CNAP - Clube Nacional de Artes Plásticas, Lisbon, www.viralagenda.com

(De)Construction of Memory Until 9 February 2020, 10am - 7pm, Museu

Harry Potter: The Exhibition Until 8 April 2020, from 10am, Pavilhão de Portugal, Lisbon, Tickets €19, www.everythingisnew.pt

Heritage for Generations 18 April 2020, Lisbon, Entry free, www.visitlisboa.com

O Mundo Animado de Tim Burton 6 February - 19 April,

PICASSO PALÁCIO ANJOS
25.01
30.04
2020 ALGÉS
ENTRADA LIVRE

Picasso. Universal Master, 25 January - 30 April, Algés

Coleção Berardo, Lisbon, Entry from €2.50, www.visitlisboa.com

No Escape from Noise Until 16 February 2020, 4pm - 1am, Centro de Artes, Caldas da Rainha, www.viralagenda.com

M.A.G.N.E.T Until 17 February 2020, 11am - 7pm, MAAT, Lisbon, www.maat.pt

Playmode Until 17 February 2020, 11am - 7pm, MAAT, Lisbon, www.maat.pt

She Looks Into Me Until 23 February 2020, from 6.30pm, Centro Cultural de Cascais, www.viralagenda.com

Blood Red Luxury 21 December 2019 - 1 March 2020, 10am-5pm, Museu Nacional do Traje, Lisbon, Entry €4, www.visitlisboa.com

Before the Beginning and after the End Until 1 March 2020, 10am - 1pm & 2pm - 6pm, Atelier-Museu Júlio Pomar, Lisbon, Entry from €2, www.visitlisboa.com

LEAP Magazine Launch and Exhibition 25 January - 14 March, theLAB, Porto, Entry free, www.viralagenda.com

Sarah Affonso - Days of Little Things Until 22 March 2020, 10am - 6pm, Museu Nacional de Arte Contemporânea, Lisbon, Entry €4.50, www.visitlisboa.com

Boundless objects Until 29 March 2020, Centro de Arte e Cultura de Fundação Eugénio de Almeida, Évora, Entry €2, www.viralagenda.com

Around the World Until 31 March 2020, 9.30am - 7.30pm, Biblioteca Nacional de Portugal, Lisbon, Free entry, www.visitlisboa.com

Museu da Marioneta, Lisbon, www.viralagenda.com

Loving As The Road Begins Until 20 April 2020, 11am - 7pm, MAAT, Lisbon, www.maat.pt

Picasso. Universal Master 25 January - 30 April, Anjos Palace - Manuel de Brito Contemporary Art Centre, Algés Oeiras, Entry free, www.visitlisboa.com

Weaving (the) Cosmos 20 February 2020 - 10 May 2020, Museu do Oriente, Lisbon, www.viralagenda.com

Electric - A Virtual Reality Exhibition 25 January - 24 May, Serralves, Porto, www.viralagenda.com

Gago Coutinho. Traveller and Explorer Until 24 May 2020, Museu de Marinha, Lisbon, Entry €6,50, www.visitlisboa.com

Countless Hands 19 May 2020 - 6 June 2020, 10.30am - 5.30pm, Centro Cultural de Belém, Lisbon, Entry free, www.visitlisboa.com

Flora Fluminense 14 May 2020 - 18 June 2020, Torre do Tombo, Lisbon, Entry free, www.visitlisboa.com

Meet Vincent Van Gogh 28 February 2020 - 30 June 2020, Terreiro das Missas Belém, Lisbon, www.viralagenda.com

PUM! The Secret Life of Intestines Until 2 August 2020, Pavilhão do Conhecimento Ciência Viva, Lisbon, www.viralagenda.com

The Sea is our Land 10 March 2020 - 20 September 2020, 10am - 6pm, Centro Cultural de Belém, Lisbon, Entry €6, www.visitlisboa.com

The Scribble Group - Drawing in Notebooks and Photography 12 February 2020 - 12 February 2021, Museu Nacional de História

Natural e da Ciência, Lisbon, Entry free, www.visitlisboa.com

ONE - The Sea like you never felt it 11 January 2020 - 11 January 2023, Oceanário de Lisboa, Lisbon, Entry from €13, www.visitlisboa.com

PLEASE BE AWARE THAT THE NEW MAAT (MUSEU ARTE ARQUITETURA TECNOLOGIA) BUILDING IS CLOSED AND REOPENS ON 27 MARCH.

FAIRS & FESTIVALS

Festival PLAY - Lisbon's Int. Kids Film Festival 8 February 2020 - 16 February 2020, Cinema São Jorge, Lisbon, www.visitlisboa.com

Festa do Chocolate 8 February - 25 February, 12pm - 11pm, Rua Alfredo Cunha, Matosinhos, Entry free, www.viralagenda.com

Nauticampo 12 February - 16 February, Feira Internacional de Lisboa, Entry from €5, www.visitlisboa.com

Carnival at the Coliseum 24 February, Coliseu Porto Agêas, Porto, 10pm, Tickets from €15

Festival de Jazz de Lisboa '20 1 March 2020 - 31 March 2020, Teatro Municipal São Luiz, Lisbon, www.visitlisboa.com

ModaLisboa - Lisboa Fashion Week '20 5 March 2020 - 8 March 2020, Pavilhão Carlos Lopes, Lisbon, Entry free, www.visitlisboa.com

BTL - Lisbon Travel Market'20 11 March - 15 March, Feira Internacional de Lisboa, www.visitlisboa.com

Monstra - Lisboa Animation Film Festival'20 18 March 2020 - 29 March 2020, Cinema São Jorge, Lisbon, www.visitlisboa.com

Lisbon Coffee Fest 20 - 22 March, 10am - 8pm, LX Factory, Alcântara, www.viralagenda.com

MIL - Lisbon International Music Network 2020 25 - 27 March 2020, 10am - 12am, Cais do Sodré, Lisbon, Tickets from €25, www.viralagenda.com

Portugal Handpan Festival 2020 27 - 29 March 2020,

3pm - 11pm, Santarém, www.viralagenda.com

Festival BANG! 2020 28 March 2020, 11am, Fórum Lisboa, Tickets from €10, www.ticketline.sapo.pt

Cortex Festival'20 1 April 2020 - 30 April 2020, Centro Cultural Olga Cadaval, Sintra, Entry from €3, www.visitlisboa.com

ID NO LIMITS Festival 3 & 4 April, Centro de Congressos do Estoril, Tickets €40, www.visitlisboa.com

Westway LAB 2020 15 April 2020 - 18 April 2020, 10am - 11.30pm, Guimarães, www.viralagenda.com

Music Days in Belém 23 April 2020 - 26 April 2020, Centro Cultural de Belém, Lisbon, www.visitlisboa.com

Arco Lisboa - International Contemporary Art Fair'20 1 May 2020 - 31 May 2020, Cordoaria Nacional - Galeria do Terreiro Nacente, Lisbon, www.visitlisboa.com

IndieLisboa'20 1 May 2020 - 31 May 2020, Cinema São Jorge, Lisbon, www.visitlisboa.com

Festival of the Iberian Mask'20 1 May 2020 - 30 May 2020, Praça do Império, Lisbon, Entry free, www.visitlisboa.com

MARKETS

Botanic Market - Saturdays, 9am to 1pm, at the Botanic garden University of Coimbra, www.facebook.com/mercadinhodobotanicocoimbra

CCB Market - 1st Sunday of every month, Caminho Pedonal e Praça CCB - Belém Cultural Centre, Lisbon, Entry free

LxMarket - Sundays, 10am - 7pm, Lx Factory, Lisbon, lxmarket.com.pt

Mercado D'Aqui - 1st Sunday of every month, Parque de Jogos, 1º de Maio sports field, www.mercadod aqui.pt

Benfica Handicrafts Market 1st Saturday of the month, 10am - 6pm, Estrada de Benfica, Lisbon

Flea Market. Tuesdays and Saturdays, 9am - 6pm, Campo de Santa Clara Lisbon

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KELSEY LU
SLOW J
KINDNESS
JORDAN RAKEI
EZRA COLLECTIVE MOSES BOYD
COUCOU CHLOE BING FIIG JOE KAY
TRICK LHAAT CARLA PRATA SHARA LION
PEDRO VAARWELL CHONG KWONG
AND MORE
CASCAIS 03-04 APR
CASCAIS

ID NO LIMITS Festival, 3 - 4 April, Estoril

Please be aware that for legal reasons access to events at Estoril and Lisbon Casinos is reserved to those age 18+.
(Entrance for Children via Foyer Panorâmico)

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 events@theportugalnews.com by midday on the Monday before publication.

*(PV) = Portuguese version
(OV) = Original version.



IV Mostra Silves Capital da Laranja 14 – 16 February, Silves

Handicraft and Antiques Market. Saturdays 10am - 7pm, Mercado de Ribeira, Lisbon

Antique Book Fair Saturdays 10am - 5pm, Rua Anchieta, Chiado, Lisbon

Handicrafts Market Saturdays, Praça da Galiza, Vila Nova de Cerveira

Mercado de Santana The largest Open Air Market in Portugal, Sundays, 8am - 1pm. Caldas da Rainha

MUSIC

Ghostemane 28 February 2020, 8pm, LAV - Lisboa ao Vivo, Lisbon, Tickets from €22, www.everythingisnew.pt

The 1975 7 March, Altice Arena, Lisbon, 8.30pm, www.everythingisnew.pt

Fat Freddy's Drop 29 March 2020, 8pm, Campo Pequeno, Lisbon, Tickets from €22, www.everythingisnew.pt

Bon Iver 15 April, Altice Arena, Lisbon, 8pm, www.everythingisnew.pt

Nick Cave and the Bad Seeds. 19 April, 8.30pm, Altice Arena, Lisbon, www.everythingisnew.pt

JP Cooper 4 May 2020, 9pm, Teatro Tivoli BBVA, Lisbon, Tickets from €18, www.everythingisnew.pt

Lauv 11 May 2020, 8pm, Coliseu de Lisboa, Lisbon, Tickets from €27, www.everythingisnew.pt

Guns N' Roses 20 May 2020, Passeio Marítimo De Algés, Lisbon, Tickets from €69

Harry Styles 20 May 2020, 6pm, Altice Arena, Lisbon, Tickets from €41, www.everythingisnew.pt

Blue Man Group 28 - 31 May 2020, Coliseu de Lisboa, Lisbon, Tickets from €18, www.everythingisnew.pt

THEATRE & DANCE

Forever King of Pop 20 February 2020 - 23 February 2020, Casino Estoril, Cascais, Tickets from €25, www.visitlisboa.com

Fake 19 March 2020 - 5 April 2020, Teatro Nacional D. Maria II, Lisbon, www.viralagenda.com

Disney on Ice 2020 20 March - 22 March, 7.30pm, Altice Arena, Lisbon, www.blueticket.pt

Chicago Until 29 March 2020, 9pm, Teatro Trindade INATEL, Lisbon, www.viralagenda.com

FIMFA - International Festival of Puppets and Animated Forms'20 1 May 2020 - 31 May 2020, Teatro Municipal Maria Matos, Lisbon, www.visitlisboa.com

La Bohème 4 - 10 May 2020, Teatro Nacional de São Carlos, Lisbon, Tickets from €20, www.visitlisboa.com

PaPi - Opus 8 13 May 2020 - 17 May 2020, Centro Cultural de Belém, Lisbon, Entry €3.50, www.visitlisboa.com

Les Somnambles 22 & 23 May 2020, Centro Cultural de Belém, Lisbon, Entry €3.50, www.visitlisboa.com

Orizuro 29 & 30 May 2020, 10.30am - 4pm, Centro Cultural de Belém, Lisbon, Entry €3.50, www.visitlisboa.com

Loo 4 - 6 June 2020, Centro Cultural de Belém, Lisbon, Entry €3.50, www.visitlisboa.com

Heidi Until 14 June 2020, 3pm, Teatro Armando Cortez, Lisbon, www.viralagenda.com

WORKSHOPS & COURSES

Health Coaching 11 January 2020 - 22 March 2020, 9.30am - 6.30pm, Restelo, Lisbon, www.viralagenda.com

Health Coaching Until 22 March 2020, 9.30am - 6.30pm, Restelo, Lisbon, www.viralagenda.com

Portuguese for foreigners Until 31 May 2020, Wednesdays 6.30pm, Biblioteca Municipal da Maia, Maia, Cost €30, www.viralagenda.com

SPORTS

Lisbon Half Marathon'20 15 March 2020, Ponte 25 de Abril, Lisbon, www.visitlisboa.com

Arrábida Walking Festival 27 - 29 March, Arrábida

Nature Park, Setúbal, Tickets from €13, www.visitlisboa.com

Nazaré Big Wave Challenge Until 31 March 2020, Praia do Norte, Nazaré, Entry free, www.worldsurfleague.com

Millennium Estoril Open 2020 25 April 2020 - 3 May 2020, 1pm, Clube Ténis do Estoril, Tickets €85, www.blueticket.pt

Lisboa International Triathlon 23 May, Parque das Nações, Lisbon, www.visitlisboa.com

South

AUCTIONS

Auction House Algarve 7 March 2020. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

A Step with Future 17 January 2020 - 31 March 2020, Arts and Crafts Centre, São Brás de Alportel, www.visitalgarve.pt

Contemporary International Art Exhibition 24 January - 15 February 2020, LUX Gallery, Portimão, www.theluxgallery.com

Amazon 25 January 2020 - 18 April 2020, 10am - 6pm, Centro Cultural de Lagos, Entry free, www.viralagenda.com

Spaces In Between 25 January 2020 - 18 April 2020, 10am - 6pm, Centro Cultural de Lagos, www.viralagenda.com

Nature's Treasures 1 February - 29 February, 9am - 5.30pm, Silves Castle, Entry €2.80, www.visitalgarve.pt

Algarve Terracotta: The Art of Clay 1 February - 30 April, 2pm - 5pm, Alportel Museological Centre, São Brás de Alportel, www.visitalgarve.pt

Paintings by Mary Byrde Until 14 February 2020, 10am - 4.30pm, Espaço, Aljezur, www.visitalgarve.pt

Maria Mergulhão, Messages in a bottle Until 23 February 2020, Museu Municipal de Faro, www.viralagenda.com

Estuaries Until 23 February 2020, 10am - 6pm, Municipal Museum, Portimão, www.visitalgarve.pt

ART at the MAG Winter Exhibition Opening Until 22 March 2020, 6.30pm - 10pm, The Magnolia Hotel, Almancil, www.viralagenda.com

Awarded Photographs from the 19th Portimão Photography Race Until 12 April 2020, 10am - 6pm,

Entry €3, Municipal Museum, Portimão, www.visitalgarve.pt

Writing in the Lower-Alentejo: from the origins until today Until 2 May 2020, 9.45am - 4.30pm, Municipal Museum - Islamic Centre, Tavira, www.visitalgarve.pt

Arte Natura - by Monika & Bernhard. Craftwork with natural materials, Caldas de Monchique, Daily 10am to 6pm, 962 815 386

Paintings by Liz Allen Ongoing exhibition, Óchálá Casa de Chá, 12 Rua Dr. Samora Gil, Monchique 8550 249 Wednesday - Sunday, 10-6pm, 282 912 524

FAIRS & FESTIVALS

Contemporary Dance Festival 9 - 16 February 2020, Lagos

IV Mostra Silves Capital da Laranja 14 - 16 February, Fair and Exhibition Pavilion, Silves

20th Al-Mutamid - Muhsilwan Music Festival 15 February, 9.30pm, Lagos

2020 Bomboémia Carnival Parades 22 February, 4pm - 4.30pm in Alvor, 5pm - 5.30pm in Praia da Rocha, 6pm - 6.30pm in Portimão Riverfront, Entry free, www.visitalgarve.pt

Windward Performing Arts Festival 20 March 2020, 9.30pm, Lagos

Carnaval of Odiáxere 23 - 25 February 2020, Odiáxere, www.viralagenda.com

MARKETS

Loulé - Every Saturday

Quarteira - Every Wednesday

Lift Market Lagos - Every Saturday

São Brás de Alportel Market - Every Saturday

Algoz - 2nd Monday of the month

Cortelha - 2nd Saturday of the month

Almancil Flea Market - 2nd and 3rd Sunday of the month

Chinicato Flea Market - 2nd Sunday of the month

Ferreiras - 2nd and 4th Tuesday of the month

Caliços Flea Market - 2nd and 3rd Saturday of the month

Fuseta Flea Market - 2nd Sunday of the month

Aldeia Nova - 2nd Sunday of the month

Monchique Market - 2nd Friday of the month

Castro Marim Market - 2nd Saturday of the month

Lagoa Market - 2nd Sunday of the month

Ferragudo Flea Market - 2nd Sunday of the month

Faro - 2nd Sunday of the month

Vaqueiros - 2nd Thursday of the month

Organic Market. Every Wednesday, 10am - 3pm, República 14 Olhão.

Car Boot Sale from 9am, 1st Sunday of each month. Old School House, Vales, Aljezur.

Farmers Market. 1st Sunday of each month, 10am - 1pm, Quinta Shopping, info@quintashopping.com

MUSIC

Tindersticks 17 February, 9.30pm, Teatro das Figuras, Faro, www.teatrodasfiguras.pt

Play with Music and Movement for Babies 15 February & 21 March 2020, Municipal Library, Lagos

20 Fingers - 4th Algarve International Piano Festival 29 February, 9.30pm, TEMPO - Teatro Municipal, Portimão, Tickets from €20, www.visitalgarve.pt

THEATRE & DANCE

"Caramel Macchiato" Pedro Teixeira da Mota 21 February 2020, 7.30pm and 10pm, Cultural Centre, Lagos

Tell me Antonio 22 February 2020, 9.30pm, Lagos

A bunch of amateurs. 27 - 29 February, Carlos do Carmo Auditorium, Lagoa, www.thealgarveans.com

Volta Portugal em Revista 14 March 2020, 9.30pm, Lagos

"Neverending Tour" 6 March 2020, 9.30pm, Cultural Centre, Lagos

Vagina Monologues 27 March 2020, 9.30pm, Lagos

Traditional Creative Family Music and Dance 22 February, 28 March 2020, Municipal Library, Lagos

WORKSHOPS & COURSES

Painting in Oil and Acrylics Workshop Wednesday & Friday, 10am - 12pm, Escola de Artes Fernando Rodrigues, Lagoa, 965 594 511

Transformation workshop Every Monday, 10am - 12pm, 1 Chakras, 917 899 115 vdvreugde@hotmail.com

Cork Workshops Mondays & Thursdays, 2.30pm, Algarve Costume Museum, Cost: from €25, www.viator.com

Street Art Lab 7 December 2019 - 30 May 2020, 10am - 5pm, LAC - Laboratório Actividades Criativas, Lagos, Cost €15, www.viralagenda.com

Botanical Art: Create a Terrarium of Plants 8 February, Vale do Lobo Artistic Space, €16

Retiro 21-23 February 2020, Picota, Monchique, Tickets from €185, afloramentos@gmail.com

Library II Meditation and Relaxation Cycle 15 February & 22 March 2020, Municipal Library, Lagos

Library Nights 7 March 2020, Municipal Library, Lagos

Life is Beautiful 22 February & 21 March 2020, Municipal Library, Lagos

PNL Practitioner Algarve 7 March - 26 September, 9.30am - 7pm, Sítio do Valongo Senhora do Verde, Portimão, www.viralagenda.com

Poesia 21 20 March 2020, 9.30pm, Adega Almadrage, Lagos,

Riverside painting week Beginning 6 June 2020 and 19 September 2020, Morning workshop every day, Cost €230, www.figsonthefuncho.com

SPORTS

Full Moon Evening Walks 9 February, 7.30pm - 9.30pm, Loulé, expatcentre.pt@gmail.com

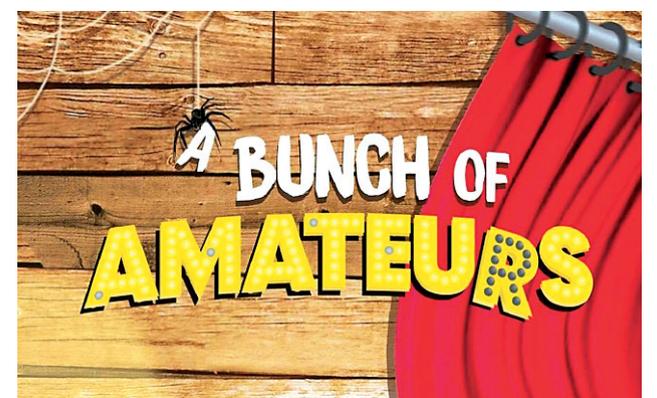
Rotax Max Challenge 15 & 16 February, Algarve International Circuit Go-Kart Track, Mexilhoeira Grande, Entry free, www.visitalgarve.pt

St. Valentine's Race Walk 16 February, 10am, Municipal Pool Complex, Silves, www.visitalgarve.pt

46th Algarve Tour 19 - 23 February 2020, Various Locations, www.visitalgarve.pt

2nd Solidarity Walk 23 February, 8.30am, Cabanas de Tavira - Hotel Golden Club, Entry free, www.visitalgarve.pt

Ride the Via Algarviana by mountain bike. We are 5 friends riding the Via from 2-6 March 2020 And have space for one more in our van. It's 65km per day, over 1500m climb, hard but fun. Interested in joining us? Contact ridewiththepack@pm.me



A bunch of amateurs. 27 - 29 February, Lagoa

NOTE: Please send your events to events@theportugalnews.com by midday on the Monday before publication.

Announcements

HOT WATER without any sunshine needed: see more at www.shs-pt.com

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Auctions



Viewing days:
Saturday, 7 March 2020
Saturday, 4 April 2020

- Antiques and Collectibles
- Furniture and Art
- Jewellery: Antique, Vintage & New
- Sports Equipment

Check out our Facebook page & view items coming up at Auction. View the catalogue and bid on line at www.ahalgarve.com where further details are available. Tel: 289 832 380 or email us at info@ahalgarve.com

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CHRISTIAN ALGARVE-BASED businessman wishes to meet lady between ages of 20-40. Tel: 934801273

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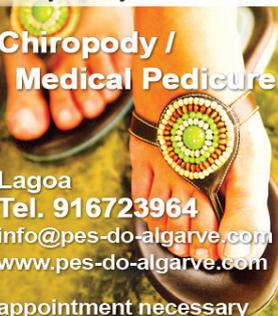
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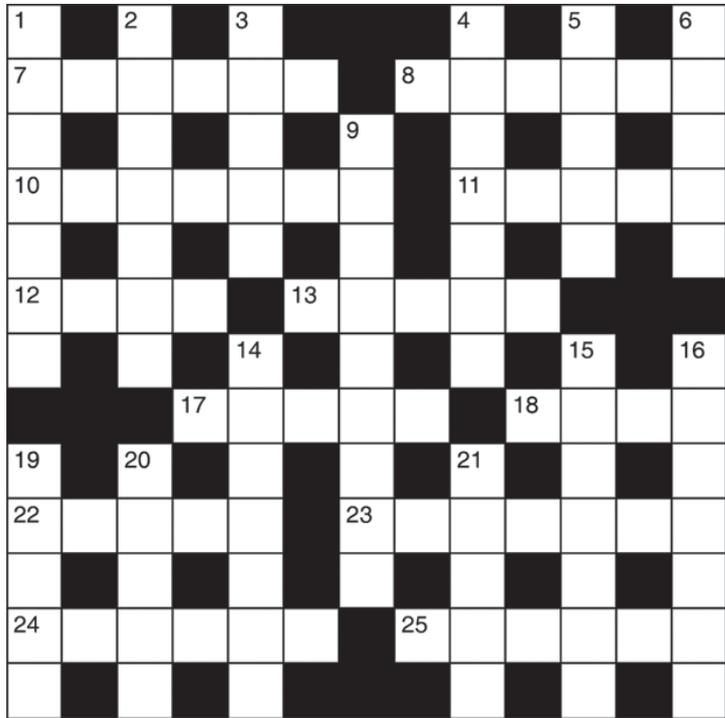
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Last week's cryptic crossword solutions

Across: 1 Post; 8 Improbable; 9 Spottling; 10 Ivan; 12 String; 14 Exacts; 15 Keeper; 17 Scenes; 18 Star; 19 Forepart; 21 Undertaker; 22 Kite.
Down: 2 Outpatient; 3 Tint; 4 Spring; 5 Tongue; 6 Badinage; 7 Mean; 11 At the front; 13 Importer; 16 Refute; 17 Strike; 18 Stub; 20 Perk.

CRYPTIC CROSSWORD

ACROSS

- 7. See 22 Across
- 8 & 12Ac. Cottonwood could produce a proper tale (6-4)
- 10. The couple will have me back to show affection (7)
- 11. Stupid description of well forested area (5)
- 12. See 8 Across
- 13. Loose name for fuel (5)
- 17. See 23 Across
- 18. See 2 Down
- 22 & 7Ac. Have a convivial fling? (5,1,5)
- 23 & 17Ac. A quick mover keeping to the rails (7,5)
- 24. Leave drought-stricken area (6)
- 25. Sundry underwater operators (6)

DOWN

- 1. Regal splendour is something to amuse one in springtime (7)
- 2 & 18Ac. Trailer covered with prickles - hiker didn't remain seated! (7-4)
- 3. Southern hardwood is meaty stuff (5)
- 4. Use the stick - this will produce behaviour (7)
- 5. Aircraft to level out (5)
- 6. Carrying a gun, but _urt, apparently! (5)
- 9. They provide opportunities for taking courses (4-5)
- 14. In which you'll find storage space for underclothing! (7)
- 15. Threatened by a gunman, but insured (7)
- 16. Keep on upsetting priests (7)
- 19. Look contemplatively at a musical exercise (5)
- 20. Petulant enough to change sides (5)
- 21. Rent a Dalmatian holiday resort (5)

QUICK CROSSWORD

ACROSS

- 7. Omitting (6)
- 8. Dozen (6)
- 10. Airman (7)
- 11. New (5)
- 12. Hoard (4)
- 13. Grown-up (5)
- 17. Postpone (5)
- 18. Lean (4)
- 22. Kingdom (5)
- 23. Generous (7)
- 24. Powerful (6)
- 25. Agree (6)

DOWN

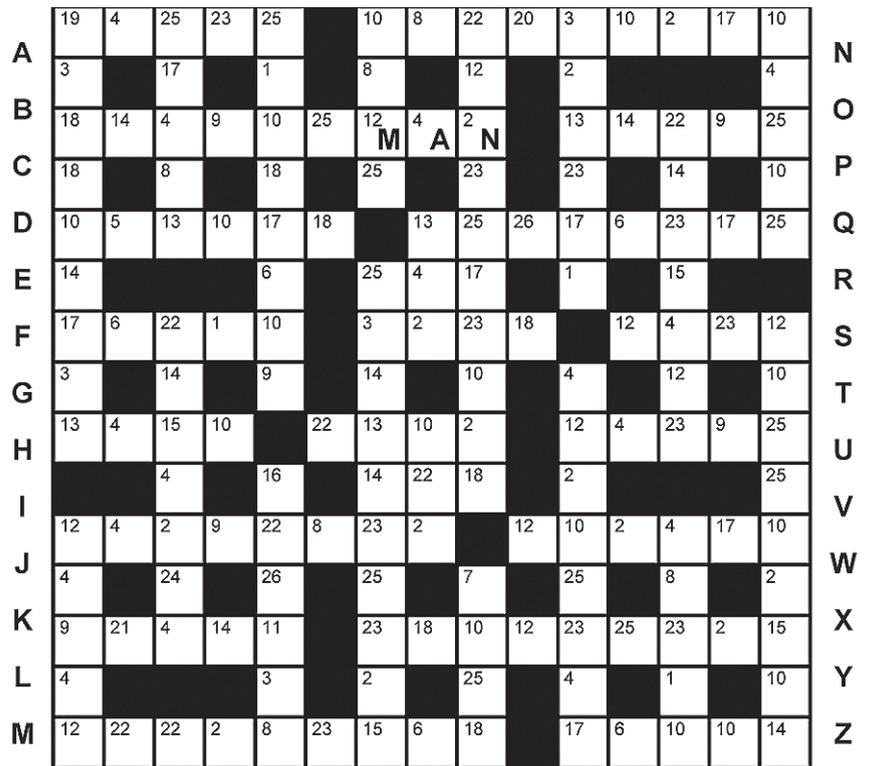
- 1. Backsliding (7)
- 2. Accomplish (7)
- 3. Malice (5)
- 4. Cheat (7)
- 5. Drudge (5)
- 6. Traded (5)
- 9. By degrees (9)
- 14. Pertinent (7)
- 15. Hire (7)
- 16. Blow up (7)
- 19. Reliance (5)
- 20. Bear (5)
- 21. Fat (5)

Last week's quick crossword solution

Across: 1 Gala; 8 Correction; 9 Fireside; 10 Garb; 12 Staple; 14 Starve; 15 Indeed; 17 Cattle; 18 Mess; 19 Eternity; 21 Digression; 22 Ernc.
Down: 2 Assistance; 3 Ache; 4 Praise; 5 Recess; 6 Stagnant; 7 Snub; 11 Revolution; 13 Pleasure; 16 Dressy; 17 Credit; 18 Mode; 20 None.

CODEWORD

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

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

Medium

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

Hard

Last Week's Codeword Solution

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

Last week's solutions

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

Can you crack a VINCICODE®

Vincicode is a three digit number(eg.384), presented in alphabetic figures, like ABC, in which 'A' represents the first digit (number 3), 'B' represents the second digit (number 8) and 'C' represents the third digit (number 4).

Cracking the code is not difficult. Just remember: Any even number is dividable by one digit number of 2, or 4, or 6, or 8.

- Any odd number finishes with 1, 3, 5, 7, or 9;
- Any number which is not dividable by any one digit number, 2,3,4,5,6,7,8 or 9 finishes with 1, 3, 7 or 9;

• Any number dividable by 5 finishes with 5.

For example :

Let's crack ABC code when:

- 1) A, B and C are numbers between 1 and 9, included.
- 2) A+B+C=10 (the sum of A plus B plus C is 10).
- 3) C>A>B (Number C is larger than number A which is larger than B).
- 4) ABC ÷ 4 (The three digit code is dividable by 4).

When the code, ABC is dividable by 4, then C, the third digit can be 2, 4, 6 or 8.

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C can't be 2 or 4, because it does not cover the conditions (1) and (2).

If C=6, then A+B= 4, and options are: A=4 and B=0 => **ABC = 406** and A= 3 and B=1 => **ABC= 316**

code **ABC=406** doesn't cover condition (4) If C=8, then A+B=2 and the only option is A=2 and B=0 which doesn't cover condition (1). then: **Vincicode is 316.**

Now your turn:

ABC is the three digit Vincicode number, in which A, B and C are numbers between 1and 9, included.

Find the code ABC where :

- A+B+C=10
- C>A=B
- ABC ÷ 2

To confirm your answer to the Vincicode, or ask for more code to crack, please send an email to: vincicode104@gmail.com

McDowell ends drought in the desert

Graeme McDowell ended his 2,037 day wait for a European Tour title with a victory at the 2020 Saudi International powered by SoftBank Investment Advisers.

On a windy final day at Royal Greens Golf and Country Club, the 40-year-old used all his experience to card a closing 70 and finish at 12 under, two shots clear of defending champion Dustin Johnson. Raised in Northern Ireland and with a Major victory at Pebble Beach Golf Links in the 2010 U.S. Open Championship, McDowell is a master of playing in the wind, and he utilised all his guile to come home in 34 as many of his rivals faltered. Johnson eagled the last in a 67 to finish a shot ahead of fellow American Phil Mickelson, Malaysia's Gavin Green and Belgian Thomas Pieters. McDowell's 11th European Tour victory and first since making a successful defence at the 2014 Open de France takes him back into the top 50 on the Official World Golf Ranking and makes him a European Tour winner in three different decades. The victory also means his 16 professional wins have come in 13 different countries and he is determined to have another prolonged spell at the top of the game after claiming his first triumph since turning 40. "It's special," he said. "I've been working hard the last year and a half. I want to be back up there one more time just to be able to play

against these guys. "The game of golf is in such great shape, there are so many great players in the world, it's so exciting to be a top player in the world and I want to be back up there again. I'm very excited that it's happened a little faster than I expected but hopefully it's laying some foundations down for having a big year. "It's been ten years since I won a U.S. Open, ten years probably since I played the best golf of my life. I feel like I'm moving back in the right direction. "I have a solid team, life's settled down. I've got a great wife and great family, I'm very happy with what's going on in my life right now. I feel like the pond, the ripples in the pond have kind of steadied out a little bit now and I'm in a good place to play some good golf. "Kevin (Kirk, coach) said to me, 'There's no reason why the best golf in your career can't still be ahead of you'. I like that. I like that kind of idea. I like that focus." McDowell went left off the first tee to surrender an opening bogey and did well to save par on the third and fifth before holing an 18 footer on the par three eighth to get back to level for the day. He found sand with his second shot at the ninth to drop back to 11 under and playing partner Victor

McDowell's 11th European Tour victory and first since making a successful defence at the 2014 Open de France takes him back into the top 50 on the Official World Golf Ranking



Dubuisson was in a share of the lead with him at the turn. The duo were in perfect sync at the 2014 Ryder Cup as they combined for two points out of two in the foursomes but they went in different directions on the back nine, with a Dubuisson double bogey on the 11th handing McDowell a solo lead he would not give up. Pieters became his nearest challenger as he turned in 33 with birdies on the third, fourth and seventh and a bogey on the ninth. The four time European Tour winner made back to back gains on the tenth and 11th and then bounced back from a bogey on the 16th with a birdie on the

next, before pulling an eagle putt from four feet on the last. When McDowell came up short of the 13th green and made a bogey, the lead was down to one, but he holed from 20 feet on the next and then hit a stunning approach to four feet on the 15th to give himself some breathing room and parred his way home. Johnson had bogeyed the third but hit back with a

brilliant chip-in eagle on the next before a birdie from four feet at the ninth moved him to nine under. A bogey on the 13th left him with too much work to do down the stretch but his closing eagle saw him leapfrog the rest of the chasing pack. Mickelson made a hat-trick of birdies from the second but would not make another until the last to go with a bogey on the 16th,

while Green drove the green for an eagle at the 17th and also birdied the last to get back to level on the day. England's Ross Fisher eagled the last to finish at seven under alongside Frenchman Dubuisson, Spanish Major Champion Sergio Garcia, Mexican Abraham Ancer and Belgian Thomas Detry. *European Tour*

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Braga and Benfica march on

N CHRIS WRIGHT

Rúben Amorim's incredible run as the new SC Braga manager continues.



The single goal victory against Sporting saw Braga move up to third place after having been in mid-table back in December

He has won all seven games since taking charge in early January including two victories over FC Porto and last weekend Os Arsenistas beat Sporting and in the process leapfrogged them into third place in the Primeira Liga. Leaders Benfica notched up a narrow victory over Lisbon rivals Belenenses whilst FC Porto ran out comfortable winners at V. Setúbal. At the bottom, Portimonense lost at home to Tondela and after three successive defeats find themselves firmly rooted in the drop zone. Benfica made it sixteen league wins on the trot with a 3-2 victory over Belenenses at the Estádio da Luz. The Eagles star player was former Spurs, QPR and Fulham attacking midfielder Adel Taarbt. The Moroccan international set-up Carlos Vinicius for opening goal on the half-hour mark. Adel Taarbt was on hand to double Benfica's lead seven minutes later. A Ferro own goal on seventy minutes gave Belenenses some hope but Chiquinho added a third for the home side eight minutes later. Licá's penalty for visitors, four minutes from time was not enough to deny Benfica victory and ensured that they remain

seven points clear of Porto at the top. Porto, still reeling from their defeat by Braga in the League Cup Final, travelled to V. Setúbal but had to wait until near the interval for the breakthrough. Strikes from Jesús Corona and Alex Telles gave them a two goal lead at half-time. Tiquinho Soares made it 3-0 just after the break and Luís Diaz added the fourth in added-on time. Sporting travelled to SC Braga without their talisman Bruno Fernandes who was making his debut for Manchester United after months of transfer rumours. A positive start from the Lions saw them go close on two separate occasions in the opening ten minutes, firstly from Eduardo and then new boy Andra• Sporar in his first start. Braga looked stronger after the break and with fifteen minutes to go Luis Neto thought he had saved Sporting with a clearance off the line from Galeno's strike but substitute Trincão was on hand to slot home the rebound. The single goal victory saw Braga move up to third place after having been in mid-table back in December. On Sunday evening FC Porto host Benfica and should the Eagles continue their winning run then it will virtually assure them of yet another Primeira Liga title.

N Sport in Brief

Farense slip up

Farense lost 0-2 at home to Estoril and have slipped down to second in the Segunda Liga below Nacional (Azores). Having won only one of their last five games, the Faro based outfit will be looking for maximum points on Sunday when they travel north to play FC Porto 'B'. Farense are just three points ahead of third place Mafra with only the top two getting promoted to the top flight.

Algarve derby in Olhão

Campeonato Portugal 'Division D' leaders Olhanense drew 1-1 at second place SC Real (Queluz) and would have secured all three points but for an unfortunate deflected own goal in stoppage time. On Sunday Olhanense entertain DC Louletano at the José Arcaño Stadium, Olhão (behind McDonalds on the EN125) kick-off 3.00pm. The Loulé team have won their last five games and have moved into fifth place just two points below their local rivals.

Stars of the future

Vila Real de Santo António hosts an abundance of young football talent over the next two weeks. On Saturday in the men's Under 16 Tournament Colombia play Germany at 1pm followed by the hosts Portugal going up against the Netherlands at 4pm. Other fixtures are: Tuesday (11 February) 1pm Portugal-Germany; 4pm Netherlands-Colombia. All games are played at the VRSA Sports Complex (on the road to Monte Gordo) and admission is free.

Busy close to transfer window

A busy end to the transfer window for Portuguese players concluded a week ago with Barcelona confirming a deal for Braga youngster Francisco Trincão; while in England Cédric Soares joined Arsenal on a loan deal from Southampton.

N CHRIS WRIGHT



Daniel Podence arrived at Wolverhampton Wanderers from Olympiacos during the transfer window.

The moves came the day after Bruno Fernandes joined Manchester United from Sporting and Daniel Podence arrived at Wolverhampton Wanderers from Olympiacos (Greece). Manchester United completed the signing of Portugal midfielder Bruno Fernandes for a reported initial deal of €50m. The 25-year-old, who has nineteen international caps, signed a five-and-a-half year contract at Old Trafford with the option of a further 12-

month extension. Daniel Podence, who signed for €20m, made his debut for the Wolves as a substitute and at the final whistle swapped shirts with fellow countryman Bruno Fernandes. In total the deals meant that over €100m was spent on Portuguese players across the last couple of days of the window, with the figure set to rise when further performance and appearance related clauses are met.

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