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THE PORTUGAL News

Portugal's National Newspaper in English

18 Jul 2020 • Ed. 1586
€1.50 inc IVA

Publisher: Paul Allen Luckman
www.theportugalnews.com

This week 15,229 copies
Facebook: 70,646 followers
Web: 394,950 page views last week

UK air restrictions with no scientific basis



Temperature checks are being undertaken in airports across mainland Portugal as the government reiterates that Portugal is a safe destination to visit. (Photo: Lusa/Miguel A. Lopes) **Full story P2.**



Portugal "cannot handle" new confinement. **P6**



Coal plant closures on the cards. **P10**



Half of Algarve water parks reopen. **P12**



Miguel Oliveira returning to the track. **P40**



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The Portugal News is part of the
 Portugal News Group established
 1977. Depósito Legal Nº 80258/94

DIRECTORS

Paul Allen Luckman
 publisher@theportugalnews.com

Madeline Luckman
 copy@theportugalnews.com

CONTACTS

Postal Address:
 Apt 13 • 8401-901 • Lagoa

Courier Address:
 Rua Município de S. Domingo
 Urb.Lagoa Sol • Lote 3 r/c
 8400-415 Lagoa

Classifieds: +351 282 380 315

Sales: +351 282 380 310

Accounts: +351 282 343 653

Newsdesk: +351 282 380 313

General: +351 282 341 100

Email: info@theportugalnews.com

Web: www.theportugalnews.com

PRINT & DISTRIBUTION

Printers: Unipress, Porto

Print-run: 15,229 copies this edition

Distributors: VASP

Member of aptc
 audited circulation

**PRODUCTION**

Publisher: Paul Luckman
 publisher@theportugalnews.com

Photos: LUSA • Press Association

GENERAL MANAGER

Daisy Sampson
 Daisy@theportugalnews.com

SALES MANAGER

Sónia Seixas
 sales@theportugalsnews.com

ACCOUNTS MANAGER

Gaby Rodrigues
 accounts@theportugalnews.com

While The Portugal News has done its utmost to ensure all advertiser information is correct, the paper is unable to verify the content and/or claims of adverts provided.

Publicação registada na Entidade Reguladora para a Comunicação Social com o número 127217
 Estatuto Editorial:
www.theportugalnews.com/editorialguidelines

WEATHER

Blue skies and high temperatures for Portugal

The entire country will be bathed in sunshine this weekend, while temperatures are to rise again at the start of the week.

Lisbon: It will be feeling a little cooler on Sunday in the capital as cloud cover helps to drop the average temperatures to highs of 30 degrees and lows of 20 degrees. From Monday it will be heating up again with temperatures rising to averages of 33 degrees and lows of 21 degrees.

The centre: Saturday will be the hottest day of the weekend with temperatures peaking at 38 degrees in the centre and nightly lows of only 25 degrees. Hazy cloud is expected on Monday and Tuesday however temperatures are to rise to highs of 37 degrees and lows of 23 degrees at night.

The north: Temperatures are to peak on Saturday at 32 degrees in the north before dipping on Sunday and Monday down to highs of 29 degrees. From Tuesday the north will be heating up again with average daily highs of 32 degrees and lows of 17 degrees. There is no chance of rain for the entire week.

The south: It will be feeling slightly cooler over the weekend in the south with highs of 31 degrees and lows of 22 degrees. The break in the hot weather will however be short lived as the thermometers rise again on Monday and remain for the rest of the week with highs of 33 degrees and lows of 22 degrees.

UK air restrictions with no scientific basis

The Minister of Economy, Pedro Siza Vieira, has stated that the United Kingdom's decision to leave Portugal off the list of safe destinations to travel has no scientific basis, even with the criterion that the country chose to follow.

The Minister of State, Economy and Digital Transition participated in a conference organised jointly by the news agencies Lusa and the Spanish EFE, with the theme "Tourism in times of Covid-19", when he stated that the decision of the UK, one of the main tourist markets for Portugal, was taken "without scientific basis, even adopting the criterion that it decided to follow".

"These are completely different situations, that are happening in Lisbon and in the rest of the territory that has a low rate on incidence", he added.

The official also underlined that the availability of the national health system was never under a "stress" situation, and is dealing well with the response to the pandemic.

The UK is the main tourist market for Portugal, representing 19.2 percent of overnight stays from foreigners in 2019 and has been recording successive growth since 2013, only interrupted in 2018, according to data from INE.

The preferred destinations for British guests are the Algarve (63.8 percent of overnight stays in the market), Madeira (18.5 percent) and the Metropolitan Area of Lisbon (10.8 percent).

On 3 July, the United Kingdom announced which "international travel corridors" it would resume from the 10 July, excluding Portugal from that list.

Portuguese diplomacy already reacted, considering the UK's decision of excluding Portugal from the "international travel corridors" as "absurd", "wrong" and a decision that causes "great disappointment", bringing several economic consequences and mutual trust issues.

In the conference, Pedro Siza Vieira also said that he is convinced that Portugal "due to its

ability to present itself to the world as a safe destination", with a great diversity of landscapes and cultural environments, will return to the centre of consumer preferences. "During this time, which is from now until we recover the travel flow that we all hope for, it is very important to have the capacity to support the thousands of companies, many of them small and medium-sized companies, which will have a greatly reduced turnover during this year, which need to be preserved as much as possible, because that is what makes a tourist destination successful", he reiterated.

Pedro Siza Vieira considered it necessary to invest in future competitiveness factors, like sustainability, digitalisation and human resources qualification.

"We will continue to invest in what the new country destinations are, nature tourism (...), redesign buildings into parks, (...) to support the conversion of living units to a more circular economic system, greater energy efficiency", guaranteed the minister.

The marked effects of the decrease in tourism can be seen in the latest statistics from INE in Portugal.

According to the National Statistics Institute (INE), overnight stays from residents decreased 85.9 percent (-93.5 percent in April) and those from non-residents decreased 98.4 percent (-98.9 percent in the previous month).

Total income recorded a negative change of 97.2 percent (-98.5 percent in April), standing at €11 million.

Income from accommodation reached €9.6 million, decreasing 96.8 percent (-98.2



A passenger travelling from Faro to Dublin on 15 July

percent in the previous month). Guests and overnight stays maintained historical declines in the period under review, with approximately 70.4 percent of tourist accommodation establishments closed or with no record of movement of guests (85 percent in April 2020). The main markets maintained reductions of over 90 percent, with the largest declines occurring in the British, Irish (-99.4 percent in

Government clarifies rules on air traffic

The Government has clarified rules on air traffic and airport management in the context of the Covid-19 pandemic, and established the sanctioning regime for non-compliance with these rules.

"Rules for air traffic and airports are clarified, namely: the obligation for passengers on flights originating in countries considered to be at epidemiological risk to present, at the time of departure, proof of carrying out a test to detect infection by SARS-CoV-2 with negative result, carried out in the 72 hours prior to the moment of embarkation", says the statement issued after a meeting of the Council of Ministers held electronically.

Portugal is currently accepting flights without restrictions from EU countries, Schengen space countries (Liechtenstein, Norway, Iceland and Switzerland) and the United Kingdom.

Passengers from outside of

the EU and Schengen space are not allowed to travel to Portugal except from Portuguese speaking countries (CPLP/PALOP), from Brazil people can only travel from São Paulo and Rio de Janeiro and the United States of America due to the presence of Portuguese communities.

According to the approved rules, ANA-Aeroportos de Portugal is obliged to carry out, at the Portuguese international airports that it manages, "infrared body temperature screening for all passengers arriving in Portugal and to implement the respective protection measures and containment".

"These rules are not applicable to airports in the autonomous regions of

Madeira and the Azores".

The Council of Ministers also approved a decree-law that establishes that non-compliance by the airlines or ANA with the defined rules will result in the payment of fines between €500 and €2,000 "for each passenger who boarded without demonstrating a negative Covid-19 laboratory test, or waiving their need", and fines between €2,000 and €3,000 "for non-compliance with the obligation to track infrared body temperature of all passengers arriving in the national territory".

The fulfilment of the obligation will be supervised by the National Civil Aviation Authority (ANAC) and by the Aliens and Borders Service (SEF).



documented scenes of social distancing on their flight and throughout the airport. (Photo: Paul McCarren)

both), North American (-99.3 percent) and French (-99.0 percent). Since the beginning of the year, all the main markets have decreased, with emphasis on the Irish (-79.0 percent), Belgian (-71.3 percent), Swiss (-71.1 percent) and French (-70.5 percent). The Canadian (-47.2 percent) and Brazilian (-51.0 percent) markets were, among the main ones, those that registered smaller decreases.

Meanwhile, the Portuguese President has been working to help push tourism in the country to help to secure the industry. Marcelo Rebelo de Sousa, has defended "positive discrimination" for the tourism sector, considering that the Algarve is one of the Portuguese regions where this particular discrimination is very important. "Tourism in general; restaurants, hotels and sectors linked to tourism, deserve a positive discrimination and the Algarve is

one of areas where this is very important", said Marcelo Rebelo de Sousa. The President indicated that the Government "is seriously looking at the tourism situation" especially in terms of employment. Marcelo also added that the Government is being "very attentive to the Algarve's situation". Marcelo Rebelo de Sousa hopes that on 20 July, when Ireland releases its list of countries at risk "it could translate into different news".
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by Clínica Dentária Dr. Cris Piessens, Lda.



Dirty cars will fail MOTs

New rules for car MOTs that will come into force in November 2020 will make the periodic inspection of vehicles more demanding and rigorous. Among new rules is that cars must be clean when taken for the routine inspection or they will fail. According to the new rule, published by the Institute of Mobility and Land Transport (IMT) in the Government Gazette, "whenever the cleanliness impairs observations during the inspection, the vehicle must be failed (...)".

Portugal's population could fall by half

Portugal could see its population diminish by half by the end of the century. Overall, earth will be home to 8.8 billion people in 2100, two billion fewer than current UN projections. This is according to a major study that foresees new global power alignments shaped by declining fertility rates and ageing populations. China will fall from 1.4 billion people today to 730 million in 80 years. But Sub-Saharan Africa will triple in size to some three billion people, with Nigeria expanding to 800 million in 2100, second only to India's 1.1 billion.

Red coral growing off Algarve to be protected

Red coral found growing off the Algarve coast will be protected with its own legislation to prevent people from removing it. The Ministries of the Sea and the Environment and Climate Action are preparing a specific decree-law on red coral so that anyone caught removing it suffers "effective and rigorous" fines. The Algarve University's Centre for Marine Sciences (CCMar) has already identified "gardens of red coral" off the coast of Sagres, Lagos and Portimão.

Ads highlight Brexit changes for UK holidaymakers

Potential changes to travel insurance and passport rules for UK holidaymakers after Brexit are being highlighted in a series of adverts. The government's "UK's new start: let's get going" campaign will be run on TV, radio, online, print and billboards. There will be advice for Britons in the EU and EU citizens living in the UK, as well as UK and EU businesses, on how to prepare for the end of the transition period on 31 December. People will also receive text messages.

GNR stops illegal party in Algarve organised by Lisbon group

Last weekend, GNR police stopped an illegal party to be held in the Algarve organised by a group from Lisbon from going ahead. The party was being promoted via social media and was due to take place somewhere between Vilamoura and Albufeira at a location to be disclosed on the day. Interested parties could purchase tickets through social networks or telephone and the ticket cost 20 euros. GNR police have already prevented more than ten illegal events in the Algarve from taking place.

22 exotic animals remain in the care of circus entrepreneurs in Portugal



Six tigers, three lions, two elephants, three crocodiles and eight boa constrictors are the animals registered by the Institute of Nature and Forest Conservation

Portuguese circus entrepreneurs still have 22 exotic animals in their care and want to keep them until 2025, when they will be obligated to give the animals up.

According to the Minister of the Environment, six tigers, three lions, two elephants, three crocodiles and eight boa constrictors are the animals registered by the Institute of Nature and Forest Conservation, confirmed João Pedro Matos Fernando at a hearing at the Parliamentary Committee on Environment, Energy and Spatial Planning. Matos Fernando stated that last week the Ministry Council approved the law regulation 20/2019, that

determined a six-year transition period in which circus entrepreneurs would have to give up animals. PAN deputy Inês Corte Real, who asked to hear the minister on the matter, noted that in 2016 there were more than a thousand animals in circuses, questioning what justifies this "strange decrease" and where the others went, if they died or had changed hands. PSD, Bloco de Esquerda and PCP stressed that it is necessary to provide conditions for people whose job was to care for

these animals in order to retrain themselves professionally.

The discrepancy in the numbers is due to the fact that the 2016 registration includes all animals that were in circuses, while the registration prepared by the ICNF refers only to the exotic animals.

As for the question of the retraining of professionals who worked with animals in circuses, "because it is an economic activity, it is an issue that is on the border between the Ministry of Economy and the Ministry of Employment".

Quercus centres received 437 injured animals during lockdown

The three Wild Animal Quercus Recovering Centres, managed by the environmental association Quercus, received during the lockdown season, more than 400 injured animals of more than 87 different species.

In a statement, Quercus says that the centres, located in Castelo Branco, Montejunto, Lisbon district, and Santo André, Setúbal, received 437 injured wild animals.

Among the more than 87 species are: storks, owls, eagles, vultures, hedgehogs, otters and badgers, with some of those species having a high conservation status, such as the black-vulture, the Milhafre-Real, the Peregrine Falcon and the Abelheiro Falcon.

The animals were collected by the Nature and Environment

Protection Service of the GNR, by nature watchers at the Institute for Nature Conservation and Forests and, to a lesser extent, by private individuals.

The wild species are collected or seized, taken to the centres, treated and, whenever possible, returned to the natural environment after recovery.

"The work that has been done by these three Recovery Centres of wild animals of Quercus in the nature conservation area is very relevant, because the recovered animals are returned to their

natural habitat after recovering, contributing to a greater conservation of the population of endangered species", highlights the environmental association.

Quercus also adds that the centres gather case-by-case information, which is then channelled through expert reports, or communications to different entities (prosecutors, law enforcement officials, Municipalities, ICNF, road network concessionaires, electricity distribution companies, etc), so that legal measures can be taken,

in cases of crime, or others, in order to minimise or eliminate the threat factors of these species.

"Examples of this are the black spots in the road network, the points of electrocution and the collision of birds in the electricity distribution network of medium and high voltage, the cases of poisoning and birds injured by gunshot, the animals caught in traps, among others, thus allowing the application of measures to minimise threats to biodiversity", says the association.



Peregrine Falcons were one of the 87 species rescued during lockdown



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Dr. Cris Piessens is no longer working in the clinic in Albufeira.

Two months after selling his clinic, Dr. Cris Piessens decided not to continue working in Albufeira.

No longer being considered as part of the staff and experiencing daily a radical change in the team spirit, he decided that the only possible decision was to step out of the project.

PM warns that Portugal “cannot handle” new confinement

The prime-minister said on 15 July that Portugal cannot handle a new confinement season due to the Covid-19 pandemic and warned that there is a “very short” time for society to prepare for the winter.



Prime Minister António Costa said that “We must hope for the best, but we have to prepare for the worst with what we already know” in regard to the possibility of a second wave of Covid-19 in the winter.

This warning was made by António Costa in a speech at the end of a presentation of the Simplex 20-21 programme, at the Pavilhão do Conhecimento, in Parque das Nações, in

Lisbon, during a session attended by ten ministers from the current Government. “There is one thing we know: We cannot repeat the confinement that we had to impose during the period of the state of

emergency and in the following weeks, because society, families and people will not handle going through the same again”, stated António Costa. When considering facing a second wave of Covid-19 pandemic, the executive leader said that work to adapt society “has to be done now, because there is still some time to avoid the worst” in the autumn and winter.

“Time is short, and probably we will not be able to do everything, but we really have to get things done and do the maximum that we can to ensure the continuity of the functioning of society, namely schools, companies and public administration services, even in conditions that could be more adverse than the ones we experienced in March. We have to accelerate this process”, reinforced António Costa. António Costa underlined that science does not prove that next autumn or winter there will be

no “time as difficult as those experienced in the beginning of March in terms of the Covid-19 pandemic”.

“Science is telling us nothing, we only know that our intuition tells us that in winter there is usually less immunity. It is no coincidence that in the winter there are more patients than in summer, there is more flu than in summer. We must hope for the best, but we have to prepare for the worst with what we already know”, he insisted.

The Prime Minister recognised that society, in general, is more educated with “masks, alcohol gel, respiratory etiquette and social distancing”.

“All services and companies are well organised to ensure these conditions. We need to use the available European resources we have to accelerate and raise the ambition of what we can and should do. This is another time trial that is running and that we cannot lose”, he added.

Bruno Santos

Portuguese Government and Rede Aga Khan donate masks to Maputo

The Portuguese Government and Aga Khan Network for Development have donated 200,000 masks in the province of Maputo, in order to fight against the current Covid-19 pandemic.

“The joint effort will have the double benefit of making reusable masks available for free to different layers of society, providing them a higher protection from the pandemic”, reads a statement sent to the press.

The entities will also donate 5,000 suits to medical personnel and other health workers in the province of southern Mozambique.

Of the total of 200,000 masks, 100,000 are reusable, destined for needy entities in that province, the other ones are surgical masks, that should be delivered to medical personnel as well.

The joint support is part of the pandemic response plan between Portugal, the Portuguese Speaking Countries and Timor-Leste. The plan is being coordinated by the Portuguese Ministry of Foreign Affairs.

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Madeira says recovery plan is only for “mainland Portugal” and is “a joke”

The Vice President of the Government of Madeira has said that the Plan for Economic and Social Recovery is a document only for “mainland Portugal”, forgetting the autonomous region, classifying it as “a joke”.

“I think that Plan is only for mainland Portugal,” Pedro Calado told Lusa, on the sidelines of the plenary session of the Regional Legislative

Assembly, which took place in Funchal. “This is not a strategic plan at the national level. This is a joke and, again, they play with those that are the priorities and the

great responsibilities that we have at this time of governance”, he considered.

The vice-president of the Regional Government, of the PSD / CDS-PP coalition, underlines that “presenting, in a pandemic and calamity situation, with the difficulties that the region is experiencing, with the lack of solidarity that exists at the national level towards Madeira, a strategic national development plan forgetting the name of the Autonomous Region of Madeira is, quite simply, playing with the Madeirans and Porto Santos.”

“But this is what the Socialist Government has brought to the region,” he criticised. The preliminary version of the economic recovery plan prepared by António Costa Silva, a government consultant, estimates that the Portuguese economy may fall 12 percent in 2020 and moves forward with a set of proposals for the various sectors of activity. In a 120-page document, entitled “Strategic Vision for Portugal 2020-2030 economic and social recovery plan”, António Costa Silva states that: it is not worth having “illusions”, adding that “the health crisis caused by the Covid-19 disease brings with it a deep economic recession that has global characteristics and that will deeply hurt” the economy.

The document proposes the creation of a “great University of the Atlantic” in the Azores, with a pole in Madeira, for the study of the ocean, climate, land and atmosphere, in cooperation with higher education and research centres.

“The country must create a large University of the Atlantic and a climate forecasting centre, attracting international partners to the Azores, which is one of the best places

in the world to study the interaction between the ocean and the atmosphere, land and air, and this knowledge is valuable because it can prevent and mitigate the occurrence of extreme climatic phenomena, when structural changes to combat climate change and the progress in decarbonising the economy are not yet having an effect”, the document reads.

The University of the Atlantic should promote oceanographic and climatological research, “vital information for mapping ecosystems and developing a consistent strategy for their protection”.

The idea is to transform the Azores into a technological platform, also creating a hub linked to ‘Atlantic International Research’, based on a network of national and international institutions, which can attract “multiple financing”.

“The Azores are one of the best locations in the world for this type of studies and it is essential to have an integrated model that includes all aspects: the ocean, the climate, the atmosphere, the meteorological forecast, the mapping of national resources, the creation of ‘clusters’ for the use and sustainable development of these resources”, reads the document, which suggests the conversion of the Base of Lajes, in Terceira island, into an advanced technological centre”.

The University of the Atlantic would also have missions to launch projects for the monitoring of marine ecosystems and help in the definition and protection of the most critical areas, taking into account “the key importance” of anticipating climate change and improving weather forecasts.



Pedro Calado, The Vice President of the Government of Madeira has accused the economic plan of forgetting Madeira.

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Douro forecasts production cuts for 2020 harvest

The Douro may produce between 198,000 to 224,000 barrels of wine this harvest, a forecast that reflects a difficult year in the vineyard.

The production forecast for the 2020 harvest was released by the Viticulture Development Association of Duriense (ADVID), which is based in Vila Real.

The director general of ADVID, Rosa Amador, said

that the forecasts for this year point to a harvest “well below last year”, in which the declared production was “above average” and reached 278 thousand barrels of wine (550 litres each).

It is also, she pointed

out, a forecast lower than the average of the last six years, which is around 235 thousand barrels of wine.

Rosa Amador stated that this is “not a very easy year” because “there will be less production and there are higher production costs”.

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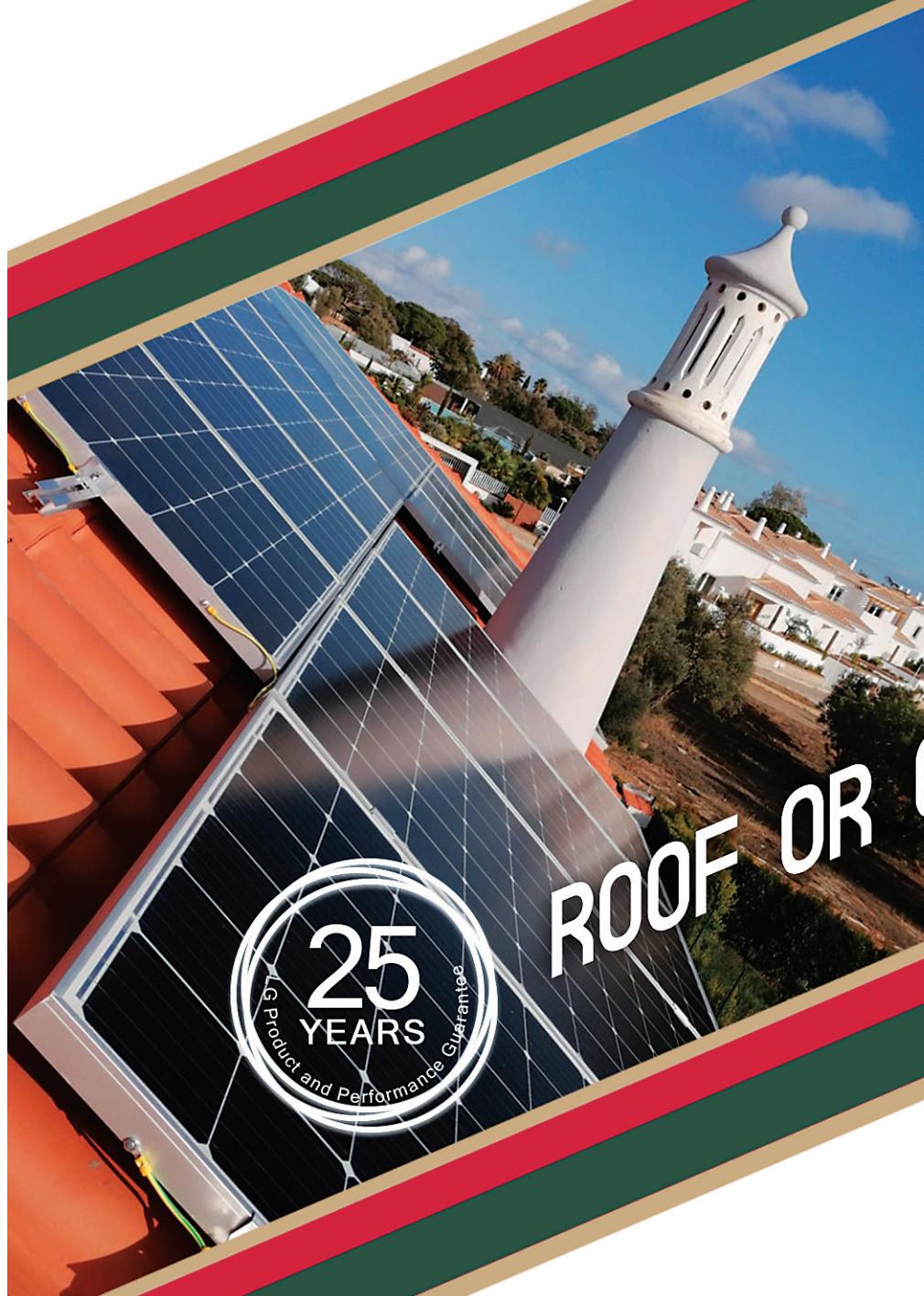
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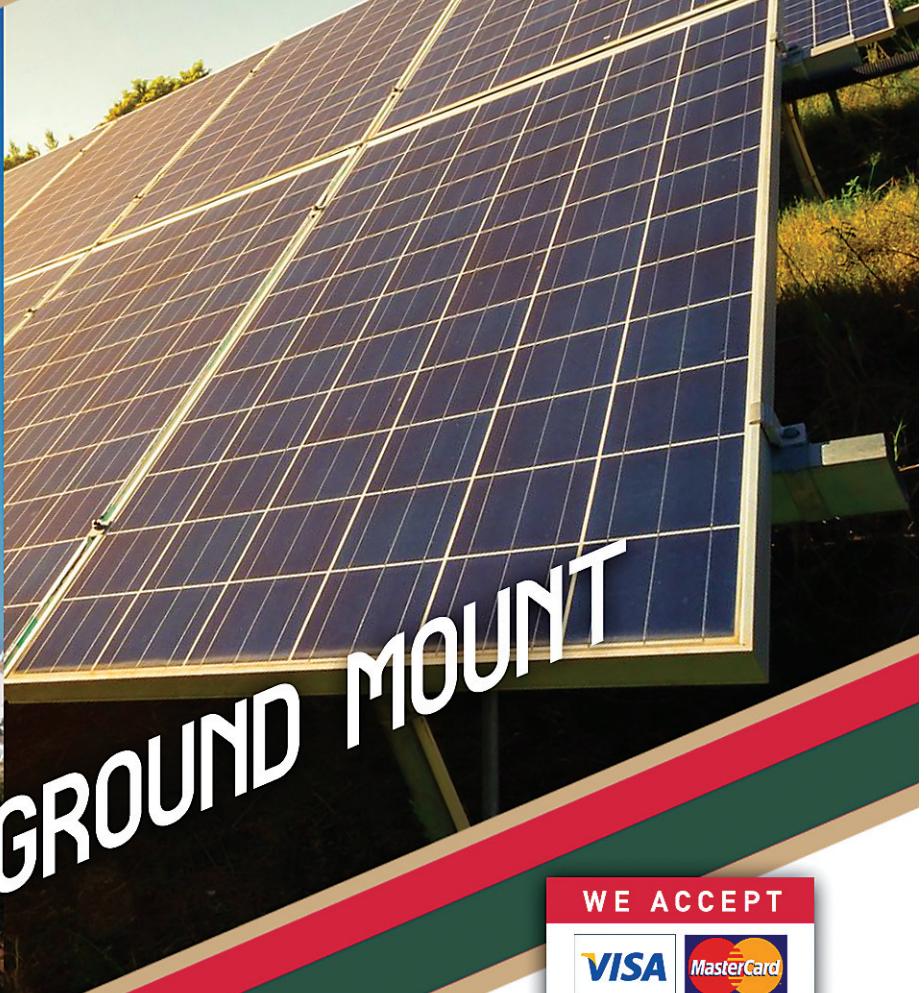


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Uber will be able to have operators across the country

The transport platform Uber is able to start on 14 July to operate in all Portuguese territories, considering it to be an important step in a context where internal tourism gains relevance, within the scope of the Covid-19 pandemic.

“In the month [July] where Uber celebrates six years of operation in Portugal, the app will start to cover all the country with Uber drivers”,

said a press release. Drivers and transportation service partners in uncharacterised light vehicles of passenger (TVDE) can now



Service reliability from Uber will be gradually increasing in all regions according to the director of the platform in Portugal.

have access to other economic opportunities in a season in which many Portuguese people will spend their holidays in Portugal.

“When we say all the national territory, we are referring to all municipalities. At this moment, Uber allows any TVDE driver to operate in any Portuguese area”, highlighted Manuel Pina, director of the platform in Portugal.

In the press release, Manuel Pina, considered the measure as a way of drivers to help local communities, referring that the application can be seen as an “economic opportunity”. “In a season when we need flexibility and innovation to get through the crisis, we want everyone to have access to our services, wherever they are”, he underlined, reminding that Uber will not have “the same efficiency in all locations”.

In Manuel Pina’s words, the service reliability will be gradually increasing in all regions.

“We want to make sure that our

technology reaches all areas of the country, whether it is to offer safer and more accessible trips, or to send parcels or first-aid products”, affirmed the leader.

According to Uber, outside of large urban centres, the application will allow the register of new partners with electric and non-electric vehicles, due to the constraints on access to chargers. With more than three million downloads since the app arrival to Portugal, Uber recalls that, as of 16 July, the platform will only accept electric vehicles in the biggest cities of Portugal.

“The rule will be applied to new vehicles in the Metropolitan Areas of Lisbon and Porto as well as the districts of Braga and Faro, relatively to the main service UberX, as well as Comfort. The partners will be allowed to add non-electric vehicles in case of replacement for an already registered vehicle on the platform or for Uber Black or UberXL services”, concluded the company in the press release.

EDP anticipates the closure of coal plants in the Iberian Peninsula

EDP has decided to anticipate the closure of its coal plants in the Iberian Peninsula, which represents an extraordinary cost of around €100 million (before taxes) in 2020, the company revealed.

In a “privileged information” published by the Portuguese Securities Market Commission (CMVM), in Lisbon, the Portuguese electric company considers that the decision has been taken, taking into account “the continued deterioration of the market conditions for these plants during the first half of 2020”.

EDP (Energias de Portugal, S.A.) adds that it is

developing projects in the regions of these plants to carry out “potential investments in line with the energy transition”.

In the case of the Sines plant (1,180 MW), which has not produced energy since January 2020, a “waiver declaration” was delivered on 14 July to the production license, to be closed in January 2021.

In this unit, the company has been developing, in

consortium, a project for the production of green hydrogen with the possibility of export by sea.

As for the Soto de Ribera 3 plant (346 MW), in Asturias (Spain), which has not produced energy “for more than a year”, it will be requested to close in 2021, with EDP carrying out preliminary studies for the implementation “an innovative project” of energy storage.

At the Aboño plant (Asturias), EDP informs that the process of licensing the conversion of coal to steel gases is continuing.

The Portuguese electric company ensures that in the referred closure and reconversion processes it will respect “all labour responsibilities”.

Finally, EDP states that it is committed to “actively contributing” so that the regions where these

facilities are located can benefit from the Fund for Fair Transition in its economic and environmental conversion.

The new European Union’s Fund for Fair Transition is one of the ways to materialise the European Ecological Pact, promised by the European Commission, to create a competitive economy that stops climate change.

One of the objectives is to reconvert the energy production industry based on fossil fuels, such as coal, but also the housing and transport sectors.

In October, the Government announced that it was prepared to close the Pego thermoelectric plant in late 2021 and to stop production at the Sines plant in September 2023.

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Half of Algarve water parks reopen

Two of the four water parks in the Algarve have reopened, with the promise that all the rules implied by health authorities will be followed, but the number of visitors will be reduced.



Slide & Splash in Lagoa has reopened to the public but with new social distancing and hygiene rules in place. (Photo: Louise Boswell)

Zoomarine, in Albufeira, opened on 10 June with a reduction to about one third of its capacity, from 9,000 to 3,000 visitors. Slide & Splash, in Lagoa reduced by half the total capacity of visitors. Aquashow in Quarteira and Aqualand in Alcantarilha (Silves), announced that the parks will only be opening in 2021. For a better control of the public, the two businesses opted to preferably sell the tickets online with mandatory previous registration, that allows the park to know exactly how many visitors they will receive. Usually, Zoomarine has a long queue with

hundreds of people at the entrance, before the doors open, but last weekend there were less than 100 people waiting to be the first to enter the park.

"We reopened with expectations of 30 percent occupancy and unfortunately the goal was not reached. At this moment, we are reaching 10 percent of what we expected", said Élio Vicente of Zoomarine to *Lusa News Agency*.

Translated into numbers, on average Zoomarine has been receiving 400 visitors per day, while last year the park was visited by "about 6,000 people in July, reaching 9,000 on some days in

August", said Élio Vicente. For the maritime biologist, this year will be "terrible from a financial point of view" and "it would be worth it to stay closed", but the "ethical, zoological and social obligation has to be honoured", he defended.

The park opened for 2020 season in early March, but they chose to close a week later, before the Government measures under the scope of the Covid-19 pandemic prevention. The doors reopened on 10 June, when it was guaranteed that the rules implied by the health authorities were going to be complied.

"We reduced the capacity of the park to 30 percent and of the water park by 50 percent. At the stadiums we marked the places so that people can easily identify where they are allowed to sit. We increased the hygiene conditions and we marked the floor so people only walk on the right side. There were also one-way streets created", highlighted Natália Neves, operational director of the park.

The reopening has been happening by areas, "firstly, with the zoological area, 4D cinema and the aquarium", after it "the aquatic areas" and, in the last week it was authorised to open the mechanical equipment, that may "initiate until the next weekend, and it will occur in a slow way", added the official.

For Élio Vicente, it is important that the visitors can continue to feel the "special moments" in the park, but highlighted that this year "it is necessary to have a balance between security and knowing how fun does not put other people in danger".

The shortage of visitors is easily noticed

while walking through the park, it reflects the decrease of tourists in the Algarve, mainly the British ones, that account for half of the visitors to the park, and Élio Vicente recognised that this year they will continue to focus on the Portuguese public, "the main public this Summer".

In Estômbar (Lagoa), Slide & Splash reopened the doors on 19 June but with the necessary adaptations to meet the new reality.

"We had to prepare the park for social distancing, respiratory etiquette and protection, especially of our staff, who in the coming months will be in contact with thousands of people", affirmed the Slide & Splash director to *Lusa News Agency*. Recognising that this will be a tough year, Paulo Santinha revealed that the goal of this season is not "earning money", but to "manage to make the equipment work for our customers", besides all the social aspect that will be applied to the "50 workers that were under a lay-off regime" or the "150 seasonal workers hired every year".

The security measures can be seen right at the entrance, whether by social distancing signs on the floor, the alcohol gel dispensers or the mandatory use of masks in closed areas. The grass is also strategically divided to follow all the rules of social distancing.

In the lawn areas there are now squares to help social distancing and there is an "indication of the area's capacity", the park staff also guide the visitors "to the least occupied areas".

Despite the restrictions in place, the director of the park, is optimistic and in July he hopes to reach 2,100 visitors. *Bruno Santos*

First month of bathing season with enough lifeguards

The Portuguese Federation of Lifeguards (FEPONS) takes a "positive" view of the first month of the bathing season stating that there have been enough lifeguards, despite the lack of "incentives" and "new equipment".

"At the moment, we do not have any register that suggests a lack of

lifeguards", said the president of FEPONS, Alexandre Tadeia to *Lusa*

News Agency, who had been warning since April about the possibility of not having enough lifeguards to ensure beach surveillance during the summertime.

According to the official, there could be a shortage between 1,500 to 2,000 lifeguards but it did not happen due to the closure of swimming pools in the interior of the country because of the Covid-19 pandemic.

"The closure of swimming pools in the interior of the country obligated the lifeguards that were unemployed to find a job at the beaches", he said.

In fact, he explained, that the ones who went to the beach were "people that used to work in swimming pools with other jobs, like swimming coaches, who also had a lifeguard course".

Besides this, Alexandre Tadeia considered that the

financial crisis caused by the Covid-19 pandemic may have led people to find a job, changing the trend that "only 50 percent of the lifeguards go back to work at the next bathing season", according to a federation study.

The values of personal income for the employees "are very similar to the ones of the last years", although the association and the concessionaires have "higher costs" with individual protection equipment, he related.

"Each treatment, even a small injury, requires the Covid-19 evaluation a great part of the individual protection equipment cannot be reused, which has led to an increase of the costs", he explained.

Between April and May, the federation appealed for the application of social and task incentives for lifeguards, such as tax exemptions (IVA or IRS),

moderator and kickback fees and university tuitions, a special hiring regime and a change in the security devices, with the reduction of the number of lifeguards, but no measures were applied by

the Government. "We reunited with the commission of the National Defence and we did several interventions, but until now no incentives have been given", he lamented.



Shortages of lifeguards had been expected although pool closures have led to lifeguards moving to beaches instead

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Coronavirus continues to infect markets



Markets will continue to be under pressure by the rollback of globalisation and a worrying zombification of our economy, where countries and companies with trillions of loans are kept on their feet

Although international stock markets have risen sharply recently, the corona crisis threatens to haunt the economy and financial markets for years to come. Markets will continue to be under pressure by the rollback of globalisation and a worrying zombification of our economy, where countries and companies with trillions of loans are kept on their feet.

That's according to Steen Jakobsen, Saxo

Bank's chief economist, in the investor bank's Q3 Outlook, which was published this week. In addition to operating in 170 countries, Saxo Bank has also been the parent company of BinckBank since last year.

According to Jakobsen, tackling the corona crisis risks being more damaging to the economy than the virus itself. "The crisis has led to mistrust, selfishness and protectionism plus an aversion to globalisation, where international supply

Dismantling globalisation and bail-out policies killer for growth

chains are suddenly under pressure and - more expensive - local production is back in place"

But even more worried, Saxo Bank's economist is concerned about the way central banks and governments have come to the rescue of weak parts of their economy. "The bail-out policy, which currently supports everyone and everything, increases the economic risks and can lead to the end of the free market as a driver of our growth"

Jakobsen is therefore significantly less optimistic than many other investors. The impact on economic growth and unemployment will be enormous in the coming years. Tackling the coronavirus through a system of mine-nation-first and state capitalism is narrow-minded and a one-way street. Only a global approach, of both the virus and the economic crisis, will eventually work."

Saxo Bank expects financial markets to remain unsettled in the coming months - and despite the recent recovery - with the

announcement of the half-year results of large companies just after the summer. The strong rise in US stock markets in particular raises questions for the bank, with valuations there at around 65 percent above those in Europe. Despite the quarrels within the EU, the bank does not think it is unwise for investors to look more closely at Europe.

The bank sees opportunities for small caps operating locally in areas such as consumer products, health care and utilities. Well-funded quality companies also remain attractive, while green and sustainable can also be of interest to investors in the near future.

Kaspar Huijsman, Director of Binck Bank Spain and Portugal, explains that "every investor needs help, whether they are new to investing or have years of experience. BinckBank offers clients a free service where they can learn to understand their investments and develop a solid strategy." Personal appointments can be made by visiting www.binckbank.com/contact.

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Renewable energies in the Azores may reach 60%



Terceira reached, in 2019, about 35 percent of clean energy, mainly due to the use of wind and geothermal energy

71% of Portuguese think the EU needs more resources against pandemic

More than two thirds of Portuguese (71%) think that European Union (EU) should have more financial resources to get over the impact of Covid-19.

The number of Portuguese people who argue that EU should have greater financial resources to overcome the consequences of the Covid-19 pandemic is the

third highest among the EU members, behind Greeks, Cypriots and alongside the Spanish.

The survey was undertaken in the second half of June and it shows

that Portuguese people are the respondents who defended most that public health expenditures is the most important, in the context of fighting against the pandemic.

Renewable energies in the Azores could represent 60 percent of the total of the energy produced in the region within five years, with 38 percent of that value to come from a geothermal source, said the regional secretary of Energy, Environment and Tourism, Marta Guerreiro.

“It is estimated that the contribution of renewable production in the Azores for 2025 could significantly increase from the current 37 percent to the 60 percent in which 38 percent will be guaranteed by a geothermal source”, said Marta Guerreiro. The regional secretary spoke about the launch of the expansion projects of the storage system of geothermal energy from Pico Alto, Biscoitos, Praia da Vitória municipality, in Terceira Island. Terceira reached, in 2019, about 35 percent of clean energy, mainly due to the use of wind and

geothermal energy. Marta Guerreiro underlined that the aim is to “increase” the value of clean energy in the archipelago, so three geothermal wells will be created in the central station in Pico Alto, representing a €26 million investment. The secretary highlighted that Azores Electricity (EDA) will make investments in order to “promote the maximisation of renewable energy use”, through storage systems’ integration, that in the case of Terceira translates into a €14 million investment. “We will, in this way, fulfil a

purpose in the region: clean, reliable and competitive energy and for all Azoreans”, said Duarte Pontes, president of EDA administration council. At the ceremony, Duarte Pontes, stated that the winner of the international contest for the construction of nine geothermal wells was an Icelandic company named Iceland Drilling. “If everything goes as expected, both in São Miguel and Terceira, these two islands could reach percentages of renewables in the network of the order of 67/68 percent in 2025”, said Duarte Ponte.

“NHR” under pressure in France and Portugal

N

DENNIS SWING GREENE

Beneficiaries of retirement pensions from French sources (excluding public sector retirees) who settled in Portugal before 01 April 2020 may benefit from the Non-Habitual Resident scheme, an attractive tax-free regime for a period of 10 years. This favourable assessment results from a combined application of the double tax treaty concluded between France and Portugal and the “Non-Habitual Resident” tax regime (“NHR”), established by the Portuguese legislator in 2009.

- The Franco-Portuguese tax convention provides that Portugal alone has the right to tax French retirement pensions (excluding public pensions) received by a Portuguese resident.
- Under the “NHR” rules, Portugal grants a total exemption for ten years from taxation of pensions to taxpayers settling in Portugal.

Other Tax Authorities in the European Union are concerned by this situation which they consider to be the subject of aggressive tax competition on the part of Portugal. These criticisms have led to regime changes recently introduced by the 2020 State Budget.

In France, the Tax Authority has expressed its intention to monitor these taxpayers closely. In particular, it considers that a taxpayer who pays no tax in Portugal cannot be classified as a Portuguese fiscal resident within the context of the bilateral tax treaty and therefore cannot benefit from the protection of this agreement. The French Tax Authority intends to rule out the application of the tax treaty and regain its right to tax retirement pensions from French sources.

- French pension beneficiaries who have declared tax residency in Portugal must indicate that they do not benefit from the protection of the tax treaty. These French nationals must declare their retirement pension in France in addition to other sources of income;
- or by sending a rectification proposal leading to a tax adjustment in France.

French courts have not yet ruled on the treatment of such “NHR” taxpayers. There is little doubt that the outcome will be controversial between the position of the French tax administration and that of taxpayers. In all cases, any letters received from the tax authorities should not be left unanswered. The response to be made and the arguments to be put forward (scope of the agreement tax, existence of taxable income provided that it is not fictitious, the effectiveness of the Portuguese residence) must be adapted to each particular situation.

The 2020 Portuguese State Budget entered into force as of 1 April, 2020. It reformed the tax system of NHR beneficiaries, by introducing, instead of a total exemption, a flat rate assessment at the rate of 10% for a period of 10 years on pensions from foreign sources. More specifically, the 10% rate applies not only to pension income paid as a result of retirement but also to other types of pensions such as income allocated in the event of early retirement, as well as other benefits granted under compulsory social security pension schemes, including amounts paid by the employer on life insurance contracts as well as contributions to pension funds, retirement savings schemes or any complementary Social Security plan. If retirement is also taxable in the source country, Portugal will grant a tax credit which may be deducted from the tax due abroad.

With regard to other types of income (dividends, rental income, etc.), no amendment was introduced in the State Budget. In practice, these changes also concern taxpayers who already benefit from the scheme. “NHR” taxpayers who are resident in Portugal and who have already applied for but who have not yet received a response can choose the application of the new regime to their 2020 income tax return.

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



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Teenage body image

It's never been easy to be a teenager - but to add to the standard adolescent angst, today's young people are exposed to a huge amount of online pressure to look a certain, idealised way.

And it's not just teenage girls whose self-esteem and mental health is damaged by such pressure - last year The Good Childhood Report found boys were also experiencing a decline in happiness connected to how they look.

"Is it any wonder that many struggle with their self-esteem and mental health?" asks Clare Rowland, mental health youth worker at The Children's Society. Here are her tips on how parents can help young people boost their self-esteem and look after their mental health.

Help your child learn to love themselves

Help your child to love themselves just the way they are, and become comfortable and confident in their own skin. See if they can write a list of things they like about themselves. Try and focus this on features that aren't related to how much they weigh or what they look like, but about who they are as a person, and what they bring to the world. Encourage them to read their list often. They may prefer to

write these things on Post-it notes and stick them around their room so they can be reminded of them regularly. To support your young person, avoid the use of any negative comments about their appearance or shape/size. Give them praise and encouragement, focusing on your love for them just as they are.

Encourage them to start a gratitude journal

A gratitude journal is a way to keep a regular memo of the things we appreciative on a daily basis. Encourage your young person to allocate a time each day to journal about a few things they're grateful for. These may not be hugely significant things, but it's more a way to acknowledge those things we sometimes take for granted. Examples might be 'I'm grateful it wasn't raining when I walked to school' or 'I'm grateful for the laughs I had with my friends today'. You may want to treat them to a new notebook to get started.

Remind your child that some media images are altered

Young people are bombarded by images daily and it's important they remember they might not always be seeing real images - technologies like Photoshop mean an image can be

transformed in every possible way. This can create a false perception of how the human body really looks and is leading to a generation of young people aspiring to an unrealistic and unhealthy body image. Some celebrities have hit back at this trend, including Stacey Solomon who spoke out on the reality of Photoshop and posed in a bikini to show what her body really looks like.

Introduce conversations about the human body and the reality of how it looks. Often parents play a vital role in creating a safe space for young people to understand and learn about the real world, away from the classroom and what they read online.

Encourage them to wear comfortable clothes

We all have clothes that make us feel more comfortable, and clothes that make us feel much less so. Young people can explore what style, shape and sized clothes make them feel good about themselves, and fill their wardrobe with more of these. Talk to them about the clothes you like wearing and the things you have to avoid - this might help them understand everyone has different shapes and sizes and will feel comfortable wearing different things.

Negative body image is all too common in today's young people. The Children's Society advises how to help young people feel better about themselves.



It's not just teenage girls whose self-esteem and mental health is damaged by such pressure.
(Photo: iStock/PA)

Demonstrate a healthy attitude towards body image and self-esteem.

As a parent it's important to be aware of how easily children and young people can learn behaviours from you. Sometimes without realising we might be contributing to conversations about diet, weight loss and body image in the presence of our children.

Consider how you could move away from this. It might mean diverting conversations away from the topic of weight loss, perhaps being more conscious of the

language and conversations we have about our own appearance in front of a child, and encouraging a general attitude of positive body confidence.

Ask for support

If your child comes to you with worries in relation to self-esteem, body image or mental health and you aren't able to help them, see if they'd be happy to seek other support. That could be through a trusted friend, family member or professional support such as a GP who'll be able to tell you about local therapy services.

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Needles and pins



Famous figures have also helped popularise the perfect Instagram look of full lips, high cheekbones and smooth skin. (Photo: iStock/PA)

This is where injectables come in: Needles full of fillers, Botox or even your own fat, that can change the shape of your face. Considering the Instagram trend for plump lips and defined cheekbones, it's perhaps no surprise young women feel pressure to go under the needle. Opinions are changing to

match this; the Allergan 360 Degree Aesthetics Report found 82% of consumers around the world aged 21-35 thought injectables were socially acceptable. It also discovered that millennials worldwide (21-35) were 33% more likely to consider preventative treatments compared to older groups - which may be to do with how prevalent these procedures are on

Instagram and reality TV shows.

There's also a growing trend of injectables aimed squarely at millennials - such as preventative Botox, which uses smaller doses in the areas which age the quickest. Instead of correcting existing wrinkles and lines, it's meant to slow them down before they even happen.

The increasing popularity could be down to how much easier it's becoming to access.

It also speaks to the future of injectables: Will they become as easy as getting any old beauty treatment, like a manicure or facial? Famous figures have also helped popularise the perfect Instagram look of full lips, high cheekbones and smooth skin. We asked the experts what physical and mental risks might lie behind this rise in injectables...

The physical risks

Our social media feeds are often populated with horror stories of fillers gone wrong, so we asked consultant dermatologist, Dr Anton Alexandroff from BMI The

Manor Hospital, what people actually need to consider with injectables. He describes Botox as "very safe because it doesn't last long". He says: "It lasts between four and six months, so if it is injected in the wrong place or in the wrong way, the side effect wears out." Of course, it also means that if you want the effect long term, you have to keep getting Botox done. When it comes to lip fillers, there are semi-permanent and there are permanent. Alexandroff says:

"Permanent fillers are a little bit more risky, because if anything goes wrong with them, it's more difficult to put it right. They're generally very safe - otherwise it wouldn't be done - but occasionally there could be an inflammatory reaction or infection."

As with Botox, semi-permanent fillers wear off within four to six months. The things that can go wrong include inflammatory reactions or fungal infections.

"Generally they are quite safe - but obviously not as safe as using moisturiser," Alexandroff says, of how

ubiquitous injectables have become.

He compares it to getting a tattoo - something which is common and low-risk, but "people obviously have to know that the risks do exist and things can go wrong". When needles are involved, there is the possibility for infection.

Perhaps the most important thing to keep in mind with these procedures is the practitioner you choose. Alexandroff stresses how careful you need to be, saying you need to trust your practitioner "to avoid contamination and also to make sure the results are what you expected".

Unfortunately, he adds that the industry "is not very well regulated at all" and "certifications do exist but they're quite easy to obtain". Instead, he says you should choose a practitioner who is a medical professional (not just a beautician) who has a lot of experience, and ask other patients what they think of the results of their procedures.

The mental impact

Even if you choose the right doctor and the procedure is safe, it's worth considering the mental impact, as well as the physical. Dr Elena Touroni, consultant psychologist and co-founder of The Chelsea Psychology Clinic, talks about the pressure to look perfect, and that it's amplified by social media. "When we are flooded with images in this way, it's undoubtedly going to have an influence on our view of

the world, and also our self-perception," she says.

"People have a tendency to only showcase the version of themselves they deem most 'perfect' on social media - and in some cases, it might take 100 plus shots to capture their 'best' angle. When we present unrealistic images as real life, we're inevitably going to spur on feelings of inadequacy."

Touroni says: "Injectables themselves are not the issue, but for someone with low self-esteem, the driving force is likely to be feelings of defectiveness and inadequacy. When using injectables becomes a coping mechanism for feeling good about yourself, or is used as a barometer for measuring self-worth - that's when it becomes dangerous."

This is why Touroni recommends looking inwards before getting injectables, asking yourself: "What's the real reason for getting fillers? Is this decision being led by feelings of defectiveness or inadequacy?"

Finally, she says: "When a person digs deeper, it's often the case that this drive for perfection is simply a coping mechanism for uncomfortable feelings. Issues with low self-esteem usually stem from childhood and are then exacerbated as we grow older. By tackling those insecurities at their core and healing those parts of ourselves, the unhealthy coping mechanisms tend to drop away naturally." PA

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The philosophy of Parkour

In the early 1900's, Georges Hébert was an officer in the French Navy prior to the First World War, and was stationed in the town of St. Pierre, on the island of Martinique in the Caribbean Sea. In 1902 the town fell victim to a catastrophic volcanic eruption. Hébert coordinated the escape and rescue of some 700 people from this disaster. This experience had a profound effect on him, and reinforced his belief that athletic skill must be combined with courage and altruism. He eventually developed this ethos into his personal motto, "Être fort pour être utile" ("Being strong to be useful").

Upon his return to France, Hébert became a physical instructor for the French marines, where he began to define the principles of his own system of physical education and to create apparatus and exercises to teach his "Natural Method".

Hébert's method is a synthesis of various influences, that of his predecessors and colleges, and various ideals from ancient Greek gymnasiums.

Hébert's system rejected remedial gymnastics and believed by concentrating on competition and performance, competitive sport diverted physical education both from its physiological ends and its ability to foster sound moral values. He wrote: "The final goal of physical education is to make strong beings. In the purely physical sense, the Natural Method promotes the qualities of organic resistance, muscularity and speed, towards being able to walk, run, jump, move on all fours, to climb, to keep balance, to throw, lift, defend yourself and to swim".

The true Natural Method, in its broadest sense, must be considered as the result of these three particular forces; it is a physical, virile and moral synthesis. It resides not only in the muscles and the breath, but above all in the "energy" which is used.

Georges Hébert's teaching

continued to expand between and during the two wars, becoming the standard system of French military physical education.

He was also an early advocate of the benefits of exercise for women. In his work "Muscle and Plastic Beauty", which appeared in 1921, Hébert criticised not only the fashion of corsetry but also the physical inactivity imposed upon women by contemporary European society. By following the natural method of synthesized physical, energetic and moral development, he wrote, women could develop self-confidence, will-power and athletic ability just as well as their male counterparts. Hébert was also among the earliest proponents of le parcours, or obstacle course, form of physical training, which is now standard in the military and has led to the development of civilian fitness trails and confidence courses. In fact, woodland challenge courses comprising balance beams, ladders, rope swings and so-on are often still described as "Hébertism" or "Hébertisme" courses both in Europe and in North America. It may even be possible to trace modern adventure playground equipment back to Hébert's original designs in the early 1900's.

Born in 1939 in Vietnam, Raymond Belle was the son of a French physician and Vietnamese mother. During the First Indochina War, his father died and he was separated from his mother, after which he was sent to a military orphanage in Da Lat at the age of 7. He took it upon himself to train harder and longer than everyone else in order never to be a victim. At night, when everyone else was asleep, he would be outside running or climbing trees. He would use the military obstacle courses in secret, and also created courses of his own that tested his endurance, strength, and flexibility. Doing this enabled him not only to survive the hardships he experienced during his childhood, but also eventually to thrive. After the

Battle of Dien Bien Phu in 1954, he returned to France and remained in military education until the age of 19, when he joined the Paris Fire Brigade, a French Army unit. Raymond's son, David Belle, was born in 1973. He experimented with gymnastics and athletics but became increasingly disaffected with both school and the sports clubs. As he got older, he was increasingly curious about his father's exploits and what had enabled his father to accomplish those feats. Through conversations, he realised that what he really wanted was a means to develop skills that would be useful to him in life, rather than just training to kick a ball or perform moves in a padded, indoor environment. David ended up teaching his father's way of training to cousins and friends, creating the first generation of Parkour practitioners called Yamakasi, from the Congolese Lingala ya makási, meaning strong in one's person, or "strong man, strong spirit", and called their discipline "l'art du déplacement" (French for "the art of movement"). Years later derivatives would be surge like "Parkour" and "Freerunning". These days Parkour can be found anywhere on earth, practiced in any environment and by anyone, young or old, male or female, rich or poor, sick or healthy. Throughout the years parkour has developed into a free for all, it can be practiced by anyone without any equipment (Yes, you do not need shoes or even clothes for that matter!). With today's knowledge of fitness and health, Parkour has developed quite interesting applications in various areas. The most widely used application is with under aged individuals through youth programs, mostly working with underprivileged families or children who come from traumatic backgrounds (sex, drugs, abuse, etc.), where they get to build up confidence in themselves and teamwork through groups dynamics. In some countries Parkour is being

The history behind Parkour dates back to the 1900's and demonstrates the holistic approach of the sport.



The history behind Parkour dates back to the 1900's. (Photo: Supplied)

taught to senior citizens and people with physical disabilities (amputees, cerebral palsy, etc.) and having huge success in rehabilitating bone density, muscle atrophy and coordination with low-impact training. In very few countries Parkour is being taught to first responders and the military, and also used to check for security in prisons and government buildings. In 2017 however the International Gymnastics Federation (FIG) declared Parkour to be one of their disciplines, receiving a lot of opposition from the Parkour communities worldwide. This has to do with Parkour's core principals and beliefs, quoting Georges Hébert "Être fort pour être utile", "Be Strong" Physically, Mentally and Emotionally "To be

"Useful" for Ourselves, for our Family and then for the Community. Without this, the movement becomes hollow and without purpose. In order to promote Parkour's philosophy, Parkour Algarve offers workshops and classes in various spaces. Participation is open to anyone, of any age, who wants to experience seeing the environment around them in a different way and discovering new things about themselves while having fun moving around. To find out more about Parkour, contact Parkour Algarve for details of training sessions. Call, Patrick Gerken (Portimão, Lagos, Pêra) on 969 585 361 or Tiago Pereira (Faro) on 924 083 362 or alternatively visit the Parkour Algarve Facebook page.

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Letters to the editor

UK Bridge with Portugal

SIR, So Portugal is now on the "black list" of the UK because of recent Covid-19 cases that came up with foreign workers and residents.

Portugal should now "repay" the UK with doubling the property taxes in their Portugal homes (IMI) to all non EU citizens except those from the PALOP countries, Brazil, US and Canada... see if those UK citizens put pressure on their government. Right now most of the UK residents want a non crowded summer. There are not many UK citizens with dual citizenship, because of their inability to speak a second language.

FRANK (Business owner in Lagos)

Reluctant return to the UK

SIR, My wife and I returned (reluctantly!) to the UK after spending the last 4 months at our house in Portugal where we have watched with dismay the chaotic handling of the pandemic by the UK Government, which has only been equalled in its ineptness by the apparent 'laissez faire' and arrogant attitude of large numbers of the British public to the seriousness of the situation. As ever, the all too common British mindset of disregard for authority or common sense (No one tells ME what to do !) has manifested itself. One only has to see the recent pictures and reports of Covididiots flouting the rules, along with the apparent inability or reluctance of the police to enforce the rules. This is all in sharp contrast to the early reaction of the Portuguese government who declared a 'State of Calamity' and brought in measures to contain and control the spread of the virus. Not only have these measures been very effective - but the country has received praise from the international press and various organisations over their handling of the crisis. These measures have also been helped enormously by the attitude of the Portuguese public, businesses and Expat community who have respected the rules regarding the wearing of masks - social distancing and sanitisation.

Our experience when arriving at Gatwick yesterday has only added to our frustration at the way Britain has dealt with the situation - including its recent decision to require those returning from Portugal to the UK to quarantine upon

their arrival. So, the UK wants people who have been in probably the safest place in Europe who arrive in what is clearly the least safe country in Europe to quarantine? Hmmmmmm!

Getting back to our experience yesterday. We left Faro airport where every traveller and airport official was fully masked up. There were numerous hand sanitising points and every area where a queue was likely to form had the floor marked with social distancing points. Our Easyjet flight was thankfully quite empty and again everyone was masked up. On arrival we were ordered to disembark a row at a time to avoid contact with our fellow travellers. All good.

We arrived at Gatwick - only hand luggage, so we go through the customs area and on to the queue for passport control. Can't see any hand sanitisers or floor distance markings - but a number of UK Border agency guys are asking everyone in the queue if they have filled in the quarantine forms. From the reaction of everyone within earshot, the answer was a resounding 'no where do we get those from?' Those of us with smartphones were shown a barcode to scan which would direct us to a lengthy form on the Gov.uk website although for some reason this would not work on my iPhone and my wife does not have a smartphone. The border chap dealing with us was very helpful and took my phone to have a go but no luck - and I was left wondering what else he'd been touching with his unsanitised, ungloved hand before contaminating my phone! Still, they were prepared for the lack of smartphone users as we were then each given an iPad/tablet preset to the relevant Gov.uk site. There seemed to be a large number of these being given to our fellow passengers and handed to others as they became freeshame they didn't sanitise them before sharing the previous users germs with us.

At this point, we and our fellow travellers were still wearing our facemarks but there was clearly a shortage of these in the UK as NONE of the border officials were wearing one - including the ever so helpful guy who came within inches of my face whilst trying to assist with the barcode issue! One would have assumed they would have been keen to wear one considering they were having to process travellers from such a 'high risk' country like Portugal!

After completing the lengthy quarantine questionnaire, we headed up

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to the passport desk, manned by quite an unfriendly lady who took our passports. Unsurprisingly, she was not wearing a mask either and made no attempt to use hand gel before touching our passports. When she handed back our passports, my wife asked if there was a hand sanitiser nearby and was told there was one somewhere at the back of the queue we had just left.

Welcome to the UK!
TOM AND GILL BLADES, By email

A toothless bulldog should never practice arrogance

SIR, The farcical decision in omitting Portugal from the Air bridge whilst including 59 others is not predicated on stats let alone sane judgement!

As the UK possesses the most disastrous stats in Europe it is inconceivable that they have the audacity to permit any resident to travel outside its borders. Holidaying at a Butlins holiday camp and golfing in damp and rainy Scotland should suffice.

The raison d'être as to London's logic is perplexing as statistics do not support their position! Bigotry compounded by ignorance is one explanation. Your empire upon which the sun never set is no longer. British hypocrisy and disingenuousness is all that is left.

The Lisbon government should retaliate - but they will not.

The Algarve will suffer duress. However, it will survive.

I will be asking every single resident of the Algarve to cease and desist in the purchasing of anything imported from the UK.

The action taken by the British government is baseless, an affront and an unmitigated political blunder. Yes, Portugal may be inconsequential to Whitehall but not burning bridges shows prudence in the long run.

GEORGE SANTA CLARA,
Olhão.

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 Refugio dos Burros charity shops have opened in Ferragudo and Carvoeiro and Lagoa with temporary opening hours, 10am -2pm Monday to Friday and 10am -1pm Saturday. Come along there's lots of bargains and all new summer stock. As we have had no income at all for the last few weeks we would welcome any donations.

For more info 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. Email ccc.carvoeirocatcharity@gmail.com or call 918 552 788.

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

MADRUGADA ASSOCIAÇÃO Madrugada's volunteer run Homestore in Lagoa, its Boutique, Encore and Madrugada Homestore Lagos have reopened. Opening hours will be 11am to 3pm until further notice. Thank you to all our customers, donors and volunteers for your continuing support. Because You Care, We Can.

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 Summer clothing now in store. Open 11am - 3pm. Furniture can be collected within 30km Lagos. Tel 912 741 857

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Summer sorbet shades

These sugary shades are made for quick decor updates.

Keep to give your home a summer refresh? An easy - and soul-soothing - route to bright and breezy decor updates are pretty pastels and sorbet shades. Not only do they add a sweet touch to a space, but they channel good vibes and a carefree spirit that remind us of childhood - but in a chic, contemporary, grown-up way. It's easy to pass pastels off as cutesy but there's a universal charm to these ice cream colours, which can be super sophisticated when used stylishly - and sometimes it only calls for a lick of paint to make the right first impression.

Paint your way to an ice cream palette

"Summer is infused in pastel and sorbet shades because they hold memories of sweet-scented flowers, the taste of ice cream, bird song, laughter and the lapping of waves on a sandy shore," says Marianne Shillingford, creative director of Dulux. "They're colours that gift a room with these attributes every day, even when it's raining, so if you have space in which you need to feel happy and uplifted, try a lick of Peppermint Candy, Pistachio Creme, Berry Whip and Citrus Sorbet." If you're not sure where to start, Shillingford suggests using pastel shades in rooms where there's enough light to enjoy them during the day, as they're harder to appreciate at night under artificial light, and to team them with pure white on the woodwork.

"Adding a delicate colour to the ceiling is one of the

best-kept secrets in decorating, and pastels add just enough colour to make a huge difference, but not too much that it overwhelms the space. "Blues and greens will make a room appear bigger, whilst yellow and pinks will add a touch of warm sunshine and make a room appear more intimate. Try bringing the colour down onto the walls by about 20-30cm and see how amazing it looks too," says Shillingford. When it comes to mastering the mix, think fun and fresh, and just enough colour to add a hint without dominating everything you already have in the room.

The other great thing about ice cream shades is they're versatile enough to be used in a sophisticated way. After all, who doesn't adore a champagne sorbet?

"If you add a little grey to a pastel it becomes very swank indeed, so consider shades like Pink Parchment, Milled Flour, Borrowed Blue or Beach Grass. Once you've chosen your favourite, paint the walls, ceiling and woodwork in the same colour," suggests Shillingford.

Step into the look with pastel rugs

"Colour blocking with pastels never goes out of fashion. Just the whole combination of pastel pink, mint green and baby blue works so well, especially teamed with grey and neutral tones," says Daniel Prendergast, design director and founder at The Rug Seller. "A more 'graphic' style works well with the sugary tones to give the design an edge.

"There's something very

'fresh' about pastel shades, especially mint green. Designers at Accessorize Home have teamed their signature style with pretty pastels within its range of rugs - combining powder pink, mint green and baby blue for a look that's contemporary with a nod to bohemian style." "Soft textures work so well in pastel colours too," Prendergast adds. "Shaggy rugs and faux fur rugs look great in pink, mauve, blue and mint - they make you just want to snuggle into them!"

Brighten your outlook with sorbet shutters

When it comes to creating a calm and idyllic work space at home - after all, we all need a bit of extra inspiration right now - window dressings can make all the difference to your wellbeing and outlook.

"Sorbet-coloured shutters

make a great alternative to a feature wall in a home office. Colours such as soft blue, orange and pink are ideal for boosting creativity and making an office a welcoming environment to work in," says Chrissie Harper, customer experience manager at California Shutters. "Use a matching paint colour on the surrounding walls or add a statement wallpaper to make a real impact." However, Harper says it's important to carefully consider which colours to choose for your shutters as, unlike walls or decorative accessories, you'll likely be keeping them in situ for a longer period of time. And if you have a clear vision of how you want your room to look, choosing a pastel shade could really lift your scheme.

Shine a light on the look with lampshades

Well-chosen lighting can



Sorbet-coloured shutters make a great alternative to a feature wall in a home office.
(Photo: PA Photo/California Shutters)

really make a space - and a pop of pastel can be especially effective.

Picking a sorbet lampshade will illuminate

a scheme and add warmth even when it's not switched on - think of it as the A-list lollipop of lighting.

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Think of all the birds you know and you will realise that blue is a minority pigment in the bird world. It is more frequently encountered in the tropics but even here the effect is often created by refraction from glossy feathering. In Portugal we have the uncommon Roller in summer, a pigeon-sized bird, the smaller Kingfisher and the diminutive Blue Tit. In between is the Blackbird-sized Blue Rock Thrush. Only the male sports the midnight blue plumage; the female is dark brown with heavily barred underparts. The Blue Rock Thrush is resident in coastal areas in southern Portugal. The males often perch prominently on rocky outcrops or buildings. In spring the loud, rather melancholy song is delivered even more slowly than the Blackbird's, either from a perch or during a display flight. This usually consists of a shallow climb with wings and tail spread followed by a downward glide back to its 'launch pad'. As the scientific name indicates, it is mainly solitary, rarely seen in more than family parties. Its food consists mainly of invertebrates, but small lizards are sometimes taken. Further north in Portugal the species occurs only inland, mainly in the east, where it is more of a summer visitor. Here, it is particularly associated with large structures such as

castles (ruined or intact) and churches. Birds from higher areas move to lowlands or the coast in winter. At Budens I have noted a large increase in sightings in autumn and suspect some of these migrants, which may have bred in the Spanish *sierras*, will cross to Morocco. A few are known to make the shorter crossing from Gibraltar each autumn. Some birds venture as far as West Africa and a displaced male reached Santa Maria in the Azores whilst I was living there.

The rock thrush family is more diverse in Asia. The Blue Rock Thrush and the mountain-loving Rufous-tailed Rock Thrush are the only species occurring in Europe with Portugal at the westerly extreme of their range. Nevertheless, the Blue Rock Thrush has a wide world distribution with different races occupying mid-altitude habitats right across to the Far East. In Pakistan I was pleased to welcome an 'altitudinal migrant' to my Lahore garden in winter.

Alan Vittery



SKY is a 3-year-old, medium-sized, male who is friendly with people and other dogs and very uncomplicated and calm. If you would like to meet him, email: cadelacarlota.comp@gmail.com



SNOW & MOON are two young females that were abandoned and are now looking for a forever home. Both sterilized. Please email: cadelacarlota.comp@gmail.com to meet them (Lagos).

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Create your own show garden

Missing your garden shows? Acclaimed stylist Selina Lake shares her expert tips on bringing show garden style into your own garden.

Like many garden experts, homes and gardens stylist Selina Lake, who had been due to help style a show garden for this year's RHS Chelsea Flower Show, has turned her attention to stay-at-home projects. Ramping up floral themes to display seasonal flowers, perking up alfresco dining and complementing wild flower gardens with matching accessories is a good way to get the show garden look, she says.

"For me, making a garden beautiful and flower show ready is not only about the plants, hard landscaping and great design layouts. It's the styling details that add the final touch of magic. In fact, even the dullest of gardens can be jazzed up super quickly with some easy styling ideas."

Here, she offers seven suggestions on how to make your outside space a show garden showstopper...

Choose a style theme
"Botanicals play a big role in my work, and my personal style at home and in the garden. Most spaces benefit from a soft, natural, colourful touch, which fresh cut flowers, lush house plants, or even a simple branch in a vase, can achieve effortlessly. "The fun thing about a small space is it can be easily changed - great news if you're like me and can't fix on one look. Some of the key, classic trends and style themes that are good bases are: vintage, rustic, industrial, bohemian and recycled, as these styles can be intermixed and all work nicely with botanicals. "If you fancy a botanical cocktail in summer, create a botanical bar on a flat surface such as a tabletop, bench or shelf and gather some fragrant herbs such as rosemary, lemon balm, mint and thyme, or whatever you grow, along with your favourite tipple - and it can look stylish."

Source props
"When it comes to sourcing decorative pieces, work with what you already have. Repurpose bed sheets as tablecloths, old jugs as vases, or recycle glass bottles to use as bud vases. "Borrow cushions and throws from your sofa to comfy up and add style to garden furniture, and dig out bunting normally reserved for parties to add a scene of occasion to your alfresco dining space."

Colour up with flowers
"Anything botanical is my go-to styling prop. Pick flowers growing aplenty in your garden, forage for a few wildflowers and foliage to add in. Cow parsley is abundant in hedgerows at the moment. "If you don't have enough flowers, there are lots of florists still trading online with no contact deliveries, so research your local area for fresh flower sources. "Display them in glass or ceramic vases and use them to add colour and

Place a large arrangement of flowers at the centre of the table, with small posies or single stems in bottles or bud vases. Add an extra floral touch with some flower printed fabric napkins. (Photo: Selina Lake/PA)



scent to the interior of your garden buildings and tabletops. For a full-on floral fix, fill a galvanised bucket with your blooms and place it on a garden chair to create a flowery focal point."

Style your display
"Outside I utilise decorative planters, jars, galvanised buckets and vintage wooden boxes. In the same way you decorate and style your home with homeware accessories, your garden will benefit from thoughtfully chosen accessories.

"Think about the little details that will add to the overall appeal. I'm talking about small vignettes such as hanging lanterns from tree branches, grouping small plant pots together, and tidying away anything out of place.

"You could utilise shelving or any flat surface to make a garden display. Gather items such as plants in terracotta pots, balls of string, plant labels and vases of freshly cut flowers, and arrange them until you are happy with the overall look."

Pimp your shed
"I always have some sort of botanical theme in my shed, but recently I have added a few extra touches such as a botanical wall chart poster, vintage Chinese paper lanterns -

which I bought from a vintage fair about 10 years ago - and glass bud vases filled with flowers picked from my garden.

"Revamp your shed firstly by giving it a sort-out to free up some space. Utilise shelving or a potting bench to arrange plant pots, stacks of flower books and wooden boxes filled with seed packets to get the look."

Make your outdoor dining area sizzle

"Make [your dining area] a floral zone, position it somewhere in the garden where you will have a backdrop of flowers, next to a blooming border, flowering shrub or a mini meadow patch.

"A simple white tablecloth will be a good base for a floral theme. Mine was super quick to make, cutting a piece of bleached muslin fabric to size - and I didn't even hem it. Add a runner to zone the centre of the table. I used my nude

coloured sarong, but you can utilise a scarf or a fabric offcut if you don't have a runner.

"Then place a large arrangement of flowers at the centre of the table, with small posies or single stems in bottles or bud vases. Add an extra floral touch with some flower printed fabric napkins."

Find space to relax

"Finally, make a spot to take a moment to pause. If you make a designated spot to sit down, it may encourage you to a stop, for a while at least.

"Position your comfiest garden chair, bench or outside sofa, somewhere you can easily take in the garden views, add a collection of cushions to create a scene of style, and surround the seating with a mass of plants or flowers. This will become a sweet spot to pause, read and take a breath before the next task."

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SATURDAY 18/07/20

SUNDAY 19/07/20

MONDAY 20/07/20

TUESDAY 21/07/20

BBC One

- 06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 The Great Food Guys.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Olympics Rewind: London 2012.
15.15 Super Saturday: London 2012 Olympics Rewind.
16.45 Garden Rescue.
17.15 **FILM:** Maleficent (2014).
18.45 BBC News; Weather.
19.05 Celebrity Mastermind.
19.35 Pointless Celebrities.
20.25 Casualty.
21.15 Peter Crouch: Save Our Summer.
22.00 BBC News; Weather.
22.20 Match of the Day.
22.50 MOTD: FA Cup Highlights.
23.15 Hot Property.
23.55 **FILM:** Short Term 12 (2013).

BBC Two England

- 06.45 Marrying Mum and Dad.
07.15 Wild & Weird.
07.30 All Over the Place: UK.
08.00 Blue Peter: Six Badges of Summer - Silver Week.
08.30 Deadly 60.
09.00 Wonders of the Moon.
10.00 Golf: Chronicles of a Champion Golfer.
12.00 Nadiya's British Food Adventure.
12.30 The Good Cook.
13.00 My Life on a Plate.
13.45 Royal Recipes.
14.05 **FILM:** The Thomas Crown Affair (1968).
15.45 Bears About the House.
16.45 Great Australian Railway Journeys.
17.15 A House Through Time.
18.15 The Open Championship 2019 - How Shane Won the Claret Jug.
19.15 Today at the Test: England v West Indies.
20.15 British History's Biggest Fibs with Lucy Worsley.
21.15 **FILM:** The Duchess (2008).
22.55 **FILM:** Maps to the Stars (2014).

ITV London

- 06.00 CITV.
09.25 James Martin's Saturday Morning.
11.35 John and Lisa's Weekend Kitchen.
12.35 James Martin's Islands to Highlands.
13.35 ITV News and Weather.
13.50 **FILM:** Small Soldiers (1998).
16.00 The Masked Singer US.
17.00 ITV News and Weather.
17.20 ITV News London; Weather.
17.30 The Chase Celebrity Special.
18.25 Ninja Warrior UK.
19.25 The Voice Kids.
21.00 **FILM:** Thunderball (1965).
23.30 ITV News and Weather; Weather.
23.50 Play to the Whistle.

Channel 4

- 06.00 Everybody Loves Raymond.
06.50 Frasier.
07.40 The Big Bang Theory.
09.25 The Simpsons.
12.50 Four in a Bed.
15.25 Best of Crufts: Crufts Goes Walkies.
16.25 A Place in the Sun.
17.10 Grand Designs.
18.15 Channel 4 News.
18.45 Formula 1 Hungarian Grand Prix Qualifying Highlights.
20.15 How to Build British: Morgan.
21.15 **FILM:** Three Billboards Outside Ebbing, Missouri (2017).
23.30 **FILM:** Jackie (2016).

BBC Four

- 19.00 This Farming Life.
20.00 Nature's Weirdest Events.
20.15 Wonders of the Great Barrier Reef with Iolo Williams.
21.15 Rockfield: The Studio on the Farm.
22.45 Robert Plant: By Myself.
23.40 Coldplay in the BBC Horseshoe.
00.30 Top of the Pops: 1989.
01.30 Wonders of the Great Barrier Reef with Iolo Williams.
02.30 This Farming Life.
03.30 Close.

BBC One

- 06.00 Breakfast.
08.00 Match of the Day.
08.35 MOTD: FA Cup Highlights.
09.00 The Andrew Marr Show.
10.00 Politics England - Live from Salford.
10.30 Sunday Morning Live.
11.30 Wanted Down Under.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Money for Nothing.
14.00 Olympics Rewind: London 2012.
15.25 Escape to the Country.
16.05 BBC News; Weather.
16.30 Countryfile.
17.30 MOTD Live: FA Cup Semi-Final.
20.05 Antiques Roadshow.
21.00 The Luminaries.
22.00 BBC News; Weather.
22.30 Match of the Day 2.
23.15 Looking for Alaska.
01.00 Weather for the Week Ahead.
01.05 BBC News.

BBC Two England

- 06.05 The A to Z of TV Cooking.
06.50 The Instant Gardener.
07.35 Countryfile.
08.30 Gardeners' World.
09.30 Beechgrove.
10.00 Saturday Kitchen Best Bites.
11.30 Rick Stein's Spain.
12.30 Nigel Slater's Dish of the Day.
12.50 The Hairy Bikers' Bakeation.
13.50 Stories of Us.
14.50 Flog It!
15.25 Olympics Rewind: London 2012.
18.00 The North York Moors: A Wild Year.
19.00 Today at the Test: England v West Indies.
20.00 Dragons' Den.
21.00 The Misadventures of Romesh Ranganathan: From My Sofa.
22.00 Trump in Tweets.
23.15 Donald Trump: All-American Billionaire.

ITV London

- 06.00 CITV.
07.30 Scrambled!: Mighty Mike.
07.40 Scrambled!: Mighty Mike.
07.50 Scrambled!: Mr Bean: The Animated Series.
08.00 Scrambled!: Lego NinjaGo.
08.15 Scrambled!: Ben 10.
08.30 Martin & Roman's Sunday Best!
09.25 James Martin's Islands to Highlands.
10.25 John and Lisa's Weekend Kitchen.
11.20 Beautiful Baking with Juliet Sear.
12.20 ITV News and Weather.
12.30 The Voice Kids.
14.05 The Masked Singer US.
15.05 Paul O'Grady: For the Love of Dogs - Back in Business.
16.00 Coronation Street: Weddings.
16.30 **FILM:** Diamonds Are Forever (1971).
18.45 ITV News and Weather.
19.00 The Durrells.
20.00 Downton Abbey.
21.30 Downton Abbey.
22.35 ITV News and Weather.
22.55 The Comedy Years.

Channel 4

- 06.00 Everybody Loves Raymond.
07.15 The Big Bang Theory.
08.30 Bake Off: The Professionals.
09.30 Sunday Brunch.
12.30 The Simpsons.
13.35 **FILM:** Step Up All In (2014).
15.50 Jimmy's Forest.
16.55 A Place in the Sun.
18.00 Channel 4 News.
18.30 Escape to the Chateau.
19.30 Formula 1 Hungarian Grand Prix Highlights.
22.00 **FILM:** X-Men: Days of Future Past (2014).

BBC Four

- 19.00 BBC Proms 2020.
19.05 BBC Proms Classics.
21.00 The Merchant of Venice: Royal Shakespeare Company.
23.10 Institute.
00.10 Shakespeare in Italy with Francesco da Mosto.
01.10 FA Cup TOTP2.

BBC One

- 06.00 Breakfast.
09.00 BBC News.
10.00 Food: Truth or Scare.
10.45 Homes Under the Hammer.
11.45 Close Calls: On Camera.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.15 Impossible.
15.00 Escape to the Country.
15.45 Home Is Where the Art Is.
16.30 The Repair Shop: Fixing Britain.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Britain's Coronavirus Gamble - Panorama.
20.00 EastEnders: Secrets from the Square.
20.30 Ghosts.
21.00 The Secrets She Keeps.
21.40 Staged.
22.00 BBC News at Ten; Weather.
22.50 Enterprise.

BBC Two England

- 06.00 Home Is Where the Art Is.
06.45 The Repair Shop: Fixing Britain.
07.30 Sign Zone: Blue Planet Revisited.
08.30 The Week in Parliament.
09.00 Wild China.
10.00 BBC News.
13.00 The Boss.
13.45 The Best Dishes Ever.
14.15 Wild Brazil.
15.15 Olympics Rewind: Rio 2016.
17.15 Flog It!
18.00 Eggheads.
18.30 Great Australian Railway Journeys.
19.00 Today at the Test: England v West Indies.
20.00 Our Friend Victoria.
20.30 University Challenge.
21.00 Once Upon a Time in Iraq.
22.00 Strasbourg 1518.
22.15 Mock the Week.
22.45 Newsnight.

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 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Doc Martin.
20.00 Who Wants to Be a Millionaire?
21.00 The Secret Mediterranean with Trevor McDonald.
22.00 ITV News at Ten; Weather.
22.45 The Sport Gives Back Awards.

Channel 4

- 06.30 Cheers.
07.25 Everybody Loves Raymond.
08.40 Frasier.
09.40 The Big Bang Theory.
10.35 Ramsay's Kitchen Nightmares USA.
11.30 Come Dine with Me.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
14.10 Countdown: Champion of Champions.
15.00 A Place in the Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Devon and Cornwall.
21.00 Paramedics: Britain's Lifesavers.
22.00 Catching a Killer: A Diary from the Grave.

BBC Four

- 19.00 Coastal Path.
19.30 The Joy of Painting.
20.00 Bob Ross: The Happy Painter.
21.00 Empire of the Tsars: Romanov Russia with Lucy Worsley.
22.00 Russia on Four Wheels.
23.00 Olympic Dreams of Russian Gold: Over the Limit - Storyville.
00.10 Dan Cruickshank: At Home with the British.

BBC One

- 06.00 Breakfast.
09.00 BBC News.
10.00 Food: Truth or Scare.
10.45 Homes Under the Hammer.
11.45 Close Calls: On Camera.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Heights.
14.15 Impossible.
15.00 Escape to the Country.
15.45 Home Is Where the Art Is.
16.30 The Repair Shop: Fixing Britain.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders: Pat & Peggy.
20.00 Holby City.
21.00 The Secrets She Keeps.
21.45 Staged.
22.00 BBC News at Ten; Weather.
22.45 How's Your Head, Hun? with Michelle Visage.

BBC Two England

- 06.30 Home Is Where the Art Is.
07.15 The Repair Shop: Fixing Britain.
08.00 Sign Zone: Gardeners' World.
09.00 Wild China.
10.00 BBC News.
13.00 The Boss.
13.45 Coast.
14.25 Wild Brazil.
15.25 Olympics Rewind: Rio 2016.
17.15 Flog It!
18.00 Eggheads.
18.30 Great Australian Railway Journeys.
19.00 Back in Time for Tea.
20.00 Amazing Hotels: Life Beyond the Lobby.
21.00 The Rise of the Murdoch Dynasty.
22.00 Live at the Apollo.
22.45 Newsnight.

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 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
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16.00 Sun, Sea and Selling Houses.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Bake Off: The Professionals.
21.00 24 Hours in A&E.
22.00 The Real EastEnders.

BBC Four

- 19.00 Coastal Path.
19.30 The Joy of Painting.
20.00 Bob Ross: The Happy Painter.
21.00 Empire of the Tsars: Romanov Russia with Lucy Worsley.
22.00 Russia on Four Wheels.
23.00 Olympic Dreams of Russian Gold: Over the Limit - Storyville.
00.10 Dan Cruickshank: At Home with the British.

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O&O Luxury Real Estate in association with Chestertons Portugal is a real estate agency specialising in luxury properties located in the most exclusive and beautiful locations of the Central Algarve. From traditional luxury mansions to stunning modern villas, our properties are located along the scenic coastline, the picturesque countryside and golf resorts.

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What a crazy year so far!

In a time when we are being told what we cannot do, where we cannot go and who we cannot spend time with, here at Pools4u we thought we would take this opportunity to tell everyone what we are doing, what we can do for you and the services we do provide.

In the last few months we have taken advantage of the extra time we have had and have seen an increase in requests for pool repairs & refurbishments. We have installed salt & ph dosers, new filters, new pumps, pump house refubs and my own personal favourite; turning tired, older looking pools into modern masterpieces with quality finishes. We can refurbish pools with either mosaic tiles, or pebble finishes, as well as LED lights in different colours, according to your personal preference.

Leak detections remain one of our most popular services, it is also an extremely important one as water leaks are not only wasteful, but can incur great costs if left unchecked. We can fix any leak and we guarantee

to find the problem, you don't even have to wait until you have an obvious leak, you can contact us to schedule a check at any time.

Our aim is to make your pool a happy, safe and healthy place for you to spend time in. So, we provide a wide range of services including installing automatic dosing systems, solar panels for heating and to power the pump house electricity, new filters with glass, pool heat pumps, pool covers, pool refurbishment tiles, repairs to most surfaces and re-attaching tiles under the water level to name just a few things.

If you have any questions at all, please feel free to contact us, we can use WhatsApp for voice or video calls.

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Platinum Package

All UK Freeview channels plus all Sky channels including All Sports channels and 10 EPL

Channels (English Premier League 3 o'clock kick offs) with Two week catch-up. This package also includes VOD (Video on Demand). This is a selection of over 5000 movies and box sets available to watch whenever you like. This is updated regularly.

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These boxes will work anywhere in the world as long as you have the required internet speed. However, as of 1st July 2020 if you are using the system in the UK you will need a VPN (Virtual Private Network). Anyone needing

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As a responsible company we take the current situation very seriously and we are ready to continue to serve our customers in a safe environment with the large range of stock that we hold and we can continue to work around any requirements you may have.

Following decades of trading experience within the Algarve, Bedrooms Extra know what they are doing with regard to UK beds. They import a wide range of mattresses and divans that comply with British Safety Standards, so there will always be a mattress to suit every requirement.

As they only sell from their extensive stock, there is no delay in having your bed delivered and getting that all important good night's sleep. Choosing a mattress is a very personal decision - it's certainly not a case of one size fits all.

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Bayview Village is unique to the western Algarve. It is a village within the resort that offers luxury living by including designated leisure facilities for use by Bayview residents. Bay Fitness offers two heated swimming pools, Jacuzzi, steam room and sauna along with a gymnasium comprising state-of-the-art equipment, a relaxation and a separate social room. Residents will also benefit from high-speed internet, television and telephone calls. A moderate annual fee also includes village security, maintenance of the property, gardening and cleaning of communal areas. If all of this is not incentive enough, then the views (probably the best in the area) are guaranteed to take your breath away. Available for immediate occupation are two-

bedroom apartments and three-bedroom linked villas with four-bedroom townhouses under construction and available soon.

Building in tandem, the company are constructing prestigious front-line golf residences. These homes have been thoughtfully planned to maximise the location which affords views over the golf course and the bay of Lagos. Two-bedroom apartments, three and four bedroom detached or semi-detached villas, many with private pool, are now available for purchase off-plan with the first phase of properties being available in early 2021.

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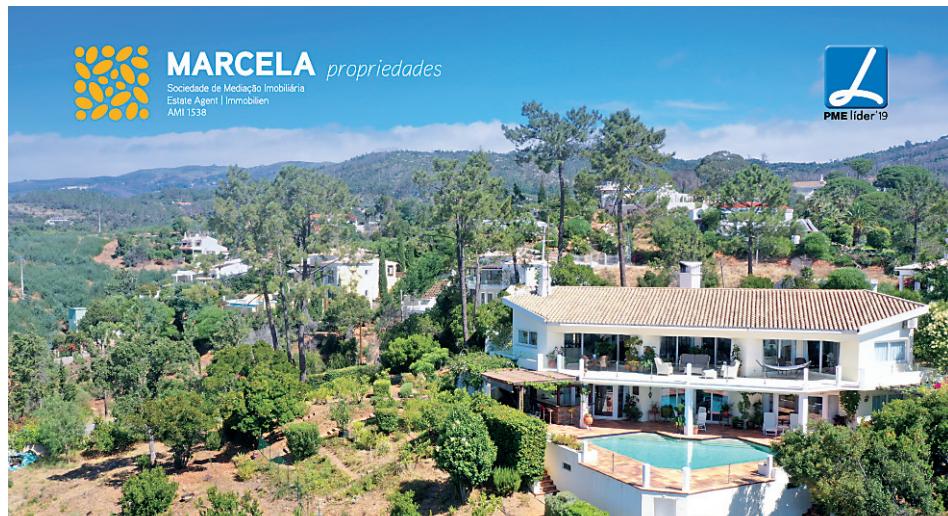
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Pitfalls to avoid when selling your home

While moving can be an exciting time, estate agents warn that it's easy to make blunders while trying to sell, which could potentially knock value off your property - and some of these may be quite surprising.



Mark Bentley, president of NAEA (National Association of Estate Agents) Propertymark, cautions: "Sometimes the improvements and changes you have made might make the property less attractive to buyers. So before you start marketing your home, it's worth taking stock and making any necessary alterations, to give you the best chance of securing your asking price."

For those in two minds about making changes, he suggests: "You can ask friends or family for their honest opinions, or your estate agents can help advise on any small

changes you may want to make before placing your home on the market."

Of course, the extent to which something would add or take away value from a home can vary, depending on factors such as individual circumstances and local market conditions. With that in mind, here are some of the key factors that NAEA Propertymark members have experienced as having a negative impact on a property's value...

1. Over-personalisation

People's homes suit their personalities. But if you like your decor big and bold, it may be worth

toning it down a bit - unless you can find a buyer who has similar taste. Typically, modestly-decorated homes are most desirable, as home owners can easily see how they could make it their home.

2. Property condition

Tell-tale indications of damp, cracks on walls, a poor roof condition, an old boiler, and single-glazed windows can all impact on the value of a property - and interest from buyers.

3. Bad presentation

Show off your home at its best. Everything should be clean, clutter tidied away, and any

outstanding DIY jobs should be finished. If a home smells fresh and clean, it has a much greater chance of selling quickly.

4. Not having the right paperwork

If you have had work carried out while living in the property, such as extensions or conversions, make sure you obtained appropriate planning permission and building regulations, and have access to these documents. If you haven't got the right documents, you may have to pay for them retrospectively before agreeing a sale.

5. Darkened rooms

If you've planted lots of bushes and trees close to the windows, your home may appear gloomy to buyers. Frosted glass windows or netted curtains can also sometimes have the same effect.

6. Clutter

Clean each room from top to bottom, paying special attention to 'high-impact' rooms, such as the kitchen and bathroom. Things like too much furniture, children's toys and unused gym equipment can make your property feel smaller.

7. Dated fixtures and fittings

Kitchens are often the focus for buyers, so it's important they don't look too outdated. Painting kitchens and replacing cupboard handles and old taps can be a cost-effective way of getting kitchens up-to-date.

8. Over-improving

As well as not doing enough, you can do too much. For example, putting fake grass in the garden may have benefited your sporty family but it may not appeal to buyers who love the smell of a freshly-cut lawn. Keep improvements simple.

9. Not being energy-efficient

A home's energy performance has become increasingly important, so if your home needs an energy efficiency boost, consider steps to make it happen, such as installing double glazing.



Before you start marketing your home, it's worth taking stock and making any necessary alterations.



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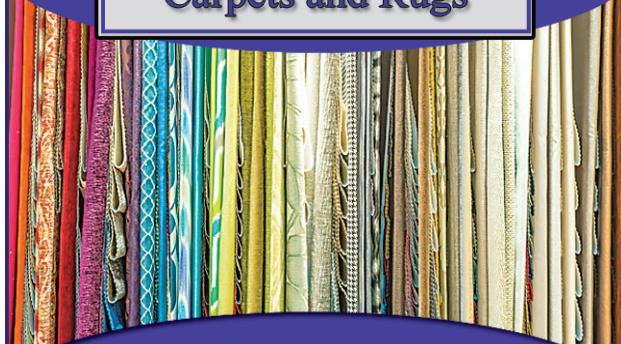
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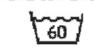


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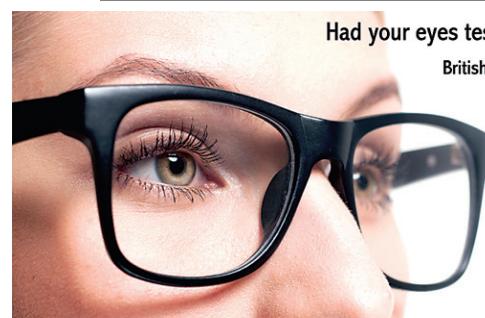
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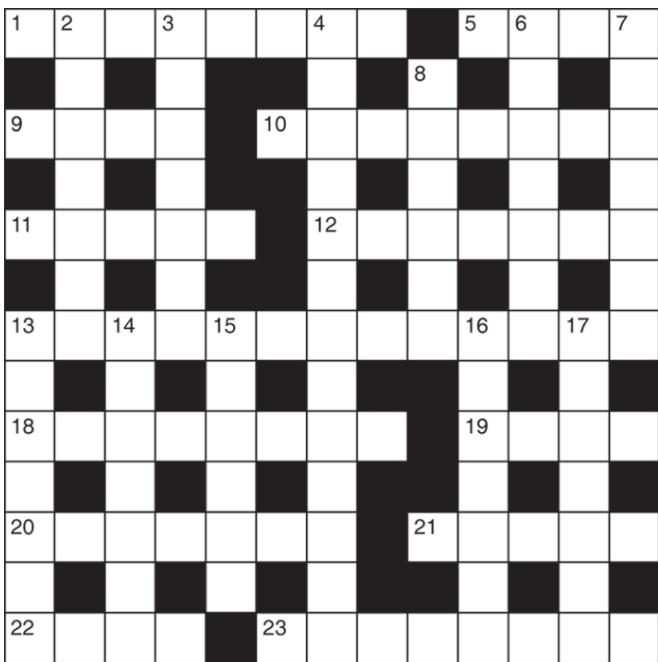
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THE PORTUGAL News



CRYPTIC CROSSWORD

ACROSS

- Relief organisation will make the anarchist annoyed (3,5)
- Fateful date for teams with no capital (4)
- Plant in another bed (4)
- He makes a suitable score (8)
- A bird to get on the track of, we hear (5)
- Link-up showing attacking play in the tennis match? (7)
- They provide capital cover for the spring (6,7)
- It will sail with William Bird (8)
- Receive your deserts, we hear, and get the bird... (4)
- ...e.g. 1 Down will produce just that! (7)
- Blonde about fifty showing instinctive aptitude (5)
- The fool puts the learner in a spot (4)
- It's perplexing - be thinking things over (8)

DOWN

- Pick an artist to be the Greek heroine (7)
- Describing the stripper in variety act for this entertainment (7)
- A device for weighing seasonal profit? (6,7)
- Flower does go wild about the end of September (3,4)
- More than one work stoppage makes an impact (7)
- Vessel not returning to part of Switzerland (6)
- Used arms to remove obstructions (7)
- To scrutinise the lad on return is injurious to the reputation (7)
- A badge to resemble medals partly (6)
- Hypodermic equipment will be almost unnecessary (7)
- What one doing a stretch is subjected to? (7)

QUICK CROSSWORD

ACROSS

- Authorship (8)
- Ostentation (4)
- Signify (4)
- Custom (8)
- Exclude (5)
- Building (7)
- Turmoil (5,2,6)
- Friendly (8)
- Achievement (4)
- Bishopric (7)
- Indefinite (5)
- Encounter (4)
- Agreed (8)

DOWN

- Part (7)
- Touch (7)
- Poor memory (13)
- Aperture (7)
- Give (7)
- Deed (6)
- Pre-eminence (7)
- Fatty (7)
- Rubber (6)
- Chorus (7)
- Enactment (7)

Last week's quick crossword solution

Across: 1 Dive; 8 Breaking in; 9 Constant; 10 Type; 12 Market; 14 Hanson; 15 Divers; 17 Credit; 18 Inns; 19 Restrain; 21 Wickedness; 22 Push.
Down: 2 Innovation; 3 Ebbs; 4 Depart; 5 Sketch; 6 Instance; 7 Once; 11 Prodigious; 13 Keepsake; 16 Stride; 17 Casket; 18 Iowa; 20 Rasp.

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 :**

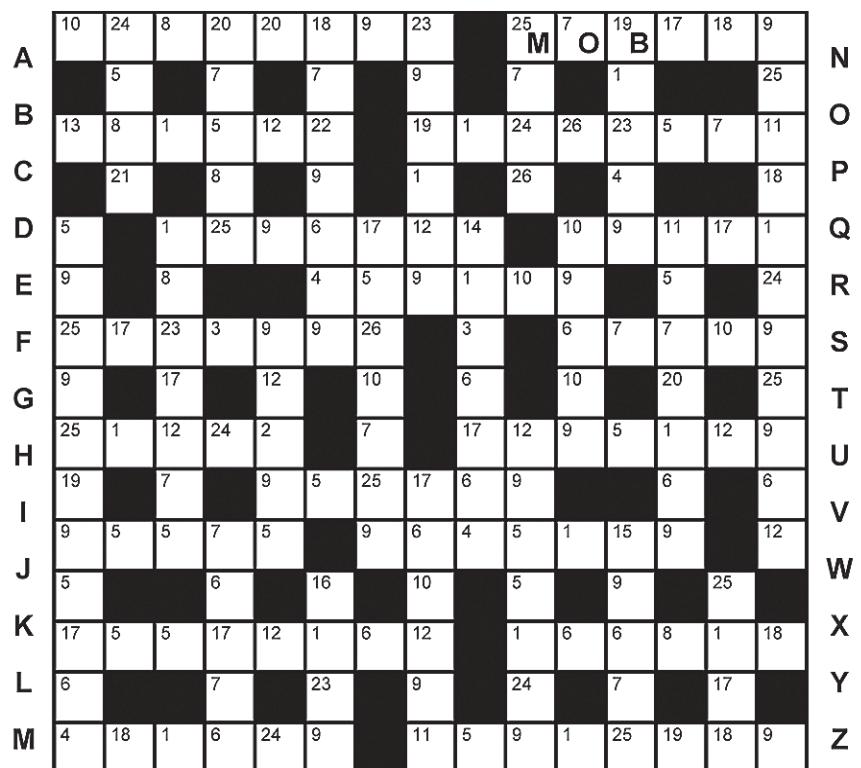
Let's crack ABC code when:

- A, B and C are numbers between 1 and 9, included.
- $A+B+C=10$ (the sum of A plus B plus C is 10).
- $C > A > B$ (Number C is larger than number A which is larger than B).
 (4) $\underline{ABC} \div 4$ (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.

CODEWORD

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



N
O
P
Q
R
S
T
U
V
W
X
Y
Z

SUDOKU

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

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

Medium

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

Hard

Last Week's Codeword Solution

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

Last week's solutions

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

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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: Puzzle 149

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

Find the code ABC where :

$$A+B+C=12$$

$$C>B>A$$

$$ABC \div 3, 5$$

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

Portugal Open returns to European Tour

The Portugal Open will no longer be just for the Challenge Tour and it will now be integrated in the European Tour calendar, between 17 to 20 September, at the Royal Óbidos golf course.

After a two-year break, the 58th edition of the Open of Portugal will score for the Challenge Tour and European Tour, assuming that the "dual ranking" category will complete the 'Iberian swing', with Portugal Masters and Estrela Damm N.A. Andalucia Masters.

The Portuguese tournament was already scheduled for September at the Royal Óbidos Spa & Golf Resort, but it would only integrate the 'Road to Mallorca' from the Challenge Tour. Thanks to the return to the European Tour, after the 2017 interruption, the Portugal Open sees the prize-money rise from €200,000 to €500,000.

"We are really happy to guarantee another double ranking Portuguese Open that will move to Royal Óbidos for the next three years. This region offers a variety of courses, making it one of the most interesting golf destinations in Portugal. We believe that Royal Óbidos, a Seve Ballesteros' project, will be a good golf test for the players from European Tour and Challenge Tour", said Miguel Franco de Sousa, president of the Portuguese Golf

Federation.

Ben Cowen, vice-director of European Tour operations, explained the strategy adopted to make the event return to Portugal, that did not take place between 2011 and 2016, to the main circuit, following the returning of the international competition, after the interruption caused by the Covid-19 pandemic.

"When planning the redesigned 'Race to Dubai 2020', a part of our approach was to play, whenever it was possible, in groups of regions or territories", justified Ben Cowen.

Taking in consideration that the 58th edition of the Portugal Open will complete the 'Iberian swing', shortly after Estrella Damm NA Andalucia Masters, at the Real Club Valderrama, from 3 to 6 of September, and the Portugal Masters, at the Dom Pedro Victoria Golf Course, in Vilamoura, from 10 to 13 of September, the vice-president of the European Tour operations believes that it could be an added value for the players.

"Adding the 'Open of Portugal at Royal Óbidos' as a 'dual ranking' event creates an 'Iberian swing' of three tournaments for



The Portuguese tournament was already scheduled for September at the Royal Óbidos Spa & Golf Resort, but it would only integrate the 'Road to Mallorca' from the Challenge Tour.

the players on the European Tour. It also offers more good news for Challenge Tour members, because the event remains on

the 'Road to Mallorca' for the third consecutive season, with 'prize-money' increased to €500,000", he added.

Open de España cancelled

Gerard Tsobanian, President and CEO of Madrid Trophy Promotions, said: "Unfortunately, we have had to make a decision that is painful for everyone to cancel this year's tournament, however given the current circumstances, we believe that the most reasonable outcome is to not hold the 2020 edition and focus all our efforts on next year."

"The passion with which we embarked on this adventure remains intact and we are going to work to maintain our quality standards in 2021. I would like to thank all the sponsors of the

Mutuactivos Open de España for their support and desire to continue with us."

Keith Waters, European Tour Chief Operating Officer, added: "Spain has played such an important role in the European Tour's history and we look forward to working with Gerard Tsobanian and his team on the return of the Mutuactivos Open de España in 2021. Madrid Trophy Promotion's sporting vision and commitment to golf ensures this tournament will have a bright future."

Gonzaga Escoriaza, President of the RFEF, said: "Not playing the

Madrid Trophy Promotion, promoters of the Mutuactivos Open de España, the European Tour and Real Federación Española de Golf (RFEF) has announced the cancellation of the 2020 edition of Spain's national open.

historic tournament, together with the European Tour and the RFEF, the event attracted more than 30,000 fans over four days

at the Club de Campo Villa de Madrid, to watch Jon Rahm successfully defend his crown.

Any fans who have

purchased tickets for the 2020 Mutuactivos Open de España will receive a full refund in the coming weeks.

European Tour

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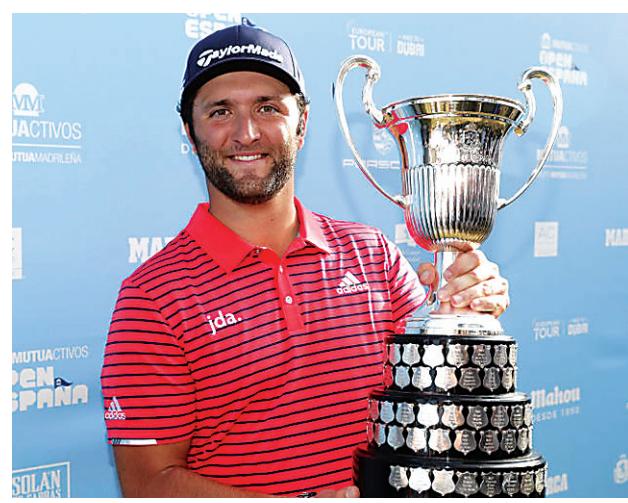
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30,000 fans over four days at the Club de Campo Villa de Madrid, watched Jon Rahm successfully defend his crown last year.



Porto champions?

Benfica beat V.Guimarães 2-0 on Tuesday evening to delay the inevitable Primeira Liga champion celebrations of FC Porto for at least 24-hours.



Swiss international Seferovic scored his twelfth goal of the season, three minutes from time in the Benfica game.

N CHRIS WRIGHT

A point at home against Sporting, as the paper went to print, would have been sufficient for the Dragons to claim their second title in three seasons. Failing that, a solitary point from their final two games against Moreirense and SC Braga would do the trick. Benfica's atrocious form since the resumption of the Primeira Liga has all but handed the crown to their northern rivals. In a low key game at the deserted Estádio da Luz, the Eagles took the lead eight minutes before the interval when Chiquinho fired home from the edge of the penalty area. Swiss international Seferovic scored his twelfth goal of the season, three minutes from time, to wrap up the points and ensure that Benfica qualify for next season's Champions League.

On the south coast SC Portimonense have been a different team since the enforced break. Up to March they had won only two Primeira Liga games,

drawn ten and lost twelve and looked certain to be relegated. Since the re-start they won four, draw two and lost just two. On Tuesday evening Boavista (Porto) were the visitors and found themselves a goal down after fourteen minutes when Willyan headed home from a right-wing corner. It could have been more but Boavista keeper Helton Leite was in fine form. Four minutes before the break Bruno Tábara was tripped in the box and Lucas Possignolo calmly slotted home the resulting spot-kick. Midway through the second-half Yusupha picked up a second yellow card and Boavista were down to ten men. Despite the numerical disadvantage they pulled a goal back five minutes from time through Marlon's free-kick. Portimonense held out for all three points and in the process moved out of the relegation zone on goal difference. They now face a difficult game at P.Ferreira on Monday before finishing the season on 26 July when CD Aves, already relegated, are the visitors.

Can Ronaldo snatch the golden boot?

Juventus moved a step closer to retaining the Italian Serie A title by increasing their lead at the top over Lazio to eight points thanks to two Cristiano Ronaldo equalisers, both from the penalty spot, against Atalanta in Turin.

In the process the former Sporting, Manchester United and Real Madrid goal scoring machine took his tally to twenty-eight, just six fewer than Robert Lewandowski of Bayern Munich who have already finished their season.

Ronaldo has six games to make up the deficit but his biggest rival is Lazio's Circo Immobile who is on twenty-nine with six to play.

The contest between the two strikers is the Italian league's most prolific battle since the 1950s, with no

two players having reached the 28-goal mark by round 32 of the season since Antonio Valentín Angelillo (Internazionale) and José Altafini (Milan) over 60 years ago. Another Portuguese player getting rave reviews is former Sporting star Bruno Fernandes who became Manchester United's first back-to-back Premier League 'Player of the Month' since Cristiano Ronaldo back in 2006.

After clinching the award in his first full month in February, Fernandes has followed up his incredible form

since the Premier League's resumption last month and has netted five goals, created three assists and produced twelve chances for his team-mates. The 25-year-old has been instrumental in United's brilliant form of late, in which they have extended their unbeaten run to eighteen games in all competitions.

Last week United became the first team in Premier League history to win four consecutive games by three goals or more, after they beat Aston Villa 3-0 away from home. CW

Miguel Oliveira "excited" about returning to the tracks

Portuguese rider Miguel Oliveira (KTM) has said he is "excited" about returning to the tracks at the MotoGP World Championship, with the first race of the 2020 season taking place on 19 July at the Spanish circuit in Jerez de la Frontera.

"I am happy and obviously excited to be racing again. Jerez has always been a very special stage for me, as it is the closest to home," said the Almada driver, in statements made by the Tech3 team.

Miguel Oliveira noted that this year's event will be "extra special, as it marks the return to competition", after the suspension motivated by the Covid-19 pandemic. "I am happy and very, very happy to see everyone together again and go back to work on a weekend that will be different, without fans on the stands and with many restrictions", he stressed.

However, despite the

limitations, the Portuguese rider promises to "do his best to make everyone proud".

The boss of the Tech3 team, Frenchman Hervé Poncharal, was also satisfied with the return of the competition: "With so much that happened, however, it is like a dream, something that seemed impossible just three months ago".

The fact that there are fewer races (17) and with little interval between them requires "different strategies".

The Spanish Grand Prix will be the first of 17 races scheduled for 2020.

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