

DISCOUNTS UP TO
50%
Selected Products

Be Healthy
9 JAN-04 FEB

Ápolónia
The Real Supermarket.

EVERYDAY, THE BEST AND THE CHEAPEST!

Intermarché
SUPERMARKET

PROPERTY INSURANCE

SPECIAL DISCOUNTS
for more info
call 282 380 304

SEE PAGE 46

MALOCLINIC
THE ART OF CREATING SMILES



LEARN MORE
maloclinics.com



THE PORTUGAL News

Portugal's **National** Newspaper in English

26 Jan 2019 • Ed. 1510

€1.50 inc IVA

Publisher: Paul Allen Luckman

Editor: Brendan de Beer

www.theportugalnews.com

Drought and tourism to see water bills rise



A farmer collects water from the Abrilongo dam, to guarantee the survival of 230 cattle in Campo Maior. (Photo: Lusa / Nuno Veiga) Full story, see page 4

Governments have intervened following violent incidents across Lisbon amid accusations of police brutality. P2



Portugal has received a mixed report on how it is dealing with domestic violence against women. P7



The GolfSixes event will enter a new era in 2019 when it moves to Cascais, and outside the UK for the first time. P47



Cristiano Ronaldo has been fined €18.8million for tax fraud after making a deal with Spanish prosecutors. P48



Quit talking, and begin doing

PORTUGAL PROPERTY.com

THE PORTUGAL
News
Portugal's National Newspaper in English

ANGLOPRESS Edições e Publicidade, Lda
Copyright ©2005 Anglo Press Lda.
The Portugal News is part of the
Portugal News Group established
1977. Depósito Legal N° 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

Classified: +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:
19,068 copies this edition

Distributors: VASP

Member of apct
audited circulation



PRODUCTION

Publisher: Paul Luckman
publisher@theportugalnews.com

Editor: Brendan de Beer
newsdesk@theportugalnews.com

Photos: LUSA • Press Association

SALES MANAGER

Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER

Gaby Rodrigues
accounts@theportugalnews.com

FIND US ON:

Facebook, Twitter and Kiss FM

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

Governments step in after Lisbon violence

Angola's embassy in Portugal has announced that it has been monitoring investigations to ascertain who was responsible for violent incidents in the Jamaica neighborhood in Seixal, and called on Angolan nationals to "refrain from negative actions".

The president of Cape Verde has also called for more information from Portugal with regards to these acts.

The announcement came following unrest at the weekend that saw clashes between locals and police, and a demonstration in central Lisbon that ended with police firing rubber bullets into the air.

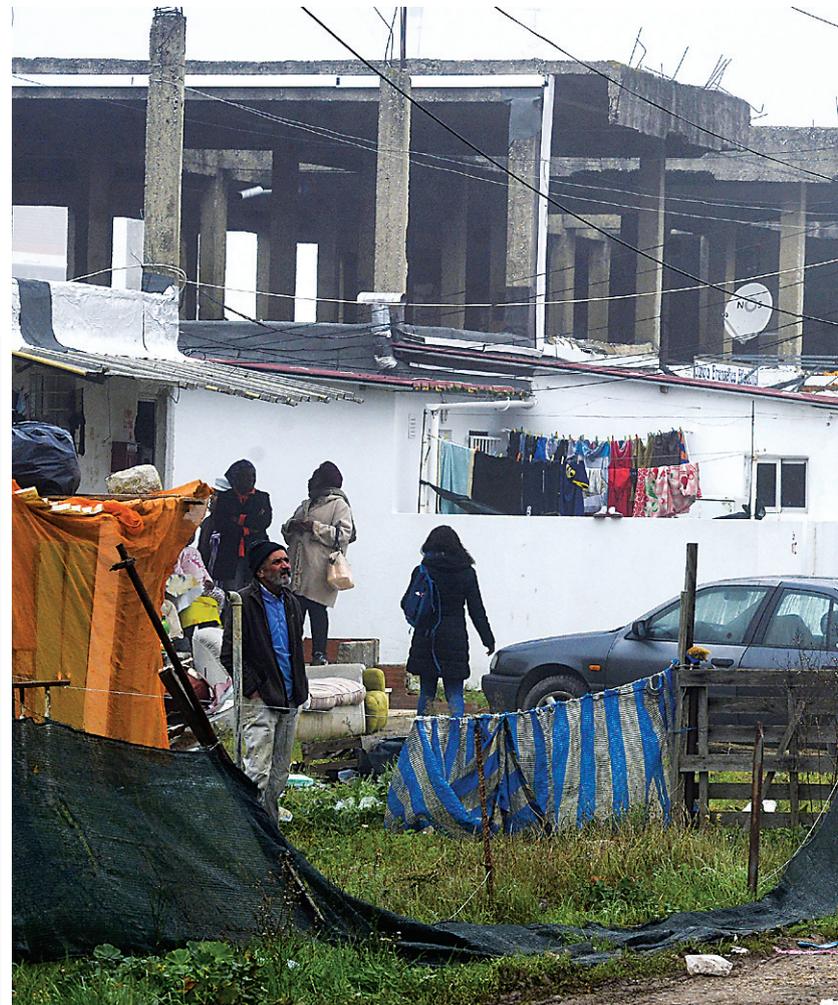
"The Embassy of the Republic of Angola in Portugal has learned of a fight between two ladies, one of them an Angolan citizen, after they left a party in the Jamaica neighbourhood," the embassy said in a statement sent to *Lusa News Agency*. "Regrettably, in responding to the appeal made by one of the parties, police ... found themselves involved in a situation of resistance, disrespect and aggression against the authorities that derived from the excessive use of force exercised against relatives of the citizen, who rushed to the place."

The document adds that pictures purportedly of the incidents posted on social networks, exacerbated unrestrained

tensions and attitudes of intolerance of various natures. "On learning of these facts, the Consulate General of Angola in Lisbon immediately went to the location and provided consular support to the family members who are in contact with the Portuguese police and justice authorities, which were carrying out the necessary investigations to determine responsibilities," it states.

In relation to the cases of public disorder that occurred later, the embassy criticised these acts, stating that it will denounce "any attempts to exploit or the intention to link this rioting [with the earlier incidents], which undermine public tranquility and order."

It has also "appealed to Angolan citizens to take an attitude of serenity and civility, respecting the laws and public order of the host country, refraining from negative actions and from participating in acts that are no more than others taking advantage for [their own] ends." The president of Cape Verde, Jorge Carlos Fonseca, has meanwhile said, that he is



Police pictured here in the Jamaica neighbourhood, where clashes between locals and police occurred. (Photo: Lusa/Rui Minderico)

seeking "concrete information" about incidents in Seixal, including citizens of Cape Verdean origin, and local police. Fonseca used his personal page on Facebook to announce that he is following events in Jamaica, where a number of people of Cape Verdean origin live and where on Sunday there were violent incidents involving PSP officers and residents. "I am following and seeking concrete information regarding what happened in the

neighborhood of Jamaica, Seixal, Portugal," reads the message on the president's page. The PSP police force on Wednesday stepped up patrols with members of the special police unit in Bela Vista, Setúbal district and in some areas of Loures and Odivelas, in Lisbon district, after the reprisals or copycat incidents seen overnight, including the throwing of Molotov cocktails at a police station and the setting

SELL YOUR PROPERTY THE SMART WAY

Enjoy Huge Savings

Zero to pay on Completion

0% Commission



BEVERYWHERE.COM

rightmove overseas Zoopla PrimeLocation.com

ARKADIA TheMoveChannel.com Holprop.com

An Award-Winning Partnership

Full details at: www.Beverlywhere.com

Portugal: 00351 282 782 610
UK: 0044 161 505 0605
email: info@beverywhere.com



WE FEATURE YOUR PROPERTY ON THE LEADING EUROPEAN WEBSITES REACHING OVER 25 MILLION BUYERS WORLDWIDE

N News in Brief



Police enforcement and residents have resulted in a number of skirmishes across the Greater Lisbon Area this week.

Portugal's flu virus "particularly aggressive"

The flu virus currently circulating in Portugal is said to be one of the most aggressive in Europe and is only comparable to the one found in the UK. The AH3 virus is said to be particularly aggressive, and especially dangerous to the elderly. Most recent figures have also shown more than 500 people died last Monday, mostly as a result of complications resulting from the flu virus. This has been classed as one of the deadliest days recorded in Portugal in the past decade.

Police in wave of drug-related arrests

Police in Portugal have detained 15 people and seized 121 doses of cocaine and 158 of heroin at 119 railway stations and on 276 trains. Police said several operations took place in various cities, culminating in the wave of arrests. Those held were arrested crimes such as drug trafficking, possession of illegal weapons and illegal immigration.

Portugal enjoys rare moon sighting

Stargazers in parts of Portugal were lucky enough to be under clear skies were this week treated to the astronomical spectacle of a "super blood wolf moon". The rare phenomenon, caused in part by a lunar eclipse, makes the surface of the moon appear a reddish hue while seeming brighter and closer to earth than normal. A super blood wolf moon occurs when a blood moon and supermoon occur simultaneously. Astronomers were particularly interested in this year's blood moon as it is the last of its kind for two years.

Ending nurse strike would cost 500m

Portugal's Health Minister revealed last night that current demands by striking nurses would cost more than 500 million euros in terms of extra pay if they were all met. Minister Marta Temido explained that the government would not be able to meet these demands. Nurses have meanwhile said that despite the government's reluctance to meet their demands, they have opted to delay any further strikes at operating theatres until the end of the month.

alight of rubbish bins and several vehicles. In a statement, the PSP said that investigations continue into all these incidents, with "nothing indicating, so far, that they are associated with demonstrations" of protest against the earlier police intervention in Seixal. After a demonstration in front of the Ministry of Internal Administration in Lisbon on Monday, against police violence and racism, four people were detained when PSP officers

were stoned in central Lisbon. The incident that took place occurred a day after incidents in Vale de Chicharos, better known as Jamaica, between PSP officers and residents that left five civilians and one policeman slightly injured. Public prosecutors and the PSP have started inquiries into the incidents in the Jamaica neighbourhood. The four protesters detained in Lisbon are to be given a snap trial on 7 February.

WEATHER

Temperatures to drop again as rain and cloud disappear Temperatures, especially overnight, are to fall once again in coming week with the return of clear skies and the disappearance of the recent wet weather.

Lisbon: The capital will see thermometers drop by a few degrees in the coming week, as clear skies will see lows fall to around 5 degrees Celsius, while highs will struggle to beat 15.

The South: The Algarve will enjoy near Spring-like weather at the beginning of the weekend, with highs set to top 20 degrees Celsius. But there will be a dip starting Monday, with temperatures falling by around 5 degrees.

The North: While lows will remain well above zero for northern parts of the country, highs will struggle to reach double figures, climbing to no higher than 12 degrees Celsius for much of next week.



MALO CLINIC
THE ART OF CREATING SMILES

SMILE WITH THE ONLY DENTAL GROUP PRESENT IN 22 COUNTRIES
WHAT'S PORTUGUESE IS REALLY GOOD

PAULO PIRES | MALO CLINIC AMBASSADOR

06 CONTINENTS | 22 COUNTRIES | 66 CITIES | maloclinics.com

Drought and tourism to see water bills rise

The cost of water could rise during periods of drought. According to a new proposal which, if approved, will come into force in two years from now, condominiums and properties covered by local lodging will also see their water bills increase. Large families will meanwhile see their tariffs reduced.

The proposal, which includes a stipulation to have water costs vary according to the time of day, as is the case with electricity, is under public consultation until 15 March. Should the law be implemented, as is the government's intention, the price of water will vary from council to council. Towns and cities will be given the freedom to increase the cost of water during shortages caused by droughts or when consumption is at its highest. This could be particularly true of the Algarve during the peak summer months when the population here quadruples in some parts. The document, compiled by the Water and Waste Services Regulatory Body (ERSAR), stipulates that properties carrying AL local lodging licences will see their tariffs adjusted upwards and will pay

more than neighbouring properties used solely for residential purposes. According to the proposal, details of which were published this week by *Jornal de Notícias*, property owners at closed condominiums will also be asked to fork out more for their water supply. On the other hand, families numbering five or more, will see their water tariff adjusted downwards. The ERSAR report also allows for bi-hourly tariffs, similar to those currently in use by energy companies. This means water bills will be reduced so long as taps are running outside of predefined peak periods. The first lines to this document were drawn up following the devastating drought of 2017, where on several days, fire trucks were called in to supply several communities with water after their taps ran dry. Droughts have become more



BRENDAN DE BEER
frequent and prolonged in Portugal, with a decrease in the annual average rainfall, which mainly affects the south. Compared to the years which have followed since 1960, the annual average rainfall has decreased across the Iberian Peninsula. According to leading climate expert Professor Filipe Duarte Santos, "in Portugal's case, the decrease is around 40 millimetres per decade, which is a significant amount, equating to 200 millimetres of rain in half a century, or 20 centimetres of water." The numbers are particularly higher in the south. Filipe Duarte Santos has also said that based on existing models and because of the

advancing of the deserts in northern Africa, Portugal's climate is becoming more and more like that of Morocco, Algeria or Tunisia. The 2017/18 drought in Portugal has been considered the most intense, prolonged and worst of the last 100 years. Environmental group Zero has meanwhile reacted to the proposal to vary water tariffs with a certain level of scepticism, and has said it should only be implemented alongside policies which encourage the saving of water resources, even in times of abundance. Zero leader Francisco Ferreira also reminded lawmakers that the majority of water is used in agriculture, followed by industry and only then does human consumption come into play. The environmentalist also said that a large percentage of water is also not billed, with local councils said to be the major

culprits in water wastage. Consumer watchdog Deco has meanwhile come out in opposition to the planned legislation. The association argues that campaigns should rather be launched to increase savings, and says it would oppose consumers being asked to foot the bill in periods of drought. In related news, water reserves at Algarve dams are up on the level they were a year ago. Water company *Águas do Algarve* also said that the quality is guaranteed of resources at these dams. The Odelouca dam, the largest supplier of water in the region, currently boasts a capacity of 35 percent, when a year ago it stood at less than 20 percent. The two major dams in the eastern Algarve, Odeleite and Beliche have much higher levels, and currently stand at 66 and 60 percent, respectively.

Verónica Pisco

LAW OFFICE

~ Offices in Eastern, Western and Central Algarve ~

We deal with: Real Estate & Property Law | Tax Law & Tax Representation & RRNH | Corporate & Commercial Law | Wills | Immigration Law - Golden Visa | Condominium Law | Contracts | Litigation | Social Security & Labour Law | Civil & Criminal Law | Family & Inheritance Law | Notarial & Registry Law

Tel./Fax: +351 289 358 382 | Mob.: +351 968 919 049, +351 914 219 745
office@veronicapisco-lawoffice.com | www.veronicapisco-lawoffice.com

"Bigger stores,
Better quality,
choice and value"

Sensation is our starter Orthopaedic complete divan offering med-firm support with a standard base and Plush plain grey headboard.

Complete Price
Single Bed €288, King Size €450

Lots more beds available in a range of designs, colours and fabrics in all 3 stores.

Carvoeiro Rua do Barranco • Tel: 282 354 222. email: hometextiles@sapo.pt

Alcantarilha (next to Espaço Casa) • T. 282 315 994 • Mon to Sat 10am - 6:30pm

Pereiras de Cima nr. Quatro Estradas • T. 289 396 385 Mon to Fri 10am - 6pm, Sat 10am - 5pm

AMAZING QUALITY TV'S
AT LESS THAN HIGH-STREET PRICES!

PROJECTION DREAMS EXCLUSIVE
55" 4K - 785.80 euros | 65" 4K - 1,250.00 euros

www.projectiondreams.com
(+351) 289 040 403 sales@projectiondreams.com (+351) 289 040 403

WINTER SALE

HouseBeautiful
sofas exclusively at **dfs**

we
deliver to
Portugal



Long Beach large chaise sofa **SALE £1999**

Save £300. After sale £2299

You can also visit dfs.co.uk/housebeautiful to see our complete range. Speak to one of our personal shoppers for a delivery quote. Call us today on **0044 (0)1977 786150** or enter your details online and we will call you back.



making everyday
more comfortable



Protestors demand definitive closure of uranium mine site over border

Some 200 people from Portugal and Spain demonstrated at Saucelle, Spain, over the weekend. The protest took place some six kilometres over the border from the Portuguese town of Freixo Espada à Cinta and was to voice their disapproval of moves to mine uranium nearby.



Portuguese and Spanish protestors have once again joined forces to protest against the potential dangers posed by the building of uranium mines along the border of the two countries. (Photo: Lusa/Miguel Pereira da Silva)

The demonstrators formed a human chain and shouted slogans against the idea of open-cast mining of uranium starting near Retortillo-Santidad, in the province of Salamanca. Nuno Sequeira, of Portuguese

environmental campaign group Quercus, said that people on both sides of the border are united against the plan, as evidenced by Saturday's protest, and that there were "good signs" that the project - which is currently suspended - can be

stopped completely. "We believe that these projects ... are not the future for this region [and] have many impacts on the environment, starting with the contamination of water resources that can reach the River Douro," he said. "They are also projects

that will have negative impacts on biodiversity and public health." According to Sequeira, all the machinery remains at the Retortillo-Santidad site, suggesting that the company believes it will be able to go ahead. "It does not have authorisation to proceed with the project because there is no licence to build a concentrate warehouse, but the company is still on the site waiting," he noted. The mayor of Freixo de Espada à Cinta, in Bragança district, Maria do Céu Quintas, who also attended the demonstration, told *Lusa News Agency* that she had never been formally contacted about the issue. Instead, she said, she was getting updates from the campaigners. In June 2016, inhabitants of Boada, in the province of Salamanca, sought the help of residents in areas over the border in Portugal in combatting plans to mine uranium in the area. Other locals, however, backed the project, arguing that it would bring employment. The project, developed by Australia-owned Berkeley Energia, foresaw total investment of €250 million, the creation of 450 jobs directly and

2,000 indirectly, in what would have been the EU's only open-cast uranium mine, with production to start this year. The project was granted preliminary approval in 2013 but, in the teeth of local opposition, Spain's government in October decided not to issue a building permit the company needed to continue working at the site. Spain's Nuclear Safety Council had also not got around to issuing another authorisation that is crucial to the mine operating as a facility handling radioactive material. The border region forms part of the European Union's Natura 2000 network of areas granted protection to serve as havens to valuable and threatened species and habitats. It is very close to one of the entrances to the Douro International Natural Park - meaning that the mine would bring into question, in the view of campaigners, an entire ecosystem and its environment quality in terms of air and water. According to campaigners, the Portuguese state had last year assured them that the site would be closed, but that has not yet happened, and now officials are saying that it will only be cleared in 2022. *TPN/Lusa*



Fabulous Curve
from size 38 to 56
Everything in the shop €19,95

Open Tuesday to Friday from 10:00 - 18:00
Saturday from 10:00 - 13:00.

Address: Av. Marginal 8300-101, Silves. Phone: 282 144 605.
Across from Burger Ranch



Are you an Energetic Retiree? Inspired Intern? Motivated Middle-Ager?



PROPERTY ALGARVE
SPECIALISTS

www.propertyspecialistsalgarve.com



Are you dynamic with a positive personality, able to take direction, with a "can do" attitude and great attention to detail? We are looking for the right people to fill the following positions:

Social Media Specialist - creative, thinks outside the box

Property Lister - sociable, tenacious and driven

Must be fluent in written and spoken English, other languages a bonus. Flexible hours, work from the office or remotely. Send your CV or career information to: info@propertyspecialistsalgarve.com

Join forces with us and make your 2019 bright and happy!

Portugal receives mixed report on dealing with violence against women

The Council of Europe Convention on preventing and combating violence against women and domestic violence has published its first report on Portugal.

The Group of Experts on Action against Violence against Women and Domestic Violence (GREVIO), while acknowledging the significant commitment of the Portuguese authorities and the progress achieved, also points out a number of shortcomings and recommends measures to improve the protection of victims, the prosecution of offenders, as well as prevention measures. Following the ratification by Portugal of the convention in 2013, the scope of public policies was widened and other forms of violence against women such as stalking, female genital mutilation (FGM) and forced marriage were criminalised. GREVIO in its report has welcomed the efforts in the area of FGM that resulted in three consecutive programmes of action

specifically targeting this form of violence, which makes Portugal a pioneer in the area. GREVIO has also called on Portugal to develop long-term programmes addressing all forms of violence covered by the convention and to build on progress already achieved. The report recognises progress achieved in building a solid legislative framework to address violence against women, but identifies a few remaining important gaps. A particular area of concern is the definition of rape which is not based only on the absence of freely given consent and requires the use of "constraint". GREVIO also expresses concern about the widespread use of suspended proceedings and the general lack of emphasis in achieving convictions in cases of

violence against women. It also recalls that prosecution and sanctions are an essential part of the protection of women and calls on the Portuguese authorities to ensure that sentences in cases of violence against women preserve the dissuasive function of penalties. Finally, the report highlights the Portuguese authorities' efforts to combat gender stereotypes and to raise awareness about the prevalence of violence against women, especially among the younger generations, for instance through measures to prevent dating violence. It also underlines the progress achieved in promoting gender equality and combating gender discrimination in the workplace. Portuguese authorities have been told to take a number of measures, including:

A group of women pictured here in Braga protesting against domestic violence. (Photo: Lusa/Hugo Delgado)



domestic violence is effectively prosecuted and that sentencing adequately reflects whether the violence qualifies as domestic violence; ensuring that the scope of legislation, policies and measures is properly determined by taking into account the definitions in the

Convention regarding the notion of domestic violence and that of the victim; expanding the resources dedicated to prevent and combat violence against women; ensuring that the rights and safety of victims and their children are guaranteed; amending the

criminal legislation on sexual crimes to ensure that such offences are based on the absence of the free consent of the victim; introducing a data collection system that would allow asylum claims on the basis of gender-related persecution and their outcomes to be recorded.

**JUST COMPLETED
3 BEDROOM GOLF-FRONT
VILLAS WITH GARAGE**

Boavista
Golf & Spa Resort
LAGOS • ALGARVE
PORTUGAL



STUNNING SHOW APARTMENT NOW OPEN
COME AND APPRECIATE THE VIEW WITH THE BOAVISTA ON-SITE SALES TEAM



BAYVIEW VILLAGE

WELCOME TO BAYVIEW CLUB
The new phase of our sought after resort

JUST RELEASED

2 Bedroom apartments
Golf & Sea Views
Underground parking
Lock-up storage
24 hour security
Price on application

LEISURE FACILITIES

Bayview Club with gym, indoor and outdoor pools. Golf and Spa membership discounts for owners.

STANDARD FEATURES

Air-conditioning, solar hot water, under-floor heating, electric shutters, SMART security system & high speed internet.

(00351) 282 000 170 | sales@boavistasort.pt

www.boavistasort.pt | www.algarvegolfproperty.pt | www.facebook.com/BoavistaPropertySales

Socialists split over legalisation of recreational cannabis as bills rejected

Portugal's parliament has rejected two bills tabled by the Left Bloc (BE) and People-Animals-Nature (PAN) to legalise cannabis for recreational use, in a vote that saw the governing Socialist Party (PS) split on the issue.



Parliament has rejected a bill that would have approved the recreational use of cannabis. (Photo: EPA)

The result was expected, given the official position of the PS against the reform, not least on the grounds that more time is needed to see how things develop in the two countries and handful of US states where similar reforms have been implemented. The BE bill secured the votes in

favour of its own MPs, that of the single PAN member, and those of 25 PS MPs. The Communist Party, Social Democratic Party (PSD), the People's Party (CDS-PP) and eight PS MPs voted against, while most of the PS abstained, along with the Greens and one deputy who is not part of any grouping. The PAN bill secured support

from BE MPs and 26 PS MPs, but was opposed by the Communist Party, PSD, PP and eight PS MPs. Regulations were recently posted in the state journal for the production and sale of cannabis products for therapeutic use, following the approval last summer of legislation on that subject. *TPN/Lusa*

Over 3,000 Portuguese get British nationality since Brexit referendum

Over 3,000 Portuguese people have obtained British nationality since a referendum for the UK departure from the European Union (Brexit), in June 2016, according to official statistics.

These latest figures show that the number of British passports issued to Portuguese nationals nearly tripled, from 165 in the third quarter of 2016 to 463 in the third quarter in 2018, according to UK's Home Office figures.

The average number of Portuguese citizens gaining British nationality was around 500, between 2004 and 2016, but rocketed to 1,234 in 2017, an 84% increase compared to 2016.

UK residence was the reason for more than half of the processes in 2018 (669), while more than a third resulted were children (353).

The "perception of uncertainty" after the Brexit referendum, "probably contributed to the large increase in the search for residence documentation" of Europeans in the last two years, the Home Office said.

However, unless European citizens wish to apply for British nationality urgently, authorities are discouraging people from requesting the current European resident card, as the process will

be replaced within two months.

The new fully digital application system for settled status will replace the need to fill out an 85-page form and complemented with dozens of documents.

The settled status will be given to those living for five consecutive years in the UK, while those living less than five years in the UK will have a pre-settled status until they complete the necessary time.

The system should only be fully functional for 3.5 million Europeans living in the UK in March 2019 and with an application deadline of 30 June 2021, if the agreement negotiated with Brussels is ratified, or 31 December 2020, if the departure takes place without an agreement.

The third phase of testing opened on Monday to all European citizens, including Portuguese, who have a valid passport and their family members who are not EU citizens but have a valid biometric residence card. *TPN/Lusa*

The Cris Piessens Clinic team wishes you all a Smiling New Year



info@crispiessensclinic.com
www.crispiessensclinic.com
f/crispiessensdentalclinic

Cris Piessens Clinic 
Placing dental implants since 1987



Peace of mind...
starts with knowledge

Our advice, your advantage

Blacktower's expertise and knowledge can be your gain in international investment and tax planning. More than 30 years of helping people make the best of their wealth means that we know how to help you achieve what's important to you. We care about your "what-if" moments.

International Investment Portfolios • Wealth Management Solutions • Taxation Advice

Get in touch today at:

info@blacktowerfm.com
+351 214 648 220 (Cascais)
+351 289 355 685 (Quinta do Lago)

Edifício Jomavipe, Rua Cesaltina Fialho
Gouveia, 703, 2645-038 Cascais

Edifício Mapro, Estrada da Quinta do Lago,
8135-106 Almancil

www.blacktowerfm.com

Blacktower Financial Management (International) Limited is licensed by the Gibraltar Financial Services Commission. Licence Number 00805B. Blacktower Financial Management Limited is authorised and regulated in the UK by the Financial Conduct Authority.



BLACKTOWER
FINANCIAL MANAGEMENT GROUP

Property market boom ‘contributing to social inequalities’ – report

Portugal’s property market last year was two-and-a-half times the size it was in 2014, with 46,000 transactions in the second quarter of the year.



Concerns have been expressed this week with regards to the overall state of the real estate market and growing inequalities. (Photo: Lusa)

But according to new research, this boom is leading to growing social inequalities. According to the study, the property market is experiencing an unprecedented period, with house prices rising well above wage trends. Local lodging has also been said

to have resulted in house price increases, as investors seek to cash in and earn returns well above those offered by financial institutions.

‘The new question of housing in Portugal’ is the theme of the fourth report of the Observatory on Crises and Alternatives that has now been released, whose

findings are based on research conducted by researchers from the Centre for Social Studies (CES) of the University of Coimbra and the Institute of Geography and Spatial Planning (IGOT) of the University of Lisbon. According to the study’s coordinator, Ana Santos, the property market “is going through

an unprecedented historical moment, with housing prices growing continuously and substantially above wage trends, making housing ever less accessible to ever more groups of the population.”

Housing purchases driven by finance “has been turning itself into a mechanism [that is] ever more crucial in reproducing social inequalities, a result of strengthening of the economic and political weight of property,” Santos explains.

She also cites the new law on rental contracts in urban areas, approved in August 2012, as a factor in accelerating property sales.

“Although the objective explained [at the time] was to stimulate urban rentals, the result has been the acceleration [of the end] of rental contracts, with a view to the sale of buildings or new uses, such as the local accommodation,” she writes. Since 2014 there has been an accelerated growth in the number of transactions, the vast majority of existing apartments, at the same time as the number of apartments registered as local

lodging multiplied by five, to 14,500.

Other measures have also encouraged external demand, such as the ‘golden visa’ ARI programme to fast track residence permits for major investors, which came into force in October 2012.

In addition, she recalled, EU citizens can benefit from a specific income tax regime for non-habitual residents, further adding to demand.

These factors have, according to Santos, contributed to housing prices rising steadily in Portugal, especially in Lisbon, Porto and the Algarve region.

In related news, an average of 500 properties were sold each day during the course of last year in Portugal. According to new figures, this number is the highest since the start of the global financial crisis in 2008. Brazilians and French topped the list of foreign buyers, who as a whole, bought one in five homes sold across the country in 2018. This follows latest data which showed that house prices rose by 15 percent during the third quarter of last year. TPN/Lusa

Find your Dream Home with our Prime Listings



Estômbar · Presa de Moura: Classic style luxury villa on large plot with spectacular panoramic views to the ocean. W-02EMRV · 1.950.000 € · EC: B



Mexilhoeira Grande: Superb villa built by the owner with an eye-for-detail. Excellent countryside views. W-02BE84 · 1.500.000 € · EC: B



Alvor · Penina: Stunning one-storey Golf villa with modern architecture. Newly built with high standards in 2018. W-02D2NO · 1.100.000 € · EC: B



Alvor · Prainha: Exclusive 3-bedroom apartment in walking distance to the beach, with private pool and view over the bay of Alvor. W-02E8RH · 800.000 €



Portimão: Beautiful manor house in the riverside area of the historical center. Excellent investment opportunity. W-02DCZ1 · 500.000 € · EC: B



Monchique: Charming villa with fantastic view over the mountains and down to the coast of the Algarve. Great value. W-02BE8M · 750.000 € · EC: C

Portimão · Praça Visconde Bivar · AMI 14061 · Telephone +351 282 071 131 · portimao@engelvoelkers.com · www.engelvoelkers.com/portimao



ENGEL & VÖLKERS®

President 'worried' by provisional rise in infant mortality in 2018

Portugal's president, Marcelo Rebelo de Sousa, has expressed concern at figures showing an increase in infant mortality in the country, arguing that there is a need to determine the causes so that the trend does not continue.

“Assuming these numbers correspond to reality, it worries me,” the President said, adding: “Because one of the banners of the democracy [following the 1974 coup that ended the Salazar dictatorship] was a revolutionary change in the domain of infant mortality, a drastic reduction.” De Sousa was speaking in Porto, where he was visiting at the invitation of the city's mayor, independent Rui Moreira, to attend a presentation of a plan to convert the old Campanhã industrial slaughterhouse. In his comments, he declined to interpret the figures on child mortality, but stressed that he “would like” to understand, with the help of experts, whether they corresponded to reality and, if so, why this had happened. “If what has been reported is true and, if it is true that one of the achievements of [the 1974 Revolution] has gone into reverse, then what is necessary is to ascertain why this has happened, so that it does not continue to happen,” he said. According to official data that are as yet provisional,

last year there were 3.28 deaths in the first year of life per thousand live births, up from 2.69 in 2017 and 3.24 in 2016. Last year's figure was, according to the Directorate-General of Health (DGS), the highest since 2013. The publication of the figures by *Correio da Manhã* newspaper prompted the Order of Doctors to request a rapid action to ascertain the causes of the sharp increase in infant mortality. The DGS has said, however, that the provisional figures for 2018 are within the normal range as well as remaining below the European Union average. In comments to journalists, the Director-General, Graça Freitas, noted that the 2018 provisional figure of 3.28 deaths per thousand births was very similar to the 2016 figure. Last year's figure should not be compared solely to that of 2017, she said, since the latter was “abnormally low”. This follows a promising year in 2017, when there were 226 deaths of children under one year old (56 fewer than in 2016). The infant mortality rate

that year was 2.6 deaths per thousand live births (3.2 in 2016). The lowest figure for this rate was recorded in 2010, with 2.5 infant deaths per thousand live births. Statistics from INE also showed that the population in Portugal declined in 2017, for the ninth consecutive year, since the number of deaths continues to be higher than that of births. According to the INE, Portugal's population shrank by 23,432 people. In 2017, 86,154 children were born to mothers living in Portugal (live births), 972 fewer than in the previous year, representing a decrease of 1.1 percent. Of the total number of live births, 54.9 percent were born “out of wedlock.” The total number of deaths of people residing in Portugal was 109,586, representing a drop of 0.9 percent (down by 987 deaths) compared to 2016. Of the total deaths, 54,987 were men and 54,599 were women, and 85 percent of the deaths were people aged 65 and over. Research published by the *Lancet*, at UNICEF headquarters described as “ground-breaking”, had



President Marcelo Rebelo de Sousa has expressed concern after learning that the infant mortality rate climbed steeply in 2018. (Photo: Lusa)

previously listed Portugal as being among the top ten countries in the world for newborn babies while also enjoying one of the lowest

neo-natal mortality rates in the world. Previous research had revealed that Portugal was among the top nations in

the world when it came to infant mortality, which takes into consideration fatality rates for children up to the age of five.

Portugal opens Hepatitis C treatment consultations for drug addicts

Former and current drug addicts can now get a Hepatitis C appointment outside hospitals - an initiative launched by the Group of Activists in Treatment (GAT), that aims to bring this population closer to healthcare.

The first “decentralised community consultation” in Portugal for Hepatitis C aimed at people that use or used to use drugs will enable them to get treatment outside hospitals and therefore boost the treatment of Hepatitis C, according to the activists.

The community consultation service opened its doors on Monday at the centre of community scanning in Mouraria, in Lisbon, and is the result of a partnership with the gastroenterology service of the Lisbon North Hospital Complex (LNHC). The objective of the

programme is to treat people with “difficult lives” who do not “feel good” in hospitals, GAT's head, Luís Mendão, said. Portugal decriminalised

drug use in 2001, changing its policy radically by going for a harm-reduction approach rather than a lock-them-up approach.

TPN/Lusa

ENGLISH DENTAL SURGEON

Dr. Francis Haley

B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 - 1°C 2750 - 511 Cascais

Tel: 21 486 3012

<http://clinic.cdhaley.pt>

ibex
INSURANCE

Home insurance



Great cover for your house from the expats leading broker!

- All risk cover for specified items
- Option to extend liability from letting your home of up to 2,000,000€

800 860 708

tavira@ibexinsure.com almancil@ibexinsure.com

Rua 1 de Maio 26B r/c
8800-360 Tavira

Avenida Duarte Pacheco 32
8135-104 Almancil, Loulé

www.ibexinsure.com/tavira www.ibexinsure.com/almancil

Ibex Insurance Services Ltd 2019. Ibex Insurance Services Ltd., 68 Irish Town, Gibraltar. Registered no.77247. Authorised and regulated by the Financial Services Commission FSC 006 43B

Opposition leader accuses Government of selling illusions and lacking strategy

Portugal's opposition leader, Rui Rio of the Social Democratic Party (PSD), has accused the Socialist government led by António Costa of "deceiving" the public and of lacking a strategy for economic growth as well as being responsible for a "degradation of public services".



Social Democrat leader Rui Rio pictured here over the weekend after addressing party delegates in Madeira. (Photo: Lusa/Homem de Gouveia)

Rui Rio was speaking on Sunday in Madeira, at the close of the congress of the regional PSD in Funchal, at which Miguel Albuquerque was re-elected president. "The big mistake is when they sell us an economic situation of

almost an economic miracle and then we all discover that we cannot do this because they have no means," Rio told his audience, in a reference to the tight purse strings that the government is keeping, despite saying that austerity is in the past. The PSD leader said that the

government's problem is that it "sells illusions" and, like anyone who does that, "sooner or later reaps discontent in the form of strikes" or other forms of protest. He also said that the government acts "to please at the moment" and "has no economic strategy" as well as presiding over the "degradation

of public services" since it took office in late 2015. "It has no strategy of economic growth, because it was a government that over all these years was primarily concerned with taking on all the clearances that the economic situation allowed and distributing according to the list of demands made by the Communist Party, made by the Left Block," he said, referring to the two main other parties that provide the minority government's support base in parliament. Rio stressed that Portugal had had the worst economic growth in the European Union in the last four years, yet undertaken no structural reforms. "They did nothing for private investment, they lowered public investment, they undermined the savings rate, they worsened the indebtedness of households, they have achieved the largest tax burden in the history of Portugal," he said. On the other hand, he went on, "they have degraded public services to a level that is inadmissible in any circumstance." That, he argued, indicates that austerity is not over.

TPN/Lusa

Former colonies may recover ancient artefacts

The return of cultural artefacts taken from African countries is to be the subject of a debate in Lisbon.

The aim of the debate is to discuss an issue that has been on the agenda in several countries around the world, particularly in countries that in the past had colonies or a strong link with slavery.

The association, created in 2013, has introduced prizes to distinguish entities that apply good practices in the area of cultural accessibility, at a physical, social and intellectual level.

The widespread return of cultural artefacts removed from Africa during the colonial era grew when French president Emmanuel Macron returned 26 artworks to Benin.

The issue was stepped up in Portugal following comments by Angola's minister for culture, Carolina Cerqueira, who told Portuguese newspaper *Expresso* that she intended to start "multilateral consultations" in order to regulate the issue of exploitation of Angola's cultural resources abroad.

The debate in Lisbon in March will be attended by museum experts, researchers and activists.

TPN/Lusa

THE PORTUGAL News

Portugal's National Newspaper in English

Apartado 13, 8401-901 Lagoa
Tel: 282 341 100
www.theportugalnews.com
Sales: sales@theportugalnews.com
Tel: 282 380 310



WHY CHOOSE THE PORTUGAL NEWS?

- We reach more than 40,000 English language readers every week
- More than 250,000 people visit our website each month
- We connect with over 58,000 followers on social media
- Our newsletter is delivered to more than 4,000 people each week
- We have been publishing unbiased, high quality news since 1977
- Advertisers enjoy a range of multi platform benefits, including advertorial
- The Portugal News is available at targeted free distribution points, including Faro airport, and paid outlets throughout Portugal



Teachers union warns of ‘miserable year’ if careers dispute not resolved

The main union representing Portugal’s schoolteachers, Fenprof, has threatened the government with “a miserable year” if the question of how their members’ service time is counted is not resolved, with negotiations on the matter resumed shortly.

Problems arising from the repositioning in the career ranks of some teachers that are resulting in less senior teachers overtaking other more senior ones, were the main reason Fenprof cited in seeking a meeting on Tuesday with the deputy Justice Ombudsman. But it was the full counting of service time frozen in recent years - the running sore in the relationship between teachers and government for more than a year now that prompted the union to issue the warning.

In comments to journalists after the meeting with the Deputy Ombudsman, Fenprof’s secretary-general, Mário Nogueira, recalled the “haste” with which the Ministry of Education had scheduled for December 2018 talks to meet rules laid down in the

2019 state budget that foresaw the resumption of negotiations on the counting of service time, but only in 2019.

“For someone who was in such a hurry before 2019 had even started ... it seems not to want to solve the matter,” said Nogueira. “Let us be coherent and restore that tranquility that schools will have to have for this school year, otherwise we will have a miserable year and we wanted to see if we could avoid that. But if it must be, it will be.”

Teachers have been called out on Thursday to press for an immediate return to talks, with a protest scheduled first in front of the Ministry of Education and then to the Cabinet Office, “having no truck with strategies of political opportunism”. Last week the Minister, Tiago Brandão

Rodrigues, said in Parliament that the negotiations would be convened in good time, responding to the unions’ demands for an early meeting with “a reminder” that the budget is valid all year and that the government has its own timetable to implement it comments that did not please teachers, or some parliamentary groups, such as the Communist Party, which forms part of the minority Socialist government’s power base. On Tuesday, Fenprof sought in what it called an “extremely useful meeting” with the deputy Ombudsman to clarify that the problems of less senior teachers overtaking more senior ones following the repositioning in their careers had nothing to do with the fact that the counting of frozen service time is still an unresolved



Teachers’ unions have warned they will not give up the struggle to improve their rights and have not ruled out more strike action. (Photo: Lusa)

issue, but rather the effects of transitional measures provided for in revisions to teachers’ career statute in 2007 and 2009. These transitional measures have meant that teachers who started their careers after they took effect - after which career

steps are normally to last four years instead of five - have seen them ranked one or sometimes two ranks above colleagues with the same amount of service. According to Fenprof’s calculations some 10,000 teachers so repositioned

have overtaken some 55,000 colleagues in this way. “There is only one solution, which is the positioning of those who were already in the career in a situation similar to those of the repositioned”, said Nogueira. TPN/Lusa



Sales talent with ambition?

We offer you excellent prospects for success!

Are you a sales talented person with a passion for property who is looking to pursue a career at an internationally successful company? Engel & Völkers can offer you the best prospects, even without industry experience. As a real estate agent, you will benefit from professional entry-level as well as advanced industry training along with innovative tools and services for maximum efficiency and flexibility, all thanks to our pioneering system platform, plus outstanding earning potential. Get started today and apply at:

www.engelvoelkers.com/en-pt/algarve/lagos/career/

Engel & Völkers Lagos
+351 282 249 517

www.engelvoelkers.com/algarve/lagos
lagos@engelvoelkers.com



ENGEL & VÖLKERS

Congo: Half a Loaf



A supporter of DR Congo's defeated presidential election candidate Martin Fayulu holds up a picture of Fayulu in front of a burning tyre as he and others protest against the Constitutional Court and President-elect Felix Tshisekedi's victory in Kinshasa, the Democratic Republic of the Congo, 21 January 2019. (Photo: EPA/Hugh Kinsella Cunningham)

'Half a loaf is better than no bread' is what you tell yourself to justify giving in to a rotten deal, and there's a choir of African leaders singing that chorus now.

N GWYNNE DYER

They pretend to be celebrating the elevation of Felix Tshisekedi to the presidency in the Democratic Republic of Congo (the big Congo), but they are privately lamenting it while accepting that it is probably the least bad option now. Felix Tshisekedi is the 55-year-old son of Etienne Tshisekedi, the founder of the Union for Democracy and Social Progress, the DRC's main opposition party. For 25 years he defied the dictators who have robbed and ruined the country, spent much of his life in exile, and became a national hero. He died last year.

Etienne Tshisekedi was never keen to see his son succeed him, fearing that Felix lacked the ability and commitment to lead the party, but in March he was chosen as Etienne's successor by the party's leading members. And last November, he showed his true colours.

The current dictator, Joseph Kabila, had to leave power at least for a while, since the constitution allows presidents only two consecutive five-year terms. He could legally come back after another five years, but in the meantime he had to find a presidential candidate who would do his bidding and keep his seat warm. The official candidate was duly named - an associate of Kabila's called Emmanuel Shadary - but it was clear that a single opposition candidate might win the presidency if the vote was fair. The DRC's 84 million people are sick of living in a potentially rich country where most people are desperately poor even by central African standards. So all the opposition parties got together in November to

pick a single presidential candidate. Felix Tshisekedi was there and went along with it when they chose that candidate, Martin Fayulu. But the following day he broke with the other opposition parties and declared his own candidacy. Was it just pique, or did he get a better offer? In retrospect, it was probably the latter. The presidential elections were duly held at the end of December, and to everybody's astonishment Tshisekedi won. The official candidate, Shadary, came last. So why isn't everybody celebrating the triumphant return of democracy to the Democratic Republic of Congo?

Because nobody believes the numbers. Opinion polls before the vote had Fayulu winning with between 39% and 43% of the vote, Tshisekedi coming a distant second with between 21% and 25% and official regime candidate Shadary straggling in with only 14%-17%. So the united opposition should have won - but it didn't.

Fayulu was leading Tshisekedi by almost two-to-one in the opinion polls. How and why did it come to pass that the official results gave Tshisekedi 38% of the vote and Fayulu only 34%? Fayulu cried foul. The African Union said it had "serious doubts" about the result and announced that it was sending a delegation to the DRC. And the influential Catholic Church of the DRC, which deployed 40,000 election observers, reported that the official results did not match its findings.

It appears that Kabila seduced Felix Tshisekedi with the promise of the presidency, and made sure the voting results came out in his favour. It was a stroke

of political genius, because it actually looks like the opposition won. It didn't. As soon as Tshisekedi's victory was 'confirmed', he declared that "I pay tribute to President Joseph Kabila. Today we should no longer see him as an adversary, but rather, a partner in democratic change in our country." And almost everybody outside the DRC is sorrowfully going along with the deceit.

The African Union has 'postponed' its mission to the DRC indefinitely, and two respected African leaders, Kenya's President Uhuru Kenyatta and South Africa President Cyril Ramaphosa, have sent Tshisekedi their congratulations. The southern African regional group SADC has also welcomed Tshisekedi's 'victory', and urged all Congolese to support the president-elect in his bid to maintain "unity, peace and stability".

That's the heart of the matter. Public protests over the rigged election will be met with massive violence, and risk tumbling the DRC into another catastrophic civil war. At least this will be the country's first non-violent transfer of power, so the rest of Africa is telling the Congolese to swallow their pride and bide their time. Half a loaf is better than none.



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



Martin's e-BIKE

E-Bike, Trekking, Mountain bikes, Road & Folding Bikes



SHIMANO BOSCH

"NEW MODELS"
2019 NOW IN STOCK



E-Bike RENTAL & SALES
www.martinebike.com

info@martinebike.com
www.martinebike.com
+351 289 098603

Avenida Duarte Pacheco 48
8135-104 Almancil



See the difference
seatoskyhomes.pt

SILVES • LAGOA • ALVOR • LAGOS & WEST



DISCOUNTS UP TO

50%

Selected Products



Viva SAUDÁVEL

— Be Healthy —

9 JAN-04 FEV | FEB

Visit us from January 09 to February 04 and discover a tempting choice of carefully selected healthy products with discounts of up to 50%.

apolonia.com

Ápolónia

The Real Supermarket.

| | - ATM | | Take Away* | Sushi |

* Galé and Lagoa stores only

Almancil • Galé (Albufeira) • Lagoa (Carvoeiro)

Drastic cut in oil imports for carbon neutrality by 2050

Portugal's minister for environment said on Tuesday that achieving the government's declared goal of achieving carbon neutrality by 2050 will represent a "drastic reduction" in imports of crude oil to 10 million barrels a year from the current 70 million.



Environment Minister João Pedro Matos Fernandes pictured here this week addressing MPs at a Parliamentary committee hearing. (Photo: Lusa/Tiago Petinga)

Speaking at a hearing in parliament's environment committee, João Pedro Matos Fernandes said that the government's roadmap for carbon neutrality, which is currently out for public consultation, can only anticipate future scenarios, but is based on the assumption that it is possible for Portugal by 2050 to produce only so much greenhouse gas, such as carbon dioxide, as the country's vegetation can absorb. Matos Fernandes said that "all sectors" of the economy will have to contribute to reduce emissions, with the emphasis on electricity generation (to cut emissions by 98 percent), industry (to cut by 72 percent) and agriculture (to cut 20 percent.) "The trajectories of emissions depend on different scenarios," he noted, admitting that the roadmap does not lay down "political goals for execution."

TPN/Lusa

Portimão to host more than a thousand events as European City of Sport

More than one thousand sports events have been scheduled this year as part of Portimão being a European City of Sport 2019.

The city has also announced considerable investments in the area of sport in the coming year.

"We are investing more than two million euros in the building and improvement of sporting infrastructure in the city, with an average of three sports events scheduled every day during the course of the year", explained Portimão Mayor Isilda Gomes.

Among initiatives set aside for the coming year, are those linked to school sports, with academic

institutions encouraged to partake in the events planned for 2019.

While there will not be any direct revenue generated from these events, the Portimão Mayor anticipates an additional 40,000 nights to be spent in accommodation in the city.

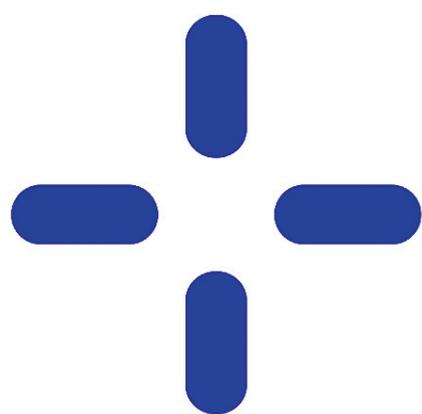
The central government has meanwhile pledged that it will be supporting Portimão with an additional 130,000 euros in staging some of the events planned for the coming year.

Building starts at Central Vilamoura site

Vilamoura World has announced it has started building on its exclusive Central Vilamoura site in the centre of the town. The first homes are expected to be ready for hand over during the second quarter of 2020.

Overall, Central Vilamoura, is to consist of 80 homes, varying in size and include two, three and four bedroom properties in the exclusive development.

Vilamoura World said this week that Central Vilamoura is one of the most sought-after residential areas in the town, with several sales already having been finalised.



studio arte

ARCHITECTURE & PROJECT MANAGEMENT



Rua 5 de Outubro 49 RC | 8500-581 Portimão



www.studioarte.info



info@studioarte.info



(+351) 282 445 776



FOLLOW US ON INSTAGRAM & FACEBOOK



Sonae Capital awarded contract for hotel at main Lisbon train station

Sonae Capital has been awarded a contract to set up and manage a hotel at Lisbon's Santa Apolonia railway station, the company announced.



Sonae have been awarded the contract to build a hotel at Lisbon's Santa Apolonia train station. (Photo: Lusa/Antonio Cotrim)

According to Sonae Capital, the opportunity is part of a strategy to increase the number of hotel business units it operates. The contract will also enable Sonae Capital to open its first unit in the Portuguese capital, "Portugal's biggest tourism destination, with a hotel in a central area with great potential." The company noted that up to October 2018, the Lisbon Metropolitan Area received 5.4 million guests, accounting for just over €1 billion in all or 31 percent of the country's total revenues. Sonae Capital's hotel business currently has five premises - three in the northern city of Porto and two in Troia, south of Lisbon. The opening of the new hotel in the Santa Apolonia neighbourhood is scheduled for the first half of 2021.

TPN/Lusa

Emigrant remittances increase to €323m

Remittances from Portuguese emigrants increased 14 percent in November 2018, to €323 million, compared to the same month in 2017, surpassing by 6.3 percent the total of 2017, when December was still to be calculated.

According to the data published earlier this week by the Bank of Portugal, Portuguese emigrants sent €322.9 million in November 2018, which represents a 14 percent increase compared to €282.4 million sent in November 2017.

Looking at the accumulative until November, the value for last year, €3.55 billion, already exceeded the 2017 total by 6.3 percent.

As usual, in November, Portuguese workers in France were the ones who contributed the most to the rise, sending €88.3 million, which represents a decline of 7.5 percent.

Regarding Portuguese-speaking African countries, remittances rose 6.2 percent, from €25.8 million in November 2017 to €27.4 million in the same month of 2018.

As usual, Angola is the largest place of origin, with €26.7 million, which is a 6.3 percent rise compared to the €25.1 million sent in November 2017.

TPN/Lusa

EDP 'to double in Brazil by 2020' by investing €705m in distribution

Energias de Portugal (EDP) aims to double its size in Brazil by 2020, by expanding in the distribution and transmission of energy, a segment in which it expects to invest €705 million over the next four years, the company announced.

In comments to the financial newswire Bloomberg, the chief executive of EDP Brasil, Miguel Setas, said that

the transmission segment should soon represent 20 percent of the company's earnings (before interest, tax, depreciation and

depreciation and amortisation - EBITDA) by 2021. At present, this segment contributes next to nothing to the

company's results. With a market value of 9.4 billion reais (€2 billion), EDP Brasil is the eighth largest company in

the Brazilian index of electricity generating companies. According to Bloomberg data, in the first nine

months of 2018 the company had an adjusted net profit of 748.7 million reais.

TPN/Lusa

One of all the Swedes who wants to live in your house.

We have a lengthy list of chilly Swedes who are really interested in buying a house or apartment in the sun. Trust us, we can find someone who really, really wants to buy your home! Please contact us for more information.

FASTIGHETSBYRÅN IN LAGOS, 282 782 024 / VILAMOURA, 289 321 327
FASTIGHETSBYRAN.SE/OVERSEAS

Fastighetsbyrån



SWEDEN'S LEADING ESTATE AGENT IN PORTUGAL

Groundforce foresees €2.85m investment in 2019

Groundforce, a ground handling subsidiary owned by Portugal's flag carrier TAP, expects to invest €2.85 million this year, said its CEO, Paulo Neto Leite, who is certain that the company will operate in the future complementary airport in Montijo.



Ground handling company Groundforce is to make a series of investments this year to further improve its services. (Photo: Lusa/João Relvas)

The Lisbon airport capacity is to expand and provides for the transformation of the Montijo air force base to receive civil flights in 2022.

"With the solution presented, naturally, we consider that we have the necessary licenses for the operation in all terminals and extensions of Lisbon's airport," he told *Lusa News Agency*.

According to the agreement for the expansion, signed between the state and the airport operator ANA-Aeropostos, there will also be interventions at the current airport in Lisbon, which means an "increase in the number of movements and passengers transported, but also the improvement of working conditions for [Groundforce] employees, so that they can also provide better service to customers."

As regards the 2018 results, which "will be published shortly," Leite said that there will be "improvement compared to the previous year not only due to the growth of the activity but also resulting from process improvements and the optimisation of the entire operational chain."

Lowest threshold for personal income tax rises to €654 per month

The lowest monthly threshold for salaries and pensions from which personal income tax is levied in Portugal this year increases to €654 per month, according to withholding tax tables now published in the state journal.

Last year, salary and pension income of more than €632 euros per month was subject to withholding tax.

At the last meeting of Ministry of Finance officials and civil service unions, it pledged to "take into account" in the new tables, a planned increase in the basic remuneration of public employees to €635.07 a

month from €580 last year.

This year also sees the coming into force of rules relating to remuneration owed from previous years, relating to overtime, determining that they are no longer to be added to monthly remuneration at the time of the application of the rate of withholding tax.

TPN/Lusa

Portugal with second largest budget surplus in EU

Portugal's public accounts showed a budget surplus (3.6 percent of GDP) the 2nd largest in the European Union (EU) in the third quarter of 2018 and the highest rise compared to the previous period (6.4 percentage points), according to data disclosed by Eurostat earlier this week.

In the euro area, the public deficit in the third quarter of 2018 was set at 0.3 percent of GDP, compared to 0.5 percent in the previous period but a decline in the annual comparison (0.7 percent).

In the EU, the public deficit ratio in relation to GDP increased to 0.6 percent in July and September compared to the previous period (0.4 percent) but decreased compared to the third quarter of 2018 (0.8 percent).

According to Eurostat, Malta had the largest budget surplus between July and September (3.8 percent), followed by Portugal and Bulgaria (3.6 percent each), among the countries with available data.

Portugal had the biggest rise - of 6.4 percentage points - compared to the previous quarter - when the public accounts showed a 2.8 percent deficit (-3.6 percent in the same period of 2017).

TPN/Lusa



euroFINESCO s.a.
FISCAL & EXPATRIATE SERVICES

IRS Tax Seminars

In conjunction with AFPOP, we will again be presenting, for the 23rd consecutive year, a series of IRS Tax Seminars.

Lagos: 29 January, 2019

Olhão: 01 February, 2019

Quinta do Lago: 12 February, 2019

For further details please contact the **AFPOP** offices by phone: 282 458509, fax: 282 458277 or e-mail: info@afpop.com.

euroFINESCO s.a.
www.eurofinesco.com



Come and relax on our shady yet warm terrace during the summer.

Warm up in our cosy dining room next to our log fire during winter time.

In fact, simply enjoy our cuisine throughout the year with a new menu and dishes prepared by our Chef for every season.

RESERVATIONS RECOMMENDED

TEL 282 798 285 / 935 526 008

Open Friday to Tuesday - 18.30 to 21.30

(closed Wednesday and Thursday)

but open on Thursday 14 February

E.N.125 - Odiáxere, Lagos

www.cactorestaurant.com

[cactorestaurant](https://www.facebook.com/cactorestaurant)

We will be closed from the 28th January until the 7th February.

We open again on the 8th February and a new A la Carte Menu will also be up and running.

Kalevala (Mobilisation Therapy): the new buzz word in the Algarve



If you are one of many people with painful posture and mobility and have tried the route of painkillers and sometimes expensive treatments you may be pleased to hear that there is one treatment, Kalevala (Mobilisation Therapy) that is currently the new buzz word here in the Algarve. Pasi Jokinen-Carter a therapist at Natural Joki Flow, based in Portimão, has for the past two years been successfully treating conditions as Scoliosis, Sciatica, Frozen Shoulder, Arthritis and many other upper and lower back conditions. The success of Mobilisation Therapy (from Finland), which is also scientifically researched, lies in the holistic approach taken by the therapist. Pasi remarks "Some clients wonder why I am working on their feet when it's actually their shoulder causing them pain. I tell them that their bodies compensate for malpositions and therefore the pain isn't always where the

root cause is located. I therefore work from the feet right up to base of the skull to ensure that I get a clear picture of the whole body". Pasi's clients have seen a correction in postural and spinal defects even after a few treatments, and golf players with painful arms/shoulders are able to get back to playing golf after three to four sessions of his treatment. Mobilisation therapy is also an ideal treatment for post-operative recovery, e.g. it can help increase tissue fluid circulations, which in turn allows the body to heal more effectively.

Natural Joki Flow operates by appointment but there are times when their therapists can see you at short notice. If you are not sure if your condition is treatable by Pasi or his other therapists why not give Natural Joki Flow a call to find out.

Natural Joki Flow, Edifício Pluma, Rua Dr. Teófilo Braga 17, 1 andar, Loja 5. 8500-668, Portimão.

Complete legal services with no surprises

If you are looking for a solicitor to help you with any aspect of your life in Portugal, then turn to Vanessa Vieira for reliable and professional legal advice.

With offices in Armação de Pêra and more than 10 years of experience as a solicitor, Vanessa Vieira is able to offer complete legal services and prides herself on making sure that her clients never receive any unwanted surprises!

Originally from Leiria, Vanessa Vieira came to the Algarve a decade ago and began to work initially in real estate mediation, where she was able to oversee the entire bureaucratic process, from purchase proposal all the way through to sale and beyond.

While Vanessa Vieira still specialises in representing clients who are buying or selling property in the Algarve, she is also able to help clients with all their legal needs and can work to prepare wills, in divorce proceedings and thanks to her fluency in Portuguese, English and French, she also works extensively with translations.

Vanessa Vieira is also able to work



with clients who are looking to be able to monetize a property they own in the Algarve by helping to obtain Local Accommodation Licenses for holiday rentals or to offer help in setting up a business in Portugal or alternatively becoming a resident here.

"My strongest asset is the way in which I approach a challenge. I am lucky to work in an industry that I love and clients are able to benefit from my passion for the profession," said Vanessa Vieira.

2018 Another Good Year for M2M Blinds

As another year has drawn to an end M2M Blinds looks back at 2018 and can safely say another good business year has been achieved. They would firstly like to thank all their clients old and new for the support and trust over the years since 2007 when they first started trading.

Well established now with the reputation of being an excellent provider of quality products and fantastic service they look forward to the coming New Year. Known as one of the most trusted names on the Algarve they can boast a large range of products.

Firstly they have the largest range of Internal window blinds on the Algarve with a huge selection of fabric choices, including blackout, solar reflective and just privacy they will have a fabric to suit everyone's needs. Flyscreens are another big seller sourcing from one of the best in Europe Zanzar Sistem in Italy with a complete choice from simple fixed magnetic screens to the top of the range Plisse not to be confused with cheaper imitation!! They also supply windows and doors in both UPVC and Aluminium giving their clients the choice of level of security on the actual systems and choice of glass whether it be standard, security or energy the client has the final say.

M2M Blinds also cover your external areas firstly by giving you shade with retractable awnings both horizontal or vertical which can also give excellent wind protection with 2 different suppliers the best Markilux from Germany and also Spanish Novelty both good quality but different prices, also for the outside area for covered terraces they have the



frameless glass curtains to close off the area and make it more into a room for all year round use.

The final products on offer are economic electric radiators from Fondital in Italy and finally Electric towel rails made out of 100% stainless steel with the body carrying a 25 year guarantee not to rust.

Everyone at M2M Blinds would like to wish all a prosperous 2019 you can visit their M2M Blinds Facebook or website for further information or if you would like a free no obligation quotation

Non-Habitual Residents Scheme – tax advantages for new residents



Newcomers to Portugal can enjoy its sunny climates, whilst benefiting from an attractive tax regime. Whether you are a professional or a pensioner, you may have a low tax burden by moving to Portugal.

In September 2009, Portugal introduced a special legislation establishing a favourable tax regime for Non-Habitual Residents. It is designed to attract certain qualified professionals, entrepreneurs and investors, thus bringing High Net Worth individuals and their families to Portugal.

Taxation:

- Portuguese salary or self-employed income from "high value-added activities of a scientific, artistic or technical nature" on the Government's approved list will be taxed at a flat rate of 20%.

- Tax exemption for foreign sourced employment and self-employed income from high value-added activities, as well as for foreign pensions, rental income, dividends, interest and capital gains, under certain conditions.
- The regime is valid for 10 years.

Conditions:

- The taxpayer must become a tax resident in Portugal and obtain a residency certificate.
- The taxpayer must not have lived or have submitted tax returns as a resident in Portugal in any of the last five tax years.
- The taxpayer must be able to provide proof of value-added activity to be carried

out and estimated annual earnings, if applicable.

- To qualify for this status in 2018, the application should be made by **31 March 2019** at the latest.
- Approval within 48 hours.

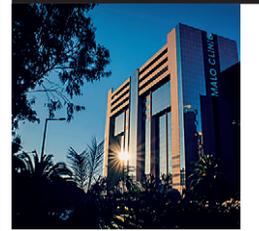
Whilst the scheme can offer significant tax benefits, it is complex and has pros and cons. It is important to take professional, personalised advice to establish if this would be advantageous for you. Please contact us on (+351) 282 476 160 to arrange your scheduled meeting.

Portugal provides an excellent quality of life for the modern investor, businessperson or retiree. Why not come and join us here in the sun!



Tax Solutions

This Week's profiles:



Natural Joki Flow

For more information, Tel. 910 636 518 / 910 665 601 or visit: www.naturaljokiflow.com



M2M Blinds

For more information Tel: 286518059/932894709 email: m2mblinds@hotmail.com or visit: www.m2mblinds.com



Vanessa Vieira

For more information, Tel: (+351) 918971720 or (+351) 928026923. Alternatively visit her official Facebook Page at www.facebook.com/vanessavieirasolicitadora



Tax Solutions

For more information, Tel: (+351) 282 476 160, email: info@algarve-taxsolutions.com or visit: www.taxsolutions.pt

DISCLAIMER:

While The Portugal News has done its utmost to ensure the information contained on this page is correct, all advertisements are supplied by advertisers.

Renewable Energy

SIR, I am referring to page 18 of your article in the 12 January issue of Portugal News about renewable energy. I guess your readers will immediately notice the gap between the objectives of Portugal in terms of producing electricity via voltaic panels and the current situation defined as "a stagnation of solar production becoming worrying". In order to illustrate this "Worrying situation" I'd like to briefly and factually describe my situation. **September 2018:** I decide to invest in 12 voltaic panels (\$\$\$\$) installed by a private company. I am told I will not be able to use my new

system until the technical file is approved by "A Direção Geral de Energia e Geologia" (DGEG) and until EDP changes my electricity current meter. **1 October 2018:** All technical information is sent by my supplier to "A Direção Geral de Energia e Geologia" which issues a temporary registration number. (UPAC) **November - December 2018:** Since nothing is happening, I contact my supplier who tells me that validation with DGEG takes a long time and up to more than 4 months because that institution only have 2 engineers to review files for the whole country. I am flabbergasted. **17 January, 2019:** I am still expecting a final UPAC number from DGEG. It is

chilly outside, especially at night and I pay full price to EDP for my bills instead of taking advantage of my "investment". **Conclusion:** On one hand Portugal wants to boost the development of voltaic panels and on the other hand the DGEG which, I suspect is a government body, does not have the human resources to approve installations. Mr. Francisco Ferreira, President of the environmental association ZERO, is saying that Portugal has to invest much more in energy efficiency and renewable energies. Same statements from Mr. António Sá da Costa, President of the Portuguese Association of Renewable Energies APREN. I think it is time for Portugal to put their acts together in terms of renewable energies particularly solar energy via voltaic panels. JPB, Almancil

plus registration requirement. I wonder if your newspaper could write an article about this perhaps tightening of the registration rules, so that we visitors can know what to do. I am aware of the 183 day registration requirement, but as I said, the 90 day rule is new to me. ALAN HODGETTS, By email

The Algarve

SIR, My wife and I spent the Christmas period on the south coast as we have done since 2007. There has been a steady decline in restaurants and bars opening and we were very disappointed that there were even more restaurants and bars closed over the period than ever before. Our favourite bars in Albufeira and Lagos were both closed, as never before. Even our bar in Armação de Pêra was closed on Christmas day, when it normally has a brisk trade, tourists and expats alike drawn to the town by the Christmas Santas running into the sea. The Portuguese attitude is that Christmas is for families not tourists, so what happens is that fewer tourists visit and so more establishments close, a downward spiral. The establishment owners conveniently forget that it is the tourists who provide their income. A notable exception is the restaurant O Assador in Olhos D'Agua which has been open on Christmas

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

day night for some years - it is at the Albufeira end of the village - the restaurant is very popular on Christmas day, patronised both by tourists and Portuguese, and serves very good authentic Portuguese food. EUAN WALLACE, Bedfordshire, By email

Re: Billions to be invested in transport sector

SIR, And the madness goes on and on. Portugal already has more motorways than it will ever need. Plus most high speed train lines are uneconomical. Maybe Portugal should convert most train lines into cycle paths and switch from trains to busses. The latter naturally with exceptions like the CdS to Cascais train or the trains to Sintra. THOMAS KRAEMER, via www.theportugalnews.com

Re: Portugal tells British tourists and residents to keep 'calm'

SIR, A dedicated channel for UK visitors arriving at Faro Airport would be very welcome - but given how rarely the automated

passport machines at Faro seem to be actually working I'm not very optimistic! DAVID, via www.theportugalnews.com

Re: Portugal tells British tourists and residents to keep 'calm'

SIR, No need for dedicated line for British people after brexit. You already have one. It's for all non E U citizens. JOHN, via www.theportugalnews.com

Re: 'Legalise cannabis use to combat crime, boost public health'

SIR, There are up to 12 dodgy men outside my apartment all day and evening selling cannabis. They always offer you cocaine and other stuff as well. They have no fear of the police at all. Cannabis sales are already effectively legal, its just that they are run by criminals, unregulated and pay no tax. DIRK SCOTT, via www.theportugalnews.com

Winter promotions

GOLD
Pick any two **€68**

- *Colour gel manicure
- *Deluxe Pedicure
- *Body massage
- *Reflexology
- *Deep Cleanse
- *Mini-lift Facial

Silver and Platinum Promotions also available



Salão Olysiu
Rua do Brasil, Vilamoura 289 301 768

90 day registration for visitors to Portugal

SIR, I have been coming to Algarve for the Winter for some years. I have been hearing recently that visitors to Portugal who stay for more than 90 days must have some form of registration, a matter of which I have been unaware. It is probable that Britain's relationship with Europe, and possible exit from EU has highlighted the 90 day

SUBSCRIBE

52 editions of The Portugal News cost €67.50 (Portugal), €135 (Europe) or €210 (World Airmail).

To pay by credit card, cheque or bank transfer please call Gina on 282 34 11 00

or email gina@theportugalnews.com.

NB: Subscription copies sometimes only arrive on Mondays.



or **SUBSCRIBE** to our weekly newsletter.

Every Friday you will receive an email with the headlines and lead stories from the next day's edition www.theportugalnews.com/newsletter

AW&B ALGARVE WEDDINGS & BLESSINGS

NATASHA LUCKMAN WEDDING PLANNER



T. 934 809 144
E. natasha@algarveweddingsandblessings.com
W. www.algarveweddingsandblessings.com

SCOOP ICE-CREAM BIKE HIRE



-Weddings
-Corporate events
-Private functions

www.scoopalgarve.com
932 442 897

Intermarché

from 24 (thursday) to 30 (wednesday) january 2019

Having everything you need at home is worth a lot.
And here, it's a lot cheaper.

ESPECIAL LIMPEZA

DISCOUNTS ON TOP CLEANING PRODUCT BRANDS

**RECOMMENDED PRICE:

~~22,49€**~~ /Unit
6,74€ /Unit
SAVE 70%

WASHING DETERGENT
Xau
Powder: Regular, Natural Soap
5,28 Kg - 1,28€/Kg;
Liquid: Regular, Natural Soap, Spring Freshness, Lavanda
4,84 L - 1,39€/L
88 Washes



* PRICES VALID ONLY AT POINTS OF SALE WITH BUTCHER AND FISHMONGER'S COUNTER.

~~2,99€**~~ /Kg
1,48€ /Kg
SAVE MORE THAN 50%

CHICKEN
Leg with Thigh



A MINHA QUINTA ORIGENS
The most fun collection to play and learn

NOT SUITABLE FOR CHILDREN UNDER 3 YEARS OLD

FOR EVERY 20€ ON PURCHASE WITH CARD* = **1 PACKET FOR FREE**

THERE ARE 36 FIGURESTO COLLECT

KNOW MORE AT WWW.INTERMARCHE.PT
LIMITED TO AVAILABLE STOCK.

* TO ACCUMULATE ON YOUR "OS MOSQUEITEIROS" CARD OR "POUPANÇA CARD". PROMOTION VALID FROM THE 17TH APRIL TO THE 6TH MARCH 2019. CONSULT THE REGULATION AVAILABLE AT THE STORE AND WEBSITE. BRIGGS COMPETE WITH MARKET LEADER BRAND IN BUILDING BRICKS. BRAND BELONGING TO A THIRD PARTY UNRELATED TO TWP ALIMENTAR, S.A.

~~9,99€**~~ /Kg
6,49€ /Kg
SAVE 35%

PERCH SLICED
Fresh



FOLLOW US www.intermarche.pt /intermarchept /intermarcheportugal

COME AND VISIT US IN:

ALBUFEIRA – AÇOTEIAS; ALBUFEIRA – CERRO GRANDE; ALBUFEIRA – FERREIRAS; ALBUFEIRA – MONTECHORO; ALBUFEIRA – SANTA EULÁLIA; ALBUFEIRA – TORRE DE MEDRONHEIRA; ALJEZUR; ALTURA; ALVOR; ARMAÇÃO DE PÊRA; ARMAÇÃO DE PÊRA – PORCHES; BUDENS; LAGOA – CARVOEIRO; LAGOA – CENTRO; LAGOS – AMEJEIRA VERDE; LAGOS – AV. DESCOBRIMENTOS; MONCHIQUE; MONTEGORDO; OLHÃO; PORTIMÃO; QUARTEIRA; QUARTEIRA AVENIDA; SAGRES; SÃO BARTOLOMEU DE MESSINES; SÃO BRÁS DE ALPORTEL; V. REAL DE SANTO ANTÓNIO; VILAMOURA

Let's Walk

Tuesday January 29 – Let's Walk through Almond Blossom;

A moderate walk of about 2.5 hours through orchards of almond trees and up on the barrocal limestone with stunning views. 10am start – meet at the cafe in the centre of the village. From the EN125 – drive to Boliqueime and in the centre follow the signs for the A22 after 1.5km turn left towards Loule. After the quarry turn left for Alte and after 500m at the T-junction turn left again. Now follow the road for about 10km, when you come to the village of Alta Fica, drive through the village and 1km further on there is a turn to the right for Nave de Barao. Follow the road to the village and the cafe is on the right. Chris 913 011 537

Tuesday February 5 – Let's Walk around the Funcho Reservoir:

This walk takes you along the

margins of the Funcho lake, some ups and downs and parts of the track are quite stony but the flora and views are spectacular!

10am start – meet in the centre of Pedreira. Go north on the IC1 toward Lisbon and exit for Messines and Silves. Follow signs for Silves, after 2.5km there is a road to the right for Amorosa – turn here. Stay on this road, drive through Amorosa, pass a turn to the left for Vale Fuzeiros and 500m further you come to the hamlet of Pedreira and a cross roads, meet here – there is plenty of parking but no cafe. Chris 913 011 537

There is no need to book please just come along, however if it is raining please call to confirm if the walk is happening. There is a charge of 5 euro p.p. this includes a donation to charity (full details www.portugalwalks.com)

Club & Social Events

MUSIC

Aljezur International Choir. Thursdays 2.00 pm to 3.30 pm. wattys100@hotmail.com, 914 285 640.

Tavira Pop Choir. Santa Catarina, Sun 2.30pm - 4.30pm. Also, Fonte do Bispo, Sun. at 2pm-4pm. Call Gillian 966 006 436.

The East Algarve International choir. Thursdays, Luz de Tavira, Call Rineke Hofman 926 684 061. eastalgarvechoir@gmail.com

Coro dos Amigos do Museu. Thursdays from 6.30pm. Call David 289489374 david51.littlewood@gmail.com

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

SOCIAL

Chess Club. Eastern Algarve. chessalgarve@mail.com

Let's all Walk. Tavira, 27 Jan. 10am at Parque de Feiras e Exposições. 281 320 500

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

afpop South Alentejo Luncheon at Rest. O Bernardo, Boavista dos Pinheiros 12pm 25 Jan.

Marion Kahl: 920 495 216. marion2014@gmx.com

Painting for Pleasure Classes, water colours, oils or acrylics. Wednesdays Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Terry Reed 289 845 561.

C.A.S.A. - the Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. info@casasocial.club, 282 495 475. www.casasocial.club

Friendship group, Os Amigos, 3rd Tuesday of each month, for walks, lunch, and more. lindabell@cogb.com

afpop Silves/Carvoeiro Coffee morning in Chapim Cafeteria Loungebar, Silves at 10.30h on 30 Jan. Price is €4 members and €5 non-members. silves@afpop.com, 966 677 295.

afpop IRS Seminar 2019 in association with euroFinesco (in English). Dates & locations: 29 Jan - Boavista Golf Club, Lagos at 10.30am, 1 Feb - Real Marina Hotel and Spa, Olhao, 12 February - Conrad Hotel, Quinta do Lago. €15 members (€5 second member per booking) and €30 non-members. 282 458 509, info@afpop.com

afpop East Algarve monthly Coffee and Chat Morning 30 Jan from 10.30 to 12.30 at Pedras da Rainha Club House. Sherry 916 913 612, slosantaclara@gmail.com

BRIDGE

Duplicate Bridge. Wednesday & Friday afternoons at Vale d'El Rei Hotel. Please contact 911 561 224 or 282 358 885.

Marina Club Suite Hotel Lagos. Tuesdays & Fridays 1.15pm. 963 977 642

Olhos de Agua. Tuesdays 1.45pm. Mary Moore 289 416 199.

Lagoa. Thursdays 1:45pm. 282 352 022 / 969 174 130.

Vale del Rei. Beginners 968 457 888.

Carvoeiro. Mondays & Thursdays 1.45pm for 2pm. 282 357 953 or 282 357 657.

Almancil Thursdays 3pm. Fridays 2pm Museu do Trajo in São Bras de Alportel. Frank Spelbos 937 802 110, spelbos@sapo.pt

SPORT

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

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Catarina, Fonte Bispo, Tavira. Roll-ups Mon, Wed & Fri. Joe Scott 963 997 582, joe.scott121@btinternet.com

Crown Green at Alvor bowling Club 10am. Peter or Janette 966 169 747 or 965 700 536..

Balaia Bowls Club, Tuesdays and Fridays 9:45am, Olhos de Agua, Albufeira. Jill 935 701 155.

Touch Rugby. Lagoa, Mondays and Wednesdays 8pm - 10pm. Men and women, all ages welcome. Simon Wilkinson wilks89@hotmail.com, 282 912 280 / 924 220 173.

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. suesharman9@gmail.com, 910 108 730.

Alvor Bowls Club, Every Wednesday and Sunday, 10am. 282 490 280 www.alvorlawnbowls.com

Walking Football Wednesdays, 9:30am - 11:30am. Lagos. 50+. brian.efoster@yahoo.co.uk

Walking football Tuesdays & Thursdays 9:30am. Vilamoura. info@browns-club.com or 289 322 740.

Valverde Lawn Bowls Club - Every weekday from 10am, Almancil. Jen 282 332 628 or 937 264 287.

Algarve Hash House Harriers meet weekly. 289 413 854 or 918 806 044. www.algarvehhh.org

WORKSHOPS & COURSES

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor. Wed 7pm - 8.30pm Carvoeiro. Caroline 961 916 821, strictlydancingcarvoeiro@hotmail.com

Scottish Country Dancing - Mondays 7.30pm to 9.30pm, Lagoa. Mardie Cunningham 282 356 029, rosevale45@gmail.com





Rotary Club Estoi will be holding a fundraising "Romantic Dinner" on February 16th at Comporta Eventos, Lamaceiro-Pechão, Olhão 8200. 30 euros for a 3 course meal with entertainment and dancing. Funds raised at the dinner will support the Portuguese Cerebral Palsy Association and other Rotary causes. For further information contact moc@rotaryestoipalace.org



keep it kiss

KISS
88.8 - 101.2 ALGARVE



Services of Holy Communion:

SUNDAYS
10.30am ASCA
Almancil (next to Comunidades Garden)

SUNDAYS:
11am Convento de S. José Lagoa (37.13703, -8.45355)

f allsaintsalgarve
(351) 282 380 311 • email: info@allsaintsalgarve.org
www.allsaintsalgarve.org
Google maps: search for All Saints Anglican Church Almancil or Lagoa

follow us on facebook

The latest news about Portugal delivered direct to your Facebook page daily 7 days a week



Don't miss anything Search 'The Portugal News' and 'like'

Bike Rides

Saturday 26 January - Bike Ride starting in Alte: We meet in the car parking spaces between the cemetery village centre at 9.15am ready for a 9.30am start. This will be a challenging ride with a café stop somewhere along the way.

Sunday 27 January - Bike Ride starting in Benafim: We meet in the by the roundabout in the centre of the village at 9.15am, ready for a 9.30am start. This is a typical Sunday ride of around 35km to 40kms with a café break somewhere along the way.

Note :- We reserve the right

to cancel any ride if less than 5 people are signed up for the ride! so please sign up by 6pm on the evening prior to the ride if you intend to come.

If you would like to come along to one of these rides, please do let me know either by text, e.mail or by confirming on Facebook via the Activity Algarve Bike Rides page! If a ride has to be cancelled for any reason, such as bad weather, then notification of cancellation will be via text, so please make sure that I have your mobile phone number!

paul.beesley@sapo.pt

International Christian Fellowship

FAMILY WORSHIP IN PORTIMÃO
Sundays at 11am
Cedipraia 23,
Rua N.S. Amparo
Off Av 25 de Abril
(nr Swimming pool)
Tel.917 358 098
or 282 042 836

Almancil Rotary Club admits four new members

At their first meeting of the New Year, Almancil International Rotary Club admitted four new members, Fran & Alan Wallace, Padre Jorge Cavalho and Gustavo Lima, taking their total membership to 40, the largest Rotary Club in the Algarve and the largest Rotary Club in Portugal, using English as the common language.

Fran and Alan have lived in the Algarve since 2006. They are active members of AFPOP and have been involved in a variety of charitable campaigns including fund-raising for the Monchique fire fighters last year.

Padre Gorge was born in Tavira and completed his

schooling in France with a degree in accounting. He worked in accounting and finance for ten years in France before, at age 30 he began studying Theology. After a period as a parish priest in Fontenay Tresigny (outside Paris) he returned to Portugal where he spent 10 years as a parish priest in Quelfes. In 2012 he moved to Almancil to become parish priest at the church of São Lourenço. His parish now includes São João da Venda, Quinta do Lago and the new church in Almancil.

Gustavo Lima's family lived in the United States for a period of time when his father was part of the military. He attended University in the US, and

graduated from Old Dominion University in Norfolk, Virginia with a Bachelor of Arts in Communication with a focus on intercultural and diplomatic communication. He now works in the Algarve for a company specialising in energy management, heating and cooling.

"I am delighted to be able to admit these four new members" said Mark Hulit.

Gustavo is now our youngest member and represents the new generation of Rotarians in our club. We plan to continue and grow our fund-raising activities this year to enable us to give support to many disadvantaged people, young and old".



Photo L/R: Alan & Francesca Wallace, Mark Hulit, Padre Gorge Cavalho, Gustavo Lima

Pre-school children in Lagoa meet with their Mayor



57 pupils and three teachers from the Valência infants school visited the Mayor's office and invited Mayor Francisco Martins to tell them what his job entails. They wanted to know who looks after the Municipal swimming pools, the Mayor's age and lots of questions relating to sports.

The Mayor responded appropriately for the age group involved and then some of them ventured to sit on his lap while others investigated the rest of the office. In total the Mayor spent a joyful hour with the children and they all left with a souvenir of their visit.

PENGUIN PENGUINAIRCON.COM 

Honey, I'm just saying we need a MULTI-SYSTEM... And I thought you'd always be FAITHFUL!

For the very latest in energy-efficient
Air Conditioning **Solar Heating**
Underfloor Heating **Pool Heating**
 info@penguinaircon.com www.penguinaircon.com
 Tel. 289 092 595
SERVICE HOTLINE: 910 700 777

NWDF LTD TRANSPORT • SHIPPING
 REMOVAL SPECIALISTS
 UK | PORTUGAL | IRELAND | EUROPE

NEW France-Portugal Service

- From £55 per m³
- Regular shipping service
- Cars and Motorbikes
- Sealed and secure containers
- Commercial & personal storage from €2 per m³

RHA Road Haulage Association
 Please call us for a no obligation free quote
 www.nwdfitd.co.uk | peter@nwdf.co.uk
 info@nwdf.co.uk

QUATRO ESTRADAS, LOULÉ DEPOT - PORTUGAL
 Tel: 00351 910767634 0044 7951 028901

SALFORD DEPOT - UK
 Tel: 0044 161 8737863 0044 1925 812563

It's Where all the Algarve meets!

You will be surprised to know that preparations are already underway for the International Algarve Fair which takes place in Lagoa every year and is seen to be the biggest ex pat event south of Lisbon or probably in the whole of Portugal.

There is a lot to do: the fair, now in its 14th year, will incorporate the 10th Algarve Dog Show which is a big attraction in itself. As usual there will be lots of good food in the restaurant area and plenty of entertainment for the children.

Every year the local firemen come with their fire engines and famous zip wire. Perhaps your child will be old enough this year to participate in this unforgettable experience.

Funds are raised for many good causes and the more serious side of the fair is to be found on the approximately 150 stands, where local companies are there to cater for all sorts of

needs from furnishing to finance. Beauty and Health Care are also given prominence.

As always, there is too much to do in a single day and this year we shall be opening the fair an hour earlier at 10am. Be sure you make a date to meet up with old friends, catch up on the latest business developments, prepare your pooch for the dog show and just generally enjoy a great day or two out for all the family

Make a note in your diary now: International Algarve Fair, Fatacil, Lagoa, 10am - 6pm on 8 and 9 June 2019.



Please send your Club or Community news to:
info@theportugalnews.com

A touching tale...

There are many dogs rescued in Portugal every day, however some stories, and dogs, are particularly special.

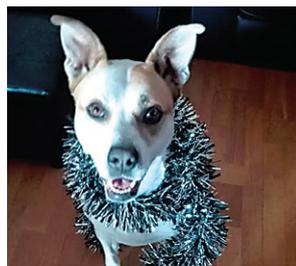


Miranda was found by a lady in Portimão at the beginning of November 2018. She had been put in a cardboard box and, at the age of 7 weeks, left outside a market. After realising that this puppy was not able to open her eyes, the Cadela Carlota Rescue Shelter in Odiaxere was contacted and Miranda came into their care. According to the rescue shelter, this small and defenceless young puppy, was already showing a personality and courage that charmed everyone

who came into contact with her. After visiting local Vet Clinics in the Algarve, the consensus was that Miranda had a congenital eyeball deformity and that her sight would not return. This prognosis was confirmed by the Canine Eye Specialist, Cristina Seruca, at the VetOeiras (Lisbon), in December. Cristina told the shelter that blind dogs could live a very normal life and be totally independent. Miranda would benefit if adopted by a family with one or more dogs. At the Cadela Carlota Rescue Shelter, Miranda is living

with 8 more puppies at the moment and she has no "special treatment" because she doesn't feel different from her buddies. So now the shelter is looking for a very special forever home for this feisty girl. She needs to go to a loving, stable home with a dog (or dogs) to become her sight buddy. Miranda will stay petite (terrier size) but with a personality and loving nature that far outweighs her size. If you would like to meet this very special young female, please contact cadelacarlota.comp@gmail.com

PETS FOR ADOPTION



SARA is a lovely friendly girl. 5-years old. Because of her breed, she falls under the Dangerous dog laws. If you can give her the family home she deserve email: friendscanilportimao@gmail.com Homecheck and background check apply.



ISAAC was born in 2015. Silky-haired. Calm. Approx. 18kg. Sterilised, microchipped and vaccinated. Please email cadelacarlota.comp@gmail.com if you would like to meet him (Lagos).



RAQUEL is medium size (15 kilo), is easy going and walks well on a lead. Good with other dogs. Always overlooked, we dont understand why. Email: friendscanilportimao@gmail.com if you would like to meet her or more information.

Interiors

Celebrate the ye

Asian decor is on trend, currently making its mark on contemporary spaces everywhere, so there's a host of Eastern-inspired treasures to be found to celebrate the year of the pig.

There's something about its serenity, soothing forms and balance that perfectly suits modern homes. Glossy, lacquered furniture, delicate patterns and glowing colours are all key ingredients in this look. "Chinese New Year is fantastic inspiration, the interiors world is travelling East, and the first port of call? Chinoiserie," says Nadia McCowan Hill, Wayfair's resident style advisor. "This intricate and highly decorative trend is often attributed to traditional lacquered Chinese cabinets. Delicate bird and butterfly motifs that embellish them will create an illusion of distant lands,

but be sure to modernise the look by opting for a bright, exotic hue," she adds. Eastern-inspired interiors can be both opulent and minimalistic, she points out. "Select items glazed with bold metallics - deep gold and sultry silver - which will update traditional shapes such as bamboo legs or pagoda inspired table tops," McCowan Hill suggests.

Create a great wall of China

A dragon mural will be a mesmerising focal point in a room that celebrates Asian style. Bright, vivid colours are used in Oriental-style decorating, with red, gold and black being dominant.



Gold Geisha Scatter Cushion by Artist Lane, Wayfair. (Photo: Wayfair/PA Photo)



Hospital Veterinário de Portimão
Portimão Veterinary Hospital

•CT Scan, Endoscopy, Echography, X-Ray, Echocardiography
•Soft Tissue Surgery •Orthopedic Surgery
•General Consultation •Vaccination
•Hospitalisation •ICU
•In-house Laboratory •Veterinary Emergency Team




EMERGENCY SERVICE 24/7

Tel. 282 418 260 - 968 759 065
hospvetportimao@gmail.com | hospitalveterinarioportimao.com
Av. Afonso Henriques nº28, 8500-502 Portimão, Portugal

Paws 4 Pets
The Best a Pet Can Get

Great Foods and now Great Prices too!

Hypoallergenic, Quality Ingredients, Real Meats, No Wheat, Maize, Sweet Potato, Soya, vegetable or meat by-products, Feed Less: (Less in → Lower Cost → Less out)

Applaws, Burns, Natural Dog Food Co, and our own Paws Elite

Top Quality Cat & Dog Foods
Hypo-allergenic, Low Fat, Real Meat
NO Wheat, Soya, Maize or By-Products

Albufeira: on the Montechoro Road from Ferreiras just past the Galp garage
Tels: 300 509 027 / 289 588 882 / 917 152 209
HOME DELIVERY SERVICE THROUGHOUT PORTUGAL
www.paws4pets.pt

PVC Directo Open Mon to Fri 9 - 1pm & 2.30 - 6pm

WE HAVE MOVED!

GPS: 37.124247, -8.337148

EN 125, Areias de Pêra
Rch Esq Sul Loja 1 Fracção A 8365-201 Pêra
Tel: 282 317 472 • info@pvcdirecto.com
www.pvcdirecto.com
www.facebook.com/pvc.directo

PVC & Aluminium Doors • Windows • Shutters • FlyScreens

ar of the Pig in your home

A favourite feature are gold or multi-coloured dragons, a popular creature in Eastern mythology which symbolises power and strength.

Take away a Chinese look "An easy way to incorporate this trend into your home is with textiles and accessories," says McCowan Hill. "For a bold look, go graphic with an illustrative geisha cushion, featuring ruby lips and endless fashion inspiration.

"For on-point textures, stick to silk and brocade inspired by the hand craftsmanship of the Far Orient."

If you want to increase your chances of good fortune, according to Chinese tradition, incorporate red into a scheme. The colour is associated with good luck, and is a key theme for any New Year celebrations.

Make it zen

Asian-style interiors instantly evoke an image of serenity and tranquil calm, perfect for

sanctuaries where we can retreat and escape our fast-paced lifestyles.

Keep the backdrop as neutral as possible. But remember, that does not have to mean white is the only option - pale or dark blue, or even and elegant grey will work well. Then simply pay a nod to the East with a display of blue and white porcelain or china pieces, such as jars and vases.

Invest in a treasure of the Orient

Follow the 'less is more' rule to bring a simply decorated room to life, with an Eastern chest or cabinet. These are generally painted or lacquered, or embellished with landscapes, gardens or nature-inspired scenes.

Double up for drama

When designing a room, interior decorators often double up on everything - from chairs and end tables to floor lamps - using symmetry to essentially

create two matching halves within a space, that add up to one glamorous and harmonious setting.

"When designing a contemporary home, I always like to add Eastern-inspired pieces. Placed correctly, they make a bold statement that adds a sense of tradition to a modern interior," says Sue Jones, creative director, OKA.

Blossom fit for an empress

Although cherry blossom is the national flower of Japan - it represents the beauty and fragility of life - it's increasingly common in China too.

Designs incorporating the foliage and lovely blush pink flower are the perfect ingredient for a subtle Eastern look with a more feminine touch.

Balance your yin and yang Black and white is a classic colour combination, and could bring a 'yin yang' sense of contrast and balance to a



When designing a room, interior decorators often double up on everything - from chairs and end tables to floor lamps - using symmetry to essentially create two matching halves within a space, that add up to one glamorous and harmonious setting. (Photo: OKA/PA Photo)

decor scheme. Monochrome porcine accessories are surely a must in the Year of the Pig.

The animal occupies the last position in the 12 Chinese Zodiac and the creature represents luck,

overall good fortune, wealth, honesty, and general prosperity and animals. TPN/PA

Algarve Leather Restoration.com
Looking Great & Lasting Longer

CLEANING RE-COLOURING REPAIRS

CARS FURNITURE BOATS - WE COME TO YOU

915 432 027
English speaking Whole Algarve covered

pgorton@me.com
www.algarveleatherrestoration.com

Paula & Renata CURTAINS
Hand made, curtains, blinds, covers, alterations & anything made from fabrics

Make your home cosy with us

Estrada da Barragem, Nº13 R/C Esq
8600-250, Odiáxere

Email: renyreny93@yahoo.com | Tel: 910 681 242
www.paulaandrenatacurtains.com

TDW furniture / móveis

STORAGE BASES FROM 199€

ALL SIZES AVAILABLE UP TO 2m x 2m

HOME FURNISHING AT GREAT PRICES REMOVAL SERVICE
BEST PRICES ON INDOOR & OUTDOOR FURNITURE
FAST DELIVERY and FRIENDLY CUSTOMER SERVICE

On the EN 125, between Alfandanga and Livramento 8700-121

FARO OLHAO FUSETA LUZ TAVIRA TAVIRA
N125

www.taviradiscountwarehouse.com

BBQ'S SALES & SERVICE
LUXURY OUTDOOR KITCHENS
AWNINGS
SHADE SAILS
PATIO HEATING

+351 289 356 233
+351 917 866 779
lee@bbqs-algarve.com
www.bbqs-algarve.com

Broil King
Great Barbecues Every Time

Visit us at
Rua do Comércio, 272A, 8135 Almancil

Cooking for fitness with James Haskell

An England flanker and all round Rugby Union tough guy, James Haskell is not one to keep his cards close to his monstrously large chest.



Bacon, Jalapeno and Butter Bean Omelette.
(Photos: Clive Bozzard-Hill/PA)

“I think the media talk a load of crap about diets,” he declares, “and doctors don’t know a lot about nutrition.” In a market saturated with so-called superfoods and fad diets, Haskell aims to cut through the noise with a refreshingly straightforward message: Healthy eating is simple, and yes, of course everyone can do it. “Every time you go online and ask about diet, suddenly there’s 17 different ways to skin a cat. It’s just not the case. You just have to understand a few rules - calories in, calories out, and to look at

your plate as a pie chart,” he says. Alongside sleep and hydration, it is this ‘pie chart’ that sustains Haskell’s punishing gym routine, and his famously big hits on the rugby field. So what does a pie chart contain? First, there’s the protein, second is an energy source (“If you do a lot of training, you need a lot of carbohydrates”). And thirdly, “decent fats and vegetables”. Three meals, three basic food groups: In the gospel of Haskell, it needn’t be much more complicated than that. Even if you question Haskell’s credentials as a

nutrition expert, there’s no doubting the know-how of his collaborator, sporting chef-to-the-stars, Omar Meziane. Meziane knows a thing or two because he’s seen a thing or two. After working with Haskell at Wasps, he catered for the British Rowing Team, and then spent the summer in Russia cooking for Gareth Southgate’s England squad. “He understood how to fuel us but in a really tasty way,” says Haskell. “He kept things very simple. You don’t have to see a witch doctor to get any of the foods.”

Bacon, Jalapeno and Butter Bean Omelette

(serves 1)
2 slices of streaky bacon
4 slices of pickled jalapeno chilli, or 1/2 a fresh green chilli, freshly chopped
3 large eggs
1 knob of butter
50g cooked butter beans
Salt and pepper

1. Preheat the grill to high. Place the bacon on a tray and cook under the grill for seven to eight minutes, or until cooked through. Allow it to cool before slicing into strips, half a centimetre thick, and set aside. Stir in the jalapeno chilli.
2. Crack the eggs into a bowl and season with salt and pepper. Whisk the eggs well. Heat a frying pan over a medium heat and add the butter. Pour the eggs into the pan and cook the omelette for two

minutes or until it has started to set on the bottom. Now sprinkle the bacon and jalapeno over the omelette and top with the butter beans. Pop under the grill for 30 seconds. Turn out onto a plate and serve immediately.

Sweet Potato, Chickpea and Kale Soup

(serves 2)
1tbsp of olive oil
1 garlic clove, finely sliced
1 large sweet potato, peeled and cut into 2cm dice
400g tinned chickpeas, drained
1.5L hot water
1 vegetable stock cube
1 pinch ground cinnamon
1 pinch ground cumin
4 large kale leaves, chopped

1. Preheat your oven to 200°C. Heat the olive oil in a large saucepan over a high heat. Place the garlic and half of the sweet potato in the pan and cook for two to three minutes without colouring. Add half of the chickpeas and continue to cook for one minute.
2. Boil the kettle and pour the one-and-a-half litres of hot water into a jug, then dissolve the stock cube in the water. Pour the stock into the pan of sweet potato and add the cinnamon and cumin. Bring the soup to the boil and then turn down to a gentle simmer. Cook for 25 minutes, or until the sweet potato is cooked through. Allow the soup to cool a little before placing it into a food processor and blending until smooth. Adjust the seasoning, and pour back into the saucepan.
3. While the soup is cooking, place the remaining potato chunks on a baking tray, and bake in the oven for 15-20 minutes or until cooked through.
4. Place the saucepan of soup over a low-medium heat and add the remaining chickpeas and the kale. Now add the baked sweet potato chunks into the soup. Serve as soon as the soup is nice and hot.

Sea Bass with Ginger and Tamari
(serves 2)
180g brown rice
80g edamame beans

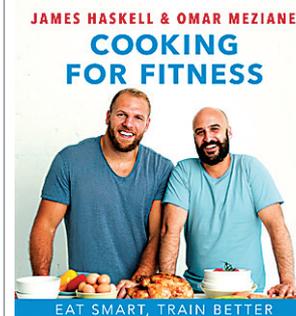
1/2 small bunch coriander, finely chopped
2 whole sea bass
2 garlic cloves, finely chopped
1cm piece of ginger, finely chopped
1 red chilli, finely chopped
3tbsp tamari or soy sauce
4 spring onions, finely chopped

1. Preheat your grill to high.
2. Place the rice in a saucepan and cover it with water. Bring the pan to boil and cook for 10 minutes, or according to the pack instructions. Drain away any excess water, put the rice back into the saucepan and then set it aside. Now bring a small saucepan of water to the boil and carefully add the edamame beans. Boil the beans for five minutes before draining and mixing together them with the rice. Stir in the finely chopped coriander.
3. Place the sea bass on a roasting tray skin-side up.

Sprinkle the garlic, ginger and chilli over the fish. Spoon over the tamari and place the tray under the hot grill. Cook for 15 minutes. Baste the fish with the sauce in the roasting tray.

4. Divide the rice between two plates and then top with the fish. Spoon over any excess sauce, scatter the spring onions over the fish, and serve.

PA/TPN



Cooking For Fitness by James Haskell & Omar Meziane is published by Haskell Publishing. Available now.

Gurkha Kitchen

Nepalese & Indian Cuisine
Restaurant & TakeAway

Quality food prepared by
Nepali chef Shree Ram Maharjan
Friendly and attentive staff
Excellent value for money

OPEN ALL WINTER

Tel: +351 282 185 776 Tel: +351 920 169 028
RUA DAS AMOREIRAS N°14,
8400-503, CARVOEIRO

Thursdays Live Music
Saturday Steak Night

Closed Tuesdays

We've moved!
Rua do Barranco, Carvoeiro
Mob. 969 577 644
www.tastecarvoeiro.com

Gurkha Kitchen

Nepalese & Indian Cuisine
Restaurant & TakeAway

OPEN ALL WINTER

Tel: +351 282 185 776
Tel: +351 920 169 028
RUA DAS AMOREIRAS N°14,
8400-503, CARVOEIRO

Valentine's Dinner Menu

14th of February

Complimentary glass of bubbles

Gravadlax and cabbage salad with a Caesar dressing
or
Melon mousse with presunto canapé

Fillet of skate with beurre noisette and a white wine
foam served with a leek and potatoes fondue
or
Beef fillet en croûte with pastry on a bed of
mushrooms and spinach

Mousse au chocolat with a hint of Tia Maria
or
Layered strawberry shortcake

€35 per person
(drinks not included)

Served from 18.30 onwards

Please call to make your reservation and confirm
your choices before 10 February

Our A La Carte Menu will also be available

RESTAURANTE
CACTO
INTERNATIONAL CUISINE

Come and relax on our shady yet warm terrace during the summer.
Warm up in our cosy dining room next to our log fire during winter time.
In fact, simply enjoy our cuisine throughout the year with a new menu and dishes prepared by our Chef for every season.

RESERVATIONS RECOMMENDED
TEL 282 798 285 / 935 526 008
Open Friday to Tuesday - 18.30 to 21.30
(closed Wednesday and Thursday)
but open on Thursday 14 February
E.N.125 - Odiáxere, Lagos
www.cactorestaurant.com cactorestaurant

The healthy gardener

While so many of us pound away in the gym in our efforts to keep fit, burn calories and lose a few pounds, remember there is a great outdoor arena in your garden which can help you do just that.

Someone weighing around nine stone will burn 150 calories in half an hour of digging, while non-motorised mowing typically burns around 165 calories per 30 minutes, according to research from Harvard Medical School. Raking the lawn for 30 minutes burns around 120 calories - the same as the calories burned in a half hour of Tai Chi, volleyball and even horseback riding - while half an hour of splitting wood burns the same amount of calories as half an hour of vigorous weight-lifting, research suggests. Try squatting when you're weeding or planting and you'll use a mass of muscles in the process. Stand on one leg while pruning, digging or clipping, which will stretch you and increase suppleness. Don't always get out the ladder. Instead, get on your toes on one leg if possible and stretch to reach. Bunny Guinness, award-winning garden designer and co-author of the book

There is a great outdoor arena in your garden which can help you keep fit.



Garden Your Way To Health And Fitness, says: "The wonderful thing about gardening is that, unlike repetitive exercises at the gym, it can provide all over-body fitness - raking, weeding, digging and other gardening tasks all use different muscles and test your body in different ways." Guinness, who was diagnosed with a slipped disc aged 11, but has worked on her core over the years with the help of foam rollers and back

strengthening exercise, continues: "People don't realise how many calories exercise in the garden uses up. "If I went to a gym and did a good workout - 20 minutes on a rowing machine, 20 minutes on a running machine and 20 minutes on a cross trainer - or spent three hours in the garden mowing the lawn, weeding and pruning, I'd use up the same amount of calories." Warm-ups are important, especially if you've been a

couch potato over the winter months, she stresses. "It's best to limit your activity on one thing, so rotate your garden jobs - don't spend hours digging a border all at once - and, most importantly, stretch, which makes a huge difference to me. If I don't stretch at the end of the day when I'm warm, I really stiffen up afterwards." People with a small garden who are going to find it hard to do enough aerobic exercise can use up energy doing step-ups on their existing steps or a wooden bench, she suggests. "You are not going to be carting wheelbarrows for miles, so it's good to mix it up with other things. You can do bench presses and other exercises on a simple garden bench. Some people have monkey bars for upper body exercise. "If you are raking - which is like a lunge - try to use your other side. We tend to use just one side of our bodies, but you will get used to using the other side too." Classic back problems associated with gardening can be avoided if you make your core muscles as strong as they can be, she says. "When you are lifting a heavy pot, squat down and use your core muscles to lift it up, pulling it close to your tummy and then stand. You really don't want to be twisting and having the weight out from your body. Foam rollers are brilliant to help you realise where your core muscles are." If you want to be super fit, combine gardening with a more traditional work-out and avoid shortcuts like ride-on lawnmowers, leaf-blowers and other tools which avoid having to pick things off the ground.

**Artificial Grass Suppliers
Best Quality From Belgium**

From €17,50+IVA

LAGOS Serros T. 282 798 421
Sítio Marateca - Chincato - Lagos

PORTIMÃO PGS PAULO'S GARDEN SERVICE LDA T. 282 094 787
Parchal - Lagoa - Algarve

ALBUFEIRA bricoverde T. 289 589 819
Montechoro - Albufeira - Algarve

MãosVerdes +351 934 816 122
info@maosverdes.pt | www.maosverdes.pt

ALGARVE TREE SERVICES

**PRUNING
DISMANTLING
FELLING
STUMP GRINDING
BRUSHWOOD CHIPPER
SERVICE**

917 479 921
www.algarvetreeservices.com

**QUALITY TREE CARE
ACROSS THE ALGARVE**

A Landscaper for All Your Gardening Needs...

Arquiscap EST. 1994

GARDEN DESIGN, CONSTRUCTION & LANDSCAPING
LIGHTING & IRRIGATION SYSTEMS | GARDEN & POOL
MAINTENANCE | ONE-OFF & SEASONAL PROJECTS

samuel.padfield@arquiscap.com | 962 409 549 | 289 360 673 | www.arquiscap.com

ROYAL GRASS

Get your **ReaDY** artificial Grass now for just **€27,50/sqm incl. IVA**

ReaDY technology gives the artificial grass a beautiful natural appearance.

made in Holland

enjoy perfection
912 649 654 | www.royalgrass.pt

ORGANIC Chicken Breast

Rich in protein and complex B vitamins, Organic Chicken Breast is low in calories and great for your heart and nervous system. Make it part of your diet, cooking it the healthiest way: grilled, whereby it retains all the essential nutrients for a healthy and balanced diet. You can find this and other products within the Be Healthy campaign at Apolónia Supermarkets.

Low-fat & low-calorie

++ Protein

Vitamin B (B3, B6)

Minerals (P, K, Se)

Apolónia
The Real Supermarket.

Life-changing travel experiences for 2019

Everyone has a wish list of destinations to tick off, but these days, travel isn't simply about the choice of location. Real adventures are shaped by experiences - encountering local people, grappling with tricky terrain and witnessing once-in-a-lifetime events.



Play cricket in the Himalayas. (Photo: PA Photo/Village Ways)

During a stay, learn how to apply colourful body paint, explore rivers in search of otters and discover life disconnected from modern development.

Sip champagne and fine dine in an ice cave

There's no risk of room temperature bubbles with The Blue Room experience, available at the Four Seasons Resort and Residences Whistler. A scenic helicopter ride takes guests to Canada's largest, southernmost ice field, where they head to a shimmering blue ice cave for a five-course meal served with Krug.

Train like an astronaut at Kennedy Space Center Visitor Complex

Ever imagined what it might be like to live on Mars? A new immersive experience at Florida's famous astronaut academy offers tourists an opportunity to join a training programme designed to prepare participants for the Red Planet's harsh environment. Using NASA science, the five-hour Astronaut

Dine underwater in the Maldives

The trend for sub-surface activities has been gaining pace in this Indian Ocean paradise, and you don't even have to don a tank and a mask to take part. The latest marine opening is H2O, the restaurant at

the new five-star resort You & Me by Cocoon, opening in the Raa Atoll on February 1. Diners will have a 360-view of the reef and its inhabitants, without even getting their hair wet.

Experience an eclipse from the Atacama Desert

In July this year, skies will fall black over Chile when the sun temporarily disappears from view. One of the best places to observe the phenomenon will be this northern desert region, one of the driest places on earth, famous for its stargazing.

Play cricket in the Himalayas

Indians are famously good at cricket, so you'll need to sharpen your bowling skills to compete in a special tournament organised with local communities 2,000m above sea level. Held annually to celebrate the end of spring harvest, the event is now open to tourists. Between June 2 and 15, guests of Village Ways can take part in five morning cricket matches in the Saryu Valley

Picnic on a vanishing island

Only accessible for two hours a day before the tide washes it away, Jarada Island promises visitors a true castaway experience. Guests of The Ritz-Carlton, Bahrain can sail over for a lavish lunch of Bahraini

dishes, enjoyed while seated on traditional woven floor-cushions. There's plenty of time to relax and savour the surroundings, before the island vanishes into the Arabian Gulf.

Workout with a celeb trainer in LA

If 2019's life goals include shaping up like Jennifer Aniston or Bradley Cooper, this special access experience could be the ticket. Take part in a private session with one of Hollywood's top personal trainers, who will do their best to make you red carpet ready and devise a personalised programme to continue at home.

Create your own 007 adventure in Thailand

He may be battling international crime networks, but James Bond always seems to swan through the most sophisticated locations while he's at it. Inspired by 1974 film, The Man With The Golden Gun, Layan Residences by Anantara, in Phuket, have come up with a blow-the-budget holiday fit for an MI5 agent. Join a cruise around Phang Nga Bay, where key scenes were filmed, hone Ninja skills with a private Muay Thai boxing lesson, and take an opportunity to handle the actual golden gun during a wine tasting - with an empty cartridge, of course. TPN/PA

Sophie's GOLF SHOP
for men & women

Looking great on and off the golf course!

37°09'00.2"N • 8°39'13.5W
Tel 282 799 711 • EN 125 • Odiaxere - Lagos
info@sophiesgolfshop.com
www.sophiesgolfshop.com

Sometimes these are all down to serendipity, but why take the chance when you can buy a dinner party anecdote in a neatly arranged package? Whether it's learning to live on Mars or hanging out with an Amazonian tribe, these are the 2019 bucket list 'must-dos' that'll earn you serious bragging rights.

Be the guest of a Brazilian tribe

The Amazon rainforest is home to many indigenous tribes, some completely cut off from the Western world. For a few months of the year, the Kayapo Warriors welcome visitors to their camp in the southern Xingu river basin of Brazil, an area they've fought hard to protect from loggers, ranchers and gold miners.

DO ALGARVE PARA A EUROPA
FROM ALGARVE TO EUROPE

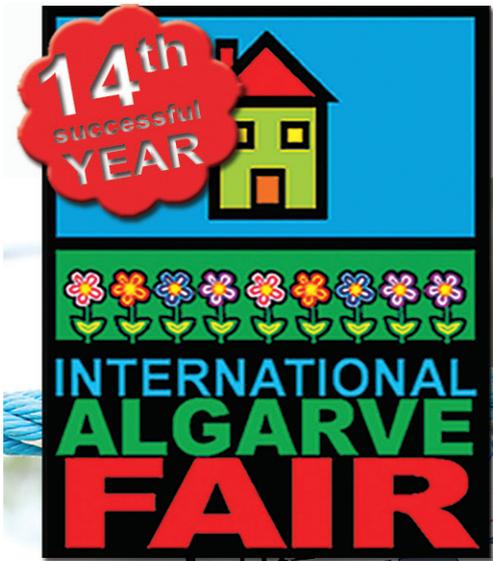
+ DE 70 DESTINOS PARA A EUROPA
+ THAN 70 DESTINATIONS TO EUROPE

DESCUBRA+/FIND OUT+ aerportofaro.pt/maisaeroporto

ZNZ Aeroportos de Portugal

VINCI AIRPORTS

It's where all the Algarve meets!



Fun for all the family at the International Algarve Fair – the biggest ex pat event in Portugal, bringing together the best in entertainment, food, live performances and local businesses – all in one place!

With over 150 exhibitors, the 10th Algarve Dog Show, Fun Zone, Food area and incredible promotions, discounts and giveaways, The International Algarve Fair is the place to find out everything that makes living and visiting the Algarve great.

**10am - 6pm
8 & 9 June
Fatacil Lagoa**

Organised by



Supported by:



Call 282 380 317 • email sales@algarvefair.com

www.algarvefair.com • [algarvefair](https://www.facebook.com/algarvefair)

Treat your toothache

Most people suffer from toothache at some point in their lives. While we can all agree that any kind of tooth trouble isn't fun, the pain generally varies in intensity, depending on the cause - from a mild throbbing in the mouth to unbearable agony.

The most frequent cause of toothache is tooth decay, which occurs when acid produced from plaque builds up on your teeth - although it can also be caused by a dental abscess, a cracked tooth, a loose or broken filling or an underlying infection. In most cases, toothache can be resolved by seeing a dentist to treat the problem, however, there are several natural remedies that can relieve the pain in the interim. Here are a few home cupboard heroes to reach for next time a pain in the mouth strikes...

Clove oil
A couple of drops of this pungent oil applied directly to the sore spot can set to work fast on toothache, thanks to its powerful healing properties. An ingredient called eugenol provides a hit of relief - a natural anaesthetic and antibacterial that can also



Most people suffer from toothache at some point in their lives. (Photo: PA)

reduce inflammation in the mouth. The oil is usually easy to pick up in a local pharmacy or health store, but if you can't find the liquid stuff, you can try placing a whole clove in your mouth, near the tooth that hurts, and biting down to release the oil within.

Cold compress
Pressing your cheek against something cold is an easy way to find relief, especially if you get caught out and don't have any other pain remedies to hand. A couple of cubes of ice inside a cloth, placed against the outside of the affected cheek for 10

minutes can constrict blood vessels in the tooth, making it particularly helpful if the tooth pain is caused by trauma. If you want a more localised relief, you could try freezing slices of potato and slotting them against the sensitive area for a quick and easy cool kick.

Salt water rinse
Salt is a known to be a natural disinfectant as well as an anti-inflammatory, working to reduce bacteria levels in the mouth. Dissolve half a teaspoon of salt in a mug of warm water and rinse around the mouth for two minutes before spitting out. This is particularly helpful if your teeth are too sore to brush. The swilling action will help to ease pain and clear the mouth of any leftover food residue.

Garlic
Garlic has been used to relieve toothache for centuries, and it's all thanks to a compound called 'allicin' which acts as a natural antibacterial agent and anaesthetic. To reap the benefits, gently chew on a clove where you're feeling toothache to release the healing juices.

Guava leaves
They might not be so readily available, but the anti-inflammatory properties of these leaves can help in healing wounds, and their antimicrobial action can keep your mouth free of bacteria. You can either chew on the fresh leaves or crush them to a pulp and add to boiling water to create a natural mouthwash - always allow the water to cool before your swill it near the sensitive tooth though. Although home remedies can help to give you temporary relief when you need it most, it's good to remember that they won't fix the underlying problem, so you should always visit the dentist when toothache persists. TPN/PA

FLEXIDENT Algarve
Nº1 FOR FLEXIDENTURES...

Algarve's premier denture provider
Are you considering replacing your existing dentures?
We are THE denture specialists.

FLEXIDENTURES Partial dentures no metal clasps or palates. Minimum thickness. Maximum snap-fit.	ENIGMA SYSTEM DENTURES Full dentures, using award winning enigma teeth. Amazing, natural looking. restore sunken features. Look years younger.
All dentures are injection moulded, designed and constructed, in-house. Personal, friendly service Fully guaranteed.	2 HOURS GUARANTEED DENTURE REPAIRS In house acrylic repairs, guaranteed within 2 hours.

Alan Gale - Tbl: 282 442 302 Mob: 916 717 113
Email: flexidentalgarve@gmail.com | www.flexidentalgarve.com

Shoulder Problem? PAIN-FREE treatment!

92.3% of patients get moving and out of pain fast
Pain-Free Revolutionary Shoulder Treatment
FREE Orthopedic Shoulder EXAM

Dr. Bock - Olympic Doctor Frozen Shoulder Specialist

Call NOW 966 706 606

Pain-Free Shoulder Clinic

First Treatment
Before After

L'ORÉAL CND SHELLAC GUINOT OLAPLEX

Silvia's Salon

Perfectly Polished Vilamoura

10% Discount with this Advert

HAIRDRESSER - MANICURES
PEDICURES - FACIALS
BODY TREATMENTS - MAKE UP
WAX - MASSAGE
LASER HAIR REMOVAL

Gift Vouchers Available

+351 289 301 079 OPEN ALL YEAR
silvia.vilamoura@gmail.com
EASY, FREE PARKING
+351 932 551 680
silviasalonvilamoura FIND US ON THE ROAD TO FALÉSIA BEACH, VILAMOURA
Silvia's Salon Vilamoura 37°04'44.8"N 8°07'22.1"W

PRIVÉ

estética avançada

www.clinicaprive.com



Preventive and Cosmetic Dentistry
Non-invasive Facial Rejuvenation
Non-invasive Body Contouring
Laser Therapies

Call our PORTIMÃO office at:
282 457 018

Combat a winter cough

There's nothing worse than a hacking cough that keeps you up at night and makes you sound like the walking dead at work.

With winter approaching, thousands of us will be bothered by tickly throats that refuse to budge - no matter how many throat lozenges or bottles of cough syrup we throw at the situation. Want to quit coughing on your colleagues for good? Our expert explains how to shift a lingering tickle that's overstayed its welcome.

Be patient and give your body a chance

If you started coughing on Monday, it might feel reasonable to expect to be feeling fine by the weekend. But it can actually take up to three weeks for a cough to fully resolve itself. Chronic coughs are usually triggered by a nasty bout of cold or flu, and tend to hang around in the aftermath of a viral infection. Abbas Kanani, a pharmacist from Chemist Click, explains that when certain bacteria or viruses - such as the cold or flu virus - enter our respiratory system, excess mucus is produced in order to help the body get rid of these infections and bugs. It's this unpleasant overload that triggers the cough reflex, as a way of clearing out the chest area. "Our respiratory system produces mucus, which acts as a lubricant and a filter," says Kanani. "Mucus keeps the respiratory tract moist, and protects it from irritants that may have

been inhaled from the air we breathe."

Hydrate!

During this time, Kanani recommends you drink plenty of water. "It's important to keep yourself hydrated, especially if your body is fighting off an infection," he says. "Water can also help to loosen mucus, so that it can be expelled easily." Hot water, lemon and honey is a handy go-to if you're struggling to croak out your words first thing in the morning. "Honey helps to soothe the chest, whilst both lemon and honey contain natural antibacterial properties," says Kanani. "Lemon also contains vitamin C, which helps to boost the immune system."

Have a facial steam bath

Kanani also recommends using a facial steam bath to help break up thick mucus in the airways. Boil a pan of water, remove from heat and add a few drops of eucalyptus. Then all you need to do is throw a towel over your head and start inhaling the sinus-clearing vapours from the mixture.

Taking medicine

If all else fails, medication can provide some relief. "Cough medicines known as 'expectorants' can help to ease a chesty cough by thinning and loosening mucus," says Kanani. "Your local pharmacy can give you advice on whether



If your mucus is green, or a colour different to yellow, it can mean you've got a chest infection and may need antibiotics. (Photo: PA)

they're suitable for you." Peppermint is a natural source of menthol, which is an expectorant, so swap that mid-morning coffee for a cup of peppermint to add to the hydration, too.

Make sure to mindfully spit

Once the mucus begins to break up in the chest, there's only one way for it to get out - and that's through the mouth. We know it sounds disgusting, but the best way to expel the small gunge pit that's forming in your chest is to spit it out. If you swallow instead, you're sending the phlegm back down the throat to fester where it came from. It goes without saying that spitting on the ground is as unsanitary as it is impolite, so make sure you're being mindful of others by discreetly depositing any unsightly mucus into a tissue and then flushing it down the toilet.

Watch out for more serious symptoms

"Most people have had a chesty cough on a number of occasions, and it usually isn't anything to worry about," says Kanani. "However, you should make an appointment to see your GP if you spot any potentially worrying signs." For example, if your mucus is green, or a colour different to yellow, it can mean you've got a chest infection and may need antibiotics. A cough that lasts for more than three weeks may also be a sign of an underlying medical issue that needs investigating. "Most people know their bodies and you should be able to identify a cough that is not typical of a seasonal chesty cough - this could be a hacking or uncontrollable cough," says Kanani. "A cough that is worse than usual could be cause for concern." TPN/PA



BRITISH & PORTUGUESE DENTAL PRACTITIONER

**Dr. John McKean, BDS
Dr^a. Joana Cesário, DDS**

SPECIALISING IN THE CARE OF NERVOUS AND FRIGHTENED PATIENTS

All costs agreed prior to treatment using the most cost effective solutions.

PAIN FREE DENTISTRY IS A REALITY!



Rua Alexandre Herculano, Conjunto Ria Formosa, n.º Q, R/C
8200-271 ALBUFEIRA
(Behind the yellow shop VESPARENT)
Tel: 289 543 545 (24h)
www.clinicapacifico.com
clinica.pacifico.albufeira@gmail.com



**Dr. med. ALLEN SULZBACHER, PhD
OPHTHALMOLOGIST**

EXCELLENCE IN MEDICAL EYE CARE

Vale do Lobo
Medical Centre
Tel. 289 353 433

Albufeira
Clínica Pacífico
Tel. 289 543 545

Cascais
Clínica Sabeanas
Tel. 218 025 501



Winner - "Best Overseas Retirement Development" Award



Monte da Palhagueira Village The Perfect Choice for the Over 55's

Monte da Palhagueira offers 33 houses and apartments, exclusively designed for the over 55's. Set in a village development of 22 acres, 20 minutes drive from Faro International Airport, the village nestles in the picturesque hillside close to the charming market towns of Loulé and São Brás de Alportel.

The village offers many unique features and provides a unique lifestyle for mature residents wishing to enjoy the unique, hillside climate, set within tranquil surroundings.

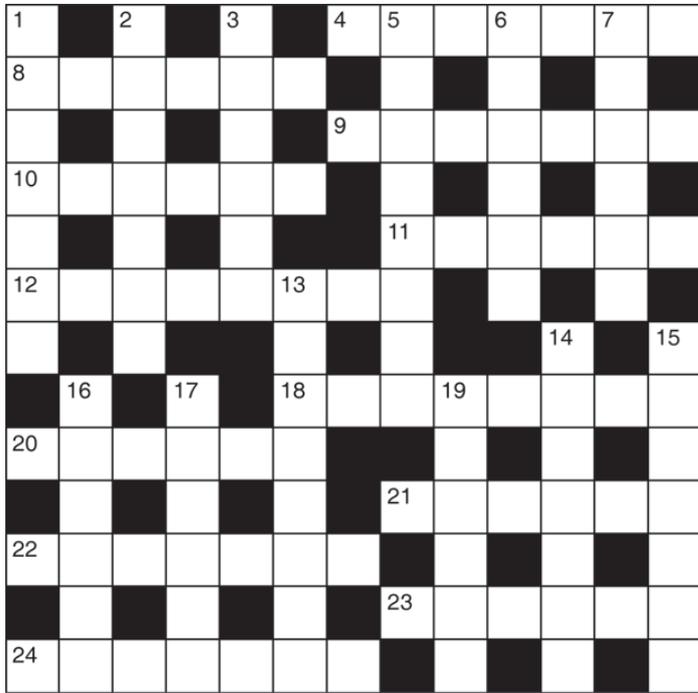
Village properties all have access to British trained medical staff, on duty at all times, via an aid call system linked to the village nursing home.

- ◆ Le Marquis Restaurant
- ◆ Ornamental Lake
- ◆ Village Hall
- ◆ Tennis Court
- ◆ Anglican Church of St Luke
- ◆ Two Swimming Pools

A selection of Villas, Town Houses & Apartments from: £169,000 - £345,000

Monte da Palhagueira Village, Gorjões, 8005-488 Sta. Barbara de Nexe, Algarve
GPS: Lat: 37°07'36.84"N - Long: 7°57'07.18"W

To make an Enquiry - Tel: Alexandre Neves on ++351 289 990900 | E-mail: montedapalhagueira@gmail.com | or visit: www.retirementvillageportugal.co.uk



Last week's cryptic crossword solutions

Across: 1 Laughing gas; 9 Oak; 10 Axminster; 11 Ducks; 13 Sirloin; 14 Norway; 16 Speeds; 18 Prevail; 19 Resit; 20 Out-and-out; 21 Pie; 22 British Rail.
Down: 2 Ark; 3 Grass; 4 Inmost; 5 Gin trap; 6 Authress; 7 Wooden spoon; 8 Trendsetter; 12 Carpenter; 15 Against; 17 Floods; 19 Rotor; 21 Phi.

CRYPTIC CROSSWORD

ACROSS

- 4. Peculiar street near the mountains (7)
- 8. Spirited horse is found in the rock-garden (6)
- 9. A piece of beef stake holds some hazard! (7)
- 10. Its use could replace the handkerchief (6)
- 11. Giving publicity to first-class arena (6)
- 12. Twelve-inch pace (8)
- 18. Say nothing? Just the opposite! (8)
- 20. Well-known Victorian watch-chain (6)
- 21. What the playwright produces shows a particular kind of writing (6)
- 22. Don't allow bitterness to remain (7)
- 23. The weighing of this will put it out of use (6)
- 24. Potters object when disturbed (7)

DOWN

- 1. Big dog will make mother rigid (7)
- 2 and 16Dn. Would it be suitable for a bouquet from an ardent lover? (7-6)
- 3. Irritates pet dogs, we hear (6)
- 5. Water creature a printer misprinted! (8)
- 6. Make certain a user's replaced (6)
- 7. Picks up scraps of information from different angles (6)
- 13. No apt description of the good diplomat (8)
- 14. A scare about eastern cargo (7)
- 15. Address given by the clergyman? (7)
- 16. See 2 Down (6)
- 17. Loss of French achievement (6)
- 19. Empty the tin in the cask (6)

QUICKCROSSWORD

ACROSS

- 4. Refrain from (7)
- 8. Exempt (6)
- 9. Stupid (7)
- 10. Confederated (6)
- 11. Confine (6)
- 12. Succession (8)
- 18. Endurance (8)
- 20. Yankee in S. America (6)
- 21. Slave to a habit (6)
- 22. Commotion (7)
- 23. Choose (6)
- 24. Protection (7)

DOWN

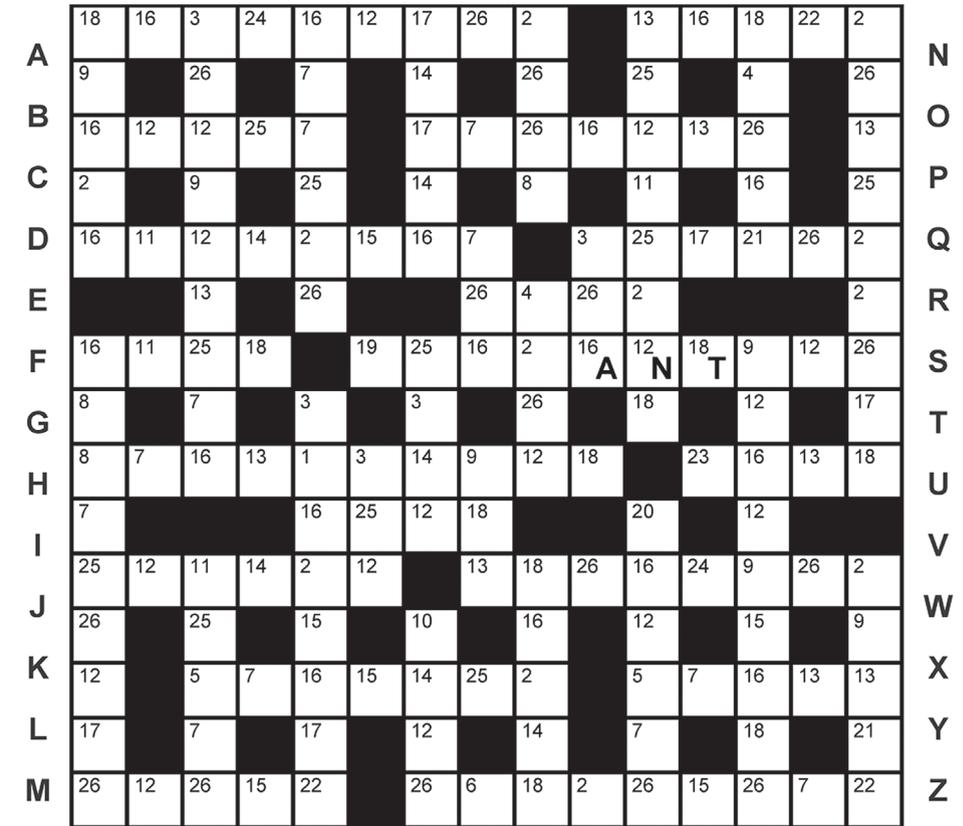
- 1. Fantastic (7)
- 2. Rival (7)
- 3. Fabricate (6)
- 5. Perambulator (8)
- 6. Principles (6)
- 7. Disregard (6)
- 13. Uncivil (8)
- 14. Invigorate (7)
- 15. With a will (7)
- 16. Channel (6)
- 17. Creature (6)
- 19. Really (6)

Last week's quick crossword solution

Across: 1 Evangelists; 9 Low; 10 Intricate; 11 Space; 13 Nearest; 14 Fathom; 16 Pellet; 18 Sincere; 19 April; 20 Editorial; 21 Tie; 22 Destitution.
Down: 2 Vow; 3 Naive; 4 Extend; 5 Imitate; 6 Traveller; 7 Close-fisted; 8 Teetotaler; 12 Attentive; 15 Open out; 17 Resist; 19 Allot; 21 Too.

CODEWORD

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



SUDOKU

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

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

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

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

Medium

Hard

Last week's solutions

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



NOW OPEN IN BUDENS & LAGOA



Budens Shop, En 125
Rua Areias de Cima 2,
8650-070, Budens

+351 282 697 791
info@linen-etc.com

Lagoa Shop, En 125,
Parque Empresarial,
Lote 3, 8400-431
Lagoa

+351 282 071 674
lagoa@linen-etc.com

Magnificent 7-Bedroom Villa

This week, Property of the Week features a unique opportunity for a business (guest house) or family on the site of the popular Vila Rosa Resort near to the beach.

Magnificent 7 bedroom villa located just a short walk away from a famous beach. At the moment the fully furnished villa is transformed to a guest house with a separate, private 1 bedroom apartment with fully equipped kitchen, terrace, garden, laundry, bedroom and bathroom and 6 spacious guest bedrooms on 2 floors all with private bathrooms.

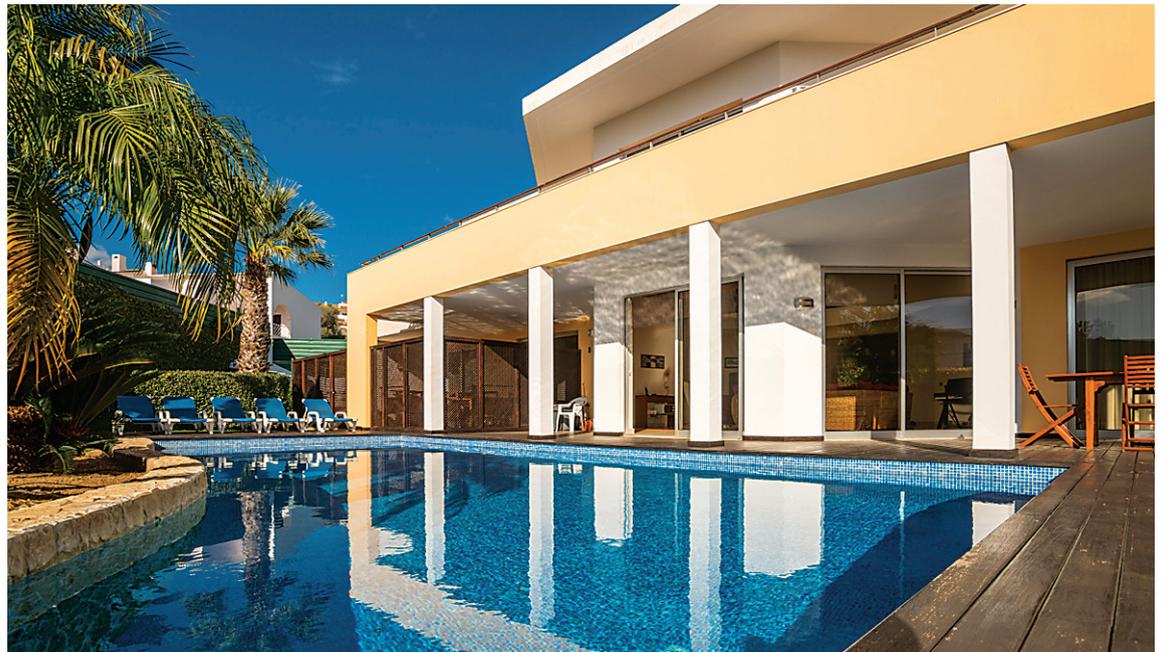
The cozy lounge area is full of light with large southwest facing windows.

The Property is well maintained and has a heated outdoor pool with lush gardens on the large, private plot of 1252m². It has semi-new solar panels. It has a double garage box and spacious parking area. Location is ideal on a quiet street, but close to all services for quality residential living or holidays.

Portimão is a developing town with the

great location on the Algarve. It has promenade walks along the marina of Portimão and Praia Da Rocha with lovely views to river and the sea. It has lovely old town with interesting history and the town has a nice mix of residential, local feeling and it invites tourists around the world, who return year after year. Famous Praia Da Rocha beach is one of the most photographed beaches in the Algarve and its surroundings has a lot of things to offer for enjoyable holidays. There are lots of golf courses just a short drive away and charming local villages Ferragudo and Alvor are just a few kilometres away.

If you would like more information about this property (Ref: 618113) priced at €950,000, please contact Habita Algarve on Tel: (+351) 918696380 or email: mia.heinonen@habita.com.



MODERNBUILD

Renovating, extending or building a home in the Algarve?

We offer expertise & experience in -

- General building & renovation work
- Fast-build steel frame construction
- Bespoke quality timber buildings
- Thermal & acoustic insulation

Tel: (+351) 289 149 476 info@modernbuild.eu
www.modernbuild.eu

Constructive Solutions....



Modernbuild offers experience and expertise across a range of construction services. We undertake all manner of general building and renovation works, reconfigurations and extensions, as well as home insulation upgrades. Indoors and outdoors, our work also embraces kitchens & bathrooms, pools & terraces. The Modernbuild team includes specialist divisions in light steel frame (LSF) and timber houses, with over 15 years' experience in building numerous homes across the Algarve. And our quality carpentry wing, Decking Dave, is a leading builder of decks, pergolas and car ports. We also project-manage all associated works, via tried-and-trusted suppliers, to offer a complete turnkey package, including all fixtures & finishings, plumbing & electrical, as well as the latest energy-efficient heating & cooling systems. So for any constructive solution – call Modernbuild!



AMI: 10429

WHATEVER YOUR BUDGET, AND WHATEVER YOUR REQUIREMENTS OUR TEAM IS DEVOTED TO FIND THE BEST PROPERTIES FOR YOU!
Our mission is to help you, to make sure everything goes as planned and to avoid nasty surprises! In addition we are always there for you, even after 5 O'clock!

www.abacoalgarve.com
Email: info@abacoalgarve.com
Tel: +351 282 044 886
Office: Marina de Lagos, Nucleo Gil Eanes, Loja 18/19, Lagos





REF: AR587SJ - PORTIMÃO
GREAT OPPORTUNITY TO DESIGN AND BUILD THE HOME YOU ALWAYS HAVE DREAMED OF YOU'RE ALLOWED TO BUILD A 2 LEVEL VILLA WITH POOL & GARAGE ON A PLOT OF 701M² WITH ON THE 2ND FLOOR STUNNING COUNTRYSIDE VIEWS.
ASKING PRICE €120.000



REF: AV-588SN - LAGOS
THIS FANTASTIC, MODERN & SPACIOUS 3+1 BED VILLA HAS SEA VIEWS, IS LOCATED IN A QUIET RESIDENTIAL AREA IN THE SUBURBS OF LAGOS CLOSE TO THE BEACH & ALL AMENITIES. A VIEWING IS ESSENTIAL TO FULLY APPRECIATE THIS UNIQUE PROPERTY.
ASKING PRICE €845.000



REF: AV-581SJ - LAGOS
THIS LOVELY 3 BED VILLA HAS RECENTLY BEEN RENOVATED AND OFFERS MODERN FINISHING & COMFORTABLE LIVING SPACES, NICE TERRACES, POOL AND SPACIOUS GARAGE THIS ALL A FEW MIN. DRIVE FROM LAGOS, PRAIA DA LUZ, BEACHES ETC.
ASKING PRICE: €639.000



www.cchomes.pt
T. +351 289 462 438
M. +351 938 713 680
info@cchomes.pt

AMI.8999

ALGARVE PROPERTY SPECIALISTS...!



VILLA WITH 4+3 BEDROOMS FOR BUSINESS OPPORTUNITY FOR GOLFING HOLIDAYS WITH PRACTICE FACILITIES

825.000 € Build area: 225 m2 | Plot size: 4.471 m2 | Ref: W1-054

Visit us on the road from Almancil to Quinta do Lago (Rua Sacadura Cabral), just before Quinta Verde



LAND & HOUSES ALGARVE YELLOW HOMES
Sociedade de Mediação Imobiliária Lda.
AMI 6232

For detailed information, please visit our website:
www.landandhousesalgarve.com
www.landandhousesalgarve.de

Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira
Immaculate, detached 4 bedroom / 5 bathroom river front villa (472 m²) with pool, private garden & fabulous outdoor oasis. Plot of 810 m². Rare opportunity!
EC class: in progress
Ref: LHV-1422 Price: €799.999



Tavira
Contemporary, brand new 3 bedroom / 3 bathroom villa (322 m²) with garage, salt water pool & garden in upmarket area! Plot of 955m². Private borehole.
EC class: A
Ref: LHV-1441 Price: €790.000



Tavira
Lovely 4 bedroom / 3 bathroom villa (206 m²) with large garage and pretty garden on fully fenced plot of 401 m². Close to the center. Re-decorated 2014.
EC class: E
Ref: LHV-1442 Price: €445.000



Cabanas de Tavira
South facing end of terrace 3 bedroom / 3 bathroom townhouse (173 m²) with large garage, sea view & communal pool. Vendor is looking for quick sale!
EC class: D
Ref: LHT-937 Price: €265.000



Tavira
Ground floor 1 bedroom / 1 bathroom apartment (47 m²) in popular holiday resort with 2 sun terraces, communal pools, tennis court and restaurant. A/C.
EC class: in progress
Ref: LHA-1452 Price: €125.000



Let us find the right property for you, please visit us:
www.habita.com

Tel. +351 961279864 or +351 918696380

Office: Av. Tomas Cabreira, Edifício Dom Quixote, Loja D, (Opposite the Algarve Casino) 8500 Praia da Rocha, Portimão



Praia da Rocha
3 Bedroom Penthouse with 290m2 on prime location in Praia da Rocha, 360° magnificent panoramic views, fully equipped and furnished, great solar orientation, nice size terrace with private jacuzzi, heated swimming pool, 2 parking in garage, and 53 m2 store room.
REF: 617358 €895,000€



Alvor centre
3 bedroom duplex Penthouse on the centre of Alvor with some lovely views over looking the Alvor river and to village over the roof tops. Furnished property has a fireplace, A/C, fully equipped kitchen and barbeque and 2 large corner sunny terraces.
Ref. 617452 Now reduced price! €199,00



Alvor Torralta
Great investment studio in very good location in Alvor village by the sea front. 2 mins walk to the beach. Horizontal views to a Alvor river, village and the mountains. Fully equipped kitchenette, A/C. Property is fully renovated (2018).
REF:615393 €115,000



Algoz, Silves
Large townhouse in Algoz village with a lush private garden (285m²). Downstairs 2 bedrooms, equipped kitchen, living room with a fireplace, bathroom with sauna and sunny winter garden room (30m²). Upstairs mezzanine rooms, W/C, terrace.
REF:606011 €205,000



Tel: 00351 289 314 312
Fax: 00351 289 314 260
info@silverholidays.com
www.silverholidays.com

Rua do Brasil,
Casa Italiana, Loja 5,
8125-479 Vilamoura



Vilamoura €895.000
*** New property ***
4+1 bedroom villa, in a residential area just behind Browns Sports Club. Large south facing private pool and generous sized area of lawn gardens with outside custom made bar / entertaining area. Large 1100m² plot, very private you are not over looked.



Vilamoura €320,000
*** New Property ***
2+1 Bedroom / 3 bathroom townhouse with communal swimming pool, near the new Hilton Spa resort, within easy access to the Marina & beach and Old village via the tourist road train that stops nearby. A wonderful holiday home or residential.



Vilamoura €2.500.000
*** New Property ***
Palatial 3 storey property showcases a modern and colourful ambience. 6 bedroom golf property with direct access to the golf course. South – west facing, the house enjoys sun all day long. Own private heated pool, Jacuzzi located on the 1st level balcony.



Vila Sol €1.175.000
*** Price Reduced ***
Beautiful 4 bedroom detached villa located on the golf resort of Vila Sol not far from the clubhouse. The Villa comprises of an impressive entrance hall, with lots of natural light through the double glazed windows. Built to a very high standard over two floors.



Vilamoura €790.000
*** New Property ***
4 bedroom / 4 bathroom detached villa, within a minute's walk of the Hilton Hotel. The Old Village is a 15-minute walk. The interior is to a high standard. Spacious outside terrace with built-in BBQ and gardens, private gated swimming pool.

DIVINE HOME[®]
IMOBILIÁRIA • REAL ESTATE



Villa for Rental Investment in Olhos de Água! €595,000



Property Ref: SVP612
Villa cleverly divided into 5 self-contained apartments on plot of 1200 m², pool, garage, existing bookings...
Call us **NOW** to arrange a viewing!

f t i y ALBUFEIRA • MONCARAPACHO • SÃO BRÁS

Tel: (+351) 289 501 664 | www.divine-home.eu | AMI: 11606

WANTED ASSISTANT OFFICE MANAGER

As an in-house employee of real estate agency you are a true all-around employee. This way you support the office manager in the day-to-day work and you are able to take over this position in her absence.

In addition, you are involved in all kinds of marketing activities for the office, such as management and maintenance of the Social Media channels and the Adwords Campaign. Because you work in a small team, you work a lot independently and you have a lot of responsibility. The function is fulltime.

Who are you: Service minded is not an empty slogan for you, but a way of working. You have a commercial attitude and work very accurately and neatly. You keep your head cool during hectic moments, you are collegial, you can switch quickly and set priorities. You also have the following characteristics and qualities:

Good command of the English language. Multiple languages is an advantage. Creative, you like to work on marketing campaigns for our office. Residing in the area of Lagos.

MORE INFORMATION? Call us today or send us your CV asap.



AbacoZ
algarve

OFFICE: MARINA DE LAGOS, NÚCLEO GIL EANES, LOJA 18/19, LAGOS
EMAIL: INFO@ABACUZ-PROPERTIES.COM TEL: +351 282 044 886

NEW INSTRUCTIONS !!



REF 2431 CABANAS DE TAVIRA €189.000

- TWO BEDROOM APARTMENT
- SHARED SALTWATER POOL
- GROUND FLOOR EASY ACCESS
- TWO BEDROOM, TWO BATHROOM
- FURNISHED AND EQUIPPED
- 300M FROM THE BEACH BOAT
- AIR CONDITIONING (HEAT AND COOL)
- GREAT INVESTMENT FOR RENTALS



REF 2430 CASTRO MARIM €410.000

- THREE BEDROOM VILLA
- VILLA ON GOLF COURSE
- FURNISHED
- AIR CONDITIONING (HEAT AND COOL)
- THREE BEDROOMS ALL SUITES
- LARGE PATIO AND VERANDA
- PRIVATE POOL
- QUALITY FINISHES



AMI Agents licence number: 7673

Office phone/fax: 00351 281 95 28 20
Mobile: 00351 911 04 18 62
Sales: www.algarvemantaproperties.com
Rentals: www.algarvemanta.pt
E-mail: sarah@algarvemanta.pt



MARCELA
propiedades



WE NEED MORE PROPERTIES



295,000 EUR | 2 Bedroom(s)



650,000 EUR | 3 Bedroom(s)

SPEAK TO US FOR FREE ADVICE!

(00 351) 282 788 977 | WWW.MARCELAPROPERTIES.COM

SUNFLEX



- Insect protection
- Any kind of shutters
- Repair service

- Windows and doors
- Manufacturer of glass systems



GIANTS WINDOWS

Av. Engº Duarte Pacheco nº1 8005-481 Sta. Bárbara de Nexe, Algarve, Portugal
Tel: 289 998 050 | Fax: 289 998 279 | Mob: 911 199 888
Email: info@giantswindows.com | www.giantswindows.com



Kit&Caboodle



HIGH QUALITY PRE-LOVED FURNITURE

www.kitandcaboodle.pt | Tel: 289394257 | sales@kitandcaboodle.pt

SATURDAY 26/01/19

BBC One	09.25 ITV News.
06.00 Breakfast.	09.30 James Martin's Saturday Morning.
10.00 Saturday Kitchen Live.	11.40 Ainsley's Caribbean Kitchen.
11.30 Tom Kerridge's Fresh Start.	12.45 ITV News and Weather; Weather.
12.00 Football Focus.	12.55 Jeremy Wade's Mighty Rivers.
13.00 BBC News; Weather.	13.30 ITV Racing: Live from Cheltenham.
13.15 Tennis: Australian Open Highlights.	16.00 Tipping Point.
14.30 Bargain Hunt.	17.00 ITV News and Weather.
15.15 Money for Nothing.	17.15 ITV News London; Weather.
16.00 Final Score.	17.30 New You've Been Framed!
17.05 BBC News.	18.00 The Chase Celebrity Special.
17.15 BBC Regional News; Weather.	19.00 Celebrity Catchphrase.
17.20 Match of the Day Live: The FA Cup.	20.00 The Voice UK.
19.30 The Greatest Dancer.	21.35 Through the Keyhole.
20.40 Casualty.	22.30 ITV News and Weather; Weather.
21.30 Mrs Brown's Boys.	22.45 FILM: Rocky (1976).
22.00 BBC News; Weather; National Lottery Update.	
22.20 MOTD: FA Cup Highlights.	
23.40 The NFL Show.	
00.10 FILM: All Good Things (2010).	
01.45 Weather for the Week Ahead.	

Channel 4

BBC Two England	06.20 The King of Queens.
07.00 All Over the Place: Asia.	06.45 The King of Queens.
07.30 Wild & Weird.	07.10 Everybody Loves Raymond.
07.45 All Over the Workplace.	07.35 Everybody Loves Raymond.
08.15 Show Me What You're Made Of.	08.05 Frasier.
08.45 The Dog Ate My Homework.	08.35 Frasier.
09.15 Deadly on a Mission: Pole to Pole.	09.05 The Big Bang Theory.
09.45 A Wolf Called Storm: Natural World Special.	09.30 The Big Bang Theory.
10.45 Coast.	09.55 The Big Bang Theory.
11.45 FILM: The Diary of Anne Frank (1959).	10.25 The Simpsons.
14.30 Bowls: World Championships.	10.55 The Simpsons.
16.30 Nature's Epic Journeys.	11.25 The Simpsons.
17.30 Back in Time for School.	11.55 Four in a Bed.
18.30 The Victorian House of Arts and Crafts.	12.25 Four in a Bed.
19.30 Chris Packham: In Search of the Lost Girl.	12.55 Four in a Bed.
20.30 Dad's Army.	13.25 Four in a Bed.
21.00 Antony Gormley: How Art Began.	13.55 Four in a Bed.
22.15 Live at the Apollo.	14.25 A Place in the Sun: Winter Sun.
22.45 FILM: BROS: After the Screaming Stops (2018).	15.30 Sun, Sea and Brides to Be.
00.15 Bowls: World Championships Highlights.	16.30 Location, Location, Location.
01.15 FILM: First Snow (2006).	17.35 The Secret Life of the Zoo.

ITV London

06.00 CITV.	19.00 Wild Brazil.
07.30 Scrambled!: Scrambled!	20.00 Tiger Island: Natural World.
07.35 Scrambled!: The Tom and Jerry Show.	21.00 FILM: Son of Saul (2015).
07.50 Scrambled!: The Powerpuff Girls.	22.40 Top of the Pops: 1987.
08.10 Scrambled!: ToonMarty.	23.10 Top of the Pops: 1987.
08.30 Scrambled!: Marvel Ultimate Spider-Man vs the Sinister Six.	23.45 Prog Rock at the BBC.
09.05 Scrambled!: Mighty Magiswords!	00.45 On Guitar - Lenny Kaye!
	01.45 Wild Brazil.
	02.45 Tiger Island: Natural World.
	03.45 Close.

BBC Four

06.00 Breakfast.	08.10 Scrambled!: Mr Bean: The Animated Series.
08.40 MOTD: FA Cup Highlights.	08.30 Scrambled!: Spy School.
10.00 The Andrew Marr Show.	09.05 Scrambled!: Mighty Magiswords!
11.00 Sunday Politics.	09.25 ITV News.
11.30 The Big Questions.	09.30 Parveen's Indian Kitchen.
12.30 Homes Under the Hammer.	10.30 This Morning - On Sunday.
13.00 BBC News; Weather.	11.30 Ainsley's Caribbean Kitchen.
13.15 Songs of Praise.	12.30 ITV News and Weather; Weather.
13.50 Porridge.	12.50 The Voice UK.
14.20 Tennis: Australian Open Highlights.	14.15 FILM: From Russia with Love (1963).
15.50 Escape to the Country.	16.30 ITV News and Weather.
16.20 Countryfile.	16.45 ITV News London; Weather.
17.20 BBC News.	17.00 The Chase.
17.35 BBC Regional News; Weather.	18.00 Dancing on Ice.
17.45 Match of the Day Live: The FA Cup.	20.00 Vera.
20.00 Call the Midwife.	22.00 ITV News and Weather; Weather.
21.00 Les Miserables.	22.15 Unbelievable Moments Caught on Camera.
22.00 BBC News.	23.10 Cold Feet.
22.20 BBC Regional News; Weather.	00.05 Tenable.
22.30 MOTD: FA Cup Highlights.	
23.00 The Women's Football Show.	
23.35 FILM: Dream House (2011).	
01.00 Weather for the Week Ahead.	
01.05 BBC News.	

ITV London

06.00 CITV.	07.30 Scrambled!: Scrambled!
07.30 Scrambled!: Scrambled!	07.35 Scrambled!: The Tom and Jerry Show.
07.50 Scrambled!: The Powerpuff Girls.	08.10 Scrambled!: ToonMarty.
08.30 Scrambled!: Marvel Ultimate Spider-Man vs the Sinister Six.	09.05 Scrambled!: Mighty Magiswords!

SUNDAY 27/01/19

BBC One	08.10 Scrambled!: Mr Bean: The Animated Series.
06.00 Breakfast.	08.30 Scrambled!: Spy School.
08.40 MOTD: FA Cup Highlights.	09.05 Scrambled!: Mighty Magiswords!
10.00 The Andrew Marr Show.	09.25 ITV News.
11.00 Sunday Politics.	09.30 Parveen's Indian Kitchen.
11.30 The Big Questions.	10.30 This Morning - On Sunday.
12.30 Homes Under the Hammer.	11.30 Ainsley's Caribbean Kitchen.
13.00 BBC News; Weather.	12.30 ITV News and Weather; Weather.
13.15 Songs of Praise.	12.50 The Voice UK.
13.50 Porridge.	14.15 FILM: From Russia with Love (1963).
14.20 Tennis: Australian Open Highlights.	16.30 ITV News and Weather.
15.50 Escape to the Country.	16.45 ITV News London; Weather.
16.20 Countryfile.	17.00 The Chase.
17.20 BBC News.	18.00 Dancing on Ice.
17.35 BBC Regional News; Weather.	20.00 Vera.
17.45 Match of the Day Live: The FA Cup.	22.00 ITV News and Weather; Weather.
20.00 Call the Midwife.	22.15 Unbelievable Moments Caught on Camera.
21.00 Les Miserables.	23.10 Cold Feet.
22.00 BBC News.	00.05 Tenable.
22.20 BBC Regional News; Weather.	
22.30 MOTD: FA Cup Highlights.	
23.00 The Women's Football Show.	
23.35 FILM: Dream House (2011).	
01.00 Weather for the Week Ahead.	
01.05 BBC News.	

Channel 4

BBC Two England	06.20 The King of Queens.
06.45 The King of Queens.	07.10 Everybody Loves Raymond.
07.10 Everybody Loves Raymond.	07.35 Everybody Loves Raymond.
08.00 Frasier.	08.30 Frasier.
08.30 Frasier.	09.00 Frasier.
09.00 Frasier.	09.30 Sunday Brunch.
09.30 Sunday Brunch.	12.30 The Simpsons.
12.30 The Simpsons.	13.00 The Simpsons.
13.00 The Simpsons.	13.25 The Simpsons.
13.25 The Simpsons.	13.55 The Simpsons.
14.25 The Simpsons.	14.50 FILM: Robots (2005).
14.50 FILM: Robots (2005).	16.35 FILM: How to Train Your Dragon (2010).
16.35 FILM: How to Train Your Dragon (2010).	18.30 Channel 4 News.
18.30 Channel 4 News.	19.00 Escape to the Chateau.
19.00 Escape to the Chateau.	20.00 George Clarke's Amazing Spaces.
20.00 George Clarke's Amazing Spaces.	21.00 SAS: Who Dares Wins.
21.00 SAS: Who Dares Wins.	22.00 8 Out of 10 Cats Does Countdown.
22.00 8 Out of 10 Cats Does Countdown.	23.00 Ride Upon the Storm.
23.00 Ride Upon the Storm.	00.15 FILM: Promised Land (2013).
00.15 FILM: Promised Land (2013).	02.10 Flying Across Britain with Arthur Williams.

BBC Four

19.00 Indian Hill Railways.	20.00 The Hector: From Scotland to Nova Scotia.
20.00 The Hector: From Scotland to Nova Scotia.	21.00 H Is for Hawk: A New Chapter - Natural World.
21.00 H Is for Hawk: A New Chapter - Natural World.	22.00 Speechless.
22.00 Speechless.	23.00 FILM: Timbuktu (2014).
23.00 FILM: Timbuktu (2014).	00.30 The Riviera: A History in Pictures.
00.30 The Riviera: A History in Pictures.	01.30 Andrew Davies: Rewriting the Classics.
01.30 Andrew Davies: Rewriting the Classics.	02.30 The Hector: From Scotland to Nova Scotia.
02.30 The Hector: From Scotland to Nova Scotia.	03.30 Close.

ITV London

06.00 CITV.	07.30 Scrambled!: Scrambled!
07.30 Scrambled!: Scrambled!	07.35 Scrambled!: The Tom and Jerry Show.
07.50 Scrambled!: The Powerpuff Girls.	08.10 Scrambled!: ToonMarty.
08.30 Scrambled!: Marvel Ultimate Spider-Man vs the Sinister Six.	09.05 Scrambled!: Mighty Magiswords!

ITV London

06.00 Good Morning Britain.	08.30 Lorraine.
08.30 Lorraine.	09.25 The Jeremy Kyle Show.
09.25 The Jeremy Kyle Show.	10.30 This Morning.

MONDAY 28/01/19

BBC One	12.30 Loose Women.
06.00 Breakfast.	13.30 ITV Lunchtime News; Weather.
09.15 Rip Off Britain: Holidays.	13.55 ITV News London; Weather.
10.00 Homes Under the Hammer.	14.00 Judge Rinder.
11.00 Wanted Down Under.	15.00 Tenable.
11.45 Caught Red Handed.	15.59 ITV London Weather.
12.15 Bargain Hunt.	16.00 Tipping Point.
13.00 BBC News at One; Weather.	17.00 The Chase.
13.30 BBC Regional News and Weather.	18.00 ITV News London; Weather.
13.45 Doctors.	18.30 ITV Evening News; Weather.
14.15 Father Brown.	19.00 Emmerdale.
15.00 Escape to the Country.	19.30 Coronation Street.
15.45 The Farmers' Country Showdown.	20.00 The Martin Lewis Money Show.
16.30 Antiques Road Trip.	20.30 Coronation Street.
17.15 Pointless.	21.00 Cold Feet.
18.00 BBC News at Six; Weather.	22.00 ITV News at Ten; Weather.
18.30 BBC Regional News and Weather.	22.30 ITV News London; Weather.
19.00 The One Show.	22.45 The Paras: Men of War.
19.30 Inside Out.	23.45 Killer Women with Piers Morgan.
20.00 EastEnders.	00.35 Tenable.
20.30 Panorama.	
21.00 Silent Witness.	
22.00 BBC News at Ten.	
22.30 BBC Regional News and Weather.	
22.45 Imagine - Jo Brand: No Holds Barred.	
23.45 The Graham Norton Show.	
00.35 Weather for the Week Ahead.	
00.40 BBC News.	

Channel 4

BBC Two England	06.30 The King of Queens.
06.55 The King of Queens.	07.20 The King of Queens.
07.20 The King of Queens.	07.45 Everybody Loves Raymond.
07.45 Everybody Loves Raymond.	08.10 Everybody Loves Raymond.
08.10 Everybody Loves Raymond.	08.40 Frasier.
08.40 Frasier.	09.10 Frasier.
09.10 Frasier.	09.40 Frasier.
09.40 Frasier.	10.10 Ramsay's Kitchen Nightmares USA.
10.10 Ramsay's Kitchen Nightmares USA.	11.05 Undercover Boss USA.
11.05 Undercover Boss USA.	12.00 Channel 4 News Summary.
12.00 Channel 4 News Summary.	12.05 Sun, Sea and Selling Houses.
12.05 Sun, Sea and Selling Houses.	13.05 Find It, Fix It, Flog It.
13.05 Find It, Fix It, Flog It.	14.10 Countdown.
14.10 Countdown.	15.00 A Place in the Sun: Winter Sun.
15.00 A Place in the Sun: Winter Sun.	16.00 The #100k Drop.
16.00 The #100k Drop.	17.00 Couples Come Dine with Me.
17.00 Couples Come Dine with Me.	18.00 The Simpsons.
18.00 The Simpsons.	18.30 Hollyoaks.
18.30 Hollyoaks.	19.00 Channel 4 News.
19.00 Channel 4 News.	20.00 How to Lose Weight Well.
20.00 How to Lose Weight Well.	21.00 Steph & Dom: Can Cannabis Save Our Son?
21.00 Steph & Dom: Can Cannabis Save Our Son?	22.00 999: What's Your Emergency?
22.00 999: What's Your Emergency?	23.05 First Dates.
23.05 First Dates.	00.05 Ramsay's Kitchen Nightmares USA.
00.05 Ramsay's Kitchen Nightmares USA.	01.00 Flying Across Britain with Arthur Williams.
01.00 Flying Across Britain with Arthur Williams.	01.55 Selling Houses with Amanda Lamb.

BBC Four

19.00 Indian Hill Railways.	20.00 The Hector: From Scotland to Nova Scotia.
20.00 The Hector: From Scotland to Nova Scotia.	21.00 H Is for Hawk: A New Chapter - Natural World.
21.00 H Is for Hawk: A New Chapter - Natural World.	22.00 Speechless.
22.00 Speechless.	23.00 FILM: Timbuktu (2014).
23.00 FILM: Timbuktu (2014).	00.30 The Riviera: A History in Pictures.
00.30 The Riviera: A History in Pictures.	01.30 Andrew Davies: Rewriting the Classics.
01.30 Andrew Davies: Rewriting the Classics.	02.30 The Hector: From Scotland to Nova Scotia.
02.30 The Hector: From Scotland to Nova Scotia.	03.30 Close.

ITV London

06.00 Good Morning Britain.	08.30 Lorraine.
08.30 Lorraine.	09.25 The Jeremy Kyle Show.
09.25 The Jeremy Kyle Show.	10.30 This Morning.

ITV London

06.00 Good Morning Britain.	08.30 Lorraine.
08.30 Lorraine.	09.25 The Jeremy Kyle Show.
09.25 The Jeremy Kyle Show.	10.30 This Morning.
10.30 This Morning.	12.30 Loose Women.
12.30 Loose Women.	13.30 ITV Lunchtime News; Weather.
13.30 ITV Lunchtime News; Weather.	13.55 ITV News London; Weather.
13.55 ITV News London; Weather.	14.00 Judge Rinder.

TUESDAY 29/01/19

BBC One	06.00 Breakfast.
06.00 Breakfast.	09.15 Rip Off Britain: Holidays.
09.15 Rip Off Britain: Holidays.	10.00 Homes Under the Hammer.
10.00 Homes Under the Hammer.	11.00 Wanted Down Under.
11.00 Wanted Down Under.	11.45 Caught Red Handed.
11.45 Caught Red Handed.	12.15 Bargain Hunt.
12.15 Bargain Hunt.	13.00 BBC News at One; Weather.
13.00 BBC News at One; Weather.	13.30 BBC Regional News and Weather.
13.45 Doctors.	14.15 Father Brown.
14.15 Father Brown.	15.00 Escape to the Country.
15.00 Escape to the Country.	15.45 The Farmers' Country Showdown.
15.45 The Farmers' Country Showdown.	16.30 Antiques Road Trip.
16.30 Antiques Road Trip.	17.15 Pointless.
17.15 Pointless.	18.00 BBC News at Six; Weather.
18.00 BBC News at Six; Weather.	18.30 BBC Regional News and Weather.
18.30 BBC Regional News and Weather.	19.00 The One Show.
19.00 The One Show.	19.30 EastEnders.
19.30 EastEnders.	20.00 Hollyoaks.
20.00 Hollyoaks.	21.00 Silent Witness.
21.00 Silent Witness.	22.00 BBC News at Ten.
22.00 BBC News at Ten.	22.30 BBC Regional News and Weather; National Lottery Update.
22.30 BBC Regional News and Weather; National Lottery Update.	22.45 Danny Dyer's Right Royal Family.
22.45 Danny Dyer's Right Royal Family.	23.45 Stacey Dooley Investigates: Young Sex for Sale in Japan.
23.45 Stacey Dooley Investigates: Young Sex for Sale in Japan.	00.40 Weather for the Week Ahead.

BBC Two England

06.00 Island Medics.	06.30 Wanted Down Under.
06.30 Wanted Down Under.	07.15 The Farmers' Country Showdown.
07.15 The Farmers' Country Showdown.	08.00 Sign Zone: MasterChef: The Professionals.
08.00 Sign Zone: MasterChef: The Professionals.	09.00 BBC News at 9.
09.00 BBC News at 9.	10.00 Victoria Derbyshire.
10.00 Victoria Derbyshire.	11.00 BBC Newsroom Live.
11.00 BBC Newsroom Live.	12.15 Politics Live.
12.15 Politics Live.	13.00 A Very British Renaissance.
13.00 A Very British Renaissance.	14.00 Who Do You Think You Are?
14.00 Who Do You Think You Are?	15.00 A Place to Call Home.
15.00 A Place to Call Home.	15.50 Nick Baker's Wild West.
15.50 Nick Baker's Wild West.	16.25 Natural World: The Unnatural History of London.
16.25 Natural World: The Unnatural History of London.	17.15 Flog It!
17.15 Flog It!	18.00 Eggheads.
18.00 Eggheads.	18.30 Great Canadian Railway Journeys.
18.30 Great Canadian Railway Journeys.	19.00 Celebrity Antiques Road Trip.
19.00 Celebrity Antiques Road Trip.	20.00 Winterwatch 2019.
20.00 Winterwatch 2019.	21.00 Icons: The Greatest Person of the 20th Century.
21.00 Icons: The Greatest Person of the 20th Century.	22.00 Mock the Week.
22.00 Mock the Week.	22.30 Newsnight.
22.30 Newsnight.	23.10 Weather.
23.10 Weather.	23.15 The Prosecutors: Prisons, Drugs and Drones.
23.15 The Prosecutors: Prisons, Drugs and Drones.	00.15 The Prosecutors: Modern Day Slavery.
00.15 The Prosecutors: Modern Day Slavery.	01.15 Sign Zone: Nile: Earth's Great Rivers.
01.15 Sign Zone: Nile: Earth's Great Rivers.	02.15 Sign Zone: The Farmers' Country Showdown.

BBC Four

19.00 Indian Hill Railways.	20.00 The Hector: From Scotland to Nova Scotia.
20.00 The Hector: From Scotland to Nova Scotia.	21.00 H Is for Hawk: A New Chapter - Natural World.
21.00 H Is for Hawk: A New Chapter - Natural World.	22.00 Speechless.
22.00 Speechless.	23.00 FILM: Timbuktu (2014).
23.00 FILM: Timbuktu (2014).	00.30 The Riviera: A History in Pictures.
00.30 The Riviera: A History in Pictures.	01.30 Andrew Davies: Rewriting the Classics.
01.30 Andrew Davies: Rewriting the Classics.	02.30 The Hector: From Scotland to Nova Scotia.
02.30 The Hector: From Scotland to Nova Scotia.	03.30 Close.

ITV London

06.00 Good Morning Britain.	08.30 Lorraine.
08.30 Lorraine.	09.25 The Jeremy Kyle Show.
09.25 The Jeremy Kyle Show.	10.30 This Morning.
10.30 This Morning.	12.30 Loose Women.
12.30 Loose Women.	13.30 ITV Lunchtime News; Weather.
13.30 ITV Lunchtime News; Weather.	13.55 ITV News London; Weather.
13.55 ITV News London; Weather.	14.00 Judge Rinder.

Inside Europe:

10 Years of Turmoil (Monday BBC2, 9pm)

Brexit

01/19

- 15.00 Tenable.
 - 15.59 ITV London Weather.
 - 16.00 Tipping Point.
 - 17.00 The Chase.
 - 18.00 ITV News London; Weather.
 - 18.30 ITV Evening News; Weather.
 - 19.00 Emmerdale.
 - 19.30 Britain's Top 100 Dogs Live: 2019.
 - 22.00 ITV News at Ten; Weather.
 - 22.30 ITV News London; Weather.
 - 22.45 Bradley Walsh & Son: Breaking Dad.
- Channel 4**
- 06.30 The King of Queens.
 - 06.55 The King of Queens.
 - 07.20 The King of Queens.
 - 07.45 Everybody Loves Raymond.
 - 08.10 Everybody Loves Raymond.
 - 08.40 Frasier.
 - 09.10 Frasier.
 - 09.40 Frasier.
 - 10.10 Ramsay's Kitchen Nightmares USA.
 - 11.05 Undercover Boss USA.
 - 12.00 Channel 4 News Summary.
 - 12.05 Sun, Sea and Selling Houses.
 - 13.05 Find It, Fix It, Flog It.
 - 14.10 Countdown.
 - 15.00 A Place in the Sun: Winter Sun.
 - 16.00 The #100k Drop.
 - 17.00 Couples Come Dine with Me.
 - 18.00 The Simpsons.
 - 18.30 Hollyoaks.
 - 19.00 Channel 4 News.
 - 20.00 The Secret Life of 5 Year Olds.
 - 21.00 24 Hours in A&E.
 - 22.00 Catastrophe.
 - 22.35 Naked Attraction.
 - 23.35 SAS: Who Dares Wins.
 - 00.30 Hunted.
 - 01.25 How to Lose Weight Well.
 - 02.20 Selling Houses with Amanda Lamb.
 - 03.15 Come Dine with Me.
 - 04.10 Jamie's Quick & Easy Food.
- BBC Four**
- 19.00 Beyond 100 Days; Weather.
 - 19.30 Pubs, Ponds and Power: The Story of the Village.
 - 20.00 The Incredible Human Journey.
 - 21.00 Kate Humble: Living with Nomads.
 - 22.00 Snowdonia - A Year in the Wild.
 - 23.00 Bright Lights, Brilliant Minds: A Tale of Three Cities.
 - 00.00 The Brits Who Built the Modern World.
 - 01.00 Freud: Genius of the Modern World.
 - 02.00 The Incredible Human Journey.
 - 03.00 Kate Humble: Living with Nomads.
 - 04.00 Close.

WEDNESDAY 30/01/19

- BBC One**
- 06.00 Breakfast.
 - 09.15 Rip Off Britain: Holidays.
 - 10.00 Homes Under the Hammer.
 - 11.00 Wanted Down Under.
 - 11.45 Caught Red Handed.
 - 12.15 Bargain Hunt.
 - 13.00 BBC News at One; Weather.
 - 13.30 BBC Regional News and Weather.
 - 13.45 Doctors.
 - 14.15 Father Brown.
 - 15.00 Escape to the Country.
 - 15.45 The Farmers' Country Showdown.
 - 16.30 Antiques Road Trip.
 - 17.15 Pointless.
 - 18.00 BBC News at Six; Weather.
 - 18.30 BBC Regional News and Weather.
 - 19.00 The One Show.
 - 20.00 The Truth About Antibiotics.
 - 21.00 Danny Dyer's Right Royal Family.
 - 22.00 BBC News at Ten.
 - 22.30 BBC Regional News and Weather; National Lottery Update.
 - 22.45 Match of the Day.
- BBC Two England**
- 06.00 Heir Hunters.
 - 06.30 Wanted Down Under.
 - 07.15 The Farmers' Country Showdown.
 - 08.00 Sign Zone: See Hear on Tour: Barcelona.
 - 08.30 Sign Zone: Great British Menu.
 - 09.00 BBC News at 9.
 - 10.00 Victoria Derbyshire.
 - 11.00 BBC Newsroom Live.
 - 11.15 Politics Live.
 - 13.00 A Very British Renaissance.
 - 14.00 Who Do You Think You Are?
 - 15.00 A Place to Call Home.
 - 15.50 Nick Baker's Wild West.
 - 16.20 Natural World: Meet the Monkeys.
 - 17.15 Flog It!
 - 18.00 Eggheads.
 - 18.30 Great Canadian Railway Journeys.
 - 19.00 Celebrity Antiques Road Trip.
 - 20.00 Tom Kerridge's Fresh Start.
 - 20.30 The Twinstitute.
 - 21.00 Winterwatch 2019.
 - 22.00 Insert Name Here.
 - 22.30 Newsnight.
 - 23.10 Weather.
 - 23.15 The Babes in the Wood Murders: The Prosecutors.
 - 00.15 Sign Zone: See Hear on Tour: Barcelona.
- ITV London**
- 06.00 Good Morning Britain.
 - 08.30 Lorraine.
 - 09.25 The Jeremy Kyle Show.
 - 10.30 This Morning.
 - 12.30 Loose Women.
 - 13.30 ITV Lunchtime News; Weather.
 - 13.55 ITV News London; Weather.
- BBC One**
- 14.00 Judge Rinder.
 - 15.00 Tenable.
 - 15.59 ITV London Weather.
 - 16.00 Tipping Point.
 - 17.00 The Chase.
 - 18.00 ITV News London; Weather.
 - 18.30 ITV Evening News; Weather.
 - 19.00 Emmerdale.
 - 19.30 Coronation Street.
 - 20.00 Britain's Brightest Family.
 - 20.30 Coronation Street.
 - 21.00 Cleaning Up.
 - 22.00 ITV News at Ten; Weather.
 - 22.30 ITV News London; Weather.
 - 22.45 Peston.
 - 23.45 The Cruise: Shanghai to Sydney.
- Channel 4**
- 06.30 The King of Queens.
 - 06.55 The King of Queens.
 - 07.20 The King of Queens.
 - 07.45 Everybody Loves Raymond.
 - 08.10 Everybody Loves Raymond.
 - 08.40 Frasier.
 - 09.10 Frasier.
 - 09.45 Frasier.
 - 10.10 Ramsay's Kitchen Nightmares USA.
 - 11.05 Undercover Boss USA.
 - 12.00 Channel 4 News Summary.
 - 12.05 Sun, Sea and Selling Houses.
 - 13.05 Find It, Fix It, Flog It.
 - 14.10 Countdown.
 - 15.00 A Place in the Sun: Winter Sun.
 - 16.00 The #100k Drop.
 - 17.00 Couples Come Dine with Me.
 - 18.00 The Simpsons.
 - 18.30 Hollyoaks.
 - 19.00 Channel 4 News.
 - 20.00 Kirstie and Phil's Love It or List It.
 - 21.00 The Undateables.
 - 22.00 Pure.
 - 22.45 24 Hours in A&E.
 - 23.45 Shut-Ins: Britain's Fattest People.
 - 00.45 Ramsay's Kitchen Nightmares USA.
 - 01.40 FILM: Magic Magic (2013).
- BBC Four**
- 19.00 Beyond 100 Days; Weather.
 - 19.30 Pubs, Ponds and Power: The Story of the Village.
 - 20.00 Bullets, Boots and Bandages: How to Really Win at War.
 - 21.00 Andrew Marr's History of Modern Britain.
 - 22.00 How We Built Britain.
 - 23.00 Castles - Britain's Fortified History.
 - 00.00 Immortal Egypt with Joann Fletcher.
 - 01.00 Hokusai: Old Man Crazy to Paint.
 - 02.00 Pubs, Ponds and Power: The Story of the Village.
 - 02.30 Pubs, Ponds and Power: The Story of the Village.
 - 03.00 Andrew Marr's History of Modern Britain.

THURSDAY 31/01/19

- BBC One**
- 06.00 Breakfast.
 - 09.15 Rip Off Britain: Holidays.
 - 10.00 Homes Under the Hammer.
 - 11.00 Wanted Down Under.
 - 11.45 Caught Red Handed.
 - 12.15 Bargain Hunt.
 - 13.00 BBC News at One; Weather.
 - 13.30 BBC Regional News and Weather.
 - 13.45 Doctors.
 - 14.15 Father Brown.
 - 15.00 Escape to the Country.
 - 15.45 The Farmers' Country Showdown.
 - 16.30 Antiques Road Trip.
 - 17.15 Pointless.
 - 18.00 BBC News at Six; Weather.
 - 18.30 BBC Regional News and Weather.
 - 19.00 The One Show.
 - 19.30 EastEnders.
 - 20.00 Would I Lie to You? The Best Bits.
 - 20.30 EastEnders.
 - 21.00 Death in Paradise.
 - 22.00 BBC News at Ten.
 - 22.30 BBC Regional News and Weather.
 - 22.45 Question Time.
 - 23.45 This Week.
 - 00.30 Weather for the Week Ahead.
- BBC Two England**
- 06.00 Heir Hunters.
 - 06.30 Wanted Down Under.
 - 07.15 The Farmers' Country Showdown.
 - 08.00 Sign Zone: MasterChef: The Professionals.
 - 09.00 BBC News at 9.
 - 10.00 Victoria Derbyshire.
 - 11.00 BBC Newsroom Live.
 - 12.15 Politics Live.
 - 13.00 Coast.
 - 14.00 Built in Britain.
 - 15.00 A Place to Call Home.
 - 15.45 The Wonder of Animals.
 - 16.15 Natural World: Penguin Post Office.
 - 17.15 Flog It!
 - 18.00 Eggheads.
 - 18.30 Great Canadian Railway Journeys.
 - 19.00 Celebrity Antiques Road Trip.
 - 20.00 Winterwatch 2019.
 - 21.00 Hospital.
 - 22.00 Better Things.
 - 22.25 Romesh: Talking to Comedians.
 - 22.30 Newsnight.
 - 23.10 Weather.
 - 23.15 Performance Live: LOVE.
 - 00.15 Antony Gormley: How Art Began.
 - 01.30 Sign Zone: Back in Time for School.
 - 02.30 Sign Zone: The Farmers' Country Showdown.
- ITV London**
- 06.00 Good Morning Britain.
 - 08.30 Lorraine.
 - 09.25 The Jeremy Kyle Show.
 - 10.30 This Morning.
 - 12.30 Loose Women.
 - 13.30 ITV Lunchtime News; Weather.
- BBC One**
- 13.55 ITV News London; Weather.
 - 14.00 Judge Rinder.
 - 15.00 Tenable.
 - 15.59 ITV London Weather.
 - 16.00 Tipping Point.
 - 17.00 The Chase.
 - 18.00 ITV News London; Weather.
 - 18.30 ITV Evening News; Weather.
 - 19.00 Emmerdale.
 - 19.30 Your Body, Your Stress - Tonight.
 - 20.00 Emmerdale.
 - 20.30 The Cruise: Shanghai to Sydney.
 - 21.00 Fred and Rose West: The Real Story with Trevor McDonald.
 - 22.00 ITV News at Ten; Weather.
 - 22.30 ITV News London; Weather.
 - 22.45 Grantchester.
 - 23.45 Tenable.
 - 00.35 Jackpot247.
- Channel 4**
- 06.30 The King of Queens.
 - 06.55 The King of Queens.
 - 07.20 The King of Queens.
 - 07.45 Everybody Loves Raymond.
 - 08.10 Everybody Loves Raymond.
 - 08.40 Frasier.
 - 09.10 Frasier.
 - 09.40 Frasier.
 - 10.10 Ramsay's Kitchen Nightmares USA.
 - 11.05 Undercover Boss USA.
 - 12.00 Channel 4 News Summary.
 - 12.05 Sun, Sea and Selling Houses.
 - 13.05 Find It, Fix It, Flog It.
 - 14.10 Countdown.
 - 15.00 A Place in the Sun: Winter Sun.
 - 16.00 The #100k Drop.
 - 17.00 Couples Come Dine with Me.
 - 18.00 The Simpsons.
 - 18.30 Hollyoaks.
 - 19.00 Channel 4 News.
 - 20.00 The Secret Life of the Zoo.
 - 21.00 Hunted.
 - 22.00 Flirty Dancing.
 - 22.55 The Undateables.
 - 23.55 Steph & Dom: Can Cannabis Save Our Son?
 - 00.55 Pure.
 - 01.35 The Crystal Maze.
- BBC Four**
- 19.00 Beyond 100 Days; Weather.
 - 19.30 Top of the Pops: 1987.
 - 20.00 Wonders of Life.
 - 21.00 American History's Biggest Fibs with Lucy Worsley.
 - 22.00 Britain's Treasure Islands.
 - 23.00 Bill Bailey's Jungle Hero.
 - 00.00 Top of the Pops: 1987.
 - 00.30 Arena: Loretta Lynn - Still a Mountain Girl.
 - 02.00 Wonders of Life.
 - 03.00 American History's Biggest Fibs with Lucy Worsley.
 - 04.00 Close.

FRIDAY 01/02/19

- BBC One**
- 06.00 Breakfast.
 - 09.15 Rip Off Britain: Holidays.
 - 10.00 Homes Under the Hammer.
 - 11.00 Wanted Down Under.
 - 11.45 Caught Red Handed.
 - 12.15 Bargain Hunt.
 - 13.00 BBC News at One; Weather.
 - 13.30 BBC Regional News and Weather.
 - 13.45 Doctors.
 - 14.15 Father Brown.
 - 15.00 Escape to the Country.
 - 15.45 The Farmers' Country Showdown.
 - 16.30 Antiques Road Trip.
 - 17.15 Pointless.
 - 18.00 BBC News at Six; Weather.
 - 18.30 BBC Regional News and Weather.
 - 19.00 The One Show.
 - 19.25 Live Six Nations Rugby Union.
 - 22.00 BBC News at Ten.
 - 22.25 BBC Regional News and Weather; National Lottery Update.
 - 22.35 The Graham Norton Show.
 - 23.25 Cuckoo.
 - 23.50 FILM: Shanghai Knights (2003).
 - 01.40 Weather for the Week Ahead.
 - 01.45 BBC News.
- BBC Two England**
- 06.00 Heir Hunters.
 - 06.30 Wanted Down Under.
 - 07.15 The Farmers' Country Showdown.
 - 08.00 Sign Zone: Antiques Roadshow.
 - 09.00 BBC News at 9.
 - 10.00 Victoria Derbyshire.
 - 11.00 BBC Newsroom Live.
 - 12.15 Politics Live.
 - 13.00 Coast.
 - 14.00 Built in Britain.
 - 15.00 A Place to Call Home.
 - 15.50 The Wonder of Animals.
 - 16.20 Natural World: Jimmy and the Wild Honey Hunters.
 - 17.15 Flog It!
 - 18.00 Eggheads.
 - 18.30 Great Canadian Railway Journeys.
 - 19.00 Grand Tours of Scotland's Lochs.
 - 20.00 Mastermind.
 - 20.00 Winterwatch 2019.
 - 21.00 The Victorian House of Arts and Crafts.
 - 22.00 QI.
 - 22.30 Newsnight.
 - 23.00 Weather.
 - 23.05 Front Row Late.
 - 23.45 Germaine Bloody Greer.
 - 00.45 Better Things.
 - 01.05 Sign Zone: Panorama.
 - 01.35 Sign Zone: My Million Pound Menu.
- ITV London**
- 06.00 Good Morning Britain.
 - 08.30 Lorraine.
 - 09.25 The Jeremy Kyle Show.
 - 10.30 This Morning.
 - 12.30 Loose Women.
- BBC One**
- 13.30 ITV Lunchtime News; Weather.
 - 13.55 ITV News London; Weather.
 - 14.00 Judge Rinder.
 - 15.00 Tenable.
 - 15.59 ITV London Weather.
 - 16.00 Tipping Point.
 - 17.00 The Chase.
 - 18.00 ITV News London; Weather.
 - 18.30 ITV Evening News; Weather.
 - 19.00 Emmerdale.
 - 19.30 Coronation Street.
 - 20.00 Jeremy Wade's Mighty Rivers.
 - 20.30 Coronation Street.
 - 21.00 Grantchester.
 - 22.00 ITV News at Ten; Weather.
 - 22.30 ITV News London; Weather.
 - 22.45 Through the Keyhole.
 - 23.45 Tenable.
- Channel 4**
- 06.30 The King of Queens.
 - 06.55 The King of Queens.
 - 07.20 The King of Queens.
 - 07.45 Everybody Loves Raymond.
 - 08.10 Everybody Loves Raymond.
 - 08.40 Frasier.
 - 09.10 Frasier.
 - 09.40 Frasier.
 - 10.10 Ramsay's Kitchen Nightmares USA.
 - 11.05 Undercover Boss USA.
 - 12.00 Channel 4 News Summary.
 - 12.05 Sun, Sea and Selling Houses.
 - 13.05 Find It, Fix It, Flog It.
 - 14.10 Countdown.
 - 15.00 A Place in the Sun: Winter Sun.
 - 16.00 The #100k Drop.
 - 17.00 Couples Come Dine with Me.
 - 18.00 The Simpsons.
 - 18.30 Hollyoaks.
 - 19.00 Channel 4 News.
 - 20.00 Jamie and Jimmy's Friday Night Feast.
 - 21.00 8 Out of 10 Cats Does Countdown.
 - 22.00 The Last Leg.
 - 23.05 Rude Tube.
 - 00.05 The Real Football Fan Show.
 - 00.35 FILM: American Mary (2012).
- BBC Four**
- 19.00 World News Today; Weather.
 - 19.30 Top of the Pops: 1987.
 - 20.00 Classic Album: American Pie - Don McLean.
 - 21.00 Buddy Holly: Rave On.
 - 22.00 Friday Night Jukebox Live! - The BBC Four Request Show.
 - 23.30 How to Make a Number One Record.
 - 00.30 Top of the Pops: 1987.
 - 01.00 Crooners at the BBC.
 - 02.00 Classic Album: American Pie - Don McLean.
 - 03.00 Buddy Holly: Rave On.
 - 04.00 Close.

Online shopping? Direct

★ Removals ★ Freight and logistics ★ Storage ★ UK online shopping ★ Weekly UK-PT service ★

direct
TRANSPORT & REMOVALS



Follow us on Facebook Contact us at: +351 282 313 966
info@directtransport.net www.directtransport.net

Books

ALGARVE BOOK CELLAR



Edifício "O Galeão" Loja 1 & 2
Rua dos Pescadores
8400-512 CARVOEIRO LAGOA
282 354 310
Tue - Fri 9.30 - 5.00
Sat: 9.30am - 2.00pm
raymond.compton@gmail.com

English Language
Book Exchange
Refunds on return
New books to order
Audio Books
C.D.'s Cards
DVD's

Bureaucratic Services



ALGARVE ASSISTANTS

Rua Mar e Guerra Nº 75 A Braciais
8005-424 Braciais - Faro
Faro office 00351 289 816 390
Mobile 00351 967 486 011
info@algarveassistants.com
www.algarveassistants.com

*Are you moving to Portugal?
We can help you!*

- Non Habitual Residency Tax Status
- Rental licenses
- Vehicle Matriculation
- Fiscal representation
- Exchange or Register Driving Licences
- Accountancy and Tax advise

Drains

Blocked Drains? Call: ANDY

Tel/Fax 282 471 335
Mobile 918 647 305



Power Jetting | Camera Inspection
Drain Repair | Root Removal
Drain Reconstruction
New equipment for Improved Service:
Mini Digger with Operator
New Sewer Drains
Septic Tank & Soak-aways

DRAIN KING



Interiors & Furnishings

Furniture World

Tables, Chairs, Beds, Chests, Wardrobes,
Coffee Tables, Bookcases



Turn your house into a home



www.furnitureworld.pt

Tel: 282 798 263

Urb. da Marateca
Lote 5, Chincato, Lagos

THE BED WAREHOUSE

TOP QUALITY BRITISH BEDS
OR JUST MATTRESSES AT UNBEATABLE PRICES



- All sizes- specialising in SUPER KING
- Wood Frame
- Metal Frame
- Drawer Divans
- Ottoman Storage Beds (*all sizes)
- Guest Beds
- Children's Beds
- Orthopaedic
- Pocket sprung, Memory Foam, pillow top etc.

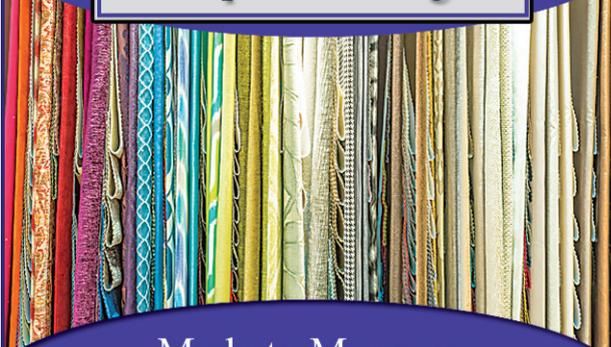
VISIT THE SHOWROOM ON EN125 LAGOA

TEL: 918 780 783 OPEN Mon to Fri 10am-5pm
Sat - 10am-2pm
email: bedwarehousepain@hotmail.com
www.bedwarehousepain.com

All top brands, bankrupt stock including Sealy, Silentnight, Reylon, Rest Assured, etc
NOW STOCKING TOP NAME BRITISH SOFAS SUCH AS HARVEYS, NEXT, DFS ETC.



The Curtain Centre Carpets and Rugs



Made to Measure:

- Curtains • Blinds • Carpets • Rugs
- Tracks / Poles • Upholstery - All supplied and fitted



Open Monday - Friday 10am - 5pm
Estrada das Escanxinas • Loja B, Edif. Mendonça
Pereiras 8135-127 Almancil
Tel 289 355 442 • email: thecurtaincentre@gmail.com

BEDROOMS EXTRA

LAGOS: Tel: 282 762 383 ALMANCIL Tel: 289 050 919
Fax: 282 792 113 Fax: 289 051 040
The Biggest British Bed Retailer in the Algarve

NEW PRODUCTS

-15% DISCOUNT AVAILABLE
Victoria Divan Set - 5ft only €899
6ft only €1099
Premier Pocket 2000 Divan Set
5ft only - €1199 | 6ft only - €1499

MLILY
The Legend of Comfort



GLOBAL PARTNER OF MANCHESTER UNITED

Algarve residents can now sleep easy just like the elite athletes of Manchester United Football Club. Bedrooms Extra are proud to be sole representatives for MLily in the Algarve and are excited to be bringing this fantastic product to our customers.

Their Sleep Scientists have worked tirelessly to ensure that their mattresses surpass the highest standards of performance for all health issues, this reflect in their partnership with M.U.F.C.

MLilys gel cooling layers are ideal for the hot Portuguese summers. The careful combinations of the best Cooling Gel, Comfort Memory Foam and an Advanced Pocket Spring Systems provide a layer system that is cool, breathable and adaptable to all body shapes and sizes. The advanced technology is also recommended for anyone with severe back pain or back related issues.

ALL MATTRESSES MADE TO BRITISH STANDARD WITH OVER 80 BED SETTINGS ON 2 FLOORS. LARGE SELECTION OF BEDS IN STOCK AT ALL TIMES.

ALL ENGLISH BED LINEN AND PILLOWS
20% DISCOUNT AVAILABLE NOW

ON THE N125
JUST OUTSIDE OF
ALMANCIL GOING
TOWARDS FARO



PARKING
AVAILABLE

COME AND VISIT OUR FABULOUS
2 FLOOR BED STORE.

MON TO FRI 9-5PM, SAT 9:30-1PM
Lagos - Parque Industrial do Infante, Loja 9/10,
Torre 8600-256 Odiaxere
Email: bedrooms@bedroomsextra.com
We are off the EN125 towards Odiaxere
500m before the A22 R/B

MON TO SAT 9:30-5:30PM
Almancil - Sitio da Igreja, 8135-011 Almancil
GPS: 37.0817519, -8.0111504
Email: bedroomsextra@gmail.com
On the left just after the
beautiful São Lourenço Church.
Website: www.bedroomsextraalgarve.com

BEDS AVAILABLE FOR NEXT DAY
DELIVERY FROM STOCK

Legal

Cédula Profissional: 5274



Vanessa Vieira
SOLICITOR
Real Estate Attorney
Property Specialist

Power of Attorney
Legal Advice - Contracts
Taxes - Wills
Document Authentication
Rental Licenses

(+351) 918 971 720 or (+351) 928 026 923
vv.processos@gmail.com

Opticians



Had your eyes tested this year?
British qualified optician.




Eye exams Glasses Contact lenses Sunglasses

Avenida Cabo Bojador, Lote 6D 8600-774 Lagos | T. (+351) 282 761 506

Painting & Decorating

TOFTS

Paul Tofts
Decorating & Painting

tofts@hotmail.co.uk After 6pm
Mob: 918 938 004 Tel: 289 399 370

Pools & Spas



ARTESIAN SPAS
PLATINUM ELITE CLASS

Probably The Best
Hot Tubs
Saunas & Swim Spas
in the World

Quality - Design - Reliability - Service

good life spas  www.glspas.com
telf: 289 358 415

LEAK DETECTION IS OUR SPECIALITY



Pools4U^{eu}
Pools & Spa Management

Keeping your swimming pool sparkling & safe all year round!
Weekly Professional Pool & Spa Management
For a **LOW Monthly COST**



SPECIAL OFFER

FREE + **FOR FREE**
7 POINT DIGITAL POOL HEALTH CHECK
SIGN UP WITH POOLS4U FOR THE WHOLE YEAR GET 2 MONTHS

CALL NOW FOR A FREE QUOTE OR TO BOOK AN APPOINTMENT

TEL: 282 098 698
EMAIL: Ellis.b@pools4u.eu



THE INSTITUTE OF SWIMMING POOL ENGINEERS

40 years



NORBERTO POOLS



All you need for your swimming pool

New Construction • Repairs • Remodelling
Maintenance • Heating • Covers

www.norbertopools.com.pt
info@norberto-marum.com Tel: 916 982 085



PURE POOLS

Pool Heating & Covers
Child Safety Fencing
Hot Tubs/Spas
Salt Chlorinators
Pool Repairs & Maintenance

Covering the Algarve
Showroom in Lagos
Est. 1992

Tel: 282 760 033 • Mobile: 919 851 016
www.purepools.com info@purepools.com

No.1 in Hot Tubs in the Algarve



WELLNESS DREAMS
ALGARVE



HOT TUBS
•
SAUNAS
•
STEAMROOMS
•
SWIM SPA'S

SERVICE MAINTENANCE REPAIRS
FOR ALL HOT TUBS

Tel. +351 912 356 287
E: info@algarvehottubs.com
W: www.algarvehottubs.com

Pool Cover Specialists

30 YEARS **FACTORY DIRECT**




AQUA PURA LDA

Lagos: 967 025 157 • Almancil: 91 814 3491
info@aquapura.com.pt • www.aquapura.com.pt

SALAGUA
Sociedade de Piscinas Ecologicas

Pool Covers



www.salagua.com
N125, Sítio do Troto, Almancil
1,5km Direction to Faro

Tel: 289 992 281
salagua@salagua.com
Call Us For Free Advice

...check our great Internet Specials!

accurate, factual
and unbiased info

Property Services



SOLARTEC

Renewable energies & all things water

A New Generation of Heating, Hot Water & Water Treatment

- Underfloor - Central Heating
- Solar Panels / Heat Pumps
- Swimming pool heating & Products
- Wood / Pellet burners
- Water treatment and filtration
- Drinking water systems
- Maintenance & Servicing



Tlm: 962 076 003
rvsolartec@gmail.com
www.solartecalgarve.com

Removals & Storage



**TRANSPORT • SHIPPING
REMOVAL SPECIALISTS**
UK | PORTUGAL |
IRELAND | EUROPE

NEW France-Portugal Service

- From £55 per m³
- Regular shipping service
- Cars and Motorbikes
- Sealed and secure containers
- Commercial & personal storage from €2 per m³



**Please call us for a
no obligation free quote**

RHA Road Haulage Association
www.nwdfitd.co.uk | peter@nwdf.co.uk
info@nwdf.co.uk

QUATRO ESTRADAS, SALFORD DEPOT – UK
LOULÉ DEPOT – PORTUGAL
Tel: 00351 910767634 Tel: 0044 161 8737863
0044 7951 028901 0044 1925 812563



REMOVALS & STORAGE
OVER 25 YEARS' PROFESSIONAL
AND RELIABLE SERVICE

- Local removals, packing and storage in Alancil
- Worldwide shipping service
- Weekly service to and from the UK
- Online shopping collection/delivery (one box to full load)
- References readily available

FOR A FREE QUOTATION CONTACT:
David Stebbeds on (+351) 289 399 946 (+351) 919 873 075
Email: david@dlsremovals.com Visit: www.dlsremovals.com

ALGARVE REMOVALS

"Relax, your move is in safe hands."

REMOVALS

- Weekly full or part load removal service to and from UK, Portugal, Spain & Ireland
- Full or part packing service
- One box to full load removals
- Villa to villa moves with the Algarve



STORAGE

- Storage warehouse in both the UK & the Algarve
- Storage available for long or short periods
- Fully insured, secure and alarmed

ONLINE SHOPPING

- Shop online at main high street stores and have your items delivered the following week
- Anything from one to multiple items



Local Depots at: Alcantarilha - Alancil - Tavira

Call us now for a FREE quote
UK Tel: 0044 (0) 1621 850070 Algarve Tel: 00351 289513851
Mob: 0044 (0) 7711 179842 Mob: 00351 968019226

Email: sales@algarveremovals.com www.algarveremovals.com

U-STORE SELF STORAGE



- * Individual locked units
- * Daily access
- * Fully insulated premises
- * Dry, clean & secure
- * For Home & Business

Urb. Industrial Marateca, lote 26 - Chincato - 8600 LAGOS
Tel / Fax: 282 798 490 - Telem: 917 010 365
www.u-store-portugal.com • info@u-store-portugal.com

STORAGE: SHORT OR LONG TERM in our modern, dry, secure warehouse



- Refurbishment • Decorating
 - In between houses • Visitors arriving?
- Wrapping & packing and transport service available
Boxes & packing materials for sale
Free quotations
Warehouse visits welcome

Tel: 968 031 955 • email: algarvestorage@gmail.com • www.algarvestorage.com
David Wright Lda, Armazém 2, sítio do Além, 8135-011 Alancil

Algarve Express

your next move

TRANSPORT & REMOVALS

UK-ALGARVE-UK

LOCAL – NATIONAL – INTERNATIONAL – WORLDWIDE

ALGARVE SECURE STORAGE SERVICE

ALGARVE
Algarve Express Transport & Removals
Armazem 1-3, Caminho Do Cerro Do Galo,
Alancil 8135-028, Portugal
Mob (+351) 968807244

Tel (+351) 289 393707
sales@algarveexpress.com
Open for collections Mon-Fri 8am-7pm
& Sat 9am-12.00

UK DEPOT BASILDON ESSEX
Mobile 0044 (0)7989417625
Tel 0044 (0)1268 723601

www.algarveexpress.com

**ONLINE SHOPPING
UK TO PORTUGAL
FROM JUST
€4.99**

AIM

Removals & Storage

Local, National & European Removals
Worldwide Shipping & Air Freight
FREE pre-move survey
Professional Packing service
On-site **SECURE** storage

Visit our office 9 – 5 weekdays Or call: **282 799 141**
Email: info@aim.com.pt WEB: www.aim.com.pt

Office/warehouse: Parque Industrial do Infante,
Unit 8, Torre, EN125, Odiáxere, Lagos

TV & Satellite



Skynet

TELECOMMUNICATIONS & AUDIO

" The Latest Equipment at the Best Prices "

All satellites TV & Via Internet IPTV (English, German, Spanish, Dutch, French, Italian, etc)
Digiboxes (SD Sky +, Sky HD, MultiCAM, PCMCIA, Freeview, Freesat HD)
Multicards

All **BBC & ITV** + Ch 4 & 5 + News + Movies + Kids + Music + Sports + Many others + Radio
Get 350 TV channels & 200 Radio stations **FREE Digital Terrestrial** (Portuguese channels) **FREE Cable TV** (Movies + Sports + Knowledge + Kids + News + Series + IPTV + Video on Demand)
Internet (Broadband, WiFi Networks)
Audio (Hi-Fi, Background Sound, Home Cinema)
CCTV, Intercoms, Domotics

High-quality systems installed by qualified engineers
Instalations and technical support within 24 hrs
(a 3-Year Guarantee)

Tel: 964890260 Email: skynet@live.com.pt

Satellite TV Sound systems Wi-fi Installation services Repairs



Official dealer

BOSE THE BETTER SOUND THROUGH RESEARCH. **SONOS** THE WIRELESS HI-FI SYSTEM. **UtiFi** **CANAL DIGITAAL** **JOYNE**



MARC ELECTRONICA

TV & Audio via satellite and internet
☎ 282 410 400
Casa Moderna, Sítio das Vendas, 8500-841 Portimão
www.marcelectronica.com info@marcelectronica.com

Audi updates the Q3

Audi has updated its Q3 to keep up with SUV market rivals in an increasingly competitive market. That is why this new Q3 is so crucial to Audi, as it's an offering in a drastically growing segment.

There's a fair amount going on here. The looks, for one, have been overhauled compared to the older Q3 - gone is the soft, rounded appearance in favour of a more imposing and, well, Audi-ish design. It's the same story inside, with Audi applying all of its latest tech in pursuit of a genuinely upmarket cabin. A variety of new engines are available, and though it's just petrol offerings to begin with, there will be diesel options arriving shortly. There's the choice of either two- or four-wheel-drive, as well. It means that, in reality, there should be a powertrain option for everyone. Here, we've got a 1.5-litre turbocharged petrol engine under the bonnet, driving 150 horses to the front wheels via a seven-speed automatic gearbox. There's 250Nm of torque, too, and Audi claims that it helps to push the Q3 to 100km/h in nine seconds and onwards to a top speed of 206 km/h. In S-Line trim, the Q3 rides on 19-inch alloy wheels as standard, and that means it'll return 5l/100km combined, along with emissions of 133g/km CO2. Drop an inch of wheel size, and economy figures remain unchanged, though emissions fall slightly to 131g/km. These are reasonable enough figures,

and pretty much on-par for the segment. Let's start with the fundamentals. The engine feels just about powerful enough for the job in hand - although, on occasion, does seem just a touch breathless, particularly when overtaking or pulling onto a motorway. Once you're up to speed, it's smooth and refined; it's just that initial take-off which can be a little troublesome. Likewise the gearbox, which shifts sweetly when up and running, can be hesitant when pulling away from a dead stop - this is particularly noticeable on roundabouts. Around town, the ride is a little susceptible to road imperfections, on occasions jiggling over larger bumps in the road when travelling at slower speeds. However, these iron out once you're moving a little quicker. The design of the new Q3 is far more dramatic than the car it replaces. The front end is in-your-face and hard to miss; it's closer in line with the likes of the larger Q7 and Q8 models now. The chrome surrounds to the grille and vents up front give it a classier, more upmarket appearance, while sharper design lines on the flanks make it appear far wider than it actually is. It's a solid design, and likely one which will find favour with most. Our test car sits on larger 19-inch wheels and though they

do look good, the smaller 18-inch versions don't dent the car's overall appearance that much either. Audi has worked hard to lift the overall perception of quality inside the Q3, and save for a few scratchy plastics lower down the cabin, it's been wholeheartedly successful. The dashboard has been trimmed in soft-touch plastics, and when coupled with plenty of brushed aluminium effect trim pieces makes for a decidedly premium-feeling place to be. It's really very good. A new widescreen infotainment system dominates the centre of the cabin, which when placed alongside Audi's virtual cockpit gives the whole area a very high-tech appearance. Thankfully it all works brilliantly in addition to looking good. There's plenty of space in the back too, while the 530 litres of standard boot space is respectable. This can be extended by moving the rear seats forward (they can be pushed forward on rails), or by folding them down completely - boosting capacity up to 1,525 litres. Three trim levels are available with the Q3 from launch; Sport, S Line and range-topping Vorsprung Edition. Our test car fell into the middle camp, and Audi slates it as the one which most buyers will opt for. It



packs 19-inch alloy wheels as standard, along with a full sports exterior styling package and tinted windows. You also get sports seats, finished in a mixture of cloth and leather upholstery. LED headlights are fitted as part of the S Line specification, and you get a multifunction sport steering wheel too. As mentioned, the standard infotainment system not only looks good, but is decidedly brilliant to use too. It's easy to navigate and responsive to commands as well. We're glad there's still a conventional analogue volume dial to use, but it's been placed in an odd area - you'll find it on the right hand side of the dash underneath the heating and ventilation controls, pretty much as far

away from the driver as possible. As we mentioned, the new Q3 falls into a heavily congested segment, one which its predecessor had nailed. This updated version, however, is likely to do just as well. Slightly underpowered engine

aside, this latest Q3 feels a resoundingly good product both inside and out. We'd opt for a punchier petrol (or one of the diesels if you're planning on travelling longer distances), but do so, and you'll find yourself in a car which is almost scarily well-rounded. *TPN/PA*



ALGARVE REMOVALS

"Relax, your move is in safe hands."



Call us now for a FREE quote

UK Tel: 0044 (0) 1621 850070
Mob: 0044 (0) 7711 179842

Algarve Tel: 00351 289513851
Mob: 00351 968019226

Email: sales@algarveremovals.com

www.algarveremovals.com

REMOVALS

- Weekly full or part load removal service to and from UK, Portugal, Spain & Ireland
- Full or part packing service
- One box to full load removals
- Villa to villa moves within the Algarve

STORAGE

- Storage warehouse in both the UK & the Algarve
- Storage available for long or short periods
- Fully insured, secure and alarmed

ONLINE SHOPPING

- Shop online at main high street stores and have your items delivered the following week
- Anything from one to multiple items

Local Depots at: Alcantarilha - Almancil - Tavira

Cinema

NEW THIS WEEK

Mary Queen of Scots - Stars: Saoirse Ronan, Margot Robbie, Jack Lowden. *Genre:* Biography, Drama, History. *Director:* Josie Rourke. *Rating:* R. *Plot:* Determined to rule as much more than a figurehead, Mary Stuart attempts to overthrow her cousin Elizabeth I, Queen of England, only to find herself condemned to years of imprisonment before facing execution.

Green Book - Stars: Viggo Mortensen, Mahershala Ali, Linda Cardellini. *Genre:*



Biography, Comedy, Drama. *Director:* Peter Farrelly. *Rating:* PG-13. *Plot:* A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South.

Cinema Listings

NOS Forum Algarve - Faro
Green Book; Instant Family; Luis and His Friends; Astérix: The Secret of the Magic Potion; On the Basis of Sex; La Traviata; Mary Queen of Scots; Glass.

NOS Mar Shopping - Loulé
Ralph Breaks the Internet; Wreck-it Ralph 2 (PV); Escape Room; Glass; Tiro e Queda; Snow Queen 3: Fire and Ice (PV); Serenity; Astérix: The Secret of the Magic Potion (PV); Creed 2.

Gran-Plaza NOS - Tavira
Glass; La Traviata; The Little Mermaid; Serenity; Instant Family; Snow Queen 3: Fire and Ice (PV); Bohemian Rhapsody; Tiro e Queda; Astérix: The Secret of the Magic Potion (PV).

Algarcine - Portimão
Mary Queen of Scots; Glass; Snow Queen 3: Fire and Ice (PV); Astérix: The Secret of the Magic Potion (PV); Green Book.

Algarcine Ria Shopping - Oihão
Glass; Snow Queen 3: Fire and Ice (PV); Astérix: The Secret of the Magic Potion (PV); Serenity; Tiro e Queda; Green Book.

Algarcine - Lagos
Glass; Astérix: The Secret of the Magic Potion (PV); Green Book; Snow Queen 3: Fire and Ice (PV); Mary Queen of Scots.

Cineplace Algarve Shopping - Guia
Spider-Man: Into the Spider-Verse (PV); Serenity; Instant Family; Tiro e Queda; Creed 2; Green Book; Bumblebee; Ralph Breaks the Internet; Wreck-it Ralph 2 (PV); Never Look Away; All the Devil's Men; Astérix: The Secret of the Magic Potion (PV); Mary Queen of Scots; Mary Poppins Returns (PV); Glass; Snow Queen 3: Fire and Ice; The Guilty; Escape Room; Aquaman.

Cineplace - Portimão
Instant Family; Ralph Breaks the Internet; Wreck-it Ralph 2 (PV); Glass; Serenity; Tiro e Queda; All the Devil's Men; Green Book; Astérix: The Secret of the Magic Potion (PV); Aquaman; Creed 2; Snow Queen 3: Fire and Ice (PV); Mary Queen of Scots.

Cineplace Loures Shopping
Astérix: The Secret of the Magic Potion; Aquaman; Ralph Breaks the Internet; Wreck-it Ralph 2 (PV); Serenity; Green Book; Creed 2; Grinch (PV); Glass; Instant Family; Snow Queen 3: Fire and Ice (PV); Mary Queen of Scots; Mary Poppins Returns (PV); Never Look Away; All the Devil's Men.

Cineplace Leiria Shopping
Instant Family; Snow Queen 3: Fire and Ice (PV); Mary Queen of Scots; Astérix: The Secret of the Magic Potion (PV); Aquaman; Green Book; Creed 2; All the Devil's Men; The Guilty; Serenity; Never Look Away; Mary Poppins Returns (PV); Glass.

Cineplace Riosul - Seixal
Snow Queen 3: Fire and Ice; Mary Queen of Scots; Astérix: The Secret of the Magic Potion (PV); Aquaman; Ralph Breaks the Internet; Wreck-it Ralph 2 (PV); Glass; Instant Family; Spider-Man: Into the Spider-Verse (PV); Green Book; Tiro e Queda; Escape Room; Grinch (PV); Creed 2; All the Devil's Men.

Estação Viana Shopping - Viana do Castelo
Astérix: The Secret of the Magic Potion (PV); Glass; Instant Family; Creed 2; Green Book; Tiro e Queda; Snow Queen 3: Fire and Ice (PV); Aquaman.

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



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

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

North & Centre

EXHIBITIONS

Art Exhibition by New York painter Andrew Hart Adler until 24 Mar, at Centro Cultural de Cascais, Fundação de Dom Luís, Cascais.

LUZAZUL until 24 February, 10am to 6pm. Museu Nacional de Arte Contemporânea Lisbon. Tickets from €2.50 www.museuartecontemporanea.gov.pt

Jonah Freeman & Justin Lowe, Scenario In The Shade. Until 25 February, Wednesday to Monday 11am to 7pm. MAAT, Lisbon.

Silent Poetry Art Opening at the Casino Estoril on 26 January from 5pm. Exhibition runs until 25 February. Free Entry. www.casino-estoril.pt

Arte Portuguesa. Reasons and Emotions. Until 31 March, Tuesday to Sunday 10am to 6pm, Museu Nacional de Arte Contemporânea do Chiado, Lisbon. Tickets €4.50

Book Launch. With readings and presentation at Palácio Belmonte, Lisbon, on 27 January 5pm, followed by a cocktail.

Tadashi Kawamata. Over Flow. Until 1st April, Wednesday to Monday 11am to 7pm. MAAT, Lisbon. www.maat.pt

The History of Graffiti. 1 - 10 February, 10am until 6pm. LU.CA Teatro Luis de Camões, Lisbon. Free Entry

Ain't Got No, Exhibition by Joana Maria Neves. 31 January - 7 February. In Bloom, Rua Lucinda Simões, Lisbon. joanamarianeves.onuniverse.com

Haus Wittgenstein Exhibition. Until 25 February. Wednesday to Monday, 11am to 7pm, MAAT, Lisbon. Tickets €5. www.maat.pt

FAIRS & MARKETS

EXPO Noiva Bridal Fair. 26 & 27 January, from 3pm. Expoeste Caldas da Rainha. exponoiva.2019@gmail.com



Antiques Market every 4th Saturday, 9am to 7pm. Terreiro da Erva, Coimbra. 239 857 500, www.cm-coimbra.pt.

CCB Market - First Sun of every month. Caminho Pedonal e Praça CCB - Belem Cultural Centre, Lisbon. Free entry.

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

Mercado D'Aqui - First Sun. of every month. Parque de Jogos.1º de Maio sports field. www.mercadodaqui.pt

BTL - Lisbon Travel Market. Feira Internacional de Lisboa, 13 - 17 March. www.btl.fil.pt

Benfica Handicrafts Market. First Saturday of the month, 10am until 6pm. Estrada de Benfica, Lisbon

Flea Market. Every Tuesday and Saturday, 9am until 6pm. Campo de Santa Clara Lisbon

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

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

Antique Book Fair. Every Saturday 10am until 5pm. Rua Anchieta, Chiado, Lisbon

IMOBINVEST Real Estate Salon. 8-10 March, 10am until 5pm, Alfandega do Porto.

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

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



Snow Patrol European Tour. Campo Pequeno, Lisbon on 16 February. Tickets from €27.20 to €37.60. www.campo Pequeno.com

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

MUSIC

The EMOTION of the 80's. 2 & 3 April, 9.30pm. Sala Preto & Prata, Casino Estoril. Tickets from €12. <http://www.casino-estoril.pt/>

Rod Stewart Live in Concert on 1 July at Altice Arena. Tickets on sale NOW! www.arena.altice.pt

Rock Fest - at Casino Estoril on 25 & 26 January. Tickets at €40 for one day or €70 for the two days.

André Rieu - Johann Strauss Orchestra, 13 to 16, and 29 & 30 March, 11.30pm, Altice Arena, Lisbon. www.arena.altice.pt

Harry Potter Film Concert (Harry Potter and the Azkaban Prisoner). 9 February, 8.30pm. Tickets from €28. www.arena.altice.pt



Bob Dylan
Coliseu Agea, Porto, 1 May, www.coliseu.pt

Fidjus di Terra 31 Jan at Casino Estoril, 9.30pm. Tickets €30. www.casino-estoril.pt

Irish Celtic - Spirit of Ireland, Teatro Tivoli, Lisbon 13 to 17 February. www.ticketline.sapo.pt

Jazz Afternoons. Saturdays & Sundays until the end of February, 4pm until 9pm. MoraJazz, Escadas do Caminho Novo, Porto.

Echo & The Bunynems. 17 February, 10pm, Hard Club, Porto. Tickets from €30. www.hardclubporto.com

Crystal Fighters. 10 March, 9pm. Hard Club, Porto. Tickets from €26. www.hardclubporto.com

Camané & Mário Laginha. 26 January, 9pm Casa da Música, Porto. Tickets from €15. www.casadamusica.com

Seattle Grunge 90. 9 February, 11.30pm. Mary Vintage Spot, Porto

Massive Attack. 18 & 19 February, Campo Pequeno Lisbon. Tickets from €24. www.campo Pequeno.com

Queen (Break Free) Tribute. Coliseu Ageas, Porto, 10 February. Tickets from €20. www.breakfreeshow.com/en/

Jacob Collier Live. 29th January, 10pm, Capitólio, Parque Mayer Lisbon. Tickets €30

Mumford & Sons, 25 April, 8pm. Lisbon Altice Arena. Tickets from €40. geral@everythingisnew.pt

The World of Hans Zimmer. 3 April, 9pm, Altice Arena Lisbon. Tickets from €39. www.arena.altice.pt

The Beatles tribute band, Coliseu Ageas, Porto. 3 February. Tickets €20 to €35. www.themerseybeatles.com

Mark Knopfler. 30 April, 9pm, Altice Arena Lisbon. Tickets from €32. 213 933 770 geral@everythingisnew.pt

Metallica World Wired Tour 2019. 1 May, Estádio do Restelo Lisbon. Tickets from €65. www.metallica.com/tour

Gavin James Live. 19 February, 8.30pm, LAV Lisbon. Tickets €22. www.lisboaavivo.com

Slash ft. Myles Kennedy & The Conspirators. 15 March Campo Pequeno, Lisbon. Ticket from €30. www.campo Pequeno.com

Muse Theory World Tour. 24 July Passeio Marítimo de Algas Lisbon. Tickets from €60. www.everythingisnew.pt

Shawn Mendes Live. 28 March Altice Arena Lisbon. Tickets from €36. www.arena.altice.pt

Dave Matthews Band. 6 April Altice Arena Lisbon. Tickets from €42. www.everythingisnews.pt

THEATRE & DANCE

Dorothée Munyaneza - Unwanted. 1 February, 9pm. Teatro Campo Alegre, Porto. 226 063 000, bilheteira.tmp@cm-porto.pt



Disney on Ice
"Dare to Dream", Altice Arena 21 to 24 March. Tickets from €20. www.arena.altice.pt

Guidance 2019 International Contemporary Dance Festival. 7 - 17 February, Guimarães (various locations). Tickets from €2. www.ccvf.pt

Tap Factory. 10 - 12 May, 4.30pm & 9.30pm. Tickets from €10. 213 572 025, bilheteira.tivolibva@uau.pt

Ballet de l'Opéra de Lyon. 16 and 17 February, Teatro Municipal Rivoli Porto. Tickets €10. Tel. 223 392 201, bilheteira.tmp@cm-porto.pt

Pink for Girls, Blue for Boys Centro Cultural de Belém. Dance productions

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



NOTE Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing.

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

NOTE For ongoing activities please look at our Club and Community pages



Teatro Mascarenhas Gregorio Silves
Charity Show in aid of the Bombeiros with:-
Saturday 2nd Feb
19-30 - 22-30 hrs
Jade Dixie Kings Night Shift
New Orleans Jazzband
DONATIONS 20€ reservations 935 086 365
tonyscriven@live.co.uk

10.30am and 2.30pm on 2 February. Tickets €8
www.ticketline.sapo.pt

“Madagascar - Musical Adventure” - 26 January, 11.30am and 3.30pm. Age 3+. Tickets €15 - €18.
www.ticketline.sapo.pt, 938 749 349, 938 667 315, madagascar@yellowstarcompany.com Auditório, Casino Estoril.

Slava Snow Show, Teatro Tivoli, Lisbon, 28 February to 3 March €15 to €35.
www.teatrotivolibva.pt

Romeo LOVES Juliet. 7-10 February, 9.30pm. Teatro Ibérico, Losbon. Tickets from €7.

The End. 8 February, 9.30pm. Teatro Académico Gil Vicente (TAGV), Coimbra.
www.tagv.pt

WORKSHOPS &

COURSES

Rafting on the Guadiana. 17 February, 9.30am - 3pm. Serpa. Price €45. geral@wind-cam.pt 210 848 878

Lisbon Street Photography Workshop, throughout January. Price from €75. www.viator.com/tours/Lisbon/Lisbon-Street-Photography-Workshops/d538-85423P1

Eco Art Workshop. 6, 7, 13 14 February, Campo das Arte, Porto, 10am until 1pm. €89

Human Figure Drawing. Starting on 7 March, FBAUP, Porto. 34 sessions

Sustainable and social architecture summer



Hula Hoop workshop. 6 February, 6.30pm-7.45pm. Jaya Aerial Lab, Lisbon. Price €10.
jayaeriallab@gmail.com

school 2019. 5 until 25 August, Porto Centre.
www.criticalconcrete.com

Beginners Cave Exploration Course. 26 January, daily from 9am until 6pm. Parque Natural da Serra da Arrábida. Price €150. geral@wind-cam.pt, 969787615

SPORTS

Grande Rota da Liberdade/ 25 de Abril- 25kms walk. 25 April, 9.30am - 7pm. Starting in Cascais, Avenida Rei Humberto II de Itália. Price €8. Registration info@trilhosnocturnos.com

2nd Hardcourt Bike Polo Open tournament. 18 - 19 May. São Romão do Coronado, Trofa. Price €10. Registration portobikepolo@gmail.com

South

AUCTIONS

Auction House Algarve. Live auction 2 February. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

Patrick Swift Seeds of Renewal Convento de S. José, Lagoa, until end January.

Art Exhibition - 'Places, Landscapes, Journeys', Portimão Museum until 3 March. Tel: 282 405 230.

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

Exhibition - 'On the Path of the Iberian Lynx', Silves Castle until 31 January, 9am to 8pm, €2,80 or €3,90 castle and museum. Tel. 282 440 837.

Lugares Paisagens Viagens, Museu de Portimão in conjunction with Fundação Calouste Gulbenkian until

3 March. Wed-Sun 10am - 6pm. Tues 2.30 - 6pm. Closed Mon and public holidays. Tel 282 405 230.

Open Studio - Prints and Paintings by Liz Allen. 27 January, 12-4pm at Quinta Pinados, Chilhão, Monchique. 934170523. liz@lizallenart.com

Cacela's Old Professions Exhibition. Until 31 January, 9am -1pm & 2pm -5pm. CIIPC, Santa Rita Old Primary School, Vila Nova de Cacela.

Urban Art Experience on 26 January at Antiga Cadeia de Lagos, €10, 282 680 120.

FAIRS & MARKETS

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

Flea Market - Third Sunday of the month near the school (Escola C+S) Almancil.

Local Arts & Crafts Expo. Open daily 10am - 5pm. Artes@Spa, Caldas de Monchique.

Market in Quarteira, every Wed. at Fonte Santa from 9am until 2.30pm.

Ferreiras Market. (2nd and 4th Tuesday of the month)

Almancil Market. 27 January (1st and 4th Sunday of the month)

MUSIC

Classical Music Lethes Theatre, Faro 9pm on 31 January. Tickets €6. Tel.289 878 908.

Jazz in the Wineries - Ana Alves Quartet - Quinta do Barradas, Alcantarilha, 9 February (at 9pm) and 10 Feb (at 5pm), Tickets €12. Tel. 282 440 800 or 914 427 684. www.cm-silves.pt

Salvador Sobral concert. 26 January. Cultural Centre - Duval Pestana Auditorium, Lagos. 9.30pm. Tickets €12. 282 770 450

Orquestra Filarmónica Portuguesa with Raúl da Costa. 9 February, 9.30pm. Teatro das Figuras, Faro. geral@teatromunicipaldeparo.pt, 289 888 100

International Piano Festival of the Algarve 2019. 2 and 30 March, 9.30pm until 11pm, TEMPO, Portimão. Tickets from €15. www.tempo.bol.pt

West Side Story Piano Concert. 10 February, 5pm until 6pm. Cine-Teatro Louletano, Loulé- Tickets from €10. 289 414 604

Pedro Abrunhosa - Espiritual. 31 January, 9.30pm. Cine-Teatro Louletano, Loulé Tickets from €12. Tel: 289 414 604.

Portuguese Philharmonic Orchestra. 24 March, 5pm. Cine-Teatro Louletano, Loulé- Tickets from €18. 289 414 604

Glenn Miller Orchestra. 10 March, 5pm, Teatro das Figuras, Faro. geral@teatromunicipaldeparo.pt, 289 888 100. Tickets €30

Tribute to The Offspring. 2 February, from 11pm, Marginália Bar, Portimão. marginalia.bar@gmail.com

SOCIAL

afpop - Silves/Carvoeiro Valentines Day Lunch, 14 Feb at China Town Restaurant, Carvoeiro. 12.30 for 1.00pm. €20 Members, €22 non-members. Tel: 966 677 295 or email silves@afpop.com

JJJohns Dinner Dance show Afternoon, 3 course Sunday Roast €13. 3 Feb, 2pm to 6pm. At Restaurant A Cegonha, N395 Camping, Albufeira. 914900031 or 282442621.

SPORT

Women's U19 International Football. Netherlands v England. 20 January, 1pm. Vila Real de Santo António Sports Complex.

Walk or Run Estômbar. 3 February, 9.30am, Sítio das Fontes, Estômbar. Free entry. 282 380 400.

Zumba Marathon. 16 February, 3pm, Pavilhão Gimnodesportivo, Portimão. From €7.30. Registration eventos.ginasioamarilis@gmail.com

THEATRE & DANCE

Ballet/Opera streaming programme from Royal Opera House, London and the Bolshoi, Moscow at NOS Cinemas: Forum (Faro), Mar Shopping & Gran Plaza



Bennetts British Superbike Championship

17 March, Autodromo do Algarve, Portimão, 5pm. info@autodromodoalgarve.com 292 405 600.

(Tavira). Ballet: Dom Quixote 19 February, The Golden Hour 16 May, Carmen/Petrushka 19 May, Romeo & Juliet 11 June. Opera: La Traviata 30 January, The Force of Destiny 2 April, Faust 30 April. Tickets: €12.

Pocahontas. 2 February, 5pm, Centro Congressos do Arade, Parchal. 282 498 577 / 933 379 450.

Made in China by the Quorum ballet and the Orchestra of the South. 22 & 23 March, 9.30pm. Teatro das Figuras, Faro. Tickets from €20. https://teatrodasfiguras.bol.pt

Madagascar - A Musical Adventure. 13 April, 5pm, Centro Congressos do Arade, Parchal. 282 498 577 / 933 379 450.

WORKSHOPS &

COURSES

Aromatherapy Workshop. 1 February, 6pm until 9pm, Jami Healing Energy, Faro. 920 389 594.

Aromas for wellbeing & food 29 January, 2pm-5pm. 91 620 34 94.

Spice Life Workshops - Spice Kids Healthy Chocolates, 3 February at Raposeira. Fermenting Workshop, 10 February at Raposeira, Valentines Spice Workshop Special 16 February at Moagem, Aljezur. events@spiceliveshop.com

Cookies, Donuts and Cake Pops Workshop. 2 February, 9am until 7pm. Entre Abraços, Rua Vasco da Gama, Faro. entre.abracos.servicos@gmail.com, Tel. 289 095 302

Natural soap workshop. 9 February, 10am until 2.30pm. Oásis Loulé. mimosdamaeterra@gmail.com, 968 635 193

Natural Remedies for Children Workshop. 9 February, 2.30pm until 7pm. Centro Escolar Budens, Vila do Bispo.algarve.amamenta.net

Food-Wine-Jazz, 26 January from 6pm (concert at 8pm) at Parrot Castle, Mexilhoeira da Carreção. Tel. 916 203 494.

Frenchic Products Workshop, 26 January, 10am to 1pm, Almancil. €40pp (includes all products). Book your place call 962 591 016.

Creative Sewing Workshop, 27 January, 9am to 1pm, Faro. €15. call 963 550 919.

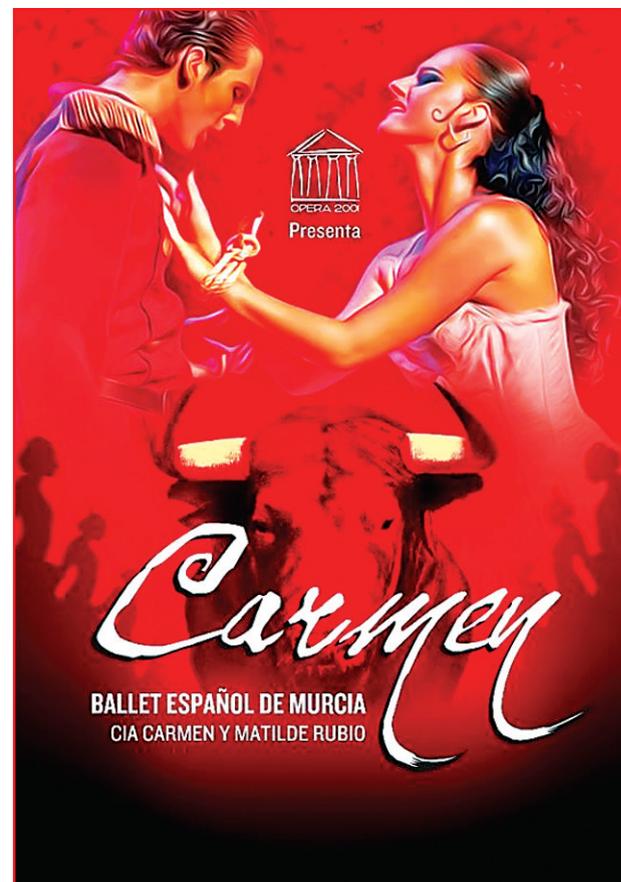
Girl Power Day. Various workshops at Parrot Castle, Mexilhoeira da Carreção on 26 January from 9am to 5pm 916 203 494. https://www.facebook.com/parrotcastlealgarve/

Tribal Style dance workshop with Mónica Pereira. 10 February, 2pm until 5pm, U-Dance, Albufeira. From €27. U.Dance.pt@gmail.com, 916 270 767

Dance Warrior Workshop with Mónica Pereira. 10 March, 2pm until 5pm, U-Dance, Albufeira. From €27. U.Dance.pt@gmail.com, 916 270 767

Self Defence 4 Women workshop. 26 January, 10.30am - 12.30pm, Parrot Castle, Lagoa. Price €15. 916 203 494, workshops@parrotcastle.com

Indian Cookery Workshop. 1 March, 6.30pm - 10pm. Algarve Cuisine Academy, Faro. 289 147 551 algarvecuisineacademy@gmail.com



Carmen - Murcia Spanish Ballet, Teatro das Figuras, 2 February, 9.30pm. Tickets from €25. Tel 289 88 110 www.teatromunicipaldeparo.pt

Please be aware that for ALL afpop events, bookings MUST be made with the Area Event Organiser.

Classified Ads

DEADLINE

5PM

MONDAY

FOR following

EDITION

Announcements

NO SUNSHINE needed for your Hot Water, (Pool) Heating, www.shs-pt.com

PROFESSIONAL CLEANING for villas, restaurants and companies: visit us at www.nice-cleaning.com

CC SUPPORT GROUP. Help and Support Group providing information on depression and Bi-Polar Disorder. All welcome. Meetings in Casa Inglesa, Portimão on the first Monday of every month at 6.30pm. Tel. 914878927.

CC PROBLEMS WITH ALCOHOL? There is a solution! Alcoholics Anonymous. Find the nearest meeting, ask for help or assistance call: 919005590. www.aaportugal.org

www.theportugalnews.com

Antiques

RESTORATION OF Antique Clocks. Has your precious clock been standing still for a while? I am Wout, graduated and registered clock mender. Call for a quote to repair your clock. Mobile: +31 631 288411 Email: info@uurwerkplaats112.nl Website: uurwerkplaats112.nl

Auctions

AUCTION HOUSE ALGARVE

NEXT LIVE AUCTION
Saturday, 2 February 2019
10.00am onwards

Approx. 500 lots.

- Antiques and Collectibles
- Designer Handbags
- Furniture and Art
- Tools
- Jewellery: Antique, Vintage & Modern
- Sports Equipment

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

Bathrooms



ADRIAN STUART DIXON

30 Years experience in the Algarve. Portuguese & English spoken. References on request
282 033 852
965 275 774
borboleta_44@yahoo.co.uk

Business Opportunities

LEASEHOLD FOR Sale. Central Quarteira. Large bar, adjacent diner, 200m² drive in basement. Operational but needs sprucing up. 916315081 afternoons.

Caravans & Motor Homes

UK CARAVAN Wanted to buy, call 966706140 or email: bisnagas2002@sapo.pt

Charities

CC ASSOCIAÇÃO DE CARIDADE Mãos de Ajuda, Helping Hands Charity Shop, 13A Avenida Dr. Eduardo Mansinho, Tavira. 100 metres from Porta Nova Post Office. Open Mon, Wed, Sat 10am to 1pm. Help us to help others in the Tavira Area. 963558138.

Care and support for people facing life limiting illness

Because you care, we care

Help us to make a difference

Call +351 282 761 375
www.madrugada-portugal.com

FRENCH LANGUAGE Following the French Governments initiative to expand the French language, we are looking for **VOLUNTEERS** to teach French in Albufeira or Olhos de Agua 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 Angelica fash.co@gmail.com or 963 770732.

CC APAA CHARITY SHOPS - Dunas do Alvor: Tues to Sat 10.30am - 2pm. Cerro Grande, Albufeira: Tues to Sat 10.30am - 2pm. Rua Elias Garcia, 20, Silves: Mon to Sat 10am - 2pm. Volunteers always welcome info.apaaportugal@gmail.com

CC 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: 932307548, su.davis@sapo.pt Facebook: support for families in the Algarve.

CC THE NANDI CHARITY shop. Winter clothing in store. Furniture can be collected within 30k Lagos. Tel 912741857.

CC CADELA CARLOTA shop in Lagos open Mon to Fri, 10.00 to 13.00/15.00

to 17.00hrs. Almadena: Mon to Fri, 10.00 to 16.00 hrs, Sat, 10.00 to 13.00hrs. We always need extra hands in our shops.

CC A.A.G. CHARITY Shop Guia. Situated in the Main Street, opposite the Football Club Snack bar and close to Crédito Agricola Bank. Opening hours Mon - Fri, 10am to 5.45pm, Sat 10am to 2pm. Closed Sun. Animal charity feeding street animals. Patron Bonnie Tyler.

CC 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.*

CC SECOND CHANCE charity shop at Largo Das Ferreiras (on roundabout), Ferreiras, Albufeira. Open Tues 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 917707808.

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

CC THE DONKEY SANCTUARY needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa. Larger items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 966033127.

CC ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email

info@asmaa-algarve.org
Rua J. Pereira Sampaio Bruno, N° 53. Portimão (Behind Bombeiros).

CC 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

Chimney Sweep

CHIMNEY SWEEP for a quick dust free cleaning of your chimney using the new power sweep system.
Tel 282330640/
934927944.

Fires Of Portugal
Woodburning

WOODBURNING FIRE SPECIALISTS
Fogo Montanha and freestanding fires. On site expert quotation
Supply, install, service & sweeps
sales@firesofportugal.com
www.firesofportugal.com
Geoff Waller 289 489 958 or 967 721 209

Education

PRATICAL PORTUGUESE Lessons Beginners and Intermediate Marina Club Hotel, Lagos. Susana 964696345.

LEARN PORTUGUESE Qualified language teacher, native Portuguese, 15 years teaching Portuguese, 7 at UK universities. PhD. 1-2-1 tuition online that fits around you and delivers results. Email learn.portuguese.home@gmail.com

View these pages free online

ENJOYABLE, EFFECTIVE, accredited Portuguese courses starting this term. Beginners: 25 March. Pre-intermediate: 13 and 14 February. Intermediate: 14 February. Centro de Línguas de Lagos. Call 282761070. Email info@centrodelinguas.com.

Entertainment



JJJOHNS DINNER Dance Show Afternoon at Restaurant A Cegonha N395 Camping Albufeira. Sunday February 3rd from 2pm to 6pm. A delicious 3 course Sunday Roast Å13pp, excl.drinks. On stage Country-Singer JJJohns with good olí country hits and Suzanna Wilson singing country, 60s & 70s. Special guest: (multi-instrumental) singer/entertainer Jackson Rivers. Mary Buckinham will teach Yíall some new Line-Dances. Reservations at: 914900031 or 282442621.

Finance

AMARE PECUNIAM Specialist Offshore Banking Consultancy. International Debt Recovery. Offshore company information. Offshore Bank accounts guaranteed. Legal representation. Virtual office solution for your business. www.amare-pecuniam.com info@amare-pecuniam.com New office in Almancil 289051660.

For Sale Private

GARAGE CLEARANCE various limited edition paintings, antiques, pottery amongst much more. New adult and children's wet suits, never used adult bike, never used oral b electric tooth brush kit and much more! Contact 963518184 or 967701255 for photos and prices.

MOBILITY SCOOTER with 2 batteries and a charger, complete. 450 Euros. Email: evelynlannigan@gmail.com Tel. 281023098.

CC

CC stands for Community Care and these ads are provided free of charge by **The Portugal News** to help the various charities involved. These advertisements must be renewed at the end of the year at which time they must contact copy@theportugalnews.com for renewal.



POOL TABLE includes all accessories and delivery. 1200 Euros. Call: 966006666.

Friendship

LISBON AREA. Blonde girl, blue eyes seeks fun and sporty man. Animal lover, to practice sports as a friend. 963 034 696.

SINCERE ENGLISH GENTLEMAN

with a good sense of humour, wishes to meet Lady in her 50s, social basis to a serious relationship. Lagos area or easy commute from Lagos. 933622366. m-s@sapo.pt

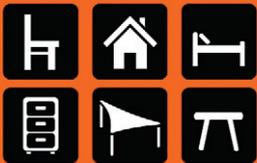
Furniture



Louise & Leon
(2nd hand furniture)
Art & Antique
Brocante & Vintage
Inside & Outside

EN 125, between Almacil-Faro
www.facebook.com/louiseleonmoves
www.louise-leon.com
Tlm: 918 831 211 / 914798 796
Tel: 289 394 161

Curiosa
INDOOR & OUTDOOR



Tel: +351 289 391 373
Email: info@curiosaportugal.com
www.curiosaportugal.com
facebook.com/CuriosaShop/

Health & Beauty

SHOULDER PROBLEM?

Pain-free Treatment!
Guaranteed Improvement
or your money back.
Dr. Bock. 966 706 606.

Simple, cheap & effective!

RATES FOR CLASSIFIED ADS

Per word €0.50
Boxed ad €4 extra
Photo €10 extra
10% discount if you book on line

Call: 282 380 315
Email: classads@theportugalnews.com
Web: theportugalnews.com/classifieds

Home Improvements

LEAVE IT to me.
Kitchens, Bathrooms, Painting, Flooring, Tiling, Decks and more. Algarve. Call 920325142. Email: algarvebuilder73@gmail.com

Jobs Offered

POWERCOOL MARINE requires a reliable motivated motorboat maintenance apprentice. Vilamoura Marina. Contact info@powercoolmarine.com.

PROPERTY SPECIALISTS ALGARVE
www.property-specialists-algarve.com

JOIN OUR TEAM!

We are looking for the right people to fill the following positions:

Social Media Specialist
creative, thinks outside the box

Property Lister
sociable, tenacious and driven

Send your CV or find out more at: info@property-specialists-algarve.com

Kitchen Renovations

GEORGE & SON

Save thousands of Euros!
Lots of door designs if needed.

Don't buy a new kitchen until you've spoken to us! We can renovate your old kitchen at a very reasonable cost. Free, NO-obligation estimates. Call Jamie on 968 211 631 or 965 137 517 or email jamiekitchen83@gmail.com



Pets

Going on Holidays?

HAPPY PETS at HOME Pet & House Sitting

► 1 or 2 visits daily or house sitting keeping your pets Happy at Home.
► In case of an emergency, we will take your pet to their vet clinic.

petsitters.algarve@gmail.com
282 315 255
961 972 581 - 926 663 871

Photography

PALM TREES PHOTOGRAPHY
Weddings; Portraits; Own Studio. Workshops also available. Contact palmtreesphotography@gmail.com

Property For Sale

LAND & HOUSES ALGARVE YELLOW HOMES
Sociedade de Mediação Imobiliária Lda. AMI 6232

For detailed information, please visit our website: www.landandhousesalgarve.com www.algarve-property-search.com

Tavira: 281 320 281
Vilamoura: 289 301 294

Place your advert online and receive **10% DISCOUNT**
www.theportugalnews.com



Excellent Ground Floor Villa with Pool

3 bedrooms and 3 bathrooms (2 en-suite), living room with fire place, equipped with stove, dining room, kitchen, pantry/laundry room. Excellent outdoor recreational areas, multi-car park, fenced property with total privacy.

Contact email: casapepper17@gmail.com

FOR SALE Alvor. Villa 4 bedroom, near beach. Quiet area. €530.000. 919074147 or 919961168.

classads@theportugalnews.com

Property Services & Building

TOTAL CARPENTRY
Service. Kitchen and wardrobe renovations a speciality, as are high security solid wood entrance doors. Tel. 915329965. email- oak.perfection@email.com

Algarve Roof & Property Renovations

From leaks to roofs and balconies, to complete renewals. Guttering supplied and fitted. Flat roof specialists and complete property renovations inside and out. All maintenance work, painting, jetwash service.

Call Jason
Tel: 960136445, 281324602.
jasonash1970@gmail.com

BUILDING WORKS

All types and sizes carried out to a very high standard. 27 years experience

Shoreland Properties Lda.
Tel. 913223402 or 282763000
shorelandproperties@mail.telepac.pt
www.shorelandproperties.com

LEAKING ROOFS & Terraces.
Problems solved 27 years experience in Algarve. Call: 913223402.

No need to worry about maintenance and service. We are experienced ex Speed Frame technicians with a wide knowledge of this product. For maintenance, repairs or new units, call us for quick and efficient

PVC Directo. We double the glazing Not the price 282 317 472.

Satellite

TV, HI-FI, Satellite repairs, Eastern Algarve. Experienced engineer. Tel: 964-721-714. www.trevortronix.com

Services Offered

WRITEAWAY!
Retired and writing a memoir or novel? In business and writing a pamphlet? You need a second pair of eyes from someone who knows the rules of grammar! Let a professional copyeditor check for clarity, consistency, coherency and correctness. If you've got a story to tell or something to sell, call Zita at 912210102 or send a sample of your work to director@interlingua.pt for a quote.

ASK Kurt

All your computer questions answered



What is Google's OnHub?

Google has its very own take on the Router: called OnHub and built in partnership with TP-Link and Asus, it's designed to provide a secure, simple internet experience for everyone. While mobile technology has advanced by leaps and bounds in recent years, the routers we use today - and their associated problems - haven't really made similar advancements. So in comes Google's OnHub which features a unique antenna design and an accompanying diagnostics app for Android and iOS that means you don't have to interpret a series of blinking lights to work out what's happening with your internet connection. The app also makes password sharing much more straightforward, letting you view it with one tap and easily sending it to friends. No more peering behind the router to look for the code that will let you connect a new device. Aesthetically, the OnHub router features a sleek cylindrical design and while most routers are clunky and rectangular devices that most people hide away, Google's OnHub router sports a modern design that belongs on a shelf on full display. You can basically put the OnHub router anywhere and it won't look out of place. On the technical side there are 13 high-performance internal antennas (covering both 2.4 GHz and 5 GHz frequencies) for a IEEE 802.11a/b/g/n/ac Wi-Fi connection, as well as support for Bluetooth and Weave. OnHub automatically senses network congestion in your home and will seamlessly switch to a different wireless channel if problems are detected, a troubleshooting technique you usually have to take care of yourself.

Email your questions to Kurt: kurt@algarvecomputercentre.com

For all your computer needs:

- Computer Diagnostics
- PC Optimisation
- Virus Removal
- Desktop Repairs
- Data Backup / Recovery
- 2nd Hand Laptops / Desktops
- Broadband Services
- Network Installations
- Website Hosting
- Remote Desktop Support
- VPN Services / BBC & ITV



Microsoft CERTIFIED Systems Engineer
Certified Support Professional

www.algarvecomputercentre.com
934 807 027

classads@theportugalnews.com

SELL YOUR, Antiques, Collectables, Garden Ornaments, Architectural Salvage, Furniture, Full House Clearances. Contact Mark 914774438.

Painting & decorating including Insulation of flat roofs and terraces



PORTUGUESE PAINTER with over 30 years experience

Free quotations
References available
914 122 898 • 914 245 464

Spring Clean House Keeping

{ 10 Years experience }

{ All Algarve }

Contact
925 656 482

Posters? Flyers? Business cards? New menu? Billboards?

Any design need please contact us
marzena@anons.ie
282 760 139

HANDY MAN
Hourly/Price rate. No job too small. Fire Safety Protection Specialist (Domestic only). Central Algarve. Call 933991967.

Removals & Storage

U-STORE Lagos Self-Storage

Individual locked units Fully insulated premises

Daily access, Dry, Clean & Secure For Home & Business

282 798 490 / 917 010 365
www.u-store-portugal.com
info@u-store-portugal.com

TW STORAGE & TRANSPORT

-Storage
-Removals & Transport
-Lift & Handyman service
-Packing service & material
-International transport to Belgium & Holland

www.transwilly.net
info@transwilly.net
(+351) 919 753 710
(+351) 282 449 126

CLASSIFIEDS IN THE PORTUGAL NEWS

Simple, cheap & effective!

Call 282 380 315
email classads@theportugalnews.com
web: theportugalnews.com/classifieds



THE PORTUGAL News

Transport

TRANSPORT PORTO, Lisbon, Algarve and any where in between, a fortnightly service one box to a full load, commercial goods, removals with packing service if required. Forwarding to England and Europe service from our depot in the Algarve, where storage is also available. Please phone David 919873075. david@dlsremovals.com

Vehicles



CLASSIC CAR
Mercedes 300D
W 123-1984
Totally restored.
Private Sale. 9,500 euros.
Call 966006666.

WE BUY cars Algarve all types of vehicles considered. We buy PT, GB, Dutch, German, French. We buy damaged and non-runners. Call David PT 911 136377, UK +447984932876.

Wanted

BLANKETS FOR the soup kitchen. Please contact Joy 917 358 098. Email: borganjoy@gmail.com

SAVE YOUR STAMPS trim them to 1/2 cm all round and send to **The Portugal News**, Apt. 13, 8401-901 Lagoa. We will send them to the Helen Keller Centre (Biblelands) in Israel where they are used to fund education



Places of Worship

Lisbon

ST GEORGE'S CHURCH; LISBON (Church of England). Av. S.Jorge 6 (north of Estrela Gardens). Service 11:30am every Sunday. 211 306 293. British Cemetery open weekdays 10am-1pm

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. 211 306 293.

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.am. Bi-lingual Sunday school & creche is available. Minister's 218 043 410, www.standrewslisbon.com

THE SALVATION ARMY, Lisbon. Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras), Lisbon (21805708).

GRACE INTERNATIONAL COMMUNITY CHURCH, Cascais. English speaking church, Cascais. www.lisbongrace.com

LISBON SYNAGOGUE: R. Alexandre Herculano Nº 59. Tel: 213 931 130 celesboa@mail.telepac.pt

LISBON - SYNAGOGUE OHEL JACOB Shabat services. Call 217975283

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. 214172087. Sun: English 10:15.

RIVERSIDE INTERNATIONAL CHURCH A Contemporary, caring, Christian Church in Cascais, Galerias O Navegador, Av. 25 de Abril, Piso-1. We offer children and youth ministries and simultaneous translation into Portuguese. Riverside has congregations in Cascais, Porto, Coimbra, Sarilhos Grandes and Feijó. www.riversideintchurch.com
riversideintchurch@gmail.com

KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. **Lisbon** Fri 7.30pm Sun 5.30pm **Sintra** Tues 8.15pm Sat 5pm. **Cascais** Wed 8.00pm Sun 2pm. Setúbal Wed 7.30pm & Sat 5pm. **Obidos** Wed 8.15pm, Sat 5.30pm. **Setúbal** Wed 7.30pm, Sat 5pm. **Santarem** Sat 7.30pm. www.jw.org

Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP, contemporary Christian gatherings on Sun afternoons at 3rd Baptist Church, R. Estação 133, & Sat evenings, 1st floor, Confeitaria Palácio (across the "Emergency" entrance of Hospital Stº António); www.NovaAurora.com, 220 994 785 or send an SMS to 917112736.

RIVERSIDE PORTO INTERNATIONAL CHURCH English language church Sun, 5pm, at R. Gonçalo Sampaio, 361, (nr Boavista roundabout) and on 3rd Sun every month at Valença do Minho. Tel: 916 440 795. contact@riversideporto.com / www.riversideporto.com

ST. JAMES'S CHURCH, Anglican Chaplaincy of Oporto, Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain 226 091 006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama, 675-2 E Ramalde), Service 10am, Salvation Meeting 5pm. **Coloras** Corps. (Av. dos Bom-beiros Voluntários) Sun 10am. Thu 4pm Ladies Home League Meeting.

KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. Coimbra Wed 7.30pm, Sun 10.30am. Porto. Wed 7.30pm, Sat 7pm www.jw.org

The Algarve

JEWISH COMMUNITY OF SOUTH PORTUGAL Shabbat services. Call 922206333.

ALL SAINTS ANGLICAN CHURCH, ALGARVE Holy Communion every Sunday. **Almancil** 10.30am Almancil Community Centre (ASCA). **Lagoa** 11am at Lagoa Convent Chapel. 282380311

www.allsaintsalgarve.org

ST VINCENT'S ANGLICAN CHURCH C of E. Sun: 9.30am Igreja das Pereiras, EN125 between Quatro Estradas & Almancil; 11.30am St Luke's, Gorjões; 8.00am & 11.30am Igreja N Sra da Luz, Praia da Luz, nr Lagos. Visitors are especially welcome. 282 789 660 & 289 366 720
www.stvincentsalgarve.org

INTERNATIONAL CHRISTIAN FELLOWSHIP of Portimão Sun 11am. The Bridge" (A Ponte), Cedipraia Shopping Centre no. 23 / 282 042 836 / 917 358 098 www.icf-portimao.org

INTERNATIONAL CHRISTIAN COMMUNITY LAGOS. Newfrontiers. Sunday service in English 10.30am. Madness Restaurant, Lagos Marina, Lagos. Tel. 910640927 www.icc-lagos.org

INT. EVANGELICAL CHURCH OF THE ALGARVE Vale Judeu at 10.30, just off the EN125 - third left after Vilamoura entrance in direction of Faro iec-algarve.com. 289328635.

LAGOA CHRISTIAN FELLOWSHIP, English Speaking Calvary chapel of the Algarve, Sun 11am for contemporary worship and Christ centered Bible study. Rua Doutor Basílio Teles 32, Lagoa. Pastor Jon Martin: 960 159 007 www.lagoafellowship.org

TAVIRA CHRISTIAN CENTRE welcomes all in the name of Jesus. We meet on Sundays @ 10:30 aiming to worship in Spirit and Truth. Find us: EN125 sail roundabout/ Sta.Margarita exit/400 meters/house on right corner. tavrachristiancentre.wordpress.com. Facebook; Phone Else 912467792 or Beth 966807604.

SALVATION ARMY Service Sundays at 10am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, S. Brás Alportel.

ALL NATIONS, Todas as Nações, All welcome, contemporary worship service and children's club. Carvoeiro Tennis Club, Mato Serrão Carvoeiro. Sundays 10.30am-12.00pm, Stephen and Elaine 965 360 708

THE LIVING HOPE Baptist Church, Albufeira. Sun 4pm. Pastor Mark Pereira, Mob. 964860765.

OASIS CHRISTIAN FELLOWSHIP CONEXAO, R. Dr. Joaquim Tello 32C, Lagos. Sun: 11am; Tue: 6.30pm; Thu: 3.30pm Bible Study. Int. English w/ Portuguese translation available. Michael - 964 285 351 / Lois - 914 381 598 www.oasischristianfellowship.com

R.C. MASS in English, Igreja N Sra da Luz, Luz near Lagos. Saturdays 7pm. 917464353. **Lagoa** Sunday Mass (in Portuguese) Vale D'el Rei church, 9 am Lagoa Main church at 12 noon & Saturday 6.30 pm. Daily Mass at Lagoa Main church Mon & Fri: 9am & Tues & Thurs: 6.30pm. **Carvoeiro Church** Sat: 5.30pm (from 3 Nov), Sun: 10.30am.

LIFE HUB Albufeira Knowing Jesus and making Him known. House-church in Balaia meets Thu-7.30pm. Call Paul on 926482323 for directions.

TAVIRA From December's Holy Mass in English will be at 12.15pm. Church of Santa Maria Tavira Every Sunday 914621429 tavira@diocese-algarve.pt

KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. Largo Eng. Sarrea Prado, **Portimão** Mon 7.30pm Sat 4pm Tel. 282 476 111 Beco 25 de Abril, Ferreiras, **Albufeira** Wed 7.30pm Sun 10:15am **Faro** Wed 8.15pm, Sun 3pm **Tavira** Wed 7.30pm, Sun 1pm. **Odemira** Sun 6.15pm www.jw.org

HOUSE OF PRAYER CHAPEL Rua Município 31 Next to Hotel Paraíso, Albufeira Sunday service at 10am and 6pm For more info call now: 919 458 666

WESLEYAN METHODIST CHURCH, PORTIMÃO. Services Sunday - May to Sept 5pm, Oct to Apr 4pm. Silveira, Lote 2 - Lj. A Beco do Moleiro, Caldeira do Moinho - PORTIMÃO (near the roundabout of Aqua Shopping Center) GPS: 37° 08' 47.92" N 008° 32' 22.13" W For info or social help, please contact us: 931721005 www.imwportimao.org

Insure your property in Portugal through *The Portugal News*

PROPERTY INSURANCE

As a homeowner in Portugal, make sure you get the right insurance cover, designed specifically for your needs.

GENEROUS DISCOUNTS ON PROPERTY INSURANCE

- Dedicated in-house UK Claims handlers and overseas Loss Adjustors
- Cover whether your property is occupied or not

Specialist providers of holiday home insurance and static caravans in Portugal

This Intasure policy, underwritten by LLOYDS OF LONDON, has been designed to meet the needs of homeowners in Portugal.

- Underwritten by one of the world's leading insurers - Lloyds of London
- Cover for your property whether occupied or unoccupied
- Cover for short and long term lets
- Up to £5 million public liability as standard
- UK based call centre and all documentation in English
- Dedicated in-house claim handlers and overseas loss adjusters
- Swimming pool cover
- Temporary accommodation following an insured loss
- Loss of rent included following an insured loss
- Optional Accidental Damage cover
- No hidden fees

- ✓ UK centres and English documentation
- ✓ Dedicated in-house claim handlers and overseas loss adjusters
- ✓ Up to £5 million public liability as standard
- ✓ Instant cover over the phone

Call our friendly team today to receive a free no obligation quote

For more information call 282 380 304



intasure Insurance that speaks your language

Intasure is a trading name of Arthur J. Gallagher Insurance Brokers Limited which is authorised and regulated by the Financial Conduct Authority. (Financial Services Register Number 311786) Registered Office: Spectrum Building, 7th Floor, 55 Blythswood Street, Glasgow, G2 7AT. Registered in Scotland. Company Number: SC108909. www.ajginternational.com

THE PORTUGAL News

Verse of the Week

"So Jesus said, "When you have lifted up the Son of Man, then you will know that I am he and that I do nothing on my own but speak just what the Father has taught me."

John 8:28 New International Version

New era for GolfSixes as Cascais hosts for the first time

The European Tour's innovative GolfSixes event will enter a new era in 2019 when it moves to continental Europe for the first time, with the Municipality of Cascais and the spectacular Oitavos Dunes in Portugal set to host GolfSixes Cascais from 7-8 June.

The idyllic Portuguese region of Cascais will play host to the third edition of an event which has captured the imagination of the golfing world with its unique format, following two hugely successful editions at the Centurion Club in St Albans, England. It will be the first time the tournament will be held outside of the United Kingdom, and is being hosted in partnership with the Municipality of Cascais and Event/Media agency U.COM - which stages the annual Millennium Estoril Open, an ATP Tennis Championship, in the same region.

The event will follow the same ground-breaking format as the 2018 GolfSixes, with four 'Wildcard Teams' - featuring stars of male and female golf - joining 12 other two-man teams of European Tour players representing their home nations.

The exciting two-day tournament will also be played over a Friday and Saturday for the first time. With the UEFA Nations League Final and Third-place play-off taking place in Portugal on Sunday June 9, an exciting weekend is in store for Portuguese sports fans and tourists alike.

Ireland emerged as GolfSixes champions last year when Paul Dunne and Gavin Moynihan overcame a French team comprising Mike Lorenzo-Vera and Romain Wattel in the final. The young Irish duo lost just one of their six matches over the two days of competition.

They dethroned the 2017 champions, Danish pair Lucas Bjerregaard - who has since won two titles on the European Tour - and Thorbjørn Olesen, who 16 months later put his match-play experience to good use as part of Thomas Bjørn's triumphant European team at The 2018 Ryder Cup.

Keith Pelley, Chief Executive Officer of the European Tour, said: "I am thrilled with how the world of golf has embraced GolfSixes and this truly is an exciting development as we

take this event to continental Europe for the first time.

"I would like to extend my thanks to the Municipality of Cascais and U.COM for their vision in bringing GolfSixes to a Portuguese audience and it is sure to be a fantastic couple of days in Cascais next June." Dirk Glittenberg, Chief Executive Officer of U.COM, said: "GolfSixes is a brilliant concept which has the potential to change how sports fans around the world view the game of golf, and everyone at U.COM is very excited about bringing it to Portugal for the first time.

"We believe this can be transformative for the image of golf in Portugal and we are very grateful for the support and faith that the Municipality of Cascais have shown in this concept."

Miguel Montez Champalimaud, General Manager of the Oitavos Dunes, said: "We are incredibly enthusiastic about having this pioneer event at our venue and feel we have the perfect elements in both Oitavos Dunes golf and The Oitavos Dunes hotel to make it an all-round success for players and all the stakeholders."

Ricardo Gouveia, Portuguese European Tour player, said: "This is very exciting news for Portuguese golf. I played the very first GolfSixes in 2017 and it was a fantastic event which all the players really enjoyed. Hopefully this exciting format can inspire the next generation of Portuguese golfers."

Carlos Carreiras, Mayor of Cascais, said: "This is a perfect match for Cascais - a world class destination for a world class event. We are delighted to be hosting this event in continental Europe for the first time and we intend to make it the best GolfSixes ever. We look forward to welcoming golf fans, and viewers from all around the globe, to our beautiful destination in the western most point of Europe this June."

The GolfSixes format has not only proven a huge success on the European Tour - with The 2018 Ryder Cup also featuring the

concept as part of its build-up at Le Golf National - but it has also been adopted across the grassroots of golf.

The Golf Foundation, a registered charity with the aim of bringing golf to young people, has - in association with the European Tour, the R&A, England Golf, Wales Golf and Scottish Golf - launched a GolfSixes League throughout Britain for juniors.

Since May, 24 leagues have been staged across 22 UK regions, involving 112 golf clubs and nearly 1,500 junior golfers. Early results showed that nearly 30% of participants have been girls. The GolfSixes concept has also been rolled out in Belgium, Denmark, France and the Netherlands.

Frank Kirsten, CEO of PGA Holland and chairman of the PGAs of Europe, said: "The PGA Holland Golf Sixes has been a great success and continues to grow in 2019. We play a team event between teams of six youth players up to the age of 13, and this is exactly what our sport in Holland needs to attract more youth but also parents to our golf facilities. We are very grateful to the European Tour for making this wonderful and innovative competition



Portuguese golfer Ricardo Melo Gouveia pictured here at the 2017 GolfSixes. (Photo: Getty Images)

possible in our country." Nick Pink, Chief Executive of England Golf, said: "GolfSixes is a perfect way to introduce newcomers to the game, to keep playing at the busiest times of life, and also to continue playing into later life. We've had a fantastic response

from our members with 114 clubs entering our first GolfSixes competition." Oitavos Dunes is currently ranked 55th in Golf Magazine's Top 100 Golf Courses in the World, while it is listed as Portugal's Number One golf course. It has hosted the Open de

Portugal on four occasions, first in 2005 when Paul Broadhurst emerged victorious, and then in three years in succession in 2007, 2008 and 2009, won by Pablo Martin Benavides, Grégory Bourdy and Michael Hoey respectively.

DISCOUNT TEE TIMES


GolfinPortugal.com

BEST GOLF IN THE ALGARVE

O melhor golfe do ALGARVE

MEMBERSHIP
Available
w/ Unlimited Golf
from
€167,00*
per month

Pestana
GOLF & RESORTS
PORTUGAL

Gramacho
PESTANA GOLF RESORT

Vale da Pinta
PESTANA GOLF RESORT

Silves Golf
PESTANA GOLF RESORT

Alto Golf
PESTANA GOLF RESORT

Vila Sol
PESTANA GOLF RESORT



BOOK NOW!
Tel: +351 282 340 900 | www.pestanagolf.com

*Price mentioned considers an annual subscription.

BLAME YOUR GOLF CLUBS!



We can help you play better golf by fitting you into the latest, most powerful clubs on the market. Come and compare your clubs to ours. You have nothing to lose apart from your distance!

GI
GOLF INTEGRATED
ACADEMY

Vila Sol
www.golfintegrated.com
Tel: +351 912 263 555

Ronaldo fined for tax fraud

N CHRIS WRIGHT



Juventus FC forward Cristiano Ronaldo and his partner Georgina Rodriguez arrive at a court in Madrid, Spain, 22 January 2019. (Photo: EPA/Javier Lizon)

Cristiano Ronaldo has been fined €18.8million for tax fraud and also received a twenty-three month suspended jail sentence after making a deal with Spanish prosecutors.

Ronaldo, attended court in Madrid with his girlfriend Georgina Rodriguez on Tuesday. His former Real Madrid teammate Xabi Alonso was also in court on a separate tax evasion charge, which could lead to a five-year sentence that - unlike Ronaldo - may see him behind bars if he is found guilty. Ronaldo's lawyers had asked that he be allowed to enter the building by car to avoid the media spotlight but the court president refused the request, saying that despite his 'great fame', he would not 'compromise security' at the building. The former Manchester United forward, who currently plies his

trade in Italy with Juventus, requested that he appear via video conference but this was also denied. The court appearance lasted around forty minutes as the deal was officially presented to the judge, who confirmed the final sentence later on Tuesday. Ronaldo had played in Italy on Monday night, missing a penalty as league leaders Juventus eased past bottom club Chievo 3-0. Prosecutors accused Ronaldo of having used companies in low-tax foreign jurisdictions - notably the British Virgin Islands and Ireland - to avoid having to pay the tax due in Spain on his image rights between 2011 and 2014.

No stopping FC Porto

It was a successful week for the Primeira Liga's top four with FC Porto victorious at GD Chaves, Benfica squeezing home at Vitoria de Guimarões, Sporting recording a narrow win against Moreirense at the Avalade and SC Braga winning bragging rights in Madeira.

N CHRIS WRIGHT

FC Porto, who made it nineteen wins out of their last twenty games, were two goals up at the interval at bottom club Chaves thanks to a brace from striker Tiquinho Soares.

Both goals came from assists by Moussa Marega who last season was the Dragons top goal scorer.

Midway through the second-half Soares completed his hat-trick with a tap-in following

Héctor Herrera's lofted cross.

Gallo then pulled a goal back for Chaves from the penalty spot before an own goal by Chaves defender Fernando Andrade gave Porto a comfortable 4-1 win.

On Tuesday evening FC Porto beat Benfica 3-1 in the League Cup semi-final and will meet the winner of the other semi - Sporting/ SC Braga - on Saturday evening in the final. Vitoria

de Guimarões, only one home defeat this season, is not the easiest of places to get a result which Benfica desperately required to keep in touch with top team FC Porto.

The first-half saw both sides shooting from range as speculative efforts from João Félix and Pizzi, for the Eagles, brought out saves from Douglas before two well-hit volleys from André André and Tozé spelled

danger for Benfica's goal. Benfica's breakthrough came with ten minutes of normal time remaining as André Almeida squared a pass across goal to Seferovic, who only needed a touch to guide a winner into the bottom corner. Sporting went a goal up early on, against Moreirense, through Nani's near post header. Bruno Fernandes made it 2-0 after twenty-six minutes but ten

minutes before the break Moreirense reduced the arrears with Heri's tap-in from Chiquinho's low cross. Raphinha thought he had scored his first goal for Sporting but his second-half strike was ruled out in a tight offside call. SC Braga had a comfortable 3-0 victory in Madeira against CD Nacional but it was an hour before they opened their account through Ricardo Horta. Murilo's goal against his former club followed ten

minutes later and five minutes from time Paulinha added the third with a tap-in at the back-post. Portimonense continue their impressive form with a 2-0 win in Porto against Boavista thanks to a goal in each half from Brazilian striker Wellington. Next Tuesday (29th January) SC Portimonense meet bottom club GD Chaves at the Portimão Municipal Stadium kick-off 7pm.



toldolanda
sun
protection



AlgarExperience
Enjoy the Sea

Unique Boat Experiences

Caves & Coastline

Dolphin & Caves

Promo Code 10% Discount
PNEWS10

Valid exclusively for online bookings, phone or email

Beach Barbecue

8 much more...

www.algarexperience.com
BOOK ONLINE or visit us at **Albufeira Marina - Algarve**

reservas@algarexperience.com
(+351) 967 525 127 | (+351) 289 591 153

Wolves hungry for victory

Five Portuguese players were in the starting line-up as Wolverhampton Wanderers entertained Leicester City at Molineux in the English Premier League.

Rúben Neves and João Moutinho were in midfield, while Rúben Vinagre took his place at left wing-back, Rui Patrício kept goal and star man Jota was up front. The Portuguese contingent were dominant from the start, with Neves having a superb shot tipped over the bar, and the resulting corner soon led to Moutinho crossing for Jota to open the scoring at the back post on four minutes. In a see-saw game it was

hero Jota who netted a hat-trick with his third goal coming with virtually the last kick of the game to snatch a 4-3 victory! The stadium erupted and manager Nuno Espirito Santo ran the length of the touchline to join the celebrations, leading to the Portuguese coach being sent off shortly after. Nuno admitted an improper conduct charge and has been fined nine thousand euros by the English FA.