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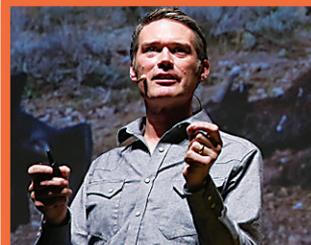
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House prices rise as local lodging slumps



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A ground-breaking Algarve project to Save Ria Formosa's seahorses wins international competition. P8



PM speech disrupted as anti-airport protestors storm stage. P14



Cristiano Ronaldo has become the first player in history to win league titles in England, Spain and Italy. P48



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“Christianity is the most persecuted religion” says after Sri Lanka attacks

The Lisbon Cardinal Patriarch has said that Christianity is the most persecuted religion in the world following a wave of terrorist attacks in Sri Lanka on Easter Sunday.

Manuel Clemente was speaking to reporters following an Easter Sunday service at the Lisbon Cathedral.

“Currently, in many places in the world, as was the case in Sri Lanka this morning, Christians are celebrating Easter in hiding or suffering from badly healed wounds or grave disasters”, said the Cardinal Patriarch on Sunday morning shortly after learning about the bombings.

He called Christianity the “most persecuted religion in the world”, lamenting that “even in our very own Europe there are profanations of churches - hundreds in France last year.”

Referring to the attacks in Sri Lanka, he said those acts do not have a place in any religion. Sunday’s attacks in Sri Lanka claimed at least 350 lives, including a Portuguese national.

Rui Lucas, 31, from Viseu, was on honeymoon when terrorists struck at his hotel. His wife survived the attack.

Portugal’s president, Marcelo Rebelo de Sousa, this week repudiated the Sri Lanka attacks, expressing his condolences to the widow of the only Portuguese victim.

“My thoughts go in particular to the family of the Portuguese victim and I have had the opportunity to express my condolences to the widow,” said De Sousa.

De Sousa also expressed his condolences on behalf of the Portuguese people to the Sri Lanka authorities and to the victims’ relatives.

He repudiated “another act contrary to the dignity of human beings and to the fundamental principles of International Law and specifically to religious freedom.”

Portugal’s speaker of the parliament, Ferro Rodrigues, meanwhile expressed “absolute condemnation” of the “vile and repugnant attacks” that took place in Sri Lanka.

In a message sent to his counterpart of the Socialist Democratic Republic of Sri Lanka, Karu Jayasuriya, Ferro Rodrigues, said that the attacks “defy values and the model of society, based on respect for freedom, democracy, fundamental rights.”

“The bombings on Sunday morning hit several churches and hotels in Colombo, Negombo and Batticaloa, deserve our absolute condemnation,” said Rodrigues.

He offered his “deepest condolences” and “solidarity with the families of the victims, the authorities and the people of Sri Lanka,” as well as “the relatives and friends of the Portuguese national who lost his life in the bombings.” Islamic State has meanwhile claimed responsibility for a series of terror attacks in Sri Lanka.

Near-simultaneous explosions rocked churches and hotels on Easter Sunday with IS releasing a video showing who it claimed were the eight suicide bombers.

Sri Lanka held a national day of mourning on Tuesday as the country’s Prime Minister Ranil Wickremesinghe warned that suspects armed with explosives were still at large.

As the country paid its respects, the inquiry into what the intelligence services knew about the attack continued.

Ruwan Wijewardene, minister of defence, said “weakness” within Sri Lanka’s security apparatus led to the failure to prevent the nine bombings.

He said: “By now it has been established that the intelligence units were aware of this attack and a group of responsible people were informed about the impending attack.”

The president Maithripala Sirisena went further, saying that officials who failed to share information would face “stern action”.

Police have arrested 40 suspects in the Sri Lanka attacks, including the driver of a van allegedly used by suicide bombers and the



Lisbon Cardinal Patriarch pictured here during the Easter service.

owner of a house where some of them lived, officials said.
Sri Lanka’s president gave the military a wider berth to detain and arrest suspects on Tuesday - powers that were used during the 26-year civil war but withdrawn when it ended in 2009. India and Britain have each confirmed eight dead. The US State Department confirmed that at least four Americans were dead and several seriously wounded. Others, along with Portugal, were confirmed to be from Bangladesh, China, France, Japan, the Netherlands, Denmark, Saudi Arabia, Spain, Turkey and Australia.

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Lisbon Cardinal Patriarch



Easter Sunday service at Lisbon Cathedral. (Photo: Lusa/Miguel A. Lopes)

WEATHER

Warm weather set to return

Thermometers are set to climb to as high as 28 degrees Celsius in parts of Portugal this weekend, as Spring makes a return after some wet and windy weather in recent days.

Lisbon: After seeing highs struggle to reach their mid-teens, the Portuguese capital has been forecast temperatures of up to 26 degrees Celsius this weekend. The Mercury is set to drop a bit next week, but never below 20 degrees.

Skies will remain mostly clear. **The South:** The Algarve will not see the highest temperatures in the coming week, but they will be the most constant, reaching highs of 24 or 25 degrees on every day of the week while skies

will be mostly clear. **The North:** Northern Portugal will be the coolest in Portugal though a mild weekend is forecast before temperatures will drop to just under 20 for the remainder of the week.

N News in Brief

Parliament calls for protection of Portuguese citizens post-Brexit

Portugal's parliament has approved a motion to protect Portuguese citizens residing in the UK after Brexit. Leftist parties and the People-Animals-Nature party voted in favour and the opposition Social Democrats and the conservative CDS-People's Party abstained. With around 400,000 Portuguese nationals living, working and studying in the UK, socialist Member of Parliament Carla Tavares defended that the number one priority since the beginning of Brexit are citizens and their rights.

Monster Easter cake makes news in Quarteira

A 100 metre long traditional Easter cake stole the show on Sunday in Quarteira. The 330kg Folar was completely demolished in just half an hour thanks to the high number of visitors to the Algarve city. The Folar was made by the Duo Sweet confectionery with 150kg of flour, 30kg of sugar, 30kg of margarine, 450 eggs, various liquors, ground cinnamon, fennel, zest and orange juice, lemon zest, herbal tea and honey.

Public transport in Algarve to be cheaper from May

The price of public transport in the Algarve is to become cheaper from 1 May. From the start of next month a ceiling of €40 is to be placed on all monthly travel passes. In practice, as of May, any monthly pass, whether bus or train, will cost between €14 and €40. The agreement reached includes, for now, the CP trains, EVA and Frota Azul buses and Faro urban transporter, Next.

Madonna releases Portuguese-influenced album

Madonna has announced that her 14th album will be released on the 14 June. Madame X, influenced by time spent living in the Portuguese capital Lisbon, is her first album in four years. Made up of 15 songs, the album takes its influence from Latin music and will see the 60-year-old pop star singing in Portuguese, Spanish and English. Madame X was recorded over 18 months between Lisbon, London, New York and Los Angeles and sees the pop veteran adopting the guise of the titular character.

EU welcomes the commitment of online platforms ahead of the European elections

The European Commission published the latest reports by Facebook, Google and Twitter covering the progress made in March 2019 to fight disinformation. The three online platforms are signatories to the Code of Practice against disinformation and have committed to report monthly on their actions ahead of the European Parliamentary elections in May 2019.

Faro gears up to host 34th Academic Week

Faro is gearing up to host its 34th Academic Week; considered one of the largest gatherings south of the Tagus, some 36,000 people are expected to attend this year's event. Organised by the Algarve University, it takes place between 2 and 11 May, with popular national acts including Blaya, Toy, DeeJay Telio, Papillon and Ana Malhoa taking the stage for the nightly entertainment, as well as British band Rudimental.

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National Geographic Summit brings throwaway plastic debate to Portugal

'Planet or Plastic' is the name of the upcoming National Geographic Summit, which takes place next week in northern Portugal after being staged for two years in Lisbon.



National Geographic photographer Charlie Hamilton James speaks during the National Geographic Summit 2018 at Coliseu dos Recreios in Lisbon last April. (Photo: Lusa/Jose Sena Goulao)

To be held at Porto's Casa da Música next Monday afternoon (29 April), the event will bring five key international speakers to Porto to address the topic of disposable plastic items and the effects they are having on our planet. Under the motto 'Listening to the Planet from Oporto', photographer Brian Skerry, ecologist Lucy Hawkes, biologist Paula Sobral, former executive president of the Ellen MacArthur Foundation, Jamie Butterworth and the

founder of the Zero Waste movement Lauren Singer, will be addressing the scale of the plastic waste problem and providing alternatives. Luís Fernambuco, director general of National Geographic Partners Portugal, said in comments to newspaper *Público*: "This year we thought of a great concept that we have as an institution and we wanted to take advantage of the occasion of the summit to make this issue known". The move from Lisbon to Porto, he says, happened

for two reasons: firstly, for the "emotional connection" with Porto, as National Geographic's Photo Ark exhibition debut was staged there, and due to "good relations" with several institutions in Porto; and secondly to "decentralise" the summit. According to the programme, two major themes will be discussed: "On the one hand, we want to show the dimension of the problem", emphasises Luís Fernambuco, elaborating: "On the other hand, we want to give alternatives and [show]

how we can all play a concrete role in reducing disposable plastic". Underwater photographer

Brian Skerry, who dives eight months a year and often in extreme conditions like under Arctic ice, will use his work to demonstrate how the beauty of the ocean is being threatened by plastic; Lucy Hawkes, an ecologist who monitors populations of sea turtles from the United States or Cape Verde and follows the migration of animals such as sharks, will also be giving a presentation which "should focus on the migration of turtles and how plastic pollution is affecting migration routes", the organisers said. From the home team, Portuguese biologist Paula Sobral, founder and President of the Lixo Marinho Association and researcher at MARE - Center for Marine and Environmental Sciences - will offer a scientific view of the scale of the problem and demonstrate how plastic pollution is affecting Portugal's coast. The two remaining speakers will be suggesting solutions to the problem: Jamie Butterworth - former executive president of the

Ellen MacArthur Foundation - will be talking about circular economy and explaining how the economy of a society can evolve and fight against single-use plastics. Finally, Lauren Singer - founder of the Zero Waste movement, environmental activist, entrepreneur, and blogger - will be enlightening those present on how to achieve a zero waste lifestyle. With regards to the Summit itself, queried whether that will be a disposable-plastic-free event, Luís Fernambuco says: "Our focus is disposable plastic and we will try to reduce its use during the summit. "We believe it is important to do more today than we did yesterday and do more tomorrow than we do today: in that sense, if we can reduce the use of plastic by 80 percent compared to the previous edition, it is already a success". Therefore, while it might not be possible to reduce plastic water bottles for this year's edition, the organisers are making concerted efforts to avoid offering gifts with plastic packaging or plastic cups.

Stronger EU borders with a new standing corps of 10,000 border guards

The European Parliament adopted the Commission's proposal to reinforce the European Border and Coast Guard Agency with a standing corps of 10,000 border guards by 2027.

The Agency will also have a stronger mandate on returns and will cooperate more closely with non-EU countries, including those beyond the EU's immediate neighbourhood.

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Madeira bus crash probe begins

Officials have started working on establishing the full causes of a fatal bus accident which took place in Madeira last week.

All 29 people killed in the tour bus crash were German, Portugal's foreign ministry has confirmed. The bus was carrying 55 people.

All were German tourists except a Portuguese driver and guide, who were both seriously injured following the accident. It rolled down a steep hill after veering off the road on a bend

east of Madeira's capital, Funchal, last Wednesday evening when it was still light and in fine weather. The crash injured 28 others. A foreign ministry statement

reiterated the government's condolences to the families of victims, and said the crash "claimed the lives of 29 German citizens". Authorities said they are investigating the cause and would inspect the bus for mechanical problems. People at the roadside are also thought to be among the injured. Tomasia Alves, head of the Funchal hospital, said authorities hope to have a list of victims by Saturday. She said the victims were roughly between 40 and 60 years old and included no children. She said 28 people were taken from the accident scene to a morgue, and another person died later in hospital. German foreign minister Heiko Maas said he was "deeply shaken by the tragic bus crash". He was due to travel to Madeira to meet his Portuguese counterpart. German Chancellor Angela Merkel expressed "sadness and shock" at the accident. "My sincere sympathy goes especially to all of the families who have lost their loved ones in this tragedy," she said. Rescue services used two cranes before dawn on Thursday to pull

the bus, which was lying on its side with part of its roof torn off, from the crash site, local media reported. The wall of a house, which appeared to have halted the bus's fall, was smashed in. Parts of the bus, including seats, and items of clothing littered the grassy hillside, which looks out over the Atlantic Ocean. The tourists reportedly were staying at the nearby Quinta Splendida, a hotel restored from a 19th-century manor house. Madeira, off the coast of north-west Africa, is a popular vacation destination for Europeans due to its mild climate and lush, hilly landscape. A German pastor on Madeira praised the medics who cared for the survivors. Ilse Everlien Berardo told a German broadcaster the survivors she spoke to were in a state of shock. She said Madeira officials immediately looked for people on the island who spoke German. "Even though the doctors and nurses cared touchingly for the injured it's also always important to hear your mother tongue and get a few words of attention," she said. TPN/PA



29 German tourists were killed last week when the bus they were travelling in plunged on top of a house on the Portuguese island of Madeira. (Photo: Lusa)

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Algarve project to Save Ria Formosa's seahorses wins international competition

An Algarve project to preserve the Ria Formosa protected lagoon and save its famous seahorses by cleaning it of plastic waste, has had a much-needed financial boost after winning an international competition.



Algarve-based Association for the Study and Conservation of Oceans (aECO) has won a worldwide competition for its efforts on Ocean conservation. (Photo: Aeco/Facebook)

The 'Campaign for a Plastic Free Ria Formosa' project aims to save the seahorses for which the Ria is famous. Promoted by the Algarve-based Association for the Study and

Conservation of Oceans (aECO), it won a worldwide competition for funding held by the European Outdoor Conservation Association (EOCA), in the Oceans category. The Algarve project achieved the highest number of votes,

with over 10,300 public votes, or 51 percent of the votes cast, having fought off competition from four other projects in the same category. In a statement on its Facebook page, aECO said it is now "time to get to work"; in July the

association will start a series of land-cleaning campaigns it had already organised prior to scooping the prize. The financing attained through the competition will now allow aECO to expand the size of the area annually cleaned on the Ria Formosa by 11 kilometres, as well as adding underwater operations and PR campaigns to its activities. It will help fund a series of awareness-raising initiatives against the consumption of plastic, "and reach out to residents, tourists, fishermen and students with photographic exhibitions in Faro and Olhão, lectures in supermarkets, and an online campaign". "We appreciate all the votes, the messages and the shares. It was great to feel your support, but it is even better to realise that it is not only this project that is gaining momentum, but that there are many other similar initiatives flourishing around the world", the Algarve association concluded.

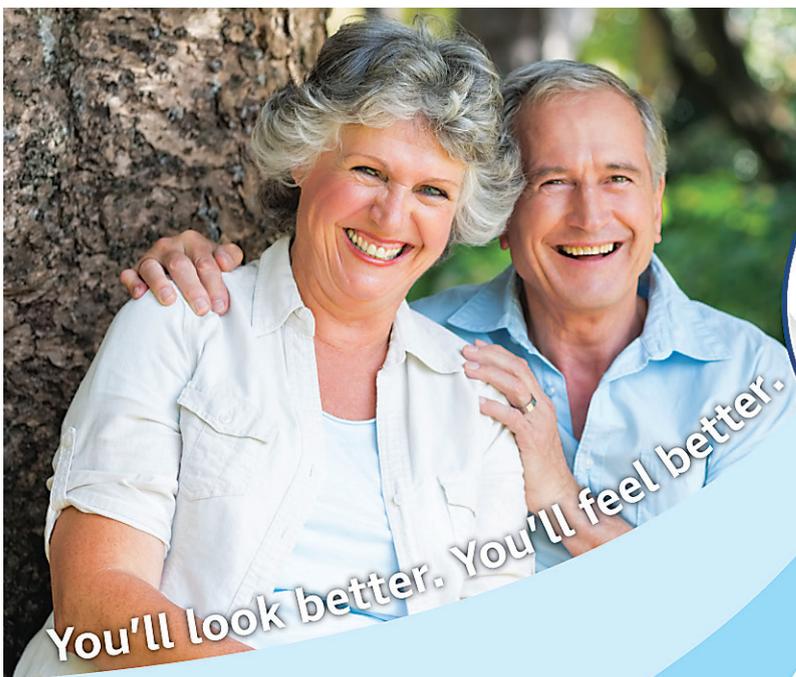
President begins six-day visit to China, ends in Macau

Portugal's president, Marcelo Rebelo de Sousa, on Thursday travelled to China for a six-day visit which symbolically begins at the Great Wall and ends in Macau, during which he is to be welcomed by China's president, Xi Jinping.

According to a note published on Monday by the presidency, De Sousa is to be in China between Friday, 26 April and 1 May, to participate in the second "Belt and Road" forum, a Chinese initiative on infrastructure investment, and then in a state visit, invited by his counterpart.

In Beijing, he is to be welcomed by the Chinese prime minister, Li Keqiang, and the president, Xi Jinping, who was in Portugal at the beginning of December. De Sousa will then go to Shanghai and to Macau, where he will meet with local authorities.

He "will have the opportunity to contact those responsible for the current dynamism of the bilateral relationship, namely cultural agents, sportspeople, entrepreneurs and investors, as well as visit several of the sites illustrating the richness of the Chinese culture and the long relationship with Portugal," according to the note. (See Page 11) TPN/Lusa



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The Long-Term Approach to Inheritance Planning

For many retirement savers, leaving a legacy represents the ultimate, long-term goal. So, it is understandable that inheritance planning should require a great deal of organisation and forethought because successful inheritance planning cannot be done overnight.

If you've worked hard and invested prudently over the course of your life, it's very likely that the UK's Inheritance Tax (IHT) system can be a disconcerting and foreboding spectre on the horizon. And it is little wonder; it is estimated that HM Treasury will take £6.9bn in IHT receipts by 2024, and no one wants to add unnecessarily to this already leviathan figure.

Fortunately, there are ways you can structure your wealth to pass it on tax-efficiently. However, this process needs to begin many years before death so that you have plenty of time to decide upon the identity of your beneficiaries and to make gifts, create trusts, and plan your tax liability.

There is no Short-Term Solution

As an expat in Portugal, inheritance planning that relies on a simple fix-all strategy or single product is unlikely to reflect the complexity of your cross-border inheritance planning needs.

Instead, you should seek out the advice of an experienced, local wealth manager who can listen to your goals and circumstances in order to develop a bespoke solution which takes into account all the jurisdictional issues that may affect your estate when you die.

Your plan should be about much more than simply ring-fencing wealth, it should also be about considering the needs of your beneficiaries and finding a strategy that ensures a smooth transition of wealth. In most cases, this will involve informing your beneficiaries of your plans so that they can ready their own finances to make the best use of your generosity. You may also want to introduce them to your adviser as this can greatly assist the whole process, both now and in the future.

Be Clear About the Present but be Ready to be Flexible in the Future

Although you will inevitably have



to account for the inheritance planning regulatory and legal burdens currently in place, you will also have to build flexibility into your plans so they are capable of responding effectively to any changes which might occur in the future.

Tax rules rarely become simpler or less onerous over time, but by making the most of existing exemptions and gifting rules, while also retaining some flexibility, you increase your chances of passing on your estate with the minimum of tax liability.

A good independent financial adviser can help make you aware of potential legal and regulatory traps as well as the many opportunities in this regard - for cross-border individuals this can be especially complex.

Look After Yourself First and Foremost

Whether your beneficiaries are going to be children,

grandchildren, other family members or indeed charitable organisations, your inheritance plan should begin by ensuring that you have made adequate provision for your own security and cashflow needs.

This should involve finding the right balance between what you will need to live on and what you want to give away; it can be dangerous to gift too much when there is a reasonable possibility that you might live to a ripe old age and perhaps require medical or nursing care in later life. It's all very well making substantial gifts to keep your hard-earned money out of the hands of HM Revenue and Customs, but if you end up selling yourself short, your sunset years could easily become frugal and difficult.

Gifting is Not the Answer to all IHT Issues

No matter how generous your intentions, if you cannot make

gifts with confidence, you should reconsider your plans - your loved ones are unlikely to want you to gift them your assets if doing so precipitates your financial demise. Ask yourself the following questions before you restructure your assets, create any trust, or make any gift; they will help you determine whether you have the capacity to give.

- Have you analysed your cashflow needs?
- What is your time horizon? (How long are you likely to live?)
- How much money should you put aside for care costs?
- How will any gift you make eat into your assets' ability to generate interest/dividends?
- Would a loan be a better option than a gift?

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‘Portuguese in Hawaii’ documentary to première in Madeira

A documentary about the Portuguese Diaspora on the US archipelago of Hawaii will make its national debut this coming weekend in Madeira.



The John dos Passos Cultural Centre in Madeira. (Photo: Lusa/Homem de Gouveia)

The documentary, by the same producer of the previous productions of ‘Portuguese in California’ and ‘Portuguese in New England’, explores the size and scope of the Portuguese community in Hawaii. It will make its national debut on the island of Madeira this coming Saturday, 27 April, in the auditorium of the John dos Passos Cultural Center in Ponta do Sol. The premiere is being held at the invitation of the Madeira regional government as part of

celebrations to commemorate the 600th anniversary of the discovery of the islands of Madeira and Porto Santo. “It’s fantastic that it (the documentary) is debuting in Madeira” said Nelson Ponta-Garça, in comments to *Lusa News Agency*, recalling that his two previous documentaries focused on the legacy of the Azores, which is “from where most of the Portuguese in America originates”. Holding the inaugural exhibition of the documentary in national territory “makes perfect sense”, according to

the director, because “a large percentage” of Luso-descendants living in Hawaii come from Madeira. Estimates are that more than

10 percent of the population of the archipelago of Hawaii, which totals over 1.4 million inhabitants, is Portuguese-descendant. Nelson Ponta-Garça added that the documentary is a form of bringing Madeira and Hawaii closer together, and revealed that the event will be attended by representatives of Big Island, where it is estimated that half the population may be of Portuguese origin. The first Portuguese immigrant to be registered in the archipelago is João (John) Elliott de Castro, who according to the Library of Congress, arrived in 1814 and was King Kamehameha’s doctor. Ponta-Garça also revealed that talks are underway with several television channels “to see how best to promote” the documentary in Hawaii and the rest of America. Meanwhile, it has already been confirmed that ‘Portuguese in Hawaii’ will be available on Amazon’s streaming video platform Prime Video and can

also be viewed on Vimeo. The executive producer of the 42-minute film is Luso-descendant Marlene Hapai, and includes more than 40 interviews, ranging from community leaders to comedian Frank DeLima and singer Glenn Medeiros. The documentary was sponsored by FLAD - Luso-American Foundation and the Regional Government of the Azores, and co-produced by Portuguese broadcaster RTP. Next month, the film ‘Portuguese in New England’, which preceded the documentary in Hawaii, will be screened during the Feasts of the Lord Holy Christ of Miracles, an Azorean festival “which brings together more than 100,000 people in São Miguel”. Ponta-Garça also said he is already working on the production of the next documentary, a more comprehensive film that should be ready by 2020 and will focus on Portuguese in all US states.

Registry offices stage week-long strike

The Portuguese registrars’ union (SNR) staged a four-day strike this week to demand career reviews, higher pay and changes to the law governing their activities.

The strike ran from Monday to Friday, with Thursday being a bank holiday. Last October, the SNR called a three-month strike at the Registry and Notary Institute, but it was

called off after the justice ministry asked the attorney general for an opinion and the attorney said the stoppage should be considered an illicit protest movement. *TPN/Lusa*

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Beijing praise as Lisbon joins One Belt, One Road project

China said on Tuesday it “deeply appreciates” Portugal’s participation in the “One Belt, One Road” initiative, noting Portugal’s strategic location, and the fact it was one of the first western European countries to join Beijing’s international vision.

In a statement sent to *Lusa News Agency* a few days before President Marcelo Rebelo de Sousa was due to start his state visit to China, the Chinese government praised Lisbon’s “active adhesion and attention” to its plan. A network of railways and highways will connect the western region of China to Europe and the Indian

Ocean, crossing Russia and Central Asia, and there will be a range of ports in Africa and the Mediterranean waters that will strengthen the maritime links of the prosperous Chinese coastal cities. In the communiqué, Beijing stressed Portugal’s “very important” position in the extreme west of Eurasia, hinting at coordination with Lisbon which wants to

include an Atlantic route in the Chinese programme, allowing the port of Sines to connect the Far East routes to the Atlantic Ocean and thus benefit from the expansion of the Panama Canal.

Recalling the visit of China’s President Xi Jinping to Lisbon last December, this “raised the relations to a new level”, and the Chinese authorities consider that Portugal “is a positive example” for cooperation between China and Europe.

“Portugal is one of the first western European countries to sign a cooperation document under the scope of the ‘One Belt, One Road’ initiative”, it said.

Portugal’s president, Marcelo Rebelo de Sousa, said he was pleased with the Portuguese participation in the ‘One Belt, One Road’ initiative as this could take advantage of Portugal’s “strategic position in



Chinese President Xi Jinping pictured here during a recent visit to Portugal. Beijing has this week praised Portugal for its support of the One Belt, One Road initiative. (Photo: EPA/Mario Cruz)

Europe, in western Europe and close to other continents”. Meanwhile, analysts that *Lusa* spoke to have agreed that the duration of the president’s 24-hour trip to Macau compared to his

six-day trip to China, shows the priority domestic diplomacy gives to Beijing. China is too big and wealthy to insist on Macau as the gateway to the country, an analyst further told *Lusa*.

“There is a great expectation, (...) but the stay is very short...”, the chair of the Regional Council of Portuguese Communities of Asia and Oceania, Rita Santos, said. *TPN/Lusa*

Angola’s TAAG removed from EU airline blacklist

Angola’s flag carrier TAAG has been removed from the European Union (EU) blacklist and will now be able to fly without restrictions in the European airspace for the first time in over a decade.

The EU Air Safety List is a list of air carriers from non-EU countries which do not fulfil the required international safety standards.

TAAG Angola Airlines had been on the list since

2007, but the decision was made to release them based on the unanimous opinion of aviation safety experts from member states who met within the EU Air Safety Committee.

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House prices rise as local lodging slumps

While the price of real estate in Portugal continues to rise, it seems the number of people using their property as Alojamento Local (AL), or temporary local lodging, is dropping, with Lisbon having been hit by the biggest reduction in registrations.

Latest available figures show the price of property rose by 3.3 percent in the first quarter of 2019 and, according to leading property listing portal *Idealista*, during the first quarter of this year, prices increased in 15 of the country's 24 districts. Between January and March, according to *Idealista's* Index, the value per square metre was set at €1,849.

Guarda is currently the city in Portugal with the lowest real estate prices, whereas the highest values continue to be seen in Lisbon, where the average price per square metre of a home is fixed at €3,002.

However, the biggest increase in prices was noted in northern Portugal, more specifically in Porto, where the value per square metre rose 4.6 percent, followed by Castelo Branco (four percent) and Madeira (3.6 percent). In the Lisbon district,

property prices appreciated 2.2 percent in the first quarter, while in the Algarve they increased 0.6 percent and in the Alentejo, 0.5 percent.

Lisbon, Porto and Faro, in that order, remain the most expensive places in Portugal to buy property. Meanwhile, and also taking into account data for the first three months of this year, there was a drop in the number of AL (*Alojamento Local*, or local lodging) registration requests throughout the country - but most noticeably in Lisbon. New registrations slowed across the country, but nowhere as much as in the Portuguese capital. The number of new registrations for local accommodation in Lisbon plummeted 60 percent in the first quarter of 2019, compared to the same period of the previous year. Industry associations have justified these figures with "market self-regulation",

which they claim has borne more weight on the downturn than the coming into force of new containment rules and more restrictive legislation. Since October 2018, legislative changes to the AL local lodging regime have determined that councils and building condominiums may intervene in the authorisation of the activity, allowing the establishment of "containment areas" to "preserve the social reality of the neighbourhoods and areas".

Meanwhile, real estate market analysts and consultants *Confidencial Imobiliário*, state that property prices in Portugal in 2018 finally caught up with the negative effects of the economic crisis which started in 2008.

The strong increases in property prices in the last couple of years has allowed the market to recover, and taking into account the evolution of

inflation in the last pre-crisis year of 2007, the prices now stand at figures they would have had there not been a slump in the market, thereby recovering from losses experienced in the years following the

2008 global economic recession. Figures at the end of December 2018 also revealed that property prices had climbed by 15.4 percent on the same month a year before.

House prices started recovering at the end of 2013 when values hit rock-bottom, and in the five years since, have soared by 46 percent, *Confidencial Imobiliário* said.

State building to be turned into student housing amid real estate boom

Portugal's Prime Minister António Costa has defended the need to invest in housing and particularly student accommodation.

Prime Minister Costa was speaking at a ceremony to hand over the former headquarters of the Ministry of Education in Lisbon to the Ministry of Housing and

Infrastructure, which the government will convert into university student accommodation at controlled prices.

The plan comes at a time when home rents and

prices have soared in the Portuguese capital amid a tourism boom and influxes of foreign investment capital.

Costa said the National Plan for Housing for Higher Education - which intends to double the number of beds at accessible prices for students of higher education within 10 years - was not only a way to make available a "public good" but also a way to "diversify the financing sources of social security."

He also said it was necessary to avoid speculation and explained that the fund, which is managed by the ministries of housing and infrastructure and the ministry of finance, was a "good way to simultaneously mobilise capital to invest in improving the profitability of state assets."

Costa also pointed out that the country's social security services ended the year with €18 billion in surplus in the financial balance fund.

The plan, which has already been revealed by the government, plans to make over 12,000 beds available in the country until 2022, by gaining use of abandoned or state buildings in 42 municipalities.

TPN/Lusa



The government is looking to increase housing in major urban centres for students who have been forced out of cities due to soaring real estate prices and local lodging. (Photo: Lusa/ Rui Farinha)



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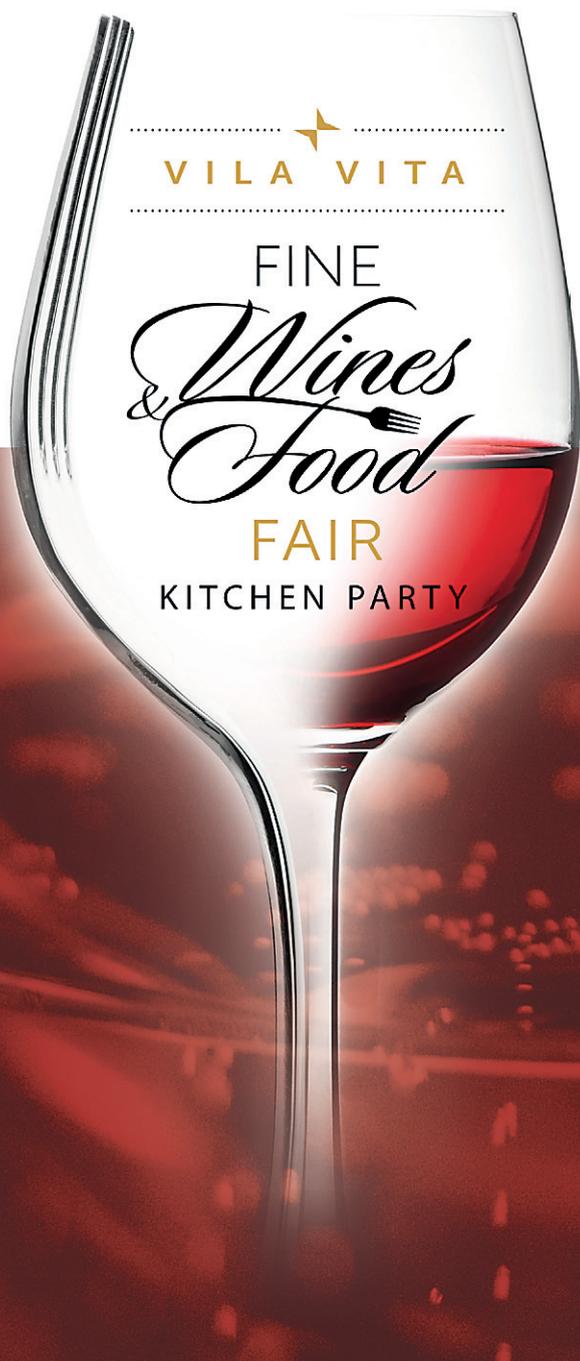
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Foreign companies pay 40 percent more in Portugal

New research has found that foreign companies based in Portugal pay 40 percent more than the national average.

But figures from Eurostat show that this figure is compensated for in terms of productivity, with the average gain for foreign companies being 45,000 euros a year versus

21,000 euros generated by domestically based business. Portugal is however one of the EU countries with the fewest foreign companies, with a share of only 0.73 percent.



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‘No plan B’ for new Lisbon airport

Portugal’s prime minister has said he has no “plan B” for Lisbon’s new international airport, following an outcry by environmental activists.



Prime Minister António Costa is interrupted by a student representing a group against building a second airport at Montijo on the southern banks of the Tagus River. (Photo: Lusa/Mário Cruz)

“The environmental impact assessment that was presented is being analysed by APA (Portugal’s environment agency) and now is not a time for a political decision but a time for technical evaluation,” Costa said at a parliamentary debate. Costa was speaking in response to

the member of parliament André Silva, from the People-Animal-Nature Party, who asked if the prime minister was willing to “reconsider the location of the airport,” adding that the city of Beja, in southern Portugal, could be an alternative. “Are you really going to insist on works that will damage people’s

health and which will devastate the avifauna of the Tagus estuary, an ecosystem that is already quite fragile?” he said.

Silva also pointed out that an assessment of the environmental impact of the Montijo airport had already been carried out and it identified “quite negative impacts for the lives of people in the region and for the population of birds that inhabit the Tagus estuary.” France’s Vinci has recently agreed to provide €1.15 billion in funding for the expansion of Lisbon’s main airport and the construction of a new hub in nearby Montijo, which has been strongly opposed by environmental groups. In related news a group of protesters this week stormed the stage as Prime Minister António Costa addressed fellow Socialists to celebrate the party’s 46th anniversary. The four youths managed to interrupt the prime minister to express their opposition to the building of a commercial airport in Montijo. Despite the security failure, the four protesters were swiftly removed allowing António Costa to continue without referring to the unexpected disruption. However, one of the protesters who was detained by the prime minister’s security, told *i* newspaper he was handcuffed and violently beaten following the interruption.

EU adopts stronger and more secure EU visa rules

The European Parliament has adopted a proposal to reform the rules on Schengen visas, making it easier for bona fide travellers to obtain a visa to come to Europe for short stays, whilst strengthening security standards and reducing irregular migration risks.

Welcoming the vote, Commissioner for Home Affairs, Migration and Citizenship Dimitris Avramopoulos said: “The new rules will facilitate tourism, trade and business while enhancing our security standards to detect those who pose a threat or have no right to enter the EU. They will also help improve cooperation with non-EU countries on the return and readmission of irregular migrants.”

The tourism and travel industry plays a key role in the European economy, representing around 10 percent of the EU’s GDP. Whilst EU Member States are among the world’s leading tourist destinations, lengthy and cumbersome procedures can deter tourists from travelling to Europe, redirecting investment and spending to other countries and affecting the EU’s economy negatively. At the same time, the benefits of

visa travel need to be balanced with measures to adequately respond to present and future security and migration challenges.

The new rules will allow travellers to be able to submit their applications up to 6 months in advance of their planned trip (9 months for seafarers), instead of the current 3 months, and in most cases, directly from their country of residence.

Frequent travellers with a positive visa history can receive a multiple-entry visa with a gradually increasing validity period from 1 year to a maximum of 5 years.

Visa costs will be increased from 60 to 80 euros which the EU says is to maintain adequate levels of consular staff worldwide to ensure stronger security screenings, as well as the upgrading of IT equipment and software, without representing an obstacle for the visa applicants.

Three Algarve cities in top-25 ‘best city’ ranking

The Algarve counties of Faro, Portimão and Albufeira are in the top 25 of Bloom Consulting’s Portugal City Brand Ranking 2019, which ranks the best cities in Portugal in which to invest, visit and live.

Faro, Portimão and Albufeira ranked in 8th, 16th and 19th respectively. The ranking evaluates and classifies the Portuguese municipalities according to their performance in the fields of Business, Tourism and Lifestyle, and is led by Lisbon.

These findings follow an annual report by Live and Invest Overseas electing the Algarve as the best

place to live for expats, with Cascais coming in second. The Algarve and Cascais came in ahead of destinations that include several locations across the world, though France and Italy were the only European countries to make it into the top ten.

According to the report by Live and Invest Overseas, which is largely focussed on a North American

following, the Algarve is a unique bit of European geography at the southwestern corner of the Continent.

“It is protected from winter by the movement of the ocean in the Gulf Stream and, as a result, has the best climate in Europe, with 3,300 hours of sunshine every year, more than any other country in this part of the world.”

The report adds that the Algarve is beautiful, affordable, welcoming, friendly, and safe. It boasts some of the world’s best beaches and best golf courses plus a long and interesting history.

“The infrastructure in the Algarve is top-notch; this is not the developing world. The health care is world-class and a fraction of the cost of care in North

America. In fact, health care is free for residents, and establishing residency is easy and cheap for anyone of any age”, Live and Overseas continued.

In placing Cascais second in its ranking, the city is described as the best of both city and beach living, a seaside town that’s not too big and not too small with a strong

sense of community.

“This is a well-heeled, high-end destination, one of the world’s most affordable places to embrace a luxury-standard lifestyle on the ocean”, the report reads.

While it says the cost of living in Cascais is significantly greater than in the Algarve, it remains a bargain given the standard of living on offer.

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Eat your way across the Algarve



The Rota do Petisco in 2019 offers even more restaurants and locations to allow participants to experience a rich and varied gastronomic experience.

The Rota do Petisco tapas route returns to the Algarve with more than 300 restaurants serving up dishes throughout the event.

Now in its ninth edition, the Rota do Petisco will be running at participating restaurants from 24 April until 26 May, with each establishment choosing to serve up a sweet or savoury tapas style dish at special discounted prices. With 303 restaurants and cafés from 12 different countries taking part across the Algarve from Odeceixe to Cabanas de Tavira, this is the largest Rota to ever be staged in the region and this year further emphasis has been placed on making the route accessible to everyone with more dishes for vegetarians and children included along the route. To take part in the Rota do Petisco, simply purchase a passport from one of the participating establishments for €1.50 (details of all restaurants available on the website) and then begin to visit as many restaurants as you can! A savoury meal with a drink will cost €3, while a dessert with a drink costs €2. In the passport, restaurants and cafés that offer a vegetarian option or a choice for children are identified, allowing more people to be able to discover the flavours of the Algarve. There is also the inclusion of the Chef's route with offerings from some of the most well known chefs in the region including from Megan Melling (Mar d'Estórias), José Moura (Hotel Tivoli Lagos) and Nuno Martins (Restaurante Vista Rio - Aquahotels Riverside). The Rota do Petisco encourages everyone to get involved and while you can visit as many or as few of the restaurants in the passport as you like, if

you collect 12 stamps in your passport then you are in with a chance of winning a prize. There is also a chance to win with your photography skills by taking part in the Picture Trail, a challenge posed by André Photography and Video, inviting participants to share their Rota do Petisco photos on Instagram with #rotadopetisco2019 for a chance to win another prize. The route was initially designed to help to promote local food and culture in the low season in the Algarve, offering residents and visitors the chance to sample small tapas style dishes that reflect the local cuisine. As the event has grown, an increasing number of restaurants and cafés have joined the route, adding to the variety on offer. "The Rota do Petisco in 2019 offers even more restaurants and locations to allow participants to experience a rich and varied gastronomic experience. This event celebrates the flavours of the Algarve and is always greatly appreciated by visitors," said Luís Brito from organisers Teia D'Impulsos. Not only does the event highlight the cuisine of the Algarve, the sale of the passports helps to fund a number of solidarity projects in the region. Over the past five years more than €100,000 has been donated to local charity projects and this year the organisers hope to be able to raise even more money than in previous editions to support initiatives such as the Fundação Irene Rolo, Associação em Contacto Tavira and the Grupo Desportivo Odeceixense.

For further information about the Rota do Petisco and all the participating restaurants and cafes, please visit www.rotadopetisco.com

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Fuel prices set to rise

Analysts in Portugal are forecasting an increase in the price of fuel in the coming months following the United States' tightening of sanctions against Iran.

According to observers contacted by *Diário de Notícias*, the cost of diesel is set to climb to around €1.50 by this summer, which is traditionally when petrol prices reach their peak.

Despite this news and the recent energy crisis, the cost of refuelling at the country's petrol stations remained unchanged at the beginning of the week.

The recent fuel strike also had no immediate effect on the cost of fuel, with unleaded petrol not suffering an increase for the first time in 11 weeks.

Diesel has also seen a cycle of increases come to an end after eight weeks of successive price hikes. Globally, oil prices have

remained stable in recent weeks, with this being reflected at Portuguese forecourts, though this is forecast to change with the renewed political and economic hostilities between Washington and Tehran.

In related news, Elidérico Viegas, head of the Algarve's largest hotel and tourist resort association AHETA, said last week's strike had brought the region to breaking point, but had no damaging effects.

The head of the regional tourism board said the fuel crisis had not affected reservations in the region, having caused only a few cancellations.

Portugal sets new record for car exports

Portugal set a new record for car exports during the first three months of the year.

According to the Portuguese Automobile Association, an average of 1,022 new vehicles left assembly lines for foreign showroom floors between January and March, with Germany and France being the most common destinations.

Overall, 97 percent of all cars made in Portugal were sent abroad, with the Autoeuropa Volkswagen factory responsible for 30 percent of the domestic production.

Setúbal monument on sale for five million euros

One of finest and oldest monuments in the Setúbal district – the 15th century São Francisco Convent – is up for sale for five million euros, to be rescued from ruin through conversion into residential housing or a hotel.

The grandiose old building is also being touted as a potential project for a senior citizen's home or health unit. The classified monument went up for sale last week, having been put on the market by Estamo, the public company that manages State real estate. A maximum deadline of 5 May this year has been established for the submission of proposals. Estamo's official website lists a description of the old Convent, saying it has "good access" and is "located in an area with a good transport network". In addition to the historical character of the monument, which boasts 78,000 square metres of land, Estamo highlights the fact that those who might buy the run down monument will be able to build on an area of about 20 thousand square metres, predominantly for housing, or opt to use 27,800 square metres for the construction of a hotel, apartment, senior residence or a health unit. These are the options outlined by Estamo, according to Setúbal's Municipal Master Plan.

Currently in a state of ruin, the convent was built in 1410 on a land donated by Dona Maria Eanes Escolar. The property originally belonged to the Order of the Friars Minor, more commonly known as Franciscans, from the Province then known as the Algarves. According to records this was probably the first religious order to be established in Setúbal. In 1619 it was visited by Philip III of Castile; in 1749 it underwent improvements, in particular to the dilapidated chapel, but in 1755 it was again left in a state of disrepair by the great Lisbon earthquake. More recently it was converted into army barracks before being vacated and put on the market for sale. The Setúbal Convent is the latest national monument to join a long list of historic palaces, castles and estates that have been sold in Portugal for conversion. Many of these are bought up by hotel chains such as the Pestana group, which transforms Portuguese real estate heritage into leading



The property as advertised on the state-owned real estate website Estamo. (Photo: Estamo)

luxury boutique hotels for its Pousadas de Portugal chain, which was formerly run by the State.

A beautiful old theatre in the Alentejo district of Portalegre, a historical property built in 1854 and one of the oldest purpose-

built theatres in Portugal, was also recently put up for sale on the online marketplace OLX, for €350,000.

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EU Parliament approves InvestEU

The European Commission has welcomed a favourable vote in the European Parliament on InvestEU, the programme to boost investment in Europe in the next long-term EU budget.

InvestEU is aimed at making EU funding for investment projects simpler to access and more effective.

Building on the Juncker Plan, it will bring together under one roof and with a single brand the European Fund for Strategic

Investments and 13 other EU financial instruments currently supporting investment in the EU. President Jean-Claude Juncker said: "The Investment Plan put Europe back in business and delivered on this Commission's number one priority: creating jobs and growth. But we can do more and that's what InvestEU is about. By making smart use of the EU's budget, InvestEU will help Europe stay an attractive place for investors worldwide. Over the next decade, the programme will unlock at least €650 billion for Europe to invest in its future, its economy and its people." InvestEU will keep the Juncker Plan's approach to investment, by using limited amounts of public resources with an EU budget guarantee to leverage substantial private and public funds.

The €38 billion guarantee will target investments in four main

areas: sustainable infrastructure; research, innovation and digitisation; small and medium businesses and social investment and skills. It should trigger at least €650 billion in additional investment in Europe.

Similarly to the Juncker Plan, the InvestEU Fund will be accompanied by the InvestEU Advisory Hub - tailored support to project promoters - and the InvestEU Portal - an easily accessible pipeline of mature projects for potential investors. Also like in the Juncker Plan, InvestEU will be a part of the Commission's economic policy mix of investment, structural reforms and fiscal responsibility, to ensure Europe remains an attractive place for businesses to settle and thrive.

InvestEU is a partnership with the European Investment Bank Group (EIB), the EU Bank, and will be open to other

implementing partners as well. The budgetary aspects of InvestEU are still subject to the overall agreement on the next long-term EU budget, which the Commission proposed in May 2018.

Latest figures from the European Investment Bank, the Commission's strategic partner on the Juncker Plan, show that by April 2019, the European Fund for Strategic Investments (EFSI) had mobilised almost €393 billion of investments. Operations approved under EFSI so far represent a total financing volume of €72.8 billion in all 28 Member States. The EIB has approved 524 infrastructure projects supported by EFSI for €53.8 billion, while the European Investment Fund has approved 554 financing agreements for small and medium businesses worth €19 billion, which should benefit 945,000 companies.



Jean-Claude Juncker, President of the European Commission, addresses MEPs at the European Parliament in Strasbourg. (Photo: EPA/Patrick Seeger)

Unemployment rate falls strongly

The number of unemployed people registered at employment centres in Portugal in March declined by 15.1 percent year-on-year to 333.776 and by 2.6 percent compared to February, the country's Institute for Employment and Vocational Training (IEFP) revealed earlier this week.

According to figures by the IEFP, in March 59,559 people less were without work compared with the same month in 2018.

Those who contributed to the decline include adults aged 25 or older, citizens registered in employment centres for a year or more, people looking for their first job and less qualified

people.

There were 35,207 unemployed people aged 25 or younger in March, corresponding to 7,052 less than those registered in March 2018.

In terms of long-term unemployment (people out of work for at least 12 months), the year-on-year fall was 23.1 percent, with

144,884 people currently facing this situation.

Portugal's economy is recovering under Socialist Prime Minister António Costa after unemployment soared during the 2011 eurozone debt crisis, but its public debt - which stands at around 120 percent, is still among the highest in the EU.

TPN/Lusa

Brussels gives green light to reduced VAT for gas and electricity

Portugal has been given a green light by the European Commission's VAT Committee to apply a reduced tax rate to the fixed part of the bill for gas and electricity for customers with low power output.

Following the decision reached earlier this month, the Portuguese government can now go ahead with applying a tax rate of 6 percent to the fixed part of natural gas and electricity to customers with lower output, like families and services, the source said.

"With this step, Portugal met all of the requirements of the EU's VAT (value-added tax) guidelines and can now decide when the measure will come into force," a source from the EU told *Lusa News Agency*.

Member states have to consult the VAT Committee of the Commission to introduce these kinds of changes. Despite Brussels not having the competency to authorise the application of reduced taxes, these can only go ahead if the VAT committee does not

object. This is one of the final stages of the process.

The measure is laid down in Portugal's state budget for 2019, which foresees a VAT reduction from 23 percent to 6 percent to the fixed part of the bill for gas and electricity, but only for users with lower consumption rates.

According to consulting firm Deloitte, the monthly reduction in electricity and gas bills will not surpass two euros per household.

In October 2011, when the country was still under a €78 billion bailout programme it signed with its lenders from the European Union and International Monetary Fund, the VAT rate applied to electricity and gas was hiked up from 6 percent to 23 percent.

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Third largest 2018 government debt in EU

Portugal had the third highest government debt in the European Union (EU) in 2018, hitting 121.5 percent of Gross Domestic Product (GDP), the European statistics office, Eurostat said this week, while also confirming that the budget deficit was 0.5 percent.

The figures released by Eurostat show that Portugal was one of 14 countries at the end of 2018 with a government debt greater than 60 percent of its GDP, third-placed behind Greece

(181.1 percent) and Italy (132.2 percent).

Last year, the government debt was just over €244.9 billion, the equivalent to 121.5 percent of GDP.

In relation to the deficit,

it was 0.5 percent of GDP as disclosed at the end of March by the Portuguese National Statistics Institute (INE), slightly less than the government forecast of 0.6 percent.

TPN/Lusa

Ukraine: Nothing Left to Lose

N GWYNNE DYER

Ukraine has a new president, and he's a comedian! Oh, wait a minute, that's not such a big deal. Guatemala was the first country to elect a comedian as president: Jimmy Morales, back in 2015.

Although Morales turned out to be a serious sort of serious once he took office: he's a right-wing nationalist who supports the death penalty and opposes abortion. Whereas Volodymyr Zelensky hasn't turned. Right through the presidential election campaign in Ukraine, Zelensky avoided speeches. Mostly he just toured the country with a comedy troupe, performed in skits, and did stand-up. And he's not just a comedian, he's a Jewish comedian, the very best kind. His style is south Ukrainian, sort of vaudeville, with a distinctive Jewish inflection, and people love it. Congratulations to Ukraine, by the way, for having Jews as both president and prime minister (Volodymyr Groysman) at the same time, in the heart of traditionally anti-semitic Eastern Europe, and not even making a fuss about it. But what is Zelensky going to do for Ukraine now that he has been swept into office with a landslide majority (73 percent)? Nobody actually knows, and this may include Zelensky himself.

When Zelensky did offer more than jokes, in the short videos he released from time to time during the campaign, it still wasn't policies. More like mood music, really.

"He's from a family of Jewish Soviet intellectuals from a Russian-speaking industrial region [in eastern Ukraine]," Vyacheslav Likhachev of the National Minorities' Rights Monitoring Group in Kyiv told the Haaretz newspaper. "He has repeatedly made fun of over-the-top [Ukrainian] national patriotic discourse."

"Zelensky might make some symbolic gestures toward nationalist sentiment to fend off accusations that he'll sell us out to Russia," Likhachev continued, "but that seems unlikely to me. He probably realises that it'll be hard for him to win over the most nationalist-oriented part of society, so he'll wash his hands of them so as not to alienate the majority."

That will be a welcome change after five years of the pompous nationalist bilge of

billionaire Petro Poroshenko, who won the presidency in 2014 after a popular revolt overthrew the pro-Russian stooge Viktor Yanukovich.

In a video Poroshenko released just before the sole presidential debate in Kiev's huge Olympic Stadium last Friday, he tried to play the patriotic card: "There's no room for jokes here. Being a president and supreme commander is not a game... it means being responsible for the people, for the country." It would have sounded more persuasive if Poroshenko had done something about the corruption that has made oligarchs like him rich.

Zelensky's response was lethal: "I'm not your opponent. I'm a verdict on you. I am the result of your mistakes." And by a majority of almost three-to-one, Ukrainians voted to put their future in his hands. Although, to be frank, most of them doubt that he can really deliver the future of peace and prosperity that they hope for.

The only evidence they have of Zelensky's industry, honesty and wisdom is the television series he writes and stars in, 'Servant of the People'. It's a heart-warming story of a humble high-school history teacher whose rant about the dreadful state of the country is secretly recorded by his students, and goes viral when they upload it to YouTube. So he is elected president of Ukraine. Zelensky is not a high-school teacher; he is a show-business millionaire with his own production company. He may be just as warm and sincere in person as Vasyl Petrovych Holoborodko, the former teacher and accidental president whom he plays in 'Servant'. (It's one of

Ukraine's most popular series, and is now nearing fifty episodes). Or he may not be.

Journalists are now working their way through all the box sets of 'Servant of the People', trying to glean some clues about what the new president has in mind. But that's a thankless task, because a lot of the show is sheer fantasy (like the sequence where the frustrated Holoborodko machine-guns the entire parliament).

Ukrainian voters are not fools. They know they are buying a pig in a poke. But they calculate that things MIGHT change if Zelensky becomes president, whereas they certainly wouldn't change if any of the usual suspects won the presidency. And things are certainly not good now. Ukraine has become the poorest country in Europe - far poorer than Russia. Millions of Ukrainians have left the country seeking work in Poland or Russia, and the low-intensity war against the Russian-backed separatists in the east drags on endlessly. No post-Soviet leader of Ukraine has made even a dent in the corrupt rule of the oligarchs. Indeed, most of them have been oligarchs themselves. So why not vote for Zelensky? Most Ukrainians feel that they have nothing left to lose.



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



Ukrainian Presidential candidate Volodymyr Zelensky reacts at the briefing after the announcement of exit-polls during the Ukrainian presidential elections in Kiev, Ukraine, 21 April 2019. (Photo: EPA/Tatyana Zenkovich)

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Opera Rocks



Ideias do Levante - Associação Cultural de Lagoa (Algarve), in a partnership with Vale do Lobo Resort (www.valedolobo.com), will present "OPERA ROCKS", an exquisite musical project which will happen on 11 May 2019, at 8pm, in the Vale do Lobo Auditorium. We're proud to present Carla Pontes

(Soprano, www.carlapontes.info), Ray van Duijvenbode (Voice and Guitar), Cristiana Silva (Piano) and Mário Rui Filipe (narrator). "Opera Rocks" is a classic love story in which a rock star makes his way into the life of a soprano. The story is presented to the audience by a narrator (Mário Rui Filipe) that introduces us to the lives of rock

artist Freddy and opera diva Maria. The part of Freddy is performed by Ray van Duijvenbode, who is a rock singer and a guitar player. The lyrical soprano, Carla Pontes, will play the part of Maria. They will be accompanied on the piano by Cristiana Silva.

According to the production, "the show will range from powerful rock to delicate classical music, and from intense opera to subtle rock music, beautifully brought together in new and original arrangements".

The concert is recommended for adults and children over 12 years old. Further information about the tickets (and the event) could be found at www.valedolobo.com or via Tel. 289 353 322 or events@vdl.pt.

There is a special discount for the Vale do Lobo Resort members and for Ideias do Levante members. The cultural association members will have to send an SMS to +351 965017845 with their full name plus the title of the show, so a member could check if he/she is in good order and therefore eligible for this special discount until the 9 May, at 6pm.

Further information about the cultural association Ideias do Levante could be found at www.ideiasdolevante.net.

This project counts on the support of Municipality of Lagoa (Algarve), Lagoa and Carvoeiro parishes union, (Algarve), Vale do Lobo Resort, Solidó - Instrumentos Musicais, Estorninho.biz, Photos4Life.info, Balance Café and Inforarte.

Let's Walk

Tuesday 30 April: No walk

Saturday 4 May - Let's Walk from Montinhos da Luz:

An easy circular walk through the countryside and along the cliff tops with stunning views, almost 2.5 hours. 1.30pm start. Meet at the Snack Bar / Café. Drive along the EN125 from Lagos towards Sagres and after the lights for Espiche Camp turn left at the roundabout direction Luz. When you arrive at the next roundabout take the first exit right and drive for almost 2km. You will see the snack bar on your right and plenty of parking on the left. Julie 965753033

Tuesday 7 May - Let's Walk from Pêra:

A brilliant circular walk through

countryside, beach and dunes passing the Salgados Nature reserve. Easy walking of just over 2.5 hours. 10am start. Meet at the Pastelaria Opcao in Pêra. The village is situated just off the EN125 between Alcantarilha and Guia, to the right. Take the first turn opposite the water tower and drive straight through the village (about 800m) and the Pastelaria will be on the right - plenty of parking. Julie 965 753 033

All are very welcome, there is no need to book. Please wear shoes suitable for country walking (you walk at your own risk) and bring a sense of humour. There is a nominal charge of 5 euro p.p. this includes a donation to charity (full details www.portugalwalks.com)

Algarve Rugby Festival 2019



On Saturday 4 May Browns in Vilamoura will host an International fixture between Gibraltar RFU v. Sweden RFU. Open to all, this day will be buzzing with sport as Browns will also be hosting teams from across the UK and Algarve to participate in the annual

Walking Football Festival. Free Entrance, Pitch Side Bars and Sports ... it's a day simply not to be missed. Browns Sports & Leisure Club - Caminho dos Golfes, Vilamoura - 8125-426 Quarteira Tel. (+351) 289 322 740, www.brownsclub.com

Freemasons help Youth Home in Lagos

The Lagos based English Freemasons of the Lodge of Discoveries No 9409 have donated nearly €900 of IT equipment and software to the Youth Centre (Lar de Jovens) in Lagos run by Centro de Assistência Social Lucinda Anino dos Santos (CASLAS). The Lodge of Discoveries is part of the group of English Freemasonry lodges in Portugal which in turn is part of the United Grand Lodge of England.

During 2017 / 2018, the Lodge of Discoveries raised money to support a charity to be nominated by the leader of the lodge, known as the

Worshipful Master. At the time this was Worshipful John Bannister. John found out that the CASLAS youth home was in need of support through Jacquie Collins. Jacquie is a member of the "Lunch Bunch" who help and support CASLAS. Charity is key part of Freemasonry, with the money raised coming mostly from their own pockets.

The Youth Home can trace its origins to the early 1930's and was the origin of the foundation of CASLAS. It is currently home for boys and girls aged between 3 and 20 years. The Youth Home cares for,

those who for any reason, are deprived of a normal family life. The young people are integrated into the local community through schooling, religious life, youth associations, music, dance and sports.

John Bannister presented the IT equipment, including laptops, software and storage discs to Ana Leal, Director of the CASLAS youth home. Also present were Susana Pales from CASLAS and Jacquie

Collins. Staples at Parchal supplied the equipment at a great price given the cause to which it was being donated.

John Bannister said "It is such a pleasure to be able to support the CASLAS youth home in such a practical way"

Ana Leal said "We are very pleased to receive these gifts from the Freemasons. It will mean less sharing of IT and more effective use by our young people"

Members of Associação Portuguesa de Paralisia Cerebral in Faro were invited to the Pinetrees Riding Centre

On Friday 12 April, representatives of groups and companies that have been sponsoring horse riding lessons for young adults with cerebral palsy from the Associação Portuguesa de Paralisia Cerebral in Faro were invited to the Pinetrees Riding Centre near Almancil.

During 2018/19, local charity Helping Hands in The Algarve has been funding two young adults from the Associação Portuguesa de Paralisia Cerebral to receive a year of therapeutic horse riding lessons at the Pinetrees Riding Centre. The Associação Portuguesa de Paralisia Cerebral offers rehabilitation of clients with disabilities or neurological incapacity. It has nearly 600 clients from newborn to 50 years old, the majority being from underprivileged families. The riding lessons funded by the Helping Hands develop control of posture and motor ability, balance, muscular tone,

coordination, stimulate independence and improve cognitive abilities. The lessons also provide opportunities for recreational activity and social interaction.

Two members of the Helping Hands Committee, Christine and Richard Brice, joined Bev Gibbons, the owner of The Pinetrees Riding Centre, to watch a riding lesson in progress. Coffee and cakes were also enjoyed by the representatives of the sponsors. Easter eggs were given to the riders.

Discussions were held between Helping Hands and Pinetrees about the possibility of continuing support in the new academic year beginning in September. Support from Helping Hands would depend on successful fund raising between now and September.

Helping Hands in The Algarve has also continued to support a variety of other good causes including The



Bombeiros, food donations to Casa Povo in Estoi and support for children and adults with visual difficulties e.g. by providing glasses. The next fund raising event will be a Fun Quiz Night at 7.45pm on Tuesday 14 May, at the old

Freguesia office on Rua Dr Silva Nobre, opposite the east end of the Municipal Market in São Brás de Alportel. Further information about how to support Helping Hands in The Algarve can be found on the charity's Facebook page.



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Sir Cliff coming to Lagoa

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Sir Cliff Richard

The Adega do Cantor winery has announced that Sir Cliff Richard will be making a public appearance in Lagoa in May. According to the winery, an

event has been scheduled on Saturday 11 May from 10.30am to 12pm with Sir Cliff at the Jumbo Supermarket in Lagoa.

Motown Magic coming to Silves

A Motown Magic Disco event is to be held at the Ponte Romana Restaurant in Silves, on Friday 10 May, starting 7.30pm until midnight. UK DJ Sound and Light Algarve will be bringing all the Motown hits of the 60's to Ponte Romana, with special guest acts adding to the party. Get your dancing shoes polished and get ready to hit the floor with top tunes all night long. Tickets cost €8.50 with €1 being donated to charity. Tickets available in advance; for more information, Facebook Motown Magic Algarve, or email: motownmagic@djsoundandlightalgarve.com.

Vale de Telha Charity walk results



The walkers ready for the off

The fourth annual Charity Fun Walk in Vale de Telha took place last September and raised €3,260 in total, now the funds have been spent helping to make the lives of local residents better.

The funds came from a quiz night (€500), line dancing (€150), Keep fit (€100), Pilates (€100), Amovate (€250), Fonte (€285) and from sponsorship and collections along the walk which totalled €1,825.

So what have we spent the money on?

The first thing we wanted to do was to complete the sensory room for the special needs children at the Aljezur school. It was a dream of theirs to one day have a single waterbed for the children to relax. After lots of searching a mattress kit for €345 was found in the UK and was kindly shipped here once again by John Scott at Algarve Removals, free of charge! We then found a local carpenter Carlos to make the bed frame for the mattress at a cost of 160€.

The second thing was to help Carolina Pecheco, a girl in Rogil who needed €2,000 worth of dental treatment and we

donated €500 to help with the cost.

The third, and for us the most emotional one, was to help David Duarte an 8 year old boy who lives in Monchique. He needed a specialized chair "Wombat 3, R82".

Once again, after lots of research and help from the Catarina Pereira from Aljezur church charity (Sociedade São Vicente de Paulo), his physiotherapist and the Monchique church charity (SSVP Conferência Nossa Senhora Conceição Monchique), we found it again cheaper to source his chair from the UK at a cost of €2,255. Which was also shipped by Algarve Removals for free. John you really do make a difference. Thank you.

Well we thought that was it! All the money raised had been spent... But sadly no. The emotional rollercoaster began.

Myself (Cath Baker), Kjell Motet and Steve Scott went to present the chair to David in Monchique. We arrived really excited to give him the chair but sadly the chair did not support his needs. We left feeling deflated, but determined to find the

extra money from somewhere.

For him to be able to use the chair, we needed arm rests, side supports, headrest, hip supports, ankle supports, body harness, hip belt and a tray and the amount we needed to find was €1,310.

We had an immediate anonymous donation of €568, a donation from the line dancing €150, a donation from Amovate of €450 and a donation from Aljezur church charity SSVP €142.

We drove back to David's home to complete his chair. What an amazing feeling! We did it!

But the story is still not over as we began part two of Carolina Pecheco dental treatment.

A further €500 was donated by Aljezur church charity SSVP. Yet another donation €450 from Marion and friends at the quiz night and finally Amovate once again donated €250.

Once again I cannot thank you all enough for your kindness and generosity
Cath Baker

The sound of the Algarve

The Moçoilas group is celebrating 25 years of making music with the launch of a new album, "Atão, Porque Não?" on 30 April.

The group, made up of Inês Rosa, Margarida Guerreiro and Teresa Silva, aims to rekindle and recover the songs of the Algarve region that have been lost or forgotten over time.

The songs reflect the cultural heritage of the Algarve and the traditions of Serra do Caldeirão, where singing has always been a strong part of the local culture.

For the past 25 years old songs, new melodies and reworkings of tunes have featured in the sounds of Moçoilas and this latest album brings to light the voices of the women from the Algarve mountain ranges.

The new album "Atão, Porque Não?" by Moçoilas will be launched on 30 April at the Teatro das Figuras in Faro at 9.30pm.

Tickets for the concert cost €10.

For further information, please visit: www.teatrodasfiguras.pt

Memorial gathering for Teresa Nesler



On Saturday 27 April there will be a memorial gathering in the gardens of the Museu do Traje, São Brás de Alportel, from 3pm, to honour Teresa Nesler, in a way she would have loved!

Open to all friends, family, musicians, poets, writers and others who would like to perform or give a speech or to contribute in any other way. There will be no schedule and participation will be ad hoc improvisation.

Teresa was born on the 13 June 1952, and passed away suddenly on the 28 February 2019, leaving her daughter Carina, son Charlie, daughter in law Leila and little grandson Dylan behind as well as all her friends. Everyone was deeply

shocked.

She managed holiday properties which she thoroughly enjoyed doing. She loved life and was very much a "people's person".

Her passion for jazz developed after she attended a few concerts and fell in love with the scene as well as the fun atmosphere and the music of course.

Teresa died due to skin cancer complications and her daughter stated that Teresa felt very passionately about bringing awareness on how to avoid skin cancer!

That is why we kindly ask all of you to participate by donating to skin cancer research in her memory.

Lets live life for Teresa!!!!



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Associação Obrigado Bombeiros – Live Music Event in Carvoeiro

Associação Obrigado Bombeiros continues its commitment to raise funds for local firefighters with a live music extravaganza in Carvoeiro this May.

The A-May-Zing music event will be held on Saturday 18 May in the stunning surroundings of Carvoeiro Tennis Club and is the charity's first event for 2019. All proceeds will go to the Silves Fire Truck Appeal, set up to fund an urgently-needed new vehicle for Silves fire station.

Tickets for the musical evening cost €25 per person and include a BBQ dinner and welcome drink with continuous live music from 6pm until late, performed by some of the Algarve's best musicians.

Among the well-known musicians from across the region, who will be donating their time and talent to perform and support the cause, are Althea Brown, Murphy, Meadowsweet/ New Moon, The Evidence, Ivan & Company and Beto Kalulu.

Associação Obrigado Bombeiros committee member and event co-ordinator Jackie Meadows commented:



"Carvoeiro Tennis Club is a superb venue for our May musical event. Everyone who buys a ticket can expect a lively and entertaining evening, and will be contributing towards the purchase of a much-needed new vehicle for Silves".

Tickets are available by contacting (+351) 964 877 032, or obrigadobombeiros@hotmail.com and at Carvoeiro Tennis Club.

Funds raised by Associação Obrigado Bombeiros in 2018 were used to fund lifesaving

equipment and protective clothing for both Silves and Lagoa firefighters.

Associação Obrigado Bombeiros is also continuing to run its popular Wednesday quiz night at The Quinta Bar near Silves. Check the Facebook page for details and updates.

For more information: Facebook: <https://www.facebook.com/obrigadobombeiros lagoasilves> Instagram: <https://www.instagram.com/obrigadobombeiros/>

CHARITIES

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

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

A.A.G. CHARITY Shop Guia. Situated in the Main Street, opposite the Football Club Snack bar and close to Crédito Agrícola Bank. Opening hours Mon - Fri, 10am to 5.45pm, Sat 10am to 2pm. Closed Sun. Animal charity feeding street animals. Patron Bonnie Tyler.

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

THE GOODWILL CHARITY. R. Direita 5, Ed. Portus Magnus, Portimão. (Close to Theatre). 968 740 693, 10am to 2pm. Clothes, bric a brac and furniture in saleable cond., large items collected. We would like to thank you all for your donations and for shopping, that has enabled us to help the local community.

SECOND CHANCE charity shop at Largo Das Ferreiras (on roundabout), Ferreiras, Albufeira. Open 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 917 707 808.

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

THE DONKEY SANCTUARY needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa. Larger items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 966 033 127.

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

MADRUGADA ASSOCIAÇÃO provides home-based, end of life, palliative care to patients and their loved ones free of charge. Your donations would be very welcome. Volunteers are also required. If you can help call us on 282 761 375 or visit our shops in Lagoa and Praia da Luz.

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

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

FRENCH LANGUAGE Following the French Government's initiative to expand the French language, we are looking for Volunteers to teach French in Albufeira or Olhos de Água to children and adults. No experience or qualifications necessary, just fluency in French and a passion to meet and help others learn this beautiful language. Please contact Angelica fash.co@gmail.com or 961636201.

THE NANDI CHARITY SHOP. Winter clothing in store. Furniture can be collected within 30km Lagos. Tel 912 741 857

MUSIC

Aljezur International Choir. Thursdays 2pm to 3.30pm. 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 call Liesbeth 281971909 liesbethnoordijk@gmail.com

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

SOCIAL

Chess Club. Eastern Algarve. chessalgarve@mail.com

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

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

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 Água. Tuesdays 1.45pm. Mary Moore 289 416 199.

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

Vale d'el 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 Brás de Alportel. Frank Spelbos 937 802 110, spelbos@sapo.pt

Hotel Jacinta in Vale do Lobo. Mondays from 2.30pm. info@algarvehotel.co.uk

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 Água, 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. 910 108 730, suesharman9@gmail.com.

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. Michie 282 322 355 / 916 583 418, robertmichie@sapo.pt

Art Classes: Botanical Art in Watercolours for beginners. Weekly from 12th March. Vale D'el Rei every Tuesday 13:45-16:15 €15 per class. Tel: 933669503 email: tonidade@yahoo.co.uk

What's New

New Taróca store opens in Lagoa



Interior design and decoration company, Taróca, have opened a new Algarve store located in Lagoa on the EN125.

The company, which focuses on providing customers with the option to create tailor made spaces with their furniture and décor options, has also introduced the Dutch brand PTMD to the space which covers around 300 square metres.

Inside the store there is a wide range of items to choose from, while outside there is a 1,500 square metre show area featuring outdoor furniture for gardens and terraces.

Taróca first began 21 years ago and opened their first store in the Algarve two years ago at the entrance to Vilamoura. The new Lagoa store builds on the strong reputation of the company which uses 2D simulations to work on projects with clients, 3D decoration models and also the

opportunity for clients to create their own bespoke looks for their home of business.

Teresa Sousa, partner and manager of Taróca said: "The Algarve, and Lagoa and Vilamoura in particular, offers huge business opportunities in the decoration sector, not only because it is an area visited by many Portuguese and foreigner visitors - due to the fantastic climate, the gastronomy, the nature and the heritage - but also by the multiplicity of offers in hotels, restaurants and residences.

"This business area is permanently innovating and Taróca follows these trends, thus reflecting the eclectic tastes of people who live here, renovate homes or begin businesses in this region," says Teresa Sousa.

For further information about the Taróca store, please visit <http://www.tarocadecoracao.com>

The Importance of Occupational Health

Luzdoc, since opening more than 30 years ago, has always sought to respond to the ever changing needs of the general public. To this end our Occupational Health service is continually evolving in this sector to promote health in both the local populations and businesses.

Occupational Health has advanced, particularly in recent years, from not only focusing on the reduction of occupational risks and the evaluation of work accidents but actively promoting general health and the adoption of healthier lifestyles.

This area of health regards the workplace as an advantageous setting where employees spend most of their day carrying out activities that may have an impact on both physical and mental wellbeing, not only during the hours spent at work but on lifestyle in general. Each individual is an indivisible being and therefore it is impossible to separate the "working person" from other personal and social roles such as being a mother, a wife or participating in the community, etc.

Occupational Health professionals are in a position, during a consultation, to recognise the functions that an individual carries out, assess their working environment and highlight the professional risks the employee is exposed to (and how to reduce them). At the same time, after identifying each individual personality, advising on how to increase healthy lifestyle choices and making sure their



workplace promotes health.

These advantages are not just for the employee. Studies have shown that companies offering quality, personalised Occupational Health care are able to not only promote employee health but also make the workplace a safe environment for optimising job performance, increasing productivity and decreasing absenteeism, accidents at work and occupational diseases. This investment brings a reduction in costs for the company regarding absenteeism, work accidents and compensation. As stated by the DGS, ensuring the protection and health promotion of ALL employees through a healthy work environment and ensuring supervision by a quality Occupational Health Services will enable the "workforce" to maintain the highest level of health, satisfaction, motivation and production, open to innovation and free enterprise and boost work sustainability.

*Nurse Sofia Pereira
Nursing Supervisor*

Luzdoc International Medical Service

Bigger stores, better quality, choice and value

Now in our 10th year of business in the Algarve, we must be doing something right !!! We recently felt the need to diversify, many people have asked us over the years for beds and we did look into it on several occasions but didn't find a range we wanted to sell until now. Our brand of Romantica beds are fabulous quality at a great low price.

All bases and headboards are available in a choice of colours, fabrics and designs, including Divans, drawer Divans, Zip & Links, Ottomans and beds on legs. With a fabulous selection of mattresses from 1000 to 3000 Pocket Springs, Memory Tencel and Memory Orthopedic to give you the comfort and luxury needed to ensure a great nights sleep.

A specialty of ours are pillows and duvets and we have a massive variety of around 20 different types of pillows and 8 types of duvet with Microfibre, Cotton, Bamboo, Silk and Wool filled to name a few.

With Summer on its way and many people now refreshing their properties for rental purposes or maybe just changing cushions and curtains to give a place a whole new look, then look no further than Casa Texteis. We have a massive selection of quality bedlinen, towels, curtains and soft furnishings.

As always, each year we try to improve and include new products and designs and we have some fantastic new additions due in stock in April and May.

Adding to our extensive collection of



linen, are lovely very high quality 300 thread sateen cotton sheets, duvet covers and pillowcases, these feel very luxurious and are available only in white although we also have some gorgeous new sheet sets in the same 300 thread count sateen in 2 colours, grey or blue with Co-ordinating duvet covers.

Call in and see us, we have so much more to see in store in 3 locations (Nr Almancil, Alcantarilha and Carvoeiro).

2019 Cerro Novo another milestone year



2019 is another milestone year for Cerro Novo Properties as we celebrate our 38th year dedicated to selling and finding homes for Clients in the central Algarve.

As Spring arrives, we've also refreshed our brand. An eye-catching new logo and bright, colourful signage makes Cerro Novo stand out from the crowd, and creates even more of an impression in a busy Real Estate market.

As our business continues to grow, especially in light of continuing high demand for the Non-Habitual Tax Residency regime, we've also expanded and refurbished our offices at Centro Comercial Cerro Grande in Albufeira (you'll find us in between the Harbour and Old Town). We are also currently in the process of recruiting further Property Consultants to ensure an even better quality of service to our Clients.

Since 1981, Cerro Novo has prided itself on an exceptional level of service before, during and after the sale. This year, we will continue to spread the word about the Algarve and the benefits of buying

property here by attending high profile overseas exhibitions, including 'A Place in the Sun - Live in London' and The 'Moving to Portugal' Shows also in London and Dublin during May. To find out more and for free tickets, visit our Social Media pages or check out our website.

In addition to promoting the Algarve overseas, we've also embarked on a high-profile marketing campaign here at home, with billboards, radio, social media advertising and magazine features all promoting our new brand and service offering.

We believe that 2019 will be one of the most exciting ever for Clients looking to buy or sell property in the Algarve. With Portugal consistently being ranked in the top positions for safety, security and quality of life - why wouldn't you be living in the Algarve?

To arrange your complimentary valuation, simply give us a call or send us an email, or browse our latest properties by visiting our website.

Giants Windows – Leading specialists in glass systems, windows and doors



Enjoy the benefits of exceptional windows, doors and glass systems without losing any of the view with the Giants Windows team.

Giants Windows is the only company in Portugal manufacturing and installing the Sunflex aluminium system SF 35. This advanced system will ensure that your property is insulated with double glazing, without destroying your beautiful views.

The Sunflex SF 35 is the only aluminium system with double glazing using 4cm vertical profiles. Not only are the thin profiles ideal for maintaining views, the system allows for bottom tracks to be level with the floor, while clients are also able to choose exactly how doors open; either to the left or right, inwards or outwards, depending on their needs.

Franz Adebahr and Katja Paweletz and

their team are all qualified German window technicians with more than 30 years of experience in the window industry.

Established in 2007, Giants Windows offers a wide range of solutions to enclose balconies and terraces or to create sliding divisions between rooms. Adding windows and glass solutions to a home can increase the usable space of a property, especially in the winter months when terraces are often left unused.

Giants Windows also sells PVC windows to German specifications, insect protection systems, roller shutters and aluminium shutters.

The company also has a range of security front doors to help keep you safe in your home while also solving any problems you may have with your doors.

This Week's profiles:



LuzDoc

For more information, Tel: 282 780 700, 282 788 217, email: info@luzdoc.com or medilagos@luzdoc.com or visit: www.luzdoc.com



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Casas Texteis

For more information, Tel: Almancil 289396385, Alcantarilha 282315994, Carvoeiro 282354222 or visit: www.hometexteisalgarve.com



Giants Windows

For more information, Tel: 289998050 / 911199888, email: giantswindows@hotmail.com or visit: www.giantswindows.com. Visits by appointment only.

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Looking beyond the beaches in Portugal

Although synonymous with sun, sea and sand, the Algarve region has much more to offer in late spring, says Liz Ryan.



The castle and Praca al Mutamid in Silves, Algarve. (Photo: PA Photo/iStock)

I'd blown into the Algarve buffeted by gales coming, unusually, from the north east. "No good wind comes from Spain," warns my taxi-driver, quoting a popular local proverb, which has more to do with patriotic pride than meteorological forecasts. If Portugal is emphatically not Spain, the Algarve is not quite Portugal. Firstly, it's separated from the rest of the country by a mountain range, the Serra De Monchique. What little rain there is - the Algarve has more sunny days each year than California - falls between November and February. In the bone-dry summer months, it can seem as if the whole of Europe is catching a tan on the

magnificent sandy beaches of Albufeira. In many people's minds, the region means two things - sunshine and golf. But Algarve tourism bosses are on a mission to make their southern province a year-round cultural destination. For those who seek tranquillity, it's good to visit out of season. In spring, almond blossom creates fragrant snow clouds of white petals, and orchards are bright with citrus fruit. It's easy to hire a car or motorbike, and move around unhindered by August's heat and traffic. Travelling 50km westwards from Faro, popular resorts give way to crumbling, iron-stained cliffs, and expensive private villas constructed

on land now protected from further development by strict planning regulations. A discreet lane through a nature reserve leads to my hotel, the Suites Alba Resort & Spa, owned by footballer Luis Figo. The place is half-deserted and, wandering alone along the cobbled paths of the brightly painted, low-rise complex, I feel as if I'm on a movie set.

A brush with the past

The place has history in abundance: The Moors were here for 500 years, and the Romans before them. At Silves Castle, I examine the recently excavated ruins of a Sultan's harem, complete with eunuch quarters, a tiny herb garden, a hammam, and the ladies' primitive but functional toilet.

(Lavatories of similar design, I'm amazed to hear, were used in Portugal until the 1950s.) At Lagos, from where the earliest European explorers set out to map the rest of the world, you can still see the bases of the stone columns which once formed Europe's oldest slave market, dating from the 15th century. A small museum commemorates victims of the trade.

Simply sophisticated cuisine

Blending fine dining with local culinary traditions, there are several restaurants in the region worth seeking out. At Venezia restaurant and wine cellar in Mem Moniz, I eat food 'as grandma made it' - a deconstructed crab laid out nakedly and without pretension on a platter, followed by a bean soup pungent with chorizo. If you eat in the wine cellar, be warned: The ambient temperature is kept at the convenience of the wines, not you, so bring an extra jumper. At Estamine on the uninhabited Ilha Deserta (Desert Island) in the Ria Formosa lagoon and wetlands at Faro, gastronomy combines seamlessly with eco-tourism. An exhilarating speed boat trip ferries me to lunch at a wooden-decked restaurant powered by solar energy, with fresh water recovered from the ground. The seafood-based menu

is garnished using island herbs such as marsh samphire. Ecologist Thomas Santos offers guided tours, explaining above noise of the crashing waves how the island came into being and how plants stabilise the dunes. The windswept beach is littered with pretty shells, but Thomas only lets me take three, so I choose them with care.

Artisan arts and crafts

"Culture is more than concerts," I'm told by João Silvestre Ministro, general director of Proactivetur, a Loulé-based responsible and cultural tourism consultancy. It's a phrase I hear more than once from Algarvians, keen to protect their heritage. In 2010, a project linked artisans with contemporary designers to revive interest in traditional crafts. Wandering the narrow alleyways of Loulé, you can admire groups of women weaving palm baskets, or watch a coppersmith bashing the dents from a cataplana - a pot which gives its name to the fish stew which is cooked in it.

Music for the soul

Culture is more than concerts, yet the region has an impressive live music scene too. This is the third year of 365 Algarve, a generously-funded arts programme that runs from October until May. On my first night, I catch The Analogue Music Project, a

jazz band from West Portugal, playing to a chilled audience at the Quinta de La Rosa Winery at Silves. Another evening, I travel to São Brás de Alportel, a small town north of Faro, to watch a late-night cinema programme that would have kept even the most obsessive film buff happy. Unfinished works by directors including Henri Georges-Clouzot and Orson Welles set to live musical accompaniment. The local cultural mafia are out in force, with hipster beards in abundance. And for its haunting strangeness, I will not forget a dance work created by Giacomo Scalisi and Madalena Victorino. At Monchique, a mountain settlement of ear-popping altitude run by enthusiastic mayor Rui Andre, who is also an art teacher, I am part of a mixed group of locals and visitors who set out on a long walk to an abandoned hamlet. There, amid stone ruins that smell of woodsmoke, we watch Eva Poro #1, an ambitious piece featuring bare-chested men, dogs and horses. Perched somewhere high on a rock behind me, a lonely cellist plays and sings her flamenco-inspired compositions into the deep silence. With the light fading and a cold wind whipping at the cork trees, it is a unique experience that will live far longer in my memory than noisy bars and crowded summer beaches. PA/TPN

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Coffee the way you like it

For the last three years, in the Historic Centre of Lagos, it has been possible to find an oasis of relaxation and calm, with comfortable seating and a great view of the passing world, while drinking a truly cosmopolitan coffee.

London Tiger Coffee was set up with the intention of serving its customers coffee exactly the way they wanted it. If you don't like your coffee, they will make you another one. You can have it hot or iced, with regular milk or oat, almond or soy milk. You can have it with flavoured syrups, to drink in or to go.

However, only coffee would be a bit niche, so they also do tea (proper English Builder's tea) plus a wide variety of blends and infusions, fabulous home-made cakes, and snacks such as sausage rolls, toasties, and quiche. There are many gluten free, vegetarian and vegan options available. The café is open every day from 9.30am till 10pm at night and will be open until midnight come the summer months. This means that it has a slightly different identity come sun down. Everything the café sells is available throughout opening hours, but the emphasis tends to move from breakfast and afternoon tea to pre and post dinner drinks and cocktails. You can try one of their famous Espresso Martinis, a pitcher of Sangria, a refreshing glass of Prosecco, or a post dinner coffee and

liqueur. Many of their regular customers pop in for pudding here, having had dinner elsewhere.

There is always something different going on throughout the year. Recently, they made Valentine's day biscuits, St. Patrick's day Guinness and chocolate cupcakes, and Easter treats. For the next four weeks they will be taking part in the annual Rota do Petisco which aims to give visitors and locals alike a taste of as many restaurants as possible by serving either a sweet or savoury dish, with a drink for €2 or €3 respectively. London Tiger's offering will be Chocolate and Banana cake with Toffee sauce and ice cream. Ask one of the Tigers for details.

If you are having difficulty getting a coffee just the way you like it, drop by and explain to one of the Tigers what you want. There is always a warm welcome and plenty of good food waiting at London Tiger Coffee, Rua Marreiros Neto 14, Lagos.

For further information about London Tiger Coffee, visit their website at www.londontigercoffee.com or visit their Facebook page [londontigercoffee](https://www.facebook.com/londontigercoffee).



The staff from London Tiger Coffee.

Raw food experience at NAU Hotels

Sushi lovers are now able to find the freshest fish and flavours at the newly opened Raw Food Bars located in the NAU Salgados Dunas Suites and at the NAU São Rafael Atlântico, next to the São Rafael beach.

Open for both dinner or for food to take away, the Raw Food bars are run by Chef Vitor Monteiro, who prides himself on serving the freshest fish and top quality ingredients in an elegant restaurant space.

Both food bars are open daily from Tuesday to Sunday, between 7pm and 10.30pm until late October.



XI Great Wine Show of Portugal returns

Albufeira will be welcoming the *XI Grande Mostra de Vinhos de Portugal*, Great Wine Show of Portugal, between 3 and 5 May.

More than 100 Portuguese wine producers will be attending the show, the third largest in Portugal, which will once again be held in the multipurpose space of Albufeira (EMA) during the first weekend of May.

Over 900 different wines will be available at the show for tasting and more than 10,000 people are expected to attend the event.

In addition to tasting the wines, visitors can also participate in workshops, attend the presentation of

the Algarve Wine Route and watch show cooking demonstrations.

More than 20 Algarve producers are appearing at the show with three producers from Albufeira represented: Adega do Cantor, Quinta do Canhoto and Quinta da Malaca.

Carlos Oliveira, Chancellor of the Confraria Bacchus de Albufeira said: "The origin of wine in Portugal began in the Algarve, where wines are distinguished by contact with the sea breeze. The Algarve wine is affirming itself for quality, combining the destination of sun and sea with gastronomy and creating an alternative itinerary for wine lovers".

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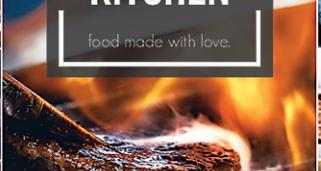



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Pet bereavement

Our pets are often seen as part of the family. So, when it comes to saying goodbye it can be an extremely tough and emotional time.



But rest assured, there's pet bereavement support out there to help, from knowing the right time, to grieving after the death of your pet.

When is the right time?

According to the RSPCA, this can be the hardest decision ever made by pet owners. When making the decision, remember to think about what is best for your pet, however tough that may be. No case is the same, so talking to your vet will help. As they are less emotionally involved, it can be easier for them to think about what's best for your pet and will help talk you through the options available. Ask them as many questions as you like - no question is stupid - they're there to offer guidance. Don't forget to call on your family and friends for emotional support too.

Preparing for pet loss

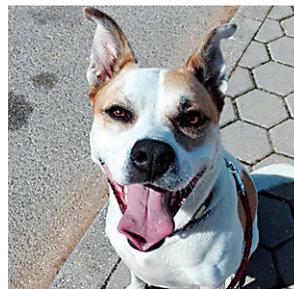
Sadly, we often feel like we have little control over our pet's fate during this time, which some owners may find difficult. Try to focus on the parts you can control. For example, you can ask your vet to come to your home, so that your pet may be more comfortable. You can also think about where your pet's resting place will be, and if they'll

be buried or cremated after they've passed on.

Pet grief

Grieving a pet can be similar to mourning the loss of a family member. Some owners experience feelings of deep loneliness and isolation. Please don't worry or feel ashamed, these emotions are perfectly normal. Some people may not understand the intense feelings of sadness you may feel after losing a pet, but please remember there are people out there who understand.

PETS FOR ADOPTION



SARA is 5-years-old, super friendly, good with kids, older people and other dogs. She walks well on a lead. She has been with us now for 3 years now. Can you be her new family? Homecheck applies as Sara comes under the DD law Please email: friendscanilportimao@gmail.com



PAULO is around 14-months-old. Small terrier X. Docked tail. Loves his walks. Happy-go-lucky character. Great with children and other dogs. Sterilised, microchipped and vaccinated. Please email: cadelacarlota.comp@gmail.com



VIVO is a big hunting dog. Good with all other dogs, loves children and adults alike. Walks well on lead. Good combination of guard/family dog. Needs a home with a fenced garden. Email: friendscanilportimao@gmail.com

The edible garden

Hosta shoots can be stir-fried, magnolia flowers pickled, and even dreaded Japanese knotweed (please don't grow it) can be made into crumbles, according to Matthew Oliver, horticulturist for the Global Growth Vegetable Garden at RHS Garden Hyde Hall. Here are his tips on which common garden plants, not known for their culinary value, can add flavour to your dishes...

Daylily (Hemerocallis)

"I grow the straight species *H. lilioasphodelus*, of which the flowers are edible, much like a courgette flower. They are very nice in a salad and start off with a sweet flavour, then are more peppery on the finish. "The big, blousy large-flowered modern cultivars aren't as nice, as they've been bred for scent, and taste a bit floral and overpowering to me - watch out for pollen beetles too! "The flower buds can be picked and sauteed, the

flowers can be stuffed with just about anything, and are also used in hot soups."

Hosta

"You can eat the young shoots or 'hostons' in spring before they unfurl, much like asparagus. I'm told stir-frying is the best."

Hardy ginger

"We grow a hardy ginger, *Zingiber mioga*, that could be considered an ornamental, grown for leaf and flower in a tropical style garden. This one does have edible roots, but is mainly grown for the inflorescence (a flower) that appears on the soil surface in the summer. "In Japan, China and Korea the shoots and 'buds' (young inflorescences) are a popular vegetable."

Dahlia

"Flavours and textures of dahlias can vary greatly from one variety to another. Flavours of the DeliDahlia varieties grown at Hyde Hall range from asparagus to celery, to the interesting sour-smoky flavour of

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Ever eaten Japanese knotweed crumble? Or added hostas to a stir-fry? Look to your garden for some food inspiration and plant for your plate!

'Fantastic'. Other dahlias are reported to have tastes similar to spicy apple, carrot and water chestnut. Both the flowers and tubers are edible."

Rudbeckia laciniata
"This was an important Native American food plant and is now an easily available herbaceous perennial for the border. Known as sochan to the Cherokee tribe, this plant grows wild in large areas of the United States. "It is said to have a herbal taste with flavours similar to celery. The young leaves are best for cooking and eating, though older leaves can also be cooked for a longer time - they become more fibrous and stronger in flavour as they grow."

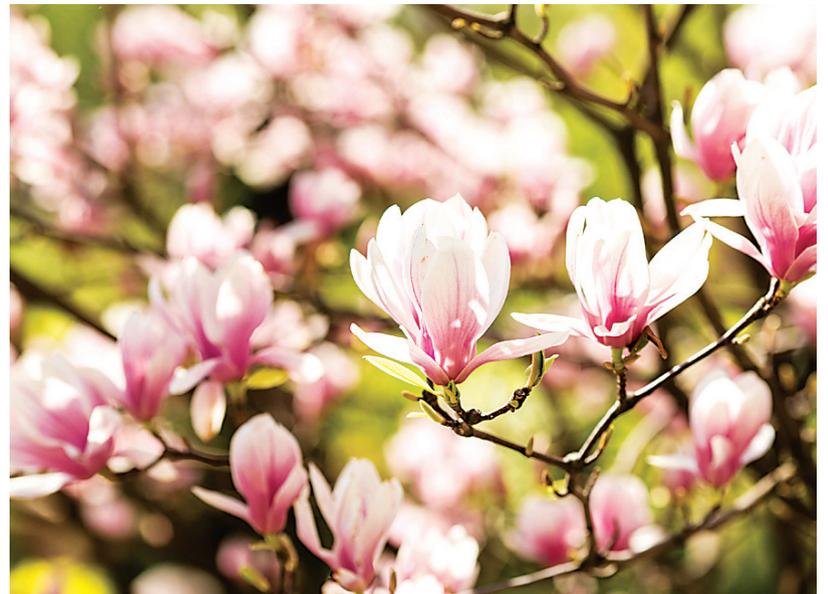
Japanese knotweed
"I have eaten Japanese knotweed crumble before - it was much like rhubarb crumble and I would eat it again for sure." Mix the knotweed with some cooking apples for the filling and you should get a delicious dessert.

The RHS states that other edible ornamentals include:
Alpine pinks: The flowers have a sweetly spicy clove-like flavour that can be used to flavour sugar or decorate cakes and cocktails.
Fuchsia: Fuchsias make a great garnish for salads and can also be crystallised for decorating cakes and desserts, but all green or brown bits should be removed, as well as the stamen and pistils. The berries are edible too and can be made into jam.
Gladiolus: The flowers have a flavour similar to lettuce, and can be stuffed for a beautiful floral canape, but the middle of the flower should be removed before using or eating. Petals can add colour to salads.
Hibiscus flowers: Remove any pollen, and then use the flowers to make a slightly citrus-flavoured tea, or use the petals to decorate fruit salads.
Honeysuckle: The flowers have sweet-tasting nectar and can be made into a syrup. The leaves are

also edible in salads, and can be used to make a tea.
Magnolia petals: The petals taste similar to how they smell - they are usually pickled rather than eaten raw, and can then be used in salads. They can also be used to infuse honey or vodka with a sweet and spicy flavour.
Peony petals: Tasting like their scent, the petals can be added raw to salads, or cooked to make a syrup or jelly. Similarly to rosewater, peony water made by infusing the petals in water for several hours is considered a delicacy, and the flowers and petals can be floated in punch or cocktails.
Scented leaf pelargoniums: Grown for their pleasing citrus fragrance, the leaves can add flavour to desserts, and the flowers also have a more delicate citrus flavour and work well crystallised or scattered through salads.

Know what you're eating
The RHS warns that people should be absolutely certain about what they're picking before they eat it - if in doubt, leave it out. Many plants grown as ornamentals will have been treated with various chemicals and are unlikely to be suitable for eating in their first years, and any plants that have been treated in the garden with chemical pesticides should not be eaten.

PA/TPN



Magnolia petals taste similar to how they smell - they are usually pickled rather than eaten raw, and can then be used in salads. (Photo: iStock/PA)

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10 essential household tools

Purchasing a toolbox is a housewarming rite of passage, but for DIY newbies, the hardware store can be a confusing and intimidating place.



Photo: iStock/PA

How do you choose between the 40-odd varieties of hammer? And should you believe the poster declaring that your broom cupboard is not complete without an industrial-strength circular beam saw? We spoke to two DIY experts - Shuf Shah, to sort the household essentials

from the workshop luxuries. With these 10 tools in your arsenal, you'll be more prepared than a boy scout with over-protective parents.

Screwdrivers

A pleasingly self-evident choice, the screwdriver shouldn't need too much explanation. Shah ranks it as his most used implement: "For me,

it's essential to have a set - so you can find the right fit for different screws. A Stanley 34-piece set will have a range of options, like ratchet screwdrivers or micro-screwdrivers - really useful if you've got a hinge issue in your glasses." Flat-pack wardrobes, DIY shelving, even just unscrewing the back of your radio - the uses of the

screwdriver are manifold.

Tape measure

An equally unsurprising entry, being able to take and compare precise measurements forms the foundation of even the least technical DIY task. "It's an irreplaceable instrument for every renovation, carpentry or decorating project," says Stanley, "for measuring space when choosing new furniture, measuring the walls to work out how much paint you need, marking anchor points and so on."

Hammer

Arch-nemesis of sore thumbs everywhere, your hammer is the all-purpose enforcer of your toolbox. "Most people will need a hammer," says Shah, "they're perfect for knocking in pins or nails, and there's no other tool that can really do that job." Not all hammers are entirely blunt instruments:

"I would always get a claw hammer," says Shah, "because as a DIY-er, you're not always going to get it right first time."

Spirit level

Even the most amateur DIY requires a certain amount of precision, and this mysteriously named gizmo allows you to perfectly align your home with gravity. "A level assures you set up level points either when hanging pictures or putting up shelves," says Stanley.

Drill

The ultimate in handyman aesthetic - if you're posting about your #DIYlife on social media, this is definitely the tool to pose with. Selfies aside, the power drill is the big beast of the DIY world. Aside from its day job of boring holes in walls, the right drill bit allows you to drive in screws more quickly and powerfully than any screwdriver. "You can buy a corded or cordless drill, but either way, the purpose is the same" says Stanley.

Utility knife

"A utility knife is incredibly useful for all your common cutting jobs," says Stanley, "like cardboard, drywall, plaster, package opening, tape, cords, cables, wallpaper and so on. It's an everyday DIY assistant." As ever with sharp implements, safety comes first. Pick a design with sturdy casing and a well-sheathed blade, and seek advice if you're not sure.

Adjustable wrench

We're not sure why it's called a 'wrench' when it's clearly just an adjustable spanner, but this industrial-looking implement is a great, multi-purpose addition to your toolbox. "This toolbox essential

means you don't need a whole set of spanners," says Shah. "It's one of those tools you won't use all the time, but you just know you'll need it at some point."

Pliers

Your first port of call for snipping, gripping, tweaking, retrieving, and pretty much everything else, household pliers are an all-purpose utility tool you'll constantly be finding uses for.

"Every DIY-er should possess two types of pliers," says Stanley, "needle-nose pliers and groove-joint pliers. The former are most commonly used in plumbing, when you need to fix a pipe, or tighten and loosen threaded pipes, nuts and fittings. The latter will help you grip objects with an irregular shape."

Sander

OK, maybe essential is stretching it, but a sander can make your life a great deal easier in houses heavy on wood. "Repainting something that's been varnished, smoothing wooden furniture, skirting boards or handrails - electric sanders ensure a smooth and consistent finish with minimal effort, most of all, they're a time saving device" says Shah.

The box itself

We know this isn't a tool as such, but not all toolboxes are created equal, and it's worth putting some thought into getting the right one. "The toolbox itself is easy to gloss over," says Shah, "but you want to find one that has segments in it and is the right size. You'll want a smaller section for your screws, nuts, bolts and bits, and a bigger section which should nicely fit your bigger tools."

PA/TPN

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Why you should be walking more

Hippocrates once famously said that walking is "man's best medicine" - and he had a point.



Walking is one of the best forms of exercise for lowering raised blood pressure. (Photo: iStock/PA)

When it comes to exercise, going for a walk doesn't often come top of the list. Trendier workouts - like yoga, HIIT and boxing - might get a lot more attention, but walking is secretly one of the most underrated forms of exercise going, great for burning off steam, reducing stress and finding mental clarity and getting your blood pumping to give your health a boost. With so many beautiful

destinations on our doorstep too, you can save money on expensive gym classes by exploring Portugal on foot. We talked to some experts about why walking is worthy of a top spot on your spring fitness agenda...

Better mental health
Around one in four people will experience a mental health problem each year. With anxiety and depression on the rise among both adults and children,

a daily walk is a really good way for the whole family to practice some mental self-care. "Studies have indicated that exercise releases endorphins, feel-good hormones that can improve your mood, reduce stress levels and encourage emotional and mental satisfaction," says Dr Luke Powles. As well as getting that all-important boost of 'happy hormones', getting out into some greenery is good for the mind" says Powles.

It can boost creativity
If you regularly find yourself staring at a blank document, shut your laptop, put on your trainers, and make like Steve Jobs. The late Apple founder was known to take power walks as a way to stimulate creative thinking.

It's good for weight loss
"Regular brisk walking - fast enough to raise your heart rate, leaving you warm and slightly breathless - is classed as an aerobic exercise," says Powles. This means it burns calories, can help you to lose weight, and improves your fitness levels. Depending on your weight, Powles says that a brisk 30-minute walk, at a speed of around four miles per hour, could burn around 150 calories.

It puts you into the slow lane
Walking is the ultimate LISS (low-intensity steady state cardio) activity. It's the opposite to all-out HIIT, the current fitness industry buzzword - but that doesn't mean it won't offer benefits, says Third Space trainer Luke Worthington. An example of a HIIT workout would be a 25-minute cardio class with very little rest time, while walking for two hours would fall under the LISS category. "High-intensity exercise is very time-efficient," explains Worthington. "LISS is just as effective as a fuel-burner as HIIT though, and it's far less stressful on mind and body." If you're feeling stressed and overwhelmed, he believes the best thing for your mind could be to dial things down, rather than throwing yourself into a high-adrenaline class.

It can help ward off disease
"The benefits of regular exercise on overall health are so great, it lowers the risk of premature death from coronary heart disease by more than 40%, and the risk of age-related death from all causes by around a quarter - even if exercise is not started until middle-age," says Dr Sarah Brewer. A 12-year study of more than 300,000 people carried out by

the University of Cambridge also found that a lack of exercise could be killing twice as many people as obesity. Walking is one of the best forms of exercise for lowering raised blood pressure, for example.

It's cheap and easy
"Walking is good for the body because it's low-impact; it's a type of exercise that can be used by every fitness level, whether you're a beginner looking to improve your fitness or a regular gym-goer looking to increase steps. Best of all, it's free," says Worthington. Indeed, all you need are suitable shoes and you can walk just about anywhere. Powell adds: "It's a great flexible option for those that love to get outdoors, or especially if you're the type of person that doesn't like being tied down with a costly gym membership." Sold on the idea? Worthington says the distance you should walk depends on the desired results. "If you're looking to improve your overall health, I would recommend aiming for around 30 minutes per day; I often suggest clients get off one train or bus stop earlier than their destination and walk to work - not only for the fitness benefits, but also the mental health effects too." PA/TPN



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What you need to know before you get a bob

Everything you need to know about the hottest celeb hair trend of the year.



Actor Charlize Theron was ahead of the pack, debuting a sharp, brunette 'do' during awards season. (Photo: Ian West/PA Photos)

But if you've currently got long hair, cutting it to shorter than shoulder length can be a daunting prospect. How to decide whether a bob is right for you? First of all, this isn't a retro throwback haircut, Cannan says: "What makes these bobs modern is that they have no fringe and you can give it a choppy feel by cutting into the outline, depending on the hair type." And because there's no fringe, the modern bob is more versatile. "When it's sleek and straight it's perfect for a more professional look, or wavy for a natural sexy evening look."

Another good thing about this style is that it suits everyone - as long as it's not too short. "Once the length is below the jawline it doesn't change the shape of the face," the hair stylist explains.

But it helps to tailor the cut according to your hair type, so talk to your hairdresser before deciding: "For fine hair it would be better keeping to a blunt cut and for thick wavy hair, you need more texture, so do this by chopping into the ends."

If you don't want to opt for the popular chocolate brown bob, Cannan suggests using colour, "to frame or contour the face with ombre lights, which will enhance the eye colour and skin tone". Once you've got your dream bob, when it comes to styling you've got two options: "Use texturing spray and a curling tong for a wavy look," Cannan recommends. "Salt spray will give fine hair more texture and the feeling of thicker hair."

PA/TPN

It's been the surprise celeb hair hit of the year. Just when it seemed like long, pastel-toned waves were going to dominate 2019, a whole host of Hollywood stars went and lopped off their locks in favour of a short, sleek bob.

Actor Charlize Theron and model Irina Shayk were ahead of the pack, both debuting sharp, brunette 'dos during awards season.

Then Khloe Kardashian and Kristen Bell showed off their blonde, blunt bobs, while Chrissy Teigen opted

for a choppy, tousled look.

Over on this side of the pond, Dua Lipa is the queen of the bob. The pop star has been rocking her signature dark brown 'do both on and off the stage.

"I believe the bob is so popular because it's modern and easy to look after," says Belle Cannan, co-founder of Salon Sloane.

"You can do it yourself. For example, it can be straight-ironed for work or slightly tonged giving a sexy look for the evening."

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Should you worry about that rash?

Consultant dermatologist Dr Juber Hafiji tells Liz Connor about four common skin conditions and how to spot them.

Most of us will get the odd bit of dry or inflamed skin from time to time - but how do you know if it's just a fleeting normal reaction, or the symptom of a skin condition? Research shows that millions of people seek medical advice about a skin condition each year - so they are very common. They can have different causes too. Some occur as an allergic reaction, and others might be an auto-immune response, for example. Four of the most common to look out for are eczema, psoriasis, contact dermatitis and hives, which can affect people of all ages. Remember, if you're experiencing ongoing or unusual symptoms, it's always best to get things checked with a doctor and seek an accurate diagnosis and advice. We spoke to Dr Juber Hafiji, an expert dermatologist, to find out more...

Eczema

"Eczema is a chronic inflammatory skin condition that can affect all age groups, men and women alike," explains Dr Juber. "Atopic eczema is the most common type, which usually presents in childhood, can become chronic and persist in adult life." Juber explains that, in many cases, irritants and allergens can trigger 'flare-ups' and cause the skin to react. "Allergens can be anything from food groups, soaps, pollen, dust mites, smoke or even dandruff," he explains. "Extreme hot or cold temperatures, stress and lack of sleep can all contribute too. "Eczema is usually characterised

by having dry skin for a period of time, alongside patches of irritated, itchy and red skin. The skin can sometimes peel back making you vulnerable to infection too," he adds. Treatment of eczema varies, and if symptoms are ongoing then it is always best to see a specialist for personalised advice. Juber also recommends applying a suitable daily cream, to soothe affected areas and help protect the skin. "Other techniques for eczema management include keeping a 'trigger' diary to identify allergens, using mindfulness techniques to reduce stress, wearing loose cotton materials and taking steps to avoid scratching the skin - which can make symptoms worsen."

Contact dermatitis

"This form of eczema tends to be much more transient," says Juber. He explains that it's caused by an inflammatory reaction to an irritant or allergen, usually occurring in one place, such as from using soaps, laundry products and wearing metal jewellery. "The symptoms include red, blistered, dry and cracked skin. In some more severe cases, and if not treated, the skin may weep too," says Juber. "The main difference between eczema and contact dermatitis is that if you avoid the irritant or allergen, your skin barrier function will resume to normal, the irritation will subside and you will not get another flare-up in the same area."

The most obvious advice is to avoid your triggers. For instance, if you frequently get a reaction on your hands, try changing the soap you use and see if that helps.



Treatment of eczema varies, and if symptoms are ongoing then it is always best to see a specialist for personalised advice. (Photo: Thinkstock/PA)

Psoriasis

Psoriasis is characterised by raised, dry, red skin lesions or patches, which may be covered in silvery scales. It's a long-term condition that generally occurs in episodes, alternating between flare-ups and periods where symptoms calm down, and can vary greatly in severity. "Severe flare-ups can almost look like a large red and crusting scab," says Juber. "Not only can psoriasis affect the skin, it can also commonly occur on scalp, nails and in some cases it can cause psoriatic arthritis. It is the thickness of the skin and scaling that will often tell psoriasis and eczema apart." There's no cure for psoriasis but Juber assures that there are management techniques which

will help you keep symptoms under control. "Depending on your symptoms and history of the condition, topical creams can help keep skin hydrated and reduce irritation. There are also a number of injections that can help those with psoriasis, reducing and preventing symptoms." Some individuals may be treated using phototherapy - a treatment where a special type of light is shone onto the affected area.

Hives

Hives are medically known as urticaria, and affect one in five people at some point in their lives. "Hives will either appear as a large, red itchy rash or raised red bumps or spots," says Juber. "They may sting and

burn - a similar sensation to a nettle sting." Hives are generally a sign of an allergic reaction (if they occur suddenly, it's important to keep an eye out for any indication of a serious reaction occurring, such as swelling of the mouth and airways and any breathing difficulties, as these are a medical emergency). "Not only could this be a response to an allergen, it could be due to an infection or a reaction to medication," Juber adds. In most cases, the reaction will calm down or disappear after a few hours or a couple of days. But if symptoms don't subside within 48 hours, and/or other symptoms are occurring too, it's always recommended to seek medical advice. **PA/TPN**

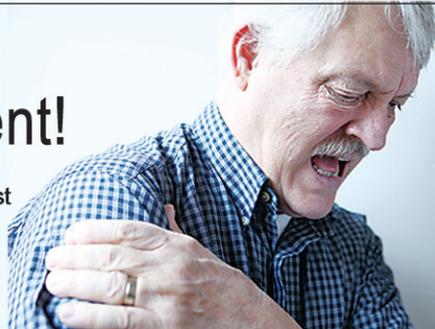
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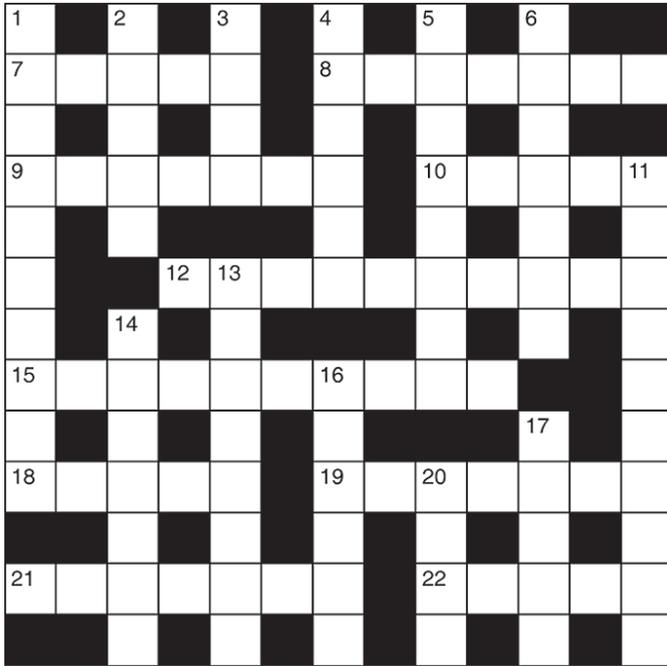
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Last week's cryptic crossword solutions
Across: 1 Crossbar; 5 Spot; 9 Anti; 10 Overcome; 11 Board; 12 Raiders; 13 Grappling iron; 18 Narrates; 19 Fifi; 20 Realise; 21 Sarah; 22 Last; 23 Stipends.
Down: 2 Rancour; 3 Stirrup; 4 Advertisement; 6 Pioneer; 7 Treason; 8 Trying; 13 General; 14 Airways; 15 Placid; 16 Inflate; 17 Off-hand.

CRYPTIC CROSSWORD

ACROSS

7. Is fibrous and is let round (5)
8. Slips round and gives messages (7)
9. Look out, old boy! Your ancestor? (4,3)
10. Churchman cut off at the border (5)
12. They cadge, and get sore cursing. I'm not in it (10)
15. Stint cured as taught (10)
18. Note in neat relationship (5)
19. Inn seen, apparently, all stirred up (7)
21. The French staggered later to the side (7)
22. Stay in this dwelling (5)

DOWN

1. A talk about Sid's cousin? (10)
2. Use a vest to break the cask (5)
3. Shine on timber (4)
4. It's no tale about the outhouse (4-2)
5. The French state (8)
6. Called up and went ahead with a twist (7)
11. Where to get teas inside? (4-6)
13. One transporter - it's second carrying the first many times (3-5)
14. With caps set at different angles (7)
16. Many are bumpy and rather cold (6)
17. Lower oneself in front of the house (5)
20. Hundred sheep pack tight (4)

QUICK CROSSWORD

ACROSS

7. Hurry (5)
8. Proposition (7)
9. Make ready (7)
10. Kingdom (5)
12. Ownership (10)
15. Missile (10)
18. Disprove (5)
19. Captivate (7)
21. Public (7)
22. Power (5)

DOWN

1. Tradesman (10)
2. Pale (5)
3. Greek letter (4)
4. Strain (6)
5. Retaliation (8)
6. Capricious (7)
11. Handle (10)
13. Upset (8)
14. Unite (7)
16. Threefold (6)
17. Sediment (5)
20. Subdue (4)

Last week's quick crossword solution

Across: 1 Dramatic; 5 Grab; 9 Spin; 10 Scornful; 11 Pouch; 12 Neglige; 13 Effervescence; 18 Prospect; 19 Dark; 20 Elation; 21 Brook; 22 Side; 23 Perverse.
Down: 2 Reproof; 3 Monocle; 4 Incandescence; 6 Ruffian; 7 Believe; 8 Tragically; 13 Express; 14 Froward; 15 Repair; 16 Endorse; 17 Curious.

CODEWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
	L											
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B	11	19	2	2	23	9	18	23	22		19	20	1	17	14
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I			8		2		14		25		17				21
J	6	19	24	17	16	12	17	14		18	14	23	11	19	2
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															Z

SUDOKU

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

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

Hard

Last week's solutions

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

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



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3 Bedroom country house with endless country views

This lovely country house is located only 13 kilometres from the village of São Teotónio with all kinds of facilities and a 25 min. drive by car to the beautiful village and beach of Zambujeira do Mar with good restaurants.

Due to the elevated position of this house you have amazing and extended views on all sides. The land of 4.4 ha is flat to slightly sloping with a lake which gives a lot of opportunities for extension, such as horse stables. The lovely kidney shaped pool in front of the house is overlooking the valley and the slightly sloping land to the horizon.

The entrance hall gives access to a large (62m²) open plan living/dining area with an open fully fitted and equipped kitchen and pantry.

In the living area is a fire place to keep the winter evenings cozy and warm, and to give the country style feeling there are high ceilings with wooden beams that you find in the whole house. There is a south orientated conservatory

(27m²) also with a fire place. The conservatory is overlooking the beautiful country side and pool area.

There are 3 bedrooms, of which two bedrooms share a family bathroom and the master bedroom with ensuite bathroom.

There is a lovely huge covered terrace ideal for al fresco dining. A must see property, so call for your private viewing today!

For further information or to arrange a viewing of this superb property (Ref: AV-619SL - São Teotónio), priced at €365,000, do not hesitate to contact Abacoz Algarve, tel: (+351) 282044886, email: info@abacoz-properties.com or visit: www.abacoz-properties.com



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Penguin are offering a special spring promotion: 50% off installation charges for all air conditioning and solar photovoltaic (PV) systems.



This offer will be of interest to anyone making property improvements over the April-May period: whether homeowners, villa managers or condominium administrations preparing for the summer ahead. The discount applies to installation charges, not equipment prices, but nonetheless offers significant benefits. For standard air-con systems this could represent a handy saving of around €200; whilst for larger air-con systems or PV solar installations, savings may be in excess of €500 euros.

Established over 10 years, Penguin are acknowledged leading installers of energy-efficient heating & cooling systems, nowadays with over 30 staff and a busy fleet of service vans operating across the Algarve.

So, for anyone looking to make home improvements with useful savings – call Penguin NOW!

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AMI: 10429

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REF: AV-302SHJ - ODIÁXERE
THIS 5 BED VILLA REALLY HAS IT ALL! IF YOU LIKE TO LIVE IN THE PEACEFUL COUNTRYSIDE WITH PRIVACY, BUT ONLY MINS. AWAY FROM BEACHES, GOLF COURSES, CENTRE OF LAGOS, ETC. THEN LOOK NO FURTHER, BECAUSE YOU'VE FOUND IT!
ASKING PRICE €1.150.000

REF: AT-483SL - PARQUE DA FLORESTA
FANTASTIC 3 BED TOWNHOUSE, OFFERING BEAUTIFUL VIEWS OVER THE GOLF RESORT UP TO THE SEA AND ONLY A 10 MIN. DRIVE TO SALEMA BEACH WITH COMMUNAL POOLS, GYM, SPA AND THE OWNERS BENEFIT GREEN FEES 50% & GUESTS 40%.
ASKING PRICE €250.000

REF: AA-641SJ - SALEMA
THIS LOVELY 2 BED APARTMENT IS IN A GREAT LOCATION IN THE HEART OF THE VILLAGE AND JUST A FEW MIN. WALK TO THE BEACH! THERE IS A COMMUNAL POOL AND A PRIVATE PARKING SPACE IN THE GARAGE. PERFECT RENTAL INVESTMENT AND/OR HOLIDAY HOME.
ASKING PRICE: €245.000

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Exclusive Opportunity
Renovated traditional 2 bedroom townhouse with an amazing roof terrace overlooking the superb countryside views located in a picturesque hamlet only 10 min. from Silves.
Bedrooms: 2 Area: 81sqm
Ref.: V1378
€140,000

Unique Opportunity
Charming renovated 3-bedroom Villa with garage & separate studio on one hectare of land, located only 5 min. from Silves City overlooking the lovely countryside, orchard & an above ground swimming pool.
Bedrooms: 3 + 1 Area: 322 sqm | 1.03 ha
Ref.: V1394
€459,000

Amazing, renovated 3 bedroom apartment located in the Centre of Silves with 3 shower rooms, living room, equipped throughout, communal roof terrace with superb views overlooking the City.
Bedrooms: 3 Area: 108 sqm
Ref.: AS673
€145,000

Spacious 3 Bedroom Villa with living room & wood-burner stove, air-conditioning throughout the house, a beautiful garden & swimming pool, mains water, borehole & magnificent countryside views, located only 15 min. from Silves.
Bedrooms: 3 Area: 170 sqm | 1.21 ha
Ref.: V1400
€395,000

Beautiful renovated 3 bedroom Portuguese House, located in a quiet village near Messines. A large living room with open plan modern kitchen. Outdoor deck, perfect for al fresco dining, and a small area with some fruit trees.
Bedrooms: 3 Area: 176,50 sqm | 600 sqm
Ref.: V1414
€275,000

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MAIN OFFICE:
VILAMOURA, Av. Da Marina, Marina Plaza, Shop 69, (in front of Hotel Vila Galé Marina) EST. 1982
AMI 489
Mobile: 91 8788375
Tel: 289 315 333
sales@vendavilla.com

VILAMOURA - PRICE REDUCED
Apartment located in a closed condominium composed of 1 bedroom, 1 bathroom, lounge with fireplace and dining area, kitchen and terrace. Communal swimming pool and garden area. Furnished and equipped. 2nd floor without elevator. Const. area - 56 sqm. ENERGY CLASS - E
REF. A01631 **PRICE : €127.500**

VILAMOURA - NEAR ALL AMENITIES
Beautiful duplex apartment consisting of 2 bedrooms, 2 bathrooms, lounge with dining area and fireplace, equipped kitchen, pantry and 2 terraces. Parking and storage in the basement. Communal swimming pool and garden area. Furnished. Const. area - 98 sqm. ENERGY CLASS - F
REF. A01674 **PRICE : €295.000**

ALMANCIL - QUIET AREA
Villa situated in country area, close to all amenities. Composed of 3 + 1 bedrooms, 3 bathrooms, living room with fireplace, dining room, equipped kitchen, pantry and laundry room. Terraces with sea views. Garage, cinema room and carport. Interior garden. Garden and swimming pool. Const. area - 337 sqm. ENERGY CLASS - B
REF. V12894 **PRICE : €720.000**

VILAMOURA - VERY WELL LOCATED
Villa located in a beautiful area of Vilamoura consisting of 4 bedrooms, 3 bedrooms, living room with fireplace, dining room, kitchen, pantry and terraces. Garage for 2 cars, barbecue, swimming pool and garden. Furnished and equipped. Plot Area - 432 sqm. + 261 sqm. of Green Zone. ENERGY CLASS - D
REF. V12910 **PRICE : €615.000**

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Ref: W1-067

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4 Bedroom Villa with marvelous Panoramic Sea Views
Build area: 192 m2
Plot size: 1.773 m2 **695.000 €**

The villa is BRIGHT AND AIRY with neutral colours throughout. The SPACIOUS LIVING ROOM with wood burning stove and dining area has large glass doors to enjoy the best views. A vast covered terrace in front of the living room leads to THE SWIMMING POOL with surrounding sun terraces and a built in BBQ on one side. The first floor is occupied by a GUEST AND MASTER SUITE and the private terrace offers the best views of the property.

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Vilamoura: 289 301 294

Near Vale do Lobo
EXCLUSIVE 3 + 1 bedroom villa, brand new total renovation, underfloor heating and a/c, guest annex, walk to beach, restaurants, etc.
EC class: IP
Ref: BHM Price: €1,650,000

Near Vilamoura
Well maintained 4 bedroom traditional style, year round family villa, with a large garage, garden and pool, elevated position with good sea views.
EC class: C
Ref: P-SIP Price: €750,000

Near Loule
3 bedroom villa, single storey rustic style. Great pool area situated on a large plot of land with vegetable gardens, fruit trees, bird pens, orchard, etc.
EC class: F
Ref: P-NNS Price: €580,000

Vila Sol
West facing 2 bedroom apartment, which is spacious and bright, no stairs. A large terrace overlooking manicured lawns and shared 3 swimming pools.
EC class: in process
Ref: P-MRI Price: €275,000

Near Portimão
2 bedroom apartment, 2 bathrooms, 3rd floor, large terrace with nice views, private car parking space, air-co, quiet residential area, near the centre of town.
EC class: C
Ref: FEI Price: €190,000

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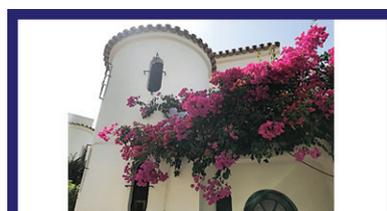
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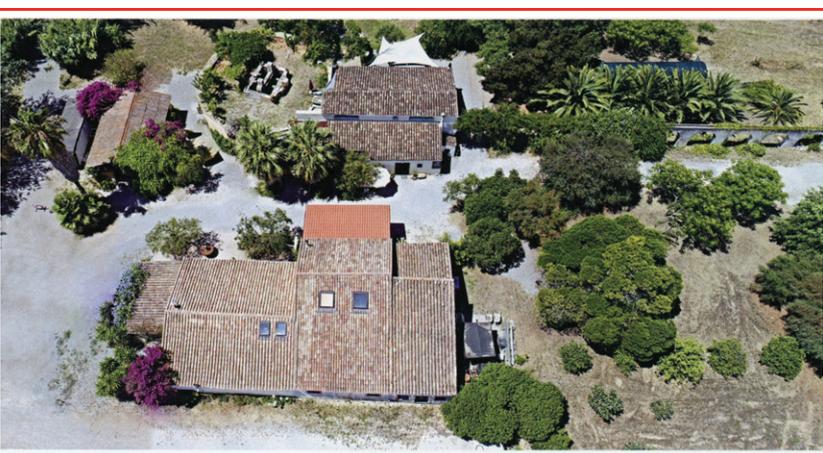


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<p>Vilamoura - 3 bedroom Detached Villa (Old Village)</p> <p>Location, location and location. Nice detached villa with private pool and garden. 3 good size bedrooms, 2 bathrooms, dining room, bright and airy lounge, fitted kitchen and secure parking.</p> <p>Ref:FS131 Price:€545,000 ono</p>	<p>Old Village 3 bedroom apartment</p> <p>Soon coming on the market - a delightful apartment with 3 bedrooms, open lounge and kitchen with a roof terrace in the sort after Old Village Resort. Good as holiday home or investment.</p> <p>Information on request Price:€345,000</p>	<p>For more details, please visit our website or call in the office</p> <p>www.fivestars-vilamoura.com Tel: 289302762 Mob: 969190361 / 965392755 Email: info@fivestars-vilamoura.com Office: 7A Church Square Old Village, Vilamoura 8125-429</p>	<p>Vilamoura – 1 bedroom apartment with communal swimming pool</p> <p>New on the market, 1 bedroom apartment in Prestige (next to the Old Village). It is modern and with direct access to the swimming pool. Own parking space in secure garage and a storage room. Good investment.</p> <p>Ref:FS108 Price:€165,000</p>	<p>Old Village 3 bedroom apartment</p> <p>Soon coming on the market - an older style 3 bedroom apartment, may need updating. Great aspects such as location, large lounge and terraces. Good challenge to make it into an ideal holiday home or investment.</p> <p>Information on request Price:€380,000</p>

<p>VERNON</p> <p>One of the oldest real estate companies in the Algarve that helps you find your dream home</p> <p>www.vernonalgarve.com info@vernonalgarve.com Tel: +351 282 357 109 Mobile: 00351 912 511 631/2</p> <p>Rua Povo do Burro nº1 Carvoeiro GPS: 37°05'50.2"N 8°28'12.9"W AMI nº 956</p> 	 <p>Clube Golfemar - Carvoeiro</p> <p>Immaculate ground floor south facing apartment, w/ 124m2, 3 bedrooms, 2 bathrooms, lovely sea views, terrace & private garden. Furnished, A/C. Short walk to beach, golf, amenities & 5 min. drive to Carvoeiro centre. Ideal turn key property.</p> <p>Ref.VC548 € 285 000</p>	 <p>Cabeço das Pias - Carvoeiro</p> <p>Fully renovated modern villa, on 1290m2 plot, 3 bedrooms, 2 shower room, terraces, pool, carport and landscaped gardens. Within walking distance to amenities, and 5 min drive to Carvoeiro, beaches & golf.</p> <p>Ref.VC560 € 495 000</p>	 <p>Mato Serrão - Carvoeiro</p> <p>Last 3 building plots with areas of 1008m2, each one with permission to build a 2 storey, 3 bedroom villa with pool up to 224m2 with some sea views from the first floor. Only 15 min. walk from Carvoeiro centre & beach.</p> <p>Ref.LC055 € 208 000</p>	 <p>Carvoeiro</p> <p>Impressive property of 457m2, 3 bedrooms, 4 bathrooms + 2 bedroom, 2 bathroom annex, with lovely sea views, heated pool, landscaped gardens, tennis courts, courtyard & roof terrace, 1km to Carvoeiro and 1.5km to the beach.</p> <p>Ref.VC438 € 1 150 000</p>	 <p>Areias Moinhos - Carvoeiro</p> <p>Traditional 3 bedroom, 2 bathroom villa with sea views, pool, garage, plot of 1200m2, on popular estate, only a short walk to beach, village centre and amenities. Equipped with double glazing, A/C & solar panels.</p> <p>Ref.VC561 € 535 000</p>
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<p>RUSSELL & DECOZ REAL ESTATE, MEDIAÇÃO IMOBILIÁRIA LDA.</p> <p>Contact Kaja Decoz</p> <p>Phone: +351 289 792 785 Mobile: +351 963 085 580 Email: kaja@russell-decoz.com Website: www.russell-decoz.com</p>  <p>AMI: 870 APEMIP: 1178</p>		<p>Fuseta – Moncarapacho</p> <p>FABULOUS LARGE QUINTA with RESTORED BARNs & circular tank. APPROVED PROJECT to convert existing restored barns into 6 apartments for RURAL tourism. 52,000m2 of flat arable land, ideally suitable for agricultural purposes or to keep horses. Currently a part used as storage facility for caravans & motorhomes, providing a steady income. MAIN house consists of 2 apartments each with open-plan lounge & kitchen, woodburning stove, 2 bedrooms & bathroom. OLD ROMAN Well with historic 95 mtr AQUADUCT leading to 17 mtr diameter irrigation tank, perfect for gorgeous POOL or meditation area. SUPER central location, walking distance to Fuseta, shops, train station, bus stop & Ria Formosa Natural Park, lagoon beach & ferries to the islands. Faro Airport 30 min drive. Mature gardens with large trees offering shade in summer. Feature pole with a stork's nest and much much more.</p> <p>Construction area: 598 m2 Area total: 52,000 m2</p> <p>REF: MON1713Q Price: € 625.000</p>
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 <p>CASA TÊXTEIS HOME TEXTILES</p> <p>"Bigger stores, Better quality, choice and value"</p> 	<p>Alongside our massive selection of Duvets, Pillows, Bedlinen, Towels, Curtains & soft furnishings, we now also have a fantastic collection of beds and mattresses.</p> <p>Sensation is our starter Orthopaedic complete divan offering med-firm support with a standard base and Plush plain grey headboard.</p> <p>Lots more beds available in a range of designs, colours and fabrics in all 3 stores.</p> <p>Romantica BEDS TO FALL IN LOVE WITH</p> <p>www.hometextilesalgarve.com email: hometextiles@sapo.pt</p> <p>Carvoeiro Rua do Barranco • Tel: 282 354 222 • Mon to Fri 10am - 6pm Alcantarilha (next to Espaço Casa) • Tel. 282 315 994 • Mon to Sat 10am - 6:30pm Pereiras de Cima nr. Quatro Estradas • Tel. 289 396 385 • Mon to Fri 10am - 6pm, Sat 10am - 5pm</p>
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<p>Spacious 2 Bedroom Townhouse close to the Beach near Albufeira</p> <p>The townhouse is a lovely holiday home for a family and has great rental potential. It is located in a pretty development with communal pool and gardens, a tennis court and playground. It is a 10 minute walk to the nearest beach and 15 minutes to São Rafael Beach. Albufeira is a few minutes drive and Faro airport 40 minutes away. The entrance hall gives access to the fully equipped kitchen, a</p>	<p>Property Highlight</p>  <p>shower room and leads into the lounge with dining area and a vast balcony in front. There is a built in BBQ and a dining and leisure area. The first floor comprises two bedrooms, one of which has a balcony, and a large family bathroom. The lower level consists of a studio apartment with large bathroom, a kitchenette and utility area. It has an external access and is a wonderful space for teenage children or friends and /or could be rented out.</p> <p>Build area: 93.90m2 Price: 265.000€</p> <p>For more information contact CChomes at info@cchomes.pt or visit www.cchomes.pt with the reference: B2-027.</p>
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SATURDAY 27

BBC One
 06.00 Breakfast.
 10.00 Saturday Kitchen Live.
 11.30 Recipes That Made Me: Punjab.
 12.00 Football Focus.
 13.00 BBC News; Weather.
 13.15 The London Marathon: My Reason to Run.
 13.45 Live Snooker.
 16.30 Final Score.
 17.05 Kung Fu Panda: Secrets of the Furious Five.
 17.30 Impossible Celebrities.
 18.40 BBC News.
 19.00 Catchpoint.
 19.20 Pointless Celebrities.
 20.20 Casualty.
 21.10 All Round to Mrs Brown's.
 22.05 BBC News; Weather.
 22.20 National Lottery Update.
 22.25 Match of the Day.
 23.50 Britain's Youngest Football Boss.
 00.15 Lara Croft: Tomb Raider - The Cradle of Life (2003).
 02.00 Weather for the Week Ahead.

BBC Two
 06.45 All Over the Place: Asia.
 07.15 Wild & Weird.
 08.00 Dick & Dom.
 08.30 Top Class.
 08.30 The Dog Ate My Homework.
 08.30 Wonders of the Universe.
 10.00 Live Snooker.
 12.00 Bargain Hunt.
 12.45 The TV That Made Me.
 13.30 Back in Time for the W/nd.
 14.30 The #100K House.
 15.30 Your Home Made Perfect.
 16.30 Live Snooker.
 17.30 Grand Tours of the Scottish Islands.
 18.00 Undiscovered Worlds with Steve Backshall.
 19.00 Live Snooker.
 20.00 Dad's Army.
 20.30 A Space Odyssey (1968).
 22.50 FILM: Paths of Glory (1957).
 02.00 Snooker: World Championship Highlights.
 01.10 Snooker: World Championship Extra.
 03.10 The League of Gentlemen - Live Again!
 04.10 Pose.
 05.00 This is BBC Two.
 05.50 A to Z of TV Gardening.

ITV London
 06.00 CITY.
 08.25 ITV News.
 08.30 The Sara Cox Show.
 09.25 James Martin's Sunday Selection.
 10.25 This Morning - On Sunday.
 11.25 John and Lisa's Weekend Kitchen.
 12.25 ITV News and Weather; Weather.
 12.30 Britain's Got Talent.
 13.45 Britain's Got More Talent.
 14.45 In for a Penny.
 15.15 FILM: For Your Eyes Only.
 17.40 ITV News and Weather.
 18.00 ITV News London; Weather.
 18.05 The Family Chase.
 19.00 What Would Your Kid Do?
 20.00 The Durrells.
 21.00 Victoria.
 22.00 ITV News and Weather;
 22.20 Jill Dando: The 20 Year Mystery.
 23.15 John Bishop's Ireland.
 23.45 Run for Your Life.
 00.35 Jackpot247.
 03.00 Keep It in the Family.
 03.50 ITV Nightscreen.

Channel 4
 06.05 The King of Queens.
 06.55 Everybody Loves Raymond.
 08.10 Frasier.
 09.35 Women's Football World with Coca-Cola.
 10.05 The Big Bang Theory.
 11.25 The Simpsons.
 12.25 Four in a Bed.
 15.00 A Place in the Sun.
 16.00 Sun, Sea and Brides to Be.
 17.05 Kirstie and Phil's Love It or List It.
 18.05 Channel 4 News.
 18.30 Formula 1: Azerbaijan Grand Prix Qualifying Highlights.
 20.00 Inside Jaguar: A Supercar Reborn.
 21.00 Ghost in the Shell (2017).
 22.55 FILM: Super 8 (2011).
 01.00 FILM: Train to Busan (2016).
 02.55 Hollyoaks.
 05.00 The #100k Drop.
 05.55 Kirstie's Fill Your House for Free.

BBC Four
 19.00 Sri Lanka: Elephant Island - Natural World.
 20.00 Alaska: Earth's Frozen Kingdom.
 21.00 Follow the Money.
 23.00 Mark Kermode's Secrets of Cinema.
 00.00 Top of the Pops: 1987.
 00.30 Top of the Pops: 1987.
 01.00 Island at the BBC.
 02.00 Sri Lanka: Elephant Island - Natural World.
 03.00 Alaska: Earth's Frozen Kingdom.

SUNDAY 28

BBC One
 06.00 Breakfast.
 07.30 Match of the Day.
 09.00 The Andrew Marr Show.
 10.00 London Marathon.
 14.30 BBC News; Weather.
 14.45 Sunday Politics.
 15.15 Songs of Praise.
 15.50 Points of View.
 16.05 Escape to the Country.
 17.05 Money for Nothing.
 17.50 Pointless Celebrities.
 18.35 BBC News.
 18.50 BBC Regional News; Weather; Weather.
 19.00 Countryfile Spring Special.
 20.00 Antiques Roadshow.
 21.00 Line of Duty.
 22.00 BBC News.
 22.20 BBC Regional News; Weather.
 22.30 Match of the Day 2.
 23.40 The Women's Football Show.
 00.15 Supermarket Secrets.
 01.15 Weather for the Week Ahead.
 01.20 BBC News.

BBC Two
 06.35 Great British Garden Revival.
 07.35 Countryfile.
 08.30 London Marathon.
 10.00 Live Snooker: The World Championship.
 12.15 Talking Snooker.
 13.00 Nature's Great Events.
 14.00 Live Snooker: The World Championship.
 18.00 London Marathon Highlights.
 19.00 Live Snooker: The World Championship.
 20.00 Undiscovered Worlds with Steve Backshall.
 21.00 Miriam's Dead Good Adventure.
 22.00 FILM: Captain Fantastic (2016).
 23.50 Snooker: World Championship Highlights.
 00.40 Snooker: World Championship Extra.
 02.40 Sign Zone: Question Time.
 03.40 Sign Zone: Holby City.
 04.40 This Is BBC Two.

ITV London
 06.00 CITY.
 08.25 ITV News.
 08.30 The Sara Cox Show.
 09.25 James Martin's Sunday Selection.
 10.25 This Morning - On Sunday.
 11.25 John and Lisa's Weekend Kitchen.
 12.25 ITV News and Weather; Weather.
 12.30 Britain's Got Talent.
 13.45 Britain's Got More Talent.
 14.45 In for a Penny.
 15.15 FILM: For Your Eyes Only.
 17.40 ITV News and Weather.
 18.00 ITV News London; Weather.
 18.05 The Family Chase.
 19.00 What Would Your Kid Do?
 20.00 The Durrells.
 21.00 Victoria.
 22.00 ITV News and Weather;
 22.20 Jill Dando: The 20 Year Mystery.
 23.15 John Bishop's Ireland.
 23.45 Run for Your Life.
 00.35 Jackpot247.
 03.00 Motorsport UK.
 03.50 British Superbike Championship Highlights.
 04.40 ITV Nightscreen.
 05.05 The Jeremy Kyle Show.

Channel 4
 06.10 Everybody Loves Raymond.
 07.00 Frasier.
 07.50 The Big Bang Theory.
 08.30 The Simpsons.
 09.30 Sunday Brunch.
 12.30 Jamie's Quick & Easy Food.
 13.00 The Simpsons.
 14.30 Escape to the Chateau: DIY.
 15.35 A Place in the Sun.
 16.35 FILM: 101 Dalmatians (1996).
 18.30 Channel 4 News.
 19.00 Formula 1: Azerbaijan Grand Prix Highlights.
 21.00 Stand Up to Cancer.
 22.00 8 Out of 10 Cats Does Countdown.
 23.00 The Adulterer.
 00.00 FILM: Goat (2016).
 01.45 George Clarke's Coast vs Country.
 02.40 Coast vs Country.
 03.35 French Collection.
 04.30 Food Unwrapped.
 04.55 The #100k Drop.
 05.50 Countdown.

BBC Four
 19.00 Retreat: Meditations from a Monastery.
 20.00 Secret Agent Selection: WW2.
 21.00 FILM: Barry Lyndon (1975).
 00.00 The Mystery of Van Gogh's Ear.
 01.00 Virtuoso Violinists at the BBC.
 02.00 Perfect Pianists at the BBC.
 03.00 Secret Agent Selection: WW2.
 04.00 Close.

MONDAY 29

BBC One
 06.00 Breakfast.
 09.15 Countryfile Diaries.
 10.00 Homes Under the Hammer.
 11.00 Customer Is Always Right.
 11.45 Close Calls: On Camera.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.45 Doctors.
 14.15 Impossible.
 15.00 Escape to the Country.
 15.45 Garden Rescue.
 16.30 The Repair Shop.
 17.15 Pointless.
 18.00 BBC News at Six; Weather.
 18.55 Party Election Broadcast.
 19.00 The One Show.
 19.30 Garden Rescue.
 20.00 EastEnders.
 20.30 Scandal in the Church of England - Panorama.
 21.00 Not Going Out.
 21.30 Ghosts.
 22.00 BBC News at Ten.
 22.35 Back to Life.
 23.05 Have I Got a Bit More News
 23.45 The Graham Norton Show.
 00.35 Weather for the Week Ahead.

BBC Two
 06.00 The Repair Shop.
 06.45 Home Is Where the Art Is.
 07.30 Antiques Roadshow.
 08.30 The Week in Parliament.
 09.00 BBC News at 9.
 10.00 Victoria Derbyshire.
 11.00 Triathlon World Series
 12.15 Politics Live.
 13.00 Live Snooker.
 18.00 Eggheads.
 18.30 The Farmers' Country Showdown.
 19.00 Live Snooker.
 20.00 Your Home Made Perfect.
 21.00 At the Edge of Life.
 22.00 Don't Forget the Driver.
 22.30 Newsnight.
 23.15 Snooker.
 00.05 Snooker.
 02.05 The Road to Rome.
 03.05 Your Home Made Perfect.
 04.05 Murder, Mystery & My Family.
 04.50 This Is BBC Two.

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
 13.55 ITV News London; Weather.
 14.00 Judge Rinder.
 15.00 Dickinson's Real Deal.
 15.59 ITV London Weather.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.
 18.25 Party Election Broadcast.
 18.30 ITV Evening News; Weather.
 19.00 Emmerdale.
 19.30 Coronation Street.
 20.00 Love Your Garden.
 20.30 Coronation Street.
 21.00 The Widow.
 22.00 ITV News at Ten; Weather
 22.45 The Jonathan Ross Show.
 23.50 The Bay.
 00.40 Tenable.
 01.30 Jackpot247.
 03.00 The Jeremy Kyle Show.
 03.55 ITV Nightscreen.
 05.05 The Jeremy Kyle Show.

Channel 4
 06.25 Cheers.
 07.45 Frasier.
 09.10 Everybody Loves Raymond.
 10.10 Ramsay's Hotel Hell.
 11.05 Car SOS.
 12.00 Channel 4 News Summary.
 12.05 Couples Come Dine with Me.
 13.05 Escape to the Chateau: DIY.
 14.10 Countdown.
 15.00 A Place in the Sun.
 16.00 A New Life in the Sun
 17.00 Four in a Bed.
 17.30 Extreme Chocolate Makers.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 Superhoppers.
 20.30 Travel Man.
 21.00 Banged Up.
 22.00 The Curry House Kid.
 23.05 Sex Tape.
 00.10 Ramsay's Hotel Hell.
 01.00 Naked Beach.
 01.55 Grand Designs: The Street.
 02.50 Mission Ignition.
 03.45 Coast vs Country.
 04.40 Kirstie's Fill Your House
 04.55 The #100k Drop.
 05.50 Countdown.

BBC Four
 19.00 Beyond 100 Days; Weather.
 19.30 British Railway Journeys.
 20.00 Britain's Sunken History.
 21.00 The Spy Who Went into the Cold: Kim Philby
 22.10 Sincerely, F Scott Fitzgerald: Lucy Worsley's Reins of Power
 23.10 Patagonia with Huw Edwards.
 01.10 Natural World.
 02.00 Britain's Secret Engineers.
 03.00 Britain's Sunken History.
 04.00 Close.

TUESDAY 30

BBC One
 06.00 Breakfast.
 09.15 Countryfile Diaries.
 10.00 Homes Under the Hammer.
 11.00 Customer Is Always Right.
 11.45 Close Calls: On Camera.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.45 Doctors.
 14.15 Impossible.
 15.00 Escape to the Country.
 15.45 Garden Rescue.
 16.30 The Repair Shop.
 17.15 Pointless.
 18.00 BBC News at Six; Weather.
 18.55 Party Election Broadcast.
 19.00 The One Show.
 19.30 EastEnders.
 20.00 Holby City.
 21.00 Trust Me.
 22.00 BBC News at Ten.
 22.30 National Lottery Update.
 22.35 Eating with My Ex.
 23.05 Eating with My Ex.
 23.25 Jamie: Drag Queen at 16.
 00.25 Weather for the Week Ahead.
 00.30 BBC News.

BBC Two
 06.25 The Repair Shop.
 07.10 The Super League Show.
 08.00 Celebrity Painting Challenge.
 09.00 BBC News at 9.
 10.00 Live Snooker.
 11.15 Politics Live.
 13.00 Live Snooker.
 18.00 Eggheads.
 18.30 The Farmers' Country Showdown.
 19.00 Live Snooker.
 20.00 Your Home Made Perfect.
 21.00 At the Edge of Life.
 22.00 Don't Forget the Driver.
 22.30 Newsnight.
 23.10 Weather.
 23.15 Snooker.
 00.05 Snooker.
 02.05 The Road to Rome.
 03.05 Your Home Made Perfect.
 04.05 Murder, Mystery & My Family.
 04.50 This Is BBC Two.

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
 13.55 ITV News London; Weather.
 14.00 Judge Rinder.
 15.00 Dickinson's Real Deal.
 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 Planet Child.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 23.40 LaLiga Highlights.
 00.35 Jackpot247.
 03.00 Lethal Weapon.
 03.50 ITV Nightscreen.
 05.05 The Jeremy Kyle Show.

Channel 4
 06.25 Cheers.
 07.45 Frasier.
 09.10 Everybody Loves Raymond.
 10.10 Ramsay's Hotel Hell.
 11.05 Car SOS.
 12.00 Channel 4 News Summary.
 12.05 Come Dine with Me.
 13.05 Escape to the Chateau: DIY.
 14.10 Countdown.
 15.00 A Place in the Sun.
 16.00 A New Life in the Sun
 17.00 Four in a Bed.
 17.30 Extreme Chocolate Makers.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 Bake Off: The Professionals.
 21.00 The Great British School Swap.
 22.00 First Dates.
 23.05 Ramsay's 24 Hours to Hell
 00.05 Who Dares Wins for Stand Up to Cancer.
 01.00 Paul Heaton
 02.20 Undercover Boss Australia.
 03.10 Superhoppers.
 03.35 French Collection.
 04.25 Food Unwrapped.
 04.55 The #100k Drop.
 05.50 Countdown.

BBC Four
 19.00 Beyond 100 Days; Weather.
 19.30 British Railway Journeys.
 20.00 Blue Planet II.
 21.00 In Sight of Home
 22.00 Secret History of Our Streets.
 23.00 Hidden Killers of the Post-War Home.
 00.00 Line of Duty.
 02.00 Sex and Sensibility: The Allure of Art Nouveau.
 03.00 Blue Planet II.
 04.00 Close.

WEDNESDAY 01

BBC One
 06.00 Breakfast.
 09.15 Countryfile Diaries.
 10.00 Homes Under the Hammer.
 11.00 Customer Is Always Right.
 11.45 Close Calls: On Camera.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.45 Doctors.
 14.15 Impossible.
 15.00 Escape to the Country.
 15.45 Garden Rescue.
 16.30 The Repair Shop.
 17.15 Pointless.
 18.00 BBC News at Six; Weather.
 19.00 The One Show.
 20.00 Watchdog Live.
 21.00 Earth from Space.
 22.00 BBC News at Ten.
 22.30 National Lottery Update.
 22.35 Life After My Brother's Murder.
 23.30 Celebrity Painting Challenge.
 00.30 Weather for the Week Ahead.
 00.35 BBC News.

BBC Two
 06.30 The Repair Shop.
 07.15 Customer Is Always Right.
 08.00 Talking about Mental Health.
 08.30 Mary Berry's Quick Cooking.
 09.00 BBC News at 9.
 10.00 Live Snooker.
 11.15 Politics Live.
 13.00 Live Snooker.
 18.00 Eggheads.
 18.30 The Farmers' Country Showdown.
 19.00 Live Snooker.
 20.00 Great British Menu.
 21.00 Forensics: The Real CSI.
 22.00 QI.
 22.30 Newsnight.
 23.10 Weather.
 23.15 Snooker.
 00.05 Snooker.
 02.05 See Hear: Talking about Mental Health.
 03.05 Surgeons: At the Edge of Life.
 03.35 Race Across the World.
 04.35 This Is BBC Two.

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
 14.00 Judge Rinder.
 15.00 Dickinson's Real Deal.
 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 Planet Child.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 23.40 LaLiga Highlights.
 00.35 Jackpot247.
 03.00 Lethal Weapon.
 03.50 ITV Nightscreen.
 05.05 The Jeremy Kyle Show.

Channel 4
 06.25 Cheers.
 07.45 Frasier.
 09.10 Everybody Loves Raymond.
 10.10 Ramsay's Kitchen Nightmares.
 11.05 Car SOS.
 12.00 Channel 4 News Summary.
 12.05 Couples Come Dine with Me.
 13.05 Escape to the Chateau: DIY.
 14.10 Countdown.
 15.00 A Place in the Sun.
 16.00 A New Life in the Sun
 17.00 Four in a Bed.
 17.30 Extreme Chocolate Makers.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 Location, Location, Location.
 21.00 Chimerica.
 22.00 Gogglebox.
 23.05 Banged Up: Teens Behind Bars.
 00.10 The Great British School Swap.
 01.05 FILM: The Pact (2012).
 02.35 Coast vs Country.
 03.30 French Collection.
 04.25 Food Unwrapped.
 04.55 The #100k Drop.
 05.50 Countdown.

BBC Four
 19.00 Beyond 100 Days; Weather.
 19.30 Top of the Pops: 1987.
 20.00 Supersized Earth.
 21.00 Da Vinci: The Lost Treasure.
 22.00 The Genius of Leonardo da Vinci.
 23.00 Catching History's Criminals: The Forensics Story.
 00.00 Top of the Pops: 1987.
 00.30 Line of Duty.
 03.30 The Living Mountain: A Cairngorms Journey.
 04.00 Close.

THURSDAY 02

BBC One
 06.00 Breakfast.
 09.15 Countryfile Diaries.
 10.00 Homes Under the Hammer.
 11.00 Customer Is Always Right.
 11.45 Close Calls: On Camera.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.45 Doctors.
 14.15 Impossible.
 15.00 Escape to the Country.
 15.45 Garden Rescue.
 16.30 The Repair Shop.
 17.15 Pointless.
 18.00 BBC News at Six; Weather.
 19.00 The One Show.
 19.30 EastEnders.
 20.00 Our Dementia Choir with Vicky McClure.
 21.00 Ambulance.
 22.00 BBC News at Ten.
 22.25 BBC Regional News.
 22.35 Question Time.
 23.35 Election 2019.

BBC Two
 06.30 The Repair Shop.
 07.15 Customer Is Always Right.
 08.00 Sign Zone: This Farming Life.
 09.00 Victoria Derbyshire.
 10.00 BBC Newsroom Live.
 13.00 Live Snooker.
 18.00 Eggheads.
 18.30 The Farmers' Country Showdown.
 19.00 MOTD: The Premier League Show.
 19.30 Live Snooker.
 20.00 Great British Menu.
 21.00 Pose.
 21.45 Strike a Pose!
 22.00 Frankie Boyle's New World Order.
 22.30 Newsnight.
 23.10 Weather.
 23.15 Snooker Highlights.
 00.05 FILM: Captain Fantastic.
 01.55 Earth from Space.
 02.55 A House Through Time.
 03.55 Murder, Mystery and My Family.

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
 14.00 Judge Rinder.
 15.00 Dickinson's Real Deal.
 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 NHS: Violence on the Frontline - Tonight.
 20.00 Emmerdale.
 20.30 Martin Clunes: My Travels and Other Animals.
 21.00 easyJet: Inside the Cockpit.
 22.00 ITV News at Ten; Weather.
 22.45 Great Art.
 23.45 The Blechley Circle: San Francisco.
 00.40 Tenable.
 01.30 Jackpot247.

Channel 4
 06.25 Cheers.
 07.45 Frasier.
 09.10 Everybody Loves Raymond.
 10.10 Ramsay's Kitchen Nightmares.
 11.05 Car SOS.
 12.00 Channel 4 News Summary.
 12.05 Couples Come Dine with Me.
 13.05 Escape to the Chateau: DIY.
 14.10 Countdown.
 15.00 A Place in the Sun.
 16.00 A New Life in the Sun
 17.00 Four in a Bed.
 17.30 Extreme Chocolate Makers.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 When I Grow Up.
 21.00 Grand Designs: The Street.
 22.00 Lee and Dean.
 22.30 999: What's Your Emergency?
 23.30 Gogglebox.
 00.35 Joe Lycett's Got Your Back.
 01.00 Ramsay's 24 Hours to Hell and Back.
 01.50 Undercover Boss Australia.
 02.40 Unreported World.
 03.05 Coast vs Country.
 04.00 French Collection.
 04.55 The #100k Drop.
 05.50 Countdown.

BBC Four
 19.00 Beyond 100 Days; Weather.
 19.30 Top of the Pops: 1987.
 20.00 Supersized Earth.
 21.00 Da Vinci: The Lost Treasure.
 22.00 The Genius of Leonardo da Vinci.
 23.00 Catching History's Criminals: The Forensics Story.
 00.00 Top of the Pops: 1987.
 00.30 Line of Duty.
 03.30 The Living Mountain: A Cairngorms Journey.
 04.00 Close.

FRIDAY 03

BBC One
 06.00 Breakfast.
 09.15 Countryfile Diaries.
 10.00 Homes Under the Hammer.
 11.00 Customer Is Always Right.
 11.45 Close Calls: On Camera.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.45 Doctors.
 14.15 Impossible.
 15.00 Escape to the Country.
 15.30 Election 2019.
 16.30 The Repair Shop.
 17.15 Pointless.
 18.00 BBC News at Six; Weather.
 19.00 The One Show.
 19.30 Still Open All Hours.
 20.00 EastEnders.
 20.30 A Question of Sport.
 21.00 Have I Got News for You.
 21.30 Would I Lie to You?
 22.00 BBC News at Ten.
 22.30 National Lottery Update.
 22.35 The Graham Norton Show.
 23.25 Sex on the Couch.
 00.10 Killing Eve.

BBC Two
 06.30 The Repair Shop.
 07.15 Customer Is Always Right.
 08.00 Sign Zone: Walks of Life.
 09.00 BBC News at 9.
 10.00 Live Snooker.
 12.00 Election 2019.
 13.00 Live Snooker.
 18.00 Eggheads.
 18.30 The Farmers' Country Showdown.
 19.00 Live Snooker.
 20.00 Great British Menu.
 20.30 Gardeners' World.
 21.30 The Looming Tower.
 22.20 The Mini Mash Report.
 23.30 Newsnight.
 23.00 Weather.
 23.05 Snooker Highlights.
 23.55 FILM: Operation Avalanche.
 01.25 Scandal in the Church of England - Panorama.
 01.55 David Bowie: Finding Fame.

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
 14.00 Judge Rinder.
 15.00 Dickinson's Real Deal.
 16.00 Tipping Point.

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The Portugal News
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Cinema

NEW THIS WEEK

The Fall of the American Empire - Stars: Maxim Roy, Éric Bruneau, Maripier Morin. Genre: Comedy, Crime. Director: Denys Arcand. Rating: R. Plot: A shy and insecure delivery truck driver accidentally arrives on the scene of a major crime and happens to pick up two bags of cash and hides them in his truck. He has a doctor's degree in philosophy which makes his mind mingle with remorse, but must find a way to get rid of this dirty money.

Teen Spirit - Stars: Elle Fanning, Agnieszka Grochowska, Archie Madekwe. Genre: Drama, Music. Director: Max Minghella.



Rating: PG13 Plot: Violet is a shy teenager who dreams of escaping her small town and pursuing her passion to sing. With the help of an unlikely mentor, she enters a local singing competition that will test her integrity, talent and ambition.

Cinema Listings

NOS Forum Algarve – Faro
The Aftermath; Avengers: Endgame; Menina; Missing Link (VP); The Fall of the American Empire; The Queen's Corgi (PV); Dumbo (PV); After.

NOS Mar Shopping - Loulé
Teen Spirit; The Curse of La Llorona; The Big Trip (PV); Avengers: Endgame; Hellboy; Wonder Park (PV); Missing Link (VP); The Queen's Corgi (PV); Quero-te Tanto!.

Gran-Plaza NOS - Tavira
Avengers: Endgame; Missing Link (VP); The Big Trip (PV); Hellboy; Shazam!; Dumbo (PV & OV); Captain Marvel; The Queen's Corgi (PV).

Algarcine – Portimão
The Big Trip (PV); The Curse of La Llorona; Avengers: Endgame; Missing Link (PV); Wonder Park (PV).

Algarcine Ria Shopping – Olhão
Avengers: Endgame; Missing Link (VP); The Big Trip (PV); The Curse of La Llorona; Hellboy; Wonder Park (PV); Shazam!; After.

Algarcine – Lagos
The Big Trip (PV); The Curse of La Llorona; Avengers: Endgame; Missing Link (VP); Wonder Park (VP); Hellboy.

Cineplace Algarve Shopping – Guia
Teen Spirit; The Fall of the American Empire; The Big Trip (PV); Quero-te Tanto!; The Curse of La Llorona; The Aftermath; Dumbo (PV); Avengers: Endgame; The Ideal Palace; Missing Link (VP); Wonder Park (PV); Shazam!; The Queen's Corgi (PV); After; Captain Marvel.

Cineplace – Portimão
The Big Trip (PV); The Curse of La Llorona; Avengers: Endgame; Wonder Park (VP); Quero-te Tanto!; Missing Link (VP); Shazam!; After; Amoureux de ma femme;

Dumbo (PV); The Queen's Corgi (PV).

Cineplace Loures Shopping
Teen Spirit; The Curse of La Llorona; Avengers: Endgame; Wonder Park (PV); Missing Link (VP); Hellboy; Shazam!; Wonder Park (PV); The Aftermath; Dumbo (PV); Amoureux de ma femme; The Queen's Corgi (PV); After.

Cineplace Leiria Shopping
Teen Spirit; The Curse of La Llorona; The Fall of the American Empire; Amoureux de ma femme; Avengers: Endgame; Missing Link (VP); The Big Trip (PV); Hellboy; Wonder Park (PV); Quero-te Tanto!; Shazam!; After; Dumbo (PV); The Queen's Corgi (PV).

Cineplace Riosul - Seixal
Teen Spirit; The Curse of La Llorona; Avengers: Endgame; Missing Link (VP); The Big Trip (PV); Shazam!; Hellboy; Wonder Park (PV); Amoureux de ma femme; After; Dumbo (PV); The Queen's Corgi (PV); Quero-te Tanto!.

Estação Viana Shopping - Viana do Castelo
Avengers: Endgame; The Big Trip (PV); The Curse of La Llorona; Missing Link (VP); Wonder Park (PV); Shazam!; Dumbo (PV); After; The Queen's Corgi (PV).

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



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

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

North & Centre

EXHIBITIONS

Vincente. The Myth in Lisboa. Until 28 April. Tuesday – Sunday, 10am – 6pm. Museu e Lisboa. Tickets from €3 www.museudelisboa.pt

BoCA 2019 – William Forsythe. Until 30 April, from 10am – 6pm, Museu Nacional Soares dos Reis, Porto. www.bocabienal.org

works. www.feiradolivrodelisboa.pt

Beauty Summit. 17 & 18 June, from 10am daily, ETIC, Lisbon. Day pass from €45, 2 day pass €60. www.blueticket.pt

Rock in Rio Lisboa 20. 20 & 21 June and 27 & 28 June, Parque da Bela Vista, Lisbon. www.rockinriolisboa.sapo.pt



Photo Ark, exhibition by Joel Sartore. Until 5 May, Lisbon.

Lisbon under the stars. 2 May – 17 July, various locations and times in Lisbon. Narration in Portuguese and English. www.lisbonunderthestars.com

Photo Ark, exhibition by Joel Sartore. Until 5 May, Monday – Friday, 10am – 7pm. Cordoaria Nacional, Avenida da Índia, Lisbon. Tickets from €7. www.natgeo.pt/photoark

Arco Lisboa – International Contemporary Art. 16 – 19 May, Cordoaria Nacional, Lisbon. www.ifema.es

Carlos Bunga Exhibition – The architecture of Life. Until 20 May, MAAT, Lisbon. www.maat.pt

Muro – Urban Art Festival LX 19. 23 May – 26 May, various locations, free entry. gau.cm-lisboa.pt/galleria.html

Joan Jonas Exhibition. 25 May – 1 September, Serralves, Porto. www.serralves.pt

Brain – wider than the sky. Until 10 June, daily from 10am – 6pm, Gulbenkian, Lisbon. Tickets €5. www.gulbenkian.pt

FAIRS & FESTIVALS

IndieLisboa – International Film Festival. 2 May – 12 May. Cinema São Jorge, Culturgest, Cinemateca and Cinema Ideal Lisbon. Tickets from €4.50. 213 158 399 www.indielisboa.com

FIMI Festival of the Iberian Mask. 16 – 19 May, Praça do Império, Lisbon. www.fimi.pt

North Music Festival. 24 & 25 May, daily from 7pm, Alfândega do Porto. Day pass from €35. www.blueticket.pt

Book Fair 19. 29 May – 16 June, Parque Eduardo VII, Lisbon. A great chance to find out about new literature as well as discover antiques and unique

VOA Heavy Rock Festival. 4 – 5 July, Estádio do Restelo, Lisbon. Tickets from €50. www.voa.rocks ticketline@ticketline.pt

Sumol Summer Fest. 5 – 6 July, Ericeira Camping. Tickets €45. www.sumolsummerfest.com

NOS Alive. 11 – 13 July, Passeio Marítimo de Algés, Oeiras, Lisbon. www.nosalive.com

MARKETS

Get Zen Market. 4 & 5 May, 10am – 8pm, Jardim Zoológico, Lisbon. Free entry www.getzen.pt

Feira na Avenida. 2nd weekend of the month. Avenida da Liberdade, Lisbon. Free entry

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

CCB Market – 1st Sunday of every month. Caminho Pedonal e Praça CCB - Belém Cultural Centre, Lisbon. Free entry.

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

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

Mercado D'Aqui – 1st Sunday of every month. Parque de Jogos.1º de Maio sports field. www.mercadodaqui.pt

Benfica Handicrafts Market. 1st 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

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

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

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

MUSIC

Bob Dylan – Coliseu Azea, Porto, 1 May, www.coliseu.pt

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

Ennio Morricone. 6 May, Altice Arena, Lisbon. Tickets from €45 www.everythingisnew.pt

Backstreet Boys. 11 May, 8pm, Altice Arena Lisbon. Tickets from €32.84 www.everythingisnew.pt

Carminho. 25 May, Coliseu de Lisboa. Tickets from €18. www.everythingisnew.pt

Ed Sheeran – Everything is New Tour 2019 on 1 June at the Estádio da Luz, Lisbon. www.everythingisnew.pt/ed-sheeran/

Eddie Vedder. 20 June, 8.30pm, Altice Arena Lisbon. Tickets from €45. www.ticketline.sapo.pt

Scorpions Live. 26 June, Altice Arena, 9pm. Tickets from €32. www.everythingisnew.pt

Julio Iglesias Live. 29 June, 9.30pm, Altice Arena Lisbon. Tickets from €40. www.blueticket.pt



Metallica World Wired Tour 2019. 1 May, Lisbon.

Kool & the Gang. 30 June, 9.30pm, Altice Arena, Lisbon. 2 July, Casino Estoril. Tickets from €35. www.blueticket.pt

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

Tool. 2 July, Altice Arena, Lisbon. Tickets from €42. www.arena.altice.pt

The Roots. 9 July, 8.30pm, Parque Marechal Carmona, Cascais. Tickets €40. www.blueticket.pt

Jessie J. 10 July, 8.30pm, Hipódromo Manuel Possolo, Cascais. Tickets from €40. www.blueticket.pt

Il Divo. 14 July, 9pm, Altice Arena, Lisbon. Tickets from €35. www.blueticket.pt

Jamie Cullum. 20 July, 8.30pm, Hipódromo Manuel Possolo, Cascais. Tickets from €25. www.blueticket.pt

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

Diana Krall. 24 July, 8.30pm, Hipódromo Manuel Possolo, Cascais. Tickets from €30. www.blueticket.pt

Tom Jones. 25 July, 8.30pm, Hipódromo Manuel Possolo, Cascais. Tickets from €45. www.blueticket.pt

Kraftwerk. 31 July, 8.30pm, Hipódromo Manuel Possolo, Cascais. Tickets from €25. www.blueticket.pt

Billie Eilish. 4 September, from 7pm. Coliseu de Lisboa, Lisbon. Tickets from €26. www.everythingisnew.pt

Gipsy Kings featuring Andre Reyes. 14 September, 10pm. Feira de São Mateus, Viseu. Tickets from €5. www.feirasaomateus.pt

Michael Bublé. 30 September & 1 October, 9pm, Altice Arena Lisbon. Tickets from €45. www.blueticket.pt

ABBA Gold. 11 October, 10pm, Salão Preto e Prata, Casino Estoril. Tickets from €30. www.blueticket.pt

Bryan Adams. 6 December, 9pm, Altice Arena Lisbon. Tickets from €40. www.blueticket.pt

THEATRE & DANCE

DDD Dance Festival. 28 April, 5pm – 6pm, Serralves, Porto. www.serralves.pt

The Spectacular Cabaret Fes. 3 & 4 May, from 9pm.

Teatro Ibérico, Lisbon. Tickets from €15. www.ticketline.sapo.pt

Baby Macbeth. 10 & 11 May, 10am – 3.30pm, Centro Cultural de Belém, Lisbon. 213 612 899 www.ccb.pt

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

A Midsummer Night's Dream – The Musical. 23 May – 2 June, Teatro Tivoli BBVA, Lisbon. Tickets from €17.50. www.teatrotivolibbva.pt

Don Quixote Ballet. 11 – 13 July, Thurs & Fri from 9pm, Saturday from 7pm. Teatro Municipal do Porto – Rivoli. Tickets €10. www.cnb.pt

* (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.



The Spectacular Cabaret Fest. 3 & 4 May, Lisbon.

WORKSHOPS & COURSES

Performing Arts Course. Every Saturday from 20 April – 22 June, 10am – 1pm, Museu do Oriente, Lisbon. www.museudooriente.pt

Masterclasses at the CCB. 25 April – 28 April, various times and speakers, Centro Cultural de Belém, Lisbon. www.ccb.pt

Furniture restoration class. 27 April, 3pm – 5pm, Casa da Cultura dos Olivais, Lisbon. Free entry. cultura@jf-olivais.pt 218 533 527

Modern calligraphy workshop. 27 April, 2.30pm – 5.30pm, Polo Cultural Gaivotas, Boavista, Lisbon. Cost €61.50. antiframe@gmail.com

Graffiti Workshop. 28 April, 6pm – 8pm. Supernova, Porto. Cost €10. orlando@supernovaporto.com

Public speaking course. 29 & 30 April, 7pm – 10pm, Escola Superior de Tecnologia de Saúde de Coimbra. Cost €25 - €40. geral@speakeandlead.pt

First aid course. 4 May, 2.20pm – 6pm, Escola Básica São Vicente – Telheiras, Lisbon. Cost €10. espreita@futurix.pt

Spice workshop. 4 May, 2pm – 6pm, Museu do Oriente, Lisbon. Price €35. www.museudooriente.pt

Fermented food and gut health. 5 May, 10am – 1pm, Maria Granel, Bairro de Alvalade, Lisbon. Cost €65.

Positive Power and Influence Workshop. 7 & 8 May, from 9am. Sofia Calheiros & Associates, Lisbon. 215 892 109 Info@sofiacalheiros.com

Painting on canvas workshop. 9 – 16 May, from 10am, Ajuda, Lisbon. Choose from 2 or 4 sessions. 919 391 092, festartes@sapo.pt

Photography workshop, with Miguel Valle de Figueiredo. 11 & 25 May & 1 June. 2pm – 5pm. Atmosfera M Lisboa. Price from €50

SPORTS

Chocolate Run. 27 April, 6pm, Porta da Vila, Óbidos. 10km or 6km race/walk. www.obidos.pt/events

IV Cycle tyour of Óbidos. 1 May, 9am, Mercada de Gaeiras, Óbidos. www.apedalar.pt

Challenger Braga Open 2019. 6 – 12 May, 10am – 7.30pm. Clube Ténis Braga.

Casa Manuel Teixeira Gomes, Portimão.

Cartooning for Peace – International Collective Exhibition. Until 31 May, Monday – Friday 9am – 5pm, Teatro das Figuras, Faro. 918 708 414

Transformations in Nature Exhibition by the Algarve Artists Network. 27 April – 31 July, Centro Cultural de Lagos. FB@Algarveartistsnetwork

Exhibition ‘The Futurism of Our Past’. 29 April – 1 June. Álvaro de Campos Municipal Library. www.cm-tavira.pt

Exhibition “Relembrar Marianela”. Until April 30, Monday – Friday 9am – 6pm, ASCA, Almancil. 289 399 699, www.asca.pt

To Recycle is to Live exhibition by Inês Braga. Until 30 April, Tuesdays – Sundays, 2pm – 5pm. Alportel Museological Centre. www.cm-sbras.pt

A Sense of Place Exhibition. Until 30 April, Associação Cultural Re-Criativa República 14, Olhão.

4 Seasons Photo Exhibition. Until 25 May, Monday – Friday 10am – 4.30pm, Sala de Leitura, Aljezur. www.cm-aljezur.pt

Collective Exhibition ‘Nature’s Transformations’ Artists Network Algarve Group. Until 31 July, Tuesdays – Saturdays, 10am – 6pm. Lagos Cultural Centre. 282 770 450, www.cm-lagos.pt

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

Douro Valley Half Marathon. 26 May, Barragem de Bagaúste, Armamar. www.meiamaratona.pt

International Show Jumping. 30 May – 2 June, Hipódromo do Campo Grande, Lisbon. www.sociedadehipica.pt

The Colour Run Hero Tour. 29 June, 4pm – 9pm, Centro Desportivo Bacional Jamor, Oeiras. Tickets from €15.90. www.thecolorrun.pt

EDP Lisbon Marathon. 20 October, Lisbon. www.maratonaclubedeportugal.com

South



Festival do Descobrimentos. 1 – 5 May, Lagos.

AUCTIONS

Auction House Algarve. Live auction 4 May. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

Open Studio. April 27. Works of Georg Scheele, Nuno Santiago and Alexandre Manuel Monchique, By appointment only. 967 147 656, Pablo.malter@delyra.net

Kolkata the streets of Hope – Exhibition by Márcia Barradas. Until 3 May, Espaço Portas do Sol, Sítio da Bemposta, Portimão. www.ideasdolevante.net

Exhibition “Via Imaterial - Intermittência, Sintaxe e Cintilância”. Until 3 May, Monday – Friday, 8.30am – 5.30pm, EMARP, Portimão.

Lena R.E Vansteelant exhibition. 3 May – 30 May,

Local Arts & Crafts Expo. Open daily 10am - 5pm. Artes@Spa, Caldas de Monchique.

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

FAIRS & FESTIVALS

7th Spring Fair. 25 – 28 April, various locations in Tavira. Local produce and entertainment throughout each day. 281 320 500 www.cm-tavira.pt

Petisco Route. 24 April – 26 May, participating restaurants across the Algarve. www.rotadopetisco.com

Costa Vicentina Fun Dog Show. 28 April, Registration from 11am, Pines Roundabout, Vale da Telha, Aljezur. Admission €2 donation.

Festival do Descobrimentos. 1 – 5 May, Lagos. www.cm-lagos.pt

Spring Fair. 5 May, 11am – 5pm, Museu do Traje de São Brás de Alportel. 966 329 073, admin@amigos-museu-sbras.pt

Spring Market Vale do Lobo. 4 May, 10am – 6pm, Vale do Lobo Auditorium. www.valedolobo.com events@vdl.pt

Food and Wine Fair. 5- 13 May, Vila Vita Parc. reservas@vilavitaparc.com, 292 310 100, www.vilavitaparc.com

Sita Carnival & Street Party. 11 May, 3pm – 11pm, Alvor

International Algarve Fair. 8-9 June, 10am – 6pm, Fatacil, Lagoa. www.algarvefair.com 282 380 317, sales@algarvefair.com

Carvoeiro Black & White Night. 15 June, 8pm – 3am, Praia do Carvoeiro. www.cm-lagoa.pt

MARKETS

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

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

MUSIC

Fado Nights. 28 April, 9.30pm, Museu do Traje, São Brás de Alportel.

“Entre Amigos” – Tribute to Ray Charles. 30 April, 9.30pm, Albufeira Municipal Auditorium. Tickets €5. 282 599 521 www.cm-albufeira.pt

Salvador Sobral. 3 May, 9.30pm, Teatro das Figuras, Faro. www.teatrodasfiguras.pt

Tribute to Nirvana. 3 May, 11pm, Bar Marginalia, Portimão. 961 882 438 marginalia.bar@gmail.com

Nightshift. 3 May, from 8pm, Centro Social do Almádena. Entrance €5.

P.L.I.N.T. 4 May, 9.30pm, Auditório Municipal de Lagoa. Tickets €12. 289 860 890 www.ticketline.sapo.pt

JJJohns Dinner-Dance Show. Sunday 5 May 2pm - 6pm. 3 course Sunday Roast €13, Restaurant A Cegonha, N395 Camping Albufeira. Reservations 914900031 or 282442621

Charity Luncheon. 9 May, 12.30pm Holiday Inn, Armação de Pêra. Tickets €20 for buffet, and wine. Live music and raffle Call or text: +44 753 853 1669

Bella a Cappella live. 11 May, 4.30pm, Convento de

São José Lagoa. www.bellaacappella.net

Opera Rocks. 11 May, 8pm, Vale do Lobo auditorium. www.valedolobo.com

XXI Coral Week Lagoa. 11 – 19 May. Various locations. www.semanacoral.net

Orchestra de Jazz Algarve invites Benny Golson & Dena DeRose. 24 May,

12pm. Riverside area of Alvor. www.cm-portimao.pt/portimaodesporto2019

Silves Tour. 5th Mini marathon. 5 May, 10am, Silves. desporto@cm-silves.pt 282 440 270

European Beach Ultimate Championship. 6 – 11 May. Praia da Rocha beach.



Salvador Sobral. 3 May, Faro.

9.30pm, Centro Cultural de Lagos. Tickets €12. 919 950 921 www.ticketline.sapo.pt

Orquestra do Norte with Jan Wierzba. 24 May, 9pm, Cineteatro Louletano, Loulé. Tickets €12. 289 860 890 www.cineteatrolouletano.bol.pt

Petter Cincotti – Long Way from Home World Tour. 25 May, 9.30pm, Centro Cultural de Lagos. Tickets €12. 919 950 921 www.ticketline.sapo.pt

Jazz in the Wineries – Miss Manouche. 25 May, 5pm, Silves Castle. Tickets €12. 282 440 800 www.cmsilves.bol.pt

Sunshine Big Band. Every Sunday, 12.30pm – 2.30pm, Fortaleza, Praia da Luz. 282 789 926

The New Orleans Jazz band - Every Sunday, from 8pm at O’Navegador Restaurant, Alvor (overlooking the river in the pedestrianised area) www.neworleansjazzalgarve.com

New Orleans Jazz with The Dixie Kings. Every Monday at Tivoli Hotel, Lagos (behind the bus station) 8.30pm - open to all, free entry - info: www.neworleansjazzalgarve.com/index.html

SPORT

M50 Handball Portimão International Tournament. 27 & 28 April. Portimão sports hall. www.cm-portimao.pt

2019 ETU Quarteira European CUP. 27 & 28 April, Quarteira. 214 464 820 www.federacao-triatlo.pt

World City Tour Laser Run. 4 May from 9am, 5 May



www.cm-portimao.pt/portimaodesporto2019

Let’s Go Run Vale do Lobo. 17 May, 6.30pm – 11pm. Vale do Lobo. Free entry, moonlight run. events@valdolobo.com

F1 Powerboats Grand Prix of Portugal. 17 – 19 May.

THEATRE & DANCE

Ballet/Opera streaming programme from Royal Opera House, London and the Bolshoi, Moscow at NOS Cinemas: Forum (Faro), Mar Shopping & Gran Plaza (Tavira). Ballet: The Golden Hour 16 May, Carmen/Petrushka 19 May, Romeo & Juliet 11 June. Opera: Faust 30 April. Tickets: €12.

Confessions of a Burning Heart. 27 April, 9.30pm, Louletano Cine Theatre, Loulé. Tickets from €7. 289 414 604 www.cineteatro.cm-loule.pt

Monolog – Samuel Lefevre. 4 May, 9.30pm, CAPA Faro. Tickets €6. 918 703 414. Devir-capa@devir-capa.com

WORKSHOPS & COURSES

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

Meditation Workshops. Every Saturday, 9am – 10am, Parrot Castle Lagoa. 911 510 641, andrea.schooheim@gmail.com

Palmistry Workshop. Every Sunday until 9 June, 10am – 1pm, Parrot Castle, Lagoa. 911 508 633, annwalkyourway@gmail.com

Hip hop workshop. 27 April, from 11am. Alldance – Academia de Dança, Almancil.

Kizomba and Semba Workshop. 28 April, 2.15pm – 5.30pm. Alldance – Academia de Dança, Almancil.

All life is yoga workshop. 10 May, 10am – 1pm, Parrot Castle, Ferragudo. 916 203 494 workshops@parrotcastle.com

Classified Ads

DEADLINE

5PM

MONDAY

FOR following EDITION

Announcements

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ASK Kurt All your computer questions answered

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Get a backup drive, this can be just about any USB external hard drive.

When you first plug it in, Windows will actually ask you if you want to use it as a backup. Tell it that you do. If you don't get this prompt, you can just go to the Start Menu, type "backup" in the search box, and hit Backup and Restore.

From there, click the "Set Up Backup" button. Pick the external drive you plugged in and hit Next. Windows' default settings are probably fine, so you can just hit Next and the next screen too.

On the last screen, hit "Save Settings and Run Backup". Windows will make its first backup of your drive, during which you don't want to turn off your computer. After that, it'll make regular backups in the background as you work—you don't need to deal with it again.

If you ever need to restore a file you lost, you can just go to the Start Menu, type in "backup", and go back to "Backup and Restore". You can hit the "Restore My Files" or "Restore Users Files" buttons to get those files back.

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THE PORTUGAL NEWS

A wish fulfilled N NEIL CONNOLLY

The roar is back and the wish fulfilled. All Tiger has been saying for the last eighteen months is that he wants the 'young ones' to feel his presence and truly compete against him on a Sunday, when it matters.

It can't come as a huge surprise, he won the Tour Championship last year, if Justin Rose hadn't birdied the last in Atlanta he would have won the whole FedEx Championship Playoffs. So the rumblings had been occurring, intimating that the storm had some power. Whether it is the greatest comeback of all time or he is the greatest of all time is up for debate. One question which has been answered is, "Do you think he will win a Major again?" That one has been answered. Now he has fifteen and only three away from Jack Nicklaus. Which leads to the follow-on question, will he equal Jack on eighteen Majors? It's a bit difficult to argue against that now. If you bear in mind that Jack won his final Major when he was forty-six, Tiger is now forty-three. If you compare the two physically there is very little to compare, Tiger is the more athletic, powerful and stronger of the two. I always felt that Jack had the edge with regard to consistency, he always seemed to be in contention, never really had a huge gap in his Major wins. But watching Tiger win, against a field where the winner could have been anybody, it really showed that Tiger still has 'it', he still has the toolbox to control himself whilst performing under pressure. It looked to me, whilst watching the final round that he was pacing himself, like a thoroughbred in the final stretch, knowing he had the legs to outrun the field, along with the tactical wherewithal to plot himself around the back nine,

avoiding the pitfalls only experience teaches. Everybody knows the tournament truly starts on the back nine on Sunday, with Amen Corner and the inward final six holes. When Molinari's ball found the water on the twelfth and Tiger then aimed left between the two bunkers, it was clear that the stalking period had ended and the legs were about to be stretched. He didn't play flawless golf on the way in, two errant swings which were not punished. But he did manoeuvre himself around knowing historically what the winning number would be and how to achieve it. The fifteenth Major won and the first for a number of reasons. This, unbelievably, was the first time he has won a Major without having the lead going to the final round. It also is the first Major he has won witnessed by his two children. The span between Majors wins was an incredible 3,955 days and equally remarkable is the fourteen years since his last Masters Green Jacket. The game is better off all round with Tiger playing, Tiger winning creates another level of excitement. Tiger winning Majors is rarefied air indeed. No other sport has such an iconic presence which spans such a long period. It is fair to say that the time delay between wins was somewhat self-inflicted, yet he is back. What really is on the follower of the game's lips is, will he win again and if so how long until he makes it sixteen? Not ever wanting to be caught with their proverbial trousers down, the bookies

have already named Tiger favourite for the next three Majors. Two stand out reasons for this would be, they don't want to take a bath if he wins due to the amount of money which will be placed. Secondly, he has won at Pebble Beach and Bethpage Black. A potential third reason is because the gap between Majors has been shortened. Instead of the PGA Championship being held in August it's been moved up to May so there is only one month to wait until the next instalment. Then June becomes US Open month and July The Open. Four months of solid work could well favour the in-form player. That momentum lives with Tiger at the moment which means we have a very interesting spring/summer ahead of us!



Patrick Reed helps Tiger Woods into his fifth green jacket after winning the 2019 Masters Tournament. (Photo: EPA/Tannen Maury)

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Maestro Ronaldo hits new high

N CHRIS WRIGHT

Cristiano Ronaldo has become the first player in history to win league titles in the English Premier League (with Manchester United), the Spanish La Liga (Real Madrid) and now Serie A (Juventus).



Cristiano Ronaldo has collected another league title medal, this team in Italy's Serie A. (Photo: EPA/Peter Powell)

Twelve years after winning his first Premier League title with United the five-time Ballon d'Or winner did it again last weekend by helping Juventus to the Serie A title in his first season in Italy. Other players have won titles in three of the five major European leagues (England, Spain, Italy, Germany and France) but nobody had previously put together the combination of England, Spain and Italy. David Beckham played in four of the top leagues but only won titles at United (six), Madrid (one) and Paris Saint-Germain (one), having failed to lift the Serie A trophy during his two loan spells at AC Milan. Zlatan Ibrahimovic won four Serie A titles (three with Inter Milan and one with AC Milan), the Spanish league with Barcelona and four French championships with PSG. Brazil fullback Maxwell was on many of those same teams as Ibrahimovic and also won in Italy, Spain and France. Then there was Arjen Robben, who won the Premier League twice with Chelsea before adding a Spanish title at Real Madrid and

seven Bundesliga trophies at Bayern Munich. Another Dutchman who achieved the feat was Mark van Bommel, with titles with Barcelona, Bayern Munich (two) and AC Milan. While Juventus also won the league in the seven seasons before Ronaldo's arrival, there was no doubting his impact in Turin. With nineteen goals and six assists in twenty-seven Italian league matches this season, 34 year-old Ronaldo played a part in nearly forty percent of Juventus' goals. So it came as no surprise when his dangerous cross from a sharp angle was redirected in by a defender as an own-goal for the winner in Juve's 2-1 win over Fiorentina; giving the Bianconeri more than the single point they needed to secure a record-extending eighth straight title with five rounds remaining. Next season Ronaldo will have his sights set on a Champions League title with Juventus which would enable him to match another multiple nation and multiple team record - joining Clarence Seedorf as the only players to win the trophy with three different clubs.

FC Porto and Benfica tamely bow out of Europe

In the second-leg at the Estádio Dragão the home side started strongly but Liverpool took the lead with practically their first dangerous attack. Salah wriggled free of his markers in the box and crossed for Mané to slide in and score from close range.

The goal effectively ended the tie - Porto now needed to score four goals without reply in an hour to turn it around. Further goals by Salah, Firmino and Van Dijk completed the rout with Militão heading in Porto's consolation.

Eintracht Frankfurt defeated Benfica

2-0 in Germany to advance to the UEFA Europa League semi-finals.

An offside Filip Kostic goal and Sebastian Rode strike clinched a famous victory, the result overturning the first leg 4-2 defeat in Lisbon as the German club go through on away goals.

Ante Rebic was outstanding for Frankfurt but it was a total team effort roared on by a passionate home crowd. Benfica's João Félix started brightly with the teenage sensation looking to build on his hat-trick in the first-leg but despite his close efforts in each half the Eagles could not find the

elusive away goal.

Benfica manager Bruno Lage was disappointed at the offside goal and his own sending off: "The referee will probably look at the first Eintracht Frankfurt goal and realise he made a mistake. My sending off? In the Europa League we have a small monitor next to the bench. I saw the goal was clearly offside, went to the fourth official and told him, making a VAR sign, and I was sent off for that. After 354 games for Benfica at different levels, being sent off for the first time like this of course leaves me upset."

If Moussa Marega had taken his chances in both legs of the Champions League quarter-final maybe it might have been different, but for the second year running Liverpool proved far too strong for FC Porto and won by a five goal margin on aggregate.



FC Porto striker Marega managed to escape the attention of Liverpool star defender Virgil Van Dijk, but was unable to capitalise on some gilt-edged scoring opportunities. (Photo: Lusa/ Jose Coelho)

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