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Lithium mining situation "crystal clear" in Portugal



Various environmental associations have spoken out against lithium prospection and exploitation, with the Government arguing, on the other hand, that this resource is essential for the energy transition. (Photo: Lusa/Miguel Pereira Da Silva). Full story, see page 4.



Police starting wages "ridiculous". P6



Funds earmarked for MotoGP return. P11



Safety priority at Madeira airport. P12



Ronaldo firing on all cylinders. P48



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THE PORTUGAL News

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DIRECTORS
Paul Allen Luckman
publisher@theportugalnews.com

Madeline Luckman
copy@theportugalnews.com

CONTACTS
Postal Address:
Apt 13 • 8401-901 • Lagoa

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

Classifieds: +351 282 380 315

Sales: +351 282 380 310

Accounts: +351 282 343 653

Newsdesk: +351 282 380 313

General: +351 282 341 100

Email: info@theportugalnews.com

Web: www.theportugalnews.com

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publisher@theportugalnews.com

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GENERAL MANAGER

Daisy Sampson
Daisy@theportugalnews.com

SALES MANAGER

Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER

Gaby Rodrigues
accounts@theportugalnews.com

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High street banks and ATMs disappearing in Portugal

Over 2,000 cash dispensers (ATMs) and a further 2,000 banks have disappeared from the high street in Portugal over the past decade.

According to data from the Banco de Portugal (BdP), there are now only 11,569 ATMs in the country while the number of bank branches in Portugal has fallen significantly since 2010, with almost 2,000 branches closing in the last decade.

According to the latest data, in 2008, there were 13,637 ATMs, which fell to 11,569 in 2018, or 2,068 less.

The year in which there were more ATMs was in 2010 when there were 14,614. If the accounts were made compared to that year, the fall until 2018 was more than 3,000 ATMs.

Contrary to the fall in ATMs, there has been an increase in the number of automatic payment terminals, which were 322,336 in 2018, 40,000 more than in 2010.

Compared to 2000, the number of automatic payment terminals (which usually exist in shops, allowing payment of goods and services with a bank card) tripled, since in that year they were few more than 106,000.

The exception was the years 2011, 2012 and 2013, when these terminals decreased, which Banco de Portugal relates to the effects of the crisis which may have been felt in the number of commercial establishments.

According to the central bank, Portugal is still above the eurozone average in terms of both the absolute number of ATMs and the number of ATMs to every million inhabitants.

The number of bank branches in Portugal has also fallen but the number still remains

above the euro area average.

According to the long series of the Portuguese banking sector published on 19 November (1990-2018), the number of bank branches in Portugal more than doubled in the 1990s, from less than 2,000 in 1990 to around 5,300 in 2000.

After some stabilisation in the first five years of the new millennium, there was a further increase in the following years, reaching a peak close to 6,500 in 2010. Since then, and especially from 2013 onwards, the number of branches has fallen sharply, standing slightly above 4,000 in 2018.

The document also highlighted that in recent years, the sector has experienced a context of marked reduction in the number of workers, since in 2008 there were a total of 78,963 workers, in 2018 the figure was 62,895 workers (around 16,000 fewer), but still with a predominance of workers with many years of experience and age.

The downward trend in the number of branches also occurred in the euro area, but started earlier than in Portugal, the BdP report said.

In 2018, the number of branches per million inhabitants stood at 405 in Portugal and 395 in the euro area.

Considering total assets, only three countries have a higher number of branches than Portugal (Slovenia, Lithuania and Slovakia), while considering the population this number is slightly higher (Estonia, France, Cyprus, Italy and Austria).

The document points out that after significant growth since 1990, the sector has been in the process of adjusting its



According to the latest data, in 2008, there were 13,637 ATMs in Portugal.

size since 2010. According to data, in 2018 in the euro area, for every 1,000 people, 5.4 work in the banking sector, while that figure is 4.5 in Portugal.

Over the last 30 years, the banking system's net interest income has also decreased, in a context of a significant reduction in interest rates and financial intermediation margins, as well as a strong deceleration in credit.

After years of strong credit growth, the financial crisis and the adjustment of the Portuguese economy led to an increase in liquidity levels: the ratio of credit to deposits fell from around 150 percent in 2010 to less than 90 percent in 2018.

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7ATMs in Portugal, which fell to 11,569 in 2018, or 2,068 less. (Photo: Lusa/José Sena Goulão)

WEATHER

Mild autumn weather for Portugal

Rain is predicted in the north with drier weather the further south you travel, while temperatures are to remain mild.

Lisbon: Saturday in the capital is set to be mainly dry however the rain clouds are to return on Sunday and are to remain for the rest of the week. Cloud cover will help to keep the temperatures up this week with average daily highs of 17 degrees and nightly lows of 12 degrees.

The South: The weekend should remain dry in the south with intermittent cloud cover expected and only a slight chance of rain the following week on Tuesday. Temperatures are to remain mild with daily highs of 19 degrees and nightly lows of 11 degrees.

The North: Rain is set to continue throughout the weekend and for the rest of the week in the north. Temperatures are to average daily highs of 15 degrees and nightly lows of 11 degrees. Winds are to be southerly until Thursday when they are to change to westerly.

N News in Brief

Lisbon airport to close during night for construction work

National airport managers ANA will be starting improvement works at Lisbon airport at night from January. The work aims to create two fast exit-ways from the runway. The airport will be closed during the night between 11.30pm and 5.30am January to June for the work to take place. ANA said the intervention aims to improve operational efficiency, airplane traffic flow, and reduce CO2 emissions.

Non-teaching workers strike 29 November

The National Federation of Public and Social Workers' Unions have scheduled a national strike of non-teaching workers in schools on 29 November to protest the "chronic shortage" of these officials. "This is a national problem for which we demand from the new PS Government the political responsibility of immediately ensuring a universal and inclusive public school with respect for workers and students' rights and the implementation of a human resources policy that solves, long-term, chronic shortage of non-teaching workers," the federation said in a statement. The federation decided to call a national strike of the non-teaching workers of the groupings of schools and non-grouped public schools for next 29 November.

Cascais seafront wall containment starts

The mayor of Cascais said that the work to repair the wall of Avenida Marginal began on 20 November and will last for between four and five days. "The work that will take place immediately, is an emergency work of risk containment, although there are many factors that are not under control, such as the state of the sea and weather conditions. It is a project that will last four to five days, that we estimate will cost about €150,000," explained the mayor. Another intervention on Avenida Marginal (Estrada Nacional 6) was already being planned and worked on in a collaboration between the municipality, Infraestruturas de Portugal and the Agência Portuguesa do Ambiente.

Workers with minimum wage down to 21.3%

The percentage of workers receiving minimum wages declined by 1.1 percentage points to 21.3 percent in the first nine months of the year compared to the same period in 2018. "The most recent data show that the proportion of workers with compensation equal to RMMG [Minimum Guaranteed Monthly Remuneration] decreased from 22.4 percent in the first nine months of 2018 to 21.3 percent in the same period of 2019 (1.1 pp) despite the increase in the value of RMMG to 600 Euros," reads the document from the Ministry of Labour, Solidarity and Social Security. According to the same source, the weight of the minimum wage in the payroll decreased by 0.5 percentage points (pp) until September 2019 over the same period last year to 10.4 percent.

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Lithium mining concessions “crystal clear”



Open cast lithium mines in Covas do Barroso in the Boticas municipality in Portugal where local residents fear the effects of the mine on local agriculture and the environment. (Photo: Lusa/Pedro Sarmiento Costa)

João Pedro Matos Fernandes, Minister of the Environment and João Galamba, Secretary of State for Energy, have been summoned to a Parliamentary hearing on the exploration of lithium, with a date yet to be set. The lithium exploration concession contract in the council of Montalegre, signed between the Government and the company Lusorecursos, has been shrouded in controversy, leading several parliamentary groups to request an urgent hearing.

“It began with granting a license for exploration. This was done in accordance with the law, which says that after the exploration there is a right to exploitation,” said Matos Fernandes. The minister said that an Environmental Impact Assessment is now being carried out, which will be “assessed by the administration”. “If it goes well, there will be exploitation, if it does not go well there will be no exploitation. These are the rules. This process is a rigorous one, from both an

The Minister of the Environment has said that the process of granting lithium mining concessions in Montalegre is “crystal clear”.

administrative and environmental point of view”. “It’s obvious” that the arguments of the population are important, as well as those of local councils. During the environmental impact assessment there will be a public consultation.

“And all this will be evaluated and a final decision will be taken,” he said.

The population, particularly in the parish of Morgade, Montalegre, where the exploitation of lithium is planned, opposes the project, listing concerns about the size of the mine and environmental consequences, health and agriculture.

Lusorecursos Portugal Lithium, S.A., the company that signed the concession contract with the State for the Romano mine in March, has already announced a business plan of €500 million, the creation of around 500 jobs and the building of a unit to separate the various minerals and process lithium hydroxide. The mine will be open cast and also underground.

Meanwhile, former Minister of Industry and Energy Luís Mira Amaral has stated that the exploration of lithium “must be done in accordance with the laws”

and that, if so, Portugal cannot fail to “exploit natural resources”.

On the sidelines of the II International Business Congress, taking place in Aveiro, the current chairman of the Industry and Energy councils of the Portuguese Business Confederation (CIP), said he was “aware that the country has some interesting reserves of lithium”, a “very important” metal and which has been “in increasing demand”, namely “the increase of the car fleet with more electric vehicles”. “Obviously, exploration in Portugal has to be done in accordance with mining laws and environmental legislation. If done in accordance with this, we cannot fail to exploit our natural resources” he said.

Mira Amaral stressed that this opinion is purely personal and CIP did not “take any position on the matter”, insisting that if “the legislation implies environmental impact studies” then the studies should be done.

“What environmental impact studies say is what needs to be done and mitigation measures, which does not mean that an environmental impact study on one site puts in doubt other sites and the possibility of exploitation

on those sites. The environmental impact study does not call into question the whole country. It has to be case by case,” he continued. According to the former minister, lithium “is a very valuable material” and a “natural resource that is worth thinking about its exploitation” and questioned its disregard at a time when it is said to “harness natural resources”. “It gives me the impression that in this country everything that has any potential for exploitation seems to be called into question. It has to be done in accordance with the country’s environmental legislation and rules, full stop. This is what happens in developed countries,” he concluded.

Interest in Portuguese lithium began in 2016, the year 30 new requests for prospecting and researching of this metal were made, driven by the increase in global demand due to its use in electric car batteries. Since then, various environmental associations, city councils and the population have spoken out against lithium prospecting and exploitation, with the Government arguing, on the other hand, that this resource is essential for the energy transition.

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Police starting wages ‘ridiculous’

The gross salary for officers joining the Portuguese GNR or PSP police forces is €789, “a ridiculous amount” according to two organisations representing the security forces.



Data indicates that the average salary of a policeman [not in his career as an officer] with 25 years of profession is about €1,250 net and at 10 years it is €890. (Photo: Lusa)

“It is inconceivable that an officer should earn only €100 more than the national minimum wage. Besides being very low, it is unjust taking into account the risk, the complexity of the mission and the responsibility”, consider the Union Association of Police Professionals (ASPP/PSP) and the Professional Association of the Guard (APG/GNR), who marked the protest under the motto “zero tolerance”. Data provided to Lusa by the ASPP indicate that the average salary of a policeman [not in his career as an officer] with 25 years of profession is about €1,250 net and at 10 years it is €890. In France, for example, the start of the career starts at €1,309 and in Poland the first salary of

a policeman is about €1,150, with promotions every six years. In the case of GNR, officers entering the corporation also receive €798. Both trade union structures are unanimous: “Never before, as today, has there been so much discouragement, revolt and instability within the police and the GNR. Devaluation and even contempt by governments for the problems of the police have created this internal climate. More and more they demand more hours of work, more and more rights cut in favour of the service, with worse and worse conditions and compensations for these demands”. Among the demands that motivated the protest and in addition to the salary

increases, is also an increase in the salary supplements, which “have not been reviewed for more than 10 years”, the payment of a risk allowance and more and better personal protection equipment. The police also demand an inspection of the conditions of hygiene, health and safety at work and that they can retire at 55 years of age. According to the 2018 Annual Report on Internal Security (RASI), the National Republican Guard had 22,829 employees, of whom 891 were officers, 2,451 were sergeants, 19,200 were officers and 287 were forest guards. The PSP consisted of 20,085 elements, of whom 807 were officers, 2,227 were chiefs and 17,051 were agents.

Over 41,000 elderly living alone or isolated

Portugal’s National Republican Guard (GNR) reported 41,868 elderly people living alone or isolated throughout the country in October as part of the “Senior Census” operation.

In a statement, the GNR said it had reported 215 situations of greater vulnerability to the competent authorities, especially social support.

Another 4,274 elderly people received support from other institutions, which are not specified by GNR.

According to the data, the largest number of identified elderly living alone or isolated was in the district of Vila Real (4,736), followed by Guarda (4,183), Faro (3,272), Viseu (3,201), Portalegre (3,147)

and Bragança (3,142).

In Lisbon, 626 elderly people were identified living alone or isolated and in Porto, 1,026.

In the operation “Senior Census 2019”, carried out in October, the GNR reported elderly who live alone and/or isolated or in a vulnerable situation due to their physical, psychological or other condition that may put their safety at risk.

During the operation, the military gave priority to personal contact and the carrying out of actions, to

raise awareness among this target audience so that they do not adopt risky behaviours, preventing them from becoming victims of crimes, such as theft, robbery or scams.

The first “Operation Senior Census” took place in 2011 and, since then, GNR has been building a geographic database to provide better support to the elderly population.

In October 2018, the GNR had flagged 45,563 elderly people living alone or isolated throughout the country.



According to the data, the largest number of identified elderly living alone or isolated was in the district of Vila Real (4,736). (Photo: Lusa)

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Three new routes between Portugal and the Americas

Portugal's flag carrier TAP is to start flying, in early 2020, to three new destinations in Brazil (Maceió), Canada (Montreal) and the US (Boston), and this connection to the US will be to and from Ponta Delgada in São Miguel island.



TAP estimates to transport between Portugal and the North Atlantic more than 390,000 North American nationals next year

TAP said that the three new connections meet the company's strategy of focusing on the Americas and reinforce the trend of strong growth of activity in the Brazilian market and the North Atlantic. With the new connections between Lisbon and Montreal and between Ponta Delgada and Boston, TAP increases its North Atlantic routes to 11, almost four times more than in 2015. Cited in the statement, TAP's CEO, Antonoaldo Neves, said that this is another important step in the diversification and expansion plan of the

company's network, which reinforces its exposure to new and less volatile markets, adding that the 11 North Atlantic routes are in line with the number of routes to Brazil. The new connection to Montreal, Canada, will have six weekly journeys, with flights leaving the Portuguese capital every day of the week, except on Wednesdays, at around 2.55pm. The opening of the Ponta Delgada-Boston route will join Lisbon-Boston, making the carrier have two direct connections with JetBlue's hub city (TAP's partner), which will allow it to increase the number of passengers coming from

various points in the US. With these new routes and other increases in supply, TAP estimates to transport between Portugal and the North Atlantic more than 390,000 North American nationals (85,000 on both routes) next year. The statement stated that TAP currently transports close to one million passengers from North America, which already represents one of the carrier's three main markets. The connection to Maceió, which will be operated with Airbus 321LR, will be TAP's 11th to Brazil, being the first time in five years that the company announces a new route to this country.

easyJet breaks 7 million passenger barrier

easyJet exceeded seven million passengers in 2019 for the first time in Portugal, 8.6 percent more than in the previous fiscal year, which was "extremely positive".

"We closed the tax year in Portugal [concluded in September] with a record year. For the first time we surpassed the seven million passengers barrier, with 7.2 million, which corresponds to an increase of about 9 percent which is extremely positive, in a difficult environment where the infrastructure in the country does not give us the capacity to grow more sharply", the director of easyJet for Portugal, José Lopes

said, when presenting the carrier's results.

He continued: "It is interesting to note that we managed to grow in all four airports where we operate in the country, making a bet to reduce seasonality and, in the case of Lisbon, which is a congested airport, with some imagination".

"We have increased the number and size of the aircraft operated and with regard to winter, where there is still some remaining capacity, we have put more flights optimising our operation and improving our product to continue to grow", the manager stressed.

Referring to the difficulties in terms of

airport infrastructure, such as Lisbon airport, José Lopes said that "it's something that's urgent".

"This year [last year] we grew by 9 percent, but we could be growing as in the last few years above 10 percent. We had been growing in double digits and due to the lack of infrastructure capacity there was a slowdown. For next year we will continue to grow above the easyJet average, but we will be growing below the 10 percent threshold," he said.

The manager also said that easyJet operates 66 routes and that it opened five more in the 2019 tax year "which have

joined this portfolio", and that the British airline expects "to continue now", in the year begun in October, to grow and continue "its success story" in Portugal which has had an "extraordinarily positive impact" on the Portuguese economy.

The easyJet director for Portugal also mentioned that the company has become the first major airline in the world to perform flights with "a zero net impact of carbon emissions [of its fuels] ", throughout its network, in an initial investment estimated at £25 million annually to buy 8.5 billion tonnes of carbon credits.

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Residents against new Tavira bridge

Clarifications given by Tavira City Council have failed to convince a group of residents who are looking to stop the construction of a new bridge in the city.



Tavira Sempre would like Tavira council to "suspend" the work and open a debate to the population regarding the new bridge over the river.

The council "came to speak to us, but it did not clarify our questions," said Marta Rogado of the 'Tavira Sempre' movement to

Lusa, saying that the group will do "everything in its power" to stop the work and use "all means possible" to prevent it. In a statement posted on

Facebook, the Tavira municipality revealed that the progress of the project that aims to replace the old military bridge was reported on the council

website, social networks and media in March 2016, revealing the bridge to be "a concrete structure, based on two pillars". The statement continued to explain that the design of the new bridge corresponds to "a contemporary reinterpretation of the formal buildings existing on the site" and that the infrastructure is characterised by "simplicity, lightness and quality of finishes". The movement counters the statement by highlighting that it said nothing about "the little importance the city council has given to the historic city centre and the population" from the moment it launched the specifications and why it created "another road bridge" after construction.

At the heart of the protests from the movement lies the fact that they believe that the bridge is not only aesthetically unsuitable for the historic city but that it focuses on promoting traffic back to the centre and contradicts the slow city concept of Tavira.

"The whole process was done by

default, building a 10-metre bridge much wider than the current one," said Marta Rogado who also admitted that the movement was late in their protests against the bridge as the population only "awakened to the situation" when the sidings were placed. "There is still time to stop, because nothing has been done there yet," says Marta Rogado.

The movement would like the city council to have a good sense and "suspend" the work, opening the debate to the population, with a session to clarify the questions posed about "mobility studies, environmental impact and architectural integration" and to take a decision "together", but this, the spokeswoman concludes, would be "in an ideal world".

The new bridge project is intended to replace the current provisional bridge, built following the 1989 floods, and to remedy the damage caused to the old bridge over the Gilão River, which was active for 30 years but was closed to motor traffic for safety reasons.

IKEA promoting the right to play

On the International Children's Rights Day, IKEA presented the third edition of the "Vamos brincar na escola" competition. A challenge to all public primary schools to show projects that promote and encourage children to play more often and better.

From 20 November to 15 January, all public primary schools can submit their applications in <https://vamosbrincarnaescola.ikea.pt/>. Afterwards they will be reviewed by an evaluation committee and the two winning projects will be financed by the Swedish brand with the sales value of the soft toy range SAGOSKATT; available at IKEA stores.

"At IKEA we take the topic of play very seriously. In addition to being a right of all

children, established by the United Nations Convention, it also has proven benefits for wellness and development. Inspired by our vision to create a better everyday life for the many people, and knowing that children spend most of their time in school today, we want to contribute to a positive change", explains Ana Barbosa, Sustainability Coordinator at IKEA Portugal.

With the support of the Ministry of

Education, since 2017, the "Vamos brincar na escola" initiative has already contributed to the improvement of playing conditions in four schools across the country - Glória Elementary School in Aveiro, Paradinha Elementary School in Viseu, School Da Sé in Braga and Rosa Lobato Faria Elementary School in Lisbon.

The competition "Vamos brincar na escola" is part of the "Vamos brincar" campaign promoted by IKEA to inspire

and motivate Portuguese families to understand the benefits of playing in good and safe conditions.

IKEA stores will have a variety of commercial offers and activities for children, including the "Pequenos Designers IKEA". From 20 November to 1 December, children are invited to design their dream teddy and the six best designs worldwide will be part of the IKEA range of cuddly toys next year.

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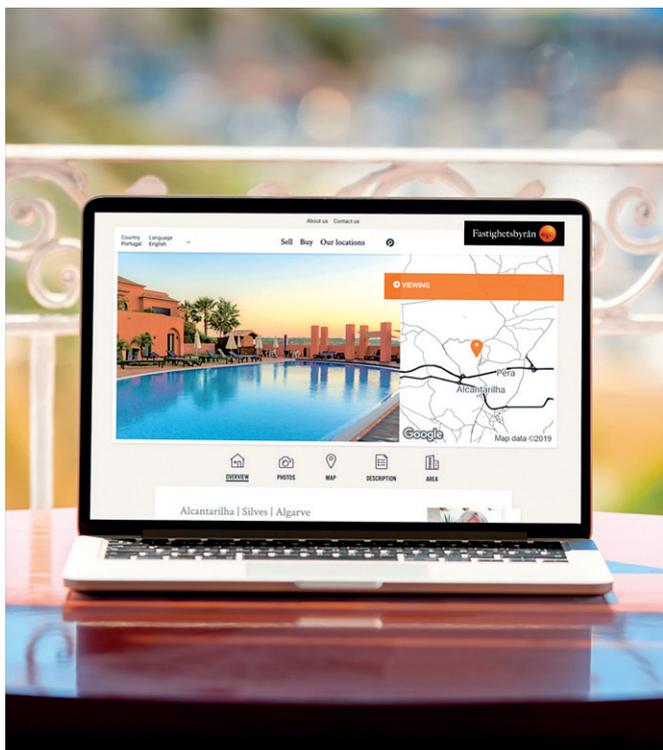
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Where have all the scooters gone?

Ten months after they were announced to promote mobility in the Algarve, electric scooters have been removed from the streets of Faro and Portimão, sources linked to the project told Lusa.

The two cities were the only ones in the Faro district that provided a network of shared scooters for rental - in Faro since February and in Portimão since July - but the companies that operated them have decided to suspend operations.

Luís Guerreiro, head of the subcontractor to ensure Voi's logistics operation in Faro, told Lusa that the removal of the scooters was due to the "lack of profitability" of the operation and the need to "strengthen other markets".

The other company operating in Faro and Portimão, the German Circ, also took its scooters off the streets, but a source of the company hired for logistics in the Algarve explained that they were "placed in Lisbon", with no information "if they will return to the Algarve".

On the streets of Faro, the 300 scooter parking places created by the council are

now empty, but Sophie Matias, who is responsible for mobility in the municipality said she had established an agreement with the company Bolt, and another one still "in the pipeline".

At the moment, this type of mobility is "a little experimental", so both operators and cities are experimenting and Faro ended up being "a pilot too".

In Portimão, Circ removed the 100 scooters after the trial period agreed between the council and the company ended in October. There is currently no company operating in the rental of scooters in Portimão.

The Swedish company Voi was the first in Portugal to provide electric scooters in more than one city, but announced at the end of October that it would stop operating in Portugal, mobilising the scooters to other European cities.

Portimão council earmarks €1.5 million for MotoGP

Portimão City Council has approved a €1.5 million grant to support the return of the MotoGP World Championship at the Algarve International Autodrome (AIA).

“The House unanimously approved a proposal for financial support for international MotoGP events, totalling €1.5 million for three years, or €500,000 per year for each Grand Prix,” said the Mayor Isilda Gomes. According to the mayor, the document acknowledges the high interest of the championship, “for the economic impact and the image projection capacity of the Algarve and Portugal around the world”. “We consider that a race of this category will bring a huge projection for the region and of Portugal, in terms of tourism, in view of its global dimension,” she said. The document guarantees payment of €1.5 million over a period of three years to Dorna, the holder of the rights to hold the MotoGP World Championship, if the event is held at the Algarve International Race Track.



The president of the International Motorcycling Federation (FIM) said that the MotoGP World Championship could return to Portugal in 2022

The president of the International Motorcycling Federation (FIM) said that the MotoGP World Championship could return to Portugal in 2022, and the

Portuguese Government has already expressed its willingness to find a solution for the race. Portugal has been removed from the elite of

motorcycling since 2012, when the Estoril racetrack received the last Grand Prix of Portugal, after 13 consecutive years on the calendar.

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Safety remains priority at Madeira airport

While business people have been lamenting the cancelation of flights at Madeira airport due to weather conditions, safety remains the priority.



Changing winds are being cited as the reason behind problems at Madeira airport. (Photo: Lusa/Homem de Gouveia)

The president of Portugal's National Civil Aviation Authority (ANAC) has said that he understands the complaints of businesspeople when there are constraints at

Madeira airport due to wind, but assures that the priority is the safety of flights from which he will not abdicate. "I understand the frustration of the people and businessmen who have their businesses and

what they want is to have a connection so that tourists do not have problems. But the fact is that the winds have changed," Luís Ribeiro told Lusa. According to the president of the air regulator, the rules have not changed at

the airport, instead over the past two years there has been a large percentage of days when there were winds above the safe limits and that was why operations have been impacted more. During the opening speech of the 45th Congress of the Portuguese Association of Travel Agencies and Tourism (APAVT), in Funchal (Madeira), the president of this association, Pedro Costa Ferreira, said that Madeira has a problem of inoperability that has been killing the confidence of 'players' and is slowly, but

inexorably, removing aircraft from the runway. Pedro Costa Ferreira classified this issue as inexplicable because, in his view, in recent years the winds have not changed, aircraft approach management technology has improved and the technology onboard aircraft has also improved. For the president of APAVT, what worsened was the number of authorised approaches to the runway, which, given the picture described, is simply unimaginable and bear incalculable damage. In his reply, on the sidelines of the APAVT congress, the president of ANAC pointed out that the issues cannot be seen in this simple way. "The problem with this particular airport is the sudden changes in wind intensity and direction. This is what makes the approaches to this airport particularly dangerous," he explained, stressing that it is first of all the manufacturers who define wind limits for the aircraft and then the companies in their operating manuals define other limits that are usually a little more demanding than those of the manufacturer itself. Then there are exceptional cases in which the regulator itself imposes other types of limits, he explained. According to Luís Ribeiro, situations such as those already recorded at Madeira airport may

happen again, because these phenomena are unpredictable and that, even in the working group that studies these matters and has technicians from the Portuguese Institute of the Sea and the Atmosphere, do not know if they are facing a trend or atypical years. He added that the group was continuing to develop its work and that it would help develop its technology and tools to measure turbulence in real-time. Luís Ribeiro told Lusa that, in addition to the work developed by the working group, with IPMA and airlines, tests have already been carried out, exemplifying with one carried out by an Airbus 321 Neo who, after finishing the test, after about 15 approaches to the runway, had to replace the landing gear. There is a turbulence effect in Madeira because of the very orography of the valley in which these operations are made, he said, insisting on the importance of technology and own instruments to try to measure this turbulence in real-time. The president of ANAC said that if this is achieved, it will reduce to some extent the periods of unavailability of the airport and added that the winds will not disappear, what they can do is measure more easily and more accurately the precise conditions that the pilots will face.

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Madeira Rum matured underwater

The first batch of 242 of 605 bottles of "Rum Agrícola Madeira 970 Reserva" from the Engenhos do Norte Distillery, which have been maturing underwater since March, have been removed from the sea.

"The operation went very well and, after tasting, we have something fabulous, it is a very tasty rum, very round, very easy to drink because it has matured. It is an experience to continue," manager, Miguel Faria told the Lusa agency.

The 363 still-submerged bottles will remain at a depth of between eight-ten metres for 12 months. They are subjected to seawater temperatures between 17-24°C. The animal life that has attached to the bottles will be studied by MARE - Centre for Marine Sciences and the Environment.

605 bottles of "Rum Agrícola Madeira 970 Reserva" packed in five metal cages, were put into the sea of the Quinta do Lorde Marina, in Caniçal, on March 30, in an unprecedented experiment.

The aim was to determine the evolution of the organoleptic properties (which impress the senses) of the rum in

underwater maturation.

The rum produced by the distillery, which has already won several international awards, is mostly destined for export to the United Kingdom, France, Germany and Italy.

The rum deposited in the ocean is the '970 Reserve', obtained exclusively from the alcoholic fermentation of fresh sugar cane juice and subsequent distillation, and then aged for six years in French oak barrels.

Located in the small, quiet village of Porto da Cruz, Engenhos do Norte is one of the few distilleries operating in Madeira and the only one with steam machinery that goes back to the times of the Industrial Revolution.

According to the IVBAM - Instituto do Vinho, do Bordado e do Artesanato da Madeira, in 2018, 518,062 litres of Madeira Rum were bottled, which generated a revenue of €2.5 million.

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Portuguese pilot convicted for complying with regulations



Pilot Nuno Miguel was sentenced by the Cape Verdean court to one year's imprisonment, with a suspended sentence, together with the airline Binter, for omission of aid.

“It is a feeling of flagrant injustice. It is unspeakable, as I am being punished for having scrupulously complied with the country's law and international laws. And even that is not enough for justice to have been done,” the 43-year-old Portuguese pilot said in an interview with Lusa. With two decades of experience as a pilot - military and civilian - in Portugal and abroad, Nuno Miguel was sentenced last week by the Cape Verdean court of the island of Boa Vista to one year's imprisonment, with a suspended sentence, together with the airline

Binter, for omission of aid, for refusing to carry out a medical evacuation without the compulsory medical transport document and a stretcher to immobilise the patient. “We are talking about commercial flights and not specific flights for aeromedical evacuation. All the other passengers and crew members on that flight had the same right to life,” he stressed. The case dates back to 14 May 2018, when a man was shot and stabbed in the abdomen on the island of Boa Vista in the early hours of the morning, near a local night club, and the local health

The Portuguese pilot sentenced in Cape Verde to one year in prison, with a suspended sentence, for not having allowed an aerial medical evacuation, said he only complied with national and international regulations.

delegation requested medical evacuation to a hospital in the city of Praia, Santiago Island, on the commercial passenger link of the Binter company.

In court, pilot Nuno Miguel, commander of the Binter aircraft that made the connection that day between Praia and Boa Vista (and return to the capital), said that the request for evacuation did not respect the formal and mandatory procedures for the transport of a patient with medical needs on a commercial flight. He claimed that the plane did not have a stretcher for its transport, so that, under such conditions, the safety of the crew and other passengers would be at stake.

“It had only two options: either on a stretcher or seated. However, the medical document precisely indicates that the patient is unable to travel sitting, and more so, with a bullet in the area where the belt is fastened, the patient is completely still, could not sit. Having no stretcher on board, there was no way to transport that patient,” he said.

For the pilot, at the time was also considered a possible scenario of change on board with the other passengers, given the worsening

of the clinical condition, considering the conditions in which he would be transported and the perforations. “With absolute certainty it would have very serious legal consequences, because, if the rules were not complied with, the company and the civil aviation agency would come after me, which they did not, taking into account that I scrupulously complied with the law,” he added. In the sentence, the court considered that Binter had instructed its pilots to refuse to transport any patient whenever the MEDIF (international and mandatory medical document with information on the patient's condition) that was handed over to them was badly filled out. According to international regulations, the MEDIF is a mandatory medical report in cases where the passenger does not meet all the health conditions to perform an air trip, namely when they suffer from an illness or disability that affects their health and well-being during the trip or needs medical assistance or follow-up and/or special equipment during the trip. Nuno Miguel has been out of work

for almost a year now, a decision he made of his own free will when he was charged with impeding the provision of assistance - converted into a crime of omission of aid in this sentence - because he believed that there were no conditions in Cabo Verde for doing so: “I have to know how to fly. I am a professional and either operate by following the rules or, if some rules are to be complied with and others are not, you must tell me what they are. It is an impossible situation nobody could explain to me how to proceed in the future”. “At the end of the day, all that is needed now is for an ambulance to appear at the airport and for the doctor to say that they are to be transported?,” he asked, guaranteeing that it is out of the question to return to work in Cape Verde.

For now, the pilot demands that justice be done. He ensured that, in addition to appeals to the decision of the first instance, will appeal to all international authorities to denounce the case. “To prevent other colleagues from suffering the same injustice that I suffered and ensure that air safety is not compromised,” he said.



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Economic slowdown spreads to Lisbon

Economists consider that the slowdown of the Portuguese economy in the third quarter, when compared to the previous three months, with GDP growing by half, is a reflection of the deceleration of the European economy.



The slowdown of the European economy seems to be spreading to Portugal, after a first half in which this effect was not yet evident", indicates the Católica Lisbon Forecasting Lab/NECEP

“The slowdown of the European economy seems to be spreading to Portugal, after a first half in which this effect was not yet evident”, indicates the Católica Lisbon Forecasting Lab/NECEP in the quick reading of the first estimate of the National Institute of Statistics (INE)

released on the National Accounts in the third quarter. Filipe Garcia, an economist at IMF - Financial Markets Information, told Lusa that “we can already see the contagion effect of some European countries, namely Spain, Germany and the United Kingdom, with the uncertainty regarding

the ‘Brexit’ which has also weighed on Portuguese exports”. In the same vein, Nuno Caetano, an analyst at Infinox, told Lusa that the evolution of GDP in the third quarter “is largely due to the fact that European growth is slowing down (despite the fact that Germany has surprised everyone with its Gross Domestic Product figures), with most national exports going to the old continent”. Nuno Caetano also indicated that the data released on GDP “is also a consequence of the impact of the high uncertainty of issues related to international trade”.

The INE revealed that the GDP grew 0.3 percent in the third quarter, compared to the previous three months, half of the 0.6 percent expansion registered in both the second and first quarter of the year. Católica indicates that this is the “weakest record since the second quarter of 2016”. In year-on-year terms, GDP grew 1.9 percent in the third quarter compared to the same period last year, the same pace of growth recorded between April and June. The NECEP [Centre for Economic Studies of the Portuguese Economy] also said in the note sent to Lusa that “the loss of dynamism of both exports and investment, if confirmed in the data, would be worrying and would condition the prospects for growth in the medium term”.

“The recovery of the Portuguese

economy started in 2013 is still underway, although now with signs of slowing down”, NECEP also mentions in its analysis, adding that its central scenario, which forecasts growth of 2.1 percent this year, “has become less plausible, with growth prospects remaining around 2 percent”. On the other hand, Filipe Garcia anticipates a growth of “1.9 percent, 1.8 percent this year” and, for 2020, does not foresee “a deep stop”.

“I would even say that the darkest clouds have dissipated in recent weeks. Germany’s figures are not so bad, there are prospects for some trade agreement between the United States and China and ‘hard Brexit’ will probably be avoided,” said the IMF economist.

Nuno Caetano, of Infinox, considers that “it is possible to meet the growth target of 1.9 percent for the year as a whole if there is a growth of 0.1 percent in the last quarter of the year”.

The Government forecasts that the economy will grow 1.9 percent this year, the same estimate of the International Monetary Fund (IMF) and the Council of Public Finance.

Last week, the European Commission improved by three tenths Portugal’s economic growth forecast to 2 percent this year, a tenth above that expected by the Government (1.9 percent), in line with the estimate of the Bank of Portugal.

TPN/Lusa

Competition Watchdog raids private surveillance outfits

The Competition Watchdog (PCA) announced that it has raided five companies in the private surveillance sector, in the district of Lisbon, “for suspected anticompetitive practices that harm the normal functioning of the market”.

The searches “were carried out with the authorisation of DIAP [Department of Investigation and Criminal Action] of Lisbon and monitored by the police.

“The PCA has decreed confidentiality of justice in the proceedings in order to preserve the interests of the investigation.

The PCA conducts such proceedings under the powers conferred on it by the Competition Law, as a means of obtaining evidence of anti-competitive practices. This does not imply culpability of the companies raided.

The authority stresses that “the violation of competition rules not only prejudices consumers, but also harms the competitiveness of companies, penalising the economy as a whole”.

Since the beginning of 2017, the PCA has carried

out search and seizure operations in 22 cases corresponding to 56 facilities, namely in the sectors of river tourism transport, driving schools, distribution and large-scale distribution, insurance, food sector association, advertising association,

telecommunications, provision of health and health services.

“The measures in question are in line with the priorities set by the Competition Authority for 2019, which focuses on stepping up investigations into practices that restrict competition”.



The searches of the surveillance outfits “were carried out with the authorisation of Department of Investigation and Criminal Action and monitored by the police, (Photo: Lusa/Carlos Santos)



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Binge investors turning square-eyed

The tech and media sector focuses on streaming video



Investors are also becoming increasingly fascinated by binge watching following the enormous success of Netflix.

With the advent of November, not only have the wet and dark days of late-2019 arrived, but it is also the month when we pamper ourselves or each other on Singles Day (11/11) and Black Friday (29/11) with technical gadgets. Reasons enough to get comfy on the sofa for a few hours with a brand new screen and the curtains closed. However, investors are also becoming increasingly fascinated

by binge watching. Following the enormous success of Netflix, one after another of the American tech and media giants are appearing on the bright screen and series viewer. Below is a short guide for investors... It is difficult to predict who will ultimately be the winners and losers, but friend and foe agree that the video streaming market is facing an enormous growth spurt. Whereas last year this market was valued at around €30 billion worldwide, growth to more than

€100 billion in 2025 is anticipated. This growth is not only the result of new innovations around ever-faster mobile phones: ongoing growth of social media, blockchain, cloud-based streaming and artificial intelligence will also give video streaming an extra boost. For our parents and grandparents, television was the central point in their household, but since then providers such as YouTube and Netflix have unleashed a true revolution. We

N KASPAR HUIJSMAN
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no longer watch linearly and via cable, but rather postponed and streaming. Major media and tech companies are also watching the market grow at lightning speed and are now racing to hook up. Monthly subscription fees, in particular, are a lucrative recurring source of income. This also makes it increasingly important for investors to follow the development of the streaming video market. Alphabet, Amazon, Apple, AT&T, Comcast, Disney and Netflix are some of the large listed parties in the market. You are probably not the only one who has square eyes from watching this super-fast development. Also realise, however, that you can invest in all of the aforementioned parties through a BinckBank account. If you are interested in learning more, visit www.binckbank.com for more information. Note that it is important to appreciate that investing involves risks and you can therefore lose part of your investment. Study a specific company in depth before you purchase their shares, and also make sure you study the figures and graphs.

Services growth accelerates to 1.3%

Portugal's turnover in services increased by 1.3 percent in September, year on year, accelerating from the rise of 1 percent in the previous month..

According to Statistics Portugal (INE), the aggregate growth of the turnover index in services was particularly influenced by the performance of the transport and storage sector, with a year-on-year growth of 6.4 percent, above the 5.3 percent increase in the previous month.

Information and communication activities increased by 4.2 percent, against 0.3 percent in the previous month, while the wholesale trade, trade and repair of motor vehicles and motorcycles went from a decrease of 0.1 percent in August to a growth of 0.3 percent in September.

In the third quarter of this year, turnover in services grew 1.4 percent year-on-year, down from 1.9 percent in the previous quarter.

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6 December 2019



Portugal continues to beat tourism records

The tourism sector in Portugal reached €3 billion in overnight income in 2018, with the number of guests reaching almost €25 million.

According to the 14th Hospitality Atlas, published by Deloitte, Portugal continues to beat tourism records and exceeded 66 million overnight stays in 2018, an increase of 9 million compared to the previous year, with revenues rising by around €500 million, approaching €3 billion. These figures are justified by the increase in the number of guests in the period under review, which was 24.7 million. Accompanying this growth was also the

number of tourist developments, which, according to the consultant, exceeded 2,000 units for the first time. Similarly, the total number of rooms reached 144,000, representing an increase of 12 percent compared to 2017. However, this increase in the supply of rooms caused the average national occupancy rate to decrease slightly compared to 2017, despite the growth in the number of overnight stays. "The Portuguese market

has proven to be very dynamic in terms of investment in hotels, registering an increase of 256 percent in the volume of transactions compared to the previous year," leader of Deloitte Real Estate, Jorge Marrão, said. The region with the largest hotel offer is the Algarve, with 45,116 rooms, followed by the Metropolitan Area of Lisbon (AML), with 31,108 rooms, and the northern part of the country, which has 22,138 rooms. AML led in terms of

the Algarve (€52.62) and Madeira (€47.43). According to a survey of the 20 main Portuguese hotel groups and whose analysis is part of the 14th Deloitte's Hospitality

Atlas, the main risks to the Portuguese hotel industry for the next five years are the growth of competing markets and the difficulty in hiring qualified labour.

revenue per room, which reached €73.96, ahead of



The region with the largest hotel offer for tourists in Portugal is the Algarve, with 45,116 rooms.

Herdade da Comporta under new ownership

The Amorim/Vanguard consortium have concluded the purchase of the assets of Herdade da Comporta from Gesfimo, after signing the deed for €157.53 million, it announced in a statement.

According to the statement, "this will conclude a long work of negotiation and formalisation of the acquisition process that will allow the development of an entire region, creating jobs, high quality tourism, all in a context of respect for life, ecosystems, and future sustainability".

In the same note, the winning consortium of the process added that "the public deed was signed at the premises of Deloitte Consultores, the entity that supervised the tender process started in August 2018".

The signature was scheduled for 28 October, but was postponed until last week, according to an official source. The delay was related to the fact that "the procedures related to administrative easements are being finalised," i.e., limitations in favour of other entities in the region, noted the same source.

The general meeting of participants from Herdade da Comporta approved on 27 November last year the sale of the property's assets to the Amorim/Vanguard consortium.



The Amorim/Vanguard consortium have concluded the purchase of the assets of Herdade da Comporta from Gesfimo

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THE PORTUGAL NEWS

Fragmentation: The Tribalisation of Politics



British supporters of the Conservative party await Boris Johnson at the Conservative Party General Election Campaign Launch event (Photo: EPA/Vickie Flores)

'Homo economicus' is dead. Long live 'homo tribuarius'!

That's not really something to celebrate, but it's certainly true that in most democratic countries economic self-interest is no longer the most important factor in

voters' choices. Tribalism of various sorts is taking its place, and that is not an improvement. Take three quite different countries that are all stalled in the middle of political transitions that

would have been done and dusted in no time twenty years ago: Spain, Israel and the United Kingdom. Spain has just had its fourth election in four years, and the stalemate is worse than ever. Prime Minister Pedro Sánchez went back to the polls in the hope of increasing his centre-left PSOE party's

seats in parliament enough to make the arithmetic work. He had no chance of winning an overall majority, of course, but maybe with a few more seats and a more willing coalition partner....

Not a chance. He went back to parliament with a few less seats, and so did his skittish intended coalition partner, Unidos Podemos. They have now swallowed their pride and agreed on a coalition, but they still need 21 seats from elsewhere for a majority, and it's hard to see where that will come from.

This is not how things used to be. A couple of decades ago the PSOE and its centre-right rival, the People's Party, used to sweep up 80 percent of the vote, leaving just scraps for the 'minor' parties. In last April's election, the two historic 'major' parties only got 48 percent of the votes between them.

Or consider Israel, where two elections this year failed to any set of political parties - out of a total of nine - with enough common ground to build a coalition government that works. The two 'major'

parties together got only 51 percent of the votes. Binyamin Netanyahu's Likud party tried and failed to form a coalition government. Benny Ganz's Blue and White Party is still trying, and there is talk of a power-sharing 'grand coalition' between the two biggest parties, but otherwise Israel is probably heading for a third election within months.

Even if there is a deal between Likud and the Blue and White Party, the resulting government would be prone to fall apart at the first bump in the road. As that perspicacious political observer Donald Trump said, "They keep having elections and nobody gets elected."

And then there's the United Kingdom, stuck in the Brexit swamp for over three years and still looking for the exit. The two big traditional parties, Labour and the Conservatives, managed to win 80 percent of the vote in the last election, but subsequent defections from both the big parties made a decision on what kind of Brexit it should be (if any) impossible. Why is this happening?

In Britain, the Labour-Conservative disagreement used to be basically economic. Labour sought to redistribute the wealth, the Conservatives tried to defend the existing order, and most people made their choices according to their position in the economic pyramid. That was never entirely true, of course. Some intellectuals in posh houses voted for Labour, and the Conservatives always managed to attract some working-class votes by stressing racial, sectarian and 'values' issues. But most people did vote for their economic interests.

Not now. The Conservatives are the pro-

Brexit party, but 42 percent of their traditional voters supported 'Remain' in the 2016 referendum on leaving the European Union.

Similarly, one-third of traditional Labour voters backed 'Leave'. Never mind the economy; the referendum was driven by English nationalism. Or tribalism, if you prefer. You can find similarly indecisive outcomes all over the place. The two traditional 'major' parties in Germany got only 54 percent of the vote in the last election. In 2017, the Netherlands went 208 days without a government. In 2018 Sweden went four months 'ungoverned' before a coalition was finally formed.

You can't blame these outcomes on 'the internet', although that certainly makes it easier to spread disinformation. You can't just blame it on 'proportional representation' voting systems, either: the UK has a simple winner-takes-all (or 'first-past-the-post') system. You probably can blame it on a rising level of anger everywhere, but then you have to explain the anger.

The one common denominator that might explain it is the growing disparity of wealth - the gulf between the rich and the rest - in practically every democratic country. Since the 1970s, income growth for households on the middle and lower rungs of the ladder has slowed sharply in almost every country, while incomes at the top have continued to grow strongly. The concentration of income at the very top is now at a level last seen 90 years ago during the 'Roaring Twenties' - just before the Great Depression. We could fix this by politics, if we can get past the tribalisation. Or we could 'fix' it by wars, the way we did last time.

ASK Kurt

All your computer questions answered



What is DisplayPort?

If you have owned a high-end monitor or graphics card in the past half a decade, chances are you've come across an asymmetric connector with a L-shaped header called DisplayPort. It's not as commonplace or as universal as HDMI, but it is one of the most important, because as far as connectors and cables go, it's far more capable.

At its core, DisplayPort is a digital interface designed to deliver video and audio over a singular cable. Much like HDMI, it can connect a monitor to a data source, like a graphics card, and deliver the video and sound that it's outputting to the display screen.

The DisplayPort connector is most commonly found in its full size form consisting of 20 pins fitted into an L shape connector. That helps it stand out from more uniform ports like HDMI, USB-A and USB-C. Also commonplace is its smaller variant, known as Mini DisplayPort, which originally debuted on Apple devices in 2008, before becoming a more commonplace addition to standalone monitors, particularly those with a focus on high-end gaming.

Whereas connectors like HDMI are commonly found on mainstream games consoles, televisions, monitors, and graphics cards, DisplayPort is more common in high-end devices. It's often seen in gaming monitors or expensive graphics cards, like Nvidia's RTX 2000 GPUs, or AMD's RX 5700 cards.

Where common HDMI connections like the 2.0 standard can support up to 5K resolution at 30 Hz, and 4K resolution at 60Hz, DisplayPort 1.4 can support double the refresh rates at the same resolution, and supports 8K resolution at up to 30Hz. The latest generation of the technology, DisplayPort 2.0, ups the ante even further, supporting up to 16K resolution and up to twin 8K displays at high refresh rates.

Email your questions to Kurt: kurt@algarvecomputercentre.com

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

Vilamoura International School to hold annual Christmas Fair

On Saturday, 30 November, Vilamoura International School will be filled with festive fun for 2019's Christmas Fair, open to members of the public. There will be music, national and international food stalls (with dishes from India and Israel, pizzas, a barbecue and more), local and organic products, sweets, books, toys, Christmas gifts, crafts, a raffle and a visit from Father Christmas among plenty of other activities for all age groups. The fair will be open from 10am to 3pm.

In order to highlight the importance of solidarity, humanitarianism, peace and active citizenship - principles central to CIV's work over the past 35 years - the Christmas Fair will be held in support of four good causes:

Quarteira's Soup Kitchen (set up to help local people); the Big Hand project (which sponsors children in Mozambique, financing their studies - www.thebighand.org); the short-term foster care facility "Os Miúdos" (which can host up to 12 children, both boys and girls up to 12 years old, and works to ensure their safety in dangerous situations arising from neglect, abuse or other factors). CIV will also lend its support to Jack Wilson (an ex-student who sustained a spinal injury this summer on the coast and is now at a Rehabilitation Centre in São Brás de Alportel).

There will also be a place to donate pet food for the Algarve's Animal Rescue organisation.

Dance Champions of Praia da Luz

Between 1-3 November, Auditorio de Carlos de Carmo in Lagoa was filled with 400 dancers from across Portugal, as well as Spain, Latvia and the UK to compete at the Algarve Dance Open.

The Western Algarve was well represented by Sobre Artes- Escola de Dança of Praia da Luz, that brought 17 choreographies in Jazz, Ballet, Tap, Acrodance, Modern/Lyrical, Contemporary and Musical Theatre. They danced and sang their hearts off and walked home with an impressive number of medals. They took four gold medals, eight silvers and two bronze. This ranged from the small 7-year old's solos up until the pre-professional older students. In addition, Annika Thomas was awarded a summer scholarship to attend the Northern Ballet School in Manchester and invited to the recall auditions for the Urdang



Academy Degree Programme in London.

The team was made up of Annika Thomas, Nicole Fagan, Lisa Brown, Sierra Sprong, Lucas Dreger Gilbert, Tova Sproston, Ellaouise Harding, Pearl Baker, Mila Holmes and Ariana Sprong, and all dances were choreographed by Nicola Thomas. For many of these

children, it was their first competition, with some only joining the school in September.

If you want to catch any of these performances, Sobre Artes Christmas Show will be on the 14 December at 6pm (Location TBC)

Contact: movement@outlook.com/ 913832335

C.A.S.A. goes to Spain

Most years C.A.S.A. runs a coach trip to somewhere interesting; this year we selected the Cadiz area of Spain for our five-day trip. After an early start out of Lagos on the morning of Monday, 5 November and four further pick-ups across the Algarve, the 51 of us arrived at the excellent 5-star Iberostar Selection Andalusia Playa Hotel just south of Cadiz in time for a short relax before meeting again for dinner.

Tuesday saw us back on the coach for the easy drive over to Jerez where most of us enjoyed an entertaining and professional display by the horses and riders at the Real Escuela Andaluza del Arte Ecuestre.

On Wednesday we took a boat trip up the Guadalquivir River and visited the Donana National Park, after which, some toured Cadiz city while most returned to the hotel for a 'lazy' afternoon enjoying the



hotel's extensive facilities.

Thursday was very enjoyably centred around a most informative tour of the family run Bodega Guitierrez Colosia, with a tasting session of five sherries and a brandy. A couple of hours free in Cadiz and another excellent dinner kept us fully occupied for the remainder of our last day.

Friday morning finally saw us back on the coach for the drive home. An excellent and most enjoyable trip. Our thanks to our

very good driver Senhor Florentino who seemed to know every road like the back of his hand.

Our next scheduled event is our special Christmas Dinner in Monte Carvoeiro on Saturday, 7 December. Full details of this and all our planned events, all of which are open to non-members, can be obtained from the club website: www.casasocial.club, from Margaret Brito on: 282 495 475 or by email to info@casasocial.club

Christmas Concert Cycle

Coro dos Amigos from the Museum of São Brás will begin the Christmas concert cycle on 1 December.

The concert will take place in Vilamoura Church, starting at 6.30pm.

Traditional Christmas works by various composers, spanning many eras and nationalities, will be performed.

From this programme the Te Deum No. 2 by J. Haydn, Thomas Walmisly's Magnificat and The Shepherd's Farewell by Berlioz stand out.

We shall be accompanied on the piano by Joana Viera Shumova.

Entrance is free. All are welcome. cantar@coro-amigos.com

November Irish walk

10am Saturday, 30 November - the start is on **Praia da Angrinha** in the village of Ferragudo, close to the Lifeboat House, at approx 37.1231193, -8.5231647. There's plenty of room to park beside the beach. We then walk across the beach (tide permitting) onto Praia Grande, up the steps, and down the road.

The walk is a little over 6 kilometres and should take approx 2-2.5 hours walking on tracks and unsealed roads Towards the end, we walk on a wide footpath back into the village of Ferragudo where we have lunch. The walk leader is Virgo Hynes. Please advise John O'Neill if you wish to participate, (non-members welcome). johnobocadorio@gmail.com

Portugal Walks

Tuesday, 26 November - Let's Walk on the Serra de Cão

An exhilarating walk of just over 2 hours through woods and open countryside with great views down to the coast. Some ups and downs but nothing too difficult! 10.30am start - meet in the small carpark at Budens. Take the EN 125 from Lagos towards Sagres and after 16km you come to the village of Budens. Take the first exit at the roundabout and the carpark is on the right. Just across you have the Intermarché supermarket where there is a café and toilets. Julie 965 753 033

Tuesday, 3 December - Let's Walk from Parragil

An inspiring walk in this little known part of the

Algarve, walking on the Barrocal. Just over 2 hours of moderate walking. 10.30am start - meet in the centre of Parragil. From the EN125 at Boliquireme take the road for Loulé. Cross the A22 and after passing the quarry turn left direction Alté. After 500m at T-junction go left and 200m you come to the centre of Parragil, cafés to left and right.

Chris 913 011 537

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

Algarve Bike Rides

Here are the details of this week's rides:

Saturday 23 November :- Please contact Diana via email: Dihoutzager@hotmail.com.

Sunday 24 November - Charity Ride:

The annual Estoi Palace Rotary club charity ride. There will be two different rides, one up the hill and the other towards the

coast. Please make a note of this date in your diary, further details here:- <https://www.facebook.com/events/2986886161355959/>. If you are looking for a great bike ride in aid of a very worthy cause, please come along and join in.

If you would like to come along to one of these rides, please do let me know either

by text, email or by confirming on Facebook via the Activity Algarve Bike Rides page. If a ride has to be cancelled for any reason, such as bad weather, notification will be via text. We reserve the right to cancel any ride if less than 5 people are signed up. Price for participation is 5 per rider per ride. For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikeholidays.com, Visit: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.



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



ANIMAL LOVERS AND VOLUNTEERS URGENTLY NEEDED

to help with new animal rescue centre near Marvão.

If you could give a caring home to one of our animals please do get in touch. Adopting is not the only way anyone can help, we need volunteers for the construction of new enclosures. For people who cannot take a pet home could give a few hours of their time to come and walk/help with the animals while awaiting adoption.

Fostering is also a lovely short term help until a home is found.

The centre is situated in Santo António Das Areias.

For further information or to attend a future fund raising event you may phone, text or WhatsApp;

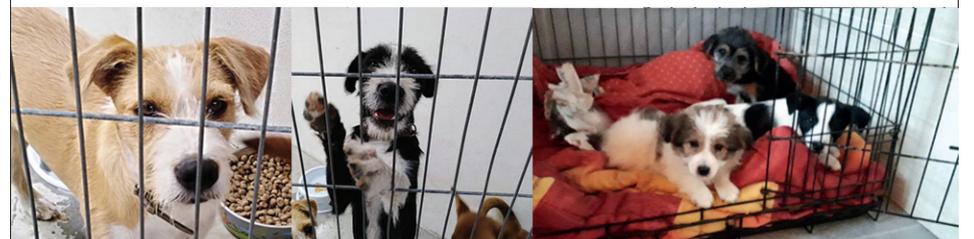
Irene 967 558 881 - English // Fernanda 963 734 479 - Portuguese

Email: apampd2019@gmail.com

Thank you to all who attended the wine tasting evening we raised €180!

Fun Charity auction coming up.

Please let Us know if you would like details for a fun evening to raise funds for our lovely guests!!



Some of our guests needing loving homes

The Wizard of Oz to cast its spell on Algarvean audiences



Dorothy and Friends

One of "the most watched films in the world" celebrates its 80th anniversary this year and The Algarveans Experimental Theatre Group is commemorating the occasion by presenting **The Wizard of Oz** onstage this week in Lagoa. In this family classic, young Dorothy Gale is a Kansas farm girl who dreams of a land "somewhere over the rainbow."

A tornado transports Dorothy and her dog, Toto, to a bright and magical world unlike anything she has ever seen before. There, she makes a

mortal enemy of the Wicked Witch of the West. In the Land of Oz, she befriends a scarecrow in need of a brain, a tin man missing a heart, a cowardly lion who lacks courage and with her new friends she sets off on a journey down the Yellow Brick Road toward the Emerald City. There they beseech the all-powerful Wizard of Oz for his help to return her home and grant her friends their wishes.

This is the first musical in 6 years for The Algarveans and rehearsals have been

underway since July. Director Karen Barroso leads a cast of more than 30 actors from all over the Algarve.



Munchkinland

Choreographer Shelley "Dança" Kenny works with dancers to the magical melodies while production crew are creating whimsical sets and colourful costumes.

The Algarveans have always encouraged inclusivity and participation from the local community and there are many new members - young and old - in this cast. The group boasts a multi-lingual and multi-cultural membership, although all productions are performed in English. If you would like to tread the boards or stretch your creativity by helping with set, costumes or backstage, please visit their website - www.thealgarveans.com

The Wizard of Oz will be performed in English at the 300-seat Carlos do Carmo Auditorium in Lagoa on 21, 22, and 23 November at 7.45pm and also 23 November at 2pm. Tickets at €10 are available at all Worten and Fnac stores as well as the Auditorium box office, or online at www.ticketline.pt.

Bowls Algarve

This week's Cameron Cup competition took place on Tuesday 12 November, a beautiful day for all. Valverde held five points from Alvor who won one point; Albufeira took all six points from Balaia; as did Floresta from Pedras; Tavira were the resting team this week.

These results keep Floresta at the top of the table for this Competition on fourteen points, with Valverde chasing closely behind on eleven points, followed by Tavira and Albufeira on ten points each. Next week is the fourth game and the half-way mark in this competition, so everything to play for.

Super 10's game was on Thursday 14 November, which began with strong winds making the day very cold, and then the rain arrived, but we continued through the shower which passed fairly quickly. Alvor won two points from Pedras who won six points; Albufeira took all eight points from Tavira; with Valverde and Balaia sharing the points, four each; Floresta were the resting team this week.

Valverde are at the top of the table for this competition with twenty points, Pedras are closing in on the top slot with eighteen points, with both Floresta and Balaia chasing on sixteen points each.

Saturday 16 November was

the League games. The weather had calmed down again and it was bright and sunny. In League 'A' Floresta Foresters took all eight points from Alvor Amigos; Pedras Panthers took six points from Albufeira Cats who won two points; Tavira Tigers won six points from Valverde Vikings who won two points; whilst Balaia Pods won three points from Alvor Rooks who won five points.

The table for League 'A' sees the top three teams vying for position, changing with each week. Floresta Foresters are now at the top holding twenty-six points, whilst Albufeira Cats and Tavira Tigers are next with twenty-two points each.

In League 'B' Valverde Vipers took two points from Balaia Whalers who won six points; Alvor Scorpions won all eight points from Floresta Huntsman; as did Alvor Greens from Floresta Rangers, whilst Valverde Vulcans were the resting team this week in this league.

Valverde Vulcans (the resting team this week) are cementing their lead in the Table for this league on twenty-two points, Floresta Rangers and Alvor Greens are both holding sixteen points.

Twenty-five percent through the League fixtures so plenty of time for things to change for everyone.

Manueline Architecture

Talk by Peter Kingdon Booker on Tuesday, 26 November at 6pm, Municipal Library, Lagoa and on Friday, 29 at 11am, Municipal Library, Tavira.

In our studies of Portuguese history and culture, we can identify some topics which cover both areas, and the history of architecture is one of them.

The Manueline style occurs nowhere else in the world, and is triumphantly related only to the era of the discoveries.

We cannot fully appreciate the importance of the discoveries in the history of Portugal without considering this essentially Lusitanian and unique style of architecture. The style belongs to the Gothic movement, and is perhaps its

last gasp before the advent of the Mannerist and Neoclassical.

The Manueline is eponymously connected to the King of Portugal, and flourished only during his lifetime, and a few years on either side of it. The style itself is exuberant, and required great skill in its execution, and yet pervaded the whole of Portugal.

There are instances in and around Tavira, some of which

are very important. But of course the major examples of the Manueline are in Lisbon, and the outstanding examples are the Tower at Belém and the Mosteiro dos Jerónimos.

In this talk, Peter Booker discusses the style, shows examples from around the country and reaffirms its importance in the history of Portuguese culture.

For more information contact: lynne.algarvehistory@gmail.com

Canadian Pickleball Invasion



At the beginning of this month, 20 Pickleball enthusiasts from Ontario, Canada, descended on the Algarve for a two-week stay. Research had told them that Rocha Brava Tennis Centre in Carvoeiro was the only place in the Algarve where Pickleball facilities are currently available.

Pickleball is the fastest growing sport in the world, combining the skills of tennis, badminton, squash, paddle tennis and table-tennis. It can be played indoors or outdoors, and is suitable for all ages and all levels of skill. Originating in the USA in 1965, it has now spread world-wide with more than 150,000 players to date (Google: Pickleballchannel.com)

Our Canadian visitors were very pleased with Rocha

Brava's facilities and delighted with the lovely weather. Playing outdoors was a new experience for some as back home the game is mostly centred in sports halls.

In the UK, it is estimated that 2000+ play the game every week and new clubs start up every year with age being no barrier. Many newcomers to the sport are former tennis players, but experience is not necessary. Pickleball is particularly attractive to those who no longer find themselves able to get around a tennis court. It combines hand-eye ball co-ordination with strategic play, and combines exercise with social life.

Further information is available from Rocha Brava Tennis Centre. +351 969 475 328, geral@tennisrochabrava.com or Eve.gillmon@btconnect.com



ANGLICAN CHURCH

Services of Holy Communion:

SUNDAYS
10.30am ASCA
Almancil (next to Comunidades Garden)

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

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





THANK GOD FOR OUR TEDDY BEARS

11am Sunday Service Convento de S. José Lagoa
1st December



Bring your teddy bear & enjoy this unique service then join us for a 'teddy bear's picnic' afterwards
For directions, call 282 380 311 any time

CHARITIES

APAA CHARITY SHOPS - Dunas do Alvor: Tues to Sat 10.30am - 2pm. Rua Elias Garcia 20, Silves, Mon - Sat 10am -2pm. Volunteers always welcome. info.apaaportugal@gmail.com

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

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

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

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

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

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

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

CARVOEIRO CAT CHARITY ASSOCIAÇÃO. Located in Porches and run entirely by volunteers. We are looking for some more volunteers to help in our shelter of 250 cats as well as

some foster families for our cats. Call 918 552 788 or email ccc.carvoeirocharity@gmail.com

ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, Nº 53. Portimão (Behind Bombeiros).

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

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

ASSOCIAÇÃO DE SOLIDARIEDADE 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 961 636 201 or Angelica fash.co@gmail.com

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

MUSIC

Aljezur International Choir. Thursdays 2pm to 3.30pm. Tel. 914285640 or wattys100@hotmail.com,

The East Algarve International choir. Thursdays, Luz de Tavira, Call Rineke Hofman 926684061. eastalgarvechoir@gmail.com

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

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

SOCIAL

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

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

Chess Club. Eastern Algarve. chessalgarve@mail.com

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

Painting for Pleasure Classes, water colours, oils or acrylics. Wednesdays Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Terry Reed 289845561.

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

BRIDGE

Duplicate Bridge. Wednesday & Friday afternoons at Vale d'El Rei Hotel. Please contact 911561224 or 282358885.

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

Vilamoura Bridge Club. Tuesdays 1.45pm, Olhos de Água. Mary Moore 919833122.

Lagoa. Thursdays 1:45pm. 282352022 / 969174130.

Vale d'el Rei. Beginners 968457888.

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

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

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

Quinta Jacintina. Mondays 2.30pm, Hotel Quinta Jacintina, Vale do Lobo. Contact Sally Roberts Tel: 28935 090, sally@blanchworth.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

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

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

Crown Green at Alvor bowling Club 10am. Peter or Janette 966169747 or 965700536.

Adult Fitness Programmes. 10am beginners and +55's, 11am intermediate, every Monday/Wednesday/Friday. Meet at Burger King Vilamoura. 919 339 396

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

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

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. suesharman9@gmail.com, 910108730.

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

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

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

Valverde Lawn Bowls Club - Every weekday from 10am, Al Mancil. Jen 282332628 or 937264287.

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

Please send the details of your events to: events@theportugallnews.com

WORKSHOPS & COURSES

Scottish Country Dancing. Every Monday, 7.30pm - 9.30pm, Nobel International School on the N125 between Lagoa and Porches. Mardie Cunningham, 282356029 / 964278432 or rosevale45@gmail.com.

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor. Wed 7pm - 8.30pm Carvoeiro. Caroline 961916821, strictly dancingcarvoeiro@hotmail.com

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

afpop November Events

afpop Silves/Carvoeiro Lunch at Recanto dos Muros Restaurant on Friday, 22 November at 12.30pm for 1pm meal. Bookings with Heather and Les. Email: silves@afpop.com, tel: 966 677 295

afpop Lisbon/Cascais Tapas & Drinks at Alma Grill in Alcabideche on Friday, 22 November at 7.30pm. Joining us will be local beer brewer Sean Wooten, who will also have a selection of locally brewed beers to sample. Price: Member -€22, Non-member€24. For reservations contact Kelly, afpop Area Event Organiser Cascais. E-mail: cascais@afpop.com



afpop Portimao/ Monchique Lunch at Solar do Farelo restaurant in the countryside of Mexilhoeira Grande on Friday, 29 November, 12.30pm for 1pm start. €20 p.p. for Members and for non-Members €21p.p. To confirm your reservation please email Anita, afpop Portimão/Monchique Area Event Organiser E-mail: portimao@afpop.com

afpop East Algarve monthly Coffee and Chat Morning at Pedras da Rainha on Wednesday, 27 November from 10.30am to 12.30pm. A chance to meet up and make friends. If you are interested contact: Sherry: 916 913 612 / Email: slosantaclara@gmail.com

afpop Loulé/Faro Lunch at Rest. Oliveira, Loulé on Thursday, 28 November at 12.30pm. 18€ with drinks during the meal included. Bookings necessary with Bert Shubrook: Email: bertshubrook@gmail.com

St. Andrew's Society Algarve
St. Andrew's Ball
 Saturday 30th November
 Penina Hotel & Golf Resort
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How's it hanging?

Sick of staring at the same old walls? Then why not give them a bright new look by wallpapering them?

Prep like a pro (Photo:PA)



Putting up wallpaper - either throughout a room or just on a single feature wall - is a great way to introduce personality into your home or update decor, as there's a huge variety of colours and patterns available. Wallpaper can help hide uneven walls, small dimples and imperfections too, and is generally cheaper and easier than replastering. "If you're new to wallpaper

then the thought of tackling the job yourself can feel a little overwhelming, but it's actually really easy to hang," insists Alex Whitecroft, head of design at I Want Wallpaper. "As with any job, preparation is key. Taking time to strip and prep walls properly will make sure you end up with a professional finish, plus there are some tricks of the trade that will help. "If you're nervous about using patterns, try a feature wall while you find your

feet," she adds. "They're still a huge trend in interiors and will provide a focal point in the room." Keen to know more? Here are Whitecroft's tips for stripping and hanging new wallpaper...

1. Check the existing paper

It's important to know what's underneath existing wallpaper. Use a scraper to test how many layers of paper there are. The best paper to remove is 'strippable paper' and

most vinyl wallpapers are strippable - a smooth texture on the back will indicate this. Check how easy the paper's going to be to remove by using a knife to pry away a corner of the paper, then pull it down at an angle. If it peels away in a long strip, with no signs of adhesive underneath, the task is a lot easier. To make wallpaper even easier to remove next time, add an acrylic primer to the wall.

2. Prep like a pro

It's important to protect floors, woodwork and furniture, and it's also good practice to remove wall sockets if possible. Cover any gaps with tape to stop water getting in, and turn the electricity off to be extra safe. If you can't remove furniture, then move it to the centre of the room and cover it with a sheet.

To do the job properly you'll need: A ladder, wallpaper scraper, utility knife, spray bottle, liquid soap/detergent, a sponge, tape, old sheets and rubber gloves.

3. Give it a good soak

For non-strippable wallpaper, make a number of slits around 10-inches apart in the paper with a utility knife, being careful not to damage the wall underneath. Use a sponge to wet the wall with a mixture of warm water, a small amount of cellulose paste and liquid detergent. Adding slits allows moisture to soak behind the wallpaper, making removal much easier, and creates strips to guide removal strokes.

4. Scrape away

Once the paper's soaked for a few minutes, start to scrape it off with a wallpaper scraper. Slide behind the slits, holding the blade at a 30-degree angle, slowly scraping the paper upwards, away from the wall.

5. Removing well-stuck wallpaper

Steamers can be used for more stubborn papers - they're slightly messier than the slit and soak method, but if wallpaper's stubborn, they'll get the job done.

Alternatively, try fabric softener - it softens both the glue and the paper, making the job much easier. Mix equal parts of softener and hot water in a spray bottle, and spray a section of wallpaper until it's saturated. Wait around 15 minutes to allow the solution to work its magic, then peel away the paper, using a paint scraper on stubborn areas.

6. Removing wallpaper paste

There may be residue or traces of glue left on the wall, which can be removed with a solution of washing-up liquid, a tablespoon of baking soda, vinegar and hot water. Again, apply with a sponge. The solution should soften the glue or paste, so it's easy to wipe away with a rag. Use a putty knife or

similar scraping tool to remove any remaining paste.

7. Prepare to paper

Once the wall's dried thoroughly, patch any holes with a joint compound (a creamy material available from DIY stores). Once dry, use sandpaper to create a smooth surface.

8. Make sure you've bought enough paper for the space

Buy wallpaper in consecutive batch numbers, so the paper matches up perfectly. Accurately measure the area that needs to be covered and slightly over-order to allow for mishaps. Over-ordering is also necessary if you've chosen patterned paper, so you can match up the pattern repeat.

9. Tool up

You'll need a pasting table, stepladder, a bucket, a paint roller and tray, pasting brush, a seam roller (a tool that helps seal edges without marking surfaces), a wallpaper smoother (a flexible plastic tool to smooth wallpaper and remove air bubbles), a spirit level/plumb line to make sure you hang wallpaper straight, pushpins, a steel tape measure, pencil, scissors, a large scraper and a utility knife.

10. Get it straight

Use the plumb line to draw straight lines at regular intervals around the room. Measure the floor to ceiling height of the room and make a mark on your pasting table - this saves time measuring each piece of paper individually. Allow a few extra inches for variations in height within the room - especially in old houses where floors and ceilings can be uneven - and to make sure you have adequate paper to line up the pattern repeat.

11. A good pasting

Some pastes can remove

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Weird and wonderful house plants

the finish of wallpaper, especially delicate papers, so check you have the right paste for your paper. A wheat base is gentle and suitable in most cases. To apply paste, lay a strip of paper flat on the table and level with the edges, weigh down each end and spread on the paste evenly. Fold the paper in a concertina to carry it safely to the wall.

12. Line it up

It's important to get the first length straight, as this sets the template for the rest of the room, so use those straight pencil lines you've already drawn as a guide.

12. Work outwards

If your paper has a large pattern, then start in the middle of the wall or at a focal point in the room and work outwards - again, you'll need to measure the mid-point in your wall. For plains or small pattern repeats, begin papering from the corner of the room, ideally on a wall with no windows or doors so you can hang full lengths without any problem. And make sure each sheet of paper is the right way up!

14. Overlap and trim

Apply the paper to the wall, allowing some overlap at the ceiling, and then trim it. Don't worry if your first attempt's wonky, you can manoeuvre your sheets to get them into the perfect spot as the paste won't dry immediately. Repeat with further strips and ensure the pattern lines up. Smooth the paper so there are no air bubbles and voila - you've wallpapered like a pro! **PATPN**

Move over spider plant - we have amazing bat flowers, a palm tree and an air plant jellyfish.

If your spider plant has lost its lustre, you're done with your devil's ivy and have lost your appetite for your Swiss cheese plant, it's time to seek out some more unusual houseplants. You could go for a tropical look with parrot-shaped flowers, or something architecturally on-point, or even a plant that grows coffee beans.

So, what's out there that you probably haven't tried?

1. Take a breath of fresh air

Move over cacti because air plants are on the rise. They don't need soil, just a humid environment, so a bathroom or steamy kitchen would be ideal and you just need to mist them a couple of times a week. They can be used to trail or just form part of a display in a glass container, provided

there's plenty of air circulation around their base.

2. Find a rainforest favourite

The parrot plant, also known as the Congo cockatoo (but officially *Impatiens niamniamensis*), is a striking plant which produces unusual red and yellow flattened tubular flowers with a green hooded mouth, dangling below leaves to provide an eye-catching display. Originally a stalwart in the African rainforest, it prefers a humid environment but keep it away from central heating because it needs moist air.

3. Go Hawaiian tropical

It may be rare, but the Hawaiian palm can bring a dash of the exotic into your home with its rich green leaves and sweet-scented

The exotic Bat Flower. (Photos PA)



jasmine-like flowers which bloom in October. This succulent, which doesn't need much watering, makes its main growth in the winter months and is easy to grow indoors. Give it a light position inside in winter and a sheltered position in the house or garden in the summer, when it is dormant. When the lower leaves turn yellow, snap them off to emphasise the characteristic of the trunk.

4. Leaf through spots

Variegated leaves are nothing new in the plant world - but what about spots? There's a begonia out there to give you spots before your eyes. The *Begonia maculata* 'Wightii' has a white dotted upper leaf and deep red underbelly and will do well in bright light but not direct sunlight. Keep the soil

moist, watering once the top two inches of soil have dried out, but don't let the plant dry out completely, and give the plant good humidity.

5. Explore elephant ears

Alocasia are proving popular at the moment, thanks to their tropical-looking veined leaves in a variety of colours and leaf markings. Try the Amazonian elephant's ear (*Alocasia x amazonica*), a dramatic addition to any room, with its arrow-shaped evergreen leaves which reach up to 60cm (24in) long. They do well in a warm, lightly shaded room.

6. Go batty

The bat flower (*Tacca chantrieri*), so called because it mimics a bat in flight, is a striking houseplant whose large, rich leaves surround an

almost black bloom with long 'whiskers' during summer. Plant it in well-drained soil, positioned in a shady spot with high humidity, so place the pot in a tray of wet gravel to keep the air around it humid. It will need repotting annually as it doesn't like to be pot-bound. It's a great alternative to an orchid. If you're growing it from seed, soak the seeds for 24 hours before sowing.

7. Fancy a coffee?

Ever thought of bringing your own taste of heaven into your home with a coffee plant? The Barista has luscious green leaves to add a tropical touch to a shady spot in your home. Its attractive clusters of sweetly scented white flowers are followed by glorious red berries, which are in fact coffee beans. **PATPN**



The luscious Barista

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Why Sweden is a dream for cyclists



Beautiful Vattern Lake in Granna, Smaland. (Photo:PA)

With a bump, my bike jolts from the smoothness of the asphalt to the loose gravel of the forest track, as the endless rows of tall pine trees throw a cooling shade over the track in front of me. But the rougher surface doesn't deter my guide, one of Sweden's leading professional sports cyclists Eric Sjöberg, as he stands up on his pedals and picks up the pace, his back wheel spinning, sending up a puff of dust in his wake. Clearly delighted at leaving the roads behind, he calls over to me: "Are you alright with a bit of gravel?" A bit of gravel turns out to be kilometre after kilometre of tracks taking us deep into the endless forests of Smaland, which are punctuated with small isolated farming communities made up of

traditional deep red wooden cottages, occasionally flying the sky blue and sunshine yellow of the Swedish flag. Vast areas of forest, open meadows and barely any crowds have attracted both road and mountain cyclists to the area, where many new bike routes have been set out. Guided cycle tours can be booked and an app containing digital maps is soon to be launched. The peace that envelops these traditional villages is briefly disrupted as our tyres grind along tracks, skidding on the gravel as we round a corner at a speed more suited to the smooth country roads we have left far behind. Outside one house, an older couple are sunbathing in the late summer sun on loungers set up on their front lawn; the man, wearing only a

pair of swimming trunks looks up, waves and calls out "Hej hej" - the succinct Swedish phrase for "Hello, goodbye". We wave back before concentrating on the short but sharp incline that takes us out of the village. We slow down for a railway crossing and break out of the shadow of the forest into the bright late-summer sunshine, and return to the roads as we turn a corner to find another of the many lakes that dot the region. Thankfully, overlooking the sparkling water is our half-way lunch stop in Bunn, where I happily devour a club sandwich - followed by waffles - to refuel for the afternoon's riding. We had set off from the historic castle hotel Vastana Manor in Granna, heading along the edge of the vast Lake Vattern - the scene of the world's largest bike event, which sees 23,000

people taking on the challenge of cycling the 300km around its shores. But during our four-hour ride to the regional capital of Jonkoping, we only see a handful of cyclists and cars. This leaves us free to enjoy the roads which sweep over the undulating hills in peace. Eric tells me: "We call this area Sweden's Tuscany," and he's right - it feels just like that, only without the Italian drivers... As we begin a fine descent into Huskvarna, a small city absorbed by Jonkoping, Eric signals for us to turn left and back up yet another not so undulating hill. "We can't have too much fun," he shouts, as I shift into an easier gear, my legs complaining at this latest insult. But after this final climb, we join an enjoyable curving corkscrew of a road, which takes us all the way to the foot of the driveway of my hotel for the night - the grand but quirky Slottsvillan, the former director's home of the Huskvarna lawnmower company. As I clunk up the grand staircase in my cycling shoes, everywhere I look a fun design touch has been added, from a frog on the stairs to a swan above my door to a floating vinyl player in the lounge surrounded by a sea of colourful record sleeves. After a welcome night's sleep and a hearty breakfast, Eric joins me but he's not so fresh; he arrives red-eyed after celebrating a friend's birthday into the early hours, not that this affects his pace on the

Ben Mitchell explores the peaceful forest tracks and quiet country roads of Smaland, a magnet for mountain and road bike enthusiasts.

pedals a single bit. For our ride, Eric has carefully plotted a route once again traversing the pine forests to find the shortest path to our destination, the homely Wallby Sateri hotel in Vetlanda. By the afternoon, the September sun has deserted us and we are pushing against a headwind as we race the clouds, which are building up on the horizon. I gratefully take up position in Eric's slipstream as he powers us, despite any remnant of his hangover, through the final 20km home. We arrive at Wallby just as the rest of my group are heading to the lake to catch crayfish for the traditional crayfish party our host is holding for us later that night. After a shower and a change into warmer clothing, I climb into the rowing boat and we fetch nets used to collect small fish for bait. Unceremoniously, these are chopped with an axe and placed inside lobster-pot-style cages, and we return to the water to drop them along the rocky edges of the lake where the crayfish hang out. This leaves us one last Swedish experience: the sauna. Having just rowed out on the lake, the last thing I imagine doing is swimming in it. But after 10 minutes of steadily getting hotter and hotter, redder and redder in the 80 degree sauna with a window overlooking the lake, I'm

ready to run along the short pier and dive-bomb into its chilly waters. The shock of the cold is only momentary and gives way to a deep feeling of relaxation. But when I do climb up the ladder on to the jetty, I start to shiver and quickly get back in the sauna to warm up again, beginning a cycle of hot and cold extremes which continues until it's time for dinner. Our host Magnus hands us a paper bib and party hat as we sit down at a table laden with delicacies for our crayfish party, a popular celebration in the late summer months which, from all accounts, involves lots of drinking and singing. Magnus gives us a lesson on how to dissect the mini lobsters; first we pull off the claws and use a tiny knife to pluck out a minuscule bit of flesh before we suck the juice from the body and break it into two. The edible bit is in the tail and after removing the final sharp-edged piece of shell, I'm left with a thumb-sized piece of tasty seafood - a small prize for a lot of work. Magnus leads the hearty singing to which I "la la la" politely along. Thanks to all the cycling, my ravenous appetite sends me back for second and third helpings of the glorious cheese pie, before indulging in the rich chocolate mud pie dessert, which all sets me up to surrender gratefully to my bed to recover from my weekend in the saddle.

PA/TPN

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Creating a balance

Food writer Fuchsia Dunlop is an absolute expert on Chinese cuisine, specifically Sichuan.

If Sichuan is entirely new to you though, Dunlop is the ideal guide, with the updated version of *The Food of Sichuan* reflecting how the region and its tastes have changed, as well as encompassing its core tenets. "People [often] think Sichuanese cooking is all about fire and spice, chillies and lip-numbing Sichuan pepper, and actually it's not," she muses, explaining how the Chinese word for Sichuan pepper is the same as 'pins and needles', or anaesthesia. "It's all about variety." "Good Chinese and Sichuan food is all about balance, not about battering your palate with lots of heat and nothing else," she adds. The worst misconception around Chinese food in the western world - largely based on lurid, deep-fried Friday night takeaways - she says, is that it's bad for you. "I think the Chinese know more about healthy eating than anyone else," she explains. "Food in China has always been intimately related to medicine, and people use food to treat illness and indisposition, and the way people eat in an everyday way at home is a lot healthier than the way many people eat in this country." For instance, meat is used sparingly: One western portion of meat would be cut into slivers and stir fried with vegetables, then

served with more vegetables and rice. "It's a really good model of healthy and sustainable eating, when it's done well." The vegetable aspect is arguably what she loves most about Chinese cookery. "The Chinese are brilliant at making vegetables taste exciting," says Dunlop, pointing to the dish of smacked cucumbers. "Cucumber, on its own, not very interesting, but put it with a Chinese dressing and it's really interesting." Chinese food has the power to redefine what it is you find delicious too. "Years of Chinese food has completely changed my palate," says Dunlop, explaining how the biggest barrier in getting to grips with the cuisine can be texture foods, "because in China, and particularly in Sichuan, people like eating a lot of ingredients that have rubbery, slithery, gristly, crunchy textures, that westerners, in general, actively dislike. Things like gristle in a chicken's leg, and jellyfish and goose intestines." For a long time she says, she would politely eat these things, "but they didn't give me any pleasure," and then at some point she realised she'd begun to enjoy them. Learning to savour mouthfeel and texture "massively expands your appreciation of food in general" says Dunlop, because it opens up "a

wider range of sensations". So, if you are planning a trip, or are just beginning to explore Sichuan cuisine, she suggests you "try to open your mind to the idea that texture is an important part of gastronomic pleasure. China is a really food-focused culture, go with a certain humility. There is a lot to learn from it."

Cold buckwheat noodles

(Serves 2)
200g dried buckwheat or buckwheat-and-wheat noodles
2 small handfuls of finely chopped celery (1-2 celery sticks)
4tbsp thinly sliced spring onion greens
0.5tsp toasted sesame seeds

For the seasonings:

0.25tsp salt
4tsp light soy sauce
2tbsp Chinkiang vinegar
0.5tsp caster sugar
2tbsp chilli oil, plus 1tbsp sediment
0.25-0.5tsp ground roasted Sichuan pepper (optional)

Method:

1. Boil the noodles to your liking.
2. Divide all the seasonings between two bowls.
3. When the noodles are ready, tip them into a colander and quickly rinse under the cold tap, then drain well.
4. Divide the noodles between the bowls and mix well.
5. Scatter over the remaining ingredients and serve.

Fish fragrant aubergines

(Serves 4)
600g aubergines
Cooking oil, for deep-frying
1.5tbsp Sichuan chilli bean paste
1.5tbsp finely chopped garlic
1tbsp finely chopped ginger
150ml hot stock or water
4tsp caster sugar
1tsp light soy sauce
0.75tsp potato starch, mixed with 1tbsp cold water
1tbsp Chinkiang vinegar
6tbsp thinly sliced spring onion greens
Salt

Method:

1. Cut the aubergines into batons about 2cm thick and 7cm long. Sprinkle with salt, mix well and set aside for at least 30 minutes.
2. Rinse the aubergines, drain well and pat dry with kitchen paper. Heat the deep-frying oil to around 200°C (hot enough to sizzle vigorously around a test piece of aubergine). Add the aubergines, in two or three batches, and deep-fry for about three minutes, until tender and a little golden. Drain well on kitchen paper and set aside.
3. Carefully pour off all but 3tbsp oil from the wok and return to a medium flame. Add the chilli bean paste and stir-fry until the oil is red and fragrant: take care not to burn the paste (move the wok away from the burner if you think it might be overheating). Add the garlic and ginger and stir-

Fish fragrant aubergines. (Photos: PA)



4. Tip in the stock or water, sugar and soy sauce. Bring to the boil, then add the aubergines, nudging them gently into the sauce so the pieces do not break apart. Simmer for a minute or so to allow the aubergines to absorb the flavours.
5. Give the potato starch mixture a stir and add it gradually, in about three stages, adding just enough to thicken the sauce to a

luxurious gravy (you probably won't need it all). Tip in the vinegar and all but one tablespoon of the spring onion greens, then stir for a few seconds to fuse the flavours.

6. Turn out on to a serving dish, scatter over the remaining spring onion greens and serve.

The Food of Sichuan by Fuchsia Dunlop is published by Bloomsbury. Available now.

PA/TPN

Cold buckwheat noodles



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The changing world of fragrance

Of all the sectors of the beauty industry, fine fragrance might seem relatively unchanging compared to, say, make-up, where products and trends come and go in the blink of an eye.

There may be thousands of new perfumes and colognes launched every year, but the vast majority come in the same old format: A bottle of (usually very expensive) scented liquid. Right?

Actually, perfumery is going through a period of rapid change, with established makers responding to the changing needs and desires of the modern customer, and a host of digital-native brands cropping up offering an innovative route to discovering your next favourite fragrance.

"People don't want to smell the same as everyone else anymore," says Tara Derakshan, co-founder of subscription service Sniph, which sends subscribers a new perfume from a niche brand to try each month. "Bespoke is becoming a trend and you want to build your own identity with your own unique smell." Ready for a whiff of what's to come? Here are five fresh ways to experience fragrance...

1. Hair fragrance

If you want your perfume to last longer, you shouldn't limit your spritzes to your neck and wrists, says Nathalie Lorson, the perfumer behind new Jimmy Choo Fever. "Long hair is very good, because the hair keeps the fragrance very well. When you move, if you have long hair, it gives you a lot of 'train'," she says, meaning the cloud of perfume that lingers in your wake.

A new wave of mists, oils and even dry shampoo make it easy to scent your strands and catch that train.

2. Digital services

Looking for your next signature scent? A variety of subscription services now offer an accessible way to test a perfume before deciding whether to invest in a full-size version.

"It's super-hard to try fragrances in the shop - your nose can't do more than five. And also, what you think smells good at first sniff may not smell good on your skin," explains Derakshan.

"We think you need a month to really wear it and decide, 'Do I love it? Do people react to it? How does my skin project it? Does it empower me? Does it make me feel happy?'"

Scent Addict is a similar service but it's all about big-name designer perfumes, while Secret Scent Box delivers three mystery samples a month.

While monthly services offer a curated collection, Hermetica is the first digitally-focused producer, using an online personality quiz to determine which of its 13 eau de parfums is right for you.

I was sceptical but amazingly, after answering a series of abstract questions like, 'When do you daydream?' and 'What's your sweet escape?' I was told Source1 - which contains my absolute favourite fragrance note, amber - was my

ideal match, and when it arrived, it was love and first sniff.

3. Perfume pens and brushes

Following last year's world-first from Jo Loves - paintbrushes that encapsulate a scented gel to paint on your pulse points - we've seen an explosion in alternative methods of application, particularly those designed with portability in mind.

YSL has taken the click-and-dab pen that fans of Touche Eclat concealer will instantly recognise, and filled it with Black Opium. Thierry Mugler has created a Perfuming Pencil available in three bestselling scents (Alien, Angel and Aura), while Juicy Couture offers a dual-ended rollerball the size of a lipgloss.

4. Solid perfume

Also handy for popping in your purse or avoiding airport liquid limitations, solid perfumes are great for topping up on the go.

Glossier's hugely popular You scent has been reimaged in a cute pink pebble-shaped holder, and Diptyque's beautiful floral composition Eau Rose, is available in a chic black compact.

5. Body sprays

OK this is actually more of a comeback than a futuristic innovation, but where Jo



Loves leads, other brands often follow, so we think this is the revival of every Nineties teen's favourite way to wear fragrance. Jo Loves Graffiti Art collection comprises aerosol can versions of four single-note varieties - Fig, Grapefruit, Tuberose and Vetiver - so you can layer with other products to create a long-lasting scent that's uniquely yours. PA/TPN



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SHIMANO BOSCH



Fight winter tiredness

No matter your age, a few simple lifestyle changes can help to combat sluggishness when winter sets in.

It's a scenario that many of us are familiar with. No matter how much coffee you drink or how many motivational podcasts you blast through your headphones, you're still yawning into the crook of your elbow all day and counting down the hours until bedtime. Whether it's the lack of sunlight, the looming Christmas deadlines or bone-chilling temperatures, the winter months can often leave many of us feeling plagued by fatigue, tortured by sub-quality sleep and running on empty. If you're over-caffeinating

to get through the day and feel groggy most mornings, it might be time to intervene with some self-help. We spoke to experts to find a few simple yet effective ways to beat the energy crisis and have a natural flow of get-up-and-go.

1. Put sleep on your plate

It's no secret that sleep has a huge impact on energy levels during the day, and if you don't get enough of it, you're more likely to feel snoozy the next day. For a great night's kip, strive to eat a balanced diet that factors in the amino acid tryptophan, which

nutritionist Rob Hobson explains is "used in the brain to synthesise the sleep hormone melatonin."

Melatonin is a hormone made naturally by your body that signals that it's time to hit the hay. "Tryptophan is found in foods such as turkey, soy, nuts, seeds, oily fish, beans and pulses," explains Hobson, who is speaking on behalf of Healthspan. Dr Meg Arroll, a leading psychologist specialising in behaviour and health change, also advises eating an evening meal that's loaded with carbohydrates such as pasta or rice, as this helps

with the uptake of tryptophan into the brain. "Food provides us with energy but the quality of your diet alongside your pattern of eating are equally as important to maintain energy levels," she adds.

We tend to eat more during winter and opt for hearty meals such as pies, stews, roast dinners and other winter warming comfort foods, but it's important to still maintain a good, balanced diet. "Focus on eating regularly and making every mouthful count by choosing nutritious meals and snacks throughout the day," says Arroll.



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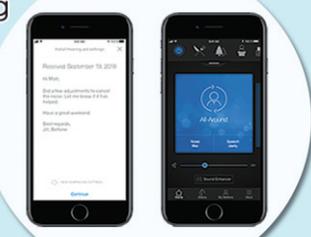
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2. Get into the habit of trying something new every week

Routine can be a good thing, but repeating the same tasks over and over can mentally add to that sluggish 'same-old' feeling during the winter months. "Just as eating a range of foods helps to support our physical and gut health, stimulating the mind with diverse mental 'nourishment' boosts vitality and energy," says Arroll. Whether it's finding a new exercise class, indulging in a new creative hobby or taking in some live music, breaking your routine can help to make the days feel more fulfilling. Trying something new doesn't have to be expensive either. "You could even read a type of literature or material that you may not normally seek out," suggests Arroll. "If you're a romance fan, try a crime thriller. If you like to read the financial pages why not challenge your brain and reach for a sci-fi book?" Check out your local independent bookshop for inspiration.

3. Get moving

"During the winter months it can be harder to find the motivation to exercise, but maintaining a regular regime can make you feel more energetic, strengthen your immune system and improve your mood," says Dr Arun Thiyagarajan, medical director at Bupa Health Clinics. Aside from keeping you in good shape, Thiyagarajan notes that a workout has mental benefits - releasing a potent mix of the feel-good chemicals, serotonin

and dopamine, which can help you de-stress after a long day at work and ease symptoms of anxiety and depression.

"Just 30 minutes in the day could change your whole outlook on winter, even if it's just a brisk walk," he says. Arroll reveals that almost half of all our daily actions are habitual - "in other words, we're on autopilot 50 percent of our waking lives." She adds: "Our autopilots unconsciously use information from our surrounding to guide behaviour, so increase your chances of successful habit change by tweaking your environment." Want to stick to a routine? "Leave your trainers in plain sight to prompt that morning walk and put the healthy food at eye-level in the fridge, rather than tucked away in the chiller drawer. Little healthy tweaks like this really do go a long way," she says.

4. Let there be light

Sunlight doesn't just keep us warm - it also plays a huge role in keeping us healthy and energised. "In the brighter months, it works as a natural alarm clock, waking us up gradually and leaving us ready to face the day," says Dr Luke Powles, associate clinical director for Bupa Health Clinics. "As we approach winter though, we'll often find ourselves getting up in the dark, making it harder to find that 'get up and go' feeling. "In addition to the psychological effects of shorter days, sunlight also plays an important role in

helping the body produce hormones called melatonin and serotonin." The former is used to help regulate our sleep patterns and keep us feeling alert. Without it, we can find ourselves struggling to stay awake.

"Similarly, serotonin is used to help regulate our mood - in laymen's terms it's the happy hormone," says Powles. "When we're in short supply of serotonin, it's more likely that we'll feel gloomy or disinterested." While a sunny holiday might sound like a nice way to increase our exposure to sunlight, the reality is that it's not always possible.

Thankfully there are other alternatives, and many of us will see some benefit just by taking a walk outside for as little as 20-30 minutes a day," Powles says.

"Otherwise, you can also try using SAD lamps. These are plug-in, indoor lights which mimic the sun and are thought to boost levels of serotonin and melanin alike."

Although evidence around light therapy is still not 100 percent conclusive, Powles says that it does look as though SAD lamps can deliver positive short-term effects. "This means it could be a helpful way to banish the winter blues until the days start getting longer."

That being said, if you've got conditions with your skin or eyes that make you sensitive to light, it's worth checking in with your GP before using them. With a few healthy adjustments, winter doesn't have to be all doom and gloom. **PA/TPN**

Is social media bad for children's mental health?

With parents increasingly concerned about the amount of time children spend on social media Dr Luke James offers his expert advice.

Q. My 13-year-old daughter spends a lot of time on social media and often seems anxious, depressed and moody. I don't know whether it's just because she's being a 'normal' teenager, or whether her mood is negatively affected by her social-media use. She's not easy to talk to about it - what can I do?

A. Dr Luke James, medical director of Bupa UK, says: "With so many young people signing up early, even lying about their age and keeping accounts secret from their parents, it can be hard to intervene or get a full picture of what's going on with your child.

"But you're right to be concerned - a new Bupa study has shown symptoms of mental ill-health, such as anxiety, stress, irritability and low self-esteem, are all more common in teens who use social media. And girls are more likely to be affected than boys.

"It's really tough for parents to protect their child from things online that could harm their mental health. And while using social media can be a useful way to stay in touch with friends and family, the desire to stay connected 24/7 can interfere with activities that build mental resilience in children, like getting enough sleep and exercising. On top of this, teens we spoke to said



social media distracts them from schoolwork or revision, contributing to academic pressures and anxiety.

"We know many teens are aware of the negative impact of social media and some have even taken steps to limit its impact - for example, blocking people who made them feel bad, increasing privacy settings or even taking a 'digital detox'.

"It's important to broach the subject of mental health with your daughter. Rather than telling her you're worried, which could put her on edge, simply asking how she is can be a good way to get a dialogue going. To get the most out of the conversation, stay calm, listen, and acknowledge her responses, and be wary of undermining her feelings by saying things like, 'Social media doesn't

matter', or, 'There's no need to worry about that'.

"Every child is different, so using your judgement is key. It might take a few goes to get her talking, or she might prefer to talk to another relative or family friend, but either way it's really important to get a dialogue going.

"Just like physical health, mental health can fluctuate day-to-day, and it can be tricky to distinguish between teenage mood swings and the symptoms of a mental health issue. But if you're still concerned about her mental health, speak to a medical expert, such as your GP.

"There's no health without mental health and, if you're worried about your child, this can have an impact on the whole family. That's why Bupa has produced a guide (which you can search for on our website) for parents to learn more about children's mental health."



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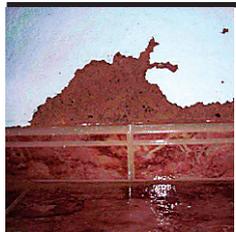
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The people behind the real estate agency Panoramic Properties have a varied and in-depth knowledge of local real estate and all related matters. Among the partners, Maureen Barão, a reputed real estate agent, and René Kalkbrenner, a long-time property administrator, hold an exclusive insight of the market and are well-connected to banks, builders and other professionals, such as architects, engineers, lawyers and accountants, thus ensuring that their clients receive all the information and assistance they need to successfully complete on the purchase or sale of their property.

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Property Highlight



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UK DEPOT BASILDON ESSEX:
Mobile 0044 (0)7989 417625
Tel 0044 (0)1268 723601
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SATURDAY 23

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Flour Power.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Bargain Hunt.
14.00 Money for Nothing.
14.45 Escape to the Perfect Town.
15.30 The Repair Shop.
16.00 Final Score.
17.15 BBC News.
17.32 Pointless Celebrities.
18.15 The Hit List.
19.00 Strictly Come Dancing.
20.10 Michael McIntyre's Big Show.
21.00 Casuality.
22.00 BBC News; Weather.
22.15 National Lottery Update.
22.20 Match of the Day.
23.50 The NFL Show.
00.20 **FILM:** What Doesn't Kill You.

BBC Two

06.30 Top Class.
07.00 Mustangs FC.
07.25 Blue Peter: Strictly and Spies.
07.55 The Amelia Gething Complex.
08.35 Wild & Weird.
08.50 Deadly 60 on a Mission.
09.20 **FILM:** Cars 2 (2011).
11.00 Celebrity Antiques Road Trip.
12.00 MasterChef: The Professionals.
13.00 MasterChef: The Professionals.
14.00 Best House in Town.
14.30 **FILM:** The Wedding Planner (2001).
16.10 The World's Most Extraordinary Homes.
17.10 Coast.
17.40 Wales: Land of the Wild.
18.40 Dad's Army.
19.10 Meet the Bears.
20.10 Great Australian Railway Journeys.
21.10 QI XL.
21.55 Novels That Shaped Our World.
22.55 Pose.
00.40 **FILM:** Before the Winter Chill (2013).

ITV London

06.00 CITV.
07.30 Scrambled!
07.35 Mr Magoo.
07.50 Mr Bean: The Animated Series.
08.10 The Rubbish World of Dave Spud.
08.30 LEGO Jurassic World: The Legend of Isla Nublar.
09.05 Mighty Magiswords!
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.40 Gino's Italian Express.
12.10 Nadia's Family Feasts.
13.15 ITV News and Weather.
13.30 ITV Racing: Haydock live.
16.00 Tipping Point.
17.00 The Chase Celebrity Special.
18.00 ITV News and Weather.
18.25 Take Me Out.
19.40 The X Factor: Celebrity.
21.10 I'm a Celebrity Get Me Out of Here!
22.10 The Jonathan Ross Show.
23.15 ITV News and Weather.
23.35 You've Been Framed! Gold.
00.05 Ideal World.

Channel 4

06.15 The King of Queens.
06.40 Everybody Loves Raymond.
08.00 Heineken Champions Cup Rugby: The Big Tackle.
09.05 Frasier.
10.35 The Big Bang Theory.
11.25 The Simpsons.
12.30 Heineken Champions Cup Rugby Union.
15.10 A Place in the Sun: Winter Sun.
16.05 Four Rooms with Sarah Beeny.
16.55 Guy Martin: World's Fastest Tractor.
18.25 Channel 4 News.
18.55 Great British Car Journeys.
19.50 The Royal House of Windsor.
21.10 **FILM:** Mission: Impossible - Ghost Protocol (2011).
23.45 **FILM:** X-Men Origins: Wolverine (2009).

BBC Four

19.00 Nature's Weirdest Events.
19.10 James May's Big Trouble in Model Britain.
20.10 Earth's Natural Wonders.
21.10 The Sinner.
22.35 Stereophonics: Radio 2 in Concert.
23.40 Vic & Bob's Big Night Out.
00.10 Vic & Bob's Big Night Out.

SUNDAY 24

BBC One

06.00 Breakfast.
07.25 Match of the Day.
09.00 The Andrew Marr Show.
10.00 Sunday Politics.
10.30 Sunday Morning Live.
11.30 Wanted Down Under.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
14.15 The Mallorca Files.
15.00 Escape to the Country.
15.50 Animal Park.
16.50 Seven Worlds, One Planet.
17.15 BBC News.
17.15 Countryfile.
18.00 Seven Worlds, One Planet.
19.15 Strictly Come Dancing: The Results.

20.00 His Dark Materials.
21.00 The War of the Worlds.
22.00 BBC News.
22.30 Match of the Day 2.
23.15 The Women's Football Show.
23.45 DIY SOS: The Big Build.
00.45 Weather for the Week Ahead.
00.50 BBC News.

BBC Two

06.30 A to Z of TV Gardening.
07.15 The Instant Gardener.
08.00 Around the World in 80 Gardens.
09.00 Countryfile.
10.00 Saturday Kitchen Best Bits.
11.30 MasterChef: The Professionals.
12.30 Rick Stein's Secret France.
13.30 Celebrity Antiques Road Trip.
14.30 John Mills: Talking Pictures.
15.05 **FILM:** Great Expectations.
17.00 Golf: World Tour Championship Highlights.
18.00 The Honest Supermarket: What's Really in Our Food?
19.00 Top Gear.
20.00 Dragons' Den.
21.00 Reggie in China.
22.00 The Misadventures of Ramesh Ranganathan.
23.00 **FILM:** Goldstone (2016).
00.45 **FILM:** Paths of Glory (1957).
02.10 Question Time.

ITV London

06.00 CITV.
09.25 ITV News.
09.30 Beautiful Baking with Juliet Sear.
10.30 John and Lisa's Weekend Kitchen.
11.30 Nadia's Family Feasts.
12.35 Countrywise: Guide to Britain.
13.05 ITV News and Weather.
13.15 Catchphrase.
14.00 The X Factor: Celebrity.
15.30 Back to Mine.
16.00 **FILM:** Harry Potter and the Deathly Hallows: Part 1.
18.35 ITV News and Weather.
19.00 How to Spend It Well at Christmas with Phillip Schofield.
20.00 Celebrity Catchphrase.
21.00 I'm a Celebrity Get Me Out of Here!
22.30 ITV News and Weather.
22.50 In the Line of Fire with Ross Kemp.
23.45 Paul O'Grady: For the Love of Dogs.
00.10 Ideal World.

Channel 4

06.15 Cheers.
06.45 The King of Queens.
07.35 Everybody Loves Raymond.
08.25 Dubai 2019 World Para Athletics Championships.
09.30 Sunday Brunch.
12.30 The Simpsons.
13.35 The Dog House.
14.35 **FILM:** Turner & Hooch.
16.35 **FILM:** Crocodile Dundee.
18.25 Channel 4 News.
18.55 Party Election Broadcast.
19.00 Great Canal Journeys.
20.00 Escapeto the Chateau.
21.00 Our Guy in Japan.
22.00 Gogglebox.
23.00 **FILM:** Bad Neighbours.
00.50 **FILM:** The Double (2013).
02.45 Come Dine with Me.

BBC Four

19.00 The Women's Football Show.
19.30 The River Taff with Will Millard.
20.00 Fair Isle: Living on the Edge.
21.00 Kill Your TV: Jim Mair's Weirdest World of Video Art.
22.00 Secrets of British Animation.
23.00 Screengrabbed: BBC Introducing Arts.
00.00 A Grand Night In: The Story of Aardman.
01.00 Paris Is Burning.

MONDAY 25

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My Family.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Mallorca Files.
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 The Andrew Neil Interviews.
20.00 EastEnders.
20.30 How to Brainwash a Million People - Panorama.
21.00 Meat: A Threat to Our Planet?
22.00 BBC News at Ten.
22.45 The Young Offenders.
23.20 Have I Got a Bit More News for You.

00.05 The Graham Norton Show.
00.50 Weather for the Week Ahead.
00.55 BBC News.

BBC Two

06.30 Dom Does America.
07.15 The Repair Shop.
08.00 Sign Zone: Mountain Vets.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Politics Live.
13.00 Chase the Case.
13.40 Eggheads.
14.10 Musicals: Talking Pictures.
14.55 **FILM:** Half a Sixpence.
17.20 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 Only Connect.
20.30 University Challenge.
21.00 Vienna Blood.
22.30 Newsnight.
23.15 Bollywood: The World's Biggest Film Industry.
00.15 The Apprentice.
01.15 Countryfile.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 The Switch.
16.00 Tipping Point.
17.00 Cash Trapped.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 The Martin Lewis Money Show.
21.00 Coronation Street.
21.30 I'm a Celebrity Get Me Out of Here!
22.00 ITV News at Ten; Weather.
22.45 A Very Yorkshire Brothel.
23.45 The Switch.
00.40 All Elite Wrestling: Dynamite.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Celebrity Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun: Home or Away.
17.00 Kirstie's Handmade Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Party Election Broadcast.
20.00 Food Unwrapped.
20.30 Save Well, Spend Better.
21.00 24 Hours in A&E.
22.00 Home Free.
23.05 First Dates.
01.00 Harry Hill's Clubnite.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Canal Boat Diaries.
20.00 Vienna: Empire, Dynasty and Dream.
21.00 Murder in the Bush: Cold Case Hammarskjold - Storyville.
23.00 Tales from the Tour Bus: Rock 'n' Roll on the Road.
00.00 Timeshift: The Da Vinci Code - The Greatest Story Ever Sold.

TUESDAY 26

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My Family.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Mallorca Files.
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 Holly City.
21.00 Gold Digger.
22.00 BBC News at Ten.
22.40 National Lottery Update.
22.45 Plastic Surgery Undressed.
23.40 Michael McIntyre's Big Show.
00.40 Weather for the Week Ahead.
00.45 BBC News.

BBC Two

06.30 Murder, Mystery and My Family.
07.15 The Repair Shop.
08.00 Great Australian Railway Journeys.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Politics Live.
13.00 Coast.
13.35 Eggheads.
14.05 Imagine - Andrew Lloyd Webber: Memories.
15.35 **FILM:** Carmen Jones (1954).
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 MasterChef: The Professionals.
21.00 The Baby Has Landed.
22.00 The Apprentice: You're Fired.
22.30 Newsnight.
23.15 Vitamin Pills: Miracle or Myth?
00.15 Inside the Supermarket.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 The Switch.
16.00 Tipping Point.
17.00 Cash Trapped.
18.00 ITV News London; Weather.
18.25 Party Election Broadcast.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Paul O'Grady: For the Love of Dogs.
20.30 Coronation Street.
21.00 I'm a Celebrity Get Me Out of Here!
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.20 Monster Carp.
00.20 Ideal World.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Celebrity Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun: Home or Away.
17.00 Kirstie's Handmade Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Party Election Broadcast.
20.00 The Secret Life of the Zoo.
21.00 My Grandparents' War.
22.00 Shocking Emergency Calls.
23.05 Boeing's Killer Plane.
00.10 Our Guy in Japan.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Canal Boat Diaries.
20.00 Secret Life of Farm Animals.
21.00 Inside Porton Down: Britain's Secret Weapons Research Facility.
22.00 The Trouble With Naipaul.
23.00 Sleuths, Spies & Sorcerers: Andrew Marr's Paperback Heroes.

WEDNESDAY 27

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My Family.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Mallorca Files.
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 The Andrew Neil Interviews.
20.00 DIY SOS: The Big Build.
21.00 The Apprentice.
22.00 BBC News at Ten.
22.40 National Lottery Update.
22.45 The Man Who Saw Too Much.
23.45 Earth from Space.
00.45 Weather for the Week Ahead.
00.50 BBC News.

BBC Two

06.30 Murder, Mystery and My Family.
07.15 The Repair Shop.
08.00 Your Home Made Perfect.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Politics Live.
13.40 Chase the Case.
14.15 Darcey Bussell: Looking for Fred Astaire.
15.15 **FILM:** Daddy Long Legs.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 MasterChef: The Professionals.
21.00 The Baby Has Landed.
22.00 The Apprentice: You're Fired.
22.30 Newsnight.
23.15 Vitamin Pills: Miracle or Myth?
00.15 Inside the Supermarket.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 The Switch.
16.00 Tipping Point.
17.00 Cash Trapped.
18.00 ITV News London; Weather.
18.25 Party Election Broadcast.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Paul O'Grady: For the Love of Dogs.
20.30 Coronation Street.
21.00 I'm a Celebrity Get Me Out of Here!
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.45 Monster Carp.
00.20 Ideal World.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Celebrity Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun: Home or Away.
17.00 Kirstie's Handmade Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Party Election Broadcast.
20.00 What Makes a Murderer.
21.00 999: What's Your Emergency?
23.05 24 Hours in A&E.
00.10 My Grandparents' War.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Canals - Making of a Nation.
20.00 Sacred Wonders of Britain.
21.00 Digging for Britain.
22.00 Vic & Bob's Big Night Out.
22.30 Mortimer & Whitehouse: Gone Fishing.
23.30 Everyday Miracles: The Genius of Sofas, Stockings and Scanners.
00.30 Utopia: In Search of the Dream.

THURSDAY 28

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My Family.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Mallorca Files.
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 Inside the Supermarket.
21.00 Elton John: Uncensored.
22.00 BBC News at Ten.
22.45 Question Time.
23.45 Brexitcast; Weather.
00.20 BBC News.

BBC Two

06.30 Murder, Mystery and My Family.
07.15 The Repair Shop.
08.00 Sign Zone: DIY SOS: The Big Build.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Politics Live.
13.00 Chase the Case.
13.40 Eggheads.
14.15 The Best Dishes Ever.
14.25 Darcey Bussell: Dancing to Happiness.
15.25 **FILM:** Call Me Madam.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 MasterChef: The Professionals.
21.00 Giri/Haji.
22.00 QI.
22.30 Newsnight.
23.15 Reggie in China.
00.15 Rick Stein's Secret France.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 The Switch.
16.00 Tipping Point.
17.00 Cash Trapped.
18.00 ITV News London; Weather.
18.25 Party Election Broadcast.
19.00 Emmerdale.
19.30 The Leader Interviews: Jo Swinson - Tonight.
20.00 Emmerdale.
20.30 Gino's Italian Express.
21.00 I'm a Celebrity Get Me Out of Here!
22.30 ITV News; Weather.
23.15 Piers Morgan's Life Stories.
00.15 Ideal World.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun: Home or Away.
17.00 Kirstie's Handmade Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Party Election Broadcast.
20.00 Buy It Now for Christmas.
21.00 What Makes a Murderer.
22.00 999: What's Your Emergency?
23.05 24 Hours in A&E.
00.10 My Grandparents' War.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Canals - The Making of a Nation.
20.00 Wonders of the Solar System.
21.00 Wild Weather with Richard Hammond.
22.00 Elton John at the BBC.
22.55 Sings Disney Songs.
23.50 Penny Blacks & Twopenny Blues - How Britain Got Stuck on Stamps.
00.50 Utopia: In Search of the Dream.

FRIDAY 29

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My Family.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Mallorca Files.
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 BBC Election Debate.
20.30 EastEnders.
21.00 Still Open All Hours.
21.30 Have I Got News for You.
22.00 BBC News at Ten.
22.35 National Lottery Update.
23.40 The Graham Norton Show.
23.45 Fleabag.
23.55 The Apprentice.
00.55 Weather for the Week Ahead.
01.00 BBC News.

BBC Two

06.30 Murder, Mystery and My Family.
07.15 The Repair Shop.
08.00 Love in the Countryside.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Politics Live.
13.00 Chase the Case.
13.40 Eggheads.
14.15 Darcey Bussell's New Dance.
14.45 Fred Astaire and Ginger Rogers: Talking Pictures.
15.35 **FILM:** Top Hat (1935).
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 The One Show.
19.30 Match of the Day Live: The FA Cup.
22.00 Mock the Week.
22.30 Newsnight.
23.15 Margate, Turner and the Prize.
23.45 **FILM:** Cosmopolis (2012).
01.30 How to Brainwash a Million People - Panorama.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 The Switch.
16.00 Tipping Point.
17.00 Cash Trapped.
18.00 ITV News London; Weather.
18.25 Party Election Broadcast.
19.00 Emmerdale.
19.30 The Leader Interviews - Tonight.
20.00 Emmerdale.
20.30 Gino's Italian Express.
21.00 I'm a Celebrity Get Me Out of Here!
22.30 ITV News; Weather.
23.15 Take Me Out.
00.25 Back to Mine.
00.50 Ideal World.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun: Home or Away.
17.00 Kirstie's Handmade Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Party Election Broadcast.
20.00 Unreported World.
19.55 Party Election Broadcast.
20.00 Flirty Dancing.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 Harry Hill's Clubnite.
00.10 **FILM:** Anchorman 2: The Legend Continues (2013).

BBC Four

19.00 World News Today.
19.30 Top of the Pops: 1988.
20.00 Sound of Song.
21.00 Top of the Pops: 1988.
21.30 Country Music by Ken Burns.
23.15 Country Queens at the BBC.
00.15 Great Guitar Riffs at the BBC.
01.15 Top of the Pops: 1988.

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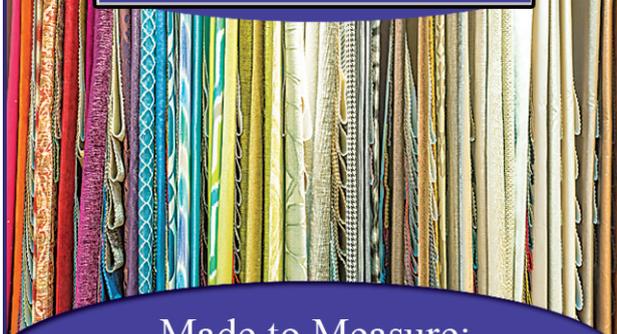
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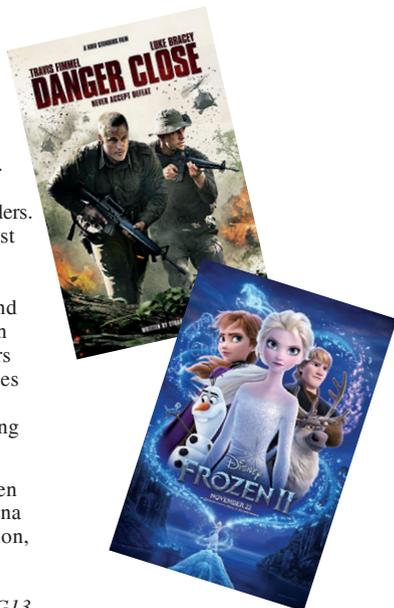
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Cinema

NEW THIS WEEK

Danger Close - Stars: Travis Fimmel, Luke Bracey, Richard Roxburgh. *Genre:* Action, Drama, War. *Director:* Kriv Stenders. *Rating:* R. *Plot:* In August 1966, in a Vietnamese rubber plantation called Long Tan, 108 young and inexperienced Australian and New Zealand soldiers are fighting for their lives against 2500 North Vietnamese and Viet Cong soldiers.

Frozen II - Stars: Kristen Bell, Jonathan Groff, Idina Menzel. *Genre:* Animation, Adventure, Comedy. *Directors:* Chris Buck, Jennifer Lee. *Rating:* PG13. *Plot:* Anna, Elsa, Kristoff, Olaf and Sven leave Arendelle to travel to an ancient, autumn-bound



forest of an enchanted land. They set out to find the origin of Elsa's powers in order to save their kingdom.

Cinema Listings

NOS Forum Algarve - Faro Frozen II (OV & PV); Tristeza e Alegria na Vida das Girafas; Le Mans '66; Motherless Brooklyn; Midway; Cats (PV); Joker.

NOS Mar Shopping - Loulé Frozen II (OV & PV); Danger Close; Le Mans '66; Midway; The Addams Family (PV).

Gran-Plaza NOS - Tavira Frozen II (OV & PV); Le Mans '66; Midway; A Herdade; The Addams Family (PV); Joker.

Algarçine - Portimão Frozen II (OV & PV); Le Mans '66; Motherless Brooklyn; Midway; Countdown; Playing with Fire; Maleficent: Mistress of Evil (PV); Joker.

Algarçine - Lagos Frozen II (OV & PV); Le Mans '66; Midway; Countdown; Playing with Fire; Maleficent: Mistress of Evil (PV); Joker.

Algarçine Ria Shopping - Olhão Frozen II (OV & PV); Le Mans '66; Motherless Brooklyn; Midway; Countdown; Playing with Fire; Maleficent: Mistress of Evil (PV); Joker.

Cineplace Algarve Shopping - Guia Frozen II (OV & PV); Danger Close; Never Grow Old; Midway; Countdown; Playing with Fire; Doctor Sleep; Terminator: Dark Fate; The Addams Family (OV & PV); Maleficent: Mistress of Evil (OV & PV); Abominable (PV); Cats (PV); Joker.

Cineplace - Portimão Frozen II (OV & PV); Danger Close; Le Mans '66; Motherless Brooklyn; Midway; A Yeti Adventure (PV); Playing with Fire; Doctor Sleep; Terminator: Dark Fate; The Addams Family (PV); Maleficent: Mistress of Evil; Abominable (PV); Joker.

Estação Viana Shopping - Viana do Castelo Frozen II (PV); Le Mans '66; A Yeti Adventure (PV); Midway; Playing with Fire; Terminator: Dark Fate; The Addams Family (PV); Maleficent: Mistress of Evil; Abominable (PV); Joker.

Cineplace Loures Shopping Frozen II (PV); Danger Close; Never Grow Old; Le Mans '66; Motherless Brooklyn; A Yeti Adventure (PV); Midway; Countdown; Playing with Fire; Terminator: Dark Fate; Trouble (PV); Addams Family (PV); Maleficent: Mistress of Evil (PV); Abominable (PV); Joker.

Cineplace Leiria Shopping Frozen II (OV & PV); Danger Close; Never Grow Old; Le Mans '66; Motherless Brooklyn; A Yeti Adventure (PV); Alpha: The Right to Kill; Midway; Countdown; Playing with Fire; Terminator: Dark Fate; The Addams Family (PV); Maleficent: Mistress of Evil (PV); Abominable (PV); Cats (PV); Joker.

Cineplace Riosul - Seixal Frozen II (PV); Danger Close; Never Grow Old; Le Mans '66; Motherless Brooklyn; A Yeti Adventure (PV); Alpha: The Right to Kill; Midway; Countdown; Playing with Fire; Terminator: Dark Fate; The Addams Family (PV); Maleficent: Mistress of Evil (OV & PV); Abominable (PV).

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EXHIBITIONS

Empty Quarter #2 23 November 2019 – 18 January 2020, Galeria SALA 117, Porto, www.viralagenda.com

From Indonesia with Love Until 24 November, Museu do Oriente, Lisbon, www.viralagenda.com

Lisbon, Entry €6, www.padraodosdescobrimentos.pt

The Nature of this Room 1 November – 21 December, 4pm – 7pm, Lapso Galeria, Setúbal, www.viralagenda.com

Harry Potter: The Exhibition 16 November 2019 – 8 April 2020, from

Empty Quarter #2
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Empty Quarter #2. 23 November – 18 January, Porto.

Daniel Blaufuks Until 24 November, Galeria Municipal Pavilhão Branco, Lisbon, www.viralagenda.com

Invisible Empire Until 24 November, 10am – 6pm, Museu do Oriente, Lisbon, Entry €6, www.visitlisboa.com

Children of the Sea 25 October – 25 November, 7pm – 10pm, Má lingua, Lisbon, www.viralagenda.com

Black and White Drawings of Carlos Saramago 9 November – 29 November, 4pm – 6pm, Galeria Municipal do Entroncamento, Entroncamento, www.viralagenda.com

To be a Woman in a Man's World 16 November – 30 November, Trilhos da Terra, Aveiro, www.viralagenda.com

Harder Better Faster Stronger Until 2 December, 9am – 10pm, Cultura Maia, Maia, Free entry, www.viralagenda.com

Claudia Mini 5 November – 31 December, 7pm – 10pm, Colorida Art Gallery, Lisbon, Free entry, www.viralagenda.com

Zayle Until 7 December, Casual Lounge Caffé, Lisbon, www.viralagenda.com

Treasures 15 November – 7 December, 10.30am – 7pm, Galeria Jorge Welsh Works of Art, Lisbon, www.viralagenda.com

Parallel Review 21 November – 14 December, Lisbon, www.viralagenda.com

SLADE – Interpretations – David Clapham & Ulrich Niemeyer 9 November – 14 December, 3pm – 7pm, Wednesday – Saturday, Rua Capitao Luis Gonzaga, Coimbra, info@ngpcontemporary.com

Are You a Tourist? Until 15 December, 10am – 7pm, Padrão dos Descobrimentos,

10am, Pavilhão de Portugal, Lisbon, Tickets €19, www.everythingisnew.pt

FAIRS & FESTIVALS

Portuguese Handicrafts Fair every Saturday until 28 December, Campo Pequeno, Lisbon, Free entry, www.visitlisboa.com

InShadow – Lisbon ScreenDance Festival'19 Until 30 November, Lisbon, www.voarte.com

Festival Super Bock em Stock'19 Until 30 November, Avenida da Liberdade, Lisbon, www.superbockemstock.pt

Festival Mental 2019 Porto 21 November – 23 November, Porto, www.viralagenda.com

Lisboa Games Week 21 November – 24 November, 10am – 8pm, FIL – Lisbon Exhibition and Congress Centre, Lisbon, Tickets from €12, www.visitlisboa.com

Lisbon Tattoo Rock Fest 29, 30 November & 1 December, Altice Arena, Lisbon, Tickets from €10, www.arena.altice.pt

Feira de Artesanato de Matosinhos 29 November – 23 December, 10am, Jardim Basílio Teles, Matosinhos, Free entry, www.viralagenda.com

National Geographic Exodus Aveiro Fest 2019 30 November, 9am – 9pm, Centro Cultural e de Congresso de Aveiro, Aveiro, www.viralagenda.com

Oporto Soundshock 30 November – 1 December, 2pm – 12am, CCOP – Circulo Católico de Operários do Porto, www.viralagenda.com

MARKETS

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

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

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

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

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

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

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

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

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

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

MUSIC

André Rieu 20 – 28 November, Altice Arena, Lisbon, Tickets from €40, www.arena.altice.pt

The Mountain Goats 24 November, Lav – Lisboa Ao Vivo, Tickets from €19, www.everythingisnew.pt

Postmodern Jukebox 25 & 26 November, 9.30pm, Casino Estoril, Tickets from €28, www.everythingisnew.pt

Brit Floyd 25 November, Altice Arena Lisbon, Tickets from €20. www.arena.altice.pt

Vampire Weekend 26 November, 8.30pm, Coliseu de Lisboa, Tickets from €30 www.everythingisnew.pt

The Waterboys. 27 November, 9.30pm, Campo Pequeno Lisbon, Tickets from €35, www.ticketline.pt

Harlem Gospel Choir Special Tribute to Prince 4 December, 9pm, Casa da Música, Tickets from €30, www.ticketline.sapo.pt

Márcia 6 December, Coliseu de Lisboa, Lisbon, Tickets from €15, www.everythingisnew.pt

Bryan Adams. 6 December, 9pm, Altice Arena Lisbon,

Tickets from €40, www.blueticket.pt

The World of Hans Zimmer 8 December, 9pm, Altice Arena, Lisbon, Tickets from €31.90, www.ticketline.sapo.pt

The National. 12 December, 8.30pm, Campo Pequeno, Lisbon, Tickets from €24, www.everythingisnew.pt

James Arthur 19 January, Campo Pequeno, Lisbon, Tickets from €23, www.everythingisnew.pt

Madonna Madame X Tour 16, 18 & 19 January, from 8.30pm, Coliseu Lisboa, Tickets from €75, www.everythingisnew.pt

Keane 25 January, 8pm, Coliseu do Porto, Porto, Tickets from €30, www.everythingisnew.pt

THEATRE & DANCE

Black Stars 14 November - 24 November, 9pm, Teatro Taborda, Lisbon, www.viralagenda.com

Shrek the Musical 16 November 2019 – 2 February 2020, Auditório Casino Estoril, www.ticketline.sapo.pt

The Human Voice 20 November – 24 November, Teatro Municipal São Luiz, Lisbon, Tickets from €12, www.visitlisboa.com

The Phantom of the Opera. 21 – 23 November, from 9.30pm, Campo Pequeno. Tickets from €15, www.campopequeno.com

Swan Lake by the Russian Classical Ballet 23 November, 5pm and 9.30pm, Coliseu Porto Ageas, www.ticketline.sapo.pt

The Sleeping Beauty 5 & 6 December, Teatro Tivoli BBVA, Lisbon, Tickets from €20, www.visitlisboa.com

Swan Lake 7 & 8 December, Teatro Tivoli BBVA, Lisbon, Tickets from €20, www.visitlisboa.com

The Night Watchman 7 December – 10 December, Teatro Municipal São Luiz, Lisbon, Tickets €55, www.visitlisboa.com

Maxime Cabaret Show Until 14 December, 8.30pm, Maxime Restaurant – Bar, Lisbon, Tickets €55, www.viralagenda.com

Carmina Burana by La Fura dels Baus 20 & 21 December, Campo Pequeno,

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

NOTE: Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing. Please send your events to events@theportugalnews.com by midday on the Monday before publication.

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

Lisbon, Tickets from €17,50, www.visitlisboa.com

The Nutcracker by the Russian Classical Ballet 21 December, 9.30pm, Auditório Jorge Sampaio, Sintra, Lisbon, Tickets from €18, www.ticketline.sapo.pt

Chicago Until 29 December, 9.30pm, Teatro da Trindade INATEL, Lisbon

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

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

WORKSHOPS & COURSES

Ashtanga Yoga Class, 4 September – 17 December, 7.30pm – 8.30pm, Jardim do Torel, Lisbon, www.viralagenda.com

Life Coaching Masterclass 28 September – 25 January, 9am – 12.30pm, Estúdio Mariposa, Lisbon, Tickets from €25, www.viralagenda.com

Yoga for Anxiety and Stress Relief 4 October – 28 January, 7pm – 8pm, Jardim do Torel, Lisbon, Cost: €6, www.viralagenda.com

Azulejo Workshop 9 November – 7 December, 9.30am – 1pm, Museu do Oriente, Lisbon, www.viralagenda.com

Sat Nam Rasayan – Art of Healing until 21 December, SER YOGA, Porto, www.viralagenda.com

Bouldering Workshop 7 December, 10am – 4pm, Penoita – Vouzela, from €5, www.viralagenda.com

SPORTS

Corrida São Silvestre de Lisboa '19 28 December, Praça dos Restauradores, Lisbon, www.saosilvestredelisboa.com

Lisbon City Runners Until 31 December, Lisbon, www.viralagenda.com

Nazaré Big Wave Challenge Until 31 March, Praia do Norte, Nazaré, Free entry, www.worldsurfleague.com

South

AUCTIONS

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

EXHIBITIONS

EXPATS – Collective Photo Exhibition Until 22 December, 3pm – 7pm, Associação 289, Faro, www.visitalgarve.pt

The Art of Clay – Culture and Tradition of Roof Tile Markers Until 31 December, Costume Museum, São Brás de Alportel, www.visitalgarve.pt



ALUT. 28 November – 1 December, Alcoutim River Pier.

VIDA – Wildlife in Botswana and South Africa Until 6 December, 8.30am – 5.30pm, EMARP, Portimão, www.visitalgarve.pt

Sand City Until 30 November, 10am-10pm, Lagoa, Cost: €11.90 (Adult); €9.50 (Seniors); €5.90 (Children between 6-12); Free (under 5yo's). www.sandcity.pt

Century of the Seas Until 28 December, 9.30am – 5pm, Ponta da Bandeira Fort, Lagos, Entry €3, www.visitalgarve.pt

Afro – Disiac' Until 28 December, 10am – 6pm, Cultural Centre, Lagos, Free entry, www.visitalgarve.com

Treasures of Nature by Sylvain and Tara Bongard Until 7 January, Silves Castle atelierbongard@hotmail.com

Local Arts & Crafts Expo Open daily until 3 January, 10.30am – 4.30pm, Caldas de Monchique. 961 571 984 artatspa@gmx.com

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

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

FAIRS & FESTIVALS

Aljezur Sweet Potato Festival 29 November - 1 December, 12pm-12am, EMA – Aljezur Multipurpose Space, Aljezur

Autumn Fair 30 November, 11am – 4pm, Guia football Club. 10% of all money taken donated to the soup kitchen Guia. Donnaevents180@gmail.com

St Andrew's Ball. 30 November, from 7pm, Penina Hotel & Golf Resort. Ticketd from €45, 919 635 246

MARKETS

Loulé - Every Saturday

Quarteira - Every Wednesday

Lift Market Lagos - Every Saturday

São Brás de Alportel Market – Every Saturday

Tunes - 4th Saturday of the month

São Bartolomeu de Messines - 4th Monday of the month

Almancil - 1st and 4th Sunday of the month

Querença - Last Sunday of the month

Boliqueime - Last Thursday of the month

Odiáxere - 4th Monday of the month

Ferreiras - 2nd and 4th Tuesday of the month

Areias de São João Flea Market - 4th Saturday of the month

Quelfes - 4th and 5th Sunday of the month

Quelfes Flea Market - 4th and 5th Sunday of the month

Lagoa Flea Market Precinct of the FATACIL - 4th Sunday of the month

Pereiro - 4th Sunday of the month

Santa Catarina - 4th Sunday of the month

Rogil - 4th Sunday of the month

MUSIC

Jack Broadbent 23 November, 9.30pm, Louletano Cine Theatre, Tickets €12, www.cineteatro.cm-loule.pt

Camané and Mário Laginha 29 November, 9.30pm, Carlos do Carmo



Jack Broadbent. 23 November, Louletano Cine Theatre.

Municipal Auditorium, Lagoa, Tickets €10, www.cm-lagoa.pt

Choque Frontal Live. 29 November, 9.30pm, TEMPO Portimão. Free entry. www.teatromunicipaldeportimao.pt

20th anniversary of TUALLE. 30 November, 9.30pm, Louletano Conte Teatro. Tickets €12. www.cineteatro.cm-loule.pt

JJJohns X-Mas Dinner-Dance Show. 1 December,

2pm – 6pm, Restaurante Sítio do Mário, Albufeira. Show and Sunday roast €13. 914 900 031 or 282 442 621

SPORT

ALUT – Algarviana Ultra Trail 2019 28 November – 1 December, 4.30pm, Alcoutim River Pier, www.visitalgarve.com

THEATRE & DANCE

Madagascar – A Musical Adventure 21 – 23 November, Teatro das Figuras, Faro, Tickets from €5, www.viralagenda.com

The Wizard of Oz by The Algarveans 21 – 23 November, 7.45pm, Carlos do Carmo Auditorium Lagoa, Tickets €10, www.ticketline.pt

Portimão International Dance Festival 23 – 24 November, Portimão Arena, 912 153 263

A life in motion. 29 and 30 November at 9.30pm and 1 December at 8.30pm, Teatro Experimental de Lagos. associacaotel@gmail.com

WORKSHOPS & COURSES

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

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

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

Sake Masterclass. 23 and 30 November, 4pm – 5.30pm at Mizu-Teppanyaki. www.vilavitaparc.com

Algarve Dental Implant Info Sessions 28 November, Albufeira, 12 December, Faro, Free entry, www.algarvedentalimplants.com



Sempre Natal 2 November – 21 December, 3pm – 8pm, Global Dança Academia de Dança, Porto, www.viralagenda.com

Traditional Christmas Fair 23 November, 10am – 5pm, Quinta Shopping, Quinta do Lago

Conrad Spa Christmas Market. 24 November, 4pm – 8pm, Conrad Algarve. Conradalgarve.spa@conradhotels.com

Campo Pequeno Christmas Market 29 November – 2 December, 11.30am – 9.30pm, Campo Pequeno, Lisbon, www.visitlisboa.com

Óbidos Vila Natal 29 November 2019 – 5 January 2020, Óbidos, www.viralagenda.com

ACCA Christmas Market 30 November, 11am, Tennis & Fitness Club at Villas & Vacations, Estrada do Lobo, Almancil

Christmas Fair 30 November, 10am – 3pm, Vilamoura International School

Santa's Arrival 30 November, 3pm, Loulé

Feirinha de Natal 1 December, 11am – 4pm, Museu do Traje, São Brás de Alportel

Santa's Arrival 1 December, 11am, Praça do Mar, Quarteira

Santa's Arrival 1 December, 3.30pm, Jardim das Comunidades, Almancil

Wonderland Christmas Fayre 1 & 2 December, 11am – 4pm, Wonderland Tea Room, Ferragudo, wonderlandtroom@gmail.com

Natalis '19 4 December – 8 December, Feira Internacional de Lisboa, Lisbon, www.visitlisboa.com

Christmas Gala Dinner 6 December, 7.30pm, Conrad Algarve, Quinta do Lago

Village of Dreams 6 December – 29 December, Cerca do Convento, Alcaldaria

do Castelo, Largo D. Afonso III and Largo de S. Francisco

Natalândia Zoo de Lagos 6 December – 31 December, Parque Zoológico de Lagos

Christmas Show 7 December, 11am and 3pm, Loulé Municipal Sports Pavilion, Tickets available on ticketline.

8th Father Christmas Parade 7 December, Holiday Inn Algarve, 282 320 260

Concerto de Natal Dell'Acqua 8 December, 5pm, Igreja Matriz de Lagoa

Living Statues at Christmas | 6th Edition. 13 & 14 December, 3pm-6pm (Fri) & 10am-1am (Sat). 25 de Abril Street and 5 de Outubro Square, Lagoa.

Concerto de Natal 14 December, 4pm, Auditório Municipal Augusto Cabrita, Setúbal, Tickets from €3, www.ticketline.sapo.pt

Christmas Street 14 – 24 December, 11am – 6pm, Rua Vasco da Gama, Quarteira

A Andorinha e o Príncipe 15 December, 3pm, Centro Cultural Convento S. José, Lagoa

Concerto Coral de Natal 15 December, 5pm, Centro Cultural Convento S. José, Lagoa

XMAS in the Night 21 December, 9.30pm, Altice Arena, Lisbon, Tickets from €20, www.blueticket.pt

Xmas in the Night 21 December, 9.30pm, Altice Arena, Lisbon, Tickets from €20, www.blueticket.pt

Christmas Day Swim For Charity 25 December, Holiday Inn Algarve, 282 320 260

Medieval Paderne 28 December 2019 – 1 January 2020, 12pm – 9pm, Paderne, 289 598 801

New Years Day Charity Swim 1 January 2020, Holiday Inn Algarve, 282 320 260



Christmas Market. 29 November – 2 December, Lisbon.



Aeess algarve

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Entertainment & Leisure

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JJJOHNS CHRISTMAS DINNER-DANCE Sunday December 1st at the New Venue Restaurante Sítio Do Mário Rua Dr. Diogo Leote 36/38 8200-121 Albufeira. From 2 till 6pm, 3 course Sunday Roast €13.- excl. drinks. On stage Country-Singer JJJohns with good old country and country-Christmas songs, Sweetheart of the Rodeo Suzanna Wilson with C&W, 60's, 70's and 80's. Special guest: (the Algarve Nightingale) ILZE. Line-Dances teacher: Mary Buckinham. Reservations + directions: 914900031 or 282442621, jjjohns.cw@gmail.com

ALGARVEWEEKEND WALKERS. Join us for professionally guided walks through the lovely Algarve countryside. Querenca 24th November. Start 10.30, €5 donation. Contact: algarveweekendwalkers@gmail.com

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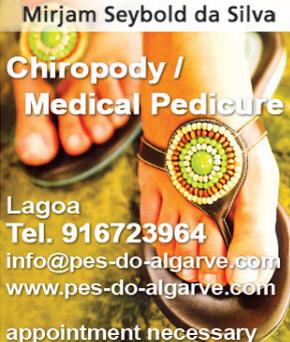
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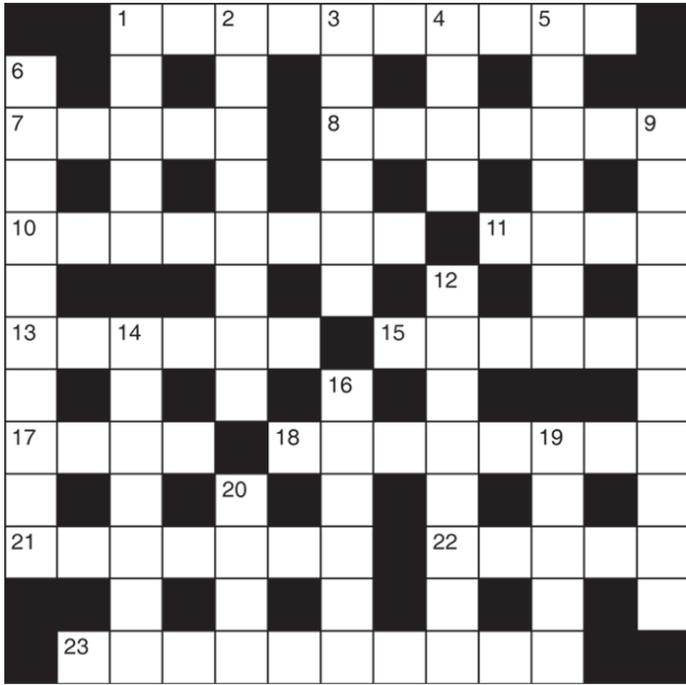
**Dec 1st
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and Christmas carols.*





Last week's cryptic crossword solutions
Across: 7 Mineral waters; 8 Cannibal; 9 Opts; 10 Poison; 12 One-way; 14 Astern; 16 Static; 18 Onus; 20 Talisman; 22 Poor performer.
Down: 1 Picadors; 2 Beings; 3 Garb; 4 Swallows; 5 Stroke; 6 Trot; 11 Nineteen; 13 Animated; 15 Ensure; 17 Assert; 19 Noon; 21 Left.

CRYPTIC CROSSWORD

ACROSS

1. Don't walk about: we've reached deadlock (10)
7. Brother donkey needs vulgar money (5)
8. Topical drawing of a box with nothing in it (7)
10. Behind everybody else, despite every consideration (5,3)
11. The class will do very well on it (4)
13. Red sun is something to be fostered (6)
15. Animal returns metal to bird (6)
17. Robert goes round headmost with explosive device (4)
18. Whisky and soda making for a noble dance? (8)
21. Buried so as not to shock? (7)
22. The conductor uses it to continue the innings (5)
23. Law not enforced because the landlord was deceased (4-6)

DOWN

1. Begin to jump (5)
2. When Bob reads, he's entirely occupied (8)
3. Coiled so as to be easily managed (6)
4. In which are the grass-roots of horse-racing (4)
5. The watch has prospects (4-3)
6. A noble bait that can be procured (10)
9. An area for women only between hostile forces? (2-4-4)
12. Poor clothes for a vice? (3,5)
14. Compunction about signal code (7)
16. Instrument can be obtained for a trifle (6)
19. One expects dramatic results when he takes part (5)
20. Get rid of the outhouse (4)

QUICKCROSSWORD

ACROSS

1. Grow worse (10)
7. Foreign (5)
8. Betrayer (7)
10. Value highly (8)
11. Standard (4)
13. Respect (6)
15. Chalk pencil (6)
17. Pile (4)
18. Figure of speech (8)
21. Model (7)
22. Precise (5)
23. Interpreted (10)

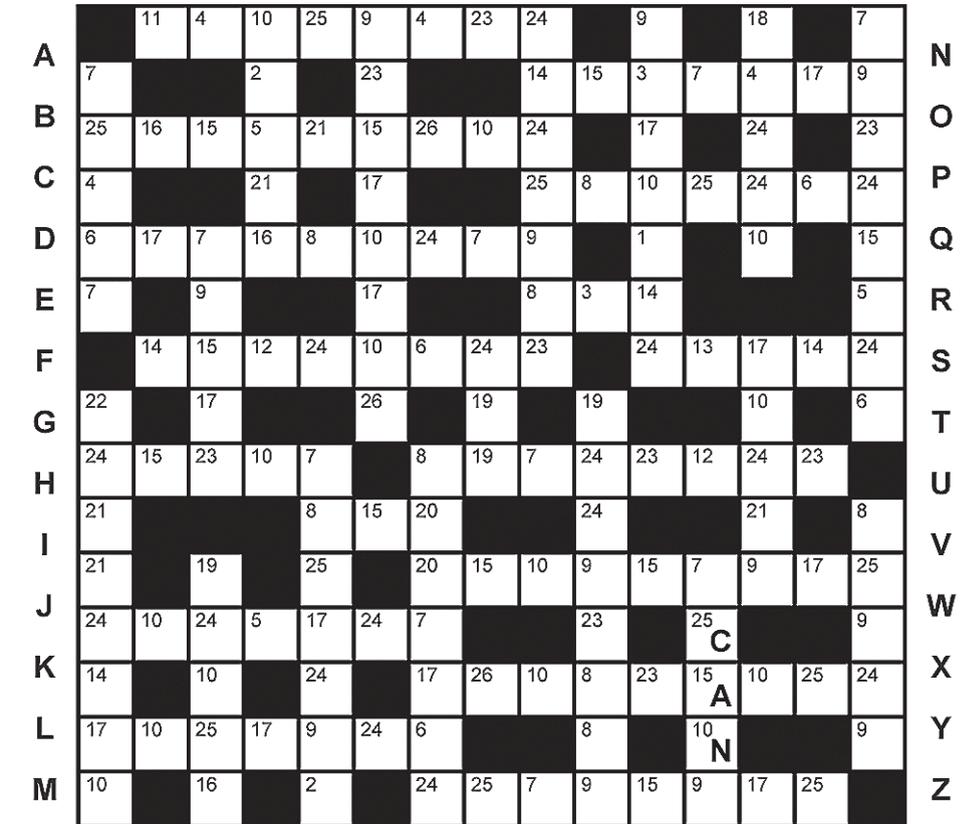
DOWN

1. Urge (5)
2. Desperado (8)
3. Essence (6)
4. Genuine (4)
5. Completely (7)
6. Large warship (10)
9. Produce anew (10)
12. Decoration (8)
14. Farm vehicle (7)
16. Dog-house (6)
19. Amass (5)
20. Incline (4)

Last week's quick crossword solution
Across: 7 Extraordinary; 8 Chaperon; 9 Able; 10 Angler; 12 Inroad; 14 Hectic; 16 Yonder; 18 Zero; 20 Latitude; 22 Dispassionate.
Down: 1 Exchange; 2 Propel; 3 Poor; 4 Identity; 5 Unfair; 6 Oral; 11 Reckless; 13 Anecdote; 15 Troupe; 17 Noting; 19 Exit; 21 Trip.

CODEWORD

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



SUDOKU

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

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

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

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

Medium

Hard

Last week's solutions

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

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

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Double delight as Troia is voted Portugal's best

Portugal's Troia Resort has been voted the country's best course by National Club Golfer (NCG) in its 'Top 100 Golf Courses in Continental Europe 2019' rankings.

The resort has further established itself among Europe's elite venues by appearing in yet another top 10 ranking - this time rated number seven by NCG. The news caps off an impressive year for the stunning Trent Jones Senior links - which also made a sensational nine-place climb up to number eight in Golf World's prestigious top 100 rankings. Rated five places above its nearest Portuguese rival, the ranking reaffirms that golfers and industry experts are finally taking notice of the resort after, perhaps, being underappreciated due to the exceptional standard of golf courses across the country. Assessed over nine different categories - design, condition, consistency, setting, playability, challenge, variety, routing and

charm - Troia scored an impressive 79 points out of a possible 100, with the magazine's judging panel scoring the course highly in all criteria. The par-72 layout stretches 6,317m along the beach, offering panoramic views of the Atlantic Ocean and Arrábida mountain range throughout the 18 holes. When announcing its top 100 rankings, the National Club Golfer judging panel remarked: "Troia offers the feel and look of a classic links and the routing is superb - never losing sight of the sea. And, while it is very difficult, our panel loved the Trent Jones classic. Portugal's number one." Alexandre Barroso, Troia's golf director, said: "Troia really is a golfing experience like no other and we're delighted that it's finally being recognised and rewarded for its special and unique characteristics.



Troia Resort has been voted the country's best course by National Club Golfer (NCG)

"To appear in our second European top 10 and, of course, be voted the best course in Portugal is a dream come true for everyone involved with the resort, as we all know this is where it deserves to be.

"We invite any golfer from across the world to come and experience it for themselves and discover everything the course and resort has to offer - you won't be disappointed!"

Rhodes joins Schmidt in winners' circle

The Justin Rose Telegraph Junior Golf Championship witnessed a record-breaking finale at Portugal's famous Quinta do Lago resort as rising England stars Ben Schmidt and Mimi Rhodes wrote new marks into the event's 35-year history.

While Schmidt's 15-shot triumph barely looked in doubt from the first day of the 54-hole event - junior golf's unofficial major - Rhodes' victory was unclear until the 16th green, as she stood level with her playing partners, Wales's Darcey Harry and Scotland's Carmen Griffiths. But then the 17-year-old from Wedmore, Somerset, finished as no girl had before - birdie, birdie, eagle - to claim the title and add her name to the illustrious list of previous winners. Suddenly Rhodes was

celebrating a four-shot triumph over Harry with Carmen Griffiths another three shots back in third. The tears fell as Mimi was hugged by her younger sister Patience, who herself finished fifth on Quinta do Lago's North Course. And within minutes, Mimi was on the phone to her grandmother, Susan. "Grandma is suffering from cancer and has been through a bad time, but she was so proud of Patience and I qualifying for these finals," she said. "I wanted so much to do it for her. Grandma said she knew I would win, but even she

was surprised that I closed my round like that. Rotherham Golf Club's Schmidt, also 17 and already the winner of this season's Brabazon Trophy and Carris Trophy, finished ahead of fellow Englishman Max Hopkins and Northern Ireland's Aaron Marshall in a tie for second 15 shots back. Schmidt shot 68, 69, 69 for a final score of 10-under-par, a performance made even more impressive as he went through the final 36 holes with only one bogey, despite the windy conditions.

"I did feel very much in control and I can't tell you what this means to me," he said. "To win this title at any stage would've been a huge honour, but to do so in the year when Justin Rose has first put his name to it and sponsored the championship with his own

money makes it extra special," Schmidt said. "It's been a fantastic year for me, with the Brabazon Trophy and Carris Trophy already on the mantelpiece and now this as well. It gives me so much confidence going forwards." The Justin Rose

Telegraph Junior Golf Championship, which is supported by the R&A, European Tour Foundation and England Golf, is open to any juniors aged under-18 at midnight on 1 January, 2019, with this year's finals being televised by Sky Sports.

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Ronaldo firing on all cylinders

A hat-trick against Lithuania at the Algarve Stadium and a further strike in the 2-0 victory in Luxembourg has propelled Cristiano Ronaldo to the ninety-nine goal mark for his country.



Ronaldo (2-L) celebrates after scoring during the UEFA Euro 2020 qualifying round Group B soccer match between Luxembourg and Portugal. (Photo: Lusa/Mario Cruz)

Having been in the headlines for his reaction to being substituted in Juventus' recent match against AC Milan, Ronaldo responded in the perfect manner by putting Lithuania to the sword in clinical fashion. It was his ninth international hat-trick since making his debut for Portugal. His 99 goals have come in 164 games with sixty coming in qualifying matches, seventeen in friendlies, nine at European Championships, seven at World Cups, two in the Confederations Cup and three in the Nations League. CR7 now has his sights set on Ali Daei's (Iran) international goal-scoring record of 109 goals in 149 appearances, another first for the 34 year-old Madeira born goal machine as he becomes the first European player to have scored fifty goals more for his country than

any of his compatriots. His ninety-nine, since his debut in 2003, is fifty-two more than second-place Pauleta managed between 1997 and 2006. Next on the all time list is Ireland's Robbie Keane (68) with fifty-seven more goals than Niall Quinn (21). Ronaldo will now have to wait until the next round of international matches in late March next year before he can hit the century mark. But before then all eyes will be on the Euro2020 finals draw in Bucharest on 30 November. Portugal finished second in Group B and will be Pot 3 and there is a real possibility that they could end up in a potential 'group of death' along with England and France. Ronaldo will be playing in his fifth European Championship finals and it will be eleventh consecutive international tournament that Portugal has qualified for.

Lisbon Doping Analysis Laboratory to reopen

The Lisbon Doping Analysis Laboratory (LAD) reopens in the first quarter of 2020, more than a year after losing its accreditation from the World Anti-Doping Agency (WADA).

"Finally, everything indicates that in the first quarter of 2020 we will have our laboratory accredited again," João Paulo Rebelo, the secretary of state for youth and sport, said on the sidelines of the signing of a protocol between the Portuguese Anti-Doping Authority (ADoP) and the Portuguese Olympic Committee (COP).

The minister acknowledged that it took some time to reverse the disinvestment over recent years in the Lisbon laboratory, which lost the AMA accreditation on 25 October 2018, due to lack of compliance with international procedures.

"The country went through a difficult time, which was those years of financial

constraints (...) and the laboratory was subject to successive disinvestment, both in its human resources, technical resources and even equipment," he said.

The Lisbon LAD was suspended on 15 April 2016 for six months, and this suspension was later extended to one year, after which WADA decided to initiate procedures to revoke the accreditation, after verifying that the irregularities detected remained.

With the suspension, the laboratory was prevented from carrying out the analysis of the samples by federations and sports organisations that have signed the world anti-doping code.

Gomes qualifies for Paralympic Games

Athlete Érica Gomes has secured a place for Portugal in the Paralympic Games Tokyo2020, by finishing fourth in the long jump competition T20 (intellectual disability) of the 2019 World Para Athletics Championships in Dubai.

Érica Gomes jumped 5.46m, finishing behind Polish Karolina Kucharczyk (6.21), Russian Aleksandra Ruchkina (5.62) and Croatian Mikela Ristoski (5.61). Ana Filipe and Claudia Santos were seventh and ninth, with jumps of 5.24m and 5.12m.

The fourth-place of Érica Gomes secured a spot in the 2020 Paralympic Games, the second that

Portugal has achieved in the Dubai Championships, with the silver medal of Carolina Duarte in the 200m T13 (visual impairment).

Miguel Monteiro was fifth in the shot put F40, with 10.18m, while Maria Odete

Fiúza finished 10th in the 1500m T11.

To date, Portugal has 14 places at the Tokyo Paralympic Games 2020: 10 in the boccia, two in athletics, one in paracanoeing and one in paracycling.



Athlete Érica Gomes has secured a place for Portugal in the Paralympic Games Tokyo2020. (Photo: Tokyo2020/Shugo Takemi)

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Ballon d'Or candidates announced

France Football has unveiled their thirty candidates for the 2019 Ballon d'Or award.

There are three Portuguese players included: Cristiano Ronaldo (Juventus), João Felix (Atletico Madrid) and Bernardo Silva (Manchester City) with the winners being announced

in Paris on the 2 December. Cristiano Ronaldo and Lionel Messi have each been nominated eleven times and each superstar has won the prestigious award five times.