

# AZOREAN

INFLIGHT MAGAZINE # 15

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# DEAR PASSENGER

Welcome aboard! In this issue of Azorean Spirit, we've tried to put together some suggestions to inspire you on your next adventure, enjoying the range of destinations offered by the SATA Group and taking advantage of the fall/winter, a quieter and calmer period that will surely help you relax and make the most of the places you visit.

With your next trips in mind, we suggest destinations like Barcelona, the city that mixes history and modernity, whose flights we have extended throughout the year, with two weekly connections. In addition to this destination, we have added more flights on routes that are already very familiar to us, such as Boston, Toronto, and Praia, the latter in the archipelago of Cape Verde. In summer or winter, New York and Paris will continue to be part of our route map, and we will also connect Porto to New York, Boston, and Toronto, with direct and combined flights to Ponta Delgada.

Between Europe and North America, almost halfway, you'll always have the chance to stop off in the beautiful archipelago of the Azores and take advantage of the incredible nature, unprecedented gastronomy, and countless leisure activities.

Domestic operations have also been strengthened between Lisbon and Ponta Delgada, Lisbon and Terceira, Porto and Ponta Delgada, and Funchal and Ponta Delgada. And, because the Azores Airlines operation is complemented by that of SATA Air Açores, connections to the islands of Santa Maria, Faial, and Pico will be strengthened this winter.

Our goal is to connect every Azorean Island and take the Azores to the world, promoting connectivity sustainably. We aim to be recognized globally as the best option for travel to and within the Autonomous Region of the Azores. We want to continue providing excellent service to our passengers. Furthermore, we grew significantly in the number of passengers carried in 2023. In the first nine months of the year, the Group thrived



in passenger numbers by +27% compared to the same period in 2022 and +55% compared to 2019, considered the best year for world aviation. In 2022, compared to 2019, we grew by 12.1%, much higher than in Europe (with a variation of -26.4%) and the rest of the world (with -28.5%), according to the latest data from ICAO (International Civil Aviation Organization). This performance reflects much higher growth than was expected for the sector in the post-pandemic years.

On October 15, 2023, we reached the historic milestone of two million passengers carried! And even though the year is not over, the conviction that our commitment and work have been reflected in the conquest of more passengers and in the loyalty of those who already know us is strengthened.

We wish you a safe journey. It's a pleasure to welcome you on board.

A handwritten signature in black ink that reads "Teresa Gonçalves". Below the signature is a thin, curved line.

Teresa Gonçalves  
CEO and Chairwoman of the Board of Directors of the SATA  
Group

# ESTAMOS CÁ POR UM BEM MAIOR

Não há melhor retorno que o investimento feito nas pessoas e no ambiente. Por isso, aplicamos o nosso dinheiro na proximidade, na interajuda, no desenvolvimento social e na sustentabilidade.

**Acreditamos que não é o dinheiro que faz girar o mundo, mas sim o bem que se pode fazer com ele.**

PUBLICIDADE 10/2022



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# Barcelona all year round



Full of life and excitement, Barcelona has an offer capable of pleasing any tourist: art, culture, the best, and most charismatic stores, fantastic architecture, delicious cuisine, and a vibrant atmosphere where people from all over the world come together.

Azores Airlines is expanding its direct flights between Ponta Delgada and Barcelona all year round. From October 4, 2023, and throughout the IATA 2023/24 Winter, there will be two weekly flights, on Wednesdays and Fridays.

# APETITE DE AVENTURA

## APPETITE FOR ADVENTURE



UMA BOLACHA AÇORIANA CHEIA DE ENERGIA  
AN AZOREAN COOKIE FULL OF ENERGY

  @bolacha.mulata

# Three new routes between Porto and North America



From October 2023 until March 2024, Azores Airlines will strengthen its domestic and international air operation in the city of Porto, with the debut of 6 international flights via the Azores between this Portuguese city and the North American cities of Boston, New York and Toronto and the boosting of the direct air operation to the Azores (Terceira and São Miguel Islands) with the offer of 30 weekly flights.

From March until October 2024, the operation will reach 42 weekly flights between Porto and the Azores (Terceira and São Miguel) plus six direct, non-stop international flights a week between Porto and North America (New York, Boston, and Toronto) and vice versa.

With this venture, the airline aims to further consolidate its direct flights between the city of Porto and the archipelago of the Azores and to increase its offer in Porto and North America, a market to which it has been flying for more than two decades, offering yet another convenient solution for those looking to travel between the North American and European continents.



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- **MyExtraSeat** – The best way to guarantee a neighbor-free flight, giving you an enjoyable travel experience.
- **Travel insurance** – Travel without having to worry about unexpected events.
- **Fast track** – Avoid queues in Lisbon, Porto, Ponta Delgada, and Barcelona airports.
- **Lounge access** – Wait comfortably for your flight in a pleasant atmosphere. On land, feel as if you are already in the clouds!
- **Last-minute upgrade** – Get access to all the advantages of Comfort Class, both on the land and in the air.
- **Mobile data packages** – Up in the clouds, stay connected to your business, family, and friends.

Somos uma empresa sediada na Ilha de São Miguel, Açores, com serviço de Private Chef desde 2017, mas já existimos no mundo da culinária desde 2006.

Beneficiamos da nossa localização e trabalhamos com os produtos mais frescos, locais e sazonais que esta pérola no meio do oceano atlântico nos proporciona.

É um serviço que visa oferecer uma experiência gastronómica única aos nossos clientes, num ambiente acolhedor, relaxante e convidativo.

► **A nossa equipa:**

Somos uma equipa jovem e dinâmica, em que o nosso foco é servir refeições únicas que se destacam pela qualidade e frescura dos ingredientes escolhidos e confeccionados.

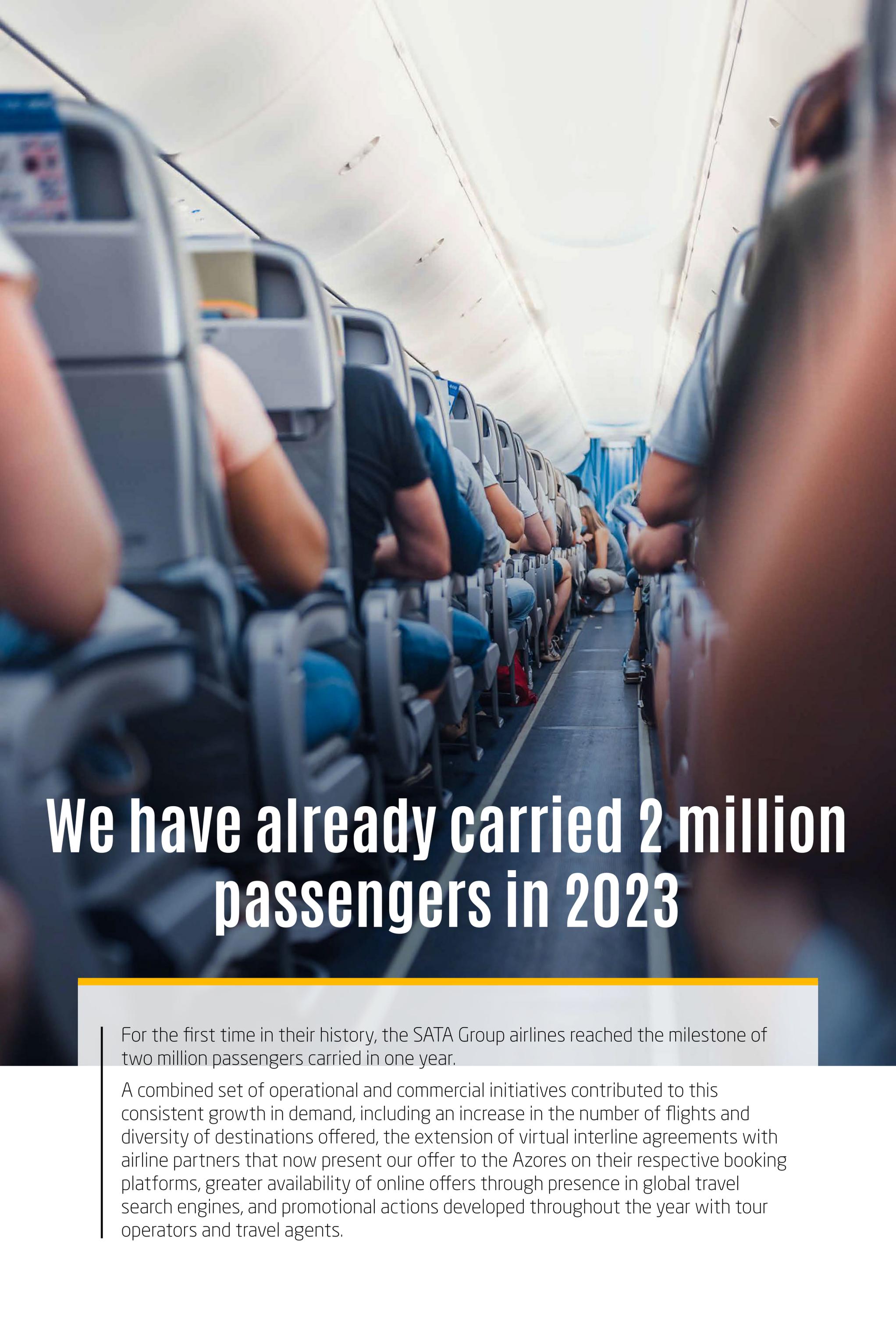
Mantemos sempre a cozinha tradicional portuguesa no centro de todos os pratos criados e primamos pela criatividade por detrás de cada prato, dando um toque pessoal, explorando também uma fusão com a cozinha internacional.

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bém Gastrónoma da Con-  
fraria dos Gastrónomos  
dos Açores.



A photograph showing the interior of an airplane cabin. The view is from the aisle, looking down the length of the plane. Rows of grey seats with blue accents are visible on both sides of the aisle. Passengers are seated, some looking forward, some looking down. The overhead luggage bins are visible above the seats. The lighting is bright and even.

# We have already carried 2 million passengers in 2023

For the first time in their history, the SATA Group airlines reached the milestone of two million passengers carried in one year.

A combined set of operational and commercial initiatives contributed to this consistent growth in demand, including an increase in the number of flights and diversity of destinations offered, the extension of virtual interline agreements with airline partners that now present our offer to the Azores on their respective booking platforms, greater availability of online offers through presence in global travel search engines, and promotional actions developed throughout the year with tour operators and travel agents.

Azores . Terceira Island

THE  
**SHIPYARD**  
ANGRA

# ANGRA, A SAFE PORT

UM PORTO SEGURO EM ANGRA

The Shipyards Angra was born from the root like the trees that exist on this Island.

A minimalist building that blends industrial strength and rigidity with the tranquillity of wood in its warm tones, which lead us to the tranquillity of the ocean.

It is a safe haven for you, your family and your friends from 78€ in low season and 138€ in high season with breakfast included.

The Shipyards Angra nasceu pela raiz como as árvores que existem nesta ilha.

Um edifício minimalista que mistura a força e rigidez industrial com a tranquilidade da madeira nos seus tons quentes, que nos levam à calma do mar.

Construímos um porto seguro para si, para a sua família e os seus amigos desde 78€ em época baixa e 138€ em época alta com pequeno almoço incluído na Ilha Terceira.



@theshipyardsangra

A vintage black and white photograph of a SATA airplane on a runway. Two men in suits are standing in front of the aircraft. The background shows a hilly landscape under a clear sky. The text 'SATA' and 'AZORES' is visible on the side of the plane.

# SATA celebrates its 82nd anniversary

The Sociedade Açoreana de Estudos Aéreos, Lda. was established on August 21, 1941, in Ponta Delgada, and the company's partners were José Bensaúde, Augusto d'Athaíde Corte Real Soares de Albergaria, Albano de Freitas da Silva Oliveira, Augusto Rebelo Arruda and Bensaúde e Companhia, Lda., represented by António de Medeiros e Almeida. A few years later, it would change its name to SATA. Its mission was, as it is today, to serve the people of the Azores, break their isolation, and shorten the distance between the islands and the rest of the world. This was the ambition of five illustrious *micaelenses* (residents of S. Miguel Island) that took up the challenge of developing this project while Europe was dealing with the Second World War.

The Azores would have its airline, which now celebrates its 82nd birthday, the oldest airline in the country still in operation and implemented to serve the unity and the economic development of all the Azorean people.



# PICOS DE AVENTURA

## Experiencie os Açores em toda a sua plenitude!

Também durante o Inverno, desfrute de um dos mais bonitos anfiteatros naturais com uma equipa especialista e que tornará cada momento mais emocionante e inesquecível.

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ou o seu agente de viagens



# UPNDO

## Transforming Human Energy into positive impact.

Are you ready to take your well-being, engagement, and social impact to new heights? Look no further than UPNDO, the dynamic and innovative Portuguese tech startup revolutionizing how employees experience the workplace.

With UPNDO's comprehensive platform, you can transform your work life into a thriving environment that promotes your well-being, drives engagement, and enables you to make a positive impact on society.

## UNLEASHING THE POWER OF UPNDO:

UPNDO is the first-of-its-kind platform designed to empower employees like they've never been before. It combines wellness, social impact, and engagement in one user-friendly tool, providing a seamless experience. Say goodbye to fragmented wellness programs and disconnected social initiatives. UPNDO brings everything together, allowing you to lead a healthier, more fulfilling life at work and beyond.

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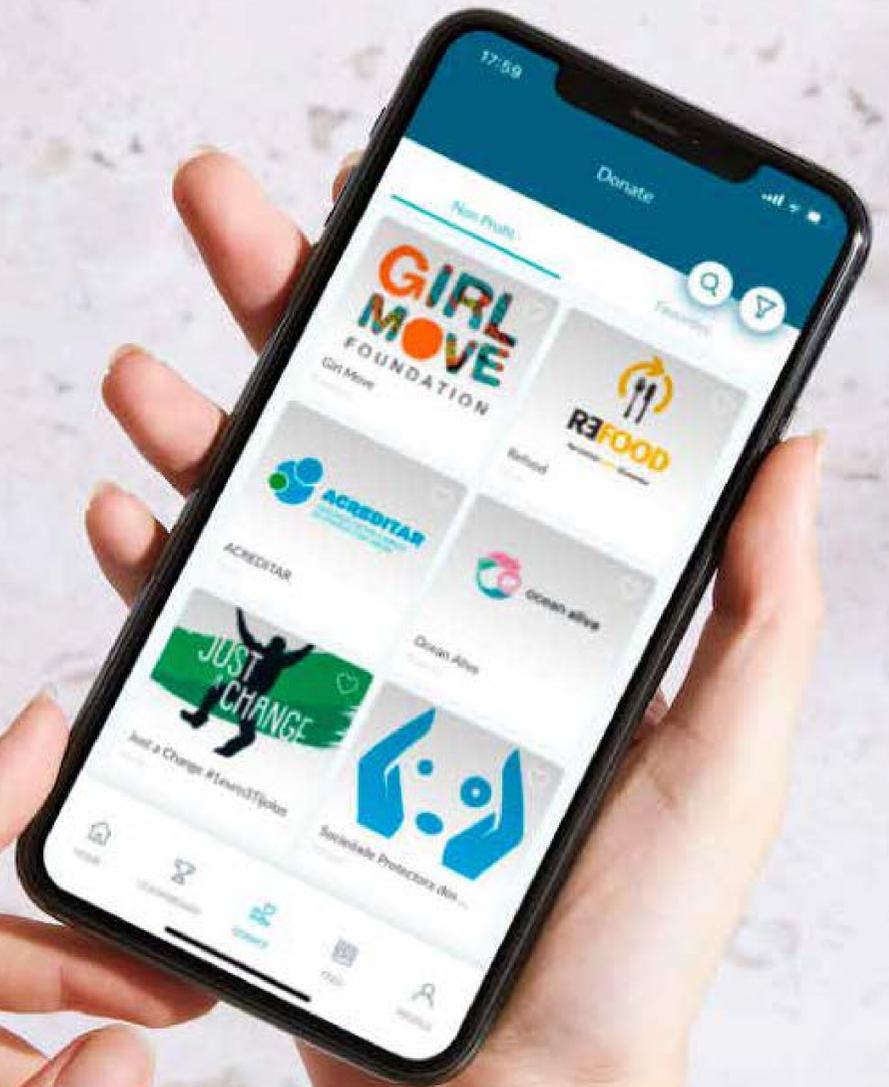
**+6.100**  
meals given



**+1.400**  
kg of rubbish removed



**+2.700**  
books for children



## THRIVING IN A CULTURE OF WELL-BEING AND SOCIAL RESPONSIBILITY:

At UPNDO, we believe that well-being and social impact go hand in hand. Our platform is built on the mission to inspire global communities to live active, socially connected, and environmentally conscious lives. By joining UPNDO, you become part of a movement that nurtures well-being, encourages healthy competition, and drives positive change.

Imagine earning donations for your favorite charities simply by moving and staying active.

Through UPNDO, you can make a difference while taking care of your well-being. It's a win-win situation that empowers you to contribute to the causes you care about, supported by your company's corporate social responsibility budget. Together, we can create a more caring and compassionate world.



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## SEAMLESS USER EXPERIENCE AND REAL-TIME IMPACT TRACKING:

UPNDO's platform is designed with you in mind. We prioritize a seamless user experience, ensuring that the platform is intuitive, easy to navigate, and accessible to everyone. You don't need to be a tech expert to participate actively and engage with the features.

What sets UPNDO apart is its real-time impact tracking. As you partake in wellness activities and contribute to social impact, you can see the immediate difference you're making. Witness the positive change you're bringing to society and feel proud of your efforts.

UPNDO provides valuable insights and metrics that demonstrate the impact you are creating, empowering you to stay motivated and inspired.

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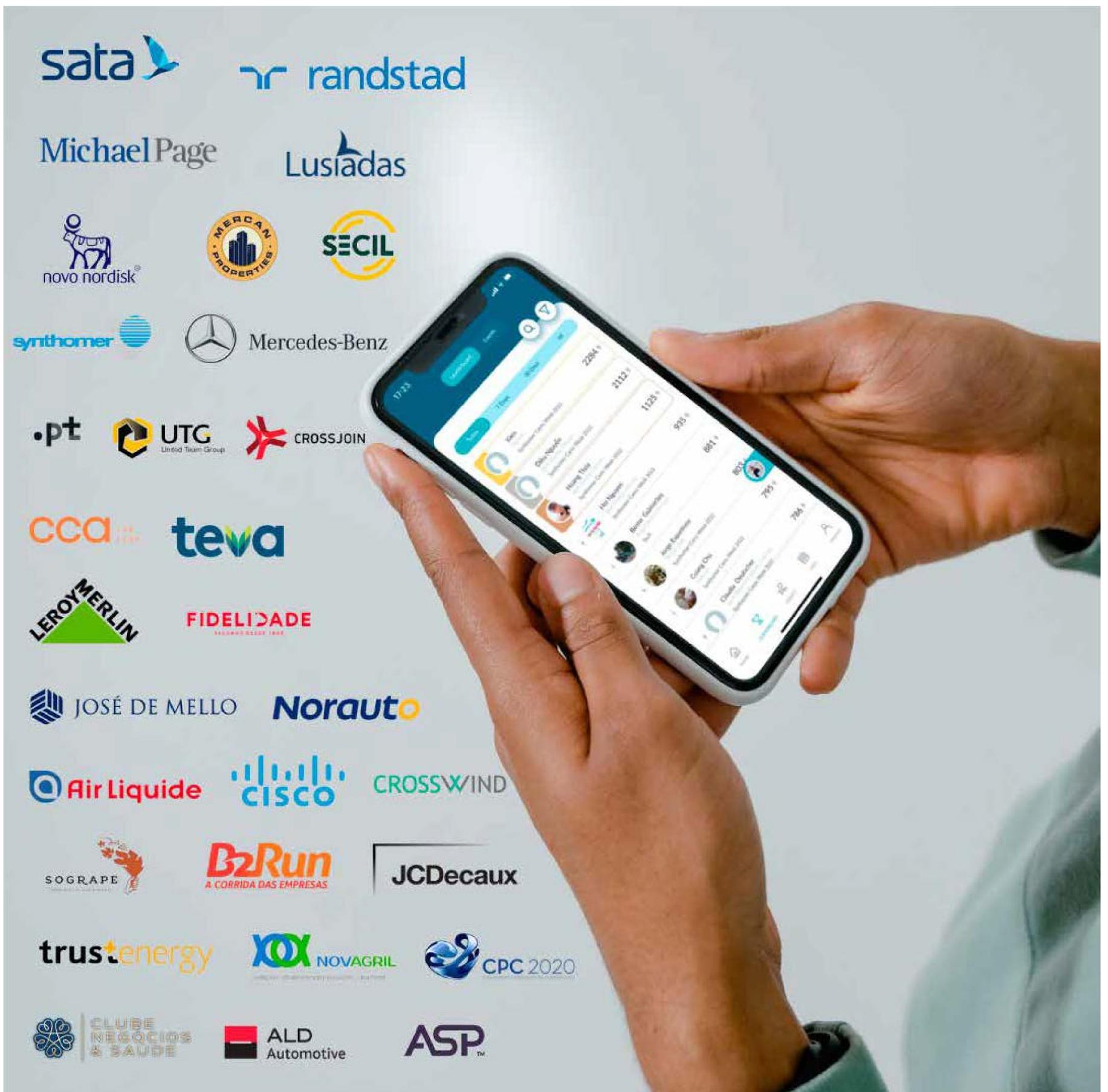
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## JOIN THE UPENDO MOVEMENT:

Now is the time to embark on an exciting journey of well-being, engagement, and social responsibility.

Join the UPENDO community and become part of a vibrant network of like-minded individuals dedicated to transforming the workplace and making a lasting impact.

By subscribing to UPENDO, you gain access to a revolutionary platform that empowers you to thrive. You'll have the opportunity to connect with colleagues, engage in wellness practices, and contribute to social impact initiatives, all in one place. Take control of your well-being, fuel your engagement, and become a force for positive change.

Don't miss this incredible opportunity to unlock your full potential with UPENDO.

Join the movement today and be at the forefront of creating a brighter future where employees are happier, more engaged, and making a meaningful impact on society.

Together, let's revolutionize the way we work and live with UPENDO.

Contact us through our social media [@upndoapp](#) or email [hello@upndo.com](mailto:hello@upndo.com).

Find out more at [www.upndo.com](http://www.upndo.com).



AZORES GOLF  
ISLANDS

**TEE OFF  
IN PARADISE:  
AZORES GOLF  
AWAITS.**

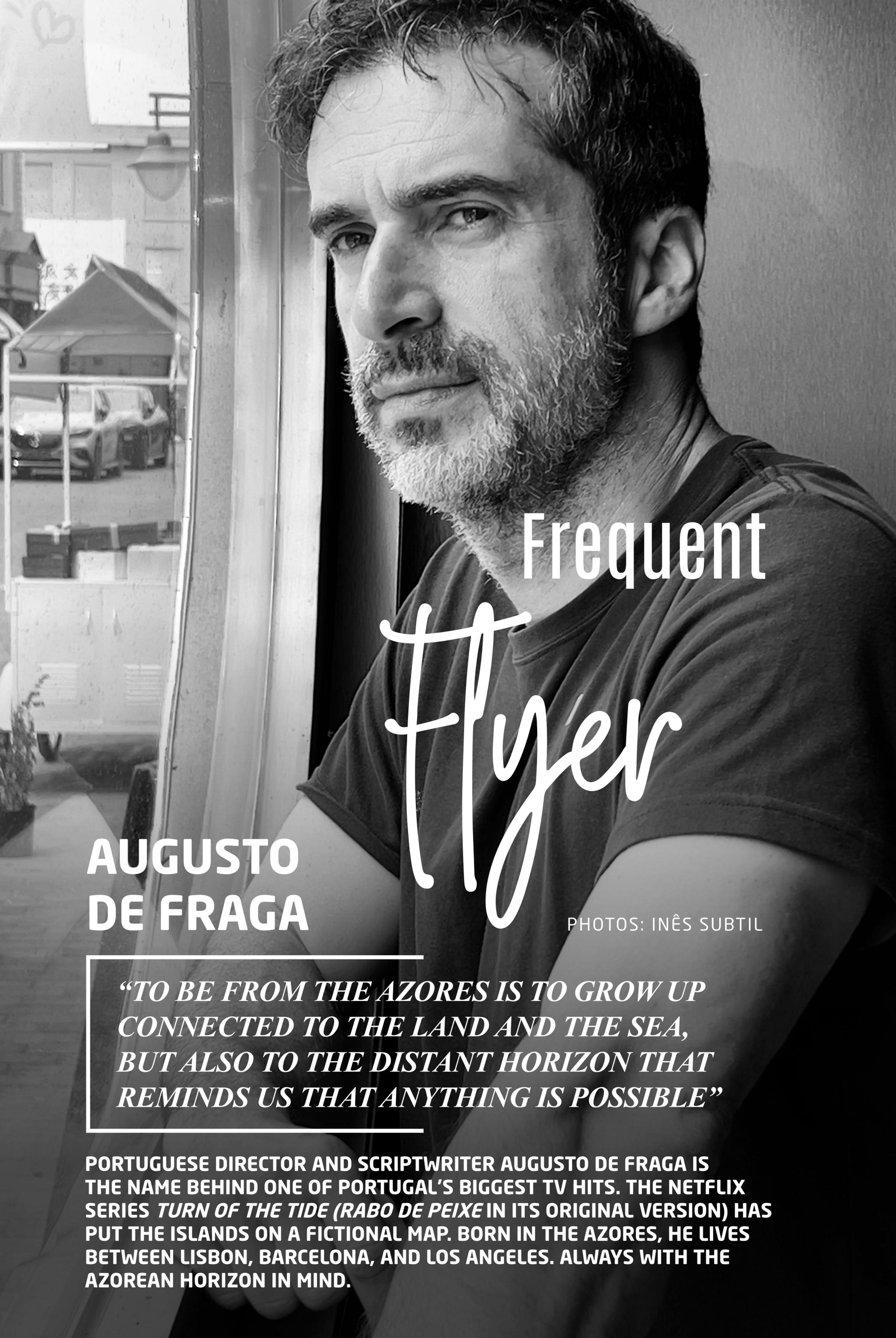
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DE FRAGA**

PHOTOS: INÊS SUBTIL

*“TO BE FROM THE AZORES IS TO GROW UP  
CONNECTED TO THE LAND AND THE SEA,  
BUT ALSO TO THE DISTANT HORIZON THAT  
REMINDS US THAT ANYTHING IS POSSIBLE”*

PORTUGUESE DIRECTOR AND SCRIPTWRITER AUGUSTO DE FRAGA IS THE NAME BEHIND ONE OF PORTUGAL'S BIGGEST TV HITS. THE NETFLIX SERIES *TURN OF THE TIDE* (*RABO DE PEIXE* IN ITS ORIGINAL VERSION) HAS PUT THE ISLANDS ON A FICTIONAL MAP. BORN IN THE AZORES, HE LIVES BETWEEN LISBON, BARCELONA, AND LOS ANGELES. ALWAYS WITH THE AZOREAN HORIZON IN MIND.



**Augusto de Fraga's work goes back a long way. His quality and directorial technique led him to make commercials that have made him one of the most respected names in the field. He has worked for major brands such as Coca-Cola, Adidas, Vodafone, Mercedes, Nivea, and VW and has managed sports celebrities such as Rafael Nadal, Cristiano Ronaldo, Messi, and Neymar. With the fiction series *Turn of the Tide*, he reached a wider audience worldwide. And, of course, much of his success is because he is from the Azores. He explains it to us himself.**

### **What does it mean to you to be from the Azores?**

Sharing the streets of Antero, Nemésio, Teófilo Braga, or Natália Correia is an honor and, at the same time, an enormous responsibility. The natural beauty of the islands hides an enormous cultural landscape, which we Azoreans all share, from the Viola da Terra to Domingos Rebelo's canvas. Being from the Azores means growing up connected to the land and the sea, but also to the distant horizon that reminds us that anything is possible. In the words of Manuel Ferreira, there is a desire in all Azoreans to be "as free as the wind and as high as the stars."

**Name:** Augusto de Fraga

**Date and place of birth:**

October 7, 1978, São Miguel Island, Azores

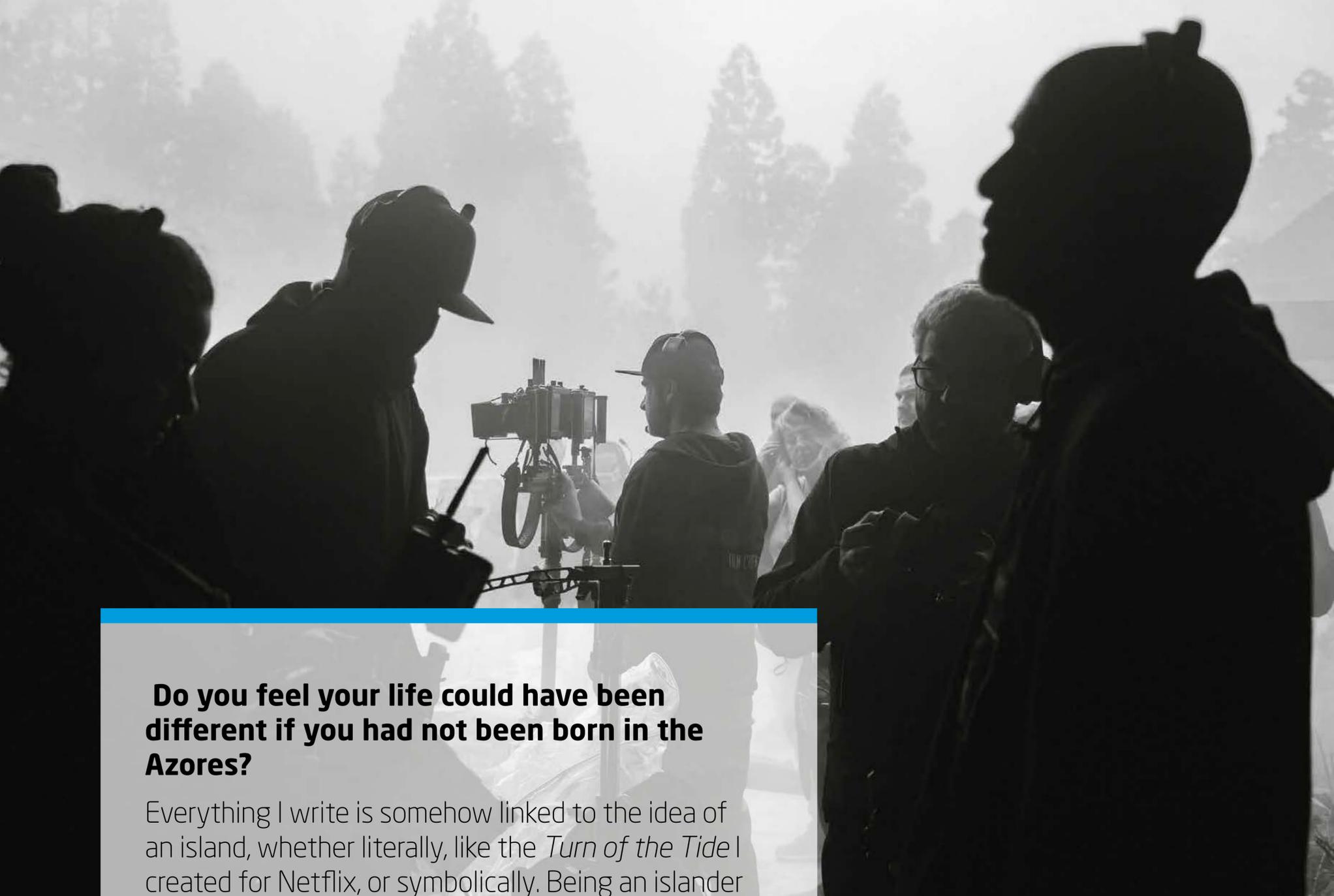
**Job:** Director and scriptwriter

**Education:** Social Communication, University of Minho, Braga, Portugal

**Website:**

[www.augustodefraga.com](http://www.augustodefraga.com)

**“Being from the Azores means growing up connected to the land and the sea, but also to the distant horizon that reminds us that anything is possible.”**



**Do you feel your life could have been different if you had not been born in the Azores?**

Everything I write is somehow linked to the idea of an island, whether literally, like the *Turn of the Tide* I created for Netflix, or symbolically. Being an islander has shaped my character profoundly, both through my desire to discover the world and the notion of belonging to a singular culture and landscape. My proximity to nature has also made me somewhat wild, and for me, this is a fundamental ingredient of artistic creation.

**What is your favorite place - or places - that you would strongly recommend to anyone visiting the archipelago?**

Although I'm from São Miguel, I can't help but think of Flores, my mother's homeland, where I spent some of my childhood summers. Flores is the Azores concentrated on an island whose beauty is proof that God had favorite places.

**Do you think you've put the Azores on the map with *Turn of the Tide*?**

Well, inadvertently, yes.

**What do you think is the best time to visit the Azores?**

In the spring. When the waterfalls are still full of water, and the sun shines most often.

“My proximity to nature has also made me somewhat wild, and for me, this is a fundamental ingredient of artistic creation.”



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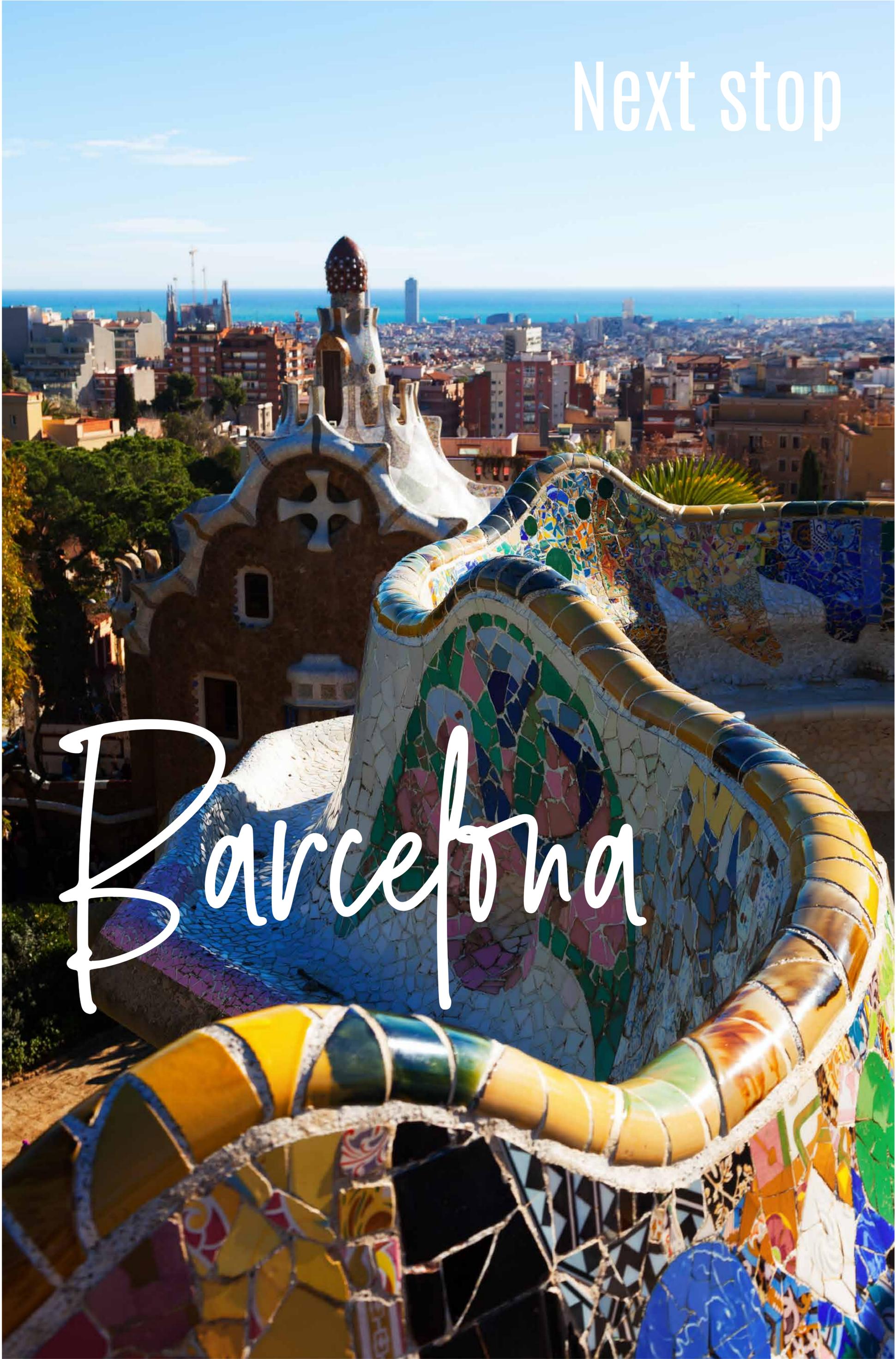
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Next stop

Barcelona





**BARCELONA! FOR MANY, THE MERE MENTION OF THIS NAME LEADS TO THE TEMPTATION TO SING IT OPERATICALLY, EVOKING THE MAGIC OF FREDDIE MERCURY'S VOICE AND HIS DUET WITH THE LYRIC SINGER MONTSERRAT CABALLÉ. BARCELONA IS THAT, BUT OBVIOUSLY MUCH MORE. IN STATISTICAL TERMS, OUR DESTINATION IS "JUST" ONE OF THE MOST POPULOUS METROPOLITAN AREAS IN EUROPE, WITH ALMOST FIVE MILLION INHABITANTS. A MAJOR BUSINESS CENTER AND EXCELLENT TOURIST DESTINATION, BARCELONA HAS ALWAYS BEEN A HOSPITABLE CITY WITH A PORT OVERLOOKING THE MEDITERRANEAN.**

The first inhabitants of the place where this city stands today were the Iberian people of the Laietans, who called it Barcinon. The creation also has an associated legend, according to which Hercules was responsible for its appearance four centuries before Rome. Back in the 1st century, under the power of the Roman Empire, Barcelona was called "Julia Augusta Paterna Favencia Barcino". And little by little, that old Barcino would become the Barcelona of today.

It shared with many other cities the occupations, first by the Visigoths and then the Arabs. It was later occupied by the Carolingians - of Charlemagne - until the so-called County of Barcelona became part of the Kingdom of Aragon. In the 14th century, the kingdoms of Aragon and Castile were united through the marriage of the Catholic kings Ferdinand and Isabella.

The city gradually lost its importance in favor of the capital in the center of the Iberian Peninsula, Madrid. The local sentiment that would lead to the revolt of 1640 grew, at the same time as Portugal was seeing its Restoration after the Iberian union at the end of the 16th century. It was at this time that the first Catalan Republic was born, whose name stands out is the lawyer Pau Claris.





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PIRATE



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de História neste Forte Centenário

*Surrender to our flavors surrounded  
by History in this Centenary Fort*





New attempts to create a republic followed, such as those in 1873 and, at the beginning of the 20th century, in 1931 and 1934. The most recent attempt came in our time when Catalonia declared Independence in 2017. It was eventually rejected and deemed illegal by the powers in Madrid, leading to the resignation and subsequent exile to Brussels of the head of the Catalan government, Carlos Puigdemont.

Despite the apparent instability caused by the rivalry between Madrid and Barcelona, the city is peaceful, with plenty of reasons to attract economic and tourist investment, establishing itself as a destination with international renown in both cultural and sporting terms - very much thanks to its historic football club, FC Barcelona, and the fact that it hosted the 1992 Olympics.

It is also the city that has hosted two world exhibitions (1888 and 1929). A stay in Barcelona will always be a guarantee of time well spent, with culture and cuisine in a city that has unique characteristics, especially with emblematic monuments such as the Sagrada Familia Cathedral, evoking the architect Antoni Gaudí, and the iconic Avenida Diagonal, by the urban planner Ildefons Cerdà, crossing the city. Then it's down to the details, the discovery.



# Açores na grelha com mar à vista

Na Ilha Terceira há uma vista que cativa todos os sentidos numa experiência dupla: O restaurante Vista Grill domina os grelhados com sabor e maestria. Uns passos mais abaixo, o Vista Lounge eleva os cocktails únicos e delícias de pub a um patamar sublime, tudo isto envolto no ar salgado da baía do Porto Martins.

# Azores on the grill with breathtaking ocean view

On Terceira Island, there's a view that captivates all senses in a dual experience: Vista Grill restaurant masters grilling with flavor and expertise. A few steps below, Vista Lounge elevates unique cocktails and pub delights to a sublime level, all enveloped in the salty breeze of Porto Martins bay.



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Stay updated with all the latest news on our social media pages



What to do

# Barcelona

**BARCELONA IS A PLACE WHERE, NO MATTER HOW MANY YEARS GO BY, THERE IS ALWAYS SOMETHING NEW TO SEE. HERE ARE SOME TIPS ON WHAT TO SEE IN WHAT IS ONE OF THE MOST EXCITING CITIES IN SPAIN AND, IN FACT, THE WORLD.**



## GAUDÍ'S WORLD

*Basilica of the Sagrada Família*

*La Pedrera - Casa Milà*

*Casa Batlló*

*Guell Park*

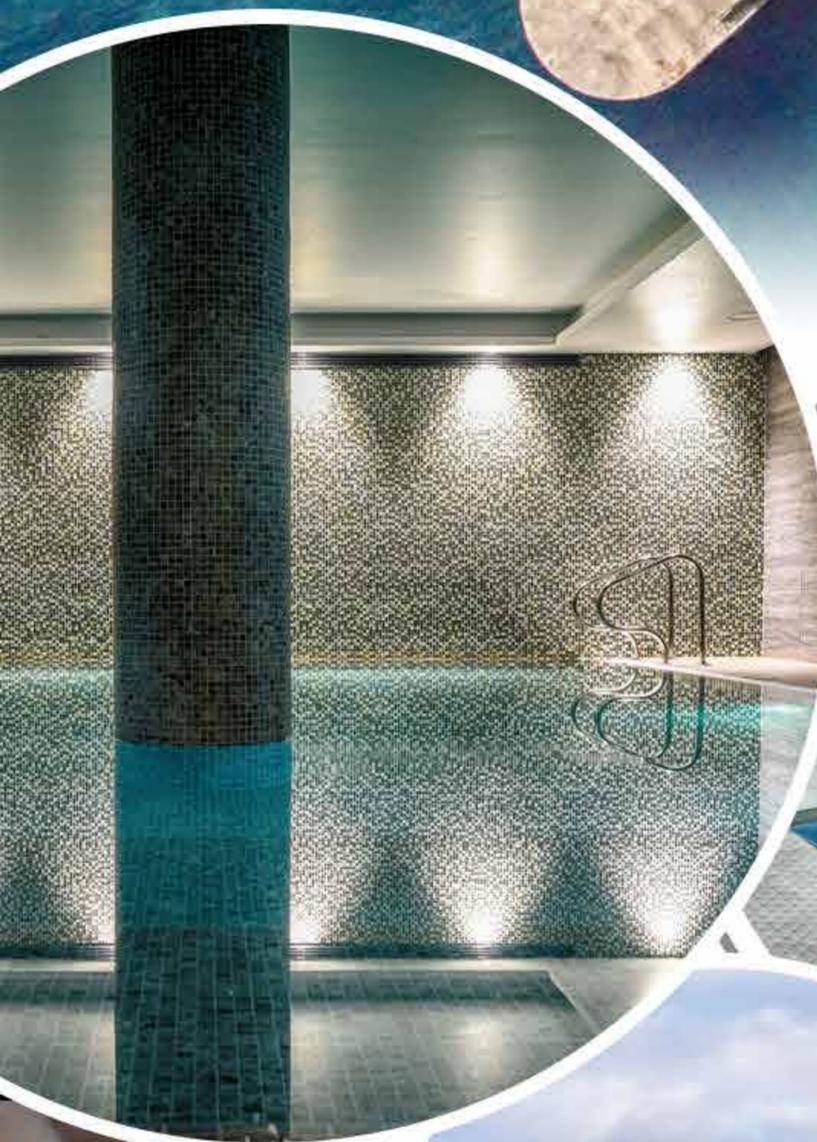
The date for the completion of the Basilica of the Sagrada Família was set for 2026, which would have marked the centenary of Gaudí's death, but this forecast had to be re-assessed, and there is still no date for the completion of the work, which continues. You will find Casa Milà and Casa Batlló on the Paseo de Gracia. Finally, you must visit the Gaudí Museum in Park Güell, built in 1900.

**[www.sagradafamilia.org](http://www.sagradafamilia.org)**

**[www.lapedrera.com](http://www.lapedrera.com)**

**[www.casabatllo.es](http://www.casabatllo.es)**

**[www.parkguell.barcelona](http://www.parkguell.barcelona)**



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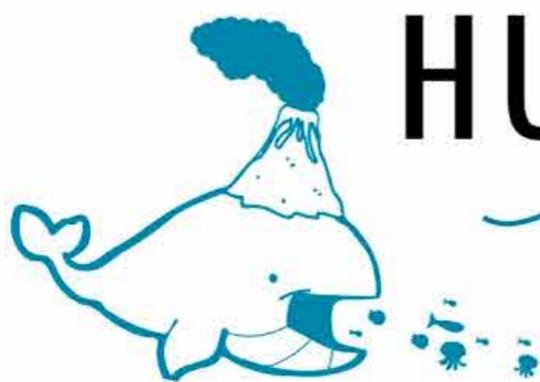




## CASA SEAT

Yes, you should visit a car stand. Of course, it's not just any shopping center, as it's the home of the leading Spanish carmaker, which originated in this part of the country. Here, you can visit the maker's museum free of charge, enjoy the restaurant, and get the chance, with prior booking, to try out new vehicles. And who knows, you might even have one delivered to your home!

Paseo de Gracia, 109  
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Photo by Priscilla Du Preez

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Moll de Mestral, 2841

[www.punaluusailingbcn.com](http://www.punaluusailingbcn.com)



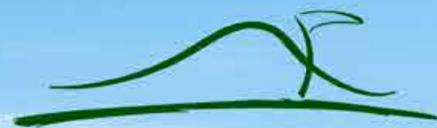
## GABRIEL GARCÍA MÁRQUEZ LIBRARY

Inaugurated in 2022, this library was considered the best public library of the year within just a year by the specialty's international federation. Here, on behalf of Colombia's Nobel Prize winner for literature, this is a space of the highest architectural standard, with a great range of Spanish-language works. A must-see.

Carrer La Rambla, 88

[www.ajuntament.barcelona.cat/biblioteques/bibgarciamarquez](http://www.ajuntament.barcelona.cat/biblioteques/bibgarciamarquez)





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SCAN ME



## **SANT PAU HOSPITAL**

The year 2023 is dedicated to another great name in Catalan architecture: Lluís Domènech i Montaner and the Sant Pau Hospital, one of the works that reflects his art. An example of early 20th-century modernism, today is a place to visit that will not disappoint.

C. Sant Antoni Maria Claret, 167  
[www.santpaubarcelona.org](http://www.santpaubarcelona.org)

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SCAN ME

Where to eat

Barcelona



**Barcelona is a city famous for its gastronomy, which combines Mediterranean, Catalan and international influences.**

**We give you some tips for all tastes and budgets to enjoy the local cuisine.**



## **LA MAREA**

Fish, seafood, and wine. What more do you want? It is in this restaurant, located in the emblematic neighborhood of El Poble Nou, not far from Mar Bella beach, where you can find fresh local food. It has a menu with appetizers and mixed grills to share and promises a good selection of wines.

Passeig de Garcia Fària, 33  
[www.lamarearestaurante.com](http://www.lamarearestaurante.com)



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218 208 898 295 700 259 937 716 043  
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## UMA

This is a restaurant specially designed to offer a gastronomic experience. You must book - it has a Michelin star - and the name comes from an African word (in Swahili) meaning "fork". For those with a good fork, the dishes will delight the palate and include vegetables, fish, and seafood. There may also be meat. They demand punctuality.

---

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In this 15th-century building, you'll find four options for combining a select atmosphere with Mediterranean food. The rooms include the Library - which evokes tradition and modernity - the Four Seasons - for a unique atmosphere - the Bar - with quality Japanese options - and the Garden - which is like an oasis in the middle of the city. During the week, this restaurant also offers an executive lunch menu in the inside rooms.



Carrer dels Arcs, 5  
[www.elcerclerestaurant.com](http://www.elcerclerestaurant.com)



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## **TAPAS 2254**

From Barcelona to Palermo, in Italy, it's 2,254 kilometers. This was the distance traveled by Italian chef Nuncio Cona, who ended up arriving at the number that gives this tapas restaurant its name. Here, you'll find a whole Mediterranean through which you can travel gastronomically. The best of Spanish, French, and Italian food.

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Consell de Cent, 335  
[www.2254tapasbarcelona.com](http://www.2254tapasbarcelona.com)

# UNIQUE

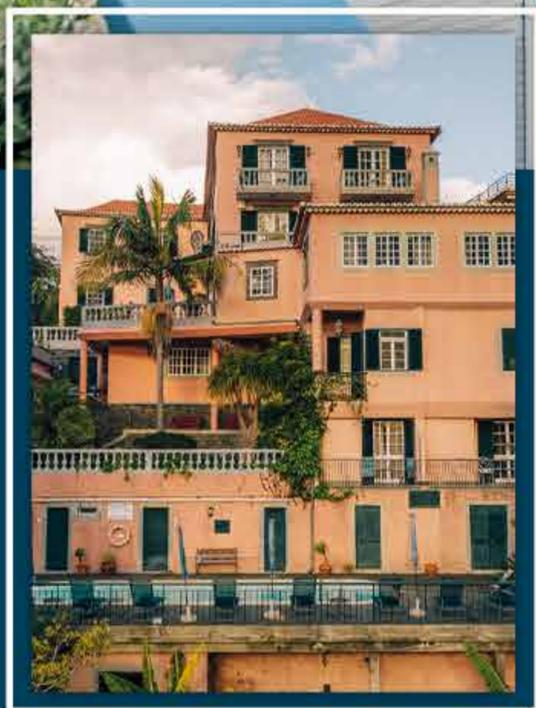
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## LA GASTRONÓMICA

It opened in the Sant Antoni district in 2017 and quickly saw its quality recognized to the point where there is now another store. The recipe is simple: take quality local food and make it in full view of customers. There are *tapas* and *plattillos* on offer, with cheeses, fish, and meat to share. The second restaurant option in the same house is burgers and good beer.

---

Carrer de Calàbria, 118  
Carrer Vilamarí, 9 - Burguers&Beers  
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Extra Tip

Malta

*The island where order reigns*



**IN PARTNERSHIP WITH AIR BALTIC, WE ARE OFFERING THE MYTHICAL ISLAND OF MALTA AS A DESTINATION. THE OPPORTUNITY TO LEARN A PART OF THE SHARED HISTORY OF EUROPE'S ORIGINS AND ADVENTURES IN THE MEDITERRANEAN. THERE IS, OF COURSE, NO SHORTAGE OF REFERENCES TO THE KNIGHTS OF THE ORDER OF MALTA.**



Just mention Malta's name, and we are taken on ancient and mysterious journeys. It's astonishing how, within little more than 300 square kilometers, there are pristine beaches and coves, as well as festivals, ancient temples, sea caves, and many other tourist attractions.

There are three places of enormous importance duly recognized by UNESCO as World Heritage Sites: the capital, Valletta; the Hypogeum of Hal Saflieni, unique worldwide; and the megalithic temples scattered throughout Malta and Gozo.

Not to mention what you'll find in gastronomy, a veritable genetic repertoire of local history written over several centuries of occupation. There is a mixture of Italian, Arab, and the less obvious but always present British cuisine.

To speak of Malta is also to evoke the Knights of St. John, the oldest order in the world, founded in Jerusalem in 1050. Later, in 1530, Charles V, Holy Roman Emperor, ceded the Maltese islands to the Knights to prevent Ottoman attacks on their properties in Europe.

An island that also evokes Napoleon Bonaparte, then passed into British hands, forming part of their colonial empire, with a significant role during the Second World War. Malta gained independence on September 21, 1964, and was declared a republic in 1974. It formally applied for membership in the European Union in 1990 and joined in May 2004.

# MAGNIFICAT

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## ALSO WORTH SEEING:

### **HYPOGEUM OF HAL SAFLIENI**

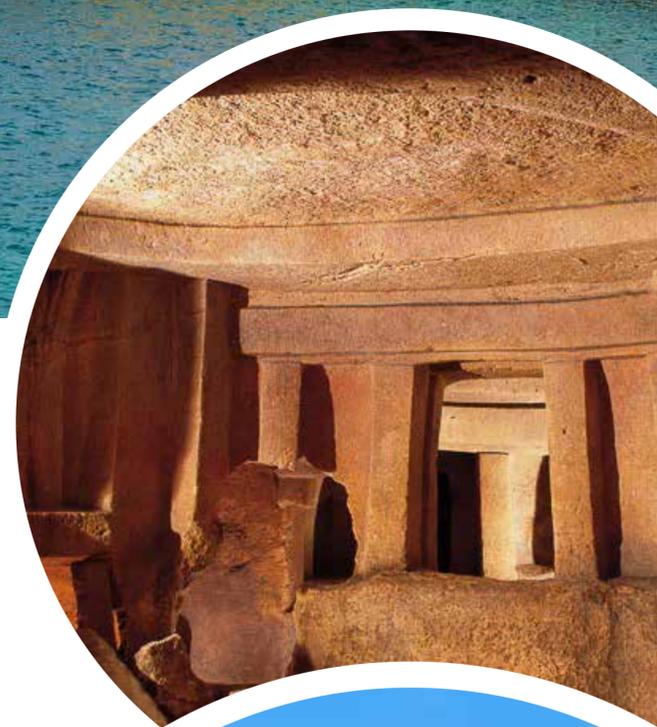
Prehistoric temple carved into the rock. It is a series of galleries, tunnels, and small rooms connected and located on three underground levels. The upper level, the oldest, dates back to 4000 BC, while the lowest level was excavated between 2500 and 3150 BC.

### **FORT SAINT ELMO**

Located in the north of Valletta, Fort Saint Elmo is a testament to – and also a protagonist of – local history. The Aragonese, who ruled Malta, built a fortress for defense purposes. In 1533, the Knights of St. John built a fort with star-shaped military architecture.

### **HAGAR QIM TEMPLE**

A megalithic temple located in the south of Malta and a UNESCO World Heritage Site. Between 3600 and 3200 BC, the Neolithic civilizations built the stone complex, using techniques that are said to be quite advanced. The careful preservation of the temple suggests that it was covered by a stone vault, thus protecting it from the sun and rain.





*Quinta da  
Magnólia*

**MAJESTOSA, SUBLIME E BRUTA.**

Reconstruída mantendo os traços antigos e marcantes pelas pedras de basalto arduamente talhadas por várias gerações, a Quinta da Magnólia está localizada na ilha de São Jorge, freguesia da Urzelina.

Projetada para oferecer um serviço diferenciado e de superior qualidade, esta unidade turística dispõe de dez suites que se debruçam sobre as águas cristalinas do oceano Atlântico e se destacam na sua imponência basáltica por entre o verde intenso que as rodeia.

Cada suite oferece uma experiência única; não só pelo seu amplo espaço ou pelas singulares histórias que cada uma representa, mas também pela sublime atenção ao detalhe aquando da escolha dos elementos e cores que pintam uma

decoreção onde o conforto e a tranquilidade não foram deixados ao acaso.

Na sua envolvência, além da piscina ao ar livre de onde se poderá deixar levar pela majestosa vista para a mais alta montanha de Portugal, é garantido que predominará o contacto com a natureza, seja pelas caminhadas pela propriedade, ou pela música harmoniosa da bruta rebentação das ondas no limite da propriedade.

No final do dia, quando o sol se estiver a desvanecer no fundo horizonte, deixe-se levar no lusco-fusco pela tranquilidade da envolvência e deslumbre-se com aquela que dá nome a esta propriedade e que, tão bem, representa a nossa história: A Magnólia.

# Not to be missed

# Terceira Island



## ANGRAJAZZ

Angra do Heroísmo International Jazz Festival

The waves that rock the ocean

THE GREAT AZOREAN JAZZ FESTIVAL TAKES PLACE EVERY YEAR IN ANGRA DO HEROÍSMO. JAZZ WAVES MIXING WITH THE ATLANTIC. WHAT BETTER FORMULA TO ENTER THE WORLD OF THIS MUSICAL GENRE, WHICH CAPTIVATES THOUSANDS OF FANS WORLDWIDE?

# QUEIJO DA ILHA TERCEIRA

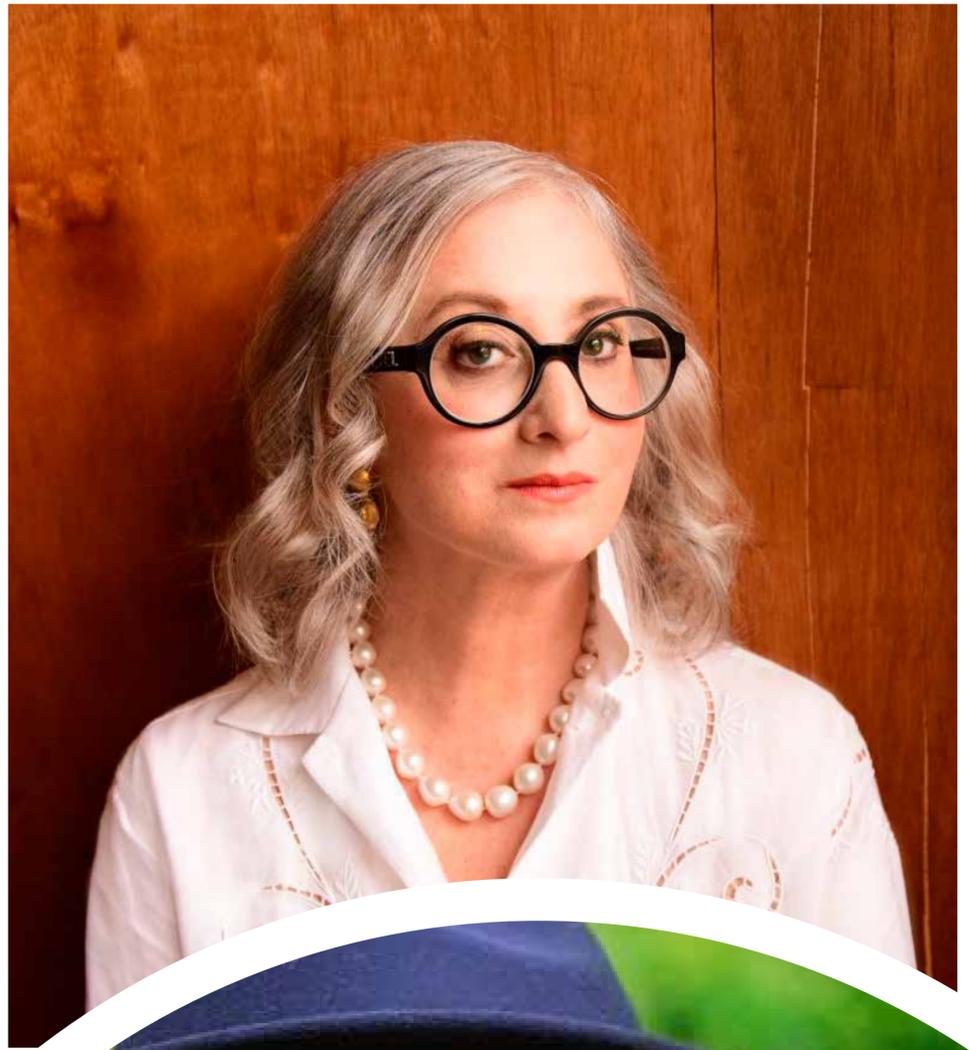


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QUEIJOS DE OUTRA NATUREZA



Staying true to its origins, the Angrajazz festival saw its first edition in October 1999. Since then, it has happened every year, always around the October 5th holiday.

Organized by the Angrajazz Cultural Association, with the support of Angra do Heroísmo City Council, the Regional Directorate for Culture, the Regional Directorate for Tourism, Turismo de Portugal, and private sponsors, Angrajazz is a general festival whose mission is to promote and develop a taste for jazz in the Azores.

The 2023 program - its 24th edition - on October 4, 6, and 7, featured the Angrajazz Orchestra, formed in 2002, together with a special guest: vibraphonist Jeffery Davis, with a repertoire dedicated to Hard Bop, a sub-genre whose heyday was in the 50s and 60s.

Pianist and composer Renee Rosnes, who was with the Carnegie Hall Jazz Orchestra between 1990 and 2000, joined alto and soprano saxophonist Steve Wilson and the rising star of the New York jazz scene, tenor saxophonist Nicole Glover. It also featured bassist Peter Washington and drummer Carl Allen.



# DESCUBRA O JARDIM ZOOLOGICO.

No Jardim Zoológico viaje pelo mundo sem sair de Lisboa, enquanto contribui para um projeto mundial de conservação de espécies ameaçadas e dos seus habitats.

Joel Sartore | National Geographic Photo Ark



[www.zoo.pt](http://www.zoo.pt)

Mainá-do-bali, Criticamente em Perigo, IUCN



The Ben Allison Trio - made up of Ben Allison, Steve Cardenas, and Ted Nash - were other names at the 24th edition of a festival that is already a tradition in these parts of the Azores. And from Portugal, more specifically from the city of Porto, the 12 members of the Coreto ensemble were also present at the 2023 edition. Formed in 2011 with musicians from Porto's jazz community, they came together under the leadership of João Pedro Brandão, a key figure in the national jazz community.

Finally, the 24th edition presented in the Azores alto saxophonist and composer Immanuel Wilkins, an artist who came to prominence on the music scene in 2020 with the release of his Blue Note debut, Omega, featuring his longtime quartet with Micah Thomas, Daryl Johns, and Kweku Sumbry. Closing this year's festival was the Swede - with Polish roots - Vivian Buczek and her group, presented as one of the most outstanding and engaging jazz singers in her country and a dynamic and emotional singer within the jazz tradition.

Angra do Heroísmo Cultural and Congress Center

[www.angrajazz.com](http://www.angrajazz.com)



[www.n9v.pt](http://www.n9v.pt)

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Number of passengers: 190



**A321-253N**

**CFM Leap-1A33 engines**

Thrust: 33,000 Lb

Length: 44.51 m

Wingspan: 35.80 m

Height: 11.70 m

Cruising Speed: 900 Km/h

Maximum Altitude: 11,900 m

Range: 7,400 Km

Fuel Capacity: 26,700 Lt

Number of passengers: 186

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### CFM (GE/SNECMA) CFM56-5B engines

Thrust: 27,000 Lb  
Length: 37.57 m  
Wingspan: 34.10 m  
Height: 11.76 m  
Cruising Speed: 900 Km/h  
Maximum Altitude: 10,600 m  
Range: 4,400 Km  
Fuel Capacity: 23,859 Lt  
Number of passengers: 165

## Q200



### Pratts & Whitney Canada PW123C/D engines

Thrust: 2,150 SHP  
Length: 22.25 m  
Wingspan: 25.91 m  
Height: 7.49 m  
Cruising Speed: 535 Km/h  
Maximum Altitude: 7,620 m  
Range: 1,839 Km  
Fuel Capacity: 3,160 Lt  
Number of passengers: 37

## Q400



### Pratts & Whitney Canada PW150A engines

Thrust: 5,071 SHP  
Length: 32.83 m  
Wingspan: 28.42 m  
Height: 8.34 m  
Cruising Speed: 667 Km/h  
Maximum Altitude: 7,620 m  
Range: 2,656 Km  
Fuel Capacity: 6,526 Lt  
Number of passengers: 80

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# EXERCISES ON BOARD

FOR AN OPTIMIZED COMFORT DURING YOUR FLIGHT, ESPECIALLY ON MEDIUM- AND LONG-HAUL FLIGHTS, WE ADVISE SOME LEG, TORSO AND ARM EXERCISES. THESE EXERCISES MAY HELP YOU AVOID MUSCULOSKELETAL PAINS AND MUSCLE CRAMPS, AND WILL HELP YOU TO RELAX YOUR BODY AND MIND, PROVIDING AN EVEN MORE ENJOYABLE AND RELAXED JOURNEY. THESE TEN RECOMMENDED EXERCISES CAN BE PERFORMED SEQUENTIALLY OR ALTERNATELY.

## 1 **KNEES ELEVATION**

With your hands placed on the arm's chair, lift your legs at the same time. Hold them in the air for a few seconds. Repeat this exercise five times.



## 2 **KNEES TO CHEST**

Holding your right knee, lift it toward your chest. Hold it for 15 seconds. Repeat this exercise by alternating the knee and doing the same number of repetitions.



## 3 **SITTING MARCH**

While sitting, slowly raise and lower your legs alternately as if you were marching. Repeat this exercise for 30 seconds.



## 4 **SHIN ROTATION**

Lift one of your feet, lean the fingers forward and turn your feet in circles by the shin. Repeat the exercise for 30 seconds switching between feet with the same number of repetitions.



## 5 **ELEVATION OF THE FOOT AND TOES**

With your heels on the floor, lift your toes upwards. Hold the position for 30 seconds and repeat this exercise 5 times.



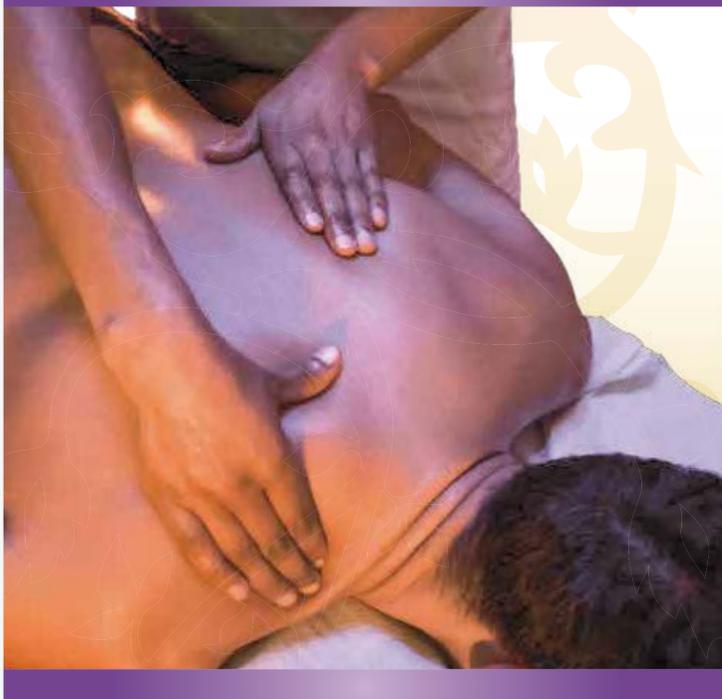
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Gabinete de estética

# MASSAGE

## O CORPO E A ALMA



### MASSAGENS, TRATAMENTOS SPA E TERAPIAS

- Envolvimento corporal
- Massagem terapêutica **Alkímia**
- Massagem aromática **Alkímia**
- Massagem de Som com taças terapêuticas **Peter Hess** e Cristaloterapia
- Medicina Tradicional Chinesa
- Terapia Holística Manual
- Massagem **Ayurveda**
- Terapia geotermal (massagem com pedras quentes)
- Massagem com velas
- Reiki

### TRATAMENTOS DE CORPO

- Criolipólise
- Radiofrequência
- Cavitação
- Hifem – Escultura muscular
- Vacuoterapia



- Laser de iodo corporal e facial
- Drenagem linfática manual
- Lipomassagem
- Gessoterapia



### TRATAMENTOS ROSTO

- *Peelings* químicos
- Limpeza de pele
- Microagulhamento
- Tratamentos rosto com alta cosmética natural **Aroms Natur**
- Radiofrequência com vácuo
- Fotorejuvenescimento

### ESTÉTICA

- Depilação
- Fotodepilação avançada
- Manicure/ verniz gel
- Pedicure/ verniz gel



### LOJA ESOTÉRICA

- Cristais e pedras semipreciosas
- Incensos, tochas e resinas
- Óleos essenciais e vegetais
- Bijuteria e japamalas
- Oráculos e Tarot
- Decoração esotérica



### CONTACTOS

e-mail

[natachagouveia3@gmail.com](mailto:natachagouveia3@gmail.com)

WattsApp/ Telefone/ Telemóvel

(+351) **295 098 491**

(+351) **916 885 135**

(+351) **913 668 957**

**Alkímia**

Estrada Gaspar Corte Real, 30  
Edifício dos Cortes Reais  
Angra do Heroísmo



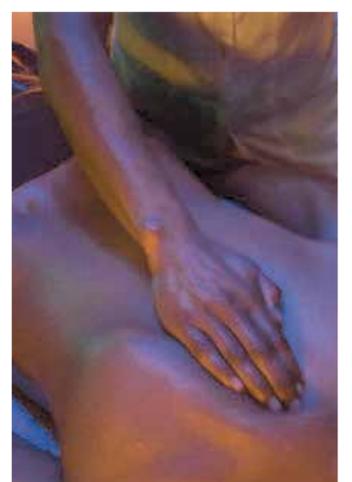
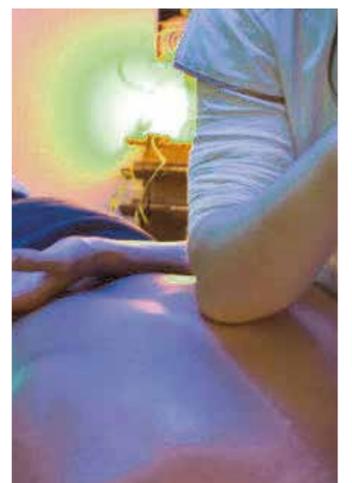
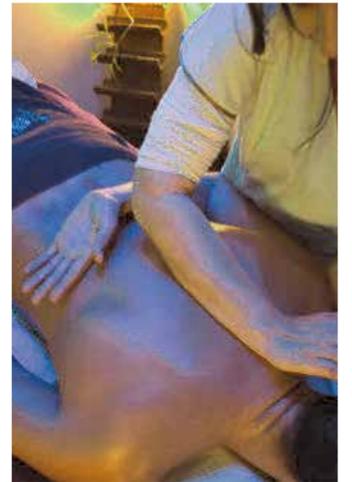
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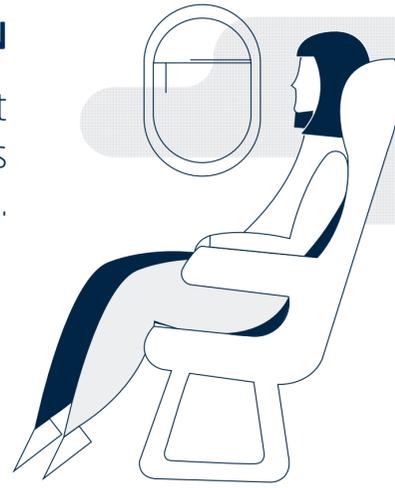
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6

### HEELS ELEVATION

With the tips of your toes on the floor, lift your heels. Hold the position for 30 seconds and repeat this exercise 5 times.



7



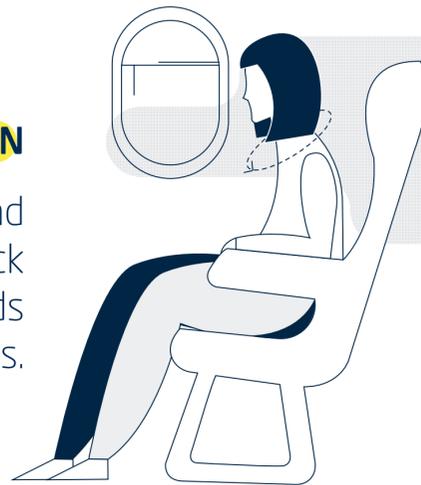
### TORSO FLEXION

Bend your torso slowly backward as you bring your shoulders forward. Bend your torso slowly forward as you bring your shoulders backward. Repeat the exercise 5 times.

8

### NECK INCLINATION AND ROTATION

With your spine relaxed, slowly tilt your head towards your shoulder and roll your neck back and forth. Hold the position for 15 seconds and repeat the exercise 5 times.



9



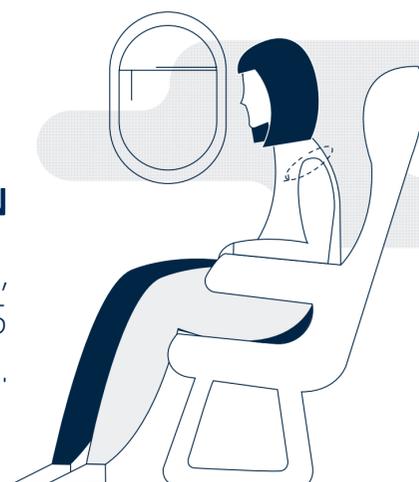
### TORSO FLEXION AND ARMS EXTENSION

Slowly tilt your spine forward and slowly bring your hands up to your ankles. Hold the position for 15-30 seconds. Rise and return to the starting position. Repeat the exercise 5 times.

10

### SHOULDERS ROTATION

Slowly turn your shoulders from front to back, describing a circle. Repeat the exercise 5 times.





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# CHILDREN WHO FLY WITH SATA GROUP HAVE PRIORITY, SPECIAL CARE AND COMFORT



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We offer a special service of permanent monitoring for children from 3 months to 4 years old traveling alone. This service must be required upon booking and a service fee is applicable. Children from 5 to 11 years old are accompanied from check-in until meeting the person who will receive them. Children aged 5 to 11 years old traveling alone must pay a service fee. Parents may request the unaccompanied minor service for passengers with ages between 12 and 17.



### FLIGHT CERTIFICATES

SATA Group provides flight certificates for those who wish to have a special memory of their trip. They can be requested to our crew.



### MEALS ABOARD

On the aircraft of SATA Group, it's possible to warm up baby bottles and jars of food. Special cradles and baby meals can be requested while booking your flight.



### FUTURE MOMS

Future moms should obtain information at the SATA Group reception desks about the conditions under which they can travel.



### SPECIAL ASSISTANCE

SATA Group and its employees, at airports and aboard, strive to provide maximum comfort to all passengers, in particular to those who given their physical conditions, natural difficulties or inability, require special care and attention. You should request this service upon booking or up to 48 hours before flight departure.



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de software**

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*software  
localization*

**tradução técnica  
especializada**

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*specialized  
technical translation*

**documentação  
técnica**

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*technical  
documentation*

tradução  
**4.0**  
translation

**tradução de  
websites**

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*website  
translation*

**gestão de  
terminologia**

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*terminology  
management*

# SATA GROUP COMMERCIAL PARTNERSHIPS

Bringing every day the world to the Azores and taking the Azores to the rest of the world is the goal behind the operation of SATA Group. With this in mind, several commercial agreements are continuously established with renowned carriers that allow expanding more and more the airline's destinations network and, at the same time, making the Azores known around the world. For our SATA customers these agreements allow issuing a single ticket for flights on both airline companies, with cheaper fares and greater convenience.

Carriers with which SATA Group has commercial partnerships and existing destinations:



## INTERLINE

**Air Europa** – Spain and Balearic Islands, via Lisbon and Barcelona;

**Air France** – France, via Lisbon, Porto, and Barcelona;

**Alaska Airlines** – USA, via Boston and New York;

**Binter Canarias** – Canary Islands and North Africa, via Funchal and Ponta Delgada;

**Czech Airlines** – Prague, via Paris;

**Deutsche Bahn (Rail& Fly)** – Germany, via Frankfurt;

**JetBlue Airways** – USA, Caribbean, and Central America, via Boston and New York;

**KLM** – Amsterdam, via Lisbon and Frankfurt;

**Porter Airlines** – Canada, via Boston, Toronto, and Montreal; New York, Washington, and Chicago, via Montreal;

**SAS** – Fennoscandia, via Lisbon, Paris, and Barcelona;

**TAP** – Europe, via Lisbon; Mainland Portugal – Azores / Madeira;

**TAROM** – Romania: Bucarest, via Frankfurt and Paris;

**Ukraine Airlines** – Kiev, via Frankfurt, Barcelona, and Paris;

**United Airlines** – USA, via Boston and New York;

**Westjet** – Canada, via Toronto, Boston, and Montreal; EUA: Miami, Las Vegas, Fort Lauderdale, and Bermuda, via Toronto.

## VIRTUAL INTERLINE

**Air Transat** – Canada, via Barcelona, Paris, Lisbon, Porto, and Toronto;

**EasyJet** – Europe and the United Kingdom, via Lisbon, Porto, and Funchal;

**Transavia** – Europe, North Africa, and the Middle East, via Lisbon, Porto, Funchal, and Paris;

**Vueling** – Europe and North Africa, via Lisbon, Barcelona, Paris, and Frankfurt.

## CODESHARE

**Air France** – Paris, via Lisbon and Porto;

**Binter Canarias** – Canary Islands, via Funchal and Ponta Delgada;

**TAP** – Europe, via Lisbon; Mainland Portugal – Azores / Madeira;

**Westjet** – Canada, via Toronto and Montreal.



## Escritório Digital

Representações, Lda

Somos uma empresa 100% Açoriana, com sede na Ilha Terceira (Angra do Heroísmo), e filial em Ponta Delgada, colaboradores nas restantes ilhas (exceto Corvo), contando com 21 anos de atuação no mercado.

As nossas principais áreas de atuação são a informática, materiais de escritório, consumíveis, papelaria, (fotocopiadoras/multifunções), mobiliário de escritório, mobiliário diverso (exterior e para sénior) e equipamento didático/escolar.

A nossa área de atuação abrange as 9 Ilhas dos Açores, com especial destaque para a Ilha Terceira e São Miguel.

Ano de Fundação: 10 de Setembro, 2002

Ilha Terceira

+351 295 215 808  
terceira@escriitoriodigital.pt

Ilha de São Miguel

+351 296 636 103  
smiguel@escriitoriodigital.pt



### INFORMÁTICA

Tratamos de qualquer configuração e/ou manutenção de software e hardware informático! Dispomos de acesso privilegiado a fornecedores de equipamentos e peças diversas!

Oferecemos ainda opções para software de gestão ou faturação! Tal como qualquer consultoria, formação, ou sobretudo, manutenção.



### FOTOCOPIADORAS

Possuímos a representação de algumas das marcas mais reconhecidas e conceituadas do mercado, é o caso da HP ou da Konica Minolta! O nosso corpo técnico está habilitado para qualquer intervenção e manutenção destes equipamentos!



### EQUIPAMENTO DIDÁTICO/ESCOLAR

Também vamos às Escolas! Oferecemos também opções, numa vertente educativa/didática! Equipamentos e artigos, como secretárias, cadeiras, quadros a marcador, entre outros!



### PAPELARIA

Papelaria diversa, de todo o tipo e diversificação no que toca à marca.



### CONSUMÍVEIS

De todas as marcas e modelos.



### MOBILIÁRIO DE ESCRITÓRIO

Cadeiras, Secretárias, Armários, Estantes de arquivo de grandes dimensões e todo o tipo de Material Fundamental a Escritório.



### PARQUES INFANTIS

Do piso, ao próprio parque infantil, dispomos de várias opções para os mais miúdos! Através das marcas mais representativas e fortes, neste setor de mercado, temos acesso a materiais e estruturas exclusivas!



### MATERIAL DE EXTERIOR

Parques infantis, Bancos de Jardim e Postos de Iluminação.



### MOBILIÁRIO SÉNIOR

Dispomos de uma vasta variedade de materiais e opções, para o público sénior! Cadeiras, mesas, ou mesmo poltronas!



# ESTA & ETA REQUIREMENTS FOR ENTRY IN THE USA AND CANADA

## ESTA

We inform that in order to enter American territory, if you are a foreign citizen traveling to the USA under the Visa Waiver Program, you must have the ESTA (Electronic System for Travel Authorization). To do so, you will have to submit your request at [esta.cbp.dhs.gov](http://esta.cbp.dhs.gov). Before beginning your trip, check all the information visiting the website [www.cbp.gov/travel](http://www.cbp.gov/travel)

## ETA

To enter the Canadian territory, if you are a foreign citizen traveling to Canada under the Visa Waiver Program, you must have the ETA (Electronic Travel Authorization). To do so, you will have to submit your request at [www.cic.gc.ca/english/visit/eta.asp](http://www.cic.gc.ca/english/visit/eta.asp). Before beginning your trip, check all the information visiting the website [www.cbsa.gc.ca](http://www.cbsa.gc.ca). Passengers with dual nationality should obtain information at [www.cic.gc.ca/english/visit/dual-canadian-citizens.asp](http://www.cic.gc.ca/english/visit/dual-canadian-citizens.asp)

## E-TAXFREE PORTUGAL - HOW TO OBTAIN VAT EXEMPTION WHEN SHOPPING IN PORTUGAL

In order to be eligible for VAT exemption you have to be habitually resident outside the European Union; your purchases can't be of commercial nature; leave the European Union with the items in your personal luggage within the 3 following months from the relevant purchase.

There is a minimum per invoice to benefit from exemption. Refer to the seller for more information.

In order to benefit from VAT exemption, at the store we should present the passport or other document officially recognized as valid and proving that you reside outside of the European Union. At the time of the purchase, the seller will request you some details to apply the exemption. At the end of the transaction, the seller will give you the payment slip with the respective registration code. In case a guarantee has been provided, the form of repayment is established.

When leaving Portugal, specifically the airport, after having made the **check-in**, please go to an electronic kiosk with the registration proof; the identification document used at the time of the purchase; the boarding pass; the items and the corresponding invoices.

The e-Taxfree Portugal System is only applicable when leaving the European Union and exclusively to purchases made in domestic territory.

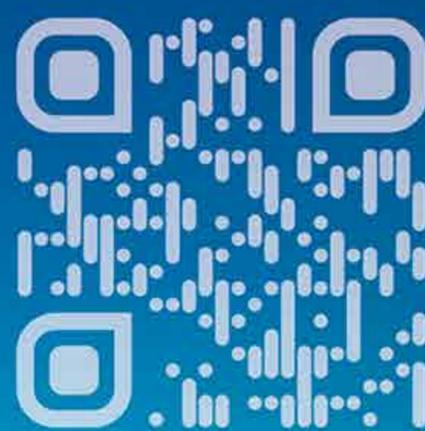
More questions? Visit the Ministry of Finance and Public Administration at [info.portaldasfinancas.gov.pt/pt/apoio\\_contribuinte/](http://info.portaldasfinancas.gov.pt/pt/apoio_contribuinte/) or contact the Call Center on 21 720 67 07 (Business days: 9:00 am - 07:00 pm)



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# CONTACTS

**Contact Center**  
+ 351 296 209 720  
info@sata.pt  
**Working hours:**  
24/7

## **SATA SALES OFFICES**

### **SANTA MARIA ISLAND**

**Sales Office**  
Rua Dr. Luís Bettencourt  
9580-529 Vila do Porto  
Tel.: (+351) 296 820 701/2

**Airport**  
Tel.: (+351) 296 820 180

### **S. MIGUEL ISLAND**

**Sales Office**  
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9504-528 P. Delgada  
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**Lost & Found**  
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**Cargo**  
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### **TERCEIRA ISLAND**

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9700-073 Angra do Heroísmo

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**Airport**  
Tel.: (+351) 295 730 170

### **S. JORGE ISLAND**

**Sales Office**  
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**Airport**  
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### **PICO ISLAND**

**Sales Office**  
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### **FAIAL ISLAND**

**Sales Office**  
Largo do Infante  
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Tel.: (+351) 292 202 291

**Airport**  
Tel.: (+351) 292 202 310

**Cargo**  
Tel.: (+351) 292 202 315



## FLORES ISLAND

### Sales Office

Rua Senador André Freitas, 5  
9970-337 Santa Cruz das Flores  
Tel.: (+351) 292 590 341

### Airport

Tel.: (+351) 292 590 350

### Cargo

Tel.: (+351) 292 590 355

## CORVO ISLAND

Caminho dos Moinhos  
9980-032 Corvo  
Tel.: (+351) 292 590 310

## LISBON

### Airport

Tel.: (+351) 218 554 090

## PORTO

### Airport

Tel.: (+351) 229 470 330

## USA - MASSACHUSSETS

Azores Vacations America, Inc.  
211 South Main Street  
Fall River MA 02721  
Tel.: (+1) 508 677 0555

## USA - NEW BEDFORD

128 Union St., Suite 101  
New Bedford, MA 02740  
Tel.: (+1) 508 677 0555

## USA - CALIFORNIA

2109 Fulkerth Rd  
Turlock, CA 95380  
Tel.: (+1) 209 620 8221

## CANADA - TORONTO

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Toronto, Ontario  
M6J 1X7 Canada  
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Fax: (+1) 416 515 0106

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### Cargo Contact Center

Tel.: (+351) 296 209 797  
carga.reservas@sata.pt

Working hours

Working days - 8 AM to 6 PM

## LISBON

### Air Logistics - GSA, S.A.

Terminal de Carga de Lisboa  
Edifício 134 - Piso 1 - Gab. 1218  
1750-364 Lisboa  
Tel.: (+351) 218 475 749  
gsa.spvr.cargo@gsa.pt  
gsa.ops.cargo@gsa.pt

## PORTO

### GSA - OPO

Aeroporto Francisco Sá Carneiro -  
Terminal de Carga - Piso 3 - Sala 320  
4470-528 Maia, Portugal  
Tel.: (+351) 229 481 936  
gsa.opo@gsa.pt  
gsa.sales.opo@gsa.pt

## BOSTON

### Hermes Aviation, LLC

6033 W Century Blvd - Suite 610  
Los Angeles, CA 90045, USA  
Tel.: (+1) 877 425 4872  
bookings@hermes-aviation.com

## TORONTO

### Kales Airline Services (Canada) Inc.

5925 Airport Road, Suite 110,  
Mississauga, ON  
Canada. L4V - 1W1.  
Toll Free: (+1) 855 672 2900  
Tel: (+1) 905 672 2900 ext:122  
Mob: (+1) 416 917 1571  
opscanada@kales.com

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