

Marbella - so much more these days for youngsters



PIC CREDIT: José Barcelo

ARRIVED from London at Malaga airport six months ago with a full suitcase and a funny feeling in my chest. The sun was out, flashy billboards boasted sandy beaches and ancient cathedrals, as fellow passengers raced to passport control. But there wasn't a similar spring in my step. I wasn't at the start of a grand trip, but returning to my childhood home after four years of university in the UK and an unfruitful few months of job hunting. Don't get me wrong - I love Marbella. My British parents, both teachers, moved over when I was 10, so the town is simply in the DNA of who I am; from childhood day trips in historic pue-

los to drunken teenage nights on dark beaches. But I was anxious for the coming months. I was embarking on the daunting journey of figuring out what Marbella can offer me at a completely different stage in my life. Fast forward a few months, and I've been really surprised by how great I've found Marbella as a place for young adults. The job market was a huge driver in my decision to come home. In the UK, I couldn't bag even basic low level hospitality roles, even after months of sending out countless applications. The one I landed in Spain was my third. It's no wonder that in a fraught job mar-

By Jess Newton *w* jP*

all in the tourist sector as amid the resort's leafy hills are some seriously big movers and shakers.

Social scene

Another aspect that pleasantly shocked me was the social scene. Although I was grateful to rekindle old friendships with people I'd grown up with, there is a growing number of young people who permanently live here.

Through work, nights out, and mutual networks, I have managed to build a social life that blends familiar faces with new ones, who, in turn, show me a side of Marbella I was yet to experience. Who knew that the Irish Bar I'd walked past for 10 years had live music every Friday? A Mexican restaurant with 1€ tacos. A latin-music nightclub tucked away down a side Street that's been around since 1971.

Peeling back the layers of Marbella in more detail has proved that there is something for everyone. Of course, there is the famous nightlife, great concerts in summer and

extensive clubs and bars. But there's also a stunning old town rich in culture, expanses of surrounding wildlife (rivers, lakes, mountains), and attractive streetscapes, promenades, and public spaces which make something as simple as a walk through town feel

charming. Something I've noticed particularly on my return is how these spaces foster a social ecosystem based around health and fitness. Saunter down the promenade on any sunny morning and you'll see what I mean. The walkway is alive with activity; from lycra-clad running groups to calisthenic clubs.

Personally, I can't think of anything I'd rather do less on a Saturday morning than run a 5k, but you can't help but feel warmed by this image of a communal fitness utopia. "It's a really nice contrast to the party culture," says Emiliano Femont, a 22 year old, who returned to Spain after

living in London for two years "people do come for the parties, the drinking, but a lot of young people who settle here like to be part of the communities".

The other week I walked up La Cañada, the mighty mountain that overlooks the town. Sprawling out from the other side you can see the various neighboring towns pressed against the gut-

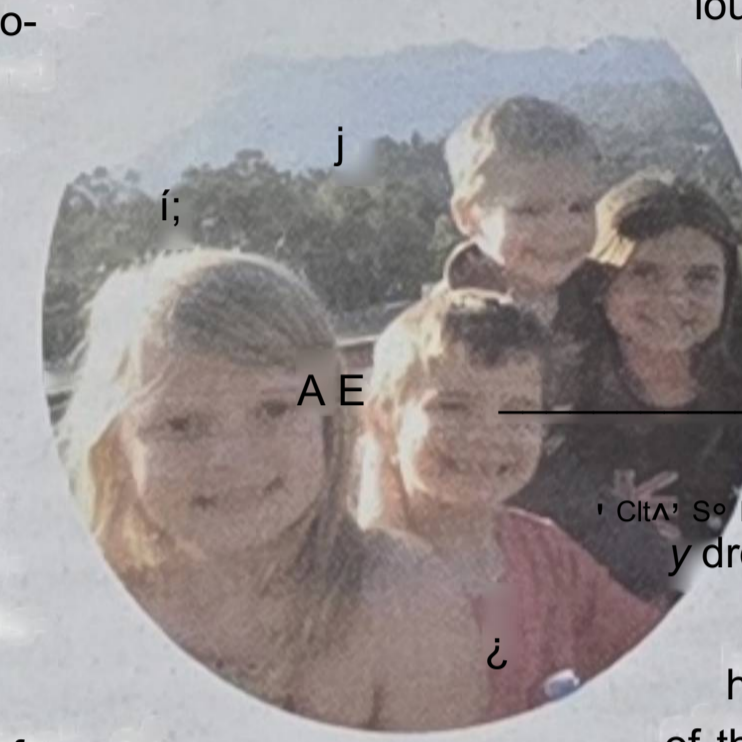
tering Mediterranean. I felt a pang of fear that I'd ever dreaded coming home. As I dismissed the bustle of a huge city, I was brought down in it.

But I'm finding Marbella has just the right balance of the excitement young people often crave, and the laidback tempo they often need. Through fresh eyes, I'm re-experiencing all the things I used to love about my hometown, and simultaneously discovering more that I didn't get to catch the first time around.



ALIVE: The San Pedro promenade is always lively

ket, more and more Brits are turning to opportunities abroad. And Marbella has grown so much over the last decade. It now has nearly 200,000 residents all-year and that brings commerce and, ultimately, jobs. And they are not



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FOR expats and international residents in Spain, deciding whether to visit A&E at night can therefore feel particularly uncertain, especially when symptoms initially appear mild or access to regular healthcare Services is limited outside normal hours. However, specialists at Quirónsalud Marbella International Hospital warn that delaying medical attention overnight may be risky. "At night, many patients hesitate before going to A&E, often hoping that their symptoms will improve on their own over time", explains A&E chief, Dr Esther Hurtado. Fatigue, uncertainty and reduced access to other healthcare Services during these hours lead many people to postpone seeking attention until the following morning. "This is something we see very frequently. Many patients initially try to cope with their symptoms at home for hours, especially at night, thinking it is something minor or that it will resolve on its own", adds Dr Hurtado. The nighttime setting also affects how symptoms are perceived, often intensifying feelings of uncertainty and vulnerability. In some cases, delays in seeking care mean patients arrive at the hospital with more advanced

conditions, which may ultimately affect their clinical outcomes. "I cannot emphasise more the importance of recognising warning signs and not postponing medical assessment when potentially serious symptoms are present," continues Dr. Hurtado. "In emergency care, we strongly emphasise that early consultation can make a significant difference in patient outcomes", he adds. Key warning signs include intense chest pain or pressure, difficulty breathing, sudden loss of strength, speech disturbances, loss of consciousness, or persistent high fever accompanied by general deterioration. Other concerning symptoms include significant bleeding, severe abdominal pain, major trauma, seizures, or any sudden change in neurological status or level of

consciousness. Emergency care is available 24 hours a day, with clinical activity varying during the night, when more acute and unpredictable cases tend to predominate. "At night, emergency cases are generally less 'scheduled' and more unpredictable. We predominantly see acute conditions that patients perceive as serious or that cannot wait", continues Dr Hurtado. Quirónsalud Marbella provides a fully operational 24-hour A&E Service, including General Emergency Care, Paediatric Emergency Services and Gynaecological Emergency Care, ensuring specialised and continuous care tailored to each patient's needs. Beyond the clinical aspects, the hospital also highlights the human dimension of emergency care, particularly at night, when



SPECIAL PROMOTION

patients often arrive in more emotionally vulnerable States. "Most patients do not come to A&E out of convenience, but because they are experiencing fear, pain or uncertainty. In those moments, the role of the healthcare team is to support, assess and act with the utmost urgency", concludes Dr Hurtado.

About Quirónsalud

Quirónsalud is the leading healthcare group in Spain and, together with its parent company Fresenius Helios, also the largest in Europe. The group employs more than 50,000 professionals

across over 180 healthcare facilities, including 57 hospitals, eight in Andalucía, including Marbella, Malaga and Huelva. Strongly committed to medical research, 11 of its hospitals are university-affiliated. They undertake numerous research projects throughout Spain, with many of its facilities leading innovation in specialties such as oncology, cardiology, endocrinology, gynaecology and neurology.

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