

FEMACT-Cities

Transforming cities for women



Practical Information

FEMACT Cities |

Coimbra, 4 - 5 - 6 December 2023

MULHER

A mulher não é só casa
mulher-loiça, mulher-cama
ela é também mulher-asa
mulher-força, mulher-chama

E é preciso dizer
dessa antiga condição
a mulher soube trazer
a cabeça e o coração

Trouxe a fábrica ao seu lar
e ordenado à cozinha
e impôs a trabalhar
a razão que sempre tinha

Trabalho não só de parto
mas também de construção
para um filho crescer farto
para um filho crescer são

A posse vai-se acabar
no tempo da liberdade
o que importa é saber estar
juntos em pé de igualdade

Desde que as coisas se tornem
naquilo que a gente quer
é igual dizer meu homem
ou dizer minha mulher

ARY DOS SANTOS, 1937-1984, Poeta e
Declamador

WOMAN

Woman is not just a home
Dish-woman, Bed-woman
she is also a wing-woman,
Force-Woman, Flame-Woman

And it has to be said
Of that ancient condition
That the woman knew how to bring
The head and the heart

She brought the factory to her home
Her wages to the kitchen
and imposed to her work
The reason she always had

Labour not just of childbirth
but also of construction
For a child to grow up fulfilled
for a child to grow up healthy

The possession is going to end
In the time of freedom
What matters is knowing how to be
Together on an equal standing

As long as things become
in what we want
It's the same saying my man
Or saying my woman

ARY DOS SANTOS, 1937-1984, Poet
and reciter

Portugal + Igual 2018-2030

The National Strategy for Equality and Non-Discrimination 2018-2030 is based on 3 Action Plans:

- National action plan for equality between women and men
- National action plan for preventing and combating violence against women and domestic violence
- National action plan to combat discrimination based on sexual orientation, gender identity and sex characteristics

Council of Ministers approved, on January 11, 2018

Dear Partners,

Welcome to the Region of Coimbra!

Comprising 19 municipalities it is characterized by its natural diversity and landscapes.

In the inland we can explore its mountainous areas whereas over to the coast we find plains bordering to the extensive Atlantic beaches.

Coimbra, in the center of Portugal, is considered the “cradle” of the most beloved traditions of Portugal. The historical importance of the territory is evident in the recognition of the University of Coimbra as a UNESCO world heritage, one of the oldest in Europe.

The Region is positioned as a privileged space for the production of knowledge, innovation and development of actions leading to reduce inequalities.

The “Coimbra Region for Equality” project is a good example of this commitment. CIM RC coordinated the creation of 19 municipal diagnoses and Municipal Plans for Equality and Non-Discrimination. The project highlights the territorialisation and integration of the issue of Gender Equality on the agenda of municipalities, with the prioritization of concrete actions for the next 4 years.

The development and implementation of an intermunicipal action plan for gender equality is our main policy challenge!

We are very pleased to be a part of this projet with all of you!

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In this practical information you will find the agenda for the meeting, as well as the locations and contact details.

This event has the organizational support of



Our Urbact Local Group

Faculty of Economics
Coimbra University

Center for Social Studies

Scientific institution focused on research and advanced training within the social sciences, arts and humanities

Pedro Nunes Institut

Promotes innovation, connection and technology transfer between the scientific environment and the productive fabric

Portuguese Association for Demography

Civil organization, works with demographic trends

Cáritas Diocesana de Coimbra

Social non profit organization, works in the ageing, health, education and social innovation

Rectory of the University of Coimbra

Teaching, Knowledge, Science and Innovation

Regional Directorate of Culture

Coordinates cultural and artistic activities in the region

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Ageing Coimbra

Consortium that aims to value the role of the elderly in society and the application of good practices in favor of their general well-being and active and healthy aging.

Coimbra Education School - Polytechnic of Coimbra

Education, Communication, Tourism, Arts and Multimedia – enabling its graduates to perform in a way that adds value to the communities of the Coimbra Region.

Municipality of Montemor-o-Velho

Represents municipal councillors and Equality in Local Life Teams

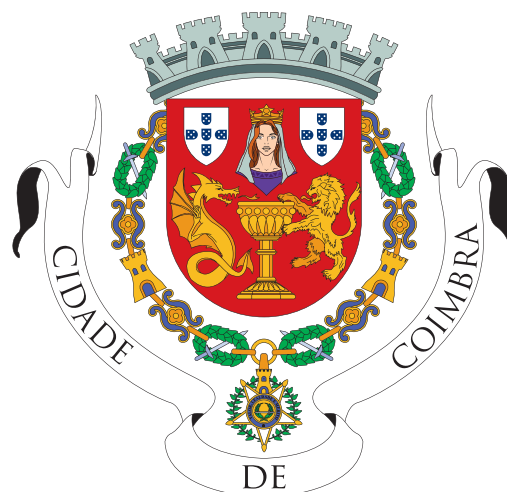
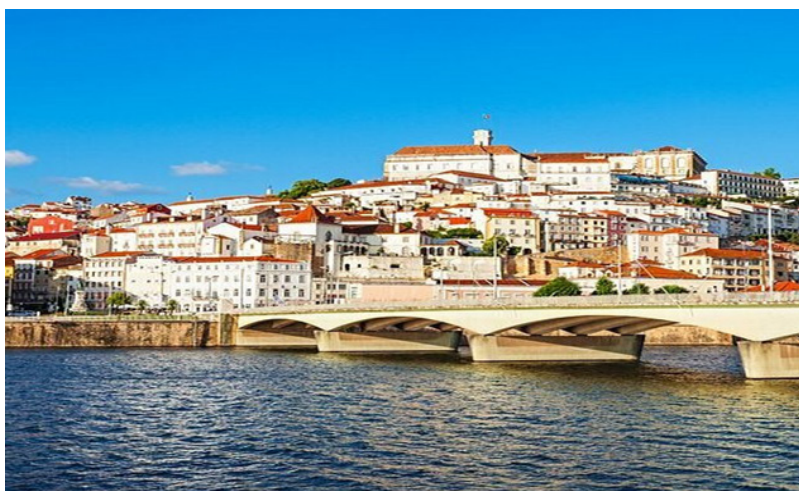


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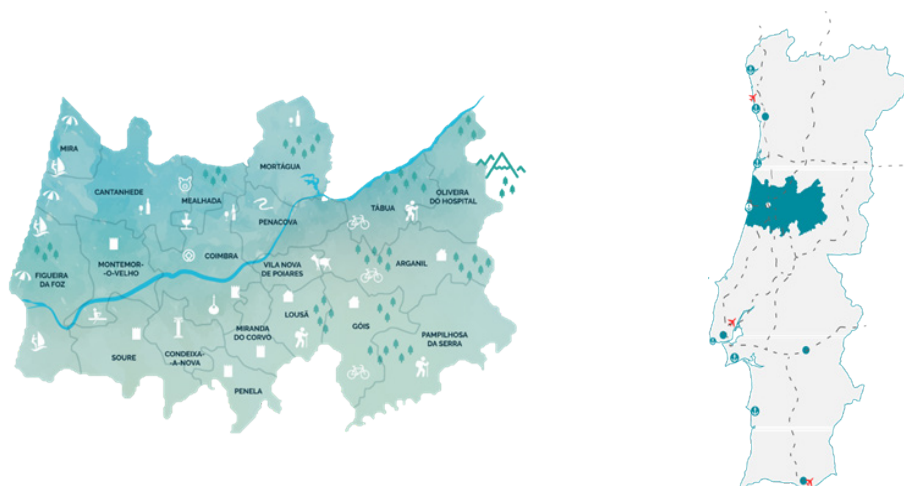
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The Venue

Welcome to Coimbra !



Intermunicipal Community of Coimbra Region (CIM-RC)



19 Municipalities | 4,306 Km2 | 436.862 inhabitants | NUT III

- Intermediate Body of the Regional Operational Program Centro 2030
- Transport Authority for the public intermunicipal passenger transport service

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How to Arrive



From Lisbon 

By Train: The best option to reach Coimbra from the Lisbon Airport. You need to take a Táxi to Oriente Intermodal Station. Train tickets to Coimbra can be purchased online, at the ticket office or ticket machines.

Direction: Lisboa – Oriente to Coimbra B

- Intercity Train (IC Service)- price tickets, 25.25€ in first class or 20€ in second class. Duration: 1h50m
- Alfa Pendular (AP Service) – price tickets, 34.40€ in first class or 24.10€ in second class. Duration: 1h 33m
- The train stop in Coimbra B. In order to move to the city center, you need to take the connection to Coimbra A. The Lisbon - Coimbra B ticket still valid for the connection. Or you can pick a taxi/uber to the hotel destination.

Promotions for advance ticket purchases at certain times.



COMBOIOS DE PORTUGAL

[All information in Train times result \(cp.pt\)](https://cp.pt)

By Bus: More cheaper option from airport to Coimbra. Tickets only can be purchased online.

Direction: Lisboa – Oriente to Coimbra

- **Flexibus:** Travel by bus from Lisbon to Coimbra (flexbus.pt)

FLIXBUS

- **Rede de Expressos:** Tickets, Prices and Timetables | [Rede Expressos \(rede-expressos.pt\)](https://rede-expressos.pt)

rede expressos 

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From Porto



By Train: There is no direct connection to the train from the Porto Airport. Options to arrive to the train station: uber, metro Line E (Violet) – Aeroporto – Estádio do Dragão – Aeroporto



<http://www.metrodoporto.pt>

Train tickets to Coimbra can be purchased online, at the ticket office or ticket machines.

Train Direction: Porto Campanhã Station – Coimbra B

Travel options:

- Intercity Train (IC Service)- price tickets, 17.85€ in first class or 13.75€ in second class.
Duration: 1h21m
- Alfa Pendular (AP Service) – price tickets, 23€ in first class or 17.60€ in second class.
Duration: 1h12m
- The train stop in Coimbra B. In order to move to the city center, you need to take the connection to Coimbra A. The Oporto - Coimbra B ticket still valid for the connection. Or a taxi/uber.



COMBOIOS DE PORTUGAL

All information in Train times result (cp.pt)

By Bus: More convenient and cheaper option from airport to Coimbra. Tickets only can be purchased online. Travel by bus from Oporto to Coimbra (flixbus.pt)

FLIXBUS

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From Lisbon or Porto



Coimbra Airport Shuttle

You can organize as you like your trip, from Lisbon or Porto airport.

[Coimbra Airport Shuttle](#)



In Coimbra



[Municipal Services Transportation and Timetables - SMTUC](#)



Uber

Taxi + 351 239 499 090

What to Bring



First!! **Lots of energy** to the activation phase.

We advise you to bring:

- A small umbrella or raincoat
- Comfortable shoes such as wear rubber-soled boots or sneakers, it is advisable because the sidewalk is quite slippery in winter and the city is under construction
- Casual dress code
- Warm clothes





Please note, the city is under construction.

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Agenda

4 December

-  Arrive of participants to Coimbra
-  Check in at Hotels
-  Walk around Coimbra
-  Informal and free dinner – we suggest Bixos Restaurant The ZERO Hotels:
ZERO Box Lodge Coimbra | Enjoy

Local Meeting

UC EXPLORATÓRIO - Ciência Viva Coimbra



Exploratório de Ciência Viva

Rotunda das Lages
Parque Verde do Mondego
3040 - 255 COIMBRA



GPS Coordinates

40° 11' 49" N, 8° 25' 45" W



Phone Contact

239 703 897



5 December



09:00 - 09:30 Official Welcome

Helena Teodósio | Vice- President of the Intermunicipal Community of Coimbra Region

Virginie Picard-Squizzato | Network Coordinator FEMACT Cities

M^a João Matos | National URBACT Point

Clémentine Gravier | Head of Unit Networks & Capacity-Building - URBACT

09:30 - 10:10 IceBreak

10:10 - 10:15 Review of the Agenda

The URBACT Journey

Mary Dellenbaugh-Losse | Lead Expert Urbactand

10:15 - 11:00 Activation

Baseline Study Presentation



11:00 - 11:15 Coffee Break

11:15 - 12.45 Ready for Action

Presentation partners baselines studies

Discussion and Questions



12:45 - 14:00 Lunch at Piscinas do Mondego Restaurant

14:00 - 15:00 Case Study Presentations

SITFLEX

Realiza.te

Woman and Places



15:00 - 15:15 Coffee break

16:15 – 17:30 Interaction and Activation

Interactive Games

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19:30 - 21:15 Network Dinner at Restaurant Arcadas

(Rua Fernandes Thomaz, 89-91, Coimbra, Portugal, 3000 |
Phone number: +351 919 274 191)

6 December



09:00 Preparation next steps: co-design

Network synthesis & roadmap skeleton,
Co-design initial approach

09:45 - 11:00 Workshop: co-design I

Interactive co-design



11:00 - 11:15 Coffee Break

11:15 - 12:45 Workshop: co-design II

Interactive co-design



12:45 - 14:15 Lunch at Trovador Restaurant

14:25 - 17:30 City visit

House of Citizenship and Language
University of Coimbra: Joanina Library
National Museum Machado de Castro



17:15 End of Journey and Free time

7 December

Return Home



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Incredible Places to Visit

We invite you to visit Coimbra Region

Coimbra – Heritage UNESCO

- University of Coimbra
- Lower Town and local commerce
- Joanina Library
- National Museum Machado de Castro
- Municipal Market D. Pedro V
- Santa Cruz Coffee – Every Tuesday, at 18 pm and 22 pm, Coimbra traditional song called “Fado de Coimbra”

University of Coimbra

Largo da Porta Férrea, 3000-447 Coimbra



<http://worldheritage.uc.pt/>



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National Museum Machado de Castro

Largo Dr. José Rodrigues, 3000-236 Coimbra



<http://www.museummachadocastro.gov.pt/>



Santa Cruz Coffee

Praça 8 de Maio Coimbra 3000-300 Coimbra



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Anto Tower

Rua de Sobre Ribas 35 Coimbra 3000-395 Coimbra



Torre de Anto | Núcleo da Guitarra e do Fado de Coimbra — Câmara Municipal de Coimbra (cm-coimbra.pt)



Municipal Museum

Rua Ferreira Borges nº 85 Coimbra 3000-179 Coimbra



Museu Municipal — Câmara Municipal de Coimbra (cm-coimbra.pt)



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Atelier A Fábrica - Atelier The Factory

Rua Simões de Castro 173, Coimbra



Every Wednesday rehearsal of the choir of the women of the factory

Atelier A Fábrica - Atelier The Factory



Can also visit Coimbra Magic Land 23

Coimbra's downtown, the Green Park and the D. Pedro V Municipal Market are the main axes, as well as several other municipal spaces. You can visit the all program here:

Coimbra Christmas_Program



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Contact Details



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