

# COIMBRA PRESSURE COOKER EVENT

## GOCORE Project

The **GOCORE** intensive learning - *Pressure Cooker* - event in Coimbra Region, is a **3-day program** with parallel sessions on peer review and GOCORE partner's seminar highlighting regional and cohesion development and social economy actors fostering community resilience.

Coimbra, 20-22 February 2024



COIMBRA PRESSURE COOKER  
GOCORE PROJECT  
20-22 February 2023

## SUMMARY

**2** GOCORE project

**3** Welcome in Coimbra

**4** Arrival at Coimbra City

**6** Meet our Stakeholders

**7** The Program

**7** Stakeholders & Project Partner Program

**10** Peer Review Program

20-22 February 2024 | COIMBRA PRESSURE COOKER | GOCORE PROJECT

## **GOCORE - GOVerning COMMunity REsilience project**

The Governing Community Resilience - GOCORE - project builds resilient regions by increasing local engagement and participation.

### **Project Summary**

In the face of major societal challenges like the **climate** and **digital transitions** and **socio-demographic developments** like ageing, de-population and migration, regions can only effectively govern the development of their territories when communities - citizens, civil society, and small businesses - are active partners in policy making and implementation.

This is especially true for rural and peripheral regions characterised by small populations, scattered resources and limited public facilities. These regions must create conditions where all community actors can contribute to the design and implementation of policies that affect their lives and community.

Facilitating resilient communities is a horizontal challenge, relevant to all fields of regional policy. When rural/peripheral regions have the capacity to integrate effective mechanisms for community engagement and empowerment in the governance of their regional policies, they are much better placed to tackle the major societal challenges of today.

The aim of the GOCORE project is to **increase the capacities of our rural/peripheral regions to involve their communities as active partners in the development and implementation of regional policy.**

This means effectively gathering and using their ideas and needs to define policies and providing tools for actors to autonomously implement changes in their communities. In other words, **building Resilient Communities.**

The project foresees an intensive learning event (in each of the 8 partner regions) - *the Pressure Cooker* - that combines the following elements:

- **Peer Review:** Experts from partner regions (partners, stakeholders) get together to analyse a specific challenge of the host region that is at the heart of their desired policy change and define practical recommendations for policy improvement;
- **Seminar:** Involves the participation of all partners, regional stakeholders and invited experts, combining presentation and in-depth discussion of practices and experiences linked to engage, empower, demonstrate, policy improvement workshops and site visits to experience community resilience practices from the host region.

Through the Coimbra Pressure Cooker, participants will have the chance to get to know more about Coimbra Region, learn about specific projects on the topic of resilience, including site visits, and, at the same time, look at CIM-RC's regional policy challenge regarding the governance model of Pinhal Interior together with a group of selected peers with relevant experience on the topic with the aim of giving advice, exchange experiences and present recommendations or potential solutions to the challenge.



20-22 February 2024 | COIMBRA PRESSURE COOKER | GOCORE PROJECT

## GOCORE Meeting in Coimbra Region

During the **COIMBRA PRESSURE COOKER** event in **Coimbra**, project partners are involved in the **Consortium Meeting**, steering committee.

### Coimbra Region at a glance

The Intermunicipal Community of Coimbra Region - CIM-RC - is a legal public association of **19 municipalities** with the following purposes:

- Promoting the planning and management of the strategy of economic, social and environmental development of the covered territory;
- Linking municipal investments of inter-municipal interest;
- Participating in the management of programmes supporting regional development;
- Planning the actions of local authorities.

It was constituted under **Law no. 75/2013, of 12 September**, in its current wording and by the statutes and other applicable legal provisions.

CIM-RC has a vast experience in the management of co-funded projects, being **Intermediate Body** of the Operational Regional Programmes 2007-2013 (90 M€) and 2014-2020 (60 M€) and currently 2021-2027.

In the new EU framework Portugal 2030 is responsible for the preparation, implementation and management of the **Integrated Territorial Investment** of Coimbra Region (19 municipalities), whose investment, until 2029, is estimated at €152 M, including urban policy.

CIM-RC is also the local and regional **Mobility and Transport Authority** of Coimbra Region, which means that is responsible for the planning, organisation, operation, assignment, investment, financing and supervision of the public passenger transport service across Coimbra Region.



#### About Coimbra Region

##### NUT III

436.949 inhabitants  
100,76 inhab. /km<sup>2</sup>

area 4.336 km<sup>2</sup>

16° average air temperature

7 hours of sunshine a day

12 doctors per thousand inhabitants

20 hospitals (public and private)

688 schools and education

20 higher institutions

€ 2437 million GDP

54.406 enterprises  
12.5 enterprises/km<sup>2</sup>

20-22 February 2024 | COIMBRA PRESSURE COOKER | GOCORE PROJECT

## Arrival at Coimbra City | Practical Information's

### Arrival by plane

Oporto (OPO) and Lisboa (LIS) are the international airports closest to Coimbra. Lisboa may have more bus and train service to Coimbra than Oporto.

#### 1. From the Lisboa Airport (LIS) or the so-called Humberto Delgado Airport

The airport's website is [here](#).

##### 1.1. By train (Lisboa to Coimbra):

There are trains approximately every hour and take about 2 hours to arrive to Coimbra.

Consult the website for times and prices: [www.cp.pt](http://www.cp.pt)

The best option to get to the train station from the airport is to take the subway to the train station **Oriente** (or "Gare do Oriente") station and take the train towards Coimbra-B.

Some trains stop at the Coimbra B station, away from the urban center, but from there you can change trains to get to Coimbra A, that is in the center.

##### 1.2. By bus (Lisboa to Coimbra)

If you travel by bus, take the "Rede Expressos".

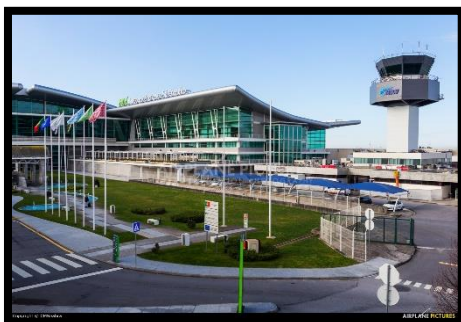
From the Lisboa Airport go to the Sete Rios Station (Estação de Sete Rios) that is at the metro station Jardim Zoológico. Take the train to the bus station in Coimbra on Fernando de Magallanes Avenue. Consult the [website](#) for times and prices.

Buses take approx. 2h15' to 3h50', depending on if they are direct or make stops.



#### 2. From the Oporto Airport: ("Porto", Aeroporto Francisco Sá Carneiro)

The airport's website is [here](#).



##### 2.1. By Train (Oporto to Coimbra)

From the airport you take the subway (metro) line to the "Campanhã" Station (approx. 35 minutes). From the Campanhã Station you take the train to Coimbra. Consult the website for times and prices: [www.cp.pt](http://www.cp.pt) Last train leaves approx. at 10:00 PM

The restrooms at the train/bus stations are usually paid. Keep some change with you.

20-22 February 2024 | COIMBRA PRESSURE COOKER | GOCORE PROJECT

## Arrival at Coimbra City | Practical Information's

### List of suggested hotels



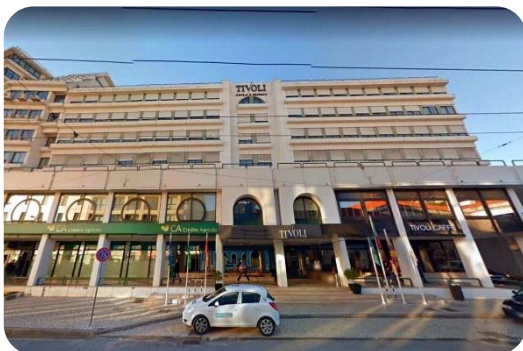
[Hotel Vila Galé Coimbra](#) \*\*\*\*

R. Abel Dias Urbano 20, 3000-001 Coimbra  
+351 239 240 000



[Hotel DONA INES](#) \*\*\*\*

R. Abel Dias Urbano 12, 3000-001 Coimbra  
+351 239 855 800



[Hotel TIVOLI](#) \*\*\*\*

R. João Machado 4, 3000-226 Coimbra  
+351 239 858 300



[Hotel Oslo](#) \*\*\*

Av. Fernão de Magalhães 25, 3000-175 Coimbra  
+351 239 829 071



20-22 February 2024 | GOCORE EVENT IN COIMBRA REGION

## CIM-RC's stakeholders involved in the Peer Review session

### CCDRC, I.P. - Centre's Regional Coordination and Development Commission

CCDRC, I.P. is a special regime public institute, part of the State's indirect administration, with administrative and financial autonomy and its own assets.

The Centro Regional Programme 2021-2027 (Centro 2030) is a Portugal 2030 instrument that applies exclusively to the Centro Region. CCDRC, I.P. is responsible for providing logistical, administrative and financial support to the Managing Authority of the Centro 2030 Operational Programme.

### CIM's of Pinhal Interior

Pinhal Interior is a subsystem of the National Spatial Planning Policy Programme (PNPOT), characterised by its geographical dispersion. Involves 139 parishes, spread over an area of 5,484 km<sup>2</sup>, which represents 19.4% of the Centre Region and 5.9% of the national territory.

It stretches across 24 municipalities - only partially in 4 of them - and is part of 5 of the 8 Intermunicipal Communities (CIMs) of the Centre Region: CIM Região de Coimbra, CIM Região de Leiria, CIM Médio Tejo, CIM Beira Baixa, and CIM Beiras e Serra da Estrela.

### ADXTUR - Aldeias do Xisto Tourism Development Agency

ADXTUR is a public-private, supra-municipal regional cooperation platform, anchored in a continuous, careful and specialised process of mobilising populations, bringing together wills and supporting investment, in favour of the development of a territory and an idea of the future.

### AD&C - Agency for Development and Cohesion

AD&C is a special regime public institute, with jurisdiction throughout the national territory, whose mission is to coordinate Regional Development Policy and ensure the general coordination of the European Structural and Investment Funds (ESIF).

### CoLAB ForestWISE

ForestWISE - Collaborative Laboratory for Integrated Forest and Fire Management - is a private, non-profit association whose mission is to promote integrated forest and fire management, based on (co)research and development activities, knowledge and technology transfer, acting as a liaison between industry, academia and public administration with an impact on the forest and fire domains and on society.





**Venue:** Student Hub of the University of Coimbra  
R. Larga Edifício da FMUC, rés-do-chão, 3004-504 Coimbra

## Day 1: Tuesday, 20th February 2024

### Seminar sessions - Stakeholder and Project Partners

Timing	Activity	Room
09h50	Registration	Hall de entrada da FMUC
10h00	Welcome to Coimbra Region <i>by the Vice-Rector of the University of Coimbra, Alfredo Dias</i> <i>by the Vice-Presidente of CCDRC, Alexandra Rodrigues</i> <i>by the President of CIM-RC, Emilio Torrão</i>	Auditório II
10h30	About CIM-RC - Context, role and activities <i>by Jorge Brito, Executive Secretary of CIM-RC</i>	
10h45	Coimbra Peer Review - What to expect? <i>by Jorge Brito, Executive Secretary of CIM-RC</i>	
11h15	Coffee Break	Hall de saída da FMUC
11h40	Ice Breaker Session	Auditório II
12h30	Lunch	Loggia Restaurant*
13h45	GOCORE Consortium Meeting <i>Steering Committee</i> <i>by lead partner (Fryslân)</i>	Laboratório de design thinking
15h45	Guided tour in English of the Paço das Escolas of the University of Coimbra (Joanina Library, Chapel of St Michael and Royal Palace)	
18h00	Free time	
19h30	Dinner & Fado	Casa das Caldeiras Restaurant**

**Venues:**

\*Largo Dr. José Rodrigues, 3000-236 Coimbra

\*\*R. Padre António Vieira 5, 3000-350 Coimbra





**Venue:** Student Hub of the University of Coimbra  
R. Larga Edifício da FMUC, rés-do-chão, 3004-504 Coimbra

## Day 2: Wednesday, 21st February 2024

### Seminar sessions - Stakeholder and Project Partners

Timing	Activity	Room
09h00	Registration	Hall de entrada da FMUC
09h15	Ice-breaker Session	Laboratório de design thinking
10h00	Part I: Building community engagement	
10h30	Coffee Break	Hall de saída da FMUC
10h45	Part II: Community engagement benefits & impact	Laboratório de design thinking
11h20	Harvesting Session	
11h45	Transfer to Cerdeira Village in the Municipality of Lousã	
13h30	Lunch	
15h00	Welcome by the Lousã Mayor Presentation of the project “Aldeias de Xisto” (Schist Villages) Presentation of the project “Cerdeira - Home for Creativity”	
16h00	Site visit to the Cerdeira Schist Village <i>(Bring comfortable shoes and clothes and an umbrella, just in case!)</i>	
17h30	Return to Coimbra	
18h30	Free time	
20h00	Dinner	Dux Taberna Urbana Restaurant*

**Venue:**

\* R. Dr. Manuel Rodrigues 39, 3000-226 Coimbra



Coimbra, 20-22 February 2024

**COIMBRA PRESSURE COOKER  
GOCORE PROJECT**

Three Days Program

**Venue:** Student Hub of the University of Coimbra  
R. Larga Edifício da FMUC, rés-do-chão, 3004-504 Coimbra

## Day 3: Thursday, 22nd February 2024

### Seminar sessions - Stakeholder and Project Partners

Timing	Activity	Room
09h00	Registration	Hall de entrada da FMUC
09h15	Energizer Session	
09h30	Part I: Projects Showcase: the importance of community engagement <ul style="list-style-type: none"> <li>• Mondego Metro System, by Teresa Jorge</li> <li>• TUMO Coimbra, by Francisco Tavares</li> </ul>	Laboratório de design thinking
10h30	Coffee Break	Hall de saída da FMUC
10h50	Part II: Projects Showcase: the importance of community engagement <ul style="list-style-type: none"> <li>• CoLAB ForestWISE, by Virgínia Rocha</li> <li>• CIM-RC's Projects, by Jorge Brito</li> </ul>	Laboratório de design thinking
12h00	Harvesting Session	
12h30	Lunch	Loggia Restaurant*
14h00	Insight for the next pressure cooker	Laboratório de design thinking
15h30	Peer Review preliminary results <i>Press Conference</i>	
16h15	Closure	Auditório II

**Venue:**

\*Largo Dr. José Rodrigues, 3000-236 Coimbra



Coimbra, 20-22 February 2024

**COIMBRA PRESSURE COOKER  
GOCORE PROJECT**

Three Days Program

**Venue:** Student Hub of the University of Coimbra  
R. Larga Edifício da FMUC, rés-do-chão, 3004-504 Coimbra

## Day 1: Tuesday, 20th February 2024

### Peer Review Sessions

Timing	Activity	Room
09h50	Registration	Hall de entrada da FMUC
10h00	Welcome to Coimbra Region <i>by the Vice-Rector of the University of Coimbra, Alfredo Dias</i> <i>by the Vice-Presidente of CCDRC, Alexandra Rodrigues</i> <i>by the President of CIM-RC, Emílio Torrão</i>	Auditório II
10h30	About CIM-RC - Context, role and activities <i>by Mr. Jorge Brito, Executive Secretary of CIM-RC</i>	
10h45	Coimbra Peer Review - What to expect? <i>by Mr. Jorge Brito, Executive Secretary of CIM-RC</i>	
11h15	Coffee Break	Hall de saída da FMUC
11h40	Ice Breaker Session	Auditório II
12h30	Lunch	Loggia Restaurant*
13h45	Peer Review Team Meeting - Info + KoM - Introductions and background briefing with the PR experts - Review key topics of the agenda - Distribution of tasks - Agree on approach and mutual expectations	Academia de Criadores
15h45	Guided tour in English of the Paço das Escolas of the University of Coimbra (Joanina Library, Chapel of St Michael and Royal Palace)	
18h00	Free time	
19h30	Dinner & Fado	Casa das Caldeiras Restaurant**

**Venues:**

\*Largo Dr. José Rodrigues, 3000-236 Coimbra

\*\*R. Padre António Vieira 5, 3000-350 Coimbra



Coimbra, 20-22 February 2024

**COIMBRA PRESSURE COOKER  
GOCORE PROJECT**

Three Days Program

**Venue:** Student Hub of the University of Coimbra  
R. Larga Edifício da FMUC, rés-do-chão, 3004-504 Coimbra

## Day 2: Wednesday, 21st February 2024

### Peer Review Sessions

Timing	Activity	Room
08h50	Registration	Hall de entrada da FMUC
09h00	Meeting / discussion / interview with relevant stakeholders 1. CCDRC 2. CIM's of Pinhal Interior 3. AD&C 4. ADXTUR 5. ForestWise	Academia de Criadores
10h30	Coffee Break	Hall de saída da FMUC
10h45	Meeting / discussion / interview with relevant stakeholders – Cont.	Academia de Criadores
11h45	Transfer to Cerdeira Village in the Municipality of Lousã	
13h30	Lunch	
15h00	Welcome by the Lousã Mayor Presentation of the project of ADXTUR Presentation of the project “Cerdeira - Home for Creativity”	
16h00	Site visit to the Cerdeira Schist Village <i>(Bring comfortable shoes and clothes and an umbrella, just in case!)</i>	
17h30	Return to Coimbra	
18h30	Free time	
20h00	Dinner	Dux Taberna Urbana Restaurant*

**Venue:**

\* R. Dr. Manuel Rodrigues 39, 3000-226 Coimbra



Coimbra, 20-22 February 2024

**COIMBRA PRESSURE COOKER  
GOCORE PROJECT**

Three Days Program

**Venue:** Student Hub of the University of Coimbra  
R. Larga Edifício da FMUC, rés-do-chão, 3004-504 Coimbra

## Day 3: Thursday, 22nd February 2024

### Peer Review Sessions

Timing	Activity	Room
09h00	Registration	Hall de entrada da FMUC
09h15	Meeting / discussion / interview with relevant stakeholders - Cont. <ul style="list-style-type: none"> <li>Final interactive discussion between representatives of the host partner (STK) and the peers</li> </ul>	Academia de Criadores
10h30	Coffee Break	Hall de saída da FMUC
10h50	Part I - Discussion of Peers <ol style="list-style-type: none"> <li>Retrospective on the meetings with relevant stakeholders</li> <li>Preliminary draft of recommendations and conclusions</li> </ol>	Academia de Criadores
12h30	Lunch	Loggia Restaurant*
14h00	Part II - Discussion of Peers <ol style="list-style-type: none"> <li>Preparation of the final presentation</li> </ol>	Academia de Criadores
15h30	Peer Review preliminary results <i>Press Conference</i>	Auditório II
16h15	Closure	

**Venue:**

\* Largo Dr. José Rodrigues, 3000-236 Coimbra