



PARI
PATHS FOR RURAL
INNOVATION

Project ID: 101169803

MANDATORY TRANSNATIONAL WORKSHOP REPORT 2

Deliverable #3.2



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Torres Vedras
Câmara Municipal

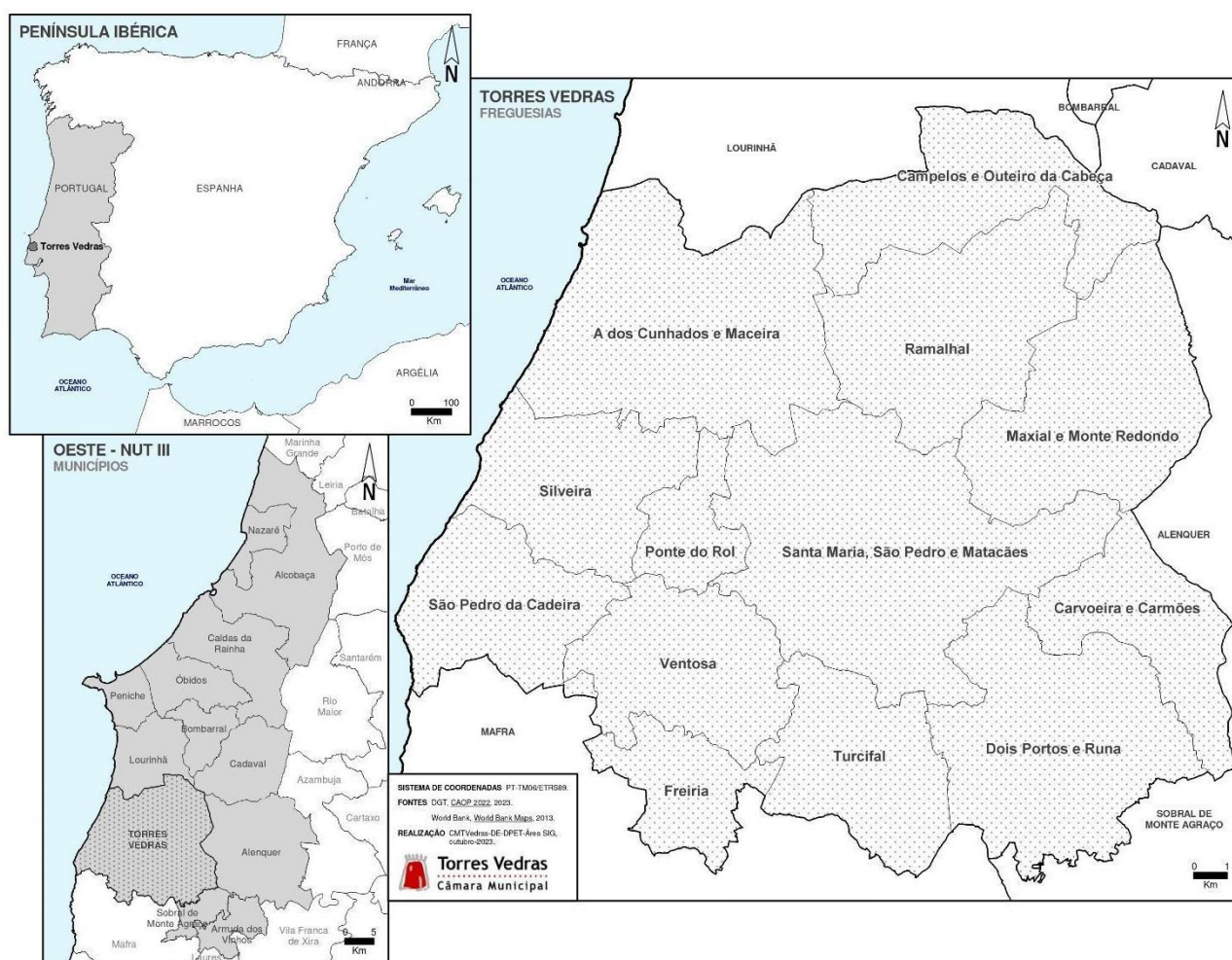
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Introduction

The West Region has a strong functional and economic interconnection with the polarising region of Lisbon, as its proximity to the country's capital is an important factor in strategic terms (Smith, 2019). This territorial proximity is also favoured by the presence of important structural roads connecting to Lisbon (Brown, 2021). The West Region's primary urban centres, namely Caldas da Rainha (situated in the northern part of the region) and Torres Vedras (positioned in the southern part of the region), possess distinct advantages over other territories.

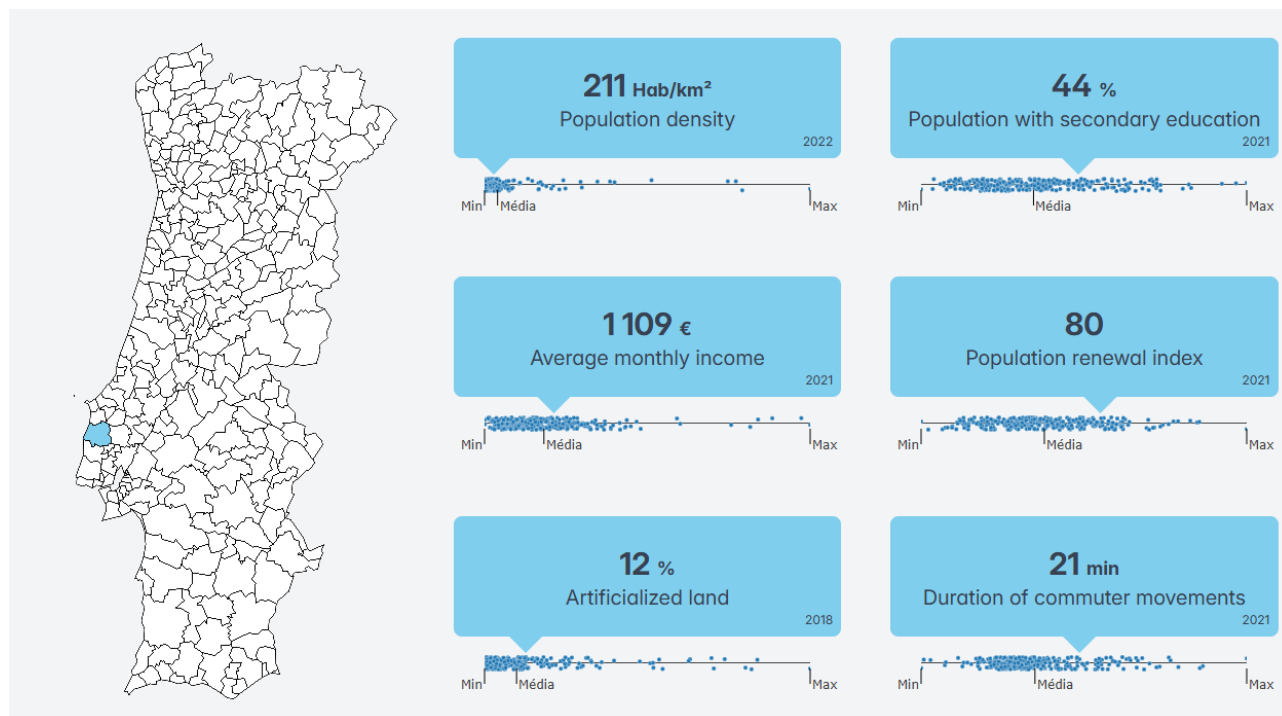
These include the propensity for the establishment of companies and business activities, economic revitalisation, and the rehabilitation of historic centres and areas experiencing economic decline. Torres Vedras is part of a dense, qualified and structured urban system, where the territorial model is aimed at strengthening the sub-units of the Oeste and Vale do Tejo Region, taking advantage of and reinforcing their respective potential (PROT-OVT, 2009).



Source: 'Enquadramento territorial – Torres Vedras na Península Ibérica e no Oeste (PDF)' in <https://www.cm-tvedras.pt/municipio/concelho/informacao-geografica/mapas>

Despite its considerable population density, Torres Vedras exhibits a pronounced rural character, characterised by agricultural activity, the agri-food industry, metallurgical industry, and retail trade. The district of Lisbon is home to Torres Vedras, which is located within the historic province of Extremadura, which in turn is part of the Oeste Intermunicipal Community of the Oeste and Vale do Tejo NUTS II. The urban area of Torres Vedras

encompasses a range of 62.44 km² and had a population of 27,781 in 2021, resulting in a population density of 445 inhabitants per km².



Source: <https://odslocal.pt/torres-vedras?lang=EN>

The territory of Torres Vedras, which covers an area of 407.15 km² and had a population of 83,075 in 2021, has a population density of 211 inhabitants per km². This municipality is subdivided into 13 parishes, with the imminent addition of a further two.

In terms of land use, Torres Vedras is a distinctly rural municipality, with agriculture (18,334 ha) and forestry (17,342 ha) accounting for around 87.6% of the territories' total area, while social areas occupy 4,473 ha (10.9%).

The municipality is bordered to the north by the municipality of Lourinhã, to the north-east by Cadaval, to the east by Alenquer, to the south by Sobral de Monte Agraço and Mafra and to the west by the Atlantic Ocean.

The Strategic Urban Development Plan (UDP) comprises three key action plans: the Sustainable Urban Mobility Action Plan (PAMUS), the Urban Regeneration Action Plan (PARU), and the Integrated Action Plan for Disadvantaged Communities (PAIC).

The focus of this section is on PAMUS and PAIC, with an examination of PARU undertaken in section 3.2.3. Within this framework, the UDP establishes the following strategic axes:

- (E1) the promotion of territorial cohesion, the combating of existing imbalances between the different parts of the city and the reinforcement of connections and investment in the areas of greatest urban de-skilling, namely the study area;
- (E2) the promotion of social cohesion, the stimulation of the creation of spaces for socialising and the improvement of the supply of social intervention equipment and services;
- (E3) the promotion of environmental sustainability and efficient use of resources, through soft mobility (pedestrian and cycle routes and public transport), energy efficiency (more efficient lighting and air

conditioning systems and intelligent consumption management and monitoring systems) and emissions reduction (increase in green spaces);

- (E4) promoting the city's competitiveness and economic value through the affirmation and projection of the city;
- (E5) improving governance and communication mechanisms with the population through partnerships, the involvement of interdisciplinary stakeholders and the sharing of responsibilities (Câmara Municipal de Torres Vedras 2015. 14): 14).

The nature and objectives of the PEDU present challenges to all stakeholders involved in urban development, necessitating a governance model that integrates formal governance structures with informal and flexible structures, contingent on the characteristics and scale of the challenges posed, thereby enhancing the effectiveness and efficiency of interventions (Câmara Municipal de Torres Vedras, 2015:58). The PAMUS prioritises the mitigation of traffic congestion, poor mobility and poor accessibility, with the aim of reducing the effects of environmental pollution, quality of life and the economy.

The plan's objectives are twofold: firstly, to enhance the appeal of the soft mode system through investment in pedestrian routes, a network of urban cycle paths and a network of bike stations; and secondly, to improve the municipality's modal interface by implementing intelligent road traffic control and management systems, such as the presence of information panels on available parking spaces or mobile equipment that counts and monitors the speed and type of vehicles in real time, and by improving the operating conditions of the urban public transport network. Interfaces, with a focus on waiting and standing conditions at public transport stops; (iii) investing in innovation and intelligence in mobility solutions and systems; (iv) communicating effectively with the population, through training and awareness-raising in sustainable mobility, dissemination and communication about the city's territorial development and the evolution of project implementation and the involvement of the population and local agents throughout the processes (Câmara Municipal de Torres Vedras, 2015. 16): 16).

As for the PAIC, it is important to note that the disadvantaged communities are found in the Encosta de São Vicente ARU, which is a peripheral and marginal area made up of low-quality buildings, mostly isolated with one or two dwellings, and occupied by social strata with low economic capacity and low levels of education. This plan shows that between 2001 and 2011 there was a scenario of deterioration, with a loss of resident population, buildings and housing. With regard to the municipality's social policies, it can be seen that around 15% of all resident families are covered, of which 7.3% are in the Rental Support Programme, 5.7% for social housing and 2% benefit from the Programme to Share in Works for the Conservation, Repair or Improvement of Degraded Housing.

The plan aims to:

- (i) Promote a positive and integrated territorial image of the city through the creation of Somos Comunidade, Campus Comunitário and the Municipal Social Housing Programme;
- (ii) Create a social-based economic system through the implementation of the Carnival Arts Centre, Terras INOV-E, Encaixa and the Social Transport Social Programme;
- (iii) Communicate effectively with the population through the PAICD Dissemination and Communication Plan;
- (iv) Promote and support the settlement of the population (Câmara Municipal de Torres Vedras, 2015:46).

The encoding of the administrative regions in the national territory is essential for the use of administrative units in the context of the National Statistical System.

In 2011 Census, approximately 26 thousand localities were registered in the national territory.

This procedure consists in assigning a numerical code - according to a set of criteria for the standardisation of existing encodings, established in 1994 by the Statistical Council (Decision No 86 of 15 December 1994)-to the administrative regions created by the Parliament. Hence, the Administrative Division Code shows a tree-level structure:

- Level 1: '*distrito*' - district in the case of the mainland, and island in the case of the Autonomous Regions of Açores and Madeira, identified through a two-digit numerical code;
- Level 2: '*município*' - municipality, identified through a four-digit numerical code; two of these digits correspond to the municipality within the district;
- Level 3: '*freguesia*' - commune, identified through a six-digit numerical code; two of these digits correspond to of the commune within the municipality.

The municipality's representative bodies are the municipal assembly (deliberative body) and the local council (executive body). Currently, all municipalities are equal before the law. In 2006 the title of level 2 of the Administrative Division Code was changed from *concelho* (council) to *município* (municipality), thereby allowing it to be harmonised with the terminology of the Constitution of the Portuguese Republic (Decision No 219/2006 of the Prime Minister's Office, published in the Official Gazette, Series II, of 16 February).

The tasks of municipalities and communes are associated with the fulfilment of the needs of local communities, for example as regards socio-economic development, spatial planning, utilities, sewerage collection, culture, environment, inter alia.

In terms of information availability, Statistics Portugal provides a wide range of infra-regional statistical information, namely at the municipality level, in an attempt to meet the growing need for economic and social information at the local level. At the commune level, information is made available stemming from administrative data and censuses that are regularly conducted in Portugal (population, housing and agricultural censuses).

A locality is a territorial delimitation, defined in the context of census operations, consisting in a population cluster with 10 or more residential dwellings and to which a distinct place name is attached, irrespective of whether it belongs to 1 or more parishes.

The key data of the mission to Torres Vedras

Places:	Torres Vedras (city centre and neighbouring areas)
Dates:	March 25-27, 2025
Participants (project partners):	1. Elisa Mancinelli, REVES Aisbl (Belgium) 2. Margareta Wandel, Region Östergötland (Sweden) 3. Pia Tingvall, Coompanion Östergötland (Sweden) 4. Pablo Lansac, ANEL (Spain) 5. Iñaki Ugalde, ANEL (Spain) 6. Iker Manterola, Sakana Development Agency (Spain) 7. Ohiana Olaberria, Sakana Development Agency (Spain) 8. Nicolle Santos, Câmara Municipal de Torres Vedras (Portugal) 9. Silvia Silva, Câmara Municipal de Torres Vedras (Portugal)
Invited experts:	1. Ana Umbelino, Councillor at the Câmara Municipal de Torres Vedras 2. Ana Cláudio Somos Comunidade 3. Sílvia Miranda, Porta do Bairro 4. Manuel Bilro and Ana Mota Ferreira, A Bolha 5. Luís Soldado and Linda Valadas, AREPO 6. Paula Rodrigues and Salomé Patrício, Câmara Municipal de Torres Vedras 7. Paulo Brighenti, RAMA 8. Cândida Jerónimo, Adega Cooperativa da Carvoeira
Approach:	Study visits and learning missions are essential tools for fostering meaningful exchange, knowledge transfer and collaborative action among key stakeholders. These immersive experiences are far more than observational tours; they provide creative spaces for dialogue, inspiration and the cross-fertilisation of ideas that can be adapted and applied to different contexts. By stepping outside of their usual environments, policymakers, practitioners and community leaders gain new perspectives on the possibilities of social and ecological innovation, deepening their understanding of what works, why it works, and how it can be translated to meet their own local challenges. In this context, the PARI project offers a positive framework. At its core lies the analysis and design of Clusters for Social and Ecological Innovation (CSEIs) that are not one-size-fits-all solutions but are instead flexible and context-specific models that harness the unique strengths of a region. Study visits/missions organised under the PARI project are a key mechanism for bringing this vision to life. Through curated encounters with real-world examples (such as: community regeneration programmes, social innovation incubators, sustainable school food initiatives, digital agricultural labs, and arts-based residencies) participants see firsthand how collaboration and innovation can reshape territories. These visits reveal how CSEIs function in practice, how they evolve from local assets and relationships, how they navigate institutional and cultural challenges, and how they deliver integrated outcomes that benefit both people and planet.
Narrative:	In Torres Vedras, participants were immersed in a dynamic showcase of how social and ecological innovation can be harnessed to foster community resilience and improve quality of life. The experience was structured to highlight a rich ecosystem of initiatives that merge sustainability, culture, technology and community empowerment.

At the heart of the journey was the Encosta Programme, an urban regeneration project led by the municipality that transforms underutilized spaces in the Encosta de São Vicente area into vibrant, inclusive environments. Closely linked to this was the introduction to *Oeste Respira*, a social innovation incubator that supports the development of initiatives aimed at enhancing mental health and overall well-being. This space provides fertile ground for pioneering social enterprises and community-centered solutions.

Participants also engaged with several initiatives through concise presentations. “Somos Comunidade” emerged as a model of public-civic partnership, developed collaboratively by the city council and local associations to foster social cohesion. “Porta do Bairro” introduced a concept of a community house open to all residents, designed to nurture a sense of belonging through shared spaces and activities. Cultural innovation was also central to the dialogue, as seen in “A Bolha,” a puppetry company emphasizing the expressive power of puppets alongside visible actors, and “Arepo,” which is democratizing opera by making it more accessible and integrated into community life.

The relationship between local agriculture and education was another key focus. At the Henriques Nogueira Secondary School, participants learned how meals served to students are sourced directly from local producers, reinforcing the value of local supply chains. This initiative is part of the broader School Food Sustainability Programme (PSAE), which integrates nutritional, environmental, social, and economic principles to improve student health while supporting local farmers and fostering civic responsibility.

Innovation in agriculture was further explored at Smart Farm Colab, a collaborative laboratory dedicated to the digital transformation of the agricultural sector. The lab develops advanced technological solutions to improve efficiency and sustainability in horticulture, fruticulture and viticulture, ensuring agriculture remains both productive and ecologically responsible.

Creativity and art were celebrated through a visit to RAMA, an artistic residency programme that brings together artists, researchers, and curators from across Portugal and beyond. RAMA supports interdisciplinary collaboration, encourages dialogue between contemporary practices and traditional knowledge, and strengthens ties between cultural actors and the local community.

The exploration culminated with a visit to the Adega Cooperativa da Carvoeira, a historic winery known for its blend of tradition and innovation. Here, participants discovered how a cooperative model can support both quality production and regional identity through sustainable practices and cutting-edge technology.

Throughout the experience, participants were consistently invited to reflect on how social economy initiatives can shape more inclusive, sustainable communities. From artistic expression to technological advancement, and from food systems to urban regeneration, the contents shared offered a compelling narrative of a territory deeply invested in innovation with purpose.

1. The CAC Ecosystem: Social Innovation Hub

1.1 The Encosta Programme

The Encosta Programme - Urban and Social Regeneration of Encosta de São Vicente covers Encosta de São Vicente as a priority intervention area, once one of the most deprived urban areas in Torres Vedras centre, extending the dynamics of urban regeneration to the north of the city.

It emphasises the recovery and transformation of vacant, dilapidated or ruined buildings and promotes the requalification of public spaces, including the creation of green spaces.

The programme brings together a series of structuring interventions around the former Municipal Slaughterhouse, with operations focusing on public space, equipment, housing and mobility.

The Encosta de São Vicente Urban Rehabilitation Area (ARU) coincides with the intervention area of the Urban Regeneration Action Plan (PARU) and the Integrated Action Plan for Disadvantaged Communities (PAICD).



#TorresVedras #UrbanandSocialRegeneration
 #Recuperation #Transformation #Edificado
 #EspaçoPúblico #EspaçosVerdes
 #RevitalizaçãoEconómicaSocial
 #ValorizaçãoAmbiental



The Strategic Objectives of the Encosta Programme:

- Create a new urban centre;
- Promote a positive and integrated territorial image in the city;
- Promote economic and cultural revitalisation;
- Promote a socially-based economic system;
- Contribute to the environmental valorisation of the city;
- Promote and support the settlement of the population;
- Communicate effectively with the population.

Impacts

Urban regeneration **724 persons** // Residents of the ARU (urban regeneration area)

Good practice information

- Website: <https://www.cm-tvedras.pt/regeneracao-urbana/areas-de-reabilitacao-urbana/encosta-de-sao-vicente>
- Video: <https://www.youtube.com/watch?v=ThwtWdfIF2w>
- Auxiliary link: <https://www.cm-tvedras.pt/artigos/detalhes/municipio-recebeu-mencao-honrosa-no-ambito-do-premio-nuno-teotonio-pereira/>

1.2 Landscape and environmental regeneration of the Amiais Ditch

#TorresVedras #Environment #Landscaping #Requalisation #Waterlines #ValadosAmiais



Source: https://odslocal.pt/boas-praticas/requalificacao-paisagistica-e-ambiental-da-vala-dos-amiais-641?goal_code=&lang=EN&promotor=

The Vala dos Amiais is a watercourse that collects water from a drainage basin covering more than 1,076 ha, crossing the Choupal Park and flowing into the River Sizandro.

The intervention focused on the environmental enhancement and naturalisation of the wooded area. The riparian vegetation was maintained and the weeds were eliminated. As well as a pedestrian bridge linking the two banks of the ditch, leisure areas were created with tables and benches and exercise and recreational equipment was installed.

This is one of the operations in the Urban Regeneration Action Plan (PARU), a planning instrument in the Strategic Urban Development Plan (PEDU).

Impacts

Intervention area **10.920 m²**

The project for the landscape and environmental upgrading of the Amiais Ditch is part of the project for the urban and landscape upgrading of the public space surrounding the former Municipal Slaughterhouse.

Total investment cost **302.438,53€**

The total investment cost includes Studies, Opinions, Projects and Consultancy, Land and Various Constructions. Financial support from the EU through the European Regional Development Fund.

Good practice information

- Website: <http://www.cm-tvedras.pt/artigos/detalhes/requalificacao-paisagistica-e-ambiental-da-vala-dos-amiais/>
- Video: <https://www.youtube.com/watch?v=8rVd4Hy5M18>
- Auxiliary link: <http://cm-tvedras.pt/artigos/detalhes/requalificacao-da-vala-dos-amiais-foi-inaugurada-no-dia-mundial-do-ambiente/>

1.3 ARU - Urban Rehabilitation Area

#TorresVedras #UrbanRehabilitation #SocialCohesion #TerritorialCohesion #LandscapeQualification
 #EnvironmentalQualification #Competitiveness #EconomicValorisation

As well as promoting the rehabilitation of buildings and upgrading public spaces, this ARU aims to improve (or create) neighbourhood facilities, communicate effectively with the community and promote the competitiveness and economic development of the community.

Impacts

Area - ARU (In 189 territorial units) **2.338 hectares**

High degree of occupation and urban dispersion, with 272 urban centres in 149 urban perimeters, plus around 80 areas of dispersed building and isolated houses, couples and farms.



Source: https://odslocal.pt/boas-praticas/constituicao-da-area-de-reabilitacao-urbana-ar-1-do-concelho-de-torres-vedras-618?goal_code=&lang=PT&promotor=&tabId=tab-good-practices

28.9.2019

Buildings - ARU (The territorial units comprise 16,710 buildings) **17.965 Housing**

The structure of the population is quite complex, as the municipality is asymmetrical, with differences between the coast and the interior standing out, but above all between the north and south of the territory.

Resident Population - ARU (12,490 families) **33.560 persons**

The north of the municipality has less dispersed human occupation in large forest areas. The south has more population, spread out in larger, denser settlements in an agricultural landscape

Good practice information

- Website: <http://www.cm-tvedras.pt/ordenam>
- Auxiliary link: <http://www.cm-tvedras.pt/ordenamento/ambito-municipal/areas-de-reabilitacao-urbana>

1.4 PARU - Urban Regeneration Action Plan

#TorresVedras #UrbanRegeneration #SocialInclusion #TerritorialInclusion #Equality

Source: https://odslocal.pt/boas-praticas/plano-de-acao-de-regeneracao-urbana-paru--619?goal_code=&lang=EN&promotor=

The PARU is the planning instrument of the PEDU that mobilises the investments foreseen by Portugal2020 for urban regeneration. The PARU's intervention also focuses on urban and environmental improvement, through the creation and requalification of public spaces and green areas, and the promotion of the rehabilitation of the built fabric through the granting of loans for private works.

Impacts

Investment in urban improvements **13.5 million euros**

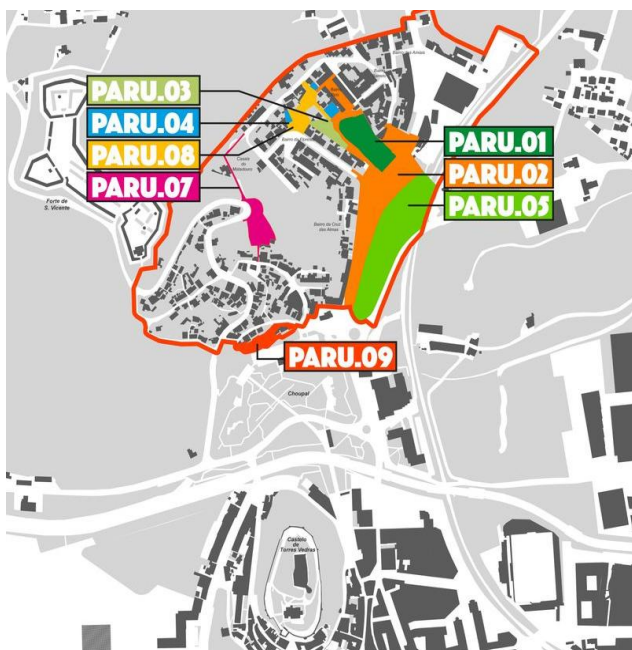
Good practice information

- Website: <https://www.cm-tvedras.pt/p/plano-estrategico-de-desenvolvimento-urbano>

1.5 PEDU - Strategic Urban Development Plan

Source: <http://hdl.handle.net/10362/137732>

The intense political, economic and social changes generated by globalization have caused profound changes in the (re)configuration and rhythm of territorial dynamics. The State, at different levels of action, shows increasing difficulty in responding, by itself, to contemporary challenges, having come to assert itself in governance models involving multiple actors, public and private, that interact in territories. In terms of urban policy, the extensive urban model developed in recent decades is heavily criticized in light of the principles of sustainability, asserting interventions focused on the revaluation and requalification of degraded, obsolete and underutilized urban areas.



It is in this context that urban regeneration interventions are increasingly adopted. The city of Torres Vedras, located in the western region, recently hosted a major urban regeneration intervention, based on three anchor projects - Rehabilitation and Conversion of the Former Municipal Slaughterhouse - Center for Arts and Creativity; Urban and Landscape Requalification of the Public Space Surrounding the Old Municipal Slaughterhouse and Landscape and Environmental Requalification of Vala dos Amiais.

The design and execution of these projects, framed by the Strategic Plan for Urban Development (PEDU) and the Urban Regeneration Action Plan (PARU), supported by a participatory governance model, contributed to dynamize and modify the city's image, in functional, landscape terms and environmental.

The detailed analysis of one of the projects - Parque dos Amiais - with regard to the process of appropriation by the city's population, and its appreciation of the design of the adopted solution, confirms the success of the

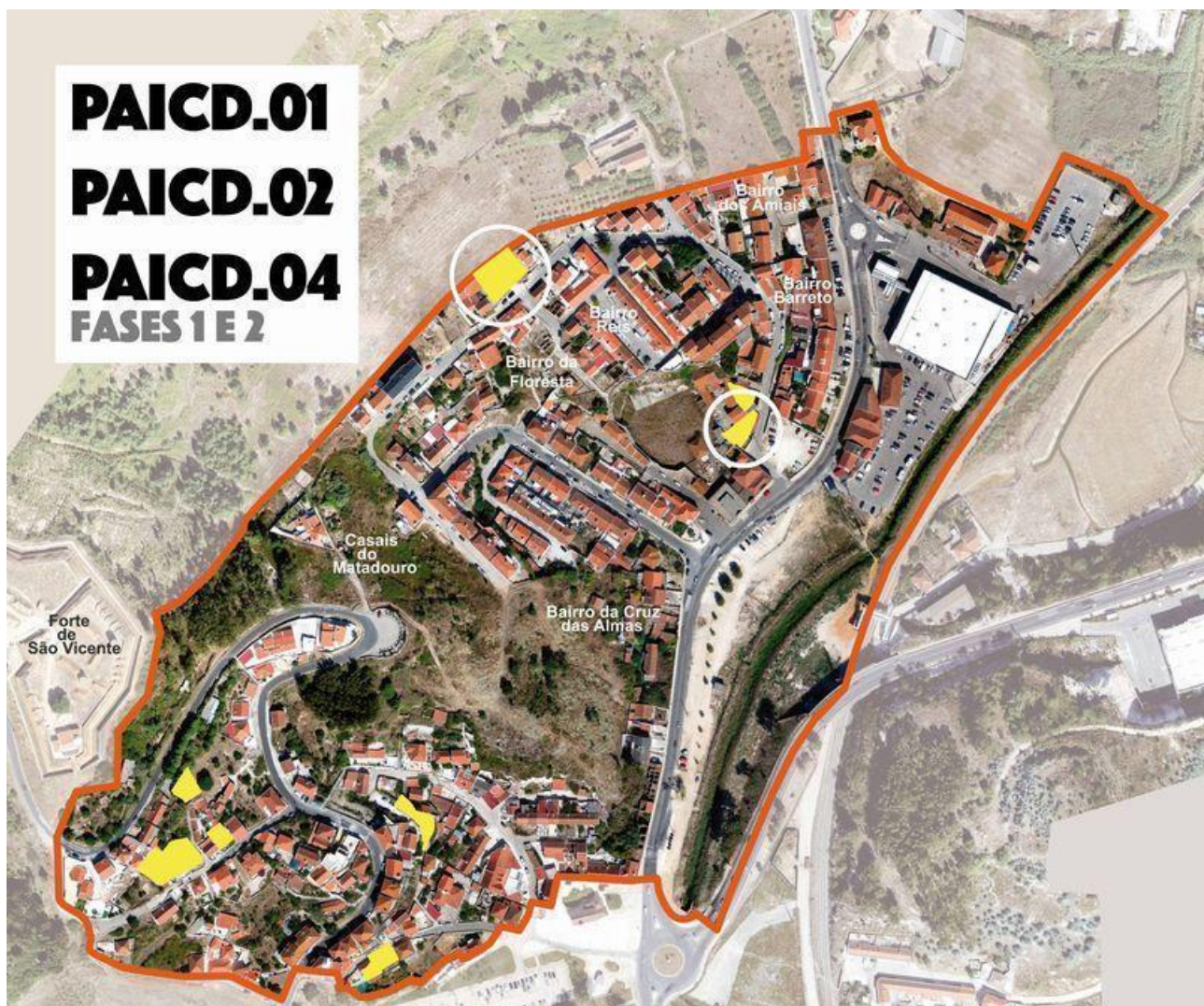
intervention and the reconquest for the city of an area which penalized the urban image and excluded the population from its use.

The success of the governance model justifies the Torres Vedras City Council now seeking to consolidate it, involving local stakeholders in the management and animation of the structures created, with one of the future ideas being the development of the corporate model with the creation of the Régie Cooperativa de Torres Vedras.

This solution is an advance in terms of governance and urban policy – urban regeneration – as it allows bilateral relationships with stakeholders and the execution of projects on scales never realized before.

1.6 PAICD - Integrated Action Plan for Disadvantaged Communities

#TorresVedras #Disadvantagedcommunities



Source: https://odslocal.pt/boas-praticas/plano-de-acao-integrada-para-as-comunidades-desfavorecidas-paicd--511?goal_code=&lang=EN&promotor=

The PAICD is the planning instrument of the Strategic Urban Development Plan (PEDU), which mobilises the investments planned by Portugal2020 for interventions in disadvantaged communities. Development principles of the PAICD:

- Improve the quality of urban life by strengthening the sense of belonging, developing actions and projects that encourage community involvement, participation and co-responsibility;
- Promoting the retention of the resident population and attracting new residents through the development of social and economic initiatives, combined with urban regeneration actions and structural interventions in terms of buildings and housing;
- Mobilising a sense of community and a healthy use of space, raising awareness among the population of the importance of using public spaces;
- Personal development, through activities tailored to the needs of each age group, taking into account the specific characteristics of each group;
- Developing activities and creating new spaces for leisure and socialising, as well as organising leisure and cultural activities.

PAICD includes the following operations:

- PAICD.01-We Are Community;
- PAICD.02-Porta do Bairro;
- PAICD.04-Municipal Social Housing Programme - Phase 1 and Phase 2

Good practice information

- Website: <https://www.cm-tvedras.pt/p/plano-estrategico-de-desenvolvimento-urbano#PAICD>

1.7 Lightning Round presentations

Somos Comunidade

Somos Comunidade is a community intervention and social innovation project located in Encosta S. Vicente, Torres Vedras. The project is developing a newspaper and community television channel, and provides socio-cultural activities on a weekly basis. These activities are designed to promote civic participation and social inclusion through the arts, with a view to combating the loneliness and isolation experienced by inactive senior citizens. The Community Newspaper and TV is a space for the sharing of ideas and solutions to problems, and for listening to, involving and giving a voice to the people of this area.



#Torres Vedras #Associação #Jornal
 Comunitário #Bairros Saudáveis #Saúde Mental
 #Intervenção Comunitária #Inovação Social
 #Qualidade de vida #Impacto



The project's overarching objective is to promote constructive change, influence local decision-making processes, and enhance the civic engagement of the local population in the democratic process. The Community Newspaper and TV also serves as a platform for the dissemination of life narratives and aspirations of the local community.

The project was initiated in 2021 and is funded by the Torres Vedras City Council under the ENCOSTA Programme, which aims to promote urban and social regeneration in Encosta de São Vicente.

Impacts

- Number of newspapers published **8 editions:**
 - 6 print editions and a digital version;
 - Circulation of 300 copies each;
 - Number of pages increased from 8 to 12;
 - Door-to-door distribution.
- Number of community TV programmes **6**
- Community TV programmes are made available on the project's social networks: facebook; instagram and youtube.
- Number of participants in musical activities **25-30 participants**
- Música Sem Idade is a weekly activity where people learn to play musical instruments and sing traditional Portuguese music. It's mainly made up of women and has 25 participants.
- Number of clean-ups **1 per year**
- An annual clean-up in the intervention area.
- Number of healthy eating workshops **2 per year**
- This nutrition workshop aims to promote more sustainable consumption patterns, healthier food choices and the fight against food waste among participants.
- Number of handicraft workshops **17 sessions**
- Fortnightly activity of the Somos Comunidade project, which is a space for sharing knowledge and learning in a friendly, convivial atmosphere with people of different ages.

Project information

- Website: <https://www.atv.pt/atividade/240>
- Video: <https://www.youtube.com/playlist?list=PL4TImbaD5YUmVzi-rsUi-Kn9m42PWnYWY>
- Social Network: <https://www.facebook.com/projetosomoscomunidade>
- Promoter: Association
- No. of people reached: 500 – 1000
- Development Status: In fructification

Porta do Bairro

This operation is part of the Integrated Action Plan for Disadvantaged Communities (PAICD).

Porta do Bairro' is a project under the responsibility of the Torres Vedras City Council in partnership with the Torres Vedras Social and Parish Centre, which is part of the PAICD (Integrated Action Plan for Disadvantaged Communities) and the PEDU (Strategic Urban Development Plan), whose area of intervention corresponds to the Encosta de São Vicente Urban Rehabilitation Area.

This initiative involved the acquisition and rehabilitation of a vacant building next to the old Municipal Slaughterhouse, in Rua do Matadouro, with the aim of implementing a social project.

The 'Porta do Bairro' project is based on the concept of a Community House. It is a multi-purpose space open to the community, with cultural and recreational programmes, training activities and social support services, with social inclusion as its main objective. In this sense, its programme includes actions that promote the sharing of experiences, intergenerational relations, training and civic participation by the community.

Thus, 'Porta do Bairro' consists of three thematic centres, each with specific responses, depending on the scope of action.

One of these is the Centre for Participation and Social Innovation, which will implement innovative cultural and leisure activities and promote the community's civic participation in a process of physical and social regeneration. Cooking activities are being promoted, as some projects developed by the municipality, such as the 'Knowledge Workshops', (eg. 'Little Dresses for Africa' project).

The Psychosocial Intervention Centre aims to improve the living conditions of people in vulnerable situations in order to prevent and reduce the phenomena of poverty and social exclusion. The scope of intervention will cover the entire process of psychosocial care and referral of individuals or families, as well as assessment of the individual or family situation at the social level and supportive psychotherapy, among other actions.

The third response of this project is the Training Centre, created with the aim of promoting the development of professional, social and personal skills in the specific context of vulnerable groups. It will provide vocational guidance and training, and may also host professional and academic internships and a community space for active job-seeking.

Porta do Bairro is intended as a social inclusion project for the community of the Encosta de São Vicente Urban Regeneration Area, aimed at increasing employability, developing personal and social skills, cultural participation, strengthening solidarity networks and civic awareness and participation.

A Bolha

A Bolha - Teatro com Marionetas is an association that explores theatre, always with puppets or other animated forms. They work for and with different audiences and in different contexts, always with the aim of exploring different forms and materials, questioning limits, using simplicity as a tool to fascinate those who watch and those who experience. These are her main areas of intervention: Art; Community and Education.

Additionally, they promote art, to make it accessible to all generations and social classes, to prove that it is not just for the few, that it can capture the interest of everyone, whatever their background, and to valorise it in a language that is accessible but no less beautiful and magical.

They want to reach out to the community, not only through their eyes, but through experimentation in workshops that touch on different techniques, and through their involvement in creative processes in meetings that promote the sharing of knowledge and experience.

They see puppets as a very useful tool in education, not only because of the ease with which they can be used to convey messages, but also because of the skills they help to develop through their construction and manipulation - motor, social and emotional skills - which help to create more aware and proactive citizens.

AREPO

The Companhia de Ópera e Artes Contemporâneas - AREPO, has been closely following the latest international opera approaches, methodologies and creations, especially projects that aim to bring the general public closer and more involved. The need for an institution in Portugal that could fulfil these artistic and social objectives seemed obvious to us. For this reason, AREPO was founded in 2019.

The success of this project confirmed our vision of an opera free from social and artistic constraints. Its continuation became inevitable.

They propose an innovate approach in the various genres of contemporary music theatre and contribute to the promotion and dissemination of opera, music theatre and other contemporary arts.

Bring opera to different audiences and venues, with a particular focus on the creation of new opera, prioritising research laboratories and artistic creation with emerging artists.

Promote, through the mediation of debates, an invitation to philosophical reflection on the most varied themes of contemporary society.

To invite artists and the community to participate in the creative process in an immersive, culturally inclusive and transformative way.

2. Sustainable and Rural Innovation Hub

2.1 PSAE – School Food Sustainability Programme

The School Feeding Sustainability Programme, launched by the Municipality of Torres Vedras in 2014, aims to provide healthy school meals, taking into account the principles of social, nutritional, environmental and economic sustainability, such as the freshness and seasonality of products, territorial development and the creation of local jobs. It is divided into four strategic axes:

I - Production: The BioHorta Escolar Programme promotes awareness-raising activities on agro-ecological production and the development of school gardens in accordance with the principles of organic farming. It also includes study visits to organic farms in the region, allowing direct contact with local producers - some of whom supply the school canteens.

PSAE
 ALIMENTAÇÃO
 ESCOLAR
 SUSTENTÁVEL
 TORRES VEDRAS



#TorresVedras
 #Sustainabilityinschoolmeals
 #Agrofoodchains #Healthyfood



#TorresVedras #SchoolGardening #PedagogicalGardening #Mini-gardening #AwarenessRaising
 #BiologicalProduction #Agroecology #Environment

The "Mini-Hortas na Escola", a project promoted by the Torres Vedras City Council during the 2018/2019 school year, which uses small, compartmentalised wooden containers with plant substrate, provided and installed as part of the educational gardens in schools, will be merged with the "Bio-Horta Escolar" programme in 2020.

The school community that has access to this equipment develops curricular activities enriched by the project and carries out complementary activities such as plastic work, study visits, vegetable sales and healthy eating workshops.

Impacts

- School community covered - 'BioHorta Escolar' **2300 students per year**
- Ten schools are covered by the BioHorta Escolar programme;
- Involving the School Community - 'Mini-Hortas' **337 Students per year**
- The Mini-Hortas cover 13 primary schools.

Good practice information

- Website: <https://cm-tvedras.pt/artigos/detalhes/produtos-das-hortas-escolares-entregues-a-comunidade-escolar-e-a-familias>

II - Purchasing: In order to promote territorial development and local job creation, preference is given to small and medium-sized producers/suppliers in the region when purchasing raw materials, with an emphasis on fresh, seasonal and high-quality products, including organic products.

To this end, the raw materials are divided into batches with specific award criteria, such as:

- **freshness** — measured by the transport time from the place of production to the place of consumption;
- **delivery of products in bulk** (where applicable — boxes of products are collected on the next delivery);
- **reuse of materials and avoidance of waste**, which translates into a smaller environmental footprint.

III — Cooking: The town has five communal kitchens which, through direct management, provide around 2,500 meals a day to all the educational establishments (nursery schools, 1st, 2nd and 3rd cycle and secondary schools) in the town's municipalities. For the rest of the schools covered by direct management, it has developed a strategy of delegating responsibilities to the municipal councils, which contract the preparation and distribution of meals to local IPSS, thus promoting local employability through the approximately 3,000 meals a day provided by these organisations.



The menus are carefully prepared with the assistance of a nutritionist (both in the municipal kitchens and in the IPSS), respecting the nutritional balance, taking into account anthropometric values and favouring seasonal and local foods, as well as traditional dishes or those most popular in each locality, according to the Mediterranean diet. Municipal kitchens thus act as "laboratory kitchens", i.e. as a model to be followed by the IPSS.

IV - Consumption and healthy eating habits: In schools where there is no kitchen, meals are transported to the place of consumption - the canteen of each school - in isothermal containers by means of a system of hot connections (a 5-minute radius from the production unit to the destination). The meal is accompanied by educational assistants, who help the younger pupils and encourage them to calm down and eat the whole meal properly. At the same time, programmes are developed for the children to promote good eating habits and the principles of sustainability, linking them to health issues:

- **Active School/Positive Eating** - Promotion of good eating habits and increased physical activity to combat childhood obesity, with regular monitoring of body mass index in the school context by physical education teachers in the first cycle of basic education;
- **"School Scheme"** - free distribution of fruit and vegetables and milk to kindergarten and primary school children (the cost of fruit and vegetables not covered by the scheme is borne by the municipality) attending public schools, as well as activities in the school environment aimed at developing healthy eating skills and knowledge of the origin of agricultural products;
- **Awareness-raising activities** - awareness-raising activities aimed at primary school pupils on the benefits of eating fruit and vegetables and the importance of reducing food waste;
- **Study visits** - study visits to local organic farms and the local market to familiarise children with local produce;
- **"Eat with me on my birthday"** - an initiative launched by the municipality, which consists of inviting parents to have lunch with their children at school on their birthday, with the aim of raising awareness of healthy eating habits and giving them the opportunity to evaluate the quality of the meals through a short questionnaire.
 Number of parents/guardians participating **229 Persons** (during the school year 2022 until the end of January 2023).
- **"You choose lunch!"** – Students in the first cycle of the territory's primary schools are becoming more involved in the process of creating school menus. As part of the "You choose the lunch!" project, which will be implemented in the 2021-2022 school year, a class from each school will choose the lunch for all the students covered by the same school meals service. The students' suggestions range from innovative dishes to small changes to existing dishes or even repeating other dishes on the school menus. The proposed dishes are added to the school menus on the last Friday of each month, with a few exceptions due to the school calendar.
- **Monitoring food waste** - the main aim of this activity is to raise young people's awareness of the impact of food waste on natural resources. The children play an active role in separating the leftovers after the meal, which are sorted and quantified daily in order to adapt the menus and ensure a significant reduction in food waste.

Impact

- **Promoting sustainable food 2300 people**
- Number of students participating in the BioHorta initiative (one of the initiatives in this programme)
- Informations: <http://www.cm-tvedras.pt/educacao/saude-e-alimentacao/programa-de-sustentabilidade-na-alimentacao-escolar/>

2.2 BioCanteen Transfer Network

This European project aimed to spread good practice in organic school meals.

In Torres Vedras, the meals provided by the municipal kitchens now include organic menus that take into account the seasonality of fruit and vegetables.

Public procurement now includes many organic products, stimulating their supply in the region, while the existence of educational gardens in schools encourages children to get their hands dirty.



#TorresVedras #Schoolfood #Healthyfood #Sustainability
 #Foodwaste #Pedagogicalgardens #Biologicalproduction

Source: https://odslocal.pt/boas-praticas/rede-de-transferencia-de-biocantinas-666?goal_code=&lang=EN&promotor=&tabId=tab-good-practices

To reduce food waste, it's the little ones who sort out what's left on their plates after meals. The leftovers are weighed daily to adjust the menus and reduce food waste.

Educating children to eat healthily and sustainably is the main objective of the Torres Vedras community.

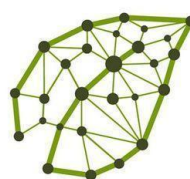
Good practice information

- Website: <http://www.cm-tvedras.pt/artigos/detalhes/rede-de-transferencia-de-biocantinas/>
- Video: <https://www.youtube.com/watch?v=BW2ymZKCcWw>
- Auxiliary link: <http://www.cm-tvedras.pt/educacao/saude-e-alimentacao/biocantinas/>

2.3 Smartfarm Colab

The Smart Farm Colab collaborative laboratory is the result of an application led by the municipality of Torres Vedras and approved by the Foundation for Science and Technology (FCT).

Its objectives include developing solutions to the challenges of climate change, the digitalisation of agriculture and the development of a circular economy adapted to small and medium-sized agricultural units.



**SMART FARM
COLAB**

LABORATÓRIO COLABORATIVO
 PARA A INOVAÇÃO DIGITAL
 NA AGRICULTURA

#Agriculture #CircularEconomy #Digitisation
 #ClimateChange

Source: https://odslocal.pt/boas-praticas/smart-farm-colab-603?goal_code=&lang=EN&promotor=#TorresVedras

Impacts

Promotion of agricultural literacy **200 People per year**

Organisation of the three-day 'VI Agriculture 4.0 Forum' event to promote innovation and technology in the agri-food sector and provide a space for experts, companies, and institutions to exchange knowledge and experience.

Promotion of agricultural literacy **212 people per year**

Organisation of the three-day event 'VI Agriculture 4.0 Forum' to promote innovation and technology in the agri-food sector and to provide a space for experts, companies, and institutions to exchange knowledge and experiences.

Good practice information

- Website: <http://www.sfcolab.org>
- Auxiliary link: <http://www.cm-tvedras.pt/artigos/detalhes/instalacoes-da-smart-farm-colab-foram-inauguradas>

2.4 The RAMA Experience

RAMA - Residências Artísticas, located in the villages of Maceira and Alfeiria, in the municipality of Torres Vedras, was created in 2020 and is aimed at national and international artists, researchers and curators who wish to develop their research and experimental work in multidisciplinary areas, crossing contemporary art with science, education and the territory.

RAMA organises artists' residencies, workshops, exhibitions, talks and outdoor activities, promoting interaction between artists and the public interested in learning, experimenting and sharing, fostering relationships with the local community, culture, traditional crafts and knowledge, history and rural landscape, deepening knowledge of the region.

Since its inception, RAMA has been supported by the Torres Vedras City Council, the Parish Councils of Carvoeira and Carmões, and the Parish Councils of Dois Portos and Runa, to which the villages of Alfeiria and Maceira belong.

RAMA, integrated into the rural landscape, aims to develop as a centre for advanced research in the field of art, at the crossroads with science and education, seeking ideas for sustainability, ecology, and balance between systems.

Artist residencies last from 1 to 4 months or longer, depending on the nature of the projects. The programmes, with tutorials and studio visits, are tailored to each project in a specialised, and immersive working environment.

The Artist Residency Programme, with accommodation and a studio or with a studio only, welcomes up to 4 artists at a time.

The External Tutorship and Project Supervision Programme in artists' private studios welcomes a limited number of artists, depending on the nature of the projects submitted in the application.

2.5 HuMUS – Healthy Municipal Soils

Led by INIAV's Dois Portos Innovation Hub and developed in partnership with the municipality of Torres Vedras, the project is one of the 34 pilot projects of HuMUS - Healthy Municipal Soils, a project funded by the Horizon Europe research and innovation (R&I) programme, which aims to implement the Soil Europe Mission at regional and local level.

Mission Solo aims to set up 100 living laboratories and reference structures by 2030 to lead the transition to healthy soils by 2050.

The HuMUS project, coordinated by ANCI Toscana, one of the 18 partners of the consortium that includes organisations from several European countries, focuses on participatory soil governance at local and regional level and the creation of spaces for constructive dialogue on soil health between public authorities, businesses, citizens and civil associations and academia. Promoting soil literacy in society, strengthening the capacity and knowledge base for soil management, and co-creating locally based innovations to improve soil health through collaborative processes with soil users and society at large are some of the objectives of Mission Soil for which the HuMUS project competes.

The Healthy Soils @Torres Vedras project, the only pilot project approved for Portugal, was one of 20 projects selected from 65 eligible applications at European level. The pilot project, to be developed over a 12-month period in Torres Vedras, will focus on agricultural soils in general and vine-growing soils in particular, taking into account their representativeness in terms of area used and the socio-economic and cultural importance of vine-growing in the municipality. The municipality of Ventosa will be the target area for the development of the pilot project for one year, with the intention of extending the planned actions to other land uses and other areas of the municipality in future periods and projects.

2.6 Adega Cooperativa da Carvoeira

Adega Cooperativa de Carvoeira is a local company that specialises in the production and marketing of wine. Based in Curvel, it was founded in 1957 and started its wine business in 1960. Heir to six centuries of tradition, it has around 200 active members and a total area of 800 hectares, including vineyards in the parishes of Torres Vedras and Alenquer.

Average annual production is around 6 million litres, including regional wines from Lisbon and DOC Alenquer. Experience is combined with the latest technology in production, stabilisation, bottling and shipping to guarantee quality. The red wines are produced by total destemming, with automatic reassembly and control of the fermentation temperature, resulting in fruity wines with a complex structure.

The company has four of its own retail shops, located in Curvelo, Santa Cruz, Lisboa and Cacém, which account for a large proportion of sales. Adega de Carvoeira wines are also available for tasting and purchase in department stores, traditional shops and restaurants. Exports to four continents have increased exponentially, with a greater presence in the Brazilian, Canadian, German and Chinese markets.

Adega de Carvoeira's ambition is to continue to focus on the quality of its products and its relationship of trust with its commercial partners, as it endeavours to keep up with consumer trends and launch differentiated products with different combinations. In the short term, the aim is to extend its area of activity to wine tourism, making it possible to organise guided tours of the winery and wine tastings.

Company ID

- Activity: Production of wine and by-products
- Founded in: 1957
- Employees: 25 (in 2018)
- Annual turnover: around 3 million euros
- www.adegacarvoeira.pt

3. Concluding Remarks and Next Steps

3.1 Key takeaways from the field visit and workshop discussions: Insights from the PARI report on Torres Vedras

The PARI Report mission in Torres Vedras provides a comprehensive overview of the municipality's strategic approach to urban and rural development, with a notable emphasis on social innovation, ecological sustainability, and community engagement. Several key takeaways emerge from the analysis of the various programs, plans, and initiatives detailed in the report, highlighting both the successes achieved and the ongoing commitment to fostering an inclusive and resilient region.

1. **Integrated Strategic Planning as a Foundation for Equitable Development.** A core takeaway is the municipality's reliance on comprehensive strategic frameworks like the Strategic Urban Development Plan (PEDU), which encompasses specific action plans for Sustainable Urban Mobility (PAMUS), Urban Regeneration (PARU), and critically, an Integrated Action Plan for Disadvantaged Communities (PAICD). This integrated approach, with strategic axes addressing territorial cohesion, social cohesion, environmental sustainability, economic competitiveness, and improved governance, demonstrates a commitment to tackling complex urban challenges holistically. The explicit focus of PAICD on areas like Encosta de São Vicente, addressing issues of substandard housing, precarious employment, and socio-economic vulnerabilities, underscores a dedication to social equity.
2. **Social Innovation Hubs as Catalysts for Community-Centric Solutions.** The CAC Ecosystem, functioning as a Social Innovation Hub, is central to driving impactful local change. Initiatives like the Encosta Programme exemplify this, focusing on the urban and social regeneration of deprived areas by recovering buildings, requalifying public spaces, and promoting economic and cultural revitalization. The impact on residents (e.g., 724 persons in the Encosta ARU) and the emphasis on creating a positive territorial image and a socially-based economic system are significant. Furthermore, community-driven projects highlighted in lighting round presentations, such as "Somos Comunidade" and "Porta do Bairro," showcase a bottom-up approach to addressing local needs and fostering community spirit.
3. **Commitment to Sustainable Rural Development and Food Systems.** The Sustainable and Rural Innovation Hub spearheads initiatives that connect ecological sustainability with community well-being. The School Food Sustainability Programme (PSAE), including its BioHorta and "You choose the lunch!" components, not only promotes healthy and sustainable food in schools but also actively involves students in decision-making and raises awareness about food waste, impacting a significant number of students. The BioCanteen Transfer Network further extends this by promoting organic school meals and sustainable public procurement. Initiatives like Smartfarm Colab (addressing climate change and digitalization in agriculture), The Rama Experience (linking art with rural landscapes and sustainability), and HuMUS (focusing on healthy municipal soils through participatory governance) illustrate a multifaceted approach to rural innovation and ecological stewardship.
4. **Multi-Stakeholder Collaboration and Participatory Governance are Crucial.** The report implicitly and explicitly highlights the importance of collaboration. The PEDU's fifth strategic axis (E5) emphasizes improving governance through partnerships and interdisciplinary stakeholder involvement. The HuMUS project's focus on creating dialogue spaces between public authorities, businesses, citizens, and

academia for soil health is a direct example. The success of various programs hinges on the active engagement of diverse actors, from municipal bodies and local businesses (like Adega Cooperativa da Carvoeira) to civil society organizations and, crucially, the residents of targeted communities. This collaborative ethos is vital for ensuring that development is responsive, inclusive, and sustainable.

5. **Addressing Vulnerabilities and Promoting Inclusion as Core Tenets.** A recurring theme is the proactive effort to address the needs of disadvantaged communities and promote social inclusion. The PAICD's focus on peripheral areas, the Encosta Programme's regeneration efforts, and the social objectives embedded within various initiatives reflect a clear understanding that sustainable development must be equitable. Efforts to improve mobility and accessibility (PAMUS), provide support for vulnerable families (e.g., Rental Support Programme, social housing), and create socially-based economic systems are all indicative of this commitment. The challenge of overcoming territorial imbalances and ensuring that the benefits of development reach all segments of the population remains a key focus.

These takeaways collectively paint a picture of Torres Vedras as a municipality actively leveraging strategic planning, social and rural innovation, and collaborative governance to build a more sustainable, equitable, and inclusive future for its citizens. The initiatives detailed in the PARI report offer valuable insights into practical approaches for tackling complex socio-economic and environmental challenges at the local level.

3.2 Regional Analysis: ecological sustainability and innovation priorities through the lens of social inclusion and equity

Torres Vedras presents a dynamic landscape of challenges and opportunities in its pursuit of sustainable development and social innovation. This analysis, derived from the PARI Report mission, examines the municipality's current needs, existing resources, and key stakeholders through the lens of social inclusion and equity, highlighting the interconnections between ecological sustainability and community well-being.

CATEGORY	ASPECT	DETAILS
Needs & Challenges	Territorial Imbalances & Urban De-skilling	- Disparities in development between different parts of the city, as explicitly identified in the Strategic Urban Development Plan (PEDU). - Limited access to quality education, employment, and essential services for specific social groups and geographical locations, particularly in areas experiencing urban de-skilling. - Need for reinforced connections and targeted investment in disadvantaged areas.
	Urban Pressure & Mobility Barriers	- Traffic congestion and poor mobility/accessibility issues disproportionately affecting low-income residents, elderly, and persons with disabilities. - Environmental pollution impacting quality of life and public health, with often greater severity in less affluent neighbourhoods. - Need for sustainable urban mobility solutions that prioritize equity in access.
	Disadvantaged Communities	- Substandard housing conditions in peripheral areas like Encosta de São Vicente. - Precarious employment and acute socio-economic vulnerabilities stemming from systemic inequities. - Low economic capacity and education levels among residents in certain communities. - Need for culturally sensitive and empowering support mechanisms.
	Population Loss & Housing Deterioration	- Declining resident population, buildings, and housing stock between 2001-2011 in specific zones like the Encosta de São Vicente ARU. - Issues of social exclusion, housing affordability, and inadequate housing requiring intervention. - Approximately 15% of resident families covered by social policies: 7.3% in Rental Support Programme, 5.7% for social housing, 2% in housing improvement programs.

	Environmental Sustainability Frameworks	- Need for improved frameworks for regional ecological sustainability that integrate social equity considerations. - Ensuring fair distribution of environmental benefits (green spaces, clean energy) and preventing disproportionate environmental burdens on marginalized groups. - Balancing rural character and urban development pressures in a municipality where agriculture and forestry account for 87.6% of land use.
	Governance & Stakeholder Cohesion	- Fragmentation among local stakeholders requiring more inclusive and participatory governance structures. - Need for effective communication with the population and shared responsibility in development processes. - Challenge of ensuring equitable representation in decision-making, especially for traditionally underrepresented groups.
Existing Resources & Assets	Strategic Location & Connectivity	- Proximity to Lisbon and presence of important structural roads connecting to the capital. - Position as one of the primary urban centers in the West Region, with advantages for establishing companies and business activities. - Potential to leverage connectivity for equitable economic opportunities and accessible employment pathways for all residents.
	Urban & Rural System	- Part of a dense, qualified, and structured urban system aimed at strengthening the sub-units of the Oeste and Vale do Tejo Region. - Pronounced rural character with significant agricultural activity (18,334 ha) and forestry (17,342 ha) accounting for ~87.6% of total area. - Diverse economic base including agri-food industry, metallurgical industry, and retail trade that can support inclusive growth.
	Comprehensive Development Plans	- Strategic Urban Development Plan (PEDU) with explicit social inclusion and equity objectives. - Sustainable Urban Mobility Action Plan (PAMUS) addressing congestion, mobility, and accessibility. - Urban Regeneration Action Plan (PARU) focusing on historic centers and areas experiencing economic decline. - Integrated Action Plan for Disadvantaged Communities (PAICD) targeting vulnerable populations and areas.
	Innovation Hubs & Initiatives	- CAC Ecosystem (Social Innovation Hub) driving community-centric solutions. - Sustainable and Rural Innovation Hub connecting ecological sustainability with community well-being.

		- Smartfarm Colab developing solutions for climate change, agricultural digitalization, and circular economy. - The Rama Experience linking artistic research with rural landscapes and sustainability. - HuMUS (Healthy Municipal Soils) project promoting participatory soil governance.
	Ongoing Social & Ecological Projects	- Encosta Programme for urban and social regeneration (impacting 724 residents). - School Food Sustainability Programme (PSAE) promoting healthy, sustainable food and student participation. - BioCanteen Transfer Network spreading good practice in organic school meals. - Landscape and environmental regeneration initiatives like the Amiais Ditch project. - Community-building projects like “Somos Comunidade” and “Porta do Bairro”.
Key Stakeholders	Municipal Authorities	- Municipality of Torres Vedras (Câmara Municipal de Torres Vedras) as the central coordinating body. - 13 Parish Councils (with 2 more imminent) providing localized governance. - Municipal bodies responsible for implementing the PEDU, PAMUS, PARU, and PAICD.
	Local Businesses & Cooperatives	- Adega Cooperativa da Carvoeira (wine cooperative with 200 active members, 800 hectares). - Agri-food and metallurgical industries representing key economic sectors. - Local retail businesses contributing to the economic fabric. - Potential partners for socially responsible business practices and inclusive employment.
	Educational & Research Institutions	- Schools participating in the PSAE and other educational initiatives. - Research partners in the Smartfarm Colab and HuMUS project. - INIAV’s Dois Portos Innovation Hub leading the HuMUS project. - Educational institutions as sites for awareness-raising and capacity building.
	Civil Society & Community Groups	- Organizations involved in “Somos Comunidade” and other community-building initiatives. - Artists and researchers participating in The Rama Experience. - Civil associations engaged in dialogue on soil health through the HuMUS project. - Community representatives advocating for inclusive development.
	Residents of Target Areas	- 724 residents of the Encosta de São Vicente ARU. - 2300 students participating in the BioHorta initiative. - Families benefiting from social housing and support programs (approximately 15% of resident families). - Residents of disadvantaged communities as both beneficiaries and essential participants in development initiatives.

This regional analysis highlights the complex interplay between ecological sustainability and social equity in Torres Vedras. The municipality's strategic approach, combining targeted interventions for disadvantaged communities with broader sustainability initiatives, provides a foundation for addressing current challenges while leveraging existing assets. The active involvement of diverse stakeholders, particularly residents of target areas, is crucial for ensuring that development efforts are inclusive, responsive to local needs, and contribute to building a more equitable and sustainable community.

3.3 Concluding Remarks and Steps Ahead: Strengthening CSEI Development and Ecological Sustainability in Torres Vedras

The PARI Report mission in Torres Vedras illuminates a municipality actively engaged in multifaceted development, with a clear trajectory towards integrating social innovation, ecological sustainability, and community well-being. The comprehensive Strategic Urban Development Plan (PEDU), along with its targeted action plans (PAMUS, PARU, PAICD), and the diverse array of projects under the CAC Ecosystem (Social Innovation Hub) and the Sustainable and Rural Innovation Hub, collectively demonstrate a robust commitment to addressing local challenges and leveraging regional assets. The consistent, albeit evolving, focus on social inclusion, equity, and participatory governance is a commendable thread woven through these initiatives.

From the urban regeneration efforts in Encosta de São Vicente, directly impacting vulnerable communities, to the innovative approaches in sustainable agriculture and food systems like the School Food Sustainability Programme (PSAE) and the HuMUS project, Torres Vedras showcases a willingness to pilot and implement solutions that aim for holistic and equitable outcomes. The challenges, however, remain significant. These include persistent territorial imbalances, urban pressures affecting mobility and the environment, the specific vulnerabilities of disadvantaged communities, and the ongoing need to foster even stronger, more inclusive multi-stakeholder collaboration.

Based on the findings from the PARI Report and the observed initiatives, the following **strategic actions are proposed to strengthen CSEI** (Clusters for Social and Ecological Innovation) development and ecological sustainability in the participating region of Torres Vedras, with a continued and deepened emphasis on social inclusion and equity:

1. **Enhance and Systematize Inclusive Multi-Stakeholder Platforms for CSEI Co-Creation.** Building on the PEDU's emphasis on partnerships (E5) and initiatives like HuMUS, formalize and expand platforms for genuine co-creation of CSEI. This involves ensuring equitable representation and decision-making power for all stakeholders, especially marginalized community members, local businesses, civil society organizations, and research institutions. These platforms should focus on identifying, designing, and implementing integrated solutions that simultaneously advance social, ecological, and economic well-being, moving beyond project-specific collaboration to systemic regional planning.
2. **Develop and Implement Targeted Financial Mechanisms for Socially-Inclusive Ecological Innovation.** To support the scaling and sustainability of CSEIs, explore and advocate for innovative and accessible financial instruments. This could include local green and social impact bonds, community investment funds that prioritize equity, and dedicated municipal or regional grants for projects that demonstrably link ecological improvements with tangible benefits for disadvantaged groups (e.g., green jobs, improved local environments in underserved areas, access to sustainable and affordable resources).
3. **Invest in Continuous Capacity Building and Knowledge Exchange for CSEI Actors.** Strengthen the skills and knowledge base of all actors involved in CSEI development. This includes targeted training for community leaders on project management and advocacy, for local businesses on circular economy models and social responsibility, and for municipal staff on participatory planning and equity impact assessment. Facilitate peer-to-peer learning with other regions successfully implementing CSEIs, drawing on networks like the BioCanteen Transfer Network model for broader application.

4. **Strengthen Data-Driven, Participatory Monitoring and Evaluation for CSEI Impact.** Establish robust, transparent, and participatory monitoring and evaluation (M&E) frameworks for all CSEI initiatives. This M&E should go beyond traditional economic or environmental metrics to include disaggregated social impact indicators, focusing on how initiatives affect different social groups, reduce inequalities, and enhance community resilience. Utilize tools like GIS mapping combined with community-based data collection to track progress and ensure accountability, adapting strategies based on evidence and local feedback.
5. **Integrate and Scale Successful Pilot Initiatives into Mainstream Policies and Programs.** Identify the most impactful pilot projects (e.g., elements of the Encosta Programme, PSAE, Smartfarm Colab) and develop clear pathways for their integration into broader municipal policies and long-term programs. This requires securing sustainable funding, codifying best practices, and ensuring that the lessons learned from these pilots inform regional strategic planning, particularly in areas of urban regeneration, sustainable food systems, and rural development, always with an equity lens.
6. **Amplify Public Awareness and Education on the Interlinkages between Social Equity and Ecological Sustainability.** Launch comprehensive public awareness and education campaigns to foster a deeper understanding among the general population about the critical connections between social justice, inclusion, and environmental health. Highlight local success stories and the benefits of CSEIs for the entire community, encouraging broader citizen engagement, responsible consumption patterns, and support for policies that promote a just and green transition.

By strategically pursuing these actions, Torres Vedras can build upon its existing foundations to further cultivate a vibrant ecosystem of social and ecological innovation. This will not only enhance its resilience and sustainability but also ensure that the journey towards a greener future is also a journey towards a more equitable and inclusive society for all its residents. The continued commitment to learning, adaptation, and genuine collaboration will be paramount in realizing this vision.

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Annexes

The programme



TORRES VEDRAS: A social economy hub based on resilience and social and ecological innovation



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Implementing Clusters for Social and Ecological innovation to improve
quality of life in rural areas

ID: 101169803

DAY1: Wednesday, March 26th

8h50	Meeting Point Jardim da Graça - Praça da República 6-14, 2560-326 Torres Vedras → transport to CAC	
09h15	// CAC Ecosystem Presentation Encosta Program cm-tvedras.pt/urban-regeneration , developed by the Municipality of Torres Vedras, aimed to improve Encosta de São Vicente.	Somos Comunidade R. do Matadouro 34, 2560-615 Torres Vedras
10h00 – 10h50	LIGHTNING PRESENTATIONS (max. 10 mins each):	
10h00	Somos Comunidade was developed as a result of a partnership between Torres Vedras City Council and 'Académico de Torres Vedras' (ATV).	Somos Comunidade
10h15	Porta do Bairro is based on the concept of a community house, defined as a facility for the benefit of the entire community, offering a variety of uses, with a core focus on fostering a sense of community inclusion.	R. do Matadouro 34, 2560-615 Torres Vedras



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ID: 101169803

DAY 1: Wednesday, March 26th		
10h30	// A Bolha is a puppetry company founded by Ana Mota Ferreira and Manel Bilro. The idea for Teatro com Marionetas came to life in 2018. They love the endless possibilities puppets offer and emphasize the importance of the visible actor working alongside the puppet. Their company name reflects this by using the word "with."	Somos Comunidade R. do Matadouro 34, 2560-615 Torres Vedras
10h45	// Arepo believes opera should be accessible to everyone, including those who feel it is exclusive and detached from daily life. They follow the latest operatic approaches and aim to involve the public in their projects. Established in Portugal in 2019 to accomplish these goals.	
11h00	Q&A	
11h30	Transport to ESHN	



Implementing Clusters for Social and Ecological innovation to improve quality of life in rural areas

ID: 101169803

DAY 1: Wednesday, March 26th		
11h45	// Visit to the Canteen of Henriques Nogueira Secondary School How products from local producers find their way onto the plates of our young students	ES Henriques Nogueira R. Henriques Nogueira, 2560-341 Torres Vedras
12h30	Lunch	At the Canteen
13h30	// Presentation of PSAE - School Food Sustainability Programme Since 2014, the Municipality of Torres Vedras has been implementing PSAE, which applies to all levels of education, from pre-school to secondary school. Based on social, economic, environmental and nutritional sustainability, it promotes the quality of the meals served to each child, which is reflected in their health and well-being. It also encourages collaboration between the community and the associative fabric, promoting the rationalization of resources and the local economy.	Auditorium ES Henriques Nogueira
14h45	Transport to CAC	



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Implementing Clusters for Social and Ecological innovation to improve quality of life in rural areas

ID: 101169803

DAY 1: Wednesday, March 26th

15h10	// Visit of the CAC Museum: 100 years of Carnival in Torres Vedras Carnival: Rites, Arts and Creativity is the permanent exhibition at the Centre for Arts and Creativity (CAC) in Torres Vedras. Carnival is a cultural event that is celebrated all over the world. Its celebrations have common features, but also a great diversity that results from their concrete expressions.	CAC- Center for Arts and Creativity
17h10	Transport to Alfeiria	
18h00	// RAMA - Art Residency , located in the municipality of Torres Vedras, aims to research and experiment by national and international artists, researchers, and curators. It promotes social innovation through the interaction between professionals and the crossing of artistic practices, the sharing of experiences and knowledge, and relationships with the local community, culture, crafts, and traditional knowledge, and with the region's history and landscape.	RAMA - Residências Artísticas Rua da Quinta de Cima 12, Maceira 2565-184
19h00	Transport to Carvoeira	



Implementing Clusters for Social and Ecological innovation to improve quality of life in rural areas

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DAY 1: Wednesday, March 26th

19h10	// Adega Cooperativa da Carvoeira <i>Cooperative Winery of Carvoeira</i> Founded in 1957, and producing for the first time in 1960, our winery currently has about 500 employees. Their philosophy is to provide the best, using state-of-the-art technology by presenting the public with quality wines. They are proud of our motivated team, which values innovation, commitment, and quality assurance.	Adega da Carvoeira Estrada Nacional n°9 n°5, 2565-138
20h30	Dinner	At the venue
22h45	Transport to Torres Vedras	
End of Day 1		



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PARI
 PATHS FOR RURAL
 INNOVATION

Implementing Clusters for Social and Ecological innovation to improve quality of life in rural areas

ID: 101169803

DAY 2: Thursday, March 27th

08h50	Meeting Point Jardim da Graça - Praça da República 6-14, 2560-326 Torres Vedras → transport to CAC	CAC R. Leonel Trindade, 2560-612 Torres Vedras
09h15	//Debriefing and reflection from all the visits	
10h00	Coffee break	
10h15	//Discussion about what's next for the project	
11h30	// Ending of session with Councilor Ana Umbelino	
12h30	End of Day 2	


 Torres Vedras
 Câmara Municipal

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Media coverage

CM Torres Vedras' institutional website: <https://www.cm-tvedras.pt/artigos/detalhes/municipio-organizou-a-segunda-missao-no-ambito-do-projeto-pari>



Torres Vedras
 Câmara Municipal

TORRES VEDRAS

MUNICÍPIO ORGANIZOU A SEGUNDA MISSÃO NO ÂMBITO DO PROJETO "PARI"

10.04.2025





O Concelho acolheu nos passados dias 26 e 27 de março a segunda missão no âmbito do projeto "PARI: Caminhos para a Inovação Rural", a qual foi organizada pelo Município.

Refira-se que este projeto é desenvolvido no âmbito do programa SMP - COSME da Comissão Europeia, tendo como objetivo estabelecer *clusters* de inovação social e ecológica para melhorar a qualidade de vida nas zonas rurais.

O "PARI" assenta num consórcio liderado pela REVES - Reseau Europeen des Villes et Regions de L'Economie Sociale (BE), sendo entidades parceiras, para além do Município de Torres Vedras, a Diesis Network (BE), a Comunidad Foral de Navarra - Gobierno de Navares (ES), a Region Ostergotland (SE), a Asociacion Empresas de Economia Social de Navares (ES) e a Coompanion Ostergotland Ekonomisk Forening (SE).

A segunda missão do projeto teve início com uma ação realizada no espaço Somos Comunidade, do ATV - Académico de Torres Vedras, tendo na ocasião sido dado a conhecer de forma mais pormenorizada o projeto "Encosta" (focando-se o seu impacto na população residente na Encosta de São Vicente e o trabalho de associações que têm espaços nessa zona de Torres Vedras junto da comunidade para a qual os mesmos funcionam). Nessa ação foram ainda apresentados outros projetos, nomeadamente o "Somos Comunidade", o "Porta do Bairro", A Bolha e a AREPO.

A comitiva deslocou-se seguidamente à Escola Secundária Henriques Nogueira, onde, para além de ter visitado o seu refeitório e aí almoçado, ficou a conhecer o PSAE - Programa de Sustentabilidade na Alimentação Escolar, desenvolvido pelo Município.

No período da tarde foi realizada uma visita às instalações do projeto RAMA - Residências Artísticas situadas em Alfeiria, tendo, posteriormente, tido lugar uma deslocação à Adega Cooperativa da Carvoeira, onde foi proporcionado um jantar no qual marcou presença, em representação do Município, a vereadora Dulcineia Ramos, que aproveitou o momento para partilhar a estratégia municipal de inovação rural, a qual passa pela área do turismo e por um conjunto de projetos que se encontram em implementação, dos

quais destacou o "HuMUS" (projeto financiado pelo programa de investigação e inovação Horizonte Europa que, visando implementar a Missão Solo Europa ao nível regional e local, pretende instalar 100 laboratórios vivos e estruturas de referência até 2030 para liderar a transição para solos saudáveis até 2050). Já a equipa da Adega Cooperativa da Carvoeira enfatizou todo o trabalho colaborativo e inovador que esta entidade tem realizado em prol do desenvolvimento do Concelho, mais concretamente da zona rural onde se situa, o qual assenta numa estratégia que tem permitido dar a conhecer essa zona aos mercados internacionais.

No segundo dia de trabalhos da segunda missão no âmbito do projeto "PARI" houve lugar, no Centro de Artes e Criatividade, a um momento de reflexão sobre as visitas realizadas, o qual incidiu num conjunto de tópicos, nomeadamente: a sustentabilidade das iniciativas dadas a conhecer; a interligação das práticas das organizações visitadas com a comunidade local; o papel que essas organizações têm nos *clusters* rurais de inovação social e ecológica; e a inovação que é movida pelo dinamismo das associações culturais.

A sessão de encerramento da missão contou com a presença da vereadora Ana Umbelino, que abordou então um conjunto de projetos do Município ou nos quais esta entidade está atualmente envolvida, como o Jardim Literário Pop-Up, o já referido projeto "HuMUS", a criação do polo da Escola Superior de Saúde do Politécnico de Leiria e a cooperativa Encosta, bem como a importância dos espaços cívicos.

A próxima missão do projeto "PARI" realizar-se-á na Suécia de 3 a 5 de setembro, organizada pela Region Ostergotland (SE) e a Coompanion Ostergotland Ekonomisk Forening (SE).

Ainda relativamente à missão no âmbito do "PARI" realizada no Concelho, é de referir que a organização da mesma teve a parceria de um conjunto de entidades, nomeadamente: o ATV; o Centro Social Paroquial de Torres Vedras; a AREPO; A Bolha; a RAMA; e a Adega Cooperativa da Carvoeira.

Publicado: 10.04.2025 - 15:03 horas

Município organizou a segunda missão no âmbito do projeto "PARI" < Artigos < Câmara Municipal de Torres Vedras; Disponível em www.cm-tvedras.pt/artigos/detalhes/municipio-organizou-a-segunda-missao-no-ambito-do-projeto-pari. Acesso em 2025-05-28