



## MUNICÍPIO DE VILA NOVA DE FOZ CÔA CÂMARA MUNICIPAL

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Dear Mr. John Beard

We have the ambition to be a senior friendly city but we aim to go further than just obtaining the title as a charitable town. It's more than a title, it's a code that you assume, an indication that signals that the elder in the Municipality of Vila Nova de Foz Côa are given a very important status as a personal level because of their great human and social experience.

They are the principal protagonists when it comes to transmit values that form our society. They represent the first-hand experienced passed that we need for our well-being and emotional equilibrium. They form the link that connects us to the world and all in it. They are the trustees of great knowledge that's accumulated over the years.

The younger are given the idea through technology that the world today doesn't need the knowledge from the past in any way just because we've discovered other worlds. But science doesn't include the whole if it lacks human touch. If Descartes reduced our existence to a categorical affirmation because we are thinking individuals, our existence only become complete when "emotion" is given its adequate space in the world, as referred the scientist António Damásio.

Experience and knowledge together with reflection and wit, terms that, in many cases, lack amongst men today, are fortunes that the elder possess and that we never should dismiss in any way because every time we do that society withdraws in its historical progress.

During the last couple of years as man has put technology as civilization's foundation we've luckily become to understand that the elder should be the targets for all our best intentions for the persons they are, for their innate dignity, for their personal history, their affective, emotional or intellectual richness or for their Main role in generating harmony in the human framework.

Aware of this importance, in parallel with other activities that we've already mentioned in the presented form, the town of Vila Nova de Foz Côa integrates proudly in the project "Defeat time in 7 Elderly Friendly Cities" since 2009 as one of the founding municipalities.



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It's in this context that, Gustavo de Sousa Duarte and Andreia Merícia Polido de Almeida, the Mayor and City Councilor of the Vila Nova de Foz Côa Municipality, respectively, commits their personal intention to give continuity to the improvement actions that are carried out in the network for the Elder Friendly Cities developed by the WHO in which this municipality wishes to be part of.

The Mayor of Vila Nova de Foz Côa Municipality

A handwritten signature in blue ink, consisting of a stylized 'G' followed by a horizontal line and a large, sweeping flourish.

(Gustavo de Sousa Duarte)

The City Councilor of Vila Nova de Foz Côa Municipality

A handwritten signature in black ink, featuring a complex, circular scribble with multiple overlapping loops.

(Andreia Merícia Polido de Almeida)