

To the Coordinator of the World Health Organisation's Global Network of Age-Friendly Cities and Communities, **Dr. Thiago Hérick de Sá**,

It is with great pleasure that I submit this letter of commitment to express the City of Braga's interest in joining the World Health Organisation's Global Network of Age-Friendly Cities and Communities (GNAFCC).

Braga considers itself an active participant in the Decade of Healthy Ageing 2021-2030, declared by the United Nations General Assembly, with a vision of becoming a city for all ages by fostering an urban environment conducive to active and healthy ageing. Joining this Network represents an opportunity to gain inspiration, connection and support, which are precisely at the heart of Your mission for the participating cities and communities.

We have already implemented several initiatives in this area, including physical activity programmes tailored to the senior population, education and training initiatives—most notably the Braga Senior Academy with approximately 500 students—outreach activities focused on social and mental health and remote assistance services. Additionally, we have taken steps to improve housing conditions and offer public transport discounts. The Municipality of Braga also provides a variety of social support services to senior citizens through the Municipal Senior Card.

In recent years, we have systematised and gathered data on the ageing process within our municipality and conducted a multi-dimensional gerontological assessment. Last year marked the launch of our Longevity Plan 2024-2027, which is structured around three main priorities:

1. Promoting active and healthy ageing
2. Transforming Braga into an age-friendly municipality
3. Promoting innovation and optimising resources and services in the area of ageing

The Braga Longevity Plan has already identified four key areas of intervention:

- A. Well-being & Quality of Life;
- B. Participation;
- C. Safety
- D. Innovation & Empowerment.

Each of these areas is supported by clearly defined objectives, a well-articulated strategy, implementation programmes, measurable indicators, identified stakeholders and a set timetable.



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Joining the Network is a natural progression of our commitment and we are dedicated to fulfilling each stage of the process—engaging and understanding, planning, acting and measuring.

We strongly identify with the Network's mission, vision, and core values, placing older individuals at the centre of our local efforts to create a safe, healthy, dignified, participatory and friendly environment for them.

We hope this application will be favourably considered, reinforcing our commitment and intention to join the GNAFCC.

Yours faithfully,

Ricardo Rio, Mayor of Braga

Braga, 07 February 2025.