

EVENT DESCRIPTION SHEET

PROJECT	
Participant:	MUNICIPALITY OF CESENA - CESENA
PIC number:	984882226
Project name and acronym:	[SCORE: Senior Citizens Overcoming Euroscepticism through Recreation and sport Exercise] — [SCORE]

EVENT DESCRIPTION			
Event number:	2		
Event name:	EVOLUTION OF CROSS-BORDER RELATION AND INTEGRATION IN EU and TOGETHER IN EUROPE		
Type:	[SPORT AND CIVIC ENGAGEMENT EVENT]		
In situ/online:	[in-situ]		
Location:	[PORTUGAL], [VILA NOVA DE CERVEIRA]		
Date(s):	15 MARCH 2026		
Website(s) (if any):	https://eurociudadecerveiratominho.eu/pt-pt/olympics4all-inspira-novo-proxecto-europeo/		
Participants			
Female:	44		
Male:	40		
Non-binary:	0		
From country 1 [ITALY]:	37		
From country 2 [SPAIN]:	10		
From country 3 [PORTUGAL]:	35		
From country 4 [UK]:	2		
Total number of participants:	84	From total number of countries:	4
Description			
<i>Provide a short description of the event and its activities.</i>			
The event in Vila Nova de Cerveira was organised as a full-day activity combining physical activity, cultural discovery and social interaction, fully aligned with the			

objectives of the SCORE project. The programme aimed to promote active ageing, social inclusion and the strengthening of a shared European identity through informal and experiential activities.

During the morning, participants took part in a walking activity along the Nature Trail of the Minho River, promoting physical exercise, wellbeing and interaction within a unique cross-border natural landscape. During this walk it was possible to experience the cross-border dimension of Cerveira and Tomino and to learn some aspects of Portuguese and Spanish traditions. This walk was followed by guided visits to key cultural and heritage sites, including the Aqua Museum of the Minho River, the historic centre of Vila Nova de Cerveira, and the Monte de Senhora da Encarnação. At this location, participants visited the iconic Cervo sculpture, a symbolic landmark of Vila Nova de Cerveira, deepening their understanding of the local territory, history and identity.

In the afternoon, the group visited the city of Viana do Castelo, where participants explored several emblematic sites, including the Sanctuary of “Santa Luzia” and the historic city centre. On the return journey, a stop was made at the beach of “Vila Praia de Âncora”, providing participants with the opportunity to experience the Atlantic coast and further promoting cultural exchange and territorial awareness.

The event concluded with a closing dinner, featuring traditional Portuguese cuisine and live musical entertainment performed by a “Cavaquinhos de Lovelhe” group playing traditional Portuguese music. This final social moment played an important role in reinforcing social bonds, intercultural exchange and a sense of community among participants.

In total, 84 participants took part in the event. The activities successfully combined physical activity, cultural engagement and social interaction, contributing to improved wellbeing, stronger interpersonal connections and increased participation in community life, in line with the SCORE project’s goals of promoting inclusion, active citizenship and positive shared European experiences.

HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0	01.04.2022	Initial version (new MFF).