

PRESERVING CUSTOMS, KNOWLEDGE AND TRADITIONS THROUGH CULTURAL HERITAGE AND SPORTS

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The Pilot Programme to be implemented in the city of Guimaraes has the Tradition of Linen. The cultivation and exploitation of linen is one of the oldest cultural manifestations of Guimarães and integrates the intangible cultural heritage of the municipality. The reference for the creation of the Pilot Program is the Linen Cycle. Inspired by the different tasks associated with this agricultural activity, the pilot project aims to create routines and physical exercises that promote physical activity, and recover and maintain, the memory of local rural traditions. Our concept of elaboration of the different activities is based precisely on inspiration in the tasks of the Linen Cycle, in the realization of games, sessions of physical activity, and training circuits in the gym.

The project, “A.Linho” in Portuguese, is part of three main actions with different target audiences. The “A.Linho”, translated to English as “I am Linen, at school”, aimed at young people of school age, “I am Linen, happy life” for a senior audience, and “I am Linen, at the GYM”, in the Gymnasium for the active adult population of working age. The pilot program foresees actions focusing on immaterial cultural heritage as leverage for enhancing non-competitive and regular sport / physical activity.