

Reciprocity Contracts/Synergies and rural-urban linkages

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Abstract

After the expansion of cities due to the industrial revolution and the construction of factories that invaded the city centres and their outskirts, the discoveries of science led to a reduction in the importance of rurality, and its replacement by agriculture that simplified the landscapes and standardised the differences in the geographical mosaic. The demographic decline of rural regions is due to the reduction of traditional agricultural activity on the land. Currently, at European level, an attempt is being made to articulate urban and rural spaces through various management instruments.

Thus, it was focused, firstly, on the review of the problem and important concepts for the development of the dissertation. Subsequently, it was shown the importance and the way in which urban and rural areas can interconnect beneficially and mutually. Finally, the concept of reciprocity contracts was explored and a practical application was made between the municipalities of Lisbon and Setúbal.

Through the research it was concluded that the interconnection between urban and rural areas is very important due to the inherent economic, environmental and social benefits and that urban-rural partnerships and reciprocity contracts are absolutely fundamental in reducing inequalities between both areas and complement a strategy to find a balance between the rural and the urban world.

Keywords: Rural-urban linkage; Collaboration; Partnership; Reciprocity Contracts.

1. Introduction

From the beginning of the 19th century onwards, a huge expansion of cities is denoted due to the industrial revolution. From this date onwards, in a large part of Europe, numerous factories were built and invaded the city centres and their outskirts. At this time, as a result of scientific discoveries that contributed to agriculture and rurality being considered of secondary importance, machine and chemical agriculture emerged. In Portugal, the rural regions entered in a total demographic decline due to the decrease of the traditional agricultural activity of the soil, being important to point out that at the threshold of the 21st century 85% of the population lived in the coastal strip between Braga and Setúbal, being notorious the population concentration in the Metropolitan Areas of Lisbon and Porto (home to approximately 45% of the Portuguese population). In recent times, the

erosion of natural resources both on the coast (where there are very sensitive areas) and throughout the country, the emergence of agro-industry, the abandonment of agriculture and the poor investment in rural areas have made this whole demographic situation unaffordable and absolutely unviable socially, ecologically and culturally. Furthermore, culturally and socially it led to weak social cohesion, cultural impoverishment, broke the contact with nature, generated evident problems of circulation and serious social inequalities in access to culture, education and health. People have been forced to walk long distances between their homes and their workplaces and have to live with urban stress on a daily basis, with an unhealthy environment, namely with the atmospheric and noise pollution that is very present in big cities, as well as with the enormous concentration in transport and the lack of close contact with

nature. In relation to rural areas, their abandonment has led to the ageing and scarcity of the population, the decay of services, the weakening of production and the degradation of heritage. Nowadays we live in a perspective that is based on the relations between urban and rural areas and on their interdependence, since flows between urban and rural spaces have been increasing. The growth of the city takes place in accordance with urban development strategies, but also towards sustainability and quality of life. One of the great current challenges of urbanism is reconciliation with nature, and there is currently much greater concern. The perception of the damage caused by industrial growth in the surrounding rural areas together with the need to manage the systems that link urban and rural spaces has led to the establishment of the idea of urban-rural partnership as one of the guiding principles of spatial planning at European level. In short, the awareness of the damage caused by an image of urban-rural dissolution has led to the search for solutions that can counteract or at least mitigate this effect. With this, numerous initiatives have emerged, mainly in Europe with the aim of creating strong links between rural and urban areas in order to achieve smart and sustainable development and with a view to finding synergies between urban and rural areas. Currently, a greater inter-municipal articulation is sought in order to reduce inequalities between urban and rural areas by promoting win-win partnerships. Reciprocity contracts are one of the initiatives, created in France in 2015, and are based on an urban-rural partnership. These contracts aim to reduce urban-rural inequalities through an exchange of interests with a view to sustainable development and complement a strategy for finding a balance between the rural and urban worlds on a social, ecological and cultural level.

2. Objectives

This paper aims to demonstrate the importance of the relationship between urban-rural regions, to understand what added value both could derive from their interconnection and to explore the concept of reciprocal contract.

3. Methodology

The methodology of this study was divided between a qualitative and a quantitative approach. The qualitative approach was crucial to understanding concepts and success stories to be able to move on to a more quantitative analysis based on the application of the concept of reciprocity contracts in the Lisbon Metropolitan Area. Firstly, it consisted of a bibliographical review of some dissertations, books, websites and scientific articles. The websites sciencedirect and researchgate were fundamental in obtaining scientific articles. As for the grey literature, in the first phase of the work, it went through an exploration of themes such as urbanization, rural exodus and present policies that go along with the revitalization of rural areas. Subsequently, the importance of the urban-rural articulation was explored and, fundamentally, the influence that the maintenance of a healthy rural fabric has on sustainability. Finally, the added value that urban and rural territories can derive from their interconnection was investigated. In this phase, the European project Robust was also investigated in order to sustain in a solid way the benefits of the urban-rural relationship, giving examples of numerous connections. Then, successful cases of urban-rural linkages were presented such as the French reciprocity contracts, the Styria Metropolitan Area. In this phase, the Robust project and its successful examples in Styria and Gloucestershire were mainly explored. Finally, a case of application of the concept of reciprocity contracts was created between the municipalities of Lisbon and Setúbal. In this phase, several entities were absolutely essential in providing statistical information, mainly the INE, Doca Pesca and the Instituto do Vinho e da Vinha.

4. Importance of the link between town and the countryside

It is important to note that the city-countryside relationship has changed a lot in the last decades or even centuries. There has been a huge technological development, a population boom and an increase in the movement of people, goods and information.

Nowadays we live in a perspective that is based on the relationship between urban and rural areas and on their interdependence, as the flows between urban and rural spaces have been increasing. It is interesting to note that we have moved from a society that dissociated the countryside and the city to one that tries to complement both in the construction of the urban fabric.

The link between urban and rural areas exists and occurs at the demographic level, at the economic level, due to public services and the exchange of goods, and also due to governmental interactions. There is obviously a need for a relationship of a very intimate nature between cities and the rural world that will only bring very advantageous repercussions in terms of biological activity, the encouragement of culture, economic diversity and ecological stability. The architect Ribeiro Telles explains the need for a profound relationship between both spaces by stating that *firstly, the rural space allows the existence of ecological corridors, where the rhythms of nature and its presence guarantee an effective counterpart to the artificiality of the contiguous urban areas. They should constitute the main air and water drainage network of the metropolitan region. Secondly, the rural landscape will constitute a memory and a space of culture where many values of inherited heritage subsist. Thirdly, the rural areas and the maritime coast should be fundamental elements of recreation, leisure and tourism, indispensable to urban life today. Fourthly, agricultural areas, integrated into metropolitan areas, may contribute to the supply of essential food products to the family, locally and regionally, and to the occupation of leisure time. Fifthly, periurban agriculture, intensive or complementary (social gardens), could play an important role in the domestic economy of metropolitan areas*¹.

Spatial planning is fundamental mainly in the organisation of the countryside, the city and metropolitan areas in order to better manage living resources and preserve community values. This means *that the city and the metropolitan areas cannot exist without the presence of the countryside, the rurality and the sea and must form a whole. Only in this way the artificiality of the urban facies can be overcome and the rural world*

*justifies its multifaceted reason, which ranges from food production to culture and recreation. Rurality and the city are, in fact, indispensable to the very existence of Portugal as an independent political entity with its own culture and with a specific project to contribute to the development of Humanity*².

5. Added-value of the urban-rural relationship

Many countries have highlighted the importance of urban-rural linkages as part of their regional and national policies. In rural areas the combination of resources and capacities between entities is very favourable as it allows doing what was independently more complex. An important characteristic of rural areas is that individual units have limited resources and limited capacities to act, which forces them to seek external collaboration in order to evolve economically and socially. A first important step in this direction is to promote vertical coalition with the various levels of government in order to better coordinate policies and programmes; and the second important step is to promote horizontal connection between governments of the urban core and the rural hinterland. According to the OECD, several studies indicate that this collaboration results in better economic and social development and benefits for all participants³.

At the level of provisioning services, it is very profitable in the supply of food and water and in the supply of raw materials and wood. Firstly, it is fundamental to have a good articulation between both areas at infrastructure level in order to increase the efficiency of food supply. In terms of water supply, an approach based on sustainable water supply and cautious water management is necessary, given the excessive urban growth and limited freshwater resources. In urban areas where water is scarce, this is an important aspect, water must be transferred from potential rural areas to urban areas, and new or altered infrastructure must be built for water supply. In Ethiopia and Burkina Faso much of the water is transferred from rural areas. In addition, urban areas use a lot of forest products for construction, firewood and

¹ (Telles)

² (Telles)

³ (OECD)

industrial purposes such as home or office furniture, and most of these materials come from rural areas, so there is a good connection between the two regions.

At the level of regulating services, it is very beneficial: In climate and atmospheric regulation through forests and green spaces; in carbon sequestration and storage; in the moderation of extreme events (meaning floods, fires, tsunamis, landslides and extreme heat events) as it has been proven that *forests have been essential in reducing the dangers of floods, landslides, snow and rock falls*⁴; in wastewater treatment; in the prevention of erosion and maintenance of soil fertility; in cultural services as in tourism it is clear that there is a greater demand for rural areas because they provide a more pleasant engagement with nature and cultural heritage. *Consequently, many urban residents have to rely on rural areas for recreational services. Thus, the link with rural areas is imperative*⁵; and finally in ecosystem support services. Ecosystem support services are those services that *support the provision of the other services and are necessary for the production or maintenance of provisioning, cultural and regulating ecosystem services, such as those that maintain the condition of living organisms on the land. In addition, the role of these supporting ecosystem services will have an indirect benefit for the urban population. Thus, these ecosystem services should be maintained for better rural-urban linkages*⁶.

This linkage is also enormously beneficial in the field of public and private services, mobility and health. In rural areas all services are not as developed as in urban areas, because it is financially complicated for them to keep them fully functioning. The centralisation of these services in urban areas has posed many challenges for these areas and has increased urban-rural inequality. A new project by Robust has changed the current landscape by creating models of service centres where several services are placed in one space. The co-location of some services in the same area allows a reduction in associated costs and general expenses. The articulation between both areas occurs due to the placement of infrastructures,

governance structures and knowledge exchange. This model allows the closure of some inequalities, mainly in terms of the centralisation of services in urban areas, and also allows connecting urban services to rural inhabitants without the need for sales outlets⁷. With a view to mobility, Robust has developed another project that has allowed an important articulation between rural and urban areas that facilitates both inhabitants - Social or smart ride-sharing is a public-private initiative that has contributed to sustainable mobility in rural areas. This initiative combines passenger and goods transport, *the goal being to increase the number and efficiency of transport trips provided by these entrepreneurs*. In relation to the health sector, the fragility of rural areas favours a connection between urban and rural or peri-urban areas so that it is possible for rural inhabitants to enjoy more efficient and technologically developed care.

6. Reciprocity Contracts

Reciprocity contracts recognise the diversity of rural regions and seek to strengthen urban-rural relations. This idea is based on the principle that both regions should not only establish close relations but also synergies in order to establish profitable relations for both. This is due to the recognition of the advantageous complementarity of urban and rural areas, and France has created these "city-countryside reciprocity contracts" to take advantage of this connection and promote inter-municipal cooperation. Their jurisdictions are not pre-defined, allowing them to cover a wide area, and this process is conducted at an inter-municipal level and the state, regions and departments are invited to support the initiative⁸. The aim is to reduce the gap between urban and rural regions by promoting win-win alliances in fields such as: (i) climate and energy transition (waste management, food security, preservation of soil, natural areas and bioenergy development); (ii) economic progress (promotion and development of joint territorial strategies, land use policies, business support); (iii) quality of services (promotion of tourist sites, access to sports facilities, reading, leisure and access to

⁴ (Gebre & Gebremedhin, 2019)

⁵ (Gebre & Gebremedhin, 2019)

⁶ (Gebre & Gebremedhin, 2019)

⁷ (Goodwin-Hawkins)

⁸ (OECD)

health services); iv) administrative organisation (mobilisation of staff with specific skills to support key projects or needs).

6.1 Successful cases

Firstly, the most successful case on the topic of reciprocity contracts will be addressed, the French case. Then, the Styria Metropolitan Area and, more specifically, the Allerleirei case will be discussed.

6.1.1 French Reciprocity contracts

The first success case is an interconnection between the city of Brest Métropole Océane and one of its surrounding rural areas Pays Centre Ouest Bretagne. Brest Métropole Océane is a seaside town of 207000 inhabitants located in the Brittany region, known for *its research and development activities and its highly developed service sector*⁹. For the city of Brest the rationale of the contract was due to the potential lack of attractiveness and competitiveness of the region compared to Rennes. The aim is to increase employability, improve services and boost economic growth. For the surrounding rural area of Pays Centre Ouest Bretagne, this contract ensured that the area did not become a medical desert and, at the same time, took advantage of the presence of a growing wood sector.

The interconnection between the two areas has already brought numerous added values in areas such as audiovisual, health and bioenergy.

On the audiovisual side, the small village of Mellionec has hosted a documentary film festival that has attracted people from all over the country. Ty Films now has 9 full time employees and has broadened its focus by now having residencies for filmmakers and educational workshops for young people aged 12-17. *In 2016, the village was elected by the Brittany regional authority as a "regional centre for documentary film", and since 2017, the Bachelor and Master in Documentary Films at the University of Bretagne Occidentale includes in its curriculum, four weeks of "fieldwork" carried out by the NGO Ty Films*¹⁰.

Healthcare has been a priority for the Pays Centre Ouest Bretagne area in an attempt not to become a medical desert. The nearest hospital to the

region is Carhaix which is 70 kilometres from Brest. In 2008, a campaign launched by local pregnant women fearing the closure of the hospital's maternity unit was successfully carried out and led to its merger with the Brest university hospital. Through the reciprocity agreement the health services provided by the hospital are also provided to the Pays Centre Ouest Bretagne region, through outpatient specialist consultations and a mobile magnetic resonance scanner. In addition to this, monthly "Health Mondays" are held at the hospital in the city of Brest, which are transmitted to the hospital in Carhaix and where specialist doctors address various subjects and hold dialogues on the relationship between respiratory diseases and air quality, the prevention and treatment of obesity or, for example, how to react in the event of a stroke. In addition, the SPICES project coordinated by the Brest hospital includes Pays Centre Ouest Bretagne in a plan for the prevention and control of cardiovascular diseases.

With regard to bioenergy, due to the huge potential of the corresponding rural area, having 25% of its area covered by forests and the capacity to produce 120000 tonnes annually, the "Local Wood Hub" project was created. This led to the creation of a wood energy cluster that brought together all the companies in the local wood industries and harnessed their resources, for the development of a platform for greener performance in public lighting and construction. The development of this project allowed a wood supply to the biomass power plant in Brest significantly reducing CO2 emissions in the city.

6.1.2 Metropolitan Area of Styria: Allerleirei

The Styria Metropolitan Area includes the capital of Styria, Graz, and the two districts of Graz Umgebung (outskirts of Graz) and Voitsberg.

The Allerleierei is a farm shop, which is run with the contribution of a hotelier, a restaurant owner and an organic vegetable farmer. The shop is located in Laßnitzhöhe, about 20 kilometres from Graz, and the suppliers deliver and sell their high-quality food and processed products. The main aim of the project is to provide local

⁹ (Development)

¹⁰ (Development)

residents with high quality, organic and local products from organic farming and, in addition, to enable a social meeting point in the centre of the municipality with the dual function of a farm shop and café, also offering daily fresh cooked meals as well as coffee, delicatessen food, pastries and desserts.

Thus, with this project Laßnitzhöhe provides local and organic products of high quality, attracting the inhabitants of the capital of Styria. As such, at the ecosystem service level this process enhances: i) the prevention of erosion and the maintenance of soil fertility by promoting sustainable resource management and organic farming; ii) cultural services by providing a meeting point for the inhabitants; and iii) ecosystem support services, as sustainable farming fosters the regular and natural cycling of nutrients in the soil. In the same way, it contributes to the objectives of sustainable development.

6.2 Reciprocity Contract between Lisbon and Setúbal municipalities

Through the international cases it was realized that exchanges can exist in numerous sectors, namely through agriculture, health, mobility, culture, green infrastructures and through the mitigation of extreme events, among others. This exchange is generally easy if one understands the weaknesses and strengths of the areas, where exactly the exchange can be effected. The French reciprocity contract discussed earlier was fundamental and served as the basis for the development of this entire section. Based on the latter, the possibility was created of creating the first reciprocity contract in Portugal which, in turn, would be between the municipalities of Lisbon and Setúbal, as both could help each other mutually through an exchange of products and services.

An interview was conducted with Dr. Vasco Raminhas da Silva (Head of the Urban Planning Division of Setúbal City Council; Appendix A) as part of my master's dissertation in order to seek possible applications of the same through reciprocity contracts. Through the interview and the collection of data based on INE, DocaPesca and PorData, the strongest sectors of the region were analysed where a possible supply of services is envisaged, as well as the most deficient sectors where some external help would be useful. We analysed the strongest sectors of the region and

the weakest sectors and we came to the conclusion that the strongest sectors in Setúbal municipality are fishing and aquaculture and the vineyard and, on the other hand, the most deficient areas are education, culture and health.

6.3 Initiatives

6.3.1 Health

The health sector is, as previously discussed, one of the most deficient in the municipality of Setúbal, comprising few and fragile health units. Taking into account Order no. 5039-A/2021 published in the *Diário da República*, 2nd series, no. 96 of 18 April, Setúbal Hospital Centre, E. P.E, represents a geographical area qualified as in need for the specialties of Gynaecology/Obstetrics, Intensive Medicine, Neurology, Ophthalmology, Medical Oncology and Radiology. Recently and as a result of this situation of shortage, the Clinical Director of Setúbal Hospital Centre and 86 other doctors resigned from Setúbal Hospital, affirming a desperate situation of rupture in numerous services such as those mentioned above. Thus, we created some incentives aimed at minimizing this shortcoming in Setúbal's health care. The first is the creation of incentives to retain doctors for the specialties in need in Setúbal, increasing the incentive beyond that provided for by law and increasing the number of vacancies. The second involves moving patients from loss-making specialty units in Setúbal to these respective units in Lisbon and the third corresponds to increasing the number of follow-up consultations given online in Lisbon for Setubalenses, providing an increase in supply. Finally, the fourth initiative, which corresponds to the creation of online lectures for people from Setúbal, aims to put issues such as mental health and lifestyle on the agenda, dealing with topics such as the impact of the pandemic on mental health, the importance of the anti-inflammatory diet on weight and health, intermittent fasting and overweight.

6.3.2 Education

We have created two measures that are very favourable to the education sector and allow for an increase in the level of education in the

region. The first involves the creation of scholarships for students from Setúbal studying in Lisbon. The latter would complement the payment of tuition fees to accommodation and/or transport according to each student's needs, to encourage the young population of the municipality to enter higher education in Lisbon. The scholarships and the number of unfilled vacancies in some courses at the University of Lisbon open the door to new students wanting to enter the latter. The second measure comprises a specialisation, in courses whose training area is related to agriculture, such as Forestry Engineering and Natural Resources, Agronomic Engineering and Zootechnical Engineering, in the agricultural area in order to increase, mainly, the sustainability of the agriculture process and broaden the knowledge in this field at the level of technical and technological knowledge, consecutively improving the technique and wisdom of the people of Setúbal, having a very positive role in the municipality.

6.3.3 Culture

Through the interview conducted with Dr. Vasco Raminhas da Silva it was concluded that there is clearly a deficit in relation to cultural events, not only in the municipality but also in the Setúbal Peninsula. The only municipality comparable to Setúbal in terms of cultural wealth (live shows such as concerts, theatres or others) is Almada, given that it has 4 cultural venues and 321 annual sessions while Setúbal has 3 cultural venues and 212 sessions (Data By Date). The municipality of Setúbal has 3,0143 spectators annually while Almada has 25,174. Setúbal has a higher number of spectators (approximately 5000 more), but has 109 fewer annual sessions and fewer cultural venues, which obviously requires investment in this area (Data Per Date). Given this, the following initiatives were suggested: i) Concerts (of reduced size) in the Setúbal area of artists in release; ii) Create in the cinemas in Lisbon a restricted area "Reciprocity Contract" for young Setubalenses studying in Lisbon in the scholarship program, the seats could be marked through an application or by phone call; iii) Create in the theatres in Lisbon a restricted zone "Reciprocity Contract" for the Setubalense population, the seats could be marked through an application or by phone call; iv) Tenders launched by Câmara Municipal de Lisboa for the launch of theatres in Setúbal.

6.4 Results

In the construction of the results we found the most pertinent information, which allowed us to have a solid base for the results, in the areas of vines, health, education and culture, and it was precisely in the latter that we concentrated.

6.4.1 Vineyard

Through the sector analysis we made of the Setúbal Peninsula we came to the conclusion that 494352 hl of wine were produced in 2019, of these 127055 came from the municipality of Setúbal, which corresponds to a percentage of 25.7% of the total production. The Peninsula certified a total of 16145496 (data from the Instituto da Vinha e do Vinho for the year 2019) litres of wine, which it sold for €48596014 on the national market (data from the Instituto da Vinha e do Vinho for the year 2019) and of these €4936896 were sold to the municipality of Lisbon. Thus, assuming that 25.7% of the sales correspond to the turnover of the municipality of Setúbal, then in 2019 the latter collected €1268782.27 with the sale of wine to the municipality of Lisbon.

6.4.2 Health

The financial incentive that the State pays for a doctor to accept to be placed in a needy vacancy is 40% of the basic remuneration of the 1st position in the salary scale for doctors (2,754.48 euros), which results in a monthly amount of 1,101.79 euros paid 12 months per year, for 3 years if the doctor remains in the same position. According to Order no. 5039-A/2021 published in the Diário da República, 2nd series, no. 96 of 18 April, the Setúbal Hospital Centre, E. P.E, has a maximum number of jobs entitled to the cash incentive of 4. Therefore, the annual value of the incentive offered to doctors working at Setúbal Hospital Centre is a total of 52885.92 euros.

6.4.3 Education

At the University of Lisbon, tuition fees cost 697 euros per year and transportation costs 40 euros per month, assuming that the student would use the Metropolitan Public Transport Pass, which allows the use of all public regular transport service companies in all 18 municipalities of the Lisbon Metropolitan Area. Assuming that tuition fees and transport are paid for 160 students and that 1/4 (40 students) of

these are also entitled to accommodation, the price paid annually by the people of Setúbal to study in Lisbon would be a total of 326240 euros. In this calculation we have increased the number of months that the students stay in Lisbon (transport and accommodation) during the school year, and the number was 11. In addition, these 40 places for accommodation would be offered to students whose household monthly income is lower.

6.4.4 Culture

In relation to culture, and through data collection carried out by Cinema City, it was concluded that the cinemas in Alvalade and Campo Pequeno are seldom full, and that the sessions with the most customers are around 9pm (generally 70% of the capacity). The objective would be an agreement between the governmental entities of Lisbon and Cinema City so that these seats are made available for the respective students living in Lisbon. Thus, it is proposed that some seats be offered to young people from Setubal who are enrolled in the University of Lisbon (covered by the scholarships). This agreement could also be extended to NOS Cinemas to accommodate a greater number of cinemas and, consecutively, a greater offer. NOS includes the cinemas of Alvaláxia, Amoreiras, Colombo and Vasco da Gama. However, due to the lack of response from this entity it was not possible to understand whether or not there is an opportunity to branch out this initiative to these cinemas. Besides Cinema City and NOS Cinemas, UCI Cinemas has a cinema in Lisbon, in the El Corte Inglés Shopping Centre, where it would also be interesting to explore this opportunity. Another initiative would be to apply the same idea, but in this case to the theatres in Lisbon. "Reciprocity Contracts" seats would be created for people from Setúbal and young people from Setúbal studying in Lisbon. Transport, for those commuting from Setúbal, would be paid, and the journey would have to be made by public transport, which includes the Transportes Sul do Tejo (which includes the stations of Gare do Oriente and Sete Rios as a final stop) and Comboios de Portugal (which includes the stops Cais do Sodré, Entrecampos, Oriente, Rossio, Santa Apolónia and Sete Rios) for people to travel from Setúbal-Lisbon and Lisbon-Setúbal and, the GIRAS, Carris

and Lisbon Metro for people to go to the desired theatre. The value for the culture sector will then be 0€, since the seats would be offered and it would be necessary a much more detailed study of the NOS and CinemaCity and of the Municipal Theatres Maria Matos, São Luiz, Bairro Alto, Luís de Camões and Taborda and the Trindade Theatre, *Teatro da Garagem* and Dona Maria II (whose information I could not obtain).

7. Conclusion

The focus areas were the vineyard (Setúbal-Lisbon), health (Lisbon-Setúbal), education (Lisbon-Setúbal) and culture (Lisbon-Setúbal). It was then based on an exchange of interests between the municipalities of Lisbon and Setúbal, whereby, on the one hand, we have Setúbal offering wine, which would be sold to Lisbon, and the latter, on the other hand, offering education grants, cultural/recreational events and health improvements in the municipality of Setúbal.

Municipality of Lisboa		Municipality of Setúbal
Health (52885€)		Vineyard (1 268 782€)
Education (326240€)		
Culture(0)		
TOTAL	379 124 €	1 268 782 €

Table 1: Reciprocity Contracts: Final Values

The table above shows that the reciprocity contract assumes a discrepancy in value between the two municipalities involved. This sum would be used to implement the remaining initiatives, such as academic investment in agriculture (with teacher training), concerts in Setúbal, competitions launched by the municipality, moving patients to Lisbon (which presupposes, for example, transport and professionals), follow-up teleconsultations (health professionals) and online lectures (health professionals). In addition to this, this amount would serve to adjust, in accordance with the municipal councils involved in the reciprocity contract, details such as: (i) the possible increase in the number of scholarships given that the number of places is higher than the number of applications in some courses

(2019 data); (ii) the amount of students who would enjoy accommodation and transport on these scholarships, as this number may vary greatly, and the amount offered; (iii) the amount invested in the training of some courses with a view to more sustainable agriculture; iv) The number of "Reciprocity Contract" places offered in Lisbon cinemas, the amount offered for the respective transport to the latter, and what quality(s) of transport; v) The possible monetary increase in the incentive for the settlement of doctors for the specialties in need in Setúbal, and the number of jobs entitled to the latter.

The importance of the interconnection of small and large cities with rural areas in increasing territorial attractiveness, better management and efficiency of resources, the provision of better services (health, education, culture, transport, energy, telecommunications, among others), the prevention and reduction of potential damage caused by natural hazards (combating climate change) and the promotion of sustainable agricultural and forestry practices is evident, which will result in improving the quality of life of populations, not taking the focus off sustainable

development. Thus, through this symbiotic relationship, territorial productivity will increase, fostering the economic development not only of coastal urban areas (which has been singularly exploited) but of the entire territory, combating existing population disparities and homogenising population density. It will then contribute to sustainable and efficient land management by reducing the pressure on coastal resources (improving their biotic conditions) and by articulating the various levels of government. These exchange processes will also lead to greater social cohesion and a reduction in social inequalities, by enabling a generalised improvement in services and access to them. It will also enable the prevention and reduction of extreme events by ensuring territorial organization solutions oriented towards increasing the resilience of natural, agricultural, forestry and community systems and by promoting urban models that are more compatible with the physical particularities of the territory, showing greater sensitivity to environmental problems and opportunities.

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