



LAW & CULTURE: PORTUGAL

# TASTE OF LISBON AND NORTHERN PORTUGAL

5 NIGHT / 6 DAY PROGRAM  
FRIDAY, MARCH 20 - WEDNESDAY, MARCH 25, 2020

THE BAR ASSOCIATION OF METROPOLITAN ST. LOUIS, THE MISSOURI BAR  
& THE SPRINGFIELD METROPOLITAN BAR with CLE ABROAD

Register online at [www.cle-abroad.com/bamsl-portugal](http://www.cle-abroad.com/bamsl-portugal)

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## INCLUDED

5 Star Accommodations in Lisbon and Porto

Daily ground transportation

Select group meals at top restaurants (including tips)

Full-time tour leader, local guides and specialists

CLE Lecture series with local experts and influencers (open to non-attorney guests)

Admission to all museums / attractions in program

Travel Tips and Guidance

## NOT INCLUDED

Airfare to/from Portugal

**NOTE** your program begins in LISBON (LIS) and ends in PORTO (OPO)

[Plan Air Accordingly](#)

Suggested tips for drivers and local guide(s)

Additional meals not provided in itinerary

Incidentals / Individual hotel expenses (e.g., mini bar, room services, laundry fees)

Trip cancellation insurance

## TOUR COST

Double Occupancy: \$3,200

Single Occupancy: \$3,800

(Prices are per person.)



## YOU'RE INVITED!



**The Bar Association of Metropolitan St. Louis, the Missouri Bar and the Springfield Metropolitan Bar** invite you and your guest(s) to join our delegation for a journey through Portugal's Old World allure and New World splendor, exploring Lisbon and Northern Portugal's rich cultural delights, diverse wines, and vibrant culinary scenes.

Our immersive program will engage with local scholars, attorneys, musicians and artists offering poignant commentary on the Portuguese and EU legal and political systems, US-Portuguese relations, art, history, architecture, and religion.

You do not want to miss this opportunity to experience the heart of Portugal while receiving CLE credit! *Portugal has more to offer than what can be seen in a mere 6 days and those who wish to extend their stays in Portugal or Europe beyond our program dates may certainly do so at their discretion.*

## REFERRAL CREDIT

Refer a friend or colleague to join the program and you both receive \$100 off final invoice! (Applicable to separate room reservations only. Limit 2 referral credits per person.)

Register online at: [www.cle-abroad.com/bamsl-portugal](http://www.cle-abroad.com/bamsl-portugal)

# AT A GLANCE: PORTUGAL



B - Breakfast

L - Lunch

D - Dinner

# TASTE OF LISBON & NORTHERN PORTUGAL

THE BAR ASSOCIATION OF METROPOLITAN ST. LOUIS

*Itinerary subject to change.*

## Day 1 Friday, March 20

### Morning

Participants arrive throughout the morning to **Lisbon International Airport (LIS)**.

### Afternoon

Check into the 5 Star **Hotel Sofitel Lisbon Liberdade** (or equivalent).

Av. da Liberdade 127  
Lisboa, Portugal  
Tele: (+351) 21 887 3005

### 2:00 PM

Welcome lunch at **Sr. Lisboa** restaurant, just a few blocks from our hotel. Modern Portuguese cuisine in a friendly, family-style setting.

### 3:30 PM

Depart for program orientation and walking tour of the nearby **Barrio Alto** neighborhood.

### 5:00 PM

#### INTRODUCTION TO PORTUGUESE LEGAL AND POLITICAL SYSTEMS

Presentation by **Dr. Guilherme Machado Dray**, Portuguese attorney and Professor of Law at the **University of Lisbon**. In his presentation, Dr. Gray and his top law students will provide an overview of Portuguese legal and political systems and basic principles of Portuguese **civil and commercial law** and procedure. Historical aspects of Portugal's **Roman-German civil law tradition**, relevant **legal trends**, as well the relationship of Portuguese and **European Union law**, will be discussed. In 2017, Professor Dray served as a visiting Professor at **Georgetown University** teaching a seminar on 'Equality, Welfare State & Democracy' from a comparative US and European Social Model perspective.

### 6:00 PM

Wine Course & Tasting "**An Introduction to the Wines of Portugal.**"

### Evening

*Remainder of evening free to rest and get acclimated.*

## Day 2 Saturday, March 21

*Complimentary breakfast and coffee is served daily at the hotel.*

### 9:00 AM

Depart for our panoramic city tour of Lisbon by Bus, Tram and Foot. Please be sure to wear comfortable walking shoes!

Today we see different Lisbon neighborhoods including the picturesque **Bica** and central **Baixa** districts. **Baixa** and **Chiado** are newer parts of the city built after the 1755 earthquake that devastated Lisbon. We learn about the city's rebuilding plan that changed the shape of the new Lisbon city center.

### 10:30 AM

Our first visit is the hilltop fortress, **St. George's Castle**, to enjoy stellar views of the city and time to stroll in the beautiful gardens.


Free time to circle the majestic **Praça do Comércio** before departing for **Belém**.

### 12:30 PM

Group lunch at **5 Oceans Restaurant** in **Belém**.

**Belém**, a **UNESCO World Heritage Site**, located on the shore of the **Tagus River** at the entrance to the Port of Lisbon. About 4 miles west of the Lisbon city center, many of Portugal's most famous landmarks are located in this area.

After lunch, we first visit the **Jerónimos Monastery**, dating back to the early 1500s and secularized by state decree in 1833. Besides one the best examples of



Portuguese Late Gothic *Manueline* architecture, the Monastery is the home to the tomb of the infamous explorer, Vasco de Gama.

Time permitting, we see the **Belém Tower**, a small fortress island on the banks of the river and part of Lisbon's Old World defense system.

Also on the Belém riverfront we see the massive sculpture **Monument to the Discoveries**, depicting **Henry the Navigator** at the helm of a large galleon commemorating the significance of maritime exploration in Portuguese history.

#### 4:00 PM

*Remainder of the afternoon free. Some may choose to return to our hotel or visit Lisbon's renowned **Time Out Market** - a food lover's haven - and/or the **LX Factory** - a hub for Portugal's design, marketing and creative start-up communities.*

#### 8:00 PM

Dinner at the **Fado Association** in the historic **Alfama** neighborhood. Fado is a distinctly Portuguese musical genre characterized by emotional, passionate and sometimes mournful tunes and lyrics. We enjoy an endless supply of *Petiscos* (Portuguese Tapas) in an intimate setting accompanied by our very own private Fado demonstration. In 2011, Fado was recognized on the **UNESCO Cultural Heritage List**.

### Day 3 Sunday, March 22

#### 8:30 AM

We depart for the majestic resort town of **Sintra**, a longtime royal sanctuary and summer home for Lisbon's elite. Sintra's mountains, forested terrain, proximity to the ocean and unique *Moorish and Manueline* style palaces define Sintra's breathtaking and one-of-a-kind landscape.

#### 9:00 AM

En route to Sintra, we first visit the **Queluz Palace**. Often overlooked given its relatively small size, this 18th-century palace is one of the last great *Late Baroque* buildings designed in Europe, commonly referred to as the Portuguese *Versailles*. Wide corridors, impressive interiors and far less tourists make this palace an enjoyable first visit.

We continue to the unmatched **Pena Palace** grounds and gardens. This 19th-century Romanticist castle

proudly stands alone as a National Monument and **UNESCO World Heritage Site**. Pena Palace's eclectic mix of architectural styles include *Neo-Gothic*, *Neo-Manueline*, *Neo-Islamic* and *Neo-Renaissance*, which all contribute to its whimsical and fairy-tale like appearance. After time to explore the Pena Park, we continue to Sintra's village center.

#### 11:15 AM

Free time to explore the center of town before lunch.

#### 12:30 PM

Group lunch at **Café Paris** in Old Town Sintra. At lunch we will be joined by Portuguese attorney **Pedro Sousa Uva** who will discuss current legal trends and Portuguese & European perspectives on **International Arbitration**.

#### 2:30 PM

After lunch we visit **Cabo de la Roca**, Continental Europe's westernmost point. After taking in the stellar views and dramatic sea cliffs from this picturesque overlook, we return to Lisbon.

Time permitting while returning to Lisbon, we take the scenic coastal route passing through **Cascais**.

#### 5:30 PM

Return to hotel. *Dinner on your own. Suitable recommendations will be provided.*

### Day 4 Monday, March 23

#### 8:30 AM

Hotel check-out, board bus for day trip through Central and Northern Portugal.

#### 9:00 AM

#### CRIMINAL JUSTICE AND DOMESTIC VIOLENCE IN PORTUGAL

Before leaving Lisbon, we visit the **Portuguese Association for Victim Support** (*Associação Portuguesa de Apoio à Vítima* or "APAV"). During our visit to APAV, will meet with President **João Lázaro** and colleagues to learn about the Portuguese **criminal justice system** and the mission of this important organization. Topics will include **domestic violence**, **human trafficking**, and the role victims in the Portuguese justice system aided by the work of APAV.

#### 10:30 AM

Depart North for our journey towards Porto.



Our first stop is **Óbidos**, one of Portugal's best preserved medieval towns. We enjoy 45- 60 minutes of free time to stroll the cobblestoned streets, shop at the local boutiques, and taste the local **Ginja** – a traditional Portuguese liqueur infusion of sour cherries and spices. Steady walkers will have time to reach the **Óbidos Castle**. Legend has it that in the year 1148, **Dom Afonso Henriques** and his troops disguised themselves as cherry trees to capture this Castle from the Moors. Henriques became Portugal's founding father and first King.

#### 1:00 PM

Depart for **Coimbra**, one of Portugal's oldest cities and its former capital during the Middle Ages.

#### 2:30 PM

Arrive in Coimbra. We enjoy lunch at a local restaurant before visiting the **University of Coimbra**.

#### 4:30 PM

### THE STUDY OF LAW AND HIGHER EDUCATION IN PORTUGAL

We tour the historic University campus and **Faculty of Law** with Professor **João Leal Amado** to learn about **Legal Education** in Portugal. In existence for over 180 years, the Law School is one of Portugal's most prestigious.

#### 6:00 PM

Depart for **Porto**, Portugal's second largest city.

#### 7:30 PM

Arrive Porto, check into the 5 Star **Hotel Infante Sagres** (or equivalent).

Praça D. Filipa de Lencastre 62

Porto, Portugal

Tele: (+351) 22 339 8500

#### Evening

*Dinner on your own. Suitable recommendations will be provided.*

## Day 5 Tuesday, March 24

*Breakfast and coffee served daily in your hotel.*

#### Morning

City tour of Porto. Please remember to wear comfortable shoes!

Located along the **Douro river**, Porto was originally an outpost of the Roman Empire and is today one of the

oldest cities in Europe. Not so coincidentally, one of Portugal's famous exports, **port wine**, is named after the city. In 1703, the **Methuen Treaty** established trade between Portugal and England and the production of port wine gradually fell into the hands of British firms. Even today, the vast majority of port cellars carry their original English names.

### READING BETWEEN THE WINES: An overview of wine laws and regulation in Portugal

**Presentation** by local practitioners / representatives of the *Instituto dos Vinhos do Douro and Porto* (IVDP). In this briefing, we will learn some of the technical terms about wine and understand the most important regulations for winemakers and exporters in Portugal. Producers are governed by the IVDP, with specific requirements concerning geographic denomination, aging terms, and labeling codes for varietal vs. blends. Topics of **intellectual property, consumer protection, export/import**, and local **real estate law** will also be discussed.

Time permitting, we enjoy a visit to the **Palacio da Bolsa**, Porto's old Stock Exchange Palace and Courthouse. Featuring a mixture of architectural styles, the construction of this building began in 1842 and took nearly 70 years to complete. We tour the complex and see the fully restored Commercial Courtroom.

#### 1:00 PM

Lunch at **DOP**, the **Palacio da Bolsa** restaurant or along the Porto or Gaia riverfront.

After lunch we cross the river to the city of **Vila Nova de Gaia** (or simply 'Gaia' for short), to visit the area known for its historic port lodges.

*Remainder of afternoon free. Some may decide to stay in Gaia for additional port tastings.*

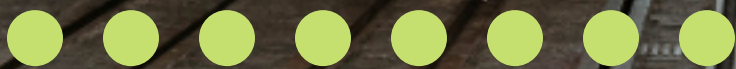
#### 8:00 PM

Porto Farewell Dinner at **Taylor's**, with lovely views of the river and Porto skyline.

## Day 6 Wednesday, March 25

*Optional morning activities depending on departure time.*

For suggestions on additional time in Portugal, visiting the Douro Valley or otherwise, please contact [daniel@cle-abroad.com](mailto:daniel@cle-abroad.com).



Space is limited!! Register online at: [www.cle-abroad.com/bamsl-portugal](http://www.cle-abroad.com/bamsl-portugal)