



LAW & CULTURE: PORTUGAL

TASTE OF LISBON &
NORTHERN PORTUGAL

4, 7 & 8 Night Program Options
APRIL 2 - 10, 2025

BY INVITATION OF THE IOWA STATE BAR ASSOCIATION

Space is limited! Register today to secure your spot

INCLUDED

4 Star Accommodations (if selected)

Daily ground transportation and walking tours

Select group meals at top restaurants (including tips)*

Tastings and Pairings

Full-time tour leader, local guides and specialists

Custom Lecture series with local experts (Anticipated CLE)

Admission to all museums / attractions in program

Travel Tips and Guidance

NOT INCLUDED

Airfare to/from Portugal

PLEASE NOTE: The 7 Night program begins in LISBON (LIS) & ends in PORTO (OPO). Plan Air Accordingly. Register for the 8 Night program to include a return transfer to Lisbon.

Airport Transfers

Extra meals/drinks

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

Trip cancellation insurance

**Select group meals will be curated for quality and diversity including beverages and tips:*

- *Authentic Portuguese and refined International cuisines*
- *Curated Food / Beverage Tastings and culinary experiences*

Dietary restrictions will be accommodated

Food surveys distributed to participants at a later date.



YOU'RE INVITED!

The Iowa State Bar Association welcomes you and your guest(s) to join our journey through Portugal's Old World allure and New World splendor. Our immersive program will engage with local attorneys, scholars, 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 earning CLE credit (pending).

Note This program will require walking on uneven and sometimes hilly cobblestone streets and stairs where an elevator is not always available. Participants must be able to walk unassisted.

CLE CREDITS ANTICIPATED

EARLY BIRD DISCOUNT

Enroll by November 1, 2024 and receive \$150 off

**FOR MORE INFO & TO REGISTER PLEASE VISIT
www.cle-abroad.com/trip/iowa**



B - Breakfast

L - Lunch

D - Dinner

TASTE OF LISBON & NORTHERN PORTUGAL

Itinerary subject to change and final confirmations. Program schedule will be adapted to enrolled participants – special requests are encouraged.

Day 1 Wednesday April 2

Morning

Participants arrive throughout the morning to **Lisbon International Airport** (LIS) and proceed independently to the hotel for Early Check-In or Bag drop.

Check into the 4 Star **Hotel Avani Avenida Liberdade** (or similar).

Afternoon

Meet in the Hotel Lobby for a brief Meet & Greet before our first group activity.

Depart for a walking tour and orientation of central Lisbon including the **Baixa** and **Chiado** neighborhoods. Please be sure to wear comfortable walking shoes!

Optional Add-on: Wine Masterclass with Portuguese Sommerlier.

Evening

Welcome Dinner at **Sr. Lisboa**, located a few blocks from our hotel. Creative Portuguese cuisine in a family-style setting.

Remainder of Evening free to rest and get acclimated to the local time zone.

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.

US-PORTUGAL TRADE RELATIONS: Foreign Investment and Doing Business in Portugal

We Meet with **António Martins da Costa**, President of the **American Chamber of Co EDP Headquarters on 24 de Julho Avenue.**

Group lunch at **Zambeze** restaurant. featuring Portuguese-Mozambican cuisine in a modern setting.

PORTUGUESE HISTORY: From the Age of the Discoveries to the Europeanization of Democracy

At lunch we are joined by Professor **José Miguel Sardica**. Topics such as the foundation of the European Union (EU), Portugal's role in the EU, and EU Treaties such as the Single European Act (1986), Maastricht (1992), Nice (2001) and Lisbon (2007) may be addressed.

Afternoon

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

Return to the hotel.

Evening

Remainder of the Evening free. Dinner on your own this evening.



Day 2 Thursday April 3

Complimentary breakfast is served daily at your hotel.

Morning

Meet in the hotel lobby and depart for our **City Tour of Lisbon** and **Belém**: Please be sure to wear comfortable walking shoes!

We start in 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.

We first visit the **Jerónimos Monastery**, dating back to the early 1500s and secularized by state decree in 1833.

Besides being 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**.

Day 3 Friday April 4

Morning

For today's activities, please bring a **Photo ID/Passport** for entry into the **Constitutional Court**. Please also note the dress code for today's private Lunch: **Formal (men in jacket/blazer and tie)**.

WOMEN, LEADERSHIP & THE LAW: Panel on Portuguese Legal Practice

Panel Discussion with leading female practitioners **Marta Sampaio Pinto, Diana Nunes** and Professor **Cláudia Trindade**. Topics may include the regulation of law practice in Portugal, ethics and gender in the workforce.

Meet in the hotel lobby and depart for our visit to the *Tribunal Constitucional* (Portugal's **Constitutional Court**).

PORTUGUESE CONSTITUTIONAL LAW: The Role and Functioning of the Portuguese Constitutional Court

Unlike the other courts in Portugal, the Constitutional Court's composition and responsibilities are laid down directly in the Constitution. The Assembly of the Republic appoints the majority of its Justices, it enjoys administrative and financial autonomy, having the power to declare legal provisions and acts as unconstitutional.

Group Lunch at a local restaurant.

After lunch, the remainder of the afternoon is free.

Evening

Dinner at A Senhorita in the Alcantra 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**.

US EXPAT LAW, D7 VISAS & IMMIGRATION

At dinner we are joined by **Jill Thomas**, US Air Force JAG Officer, who moved to Portugal in 2021. Jill will provide an overview of **taxation** and covered expatriate status, **visa benefits** and eligibility, legal and permanent **residency**, as well as **citizenship**.



Day 4 Saturday April 5

Morning

Meet in the hotel lobby, board the bus and 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.

En route to Sintra, we 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 **Pena Park**, the grounds and gardens of the unmatched **Pena Palace**. 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 story-book feel. After taking some time to explore the grounds, we continue to Sintra's village center.

Lunch on your own in Old Town Sintra.

Afternoon

We enjoy free time in Sintra or visit **Cabo da Roca** before returning to Lisbon. *Cabo da Roca* is continental Europe's westernmost point, prized with dramatic sea cliffs and a picturesque overlook. Alternatively, we take the scenic coastal route passing through the privileged neighborhoods of **Cascais** and/or **Estoril** to the west of Lisbon.

Evening

Return to Lisbon/Hotel.

Dinner on your own this evening. Suitable recommendations will be provided.



Day 5 Sunday April 6

Morning

DEPARTURE DAY OR EXTENSION TO NORTHERN PORTUGAL

If continuing to Northern Portugal with the group, today your luggage will be loaded on the bus. You may coordinate baggage pickup with the Front Desk or bring your bags down to be loaded onto the bus. We recommend you carry your passports today and only one personal item such as a cross-body travel bag or backpack. Comfortable footwear is a must. Hand luggage, personal items and clothing can be taken aboard the bus and will be safe when getting off the bus for stops.

Hotel Check-out for those continuing to Northern Portugal.

Board bus, depart North for our journey towards Porto.

Our first stop is **Óbidos**, one of Portugal's best preserved medieval towns. We enjoy 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 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.

Board bus and continue to **Nazaré, Caldas da Rainha or Foz do Arelho**.

Group Lunch at en route to Porto.

After Lunch, depart for **Porto**, Portugal's second largest city and where we call home for the next 3 nights.

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**.

Late Afternoon

Arrive in Porto and check-in to our hotel.

Dinner on your own this evening

Day 6 Monday April 7

Morning

Meet in the hotel lobby, board the bus and depart for our Douro Valley and Wine Country Tour.

Lunch at **Quinta do Vallado** and Cellar Tour at one of the Douro valley's most historic wineries famous for its reds.

Afternoon

After Lunch, we board a traditional **Rabelo** style boat for our private **river cruise** and travel towards **Pinhão**.

Return to Porto/hotel.

Dinner on your own.

Day 7 Tuesday April 8

Morning

Meet in the hotel lobby and depart for a **Walking City tour** of Porto. *Please remember to wear comfortable shoes!*

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

Presentation by 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.

We visit the *Palacio da Bolsa*, Porto's old Stock Exchange Palace, featuring a rich mixture of architectural styles. The construction of this building began in 1842 and took nearly 70 years to complete.



Afternoon

Group lunch at **Graham's**, one of the oldest Port houses founded in 1820 and dedicated entirely to the production of some of the world's finest Port wine.

After lunch, optional add-on: private Cellar Tour & Port Tasting.

Remainder of the afternoon free.

Evening

Porto Farewell Dinner.

Day 8 Wednesday April 9

DEPARTURE DAY OR RETURN TO LISBON

If returning to Lisbon with the group, today your luggage will be loaded on the bus. You may coordinate baggage pickup with the Front Desk or bring your bags down to be loaded onto the bus. We recommend you carry your passports today and only one personal item such as a cross-body travel bag or backpack. Comfortable footwear is a must. Hand luggage, personal items and clothing can be taken aboard the bus and will be safe when getting off the bus for stops.

Hotel Check-out for those continuing to Northern Portugal.

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

We visit the **University of Coimbra**, where we see the impressive *Biblioteca Joanina (Joanine Library)*. This Baroque library is considered one of the most beautiful libraries in the world which may remind you of the Hogwarts Library from the Harry Potter series.

Lunch in Coimbra at **Fangas Maior**.

Afternoon

Time permitting after lunch, we continue South towards **Fátima**. Once a sleepy town dedicated to the production of Olive Oil, today Fátima derives the bulk of its wealth and popularity due to religious pilgrimage. During our brief visit in Fátima we learn about this village's unique history and see the **Chapel of the Apparitions, Basilica of Our Lady of Fátima**, and modern **Trinity Church**.

Late Afternoon

Return to Lisbon and check into our Hotel in the *Parque das Nações* neighborhood of Lisbon. *Parque das Nações (Park of Nations)* is a modern district of Lisbon colloquially known as **Expo**, originally established in 1998 as the site of the **Lisbon World Exposition**.

Evening

Casual Farewell Dinner.

Day 9 Thursday April 10

DEPARTURE DAY FROM LISBON [LIS]

Independent activities are optional depending on departure time from Lisbon Airport (LIS).



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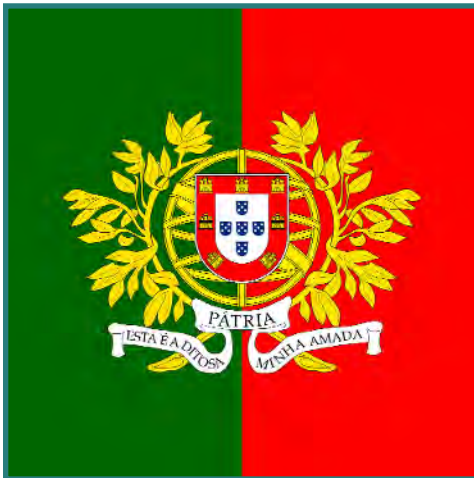
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