



JEWISH HERITAGE ALLIANCE TOUR SERIES

Jewish Heritage Alliance, in collaboration with our partners and academic experts, provide you with ongoing tour programs designed to bring the legacy of Sefarad to life.

Welcome to Portugal!
Sejam Bem-Vindos a Portugal!



Jewish Heritage of Portugal...

A Journey Into Our Past

June 6, departure / return June 15, 2023

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We have prepared this comprehensive pre-tour information to address question you may have regarding the June 6-15, 2023, Portugal Educational tour program.

Below is a map of Portugal. It is continental Europe's most western country bordered on the north and east by Spain and the west and South by the Atlantic Ocean

Portugal is about the size of Maine (a bit over 36,000 square miles) and has a population of about ten million people.

The largest cities are:

Lisbon (also the capital)

Other major cities are:

Braga

Porto (in Portuguese Oporto or Cidade do Porto)

Coimbra

Évora

Sintra





Please note the Atlantic Ocean in Portugal is cold! Water temperatures are closer to those in Maine than to those in New Jersey.



Reconfirming Flights

Airlines may change flight schedules without prior notice, or when strikes or natural disasters cause delays on a larger scale. Irrespective of where you purchased your airline ticket(s), you should VERIFY YOUR DEPARTURE DATE AND TIME WITH THE AIRLINE 72 hours before departure. It is advisable to be at the airport 3 hours prior to departure time.

Health insurance

We recommend Trip Cancellation & Interruption Insurance that we hope and expect each of you obtained. Please check to see if your insurance also covers emergency medical benefits. Please note that Medicare does not work outside of the United States. If you have a secondary policy, then check with your secondary insurance company. There are a number of Insurance Companies that sell international health insurance for a very low price. We strongly recommend that you consider such a policy. If you need a recommendation, please contact Dr. Peter Tarlow at ptarlow@latinojewishrelations.org.

Destination Information

- **Weather information in green**
- **Hotel information in blue**
- **Attire information in maroon**



Hotel Overview

City and nights of stay	Hotel Name	Phone Number
Oporto (Cidade do Porto) June 7-10	Crown Plaza	<u>+351 22 607 2500</u>
Covilhã (Belmonte area) June 11)	Purala Wool Valley Hotel & Spa	<u>+351 275 330 406</u>
Lisbon (June 12-14)	Dom Pedro Palace Hotel	<u>+351 21 389 6600</u>
Departure for the United States, June 15, 2023, e até logo!		

Hotel Websites:

Crown Plaza:

<http://www.ihg.com/crowneplaza/hotels/gb/en/porto/opocp/hoteldetail>

Purala Wool Valley Hotel & Spa:

<https://www.hotelpurala.pt/en/>

Dom Pedro:

https://lisboa.dompedro.com/pt/?utm_source=gmb&utm_medium=organic&utm_content=dplisboa



Overview of weather

June is a wonderful time to be in Portugal and its weather patterns are similar to those in the New York-New Jersey area. As we get closer to the summer temperatures the weather should become more summery. Even in the dry season there is always the chance of rain, and cobblestone streets can be slippery, so bring good walking shoes.

In the northern half of the country the temperature range is around 24-29 degrees Celsius and tends to be a bit cooler than the center part (Lisbon) of Portugal

To check the weather by city in Portugal go to:
[https://www.accuweather.com/en/pt/portugal-weather.](https://www.accuweather.com/en/pt/portugal-weather)

For City by City by City information see <https://www.tempo.pt>. While this website is written in Portuguese; it uses lots of icons and is easy to read. All temperatures are in Celsius.

Basic Celsius to Fahrenheit

10 Celsius = 50.0

12 Celsius = 53.6

17 Celsius = 62.6

20 Celsius = 68.0

26 Celsius = 78.0

32 Celsius = 89.8

35 Celsius = 95.0



Overview of Attire

With the exception of Shabbat, late spring, and early summer loose and informal clothing is appropriate. For Shabbat modest business casual is appropriate. We shall be doing a great deal of walking, so be prepared. June is **not** a rainy month and usually the most that occurs is a passing shower. No one, however, can guarantee the weather and you might want to bring a small umbrella or rain hat, or rain-resistant jacket. **Please check weather a day or two prior to departure.**

Clothing: What to bring

Portugal is a European nation so summer dress tends to be smart casual. As at night it might be cool, a light sweater or jacket is fine. Portuguese women do not wear super formal or flashy clothing. Pretty scarves save valuable luggage space and are always appropriate

Men might bring one tie, a sports jacket and open neck shirts.

For religious services, bring a shirt with a collar for men. Women should dress modestly. Skirt and blouse are fine, no shorts or pants.

Take sunglasses!!

Take good walking shoes. You will be walking on many cobblestone streets. Distances can be long and in some



of the older cities often there is little room for buses, so they park outside of the old cities.

Hint: We shall be staying in several hotels, so the less you take the happier you will be. It is not a sin to wear the same thing twice! Consider taking garments that dry overnight and do not need to be ironed.

Quick overview of Portuguese and Portuguese Jewish History

Portugal emerged as an independent nation during what Christians call the Reconquista (Re-conquest) of the Iberian Peninsula. The country of Portugal emerged in the tenth century during the Christian re-conquest of the Iberian Peninsula: It dates back to the mid-twelfth century, as a kingdom under King Afonso I (the First).

In the 16th century the Spanish successfully invaded and controlled the country until 1640 when a successful rebellion led to national independence. Due to the Napoleonic wars Portugal sided with England (they are still close allies). The royal family had to flee to Brazil and after the war many chose to stay in Brazil.

In 1910 a republic was declared (after a civil war)



In 1933 a Portuguese professor, Antonio de Oliveira Salazar, took over and became a brutal dictator. He ruled the country until the Carnation coup d'état of 1974.

A summery overview of Portuguese Jewish History

Portuguese Jews prior to the Spanish expulsions of 1492 were a distinct group within the Sephardic (Iberian Peninsula) world. After 1492 they mixed with the Jews of Spain. Portuguese Jews tended to be more steadfast in their faith than their Spanish co-religionists.

Early history

Jews were present during Roman times when the country was called Lusitania. During the early Christian era the local Jewish population suffered greatly. They greeted the Muslim conquerors as heroes and liberators.

Until the 15th century, Jews occupied important positions in Portugal and were fully integrated into Portuguese society.

With the influx of Spanish refugees, things began to change. The refugees were granted, in return for payment, asylum by King João II. Eight months later, the King revoked their asylum and gave them the choice of leaving or enslavement.

The children's deportations of 1493 to São Tomé and the writing of *Consolação das Tribulações de Israel*, Samuel Usque (1553)



In 1495 King Manuel I takes the throne and appears to restore rights. In 1496, however, he marries Ferdinand and Isabela's daughter, and the price of the marriage is that Jews will be forced to convert or leave the country

In 1506 the Lisbon massacre takes place and there is a second deportation to São Tomé

Manuel dies in 1521 and his son, João III becomes king. João III continues the anti-Jewish work of his father and establishes the Inquisition in 1536 with the first auto-da-fé occurring in 1540.

In June of 1990 then President Mario Soares apologized to the Jews of Portugal (and the world) for the actions taken by Portugal in the 16th century

In 2017 Portugal became the second country in the world to create a law of return for its former Jewish citizens (expelled some five centuries earlier).



Viewing Information

For an in-depth understanding of the Sefarad (Iberian Peninsula Jews) we recommend the following videos:

A 3-part Series “Sefarad, The Untold Story that Changed the World” By our own Dr. Isaac Amon (Jewish Heritage Alliance)

Part 1: <https://www.youtube.com/watch?v=9qwbiPH7xj4>

Part 2: https://www.youtube.com/watch?v=n6pyxbxKM_4

Part 3: <https://www.youtube.com/watch?v=NgMBh3KLis4>

A Consolidated one-hour overview; also, by our own Dr. Isaac Amon as presented to the National Library Israel.

Sefarad: A Journey Through Time and Space - Dr. Isaac Amon:
<https://www.youtube.com/watch?v=VKsVdMBLpgE>

Getting Ready for Our Trip:

Portuguese Immigration and customs

US citizens have no forms to fill out before arriving in Portugal. Your passport is all you need. Other passport? check with a Portuguese government office prior to travel. At immigration go through the green (nothing to declare) line



Pre-Tour check List

- Check with your insurance company regarding the status of your health insurance outside of the USA. Medicare is not valid outside of the USA. **Your insurance company may offer a short-term travel rider.**
- Make sure to tell your credit card company that you will be traveling outside of the USA. If you use a debit card the same is true for your bank.
- Take plug adaptors (Portuguese outlets are different from US ones). If you use a PC you will need an adaptor that changes the voltage from 220 volts to 110. All Mac products (iPhone, iPad etc. automatically adapt to 230 volts.
- **Avoid a huge telephone bill when you return!** Check with your telephone company regarding use of cell phones outside of the US and what the roaming charges will be. Skype and WhatsApp are free calls as long as you call on Wi-Fi. Many companies such as Verizon, ATT&T and T-Mobile have international plans. **Please check with your phone company regarding text messages and their cost if you are not on wi-fi.**
- Check with your physician regarding any personal medications that you might need!



- List any foods or medicines to which you might be allergic. If something were to happen, we will need this written list.
- Do NOT pack medications, money, or any other essential item in a checked suitcase. Place these materials in your carry-on bag!

• **Checklist #1 Essentials**

Do I have?	Yes/no
Health Insurance for outside of USA	
Called credit card companies	
Did I bring a list of medications and foods to which I am allergic?	
Do I have plug adapters for Portugal? (see internet for photo)	
If I do not have a Mac, do I have an adapter for 220 voltages?	
Do I have essential medications?	



Make sure you do not forget

- **Do not forget to bring your passport! US passport holders do not need a visa to enter Portugal. If you have a non-US passport, check with the closest Portuguese consulate or webpage for up-to-date information**
- **Make a second** photocopy of your passport and leave it with someone who can send it to you, should you lose your passport
- Leave room in your suitcase for souvenirs. You may want to purchase things such as: Portuguese cork, wine, Portuguese tiles, soaps etc.
- Remember that if you have over 20 kilos (about 44 pounds) you may end up with overweight charges. Prior to departure check with the airline regarding your particular baggage weight limits.
- If you take medications, please do not forget to bring them and pack them in your carry-on bag.
- We will be in Portugal during late spring/early summer and the weather should be dry and warm.



• **Second checklist: Practical things**

Item	Did I take? Yes/No	Where to pack it
Passport / money		Carry-on
2 nd copy of passport		With someone whom you can find at home
Copy of credit card numbers and how to call if lost		In safe place
Medications and their medical names		Carry-on
Small umbrella or hat		Suitcase
Sunglasses		Carry on



Third checklist: Clothing

Item	Packed?	Where?
Summer Hat		Suitcase
Good walking shoes		Suitcase
Sunglasses		Suitcase or carry-on
Men's Shabbat shirt		Suitcase
Skirt and blouse for religious locations		Suitcase
Windbreaker		Suitcase
Yarmulkah/Kipah		Suitcase

Destination Information

Electricity and electrical outlets

Portuguese power plugs and sockets are of type F (two rounded prong. The standard voltage is 230 and the standard frequency is 50 Hz. (see internet for photo)



Currency

Portugal uses the euro. The euro and dollar fluctuate in value, so check just before the day of departure. Most hotels will allow you to exchange money there. You can also use an ATM machine, but make sure your bank knows you will be using it in Europe. Some banks block withdrawals abroad unless you tell them. The same is true for credit cards. You might want to change about US\$100 before you travel, that way upon landing you have some money in your pocket. Bring small bills (or coins) for extra tipping.

All US credit cards are accepted In Portugal and there are ATM machines everywhere. Some ATM machines are multilingual, others use only Portuguese.

Food

Portugal is famous for its seafood and its national dish is *bacalhau* (a salted codfish from Norway). Besides food from the sea, Portugal is famous for its excellent wines, olives, and breads

Breakfast tends to be a heavy continental breakfast

The main meal is around 1:30 - 2:00 pm

Dinner is usually around 8:00 pm

This tour will provide a full breakfast and dinner. Lunch is on your own. Bring money or breakfast bars. Eat a full breakfast each morning.



Shopping:

Please remember the best advice for travel is - take less so that you have room in your suitcase to take things home!

Here are some of Portugal's most popular products for visitors

- 1) Claus Porto Soap
- 2) Portuguese wines and port
- 3) Portuguese tiles (azulejos: pronounced (Asu-lay-josh))
- 4) Tile jewelry
- 5) Ginjinha (pronounced: Jin-ji-nyah): Portuguese liquor
- 6) Portuguese cheeses
- 7) Portuguese olive oil
- 8) Portuguese wool products and fisherman sweaters if they can be found.

You can bring olive oil and wine back to the US in can or bottle form. These items must be put into your checked suitcase and might have to be declared at US customs



Tipping:

The tour guide and bus driver: Traditionally we give a tip of \$10 per day to the guide and \$5 per day to the bus driver. Of course, you are welcome to give a greater amount if you so desire.

Restaurants: Remember that breakfast and dinner are included, and this of course means tips have been included. Lunch, however, is not included and lunch tips are at your discretion. At restaurants if a service charge (servicio) is added to the bill then leave a small tip, if there is no “servicio” than 10% is more than adequate.

In Hotels: Tipping in hotels in Portugal is rarely expected except in cases of exemplary service or if you solicit special services. It is not uncommon to tip, however, a porter or chambermaid. Customary portage tips are 1 (or at the most 2) euros per bag. Chambermaids are often tipped. For hotels of our standard, tips should be around 2 euros per night. Of course, you are always welcome to tip more.

The most commonly tipped employees are the Porters and Chambermaids. If a Porter helps to carry your bag(s) to your room the customary tip is 1 or 2 Euros per bag, usually no more than 5 Euros total. For Chambermaids in moderate hotels a 1 Euro tip, daily, is adequate; while in deluxe hotels 2-3 Euros daily is more suitable (tip them up



front if you want them to treat you extra nice). Leave these tips on the bed or the bedside table.

Water, Health, and medical needs:

Portugal is a European country and health is on European standards. Although water is safe to drink, if you have a sensitive stomach then stick with bottled water,

Remember to bring whatever medications you may need.

Also check to see what coverage your US provider covers in Portugal. Many US plans have a pay-back plan if the expense is coded correctly. See above.

Time zone: Portugal is GMT 0 (zero) or five hours ahead of the US East coast and 6 hours ahead of central time.

Language: Not surprisingly Portuguese is the language of Portugal. In about the same way that American English is different from British English so too Continental Portuguese is different from Brazilian Portuguese. About 8 years ago, Portugal adopted an international Portuguese spelling system. In reality, this new system appears to be similar to the Brazilian system although some people still use the older and more complicated continental spelling

Although you can survive perfectly well in English in Portuguese tourist areas by using some basic Portuguese you will bring a smile to people's faces and make life easier.



Word to the wise!! Portuguese and Spanish are very different languages. Often Spanish and Portuguese words that look alike have different meanings and are almost always pronounced differently.

Do not pronounce Portuguese as if it were Spanish! Spanish is a phonetic language. Portuguese is not. Portuguese vowels, like English vowels are very unstable. They are much less stable than French, German, or Italian vowels. Many people, who do not speak Portuguese, say that the language sounds like a mixture of French and Russian.

Working Vocabulary (in more or less alphabetical order or by logic)

Portuguese word	In English phonetics	English meaning
Bom dia	boM jheeh-ah	Good morning; good day
Boa tarde	boah tardjee	Good afternoon from lunch to dinner
Boa noite	boah noitch	Good night (after dinner)
Até logo or Tchau	Ahtay logo (Ciao as in Italian)	Good-bye



Olá	Oh-láh	Hello
Cómo vai?	Como vay	How are you?
O pequeno almoço	OO pekayno ahlmosso	Breakfast
O almoço	OO ahlmosso	Lunch
O Jantar	OO Jantar	Dinner
A sala de jantar	Ah sahlah djee Jantar	Dinning room
Garçom	Garsahwn	Waiter
Garçonete	Gar-son-eh-t-chee	Waitress
Desculpe	deshcoolpee	Sorry, excuse me
Estou com fome	Eshtow com fomee	I am hungry
Estou com sede	Eshtow com sedjee	I am thirsty
Estou com sono	Eshtow com sono	I am sleepy
O senhor (a senhora) fala inglês?	Oo sen-your (a sen-yourah) falah En-glash?_	Do you speak English?
Desculpe, não	Deshcoolpee,	I am sorry but I do



falo português	nawn fahlo portoogaysh	not speak Portuguese
Obrigado (for a man)	Obreegahdo	Thank you
Obrigada (for a woman)	Obreegadah	Thank you
De nada	Djee nahdah	You are welcome
Onde fica...?	Ondjee feecah	Where is,,,?
Não	Nown (as a nasal)	No
Sim	(S-plus a nasal ee)	Yes
Por Favor	Por Fah-VOOR	Please
Pode me ajudar?	Podjee me ajudar?	Can you help me?
Preciso de	Preseezho djee	I need...
O restaurante	OO hestorantee	Restaurant
Onde fica o restaurante?	Onjee fichah oo hestorantee?	Where is the restaurant?
Serviços Sanitários	Serveessos Saneetareeosh	Rest rooms



Casa de banho	Cazah dje ban-yo	Bathroom
Quanto custa...?	Quanto cushtah	How much is...
É caro	Eh cah-ro	It is expensive
É caro demais	Eh cah-ro gemays	It is too expensive
É um preço razoável	Eh-u- preso hasonahvel	It is not too expensive
Homem (Homens)	OmeM (omens)	Man / Mens
Mulher (Mulheres)	Moo-lyer (Moo- lheresh)	Woman/Women

Boa viagem!

Have a great trip!



Appendices

Bring comfortable clothing for touring and good walking shoes. For Shabbat have business casual and dress as if you were going to synagogue in the United States.

Appendix 1: Basic itinerary

DAY 1, Tuesday Jun 06: USA / Porto

Depart your home city to Newark (New Jersey) to board the overnight flight to Porto, Portugal.

DAY 2, Wednesday Jun 07: Arrive Porto

Welcome to Porto (Oporto in Portuguese), a coastal city in northwest Portugal known for its stately bridges and port wine production. In the medieval Ribeira (riverside) district, narrow cobbled streets wind past merchants' houses and cafes. Porto is also Portugal's second city, home to one of the oldest Jewish communities in the country that was spared by the earthquake of 1755 that destroyed much of Lisbon but left Porto intact, including the streets of the former Jewish quarter, narrow streets, and balconied



houses, with street names such as “Rua Monte Judeus,” “Escadinhas do Monte dos Judeus,” and Pátio das Escadinhas do Monte dos Judeus.” The main synagogue stood on the Escadas da Vitória, a place still locally called “Escadas da Esnoga,” meaning “stairway to the synagogue.” There is a plaque that marks this site.

Porto had a vibrant Jewish community before the establishment of the Portuguese kingdom in 1143. Many Jewish merchants had their offices along the Porto riverfront. One of its three Jewish neighborhoods was called Monte dos Judeus (Jews’ Hill). A synagogue was located on the Rua da Sinagoga (Synagogue Street), which is now Rua de Sant’Ana (Saint Ana Street). To live in the town, Jews needed the permission of the Bishop of Porto.

The contribution of Portuguese Jews to world history is enormous and its history is inseparable from the Jewish presence in Portugal between the 5th and the 15th centuries. In the northern region of the country are villages, cities, and small towns where important Jewish communities once thrived. It would be hard to trace back the arrival of the first Jews in Porto as it is to trace back the foundation of the city. Although Porto tolerated its Jewish community and even tried to protect it for many years, the expulsion of the Jews from the country following the infamous Inquisition completely destroyed its Jewish Heritage.

Board our bus and transfer to the city where we begin our



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city tour of Porto. We will visit the first Jewish neighborhood of the city, the lost medieval synagogue in Porto and all the forgotten places where the Jewish influence left its mark in town. Our guide will share with the history of the Jewish Heritage in Porto for you.

Return to the Crown Plaza Porto Hotel for dinner and welcome remarks by our academic leader Dr. Rabbi Peter Tarlow.

Overnight Crown Plaza Porto Hotel. (D)

Day 3, Thursday Jun 08: Full Day Excursion to Douro Valley

One of Portugal's most endearing regions is the Douro River Valley, the winding, terraced region that produces the country's beloved port wine. The Douro is one of the major rivers of the Iberian Peninsula, flowing from its source near Duruelo de la Sierra in Soria Province across northern-central Spain and Portugal to its outlet at Porto. The Douro Wine Region is the oldest demarcated wine region in the world, dating from the 18th century. The amazing landscape of the vineyards in the slopes is unique and the reason why the landscape is considered to be UNESCO world heritage.

The estates which produce the grapes to make Port wine are known, as elsewhere in Portugal, as quintas. Our tour begins with a visit to a Port wine producer. There will be a



personalized guided tour of the vineyards where the process of making the Port wine will be explained. The wine tasting will be accompanied by a careful selection of Portuguese cheeses.

Next, we board a short scenic cruise of beauty and serenity enjoying the beauty of the hills and grape vines around you. we stop for lunch at typical Portuguese restaurant and will be given the choice of meat, fish, or vegetarian (lunch is on your own).

Afternoon return to Porto and our hotel for overnight and dinner.

Overnight Crown Plaza Porto Hotel. (B,D)

Day 4, Friday Jun 09: Porto and Mekor Haim Synagogue & Museum

This morning we visit the Kadoorie - Mekor Haim (Source of Life) Synagogue is the largest synagogue on the Iberian Peninsula and one of the largest in Europe. Built with donations from Jews from all over the world, it was significantly inaugurated in 1938, a time when in Nazi Germany synagogues were being burned down and the Estado Novo was being implemented in Portugal.

This architectural monument is one of the most extraordinary houses of Jewish worship in the world and is also the headquarters of the Comunidade Israelita do



Porto (Israeli Community of Porto). The community was founded in 1923 by Captain Artur Barros Basto (1887-1961), known for trying to rescue the descendants of Jews forced to convert to Christianity in the 15th century, who kept in secret the practice of precepts of the Jewish religion.

We continue our visit across the street at the Holocaust Museum of Oporto. Created in 2021 by the Jewish Community of Oporto in partnership with B'nai B'rith International and Holocaust museums in Moscow, Hong Kong, the United States and Europe. We stop for lunch (on our own) before returning to the hotel. Evening Shabbat Services (for those that wish to participate), followed by a Shabbat Dinner at the hotel.

Overnight Crowne Plaza Porto Hotel. (B,D)

Day 5, Saturday Jun 10: Porto Shabbat

Today is free to relax and take in the Shabbat in Porto with the Jewish community. The synagogue is beautiful and was renovated recently by the community. There are typically a variety of people from all over the world at the Shabbat services organized by the Jewish Community. .

Overnight Crown Plaza Porto Hotel. (B,D)



Day 6, Sunday Jun 11: Coimbra, Trancoso, Belmonte, Covilhã

This morning we make our way to Coimbra. Situated along the banks of the river Mondego, Coimbra is famous for its university, the oldest in Portugal and one of the oldest in Europe. Coimbra is a city steeped in history. It was Portugal's medieval capital for more than a century. Its historic center dates to Moorish times and offers a unique atmosphere with its dark cobbled lanes and monumental cathedrals. On summer evenings, the city's old stone walls reverberate with the haunting metallic notes of the guitarra (Portuguese guitar) and the full, deep voices of fado singers. Time permitting, we will visit the university's famous "Biblioteca Joanina" library, dating back to the 18th century, it was designated as one of the most beautiful libraries in the world.

We continue our drive to Trancoso, a well-preserved sample of a Portuguese walled town whose narrow streets and stone houses preserve the medieval atmosphere. Trancoso was once the home to a large flourishing Jewish community. This ended with the arrival of the Inquisition. Indeed, throughout the Middle Ages, the community of this city in northern Portugal has experienced an economic and social expansion unique in Europe. Trancoso, thanks to its important fair, was a city of passage and exchange. In the fifteenth century, the Jewish population rose to more than 500 people, which forced the community to settle outside the boundaries of the judaria. Even today, there are many traces of this past. As you walk through the city, you will find Hebrew inscriptions, stars of David, and other



symbols on the door jambs. In 2012 it honored its Jewish heritage with the establishment of the 'Isaac Cardoso Center for Jewish Interpretation' and a new synagogue called Beit Mayim Hayim – 'The House of Living Waters.

We continue to Belmonte situated in the remote and beautiful region of Portugal is rich in the history and traditions. The town is noted for its Marranos often referred to as "Belmonte Jews", or "Crypto-Jews". They are the Jewish community in Belmonte that have survived in secrecy for hundreds of years. The community was forced under King Manuel I to convert to Catholicism in 1490. Otherwise, they would face exile. They had maintained their Jewish identity for over four hundred years by marrying mainly among themselves and adhering to the belief in a single personal Deity who would redeem his people at the end of days. They practiced some Jewish observances, the Sabbath, and some holidays. They often lit candles on Friday night where they could not be seen from outside and observed Passover and Yom Kippur a day or two before or after the Jewish calendar date to confuse the Inquisition. They were discovered in 1917 by Samuel Schwartz, a Galician mining engineer who shared with them that that there are many living Jews all over the world.

Continue to Covilhã for dinner and overnight at the Hotel.

Overnight Purala Wool Valley Hotel & Spa. (B,D)



Day 7, Monday Jun 12: Covilhã, Castelo de Vide, Tomar, Lisbon

This morning we tour Covilhã with its steep narrow streets and spectacular views, Covilhã is one of the most charming places in central Portugal. The narrow, winding streets follow the slope of the hill, blending into the terrain and the city walls. Archaeological data shows that the Synagogue, the center of knowledge in Jewish communities, was in the Rua das Flores. The Jewish community of Covilhã lasted from the 12th century until the beginning of the 20th century, the largest and most important in the Serra da Estrela Region and one of the strongest in Portugal. The community of this region was mainly dedicated to trade and crafts, but also to agricultural activities, having been mainly the drivers of the wool industry. At the end of the 15th century, there were at least two Hebrew nuclei. One (the oldest) intramural located next to Portas do Sol; the second, on the outside, adjoining them close to the village gates surrounding the area that encompasses Rua do Ginásio and Rua das Flores. A stop at the synagogue and a discussion with a local Jewish leader.

Next, we head to Castelo de Vide is a picturesque village in the district of Portalegre, with an ancient and perennial past, with origins at the top of an elevation of Serra de São Mamede. Castelo de Vide is marked by the Restoration war, according to the walls and ramparts surrounding it; many military personnel from other countries settled here throughout the first decade of the 19th century. The oldest built heritage in the village is essentially of Moorish and



Christian origin. The sixteenth and seventeenth centuries are represented by several examples of civil and religious architecture. Easter festivities are the most characteristic events, by mixing it with Jewish rites. The gardens, huge, cultivated acres, town corners, house style, manors, fountains, and the marks of the past are the traits that characterize Castelo de Vide. Meander along narrow sidewalks which go from “Porta da Vila”, in the Castle, to “Fonte da Vila”, in everything equal from those who form the remaining medieval nucleus. The urban area for the Jewry from Castelo de Vide grew, fundamentally, from the streets “Fonte”, “Mercado”, “Arçário”, “Mestre Jorge”, “Judaria”, “Ruinha da Judaria”, the current “Rua dos Serralheiros” and “Rua Nova”. The extent of this space can be understood due to the proximity to the Castilian border.

The Jews who lived within the walls of the little hilltop town of Castelo de Vide were engaged in the traditional activities of commerce, crafts, and sometimes medicine. The Spain edict from 1492, promulgated by the Catholic Kings, Fernando and Isabel, caused a massive displacement of Jewish families seeking to escape Spain and many if not most crossed in Portugal along the border in this region. The Jewish population grew after 1492 with the arrival of Jews from Spain. The former Judaria is fairly easy to identify around the market square (Praço de Comércio). Between the fourteenth and sixteenth centuries the characteristic little streets led to the small synagogue. Next we visit Tomar, an historic city boasting great charm for its artistic and cultural wealth, whose



greatest expression is in the Convent of Christ, one of the chief works of the Portuguese Renaissance. The former seat of the Order of the Knights Templar. The remains of their fortress and a monastery are still intact and open as a museum. Buried away in one of the narrow streets of the old Jewish quarter rests the oldest existing synagogue in Portugal dating back to 1438. After the forced conversions that followed in 1496; the synagogue was used as a prison, a church, a hayloft and finally a warehouse. In 1921 the building was declared a national monument and in 1939 the owner, Samuel Schwartz donated it to the state for use as a museum. A mikveh was discovered next door during excavations of the outbuilding in 1985. A prosperous Jewish community developed here back in the 14th and 15th centuries in what is called "the lower town", or town below. We will visit the Abraham Zacuto Museum (Abraham Zacuto was a famous Spanish astronomer, astrologer, mathematician, rabbi, and historian who served as Royal Astronomer in the 15th century to King John II of Portugal). The Museum displays numerous ancient tablets, gravestones, texts, and artifacts showing all aspects of Jewish life in ancient Portugal.

Continue to Lisbon for dinner and overnight. Overnight and dinner at the Dom Pedro Palace Hotel. (B,D)

Day 8, Tuesday Jun 13: Lisbon City Tour

Welcome to Lisbon, Portugal's Capital City. Seven cinematic hillsides overlooking the Rio Tejo cradle



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Lisbon's postcard-perfect panorama of cobbled alleyways, ancient ruins and white-domed cathedrals, a captivating scene crafted over centuries. Lisbon's history revolves around its strategic geographical position at the mouth of the Tagus, the longest river in the Iberian Peninsula. Its spacious and sheltered natural harbor made the city historically an important seaport for trade between the Mediterranean Sea and northern Europe, serving as a strategic meeting-place for different peoples. Important Jewish communities settled in this region and contributed to the flourishing of its trade and culture.

We begin our e a walking tour of the Jewish quarters. Jewish heritage in Lisbon can be traced beginning with the Alfama quarter, a large community that included the Judiaria Grande and included the Rua da Judiaria. These narrow streets still evoke the spirit of the generations of Portuguese Jews who lived and flourished there. As the community grew, more Jewish refugees came to Lisbon, and a new Judiaria Pequena was formed in the 13th century near what is today known as the central Praça do Comércio. This entire area was totally destroyed by the 1755 earthquake. The nearby Rossio square, before the earthquake, was the site of the court of the Inquisition. It was there where Jews and other accused heretics were burned at the stake. There is also the National Museum of Ancient Art, where you will find a primitive Portuguese masterpiece, including Jews wearing Stars of David on their clothing and a rabbi opening the Talmud, as well as other paintings with Jewish themes.



Continue our tour to Praça do Rossio, the city's liveliest area, where many locals and tourists meet up. The square and its surrounding streets are packed with some of the city's most famous restaurants, bars, and shops; it's also the site of the Jewish Lisbon Memorial. This memorial to the victims of the 1506 Jewish Massacre was erected on April 19, 2006 — the 500th anniversary is also known as the “Lisbon Massacre,” “Lisbon Pogrom,” or “The 1506 Easter Slaughter” and located at the historic square Largo de Sao Domingos, located by the Church Igreja de Sao Domingos. Explaining this Jewish massacre begins with the inception of the Spanish Inquisition in 1492 when 93,000 Sephardic Jews fled Spain and took refuge in Lisbon. In the early 1500s, drought and plague swept through Portugal. Jews preparing Passover feasts (using unleavened bread and bitter herbs) were thought to have caused the plague/drought, with Easter and Passover in close proximity in 1506. It is estimated that between 2,000 to 4,000 Jews who were forced to convert were killed.

Afternoon some free time for shopping and return to the hotel for dinner and overnight.

Overnight and dinner at the Dom Pedro Palace Hotel.
(B,D)



DAY 9, Wednesday Jun 14: Lisbon, Sintra, Cascais

This morning we visit Lisbon's main synagogue called Shaare Tikva, or Gates of Hope. It was built in the early 20th century as Jews, some but not all of the Portuguese descent, returned to Portugal from Gibraltar and North Africa. The main facade of the synagogue faces an inner courtyard since Portuguese law at the time forbade non-Catholic religious institutions from facing the street. Inaugurated in 1904, the Lisbon Synagogue was the first synagogue to be built in Portugal since the late 15th century and was designed by one of the country's best-known architects, Miguel Ventura Terra. The synagogue served as the center of Jewish life in Lisbon and was a sanctuary for the thousands of Jewish refugees who passed through Portugal during World War II. The marble Torah ark is inscribed with the Ten Commandments and encrusted with a gold leaf. It is also the home of a collection of documents dating from the 17th through the 20th centuries.

Next we head towards Lisbon's environs. First stop medieval Sintra, a resort town in the foothills of Portugal's Sintra Mountains, boasting a forested terrain and studded with pastel-colored villas and palaces and former summer resort of Portugal's monarchy. Here we visit the Moorish- and Manueline-style Sintra National Palace distinguished by dramatic twin chimneys and elaborate timework. The hilltop 19th-century Pena National Palace is known for its design and views. Following lunch, we stop at Cabo da Roca. It is a wild and rugged headland marking mainland



Europe's most westerly point. The windswept cliffs of Cabo de Roca were believed to be the edge of the world up until the up until the late 14th century and the desolate scenery adds to the allure of the location.

Our tour continues as we make our way to Cascais, Lisbon's coastline and popular holiday destination. Historically, Cascais was a fishing village, until King Luís I (1838 - 1889) choose it as his royal summer retreat. Trailing the Portuguese nobility were the high society of Portugal, who in turn constructed lavish villas, ornate mansions and exquisite gardens. Today, Cascais is an elegant fusion of decorative 19th-century architecture, and during the summer it is a bustling resort, with a buzzing holiday atmosphere. The Jewish Community first appeared and became organized in Cascais when Pedro I declared the town independent in 1364. Many residents were accused of Judaism, heresy and apostasy throughout the years. Cascais played host to important Jewish personalities not only within the backdrop of Inquisition or of groups of Sephardim Jews who had settled in Portugal, but more particularly during the 1930s and 1940s. Time permitting we stop at the Chabad House, home to a magnificent book collection, with several original prints dating back to medieval times.

This afternoon we are back in Lisbon. Time permitting we will visit the Tower of Belem. Dating back to the 16th century, it was built in Manueline style, featuring imposing stonework and detailed carvings, depicting numerous significant figures. Nowadays the fortified white tower is a



symbol of Portugal and an inseparable part of the landscape in Lisbon. As a matter of fact, it was even classified as UNESCO Cultural Heritage of Humanity!

Next we drive to the Monument to the Discoveries. Commemorating the Age of Discoveries, it was built to honor the 500th anniversary of the death of Prince Henry the Navigator, one of the greatest Portuguese discoverers. The 52 meter-tall (170 ft) monument depicts numerous explorers onboard a caravel, led by Prince Henry the Navigator.

Return to the hotel for a farewell dinner and a final talk by Dr. Rabbi Peter Tarlow.

Overnight and dinner at the Dom Pedro Palace Hotel. (B,D)

DAY 10, Thursday Jun 15: Departure

Transfer to the airport for the flight home. (B)

Appendix 2

Barros Basto: the Portuguese Dreyfus

Less known than Alfred Dreyfus, the story of Barros Basto also deals with desire to maintain Jewish faith and the sacrifices one must pay for it - another sad example of 19th century European antisemitism



David Alejandro Rosenthal

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Captain Artur Carlos de Barros Basto is known for having been unjustly slandered and dismissed from his military post. Not unlike Alfred Dreyfus, a French artillery officer of Jewish ancestry whose conviction in 1894 on charges of treason became one of the most polarizing political dramas in modern French history.

These two men, important military men and decorated heroes became the target of European antisemitism, which was to become more pronounced in the middle of the 20th century, with the start of World War II.



Artur Carlos de Barros Basto

(Photo: Wikipedia)

The military officer is an unknown figure outside Portugal, unlike Dreyfus, but his story is equally or more interesting. Barros Basto dedicated himself to Jewish writing and even more important was his work as a community leader. In addition, he made a great contribution to the struggle of Conversos - Sephardic Jews who were once forced to convert to Catholicism. In fact, Captain

Barros Basto was one of them.



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In Portugal, a very special historical phenomenon occurred, because the concentration of Sephardim was so high that to this day, the Portuguese are largely descendants of those "marranos" - converted Jews - who had little choice in 1497, when they were forced to convert or, leave their land. As in Spain, the Jews faced a great dilemma: whether to leave with all that this entailed or to adopt the new faith.

A good number of Jews decided to remain in their homeland, so they had to be baptized and change their names. Some became the most assiduous Christians, mixed with the nobility, with the "old Christians" and even became important members of the Catholic clergy. However, others, in spite of having converted, maintained their Jewish identity while creating themselves a new one, which allowed them to pass unnoticed among their new co-religionists - whether they were new or old Christians.

Barros Basto's family had maintained its Hebrew roots throughout the centuries and was clear about it. So, his grandfather, before he died, revealed to him the truth about his past Sephardic origin and that he wished to die as a Jew. There were traditions; like the Shabbat candles, with which the young Artur Carlos had been connected since he was a child. But, they were part of his memory, as well as the memory of his ancestors. Until one day, while in Flanders, Belgium, he entered the tent of a French officer on Saturday, saw two candles illuminating the place, and asked him what was the reason for this particular ceremony. The answer was obvious. And, so



decisive was it that he wanted to return to the old faith of his ancestors.

Barros Basto, who was born in Amarante in 1887 as a Catholic, decided to embark on the path to a new faith; the same one that centuries ago so many people were forced to abandon, including his predecessors. The Mosaic law, which had also been maintained, in one way or another, among children of those forced to convert - would become the captain's life goal, accompanied by an interest in making others return to their Hebrew origins.

Portugal's national archive in the "Torre do Tombo" has more than 40,000 files of the Inquisition, which was tasked with persecuting the "new Christians" accused of secretly living as Jews over the centuries. Although King Manuel I of Portugal promised the converts they would not be investigated for their religious practices in the private sphere, encouraged them to maintain the rituals and traditions of their old religion, which survived the passage of time in many cases.

The process of conversion to Judaism of Captain Barros Basto - who was also a Freemason - began in Porto and Lisbon at Shaarei Tikvah Synagogue, but without success. Morocco would then be his place of conversion and return to Judaism.

In the city of Tangier, a formal conversion would take place. After returning to Lisbon, he married a Jewish woman from that community, who had not accepted him



before. Thus, Lea Israel Montero Azancot became Leah Barros. And, from that moment on, she would begin the campaign of rediscovery and rapprochement of the crypto-Jews.

Barros Basto had felt Jewish even before he converted in 1920; however, he encountered difficulties along the way, and even came close to going as far as Algeria in order to proceed with his conversion. He must have thought of all the others who, like him, would eventually want to return to the faith of their parents.

In Porto, where there were no more than 20 Jews, Captain Barros Basto or Abraham Israel Ben Rosh - his Hebrew name - founded a newspaper, which he called "Halapid" - The Torch - and began to travel to the neighboring villages where Conversos were to be found. In order to found a new community with these people and to build a synagogue that would later be called: Mekor Haim - a source of life.

Barros Basto had learned Hebrew before his conversion, and to such an extent that he later taught the language of his ancestors at the University of Porto. He was also interested in Portuguese medieval Jewish history, among other subjects. Throughout his life, he wrote numerous works on Jewish themes.

Barros Basto's initial plan and ideal was to capture the attention of the Conversos and attract them to his communal-religious project. In fact, very early on he began



to collect the necessary funds for the construction of a synagogue. The project was so ambitious and structured that, together with other members of his community, they established a yeshiva, in order to teach the Conversos the precepts of the Law of Moses and the history of the Hebrew people. That yeshiva operated for nine years.

In Alto Trás-os-Montes - behind the mountains - located in the north of Portugal, bordering Spain and the important Douro River, the Conversos were found in rural villages. Chaves, Bragança and Mirandela are some of the towns that the Trás-os-Montes sub-region included. Captain Barros Basto travelled through this territory in search of his hidden, lost brothers, once forced to encircle themselves in very small and closed communities. The political situation in Portugal had changed when a military coup d'état took place in 1926, giving the Catholic Church a very important position in the society once again. It would not be in their interests for the "marranos" to return to Judaism. Likewise, the fascist Oliveira Salazar dictatorship took power around 1932. Imposing the Catholic tradition and the conservatism of its customs as a regime, similar to the Spanish case with Generalissimo Franco.

All the efforts of Captain Artur Carlos hit a major stumbling block when an anonymous letter warned his superiors of immoral behavior on his part. Accused of homosexuality and of perverting the youth of the yeshiva, a trial was opened against him.



This slander did not succeed, but it did bring to light that the captain had himself circumcised - brit milah - together with a doctor, his yeshiva pupils. As a result, 9,000 crypto-Jews had turned to Judaism, thanks to him.

In 1937, he was expelled from the army, as he was deemed morally unfit to continue in the institution. He could not be accused of being a homosexual, but he could be accused of being a Judaiser, since the Inquisition, which had scourged the entire Iberian peninsula in an atrocious manner, had undoubtedly left an anti-Jewish remnant.

Like Dreyfus, his Jewishness weighed heavily when it came to signing his dismissal. However, Dreyfus was defended by Émile Édouard Charles Antoine Zola, a prominent French writer, in his article J'Accuse - Letter to the President of the Republic - in the newspaper L'Aurore. This plea, in the form of an open letter, was the key to the reinstatement of Captain Dreyfus' position, name and honor. In the case of Captain Barros Basto, there was never a review of the case during his lifetime and he died with the dishonor brought upon him by the enemies of Judaism.)

Despite the setback, Captain Barros Basto managed by 1938 to inaugurate the synagogue that had become his dream. Mekor Haim or the Kadoorie Synagogue (the largest in the entire Iberian Peninsula), in honor of its main sponsors, a prominent Iraqi Jewish family established in Shanghai, China. These Mizrahim Jews decided to erect the building in honor of their matriarch - Laura Kadoorie -



who descended from those Jews expelled from Portugal in 1497.

This synagogue was not able to concentrate the community of Conversos that Barros Basto had hoped for. The scandal and finally his removal from office also meant that his students and those families in general that he had slowly attracted to Judaism were afraid and in the end did not want to be affiliated with Mekor Haim.

From the beginning, the Inquisition created a phenomenon of separatism and distrust on the part of these people. Having been forced to convert and not only that, having been persecuted, judged and even killed, was a good enough reason to turn away from that world.

However, the synagogue served great purpose after World War II, becoming a shelter for hundreds of Jews from Eastern Europe who were escaping the horror of the Nazi regime. Barros Basto, therefore, could also be considered a "righteous among the nations".

The Synagogue of Oporto is the most important work of Captain Barros Basto. It represents the freedom, the constant struggle and the great affection that its founder had, together with the Ashkenazi families of the community of Oporto who supported their leader in this noble project.

Captain Barros Basto died in Oporto in 1961, taking to his grave the injustice of being accused of a "crime" called being Jewish. He was the leader of his community until the



end. Unlike Dreyfus, in one way or another, Barros Basto died of moral grief.

He was never reinstated in the army, nor was his case reviewed. Until 2012, the Portuguese state posthumously reinstated Barros Basto as a captain, thanks to the efforts of his granddaughter Isabel Ferreira Lopes. So, let the memory of Barros Basto be live on.

