



Lakewood Sister Cities Programs

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Portsmouth 2006

What is Sister Cities?

September 11, 1956, was the day President Dwight D. Eisenhower launched his "People-to-People" program at the White House conference to promote peace and understanding between nations and people of the world. By the end of the conference, one day later, 42 committees had been suggested to carry out Eisenhower's charge to "Leap governments, to evade governments if necessary, to let the people themselves give expression to their common desire for friendship, goodwill and cooperation for a better world for all."



The Sister Cities organization was born of this vision, which put ordinary American citizens in contact with citizens of other lands. President Eisenhower believed that people could find common ground if they visited each other's homes, schools, and communities. This knowledge would eliminate the misunderstandings, misperceptions, and suspicions born from fear of things unknown.

How did Lakewood Sister Cities Programs start?

In 1975 the United States of America sent a message around the world that the next year, 1976, would be the 200th anniversary of its independence. To help make the American Bicentenary memorable, it planned to establish many more Sister City relationships. Cities, districts and towns anywhere in the world were invited to submit a dossier of information on their area, with a view to being matched with a counter part in America.



Sutherland Shire Council in Australia, hearing of the search, resolved to submit such a dossier and saw to it that the material on Sutherland Shire reached the organizing body in the USA. Mr. Win Schendel, the then-president of Lakewood's Chamber of Commerce, looked to a further exchange of information to see if Sutherland Shire would accept Lakewood's offer.

In 1976 Shire Clerk, Mr. Athol Hill and wife Mary spent four days in Lakewood. So much hospitality, and exchanging of information took place that it seemed more like four weeks. The outcome of this visit to Lakewood was that, on his return to Sutherland, Mr. Hill's report was enthusiastic. He said with real conviction,

"They are our kind of folks."

Since the official organization of Lakewood Sister Cities Program in 1978 with Sutherland Shire, Australia, we have three more Sister Cities including **Portsmouth, England (1982)**, Chester England (1984), and Stade, Germany (1994). We have many diverse programs to each of our Sister Cities including homestay visitations, student exchanges, pen pals, and music scholar exchanges. Lakewood Sister Cities Programs have been providing opportunities to foster family, friendship, and understanding through home-to-home international experiences (exchanges) for over 25 years.



The Lakewood Sister Cities Programs
Lakewood, Colorado, USA



The Sister City Committee of Sutherland Shire, N.S.W., Australia



The Sister City Committee of Portsmouth, England



The People to People Association of Chester, England



The Sister City Committee of Stade, Germany

Why Travel With LSCP?

LSCP is an all-volunteer, non-profit organization, which enjoys the support of the City of Lakewood, area Chambers of Commerce, and Jefferson County School District.

The home stay visitation is one of the cornerstones of our relationship with our Sister Cities. By traveling as a group, yet staying with individuals in their homes, we immerse ourselves in the day-to-day life of the towns we visit. Watching the local news together, helping with the grocery shopping, or discussing our experiences over the dinner table, **Lakewood Sister Cities Program** can offer you what regular tourists often miss staying in hotels.

Portsmouth, England



Portsmouth, on the south coast of England, about 60 km from London, has become one of the premier tourist destinations in the UK. Portsmouth is a city steeped in history with an impressive cast of characters from maritime heroes to literary giants.



From its humble beginnings as a Saxon fishing village, Portsmouth developed into a military garrison town and then into the home of one of the most powerful sea-borne fighting forces in history. There's quite a story to tell!

Visit the birthplace of Charles Dickens, see where Arthur Conan Doyle created Sherlock Holmes, stand in the spot King Henry VIII watched the sinking of his ship, the Mary Rose and walk the route of many naval heroes in the cobbled streets of Old Portsmouth.

Look out for the Renaissance Trail set into the Millennium Promenades. From Spur Redoubt in Old Portsmouth to the gate of Portsmouth's Historic Dockyard you can walk the trail now and enjoy some fascinating glimpses of the past.



Eligibility

The Lakewood Sister Cities Programs are open to all residents of Jefferson County. If there are open positions in the program, non-resident applications will be evaluated on a case-by-case basis, with priority given to Jeffco residents.

Travel Dates

Our trip to Portsmouth, England is tentatively scheduled for:
July 3, 2006 to July 17, 2006

Travelers may choose to extend their trip in Europe on either end of the official Visitation.

Meetings

Several pre-departure meetings will be held to organize travel arrangements and to update travelers with the latest trip information. To ensure the least amount of confusion, attendance at these meetings is expected of all travelers.

The first meeting will be on: _____.



The Bike Trip

While we're in Portsmouth, we'll be able to participate in the 21st annual **Paris to Hayling Charity Cycle Ride** with over 250 bicyclists from the Portsmouth area.

The Paris to Hayling annual event, now in its 21st year, has established a substantial track record, both in the world of cycling and that of charitable fund-raising. It combines the challenges of cycling up to 450 miles over six days and that of raising at least £150 for the charity of your choice.



Started in 1986, Peter McQuade, now President, cycled alone from Paris to Hayling raising money for Sudden Infant Death Syndrome research, following the death of a close friend's baby daughter. He persuaded another 17 cyclists to join him the following year, and it wasn't long before it grew to the current 250 cyclists.

"Absolutely brilliant"

"Everyone was so friendly and helpful"

"I have been on several charity rides but this was by far the best organized and most enjoyable"

"The support crew were fantastic"

"I come back every year, wouldn't miss it!" ...

In 2006 there will be 2 rides that meet up with each other:

6 Day: July 9-15, 420 miles, ride into Paris and back.

3 Day: July 11-15, 235 miles, coach bus into Paris and ride back.

Support

Full support facilities are provided by a 25-strong support crew with experience in both first-aid and bike repair. All vehicles are in constant communication, and carry bike-spares, medical supplies and wayside refreshments. All essential transport, organizational and accommodation aspects of the event are of the highest quality.

Costs

3 Day trip: £235 (\$412) 6 Day trip: £335 (\$587)

This includes Ferry passage across the Channel and hotels every night, luggage transport, support vehicles, aid stations, sag wagons, and some special meals!



Fund Raising

This is a charity ride, and all riders are expected to raise at least £150 (\$265) for charity and can choose their beneficiary. Over the last 20 years, more than £785,000 has been raised through the event, going to over 250 charities and deserving causes, local, national and international. 100% of the money raised goes to the charities or deserving causes nominated by riders and the Bike Ride Committee.



Lakewood Sister Cities Program will set up a Fund Raising committee to look into corporate donations and fundraising sources for our contribution.



Training Rides

Riders of all abilities are invited to participate. It will definitely be a challenge, so the group will organize Training Rides through the spring and summer to get us into shape for the big trip.

Q&A

Q. What do I have to carry on my bike?

A. All bags are carried in the support vans. All you need to carry with you is route notes, perhaps a map, money, passport, your rider info card, essential repair kit and maybe a mobile phone.

Q. What do we do about eating?

A. Morning and lunchtime stops are organised, with a reasonably-priced communal lunch arranged. Some afternoon stops are also recommended. There are plenty of restaurants near all of the hotels. Riders pay for their meals, except the Gala Last Night Dinner in Le Havre.

Q. How many miles do we do each day?

A. For 3-Dayers, day one is about 65 miles, day two 88 miles and day three 68 miles. 5-Dayers start with a 100 mile day, followed by a 95 mile day, before joining the 3-Dayers on their day one to Paris.

Q. What information do we get before & during the ride?

A. You will receive regular Newsletters leading up to the ride, containing all you need to know. On departure you are given a comprehensive information pack and daily updates are available during the ride.

Q. What speed do we have to cycle?

A. All riders are encouraged to cycle at their own comfortable pace. Even one mph faster than comes natural can take it out of you. You will usually find other riders who cycle at your pace and so it is inevitable that riders will split up into groups.

Q. How do new riders get involved?

A. We organise social practice rides and a get-together before the event and ensure that everyone gets to know each other during the ride.

Q. How is the ride organised?

A. The event is organised by a 16-strong committee of volunteers who, together with many supporters, now have a wealth of experience in arranging all aspects of the Ride and each year try hard to improve it.

Q. What kind of bike do I need?

A. Bikes are now equally divided between 'racers' and 'mountain bike' types. Ensure that you have a reasonably light, well-maintained bike, with plenty of gears and a comfortable saddle!

Q. What type of hotels do we use?

A. We stay at good quality 2 and 3 star hotels. We try to ensure that quality is shared equally over the ride.

Q. What sort of roads do we cycle on?

A. We select our routes carefully, taking small country roads, without much traffic, where possible.

Q. Where does the money go and how much goes towards administration?

A. 100% of the money raised goes to charity. Over 250 charities and deserving causes have benefited in the past from more than £660,000 raised. All costs of organising the event are paid out of the entry fee and business sponsorship.

Q. How much money do we have to raise?

A. As much as you can get, but we expect all riders to raise at least £150 for their chosen charity. We encourage you to send this in to us for onward distribution, but you can send it direct if you wish.



Passports & Visas



US citizens in possession of a valid US passport do not need a visa for airport transit, tourist or business trips (for stays up to 90 days). Passports must be applied for in person and cost \$85 (\$55 for mail-in renewal). Do this well in advance, as **passports take about 6 weeks** to process. All the information and documents you need are available at:

http://travel.state.gov/passport_services.html

Airfare

July is peak travel season for Europe, so the super-amazing-\$200-specials will be hard to come by. We will be traveling together, and will organize a Travel Committee with you to research the best deals available and look into group rates.

Host Families

Once you commit to the trip and pay your deposit, you will be paired with a Host Family in Portsmouth. You will be asked to provide a brief introduction describing yourself and your interest in the program, and you will receive one from your host family. At this point, we strongly recommend contacting your host family by mail, email, or phone. The more communication you have before your trip, the more at home you will feel with your new friends in Portsmouth.



Estimated Costs

Date	Estimated Cost	Optional	Description
Dec 05	\$50		Non-Refundable Deposit to secure your spot
Dec 05		\$130	Bike Ride Deposit to secure your spot
Feb 06		\$130	Bike Ride Registration Payment
March	\$85		Passport Application (if necessary)
April	\$75		LSCP Program Fee Balance
April	\$40		2 years membership to LSCP
May		\$152-327	Bike Ride Registration Balance
May-June	\$900 - \$1800		Airfare, RT Denver-London
July		> \$265	Bike Ride Minimum Fundraising
July	TBD		Spending Money

Hosting

In two years time, the friends you made in Portsmouth will be visiting us here in Lakewood. We know that after experiencing the grand hospitality shown us by the Brits, you'll want to return the favor! Opportunities will be available to be part of the organizing committee, and also to be a host family. As a former participant in the visitation, you will be given first priority to assist with the committee.

Contact

Your Coordinators:

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<http://lscp.org/events/infomeeting/portsmouth2006.htm>

