

SCNN Citizen Diplomat Exchange to Carrigaline, County Cork, Ireland May 19-25, 2024

Mission of Sister Cities of Newport News (SCNN):

To build and strengthen international cooperation, understanding and development between the citizens of the City of Newport News and those of the World.

Exchange Objectives:

1. To grow Newport News' Sister City Relationship with Carrigaline.
2. To identify local "Citizen Diplomats" interested in supporting the SCNN program.
3. To expose citizens directly to the Irish culture and have **them** share that experience upon return with our community.
4. To identify and establish "remote" programs for exchange between the sistering cities for those who cannot travel. Ideas include education and university programs, sports exchanges (such as Lionsbridge FC) and professional exchanges with City/County personnel).

Travel Eligibility:

- ✓ Must be 18 years of age
 - ✓ Must be flexible and poses an adventurous spirit
 - ✓ Must be available for travel on the selected dates*
 - ✓ Must adhere to the itinerary established by SCNN and the host city**
 - ✓ Must have the physical strength and stamina to endure 5 full days of walking.
 - ✓ Must commit to participating and executing the mission of the Sister Cities organization by hosting a delegate in their home or volunteering with SCNN
 - ✓ Must be a member of Sister Cities of Newport News (membership starts at \$25)
 - ✓ Must submit a completed "Citizen Diplomat" application
 - ✓ Must submit a refundable \$150 administrative fee and poof of passport good for 6 months after travel dates with application
 - ✓ Must be able to pay the full cost of airfare (estimate is \$1,200 roundtrip)
 - ✓ Must be willing to pay for hotel accommodation for 6 nights in Carrigaline (approx. \$150 per night single/double occupancy) and personal spending money for the duration of the exchange.
- Limited homestays are available in Carrigaline.** When you submit your application, please indicate if a homestay is necessary for you to travel.
- ✓ Must comply with COVID-19 policies of the country visiting. **At this time, there are no COVID restrictions for Ireland.** See here: <https://ie.usembassy.gov/covid-19-information/>

** Delegates may extend their stay at the end of the exchange with Carrigaline at their own expense*

***Failure to exhibit the necessary decorum and respect could result in removal from the exchange and exclusion from future exchanges*

Selection:

If more than 12 eligible individuals apply, SCNN will initiate a selection process to reach a 12-member delegation. SCNN, Inc. reserves the right to select delegates for the exchange based on the applications received, the goals of the exchange and the mission of SCNN.

Sister Cities Contacts:

Kate Helwig, SCNN Executive Director	info@sistercities-nn.com	757-697-3129
Fred Kohlman, SCNN President	fj.kohlman@gmail.com	757-532-8204

Delegation Deadlines & Timetables

13 April By 12 Noon / Deadline for Delegate Interest Forms

- 14 April Delegation selection by SCNN Executive Committee / \$150 travel deposit due
- 15 April SCNN to reserve flights with selected travel agent (passport page required)
- 16 April Delegates individually purchase Airfare with SCNN's (please consider your individual need for travel insurance)
- 26 April 1st Delegation Meeting @ SCNN office – City Space
- 1 May Email Carrigaline names of confirmed delegation
- 14 May 2nd Delegation Meeting - 5:30 pm at Coastal Fermentory

Sun. 19 May Depart USA

Mon. 20 May Arrive in Ireland / travel by train Dublin to Cork

Sat. 25 May Depart Carrigaline for US

11 June Delegation to present brief report to NN City Council

Carrigaline Visit Expense Overview

Estimated Delegate Expenses	Budget \$	Actual
SCNN Individual Dues	25	
Travel Deposit*	150	
Airfare and Ground Transportation (train)	1,450	
Ground transportation to/from NN	200	
Hotel in Carrigaline/ 5 nights X \$150 (single/double occupancy)	750	
A gift for your hosts	25	
Travel Cash	300	
TOTAL	\$2,900	

**\$150 Travel deposits are used to secure official gifts for the delegation and group health insurance*

Important names to know in Carrigaline: carrigalinemd@corkcoco.ie / <https://www.corkcoco.ie/en/visitor/locations/carrigaline>

1. **Councillor Ben Dalton O'Sullivan, Chair of Carrigaline Municipal District**
2. **Councillor Úna McCarthy**
3. **Councillor Seamus McGrath**
4. **Councillor Jack White**
5. **Councillor Marcia D'Alton**
6. **Councillor Audrey Buckley**
7. Councillor Frank O'Flynn, Mayor of County Cork
8. Councillor John Healy, Deputy Mayor of County Cork
9. Jim Kelly, Carrigaline Twinning Association
10. Valerie O'Sullivan, Chief Executive Cork County Council (aka, County Manager)
11. Nicola Radley Nicola.Radley@CorkCoCo.ie / Director of Services, Cork County Council
12. Denise Kidney, Denise.Kidney@CorkCoCo.ie / Municipal District Officer

1. Frederick Kohlman, JR. (SCNN President – delegation leader)
2. Phyllis Kohlman
3. Daina Henry (SCNN BOD)
4. Kristen Antignano (new member)
5. Vicki Evans (NIEFA Host)
6. Ernestine Dole (SCNN BOD) (2nd choice to Germany)
7. Kathleen McCarthy Ritenour

Interested Members

- | | |
|-------------------|-----------------|
| 1. Elli Williams | 3. Tom Perham |
| 2. Brent Williams | 4. Jenny Perham |

Travel Agent (TBD)

Martha K. Rhodes MarthaR@covtrav.com www.covingtontravel.com
P:804-747-4181 • F:804-273-0009
4800 Cox Road, Suite 200 / Glen Allen (Richmond), VA 23060

Ground Transportation

James Limousine Service / (Richmond, VA)
888-522-1540

Dublin-Cork Rail Service

<https://www.irishrail.ie/en-ie/rail-fares-and-tickets/fares-info/dublin-cork>

Non stop train from Dublin Heuston Station to Cork Kent station that runs almost on the hour. Tickets ca approx \$22-\$40 depending on the time you are trying to leave.
(CNU is taking the 10am on Monday the 20th for \$24 per person)

Airline Itinerary (TBD)

Airline Itineraries, Flights and Ground transportation – how SCNN coordinates travel for delegates:

- SCNN will give your name/birthdate to the travel agent to “reserve” your flight.
- You then contact the agent and pay directly with a credit card within 24 hours to secure the flight. SCNN asks that all delegation members arrive in the host City together as a group. We work with a travel agent to find the best flight available to accommodate our needs. This may not always be the cheapest flight, as we take into consideration the departing city, the number of transfers and the flight time.
- If you wish, you may extend your stay or travel to another destination. You are encouraged to work with the travel agent we use to book a flight home that fits your personal itinerary.
- Depending on your budget and experience, please consider purchasing travel insurance. You can purchase at the time you buy your ticket or products like **Allianz** - <https://www.allianztravelinsurance.com>

Delegation Hotel

Carrigaline Court Hotel / <https://www.carrigcourt.com>

- €139 B&B per single
- €149 twin (double occupancy)

Delegates rooming together (optional) (TBD)

1. Kohlmans

“Must Have” Items to Pack

At least one “business” outfit

Travel bag to carry on plane with clothes and medications *in their original bottles.*

Ireland electrical adapter plug - available on Amazon

Phone/Camera and charger / back up battery source.

Basic First Aid Supplies: Antihistamine/Tylenol /Advil / Antacids

Covid-19 Tests

Cell Phone Use Overseas:

Contact your cellular provider and inquire about using your mobile phone in Ireland. Confirm that your device is compatible with GSM (Global System for Mobile) used in Europe, and then inquire about an **international calling plan** which includes both talk minutes and data. Most are \$10 per day. **Other phone options include:**

- Keep your Wi-Fi turned on and set to notify you when it is available. Use free Wi-Fi and connect with Skype, Facetime, or Google Voice. You'll find free Wi-Fi all over Ireland.
- Rent a mobile Wi-Fi unit such as WIFI Cand: <https://wificandy.ie/>

Other Travel Detail to Consider:

- Call you bank to let them know your credit card needs to be activated for overseas travel for the dates of this exchange.
- Consider getting foreign currency in advance at your bank or Currency Exchange International; <https://www.ceifx.com/>
- Call your health insurance carrier to see if you are covered for overseas travel.
- Consider purchasing a few local gifts prior to departure. You will meet folks who you want to thank. Be prepared. A list is provided below.
- SCNN will provide official gifts for delegation leaders.

Gift Ideas

Handmade soap

Cigar

Alcohol

US-made Candles

US Coins

NN themed gift

Candy

Pottery

Necktie or Scarf

Books of local interest

Place to shop for gifts:

The Virginia Store in Hampton / Mariners Museum Gift Shop / Newport News Welcome Center at Newport News Park / Starbucks – they have a cute Virginia mug / Colonial Williamsburg Visitor Center / Yorktown / Hilton Village.