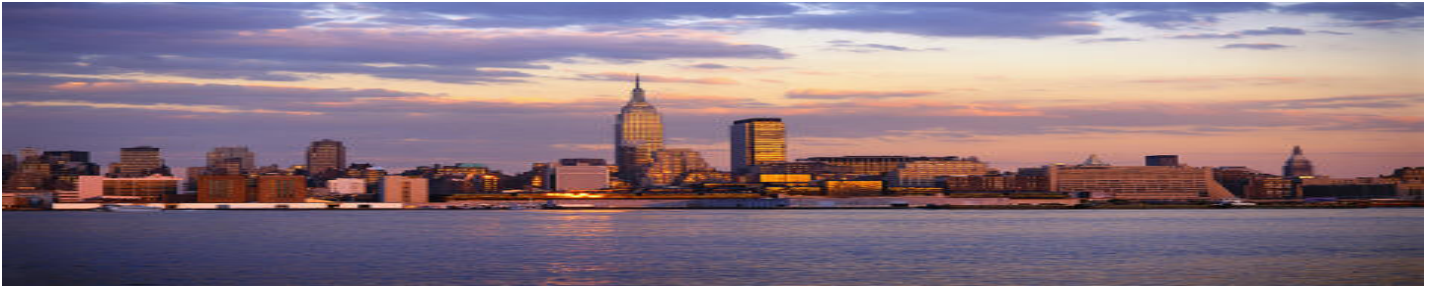


P O L I S H A M E R I C A N S I S T E R C I T I E S



Did you know that...

There are **nearly 80 cities** and communities **in the USA and Poland** participating in *Sister Cities* partnerships. The objective of *Sister Cities* is to strengthen partnership between communities around the world and to foster global cooperation at the local level. It also promotes cultural understanding; academic and professional exchanges, as well as economic growth.

Participation in the *Sister Cities* program presents countless advantages to all cities involved. Schools, youth organizations and professionals from twinned cities have tremendous opportunities to enjoy a myriad of visits and other cultural and educational exchange programs. Through mutual cooperation and the promotion of various professional and educational projects, Poles and Americans are able to explore each others' countries: an invaluable opportunity to broaden one's knowledge of the culture and heritage of another nation.

Sister Cities in the United States and in Poland

Milwaukee, WI – Bialystok	Bronson, MI – Moryn
Grand Rapids, MI – Bielsko-Biala	Seymour, CT – Naklo nad Notecia
Knoxville, TN – Chelm	Richmond, VA – Olsztyn
South Bend, IN – Czestochowa	Roanoke, VA – Opole
Cleveland, OH – Gdansk	Fort Wayne, IN – Plock
Frazee, MN – Gietrzwald	New Britain, CT – Pultusk
Hazelton, PA – Gorzow Wielkopolski	Toledo, OH – Poznan
Stevens Point, WI – Gulcz	Buffalo, NY – Rzeszow
Seattle, WA – Gdynia	Sparta, MI – Slomniki
Tyler, TX – Jelenia Gora	Yuma, AZ – Slubice
Mobile, AL – Katowice	St Louis, MO – Szczecin
Flint, MI – Kielce	Philadelphia, PA – Torun
Rochester, NY – Krakow	Chicago Heights, IL – Wadowice
Erie, PA – Lublin	Chicago, IL – Warsaw
Columbia Heights, MN – Lomianki	San Diego, CA – Warsaw
Muscatine, IA – Lomza	Charlotte, NC – Wroclaw
Cheektowaga, NY – Lowicz	Shoreview, MN – Zawiercie
Lackawanna, NY – Mielec	Brighton, CO – Ziebice
Winsted, CT – Milanowek	Aurora, CO – Zielona Gora

For more information on Sister Cities, visit: www.sister-cities.org

P O L I S H A M E R I C A N S I S T E R P A R K S



Did you know that...

In 1997, the **US National Park Service** established a partnership, *Sister Parks*, with **two Polish National Parks**. Indiana Dunes National Lakeshore is paired with Kampinos National Park in Poland and Sleeping Bear Dunes National Lakeshore is a sister park to Slowinski National Park, Poland.

The *Sister Parks* partnership offers a multitude of advantages for the park personnel in both countries. It promotes staff exchange programs, training and visits. *Sister Parks* enhances cooperative exchange of technical and professional knowledge as well as technology and experience. It also provides assistance in finding research funds and the design of the exhibits.

By exploring those parks in the USA or in Poland one has an exceptional opportunity to combine recreational visits with educational and enriching experiences.

Sleeping Bear Dunes National Lakeshore, MI & Slowinski National Park, Poland



- **Sleeping Bear Dunes** located near Lake Michigan, is a very popular destination attracting thousands of people year round. In spring, summer and fall the park offers to its visitors such attractions as: canoeing, swimming and walking. In wintertime one can enjoy skiing and snowboarding. Thanks to its geologic formations of sand dunes and the unique fauna and flora the park is a one of a kind.
- **Slowinski National Park** is situated on the Baltic Coast. Among the main attractions of this park are: the phenomenon of moving dunes and a unique landscape covered by multiple lakes (55% water). The park is located on the migration path of birds, thus diverse migrant populations of birds can be observed in the park. Tourists await various walking trails and a museum presenting life and history of the Slowincy tribe after which the park is named.

Indiana Dunes National Lakeshore, IN & Kampinos National Park, Poland

- **Indiana Dunes National Lakeshore**, located near the urban area of Chicago, offers multiple attractions to tourists: bird watching, camping, fishing, hiking, swimming, horseback riding and skiing. As well as, environmental education of school children and the general public.
- **Kampinos Dunes**, situated in central Poland, near the Polish capital of Warsaw, offers a rich diversity of species; more than a thousand (1245) plants of which nearly 70 species are protected. Besides the unique richness of the wildlife (16,000 species of animals such as: elk, beaver and lynx), the park's landscape composed of sand dunes and swamps covered with pines can be a true attraction. Tourists may enjoy outdoors activities, which include walking, cycling and skiing to name a few.



For more information visit:

National Park Service - www.nps.gov

Kampinos National Park website - <http://kampinoski-pn.gov.pl/>

Slowinski National Park - http://www.slowinski-pn.gov.pl/spn_pl.php