

INTERNATIONAL PROGRAMS OFFICE NEWSLETTER

NOVEMBER 1, 2023

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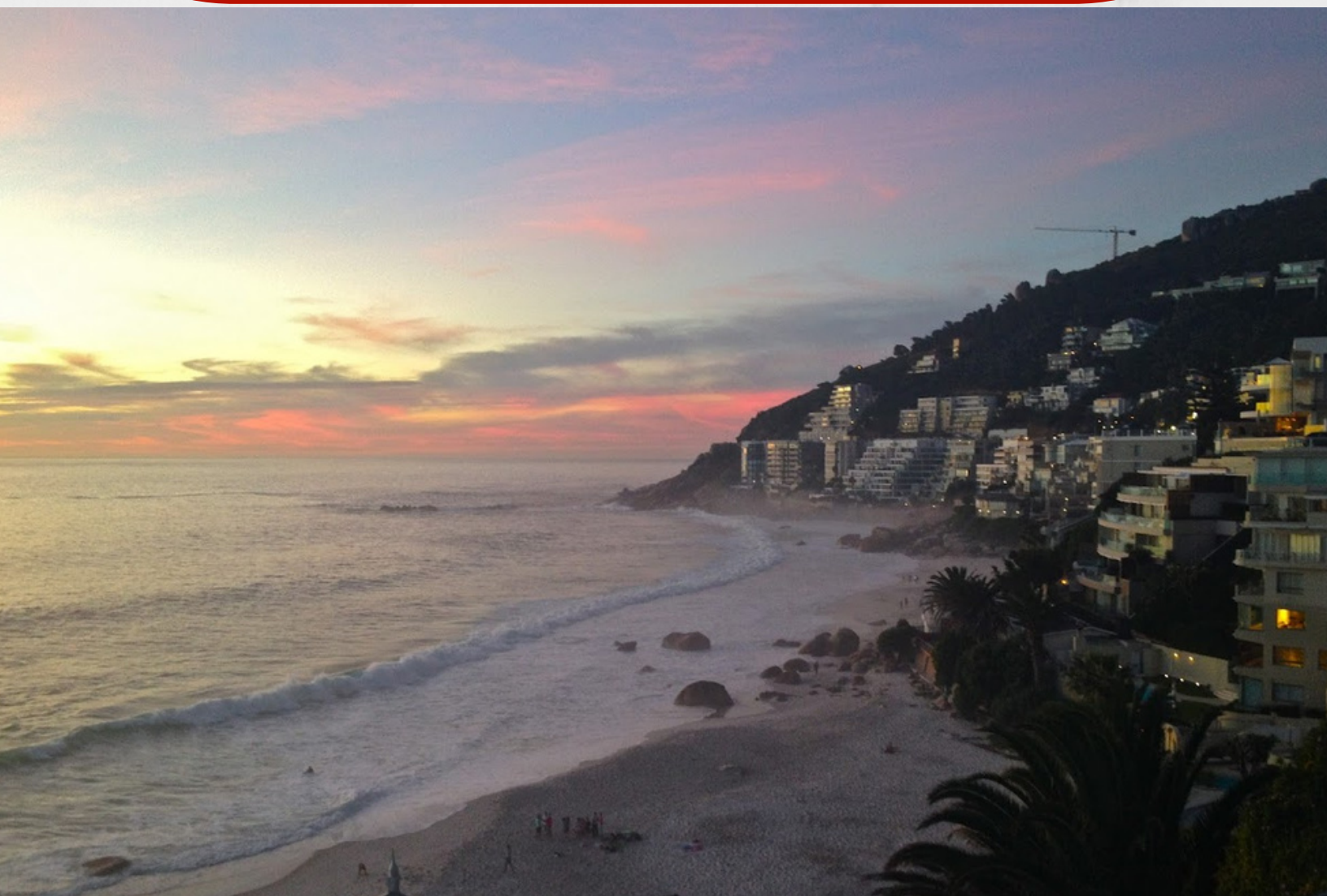
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STUDENT SPOTLIGHT

Name: Frank Denteh

Program: India Health Equity Action Research

Session: Summer

Why did you want to study abroad?

Prior to coming to college, I never thought I would find interest in studying abroad. It wasn't until about 3 International Programs information sessions that I finally decided it was something I wanted to do. This was a chance to study in a different country for a long duration of time, placing myself into the whole new experience with different cultures, foods, and systems. I wanted to study abroad in order to gain a new educational experience while also building myself as a person for my career path.

How did receiving the Gilman Scholarship influence your time abroad?

After receiving the scholarship, I was relieved of the stress from finding ways to fund the program. This allowed me to focus on the program itself as well as enjoying my experience. I was also happy to be supported through this scholarship program and allowed to travel to a different country. I cherish this because a lot of students coming from minority groups are not always offered these opportunities. It was amazing knowing how much support students of minority backgrounds were getting.

What was your favorite thing about your host country?

My favorite thing about my host country has to be the people. I have been saying it since I got back and will keep saying it for as long as I could, the people in India are one of the nicest and respectful people you will ever meet. India has a very large community aspect. The people are always looking out for one another and supporting each other despite their differences.

What advice would you give to students interested in studying abroad?

Go for it, you will not regret it at all. Follow your heart, it may be hard to decide whether you are ready or not but once you commit you will find yourself in a good position. Also take advantage of all the funding and scholarship opportunities for your study abroad program. Do not let essays discourage you, the experience you will be getting overweighs it x10.



INTERNATIONAL EDUCATION WEEK 2023



International Education Week (IEW) holds immense significance as it promotes cultural exchange, fosters global citizenship, and encourages international cooperation. By facilitating interactions among individuals from diverse backgrounds, IEW cultivates respect and understanding for different cultures, fostering a sense of empathy and tolerance. This celebration highlights the crucial role of education in nurturing a globally competent and interconnected society, emphasizing the value of language learning and cross-cultural communication. IEW serves as a vital platform for fostering a more inclusive and collaborative world, where individuals are equipped with the skills and knowledge to address global challenges collectively.

GRIFFITH STUDY ABROAD WEBINAR

NOVEMBER 7TH
5PM WEBEX

PASSPORT WORKSHOP

NOVEMBER 8TH
1-4 P.M. International Programs Office
(Old Main, Room 219)

GIVE ECOTOURISM INFORMATION SESSION

NOVEMBER 8TH
7:30 P.M. [Zoom](#)

COURSE EQUIVALENCY DATABASE WORKSHOP

NOVEMBER 9TH
3:30P.M. Old Main, Room G-16

SOCCER AROUND THE WORLD

NOVEMBER 13TH
4:30P.M. Park Center, Room 1131

WORK VISAS BEYOND OPTIONAL PRACTICAL TRAINING WORKSHOP

NOVEMBER 14TH
5 PM [Zoom](#)

STUDY ABROAD 101

NOVEMBER 15TH
3 P.M. Old Main, Room 220 (The Colloquium)

BLACK AND ABROAD

NOVEMBER 15TH
4:30 P.M. Corey Union, Fireplace Lounge

ECOTOURISM ABROAD WITH DR. KENNETH COHEN

1. Can you tell me a little bit about yourself and your work at Cortland?

I'm originally from Colorado, and the outdoors and travel have long been a part of my life. Starting next year, the Recreation Parks and Leisure Studies Department will be offering a Tourism major. This will further allow me to share experiences that I have found to be so meaningful and impactful.

2. What inspired you to work with the GIVE program and bring it to Cortland?

When I started offering short-duration international cultural immersion guided learning experiences, I recognized the need for ethical and capable tour operators who could assist in delivering the learning objectives for the course. After a lot of research, and some trial and error, I discovered GIVE (Growth International Volunteer Experiences). I met with the founder of GIVE about twelve years ago, and we've been working together ever since. Together we create transformative travel experiences that can best be summarized through an excerpt from a student's reflective journal who participated in the Tanzania course; "I realized my emerging theme of the trip, finding comfort in discomfort, and how that is the definition of growth. Pushing yourself outside of your comfort zone is the only way to find out that your comfort zone may be a lot bigger than you think. I connected with new cultures, learned how I can make an impact on the world, made lasting friendships, and pushed my body and mind to its limits. If I had just stayed in the United States, in the comfort of my home, I may have never discovered my ability to help people and my love for facing challenges. I truly feel like a new person, renewed and excited to keep living and learning."



ECOTOURISM ABROAD WITH DR. KENNETH COHEN

3. Can you describe the program and the work done in Tanzania/Hawaii?

I have taught the course in Hawaii and Tanzania/Zanzibar. Each location has its own unique community-based partners who assist in generating content and experiential learning opportunities for the students. In Hawaii we work with non-profits that preserve and promote native Hawaiʻian culture and agriculture. In Zanzibar the focus is on education. Additionally, we address a variety of economic, cultural, and environmental challenges and opportunities associated with tourism. For instance, in Hawaii over tourism has been detrimental to authentic culture and traditional regenerative agriculture. We are invited, based on our partnerships, to enter sacred land and participate in restoration projects. As we approach the land, our guide asks us to take off our sunglasses and hats, put our cellphones away and be aware that we carry the spirit of our ancestors with us on to this land. Our guide then chants in Hawaiʻian, it's called an Ole, for permission to enter the land. In return, the steward of the land chants us in. It is a very beautiful and powerful cultural experience. It's not something you'd experience as a tourist. The course models responsible travel, so based on our approach and our long-standing partnerships we can have these unique, transformative experiences.

4. What do you hope students get out of the program?

The course is designed to generate a transformative travel experience that combines experiential learning, cultural immersion, a contextualized understanding of the principles and practices of sustainable travel, and deep and lasting change in students' self-perceptions. Again, students say it best; "I leave feeling a sense of fulfillment unlike anything I've ever felt before. I leave with a better understanding of how I can transform this world into a better place than it was when I found it. I leave having realized that I've taken my life for granted. I leave with the realization that there is nothing in this world that should take precedent over love and human connection. I leave Tanzania a better person."

5. Is there anything you'd like to see happen with the program in the future?

Moving forward, my hope for this program is to maintain our commitment to our community partners in each location while adding sections to the course. The course is for both SUNY Cortland students and non-matriculating students from other campuses across the country and abroad. In my experience, the courses that have a large proportion of SUNY Cortland students are just remarkable. They really dig into their pre-departure assignments to develop cultural literacy before arriving. They also talk a lot. I mean, a lot. The local communities really appreciate the warmth, respect, and positivity they bring. Traveling, in this way, at this time, is an opportunity not to be missed.

UPCOMING EVENTS



STUDY ABROAD 101

Every Wednesday 3-4 PM
Location: Old Main, Room 220

Learn how to:

- Search for programs
- Identify what courses to take abroad
- Understand program costs
- Apply for scholarships
- Utilize financial aid



OUR STUDY ABROAD
PHOTO CONTEST DEADLINE
HAS BEEN EXTENDED
UNTIL OCTOBER 30TH!

CORTLAND.CAMPUSLABS/ENGAGE/ORGANIZATION/INTERNATIONALCLUB



LOGO CONTEST

DESIGN A NEW LOGO FOR THE I-CLUB!

DESIGN: 5 COLOR MAX, DIGITAL DESIGN
THEME: INTERNATIONAL FRIENDSHIP & SUNY CORTLAND
WINNER:
EMAIL: SUBMIT DESIGN TO MICHAEL.FOKI@CORTLAND.EDU
DEADLINE: NOV 10

Shout out to everyone who carved pumpkins with us! Check out these upcoming events for more IPO fun!



DIVERSITY RESOURCES

GENDER

This semester, our newsletters will highlight diversity resources the International Programs Office has compiled for marginalized students studying abroad. For more information, reach out to us at studyabroad@cortland.edu

When planning to study abroad, it is important to research cultural attitudes towards gender in your destination country. The gender norms and expectations of a country may be quite different from what you are used to experiencing at home. Most cultures have gender-based expectations regarding dress and behavior. It is important to understand these expectations so you can make educated decisions to be both culturally sensitive and safe. If your personal values about gender identity and expression differ from that of your host country, you must consider your comfort level with inhabiting that space. Always be sure to prioritize your safety while studying abroad. Take the life-skills you've developed living in the U.S. with you when you study abroad, and set realistic expectations for your time overseas. Here are some questions and resources regarding gender to help you in the preparation process.

- What are the gender norms in the country in which you want to study?
- Are there gendered expectations regarding dress, behavior, or engagement with people of other genders?
- Are these gendered expectations highly politicized or related to religion? How may that impact your experience?
- Is there a culture of inclusion for people who are nonbinary or gender non-conforming?
- What are the cultural norms around friendship and dating in your country of choice?
- What constitutes sexual harassment under local law or understanding?
- If you are considering being sexually active while abroad, have you investigated whether condoms, contraceptives, and other sexual health resources are available?

Resources

US Dept. of State
Women Traveler's



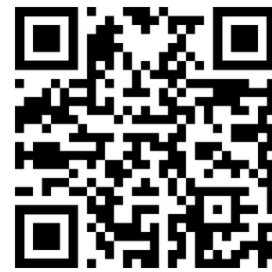
Diversity Abroad -
Women Going Abroad



Street Harassment
Abroad



Black Girls
Abroad Blog





WINTER PROGRAMS

****Deadline Extended: November 1****

Winter 2024

BELIZE: HISTORY, ART, AND CULTURE

HAWAII: ECOTOURISM

Check out an interview on our blog with senior Thomas Briand and his adventures in Salamanca!



CONTACT US

LEARN MORE ABOUT OUR EVENTS AND PROGRAMS

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Contact us to schedule an appointment with an advisor or to learn more. We look forward to hearing from you!

OFFICE HOURS

EMAIL US TO SCHEDULE AN ADVISING APPOINTMENT

MONDAY-FRIDAY

8 a.m.-4:30 p.m.

Old Main, Room 219

Have general questions? Talk to our grad assistant!

Walk in Advising:

Tuesday 9:30-4

Wednesday 9:30-3

Thursday 9-4

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SUNY Cortland Study Abroad