

# INTERNATIONAL PROGRAMS OFFICE NEWSLETTER

MARCH 2025

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# STUDENT SPOTLIGHT

## CASEY DUMA - SEMESTER ABROAD IN IRELAND

Casey Duma's semester in Ireland left her with unforgettable memories and personal growth. She shares what inspired her to choose Ireland, the lessons she learned, and why she recommends studying abroad to others.

### Why Ireland?

Casey was drawn to Ireland's rich history, stunning landscapes, and easy accessibility. "Ireland has one of the most interesting cultures," she says, highlighting the country's natural beauty and the convenience of traveling by bus, train, and plane.

### Academic and Personal Growth

Studying abroad helped Casey become more independent and outgoing. She also experienced different teaching styles that broadened her perspective on education. "It really helps students see different ways of learning," she explains.

### A Memorable Adventure

A standout memory was when Casey's brother visited, and they traveled to the Cliffs of Moher. The trip started with an early-morning bus ride, complete with an Irish guide singing songs. "The cliffs were breathtaking, but the experience with my brother made it even more special," she recalls.

### Travel Beyond Ireland

Ireland's accessibility allowed Casey to explore much of Europe. Her favorite destinations included Scotland, and Munich, where she ventured off the beaten path with her German roommate. Italy, where she spent two weeks during spring break, was another highlight—she visited places like Rome, Florence, Sorrento, and Capri. "It was one of the best travel experiences of my life," she says.

### Advice

For students considering studying abroad, Casey has one piece of advice: go for it. "The personal growth alone is worth it. I've become more extroverted and independent," she shares. "Plus, traveling around neighboring countries is so easy, and the people you meet from different cultures are truly what make the experience worthwhile."

Casey's semester abroad in Ireland was a transformative journey, offering valuable lessons and experiences that will last a lifetime. If you are interested in studying abroad in Ireland or beyond, contact the International Programs Office today to start planning your adventure!



# CELEBRATING INTERNATIONAL WOMEN'S DAY AT THE INTERNATIONAL PROGRAMS OFFICE



On Monday, March 10th, the International Programs Office celebrated International Women's Day that was on March 8th by spreading joy and appreciation throughout the campus. To honor the women in our community, we handed out flowers, candy, and stickers to passersby, adding a little extra brightness to their day.

Additionally, we took a walk around campus to personally deliver flowers to our amazing women staff members, thanking them for their hard work and contributions.

International Women's Day is a global celebration that recognizes the social, economic, cultural, and political achievements of women worldwide. It also highlights the ongoing efforts toward gender equality. This day is a reminder of how far we've come and how much more work is still to be done to create an equitable world for all women.

We are proud to have been a part of this global celebration and look forward to continuing our support of gender equality in the future.

# UNITED KINGDOM: THEATRE IN LONDON AND NEW YORK WITH DR. GEOFFREY BENDER

Dr. Geoffrey Bender, a faculty member in SUNY Cortland's English Department, has created the Theatre in London and New York study abroad program to share his passion for live performance. Inspired by a graduate course on theatre in London and his role in a previous study abroad program to the United Kingdom, he designed this experience to transport students into the heart of two of the world's most electrifying theatre scenes.

The journey kicks off in December with readings on plays and theatrical traditions. In January, students meet in New York City, where they'll experience the magic of Broadway and off-Broadway productions, explore iconic cultural landmarks like the Metropolitan Museum, and soak in the city's electric atmosphere. Then, they fly to London, stepping into the rich history of British theatre with performances at legendary venues and a special visit to Stratford-upon-Avon to see the Royal Shakespeare Company in action.

One of the program's most thrilling aspects is the chance to compare the theatre traditions of two cultural powerhouses. New York's high-energy productions and London's deep-rooted theatrical heritage offer students a rare opportunity to experience theatre from multiple perspectives. While the final lineup of plays is still in the works, students can expect everything from blockbuster Broadway hits to intimate, boundary-pushing productions in London. Dr. Bender is hoping to organize exclusive behind-the-scenes experiences, including potential backstage tours and conversations with actors and industry professionals.

His ultimate goal? To ignite a lifelong love for live theatre. "Theater, while it may incorporate other media like video, remains irreplaceable in its live form," he says. "I want students to understand the sheer power of live performance in today's media-driven world." Looking ahead to winter 2026, Dr. Bender is eager to guide another group of students on this unforgettable adventure. "Watching students immerse themselves in British culture and return home transformed is incredibly rewarding," he says.

With its unparalleled mix of cultural immersion, academic enrichment, and hands-on theatre experiences, the Theatre in London and New York program is a once-in-a-lifetime opportunity for SUNY students to experience the magic of theatre in two of the world's most iconic cultural capitals.

Interested in joining this Winter 2026 program? Contact the International Programs Office for more details! The deadline for applications is September 1st.

# Rehiva Arakino Reflects on Her Experience as an International Student at SUNY Cortland

Rehiva Arakino, a graduate student from La Rochelle, France, has embraced her time at SUNY Cortland since arriving in August. She values the close-knit, middle-sized campus that makes it easy to connect with people, whether through classes or casual encounters. One of her favorite spots is the Student Life Center (SLC), which offers a variety of sports facilities.

The biggest adjustment has been the food. “I miss my home food so much,” Rehiva says, but she enjoys the American school system’s flexibility, which gives her time to explore extra activities and work. A standout memory has been the beautiful landscapes and vibrant autumn leaves, something not commonly seen in Europe. “The fall hikes and colors were unforgettable,” she says.

For future international students, Rehiva advises doing thorough research about courses that align with what you study back home. “It’ll help you feel more comfortable academically,” she suggests. While adjusting to the homework load was challenging, she’s satisfied with her academic experience and appreciates the chance to grow both personally and professionally.

Although she’s not involved in formal campus clubs, Rehiva has connected with people through her jobs, which have also helped her refine her time management skills. “It’s all about setting a routine,” she explains, adding, “Don’t forget to have fun!”

One of the cultural highlights has been sharing French cuisine and language with her friends, particularly her American and international peers. “It’s been fun to teach them, especially the Germans—they’re really good at it!” she says with a smile.

Looking back on her experience, Rehiva expresses deep gratitude for the support she’s received along the way. “I want to thank the International Programs Office at SUNY Cortland and my home university, La Rochelle Université directors James Lencki and Linda Arcelin, for making this incredible experience possible,” she says.

For Rehiva, studying abroad at SUNY Cortland has been a rich journey filled with new challenges, lifelong memories, and cultural exchanges. As she continues her studies and explores more of what the U.S. has to offer, she’s excited for what the future holds.



# Upcoming Event

**FIRE, FOOD, COLOR THROWING, HENNA**

# HOLI

*Festival of Colors*

APRIL 3

NEUBIG FRONT LAWN

2:30 - 4:00

COLOR THROWING: 2:45 & 3:30

HENNA: 3-3:30

**(Wear sunglasses & be prepared to get colorful!)**

**Please contact: 607-753-2448 or [esther.vangorder@cortland.edu](mailto:esther.vangorder@cortland.edu) to request accommodations**

THIS EVENT IS SPONSORED BY:  
INTERNATIONAL PROGRAMS, PRESIDENT'S OFFICE, PROVOST OFFICE, HISTORY DEPARTMENT, THE SCHOOL OF PROFESSIONAL STUDIES, CORTLAND AUXILIARY SERVICES, RECREATION, PARKS AND LEISURE STUDIES DEPARTMENT

# Tax season for international students

## A Successful Tax Season with Sprintax

As an international student or scholar, if you received U.S. income at any point during 2024, you are legally required to file a tax return. Even if you didn't work or receive income in the U.S., you still need to file Form 8843 with the IRS. These forms must be submitted by the April 15, 2025 deadline.

To help you navigate this process, our office has arranged access to Sprintax software, which will assist you in filing your 2024 federal taxes.

## Sprintax Nonresident Tax Webinars

These webinars are designed to give international students, scholars, and professionals a thorough understanding of nonresident tax requirements for the 2024 tax season. Topics will include tax residency determination, filing obligations, FICA, state tax returns, the consequences of misfiling, and how to use Sprintax to prepare a compliant tax return.

### Upcoming Webinar Dates:

Thursday, March 27th @ 1pm EST

Thursday, April 3rd @ 1pm EST

Thursday, April 10th @ 2pm EST

Monday, April 14th @ 11am EST

Please note that links to register for these free webinars are not included in this article. **To obtain the registration links, kindly contact our office at [studyabroad@cortland.edu](mailto:studyabroad@cortland.edu).**

Don't delay—file your taxes on time!

The logo for Sprintax, featuring the word "sprintax" in a bold, lowercase, sans-serif font. The letter "x" is stylized with a small human figure icon integrated into its right side, where the vertical stroke of the "x" is replaced by a stick figure with arms and legs.

# FALL PROGRAMS

**APPLY BY APRIL 1 FOR STUDY ABROAD  
SCHOLARSHIP CONSIDERATION**

## Fall 2025

**Australia:** Griffith University

**Belize:** Internships

**China:** Capital Normal University

**China:** Qufu Normal University

**Costa Rica:** Universidad Veritas

**Egypt:** American University in Cairo

**France:** University of La Rochelle

**Germany:** Fulda University

**Germany:** Potsdam University

**India:** St. Aloysius College

**Ireland:** University College Cork

**Spain:** University of Salamanca

**United Kingdom:** Anglia Ruskin University

**United Kingdom:** London Metropolitan University

**And more programs, including through  
other-SUNY schools!**

## 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:

Monday 9:30-3:30

Tuesday 9:30-3:30

Wednesday 9:30-2:30

## FOLLOW US



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