

# INTERNATIONAL PROGRAMS OFFICE NEWSLETTER

DECEMBER 2025

## This Issue

Student Spotlight:  
Samirah Rosario

Page 01

Program Highlight:  
Sustainability in  
Dominica

Page 02

Ruth Bannies: From  
Potsdam to Cortland

Page 03

International Students  
on Campus

Page 04

Upcoming Programs &  
Application  
Requirements

Page 05

Contact Us

Page 06



WRITTEN BY ALEXANDRA MACKENZIE



# STUDENT SPOTLIGHT

## SAMIRAH ROSARIO - SEMESTER IN COSTA RICA

Samirah Rosario, Junior Exercise Science major here at SUNY Cortland escaped upstate New York and spent her Fall Semester 2024 in San Jose, Costa Rica at Universidad Veritas. Here's some of the main highlights and common questions regarding her time abroad.

### Traveling While Abroad

During Samirah's time there, there were Cortland-led excursions along with free time for students to explore and travel. One of her first trips was to Puerto Viejo, a southeastern beachside town located on the on the Caribbean coast of Costa Rica. "This part of Costa Rica has one of the biggest Afro Latin populations and it was amazing. The food was spectacular, the beach was beautiful, the night life was so unique, and it was my favorite trip."

### Coursework Overseas

Students can choose to take courses in English or in Spanish at Universidad Veritas. Students can fulfill different requirements abroad for their degrees depending upon the classes, varying between General Education requirements or major-specific courses. Campus was accessible and had transportation from campus to the city of San Jose. "...I decided to focus more on getting all my General Education requirements done while in Costa Rica. In the end I was taking four classes each, totaling to 15 credits for the semester. I took two classes a day, leaving my Fridays off."

### Housing Accommodations & Student Life

Housing styles can differ between programs. For Samirah, she got matched with a host family after completing a short questionnaire. Along with her were three other international students residing with the same family for the semester. Outside of class, Universidad Veritas offered plenty of extracurriculars for all students to partake in.

Samirah's semester in Costa Rica was everything a Red Dragon could ask for – exciting trips, interesting classes, and 70-degree weather in December. To find a program that you'll love as much as Samirah loved hers, check out [cortland.edu/studyabroad](https://cortland.edu/studyabroad) to start searching for programs.





# NEW PROGRAM HIGHLIGHT: SUMMER SESSION IN DOMINICA

A new program being introduced to SUNY Cortland's International Programs catalog is a 10 day, three credit faculty-led trip in Dominica, which is located in the Caribbean Sea. Dr. Jeremy Jimenez, faculty leader of this study tour and well-versed traveler, shared some details about the trip, including the program layout, student benefits, and what keeps him wanting to encourage students to study abroad.

The layout of the trip revolves around engaging with the local community and understanding the resilience they share to rebuild after natural disasters and how to manage with over-tourism. The course focuses on a multitude of aspects, including sociology, history, economics, geography, and other social science disciplines. "By day, we're engaging with local communities in schools/farms and/or some of Dominica's gorgeous landscapes (beaches, rainforests, waterfalls, lakes, etc.), and in the evenings we'll have discussions about the day's experiences, which will sometimes include guest speakers from the community. "

While this program caters to all majors here at SUNY Cortland, it's a special opportunity for Education majors who would like to spend time teaching and learning with young students from such a culturally rich and diverse location.

Dr. Jimenez's main objective? To inspire others to travel and culturally immerse themselves as well. He touched on what drives his desire to help other students spend time abroad, stating:

"When I was 19, I spent a summer teaching abroad in Costa Rica, and it was such a profoundly transformative experience for me that I went on to not only get my Ph.D. in International and Comparative Education, but go on to visit over 180 countries around the world. I hope to similarly inculcate our students with a love of engaging deeply with the beautifully diverse cultures and landscapes of our life-supporting planet."

This study abroad program earns three credits as FSA 369, which is Dominica: Development and Resilience. This course can fulfill many Major/Concentration-specific requirements and is only a 5-hour flight from New York. This program is also one of the most affordable study abroad programs that SUNY Cortland has to offer and is great for those looking for a short-term program. Included in the 10-day trip are required readings and daily journal recordings.

Applications for this program remain open until March 1, 2026.

For further questions, contact [studyabroad@cortland.edu](mailto:studyabroad@cortland.edu), or [jeremy.jimenez@cortland.edu](mailto:jeremy.jimenez@cortland.edu)



## Ruth Bannies: From Potsdam to Cortland

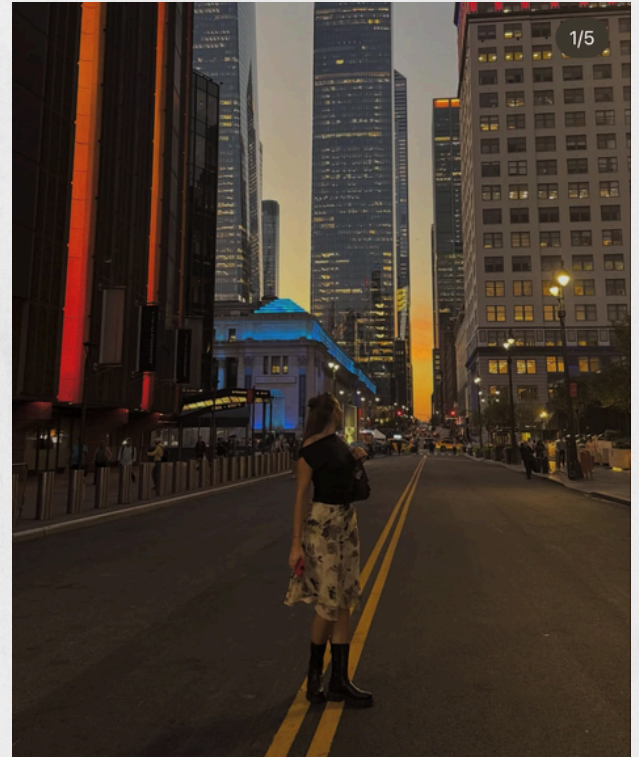
Ruth Bannies, student from University of Potsdam in Germany, shared her favorite moments during her semester at SUNY Cortland, along with discussing what makes her home university so special to her.

The University of Potsdam has three different campus locations, each with student residencies, and is a very short ride (roughly 40 minutes by public transit) to Berlin. Each of the three campuses have a library, and campuses are split depending on your major. Students can live on campus in dorms. Ruth stated that she misses the sports courses offered in Germany, along with some of the campus facilities. “The library is really a nice place.”

Some things that Ruth loved about SUNY Cortland were making new friends, seeing sporting activities around campus, and being a part of the campus community. What differs between New York and Germany are the modes of transportation. Here, people are very reliant on cars, while back home, public transit, such as trams and trains are frequently taken.

Ruth’s favorite memory here? A Leadership Excursion to Raquette Lake in mid-September, filled with gorgeous landscapes, opportunities to meet new people, and wilderness activities in the Adirondacks.

Thank you, Ruth for sharing your experience!



INTERESTED IN LEARNING  
MORE ABOUT UNIVERSITY  
OF POTSDAM? CHECK OUT  
OUR PROGRAM OFFERINGS  
AT

CORTLAND.EDU/STUDY  
ABROAD, OR CONTACT

HUGH.ANDERSON@CORTLAND.EDU



# INTERNATIONAL STUDENTS ON CAMPUS!



Congratulations to some of our international students on winning the Intramural Volleyball Tournament and being the Soccer Intramural Champions for Fall 2025!!

Students celebrated International Education Week with a Sushi Making night! Over 75 students attended and bonded over board games, origami, and learning to make homemade sushi!



INTERNATIONAL STUDENTS WERE ASKED...

**“What’s your favorite part of  
SUNY Cortland?”**

“DUNKIN’”

“INTRAMURAL SPORTS!” “RAQUETTE LAKE”

**“STUDENT LIFE  
CENTER!”**

“RECREATION CENTER”

“CAMPUS COMMUNITY”

“SPORTS FACILITIES”

“NEUBIG”



# Summer & Fall 2026 Applications Open!

## SUMMER PROGRAMS

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

**Belize:** Internships & CELA

**Costa Rica:** Universidad Veritas

**Dominica:** Development & Resilience in Dominica

**Egypt:** American University in Cairo

**Germany:** Fulda University

**Ghana:** University of Ghana

**Ireland:** University College Cork

**Italy:** The Arts of Italy

**Portugal:** European Innovation Academy

**Spain:** LCI Barcelona

**Various Locations:** Projects Abroad Internships

### General Application Requirements:

- **2 Letters of Recommendation**
- **Study Statement**
- **Official Transcript**
- **2.5 GPA \***

**\*Program Requirements may vary  
for specific programs**

## FALL PROGRAMS

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

**Australia:** Griffith University

**Belize:** Internships

**Costa Rica:** Universidad Veritas

**Egypt:** American University in Cairo

**France:** University of La Rochelle

**Germany:** Fulda University

**Germany:** Potsdam University

**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!**





# QUESTIONS? REACH OUT!

## CONTACT US

**LEARN MORE ABOUT OUR  
EVENTS AND PROGRAMS**

### **International Programs Office**

Old Main, Room 219

P.O. Box 2000

Cortland, NY 13045

Phone: +1-607-753-2209

Fax: +1-607-753-5989

[studyabroad@cortland.edu](mailto:studyabroad@cortland.edu)

[cortland.edu/international](http://cortland.edu/international)

Contact us to schedule an  
appointment with an advisor or  
to learn more.

We look forward to hearing from  
you!

## SPRING 2026 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!



@cortlandstudyabroad



SUNY Cortland Study Abroad



**WISHING RED  
DRAGONS A SAFE  
WINTER BREAK  
AND HAPPY  
HOLIDAYS!!**