

# STUDY ABROAD

**2022-23 GUIDE FOR  
INTERNATIONAL STUDENTS**

SUNY  
**Cortland**



## FAST FACTS

### 68 majors

in diverse fields that can help you start a career on any continent

### 25 students

average class size

### 17 intramural sports

from soccer to basketball

### \$7,500 award

available each year for eligible international students pursuing a SUNY Cortland degree

### 11 dining locations

on campus offering fresh food, including international, gluten-free and vegetarian dishes

**“Having international students on our campus is an incredibly valuable asset. Cultural exchange is a transformative experience for both visiting and domestic students. Immersing yourself in American culture at SUNY Cortland will be an experience that will benefit you for a lifetime.”**

**DANIELA BABAN HURRELE**

*Associate Director for International Student and Scholar Services*

## We're here to help from the start.

You'll discover a second home at SUNY Cortland. We'll even wait at the airport or bus station for you to arrive. In Cortland, you'll study at one of New York state's top public universities — a medium-sized school recognized for strong academics, athletic success and affordable cost.

### YOU ARE WELCOME HERE

→ Approximately 120 international students attend SUNY Cortland each year. You'll join a community invested in your success, whether you're seeking an introduction to American culture or academic support through tutoring services.

We offer pre-departure webinars, a five-day orientation and many social and athletic events throughout your studies. You also can enjoy trips to Niagara Falls and New York City as well as a special weekend retreat at our outdoor campus in the Adirondack Mountains.

Above all, you will receive the help you need. Contact us with questions at any time.

#### Degree-seeking students

Doug Langhans, Admissions Office  
→ [doug.langhans@cortland.edu](mailto:doug.langhans@cortland.edu)

#### Exchange and visiting students

Daniela Baban Hurrele, International Programs Office  
→ [international@cortland.edu](mailto:international@cortland.edu)

### Learn more

→ [cortland.edu/international-students](https://cortland.edu/international-students)



# Funding your education

Cost is an important consideration when planning a study abroad experience. Most full-time international students pursuing a SUNY Cortland degree receive a financial award worth \$7,500 per year, making our tuition among the most affordable for four-year campuses in the State University of New York system.



## 2022-23 COST\*

### UNDERGRADUATE

#### BILLED EXPENSES

Tuition	\$16,980
College fees	\$1,780
International student health insurance	\$2,152
Campus housing	\$8,530
Meal plan	\$5,090

SUNY Cortland International Award - \$7,500

**Total annual billed expenses \$27,032**

### GRADUATE TUITION FOR A SEMESTER

**9 credit hours \$8,667**

\* Subject to change pending state budget or university action. Be sure to allocate additional funds for books, supplies, personal expenses and travel.

#### PARTNER INSTITUTION PERKS

→ Exchange and visiting students coming for one or two semesters may be eligible for a tuition waiver through partnership agreements with their home institutions.

#### INCOME OPPORTUNITIES

→ You're eligible to work on campus up to 20 hours each week for academic departments, administrative offices, recreation facilities or our dining services provider.

#### COST-FREE LIVING

→ If you study at SUNY Cortland for more than one year, you can apply to be a resident assistant, which offers free on-campus housing and a stipend in exchange for your service.

#### GRADUATE ASSISTANTSHIPS

→ Students pursuing a master's degree can work on campus and earn up to six credit hours per semester in tuition support. Positions vary in their time commitment and pay, with yearly stipends offering between \$7,000 and \$8,050. Assistantship opportunities can change based on annual budgets.



### DIYA DIGVIJAY SINGH

B.S. in Fitness Development • India

→ Diya tells new international students to seize every opportunity presented to them. She knows the value of that advice firsthand.

From sporting events where she serves as an official photographer to the Bookmark café where she works as a student manager, Diya's face is very familiar on campus. She's also a quick friend to new international students as president of the International Club and an Orientation coordinator.

Diya stays open to new adventures, whether she's exploring Cortland or California. Her international experience has been transformative because of that mindset.

**“Make friends with as many people as you can and participate in everything available to you. Enjoy your time in Cortland because it will go by fast.”**

DIYA DIGVIJAY SINGH



### MIGUEL DE ANTONIO BARTOLOME

M.S. in Sport Management • Spain

→ Sports fans like Miguel are in good company at SUNY Cortland. It's easy to make friends with other active students thanks to many academic programs related to health, fitness and athletics as well as an enormous recreation building in the Student Life Center.

Miguel appreciates SUNY Cortland's sports culture, which extends from his studies in sport management to his employment through a paid graduate assistantship to his favorite leisure activities playing soccer and basketball.

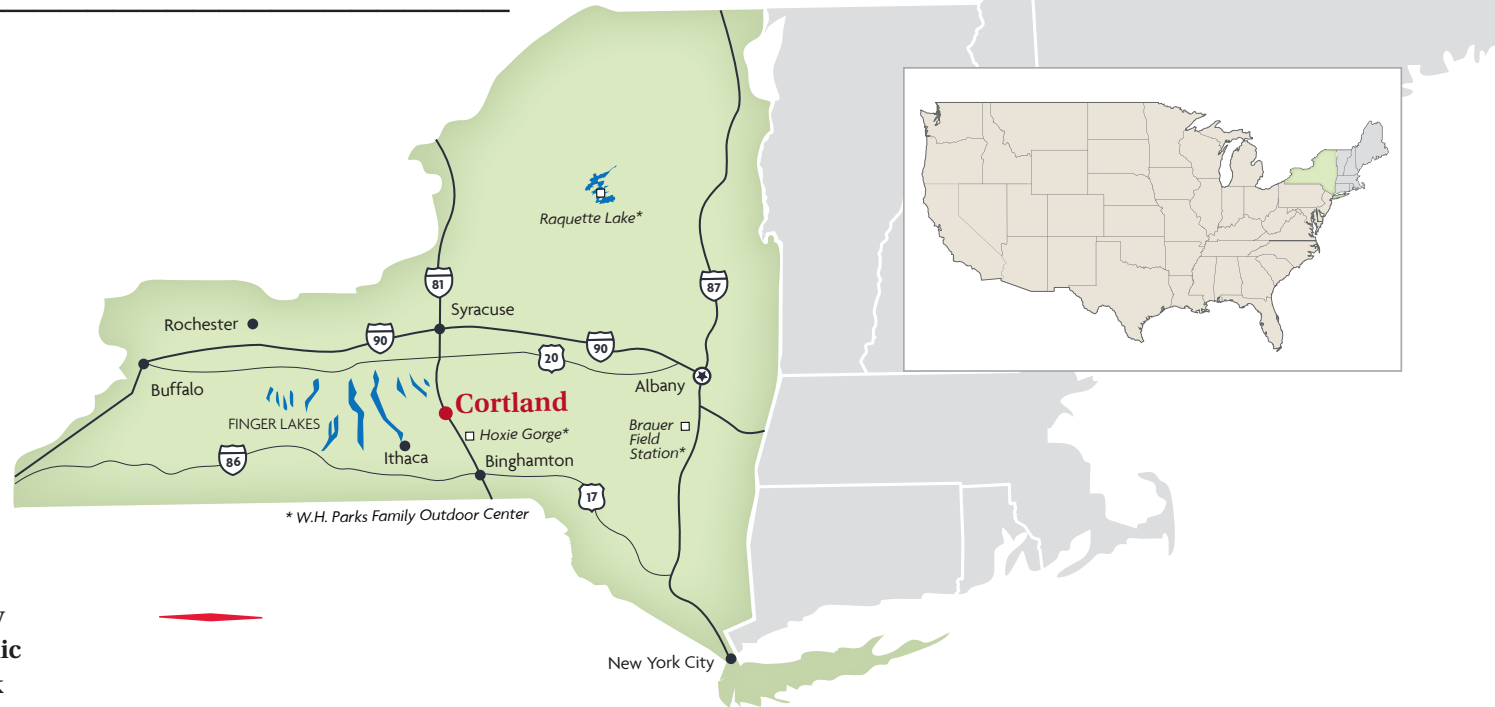
He also enjoys travel made easy by Cortland's central location. Miguel regards a university-sponsored trip to Niagara Falls as one of his favorite memories.

**“You will feel at home in Cortland. Everything is very organized, and you have time to do everything you want.”**

MIGUEL DE ANTONIO BARTOLOME

# A SMALL CITY FOR BIG DREAMS

Cortland is a welcoming and easy-to-navigate community of approximately 19,000 people located in the geographic center of New York state. You can walk anywhere in Cortland. Many seasonal attractions also are accessible within a short drive.



### ATTEND FESTIVALS

→ Check out the New York State Fair in the late summer, an event that spans several weeks and highlights the region's food, entertainment and culture. Then visit events in town such as Cortland's Pumpkinfest in October and Chill-a-Bration in February.

### WATCH SPORTS

→ If you like to cheer, our Athletics Department fields 25 teams while nearby cities Syracuse and Binghamton are home to professional organizations in baseball, hockey and soccer.

### MAKE MEMORIES

→ Visit Destiny USA in Syracuse, one of the largest malls in the nation, for the ultimate shopping and entertainment experience. In Cortland, you will find miniature golf and winter activities such as skiing and snowboarding.



### TOP-FIVE COLLEGE TOWN IN NEW YORK STATE

Based on walking distance to campus, student employment opportunities, affordability and entertainment options.

→ Ranked No. 5 by *BestColleges.com*

**Learn more**

→ [cortland.edu/college-town](http://cortland.edu/college-town)



### TRAVEL OUTSIDE CORTLAND

You'll also find it easy to make a weekend trip to major tourist destinations. See a Broadway show in New York City. Take in the breathtaking natural beauty of Niagara Falls. Or, cross the border to visit Canada's largest zoo in Toronto.

### Approximate distance from Cortland and driving time

<b>Baltimore, MD</b>	300 miles/5.5 hrs.
<b>Boston, MA</b>	320 miles/5.5 hrs.
<b>Buffalo, NY</b>	170 miles/3 hrs.
<b>Montreal, Canada</b>	290 miles/5 hrs.
<b>Newark, NJ</b>	200 miles/3.5 hrs.
<b>New York City, NY</b>	220 miles/4 hrs.
<b>Niagara Falls, NY</b>	175 miles/3.5 hrs.
<b>Philadelphia, PA</b>	220 miles/4 hrs.
<b>Pittsburgh, PA</b>	370 miles/6.5 hrs.
<b>Rochester, NY</b>	110 miles/2 hrs.
<b>Syracuse, NY</b>	32 miles/40 min.
<b>Toronto, Canada</b>	260 miles/5 hrs.
<b>Washington, DC</b>	345 miles/6 hrs.



# Everything you want in a college experience

There's something for everyone at Cortland — from living spaces to dining options to clubs.



## A TASTE OF LIVING

All degree-seeking undergraduate exchange students must live on campus during their first year. Traditional residence hall options are equipped with a television and study lounge, laundry and wireless internet. West Campus Apartments are located a mile from campus and they are fully furnished.

### ON-CAMPUS BENEFITS

→ International students can be paired with American roommates to enhance their intercultural experience. Single rooms also are available as well as campus housing during breaks. The University Police Department patrols campus 24 hours a day, seven days a week, every day of the year.

### HEALTHY EATING

→ All students living on campus must purchase a meal plan. Eleven dining locations include two large facilities that offer daily variety and healthy choices, including vegetarian and gluten-free options.



Learn more about life around campus  
→ [cortland.edu/student-life](http://cortland.edu/student-life)

## STAY INSPIRED. STAY ENGAGED.

SUNY Cortland provides a spectacular college experience for students who like to be active physically and socially.

### A HUB OF ACTIVITY

→ Our Student Life Center offers many activities, from popular sports like soccer and basketball to other options such as indoor rock climbing and virtual golf.

### CLUBS AND ORGANIZATIONS

→ There are student clubs for every interest. Learn about diversity through a multicultural student organization. Work with the Student Activities Board to bring entertainment to campus. Or join an academic club to explore fun opportunities in your major.



90+ student organizations

1,200 sport clubs participants

50 bicycles students can rent for free

2,500 daily visitors to the Student Life Center



## SARAH KONO

B.S. in Chemistry · Japan

→ Sarah was not scared to study science at SUNY Cortland. In fact, she found class lectures and assignments to be much clearer in the U.S., compared to her former high school. At Cortland, emphasis was placed on explanation rather than memorization.

Sarah also joined a special program known as Cortland Louis Stokes Alliances for Minority Participation (LSAMP), which introduces underrepresented students to science-related disciplines. She traveled to the Adirondack Mountains with students and professors from her major. She also attended a summer research symposium, which helped provide a new perspective on her career path.

Outside of her classes, Sarah enjoys traveling with friends and time spent with the Tae Kwon Do Club. She recommends attending campus events or joining clubs as the best ways to make new friends.

“My favorite thing about Cortland is the size of the campus. It's not too small or too big. It allows us to see familiar faces and strike up conversations.”

SARAH KONO

# Find a major that matters to you.

With an average class size of 25 students and the opportunity to pursue internships, undergraduate research or service, you will find individual meaning in your SUNY Cortland education.



## MAJORS

African American Studies  
 Anthropology  
 Archaeology  
 Art  
 Art Studio (B.F.A.)  
 Biochemistry  
 Biology  
 Biomedical Sciences  
 Business Economics  
 Chemistry  
 Cinema Study  
 Coaching  
 Communication Studies  
 Community Health  
 Conservation Biology  
 Criminology  
 Economics  
 Engineering (3+2 Program)  
 English  
 Environmental Geoscience  
 Exercise Science  
 Fitness Development  
 French  
 Geographic Information Systems  
 Geography  
 Geology

Graphic Design and Digital Media  
 Health Education  
 Healthcare Management  
 History  
 Human Service Studies  
 International Studies  
 Mathematics  
 Media Production  
 Musical Theatre (B.F.A.)  
 New Communication Media  
 Outdoor Recreation  
 Physics  
 Political Science  
 Professional Writing  
 Psychology  
 Public Administration and Public Policy  
 Recreation  
 Recreation Management  
 Social Philosophy  
 Sociology  
 Spanish  
 Speech and Hearing Science  
 Sport Management  
 Sport Studies  
 Therapeutic Recreation

## TEACHER CERTIFICATION

Adolescence Education (Grades 7-12)  
 • Biology  
 • Chemistry  
 • Earth Science  
 • English  
 • French  
 • French and Spanish\*  
 • Mathematics  
 • Physics and Mathematics\*  
 • Physics  
 • Social Studies  
 • Spanish  
 Early Childhood and Childhood Education (Birth-Grade 6)  
 Health Education (K-12)  
 Inclusive Childhood Education (Grades 1-6)  
 Inclusive Early Childhood Education (Birth-Grade 2)  
 Physical Education (K-12)  
 Teaching English as a Second Language (K-12)

\* Dual certification program

## ACADEMIC HIGHLIGHTS

### REAL-WORLD RELEVANCE

→ Courses involve a combination of lecture and discussion, with common assignments including tests, research papers and lab reports. Offices such as Advisement and Transition, The Learning Center and Career Services can help you succeed at Cortland and beyond.

### DIVERSE PROGRAMS

→ Choose a major with guidance from your academic advisor. Popular programs include business economics, sport management, exercise science, international studies, biology and teaching English as a second language (non-certification track).

### AN EASY TRANSITION

→ Undergraduates can join the international student seminar, a class that helps ease your transition to campus. You also can practice English through language courses or a conversation partner program.

### GRADUATE PROGRAMS

→ Visit [cortland.edu/graduate](http://cortland.edu/graduate) for information on nearly 30 programs.



## HOW TO APPLY

Applying is a two-stage process.

1. Your previous academic background is reviewed to determine if you are academically qualified.
2. Once you are admitted, an international student advisor will work with you to determine if you meet the qualifications to receive Form 1-20 for an F-1 student visa or your DS-2019 for a J-1 student visa.

### Passports and visas

International students must be in a valid immigration status for full-time study. The most common type of student visas are the F-1 and J-1 non-immigrant types. Most international students at SUNY Cortland come to the U.S. in F-1 status. If you intend to pursue full-time study in the U.S., please do not enter on the B-2 visa. Contact the International Programs Office for complete information about required documentation.

### Application deadlines

- **April 1** for fall admission
- **Nov. 1** for spring admission

Learn more about applying

→ [cortland.edu/international-students](http://cortland.edu/international-students)

**Degree-seeking students**

Admissions Office  
Miller Building, First Floor  
P.O. Box 2000  
Cortland, NY 13045-0900  
+1 607-753-4711

**Exchange and visiting students**

International Programs Office  
Old Main, Room 219  
P.O. Box 2000  
Cortland, NY 13045-0900  
+1 607-753-2209

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[international@cortland.edu](mailto:international@cortland.edu)  
[cortland.edu/international-students](http://cortland.edu/international-students)



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