

INTERNATIONAL PROGRAMS OFFICE NEWSLETTER

MARCH 2024

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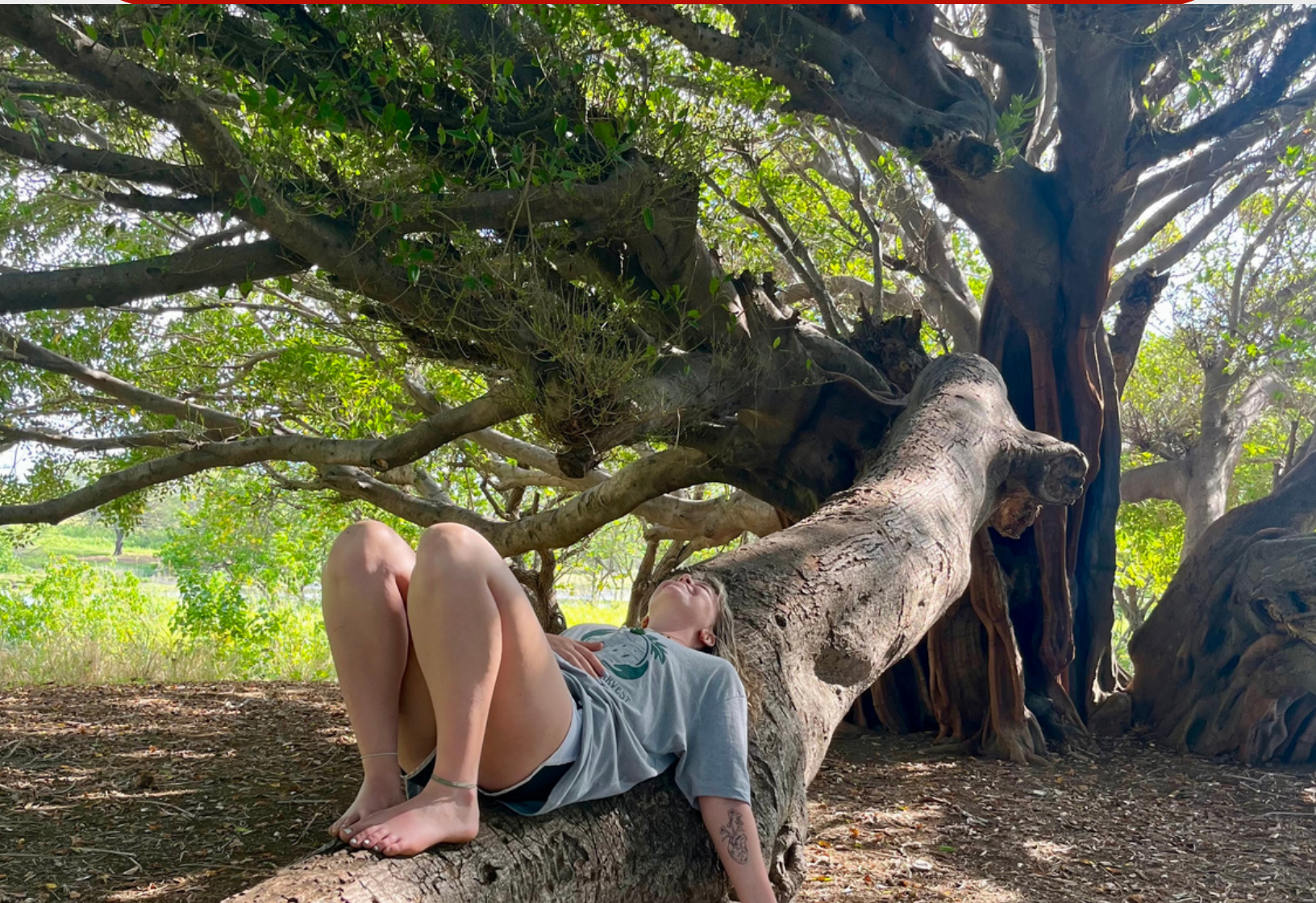
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ORDER YOUR GRAD SASH

The International Programs Office wants to honor your international experience, whether it be studying abroad, as an international student studying at SUNY Cortland, or to honor your cultural or national heritage.

To this end, we offer students the opportunity to purchase a flag sash to wear at graduation, featuring the SUNY Cortland logo on one side and up to three different national flags on the other. Sash orders can be placed online directly through Vision Wear. You can select up to three country flags for your international graduation sash. After designing your sash, enter the code **CORTLANDSPRING2024** at checkout to receive \$30 off.

You must place the order using your cortland.edu email. **Orders must be placed by April 18 at midnight** and all sashes will be shipped to the International Programs Office for pick up the week of May 6.

We are happy to announce that this year we will once again host a graduation sash ceremony. **Save the date for this year's International Sash Ceremony on Thursday May 9 at 3 p.m.** More details to follow.



PEER ADVISOR SPOTLIGHT

Peer Advisors increase the awareness of study abroad opportunities at SUNY Cortland by meeting one-on-one with interested students, giving classroom presentations, developing social media marketing campaigns, and much more! They are an integral part of the International Programs Office Staff! Meet two of this semester's peer advisors:

Name: Ashton Patalidis
Major: Sociology
Program: Griffith University

What did you learn from studying abroad?

A lot of independence and life experience. It's different than being in school, you're traveling and being in the real world and dealing with real world issues.

What made you want to become a peer advisor?

I always wanted to do some sort of international work and this was a perfect transition to get my foot in the door and see if it's something I'd actually enjoy.

What advice do you have for anyone studying abroad?

Just go for it; that's the whole point of studying abroad: taking that risk and coming out the other end and seeing what has happened and the person you are.



Name: Carina Espiritu
Major: Psychology
Program: Costa Rica

What did you learn from studying abroad?

I learned how to be more independent but asked for help when I needed it. I learned how to be more open-minded and be aware and respectful of other people's perspectives and ideas.

What made you want to become a peer advisor?

The main reason why I wanted to become peer advisor was because I wanted to promote my experience in the hope that it encourages others to take the opportunity to study abroad. As a first-generation student, I didn't know anyone that had study abroad, nor did I know the process of study abroad. My goal was to encourage other first-generation students: show them how the process is, encourage them that it's possible to go abroad and answer any questions they might have.

What advice do you have for anyone studying abroad?

1) Don't be scared to explore and immerse yourself in a new country! 2) Save as much money as you can before going abroad! 3) Make the most of your study abroad experience 4) Document your experience, either by taking pictures, videos, making TikToks, or even journaling.



SPRINTAX

THERE'S STILL TIME!

A Successful Tax Season with Sprintax

A non-resident in the US is legally required to file a tax return if they received US income anytime during 2023. Even if the person didn't work or receive income in the US, they still need to file a Form 8843 with the IRS. Forms must be mailed to IRS by the **April 15, 2024** deadline. Our office has arranged access to Sprintax software to file your 2023 federal taxes.

The International Programs Office has hosted a tax workshop for students on March 19.

Sprintax will guide students through the tax preparation process, arrange the necessary documents and check if the person is due a tax refund.

For additional information students should attend free webinars to assist with tax preparation.

Thurs., March 28 @ 3pm EST – [Register here](#)

Wed., April 3 @ 2pm EST – [Register here](#)

Thurs., April 11 @ 1pm EST – [Register here](#)

Mon., April 15 @ 11am EST – [Register here](#)

The logo for Sprintax, featuring the word "sprintax" in a lowercase, bold, sans-serif font. The letter "x" is stylized with a small circle above it, resembling a dot or a person's head.

HEALTHCARE IN THAILAND WITH DRs. THERESA CURTIS AND CHRISTA CHATFIELD

Cortland's new Healthcare in Thailand program is a one-of-a-kind program introducing students to all different areas of healthcare. Drs. Curtis and Chatfield originally began working together leading the Healthcare in Mexico program in Cuernavaca, Mexico, where students were exposed to healthcare in a developing country while being immersed in a Spanish speaking setting. This January 2025 is the first time they will be running a program in Thailand with the hopes of placing a greater emphasis on healthcare as part of the program.

Students will have the opportunity to shadow healthcare providers on their rotations and meet with medical and nursing students to talk about the healthcare system in Thailand and learn about the different aspects of medical care. Students will also have the opportunity to visit with a monk and do a meditation, go to a dog sanctuary, and engage in service learning. All these activities introduce students to both the culture of Thailand and aspects of healthcare outside of the traditional system. Outside of their healthcare education, students will have dinner with a Thai family, visit a rice field and learn about rice planting, experience a night bazaar, a temple, and the infamous Bua Tong sticky waterfalls. Students earn three credits in biology for the course and will complete a weekly journal and a 3-5 page reflective essay comparing and contrasting healthcare in Thailand and the U.S.

Dr. Curtis believes studying abroad is important because it expands your mind: "Everyone has preconceived ideas about other places until you go these places and really experience another culture." She highlighted the special importance of this in terms of healthcare, where what students see on the surface is often not a full reflection of a country's healthcare management. Her hope is that students will broaden their horizons with the experience of traveling and studying abroad.

If you're interested in the Thailand: Healthcare program, please contact studyabroad@cortland.edu. **There will be an information session for the program on March 27 at 4:30 PM in Old Main 220.**

Healthcare in Thailand

Winter 2025 Information Session

Wednesday, March 27 | 4:30 pm

Old Main, Room 220





INTERNATIONAL WOMEN'S DAY

This month, we celebrated International Women's Day to honor women around the world. Thank you to everyone who stopped by for a flower and engaged in learning more about the significance of this day!



RAMADAN

Ramadan is the ninth month of the Islamic calendar and the holy month of fasting.

When is Ramadan 2024?

Evening of March 10 to April 9

A safe fast to all our Muslim students and colleagues.

Ramadan Mubarak!

The International Programs Office has set up a private prayer room equipped with prayer rugs, available for use by all students. This space is accessible Monday through Friday, from 8:15am to 4:15pm in Old Main, Room 219 (2nd floor)





DIVERSITY RESOURCES TRANSFER STUDENTS

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@cutland.edu

As with almost every other aspect of the transfer student experience, planning ahead for study abroad is vital to success. Transfer students are able to study abroad and are highly encouraged to do so. Credit obtained through a study abroad program counts as SUNY Cortland credit, even if you choose to study abroad through an Other-SUNY and doesn't count toward your transfer credit maximum. Transfer students are able to study abroad as early as their second semester at SUNY Cortland. We offer a variety of programs with durations ranging from 10 days abroad to a full-academic year. Programs are offered in the traditional fall and spring academic semesters, but also over winter break and the summer. This flexibility offers a wealth of opportunities for our students. The International Programs Office is here to help you select a program that makes sense for you.

- What other time commitments do you have in your life (family, job, etc.) and how do they impact what type of study abroad program you can choose?
- What does your graduation plan look like?
- Which courses must you take for your major at SUNY Cortland?
- Do you have any electives left to take?
- Do you have any general education requirements left to take?
- Which scholarships can you leverage your transfer experience for?

Resources

Tips for Adult Students
Studying Abroad



SAB Tips for
Transfer Students



How to SAB as a
Transfer Student



Non-Traditional
Students Abroad





FALL 2024 PROGRAMS

Applications due April 1

Fall 2024

Australia: Federation University

Australia: Griffith University

Belize: Internships

Costa Rica: Universidad Veritas

Egypt: American University in Cairo

France: University of La Rochelle

Germany: Fulda University

Ghana: University of Ghana, Legon

Ireland: University College Cork

National Outdoor Leadership School

(NOLS)

United Kingdom: Anglia Ruskin

University

United Kingdom: London Metropolitan

University

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 9:30-4

Wednesday 9:30-3

Thursday 9-4

FOLLOW US



@cortlandstudyabroad



SUNY Cortland Study Abroad