

INTERNATIONAL PROGRAMS OFFICE NEWSLETTER

OCTOBER 2024

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Kaylee Cummings**
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STUDENT SPOTLIGHT

Kaylee Cummings, a senior majoring in Adolescence Education and History, recently returned from her study abroad adventure in England, participating in the program "Medieval England: There and Back Again." Over ten whirlwind days, she explored five cities, diving into the rich history that has always fascinated her.

"I chose this program because it aligned perfectly with my major and genuinely excited me," Kaylee shared. Although she prepared extensively—researching travel guides and budgeting—she humorously noted that her biggest challenge was sore feet from all the walking!



Upon arrival, Kaylee felt an unexpected familiarity until she began engaging with locals. "The culture was so welcoming and peaceful," she recalled. One of her favorite moments was a visit to Didsbury, a quaint town outside Manchester, where she and friends connected with local shop owners. "It felt like living a different life, and it was incredibly freeing," she said.

Adapting to England's dining culture took some getting used to, as meals are leisurely events compared to the fast-paced dining in the U.S. "We learned to appreciate the time spent together," Kaylee reflected.

Her most valuable takeaway? The importance of being open-minded. "Travel teaches you about other cultures and yourself," she noted, which is crucial for her future as an educator. With most academic responsibilities scheduled around her trip, she kept a nightly journal, making it easier to reflect on her experiences when she returned.

Kaylee also enjoyed England's clean and efficient public transportation, which added to her sense of adventure. Her advice for students considering studying abroad? "DO IT! I've never heard anyone regret it. The experiences and connections you make are truly invaluable."

Kaylee's journey illustrates the transformative power of studying abroad, shaping not just her education but her personal growth as well.

— “ —
It felt like living a different life, and it was incredibly freeing,
— ” —

STUDENTS DISCOVER STUDY ABROAD OPPORTUNITIES AT RECENT FAIR

On September 20th, our campus hosted a vibrant Study Abroad Fair, attracting over 150 students eager to explore international opportunities. This semi-annual event featured tables where students could engage with representatives from various programs, including visiting partners from other SUNY schools.



Attendees learned about diverse study abroad options and had the chance to enter a raffle for \$500 toward their study abroad expenses, adding excitement to the day.

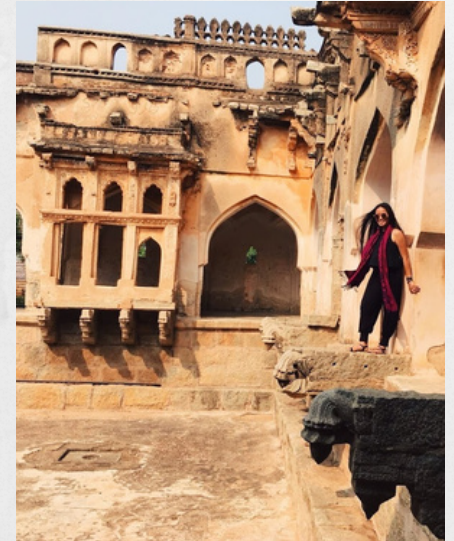
The fair provided valuable insights into the benefits of studying abroad and encouraged students to consider how international experiences could enhance their education. If you missed this event, don't worry—mark your calendars for our next Study Abroad Fair next semester!



INDIA: HEALTH EQUITY ACTION RESEARCH WITH DR. JENA CURTIS

This summer, Dr. Jena Curtis will lead an exciting faculty-led program, India HEAR, from July 23 to August 13, 2025. This three-week adventure invites students to explore how race, ethnicity, religion, and socioeconomic status shape health and quality of life in Southern India.

The program begins with immersive experiences, where students engage directly with patients, medical providers, and families. “We want students to understand the real impact of health disparities,” Dr. Curtis explains. In the second half of the trip, participants will collaborate with local governmental and non-governmental organizations on essential public health projects, including water and sanitation assessments in schools and needs evaluations for rehabilitation centers.



Field visits to sites like the Dharavi Slum and the Prajana Counseling Center will provide students with valuable insights into the challenges faced by underserved communities. “These experiences are eye-opening and foster deep reflection on the social determinants of health,” says Dr. Curtis. Daily debriefing sessions will help students process their experiences and relate them to their future careers in fields like pre-med, social work, and public health.

Cultural immersion is another highlight of the program. Students will explore Southern India’s vibrant heritage through tours of historic landmarks, dance performances, and local festivals. As one past participant, Sebastian Nauta, noted, “This program was the highlight of my undergraduate career.” Tess DiLorenzo found that the trip challenged her to examine her beliefs, while Frank Denteh encouraged others to step out of their comfort zones: “Going to India was the puzzle piece I didn’t know I needed.”



To prepare for this enriching experience, students will complete online training in research ethics and participate in an orientation. Dr. Curtis urges prospective participants to reach out to her before applying, as this conversation is essential for ensuring a good fit for the program.

Students with a GPA of 2.5 or higher can **apply by March 1, 2025**. This unique program offers not only academic credit but also opportunities for personal growth and a deeper understanding of global health issues.



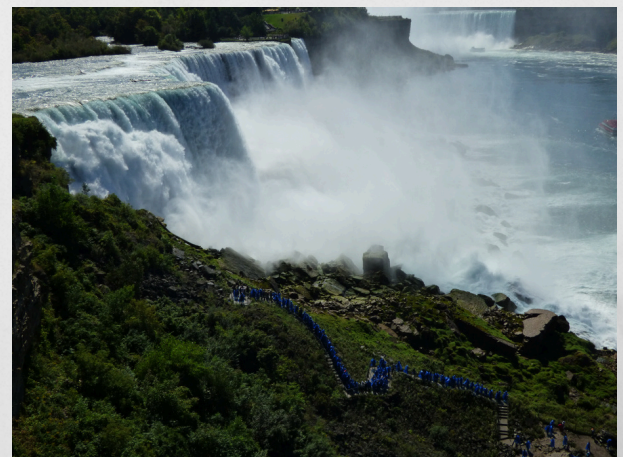
INTERNATIONAL STUDENTS VISIT NIAGARA FALLS

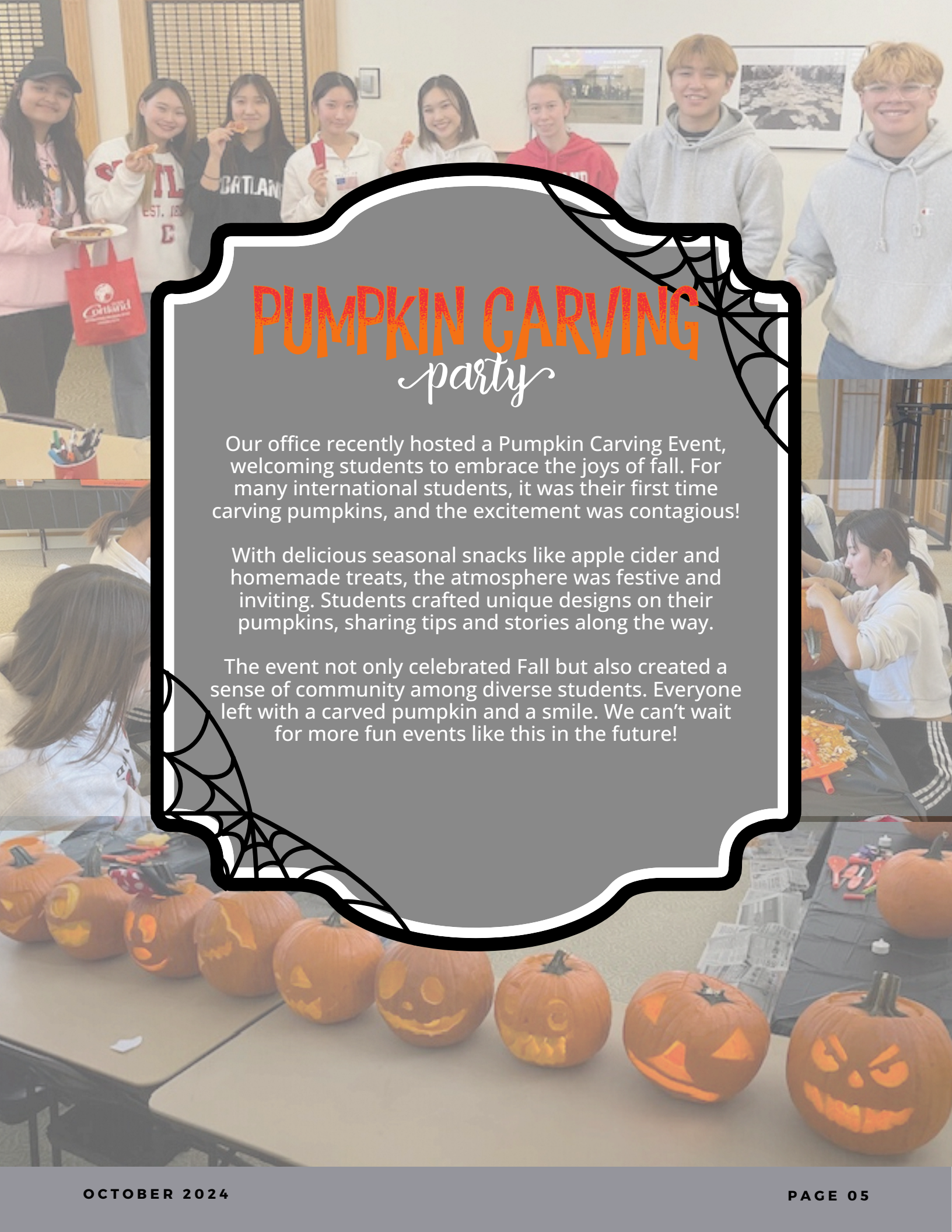


On September 14, 2024, a group of international students embarked on an exciting trip to Niagara Falls, one of New York’s most iconic natural attractions. The journey began with a scenic drive filled with anticipation as students looked forward to experiencing the breathtaking beauty of the falls.

The highlight of the day was the Maid of the Mist boat tour, which allowed students to get up close to the powerful cascades. Dressed in bright blue ponchos, they felt the refreshing spray of the falls as the boat navigated through the mist, offering a unique perspective of this natural wonder.

After the boat tour, students explored the surrounding park, taking in stunning views and enjoying the picturesque trails. The day provided a wonderful opportunity for students to bond, share stories, and create lasting memories while discovering the beauty of Niagara Falls. The trip was not just a chance to see an incredible landmark but also an enriching experience that enhanced their time in New York.





PUMPKIN CARVING

party

Our office recently hosted a Pumpkin Carving Event, welcoming students to embrace the joys of fall. For many international students, it was their first time carving pumpkins, and the excitement was contagious!

With delicious seasonal snacks like apple cider and homemade treats, the atmosphere was festive and inviting. Students crafted unique designs on their pumpkins, sharing tips and stories along the way.

The event not only celebrated Fall but also created a sense of community among diverse students. Everyone left with a carved pumpkin and a smile. We can't wait for more fun events like this in the future!

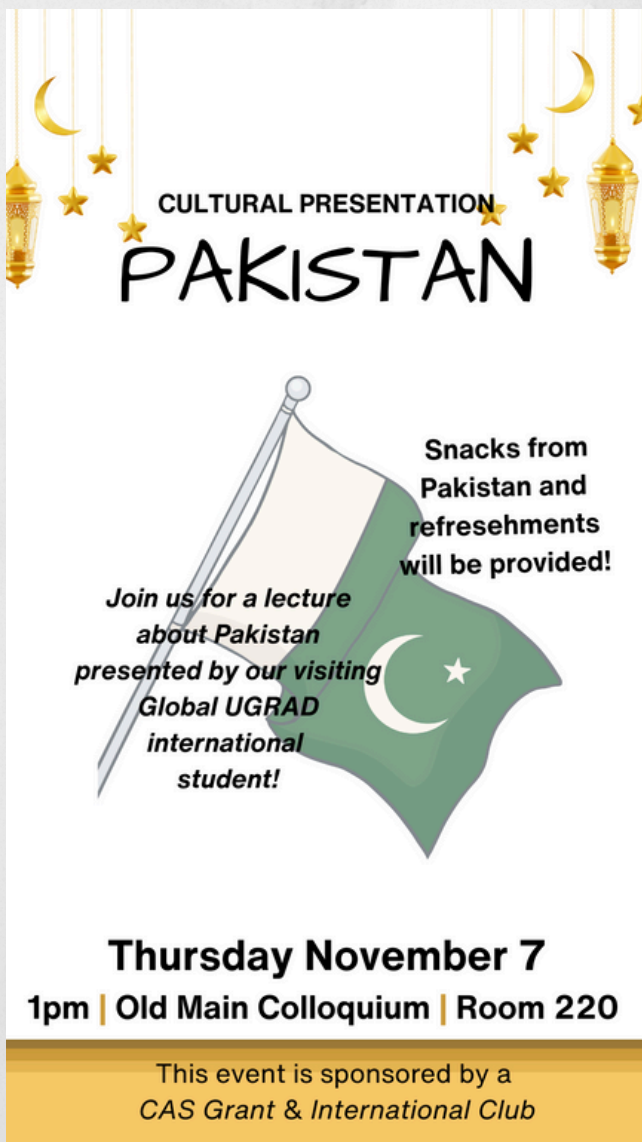
UPCOMING EVENTS

WEBINAR FOR INTERNATIONAL STUDENTS: EXPLORE YOUR VISA OPTIONS

PLAN YOUR IMMIGRATION FUTURE! JOIN THE FREE WEBINAR ON NOVEMBER 19 TO LEARN ABOUT OPTIONAL PRACTICAL TRAINING (OPT) AND OTHER VISA OPTIONS.

ARTHUR SERRATELLI, ESQ. FROM SERRATELLI MIJAL PLLC, WILL PROVIDE INSIGHTS ON EMPLOYMENT-BASED VISAS BEYOND F-1 OPT AND J-1 ACADEMIC TRAINING. WITH 14 YEARS OF EXPERIENCE WITH THE UALBANY INTERNATIONAL COMMUNITY, HE'S READY TO ASSIST YOU.

OPEN TO ALL ENROLLED INTERNATIONAL STUDENTS AND THOSE ON OPT/STEM OPT. FOR DETAILS, CONTACT THE INTERNATIONAL PROGRAMS OFFICE.



CULTURAL PRESENTATION
PAKISTAN

Snacks from Pakistan and refreshments will be provided!

Join us for a lecture about Pakistan presented by our visiting Global UGRAD international student!


Thursday November 7
1pm | Old Main Colloquium | Room 220

This event is sponsored by a CAS Grant & International Club

A Taste of the World

A Night of Culture & Cuisine

Nov. 4, 2024



Corey Union Function Room
Dinner: 6:00 pm
Performances: 6:15 pm



Featuring:

- World Cuisine
- Cortland's A Capella Groups
- Music & Dance from Asia, Africa, Latin America...and much more!



Dinner tickets are limited and will be sold at the door on a first-come, first-serve basis

Dinner and Show (ticket sales begin at 5:45 pm):

- Students with ID & children 6 & older: \$5
- All Others: \$10

Show Only (ticket sales begin at 6:00 pm):

- Students with ID & children 6 & older: \$3
- All Others: \$5 (under 6 years: free)

Cash only please!

Sponsored by:
Asian and Middle Eastern Studies
A CAS Grant
CGIS
The Deans of Arts & Sciences,
and Professional Studies
The Office of the President



This event is organized and hosted by the Asian & Middle Eastern Studies Committee

International Programs Office
International Student Fall 2024 Events

Upcoming Events

August

Aug 30- 12-1:30pm- International Welcome Celebration, Corey Union Lower Patio

September

Sept 14- 8am-9pm- Niagara Falls Trip, Niagara Falls, NY

Sept 21- NYC Broadway Show Trip \$60 show ticket & bus (Ticket sales start Sept. 10 at 8:00am Corey Union lobby level

Information Center and will move up to the fourth floor between 9 and 9:30 am.) Cash only no refunds.

Sept 25- 5-6:30pm President's International Student Welcome Dinner- Student Life Center Room 1104

Sept. 27-29- Raquette Lake Leadership Retreat (Application deadline is Sept. 8)

October

Oct 11- 7pm ***Cortland Nites, Murder Mystery Dinner Corey Union, Function Room

Oct 13- 2-4pm- Pumpkin Carving & Celebration, Old Main Colloquium \$6

Oct 18- 7pm- ***Cortland Nites, Haunted House, Syracuse, Sign up in 406 Corey Union

November

Nov 2- 12 pm- 6pm Destiny USA Mall Shopping Trip, Syracuse, NY

Nov 16- 12 pm- Cortaca Football Game SUNY Cortland vs. Ithaca College @ SUNY Cortland Tickets: TBD

Nov 17- 7-9pm- Friendsgiving (Bring a dish pass a dish potluck), Rec Room West Campus Apartments

Nov. 22- 8pm- ***Cortland Nites, Glow Ice Skating, Park Center, Alumni Arena, \$3 Admissions, \$2 Skate Rental Fee. Pay @ Rink.

December

Dec 6- 4-6pm- International Student Holiday Celebration, Alumni House

DATES SUBJECT TO CHANGE -

Visit facebook.com/cortlandinternational or Instagram @[@sunycortlandinternational](https://instagram.com/sunycortlandinternational) for more information about events

SUMMER/FALL PROGRAMS

Summer 2025

Belize: Internships

Belize: Center for Engaged Learning Abroad

Costa Rica: Universidad Veritas

Egypt: American University in Cairo

Germany: Fulda University

Ghana: Ghana to the World

India: Culture and Education

Ireland: Dingle Art

Ireland: University College Cork

Italy: The Arts of Italy

Projects Abroad, various locations

Thailand: Ecotourism

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: German Sport University Cologne

Germany: Fulda University

Germany: Potsdam University

Ghana: University of Ghana, Legon

India: St. Aloysius College

Ireland: University College Cork

Spain: University of Salamanca

United Kingdom: Anglia Ruskin University

United Kingdom: London Metropolitan University

And many more programs!

CONTACT US

LEARN MORE ABOUT OUR
EVENTS AND PROGRAMS

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studyabroad@cortland.edu

cortland.edu/international

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 9:30-4

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SUNY Cortland Study Abroad