

INTERNATIONAL PROGRAMS OFFICE NEWSLETTER

SEPTEMBER 2024

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STUDENT SPOTLIGHT



This summer, Amanda Demmerle, an Adolescent Education major at Cortland, embarked on a study abroad adventure at University College Cork in Ireland. With a focus on Social Studies and History, Amanda chose this program to gain a new perspective on historical studies while fitting into her academic schedule without missing a semester.

Arrival and Initial Impressions

Upon arriving in Cork, Amanda was immediately struck by the warm welcome from the locals and the stunning landscapes. “The views on the way to Cork were incredible and really set the tone for my month there,” she reflects. She found the Irish people to be very accommodating and helpful, which made her transition smooth and enjoyable.

Highlights of the Experience

One of Amanda’s standout experiences was the strong sense of community among her fellow students. “We all looked out for each other and went on spontaneous day trips around Ireland,” she shares. These excursions not only provided opportunities to explore more of the country but also helped forge lasting friendships.



Cultural Adaptation and Academic Balance

Amanda adapted quickly to the cultural differences, noting that the main adjustment was the academic structure, which focused primarily on exams rather than continuous assessments. She balanced her academic responsibilities with her exploration of Ireland by structuring her days efficiently. “With classes ending around 1 p.m., I had plenty of time to explore. I made a list of things to do and spaced them out to ensure I could enjoy both studying and sightseeing,” she explains.

Local Favorites and Practical Advice

Amanda enjoyed discovering local cuisine, with Cork and Fork being a favorite spot for its variety of dishes, including stew and chicken parmesan. Her advice for students considering studying abroad is to connect with those who have already had the experience. “Talking to others who have gone abroad can provide valuable tips and help you prepare,” she advises.

Amanda’s summer in Cork was a blend of academic growth and cultural immersion, demonstrating the enriching possibilities of studying abroad. Her experience serves as an inspiring example of how such programs can offer both personal and educational benefits.

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WELCOME BACK, INTERNATIONAL STUDENTS!

The International Programs Office hosted its bi-annual International Welcome Celebration on August 30th, uniting faculty, staff, and an enthusiastic group of international students, along with those returning from their study abroad programs. A heartfelt thank you to everyone who attended!



The event provided a wonderful opportunity for students to connect with faculty and peers while enjoying a variety of refreshments. Attendees were delighted to take home stuffed Blaze mascots, generously sponsored by the Student Activities Board (SAB) who also sponsored some treats for the event.



We were also honored to have President Bitterbaum drop by to greet everyone and share in the excitement.

We welcomed students from around the globe, including Japan, France, Egypt, Iran, Botswana, and many other countries. It was also a pleasure to reconnect with those who had spent time abroad. Here's to a fantastic year ahead!



BELIZE: HISTORY, ART, AND CULTURE WITH PROFESSOR JEREMIAH DONOVAN

Professor Jeremiah Donovan's Belize Study Abroad Program offers SUNY Cortland students an immersive journey into Maya history and contemporary Belizean culture. Launched in 2013, the program, "Belize Study Abroad: History, Art, and Culture," invites students to explore Belize's rich heritage and vibrant community.

Based at the Chaa Creek Rainforest Retreat along the Macal River, the program includes excursions to ancient Maya sites and snorkeling in the Barrier Reef on Caye Caulker. Donovan emphasizes, "We selected these locations for the authentic rural setting in order to experience the true culture of Belize."

As the program facilitator, Donovan provides students with deep cultural engagement, drawing on his extensive experience with international programs. "I serve as a facilitator for students to experience a unique cultural immersion that has time and again proven to be life-changing," he explains.

— “ —
Experience a unique cultural immersion that has time and again proven to be life-changing
— ” —

A significant aspect of the program is the interaction with the Maya community in San Antonio. Donovan recalls, "On my first visit, I was introduced to a Maya family of potters in a remote village of San Antonio. It was then that I recognized the opportunities this experience would create for students in any major."

The program's interdisciplinary approach connects students with Belize's history, art, and culture through diverse activities. Students also navigate challenges like adjusting to a new environment and confronting poverty, supported by nightly reflection sessions. As one student noted, "This trip proved to be life-changing and opened my eyes to issues and causes in the world that are far greater than the everyday problems in my own life."

There's still time to join this winter's Belize program. Interested students should book an appointment with the International Programs Office to begin the process and secure their spot for an unforgettable experience in Belize.



INTERNATIONAL STUDENTS ORIENTATION

Welcome new Red Dragons!

This fall, SUNY Cortland welcomed its largest-ever class of international students, with 63 new students from 19 countries. To support their transition, International Student Orientation plays a vital role in helping them adjust to life at Cortland and in the U.S.



The orientation program provides guidance on navigating visa requirements, setting up bank accounts, and understanding health insurance. It also emphasizes academic success by introducing students to U.S. classroom expectations, grading systems, and available resources like tutoring and academic advising.

In addition to practical information, orientation fosters social connections through fun group activities such as icebreakers, bowling and mini-golf, just to name a few, these activities encourage cultural exchange and strengthen a sense of belonging. Orientation is a time to help international students feel at home and ready to thrive academically and socially at SUNY Cortland.



UPCOMING EVENTS

Study Abroad Fair 09.20.24

Event Reminder



Corey Union Lower Lobby
10:30 am-1:30 pm

Enter to win a \$500 Travel Award!

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

WINTER/SPRING PROGRAMS

Winter 2025

Belize: Internships

Belize: History, Art and Culture

Egypt: American University in Cairo

Germany: Fulda University

Hawaii: Ecotourism

India: Culture and Education

Mexico: The Spanish Language Institute

Projects Abroad, various locations

Thailand: Healthcare in Thailand

Spring 2025

Australia: Federation University

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

Romania: Babes-Bolyai University

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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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