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SUNY Cortland

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# International Programs Office

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Bi-Weekly Newsletter | March 7, 2022

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# International Women's Day

**March 8, 2022 from 2 p.m. to 4 p.m. at the Student Life Center**

The International Programs Office will be giving out 100 roses in celebration of International Women's Day. Learn also about events sponsored by the Gender Policies and Initiative Committee (GPIC) for Women's History month. The SUNY Cortland sign lights will also be changed to purple for the day.

"International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

IWD has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people. Today, IWD belongs to all groups collectively everywhere. IWD is not country, group or organization specific." (Source: internationalwomensday.com)



## St. Patrick's Day 2022



Celebrate St. Patrick's Day early with the International Programs Office this year and help us win a study abroad scholarship to University College Cork for a SUNY Cortland student. We are participating once again this year in Tourism Ireland's joint effort with Education in Ireland to have the world "go green" for St. Patrick's Day. The SUNY Cortland entrance sign lights will turn green as part of this effort on March 10-17.



Wear some green and come visit the International Programs Office outside of Old Main, Room 219 on Thursday March 10 from 11:30 am until 1:30 pm. Treats and giveaways will be available and pose for pictures with your friends in our fun photo booth!

Can't visit the International Programs Office that day, but still want to participate? "Go green" and tag #cortlandstudyabroad in your photos on Instagram. We'll reshare them as entries to the contest. (School appropriate photos only please.)

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# 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 2021 by April 18, 2022 deadline.

\*Even if the person didn't work or receive income in the US, they're still obliged to file a [Form 8843](#) with the IRS.

SUNY Cortland has arranged access to [Sprintax](#) software. Sprintax will guide students through the tax preparation process, arrange the necessary documents and check if the person is due a tax refund. [Sprintax](#) will also be hosting free webinars to assist with tax preparation.

Tuesday, March 15th @ 1pm EST - [Register here](#)

Thursday, March 24th @ 3pm EST - [Register here](#)

Wednesday, March 30th @ 12pm EST - [Register here](#)

Wednesday, April 6th @ 1pm EST - [Register here](#)

Tuesday, April 12th @ 1pm EST - [Register here](#)

Thursday, April 14th @ 12pm EST - [Register here](#)



## Study Abroad Programs with a Focus on Sustainability

Looking for a study abroad program that has a focus on sustainability? The following Cortland study abroad programs offer courses or experiences that are ecologically minded:

**Costa Rica, [Universidad Veritas](#):** Has a wide variety of English-taught sustainability-related courses in Environmental Science, Health, History, Marketing, and Sustainability Studies.

**Egypt, [American University in Cairo](#):** Offers sustainably-themed semester courses in Architectural Design, Biology, Chemistry, Engineering, Economics, Entrepreneurship, Global Public Health, Management, Marketing, Mechanical Engineering, Migration & Refugee Studies, Public Policy, and Sustainable Development.

**Germany, [Fulda International Summer University](#):** Offers a course taught in English that focuses on sustainability.

**Ghana, [University of Ghana](#):** Has available semester courses in Environmental Management, Tourism, Ecological Ethics, Economic Development, Geography and Political Science.

**Hawaii, [Ecotourism](#):** Take part in volunteer projects like removing plastic debris from marine sites and learn how sustainable tourism initiatives are taking hold on the Big Island of Hawaii.

**Ireland, [University College Cork](#):** Named [World's Best University in Recycling and Sustainability](#) for 2019, UCC has a number of courses related to the environment, sustainability, and how to combat climate change. Courses of interest include those in Environmental Engineering, Environmental Science, Geography and Plant Science.

Sustainably-themed study abroad programs are also offered by other-SUNY campuses, and Cortland students are invited to participate. Later this semester, a list of these SUNY programs will be shared in the IPO Newsletter so keep reading future editions for more information.

Questions? Contact [Hugh Anderson](#), Senior Study Abroad Advisor.

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# Checking in with our students abroad in Cairo, Egypt!

Two SUNY Cortland students, Fiona Fitzgerald and Grace Crema, are studying at the American University at Cairo in Egypt for the Spring 2022 semester. Considering that they have been a couple of the trailblazers SUNY Cortland has since COVID-19 heavily restricted travel, Fiona and Grace claimed that travel was not as intimidating as expected. Luckily enough, both students mostly had elective credits to fill during their time in Cairo, so they are studying the history of the area and other classes outside of their respective majors. In their free time, they enjoy reading by the waterfall, playing with the campus cats and reading in the garden.

One of the biggest cultural differences has been that the weekend is Thursday through Saturday and the week starts on Sunday. On the weekend, the girls have been exploring local markets, cafes and bookshops as well as tourist sites like the White and Black desert, Mount Sinai, the Nile River and of course the Pyramids of Giza!

Both Fiona and Grace mentioned that the biggest cultural difference is the genuinely kind and welcoming people. For example, a student at American University at Cairo spent the day showing our students around campus and their favorite local spots after meeting them. Coming from New York, Fiona and Grace were happily surprised to see the generosity to others in Egyptian culture compared to a more fast-paced, individualistic American culture.

If you are interested in studying abroad at the American University at Cairo, visit the [Program Page](#) or contact the International Programs Office to learn how to start your study abroad journey!



## Summer and Fall Study Abroad Options

SUNY has issued the System-wide study abroad relaunch plan for Summer and Fall 2022, and we are pleased to announce that the SUNY Office of Global Affairs has approved SUNY Cortland's requests to reopen the following programs:

Universidad VERITAS (Costa Rica)  
Fulda University (Germany)  
London Metropolitan University (U.K.)  
American University in Cairo (Egypt)  
University College Cork (Ireland)  
Dingle Art (Ireland)  
Medieval England (UK).

International Programs is preparing an eighth request to reopen our European Innovation Academy (Portugal) program, as well as for our fall programs. Students interested in exploring Summer and Fall 2022 program options can visit our [searchable program database](#). SUNY has also begun to approve request for other campuses' programs, and students interested in exploring other SUNY options can learn more on our [Other SUNY Program page](#).

The deadline for applying for most summer programs and scholarships is March 15. The deadline for applying for fall programs and scholarships is April 1.

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# International Student Spotlight



**Jana Glose**  
**German Sport University**



Jana Glose is studying at SUNY Cortland for the Spring 2022 semester, but she has previously had a study abroad experience in Lincoln, England. Since she has arrived in January of this year, she has experienced many cultural and educational differences in the United States.

Studying here is a lot different from studying in Germany. At GSU, Jana always has all her classes together with the same people, making it easier to make connections with classmates. Also, she has long classes only once a week in Germany compared to 50 minute classes 3 times a week. The mix of Sport Management and Communication courses Jana chose here offers a good complement to her studies in Germany. However, here at SUNY, she has to do a lot more work at home throughout the semester. In Germany, they usually have a big exam at the end of the semester, but hardly any quizzes or other assignments continuously throughout the semester.

Jana has not experienced culture shock coming to the United States, describing that things overall are very similar to Germany, just bigger. The biggest cultural difference is the lack of environmental awareness in the United States, seeing car engines running in parking lots is taboo. Earlier this year, most disposable plastic products were banned by law in Germany. Waste separation is less strict and it doesn't seem abnormal to use plastic plates instead of dishes. Jana has noticed the lack of public transportation here. Without having a car, it can be difficult to get around. It is strange to not see sidewalks and crosswalks more frequently.

Her favorite experiences have been attending events with the International Programs Office. Jana has loved bonding with the other international students, as even movie nights are fun. She describes it as being incredibly comforting to have people around you who are going through the same experience as you. Sometimes just talking in your native language helps you feel more at home. She has enjoyed seeing the Blue Man Group in Syracuse, going snow tubing at Greek Peak and watching the Super Bowl!

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# Program Spotlight - Hawaii: Ecotourism



## Summer 2022 Application Deadline - March 15

Study away this summer by exploring the field of ecotourism in Hawaii! Led by Professor Ken Cohen, this course (REC/GRY 315) visits the Big Island of Hawaii and explores sustainability issues and opportunities related to ecotourism and how they work within cultural, environmental, and economic frameworks. Volunteer with local Hawaiian non-profit organizations that have a focus on preserving the environment while welcoming tourists. These include hands-on experiences with agricultural and forest reserves, volunteer projects with the Hawaui Wildlife Fund, hikes in the Waipi'o Valley, observing sea turtles at Punalu'u Black Sand Beach, and a journey up the Wailuku River to see culturally significant waterfalls and lava tubes. Have a meaningful adventure this summer without leaving the U.S.!



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## Contact Us!

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[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!

## Office Hours

**Monday - Friday**

8 a.m. - 4:30 p.m.

Old Main, Room 219

## Follow Us!



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SUNY Cortland Study Abroad



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