

INTERNATIONAL PROGRAMS OFFICE

Monthly Newsletter | March 21, 2023



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SUNY Cortland Faculty Visit India

The winter break was a productive one for Professor Kevin Sheets (History) and Timothy Delaune (Political Science) as both were invited to three colleges in India, including St. Aloysius College, one of SUNY Cortland's partner universities.

The guest lectures were reported on by local media outlets in India, bringing recognition to the faculty and furthering the reach of SUNY Cortland.



SUNY Cortland has had an academic partnership with St. Aloysius College in Mangalore, India since 2014 and have had 45 students study at St. Aloysius since then. The success of the partnership is in great part due to Professor Sharon Steadman (Sociology/Anthropology) and Professor Girish Bhat (History), who helped build the program and keep participation lively through promotion and by traveling with new students to India for orientation each spring semester.

For more information on the St. Aloysius Program, visit the [Program Page](#) or email studyabroad@cortland.edu.



Study Abroad

Student Spotlight Lawrence Bruce



It is our pleasure to introduce Lawrence Bruce, Graduate Assistant in the International Programs Office. Lawrence previously studied abroad in England and has experience in assisting students interested in studying abroad.

Lawrence understands the challenges and opportunities of studying abroad and is committed to helping students adjust to their new environment. He is well-versed in our institution's academic policies and procedures and is available to provide guidance and support to those studying abroad.

If you're interested in studying abroad, stop by our office to talk with Lawrence on Tuesdays, Wednesdays, and Thursdays between 9 a.m. and 3:30 p.m.





Study Abroad

Student Spotlight Lawrence Bruce

Lawrence's experience studying abroad in England has equipped him with valuable insights that he can share with other international students. We spoke with Lawrence to learn more about his experience studying abroad on the Medieval England faculty-led program.



"A view of London from the London Eye"

What is your Major, and how did studying abroad help you with your program?

"I'm an English major, and studying abroad helped me gain credits in my major while working with Cortland faculty and connecting with other English students. It also allowed me to think about literature from the perspective of the culture we were reading about."

Did studying abroad help you grow as a person?

Yes, I gained quite a bit of independence while studying abroad and made connections with people I might not otherwise interact with."



Study Abroad

Student Spotlight Lawrence Bruce

Did studying abroad exceed your expectations?

"Yes! I wasn't prepared for how exciting it would be to travel and do all sorts of different activities. I also didn't know at first we'd get to work with faculty from other institutions, so that was really cool."



Big Ben



River Ouse in York

Would you recommend the Medieval England program to interested study abroad students?

"Absolutely! It's a really great program, especially if you're not looking to be gone for a long time. You'd be surprised what you can fit into 12 days. My only suggestion is to research some fun activities to do ahead of time; it's a lot easier to get some fun in if you already know what you want to do!"



Study Abroad

Currently Abroad Student Spotlight Sarah McSweeney

Sarah McSweeney is a junior Physical Education major from Hastings-on-Hudson, NY. Sarah is currently studying abroad at London Metropolitan University in pursuit of unforgettable memories and a fresh perspective on the world around her. We caught up with Sarah and asked her to share some of her experiences while studying abroad.

What made you choose the UK?

"Originally I was heading to Australia but changed to the UK because I can travel to other countries for little cost and see so much more. I want to travel to Australia eventually, but the UK was the best choice for me."

Sarah McSweeney
London Bridge

What has been the highlight of your study abroad trip so far?

"Seeing Big Ben, The London Eye, Buckingham Palace and the central city of London has definitely been the highlight for me. Walking out of the train station and up the stairs and immediately seeing Big Ben was just amazing. The city and the buildings and architecture are different from the US."



Buckingham Palace



Study Abroad

Currently Abroad Student Spotlight Sarah McSweeney

Have you interacted with locals? What is their reaction discovering you are from the US?

"The locals are very different, for sure. Some of them are very nice and helpful, and some others are very rude. They use typical words like bruv, lad, cheerio, mate, and bloody hell. When I tell someone I am from the US, sometimes I get conversations about Donald Trump and politics and just jokes about America.



Underground Station in London

Many people want to visit New York, and I get a lot of questions about the subways. The accents are different for everyone. Some people have stronger accents, making it harder to understand them."

What is the most significant difference between the SUNY Cortland campus and London Met?

"The biggest difference between Cortland and London Met is that Cortland is in a small town, and London Met is in the middle of the city. London Met is a small campus, but the buildings are more confusing. There are zones and colors each class is in, and it is like a maze figuring out where your classes are. Cortland is more widespread."



Intercultural Events

International Programs Office celebrates International Women's Day

The International Programs Office celebrated International Women's Day on March 8; students and staff gave out 150 assorted roses and carnations along with information on the importance of the holiday. The event attracted students, faculty, and staff from all corners of campus. Attendees were particularly delighted by the collection of women-focused and feminist stickers that were being given away as well!

International Women's Day has been celebrated annually all around the world since 1911. The day "marks a call to action for accelerating women's equality," and celebrates "the social, economic, cultural and political achievements of women." The theme for this year was #EmbraceEquity. (Source: internationalwomensday.com)

The event was co-sponsored by the Gender Policies and Initiative Committee (GPIC) and was part of the Women's History Month calendar. Stickers were paid for by a CAS Grant.



International Students Go Snow Tubing



Our annual international students snow tubing event at Greek Peak was an absolute blast! The event provided a much-needed break from the academic grind. Students were thrilled to ride down snow-covered slopes on inflatable tubes and experience the adrenaline rush that comes with snow tubing.



Students had the opportunity to enjoy the beautiful winter scenery around them. The event provided an excellent opportunity for students to bond with each other and create unforgettable memories. Sponsored in part by a CAS grant.



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 2022. 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 18, 2023** deadline.

The International Programs Office has arranged access to Sprintax software and will be hosting a workshop for students on **March 28 at 2:00-4:00pm in Old Main, Room G-16.**

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.

Tuesday, March 21st @ 4pm EST – Register [here](#)
Wednesday, March 30th @ 12pm EST – Register [here](#)
Wednesday, April 5th @ 1pm EST – Register [here](#)
Tuesday, April 11th @ 1pm EST – Register [here](#)
Friday, April 14th @ 12pm EST – Register [here](#)

sprintax

Want to Study Abroad this Fall?

Apply by April 1

Have an unforgettable semester studying abroad! There are many locations to choose from and several affordable options.

Apply online and submit your application by the end of the day on April 1

1. Australia: Federation University*
2. Australia: Griffith University
3. Belize Internships
4. Costa Rica: Universidad Veritas
5. Egypt: American University in Cairo*
6. Germany: Fulda University*
7. Ireland: University College Cork*
8. Spain: University of Salamanca
9. U.K.: Anglia Ruskin University*
10. U.K.: London Metropolitan University



*Exchange awards available for these programs

Questions? Contact studyabroad@cortland.edu.

Study Abroad 101



Every Wednesday, 3-4 p.m.
Old Main, Room 220
cortland.edu/studyabroad

Contact Us!

International Programs Office






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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

Monday - Friday
8 a.m. - 4:30 p.m.
Old Main, Room 219

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