
SUNY Cortland

International Programs Office

Monthly Newsletter | October 26, 2022



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Czech Republic: Health and The Family in Prague **Summer 2023**

Information session for a new study abroad course!

Czech Republic: Health and the Family in Prague
Summer 2023

Wednesday, October 26, 4:30 – 5:30 p.m.
Moffett, Room 0131

With Profs. Donna Videto and Jill Pace, Health Department. Spend your summer in Prague and take two courses designed to provide you with an opportunity to examine the family culture in the Czech Republic and neighboring countries. You will compare strengths and challenges that influence child and family health from a domestic and international perspective. In addition, you will engage in community service initiatives with underserved families.

For more information, please contact studyabroad@cortland.edu.



Czech Republic: Health and the Family in Prague

Wednesday, October 26, 2022

4:30 -5:30 p.m.

Moffett, Room 0131

Spend your summer in Prague and take two courses designed to provide you with an opportunity to examine the family culture in the Czech Republic and neighboring countries. You will compare strengths and challenges that influence child and family health from a domestic and international perspective. In addition, you will engage in community service initiatives with underserved families.

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Ecotourism in Hawaii and Tanzania

Information Sessions

Two Different Programs

Hawaii: Spring Break or Summer 2023

Tanzania: Summer 2023

Wednesday, October 26 at 4 p.m. (Hawaii) and 5 p.m. (Tanzania)
Corey Union, Room 207-208

Learn about two exciting program opportunities offered by GIVE and Professor Ken Cohen!

Questions? Please contact studyabroad@cutland.edu or visit cutland.edu/studyabroad





RECENT EVENTS

Pumpkin Carving Event

The International Programs Office hosted a pumpkin carving event for international students on Saturday, October 8. For many students, this was their first time carving a pumpkin, as pumpkin carving and large-scale Halloween celebrations are not as common in other countries.



Students' efforts ranged from the traditional jack o'lanterns to owls and cats. After students carved their pumpkins, they voted on their favorites in different categories.





RECENT EVENTS

Pumpkin Carving Event

Awards were given to those who voted; They voted on their favorites in different categories, and prizes were given to those who voted; Scariest Pumpkin; Cutest Pumpkin; Most Creative; and Best Overall Pumpkin. This event was sponsored in part by a CAS grant.



Winners

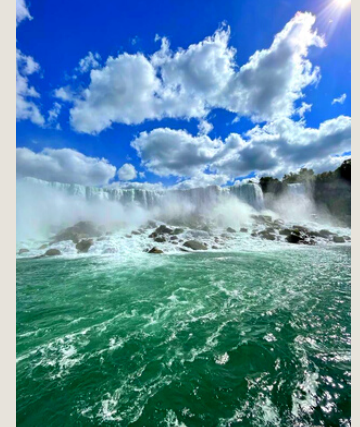




RECENT EVENTS

Niagara Falls

On Saturday, October 24, the International Programs Office led a trip of 51 international and domestic students to Niagara Falls to visit one of the world's great natural wonders!



Upon arrival, the students took the Maid of the Mist boat ride for an up-close meeting with the falls themselves. Their bright blue ponchos helped to protect them from the worst of the water, but the most adventurous ended up with soaked pant legs!



RECENT EVENTS

Niagara Falls



After the ride, students were given time to get lunch and explore the rest of New York's oldest state park and the surrounding areas. This quick day trip is a fan favorite among our international students.



Many of our domestic students who went on the trip had never before had the opportunity to visit this nearby natural wonder. This yearly event is sponsored in part by a CAS Grant.





STUDENT SPOTLIGHT

Maria Keeney & Yamelli Hernandez

We are placing the Spotlight on two of our Study Abroad Students, Maria Keeney and Yamelli Hernandez. They are set to graduate in the Spring of 2023. Our study abroad returnees Maria and Yamelli took the opportunity to study in Salamanca, Spain, Spring of 2022. The experiences abroad made them "better people" and, in turn, gave them "invaluable experiences" for their respective careers. Studying abroad was a life goal of theirs. And according to them, the experience has forever impacted their lives. Both students made long-term emotional bonds with their host families and met locals whom, to this day, Maria and Yamelli still text and Facetime with from time to time. Salamanca, Spain, has a great mixture of rural and city living. Maria stayed in a more urban environment, while Yamelli was in a more rural setting where "sheep would roam" her host family's backyard. For students interested in studying abroad, Yamelli and Maria would like to share, "Do it! Travel, put yourself out there. Be patient. The weather is colder than we thought it was going to be. But Pack light! And bring a good pair of walking shoes."





Student Spotlight

Maria Keeney

Maria Keeney studied abroad as an undergraduate Adolescent Spanish education major at the University of Salamanca, Spain, during the Spring of 2022. Maria shared her experience, giving us insight into what it was like studying abroad. Studying abroad helped Maria immerse herself in a Spanish-speaking country.



"This experience has helped me get better at Spanish; I learned a lot about the Spanish language and the various cultures found in Spain. I will definitely use that experience for teaching in the future."

Maria emphasized the effect studying abroad has had on her learning experience.



Student Spotlight

Maria Keeney

"There are so many things out there that people don't know; that language is a barrier many people don't realize. So being able to learn another language feels like it's a great way of opening yourself up to new things, which I thought to be great."



Growing up in an English-speaking home, Maria took on the challenge of facing those language barriers.

"Going in, I had very little confidence in my Spanish. Here in America, inside the classrooms, there are not a lot of conversations in Spanish. In America, there is a lot of academic teaching, and not many conversations are being held in the classroom."





Student Spotlight

Maria Keeney

When asked about how big of a difference the food was, Maria grinned joyfully; she loved the idea of tapas (small and savory dishes). "Many people would have tapas for dinner, which was great. Having a variety of dishes for dinner was delicious, and I could taste various foods found in Salamanca." Maria would go out with her host mom and try about 5 different places in one day. "To students who want to study abroad, eat tapas! They are a great way to try different foods. Everything was so delicious. I ate nothing that I didn't like."



"Being immersed in Spanish in Salamanca helped me so much just by always hearing it. It was nice and purposeful." Living and talking to her host mom also gave Maria a more in-depth understanding of how to converse better in Spanish. "Studying abroad in Salamanca, Spain, absolutely exceeded my expectations. Language-wise, I actually learned way more Spanish than I thought I would." Studying abroad has helped Maria gain the confidence needed to converse in Spanish, thus helping her with her future teaching career.



Student Spotlight

Yamelli Hernandez

Yamelli Hernandez, Communications major, also studied abroad on the University of Salamanca program. Studying abroad helped Yamelli come out of her introverted shell. Studying abroad helped her talk to a lot of different people. "At first, I was really nervous about living with my host family and interacting with my host mom's kids. My thoughts about it were nerve-racking at first. Still, once I got there, I became happy with the relationship I was cultivating with my host family. And being in a whole different country, I was more inclined to talk to different people and converse with my professors



I made friends with locals, long-term bonds that, to this day, I still communicate with them. Studying abroad was a fruitful experience. I could grow in ways that I didn't think would grow" For example, Yamelli became more patient and outgoing. "Growing up in America, I was used to fast-paced everything, but in Spain, I learned to appreciate things now, and I would love to go back like right now." Yamelli's family is from the Dominican Republic, and Spanish was her first language.



Student Spotlight

Yamelli Hernandez

Growing up always spoke Spanish in her household. The difficulties for Yamelli came from never speaking Spanish in a professional setting. "Studying abroad sharpened my Spanish communication skills. I learned valuable skills as a communication major, especially diversifying my networking skills." Yamelli appreciated spending time with her host mom. "I enjoyed cooking with my host mom. Our dinners would last hours." Yamelli fell in love with the farm-to-table food culture found in Salamanca. "My host mom's best friend was a farmer, and all our eggs, meat, and produce were fresh from local farms."



Her host mom was big into gardening, so Yamelli would help with gardening in her spare time. "I love helping my host mom cook and even helping her in the garden." Yamelli loved the rural location of her host family home. "There was a trail with blueberry bushes, along different plants, and there would be a herd of sheep at the end of the trail." Yamelli would like all students to study abroad, "I was able to grow in ways that I didn't think I would grow in. For example, I became more patient because everything was slow-paced, and I was used to everything going quickly. Also, I learned to be open-minded because I was faced with new experiences."



Student Spotlight

Maria Keeney & Yamelli Hernandez

Maria visited the famous Museum of Prado several times on her own, and Yamelli visited the Museum of Sophia several times as well on her own. “We gained much independence; we were OK with walking the city of Salamanca alone.” Both Yamelli and Maria would spend their days off traveling to different countries neighboring Spain. “Everything was so cheap, quick, and so close that it wasn’t tiring to travel to various countries.” Their favorite and most missed Spanish tradition are siestas, where it is common for locals to take short naps after meals or in the afternoon.

“Unlike America, where things are fast-paced, and on the constant go, we enjoyed the calm feeling that came from the siesta. Everything is just slower-paced. Professors would nonchalantly walk in a tad bit late for class; this allowed us to spend quality time with classmates, unlike in America, where everyone is in a rush.” Yamelli and Maria both were astonished by the relaxed culture of Spain. “Most of our professors were super nonchalant.” In the beginning, they panicked, thinking all of this would be too difficult. Their professors would tell them after every test. “Just calm down, don’t worry.” “(Our) Professors were reassuring, which was nice and helpful. Everybody was very calm, and I don’t think we ever encountered conflict.”





Studying Abroad

Meghan Conway & John Shea

Photo time! SUNY Cortland students Meghan Conway and John Shea are currently studying abroad during Fall 2022.



Taking full advantage of the opportunity to study abroad, Meghan is spending her fall semester in Australia, and John is in Ireland.





Winter and Spring 2023

We are excited to share news on the students who have been accepted to study abroad this winter and spring.



Winter 2023

Belize Internships (3)

Egypt: American University in Cairo (3)

Mexico: Spanish Language Institute (2)

Spring 2023

Australia: Federation University (2)

Australia: Griffith University (10)

Costa Rica: Universidad Veritas (10)

Germany: Fulda University (2)

Germany: German Sport University (2)

India: St. Aloysius College (1)

Ireland: University College Cork (5)

Spain: University of Salamanca (4)

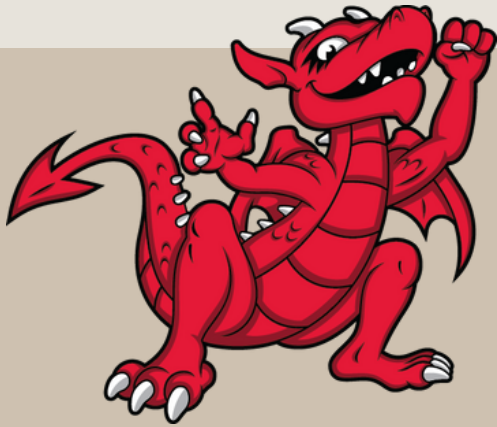
U.K.: Anglia Ruskin University (3)

U.K.: London Metropolitan University (5)





Winter and Spring 2023



We also have 10 Cortland students participating in other-SUNY study abroad programs this winter and spring in locations like Ireland, Singapore, Peru, Mexico, Italy, and France.

Accepted students will attend the Study Abroad Pre-Departure Orientation on Saturday, November 5th at 9 a.m. in Bowers, Room 1129. This will be a fantastic opportunity for the students to meet other students studying abroad and to prepare for their journeys.

Contact Us!

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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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Study Abroad Course Equivalency Database Intro Session

Are you....

- Studying abroad this winter or spring?
- Interested in how study abroad courses are approved for Cortland credit?
- Advising a student and want to know more about the study abroad course approval process?

Come to our first Study Abroad Course Equivalency Database Intro Session!

When: Thursday, October 27 at 4:30 p.m.

Where: Old Main, Room G-11 (Computer Lab)

Watch a demo of how the course equivalency database works, and use a computer to get started on getting your study abroad courses approved.

Questions? Contact studyabroad@cortland.edu for more information.

Study Abroad 101



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

Contact Us!

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