

INTERNATIONAL PROGRAMS OFFICE NEWSLETTER

AUGUST 30, 2023

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WELCOME MIKE FOKI!

Originally from Rochester, NY, Mike earned his bachelor's degree from SUNY Brockport in History with a minor in Dance and a master's degree from Nazareth University in Education. Before joining the International Programs Office, Mike lived and worked in Japan teaching high school level English in Ibaraki Prefecture, Japan for 5 years as part of the JET Program. He then went on to teach history, dance, and physical education at Rochester area high schools. Mike has lived and travelled in Europe including Poland, Hungary, Spain, and Germany. Outside of work Mike has 30+ years of experience teaching and training in Kyokushin Karate, Kodokan Judo, and Kendo.

The International Programs Office is pleased to welcome Mike Foki as our new International Student Advisor! As the ISA, Mike will help advise and support all the international students who come to study at SUNY Cortland, whether they're here for a semester or for their whole degree. Please help us give him a warm welcome!





WELCOME INTERNATIONAL STUDENTS

MIKE FOKI, INTERNATIONAL STUDENT ADVISOR

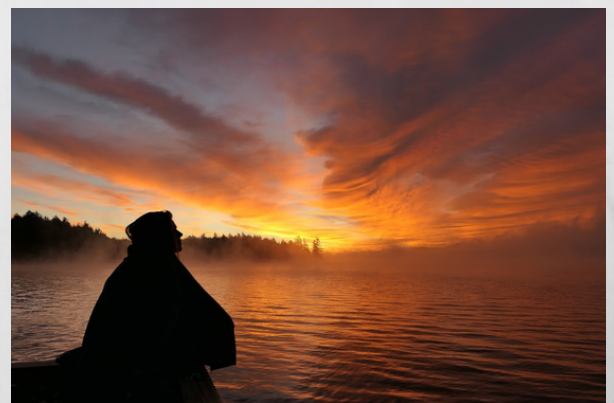
Everyone at SUNY Cortland and the International Programs Office are thrilled to extend a warm Red Dragon welcome to all new and returning international students joining us from throughout the world for the Fall 2023 semester. We are delighted to have you become a part of our vibrant and diverse community here at SUNY Cortland, and we can't wait for you to embark on this exciting chapter of your academic journey with us.



Transitioning to college life can be both exciting and challenging, especially when you're in a new country. As you settle into your new home away from home, we want to ensure that you feel supported, included, and engaged. With that in mind, we have an action-packed lineup of events planned for the Fall 2023 semester, including a highly anticipated Niagara Falls trip, apple picking, Halloween pumpkin carving, Friendsgiving and much more. We also strongly recommend that you join student organizations, participate in sports, and engage in community service. These experiences will not only enrich your college experience but also help you develop lifelong friendships and valuable skills.



As you embark on this exciting journey, remember that you are not alone. We are here to guide you, inspire you, and help you make the most of your time at SUNY Cortland. We encourage you to embrace new experiences, immerse yourself in the diverse campus community, and seize every opportunity that comes your way. Let's make this chapter of your academic journey truly unforgettable!



International Welcome Celebration



COREY UNION LOWER PATIO
FRIDAY SEPTEMBER 1
NOON - 1:30PM

International Students

Study Abroad Students

Cortland Students

Faculty & Staff

FREE FOOD, AND AN OPPORTUNITY TO TALK ABOUT TRAVEL, LEARNING AND STUDY ABROAD!



UPCOMING EVENTS

NIAGARA FALLS TRIP SEPT 16, 2023

COST PER STUDENT: \$35
COVERS TRANSPORTATION AND
ENTRANCE TICKET TO MAID OF
THE MIST BOAT RIDE

SIGN UP ON CORTLAND CONNECT
PAY YOUR REGISTRATION FEE AT
THE INTERNATIONAL PROGRAMS OFFICE

QUESTIONS? CONTACT KAYLA;
KAYLA.DECOSTE@CORTLAND.EDU

This Event made possible in part
by a CAS Grant

Study Abroad Fair

Find programs for Semester, Summer, or Winter

- Speak to program representatives from SUNY and abroad
- Enter to win a \$500 Travel Award!



Friday, September 15
11 a.m. – 2 p.m.
Corey Union Lower Lobby

Want to Study Abroad?

Attend a "Study Abroad 101" Information Session!

Offered Every Wednesday from 3 - 4 p.m.
Location: Old Main, Room 220 (Colloquium)

Find out how to:

- Search for programs
- Identify courses to take abroad
- Get your courses approved
- Understand program costs
- Apply for scholarships
- Utilize financial aid

Study Abroad Application and
Scholarship Deadlines:

Winter 2024: October 1
Spring 2024: October 1
Summer 2024: March 1
Fall 2024: April 1

Some programs may have earlier
application deadlines. Check
specific program pages for
up to date information.



DIVERSITY RESOURCES RACE AND ETHNICITY

This semester, our newsletters will highlight diversity resources the International Programs Office has compiled for marginalized students studying abroad. For more information, reach out to us at studyabroad@cornell.edu

Study abroad offers students the unique and exciting opportunity to learn about and interact with people of different cultures, backgrounds, and perspectives. Your own racial and ethnic identity is a part of you, and in turn, will travel with you abroad. What will inevitably be different is the way you experience your race/ethnicity overseas – including how your racial/ethnic identity intersects with other identity categories to which you identify (religious, sexual orientation, gender, etc.) – and what this means in your host country. Here are some questions to consider as you begin your research into the perceptions of race and ethnicity in a possible host country:

- What is the racial history of my host country? Which racial groups are privileged over others?
- Does my own race/ethnicity align with dominant or subordinate racial groups in my host country?
- Does my host country have a history of prejudice/discrimination or acceptance/inclusion with my ethnic group?
- What is the relationship between my host country and the United States? How will you be perceived as an American in your host country?
- How will I react if I encounter racism or other discriminatory behavior?
- How will my personal racial or ethnic identity shape my experience abroad?

Resources

Studying Abroad as a Latina
First-Generation College
Student



Black & Abroad



NoirBnB



IPO Diversity
Resources Page



STUDENT SPOTLIGHT

Name: J-Lyn Thomas

Program: Universidad Veritas, Costa Rica

Session: Summer

1. Why did you study abroad?

Studying abroad was an opportunity to get out of my comfort zone and learn about a unique culture. I enjoy traveling and I am a Spanish major concentrating in Hispanic Literature and Culture. I thought to myself “what a better way to learn about Latin culture than by living and experiencing it firsthand”. I decided to study abroad to improve my skills in the Spanish language. I wanted to experience life that was different from the United States.

2. What have you gained from studying abroad?

I have gained a lifetime of memories such as meeting so many different people at the host university. I was not expecting to meet different people from across the United States. I also gained confidence in my language skills and by the end of the month I saw improvements within myself. I was more confident in speaking out loud in front of a classroom in Spanish and in public.

4. What was your favorite thing about your host country?

My favorite thing about Costa Rica was the food. Also, the people are friendly and willing to help others. I especially enjoyed traveling to different provinces of the country to explore. It was nice to see the differences of how people live in the city and the country or rural parts of Costa Rica.



J-Lyn at a volcano

3. What advice would you give to students interested in studying abroad?

My advice would be just go for it. I was excited but nervous to be in a different country alone but that is what makes it fun. The group of people that you meet are all going through the same experience as you are, so you are not alone. If you are thinking about it, definitely push yourself to do it because it will be an experience you'll never forget.



WINTER/SPRING PROGRAMS

Application Due Date: October 1

Winter 2024

BELIZE: CENTER FOR ENGAGED LEARNING
ABROAD (CELA)

BELIZE: INTERNSHIPS

EGYPT: AMERICAN UNIVERSITY IN CAIRO

GERMANY: FULDA UNIVERSITY

HAWAII: ECOTOURISM

MEXICO: THE SPANISH LANGUAGE INSTITUTE

Spring 2024

AUSTRALIA: FEDERATION UNIVERSITY

AUSTRALIA: GRIFFITH UNIVERSITY

BELIZE: INTERNSHIPS

COSTA RICA: UNIVERSIDAD VERITAS

EGYPT: AMERICAN UNIVERSITY IN CAIRO

ENGLAND: ANGLIA RUSKIN UNIVERSITY

ENGLAND: LONDON METROPOLITAN
UNIVERSITY

GERMANY: FULDA UNIVERSITY

GERMANY: GERMAN SPORT UNIVERSITY

INDIA: ST. ALOYSIUS COLLEGE

IRELAND: UNIVERSITY COLLEGE CORK
PROJECTS ABROAD INTERNSHIPS

ROMANIA: BABES-BOLYAI UNIVERSITY

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 9-4

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SUNY Cortland Study Abroad