

LIVE  
STUDY  
WORKNEW  
YORK

By Alexandra Vollman and Mariah Bohanon

**Playing a prominent role in the history and advancement of the United States, New York has had a profound effect on the diversity of the nation — the Statue of Liberty and Ellis Island serving as symbols of opportunity to visitors and immigrants for centuries. Today, New York remains a vibrant and diverse region ripe with opportunity for all to live, study, and work.**

With a population of 20 million, the state is composed of people of all nationalities, races, ethnicities, religions, and income levels; 22 percent of all residents are foreign-born, with no single country of origin dominating. As an international epicenter of industry and innovation, New York is also home to a diverse array of industries, such as banking, business, arts, and agriculture. Diversity is also noted in the state's geography and scenery — from the Adirondack Mountains in the north to the Catskills in the south and from the Hudson River Valley in the east to the Finger Lakes in the West.

### One of the cornerstones

of the state's economy, the State University of New York (SUNY) has been serving the diverse needs of the populations of the region since 1948, providing a multitude of opportunities for individuals to learn, work, and engage. The 64-campus system is one of the region's largest employers, serves a combined 445,000 students, conducts more than \$900 million in research, houses 30-plus museums and galleries, and hosts hundreds of public events each year.

SUNY's diversity is demonstrated not just by its students and employees, but also by its individual institutions. Its campuses include

research universities, liberal arts colleges, agricultural and technical schools, academic medical centers, land-grant universities, and 30 community colleges. Degree programs include everything from engineering and medicine to fashion design and musical performance.

SUNY's footprint in the fourth most populous state in the nation is significant, with 93 percent of New Yorkers living within at least 15 miles of a campus. Its focus on providing high-quality, accessible education and evolving to meet the needs of New York's communities and workforce is what has defined SUNY's success.

*SUNY campuses — like Binghamton and Fredonia (pictured above) — play a large role in the cultural, artistic, agricultural, and outdoor recreation industries in New York State.*





# ARTS & CULTURE

As one of the most ethnically diverse states in the nation with a deep, rich history, New York is perhaps the largest and most important cultural center in the U.S. On the cutting edge of fashion, music, and modern dance and host to historical and cultural events and movements such as Woodstock, the Harlem Renaissance, the Beat Generation, and **Broadway**, New York is responsible for major contributions and innovations in the areas of music, film, theater, dance, literature, and visual arts. In fact, creative industries are among the state's largest growing sectors.

With such rich cultural diversity, New York is never lacking in activities, events, and sites to see — from world-renowned museums and theaters to national and local festivals. Visit New York City's **Metropolitan Museum of Art** to take in Vincent van Gogh's *The Starry Night*, or the Jewish Museum of New York to view exhibits on Jewish art and culture. Outside of the city, in the town of Waverly, discover the largest exhibit of regional Native American artifacts at the **Susquehanna River Archaeological Center**, or visit the **Neuberger Museum of Art** on the SUNY Purchase campus, which features a large collection of African art.

Visit [neuberger.org](http://neuberger.org) for info.



## Leader of the Arts

With a larger annual budget than the National Endowment for the Arts, New York State is the largest public funder of art in the nation.

## SUNYKNOWSART

Arts programs abound at SUNY schools; here are a few of the more notable ones.

### TV AND FILM SUNY Buffalo State

The Television and Film Arts program — which cuts across the university's communication, English, and theater departments — teaches students to hone their storytelling abilities to pursue any number of careers in the entertainment industry, such as screenwriting, producing, and directing. With a focus on teaching and scholarship, cultural enrichment, and service, the program provides students with a mix of criticism, theory, practical application, and real-life internship opportunities to ensure their success in TV and film production.



Students perform at the Conservatory of Dance at SUNY Purchase. Visit [purchase.edu](http://purchase.edu) for more info.

### DANCE SUNY Purchase Conservatory of Dance

At the Conservatory of Dance in the School of the Arts, students gain conservatory-style professional training in classical ballet, modern dance, and composition from a renowned faculty. One of the most highly regarded dance conservatories in the country, the school also has its own student dance company, the Purchase Dance Company. Students must audition to be part of the company, which allows them to perform in local, national, and international concerts.

### MUSIC SUNY Potsdam Crane School of Music

Founded in 1886, the Crane School of Music is a community of musician-educators who work to prepare the next generation to teach music in public schools. Crane has 530 undergraduate and 25 graduate programs, including those in music composition, performance, music business, and more. The school is also home to the award-winning Crane Opera Ensemble, which provides students opportunities to participate in operatic productions. Additionally, through its opera education outreach program, the ensemble brings in children from local schools to experience opera and engage in workshops.

# FOR

the performing and musical arts, catch a musical at one of the 41 Broadway theaters, take in a student-led play or a national act at the 1,200-seat concert hall at Rockefeller Arts Center on the campus of SUNY Fredonia, or experience a performance by the New York City Ballet or The Philadelphia Orchestra in Saratoga Spa State Park's outdoor amphitheater Saratoga Performing Arts Center, located in upstate New York. During the summer, enjoy classical chamber music surrounded by nature at Maverick Concert Hall in West Hurley, or satisfy

your counterculture spirit at the outdoor concert series Mysteryland USA, which is focused on music, culture, art, and sustainability and takes place at Bethel Woods Center for the Arts — the site of Woodstock.

From the **Adirondack Wine and Food Festival** in June to the Lake George Winter Carnival every February, New York has a

lot to offer in every season. In the cold of February, New York Fashion Week provides something to look forward to, with the latest international fashion designs showcased to the public. For some laughs, grab tickets to New York Comedy Festival in November, featuring the best up-and-coming talent in U.S. comedy. For something for everyone, check out LET SMART ARTS INTO YOUR HEART, a series of cultural events on SUNY's Westchester Community College campus, including dance, live music, plays and musicals, films, and a poet and writers series.

Film and literature are also an important part of New York culture, with a variety of ways to engage. Film festivals featuring everything from short-length and experimental films to international and mainstream films take place across the state and throughout the year; these include the Long Island International Film Expo in July, High Falls Film Festival in April, and in November, SUNYWide Film Festival, which features the work of students and faculty from all SUNY campuses. For a more interactive experience, check out or participate in a poetry show or slam in one of New York City's famous venues. Founded in 1973, Nuyorican Poets Café — which poet Allen Ginsberg reportedly called “the most integrated place on the planet” — showcases a diverse mix of rising poets and advocates using poetry and spoken word as a means of social empowerment for minority and underprivileged artists.

### Historic Pride LGBTQ RIGHTS MOVEMENT

The Stonewall Inn in New York City's Greenwich Village, a gay bar and tavern, is the site of the 1969 Stonewall Riots, which are credited with launching the gay rights movement. The inn, which still operates as a bar, was designated a National Historic Landmark in 2007 and, in 2016, a U.S. National Monument. New York City's Pride March — taking place every year in June — is considered one of the best LGBTQ Pride Day celebrations in the world. (photo: Daniel Case/Wikipedia)



## CELEBRATING CULTURE

Some of New York's many ethnic festivals and celebrations

### Fantastic Art China

JANUARY, NEW YORK CITY  
A nine-day festival celebrating the Chinese New Year that features events and art exhibits at cultural venues and landmarks across New York City



### Bear Mountain Native American Festival and Pow Wow

AUGUST, STONY POINT, NY  
A celebration of Native American history and culture featuring food, handmade arts and crafts, and traditional music and dancing by members of the Sioux, Navajo, Winnebago, Cherokee, and Mohawk tribes



### New York India Festival

SEPTEMBER, SYRACUSE, NY  
A one-day event that celebrates Indian culture and traditions with an art gallery, a Bollywood-themed dance party, an Indian bazaar, and theatrical performances



David Shankbone/ Flickr



### Bring Us Your Creative

49,444 immigrants in New York City are employed in creative occupations.

## POETRYINMOTION

### THE BINGHAMTON POETRY PROJECT

Based out of the Binghamton Center for Writers on the SUNY Binghamton campus, this literary outreach program educates community members, including children and adults, on how to write and read creatively. Through a series of workshops, readings, and contests, it works to enhance art awareness and literacy in the local community through poetry.



SUNY Binghamton/Flickr





## Connecting Communities with Fresh Produce

Launched in 2011 by Gov. Andrew Cuomo, the **FreshConnect Program** has helped create new and support current farmers’ markets, provide fruits and vegetables to low-income individuals with limited access to fresh produce, and give individuals, including veterans and service members and their families, credits to purchase fresh foods at these markets. In 2015, SUNY Cobleskill and other area organizations partnered to create a Farmers’ Market Managers Professional Certification Program to facilitate the success of future farmers’ market managers.

## CHEERS

**The brewery business is booming** in New York thanks to a number of state regulations that have resulted in a dramatic increase in breweries and cideries in the state. In 2012, lawmakers passed the Farm Brewery Law, requiring that brewers use primarily locally sourced ingredients in order to label their products “New York State” beer. In response to growing demand for the key beer-brewing ingredient, the SUNY College of Agriculture and Technology at Cobleskill created a hop yard for students to gain hands-on experience growing what has historically been a vital crop in the region.



**The Farmers’ Museum**, on the outskirts of Cooperstown, offers a one-of-a-kind, immersive experience in New York agricultural history. Located on the site of Fenimore Farm — founded by James Fenimore Cooper in 1813 — the museum is home to a working farmstead, recreated historic village, and **more than 23,000 agricultural artifacts**. Costumed guides give tours and dramatic interpretations and offer a wide variety of educational programs. The museum’s Americana Academy offers courses in traditional folk arts and craftsmanship; topics range from medicinal herbs to silversmithing. (photo: Chris Evans/Flickr)



# HORTICULTURE

**Although New York has become** synonymous with the thriving banking and entertainment hub that is New York City, lush farmland dominates much of the state. Beyond leading the nation in dairy production, New York is the second-largest apple producer and third-largest grape-producing state, boasting many orchards and vineyards. But as a leading agricultural producer, the state also features a plethora of farmers’ markets and restaurants that serve locally grown foods.

Second only to California in wine production, New York State has more than 400 wineries. From fruity to earthy and sweet to dry, the wines of the region showcase the diversity of its landscape. For variety, make your way through **Lake Erie Wine Country**, stopping along the way to sample some award-winning wines from the area’s 23 vineyards. Make a weekend of it in Long Island Wine Country, where 40 wineries offer both opportunities for wine tasting and learning. Experience a bit of winemaking history at Brotherhood, the nation’s oldest winery, where tours of the underground cellar are open to the public. To learn more about wine, take a noncredit wine appreciation course at SUNY Oneonta or a wine and food pairing class at SUNY’s Onondaga

Community College.

Beer drinkers can head to Plan Bee Farm Brewery in Poughkeepsie to get a true taste of New York, with 100 percent of ingredients — including yeast, honey, grain, and hops — cultivated in the state. The brewery also offers a membership program, with three beer pick-up locations across the region. When the weather is nice, visitors to Arrowood Farms — a brewery that specializes in growing six different varieties of hops — can get a taste of farm life in southeastern New York. For those amateur home brewers looking to go pro, enroll in



the Craft Beer Brewing certificate program at SUNY’s Schenectady County Community College to gain both theoretical and practical brewing experience. For a stiffer drink, head to Myer Farm Distillers in Ovid for a taste of its many award-winning vodkas, whiskeys, or gins, made with certified organic grain, grown on-site.



**New York’s top 10 agricultural products are milk, corn for grain, hay, cattle and calves, apples, floriculture, cabbage, sweet corn, potatoes, and tomatoes.**



With 7 million acres of cultivated land, New York is a leading agricultural producer in the U.S., with a yearly economic impact of more than \$38 billion.

For a more family-friendly activity, check out one of New York’s many apple orchards to select your own farm-fresh fruit; with 25 types to choose from, New York grows more apple varieties than any other state. Pick-your-own farms are in abundance across the region, with opportunities to pick everything from pumpkins to blueberries, depending on the season. At Ontario Orchards in Oswego, apples and pumpkins are ripe for the picking September through October. Maple syrup is also a big business in New York,



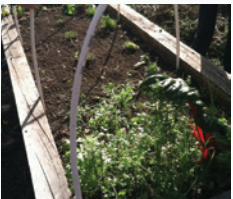
with plenty of area nature centers to learn about the maple sugaring process and purchase a jar. In Cornwall, the Outdoor Discovery Center at Hudson

Highlands Nature Museum offers tours through the forest during which participants learn about the production process and get to sample the goods.

With nearly 700 farmers’ markets across the state — some open year-round — locally sourced goods are never hard to find. With an agriculture industry characterized by its variety, New York markets sell nearly everything: fresh-caught fish, grass-fed beef, wild mushrooms, fresh fruit and vegetables, dry and fresh herbs, baked goods, and more. In Binghamton, at Old Barn Hollow Farm Market and Gluten Free Bakery, sign up for a workshop or shop for eco-friendly home products. For year-round produce, head to SUNY’s farmers’ market in downtown Albany or the SUNY New Paltz Farmers’ Market, which provides healthy foods and educates the community about the benefits of local and sustainable agriculture.



## COMMUNITY GARDENS



SUNY Cortland



SUNY Upstate Medical Univ.



tc3farm.com



SUNY Geneseo

The SUNY Cortland Model Garden educates the campus and local community on ecologically sustainable gardening in an urban setting, as well as food ethics and politics, plant biology, and health and nutrition. The college shares its harvest with its community partners.

A member of Syracuse Grows, an organization that builds and maintains community and school gardens, Upstate Community Garden at SUNY Upstate Medical University is overseen by students and volunteers, who plant squash, tomatoes, lettuce, beans, beets, and peppers.

Tompkins Cortland Community College Farm, or TC3, supplies fresh produce for SUNY’s downtown Ithaca restaurant and culinary center, Coltivare. The garden offers students hands-on learning experiences through the college’s Sustainable Farming and Food Systems Program.

Located in the Spencer J. Roemer Arboretum, the SUNY Geneseo Community Garden provides hands-on opportunities for individuals to learn about gardening, as well as the history of agriculture in the Geneseo Valley. It began as part of the Geneseo Food Project — established to explore the relationships between food, environmental sustainability, and social justice.

## LOCALLY SOURCED

In Beacon, enjoy a farm-to-table fried chicken dinner at the Kitchen Sink Food and Drink. The restaurant uses produce grown on its own farm and ingredients sourced from farms in the Hudson Valley.

Sip on locally sourced cocktails and dine on sustainably raised meats prepared by award-winning chefs at the Black Sheep Restaurant and Bar in Buffalo.

The Capital City Gastropub in Albany uses local producers to provide the freshest dishes, including pizza made with locally sourced, homemade mozzarella.

Home to more farms than any other county in the state, Chautauqua County is a mecca for all things locally sourced. Try the seasonal menu at White Carrot or artisanal cheeses at Reverie Creamery.





## SETSAIL



Landlubbers can learn how to sail, steer a powerboat, and stay safe at sea via **SUNY Maritime College's Waterfront Community Programs**. Located just minutes from the shores of Long Island, the college offers private and community sailing classes, boating programs for area high school students, and a summer camp where students in fifth through ninth grade can learn how to scuba dive, kayak, and more.

Get more info at [sunymaritime.edu](http://sunymaritime.edu)

**577**  
miles of New York shoreline along Lakes Erie and Ontario.

## Destination: FIRE ISLAND

**Take in the unique scenery.** Home to desolate beaches, maritime forests, and quaint villages devoid of roads or cars, a visit to Fire Island National Seashore is like stepping back in time. A focus on the preservation of the island's natural habitats means that a diversity of flora and fauna abounds.



Kevin Vance/ Flickr

**Celebrate LGBTQ history.** The island's many LGBTQ-centric communities include Cherry Grove, considered to be the first American community where gays and lesbians could be open about their sexuality. Its history as a safe haven for LGBTQ individuals makes it one of the most significant sites in the Gay Rights Movement.

**Enjoy the nightlife.** While the island's remote villages are quiet throughout most of the year, they come to life during the busy tourist season. Fire Island is known for its vibrant nightlife in the summer, with clubs, parades, and festivals.



# OUTDOOR RECREATION

With a landscape that includes beautiful beaches, major mountain ranges, rolling hills, and fertile river valleys — featuring more than 200 state and national parks — New York offers unparalleled opportunities for outdoor recreation. From hiking and camping, to surfing and sailing, to skiing and ice fishing, there are hundreds of activities and spaces to engage in the outdoors in New York.

As one of the nation's northernmost states, New York offers every imaginable type of winter recreation — from extreme snow sports to ice yachting or simply cozying up by the fire at one of the many resort-style Adirondack Great Camps, architectural reminders of the Gilded Age. New York boasts the largest number of operating ski areas in the country, which are scattered across the state — meaning that skiing and snowboarding are always just a short drive away. Central New York offers such an abundance of ski slopes that nearby SUNY campuses offer courses in downhill sports, while the upstate region has dozens of ski resorts within an hour's drive of several major cities, including Syracuse and Rochester — both voted as some of the healthiest college towns in the U.S. for their recreational opportunities. For more leisurely winter activities, take a ride down a toboggan chute at Lake Placid, hitch a ride on a dog sled through the Adirondacks, or try your hand at ice fishing in one of the state's many traditional ice shanties.



Wilson Hui/Flickr

**6.2 MIL**  
the number of acres Adirondack Park encompasses, making it the largest U.S. park outside of Alaska.

## HERITAGE TRAILS: A Walk Through History



Located at the site of the major Revolutionary War battle, **Saratoga National Historical Park** offers exhibits of artifacts, tours of General Philip Schuyler's historic home, and a walk through the Saratoga Battlefield and nearby Victory Woods. (photo: Matt Wade/Wikipedia)

At **Harriet Tubman National Historical Park**, stroll the grounds of the home and burial site of this hero of the Underground Railroad, stopping off in the park's visitor's center to learn about the life and legacy of one of America's most famous abolitionists.



## Access to the GREAT OUTDOORS

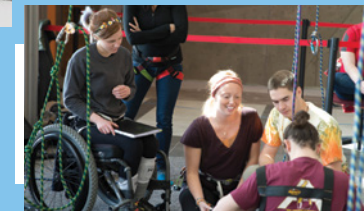
The New York State **Inclusive Recreation Resource Center**, located on the SUNY Cortland campus, is devoted to empowering people of all abilities to enjoy active lifestyles.



**Adaptive programs**, available at SUNY Cortland and many of the state's private ski areas, offer equipment and staff to help people with a variety of disabilities participate in winter sports.

The state's **Individual Access Pass** gives people with disabilities free or discounted access to state parks, historic sites, and recreational facilities.

[inclusiverec.org](http://inclusiverec.org)



## Did You Know?

60 million people visit New York state parks each year.

**200+**

the number of state and national parks in New York.

## WHEN WARM WEATHER COMES,

head to Long Island for some of the world's best beaches. Sunbathe on the white sands of the Hamptons, tour the lighthouse at Montauk Point, or surf the waves at one of the island's many state parks. Inland offers plenty of opportunities to hit the beach as well. With hundreds of miles of sandy shoreline along Lake Erie and Lake Ontario, gorgeous glacial lakes in the Adirondacks, and forested mountain lakes throughout the region, New York has a variety of places for freshwater fun. Take in the waterfall while swimming at Taughannock Falls State Park near the Finger Lakes, enjoy the sandy beach at the base of Belleayre Mountain in the Catskills, or stroll the pristine sand dunes at upstate Southwick Beach.



But the best outdoor recreation in New York isn't limited by the seasons, with plenty of places for year-round hiking and camping, among other activities. With more than 70,000 miles of rivers and streams and 2,000-plus miles of trails, the region also offers plenty of opportunities for canoeing, kayaking, white-water rafting, hiking, bicycling, and backpacking across New York's diverse landscape. City dwellers looking to get away can easily find an escape in New York's backcountry, with its many state parks, nature preserves, and wildlife refuges.

For those who are inexperienced in the great outdoors, SUNY offers opportunities for both students and community members to learn about "roughing it" from the experts. Take an Adventure Sports Challenge Course — complete with zipline — at SUNY Adirondack, attend a private retreat at **SUNY Plattsburgh's Twin Valleys Outdoor Education Center** 1, or sign up for a backpacking course at SUNY Potsdam. Or for those looking for something a little less rugged, "glamping" — complete with spas, shopping, and dining — is an option at luxury mountain resorts throughout the state.

## NEW YORK STATE PARKS

### BEAR MOUNTAIN

Located just 50 miles from the bustling streets of Manhattan, **Bear Mountain State Park** is an ideal location for a day trip or weekend getaway. The park's namesake, Bear Mountain, offers spectacular views, as well as trails for hiking, bicycling, and cross-country skiing. In addition to traditional state park amenities, it boasts a museum, zoo, swimming pool, ice skating rink, and a hand-carved merry-go-round.

### BOWMAN LAKE

Known for its idyllic setting, **Bowman Lake State Park** is located in a remote area in central New York. Those looking to truly get away from it all will find peace and quiet in the park's rustic cabins and campsites, with plenty of activities to enjoy. Hunting and fishing are popular pastimes here, as are snowmobiling and cross-country skiing during the winter.



Jarek Tuszyński/Wikipedia

### MINNEWASKA

Located atop the Shawangunk Mountains, **Minnewaska State Park** offers spectacular views of waterfalls, lakes, and alpine and hardwood forests. The park's unique terrain allows opportunities to engage in various adventure sports, including rock-climbing, bouldering, snowshoeing, and even scuba diving.



Consumers spend \$33.8 billion on outdoor recreation in New York each year.

**2,000**

miles of hiking trails throughout the state.