

Visitor's Guide



INTERNATIONAL
CENTER OF THE
CAPITAL REGION

SINCE 1956

Click images throughout the
Guide Book to visit websites!



INTERNATIONAL
CENTER OF THE
CAPITAL REGION

SINCE 1956

WE CONNECT NY'S CAPITAL REGION TO THE WORLD THROUGH CITIZENS DIPLOMACY



Our Programs:

IVLP

Building lasting relationships by connecting foreign leaders with their American counterparts

ACADEMIC WORLDQUEST

Educating, inspiring and engaging high school students in international affairs and the critical global issues.

OPEN WORLD

Introducing rising leaders of emerging countries to the importance of legislative functions in creating and sustaining democracies.



501(c)3 Non-Profit
Organization



Official Implementer of the
U.S. State Dept.'s IVLP
(International Visitor
Leadership Program)



Visitors from 30+ Countries
representing every continent
except Antarctica



Serving 23 counties
including Albany,
Saratoga, Schenectady,
Rensselaer

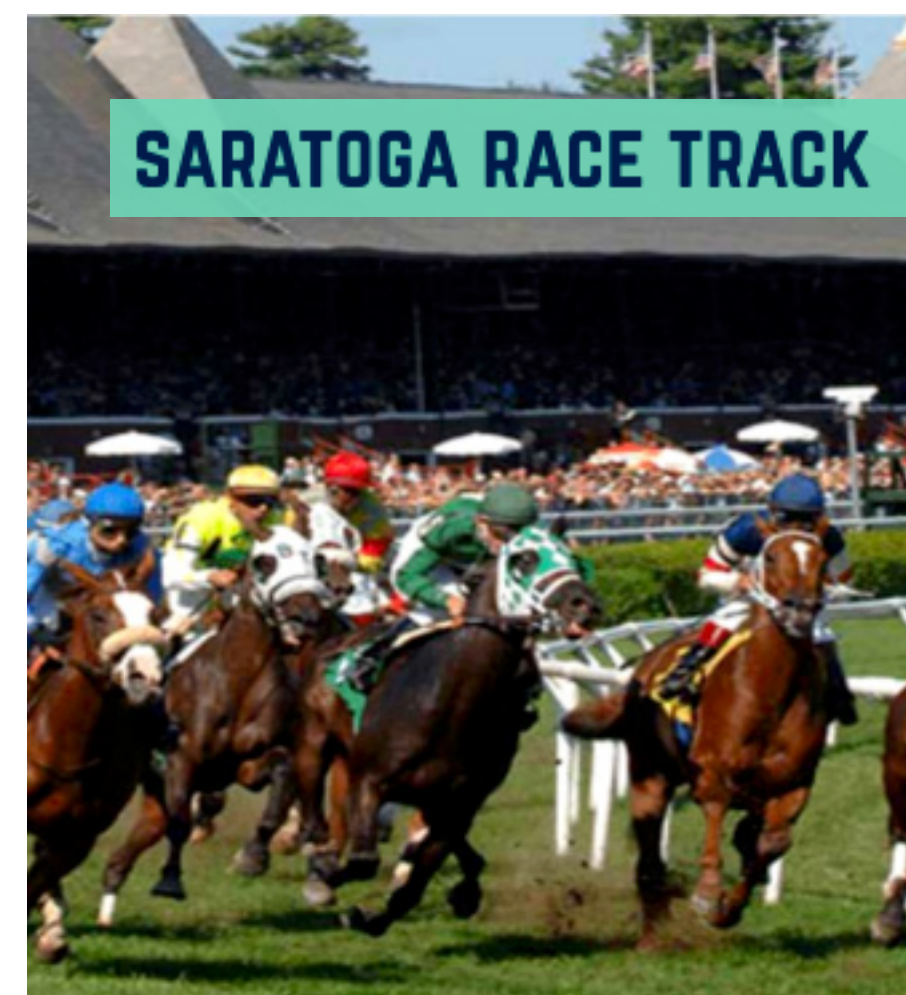


Hosting 100+
International Professional
Exchange Visitors Annually



300+ Volunteers
Engaged in Cross-
Cultural Activities

WELCOME TO
Albany, NY
CAPITAL OF THE
Empire State



Did you know?



Photo from Bottle Museum website

NATIONAL BOTTLE MUSEUM



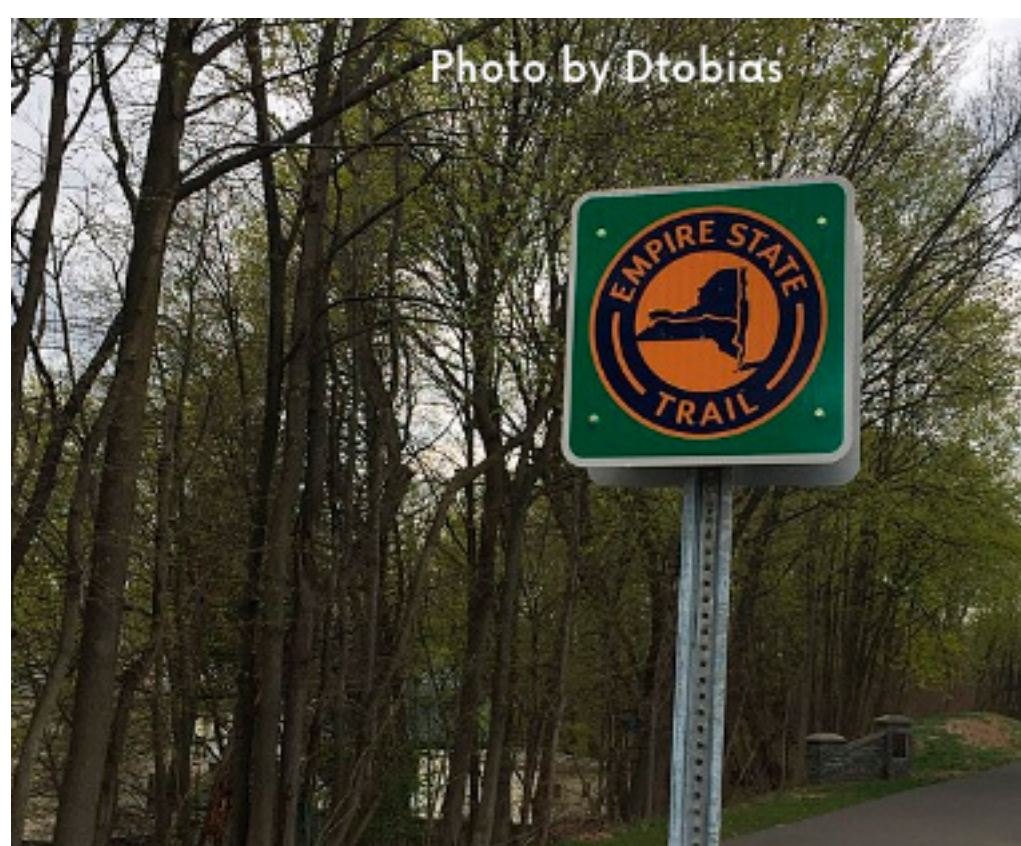
BASEBALL HALL OF FAME



1ST FOR WIND PATENTS



**MOST ADVANCED RESEARCH
FACILITY AT A UNIVERSITY**



750 MILE STATE TRAIL



**LONGEST RUNNING LGBTQ+
CENTER IN THE U.S.**



UNCLE SAM IS FROM TROY



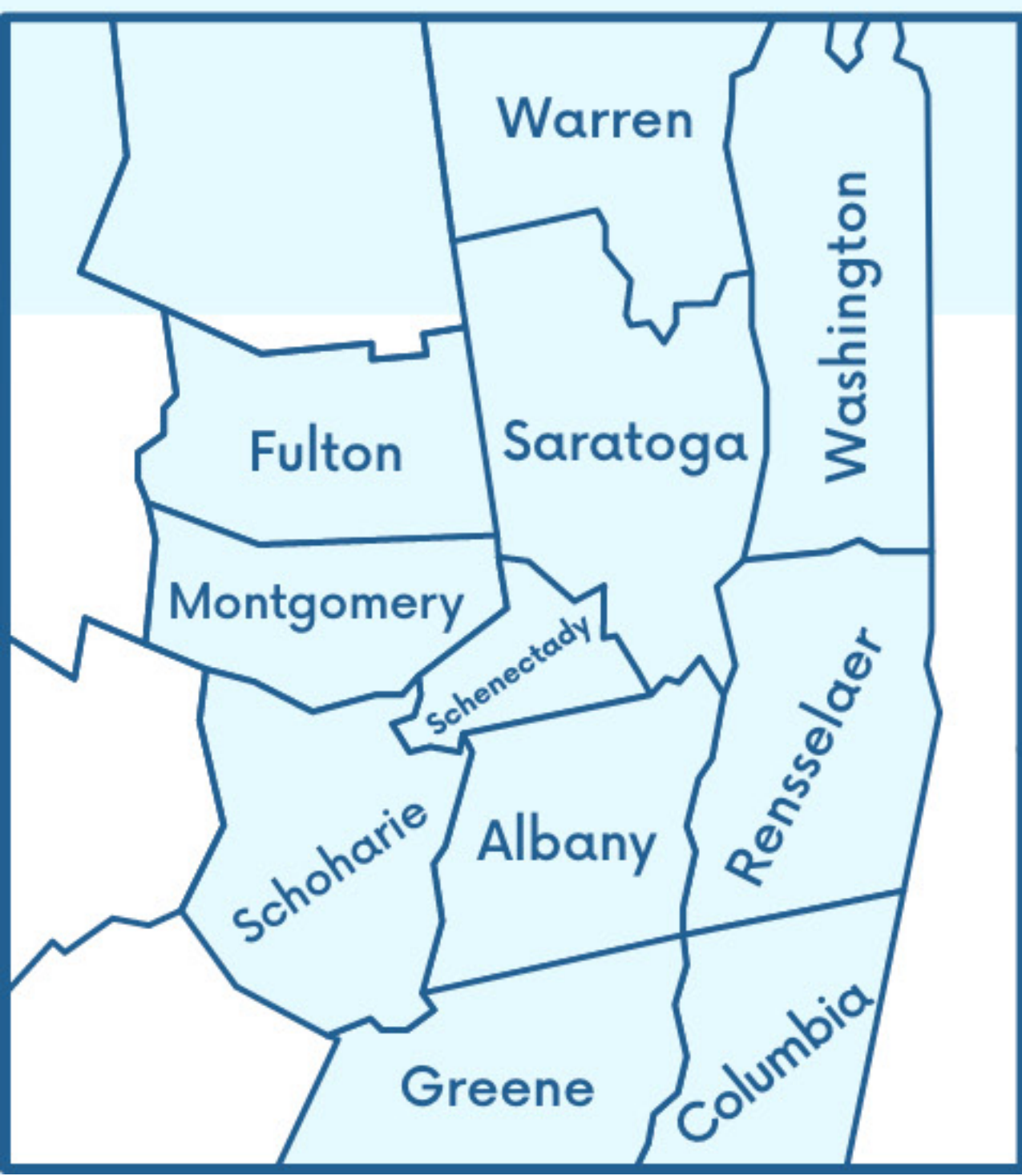
**4 GOVERNORS HAVE
BECOME PRESIDENT**



**FIRST MUNICIPAL
AIRPORT IN THE U.S.**

Geography

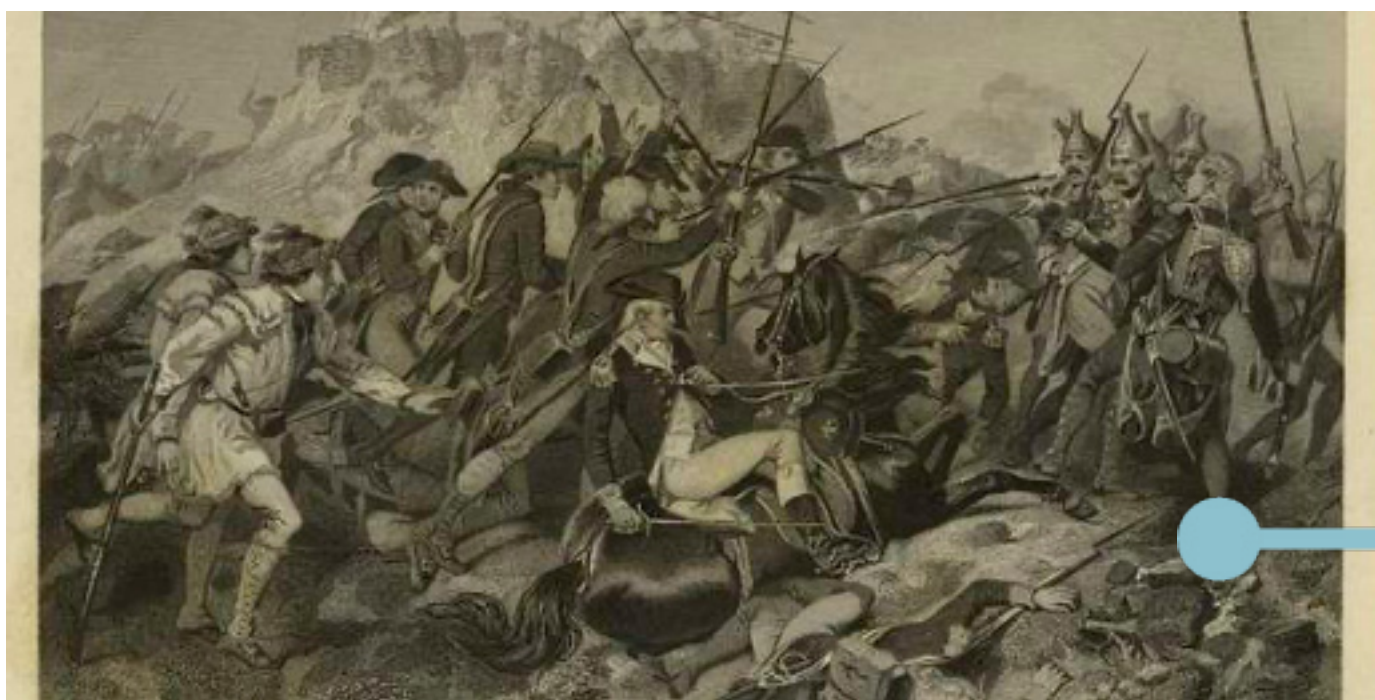
CENTERED AROUND MAJOR CITIES



**A CLOSER LOOK AT
THE CAPITAL REGION**

History

EVER UPWARD



BATTLE OF SARATOGA

1777

A turning point in the Revolutionary War, the defeat over the British Army gave hope to independence.



THE ERIE CANAL

An integral part of New York's shipping and trade history, as well as migration through the state.



1630

IROQUOIS CONFEDERACY

Six separate Indigenous nations came together to create the Iroquois Confederacy, or Haudenosaunee.



1797

ALBANY BECOMES CAPITAL

Albany's central location on the Hudson River made it a trading hub and the capital of the state.



1928

1ST TV BROADCAST IN THE U.S.

The first air-time TV broadcast in the U.S., as well as the first news broadcast in the world, was emitted from Schenectady.

Nature

EXPLORE THE GREAT OUTDOORS

WASHINGTON PARK



Hosts annual events in Albany like the Tulip Festival, live performing arts, Albany Pride parade, and farmers markets.

THACHER STATE PARK



Thatcher Park is home to one of the richest fossil bearing formations in the world.

ADIRONDACK PARK



Photo from Adirondacks website

The largest state park in the country. Five National Parks could fit inside of the Adirondack Park.

ALBANY PINE BUSH RESERVE



One of the last inland pine barrens is protected by the Reserve.

COHOES FALLS



The second largest waterfall in New York.

Photo by Carl Heilman II

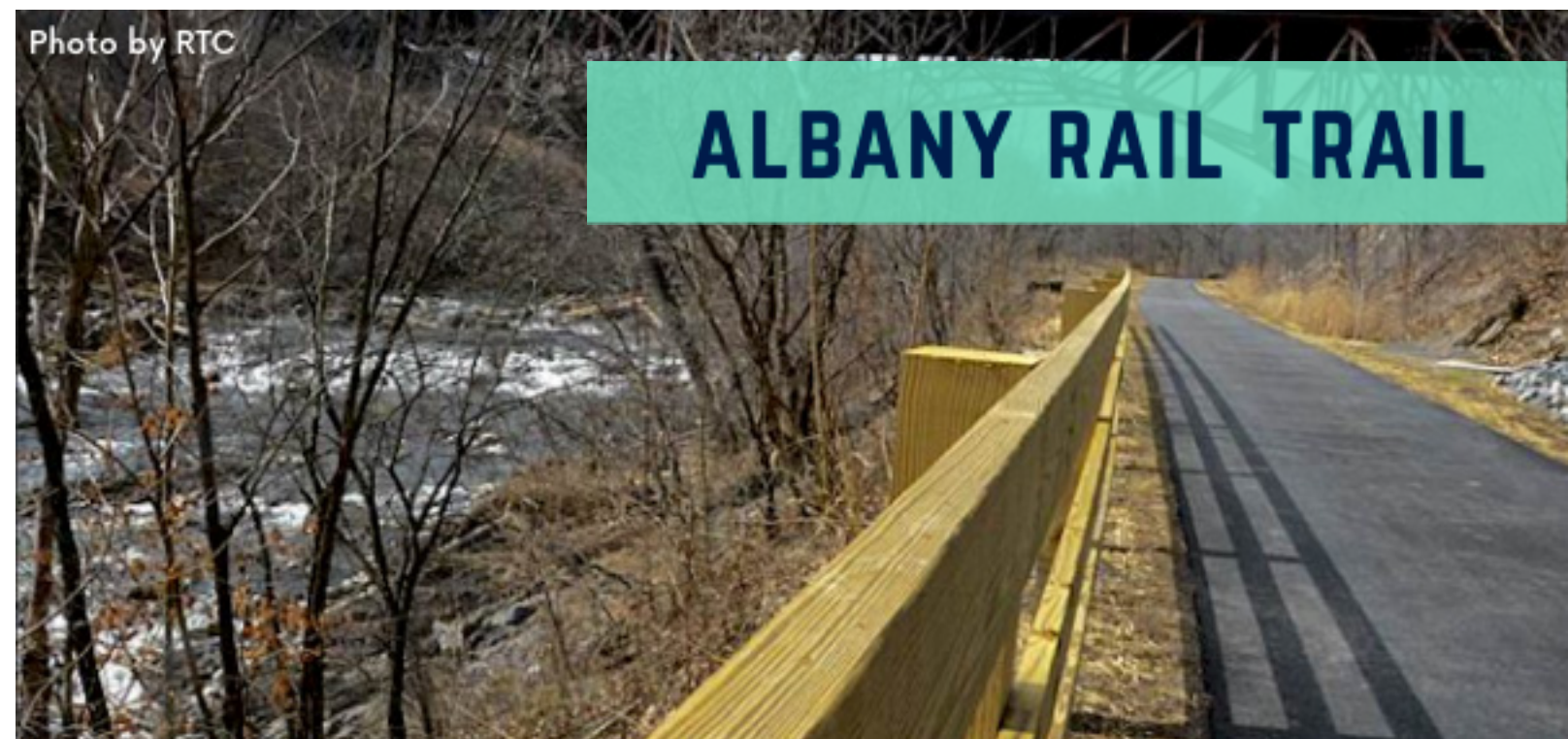
LAKE GEORGE



"Queen of the American lakes" has been a summer vacation hotspot for 200 years.

Photo by RTC

ALBANY RAIL TRAIL



An 18 mile, popular community trail.

Culture

MUSEUMS, ART, & PERFORMANCES



**UNDERGROUND RAILROAD
EDUCATION CENTER**



EMPIRE STATE PLAZA



THE EGG



NEW YORK STATE MUSEUM



**ALBANY INSTITUTE
OF ART & HISTORY**



TANG MUSEUM



SCHUYLER MANSION

Industries

POWER & CLEAN ENERGY



ELECTRONICS & TECH

BIOTECH & HEALTHCARE



Education

**COLLEGES, UNIVERSITIES, AND THE
SUNY ADMINISTRATION BUILDING**

A CENTER FOR EDUCATION

The Capital Region is home to
25+ colleges with an average of
70,000+ students



ALBANY

Albany College of Pharmacy
Albany Law School
Albany Medical College
Bryant & Stratton College
Excelsior College
Maria College
Memorial Hospital School of Nursing
Mildred Elley
Russell Sage College
SUNY Albany
SUNY Polytechnic Institute
The College of Saint Rose

LOUDONVILLE

Siena College

SCHOHARIE

SUNY Cobleskill

TROY

Hudson Valley Community College
Rensselaer Polytechnic Institute
Russell Sage College
Samaritan Hospital School of Nursing

SCHENECTADY

Clarkson Capital Region Campus
SUNY Schenectady County Community College
Union College

SARATOGA SPRINGS

Skidmore College
SUNY Empire State College

ADIRONDACKS

SUNY Adirondack

Food

LOCAL EATS

TARA KITCHEN

Moroccan



Troy

KARAVALLI

Indian



Image by Karavalli Saratoga

Saratoga Springs

CAFE MADISON

American Brunch



Albany

SUNHEE'S

Korean



Image by Sunhee's Kitchen & Farm

Troy

YONO'S

Indonesian



<https://www.druthersbrewing.com/>

Albany

CIDER BELLY DOUGHNUTS

Bakery



Albany

*More
places to
try*

- Niji Asian Bistro | Schenectady, NY
- Keobi Restaurant | Albany, NY
- Rain Modern Chinese | Albany, NY
- Jack's Oyster House | Albany, NY
- El Mexicano Restaurant | Saratoga Springs, NY
- Mama Mia's Restaurant | Saratoga Springs, NY
- Druther's Brewing Co. | Schenectady, NY



INTERNATIONAL
CENTER OF THE
CAPITAL REGION
SINCE 1956



*Thank you for visiting the
Capital Region!*

Stay connected:



Click here to
learn about
becoming a
member today!

Click here to join our mailing list

www.iccralbany.org

518-708-7608

info@iccralbany.org

80 Vandenberg Ave

131 Fitzgibbons Hall

Troy, NY, 12180

Our Partners:



International Visitor
Leadership Program
U.S. Department of State

GLOBALTIES > U.S.



WORLD
AFFAIRS
COUNCILS of
AMERICA



OPEN WORLD
LEADERSHIP CENTER