

## **Exchange Ambassador – Alex Cramer**

**Destination:** University of the West Indies, Mona, Jamaica

**Duration:** 1 Semester (Winter)

**Program:** History

**Highschool:** Kelvin High School (Winnipeg, Manitoba)

### **One word to describe your exchange?**

Rewarding

### **What was the best thing that happened to you while on exchange?**

The best thing that happened to me on exchange was establishing new friendships with people throughout the English Caribbean.

### **How did you finance your exchange?**

To finance my exchange, I saved my earnings from work and scholarships over the Summer and Autumn.

### **What languages do you speak?**

I speak English, but learned how-to pick-up Patois while on exchange.

### **What was the coolest place that you traveled to while on exchange?**

The coolest place that I traveled to while on exchange was Blue Mountain Peak, the tallest mountain on the island of Jamaica, with an elevation of over 2250 meters and a clear view of the Caribbean Sea.

### **What is something that you know now, that you wish you knew before you left for exchange?**

Before going on exchange, I wish I knew how to cook well, as I would have attempted to cook local recipes that I had never made before. This would have allowed me to better immersed in the culture and to try new foods along the way.

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**Who was the hardest person to leave that you met while on exchange? How did you manage that?**

The hardest person to leave that I met while on exchange was my friend Chevaughn, a Jamaican who I met at the start of my exchange through our mutual connection to the University of Windsor. To manage this separation, I continued to stay in contact with Chevaughn and plan to see him again in Jamaica in the future.

**If you were to recommend an exchange to your best friend, what would you say?**

In recommending exchange to a friend, I would tell them to travel to other parts of their host country as much as possible to see the wider world and to enhance their experience as an exchange student.

**A sample of the classes taken and credits received:**

- Freedom, Decolonization, and Independence in the Caribbean (got credit for HIST 2970)
- "Developing" to "Developed": North America, 1815-1980 (got credit for HIST 3970)
- A Century of Politics in Free Jamaica, 1838-1938 (got credit for HIST 2970)