

My experience as a MEXT Scholar was the most rewarding period of my life. It was not without its challenges though as I had to learn quickly how to adapt to life in a foreign country while simultaneously balancing academic study. Ultimately, my academic growth and personal development were significant.



I was afforded the opportunity to pursue my PhD. in Political Science at the University of Tsukuba, where I received mentorship and supervision from experts in the field, and produced valuable research on Japan's Foreign Policy with Caribbean States. This would lead me to my current position as a lecturer at the University of the West Indies, Mona.

At the beginning of my journey, my purpose was to further my own academic ambition, but I soon realised that it would entail much more. I was exposed to various aspects of Japanese life and culture while sharing my own Jamaican culture and forging lifetime friendships with Japanese and International students.

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