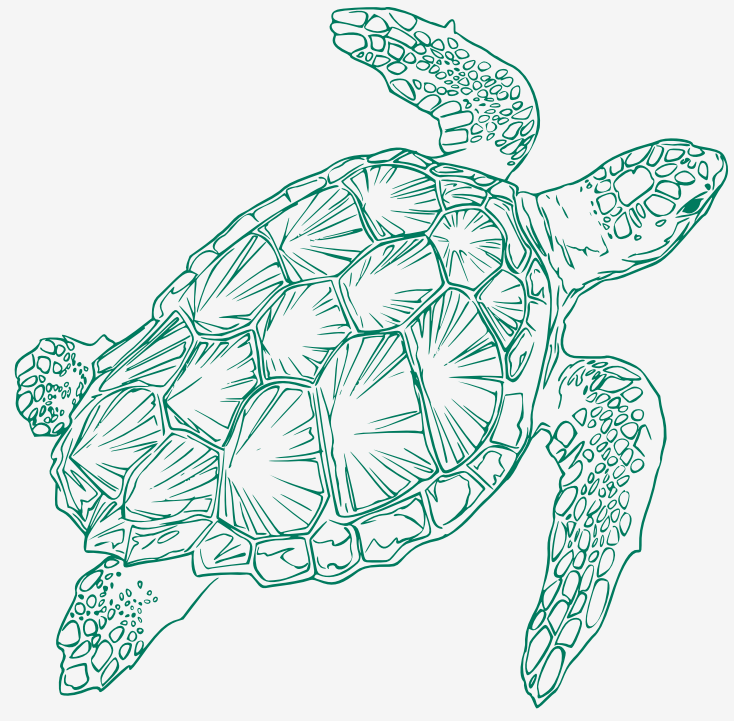




ULTIMATE GRENADA GUIDE



"As I finish my last term before clinical rotations, I wanted to share my experiences, recommendations, and insight on the island I've loved from the second I stepped foot on it. I hope you embrace the place you get to call home the next few years as much as I did. This is not affiliated with SGU in any way. Please continue to pass this down and around as you find it helpful. -

Brittney Kilgore"

GRENADA ISN'T JUST SGU

Congratulations on choosing SGU to further your medical/veterinary education. I hope this is one of the best decisions you've ever made

Remember - you're a student of SGU but a guest in Grenada. This island is so beautiful and the people are so kind. Please respect them, their land, their culture, and their home

While SGU does vouch for its students and try to ensure safety, security, and fairness, you are still expected to follow Grenadian laws and be responsible. Respect that - get a permit for your car; read your landlord's lease agreement; don't walk alone at night down a random road. Be smart people.

Have fun! No really, please- don't live on this island 2,3 maybe even 4 years and not enjoy the things it has to offer. You can learn so much outside of the classroom if you give it a chance.

ST. GEORGE'S UNIVERSITY

SOM: The school of medicine is arguably the largest school in numbers, programs, and alumni. SGU was first opened as a medical school. If you see someone around campus in scrubs, more than likely they're a med student. I have found this school to be the most diverse with people LITERALLY from all over the world.

SVM: The school of veterinary medicine is much smaller in comparison to the med school, but some of those people in scrubs are actually studying to save animals! Most students are from the US or Canada, but depending on the term may have people from other places sprinkled in. I had classmates also from Cuba, Japan, Korea, Grenada, the UK, and Puerto Rico!

SAS: The school of arts & sciences is often called the undergrad program, but there are graduate programs as well. Many of these students are Grenadians themselves. In my opinion, SAS was the second most diverse since often, many students from over seas do pre-vet and especially pre-med through SGU too.

GET INVOLVED

Remember - many students aren't from Grenada and this is a brand new environment and experience for them too. Everyone is eager and anxious to meet new people. Join clubs, play sports, and put yourself out there. You'll find your groove soon enough

Clubs/Organizations: There's so many clubs to join from vet/med specific, culture and religious, to extracurricular like SGU SHELL which gets to work with local orphans.

Sports: SGU has a lot of intramural teams from soccer to basketball to volleyball. There is ALWAYS someone on the basketball or volleyball court and its a great way to meet people outside of your school.

Hashes and Scuba Trips: I'll touch more on these, but this is another activity you can do regularly and have the potential to meet many new people, even outside of your term/school.

Student Government: A bit more than a club, student government allows you to dwell in student life, liase with faculty and professors, and plan schoolwide events.

GSPCA: You don't have to be a vet student to love animals. The Grenada Humane Society is always in need of fosters, both long and short-term (and sometimes just for the weekend!) Dogs and cats always appreciate the students' love.

ON CAMPUS LIVING

SGU requires first year students to live on campus. There are many dorm options. In the vet and med school, you may have a roommate in the opposite cohort (a vet student with a med roomie).

There are no meal plans but there's always food available on campus and in walking distance off campus.

CAMPUS FOOD

There's lots of options and so many vendors - Indian, Grenadian, Middle Eastern, Cuban food and more! Yakub Patel is my all time favorite. Also, Glover's BBQ chicken is some of the best BBQ sauce I've ever had!

Some people choose to remain on campus even after their first year for convenience. It becomes a lottery system and isn't guaranteed.

The dorms are FREEZING. Pack a hoodie, a fuzzy blanket. SOMETHING. You can't adjust the temperature in the rooms so just be prepared.

There is family housing on campus available. Animals are not allowed in dorms.

OFF CAMPUS LIVING

If you're an upper termmer and/or moving and have a pet(s), a family/significant other, etc you may look into off campus housing. It tends to be much cheaper than the dorms.

Off campus housing can range from \$500-\$2000 US/month (yes...some people pay that). I'd say the average is moving towards \$750-1200 a month just as newer buildings with more amenities are being built.

If you have a pool, new appliances, large space...you'll probably be paying much more than someone in an older space with older appliances.

There's main areas that most students live in. DPSS which is SGU's security regularly patrols these areas. Also, the SGU bus (which is free) runs in these areas. Most housing is right on the route or within a 10 minute walk. I've listed these areas below:

Lance Aux Epines (LAE): One of the most popular areas with a large variety of housing. You may see listings in sub-areas of LAE such as secret harbor, "behind the Brewery", or Prickly Bay. This area has a more "neighborhood" type feel.

Grand Anse: Near IGA and the main beach. There tends to be more traffic in this area, but very popular still. Sub-areas may include Morne Rouge or BBC Beach.

True Blue: This is the area closest to campus and many of the apartments/properties are in walking distance. The closer you get to campus, the more expensive it tends to be, espeically apartments.

Point Salines: Near the airport and the bowling alley. Another sub-areas is Calliste, Groom's Beach, and Airport.

Frequente: It's very close to Point Salines.

Mont Tout: Another fairly popular area. It's near another smaller grocery store called Food Fair.

SGU is not affiliated with any off campus landlords. You must find your own lease and maintain it. Try the SGU Off Campus Facebook page or use a realtor and request to be near SGU/on the bus route.

WHAT TO EAT

As mentioned before, there are no meal plans, but there is SO much to eat. You will never go hungry. Trust me. Check the following page for my personal favorite and top restaurant recommendations

Groceries

IGA: The most popular and typical student grocery store (in Grand Anse). They sell a lot including vegan, non-dairy, and other options. It is going to have more brands you're used to seeing in the US/Canada. They may be slightly higher due to being imported, but you can find pretty much anything.

Food Fair: Another grocery store. It sells more local brands (which are a bit cheaper give or take). It is in Mont Tout.

CK's: A bulk store right at the end of Maurice Bishop. If you're going to eat alot of rice, canned items, etc...get it here.

Fresh Food

You can get produce at the grocery stores, but getting them at the market is often cheaper and there's more variety. There's a produce stand right outside of Food Fair in Mont Tout and is very convenient.

Market Days in town are the BEST. If you go into town (the actual city center of St. George's) there's a huge market where you can get fresh vegetables, fruit, and spices. On Saturdays at the fish market you can get fresh fish caught THAT morning, but get there early (we're talking 7am or earlier), because the good things go fast. You can get tuna filets/steaks, Mahi Mahi (they call it dolphin), snapper, and even sometimes lobster or lionfish. There are also guys there that will cut and filet it too! And it's really cheap! I would still buy any meat/chicken from the grocery stores

Fun Fact: you'll find eggs unrefridgerated and they're perfectly fine like that. As long as you don't wash them, they're safe to be stored at room temp!

RESTAURANTS & EATERIES

Obviously too many to name, but these are some of my favorites and some popular recommendations by students

- **Options & Container Park:** These are both the group of eateries right outside of campus. Both have a variety of options from Cuban food to burgers to sushi to icecream to coffee and buddha bowls. My personal favorite? Cuban Kitchen in Container Park
- **Shawarma King & Greek Kitchen:** 2 more restaurants in walking distance of campus. Both sell wraps and AMAZING cheesy fries (If you get fries, make sure to get garlic sauce with them!) Also, Greek's pizza is one of my favorites! Both also have hookah
- **Belmont Estate:** One of probably my top 3 favorite restaurants on the whole island. It's a bit far since it's on the north side of the island so you'll need a car. They have buffet style local food (different each day) and sits on a HUGE chocolate plantation. You can do a chocolate tour and see how they make their chocolate bean to bar.
- **Umbrella's:** this is the SGU student classic. Even for the non-adventurous student, this is typically somewhere everyone goes. It's located right on Grand Anse beach and they sell a mix of everything. They also have some pretty good drinks too.
- **Nirvana's Pasta:** A sweet Italian lady makes FRESH, HOMEMADE pasta straight out of her house in Frequente. You can pick up there or on karibites. I highly recommend her pink sauce or creamy alfredo tagliatelle
- **Antonio's:** Hands down some of the best pizza and pasta on the island. It's in Grand Anse in the plaza with the round buildings
- **Patrick's:** A must go-to before leaving the island. You need a car or can take the 1 bus going towards town. They sell typical Grenadian food and have a SGU special for tapas where you can try a large variety of typical foods and dishes native to Grenada.

MORE RESTAURANTS

Because 1 page isn't enough

- **Dexter's Restaurant:** A small find a little outside of Grand Anse. You can drive or take the "1" bus there. A guy who used to be a hotel chef now serves a 5 course meal out of a small restaurant above his home. It did not disappoint.
- **Silver Sands:** The resort and restaurant is expensive, but a great place to go on a date, birthday dinner, or just to flex on your friends! All of the hotels/resorts allow you to come in for the day just to eat. You can also then use their amenities like the pool too!
- **Grill Master's:** Not a popular restaurant to students even though it's in the center of Grand Anse. They sell amazing Bakes, which is a Grenadian/Trinidadian bread in the morning. You can get all kinds of bake sandwiches. Also - the BEST mango smoothies I've ever had in my life (with milk). They also have milkshakes too.
- **Frank and Latta:** this is not a restaurant, but a sweet couple that sells Trinidadian doubles every Saturday morning in front of Grill Master. Please try them! They are GREAT and only 5ec each. They are also the sweetest couple ever.
- **Port Louis/Victory Bar & Restaurant:** A very popular place me and my girlfriend often went on random dates too. On Friday's they had live bands and BBQ.
- **KFC:** Just try it...it tastes different than in the US. I actually liked it more. The Pizza Hut next door also does not deliver.
- **Karibites :** A food delivery service on island like UberEats, Door Dash, etc
- **Spice Affair:** An Indian spot LAE. Very good and nice for a birthday celebration or night outbut can be a bit pricey
- **Rick's Cafe:** A restaurant that's kind of slept on. The marina is sweet and many students think it's some of the best pizza!
- **Carib Sushi:** I'm not a sushi fan but A LOT of students always talked about this place being good!
- **Other Honorable Mentions:** Le Phare Bleu, Aquarium, Sails, Schnitzel Haus, Pun-jabi, SANGRIA, Rebelicious Burgers, Secret Harbor, University Club

BEACHES

Beaches

- **Grand Anse:** Grenada's most famous beach and most popular by students. It can be accessed riding the Grand Anse SGU Bus
- **Lance Aux Epines Beach:** A much smaller and shallow beach, but nice for a picnic or evening walk.
- **Groom's Beach:** A bit into Point Salines going toward's the airport. It's secluded and a hidden gem.
- **Magazine Beach:** To get here, go past the airport and up the road behind it. When you get to the fork, make a left and there's a VERY steep driveway going down to a shaded and secluded beach. One of my favorites!
- **Levara Beach:** On the upper west side of the island. It's also where the leatherbacks lay eggs!
- **Black Bay Beach:** On the upper east side of the island at the end of the old airport strip. A nice day trip to go up there and visit.

Bars

- **Esther's:** I think a gem for SGU students (on Grand Anse Beach)
- **La Plywood:** In Morne Rouge/BBC. They also have AMAZING fish tacos
- **Boho's:** Another bar in Morne Rouge/BBC
- **Umbrella's:** You can order drinks to go if you're ever on Grand Anse

NIGHT LIFE

There is definitely plenty to do outside of school. It's something I've gotten asked quite a bit from my YouTube. You can always find students planning something after a major exam, on a Friday night, or sometimes, even in the middle of the week. Just **don't do anything here you wouldn't do at home!** Don't walk home late at night alone; ladies, try not to ride in a taxi late at night alone, etc. Just be mindful

- **The Brewery:** My personal favorite. It was right down the street from my apartment and I could hear the music every night. It's likely where you'll catch most people after a major exam.
- **Bananas:** Another bar club, in True Blue. They have twofers (2 for 1) on Tuesdays and are known for the Beer Pong tables.
- **Dodgy Dock:** On Wednesdays at True Blue Resort, you can hear alot of local music and get tasty Grenadian food. There's usually a live singer/band and it's just really fun to mix and mingle with Grenadians.
- **Junction:** Right across the street from the Brewery. They also have a bar and restaurant but usually on Thursdays-Saturdays may have more music and a bigger crowd
- **Lavo Lanes:** probably the nicest bowling alley I've ever seen in my life...literally. There's also pool (billards), hookah, a bar, and a restaurant. Definitely a nice hangout spot!

THINGS TO DO

While Grand Anse beach is pretty awesome, there's SO much more to do and discover

- **Chocolate Factory Tour:** Grenada has chocolate factories where you can see how chocolate is made from bean to bar. At Belmont Estate and Tri-Island Chocolate Factory, you can even make your own bar
- **Hashes:** A very popular "hike" for SGU students/family and locals alike. This mixes hiking with cross country, but you can definitely go at your own pace. It's fun and a different route everytime. Plus, there's beer and oil down at the end!
- **Waterfalls, Hiking, Snorkeling, Scuba** - Next pages
- **Hog Island:** This is a small island near Lance Aux Epines. There's a beach there and it's a nice hike. Also on weekends, you can usually find locals offering BBQ, drinks, and music!
- **ATV Tours**
- **River Tubing**
- **Visit the Sulfur Springs**
- **Find the Fort Jeudy Blow Hole**
- **Catamaran Boat Trips**
- **Visit Carricou:** This is Grenada's sister island and can be accessed from a simple ferry ride. It's a great weekend getaway and the beaches and snorkel opportunities are GREAT
- **Visit Welcome Stone**
- **Visit the Old Airport Strip**

TAKE A DIVE

Snorkeling

Even if you don't want to dive deep into scuba, you have to experience snorkeling in the beautiful waters! You can see so much even from the surface or a shallow dive. Also, many of the day boat trips/Catamarans have snorkeling included!



Scuba

GET YOUR SCUBA CERTIFICATION! It's so cheap and with a group of 4, you can get certified for less than \$300.

You can see all kinds of AMAZING things from nurse sharks, to sea turtles, to seahorses, to even maybe a manta! You can also help in clean up dives and lionfish hunts since they're invasive to the area.

CHASE THOSE WATERFALLS

Seven Sisters: This one requires about a 30 minute hike but it leads to 2 beautiful falls and pools to swim in. Many people will jump the big one (I did) but I don't recommend doing that without someone's guidance (aka a Grenadian) who has done it. Also, it can be pretty slippery in the rainy season so be careful!

Annandale Falls: Paved all the way up to the falls and they recently built a bar outside! Great if you're not a hiker or have family visiting the island.

Concord Falls: A bit further, but also easily accessible. There's also a hike to a couple of other falls. You can ask someone to point you in the area.

Mt. Carmel: A very nice fall with a short 15 min hike or so. There's also some rocks a bit further down you can slide down.

Rainbow Falls: This one is likely impossible to find if you don't have someone with you who knows the area. It's almost a 2 hour hike, but secluded and a nice spot. You can also slide here!

Golden Falls



CARS

If you choose to drive on island, know they are right-sided drive and drive on the right side of the street. This is opposite from the Americas. **You must get a license permit (60 EC/24 US) to drive.** It lasts for 3 months and can be picked up at the police station in Grand Anse.

Renting

Pros: Usually registration/ insurance/ maintenance covered by mechanic/owner of the car; cars in a bit better condition or "newer"; you don't have to find a place for the vehicle over break

Cons: Much more expensive in the long run, availability, another added bill

Owning

Pros: Cheaper (maybe) in the long run, it's YOURS, you can sell it back at the end of your time on the island and have money going into clinics

Cons: Need a trusty mechanic, must keep up your own insurance and registration, need somewhere to keep car on breaks.

Most cars on island are much older than you're used to and have their little quirks. Just remember your time here isn't long and having wheels gets you a lot more places

MAIL & MONEY

Mail

You'll be assigned a mailbox number. This is yours your entire time on island. You can receive any paper mail.

If someone sends you a package, even small, it'll be held at the local post office. You'll get a slip in your SGU box to go retrieve it where you'll have to pay customs...try to encourage family to write you letters or send you money rather than care packages.

Money

\$1 US = 2.70 EC

Take this with a grain of salt. Everyone does the math differently. I suggest getting any brought down cash exchanged to EC or waiting and just withdrawing cash on island.

Many landlords prefer cash and won't accept cards.

Foreign checks typically aren't accepted

There are 3 ATMs on campus. Most banks charge about \$3-5 US to withdraw. I take out a large amount, about 800 EC and just use it till it runs out to avoid paying the ATM fee often. Also, check your banks foreign transaction protocols for card usage..

Charles Schwab bank has no ATM or international fees

Credit/Debit cards ARE accepted on the island!

FAMILY & SO'S

Family

People do move down with their spouses, significant others (SOs), and/or children. There's on campus family housing but most people move off.

There's a Montessori school on the island in Mont Tout where most US/Canadian children attend. Some parents will home school their kids too.

Working

Most SOs that aren't students tend to work remote online jobs, but some may find small under the counter jobs on the island. Grenada requires a VISA for working

PHONE SERVICE

There's different options of what students typically tend to do for phone service on island

T-Mobile

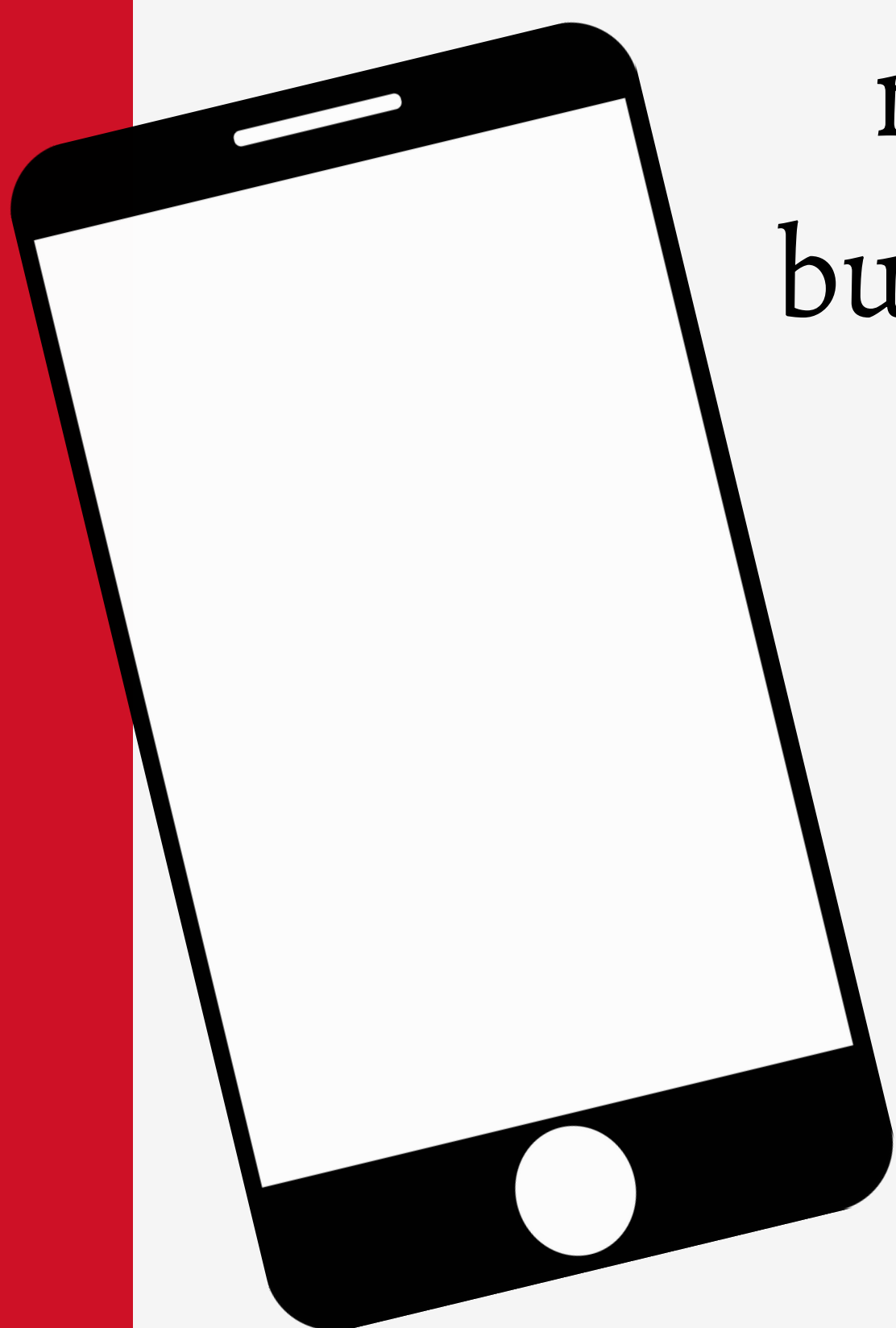
If you're from the US, if you switch to T-mobile you can get "free" international roaming - thats free 2G data and text. Calling is still not free, but if you're an iphone user, you can Facetime video/audio off data so its "free" or use Whatsapp to call home. I put free in quotes because this service is not meant for long term use. Usually around late term, I'd get a text from T-mobile saying I'm roaming longer than normal...I'd just turn my phone on airplane mode and only use wifi for about a week or so and it was fine.

Local SIM Card

Flow and **Digicel** are the 2 Grenadian cell companies. You can get a free SIM card and they have different plans with varying data and minutes. It allows you to make free local calls, but international calls will still cost per minute.

Wifi it Out

Pretty much just keep your phone on airplane mode and use wifi when its available.



HEALTHCARE

All students are required to have healthcare insurance. If yours doesn't cover you internationally, the school provides a plan you can opt into. You can also add dental and eye plans. It is available too for spouses/children.

Vet: If you opt for the school's insurance, the mandatory Rabies vaccine is covered and you can get it once arriving on island.

The campus clinic does vaccines, wellness exams, fluid therapy, etc. There is an imaging center in town and there is a hospital if something severe were to come up.

There is a pharmacy very close to campus (True Blue Pharmacy). It has always been recommended to bring down as much prescription medication as you can, but there is a pharmacy available here too.

PETS



It's become harder to bring pets over due to the 2021 ESA ban. Large dogs can't travel in cargo due to temperature regulations and Grenada is almost always over that year round.

Dogs/Cats under 20lbs are allowed in cabin under a seat in a bag. Larger dogs will need to be brought over on a charter airline or cargo service. Exotics are hard to import.

The first time you bring your pet, you will have to pay taxes on it. The price differs by the customs agent and breed. Save the receipt so you won't have to pay each time you enter the country!

Pet food on the island is limited . The SAC sells Hill's prescription diet and Science Diet. SGU's prescription brand is Hill's, so if your dog is on Purina/Royal Canin, you should try switching them or shipping it down. For vet students, you'll have access to Hill's VIP program. Outside of this, food in stores are limited to basic brands like Pedigree, Alpo, Meow Mix, Friskies, Dog/Cat chow, etc

Vet care is substantially cheaper on island at the SGU Small Animal Clinic (SAC) and GSPCA. The SAC does surgeries, routine care, hospitalizations emergencies, cancer therapy, etc. I recommend bringing your pet's flea and tick prevention down!

LGBT COMMUNITY

I identify as gay and never had an issue on the island. There are many gay men, lesbian women, trans people, etc at SGU both in student body and faculty.



The Grenadian culture is a bit more closed off to the idea, but at SGU I always felt safe and welcome. Me and my girlfriend always felt fine going on dates off campus and hanging out. I never saw anyone blatantly showing PDA but if you're in the LGBT community, don't worry! You'll be fine

WHAT TO PACK

During peak times (aka student return/departure to GND) you're allowed **2 checked bags, a carry on, and a personal bag**. (And if you travel with a pet, that counts as the personal item). Thus, packing is limited...

Pack your favorite things, valuables, etc. You can find practically everything you NEED (not always want) on the island from bedding to kitchenware to bathroom items, etc. If you have sensitive skin, pack your lotion/soap/deodorant. If you have a favorite snack, stock up on that. But don't waste your space packing heavy items, bulky things like excess towels/etc. I would at least bring one towel and set of sheets in case you can't get to the store the first day though! Also, pack 1-2 days worth of clothes in your carry on! It's not uncommon for flights to have bags delayed a day or two. You won't typically have to open your bags/declare anything at the airport.

WHAT TO PACK PT. 2

DON'T FORGET:

- Rain Jacket/Umbrella
- Scrubs! (Med/vet) - For vet, coveralls are optional
- Boots (Vet)
- A nice outfit or 2. People forget this, but at least a business casual outfit.
- Tampons ! (If you wear them, trust me)
- Extra laptop, tablet, phone chargers

Shipping Items

Have a lot of items? Or a pet? or a family? Ship a barrel or large boxes. Barrels can fit SO much stuff and you can ship anything...that blender or coffee maker, your dog's specific food, items for your kids, etc. You will have to pay import taxes at pick up, but you get everything you want there. Amerijet is the company I recommend since it's easy pickup for students. Take new things out of its box/wrapping and pack food at the bottom. Appliances and food tend to be taxed highest.

FAQS

- **Can I work on campus/in Grenada?** No. You need a VISA. Also as a student, you truly won't have time. Most people live off of their loans. There's small campus jobs like DES (tutoring), tours, etc, but these are like pocket money more than anything else.
- **Where does my stuff stay during breaks?** Campus has on campus storage. If off campus, usually your unit remains locked while you're away if you're still within your lease
- **How do leases work during breaks?** Most leases are 6 or 12 months. Some landlords will prorate months you're away or only partially there. Others require full pay throughout the lease.
- **How often can I come home?** We get about a 5 week break across the winter holidays and a solid 3 months off during summer. In SOM, T3/4 runs into the summer though, but you'll still have 4-6 weeks at home.
- **Can I bike/skateboard on the island?** The roads are not good and there aren't many sidewalks. It's not a popular thing and not really something you see. There's a handful of bikers on island I've seen...
- **How often do you get hurricanes?** Grenada is below the hurricane belt! It's very rainy, but they don't really get hurricanes. The last was in 2005.

FAQS

- **Should I bring a printer?** No! All students have about \$125 worth of printing included in tuition. One page is about 5 cent or 0.05. You'll likely never go through this.
- **Best way to get over my TV or desktop screen?** I'd recommend not unless you just EXTREMELY like desktops or maybe your SO works from home. These items will be heavily taxed
- **Can I ship my car over?** You can...but NOBODY does. It's so expensive and the roads will wear on your car heavily. Just get a local car for the small amount of time you'll be there
- **Is there dog boarding?** There's many SOs that look for something to do; also, sometimes your roommate(s) or people in your building may be able to let your dog out!
- **Is it safe for me to be gay/trans there?** Yes, I've always felt safe and I know other faculty and students too!
- **Are there vegan/vegetarian options there?** Yes! On campus, off campus, and in the grocery stores. There may not be as many pre-prepared foods, but there are for sure options
- **Will I meet people? I'm scared to not have friends:** Everyone is new and has this same fear. Trust me, you'll make friends for sure.

FAQS

- **How far should I live from campus?** That's up to you, but be mindful of bus routes. The island is small...only 24 miles long. 1-2 miles can take almost a 20+ minute drive. The roads are winding and so numerical difference in distance is different than in person. Even if you have a car, you don't want to be too far and have to deal with traffic to get to an 8am lecture or lab. Try to stay relatively close to the places listed on the off campus page... (For example, the Golf Course is often listed as close to Mont Tout, but the SGU bus does not go here. It's about a 15 minute walk to the nearest stop, up a VERY steep incline, and there's no sidewalks nearby. With a car, it's not an issue. Another example on the flip side, on a map, a location may say 1.8 miles or 3K kilometers from campus and even with a car, it's a lengthy drive). I always recommend looking on the SGU offcampus housing page or a realtor that is accustomed to working with SGU students.
- **How is the rainy season?** Ever seen it rain sideways? Well, you may here. August- December is no joke, but there's ALWAYS beautiful rainbows to follow.
- **Is whatsapp normal?** Yes, everything on the island runs on WhatsApp and Facebook. I'd download the app and update my profile if I were you!

FAQS

- **Can I ship things/use Amazon?** No, currently (as of 2023) Amazon does not ship to Grenada
- **Are there streaming services on the island?** Netflix works, but for Hulu, Disney Plus, sports streaming, etc you'll need an EPN. Also, international Netflix is different. Not all shows you have available back home will be available in Grenada, but sometimes it's good because there will be movies/shows not available on Netflix back home. For example, I became a huge Rick & Morty fan on the island and returned home to find out it's not on US Netflix haha.
- **Are there research opportunities?** Yes, but remember SGU is not a research school. There are opportunities but it is limited.
- **Are there places for natural hair?** Getting your hair braided is very cheap on island if you want a quick style for natural hair...we're talking 100 EC or less. There is a hair store in Mont Tout that sells hair, natural hair products, and other products for hair!

MY FAVORITES

These are MY top things I found in Grenada and my personal takes on a few things

- **Waterfall:** Seven Sisters hands down! I always loved the hike and getting down to swim in the pools.
- **Saturday morning doubles** with Frank and Latta! Seriously, you have to try them. Right outside of Grill Master in Grand Anse
- **Mango Smoothies at Grill Master!**
- **Cocoa Tea ice cream** from the House of Chocolate icecream truck on campus. One of the best flavors I've ever had.
- Try **Nirvana's pasta**. She's the sweetest and her pasta is the best!
- **Yakub Patel** on campus. He has very tasty Indian cuisine. His egg biryani and sweet & sour chicken is LIFE.
- **Ting!**
- **Sundown Cider** from the Brewery
- **Belmont Estate Dark Chocolate w/ Sea Salt**
- **Bakes!**
- **Beach:** Grand Anse and Magazine Beach

Check out my Youtube for videos and vlogs of my time in Grenada:

<https://www.youtube.com/c/BrittneyKilgore/>