As a Gilman Scholar to Ghana, Sandra was able to study the history and development of West Africa. She did a field study on historic sites and tourist attractions to understand Ghana’s geographical history. Sandra also interned at the Mawulolo Youth Network, a local nonprofit focused on the positive development of underprivileged students. She helped the program’s administrative team with internal tasks that benefited their funding. Sandra also volunteered in the children’s ward of University Hospital.

While abroad, Sandra joined the University of Ghana’s Debate Society. Sandra’s involvement during her time in Ghana helped her develop a stronger sense of independence, confidence, and the willingness to keep promoting studying abroad to minorities like herself. Sandra’s time in Ghana was a life-changing experience that helped her discover what culture means to her.