

It's a place where I have been challenged to do not just my best but the best of the best."

Lessons about one's own Society from a Foreign Perspective

Spending time among people in another country according to Pires (2000) is certain to provide ample occasion to discuss the lifestyles and culture in one's own country. Such discussion as he further stated permits students to learn about their own culture from a different perspective. Here is what Ndure, a Gambian student studying in the University of Ilorin has to say about what it feels like when you learn about your society from a foreign perspective: "I have come to know that there are certain things we do that are not up to international standards."

Exploring Future Career Possibilities

This aspect may vary depending on who is concerned and his or her motive for embarking on exchange mission. Edgerton (2000:12-13) is of the opinion that sometimes, "increased economic pressures abroad may push more and more students and Faculty towards the industrial nations, where economic opportunities are relatively greater and the prospect of a secure future more hopeful, while mere curiosity is the reason some others get involved in exchange programmes." We have seen instances where people eventually got married or became permanently resident abroad even when they never left their homes with such intention. The ECOWAS policy that encourages freedom of movement and stay within the community with little or no documents promotes this a lot.

Other benefits derivable from educational and cultural exchange programs between institutions and generally include (but not limited to):

- a. Organizing, promoting, staffing and coordinating long and short-term Faculty and student exchanges and other academic activities; provided that all participants are appropriately qualified and there are adequate financial resources;

- b. Providing exchange internship opportunities for qualified students of the two institutions involved;
- c. Facilitating and coordinating joint research cooperation and curriculum development;
- d. Organizing seminars, academic interactive sessions, and other professional development activities;
- e. Exchanging academic materials and other educational and relevant cultural information;
- f. Coordinating special short-term academic programs, including short-term seminars to introduce faculty, staff, students and friend of the institutions to general cultural activities and other areas of specialized learning;
- g. Enhancing the capacity of the two institutions to carry out relevant research and secure the required external funding for same;
- h. Supervising jointly post-graduate projects and thesis;
- i. Serving on joint Editorial Boards of official and recognized Journals of the institutions;
- j. Exchanging Professorial External Assessors; and
- k. Exchanging External Examiners.

Some Challenges and Setbacks of Exchange Programme Wellbeing of the Students during Exchange Programme

This is one critical factor usually linked to the success or failure of almost any venture in today's world. It is one problem that is common to all and has been raising serious concerns all over; since time immemorial to date. There isn't any region of the world today that doesn't have its own fare share of this menace except that its gravity may differ. From the North to the South or East to West of Africa, governments and people are battling to contain either insurgencies or epidemics even though 'countries of ECOWAS have faced some of the most daunting security challenges any region in Africa has had especially from civil wars' (Bamfo, 2013: 14).

The ECOWAS in recent time has been a focal point in the world due majorly to the Boko Haram insurgents in Northern Nigeria and the