

CAR BBEAN CONNECTIONS



THE INDEPENDENCE EDITION



FROM THE HIGH COMMISSIONER'S DESK



ONE PEOPLE...ONE LOVE



Reflections on Independence

On 1 August both countries celebrate Emancipation Day, on 6 August, Jamaica proudly celebrates its 64th Anniversary of Independence, and on 31 August, Trinidad and Tobago will commemorate 64 years of nationhood.

diaspora, our students, friends of Trinidad and Tobago, and all those who have welcomed me and supported the work of the High Commission. Your friendship and encouragement have made my tenure both rewarding and comfortable.

Welcome to the second edition of Caribbean Connections – One People, One Love.

I am delighted to once again share this newsletter with you as a way of keeping our community informed about the work of the High Commission and celebrating the enduring friendship between the Republic of Trinidad and Tobago and Jamaica. I was deeply encouraged by the warm reception to our inaugural edition, and I thank all those who took the time to read it and share their thoughtful feedback.

This second edition comes at a particularly meaningful time for our two countries. August is a month of profound national significance for both Jamaica and the Republic of Trinidad and Tobago.

These anniversaries provide an opportunity not only to reflect on our respective national journeys, but also to celebrate the enduring friendship between our two countries. As close Caribbean neighbours and committed partners within the CARICOM family, Trinidad and Tobago and Jamaica have long demonstrated that cooperation, mutual respect and solidarity are among our region's greatest strengths.

As High Commissioner of the Republic of Trinidad and Tobago to Jamaica, I have been deeply touched by the warmth, kindness and support that have been extended to me since my arrival. I wish to express my sincere appreciation to the Government and people of Jamaica, the diplomatic community, members of the Trinidad and Tobago

Today, our world is confronted by numerous challenges—from economic uncertainty and climate change to geopolitical tensions and the increasing need for resilience in our societies. In such times, the value of regional cooperation and genuine friendship cannot be overstated. The Caribbean has always drawn strength from its unity, and together we are better equipped to overcome challenges, seize new opportunities, and build a future of peace, prosperity and sustainable development for our peoples.

Our calypsonians and reggae artists have long reminded us, through music and storytelling, that the Caribbean spirit is one of resilience, hope and togetherness.

As we celebrate the Independence of Jamaica and Trinidad and



FROM THE HIGH COMMISSIONER'S DESK



ONE PEOPLE...ONE LOVE



Reflections on Independence

Tobago, we are reminded of a timeless truth often expressed in our music—that our strength is greatest when we stand together. In a world facing uncertainty and division, the enduring friendship between our two nations affirms that unity, respect and cooperation remain the foundation of our shared future.

As we celebrate, let us renew our commitment to the ideals that have guided our nations since Independence. Ideals such as democracy, freedom, equality, respect for the rule of law and service to our people. Let us also continue to strengthen the bonds that unite Trinidad and Tobago and Jamaica, confident that through partnership and shared purpose, our countries and our region will continue to flourish.

May the deep friendship between our two nations continue to blossom from strength to strength.

One People, One Love.

Her Excellency Deborah Thomas-Felix

High Commissioner for the Republic of Trinidad and Tobago to Jamaica.

Ambassador for the Republic of Trinidad and Tobago to Dominican Republic and Haiti.

Permanent Representative for the Republic of Trinidad and Tobago to the International Seabed Authority.



BUSINESS FEATURE

THE HOUSE OF ANGOSTURA® EST. 1824

Angostura, a heritage global beverage company, steeped in tradition and driven by innovation, is a world market leader for bitters and one of the Caribbean's leading rum producers. Our story began in 1824, with Dr. Johann Siegert's pioneering invention of ANGOSTURA® aromatic bitters. The recipe for ANGOSTURA® aromatic bitters has not changed since the first bottle was introduced to the world and remains a top secret. We have successfully marketed our iconic bitters globally with a geographic reach into 170 markets.

Angostura's premium rums have earned widespread international recognition over the past decades, winning numerous awards at leading spirits competition. The company was again recently highlighted on the world stage, receiving six medals at the prestigious International Wine & Spirit Competition 2026. In 2025, our brands won 25 international awards and topped the **World Spirits Award for World Class Distillery** and **SIP Awards** tasting for Amaro di Angostura®. Six of our rums were awarded medals by **Spirit Business Design and Packaging Masters**. We have also maintained our position as the best-selling and top trending brand for cocktail bitters by Drinks International.



Angostura's premium rums

Our iconic beverages include:

- **Angostura® 15-year-old**
- **Angostura Founders Reserve 1824®**
- **Angostura Grand Reserve 1919®**
- **Angostura® 7-year-old**
- **Angostura® 5-year-old**
- **Angostura® 3-year-old**
- **Angostura® Single Barrel**
- **Angostura® Tamboo**
- **Angostura® White Oak and its innovative array of flavours—Sorrel, Coconut and Pineapple**
- **Forres Park Puncheon**
- **Black Label**
- **Royal Oak**
- **Angostura® Chill** and its range of flavours—Lemon, Lime and Bitters, Sorrel and Bitters, Blood Orange and Bitters, Ginger and Bitters and Pear and Bitters.
- **ANGOSTURA® aromatic bitters**
- **ANGOSTURA® orange bitters**
- **ANGOSTURA® cocoa bitters**
- **Amaro di Angostura®**
- **Ready to Drink beverages – 420 and Cubata**

BUSINESS



(L-R) Family receive keys to their home from Lisa D'Oyen, Executive Director of Seprod Foundation, and Venesha Henry, community member. The construction of this house is part of the Angostura and Seprod Foundation Hurricane Melissa recovery programme.

Jamaica is one of Angostura's key Caribbean export markets, reflecting the strong demand for the company's internationally recognised portfolio of bitters and premium rums. We are committed to the island through initiatives that assisted families displaced by Hurricane Melissa and supporting animal welfare through our partnership with the Seprod Foundation.





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CARICOM Single Market & Economy – Free Movement Regime

If you are a Trinidad and Tobago national who is living in Jamaica, or a Jamaican thinking about making the move to Trinidad and Tobago, the CARICOM Single Market and Economy (CSME) is more than just a policy. It's a living, breathing regional agreement that allows skilled Caribbean nationals to work, live and contribute across the region without the red tape of traditional work permits.

The **Free Movement Regime** is one of the CSME's most practical and people-focused features of the Revised Treaty of Chaguaramas. It promotes orderly migration by giving qualified nationals the right to seek employment, establish businesses, or provide services in other participating CARICOM states. And the key to unlocking these opportunities? **The CSME Skills Certificate and the Right of Establishment.**

The CSME was established under the **Revised Treaty of Chaguaramas** to deepen regional integration and strengthen economic and functional ties among 14 CARICOM Member States. The Free Movement Regime began in 2002 with 5 categories of skilled workers and has since expanded to include a total of 13 categories. They are as follows:

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Free Movement Regime

- 1.University graduates
- 2.Media workers
- 3.Artistes
- 4.Musicians
- 5.Sportspersons
- 6.Nurses
- 7.Teachers
- 8.Artisans with Caribbean Vocational Qualifications (CVQs)
- 9.Holders of an Associate Degree
- 10.Agricultural workers (in some member states)
- 11.Domestic workers
- 12.Private Security Officers
- 13.Aviation Personnel

This expansion reflects the region’s recognition that skills come in many forms – academic, technical, creative, and professional.

The Right to Establish a Business in a Participating Member State.

The Right of Establishment allows a qualifying CARICOM national to setup and manage a business or engage in self-employment in any participating member state without facing discrimination based on nationality. This facility encourages business expansion, more entrepreneurial activity, investment and economic development in the region.

The Numbers Tell the Story

- Since inception over **20,000 CSME Skills Certificates** have been issued across the region.
- Trinidad and Tobago alone has processed **more than 3,100 applications** from 2002–2026. Since the digitalization of CSME and the Right of Establishment application process, there has been a 60% uptick of applications in Trinidad and Tobago, the region and the International Diaspora.
- The CSME Unit is the only unit in the Caribbean that has digitized its services, which accounts for 100% online applications and approximately 75% of advisory services showing a clear shift toward digital convenience.
- The most common applicants are **university graduates**, followed by **media workers** and **artisans**, with steady growth in categories such as artistes and **holders of national vocational training certificates**.

These numbers are not just statistics – they represent thousands of people who have been able to move, work, and build lives across the Caribbean without

unnecessary barriers which redounds to the economic and social wellbeing of the region.

Why You Should Get a CSME Skills Certificate or Apply for the Right of Establishment?

- 1.No Work Permit Required – Once approved, you can work in the host country without applying for a separate work permit.
- 2.Family Benefits – Your spouse and dependents can accompany you and enjoy similar residency rights.
- 3.Career Mobility – Move freely between participating CARICOM states to explore new opportunities or advance your career.
- 4.Recognition of 1 CSME certificate issued by a member state by all Member States.
- 5.Regional Belonging – You’re not just a visitor – you’re part of a shared Caribbean workforce and community.
- 6.The ability for Member States private sector to fill skills gaps.
- 7.Entrepreneurial opportunities for business expansion across the region.
- 8.The opportunity to bring with you your managerial, technical and supervisory staff to another Member States.



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Free Movement Regime

9. Rights, benefits and responsibilities in all participating Member States and qualified access to healthcare and education in the receiving State.
10. The ability to travel to a Member State for the purpose of finding employment. Note that you must be able to satisfy the Immigration Officer that you can financially sustain yourself and that you will not become a ward on the State.

Applying Online in Trinidad and Tobago

For Trinidad and Tobago nationals, the process is now fully digital, making it easier than ever to apply from anywhere in the world from the comfort of your home – including if you're currently living and working in Jamaica with a work permit.

1. Gather Your Documents – Passport bio-data page, proof of qualifications (degree, diploma, CVQ), birth certificate, and a recent passport-sized photo with a white background, police certificate of character from TT and Jamaica and a letter from the Accreditation Council to verify your academic qualifications.
2. Access the Ministry of Foreign and CARICOM Affairs CSME Portal – The official site has a



dedicated section for Skills Certificate applications as follows:
<https://csme.foreign.gov.tt>

3. Complete the Online Form – Fill in your personal, educational, and professional details.
4. Upload Your Documents – Ensure all scans are clear, straight, in color, and legible.
5. Submit and wait for Collection Notification – You'll be contacted when your certificate is ready for collection. Note that you can authorize a friend or family member to collect your skills certificate or you can request that it be sent High Commission in Kingston, Jamaica.

For Jamaicans Moving to T&T

If you already have a valid CSME Skills Certificate, you can enter Trinidad and Tobago, present it to the immigration official at the point of entry, and be granted a

6 months stay in the receiving state. Within 6 months you are required to go to the Ministry of Foreign and CARICOM Affairs, CSME Unit to have your certificate verified. After that, you are required to make an appointment with the Immigration Authorities in order to apply for your indefinite stay stamp. If you do not have a skills certificate, you can apply for one at the Ministry of Labour and Social Security, Jamaica, before your departure to Trinidad and Tobago.

Tip: Getting your Skill Certificate before you travel can make your transition smoother, as you will have the ability to start work immediately.

More Than Just Work – It's Regional Integration

The CSME Free Movement Regime isn't just about filling jobs. It's about strengthening our Caribbean identity, encouraging cultural exchange, and deepening the integration movement within the region.

Joanne Brooks

Former Head, CSME Unit, Ministry of Foreign and CARICOM Affairs

CSME and Regional Integration Consultant
 jobrooks1999@gmail.com
 1(868) 487-4473



Georgia Sinclair



Di Seasoning Lady

“

and its enchanting music. I guess I was destined to reside in Jamaica, a land that I fell in love with so many years ago.

I have had the privilege to work in both the private and public sectors here in Jamaica in the hospitality industry, the environmental field and in training and education. However, my passion was always for teaching. I developed this passion for teaching at a tender age of 12 when I knew I wanted to teach. I spent 5 years teaching Spanish in the formal education system in Trinidad before migrating to Jamaica.

For the past 25 years, I have dedicated my life to the learning and development field having worked at the Management Institute for National Development (MIND), which is the government of Jamaica's pre-eminent and preferred public service training, organizational and leadership development institute in Jamaica, serving the Caribbean.

Although I am still passionate about learning and development, I kept yearning for something more. So, in January 2026, I took a leap of faith and took early retirement.

A few years prior, during COVID, I started using the many lock downs to experiment with baking and cooking, and family and friends were my guinea pigs. They would give constructive feedback and encouraged me to consider making it a business. So, in 2021, I started Gems' Cuisine which offers authentic Trinidad and Tobago cuisine. Some call me now Auntie Gems, Tantie or "di seasoning lady".

That entrepreneurial spirit continued to flourish and in 2025 my husband and I started hydroponics farming, which we have now turned into a business. I grow vegetables and herbs such as lettuce, kale, pak choy, celery, cilantro, parsley, basil, escallion, mint, rosemary and Trinidad pimento peppers, to name a few.

Life in Jamaica has been good having also volunteered my service as Vice President, Swimming of the Aquatic Sports Association of Jamaica for 6 years from 2018 - 2024. During that period, I travelled with national teams to Barbados, Bahamas, Trinidad and Tobago, Martinique and China and my children represented Jamaica on these teams.

Jamaica is my home away from home and I have made such beautiful memories to last a lifetime.

I am Georgia Sinclair, trainer/facilitator, human resource management and leadership development specialist, entrepreneur, wife and mother of two beautiful adult children, Sage and Kyle. Born in Trinidad, I migrated to Jamaica in 1995 having gotten married to my wonderful Jamaican husband whom I met while we both pursued studies at UWI, St. Augustine, Trinidad.

Growing up, my mother who worked at UWI, St Augustine, introduced me and my younger sister to the annual Canada Hall (hall of residence mainly occupied by Jamaicans) concerts and I was in awe of the talent on display, fascinated by the pulsating rhythms of reggae and dancehall music to the point when I started my studies in Languages and Linguistics at UWI, St Augustine in 1987, I would often find myself on the specific floor of the library perusing literature on Jamaica



where I was involved in public sector wage negotiations and produced the Ministry's newsletter, which reached an audience of approximately 40,000 before the era of electronic publications. As part of my orientation, I also worked with the Jamaica Information Service (JIS) and JAMPRESS, the government's news agency, gaining valuable experience in public information and media relations in Jamaica.

I cannot speak about me without mentioning my dearest late friend, Marcia Erskine. Together we were known as the "Trini Chix" and we hosted events. One particularly memorable experience was bringing to Jamaica, Trinidad's renowned Skiffle Bunch, along with legendary calypsonians Crazy and Stalin. The Skiffle Bunch not only performed but also conducted a steel pan clinic, sharing their expertise with Jamaica's steel orchestras. Caribbean integration can happen on many levels.

I am **Lystra Sharp**, a Realtor Associate with Coldwell Banker Jamaica Realty. While real estate is my profession today, my journey has been shaped by a lifelong commitment to communication, service, and trying to make a difference. Although I have lived in Jamaica for more years than I

I later joined the newly established General Consumption Tax Department as Director of Taxpayer Assistance, Education and Information, playing an integral role in educating the public and supporting the successful implementation of the GCT in Jamaica.

I hope I have at least made a small difference to the country where I have spent most of my adult life. My accent reminds Jamaicans that I am a Trini, while friends and family in Trinidad insist I now sound

LIFE & LYSTRA

lived in Trinidad and Tobago, I still proudly identify as a Trini. I was born and raised in Sangre Grande, where I was known as Lystra Barnes, and I am an alumna of St. Augustine Girls' High School, that iconic landmark along the Churchill Roosevelt Highway. I came to Jamaica after marrying a Jamaican, beginning a lifelong association with the country I now call home.

My professional background is in public relations, corporate communications, and corporate social responsibility. I have been fortunate to hold positions that not only challenged me professionally but also allowed me to contribute meaningfully to Jamaica.

My career began at Jamaica's Ministry of the Public Service,

Among all my professional experiences, serving as Coordinator of the National AIDS Committee remains one of the most rewarding. Working on a USAID-funded project, I helped raise awareness, reduce stigma, and increase the visibility of people living with HIV/AIDS. One of my proudest achievements was organising Jamaica's 1999 World AIDS Day celebration—the largest to date and the first attended by a sitting Prime Minister. Through strategic fundraising, I transformed a modest budget into an event that featured free performances by Morgan Heritage, Sean Paul, and Buju Banton at the National Arena. It remains a testament to what passion, purpose, and community partnerships can accomplish.

Jamaican. Perhaps I have become a little of both—a Caribbean woman whose identity bridges two islands.

On the flip side, Jamaica provided me with a happy place, a home and an excellent place to raise my two daughters who are now adults and professionals in their own right.

Today, I continue serving in a different but equally rewarding way. As a Realtor Associate with Coldwell Banker Jamaica Realty, I help individuals and families buy, sell, and rent property, guiding them through one of life's most important decisions with the same integrity, commitment, and passion that have defined me.

Lystra Sharp
lsharp@cbjamaica.com

“We’ll
See...”



My name is **Atilah Williams**, and I am a proud daughter of Mayaro, Trinidad and Tobago. If someone had told me a few years ago that Jamaica would become my second home, I probably would have smiled and said, “*We’ll see.*” Today, I can honestly say that choosing to study, work, and build my career here has been one of the most rewarding decisions of my life.

My journey began at the University of Trinidad and Tobago, where I completed a **Bachelor of Science in Sports Studies with a specialization in Exercise Science**. Studying human movement and performance inspired me to take the next step toward becoming a physiotherapist.

The next step was The University of the West Indies, Mona, where I completed my **Bachelor of Science in Physical Therapy**, graduating in 2024. UWI challenged me academically and personally, but also fostered lifelong friendships, unforgettable experiences, and a country that quickly began to feel like home.

Today, I am fortunate to work as a Physiotherapist at **PT XPT Clinic** in Jamaica. Every day I have the opportunity to help people return to the activities they love, whether they are recovering from injury, managing chronic conditions, or navigating the physical changes that come with pregnancy and childbirth.

I am especially passionate about **pelvic floor rehabilitation**. As a Certified Massage Therapist, I enjoy combining manual therapy with evidence-based physiotherapy to provide holistic care for my patients.

My clinical practice also includes the management of musculoskeletal, neurological, and cardiopulmonary conditions.

Although I now call Jamaica home, there are little things about Trinidad that I will always miss. Nothing quite compares to a day at Maracus/Toco Beach, home-cooked Trini meals with my family, or the excitement that comes with Carnival season. At the same time, Jamaica has welcomed me with open arms. The warmth of its people, the vibrant culture, and the shared Caribbean spirit have made settling here feel natural.

One thing I have come to appreciate is how much Trinidad and Tobago and Jamaica have in common. Whether it is our love for good food, great music, or simply enjoying time with family and friends, there is a familiarity that reminds me that home is never too far away.

As I continue to grow in my profession, I remain committed to lifelong learning and providing the highest standard of care to my patients. I hope to continue advancing my knowledge in women’s health and pelvic floor physiotherapy while contributing to the development of rehabilitation services throughout the Caribbean.

Living in Jamaica has taught me that sometimes the places we never expected become the places that shape us the most. I will always be proud to call Mayaro home, but Jamaica will forever hold a special place in my heart. I truly feel fortunate to experience the best of both islands.

Atilah Williams



Trinidad's Loss is Jamaica's Gain.

When the time came for me to leave Trinidad for Jamaica, I recall seeing my dearest mommy and friends gathered at the Piarco waving gallery, sending goodbyes; and tears welled up (not of sadness per se, but expectations and uncertainties). The smooth lift-off, and the ride with little turbulence signalled an entry to this new life upon which I embarked.

In 1987, I was introduced to Peter Espeut by a mutual friend; he a University Lecturer, Chemist, Theologian, Researcher. I became his Research Assistant, and up to date I have kept him!

My entrance to Jamaica was not an unfamiliar one, as I had been invited by the same Peter Espeut to pay a visit prior to my now extended stay, 35 years later. I went to Jamaica to feel out the place, and the environment. My husband...he did well with great intention to get me here full time. He did say...I heard..."I want that girl". Apparently, he sometimes refers to himself as 'Mr Carrington'.

On that first trip to Jamaica in 1990, significant and major events were unfolding and, my beloved and I were thinking of a lifetime of commitment to each other. So on a sunset evening coming down the Blue Mountains, he popped the question, and I said yes!

I made many visits to my spouse's friends, many of whom expressed that Trinidad's loss has been Jamaica's gain. I make no apology for my powerful presence and energy in this land; and sharing and accepting these compliments. I am humbled.

In Trinidad, I received my early and only work experience at TELCO, and after 16 years, resigned and left in 1991 as Customer Service Trainer to go off to my new experience in Jamaica.

On August 24th 1991, I was wedded to my beau at St. Charles Catholic Church in Tunapuna, and the celebration continued at Milner Hall on the UWI St. Augustine Campus into the early hours of the next morning ... I was now Mrs. Velia Ann Espeut.

I came to Jamaica already established as a music and theatre arts practitioner. I experienced Trinidadian Iconic personalities: dancers Beryl McBurnie, Jean Coggins Simmons; creatives Norvan Fullerton, Lenford Simms; musicians Dr. Patricia Bishop, Relator (Bunny), the Lydian Singers, the Malick Folk Performers, and more. I played Mary Magdalene in *"Jesus Christ Superstar"*, Eliza Dolittle in *"My Fair Lady"*, and Melda in *"Obeah Wedding"*. I starred in TV on the miniseries *"No Boundaries"*.

In Jamaica, I embarked on many Trinidadian-Jamaican Culinary adventures, and an artistic sojourn. I starred on the stage in *"Once on this Island"* directed by Alwyn Bully; and on the screen as Mother James in the 2012 movie *"One Love"* starring Sir Idris Elba.

I have had the delight of encountering famous Jamaican cultural icons such as musicians Ernie Smith, John Jones, Olive Lewin, Lloyd Hall, Fay Ennevor Robotham, Miss Louise Bennett and Mass Eric Coverley. I called the late dance Icon Ivy Baxter my friend, and have enjoyed Christmas dinner with her and her family. I sing with the National Choral of Jamaica under the directorship of Winston Ewart and now Michael Sutherland.

I am sought after for singing events, gigs, weddings and funerals. I am Voice Coach, Motivational Speaker, and Mentorship Guide. I have been a Teacher, Guidance Counsellor, Youth Development Officer and am now retired, but re-tyred doing Voluntary Work with my Catholic Family at St. Anne's Church in Western Kingston. From St. Ann's POS to St. Anne's, Kingston. I still have so much to offer.

Peter and I have our separate identities, and we each use our gifts and talents to serve and build God's Kingdom. Our Faith keeps us grounded; we are a team to be reckoned with! And so we have the great possibilities to help bridge the cultural differences, diversities and comparisons.

One Love, Caribbean!

Velia Espeut

STUDENT SPOTLIGHT

Takiya Atwell

Greetings everyone, my name is Takiya Atwell, a soon to be graduate with a degree in Geology and Renewable Energy Management and the former Cultural and Entertainment Affairs Chairperson of the Trinidad and Tobago Student Association at UWI Mona, Jamaica. This position afforded me the privilege of meeting the wonderful Aunty Deborah, the Trinidad and Tobago High Commissioner to Jamaica. As an advocate for Trinbago's culture it has been a pleasure being in close connection with Aunty Deborah who shares the exact sentiments of Trinbago's cultural expression that I do.



From the age of seven I have been heavily involved in the arts through the Prime Minister's Best Village Trophy Competition, Kiddies Carnival and even represented Trinidad and Tobago on a global stage at the 2025 Thunderstruck Dance Competition in Fort Worth, Texas with my dance team; Reminiscence Cultural Group. My time studying in Jamaica has been wonderful as I was able to establish a connection to Jamaican culture and its people which will always feel like a second home to me. Although I've felt homesick at times, my student association and Aunty Deborah ensured that feeling was short-lived. I will never forget the Christmas party and limes hosted by Aunty Deborah which brought us Trinbagonians living in Jamaica together and I truly cherish her efforts in keeping our culture, our warmth and sense of home alive so far from home.

CONSULAR SERVICES



ONE PEOPLE...ONE LOVE



The High Commission for the Republic of Trinidad and Tobago in Kingston, Jamaica, in addition to maintaining the bilateral relations between Trinidad and Tobago and Jamaica, is also charged with the responsibility to provide consular services to Trinidad and Tobago nationals and non-nationals residing in Jamaica and other islands in close proximity.

There are a significant number of Trinidad and Tobago nationals residing in Jamaica for various reasons. Some of our nationals are involved in business and entrepreneurship, some attend tertiary institutions while others made Jamaica their home due to their marital status.



In accordance with the provisions of the Vienna Convention on Consular Relations, to which both Trinidad and Tobago and Jamaica are State Parties, the Consular Section also receives information from time to time from the host country on the arrest, detention and imprisonment of Trinidad and Tobago nationals in Jamaica.

The High Commission provides a range of services, to nationals and non-nationals residing in Jamaica and neighbouring countries, it:

- receives applications for the renewal of machine-readable passports
- issues emergency certificates
- certifies life certificates
- provides assistance to nationals in distress,
- facilitates the repatriation of the remains of nationals to Trinidad and Tobago
- provides guidance and information on investment opportunities and matters relating to business, and other services.

These services are provided in person as well as online. For additional information, please visit the following website:

foreign.gov.tt/hckington

For consular assistance, please contact the High Commission's Consular Section via email at hckington@foreign.gov.tt or by telephone at:

(876)926-5730

(876)926-5739

We are happy to serve you and look forward to our continued engagement.

ENGAGEMENTS



Courtesy call to the Dean of the Diplomatic Corps, H.E. Jan Hendrik van Thiel, German Ambassador to Jamaica. **April 20, 2026**



Visit from H.E. Elida Alcedo de Arosemena, Panamanian Ambassador to Jamaica. **April 20, 2026**



Hurricane Melissa Recovery Conference. **April 21, 2026**

ENGAGEMENTS



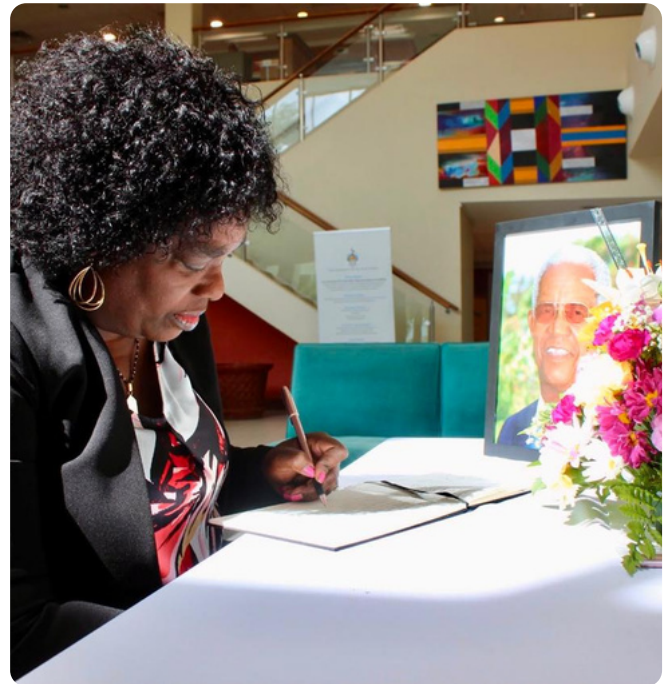
The High Commissioner with the finalists of the 2026 International Reparation Debate. Clarendon College, Jamaica (Left), and Our Lady of Fatima College, Trinidad and Tobago (Right)

April 22, 2026



High Commissioner Thomas-Felix presents her credentials to the Dominican Republic.

June 22, 2026



The High Commissioner signs the condolence book for Sir Garfield Sobers.

July 29, 2026

ENGAGEMENTS



High Commissioner Thomas-Felix and Councillor Ms. Amanda Fraser at the Industrial Disputes Tribunal's 50th anniversary symposium, at the UWI Regional Headquarters. The High Commissioner was one of the presenters. **May 20, 2026**



Drs. Russel and Jennifer Chatoor, H.E. Deborah Thomas-Felix, and H.E. Indera Persaud, Honorary Consulate-General of Guyana to Jamaica, at the Guyana Independence Day celebrations. **May 26, 2026**

ENGAGEMENTS



High Commissioner Thomas-Felix (newly-elected Vice President of the Assembly) with the President, Secretary-General, and other Vice Presidents of the International Seabed Authority. **July 2026**



Assorted images from Trinidad and Tobago's participation at the 31st Session of the International Seabed Authority. **July 2026**

ENGAGEMENTS



Ambassador Dwight Gardiner, Permanent Representative of Antigua and Barbuda to the International Seabed Authority (and its immediate Past President of the Assembly), and High Commissioner Thomas-Felix. **July 26, 2026**



Ambassador Kohei Maruyama of Japan presents the High Commissioner with a Japanese depiction of her name. **April 2026**



Ms. Candice Guerra, Financial Attaché, presents a token to Ms. Marie Brown, who has served the High Commission for the past 25 years. **June 12, 2026**



Post Card

HAPPY
INDEPENDENCE,
JAMAICA!

HAPPY
INDEPENDENCE,
TRINIDAD AND TOBAGO!



To _____

From _____

**We are now on social
media, and welcome
your feedback! 😎**

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