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GHCDs Senior Cai Gwilliam Selected for Prestigious Congress-Bundestag Youth Exchange in Germany

Good Hope Country Day School senior Cai Gwilliam, 17, is representing the U.S. Virgin Islands in Germany through the elite Congress-Bundestag Youth Exchange—balancing his studies abroad with achievements in science, athletics, and community leadership.

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GHCDs senior Cai Gwilliam, 17, earned the prestigious CBYX scholarship and is pictured with his host brothers at Germany's tallest peak, the Zugspitze.

Good Hope Country Day School (GHCDs) senior Cai Gwilliam, 17, is currently studying in Germany after being awarded a fully funded scholarship through the Congress-Bundestag Youth Exchange (CBYX)—one of the most competitive high school cultural exchange programs in the

world.

Sponsored by the U.S. Congress, CBYX selects just over 200 students each year—less than one percent of applicants—to promote cross-cultural understanding through education, language immersion, and civic engagement. Gwilliam’s selection was endorsed by Virgin Islands Delegate to Congress Stacey Plaskett, marking a proud milestone for both him and his school community.

Now living with a host family in Kettwig, Germany, Gwilliam is attending Theodor-Heuss-Gymnasium, a STEM- and language-focused school of 800 students. His host family, former exchange students themselves, has helped him adapt quickly. He commutes by bike to school, has joined local activities, and has even introduced classmates to music from the Virgin Islands.

“I am more than honored to not only represent the United States Virgin Islands while I spend my time abroad but also to connect and exchange with others,” said Gwilliam. “I am excited to learn and experience different cultures, but more importantly, create lifelong connections with the people I meet every day. I am truly blessed with this opportunity and thankful for the people who helped me get to where I am now, from my family and friends to my teachers and coaches.”

At GHCDs, Gwilliam has built an impressive record of academic and extracurricular success. A National Honor Society nominee and National Arts Honor Society member, he has also received top honors in science competitions. At the 2025 Regeneron International Science and Engineering Fair (ISEF), Gwilliam earned first place in Biomedical Engineering from the U.S. Air Force and an Honorable Mention in Biomedical Science from Yale University. He was also a finalist at the 2023 ISEF, representing the Virgin Islands among thousands of global competitors.

His innovation extends beyond competition. Gwilliam [co-authored a biomedical engineering project](#) for the NASA HUNCH High School Engineering Competition, designing a compact, real-time kidney function meter for astronauts. The team’s work earned them an invitation to NASA’s Johnson Space Center in Houston, where they presented to medical staff from the Flight Medicine Clinic and the Artemis Mission team.

A well-rounded student, Gwilliam has served as Freshman and Sophomore Class President, earned the Athlete of the Year and Sportsmanship Awards, and plays center back for the U.S. Virgin Islands U17 National Soccer Team, which competed in the U17 World Cup Qualifiers earlier this year.

Off the field, he volunteers with the Virgin Islands Trail Alliance, maintaining public hiking trails as part of his community service work.

His parents, Evan and Maureen Gwilliam, expressed their pride in their son’s achievements and his representation of the Virgin Islands abroad.

“Cai is excited to represent the United States and the Virgin Islands, and bring the spirit of St. Croix to Germany — he already has his classmates dancing to Caribbean music!” they said.

According to a statement from GHCDs, Gwilliam is youngest of four siblings, and he continues to set an example for younger students through his dedication, humility, and drive. His achievements

embody the Good Hope Country Day School's mission: to cultivate reflective, creative, and compassionate thinkers who contribute meaningfully to their communities and the wider world, the school said.

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