

From her mother’s legacy to her own journey.



3 Kitchens

Volunteer • Seek Employment • Become an Entrepreneur

Marie Sinama Aspiring food entrepreneur rooted in family tradition



Marie Sinama

Country
France

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<https://mariecurry.fr/>



Her Story

Originally from Reunion Island, Marie arrived in mainland France in 1989 at the age of 18. Marked by the early loss of her mother, she decided to follow her older sister, who had already settled in France, in the hope of a better life. “When you lose your mother, you lose your rock.” In Bordeaux, she began by brushing up on her French, which was still difficult for her at the time. She quickly found a series of jobs in the hotel industry, retail, and then a cleaning company, where she stayed for nearly 18 years. Throughout her career, Marie has moved forward with tenacity, gradually building a life far from her native island.

Motivation

Marie is guided by a deep desire to provide a better life for her children, whom she raised alone. This sense of duty and perseverance led her to change careers on the advice of her sons: “They told me, ‘Mom, now it's your turn to think about yourself.’” She then discovered cooking, a world that allowed her to reconnect with her family roots—her mother was a cook—and develop a real pleasure in learning and sharing. Her deep motivation also stems from a desire to pass on her knowledge and commitment: she has created an association to fight food waste and help the most disadvantaged.

I came to mainland France not knowing how to speak French. I had to learn everything from scratch. Even when you're afraid, you have to keep going. You have to believe in your dreams. You have to dare, especially when it's for your children.





Challenges

It hasn't all been plain sailing for Marie. She had to overcome the language barrier when she arrived, being far from her family, difficulties integrating, and sometimes very tough working conditions: "At one point, I was working non-stop, without even time to eat." Changing careers at over 40 was also a leap into the unknown: "I thought to myself: at my age, will I be able to find a job?" Despite her fears, she trusted herself and drew on her children's encouragement to bounce back and build a new path for herself.

What learning can you share?



Today, armed with her experience, Marie wants to convey a message of hope: ***"You have to believe in your dreams. You have to dare."*** She embodies this ability to never give up, to reinvent yourself despite obstacles. She emphasizes the importance of listening to the advice of younger people and of remaining open to change: "Sometimes young people can also give advice to adults. You have to listen and take the plunge." Fully committed to her work and her association, Marie continues to learn every day, with modesty and determination, in a spirit of deep solidarity and humanity.

What are your Future Plans?

Marie is now focused on developing her non-profit organization, which collects surplus food and transforms it into meals for those in need. She wants to professionalize the initiative and involve more local partners. Looking ahead, her dream is to open a small community kitchen where she can cook, teach, and continue to pass on her values of solidarity, resilience, and sharing.

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