

A cuisine with identity, a dream for the future



3 Kitchens

Volunteer • Seek Employment • Become an Entrepreneur

Ryma Herry  
The flavour of perseverance

Business Name  
Gado Gado

Country  
France

Find out more  
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Beginnings

Originally from Indonesia, Ryma discovered a radically different world. At first, she didn't cook. At home in Indonesia, her mother did all the cooking. But once she settled in France, she missed the flavors of her homeland. Little by little, she called her mother, collected her recipes, experimented, and learned. Encouraged by her husband and loved ones, she realized that she could pass on her culture through cooking. "Why don't you make it your business?" they asked her. And the idea took root.

A decisive encounter

In 2023, she joined Marie Curie program. Implementors of 3 Kitchens. This training course became a turning point in her life. During four intense months, alongside 12 other women from diverse backgrounds, she rediscovered the joy of learning: business plans, communication, management... "It was like going back to business school," she says with a big smile. But beyond the technical tools, Ryma regained her self-confidence. She took risks, tried new things, and launched her business at the Artigues-Près-Bordeaux market. Within a few weeks, her Indonesian cuisine won over regular customers. "I never imagined it would work so quickly." And yet, people came, they came back, they said to me, "We already know what we're going to eat next Saturday."

*When Ryma arrived in France, she had to start all over again. A new language, a new culture, new landmarks... Yet behind her gentle and reserved exterior lies a strong determination and a sincere desire to build something, not only for herself, but also for those around her.*





## A transition to stability

Ryma joined a team as a restaurant employee. She rediscovered the social connection she had been missing. Despite the freedom of entrepreneurship, loneliness weighed heavily on her. "Being alone in your business is difficult, especially in the kitchen where everything depends on me," she says.

It was hard to leave the market and my customers. But she took stock of the situation. Going to the market once a week wasn't enough. With my husband retired, I needed stability.

Today, she works, learns, and interacts with others. Her job provides her with welcome security and the satisfaction of being part of a team. "Now I take the tram, I go out, I have an active life."

## What learning can you share?



To those arriving in France who, like her, have to start from scratch, Ryma advises learning French, daring to reach out to others, getting training, and taking the plunge. "The hardest part of the whole journey was sometimes the French. There are things you don't know how to say, or don't dare to say. Speaking in front of an audience, for example... that was really scary for me. When I was asked to speak at a presentation, I was terrified. But I did it. And I was proud. I'm 50 years old, and I'm proud of myself." And her journey proves it. Thanks to Marie Curie and 3 Kitchens, I've also made a lot of connections. Today, I'm active on social media, I know professionals in the restaurant industry. And I'm going to join a women's collective to create even more connections and solidarity. Ryma may not have chosen cooking at first, but she's the one who revealed it. And today, it's this passion, combined with a quiet but tenacious determination, that continues to guide her path.

## What are your Future Plans?

Ryma continues to dream. One day, she wants to open her own small restaurant and share her culture through her cooking. It's not a dream she's given up on. She's gaining experience, discovering the realities of the business, and preparing herself to perhaps take the next step in the future. She is also involved in a women's collective, so she doesn't feel alone, can learn from others, and pass on what she has learned. She says it simply but powerfully: "When you're a foreigner, it's up to you to reach out to others. You have to dare, even if it's not easy."

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