



3 Kitchens

Volunteer • Seek Employment • Become an Entrepreneur

Tsega Germay
Eritrean background
Migrated to Sweden

Volunteering & Employment

Country
Sweden

Find out more
[Vilja Modig](#) | [Facebook](#)



My Story

I came from a village in Eritrea, where my husband, our children, and I had a family farm. We grew corn, oats, and vegetables, and raised cows, donkeys, chickens, and even had a dog. We sold eggs to neighbors, but the farming was mainly for our family's subsistence. I never had the opportunity to attend school in my home country. Instead, I worked in agriculture for over 20 years, and later as a cleaner in a hospital in the town of Adi Kula for three years. When my husband had to leave Eritrea, my children and I moved to Ethiopia. We were finally reunited with him in Sweden in 2021.

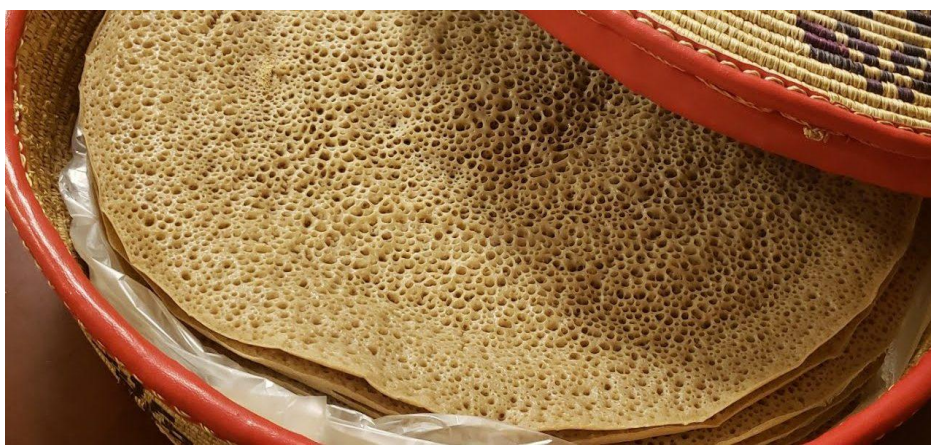
Motivation

I am studying Swedish for immigrants. I find it interesting, but I struggle with reading and writing. I would prefer to improve my language skills through practical work—ideally in cleaning or at a café.

Being able to support myself and my children through my own work is very important to me.

Although I am grateful that Swedish society helps me and my family, since I am both without school experiences in my own country and have not learned the Swedish language yet, my long-term desire is to be self-sufficient.





My baking specialties

Injera, Eritrean bread eaten instead of potatoes and rice.

Himbasha, juicy sweet Eritrean bread with a cardamom flavor

Inspiration!



Businesswomen
Fru Julianas &
Rönngården
invited Tsega and
friends for a day
with inspiration



Small steps to inclusion and employment

The power of inclusion.

Thanks to the municipality of Krokoms for supporting me with studies in Swedish for Immigrants, and the invitation to different projects, including 3 Kitchens, aiming to inspire and give possibilities for volunteering and employment. I have had opportunities to volunteer, as a complement to Swedish studies, both in a preschool and in a job training workplace café.

Get a job.

Through my volunteering experiences, the municipality offered me a one-year employment in the café, and I am really looking forward to that. It will give me the opportunity to earn money for my family, strengthen my Swedish language and learn from the Swedish working life.

Inspire others in a similar situation.

I came to Sweden from the countryside of Eritrea with my children to my husband, who had been here for several years. To understand the system of Sweden has not been easy, but with support from staff in the municipality, I have reached new experiences and feel more comfortable caring for my family in this, my new homeland.



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them