



3 Kitchens

Volunteer • Seek Employment • Become an Entrepreneur

From Volunteer to Employment to Social Entrepreneur

Name

Manahil Ahmed

Country

Sweden



Your Story

Manahil, originally from Sudan and now living in Krokom, Sweden, has played an active role in the 3 Kitchens project from its inception. She joined the project when migrant women were invited to cook, share meals, and learn about the project goals, including pathways from volunteering to employment and social entrepreneurship.

From the start, Manahil engaged fully in these activities and gradually progressed from a volunteer to a social entrepreneur, embodying the spirit and aims of the project through her dedication and growth.



Motivation

To gain inspiration, Manahil took part in study visits to local entrepreneurs and organizations and also joined several online transnational 3 Kitchens meetings to better understand what international project collaboration can look like. She participated in a non-formal study circle based on sections of the Volunteer Guide and was actively involved in planning and organizing a 3 Kitchens Networking Event with local associations. Over a six-month period, Manahil secured a job at the municipality café and attended a non-formal workshop on food safety and hygiene organized within the 3 Kitchens project to strengthen her skills. Today, she serves as an inspiration to other migrant women in the municipality and local communities, encouraging them to build their own competencies and pursue careers in the service and food sectors. Her experiences in the 3 Kitchens activities reflect the learning outcomes outlined in the Volunteer Guide, showing how non-formal education and community engagement can support personal growth and professional development.



How to volunteer

Throughout small projects and meetings in the municipality, getting involved with cooking volunteering



Benefits of volunteering

Sharing experiences, empathy building, understanding of cultures, understanding of volunteering, helping others

Overcoming Barriers

My learning is to work hard to see results.

Culinary Heritage

Sharing cultures, languages and cooking skills with others is very worthwhile

Signposting to Food Safety / Hygiene

Upskill yourself via training courses in Food Safety / HACCP.

Teamwork

A group of migrant women supporting one another throughout the project yields powerful results.

Volunteer in the Culinary World

Very worthwhile in sharing knowledge and letting women grow in skills and confidence.



Co-funded by
the European Union

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