



## 3 Kitchens

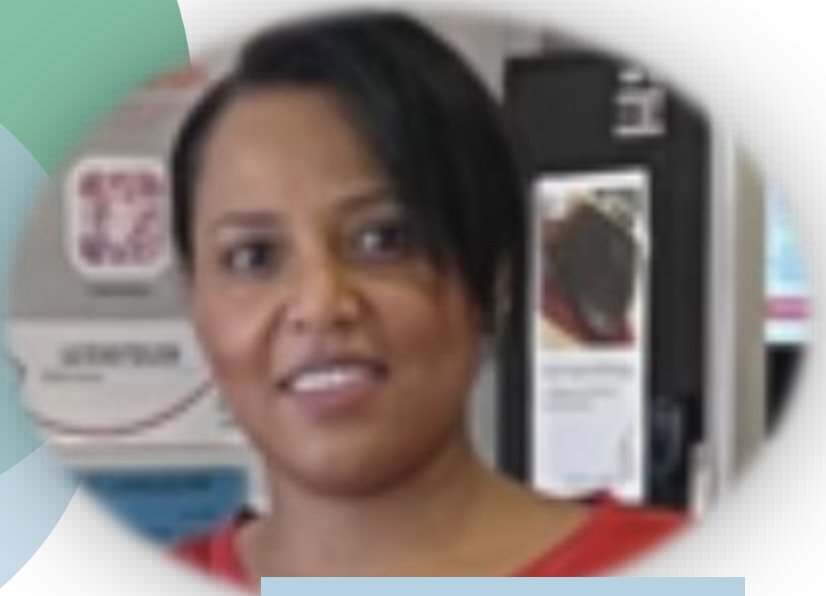
Volunteer • Seek Employment • Become an Entrepreneur

**Trhas Kahsjy**  
**Eritrean food & coffee**  
**Sweden**

### Thras Eritrean Kitchen

**Country**  
Sweden

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



## My Story

Krokom has been my home municipality since I came to Sweden with my family. I have had the opportunity to study Swedish for immigrants, but it has been tough to fit into Swedish society. I enjoy cooking and providing service, so my dream of starting my own restaurant has grown. There is a lot that I need to learn to be able to run a restaurant on my own, which is why I am collaborating with the 3Kitchens project to get started.

## Motivation

To start and run my own business, it is my dream. I want to share my love for Eritrean culture and traditional food. The taste of Africa and the way to meet and gathering with different types of pots and pans and our traditional Injera, a pan-cake like flatbread. I also want to share the coffee ceremony, one of the most recognizable parts of Eritrean culture.

*To start and run my own business, it is my dream.*

*I want to share my love for Eritrean culture and traditional food.*

*It is a lot that I need to learn to be able to run a restaurant on my own, which is why I am collaborating with the 3 Kitchens-project to get started.*





## Challenges

**No Business Background:** I didn't have a business background in Eritrea, and no experience of business life in Sweden, I have a lot to learn. The good thing is the 3 Kitchens-project as it gives opportunities to marketing and testing my ideas about Eritrean food. Access to the educational materials that have been developed is also valuable.

**Finding a Premises:** Krokomb is a small town and there is no empty premises to conduct business in – I am looking :-). In nearby town Östersund, there is restaurants and premises to buy and rent but as it is now, it is too expensive.

**Collaborate in 3 Kitchens:** Inviting people together to events where we offer our different traditional specialties is fun and educational. It's a great way to show my love for Eritrean cooking and get more people to want to buy from me. I can work from home for a while longer, but I hope and want to start my own business.



## What are your Future Plans?

To have my own restaurant!



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