

WELCOME TO OUR FOURTH 3 KITCHENS NEWSLETTER LATE SUMMER 2025



3 Kitchens

Volunteer • Seek Employment • Become an Entrepreneur



Welcome to our project

Welcome to our fourth and final newsletter and it is time to share and celebrate all we have achieved and our plans for the future. The final transnational meeting of the *3 Kitchens* project took place in Bordeaux, France, on 17–18 June 2025 in the run-up to World Refugee Day.

Across France, Ireland, Sweden and the Netherlands, women, partners, educators and community supporters are now benefitting from new resources for volunteering, employment and entrepreneurship. As we look back, we also look forward. The resources we created will continue and the spirit of 3 Kitchens lives on in the women who shared their food, their stories and their strength.

www.3kitchens.eu

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Final Showcase – Three Connected Events Across Europe

To close the 3 Kitchens project, partners and participants came together for a memorable three-part showcase held across Sweden, online, and in France. Each event celebrated women's stories, culinary heritage, and the achievements of all three Kitchens pathways.

Part 1 – In-Person Showcase in Krokomborg, Sweden

The celebration began in **Krokomborg Town Hall**, Sweden where our lead partner welcomed women, employers, educators, community groups, and supporters. They collectively joined and contributed to Part 2, online showcase.

Part 2 – Europe-Wide Online Showcase

At the same time, partners gathered in **Bordeaux** for a Europe-wide online session so that women, educators, NGOs, and community supporters from all partner countries could join. The online showcase featured presentations of the full 3 Kitchens educational programme, short videos, live reactions, and open dialogue on how to support migrant women through volunteering, employment, and entrepreneurship. This hybrid format made it possible for the entire 3 Kitchens community to come together across borders.

We were honoured to be joined by **Jessica from Coompanion Sweden**, one of our valued partners and stakeholders. Jessica offered thoughtful reflections on cooperation with migrant women, community development, and the importance of creating welcoming and connected ecosystems.

The online discussion sparked enthusiastic responses from participants. Many shared how moved they were by the presentations and by **Funke Oyebadde's** powerful testimony. They spoke about the strength of migrant women, the role of food in building community, and the importance of projects that bring people together at a time when much of Europe faces increasing social fragmentation. Their voices highlighted how deeply 3 Kitchens resonates across different regions and experiences.

Part 3 – Evening Celebration in Bordeaux, France

The final part of the showcase took place in **Bordeaux**, hosted by Marie Curry and Le LABA at *La Manuco*. This in-person evening event brought together women, partners, families, food lovers, and supporters for a beautiful celebration of global flavours and shared experiences. Migrant women cooked dishes from their home countries, shared their stories, and introduced guests to their culinary heritage. The evening honoured their resilience, creativity, and the new opportunities they have gained through the project. It was a joyful and heartfelt conclusion to the 3 Kitchens adventure.



READ OUR EVENT BLOG

[3 Kitchens Final Transnational Event – Bordeaux, 17–18 June 2025 - 3 Kitchens](#)

SPOTLIGHT ON WOMEN THAT INSPIRE US

In this edition, we are delighted to introduce **Success Stories**, a new feature on our website [Success Stories - 3 Kitchens](#) that celebrates women who are moving forward through the 3 Kitchens pathways. Each story shows the real impact of volunteering, employment, and entrepreneurship. Women who once felt unsure or isolated are now developing skills, gaining confidence, and discovering their own strengths. Some have taken their first steps into community life through volunteering. Others have moved into training or employment. Some are exploring small business ideas rooted in their culinary heritage. Every journey is unique. By sharing these stories, we hope to inspire other women, families, educators, hosts, and employers across our partner countries. Success grows when people support each other, and these stories remind us of the power of community and the importance of creating welcoming spaces where women can thrive.

Steps to employment

Lemlem Gebray
Eritrean background
Sweden

Find out more

[Vilja Modig | Facebook](#)



3Kitchens Tasting Buffet
Flavors of the world

Culinary skills
Workshop



3 Kitchens

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"It's fun to work with service and to bake bread and cakes.

I also like to cook and be in a restaurant kitchen. My plan is to study to be a chef in the future.

Right now, I have a job in Krokom municipality in our common café in the municipal building. And I'm practicing improving and using my knowledge of the Swedish language."

“



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Partners Share their Highlights

We asked partners what was their particular highlight of the two year 3 Kitchens adventure

Highlight from Sweden— Krokom Municipality



On May 8th 2025, **Krokom Municipality**, lead partner of 3 Kitchens, proudly hosted a vibrant tasting buffet in the cafeteria at Krokom's municipal hall. The event brought together community members, municipal staff, and participants in a warm and welcoming atmosphere, centered around delicious dishes from around the world. Attendees had the chance to sample traditional foods such as *Himbasha*, a sweet, spiced bread from Eritrea and *Bolani*, a savoury filled flatbread from Afghanistan.

A key part of the event was the opportunity to **share all of the 3 Kitchens resources**, including the Volunteering Kitchen Guide, the Employment Programme, the Entrepreneurship Toolkit, and the Mentoring Guide. Local organisations, adult educators, and community groups were invited to use these tools in their own work, helping the impact of the project spread far beyond the immediate participants. The buffet therefore served as both a cultural gathering and an outreach opportunity, showing how the 3 Kitchens materials can support learning, inclusion, and women's empowerment across the community.

Highlight from The Netherlands – Go Woman Alliance Europe

*A beautiful highlight from the Netherlands comes from **Neli Bogdanova**, a first-year student at HU University of Applied Sciences in Utrecht, who shared how volunteering in with 3 Kitchens team to support their events changed her perspective and confidence. In March 2024, she and her classmates baked homemade cookies for KoffieHuis Amsterdam, a community café supporting people experiencing homelessness. The experience, linked to several Sustainable Development Goals, showed her how small actions can support dignity and well-being.*

*Neli later volunteered with **Groentetas Utrecht**, a volunteer-run organisation focused on affordable, healthy food and reducing waste and a key collabotro of 3 Kitchens across all three kitchens. Although she was new to the community, Neli quickly felt the impact of contributing to something meaningful. Her story reminds us that volunteering in the food sector is is an opportunity to grow, learn, and feel connected. As she says, the personal fulfilment and the difference you make for others are truly invaluable.*

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Highlight from France - We are very proud that our French highlight was featured on the EPALE Platform [here](#)



The 3 Kitchens experience of Zhiru He, a Chinese work-study student at LABA, who shared her experience of participation in the first 3 Kitchens project workshop for the social and economic integration of migrant women through cooking.

“A Chinese student in Bordeaux since 2022, I attended the very first volunteering workshop of the 3 Kitchens project on March 26, 2024, as an observer, but also to learn and share my own culinary culture experiences from China. This workshop took place at the inclusive Marie Curry restaurant in Bordeaux and I learnt more that the 3 Kitchens project is working to strengthen the capacities of migrant women in the sector of cooking and culinary heritage through three different paths: volunteering, employment and entrepreneurship. This first workshop aimed to create interpersonal links between women from different countries through cooking and explore how volunteering can play a role.

From the start, the warm atmosphere between the participating women broke down the barriers that differences in age and culture could create. We all came from very different backgrounds: Georgia, Morocco, Martinique, France, Niger and of course China. The authentic exchange began around croissants and coffee, while everyone shared their favourite spices.

Highlight from Ireland

On April 17th, 2024, Momentum joined with our friends in The Food Hub culinary training kitchen and our education board MLSETB to host a Volunteer Workshop. We brought seven resilient women from Ukraine to our kitchen to prepare food and explore opportunities. It was a powerful and very moving event and was welcomed by the women, providing them a rare opportunity to reconnect with their culinary roots since relocating to Ireland.



Throughout the 4 hour workshop, the air was filled with the rich scents of Ukrainian cuisine as each participant prepared traditional dishes using ingredients they had personally selected with the help of a small financial contribution from our team.

There were many moving moments with impromptu and heartfelt singing and shared stories of heritage and hope. To ensure effective communication, we introduced kitchen word prompt cards, significantly easing the language barriers and fostering a more inclusive environment. The participants also engaged with our Volunteer Guide, offering valuable feedback and expressing a keen desire to commence their volunteering journeys.

READ MORE <https://3kitchens.eu/how-to-benefit/wp2-first-step-volunteering-kitchen/ireland/>

And a Thank You

Final Thank You & Closing Message

As we bring the 3 Kitchens project to a close, our final words are ones of gratitude.

First, we thank the migrant and refugee **women who trusted us with their stories, their skills, and their hopes**. Your courage, creativity, and determination have shaped every part of this project.

You reminded us that food carries memory, identity, and pride and that sharing it can build bridges across cultures and communities.



We extend sincere thanks to the ERASMUS+ Programme, the Swedish National Agency and the **European Union**, whose support made 3 Kitchens possible. The project has shown how European cooperation can strengthen inclusion, honour cultural heritage, and empower women to take confident steps toward work, self-employment, and community leadership.

Although the project is ending, its impact is only beginning. The resources we have created — guides, training programmes, mentoring tools, and success stories, will remain freely available. **We encourage adult educators, community groups, employers, and social organisations to use, share, and adapt these materials so that more migrant and refugee women can benefit.**

And finally, we look ahead with hope.

The women we met have shown what is possible when talent is recognised, support is available, and communities open their doors. Their journeys remind us that every new beginning starts with one small step, a volunteer shift, a training session, a recipe shared, a dream spoken aloud.

Thank you for being part of this adventure. May the stories, skills, and shared tables of 3 Kitchens continue to inspire new futures.

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