

NEWSLETTER



Gastronomy as a life style

By Karinny Lemos

*“Cooking saved me
and I do all my best
to be able to repay!”*



One of the most important questions we have in our lives is how we want to pass it on and how we can prove our worth by doing what we love.



This was not very difficult for Natalia. Since she was a child she used to cook for her father and brother while her mother worked all day. She fantasized about being a professional cook and had fun inventing different dishes and cakes for the family. The fantasy became true when Natalia grew up and after working as a nutritionist, she finally started studying Gastronomy at the Faculdade Estacio in partnership with the French chef Alain Ducasse's teaching institute, in Rio de Janeiro.



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Undertaking during the pandemic

By Karinny Lemos

After studying French gastronomy, the desire arose to deepen new knowledge, expand her horizons to be able to get closer to her customers through her food. That was how Natalia moved to Portugal and after some time of work and improvement, she decided to have her own business.

“it’s a personal achievement. I tend to lose myself in thoughts while cooking and I love to see the transformation of food.”



What Natalia and the whole world did not expect was the emergence of the pandemic that drastically affected the economy and brought despair to all businesses.

The business that was scheduled to open its doors 4 days before the pandemic decree, had to wait another 2 months to start.



Given this, in addition to the difficulties and uncertainties of opening a new business, Natalia still had to learn to reinvent herself as to the concept of marketing in times of pandemic.

Now running her business in full swing in uncertain times, chef Natalia was asked about her plans and what she expects from her professional future around the world:

“I hope I can continue taking love through my kitchen and have a social project. I want to make a difference in the lives of people who think they don't have opportunities and contribute to a more sustainable system for the environment.”



Solidarity Kitchens

By Pedro Ivo Rodrigues

The COVID-19 crisis is affecting the whole world and bringing a new balance to the worldwide society. Unemployability grows, the economy of most countries are hitting their worst recession in years, and of course, the ones who are suffering the most are the common people of most countries, sometimes even with difficult access to food.

Having that in mind, protection networks to help those fragile layers of society are being created in Brazil, the center of the pandemic crisis at the moment. Those projects aim to help the ones who need the most in this dark times, filling the gaps that the State was supposed to occupy.



The “Movimento dos Trabalhadores Sem Teto” (MTST) – Movement of The Roofless Laborers, in English – recently assembled a huge project that aims to create 16 different Solidarity Kitchens in 11 different states of Brazil. The one in the city of São Paulo was

opened in the middle of march and counts with the help of famous figures in the South American country, such as Paola Carosella argentinian Chef, from MasterChef Brazil and Guilherme Boulos, MTST leader and militant for the minority causes. The aim of each kitchen is to give free of cost at least 100 meals a day to the ones in need, and soon enough every kitchen will be open and running.



Regular people are creating several programs and taking their civic duties to a whole other level. Talal Al-Tinawi, Syrian refugee, living now in the city of São Paulo, the restaurant owner suspended the operation of his establishment to, according to him, do something in return to the people who welcomed him when he most needed it. He was offering meals free of charge for the elders who can not pay for a proper meal during this difficult moment.



Also during the pandemic, Ratos de Porão's (famous trash/punk rock brazilian band) lead singer João Gordo and his wife Vivi Torrico created a project called Solidariedade Vegan - Portuguese for Vegan Solidarity – where they distribute free meals for the homeless, the ones who are suffering the most during this pandemic, in São Paulo. They aim to serve six thousand meals a month.



Solidarity, cooperation and mutual aid are more than necessary in this tragic period. Suffering, tragedy and starvation cannot become a normal thing in any modern society. We need to become even more human and compassionate to each other in times of need, and that is why this kind of projects are so important.

As Boulos said in a recent interview: “Solidarity in a moment like this is the difference between people being able to eat or not. In a moment that we have so much despise for life in our society, low empathy levels, solidarity saves. It may not be enough to solve the hunger problem but it is what we can do now, it is a seed.”

You can find a bit more about those projects at the bottom of this article.



Vegan Solidarity

https://www.catarse.me/solidaridade_vegan_maritas_sem_crueldade_animal_9084?fbclid=IwAR3ncRmfYwin_SFjYq2Bjtejva-J4jaqWqr96fVeE7aRPc5Qp2h6ExQws

Solidarity Kitchens

<https://apoia.se/cozinhasolidaria?fbclid=IwARID4PdyphGU-HWdhfqrTli0rfrvBIOEioHOJuCBUHPo0h2j0NNE0RFPBf0>

Civic Space:

<https://ourcivicspace.org/best-practice/solidarity-kitchens/>

KAMARÁD
DŮM DĚTÍ A MLÁDEŽE
ČESKÁ TRŽBOVÁ

Nature Sunday Experience

By Karinny Lemos

Did I ever thought about walking for 4 hours and without getting tired? I must certainly say no to that!

But it happened in this unusual sunday in Touloucovy Maštale, where our coordinator Hanka Milerová and her lovely family had the idea to bring the volunteers for this amazing experience!

Six volunteers coming from Brazil, Spain, Poland and Turkey were invited to this place full of nature and great views all over the way. Besides all the beautiful nature, along the way for our own surprise there was some interesting and funny games that put you on the spirit of learning and sharing your language skills more often, maybe that's why you just don't realize how far you are entering inside this adventure. It was a great pleasure to participate on this mix of cultures, and the best part of this meeting is surprise yourself every minute about how big and different is the world around us.

While we were trying to explore a little bit all the surprises of being in a different country, Hanka just proposes a small quiz including all of us, and the results was a great way to know each other's countries and realize that you have more to find out than you ever imagined, and the questions and answers are right below for you to check:



- **Favorite Czech food.**

Brazil: Parisian stick (Pařížská tyčka) and Dumplings (knedlíky)

Spain: Dumplings (knedlíky) and potatoes soup (bramboračka)

Poland: Dumplings (knedlíky)

Turkey: Garlic soup (česnečka)

- **Favorite food of your country.**

Brazil: Feijoada and Pao de Queijo.

Spain: Paella and tortillas de patatas

Poland: Pirohy

Turkey: "Okra" zelené fazole s masem

- **Favorite Czech drink.**

All: Beer! (Pivo)

- **Favorite drink of your country.**

Brazil: Caipirinha

Spain: Beer

Poland: Vodka with tea

Turkey: Ayran

- **First Czech word.**

Brazil: Děkuji and Dobrý den

Spain: Ahoj

Poland: Ahoj

Turkey: Ahoj

- **Czech habit that you know and you like.**

Brazil: ČARODĚJNICE and Easter

Spain: jídla - oběd

Poland: Easter

Turkey: Christmas

- **Habit on your country that you like.**

Brazil: BBQ on Sundays and June Party (St John's party)

Spain: Drink in the streets and Party until late

Poland: Lots of drinks

Turkey: Bayram

- **Why Czech Republic?**

Brazil: Culture and lots of friends talking about it

Spain: Centre of Europe

Poland: Similar country

Turkey: Centre of Europe

- **Favorite place in Czech Republic.**

Brazil: Česká Třebová and Praha

Spain: Olomouc and Praha

Poland: Adršpach

Turkey: Brno

- **Favorite place in your country.**

Brazil: Minas Gerais

Spain: Granada and Grand Canaria

Poland: Krakow, Wroclav and Mazurská jezera

Turkey: Istanbul

- **What are you missing here?**

All: Family and dogs!

- **Hobby.**

Brazil: Cooking, painting, playing and watching football

Spain: Yoga, Running, drinking beer, football and travelling

Poland: Flying ultralight planes

Turkey: Skiing



You don't need to dig deep into this simple quiz to realize how close we are from each other. Besides the different languages and culture we are all made of feelings and expectations, always searching for knowledge to open our minds and trying to become better human beings than when we were when we left our comfort zones. Luckily we found people to teach us and walk with us on this little part of our journey, in a place full of surprises and natural beauties called Czech Republic!

KAMARÁD
DŮM DĚTÍ A MLÁDEŽE
ČESKÁ TŘEBOVÁ

Saying Goodbye to one of us

By Şennur Baltaş

I was so excited to start the longest journey of my life. I easily came to Česká Třebová thanks to our manager's husband who picked me up from the airport. I also have an excellent mentor, Mirka, who did my shopping before coming to the Czech Republic. She lived in Turkey before so she knows Turkish foods and prepared one of them for my first day :) In addition, i have the best coordinator , Hanka, ever! I also met with her at the same day. When my director, my coordinator and my mentor left and i was alone at home, the first thing I thought was that they are very nice people and I would have a great time here. Indeed, it was so I spent 6 wonderful months here. Of course, I did not go through a normal volunteering duration due to the covid. Nevertheless I spent my time here in the best possible way. I was the only volunteer here for the first 5 months. One month ago, my roommate, Karinny, came. She is really good housemate i wish she had been able to come earlier. At first, Mirka and then Hanka helped me to get to know Česká Třebová and did their best to keep me from being alone. I celebrated Christmas with Mirka and her family which was also my first Christmas. Also, Hanka always invited me for weekends for hanging out with her family. Thanks to her and her family i never felt alone, i learned lots of board games, tried cross-country skiing, ate lots of traditional foods... In addition, Hanka helped me meet other volunteers and Turks around. So even in these Covid times I made some friends. I was only able to work normally for 2 weeks in December. Other than that, we were unfortunately closed. I attended the Board game club, Masterchef class, Young scientist class, dance lessons. I went to Rébus. Those two weeks were the most enjoyable two weeks I've spent here. But of course there was always work to be done. I worked at NZDM 2 days a week. This was another experience for me. I also worked at the special school once a week.



Hanka always found different things to do for me besides the executive works when I went to DDM. For example, I made beads, designed bags, made ceramics, made mosaics, made some handicrafts ... In my spare time (when there are no prohibitions), I traveled with other volunteers as much as I could. Of course I would like to travel more, but it was not possible because of Covid. Still, it was the best experience in my life. I'm glad I came here, I'm glad I got to know these people, I'm glad I did this job (it was an excellent experience working with children). Of course, I miss my family and friends very much, but still I am sad that i will return to Turkey. I will miss my wonderful days here, great people I met here.





OUR TEAM

Dům Děti A Mládeže Kamarád
Sadová 1385, 560 02 Česká Třebová
Tel. +420 777 292 242

ddm.kamarad@centrum.cz

DDM Kamarád (ddmkamarad.eu)

