



Testimonial: *Integrazione sociale ed educazione civica in un'Europa pluralista, UNESCOBIOCHAIR*
29 September 2020, slot at 11:45 – 12:15

Summary

**I will present in English, since there will be a simultaneous ITA-ENG translation. In case of any problems or inconveniences, please let me know, and I will switch to Italian.*

- **Anastasiia & Humilitas: briefly about me, Humilitas and our mission:**
 - I'm Ukrainian, living in Italy for 6 years. Thanks to John Cabot University, where I have been studying, I learnt about *Humilitas*, a social program for support of migrants on behalf of the Latin American Catholic Mission (MCL) in Rome.
 - Our program unites migrants, refugees, Italians, professionals, church and volunteers to create a welcoming community for people in need, of all ages, colors and gender. That's why *Humilitas* has formed a school offering a number of professional courses to help migrants and refugees find their own career path and guarantee successful social inclusion.
 - The courses vary from the language classes with native speakers to the practical classes in Information Technologies, First Aid, Professional Writing, Psychology, Make up and Beauty, Cooking and many others. Any course at *Humilitas* always puts migrants at the center, shaping the teaching method around the cultural backgrounds of our students. ***Because for us, at Humilitas, diversity is an added value that we always preserve in everything we do.***
- **My background and role at Humilitas:**
 - My role at *Humilitas* is volunteering as a Culinary Instructor for the cooking courses. We launched this course in 2018, with a small group of 12 students only, which nowadays has grown to a cooking school with multiple groups per semester, each composed of up to 20 students from all over the world. We offer basic and advanced cooking classes of Italian cuisine, as well as masterclasses on dedicated topics, and rubrics such as "Cooking at home".
 - I come from a high-end restaurant environment where cooking has been always an art. Apart from exquisite restaurant cooking, I have been working on MasterChef and other famous cooking TV programmes in Ukraine, which definitely has given me a lot to share with migrants: from the basics, to food styling and aesthetics.
 - In my classes, I teach cooking techniques that compose the core of culinary art, and gives a solid ground for my students to become chefs. The level of my students varies from the beginners to the chefs with a formed experience in professional kitchen. That is why, I have built a teaching method that simulates a real atmosphere of a professional kitchen and gives a chef role with specific responsibilities to each and every student. I follow the principle that everyone in the kitchen has to have a task to do, and that is why, directly from the first class my students are in action, with the knife in hand & passion in the heart.

- I believe that cooking is not about talking, but doing. Hence, my students are always challenged with paying attention to details, holding tools right, re-doing over and over again, fully blind tests on spices, scents, textures, tastes. And also, everyone has to work on time: 1 second of delay or submission after the beep, and the dish is not accepted. While at the beginning such a strict method is a challenge for my students, at the end of our course it is the number one rule for my chefs.
- Our courses are composed of 8 classes, each of 3 hours. Hence, I dare to say that we form chefs in 24 hours. With hands-on practice, dynamic program, and totally realistic atmosphere as in professional kitchen, my students have a chance to see, learn, and try themselves in the shoes of a chef.
- **Our roadmap together with *Humilitas* and migrants:**
 - I measure the success of my teachings based on the next steps that my students undertake after graduation. I am happy to tears, and I am proud to see how they grow after my courses. When I meet them as Chefs in pastry labs, restaurants, and pizzerias here around Rome, when they tell me how much confidence and inspiration they have got from my course that has let them become chefs and work in the kitchen, here in Italy, in the country most loved for its food – this is what makes me happy. When I see my students that come from Africa, Syria, India, Colombia, Pakistan, Egypt, and all over the world working with passion on the kitchen, in a Chef uniform – this is what proves that *Humilitas* accomplishes its mission, together with migrants.
 - My students always say that *Humilitas* is the place where they find people who believe in them, support them through teachings, professional but with human touch and empathy. That’s our main “recipe” at *Humilitas*, that always lets our community to grow.
 - *Humilitas* didn’t stop even during the lockdown. Even if COVID-19 has blocked me and my students from hands-on experience in classes, we have launched a rubric “Cooking at home”, where Italian women, moms and grandmothers were sharing their simple and precious family recipes for traditional Italian food. It has been a success, and now it became a part of our school: simple classics of Italian cuisine that everyone can do at home.
 - Now, that we have had enough time to learn and adapt to the new post-COVID lifestyle, we are endlessly happy to reopen our school in October. With the complete preciseness and following all the sanitary rules and requirements, we have built a new format for our cooking courses that will allow each and single student to get familiar with Italian cuisine and its secrets.

And to conclude:

As one of my student once said: “We are migrants, we move this world.” And I am happy to help them moving this world in the right direction, with a splendid taste.