Cooking Up a Brighter Future
Migrateful Cookery Class Teacher Training Program

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Hello, we're Migrateful!

Migrateful is an award-winning UK charity with a mission to support and celebrate asylum seekers, refugees and migrants on their journey towards employment, independence, and integration. We do this by offering cookery classes where our chefs share their native cuisine, culture and stories.

Integration in the UK can be hard when you’re not legally allowed to work, your qualifications aren’t recognised, your English skills need development, and your family and friends might be far away.

This is why we exist - to support you in your efforts in building a happy, fulfilling future here in the UK.
We began and continued teaching classes with Migrateful chefs, expanding in Bristol and running over 1,532 classes with over 18,312 participants by end of 2020.

2017

Migrateful was set up by our founder, Jess Thompson, after a group of refugee women she was working with all said they wanted to teach their communities to cook.

2018

Migrateful developed into a fully-fledged social enterprise after receiving funding and a lot of press coverage.

2018-2020

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2021

We crowdfunded and opened our headquarters, The Migrateful Cookery School in Clerkenwell. Launched our catering services & expanded into Kent & Brighton, delivering over 20,000 classes by end of the year.

Our journey so far...

We could not have had a better first five years. Thanks to the support of various funders, partners and the general public, we are on our way to achieving our goals of UK-wide expansion and supporting more migrants, refugees and asylum seekers.
Could you be the next Migrateful chef?

Have you experienced forced migration to the UK, and are now struggling to integrate due to legal or linguistic barriers? Are you a passionate home cook that would love to use your cooking skills to build a life here in the UK? Migrateful could just be what you need!

Our 2-year training program will take you on a journey from passionate home cook to confident cookery class teacher.

“Migrateful gives us the feeling of being part of a family, which we've been missing while living in the UK.”

– Elahe & Parastoo, Iran
# Reaching Your Full Potential In & Outside of the Kitchen

The Migrateful Chef Training program involves a 2-year development plan that starts with an initial 8-week workshop.

We are welcoming you to a safe, nurturing environment where you can learn and develop valuable skills that will prepare you to teach a Migrateful cookery class and to share your story, culture, knowledge, cooking tips and secrets with the rest of the world.

More importantly, we will work together on **growth areas you need support on** so you will feel more encouraged to take on life outside the kitchen. Like many of our chefs who go on to start their own food business or get a job in the food industry, you will gain the right work experience and skills to enable you to do so.

Here are the benefits you can enjoy from joining our program:

- Learn how to teach others to cook your cuisine.
- Improve your well-being, confidence & self-esteem.
- Develop your English-speaking, storytelling & leadership skills.
- Build a supportive community & professional network.
- Earn £60-£100 for every class you teach if you have the right to work.
- Level 2 Food Hygiene Certificate upon completion.
- Opportunity to gain work experience & plan a food business.*
- One-to-one support & signposting to other orgs.

*Some benefits are limited to those who will be selected to move forward to the next round of trainings which will run after the initial 8 weeks.
Growing With You Every Step of the Journey

Your 2-year development plan is made up of different stages, all carefully planned to enable you to learn fully and decide on which areas you want to develop more as you go along.

**STAGE 1: CHEF TRAINING - FAMILY CLASS STYLE (MONTH 1-3)**
8 weeks, 2 sessions per week, 16 sessions in total

This is your core cookery class teacher training that takes place at our headquarters, the Migrateful Cookery School in London or at one of our regional venues depending on your location. Think of it as you learning cooking, self-improvement and storytelling techniques in an environment that feels like home, with people that treat you like family.

Every week, we set and achieve new objectives.

At the end of the course, there will be an assessment to determine how you will progress.

**STAGE 2: COOKERY CLASS TEACHING & CONTINUOUS DEVELOPMENT (MONTH 4-24)**
Schedule to be agreed

Upon completion of the 8-week chef training and selection by our chef training leads, you will move on to teach!

On average, you can expect about 50 cookery classes over 2 years. Classes may run between 2-5 hours during lunch or dinner time and you will be paid for each completed class if you have the right to work. We also take care of paying for all the ingredients for your recipes.

You will also gain access to other development opportunities depending on your progress, assessment, personal goals and preferences. But more on these later!

**STAGE 3: GRADUATION (MONTH 24)**
Date to be confirmed

What else is left to do but celebrate your achievements and party?

Don’t worry, we won’t expect you to graduate from the program until the Home Office offers you the right to work. We will also continue to connect through alumni support sessions and gatherings.
From Student to Migrateful Cookery Class Teacher in 8 Weeks

Ten shortlisted candidates will receive 8 weeks of training to learn and practice the skills to be a great Migrateful cookery class teacher.

At the end of this, you will be ready and well prepared to teach Migrateful classes, and to share the secrets of your food and culture with the rest of the world.

WHEN & WHERE DOES THE TRAINING HAPPEN?

Course Duration: 8 weeks, 2 sessions per week, 16 sessions total (break for half term & an end of training celebration).

Timings: Mondays & Wednesdays, 10:00AM-16:00PM

Location: Migrateful Cookery School in Clerkenwell, London EC1R 0HU (for attendees living or near London). Otherwise, your lessons will be at a remote venue.

WHAT CAN YOU EXPECT FROM THE TRAINING?

Alongside a number of other chefs-in-training, you will complete workshops to improve your well-being, confidence, storytelling and cooking skills.

You will also be given the chance to perfect your recipes, practise teaching each other. Migrateful’s chef training is always free of charge. We will also reimburse your travel costs up to £10.
From Student to Migrateful Cookery Class Teacher in 8 Weeks

WHAT ARE THE KEY CRITERIA TO BE CONSIDERED?

- Must be over 18 years old
- English Entry Level 2
- Passion for cooking (no formal cooking or catering qualifications required)
- Must be punctual, accurate in time-keeping & able to attend at least 90% of training sessions
- Has reliable communication and organisation skills in terms of planning and creating menus
- Must be respectful, kind, and open to meeting new people and learning new cuisines
- Able to comply to food hygiene and health and safety laws

“I am very proud of myself for getting this opportunity. I gradually began to realize my dreams. I am very grateful to all of you for accepting and helping me with so much. For me, this is a very big achievement. After everything I lost in my life because of the war, no one can imagine my happiness.”

– Amani, Syria
We're here to help!

Do you have a question or concern? Let us make things clear for you.

I am worried about speaking publicly because my English is not good.

Lots of chefs struggled with English before they started with Migrateful but have been able to build their language skills with us. We will help you practise during training and public classes will always have a facilitator - a member of staff who supports the chef. However, we do ask that our chefs have Entry Level 2 English.

I am concerned about protecting my identity.

Migrateful understands that some chefs-in-training may need to protect their identity. We can use different names to advertise your classes and ensure no photos or videos are used publicly.

Will I become a professional chef after my training with Migrateful?

Migrateful chefs are already passionate home cooks when they join us. Our program is designed to equip you with the skills you need to share your amazing dishes with the public through teaching cookery classes. While we teach you a lot of useful kitchen skills, such as knife skills and food safety and hygiene, the focus of your training is learning to lead a cookery class rather than work in a professional kitchen.

However, some of our chefs do go on to work in the food industry and all of the skills you learn with Migrateful are transferable. Depending on your stage in the training and plans moving forward, there will also be an opportunity for some to be trained to work in our events catering group.

Will I be able to teach classes if I don't have the legal right to work?

Yes, if you do not have the legal right to work, you can teach classes. Migrateful will pay for ingredients and travel costs and you may also be eligible for our Solidarity Fund of £25 per week.
We're here to help!

Do you have a question or concern? Let us make things clear for you.

What will I be paid to teach a Migrateful class?

Migrateful’s training is 100% free to you. The way that we fund this training is through the tickets we sell to participants attending your classes. Migrateful’s mission is to support migrants in preparing themselves for employment. Your time with us – from training to teaching classes – should be seen as a stepping stone to future work rather than your main source of income.

What you get:

<table>
<thead>
<tr>
<th>Travel to training expenses</th>
<th>Up to £10 per session</th>
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<tbody>
<tr>
<td>Solidarity Fund</td>
<td>£25 a week (for those without the right to work)</td>
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<tr>
<td>Contribution for your teaching time for those who have the right to work</td>
<td>£60 - £100 depending on your level of training and where you live</td>
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I have a question which hasn't been answered in this brochure, is there someone I can ask directly?

You can email our Head of Chef Development omar@migrateful.org with any questions you have.

Join our family!

So, what are you waiting for? Join us! To apply, fill out our online application form, you can find this and information about the next application deadline at migrateful.org/become-a-chef.

After the deadline we will review applications and if you have been successful we will invite you for an interview. We hope to welcome you into our Migrateful family soon!

The contribution is our way of supporting our cookery class teachers so that they are in a position to commit their time to learning and growing with us.
"When I arrived at Migrateful all my emotions turned around and I felt I was going to be ok. I felt acceptance. For the first time, I felt welcomed and listened to; others were going through the same things as me. There is so much joy and positivity here. It helped me to appreciate Britain a lot more. I no longer felt I was in a hostile place. For all this time the UK had been so unwelcoming and now it feels different. Migrateful has changed my life.

What it gives the chefs is priceless: self-esteem, acceptance and love in the midst of the hostility."

– Elizabeth, Nigeria