Migrateful is an award-winning social enterprise supporting asylum seekers, refugees and migrants to teach their traditional cuisines to the public, providing a way to access employment and integration in the UK.

Chefs undergo a 12-week training programme that takes them from passionate home cooks to professional cookery class teachers. Teaching provides them with ideal conditions to perfect their English, build their confidence, and share their story and knowledge with the community.

For the teams participating in the classes, it is the perfect occasion to strengthen your team’s bond whether working from home or back in the office, whilst also boosting wellbeing and participating in a charitable activity.

Interested in booking a Migrateful experience? Find all details including pricing, menus, booking process and social impact in this brochure.
OPTION 1: IN-PERSON CLASS AT OUR COOKERY SCHOOL

Turn one cooking class into an unforgettable team bonding session when you bring your team to this multi-sensory experience. Meet the chef in-person and work together under their watchful gaze.

IN A NUTSHELL
Come to our new Cookery School for an authentic cooking class run by one of our refugee and migrant chefs. All ingredients will be provided so your team merely needs to turn up and enjoy spending time together.

During the 2.5 hour session, the chef will teach your group how to prepare 2 to 4 of their favourite traditional dishes, taking time to share their unique techniques and stories.

The chef will be supported throughout by a Migrateful facilitator who will ensure the session goes smoothly.

CUISINES AVAILABLE
We have over 40 chefs covering over 20 international cuisines. See page 8 for more details and dietary requirements.

GROUP SIZE & PRICING
The classes are ideal for groups of 10-14 participants.

This standard option costs £70 per person. A discretionary charity discount is available on request.

To give your team a special treat, you can choose our Generosity Package. Costing £105 per person, individuals will receive a glass of prosecco and nibbles on arrival, as well as two drinks of their choice during the class. At the end, each participant chooses between a Migrateful apron or tea towel to take home at no extra cost.

TIMES & DATES
This option is available for lunch or evening classes on Wednesday, Thursday or Friday. If this doesn’t suit you, please get in touch.
OPTION 2: IN-PERSON CLASS AT A VENUE OF CHOICE

Bring your team together in a space that maximises convenience. Learn some exciting new dishes somewhere that suits you. We’ll take care of everything else.

IN A NUTSHELL

Pick a venue that suits you, whether at your company kitchens or a venue of your choice. Our chef will come to you and we will provide all of the ingredients and equipment.

During the 2.5 hour session, the chef teaches your group how to prepare 2 to 4 of their favourite traditional dishes, taking time to share their unique techniques and stories.

The chef is supported throughout by a Migrateful facilitator who will ensure the session goes smoothly.

TIMES & DATES

This option is available for lunch or evening classes on Wednesday, Thursday or Friday. If this doesn't suit you, please get in touch.

GROUP SIZE & PRICING

The classes are ideal for groups of 10-14 participants.

This standard option costs £70 per person. A discretionary charity discount is available on request.

To give your team a special treat, you can choose our Generosity Package. Costing £85 per person, each participant will receive a colourful Migrateful apron to take home at no extra cost.

Kindly note that there is a flat fee to cover transport. This is £50 for venues in zones 1 and 2 or £100 for venues in zones 3-6. For venues out of London this fee will be on a case-by-case basis.
OPTION 3: ONLINE COOKING CLASSES

Groups that cook together, come together. Develop new skills, have fun, and eat great food. All whilst helping creating and supporting an invaluable community and support network for our chefs.

IN A NUTSHELL

Our online classes are conducted as interactive virtual cook-alongs. Participants are sent a confirmation email ahead of time with a list of easy-to-source ingredients, equipment needed for the class, and a Zoom meeting link.

During the 1.5 hour session, the chef teaches the group how to prepare 1 to 2 of their favourite traditional dishes, taking time to answer questions, share anecdotes, and provide feedback on their dishes.

The chef is supported throughout by a Migrateful facilitator who will ensure the session goes smoothly and that step by step instructions are sent in real time.

GROUP SIZE & PRICING

The classes are ideal for groups of 10-25. For larger groups, we would recommend two or more simultaneous classes or a cooking demonstration (see page 4).

The online classes are £40 per participant. A discretionary discount is available on request for charities.

CUISINES AVAILABLE

We have over 40 chefs covering over 20 international cuisines. See page 8 for more details and dietary requirements.

It was an absolutely brilliant session. The chef was fun, enthusiastic and motivated us all along the way. The team were all talking about it the following day.

Liz, Accenture
OPTION 4: ONLINE COOKING DEMONSTRATIONS

Perfect for large groups or busy schedules, the demos are designed for teams with an appetite for amazing stories and easy but exciting recipes.

IN A NUTSHELL

Participants are invited to join one of our expert chefs in cooking a simple dish. A zoom meeting link and a list of ingredients will be provided in advance for those who wish to cook along, however, participants are equally welcome to just watch and join in the conversation.

This 1 hour session is a chance to discover flavours and techniques you might not be familiar with. Most importantly, it is a great opportunity for a group to come out of its comfort zone and bond over shared learning. The chef and facilitator will lead an inclusive session encouraging participants to interact and discuss themes essential to our project such as belonging, tradition, and integration.

GROUP SIZE & PRICING

25-40 participants - £750
40-60 participants - £850
60-80 participants - £950
80-95 participants - £1050

A discretionary discount is available on request for charities.

CUISINES AVAILABLE

Several cuisines are available for this option: Albanian, Bengali, Filipino, Ghanaian, Lebanese, Nigerian, Pakistani, Sri Lankan, Syrian Tanzanian and Ukrainian.

For information on dietary requirements, see page 8.

We involved Migrateful chef demonstrations in many of our inclusion workshops and we are always inspired by the experience. The chefs are so skilful and engaging – building a tangible connection to the world around us through their stories and their food.

Charlotte, Founder, Altogether Different
TAKE A LOOK AT THE CUISINES WE OFFER

NORTH AND WEST AFRICA
Awa and Sereh from Gambia
Kay and Zeenat from Ghana
Zineb from Morocco
Elizabeth, Stella, Abiola and Betty from Nigeria
Negla from Sudan

CARIBBEAN AND LATIN AMERICA
Lola from Cuba
Leonor from Ecuador
Delores from Jamaica

EASTERN EUROPE
Deshire from Albania
Anastasia from Ukraine

MIDDLE EAST
Parastoo, Elahe and Razieh from Iran
Ahmad from Lebanon
Majeda, Yusuf, Lina, Allaa, Mohammad and Amani from Syria
Meral from Turkey

SOUTHERN AND EASTERN AFRICA
Edite from Angola
Helen from Eritrea
Woin from Ethiopia
Kashi from Tanzania

ASIA
Aklima and Nahida from Bangladesh
Denise from China
Urmila from Nepal
Noor and Atiqa from Pakistan
Tina from the Philippines
Nafa, Yogi and Tilly from Sri Lanka
CARIBBEAN AND LATIN AMERICA
Lola from Cuba VGN, GF
Leonor from Ecuador F, DF, GF
Delores from Jamaica M, DF, GF

NORTH AND WEST AFRICA
Sereh from Gambia M/VGN, DF, GF, NUTS
Awa from Gambia V, VGN, DF, GF
Kay from Ghana VGN, GF, NUTS
Zeenat from Ghana M/VGN, DF, GF
Zineb from Morocco VGN, GF
Elizabeth from Nigeria VGN, DF, GF
Stella from Nigeria V, GF
Abiola from Nigeria VGN, DF
Betty from Nigeria M/V/G, DF, GF, NUTS
Negla from Sudan M, DF, GF, NUTS

SOUTHERN AND EASTERN AFRICA
Edite from Angola M/VGN, DF, GF, NUTS
Helen from Eritrea VGN, GF
Woin from Ethiopia VGN, GF
Kashi from Tanzania VGN

EASTERN EUROPE
Deshire from Albania M
Anastasia from Ukraine V

MIDDLE EAST
Parastoo from Iran V, NUTS
Elahe from Iran V, NUTS
Razieh from Iran DF, GF, NUTS, F
Ahmad from Lebanon VGN
Majeda from Syria VGN
Yusuf from Syria V, DF
Lina from Syria M, NUTS
Allaa from Syria M, NUTS
Mohammad from Syria M/VGN, GF, DF, NUTS
Amani from Syria V
Meral from Turkey VGN

ASIA
Aklima from Bangladesh F, GF, NUTS
Nahida from Bangladesh V, NUTS
Denise from China M, DF, NUTS
Urmila from Nepal V, DF, GF
Noor from Pakistan V/VGN
Atiqa from Pakistan VGN
Tina from the Philippines M, F, DF
Nafa from Sri Lanka VGN, GF
Yogi from Sri Lanka VGN GF
Tilly from Sri Lanka V, GF

VGN - Vegan   M - Contains meat
V - Vegetarian   F - Contains fish or shellfish
DF - Dairy free   NUTS - Contains nuts
GF - Gluten free
IMPACT & EXISTING CLIENTS

THANKS FOR SUPPORTING OUR MISSION

Migrateful looks to support migrants in a number of ways relating to wellbeing, employability and integration. We provide our chefs with wider social networks, improved English language, communication skills, increased confidence, a source of income, and opportunities to celebrate and share their culture.

All profits from our classes and demonstrations go directly to the Migrateful charity, funding our chef training programme; our solidarity fund, which supports our destitute beneficiaries that have no right to work or recourse to public funds; and tailored employment advice, amongst other support. All of this is all made possible by individuals such as yourself, booking a Migrateful class.

YOU ARE IN GOOD COMPANY

We have run classes for over one hundred companies and organisations, including those listed below. 100% of online classes participants who answered our survey would recommend them.

Whether they wanted to to meet their health & wellbeing and CSR targets, organise a social with a difference, or learn the intricacies of baklava making, our previous clients reported feeling "a sense of belonging and connection", "uplifted" and had "simply a wonderful experience".

PUBLIC CLASSES & GIFT VOUCHERS

If you love what Migrateful stands for, but still aren't ready to book a class for your team, why not attend one of our public classes? Head to our website and pick one of many available every week. You'll join a group of up to 14 other participants from across the UK (and the globe) to cook along one of our wonderful chefs.

Stuck for ideas for a colleague's birthday or leaving gift? Want to add some social value to your Christmas raffle? Have a look on our website for our Gift Vouchers!
BOOKING PROCESS & CANCELLATION POLICY

- Fill in the form on our website and our team will get back to you within 4 working days to discuss the details of your event.

- We require a £200 deposit to confirm the booking. The deposit will be deducted from the final invoice.

- Client cancellation and rescheduling fees:
  More than 14 days notice before the event, the £200 deposit will not be refunded.
  Less than 14 days before the event, 50% of the full amount will be charged.
  Less than 3 days before the event, 100% of the full amount will be charged.

- Full terms and conditions available on our website.

STILL HAVE A QUESTION?

Reach out to our Bookings Coordinator at bookings@migrateful.org

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www.migrateful.org
@migratefuluk
Charity number 1180110

Migrateful has been like a family to me, it filled me with love, it was a place where I could belong and people made me feel valued and trusted.

Habib, Migrateful alumni and trustee