 

**New Czech Food Blog with Exotic Recipes and Personal Stories**

*Prague, 29th of January, 2015.* The new Foodblog is not just about unconventional recipes and culinary specialities from foreign lands, but explores also the personal story of foreigners coming from a particular country. Among the many recipes the blog will offer you will find recipes such as the bone broth from Ghana or the Georgian Khachapuri. Moreover, the blog will give you tips on where to have an exotic feast or where to go for an ethnic buffet with your colleagues. To make it easier for you, the food blog will also suggest where to find some of the less conventional ingredients.

The Foodblog called “Recipes with a Personal Story” was founded by the Association for Integration and Migration (SIMI), a non-governmental organisation that has for more than twenty years offered its advice and services to foreigners in the Czech Republic. The coordinator of the project Eva Čech Valentová explains: *“On the blog, we try to offer an alternative to the traditional Czech cuisine of cream sauce and goulash. Also, we have created a space where people can share recipes from different parts of the world. We wish to inspire the reader not only to explore new types of food, but also to find out more about the cultures that produce those foods. Together with the recipe you will therefore find also the personal story of a foreigner explaining the reasons that brought him to the Czech Republic and his experience with the life there.”*

**Open multicultural evenings**

The blog will also advertise regular evening gatherings in Prague or in the region of Central Bohemia open to all who wish to learn more about the countries where the various recipes originated. The evenings are organised together with the migrants and are an excellent opportunity to explore history, culture, and current situation in both well-known and exotic countries. The visitors have a chance to get to know the authors of the recipes and also to taste some of the dishes on the spot. For the year 2015, SIMI has planned meetings on Iran, Mongolia, Serbia, Ukraine, and other countries the migrants come from. It is the migrants themselves who lead the evening, introduce their country of origin, and talk to the guests about their experience of the Czech Republic. *“Food is an important part of culture and a good way of bringing people together, so the guests will have a chance to taste some of the traditional dishes at each of the gatherings. They will also receive collector’s cards with recipes published on the blog,”* says the PR manager of SIMI Kateřina Dederová.

**Association for Integration and Migration (SIMI)**

The SIMI Foodblog is run by the Association for Integration and Migration (SIMI), a non-governmental organisation that helps foreigners in the Czech Republic by offering general advice. SIMI focusses main activities are:

* offering legal, social, and psychosocial advice to foreigners free of charge
* working with the public to encourage tolerance and fighting racism and xenophobia
* law activities - influencing the legislation on asylum, migration, and integration of foreigners

More information about the project of SIMI can be found on its web pages www.migrace.com

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