

We all eat. Most of us also cook. Although we're not thinking about how much food affects our lives. Well, we know that we should eat healthily. Lots of vegetables, less sugar, not eat raw potatoes, but also not really as crisps... Actually, health isn't the only part of our life the cuisine can affect.

In this episode of "change designers" podcast we tell how cooking storm walls, create bonds stronger than time and how we can use it to live better.

We talk with:

- Mrs. Grażyna Betlej-Furman, who runs agrotourism farm Swystowy Sad in Ropki in Low Beskids. <http://www.ropki.com.pl/>  
Mrs. Grażyna and other members of the Low Beskid Society (<http://www.zbeskiduniskiego.pl/>) organize an amazing culinary event "Dzikie Stoły" - feasting under the Beskid's sky. <https://www.dziekiestoly.pl/>  
We discuss how important is where, with who and what do we eat. Also the advantages of the big table, not to rush and how much better everything tastes outdoors.
- Mr. Michał Kurek from Warsaw Culinary University who sets up culinary workshops. <https://wuk.com.pl/>  
Michał speaks about great fun cooking can be and what can we develop while cooking together. If you think that it's only motor skills and sense of smell, then listen carefully how one can build teams or talk over production optimization through culinary workshops.

We want to tell you about workshops "Tastes of tolerance - cooking with refugees" that took place on December 8th in Krakow.

We talked to Sindhuja from Rethinking Refugees and Mateusz from Kuchnia Konflikty who told us how cooking and eating together can become a way to learn about new cultures and other people. How it lets us break the barriers and familiarize the unknown. But most of all - that food is a universal language common to all of us - people.

Interviews recorded during the workshop are available to download here:

<https://projektancizmian.pl/2019/12/31/003-dzikie-stoly/>

We also want to encourage you to invite Rethinking Refugees' facebook profile. They organize lots of events that support refugees, promote integration and raise awareness and knowledge about refugees' situation in Poland and across the world.

<https://www.facebook.com/rethinkrefugees2018/>

We invite you to the Kuchnia Konflikty - restaurant in Warsaw at Wilcza street, where you can eat a delicious meal cooked by the refugees. You'll experience new, splendid tastes and great people. Try following their facebook page. You can find there a lot of interesting invitations as well as the menu for every day.

<https://www.facebook.com/kuchniakonfliktu/>

We would like to thank Marianna Wysmulek who was our translator during the workshop and prepared the English version of this episode for our newly met English-speaking friends.

We hope our guests have encouraged you to take the culinary challenge. Prepare your Dzikie Stoły. Do something different, crazy, fun and check how many situations one can change talking. Talking while cooking, talking while eating, talking about food. Bon Appetit!