

Captivating International Foundation Ltd

Registered Office - Hong Kong

7/F Ruttonjee House, 11 Duddell St, Central, Hong Kong



Administration Office - China

F1 GuanTao Xiao Zhu, Haiwan Garden, Hai Chang Street,
Shekou, Nanshan District, Shenzhen, 518067, China

Phone/電話 +86 755 2667 4830

Fax/傳真 +86 755 2669 1450

www.captivating.org

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Commencement Report for the 'My First Job' program Qinghai Province

Program Implementation: March – August 2016



The cooking training for rural illiterate girls has commenced following three weeks of preparation on 11th March 2016. This time Shamtse (Captivating's Qinghai based charity partner and registered NGO) will train ten girls over a six month period with the objective of getting them into approved restaurants as junior chiefs. Eight of the girls arrived at the training base since 9th March, with the other 2 arriving shortly. The cooking training includes two months of training on traditional Tibetan food cooking, two months of Chinese dish making and another two months on baking training.

The trainees are from different counties and regions of Qinghai Province and they all come from rural and impoverished families. Because these girls have had little or even no education, they cannot do simple reading and writing. This has brought difficulties to the training as the trainers have had to change their teaching to help the girls to **remember** all the ingredients and process of cooking all the different types of food and dishes.

For the first few months the trainer will train the girls on traditional food cooking and Chinese dishes. He is very experienced and has worked as both a traditional Tibetan food and Chinese dish specialize in large restaurants. The training has started formally for 5 days now and the trainer is happy that the girls are trying their best to learn. The training is easier than he initially expected.



The girls started their cooking training with mixing wheat flour after they recognized most of the condiments for cooking.



Beef bread and steamed dumplings made by the trainees after two days of practicing on mixing flour and recognizing all the condiments.



Trainees are told to test out the taste of their bread.

Their common comment is that the salt is little over but the beef bread tastes good in general. Girls felt bit shy when they are to test out self-made bread.



Limojyid is 23 years old and she is from Guinan County, Qinghai Province. She dropped school when she was only in grade two at primary school. Since then she has been helping her family herding. "This is my first time to Xining City ever in my life and I was very excited when my father told me that there is a chance to attend cooking training. I hope I can get a paid job in a restaurant so I can help my father with supporting the family financially." said Limojyid.



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This is a new program for Captivating and we thank you for being part of it. The program is off to a great start with the girls filled with determination to learn and excited about what the future will hold for them. The teachers are very positive about the outcome of this program and we are glad for the skills and knowledge brought by Shamtse, our on-the-ground NGO partner in China.

We are excited that 10 girls are beginning their journey to a bright future. We are glad to share their journey with you. Thank you so much for your financial support.

Our thanks

Daniella May & Carrie Lhamo

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