

The Hummingbird Challenge



Think globally, act locally

A hands-on civic engagement with my Culinary Arts students



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**"BE THE CHANGE
YOU WANT TO SEE
IN THE WORLD"**

MOHANDAS GANDHI



A Hummingbird Story

One day a terrible fire broke out in a forest — a huge woodlands was suddenly engulfed by a raging wild fire. Frightened, all the animals fled their homes and ran out of the forest. As they came to the edge of a stream, they stopped to watch the fire and they were feeling very discouraged and powerless. They were all bemoaning the destruction of their homes. Every one of them thought there was nothing they could do about the fire, except for one little hummingbird.

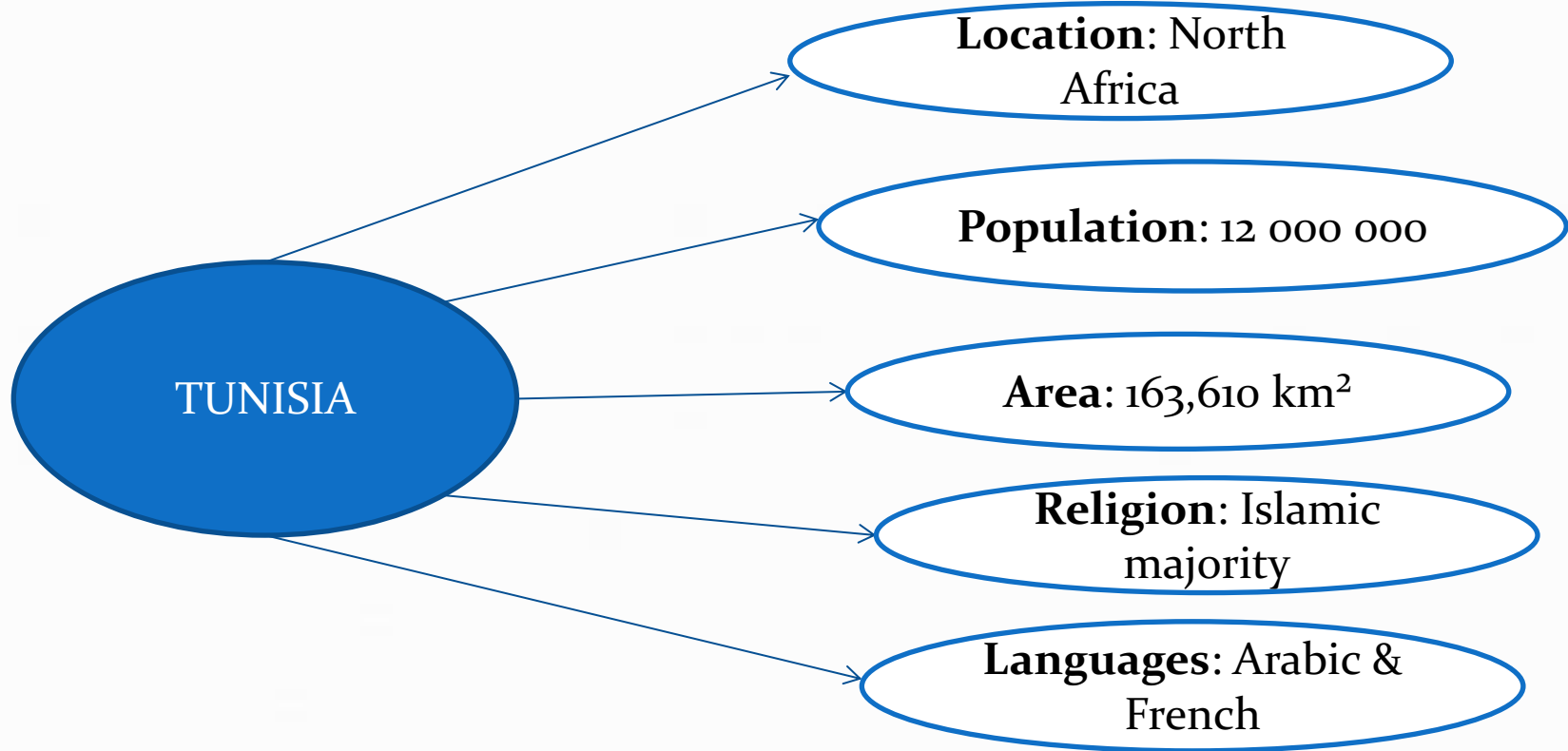
This particular hummingbird decided it would do something. It swooped into the stream and picked up a few drops of water and went into the forest and put them on the fire. Then it went back to the stream and did it again, and it kept going back again and again and again. All the other animals watched in disbelief; some tried to discourage the hummingbird with comments like, "Don't bother, it is too much, you are too little, your wings will burn, your beak is too tiny, it's only a drop, you can't put out this fire."

And as the animals stood around disparaging the little bird's efforts, the bird noticed how hopeless and forlorn they looked. Then one of the animals shouted out and challenged the hummingbird in a mocking voice, "What do you think you are doing?" And the hummingbird, without wasting time or losing a beat, looked back and said, "I am doing what I can."

—Nobel Peace Laureate Wangari Maathai, 2006

TUNISIA







MAP & FLAG



MATMATA:
The South,
Berber village



Roman Ruins of
Carthage:
Northern Suburbs

IHET: Institut des Hautes Etudes Touristiques





Culinary Arts students and their involvement in community service

How did it start?

- It all started with a reading passage which dealt with a kindergarten situated in an elderly home and how beneficial the daily interaction between the kids and the elderly is.
- I urged my students to think about similar experiences and be civically engaged.
- I thought about their cooking skills and gave them different ideas of how to use them to help the community.
- first, I thought about « un restaurant de cœur », to cook light meals and distribute them to the homeless people.
- Then, I suggested a visit to the elderly home . That idea was easier to apply because there is an elderly home in the next town and we did not need any permission or paper work to organize the event.

Event 1:

Open Day in the elderly home:

- 3 students visited the elderly home a few days before the open day
- They met the residents and asked them about their preferences
- We gave the menu and a shopping list to the responsables of the elderly home.
- The D Day, we embarked early and invaded the kitchen: a group of 16 students.
- Around 1, the students set the tables and invited the residents .
- After lunch, the students played music and had fun with the residents.
- The students were totally involved and extremely happy to make a change in the life of the residents.



Event 2:

World Diabetes Day, November 14

- 3 students went a few days before the event and met a group of doctors who were appointed to be at the elderly home on that day.
- They explained explained many things about diabetes and together with the students designed the menu which took in to consideration the diabetic residents.
- The menu was a great success: delicious and healthy. The students explained to the residents what they should eat and what they should avoid.





Event 3:

Celebrating the Birthday of the Prophet Mohamad in the elderly home

Preparing pudding with Aleppo Pine Seeds...





Event 4:

The refurbishing of an old space in the Campus:


- Cleaning day
- Decorating the space with zero resources
- Launching of the first event organized by the students: Concert and Ciné Club



BEFORE



AFTER



Tunivisions

— Club IHET Sidi Drif —



Tunivisions

BEFORE

AFTER









Cellule Culturelle



The Penn
Nice music
Beautiful
Smile



NO
SMOKING

positive Vibes
Waves
Fresh language
Good food with
music



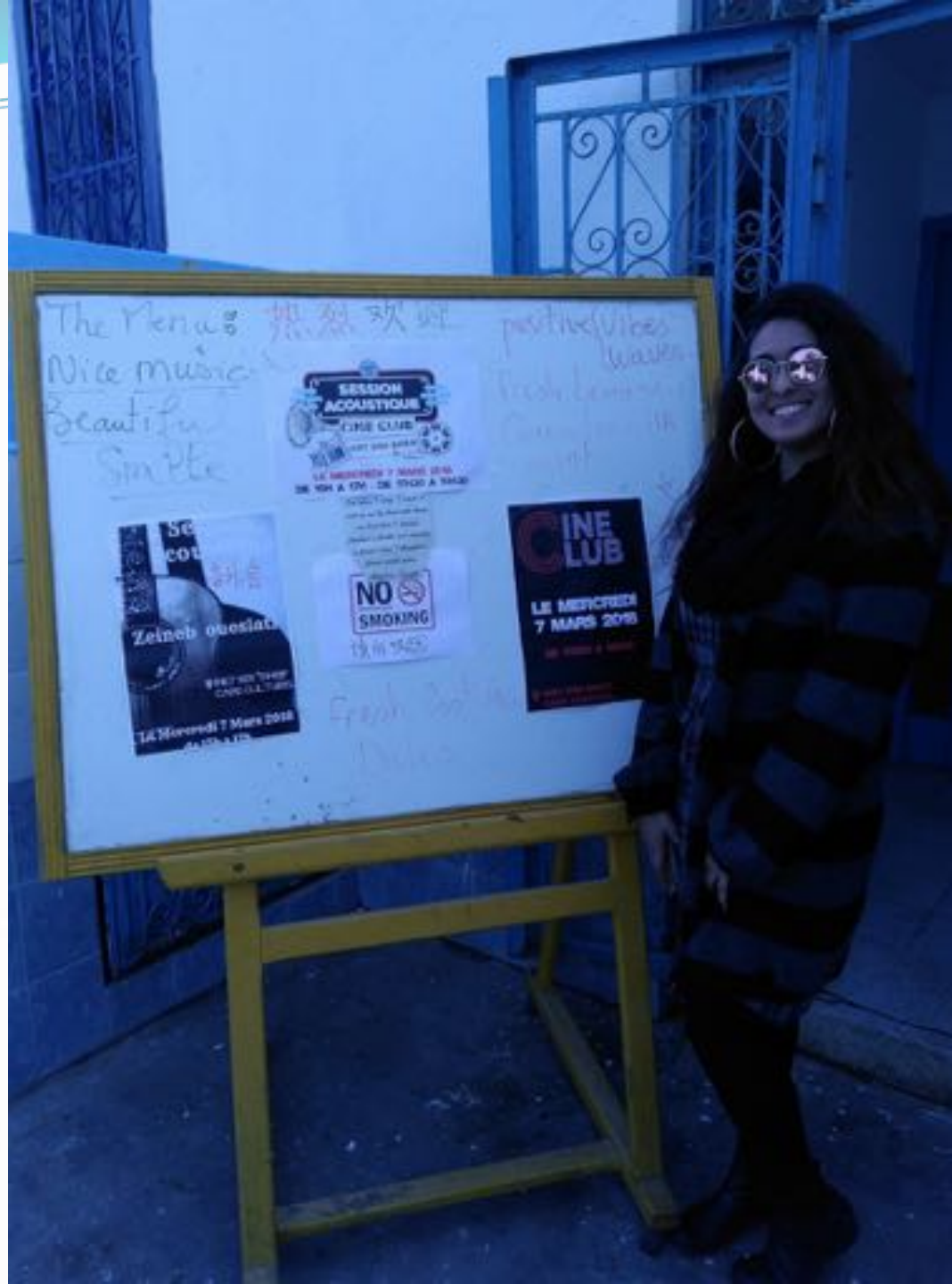
Fresh 2nd de
Pelle



The Maria
Nice music
Beautiful
Simple



particulares
buenos
Triste la montaña
Cine y música
simple




The Menu
Nice music
Beautiful
Simple

热烈欢
LE MERCREDI 7 MARS 2018
DE 19H A 21H - DE 19H30 A 21H30

positive Vices
Waves
Fresh Lemon
Cine Club



Fresh Lemon
Dance



Next Year's Project: The opening of
a cafeteria run by students.

The Hummingbird Challenge

Hummingbirds have long been a symbol of hope, wisdom, courage and unwavering determination. Your challenge is to be like the hummingbird and do whatever you can to help others who face overwhelming problems .

