



PICTURE THIS!

ESOL AND PHOTOGRAPHY ONLINE PROJECT 2020

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During 2020, over the COVID-19 lockdowns, Fotosynthesis (photography) and Learning Unlimited (ESOL) delivered Picture This!, two innovative 8-week online participatory ESOL and photography courses projects. This was an opportunity for ESOL learners to practise their English and express themselves while exploring their surroundings, their lives and identities through images.

The original plan was for this project to take place face-to-face but it was adapted immediately in response to the pandemic seeing this as an opportunity to capture a moment in time and also make it accessible to ESOL learners from all around London who may be facing more barriers than ever before. A key component of this project was the online and offline support provided by the team of dedicated multicultural volunteers.

We were able to share personal stories, feelings, memories, heritage, culture, family, home and much more through photos, conversation and text, including poetry.

We had so much fun each week and became a family without meeting each other personally. What mattered the most was meeting and connecting during this time of isolation, even if in front of a screen.

This book is a culmination and celebration of the work produced during the two phases of the project.

An online exhibition and a free toolkit to share with language teachers with suggested activities and top tips are available on the Fotosynthesis website: <https://www.fotosynthesiscommunity.org/picture-this/>



www.learningunlimited.co

Learning Unlimited is a not-for-profit social enterprise that specialises in adult and family learning, ESOL and integration, literacy, numeracy, and teacher education, volunteer and teacher training and education.

LU leads and participates in a wide range of local, national, and international partnership projects, develops and publishes books and resources, and does a wide variety of consultancy work.



www.fotosynthesiscommunity.org

Fotosynthesis is a not-for-profit social enterprise leader in participatory visual media. They use creative and inclusive image-making as a tool to engage, educate, and accompany people to create and represent their own narratives. We are a team of professional photographers, filmmakers and participatory practitioners with more than 10 years' experience of managing, designing and delivering projects. Our services are designed for community groups, schools, businesses, charities, NGOs, international development agencies, cultural organisations, universities and local government institutions.



www.london.gov.uk/

Picture This! was funded by the Greater London Authority (GLA) as part of the For ESOL Plus Arts, encouraging four innovative ESOL learning projects. An initiative that invited organisations working with ESOL learners to work in partnership with arts organisations to creatively meet the needs of Londoners facing barriers to learning.

DISCLAIMER

All views or opinions represented in the Picture This! online exhibition and book are personal and belong solely to the authors. As part of our participatory methodology and ethics, we provide a space for people to express themselves and do not limit or change their words. There may be some language that readers find offensive or rude. Any views or opinions are not intended to malign any religion, ethnic group, organisation, or individual.

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I N D E X



Exhibition link:
www.fotosynthesiscommunity.org/picture-this/

Great London Authority
www.london.gov.uk/

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PERSONAL PROJECTS

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THE POWER O



'When I first joined the 'Picture This 2' group, around week 3, it was obvious that there was already a strong sense of community – a friendly (though virtual) space where everyone made their own unique contribution.

Laughs, experiences and concerns were all shared. If for some reason a member of the group was absent from a session, they were missed.

Even though we never actually met in person it was obvious

that everyone looked forward to the sessions each week, and to the chance to see and hear what each other had been doing, to participate, contribute and learn.

We used the picture of the 'Community is Strength'

billboard, taken in north London on one of my lockdown walks in the summer, as the starting point for a discussion around the word 'community'.

– **Jayne** (Facilitator)

COMMUNITY





WHAT IS A COMMUNITY TO YOU?
WHAT IS YOUR COMMUNITY?
WHY IS IT IMPORTANT TO CREATE A COMMUNITY?





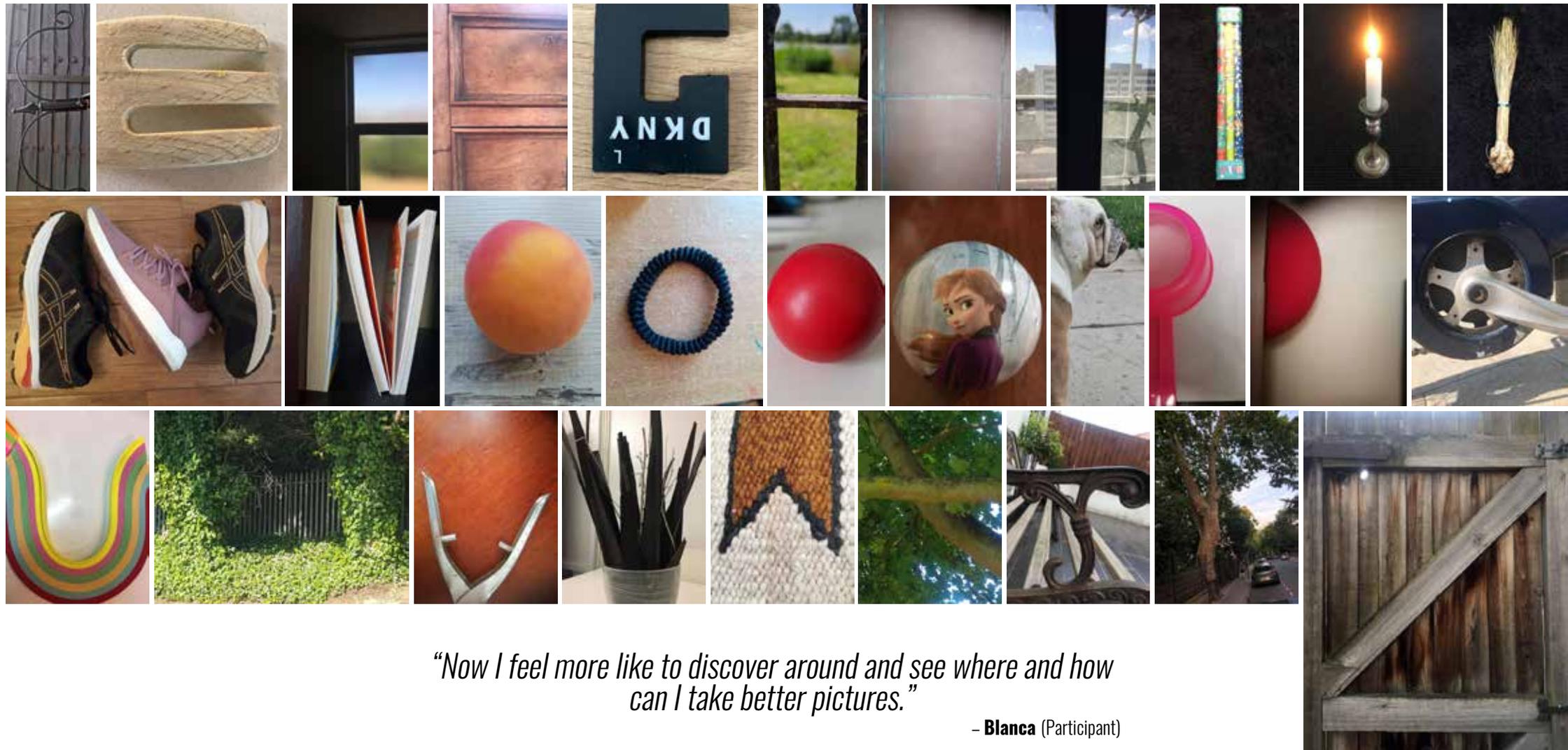
*'Our souls
will not be soothed
by what we achieve
how we look
or all the hard work we do
even if we managed to
make all the money in the world
we'd be left feeling empty for something
our souls ache for community
our deepest being craves one another
we need to be connected
to feel alive'*

– **Rupi Kaur** (Canadian poet)

ALPHABET



We had fun exploring taking pictures of letters of the alphabet that we found in our surroundings while learning how to frame and see things from a different perspective and with new eyes.



“Now I feel more like to discover around and see where and how can I take better pictures.”

– **Blanca** (Participant)

NEW

Throughout the project, participants were encouraged to take photos of objects or things they didn't know the English word for and send them in. We would look at them and learn new words. Here are some examples.



bollard



bolt



door handle



grater



buckle



button hole



grafitti



knob

WORDS

PICTURE THIS!



ladle and sloted spoon



post box



tongs



ventilator



lamp shade



potato peeler



tweezers



xylophone

PORTRAITS



ELENA

I am a woman who loves her family.
I try very hard to learn English because if I speak it freely I will be an independent person.
I worry about when I will be able to speak it fluently.
I cry when animals feel pain and when somebody from my family feels pain.
I like nature, dancing, yoga, and running.
I dream of speaking English fluently.
I dream of working as an accountant.
I hope to never stop dreaming.
I say 'I love you' to my family.
I want good health for every person and animal.
Sometimes I am a little bit lazy but I try to exercise.
I am friendly, positive and a person with a sense of humor.

PEDRO

I am...
Bryan's father
Maria's son
Manuel's son
Andrea's uncle
Fatima's friend
I am...
A student
An athlete
A reader
A football fan
I am...
Tall
Thin
Quiet
I am...
Funny
Enthusiastic
I am..

BLANCA

INDIGENOUS BIRD

Every morning the condor wakes up,
flies over
and around the mountains
to look for virgin water to drink and
refresh the body.
He feels tired from flying kilometres
and kilometres to find food,
but suddenly, he looks up and sees
the beautiful blue sky,
the sun shines and there are huge
white clouds, he says that they look
glorious.
What would it be like to be there?



I AM MAPACHE

During this second lockdown I have
many things to do.

However, I don't understand the
statistics informing us about the
increase in numbers of people
committing suicide.

I am Mapache.

I am strong like a tree with deep
roots and I am difficult to cut down
because the blood running in my
veins is so strong.



SARAH

I am Sarah – a woman,
mother, wife, daughter,
sister, friend, teacher and
student.

I like to think this photo
represents me – strong
but still relaxed and fun.



I am not as young as I used
to be. Sometimes I feel
like I have lost my juice.

I am a little dried up like
this lime.
I am tired.

This letter rack
represents my mind
– there is so much
going on!



ELEIDA

“HOW I FEEL”

This is the way I sometimes feel
The darkness blocks my emotion and
I feel like I am a prisoner
in a world
full of obstacles
and negative attitudes,
all made by someone
pretending
to be human.



‘SELF PORTRAIT’

This plant is the perfect
representation of me.
If I could have more hands like this
plant, I would be able to help more
people, to break down the barriers
to make a better future for the new
generation.

Free of the dangerous virus,
without misunderstanding of
different religions,
without devastated countries,
without contamination,
without pollution,
without discrimination,
Not to have a perfect world but a
least a better place.





HANIFA

MY MUM

Who is she?

She is...
El Mabrouk's wife
Khadidja's sister
Hanifa's mother
Adem's grandma
Seloua's aunty

She is...
a cook
a knitter
a dressmaker
an embroiderer

She is...
generous
optimistic
understanding

She is...
charming
beautiful

She is...
my lovely mama

MY CATS



SISSAN

He is my adorable eldest cat, and he is the boss in the house, it is totally forbidden to make any noise when Mr Sissan is sleeping.



MEMO

I can't believe I said no when my husband asked me to keep him. Even though he is very naughty, he makes us laugh all the time. I really like when he wakes us up to stroke him. 'I told you he is very naughty', but I love him so much.



CINDY

My lovely Cindy, she is my rainbow and my happiness, she helped me to overcome my depression. I just have to contemplate her angelic face to feel good and forget all my pain. Thank you my Cindy.

PAULA

Today is a brand new day!
I'll let my hair down!
I won't worry about my problems.
I'll let go of everything!
I'll relax! One day at a time!
In the meantime, I'll just live my
dream.





STERLING

I am a persistent student who loves to learn,
 I wonder how long it will take me,
 I struggle with my weak memory every day,
 I dream of succeeding with these strange words
 someday.

MIMI

TANJINA

PLACES

WHERE AM I?

As a group, we looked at photos of different places such as a market, a hospital, a beach, and a park.

We described these places using all our senses.

We shared photos and wrote about special places to us. Here are a few examples.

What do you see?
 What do you smell?
 What do you hear?
 What do you taste?
 What do you feel?



IN AN AEROPLANE

By Meral

I saw a lot of passengers,
 I heard people talking, the crew
 working, the sound of the engines,
 I smelt the plane meals,
 I tasted tomato juice,
 I felt hot,
 I was excited.



AT THE MOSQUE

By Hanifa

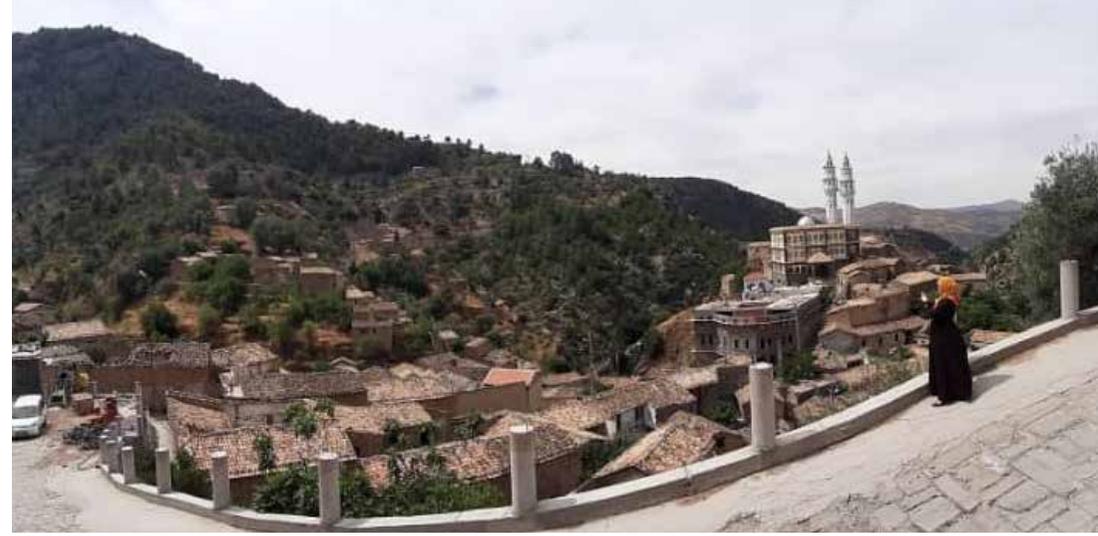
I saw a lot of people praying.
 I heard the Imam reciting the Quran.
 I smelled the scent of incense.
 I felt appeased.
 I tasted Zamzam water.
 I am at the Great Mosque of Mecca.



IN MY CHURCH

By Esther

Where am I?
 I see people praying,
 I hear music,
 I smell different perfumes,
 I feel the microphone in my hand.



LIFE IN THE VILLAGE

By Hanifa

If you want to hear the birds' songs all day, go to the village... If you want to breathe the fresh air, go to the village...

If you want to enjoy your eyes, go to the village... If you want to taste healthy and delicious food, go to the village...

Spending one day in the village makes us realize that we need to think about our life...

Spending one day in the village makes us realize that life is beautiful in its simplicity...

Spending one day in the village makes us realize that there is heaven on the earth.



عقزقز عامس تدرأ اذا
 ىلا بهذاف ريفاصعلا
 ةيرقلا
 بذعلا ءاولما قاشن تسإ تدرأ اذا
 ةيرقلا ىلا بهذاف
 كي رمضان عتمت نأ تدرأ اذا
 ةيرقلا ىلا بهذاف
 يحيصلما اعطلا قوونت تدرأ اذا
 ةيرقلا ىلا بهذاف ذيذلا
 ةيرقلا يف دحاو موي ءاضق
 ديعن نأ دبال منأ كردن انلعجي
 ...انتايح يف رظنلا
 ةيرقلا يف دحاو موي ءاضق
 قل يمجة ايحلا نأ كردن انلعجي
 ...امتاسب يف
 ةيرقلا يف دحاو موي ءاضق
 ىلع قنچ كانه منأ كردن انلعجي
 ضرألا هجو

AFRICA

By Mimi

Last Friday
I saw bright colours
I heard nice music
It smelt clean
I felt reassured
I tasted delicious chocolate
I touched soft toys
On the first floor there was an African exhibition.



I saw flags of countries and lots of art.

It was a wonderful day.

The continent of Africa has 54 countries, each country already has a specific name of its own, and Algeria is the largest country in Africa.



THE BEST PART OF ME



“The body is home for our consciousness and for the spirit. Through it, we experience life.”

– Susana & Ya’Acov Darling Khan, Movement Medicine, p86

How aware are we of our body?

How often do you check in each part of your body to feel what it is telling you?

Why do too many of us look after our materials belonging more than our body?

How are your lungs and your breathing? Are you breathing at your full capacity?

What about your back? Do you stretch yourself enough or are you waiting to get older and feel pain to wake up to give love to it?

If I were to ask which part of your body you prefer, what would you say? (Not in terms of its aesthetics or beauty, but more in terms of what this part of your body does in your life).

Close your eyes for a few seconds and scan your whole body from head to toes. Which part is catching your attention? Which part have you never noticed before?



MY EYE

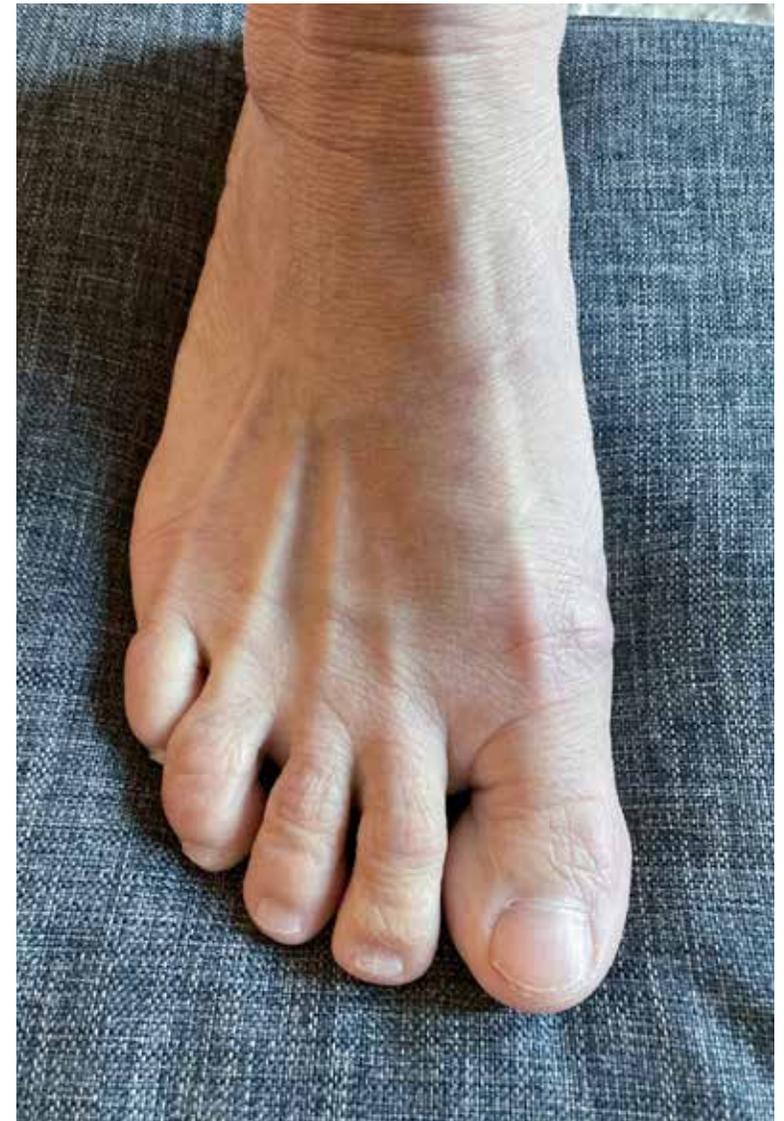
By Elena

I would like to thank you for my eyes because with them I can see, I can see how beautiful the world is, I can see colours and simple things, I can see gorgeous people, animals and plants.

MY FEET

By Daniela

My feet are a very important part of my body because they take me everywhere and support my body.



MY HEART

By Esther

I am proud of my heart.
It was destroyed,
broken,
burnt,
crushed,
but it continues to love.
It continues to forgive.
It continues to share and, above all, it
continues beating and always makes
me smile.

My heart is my favourite part of my
body.



MY HANDS

By Hanifa

My hands are one of my favourite
parts of my body because with them,
I can make my imagination real, and I
can be creative.



MY EYES

By Zahra

I like my eyes the most of all my body
parts.

Eyes are an important part of the
body, to see and admire nature and
to see people and their expressions.

MY BRAIN

By Paula

Good brain vibes

What we see depends on what happens inside our brain. Our minds help us to survive through our brain. Everything comes from this fantastic and special organ: the brain. Healthy minds use the internal weapon to fight daily life problems.



MY EARS

By Jayne

I chose my ears, because I enjoy listening to other people's stories, and I learn so much from them. Also, I love music and can't imagine life without it. I really enjoyed this exercise, because it took me into awareness of my body. A little meditation. I think we all tend to spend too much time in our heads-thinking, planning, worrying- and not enough time inhabiting our whole bodies.



MY MIND

By Josie

Ingrid asked us to take a photograph of the body part we like the most (not for how it looks – but for how we use it!)

I immediately thought that mine would have to be my mind.

This past year it has been especially important to check in with ourselves and how we are feeling.

I have used meditation every morning as a way of gaining more control over where my mind goes and to stay present throughout the day.

My mind truly is my favourite asset, if you look after your mind then everything else in life will follow!





MY LUNGS

By Luna

As we were born breathing instantly, we never had to learn it and we are taking it for granted.

How often do we think that we are breathing but we are actually holding our breath without being aware?

My lungs, a part of my body that I am grateful for, with each inhalation, I can restore myself, my brain, my peace of mind, my calmness. With every exhalation I can let go of stress, tensions, of whatever no longer serves me.

Breathe.

Breathe in the energy of the universe,
Breathe in the beauties of the human connection,
Breathe in the unknown.

Breathe in the universal love that is gently trying to caress you,
Breathe in the sound of silence.

Breathe in the unexpected.

Breathe out all your plans.

Breathe out what no longer serves you, the childhood hidden memories, the thoughts and pains that stopped you from being....

Breathe out...

OBSERVE from a distance the fire of your past.

LISTEN to the new lyrics of your life and the voice of silence.

TOUCH the roots of pure love embracing you endlessly.

TASTE the new flavour of the days delicately filled with peace.

SMELL the happiness surrounding you, perfumed with mystical flowers of bliss.

Mesmerise the dance of rebirth that the ocean is offering you.



MY THROAT

By Luna

The throat, the fifth chakra of communication, chakra of speech and expression, Vishuddha chakra.

Words are one of the most powerful and dangerous instruments we have as human beings. With them, we can build, we can love, we can care, we can sing, we can heal, we can create, we can share, we can dialogue, we can understand.

We can also be silent. Why do we have to talk all the time?

The less noise you have in your mind, the slower will the vibrations be the more answers you will find, without looking for them.

Silence.

Silence while I'm listening to what I'm not saying with great attention.

Silencio mientras siento mis emociones y miedos ocultos.

Quietness while I'm filtering what thoughts to keep and which one to ignore.

Letting go of any mental violence, replacing it by self love, acceptance and silence within.

MY HEART

By Luna

It pumps the air in my lungs and brain. But its main function is to learn to love unconditionally.

How many times do we say to people that we love them? How many times do you say to yourself that you are in love with yourself? That you are perfect with your imperfections? Why are we so scared of this word?

Tomorrow does not exist. We can die at any moment. So if it was your last day alive, would you not say to the people you love that you love them? So imagine today is your last day and express your love.

The definition of LOVE is “an intense feeling of deep affection.” There are endless ways to love beyond the “traditional” ways portrayed in books, poems, films, songs...ways that no words or art forms can describe.

Ways that are way beyond the physical and tangible world. Ways that many struggle to understand as it does not tick any box or fit in any category of love. It should be easy so why do we make it so complicated?

“Our own physical body possesses a wisdom, which we who inhabit the body, lack.”

Henri Miller



LOVE is our nature as humans

LOVE is healthy. It is contagious. It is necessary. LOVE is life. LOVE is priceless. LOVE is endless

LOVE has no border. LOVE is timeless. LOVE is eternal and infinite. LOVE is abundant

LOVE is pure. It is beautiful, it is a gift. It is sincere. LOVE is magical and makes miracles. LOVE is freedom

LOVE is trust. LOVE has no age. LOVE has no race. LOVE is universal. LOVE is free

It is healing. It is the solution to happiness and peace

It is a source of energy. It flows like a river with freedom and beauty.

PERSONAL

“I think the exhibition is important because I can show my photos to others. I was not confident about my English and now I am so proud of myself.”

– **Eliana** (Participant)

PROJECTS

Over the course of the PICTURE THIS! project, each participant, including the facilitators and volunteers developed their own personal photography projects.

This was an opportunity for everyone involved to create something special and personal to them, an opportunity to take photos and write about something that they would like to share with others.

And here it is- a fantastic collection of powerful images, stories, poems and messages that include heritage, home, identity, language, lockdown, nature, special people and places and a chance to have voices heard on important issues.

ANGEL



COVID 20 MY RACE MATTERS



BLACK LIVES MATTER

Allow me to take you on a journey...

I am Christian; my mother was a midwife; my father was a General in the army of Sudan; my brother and my husband are Muslim.

I have two daughters and a 16 year old son, who has been awarded a scholarship with Reading football Academy.

Black Lives Matter and COVID 19 are two significant events that happened in 2020.

Although the Black Lives Matter movement has been going on for many years, something feels different about the movement now as though we're on the precipice of change.





On 3rd June I had a dream. The dream was revealing of what was happening in our world today. Before my dream, I didn't think our lives would ever be the same again, but I had to ask myself did I want our lives to be the same? No, I did not want to have the old me back because during the lockdown I fixed my relationship with my creator.

I understand the history of Africa of colonisation, injustice, and the atrocities that have been committed against us and this is still going on for black people.



But that does not exclude us from the responsibility of doing them to our fellow black people.

Look at the knife crime in London, our children, what happened in the Caribbean, Africa and America, women, men and children being raped, some fathers, husbands, and single role models not taking responsibility, corruption, lack of spiritual wisdom, looting our own wealth, the negative relationship Africans and Caribbean's have towards each other. The impact of this on our future generations is not healthy or wealthy.

I am from the former Sudan where the people in the south have experienced huge injustices. My father and others were fighting for recognition of their people. I am one of the millions who paid a personal price for that.

Today if you watch videos on the internet you will understand. It's not for me to judge, but I can use the skills that God has given me to empower and unmute women and children to take the lead for our nation to make the changes they want to see.

God created us as one human race with no superiority. We all need to examine our hearts regardless of our faith, non-faith, colour, gender, old or young.

As for us Cuch people, to gain our freedom and independence we need to go back to basics (God) with intention and understanding.

I joined the movement of Dr. Arikana Chihombori, a very powerful African woman. The prophetic word for 2020 is for all women to rise and shine. Why women?

Because they are resilient and to start on the road to freedom we need to change our mindset and control our resources and be resourceful.

We all need to pray for our nation, unity, and healing from all types of injustice. That will create development and sustainable wealth and prosperity for all.

BIANCA

COVID-19

Covid-19 has stopped our dreams,
We don't know when exactly we can
have a normal social life again.
But the time is passing quickly
and we need to maintain the
distance,
which is another barrier that limits
our lives.
You won't believe it!
If people have money and are
affected by Covid-19 as money
doesn't buy them their health.
That is why we have empty and
limited lives for now.
How is our world now?

COVID-19 MEMORIES

Covid-19, we need our freedom, our
life; this is unjust for all the world,

Covid-19, we don't understand why
you have cut our wings,

Covid-19, people can't go anywhere.
Why have you taken control of our
lives?

Covid-19, go back to where you came
from; you should never have got out.

Covid-19, why have you gone and
spread yourself around the world?

Covid-19, are you happy to kill so
many NHS workers?

Covid-19, why don't you think to
keep the NHS safe?

Covid-19, we are tired of wearing
PPE.

Covid-19, you must stop this
pandemic, enough have suffered.

Covid-19, wash your hands, use
gloves and masks. It is a benefit for
your business.

Covid-19, many people have survived
without PPE in poor circumstances

Covid-19, it is time to close the door
with the hope you will give us peace
and maintain the calm.





MY PRETTY GIRL

My girl is sad
 What happened
 To my girl?
 What can I do
 For you to smile at me?
 I can't smile
 She told me
 My love is dead
 My soul is dead
 Oh, my God
 Help her please!
 Because I love her
 With all my heart.
 God, can you help her?
 Because she is a little girl
 And her soul
 Doesn't need to suffer pain
 I don't want to see you sad
 Love of my life.



IF I WAS A BIRD

If I could speak with the birds
I would like to tell them
how lucky they are to have wings
to fly around the world
with their freedom of life.

How marvelous to have
that type of life, without a boss,
without a job and with
their family, and not worrying about
money.

HISTORY OF ECUADOR



Before the Spanish arrived, Quito Ecuador was ruled by the Incan emperor Atahualpa and people still celebrate him as triumphant.

In the centre of the city, we have the Olympic Atahualpa stadium. Athualpa defended his brother in the Spanish conquests in 1531.

In 1820, Simon Bolivar helped Ecuador gain independence. Bolivar led the Ecuadorians into the Battle of Pichincha. On 24 May 1822 the Ecuadorians were victorious.

This day is now celebrated as the independence day of Ecuador with parades, fairs and music festivals.

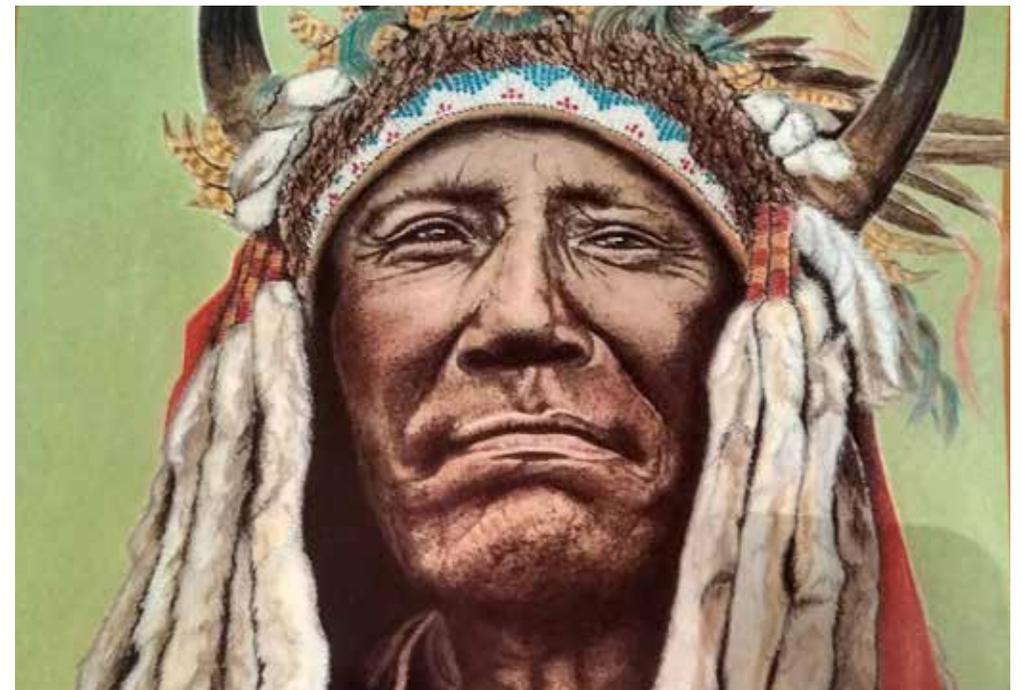
Ecuador has a mix of people, the Mestizos, Spanish, Native Indians and Africans who originally were brought to South America as slaves. All these people are equal and live together as one community.

The Native Indians have health care assistance known as Timmy's community that helps poor people receive good health care. They also use natural medicines.

MY FUTURE DREAMS

The radio is playing my favourite song,
And I am alone at the table in the living room,
Out of the window, I can see it is raining,
I am thinking, how will my future be?
I draw hearts and stars on my napkin,
The rain doesn't stop.

Suddenly a snail passes through my mind,
And says "I am tiny but strong. I walk everywhere
On the leaves of the tree to reach a goal.
I can see how you are stronger moving forward.
Just look around you, like how you love to take pictures
to motivate yourself and choose your dreams.



DANIELA

ONE DAY IN SEPTEMBER

In this picture I am thinking about my professional life.

I am thinking about my personal project.

I am thinking about how grateful I am for my good health, my son and my family in times of the coronavirus.

I am thankful for my life, my friends and this moment.



ONE DAY LAST SUMMER

This was a happy day in the countryside with my son.

There were beautiful colours and smells.

My favourite smell is lavender because it reminds me of my childhood, my grandmother and my mother in Rio de Janeiro.



THIS IS MY FAVOURITE FRUIT ON THE SEASIDE, ENGLAND

This was the first time I had picked strawberries in my life.

I felt grateful, excited and happy. It was a new experience.

The colour of the fruit was wonderful, it was so bright and red.

Me and the strawberry were both vibrant on this day.

The sea is the thing I miss the most from my country.

The smell of the sea gives me my energy, it makes me feel peaceful and relaxed.

This was a very happy day and the sea reminded me of good moments with my friends, laughing and drinking beers in the warm sun.

ELLEIDA



ENOUGH ALREADY

In Latin America, and especially in Colombia where I come from, black people suffer a kind of subtle, passive, and destructive racism.

We are ignored, discriminated, forgotten by governments and institutions.

Black people suffer daily verbal insults like:

“BLACK MOTHERFUCKER”

(negro hijo de puta).

“THIS BLACK MAN IS INTELLIGENT, HE DOESN'T SEEM LIKE A BLACK MAN.”

(este negro es inteligente, no parece negro).

ENOUGH ALREADY

“I would like to ask everybody a question:

What have black people done to other humans that is so wrong and make people so annoyed?”

ENOUGH ALREADY

Black people are not assailants; we are innocent victims.

ENOUGH ALREADY

SAN BASILIO DE PALENQUE

LITTLE AFRICA IN COLOMBIA IS A VILLAGE



THIS SMALL VILLAGE OF 4000 RESIDENTS WAS ESTABLISHED BY A STRONG AND FIERCE BLACK MAN IN 1603 AFTER HE DECIDED TO MOVE HERE WITH THE INTENTION TO PRESERVE THEIR FREEDOM.

WORKING TOGETHER = RESISTANCE AND FREEDOM

BENKOS BIOHO was a young man, kidnapped from his native land in AFRICA in the late 1500s, and sent to South America by Spanish enslavers.

He did not accept the idea of living in captivity and tried as much as he could to break the chain that was hanging from his wrists. One day he managed, and escaped with others who were also enslaved.

Benkos founded the new village in a far-away area to avoid the Spanish people's constant hostility and attempts to recapture them.

The location of the new village gave Benkos and the other people in the village the opportunity to see far away if any Spanish people were coming or getting close so they had the chance to beat them by surprise. This beating happened again and again, again and again.

Due to the resistance developed by the rebels in the village, the Spanish colony decided to give them freedom.

But they had to accept two conditions, first, not to go to the city to rescue any other runners and second, to be baptised by a Catholic priest who would stay with them in the village.

In 1619 the Spanish arranged a meeting with Benkos, lying to him as a way to capture him.

Benkos was hanged and dismembered in 1621. His body parts were sent to different cities to set an example to intimidate other black people.

In 1691, the Spanish crown issued a royal decree granting them freedom from slavery.





THE ROLE OF WOMEN IN ESCAPE TO PALENQUE

WOMEN PLAYED A CRUCIAL ROLE IN THE PROCESS OF ESCAPING SLAVERY.

When plaiting hair, they would draw a map to show different ways to reach Palenque and hide seeds and small valuables within the hair. The seeds were to be planted in the new freedom land.

African people, captured from different tribes, were not able to communicate with each other due to the many different African languages.

Women had the important role of transmitting escape messages and storing seeds inside the hair.



MEDICINE AND FOOD IN PALENQUE



PALENQUE FOOD

AWARDED THE BEST COOKBOOK IN THE WORLD

This small village has the greatest cookbook.

For this community, traditional and ancestral recipes are something extraordinary to such a point that in 2014 they won first prize in BEIJING, CHINA for the best cookbook in the world!

There are many ancestral recipes that Palenqueros use to enjoy performing in the kitchen and to create business. Most unique about their recipes is that each one is linked to a beautiful song.

Medicinal herbs have a prominent status for Palenque residents. They are used exactly as Africans use them to cure diseases. The medicine man, with his spiritual knowledge, has the power to mix up herbs to cure people.

They use selected land to grow crops of medicinal herbs and care for them with great dedication.

The leaves are harvested during a specific moon phase and at a specific time of the day.





MUSIC IN THE VEINS IN PALENQUE

From an early age, they care about tradition, celebration or anything related to a festivity. All this cultural wealth is celebrated in a colourful festival in October.

At this time visitors can see their happiness, welcoming, peace, and much more.

Children uphold these traditions to preserve the AFRICAN ANCESTRAL COMMITMENT so they can be proud of their roots, legacy and the Palenquera language, which is used in their songs.

The greatest representative of their music is the songwriter called MASTER RAFAEL CASSIANI CASSIANI with the group SEXTETO TABALA.



PALENQUE AN UNIQUE LANGUAGE

PALENQUEROS preserved their African BANTU language, with the addition of other languages like French, Portuguese, and Spanish woven in.

This has become PALENQUE- A UNIQUE LANGUAGE.

In 2005, this village became so famous for its music, ancestral recipes, passion for food, creation of non-formal musical instruments and folklore that it was declared "THE WORLD HERITAGE" by UNESCO.

PROMINENT FIGURES IN PALENQUE

RAFAEL CASSIANI CASSIANI
(singer-song writer)

ANTONIO CERVANTES
(boxer)

RICARDO CARDONA
(boxer)

PRUDENCIO CARDONA
(boxer)

EVARISTO MARQUEZ
(actor)

SEXTETO TABALA
(musical group)

ALMOST EVERY RESIDENT HAS KNOWLEDGE OF MUSIC, SINGING, DANCE OR THEATRE.

ELENA

MY COUNTRY BULGARIA



MY HOMETOWN KARLOVO

A place where my family lives,

A place where I can smell calmness, roses, and lavender,

A place where I can remember my childhood,

A place where I can see old buildings and I can meet friends,

A place where I can see lovely homeless dogs and cats,

I can see love, fear, and starvation in their eyes.

If I could I would like to help them all. All together we can help them,

Do not buy a dog or a cat, get one from a shelter,
Our nature is amazing,

Please respect nature,

Respect each other,

Respect animals.







THE DOOR

The 2020 year is different for us

We must wear masks.

I feel strange when I wear the mask. I feel like my mouth is “closed” and I can’t say anything.

This feeling is familiar for me. I arrived in London one year ago and I didn’t know English. My mouth was “closed” because I could speak only Bulgarian.

English is a “door” to the world. In the beginning, this “door” was closed for me.

Nowadays the “door” is a little bit open so I can see the light behind it.

I dream of the time when I will be able to speak English fluently and the “door” to the world will be open.



ELIANA

MY SON NOAH



Noah is so happy living in London, this is his home, he doesn't know anywhere else.

He loves the history of this country and all its museums.

I am happy he is so happy here.

He has more opportunities here in England than he has in my country, Brazil.

The schools are much better here than the schools in Brazil.

There are so many extracurricular classes he can go here like: football, karate, and swimming. In Brazil, if you want your child to go to classes like this they are too expensive.

We arrived in the UK when he was 18 months old. He didn't speak until he was 2.5 years old. We speak Portuguese at home and he reads and writes Portuguese well too. He is bilingual.

Noah is now 7 years old. He is a perfectionist. When he writes something that's wrong for his homework he rubs it out until every dot has gone!

He loves video games, he has PlayStation 4 and his favorite game is Lego World because he loves construction. When he was in the nursery the teacher said "Oh wow, he loves building!" and he still does.

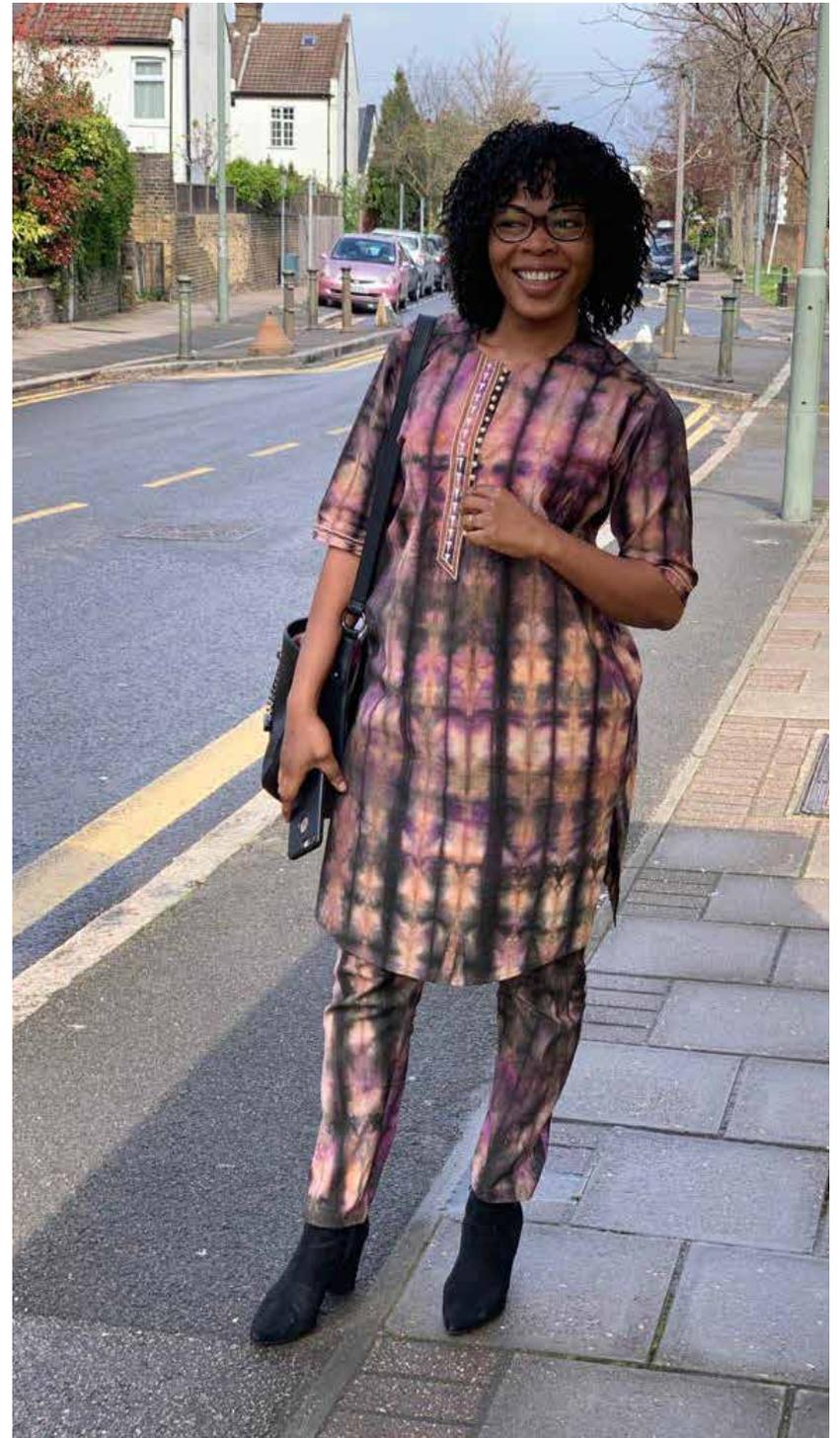
He has an amazing imagination. His teachers say he is so good in Science and History because of his wonderful imagination. They are his favorite subjects.

I am very happy. I love him so much. He is so like me. I love being his mum.



ESTHER

*"I am so proud
of my culture."*



THE LOBI PEOPLE

The Kontoro

The Kontoro is the traditional loincloth of the Lobi people. These people are from the northeast of Ivory Coast.

Originally, the Kontoro was only worn by the chiefs and kings for great occasions, but the new generation decided to give more value to this loincloth. That is why now we can see this loincloth worn for different ceremonies, like traditional weddings, birthday parties, and at fashion shows for African designers. They are also worn by celebrities in my country and the former First Lady Michelle Obama.



THE JEWELLERY OF THE LOBI PEOPLE

Cowries used to be the money of the Lobi people. We used it to buy food, clothes and to do all the transactions that we had to do. But over the years we could no longer use cowries as money. For that reason, the Lobi women decided to use the cowries to make jewellery. The jewellery is handmade and we can wear them for any occasion.

– Jewellery made by **Sylvie Kambou**



THE CALABASH

The calabash (gourd) can be used for various purposes. It can be used as a kitchen utensil, as a decoration in the house and it can also be decorated with cowries at traditional weddings. It really is multi-purpose.



Some pictures were taken by my cousins Marianne Dah / HIEN Ery Natalie and Monique

“I had the opportunity to learn, write and speak new words. It gave me more confidence in English, and that learning can be done in a very different environment. My daughter helped me with my self portrait and I enjoyed it very much.

When we were looking for new words it helped me a lot as now I use them in my daily life and think about words I don't know all the time. It also gave me an opportunity to think about who I am and what I want to achieve and to speak more in my job.”

– **Rita** (Participant)

FATHER

VISITING MY SISTER-IN-LAW

Yesterday I visited my sister-in-law's house.

We were invited. It was not very far but there was no car parking.

They made a delicious meal. I ate lots of food, drink and cake.

I was walking in the street when my husband came back home.



HANIFA

ALGERIA

Algeria is the biggest country in Africa, and the 10th largest in the world.

It is bordered in the north by the Mediterranean Sea and has 1,200 km of coastline. Algeria has borders with several countries – Tunisia, Libya in the East, Mali and Niger in the South. It also shares a border with Mauritania, Western Sahara in the Southwest and the Kingdom of Morocco in the West.

Algeria has similar customs and traditions to the countries that border it. Algeria is rich in various dishes and sweets such as:

- Couscous
- Chakhchoukha
- Chorba for dishes
- Baklawa
- Makrout for sweets



I have the pleasure to share with you some pictures representing some wonders of Algerian cuisine.

ALGERIAN SWEETS

BAKLAWA



Baklava is very famous in Algeria, it is baked for weddings, Eid and for guests. It is made with flour, ghee, honey, nuts and Orange Blossom water.

KAIKAAT MSSAKRIN



It's made with flour, butter, icing sugar and almonds.

MAKROUT ALOUZ



This is another kind of Makroust made with almonds, icing sugar, eggs and lemon.

MBARJA OR BRAJ



It is made with semolina, ghee or butter, dates, water and Orange Blossom water.

ALGERIAN DISHES

Algerian cuisine is very rich, it has a range of ingredients including vegetables, fruits, spices, meats, fish, seafood and dried fruits. Vegetables are often used for salads, soups, tajines, couscous and casseroles.

CHAKHCHOUKHA



There are several types of Chakhchoukha, it is eaten often on festive celebrations, especially popular in the east and south-east of Algeria.

This consists of small pieces of bread. It is called Ftir or Rougag mixed with tomato sauce.



CHORBA FRIK AND BURAK

Chorba Frik is a soup traditionally served every day during Ramadan. It is composed mainly of lamb or chicken with cracked wheat (frik), coriander and chickpeas.

Burak is usually served with Chorba during Ramadan, it has a crispy pastry outside and with meat, cheese and eggs inside. It is absolutely delicious.

ALGERIAN CLOTHES

The traditional Algerian dress is the group of clothes that Algerians have inherited and preserved from generation to generation. It is worn especially on occasions such as Eid, weddings and circumcision ceremonies.



KARAKOU



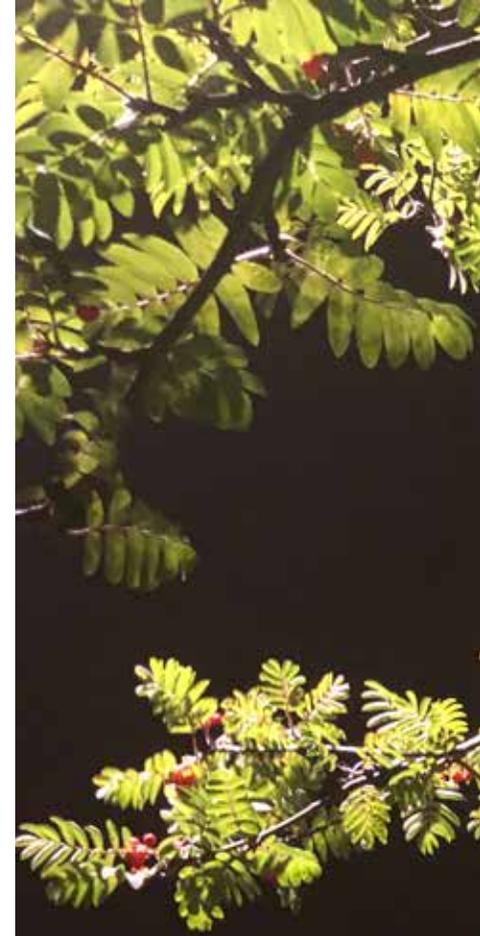
GONDOURA FURGANI



THE AMAZIGH DRESS



DERAA





JAYNIE

SEEING THINGS IN A NEW LIGHT

Summer 2020. During lockdown, I got into the habit of taking walks around my neighbourhood (Finsbury Park) at night, and sometimes I'd stop to take pictures on my phone. There was a really unusual stillness and quiet in London then and, like lots of people, I found that suddenly I was noticing everyday things in a new way – things like the dramatic ways the trees were lit by the street lights against the night sky.

Looking at these pictures now, it makes me think of those months when we all stayed at home and didn't venture much (physically) beyond our immediate communities. It was the summer when the first "Picture This" group took shape, and it soon became much more than a language-and-photography group; it became a kind of community or – as Sarah (Sheldon) would put it, a little lockdown family.

JOSIE



Ingrid asked us to take a photograph of the body part we like the most (not for how it looks – but for how we use it!)

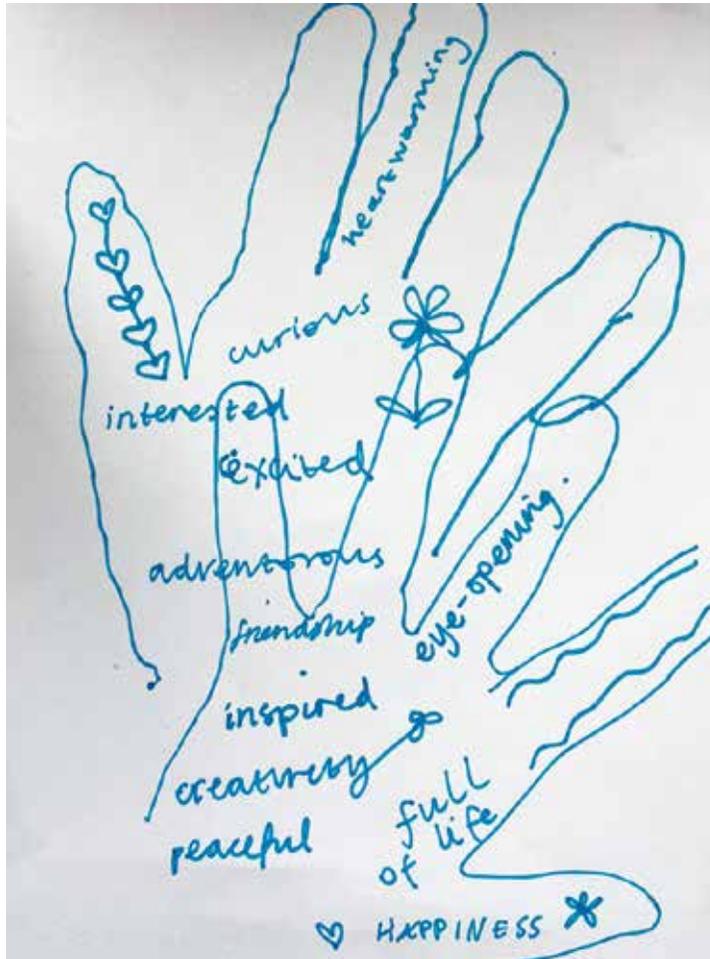
I immediately thought that mine would have to be my mind.

This past year it has been especially important to check in with ourselves and how we are feeling.

I have used meditation every morning as a way of gaining more control over where my mind goes and to stay present throughout the day.

My mind truly is my favourite asset, if you look after your mind then everything else in life will follow!

For this exercise we were asked to draw round our hands (with our eyes closed) and write about how we were feeling before and after the project.



Looking at the drawing now makes me remember all the wonderful people I met in sessions – they were very inspiring. The salt lamp represents my warm mood on the last day of the project.

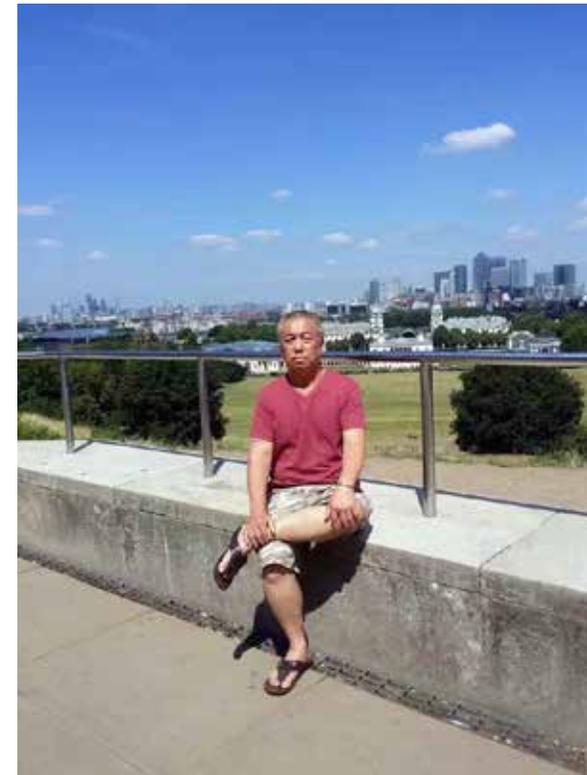
HEY YOUNI

MY DAD

He is my Dad,
He is a kind, friendly and helpful person,
He always showed his smiling face to other people,
He cared for us and loved our family so much,
He worked hard to raise me,
He is my hero as he never ever moaned, even when he felt tired and even when he was sick,

He is my Dad,
He worked as a builder when he was in our hometown, then he came to London and worked as a chef,
He could cook so many delicious Chinese and Malay style foods,
Our families and his friends often asked him to cook for them and asked him to teach them how to cook the way he did,

I am glad that he is my dad,
I love my dad,
He was never ever angry and never shouted at me,
I regret after he suddenly passed away that I only took one picture of me with my dad,
From the day he left my life, my lovely smile has gone with him,
A photo is not just a photo,
A photo is our memories to remember or remind us of the happiness in our lives.



我的父亲 作者莉云

他是我的爸爸，

他是一个善良，友好和乐于助人，他对每一个人总是展现出他的笑脸，他在乎我们，也非常爱我们的家人，他努力的工作养育我长大，

在我心里他是英雄，因为他不成埋怨过，即使他感到疲惫甚至他生病的时候，

他是我的爸爸，他在家乡的时候工作是一位建筑工人，他来到伦敦之后就当上厨师，他会煮很多中餐和马来风味的美食，我们的家人和他的朋友都经常邀请他们为他们煮美食，同时也会跟着他学和请教他，

我最幸福的一件事就是他成为我的父亲，我爱我的爸爸，

他从来都不对我生气，也从来都不对我大吼大叫，

我最大的遗憾就是他的突然离去，因为我和我爸爸只有一张合照，从他在我的生命里离开的那一天起，我可爱的笑容随着他一起消失了，照片不只是照片，照片是我们的回忆也是让我们想起我们幸福快乐中的生活。



MARCIA

MY LIFE IN LONDON

Life in London, it's not good not bad
It's different.

Living in London is like a movie
You watch it your whole life and now you are living
it in reality.

I never said
"I like winter".
London shows me the best part of winter.
Now I say "I LOVE WINTER".

London makes you think
What is important to you?
Family, friends, future, money, your peace...
You hold on to what makes you stronger.
Make your feelings come out
Sad, happy, alone, lost, lost, dreams, powerful...
And you give importance to the little things,
Like "HELLO"

Everything is beautiful and strange
Stones on the beaches, the trees without any leaves
in winter and then everything back in Spring
Everyone works hard
The more you work, the more you get rewarded

I love my country
I love London
This my city now
Every day there is a surprise
One new thing
A new thing I learn
I enjoy
I love
This is my life in LONDON.









CARS

The car has become one of the most important things in a person's life.

The first car in history, powered by an engine, was in 1885.

In 1964 Ford built a sports car and in 1972 BMW produced an electric car.

The manufacturing countries continued to develop cars and in our world today the automobile industry has developed greatly; Sion has now built a car powered by solar energy.





“The best thing about this project was seeing the week on week progression in the students confidence and ability to express themselves. Each session brought us something different and taught us more about each other.”

– **Josie** (Volunteer ESOL teacher)

*“I realise a picture really is worth a thousand words and releases so much language. I never thought it would lead to writing poetry and I am so inspired for future language learning.
It works for every level.”*

– Sarah (ESOL teacher)

NERGIDA

THE THREE COUNTRIES OF MY LIFE

DOMINICAN REPUBLIC

These are Chimi. This is common food to eat when outside the home. It is like a hamburger.



These are common fruits in the Dominican Republic. People eat mango and pineapple every day. The taste is very different from the fruits here in England.



These are empanadas. Inside you can have cheese or meat. We make these at home. They are very popular in the Dominican Republic.

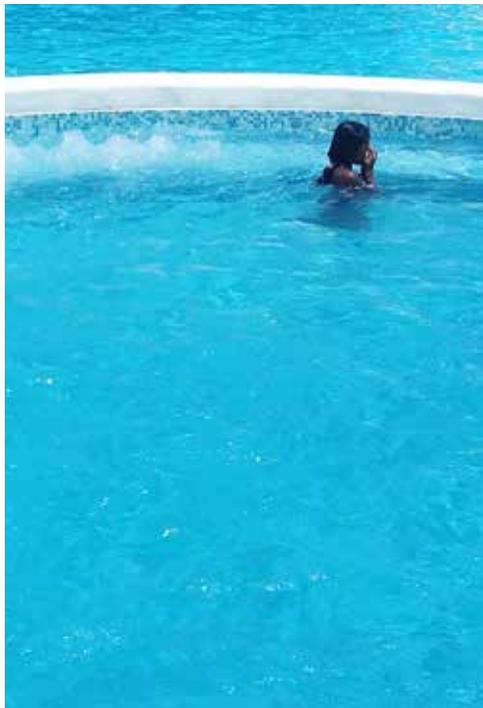
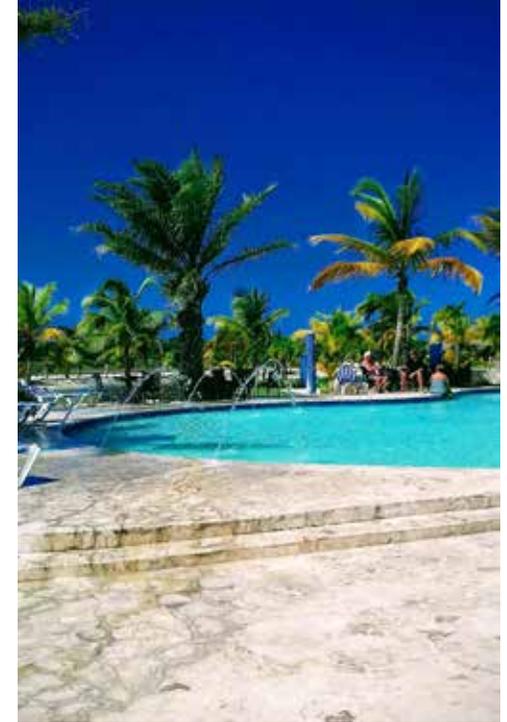
This was a beautiful hotel we stayed in when we visited Punta Cana in the Dominican Republic last year.

It is a very popular holiday destination.

At this hotel, we wore a bracelet and all meals were included: breakfast, lunch, and dinner.

At night, there was music, and people danced. It was very nice.

We stayed for four days as it was very expensive!



SPAIN

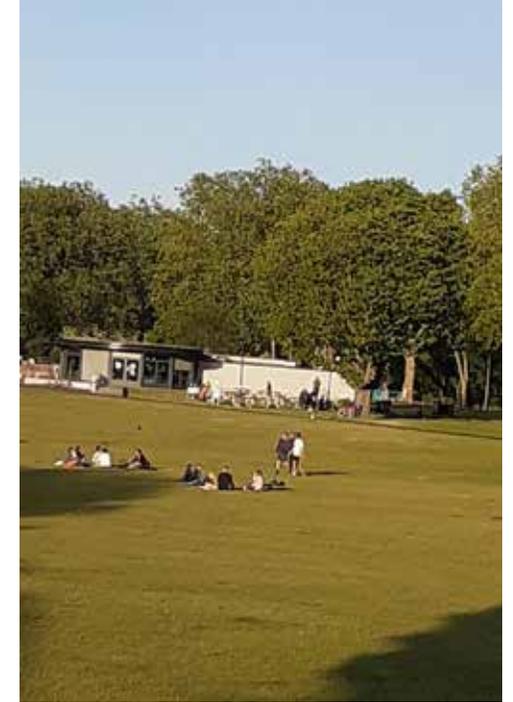
This is a common food in Spain, we eat prawns with rice.



LONDON

This is a park near my home. It is a 5-minute walk from my house. I cycle and run there all the time.

This was the first day I went to work after lockdown. The train was deserted. I was scared to travel, but when I saw the empty train I felt better.



CORONAVIRUS



These photos represent how I have felt about the pandemic.

With the coronavirus, everyone has felt very afraid and with a great uncertainty of not knowing what is going to happen.

Many people lost their jobs and many others lost their lives.

Many people have learned to value and live day to day and not leave everything to the future.

The pandemic has helped us to be closer to our family and to be able to share and teach my daughters about cooking and enjoy more time together.

Many of us were very afraid to leave the house for fear of contagion. Especially older people or those with illnesses.

When we travel in public transport, we feel scared because we could catch the virus as there isn't much social distancing when travelling in underground for example.

In every different country has different rules, for example in the Dominican Republic and Spain there is a curfew.

In Madrid, Spain; the lockdown was more strict than in the Dominican Republic, Spain and the UK.

PAULIA

TO BE IN LONDON A DREAM COME TRUE



A LUNCH IN MAYFAIR

It was a beautiful and wonderful day! The sun was shining and warming up the place.

The super cozy atmosphere will make you spend all day there.



A DRINK ON CARNABY STREET

Think of a fantastic place to stroll, look at the store's windows and have a drink. So here is an overwhelming energy for that.



PUB ON THE THAMES

Londoners love pubs. That's why you find in this wonderful city a pub on England's largest and main river.

Look how cool it is to sit and enjoy the sunset here!



THE ROYAL GUARDS

What an inexplicable feeling of seeing this guard with his horse, neither of which move. It is so beautiful to see...

This organisation in the land of Majesty is wonderful! How happy I am to be able to be here!



LAVENDER FIELDS

What a happiness! What an energy! What a gift from God! Being in that lavender field was a super special gift! I refreshed myself, how calm, what a smell... what a wonderful day it was.

Gratitude for such a splendid moment!



LONDON EYE

I love going to the London Eye! I've been there several times and I can't get enough! It is a beautiful view from the top of this most wonderful city!

The architectural ensemble seen from above with the flowing waters of the River Thames is unforgettable.



ROYAL OBSERVATORY GREENWICH

I have no words to express the joy of being there. A child's dream! Straight from books to real life! And the best thing about it, being able to share this moment with my family!

BUCKINGHAM PALACE

It is the official residence of Queen Elizabeth II. In front of the palace you can follow the Changing of the Guard, that famous military ceremony of the Queen's Guards.





THE BIG BEN TOWER

Big Ben is the name of the great bell installed in the northwest tower of the Palace of Westminster, the seat of the British Parliament in London. I loved having visited there.



STAR WARS IN MADAME TUSSAUD

What a coincidence! On my first visit to Tussaud I was dressed very much like my favorite character from the Star Wars saga! Very cool! That day was unforgettable in one of the most famous museums in the world!

PEDRO

THE BEAUTY OF NATURE

The beauty of nature, so lush and green, so cool, calm, full of life,

The beauty of nature, people just learn and see the happiness it brings,

The beauty of nature, the time spent in nature is time spent realising,

that nature is to our love, teaching us worth, peace, compassion, patience and to be confident.

The beauty of nature teaches us how to survive.





The beauty of nature, for me, is just life.

The beauty of nature shows its power, giving me vibes, so cool and so good.

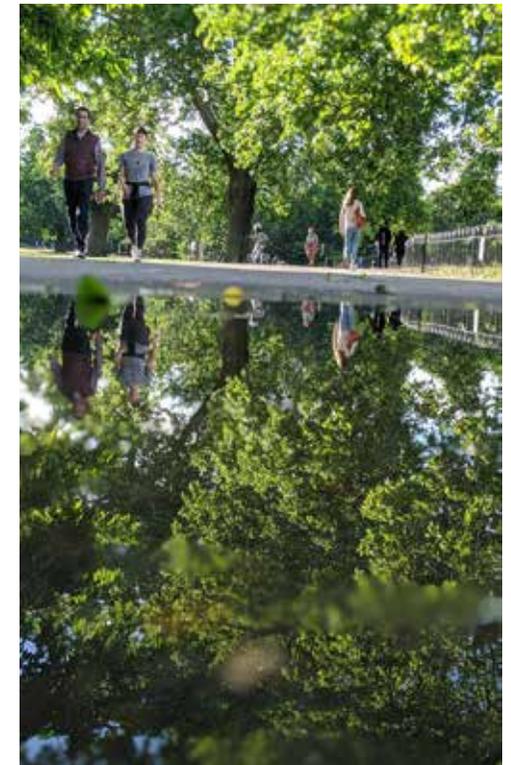
The beauty of nature gives me peace like a wonderful song.
My goal is not to be better than anyone else, but to be better than I used to be.

This is what the beauty of nature teaches me.



The beauty of nature;
nature is powerful.

Nature teaches us that no matter
how hard life is, we must be strong
and continue to live,
just being powerful like nature.





Nature is everywhere you go,

Nature is animals, plants, mountains, sky, rivers, sea...

Nature is everything living and growing.

RICHY

LIVING IN LONDON

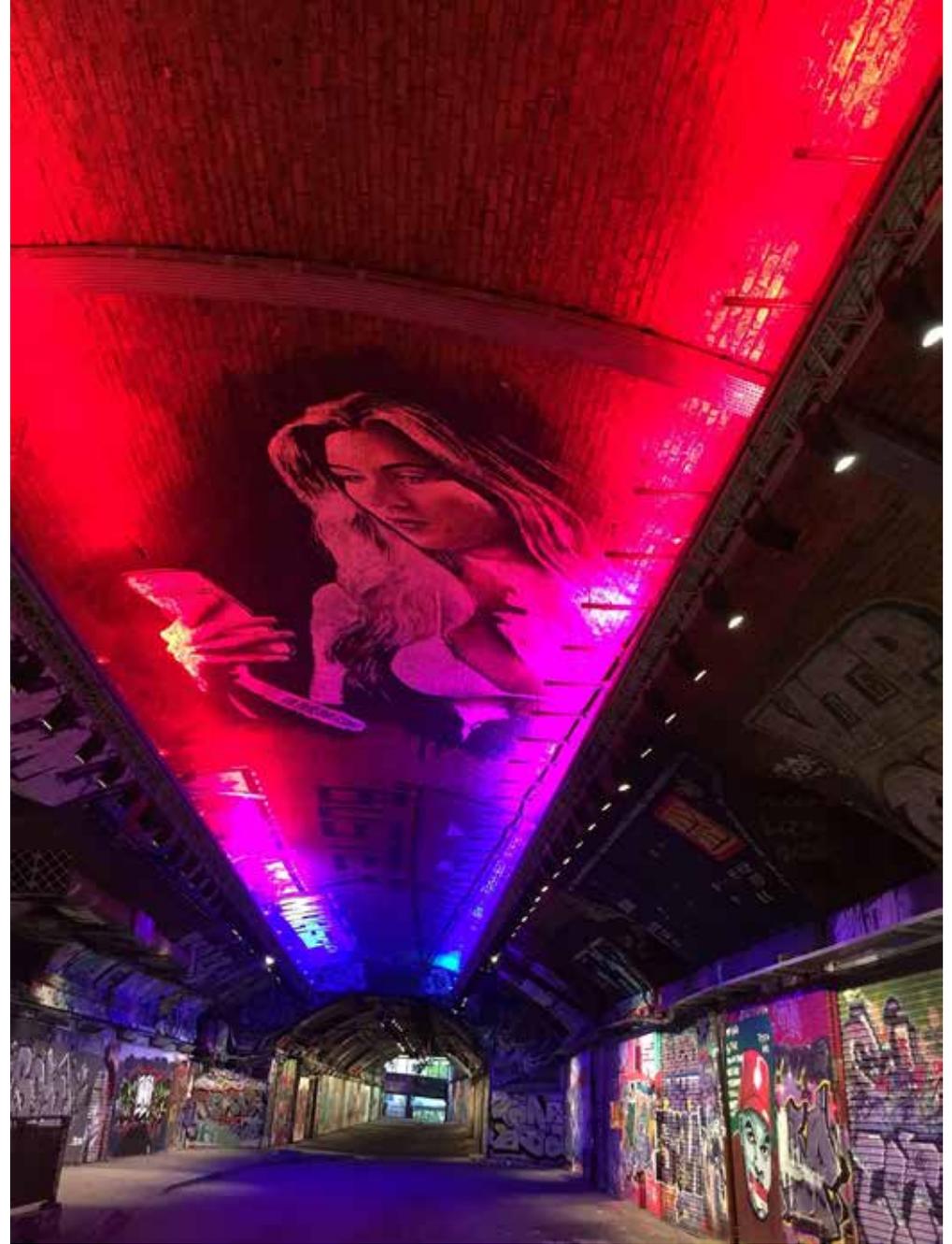


London in my dreams
London in my way
London I am here

London land of opportunities
London land of surprises

London melancholic
London attractive

Let me know more about you
Let me pass my life here.





RITA

POWER OF LANGUAGE

I remember my first day in England. It was a wonderful sunny day, I was intoxicated by the beauty of the city. However, I was scared and nervous because I didn't know any English. My biggest fear was if someone ask me something and I cannot understand.

Language is the main key to success. I feel like I have the duty to show my daughter, that despite who you are and where you live, you can't give up, you must learn and, step by step, reach your aspirations.





SALLY

COLOURING WINTER



Red-breasted robin where are you?
You usually have no shyness as you hop close asking for food.

The green bin screams watch out!

Is that flower violet, indigo, blue? So many words, which one is correct?

The red-yellow – orange bursting flesh of the pomegranate, shall I buy it?

A Chinese man once told me it is good for the skin
'Makes it young'.

A German woman once told me to wear colour as I get old.

You never see Indian women wearing black saris.

The English wear black in winter in mourning for the sun.

But they should wear violet, indigo, blue, green, yellow, orange, red to celebrate the rainbow waiting just below the murky light.





SAMUEL

NOWADAYS

Before me, a 22-year-old girl had already existed in my past.

My parents, my grandparents, my great-grandparents and for sure there are others that I don't know much about.

But if I'm here today, it means they had to exist, right??? (we all know that)

I have to say that all that we think we are doing, learning, and all the ideas, all our education, our mentality we

have nowadays, started before our time with our ancestors.

But now it is our turn, us, my generation.

With the evolution of time – we must do better than them.

They call us rebellious, we fight against the old mentality.

Now comes the new generation, the smart people, the innocents. But they have been growing so fast.

I feel that they are selfish, they want to improve themselves.

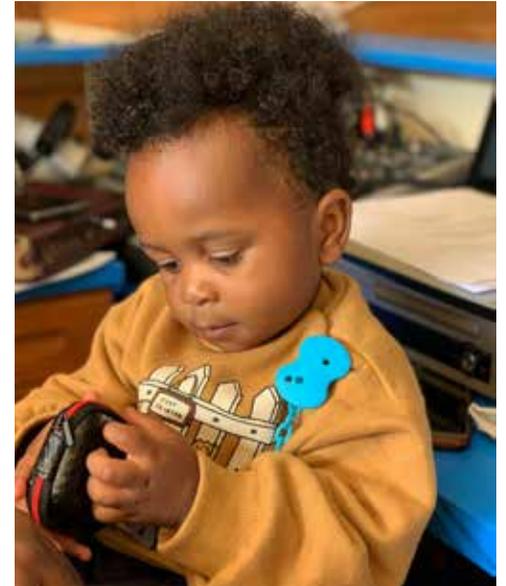
To be honest, who do you think is going to win?

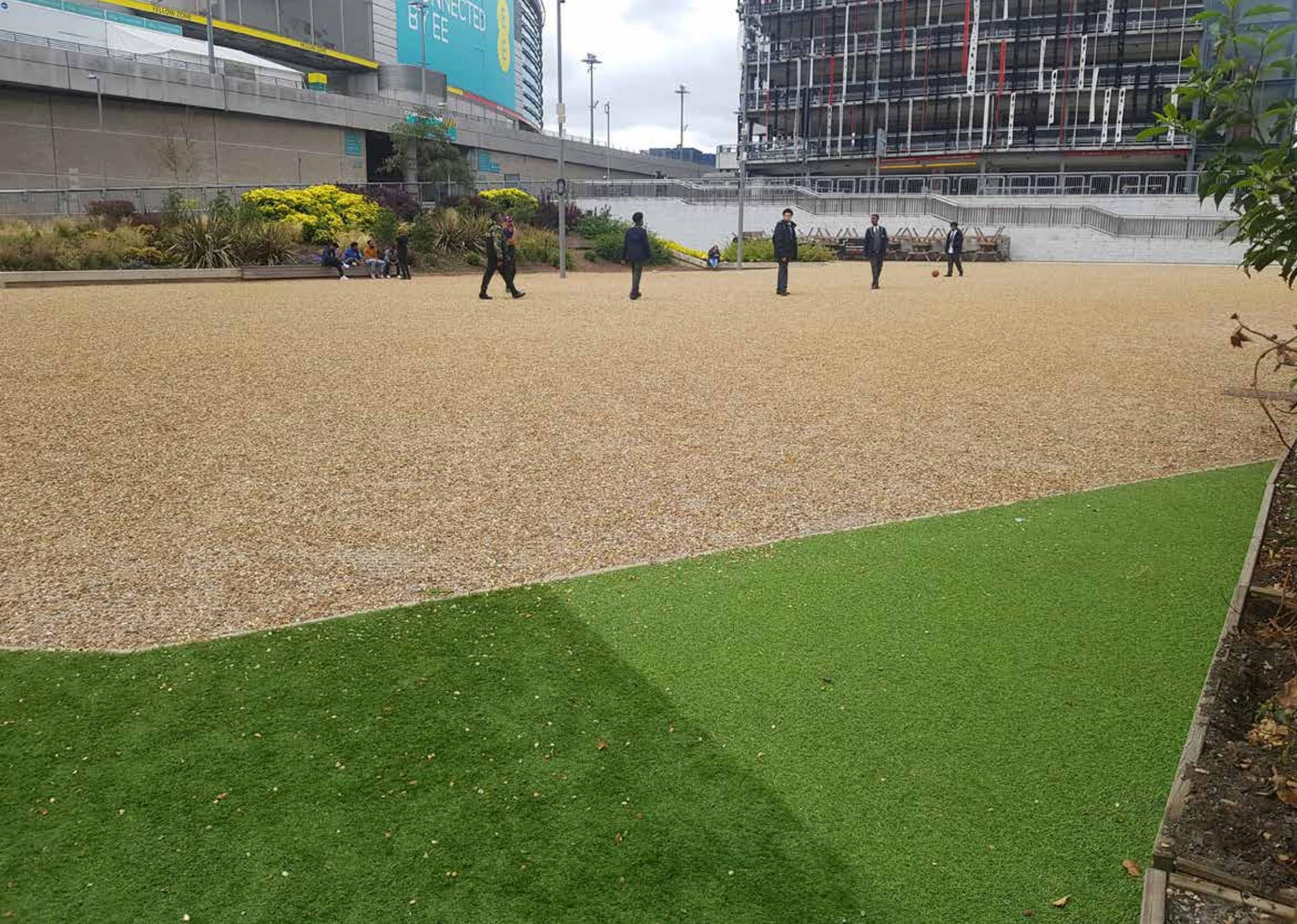
The ancestors? They keep doing it, in my opinion.

My Generation?
Maybe your Generation,
Or a new Generation????

THINK ABOUT IT.









SANDRA

WAITING

Waiting for the bus.

Waiting for the train.

Waiting for the sunshine,
waiting for the rain.

Queuing for shopping.

It's all a waiting game.

Waiting for tomorrow
and the gift that never came.



Waiting for the phone call,
waiting abjectly in vain.
Waiting never-ending,
'till someone can explain.

SARAH!

LOCKDOWN 1 - GROWING



I listened to...

the daily news,
families bereft "you're on mute"
"we can't hear you"
"tap bottom left"
Thursdays clapping,
beating pans,
cars hooting their horns
my daughters' wild dreams, every detail,
scattered with yawns birds singing,
I listened and learnt their unique songs
the wind in the Ash,
transporting me far and beyond.



I watched...

the empty street below, ghostly quiet, unsure what to think
the garden wake up, uncurling leaves and blossoms so pink
my cats chasing dragon flies, meandering, oblivious to it all
Adriene on Youtube, “breathe, stretch and stand tall”.





I discovered...

neighbours and kindness, the Blitz spirit anew
 how bees collect pollen, webinars, morning dew
 how naïve I am about racism, and how much more I could do
 art on Instagram #artistsupportpledge – such talent, who knew?
 Cape Jewels, White willow, Bluebells, Lady Banks Rose
 Bergenia, Sea Thrift, Ladder to Heaven – such a name, it glows
 taking photos, painting seascapes, how to create the perfect sky
 writing poems, Kate Clanchy – how with words you can fly
 my natural hair colour, yes grey, with one solitary brown streak
 and finally, my lockdown family – Picture This! – we've shared something unique.



LOCKDOWN 3 - HEAVY

It's different this time.
It arrived in the spring,
our garden bursting with hope and
new life,
despite the fear and uncertainty,
my arms
open
wide
now,
folded
tight.

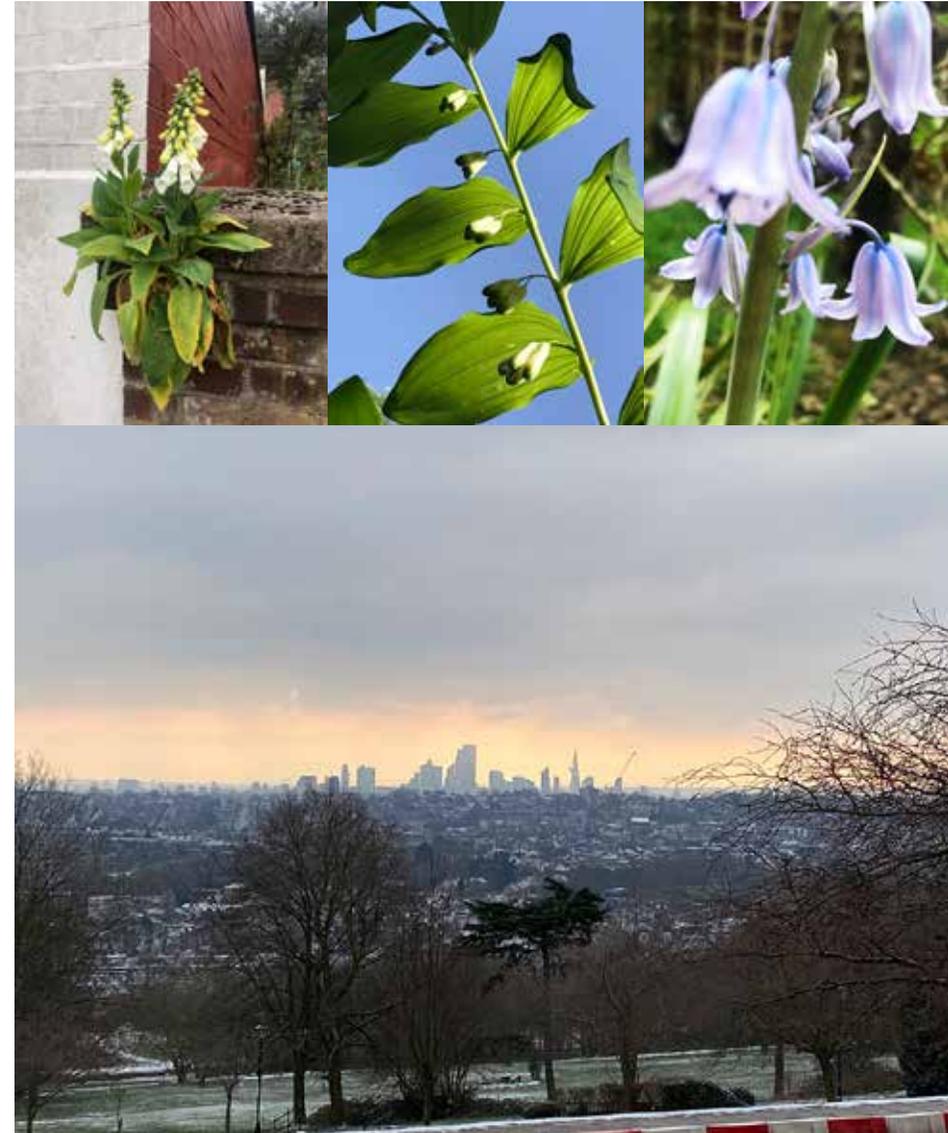
Winter's hold has taken its grip,
weighing down,
smothering life,
darkness and grey
penetrate
the
soul.

The garden, once luminous green,
damp and brown,
stooped like my back,
heavy like my body,

energy drained.
Once I skipped, now I walk through
mud.

Ethereal light on winter morning,
Glimmers of sunshine break through,
We still smile and laugh,
We don't make plans,
but I dream,
and there is a vaccine,
I need a dose
of hope,
light
and possibilities.

It will come.
My arms will unfold
and start to
open
wide
and
up
high.



SHAIKHA

CELEBRATING EID



We've stopped smiling on Eid due to the lockdown.



This is the smile we've missed seeing this Eid, and having all our loved ones next to us.



The boys have missed chasing each other and playing video games against other.



We need to claim back all the good moments we've had in the past and hug it all out.

DURING LOCKDOWN, EID MUBARAK



We are not the lost generation!



We have learned to appreciate each other more, to be kind to one another and most importantly, to be there for each other!

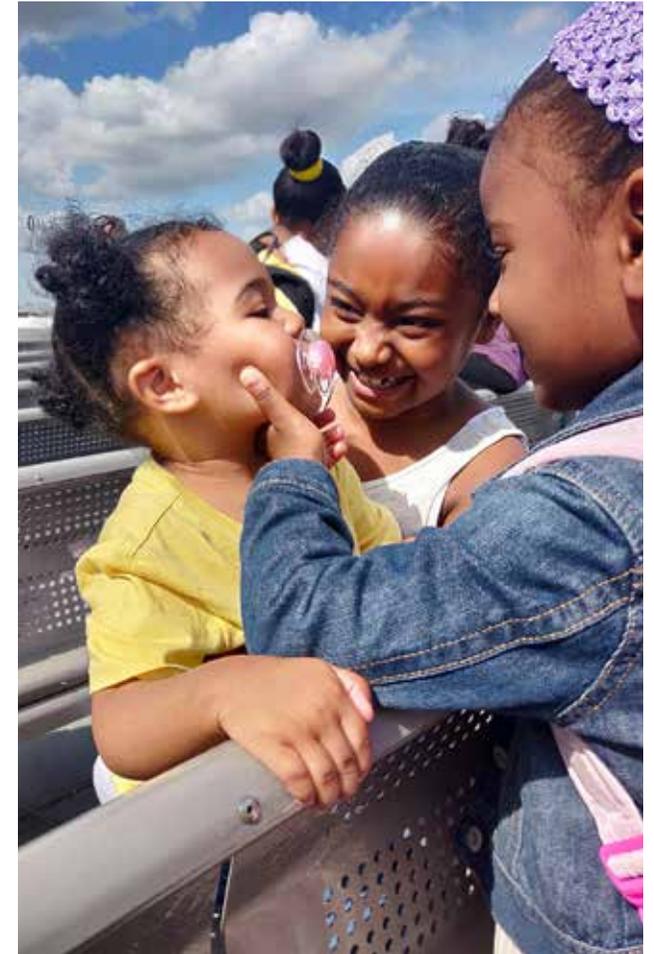


إِنْ شَاءَ اللَّهُ

God willing

In Islam we say “God willing” as we can’t predict what will happen the next day and it’s in god’s hands. Nevertheless, we all hope for a good day, for the cheeky children and every human being to have and enjoy. Let’s all appreciate each other and respect each other regardless of religion and politics.

Let’s all mend the broken hearts and smile more often, as that doesn’t cost us anything. You don’t need to be rich to be kind and you don’t need to be a genius to be understanding. All we expect from each other is a little bit of empathy.



Regardless of your religion, gender, age or class we all have faced similar situations and had to adapt to life differently this year.

“I want to be me, here as well. Now I feel I am me because now I can express myself .”

– **Rita**, (participant)

STERLING

"It's different. I learned a lot, I learned how to express myself. Before the project started, I felt isolated, like the bird in the street. I like to take risks and to do something different"

- Sterling





POEM 2020

In a moment the bad weather has disappeared to make way for a big change.
In an instant, the earth, the plants, the animals have been revived a great change for them.
In an instant, it has changed so many things around the world.
It's strange, people try to find themselves.
In an instant 2020 is different why this year.
Absence of questions, absence of answer..
In the new year maybe people will find the answer to their questions.

TANJINA

LONDON HOUSES

I am going to talk about my view of London's houses. It's a very interesting topic for me.

Why do so many houses look the same in London?

I always notice this, no matter where I go.

Why are the houses so similar, almost all have the same height and size?

Who was the first architect of these houses?

I also think about how much more beautiful they would look if there were big trees in front of each of these traditional houses.

I know my thoughts are baseless, but they make me wonder.

One day I will get used to them and maybe my thoughts on this will change. Maybe...!





TIGST

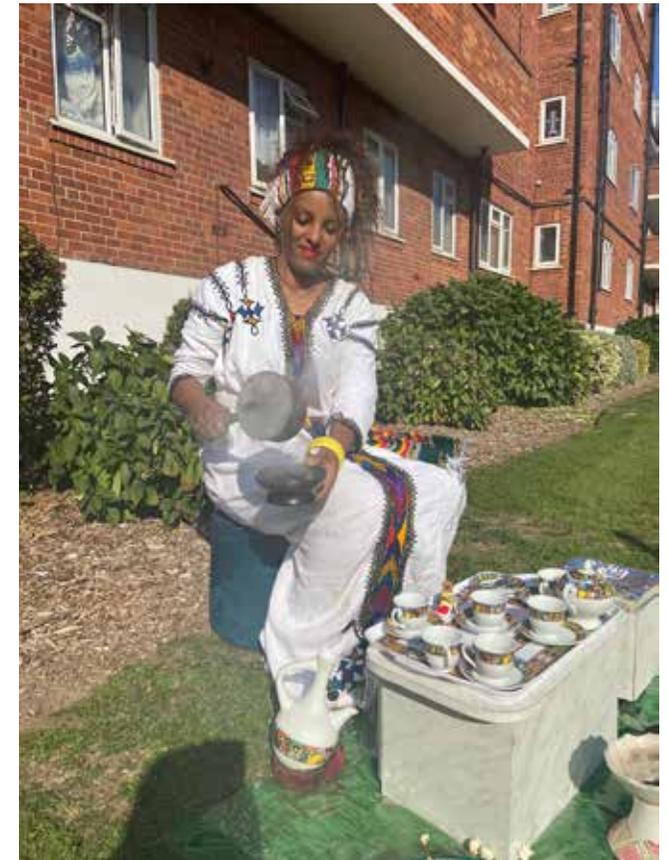
ETHIOPIAN COFFEE CEREMONY

This is a traditional coffee ceremony.

First of all we measure the coffee and wash with cold water and roast the raw coffee until it becomes brown. Keep it in cold water 5 to 10 minutes then grind the roasted coffee. Next, add the ground coffee to hot or warm water in the coffee pot and keep on the fire until it boils.

Once the coffee cools down, I put it in the cup with or without sugar and serve and drink it!

- 1 – Roast raw coffee beans
- 2 – Grind the roasted coffee beans
- 3 – Put the ground coffee in a pot filled with water
- 4 – Boil for 5-10 minutes
- 5 – Pour the coffee into coffee cups
- 6 – Serve coffee with pop-corn





ZAHRA

SKIES

When it's dark,
look for stars.

When it's rainy,
look for a rainbow.

When the sun will rise,
we will shine.

A lovely morning along with
the bright moon.





VOLUNTEERS THANKS

A massive thank you to our wonderful team of volunteer collaborators who made this project possible bringing their enthusiasm, ideas and skills during the workshops and providing one to one support outside the workshops.

ANGEL

ELEIDA

IFRAH

JAYNE

JOSIE

LEE YOON

PASCALE

SALLY

SANDRA

SPECIAL THANKS

KAREN DUDLEY
SARA ASADULLAH

For making the project happen and continuously supporting us throughout its duration.

SARAH SHELDON

Learning Unlimited Project Manager
& ESOL teacher



Sarah is an ESOL specialist who has been working with migrants and refugees in the UK for fifteen years. She is an ESOL teacher, a teacher trainer, project manager and materials writer.

Sarah loves her work. She meets the most amazing people while supporting them to learn English, empowering them to lead fulfilling lives in their new home. She brings creativity into her work – making

learning fun, designing resources that bring the learners' lives to the forefront and creating stimulating and accessible visuals. As a trainer, she loves meeting and sharing with others with a mutual passion for teaching.

Her strengths and expertise are in supporting language and literacy development and building confidence using participatory teaching methods, in particular to those with low level English and/or literacy. Sarah has worked on several interesting and rewarding national and international projects including PIP, Integr8, Family Skills, the Council of Europe toolkit for language support for adult refugees, ETF New to ESOL training resources and CLIP.

More information can be found here: www.learningunlimited.co.

Working in partnership with Ingrid and Fotosynthesis on Picture This! has been an absolute joy and has sent Sarah on a new trajectory – using photography and poetry in language learning and literacy development.

INGRID GUYON

Fotosynthesis Project Manager
& Photography leader



Ingrid is a photographer, filmmaker, and participatory visual media practitioner passionate advocate of a better world through images, ethics, community engagement, and self-representation. She believes that stories should belong to the people whose stories are told and that being inclusive with a listening ear are crucial to any human interactions and work.

She is the Founding and Executive Director of Fotosynthesis and the lead photography workshop facilitator on this project. Trained in photography, visual anthropology and participatory methods by PhotoVoice, InsightShare and Wendy Ewald among others, she has more than 10 years of experience in implementing participatory media projects internationally within NGO, international development, peacebuilding, education, and museums sectors.

She is also an associate of Insightshare, (www.insightshare.org), leaders in participatory video. Recently, she has been using photography and filmmaking to create new narratives and as tools for peacebuilding and reconciliation and making visible the untold stories of the Colombian conflict but also of the resilience of the Colombians in Colombia and in the diaspora.

www.ingridguyon.com

“It was very useful and interesting as a teacher to be a volunteer and a participant. On one hand I could stand back and watch how the group interacted, supported each other and became more communicative and, on the other, I could also feel closely involved in the group.

I also started to have fun using my phone to take photos of anything that caught my attention. That made me open my eyes more to the world outside the room I’ve been spending most of my lockdown in and gave more colour and interest to my life.”

– **Sally**, (Volunteer)

PICTURE THIS!

ESOL AND PHOTOGRAPHY ONLINE PROJECT 2020

Go to the exhibition:



Exhibition link:

www.fotosynthesiscommunity.org/picture-this/

Great London Authority

www.london.gov.uk/

Design Diego Echeverry

 Zooverano

Developed by



Funded by

