



MARCH
2020

fao Casa gazette

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- *BENVENUTO MARZO*

- *EMILIA ROMAGNA*

- *ROME WITH A VIEW*

- *FOR GOURMET COOKING ENTHUSIASTS*

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by Sompit Watkins – River Tevere

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Typewritten electronic contributions for the FAO CASA Gazette are welcome. These can be articles, poems, drawings, photographs, etc., in fact, anything interesting that staff members and/or their families in Rome or in the field may wish to contribute. These contributions can be in English, French, Italian or Spanish.

No anonymous material will be accepted, and the Editor reserves the right to choose and/or reject material that is not in keeping with the ethics of the Organization. Send contributions electronically to the Editor at fao-staff-coop@fao.org or leave signed copies with the Coop office on the ground floor of building E.

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ALL ACTIVITIES ARE FOR STAFF COOP MEMBERS ONLY

BENVENUTO MARZO

Il periodo di dolcezza, forza interiore e amore. Marzo è il mese che celebra la bellezza di essere Donna



di Enrica Romanazzo

Sostiene e promuove da anni le attività della FAO STAFF COOP. Nel contempo segue ed organizza eventi in difesa dell'ambiente e per la valorizzazione del territorio salentino

Marzo non è solo il periodo del risveglio primaverile, ma anche il periodo nel quale fioriscono i sentimenti, il periodo in cui ci lasciamo andare ai flussi dell'inarrestabile energia di Venere. È il mese che celebra la bellezza dell'essere donna. Sei donna quando sei amica delle donne, quando non provi gelosia ed invidia verso di loro, quando sai valutare quali di esse potrebbero starti vicino in modo

pulito e sincero. Sei donna quando non ti interessa criticare, sminuire o distruggere le tue simili, perché una vera donna conosce già il suo valore e non ha bisogno di screditare le altre per affermarlo, perché preferisce semplicemente concentrarsi e lavorare su se stessa per migliorarsi.

Sei donna soprattutto quando non hai interesse a mostrare ciò che sei, quando non hai bisogno di ostentare.. Perché una vera donna è colei che ha

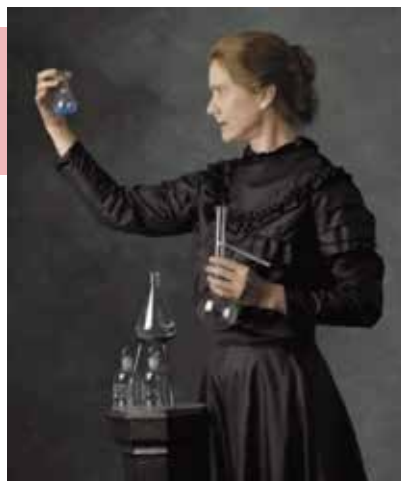
la coscienza pulita e che può permettersi di ostentare soltanto la sua dignità e il privilegio di poter camminare a testa alta. Sei donna, quando hai il coraggio delle tue azioni e sai prendere una posizione senza paura delle conseguenze. Sei donna quando hai la forza di combattere le ingiustizie...

In una donna speciale convivono deliziosi istinti e geniale razionalità che ne fanno quell'essere speciale che è. E quanto meno pacifica è questa coesistenza... tanto più irresistibile è il suo fascino.



**“Signora Curie, come si vive accanto ad un genio? Non lo so, lo chiedo a mio marito.”
(Marie Curie)**

«Per capire una donna bisogna prima sognarla»: ecco perché la donna è «il grande dono di Dio», capace di «portare armonia nel creato». Tanto che, ha confidato Papa Francesco con un tocco di poetica tenerezza, «a me piace pensare che Dio ha creato la donna perché tutti noi avessimo una madre. Lo scopo della donna è fare l'armonia e senza la donna non c'è l'armonia nel mondo». «Questo è il grande dono di Dio: ci ha dato la donna» ha affermato il Pontefice.



**Se dio non avesse fatto la donna,
non avrebbe fatto il fiore
(Oscar Wilde)**

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Per tutte le violenze consumate su di Lei, per tutte le umiliazioni che ha subito, per il suo corpo che avete sfruttato, per la sua intelligenza che avete calpestato, per l'ignoranza in cui l'avete lasciata, per la libertà che le avete negato, per la bocca che le avete tappato, per le ali che le avete tagliato, per tutto questo: in piedi Signori, davanti a una Donna!

-William Shakespeare-



Di Cinzia Michilli

Romana, appassionata di poesia, arte e passeggiate culturali, inizia a conoscere la street art a Roma e si innamora di questa nuova espressione artistica

“Et in terra pax”: l'impegno di due donne dedite alla difesa della dignità femminile, unite nell'idea di mettere in relazione più espressioni artistiche di grande attualità, hanno dato vita a un'insolita Charity Night all'ombra del Vittoriano. Stefania Catalo e Marta di Meglio, curatrici della serata, con la collaborazione di Franco Ciambella e tanti amici e sostenitori, contribuiscono alla creazione di un'originale opera d'arte: il vestito da sposa. Anzi ben 15 vestiti bianchi vintage dipinti, per l'occasione, da 15 street artist di fama che li hanno reinterpretati rispettando la questione della donna e del 25 novembre, giornata mondiale contro la violenza di genere e li hanno resi protagonisti d'eccezione di una serata di beneficenza. E' questo il messaggio della sfilata che si è tenuta a palazzo Englefield, sede dell'UPTER in via Quattro Novembre a Roma, portando in passerella un'elegante spettacolo che ha amalgamato insieme il tema sociale della violenza sulle donne con la moda e la street art. Tutto con un lodevole obiettivo: gli abiti e 15 opere in mostra in vendita a favore di una raccolta fondi da devolvere al Centro antiviolenza “Marie Anne Erize” di Roma (dedicato alla memoria dell'attivista argentina per i diritti umani barbaramente uccisa dai militari golpisti in Argentina nel 1976). Tra le 15 indossatrici che hanno aderito al défilé fuori dagli schemi spicca la presenza di Gloria Hoffmann Boemia, vittima di un tentativo di femminicidio, che sfila in carrozzella insieme a 4



Foto di Carolina Silvestri



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Foto di Barbara Mancini

giornaliste radiotelesive, 1 redattrice di un grande quotidiano, 2 street artist, un Cavaliere della Repubblica, imprenditrici, la stilista delle curvy e tante altre amiche e sostenitrici. La crescente rilevanza della street art nel panorama artistico romano ha portato una ventata di novità ad un evento benefico che si è arricchito con la presenza di un indossatore d'eccezione, lo street artist Ludovica Aloha Superga, che ha sfilato come special model vestendo l'abito bianco da lui stesso decorato interpretando il tema della serata anche come appartenente alla comunità LGBTQ di Roma. Erano presenti anche più fotografi membri del gruppo Facebook "Cacciatori di street art" che hanno dato il loro

supporto all'avvenimento immortalando l'unicità del momento, garantendo una testimonianza fotografica della serata organizzata contro qualsiasi tipo di violenza. Ogni vestito raccontava una triplice storia: quella della sposa che lo ha indossato per il proprio matrimonio, quella della modella della serata (spesso vittima di una violenza) e quella del soggetto che l'artista ha dipinto sull'abito. Un arcobaleno di colori, una sinfonia di messaggi importanti accompagnano le donne mentre mostrano, una dietro l'altra, una storia, un dipinto, testimonianza o sentimento. Il tema della serata



Foto di Rossella Murzilli

è forte: l'emozione scorre pacata durante il défilé ma la sua forza travolge come un torrente tutti i presenti. Gli interpreti di arte, moda e charity hanno il compito di rappresentare la speranza in un futuro in cui l'amore si coniuga con il rispetto mentre la paura e la rabbia, generate dalla violenza, diventano solo un punto di partenza per ricominciare. Il risultato finale è un evento che crea quella bella sinergia positiva capace di far incontrare le "cose belle" con le "cose buone". Chi ha aderito a questa iniziativa, è una persona fortunata. Non capita spesso di partecipare a un viaggio così coinvolgente fatto di nuove sfide e mirabili ideali e, come tutti i viaggi più riusciti, parti che sei una persona e torni che sei due persone: quella che eri e quella che sei al ritorno, arricchita dalle esperienze vissute attraverso generazioni di donne. Quando l'arte celebra le donne, il connubio è perfetto e l'amore è per sempre.



Foto di Mariagrazia Zappalà

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EMILIA ROMAGNA

A region full of suggestively beautiful places. The inhabitants are known for their work ethic, as well as their love of life, art and the culinary traditions of their region



by Urs Bultemeier

Working for the World Food Programme, I enjoy reading, sports and the great outdoors. Italy is rich, vast and varied both in nature and culture, but sometimes it is particularly the less well known places that leave a lasting impression. Living in Rome, a lifetime would likely not be enough to truly get to know this city – however the countryside and regions, offer many a town or a place well worth visiting

EMILIA ROMAGNA

A region full of suggestively beautiful places and romantic landscapes, imbued in the quintessential culture of *saper vivere* (knowing how to live). The inhabitants are known for their work ethic, as well as their love of life, art and the culinary traditions of their region.



BOLOGNA

The balustrade of San Michele in Bosco is the perfect place from which to view and admire Bologna from up high. The atmosphere and 180-degree view of the city is bewitchingly beautiful.



BRISIGHELLA (RAVENNA): TORRE DELL'OROLOGIO

To reach the town, one meanders through the gentle rolling hills of the Romagna, dotted with olive groves and farmsteads. Recognized as one of the most beautiful medieval towns in Italy, the 12th century castle, known as the Tower of the Clock (Torre dell'Orologio), and built on its highest point offers a beautiful and suggestive view of the town and the surrounding countryside. The town itself offers many a hidden passage and alley, exuding the secrets of times past.

CASTROCARO

Castrocaro is the perfect location to dedicate some time to one's health, well-being and beauty – a place for walking, hiking and excursions of all types. Where the outliers of the Tuscan-Romagnolo Apennine gently break down

into the hills and rolling plains of Forlì, sits Castrocaro Terme, a beautiful town suspended in time amongst myths and legends. A jewel set in the heart of the Valley of Montone that inspired the description “solatia e dolce” by the poet Giovanni Pascoli. A perfectly harmonious synthesis of history, nature and culture, Castrocaro conserves many a hidden treasure of immeasurable value. The town itself appears to have been etched by the pen of a dreaming novelist, such is the beauty in the details, the light, the faint, languid yet intense smells and sounds that pervade it and its surroundings. A place that surprises and conjures up unforgettable experiences when you least expect it.

MUSIC, SONG AND OTHER ACTIVITIES AT CASTROCARO

Castrocaro is known to the general public for hosting the Festival of New Voices and Faces (otherwise known as the Festival of Castrocaro) that in the half century of its existence has launched the careers of many of Italy’s finest musicians, as well as offering a showcase of the best young talent in contemporary classical Italian music. In line with this tradition, every summer the town and its people host the most promising new graduates from conservatories all over Italy as well as those from the music school “Marco Allegri”.

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In recent years the town has re-discovered its sporting passion, hosting the local football team Cesena Calcio for its pre-tournament preparations, and organizing the national bicycle road race “Gran Fondo Fondriest”, as well as numerous other sporting events. In 2005 the mayor’s office of the Comune di Castrocaro Terme e Terra del Sole was awarded the prestigious orange banner for sustainable tourism by the Italian Touring Club.

A couple of miles down winding country roads lies the town of Terra del Sole, a jewel of renaissance architecture and Castrocaro’s younger sister. Founded by Cosimo I de Medici and designed by one of the finest architects of the time, Baldassarre Lanci, it retains its majestic presence and beauty.

TERME DI CASTROCARO

It is the unique details and the culture of attention to guests, along with the wide selection of areas dedicated to comfort and wellness activities that make the Grand Hotel Castrocaro stand out as a jewel of Italian hospitality. Moments of wellness and deep relaxation, accompanied by a tradition of excellence in hospitality honed over decades, make the Grand Hotel Castrocaro the ideal place to dedicate time to and take care of oneself.

The Grand Hotel Castrocaro is a historical structure and a jewel of Art Deco design nestled in between the hills of the surrounding area, that has put wellness at the center of its philosophy and understanding of hospitality. Situated in a large historical park that extends over 8 hectares of land, there are many magical trails that lend themselves to quiet strolls and physical activities. An oasis of peace and tranquility, nature is allowed to take center stage: century old sequoias, Himalayan cedar trees, wild flowers and a traditional medicinal herb garden dating back to the early nineteen hundreds create a fairytale picture, far from the noise of the city, a place to relax and immerse oneself in hidden glens and green labyrinths



with the sights, sounds and smells of the botanical garden and wild flowers. In 2019 the Grand Hotel Castrocarao was lovingly restored with an eye to preserving the art deco details and luxurious atmosphere for generations to come, while also bringing in modern comforts and new technology, combining authenticity and elegance with top level personalized products and services.



The kitchen of the Grand Hotel Castrocarao is dedicated to taking guests on a sensorial journey. Local ingredients are perfectly combined with authenticity and respect for tradition, but with a modern touch. The menus have been designed to exalt the flavors and quality of the local ingredients, brought together by a touch of modern mastery as, for example, with the ravioli di burrata served on a bed of lightly seared pumpkin. There are choices to suit every palate, from



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gourmet to light and informal options, catering to specific food regimes and diets but without rigidity or limitations.

The menu offered at the Grand Hotel Castrocaro is enriched by a vast choice of wines, national and international, that have been masterfully selected and are offered by the staff to accompany the different dishes. Dining options range from the main hall to a number of smaller, more intimate venues. One of the most exclusive elements of the structure is the SPA: a magical subterranean world, with hydromassage pools, turkish baths, saunas, ice waterfalls, sensorial showers with the kneipp vertical process. A space to regenerate and relax, you can choose from Thai massages, ayurvedic treatments and massages for couples.



Situated within the wonderful SPA is the Lucia Magnani Health Clinic, the origin and starting point of the innovative method of the Longlife Formula, researched and developed by Lucia Magnani herself. A modern and welcoming structure, the clinic combines the medical know-how and excellence of the GVM Care & Research branch, to combine scientific research with traditional techniques and wellness for a truly unique well-being experience, where harmony, elegance and attention to detail fully express our philosophy of health and beauty.

There is a choice of 7 Longlife Formula programmes: Clean, Weight loss, Evergreen, Relax, Energy, Sport and Re-start. Each programme includes: a full high-level medical check-up, a personalized nutrition and diet plan, postural coaching, a tailored exercise programme, as well as beauty and curative thermal treatments. The latter take advantage of the sulphureous, mineral-rich thermal waters and curative muds for which Castrocaro is famous.



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ROME WITH A VIEW

This year is quite a special year for Rome as it celebrates 150 years as the capital of Italy



By Sompit Watkins

She is a certified translator and interpreter from Australia currently based in Rome. Apart from her paid and volunteer work, Sompit enjoys telling stories – with words, brushes and shutters. As a member of UNWG PhotoGroup, Sompit hopes to share the beauty of Rome – as seen through her lens - with as many people as possible



With over 10 million tourists visiting annually (over 15 million in 2018), Rome is undoubtedly one of the most popular tourist destinations in the world. Its timeless beauty, awe-inspiring buildings, churches and monuments, incredible works of art, la dolce vita lifestyle and world-renowned cuisine – all add to the magnet that draws visitors all year round. Rome can be enjoyed by everyone with any chunk of time to spend. The main attractions are packed together in small areas, tourists coming with group tours, spending an average of 2.4 nights, can hop on big tour buses, whiz through key attractions, snap some selfies, live-stream some clips and tick off their bucket lists. Yet, because of layers upon layers of history – literally – Rome cannot be fully discovered even if one lives and stays in the city for 100 years. And of course, Rome can be

experienced somewhere between the two said extremes as well.

You and I are among the lucky ones in the middle, who are blessed with the opportunity to live in this fascinating city and have the luxury of time to explore it more in-depth. Of course, we will not miss all the must-see attractions, especially when we can afford to wait to take advantage of *domenica al museo*, the free entry to monuments and museums on the first Sunday of the month.

At the beginning, we will be playing tourists, joining the 4.2 millions who visit the Vatican Museums and 4 millions who visit the Colosseum each year. We will wear our shoes down trudging the cobblestone path of the Colosseum, the Trevi Fountain, the Spanish Steps, the Pantheon, Piazza Navona and the Vatican Museums.

But once we have done the loop once or twice, or more if we have to show visiting family and friends around (they tend to miss you more when you live in Rome), then it's time to go off the beaten track and find some hidden gems.

You might laugh at the idea because it is hard to imagine anything hidden from the army of tourists in Rome. Surely, being such a popular tourist attraction, Rome must have been thoroughly explored and discovered. But you'd be pleasantly surprised that there are still many hidden gems in Rome if you go beyond and beneath the well-visited places.

BIRD'S-EYE VIEW

“From the dome of St. Peter’s one can see every notable object in Rome... He can see a panorama that is varied, extensive, beautiful to the eye, and more illustrious in history than any other in Europe”, Mark Twain, American writer, observed. But because St. Peter’s Dome is usually packed and you will have to climb 551 steps (or pay more to skip the first 320 steps) to reach, you might like to go to other places that give you similar panoramic view of the Eternal City.

The Aventine Hill is only a stone’s throw away from the Palatine Hill and Circus Maximus and offers a few ideal spots to view Rome from above. **The Orange Garden** boasts a

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stunning view of Rome and an optical illusion of the St. Peter's Dome. As you walk through the tree-lined garden, the Dome seems so close to you as if you could reach out and touch it. The closer you walk to the terrace lookout, the smaller the Dome appears. Also known as Savelli's Park, the Orange Garden is the perfect place to relax and watch the sunset colours bathing Rome. Not far from the Orange Garden, the **Knights of Malta's** keyhole waits unassumingly on Aventine Hill. If you peek through it, you'll be greeted with a wonderful sight of the Dome of St. Peter's Basilica framed

by garden hedges. Technically speaking, you are standing in Italy, looking at the Vatican, through the sovereign land of the Knights of Malta. Unfortunately, the 'hidden gems' of Aventine Hill have steadily gained more popularity and the line in front of the keyhole could snake across the small area in front.

Janiculum (Gianicolo) Hill, dubbed the 8th Hill of Rome, sitting just a short walk away from the popular Trastevere, also offers one of the best views of Rome. From here, you can enjoy an incredible view of St. Peter's Basilica and an expansive part of the city. If you have good eyesight, you can also easily spot the Colosseum and the Altar of the Fatherland (nicknamed 'the Wedding Cake').

This year is quite a special year for Rome as it celebrates 150 years as the capital of Italy. The city of Rome was declared the capital of the then newly unified Italy by Garibaldi in 1870, taking the title from Florence, and Turin before that. So after enjoying the view, you might like to pay respect to Garibaldi and his wife Anita, whose statues are both in Piazzale Garibaldi. Other attractions on the hill include the cannon at the piazzale that fires each day at noon and the 17th Century Acqua Paola Fountain.

WHAT LIES BENEATH

Rome is built on layers and the old and new are so magically integrated. The Romans have been reusing materials and repurposing old buildings for the past 2000 years. Ancient ruins are tastefully incorporated into later-built structures: Doric, Ionic and Corinthian columns gracing churches, ancient baths turned into fountains, old slabs with inscriptions still visible laid side by side newer, colourful marble tiles, piazzas filled with remnants of 2,000 year-old temples, and the list goes on.

Classical ruins and early Christian places of worship not only stand next to Renaissance palazzos and Baroque fountains, but many lie underneath them as well. So when we have seen enough above ground we can go underground to see those lying beneath the modern-day Rome.

“All roads lead to Rome,” and one of the most important of them is the Appian Way (Via Appia Antica). Used for transporting troops in Ancient Roman times, it is now a great place to escape the busy pace of the city – especially on Sundays, when the area is closed to traffic and makes an especially lovely place for a walk or bike ride.

But our main mission is to look beneath so let’s head to one of Rome’s best-known catacombs

located beneath the Appian Way, **Catacombs of Callixtus (San Callisto)**. The site is the largest of all, covering an area of 15 hectares. Both Christian and Pagan tombs can be visited. There are some fine examples of early Christian frescoes – dating as far back as the 1st Century AD. More importantly, between the 2nd and 4th Centuries 16 Popes

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were laid to rest here. If you prefer to stay within the historical centre, **The Capuchin Crypt** displays works of art created with skeletons of dead friars over the years in the 17th Century. It is truly one of the most unique, unforgettable sites in Rome yet least-visited crypts in the city.

The above are just small examples of what awaits to be explored, beyond and beneath the beaten tracks of this fascinating city. Don't take our gift of time in Rome for granted. Time flies especially when you are surrounded by countless wonders. Go and explore the beauty of Rome, at your own pace and in your own style.

“Uno sguardo su ROMA - ROME with a view”

A Photo Exhibition by the UNWG PhotoGroup

3-8 March 2020 - Via del Moro 49 (Trastevere)

As German writer Johann Wolfgang von Goethe famously said, “only in Rome is it possible to understand Rome”, 17 photography enthusiasts of 14 different nationalities set out to explore Rome with their cameras and share with you the beauty of the Eternal City they now call home.

UNWG PhotoGroup is a special interest group within the United Nations Women's Guild (UNWG) of Rome with a focus on the art of photography. Since its inception in April 2016, the group has grown steadily and now boasts over 20 members from almost 20 countries of origin. The group meets every third Friday of the month. Before each meeting a theme is set and participants present pictures around the theme for comments by the other group members. Information is exchanged on photo exhibitions taking place in Rome and on other issues related to photography.

This year UNWG PhotoGroup will hold a photo exhibition entitled “Uno sguardo su ROMA – ROME with a View” on 3-8 March.



This will be the third exhibition by UNWG PhotoGroup and the first to be held outside FAO. The group's first exhibition took place on 8 March 2017 in the foyer of the Iran Room in celebration of International Women's Day. The second one was held in the same year in conjunction with the UNWG's International Bazaar at the Atrium on 30 November showcasing each member's personal bests.

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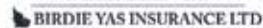


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by Patrick Monti

Home Chef and Cooking Teacher

Viale G. Mazzini, 106 – Mobile: +39 388 9341584

I was born in Bracciano (RM) on 5 July 1984 and I live in Rome. I attended the Catering Institute and, when I was eighteen years old, I moved to London to gain experience in the kitchen brigades. I lived in London for four years, before returning to Rome, where I furthered my experience in some of the most important starred restaurants in Italy, such as the Mirabelle (Hotel Splendid Royal) and Aroma Restaurant (Palazzo Manfredi), both starred by Michelin. I have been Personal Chef of the King of Morocco and the Brunei Sultan, for whom I cooked and organized dinners for international delegations and Heads of State. In 2017 I worked with the journalist Red Ronnie on a TV show program named W SANREMO CON RED, sponsored by Fiat, Optima and Alcenero, of which I was also a testimonial during one of the last episodes of Roxie Bar. Recently I have been teaching “Cooking and operating techniques” at the Ciofs Lazio Institute in Rome.

I organize private dinners at home, refreshments, and I give lessons in small masterclasses of cooking technique, starting from the basic level up to the most advanced, from baking to homemade pasta and traditional Italian dishes.



I also work with fusion and oriental-type cooking, as during my Chinese and Japanese courses I have been able to expand the relevant cooking techniques. I am fluent in English, Spanish and Italian.

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Cost: Euro 55 per person, wine and expenses included.

Gourmet dinner:

(possible menu: oriental, ethnic, fusion or traditional, vegetarian, vegan, all personalized and decided upon with customers).

Five-course menu: amouse bouche; 1 appetizer; 1 first course; 1 second course; dessert.

Cost: Euro 110 per person for at least two participants.

For groups of 3 people or more, the price will be Euro 80 per person.

Wine and expenses excluded (payment receipts will be provided).

Gourmet tasting dinner:

(possible menu: oriental, ethnic, fusion or traditional, vegetarian, vegan, all personalized and decided upon with customers).

Seven-course menu: small aperitif; amouse bouche; starter; 2 first courses; 1 second course; dessert.

Cost: Euro 140 per person, wine and expenses included.

For all the aforementioned solutions, regarding champagne or particularly fine wines, an agreement will be made during the booking phase.

Private Cooking Course

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Cost: Euro 150 per person.

For groups of 3 to 6 people the rate will be Euro 130 per person.

Purchase of the ingredients included.

N.B. the pairing of the wine with the recipe and tasting will be included and offered by the Chef.

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Soccer can be defined as an “asymmetric” or imperfect sport activity. Football players, in fact, both at an amateur and at a competitive level, may suffer from postural imbalance, which is due by the relevant difference between the leg which supports the weight, and the leg used to kick the ball; this action involves a powerful and fast movement implying knee extension and hip flexion.

The intensive practice of this kind of sport, involves in these athletes an excessive growth of adductor muscles, which are very strong, but also very short, with consequent problems at knee joints and its various deformity. All this entails an important postural imbalance in soccer players, which in the long term, can lead to hip, pelvis and back troubles. Furthermore, intensive training, hard weather and ground conditions, may cause additional metatarsal and ligaments traumas.

Therefore, it is essential for soccer players, to adopt their best single stance stability in order to compensate for postural imbalance and thus avoid further injuries.

I PRINCIPI ATTIVI DELLE PIANTE CONTENUTE NEI NOSTRI PRODOTTI NATURALI, LIBERI DA PARABENI ED ADDITIVI CHIMICI, SONO I NOSTRI GRANDI ALLEATI.

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Conosciamo tutto, ma proprio tutto, sulle proprietà benefiche di tutto ciò che la natura ci offre? Le erbe, oltre a essere conosciute come gli alleati più preziosi in cucina, quelli che ci aiutano a insaporire i cibi in modo naturale, sono anche molto efficaci per la cura della nostrasalute e bellezza. Quanto più ci avviciniamo ad uno stile di vita naturale scegliendo prodotti biologici e rimedi naturali, più cresce il nostro benessere psicofisico.

Negli ultimi anni il termine biologico è diventato di comune utilizzo nei temi trattati dai mass media, in quanto si sono registrati molteplici effetti dannosi sul nostro pianeta e sulla vita degli essere umani. Ad esempio casi di malattie come la “mucca pazza” o la “aviaria” hanno portato molteplici aziende ad avvicinarsi al mondo dell’agricoltura biologica.

Un altro fattore come la diffusione di numerose allergie e intolleranze suggeriscono la necessità di utilizzare prodotti privi di additivi chimici e agenti tossici. Inoltre un’altra grave piaga del nostro periodo storico è l’eccessivo utilizzo della plastica monouso che ha spinto le più grandi multinazionali al “movimento” del plastic-free e ad un consumo di materiali riciclabili, come alluminio o materiali biodegradabili.



Un mondo, dunque, che ha sempre più bisogno di attenzioni e accortezze trova risposte nel made in Italy e nella cura delle nostre terre.

In linea con questa filosofia, nel Maggio 2018, nel cuore di Roma, vicino al parco della Caffarella, in Via Macedonia 70, a nasce l'idea di imprenditoria di BioHairExpert.

L'azienda nasce grazie all'imprenditore Gianni Casale devoto allo stile di vita sostenibile e plastic free. Il suo progetto è frutto dell'esperienza acquisita attraverso viaggi all'estero ed in Italia che danno la possibilità di acquisire elementi per introdurre innovazioni e lanciare nuove iniziative volte alla cura della persona e dell'ambiente. Il raggiungimento degli obiettivi aziendali passa attraverso la partnership con aziende italiane che condividono la sua "mission". L'idea è quella di diffondere il modello "headspa", legato all'ecosostenibilità e al valore del riciclaggio valorizzando le proprietà della natura e del made in Italy. L'intero staff si pone come obiettivo il benessere del cliente, fornendo accurate analisi del cuoio capelluto e del capello grazie all'utilizzo di apparecchiature specifiche come la trico-camera che offre la possibilità di effettuare una diagnosi precisa e personalizzata.

Si offrono pacchetti completi a prezzi sostenibili, che includono esperienze attraverso i sensi con cui ci orientiamo nello sperimentare la vita. Per questo si pone grande attenzione nel dettaglio anche all'ambiente che ci circonda: è nostra cura creare un habitat in cui si possa recuperare tranquillità e serenità attraverso un viaggio sensoriale tra profumi ed emozioni positive, per contrastare la negatività dovuta allo stress causato dalla vita frenetica della città. I principi attivi delle piante contenute nei nostri prodotti naturali, liberi da parabeni ed additivi chimici, sono i nostri grandi alleati.

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CARIBBEAN CULTURAL GROUP (CCG) FUND-RAISING CHARITY SALES



by **Edith Mahabir**

Coordinator of CCG Charity Sales

Two charity sales were organized by the CCG in 2019. The first one from 13 to 17 May to contribute to the Reconstruction Fund for the little island of Barbuda where the population had to be evacuated to Antigua due to the destruction of 90% of homes and infrastructure by Hurricane Irma. Most people hope to return to their island (where their families have lived for many generations) after reconstruction of homes. We collected Euros 1,112 (corresponding to 20% from sales).

The fund raising in support of the islands of the Bahamas severely hit by Hurricane Dorian in September 2019, was divided in two parts: six stands which participated in the sale in November together with some Onluses and charity institutions, and donated 20% (amounting to Euros 1,003) of their sales to the CCG Fund for the Bahamas. The CCG organized the usual annual Christmas Charity Sale for four days from 9 to 13 December (leaving the Flag Hall free on Friday 14 December for the Christmas concert). The 20% donation from this sale amounted to Euros 1,666. So, the combined donations amounted to Euros 2,669 (Two-thousand-six-hundred-sixty-nine euros).

The Caribbean Cultural Group thanks all those FAO Staff, families and friends who have so kindly supported the Sales by purchasing items. We have a small permanent emergency charity fund which is replenished from these charity sales which are normally organized in May and December each year in the Flag Hall.

The CCG extends best wishes to all of you for a Happy, Successful and Healthy 2020.



Destruction by Hurricane Dorian in the Bahamas

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References

Papa New Guinea

"We had problems with my daughter's UK student visa. Tim Hunt, CEO at World Student Advisors, stepped in and without his intervention my daughter would not be studying at the University of Kent this September 2019.

Superb service, very professional & considerate."
Zita Kuemlangan.



Kenya
"World Student Advisors helped me find a UK school with dyslexic support for my 15-year-old son. Dyslexia is not uncommon and can be managed if diagnosed and support put in place. The World Student Advisors Africa helped my son complete his visa application and provided an excellent, friendly and considerate service."
Meru, Kenya.

Angola
"World Student Advisors selected a UK boarding school with high academic standards and an excellent football academy for my 14-year-old son. The CEO, Tim Hunt, met my son at Birmingham airport and personally took him to the school. An exceptional level of service."
Silva Santos, Luanda, Angola.



UK Summer Sport Camps

UK summer sport camps are a different experience from the summer school and are offered to boys & girls age 8 to 17 years for two weeks. The player experiences being treated as a professional sports person in either Football, Golf, Hockey or Tennis. You don't have to be Ronaldo, Tiger Woods or Serena Williams but only to have a passion for your chosen sport and the preparation to develop your game. Nike is the title sponsor of the camps. Football coaching is provided by Nike sponsored clubs Chelsea FC or Brighton FC. Coaching for other sports is delivered by Euro Sports Camps, Nike's official UK camp partner. World Student Advisors provide a complete service from application to arrival & your return home.



Italy

My twins, boy & girl 14 years, crazy about football! I contacted World Student Advisors about summer sport camps in August. We chose Chelsea Football Camp with English in the UK. They really had a good time & this year we are considering sports camps in Golf, Tennis, Hockey & Dance!
Adelmo Moretti, Firenze.



Cameroon

The World Student Advisors admissions team supported my son to apply for the University of Manchester to study undergraduate Mechatronics. The team set-up a WhatsApp group and this was so useful for fast communication. What I admired most was their timely and proactive spirit. The team were so helpful, and we are very grateful for their tireless support.
Magdaline Lamango Enow, Lawyer, Yaoundé, Cameroon.

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