

Invitation to Submit an International Recipe

Dear international student and postdoctoral fellow (current and previous)

The Global Engagement Office of the North-West University (NWU) is embarking on a project to create an International Students' Recipe Book. We invite you to submit your/family recipes of your home country. You may submit any type of recipe (breads, starters, soups, main dishes, beverages, desserts, cakes, etc.), up to a maximum of five recipes - recipes chosen for the book will be determined by the selection panel.

Please send your submission to <u>PC-internationalrecipe@nwu.ac.za</u> with the following information:

- Your full names and surname, student number, country, campus, faculty and degree/s enrolled for
- Name of the recipe
- Complete ingredients list (measurements should ideally be metric system if possible, but not necessary g, kg, °C)
- Method/instructions
- Background/importance of the dish to your country/nationality/culture/tradition/heritage (up to a maximum of five sentences)
- Your photograph
- Photograph of your dish
- Greeting in your home/traditional language
- 'Bon Appétit' in your home/traditional language

By sending your submission, we acknowledge your consent for the NWU to use the details provided in the book. Receipt of submissions will be acknowledged within one week - please feel free to follow up (+27 18 2992960) if you are not sure whether your e-mail has been received. Please also feel free to contact us for any queries.

The deadline for submissions is 31 July 2021.

This project will serve to showcase and celebrate our international students at the NWU, and we hope that you will choose to be a part of this exciting experience! All students who submit recipes will receive an electronic copy of the book.

Yours sincerely Global Engagement

Photograph Guidelines: Please kindly provide us with good quality, well lit, full colour photographs of both you and your dish (separately). A good standard would be no smaller than 600px (file size must be anything between 2MB to 5MB. If it is smaller, please make sure the quality is still good. Please refrain from using strange lens angles, bad lighting and from cutting of shoulders in your photographs.)