

Newsletter

Dear all MiM students,

“No news is good news.” That is why when there is something new, people sometimes hesitate to go further to explore it. They may be afraid of challenging or changing themselves, but this is not the way MiM students are expected to be. If you do not open your mind and your heart to absorb the new, you will be confined in your own space. Sooner or later, you are sure to be left behind in this dynamic, globalized world.

When the 1st issue of the newsletter was sent out to all students, there were only two replies. Frankly speaking, I was very frustrated. I wondered whether I had been right or wrong to create a newsletter. I thought I might be sharing the same sentiments as Mamia Shapakidze (M23) and many other students when they received their exam papers without any comments from their professors. However, you were still lucky since you got the scores for them, but I was not.

Thanks to Nadezhda Roman (M21) and Vasily Bashutkin (M23), I gained my confidence to go ahead. With their support and the great help from the editor in chief, Kristia Grandison, I strongly believe that the newsletters will become an important part of your life in Paris with MiM programs.

This time, “*Gastronomy*” is the theme for the 2nd issue.



Known as the “city of light,” Paris does not only bring you enormous historical monuments to visit, luxury marks to see and admire, but also delicious food to satisfy your stomach. There are some famous French words that remain “un-translated,” but people still understand their meanings such as “café terrasse,” and, “baguette.” Hemingway once wrote, “If you are lucky enough to have lived in Paris as a young man, then wherever you go for the rest of your life, it stays with you, for Paris is a moveable feast.” Now you are one of those “lucky enough” to live in Paris. Enjoy your time here!

One of my friends, a Chinese Human Resource Manager in a very famous company, told me that he often ate Chinese food each time he went to different countries. He was right that the Chinese food varied from one nation to another one. However, each time you try the local food, you will

have opportunities to experience its diversification. From that, we learn the history and the culture of each nation much easier. I am sure it will help you a lot in your future.

Mamia has an excellent idea: each week you students can go together to different restaurants in Paris to try new food then write your comments for our newsletter. Why not act quickly you guys? Only several metropolitan cities in the world bring you such a wonderful chance. You are now living in one of those cities: PARIS.



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In this 2nd edition, you will find the short introduction of our editor in chief, Kristia Grandison. The International Food Feast, although it was not a current topic, but through Vasily's eyes, still remained fresh. "The belly rules the mind," says a Spanish proverb, let's see what Mamia suggests for your belly.

Enjoy your reading!

Editor in chief



No, I'm not that guy. I'm beautiful.



Some «behind the scenes » words: My first impression about Kristia is: I like her. The reason is quite simple: just my feeling. I then found that my "sixth sense" was perfectly right. Kristia is a very dynamic, active and friendly person. She does any task quickly, correctly and creatively. I'm so lucky to have the chance to know and work with her.

Kristia is a junior at Skidmore College, located in Saratoga Springs, NY, and is in Paris for the semester studying French, politics and dance. In addition to her courses, she is doing an internship with the MiM program twice a week, helping with general office tasks and English. Kristia loves traveling, languages, being outdoors and meeting new people. In Paris, she enjoys doing any cultural activity and spending lots of time in one of the many parks. Kristia also has a lot of experience tutoring people in foreign languages and is here if you are looking for help with your English.



Vasily Bashutkin became famous to not only the MiM former students (cohort 2009-2010) but also to students of other programs when he sang at the Graduation Ceremony in January 2011. Despite his “timid” face, he appears to be very active, easy-going and indeed talented. Vasily has attended most of the school’s activities. This time, he contributes his views on the International Food Feast held in December 2010 to our newsletter.

On the 17th of December, students and staff of IIM-CNAM, as well as some invited guests, participated in the International Food Feast. In a friendly atmosphere, music from all over the world played during the event. Any participant had the chance to taste food from various parts of the world and was also able to see parts of different cultures at the art exhibition.

Main dishes were represented by regions: Eastern Europe, Asia, Western Europe, Africa, America and the rest of the world. Each meal was special and therefore was in a great demand. Only some of them will be mentioned here.

One of the Chinese special was “**Jiao zi**” - a traditional dumpling, which is essential during holidays in China. Chinese dumplings are one of the most widely loved foods in China.



The Ukrainian and Russian table were represented by a wide range of traditional dishes. “Pirojki” - is a generic word for individual-sized baked buns stuffed with a variety of fillings. The tastiest ones are backed by a Grandmother, and for the Food Fest Evening they were brought directly from Moscow. **Sel'd' Pod Shuboi** is a dressed herring layered salad composed of diced, salted herring covered with layers of grated boiled vegetables, chopped onions and mayonnaise. Dressed herring salad is very popular in Russia, Ukraine and other countries of the former USSR. It is one of the traditional dishes served at New Years and Christmas celebrations.

Vietnamese gastronomy was represented by “**Nem rán**” and “**Nem cuốn**”. These are Vietnamese dishes consisting of pork, shrimp, herbs and other ingredients wrapped in rice paper. They are served at room temperature and are not deep fried. The summer roll has gradually gained popularity among Vietnam's neighbouring countries and in the West.



Western Europe was represented by an Irish meat pie, which is Steak, and **Guinness Pie**, which consists of Round steak with Guinness Stout Beer, bacon, and onions.



Quiche Lorraine is an oven-baked dish made with eggs and milk or cream in a pastry crust.



Usually, the pastry shell is blind-baked before the other ingredients are added. Other ingredients, such as cooked chopped meat, vegetables, or cheese are often added to the egg mixture before the quiche is baked.

Apart from trying various types of food, different entertainment activities were also organized. **Avijit** and **Clara** performed an Indian dance, which, accompanied by traditional costumes, made us feel like we were in India.

Another type of activity was a guessing game played both by students and professors that reminded what would happen if you didn't express yourself clearly. Each participant had to show another team member a word using only gestures. The message had to be transferred through every person in the group and compared at the end with original.

The event finished with a marvellous song performed by Tra and wishes of pleasant Christmas holidays!

From the practical point of view, we could "see" the other cultures expressed by the food they prefer and through their art. Diversity of the meals is one of the best ways to understand foreign culture, its peculiarities and specialities.



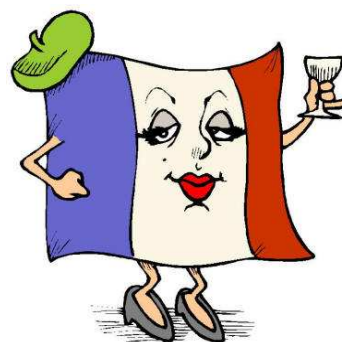
*You know why professor and all of these students are smiling? For sure because of the **delicious food!!!***

*Each time I see him, I often think, "ah, Mr. Ten."
Why I call him "Mr. Ten," is a small secret
between him and myself. Mamia is a
representative of group M23. Intelligent,
talkative and warm, these adjectives are
dedicated to him. Let's see what "Mr. Ten"
brings to our newsletter.*



True, there are a lot of great sights in Paris as there are in France in general. Listing them all would be not only tedious, but unforgivable if I omit even one of them. After all France is one of the centres of modern civilization, with its cultural history, as well as the magnitude of grand scale ideas that have managed to reach places throughout the world from one of the central nations of Europe. Yes, the world has converged in France, and Paris has assimilated it all. Which brings us to the central idea of this article, Paris has so much to offer in such a small time that we spend here, and yet we cling to our own and avoid the exhibition of world cultures.

Don't believe me? I am more than happy to give an example; remember the food feast? Of course you do (if not you can read in this very newsletter about it). Aside from being a joyful soiree, it was nothing more than an attempt of the university staff and students to introduce foreign cuisines. Some of you were able to follow up as the months went by, however the attempt at invigorating your curiosity failed miserably. Hence I feel like additional effort is in order, thus I will try to convince you with 2 simple queries:



1-“Have you noticed the various cafes, restaurants and *boulangeries* that surround CNAM?”



Let me tell you the possibilities and you decide their value. We all have lunch breaks in between our heavy scheduled days. It just so happens that there are numerous gathering places in the vicinity where you can try various national cuisines. A few of them include “centre de Pompidou,” “Les Halles,” and the great length of cafes at either end of “rue de Turbigo”: Algerian, Belgian, Creek, Chinese, Egyptian, French, Georgian, German, Greek, Italian, Irish, Japanese, Korean, Lebanese, Moroccan, Russian, Spanish, Thai and Vietnamese restaurants are the very least I could name within the 2km vicinity of CNAM, which can be covered within 20 minutes from our 2 hour long lunch breaks.

2-“Isn’t it expensive?”



(See the collar of the uniform in France’s three famous colors. Only the chef known as “Meilleur Ouvrier de France” (The best chef of France) can wear those uniforms. To be “Meilleurs Ouvriers de France,” the chefs have to pass extremely difficult exams, held every 4 years. Hmm but you do not need to eat those special foods made by them)

Naturally, unlike most of the museums and galleries that the students can visit free of charge, you will be charged from 15 up to 30euros for a dinner. However, at no point do I advocate frequenting those restaurants. I myself prefer a nice bowl of Cantonese rice with chicken and soy sauce. However, once in a while going there and immersing yourself in group degustation is no less perceptive of the culture it comes from than the grand palaces of Fontainebleau or Versailles (and especially since you take pictures of food as well).

There is so little the prefabricated pizza can tell you about the real thing, or a frozen snail pack in comparison to French escargot, or the cheap sausages sold in packs next to the German heavy Frankfurters, or some frozen meat next to Spanish Lechazo ...the plethora of dishes are brimming the queries of the daring.

Speaking of brimming, there should be no surprise of the gallery of beverages each nation has to offer: German and Czech beer, Russian & Polish Vodka, Georgian & French wine to list the few (partaking in alcohol consumption is preferable on days that are not followed with classes in CNAM). So take your friends, show some initiative, enjoy, compare, experiment and most of all have fun. I hope this article inspires some of you to check out those places and feel free to approach me with questions about them.



Guess what will be the theme for the next issue?



Articles written by Vasily & Mamia

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Newsletters, new way to be TOGETHER