

Introduction for *From Heart to Hearth* Podcast



Peace be upon you, and may God bless your time with all goodness, our dear followers of the *From Heart to Hearth* podcast, sponsored by the Syrian Academic Expertise Team and the University of Sussex in the UK.

I am Sarah Burhan, and it is my pleasure to accompany you through 15 episodes, sharing the unique experiences of women from various regions of Syria.

In the *From Heart to Hearth* podcast, we listen to the stories of Syrian women who share their rich cultural food heritage.

Each guest discusses the culinary traditions of her governorate before displacement and the subsequent changes following the journey of displacement and asylum. They also describe their resilience, adaptation, and steadfast commitment to preserving their culture and traditions despite the challenging circumstances they have endured.

The narratives of these remarkable women reflect the broader story of every Syrian woman. Although the degrees of pain, loss, and displacement may vary, there remains an unwavering commitment to providing food for their families with the resources at hand, preserving the heritage of their mothers and grandmothers, and passing it on to their children and society at large.

Women from diverse cities and villages across Syria share inspiring accounts of overcoming the challenges of displacement and enhancing their knowledge by sharing their food culture within displaced communities inside and outside Syria. They have transformed their culinary skills into a means of livelihood that supports their families.

To all these women, we offer our sincere respect and gratitude.

Join us on this program to explore Syria's cultural food heritage and understand how years of conflict have influenced it.

We invite you to follow the *From Heart to Hearth* podcast on Spotify and social media.

See you soon!