

A. R., São Tomé and Príncipe, 28 (A)

I arrived in Portugal in September 2018. I wrote my CV and looked for work during two months in Lisbon. As I couldn't find work, I went to Porto and there I started working in civil construction.

As I was not happy with the work, I returned to Lisbon and I started working in the area I already had some experience, as kitchen helper, in a restaurant in the center of Lisbon. I realized that my speed of service here had to be quicker than in STP, so I had to become more dynamic and leave the "slowness" apart.

There are many differences between the cuisine of STP and Portugal. For example, here spices are different and people like rare meat. I also had never eaten broccoli or mushrooms before - at first, they were strange foods for me but now I like to eat them.