



STUDENT NEWSLETTER

BY THE
PROJECT WORK
CLASS



...a day in the life of...



My name is Abdullah Alsheri, I'm from Saudi Arabia and I'm 28 years old. In Saudi Arabia I work in the court. I've been in Manchester for 8 months and I live with my sister. I am studying English and will be going to university to study law.

SAUDI ARABIA – Jeddah

Morning

I wake up at 6am and I eat beans and eggs for breakfast with coffee. I get ready and drive my car to work. I start work at 8am.

Afternoon

I finish work at 2 PM and I eat kabsa (look at our recipe for kabsa on the next page!) for lunch. I have a nap for 2 hours. When I wake up I go to the sea with a picnic with my family or friends.

Evening

After the picnic I go home and eat a light dinner, normally soup or a sandwich and then go to bed.

ENGLAND – Manchester

Morning

I wake up at 6am and I have breakfast. I sometimes have cornflakes with milk or a croissant and a coffee. I use my bus pass to catch the bus to school. I study with teachers Amama and Lianna. I love this school because the teachers are nice.

Afternoon

In the afternoon I run in Platt Fields park with my British friend. I go home, get changed and then go to a cafe to drink coffee. At 2pm I have fish and chips for lunch.

Evening

I go to a restaurant most evenings (look at our guide for recommendations) with my sister. I love pizza for dinner. My sister also is studying at MC Academy and she's studying her masters degree.

...recipe of the month



Kabsa

Kabsa is a mixed rice dish that's specific to Saudi Arabia.

It's normally eaten at lunch and it's a heavy dish that will make you feel full.

Different cities have different names for kabsa for example (mendi, rice with lamb, saleeg)

We make kabsa on special occasions.

YASSER ALSHEHRI

Ingredients

2 tbsp of oil

2 onions

4 tomatoes

1 tbsp of mixed spices

1 and a half chickens

300ml of water

A pinch of salt and pepper

500g of rice

2 dried lemons

METHOD

1. Chop the onions and tomatoes.
2. Put the oil in the pan and add the onions and tomatoes. Fry for 10 minutes.
3. Add the chicken, salt, pepper and spices to the pan and fry for 1 minute.
4. Add the water and cover the pan for 15 minutes.
5. Soak the rice in cold water for 10 minutes.
6. Add the rice to the chicken and cook for 15 minutes.
7. Stir the ingredients together and empty onto a plate.
8. Decorate with dried lemon.

Did you know???

tbsp = tablespoon

ml = millilitres

g = grams

A pinch = a small amount



THIS WEEK

200



...a guide to Manchester

Best coffee?

Starbucks
They make the best
white iced mocha!

Best place to buy falafel?

Go Falafel
It's delicious!

Best place to buy clothes?

Primark
It's cheap and they
have everything you
could need.

Best Arabic restaurant?

Raydan Restaurant
Many Arabs go there
because the food is
authentic.

Best pizza?

Domino's pizza
It has the best
chicken pizza!

Best supermarket?

Aldi, Lidl, and Tesco
They are cheap and
they have halal food.



Best place for entertainment?

All-Star Lanes and the Printworks
Great for bowling and watching films.
The popcorn is great at the cinema.

