



INSTRUCTIONS STAGE 5

What is a traineeship?

A traineeship is a (mostly) unpaid job where the main goal is to learn. You are there to gain practical experience. For a chef, the traineeship is one of the most important parts of the learning process. As a cook you learn mainly by doing it yourself. That is why it is an important part of the Professional European Chef training.

How do I find the right job?

For stage 5 you must have a traineeship in the kitchen at a restaurant. At the restaurant should be a chef that is able to teach and guide you through your practical learning skills. The tasks for you as a trainee must be all cooking related. Off course cleaning and doing dishes is involved in the cooking process, but make sure you will not be hired to do just that (washing dishes).

Where to start?

In a few simple steps we explain how you can best get started:

- 1) Search online for nearby restaurants and hotels that fit the profile. Collect all contact details.
- 2) Write a letter (search online for some examples). Make sure you mention the following:
 - It concerns a 320-hour traineeship
 - You need guidance from a chef/mentor
 - You have to fill in a task book for your study.
 - Explain why you choose this restaurant (motivation)
 - You are doing an international study.
 - Don't forget your own contact details!
- 3) Print your letter and deliver the letter in person.
- 4) Wait for the company to call/email you.

What to do before and during the appointment?

Below you will find a few important things to keep in mind before and during the appointment:

- 1) Make a good first impression.
- 2) Bring your resume.
- 3) Tell about your ambitions, skills and goals.
- 4) Express your appreciation for the invitation

How to use the task book?

Make sure you bring the task book and discuss with your company manager which tasks are relevant. Try to complete as many tasks as possible.

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