

# Welcome & Induction 2020

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## Welcome

*‘Welcome to Colchester Institute Hospitality and Salon Studies, my name is Renata East and my role is Area Head.*

*Within our area, we have an extremely talented team who all have vast amounts of in-depth industry experience and up to date knowledge, with the majority still working in industry. This will support you in achieving the best possible outcome in the course you have chosen to study.*

*I look forward to welcoming and hopefully meeting you all soon.’*

Renata East, Area Head



## Who we are

*'Being a chef is more than a job. It's demanding, challenging, sometimes exhausting but always rewarding. It's a team game and all the great chefs I have worked with have the same passion for food and delivering a great service. Training to be a professional Chef will help you gain employment in so many different areas of the hospitality industry.'*

*After training at college in Leicester I moved to London where I worked as a Chef before turning to teaching here at Colchester Institute. As a young chef I was eager to learn and work hard. I have been involved in restaurant openings in Covent Garden, Camden Town and Notting Hill and worked at all levels through from Commis Chef to Head chef*

*The hospitality team of tutors here at Colchester institute have a wealth of experience from a range of high end restaurants and hotels. We are all from classical training and our aim is to pass on our knowledge, skills and experience to you. We will guide and support you through your training and our end goal is to help you gain your qualification.'*

Annie Kettle, Course Leader



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## Who we are

*'Welcome to Colchester Institute and in particular to **CH&FS**- Centre for Hospitality & Food Studies. My name is Philomena Harris. Throughout Year 1, I will be your course leader and I look forward to working with you to achieve your qualification. I have taught at Colchester Institute since August 2008. Prior to this I was an Operations Manager for a Purchasing Procurement company called PSL for 4½ years, ensuring costs were controlled and improved Gross Profit. Prior to this I was Head Chef at 2 sites of Livebait (owned by Groupe Chez Gerard) where I worked for 4 years. In my native homeland I worked in an AA Michelin starred restaurant called Chapter One in Dublin, before travelling to London to seek new roles. During my time at Colchester Institute I have taught a wide variety of chefs courses. What inspires me about the Hospitality industry is how diverse it is. There are so many career options in this industry all of which are so varied. Within this industry there is a job for anyone and with hard work, passion and determination you can achieve your dream.'*

Philomena Harris, Course Leader



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## Meet the Team



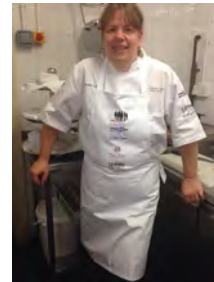
Philomena Harris

Level 1 Certificate Course Leader



Neil Bishop

Level 2 Professional Chefs Course Leader



Steph Conway

Level 2 Professional Cookery Course Leader Level 3 Professional Chefs Course Leader Front Office/ Trainer



Jason Sant



Steph Humphrys



Stephen Frei

Level 3 Hospitality Management Course Leader



Paula Summerell

Level 3 Professional Cookery Course Leader



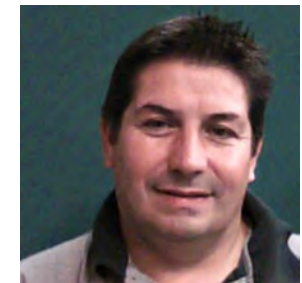
Sarah Paterson

Level 2 Front of House Course Leader



Jenny Lee

Restaurant Trainer/ Assessor



Ian Perkins

Assistant Area Head

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## Where will you be learning?

This programme is designed for those wanting a practical career where the development of professional cookery skills and knowledge can contribute towards a fulfilling career in the hospitality industry. Most of the time will be spent in our kitchens, pastry workshops and our public restaurants.



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## What will you be learning?

- During this course you will study all aspects of the Hospitality Industry as you gain knowledge for your qualification-Certificate in Introduction to the Hospitality Industry, including food and beverage Service.
- This course is aimed at those who are interested in learning all aspects of the hospitality and catering industry in a practical learning environment.
- It is primarily vocationally based, where industry experts share their knowledge and practical expertise through demonstrations, masterclasses and proactive training and support in our industrial kitchens, workshops and restaurants .
- You will develop new skills, increased knowledge, improved communication techniques and effective teamwork relationships.



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## What will you be learning?

- The course comprises of 12 units, six of which are practical and six are industry focused, here are some examples:
- Food Safety
- Industry Structure
- Use of Equipment
- Team Work
- Kitchen production session, working in teams on seasonal menus
- Patisserie classes covering cakes, pastries, breads, hot and cold desserts
- Demonstrations and Workshops for methods of cookery
- Restaurant and bar service skills in our public restaurants and takeaway shop



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## What will you be learning?

25% Theory study

- Early achievement of Level 2 food hygiene exam for your CV
- Assignment work for special diets, food nutrition and allergies
- Study of Health and safety in the work place
- Study of employability skills in sectors of the hospitality industry
- Introduction to knives and kitchen equipment used throughout your course



## What will you be learning?

75% Practical study

- Demonstrations and practical sessions covering professional cookery of meat, fish, vegetarian and vegan dishes. Patisserie sessions in specialist kitchens covering hot and cold desserts, breads, cakes, biscuits and pastries.
- You will be assessed and graded by taking part in:
  - 6 practical assessments during the year for 30% of your practical grade
  - 2 end of year practical exams for 70% of your practical grade

All dishes for assessment are demonstrated and practised at college prior to assessment.

Practice at home is required to develop your individual time plan and equipment list for use in your assessments.



## What will you be learning?

You will need to complete 30 hours of work experience, outside timetabled sessions, preferably within the Industry. Volunteering and Fundraising events can also be considered.



You will also have the opportunity to participate in many exciting enrichment opportunities.

## What will you be learning?



- Your progress on the course will be monitored closely by your course tutor in class sessions, weekly tutorials and termly subject progress reviews.
- A bespoke timetable will be created for your course to include all subjects being delivered including GCSE. This will be shared with you during induction week.

## What do students do after the course?

- After completion of the Level 1 programme, students will progress to the Professional Cookery VRQ Level 2. Subject to suitability.
- Employment as a commis chef in the hotel and catering industry, with the possibility of an accelerated career path.



## What will you be learning?

### Course expectations

- Regular attendance in all classes
- Being punctual to every session
- Fully prepared for sessions (correct uniform, knives, pen, water bottle)
- Commitment to learning- wanting to achieve excellence
- Positive attitude and willingness to learn in a safe environment

All of the above are to support you in developing the skills you need for a career within the hospitality industry

**The more you put into  
your course, the more you  
will get from your course.**

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What do students do after the course?



FREE WORLD TRAVEL  
**WORK ON A CRUISE SHIP**

HIGH SALARY +++ GREAT SOCIAL LIFE +++ ZERO EXPENSES +++ 2 MONTH VACATIONS



## HOSPITALITY CAREERS



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What do our students think?

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What do our students think?

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## What you need to do before you start?



- Your course uniform and equipment will need to be ordered before the start of the course using the Russum's order form. This is linked on the 'Kit' section of the Welcome Day webpage, and this will also be sent to you via email.
- You need to fill in you appropriate sizes for each item. Your chef's jacket needs to be loose fitting and the chef's hat can shrink in the wash so order one of ample size to allow for this.
- If you need any financial assistance you need to contact student services to discuss this.
- You will be required to pay a £35 Deposit for locker and changing room key for the year. £25.00 will be refunded at the end of the academic year, upon the return of both keys and a locker maintained in good condition. The £10 that is retained pays for annual maintenance, cleaning and replacement of these facilities.
- You will also need a Arch Lever Ring Folder, A4 notepad and Pens. These materials are part of your uniform and are needed in every session.

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## Any questions?

If you have any questions at all, Renata East (our Area Head) is holding a virtual Q&A session via email on Monday 29th June 2020 at 1pm – 4pm.

Please send your questions to:

[Renata.East@Colchester.ac.uk](mailto:Renata.East@Colchester.ac.uk)

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Looking forward to meeting  
you in September

Click the image to watch message from Ian Perkins,  
Assistant Area Head



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