

# APPLICANT

## INFORMATION GUIDE

# National Commis Chef Apprenticeship Programme



**GENERATION  
APPRENTICESHIP**

Hospitality & Food | [www.apprenticeship.ie](http://www.apprenticeship.ie)





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## CONTENTS

5

Introduction

6

Programme Aim

7

Programme Overview

8

Programme Structure

10

Learning Environment

12

Entry Requirements

13

How to become an Apprentice  
Commis Chef





“An industry-led training programme with excellent career advancement prospects ...”



## INTRODUCTION

The National Commis Chef Apprenticeship Programme is for people who wish to pursue a career as a professional chef both in Ireland and abroad.

The apprenticeship was developed by a consortium of industry professionals and Kerry Education and Training Board (ETB) is the coordinating education provider with several collaborating providers delivering the programme nationwide. The apprenticeship has been designed to meet the needs of the vibrant Irish hospitality sector.

This guide provides an overview of the apprenticeship for prospective apprentices, parents and guidance counsellors.

## PROGRAMME AIM

Apprentices will gain the knowledge and skills to prepare, cook and present a wide variety of foods to a professional standard.

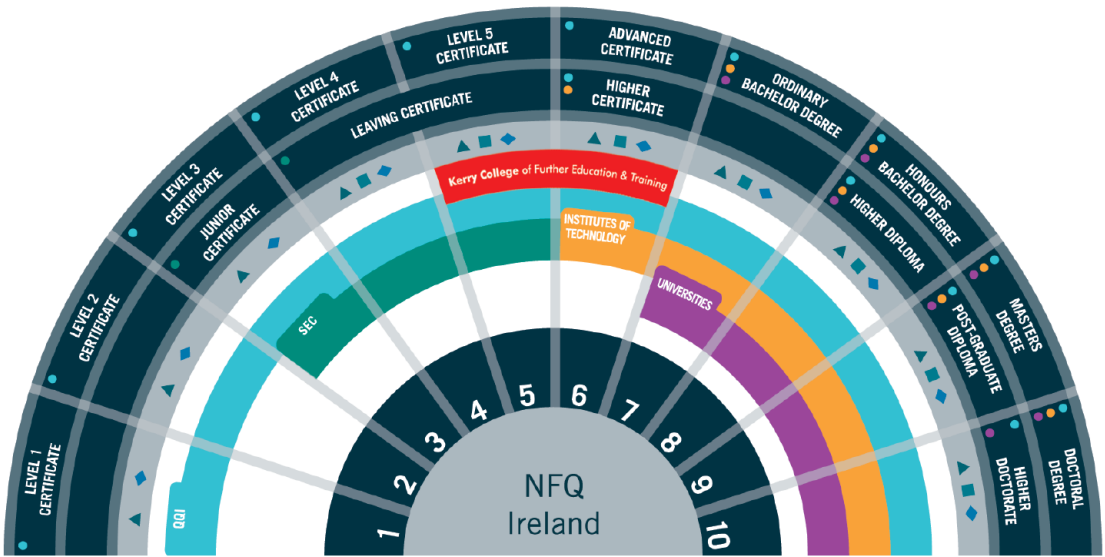
They will:

- Gain internationally recognised qualifications
- Continue to earn while they learn with an employer of choice
- Enrich their work immediately as they acquire new skills
- Enhance their employment prospects and career opportunities



# PROGRAMME OVERVIEW

|                        |   |
|------------------------|---|
| <b>Programme Title</b> | National Commis Chef Apprenticeship   |
| <b>Duration</b>        | 2 years   |
| <b>Certification</b>   | Advanced Certificate in Culinary Arts (Level 6)                                   |
| <b>Awarding Body</b>   | Quality and Qualifications Ireland (QQI) issues certificates as the awarding body |



## PROGRAMME STRUCTURE

This programme consists of alternating phases of on the job and off the job training- a model which provides for the integration of the knowledge and skills acquired in the training setting with those gained in the workplace.

Apprentices will be trained in a progressive manner and will get to put their skills into practice weekly.

The following schedule applies to the Commis Chef Apprenticeship:

- Initial 3 Week Block Release of intensive, structured learning in an ETB training kitchen (15 days).
  - 2 days per week in providing ETB, 3 days with your SOLAS approved employer (2 years).
- DURING JULY & AUGUST THIS SCHEDULE REVERTS TO 1 DAY IN AN ETB KITCHEN, 4 DAYS WITH YOUR SOLAS APPROVED EMPLOYER.**





## 2 YEAR PROGRAMME

|        |            |   |
|--------|------------|---|
| Year 1 | Semester 1 | <ul style="list-style-type: none"> <li>• Health &amp; Safety</li> <li>• Classical Culinary Skills</li> <li>• Basic Pastry Techniques</li> <li>• Applied Nutrition for Menu Planning</li> </ul>  |
|        | Semester 2 | <ul style="list-style-type: none"> <li>• Computer Essentials</li> <li>• Scientific Principles and Culinary Technologies</li> <li>• Food and Beverage Service</li> <li>• World Cuisine</li> </ul>  |
| Year 2 | Semester 3 | <ul style="list-style-type: none"> <li>• Food Safety</li> <li>• Volume Food Production</li> <li>• Interpersonal Skills</li> <li>• History and Development of Gastronomy</li> <li>• Culinary Product Development</li> <li>• Sustainability Education for Culinary Practices</li> </ul> |
|        | Semester 4 | <ul style="list-style-type: none"> <li>• Applied Nutrition for Menu Design</li> <li>• Creative Pastry Techniques</li> <li>• Business Practice for Hospitality</li> <li>• Culinary Entrepreneurship</li> <li>• Culinary Event</li> </ul>   |

## LEARNING ENVIRONMENT

### OFF THE JOB

Apprentices will learn theory in a classroom environment and practice their culinary skills in a fully equipped professional training kitchen under the watchful eye of a professionally qualified chef instructor.

Apprentices are provided with knives, uniforms and textbooks required for successful completion of the programme at no charge to the apprentice.

All training kitchens are equipped with requisite and adequate quantities of utensils, kitchen equipment and accessories to enable training to proceed at the required standard at all times.

Smaller class sizes ensure a high level of engagement between apprentices and their chef instructor.

Classes are generally held early in the week enabling easier management of rosters for the apprentice's SOLAS approved employer.

### ON THE JOB

Each year of the apprenticeship, the apprentices will spend over 65% of their time on the job with their employer. Apprentices will be supported by a dedicated and trained workplace mentor who will facilitate the apprentice's learning in the workplace by shadowing, coaching, observing and guiding the apprentice.

During the work-based training the apprentice will have the opportunity to hone their skills and techniques whilst building up a level of experience working alongside mature and skilled members of the occupation.



## ENTRY REQUIREMENTS

The minimum age at which the employment of an apprentice may commence is **16 years of age**.

The minimum education requirements are:

- a qualification placed at Level 4 of the National Framework of Qualifications (a Pass Leaving Certificate),  
OR
- have at least three years trade related experience.

Applicants should have minimum requirements relating to general learning; including speaking, listening and communication skills, and self-organisation skills.

The following qualification will be accepted as indicating that these general learning requirements have been met:

- A qualification placed at Level 4 of the National Framework of Qualifications Framework.
- A minimum of 5 passes in a certificate placed at EQF Level 3 for holders of EU qualifications.
- A minimum English language competency of B2 in writing, reading, listening and speaking on the Common European Framework of Reference for Languages (CEFRL) is required at entry to the programme for speakers of English as a second or other language.

## HOW TO BECOME AN APPRENTICE COMMIS CHEF

The Commis Chef Apprenticeship is aimed at aspiring chefs who have a keen interest in and a creative flair for cooking.

As with all career choices, it's advisable to find out as much as possible about the work of a professional chef before deciding it is the right career for you. The best way of doing this is to talk to chefs about their work and it is recommended to spend some time employed in a professional kitchen to see what the work entails.

Equally, existing hospitality staff, i.e. Food and Beverage service, Accommodation staff etc., who are familiar with kitchens through their work are encouraged to consider gaining a professional qualification as an Apprentice Commis Chef.

Typical qualities found in learners who are pursuing a career in Professional Cookery include:

- Genuine passion for food
- Enjoy working with a team
- Can plan and work efficiently
- Creativity

To become an apprentice you must obtain employment in a SOLAS approved professional kitchen, i.e. Hotel, Restaurant, Public House, Healthcare Institution, Industrial Catering and Institutional Catering.

The employer MUST be approved by SOLAS to train apprentices and must register you as an apprentice.

Apprentice's terms and conditions of employment are agreed between each apprentice and their SOLAS approved employer.

## USEFUL LINKS

For more information on the National Commis Chef Apprenticeship, visit our website: [www.kerrycollege.ie](http://www.kerrycollege.ie) or email [info@kerrycollege.ie](mailto:info@kerrycollege.ie)

For more information on Apprenticeship as a career pathway and to find recruiting employers, visit the Generation Apprenticeship website: [www.apprenticeship.ie](http://www.apprenticeship.ie)

For information on Kerry Education and Training Board, which is the Co-ordinating Provider of the National Commis Chef Apprenticeship, visit the Kerry ETB website: [www.kerryetb.ie](http://www.kerryetb.ie)



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AGUS OILIÚNA CHIARRAÍ  
KERRY EDUCATION  
AND TRAINING BOARD



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QQI AWARD