



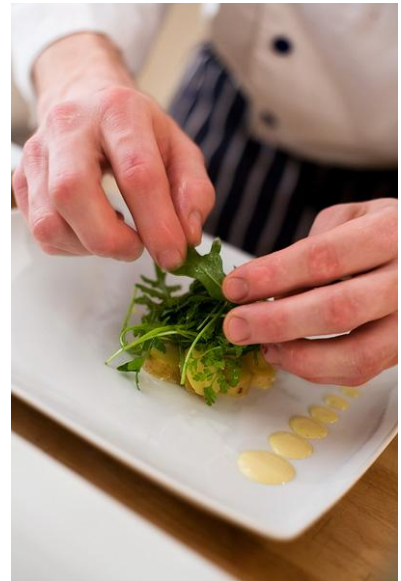
The Alpine Chalet Chef Short Course Sainte Foy, France

Mountain Chefs is pleased to offer our one week Chalet Chef Short Course in beautiful Ste Foy in the Isere Valley of the French Alps. If you are interested in combining your Chalet Chef Short Course with a stay in the mountains of the Tarantaise, then this course will be perfect for you.

The Ste Foy course is delivered by Adam Brown, Mountain Chefs Head Chef and takes place in a combination of commercial and chalet kitchens. The course price is £695.00 and this includes the full Mountain Chefs Chalet Chef training, materials and job placement service as well as luxury accommodation in Venture Sun's chalets (www.venturesun.co.uk).

The French Mountain Chefs Course

The Mountain Chefs French course includes a welcome drink and light dinner when you arrive in the chalets on Sunday evening, five full days of gourmet chalet cookery instruction, all training materials including our Mountain Chefs chalet cooking guide, a complete six day chalet menu plan including amendments for vegetarians, special dietary requirements and a children's menu, a full book of recipes, assistance in finding work in the Alps, all ingredients and equipment, all food during your stay including a gourmet dinner with wine each evening, luxury accommodation for six nights based on two sharing, linen and towels and a set time pick up and drop off to and from Geneva airport as below.



You will also receive Level 2 Kitchen Health and Safety accreditation as well as a Mountain Chefs Course Certificate upon successful completion of the course. We also provide you with the Chef's formal assessment and reference you can then use with all of your job applications.

We would advise you to please book your own travel insurance as this is not included in our course fee.

Course Topics

- Gourmet cooking basics including knife handling skills and chopping techniques
- Kitchen health and safety and food hygiene
- Children's Meals planning and preparation
- Canapés – hot and cold dishes that are spectacular and easy to prepare
- Gourmet main dishes and sides to complete a Six Day Menu Plan
- Desserts and cakes
- Altitude cooking specifics
- How to be a successful Chalet Host – Chalet Host guidelines and a chalet-running timetable
- Working with food allergies and dietary requirements

Course Structure

Your course day will start each day at 8:00am with 4 hours of cooking where you will learn to prepare a hot breakfast and an afternoon cake and also discuss and begin the preparation for the evening three course dinner.

You will then have a long afternoon break (typically 4 hours) where you will be free to enjoy the mountains and the resort facilities.

Evening dinner preparation will begin at approximately 4pm where you will learn to prepare a gourmet three-course dinner. Focus and emphasis will be placed on food preparation techniques, flavours and seasonings, plate presentation, wine presentation and pouring. We also closely monitor kitchen cleanliness and the following of good practice for food and personal hygiene.

You will sit down to dinner at approximately 7:30pm each evening with your fellow classmates, learning about guest service and how to create chalet ambience.

You will have one full day off during the course to relax in the spa or take part in mountain activities with your fellow classmates. This will typically be on Thursday (dependent on the weather).

Travel

Student arrival and departure dates are on Sundays where we will provide a schedule transfer from Geneva airport to and from Sainte Foy. If you would like to arrive a day or two earlier or stay a day or two later, please make your own travel arrangements.

For booking your flights – please arrive in Geneva on the Sunday prior to your course start date, by 5pm. Your transfer will pick you up from Geneva airport at 5pm.

The course finishes on the Saturday evening with the final dinner and presentation of Mountain Chefs certificates and assessments. The return transfer will travel to Geneva on the following Sunday morning, and will arrive in Geneva by 10:00am. You can book your return flight from Geneva for any time after 10:00am on the Sunday.

Geneva Arrival Date	Course Start Date	Course Completion Date	Geneva Departure Date
Sunday, Aug 7 th , 2010 by 5pm	Monday, Aug 8 th	Saturday, Aug 13 th	Sunday, Aug 14 th after 10:00am
Sunday, Aug 14 th , 2010 by 5pm	Monday, Aug 15 rd	Saturday, Aug 20 st	Sunday, Aug 21 st after 10:00am
Sunday, Aug 21 st , 2010 by 5pm	Monday, Aug 22 nd	Saturday, Aug 27 th	Sunday, Aug 28 th after 10:00am

Friends and Family

If you would like family members or friends to accompany you during your week's stay in the beautiful and tranquil mountain resort Ste Foy, the charge is £200.00 per week for bed and breakfast accommodation.

If they would like to dine on the gourmet three course dinner that you prepare each day, the price is £150.00 for the week. Wine will be served with dinner.

There are plenty of local activities to keep them busy while you are attending the course. For a full list of local sights, amenities and activities, please visit the Venture Sun web site at: www.venturesun.co.uk.