

ERASMUS + TRAINING PROGRAMME

Sending organization: Srednja škola Stjepana Sulimanca

Dravska 41, 33405 Pitomača

Hosting organization: Aviva Poland Vocational Training Sp. z o.o.

[Św. Antoniego street 2/4](#), Pasaż Pokoyhof, 50-073 Wrocław

Schedule of the training for work as a **cook** in restaurant :

DATA	MAIN ACTIVITIES	ACHIEVED SKILLS	TIME
Day 1 Saturday	Travel Day: <ul style="list-style-type: none"> Arrival of project participants from Croatia, accompanied by tutors, Pick up from an airport by a representative of Aviva Poland, Transfer and accommodation. 		6h
Day 2 Sunday	Introductory Meeting with Aviva Poland host organization: <ul style="list-style-type: none"> Meeting with representatives and group's tutor, <u>Presentation of Poland</u>, including short introduction into Polish geography, basic facts and culture, led by AVIVA POLAND, Discussing the program's objectives, <u>Orientation tour</u> with tutor from host organization, focusing on practical aspects of moving around the dwelling-place. 	Having great opportunity to talk in foreign language about achievements and interest in gastronomy, opportunity to ask any question. Furthermore learning about culture and customs of Poland.	6h
Day 3 Monday	Introduction day in the host company: <ul style="list-style-type: none"> Taking part in Introduction day, accompanied by tutor of the host organization. The host company ensures an appropriate induction to the work environment. Learning about daily work schedules, organization of the company, scope of duties and meeting the staff. Participating in <u>Health and Safety training</u>, provided by AVIVA Poland and also within the workplace. 	Project participant gets familiar with occupational health and safety requirements. After training, trainee is aware of health and safety rights and obligations and is able to prepare a workplace in accordance with the regulations.	8h
Day 4 Tuesday	Playing an active role in the gastronomic activities of the restaurant kitchen, such as: <ul style="list-style-type: none"> Washing and peeling vegetables and fruits, Chopping and cutting raw materials. <p>Getting acquainted with the menu. Learning about local tradition dishes and drinks, served in restaurant.</p>	Experiencing an international environment. Improving foreign language level. Acquiring knowledge in polish gastronomy.	8h

	Getting to know the characteristics of cooking and gastronomy in Poland.		
Day 5 Wednesday	<p>Playing an active role in the gastronomic activities of the restaurant kitchen, such as:</p> <ul style="list-style-type: none"> • assisting with preparing breakfast, • cutting fruits and vegetables, • serving the food, • learning dishes' names from the menu. 	The student improves foreign language skills through working in an international group.	8h
Day 6 Thursday	<p>Playing an active role in the gastronomic activities of the restaurant kitchen, such as:</p> <ul style="list-style-type: none"> • helping with daily tasks in the kitchen, • talking with customers about their opinions and suggestions about the service, • assisting with setting up a seasonal menu. <p>Maintaining cleanliness in the workplace.</p>	Familiarizing yourself with consumers' demands. Maintaining your personal work area in a clean and orderly manner. Learning how to be responsible for own actions.	8h
Day 7 Friday	<p>Playing an active role in the gastronomic activities of the restaurant kitchen, such as:</p> <ul style="list-style-type: none"> • preparing ingredients (washing, peeling, chopping, slicing), • assisting Chef with preparing "Carp in Aspic", according to polish recipe, using local fish from Milicz, 	Learning basic recipe how to make dishes using local products. Acquiring knowledge about polish traditional cuisine, products and ways of using them.	8h
Day 8 Saturday	<p>Acquainting with Wrocław tourist attractions:</p> <p>* tour around the city center, visiting Old Town Hall, the oldest restaurant in Europe – Piwnica Świdnicka, visiting the Church of St Mary Magdalena and Cathedral of St John the Baptist, Hansel & Gretel houses.</p>		
Day 9 Sunday	<p>Acquainting with Wrocław tourist attractions:</p> <p>* <i>visiting Wrocław ZOO and the Africarium and watching special Multimedia Fountain show from the terrace and green areas at the Pergola.</i></p>		
Day 10 Monday	<p>Playing an active role in the gastronomic activities of the company, such as:</p> <ul style="list-style-type: none"> • assisting the cook with preparing the main dishes from the card, e.g. Silesian sour soup, "Gołąbki", Smoked pork meat with Silesian noodles, 	Ability to using specialized machinery for meat processing. Following the instructions issued by co-workers with more experience.	8h

	<ul style="list-style-type: none"> meat processing, e.g. cutting, chopping, comminuting, mixing, salting, curing, heat treatment and smoking. <p>Learning about the ways of processing meat and equipment used in this process, such as bowl cutter, grinder, smokehouse, mixer, blender,</p>		
Day 11 Tuesday	<p>Assisting with warehouse responsibilities and duties, such as:</p> <ul style="list-style-type: none"> organizing products by type, weight and data in the warehouse, packing, stocking, rearranging products, organizing and maintaining records of inventories up to data. 	<p>Participating in various warehouse working processes. Learning how to plan the spacing of products, segregate ingredients, check their quality and expiry date of consumption.</p>	8h
Day 12 Wednesday	<p>Assisting with daily chores around the restaurant kitchen, such as:</p> <ul style="list-style-type: none"> supporting in cleaning and maintaining of the workplace, preparing ingredients (washing, peeling, chopping, slicing), preparing and serving cold dishes, e.g. salads, cold polish beet soup, plate with polish sausages and charcuterie, polish-style pickled cucumbers, herrings. 	<p>Acquainting knowledge about Polish appetizers. Ability to cooperate in a team. Learning how to be responsible for own actions.</p>	8h
Day 13 Thursday	<p>Helping with daily tasks and support cleaning in the kitchen. Assisting the cook with making polish desserts:</p> <ul style="list-style-type: none"> "paczki" (doughnuts with unexpected ingredients, such as: rose jam, cheese and poppy seeds) "szarlotka" (apple pie) <p>Decorating desserts.</p>	<p>Learning local dessert recipes. Acquiring knowledge about polish traditional cuisine and ways of decorating them.</p>	8h
Day 14 Friday	<p><i>Improving known methods of decorating and seasoning meals.</i> Baking sourdough bread in a traditional oven according to Polish tradition and recipe. Doing tasks assigned by the supervisor, helping with daily tasks and support cleaning in restaurant kitchen.</p>	<p>Acquiring knowledge in the field of bread preparation and learning about Polish history and rural traditions. Improving professional skills.</p>	8h
Day 15 Saturday	<p>Acquainting with Wrocław tourist attractions:</p> <p>* visiting observation deck of the tallest building in Poland: SkyTower, Taking a walk around the oldest part of the city, Ostrów Tumski and visiting Wrocław Botanical Garden</p>		
Day 16 Sunday	<p>A one-day trip to Topacz Castle and visiting Topacz Automobile Museum.</p>		

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Day 17 Monday	Assisting with preparing and serving dishes: <ul style="list-style-type: none"> polish stuffed goose, dumplings, bigos Learning technique of fish filleting and gutting. Performing other tasks assigned by the supervisor.	Becoming more self-assured and increasing confidence. Acquiring knowledge in the polish recipes. Learning new methods of fish processing.	8h
Day 18 Tuesday	Practicing basic cooking techniques, such as: <ul style="list-style-type: none"> cooking, stewing, frying, baking, smoking. Learning the methods of blanching vegetables and flambéing the food. Maintaining the safety rules.	Ability to listen to Chef's instructions. Improving professional skills. Learning new cooking techniques.	8h
Day 19 Wednesday	Preparing main dish and dessert from student's home country and teaching co-workers how to prepare it. Helping with daily tasks and support cleaning in the restaurant kitchen.	Improving of work-related skills and forming professional relationship with group. Having opportunity to share his knowledge with co-workers.	8h
Day 20 Thursday	Meeting in Aviva Poland office: <ul style="list-style-type: none"> final evaluation and conclusion of the training period, sharing experiences and opinions regarding the stay in Poland, completing a evaluation survey by project participant, handing of the documents pertaining to the project and "Certificates of Attendance" 		4h
Day 21 Friday	Transfer of the project participant to the airport. Departure.		

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