

COST AND FEES

TUITION FEES

Fees are calculated on a monthly basis. The full 12 month program will cost you approximately \$120 per month.

OTHER FEES

You will also pay one year of Student Society Fees, and monthly for UCC Activity and Building Levy fees. As well, there is a monthly lab fee. Text books and learning guides are approximately \$200. Recommended tools are approximately \$170. Uniforms are supplied and laundered for you during training.

ESTIMATED COST SUMMARY:

Tuition Fees	\$ 1,500
Other Fees	350
Texts & Guides	200
Tools	170
Total:	\$ 2,220

You are responsible for living and accommodation costs, as well as parking on campus if you drive a vehicle. Parking costs \$1.00 per day.

The McGill Student Housing complex, located on campus, offers single accommodation for about \$300 per month. Contact them directly at 372-7778 for information and applications.

WHEN TO APPLY

There are usually three different starting dates each year. As well, there is a three month break (June to August) every summer, during which time students can work in the industry. A new class of 16 students will be accepted at approximately the beginning of September, December and March.

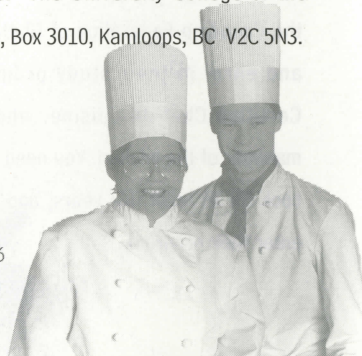
For detailed program information, contact: Kurt Zwingli, Chairperson, Food Training (604) 828-5353.

SPONSORSHIP

Contact your local Canada Employment Centre for information about CEC sponsorship in this, and other programs offered at UCC. You must meet admission requirements for the program to be eligible for CEC sponsorship.

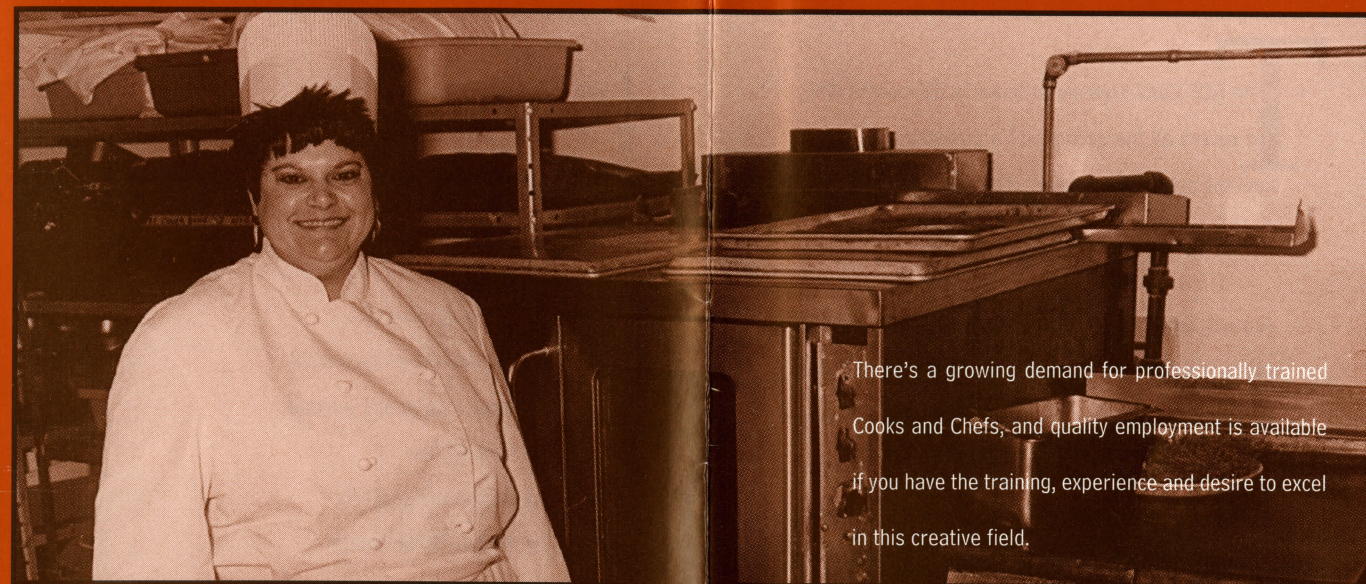
HOW TO APPLY

Contact the UCC Admissions Office for an Application Package, which includes all the forms you need. If you have never applied for admission to a program at UCC before, there will be a one-time Application Fee of \$15 to be sent with your completed application. Call: (604) 828-5071 or write: The University College of the Cariboo Admissions, Box 3010, Kamloops, BC V2C 5N3.



For a copy of the UCC Calendar, send \$5.00 to UCC Calendar Sales Office, at the address above. To order by Phone using VISA or MASTERCARD call 371-5646 during regular business hours. Copies of the Calendar can be purchased in person for \$3.00 at any UCC Campus location in the region.

PROFESSIONAL COOK TRAINING



There's a growing demand for professionally trained Cooks and Chefs, and quality employment is available if you have the training, experience and desire to excel in this creative field.

in a class by itself

The "Tourism & Hospitality" industry is growing rapidly across Canada, and careers for the professional 'cook' or 'chef de cuisine' are part of this growth. It's also an international business, and the very best can take their skills anywhere in the world.

Tourism is the second largest industry in B.C. and by the turn of the century it's expected to be the number one industry in Canada. It's projected there will be 30,000 new jobs created in B.C. alone in the tourism industry, many of them in the food preparation and food management areas of tourism-related business.

COOK TRAINING AT UCC

The UCC Cook Training program is 12-months long, and covers all the sections of a professional kitchen, from the preparation of hors d'oeuvres to the creation of exquisite desserts.

You will learn your trade in our excellent facilities where a 'real life' situation exists at all times. Large quantity cooking is taught in one of our student cafeterias, and international quality food preparation is learned in our highly regarded public dining room. The provincially standardized program is organized into three levels.

LEVEL I & II

These two levels are combined, and take nine months to complete. In the first four-week introduction period you will cover Safety, Sanitation, and Basic Food Management.

For the next eight months, you rotate through eight different stations in the kitchen, spending at least four weeks on each one. The first two weeks of each station covers Level I (Basic) cooking, followed by two weeks of advanced Level II work.

The topics you will cover include:

- Vegetable and Starch cooking
- Meat and Poultry cooking
- Seafood cooking
- Stocks, Soups and Sauces
- Egg and Breakfast
- Cutting and processing of meat, poultry and seafoods
- Cold Kitchen
- Baking and Desserts
- Kitchen Management
- Health Care
- Safety, Sanitation & Equipment

LEVEL III

The final three months of the program will require you to work in the afternoon and evenings, in our famous UCC Dining Room.

Here you will prepare a variety of specialty dishes, from hors d'oeuvres to meat and game dishes, patés to galantines, and flambé desserts to frozen soufflés.

In addition, you will learn how to plan menus and apply food cost controls, as you begin learning the management skills of the profession.

THE CAREER 'RECIPE'

There are jobs that offer you minimum wages, if you have some experience and no formal training. However, your real career path in the cooking profession begins with post-secondary education, and continues with higher levels of internationally recognized expertise.

TRADE ENTRY

The one-year Professional Cook Training program at the University College of the Cariboo (UCC) in Kamloops gives you the skills and expertise you need to secure good jobs in the industry, and to take the next step in the profession.

JOURNEYMAN COOK

The UCC program gives you credit towards the three-year Apprenticeship program in B.C., and graduates are encouraged to continue their training by pursuing an apprenticeship opportunity. By completing the apprenticeship you can earn the status of 'Journeyman Cook'.

CHEF DE CUISINE

Journeyman cooks are eligible to become members of the Canadian Federation of Chef and Cooks (CFCC) and enrol in their study program to become a Certified Chef de Cuisine, who is generally the manager of the kitchen. You need to be a journeyman cook for at least five years, and a CFCC member to enter their program.

EMPLOYMENT AND WAGES

Wherever food is handled and prepared, there are jobs, and the quality and reputation of each operation is often judged on the expertise of the cook or chef.

From internationally recognized hotels, restaurants, clubs and resorts to the local family restaurant or business hotel; from cruise ships to isolated camps; and in institutions of all kinds, from the largest hospitals to private caterers, there are employment opportunities.

Earning potential grows with education and experience, and average wages are estimated at:

Entry Level: \$8.00 - \$10.00 per hour

With Experience: \$10.00 - \$18.00 per hour

Senior Level: \$30,000 - \$100,000 per year

ADMISSION REQUIREMENTS

EDUCATIONAL REQUIREMENTS

■ B.C. Grade 10 (or equivalent) is a minimum and Grade 12 graduation is preferred.

GENERAL REQUIREMENTS

- Successful medical
- Interview with instructor
- Successful completion of a CAT Pretest, through the UCC Assessment Centre. This test is a basic measure of competency, taken by all students, to ensure you have the basis for success in the program and beyond.