

Restaurant Industry Training

For an international Intern/Trainee with an educational or professional background in culinary arts, an internship with an American fine dining restaurant will provide a valuable experience and new skills for the future.

All participants must receive a guaranteed stipend of at least \$1,500USD/month, regardless of the training program. We recommend considering living costs in your area and adjusting the stipend accordingly to make the program more sustainable for your participants.

Please see below CIEE's specific guidelines and requirements for hospitality and culinary training programs. CIEE reserves the right to deny any restaurant property at its discretion.

RESTAURANT LOCATIONS

For both culinary and front-of-house training in a restaurant, the location must provide a high standard of service to ensure comprehensive training, including rotations through various roles and departments. Cafes, casual dining locations, franchises and counter service restaurants do not qualify for front-of-house trainings.

A restaurant must have **4 of the 6** criteria below to be considered eligible to host through CIEE.

1. Multi-Course Offerings

- A dining format that includes several courses, typically including appetizers, main courses, and desserts.

2. Rotating Menu, Chef's Menu, or Tasting Menu

- Menus that change regularly, often featuring fresh seasonal ingredients or reflecting the chef's inspiration.
- Thoughtfully composed dishes that progress in flavor and complexity, with a focus on creativity and presentation.

3. Premium Wine Selection

- Expertly chosen wines that match the flavor profiles of the menu with availability of pairing options for each course.
- Staff, particularly sommeliers, with extensive knowledge of the wine list and ability to suggest appropriate pairings for each course.

4. Upscale Dining Atmosphere

- High-quality décor, furnishings, table settings, etc. to provide an upscale ambiance.

5. Sophisticated Customer Service

- Staff members are well-trained in fine dining etiquette, service techniques, and menu knowledge and often adhere to a professional dress code.
- A table-to-server ratio of no more than 5:1 for individualized customer experience.

6. Reservations and/or Dress Code Required

- Limited walk-in availability and an established system for booking reservations, emphasizing the exclusivity of the dining experience.

Bakeries and cafes *may* qualify for culinary trainings on a case-by-case basis. Please contact CIEE in advance to confirm eligibility.

TRAINING PHASE REQUIREMENTS

CIEE requires the following number of training phases based on the type and duration of the training.

	Hospitality Intern	Hospitality Trainee	Hospitality Management Trainee
Program Duration	Number of Required Phases		
0-3 months	1+	1+	1+
3-6 months	1+	2+	2+
6-12 months	3+	3+	2+
Over 12 months	N/A	N/A	3+

Please note:

- Each phase in hospitality internships should not last more than 6 months.
- Hospitality Trainees are limited to 12 months on the program.
- Hospitality Management Trainee applications with more than 12 months in duration require additional details and approval and are approved on a case-by-case basis.

TRAINING PLAN QUALIFICATIONS FOR RESTAURANT LOCATIONS

Intern/Trainees must participate in **comprehensive rotations** through a **variety of skills**. Training plans must show growth and development of skills and show that they are not only learning the task but understanding how it fits into the overall successful operation of the business/industry. Interns/Trainees are encouraged to learn about budgeting, menu planning, management, and scheduling by shadowing and observing supervisors to gain a broader understanding of the business and industry.

Training plans must include **less than 10%** of the following activities and can **only** be included in training when it is needed in order to complete/comprehend higher level training:

- Basic food prep tasks (chopping, portioning, storing, etc.)
- Cleaning and sanitation
- Serving is only permitted over 10% if a training plan shows that serving tasks are necessary to progress to higher level skills/training.

CIEE cannot accept trainings of any length in the following departments:

- Washing dishes
- Shifts devoted to cleaning/maintenance
- Bartending

Interns/Trainees cannot make decisions about hiring or firing and they cannot be responsible for supervising, evaluating, or disciplining staff or other Interns/Trainees.