














餐飲業訓練班簡介

	中廚班	西廚班	日餐班	調酒班
上課時間	週一至週三 早上9:00至下午4:00 現場授課 	週二至週四 早上9:00至下午4:00 現場授課 	週一至週二 上午9:00至下午1:00或下午1:30至5:30 現場授課 	週一至週五 早上8:30至10:30 現場授課 
訓練期	14-18週	14-18週	10週	11週
學費	免學費(合資格者政府資助)			
材料費	\$7/每天(包括當天午餐)	\$8/每天(包括當天學習早午餐菜式及點心)	全期\$150(包括當天製作菜式)	全期\$100
學習內容	美國中餐館常見的南、北菜式, 每天均練習備料, 刀法, 拾碼, 炒鍋等技巧。 	基本西餐菜式(包括美式, 意式, 法式等)。每天均實習烹飪包括早餐, 主餐頭盤, 甜品等。 	掌握基本加州日餐知識及操作技巧。包括食材處理、壽司製作、天婦羅及燒烤等。學習日餐專用術語、刀法、廚房和壽司吧運作及安全守則等。	超過100種常見雞尾酒。每天實習調配技巧。各式酒類的常識及酒精法例。 
	餐廳衛生, 考取食物安全證書, 就業培訓。			
	即將增加職業英語及中西式侍應技巧培訓。			
入學基本條件	合新移民、失業、轉行及行內晉升者, 三藩市居民優先。			
	無英語要求。	英語程度需ESL 4以上。		
	18歲以上。		21歲以上。	
就業	提供就職訓練, 擬寫履歷, 面試技巧, 推薦就業。			

如想了解詳情, 請致電 (415) 881-3275 / (415) 466-8093



Culinary Training Program Information

	Chinese Cooking Class	Western Cooking Class	Japanese Cooking Class	Bartending & Barista Training
Class Hours	Monday to Wednesday 9:00 am to 4:00 pm In-person course 	Tuesday to Thursday 9:00 am to 4:00 pm In-person course 	Monday to Tuesday 9:00am-1:00pm/1:30pm-5:30pm In-person course 	Monday to Friday 8:30 am to 10:30 am In-person course 
Duration	14-18 Weeks	14-18 Weeks	10 Weeks	11 Weeks
Tuition	Free (Funded by the Government for qualified applicants)			
Material Fees	\$ 7/day (Ingredients including lunch)	\$ 8/day (Ingredients including breakfast, lunch and dimsum)	\$ 150 One-time fee	\$ 100 One-time fee
Content	Learn to make popular Northern and Southern Chinese dishes. Hands-on training in food preparation, knife techniques, wok skills and food plating.	Learn basic to advanced cooking techniques to create Western-style (e.g. American, Italian, French) breakfasts, fast-foods, appetizers, entrees and more! Hands-on training in food preparation, knife skills and plating techniques.	Learn to make sushi, tempura, BBQ and more. Develop knife skills and technique. Learn Japanese food terminology, food industry safety standards.	Learn the basics of alcohol and coffee. Practice mixing 100+ cocktails. Develop customer service skills to earn good tips. Become familiar with the new Responsible Beverage Service (RBS) Training requirement.
	Receive job readiness training, obtain CA Food Handler Card and find employment.			
	English language proficiency training and food serving skills will be added at a later time.			
Qualifications to Enroll	Unemployed or below to moderate income individual. San Francisco residents get first priority.			
	No English required.	ESL level 4 or above.		
	18+ years old above			21+ years old above
Employment Services	Receive job employment assistance and other services such as pre-employment training, resume writing workshops, interview skills workshops, and employment referrals.			

For more information, please call (415) 881-3275 / (415) 466-8093